

PRESIDENT'S COMMENTS. Margaret Tagg.

What a great start we have had to the 2001 Orienteering year. The Kettle Park Come And Try It event got things started with Ross and Lindsay's window event giving a challenge to those who tried it. If you couldn't get the the South Island All Night Relays you missed a wonderful event. Bruce and Sheryl worked enthusiastically and hard to give everyone a great time. We had 85 people taking part including excellent support from PAPO with 7 teams. Their Moreporks team took home the Mount Ross Trophy. Jim Lewis, the "Taupo All Night Relay man" travelled from the North Island to mark the occasion and presented Bruce and Sheryl with a certificate. Light rain fell on Saturday afternoon as we set up tents, cooked dinner and wondered about the weather. A control clipping activity got many people together and soon daylight was fading so it was time for the Leg 1 competitors to set off. After a while torchlights were bobbing back over the hills towards the finish and Leg 2 competitors set off amid cheers of encouragement. I had chosen that course because I knew I could manage it in the dark.- and even rain if necessary - and I enjoyed having John with me for company. The moon even came through the clouds for a short while. Sitting at the start/finish gave an opportunity to see Leg 4 people return and Leg 5 people rush off into the darkness. I wish I had been able to stay up to the end but tiredness won! Somehow everyone managed to get up for the 8am prize-giving. The Rocky V [Grants and Cunninghames] team won the Silva compasses for best team supporters and have kindly donated them to the Club for use by beginners. Lack of sleep did not seem to stop people enjoying the Carman's Gladbrook courses on the Sunday. A tentative date of 2 March 2002 has been set for the next All Night Relays so do plan to be there to join in the fun. I am going to encourage my team members to dress up and make lots of encouraging noises until early morning. Our Wednesday Summer Series events are getting lots of support with some new people, enjoyable courses and fine weather. Thanks to everyone who is planning, controlling and organizing to make these events such a success. What more could you want? Eager, enthusiastic young people, great weather and our new Logan Park map! The Unipol Halls Sports Day was held on Thur 22 Feb. Myles and I ran an event for 52 new University students, some of whom have orienteered before and others who were just keen to try something different. Hopefully we will see some of these people regularly at events and YODA numbers will be boosted. I encourage Club members to be available to give them rides from their Halls of Residence. The Canterbury Championships are being held in Timaru and at nearby Craigmore on 28-29 April. It would be wonderful to have good representation from DOC, especially as it is not too far to travel. Remember that lots of PAPO people supported our All Night Relays. Happy Orienteering.
FROM THE COMMITTEE.

Mapping news: Bruce and Sheryl Collins have examined an area in the Waipori Forest beside Lake Mahinerangi, that they think looks promising for a new map. A group from the committee will visit it to evaluate. Bruce C. and George McLeod have looked at the Cuttance block of forest bordering Christies Gully, which is

owned by Wenita and also looks promising. Michael Tagg has several projects lined up this year, including finishing off The Pyramids which he will credit to his practical work for his surveying degree.

HORRAY FOR HOLL-O-WOOD!

Willy Flockton

Hi, from Los Angeles. I am just over here on a University exchange to UCLA and thought I would just jot down a few notes of my orienteering experiences in the City Of Angels.

I have only attended one event here in LA so far, but I hope to become more involved here. Most events are within an hour of downtown LA. However, as it has been said, only in California can you swim in the morning and ski in the afternoon, so there is a variety of maps from Mountain terrain, to urban park and desert (they are all not featureless plains)

My event was held in Schbaum park on the side of Peunte Hills in the middle of industrial Los Angeles, literally! We particularly started in a mall, right next to Starbucks Coffee and K Mart! The map was in colour but was mapped in 1990, so was in need in a bit of remapping. The terrain reminded me a lot of MASH (the TV series, which was filmed in mountains close by), in that there was a lot of thick, dry undergrowth and clay slopes.

It is ironic that for the city of health crazes, the Los Angeles Orienteering club is smaller than our own club and hence suffers from the same difficulties of finding planners and controllers. As orienteering is such a little sport the nearby clubs all contribute to each other. Therefore LAOC joins in with the nearby (two hours) San Diego club to hold major events, like Rogaines or Southern Californian champs.

They do a few things differently over here, and they also suffer from disorganisation like a few of us do! They have two other "color" levels of Green (between orange and red) and Blue (harder than red, but at this event was three loops of a red course). Also, the planner and controller/organiser have different titles. The "course setter" and "course met director" are very American don't you think?

