

## JULY DOCUMENT 2008

### EDITORIAL

Jane Forsyth

Jennifer is back from the UK, so contributions for the next issue to her please by 25<sup>th</sup>

July: [judson@xtra.co.nz](mailto:judson@xtra.co.nz)

A note about the cover photo. It's an oldish one and you may be able to spot some vege changes. The forest and "rough open" blocks on our Otago Peninsula farm maps are ever-changing, as you will see when you come out to Allans Beach for the next OY!

We are introducing social get-togethers after the events at nearby venues. The first (at the Weavers Retreat in Mosgiel) was very pleasant and warm for the 4 people who were there – let's see if you can do better at Portobello.

### MEMBERSHIP

Welcome back to the club **Sarah Gauthier**.

### FROM THE COMMITTEE

**Congratulations** to Ake and Daniel who won the 12-hour event in the Cardrona Rogaine near Wanaka at Queens Birthday. In the 6-hour event, Myles, Jane F and Ian Turnbull made up Team Out for a Walk which placed 7<sup>th</sup>. Also in this event were Maggie Pasek and co (Team Fubar, 9<sup>th</sup>), and Allan and Annie Grant.

### Mapping:

**In train:** Waldronville, Elephant Rocks/Earthquakes (progressing), Gabriels Gully (Carsten has finished), Andy Bay School and Rotary Park School, Tirohanga (Brian has decided to extend the area), University Campus update.

**Possible areas:** Tucker Hill Diggings, Butchers Dam/Flat Top Hill (Jane F recently assessed these, both near Alexandra), Lake Sylvan (Svend Petersen), Goodwood (landowner seems keen), Circle Hill, SE Berwick (Owen C), Chatto Creek (Joe Sherriff).

**Social:** We need more opportunity for club members to get to know each other and for informal talk about courses, coaching and jobs. It was decided to introduce "After-Match Functions" an informal gathering of people after each event in a suitable pub, pizza place etc. Suggested venues include Clarks Junction, Filadelfio's, The Weavers, Waihola, Portobello Pub.

### Jennifer and Grant in the UK

J&G have been doing even more geocaching overseas... I've extracted these bits from their messages:

30 May

Today we went geocaching locally, visiting several villages and also walking in some woods. We did a few village caches, involving a walk to find several waypoints in order to find the final cache. One village, called Thirkleby, had a great story about it.

Thirkleby consists of two villages which in the past were owned by two families. There is no road between the villages but they are connected by a pleasant bridleway crossing the beck by a narrow footbridge. The rule of the estate on Great Thirkleby was very strict. Tenants were not allowed to have children. This rule was eventually relaxed but children were not allowed to play in the village after 3pm. Failure to comply incurred the parents' dismissal!

Tomorrow we plan to go to Harrogate, geocaching and viewing the sights. In the evening we are going to attend a geocachers get together. The base is a local pub so we will have a pub meal.

2 June

Yesterday as we were driving to Scotland we found 6 geocaches on the way. When we stopped for one we spotted 2 people acting rather suspiciously, right where we believed the cache would be hidden, in the top of a black and white striped pole. They were geocachers from Cambridgeshire. It was great to have a chat with them and later in the day when we logged our finds, on the internet we noticed they visited caches in the Harrogate area, which we had found the previous day.

7 June

Yesterday we had a day trip to Belfast on the ferry. The ferry is much better quality than our Interislander. Bigger, more and newer facilities. Belfast was a rushed trip, but worthwhile. We did a Hop on – Hop off Double Decker bus trip which showed us sights and nearby the city. We did have time, only just, to find 4 geocaches.

20 June

We are still in Inverness. We have done some Genealogy expeditions while here. On Tuesday we drove to Ballater to find plots in Cemeteries for Grant's relatives. We found the people we expected to find which was pleasing. We also stopped at Coilacriech Inn and took photos as Grant's great grandmother Catherine DEANS was born here. We also visited Balmoral Castle where Catherine's father John was the head gamekeeper. We found photos of him and his son in the photo exhibition at the Castle.

We got a bit worried driving the 70 miles to Ballater as we found garages with no petrol as we drove there. Fortunately one garage in Ballater still had petrol so we filled up. This shortage is because tanker drivers have been striking 4 days a week for a couple of weeks because of the high cost of petrol. We think it is expensive in NZ but it is £1.18.9, so that is more than double the price it is in NZ.

