

## MAY DOCUMENT 2003

### EVENTS NOTICES

2003 12-hour "**Heights Of Winter**" Rogaine will be on Saturday 14 June in North Canterbury, near Waikari township.

Entries close 23 May.

Entry forms are available at either:

<http://www.mapsport.co.nz/rog/rogaine.html>

or from the PAPO website at [www.geocities.com/paponz](http://www.geocities.com/paponz)

#### **Saturday 14 June. Heights of Winter Rogaine**

Yes the 6th annual mid-winter 12-hour Rogaine is on again. Somewhere undulating in North Canterbury. Enter and all will be revealed. Teams of two to five get to test their strategic planning, navigation skills and endurance all in one. \$40 per adult includes post-event meal. Entries close 23 May. Entry form and info at

<http://www.mapsport.co.nz/rog/rogaine.html>, [www.geocities.com/paponz](http://www.geocities.com/paponz) or contact Stuart Payne, ph 337 2275 or [oldhat@actrix.co.nz](mailto:oldhat@actrix.co.nz).

### **DUNEDIN ORIENTEERING CLUB Inc. SPECIAL GENERAL MEETING**

Saturday May 17 at Christies Gully orienteering map  
(just prior to prize giving for Otago Orienteering Championships - approx 3pm)

#### Agenda

- 1 Apologies
- 2 Remits to alter Club rules. While we have RWT exemption a number of bodies that we are seeking grants from require a letter of tax status from Inland Revenue stating we are a non-profit organisation. Inland Revenue will not provide such a letter until our rules are changed

#### **Remit 1**

That clauses 9 and 10 be renumbered 10 and 11 respectively and a new clause 9 be added:

#### **9 PERSONAL BENEFIT**

*No member of the organisation, or any person associated with a member, shall participate in or materially influence any decision made by the organisation in respect of the payment to, or on behalf of, that member or associated member of any income, benefit, or advantage whatsoever.*

*Any such income paid shall be reasonable and relative to that which would be paid in an arm's length transaction (being the open market value). The provisions and effect of this clause shall not be removed from this document, and shall be included and implied in any document replacing this document.*

#### **Remit 2**

The last sentence of Clause 11 WINDING UP be deleted:

*Should this meeting resolve that the club be wound up then the Executive committee shall dispose of all residual assets or property of the club to any other orienteering club or clubs in the South Island of New Zealand, or to any club in Otago that may be formed for the pursuance of a sport generally accepted as being of a similar nature to orienteering.*

and be replaced with:

*Should this meeting resolve that the club be wound up and there remains after the satisfaction of all its debts and liabilities any property whatsoever the same shall not be paid to or distributed among the members of the organisation but shall be given to any other amateur orienteering club or clubs in the South Island of New Zealand, or to any club in Otago that may be formed for the pursuance of an amateur sport generally accepted as being of a similar nature to orienteering.*

### **Remit 3**

That the existing clause 4 be renumbered clause 4a, and a new clause 4b below added::

*No addition to or alteration of the non-profit aims, personal benefit clause or the winding up clause shall be approved without the approval of Inland Revenue. The provisions and effect of this clause shall not be removed from this document and shall be included and implied into any document replacing this document.*

### **Remit 4**

That the words *"the amateur sport of"* be included before the word orienteering in clause 2 (a)

**Warm welcome to new DOC members, the Robertson Family.**

### **COMMITTEE NEWS.**

Last months committee meeting was incredibly short due to the fact that a few members were off to the Nationals early the next morning. None so early as Myles who was leaving at 4am!

Ciaran Thayer received a grant of \$500 from the Skeggs foundation for travel expenses to orienteering events. His grant was actually more than he had applied for!

Logan Park map has had the scale and symbol sizes corrected.

The new owners of the Landcorp part of the Seacliff map take over in September and one of the Consortium (which includes Howard Paterson) has said that our use of the map won't be affected in the short term

Myles has produced a draft of a Club handbook modeled on the PAPO handbook which tells you all you need to know about orienteering. After a bit more information is added it will be available to members.

## Message from DOC Secretary.

Since taking over as Secretary I have been going through the stuff Myles passed on to me and there is a lot of older stuff missing. Does anyone know where it is?

- 1 There are no club meeting minutes prior to March 1989. Where would they be? Also general correspondence? There are also the odd meeting minutes missing in those earlier years (1989-1991)
- 2 AGM minutes are missing for the following: 1992 and earlier, 1998.

