

## AUGUST DOCUMENT 2005

### 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.23<sup>rd</sup>. (minus Oct 4<sup>th</sup>)

These trainings are being run by your committee. The plan at the moment is a 5.15 pm 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 member Antoine Arcand and welcome back to Bruce McCormick.**

**From the President  
Myles Thayer.**

I hope you are all enjoying the mild winter. It has certainly made getting out for a run much easier than usual for this time of the year. The YODA street series finished up a fortnight ago at St Kilda. Once again participation was high at the beginning and tapered off towards the end. It can hardly be blamed on the weather this year but this series is still a great opportunity to meet and socialize during the winter. Because of the score format, everyone is together before and after the event. Many thanks to YODA for our winter entertainment.

We had a huge turnout at Allans Beach on the 10th July for the fourth event of our Orienteer of the Year series. The points so far are also in this issue of DOCument.

For those of you who are going to the Ski O, best wishes and I hope you have enough snow.

### DEVELOPING ORIENTEERING IN DUNEDIN

Nick Mortimer

In April, the NZOF released its 2005-2008 Strategic Plan. The 27 page plan contains many useful ideas for development at the national and club level. At its 21 July meeting the DOC committee discussed the sections in the plan that deal with Increasing Public Awareness and with Increasing Membership and Participation. This article is a short report on our discussion which took the form of recognising what we, as a club, are already doing well and what new initiatives we could develop.

In terms of **promotion and media relations**, DOC has a visible local presence in the *Star* (Jane Forysth's contributed column) and the *Otago Daily Times* (Sports Draw and Results). Periodically we have a display in the Dunedin Public Library. In the past we have featured on Channel 9 television and could probably work on this again in the future. Orienteering

will be a sport at the Masters' Games in February 2006 and we plan to get full benefit from Peter Snell's attendance. We thought the club could raise its local profile by getting the DOC programme and flyer into sports shops, by promoting ourselves to harrier clubs (but on their terms, not ours), and by promoting orienteering to schools as an excellent cross-training sport. We acknowledged that in recent years it has been very difficult for DOC to make durable and effective school contacts.

We have a good relationship with NZOF and will certainly attend any **development** forums they convene; the sharing of ideas with other clubs is especially important. We thought the main **member/volunteer** issues for DOC were the need to develop local mapping expertise, to increase the number of A and B grade controllers, and to increase the pool of Organiser's helpers at events. It is gratifying to see a stream of new faces at events; club membership is steady at about 110 members. For **youth** issues, DOC has always lent its full support to YODA. In order to increase youth membership the club needs an effective Schools Coordinator (working with Sport Otago?), and we might need to make the format of schools events more attractive (summer and winter series, trophies not just certificates?). We believe DOC does pretty well in providing a balanced and **diverse event programme** of traditional, street, score, adventure, MTB and Ski-Os. The forthcoming campus map will be ideal for Sprint-Os; there seem to be enough rogaines within reach of Dunedin. Innovative new suggestions included Archery-O, Horse-O and Sled Dog-O (yes, its was getting late by this stage). We will want to check existing usage of the Ross Creek and Chingford Park permanent courses before developing any new permanent courses (e.g. on Logan Park or Town Belt South maps).

So, DOC members, be aware that your committee is actively considering ways to expand and develop the club. Your ideas and and input are always welcome - write a letter to DOCument or contact any committee member. Copies of the NZOF Strategic Plan can be downloaded from the NZOF website from the page <[http://www.nzorienteering.com/nzof/strategic\\_plan\\_2005\\_2008.htm](http://www.nzorienteering.com/nzof/strategic_plan_2005_2008.htm)> (contact Nick Mortimer if you don't have web access and would like a copy).

