

FEBRUARY DOCUMENT 2003

REMINDER REMINDER

Your 2003 membership subscriptions are now overdue. Please send these in so you do not miss out on your Hardcopy of DOCument, NZO Magazine and of course the right to vote at the AGM.

NOTICE OF AGM

Dunedin Orienteering Club (Inc) Annual General Meeting
8:00pm Saturday 15 February
47 Stewart St, Waikouaiti (on the Waikouaiti map)

Note: Only current financial members of the club are eligible to vote at the AGM.

Agenda:

Welcome & Apologies
Minutes of the last AGM
President's report
Treasurer's report and presentation of annual accounts
Adoption of Club membership fees for 2003
Election of Officers
Appointment of Honorary Solicitor and Honorary Auditor
Life Membership
Remit to amend the rules of the Club.
General Business

Following the formal part of the AGM will be the Club's Annual prizegiving.

DOC RULE CHANGES.

Remit to change the rules of the Dunedin Orienteering Club

January 2003

The Dunedin Orienteering Club committee puts forward the following rule changes for consideration at the 2003 Annual General Meeting of the Club.

Rule 3. b) Membership Classifications.

The Club membership shall be of four types:

1. Individual Junior

2. Individual Senior
3. Family Membership
4. Honorary

Individual Junior membership shall be open to those persons not exceeding 19 years of age. Individual Junior members shall become Individual Senior members without further formality save the payment of any fees appertaining thereto.

<NEW PROPOSAL>Individual Junior membership shall be open to those persons not exceeding 20 years of age at 31 December. Individual Junior members shall become Individual Senior members without further formality save the payment of any fees appertaining thereto.

Individual Senior members shall be those members in good standing over the age of nineteen years.

<NEW PROPOSAL>Individual Senior members shall be those members in good standing over the age of twenty years at 31 December.

Family membership shall apply to a group comprising not more than two persons who reside at the same address who would otherwise qualify to be Individual Senior members plus those persons, otherwise qualifying to be Individual Junior members, who reside with the two persons previously mentioned in this clause.

<NEW PROPOSAL>Family membership shall apply to a group comprising not more than two persons who reside at the same address and who would otherwise qualify to be Individual Senior members, plus those persons, otherwise qualifying to be Individual Junior members, who reside with the two persons previously mentioned in this clause and who look to at least one of these seniors as a parent.

Honorary members shall be those persons who the Club wishes to recognise for their contribution to the Club's activities. Any Honorary member must be nominated by the Executive Committee to an Annual General Meeting of the Club and approved by that meeting.

RATIONALE: The proposed changes bring our rules into line with the NZOF definitions and with our accepted practices. This is simply to tidy up definitions which have become obsolete.

2003 DUNEDIN SCHOOL ORIENTEERING SERIES.

Programme

Wed 12 Feb School series 1 ** Logan Park
Start: 5:15pm - 6:30pm at the top of Lovelock Avenue at the Alhambra Ground.

Wed 19 Feb School series 2 Town Belt North
Start: 5:15pm - 6:30pm at the north end of Highgate at Prospect Park.

Wed 26 Feb School series 3 Town Belt South
Start: 5:15pm - 6:30pm at Jubilee Park in Maori Road.

Wed 5 Mar School series 4 Chingford Park
Start: 5:15pm - 6:30pm at Chingford Park in North Road.

Wed 12 Mar School Series 5 Kettle Park
Start: 5:15pm - 6:30pm at the carpark between Marlow Park & the beach.

Sun 23 Mar School Series 6 Ross Creek
Start: 11:30am - 1pm at Ross Ck Reservoir water treatment plant in Burma Rd.

Sun 30 Mar Otago Schools Champs Seacliff
Start: 10:30am - 11:30am at Seacliff reserve in Russell Road.

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	Red	≥ 5 km	difficult and demanding
2	Orange	~ 4 km	medium difficulty
3	Yellow	~ 3 km	interesting
4	White	~ 2 km	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).

** Bring along a newcomer and get 10 bonus points. (School Series 1)

** Spot prizes sponsored by R & R Sports for all mid-week events. (School Series 1)

Assistance and coaching from experienced and qualified coaches available at all events. A notice will appear in the ODT Sports Draw page on the Thursday prior to each event.

Entry Fee: \$6 per event. It is compulsory to carry a whistle during events.

