

SEPTEMBER DOCUMENT 2008

SHORT NOTES FROM THE DOC COMMITTEE AUGUST MEETING:

Jane Cloete

COMING EVENTS:

Some of the 'street events' will be town-map areas, eg Logan Park. Also, watch your emails and/or DOC website as one or two of the events may have a date change. Cuttance Block is still on for 21st September.

The cancelled Mt Ross event will be held as an OY event in February/March/April.

OCEANIA:

Plans are slowly getting under way for this. Mark it in your diary now: 3-11th January but especially Friday 9th January - new map up in the Duntroon area, and also Saturday/Sunday 10th/11th January for Naseby events.

TENTS:

Some of you may remember the old canvas tent tearing apart at the June event! It is beyond repair so we are purchasing a new one - it can be used as an awning alone, or as a tent proper. With luck we may have it in time for the Cuttance Block event

COMMITTEE MEMBERS:

Pat Ehrhardt is resigning as secretary - we thank her for all her hard work. Also one or two others are standing down next year so ... WE NEED YOU! The AGM is next February so you've got 5 months to think where you could fit in with the Dunedin Orienteering network. Orienteering is a 'people heavy' sport - it takes an awful lot of people doing many small jobs to make it into a really good sport. Consider volunteering for one/some jobs next year!

LETTERS TO THE EDITOR

Allan Grant

Whistles? Whistles? Whistles? Whistles?

How many times have you had to use a whistle?..... not once..... touch wood!

How many times have you slipped and fallen over... too numerous to mention!

We check for whistles; but not for good footwear/ grip on the day..... maybe it's time we did; or the starter could turn you back (is your car allowed on the road with bald tyres?)

You have to be adaptable. Some events this year in the South have been that muddy and slippery probably the only good shoe would have been rugby / soccer boots with extra long studs.

Let common sense prevail. If you are not sure of the conditions take two different suitable pairs of running shoes with you before the event.

Where would you rather be, in the bus, on the way home, at the top of the cliff, or in the ambulance at the bottom? –

Get a grip on gravity ... for the want of a good shoe the race could be lost!

Whistle blower (not)

"RACE ON THE SKY"

New Zealand Cross Country Ski Orienteering (NZ-X-C-Ski-O) Championships.

(Last weekend of July 2008)

Well groomed trails and a half metre of powder snow (plenty of route choice). This was like snow to order and we didn't have to truck it in. What a great Weekend and a chance for Orienteers to get out of hibernation. The event on Sunday proved to be quite a challenge... even for some of our elite Orienteers. But to be fair conditions were very very white (& deceiving). As well, map presentation could have been improved (How long do you cut a piece of elastic?).

For the first time we used Sport Ident timing... It doesn't lie and it produces immediate results. Thank you for your help here Simon. It looks like this is the machine for the future.

It was good to see Ake Fagereng, Matt Scott and Joe Jagusch come to the fore. As well as Jane Myklova, Lara Prince, David King and John Paul Lilburne: The "Nordic Ski Team" as well as Kate Cotter and Stacy Buschl!

The biathlon on the Saturday was a great warm up for the NZ-X-C-Ski-O and proved to be really popular from young four year olds to elderly alike. It also gave those who are still developing their Orienteering skills a chance to come to the fore. Many good Orienteers were penalized at the rifle shooting and paid the price (some of the younger ones were in fact much better at shooting). As laser rifles were used it proved to be very very safe and popular. Lisa McArthur, Hamish Cotter, Georgia Buschl and Natalie White deserve a special mention here.

Special thanks to Julie Grant and Brian Buschl for their meticulous planning and controlling.

Special thanks should go to our main sponsor Bendigo Trust, as well as a big thank you to the many businesses who supported us with spot prizes.

The Snow Farm X-C-Ski Area has just recently been put into a Trust and we hope will be saved for events such as this for many years to come.

Allan and Annie Grant have been helping to organize this event with the help of many good volunteers from DOC... and have handed over the reins. We feel if the event is to continue to succeed and flourish we need a North Island connection as well as one or two from of the rest of the South Island. If any hardy souls would like to put their names into the hat please email: anna_grant@hotmail.com for further info.