We have done the touristy thing as well such as Loch Ness, castles etc.

21 June

Is Nessie a male or female? I thought Nessie sounded female, but several people have said "he".

We are lucky that Mark has been keeping an eye on our geocaching and noticed when Grant accidentally logged a cache in Sweden, which had almost the same name as the one we really found here in Scotland. Thanks Mark.

Most geocaches have been in really interesting places and many have been places we would not have found out about ourselves. Many caches in England have been in nettles, but in Scotland this has fortunately, has not been the case.

24 June

We are currently in Suffolk with Nick and Cherish. Yesterday was a beautiful summer's day and we went geocaching together. We introduced N&C to geocaching when we arrived in April and they now have their own GPS and have been geocaching since we were here earlier. In the afternoon we went to a local geocaching event/meeting, where there were lots of other geocachers and some new geocaches that had just been put out that day. I find it such fun being able to look on the geocaching website

[www.geocaching.com](http://www.geocaching.com) and see where Nick and Cherish, and Mark, Debbie and girls have been geocaching.

We have found more than 300 geocaches in the 2 months we have been here. That makes it sound as though it has been a geocaching holiday. It has in some ways but we have found caches in lovely or historical places we would probably never have learned about otherwise.

### **COACHING CORNER**

*By Bill Teahan in MapSport, pinched from Northwest O club's website <http://www.geocities.com/nwocnz/aoamag.html>. The second part of the article will be published in a future issue.*

You've heard that saying - "Learn from your mistakes". That's easier said than done, especially in orienteering when sometimes it seems that you keep on repeating the same mistakes over and over again. Below is a four point game plan on how to really learn from your mistakes.

#### **Never make a mistake in the first place.**

This may seem a crazy tactic but it's the best one and the one that works all the time. Always do it right so that you won't have to worry about making or correcting a mistake in the first place. Of course, that's easier said than done!

#### **Concentrate on the basics:**

- a) know where you are, and where you want to be and*
- b) look ahead, look all around, and look at your map.*

#### **Read the map and think ahead:**

- c) always plan your route first.*

Never leave a control or just keep running without having some idea of where you are going.

#### **Simplify**

Break each leg up into parts. Sort out the big features you want to find along the way. Then choose your route between these points, one at a time, unless you have time to look ahead. Never ever run without some idea of where you are going. Always plan ahead, even if it's only the next 100m.

- d) Understand the map.*

Don't ignore those spaghetti patches because they are too hard to read. Don't ignore the contours because you can't tell what's up and what's down. Try to understand them. Look for the big features which you know you can find.

If you don't feel confident in reading certain terrain - practise. Set courses on difficult maps. Imagine running each leg without a map to refer to. Draw a "mental map" of the main features you memorized. Did you miss any features? Would you feel safe using it? If not - try again. Make a partner use the "mental map" to locate where each control is on the map (both at home and out on the map itself).

Read the map and the contours! The difference between an A and B grade orienteer is simply that the A grade orienteer reads the map more. Are you content being a B grade orienteer all your life?

- e) Concentrate.*

"Concentration is the secret of success". Never think a control is easy. You can make a mistake on an easy leg just as on a hard leg. Don't get bored. Treat every leg with the same caution. Every course and every leg poses a different problem. Beware.

**Expect the worst - you will make a mistake.**

Murphy's Law - "If anything can go wrong it will". You can make a mistake anywhere. You can be cruising along imaginatively fitting the map to where you aren't. Be prepared to admit you've made a mistake. The sooner the better before it becomes a bigger error. Don't continue ignoring a minor discrepancy such as an extra track or clearing hoping it'll all sort itself out later - it won't.

**Know your weaknesses.** Recognize where you are likely to make a mistake from the mistakes you've made in previous events. If you often keep running without knowing exactly where you are going, learn to keep telling yourself "Do I know where I'm going?" If you keep on running out of a control without checking your direction, consciously remind yourself after each control to check. If you often miss important features leaving a control, learn to look for them. If you regularly miss seeing viable route choices, deliberately check all options when deciding on a major route choice.

