

Auckland Orienteering Championships 2013 Programme

Saturday 19th - Sunday 20th October 2013, Auckland, NZ.

Web Address: auckoc.org.nz

Host: Auckland Orienteering Club

All participants are expected to be aware of the information in this programme.

Event Overview

Saturday 19 October 2013		
10:00	Middle Distance Race – Woodhill Forest	Starts from 10:00am to 11:30am; Course closure: 1:30pm;
	Drive from Woodhill to Half Moon Bay (allow 1½ hours drive).	
16:30	Sprint Race – Half Moon Bay	Starts from 5.00pm to 6.00pm Course closure: 6.45pm
17:30	Spot Prizes, Certificate Presentation for Middle and Sprint, Lolly Scramble	At Sprint venue, as soon as possible.
Sunday 20 th October 2013		
10:00	Long Distance Race – Woodhill Forest	Starts from 10.00am to 12.00pm; Course closure: 2.30pm;
14:00	Spot Prizes, Certificate Presentation for Long, Lolly Scramble	At Long Distance venue, as soon as possible.

Event Officials

Saturday 19 October 2013 - Woodhill Forest: Middle Distance (NZOF A-Grade)

- Planner - Gergo Verhas
- Controller - Steve Oram (+ Scott Vennell)
- Coordinator - David Scott

Saturday 19 October 2013 - Halfmoon Bay: Sprint Distance

- Planner - Joanna Stewart
- Controller - Alistair Stewart
- Coordinator - David Scott

Sunday 20 October 2013 - Woodhill Forest: Long Distance (NZOF A-Grade)

- Planner - Toby Scott
- Controller - Dwayne Smith (+ Selwyn Palmer)
- Coordinator - David Scott

General Enquiries

Roger Woodroffe Email: [akchamps \[at\] auckoc.org.nz](mailto:akchamps@auckoc.org.nz)

Mobile: 027 2932397

Entries Enquiries and Entries Coordinator

Mervyn Paistry Email: [entries \[at\] auckoc.org.nz](mailto:entries@auckoc.org.nz)

Welcome

Welcome everyone to the 2013 Auckland Orienteering Champs. We have a great couple of days in store.

While Woodhill Forest has been well used, both our middle and long maps have been extensively updated and are sure to give you a great quality orienteering experience. At every visit we see changes in the sand dune terrain so if you're after a technical challenge, we won't disappoint. A new sprint venue in east Auckland will provide a change of scenery. Ensure you allow a good 90 minutes of travel time between the middle and sprint events.

My thanks go out to a fantastic team of organisers from our club. As always they've put in the hard yards to bring you these events and I'm sure they'll appreciate any constructive feedback. I'd also like to thank the local Iwi and Hancocks Forest Management for allowing access to Woodhill Forest.

Good luck and enjoy the weekend.

Guy Cory-Wright
President
Auckland Orienteering Club

General information

Event Information Sources

Event Website

The Auckland Orienteering Club website auckoc.org.nz is the main source of information for the event. Start times, news, maps, event programme, results, and additional resources relating to the event will be made available on the website.

Any last minute program changes will be advertised on the website, so participants are advised to check the website prior to heading to the events each day.

Event Programme

All participants are expected to have read the information in the final version of this programme.

Results

Results will be available live on result screens at the event centre.

O-Lynx system will be in use. Refer to each events details for coverage provided.

The final results, splits, and Routegadget course map for each event will be published and linked from auckoc.org.nz as soon as possible after the event finishes.

Spectator Information and on the day event enquiries

Spectators are welcome. If you have any questions, please ask at event registration. Event registration will direct you to the best person to talk to about your enquiry. We look forward to seeing you there!

Rules

This competition will be run in accordance with the NZOF Competition Rules for New Zealand Foot Orienteering Events. These rules may be viewed on the NZOF website.

<http://nzorienteering.com/technical/>

Conditions for Access to Woodhill Forest

- 3rd party insurance is required to drive on forest roads.
- Stop to talk to security at gate
- Headlights on low beam in the forest at all times
- Stay on signed route. No deviation from signed route permitted.
- Do not block road at any time. Please ensure the roads inside and outside forest are not blocked at any time for any emergency and forestry operations. If a queue forms, please move/park on the side of the road.
- Smoke Free. Absolutely NO smoking at event or in forest (including inside car or in middle of road).
- Parking is as directed. Please ensure that you park your vehicle so emergency vehicles and other vehicles can still use the road.

