

AUGUST DOCUMENT 2002

COMING EVENTS.

DOC SOCIAL EVENING- 11 AUGUST 2002

5 pm Pot Luck Dinner
 6 pm Search and Rescue Talk
 7 pm Night Event Logan Park

Come to Hill City Clubrooms (Logan Park) at 5 pm Sunday 11 August. Bring food and drink for a Pot luck Meal, hear Brian Benn talk about Search and Rescue work and do a night orienteering course on the Logan Park map. Cost \$2 for map. Bring a torch.

OTAGO SCHOOLS ORIENTEERING SERIES

Event Dates

Aug 4	Town Belt North	Schools event 1
Aug 11	Town Belt South	Schools event 2
Aug 18	Logan Park	Schools event 3
Sept 8	Waikouaiti	Schools event 4
Sept 21	Middlemarch (Mt Ross)	Otago Schools Champs
Sept 22	Middlemarch (Mt Ross)	SI School Champs

- * Certificates for all competitors
- * Every competitor gets points
- * Can compete in pairs or threes and share points
- * Trophies for best Secondary School of each sex
- * Special Prizes for best Primary & Intermediate Schools

There are grades to chose from and anyone can run up a grade if they wish.

* Primary	(Yr 1 to 6)	Course 4
* Intermediate	(Yr 7 & 8)	Course 3 (Novices Course 4)
* Junior	(Yr 9 & 10)	Course 2 (Novices Course 3)
* Senior	(Yr 11 to 13)	Course 1 (Novices Course 3)

More information : Kev Knowles (476 1970)
 kev_the_orienteer@yahoo.com

Assistance with transport : Myles Thayer (454 2385)
 Margaret Tagg (467 5460)

RAGGEDY EPIC, 24th August, 12 hr teams event (TWALK / Rogaine mixture). See web page <http://homepages.ihug.co.nz/~Sbmcleod> or contact Bruce McLeod for details. Entries close 9th August.

CONGRATULATIONS:

to Andrea and Kevin Knowles for producing yet another new member. Finn Jacob at 07:35 on Tuesday July 2002.

CONGRATULATIONS:

and best wishes to soon to be grandparents Bruce and Sheryl Collins.

WELCOME:

to new members, the Mitchell/Pascoe family from Paerau. Jane Mitchell, Chris Pascoe, Nick Pascoe, Kate Pascoe, Kit Pascoe

DOC POLICIES

11 July 2002 (Date in brackets is date of meeting that policy approved)

EVENTS IN GENERAL

Maps

1. One copy of each master map, or course, to be archived (June 2002)
2. Planners are to be reminded that maps should be printed a week before events to allow checking by controllers. (May 2002)
3. We will use OCAD maps for all important events in future. Minor club events and fun events may still use old printed maps at the planners discretion. (Nov 2001)

Courses

1. White courses will be retained regardless of patronage. Planners will be given the option of getting others to help, and there have been several volunteers, or re-using previous courses.(May 2002).

Event Organisation

1. A weekend or multi-day event will have an overall organiser in future. (May 2002)
2. Ten year age classes will be considered for future major events.(May 2002)
3. The closing date for entries to major events will remain three weeks in advance. (May 2002)
4. Assistance will be available at all events. Will have a sign at caravan and note in DOCument. A list of coaches/helpers will be compiled. (Sept 2001)
5. Decided that normal club events would have 11:30 am to 1.00 pm start

times in future. (Sept 2001)

6. Need two separate organising teams if having a club event following school champs and need two separate Start/Finish sites and place for writing certificates. (Sept 2001)
7. A note should be included in the controllers booklet. If the controller feels the planner is not responding to suggestions/requests/advice then the matter should be referred to the Technical Co-ordinator for mediation. (Nov 2001)
8. Controllers and planners should be aware that maps should be produced well in advance and checked.

Planners, Controllers, Organisers etc benefits

1. Planners and controllers of one day of a multi-day event are to get a free entry into one of the other days of that event. (May 2002)
2. The organiser of an event will be entitled to free entry to that event. (May 2002)
3. It is usual to pay planners for 3 trips to venues. (May 2002)
4. Caravan towers will be paid standard km rate for towing the caravan (???)

