

## APRIL DOCUMENT 2004

### EVENTS NOTICES.

**HAWKE'S BAY ROGAINE** "Nevis Ay Die" Saturday, April 17, 2004 - Hawke's Bay Orienteering Club Inc. - Entry form available from Jennifer.

**WELCOME to new members:** Pelvin Family, Aroha Wigram, Sally Pilbrow, Peter Weinig, Robert Scurr, Petter Fure and Duane Pleace.

**CONGRATULATIONS** to Bunny Rathbone who was made a Life Member of DOC at the AGM.

**Are you following news of DOC members** Fran Cunninghame, Julie and Michelle Grant plus Malcolm Rutherford on their adventures in their raupo raft and more which is being reported in the ODT?

### **Dunedin Orienteering Club 2003 Annual Report**

Myles Thayer (President) 3 March 2004

The club programme of events during 2003 followed in similar pattern to previous years. We began with the Summer Series and as usual we held events every Wednesday evening from the beginning of the school year until the end of daylight savings. Again several new orienteers were attracted by this series and it has become one of our main recruiting tools. It is essential that we cultivate as much publicity as possible for these evening events in town and this year we took out a full page spread in the Star for the first time. I believe this contributed to the success of the series.

An innovation this year was to use the Summer Series as our Schools Series. This was done at the suggestion of several teachers who felt that leaving orienteering until the winter, let it get buried amongst other sports. It was also a result of the cold and wet weather experienced at Schools events during the winter of 2002. The five Wednesday evening events were followed by a Sunday event and then the Otago Schools Champs, all during the first term. This seemed to work quite well but some lessons were learned. Firstly, there were no follow-up events specifically aimed at the schools during the winter and so only those from keen orienteering families continued and attended the major National and South Island events later in the year. Secondly, regular and consistent feedback to schools is required to get them interested enough to promote orienteering as a genuine sport. Both of these points need to be addressed during 2004.

Once again the club hosted the South Island night relay event at Mt Ross. Although there were fewer entries than the previous year, it was pleasing to see teams from SOC join in for the first time. The relay weekend also saw the beginning of our Orienteer of the Year series that is held on our better maps throughout the year. By the end of the year we could confirm that Tane Cambridge and Ian Holden had retained their titles in the long red and short red men's sections but all the sections had new winners. Congratulations to you all. With Easter being so late this year, the Canterbury Champs were held the first weekend of April, just a fortnight before Nationals and in South Canterbury. This led to a

new concept for the club, an interclub challenge. Eventually two were held, the first versus SOC at Mt Ross the day after the night relay and the second versus PAPO at Tekapo the day after the Canterbury Champs. Unfortunately DOC came second in both challenges so this remains a task for 2004.

With planning already underway for the South Island Champs in November on new maps it was decided to hold the Otago Champs weekend on Christies Gully and Seacliff. The orienteering was very good and so was the turnout but disagreement over committee decisions and our policy concerning late entries led to Bruce and Sheryl Collins resigning from the committee. We were very sad to lose the services of such hard-working and committed committee members. This led to a reshuffling of responsibilities with Alex Wearing taking over as secretary and, after an extended holiday in Canada, Ben Ludgate and Jackie Wilson taking over as treasurer. Many thanks to Margaret Tagg who filled the gap as interim treasurer.

The winter and spring saw a similar pattern of events as previous years. The OY series continued, interspersed by novelty and specialty events. We had ski-O at Waiorau, street O, mountain bike O at Waikouaiti and club short O champs with a two race format and a chasing start for the second race. Jamie Stewart came up with an innovative idea for the club relays held on the Town Belt South map. It involved the usual three person team running six legs and was acclaimed by all the participants as very successful.

The year finished with the South Island Champs weekend and a picnic event at Chingford Park. The S. I. Champs were held on our new map at Cuttance Block. This is a forest similar to Narrowdale or Akatore and is quite steep. Many competitors had long finish times but it was great to have our first new map for three years. The South Island Challenge event, the following day was held at Mt Ross on a new extension of that map. It is very similar to the existing section with rocks, rocks and more rocks.

