

## APRIL DOCUMENT 2005

**WELCOME** to the following new members  
Megan Gibbons and Joan Merrilees

### FROM THE COMMITTEE

#### OUR MOST IMPROVED ORIENTEERS

At the AGM this year, the awards for Most Improved were announced.

Senior Man: Robert Scurr

Senior Woman: Genevieve Webb

Junior Man: Ryan Cambridge

Junior Woman: Emily Buschl.

There is a small trophy for each which will be given out at some suitable occasion.

Rathbone prize for most promising junior: Riki Cambridge.

Certificates of appreciation to Annie Grant (event coordination, sponsorship and Ski-O) and Jennifer Hudson (DOCUMENT Editor 7 years, results and permanent course administration)

#### NEW COMMITTEE

President Myles Thayer and treasurers Jackie Wilson and Ben Ludgate were re-elected unopposed. The new secretary is Nick Mortimer. New committee members are Genevieve Webb and Robert Scurr. Riki Cambridge agreed to be the YODA contact person. Departing committee members Annie Grant, Margaret Tagg, Pat Ehrhardt and Don Melville were thanked for their service to the club. The full list of club office-holders is on the inside front cover of this magazine.

#### COACHING

Yellow and Orange level coaching will be held on 17 April, at Narrowdale. This is the week after the Otago Schools Champs and on the same courses. Myles Thayer is the organiser.

#### TOWN MAPS UPDATE

Tane Cambridge has offered to update the town maps, which we used for the Summer Series, as part of fund-raising for his JWOC trip later this year. He will be doing this after Easter, so if anyone knows of parts of these maps that need correcting, please mark up an old map with your ideas and get it to him. Contact the Cambridge family (phone 455 4293) in the first instance.

## **ROGAINE – THE MOST FUN YOU CAN HAVE WITH YOUR CLOTHES ON?**

Jane Forsyth.

The return of the NZ Rogaine champs to an area near us re-kindled my enthusiasm about this form of endurance orienteering. Two years ago, I took part in a 24-hour event near Roxburgh and jolly hard work it was too. I believe I swore I would never do it again. However two years is obviously long enough to forget the pain, and I was tempted, but this time only for 6 hours. After some last-minute emails, the team solidified as myself, Myles Thayer and Stephen Cheung, a colleague of Jim Cotter's visiting from Canada. This year the event was on farmland near Middlemarch, including Mt Ross, and was called the Nenthorn Nemesis.

Rogaines are score events with the aim being to collect as many points as possible, by visiting controls, within the set time. The more difficult or distant controls are worth more points. Unlike a standard O event, you get the map a good time before the start and plan your intended route before you leave. Immediately some strategic thinking was called for – the southeastern area looked steep with several deep streams to cross but had many controls close together. The northern part looked a lot flatter but the controls were more widely spaced. And in between, west of the start area at Mt Stoker, was the area we eventually chose.

We got off to a wobbly start, drifting right then left down a wide spur with an alleged farm track on it which we didn't find for a while, and having trouble with the scale of the map. 1:50 000 is familiar to trampers but it takes a while to get your brain round it when you are used to 1:10 000. And of course there are a lot fewer features marked than on an O map. All part of the challenge. It took 40 minutes to get to our first control – a whole 40 points! Steeply down to cross Nenthorn Stream and steeply up again. I hate uphill especially in the blazing sun. Puff, pant, losing gallons of sweat. Worth 80 points and we earned it! Down and up across another steep creek, oh dear. I thought this part of the map was flatter? Still, worth another 70 points, and we had a wee break for energy food. I was glad I had a water bladder thingy (which had I found beside the road some weeks before) as the other guys had them too and we didn't actually stop for drinks. If I had needed to stop to get a water bottle out of my pack I probably wouldn't have drunk much and would have got dehydrated. There were some water stations out on the course but our route didn't take us past any of them.

And so it went on, in and out of pretty streams lined with willow and matagouri, and across wide-open ridges in grassland, under the hot sun. The controls were not hard to find provided of course that you had the right gully or spur. Nearing the 3-hour mark, halfway through our time, we had some more strategic thinking to do. Should we, could we, stretch out a little more and grab that distant 90-pointer? Myles thought we could, I was tempted too but not sure. Stephen's feet were starting to blister in his boots so it seemed a bit unwise to push it. Every minute late earns you penalties which can easily eat up those hard-earned points. And you have to allow a bit of time for going slower towards the end than when you started out with fresh legs.