Conditions for Access to Muriwai Regional Park

Auckland Regional Parks have asked us to clearly communicate to all participants the following:

- **Participants are about to enter sensitive conservation environment, and all care should be taken to protect the environment.**
- To minimise the risk of any further spread of weeds and plant diseases from known (and unknown) contaminated sites, the following phytosanitary and hygiene standards are to be implemented:
 - **All participants keep to the formed tracks, access ways, and roads wherever possible. Duneland and dune plantings are to be avoided.**
 - **Footwear must be clean prior to the event starting.**
 - **Footwear must be cleaned at completion of event (on site or at home).**
 - A brush and tray will be available at registration for use on footwear.
- The regional park is not closed for the duration of this event and the participants may encounter other users during the event, who should be treated with respect and must be given time and space to pass.
- The public is not to be actively discouraged from using the track/s or public car park areas.

Event Status

The middle and long distance races have been granted A-level status by the New Zealand Orienteering Federation (NZOF).

The middle, sprint and long races are included in the New Zealand Orienteering Super Series as round one.

Event Centres

Each race will have an event centre. There will be tent coverage in case of inclement weather.

Crèche

For the forest events, an unsupervised area with an extra tent will be provided for parents of young children to arrange their own co-operative child minding. This is close to registration.

Parents of young children, or vehicles carrying someone with disability/mobility difficulties may request to park close to the event centre.

String course

There will be a string course at each forest event for youngsters. Collect a free clip card from registration. Times will not be recorded for this course.

Embargoes and Out of Bounds Areas

You must respect those areas noted or marked as out of bounds.

On the Day Entries

Limited on the day entries will be accepted on a first come first served basis for Sprint and Long Distance only. Courses available will be limited and information available from registration. On the day entries start at least 15 minutes after last starter on the course, are unofficial, and must finish before course closure time.

Fees

- **Long Distance (Woodhill Forest):** Senior \$26, Junior \$13, Family \$65. NZOF Levy for anyone not a member of an NZOF or IOF affiliated club is \$10.00 per senior, \$5.00 per junior, or \$25.00 per family.
- **Sprint (Halfmoon Bay):** Senior \$16, Junior \$8, Family \$40.
- **SPORTident Card** use is mandatory and to hire is \$3.00 per day or free for age 10 and under.

Junior is below 21 years.

No Smoking

Smoking is strictly prohibited at all of the events, including inside vehicles, in the middle of the road, and to and from the events in forest/park areas.

Complaints and Protests

If you wish to make a complaint regarding an infringement of the rules or the organisers' directions, please do so in writing at registration. This must be done within 60 minutes of completing your course. The event controller will consider the matter that you have raised and let you have their decision. There is no charge for making a complaint.

If you are not satisfied with that decision, you may ask that the complaint be considered as a protest. A fee equal to the entry fee that you paid for that day's course is then payable but this fee will be returned if your protest is upheld.

Protests will be considered by a jury of A-grade controllers, selected from a panel convened as appropriate with respect to the protester's family and club.

Maps

Maps will be printed on waterproof paper for all races. See race details for further information. A copy of the maps as used previously is available on the event website and at the event centre for the event.

Control Descriptions

Control descriptions will be available at the starting grid and printed on the map. They will not be issued at registration. A description holder in which to put the control descriptions is recommended. Orange, Yellow, and White courses will have control descriptions in English. If you are running on a Red course and unfamiliar with IOF pictorial control descriptions refer to the IOF Resource "IOF Control Descriptions" at <http://orienteering.org/resources/mapping/>

Start Procedures

All participants need to be aware of the information in this event programme. Details contained in this programme will not be announced at the start. If required, there may be brief instructions at the start if the details are not included in this programme.

All competitors are expected to be present through each step of their start time allocated pre-start procedures.

Please report to the start area at least 6 minutes before your start time.

A large digital clock displaying race time will be placed at the prestart.

For the middle and long forest races, the prestart call-up time is 4 minutes before start time. The start procedure will be as follows:

- - 4 min: check off name and SI card number, clear and check, move up to collect control descriptions;
- - 2 min: go to map box, confirm correct map, write name on back.
- 0 min: start.

