



# TONIC 2014

THE OFFICIAL NORTH ISLAND CHAMPIONSHIPS

28<sup>TH</sup> - 30<sup>TH</sup> MARCH

EVENT BULLETIN



## CONTENTS

Welcome .....	4
Acknowledgements .....	4
Program .....	5
Competition Rules and Standard .....	5
Punching and Time-keeping System.....	5
Live Mobile Site.....	5
Classes and Participation Restriction .....	5
Start Procedures .....	6
Anti-doping Code .....	6
Clothing .....	6
Location and Embargoed areas .....	7
Safety .....	7
Complaints and Protests .....	7
On The Day Entries.....	8
Catering.....	8
Riverhead Social Function - Saturday Night.....	8
Orienteering Stores .....	8
Sprint Distance.....	9
Event Information.....	9
Directions .....	10
Starts and Course Closure.....	10
Expected Winning Times .....	10
Terrain and Map comments .....	10
Arena and Warm up.....	10
Course Information .....	11
Middle Distance + Public Chasing Start .....	12
Event Information.....	12
Chasing Start Information .....	12
Directions .....	13
Starts and Course Closure.....	13
Expected Winning Times .....	13
Terrain and Map comments .....	13
Arena and Warm Up .....	14

Course Information .....	14
Long Distance .....	15
Event Information .....	15
Directions .....	15
Starts and Course Closure.....	15
Expected Winning Times .....	15
Terrain and Map comments .....	15
Arena and Warm Up .....	16
Course Information .....	17
Old maps.....	18
In the Heart of Riverhead - By Nick Hann .....	19



AUT: TONIC 2014 SPRINT



RIVERHEAD FOREST: TONIC 2014 MIDDLE AND LONG

## WELCOME

North West Orienteering Club invites all orienteers from NZ and abroad to compete in the Official North Island Championships for 2014. This event will be one of upmost quality, in which we hope to provide exciting, yet demanding terrain and courses. The main venue for TONIC 2014 will be Riverhead Forest, an area never before used for foot orienteering. The terrain is remarkably unique and will impart some unforgettable memories; whether ones of conquest or defeat, will be entirely up to you. Accompanying the events at Riverhead will be a sprint race on a classic campus style map, Auckland University of Technology (AUT). Throughout the competitions a trial for the Junior World Orienteering Team will take place, in which we hope to see the future elites battling it out for a place in the New Zealand JWOC team. **Welcome to TONIC 2014.**

## ORGANISING TEAM

Host Club – North West Orienteering Club  
Event Director – Matt Ogden  
Event Coordinator – Stephen Reynolds

Club President – Phillippa Poole



Website and Entry System – Owen Means  
Sport Ident – Greg Flynn

## COURSE PLANNERS AND CONTROLLERS

### Sprint Distance:

Planner – Gene Beveridge      Controller – Allan Janes

### JWOC Middle Trial and Public Chasing Start:

Planner – Matt Ogden      Controller – Greg Flynn

### Long Distance:

Planner – Matt Ogden      Controller – Greg Flynn

## ACKNOWLEDGEMENTS

Landowners and event related services are vital to the success of TONIC 2014, so we would like to acknowledge the following for their support:

Hummingbird Print  
Auckland University of Technology  
Te Whare Wananga O Awanuiarangi  
Riverhead Forest  
Grassy Knoll Outdoor



## PROGRAM

### **Friday 28<sup>th</sup> March**

Sprint Distance (AUT) – Starts from 5:30pm

### **Saturday 29<sup>th</sup> March**

JWOC Middle Trial + Public Chasing Start (Riverhead Forest) – Starts from 10:00am

Riverhead Social Function – Details will be released at a later time

### **Sunday 30<sup>th</sup> March**

Long Distance (Riverhead Forest) – Starts from 10:00am

## COMPETITION RULES AND STANDARD

All competitions will be to an A-Level standard, in compliance with the NZOF Competition Rules for New Zealand Foot Orienteering Events. The competitions have been designed to emulate the character of a Junior World Orienteering Championships. Demanding courses in conjunction with well-established event arenas will make this a memorable event.

