

AUGUST DOCUMENT 2008

COACHING CORNER

By Bill Teahan in MapSport, pinched from Northwest O Club's website. The first part was printed in July 2008 DOCUMENT.

A detailed post-mortem design follows to find out the *real* reasons of why a mistake was made. It's separated into two parts – an Event Post Mortem and a Mistake Post Mortem. After every event, fill out the Event Post Mortem once and fill out the Mistake Post Mortem as many times as you made mistakes.

Event Post Mortem (*Answer these questions once for each event*)

What Event?

- Event name
- Type of event [relay, short course, individual]
- Course
- Grade
- Name of map
- Type of vegetation[s] where most of course was set [*forest, bush, farmland, varied*]
- Type of terrain[s] where course was set [*sand-dune, gully-spur, erosion-gully, granite*]

What Result?

- Time
- Place
- Winner's time
- Estimate of overall time lost
- How many mistakes?

Mistakes Post- Mortem:

Answer these questions once for every mistake you made during the event, including route choice errors and mistakes made when trying to correct another mistake)

What caused the mistake?

The real reason please: be specific – got lost, running too fast, could not concentrate are not specific enough.

Major causes?

(drifted from compass bearing. Overshot control, could not read map, followed someone else then got lost, could not understand map near the control, too tired, parallel feature nearby, distracted by someone else, failed to notice important feature on the way to the control, ignored important feature leaving the control, failed to check direction when leaving control, just kept running in direction of control then got lost, had no plan of attack.....)

Minor or secondary causes?

If you missed important features:

- where did you miss them? [*at start, middle or end of leg*]
- what were the feature[s] you missed?
- why did you miss them?

What was the plan?

- What technique or plan did you have in mind? (None, compass bearing, aim off to collecting feature, use linear handrail, use contour handrail, navigate from one major feature to another, pace count, follow someone, careful map reading).
- Was the technique you used: safer, quicker, less physical?
- In hindsight, if you think there was a better technique, what was it, and why?

Where was the mistake made?

- Where on leg? (leaving the control, near to the control, ¼ or ½ or ¾ way into the leg)
- Type of vegetation where mistakes were made? (forest, farmland, bush)
- Type of terrain where mistakes were made (sand-dune, gully-spur, erosion gully, granite)

Type of map (vague contours, simple features, intricate contour detail, steep, intricate rock detail, major hand-rails intersecting at right angles)

What feature?

What was the feature you were aiming for? [*knoll, large hill, track, track bend/junction, clearings, major spur/gully, stream, stream bend/junction, depression*]

What kind of feature was it? [*attack point, the control site, collecting feature, large mid-way feature*]

When was the mistake made?

What control were you going to ? (eg. 6th)

How many controls on the course?

Approximately, for how many minutes had you been running

How many previous mistakes had you made?

Approximately how many minutes did you lose?

Was there anything significant happening before the mistake was made? (Steep climb/downhill beforehand, change in vegetation, distracted by other people...).

Which way did you go?

How many different routes would you say there were?

Which one did you choose? [*straight, to the left, to the right, crooked?*]

How many times did you end up crossing the direct line?

Did you miss seeing an important feature[s] which would have changed your route choice?

Did you miss seeing a viable route choice?

Did you miss seeing an important feature[s] which would have changed your route choice?

Did you change route choice mid-stream? Why?

Would you say your route was: fastest, riskiest, least physical?

Did you bother to really sort out your route before you left the control or did you just keep going straight and decided later on?

What type of leg was it?

Length of leg (long,medium,short)

Technical difficulty (hard, medium, easy)

How did you relocate?

What method[s] did you use to correct the mistake? [*grid search, aimless search, just kept going,returned to last known major feature, compass bearing to nearest major collecting feature, stopped and figured out where you were, asked someone else where you were, followed someone else, other*]

Was your method successful or did it lead to another mistake?

Compile a record of all the mistakes you've made. Look for recurring problems and keep them in mind at your next orienteering event.

RESULTS FOR SCIENCE FESTIVAL

There were 27 total controls in maximum 30 minutes around the University campus. A penalty point was deducted for each minute late returned past 30 minutes. Great job to all the participants as there were several completely new to orienteering.

Name	time	# controls (- penalty)		
			Hamish Cotter	27.27 24
Riki Cambridge	14.16	27	Matthias	29.40 23
Brian Buschl	16.02	27	Lucy,Grace	27.27 21

Nick Mortimer	20.16	27	Jorgee	27.00	19
Lane Savell	20.20	27	=Charlotte	27.00	19
Linda Hope	23.30	27	=Jasmin	27.00	19
Erin Batchelor	23.44	27	Sam,Shannon	36.42	26-7=19
David Wilson	29.10	27	Rachel Kinley	28.15	17
=Rebecca Wilson	29.10	27	Moss,Craig, Jeni,Pelvin	26.00	16
Bill Anderson/Mary Simpson	29.14	27	=Miro Williams	26.00	16
Ray Hope	19.30	26	Matthew Kinley	28.15	16
Ben Grant	30.33	27-1=26	Akshay	31.40	15-2=13
=Hannah Grant	30.33	27-1=26	=Lisette Pettit	31.40	15-2=13
Alex McKenzie	31.20	27-2=25	=Julian M	31.40	15-2=13
=Kay McKenzie	31.20	27-2=25	Geoffrey Weal	31.40	14-2=12
Alex,Neil,Evelyn	29.45	25	=Sam Johnson	31.40	14-2=12
			Emilie Schorer	31.07	12-2=10

