

NEXT DOC EVENT.

SCIENTIFIC SCORE EVENT - BOTANIC GARDENS - 9 July

For the first time ever (that I know of - Jane) we are having an event at the Gardens. This event is planned to link in with the Science Festival at that time, so has a "knowledge" (or "Nolledge" if you prefer) theme.

It's a score event and you can go out for 30, 45 or 60 minutes. It is suitable for all levels of fitness, however you do have to be able to both read and write. People who cannot should arrange to link up with someone who can. Please bring a pen or pencil. We will use a black and white map and the charge will be less than usual for this reason.

Start times are from 11 am to 1 pm and the start area is the Band Rotunda in the Lower Gardens.

Just some advance notice: the Gardens management asks us to be considerate of other Gardens users (please do not bowl over elderly or infirm people in your hurry) and not to walk across planted areas (but you would not do that anyway would you?). Although there are several watercourses in the area, you are advised not to drink from them, and if you fall in the duckpond you should probably keep your mouth shut.

See you there and bring a friend

Jane Forsyth

PS. I remember doing an event there many years ago - I have a map with 1983 on it although we did not begin orienteering until 1984. Jennifer

PRESIDENT'S REPORT

Margaret Tagg

The Otago Championships weekend May 27-28 was a big success. Planners Judy W and Chris E and Controllers Bunny and George treated us to excellent courses at Akatore and Christies Gully. There were 111 entries and some wayfarers with many orienteers travelling from Christchurch and Invercargill. Jane C and Ev S organized very efficiently, the weather was wonderful and the YODA sausages were popular as usual. Thank you to all these people and thanks also to Barrie F for the maps and Jennifer for events booklets and results. Many other willing helpers ensured that things went smoothly too and their contributions are appreciated.

People who came to the social evening on Saturday enjoyed the get together. Otago Champs certificates and some trophies were presented and Bruce C awarded imaginative prizes to the Summer Series events winners.

The Dunedin Orienteering Club O-suits look great. Eunice is doing a superb job and hopefully many Club members will take advantage of the Committee subsidy and order suits soon. Did you see some new suits at Gladbrook? Send the money to Sheryl (Treasurer) and size can be finalized afterwards.

I borrowed some books from the Club library and can recommend the ones I chose:

Maps and Games - very suitable for young families

Orienteering for Sport and Pleasure - covers everything including some history of orienteering which I found interesting

The Race of His Life and other Orienteering Stories - a little book of amazing stories

Congratulations to participants who competed in the Southland Schools Champs recently.

See you at events and please put the Pot-luck Dinner date on your calendar now.

ATTENTION MAPPERS!!

The club needs to upgrade several of its existing maps, e.g. Christies Gully, Seacliff, Logan Park, Pyramids, Allans Beach. We are therefore calling for expressions of interest from members who would like to tender for this work (yes there is money available to pay you). Please respond to the secretary, Myles Thayer, with an indication of your experience in mapping and the timeframe for completing the work.

Several new areas and extensions to existing maps are also being looked at for the longer term, but the committee hopes this upgrading could get under way fairly soon.

SOUTHLAND SCHOOLS CHAMPIONSHIPS, 10 JUNE 2000.

Pat Ehrhardt.

12 Dunedin Juniors took part in the Southland Schools Championships at Fosbender Park, with a fair degree of success; 3 of the 4 championship grades for secondary students were won by clear margins by 3 Dunedin students, Hayden, Rhonda and Tane, who all had very good runs. Ciaran also did well, coming 3rd on course 1. Jesse, Andrew and Aaron are all new to orienteering this year, but showed that they have moved out of the novice grades. Candy, Anna and Phillip enjoyed the challenge of the senior course, and though they lacked speed were never in difficulty. Nathan and Michael were both a bit disappointed with their times, but had been able to recover from mistakes to complete their courses. The weather was dreadful - on the way down in the vans we met driving sleet and were expecting calls on the cell phones to tell us the event had been cancelled - but luckily the courses were mostly in forest and fairly sheltered, even though it was unpleasant in the start/finish area. The weather detracted from the social aspects of the event, there were a number of DNS, which reduced the competition, but in spite of that everyone enjoyed it.

THE BEE SYNDROME

By Sheryl Collins

Most people know that the term 'beeline' is taken from the bee's ability to head back to the hive in a direct line. The Bee syndrome reflects the orienteer's route choice of a direct line from one control to the next without any regard for climb, vegetation or attack points. This is often a symptom of the person that relies heavily on a compass bearing. For the very fit and tough this can work very well most of the time but if faced with lots of climb, or fight, the orienteer can come unstuck. Inevitably this type of orienteer lacks the skills of contouring and relocation and can lose time struggling through green while others choose a longer but easier and ultimately quicker route.

Spread:

This syndrome affects individual orienteers. It is an orienteering syndrome that affects the majority of orienteers at some time during their time in the sport. It is far more prevalent in the less experienced orienteers but some very experienced and successful orienteers are also known to suffer it.