Transport can be arranged. Phone Margaret Tagg, 467 5460 or Myles Thayer, 454 2385

MESSAGE FROM THE PRESIDENT. - Dates for the Calendar
Margaret Tagg.

FEB 9 Fun event and Picnic. Meet at St Kilda above Marlow Park from 11.30 am. Interesting courses have been planned for this event.

FEB 15 Barbecue at 5.00 pm, AGM and Night O . The AGM is being held on 15 February (see separate notice). The committee needs a few new members. Please consider offering your time. It doesn't require much and it's a fun and rewarding way to get to know what exactly is happening in the Club. Contact any committee member for more information

Feb 12, 19, 26, March 5, 12 Summer Series.

These Wednesday evening events on town maps are great for newcomers so please bring friends along. And there are prizes to be won. The Summer Series competition will be part of the 2003 School Series. There are great spot prizes to be won and we would appreciate all the publicity we can get. Please put up posters if you have access to an appropriate site, especially at schools. Copies are available from Bruce Collins or any committee member.

CLOSING DATES FOR ENTRIES

Enter by JAN 31 - Southland Champs and South Island Challenge at Overton Forest, west of Gore. Interesting eucalypt forest! Or there is still time until Feb 14 for a late entry at extra cost to these events on Feb 22 and 23. Email ABFoote@xtra.co.nz

Enter by FEB 23 - All Night Relays to be held at Mt Ross on Mar 8 & 9. There are courses suitable for everyone and hopefully the moon will shine brightly this year. It is time to organize a team (or enter individually and be put in a team). Enquiries to asbic@xtra.co.nz

Enter by 14 March - The Canterbury Champs on the weekend of 5th & 6th April at Craigmore and Tekapo will also be the inaugural DOC v. PAPO inter-club challenge event. Rules are still being worked out but everyone is urged to mark the date on their calendars now. It is also a great chance to practice for those planning to attend the National Champs at Easter.

Enter by 21 March - NATIONALS - Easter/Anzac Orienteering Carnival Auckland 18-27 April. Contact Jill Smithies 4B Fairbanks Place Glendene Auckland or nationals@nzorienteeing.com for information or entry form.

People have been putting a lot of work into planning these events so it is important we all support them by participating when possible.

See you soon.

SPOTTED

Jane Forsyth.

AT SCOTT BASE, Antarctica – Matt Scott and Jane Forsyth, each surprised as neither knew the other was working on the ice this summer. Jane was down for only 6 weeks while Matt was intending to be there all summer, before hitching an end-of-season ride home on the Kapitan Khlebnikov, a Russian icebreaker chartered to a tour company. Once you catch the Antarctic bug, Matt, you'll spend all your time trying to think of ways to get back!

IN THE RIALTO, at a pre-Christmas screening of The Two Towers – Melanie Stephen and Wayne Patrick. Wayne went climbing at Mt Cook National Park for his summer holiday. He plans to finish his PhD in Cambridge early in 2003 and then take up a 3-year postdoc in Atlanta, Georgia. 3 years in Georgia, Wayne? Sounds like a life sentence. Hope you run into Peter Snell and Michael Tagg over there.

IN THE STAR COMMUNITY NEWSPAPER – Bunny Rathbone in her alter ego as a famous gardener. Funny, every time I ask her, she claims the garden's a mess!

IN CHAMPIONS OF OTAGO Sports Bar – Pat Taylor, together with assorted swimmers, netballers, orienteers and other sporty types. Pat is moving to Katikati for a change but hopes to see plenty of DOC runners at the major North Island events.

IN THE UNIVERSITY AREA at the language school – Pauline Abblett from Southland OC. Pauline is staying with the Carmans while studying for a qualification in teaching English as a foreign language. A bit of a change for her after many years teaching maths (I think) at Southland Girls.

AT DEEP COVE, FIORDLAND – Darren Scott, another Southlander, who was recently appointed hostel manager. The Fiordland bush is usually a bit thick for running (except when there's a moose chasing you), but I've certainly had to use the compass a lot down there. I bet if there's anywhere in the area to make an O map, Scotty will do it.

ON THE WANAKA WATERFRONT on any fine day (and some that weren't) – Owen Cambridge and the lads in their yacht called (what else) Boyzone. I don't have the details to hand but you won't be surprised to hear they have been competing in races over the summer – with some success I think.

ON THE VAST OCEAN east of New Zealand – Nick Mortimer spent much of January on the ocean waves in the German research vessel Sonne dredging samples off the sea floor. Ask him what the fishing was like.