Allans Beach 2008 Planners Report

Alex Wearing

I would like to thank Jane Forsyth for her support and guidance as Controller, Myles Thayer for acting as Controller on the day, Bob Cunninghame for acting as Organizer, and everyone who helped on the day.

Allans Beach is an interesting area to wander about, but in its present state it is difficult to set interesting and worthwhile white and yellow courses that do not stay close to the perimeter of the forestry blocks, and orange and red courses that do not involve a considerable amount of physical effort pushing through vegetation to get to some of the controls. At Allans Beach, as well as reading the map it is also necessary to read the lie of the land that you see in front of you as you move through it.

The Allans Beach map has several problems, most of them reflecting the dynamic nature of the landscape. Both lupins and gorse are expanding at present, and while it is likely that livestock will create and maintain openings in the lupins, the spread of gorse is likely to continue thereby restricting route choices and creating choke points on parts of the map. Moving through both pine blocks involves serpentine travel in order to avoid wood debris. The young trees in the north-east forestry block make it difficult to see the topography and this area contains some fearsome clumps of gorse. The south-west block is presently open but its nature is changing rapidly and its accessibility for orienteering could decrease in the near future. Much of the Hoopers Inlet side of the map is usually wet and has conservation values that would be degraded if lots of people walked or ran through this area. On the Pacific side of the map dune cliffs make it extremely difficult to get on or off sections of the beach.

In winter, the only practical option is start courses close to Allans Beach Road. This encourages the planning of courses that are small or big circuits of the forestry blocks. For the white, yellow, and to a lesser extent orange courses, options for controls on the east side of map (between the forestry blocks and the Pacific Ocean) are limited. There is also the problem of providing route choice to get past Sam Neill's homestead block.

If the Allans Beach event was held in spring or autumn it would be feasible to have the start/finish area near the centre of the map instead of close to the northern edge. This would enable the planning of some courses that did not consist of a circuit of the forestry block.

It was pointed out to me that the distances between many of the controls on the red courses were similar. That was not intentional, although in open country where there is the possibility of fast travel I avoid placing controls close to one another. On reflection, I realize that I could have had more variation in the distances between controls in the dune terrain.

ALLANS BEACH 2008 CONTROLLERS REPORT

Jane Forsyth

Allans Beach is a small area and if any part can't be used for some reason, it's hard to move elsewhere. Although the owner, Sam Neill, is always very obliging, over the years several types of restrictions have developed:

- the wetlands on the inlet side getting wetter and reeds there getting taller
- the dunes being eaten away on the sea side
- gorse spreading in most parts of the map
- out of bounds areas around both houses
- changes in pine forest areas.

Most recently (January 08) the SW pine block was clear felled and the NE block was thinned (every second one of the young trees cut and left). Both changes made the pine blocks much less usable for O. Although there have been some positive changes, such as the clearance of two small areas of gorse near the tower, and the opening up of thick lupins in some parts of the dunes, these are outweighed by the negative changes.

The vegetation and tracks on the map have been amended piecemeal for each event but my impression is that they need a complete re-map. At present it's hard to foretell from the map what the vegetation will be like on your proposed route through the dunes. This is contrary to the spirit of O. The same goes for the marshes/wetlands on the inlet side and the evolving dune cliff on the sea side. Although these features may never be stable, the long-term trends are clear to see. It may be time to re-assess the suitability of this map as an OY venue.

For the event in July, Alex and I worked on it up until the previous weekend, and as I couldn't be there on the day Myles agreed to take the controller's place. I thank Myles for taking over from me and I'm really sorry that he injured himself while bringing in the last few controls (probably not quite as sorry as he is, though). Thanks above all to Alex for all his work both on the day for several weeks leading up the event; and to Sam Neill for access.

Because I wasn't there on the day I didn't get any feedback about the course. The numbers attending look quite reasonable for a winter event where the weather was not wonderful and ODT didn't put in our event info in the Sports Draws. From the results, I see there were a few DNF's but understand these may have been due to people getting sick of being out there on a fairly cold day. Times suggest that the Long Red was a bit short for some and the Orange was a bit long for most. I hear that one Red control was possibly not in the right place, though not affecting results to a serious degree. This was an area that Alex and I dithered about and indeed the mapping doesn't seem to be perfect around there.

A couple of more serious matters were reported. Some of Sam Neill's gates were not properly closed – probably by White or Yellow course runners – we need to be careful about that when on farmland. Parents, please mention this to your kids at future events.

