

## MARCH DOCUMENT 2003

### EVENTS NOTICES

9 March - OY event on the Sunday after the All Night Relays is open to all members not just the ones taking part in the all night relays. Signposted from Sutton which is 8 km south of Middlemarch. Allow about an hour from Dunedin. Start times will be from 9:30 a.m. to 11 a.m. (Note this is different from normal). There is even a special 17 km course for masochists! Could you please come early so we can nominate our teams for the Interclub challenge against SOC (see Committee news)

23 March - The event at Ross Creek is a Club event as well as being part of the school series. Course format will be the same as the summer series

30 March - Otago Schools Champs on March 30 will be open for Club members to take part in the afternoon (start times to be advised). There will be a longer red course just for club members.

### **EASTER/ANZAC ORIENTEERING CARNIVAL 18<sup>TH</sup> – 27<sup>TH</sup> APRIL 2003** 8 days of orienteering

Quality new maps in top areas – E-cards for hassle free orienteering – purchase your card before the event and be prepared. (Send \$50 to The Treasurer, AOA Club, 38A Glendowie Rd, Auckland, ph 09 575 5695 or j.stewart@auckland.ac.nz)

### HELP WANTED FOR MAP AREAS

There are a number of areas that have been identified as possibly good for mapping but require second opinions. If you would like to go for a drive (or do it on your travels) and check out an area your help would be appreciated. Get in touch with the Mapping co-ordinator for details. Areas to look at include west of Oamaru, east and west of Naseby, Berwick, near Christies Gully, Kaitangata, NE of Herbert, near Lawrence.

### NEWS FROM THE COMMITTEE MEETING OF 24 FEBRUARY 2003

Nick Mortimer was elected Vice President and will also take over the event co-ordinator role from Annie. Eunice McLeod (not committee) will take over the Landowner Liaison role.

We desperately need people to fill the roles of Publicity Officer and Coaching Co-ordinator. You don't have to be on the committee to do this and the coaching position doesn't even require you to do the actual coaching, just organise it. If you can help, get in touch with the President or Secretary

We have received entry forms for the National Champs at Easter. Together with this are some sample maps. These will be displayed at events as well as the All Night relays.

To add some interest to our OY series Myles has split Dunedin with a carefully considered north-south line into two teams called the Golds and the Blues. Persons living on each side of the line will gain points for their team through the series. More details will be displayed at coming events.

Details of interclub challenges are being finalised. Our first challenge will be against Southland at the first OY at Mt Ross on Sunday 9 March. The challenge against PAPO will be at PAPO's Canterbury Champs event at Craigmore, near Timaru, on 5 April. All classes that both clubs have competitors in will be contested with points earned. If one club has less competitors in that class then the other club will nominate (before the start!) which competitors it has that will be competing. For example if SOC have only two competitors in M21A and we have five competitors then we would have to nominate two only to compete against them. Myles is organising all of this.

Southern 6 Day 2004 organisation is progressing with information about the event now having gone out throughout NZ and Australia together with tour groups in Europe. Photos and sample maps are being sent to Orienteeringonline.net and soon will be available on our own club web pages. Entry forms will be out in April

Svend Pederson has now completed the new map at Cuttance block apart from some minor checking of fieldwork and Michael Wood is starting the Mt Ross extension map in the first week of March. A decision on remapping of Naseby will be made soon.

## **DUNEDIN ORIENTEERING CLUB ANNUAL REPORT FEBRUARY 2003**

Margaret Tagg -President

Thanks to the efforts of Dunedin Orienteering Club members, 2002 was a very successful year with a full calendar of varied events and a membership increase to 123.

In February two Masters Games events, capably planned by teenage orienteers, were held at Ross Creek and Logan Park in very wet weather. An alert to Search and Rescue was made when one orienteer – who was actually happily completing a course and returned before serious searching began – failed to return in the expected time. Subsequently a Social Evening was held with a pot luck dinner and a talk by a Search and Rescue representative. This served to remind us of the hazards of our sport, but also confirmed that the club has adequate procedures in place to care for participants.

