

MAY DOCUMENT 2002

NEXT DOC EVENT - May 19 - Seacliff - See ODT for details

PRESIDENT'S COMMENTS.

Margaret Tagg.

CONGRATULATIONS.

Many DOC members had excellent results at the New Zealand National Orienteering Championships held at Lake Pukaki, Tekapo and Craigmore at Easter. See the results in the results section near the back of the magazine.

NZOF SILVA AWARD FOR INTERNATIONAL PERFORMANCE.

Team Edge Orienteering for winning 2001 Southern Traverse
Bruce McLeod, Anthony White, Rachael Barton. Paul Rogers

NZOF SILVA AWARD FOR COACH OF THE YEAR.

Jane Forsyth

DOC O SUITS.

Eunice McLeod has kindly agreed to make some more of those marvellous blue and gold O suits for DOC Club members. Watch for details and prices in the next DOCument.

SOUTH ISLAND ORIENTEERING CHAMPS.

About 45 DOC members participated in the events on the new Southland maps. On Saturday 6 April we travelled through Gore, past Manderville and on to Overton Forest. This map is mainly eucalypt forest with some areas of pine and fir and some sneaky ditches and interesting gullies. A novel warning under "Safety" mentioned that unauthorised hunters could be in the adjoining native bush, so we should wear high visibility clothing. But did that really mean we were meant to dress as pirates, Michael...? Overnight it rained, so on Sunday when we arrived at the Goodwin Farm map not far from Mataura everything was very soggy and slippery and people were heading off on their courses wearing raincoats. Much of the map is open farmland, but there was mention in the event book that gullies in native bush tended to be steep-sided and/or trashy. I managed by my route choices to get a good look at them!! Setting off with a late start time meant that I was back when most people had left for home, but I had a great time

and look forward to future events on those maps. Thank you to SOC members whose work made the events a success.

DEADLINE FOR DOCUMENT CONTRIBUTIONS.

25th of the month for computer/e-mail contributions.

20th of the month for lengthy handwritten contributions needing to be typed.

NEW MAP - Mapper required.

The club has just been granted permission to map the Cuttance Block.

This is an area of about 3.4sq km and is mainly forested gully spur terrain. It is situated close to state highway 1, about 30 km south of Dunedin. We invite expressions of interest from mappers for the mapping of this area. Photogrammetry with 5m contours will be available and it is planned to use it for the first time for the S.I. Championships in November 2003.

Please reply to:

Myles Thayer, DOC secretary

P.O.Box 969, Dunedin

thayer@paradise.net.nz

COACHING NEWS.

Nick Mortimer

There will definitely be an NZOF Coaching Camp, based at Waikouaiti, on the weekend of 6 and 7 July (see the notice elsewhere in this DOCUMENT). Please mark this date in your diaries, and notify Jan Davies of your interest in attending.

Details are yet to be finalised but the idea is that there will be separate coaching sessions focussing on various group needs, including the requested Women's-O. The nearby Waikouaiti and Seacliff maps can be used for field exercises. We will all get together for meals. There is still time to influence what happens and Jan would also like to hear from any club members who would be interested in being a coach at the camp.

Further information, including details of sessions, cost, food and accommodation, will be given in the June DOCUMENT.

Going to APOC or WMOC?

Dissatisfied with your performance at Nationals or South Island Champs?

Generally think you could improve your Orienteering, but not sure what to do about it?

Training camps are a proven way to add new skills to your 'tool belt', improve your existing ones, AND have a great time with fellow Orienteers to boot.

What more could you ask for, except to have one near you in July!

So here it is, the South Island open-to-all-comers (but with a programme that pays special attention to the needs of juniors and women) training camp.

Waikouaiti, July 5 ,6, 7.

Cost will be determined by the number of participants and catering arrangements.

Register your interest now with the NZOF Coaching Director: Jan Davies, by email jan.ian@clear.net.nz or ph 03 312 6475.

NEW: RED LEVEL COACHING.

Jamie Stewart.

Hi, I have recently being appointed the clubs red level coach. Originally from Dunedin, where I learnt my orienteering skills from Bunny, Ian, George, Anitra and the like, I have recently returned to complete my university studies in law and politics.

I have quite extensive coaching experience at all levels of orienteering in New Zealand, from club/National Squad training days to National Junior and Development Squad Camps. I would like to help other orienteers improve their navigation, and consequently get more from their sport.

"It is a truth universally acknowledged, that an orienteer with a map is in search of controls." (Austen, Jamie: "Pace and Punching")

This search is much more fruitful and satisfying when it is achieved with a high degree of accuracy....so yeah listen up for the training days/pack runs and come along :-)

MONDAY NIGHT RUNS

For the last month or so YODA members have been meeting (at 6pm) to go for a light recovery run, from the George Street/ Leith River stream/road junction, 30-40 minutes at the pace of the slowest in the group. We would welcome any company, (don't be scared off by our youth and immaturity). We are also attempting to organise a regular harder run a week, time and place to be confirmed.

