

NOVEMBER DOCUMENT 2005

FROM THE COMMITTEE.

Jane Forsyth

CONGRATULATIONS to Rita Homes and Tane Cambridge for University Blues for O from Otago and Canterbury respectively. Also good to see the talented Bede Robertson and Robere Hall in the ODT.

NZOF advises there will be a NATIONAL JUNIOR TRAINING CAMP in Auckland, 11-16 December, for those aged 12-18 wishing to improve their O skills. Support for travel to the camp will be available from NZOF if necessary. Details from johnandval@clear.net.nz.

MORE FROM NZOF... The Technical Committee are currently reviewing several areas of the NZOF Competition Rules and have put together an outline of their review. These matters will be discussed at the next committee meeting (16 November). Anyone can look at these proposals on the website www.nzorienteeing.com, and if you are interested, come along to the committee meeting or make your views known to the committee please. Deadline to get our club's submission back to NZOF is end of November.

THE TUESDAY TRAINING SESSIONS are still going, with Brian Buschl providing a range of good exercises over the past few months. Two more to go, and they are a bit easier now the evenings are not so dark.

GENEVIEVE WEBB is looking for people to control, plan and organise next year's events - see the 2006 programme and volunteer for an event near you!

SECRETARY Nick Mortimer will be away in Antarctica for the next 2 meetings and Jane Forsyth will fill in for him. After that Jane will be in Te Anau for 2 months or more (but will still have the same phone number and email address).



Nick Mortimer will be away doing geology in Antarctica for a month from 17 November. Nick first went to Antarctica in 1997 with Jane Forsyth; Jane went there again with other geologists in 2001. This trip is a continuation of that earlier work, chasing ancient fault lines between the Transantarctic Mountains and the Ross Sea, and finding their age. This time the site being visited is Cape Adare (lat 72 deg S, long 170 deg E) which could be described as North Antarctica as it is the nearest part of Antarctica to New Zealand. To get there the party will have to travel to Scott Base (lat 78 deg S) by RNZAF Hercules then back north 600 km by Twin Otter to the field area. Nick will not be lonely - as well as the party of three geologists and a field assistant, there will be a colony of 500,000 Adelie penguins for company.

Of interest to compass-carrying orienteers, Cape Adare is quite close to the south magnetic pole. The magnetic declination is 109 deg W of true north and the inclination 83 deg. The latter severely affects compass behaviour. To make sure of navigation and geological measurements, Nick will be taking Silva and Recta brands of magnetic compass, and a handheld Garmin Etrex Summit GPS that has an inertial compass.

The DOC website will not be updated in Nick's absence, but the email groups will still function as a means of internet communication in the club. Any member can send emails to doc-members, and Jennifer, Myles, Ben and Jackie can send to doc-announce.

Dunedin North Street O 16 October: Planner's Report

Alex Wearing

I would like to thank everyone who turned up to this event. I would especially like to thank the Anderson's for being such good organizers.

I have not been to any of this year's Street O events, but this meant I could approach the planning of the Dunedin North event with no fixed notions. My only criterion was that all the control answers had to be easily visible from the footpath. Some time ago I was in a Street O event where I could not clearly see some of the clues on the controls (since I need glasses when I am driving).

The Dunedin North Street O map had 70 controls. Most controls were worth one point. Some of the more distant controls were worth two or three points, and one control which involved a climb up to the Thomas Bracken memorial by the Northern Cemetery was worth 5 points. I did not expect and would have been very surprised if every control had been visited in an hour. I wanted to give people a reasonable choice of routes and circuits (e.g., to the student area, or to the light industrial zone by Otago Harbour). Collecting controls consisted of writing a word or words, or a number or numbers. Since the event I have been asked whether some of the clues were cryptic. They were not. For example, one clue read "Whose service will blow you away?". This was simply the motto – on a sign - of the firm occupying the site which constituted the control location. Dashes (one per letter) provided a further clue to help with the answer to this control which was "Sandblasting Specialists Ltd". My favourite clue was "Green monster painted on wall". Speech bubble says "=", and the answer was "pudding". Perhaps this was the first monster ever to feature in an orienteering event? Talking to people afterwards I was intrigued to discover that some people did not see answers which other people had no trouble finding. To satisfy my curiosity I revisited some controls and all the answers were there to be seen. In some cases I discovered that people had written down things that were not there. Sometimes when I am tired and flustered I find my ability to see what is there is compromised. Such an outcome is more likely on a course when the controls are often novel and range from big features to small features, and the nature of successive controls is often very different (and not easily recognizable orange flags). Some of the answers were quite small so you had to be standing right in front of the control. If I could repeat the event I would have placed a limit on the number of letters used in any word or phrase answers. "The game for a lifetime" is too long an answer when you are in a sweat and in a hurry.