I couldn't participate to the fullest extent as I was suffering from a really bad American flu, but I was able to walk around yellow and admire the view of the Los Angeles basin. Overall, I had a lovely day. It was indeed disconcerting to be warned of the terror of "Poison Oak", like poison ivy, and watch Americans absolutely spear EVERY part of their body with repellent cream. However, it wasn't as bad as stumbling across signs saying "Do not enter the undergrowth: RATTLE SNAKES" right next to an area where I had to fight through to get to a control!

PLANNERS REPORT - KETTLE PARK 4 FEBRUARY 2001.

Ross Davies.

For a first-time planner, Kettle Park was a good map to start with. Choices are limited, especially for course type, which makes it easier, sort of. With the Christmas rush, and a long break away, I left it all to the last minute, and thanks to an extremely tolerant and helpful controller Lindsay Smith, got away with it. Michael and I concentrated on Yellow and White courses, as this was a Come-and-Try-It event. I've wondered why we usually only have one course length of each type, when often a wide variety of people attempt especially the Yellow courses, so I arranged both short and long White and Yellow. This was not too difficult, as the short ones were simply the first eleven controls of the long ones, which were another 7 controls. An alternative would be to use the first and last sections, and shortcut the middle section, although this is not so easy at Kettle Park which lacks linear features across the map.

Lindsay did a great job devising a Window course, using the white and yellow course controls, in a different order. The Window course only offers a small square of map around each control, slightly larger than the circle drawn around the control. This requires careful focus on the map features adjacent to the control, and requires compass bearings to get from one to the next. This is an excellent training idea, and also a good way to make an interesting course out of the limited map like Kettle Park.

I knew the Kettle Park map was being updated, but never got myself organised enough to see it before I had finished my planning. This was good in that it allowed me to make sure changes I needed for particular controls were incorporated. It was bad in that I had not figured on other changes also being made, which I did not spot until the day before the event. I ended up with the last control on the white course being an unmarked man-made feature on the map. Lindsay pointed out I needed to remark it on each map, but in my rush I forgot, with the result that there was no feature in the centre of the marked circle on the map. The saving grace was that the control description was "water tower", and it was about 10m high, well above the buildings on either side, and visible from some distance away. All this was entirely my fault, because I was not following the carefully devised planners guidelines. Disappearing water towers apart, the map changes are good. The number of light towers on the map is now the same as the number on the ground. The green diagonal hatching on the sand dune area is now gone, allowing a much better view of complex contours. There is a large deep depression in the sand dune area towards the north end, but for the life of me, even with glasses and careful study, I could not see it on the previous version of the map. Now, I just about can.

I figured it would be a good idea to offer some advice on how long people might expect to take on each course. I turned to my old DOCUMENTS results list for an idea of how long people took on courses. But almost without exception, results lists offer neither length or height gain of courses. So for future reference, they are useless. Then, finally, I came across Bruce Collin's report of the first Kettle Park event, and bless him, he had included most of the distances with the results. Based on this, I made a number of predictions, which gave

newcomers some idea of how long they might take. This is something I think we should work on, to give better information to people before they start, as bald distances can be deceptive.

The course distances, and my estimates, and the actual time ranges were as follows:

Course	Distance	Climb	Estimated range	Actual range
Short White	1.3km	10m	15-25	10-12
Long White	2.3km	20m	25-45	19-27
Short Yellow	1.7km	20m	20-45	21-29
Long Yellow	2.8km	35m	30-70	22-79

It could be said I over-estimated the White times, and was better on my Yellow guesses. The other factor for the day was the weather. It was a lovely warm calm day, even muggy. I'd read the stuff in the February DOCument about water, and thought these course distances were shorter than that, and the longer courses anyway went close to the finish area, where water was available. Dumb! Even on a hot day, who is going to deviate for water? On a really hot day, water should be considered even on relatively short courses. We want to help people enjoy themselves, even apart from dehydration factors. The importance on short courses does depend on weather, but maybe it should be provided anyway. It is easy enough to dispose of unused water afterwards, and would then at least be available. And people might get into the habit of drinking more often. Some need the practice. I eventually wandered around the course with water, and offered some to Aaron, who was on two wheels on his second course for the day, an unofficial Bike-O. He tried to hold his cup without stopping while negotiating a gap in a wooden barrier one handed. Kids, don't try this at home. Thanks to Michael for help with planning and putting out controls, Andrew for guarding the caravan, Lindsay for Controlling, tolerance and guidance and the Windows course, Bruce Collins for getting the maps printed four working hours after I'd given him the last-minute changes, Pat Taylor for organising, Ev Smith for helping with everything, Linda, Geoff, and Michael for start/finish stuff, and Geoff Capon for collection of controls. With about 40 participants, it made for a good low-key start to the year.