## PUNCHING AND TIME-KEEPING SYSTEM

The SPORTident punching system will be used for all TONIC 2014 competitions. Competitors can either use their own SPORTident or hire one from the North West Orienteering Club for a fee of \$3.00 per event.

## LIVE MOBILE SITE

Bring your smart phones to receive live results. Also available will be the programme, start-lists and splits as part of the local wifi network. There are three steps to get Live Results on your Smart Phone at the Event:

- 1: Connect to the wifi network 'NWOC'\*
- 2: Open a web browser and type in the address 192.168.1.2
- 3: Follow links on this home page to results and splits

\*you might need to turn off your 3G/data to get this to work.

## CLASSES AND PARTICIPATION RESTRICTION

TONIC 2014 will host both the North Island Championships as well as a series of trial races for the athletes interested in competing at the 2014 Junior World Orienteering Championships.

The JWOC trialists (M/W 20E) must be born in or after 1994 and must be full passport-holding citizens of New Zealand.



The following classes will be on offer for the public races. Specific course information can be found in the details for each event.

M/W 10, 12, 14, 16, 20E, 20A, 21E, 40, 50, 60, 70

Open 1, Open 2, Open 3, Open 4

## START PROCEDURES

Start intervals will be given when the start-lists are released closer to the event.

Please report to the start area at least 4 minutes before your start time. There will be one clock which will show official race time.

The start procedure will be as follows:

The prestart call-up time is 3 **minutes** before the start time.

- 3 min: check off name and SI card number, clear and check,
- 2 min: move into the start box, and collect your control descriptions. For the long distance there will be a short walk (50 metres) to the map boxes which you can commence 2minutes before start.
- 1 min: go to map box, confirm correct map, write name on back.
- 0 min: start on the long beep.

There will be a special start procedure for the chasing start; this is covered later in the bulletin.

**If you are late for your start**, tell the start official. It will be at the discretion of the start team whether or not they can fit you into your allotted slot or how you will be fitted into the start at the first convenient time. Your race time will run from your original start time. The start team will note the time slot you started in.

## ANTI-DOPING CODE

Doping is forbidden – “think positive, test negative”. All competitors shall follow the IOF Anti-Doping Code.

## CLOTHING

There are no special regulations applying to runners concerning the type of clothing they choose to wear, although the organisers recommend use of full body cover for both the middle and long distance events. It is forbidden to use shoes with spikes in the sprint competition.

## LOCATION AND EMBARGOED AREAS

The map below shows the location of all events for TONIC 2014. Enlarged maps of the embargoed areas can be found on the TONIC website or on maptalk. All activities in the embargoed areas, that could affect the results of the championships, whether athlete, coach or member of the public are strictly prohibited. This includes any form of orienteering, running, route testing etc.



## SAFETY

Specific event hazards associated with the venues are given in the Event Information sections. At Registration there will be a First Aid Kit and Ice, and a list of medically-qualified personnel.

Competitors are expected to render assistance on their course to anyone who is injured 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.

## 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.

## ON THE DAY ENTRIES

On the day entry will be available for the 4 open courses. Prices will be advertised at the event. These courses will be self-start and entrants can commence their course after the last official starter.

## CATERING

There will be coffee and food available at the Middle and Long events. Food will be organised by the Diocesan Girls School as a fundraiser for their orienteering pursuits, so please support their cause.

## RIVERHEAD SOCIAL FUNCTION - SATURDAY NIGHT

The organisers are currently pursuing the possibility of a Riverhead Social Function, on the Saturday evening, where everyone can come and gather. Details for this will be released at a later date.

## ORIENTEERING STORES

As well as event partners Grassy Knoll Outdoor, Michael Wood will also be in attendance carrying with him a selection of orienteering equipment of the highest quality.





