

Auckland Orienteering Club

Auckland Orienteering August Newsletter

Hi to all Auckland club members,

August finds us in mid-winter with early signs of spring showing their face today at the AOS Series at Percy's delight. Huge thanks to Simon Hunt for planning the courses, Alistair and Joanna Stewart for controlling and Susy Carryer for co-ordinating.



Thanks also to all the people who volunteered to make the day run smoothly for everyone: Martin Crosby, John Parsons, Monique Dean, Michael, Leo and James McCormack, Annette Orchard, Phil, Nicole, Sofia and Hugh Skinner, Sophie Jager, Steve Oram, Selwyn Palmer, Helen and Clive Bolt, Mandipa Mhuka, Paul Salmon, Rachael Donovan, Leon McGivern, Maria Poynter, Alison Comer, Jeff and Matthew Greenwood, Sandra Hutchinson, Reuben Adye, Solomon Randerson and his grandma, Sonja Herrman, Tony Cooper, Gavin and James Milne, Dave Crofts, Dan, Mila and Lachie Walsh, and Sam Carryer.

We also see the start of the Spring Night Series on Wednesday (more details below) – please make sure you come along.

A number of our club members are putting last minute training sessions in for the trip to Australia late in September for the [Australian Orienteering Championships](#), a week long orienteering carnival in the heart of Victoria's historic gold country. We have a number of Junior club members taking part in the Southern Cross Challenge, representing New Zealand against their Australia counterparts – we wish them all well.

1. Sub-committee Progress – New Engagement and Social Sub-Committee

In the last newsletter we highlighted the introduction of new sub-committees that will focus on specific areas of the Club Infrastructure and asked for volunteers for the Engagement and Social sub-Committee. Huge thanks to Alison Comer, Roger Woodroffe, Alistair Steward and Nadia Clarke who put their names forward. We met on a wet wintery evening to discuss how we improve the Culture and Communications. It was an excellent session with a large number of ideas discussed and some implemented on the evening.

Key items agreed:

- Alignment of the Website, Facebook and Instagram updates to cater for all members
- Agreement on marketing all upcoming events across all channels to drive more attendance through reminders
- Design a friendly process to welcome new members, providing valuable information and guidance around starting your orienteering venture
- Started to create marketing material around what the club has to offer and why we encourage people to join

Areas of help needed

- A "Social Secretary" to set up evenings and social events through the year
- Younger members
- People with marketing and design skills

If you are able to help in any of these ways, simply email the group [here](#) and we'll be in touch.

2. A further Sub-committee – Finance & Investment

Following the successful start of the above sub-committee we move on to the next one - Finance and Investments.

We want to ensure that the club financial position is strong, which will allow us to invest in the technology and infrastructure needed to advance the sport. We want to ensure we have slick experiences around event entries and membership updates. We are looking for members with contacts to help us build sponsorship and partnerships. These will aid us in putting on major events and provide wider reach for the sport.

We want to ensure we have a clean pricing structure for the sport and are keen to investigate future-facing ways to ensure the sport is available to all but in-line with other sports. We have a number of funds that are available to club members heading overseas and want this sub-committee to manage the applications to the Fund Trustees.

Therefore we are specifically looking for people able to help in the following areas:

- Club Investment Planning
- Assets and Equipment
- Sponsorship and Partnerships
- Event Budgeting and Profits
- Membership Updates
- Funds Management

To be involved in the Finance and Investments committee, simply click this link [Register me](#) . We will set up a first get-together as a group, decide a lead and then set some outcomes. Expectation will be no more than 1 meeting per month

3. Upcoming events

A reminder to always use the [club website](#) if you want to know about any upcoming events -

- **Wed 31 August – Spring Night Series 1 of 4 - (hosted by AOC) - Location – [Symonds St – by Royal Oak Intermediate](#)**

Please [pre-enter and pay here](#)

Start from 6:45pm to 8:00pm. Choose 6, 10, 14, 18 controls and get back in about an hour. Uses MapRun app to auto-punch the controls. Download the App before you leave the house.