MAKE YOURSELF KNOWN

I am extremely interested in anyone who would like to improve their orienteering skills, be they physically/mentally or technically. I have some good ideas which may be able to help you, but equally you may be able to help me. So yeah give me a ring or talk to me at events (I'm the young bald big guy). Also later in the year we will get some guru assistance in, eg Bruce McLeod and others....orienteering to the max

ph Jamie 467-9786 or HOPXRUN

A FIRST TIMER'S EXPERIENCE AT THE NATIONALS.

Peter Wilson

I've been orienteering regularly for about four years now and this year I decided it was about time that I competed at a National Championship. My family agreed to have a holiday in Twizel at the same time so that made transport much easier. I woke up on Saturday feeling fit and full of pre-event enthusiasm so I decided to set myself the goal of coming in the top five placegetters for M18A. I like wide open spaces and so the drive to the event under the mountains with their fresh snow kept me in this positive frame of mind. Standing at the start line I was pleased to find that Ciaran was starting before me - I always find it rather demoralising to see him come from behind and zip into and out of a control while I'm still fumbling around with my silly card. We need controls with motion sensors! I started like everyone else, running up the hill through the worst patch of rose hip and matagouri on the map and spent the next fifteen minutes in various re-entrants and on top of certain knolls looking for the first control. Oh well, I thought, I can always recover. Fifty minutes later at the fourth control I wasn't so sure! From this point on things improved - I managed to get around the last fourteen controls - about five km - in an hour without any navigational errors. My time of 1:45 mins certainly wasn't in the the first five placegetters - so much for pre-event idealism - but it wasn't last. Error of the day: my old friend the parallel feature error. Great map though, nearly up to Gladbrook standard!

Determined to consign Saturday to the past and to come away from the Nationals with a better result I approached the Short O more realistically. I decided to aim for consistent concentration throughout the whole event to avoid a repeat of Saturday. I decided to take the longer easier route choices on some legs, rather than risk it by going through the forest which had very few distinguishing features. This worked well, with a slight problem at the fifth control. My time was 46:45 - which compared quite well. Unfortunately my afternoon race wasn't quite as good. It started well enough, and I had the next competitor in front of me in sight by the third control. A couple of bad mistakes in the forest put me out of contention for a good time though. I finished the course with a time of just over the hour which was a rather disappointing way to finish the nationals. I did manage to finish everything though, and I haven't had that much experience running longer red courses, especially in the forest. With some work on navigation this year, and a bit of training at speed I could make Nationals next year something completely different.

BETTER THAN THE BOAT RACE:

The 31st Annual Oxford-Cambridge Varsity Match
 Hellasgården, Stockholm, 16-17th March, 2002.
 Wayne Patrick.

My timing couldn't have been worse, really. From what I read online, you lot have just enjoyed what surely must be DOC's most successful Nationals ever (even if James was clearly pot-hunting on M21A!), so there are undoubtedly plenty of other stories waiting to be told in the hallowed pages of *DOCument*. Nonetheless, I thought it was about time for an update from the land of grey skies and warm ale...and who said orienteering isn't a team sport?

1. "OK, but only if somebody else organises it"

When word filtered back to Cambridge in May 2001 that ex-Oxford orienteer Nick Barrable had offered to organise the 2002 Varsity Match in Stockholm, I was sceptical. A nice idea, I thought, but as the newly-elected Men's Captain and Treasurer of the Cambridge University Orienteering Club (CUOC) I could foresee all sorts of logistical problems. While the undergrads were off on their long summer holiday, however, the emails started to fly between myself and two fellow post-grads: Oxford Captain Tom Mitchell, and the CUOC Women's Captain, Claire Warner. Commitment came when Tom booked 30 flights to Stockholm: after sending him a £1200 cheque for our half of the seats, there was no going back. Despite my protestations, I was already getting drawn into organising

things at the Cambridge end – he who has the chequebook has the final say!

On their return to Cambridge last October, the undergrads (*i.e.* the majority of our club) were excited to learn that we were going head-to-head with the Dark Blue enemy in Sweden. It certainly wasn't a bad selling point for CUOC at the Clubs and Societies Fair – indeed, our membership is higher this year (at 40) than for many years. Even more pleasing was that right from the start of the academic year, people were focussing on this trip. Traditionally, the best Oxbridge orienteers don't peak until well after the VM; the JK, the final rounds of the UK Cup and the British Champs are still to come in the season. This time though, the allure of Swedish terrain was keeping our best runners interested, and the air of excitement surrounding a club trip overseas meant that everyone else was keen to improve too.