Overall, I think the club has had a fairly successful year. While our membership has fallen from its recent peak the average participation per event has remained very similar. We held a similar number of events as previously and we ended the year with two new maps. This points out some requirements for the continued success of the club. We must as individuals continue to introduce our sport to new people and we must actively recruit new participants as club members.

While the Southern Six Day is outside the scope of my report, all of the planning took place during 2003. It turned out to be a huge success and for this we must pass a grateful vote of thanks to Sheryl and Bruce Collins. With this already behind us and our 2004 programme already underway it is my hope that the club continues to thrive in 2004.

## Statistics

|   |                                    |
|---|------------------------------------|
| Events held:                                  | 30                                 |
| Average attendance per event:                 | 55                                 |
| Largest attendance:                           | 103 (S.I.Champs at Cuttance block) |
| Smallest attendance                           | 18 (Waikouaiti night O)            |
| Number of people attending an event:          | 532                                |
| Most events attended by one person:           | 25                                 |
| Number of people attending 10 or more events: | 44                                 |
| Number of people attending only 1 event:      | 176                                |

## **COMMITTEE NEWS.**

Alex Wearing.

1. Myles is going to get in touch with Sport Otago to promote running orienteering events at schools.
2. The financial success of the Southern Six Day series was confirmed. The Club now has to make some decisions about how to make good use of this extra income.
3. There was some discussion about using a different venue for the 2005 Night Relays. There were only eight teams competing this year. A different venue might renew interest in the event. No decision was made. Do DOCUMENT readers have any ideas about where the Night Relays might be held?
4. Myles is going to set up a transport scheme to help people who do not have their own transport to get to out-of-Dunedin events.
5. The Club is looking for a new area to map, preferably one with a varied terrain and land cover. Club members, please keep a lookout on your travels. The Club is offering free membership for a year, as well as free entry to all club events for a year, to anyone who finds an area which is chosen for a new map. The area selected needs to be within 1.5 hours driving time from Dunedin.
6. The Club is going to make an effort to offer coaching services, especially to younger orienteers. Coaching advice will be available at OY events. The Committee also discussed running a one-day or weekend coaching camp. If you are interested in taking part in a coaching camp, please tell a Committee Member!
7. The Annual meeting of the New Zealand Orienteering Federation will be held at Christchurch on 9 April 2004. Myles will be attending as a South Island delegate. The Club will also be sending a delegate.

### **South Island Night Relays 6 and 7 March 2004 – Mt Ross**

By Jackie Wilson

My first experience of the night relays was a tiring but a good one. It was a long weekend as Ben and I were tired before we even started orienteering due to the fact that we competed in the 15 km Papatowai Challenge in the Catlins before heading to Mt Ross!!

We arrived at Mt Ross at about 6pm and set up camp amongst the other tents, had dinner and chatted with other competitors who gave us various "insights" into night orienteering..... Then it was on to some fun with the clipping competitions - somehow I managed to cross the line first in a race to clip 9 controls (and I had clipped 10!?!?!). We also had loads of laughs with "blindfolded clipping" and three-legged clipping races. Thanks to Margaret and Kev for the fun and chocolate!

As a novice night orienteer I was running the first leg for our team (DOC Night Owls). By the time 9.30pm came around the temperature had dropped and there was no sign of the full moon (or even a star!), so it was torch light and minimal visibility. I started badly as just to confuse us already confused orienteers the start triangle wasn't actually in place for our leg – the tape just ended at nothing!. Trying to figure out where we were in the dark was a bit interesting and must have looked hilarious to the rest of the people watching us!!! To make matters worse I mistakenly read the power line as a fence which didn't help!! The first leg was split and it seemed like everyone else was heading somewhere else, but I got to the first control (with a bit of help from Margaret!) and was off from there. It was VERY dark - you couldn't even see the huge rock tors until you were right up to them (or the uneven ground that I fell over a couple of times!!). I managed to get around my course alright after the first control and found my way through the maze of

gates etc to get to the change over area!). I tagged our second runner (Mat) and he was off.

