

JULY DOCUMENT 2005

EVENTS NOTICES.

R & R WINTER STREET SERIES

3rd and 17th of July.

Score events with questions instead of controls so you might like to bring a pen or pencil.

Event briefing at 11.15 am and mass start at 11.30 am. Cost \$4

Any questions contact Dion ph 4730063 or email at kendi013@student.otago.ac.nz

Cross-Country Ski Orienteering 30 and 31 of July.

Keep that weekend free.

We hope to subsidise the fees again, also we booked the lodge at the holiday park for Friday and Saturday night.

We hope to provide a great weekend full of fun and spot prizes.

See you there

Cheers Matt, Brian, Allan and Annie

RED LEVEL TUESDAY TRAININGS ARE COMING.

Brian Buschl

Rationale:

To provide training opportunities to our red level orienteers, in the lead up to the South Island champs.

Objective:

The training focus will be on technique skills rather than fitness.

Dates: Every Tuesday evening starting Aug.23rd. (minus Oct 4th)

These trainings are being run by your committee. The plan at the moment is a 5.15pm meeting time, before driving out to the maps. They will involve a pre entry each week via an e mail system. Exercises such as route choice, simplification, corridor maps, sprint O. More details to follow. Any queries, please ring or e mail Brian.

WELCOME to new members

Daniel Johnston, Maggie Pasek and Ewen Cameron

EX DOC MEMBER - WHERE NOW??

Denis Todd of Ranfurly.

Denis writes that he is “looking forward to retirement after 37 years as the Pharmacist closest to APOC 1984. Although I will miss Naseby forest our new home in Christchurch is adjacent to Bottle Lake forest.”

FROM THE COMMITTEE

Mapping News

Otago University campus is to be mapped for the Masters Games sprint event in February next year. Ultimately it may be possible to extend this map, via the Polytech, to join onto our existing Logan Park map.

Brian Buschl checked out Gabriels Gully at Lawrence and made contact with DOC and Rayonnier who own much of the land nearby. Brian considers the area has possibilities, particularly for short events and a permanent course (with the Lawrence Community Board).

Bruce McLeod has kindly agreed that the club can use his Queenstown Hill and Paradise maps again in the future. Anyone who missed the event there earlier in the year, don't miss out next time - they are both great areas.

Michael Wood will be converting Naseby to a MTBO map in July and it will be used for the first time in November for the NZ MTBO Champs. Although this event will attract elites, there will also be a course for the less expert.

A MESSAGE FROM TRISH FAULKNER AND FAMILY

Thank you so much for the messages and many kind thoughts received after David's death in the middle of May. At the funeral Lucy's seven-year-old daughter, Lauren, read a piece of writing she had done at school only days before David died, and we thought that it would be nice to share it with our many DOC friends as well:

My Grandad is Special

My Grandad has three kids: Lucy, Martin and Simon.

Unfortunately he had a stroke on the right side. He can't walk so he has a power chair with a lever to move the chair. He lives at Parkwood Resthome.

His kisses are scratchy.

He loves going on big adventures and mostly gets lost. Trish, his wife, is a sporty woman and also goes on big adventures and does not get lost! Grandad asked Granny Trish to get him a map so he wouldn't get lost.

He made me a special kauri box when I was born because he loves to carve wood.

He is in his 60's and my grandad loves wildlife especially paradise ducks.

I like to remember all the special days I had with him.

MORE O FOR YOUR MONEY?

Jane Forsyth

When Myles and I decided to try the Heights of Winter rogaine, it probably was not because of the money. For me, it's a kind of cross-over between orienteering and tramping, my first sport. Myles says he likes it better than classic O because the strategy/planning element can favour those who don't run so fast. So anyway, there we were, in Springfield (mid-Canterbury) on a fine mid-winter Saturday morning, with a lot of fit and determined-looking people.

With about 2 hours to plan the route, there are plenty of chances to change your mind about the most effective and achievable way to get a lot of points in 6 hours (we were doing the short version...the longer version at this event was 12 hours). Myles pointed at a large number of contour lines, quite closely spaced, in open country probably with great views, and thought we should go there. I checked out the green stripes – scrub, most likely matagouri in this country – the tight-looking gullies and the control description reading 3 metre waterfall. I thought of Matarae, and of our previous matagouri and ravine-infested rogaine at Nenthorn. I said let's head for this area of pine forest with the wide spaced contours and the many forestry roads. I persuaded myself that I could run at least some of it. We were still a bit undecided when the time came to hand in our intentions sheets and get up to the start, but a decision had to be made so we went for the pine forest.

