

AUGUST DOCUMENT 2005

EVENTS INFORMATION

TUESDAY RED-LEVEL TRAINING

Tuesday training has started. If you want to find out more and be part of the mailing list (and are not on it already) then e mail brianbuschl@hotmail.com

The first session was held at Waikouaiti - it was good fun. The first one was a 15-minute jog followed by 2 "corridor courses" - very good for your compass skills.

I noticed there was a very high casualty rate among the torches. In my group of 5 there were only 2 torches still functioning by the end of the session! Both of them were Bunny's, making her the best prepared person on the course. Bit of a wake-up call, eh. Lesson: take a torch which works, some spare batteries and a spare torch so you can see to put in the spare batteries.

Do also take leg protection. When your torch goes out you tend to fall over a lot. Take a drink bottle and something to eat, and don't get separated from your gear (if it's in someone else's car at the other end of the map it's not a lot of use). I think a bum bag or little day pack could be handy.

See you there!
Jane Forsyth

COME ORIENTEERING AT DUNEDIN - NZ MASTERS GAMES!!

The next NZ Masters Games is at Dunedin between 4 and 12 February 2006. NZ's own Peter Snell is the featured celebrity and he has said that he wants to do orienteering! So you could be running with (or against) Peter Snell....

Two events are scheduled:

SATURDAY 4 FEBRUARY: the first ever University Sprint (new map). Adjacent to the Games Village.

SUNDAY 5 FEBRUARY: classic event at The Pyramids (sand dune terrain, farmland and some plantation forest, on Otago Peninsula)

Grades: A grade(red) and social (yellow); mens and womens; 35+ and 50+.

For these Masters Games events, the eligible age is 35+. However if you are younger than this don't despair – CLUB EVENTS WILL BE RUN ON THE SAME MAPS later the same day. You won't get a medal but you can still join in the fun.

Of course there are more than 80 other sports besides O – from aerobics to woodchopping – and the more you enter the better value it is.

HOW TO ENTER:

Contact the Games website www.nzmg.com and you can register online. Alternatively, have a registration book posted out to you. Their contact address is PO Box 5845, Dunedin, or email dunedin@nzmg.com

Early Bird registration (entries before 31/10/05)	\$35
Standard registration (entries up to 31/1/06)	\$45
Superannuitants (65 years plus)	\$35
Late entry surcharge for entries after 31/1/06	\$20
Sports fee per orienteering event	\$6

SOUTHLAND ORIENTEERING CHAMPS - 1 & 2 October 2005

INCORPORATING 25TH ANNIVERSARY CELEBRATIONS OF THE CLUB

Day 1 Overton Forest-Eucalypt forest in the Hokonui hills approx. 1.25 hours north of Invercargill or 1 hour from Gore.

Day 2 Sandy Point -Pine Forest on Sand Dunes 10 minutes drive from Invercargill CBD. Saturday night - venue & format to be advised. We will be holding an anniversary dinner.

Enquiries:

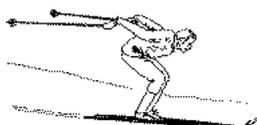
Paul Horner	03 2178969	email paul.horner@xtra.co.nz
Alan & Trish Foote	03 2177522	email ABFoote at xtra.co.nz
David & Paula McDiarmid	03 2131091	email mcdfam at nightowl.co.nz

Wellington Orienteering Championships 5th - 6th November 2005

DAY 1: Classic, Saturday 5 November – Kaikokopu (starts from 11am)

DAY 2: Middle Distance, Sunday 6 June – Kaikokopu (starts from 10am)

2005 NZ CROSS-COUNTRY SKI-O CHAMPS



Nick Mortimer

I am an unexceptional cross-country skier and had never done the Ski-O before. To be honest I was pulled up the Pisa Range more by the encouragement of the Pohls than I was pushed by my own enthusiasm. But after the obligatory Friday night fish & chips in

Alexandra, there was no turning back and it was reassuring to be greeted by familiar DOC faces on arrival at the lodge at Wanaka Motor Camp.

Whatever you may think of the circumstances surrounding its permitting and construction, the Waiorau Snow Farm on the Pisa Range (www.snowfarm.co.nz) is a remarkable facility. You park your car on one side of the building, rent some gear inside, start cross-country skiing on the other side, and come back to a well-constructed cappuccino.

