

## **New start times from October between 11.30 a.m. - 1 p.m.**

### **Controllers Clinic & Fieldwork/OCAD Clinics**

A controllers clinic will be held in Dunedin on the weekend of 8 & 9 December (all day Saturday plus Sunday morning). This is an NZOF approved Clinic and a pre-requisite for being an A grade controller. If you are not interested in being an NZOF Controller the clinic is still interesting and a good learning experience for club controllers and planners. It might also be a good idea for existing controllers to attend as there are a number of changes in rules etc since the last Clinic held in Dunedin over 5 years ago. This especially applies to A grade controllers who have not controlled a major event in the last few years. Clinic facilitator is Jim Lewis, probably the most experienced Controllers Clinic "tutor" in NZ. Cost will be \$20 per person.

Jim will be staying over for a few days and will hold a fieldwork clinic on Tuesday/Wednesday evenings and possibly an OCAD clinic depending on interest. These will be free.

All those interested in the Controllers/Fieldwork/OCAD Clinics please contact Bruce Collins ASAP as spaces may be limited.

ph/fax 64-3-465 8255 email [bruce.collins@clear.net.nz](mailto:bruce.collins@clear.net.nz)

## **DUNEDIN ORIENTEERING CLUB**

### **25th Birthday Party**

Saturday 1st December, 6.30 p.m.

Hill City Clubrooms, Logan Park

### **BARBEQUE**

(steak, ham, patties, sausages,  
potatoes, salad, breads)

**BRING YOUR FAVOURITE DESSERT  
BYO DRINKS (soft drink provided)**

**Tickets \$18 adult, \$10 under 12 yrs  
Put the date on your calendar now!**

### **DUNEDIN ORIENTEERING CLUB FEES FOR 2002.**

As some of you may be aware NZOF raised the Event fee levy the club must pay them from 10% to 25% as of the 1 August 2001. They have also decided that all club members will be affiliated and will invoice clubs according to the membership number (affiliated and local) for the previous year. The amount per member will be between \$8-\$10.

#### **Event Fees.**

The committee decided that they would keep the fees the same for the rest of this year although this meant DOC revenue would be less than anticipated. However, it is not practical to continue this next year so we have had to put the entry fees up to cover the difference. The fees will be as follows:

#### **Club and OY Events**

Members	Senior \$6.00	Junior \$3.00	Family \$15
Non Members	Senior \$10.00	Junior \$5.00	Family \$25
	Senior Student discount of 20%		

Our Summer Series is a promotion event so all entrants will be charged the members fees.

Championship and Special Events fees will set prior to these events.

#### **Affiliation Fees**

The amount DOC will be invoiced depends on the number of DOC members as well as membership throughout NZ. This means we will not know the exact figure before we set our fees, making calculating membership fees an interesting exercise.

The committee is very aware that membership fees must not become too expensive, as many of our current Local members are families. In order to prevent any big increase they have decided to have a basic membership fee. There will be a \$5 increase on current Local Membership for Seniors and Juniors with a slightly larger increase for family members, but this only represents 2 Seniors, children are free! The basic membership fee will cover NZOF affiliation, DOC administration and the DOCument emailed to members. There will be a separate fee for a hard copy (photocopy) of DOCument and for the NZ Orienteering Magazine.

Membership      Senior \$35      Junior \$20      Family \$70

(Includes emailed DOCument)

### **Extras**

DOCument (photocopy) \$12

NZ Orienteering Magazine \$18 approx (set by NZOF)

### **COACHING AND ADVICE.**

It has been commented that it is hard for people to find advice, assistance and coaching at club events. At present there is no formal arrangement for coaching at events, although this could be re-introduced if enough people want it. In the meantime, anyone wanting to ask questions or to improve their skills should ask at the caravan. Those who are willing to share their skills, please let the caravan people know on the day. We hope that those wanting coaching, and those willing to give it, can be matched up in this way. Please let Jane Forsyth or any committee member know if you have any suggestions about how we could manage coaching better in the club.

The next training programmes that we are planning to offer are sessions for planners, controllers and mappers. We have Hillary Commission money to run some courses, and are currently finding out who can give these courses. We will publicise these well in advance via email, the website and the newsletter.

### **SEACLIFF – PLANNERS REPORT**

Lindsay Smith.

