

NEWS Of DOC members and Ex DOC members.

Margaret and John Tagg spent Christmas in VERY cold conditions in New York.

Mark Hudson got engaged on Christmas Day to Debbie Rose.

Ben Morrison and his wife Fiona have a daughter, born on 26th January weighing 4.4kg (9lb 11 ounces).

New Zealand National Orienteering Championships  
EASTER 2001

13 TO 16 April 2001

The Rotorua, Taupo and Hamilton Orienteering Clubs are jointly organising the 2001 NZ National Championships.

The proposed programme is:

Day 1	Fri	13	Warm-up event	Rotorua
Day 2	Sat	14	Classic Championships	Rotorua
Day 3	Sun	15	Short Race Championships	Taupo
Day 4	Mon	16	Relay Championships	Hamilton

The Classic and Short Race will be on new challenging forest maps, with the Relays being held on a re-map of Glenora which was used for the 1994 National Championships.

The organisers encourage orienteers to use Rotorua as their main base for accommodation, with all maps within 75mins. travelling time from here.

#### NEW FORMATS

The 2001 NZ Nationals will have some new changes from previous champs. The Short Race event on the Sunday 15 April will be one short race for ALL Classes. Also, there is likely to be only ONE closing date. We are seriously looking at strictly adhering to a one date closing time and, NO late entries or changes, will be accepted after this date. So, you all are pre-warned.

Entry Forms - Entry forms available by the end of January 2001. The entry form will be posted onto the Hamilton O Club website : <http://www.geocities.com/nzhoc>, included in the Feb. 2001 issue of NZO, as well as supplies being sent to clubs and, possibly some events. There will be a link from this website to another, for the Nationals program and results.

For any queries, contact Les Warren on 07-889 7608 or by email on: [les.warren@clear.net.nz](mailto:les.warren@clear.net.nz)

FROM THE DECEMBER COMMITTEE MEETING.

There is some good news and some bad news on the mapping front. The good news is that Marcus Pinker has re-mapped Logan Park - it has twice as many contours as it did before and lots more features in the bush areas. Marcus also remapped much of the Pyramids map and Michael Tagg has volunteered to finish it off. We are able to go back into the seaward part of Pyramids that we have not been using for the past few years, although some of it is now overgrown with bracken and not very runnable. Kevin Knowles is continuing with the upgrading project at Chingford. Funding has been received from the Hillary Commission for the re-mapping of Seacliff, which will be done by Bruce Collins. We must also thank Barry Foote for all his time in getting new material into OCAD and doing all that behind-the-scenes work.

The bad news is that half of the pine forest at Allans Beach, and most of the largest forest block at Pyramids, are being logged. And apparently so much of Akatore is scheduled for logging that we have had to find new venues for events that we intended to hold there. We are always on the lookout for new areas of suitable terrain to map so if you have any ideas, get in touch with the committee.

LETTER TO THE EDITOR.  
Bunny Rathbone.

During the last three months I have run at events where there was no water put out on courses and I was beginning to think this was becoming a DOC policy. Having had no prior warning I was not prepared with a water container to take out with me on these courses and just had to go without. I was not happy with this situation and eventually found the relevant information about water on courses that I knew was in a NZ Orienteering magazine. I would be grateful if you would print the enclosed articles, with NZ Orienteering's permission, which I feel are relevant to all planners and controllers responsible for events in our club.

P.S. Jo Wilson is a physiotherapist and top Masters orienteer from SOC. David Farquhar is a current NZ elite. Rob Crawford is our current NZOF president.

From NZ Orienteering May 1994:

WATER ON COURSES.  
Jo Wilson SOC

It's a perennial favourite, but it looks like it needs another airing..... Just to reiterate a few well known facts:

1. The body can absorb up to 200ml of water every 20 minutes during exercise. It would seem that "room temperature" water is more quickly absorbed than ice cold or hot water. I have read conflicting material but there is really no choice in orienteering events anyway, so it becomes pretty academic.

2. The concentration of sweetened drinks IS controllable. According to some studies, a solution of about 5% glucose is the optimal concentration for rapid absorption. Over this level, ie around 10%, the stomach has to take water from the body to dilute the contents to a concentration it can manage for absorption. It has a much slower limited re-hydration effect, and delivers a brief sugar "high" followed by a rebound drop. If one has to have flavoured water/juice/fizz, have it with, or after water.

Anyway, this sort of stuff is not ideal post-race recovery because it does nothing to refuel the muscles with the carbohydrate fuel they have just burnt up. This is important if you want to maintain your performance during multi-day events.

3. If the body weight decreases by just 1%, performance is noticeably impaired. Example 1: a 50kg woman can lose just 0.5Kg, or 500ml of fluid before the cooling mechanism is threatened, and performance of both body and mind is affected. Example 2: two men in endurance events, one shearing for 9 hours, one in the Ironman. Both lost a recorded 6Kg in weight - and you don't have to mentally concentrate too hard for either of those.... Sweat produced evaporates very quickly, and 500ml can ooze through the pores in about 20 minutes. With substantial fluid loss like this, the body has to be absorbing water before you start to feel thirsty. This means drinkable water at the start, and drinks every 10 to 15 minutes after that. This, you may have worked out, includes the short kids' courses.