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## SPRINT DISTANCE

Akoranga Campus

1:4,000, 2.5m contour interval

Mapped by Mike Beveridge (ISSOM 2007)

### EVENT INFORMATION

The Sprint race is located at AUT's Akoranga Campus. This race will test all aspects true to sprint orienteering including quick thinking, route planning and speed over the ground. Lapsing one's navigation will be costly and to come out on top, runners will additionally have to make the most of any open running they get.

Courses have been set to give winning times of 12 to 15 minutes as recommended by IOF guidelines for sprint orienteering. JWOC trialists will race earlier than other competitors and will all be finished before other grades start. **JWOC trialists will be quarantined** near the event centre to prevent later runners taking advantage of spectator opportunities. JWOC trialists can enter the quarantine area through the event centre. **They must be in quarantine 30 minutes before the first start time.** Runners not complying with the quarantine will not be allowed to start.

Courses 1, 2 and 3 will feature a map change and 3 spectating opportunities. The first spectating opportunity will be the start, the second will be during the course and the third will be the finish. Viewing competitors from outside the event centre or car park will not be permitted. We encourage spectators to be present as the JWOC trialists start as this will feature a spectating setup new to most people.

The map change for courses 1, 2 and 3 will follow this procedure:

1. Punch the final control marked on your first map
2. Place your first map into the box beside the control.
3. Follow the taped route for 10 meters
4. Pick up your second map from the box named Course 1, Course 2 or Course 3 appropriately
5. Continue along the taped route to the start triangle and continue the remainder of your course. Course numbering will continue from where it left off. For example, if the map change happened at control 5, then the first control on the second map will be control 6.

All roads and driveways on the map are open and you can expect to meet traffic at some point. Take extra care when crossing these as there will be **no** closures in place.

## DIRECTIONS

From Auckland Central, take SH1North until you reach the Northcote Road turnoff (Exit 419). Exit the motorway, turn left into Northcote Road and then take the first left along Akoranga Drive. Follow this for 1.2km before turning left into AUT (signposted). **Note, due to the event being held on a Friday evening there will be heavy traffic along Akoranga Drive. Do not attempt to make a right turn into the AUT campus.** Parking may be limited depending on public use of the parking facilities.

## STARTS AND COURSE CLOSURE

JWOC Trial:	From 5:30pm
Public	From 6:15pm
Course Closure:	7:30pm

## EXPECTED WINNING TIMES

JWOC Trial:	12-15 minutes
Public:	12-15 minutes

## TERRAIN AND MAP COMMENTS

This new map at AUT's Akoranga Campus incorporates buildings of various sizes hiding numerous gardens, paths and gaps. The neighbouring Marae grounds add a small area of long grass and bushes not typical of urban sprints. This will not concern all courses. Some areas also feature rails and walls which have been mapped with the fence/railing symbol (522) as this best represents the time lost when either climbing through or over them. The map is mostly flat and running will be mostly on paving and very short grass.

## ARENA AND WARM UP

Arena will be in an open field adjacent to the parking.

Space for JWOC trialists to warm up will be restricted to the north of the quarantine boundary. This includes a large field and competitors are also welcome to cross the motorway over-bridge if they wish to have a large warm up area. All other competitors may use the event centre in addition to the quarantine area for warming up/down. Note that no one other than JWOC trialists will be allowed into the quarantine area before the last JWOC trialist starts. Using the car park, entrance driveway, or road for warming up





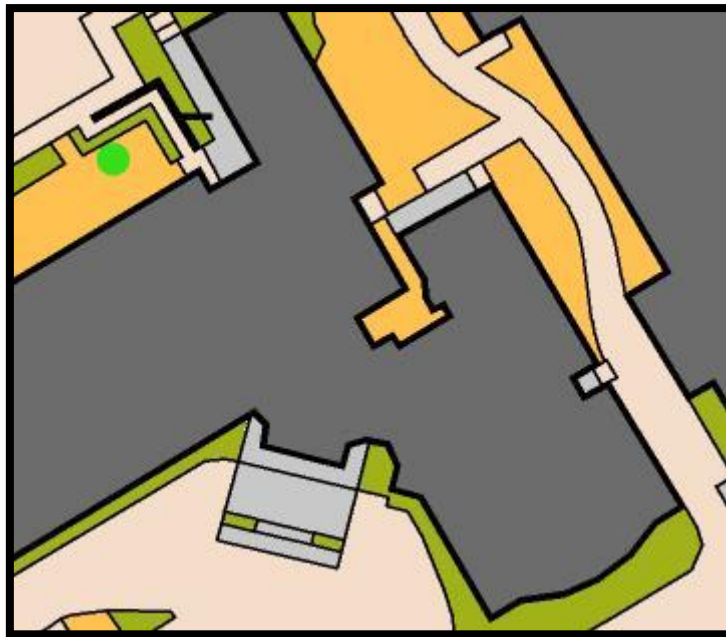
or warming down is not allowed as this is dangerous.