IN THE NASEBY FOREST (can't keep away from it) in late December – Jennifer Hudson competing in a Duathlon. Some annoying person/s interfered with the arrows directing the 90 competitors with the result that almost everyone got lost. Another highlight (lowlight?) was going through a tunnel in the water race with submergence of bike and knickers! No options in route choice, apparently.

USA ORIENTEERING

Michael Tagg.

Hey there guys, hope that you're all fit and well and training hard :o) I figure that it's about time I sent an Orienteering report from over here in California. For those that don't know, I'm over here on a working holiday in San Diego -and I'll be flying into Auckland just in time for 2003 Nationals!

I've been to only two events so far, however both of them have been absolutely fantastic! The thing that's struck me the most, is how similar Orienteers are here, to those back home. SDO (San Diego Orienteers) is very similar in size to DOC, whilst LAOC (Los Angeles Orienteering Club) is comparable to PAPO... suffice to say I feel very much at home over here!

The first race was the 1st Dec Mount Laguna Goat, a SDO event held 1 hours drive from my home smack bang in the middle of downtown San Diego. Driving to the event Bill Gookin (the club Vice President emeritus) struggled to reassure me that the area was beautiful, as we drove mile after mile through barren, boring, featureless terrain. The forest then suddenly sprung up on us and we were in one of the most incredible forests I've ever been in (second probably only to Waikaia). The frost (in Southern California!) and the high altitude threw me off track a bit and orientating myself in the Nth Hemisphere was an issue... however I did okay to win the mass start race by a few minutes. The course was only 11.5km and wouldn't be a "Goat" by YODA standards... but was still a top class race. Ray, sorry but I have to admit I blew one of the controls... lost contact with the map and had issues running the compass and the 'unusual' scale!

For those interested... go to the Club webpage (geoities.com/o_sdoc) where a copy of my map and a race report have been posted on the results page :o)

The second race was an 8th Dec LAOC race on the Vasquez Rocks map - to the East of LA (taking me a total of 8 hours return travel!). This area is made famous by several movies... including numerous westerns and "The Flintstones". For those that thought that the set of the Flintstones was made with plaster of Paris.... check out (photos.yahoo.com/fancy_michael) for a couple of pics of me with some of the rocks and a copy of the map itself. This place really does ROCK. While it pains me to say it... this area is actually better than Middlemarch... simply due to the fact that route choice is SO important! There are many places that are simply IMPOSSIBLE to get through - so going round is the only way! This race was my first

experience at electronic punching - long may this continue, because it's great to get the splits immediately. My splits are at (attackpoint.org)... look under "racing" then Mount Laguna Blue course.

This race was a bit of a disappointment for me... I pride myself on my navigation, but was beaten on numerous controls by the technicality of the route choices. I'll definitely have to work on my traffic lighting before my next big race... because you couldn't run this map at speed without serious losses. I came 2nd out of 13 on the Blue (top) course... full results are at the LA Club webpage (geocities.com/o_laoc) under "results" Vasquez. I lost about 15 minutes in errors... including a 6 and two 2 1/2 minute blunders -I don't feel too bad losing to Ron though... experience on this map was a big factor!!

There's a small club night event in San Diego coming up next weekend, other than that the next big race for me is the Martin Luther King meet, SDO is having 5 events over the weekend in Jan. I guess I'll need to go for a few training runs through Balboa park before I'm up for that though!

Keep training hard....

See you all in Auckland

TRAVELS IN AUSTRALIA.

Bunny Rathbone.

That Extra Bonus for the Orienteering Traveler.

Naturally enough the emphasis in any big multiday event is on the sport itself - the events are the real reason for being there. We can enjoy the performances of individuals and relay teams, the challenging terrain with all the subtleties that nature provides, the excellent quality of the maps, the fitness we have obtained after following our training programmes, using up-to-date electronic card punching equipment and meeting and socialising with old and new O'ing friends.

However it is the life outside orienteering that gives the extra flavour to the trip and I for one am fascinated with what might be around the next corner. Luckily when attending major events the business of orienteering takes up only a proportion of time during the day leaving a few hours to explore the small towns and enjoy the historical and natural sites where people have worked and settled in the past.

John and Jeffa Lyon hosted us for our first night in South Australia. John is the President of the Orienteering Association of Australia and Jeffa was looking after the accommodation and local liaison for the events. They were both Controllers of the Relay events, Jeffa of the Australian Schools Relays and John the Australian National Relays.