Looking at the 2005 events programme as a whole the scheduling of a single Street O event in mid-October probably does not constitute an attraction for most members. I think its timing should be reconsidered.

Controllers report Cuttance OY 11 th Sept 2005-09-29

Anne Saupe.

I've never been a planner or controller of an orienteering event in NZ before but I got asked and so I thought I've done orienteering for so many years let's give it a try. It turned out that

by the stage I got involved, Dave already had specific ideas of the start/finish area and the courses.

I was happy to see that the map is actually forest and not farmland which I still find strange to use for orienteering. The quality of the map was good and I had no problems to find my way around. I would have drawn big parts of map dark green, but that's just my impression because NZ "wilderness" is not comparable to a German forest.

The lack of paths, walls, clear vegetation boundaries made it difficult to set easy courses. So the yellow and white courses turned out as "fence orienteering". But that's all right, the fences were easy to recognise in the forest, and the competitors did not have to cross them often. The short and long red looked very interesting, demanding good orienteering skills. The short red seemed to be long enough considering the steepness of the area. Short red should be a challenging orienteering course, I think. I liked the crossing of the courses. That forces us to use the compass more often. Also I liked the varying distances between the controls, so that the running speed had to be changed often. Cheating by shorting the courses by changing the order of the controls did not seem to be an issue in such a small event. The white course was planned on open farmland, perfect for kids and newcomers.

I like the start system with the separated map copying and actually start of the race although it is not really necessary for small events. So you have to orienteer from the first minute. If I would have been the planner I would have tried to reduce the total number of controls. I think it is nice to meet other competitors in the forest and to wonder if they have the same next control or not. Orienteering is also about not getting confused by people around you. Besides it reduces the number of controls which have to be put into the forest, checked and taken off again.

My thanks to Dave who has done a great job and who has put a huge effort and amount of time into the planning of the event. He also was the controller of the day. I'm happy that it worked out so well (perfect weather, no controls stolen and all the other things you can't really influence). Also to Judy as organiser and all the people who helped on the day. Thanks to Robert who helped me checking the pre marks and controls and carrying the water bottles to the controls.

It was a great experience for me.

MTBO - MORE ORIENTEERING WITH LESS WORK!

A record of an NZOF seminar for innovators and anyone who wants to spread orienteering.

Presented on Wed 12 January 2005 at Helensville, by Michael Wood of MAPsport Services under the NZOF Silva Development Programme.

Summary

MTB-Orienteering is much easier to run than traditional orienteering. It attracts new people. They are prepared to pay more. And these people are capable of running events.

Discover how MTBO helped save a club from going under. NZ MTBO pioneer Michael Wood presents the facts:

- Sizes and shapes of MTBO events
- Who comes, event finances
- Maps and areas (emphasis on club events)
- Volunteer requirements
- Spin-offs for other club events

MTBO is so easy to organise that other groups can and do. Why restrict your club to the labour-intensive forms of map-sport? Spread orienteering through MTBO.

Footnote

Presenter's notes have been turned into prose with some updates and editing. There's a companion publication on Rogaining which follows a similar form. The author also contributes significantly to traditional orienteering.

30 May 2005

Introduction – Why This Document?

This report is aimed at NZ orienteering clubs, not at mountainbikers themselves, and especially not at MTB-orienteers.

We start with a bit of business planning methodology.

What's your club's main goal in life?

Most people would agree it's running orienteering events

Are there any constraints?

Most people would agree the biggest one is shortage of volunteers

So we'd better say, running orienteering events within the available resources

Or (thinking a bit more widely) while having fun☺

Surprised? Do we run events at all costs? Doesn't enjoyment come into your goals?

A club exists to serve its members, and its members are there because they enjoy the club activities. No-one makes them join up.

OK now let's make an objective for this – an objective is a ***specific and measurable*** form of a more general goal.

What's the measure of the year's orienteering? If we exist to run orienteering, it's the amount of orienteering we run. Number of events is a start, but more people is presumably better than less people. This leads to ***person-starts*** as a measure.

How much did you achieve in 2004?

My club Orienteering Hutt Valley counted 1800. (The national figure is 27,668.) So we're above average, although at 80 members we're right on the average club size.

