

September 1998 DOcument

OC Contact People.

President Bob Cunninghame Cunninghame@alkali.otago.ac.nz 473 8330
Vice President/ Training Officer/Event Co-ordinator/Secondary School Co-ordinator Pat Ehrhardt 453 4012
Treasurer Margaret Tagg 467 5460
Equipment Officer Andrew Johnstone 467 9658
Publicity/Maps/ DOcument Co-Editor Jennifer Hudson jhudson@xtra.co.nz 454 4981
Secretary Evelyn Spittle spittle@es.co.nz 476 4322
DOcument Co-Editor Jane Forsyth j.forsyth@gns.cri.nz 478 0281
Mapping Co-ordinator Jon Searle jon.searle@xtra.co.nz 476 4346
Landowner Liaison Officer Suzanne Clegg 454 2565
Archives Officer Bunny Rathbone 453 6887
Membership Officer Pat Taylor ptaylor@clarkecrow.co.nz 464 0696
Kiwisport Officer Annie Grant 488 3254
Awards Officer Don Melville 454 2575

DOC EVENTS CALENDAR 1998.

Date	Place	Status	Planner	Controller	Organiser
Sep 13	Street	Event	Alex & Fran	Bob	Cunninghame
Oct 18	Berwick Forest		Jeni		Martin
Nov 7-8	Seacliff	Christies Gully	Otago Champs	Bob Cunninghame	George McLeod Jennifer Hudson & Pat Ehrhardt
Dec 6	TBN		Michael Tagg		Jennifer Hudson

Other Events.

Date	Club	Place
Sep 26-27	PAPO	Sth Island & Cant School Champs
Oct 24-25-26	SOC	Sandy Point Fosbender Park
Nov 21-22	PAPO	Cant Champs Acheron Dalethorpe

NEXT DOC EVENT.

The next DOC event is a street event on Sunday 13 September.
The starting area is near the corner of St David and Castle Streets.
It is a score event so bring a pen.
Start times from 11am until 1pm.

LABOUR WEEKEND 3 DAY. Southland Orienteering Club.

Saturday 24 October 1998. Sandy Point South (new map) - Classic
Intricate coastal sand dune with areas of Pine and Native forest, numerous marshes.
Scale 1:10 000

Sunday 25 October 1998. Sandy Point SIC - Short O's (no chasing start)
Intricate sand dune with areas of Pine forest.
Scale 1:10 000

Monday 26 October 1998. Fosbender Park SIC - Classic
Intricate coastal sand dune with areas of Pine and Native forest.
Scale 1:10 000

Further Information.

Master Map system will be used for all 3 days.

Map marking will not be included in your total race time

No pre-entry is required but an expression of interest would be appreciated.

Either to:

PO Box 6063 Invercargill,

E-mail: mcdfam@southnet.co.nz or

Phone David McDiarmid on (03) 217 1081

Entry fees will be advised at a later date

It is proposed that there will be 7 courses for the classic races and 5 for the Short O's.

Start Times (approx):

Day 1 - 12-2 pm

Day 2 - 10 am and 1 pm

Day 3 - 9-11 am

More information will be available later.

THE PRESIDENT'S THOUGHTS.

On planning, controlling, organising and helping at events.

Orienteering is a labour intensive sport and relies heavily on the voluntary efforts of club members. The Club responded magnificently to mount the National Championships this year and some members put in an incredible amount of work. It would be nice to let them have a break, and so we need those who have had less experience to take over some of the tasks necessary to run an event. For a normal club event these are not too demanding. Furthermore the committee will ensure that those new to these aspects are supported by a more experienced member. While most of the remaining events for this year have the necessary planner, controller and organiser, there are one or two gaps. So if you are approached - say yes! Booklets are provided with the necessary duties laid out, and someone will be available to help and advise. There are several pluses incidentally - organisers quickly get to know other club members - and this is specially true of helpers at the start and finish. Planning and controlling will improve your orienteering no end - one advantage is that you have plenty of time to study and interpret the map - without other orienteers breathing down your neck.

Next year's program will be finalised over the next month or so and we shall be asking for the necessary helpers well in advance to ensure that there is plenty of time available for the necessary tasks.

While on events it is pleasing to see several new faces appearing - and not just once but coming back to subsequent events. A formal vote will be taken on local membership at the AGM in November and we hope that this will attract some of these new faces to a fuller involvement with the Club.