- **Sun 11 September - AOS 11 - Duder National Park (hosted by CMOC)** [Enter here](#)
- **Sun 18 September - Auckland Club Relays - (hosted by NWOC)**

Interclub relays between CMOC, NWOC and AOC: [Details here](#)

Format:

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- It is a three-per-team competition. All teams must be mixed gender with at least one female per team.
- Points will be determined by placings in each grade; 10 points for 1st place, 9 points for 2nd place down to 1 point for 10th place.
- Each club can enter as many teams per grade as they like; only the club's highest point score in each grade will count.
- Event is open to all club members, independent of ability.
- North-West will issue sport idents for all competitors. These will be available from registration on the day.

There are four grades:

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- Young-uns (MW10-MW12)
- Junior (MW14-MW18)
- Open (MW20-MW40)
- Masters (MW50 and over)

Course Lengths:

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- 3 sequential legs of approximately equal length in a sprint format with a winning time of 12-15 minutes per leg

We want as many AOC club members coming along to the event – this is a free event – your entry is paid for by the club.

To enter please click [here](#)

We will put everybody into teams – you will find out your team when you arrive at the event. We will be having an **Auckland Club Social** gathering after the Relays – please bring along a plate to share – something savoury and/or something sweet.

- **Sun 16 October - AOS 12 - Mushroom Road (hosted by AOC)**

Details and a call for volunteers to follow

- **Sat 22-Mon 24 October - Northern Regional Champs (hosted by NWOC) - 3 day event over Labour Weekend - Sprint (TBC and Long/Middle (Hedley Dunes/Kereta)**

Entry information [here](#):

4. Coaching and Training Update

We recently started up the Tuesday night training groups at the Auckland Domain. We've had several questions regarding the training. Each week we will have 3 groups depending on the numbers:

- Speedsters
- Oldsters
- Youngsters

We will have a range of different training exercises focusing on speed and endurance catering for absolutely all ages and speeds.

Some weeks we go for relaxed runs and other weeks some interval loops round the park, and some hill training. We meet at the steps at the South side of the Museum at 6pm, there's plenty of parking round that side. We head out on a warm-up at 6:10ish and generally finished between 7:00 and 7:15.

Come along and get involved. The evenings are getting lighter and we are only 4 weeks away from the clocks changing

5. AGM and pre-event

This year's AGM will on Sunday 4th December at the Blockhouse Bay Bowling Club - 33 Terry Street, Blockhouse Bay.

We will be running a pre-event in Blockhouse Bay Recreational Reserve. This will be a Teams Rogaine, where teams of 3 will be put together. They must work together to collect all the controls in the Reserve, with a few sneaky twists. More details to follow but please lock in the date. Entry details to follow in a subsequent Newsletter

Timings:

3:00pm – Meet and explain the Teams Rogaine event

3:30pm – Teams event start

4:30pm – Event end and points scoring

4:45pm – Prizegiving

5:00pm – Bowling Club – opportunity to play some bowls or socialise

7:00pm – Food – the club will provide the meet, please bring a salad

7:30pm – AGM, Presidents report, Committee Elections, Sub-committee sign ups and Annual Awards

9:00pm(ish) - Close

6. An update from the Auckland Schools Orienteering Committee

The Auckland Schools Orienteering Committee is a group of people from all three Auckland clubs working to make Schools Orienteering even better than it already is and encouraging more schools to get involved. One of the barriers we have identified is that school sports co-ordinators don't always know who to pass information on to.

We are therefore developing a database of interested people, including school sports contacts, teachers who orienteer, parents, coaches, and students.

These people will receive information that comes out via College Sport, as well as regular updates about regional and national Orienteering opportunities for students, and opportunities to provide feedback on events. You can opt to receive only some types of information if you choose. If you are keen to be on that database, or know someone who might be, please [use this link](#) to sign up.

Thanks

Neill McGowan

(Acting President)