I suppose one can start with the weather!

Someone said that the Waikouaiti area was originally planned as Otago's main settlement – and that the climate had something to do with it – those who decided against the odds to come to the event were pleasantly surprised. - vague reminders of Mt Ross (and the Otago champs) where Ev, Bunny and I had the dubious pleasures of being 'out there' on our own - that time the weather really did take control. (I must admit that preparatory planning trips to Seacliff were made with full winter clothing, and that the hot soup was more of a necessity than usual.)

As usual, initially, most of the first planning trip was spent looking at contours and map details, and finding out how the 'armchair planning' shaped up. On the next trips, however, the awesome vistas and the closer fauna, flora and scenery did get some attention. It's a pity that when we get out there on the day of an event we can ignore those 'pleasantries'! When you take time to stop and look at the bush, smell the flowers (gorse does have a 'heady' perfume), watch the rabbits (and the sheep) and listen to the Bellbirds, you can be excused for forgetting the real task at hand!

Planning an event can be seen as a chore at times, but, on the other hand, it provides great opportunities to study map details and explore route choices, check out pace counting etc - all at 'leisure'. It's a great learning experience and gives you a chance to see things differently. It's also good for the fitness!

A major consideration for this event was the starting point, as I imagined there being a lot of parents bringing their children. Access, parking and 'waiting/watching' space was good here, with the added bonus of the flush toilet. It was pointed out to me by the local 'custodian' - and frequent user of the area. (Who noticed the well-worn path around the perimeter where Mel Munro – a sprightly 60+ - trains? He recently completed a marathon in Brisbane). Mel wondered why we went to the bother of a long drop/tent last time – but if nobody tells anybody!

Planning a white course off a 15000 scale map was a bit of a task!, - so changes had to be made as time went on, and the controller checked things out (having Bruce as both controller and map maker/course printer certainly helped). I found that I tended to get into a mindset with regard to the shapes of the other courses, trying to get distances, shared controls without there being too many, some route choice, and not too much climb – I think it helps to plan something, leave for a while, and come back with a fresh outlook. Some things still look good, but other options soon appear.

Several incidents are worth comment!

A change of plan whilst putting out controls – I discovered that the farm track through the middle was drivable – so instead of returning to put out water at one (orange) control I continued on.

Bruce said – not to worry – he'd drive up on the day. Trouble was, it had rained and the track wasn't so drivable on Sunday. I did notice Bruce was away a while!! (Now, if I had carried the water to the control - along with all the other stakes and flags... Bruce wouldn't have found out how his 4WD really works!)

In my keenness to get controls in (not wanting to be out there till dusk), combined with the 'missing' person search, some people were penalised with the early disappearance of certain controls.

Oops –sorry!

I was rather concerned about the number of gates I found open when out collecting controls, and (sheepishly!!) mentioned this to 'farmer' Bernie. He wasn't that concerned, and didn't think the ewe and newborn lambs at the 'ruin' would go far! (Did 'doctor' Don help out at their birth when he was unsuccessfully looking for 'that' control?). Then I noticed in Tuesday's ODT (just after the event) that a number (30?) of cattle had been found wandering in Russell Road and been impounded. Who let them out? – but not our problem hopefully – there had been problems of wandering stock in the past – and at the time of writing this article the cattle are up for auction, not having been claimed. (rather strange methinks!)

So, all the children from Waikouaiti enjoyed themselves (and the spot prizes) and their parents had a social occasion. Search and 'rescue' systems were put to test – we really need to follow up on procedures here! The small numbers participating in the 'schools champs' indicate the need for planning a different lead-up programme – yes, I do have my hand up (to help)!

And don't forget to enjoy the scenery when you are out orienteering – even to stop and smell and listen – not everybody gets to go to some of the places planners send you!

## **ROSS CREEK CONTROLLERS REPORT**

Annie Grant.

Thanks Kathryn for taking on the job as planner and giving up your marathon. Doing a score event was a great idea for Ross Creek and I'm sure most people enjoyed it. The feed back sounded like that.

The weather was not on our side but with warning the orienteers that it was slippery they coped very well. Maybe next time we will promote plastic bags. Some maps came home like puzzle pieces. Good to hear also we had an unknown control.(the cave).

