

DECEMBER DOCUMENT 2005

DUNEDIN ORIENTEERING CLUB INC. PRESENTS THE



2006 SOUTH ISLAND NIGHT INTER-CLUB RELAYS

25th & 26th FEBRUARY 2006

The Night Relays are to be held again in 2006. The map will be Gladbrook (similar to Mt Ross with lots of rock features!!) and run on the same lines as in the past. On the Sunday a "Daylight" OY event will be run on the nearby Mt Ross map.

Gladbrook and Mt Ross maps are both just south of Middlemarch in Central Otago.

Ask anyone who's been to the Night Relays before...it's a fun event and those who weren't sure whether they would like the idea of relay orienteering at night were surprised how much they enjoyed it. The atmosphere is great and this year we'll try not to have any rain. There won't be a white leg in the relays, there will be an extra orange leg instead. White course runners will be catered for with their own event with start times early in the evening.

Camping: One of the best parts of the event is that competitors' camp at the start/finish of the Night Relay. This sets the atmosphere, as teams set up tents together, and are really close to cheer on their team or club (or grab 40 winks!). Ask those that have been before....it's great fun!

The Teams comprise 5 runners with the relay legs based on the table below.

LEG		ESTIMATED WINNER'S TIME	DESCRIPTION	CLASS	NAVIGATIONAL DIFFICULTY
1	Twilight Night	30 minutes	Medium, suitable for relative novices, Juniors or slow veterans	<u>NO</u> M/W 21E or A, M/W 35-45A, M17-18A, M19-20A, M50A	YELLOWISH
2	Night	35 minutes	More difficult, but suitable for good juniors, veterans, or B classes	<u>NO</u> M/W21E or A, M35A, M19-20A	ORANGE
3	Night	40 minutes	Difficult, but suitable for good juniors, veterans, or B classes	<u>NO</u> M/21E	ORANGY - RED
4	Night	45 minutes	More difficult/longer	<u>NO</u> M/21E	RED

			than leg 3		
5	Night	55 minutes	Bloody murder	Any class	RED

So keep the weekend of 25th/26th February 2006 free.

Entry Forms will be available on the DOC website www.dunedinorienteering.com in the New Year.

See you there.

Organisers Dave & Judy Browning ([browningjd at xtra.co.nz](mailto:browningjd@xtra.co.nz))

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

South Island Champs and Challenge, November 19/20.

Jane Forsyth.

A contingent of a dozen DOC people travelled to Christchurch for these events. The Championship day was held on a new map, Woodend, just north of Christchurch. This has a superb assembly area in a large tree-shaded park with ice cream shop, toilets, kids playground etc. The terrain is forested intricate sand dunes with plenty of challenge. There was so much detail, and I found it so hard to read, that I went out and bought new glasses afterwards. DOC competitors who did well, though, were Ryan Cambridge (1st, M14A), Bunny Rathbone (1st, W60A), Anne Saupe (2nd, W21A), Judy Browning (3rd, W50A) and Colin Hope (4th, M50A). Winning times were generally long, e.g. course 1 the fastest time was 121 minutes!

The second day was at Dalethorpe, a familiar spur-gully map in the foothills near Darfield. Courses were shorter than the day before and the orienteering much less complex. Several DOC members did well in this terrain: Ryan Cambridge (1st, M14A), Anne Saupe (2nd, W21A), Jane Forsyth (2nd, W50A), Rob Scurr (3rd, M21A), Bunny Rathbone (3rd, W60A) and Dave Browning (4th, M40A). Others found they had run out of go after the long courses of the day before, or the change in mapping/orienteering style was too hard to manage.

TRAINING ON TUESDAYS

Bunny Rathbone

For ten weekly sessions starting on the 23rd August and finishing on the 1st November Brian Buschl organised challenging activities for us to do, each week on a different map.

At first we were starting in the dark and had to be prepared with torches or headlights that were working to see our way. By the last four sessions it was light enough to see without a torch.

Brian used a different orienteering skill to practise every week and this was very successful as we focused mostly on the one skill and using that efficiently. By the end of the ten sessions we could be hopeful that all the skills were put in place to make us aware of when to use each one during an event.

At Waikouaiti we had two corridor courses, one in the closely planted younger pines and the other in the mature pine block. Our small group kept together, an advantage when not everyone had their torch working. The instructions were to set the compass and follow a line using the narrow corridor shown on the map to read the features which are quite numerous in the sand dune terrain. Legs were of variably length and there were plenty of changes of direction between controls

The next week we moved to McLeods Farm using the southern end of the map to practise route choice. In pairs we looked at each leg and each person had to decide a different route to travel between a common start and the control and then return to the start using the other partner's route. Sometimes the more circuitous route was more effective than the direct route. Once again we were in the dark most of the time but this kept you more

focused on being accurate. Brian had prepared enough controls so that the faster people had plenty to work with.