Health & Safety

1. Water must be provided at events. This is a safety matter. (May 2002).
2. Emphasis of safety issues should be added in the planners and controllers booklets. (Nov 2001)
3. Whistles are compulsory equipment. (June 2001)
4. At all events, whistles are to be checked, knowledge of whistle use should be checked and course closing times and durations must be set. These times must be advertised at the caravan. (Sept 2001)
5. The event controller is the sole judge of whether or not an event is cancelled or postponed. All controllers are to be reminded that this decision must be made by 8:30 am on the morning of the event to allow time for it to be broadcast with the 9.00 am radio cancellations. Controllers to consider road conditions in the Lees Stream area when the event is in the Strath Taieri. (June 2001)
6. The collection of controls should only commence with the permission of the controller and care should be taken that all competitors are finished. (Sept 2001)

CLUB RELAYS

Courses

Open Grade has 3 member teams each competing on a red/orange course (EWT 30 mins)

Mixed and family team grade has 3 member teams competing on

red/orange (EWT 30 mins), yellow (EWT 25 mins) and white (EWT 20 mins) courses

Rules

1. Club relays family teams to be at least 1 senior and at least 1 M/W18 or under (Nov 2001)

OY EVENTS

Courses

Long red	(60 mins EWT)
Short red	(40-45 mins)
Orange	(40-45 mins)
Yellow	(30 mins)
White	(20 mins)

Points

Competitors are awarded (winner's time/competitor's time) x 1000. DNFs and DSQs get 100.

Planners and controllers will receive points based on the average of their two best performances.

SUMMER SERIES EVENTS

Courses

Orange	30 mins EWT
Yellow	3km
White	2km

Points

Competitors are awarded (winner's time/competitor's time) x 1000. DNFs and DSQs get 100.

Planners and controllers will receive points based on the average of their two best performances.

SCHOOL SERIES EVENTS (June 2002)

Grades

Senior Secondary	years 11 - 13	course 1 (novices, course 3)
Junior Secondary	years 9 & 10	course 2 (novices, course 3)
Intermediate School	years 7 & 8	course 3 (novices, course 4)
Primary School	up to & including year 6	course 4

Separate male and female grades for each age group.

Courses

1	As red as possible	≥ 5km	difficult and demanding
2	Orange (err on the easy side)	~ 4km	medium difficulty
3	Yellow (err on the easy side)	~ 3km	interesting
4	White	~ 2km	easy

Points

Individuals: Competitors are awarded (winner's time/competitor's time) x 1000, Novice competitors get half points (i.e. awarded (novice winner's time/competitor's time) x 500). DNFs and DSQs get 100 (or 50 for novices)

Teams: Best three from each school in each grade plus 200 for each additional finisher and 100 for each DNF or DSQ (novices get half points).

FINANCIAL

- Refunds for overpayment of subs & fees to be made in the form of discounts for event entries where possible (Feb 2002)
- Usual charges for maps for other groups will be the cost of printing plus 50c each (Oct 2001)
- Event fees: Club & OY events:
Members: Senior \$6.00, Junior \$3.00, Family \$15.00.
Non-Members: Senior \$10.00, Junior \$5.00, Family \$25.00.
Senior Student discount of 20%
- Summer Series is promotional so all entrants will be charged the members rates.
- Championship & Special events: fees will be set at the time. (Sept 2001)
- Subscriptions: Membership Senior \$35, Junior \$20, Family \$70 (this includes DOCument by email).
Extras: DOCument (paper copy) \$12, NZ Orienteering \$16.80 (set by NZOF) (Sept 2001 and ratified by AGM)
- In future the following guidelines shall be used for the preparation of funding applications and for the payment of anyone for services.
Mileage: 25c/km. Time: \$15/hr Variations are only to be made with the consent of the committee and any paid work for the club will be offered to all members (May 2001)

OCAD

Map colours should be as per the ISOM 2000 booklet which is as per the standard ISOM colours in OCAD. ISOM 2000 says that for maps that are predominantly yellow then 75% of the density should be used. This would apply to all our farm maps and then the proportions are:

Yellow - 20% Magenta, 60% Yellow (open land)
Yellow 50% - 10% Magenta, 30% Yellow (rough open)

For forest maps which are predominantly white then the full yellows can be used which are:

Yellow - 27% Magenta, 79% Yellow (open land)
 Yellow 50% - 14% Magenta, 40% Yellow (rough open)

Greens are:

Green 100% - 76% Cyan, 91% Yellow

Green 60% - 46% Cyan, 55% Yellow

Green 30% - 23% Cyan, 27% Yellow

The one exception to ISOM 2000 was contour lines which the committee thought should be to the ISOM 2000 thickness of 0.14mm thick but the brown increased in darkness to 56% Magenta, 100% Yellow and 30% Black. (June 2002)

1. Legends are to be printed on all maps at major events and on all yellow and white course maps. (May 2002)
2. Where possible map credits (mapper etc) should be shown on maps.