The start area was near the Dalethorpe map of PAPO, so was slightly familiar. Yes the hills were as steep as I remembered. And when we got started, the forest with lots of slash and thinnings on the ground were as rough as I remembered too. However there were plenty of route choices that were straight running along tracks, and we tried to make up some time on these early in the course while our legs were fresh. Myles was jogging along doing arithmetic in his head like how many minutes we were taking per point and what speed we had to do to reach some number of points. I find such calculations hard to do even with a calculator while sitting down, so I just concentrated on keeping breathing.

After a couple of hours we had got the easy points in the pine forest and headed down a deep river gorge with spectacular interlocking spurs and many twists. This proved to be the Selwyn River, usually dry when you cross it on State Highway 1 but here quite a pleasant stream that we had to cross many times. A really neat control in this area was "across a stile and deep inside the mountain" which turned out to be an old mine tunnel, at least 50 metres in, torches essential. The next geologically interesting control was "a well at an old quarry" which (when we eventually found it) proved to be a lime kiln. This was worth a hundred points, and we did work for them as the area was not particularly well mapped and we thrashed about a bit.

By now most of the 6 hours was gone, and legs were tiring as we struggled up a nasty hill thick with bush lawyer and other prickly things. We knew the hour must have been getting late when we started to see possums coming out for their nightly feeding. Fortunately that was the last big climb and after a final exhausting thrash through some horrible thinnings the rest of our route was out onto easy-contoured farmland. We planned to pick up several low-scoring controls on the way back to the finish. Alas it was not to be – we found the last 4 km would have to be covered in half an hour and there was no time for deviations. Yes I know 4 km in 30 minutes is not very fast running but Myles was struggling with cramp – at one stage he got over a fence and couldn't lift his leg high enough get back again – and my feet felt like lead for some reason. Myles kept ahead of me all the way up the last road

section, I shambled along in a broken-down half-jog, and the last team member (oh all right then, me) made it with 5 whole seconds to spare – cutting it a bit finer than I would have liked.

The other DOC contingent in the 6-hour event, Brendan Thayer and Matt Radford, finished just ahead of us but with slightly fewer points. They had gone up into the matagouri-infested gullies, our first choice of area. So had some of the teams that beat us. So I am still wondering if we should have gone to the area we first thought of! I am also wondering if I should have carried the extra food, water and wet-weather gear that I didn't need. I guess with more experience I will know how much stuff to take, but I did try to keep in mind the possibility of an accident or injury and having to stay out there for much longer. Anyway, we did at least run some of the distance that we covered, more than at the last rogaine, so that was pleasing.

It only remained to drive back to Dunedin on Sunday and run around the streets of St Clair for an hour. Well perhaps "run" is not quite the right word. I believe Myles tried to go up a hill, which proved to be a bit of a mistake. On the other hand, Matt ran around strongly for an hour and came 2nd. Maybe age has something to do with it!

And the money? Well actually when I did the sums (sitting down, with a calculator) it worked out about the same number of minutes per dollar as a normal club event. So it's just as well we weren't doing it for the money, eh.

DOC Results:

Myles and Jane placed 6th overall and 2nd Mixed team in the 6 hour event
 Brendan and Matt placed 8th overall and 1st Junior team in the 6 hour event
 Franny and Bob Cunninghame competed in the 12 hour event

MONDEGREEN – A WORLD FOR ORIENTEERS?

From Ken Dowling.

A competition for around the log fire.

Defined in the just published 2nd edition of the *Australian Oxford Dictionary* as a 'mishearing of a popular phrase or song lyric'. As when "Gladly the Cross I'd bear" is heard as "Gladly the cross-eyed bear". Or when the Beatles' "a girl with kaleidoscope eyes" comes out as "a girl with colitis goes by".

The term apparently arose from a mishearing of a line from a Scottish ballad. The line "They have slain the Earl of Murray and laid him on the green" was heard as "They have slain the Earl of Murray and Lady Mondegreen".

With the advent of CDs that have the lyrics in the cover booklets I discovered to my amazement, amusement and embarrassment that I have been a serial mondegreener, or should that be mondegreenist? For example for 37 years, the Moody Blues' *Nights in white satin* was heard and visualised by me as *Knights in white satin*. What would Freud have made of that?

