

## NEXT DOC EVENTS.

Ross Creek.

Starting times 11.00 am - 1.00pm

Starting area near corner of Polwarth and Burma Roads.

Akatore North - August 22

Planner: Bob Cunninghame

Controller: Dave Browning

This event provides an opportunity for those who want to practice on red courses and control sites. There are no orange, yellow or white courses. The area chosen is divided into four blocks by roads and major valleys. The controls and legs within a block are of similar standard, but there is a considerable difference in standard between blocks. Courses have been arranged to take this into account and the less experienced orienteer will be directed to the relatively easier areas. It will be possible to tackle a second (and third!) loop after completing the easiest option. Assistance will be available from more experienced members.

For the experienced orienteer there are four courses ranging in length from 2.8 to 7 km with 7-10% climb.

The forest floor is fairly open and low-level visibility is good as much of the bracken, fern and some scrub are either dead or have been eaten by cattle and goats.

The "easy" block faces east and if it is overcast it is rather dark in the afternoon, so early starts are recommended.

Start from 10.00 a.m. Courses close at 2.30 p.m.

For those running (or walking - see Michael Wood, June NZ Orienteering!) courses will be self-timed (clocks at start and finish). However it is essential that you pass through the finish so that all starters are accounted for. Whistles must be carried.

Please combine transport as much as possible because parking is along the edge of the forest road and space is limited. In most places deep and muddy ditches prevent cars from being parked off the road edge. The caravan will not be present; clip cards and maps will be available from the marked car.

Follow orienteering signs from Waihola.

## ALLIE'S EDITORIAL.

Hello everybody.

Having been little involved in the orienteering scene recently, due to exams, and holidays, and it being a period of relatively few out of town events, I have little to say about the present state of the orienteering world.

I was sorry to miss the relays at Allan's Beach, and doubly so to miss YODA's night-O event held over the weekend - I promise I shall do better in the future!

I would like to air my thoughts about a particular issue that has been on my mind recently. Not everyone will agree with me, but the privilege of writing an editorial is that I can air my own views as long as they don't offend anyone, or until I am shouted down in the "letters to the editor" page. (hint!)

Although many orienteers resist the move to make ours a seasonal sport, orienteering in Dunedin appears to be coming increasingly so, due to the constraints placed upon our farm maps during the lambing season,

and the (utterly understandable) preference of most of us to do planning and controlling work when the weather is more pleasant. This results however, in an increased use of our town maps, the negative result of which being that some club members choose to go into hibernation for this period, until our more "interesting" events occur again. The positive side of the increased use of town maps however, is that new comers and schools league competitors can come and try courses without being daunted by travel requirements, which is especially relevant for younger runners, who are relying on parents who may not wish to compete to provide transport. I feel however, that more of a balanced approach to events is needed, as the long break between events on the out of town maps can result in a loss of interest for some members, especially those who begin orienteering because they enjoy running through the countryside rather than the Town Belt, or those of us who (mad as it may seem to someone like me) prefer to run very long courses which the smaller maps simply cannot accommodate. This is just my own point of view, and I am in no position to try to dictate a simple solution which will keep everyone happy. Instead, I would be interested to hear what everyone else thinks about the subject, so write me a letter and air your views. Running a club is a matter of keeping all the people happy some of the time, or some of the people happy all of the time - how should we best do this?  
Bye for now.

## THE PRESIDENT'S REPORT

Bruce McCormick

At the committee meeting on Wednesday (21st) we put together a draft plan of events for next year. Starting with some 'Come and try it' events for new comers, the programme gets straight into a 'Summer Series' planned over six Wednesday nights from 5:30pm during February and March to get the benefit of daylight saving. A number of harder events are planned for some Sundays prior to the South Island Champs (to be held in Nelson) and the NZ Champs at Easter.

The Schools League will be held during the second and third school terms finishing with the Otago Schools Champs. An OY (Orienteer of the Year) series will be held during the year with some events part of the Schools League. The idea is to finish the year with a number of social and fun events. Tentative dates have been set and we will be sharing these with our neighbours PAPO and SOC prior to finalising them for publication.

