

WOMEN'S TRAINING WEEKEND.

8th - 10th September 2000

Venue - Nelson area

Cost - to be confirmed, but in the region of \$100 -\$120 all inclusive

Open to - any NZOF member, then club members, then anyone. (depends on demand)

Standard - aimed mainly at orange and red level. Yellow level catered for if space and demand.

The camp will be fully catered if there are more than 20 people (currently 10). It will be based at Bridge Valley Christian Ranch near Nelson and will use Nelson area maps. Coaches will be Jean Cory-Wright, Roz Clayton and Rachel Smith and provisionally Jan Davies and Jenny Adams. All these women have run in a world champs or 2.3. etc! There will be also be opportunities for coach training for those who wish to help others with their orienteering.

The camp starts on the evening of Friday 8th Sept and runs through until 4.00 pm on Sunday 10th Sept. It will cater for yellow through to orange courses and women and girls are all welcome! It will include talks on nutrition, techniques, training, and psychology.

For information contact Jean Cory-Wright

38 Piko Crescent Riccarton, Christchurch.

Phone 03 348 3933, fax 03 348 3943,

Email cory-wrightj@chchpoly.ac.nz

PRESIDENT'S REPORT

Margaret Tagg

If you were not able to come to the DOC Pot-luck Dinner on August 12 you missed a very enjoyable evening, with delicious food and the opportunity to socialize and view a video of the World Masters Games which were held in the North Island in January. Thank you to Nathan and Suzanne for organizing the evening at the Hill City clubrooms.

Thanks are due to the Grant family and Franny for all their work to make the NZ Cross Country Ski-Orienteering Champs at Waiorau Snow Farm July 29-30 such a success. The sun shone, the snow glistened and the orienteering controls were spread far and wide to cater for all abilities. The control description 're-entrant' takes on a new meaning when one needs to take off skis, and carrying them and the poles, clamber down an icy rocky slope to reach the control!

The Narrowdale Forest was as wonderful as ever on August 13, but driving through a storm to get there and then battling wind and rain to get to the Start were an added challenge. Bob C and Dave B reported that they had experienced two lovely days there planning and controlling the courses. Thank you to them and to Don M and helpers who organized in the rain.

Extremely bad weather conditions can result in the cancellation of an event for safety reasons. If that is ever necessary Radio Stations 4XO and Classic Hits 89FM will be notified and a cancellation broadcast by 9 am. Also, orienteers in doubt can phone Jennifer 454 4981 or myself 467 5460. Mostly however, part of the fun of orienteering is coping with the conditions.

Please put the date of the Dunedin Orienteering Club AGM on your calendar now. It will be held on Wednesday 29th November. More details later, but we plan for it to be as much fun as the 1999 AGM.

Remember to order an O suit. The discount offer has been extended (see elsewhere in this Document). We need lots of people wearing the suits at the Club Relays and Canterbury Champs in November.

Best wishes and thanks for all they have done for the Club go to Suzanne, Nathan and little "Possum" as they leave Dunedin during September to take up new opportunities in Whangamata. Suzanne has done a great job on the Committee as Land-owner Liaison Officer and as the person who finds people to volunteer to plan, control and organize events. Nathan has been a willing and cheerful helper at events.

See you at THE ANNUAL YODA NASEBY TWO DAY AND HILLBILLY CHALLENGE, 9-10th September. Send entries to Aaron Searle.

QUEENSLAND ORIENTEERING.

Pre-APOC Training at Crows Nest - The Challenge of Granite Maps.

Bunny Rathbone.

Along with a few other older New Zealanders - that is older than the age of the Development Squad members - I spent 4 days training on rock maps in the area of Crows Nest, a small town about 50kms north of Toowomba. Three of the maps overlapped and were prepared for the Australian 3 Days competition by Eric Andrews who was also the mapper for every map we used during the APOC event. Our principal coach was Scott Simson from Brisbane, a top elite Australian orienteer and coach of the Queensland Junior Squad. Exercises were set by our New Zealand coaches, Michael Wood, Rob Garden, Marquita Gelderman, Darren Ashmore and Rebecca Smith. The camp participants consisted of the

Development Squad members plus any others who felt they would benefit by attending.

Our accommodation was an outdoor recreation camp called Camp Perseverance set on the edge of a man made lake, Lake Perseverance. The water in the lake was used for irrigation and we had the camp to ourselves. With 36 of us we divided into groups and organised our own cooking, food was bought, menu decisions were made and the mysteries of a large commercial kitchen were quickly learned. The camp buildings were roomy and comfortable, 6 bunk cabins each had an en suite bathroom and laundry facilities were available.

