

JULY DOCUMENT 2004

EVENTS NOTICES.

NEW ZEALAND CROSS-COUNTRY SKI ORIENTEERING CHAMPIONSHIPS 2004

Venue: Waiorau Snowfarm Wanaka
Dates: Saturday 24th July - Warm up and coaching if required
 Sunday 25th July – NZ Championship Ski Orienteering Score Event
 Short Score Event Start at 11.45am
 Long Score Event Start at 11.30am

Briefing at 11am

Prize Giving between 2pm and 3pm on Sunday

Entry Fee: \$10

Any enquires about Cross-Country Ski Orienteering, please contact Allan or Annie Grant

Ph: 03 488 3254 Email agrant @clear.net.nz

Trail fees: Adult \$29 per day, Student \$25, Child \$10. Half Price special for both days

Ski hire: Adult \$20, Student \$15, Child \$10

Introductory Lesson: Adult \$55, Child \$30

Accommodation available at Albert Town Lodge and Wanaka Motor Camp
 (First in First served)

There is also accommodation available on the mountain.

Please send **entries** to Annie and Allan Grant with a \$10 map fee

Make cheques out to Dunedin Orienteering Club

NAME	MAP FEES	Accommodation Friday	Accommodation Saturday	Ski Hire	\$\$
	\$10	Yes/No	Yes/No		
				Total	

Address: 45 Flower Street, Fairfield, Dunedin

Entries must be in by 10th July (discounted if in by 24 June)

Late entries will be accepted

CITY SAFARI

NAVIGATIONAL CHALLENGE -with a difference - BUSES AND TRAINS!
 LOWER HUTT AND SURROUNDING HILLS-SATURDAY 24 JULY 2004

Navigational contests like orienteering and rogaining usually require you to move on foot.

*The City Safari allows you to use **Public Transport**: buses and trains! You can use your head instead of your legs to get partway to the checkpoints. Each checkpoint has a score, the winning team collects the biggest score in the allowed time: **6 hours or 3 hours**.*

The checkpoints are spread over a 7 by 10 km area around Lower Hutt from the Eastern Hills to Belmont Regional Park; and from Petone to Haywards. The flat valley floor with houses and businesses. The hill suburbs with their bushclad gullies and connecting tracks. The eastern and western hills with their spectacular outlooks. The public transport network covers about one third of the area, much of it on a 15-minute frequency. Yep, even at the weekend!

The winning team will require fitness and speed, but the way they use the buses and trains will also be vital. A day pass will be part of your entry!

The event is supported by Cityline (buses), Tranz Metro (trains), Ridewell (Greater Wellington transport information) and Hutt City.

*Full details and entry form are on the RogaineNZ website and the Orienteering Hutt Valley website www.mapsport.co.nz/hvoc/hvoc.html
Entries close 14 July. Enquiries to Michael Wood, Ph 04 566 2645.*

From the President

Myles Thayer.

It was great to see a good turn out at our mid-winter gathering last Sunday at Filadelfio's. I'd like to extend our thanks to Ben for organising it especially when he was eventually unable to be there himself.

With three events this month we're having more outings this winter than usual. The street O series is going very well and if you look at the event programme, you'll see that three more of these popular are planned for August. Last Sunday we had our fourth Orienteer of the Year event at the Pyramids. I wasn't able to be there myself but from the results it is most heartening to see so many newcomers taking part in winter events.

Our next OY event is at Allans Beach and that is followed a fortnight later by the Ski Orienteering. Just a reminder that entries for that close on the 10th July and that Allan and Annie Grant have arranged some extraordinary discounts.

Lastly, three of our juniors are going to Rotorua for the NZ Schools Champs at the end of the July school holidays. Best wishes to you all.

From the Committee

Jane Forsyth.

READ THIS BIT!

NZOF are having their 4-yearly strategy meeting on 31 July in Wellington. Myles Thayer will attend, but another club representative is also needed. Who wants a free trip to Wellington and the chance to make their strongly-held opinions known where they may do some good?

MAPPING

John McMecking, who works in forestry, attended the June meeting where he showed us maps of major forest blocks in coastal and south Otago. These are a very useful resource as land owners can be identified and areas seen at a glance, along with distances from Dunedin. John also showed vertical aerial photos and derived contour maps which would be most valuable for mapping purposes. This promises to be an exciting development in our search for good new map area.