Work is to start shortly on mapping an area around the Dunedin Stadium to provide Kiwi-O type events for primary schools using the stadium. Funding for this has partially been provided by the DCC/Hillary Commission Funding.

Members will at last see the financial accounts for the year to 30 September 1998! Our apologies for the delay in sending these to you. The welcome surplus from the Nationals covers the deficits from DOC's previous two years incurred as the maps for the nationals were developed. The committee wants to put this surplus towards developing more maps. If any members have ideas of areas for mapping please contact me prior to the next DOC committee meeting on 18 August.

There is quite an interest developing from a number of members interested in learning mapping and OCAD skills. We are looking at how this interest can be developed by running some training sessions and then utilising this in developing a variety of maps for the future. More information on this next month.

I finally found time to write up the minutes of the Strategic Planning session we had back in March and these are published in this month's DOCUMENT. We tried out the self-starting procedures at the Town Belt South event earlier this month. If members have comments about the suggestions (or the self-starting trial), I would be pleased to receive them prior to 18 August. A further Strategic Planning session is planned soon. Your input is important - so have your say.

The Committee is also reviewing the booklets for Organisers, Planners and Controllers. If you saw that some changes were needed when you took on one of these responsibilities, or would like to be involved in

updating them please contact Myles Thayer or myself.

On a more personal level, I was out by myself this weekend building my fitness (a real problem for me this time of year!) and thought back a week when I was out at Waikouaiti with Bruce Collins. We had a run around the beach area (another possible map site). It is enjoyable to be out running with someone else. Orienteering is an individual sport - but one made more enjoyable when we are with others. Should we be having some (weekly) runs as a club? Certainly, we need more social events!

Good orienteering.

#### LETTER TO THE EDITOR/S.

Dear Editors

Through this worthy journal may I please make a plea for organisers of events to consider other sporting events when setting event dates. I was looking forward to the recent Night-O when I discovered that the All Blacks were playing a test against Australia that night. I might love orienteering, and in the past I have been an O-addict, but now that my hair is falling out and my legs don't move so fast I enjoy other things in life besides O. Therefore watching the rugby with a glass of red wine won out.

Sorry YODA!

BBB

(Balding Blond Bruce)

PS If anyone would like to come for a gentle run of up to an hour with a BBB in forested sand dunes at Waikouaiti please give me a call at 465 8255.

Red wine is not compulsory!

#### REPLY - FROM JENNIFER.

The YODA event was excellent and much better for you than armchair rugby!!

btw - What excuse do the rest of you club members have?

I can't believe you all find rugby so riveting that you give up a night of O for it.

#### MESSAGES FROM THE DOC COMMITTEE.

All organisers & planners should check with Don Melville before buying more plastic bags for maps.

Any volunteers who can provide transport for extra people to our club events, please contact Myles, 454 2385.

Lyn Foote is collecting suggestions for the presentation of awards and for social events.

There is another Ski O, 27 & 28 August. It is being planned by ex DOC member Nick Church.

There is a meeting to consider the club's strategic plan on Wed 25 Aug at 7:30 pm in the Kings High School library. ALL CLUB MEMBERS ARE WELCOME!

#### NEWS FROM THE NZOF COACHING DIRECTOR.

Jean Cory-Wright.

Hello to all club members. Some of you may well know that I have recently taken on the job of Coaching Director. I officially made a start on this work in May and Michael Wood has been doing some changeover work on my behalf. I'd like to say that I am looking forward to getting my teeth into the job and feel that I

will be able to give my best in the years to come. Thank you for all the news letters which have given me a good picture of what is going on around the country.