Symptoms:

1. A person who orienteers using mainly compass bearings.
2. An exhausted, scratched and bleeding person. (Unless this person is Ecurb)
3. An individual that is usually very competitive, but when faced with a very green, steep map, is surprisingly further down the field than usual.

Cure:

1. Practice looking at route choices to the left and right of the line between controls. e.g. Perhaps you can find a big re-entrant to the left that will lead you to an attack point or the control.
2. Practice relocation and contouring skills. e.g. You have strayed off your straight line and/or your compass bearing and you need to know where you are. Or you have had to contour around a hill and need to know when to straighten again.
3. Practice finding alternate attack points that are not in a direct line.

An Example

My friend was a very fit and experienced orienteer who competed successfully in the strong W35 A group although she was in fact able to compete in the W45A.

When she got a split watch we started to compare splits, and compete against each other by allowing a percentage of time to allow for our difference in speed. It soon became apparent that when an allowance for our difference in speed was made it was actually a much closer competition. The reasons became apparent at one event where we met at a control. My friend left the control and beelined it to the next. She ran down a steep hill, through fight, over a deer fence, through a creek and then up the steep hill again. She was very disconcerted to find me approaching the control as she left it. My route choice had taken me in a wide sweeping circle to the west, the distance was greater but I was running around the top of the valley on level, clear pasture. Needless to say she was very interested in my route choice and after all those years saw how she could improve by looking wide. Once she had worked on this our competition faltered. She left me for dead! Unfortunately her other interest took over and orienteering was no longer a priority.

FITNESS FOR ORIENTEERING.

[Condensed slightly (by Jane Forsyth) from an article by Mark Wheeler of Marlborough O Club in their magazine.]

How should we get fit for O?

Before getting into that question, you need to realistically assess your current state of fitness.

If you are reading this, you will at least be fit enough to walk or run around your chosen course. You also know how much you have in reserve.

It is important to be sensible about improving your fitness. Force yourself too hard and you risk injury, very sore muscles and will probably give up your programme quickly. Aim to lift your length and frequency of training gradually. The older you are the more important this is.

There are two basic types of exercise which make up a serious athlete's training programme: *aerobic* and *anaerobic* sessions. "Aerobic" means "with oxygen" ie your exercise is carried out at such a pace that you can still breathe comfortably. A good guide is to still be able to talk to your training mate - if you are pushing it the talk might become more of a hurried series of quick grunts but you will still be (just) aerobic. Vigorous walking, tramping, climbing, running, cycling, mountain biking, swimming, kayaking, rowing, cross country skiing are excellent aerobic training exercises.

Aerobic activity improves your breathing, heart efficiency, circulatory system and strengthens and tones muscles. The aerobic session needs to be 15-20 minutes several times per week to produce improvement - but anything's good! Obviously running is going to produce the best results for an orienteer who wants to run faster. However the other activities will all help the heart/lung/circulation system to cope with longer, faster performance.

"Anaerobic" means "without air". If you train anaerobically you will be training at speed, will lose your breath and only be able to carry on at that speed for a short time. There is no point training anaerobically unless you have built a solid foundation of aerobic fitness. You need to have strong lungs, heart, muscles to be able to cope with the speed work anaerobic training demands. However if you do have a good aerobic base you will get some excellent results from some anaerobic training especially if you are trying to peak for an important O event.

Anaerobic training improves speed and most importantly gets your body used to higher speed activity. The dead legs experienced when we lose our breath sprinting will take longer to occur if we do some anaerobic training. Examples of anaerobic training include:

Short duration intervals eg. 4 x 200m sprints (sprint out, jog/walk back and repeat) or 2 x 400m.

Hill sprints eg. short uphill sprint (say 100-200m) then walk/jog down and repeat.

Fast stop/start sports are very anaerobic eg. soccer, touch, rugby, squash, tennis.

Many athletes use "Fartlek" training ("speed play") which is a mix of aerobic and anaerobic activity. It is ideal for 20 minutes to one hour of fairly intense running. You mix your running up by varying your pace regularly, eg. jog 400m, stride out 200m, walk 100m, run 800 m, sprint 50m etc. If Fartlek is done over orienteering type country the activity is very much like the stop/start nature of an orienteering event - perfect training if not overdone.

It is definitely better to stay off hard surfaces if possible. Regular hammering on hard roads can easily lead to injuries. Softer surfaces - grass, sand, dirt, shingle are more forgiving and also tend to prepare us better for the rougher terrain we get orienteering.

NZOF NEWS - 1 JUNE 2000

By Bruce Collins

-The NZOF Council had a meeting over 2 long days on the weekend of 20/21

May. Despite inviting members to come to the Council meeting and speak it was disappointing that only one person turned up.