If anyone can help can they please get in contact with Bruce.

## 2003 NATIONALS RESULTS for DOC members who competed.

Name	Grade	Place Classic	Place Short O	Name	Grade	Place Classic	Place Short O
Ryan Cambridge	M12	3	11	Lindsay Smith	M50A	DNF	13
Riki Cambridge	M16A	DNF	5	Myles Thayer	M50A	DNF	14
Matt Radford	M16A	13	10	Dave Browning	M55A	5	9
Brendan Thayer	M16A	12	8	George McLeod	M60A	5	DNF
Tane Cambridge	M18A	8	2	Ian Holden	M70A	1	1
Ciaran Thayer	M20A	3	3	Sasha Middleton	W21A	1	1
Bruce Collins	M21A	....	6	Penny Kane	W21E	1	3
William Flockton	M21A	DNF	10	Sheryl Collins	W50A	DNF	DNF
Aaron Searle	M21A	DNF	5	Jennifer Hudson	W50A	8	7
Michael Tagg	M21A	1	2	Ev Smith	W50B	3	2
Jamie Stewart	M21E	DNF	16	Margaret Tagg	W50B	2	1
Grant Hudson	M40AS	13	7	Judy Browning	W55A	8	7
Owen Cambridge	M50A	DNF	17	Pat Taylor	W55A	DNF	12
Bruce Collins	M50A	14	....	Eunice McLeod	W60A	2	6
				Bunny Rathbone	W60A	1	1

## O-VERLOAD

Michael Tagg

The timing of my arrival back home was absolutely no coincidence. There was no way I was going to miss out on 8 days of Orienteering in some of the most technical sand dune maps in the country, with almost 500 Orienteers, this International Elite ranking event was just the second use of electronic punching in New Zealand's history. So after just a handful of days in the country I was off to the NZ Nationals warm up event at Woodhill. It takes a while to get the feel of the complex features in this plantation pine forest -so the warm up was a good way to get my O brain switched on before the Classic race.

Turns out that it wasn't my brain that was going to be tested the following day, it was my depressing lack of fitness. For some reason the Classic had the feel of a YODA Hillbilly challenge as the number of DNF's skyrocketed and the times for most people pushed past the 2 hour mark. I figured that my time of 112 minutes was going to be embarrassing -however it turned out to be the fastest time on course 2. This was a

reflection of how much most people struggled to come to grips with the intricate parts of the map (at one point we had a "blown up" section of the map at 1:5000 because of the amount of detail).

In complete contrast to this long event was the Sprint-O, held after the Short-O at a shopping mall in the Auckland suburb of Three Kings. With the event won in a time of 12 mins 8 secs (by world #14 Carsten Jorgensen) it was a "splash and dash" spectator spectacular... well it would have been if it hadn't been raining (the only time during the week that there was notable rain). Park Orienteering is becoming more and more popular and is considered one of the best ways to bring the sport to the public.

The final day of the Nationals was the club relay. This event was fantastically organised to have once of the best views of competitors possible, as we all raced around (and for a lot of people waded into!) a reasonably small lake in the middle of the map. It was brilliant to be able to watch and compare the different route choices of the runners, as they all made the 5 minute or more journey around. It also made it almost impossible to miss seeing your team mates coming in! Hopefully I'll be able to get some photos of the finish posted on the DOC webpage ([www.dunedinorienteering.com](http://www.dunedinorienteering.com)) by the time this DOCument comes out. By the way, does everyone realise that DOCument received the NZOF award for magazine of the year? Congratulations should be given to Jennifer for so many years of great work and to Jane for stepping in for the 2 months that Jennifer was away :o)

After 2 much needed rest days the Orienteering festival changed hands to the North West club and they carried the baton brilliantly with the ANZAC 4 day weekend. The first day on the Stillwater map was my personal favourite because it was a very different forest than the Nationals days or the Woodhill maps used later in the weekend. It was more spur-gully and reminded me in a lot of ways of some DOC maps... kind of like a run-able Akatore in some ways.

On of the highlights of the ANZAC weekend was the successful use of Mick Finn as the broadcaster of results, proceedings and random facts. Having someone skilled on a microphone at the finish area makes the event a lot more social as people tend to congregate around the commentary and it's a helpful way of keeping the competitors up to date with what's going on. I hope that this is something that DOC will be able to successfully do throughout the Southern 6 Day next year.

