

NOVEMBER DOCUMENT 2007

EVENTS

OCAD course on the 10th of November

We have got access to the computer suite at Tokomairiro High School in Milton (thanks Owen!) for Saturday 10th November to do a course/workshop on OCAD

The idea is that those of us who have some experience with using OCAD for course planning and updating of maps will pass this knowledge on to the rest of the club.

The plan is to meet somewhere in town in the morning and car pool down to Milton. We will organise this when we know how many are interested.

E-mail Ake: ake_fagereng@yahoo.no if you are interested in coming or have any questions

Don't miss this event

Waioira Scout Camp Social Christmas Event. December 2nd. Whare Flat.

Mass start loop race. 3 courses: white, yellow and orange. A few extra (fun) challenges as well. Start time 11.00am.

Followed by BBQ and picnic. Entry by gold coin!

National Junior Training Camp - Christchurch 17 – 21 December 2007

Calling all Juniors.

Are you aged between 14 and 17? Do want to improve your orienteering skills, have a whole week full of fun and meet lots of other cool orienteers from around the country?

Then you need to get yourself to the National Junior Training camp, which is running from the 17th to the 21st of December, in and around the fabulous city of Christchurch.

It does not matter what orienteering level you are because we will have some of New Zealand's best coaches on hand to help you improve your skills.

This will be a week not to be missed!

Get your application forms in quickly as there are limited places. You can get them from your club secretaries or off the NZ Orienteering website under the coaching page.

PS. Applicants must be members of an orienteering club.

PPS. The NZOF will assist with travel costs where appropriate.

FREE TRIP TO CHRISTCHURCH

Would you like to go to Christchurch and represent the club at the SI Forum? This is on Saturday 24 November and the following day is a PAPO OY at Dalethorpe. Travel costs will be refunded by NZOF and billets provided if necessary. We would like 2 or 3 people from

DOC to go. Ben Ludgate went last time and said it was a good and informative meeting. Pat Ehrhardt has the details so let her know if you're interested.

DOC CLUB RELAYS November 11 at McLeods Farm

A new format is being used to make it easier to enter the relays.

There will be the usual MIXED LONG but only for 2 person teams.

The MIXED SHORT will be for 3 person teams and will include the teams for the Family Relay competition.

There is a trophy for the winner of the Family Relay which is a handsome coffee table. The current holders from 2006 are the Cambridge family.

The third relay category is an easy Short Course for a 2 person beginner and/or young orienteer team

Can't find a partner to make up a team? The organisers can help you – just ask Eunice McLeod ph 4811804 or email her at emcleod@ihug.co.nz

If you would rather just have a run on the day then enter for that instead.

We want as many members to enter to make it a really fun event.

You can't miss out on the relays!

BALL PASS TRIP - ANYONE INTERESTED?

We've received an advert from Alpine Recreation inviting us to get a party together for the Ball Pass Trek (Mt Cook region). They are offering 20% discount on the normal price for group bookings of 6-8 people. They don't say what the normal price is but it will be on the web site somewhere.

Check out the web pages

<http://www.alpinerecreation.com/ballpass.html>

http://www.alpinerecreation.com/photos_ballpass.html

If anyone's interested contact Jane Forsyth (sandymount@actrix.co.nz)

News of former DOC member.

The engagement of Aaran Searle and Leigh Martin was announced in the ODT.

Best wishes to you both ☺

How to get better at orienteering

(pinched from Jenni Adams in the PAPO magazine, Oct 2007)

While away with the New Zealand team we had several discussions on how to get better at orienteering. Of course there is no easy answer but often we just go out and do the same thing every time we go orienteering, and pretty obviously doing the same thing doesn't result in getting any better! There are always some old faithful solutions like "I just need to get fitter" and while getting fitter can be a good plan sometimes I've noticed that getting fitter can actually result in more mistakes as it can be tempting to run faster than you can interpret the map.

The first step to getting better is to analyse your courses after you've run them and ideally draw a line to show where you went. Look at the things that went well and the things that didn't go so well. Are there any patterns to where mistakes were made?