At the moment my focus is on coaching the New Zealand National Team at the world champs in Scotland in August. I feel that we are on the verge of some notable results this year and that this is vital to the development of orienteering in NZ. We need results to attract funding and for the Hillary Commission to see us even more as a real sport with high standards. This will raise the profile of our sport in New Zealand and attract more participants, who in the long term will hopefully be encouraged to take on some of the tasks of keeping our sport going such as mapping, planning and coaching. It will also raise the profile of New Zealand amongst orienteers overseas and make us into a feasible destination for orienteering and training, especially in the cold northern winters. We could also attract more people to WMOC for this reason. So, my energies have gone into the squad and I am sure you will all be behind their efforts in August. These people devote their lives to our sport through training, competing and working hard to raise the funds to go to Europe each year. We will have an email address or even a website to report on so anyone who is in the squad supporters club will receive this information. This is not an exclusive club and you are welcome to join for \$30 and any member can pass the information on to club newsletters etc.

As far as coaching generally goes, my first big push is in the area of getting coaches accredited and getting coaching going in the club scene. Michael Wood set up some awards for coaching orienteering and the Hillary Commission bases its funding on numbers of people with awards and actively coaching. The awards go from Foundation Coach, through Intermediate, Senior, to Advanced Coach. The first two levels are relatively easy for any red course orienteer to achieve. The foundation award could even be achieved by orange standard orienteers. Coaching does not necessarily mean organising weekends or days or evenings of activity. Coaching can be done at events with discussions over the courses and looking at routes and split times. I am sure many of you are doing that already. In your next issue I will be asking your newsletter editor to print the coaching award application forms. To apply for an award you just need to fill one of these in and include the necessary evidence. Then any accredited coach can apply to the Hillary Commission for funds to run coaching sessions. This is a great way of attracting funding to our sport while also benefitting the participants. I also plan to keep the coach training system that Michael had set up. This is to help those going for the higher awards to help run camps alongside other coaches and thus upgrade their accreditation. There is money available in the coaching budget for this and you need to apply to me for this. For those coaching at weekends by organising special courses, I feel that it is time that there was some remuneration for such activity. This should be costed into a charge made for the session. Also, you can apply to the Hillary commission for funds for such activities. If all else fails do try an application to the coaching budget via me. I am also thinking of running a weekend specially for the training of coaches, sometime next year. Keep your eyes on the magazine and club newsletter.

The other area that we need to work on is kiwisport. Laurie Baxter and Judy Martin did a marvellous job in setting this initiative up and since their retirement, Robyn Davidson of Red Kiwis has been enhancing their work and spreading the word all over the country. Robyn has secured funding from the Hillary Commission to do some instructor training in Eastland and Auckland so she will be looking for keen coaches to help instruct and keen people who want to become instructors. Kiwisport orienteering is basically using school grounds and parks with simple maps to teach the basics of orienteering in primary schools. Kids love it and some do actually carry on to join clubs. There is a big dropout due to transport problems beyond the school grounds. This is where clubs could be doing their bit. All areas should be aiming to have a good set up with kiwisport orienteering instructors working regularly in the schools and follow up work being done in the clubs with user friendly car pooling and user friendly events and courses that welcome beginners and provide support. Robyn's contact details are <robynd@xtra.co.nz> phone 06 353 3262 fax 06 354 3262.

While on the subject of beginner friendly events, lets see more string courses at events. These are not too hard to set up and really provide well for the 3-7/8 age band who are not yet old enough for white courses. A way of making the string course more technical for the older ones in this age band is to get them to draw the route of the string on their maps at the end and mark the positions of the controls. The most accurate map handed in gets a prize!

So, get out there and get coaching, remember that even a chat after an event is a form of coaching. Clubs must remember the importance of training for fitness and technique and that the provision of courses that

are not races is very important. If anyone has any queries about coaching please contact me at <jean.corywright@ait.ac.nz> or phone 09 445 9960 (fax)9961 after the 14th August. Happy orienteering.

### SNAZZY NEW O-ACCESSORY!!!

Your car needs a set of these - Orienteering number plate surrounds. Messages read "Orienteers run the country" and "Orienteering Map Magic", both together with the orienteering web page address. The price is \$15 for a pair, and you can have the same message front and back or a mixture. We only have 9 sets left so hurry.

These are a fundraising enterprise for the national and junior teams, both travelling to their respective world champs in Europe at present. You can buy these hot O-fashion items at the caravan or contact Bruce McCormick.