If you are late for your pre-start call up time, tell the start official. It will be at the discretion of the start team whether they can fit you into your allotted slot or how you will be fitted into the start at the first convenient time, but your race time will run from your original start time. The start team will note the time slot you started in.

If you consider that you have a valid reason for being late, explain that to the event controller after you have finished.

For the sprint prestart call up will be 3 minutes before start time.

Refer to each event section below for further information on start procedure.

Safety and First Aid

General

Competitors are expected to render assistance on their course to anyone who is injured, has blown their whistle (see below), and requires physical assistance. Please render assistance as needed, and make Registration aware of the issue. Depending on the nature of the problem, we can organise the appropriate response, either using first aid trained people attending the event, or in the event of a serious injury, organising specialist medical help or ambulance.

If there a life-threatening medical issue, call 111 as soon as possible, and send someone else to notify Registration and the Controller.

At Registration, there will be:

First Aid Kit, Ice, automated external defibrillator (AED)

Whistles

Please carry a whistle for your own safety. The recognised distress signal is a series of six short blasts on a whistle. Use your whistle if you need urgent help because of an injury or distress. Pause and listen for reply and repeat to allow them to locate you. Remember that one blast on your whistle will ruin the event for everyone who hears it, because they will all stop orienteering and come looking for you.

Electric Fences

There are unmapped electric fences to cross at the sides of most roads in Woodhill forest which are turned off, but running into them at speed is not recommended. Be careful.

Horses

The roads in Woodhill Forest are often crossed by equestrian riders. The horses spook very easily. They are accustomed to a vacant forest and even a parked car where the horses don't expect can frighten them. Please slow your vehicle down to a crawl if there are horses on the side of the road. Equestrian organisers ask that if you see a horse and rider you should call out clearly something like "Giddyay! Hello there! How's it going!" to make the horse and rider aware of your presence before you startle them.

This advice especially applies to Yellow and White courses that tend to use horse tracks.

Motorbikes

In Woodhill forest, some motorcyclists have been known to use roads and tracks at any time anywhere in the forest, so you may encounter motorcyclists during the event.

Other Woodhill Forest Users

While the event area of Woodhill forest has been assigned for our use only, there is a possibility that emergency vehicles or forestry staff may need to come through at any time due to incidents we know nothing about. Please check when crossing metal roads.

In addition, there is a possibility that other forest managers or stakeholders may visit the area using a vehicle, motorbike, or horse.

Electronic punching system

We will be using the SPORTident electronic punching system for all events.

Using the SPORTident Card

If you have not used a SPORTident Card before, the thin long elastic band is worn around the wrist as a backup to avoid loss and the SPORTident card is worn on the index or middle finger. Adjust the finger band so it is tight and comfortable on the finger. If you are unsure, please don't hesitate to ask at registration or another competitor to show you how to use it.

Note – it is the competitors responsibility to ensure the SPORTident control unit flashes and/or beeps, when they place their SPORTident Card in it at each control and finish. Failing to do this may result in a misspunch, and a void run of their course.

Clear and Check SPORTident card before Starting

The SPORTident Card must be electronically cleared and checked before you start your course.

1. As you enter the start area, place your SPORTident Card into the hole of the "clear" control unit. It will be clearly marked. Hold it there for up to 30 seconds and you should be given a red light and a beep, confirming that your card is working and has been cleared.
2. Next, place your SPORTident Card into the hole of the "check" control unit, to confirm that it has been properly cleared.

Control Punching

At each control, place the end of the SPORTident Card into the hole in the top of the flat box mounted on the control stand. Hold it there briefly until a red light or a beep indicates that the control unit has transferred its number and time on to your SPORTident Card. If in doubt, do it again – it does not matter if you record the same control twice.

If a control unit should fail during the event and not give you a red light and a beep after a couple of tries, use the clipper on the control stand to punch one of the boxes printed on the edge of your map. Make sure you draw this to the attention of the staff at the finish and hand in your map with your name and SPORTident number written on the back for verification purposes.

If you put your SPORTident Card into a control unit that is not yours, don't worry. Just find the correct control and go through the process again. The wrong one will be discarded.

Finish Controls

When you reach the finish line, don't forget to put your SPORTident Card into one of the control units situated directly on the finish line. Again, wait for the beep and the red light, confirming your finish. Then proceed down the short chute to the download station, which will read the information off your SPORTident Card and print out a sheet showing your course time and the split times between all controls. At the sprint you will need to follow the tape a small distance to the download area.