4. Children and older runners are poor sweaters, and are therefore prone to overheating (also they are prone to hypothermia too). The part of the brain that controls the hot/cold equilibrium does not work very efficiently in the elderly (and some younger individuals) and the unfit. Hence the fit M35 will start sweating before they have reached the end of the block, since their thermostat is very finely tuned and holds the internal body heat in a very narrow temperature range. Children do not have a developed sweating mechanism and rely on heat conduction (not evaporation) from their skin. They have a large surface area to mass ratio to keep the skin and body temperature cool.

For individuals like myself whose physiology does not operate a high sweat rate, many possible cooling rates are tried. Eg. keeping my substantial crown of hair wet aids evaporation and heat loss. There is a tiny bit of envy for those chaps with sweaty inbuilt solar panels on top of their foreheads On the opposite side though, people who do sweat very heavily cannot keep up with their fluid loss, despite drinking throughout their activity. This is a real problem for longer distance events, and the only easy solution is to compete in cool climates!

In summary, event planners/organisers must allow at least 200ml per person for every 1200m to 1500m of course distance. Then add some more for people like me who need 100 ml per 1/2 hour just to stop overheating..... Or do we encourage "camelbacks" for all, which worked very well for me on our final APOC event. One can carry 2 litres with relative comfort.

PANT. PANT. GASP. WHERE'S THE WATER? OH. THERE ISN'T ANY.  
David Farquhar.

Does this sound familiar? ....I think it is the responsibility of a good course setter/controller to ensure that there is sufficient water for runners on the longer courses. Many of the runners on these courses spend a lot of time training and preparing for an event, and it seems a pity to spoil an otherwise well set and interesting course by not having good drinks controls.

I don't wish to sound completely negative about this, so here are a few helpful hints for course setters:

- \* Drinks should be provided on all courses longer than 45 minutes. They should be available at approximately 20-30 minute intervals, evenly spaced around the course.
- \* As a rough guide, this means you will need 1 drinks control for courses of length 45-60 minutes, 2 drinks if the course is 60-75 minutes, and 3 or more for longer courses. A single drinks control should be about halfway around a course, or if there are two they should be at 40% and 65% of the distance.
- \* Try to place drinks at a control site. This reduces their effect on route choice. Often the best route choice seems to miss the drinks stop, and this is unfair on some competitors.
- \* A good idea is to use milk bottles and to place them in a cardboard box. The square shape of the bottles help to stop them falling over in the box.
- \* When planning the courses, think about where drinks might be placed. Good planning can make it easy to cart 8 litres of water in to a control (if the control is maybe 500m from a track which you can drive on).

Finally, to those planners and controllers who don't think water is very important, scientific studies have shown that peak physical performances can best be done if the body drinks approximately 200ml of water every 20 minutes. So if you want competitors to perform at their peak, provide them with plenty of water.

From NZ Orienteering December 1996:

DEHYDRATION.  
by Rob Crawford

As summer approaches it is timely to remember to ensure you get sufficient fluid into your system during the day, especially if you are training hard.

I had a slightly unnerving experience at the Tasmanian Championships which gave me a sharp reminder that you can only race well with a sufficiently hydrated body. A dehydrated body is opening yourself up for trouble, and your body only needs 2% less than normal before you get into problems.

The day of the Tasmanian Championships was cold, grey and wet. The temperature was about 10 degrees and my main worry was should I wear a poly-prop. top or not - in the end I did which in hindsight turned out to be wise. I certainly wasn't worried about fluids - after all it wasn't hot was it? My other worry was running with a half cast on my right arm, having badly cut my hand 10 days previously (how is another story) and damaging the nerves in my thumb.

The race started off like any other race - into the groove, picked up the guy 2 min. in front of me at 2 which was nice - ran more or less together to 10 (a drinks stop). Here I was presented with a dilemma - to have a drink would require me putting my map and compass down and unscrewing a bottle with my left, and only available, hand. As I didn't feel thirsty and the day wasn't hot, I didn't bother.

Made a mistake on the way to 11 and got picked up by the guy 4 min behind and then Darren two-thirds of the way around. It was here I started to feel not quite right but I shook it off as the effects of not having trained properly for the previous week and a half. Then I came to a hill and didn't have the energy to run up it. I looked at my watch - 65 minutes into the race - surely I haven't run out of puff already? Convinced myself I was OK at the top and ran down a spur into the open where we had a couple of controls. Came to the next hill and was absolutely stuffed, and I also had started to cramp in the hamstrings. As there was only 5 controls to go, I decided to carry on (a mistake). Walking into a biting wind, I started to feel very cold very quickly. Managed to run into the forest on the last longish leg - although about 10 degrees off course - still don't know how I picked up the mistake as I remember finding it very difficult to concentrate. Then on the next leg I remember feeling like passing out, so walked the last 2 legs home before jogging down the finish chute feeling very much the worse for wear.