**Don't make the mistake worse than it is.**

*Admit you've made a mistake.* Do something about it. Don't ignore it.

*Choose the safest method of relocation.* Don't keep running on without a plan or start a grid search. Run to the nearest major attack point or collecting feature or try to work out where you could be. Try to remember where you have been recently and where things didn't start fitting. Look for places where you could have made an error such as parallel features. However, in most cases it is quickest and safest to relocate on the nearest collecting feature rather than try a riskier technique.

**Forget all about it.**

"What's behind you is not important". Don't try to make up time. Try to beat it.

*Not:* "I've lost 5 minutes at that control. I've got to make it up somewhere".

*Instead:* "I don't think I can beat 50 minutes, but I'll have a good try". "Let's see if I can do the last four controls in 10 minutes".

It's the next mistake that will finish you, not the previous one.

**Learn from your mistakes. Don't repeat them.**

Look at your weaknesses - try to eliminate them. Consciously remind yourself of things you often do wrong while you are competing. Learn to recognize your mistakes while you are doing them. It's hard to find out for yourself where you are going wrong. It's difficult to self-criticize. Often, it's easier to have someone else do it for you.

Analyse your mistakes after each event. Keep a record of them. Get someone to look them over or reread them after a month or so.

Don't jot down aimless observations. Be organized. Try to get to the real reasons for your mistakes. A post-mortem after each event is very important.

The usual form a post-mortem takes is to write a description down of what happened leg by leg and to note what you should have done. This is worse than useless. Often, there might be more than one mistake in a leg. Figuring out what you should have done is relatively simple. Figuring out what went wrong and why is harder, and far more important. (*This will be the substance of the rest of the article in a future newsletter*)

## EVENT RESULTS and REPORTS

### THE PYRAMIDS, SUNDAY 8 JUNE 2008

#### LONG RED

- 1 Jim Cotter 59 min 17 sec
- 2 Riki Cambridge 1 hr 0 min 11 sec
- 3 Rita Homes 1:09:07
- 4 Ryan Cambridge 1:17:40
- 5 Daniel Johnston 1:26:58
- 6 Allan Grant 1:44:17
- 7= Mackey/Paterson/Caulfield 3:02:02
- 7= Thayer/Paterson/Jeffery 3:02:02

#### SHORT RED

- 1 Bill Anderson 49:29
  - 2 Richard Thum 51:43
  - 3 George McLeod 54:52
  - 4 Kate Cotter 58:38
  - 5 Owen Cambridge 1:00:18
  - 6 Tessa Ramsden 1:05:10
  - 7 Jane Cloete 1:05:42
  - 8 Jane Forsyth 1:07:44
  - 9 Genevieve Webb 1:11:55
  - 10 Paul Anderson 1:12:31
  - 11 Nicky Crawford 1:49:00
  - 12 Tim Webb 2:32:20
- Maggie Pasek 1:03:36 (missed 1 control)

#### ORANGE

- 1 Simon Cullen 45:06
- 2 Flo/Andy/Annie Grant 1:20:48

#### YELLOW

- 1 Aggie O'Leary 39:04
- 2 Karin Staufenbiel 40:30
- 3 Hamish Cotter/James Logie 45:24
- 4 Jake/Eunice McLeod 55:29
- 5 Christine/Rosemary Watson 1:04:19

#### WHITE

- 1 Anna O'Leary 19:42
- 2 Jake McLeod 37:09
- 3 Charlotte Cotter 40:45
- 4 Toby McLeod 43:01

### PYRAMIDS Planner's Report

The snow in town the morning of the event seemed to keep people at home. Pity, as the weather out at the Pyramids was quite pleasant, at least until the wind picked up to gale force later in the afternoon. The wind slowed down the last few competitors out on the course, moved the last control from the top of a knoll to a nearby reentrant, and did some damage to the start/finish tent. Apologies to Nicky Crawford who finished while we were trying to rescue what was in the tent from blowing away, as her time was not taken as appropriately as it should have been.