This has steadily risen from 900 since 1998 when the club held an SGM to consider winding up.

How?

We certainly didn't do it by putting in lots more volunteer work!

We did it by concentrating on types of events which require less work. It was workload – volunteer tiredness – lack of enjoyment - that led to moves to wind up.

Low workload events have included

- Urban event developments
- Small to medium rogaines
- MTBO

The advantages of MTBO are:

1. MTBO maps take one third of the time per sq.km
2. Planning is a tabletop exercise
3. An MTBO event can be put out, run and taken in by three people, ***all on the day.***

If we use business-speak, MTBO has a better benefit/cost ratio, where benefit is person-starts and cost is volunteer-hours.

And that cost (volunteer hours) is not something you can just get on the open market. When volunteers feel the weight of obligation on them, it takes the fun away, and they clam up, or even leave.

We don't actually measure our volunteer-hours, because that takes away from the enjoyment. We just keep well within our resources and ask people what they are prepared to run before we schedule events. (How many clubs do it the other way round?)

If we could measure fun, our objective would be to maximise fun!

OHV isn't the only club which runs MTBO. Let's look at MTBO throughout the country.

A Brief history of MTBO in NZ

1990s - Isolated initiatives:

- Shaun Collins and Darren Ashmore run some events in Woodhill
- Brent Hoy (Muddy Trails) includes MTBO in his Wgtn race series
- RKOC runs MTBO event at Otawhao
- Some clubs offer bike options in street-o, and in rogaines

1995 – First Cyclic Saga

Ground Effect runs first Cyclic Saga on Banks Peninsula (MTB rogaïne) Annually to the present, growing to 300 riders

2000 – Start of sustained activity within NZOF

- Wgtn Series of 4 (OHV)
- First NZ Champs at Hanmer (PAPO)

2001 – Consolidation by pioneers

- PAPO club events
- Wgtn series of 4 plus separate Wgtn Champs (OHV)
- Second NZ Champs at Ngaumu (OHV)

2002 – More clubs, Map sharing, Dabbling in International Competition

- Events in Auckland, Otago, Southland

- OHV trail events and 3hr rogaines use maps prepared for MTBO
- Third NZ Champs in Woodhill (WACO)
- Unofficial ANZ Challenge, Waitarere (OHV)
- NZ represented at World Champs in France (Greg Barbour)

2003 – Consolidation

- Trailquests in Woodhill back-to-back with rogaines (Lactic Turkey)
- First official ANZ Challenge, Victoria
- No NZ Champs

2004 – More expansion, Real International Competition

- NWOC (series of 5), ROC (2), EgOC (foot/bike rogaines), PAPO resume
- Wgtn series expands to 6 plus area champs (OHV)
- Fourth NZ Champs at Waiuku (CMOC)
- Full attendance (12 riders) at World Champs in Victoria

Sizes and Shapes of MTBO Events

The Rules of the Game include - STICK TO TRACKS

(Actually the IOF rules say “unless otherwise specified”)

This has huge advantages for mapping, course planning, and it’s better for novice navigators.

If you are tempted to think tracks are not challenging enough, think: do we want to

- attract bikers to orienteering, or
- convert foot-orienteers to MTBO.

The second would only create MORE work for the same amount of orienteering!!!

(Actually, reading a map while riding unmaintained tracks is far from easy.)

We divide events into those using off-the-shelf maps, and purpose-made maps.

Off The Shelf Maps

Street-O

- 1hr or so score event, city map or orienteering version showing lanes and parks
- Several clubs ran occasional events in the early days
- Got a few bikers, but small impact

Trailquest

- English term for 3-5hr score event on public roads and walkways using standard maps
- Muddy Trails, Dunedin OC, Lactic Turkey, EgOC have run these
- Attracting up to 100 riders

Cyclic Saga

- NZ term for 2-day rogaine with compulsory overnight campout, 6-7 hrs/day, standard maps
- Run in Canterbury initially by cycle clothing company Ground Effect, now by a professional organiser
- Often reaches the maximum of 300

- EPIC Navigation (Bruce McLeod) is also doing similar events in Otago

Events on Purpose Made Maps

Standard maps have limitations for fair competition:

- Poor accuracy, can only do limited corrections
- Don't show speed of tracks (compare with runnability for foot-o)

Maps are usually made from scratch, areas are not necessarily the same as foot-o areas. (Although after logging stops foot-o, forests often gain extra tracks and can be suitable.)

Courses are sometimes score but usually sequence, generally 1-2 hrs winning time.