Try and beat the above by submitting a mondegreen (your favourite or just created) to the editor by next OVIC closing date. Extra points if it has an orienteering, rogaining or any other navigation connotation. Either sign off your contribution (preferred ☺) or specify that you wish to remain protected from public ridicule by the veil of journalistic source suppression.

Idea courtesy of *Ozwords*, a free newsletter of The Australian National Dictionary Centre. Subscribe through Oxford University Press, cs.au at oup.com or 1300 650 616.

CLUB OY3 PYRAMIDS 26 JUNE

THE BLURB FROM PLANNER OWEN CAMBRIDGE.

Courses for today

Long red 8.6km

For serious masochists who have been orienteering for some time and are fit and stupid and want a challenge.

Short red 4.1km

Suitable for those who don't need to be out so long to get hypothermia but still includes all the "fun" controls from the Long course apart from the encounter with cave wetas.

Orange 4.2km

This is longer than the red course but simpler and more achievable for those who don't want to go into "Deliverance" territory. No hillbillies on this course.

Yellow 3km

This is a course for well adjusted people who haven't been orienteering for a long time. There is some advantage for those who are prepared to move away from fence lines.

White 1.5km

This is the best course for first time runners and for parents who want to beat their children. Take advantage of every opportunity you have to do this because it doesn't last for long and they really love beating you. And that lasts forever.

Map corrections and cheats

Map corrections

For Red courses much of the vegetation in the SE quadrant of the map has changed. In general hill tops in that area have bracken and lupin growing on them while there are still pathways through the long grass on the depressed areas.

Cheats

There are no cheats here, this is not a computer game this is real life.

NZOF NEWS – JUNE 2005

NEW COUNCIL REP

Nicola Kinzett is the new Auckland Area representative on the NZOF Council. Nicola replaces the Council's current longest-serving member, Dave Middleton. Dave was also,

for part of his six years on Council, NZOF Vice President. The NZOF thanks Dave for his contribution and welcomes Nicola.

NATIONAL CHAMPIONSHIPS

New Zealand championships in each of the major forms of orienteering over the next year are as follows:

Mountain Bike Orienteering: 5-6 November at Naseby, hosted by Dunedin OC.

Rogaining: 18-19 February in the Wairarapa, hosted by Orienteering Hutt Valley.

Foot Orienteering: 14-17 April (Easter), hosted jointly by the Nelson & Marlborough OCs.

Check out the updated Major Fixtures List on the NZOF website.

REGIONAL FORUMS

As part of the implementation of the new Strategic Plan, regional development forums, organised and funded by the NZOF, are to be held in each of the four recognised areas. The forums, to be held between now and the end of the year, will be led off by the Wellington Area. They will aim to align at the regional level where the sport is headed and how best to speed its development.

JALAS SPONSORSHIP

NZOF, and in particular the NZOF Development Squad, continues to benefit from sponsorship courtesy of The MAPsport Shop through the sales of Jalas O-shoes. The NZOF thanks Michael Wood and The MAPsport Shop for this ongoing support for orienteering.

GAMING TRUSTS SUPPORT ORIENTEERING

NZOF thanks the Oxford Sports Trust and the Lion Foundation for their support for the NZ JWOC team which will compete in Switzerland in July, and the New Zealand Community Trust for its support for the NZ WOC team which will compete in Japan in August.

WOC TEAM SOLD ON TRADEME

The NZ WOC team has become the first sports team to be sold on the TradeMe auction website. An initiative of team manager, Clem Larsen, the winning bids came from New Zealand website Pandasport and EPL, a Christchurch/Auckland based elastomer products company. Their successful bids entitle them to advertising space on the team's uniforms. The proceeds from the auction will go towards the team's campaign to compete at the World Orienteering Championships.

VACANCY: NOS COACHING COORDINATOR

Applications are invited for the position of Coaching Coordinator of the National Squad. This is a two year appointment commencing upon the completion of WOC 2005 through to the completion of WOC 2007. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 15 July.

VACANCY: JWOC 2006 MANAGER

Applications are invited for the position of Manager of the NZ Team, to compete in the 2006 Junior World Orienteering Championships to be held in Lithuania, 2-7 July. A job description is available from the General Manager. Applications close 30 September.