Mapping conforms to ISSOM standards and crossing of any feature marked as out of bounds will result in instant disqualification.

#### COURSE INFORMATION

The following information is close to final. There may be slight changes before the competition.

			<i>Distance (km)</i>	<i>Climb (m)</i>	<i>Controls</i>
1	M20E, M20A, M21E, Open 1	Red	2.4	15	18
2	M16, M40-50, W16, W20E, W20A, W21E, Open 2	Red	2.0	15	15
3	M14, M60-70, W14, W40-70	Red	1.8	10	16
4	M12, W12, Open 3	Yellow	1.6	15	15
5	M10, W10, Open 4	White	1.4	15	14



MAP SAMPLE FOR THE TONIC SPRINT

## MIDDLE DISTANCE + PUBLIC CHASING START

Riverhead East      1:10,000, 5m contour interval      Mapped by Nick Hann

### EVENT INFORMATION

For the public, the day's racing will see a prologue in the morning which will determine a starting order for the afternoon's chasing start. The winners of the prologue will head off into the forest first, chased by all the runners thirsty for victory in the TONIC 2014 middle. The start procedure for the chasing start can be found below. In between the public races the JWOC trial will be held. We encourage everyone to stay and watch the juniors bust their guts for a place in the New Zealand team. **The winners of the elite grades for the chasing start will receive a cash prize.**

There will be lots of controls in close proximity due to the overlap of map for the prologue and chasing start, so checking control codes is strongly advised. Maps will be collected after the Prologue and JWOC Trial and released after the Chasing Start.

In the event of bad weather water levels in the rivers and streams may rise. Take extra care when crossing these.

### CHASING START INFORMATION

Each grade will have a set 'start time'. This start time will be the start time of the person with the fastest time in the morning prologue for their grade. Every other person in this grade will start the equivalent time after this as they were in the prologue result. Any people that were more than 20 minutes behind the winner of their grade in the prologue will start at 20 minutes after the 'start time' at 15 second intervals, in the order of the results.

The 'start time' for each grade will be advertised on the day, if not before. Actual start lists will be produced and displayed at the event centre and available on the local wifi webpage (see Live Mobile Site section) as soon as possible after the prologue.

The chasing start will be a little hectic, hence why it will be so much fun. Please line up in the start corridor at least 5 minutes before your start time – it would be wise to interact with the other people also in the start corridor to ensure you are in the correct order. Ensure you have 'Cleared' and 'Checked' your SPORTident stick before getting in line. With about 2 minutes before your start, your position in line and your SPORTident will be checked by an official. As you get closer to the start of the line, you will see a laptop screen with the race time on it, and a start list down the right hand side. This start list will display how many seconds before a person's start time. It will count down and on zero there will either be an audible 'Beep' from the laptop and/or 'Go' from a start official. You then proceed/race forward to the map boxes and pick up the correct map. These will be numbered by COURSE, ensure you know which course you are doing; a list will be displayed in the start corridor. You then proceed to the start triangle which will be marked by a standard with a

control flag; you must go within touching distance of this. There is no need to punch any start box in this procedure.

The winner/finish order of the chasing start is determined by the order crossing the finish line (not who punches the finish box first). The finish chute will be arranged so that there is a clear 'Finish Line'. The finish box to record your time will be immediately after this line. You must punch the finish box in the order you cross the finish line – there will be a referee on hand to determine any 'photo finishes'.