As I was very cold and unsteady on my feet, I asked a guy to walk with me back to the car (some 500 metres away). After a couple of minutes I felt my legs buckle underneath me and he supported me the rest of the way. Back at the car I was thankful my travelling companions Dr Weeks and Nurse Dalton were there, and by the time I was changed and wrapped up in anything we could find in the back seat I was shivering uncontrollably.

Time to rehydrate - some water, then a litre and a half of Gatorade, followed by a litre of pumpkin soup and more water. On the way home I bought a litre and a half of soft drink and that was mostly gone by the time the journey was finished. No, nothing had come out the other end, and nothing did until the evening by which time I estimate I had drunk well over 4 litres of fluid

The lessons

1. I hadn't drunk enough in the 2-3 days prior to the race - I didn't trust the water where we were staying and I wasn't drinking enough of anything else. I also had some alcohol in the 2-3 days prior, which also dehydrates you.

2. It wasn't a hot day so fluids weren't as important, right? WRONG!
3. Being thirsty is not an indicator of dehydration - I got fooled by this
4. Being a little out of condition due to the previous 10 days meant that the race was harder on my system than usual, which made fluid intake even more important, but got ignored.

So, make sure you don't suffer the same fate, especially in a race that is important to you. I fell victim to a combination of circumstances, and it has taught me that you have to be conscious about your fluid intake all the time.

Happy drinking (water that is!)

NEW ZEALAND ORIENTEERING FEDERATION (INC)

SECRETARY: Bruce Collins, 47 Stewart St, Waikouaiti 9063, Otago, NEW ZEALAND  
ph/fax: 64 - 3 - 465 8255 email: nzof@nzorienteering.com

NZOF NEWS - DECEMBER 2000

GENERAL MANAGER

NZOF Council are pleased to announce that Stuart Payne of Christchurch has been appointed to the position of NZOF General Manager. Stuart is an experienced orienteer who currently is Secretary of PAPO and the SI representative on the NZOF Council.

The current secretary and treasurer finish their positions, and Stuart officially takes over, on 1 January 2001. Financial matters to do with the year 2000 should still go to the Treasurer.

NZOF General Manager

Stuart Payne

171A Fifield Tce

Opawa

Christchurch 2

Ph (03) 337 2275

Email: nzof@nzorienteering.com

(Note the NZOF email address may still be held by the Secretary for the first few weeks of January but all messages will be forwarded on to Stuart's private email address)

SI REPRESENTATIVE TO NZOF COUNCIL

South Island Clubs should note that now Stuart holds the General Manager position a new SI Rep to the NZOF Council should be selected as soon as possible.

MAGAZINE POSTAGE INCREASE

This only applies to those that have the NZ orienteering magazine posted individually to Club members. NZ post has put up the postage cost from 80c to

90c per magazine and unfortunately we will have to pass on this direct cost increase of 10c per posted copy. Sorry.

#### NATIONAL ORIENTEERING SQUAD

The Selectors have announced the new Squad as below

##### Women

Elite Antonia Wood, Jenny Adams, Tania Robinson

A Rachel Smith

B Melissa Edwards, Rebecca Smith

##### Men

Elite Al Landels, Greg Barbour, Darren Ashmore

A Mark Lawson, Karl Dravitski, Aaron Prince

B Michael Adams, Shaun Collins, Neil Kerrison, Brent Edwards, Jason Markham, Michal Glowacki, Al Cory-Wright, Jamie Stewart, Stu Barr, Phil Wood

#### COME TO THE COACHING BONANZA!

A lot is happening between the National Champs and the North Island Secondary School champs in the Taupo area. This Coaching Bonanza will have something for everybody:

- \* National Squad training camp
- \* Development Squad training camp
- \* Camp for club members, families and improvers
- \* Veterans Training
- \* Coach Training for aspiring intermediate level coaches
- \* Tutor training for current and future schools scheme tutors
- \* Seminars on various themes

So book your Easter break now and come along to the Bonanza, its sure to be a great social time!

The best time to do this is after the event, so as to arrive at the event fresh and to learn something for next time.

##### Costs:

National and D Squads will have own pricing scheme

Coach and tutor training will be subsidised (\$45 per head for whole week)

Club members, veterans etc (\$90 per head for whole week in self catering accommodation and \$40 per head if camping) families get discount.

It is hoped that all clubs will send along a club coach as a gesture of appreciation for their work and to get them upskilled. If clubs don't have a club coach, here is your chance to get one!

If interested please email me the following details:

Name, club, address, phone, email, grade, colour standard, area of interest ie coach training, personal training, schools scheme etc  
to cory-wrightj@cpit.ac.nz or post the form below to me snail mail at 38 Piko Crescent, Riccarton Christchurch.  
Squad and D Squad members apply to their respective managers.

There is Hillary commission and Local trust money available to assist people to get to such ventures. Get out there and apply for it! ( See Jane Forsyth's article on what DOC managed to do with grant money!)

Application Form for Coaching Bonanza

Name.....  
.....

Address.....  
.....

phone.....  
fax.....email.....

club..... grade.....colour.....

Area of interest.....