

Programme, Riverhead Orienteering Weekend 2021



Date	Event	Location	Start Times
8/05/2021	AOS1 - MIDDLE	Robinson Road, Coatesville.	12:00 pm – 2:00 pm
9/05/2021	AOS2 - LONG	Robinson Road, Coatesville.	10:00 am – 12:00 pm



Welcome

Welcome to the Riverhead Orienteering Weekend (ROW) 2021! We are looking forward to a great weekend of challenging orienteering on a brand-new Riverhead map. Enjoy orienteering on some of the trickiest maps in New Zealand!

Event Information

Both events are part of the Auckland Orienteering Series 2021. The weekend also plays host to the first round of the National O League 2021 for elite competitors. Courses will be provided for a range of competitors, from beginners to NZ's top elite orienteers.



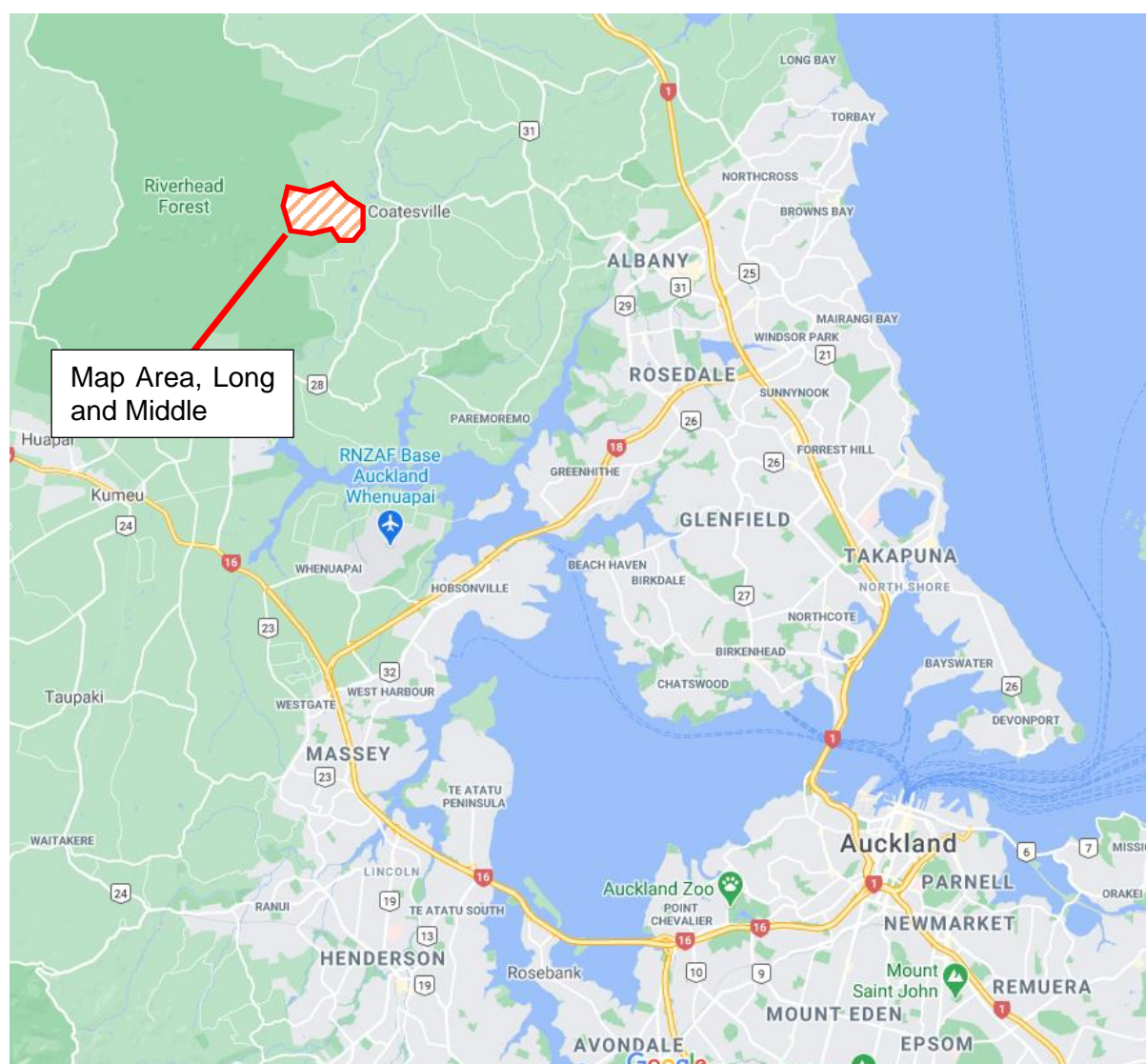
General Event Information

Entries

Entry to ROW is open to all persons including non-club members. We recommend pre-entering – pre-entry is open now (<http://www.entero.co.nz>). Entry on the day will also be available.

Maps/Location