On the 6th September we went to Logan Park starting at Logan Park High School for map memory. Here the course was printed out without any features on it. Using the actual map we memorised the routes to be taken thinking about the prominent features on those routes. I surprised myself by completing the course without referring back to the actual map. We had just enough time to finish the course before it got dark!

Week four and it was time to get into the real forest at Cuttance block. Using the Orange course from the recent OY planned by Dave Browning we worked with a partner, first one leading after memorizing the route to be taken and the other following keeping a check on the map to make sure the leader was going in the right direction. After each leg we swapped leaders and followers roles. Looking at the ups and downs, the turning points and the crossing points along the route as well as remembering what the feature was were useful to complete each leg. I would not have believed that I could negotiate the forest in the dark until I had tried this exercise!

We are still at it and this week in Town Belt South with another map memory. This time the legs were short. Criss-crossed by roads, when studying the map you had to be careful to remember which block the control was placed in. Thinking about large features before and after the control helps to focus where it is going to be as well as checking the pattern of the roads and tracks. Lots to remember!

The first of two sessions at the Pyramids we walked right out to the NE side of the small pyramid and then in pairs we put out two controls on features of our own choosing and marked them on a master map when we returned. We then marked our own map choosing control points that would make a course and return to the start. This time I got waylaid by the high bracken and made slow progress trying to travel on a compass bearing. Not so successful!

At some point along the way I missed out on two sessions because of other commitments. I remember one was a relocation exercise at Cuttance where people worked in pairs with one leading with the map and stopping close to the control where the partner took over the map, located where they were and carried on to the control. The partner following without the map has to be in touch with the map the whole time taking note of the features on the way, the direction of travel and the distance covered to be successful in relocating.

Second time at the Pyramids on the 25th October and we used a contour only map, putting out four controls at marked sites and returning to the start to make up a course. Each person had a different course using the same map. You tried not to use the controls you had put out yourself. This exercise forced you to use the contours to navigate from and not use the numerous and prominent small blocks of forest which are a feature of the whole map.

Last week and a wheel or star relay at Town Belt South based at Jubilee Park. Numbers had dropped off by this stage and the weather was cold with the promise of rain. Numerous controls sites were identified on the map around the greater perimeter of Jubilee Park and with a partner you chose an object that you could leave at the site for your partner to pick up and move on to the next site returning to base each time to tag your partner. Sounds complicated? - not when you're playing it! It can be a lot of fun using a small area and getting a lot of running practice without putting out control flags.

Thank you Brian for persevering with this comprehensive series of training sessions which those who attended got a lot out of. We hope that our orienteering will improve and that if there is a next time that more Club members will come and give it a go. At \$2.00 a session it was great value.

Organisers report Lyn and Claire

Organising a Mountain Bike O event was a totally new venture for us. For all those involved last weekend it was a huge learning curve. Never having been at such an event it was hard to visualize the start and the finish of the individual day and the management of the score event – both the starting process and managing the finish. Fortunately Myles and Brian were able to conceptualise how this could be done and the start and finish on both days seem to work well. Fortunately Bruce McLeod arrived in early and as he rode at great speed up the finish chute, scattering the finish team in all directions, we realized we needed to make sure people slowed down well before handing in cards and maps. Having people walk up the chute after crossing the finish line made life much easier for the finishers as it was possible to keep people in order and thus ensure that placings were in order.

A huge thanks go to the DOC members and friends of the orienteering club who were willing to give their time for a whole weekend. Thank you very much to all the helpers. A special thank you to Pat Ehrhardt who assisted so ably with the start on day one and the finish on day two. To Graeme Hardy and Grant Hudson and the other members of the finish team a special thanks for assisting with the finish and for working on all the results. As usual we felt incredibly grateful to George and Eunice who were there to give a helping hand with all sorts of jobs. They were involved in setting up and organizing the results board and the finish. If a job needed to be done they made sure it happened. Events such as this cannot happen without the selfless commitment of people.

Finally it is important to acknowledge the work of Michael, Myles and Brian who gave this event their all. They lived it for several weeks and worked very hard to ensure that everything ran smoothly. Thank you for making it possible for DOC to have this event. I am sure there will be another such event at Naseby as many people commented on how much they had enjoyed their ride.

MTBO - MORE ORIENTEERING WITH LESS WORK! by Michael Wood (Continued from last months magazine)

Who Comes to MTBO?