### NZOF AUDITOR WANTED

Is there any accountant in the Club that is willing to be auditor of the NZ Orienteering Federation Inc accounts. This job has previously been unpaid but may in the future attract some (preferably very small) payment. I have a reluctant offer from a person in the North Island but as I am in Dunedin a local person would be an advantage. Please give me a call if you are interested and we could talk about the work involved and the payment.

Bruce Collins  
NZOF Treasurer  
ph 465 8255  
email bruce.collins@clear.net.nz

### ORIENTEERING AT TOWN BELT SOUTH, SUNDAY 4 JULY

#### PLANNERS REPORT - RICHARD THUM

Isn't honesty a marvellous thing! Thank you Jeni for putting this phenomenon to the test on the day. To all those who took part in the event, thank you for making the event the success that it was. I have to say though that this perhaps demonstrates a disturbing trend where the organiser for the day had a lot of trouble attracting help for this LOCAL event. The fact that the day turned out near perfect weather helped all concerned.

I only planned three courses to keep things simple for me as planner and for Pat E as controller who unfortunately could not take part in the field. Thanks Pat for the encouragement and the comments which incidentally were reflected by those who competed on the day. Thanks also to Stuart for checking that all the controls were in the correct spot just prior to the event. And to those who managed to go around the memory course without a set of control descriptions -didn't you do well! Puts you in the same league as those of us that never use compasses!! This demonstrates yet again to all planners that the control most definitely has to be located in the centre of the circle on the map.

To the general public of Dunedin, thank you for not taking too many controls for a walk from their designated positions. Only one control required some extra finding at the end of the day!

One important observation made by some competitors (and me during the planning process) was the lack of contours in 'out of bounds' areas and in particular streets within those areas. This was a pertinent point especially for those people unfamiliar with the Town Belt map. Can OCAD remedy this??

For every minute overtime the competitors lost ten points.  
Report of event from - Allan and Annie Grant.

It was the busiest weekend yet for the snowfarm and it was good to see such a good turn out in the orienteering as many hours had been put into redoing the map and planning the short and long course. Some who completed in the skate race in the morning had enough energy left to complete in the O'ring in the afternoon. -Well done. We kept most controls close to the groomed trails as the course was designed as more of a fun event As it turned out we had white out conditions on the day so the orienteering was still quite a challenge but an enjoyable experience. Some orienteers had trouble judging their distance. Beautiful soft snow, nicely groomed trails, helpful ski lessons before the race, great lodgings. Thanks to Mary and John Lee and the help from all their staff.

Also special mention should go to Jeni Martin for entertaining us with the biggest group, the Smiths for helping collate results, Myles Thayer and Nick Church for collecting in controls. The spectacular display of cross country skiing from Seppo Kuusisto (Papo), Harold Steen (Dunedin) and Frederick Estran (Sweden), and the Carmans for enjoying the most orienteering.

Nick Church is also planning another Cross Country Ski Event on the 28 and 29 of August.

Be there!

The new map now is going to be used to introduce school groups to cross country ski orienteering by the snowfarm staff.

Arohanui /See you again

#### NEWS FROM OTHER CLUBS.

SOC held a night event at Sandy Point on the 19th of June. They had 17 participants which was even less than YODA had for their Night O. Why don't people chose to do night O - it is fun.

PAPO records with sadness the death of Maria Pilkington on 30 April.

WOA magazine "Tales of WOA" won an award for the best orienteering magazine in 1998.

HB's 3 day Wellington Champs at Queen's Birthday turned into a 2 day event due to much rain.