Weather aside, those who did make the trip seemed to enjoy themselves. The long red (8.0 km) was a contest between Jim and Riki, Jim winning by just under a minute although slowed down by the wind on the finishing straight. I tried to make this course a mixture of long runnable legs with a lot of closely spaced controls in the more technical areas, which seemed to work well. I also avoided taking the courses into the horrible vegetation in the north of the map, as it seems pointless to me to use terrain like that for orienteering.

On the short red (4.6 km), by far the most popular course on the day, Bill Anderson won ahead of Richard Thum, even with a small mistake towards the end, very visible from the finish tent... Control 9, in the undergrowth on the southeast portion of the map, seemed to confuse a lot of people, even though it was in some of the better mapped parts of this area on the map. Maybe an effect of going from a few easy-ish controls and suddenly needing to slow down and think...

The orange course (4.3 km), with only two takers, was won convincingly by Simon Cullen. And in the yellow (3.4) Aggie O'Leary took the win just ahead of Karin Staufenbiel. Without Sport Ident to confirm, I'm also quite sure that Jake McLeod's split time from the last control to the finish would have beaten most red competitors, so look out!

On the white course (2.3 km), Anna O'Leary ran an impressive 19 minutes and a bit, and could almost have run twice in the time it took the next few to get around! Yellow course next time?

Thanks to Jason Clearwater for access to his property, and for turning off the electric fences. Jane F and her helpers for all the organising and helping with the start and finish. The Cotter family, Maggie, Daniel and Rita for helping with collecting controls. Kev, it was a pleasure having you as a controller, and very handy having your truck for putting out and collecting the far controls.

### **Organiser's Report**

Jane Forsyth

There was certainly plenty of weather at this event! The morning was snowy on the hills, but fine, and there was no snow at sea level. Perhaps the temperatures put people off, or maybe they couldn't get out of their driveways, as the turnout was quite low. But in fact it was quite pleasant out on the course for most of the day.

Thanks to the team of willing helpers – Jane Cloete, Aggie and Anna O'Leary, Karin Staufenbiel, Wendy Crawford, Tessa Ramsden and Rita Homes. Extra thanks to Tim and Genevieve Webb who turned up early, left late and helped at both ends of the day! Gold stars to all of you.

Gale-force winds struck in the mid-afternoon just before all the competitors had finished their courses. The final (trestle) control was still standing when I came past, but when it blew over people coming in later had trouble with it. The green and white canvas tent suffered some damage before we could get it taken down. Fortunately we had tied the banners to the fence so at least we didn't bend those poles (again). And at least everything was dry.

Jim Cotter very kindly towed the caravan back to town, in conditions that I was not game to tow in. Very great thanks to him for that. According to the newspaper, the winds were still rising as we left the area, peaking about 4 o'clock with gusts of 144 kph at Taiaroa Head. The wind was lifting sheets of water off the harbour and there were plenty of branches on the road as I drove home. In the circumstances I think we did pretty well.

### **CHRISTIES GULLY SUNDAY 29 JUNE 2008**

#### Long Red

1 Bruce McLeod 1.10.55  
2 Tane Cambridge 1.21.35  
3 Riki Cambridge 1.28.35  
4 Ake Fagereng 1.33.38  
5 Ryan Cambridge 1.42.04  
6 Daniel Johnston 2.08.48

7 Matt Radford 2.39.23

#### Short Red

1 George McLeod 1.00.20  
2 Brian Buschl 1.05.24  
3 Bill Anderson 1.12.20  
4 Maggie Pasek 1.17.07

5 Myles Thayer 1.20.58  
6 Nick Mortimer 1.24.34  
7 Jane Forsyth 1.26.54  
8 Allan Grant 1.36.44  
9 Genevieve Webb 1.48.02  
10 Judy Browning 2.04.10  
11 Kate Cotter 2.14.00  
12 Jane Cloete 1.46.12 M2C  
13 Jeni Pelvin 1.07.00 M5C  
14 Owen Cambridge DNF

#### Orange

1 Tim & Karen Lusk 1.41.00  
2 Matthew Mortimer 1.47.25  
3 Annie Grant 1.52.49  
4 Kathryn Jeyes 1.55.30  
5 Jeremy Baker DNF  
6 Nicky & Philippine DNF

#### Yellow

1 Hamish Cotter 53.12  
2 Erin Batchelor 55.29  
3 Logan Mortimer 1.05.32  
4 Michael Baker 1.14.26  
5 Kristin Graumann 1.45.15  
6 Eva Zacharias 1.45.15