One of the common problems is not having a plan for a leg. I always think a plan should start with an answer to the question "How am I going to find this control?" The answer will probably involve an attack point (a major feature close to the control that should be simple to find). The plan should involve the route to the attack point and what you will use to keep yourself on your route. You should always be following something - a line feature (like a track, a vegetation boundary, a stream or a contour feature like a ridge or a gully), a collection of point features or your compass. Many legs will involve a mixture of these and part of the plan will be choosing how you will know when to transfer between the different stages of the leg (e.g. when to stop following the track and to start following the row of hills into the control). This might be through noticing a distinctive feature (e.g. track bend or "when there's a big hill on my right") or using a distance estimation method when there's no distinctive feature (either because there are no features at all, or because there are many similar features with no one distinctive feature). Often you will have to compromise between routes that are physically less demanding (maybe because they are shorter or they avoid climb) and routes that are technically easier.

If you want to get better, make sure you have a plan for every leg of the next course you do. If you think you're already doing that then think about one way you could improve your plans and set that as your goal for the next event.

Taieri Mountain Bike Orienteering From Barrie Foote.

Hi everyone,

Finally the results of the MTB orienteering. Sounds like the 6 hour people had a pretty tough time getting to Berwick with the head wind. It probably explains why noone got over to Brighton.

The venue at Outram was ideal. Thanks to the Outram school for letting us use it, and to Brian Buschl for arranging it.

Thanks also to Wenita for letting us use the forest. I know some of you would have been thankful if we hadn't used it given the conditions. If it was a bit dryer, and more thoroughly mapped, it may be good for a major event. I still think it is ideal for this sort of event, even though one person was heard saying it was too tough. I guess you don't have to go into the forest.

The area is really good for the shorter courses. Next year I think we will try and have two maps, one for the 4 and 6 hours and another for the 1 and 2 hour courses. It will then be possible to have more controls closer together on the shorter courses, and maybe 2 or 3 in Outram.

My apologies to those who tried to get No 34 (Company with orange and black advert) and 22 (signal company). Almost all got the wrong answers. They were not supposed to be trick questions. 22 asked for a signal company, and the airways corporation is certainly not that. I haven't been able to work out what went wrong with 34 though.

Clearly there were too many controls. The top score was 690 but there were 1800 points on offer. I will have to look at that for next time.

Placings are worked out on points, and if the points are the same, the first back comes first.

Any comments will be appreciated, both good and bad. It does help with planning. For example there weren't supposed to be any cryptic clues this time.

Name	Place	Total	Penalties	Net Total
1 Hour event				
Robert Scurr	1	60		60
Alan & Annie Grant	2	60	10	50
Fleur Boyce	3	50	10	40

Tony Wu	4	40		40
Tracy & Rosa Pettenger	5	20		20
Nick Phillips	6	50	60	-10

2 hour event

John Howie	1	170		170
Brian Buschl	2	170		170
Ray Hope	3	150		150
Christopher Brown	4	150	20	150
Melanie Bell	5	140	10	130
Karin Staufenbiel	6	120		120
Jennifer Hudson	7	110		110
Jane Forsyth	8	100		100
Gabby, David, Peter, Mece, Ralph, Carolyn	9	100		100
Tricia Foote	10	90		90
Hamish Cotter	11	90		90
Gray Family	12	80		80
Fraser Brown	13	80		80
Richard Thum	14	100	20	80
Duston family	15	70		70
M & N Perry	16	70		70
Gruppelaar Gang	17	70		70
P & M van der Heu	18	70		70
Phat Freddy 5's	19	80	10	70
Emily & Hayley	20	60		60
Bruce Newton, Sandra de Vries	21	60		60
Samantha Hope	22	50		50
Janette Anderson & Gail	23	50		50
Michael and Todd Bates	24	50	30	20
Joan Merrilees & Megan Gibbons	24	50	30	20
Nicky Crawford	26	80	80	0
Kaye, Ayden, Nicholas McArthur	27	60	70	-10
The Brothers	28	90	180	-90

4 hour event

Simon Cullen, Michael Wak	1	300		300
Wendy Begley & Lyn Keene	2	110		110
Merrin Brewster	3	100		100
Alan Foote	4	220	190	30

6 hour event

Graeme Collins, Bernard Pemberton, Craig Bates, Matt Stoddart	1	690		690
Maggie Pasek & Daniel Johnson	2	650	40	610
Hamish Seaton & Justin Freeman	3	640	30	610
Matt Bixley	4	650	50	600
Mike & Jeff	5	590	30	560
Karen Dunlea & Raylene Bates	6	320	150	170