Your SPORTident Card has a number that is related specifically to you as a competitor. The cards must not be loaned to anyone else during the event.

If you lose a hired SPORTident Card there will be a charge of \$65 to cover the cost of a replacement.

Onsite Services

Mapsport Shop

Michael Wood from the MapSport shop (www.mapsport.co.nz) based in Wellington will be onsite selling a wide range of orienteering equipment, clothing, and footwear. Michael will be available throughout the weekend to answer any questions and help with your selection.

Available on: Saturday - Middle Sunday - Long

Food/Catering

“Coffee Guy” Coffee to Recharge

Available on: Saturday - Middle Sunday - Long

Competitions

Auckland Orienteering Championships Overview

The placing certificates of first, second and third will be awarded to the highest ranking Auckland Orienteering Association (AOA) club members in each class. If the fastest person in a class is not an AOA club member, a “Fastest Time” certificate will be presented in addition to AOA placings. AOA clubs are Auckland, North West (including Whangarei) and Counties Manukau.

Certificate Presentation and Spot Prizes

Certificate Presentations and spot prizes for the **middle distance race** and **sprint race** will be presented at certificate ceremony as soon as possible **after the sprint race**. The long distance certificates and spot prizes will be presented as soon as possible after the long distance race.

Spot Prizes will be randomly awarded to competitors present at the Saturday and Sunday Certificate presentations immediately following the Saturday sprint and Sunday long distance races. Participants need to be at the presentation for the chance to receive a spot prize.

SuperSeries - Elite Competiton

The SuperSeries is an annual New Zealand orienteering competition series for elites and top juniors. This year the series will be contested over 10 races in 4 rounds, with the best 6 races counting before the compulsory final event in early December. The Auckland Orienteering Champs Middle, Sprint and Long make Round 1. The Wellington Orienteering Champs are Round 2 and the Canterbury Orienteering Champs Round 3. The final race is to be hosted by the Nelson Club at St Arnaud in a Classic Distance chasing start format.

The SuperSeries marks the start of the 2013/14 elite season which will culminate at the Nationals to be hosted in the Wellington Region next Easter. Racing should be tight this season as the change in format for the 2014 World Champs limits places on the National Team. Best of luck to all the runners at Round 1 from the SuperSeries organising team.

Novelty Competitions

Lolly Scramble

Listen to event commentary for details on lolly scramble times on Saturday and Sunday associated with prize giving.

Thanks to our Supporters:

Land owners and Stakeholders

Woodhill Forest

Thanks to the Board of Trustees of Ngati Whatua O Kaipara and Hancock Forest Management, to whom we are most grateful for allowing us access not just to this event, but many events through the calendar year.

Auckland Council - Muriwai Regional Park

Our thanks to the Auckland Council and its Regional Parks team for assisting us with access for our events visiting Muriwai Regional Park.

Pigeon Mountain School and Bucklands Beach Intermediate School

We also are very grateful to Pigeon Mountain School and Bucklands Beach Intermediate School for their willingness to allow us to incorporate their grounds in the sprint event.

Equipment and Services

- North West Orienteering Club (nworienteering.org.nz) for controls, tents and other event equipment
- Counties Manukau Orienteering Club (<http://www.cmoc.co.nz>)
- Lactic Turkey Events (lacticturkey.co.nz) for event equipment.
- Coffee Guy – coffee supply
- Phillip Herries & TASC Systems Ltd – (o-lynx.com) O-Lynx© Radio Link Technology for Orienteering

Saturday 19 October 2013 - Woodhill Forest: Middle Distance

Race Status

- ✓ NZOF A-Level Badge Event
- ✓ Super Series Race
- ✓ String Course Available

Event location

Woodhill Forest - Muriwai Gate Entrance, Coast Road, Muriwai
Please refer to "Conditions for Access to Woodhill Forest" on Pages 2 - 3.

Driving Directions

Muriwai Entrance: Coast Road. The event will be signposted from the SH16 Muriwai turn-off at Waimauku.

From Auckland: take the North-Western motorway and continue following State Highway 16 towards Helensville. At the SH16 Muriwai turn-off, turn left into Muriwai Road, following orienteering signs. Following the main route down into Muriwai, Turn right onto Motutara Rd. Turn right onto Coast Rd. Turn Lights on if not on. Gate will be straight ahead on coast road.