One of the things that Mick initiated throughout the event was "Carnage Hill" -a short, common last control at the top of a ridiculously steep, sandy track on the 2nd and 3rd days. By egging competitors on, he was able to coax people into throwing themselves off this bank at ridiculously dangerous speeds, changing what should have been a 20 second leg into around 10 or 11 seconds for the more daring. To make things even more exciting, a final series was then held -with the fastest 4 runners repeating the stunt with the promise of chocolate for the winner. Suffice to say that after a couple more runs, I emerged victorious, with a time of 8 seconds, a face full of sand and a bag of (very tasty) Macnut Farm Macadamia nuts. Was a shame that the rest of my course that day didn't go that well!

The final day of the weekend was a real test of endurance and hill-climbing ability -and that was just to get to the start triangle. The Turkey Ridge map was by far the steepest of the carnival, but also in parts had the most spectacular of forests. At times I forced myself to run -not so much as to improve my time... but more because the feeling of running through such a perfectly "clean" forest is, for an Orienteer, the best feeling imaginable.

The great thing about electronic punching is that you can access not only the results, but also all the splits for every competitor off the web. If you're interested in seeing how DOC members went, have a look at [www.geocities.com/nwocnz/Results.html](http://www.geocities.com/nwocnz/Results.html). By the way... notice who won the very first split of the carnival (course 1 of the warm up event) BOO YAR! Again... shame that the rest of the weekend didn't go so well though!!

All of the races were very well organised and the only dampener on the event was the fact that the final M21E grade was invalidated due to a misplaced control. Funnily enough it was about the only control that I managed to spike on the final race... maybe that was a reflection of how exhausted I was -after so many brilliant days of Orienteering.

I can never get too much of this sport -and I always look forward to the multi-day event most of all. Hopefully the Southern 6 Day can be every bit as enjoyable and every bit as popular as this fantastic O-verload of Orienteering in Auckland.

### **NZOF - AGM report**

Constitution changes were approved without amendment. All remits were defeated including the ones DOC proposed as amendments to the Constitution changes

Silva Service Award - Val Robinson

Silva Performance of the Year - Marquita Gelderman

Silva Administrator of the year - Bryan Teahan

Silva Club growth award - Rotorua Club

Silva Coach of the year - Derek Morrison

Silva magazine of the year - Dunedin Club

Presidents Award - Bert Chapman

Brighthouse Trophy - Derek Morrison

Life memberships awarded to - Graham Teahan, Michael Wood, John Robinson, Bruce Collins

### **TRAINING TIPS FOR ORIENTEERS.**

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

#### **Running In The Woods For Training**

On advanced courses, the great majority of your time is spent off-trail. Trying to run in such terrain requires a different sort of gait, and stresses muscles and other body parts differently from the way running on a trail does. Yet, I'd venture a guess that most of us (me included!) never train by running in the woods. You don't need a vast area - if you can make even a 200 meter loop, you can run intervals, that is, run around once, take a rest, repeat. Do this once a week, and your ability to run in the forest will surely improve. And to make it really interesting, once in a while take along a map (presumably of somewhere else, unless you're lucky enough to train in one of the parks we have mapped). Try studying the map, picking out route choices between controls, for instance, while doing your run through the woods. Mastering this skill will shave lots of time off your runs at O'-events!

#### **Relocating**

They say that what distinguishes better orienteers is in how quickly they relocate. At the same time, their locational problems are much less frequent and severe than for most of

us. I would say that 90% of the folks running our advanced courses would benefit more from treating the causes of the problem rather than the symptoms. In other words, you should concentrate more on avoiding getting lost than on correcting afterwards. Nevertheless...

When you have to relocate: I don't think there are any surefire tricks to doing it *quickly*, other than orienteering correctly to keep the errors small. When things get bad there are just the standard text book techniques, best learned at the beginner and intermediate levels.

Don't: Continue running hoping to see a control.

Force the map to agree with your idea of where you are. The mind can play tricks on you when you are desperate.

Blame your problems on the map or, worse, the compass.

Wander aimlessly.

Panic and blow your safety whistle.

Try to: Be sure your map is oriented and try to identify obvious features or patterns.

Reconstruct your route from the last definite point.

Look for parallel and other possible errors.

If you had a good attack point and are near the control, make a couple of circles before bailing out.

Bail out to a dominant nearby feature, preferably a line feature.