Despite the general lack of snow on the Pisa Range, the trails had been kept well coated and groomed. For a warm-up on Saturday, Alison and I skied down to Meadow Hut, cut across up the (inaptly-named) Stag Valley and came back on the Loop Trail. Good enough.

On Sunday, people started to gather from mid-morning: Pam Thayer, Graeme Hardy and Penny McArthur were on registration. I would guess about a third to half the entrants were regular orienteers, the rest would probably rate their skiing skills above their map reading. The cloud was at trail level and a very light snow was falling so quite a few non-orienteers chose to “ski-down” a grade from their assigned course. Controller Brian Buschl gave a briefing and the maps were handed out. At about 11.30, all 72 of us lined up outside, elites at the front, and Brian sent us on our way. There were five courses and everyone basically went anticlockwise, most having a climb towards the finish. My course (course 3, 4.1 km, orangish, for 46-55 age group) had 10 controls and you could tick all the boxes (route choice; leg length variability etc). The first control was a bit busy, but everyone queued up in good humour and the pack quickly spread thereafter. There was good route choice on most legs: either stick to the trails or go across country, the latter usually involving taking your skis off and running. My two best legs were a smooth downhill coast on a ski trail from 5-6, and an off-trail ski beside a stream from 6-7; I didn’t fall over on either! I think my best times were on the return (uphill) legs of 7-8 in which the foot-O choice was much quicker than skiing, and 9-10 which involved good navigation on the tightly parallel trails near the finish.

Random memories of the weekend: night-time door slamming in the lodge; seven meals of spaghetti bolognese on the go at once; the distinctive “smell” of breathing ice cold air up on the Pisa Range; stunningly clear views on the Saturday; the buzz of the mass start; Otago’s largest and fastest collection of black lycra; everyone’s obvious enjoyment and excitement at being out skiing (this was before we puffed back uphill); my surprise at doing foot orienteering during a Ski-O; the Buschl children skiing like they’d done it since birth; my first ever visit to a physio.

As usual these events only happen with a lot of behind the scenes work. Thanks must go to Planner Matt Scott for course setting. To the unflappable and permanently cheerful Brian Buschl for Controlling, being an On-the-day Planner and Master of Ceremonies. And last but not least to Chief Organiser Annie Grant for, well, all that organising of entries, accommodation and massive sponsorship-raising. A selection of photographs from the Ski-O weekend can be viewed on the DOC website (www.dunedinorienteering.com) on the pictures page.

2005 SKI O CONTROLLER’S REPORT.

Brian Buschl

I hope you all enjoyed the different format of the Ski O this year. The mass start point to point race was a big success from my point of view.

Last year, Matt and I discussed changing it from the usual Score event. We both felt that the Score format, although being a lot less risky, was a little limiting on the Snowfarm map. We also were wary of the 2002 point to point event and how the conditions turned it into a ski marathon epic for many.

When Matt told me off his event plans early this year, I was excited but (like a lot of you) a bit nervous about the length of courses. The snow conditions play such a big part in this event, and make it a hard event to plan on paper.

In the first weekend of July we visited the Snowfarm and found lots of brown tussock. As our warm July rolled on the snow cover got less and less. This meant that the most competent skiers were at a disadvantage in that if the event were held today, they would be skiing down a lot of the areas that they had to run down. Maybe the snowless conditions off trail evened up the fields?

I loved Matt's course designs of having common controls on different courses and all the shorter courses being surrounded by the longer ones. Hopefully it meant that you were not alone for long out in the fog.

The mass start was very exiting, (For me anyway), and I didn't see or hear any evidence of carnage.

The finish was also exciting. The elite men's race was a desperately close affair and watching you all come in from the common last control was exciting as well, rather than coming in from every direction as in Score events.

Matt deserves a lot of credit. His course designs, his field work and many map corrections made my job easy. I know he was gutted that he couldn't see the results of his good work. I hope you have noted some of the changes in the map from previous years. We both would love to hear some feedback on what you think about the changes, especially the representation of the cliffs. The Snowfarm is constantly changing. Each summer the bulldozer goes to work I'm sure.

Thanks also to Annie, the organiser extraordinaire who always does a wonderful job and makes it a great value for money event. I hope you noticed that she was first back in the event as well!