Our organising team the Kelly Family and Helpers did a wonderful job. Thanks.

Thanks also to the people who brought in some controls, your input was appreciated.

Please think about next year I need a lot of volunteers for planning, controlling and organising events. You learn something with each one and we couldn't do it without your help. For the well-being of the club sharing and taking part is important.

Phone me if you have a preference of a map or area otherwise I will phone you in the near future.

## **The Canterbury & South Island Schools Championships**

(a fairly subjective report of events on the 22<sup>nd</sup> & 23<sup>rd</sup> September)

Myles Thayer.

On Saturday 15<sup>th</sup> September four members of the intrepid orienteering family went to Carisbrook to watch our heroes in blue & gold battle the red & black invaders from the north. Unfortunately we witnessed the northern invaders hand our heroes a good old fashioned thrashing.

So the following weekend two of the intrepid orienteers and five colleagues and one Southlanderrr travelled north. To say we were thinking of revenge or retribution is a gross exaggeration. In fact rugby results were about the last thing on our minds. The Cambridges travelled in the late afternoon and stayed in Christchurch somewhere. The rest of us hardy souls crossed the Waitaki into foreign territory about 7 p.m. and stopped for carbo loading in Timaru. We were eventually settled into a snug and smelly cabin near Kaiapoi by 11 p.m.

Day 1, Saturday dawned clear and windy. So after some motorised street O we arrived at Victoria Park on the Port Hills just above the "Sign of the Takahe". First impression - this looks steep (not like Invercargill Dion). A quick check of the event information sheet showed a greater than 4% climb. It was nice and warm so Owen and Myles decided to enjoy the scenery and sun while the "boys" did the running. The course information also showed

the red course to be 4.1km with an estimated winning time of 45 - 50 minutes. When Keith Agmen of Nelson finished in just over 63 minutes Owen and Myles knew two things. Firstly, we had made a wise decision. Secondly, we were in for a long wait. Our fears were confirmed when Peter Wilson appeared and was a DNF. "I'd spent too long on No. 8 so decided to save myself for tomorrow" was the verdict. Eventually the southerners started appearing. They all looked very hot and bothered. Some of them had tales of visiting strange and far off places. The unanimous opinion was "that was tough".

Selected results (Canterbury Schools Championships).

Course 1 (senior boys).

1. Keith Agmen	Nelson College	63:14
2. Brian Stokes	St Bedes	66:46
3. Ciaran Thayer	Bayfield HS	67:40
4. Tane Cambridge	Kings HS	76:11
5. Tom McGirr	Rangiora HS	105:35
6. Steven Tallott	Rangiora HS	109:38
7. Dion Kennedy	James Hargest	111:04
8. Ben Neason	Rangiora HS	121:06
9. Jesse Robertson	Kings HS	121:26
Peter Wilson	Logan Pk	DNF

Course 2 (intermediate boys).

1. Daniel Barnfield	Burnside	25:58
2. Hamish Kay	Waimea College	31:20
3. Stephen Fitchett	Cashmere HS	33:35
4. Doug McMillan	Rangiora HS	41:45
5. Simon Allen	Logan Pk	44:50

In the middle of the afternoon the weather took a dramatic change for the worse. A cold southerly storm arrived and so after a short burst of retail therapy we went straight back to our cabin at Kaiapoi. The boys all cleaned up and then we watched our heroes in blue & gold thrash the blue & white invaders from the north. Well, the blue & gold heroes sneaked a win in the last minute anyway. This was followed by another round of carbo loading and just for future reference, 4 large pizzas and 3 scoops of chips is too much for 5 teenagers and 1 old fogie.

Day 2, Sunday dawned clear, calm and frosty! We were very surprised to see fresh snow on the Port Hills! Packed up leisurely and drove to Leithfield (just up S.H. 1). First impression - this is FLAT (just like Invercargill Dion).

Actually it was just like Waikouaiti but more of it. By the time everyone was running it was pleasantly warm. Owen and Myles congratulated each other on their decision to wait and have a run on day 2, this looked a lot more inviting than the Port Hills, only 0.5% climb even if it was 6km. The old intrepid orienteer watched all the boys start and then prepared himself for the fray. He was just heading to the start when the young intrepid orienteer re-appeared. "What are you doing back already?" "I'm finished" !!! Well the old fogie went for his run and then checked the results. A very good day for the south, 1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> in the seniors and 1<sup>st</sup>, 2<sup>nd</sup>, & 5<sup>th</sup> in the intermediates. Owen and Myles also finished although we didn't set any records.

