

JULY DOCUMENT 2002

COMING EVENTS

Some great events in July, folks! Read on...

WAIKOUAITI INSTRUCTION AND TRAINING CAMP

5-7 July

Our Waikouaiti and Seacliff maps will be used. The venue is Sidey Lodge, a Guide camp at Waikouaiti. Instructors are Rachel Smith, Bunny Rathbone and Lindsay Smith. Those interested should be registered for the camp by now but talk to Lindsay (481 1474) if you are keen but have not yet put your name down.

MTB ORIENTEERING

Come and try orienteering on Mountainbike on **Saturday 20 July** at Waikouaiti.

Its really very simple..... you will be given a map with a number of control points marked on it. Each control point is on the road or track so you don't need to get off your bike and its up to you which way you go to get there. At each control point you will write down the answer (with your own pen!) to a simple question such as "what is the name on the bridge?" Control points will be very easy, its just to make you think about where you are riding and the easiest (quickest?) way to get there.

Now the harder part if you want to win!!! Each control point is worth points and the ones that are a long way away or at the top of grunty hills are worth more points!

There will be 3 courses:

- a.. Cruisy 1 hour ride with the winner having the most points collected in one hour. Beware you get points taken off if you go over the time!
- b.. Not so cruisy 2 hour ride
- c.. Half day gutbuster to get all the controls if you are a real sucker for punishment.

Even if you can't be bothered to find the controls why not come and explore the metalled back roads or the roads of Waikouaiti and Karitane townships. Roads vary from boringly flat to real grunty and hills will be marked on the maps!

Cost is \$5 per map and you can do it in teams if you like. Start times from 12pm until 1pm at 47 Stewart St, Waikouaiti (signposted from the main road).

DON'T FORGET to bring your own pen!!!!!!!!!!!!!!

Southland O club event: Sandy Point North on July 21.

Cross country Ski Orienteering champs

Venue Waiorau Snowfarm, Wanaka

Date **Saturday 27 July:** Warm up and coaching if required

Sunday 28 July: Ski O Score Event

Briefing at 11am

Short Score Event Start at 12.30pm, Long Score Event Start at 12.00pm

Prize Giving between 2pm and 3 pm on Sunday

Any Enquires about Cross Country Skiing, please contact Allan Grant, 03 488 3254, Email Agrant @clear.net.nz

Entries with \$5 map fee to:

45 Flower St, Dunedin

Entries must be in by 24 July

Late entries will be accepted

Trail fees special \$20 per day

Ski hire Adult \$20

Child \$10 Pay on the day to the Snowfarm

ENDURANCE EVENTS COMING UP

If you're tough, or would like to be tough...

Wairarapa Winter Classic 2002

The 2002 Winter Classic will be on 21 July at the Halcione map. The Winter Classic is an endurance event that is both physically and mentally demanding. The event will be as a BLODSLITET event; it is like a relay except you do all the legs yourself!

If you went to the 2000 Nationals or the 2001 Wellington Champs you will know that Halcione will be a Classic Winter Classic map, one not to be missed. For more information and entry form please email jim.barr@xtra.co.nz or phone 06 372 5779. Entries by 5 July, please.

The Raggedy EPIC

(12 hour Rogaine with cryptic checkpoints)

Saturday, 24th August 2002, 9.30 am to 9.30pm.

Ophir, Central Otago

For teams of 2 to 5 (min age 16 yrs)

Maps and post event meal provided.

All participants are required to be members of the NZ Rogaining Association.

Entry forms will be released soon.

Entries will close Friday 9th August. Be sure to enter promptly, NUMBERS WILL BE LIMITED.

Contact Bruce McLeod to apply for entries. Also see www.rogaine.org.nz

Bruce writes: Organisation for the Raggedy EPIC is progressing. In fact I spent an awesome day putting out checkpoints in the mist this weekend. Above the mist the sun was shining and the views were awesome. In the mist the navigation was challenging and interesting. I'm pretty excited about the area. Lots of similar looking rocks, gullys and spurs so it pays to stay in contact with the map as relocation isn't that easy !!