#### DIRECTIONS

From Auckland Central, head west on SH16, all the way until you reach the Coatesville-Riverhead Hwy. Turn right onto the Coatesville-Riverhead Hwy, and travel all the way to the end where you will reach a roundabout. Take the 1<sup>st</sup> exit onto Riverhead Road (signposted from here), and then continue for 850metres. Take a slight right onto Deacon Road and then the first right into Forestry Road. Follow Forestry Road approximately 3km until you reach parking. The arena is very close to parking, and we encourage you to bring your gear to the arena, so that you don't miss out on one second of the exciting action. Park as directed.

#### STARTS AND COURSE CLOSURE

Prologue:	From 10am
JWOC Trial:	From 12pm
Chasing Start:	From 2pm
Course Closure:	5pm

#### EXPECTED WINNING TIMES

Prologue:	18-20 minutes
JWOC Trial:	25-30 minutes
Chasing Start:	25-30 minutes

#### TERRAIN AND MAP COMMENTS

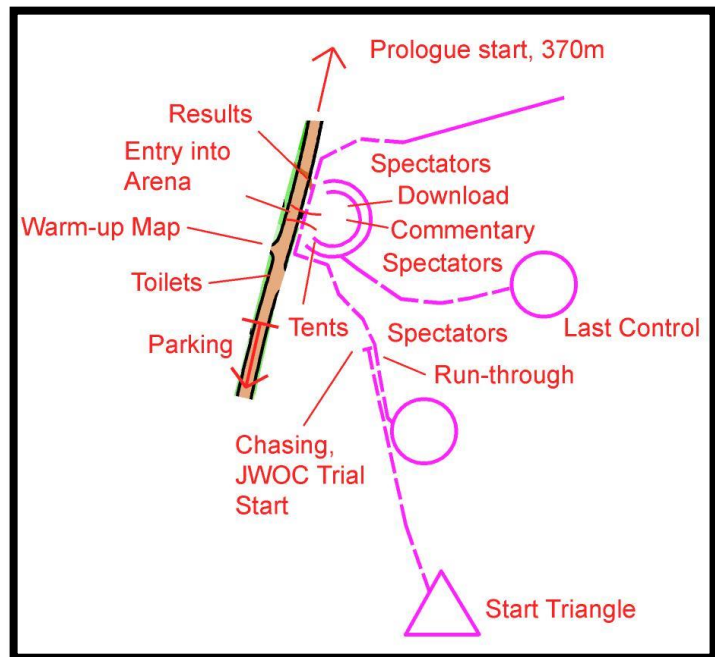
The terrain is truly special and is quite different to any other map in NZ but offers most comparison to the infamous Weiti. The terrain is, for the most part, spur-gully pine forest, undergrown with a variety of native vegetation. The most interesting and complex landforms stem from Riverhead's Forestry history. Old landing pads have given rise to localised areas enriched with contour detail. The terrain, although generally quite runnable, is extremely physical. The once impenetrable thinning's have decayed to form a soft forest floor, which can be tough to run through at times. Aggression is strongly advised.



## ARENA AND W/ARM UP

The arena for the middle distance has been created to maximise spectating opportunities. The JWOC trialists and courses 1 and 2 in the chasing start will have a run-through 75-80% through their courses. You will punch a spectator control, then follow tapes past the start chute, into the arena until the end of the tape, upon which you will continue your course.

Warm-up maps will be provided upon entry into the arena. Warm up on this map, back through parking and the road heading north of the event centre.



## COURSE INFORMATION

The following information is close to final. There may be slight changes before the competition.

