

AUCKLAND REGION ORIENTEERING MAPS



FIRST THINGS FIRST

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ORIENTEERING ON THE WEB

NWOC	www.geocities.com/nwocnz
AOC	http://www.orienteeringauckland.org.nz
CMOC	www.cmoc.co.nz
OY results	http://homepages.paradise.net.nz/pebble/orienteering/
Orienteering news	www.maptalk.co.nz
NZOF homepage	www.nzorienteeing.com
MTB-orienteering	www.mapsport.co.nz/mtbo/mtbo.html
Rogaining	www.mapsport.co.nz/rog/rogaine.html
Ski-orienteering	www.mapsport.co.nz/skio/skio.html

The Auckland Orienteer is the magazine of the Auckland Orienteering Association and incorporates articles from the Auckland Orienteering Club Inc., the North West Orienteering Club Inc., and the Counties-Manukau Orienteering Club Inc. It is produced monthly and is available online from the NWOC homepage. Other orienteering related publications are welcome to draw material from the AO pages although credit is asked for both the author (when stated) and the AOA. Information for advertisers is available from the editor (details in Last Bits) Cover: Nicola Peat of Counties Manukau competing in the Sprint Championships at Nationals at Easter. Photo: Martin Peat

EDITORIAL

Hello

Stumped for words today!

Well done to all the winners at Nationals from the Auckland region and I hear there were many. It sounded like the event was great on all levels.

Well done also to those selected to represent New Zealand in the next Test Match against Australia. Four out of the eight team members are from the Auckland region.

In last month's issue I mentioned that I am looking for someone to take over the role of editor. If you are interested at all let me know and I can tell you a bit more about what is involved.

Hope you enjoy your read.

Madeleine Collins

EVENT CALENDAR

Please call club secretaries for final confirmation of these details:

A	Auckland. Craig Pearce 09 579 4340	NOS	National Orienteering Squad. Wayne & Trish Aspin 09 235 1074
CM	Counties-Manukau. Hilary Iles 09 235 2941	R	Rotorua. Roger Pooley 07 349 0309
E	Egmont. Judy Martin 06 758 7955	T	Taupo Terry Brighthouse 07 378 9851
H	Hamilton. Ingrid Perols 07 829 7170	Wh	Whangarei Malcolm Mack 09 437 5161 big_mack@ihug.co.nz
NW	North West. Gary Farquhar 09 476 8510		

May

Sun 14	CM	Promo Event - Waiuku Forest
Thu 18	CM	Auckland Intermediate Schools Championships - Reeves Farm
Sun 21	NW	Forest Series 6 - Pulpit Rock
Thu 25	AOC	Auckland Secondary Schools Championships

June

Sat 3 - Mon 5	NW	Quens Birthdfay 3-Day Event -
Sun 18	CM	Auckland Relays Waiuku, signposted from Waiuku township.

July

Sun 2	NW	OY 1 - Weiti
Fri 14 - Sat 15	AOC	Silva National Secondary School Championships - Wiggles
Sun 16	AOC	OY 2 - Wiggles
Sun 23	AOC	Training - Wiggles
Sun 30	NW	OY 3 - Pulpit Hills

August

Sun 6	NW	Training - Pulpit Hills
Sun 13	AOC	OY 4 - Hobbits Coast
Sun 20	AOC	Training - Hobbits Coast

NZOF TEAM ANNOUNCEMENT

**NEW ZEALAND TEAM to contest a TEST MATCH against AUSTRALIA
Auckland, 3 - 5 June 2006**

Women

Lara Prince	Peninsula and Plains Orienteers
Tania Robinson	Counties Manukau OC
Rachel Smith	North West OC
Rebecca Smith	Auckland OC

Men

Darren Ashmore	Taupo OC
Kari Dravitzki	Orienteering Taranaki
Chris Fome	Peninsula and Plains Orienteers
Rob Jessop	Auckland OC

Manager

Clem Larsen

Marquita Gelderman
Convenor of Selectors

CLUB NEWS



NORTH WEST NEWS

By Gay Ambler

Hi everyone,

Have just read back what I wrote last month and noticed a few shocking spelling mistakes at the end of my spiel. Sorry about that folks. No I wasn't drinking at the time. I don't think I was anyway. I say, (as the poms say) isn't it lovely having a day off in the middle of the week (Anzac Day).