5 members went to Kuri Bush, which has previously been used for O, to assess its suitability for use now. They agreed it was still too thick (gorse), although adjoining paddocks and kanuka stands were good. It will be re-checked in a few years. Waldronville reserve was also considered but judged too thick in general.

So - the search is still on for suitable new areas - keep thinking, folks!

OTHER MATTERS

The committee had a request to use the Chingford map for a geocache exercise. This is a sort of treasure hunt with perhaps a smallish following of aficionados on the internet. We agreed that the map can be used for this purpose, provided there is also a DOC logo and a link to our website.

Nick Mortimer has updated the guides for planners, organisers and controllers to follow. These are being passed around the committee for comment. When finalised, they will go on the web site for all to consult. The international control symbols have also been posted there.

It was decided to try and lift the profile of our sport by publicity in the Star (free weekly paper in Dunedin area, for those in outlying areas). Jane Forsyth is writing a short monthly column called "Mapsport", of which one has been published so far. Additionally, we are getting coverage for more newsworthy happenings related to O, for example the really good article on Jane Cloete's return from Khazakstan. Now all we have to do is train the Star that people who do orienteering are "orienteers" not "orienteerers"! If you know of anything that could be turned into an item for the Star, please let Jane Forsyth know and photos/interviews can be arranged. Also please bring digital cameras to events and good pictures can be used by the Star.

Letter from Australia

~~Alistair Cooke~~ Ken Dowling

Not quite as erudite as Alistair but after all we are Australians now. However when at the World Track Cycling Champs last Friday night we were definitely Kiwis. We vigorously cheered on the only two reps of NZ that night, both of whom gold medalled. Anita recalls Otago's Greg Henderson being selected for his first NZ rep team. Alister McMurrin (probably) did an article and the photos showed Greg on a Peninsula training ride in the snow. A good keen man as Barry Crump would say.

Bit surprised to see in DOCument nominations for manager of MTB-O WOC team being called so late but then again it fits in well with WOC progress here. We live in one of the WOC embargoed areas and also ride in another close by. Pity there is no mtb-o in Otago to enable team contributions.

We are involved on the periphery of WOC. Anita is a selector (for Australia) and is helping with training arrangements when the squad is in Vic. I am doing what I can for the Kiwi squad many of whom I met last year when they came to the ANZ mtb-o Challenge for which I was planner. Our e-mail system has a 'chinese wall' which probably wouldn't withstand scrutiny from the IOF Flics (felony and loophole investigative commissioners). Next week (early June) we are hosting five Aus squad members who are training on various permitted areas near our place. I'm looking forward to getting some useful tips to improve my mtb-o performance although it would probably be even more useful if I went to a few more events. But I'm picky about areas used (haven't changed much some of you will note) and as I have other mtn bike interests they tend to win out.

The WOC mapper is using our place as a base for mapping two of the three main areas. DOC elites probably met him at QBIII where Reuben (Smith) was a Bushrangers team member. Good mapper and good company. Alas he is off to Sweden to work later this year and that makes two experienced professional mappers our club has lost overseas in two years. One of them, Rob Plowright, visited from Japan early this year so I arranged a club mapping workshop. It was well attended. A few of us do foot-o maps, some of us only do park maps, I only do mtb-o, and at the other extreme a couple are turning semi-professional. Without exception all gained significantly in their mapping expertise. Rob maps for major events in Japan including World Cup.

Our club uses mainly professional mappers. A recent amusing outcome of this is a couple of other clubs pushing the Vic Orienteering Assn to set standard fees for hiring maps from other clubs. Seemingly so they could continue to produce low quality maps or none at all and cherry pick the good stuff off clubs like ours. Their short sightedness is emphasised by not realising that if such a fee is set, then we will simply refuse to sell. The silver lining is that the commotion is ensuring that the true cost of mapping is being sought and publicised. I went through this with our club last year and it was a bit of a shock to the committee. The club now regards their maps and intellectual property as of high value – in fact their biggest asset next to members.