Inside the forest gate you must follow directions arrows. Do not use GPS to navigate to event centre. Coast Road area may have equestrian riders crossing, please drive slowly and slow right down if you see horses.

Event centre coordinates

Saturday 4th June 2011: NZTM 1725317, 5928095

Opening Times

On Saturday the gate will be open between 8:00am and 4:00pm.

Do not queue on the road at the gate - Please ensure the road is not blocked at any time. If you find you cannot proceed, please ensure you pull over to the side of the road.

Parking

Parking is as directed on Coast Rd before the event centre. Please ensure that you park your vehicle so emergency vehicles and other vehicles can still use the road.

Registration/Assembly/Start/Finish Area

The event centre and finish area are in a clearing off Coast Road, 0-5 minutes walk from parking. The start area is 100 m from the event centre.

Out of bounds

The forest and clearings on both sides of Coast Rd, with the exception of the string course and the event centre, is out of bounds. Warm up is possible on Coast Rd between the event centre and the start area.

Map

This area of Woodhill Forest was last used for an OY in July 2012. The map includes "The Maze", first used at TONIC 2008 and used infrequently since. The National Junior Training Camp used this area of the forest for training and for a Sprint in December 2012.

Contour Interval

Contour Interval 2.5m

Map Scale

Courses 1-2: 1:10,000

Courses 3-10: 1:7,500

Legend

There will be a legend on courses 9 and 10. There will be copies of the legend available at the event centre.

Terrain

All courses: fast, clean mature pine forest, sand dune terrain ranging from non-intricate to highly intricate with the occasional larger hill.

Red and Orange courses: semi-open coastal terrain with complex vegetation cover.

Red courses only: "The Maze"

The area is coastal and includes many fallen macrocarpa trees that have been dead for many years. Macrocarpa wood is harsh and is very slow to rot. The fallen trees are extremely difficult to get through. There are also some areas of dense prickly scrub. Even some of the low pines are too dense to get through. Therefore solid green can represent dead trees lying on the ground or dead trees still standing or dense low scrub or living trees. Where there is walking access between blobs of solid green this has been mapped as solid yellow about the width of a foot track. The foot access may be hard to see and only 0.4m wide. Rough open is generally slow progress as it mostly includes ground cover of rushes, occasional logs, scattered scrub and sundry nuisances. Where trees, native or exotic, are above about 2 metres they will be mapped as forest, either white, slow run, or walk. The slow run and walk stripe symbols are also used in white and rough open yellow areas.

Do not underestimate the technical difficulty of this area.

Hazards

Typical forest event hazards. Rough ground, trimmings, trees. Possible quad bikes or horses on tracks. This area is shared with equestrian riders; many thanks to their goodwill to share their area with us. Horses, and possibly their riders can be easily spooked by surprises. If you see a horse rider, do your best to make yourself conspicuous on the trail and call out loudly "giddyay" or similar.

The Maze: There are major injury hazards for all red courses. There is tangled vine stuff on the ground. Dead macrocarpa trees at ground, leg, waist and head level have harsh spiky bits that scratch very easily. There is a real risk of tripping up and hitting one of these spikes. Full body cover and eye protection are recommended for red courses. There are no specific clothing recommendations for other courses.

Water

Water will be provided at the start and finish.

Safety Bearing

Safety bearing is southwest to Coast Road or beach.

Course Closure Time

Course closure: 1:30pm.

Special Notes

Special map symbols:

Green circle = distinct single tree; green X = log pile; blue circle = water tank or trough; black X = man-made object, on this map – a vehicle wreck.

Motorbike tracks, east of Coast Rd:

Red Courses: This area is shared with regular motorbike club events. Motorbike tracks come and go in a matter of a few days or weeks. For red and orange courses all motorbike tracks are not shown on the map. The only tracks shown are long standing wide tracks that are vehicle width. There are recent sandy motorbike tracks that appear quite wide in places. These are not mapped.

Orange/Yellow/White Courses:

For orange, yellow and white courses we have endeavoured to map all motorbike tracks. Motorbike events have been through the forest right up to the weekend before the event. Some tracks are mapped as indistinct, others using the normal small path symbol.