## **EX DOC MEMBER - WHERE NOW??**

Hey fellow Dunedin Orienteers,  
Julie Grant

Well just a quick note to let you know what I've been up too. I'm currently back in Malaysia again at the Outward Bound School. Its great to be back here again, and I'm having a great time at OB doing all sorts of fun adventures, kayaking, trekking, caving, sailing, to name a few. They haven't really got orienteering up and running over here, but the jungle trekking is just as challenging if not a bit crazy. We give the students a map with various checkpoints that they have to reach, and they have to find the best way to get there using their bearings and map. There are many different tracks which sometimes go the right way and sometimes not, or completely disappear. So we carry parangs (big long knives) that are used to cut through the jungle, which can sometimes be really thick and has a lot of spikes everywhere. At the moment am on holiday with a Scottish friend Helen. We have just visited Melaka, a historical port town down south that was once settled by the Portuguese and Dutch. It's a really interesting place with many beautiful buildings. We're heading back to work tomorrow, I'll be taking my first group in Malaysian on Monday which should be a good challenge. Anyway I hope all is well in Dunedin, pity I'll be missing the Ski

Orienteering this year but never mind. You can't have the best of both worlds. See you all next year.

## **JWOC RESULTS**

Long Distance	Middle Distance	Relay
Tane Cambridge 128th Rita Holmes 105th Lizzie Ingham 63rd Ross Morrison 51st	Tane 46th M20B Rita 33rd W20B	NZ Men 16th NZ Women 20th

## **A MONDEGREEN:**

Elizabeth Duke

At primary school we used to sing Blake's Jerusalem. I spent my early years chanting, "I will not cease from men to fight", until discovering it was really "mental fight".

## **Planners Report - Allans Beach 10 July 2005**

Jane Forsyth.

While paying my various pre-event visits to this area, it was obvious just how popular it is. There seemed to be people all over the place, not just on the beach, but in the forest and the sandhills, and on the farmland too. I wonder if they had all asked permission? As Gavin and I put out many of the controls for the O event the week beforehand, I was a bit worried that some would go missing, but this proved not to be a problem. The cows do tend to knock things over however.

As usual on farm maps the vegetation does change depending on where the stock have been. Most of the lupin and bracken on the dunes has animal tracks through it and only the gorse remains impenetrable. Unfortunately there is slightly more of this on the map than is shown, and expanding every year. The forest block with young trees is getting quite usable after a few years when we could not get through it. More use could be made of this area next time, as there are many fine control sites. However the vegetation inside that block (especially gorse) would need to be re-mapped. The extreme SW corner, also, is poorly mapped and I found I could not use it, so that is a priority for mapping improvements. The Hoopers Inlet side of the map remains very thick and wet, even during low tide, so many features in that area are unusable.

The day of the event was fine and there was a good turnout, which was very pleasing. It seems Allans Beach is popular with orienteers too, and there were a couple of faces we had not seen for a while such as Andrew Johnstone and Bruce McCormick. Plenty of people went on every course, and even the string course was well patronised. Winning times were about what I had thought except for the orange course where the winning time was a bit longer than I had expected. It was good to see no DNF's on the important white and yellow courses.

There is always something for the planner to learn! One problem that I had not anticipated occurred at a few controls where the number tag reads differently above and below. Some

people approached the control from below, saw the underneath number, did not stand right over the control to see the other, intended, number, and were confused by this. Next time I would put a bit of tape over the unwanted number to avoid this. Apologies to those who were disadvantaged. I also neglected to tape a piece of fence that some tripped over, although I ran out and did this as soon as it was mentioned.

My thanks to Matthew, Logan and Nick Mortimer and Alison and Andrew Pohl for seamless organisation; to Andrew Pohl for picking up controls afterwards; and to Gavin for controlling the event. And grateful thanks to Sam Neill the landowner, who was unfailingly helpful and chatty, and even moved stock and opened gates for us. His attitude is much appreciated.

### A LESSON LEARNT.

Annie Grant.

After 3 nights of parties I felt quite tired to do orienteering but surprisingly I found the first half of flags straight away, then fatigue took over.

I saw a control up the re-entrants. I was not a hundred per cent sure and I thought the hill looked too steep. A friend of mine, new to the sport climbed up and called out 347. Oh that's definitely not mine. I need 418. Mmmm. I saw people looking further away so did the same. Got a bearing and came back to the same area. I climbed up halfway and saw again 347. Oh no circled around, helped others to find their way to their control. Got a good attack point, took my bearing and guess what? It took me back to 347.

This time I climbed up and on the top of the flag was the number 418. From now on I will check the control myself and not be too lazy to climb the hill.