#### INTERNATIONAL RESULTS FOR DOC and a few other selected NZERS.

##### JWOC JULY 1999 - BULGARIA.

Short - O

Jamie Stewart (formally DOC) B Course 18th

##### WMOC JULY 1999 - DENMARK- Final

W 60A 3690 m. 11 controls

26th 48.03 (time) 13.0 (min/km) Bunny Rathbone DOC

W 45B 3904 m. 11 controls

29th 57.17 (time) 14.7 (min/km) Jane Forsyth DOC

M 50D 5211 m. 13 controls

72nd 1.32.51 (time) 17.8 (min/km) Gavin Craw DOC

M 40A 10609 m. 21 controls

46th 1.20.55 (time) 7.6 (min/km) Rick McGregor Kiruna SWE (formally DOC)

W 45A 4939 m. 13 controls

1st 34.09 (time) 6.9 (min/km) Roz Clayton PAPO

## FRENCH 5 DAY - BOURDEAUX.

Men's Elite  
Bruce McLeod 19th

Women's Elite  
Rachel Smith (DOC Local member) 8th

Women's 21A  
Rebecca Smith (formally DOC) 7th

## HOW TO PLAN COURSES FOR CLUB EVENTS

By Bruce Collins.

Over the last 11 years I've planned and controlled lots of courses from small club events up to National Champs level (and including Regional Champs). I am also a past winner of the Silva Course Setting competition and was Convenor of the NZOF Technical Committee for three years. This article was originally written over a year ago but has been updated, and also made "DOC friendly" by a senior DOC member who doesn't want any acknowledgement!

People might think they don't have the experience to plan courses but with a little thought everyone can do it. It doesn't take an elite orienteer to plan courses for elite orienteers and it leads on that relatively inexperienced people can plan satisfactory club events. Planning can be lots of fun and it is extremely beneficial to your own orienteering.

The main aim of planning is to give the competitors a course that is correctly designed for their capabilities, is fun and challenging, and above all that it is fair. All planners have their own pet methods but I've set out the way I do things below

### Club Organisation

In our Club initial contact with the landowners is generally done by a Committee member (Suzanne Clegg) about 6 months before the event to make sure that the landowners will be happy that there is an event on the day.

You will receive a 'Planners' Booklet to assist you with your planning. Also, a Controller and Organiser will be identified to assist with the running of the event. The Controller is responsible for the event and will assist you, the Planner, to get it right. So, ensure you are in regular contact with the Controller as you work through the planning cycle. The Organiser's role is to help on the day of the event and they will look after things like road signs, caravan, helpers, start and finish, results and manpower in general.

When you know you will be setting the event it is a good idea for you to get in contact with the landowner(s) about 6 weeks out from the event date to introduce yourself and confirm the date of the event. It's easy for things to go wrong. When you have sorted out your courses (see below) you should contact the landowners again and ASK them if its OK for you to come out on such and such a day and do a recce. Remember the landowners are most important. Without them there would be no map.

### Types of course

Its up to you what courses you provide. Generally you should aim to have a minimum of a red, orange, yellow and white course. With the makeup of our club it's best to have a red long and a red short as well. The red long course can be the same course as the red short but with an extra loop thrown in. On some maps it's difficult to have red events, so in this case make sure there are both long and short orange courses. There are also a whole heap of course types other than the standard course and some you could try are score courses, window courses, contour only courses etc.

### Course length

To work out your course lengths you need to decide how long you want people to run for. I'd suggest that 50 minutes for the winner of a red course is long enough. If you split it up the red long could be 60 mins and the red short 40 mins. Orange should be about 40-45 mins, yellow 35-40mins and white 25 mins. Remember that people complain if the courses are too long but generally don't complain if they are too short!

Next you need to work out what speeds the different people run on a similar terrain to your map. If your map has had events run on it in the past then there are previous results to give you a guide; otherwise you will have to look at a map with similar terrain. A number of Club members have copies of numerous newsletters and this should give you the guidance you need. Armed with this info you can work out that if the winner of the red course on map A did 5km in 60 mins they were running at 12mins/km. If you want them to run only 50 mins then their course needs to be 4.2km long. That's why it's important to put course lengths in the results, it helps the next person.