NZ Cross Country Ski Champs Champs: Snow farm 31st July 2005

Course 1 Elite 7.42km							
Men				Women			
1	Aaron Prince	Elite	65min09	1	Sara Wallen	Elite	67min31
2	Atonie Arcand	Elite	65min16	2	Lara Prince	Elite	88min40
3	Bevan Pratt	Elite	87min28	3	Emily Wall	Elite	127min38
4	Felix Collins	Elite	88min47				
5	Gavin Mason	Elite	100min00				
6	Joe Jagusch	Elite	dsq...msp 1				

Course 2a Open 5.29km**Men 19-35**

1	Ned Norton	56min28
2	Kynan Bazley	59min43
3	David Grant	61min26
4	Shane Sigle	64min29
5	Tim Sikma	81min07
6	Chris Lovell-Smith	84min12
7	Eduard Evans	89min02
8	Dan Gledhill	92min12
9	Jeremy Bird	100min42

Women 19-35

1	Samantha Sigle	64min29
2	Gena Waiba	78min38
3	Viv Prince	83min45
4	Anna Page	84min54
5	Tamsin Page	84min56
6	Franny Cunninghame	92min10
7	Michelle Grant	100min42
8	Angela Moles	119min04
9	Rhonda Thayer	dnf

Course 2b 16-18yrs 5.44km**Men 16-18**

1	Andrew Pohl	56min26
---	-------------	---------

Women

Nil

Course 2c 36-45yrs 5.42km**Men**

Nil

Women 36-45

1	Mary Jowett	104min05
	Sarah Gauthier	121min00
	Kate Downer	139min40

Course 3 46 -55yrs 4.07km**Men 46-55**

1	Bruce Meder	64min31	
2	Myles Thayer	68min55	
3	Nick Mortimer	76min05	
4	David McArthur	86min50	
	John Alexander	19-35	52min29 (unoff)
	Troy Mattingley	19-35	55min00 (unoff)
	Jochen Bird	19-35	56min29 (unoff)
	Max Barzel	16-18	76min02 (unoff)

Women 46-55

1	Marina Hanger	65min57	
2	Jennifer Hudson	79min36	
3	Judy Wilson	96min15	
4	Jan Piggot	96min20	
5	Alison Pohl	97min49	
	Jackie Ludgate	19-35	76min36
	Lena Leuthold	19-35	86min48
	Andrea Maeckler	19-35	98min09

Course 4 55yrs + 3.44km**Men**

1	Allan Carman	M55+	dnf
---	--------------	------	-----

Women

1	Annie Grant	W55+	49min00
2	Helen Carman	W55+	dnf
	Briar Alexander	19-35	76min43
	Stacy Buschl	36-45	80min55
	Lizzy Roberts	36-45	dsq

Course 4 12-16 yrs 3.44km**Men**

Nil

Women

1	Michelle Thayer	12-16	82min40
---	-----------------	-------	---------

Course 5 under 12yrs 1.62km**Boys**

1	Malachi Buschl	M12	02:13:40
---	----------------	-----	----------

Girls

1	Emily Buschl	W12	01:08:55
2	Georgia Buschl	W12	02:13:40
	Meriel Thayer	W55+	dnf

The Inaugural NT Championships Carnival, 8-17 July 2005

Bunny Rathbone.

What a privilege to meet Top End Orienteer Susi Bertei at the first event of these Championship's on the Top End's East Point map to try out a "Scatter O". Such a dynamic and dedicated organiser who had a broad smile of welcome for all of the 120 competitors who had gathered together for this first event of the Carnival in the Northern Territory. If it hadn't have been for Susi's determination in persuading her Club Members that it was time for the Territory to come of age in the Orienteering world we (the competitors), would not have been able to experience the unique landscape of this fascinating land.

East Point Reserve is a recreation reserve close to Darwin city which has sweeping coastal views over Darwin Harbour and the Arafura Sea. The reserve contains a variety of habitats ranging from tidal mangrove flats to monsoonal forest and vine thickets, fast open running, mostly flat and is home to a wide range of Top End wildlife such as scrub fowl, wallabies and crocodiles – the later frequent the beach so swimming is out! Luckily the Point had shade trees growing along the cliff edge where we could park our cars and sit on the grass, well away from the crocodiles! A welcome sea breeze greeted us when we arrived ready to start at 4.30 pm.