Both events are located in Riverhead Forest, accessed from Robinson Road, Coatesville. Driving time from Auckland CBD is approximately 25 minutes.



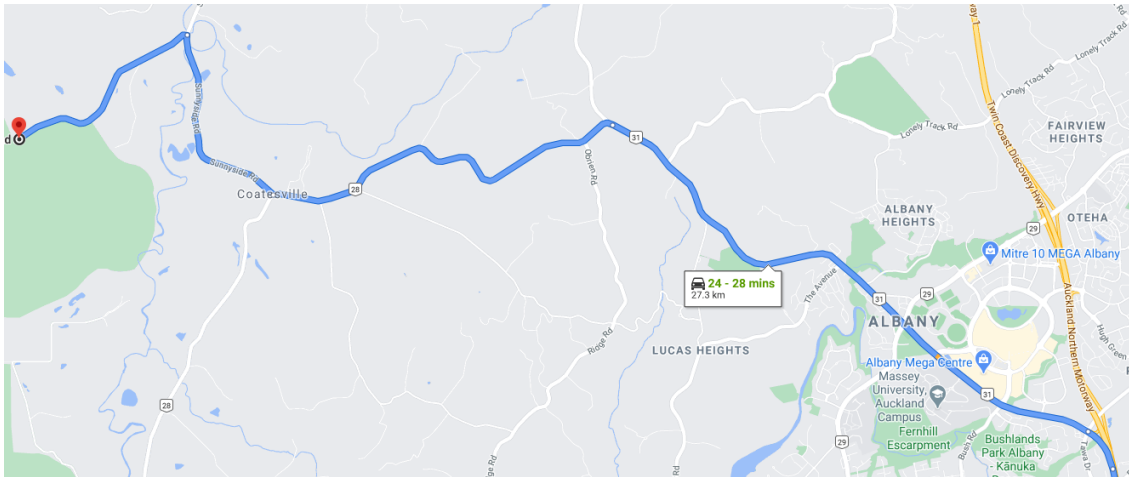
There is a one-way bridge on Sunnyside Road just before the Robinson Road turnoff. Please use caution when crossing this bridge. Robinson Road is a popular location for recreational activities including horse riding, walking and mountain biking. Please watch for other road users and drive cautiously along Robinson Road and in the forest.

Driving Instructions

FROM AUCKLAND CENTRAL/NORTH SHORE

Signposted from the Coatesville-Riverhead Highway roundabout turnoff.

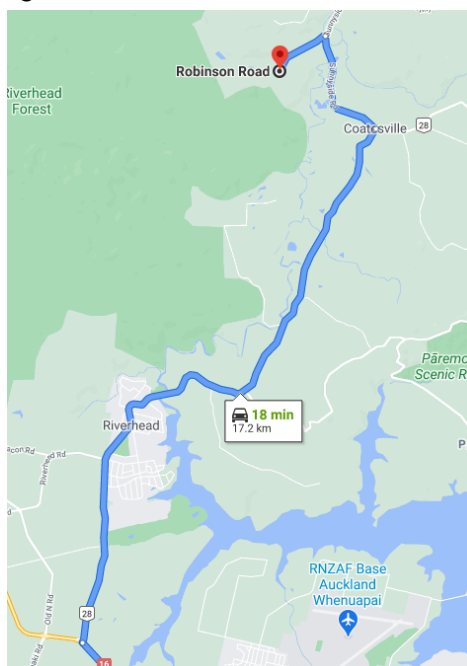
Take the Northern Motorway (SH1) to Greville Road offramp. Continue straight through the lights and along the Albany Expressway/Dairy Flat Highway to the Coatesville-Riverhead Highway turnoff at the roundabout (5.4km). Follow the Coatesville-Riverhead Highway to Coatesville and turn right into Sunnyside Road (3.5km). Just after the first one-way bridge, turn left onto Robinson Road. Follow the signs to the event centre.