PYRAMIDS 30 JUNE 2002 - CONTROLLERS REPORT

Jane Forsyth.

Thanks to those who turned up to the final of the OY series at the Pyramids. The day was pretty bleak, although perhaps we were lucky, as the weather got much worse the next day. During the planning phase I had wondered if the courses were too short, given the fast nature of the country, but in the event I was glad we had not made them any longer.

The Pyramids map is still a work in progress, despite all the work that has been put into it in the last couple of years, and the vegetation could be mapped better in two areas (at the far north and far south of the brackeney land that has been retired from grazing). However the contours are pretty right and these were used successfully to find the red controls in the southern area of bracken, even when there were comments about certain distinct trees not being accurately mapped.

In spite of the cold and rain, the cameraman from Channel 9 did turn up as invited, and was able to film runners starting and finishing and interview some people around the start area. Unfortunately I was not able to see any resulting broadcast and I don't know if he got anything usable. Logan Mortimer performed well for the camera, cheerfully running through the finish with a big smile several times in spite of being soaking wet. In the event of Channel 9 continuing, it would be worth getting them out again to

some fine events and putting some thought into good viewpoints for them to film the action.

Our thanks once again to the landowners, the Clearwater family. The farm is now being managed by Jason, the son of Bob Clearwater with whom we have previously dealt. Although they seem a bit bemused by our sport, the family has always been most obliging and helpful.

WOMEN ARE FROM WAIKOUAITI, MEN ARE FROM SEACLIFF NZOF TRAINING CAMP, 5-7 JULY 2002

Nick Mortimer

About two dozen people, mainly from DOC and PAPO, attended this camp which was based at Sidey Outdoor Centre in Waikouaiti.

From my perspective as a participant, the camp went very well indeed. Great coaching by Rachel & Lindsay Smith, assisted by Bunny Rathbone. Great organisation by Margaret Tagg, great environs, great people, and no rain.

I learned a lot, well, as much as I would have expected to as a greying orienteer of about 3 years experience. I personally focused on baseplate compass holding, on map rotation and on navigation while on the run. The weekend went really quickly, I couldn't believe we spent six hours outdoors at Seacliff. I enjoyed the "saturation" aspect, being able to focus on orienteering for more than one hour as is usual at normal club events. The "contours only" exercise in the forested dunes at Waikouaiti came in for especial praise by a lot of people.

The accommodation and food were just fine, I'd recommend to do exactly the same again, especially having the meals cooked for us. The yoga was different and interesting (see Bunny's article) and was a very appropriate activity for the end of the first day.

I missed out on the Friday evening introductions and orientations where I guess Lindsay and Rachel outlined the structure of the weekend. So one or two "why are we doing this?" questions arose on the Saturday but nothing major.

The men vs women split, suggested by women originally, seemed to work well. On the men's side I didn't feel we missed out on anything, or especially gained anything by this split. So if it worked well for the women then yes I'd split training camp activities like that again.

Excellent value for money. Thanks go to Jan Davies for making it happen.

From my perspective as Club Coaching Coordinator we have now just catered for those people who wanted to participate in a local camp-style weekend of coaching. Jamie Stewart still offers the regular training runs. I'm unaware of anyone taking up the event-based mentoring mentioned by Michael Tagg in the April 2002 DOCUMENT. So what else can and should we offer? One good suggestion has been to offer some training immediately before events. This seems like a very good idea to me and I will look into arranging and publicising this.

ORIENTEERING TRAINING CAMP - 5,6,7 July 2002

Bunny Rathbone.

Thank you to all those who made the recent training camp at Waikouaiti such a success. Special thanks to Coaches Rachel and Lindsay Smith who masterminded the exercises, three each day on two different maps for varied grades and ages i.e. yellow to red and 12 - 50+ years. Special thanks to Margaret Tagg who ordered the food, organised the Saturday evening dinner to be cooked by local Play Centre members, and who thought of all things needed to provide for our comfort.