### Planning

Pick your start and finish points first. It might be OK for a major event to have a 2km walk to the start but you won't win friends doing this at a Club event. At the typical low key club event the starter and finisher can be the same person if you make the start/finish point the same. Also this needs to be near where the cars will be parked and reasonably sheltered. It's not much fun when the starter/finisher is huddled all by themselves on some windswept plateau

Plan your white course next. Often this determines the start and finish points. To begin I get a piece of string the length of the course and put one end on where the start will be, and the other end where the finish will be. That way you can get an idea of the area of the map that you have available for the course. Then you have to make a series of legs that follow distinct linear features. Remember that they have to follow handrails and the control must be on this handrail. It's not always easy to do this and you may need to have a few taped parts to get them from one place to another. Even though you could have them following fences all the way try to get some variation in with tracks, streams and even a large hedge if it's clear enough. A lot of effort goes into white course planning and unfortunately this is the least patronised course but you still need to make the effort. Remember it can never be too easy on a white course.

Next to be planned is the red course and the piece of string method is used again to get an idea of the area able to be used. Put your string away for a while now and do some planning. Just plan some good legs without worrying about where the controls are. Good legs are ones where either there is a lot of route choice, or the navigation is difficult all the way. Once you have some good legs planned look for some feature you can use as a control site at each end. Next try and join these good legs together. It's preferable to have a course with fewer good legs joined by short links than a course made up of lot of mediocre legs. In orienteering it is the navigation on the leg that is most important, not the control at the end of the leg.

There are only four reasons for the control. First is the obvious one of marking the end of a good leg. Second is the one of moving the competitor from the end of a good leg to the beginning of the next good leg, this can be a short leg with little navigation involved. If you have planned well, and the terrain is good enough, the end of one good leg is the beginning of the next good leg. The third reason is to avoid a dogleg and the last reason is that sometimes controls are used to get people around sensitive areas or to lead them to a crossing point such as a gate in a nasty electric fence.

The orange and yellow courses follow on from the above. The orange course must have good strong attack points or large catching features behind. The yellow course is slightly similar to white in that there are strong linear features or controls very close to them, but there must be lots of opportunity for cutting across corners and the option of navigating (with very large distinct features) rather than just following tracks.

Remember not to use the same control site for a red and orange course unless the orange course has fences and the red does not, or unless they are approaching from slightly different directions which give a strong attack point for the orange course. If a control position is of red quality then it is probably too hard for an orange course, and definitely too hard for a white or yellow course.

Once you have your courses roughed out it's time to get the Controller involved. If you have had difficulty in getting a course together, don't be afraid to ring your Controller - he or she is there to help. No matter how good a planner you are, the controller can often pick up things that could be improved just because they are having a fresh look at it. It's better to pick things like this up now rather than at a later stage.

#### Out on the map

Once you have your courses roughed out its time to get out on the map. Before you go you should have made up a master map with all the controls marked on and the different courses marked on as well. Use different coloured pens or dashes etc to distinguish between the courses. Wander around and make sure that your proposed control positions are OK. Too often they are indistinct, too visible or just not there. If you can't really find the position then don't try and use it for a control location. Also look at the direction that people will be coming from or going to, are they too visible? Are there any objects on the horizon that may make the leg too easy? At one event I competed in we had a leg of 500 metres in intricate terrain that should have been very hard. Unfortunately about 60m to one side of the control was this great tall poplar tree without another tree in sight. All we had to do was run flat out to the poplar and then start orienteering from there. This was at a National Champs, which proves everyone makes mistakes.

Take a note of any map corrections while you are wandering around and don't be disappointed if the control site that looked so good at home can't be used. Look for others and if necessary replan parts of your course. Novice planners will find it much harder finding the location of the control site without the control actually being there! Even experienced planners can walk around for quite a while making sure they are in the right place. While you are doing this make sure that the terrain around the control is accurate. It is important that people who have overshot the control and are coming back to it also have a correct map representation. Don't ever use a map correction as a control site and try and avoid having a control too close to a map correction. If you are happy with the control site mark it with paint, shopping bag, piece of rag etc so that the controller can find it. (also so that you can find it when you are putting out the controls!)

Time again to check in with the Controller and make sure you are both in agreement before continuing on. The controller needs to check that you have got a suitable control site. Sometimes the controller may think your control site is not suitable and it's too late when you have already put out the controls to start re-planning courses.