The Scatter O is an event to have when you want a change from a score event. All the competitors start at the same time or if the numbers are large then 5 or 10 minutes can separate each group. The maps have got all the controls printed on them and it's your choice to nominate which course length you wish to do, usually a choice between short, medium and long. The Planner decides how many controls each course will visit At East Point the Short course competitors had 8 controls to find, the Medium 12 and the Long 18. Altogether there were 21 controls out on the course. Each competitor had the freedom to visit any of the controls on the course as long as the designated number were found and punched in the correct box. The challenge is to plan a course for yourself which will be a winner! I wanted to see more of the map so I went to some extra controls. It was still very hot and running made you even hotter. Darwin was mostly 31 or 32 degrees Celsius and it didn't cool down at night very much. The organisers had put lots of water out on the course which was most appreciated. With this type of course most runners are back about the same time so that control picking up can start fairly quickly. One runner caused a bit of consternation as it was getting dark by 6.30 and she still hadn't returned. However when she eventually came back it was found that she had misunderstood the instructions and thought she had to visit all the controls which she had! Three more than the long course had had to find!

We finished the event with a very pleasant BBQ at the venue when we could catch up with other NZers and Australians.

Bush Tucker Dinner: The next day we were off to the Bush Tucker dinner at Lok Cabay on the edge of the NT Championship map. This was situated one and a half hours drive south of Darwin on the edge of Litchfield National Park. Lok Cabay means the place of the sugar plum. We didn't eat any of the plums but had local kangaroo, goose, turkey and fish, - the barramundi, cooked in a traditional underground oven, much like a hangi. Damper was also made from flour and water and cooked in the ashes of the fire with coals heaped on top. This was all eagerly waited for and augmented with pasta and salad dishes. The tropical fruits of papaya and pineapple finished off a great outdoor meal thanks to the efforts of the local traditional land owners and the Top End Orienteers.

NT Champs: Here we were at Lok Cabay, part of the land belonging to the Finnis River Land Trust which had been handed back to the Kungaracun and Warri people in 1993. It

covers around 80 square kilometres and includes the site of Australia's first uranium mine, Rum Jungle. As well there are many old exploratory diggings in the area, courtesy of gold prospectors.

Since 1993 the land has been looked after by land custodian Mr Speedy McGinness. He conducts an annual burn-off, a traditional land management practice to renew the earth, and keeps feral pigs, stray cattle and buffalo out of the sensitive rainforest areas. He welcomed the opportunity to share the land and his knowledge with those who respect it. An outstanding geological feature of Lok Cabay is the stromatolites, some of which are featured on the map area. These magnificent rocky structures are 4 billion years old and up to 10 metres high. The largest one, called Mushroom Rock, shows evidence of once being a tribal living area with animal bones and spearheads being made. Speedy enjoys playing host to a number of educational field trips from various institutions investigating these unique rocks. These rocks show evidence of the small one celled animals that first crawled out of the sea to start life on earth.

As well as the natural environment there is evidence of the World War II army camps with pathways, concrete and bitumen paved terraces, discarded 44 gallon fuel drums and bottle dumps. Historically it is on the line of defence the Australian Forces withdrew to after the bombing of Darwin in 1942.

The complete map had recently been seasonally burnt off so visibility was excellent throughout. The southern area was gentle to moderately steep spur gully with scattered rocky areas underfoot. The centre north section of savannah woodland and black soil plain had three separate areas of complex stromatolite formations. Running conditions in that area were smooth and fast with no rocks underfoot. The NW corner of the map was again spur gully with scattered granite and flat rock features.

Numerous termite mounds were spread throughout the area but only the cathedral type were mapped, and only those over 2 metres. The numerous ruins mapped in the southern area were concrete slabs. The green areas generally contained extensive pandanus, which leave their thorns in any arms or legs that pass by and so should be avoided.

The event started early in the morning, I had an 8.40 start time, but even by that time the sun was pushing searing heat out of a cloudless sky. With only 120 starters however we were soon all out in the bush enjoying the map that was made by Kevin Vigar from South Australia and the courses planned by NT stalwart orienteer Jon Potter, and controlled by the experienced South Australian husband and wife team of John and Jeffa Lyon. My course took me to all the interesting parts of the map – the gully spur which was rocky underfoot, the savannah woodland, a bit of wet area, the termite mounds and the stromatolites. What more could one ask for! Later we were able to stroll back into the stromatolite area to have a closer look at them and take some photographs. A truly memorable event.

TANE'S 2005 EUROPEAN O-TRIP

Well I guess you can say that my trip started on the 29th of June, as on the night of the 28th after finally finishing my exams. Dad suggested that as I had 2 days to spare and wanted to see me before I left, I should fly down to Dunedin for the night. So after a quick overnight trip to Dunedin I was back in Christchurch preparing for the big day.