The main thrust is attracting new people, not converting foot-orienteers.

Obviously existing mountain-bikers are the target – but not necessarily regular cross-country race competitors – just as harriers don't provide many foot-orienteers. They are more likely to be "social" riders

There's a large additional market among adventure racers who need the navigational skills.

We analyse the Wellington series points table as an example; there may be some minor double-counting.

WHO MTB-ORIENTEERS?

92 names in the 2004 Wgtn Series 75% are not foot-orienteers

Class Breakdown	Number	Percent
Open Men	25	27%
Open Women	13	14%
Vet Men (40+)	26	28%
Vet Women (40+)	6	7%
Jnr Men (-18)	2	2%
Jnr Women (-18)	2	2%
Rec Men	10	11%
Rec Women	8	9%
Total Men	63	68%
Total Women	29	32%
Total	92	100%

Two-thirds are men as in foot-O. Numbers are strong in the vet men, juniors are under-represented.

75% are not recognisable as current foot-orienteers. So this activity is attracting new participants in the main. They come from (subjectively, in decreasing order):

- Mountainbikers (not necessarily competitive biking)
- Multisporters and Adventure Racers
- Former foot-orienteers eg bad knees and can no longer run
- Current foot-orienteers

Bikers are starting to run events and make maps

- 5 out of 6 planners for the Wgtn Series 2004: Trevor Knowles, Marco Renalli/Tom Clarkson, Steve Meeres, Graeme Silcock, Julian Cox
- Kent Dixon ROC (mapping and planning)
- Claire Heppenstall PAPO (mapping and planning)

Event Finances

An interesting “problem” has been what to charge.

Foot-o event fees are seen by most other sporting participants as ludicrously cheap; especially when they see the quality of orienteering maps.

So, how to reconcile the expectation to pay \$20 by mountain-bikers, with the feeling of many foot-orienteers that \$10 is too much for an OY?

A significant club discount is the answer – a premium for non-members as the bike race/adventure race culture is one of “pay and play”.

\$20 senior/\$10 junior with \$5 member discount seems to be quite acceptable.

Areas and Maps

The emphasis here is on club events, not championships.

Off-the-shelf maps

- Photocopied street map HVMBC Petone
- Trailquest on topo map DOC Waikouaiti
- Cyclic Saga on topo map Ground Effect Banks Peninsula

Purpose Made Maps

- Half-day fieldwork maps ROC Punaruku or NOC Rabbit Island
- One-day fieldwork map OHV Whitby
- Very restricted track network OHV St Pats Forest
- Successively extended map OHV Tunnel Gully
- Professionally made map: OHV Poroporo or NWOC Riverhead

Other maps with interesting features

- Mountainbike Park: OHV Makara Peak
- Dense track network: OHV Waitarere (but in forest with lots of walkers it is difficult to define what is a track and what isn't)
- Very steep area: OHV Long Gully, OHV Belmont Regional Park

Criteria for Choosing Areas

We are not trying to attract foot-orienteers so think like a biker – areas must be at least 95% rideable (who wants to push or carry their bike?) But some riding challenge is welcomed, this is more important than navigational challenge.

Obviously a track network for navigation and route choice is good. But it's amazing how one new track (which you can create) and going round the area the opposite way will change things enough from one year to the next. Then you can run a score event and its 3 yrs before you're doing the same thing again.

Ways to augment the track network.:

- Make new tracks. Spurs are the best bet, sometimes no-exit forest tracks can be pushed through.
- We have used the (non-IOF) green line to mean an "allowable route with no visible track". This opens up routes from one side of a paddock to another. They should preferably follow linear features such as fences or forest edges.
- Put out tape on the day through rideable forest. 1km of blue carton tape costs only \$25 plus a hose-reel to keep it on (you should have it for string courses anyway☺) Virgin forest is more rideable if course direction is downhill.

Avoid busy roads for safety reasons. Country roads are OK with due warning to competitors.

Mapping Issues

The IOF specification is in ISOM2000, there are some updates on the IOF website (Mapping Information Centre).

Forest is shown as white or light green, I think green is more intuitive for newcomers to orienteering, others prefer white. Open land is shown as yellow. Other detail off-track is irrelevant and shouldn't be there unless it's right beside the track. The existence of a prior foot-o map in OCAD may actually be a nuisance as so much has to be deleted.

The contour interval isn't laid down and most OHV maps have used 20m contours from the topo map. A good mapper can interpolate 10's quite easily especially since they are only really important for slope along tracks. Many tracks are visible on the LINZ website photos, so the basemap material is free.