The rest of the night was spent yelling encouragement, keeping an eye on the scores and trying to keep warm while the rest of my team had their runs. At one point we were third with a margin of 1 second over the 4<sup>th</sup> placed team! It soon became apparent that there was no catching the PAPO team and it was a battle for the minor places. PAPO 3 won the event with a total time of 3:38:20, followed by DOC 2 in 3:53:08 then PAPO 2 in 3:56:13. There were a few tense moments watching the results go up as it was touch and go for second and third – amazing how close times can be after 5 runners! Watching the final runners going through the camping area got everyone back to the scoreboard trying to work out who would win. Well done to the PAPO teams – we'll get you next year!

An interesting moment during the night was when one PAPO team member who does lots of mountain biking went out with such a big torch strapped to his bike helmet (which he wore on his run!) that we could see him about 1km away in the hills, and when he started his course it seemed like he was carrying some car headlights – the entire hill was lit up! It put lots of other torches to shame (lots of torch envy then I can tell you!).

Our last leg runner (Kev) got in about 2.15am with our team in 4<sup>th</sup> place. So it was off to bed (and warmth!!) for a bit of sleep before the OY the next day! After not enough sleep it was up to find the weather was perfect - sunny and warm with all the clouds now gone (pity they were there during the night). I had a fun time doing a course where I could see where things were. It was a nice way to finish off the orienteering for the weekend.

Thanks to Jim Cotter for the great courses in the night relay, to the Thayers and the Brownings for all their hard work during the night, and to Silva for giving such a cool prize of a head torch to the best supporting team (PAPO again!). A great weekend - I'll definitely be back next year!

## **Bivouc Southerly Storm - Orienteering - February News Update**

Jenni Adams.

This is the first in a series of monthly updates from the bivouac Southerly Storm team, which is representing the South Island in the Regional Competition of the Super Series against the Central Raiders (Lower North Island) and Northern Knights (Upper North Island).

The orienteering Superseries was established in 2002 to improve the level of elite competition within NZ. Given the often-prohibitive costs of attending international events, funding was gained from The Community Trust for Superseries travel, which has helped elites attend more events than usual, therefore increasing elite fields considerably. The 2003/4 spring-through-autumn series began in early November with the Wellington Champs, followed by the South Island Champs and SI Challenge in late November. The latest Superseries races were part of the Southern 6 Day (3-11 January), with races on Naseby, Waikaia and Overton. The final two rounds are to be held during the National Champs (3 races) over Easter and Queens Birthday (2 races), with the best 4 men and 2 women from each region counting towards team points. In the individual competition 10 of 12 scores counts towards the overall superseries result. The point system for both the team and individual competitions gives 15 for a win, 12 for second, 10 for third, then 9, 8, 7 and so fourth with everybody completing the course earning at least 1 point. The

Southerly Storm is lucky to have a big team and even if you're not one of the hurricanes counting for the team on the day your wind can help blow the other teams further behind.

Bivouac Southerly Storm blew the rest of the teams away in the Southern 6 Day with good consistency in very testing circumstances. Southerly Storm team members Rachel Smith and Carsten Jorgensen led the Southern charge with wins in all three Superseries races during the Southern 6 Day.

The first race of the 6-day was in Naseby, which is a very well-known gold mining area and considered the most orienteering technical terrain in New Zealand, maybe in the world. To add to the difficulties of finding the controls in the myriads of knolls, pits, little cliffs and other leftovers from the golden days a heat wave struck. Out on the course most competitors had a hard time keeping their concentration in the hot and hard conditions and to keep her cool Jenni Adams took a dive into the irrigation canal while most others ran through the water race which they would normally have jumped over. Queentown based Bruce Mcleod made a comeback and showed that he still possesses the skills and the fitness that has won him many a New Zealand Orienteering Championship with only 10 sec separating him from victory. But it was just a little warm up for Bruce on his way to his wedding and now he is in hard training for the World Multisport Champs held in Canada later in the year, where he'll compete in the same team that won the 2002 Southern Traverse. All the best from the rest of the Storm.