On our way up to the camp from Brisbane we stopped off at a map of Esk Forest, 12 kms from the township of Esk, to have a run on gully spur with rock and termite mounds. After stretching my legs with daily runs around the parks, streets and forested areas of Brisbane the previous week I was ready for some map reading and orienteering. The map eased us into the Crows Nest maps which had a much greater concentration of rock, and most of it granite. Termite mounds are found in areas of sandy soil and sandstone rock but not in granite areas where the rock is everywhere and the soil very thin. The termite mounds were quite low, less than a metre high and sometimes obscured by vegetation but never the less were accurately mapped and useful as features to check where you were. Termite mounds were not a feature of APOC maps. Although the forest at Esk was shown as mostly white it was sometimes hard to get through and there was often litter and small rocks on the ground. A persistent weed called latana, which grows happily underneath the eucalyptus trees, is a shrub sometimes found in dense clumps and was best avoided as its branches had thorns which tore at clothing and flesh relentlessly. How I wished for more height and a larger body weight to crash through more effectively. Most light green vegetation was other light weight native shrubs without thorns.

On our first day at Crows Nest we were taken to Myers Lookout, a 1:15000 map. Here we went on a map walk in small groups and attempted to recognise all the different features. This is an excellent exercise to do to familiarise yourself with the mappers style. The amount of rock features seem endless. You can count 5 sizes of boulder clusters, 5 sizes of boulder fields and rocky ground strewn all over the place. Then there are the rock faces and cliffs of various heights, shapes and length plus bare rock. Brown dot knolls were always a rock feature and hills were mostly covered in rock or consisted of bare rock. We needed to distinguish between boulders and knolls as each consisted of rock and sometimes they stood beside each other. Boulders are rock features that if we

were strong enough to do so we could get our hands underneath and lift them up but knolls are like small hills with sides that slope down at a wide angle, evenly all round and are too wide at the base to get your hands under. Knolls can easily be stepped up onto and run over as well. Bare rock shows up in small or large slabs, sometimes placed horizontally, other times sloping through contours or on top of contour hills. It is easily run over in dry weather but mossy parts can get slippery when it rains. More often bare rock is in open areas in the forest but sometimes it has vegetation, scrub or trees growing on it. On our map walk we discussed together what we saw was mapped and also what was not mapped. Rocky ground can look at a glance to be full of boulders, but their size is too small to be mapped yet they still need to be avoided while running. It was time to do a course and practise recognising features as well as reading the contours and estimating the distance. I had to concentrate harder with the 1:15000 and was glad I would be using mostly 1:10000 at the APOC Carnival. My compass was in use constantly and I was sighting and checking off features as I passed by. Route choice is quite crucial as sometimes re-entrants appear very bland, less definite than we have in NZ and areas easier to run on have no rock features so it's easier to learn your way if you are not doing some rock hopping.

After lunch we did a control picking exercise where the legs were short, change of direction was frequent and there were more control points. This was great to get accuracy on all aspects - direction, featured recognition, and control finding with attack points on the 1:10000 map called Ironbark. The Ironbark map has a quote from Banjo Paterson on it called the "The Man from Ironbark".

It was the man from Ironbark who struck the Sydney town

He wandered over street and park, he wandered up and down

He loitered here, he loitered there, till he was like to drop

Until at last in sheer despair he sort a barber's shop

'Ere! Shave my beard and whiskers off, I'll be a man of mark

I'll go and do the Sydney toff up home in Ironbark.

On day three we practised long legs on Flat Top II. Lantana needed to be avoided on this day. It was interesting to check which parts of the map gave good running. I tried running up a water course with minimal rock shown but it was littered with wind thrown trees. The best was high ground with no latana blobs and no rock but this had bland wide contours and only minimal rock features to

check off. Accurate compass and knowing when to stop and start observing the low hills kept me on target.

Back to Ironbark on Day 4 for relays. We had 3 person teams each with a long, medium and short leg runner and we all started at the same time. After the rush at the first controls everyone scattered through the bush trying to get a good score. We had to meet up at the end and run as a team across the finish line. The speed put the pressure on to navigate accurately.

Back at camp Michael had organised a Micro O for us on a black and white map. The ground was quite rocky and I wondered about injuries as I tore around but luckily I remained unscathed and ready for the big week at APOC - another story.

MORE IDEAS ON COACHING –

THE AUSTRALIAN EXPERIENCE AT APOC 2000.