### JWOC Trial

			Distance (km)	Climb (m)	Controls
1	M20E	Red	3.6	110	17
2	W20E	Red	3.1	80	14

### Public (Prologue/Chasing Start)

1	M21E	Red	2.4/3.6	75/110	12/17
2	W21E	Red	1.8/3.1	35/80	10/14
3	M20A, M40, Open 1	Red	1.6/2.9	35/100	10/12
4	M16, M50, W20A, W40	Red	1.4/2.6	30/75	10/10
5	M60, W16, W50, Open 2	Red	1.2/2.3	25/60	8/9
6	M70, W60, W70	Red	1.0/1.6	35/45	7/7
7	M14, W14, Open 3	Orange	1.9/2.3	60/80	8/10
8	M12, W12, Open 4	Yellow	1.6/2.1	30/50	8/9
9	M10, W10	White	1.7/2.0	30/50	9/9

## LONG DISTANCE

Riverhead 1:15,000 (&10,000), 5m contour interval

Mapped by Nick Hann

### EVENT INFORMATION

The TONIC long distance will conclude the weekend's racing, and will provide competitors an opportunity to really test their base fitness and mental strength. The courses have been set in true long distance style, with numerous long legs which will challenge your route choice picking abilities. Courses 1-3 will have 1:15,000 while the remaining courses will have 1:10,000. This will be a race that you will feel extremely satisfied upon finishing.

In the event of bad weather water levels in the rivers and streams may rise. Take extra care when crossing these. We have constructed two main crossing points across the major river. We strongly advise that you use them on your course.

### DIRECTIONS

From Auckland Central, head west on SH16, all the way until you reach the Coatesville-Riverhead Hwy. Turn right onto the Coatesville-Riverhead Hwy, and travel all the way to the end where you will reach a roundabout. Take the 1<sup>st</sup> exit onto Riverhead Road (signposted from here), and then continue for 850metres. Take a slight right onto Deacon Road and then continue until you reach Old North Road. Turn right onto Old North Road, and take the first right into the forest where the arena and parking will be immediately situated. Park as directed.

### STARTS AND COURSE CLOSURE

JWOC Trial:	From 10am
Public:	From 11am
Course Closure:	3pm

### EXPECTED WINNING TIMES

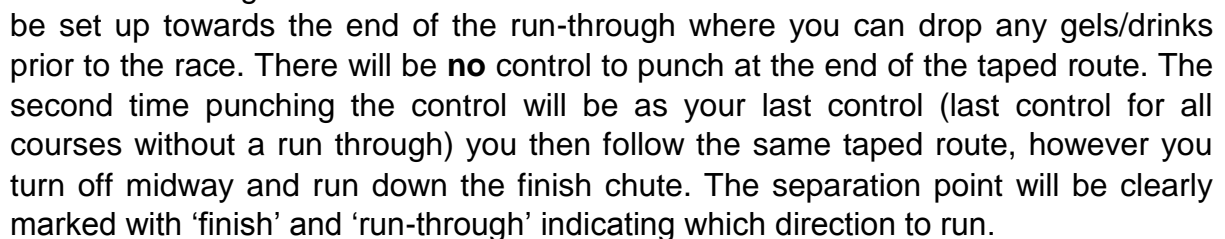
JWOC Trial (M/W):	70/55 minutes
Public:	60-100 minutes

### TERRAIN AND MAP COMMENTS

Terrain description as per the middle distance, however the long terrain is generally greener than the middle, with more climbing. Aggression is strongly advised.

There is one main river running through the middle of the map which can be difficult to cross. Two bridges have been constructed to aid in crossing the river, one is at the start and one is midway through most courses. The latter is clearly marked on the map with a crossing symbol (708.0).

The arena for the long distance is in a large clearing adjacent to Old North Road. Courses 1-3 will have a run-through 70-80% through the course. The diagram shows the procedure for the run through; the intermediate and last controls are common. Upon punching this control for the first time, you will then follow tapes around the arena until the end of the taped route where you continue with your course. A refreshment station/ coaching zone will