In 2002 previous successes were repeated - Wednesday evening Summer Series, OY events, the SI All Night Inter-club Relays, Otago Champs and SI Challenge, two day Ski-O, School Series events, Adventure O, Score O, Street event, Club relays, Short O events, DOC Championships and the SI and Otago School Champs. YODA members contributed in their enthusiastic way with the 2 days Tour-de-Naseby in April and a Vampire O night event. Also, a "first" for DOC was the Mountain Bike event at Waikouaiti with 120 participants – 23 of them DOC members. A grant of \$300 from NZOF for producing the map for it is acknowledged. Thank you to everyone for willingness to put in hours of work planning, controlling, organizing, looking after equipment, liaising with landowners, compiling the roster, preparing maps, being Honorary Auditor, looking after the DOC web site, making O suits and producing DOCument. We are grateful to landowners who generously allow access to their properties.

With the 2002 NZOF National Championships held “nearby” in Canterbury at Easter 50 DOC members were able to compete. There were many achievements with the most impressive being that Bruce McLeod and Ciaran Thayer were winners in their Classic, Short O and Relay events. Bunny won both the W60A Classic and Short-O events and Penny Kane won the Women’s Elite Classic. Jane Forsyth was presented with the award for Silva Coach of the Year. Ciaran Thayer and Michael Tagg are in the NZOF Development Squad and Penny Kane and Jamie Stewart have gained places in the National Squad. Myles Thayer is South Island representative on the NZOF Committee.

Mapping continues. The Cuttance block has been mapped and mapping is due to begin on an extension to Mt Ross. Investigations continue into the situation at Naseby where thinning and felling in the forest may affect use of some areas. A permanent course has been completed at Chingford Park.

Some Club members attended the Coaching Day in Timaru in April and DOC hosted an NZOF Coaching weekend at Waikouaiti where new skills were learned and practiced and there was an opportunity to socialize with people from other clubs. The proposed mentoring scheme has yet to be developed and the Committee will be planning future coaching opportunities.

There is much to look forward to in 2003, all the usual events as well as plans for an Inter-club Challenge at PAPO’s Canterbury Champs / South Island Challenge weekend in April. The School Series will be run in conjunction with the Summer Series town events on Wednesday evenings to hopefully attract families, Juniors and other newcomers to the Club.

I have enjoyed my time as President and appreciate all the efforts and support of the committee and Club members. DOC clearly has people with both the skills and the willingness to make sure all the tasks are done and because of this we can look forward to continued success for the Club.

## **PRESIDENT’S REPORT**

Myles Thayer.

As my first contribution of this sort, I’m a little unsure what to say. However I would like to start with all the thanks. We have started the year with a picnic/fun event and have already had three summer series events. The school series is running in conjunction with the summer series this year and all of the events have been very successful. For those of you who missed it Lyn and Claire made wonderful use of the limited area at Kettle Park. The idea of a one-control-at-a-time memory event was innovative and challenging (the longest course was over 7km) and they used only about a dozen controls.

Many thanks to all the planners and controllers of the summer series. It’s especially gratifying to see some of our junior members doing the planning. Planning courses is one of the most helpful activities for improving your orienteering skills and the town maps

are actually much more difficult to plan on than the forest/farmland areas. I hope you all gain in confidence and are able to tackle other events in the coming years.

To those who went to the Southland Champs last weekend and were successful, congratulations. And to those who went and weren't successful, it was a very pleasant (if challenging) weekend. I have passed on our thanks to the Southland Club.

We have some important events coming up. Firstly there are the night relays. This is one of the best events of the year as far as I'm concerned. There is the added challenge of navigating in the dark and there is the tension of waiting for your team-mates to appear. Then there is the fun of camping out and the first OY event for 2003 the following day. If anyone needs transport, please let me or another committee member know. We can always arrange a ride. Secondly we have interclub challenges with SOC and PAPO. We hope to see a large attendance at these events so we have plenty of candidates from which to choose a team.