COACHING OPPORTUNITIES

Waikouaiti instruction and training camp 5-7 July – SEE ABOVE, “COMING EVENTS”.

Calling all **Veterans and Supervets**

Looking for some coaching before you go to WMOC in Australia?

Just looking to see whether you can shave time off your courses generally?



Come to Red Kiwi land - Feilding - for a weekend of expert coaching and skill development, **August 16/17/18.**

Register your interest now with Jan Davies (ph 03 312 6475 or email jan.ian@clear.net.nz)

2002 DUNEDIN SCHOOL SERIES

Programme

Aug	4	School series 1	Town Belt North
	11	School series 2	Town Belt South
	25	School series 3	Logan Park
Sep	8	School series 4	Waikouaiti
	21	Otago Schools Champs	Mt Ross
	22	South Island Schools Champs	Mt Ross

Grades

Senior Secondary	years 11 - 13	course 1 (novices, course 3)
Junior Secondary	years 9 & 10	course 2 (novices, course 3)
Intermediate School	years 7 & 8	course 3 (novices, course 4)
Primary School	up to & including year 6	course 4

Separate male and female grades for each age group.

Courses

1	As red as possible	≥ 5km	difficult and demanding
2	Orange (err on the easy side)	~ 4km	medium difficulty
3	Yellow (err on the easy side)	~ 3km	interesting
4	White	~ 2km	easy

Points

Individuals: Competitors are awarded (winner's time/competitor's time) x 1000
 Novice competitors get half points.
 i.e. awarded (novice winner's time/competitor's time) x 500
 DNFs and DSQs get 100 (or 50 for novices)

Teams: Best three from each school in each grade plus 200 for each additional finisher (100 for novices) and 100 for each DNF or DSQ (50 for novices).

DUNEDIN ORIENTEERING CLUB O-SUITS

More gold and blue material is being ordered!!!! You can see the suits in action, or even at rest, at any club event.

O-suits will be available in sizes S, M, L.

Orders can be sent with the money to:

Treasurer Sheryl Collins
47 Stewart Street
Waikouaiti
Otago

Cost is Top \$45, Pants \$30, Full suit \$75

Eunice McLeod will kindly make the suits so inquiries can be made to her at 481 1804.

EDITORIAL

Your clipcard. It is the proof that you went around the course and visited all the controls. So it is so disappointing to lose it or have it declared unreadable when the checking is done.

I've been at several events in the past year when a junior member has lost their card part way round the course. It is so preventable I can't understand why it still happens. A piece of elastic to tie the card to the wrist is so simple. String will do if the elastic was left behind. The card can also be taped to the map (apparently this method was widely used before the wrist method). Overseas I saw the smallest kids with their card safety-pinned to the hem of their shirt at the front.

If you do lose your card, you can still clip on the edge of your map. That way, if someone finds in your card and hands it in with the first few controls clipped, and you can show that you clipped the rest of them on your map, your result can still count. The juniors I talked to recently were not aware of this.

What if you make a mistake and clip the wrong control? There are two ways to handle this. When you get to the right control later, clip it in a box at the bottom of your card, somewhere that you won't be using later. Some cards have "reserve" boxes printed on them for this purpose. Then clip the rest of the controls in the right boxes. Alternatively, clip the correct control in the next empty box along from the right one and then all the others have to be

clipped in the next box along too. Be sure to explain what you did when you get to the finish.

Jane Forsyth

WELCOME

To Duane Pleace, who came along to the Summer series events in the Town Belt and enjoyed the experience. Also to Claudius Hug, Jan Stockhofe and Jeremy Elrick who have been coming along to events all year but I have only just caught up with them being club members. And to returning member Don Bruce, who worked on our Pyramids map some years ago. Welcome along also to Jane Mitchell who recently moved down from sunny Nelson/ Marlborough. Jane and family are farming in the Maniototo and arrived in the middle of all that snow...

FAREWELL

To Amanda and Robb Batt, who are leaving for Wellington. Sorry to hear we are losing you both, and we wish you all the best with orienteering in the North Island. Thanks for your help as Planners and Organisers over the past year or so.