Finally a welcome to Bruce and Sheryl Collins who have decided to move to the Dunedin area from Hamilton - it was great to see them at Allans Beach, with daughter Kirstine, just the day following their arrival in the South! Bruce was editor of New Zealand Orienteering until last year and was responsible for

turning this into a high quality national orienteering magazine. He is also chairman of the NZOF technical subcommittee so planners and controllers will be kept on their toes!

Bob Cunninghame
President

QUIZ NIGHT.

Many thanks to those people who provided prizes. The quiz raised \$146 for the club. Only four DOC members were able to attend, but Bob, Chris, Pat and Myles enjoyed the occasion and took second place. We were nearly beaten by a question on a control descriptions, but by intelligent guessing managed to identify as "a well".

Pat Ehrhardt.

ORGANISER'S REPORT. TOWN BELT SOUTH, 26TH JULY 1998

'Chris, could you organise the event to-morrow?' So my wife said to me on Saturday evening, as my body slowly worked back towards normality after running the longest leg in the Peninsula Relay. A pause, a gulp, and an affirmative - after all, she was firmly gripped by 'flu. Anyway she had arranged enough helpers, and the weather forecast was fine. I just had to collect Hayden and Nathan Peter from King's H.S. hostel, the caravan from Dunedin Ford, and be at Unity Park in time for an 11 a.m. start.

Well, the weather was fine. But the key would not unlock the caravan - so no wheel brace to raise the caravan's legs. I was about to give up, but Hayden and Nathan showed that country boys have strong fingers, so who needs wrenches? And when we finally got to Unity Park, Margaret Tagg could wriggle the key and push the door in just the right way to open up (even then, when I tried, I still failed!). But by then we were well behind time, and preparations were not helped by the complete absence of tent pegs for the 'Start' and 'Finish' banners - till someone suggested we take pegs from the toilet tent, which we were not going to set up. So we did that, but it will be difficult if we need both the tent and the banners erected simultaneously. My apologies to all those who were waiting at 11 a.m., but we did our best!

Once the equipment was in place, things got much better, though the organiser was not helped by the absence of one member who was on Pat's list as a helper, and the refusal of another to do anything. All the more hearty gratitude to Hayden and Nathan, for efforts well beyond the call of duty, to Ian Holden, to Marjorie Spittle, to Michael Tagg, to Margaret (who broke all the rules, by sitting at the finish even though she was the Controller), to Jane Forsyth, the Planner, who also helped at Start and Finish, and to all the others who let themselves be conscripted as helpers for longer or shorter periods, and whose names I failed to note down - sorry!

So 'at the end of the day', as the politicians say, it was a really good day. The perfect weather, of course, made things very pleasant, but the good courses and the willingness of many members to do more than the bare minimum ensured that, despite the inauspicious beginnings, this was a successful event. Full credit to all involved - and orienteering was the winner.

Chris Ehrhardt.

TOWN BELT SOUTH PLANNER'S REPORT.

I hope you all had a good time at the Town Belt South event in July - I mostly enjoyed planning it and realise now why people say that planning improves your orienteering. I had a great controller in Margaret Tagg, who helped me lots and gave me more confidence than I would have had otherwise. It was Margaret

who suggested the memory course as something to give a little challenge to those many of you who know the area like your own back yard.

In planning the control features, I found several places where signs warned of buried cables. Not wanting to have a shocking experience when placing the control stakes, I contacted Dunedin Electricity (who are called Delta now) and at their Cumberland St office I was able to find out where the cables were and how deep (and how many volts I would have encountered had I got it wrong). This was worth doing, I thought, and the man at Delta was very helpful.

A couple of comments that I received afterwards are worth repeating for the benefit of others. In the memory course, the strings that were used to tie on the little bits of map were too short for the map to be used with a compass, and also too short for people to lift up the map to eye level for a good view. I had not actually expected people to be using a compass, but anyone who did could not get the map far enough away from the iron stakes. I'll remember that for next time. The other comment was about the number of tracks that are on the ground but not on the map, especially at Jubilee Park. I did add quite a few new tracks to the map, which was updated by Jon for the event. But all the new mountain bike tracks are still not on the map, and it could do with a thorough going-over by someone with this in mind.

Two people who are old enough to know better forgot to put their names on their control cards...they are lucky they got in the results at all!

Finally, thanks to Alan and Julie Grant, Ian Holden and Margaret Tagg for their help with bringing in the controls, and Chris Ehrhardt for doing the organising at short notice.

Jane Forsyth

SEACLIFF VAMPIRE - O & NIGHT - O CONTROLLER'S REPORT.