FROM WEST AUCKLAND

Signposted from Coatesville.

Take SH16 to the Coatesville-Riverhead Highway turnoff. Continue 10.7km through Riverhead to Coatesville. Turn left on to Sunnyside Road. Just after the first one-way bridge, turn left onto Robinson Road. Follow the signs to the event centre.



Terrain Description

The terrain is typical Riverhead gully spur with some highly detailed areas and some very vague areas. Topography ranges from gentle slopes to very steep slopes. Most areas are moderately sloping. This area of the forest has few tracks.

Runnability ranges from fast to very slow. Visibility is generally poor.

Riverhead is known for its understory vegetation and this map is no different. Approximately 25% of the map is white pine forest with little to no undergrowth or bushes. 50% of the map is light green with soft bushes that are easily passed through but greatly restrict visibility. The remaining areas of the map have thicker vegetation or thinnings. These areas have generally been avoided during course setting.

There are also pockets of native bush on the map, usually in gullies. These tend to have good runnability and are often indistinguishable from the surrounding pine forest.

Mapping

Maps have been produced at 1:10,000 and 5m contours with a 1:7500 enlargement for shorter courses. The mapping style is detailed with an emphasis on representing every change of runnability in the forest. This has resulted in a map whereby vegetation changes can reliably be used for navigation. A model map will be available on both Saturday and Sunday. It is highly recommended to check this out before running.

Special features:

Rootstocks (mounds of dirt associated with a fallen tree). Represented by brown triangle on map.



Special man-made feature. For example, abandoned farm equipment or an old fenced area. Represented by a black cross on the map.