Dunedin Orienteering Club
Results - Day 1 - Classic MTBO - Naseby Forest
27th October 2007

Course 1 - Dist: 25.0 km**M Open**

1st	Julian Cox	1:51:44
2nd	Jim Cotter	1:56:32
3rd	Gary McKenzie	2:07:07
4th	Brian Buschl	2:12:19
5th	Tim Sikma	2:16:15
6th	Daniel Johnston	2:34:35
7th	Antoine Arcand	2:52:55
8th	Ben Ludgate	3:20:14

Course 2 - Dist: 19.0 km**M Veteran**

1st	Joe Sherriff	1:46:47
2nd	Barrie Foote	1:55:45
3rd	Ray Hope	2:02:01
4th	Alan Foote	2:07:07
5th	Nitzan Harlavan	2:39:00
6th	Christopher Brown	3:21:10
7th	John Hogg	3:46:37

M Junior

1st	Fraser Brown	3:37:08
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M Rec 1

1st	Kev Knowles	1:47:36
2nd	Chris & Darlene Thomson	2:55:57

Course 3 - Dist: 12.0 km**M Rec 2**

1st	Allan Grant	2:06:18
2nd	Adrian & Anne Irving	2:24:37
3rd	Don Melville	2:37:21

Course 4 - Dist: 8.0 km**M Rec 3**

1st	Daniel Gruppelaar	2:35:24
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Course 2 - Dist: 19.0 km**W Open**

1st	Camilla Cox	2:33:35
2nd	Maggie Pasek	2:40:56
3rd	Samantha Williamson	4:51:07
4th	Anna Hogg	4:59:07
	Linda Hope	DNF

Course 3 - Dist: 12.0 km**W Veteran**

1st	Jo Wilson	1:24:35
2nd	Nicola Kearns	2:14:55
3rd	Jennifer Hudson	2:49:15
	Trish Foote	DNF

W Rec 1

1st	Sasha McLeod	1:15:37
2nd	Sally Duston	1:37:26
3rd	Geraldine D/Di Brensell	1:39:33
4th	Darlene Thomson	1:39:37
5th	Stacy Buschl	2:04:55
	Sarah Lees/Katie Conroy	DNF

Course 4 - Dist: 8.0 km**W Rec 2**

1st	Annie Grant	1:50:11
2nd	Emily Buschl	1:54:04

Dunedin Orienteering Club
Results - Day 2 - Score Event - Naseby Forest
28th October 2007

		Control Points	Lateness Penalty	Total Points
M Open				
1st	Jim Cotter	650		650
2nd =	Tim Sikma	520	10	510
2nd =	Daniel Johnston	510		510
4th	Brian Buschl	460		460
5th	Antoine Arcand	460	10	450
M Veteran				
1st	Julian Cox	540		540
2nd	Joe Sherriff	470		470
3rd	Barrie Foote	410		410
4th	Alan Foote	390		390
5th	Ray Hope	380	10	370
6th	Nitzan Harlavan	320		320
7th	Christopher Brown	300		300
8th	John Hogg	270		270
M Junior				
1st	Fraser Brown	300		300
2nd	Finlay Pollock	220		220
3rd =	Hamish Cotter	140		140
3rd =	Daniel Gruppelaar	140		140
M Rec				
1st	Allan Grant	190		190
2nd	Gordon Duston	170		170
W Open				
1st	Samantha Williamson	220		220
2nd	Stacy Buschl	140		140
3rd	Linda Hope	130		130
4th =	Trinie Moore	80		80
4th =	Merrin Brewster	80		80
6th	Anna Hogg	280	430	-150
W Veteran				
1st	Jo Wilson	330		330

2nd	Trish Foote	140		140
3rd	Jennifer Hudson	130		130

W Rec

1st	Sally Duston	240		240
2nd	Annie Grant	180		180
3rd	Sasha McLeod	120		120

Team

1st	Keri Barnett	360		360
2nd	Chris & Darlene Thomson	300		300
3rd	Sam Littleton	260		260
4th	Raphaelle Cardyn	280	100	180
5th	Adrian & Anne Irving	160		160
6th	Sam & Shannon Hope	130		130
7th	Matt Born/Hamish Morton	300	210	90
8th	Sarah Lees/Katie Conroy	60		60