That night I got 3 hours sleep before getting up at 4:30 for my 6am flight to Auckland. From there I went via Singapore to Amsterdam and then to Milan. We arrived in Milan at around 10am on the 1st of July and almost straight away jumped into a van and were off.

Italy

We headed for Verona on the motorway. On the motorway we encountered some interesting and quite scary driving from the crazy Italians. After about two hours driving we missed the turn off to go right into Verona, so we just pressed on up the valley to Trento, an ancient Roman city about another 2 hours drive away. We then cruised up another side valley to the event centre for the Italian 5 days, Coredò. It was another half hour drive till we finally got to our hotel, perched right up in the hills at about 1400m above sea level. The Il Falchetto, an old ski lodge served as our base in the valley. From here several training maps were right on our doorstep.

The morning after our arrival we went down the road to adjust to the terrain and the mapping style which appeared to be a lot more subtle than in New Zealand. That afternoon we went through to a town called Fondo. It was really old and had basically been built on top of a massive gorge!

Our second day in Italy began with some more training on the same map. That morning Graham the manager, and some of the other guys who had just arrived from Switzerland, went in to the event centre and managed to sweet talk the organizers into letting us in the elite sprint race. As it turned out (as I was away training), I was automatically chosen as first runner by the other 3. We arrived all ready to run this sprint race about 2 hours before hand, and then realized that it was almost all in the forest. So there we were, all in shorts, ready to race. Some of our fellow competitors thought we were crazy running in shorts. It wasn't the done thing apparently.

Anyway the race started and finished in the same place, or so we thought, instead the ramp was there for a 'spectator start'. We were called up by name, and some stuff in Italian was also announced about who we were, over the loud speaker. I was given a map in which it had a taped route to the actual start about 1km away up hill, with 15mins before our real start time. I ran down the ramp and got to the start in about 5mins. At the start there was a starting gate with all the bells and whistles. The race started. Then I broke through the start gate, and I was off like a bullet. Somehow I missed the start triangle altogether. After realizing my mistake I fixed it quickly but knew it was all over right there and then. I then made another route choice error later in the race and ended up a lot longer away than I should have been. The next few controls were right through the narrow streets which made for some exciting running to the finish.

On the day of the first event, we all caught the bus. The terrain was quite similar to NZ but a lot steeper and a lot higher (about 1400m). I had a good start but ended up being caught at the fifth control and was unable to keep up. I finished well down the order but was reasonably happy with my run. That evening we went to the event center at Coredò to use the free internet and get team results. On the way back we took a small side trip to a 1000 year old monastery which was included into the schedule.

Day 2 of the Italian 5 Days, was the last day of competition for us. As it happened, the finish area was right outside the front door of our hotel. It rained all morning and was very, very cold. I was very pleased that we only had to go out the door to the start and after finishing could just walk straight in to the shower. My tactic for this day was to just orienteer and let the speed happen. The terrain was slightly less steep and again very much like NZ, so I orienteered well until right near the end and just lost it completely. I took a risk by going straight and not playing it safe by going around the track. The risk didn't pay off and I lost a lot of time. After finishing I found out that Martin had made the same mistake and that I had

beaten him by 10 seconds. The team had a quick informal send off from the announcer, wishing us luck for JWOC, then we jumped into the van and were off.

The direct route to Lugano in Switzerland was supposed to take about 3 hrs and be faster than going down via Verona and up to Milan. The route was right through the mountains. This included 2 mountain passes, one at 1888m and the other at about 1234m. It was very spectacular but took us 3 hours just to get over the passes and into the town of Sondrio. After a quick feed at McDonalds we hit the road again, going around the side of Lake Como (which had a rather bad smell) and made a few navigational errors. Another 2 hours and we hit the border between Italy and Switzerland. We got all our passports ready to be inspected and then all that happened was we stopped, the border guard had a look in the van, said "Pregio" (all good), and that was it! After trying to navigate around some very narrow two lane streets in the dark we gave in and Graham had to ask for directions. Graham pulled off a very spectacular 15 point turn and we rolled into our accommodation at the Figino youth hostel just after 10pm. So much for 3-5 hrs, it took us 8!