Selected results (South Island Secondary Schools Championships).

Course 1 (senior boys).

1. Ciaran Thayer	Bayfield HS	47:59
2. Keith Agmen	Nelson College	51:31
3. Dion Kennedy	James Hargest	57:40
4. Peter Wilson	Logan Pk	70:56
5. Tom McGirr	Rangiora HS	110:38
6. Brian Stokes	St Bedes	DNF

Course 2 (intermediate boys).

1. Tane Cambridge	Kings HS	30:37
2. Jesse Robertson	Kings HS	39:09
3. Omar Williams	Home Educ	39:29
4. Stephen Fitchett	Cashmere HS	41:11
5. Simon Allen	Logan Pk	71:16

A very satisfied if tired contingent arrived back in the land of blue & gold heroes south of the Waitaki on Sunday night after a very successful raid on the red & black stronghold of the north.

## **IMPROVE YOUR ORIENTEERING SKILLS - CONTROL SKILLS**

*By David Hogg*

*(This article was part of a series which appeared in the "Australian Orienteer")*

***How much time do you spend at each control on your course? One second? Ten seconds? Thirty seconds? One minute? Multiply this***

***by the number of controls on your course and you can work out the total amount of time you spend at controls, if you could improve your control skills to have this time, how many places might you gain in a major event such as the Easter Three-Days?***

Time losses at controls can be caused by:

- having to stop and check the marker position and code number
- fumbling with the control card while you are punching it;
- stopping to read your map after you have punched the control to work out where to go next.

These time losses can all be reduced by having a systematic approach for passing through the control which goes something like this:

1. Well before you reach the control, check the description of the control site including the size of the feature (eg boulder, termite mound) if relevant and the position of the marker with respect to the feature (eg north side, south end). Create a mental picture in your mind so that you know what you are looking for. At the same time check and memorise the control code so that you don't have to spend time doing this while you are standing beside the control.

2. Also before you reach the control, check all the route choices for the next leg and work out the approximate direction for leaving the control, relating this to the terrain (eg turn right and go down the gully, keep going straight ahead up the hill).

3. If you need to take a compass bearing to leave the control, set your compass while you are running into the control, or while you are running roughly in the right direction away from it. Don't stop at the control to do this.

4. As you approach the control, have your card ready for punching, check which square needs to be punched and if it helps, put your thumb in the adjacent square.

5. Punch efficiently, pausing long enough only to ensure that you have made an adequate mark (see separate article for the technique of one-handed punching).

6. If it is a drink control, punch first then have your drink. Many an orienteer has been DNF'd for failing to punch at a drink control, or has had

to return after leaving the control. The same applies also to manned controls where the card is inspected.

7. If you like to record your split times at controls, have a routine for doing this, either immediately before or after punching.

8. Move away from the control in your pre-determined direction as quickly as possible. Apart from saving your time, this also reduces the risk of giving away the control location to your rivals.

9. As you leave the control, check that the terrain shape fits the map and that your direction fits the compass, to avoid travelling too far at high speed in the wrong direction.

A good training exercise for practising control flow and the techniques that go with it is to set several controls (preferable on stands) in a confined area (a park can be used) and prepare several maps with the controls joined in different sequences. Run at full speed around the course using different maps in turn.

The technique of control punching can be practised more simply by placing a series of control stands in a circle and running around them, punching at each stand (with one hand or two). This exercise can be adapted to a control punching relay (great fun with kids!) or time trial (much potential as a fundraiser, particularly among those elites who like to display their punching technique in public!)

### **Preparing YOUR CONTROL CARD**

Time can be saved at controls simply by having your control card in an accessible location and writing on the card the code number of the control, plus whatever control description you find useful.

The most common method of carrying the card nowadays is to tie it onto your wrist. (This method did not start to become fashionable in Australia until about 1983. Prior to that, most people taped their cards onto their maps).

The way you carry the card (which hand, which finger) is a matter of personal preference, depending, in part, on how you carry your map and your compass. Look at how others do it and experiment to find the method which best suits your technique.