Had a chat with Maggie Reynolds last Sunday at Hobbits Wood and she told me that Thomas was going to put in the Club results from the NZ Champs in Nelson. She said that they had had a great time. We went to Bendigo for the 3 day with the Moen's and it was great. Super maps, lots of Gold sluicing channels and gold diggings. Weather was good, but a bit of rain, which they really needed.

Last Sunday we took Tyler (our grandson) to Hobbits Wood and he wanted to do a proper course. So he and I set off and did the Orange Course. He did really well, did a face plant into the sand at one stage, but was quite focused and had a really good idea of which way he had to go to get to the next "controller", as he called those yellow and white things. We had a Meusli bar and rest under the trees at No 7, before finishing the next 7, and found our own "Carnage Hill" out there, running down it as fast as we could. It was choice. He enjoyed it so much, he wanted to do the Kids Course straight away, so Poppa Robin did that with him, while I collapsed in the chair. Of course it was all a bit much and he fell asleep in the car travelling home while he was reading his Harry Potter book. Not too bad for a 7 year old.

As you will have seen there will be a Green Coast Rogaine at Rob Garden and Marquita's place on 27th May. It was great fun last year, and talking to Rob, Marquita and Neil today when people enter for the event they are going to be advised that they can stay the night up there if they are going to compete in the mountain biking on the Sunday. There was also talk that they may set up a Fun Night Orienteering course around the farm, just to add a different dimension. Should be great fun. Don't forget to enter. And if you missed the Entry Form call Neil on 021 449 115 or e-mail greencoastrogaine@hotmail.com

Congratulations to Madeleine Collins for editing the Auckland Orienteer which won the Silva Magazine of the Year Award at the 2006 AGM at Nationals in Nelson.

LIFE MEMBER UPDATES

Rolf Wagner was recently awarded life member to North West Club for his generous services to the club, especially with computing skills. Well done Rolf. Other life members include Ralph King who recently had an operation but is returning to health and hopes to compete at QB3-Day, Laurie Baxter who with partner Judy Martin recently sold their home in New Plymouth and are now travelling the South Island in a motorhome and finally Ann Fettes who is living with family in Nelson and was seen looking very well at Nationals.

GAY'S PHOTO ARCHIVES :

First photo is of Mike Beveridge putting his foot in the small lake that was on the Stronvar map in the Wairarapa, quite a few years ago. He had sprained it in a big way, and apparently the water was FREEZING. I have 1990 on the photo album, but it may have been 1989. It was a multi day, the weather was beautiful, and as you can see, we were all young things.

At the Kapamahunga Map (for many they would never like to hear that map name again), Rob and Mike Beveridge (Magnum's lookalike) comparing notes. Unfortunately there were more photos but they were unable to be printed due to technical difficulties, Ed.

NEWSHOUND MARK II



AUCKLAND CHATTER

By Craig Pearce

Hello all
This month I am going to write about quite a few issues. Last month I suggested I would talk about the following:

Summer series for next summer
Auckland regional development forum
The function we held to honour Rob Jessop with his life membership
The Great Day O

To the list I will add:
The Nationals
NZ Sliva secondary schools orienteering championships helpers required.

Firstly before I get into the serious business of the future I need to congratulate all who went to the nationals this year. The event was co hosted by the Nelson and Marlborough Orienteering Clubs in the Blenheim, Nelson area. The weather was great and the courses challenging. When you only have 9 controls on your long course you know that you will have some route choice decisions to make! In relation to our clubs performance, we had one outstanding performer, Jaromir Svihovsky who came first in the men's elite in both the classic and middle distance events. Residency status however meant that he was not named the New Zealand champion; this honour went to Chris Forne of PAPO. Chris however was quicker in the sprint. Having cleaned up all comers in New Zealand we must also farewell Jaromir who will after some domestic travel depart the country for his native Czech Republic.

Peter Swanson came in first on the M40A classic. Dave Crofts came in first in the M35A middle distance event. The sprint produced 2 first places for Simon Jager and Alistair Stewart.

Rob Jessop had agreed to continue to run for our club in the national relays which he did so this year. I was not present for the relays but it was a close race for Simon Jager, this is what his mother had to say about it:

A sad story for AOC – but a hugely exciting few moments for those in the finish area. The AOC mixed long team was lying third after great runs by Rob J and Alistair S. Simon was out third leg runner and went out about two minutes behind Counties Manukau and Hawkes Bay. 20 minutes later he reappeared at the third to last control, high on a hill in full view of the finish area in the lead by a few seconds. Unfortunately a slight hesitation at the final control at the bottom of the hill meant Hawkes Bay was about 20 metres in the lead going into the final 160 metres to the finish line. Despite

a desperate sprint by Simon down the finish chute, Hawkes Bay was able to hold onto the win by a single SPORTident beep! Not often that orienteering gives spectators such thrilling viewing!