Capitalising on all this enthusiasm, Mark Bown (our top gun and defending individual Men's VM champion) and I arranged twice-weekly rep sessions, pack runs, weekly pub meets (important for team-building!) and, in mid-February, a training and selection weekend on Merthyr Mawr, a complex sand dune area on the south coast of Wales. Fortunately I sneaked around in the selection race to finish 5th, thereby justifying my self-selection in the A team of six men (Mark, the planner, had already booked his place). The women's team proved considerably harder to select: our best orienteer, Rachael Elder, was on crutches recovering from stress fractures in both legs, and Rosemary Dyer, a steady first-year from an orienteering family, had a poor run to finish well down. In the end Claire put both of them in the A team of five anyway, making the assumption that if we took Rach to Sweden she wouldn't be able to resist running, regardless of Doctor's orders to the contrary. Besides, we were underdogs in both races, and especially the women's, so we rationalised that it might all be rather academic anyway.

2. Winning the Mind Game

As the end of term – and departure – approached, everyone was getting busier and more stressed, and the earlier enthusiasm was disappearing fast. By early March I felt like I was spending my days being part-coach, part-psychologist and part-nanny. Mark, on whose shoulders a lot rested, sensed impending doom. Last year had been disastrous, as we'd relinquished the Men's team trophy and failed to regain either the Women's team or individual prizes. Reversing the results was going to take a huge effort, and Oxford's teams looked stronger than ever. In British squad member Ed Catmur, they had a new first-year student who was expected to win the individual Men's title, while their women's team was spearheaded

by Rachel Holmes, another squaddy. I needed a plan, I needed to play the rules to the limit, and I needed some luck.

The format was to stagger starts at six-minute intervals, with the four fastest times from each team (three for the women) being combined to determine the outcome. Team running order was crucial: in Swedish terrain, the six-minute interval could be lost or gained on a single leg. Could we use faster runners to drag around slower ones, without Oxford doing the same? I gambled on Ed running last for Oxford, and offered myself up as the sacrificial lamb to start six minutes in front of him. Suddenly the stakes were much higher in my own personal race – I hadn't expected to be one of our four counting runners, but if I could hold onto Ed then I could conceivably be only just down on the winner. If Ed wasn't running last, if I didn't see him in the forest or if he used his much-vaunted cross-country running speed to lose me, then things would be looking grim for the Light Blues. "Cometh the hour, cometh the Kiwi?" I was about to find out.

3. A Snowball's Chance in Hellasgården?

We spent Friday training on the western part of the map, and it left me even more nervous. We certainly weren't in the flat plantation forests of East Anglia anymore! It was like the Hogburn on a grand scale, with frozen marshes and rock features mapped in brown. In short, typical Swedish terrain...and man did I find it tough.

Race day dawned beautifully fine but just above freezing. Claire and I called one last team meeting ("NAVIGATE! Don't run faster than you can orienteer on this map...") and then it was all on. The men's course was 9.4 km; Nick had sent some members of his Swedish club, OK Ravinen, out earlier, and one of them had returned in 71 minutes after "having a bad run." I sensed a long day at the office for some of us non-Swedes...

As I warmed up, I saw Ed lurking in the trees. So he was chasing me then. Not only that, but the Oxford runner six minutes in front of me was Matt Dillingham, a cross-country man relatively new to orienteering. Would Matt and I form a train behind Ed? As I took my map and punched the start, everything was hanging in the balance. The rest of my team were already out in the forest, but would it be left to Ed and me to decide their fates?

First control, and route choice already. Typical Barrable style. I opt for the safe path option...need some time to get my head around that horrendous-looking leg to 2! Hit the marsh, leave the track...and now what? The frozen marsh seems to extend in all directions, the form-line hills are as vague as hell...but there are footprints in that patch of snow heading right. Nope –

wrong hill. Relocate off the cairn, straight to the flag. I check my watch: my headless chicken impression had taken 8 minutes. Ed was on his way...time for tactics. I slow it down...no real route choice to number 2 but instead I start ambling off along the line. Sure enough, not 300 m from the control, I hear Ed in the forest. The New Zealand lamb has been sacrificed, it's all cat and mouse now, and if I mix any more metaphors then you have my permission to stop reading immediately.