Keep in mind the way you carry your card when you write the control information on it, so that you don't have to read control codes upside down (with the risk of transposing or misreading letters or numbers when you are

tired) or do mental gymnastics to work out from the IOF symbol which side of the feature the control is really on.

If necessary, reinforce the card with tape or contact to prevent the string from tearing the corner out of the card if it catches on a bush. If the card has your personal details on an adhesive label, cover the label with contact to protect it from sweat and rain. On a wet day non-water proof cards may need to be completely covered (or placed in a neatly fitting plastic bag) to prevent them from disintegrating.

From a competitive viewpoint the control card is the most vital item you carry, so take great care of it. There are instances where an orienteer has lost a compass or even a map on the course but still managed to finish successfully. But lose your control card and that's the end - you'll be just another DNF as far as the official results go!

## **NZOF NEWS - SEPTEMBER 2001.**

### **APPOINTMENTS**

NZOF is pleased to announce the following appointments:

**Rolf Wagner** (North West), National Orienteering Squad Manager,  
**Wayne and Tricia Aspin** (Counties-Manukau), joint National Orienteering Squad Coaching Coordinators,  
**Graham Frith** (PAPO), ANZ Challenge Team Manager.

The previous National Squad Manager, Rob Crawford, and Coach, John Robinson, did not seek reappointment and NZOF thanks them for their services.

### **VACANCIES**

With Wayne Aspin's appointment, above, he is standing down as a national selector after fifteen years on the panel. NZOF thanks Wayne for such sterling service.

### **Selector**

Applications are therefore now invited for the vacancy of selector. The panel consists of three selectors and appointment is for three years, with one position rolled over each year. Applications close 31 October and a Job Description is available from the General Manager.

### **Media Officer**

This important position remains vacant, please give it your serious consideration.

The primary role of the Media Officer is to foster and promote orienteering through the various forms of media in NZ. Direct expenses are reimbursed within the approved budget and a fax machine is provided. Interested persons should contact the NZOF President or General Manager. A Job Description is available from the General Manager

### **NATIONAL SPORTS FUNDING**

The NZOF has been granted national funding of \$15,000 plus GST for 2001/2002, the same amount as for the previous year. To obtain funding national sports organisations are required to achieve various targets, which mainly relate to participation, membership, coaching and the development of junior sport. To achieve the targets, the NZOF administration is, of course, dependent on the activities of clubs. Therefore the full list of funding targets will shortly be sent to all clubs to enlist their support in their achievement.

### **CLUB AFFILIATIONS FOR 2002**

Clubs are reminded that as a result of remits passed at this year's AGM, all members of a club affiliated to NZOF will be automatically full members of NZOF upon payment by the club of its affiliation levy. This means that there will no longer be social (or local) members.

The remit passed at the AGM, sets the initial total from club affiliations at \$12,500 with each club contributing according to its relative size based on membership as at the end of 2001. For this reason club treasurers will be asked to advise final membership numbers no later than 30 November, so that clubs can then be advised in December of their club affiliation levy.

In calculating the club levy, junior members will count as 0.5 and members who are already primary members of another club will be excluded – if this information is known. While, the final levies per club cannot be known until final membership returns are made, clubs will shortly be advised of indicative figures. The smallest clubs (WACO, Pinelands) will pay the minimum of \$100. A medium-sized club (Counties-Manukau) will pay around \$500 and the largest club (PAPO) will pay something in the order of \$1,900.

### **NEWS FROM OTHER CLUB/S.**

PAPO:

PAPO hazards policy and guidelines for planners and controllers to be posted on the PAPO web page.

The idea of a permanent course at Timaru's Centennial Park received a positive response from the committee. Funding possibilities are now being explored.

The planning of next years National Champs is well underway. Photogrammetry of Pukaki is going ahead.

The idea of a summer series was approved on a 'we'll never know if we don't try' basis.

The events programme for 2002 has already been produced. There should be slightly more events than this year. In addition to the usual 12-hour rogaine there will be a 3-hour one using the Hanmer mountain bike map.

AOC:

"Once again we hear that a newcomer to orienteering and potential AOC member has travelled for an hour to get to an event and been unable to find it."