Course Lengths and details:

Course	Classes (M)	Classes (W)	Grade	Length (km)	Climb (m)
1	M21E		Red	5.0	110
2	M20A, M21A	W21E	Red	4.2	90
3	M18A, M40A, M-C3-Open	W-C3-Open	Red	3.6	65
4	M16A, M50A, M21AS, M-C4-Open	W18A, W20A, W21A, W40A, W-C4-Open	Red	2.6	45
5	M60A, M40AS, M-C5-Open	W16A, W50A, W21AS, W-C5-Open	Red	1.9	40
6	M70A, M80A, M-C6-Open	W60A, W70A, W80A, W40AS, W-C6-Open	Red	1.4	25
7	M14A, M18B, M21B, M-Orange-Long-Open	W-Orange-Long-Open	Orange	2.9	50
8	M40B, M-Orange-Short-Open	W14A, W18B, W21B, W40B, W-Orange-Short-Open	Orange	2.1	35
9	M12A, M14B, M-Yellow-Open	W12A, W14B, W-Yellow-Open	Yellow	1.6	25
10	M10, M12B, M-White-Open	W10, W12B, W-White-Open	White	1.5	25

Saturday 19 October 2013 - Half Moon Bay - Sprint Distance

Race Status

✓ Super Series Race

Event location

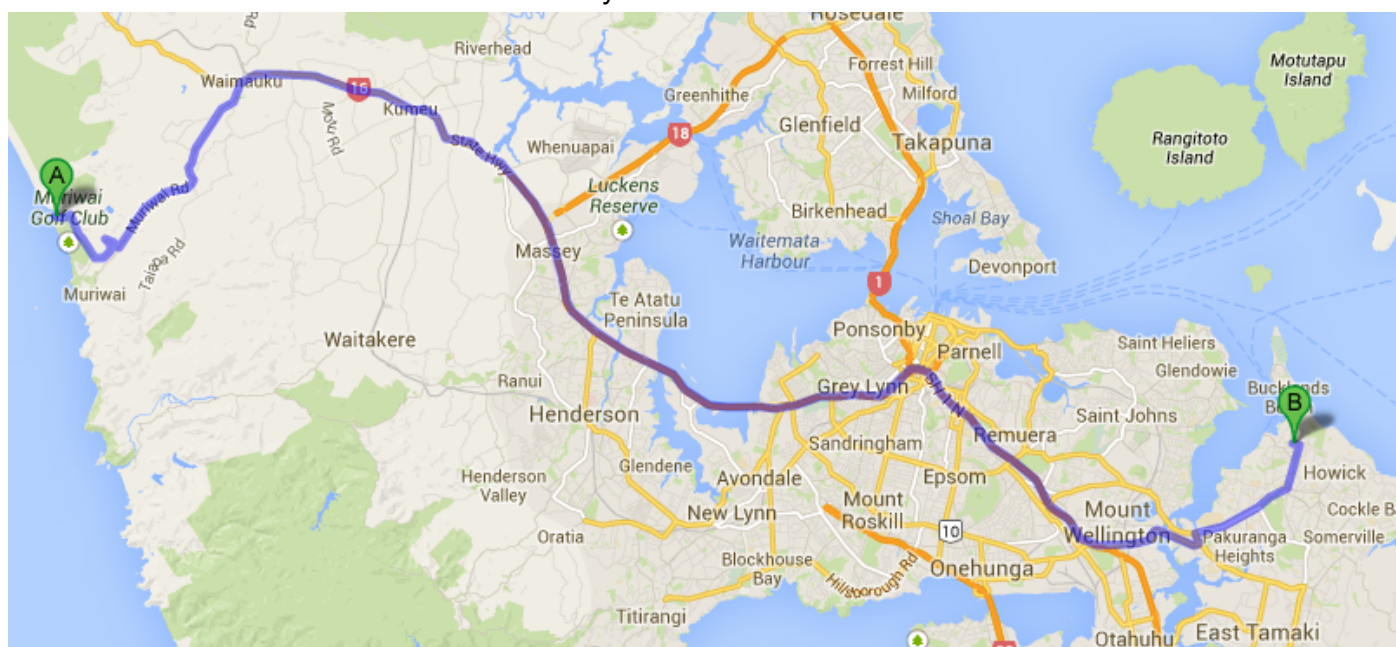
The event centre will be on the edge of Pigeon Mountain school, accessed from in Loloma Drive.