The next Superseries race was in the legendary terrain of Waikaia with a blend of tall and small beech trees with good runnability but low visibility to make it really hard to find your way in between hills, creeks and marshes. The course took the elite runners through the event centre to give the other runners a chance to see them. One of the things they got to see was Carsten Jorgensen running to the car to get a substitute compass for the one he'd managed to break and then hoon off again. Chris Forne loved the native forest and sprinted into third spot. Penny Kane came 5<sup>th</sup> and closer to the top of the field, where we are used to seeing her. Aaron Prince just returned from Sweden took advantage of the similarities to Swedish terrain and contributed with lots of points to the Southerly Storm team effort.

The Southern 6 day round of the Superseries third and last race was in Overton with hilly and fast running through the gum tree plantation just south west of Gore. Swiss Seline Stalder managed a 3rd in this her last appearance for the Southerly Storm before heading back to Switzerland after working as an au pair in New Zealand for half a year. She was closely followed by Jenni Adams. Michael Smithson has through hard and consistent training improved both orienteering and physical skills, which paid off in Overton with his first top 10 place in the Superseries and thereby getting to be a counting hurricane.

This round of the Superseries was special because of the hard competition from overseas competitors but the Southerly Storm runners fought very well. Chris Forne had a very good and consistent week with third and fourth spots getting further ahead of the runners behind him in the overall competition. He and Penny Kane won the open classes in the midweek Score Event between the rocks at Middlemarch, although it was not part of the Superseries. Jenni Adams continued to pick up points though she struggled with injury problems. And Alistair Cory-Wright collected valuable points while doing lots of training for Coast to Coast on the side. Supported by good performances from Jamie Stewart, Julian McLaren and Jean Cory-Wright the Southerly Storm extended its lead. As stated by Superseries manager Michael Wood "*there is no doubt at all that*

*the team competition will go to Southerly Storm (after winning in 2003). Best-organised in terms of selecting a team name, first off the block with a team o-suit, and almost twice the score of the other teams already. The teams question is not whether Northern Knights can come back against Storm, but whether it can stay ahead of Central Raiders". Go Southerly Storm!!*

In the overall results after 7/12 races, Carsten leads the men's field with a likely unassailable lead, with Chris 2<sup>nd</sup> and Alistair 5<sup>th</sup>. Rachel is 2<sup>nd</sup> behind Marquita Gelderman of the Northern Knights after missing the first two events in the series, while Jenni is 3<sup>rd</sup> with Seline 4<sup>th</sup>. The individual results are likely to change significantly over the final rounds with Seline likely to drop down the point's table after leaving the country, while more appearances from Lara and Penny will certainly improve their current rankings. The departure of Carsten to Europe after the Nationals rounds is unlikely to influence his lead, however Rachel's departure to Sweden at the same time may prevent her from winning a 3<sup>rd</sup> consecutive Superseries title. For full results see <http://www.dunedinorienteering.com>. The Super series has it's own homepage with more info at this web address <http://www.mapsport.co.nz/ss/ss.html>.

Many of the Christchurch based Bivouac Southerly Storm team members have also competed in other races outside the Superseries including the Bivouac Outdoor Twilight Series, with Carsten 1<sup>st</sup>, Michael S 2<sup>nd</sup> and Rachel 3<sup>rd</sup> in the long course, while Jenni easily scooped the short course.

The 5 km race series at Hagley Park and New Brighton in Christchurch have also proved a popular training ground for Southerly Storm team members. Carsten (14.29) and Chris have both won races convincingly with Aaron, Lara and Rachel also placing well. Others Southerly Stormers including Penny, Sara, Emily, Michael and Julian have steadily improved times over the series. In the Buller Half marathon, Carsten placed 2<sup>nd</sup> in a speedy time of 65.24 behind NZ running representative Phil Costley (64.44).

On the more rugged side Alistair Cory-Wright placed 15<sup>th</sup> in the Coast to Coast longest day in gruelling conditions. Next on the calendar is the Avalanche Peak mountain race on February 29<sup>th</sup> where there will hopefully be a strong showing of Bivouac Southerly Storm team members. For more news on that and other events in March, see the next Southerly Storm update!

Any South Island club member who competes in the elite grade in a Superseries event is automatically a Southerly Storm member. We would love to have more members especially outside of PAPO!