From your on-the-spot reporter - Bunny Rathbone.

During the recent APOC carnival in Queensland, a coaching panel examined training methods and styles. The following questions were discussed:

WHAT is it that the orienteering stars of 2000 do that gets them to the top?

DID you know that yoga will play a big part of Rob Walter's programme for WOC 01?

WHAT did Darren Ashmore learn from 6 months in Sweden that will help him in preparation for WOC 01? and more.

The panel was made up of top elite orienteers, and before you decide that this could be way above your level of training and stop reading, PLEASE think again. These orienteers all started at the beginning, learning how to orienteer and making mistakes like the rest of us. Every time they orienteer their thoughts

about how they are going to race are dominant as ours should be too. We see their results and their fast times, watch them speeding through the forest seemingly effortlessly but their methods for doing that can be used by all of us who would like to orienteer with more accuracy, efficiency and confidence.

Claire Hawthorne, a top Australian elite, talked about the use of psychology in orienteering. Although she knows that she can orienteer very well, she continually reinforces that with positive thoughts about herself and her ability. She visualises herself in the terrain, running up and down spurs and re-entrants, across gullies, around hills and specifically in Australian terrain, around and amongst the rocks. She sees herself doing this effortlessly, running easily but also dodging through the trees and leaping the logs and litter on the forest floor. There is no room for negative thoughts so positive thoughts about herself are paramount. She needs to believe in herself and know she can do it well so she listens to tapes about the power of positive thinking. Before racing it is necessary to relax – listening to soothing pleasant music is one way to remain calm and focused. Nothing is going to stop the rush of adrenaline at the start of a race but if the preparation is done beforehand both mentally and physically she will be able to do her best.

So what about the physical training? It includes running, which Jane Forsyth has covered very adequately in July's DOCUMENT. Running and using exercises during training is what Cassie Trewin, another top Australian elite, talked about. Her subject is exercise physiology to be used specifically in orienteering. If we analyse how we run in an orienteering race, we can help ourselves do it better. We dodge around things by side-stepping, we duck under branches by bending, we negotiate fences by climbing, ducking under, stepping through or leaping over. To do these actions we need to have strong legs and abdominal muscles, we need to be flexible with twisting and turning actions, our arms need strength for balancing, our ankles need strength and flexibility for contouring as well as coping with rough hard ground. The best way to get this exercise is to run as much as possible in the terrain of an orienteering map.

So here's the challenge for you – go out and find areas in the Town Belt, Ross Creek or Logan Park where you can do lots of dodging, leaping, ducking and climbing. You may have to ask Michael Tagg to show you how to leap fences – we know by the photo in NZ Orienteering that he does that effortlessly. Try to find the rougher areas and add these to your track running, long grass is good to use, so are close spaced trees. Even if you start off slowly you should be able to increase your speed as your body gets used to the demands you put on it. Don't

forget to tell the rest of us what you're doing – you might be able to lead us round your circuit one day. A good idea is to consult the experts at the gym to work out some exercises you can do at home to build up strength in your muscles.

Darren Ashmore, a New Zealand elite, had spent some time training in Sweden before the World Champs in Scotland last year. He was able to work in an au pair job, with Rebecca Smith, with a Swedish family for 6 months. In this situation it was very easy to train as the forest was right next door and had a map to go with it. They also belonged to a local orienteering club and were able to attend top class events every weekend as well as club events and club runs during the week. Training with other top class orienteers in the club was very stimulating and lifted their performance greatly. They plan to do the same for 6 months before the 2001 World Champs. N.B. Rebecca started her orienteering with her sister Rachel in Dunedin when they were at Logan Park High School.

Rob Walter is another Australian elite, who trained by himself in Australia before the World Champs last year. He decided to put all his effort into running as he believed this would give him the strength to cope with the Scottish terrain. He ran a lot, every spare moment he had, until he was running more than 200 km a week. As the weeks went on he kept increasing the distance and left Australia happy with his preparation. During the selection race when only 4 from each country are allowed to qualify for the final, he was not able to finish well and was very disappointed not to make the final 4. When he came back to Australia he was at a loss as to what to do. He sought help from the orienteering coaching team at the Australian Institute of Sport in Canberra and they helped him identify some of the things in his life that he wasn't attending to. To counteract his earlier plan of working by himself and just running, he was advised to put some social interaction as well as relaxing activities back into his daily living. He decided to move back in with his family, take more interest in social activities, still go orienteering as much as possible but do different types of training not just running, and for relaxing he took up yoga. Yoga not only teaches you how to relax all parts of your body, it also helps you to strengthen muscles and make you flexible with the stretching exercises that it demands. You also learn how to breathe so that you body can make maximum use of the air taken in. Rob has turned his life around and found a balance that was not there a year ago. 11 months after competing in Scotland he has won the M21E course at APOC. It was a hard demanding technical and physical course. He is well pleased.