Driving Directions and event access

From Woodhill (morning events), travel south back towards Auckland along State Highway 16. Take “Exit 4C South Hamilton” onto SH1 (the Southern Motorway) and then onto the “South Eastern Highway” (Exit 437) left lane toward **Pakuranga**. Continue across the water bridge and at the end of the highway turn left onto Ti Rakau Drive, proceed to the lights and turn right onto Pakuranga Highway. Follow this 3.7km to Bucklands Beach road (on the left). Turn into Bucklands Beach Rd and continue 1.5km to Loloma Drive (on the left). The school entrance is a couple of hundred metres down Loloma Drive on the right. **Park in Loloma Drive and enter the school down the grassed entrance.** Note, this is the back entrance to the school. There is a covered area where there will be a registration/enquiries table and you can leave gear but you will not be permitted beyond this area before competing. If you do not need to go to registration you can go directly to the start by walking back down Loloma Drive and turning left into Bucklands Beach Rd. The start will be on the corner of Bucklands Beach Intermediate. The road and school grounds beyond this start area is Out Of Bounds. No cars are permitted to park on Bucklands Beach Rd.

Location Map

Woodhill Forest Coast Road to Half Moon Bay



Link to Google Map: <http://goo.gl/maps/2S7nT>

Parking

In Loloma Drive (see above)

Registration/Assembly/Start/Finish Area

See above. The event will start on the corner of Bucklands Beach Intermediate School grounds and finish in Pigeon Mountain School. There will be a Portaloo at the start

Out of bounds

Everything beyond Loloma Drive apart from the walk to the start. Warm up should be done in Loloma Drive

Map

New Map Mapped by Duncan Morrison 2013 using the Sprint O international symbols 2007
Course 1,2 and 3 will only have international control descriptions on the map. There will be text control descriptions available for course 3 at the start. Course 4 and 5 will have both international and text descriptions on the map. Only course 4 and 5 will have a legend on the map.. There will be a legend on display at the start.

Map Scale

1: 3,000 for all courses, Contour interval 2.5m.

Legend

There will be a legend on courses 4 and 5. There will be copies of the legend available at the start area

Terrain

A mixture of buildings, open areas and urban areas.

Hazards

Courses 1,2 and 3 incorporate some quiet urban roads. Extreme care must be taken when entering and crossing roads. Give way to traffic at all times and respect other pedestrians/bikers etc in the area. Courses 1 and 2 cross a busy through road. The passage across this road is STRICTLY OUT OF BOUNDS (it is marked as out of bounds on the map). You may travel down the pavement or grass verge at the sides of this road but to cross it you MUST USE use one of 2 TUNNELS which pass under the road. Crossing across the surface of the road will result in DISQUALIFICATION.

Start Procedure

You will enter the prestart area 3 minutes before your start time when the clock shows your start time (the clock will be 3 minutes ahead of race time)

- - 3 min: check off name and SI card number, clear and check,
- - 2 min: move up to collect control descriptions;
- - 1 min: go to map box, confirm correct map, write name on back.
- 0 min: start.

Water

There will be water available at the finish

Course Closure Time

6.45pm

Course Lengths and details:

Course	Men	Women	Length	Climb
1	M18, M20, M21	W21	3.0km	50m
2	M16, M40, M50	W18, W20	2.7km	38m
3	M14, M60	W16, W40, W50	2.4km	45m
4	M70, M80	W14, W60, W70, W80	1.4km	20m
5	M10, M12	W10, W12	1.1km	25m

Sunday 20 October 2013 - Woodhill Forest: Long Distance

Race Status

- ✓ NZOF A-Level Badge event
- ✓ Super Series Race
- ✓ String Course Available

Driving Directions

Please refer to "Conditions for Access to Woodhill Forest" on Page Woodhill Forest, Forest Headquarters, Restall Road Entrance

From Auckland take the North-Western motorway and continue following State Highway 16 towards Helensville. The event will be signposted from the SH16 Muriwai turn-off at Waimauku.

Continue on SH16 following signs. Restall Road will be on the left hand side of SH16 when driving from Auckland.

If using a GPS to navigate to the forest gate, use: NZTM Easting 1726838., Northing 5932162., WSG84: Long 174:25.248 Lat: -36:44.868, or Long: 174.42081 / Lat: -36.74781

Opening Times

On Sunday the gate will be open between 8:30am and 4:30pm.