"Hi Ed. Bad sign that I'm seeing you already." He's off at speed: all the senior Oxford boys had told him to lose me, quickly. I focus on the word "OXFORD" on the back of his shirt and steel myself to keep it in sight no matter what. We're off left on 2, and he looks a little flustered. Dillingham appears on the way to 3, but disappears just as fast. So much for his running skills. Ed spikes 4 but I punch it faster: our splits are 10 s clear of anyone else's, despite the leg being all of 100 m. Numbers 5 and 6...Ed is showing his class, but you can only run so fast in this terrain, and my legs are feeling good. The long one to 7...he's getting annoyed with me, but he's also predictable. We veer off terrain for a track run, and the pace goes up. We hit a forestry road and now it's a 45-second rep...that speed work was worth it after all, because there's no way he's getting up that hill ahead of me. A Cambridge shirt in the distance: Alan Elder, who's having a shocker. "Stay with us or else!" He stays, and the train rumbles on. The three of us skate across a frozen marsh...wry smiles all round. Race or no race, we all appreciate the fact that we're here, *in Sweden*, on a sunny March morning. Then, suddenly, the train derails.

It's funny, and perhaps a little reassuring, that even a national squad member like Ed gets lost, and when he does, he acts exactly the same as the rest of us tend to do. He ran left. He ran right. He looked at his map, then his compass. I shadow Ed; Alan goes to relocate off the open fields...a minute later I see his hideous pink glove waving at me. I edge away from Ed and punch the control. Exeunt, quickly. Ed, an exceptionally mild-mannered chap, exclaims something unprintable and comes racing up the hill after us. We're all annoyed with ourselves, for different reasons. Everyone assumes someone else is doing the navigating. We charge towards number 8...and realise, 10 minutes later, that we're off the map. Ed regroups first and legs it across the frozen marsh to 9. Knowing that without metal spikes I was going to struggle to hold him, I wave Alan to the flag and yell, "Just f@\$king go for it – right now!" The splits tell the story: Alan fastest in 1.42, Ed second in 1.53, and me third in 1.56. I guess Alan was in a hurry: one of the Swedes managed 2.08; no-one else came closer.

Ed could sense his race unravelling. The longer we stayed with him, the worse he was navigating. In a final attempt to pull away, he took the road

option to 10. By the time I got to the road, he was 200 m ahead. I urge Alan to pick up the pace.

"I'm no road runner, Wayne. You go for it."

"For the next two minutes you are. Shift your arse."

I see where Ed leaves the road, but by the time I get there he's gone. I push it up the hill and nail the control. No sign of that Oxford shirt, so the next best option seems to be to regroup with Alan, who arrives directly. We head down the spur to 11...and then Ed is coming towards us back up the spur, having missed the flag and turned the wrong way to find it.

"Ah, Ed. So...the game's not over yet then?" We bolt, but man can that boy run fast when he's mad. By number 13 the track runs mean we've lost Alan, and Ed and I are alone again. That's the way it stays: I punch the 17th and final control right behind him, and in one last burst of adrenaline we sprint for the finish, collecting equal-fastest splits despite the jostling and the elbowing.

4. Hardly Cricket, But We'll Take the Silverware Thanks

The rest of the team were waiting for me, smug smiles on their faces. Mark kept it simple: "We've got it. The girls too." Sensational.

It turned out that of all the students running that day, only Cambridge's lynchpins, Mark Bown and Rachael Elder (off crutches by this time!), had really kept their heads in the Swedish terrain. Mark ran 69.25, retaining the Men's individual title with a huge 17-minute margin over Oxford's Tom Mitchell. Ed was third in 97.56 – and there are no prizes for guessing that I ran 103.58. Of the other counting runners, we had Mark's younger brother Ashley home in 103.07 and Alan sealed it with his 113.22. When the sums were all done, we were up by a decidedly comfortable 14 minutes. Rach couldn't run fast, so took the sensible option and navigated instead: her 63.03 for the 6.4 km women's course left her almost 14 minutes clear of Oxford rival Rachel Holmes. With Julia Bleasdale (79.01) and the young Rosemary Dyer (100.04) – who, because of exam commitments had only arrived at midnight the night before – anchoring the team, we had somehow pulled off a 27-minute victory in the Women's team event too.

There was only one thing for it: we headed to the sauna to begin the post-race analysis (interrupted occasionally by a plunge in the lake, thanks to a conveniently-located hole in the ice). Did I navigate? Only in places. Was it orienteering? Of a sort, perhaps. Did Ed learn something about big race psychology? I hope so, for his sake. Did we win? Too bloody right, and lifting that trophy made me feel immensely proud of the whole bloody lot of 'em Cambridge lads and ladies. Would I do it again? Only if it was the Varsity Match...