CONGRATULATIONS

To Edge Orienteering, DOC members of Southern Traverse fame, who won the recent TWALK (a semi-rogaïne style race of long pedigree, organised by Canterbury University Tramping Club).

To Penny Kane and Jamie Stewart for their performances in the Queens Birthday event at Woodhill (that’s somewhere north of here). Jamie placed 4th overall in the mens elite grade over the 3 days of competition, coming 2nd in his race on Day 2. Penny was 2nd overall in womens elite, with a win on Day 1. After 3 races, Penny ended up only 7 seconds behind overall winner Rachel Smith! Penny and Jamie also had a good time at the recent TWALK: the team they were in won the “student” section of the competition.

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FROM THE COMMITTEE

A Reminder to Planners

Please keep one copy of each course master map for our club archives. These will be collected temporarily by Myles Thayer.

MTBO event at Waikouaiti

Bruce showed off his map for the MTBO event. See the notice elsewhere in this DOCument.

Trophies

All the Otago Championships trophies will be presented at a function at the start of the next committee meeting (17 July, 7:30pm at the Sport Otago Lounge). Everyone is invited. There will be tea, coffee and biscuits.

Mapping:

There is now an embargo on the Cuttance Block. This area is being mapped and we have had several expressions of interest. Photogrammetry will be available by the end of July.

Bruce is preparing a revision of the mapping section of the Club Strategic Plan.

Web Page:

It has been reported that some members have complained that the advertising that pops up with our free website hosting service is intrusive and objectionable. There are other options but most of them cost something. The committee is investigating alternatives.

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MAKING MISTAKES

Continuing from last month, another highlight from the coaching day at Timaru after the Nationals.

Ray Pratt from PAPO gave half-hour presentation on the subject of MISTAKES. As many of you know, once you have reasonable fitness, it is by eliminating or minimising errors that you can make big improvements in results. "Making a ten-minute improvement on this side of your orienteering is eminently possible, and far less sweat than improving your basic running speed" (Wilfred Holloway).

The session made us focus on our own mistakes by asking "List 3 mistakes you made during the Nationals". What only 3? "Have you made these mistakes before?" well yes actually. "Are these mistakes preventable, or able to be minimised?" of course they are. Now the crunch: "What are you going to do to practice preventing or minimising these mistakes?" In my case, master pace counting along roads and tracks to prevent overshooting, use all the features on the map not just one type of feature

(e.g. distinct trees), envisage things you will see along the way so you hear alarm bells early if you drift off course, and never ever start off without a plan:

- Know where you are now
- Know where you want to go
- Know how you are going to get there
- Know how you will know when you have arrived

Once you have identified your own types of errors, the next step is to focus on one or two of them, until the big errors become little ones. Then work on the next biggest ones until they become small (hopefully the first lot did not come back while you were concentrating on the second lot).

Part of Ray's handout was a list of about 30 commonly made errors. All my recent ones were on there! But it was encouraging to see that there were some that I used to make but don't do any more – not using the compass, 180 degree error, stopping to retie laces, following others and making the same mistake etc. So it seems you can progressively reduce errors. And some are so simple to fix, like losing the clipcard, illegible punching, or not checking the number on the control. Not following the rules and instructions – e.g. taking controls out of order, not visiting the start triangle, not getting card checked at manned control – generally result from not reading or listening to the instructions at the start. It is definitely worth taking a fraction of a second to sort out mistakes that result in a DNF or DSQ – otherwise all your hard work is for nothing!

Jane Forsyth

NZOF NEWS - JULY 2002

PRIME MINISTER'S SCHOLARSHIP

NZOF is pleased to announce the award of a Prime Minister's Scholarship to Ray Pratt (PAPO). The scholarship from the New Zealand Academy of Sport is for coach development and goes to Ray in his role as Coaching Coordinator of the Development Squad. Ray will use the award to travel to Australia in September/October to develop his coaching with members of the Squad and will also attend the ACT Academy of Sport.

CONGRATULATIONS

Well done to Rachel Smith (PAPO) who has been awarded a national university blue by University Sport NZ. Notable among Rachel's achievements in 2001 was being the only NZ team member to make the World Orienteering Championship short-O finals.