Mostly 3 courses, 6 classes, course length up to 30 km depending on area available, 20 km most usual. Distances are measured as you ride, since off-track is no-go.

Typical MTBO Course Structure		
C1	20 km	Open Men
C2	12-14 km	Open Women, Vet Men (40-), Jnr Men (-18)
C3	6-8 km	Vet Women (40-), Jnr Women (-18)

NWOC, ROC, OHV, PAPO doing more than occasional events. They are regularly getting 30-70 riders. There are individual events or run as a series like an OY; some area and NZ champs.

Mostly it's enter on the day - copy your course from master maps, join the controls (map printed with all circles). The occasional championships are pre-entry with fully pre-marked courses.

The ANZ Challenge 2005 attracted 90. The Australian World Champs got 100 riders to public events midweek (besides the 160 elites)

NZOF NEWS – OCTOBER 2005

CONGRATULATIONS MARQUITA

*New Zealand's first ever podium finish at a World Championships was achieved early in September by **Marquita Gelderman**. Marquita placed **4th** in the Middle Distance final at the World MTBO Championships in Slovakia out of a field of 62. The depth of competition was underlined by the fact that 11 countries were represented in the first 12 places. Well done Marquita on this outstanding and historic achievement.*

NEW ZEALANDERS IN THE TOP 100

And some excellent results at the World (foot-o) Championships in Japan during August are reflected in the most recent world ranking lists. As at 25 September, Tania Robinson (15th in the Middle Distance at WOC) was ranked 55th and Rachel Smith 73rd. In the men's lists, Chris Forne moved well into the top 100 at 66th with Darren Ashmore not far off at 105.

THREE IN A ROW

And not to be outdone was the NZ Schools Team at the Australian Schools Championships in late September. Competing in Tasmania, the team made it three in a row, when they successfully defended the Southern Cross Challenge trophy against the eight Australian state teams. Individual winners were Lizzie Ingham in the senior girls and Scott McDonald in the junior boys. In the relays, NZ won both the senior and junior girls' events and were 2nd in both the two boys' events.

NZOF APPOINTMENTS

Neil Kerrison has been appointed Manager / Coach for the Silva NZ Junior team to compete in the 2006 Junior World Championships, 2-7 July, in Lithuania.

Mick Finn will continue as sole editor of New Zealand Orienteering for the next two issues. NZOF thanks outgoing co-editor, Mike Pearson, for his contribution to the national magazine over the last two issues.

THANK YOUS

*NZOF also thanks **Wayne & Tricia Aspin** for their four-year term as Coaching Coordinators of the National Squad (See also advertisement below). Wayne & Tricia's accomplishments included the initial development of the SuperSeries, the introduction of home and away tests with Australia, and the obtaining of sponsorship from David Melrose Design for the latter.*

NZOF also thanks the respective managers/coaches of this year's national teams:

- Graham and Jenny Teahan, managers of the JWOC team;*
- Clem Larsen (manager) and Dave Melrose and Alistair Landels (coaches) of the WOC team;*
- Rob Garden, manager of the MTBO WOC team; and*
- Derek Morrison and Julie Smith, managers of the NZ Schools team.*

REGIONAL FORUMS

As part of the implementation of the new Strategic Plan, regional development forums, organised and funded by the NZOF, are being held in each of the four recognised areas. The first of these, for the Wellington area, was held in Masterton on 11 September. The second, for the South Island, is to be held in Christchurch on the 29 October. The forums aim to align at the regional level where the sport is headed and how best to speed its development.

A CLUB GUIDE TO NEW ZEALAND LAW

SPARC has published "Winning the Red Tape Game: A club guide to New Zealand law". Various chapters cover legal liability in sport, health and safety, employment law obligations, smoke-free legislation, anti-doping laws, the merits of incorporation as a society, sports disputes and the conduct of meetings. The NZOF General Manager has a copy.

VACANCY: HIGH PERFORMANCE DIRECTOR

Applications are invited for the part-time, contract position of High Performance Director. This is a one year appointment commencing on 1 January. Responsibilities include the strategic, administrative and financial management of both the National and Development Squads, and sub-responsibilities therein such as the SuperSeries and the NZOF's anti-

doping commitments to the IOF and the NZSDA. A job description is available from the General Manager. Applications close 15 November.

VACANCY: NOS COACHING COORDINATOR

Applications are invited for the position of Coaching Coordinator of the National Squad. This is a two year appointment 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 November.

**The NZOF acknowledges the support of
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