**Bivouac Southerly Storm members are very grateful to Bivouac Outdoor for their assistance with team O-suits. We encourage all orienteers to try Bivouac first for all their outdoor recreation shopping needs.**

## The South, 2004

*By Tricia Aspin*

Let's go to the South, orienteering for six days,  
We'll join Roz and Andy for the running phase.  
Then Andy we'll leave while we go off tramping  
To do the Five Passes, no huts only camping.

So two days at Nazeby to run in the heat,  
My running is rusty but others I beat.  
Wayne pulled a muscle, does this trip have a  
curse?  
"No more o'ing for you" says Roz, the boss nurse.  
"Get it right for the mountains, you've got to be  
agile,  
For a trip of this length you cannot be fragile."  
So he watched the next day as we ran in the sun  
Then a paddle at St Bathans, at least that was  
fun.

The Wedderburn Pub, a venue by chance  
With Elites at a seminar, performance enhance.  
The wind blew so hard, the dust was a cloud  
That obscured the hills in a fawn-coloured shroud.  
Then the long drive to the Claytons at Arrowtown  
They'd been there biking when we arrived near  
sundown.  
We dined out that evening, I chose the roast pork  
And indulged in a shandy - the others popped a  
cork.  
Back at the campground and into the cherries  
(I can pig-out on those and the southern  
raspberries).  
Tomorrow the Lakes, we plan as we talk,  
To Mavora to paddle, to bike, fish and walk.

It is a long way, we take turns to drive,  
Saw the Kingston Flyer before we arrive.  
The evening is lovely, women go for a run,  
"Can we get round the lake? That would be fun."  
We jog 'cross the swamp, find the track round  
the lake,  
Cross over the bridge, just an hour it takes.  
Wayne's been for a walk, Andy prepares his rod  
He's dreaming of trout, 'twould be nice, by God!

Next day dawned clear, a beautiful morning,  
Then all hell let loose without any warning!  
I'd had a good breakfast, been to the loo,  
Washed my hands in the lake - the right thing to  
do.  
Then out of nowhere a very sharp pain,  
I tried to stand up but got down again.  
"What's going on?" I thought in despair  
I called out to Wayne and got to a chair.  
He came down to see me, yelled to the others to look  
"Come look at Tricia, she seems pretty crook."  
Cellphone won't work, "Find a farmhouse real quick.  
Go fast will you Andy, she looks mighty sick."  
I got hot, I got cold, I did lots of moaning.  
Wayne and Roz kept me "with it" while Andy was  
phoning.  
The pain was so bad, it was a real whopper,  
Then from the fog of my mind I could hear a chopper.

I'd gaze at the hills with disappointment so deep  
"Just get better," says Roz "the mountains will  
keep."  
So with Andy we stayed, with Ainslie and James  
Good friends they are now, where once were just names.  
Andy tutored with chainsaw and cleaned out the  
shed,  
I took things easy being fresh out of bed.  
Wayne fixed up the fence, I tweaked a few weeds  
Some kindness repaid by these few minor deeds.

Jojo, good friend, she gave Wayne her car  
So we tripped around Bluff, didn't walk very far.  
The Ratas in bloom were a sight very sweet  
And easy tracks for walking were kind to my feet.  
We explored Sandy Point, was too tired for hiking,  
Saw Andy and James there, they had been biking.  
We went to the movies and saw Russell Crowe  
In Master and Command but found it "so-so."

We want to see Southland, we need to explore,  
We've seen some already and want to see more.  
So we hired a car and packed up our stuff  
Got hints from Ainslie on places not rough.  
For the doctor had said "There is a small worry,  
If symptoms return, come back in a hurry."  
Where can we go to see mountain and flowers  
And stay in the confines of the doctor's two hours?  
Ainslie gave us hints, she knew where to go  
Along the coast and high places, to thrill you so.  
So we tootled along, camped at Hauroko in  
drizzle  
A walk to the Lookout and I could not grizzle,  
For there were the mountains, the orchids, the  
flowers  
And we went along slowly for around three hours.  
Next off to Borland, to the Saddle up high  
A wondrous place; we couldn't help wondering  
why  
The pylons, the landslide, Mt Burns and its tops  
Was unknown to us, the most interesting of stops.  
We camped in the Saddle, the weather was fine  
Next day on the Tops, was a day most divine.  
We tarn-hopped along slowly and admired all the flowers  
Up 1476 in a matter of hours.  
The view was fantastic, we could see all around  
Stewart Island to south, to north, Milford Sound.  
Back down to camp, lunch, then again  
We go in the bush to check the terrain.  
Joe gave us a map, Wayne was eager to seek  
The part of the landslide down the road by a  
creek.  
The beech forest was open, the underfoot rough  
I was in awe of the orchids and botanical stuff.  
We finished the day with a drive to South Arm.  
That goat track of a road gave cause for alarm!  
But once committed to go, there wasn't a choice  
Couldn't back-up, turn round, no chance to rejoice.  
"I hope we get out" says Wayne with a frown  
As gears in the car he changes right down.  
But it wasn't so bad, others had been there before  
With boats on their trailers and stuff galore.  
"Yeah, it wasn't so bad" when at our campsite  
When warm in our tent, tucked up for the night.