PLANNERS REPORT- All Night Relays - 10 February 2001
Bruce Collins

Firstly thank you all for attending this inaugural event, which was a new concept for quite a few people. A special mention to those Coast to Coast competitors who still took part just hours after a gruelling two days.

I have planned a lot of events over the years but never have I had so many people coming up to say how much they enjoyed the night, and this despite the rain. From the feedback received the event was a resounding success and looks set to become a permanent fixture on the O calendar.

We would welcome feedback on ways to improve the occasion. Sheryl and I have already come up with the suggestion to include prizes for best team uniform and perhaps most outlandish character and head to head racing for the clipping competition. It is also apparent that shorter courses are needed for the Sunday event.

In the future we will also advertise the date much earlier so that SOC members can organise their calendar and be able to compete. Jim Lewis showed the flag for the North island, so perhaps we can expect a whole team from up there, as well as the top of the SI, in the future. Please tell your friends what a good time you had and encourage them to enter next time.

Some Technical stuff - No one got close to the estimated winning time on the yellow and "burnt orange" course. For the Leg 2 "yellow" course the distance was probably a bit long for a night event, but most lost time at number 8. This surprised us as there was a fence to be used as a handrail, then the fence/fence/trees junction would have been the attack point only 50m from the control. Unfortunately some went straight from the previous control and ignored the fence. We thought the Leg 3 "burnt orange" was OK and km rates were taken as 75% of the last Nationals but this turned out a bit optimistic. Km rates for each leg were: Leg 1 - 6.6, Leg 2 - 11.2, Leg 3 - 10.4, Leg 4 - 8.2, Leg 5 - 5.4

Thank you's go to:

- Silva for their generous donation of a box of clip compasses which was awarded to the "Rocky V" team having the most supporters at 3 a.m. and as it turned out for still being present to cheer on their last team member as he crossed the line at 4:30 a.m.
- Ian & Jill Bagley, the very best landowners for being so obliging and helpful.
- All the DOC team for their willingness to help. Special thanks to Sheryl as Controller, Myles as organiser and Sheryl, Fran and Bob as control collectors.
- All the competitors, who braved the damp conditions, but remained cheerful.

CONTROLLERS REPORT.

Sheryl Collins

As you would expect being Controller for an event where Bruce was Planner was not an arduous task. I am sure the minor hiccups I found were there to keep me alert!! I thoroughly enjoy checking out control sites on this map and the extra time it takes having me in tow is due to my examining the plant life as much as my questionable fitness.

We were looking forward to the event as we were sure that once people had had a go at an all night relay they would really enjoy it and would want to come back. It was just so great to hear the finishers saying how much they had enjoyed it, with many expressing surprise that they had better than expected runs. We even received a confirmed entry for next year!!

Now we have all these people that have gained confidence in their ability to orienteer at night we are confident that the Dundeein Orienteering Club's South Island All Night Relays are here to stay.

LEAD KINDLY LIGHT - THE SOUTH ISLAND ALL NIGHT RELAYS

Jane Forsyth.

'And though the night is cloudy, there is still a light that shines on me
Shine until tomorrow - let it be"

In what was a new experience for many of us, some 50 DOC members and friends, and 40 PAPO contestants, gathered at the woolshed of Mt Ross Station near Middlemarch on a damp evening. Although according to the calendar the moon was full, there was not much sign of it with the sky completely cloud-covered during much of the event.

Anticipation was high as Bruce and Sheryl showed us the procedure for the start and finish, which involved running through a set of yards before tagging the next runner. And then the first leg runners were away on their white course - planned to be about 20 mins in twilight, although the last runners did finish in the dark. My team had been short of a first leg runner until that evening, but we were luckily able to buy Robin Kelly from his dad - a bargain at only \$5 - and he ran very well. The cheering was in full swing as the second leg runners went away, all with torches now as it was getting pretty dark. A very fast time saw DOC's Michael Davies arrive back first from that leg and tag his dad Ross, and then it seemed a long nervous wait for me as I was to run the 3rd leg.