GRANT REPORT - NZ CROSS COUNTRY SKI ORIENTEERING CHAMPS.

Annie Grant.

Control No.1_ Ring Nick Church Wanaka and see if he can plan a Cross Country Ski Orienteering Event.

Result DNF - Nick is away on holiday for 1 month.

Damage Control No 2 _ Shoot up to the Snow Farm, Check out the snow and terrain and make a rough Orienteering plan

Result DNF - The Lee's have redone many of the tracks as well as adding in a few more good snow on the trails but patchy and icy elsewhere. However we have 1 month before the event begins so I don't think the snow will be a problem, but we have to re-map.

Bonanza Control No.3 _ Franny Cunninghame and Julie Grant are at the end of a scholarship week on the Snow Farm and have a few days up their sleeves to re map. Great stuff and well punched. Thanks Fran and Julie.

Strike Gold Control No.4 _ Franny and Julie have decided to plan the event as well as re-map. (Just because you belong to YODA doesn't mean you have to make it too strenuous). Allan to control afterwards.

Fine Tune Control No.5_ Annie's at home base and organises special plastic bags, ties for the maps, the pre-marking of maps and control descriptions - that's a tedious job. Thanks Annie.

Out of Control No.6_Wanaka has been covered in fog for about 3 weeks, decide to stay above fog level at the new relocated Bob Lee Hut 1500 up. Great Views of Mt Aspiring, Cardrona, and Coronet Peaks. We put out the furthestmost away controls. Conditions are sunny and icy, we keep our fingers crossed and wait for Huey to dump snow before the event - 2 weeks away.

Better late than never Control No. 7_ Snow has arrived 2 days before the event, a bit late for some who have made other plans but a bonus for those flexible enough to hang in there whatever happens. But even if there was hardly any snow cross country skis can be quickly and easily unclipped, so that you can run or walk, so I knew any lack of snow would not be a problem. In fact Jamie Stewart was quite keen to run around (and after seeing him on skis I'm sure his running legs would have been faster) - good on you Jamie.

Jackpot Control No. 8_ Allan rang around a few businesses and finds great support for the event. In fact some businesses even rang me direct wanting to be sponsors. Many thanks to our sponsors and would you please support them.

A.J. Hackett Bungy - Sargoods Restaurant, Edgewater Wanaka - Kathmandu, Dunedin - R and R Sport, Dunedin - Outside Sports, Q'town Watercooled Sport Ltd, Dunedin - Beer in Mind - Cromwell Holiday Park - Muzza's Bar and Grill, Wanaka - Waiorau Snow Farm - Wanaka Wine and Spirit, - Stucki Family ex Papo.

Race Day Finale No. 9_ Annie and Michelle Grant and Sonya McArthur helped on the day, while Allan is out checking the final controls. All in order. Great weather and plenty of snow. Choice to see a good mixture of people turning up for the event - orienteers, skiers from all over N.Z. as well as a few from overseas. Even John was tagging along (blissfully). I'm sure Pam will have longer ski-legs after her big jump.

Thanks to all the keen helpers on the day.

We hope you enjoyed the experience.

SKI ORIENTEERING - WAIORAU NORDIC AREA AKA THE SNOW FARM

Owen Cambridge.

We used to live in Wanaka so the chance to go back to our old haunts for some Nordic skiing, (an old passion) combined with Orienteering (a new passion) was tempting.

Tane and I left Margaretha to traipse around the rugby grounds with the other three boys on the Sunday and departed for Wanaka after finishing our rugby commitments at 5pm Saturday.

On arrival at our old cottage we discovered that the last tenants had disconnected the power on departure making for a cold night. We found a temporary cure for this by watching the Australia vs South Africa test at Muzza's Bar. After seeing the lounge at the Snow Farm this was probably a bad choice. Camping on the snow could not have been much colder than sleeping at the cottage.

We were forced into having a decadent breakfast downtown by the lack of electricity at the cottage so we were a bit rushed by the time we arrived at the ski area after marvelling at the flood damage in the valley.