The other great or should I say long event was the Great Day O held in March. All I can say is what a shame it rained!! Not showers but rain. Jeff Greenwood's attention to detail and placement of controls made the relativity long and narrow area a real challenge. A lot of people failed to finish, quite a few minor injuries and things just proving to be a bit of a challenge for others. I have received a number of congratulatory emails from competitors after the event; it seems that despite a couple of problems with maps at map change areas and the weather most people enjoyed the experience. Feedback suggests that if the event had more publicity then we would have attracted a larger audience, this is the sort of thing that adventure racer and rogaine types enjoy.

I would like to raise some issues that will directly affect the shape of orienteering in Auckland as we know it. Two things have happened to bring this about; a regional development forum held with all three clubs and the Stewarts wishing to pass the summer series management role on to others..

Firstly I would like to thank the Stewarts for all the work that they have put into the series while it was under their control. They have spent countless hours organising things, getting results out on the night and writing those encouraging emails to all who have attended, but as they say, all good things must come to an end. This means that this is an opportunity for others to take it in different directions.

The committee has decided that a summer series committee will be formed to control the future of the summer series. This is the time of the year when the important decisions have to be made. One date of the season has already been set. We will be hosting an event in the domain in November as an activity for the New Zealand Recreational Association annual conference. If you would like to be on the committee please contact me.

Other factors that could affect the make up of the summer series is that as a result of the regional development forum, other clubs in Auckland may well run their own summer series events in conjunction with ours. CMOC have done this in the past. While this means a lot more potential park events in the summer it also means more coordination between the clubs.

Other likely future developments from the development forum are:

1 New website devoted to orienteering promotion in Auckland. This will focus only on promotion of orienteering and orienteering events. The current club websites will continue to offer event results and content directed to you as a club member. This website will be professionally developed and will be intended to compete with all the other highly visible sports promoted on the net. It is possible that the current club websites may change their hosting arrangements because of this.

2 The possibility of the Auckland clubs employing someone on a contract basis to be an orienteering administrator for the area. This person would be the general coordinator and promotion person. If this sort of position is of interest to any of you then I would like to hear from you.

While some of these things are still evolving and will take some time to put into place, we must look to where we are going.

You may ask why we would need to employ someone to be an orienteering administrator and how we could afford to pay this person? The answer is not an easy one and involves more to do with what we want the future to be, rather than what it currently is. Each club has difference strengths and weaknesses and have members who bring various skills to them. This gives each club its own culture and makes being a member of one of them an interesting proposition. It however does not mean we are all going in the same direction. If we were to have more events, then more coordination would be required.

I made reference to other clubs possibly running their own summer series events earlier. While everyone

enjoys the summer series that Auckland organises, it is also a source of cash flow. It is possible that in order to pay for the coordinator the other Auckland clubs will need to generate cash flow from outside sources. This may well involve running events for people who may not necessarily be interested in forest orienteering.

The future of orienteering has just got much more interesting.

Early in March we held a well attended dinner to honour Rob Jessop having been granted life membership of our club.

Rob was humbled by both the turn out and what people had to say. The evening was quite informal with dinner orders being taken before it got under way. All who wished to have their speeches did so in turn. Present were people who not only encouraged him in his early days but without whom Rob may not have become the athlete he is today. Rob was presented with a book of memories with personal messages written by all there. The book included significant dates, photos etc. The book is still a work in progress and will take shape over time.

Perhaps the biggest surprise was at the end when the event memento was presented. I hope Rob that you like the deer antler trophy and can find a suitable place to display it.

The 2006 New Zealand Sliva secondary schools orienteering championships will be taking place on 14 and 15 July 2006, being a Friday and Saturday. We need helpers for this event. If you will be taking your children to this event then please contact Joanna Stewart so that you can be assigned a helpers role.



Auckland Club members at Nationals 2006



NATIONAL NEWS

CONGRATULATIONS

Well done to the Nelson and Marlborough clubs for a hugely successful national championships. The weather was excellent, the venues were attractive, the organisation was smooth and the competition was exciting with a desperate sprint finish to seal the mixed long relay race. A big thanks to Wayne Gray, Graeme Ellis, Alison Macdonald and the rest of the team.