5. Postscript

On Sunday we won the relays too, with our two counting teams (Alan-Rach-Mark and Ashley-Julia-Alex Rothman) coming home before any of the Oxford teams. Alan and Alex, who had both under-performed in the Classic, had blinders to cap off what was truly a full-team effort for the weekend. Ed had the fastest splits for the first three controls on the first leg, then twisted his ankle leaping down a 3 m cliff to punch number 4 and hobbled around the rest, finishing half an hour off the pace. In a magnanimous gesture, we let Oxford win the beer race later that night, but our moral victory was assured when Tom passed out at 3am (there were still two hours of partying to go at that point). Almost everybody (including Tom, to his credit) made it out on the 2-hour "hangover hash" pack run organised for 10am the next morning – the final, painful chapter in what is already being billed as the Best VM Ever. I'm just glad I was lucky enough to be there.

HOW TO PLAN COURSES FOR CLUB EVENTS .

By Bruce Collins. 18.4.02

Over the last 14 years I've planned and controlled lots of courses from small club events up to National Champs level. I am also a past winner of the Silva Course Setting competition and was Convenor of the NZOF Technical Committee for three years. This article was originally written in the mid 1990's but has been updated.

People might think they don't have the experience to plan courses but with a little thought everyone can do it. It doesn't take an elite orienteer to plan courses for elite orienteers and it leads on that relatively inexperienced people can plan satisfactory club events. Planning can be lots of fun and it is extremely beneficial to your own orienteering.

The main aim of planning is to give the competitors a course that is correctly designed for their capabilities, is fun and challenging, and above all that it is fair. All planners have their own pet methods but I've set out the way I do things below

Club Organisation

In our Club initial contact with the landowners is generally done by a Committee member (Annie Grant) about 6 months before the event to make sure that the landowners will be happy that there is an event on the day.

You will receive a 'Planners' Booklet to assist you with your planning (which is also on the club web site). Also, a **Controller** and **Organiser** will be identified to assist with the running of the event. The Controller is responsible for the event and will assist you, the Planner, to get it right. So, ensure you are in regular contact with the Controller as you work through the planning cycle. The Organiser's role is to help on the day of the event and they will look after things like road signs, caravan, helpers, start and finish, results and manpower in general.

When you know you will be setting the event it is a good idea for you to get in contact with the landowner(s) about 6 weeks out from the event date to introduce yourself and confirm the date of the event. It's easy for things to go wrong. When you have sorted out your courses (see below) you should contact the landowners again and ASK them if its OK for you to come out on such and such a day and do a recce. Remember the landowners are most important. Without them there would be no map.

Types of course

Its up to you what courses you provide. Generally you should aim to have a minimum of a red, orange, yellow and white course. With the makeup of our club it's best to have a red long and a red short as well. For certain events like OY's and School Series events the courses are predetermined. Check with the Club Technical Officer (Bruce Collins) to make sure. The red long course can be the same course as the red short but with an extra loop thrown in. On some maps its difficult to have red events, so in this case make sure there are both long and short orange courses.

There are also a whole heap of course types other than the standard course and some you could try are score courses, window courses, contour only courses etc.

Course length

To work out your course lengths you need to decide how long you want people to run for. I'd suggest that 60 minutes for the winner of a red course is long enough. If you split it up the red long could be 60 mins and the red short 40 mins. Orange should be about 40-45 mins, yellow 35-40mins and white 25 mins. Remember that people complain if the courses are too long but generally don't complain if they are too short! Again there are set times for OY events.

Next you need to work out what speeds the different people run on a similar terrain to your map. If your map has had events run on it in the past then there are previous results to give you a guide; otherwise you will have to look at a map with similar terrain. A number of Club members have copies of numerous newsletters and this should give you the guidance you need.

Armed with this info you can work out that if the winner of the red course on map A did 5km in 60 mins they were running at 12mins/km. If you want them to run only 50 mins then their course needs to be 4.2km long. That's why it's important to put course lengths in the results, it helps the next person.

Planning

Pick your start and finish points first. It might be OK for a major event to have a 2km walk to the start but you won't win friends doing this at a Club event. At the typical low key club event the starter and finisher can be the same person if you make the start/finish point the same. Also this needs to be near where the cars will be parked and reasonably sheltered. It's not much fun when the starter/finisher is huddled all by themselves on some windswept plateau

Plan your white course next. Often this determines the start and finish points. To begin I get a piece of string the length of the course and put one end on where the start will be, and the other end where the finish will be. That way you can get an idea of the area of the map that you have available for the course. Then you have to make a series of legs that follow distinct linear features. Remember that they have to follow handrails and the control must be on this handrail. Its not always easy to do this and you may need to have a few taped parts to get them from one place to another. Even though you could have them following fences all the way try to get some variation in with tracks, streams and even a large hedge if its clear enough. A lot of effort goes into white course planning and unfortunately this is the least patronised course but you still need to make the effort. Remember it can never be too easy on a white course.

