

**NEW ZEALAND CROSS-COUNTRY
SKI ORIENTEERING
CHAMPIONSHIPS**

31 JULY, 2005

WAIORAU SNOW FARM, WANAKA



Welcome

Welcome to the 2005 New Zealand Ski Orienteering Championships. In particular, welcome to those who are new to cross-country skiing, orienteering, or both.

Those of you who have been part of the ski-orienteering scene at Waiorau for the last few years will notice I'm stepping back a bit by trying out the point-to-point course format again. I am well aware that I am risking the 2 and a half hour winning time seen in 2001, but I feel there was merit in the design and am excited by the chance to experiment a bit. In spite of my apparent confidence, it may not be a coincidence that I will be on the other side of the world on the day of the event. I'm sure you'll let me know if it goes pear-shaped.

Best of luck to everyone, but above all have a great time.

Matt Scott – planner

Course notes

Start: Pre-race briefing at 11:00am, mass start will follow soon after. Elites will line up on the front line, all others will be in behind.

Map scale: 1:15 000

Contour interval: 20m

Course	5	4	4	3	2c	2b	2a	1
Age category	>12	12-16	>55	46-55	16-18	36-45	19-35	Elite
Length	1.62k	3.44k	3.44k	4.07k	5.44k	5.42k	5.32k	7.42k
Climb	60m	100m	100m	140m	260m	260m	260m	380m
controls	6	9	9	10	13	13	13	17
est. % off-trail	<1	5	5	10	15	15	15	20

Essential for the Competitor

Age categories: The age categories listed above are this year's "championship" levels. Currently everyone is registered for the category they listed on their entry-form. If you would prefer to run a level lower (or higher!) than your "championship" category, please let Brian Buschl or Annie Grant know as soon as possible.

Control codes: Be sure to check your control codes. There may be splits in your course and there are controls set in close proximity. Measures were made to avoid similar features, but depending on snow depth, rock features may be confusing. **Always check your control codes!**

Over time: if you are out for longer than 150 minutes you will be disqualified. Please proceed to the finish area and check in with an official as soon as possible. If you do not finish the race for any reason, please check in with an official. This is for everyone's safety.

Ski sense: Skis and poles can be dangerous to yourself and others. Please be careful with your poles and be aware of others'. Pay particular attention during the start. We do not want anyone to get impaled!

Whistle: We encourage you to carry a whistle. Also, bright clothing is preferable to black or white.

Weather: The Pisa Range is prone to sudden changes in the weather. High winds and white-outs are common. Please pay close attention to the weather and take necessary precautions.

Snow conditions: Be aware of the snow conditions before you tackle off-trail routes. Snow conditions can vary from year to year, hour to hour, and slope to slope. Be prepared for just about any snow conditions when you are heading off-trail.

Out-of-bounds: Do not enter hashed areas of the map; these areas are strictly out-of-bounds.

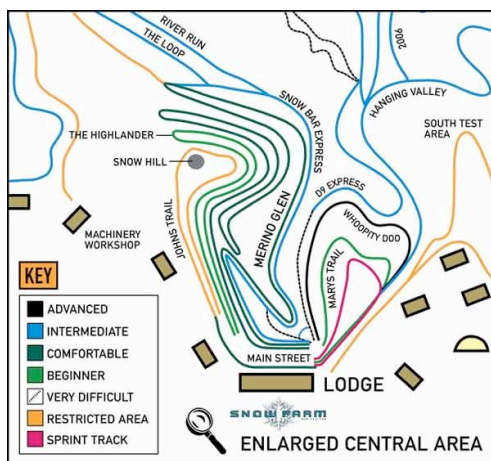
Waiorau Snow Farm trail rules:

- Obey all signs especially closed area signs.
- Avoid test tracks where cars could be testing. Skiers will have their passes removed if found skiing on the test tracks.
- Ski tracks are identified by the grooming tracks and are clearly marked.
- The Ski Area Boundary area has been marked with ropes and poles.