So within sight of Mt Ross homestead we turned around for the return trip, where the controls were closer together but worth less. As the afternoon ticked away, and despite a couple of blister-patching stops, we seemed to be making good time but there was a surprise yet in store. The re-crossing of the Nenthorn Stream gorge, just 2 km from the finish, was deeper and steeper than we expected. Too late we noticed that the contours were almost touching, and there were no alternative routes that we could take at this late

stage. The climb out was diabolical, almost a rock climb but with the thickest matagouri we had seen yet. Myles went at it full-on but I was well in the rear as we clawed our way painfully upwards. I believe some coarse expressions may have escaped between my gasps for air. At the top of the gully was a control worth a mere 20 points which seemed like the last insult of the course planner.

Emerging into the open again, minus a lot of sweat and a little blood, we found we had just enough time to bag a 30-pointer around the side of Mt Stoker before heading for home. Fortunately there was a good farm track to follow, as I was hurting a bit and had to remind myself of Cotter's Dictum that you are not suffering as much as you think you are. Finally we were heading for the finish, glad there were not another 18 hours to go. We got there with three minutes to spare.

Our placing was 2<sup>nd</sup> in mixed vets and mixed open, behind Southland orienteers Trish and Alan Foote. They had racked up more points than us by going to the southeast, steeper but with more controls. Ironically this had been our team's first choice of route so maybe we should have stuck with our initial strategy. Bunny and Ian had also gone to that area, with the route back across Nenthorn Stream that we took, but unfortunately underestimated the time to get across that gorge and were late back, forfeiting some points. Jennifer and Grant had headed off to the flatter northern part of the map where it was so featureless that they couldn't even find one control. Brian Buschl with Riki and Tane Cambridge had whizzed around a lot more controls than we had, and got back earlier too. I bet they were running.

It was a very enjoyable event, thanks Myles and Stephen for your cheerful company and the planners and organisers for all their work which made it possible.

**"MIRACLES WILL BE DELAYED"  
PLUMS PULLED FROM THE NZOF ANNUAL REPORT FOR 2004**

Pat Ehrhardt

Whoever actually reads annual reports!

Nobody, unless they have settled into a comfortable armchair with a cup of coffee and then realise the novel they were about to enjoy is in another room! Which is what happened to me, but I found all sorts of tid-bits of information which other people might be interested in.

\*Great results internationally, particularly against Australia.

\* Out of a total membership of about 1600, nearly 40 are directly contributing to National Federation affairs, about 2.5%, which is a very high proportion. Most officials are unpaid, and the few who do receive some payment put in many more hours than they are paid for.

\* Two examples are Stuart Payne of Christchurch, who is General Manager and Michael Wood, who as well as being High Performance Director has contributed to Mountain Bike O, Rogaining, liaison with Ampro (a main sponsor), does mapping and runs the Mapsport Shop - the quotation 'Miracles will be delayed' comes from Michael's report.

\*The next World Champs will be later this year in Japan; being outside Europe/Scandinavia and with quite steep terrain this is expected to suit New Zealanders better. A group attended a training camp in Japan last November.

\*Looking at the financial sections I am impressed by how much is achieved with how little. There is no waste anywhere! If the government wants to encourage a lean, mean approach, they should hire orienteering administrators en masse - but I hope they don't, because we need these people.

## **MORE FM/R&R SPORT SUMMER FUN SERIES**

### **Summer evening series.**

Elizabeth Duke

Congratulations and lively thanks to everyone who helped to lay on this year's summer O series on Wednesday evenings. Being otherwise occupied on Sundays, I was delighted to have the opportunity to take part in these events, and to see participants of a variety of ages.

City areas are tricky locations for planning, full of steep slopes, green areas, roads and private property; I thought the planners did a great job. Hoping that there will be another series next year, I have a request. If it does not cause extra problems for the planner, could there be a short Orange course as well as the regular one? The standard one is ideal for those who need the challenge of length as well as navigation. Having reached the dizzy heights of W65, I don't feel a need to zigzag backwards and forwards across Chingford Park or along the Town Belt. It looked possible, on some of the four courses I did, to make a shorter loop of equal navigational difficulty, by cutting out some of the more distant controls. This would require a little extra work in planning the "short-cut" leg, and in making sure competitors received the correct control descriptions and copied the correct map. But I think it would appeal to orienteers in various age-groups who don't want the physical challenge of the full course.

Somehow I invented my own "short Orange" at Kettle Park. I'm still puzzled as to how, on a map memory course, I correctly followed the first few and last few controls, but lost a loop in the middle. Ah well, it's a warning to check the numbers on controls extremely carefully. Good orienteering, everyone.