As mentioned elsewhere in this DOCUMENT the Orienteer of the Year series this year will have an added element of competition. We have divided the club with a carefully positioned north/south line into two teams. The Golds live on the west and the Blues live on the east. After each event the points from all the members of each team will be tallied up and by November we'll see which team are the best orienteers.

Lastly, just a reminder that the National Champs are only seven weeks away. I hope your training is going well and again, if anyone is keen to go and wants to share transport costs please contact me as soon as possible.

See you all at Mt Ross on the 15<sup>th</sup>.

## **A.G.M.**

The rule change about age of members to bring them in line with NZOF rules was passed.

Prizegiving - most improved man was Nick Mortimer, Most improved woman was Jackie Wilson, Most improved Junior man was Andrew Pohl, no award for junior women. Special certificate for outstanding performance went to both Bruce McLeod and Ciaran Thayer for each winning on all three days of the last Nationals. Congratulations!

## **NEW MEMBERS.**

A warm welcome to new members Brian Buschl and his children Emily, Georgia and Malachi, Bede Robertson, Jesse's brother and also Julia Watts.

## **CONGRATULATIONS:**

**Tane Cambridge and Jesse Robertson who have been named as King's High School prefects for 2003.**

**BACHOP - Oliver is a big brother! Brent, Maria and Oliver welcome Antonia Catherine, born at home on January 24, 2003.**

**Bruce McLeod and Sasha Middleton who have announced their engagement.**

**SYMPATHY** to Barrie and Lyn Foote as Barrie's Dad died recently.

### **Life Memberships.**

Written by Pat Ehrhardt and Claire Jordan.

Lyn and Barrie, along with their then small boys, Jeffrey, Nathan and Jonathan, joined the Dunedin Orienteering Club in its relative infancy in the late 1970's. Lyn and Barrie have been valuable, hard working contributors to the Club ever since. They have undertaken a variety of roles between them, Barrie mainly as planner and controller and coach for DOC and more latterly OCAD map-producer, while Lyn has been the main organiser of many major events, club chairperson, newsletter editor, a consistent committee member, fiendish planner of so-called 'fun' events, and of course a DOCette. Barrie, after 4 years as treasurer of DOC was also NZOF Treasurer for a number of years.

When DOC hosted the Asian and Pacific Orienteering Championships at Naseby in January 1984, both were part of that very enthusiastic organising committee. This was a major event for us - we were a small club and it was the first time APOC had been held in New Zealand. So we were putting our reputation on the line. In 1989 the Club was host to international competitors as part of the South Island Seven Day where events were held in the South Island from Christchurch in the north to Naseby and Waikaia in the south. Again, Lyn and Barrie were instrumental in making sure international orienteering events could be run successfully in the south. Even to the extent of carrying computers (by hand) across the paddock to the Otago Boys' High Aspiring Lodge to get the results ready to send out while on a well earned 'holiday'.

DOC also organised the NZ Nationals in 1998 - once again both played very important parts in that event, Barrie as a controller and Lyn (with Claire) handling the entries and organising the relays..

Over the years both have competed successfully (Barrie more competitively) in many club, provincial and NZ events. Barrie represented New Zealand several times, firstly against Australia in 1986 in South Australia. In 1985 the Foote Family won the club family trophy at both the individual champs and the relays: over the years the coffee table came to be regarded as part of their regular furniture. In 1986 they, along with many other DOC members took part in the Milo 7 Day event in the northern half of the North Island. Plus in 1988 they took the family to APOC in Tasmania, again with quite a contingent of DOC members.

After 25 years of active involvement with the Club, Lyn and Barrie are showing no signs at all of letting up! We wish them many more happy years of mapping, organising, DOCette-ing and 'fiendish planning'. Congratulations on your life memberships!

**DUNEDIN ORIENTEERING CLUB O - SUITS.**



Bunny is modeling the DOC "O" suit.

|           |      |
|-----------|------|
| Full suit | \$75 |
| Top       | \$45 |
| Pants     | \$30 |

Orders and money to  
 Treasurer: Sheryl Collins  
 47 Stewart Street  
 Waikouaiti

Any inquiries about the suits to Eunice McLeod (Phone 481 1804)

### **Do you need help with your orienteering?**

Would you like a mentor to talk about your route choices after your run?