The venue used for our live in accommodation, Sidey Lodge is a well appointed Girl Guide camp with bunk rooms off a large lounge/meeting room with fireplace, separate bedrooms for organisers and families, excellent shower/toilet facilities and a well equipped kitchen with dining room. The days were cold but we were warm in the lodge. Jan Davies, NZOF Coaching Director and Margaret Tagg, Doc's president did all the administration with communication so we all knew where to go and what to do.

The camp gave an opportunity to fulfil several aims -

1. Learn and practice a range of orienteering techniques in a controlled situation.
2. Work with peers during exercises to highlight strengths and weaknesses for on-going understanding.
3. Having coaches available to ask questions of when needed.
4. To concentrate on orienteering for a longer period without other distractions of work and family commitments.
5. Having closer social contact with other orienteers.

This camp was originally planned to be a Women's only camp but unfortunately numbers entered did not warrant a separate camp. However the women were given the opportunity to work together or beside each other during other exercises.

On Saturday morning we gathered to revise the O Techniques from Jean Cory-Wright's booklet called "The Little Book of O Techniques" before travelling to seacliff for our first days exercises. Jean's booklet explains the techniques simply with illustrations and a method to follow so that your head knows where you are going and what you will see on the way to help you get there.

On site the men and women separated and had three exercises to complete. The "Mixed technique" exercise was a course of 8 controls to practise different techniques i.e. route choice, aiming off, simplification, collecting features, attack points, compass bearings. Within the group, ability and confidence was varied and mistakes were made in executing the legs. Legs were planned to use the different vegetation well, forcing people to decide about avoiding the bush by skirting it, or plunging through it. Recognition about the contours going up or down could be confusing and for some it was an achievement to finish.

The "Piece of Cake" exercise was designed for pairs to take two controls and put them on features indicated on the map. After returning each pair had to find another pair's controls before setting off to collect in their own. Decisions about control features around the control site seemed confusing e.g. can we distinguish the difference between hills and knolls. Map reading ability was improved with this activity which used a 1:10,000 scale map.

The "Relocation" exercise was also done in pairs on a 1:7500 scale map. Once again the opportunity to move in and out of the forested area and up and down across the contours was planned to make you think. The classic style of using one person to lead the way to an attack point, not letting the other see the map then giving the map to that other person to lead the way to the control was used. The role is reversed for the next leg. There were people scattered all over the map trying to lead their partners to a good attack point. Lots of discussions between partners occurred during this exercise as people tried to identify correctly where they were. By the end of the day we had been out for about 6 hours and we were ready for dry clothes, hot cuppas and the relaxing stretching yoga before having dinner.

It was good to review the exercises together after dinner and play O games in teams which everybody participated in and enjoyed.

Sunday's exercises were on the Waikouaiti map. Before leaving for the site we copied a line onto the 1:2500 scale contour map. On site we had to follow the line carefully over the ridges and hills, through the re-entrants and down into the depressions, noting any flags we found on the way. It was interesting to check people on the line and find out where they thought they were. Careful compass work needs to be done with this exercise to check you are going the right direction, good map reading to identify features and also distance estimation was helpful to know when to change direction. Our distance estimation was practised using pacing technique over 100m. Later we went back to the same area to do a course of control picking with controls close to each other needing many changes of direction and practice of contour interpretation and distance estimation.

After lunch a loop race using another part of the map kept us busy in the marram grass covered sand dunes and small patches of forest and field. Did everyone put all the skills we had practised together to accomplish this course? We could hope at least some of the time!

Some comments at the end of the day were interesting:

"Well now I know what a knoll and a re-entrant look like on the ground and I never knew before."

"I should have taken the longer easier route rather than strike out across country."

"I stood up on this hill and looked around to see where I was."

"I went all the way around the back of the hill instead of the front."

Back at camp Rachel and Lindsay reviewed the days exercises and soon we were saying our thanks and farewells.

THE BENEFITS OF YOGA.

Bunny Rathbone.

One of the activities arranged for the campers after a hard day running around Seacliff during our recent Training Camp was to discover the benefits of Yoga. Ev Smith arranged for a yoga teacher to lead us through a series of exercises. Learning to relax and breathing in a controlled manner were advised as essential to achieving postures used to stretch the various groups of muscles.

In its ancient Indian origin of 5000 years yoga is a path to understanding and enlightenment. Yoga is not a religion. The disciplines of yoga include learning relaxation methods, awareness of breathing and the organs of the body, control of the senses and the mind.