Recent results

Event	2000	2001	2002	2003	2004
Planners	score Julie Grant & Franny Cunninghame	course Julie Grant & Franny Cunninghame	score Bruce McLeod	score Julie Grant	Score Brian Buschl
Men					
1	Peter Andersson(Swe) 395	Ernie Maluschnig 2h28m40s	Alistair Cory-Wright 275	Tomas Ehler 335	Chris Forne 455
2	Ernie Maluschnig 385	Pete Tryner 3h05m50s	Ernie Maluschnig 275	Jakub Sedivy 315	Gavin Mason 295
3	Ces Driver 385	Kev Knowles 3h15m25s	Chris Forne 270	David Grant 295	John Maxted 280
4	Robert Soderberg(Swe) 330	Non Petpaist 4h23m00s	Marcus King 245	Matt Scott 295	David King 260
5	Bruce McLeod 325	Dave Montague 5h23m00s	Alex Boyd 230	Alastair Wall 290	Ned Norton 260
6	Andrew Kelly 270		Matt Scott 230	Jamie Stewart 265	Brendan Thayer, MatthewRadford and Joe Jaqusch each at 240
Women					
1	Sara Wallen (Swe) 285	No entries	Lara Prince 250	Lara Prince 295	Penny Kane 245
2	Jennifer Hudson 100		Julie Grant 230	Asa Pahlen 225	Tamsin Page 240
3	Sasha Middleton 100		Rhonda Thayer 160	Jenni Adams 215	Aroha Wigran 225
4	Lara Prince 100		Kate Bodger 150	Jane Mitchell 185	Francis Bodger 200
5	Margaret Tagg 85		Jenni Adams 145	Rhonda Thayer 185	Jo Bethell 190
6	Pam Thayer 70		Franny Cunninghame 100	Emily Wall 165	Rochelle O'Hagen 185

Finding your way around



Main Street Accessible from the "front door" of the lodge - no hassle skiing. The area has been designed to give the first timer an experience that they will enjoy regardless of their sporting abilities or age. It is flat and wide enough that the learner will not be intimidated by experienced skiers. For the expert it is ideal for technique practice.

Mary's Trail Designed with the beginner in mind. This 1 km trail is virtually flat, leaving south of the lodge and returning to the lodge. One km in length.

John's Trail Open when the car testing is finished. An ideal trail for beginners - handy to the lodge.

Whoop-ity doo Trail If you're chicken hearted leave this one to the experts. Lots of hills and great fun once you have mastered the techniques required for hills. Situated just below Mary's Trail. One km in length.

The Highlander Perfected slopes for the first time skier. Next step from Mary's Trail. 1.5 km in length.

Merino Glen Close to the lodge this longer trail is designed to extend the distance a skier can ski without venturing too far from the lodge. 5km in length.

D9 Express A 1.5 km loop from the lodge - starts at the door. On to the entrance of Hanging Valley and back via a new route that is just below the Whoop-ity-doo trail.

Musterers flat 6.0 km from base and return. Picnic by the river or perfect your technique around the 1.2 km trail. Musterers flat is two kilometres from the base and gives the skier a sense of adventure. In summer it hosts some of the Pisa Range's native bogs and wetlands. Groomed only in heavy snow years.

The River Run & Loop 12 kms in length the loop runs through the picturesque Meg River valley. The Meadow Warming hut 3.8 kms from the lodge is situated to catch the sun. A great resting place, overnight hut, or stop off point to make yourself a cup of tea. In good weather return via the Loop and enjoy the contrasting views of the Alps.

Express route Express Route to and from the River run and the Loop. This is the most direct route to and from the lodge.

Hind Retreat and Stag Vale Hind retreat is an enclosed valley that comes off the start of Stag Vale. Spend time in the peaceful sheltered valleys. Use Stag Vale as an alternative return route back to the base area. **Remember if you are tired or the weather changes return to the lodge through the River Valley, as it is the shortest route to the lodge.**

Top Beat Spectacular views of Mt Aspiring, Lakes Hawea and Wanaka can be seen from this trail as it winds up the Hill to the Kirsty Burn Hut. Follow the Kirsty Burn Trail back to the Loop for variation. Day skiers planning trips to the Kirsty Burn hut are advised to set out early as it is not permitted to start on the Top Beat or the Kirsty Burn after 2pm. NB trail is groomed only when weather conditions are settled.

Kirsty Burn Trail A sheltered route to the Kirsty hut and forming a loop with Top Beat to make 10kms. NB Top Beat and Kirsty Burn are groomed only when the weather is settled. Skiers are advised to ask at the lodge office before setting out.