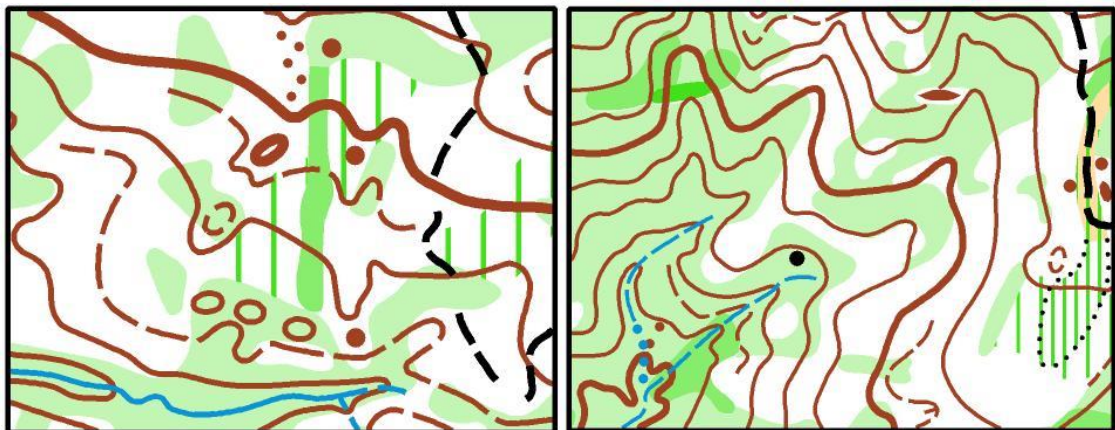




## COURSE INFORMATION

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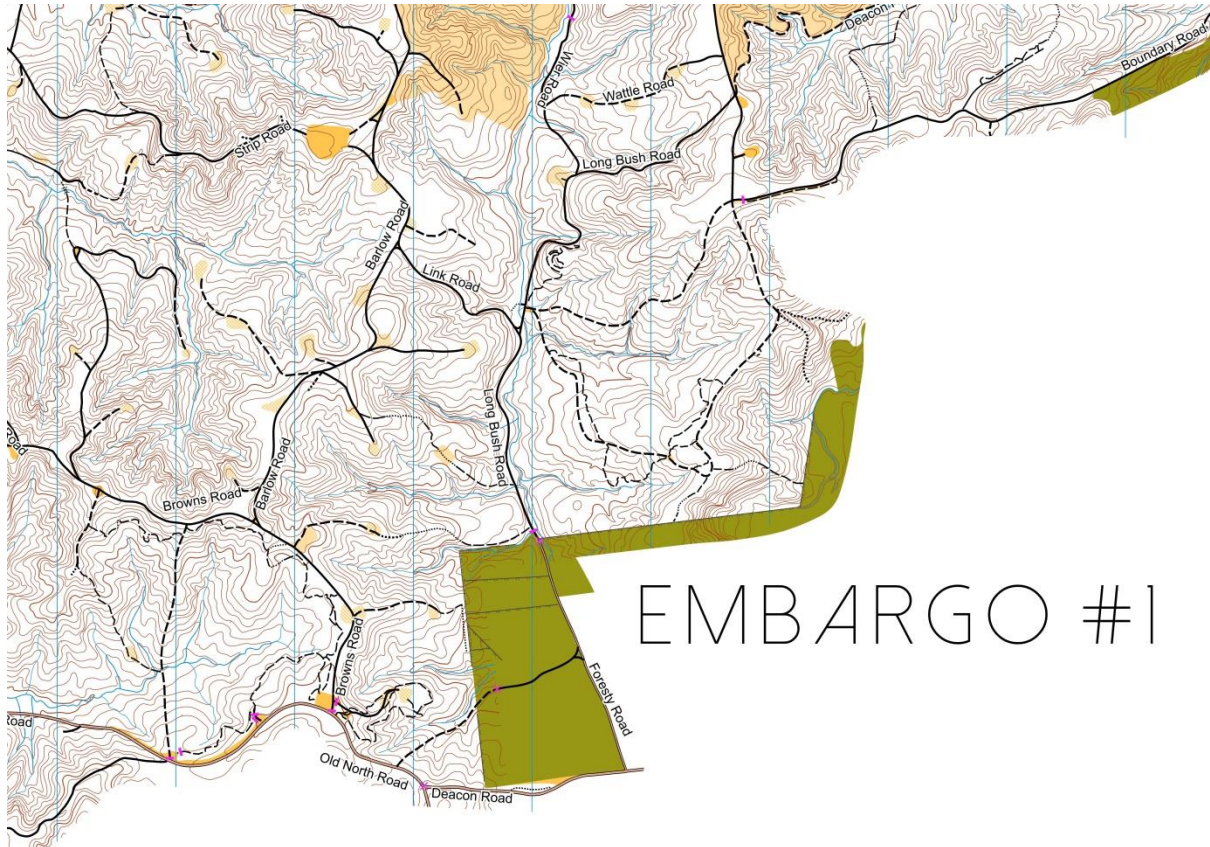
			Distance (km)	Climb (m)	Controls
1	M21E	Red	8.5	400	25
2	M20E, W21E	Red	7.1	310	20
3	M20A, M40, W20E, Open 1	Red	5.1	260	16
4	M16, M50, W20A, W40	Red	4.1	230	12
5	M60, W16, W50, Open 2	Red	3.1	180	15
6	M70, W60, W70	Red	2.2	110	9
7A	M14, Open 3	Orange	4.1	140	13
7B	W14	Orange	3.6	140	12
8	M12, W12, Open 4	Yellow	2.7	110	9
9	M10, W10	White	2.6	110	10