Their home at Ivy Brook near Gameracha is built of brick set on top of a sandstone shelf with the roof covered in soil from the hill at the back. The house is fire proof

and in the event of a fire, garage type metal roller doors come down over the windows. The sandstone shelf extends up the small valley where the sheep graze on the native grasses, and citrus and other fruit trees enjoy the reflected warmth of the sandstone cliff.

We were fortunate to stay at the Worumba Station shearers quarters, half an hours rough drive from Hawker, a small town near the events around Wilpena, 400 kms north of Adelaide in South Australia. This was the outback, a sheep station where drought seemed to be endemic. By October the rainfall had been 6 inches, half of what had been expected. I had to get down to the ground to see minute blades of vegetation which the merinos were eating while sharing with the kangaroos, emus and rabbits. The emus were migrating south as the effect of the drought further north was pushing them down for food.

One emu kept us amused as we went past it each day on the road out to Hawker. The race was on to beat the car, the emu gathered speed by stretching its neck out in a horizontal position to reduce wind resistance pounding along very fast on its strong legs. The amusing bit was watching its short tail feathers flapping up and down like a demented skirt flying in the wind on a clothes line. It was all we could do with laughing so much to keep the car from swerving off the road.

There were 13 of us, all New Zealanders staying at Worumba. We were kept on our toes taking turns to produce amazing dinner menus, sampling the very fine wines purchased by the wine connoisseurs of the group during the vineyard visits to the Barossa Valley on the way up from Adelaide and enjoying the peace and quiet of the vast dry countryside. This was broken only in the early morning when the resident flocks of galahs and little corellas screeched and squawked while sorting out their feeding patterns.

The dominant trees in the area are River Red Gums - *Eucalyptus Camaldulensis*, native pine - *Callitrus Collumellaris* and some remnant black oak - *Cassuarina Cristata*. The *Callitris* gave great shade for sitting under at the South Australia events where it was quite hot - 28 degrees during the day.

It took us a day and a half to travel down to Castlemaine in Victoria where we stayed in a Caravan Park during the World Masters events. At the Opening Ceremony for the WMOC in Bendigo we marched through the city with the other members of the 30 nations competing flying their flags in a colourful scene. The highlight of the entertainment was a presentation by the Short Circus of Bendigo. A local Primary School was learning the skills of a circus in their Physical Education Programme and we watched, enthralled by the balancing acts, the jugglers, the stiltwalkers, the tumblers and clowns and the single wheel cycle riders. Their programme was set to music and the children wore circus costumes. They now get requests to perform at events, for which they get paid - a great fund raiser.

At Castlemaine we were staying in the centre of the historic gold mining sites called the Mt Alexander diggings dating from 1851. We chose a self guided walk on the Eureka reef near Chewton to find out more about the area. Our imaginations were

working overtime to visualize the influx of miners coming to extract the alluvial gold, some staying on to work the crushing plant to extract gold from the quartz reef and ultimately building permanent cottages and a school for the children. The forest was used as a wood supply for the boiler house to run the crushing battery. To avoid the cost of building a tall upright structure the chimney builders made use of the slope of the land, building the chimney on the ground going up the hill. Remnants of this could still be seen. At Vaughan we sampled the water from a mineral spring which was once the centre of a health and recreation centre for "taking the waters" throughout the middle of the 20th century.

While still in the Castlemaine area we visited a dingo farm where the owner has dedicated his life to saving the dingo from extinction. A remarkable dog with a beautiful tan coat and thick tail the dingo has been used to breed the hardy cattle dog called the blue heeler. The toughness trait of the dingo allows the blue heeler to work all day without tiring. By itself the dingo is so independent that it is unpredictable in its behaviour and can't be totally relied upon to have man as its master.

Australian wildlife was seen during a visit to Ken and Anitra Dowling on Wallaby Road near Daylesford. The resident kookaburras enjoy great pickings off the forest floor when Ken and Anitra rake up trash under the trees. They are quite fearless and remain centimetres away from the rake during this activity. They obliged us by sitting on the clothes line and the side gate for photo shots. In the late afternoon a family of kangaroos came out of the forest to feed on the grass. Keeping a wary eye open and head cocked in case of sudden movements on our part. Their effortless bounding is a joy to watch - I would like to emulate that action while orienteering over logs in our forests - dream on you will say!