Hanging Valley trail A wilderness experience. The splendour of the Meg River enhanced by the rocks, along with the sense of isolation on this 14km trail has the skier believing they are on another mountain. The trail system on the dark side of the valley has commanding views of the sunny sides - the nesting ground of the black back gulls normally associated with seaside resorts. 14 km in length.

2006 A variation on Hanging Valley. A short one km loop - add on when skiing the D 9 Express. A fun roller coaster with lots of ups and downs. Accessed from the Hanging Valley trail, it makes a great variation.

Road to No Where Not for the faint hearted - experts only. Ski the steep and the deep. Excellent training for the expert skier.

Sprint track In keeping with the European trends we have developed our very own sprint track. The track leaves from the lodge and returns to the lodge. Perfect for spectators and competitors alike. Situated above Mary's trail.

Back Country Skiing Snow Farm is the gateway to back country skiing on the Pisa Range. Skiers venturing into the backcountry from the groomed trails are responsible for themselves. Snow Farm does not patrol the backcountry. Skiers should be equipped to cope with bad weather should it eventuate and have a knowledge of winter mountain conditions. Skiers ski off the groomed trails at their own risk.

For more information

New Zealand Ski Orienteering: www.mapsport.co.nz/skio/skio.html/

New Zealand Orienteering: www.nzorienteering.com/

Dunedin Orienteering: www.dunedinorienteering.com/

Waiorau Snow Farm: www.snowfarmnz.com/

Special thanks

We'd like to make a special thanks to all those that have contributed to today's event. Snow Farm owners, **Mary and John Lee**, have always been supportive of the ski-orienteering event, giving us discounted rates on trail fees, and looking after the organisers. Thanks Mary and John. We'd also like to thank the employees of the Snow Farm for their help with the event. Pub charities **Bendigo Trust** subsidised ski hire and accommodation. Spot prizes were kindly donated by:

Adventure Outfitters, Dunedin	www.adventureoutfitter.co.nz
Bivouac, Dunedin	www.bivouac.co.nz/pages/locationD.php
Briscoes Homeware, Dunedin	175 Crawford St. 03 474 1401
Cardrona Pub, Cardrona	www.cardronahotel.co.nz
Commercial Tavern, Green Island	237 Main South Road, 03 488-2368
Doyles Outdoor, Dunedin	73 Great King Street, 03 479 0072
Edgewater Resort, Wanaka	www.edgewater.co.nz
Gales Sports Great Outdoor Centre, Mosgiel	125 Gordon Rd, 03 489 7600
Kathmandu, Dunedin	144 Great King St, 03 474 5178
Larson Pharmacy, Green Island	216 Main South Road, 03 488 2419
Moana Pool, Dunedin	60 Littlebourne Road, 03 471-9780
Moyles, Green Island	211 Main Road, 03 488 2317
Muzzas Bar and Café, Wanaka	59 Helwick Street, 03 443 7296
New World, Mosgiel	10 Hartstonge Road, 03 489 3836
New Zealand Gift Shop	2 Civic Centre Mall, The Octagon, 03 477 3379
Nichols Garden Centre, Dunedin	Cnr Timaru & Teviot Street, 03 455 1579
Postshop, Dunedin	www.nzpost.co.nz
R&R Sport, Dunedin	www.rrsport.co.nz
Rialto Cinema, Dunedin	www.rialto.co.nz/vistait/village/default.aspx
Skydive, Wanaka	www.skydivenz.com
Skyline, Queenstown	www.icwhen.com/ncc14/topics/skyline/
Smith's Sports Shoes, Dunedin	www.smithssportsshoes.co.nz
The Frontrunner, Dunedin	261 George St., 03 477 8869
Wanaka Transport Museum, Wanaka	State Highway 6 RD 2, 03 443 8765
Watercooled Sports Ltd, Dunedin	9 Kitchener St., 03 479 2206

Lastly, we should thank **Julie, Annie and Allan Grant**. The Grant family has been involved with organising the ski-orienteering event since 1999. Their enthusiasm has ensured this annual event has stayed alive and continues to grow.

Last comments

If you have the energy to pick up a few controls today, contact Brian Buschl or Annie Grant. Any help would be hugely appreciated. If you think you might be interested in helping next year, please contact Annie Grant at 03 488 3254 or agrant@clear.net.nz. Also, if you take any digital photos of today's event, we would love to see them. We're looking for photos for future advertisements and event booklets.