Select a good attack point. Try a different one if the first did not work.

In complex terrain or thick vegetation - walk.

## **Next Month - Reviewing Your Course**

### **Waikouaiti Night O 15 February 2003**

Bruce & Sheryl

As we were expecting only a few people to take part in this event, that followed the AGM, we thought we would try a slight variation on the usual score type event. There was a 45 minute time limit with every minute late losing 5 points. Points were equal to the control number, not the number on the top of the control (eg control 27 was a long way away and hard and was worth 27 points, Control 2 was close and easy and worth 2 points).

The difference was that at the end of the 45 minutes (and no sooner!) you could collect the controls. Every control (with flag) you brought back was worth another 10 points! Anyone clipping all controls would get a huge 40 point bonus.

We had thought that people would be encouraged enough to bring back the furthest controls since they were worth at least 20 points to clip plus another 10 for the control which allowed at least 6 minutes to get them but it didn't work out that way. They just hung around the close controls waiting for the 45 minute mark! Next time we will make it 20 points for each control brought back to encourage this and save us the work of collected them next day.

An interesting comment on what people expect of my course planning. One of the controls was next to a pit but some unknown person had placed it in a tree! A number of competitors found it in the tree, clipped it and left it there thinking it was a tricky fun type Bruce control!!! Then one particularly evil competitor took it out of the tree and rather than putting it by the pit put it in a nearby re-entrant! His reasoning was that that he thought someone had hidden it so that they could come back and collect it for the extra points, so

he decided to make things hard for them. Luckily two later competitors stumbled on it!! Unluckily one floundered around for some time before finding it! Nobody collected it!

Congratulations go to Stefan Stauber (a visiting Swiss) who clipped all controls but one (the one he forgot to mark on his map!) and brought back one control while being only 1\_ minutes late.

254 pts	Stefan Stauber 249 – 5 (late) + 10 (1 control) = 254 pts
177	Kevin Knowles 177
133	Brian Buschl 138 – 5 =133
126	Ben & Jackie 126
99	David & Jacob 84 – 25 + 40 =99
84	Jennifer & Grant Hudson 84
84	Bernardo & Allan 84
70	Peter Wilson 80 – 20 +10 = 70
66	Bunny Rathbone 96 – 30 = 66
54	Margaret, John & Annie 94 – 40 = 54

### **Seacliff 30 March - Course setter's report. Andrew Kelly**

You know there would be a great variation on the Night-O theme called Fog-O, if only we could organise the weather? Having been out to Seacliff many times as the course setter for this combined Schools Champs and Club event, it was either feast or famine – views so spectacular you could hardly concentrate, or fog so thick you could hardly NOT.

I put my hand up to plan this course because I love the map – and since all my early reconnaissance trips were in fine weather, I even set a course with views in mind. You know – “they’ll come over this saddle and be hit by the view” or “if I come this way round the spur it’ll be better scenery”.

But then the autumn weather pattern set in, and as you know the day of the event dawned ... well it hardly dawned at all! Annie Grant, my Controller, and I both actually got lost while setting out the controls on the Saturday (as much as an orienteer ever admits to such). With visibility around 10 meters at times you really had to keep in touch with the map!

I was very happy with the courses in the end. I tried to concentrate on route choice rather than difficult control placement. And while I’m sure I could have done better with route choice, I was very glad I’d gone for straightforward control placement. Quite a few people commented to me at the end that, “at least when I got there, the control was right under my nose.” That’s always nice when the setter’s greatest fear is lost controls.

Annie was a great Controller – I can recommend her to other relatively new setters like me – always constructive, always covering for the things you’ve forgotten, and yet with an expert eye.

Thanks to the Cambridges who handled the double-header of a Schools Champs and a Club event in one. Thanks to the Thayers, all of who contributed in very helpful ways. And thanks to those who volunteered to help collect controls – by Sunday afternoon it’s really appreciated for someone to offer to run up the hill, because you’ve run up it ten times by then!

**CONTROLLER'S REPORT - SEACLIFF.**

Annie Grant

My notes will be short as my planner has written a great report about the ins and outs from the School Champs at Seacliff. I just want to say a big thank you to my planner Andrew for his dedicated work as well as the Cambridge Family for being the organisers and the Collins for the mapping and enrollments.

Thanks also to all the many helpers on the day, before and after.

I also hope the practise run in the afternoon paid off for some of the serious orienteers at the Nationals. Good Luck.