A quick trip to Milford mid the rain and the falls

Down, down it came, right by the lake  
 What a hell of a fuss just for my sake.  
 A pilot, paramedic and a lovely young doc  
 Came in the chopper to land by the rock.  
 Roz likes the doctor, thinks he's a hunk  
 But I was too sick to care, so low had I sunk!  
 "Now here is a needle and here is some dope.  
 It'll stop you being sick in the 'copter I hope."  
 Then strapped in the stretcher, "Feet go in first."  
 My leaving of Wayne was really the worst.  
 "Can this really be happening?" as we whirr to the sky  
 "Am I so crook that they think I might die?"  
 The doc was called Steve, he really was nice  
 He kept very busy with his listening device.  
 The flight took forever, we were heading for Kew,  
 "Not long to go now" he'd say as we flew.  
 To Invercargill it was, to A and E  
 To be looked at by nurses, more doctors to see.  
 All day I was in there being watched, pricked and poked  
 I got better and better and that's when they joked  
 "The treatment" one said, "was for indigestion.  
 This treatment at the lake would've been my suggestion  
 This made me feel small, I'd have rather not heard  
 They thought all the fuss had been rather absurd.  
 Roz arranged it with Ainslie - for us a soft bed  
 "We'll help her with gardening and chores" she said.

Next day to the Catlins, we followed the signs,  
 And saw all the sights, penguins, sealions.  
 The day wore on and my stomach felt tired  
 It just couldn't face the food it required.  
 Then after tea it got worse and worse  
 "Wayne, you must take me back to the nurse."  
 So back in I go, no food for three days,  
 Many needles go in me in so many ways.  
 Six days I am there, I was really crook,  
 (Cholangitis it was, if you go by the book.)  
 Big changes to plans, it was so unkind  
 To have Roz and Janet go and leave us behind!

Then off back to Queenstown to make some  
 phone calls.  
 We catch Roz and Janet at the Queenstown  
 Lodge  
 They'd got back a day early, the rain to dodge.  
 We look round the shops and have a Thai dinner,  
 Catch the bus back and learn of a sinner.  
 A message from Andy, of all the bad luck  
 "Bloody Aspins" he said "Too fast in the truck!"  
 We think back and declare that Wayne was  
 asleep  
 It was my heavy foot propelling that jeep!  
 "Here's eighty bucks, Roz" I have to declare it  
 So Andy removes the threat of demerit.  
 We collect all our photos and compare all the  
 places  
 We've seen since my illness took the smiles from our faces  
 We mucked around town, had a sauna, a spa  
 We dined and drank Monteiths down at a town  
 bar.  
 Then to the casino, we didn't spend much  
 Janet, she proved to have a monetary touch!  
 Enough for a taxi, still giggly, well-fed  
 We go home for a hot drink and fall into bed.  
 So now we are home and I've stowed all the  
 maps  
 And look forward to next year, a reunion perhaps.

PS  
 there ended up being a p.s. to that. I had an ERCP done  
 at Middlemore (too much infection to be done at  
 Invercargill) on arriving home and was given the all clear.  
 Ten days later I had another attack Back into hospital for  
 4 more days where they found a stone in the bile duct  
 and removed it by doing the very same ERCP procedure  
 as I had 10 days prior!