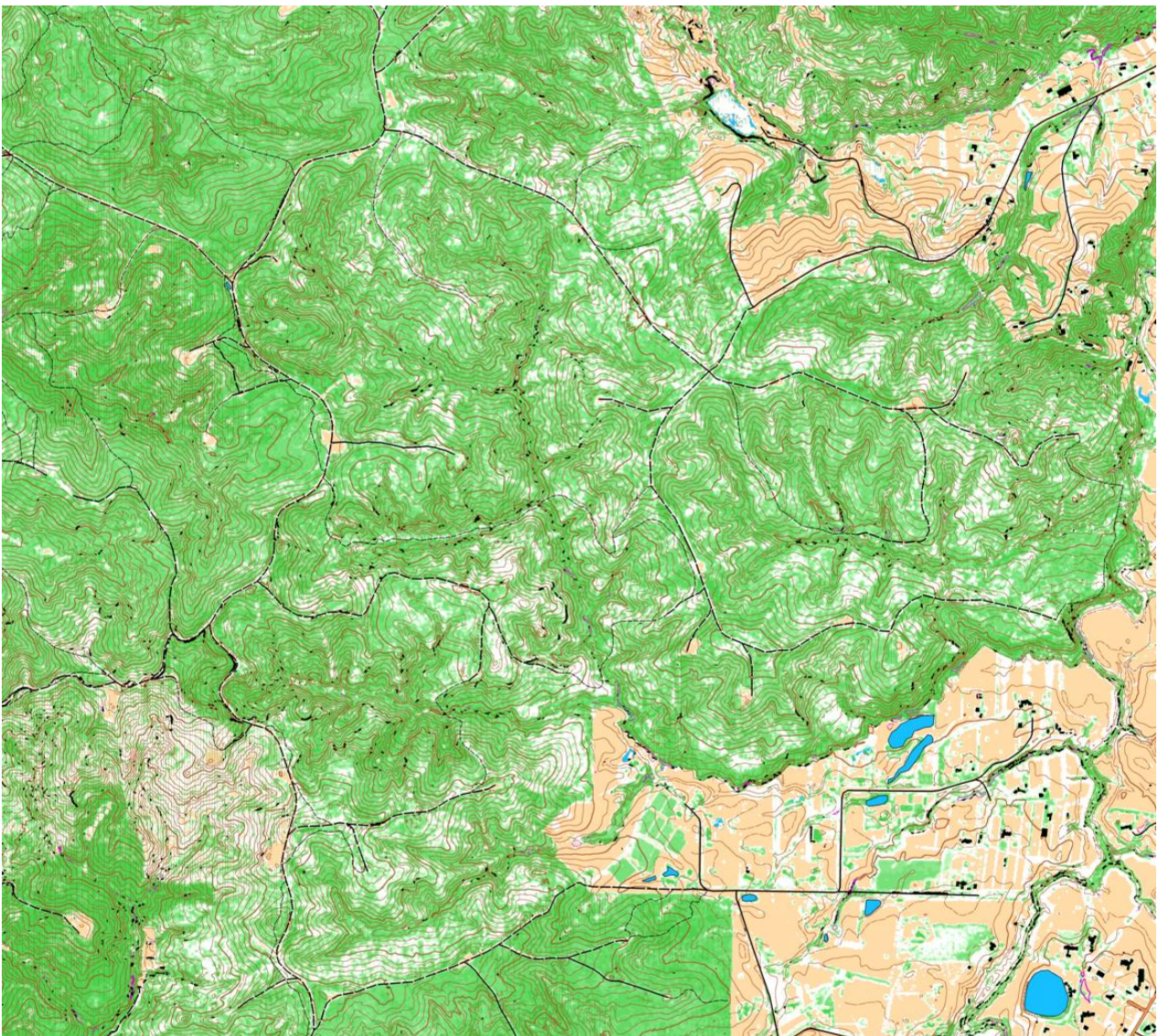
Beginners

Half of the courses on both days of the Riverhead Orienteering Weekend cater for beginners. If this is your first time orienteering in the forest, we recommend entering the white or yellow courses. If you have done a few events and are feeling confident, you might like to try an orange or yellow course. Orange courses are moderately difficult and require compass navigation.

Feel free to have a chat to our friendly club members at both events for tips and advice about what course would be most suitable. Our registration volunteers are happy to answer any questions you may have.

Previous Maps

This is the first use of this area for orienteering. A snippet of the area from omap.nz is shown below.



Event Centres

Each race will have an Event Centre which will incorporate registration, toilets, the finish, and the unofficial O-Lynx results display. If we are not at Level 1, Event Centres will be configured to ensure safe distancing. Cell phone coverage is generally good at both event centres although it may be poor in parts of the forest.

Whistles

It is strongly recommended that **ALL** competitors carry a whistle for both races. Some parts of the terrain are very rough, and it is easy to get lost on the red courses. Whistles can be bought at the Registration Desk for \$3, please bring cash.

Results

Preliminary results will be displayed on O-Lynx screens at the event centre. O-Lynx Live will also be used with live results available online at <http://o-lynxlive.com/>. This will include radio controls for the Sunday event. Final results for both days will be posted as soon as possible on Winsplits after each race finishes.

GPS tracking will be used for the elite grades. Links will be posted on Facebook shortly before the event. Further information is provided in the NOL section of the bulletin.

Clothing

Full body cover is recommended for both events. While the vegetation is predominantly soft, there are small patches of gorse, cutty grass and bush lawyer. Some areas may also have pointy sticks. It is highly recommended not to run in shorts for red courses, particularly longer red courses. Metal studs or dobbed shoes are recommended.

Timing System

Sportident AIR **will be enabled** for all courses. Provision is made for mixed punching – this means you can choose to use a Sportident AIR card or a normal Sportident card.

Sportident AIR cards will unfortunately not be available for hire.

The procedure for using a Sportident AIR card is similar to that of a normal Sportident card. At the start, please be sure to punch the battery check box. A Sportident ON box will also be provided during pre-start.

All competitors (except for Elites) must punch the start box after picking up their maps.

Elite competitors who have been given a start time may start when instructed by the start official and when indicated by the start clock. Elite competitors should not punch the start box.

Elites who are late to their start time will be started at the next opportunity at the discretion of start officials. The controller will determine whether the reason for the competitor being late for their start is justified and adjust the competitors start time accordingly.