Thank you for the honour to help out for the last ten years.

Yours in Orienteering
Allan and Annie Grant

Navigation Tips from the Auckland Orienteer

Mark Roberts' Tip - Walk the first leg

How many times have you made a mess of the first leg? One of the Joys of O is novelty. It's a new day, a new map, likely a new mapper with a different style, perhaps a different scale or a 2m contour interval.

It's new terrain with its own particular patterns and logic. It's different vegetation with low visibility and plenty to scratch and trip. It's a new course by a new course setter who thinks differently from you and describes control sites in her own special way.

On the first leg your mind and body probably haven't warmed up yet, you're not in the zone, your compass is still in your pocket, your head still houses last night's cobwebs, the endorphins aren't flowing yet, the adrenaline is befuddling you.

You haven't had a chance to scope the leg, no planning time, you don't even know where the start triangle is on the map. Your need to navigate this leg is competing with your need to plan the next leg - and to look round the course to find the long-leg-with-three-route-choices and the leg-with-all-the-climb.

So what to do? Invest some extra time in the first leg – maybe just 10 or 20 seconds. You will massively reduce risk of lost time on the first leg, and you will recoup the investment with better preparedness on later legs.

- ☐ Stay in the triangle, or walk slowly, until you know exactly how you will execute the leg – don't go off half-cocked.
- ☐ Take the time to fold the map, check the scale, adjust your compass, loosen your undies.
- ☐ Take it slowly – throttle back one traffic light notch from Green to Orange, from Orange to Red.
- ☐ Over-map read – check far more detail than usual, compare what you see on the ground with what's on the map, drink in the mapping style.
- ☐ Over-navigate – your compass is your friend. A 180 out of the triangle is just soooo embarrassing.

The result should be a perfectly executed first leg, a gradual warming up of your mental and physical muscles, a plan for the rest of the course, a valuable handle on this mapper's style, this setter's style, and the patterns of this terrain.

Tip 2 - Navigate up spurs and down gullies

By Mark Roberts

Spurs join together as they climb; gullies join together as they fall. Choosing the wrong spur on the way down is very easy; choosing the wrong gully on the way up is even easier. So try to navigate using the safer feature. That doesn't mean you have to run in the gully on the way downhill, because spurs often have better runnability – they are usually less rugged and less green. You can run where you like as long as you can clearly see the gully to navigate by.

Tip 3 - Headless chooks miss last controls

Something snaps in the minds of many an orienteer as the end of the course comes in sight. They are physically tired and mentally exhausted, they are scratched, bloody and bruised, their O suits are torn and their laces are undone.

Of all stages of the course, the last couple of legs are when the hard-working orienteer is least capable of reasoned thought. The risk-monitoring and process-following parts of the brain can be overpowered by the get-it-over-with lobe.

“Use up what’s left” is a natural urge – borrow heavily from the oxygen bank, throw caution to the winds and common sense to the wolves, and sprint the last two legs. DON'T DO IT.

When you are making the speech notes that you are going to read from during your running of the course, tag the last control with a big red “BE CAREFUL” to remind you not to let your guard down. As for the last leg to the finish? Go for it!

Another Mark Roberts' Tip - Never try to make up lost time

A good orienteer constantly monitors and modifies his running speed and rate of exertion to suit the terrain, his state of mind and body, his confidence in his contact with the map, the technical difficulty of what lies ahead, what physical reserves he has, what work remains to be done. He will run a course to the cadence that serves him best, learned from “experience”, otherwise known as “lots of mistakes”.

He may start slowly while taking in the map, take the easy legs at a fast clip and the difficult legs more slowly, reserve some oomph for the long leg, take extra care at the end of the long leg, back off around the 40/50/60 minute mark and wait for his second wind, and most important of all ensure that he has plenty of strength for the spectator leg.

You are a good orienteer (aren't you?), so you've done all that thinking and you've got a plan, your speed monitor is working flawlessly and your risk meter is well calibrated. Throughout the course your pace is finely tuned to your abilities and the challenges of the course. But then you make a mistake, you lose some time, your confidence takes a blow, your plans are scattered to the winds.

