

NEXT DOC EVENTS.

Yoda Event - April Fools Day.

Most DOC members will know that YODA events are all about doing something a little different and having heaps of fun. The April Fools Day event is going to be just that. This year the first of April falls on Sunday and with less than three weeks to go it is time to start gearing up for this legendary event. The format will be similar to last years hilarities, with a creative fun event in the afternoon and a night-0 after dark. Registration is from 4pm with a MASS START at 5pm. After an hour and a half of excitement everyone comes back for some famous YODA sausages before the first NIGHT-0 start times at 8pm. The event will be on McLeods' farm with parking near the woolshed.

22 April - Seacliff event. The start for this event is up Mark's Road at the top end of the map.

Wanted. Any well washed, square sided, plastic milk bottles please for use at water stops out on the courses at The Otago Champs in May. Please save and give them to Bunny at an event sometime. Thank you in anticipation. The Thayrs are already saving them.

FROM THE COMMITTEE.

Congratulations to Maria Smith and Brent on the birth of their son Oliver Michael. Oliver has already been seen at 2 events.

Congratulations to Michael Tagg, recently named as a member of the Development Squad.

Welcome to new DOC members:

Penny Kane (WOC) Development Squad Member and potential JWOC competitor.

De Graaf/Langston family.

Robert and Amanda Batt.

Aaron Bray.

Jim Cotter and family welcome back.

A group checked out the Lake Mahinerangi area and found it not suitable for mapping. Applications are being made to the Hillary Commission for part-funding for a permanent course at Chingford, and for planning and controlling workshops.

FROM SUZANNE, NATHAN AND POSSUM.

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I won't bore you with the long list of excuses as to why I've not been in contact before - suffice to say that we are now settled in house no. 2, have a computer which finally does what we want it to do (only took 2 months!!) and are nearing the end of the "silly season" where everything and everyone in this place goes flat out for 2 or 3 months to take advantage of the tourist dollar.

Whangamata is, of course, not a patch on Dunedin - very bland by comparison. It is significantly warmer (bananas grow here - just) although it would be more truthful to say that it is energy-sapping, sunburning, everything-melting, grumpy-inducing, stinking hot.

Nathan's physio business is booming - he spent the first week or so counting up how much money he'd made each day....until the bills started rolling in and the novelty soon wore off. He will shortly be employing someone full-time, so that he can do only the overload and the paperwork and hopefully the community health contract for hospital outpatients if he gets it. He loves running the business but is looking a bit pastey (not enough golf - get out your violins!).

I've got to know a few other mum's with babies Possum's age and I'm secretary for the Plunket. Possum and I go around banging the pram into people's knees to drum up business for the boy!

Possum is one now and is walking most of the time. She has been in the newspaper twice and is far more well known in town than either Nathan or myself!

Of course the sad news is that there is no orienteering! We miss it a lot and would be interested to know if there were any clubs with events within say an hour's drive of here - probably Rotorua, Waikato and even south Auckland clubs would have something. Does anyone know of any people I could get in touch with???

Possum and I (and maybe Nathan) will be coming down to Dunedin for a visit in a few months time. We've got excess airpoints which we no longer need to fly to Auckland, so thought we might as well go the other way! We'll be staying with our "ex-neighbours" in Dundonald St. Hopefully we might have a chance to go to an O event if the timing is right.

COACHING STUFF.

Jane Forsyth

I spotted the following in "Contour Lines", PAPO's magazine. I appreciate the sentiment!

"Champions have good days, and days when they learn something new."

I read this quote somewhere some time ago. I can't remember where, but the importance of the message has stuck with me. I could relate to it. So much so

that I got myself a little blank notebook, made it presentable with a nice cover on it, and titled it the same.

Now every time I make a mistake in orienteering, I think about what it is that I can learn from my mistake and write it down in my little book. I started orienteering 23 years ago, and, believe it or not, I'm still making mistakes and still learning. Luckily the size of mistakes is reducing in size - a 5 minute mistake nowadays is a big one for me.

When some people make mistakes, they beat themselves up emotionally about it. They get angry; at themselves, at the b.... planner, at that useless b....mapper etc. Or they think they're useless. "I don't understand this. I must be dumb."

Here's a little tip for that moment.

Stop. Say to yourself "I've made a mistake. Everybody makes mistakes. Mistakes usually come in two's. Be careful not to make another one. Now lets get back to enjoying our orienteering."

Have fun out in the forest.

Ray Pratt

Coaching Co-ordinator, PAPO

I've asked Ray for a follow-up - how do you actually apply what you have learned to your next event? I mean, I always write down the things I have learned, or need to improve on, on the back of my map after an event. But getting from there, to not making the mistake again, is a hard one. Does anyone out there have any ideas?