Please ensure you go to the download station before leaving the forest – even if you do not complete your course.

NOL Information (ELITES ONLY)

Both events at ROW will form the first part of the National O League 2021 (NOL 2021). Points are scored in M21E, W21E, M20E and W20E grades.

Competitors wishing to be included in the rankings for the NOL are asked to pre-enter before **Wednesday 5 May**. A start list will be generated for competitors in these grades **only**.

GPS tracking will also be in use both days of the event. A list of GPS tracked athletes will be included with the start lists, which will be posted online as soon as possible after entries close. Please allow time to report to registration before running to pick up your GPS bib and GPS unit.

Grade-course combinations for NOL competitors:

Grade	MIDDLE	LONG
M21E	Red 1	Red 1
W21E	Red 2	Red 2
M20E	Red 1	Red 2
W20E	Red 2	Red 3

NOL competitors who are not being tracked are encouraged to **bring a watch download cable** with them for their watch to both events. A laptop will be made available to download GPS tracks for upload to Loggator/Routegadget. We are hoping to have GPS tracks uploaded for most NOL competitors for post-race analysis.



AOS 1: MIDDLE

Sergeant Road – SATURDAY, 8 MAY 2021

Mapped by	Cameron de L'Isle (2020-2021)
Location	Riverhead Forest, Coatesville, North Auckland Driving directions: As per driving instructions section above. Parking: As directed along forest roads. Parking may be up to 500m away from the event centre.
Timings	11:00am: Event centre opens 12:00pm: First starts 2:00pm: Last start 3:30pm: Course closure
Planner	Cameron de L'Isle
Controller	Dave Middleton
Landowner	Watercare
Terrain Description	As described above. Many animal trails are present on this part of the map. These may significantly aid in runnability. In a few locations where trails are particularly distinct, they have been mapped as indistinct tracks.
Event Centre and Start	Location: The event centre is located between 0 and 500m from parking. The forest on the south side of the road is out of bounds. Start: The start is located adjacent to the event centre. Elite competitors, please be here 4 minutes before your start time. All other competitors are free to start at leisure.
Model Map	A model map will be made available 500m – 1km from parking. Maps at 1:10,000 scale and 1:7,500 scale will be available at the event centre.
Map Scale and Contour Interval	1:10,000 and 1:7,500. 5m
Quarantine Information	As GPS tracking will be in use, elite competitors are asked to leave the event centre following the first elite competitor start time (tbc). Elite competitors are also asked to not use their phones after this time to maintain fairness.

Warm-up area	As marked on the model map. Please take care of arriving cars if warming up along the road.
Finish	The finish is located at the event centre.
Course Notes	<p>Yellow and white courses have marked routes that must be followed by competitors. These are marked with a long white tape through the terrain.</p> <p>Due to COVID-19 restrictions, no water is provided on courses.</p>
Safety Bearing	Northwest to the event centre/Whakatahi Road.
Hazards	<p>Parts of the forest are rough with rotted thinnings and generally uneven ground. Other forest hazards such as spiky branches, fallen trees, cliffs and steep banks are present. Take extra care around any hazards</p> <p>This area of the forest is popular with horse riders and walkers. Please be careful not to come out of the forest unexpectedly in front of horses and spook them.</p>
Course Closure	3:30pm.
Bottle Drop for Sunday	A bottle drop will be available at registration for the Sunday event. Separate boxes will be available for competitors on the Red 1 and Red 2 courses. See Sunday event information for more detail.

Course	Technical Level	Length (km)	Climb (m)	Controls	Scale	Est Winning Time (mins)
Red 1	Red – extra difficult	3.3	175	14	1:10,000	33
Red 2	Red – extra difficult	2.9	155	12	1:10,000	33
Red 3	Red	2.4	120	10	1:7,500	30
Red 4	Red (easier)	1.8	105	11	1:7,500	35 (median)
Orange	Orange	2.3	125	14	1:7,500	30 (median)
Yellow	Yellow	2.3	110	14	1:7,500	30 (median)
White	White	2.6	110	15	1:7,500	30 (median)