With South Australia and Victoria under our belt it was time for Tasmania. This green land was such a contrast to the drought prone areas of South Australia and Victoria. Once again we were running in mining areas at St Helens but this time it was tin mining, not gold. Sluiced areas on the map of Jason's Task are very deep and once down in these deep ditches it can be quite difficult to get out of them so it pays to avoid them when orienteering. Like the gold, tin was also found in reefs of quartz. This was mined and the tin extracted in crushing plants. The Blue Tier mine was situated high up in the hills on a mountain plateau and very isolated. The busy little town of Poinema stood here and only the scattered remains of several old abandoned batteries remain. Where the rain forest was cut down to assist with the mining activities it is now regenerating and wonderful walking trails that follow the pioneers' pack trails make it a walkers' paradise. The only reminder of past domesticity was the beautiful daffodils blooming where they had been planted so long ago.

Before returning home I had 3 days with ex New Zealander friends who grow lavender at Balnarring on the Mornington Peninsular south of Melbourne. Lavender for the cut flower market was being picked but the English lavender for perfume would be picked later. Lavender products made from their own distilled lavender oil are a special feature, the oil being of very good quality.

Home and life goes on - the Willing Workers staying here while I was away had done so many chores, especially wood splitting and stacking and the Tasmanian waratahs were in flower - a joy to behold.

TRAINING TIPS FOR ORIENTEERS.

By Dennis Wildfogel - Taken from the web

Using Events As Training

If the only time you ever do anything connected with orienteering is at O-events, then the only way to get better is to learn to use O-events as training.

Before you get to a event (say, while you're driving there), think about one or two skills that you want to work on that day. Perhaps you'll choose pace counting, or thumbing, or running through controls. Review your objectives for the day before you get to the starting line so they'll be firmly planted in your mind. And when the event is over (perhaps on the drive home), review the extent to which you did or didn't utilize the skills which you planned to work on, and evaluate under which circumstances those skills proved most useful. This review is very important; it's where most of the learning actually takes place.

Will concentrating on one or two particular skills diminish your performance in that event? Perhaps, but that's the point I'm making here: if you want to improve, and you have no opportunity to practice orienteering except at events, then you have to "sacrifice" some events. That is, in those events that you use for training, you have to put the competition angle out of your mind and concentrate instead on developing specific skills that will make you better in the long run.

Reading Your Map On The Move

One way we lose time on an orienteering course is by stopping in order to read the map. Whether you run or walk, you can improve your time considerably by being able to get the information you need from the map while you continue to make forward progress.

The ideal circumstance would be to go for training runs at places for which you possess an orienteering map. But for most of us, that is very inconvenient. So, instead, when you go for a run or a walk, bring *some* orienteering map with you. The best ones to bring are ones that you are least familiar with and that have one or more courses on them. (borrow from someone else?.) Then while on your run or walk, try to study routes between controls without slowing down. You'll be amazed at how difficult this is! As a variation, bring reading material (e.g., the morning sports section) rather than a map. I've heard that in Scandanavia, they send kids out on training runs with comic books. When I first tried to read the newspaper while out for a morning run, I was appalled at how little I was actually able to read - a clear indication of how much work I needed to do on this valuable skill.

Reviewing Your Course

One of the best ways to improve your orienteering is to go over your course in detail as soon as you can after completing it. Use a pen to trace on your map the exact route you actually took. This forces you to remember what you actually did and what you actually saw. You ought to be able to reconstruct exactly where you were - or else that means you're not looking at the terrain enough. See if there were better routes you might have taken that you didn't notice at the time. Analyze your errors by asking yourself what you didn't see that you might have. (Oftentimes errors are caused by ignoring terrain details that you actually saw but didn't utilize.) Talk to other people who ran your course and ask them why they went the way they went, and what key things they relied on (pace counting, contours, point features) in different situations. If you don't take the time to analyze what you did and to get input from others, then you're sure to commit the same mistakes over and over.

Next month - Pace Counting.

O-TOUR 2003

18 people have so far signed up for parts of the European O-Tour in July/August this year.

Next deadline for price rises is the beginning of February, when some of the entry fees increase.

Our best prices are achieved when we fly at the same time.

Why not come to World Masters in Norway, use the French 5 day as a warm up, go to Oringen, have a week sightseeing, and then compete at the spectator events at the World Champs in Switzerland while supporting our team.

Contact Graham and Lisa Frith for more details
otour2003@hotmail.com 09 528 1399