Five years ago I knew most of the trails at Waiorau and that was when they had just taken the bold step of adding a second tyre testing track. Now there are ten and the number of Nordic trails has kept pace with this development. Consequently the new trail map was like a well kept secret.

It probably was a good idea to run this as a score event with the wide disparity in skiing ability. Good Nordic skiers go so fast!!!

Tane and I each had time for a thorough 20 metre warmup before the start and I confess to being quite bewildered by the changes in the trail map and being totally bereft of any sensible tactical plan for the first half hour of the event.

The tactical plan evolved through a fog of sweat, fatigue and panic at the lack of controls found. Five years ago (when I was physically active and Nordic skied at least twice a year) I could get from the Meadow hut to the base area in 20 minutes.

This became the foundation of my game plan and I did manage to arrive at the Meadow hut with 20 minutes to go. Unfortunately my aging overweight body and the Classic skis took me 29 minutes to return to the base area and I

completely missed out on being beamed up to the "Starship Enterprise" which was waiting for us above the start finish line

The only pleasure I took from this result was that Tane was also six minutes over time which was a serious blow for him. For him, not having skied for five years is a third of his life. For me the percentage is much smaller.

This is the best time of the year to hold the event. The compromise is between not enough snow and having wet slush. These conditions were as good as it usually gets in NZ.

The Event was really well run and an impressive amount of work had gone in to mapping the changes in the area.

Although the results were dominated by people from outside DOC. I believe that this is a good way to build up the club. My first contact with this club was that I took the rest of the family nordic skiing on the same day that the club ran one of the first skiO days (at that time Tane was 9 and Ryan and Joel were 3).

The prizes were outstanding and I would be really happy if the entrepreneurial approach carried on into other events. For a recent student to get a t-shirt new instead of from an op-shop was a moving experience. From my days as a geriatric triathlete I know that good spot prizes are the making of an event. (especially when you move at my speed)

Next time, having seen the accommodation I would flag away the rugby and stay on the mountain for the whole weekend. It is a magic spot and a wonderful chance to widen the horizons as well as get a day's practice in before the main event. If you want to be competitive it does not work to arrive ten minutes before the start.

The most outrageous part of the whole event was that the moment we got in the door back at Dunedin we looked up the results and there they were on our email. I suspect that Grant and Jennifer Hudson broke the law in their haste to get back to report these results to the members.

As a new member with 30 years of experience of administration in a variety of sports I am repeatedly stunned at how well this club is run. Keep it up!

DUNEDIN ORIENTEERING CLUB O - SUITS.

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

Send your request for a suit now with the money to:

Treasurer: Sheryl Collins

47 Stewart Street

Waikouaiti

Cost of Dunedin Orienteering Club O-suits.

Discount on orders received by 30 September 2000.

(extended date due to delay receiving material)

Full suit \$70 \$20 discount = \$50

Top \$40 \$11 = \$29

Pants \$30 \$9 = \$21

Any inquiries about the suits to Eunice McLeod (Phone 481 1804)

HELP WANTED.

Thursday October 12th 1.30pm

Mayoral Challenge – an orienteering event at Logan Park organised in conjunction with Sport Otago and Age Concern.

If you can assist please phone Margaret Tagg 467 5460

NEWS FROM OTHER CLUBS.

Many Clubs have APOC articles and maps in their August and July magazines.

Auckland Area have reprinted an article from the Australian Orienteer titled "Eating your way to Victory at Multi-Day events". In summary it says "try to eat the same meals that you usually eat every day, but with an emphasis on

carbohydrates. The food should be familiar and enjoyable; this is not the time for experiments or hidden surprises. Most importantly try to drink lots of water before and after each race".

PAPO have an article about a Night Score Event in Woodend forest which was won by Rachel Smith. Each control had a coloured clothes peg on it which the first person visiting collected and handed in at the end for bonus points.

SOC now has photos as the Footes have a scanner.

Taupo note that between 1853 and 1893 all of England and Wales was mapped at 6 inches to the miles and 25 inches to the mile by an Ordinance Survey. That is about 1:10 000 and 1:2 500.

URGENTLY NEEDED - KIWI SPORT OFFICER

It's a challenging, interesting and rewarding job. You meet parents, teachers and a lot of children. You promote Orienteering to them with talks, videos, maps; books, manual and posters. You may plan a course at the school grounds or at Kettle Park or Ross Creek. Some schools ask you to come back year after year and some never.

You also work with the Otago Kiwi sport Cordinator Richard Kinley.

If you want to know more about that exciting job, Please feel free and phone Annie at 488-3254.