AOS 2: LONG

Whakatahi Road – SUNDAY, 9 MAY 2021

Mapped by	Cameron de L'Isle (2020-2021)
Location	Riverhead Forest, Coatesville, North Auckland Driving directions: As per driving instructions section above. Parking: As directed along forest roads. Parking may be up to 500m away from the event centre.
Timings	9:00am: Event centre opens 10:00am: First starts 12:00pm: Last start 2:30pm: Course closure
Planner	Cameron de L'Isle
Controller	Paul Ireland
Landowner	Watercare
Terrain Description	As described above. Competitors on longer courses may encounter some animal trails. These may significantly aid in runnability. In a few locations where trails are particularly distinct, they have been mapped as indistinct tracks. Some extra tracks have been built for this event. While easy to follow, they may be difficult to see when crossing at right angles in some places. Some gullies on this part of the map are filled with fallen logs and may be very slow to pass through, especially where the stream at the bottom is surrounded by cliffs. In the main gullies, many small waterfalls are present. These can generally be crossed easily or avoided.
Event Centre and Start	Location: The event centre is located between 0 and 500m from parking. The forest on the south side of the road is out of bounds. Start: The start is located 650m from the event centre (50m climb). Elite competitors, please be here 4 minutes before your start time. All other competitors are free to start at leisure.
Model Map	A model map will be made available 200m – 700m from parking. Follow the entrance road back to get to the map. Maps at 1:10,000 scale and 1:7,500 scale will be available at the event centre.

Map Scale and Contour Interval	1:10,000 and 1:7,500. 5m
Quarantine Information	As GPS tracking will be in use, elite competitors are asked to leave the event centre following the first elite competitor start time (tbc). Elite competitors are also asked to not use their phones after this time to maintain fairness.
Warm-up area	Along the road to the model map and the model map area. Please take care of arriving cars if warming up along the road.
Finish	The finish is located at the event centre.
Course Notes	<p>All red courses pass through areas with reduced visibility and few tracks. Please be sure of your ability before entering a red course, especially longer red courses.</p> <p>Due to COVID-19 restrictions, no water is provided on courses.</p> <p>Competitors on Red 1 and Red 2 courses can drop off bottles at the event on Saturday which we will place at control sites overnight. For the Red 1 course, this will be approximately 1/2 to 2/3 of the way through the course. For the Red 2 course, this will be approximately 1/2 of the way through the course.</p>
Safety Bearing	North to the event centre/Whakatahi Road.
Hazards	<p>Parts of the forest are rough with rotted thinnings and generally uneven ground. Other forest hazards such as spiky branches, fallen trees, cliffs and steep banks are present. Take extra care around any hazards</p> <p>This area of the forest is popular with horse riders and walkers. Please be careful not to come out unexpectedly in front of horses and spook them. Some mountain bikers may be present on tracks – take care.</p>
Course Closure	2:30pm.

Course	Technical Level	Length (km)	Climb (m)	Controls	Scale	Est Winning Time (mins)
Red 1	Red – extreme difficulty	7.0	295	16	1:10,000	70
Red 2	Red – extreme difficulty	4.7	180	13	1:10,000	65
Red 3	Red – very difficult	3.5	120	12	1:10,000	55
Red 4	Red	2.4	70	12	1:7,500	45 (median)
Red 5	Red (easier)	1.9	20	11	1:7,500	35 (median)
Orange Long	Orange	4.0	165	14	1:10,000	60 (median)
Orange Short	Orange (easier)	2.9	80	15	1:7,500	45 (median)
Yellow	Yellow	2.8	85	14	1:7,500	40 (median)
White	White	3.0	85	16	1:7,500	35 (median)



Other Events

North West Orienteering Club and the other clubs in Auckland host regular events right through autumn and winter. Check out <https://www.nwoc.org.nz/events/> for more information.

Fun Facts

- The map area covers nearly 4 square kms with many parts remaining unused for future events.
- This area is unusually teeming with wildlife, with 10+ moreporks, 3 hedgehogs, 2 barn owls and countless possums and skinks spotted during mapping. If you are lucky you may spot a morepork or two in the darker parts of the forest!
- This is the first known large-scale map made using omap.nz as a base map, bringing down the mapping costs significantly. Omap.nz is a giant orienteering map of New Zealand which is currently being generated region by region. Check it out here: omap.nz.