Switzerland

We were situated at the hostel for 5 days before JWOC; this was our base from which we trained. From there it was a 30min drive to the event centre in Tenero. We trained using a map on the hill above the youth hostel, which also had a very interesting drive associated with it, some large drop offs and places where you wouldn't want to meet a car coming the other way! The ground was a bit different, very steep, covered with leaves and chestnuts; prickly chestnuts. The maps used for training were fairly poor. It appeared as if they hadn't been used for several years.

Another day we went into Tenero and trained on the side of a hill. This map called "Cur,zütt" was somewhere that, had you been in New Zealand, you wouldn't even think of mapping. It was here that we first encountered tics.

Lunch was taken in Bellinzona, where the sprint race was to be held in a few days time. Bellinzona was an old town built around a series of castles perched across the valley. The plan for the afternoon was training on the opposite side of the valley to "Cur,zütt", on a map called Scarpape'; again steep and wooded with chestnuts.

Our last training session was along the motorway between Lugano and Locarno, on the map "Monte Centre". This map was once again situated on the side of a hill. The area covered was owned by the military, and when walking under a bridge that went under the motorway we observed our compasses spinning in circles. The ground around was definitely contoured to accommodate some sort of under ground structures, it remains a mystery as to what it was.

Training consisted of running in pairs chasing each other down. Up the top section of my course I was running up a road and at the end there was a sign warning something in Italian about 'military area, keep out'. There were also two army guys loading ammunition cases into the back of a truck which worried me and was somewhat frightening, but I just kept running faster than usual and into the bush as soon as possible! That afternoon we took another side trip to a gondola that went up Mt Tamaro, a ski field in winter. At the top was a luge, a lodge and a church. Upon leaving the gondola, a chorus of jingling could be heard; all coming from a herd of grazing cows with bells around their necks, in a field at the top. It was quite unreal. The church was also amazing, in contrast to the rest of the churches we had seen, this one was modern and very artistically designed. This provided an awesome view down to Lugano and across to Bellinzona.

The next day consisted of a resting and a bit of touring in Lugano.

JWOC

The 10th of July we left Figino around 7am for the JWOC event centre and accommodation. We arrived and sorted ourselves out, as Graham and Jenny had to take the car and van back to Malpensa airport by 10am. The accommodation was situated in Tenero at one of the Swiss equivalent of the sports academy. The rooms were very clean and tidy; each floor had bedrooms with its own bath rooms and toilets along with a drying room. As it happened we shared our floor with the Swiss team. After unpacking, it was time to head off to the sprint race, so off down the road to the train station we went. The sprint race was huge, it was being covered on local television, and there was a grandstand, a big screen and people everywhere watching. I found a good spot up on the bottom castle to catch the best views. Ross and Lizzie both did really well, although Ross was a bit unhappy as he won 5 splits but made a lot of small mistakes. We all stuck around for the main race and watched the elite's races, and saw Simone Niggli win again. This race was preceded by a procession of the competing countries through the town. As we passed by a pub on the side of the road a man came out and yelled "GO kiwis!" in a very distinct NZ accent!

The first day of JWOC was the model event, for this we had to travel across town on the back of army trucks to the bottom part of the long distance race map, Arcegno. The terrain was very much like the other maps we trained on so there were no surprises apart from the scale of the map. The map here was also very accurate.

Tuesday came around very fast, and there was a real sense of seriousness and tension in the air. It was the day of the middle distance qualification race. I had a start time that suited me perfectly and after almost missing my bus, arrived at the warm up area. Here not a lot was said. It was really intense. I did a few warm up controls with Ross who was really nervous and starting just ahead of me. Then it was time, I headed up to the start watched the others start and then it was my turn - through the series of gates and then it was all go along with two others on different heats. I took it really slowly to the first control, nailed it then took off toward the second and in the process managed to roll my ankle, I hobbled/ran for a bit, then the pain went away. Everything was just clicking. I got disoriented for a second, made a small error but realized pretty soon and corrected myself, but still lost about 1 min. I quickly forgot about it and my legs just took me faster and faster. I made one more small error and sprinted into the finish with the second fastest split. It was then I realized how much a small mistake could cost you, and I watched my name drop from 13th to 36th, just making it into the B final. Ross had one of the best runs of his life and finished 5th in his heat, Lizzie also had an awesome run finishing about 10th in her heat, the others didn't do so well, Martin and Simon both just missed out on the B final by one place. Overall I felt very satisfied with my run, keeping in mind that without the 2 mistakes, I might have made it into the A-final.