When the call came, I was so flustered I dropped my compass and got really confused at the start triangle - it was quite a while before my butterflies settled down. Everything looks so different in the dark, and even though I had a super new headlamp of Bunny's, I could not see very far. I made very safe route choices, which was easier than normal because all the fences were marked. It was possible to tell the huge rocks apart from all the other rocks, and the ponds were audible - I did not even have to sight them - because of the froggy chorus. On my first leg the moon rose - Gee I thought, that bloke has got a bright torch - but it was only a minute before it went behind the clouds and I did not see it again. There were a few rain showers but I didn't notice them much, as I was trying hard to concentrate. By using lots of handrails, such as lines of rocks, fences, tracks and streams, I was able to pick my way round the course in a pleasing time without major errors, although hardly running at all after a couple of crashes over unseen low bushes made me cautious. A bunch ran past me at one stage, they had had a mass start and went round close together to log the fastest times on this leg, but I could not keep up with them. Towards the end of my course, a warm wind sprang up and dried the long grass almost miraculously, making it easier to trot around the last 2 controls.

I tagged Bunny and swapped the headlamp just after midnight, then had an eat and drink while I waited for her to finish. Sadly the torch malfunctioned for her and she had to complete the course with a little penlight, as several other did that night (Bob Cunninghame managed to go through 2 torches during his course). In fact there were many tales of woe as people's torches did not last the distance or otherwise failed. It was also very noticeable that there was a lot more technology and candlepower on the heads of many of the elite runners who went out on the last leg. Purpose-built spotlights with serious battery packs seemed to light up the landscape in a very helpful way. Of course these runners managed kilometre rates that I could not hope to match even in daylight. Bruce McLeod padded off into the darkness in an unhurried way and turned up again not long after, still looking unflustered, to claim the fastest time on the 5th and last leg. Michael Tagg and Kev Knowles also sped round to come 2nd and 3rd. Other notable contestants in this leg were Carsten Jorgenson of Sweden and Jenni Adams of PAPO, two world-class orienteers who had just finished the Coast to Coast and did not even arrive at Mt Ross until almost midnight. However it seems their brains may not have been working too well, as Jenni forgot to clip a control after taking a drink there, and Carsten ran off the map and had to do some extra distance.

I flaked somewhat before my team's last runner arrived about 3:30 a.m., but the prize for staying power went to Bob Cunninghame who was out until about 4:40 a.m.! His team members were still there to cheer for him, for which they got a special award next day.

4 of the 5 legs were won by DOC runners, but unfortunately they were not all running for the same team! A PAPO team, aptly named Moreporks, finished first to win the very ornamental Mt Ross trophy, with a DOC team second and then all the rest of the PAPO teams followed by all the rest of the DOC teams.

The next day seemed to come around far too soon, but with the prizegiving at 8 a.m. and the start of the Sunday follow up event at 9:30, there was not much time to sleep in. The Sunday event was just down the road at Gladbrook, where it got very hot and I found that I had not rehydrated enough the night before as I got somewhat heatstruck. A poor route choice saw me wading across an endless plain of thick long grass in the burning sun - and quite unable to concentrate. I was thinking all sorts of irrelevant thoughts about everything other than orienteering. This was such a contrast to the night before, when I was able to concentrate very well on what I was doing. I think being in the dark actually helps with this, as you know if you lose your position you are sunk, so you are a bit more careful than you would be in the daytime.

Night-0 is great fun and I would recommend it to anyone. It might seem a bit scary if you have not done it before, but it is such a buzz and I will certainly be back next year. Thanks to the Collinses for the idea, the planning and the controlling, the Thayrs for being organisers and the Bagleys for letting us run on their farm.

MEMBERSHIP RENEWAL.

This is due and this will be the last DOCUMENT you receive if you have not renewed your subscription.

A membership list will be published in the April DOCUMENT.

NEW ZEALAND ORIENTEERING FEDERATION (INC)

NZOF NEWS - FEBRUARY 2001

GENERAL MANAGER

Stuart Payne of Christchurch commenced duties as NZOF General Manager on 1 January. As this position replaces the previous ones of NZOF Secretary and Treasurer, members are reminded that all administration and financial correspondence should now go to the General Manager. The address is as follows (note there is no change to the email address):

NZOF General manager
Stuart Payne
171A Fifield Tce
Opawa
Christchurch 8002
Ph (03) 337 2275
Email: nzof@nzorienteeing.com

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.

APPOINTMENTS AND VACANCIES

NZOF is pleased to announce the appointment of Rob Crawford as JWOC coach/manager for 2001 and Michael Wood as AMPRO Liaison Officer. With his move to Australia, Ted van Geldermalsen has resigned as a selector. The new convenor of selectors is Marquita Gelderman and there is now a vacancy on the selector's panel (see advertisement in New Zealand Orienteering).