Aaron & William put a lot of thought into this event. It proved to be very successful despite the low turnout. Aaron planned the Vampire - O and the White & Yellow for the Night - O. William planned the Short & Long Orange for the Night - O. Aaron modified these slightly to fit on to the 1: 5000 map I produced for the event.

The Vampire - O went off like a cracker. The Vampire card changed hands many times during the event and lots of people did some extraordinary things to avoid those they thought to be the vampire. Jennifer for one scurried up a bank to avoid George. As it turned out he wasn't the vampire at the time. He said it was the fastest he had seen her move.

The Night - O was waited for in anticipation while the participants munched on barbecued sausages. At 6:10 p. m. the first people set off into the dusk. The remainder went off at two minute intervals in hot pursuit. It was fascinating to watch the torch lights darting back and forth as the orienteers tried to locate controls.

Going by the results the younger orienteers seemed to cope better in the dark. George, however, blew his torch bulb about half way around his course and he had to return to base to get a new bulb. The same thing happened again about 3 or 4 controls from home. George borrowed someone else's torch to read and memorize the rest of course. He then completed his course. Dedicated huh !

Thanks to the other YODA members for helping out at the caravan and for organizing the barbecue. We would also like to thank Bob for towing the caravan at short notice and helping Aaron and myself to collect the controls on Sunday.

Jon Searle

It was a great afternoon/evening and YODA again provided an interesting and challenging time for those of us who participated.

The only comments I heard were positive.

Thanks YODA.

Jennifer Hudson.

CONTROLLER'S REPORT FOR ALLANS BEACH.

It's amazing how far people will come for an event. Bruce McLeod and Steven Foote came from Queenstown, Trish and Alan Foote from Invercargill, Sheryl and Bruce Collins from the Waikato and Kirstine Collins from Christchurch.

We appreciate your devotion and were pleased that altogether 62 competitors came out to Allans Beach. Some of those 62 were newcomers and braved the fierce wind to try our courses. The wind was so strong that it blew over a baby buggy with a wee boy riding in it – no injuries sustained thank goodness, just a few tears. By the middle of the afternoon the sand was blowing in a horizontal direction and was not pleasant to endure. I can imagine how uncomfortable it was for all of you who did the Orange Courses. Thank you for persevering.

As planner Julie Grant got her courses organised early and completed all the master maps and control descriptions for checking but, because of skiing commitments, she had to hand over to her mother Annie for placing controls. Luckily Julie had separate first controls for each Orange course, so that meant less waiting at the start. The most popular course was Long Orange, and the Yellow was varied in structure and found to be more challenging, but still manageable for those who tried it. The criteria for Yellow recommend no brown features to be used, but we found our competitors were quite happy with small hills and a depression, as they were within 50 metres of a line feature and quite distinctive features themselves.

Jon Searle made a wonderful 1:5000 map for the White course using OCAD. Only seven competitors did this course, but any enhancement of the map for this level does pay off, making reading the map so much easier.

Sheryl and Bruce Collins arrived on Saturday from the Waikato and the Hamilton O Club to settle near Dunedin. Saturday saw them experiencing our four seasons in one day weather, and getting acquainted with their rented property in Warrington. Sunday saw them whizzing around the sand hills of Allans Beach, and by Wednesday they had bought a house in Waikouaiti. We welcome them to Dunedin, and wish them well with their chosen new life style. You'll see them at events in their Hamilton O suits.

Thanks to Myles and all the Thayer family for doing all the organising and to Julie and Annie Grant for the combo planning.

Bunny Rathbone
Controller

BITS AND PIECES.

Not only did Julie Grant win the girls section in the Secondary School Cross Country Skiing Champs, but the Grant family won the family section of the Merino Muster at Waiorau Nordic ski area during the weekend of August 22-23.

RESULTS FOR DOC MEMBERS WHO COMPETED IN THE ROGAINE ON 27 JUNE 1998.

Place	Team Members	Category	Place	Score
1	Bruce McLeod, Geoff Hunt	1st Mens	2100	
7	Andrew Johnston, Wayne Patrick, Michelle Coleman	2nd Mixed	1610	
19	David McDiarmid, George McLeod		1240	
36	Trish Faulkner, Bunny Rathbone		870	

O-ROSCOPES.

By Madame Zena

Aries

You come upon a stroke of sheer luck, or a sheer stroke of luck, or something sheer anyway, in reaching your goal. Do not hesitate. I hope you took that rock-climbing course you always meant to do. Lucky control feature: impassible cliff.