The next day of JWOC was the middle distance final, held on a map near to the previous day's course - Taverne. There was a bridge built especially for us to run over the road right near the end. The atmosphere was a lot more relaxed, and after a stuffy ride to the start in the back of an army truck I was ready to get out there and do it.

Then it was time and I was off, I got the first few controls really well, but when I got to the sixth control I didn't take the leg as carefully as I could have and ended up cutting up too high on the spur and lost 3+ minutes. From then on I knew the competition was over for me and made a few more compounding errors which saw me get caught up by a train of 5 guys on the same course. The sprint to the finish was a killer; it was a hundred metre run across a flat paddock with a climb to the height of the bridge, up hill around the corner and then another three hundred metres on the flat. I was placed 46th in the B final which roughly

equates to 106th overall. Both Lizzie and Ross managed to mispunch in the A-final, and the others also had an average day.

Thursday, the day of the classic, I gave up the opportunity to have my ideal start time so I ended up in the last group, starting at 1:30pm in the heat of the day. For me the day never started well, I had a long wait most of which I had to do by myself. I got ready and had a run on the warm up map, I had trouble adjusting to the scale and when I got back was really nervous. The race started with the start triangle about 10 metres from the start line, which meant I never had anytime to sort the map out before having to orienteer. I made a small mistake on the first control then took off to the second and took a route choice option that had more climb but to me seemed the safest option. Anyway I got carried away when I cut off a bend in the road and didn't come far enough down before contouring round and got myself way too far up hill to the left of the control. After some rock climbing and about 10 minutes of mucking around I found it. I just totally lost confidence from then on and continued to compound and dwell on my mistake. I just plain forgot how to orienteer. It was really hot and it was starting to take its toll on me and right near the end I even contemplated DNF-ing but I pushed on giving it everything I had, even managing a respectable finish split. When I got there almost everyone had finished and was ready to go home, I was really wasted and just wanted to sit down in the shade and forget it all, the others in the team were all there eager to know what I did. I couldn't really be bothered talking to them and got quite angry with myself. I think they realized this and they all left me to catch the buses home; some of them had been waiting around in the heat for 4 hours or more. It was good as I had some time to reflect on what I had done, I checked my placing before I left, 128th not great but at least I finished which about 40 people failed to do.

The long distance race was followed by a well timed rest day. The day consisted of, well, resting I guess. We went swimming in the lake and then in the pool and then not much else.

On Saturday, a long 90 minute army truck ride awaited us up to San Bernardino a town up by a pass (1608m), which featured in the 1968 version of movie "The Italian Job". It was the relay situated in a ski area in winter, a lot more open and more like some of the farmland maps in New Zealand. I was picked in the A team, with Ross running first leg, me second and Martin to bring it all home. Ross started off in the mass start running with all the top fast guys, and a helicopter buzzing overhead catching it all on video, he was 14th through the spectator control, and at one stage he even got up to about 7th place. He finished and handed over to me in 12th place, I was off and the adrenaline was pumping I made a small mistake on the first control and from then on I had one of my best runs ever, only making 1 or 2 more 30 sec mistakes. Physically it was very demanding. If the finish on the middle distance final was hard, the relay made that look like a walk in the park. From the second last control to the last was about 50m of climb over a space of about 300m, then another 20m of climb to the finish. I got the second fastest finish split with 40secs, finishing 17th then handed over to Martin who had the hardest job of all, holding it all together. The course was tough and coming in Martin paused twice in the finish chute, but was promptly told to keep going by me! He finished us in 25th place overall which equated to 15th country (the B teams did not count!). We were all satisfied with our runs and enjoyed the rather interesting bus ride home; the driver taking us on a little tiki tour of the valley. At the gala dinner that evening we did an impromptu Haka which was very well received.

The morning after the party we were all up early to catch a 6am bus to Malpensa airport, from there we all went our separate ways, me, Ross, Martin and Simon headed to Sweden for O-Ringen, Sam went to France, Tessa went to Germany, Sarah went to somewhere in Europe for a few days, with the rest all traveling straight home.

Planner's report – Narrowdale, August 2005

Jim Cotter.

Well, well, well; we live and learn. You lived - despite possible doubts as to whether you would, or would spare my life - and I learned. I learned mostly that "Short Red" courses have **two** operative words. The person to whom I most owe an apology is Riki, who hardly got the ideal recuperation course.