APPOINTMENTS

The NZOF is pleased to announce the following appointments:

- Bruce Henderson (Hutt Valley) as Convenor of the Technical Committee.
- Dick Dinsdale (Wellington) to the Technical Committee.
- Mark Copeland (Auckland) as Convenor of RogaineNZ (NZOF Rogaine Committee).

THANK YOU

Bruce Henderson and Dick Dinsdale's appointments are consequent on Michael Wood standing down from the Technical Committee. NZOF thanks Michael for his lengthy term on the committee including, for part of that time, convenor of the committee.

D-SQUAD MANAGER

The hard-working Development Squad Coaching Coordinator, Ray Pratt, is in URGENT need of a Squad manager to relieve him of the admin and to allow him to focus on coaching. And a manager is especially needed to organise the trip to Australia in September/October. (See above under PM Scholarships for the significance of this trip.) If you are interested in the position of **Development Squad Manager** then please contact the General Manager for a job description.

DEVELOPMENT FUNDING

The NZOF priorities for development spending include permanent courses, successful clubs mentoring neighbouring clubs, generic promotional material (including web resources), orienteering in schools and new forms of orienteering (eg, MTBO, rogaining, park/sprint-O). Clubs are encouraged to apply for funding for suitable projects. Two recently approved projects have been:

- to the Nelson club for a new permanent orienteering course in Nelson, and
- to the Dunedin club for a new MTBO map at Waikouaiti.

All clubs were sent revised guidelines in April (ask your club secretary) or check the nzof website.

FIRST WORLD MTBO CHAMPIONSHIPS

New Zealand will have a team of one at the first world Mountain-Bike Orienteering Championships in France, 1-7 July. National Squad member, Greg Barbour, will be doing the riding.

Trevor Knowles (Hutt Valley) will also be at the championships, competing in associated masters' events.

INTERNATIONAL DEBUT

Following Orienteering Australia's acceptance of a New Zealand team as part of their annual National Orienteering League, Jason Markham (PAPO) became the first Kiwi to officially compete in the league when he raced in the Cooma Classic on 5 April.

NATIONAL SQUAD MEMBERS COMPETE IN WORLD CUP RACES

Seven members of the National Squad are competing in World Cup races in Europe during our winter. Greg Barbour, Jason Markham, Michal Glowacki, Greg Flynn, Tania Robinson and Jenni Adams have already raced in Belgium (2 & 3 June) and, with the exception of Jenni, in Switzerland (7 & 9 June). Alistair Landels, Jason Markham, Michal Glowacki and Greg Flynn have just raced race in Norway (30 June & 1 July) and will race again in Sweden (5 & 7 July).

Best results in the first four events have been by Tania Robinson (Counties Manukau) with A-final placings of 25th and 31st in Belgium and 26th in the first of the Swiss races.

SUBSCRIBING TO "NZ ORIENTEERING"

Do you subscribe to the national magazine? The May issue is 48 glossy pages of news, views, photos, major event results, coaching tips, secondary school orienteering, events calendar and more. The subscription for four issues is \$16.80 mailed direct to your letterbox. Try and find better value at your local bookshop. Remember, to survive, "New Zealand Orienteering" needs your subscription.

OUTBACK ORIENTEERING CARNIVAL: CORRECTION

The fax number for entries on the entry form to the Outback Orienteering Carnival South Australia, 28 September – 5 October, is incorrect. The correct fax number is 618 8356 9523.

LOOKING AHEAD

Although this year's ANZ Challenge is still fresh in our minds, it is not too soon for clubs to begin thinking about the next challenge to be held in New Zealand. Clubs are invited to express their interest in hosting the 2005 ANZ Challenge, set down for January 2005.

PLANNER'S REPORT – CHRISTIES GULLY

9 June 2002

My second ever planning exercise and still heaps to learn!

Christie's Gully pulled some good stunts on Lindsay Smith and I – starting with heavy snow during the main weekend for field work (two weeks before the event), gale force winds on the next weekend, and then an incredible still sunny day for the actual event.