And finally, Owen C commented that we didn't use the most recent version of the map, as he has updated parts of it including the vegetation. This is not the first time this has happened, and the club really, *really* needs to develop a better system for updating and storing OCAD maps.

Long Red		Orange	
Jim Cotter	39:42	Simon Cullen	1:04:05
Riki Cambridge	42:03	Fraser Brown	1:20:22
Ake Fagereng	45:40	Bede Robertson	1:23:26
Daniel Johnston	51:28	Erin Batchelor	1:23:30
Franny Cunninghame	54:43	Justine Brown	1:47:10
Kev Knowles	55:11	Francois Moreau	1:56:00
George McLeod	59:39	Nik Kearns	DNF
Paul Anderson	1:14:55	J Baker	DNF
Bill Anderson	1:21:09		
Allan Grant	1:45:58	Yellow	
Rob Ambler	DNF		
Short Red		Hamish Cotter	33:13
		Michael Baker	43:12
		Anna, Astrid	49:27
Dave Browning	49:15	Jack O'Leary	50:28
Richard Thum	50:20	Maegan Koedvk	1:22:14
Owen Cambridge	1:07:02	Eva Zacharias	1:22:14
Don Melville	1:10:13	Amy McCarthy	DNF
Judy Browning	1:11:10		
Allie Cunninghame	1:15:09	White	
Maggie Pasek	1:19:54		
Genevieve Webb	1:21:05	Thomas	27:15
Tim Webb	1:29:22	Charlotte Cotter	31:01
Sally Duston	1:29:05	Zeke, Malachi, Chanie	43:40
Jane Cloete	1:32:50	Grace, Lucy Cotter	45:19
Kate Cotter	1:27:11 M1C	Max, Brent	49:06
		Ruth McCarthy	54:28

SKI ORIENTEERING

Day 1 Biathlon Saturday	Day 2 Sunday 27/07/2008
<u>Mens A</u>	
Matt Scott 18.00	1A (5) 5.4 km 22 C
Jim Cotter 18.30	
Ake Fagereng 18.58	1 Marquardt, Maurice NA 1:34:50
Joe Jagusch 19.24	2 Thayer, Brendan DOC 1:37:49
John Paul Lilburne 19.46	3 Price, Sam NA 2:40:57
Matthew Radford 20.00	Cotter, Jim DOC mp
David King 21.30	Hempston, Nick None mp
David Grant 21.36	
Brendan Thayer 23.49	1B (6) 5.5 km 22 C
Maurice Marquart 27.35	
Andrew Johnston 32.42	1 Fagereng, Ake DOC 1:00:29
Daniel Johnston 33.00	2 Jagusch, Joe PAPO 1:32:04
Mike Plank 35.00	3 Radford, Matt DOC 1:51:15
Tim Webb 36.34	4 Monro, Robert PAPO 1:58:50
Nick Hempston 40.45	Webb, Tim DOC mp
Samuel Price 53.38	Sheriff, Joe DOC mp
<u>Womens A</u>	1C (3) 5.5 km 22 C
Jana Nyklova 25.50	
Lisa McArthur 27.50	1 Scott, Matt PAPO 1:07:55
Lara Prince 28.00	2 Plank, Mike NA 1:38:02
Vivienne Prince 28.40	Johnstone, Andy PAPO mp
Cathy Lewsley 31.20	
Emily Deacon 34.20	2A (8) 4.2 km 15 C
Clare McLennan 34.32	
Genevieve Webb 34.56	1 Lilburne, John Paul PAPO 55:06
Maggie Pasak 36.17	2 Prince, Lara PAPO 1:03:14
Sarah Gouthier 38.00	3 McArthur, Lisa NA 1:34:22
Jan Wood 39.04	4 Soundy, Peter NA 1:39:17
Ingrid Wilson 40.45	5 Gauthier, Sarah DOC 2:31:58
Kathy Deacon 55.54	Grant, Allan DOC mp
Katie Deacon 56.54	Katie and, Sarah NA mp
	Wilson, Jo SOC mp
<u>Mens B</u>	<u>Saturday continued</u>
Robert Monro 35.02	
Hamish McMeeking 38.10	<u>Womens B</u>
Wayne Patrick 55.50	Natalie White 26.29
John McMeeking 55.56	Kathea Sarah 38.28
Kevin Wilson 1.17.00	Rita Homes 39.00
	Monica Gerth 42.38
<u>Mens C</u>	Annie Grant 45.00
Hamish Cotter 40.00	Melanie Heather 45.20
Malachai Buschl 1.25.10	Kate Cotter 49.45
Charlie Gruppelaar 1.09.20(short course)	Nicola Kearns 56.41
	Stacy Buschl 58.30
<u>Womens C</u>	Jane McMeeking 1.00.24
Georgia Buschl 1.34.40	Liz McMeeking 1.15.40
Charlotte Cotter 1.47.00	
Lucy Cotter 1.04.20(short course)	
Tessa Buschl 1.05.00(short course)	