ROSS CREEK (23 Feb) - CONTROLLER'S REPORT .
Bunny Rathbone.

With all the great orienteering we have been experiencing just recently you will probably have forgotten the fine sunny evening we spent enjoying the coolness of running on the bush tracks in Ross Creek. This was Andrew Kelly's first venture into planning courses which he enthusiastically tackled. After the unfortunate shifting of controls and removing of tag numbers during the Logan Park event the week before Andrew decided to put notices at the start of the tracks in Ross Creek reminding other users of the area that the event was on, that they would be welcome to participate and to please leave any orienteering flags in place so we could enjoy the event. No flags, stakes, or tags were shifted but we will never really know what saved them. Hopefully the notices did contribute to everything being left in place - a ploy that could be used for future events in well used public areas.

Due to an oversight on my part a control was placed on the orange course at the end of a square pipe that went over the stream. This caused great anxiety to some competitors who suffer from vertigo, were not able to take the route over the pipe and had to take the harder difficult routes to reach the control. My apologies to those concerned and a lesson had been learned. The controller's responsibility is to the participating orienteer and I should have been aware of this particular problem. Otherwise the event was very successful, enjoyed by about 60 runners as well as a very energetic white poodle called Squish who stuck like glue to Andrew (except for the pipe - editor!) as he placed the controls then picked them up afterwards. Squish was very happy retrieving sticks as well for as long as they were thrown for him.

In Appreciation of the All Night Relays.
Bunny Rathbone.

I would like to add my thanks to those who have already done so to Bruce and Sheryl Collins who masterminded and organised this great event. Perhaps the reason these relays have not been held in the south before is that none of us had ever experienced such an event. And had no idea how enjoyable and challenging it could be! My result shows on paper that I was totally outclassed but luckily I had no idea that the rest of Leg 4 people were loping past me and I was perfectly happy doing my own thing. Focusing on a narrow vision and accepting help from definitive handrails on the way I gradually moved through the course and later gained confidence to take routes across country (oooh how brave!). I found it stimulating to have a different kind of orienteering challenge and hope that those who did not come this year will definitely be there next year - you will enjoy camping together, the mystery of the terrain at night, focusing on your skills, and collapsing into your sleeping bag for a few hours kip before breakfast. I'll see you there!

ALLANS BEACH - SUNDAY 18 MARCH 2001.

Thanks to all of you who came out for a run at Allan's Beach. Congratulations to all competitors. This is a difficult area to set orange courses in, and some of the controls were hard - well done.

Thanks to the Club members who helped run the event, particularly the Thayer family, Kevin Knowles and the Hudsons for results. Also thanks to Maria and Oliver who have now controlled their 1st event, and this is only a couple of weeks since Oliver 1st competed!!! My thanks to Judy who shouldered most of the field work and set out all the controls.

Our apologies to those that found the lack of drinks on the courses a problem. The orange and red course had water at their 3rd control, but in hindsight we should have provided a drink stop on the yellow course. Still in saying this I

think the more experienced of us should take some responsibility and make sure we hydrate well before our run. We were caught with a hot day, but the courses were under 4.5km. Some people who need a lot of water may need to carry their own. By the way committee members, the Club does not seem to have a supply of safe drink containers to use on the courses.

See you at the next event.

D & J

NZOF NEWS - MARCH 2001

APPOINTMENTS

NZOF is pleased to welcome Myles Thayer (Dunedin) as South Island representative on the Council and announce the following appointments, also both from Dunedin:

- * Lindsay Smith as Primary Schools Coordinator
- * Bunny Rathbone as a Selector, joining Marquita Gelderman (convenor) and Wayne Aspin on the panel.

NEWS FROM OTHER CLUBS.

PAPO. - Events have had to be shuffled around to avoid using a couple of maps. The OY at Ahuriri has been postponed due to the fire risk and just recently, the OY at Castle Hill (was to be April 1) has been postponed because the area is being used in a feature film, The Lost World (those of us who have had difficulty amongst the limestone formations may be able to relate to the choice of film title!)

Bottle Lake CCC Family Day, 25 February - about 400 people out orienteering for 'free' with spot prizes, bouncy castle, face painting and sausages.

Congratulations to Rachel Smith and Aaron Prince, both recipients of the newly instituted Prime Minister's Scholarships. These scholarships have been established to support young talented athletes undertake tertiary studies while also pursuing their sporting goals. This is the first year of the programme and approximately 280 scholarships have been awarded to athletes from 40 sports. Two were awarded to orienteers, both from PAPO.

Roz & Andy Clayton citizens of New Zealand as of 1 February.

MOC - 90% of their maps were burnt in the fires that raged in the Marlborough area late last year.

Whangarei - Carter Holt Harvey have introduced a \$2 a head charge through the booking system for use of CHH forests. WHO use 3 CHH forests.