NZOF AGM 2006

The AGM re-elected Rob Crawford as President and Paul Dalton as Vice-President. The High Competition Season remit proposed by CMOC was adopted as a draft format and referred to the NZOF Council and its Technical Committee.

SILVA AWARDS

The following awards sponsored by Silva, through the NZOF's sponsorship agreement with Ampro Sales, were announced at the AGM.

- Silva Award for services to orienteering in NZ: **Ross Brighthouse** (Counties Manukau).
- Silva International Performance of 2005: **Marquita Gelderman** (North West) for 4th Middle Distance final at WOC MTBO in Slovakia.
- Silva Administrator for 2005: **NZ Schools Pre-Tour Manager, Beverley Holder** (Wellington).
- Ampro Compass Club Growth-Development Award: **Marlborough OC**.
- Silva Coach of 2005: **Neil Kerrison** (Taranaki).
- Silva Magazine of 2005: **The Auckland Orienteer**, edited by Madeleine Collins for Auckland A.

OTHER AWARDS

The President's Award for volunteer service at club level went to **Lance Eccles** (Rotorua) and the Brighthouse Trophy for the best performances across the 2005 Nationals and Area Championships was won by **Patricia Aspin** (Counties Manukau).

A new annual award for best international junior performance of the year was also presented. This was the Kapiti HAVOC trophy donated by Kapiti HAVOC upon its dissolution as club last year. For 2005 the winner was **Lizzie Ingham** (Wellington).

DEVELOPMENT FUNDING

This year, the NZOF Council has approved two development grants to date. These have been to:

- Red Kiwi OC towards a new permanent course at the Bason Botanic Gardens, Wanganui.
- Auckland OC, under the Silva Schools programme, to assist with the holding of this year's Silva NZ Secondary School Championships.

The NZOF acknowledges the support of

Sport & Recreation New Zealand	The Lion Foundation
SILVA	Oxford Sports Trust
David Melrose Design	McNally Valuation (2000) Ltd
The MAPsport Shop	Pub Charity Inc.
New Zealand Community Trust	Access Immigration NZ Ltd

APPOINTMENTS

Recent appointments made:

- Beverley Holder, NZ Schools Tour 2006, Pre-Tour Manager
- Rob Garden, WOC MTBO 2006 Team Manager
- Alastair Landels, WOC 2006 Coach
- Michael Wood, Convenor NZOF MTBO Committee and Convenor NZOF Rogaine Committee
- and for JWOC 2007: Derek Morrison, Manager/coach; Martin Peat, Assistant Manager and Mark Lawson, Assistant Coach.

NEW NZOF COUNCILLOR

With Myles Thayer standing down from the NZOF Council, the South Island clubs have appointed Trish Faulkner (PAP0) as their new representative. The NZOF thanks Myles for his five years service on the Council.

AMENDMENTS TO INCORPORATED SOCIETIES ACT

Recent changes to the Incorporated Societies Act, although relatively minor, make filing requirements easier for people involved with incorporated societies. The amendments can be found on the Ministry of Economic Development's website, www.biz.org.nz, or alternatively are available from the NZOF General Manager. A majority of clubs affiliated with the NZOF are incorporated but a few remain unincorporated. Recent disadvantages for clubs of not being incorporated include not being able to apply for gaming trust funding for those selected for NZ teams and not being able to take out land access permits with the Crown. The NZOF continues to urge all clubs to become incorporated.

VACANCY: NZ SCHOOLS TOUR, ON-TOUR MANAGER

Applications are invited for the position of On-Tour Manager for the NZ Schools Team to compete in the Australian Schools Championships in Western Australia, 3 and 4 October. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 April.

VACANCY: NOS COACHING COORDINATOR

Applications are invited for the position of Coaching Coordinator of the National Squad. This is a two year appointment through to the completion of WOC 2007. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager.

VACANCY: MEDIA OFFICER

Applications are invited for the position of NZOF Media Officer. This is a one year volunteer appointment. The primary role of the Media Officer is to foster and promote orienteering through the various forms of media in New Zealand. A fax machine is available and direct expenses will be reimbursed within the budget. A job description is available from the General Manager.

REGULAR COLUMNS

SMALL TALK

By Thomas Reynolds

Nationals 2006, what a weekend: exciting terrain, challenging courses and great mates. The Marlborough and Nelson Orienteering Clubs did a great job of hosting the event. The sprint was a bit different from the typical New Zealand sprint map, the dried riverbed and fewer buildings than usual required different skills. The classic posed a different challenge; beech forest and many negative features along with the large amount of limestone in the area made it a challenge. The middle was a map familiar to some; the dunes of Rabbit Island were far more familiar to orienteers from up north. The final event, the relay, was held on the dry hills outside Blenheim. The stands of eucalyptus on the map were very Australia like, especially with the dry rocky ground.