Westerners have taken to yoga as an exercise regime and an antidote to the stresses of modern life. Doing yoga as a regular activity gives greater understanding of how the body works.

The benefits of yoga relate to living in our modern world by:

- Improving muscle tone

- Reducing health problems

- Healing injuries

- Taking control of food intake

- Concentration on breathing techniques

- Alternative to sport - if sport is not what you want to do for exercise

- Improving awareness of focus and concentration - two essential attributes for orienteering success

Some of you reading this may have been in Queensland in 2000 for APOC and heard Rob Walter, an Australian Elite Champion, describe his downfall during the World Champs. His training regime had included running, mapreading and orienteering. His concentration on orienteering was paramount, to the detriment of any other parts of his life - limited social outlets, no family contact, no hobbies, no relaxing routines, and no shared accommodation. His preparation gave him mediocre performances and on returning home he sought help at the Institute of Sport in Canberra. As well as being advised to make time for family and friends and being a whole person he started taking yoga classes. The yoga helped to make him more attuned to the needs of his body which in turn helped him to regain his focus and concentration on orienteering to become a Champion again. Read about Rob Walter in the Dec, 2001 issue of the Australian Orienteer.

For anyone interested in doing regular yoga there is a style to suit everyone. Styles of teaching and practice have developed, each with a different emphasis focusing on strict alignment of the body, co-ordination of breath and movement, holding postures, or the flow of one posture to another. Viniyoga is a gentle form personalised for each student, Iyengar is precise on how each posture is to be performed and Ashtanga is a more dynamic variation of doing the same postures. Other forms emphasise chanting and meditation. Choose a style that suits you as no style is better than another.

What is important in the practice of yoga is the student/teacher relationship. It is very important to choose a good yoga teacher. Some teachers are accredited by an organisation, others just set themselves up after going to classes themselves, so shop around for one that suits you. A good yoga

teacher will have your welfare in mind and take time to help each person in class adapt postures to suit their abilities.

We enjoyed our one hour's yoga at the camp using our sleeping bags as yoga mats and working in close proximity to each other. Hopefully you will have assessed the benefits of this gentle form of exercise and are already looking around for a yoga teacher to suit you. Good Luck.

MOUNTAIN BIKE ORIENTEERING - WAIKOUAITI - 20 JULY.

Bruce and Sheryl Collins.

Firstly a big thanks to all those who took part. This is written especially for DOCument and the 23 orienteers who took part. We sold 68 maps and many went in groups so there were about 120 competitors in all. It was good to see all the MTB'ers and they loved it and a few expressed interest in orienteering. However as Dave Browning pointed out, while they were very enthusiastic about the event and the roads they travelled on, it is very probable they would be turned off orienteering for ever if they next go to an orienteering map and are expected to actually "orienteer". We must be careful to introduce them to orienteering very gradually if we want them to continue. This event was really a very easy Street-O.

Next thank you goes to NZOF for their generous grant of \$300 for creating the map. An investment for the future if we get a few more orienteers in the fold.

Why is it that orienteers are different when it comes to MTBO?!! For example:

- The orienteer who didn't read the instructions and didn't know that different controls were worth different points. And.....didn't look at all of the map and realise there was an enlargement with another 3 controls on it!
- The male orienteer, who has lately being lobbying for legends on all maps, who had to ask what the arrows next to some roads meant. If all else fails read the legend Dave!!!! (the arrows marked the up direction of the steep hills)
- Another orienteer who read the legend half way through the event when he realised that the arrows next to the roads didn't mean the direction you had to go. How did he cope with the road that had \ddagger \ddagger \mathfrak{A} \mathfrak{A} ????
- The 5 orienteers on the four hour course that didn't get an official start time (hence not in the results). They usually get a start time at club events!!

- The orienteer who got bitten on the foot by a dog as she tried a short cut across someone's section. OK so the owner waved her across but obviously the dog didn't understand!
- Two other orienteers at least who didn't read the instructions!

It's a shame that one marker on a tree disappeared early in the day but the control was only worth 1 point (if you had read the instructions you wouldn't have wasted 15 minutes looking for it!). Otherwise a great day.

RESULTS.