JWOC INTERIM SQUAD

In line with the JWOC policy approved last year, the selectors have announced the following interim squad for the 2001 championships. The final team will be selected from this group after trials have been held.

Women

Felicity Anderson, Penny Kane, Lise Moen, Fiona Monks, Lara Prince

Men

James Bradshaw, Greg Flynn, Paul Frith, Andrew McCarthy, David Stewart

DEVELOPMENT SQUAD

The D-Squad for 2001 is:

Women

Lisa Frith (PAP0), Antoinette Fotherby (AOC), Victoria Glover (WOC), Amy Holden (WOC), Penny Kane (WOC), Lise Moen (NWOC), Fiona Monks (DOC), Claire Paterson (RKOC), Lara Prince (PAP0)

Men

James Bradshaw (WOC), Bryn Davies (RKOC), Greg Flynn (WACO), Robert Holdaway (MOC), Chris Ingham (WOC), Douglas Kwan (AOC), Andrew McCarthy (HVOC), Todd Oates (HBOC), David Stewart (AOC), Andrew Thompson (WOC)

DEVELOPMENT REPORT ON BEST PRACTICE

Robyn Davidson presented her report, "Examination of the best Practice of Sports Clubs and Organisations on Increasing Participation and Club Membership" to the Council and it is now under consideration. The outcome of the report will be used to define the next NZOF development project. Applications for Development Officer are still required, to undertake this.

STRATEGIC PLAN

President Rob Crawford circulated in December the first outcome of last year's strategic planning process. The draft Strategic Plan, "Finding Our Way: Participation, Retention and Performance" is set to guide us through the period 2001-2004. This is your chance to have your say comments are still invited. If you haven't seen the report and would like to, get in touch with the General Manager.

MEMBERSHIP PASSES 1500

Total membership (social and affiliated) for 2000 increased for the second successive year and has now reached 1513.

INTERNATIONAL YEAR OF THE VOLUNTEER

The Hillary Commission has advised us that 2001 is the International Year of the Volunteers (IYV). Clubs might like to consider how they could take advantage of this; more information will be made available as it comes to hand.

ANNUAL GENERAL MEETING

This will be held at Rotorua in conjunction with the National Championships at Easter. The annual meeting will be held at 7:30 pm on Saturday 14 April. There will be elections for the positions of President and Vice-President. Nominations are sought for both positions. The incumbent president will offer himself for re-election while the position of vice-president will be filled for the first time.

Clubs are also reminded that remits regarding proposals for NZOF funding will also be on the agenda.

NOTICE OF ANNUAL GENERAL MEETING

Clubs are advised that the Annual General Meeting for 2001 will be held during the New Zealand Orienteering Championships at Easter, Saturday 14 April, Lynmore Primary School hall, Rotorua, at 7:30 pm. The annual report, to be tabled at the AGM, will be sent out early in March.

CALL FOR NOMINATIONS FOR ANNUAL AWARDS

Clubs are invited to make nominations for the following annual awards to be presented at the AGM -

Silva Service Award - for outstanding services to New Zealand orienteering by an individual

Silva Performance Award - for achievement by an individual in international competition in 2000

Silva Administrator of the year - for outstanding contribution in administration during 2000 by an individual

Silva Coach of the year - for outstanding contribution in coaching during 2000 by an individual

Other awards to be presented at the Annual General Meeting (for which nominations are not required) are -

Silva Club Award

Silva Magazine of the year

President's Award, for volunteer contribution (a new award)

The Brighthouse Trophy

SEMINARS

Also during the New Zealand Orienteering Championships at Easter, a series of seminars will be offered on the afternoon of Good Friday, 13 April, 3:30 pm to 6:30 pm. These will also be held at the Lynmore Primary School hall, Rotorua. The range of sessions, to run in parallel, and their presenters is still being finalised but likely topics will be:

- * Who's Afraid of the Media Wolf?
- * Tribal-O, Beach-O and other variations
- * Maths, Geography and Orienteering.

NEWS Of DOC members and Ex DOC members.

Results of the "Outside Sports Queenstown Mountain Bike Quest", held on Sunday (18 Feb) from Glendhu Bay to Arrowtown, with 240 finishers:

1st	Bruce McLeod	2:29:56
48th	Sasha Middleton	3:21:11 (5th woman)
57th	Barrie Foote	3:25:18
74th	Evan France	3:34:41

77th Paul Horner	3:36:10
82nd Paul Rodgers	3:40:43
84th David Pilditch	3:41:09
107th Steve Foote	3:57:23