Taurus

You have been low at times, which is why you can tell the difference between a depression and a pit. Things are looking up for you now, however. Lucky control: top of knoll.

Gemini

Blessed are the losers, for they shall determine the winners. Unlucky control: all of them.

Cancer

Remember not to get bogged down in fine detail, but to keep moving steadily forwards at all times. As this is hard for the sideways-walking Crab, you may have to approach your goals obliquely. Lucky control: any side of a building or boulder.

Leo

All that training has done you good, but now you have to get out and measure yourself against others. Don't forget to enter for the South Island champs. Lucky grade: M100, there's not much competition.

Virgo

Someone who claims to know what he is doing is wide of the mark this time. Your own judgement should be better than following this person blindly. You shouldn't be following anyway, it's against the rules. Lucky feature: taped route.

Libra

Don't panic, what you are looking for is closer than you think. Slow down and be careful as you approach your goal. Lucky orienteering accoutrement: magnifying glass.

Scorpio

You have a tendency to behave like a headless chook when confused. You don't? Well I know I do. Sorry, this should probably be the O-roscope for Leo.

Sagittarius

If you feel you have been doing all the organising recently, this is probably because you have. Time to step aside and let others do some of the work for a bit. Lucky event: any event in another town where someone else does all the organising.

Capricorn

As Neptune is ruling your sign at the moment, you may be sensitive to criticism at a committee meeting. Just tell the other person to butt out. Lucky repartee: anything in the cutting sarcasm line.

Aquarius

Your sign is the man who carries the can. In your case, this means that you could well be asked to organise food and drinks at the next event, so better start planning for that now. Start looking for the barbecue right away. Lucky carbohydrate: the saveloy.

Pisces

Another wet sign, and particularly influenced this month by Neptune. Try to stay out of marshes, streams and water-filled pits this month. Unlucky control feature: waterfall.

"TRAINING & COMPETING WITH COLDS, FLU, & OTHER INFECTIONS ", a lecture given by Dr Dave Gerrard.

Infections were defined; and there has to be the knowledge that bacterial infections can be helped by antibiotics, and that viral infections such as influenza (flu), hepatitis, glandular fever, & H.I.V., are not helped by antibiotics.

If an athlete has an infection and wonders about whether exercise should be undertaken, it depends on:

- 1.what the effects of the disease are,
- 2.any complications which have occurred,
- 3.its potential for spreading to others, &
- 4.one's capacity to exercise.

There can be huge influences & pressures to remain in competition, despite being unwell, from parents, sponsors, fans, & especially coaches. So one needs to be very careful, objective, & give consistent guidance on whether an athlete should compete or train, or not. There is no place for a quick fix.

There is certainly reduced exercise capacity if one has a clinical infection. But there is a doubtful correlation between a "subclinical" infection and a poor performance. An example of a subclinical infection is a positive blood test for glandular fever, with no symptoms of this infection.

Regular training i.e. moderate exercise, enhances the immune system & helps protect against infections. But prolonged, intensive bouts of exercise (overtraining) leads to a reduced lymphocytic count and thus increases ones chances of getting an infection.

Over-training means one gets inadequate recovery after training. This leads to a predisposition to infections, including "opportunistic" infections from impaired immunity. Opportunistic infections include thrush, cold sores & impetigo.

If an athlete has an active infection, but mild symptoms only, such as a cold, sore throat with a normal looking throat, headache relieved by analgesics; then the rule should be to train at a reduced level.

If an infection is more than mild - there is fever, cough with sputum, glands are sore, there are muscle & joint aches - there should be no training.

In general, I recommend listening to your body signals - can you train or compete at your highest level? If not take responsibility for your health, as those who do will win.

Don Melville.

WHICH GRADE ARE YOU?

CHAMPION ALSO RAN ???

Agility Leaps fallen trees with a single bound Runs around fallen trees Runs into fallen trees

Training Runs every day, 100 miles/week. Peaks for nationals Runs weekly, 10 miles/week. Peaks retrospectively Ran once but pulled a muscle. Prefers to think in km. Has read a book about running

Navigation Glances at map and compass occasionally Constantly refers to map and compass for reassurance Looks down to see if he still has a map and compass

Memory On the one hand, memorises large areas of the map at a glance On the other hand, remembers the scale of the map Forgets which hand his map is in

Technique Takes less than 5 secs at each control Once took less than 5 secs at a control, but forgot to punch his control card Often spends 5 secs finding his control card

Fitness Does not change gear for steep grades Heights make him nervous Trips over the contour lines

Amended from Tales of WOA - by Jane Forsyth.