Would you like someone to do a course with you and give you some tips?

Just ask at the caravan or contact the Secretary and we will match you up with a suitable person

### **Training Tips for orienteers.**

**By Dennis Wildfogel - Taken from the web - by Bruce Collins**

#### **Pace Counting**

Pace counting is the means by which many orienteers keep track of how far they've moved through the terrain. The idea is to count the number of steps you've taken and then to translate that into a distance measurement. In order to do this successfully, two things are required: (1) you have to know how long your steps are, and (2) you have to remember to count your steps while you're doing all the other things one does while orienteering (no easy feat!).

Let's deal first with knowing how long your steps are. Usually, this gets expressed in the form of how many steps it takes you to cover 100 meters. The trouble is (as is immediately obvious) that that number changes drastically depending on whether you're running or walking, on a trail or travelling over rough terrain, going uphill, downhill or along a contour, etc. All those variables have to be dealt with, but the first step is to figure out what your pace count is for "normal" conditions. Somewhere in your neighborhood there is, in all likelihood, a standard running track of 400 meters in length. Whether you're a runner or a hiker, do a few laps around such a track while counting your steps. Simplify the count by only counting each time your right foot hits the ground. Most people would come up with a count of around 40 paces per 100m while running, and around 65 paces per 100m while walking. Do this on several days, both to calibrate your pace count more accurately and to get into the habit of keeping count over a considerable distance.

So, the next step is learning how to make adjustments to your normal pace count. The best way to do this is to use a tape measure to mark off 100m in a wooded area. Mark off several such stretches: one on level ground, one uphill, one in very thick woods, etc. Then count your paces along these stretches. Move at your normal orienteering pace,

and do each stretch several times, averaging out your pace count. Write down the results so you'll remember them. For me, it takes 40 paces to run 100m through open woods on level ground, only 33 on a trail, but 45 if the woods are thick. Work this out for as many different conditions as you can. (Personally, I've discovered that I can't pace count going downhill because my stride length varies too much in that case.)

Finally, when should you pace count during a event? Answer: *always!* Get in the habit of doing it until you can do it in the background, that is, until you do it automatically, even while you're thinking about other things. You'd be amazed how much this can help. You know those moments when you suddenly realize that you don't know where you are? If you then consult your background pace count, you at least know how far you are from the last place at which you were certain of your location - and *that* can be a real big help.

Next month - Running In The Woods For Training

## **TRIALS FOR NATIONAL TEAMS 2003**

Trials for selection of teams to contest various competitions in 2003:

World Championships: Switzerland, August 3rd - 9th, 2003

- National Classic (Saturday 19 April 2003), Woodhill
- National Short-O (Sunday 20 April 2003), Woodhill
- National Ultra Short Race (Sunday 20 April), Auckland
- Day 1 of ANZAC 4-day (Thursday 24 April), Weiti Forest

ANZ Challenge: Australia, Late September/Early October 2003

- National Championships Carnival (April 18-21, 2003), Woodhill
- ANZAC 4-Day Carnival (April 24-27, 2003), Woodhill
- Queen's Birthday 3-Day (May 31-June 2, 2003) - if the event happens.

Australia/New Zealand Test Match: Australia, May 2003.

- As for World Champs team.

### **Other items of interest.**

Michael Wood has been appointed by NZOF to run the Orienteering Superseries. This series based on existing events was created by National Squad members last year to create more NZ competition. It starts with the Canterbury Champs on 5 April and will run over 9 events up to Queens Birthday.

The address is [www.mapsport.co.nz/ss/ss.html](http://www.mapsport.co.nz/ss/ss.html)

Rogaine near Wellington on 12 April - entry form available from:

[www.mapsport.co.nz/rog/rogaine.html](http://www.mapsport.co.nz/rog/rogaine.html)

Turkey Talk has an article about a research project which found honey out-performed sports drinks and sports gel in a test with cyclists.

PAPO are to give planners and controllers a voucher for a free run to thank them for their efforts.