#### Back home

Your courses are now set and you are happy with where the controls have to go. What now? Make up your master maps, generally two per course (Circle size is 5-6mm) Write up the control descriptions. Everything is ready. Not quite, you now need to do some checking. Check that both master maps for course 1 are identical, then do the next course etc until all master maps are accurate. Then get a clean map, and using the master maps and control descriptions make up a new master map for all the controls with the control number written down next to the control circle. This might seem a waste of time but its amazing how many times you find that the control number for the same control is different on the control descriptions for different courses. Use this overall master map when you are putting out the controls.

Time now for the Controller to check everything. This double check will ensure things go smoothly on the day.

#### Before the event

Naturally you have to put the controls out. Two of Murphy's laws come into effect here. The first is "It always takes longer to put out controls than you think". Even now it still takes me an hour to put out 10 controls and that's at a jog and knowing where the controls are going. Murphy's second law is "It is usually raining or bitterly cold when you put the controls out. If it is sunny and warm you can be confident that it will rain either during the event or when you are collecting the controls". Most importantly make sure the control is in the right place! The Controller will check all placements of controls, so discuss with him or her when you intend to put out the controls - they will need time to check them.

Talk to the Organiser and advise where the start and finish will be, where you think the caravan should go. You have responsibility for Control collecting after the event. Some days there will be lots of people

offering to help and on other days none at all. If someone knows that they have to collect controls then they won't go out and do a second course and then say sorry they are too tired. Organise this in advance if you can.

#### On the Day

Don't forget anything! Obvious, but lots of people have had to go home to get the maps! They usually only do it once though! Be prepared early. Another of Murphy's laws applies here "If you are ready early everyone turns up late: If you are running late everyone turns up early" Don't expect lots of praise. Apart from the odd exception, people do not say anything much about good courses but they do say a lot about bad courses or mistakes. Some experienced competitors can be quite rude about certain aspects of courses without realising they are giving offence. Have a thick skin and treat every compliment as gem. Savour it!

#### Some do's and don'ts

- \* Don't have doglegs. This is where the competitor leaves the control in the same direction as they came into it, and therefore can inadvertently show an incoming person exactly where the control is.
- \* Don't have different courses coming into the same control from opposite directions for the same reason as above.
- \* Don't have controls on similar features within 100m of each other.
- \* Try to have the start so that people waiting to go don't see the route choice of the competitor before them.
- \* Try to keep climb under 5%. Climb is the vertical distance climbed divided by the horizontal distance and multiplied by 100, both of these being on the planners optimum route. Only count the up climb, not the down climb! Climb greater than this is too physical for older or less fit orienteers. You work out the vertical distance climbed by counting the number of "up" contours and multiplying this by the contour interval.
- \* Don't hide the control. Make sure it is visible without having to search for it. The challenge is navigating to the control site, not having to search under bushes for it when you are within a few metres!
- \* Don't have long legs where there is little navigation involved because of prominent features or large catching features.
- \* Give the course an interesting shape. Don't have all the legs the same length or the course generally going in one direction. Try and make people turn left then right etc at each control and vary the leg length
- \* A route choice between controls should make the competitor think hard about which they think is best. A straight choice of over the hill or around the hill is not necessarily a good route choice.

#### General Stuff

The art of really good course planning is a lot more complicated than above and the experienced planner thinks of all sorts of ways to lead the competitor into making mistakes such as trying to tempt them into making parallel errors, contour height errors etc. There are a number of good books available and I have a few if anyone is interested.

If you have got thoroughly lost on a course (hasn't everyone!) think about where you got lost and why. See if you can incorporate this into the next course you plan. Remember you don't have to be a winner of red courses to plan good courses!

Most importantly course planning can be fun as well as being a great learning experience. If you think you might be interested get in contact with someone on the committee and they can organise an event for you. If you have never done it before it is sometimes nice to have a more experienced buddy to give a hand and this can be arranged too.

Next issue: White and yellow courses

#### WEBSITE.

Peter Wilson runs a website for the Dunedin Orienteering Club.

The address is <http://homepages.ihug.co.nz/~wilsong/doc/index.html>.

The results from all club events and a few of the national events are listed.