I can testify that Planners really start to panic when they staff the finishing line, and still haven't seen or heard a soul one hour after the first start time, much less fifteen minutes later. Explanations imagined in those long and anxious minutes range from kidnapping gangs of motorcyclists, control tags stuck upside down, a dyslexic pairing of Planner and Controller sharing a bad day, to more credible possibilities such as the sudden appearance of an inter-galactic black hole. I'd planned a number of around-vs-over the hill route choices into the orange and red courses, but I only heard of two occasions where people chose to contour around, so perhaps the choices weren't sufficiently balanced? At least one person was less than ecstatic with the length+climb of the long red, but I think it also has two operative words, and the winning time didn't seem outrageous (especially for what was presumably their first time on the map).

I'd enjoyed planning Narrowdale until that Sunday, when the wind, motorcyclists, and a seemingly innocent blue-and-yellow arrow added to your mission. It's a challenging map on which to develop courses spanning White to Long Red; I'd been happy with what eventuated (once I'd also wrestled and re-acquainted with OCAD), and found Bruce's advice very helpful as Controller. Thanks especially to McMeckings for a great job of Organising on that brass monkey day, and to Richard, Eunice and George for various assistance. Also, thanks to Brian for running the long red a few days later and pulling those controls in! Rest assured, next time I'll peg at least the short red and orange courses back a tad, and just maybe listen to my controller more attentively.

NARROWDALE - CONTROLLERS REPORT

Richard Thum.

Jim Cotter asked me way back in June whether it would be feasible to relocate the scheduled Narrowdale event to Gladbrook for reasons such as more varied courses, new start/registration/finish areas and making for easier (less climb for some) courses etc. I couldn't see a problem in this - but in hindsight, last weekend's weather would most definitely been a lot colder if it had been at Gladbrook!

Back to Narrowdale and yes, climbing (and descending!). I have made comments before re the apparent problem of too much climb for some courses - but to remind some people...contours, be they close or not so close apart, make up the most essential part of our maps to show essentially the shape of the land we traverse during our event. It is unfortunate perhaps that Narrowdale contour lines are more uniformly 'close' when compared to other local 'O' maps, but I believe that Jim made a series of good courses for all, with route choices to minimise most altitude gain if one stopped (OK, slowed down even) to look at all choices between control sites. I have also been guilty in the past of spending too much effort travelling 'as the crow flies' between control sites - and perhaps paid the price of way too much climb - and I only realise this when I get home, have a shower, then sit down and look more closely at the course that I did. Personally, nowadays I tend to trade off my lack of speed (and fitness sometimes) for that of increasing my contouring ability and that of looking at my map more critically, which as any planner will tell you, is a lot easier after planning events.

Apologies to those who managed to follow a motorbike track to the start area. Aside from sending out email advice, I will ensure some registration area notice in the future.

As first time organisers of an 'O' event, I thank the McMeckings for a job well done and I hope we haven't scared them off - John didn't realise that as organiser, they tend to do most of the work on the day - and I suppose the significant distance between start and finish areas didn't make things easier for a first time event!! Thanks.

Attempting to follow Jim C up and down spurs/ridges as he carries a 'small' bundle of controls, while I check map features and control sites has reminded me very abruptly (again) how unfit or older I am these days...cheers Jim!

NZ SECONDARY SCHOOLS TEAM 2005

To compete in the Australian Schools Championships

27 & 28 September 2005

Junior Girls

Claire Dinsdale	Samuel Marsden Collegiate, Wellington
Rachel Goodwin	Iona College, Hawkes Bay
Kate Morrison	Napier Girls High School
Nicola Peat	St Cuthberts College, Epsom

Senior Girls

Lizzie Ingham	Samuel Marsden Collegiate, Wellington
Tessa Ramsden	Wanganui High School
Kate Rea	Chilton St James, Lower Hutt
Georgia Whitla	Riccarton High School, Christchurch

Junior Boys

Aari Barrett	Hastings Boys High School
Scott McDonald	Karamu High School, Hastings
Ben Reidie	Nayland College, Nelson
Toby Scott	Glendowie College, Auckland

Senior Boys

Simon Jager	Mt Roskill Grammar, Auckland
Sam McNally	Te Puke High School
Thomas Reynolds	Westlake Boys High School, Auckland
Jack Vincent	Havelock North High School

Manager: Derek Morrison

Assistant Manager: Julie Smith