It's interesting how often we draw upon DOC and/or NZ orienteering experience (such as map true costs) to improve methods here. Victoria might have a far better concentration of great mapped areas but don't ever let anyone tell you that Vic orienteering organisation is better than DOC/NZ. I vaguely recall in my last letter (2000?) that I bemoaned the quality of non-Champs courses here in Vic. Now they are adopting the NSW model for continued accreditation of controllers which is similar to the NZ model I proposed (hopefully the NZ process is still operating?). And complementing my mouth, in the new year I am offering a workshop for tyro course planners. Hopefully 2005 onwards we will see a marked improvement in both foot-o and mtb-o course quality.

As for ski-o... good to see the annual weekend continuing. Only recently was showing Reuben the map that Colin Hope and I produced of Waiorau and wondered if it is still in use – presumably rather modified to keep pace with change at Waiorau. Give our regards to Mary and John Lee and Ernie Maluschnig. We hope to be back in a year or so and perhaps meet Julie and Fran as we did last time. Only one ski-o event here this year. While on ski-o, a side bar to the recent news that “*NZ will be represented at the World Ski-Orienteering Champs for the first time in Sweden this month.*” Back in 1983 I was the NZOF observer to the ski-o pre-WOC in Lavarone, Italy and won a bronze medal – but that’s another story. Wonderful XC skiing, people, food and of course wine. I’ve been keen to return, more especially now as it promises to be great for mtn biking in summer. The big success story in Vic orienteering these last few years is street & park orienteering. In summer you can do it 4 nights a week and Saturday. A Feb event attracted a record 286. It was originally developed as a progression towards bush-o, but that rarely eventuates. However it became a significant recreational activity in its own right. Simple to organise and a good revenue source for orienteering. Regional city clubs in Bendigo and Ballarat have now adopted it.

Six years after arriving here I finally finished filing my maps last night. Nostalgia – Naseby, Seacliff, McLeods Farm, Seacliff, Allan’s Beach, Seacliff, Matarae, Seacliff... We should have known every nook and cranny on Seacliff but comments written on my last venture there show decidedly otherwise.

Better save some titbits for my 2009 letter. Regards to all our DOC orienteering friends and you’re welcome to stay as some have already done. Best wishes to everyone.

The next two articles have been copied (with permission) from March-April "Compass Points" which is the Hawkes Bay Orienteering Club magazine.

Coaching Corner

Geoff Morrison

Tackling an Orange course

One of the most important things when orienteering is working out what the course planner is trying to achieve. There are some rules in planning that need to be adhered to, and so if you are waltzing into the never never, stop and consider.

1. Courses shall have some route choice with a prominent **attack point** near the control site and/or **catching features** less than 100m behind.

When planning your leg, look for that obvious feature. Is it a lake or hill or vegetation boundary? Is it the track bend beyond the control or the large group of rocks?

2. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point.

Because you are looking for a small feature, your attack point is vital. Don't go running willy nilly looking for a pit in the forest, when you can get within 50m of the control by running to an attack point, eg a large clearing.

3. Simple navigation by **contours** and rough **compass** work with limited distance estimation required.

You should be starting to relate hilltops, re-entrants and depressions from your map to the ground and vice versa. Once to Orange level, it is time to start using a compass, unless you have a fine sense of direction. Rough compass work is basically using your compass to orientate your map and heading off in the right direction.

4. Use of a chain of prominent features as "**stepping stones**" is encouraged.

This means that on a longer leg, you might look at your map and see what major features you can tick off on your way to the control. A series of attack points – a group of trees, stream junction, fence bend, then my main attack, a saddle.

Check List for Time Losses

What sort of mistakes did I make?

How much time did it cost me?

- Route choice
- Map work – fine detail, over/under reading
- Compass or direction error
- Overshot control
- Undershot control
- Fatigue
- Poor attack point
- Distracted by other people/other controls
- Concentration
- Admin. error – wrote wrong number, drew circle wrongly
- 180° or 90° error
- Wrong track or wrong way up track
- Speed control
- Distance estimation
- Parallel feature
- Looking for wrong number – next/last control
- Looking for wrong feature
- Dithered
- Electric fence (or large animal, big cliff, blackberry, etc.)

Pyramids - Planners report.

Ian Holden.