MAP SAMPLES FOR RIVERHEAD FOREST

## OLD MAPS

There is no old map for the Sprint Distance but a MTBO map exists for Riverhead Forest which is given below.



WELCOME TO

# TONIC 2014

THE OFFICIAL NORTH ISLAND CHAMPIONSHIPS



## IN THE HEART OF RIVERHEAD - BY NICK HANN

“Riverhead Forest contains a substantial amount of undergrowth amongst the pines. Often under dense canopy this consists mostly of broad-leaved natives which restrict visibility and runnability substantially but do not hurt to push through. There are very small amounts of bush lawyer and blackberry. Runnability varies from fast to walking speed in these areas. In the less-mature plantation blocks the understory is considerably denser with larger proportions of gorse and kanuka. Out of the forest canopy, where the vegetation is purely scrub, runnability drops to almost zero in most areas. Some small blocks of pine contain considerable amounts of cutty grass (toetoe).

Where the undergrowth is several metres tall and restricts visibility it has been mapped with solid colour as opposed to vertical green lines. This means the borders and small areas are much easier to see, as often the undergrowth is quite detailed and with obvious boundaries. In areas with less distinct borders the vegetation has been generalised. Very small patches of undergrowth have not been mapped.

In the western part of the map there are a number of indistinct tracks criss-crossing the terrain. Many have not been used frequently and are becoming difficult to see. However, they still offer a better line of runnability through areas of green and are mapped. Generally there are short pieces of caution tape (in various colours) attached every 10-20 m to trees along the tracks which can be helpful to follow. Where the indistinct tracks do not offer faster runnability (i.e. in areas of white forest) they have not been mapped, as they are near impossible to follow, even with the tapes.

In areas of flatter relief there are some substantial gullies (1-2 m deep) of which the full extent could not be shown with just contours and form lines. Therefore these have been mapped as erosion gullies, regardless of whether they are steep sided or not.

There are also areas of old logging slash that have rotted down to form interesting mounds and other contour shapes in the forest. These have been mapped using land form symbols, however they can often be rather low and vague, so only substantial knolls and hills have been shown. Large areas of smaller detail have been mapped using broken ground. It is normally fine to run over these although there can be some medium-sized branches hidden under the pine needles.

Water features were mapped over January so if there has been substantial rain in the lead up to the event these may be more extensive than shown. Marshes generally have a different sort of ground cover (reeds, algae etc) so areas of slightly soggy ground that look similar to the surrounding terrain won't be mapped.”

– Nick Hann March 2014

The Riverhead Mapping Project took 79 hours of fieldwork and 26.5 hours of cartography to complete.