#### White

1 Georgia, Talia, Zara, Brooke 33.35  
2 Charlotte Cotter 33.55  
3 Maegan Koedyk 59.54  
4 Rebecca Favel 1.01.39  
5 Elizabeth Baker & Ruth McCarthy  
1.06.38  
6 Moss & Craig Pelvin 1.09.18  
7 Thomas 1.26.58  
8 Frances 2.13.15

## **NZOF NEWS – JUNE 2008**

### **CONGRATULATIONS**

Well done to the Taupo club for a successful national rogaive championships, albeit possibly the fastest 24 hours of rogaiving on record (see results on [www.cdorienteeing.co.nz](http://www.cdorienteeing.co.nz)). A big thanks to Lance Eccles, Mark Copeland and team.

### **NATIONALS 2009**

Please note that the 2009 NZ foot-o championships will now be hosted at Easter by the Auckland club (assisted by North West) and not the Central Districts' clubs as originally advertised. Further details in due course.

### **ACKNOWLEDGMENTS**

The NZOF acknowledges, with appreciation, the following grants:

- **The Southern Trust** for airfares for the Silva NZ Junior team to JWOC;
- **NZCT** for airfares for the Silva NZ Junior team to JWOC;
- **Lion Foundation** for airfares for the Silva NZ team to WOC.

### **CODE OF CONDUCT**

The NZOF Council has approved a Code of Conduct for NZOF training camps. The code sets out standards of behaviour for participants, who will be expected to agree to these standards. The code will be published in the near future. A similar code, in due course, is to be released for national teams.

### **TEAM APPOINTMENTS**

Rob Garden has been appointed manager of the New Zealand teams competing at WOC & JWOC MTBO in Poland during August. The teams can be found on the NZOF website.

Derek Morrison has been appointed manager of the NZ Schools team to compete in the Australian Schools Championships in Maryborough, Queensland, late September. The team will be announced early in August. (Note also that a NZ Schools team will be contesting a test match against Australia at the Oceania Carnival in January, see advertisement below for team manager.)

Unfortunately Dave Stewart has had to withdraw as manager of the Silva NZ team for WOC.

### **VACANCY: NOS COACHING COORDINATOR**

NZOF advises that Jamie Stewart has resigned from this position but is continuing in an acting role until a new appointment is made. NZOF thanks Jamie for his contribution over the last two years.

The position is a volunteer one. The National Squad Coaching Co-ordinator is primarily responsible for raising the performance levels of a selected group of elite orienteers, with a view to improving the results achieved by New Zealand representative teams. This is a two year appointment. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 31 July.

### **VACANCY: ANZ CHALLENGE TEAM MANAGER**

Applications are invited for the position of Team Manager for the 2009 ANZ Challenge to be held in the South Island in January 2009, as part of the Oceania Championships carnival. The manager is responsible for the financial and logistical matters pertaining to the team and is expected to attend the ANZ Challenge events with the team. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 September.

### **VACANCY: MANAGER, NZ SCHOOLS TEST TEAM**

Applications are invited for the position of Manager for the NZ Schools Team to contest a test against an Australian Schools team, as part of the Oceania Championships carnival, January 2009. The specific events will be individual match, Friday 9<sup>th</sup>, and relay match, Saturday 10<sup>th</sup>,

both in North Otago. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 September.

### **PINESTARS TEST MATCH TEAM SELECTION: QUEENSLAND 2008**

The 2008 Australian Championships Carnival to be held in Maryborough, Queensland from 20 September to 1 October will incorporate an elite Pinestars - Bushrangers Test Match. Individual test match events are:

26/9/08 Australian Sprint Distance Championships, Maryborough  
27/9/08 Australian Long Distance Championships, St Marys

All athletes interested in selection for the Pinestars team should notify the Convenor of Selectors, Jeff Greenwood, by July 10, including a contact phone number.

Selection for the Pinestars team will be based on performances in 2008. All known form will be taken into account. A team of up to 6 women and 6 men will be chosen, subject to availability. The team will be announced by 31 July, 2008.

Jeff Greenwood  
Convenor of Selectors