Suddenly you want to try to make up the lost time, so you crank up the pace, dig deeper, push harder, take physical and technical risks, invest less time in planning, and throw caution to the wind.

DON'T DO IT.

What usually happens next is sometimes known as “Blowing up”. Risks are repaid by further errors, yet more time is lost, fear feeds upon failure, soon you have forgotten whether north is the red end or the white end and by the finish you wish you'd stayed in bed this morning.

NZOF NEWS – AUGUST 2008

CONGRATULATIONS

Well done to the **Hamilton** club for a successful national secondary school championships (sponsored by SILVA). A big thanks to Simon Addison and team. Forty eight high schools took part.

NATIONAL MEMBERSHIP PASSES 1,700

The national strategic plan has had a target of 1,700 members nationwide for the last few years and we can now report with satisfaction that this has been achieved: 1,704 at present. This may be the highest ever for New Zealand?

KIWIS ABROAD

Ross Morrison made all three finals (long, middle and sprint) at this year's World Championships in Czech Republic with a best placing of 40th in the sprint. Chris Forne also made the sprint final placing just ahead of Ross at 36th.

Best performances from NZ's ten-strong team at JWOC 2008 in Sweden were Lizzie Ingham 15th sprint, 42nd long; Greta Knarston 36th sprint and Simon Jager 37th sprint.

And at the World MTBO Champs, in progress as this News goes out, Marquita Gelderman has posted a 4th in the sprint, just 22 seconds off a bronze medal.

DEVELOPMENT FUNDING

The Silva NZ Secondary School Championships, referred to above, were assisted by a grant of \$1,000 from the NZOF, made under its Silva Schools programme.

Marlborough OC has received a grant of \$800 for a mappers training workshop to be held in October.

Templates for development funding applications, as per NZOF Development Project Funding Guidelines, are available from the General Manager on request. The Guidelines are on the NZOF website.

CLUB AFFILIATION LEVY 2009

The club affiliation levy for 2009 will increase by 4.0% (in line with the CPI for the year ended 30 June 2008). As a result the total levy for all clubs combined will be \$14,955.

CODE OF BEHAVIOUR

The Code of Behaviour for NZOF junior and squad training/coaching camps is now on the NZOF website.

TEAM APPOINTMENTS

Anna Robertson has been appointed assistant manager to Derek Morrison for the NZ Schools team to compete in the Australian Schools Championships in Maryborough, Queensland, late September.

John Robinson has been appointed manager of the New Zealand team for the ANZ Challenge to be held as part of the Oceania Championships in January 2009. The individual challenge will be held in with the Oceania Long Distance Championship on 7th January and the relay challenge will held in conjunction with the Oceania Relay Championships the day before. Both of these events will be in Canterbury.

CLUB ABBREVIATIONS

Entrants of major events are asked to use either the full name of their club or the standard abbreviation (as per NZOF competition rules, Appendix 7). Similarly event organisers should publish the name of the club in the results using either the full name or the standard abbreviation.

For the record, the abbreviations are Auckland (AK), Counties Manuakau (CM), Dunedin (DN), Hamilton (HA), Hawkes Bay (HB), Hutt Valley (HV), Marlborough (MB), Nelson (NL), North West (NW), Peninsula & Plains (PP), Red Kiwi (RK), Rotorua (RO), Southland (SD), Taranaki (TA), Taupo (TP), Wairarapa (WA), Wellington (WN). So for Hutt Valley use HV not OHV, for Southland use SD, not SOC, and so on.

VACANCY: NOS COACHING COORDINATOR

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. The appointee should have NZOF coach accreditation but is not appointed as squad coach but instead as the person responsible for ensuring that coaching is delivered to squad members. This is a two year volunteer appointment. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 31 October.

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, Saturday 10, and relay match, Sunday 11t 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.

VACANCY: MANAGER/COACH JWOC TEAM 2009

Applications are invited for the position of Manager/Coach for the NZ Junior Team to compete at the 2009 Junior World Championships to be held at Trentino, Italy 5 – 12 July. The manager is expected to travel with the team and some expenses are met by the NZOF. A job description is available from the General Manager. Applications close 31 October.