Do not queue on the road at the gate - Please ensure the road is not blocked at any time. If you find you cannot proceed, please ensure you pull over to the side of the road.

Event location

Event location is about 10 minutes drive from Woodhill HQ forest gate.

Inside the forest gate you must follow directions arrows. Do not use GPS to navigate to event centre. Restall Road may have equestrian riders crossing, please drive slowly and slow right down if you see horses.

Event centre coordinates

NZTM 1724075, 5930787 Event centre is on Coast road at the Telephone track junction.

Parking

Park as directed along Coast Road. Allow 5-10 minutes walk from parking to event centre.

Registration/Assembly/Start/Finish Area

Event centre and finish are in the same area. The parking is along the road prior to reaching the event centre. A spectator control for courses 1-8 is visible from the event centre.

Start/Finish

The finish for all courses is adjacent (within 100m) to the event centre, the start is 300m up Telephone track, allow 5 mins walk.

Out of Bounds

All areas west of the event centre are out of bounds, as well as both sides of Coast road. Keep to the main roadways. Also Coast rd past the event centre is also out of bounds.

Map

Last use: 29th December 2012 Pre-Oceania Day 2.

Map scale

Courses 1,2,3,4,5,7,8 1:10,000, Courses 6,9,10 1:7,500

Legend

No legend on the map for courses 1-6. Standard IOF symbols. Map legends will be displayed at the registration area.

Terrain

Classic Woodhill forested sand dune terrain, with some areas of complex contours.

Forest is relatively mature with generally good visibility.

Run ability is very good. Scattered old trimmings and some (actually very little) cutty grass in some areas.

There is a strip between the forest and coastal strip adjacent to Coast road north of the event centre (visible from the parking) which has been felled, runability has improved since it was last used however is still quite slow in places. Only courses 1-5 must cross this. Runability on the dune area is unusually good south of the event centre due to 4WD use, elsewhere can be slow. Areas where 4WD use has flattened the ground almost into a track has been mapped as a thin open strip in the rough open providing excellent runability.

Leg protection is recommended.

Clearings and vegetation boundaries marked on the map and not marked on the map need to be interpreted with caution. On a sunny day open parts of the forest can appear to be possible clearings (but are not marked as such). There has been a little change to these over the years.

Some parts of the map have rides (a row of trees removed), that are not marked in any way on the map.

Some of these are where equipment has been used in the thinning activities. In the unthinned part a couple of these vehicle tracks have appeared and are marked as tracks there.

No electric fences (well the planner and controller haven't found any)

Hazards

Typical forest event hazards. Rough ground, trimmings, trees. Possible quad bikes or horses on tracks. It is likely that there will be horses passing through the event centre and nearby tracks.

Water

Water will be available on red and orange courses (Courses 1-8), at marked locations on major tracks, as well as at the spectator control.

Safety bearing

West to Coast Road (East from the beach), then south-east on Coast Road to Telephone track (event centre).

Course closure time

Course Closure is 2:30PM

Course Details

Course	Classes (M)	Classes (W)	Grade	Length (km)	Climb (m)
1	M21E		Red	12.8	190
2	M20A, M21A	W21E	Red	9.1	135
3	M18A, M40A, M-C3-Open	W-C3-Open	Red	7.2	105
4	M16A, M50A, M21AS, M-C4-Open	W18A, W20A, W21A, W40A, W-C4-Open	Red	6.1	90
5	M60A, M40AS, M-C5-Open	W16A, W50A, W21AS, W-C5-Open	Red	5.0	75
6	M70A, M80A, M-C6-Open	W60A, W70A, W80A, W40AS, W-C6-Open	Red	3.6	55
7	M14A, M18B, M21B, M-Orange-Long-Open	W-Orange-Long-Open	Orange	3.8	55
8	M40B, M-Orange-Short-Open	W14A, W18B, W21B, W40B, W-Orange-Short-Open	Orange	2.6	40
9	M12A, M14B, M-Yellow-Open	W12A, W14B, W-Yellow-Open	Yellow	2.7	40
10	M10, M12B, M-White-Open	W10, W12B, W-White-Open	White	1.5	30

Revision History

version 1 - initial release

version 2 - added "climb" values to middle distance course details