The most important feature is the track network. There are 6 classes of track: 2 widths and 3 speeds (plus brown roads). Junction angles are important, the shape between doesn't matter nearly as much. Junction distinctness is also important: the joining or not joining of the lines. There's a symbol for obstacles which cause a rider to dismount; such as a gate or fallen tree.

Depending on the area an initial mapping can be done by car, then continuing on bike or foot. It's very fast because you only have to cover the track network. Events can be run on a few sq.km.

Volunteer Requirements

The OHV series started with two people and one unskilled helper. Events have been run by one person and two unskilled helpers (school students).

The mapping and course planning visits are one and the same. Some work might go into cutting the odd new track or clearing fallen branches. You can often drive much of the area.

The rest of course planning is table-top. Everything is on tracks – basically you are setting up route choices and making things different from the previous event. 20-30 controls is enough. There are no control descriptions to prepare as everything is on a track.

Map preparation – I recommend one version with all controls marked – they join the circles at a master map – 2min is enough for this. Control codes are used but printed on the map.

On the day two people set out the controls mostly by vehicle (2-3hrs) while the third puts up tents and guards the gear. Except at championships there is no independent check. The risk of errors - wrong code, wrong bend – is low and not usually fatal.

Initially OHV like all clubs was wary of volunteer demands, and agreed to pay a school student \$1 per competitor. When the income history was established, the two instigators were also paid \$1 per competitor "in lieu of small expenses". This is affordable.

A fairly restricted start window of 1hr is plenty for 50 riders. All starters are gone before finishers start returning. Two people are easily enough for registration and timing, leaving one for emergencies.

Safety – an accident is more likely than in foot-o but there hasn't been one yet. We rely on competitors to report an incident, and reconciling clipcards with starters. An emergency plan considers how to get to most of the course by vehicle. This may require teeing up the use of a 4WD, and definitely requires deciding who will control an emergency from base and who will go to the scene.

Spin-offs for other club events

The maps are effectively “improved topos”. They are suitable for 3-hr rogaines or low-effort park/trail events where you start at say a park (white and yellow courses on a small park map) and the longer courses use the track network.

You can even run MTBO on Saturday, and a park-trail event can use the same controls on Sunday!

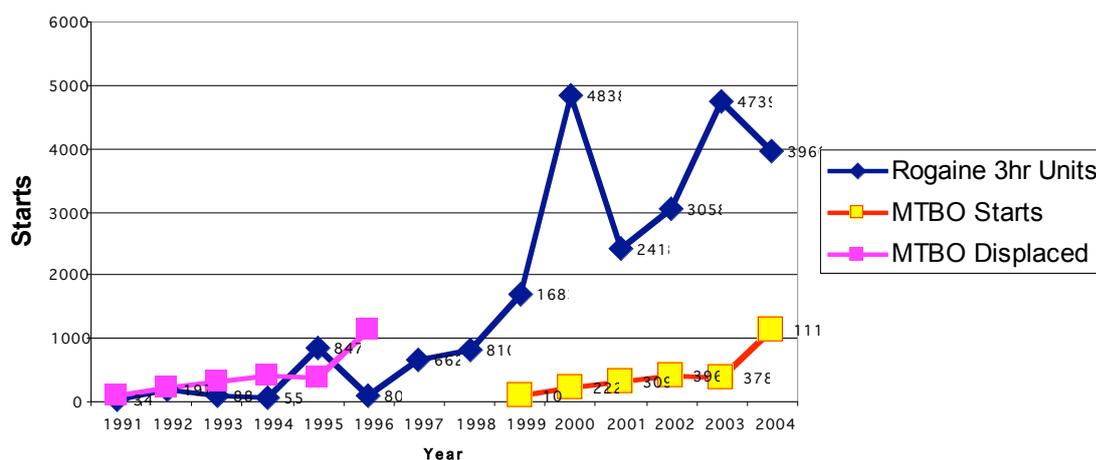
Conclusion

Volunteer resources are limited. We must be as productive as we can.

Hence we need forms of orienteering that minimise effort – and MTBO is genuine orienteering, with a World Championship.

In NZ MTBO participation is higher than rogaing at a similar stage in its development. One swallow doesn't make a summer but 2004 saw a big jump.

Rogaine and MTBO Participation



MTBO is about 4% of all club orienteering now. That's from only 6 clubs, if 12 were to have similar activity that's 8%, if all clubs were to do it that's 12%. And with less effort than the same amount of foot-o.

If you don't do it, others will – EPIC Navigation, Lactic Turkey, and MTB clubs will see the opportunity. Do you want to stick to the most labour-intensive form of orienteering and let others do the easy stuff?

We are here to run orienteering events within our volunteer resources.

And to have fun☺