During the time that I was recording people finishing it was satisfying to see lots of smiling faces. After all it is enjoyment of the event that counts the most. The courses remained much the same as originally planned except for some controls which had to be tweaked in the rough D.O.C. area. The yellow course was less interesting where it followed a fence next to the cut-over area.[controls 3,4,5]. Originally the controls were to be over the fence on more varied features but it was agreed the fence may have been too difficult for some to cross. So if you thought it too easy that was the reason. There are now two more forest blocks clear felled which will be replanted very soon. Also there will probably be more plantings further north sometime in the future. Finally thanks to Stuart for controlling the event and getting me home after putting out the controls on the previous Sunday. But that is another story.

Left behind at the event :

Thumb compass, Earth Sea Sky navy top (L), Green rain jacket (M)

If these are yours contact browningjd@xtra.co.nz

NZOF NEWS – JUNE 2004

SCHOOLS DEVELOPMENT GRANT

The NZOF has granted The Rotorua club \$500 towards the cost of hosting this year's Silva New Zealand Secondary School Championships.

SUPPORT FOR NZOF COACHING AND DEVELOPMENT

The NZOF acknowledges with appreciation a grant from The Lion Foundation to part-fund the positions of Coaching Director and Development Officer during 2004.

MTBO WOC APPOINTMENT

NZOF is pleased to announce that Michael Wood has been appointed manager of the NZ team to compete at the World Mountain Bike Orienteering Championships in Australia in October.

A-NZ TEST TEAM ANNOUNCED

The New Zealand team to contest a return A-NZ Test Match against Australia in September has been announced. Full details of the team are available on the NZOF website at www.nzorienteeing.com.

KIWISPORT FUNDING

In a new initiative, the NZOF will fund Kiwisport development for the following:

- Teacher training, done in conjunction with (or with the acknowledgment of) the local Regional Sports Trust
- Kiwisport school mapping, done in conjunction with (or with the acknowledgment of) of the local Regional Sports Trust.

Expenses that can be claimed are for 'out-of-pocket' expenses and include:

- Return travel to the school

- Teaching resources
- Mapping resources
- Child care if tutor/mapper is a parent and has to arrange this while tutoring/mapping.

Expenses can be claimed in lieu of the club paying them but cannot be claimed if they are reimbursed by the Regional Sports Trust. For more details contact the General Manager.

ASSISTANCE FOR MANAGING LIABILITY & RISK

The Office for the Community and Voluntary Sector (OCVS) advises that a resource to help community and voluntary organisations identify and manage liability and risk will be available in August. The Office is part of the Ministry of Social Development and can be contacted by phone (04) 918 9555 or email: ocvs@msd.govt.nz.

REMINDER: STRATEGIC PLANNING WORKSHOP

The NZOF is hosting a workshop to set its direction for the next four years on Saturday 31 July in Wellington. NZOF will pay travel and accommodation for one delegate per club. With this in mind, why shouldn't your club be there? Is your club?

NZOF VACANCIES

NZOF High Performance Director

This is a newly established part-time, paid position.

The primary role of the High Performance Director is to assume overall responsibility, within guidelines established, for the high performance operation of NZOF. This will include, and is not necessarily limited to:

- ◆ strategic and annual planning;
- ◆ management of elite/junior elite competitions (eg WOC, JWOC, elite test matches with Australia, SuperSeries). Specifically **excluded** is any involvement with non-elite/junior elite competitions (eg ANZ Challenge, NZ Secondary Schools team), and elite MTBO / Rogaining;
- ◆ management of National and Development squads;
- ◆ financial management of high performance activities, including the preparation of funding applications (eg to Gaming Trusts)

Applications close 30 June. A Job description is available from the General Manager.

NZOF Schools Tour of Australia Team Managers (2)

Applications are invited for the positions of:

- ◆ Pre-tour Manager
- ◆ On-tour Manager

for the New Zealand Schools team to this year's Australian Schools Championships, to be held in NSW, 28-29 September.

The Pre-tour Manager will be principally responsible for seeking funding for the tour (eg from Gaming Trusts), as well as organising travel, accommodation and other logistical details for the team.

The On-tour Manager will be responsible for management of the team in Australia, including representing the team (eg public speaking duties), attending to technical matters and liaising with officials, team morale and discipline, as well as providing ancillary support.

Job descriptions for both positions are available from the General Manager. Applications close 30 June.

Expressions of interest are also invited from people who would be interested in acting as Assistant Managers on tour.