-On the Friday beforehand the Executive had meetings at the Hillary Commission and the NZ Sports Foundation. Hillary Commission told us that funding will not increase and will probably decrease due to a drop in Lottery profit which is where they get all their funds. Sports Foundation is even worse stating that under current criteria funding will not be available unless 3rd or better in the world!. However High Performance Sports Centres will be opened up for other than mainstream sports in about a year, aimed at 13 years up, and there may be some opportunity for orienteering.

-NZOF will go ahead with seeking Sportsmark Certification, which is a form of Quality Standard for sports organisations

-A promotional video made out of the WMOC video is still being investigated

-It was agreed that all of NZOF Council minutes are to be made public except in exceptional circumstances

-Council confirmed that no one will attend this year's IOF Congress thus saving \$3,500. Most of this saving will go towards paying transport for a delegate from each Club to attend a Strategic Planning Workshop in August.

-The General Manager position will be advertised in July to start on 1 Jan 2001.

-The Development Officer position will also be advertised in July with the first objective to examine best practice of Clubs in NZ and overseas on increasing membership and disseminating this to Clubs.

-JWOC Selection and funding was discussed at length with a discussion paper going out to Selectors, Clubs and Juniors to have their say so that previous controversial decisions can be avoided.

-MTBO (Mountain Bike orienteering) and Rogaining will now have separate subcommittees of NZOF to facilitate the development of their aspects of orienteering and to advise NZOF of priorities and problems.

-Revised wording for the Rule Change re eligibility for the Nationals was suggested and tentatively approved. It will now go to the Technical Committee for recommendation and then will be advertised as a formal remit at the NZOF AGM.

-Elites have requested winning times for national and regional Champs to be

increased from 90 to 105 min for M21E and for W21E to increase from 70 to 75 min (ie course 2 instead of 3). They also want the possibility of one short elite race only instead of two investigated as well as

changing the national relays from an orange to red course. The changes were tentatively approved but referred to Technical Committee for recommendation.

-Full Council meeting minutes are available on the Web page

www.nzorienteering.com or from your club

JWOC DISCUSSION PAPER.

NZOF SECRETARY:

Bruce Collins, 47 Stewart St,
Waikouaiti 9063, Otago, NZ

ph/fax: 64 - 3 - 465 8255 email: bruce.collins@clear.net.nz

Comments and replies by 31 July please

JWOC (Junior World Orienteering Championships) has caused a number of problems over recent years with controversy over funding, selection timing, selection criteria and Managerial posts.

At the NZOF Council meeting held on 20/21 May the Council discussed the issue and put forward the following ideas for discussion and comment so that a firm policy can be set in place for the future. This is a suggested policy only and is a starting point for debate. Please do not regard it as a preferred position and we urge those interested to make comment as they see fit.

Existing criteria of gold badge standard in M/W20 or silver badge standard in M/W21E should remain

These criteria should be slightly relaxed in the competitor's last year of eligibility for JWOC as a motivating factor. The IOF also say that the social aspects of JWOC are as important as the competitive aspects

Selection of an interim Squad should be made after the area Championships in September/October. The final team should be announced in February to allow competitors time to organise funding/sponsorship etc

Selection should be made by the Selectors in conjunction with the appointed JWOC team coach and manager, or in the absence of such, WOC team coach and manager

NZOF will contribute a budgeted amount of money to JWOC each year, which will not increase if more competitors make the team

There will be no NZOF funding for a JWOC coach or manager and these positions will be purely voluntary. JWOC coach and manager may be able to apply to the Katie Fettes Memorial Trust for financial assistance

Would interested DOC members please comment individually to the NZOF Secretary.

DOC NEWS.

When Myles Thayer went to the DOC caravan to retrieve a polyprop top for a PAPO member left at the Otago Champs he found Rhonda's shoes (except they weren't) and Ciaran's jacket, neither of which had been missed.

The Carmans, Ian Holden, Bunny Rathbone, Fiona Monks and the Hudsons are off to APOC which is from the 30 June until the 9 July in Queensland.

Possum Midwinter, born earlier this year has some conventional names.

They are Rachael Emma Teresa.

NEWS FROM OTHER CLUBS.

WOC needs a new flag and have a competition with the winner receiving a \$20 music voucher.

WOA: From the WOA archives June 1980 - Anitra Dowling caused a furore when she ran as an honorary male, winning the open mens national relays at Ngaumu Forest. The rules were ambiguous then, they now explicitly say that is OK.

PAPO has a profiles section in their magazine. Here Chris Stewart whom many of you will remember as a former DOC member says he would like to change the following - body shape, longer legs, flatter stomach, bigger head with bigger brain, ankles that never give in and knees that work.

TOPS/MOC Roger Bee (TOPS) has had his turn as editor now it is time for Lance Eccles (MOC). Because of problems with NZOF Affiliation Fees timing MOC are thinking of changing their subscription year to a calendar year.