### STREET SERIES OVERALL RESULTS

			Dunedin	Waverley	St Clair	Caversham	St Kilda	Total Best 4/5
		North						
1	Myles	Thayer	20	20	11	19	19	<b>78</b>
2	Dave	Browning	19	20	14	19		<b>72</b>
3	Ryan	Cambridge		14	16	<b>19</b>	14	<b>63</b>
4	Judy	Browning	17	15	16	13		<b>61</b>
4	Bede	Robertson	18	14	16	13		<b>61</b>
4	Jennifer	Hudson	17	14	<b>17</b>	13		<b>61</b>
7	Nick	Mortimer		18	12	13	15	<b>58</b>
8	Matthew	Radford		<b>20</b>	17		19	<b>56</b>
9	Jane	Forsyth	18	13	14			<b>45</b>
10	Vincent	Pettinger		15	13	15		<b>43</b>
11	Ewen	Cameron			11	10	15	<b>36</b>
11	Andrew	Leitch				15	21	<b>36</b>
13	Antoine	Arcand		20		15		<b>35</b>
13	Riki	Cambridge			16	<b>19</b>		<b>35</b>
15	Dion	Kennedy	13				<b>21</b>	<b>34</b>
16	Alison	Pohl		9	12		10	<b>31</b>
16	Genevieve	Webb	17		14			<b>31</b>
18	Grant	Hudson	17			13		<b>30</b>
18	Jeremy	Senior	15		15			<b>30</b>
18	Rhonda	Thayer	13		<b>17</b>			<b>30</b>
21	Don	Gordon			11	10	8	<b>29</b>
22	Jane	Cloete	11	9				<b>20</b>

## NZOF NEWS – AUGUST 2005

### NZOF APPOINTMENTS

*Derek Morrison and Julie Smith have been appointed Manager / Assistant Manager, respectively for the NZ Schools team to compete in the Australian Schools Championships, 27-28 September, in Tasmania.*

### ELSA MOEN

*It is with sadness that we note the passing of one of the founders of orienteering in New Zealand. Elsa Moen, mother of Unni Lewis and Terje Moen, died on 9 July aged 93. Elsa took up orienteering in Norway in 1935 and with her late husband, Sverre (later to become an NZOF life member), started orienteering in New Zealand in 1971.*

### DEVELOPMENT GRANTS

*The NZOF Council recently approved the following two development grants:*

- *\$1,000 to Orienteering Hutt Valley, as part of the Silva Development Programme, for the promotion of its innovative City Safari Urban Rogaine to be held on 6 August, and*
- *\$500 from the Silva Schools Development Programme to Wellington OC as hosts of this year's Silva NZ Secondary School championships.*

### VOLUNTEER COACH OF THE YEAR

*The Wattie's Volunteer Coach of the Year is run in conjunction with SPARC. Nominations are now open. Those eligible can be anyone coaching at a club or school level. Everyone who makes a nomination goes into a draw to win \$2,000 cash or one of two prizes of \$500 worth of sporting gear for their school or sports club. Reward a coach; make a nomination.*

### SPONSORSHIP for JWOC team

*Before it left New Zealand, the NZ team for the Junior World Championships received further funding by way of sponsorship from McNally Valuation (2000) Ltd. NZOF thanks team member Sam McNally's father Steve McNally for organising this sponsorship.*

### 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. More details soon.*

### GENERAL MANAGER ABROAD

*Please note that the General Manager will be overseas from 11 August until 1 September. If you have matters requiring urgent attention during this period, please contact the NZOF President, Rob Crawford, phone (09) 235 5346 or email [actionshotz@xtra.co.nz](mailto:actionshotz@xtra.co.nz).*

### 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 August.*

VACANCY: JWOC 2006 MANAGER
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*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.*

***The NZOF acknowledges the support of  
Sport & Recreation New Zealand  
SILVA  
David Melrose Design  
The MAPsport Shop  
New Zealand Community Trust  
The Lion Foundation  
Oxford Sports Trust***

**NZ MOUNTAIN BIKE ORIENTEERING TEAM to contest the WORLD MTBO CHAMPIONSHIPS Slovakia, 5-11 September 2005**

**Women:**

Marquita Gelderman                      North West OC

**Men:**

Greg Barbour                                  Egmont OC  
Michal Glowacki                               North West OC  
Darryl Taylor                                  Hawkes Bay OC

**Manager/Coach:**

Rob Garden                                      North West OC