Next to be planned is the red course and the piece of string method is used again to get an idea of the area able to be used. Put your string away for a while now and do some planning. Just plan some good legs without worrying about where the controls are. Good legs are ones where either there is a lot of route choice, or the navigation is difficult all the way. Once you have some good legs planned look for some feature you can use as a control site at each end. Next try and join these good legs together. Its preferable to have a course with fewer good legs joined by short links than a course made up of lot of mediocre legs. In orienteering it is the navigation on the leg that is most important, not the control at the end of the leg.

There are only four reasons for the control. First is the obvious one of marking the end of a good leg. Second is the one of moving the competitor from the end of a good leg to the beginning of the next good leg, this can

be a short leg with little navigation involved. If you have planned well, and the terrain is good enough, the end of one good leg is the beginning of the next good leg. The third reason is to avoid a dogleg and the last reason is that sometimes controls are used to get people around sensitive areas or to lead them to a crossing point such as a gate in a nasty electric fence.

The orange and yellow courses follow on from the above. The orange course must have good strong attack points or large catching features behind. The yellow course is slightly similar to white in that there are strong linear features or controls very close to them, but there must be lots of opportunity for cutting across corners and the option of navigating (with very large distinct features) rather than just following tracks.

Remember not to use the same control site for a red and orange course unless the orange course has fences and the red does not, or unless they are approaching from slightly different directions, which give a strong attack point for the orange course. If a control position is of red quality then it is probably too hard for an orange course, and definitely too hard for a white or yellow course.

Once you have your courses roughed out its time to get the Controller involved. If you have had difficulty in getting a course together, don't be afraid to ring your Controller – he or she is there to help. No matter how good a planner you are, the controller can often pick up things that could be improved just because they are having a fresh look at it. It's better to pick things like this up now rather than at a later stage.

Out on the map

Once you have your courses roughed out its time to get out on the map. Before you go you should have made up a master map with all the controls marked on and the different courses marked on as well. Use different coloured pens or dashes etc to distinguish between the courses. Wander around and make sure that your proposed control positions are OK. Too often they are indistinct, too visible or just not there. If you can't really find the position then don't try and use it for a control location. Also look at the direction that people will be coming from or going to, are they too visible? Are there any objects on the horizon that may make the leg too easy? At one event I competed in we had a leg of 500metres in intricate terrain that should have been very hard. Unfortunately about 60m to one side of the control was this great tall poplar tree without another tree in sight. All we had to do was run flat out to the poplar and then start orienteering from there. This was at a National Champs, which proves everyone makes mistakes.

Take a note of any map corrections while you are wandering around and don't be disappointed if the control site that looked so good at home can't be used. Look for others and if necessary replan parts of your course. Novice planners will find it much harder finding the location of the control site without the control actually being there! Even experienced planners can walk around for quite a while making sure they are in the right place. While you are doing this make sure that the terrain around the control is accurate. It is important that people who have overshoot the control and are coming back to it also have a correct map representation. Don't ever use a map correction as a control site and try to avoid having a control too close to a map correction. If you are happy with the control site mark it with paint, shopping bag, piece of rag etc so that the controller can find it. (also so that you can find it when you are putting out the controls!)

Time again to check in with the Controller and make sure you are both in agreement before continuing on. The controller needs to check that you have got a suitable control site. Sometimes the controller may think your control site is not suitable and it's too late when you have already put out the controls to start re-planning courses.

Back home

Your courses are now set and you are happy with where the controls have to go. What now? Make up your master maps, generally two per course (Circle size is 5-6mm) Write up the control descriptions, the Club has a copy of "Event Organiser" which you can use on your computer to do the descriptions (Contact Technical Officer for a copy). This program is also good because it won't allow you to make the mistake of using the same control number on two different control sites. Everything is ready. Not quite, you now need to do some checking. Check that both master maps for course 1 are identical, then do the next course etc until all master maps are accurate. Then get a clean map, and using the master maps and control descriptions make up a new master map for all the controls with the control number written down next to the control circle. This might seem a waste of time but its amazing how many times you find that the control number for the same control is different on the control descriptions for different courses. Use this overall master map when you are putting out the controls.

Time now for the Controller to check everything. This double check will ensure things go smoothly on the day.

Before the event

Naturally you have to put the controls out. Two of Murphy's laws come into effect here. The first is "It always takes longer to put out controls than you

think". Even now it still takes me an hour to put out 10 controls in farmland or forest and that's at a jog and knowing where the controls are going. Murphy's second law is "It is usually raining or bitterly cold when you put the controls out. If it is sunny and warm you can be confident that it will rain either during the event or when you are collecting the controls". Most importantly make sure the control is in the right place! The Controller will check all placements of controls, so discuss with him or her when you intend to put out the controls – they will need time to check them.