I'm very glad it was good weather because the courses I set were tough – too tough. The number of people who staggered breathless to the finish, and then turned around and said 'thank you' humbled me. It greatly helps planners and controllers to come back again. Not that there weren't plenty of comments, but all were constructive.

Christie's Gully does pose some challenges for course setting.

Firstly, there are very limited start-finish points. There are really only three roads, which meet in the north-central part of the map, and there are very few good places along any of them. To prepare for bad weather (and who expects anything else in June), I was keen to find a sheltered point, which led me to Peter McLeod's woolshed.

Secondly, I wanted to use the south and east of the map, where we hadn't been for some years. It's riddled with steep, wet gullies, interspersed by sharp ridges. But with only a few long, narrow, north-south ridges, there wasn't a lot of choice as to how I got people out and back again.

So in general I hopped from side to side of ridges on the way out, then set a challenge on the way back, by crossing a couple of gullies in one or two long legs. I tried to always make people choose between safe ridge-top running and cutting corners down through gullies. By all accounts most stuck to the ridge tops and appreciated the thinking that this entailed.

But the killer was the big ups and downs towards the end of the run, and a steep climb back to the woolshed to finish. So I really want to apologise to all those who found it too tough. That's my main lesson – in the words of Bruce Collins' guidelines from the May DOCument, "You seldom hear people complaining about a run being too short ...".

A few observations on the side:

- I made a silly computer error in one control description, affecting short and long red courses. Yet almost no one was perturbed. Apparently red course runners are very map oriented, and don't depend on control descriptions. Quite a few did not even notice the error!?
- An attempt to warn people about the steep and tough nature of the courses completely missed a number of people because they didn't read the notices I'd written, in big font too! Obviously some of us just roll up to the caravan and book our course, regardless!
- For the first time this season NO ONE did the White Course. With 15 exclusive controls and a lot of effort taken to find flattish terrain and set the course, this fact speaks directly to the recent club debate about the value of White Courses. However, since I am one in favour of having them, I'll use this opportunity to follow-up my favourite solution. And that is to have fixed and re-useable White Courses on our maps, which require no new planning. And now I've got a completely unused one ready for the next time we start at McLeods woolshed. Just needs a system for storing them and retrieving them!

I enjoyed the planners role and learnt a lot, especially about getting inside the head of the planner when you're running a course. And I'll certainly be back again next year, when I'll try really hard not to be so tough.

Andrew Kelly

CONTROLLER'S REPORT – CHRISTIES GULLY

Christies Gully always brings to mind the worst of memories – with regard to overhead or underfoot conditions. It was with this in mind that the shelter of a barn and woolshed was 'paramount' in choosing the start and finish – and of course, in the area that was selected that meant starting at the top of the hill! In retrospect, a few more course changes could have been implemented, but as the website www.wildsports.cz states in its description of orienteering:

“Orienteering is an endurance sport which involves a huge mental element.

Orienteers run over rough ground, completely unprepared forest terrain or rough open hills - cross country in the true sense of the word. Therefore, considerable body strength and agility is needed. Fitness similar to that of a 3000m steeplechase or marathon runner is required.” That says it all, well almost!

Whilst gumbooting my way around the area, checking the suitability of control sites, I made some observations that were confirmed later at the event.

What you see on the map- is not always the same as what find when you actually get there! For a competitor (planner and controller as well), the need to read the map and plan ahead is important, but so is the ability to read the terrain and adjust your route choice accordingly.

Something else to be careful of: When marking maps take care not to obliterate features near the controls. Several controls had obvious attack points such as a tree or bank, but by unintentionally covering them up with control circles, the task of finding the control was made harder.

Another problem on this map was the interpretation of trees. With some marked as a green circle, some as small white patches and some as 'scattered trees' (white + yellow) and some trees not marked on the map at all there was some confusion. Earth banks, in places, created a similar challenge. It takes a bit of careful observation and deduction by checking other features around you to 'get it right'.

Wet and marshy ground, together with long grass, don't make for easy travel.

That got me thinking – how do the locals cope. Not George and Peter, in this case, but the stock. I noticed that sheep do a lot of contouring and cattle preferred to stay on the ridges. Is there a moral in this?

Lindsay Smith