Name, Final points (number in brackets is points deducted for lateness)

* denotes found ALL the checkpoints

4 HOUR COURSE		2 HOUR COURSE	
Mike Anderson*	377	Parfitt	165
Michael Lawrence	363 (2)	Graeme Evans	165
Leighton Greer	345 (2)	Barrie Foote	155 (5)
The Grunters*	328 (49)	Gavin Cox	147
Sean Every	323	Duncan Cleugh	144
Ricky Thompson	307 (26)	Simon Begg	133
James Crawford	299 (49)	Rod Greenup	130
Chris Thompson	292	Dave Browning	116
Jeff Richardson	292	Allan Grant	112 (1)
Richard Harding	292	Jones	112
Bruce Robb	289	John Fridd	111
R & R Sport	241	Keith Munro	111
Brian Langley	239	Sonja-Fay team	104
Mixed Madness	233	Pat Taylor	102 (3)
Anthony & Nathan	257 (30)	Brendan Carter	101
Dean Riley	171	Micahel Carter	99
Michele Coleman	149	Myles Thayer	94
Rhonda & Raelene	65	Dale Parsons	85
Graeme Harkness	44	L Scott & S Grant	85
Jane & Mike Casswell	27	Tracey & Vincent Pettinger	84 (15)
		Helen Brehaut	74
		Lucy & Dodgy	72
		Jim Kerse	66
		Pam Young	62 (30)
		John Carter	54
		Michael, Ross & Andrew Davies	51
		Braden Doyle	48
		Matt Radford	47 (11)
		Brendan Thayer	46 (12)
		Leighton Kirk & Zak Noone	44
1 HOUR COURSE			
Tane Cambridge	73 (6)		
Joel & Riki Cambridge	57		
Seeney/Cross	47		
Owen & Ryan Cambridge	43		
Jennifer Hudson	43 (2)		
Judy Browning	34 (4)		
Kath McDonald	30 (11)		

Andrew Pohl	19 (5)	Hot Chicks	32
		Hinu & Kyri	27
		Sandra Dingwall	24

A.O.K. Reports of MTO at Waikouaiti.

John Fridd.

Last Saturday we faced a challenge of a different kind, competing in the Dunedin Orienteering Club's Waikouaiti MTB event, which turned out to be great fun and quite a test - both brain-wise and for the legs. Each rider had to opt at the start for the 1 hour, 2 hour or 4 hour event and was then given a map and a scorecard and told to go to it. Most of us scattered like headless chickens after a cursory glance at the map and in future I'm sure we'd spend more time studying the map and reading the rules - as a result of our confusion, we spent about 15 minutes trying to find clue 1, which it transpired had been stolen off its tree by some cad early on and which of course we shouldn't have even bothered with, because each clue is only worth its number (so clue 1 nets only 1 point). Keith and I decided after the clue 1 debacle to pick up a quick 2 points at the stockyards then head out of town and tackle a rural loop around Mt Baldie (inland from the township) which promised rewards of 15, 18, 23, 20 and 25 points, for jotting down things such as the colour of a letter box on a particular intersection, the material supporting another letterbox (brick) or the number of power poles down one road and the colour of the earrings being worn by the naked blonde in the field near another road (no, I made that one up). This proved a great ride, with the stiff climbs balanced by some great downhill, particularly the final scenic blast down Quarry Rd towards Waikouaiti, on which I hear some riders hit 75 km/h. We were on the 2 hour ride and decided when we hit town again to loop around to pick up the Racecourse grandstand points, wading into the aftermath of the Otago cross-country champs. Once we had the 8 points in the bag (for finding the date on the grandstand plaque), I convinced Keith the quickest way back to the start point was AROUND the racecourse to link up with a nearby street, but the soft grass surface proved energy-sapping. Time was running out as we leapt the fence and took to the streets for the blast home, and Keith decided to take a detour along the railway, bumping along grimly, only to lose more time when someone nearby started up a lawnmower and Keith thought it was a train, so had to leap off the track. He was then waylaid by a local, who wanted to know why all these crazy bikers were charging around his township, and Keith arrived back at the start even later than me (I think I was about 8min late, so should have lost 8min for this), but the kind officials took pity on us both and let us keep our points - thanks!

Keith and I rode a total of 26km and enjoyed our outing - next time we'll be far more savvy, so look out! Michael Parfitt proved the pick of our bunch, coming home equal 1st in our class with a great score of 165.

One Man's Journey or Orienteering by Bike in Waikouaiti.