So how did Auckland juniors go? Northwest had only a small contingent of 19 in total at the event. And despite having more runners Auckland had a small group of juniors too. Counties, as always, provided many of the numbers from Auckland. Greta Knarston did well all weekend in w18, getting a couple of podiums in a tough grade. Simon Jager did the same, including a victory in the exclusive sim-o'n in the sprint. Nicola Peat too ran well, again in a most competitive w16. Hawkes Bay dominated many of the junior grades, as a result winning the Blossom Trophy for the junior interclub competition.

The relays were the closest I've ever seen, with Jack Vincent from Hawkes Bay and Simon Jager fighting for the same control box after being together for a large part of the last leg. It was Jack who won, the two second

margin in the results doesn't do the finish justice. Auckland held 3 of the top 5 placing. Counties were third, Alastair Long anchoring Jourdan Harvey and James Bradshaw (I think?). Mention must be made to Benjamin Reynolds who, due to the small turnout had to run leg 2 for Northwest between Mark Lawson and myself. He had a great run and managed to keep the gap to the flyers from Hawkes Bay, Counties and PAP0 small.

In my opinion the relays are great as a 3 person event. Let the w21e run the 3rd leg otherwise leave them as they are. They're exciting and there are always close battles between clubs. Too many other changes and they become complicated and emphasis moves from competition to participation. It is the national interclub champs after all.

The other event recently was the Auckland sec schools relay at One Tree Hill. A big thanks to the Robinsons and their crew of helpers for again putting on an event that is fun and competitive every year. There were a record number of competitors this year and more girls teams than boys. Kings won senior boys from Auckland Grammar and Westlake. Massey won intermediate boys from Westlake and Kings. Epsom Girls were dominant in the Senior girls, as were St Cuths in Intermediate.

We've got North Island Secondary Schools champs this coming weekend (28th and 29th) down in Waitare Forest near Levin. Good luck to every one going.

Keep on running...

Interview with an elite.... Greg Flynn

Club.... North West

Superseries Team.... MacNut Northerners

Favourite o discipline.... Middle or Mass start races

Favourite map.... Not so much a map but as an event Jukola can not be beaten, and the maps are just about always awesome as well.

Years orienteering.... about 10

Best orienteering achievement.... 21st JWOC 2002 in Spain, or the classic and short-o double in M16 at my first ever nationals

Orienteering aspirations.... World Cup and WOC success.

Memories from junior orienteering.... Trips overseas are the best, for fun and orienteering especially first trip to WA in 98 and Europe 01

Best orienteering advice.... Keep It Simple Stupid

First represented NZ.... ANZ challenge 2000



COOK-O

Tomato and Comte cheese quiche

Own pastry:
180g sifted plain flour
90g unsalted butter cut into small pieces
1 pinch of salt

In a mixing bowl add the flour, salt and butter pieces then, with the tips of your fingers, rub together to resemble breadcrumbs. Add a tbs or two of ice cold water to form a dough ball. Cover in clingfilm and place in the fridge for at least 30 minutes before rolling out

Ingredients
600g cherry tomatoes on the vine
1 onion cut into rings
extra virgin olive oil
Maldon salt
180g shortcrust pastry
300ml double cream
1 egg / 3 egg yolks
250g Comte cheese, grated finely

To cook
Preheat oven to 200°C. In a roasting tin place the tomatoes, removing all of them from the vine except for one for decoration (that means it goes on top!) Add the onion rings. Drizzle with olive oil and salt. Roast for 15 minutes.

Line the 20cm quiche dish with the pastry. Prick the bottom with a fork and blind bake for 10 minutes

In a mixing bowl, whisk together the cream, egg & yolks and cheese. Season well with salt

Lay the onions and tomatoes with all their oil and juices on the bottom of the pastry case. Pour over the cheese mixture and bake for 20 minutes at 200°C, and then a further 15 minutes at 170°C. Serve warm



INTERNATIONAL NEWS

Tiomila 2006

This years TioMila was held on the weekend of 29-30 April and was broadcast live through the night by a Swedish cable company, and with so many concessions to the format being made it was hoped a it would be worth the effort.