Talk to the Organiser and advise where the start and finish will be, where you think the caravan should go. You have responsibility for Control collecting after the event. Some days there will be lots of people offering to help and on other days none at all. If someone knows that they have to collect controls then they won't go out and do a second course and then say sorry they are too tired. Organise this in advance if you can.

On the Day

Don't forget anything! Obvious, but lots of people have had to go home to get the maps! They usually only do it once though! Be prepared early. Another of Murphy's laws applies here "If you are ready early everyone turns up late: If you are running late everyone turns up early" Don't expect lots of praise. Apart from the odd exception, people do not say anything much about good courses but they do say a lot about bad courses or mistakes. Some experienced competitors can be quite rude about certain aspects of courses without realising they are giving offence. Have a thick skin and treat every compliment as gem. Savour it!

Some do's and don'ts

- ü Don't have doglegs. This is where the competitor leaves the control in the same direction as they came into it, and therefore can inadvertently show an incoming person exactly where the control is.
- ü Don't have different courses coming into the same control from opposite directions for the same reason as above.
- ü Don't have controls on similar features within 100m of each other.
- ü Try to have the start so that people waiting to go don't see the route choice of the competitor before them.
- ü Try to keep climb under 5%. Climb is the vertical distance climbed divided by the horizontal distance and multiplied by 100, both of these being on the planners optimum route. Only count the up climb, not the down climb! Climb greater than this is too physical for older or less fit orienteers. You work out the vertical distance climbed by counting the number of "up" contours and multiplying this by the contour interval.

- ü Don't hide the control. Make sure it is visible without having to search for it. The challenge is navigating to the control site, not having to search under bushes for it when you are within a few metres!
- ü Don't have long legs where there is little navigation involved because of prominent features or large catching features.
- ü Give the course an interesting shape. Don't have all the legs the same length or the course generally going in one direction. Try and make people turn left then right etc at each control and vary the leg length
- ü A route choice between controls should make the competitor think hard about which they think is best. A straight choice of over the hill or around the hill is not necessarily a good route choice.

General Stuff

The art of really good course planning is a lot more complicated than above and the experienced planner thinks of all sorts of ways to lead the competitor into making mistakes such as trying to tempt them into making parallel errors, contour height errors etc. There are a number of good books available and I have a few if anyone is interested.

If you have got thoroughly lost on a course (hasn't everyone!) think about where you got lost and why. See if you can incorporate this into the next course you plan. Remember you don't have to be a winner of red courses to plan good courses!

Most importantly course planning can be fun as well as being a great learning experience. If you think you might be interested get in contact with someone on the committee and they can organise an event for you. If you have never done it before it is sometimes nice to have a more experienced buddy to give a hand and this can be arranged too.

SOUTH ISLAND ALL NIGHT INTER-CLUB RELAYS 2 & 3 MARCH 2002.

Bruce and Sheryl Collins.

Thanks for attending this second "South Island All Night Inter-Club relays". This is an inter-club event intended to produce a bit of friendly rivalry between clubs and it was great to see three SI clubs represented. Two teams (including the fastest) had members from different clubs and were thus made unofficial.

Although we managed fine weather to put up tents this year it was unfortunate we still had some rain and some people got quite cold which

took away a bit of the fun for them. Hopefully it will be third time lucky next year. By the way it was a beautiful moonlit night by 3:30am and you were all asleep!

Time crept away for us and the pre-event games started a bit later than we had hoped, which was a shame as there were a few new games to try that we never got around to doing. Beware next year!

We said earlier that due to the trouble in getting white course competitors we would probably cancel the white course next year. Novice competitors are either children who's parents can't come or those who don't want to travel for only a white course (which is mostly in daylight anyway). We also had a lot of trouble before the event with lots of people wanting to run the short red leg. Since the event a couple of people have said that they think we should have another orange course. Probably the best compromise is an easy yellow (shadowing allowed), orange, reddish orange, short red, and the long red. What do you think? Please let us know.

Technical stuff - Estimated winning times were pretty good for legs 1 to 3 but a bit optimistic for the short red (leg 4). The long red leg was run 9 minutes under the estimate by 3 competitors (3 of the fastest in the country mind you!) but everyone else was at least 10 minutes over the ewt. It's a bit hard to judge what to do with this leg as some people are out there for quite a while. Should the leg be longer? Although there were some quite fast times there were also some times that showed Mt Ross can still fool you!!