Brian Langley

As I had never done orienteering before and as I knew I could go at my own pace I thought it would be the perfect way to ease myself into the saddle again as I had not been on the bike since March. I meant to change the seat on the bike to a softer one I have to help with the transition from couch potato to cyclist, but I forgot. I was to be reminded of my mistake soon after getting my map and checkpoint card and heading off behind some one who seemed to know what he was doing when he said to his mate "Lets check out number 14 first" I followed them through the pine trees and the sand to arrive at a river! A quick check of the map told me this should be an "ankle deep stream". I looked at the map and saw I could get to number 10 easily instead so I headed off. I didn't need the map once I turned down the road as it was just a case of following my nose as the road ended at the chicken farm. The smell must have assaulted my brain as well as my olfactory senses as I too wrote down the word from the wrong sign.

After another look at the map I decided Karitane had some big numbers so it would be worth a ride there and I also knew that the shop would be open . It was a pleasant ride with a bit of tail wind and after finding the bee hive I carried on down and up and down and up Round Hill Road. That's what undulating really is, John. As I continued over Apes Road and down to number 17 I passed a puffed cyclist running up the hill without a bike. All was revealed at the bottom where the R and R Diamond Back Tandem lay sadly in the grass. A wheel problem I believe. On to Karitane, a few more points and a stop at the shop, a rest on a seat, a wide flat wooden one which was a nice change from the narrow bike one. Next points were gained up Mountain Rd then back down to check Mr (rich list) Patterson's Rapid number. I was glad to discover this road with its roadside tree plantings which must look very colourful in Autumn. The checkpoints at Buckland's Crossing were out of the question as was the "very grunty hill" up Quarry Road if I was to be home in time for work on Monday so I continued on to Waikouaiti and picked up a few more points at the cemetery, the race course and other stops on the way to the sea where I could ride across what had indeed become an "ankle deep stream" since the tide had gone out a bit. From there it was back to the start with 10 minutes to spare. All in all four hours well spent where not only did I

manage a lucky thirteenth place but got an introduction to orienteering, discovered where the famous Waikouaiti vege shop is and noticed in the pine trees the remains of an abandoned Toyota, the same as mine, which could supply me with a spare parts if the occasion arises.

Yet Another Report

James Crawford

Nearly all of the usual tuff-nuts showed their faces on Saturday; most were competing under the team name "The Grunters". We were not as quick at finding the first few points as we should have been. This can be put down to three reasons. (Or excuses)

- 1 The first point was stolen
- 2 We could not follow instructions
- 3 We were trying to delegate and failing miserably

We crossed the highway north of Waikouaiti after we had eventually found a few points, our rhythm, and worked out who was to do what. This resulted in Mark and Pete climbing a hill, Craig counting power poles and the rest of us making up the numbers.

We looped around Galbraith Rd and up Quarry Rd. Coming down Quarry road was a blast as it was rather steep and we had the wind behind us so several of us reached 70 km/h or more. We now began the trek out to point number 27. Some idiot suggested that we should all go. To get to 27 you had to go down into a picturesque valley with a severely steep descent. Some people wisely decided that it wasn't worth the trip. The view from the top was awesome. I especially appreciated the picture postcard "poisoned hillside". After we had fed, watered and recovered, it was off to Karitane where we visited each point. It was here we discovered that if we took our sunglasses off it was actually getting quite dark. We all made an informed and conscious decision to take a short cut back along the railway line. When we were in the middle of the bridge over the estuary someone decided it was a good time to practise his train noises. (Very funny Greg). The short cut probably turned into a long cut as it was slow going along the railway track. When we made it back to Waikouaiti we split up to collect the remaining points.

We eventually made it back 49 minutes overtime but we were all too tired to care. It was a thoroughly enjoyable and knackered ride. We all learnt a lot about orienteering (albeit the hard way).

We are all looking forward to the next MTB orienteering event and we have found some interesting roads to explore on future A.O.K rides.

NEWS FROM OTHER CLUBS.

WOA:

Reports that the Barrs are to be grandparents soon. Madeleine and Shaun Collins are expecting a baby.

HBOC:

Geoff Morrison has had a nasty accident falling from a roof (June) and suffering back injuries resulting in a trip to Burwood. Latest info (24 July) is that he is going to be OK and he is back home.

Also Todd Oates currently studying at Otago and who represented NZ at JWOC ended up in hospital in Spain, getting his appendix out!

WHO:

Whangarei Club reports they are producing a joint outdoor clubs newsletter (harriers, athletics, triathlon) so that those who "like to get sweaty, wetty and muddy may like to try a different sport on a free weekend".