In the mens race the first three teams were separated by just 14 seconds with 5km to go, which gave a great spectacle for the TV-cameras, as Mats Haldin, Vesa Taanila and Petr Losman battle for glory, while a pack containing three World Champions led by Thierry Gueorgiou hunted them down.

With 5 controls to go Taanila (IFK Goteborg) had opened up a 20s lead over Haldin (Halden) and Losman (Sodertalje-Nykvarn). But in the end Haldin charged through to beat Taanila with a fierce sprint finish, while Losman was left for dead, unable to repeat the finish which controversially won SNO the title last year.

Tore Sandvik who lived in Auckland for a year in 1998 was part of the winning Halden team. British Jon Duncan competed in the PAN Kristianstad team which finished fourth.

The 5-leg womens' relay was won by Marianne Anderson for Nydalen SK of Oslo, who managed to hold onto her lead over Simone Niggli of Ulricehamn.

Anderson was given a 2:30 lead onto the last leg by her teammates, particularly Elisabeth Ingvaldsen on fourth leg. Simone chased the Norwegian hard but could only close the gap to 45 seconds at the end. A tough battle ensued for the bronze medal which was won by Emma Engstrand of Stora Tuna.

Adapted from an article on www.nopesport.co.uk

KNOW-HOW WITH NEIL

Course Setting

By Neil Kerrison

Over the last few months in Auckland, I've had the pleasure of running some fantastically well-set orienteering courses. Setting a course is rather like racing one. Like racing you can improve your course setting by learning skills, listening to advice and getting experience. It is almost impossible to get the perfect course, there are so many things to think of, many people are outstanding at certain aspects of course setting but can always improve in other areas. When giving feedback and asking for advice we should remember to point out the positives (so they are repeated) and offer alternatives with our negative comments (so that improvements can be tried). Here are few tips from someone that appreciates the effort and skill of a well-set course.

Save yourself time and effort by making several legs and controls the same on different courses.

Try to include as much route choice in every leg as possible. Route choice is one of the fundamentals of our sport. Route choice is not simply for long legs either...almost all length legs have the ability for route choice. Route choice becomes particularly important when the map isn't intricate, such as farmland or park maps. In classic races and sprint races don't be afraid to put huge route choice legs that cover the whole map. It is guaranteed you will receive a long route choice leg (10 to 20 min for elites) in a classic course set by Swedes, Australians and Aspins! Kiwi's aren't normally good at coping with these, because we don't get the practise. We want practise and we enjoy them when they are set well.

With good route choice being the key to a good course, there is absolutely no reason to hide a control! Orienteering is not a game of searching. Orienteering is a racing sport. A common mistake from a beginner course setter is to think the red course runner will find a course too easy if the control is very visible. This is no reason to hide the control, the navigating is all about getting to the control feature quickly not looking for the control. The difficulty of a course comes from the whole leg not the control sites.

With Sport Ident, the shape and design of courses can be varied immensely and good courses set in relatively small areas. As long as the circles and order of controls are legible then loops and cross-overs are welcomed. With loops try to avoid too much repetition of ground that has already been covered therefore reducing the navigation.

Spectator friendliness is worth the effort to think about. A quick thought to having a pleasant* finish area overlooking a small loop of two or three controls which competitors will finish with. A spectator control for the top courses is so easy to include and makes life more exciting for everyone and easier for you to put out water!



*A pleasant finish area is a nice meadow/clearing where people can sit in the sun, away from the unsocial carpark, talk to their friends, watch and cheer athletes and read the **prompt results.

**Why are on the day results displays slower and smaller with Instant electronic timing than with the old clip card system ?

Variety is the key to a well set course. Variety in leg length and direction and terrains tests all the competitors skills and has them constantly thinking rather than plodding out a pattern of similar length legs in an arc. Try to test the athletes by giving them fast longer legs then surprise them with either low visibility terrain, short legs, intricate detail or all three.

Try to avoid doglegs (where a person comes in and out of a control in the same direction) as this both makes it more interesting for the racers as they aren't retracing steps and avoids a racer finding the control by meeting somebody who is coming out. Worse than a dog leg, is when two courses go in opposite directions through controls. Then every competitor on another course shows you the direction to the control. You may say that somebody going into a control will show you where the control is too, but this is different, because they don't already have the control so could in fact be heading in the wrong direction (this is often the case, nobody can be trusted).

As far as training for course setting goes, once you've finished analysing your performance, take a look at the course from a setting perspective. Was it fun? Was it challenging? Was there variety? Was there route choice?