Minute per Km rates for each leg were: Leg 1 - 7.1, Leg 2 - 8.1, Leg 3 - 10.4, Leg 4 - 10.1, Leg 5 - 6.3

Congratulations go to PAPO and to the "PAPO B" team for winning the "Mt Ross" trophy, albeit by only 6 seconds from "PAPO Starlight Streakers". Its a shame that for both teams their leg 4 and 5 runners started only seconds apart but somehow managed to pick up the same split maps. We had alternated the split maps so this very thing wouldn't happen but obviously things don't always go according to plan. Maybe it was because the maps were wet but next year we will have a strategy in place to solve this. Last years bridesmaids, the YODA team looked to be certain winners this year with their last leg runner starting 19 minutes in front of the next closest team. Unfortunately Michael ran into a rock and limped home with injuries to both leg and hand. Never mind guys there is always next year!

Easily fastest team on the night was the "Meindl Navigation" team but

unfortunately Paul Rogers had to withdraw with a back injury and his place was taken by Antonia Wood. With Antonia coming from the Hutt Valley club and running the orange leg (she is one of NZ's top elite orienteers) the team had to be unofficial. To add insult to injury Paul walked the orange course for a bit of exercise and was so fast the team would have easily won officially if he had taken part!

The Silva banner and box of clip compasses arrived on Monday and as decided at the prize giving will be shared amongst the best dressed competitors...Stuart Payne (PAPO), Annie Grant, Margaret Tagg and David Grant. Thank you to Silva for their donation.

Thank you's also to Ian & Jill Bagley (landowners), Sheryl as controller, Myles and Pam as organisers and main helpers, and to those that helped us bring in controls Bruce McLeod, George McLeod and Owen Cambridge.

TOUR-DE-NASEBY EVENT REPORT.

Michael Tagg.

I talked to a large number of Orienteers during and after this event and in general the comments were positive and encouraging. As far as the competitors were concerned the days activities were obviously well planned and meticulously organized. Boy did we fool them! The saving grace for Aaron and me was the fact that as relatively experienced Orienteers with good knowledge of the Naseby map we proved that a high quality event can be run even when you are pushed for time... this is NOT a tactic I suggest to anyone!

Maybe I'm being a little harsh and overstating myself –a great deal of thought and effort from many YODA members went into the event- but it illustrates one of the fantastic features of the Tour-de-O event... it's incredibly low maintenance. Dave Barr (the creator of Tour-de-O - organizer of the inaugural event at Logan Park) took great pleasure in bragging to me that an event can be set, run and collected in under 5 hours, due to the close proximity of the controls. Mental note: remember to account for Naseby time! This time compression also results in a fantastically social event, something that many of the North Island competitors commented on, because everyone runs (and also finishes) at the same time. But maybe I'm getting ahead of myself, first I'll try to explain just what a Tour-de-O is...

Tour-de-O is a points based system in which the time you take is less important than the place in which you finish. There are different stages (a.k.a. loops) in the event and the total number of points you get from all the stages is your final score. Because different Orienteers have different

physical abilities, you can choose the number of stages you wish to do and which you would rather have a rest during. This can also become tactical because if you sit out a loop you can gain a head start over the others that are out when the mass start occurs. That's right.. if you miss one of the mass starts you're at a disadvantage because you need to catch the leading runners to get up into the placings.

In an effort to make the event more even, the planner must try to design the loops so that the EWT (estimated winning time) is just slightly more than the time between mass starts. This will therefore force the winners of each loop to need to go faster to win the next... reducing the chance of one person winning every stage. I personally was absolutely stoked when Aaron Prince failed to win the event because he tried to win every stage. It sounds harsh but I was happy to see that the person with the better tactics (Brent Edwards) was able to win on the day **J**

Another useful planning tip is that the loops can be of different styles, so that different types of competitors can excel on different stages. For example a short technical loop after a long physical loop can give an Orienteer the chance to play to their strengths.

The Tour-de-Naseby was a great success and a fantastic curtain raiser to the "big event" on Sunday. I'm happy that we managed to show more than 70 Orienteers from all around the country a revolutionary concept in efficient, social Orienteering. Hopefully you'll see more of these events in the future (and maybe even on a new Naseby map?).

Big thanks go to Aaron for his patience, Matt for his running, Jamie for his experience, Penny for her circling, Willy for his enthusiasm and Fran and Julie for their transport (who'd have thought Cloud-e would make it over Dansey's?). Plus all the other YODA and non YODA people that are always there to support us.

NEWS FROM OTHER CLUBS.

WOA:

An article in their magazine about the All Night Relays. HB dressed in Kilts and were accompanied by bagpipes. HV had their own pirate radio station and played CDs until someone complained and they went off air at about 2.30am.

AOC:

Jill Smithies has received the NZOF Silva Administrator of the Year and Rob Garden has received the NZOF Silva Service award.

Graham Frith and his new wife are moving to Auckland where his wife has a position with St John Ambulance.

An unforeseen obstacle at the Nationals is described by Jill Brewis. This is getting to the top bunk with no ladder or hand holds. Apparently the top bunk was very high off the ground.