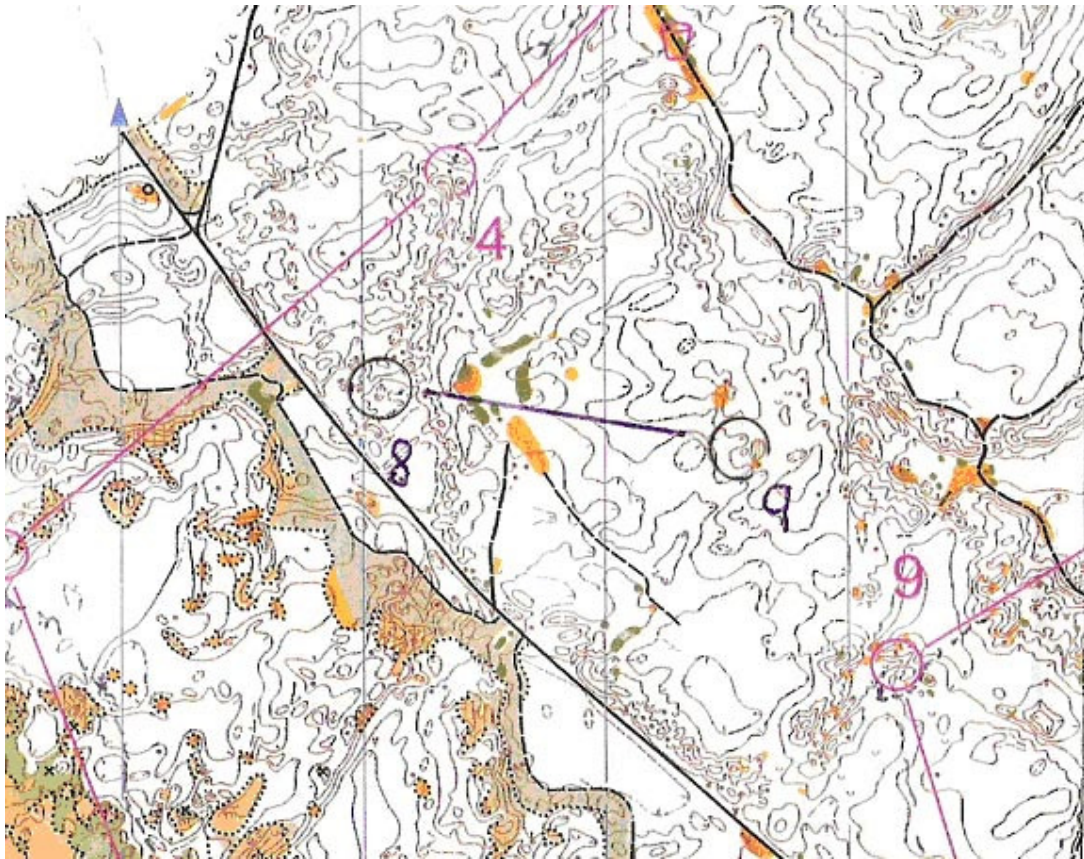


The Auckland



Orienteer



What would be your plan for leg 9 on course 4 at OY1? The terrain is fast run with low visibility of about 30 m and you have struggled with a number of the preceding technically demanding legs. Dark grey on the map is green and light grey is yellow. There is a small clearing at the break in the control circle.

July 2007



From the editor

Hi folks

This issue contains two articles on planning legs between controls which could help you answer the leg planning task outlined on the cover.

Note that the 'orienteering on the web' section in this issue contains some additional sites to those listed previously.

Last month I noted the poor attendance at score events and asked for feedback on what was the problem. I received no replies hence I will give my opinion.

Score events do not provide legs planned to test navigation skills. Furthermore, a massed start leads to a lot of following opportunities. In short, score event navigation is much easier than for a classic course. Nevertheless, I find it surprising that such a large proportion of AOA members find the orienteering so trivial that they do not participate.

John

Notices

Macadamia Nut Picking Day 19th of August.

There will be a Macadamia nut picking day at Yett and Chris Gelderman's orchard. Yett and Chris will undertake to pay your 'wages' to either the development squad or some other worthwhile orienteering cause to be determined by the NWOC. The amount of money paid will depend on the amount of nuts picked, that is, the more you pick the more they pay!

BBQ lunch will be provided, as well as all equipment needed to do the job. If you feel keen to join them for the day, please phone 09 420 2992 (after 6pm) before 17 August.

Swiss Family Looking For a House to Rent

We are a Swiss family coming soon to New Zealand. We (two adults and three children, age 9, 7 and nearly 5 years old) will come for ten months in August.

As we like doing orienteering in Switzerland we would like to do it also in New Zealand. Maybe you can help us plan our stay. We intend to stay in the Auckland area in a house from about August 20 to Xmas, preferably in a town and not in Auckland city. We want to send our children to a primary school for that time

If somebody knows a place we can stay, if there is a house to rent, we would be very pleased! We look forward to any information and help. Thank you very much!

Katja and Andreas Leonhardt
ka.leonhardt@hispeed.ch

DIY Training Day Sunday 8th July

This is a great opportunity to improve/practice your orienteering skills whether you are a newcomer to the sport or an old hand.

The controls used the previous week (1st July) for all but the white (easiest) course will be left in place for do-it-yourself training on Sunday 8 July. There will also be club members available to assist anyone newer to orienteering who would like some help/coaching or to go out and do some legs with them.

Gate opens 9.45-10.00 am for entry and 12.15-12.30 pm for departure. If you are able to stay for an extra 30 minutes and collect in a few of the controls at 12.15 that would be most appreciated (many hands make light work!).

There will be no SportIdent, campomatic/shelter tent or toilet. Use your map from the previous week or buy a new one for \$5. For safety reasons please register the course intention of everyone in your car on the CHH form at the gate and carry a whistle. Course closure is 12.15 pm. A search will be initiated if anyone has not returned at that time.

NZ Cross-Country Ski O Champs

Waiorau Snow farm, Wanaka

Saturday 28 July: prologue sprint event.

1 min intervals, classic style only, 2.30 – 4.30 pm

Sunday 29 July: championship score event with a chasing start based on the Saturday result but you can ski Sunday only. Briefing at 10.45 am with starts from about 11 am. Classic or skate style. Prize-giving will be between 2 and 3 pm on Sunday.

Classes: Junior U18, open, veteran 40+

Fees: event fee \$10; trail fees (paid on the day) – adult \$30/day, student \$25, child \$15

Ski hire: adult \$25, student \$20, child \$10 (paid on the day)

Introductory lesson: adult \$55, child \$30 (paid on the day)

Accommodation:

Bob Lee hut (sleeps 10) approx 5 km from the start, \$20/night

Lakeview Holiday Park, Wanaka (sleeps 32), \$20/night

Snowfarm (arrange yourself) 03 443 0300

Entries and enquiries: to A Grant, 45 Flower Street, Fairfield, Dunedin by July 10, 03 488 3254, agrant@clear.net.nz

Cheque made out to Dunedin Orienteering Club

Silva New Zealand Team
World Orienteering Championships
Ukraine, 18 - 25 August 2007

Women: Tania Robinson, Counties Manukau

Amber Morrison was unavailable because of injury.

Men: Chris Forne, Peninsula and Plains Orienteers; Rob Jessop, Auckland;
 Ross Morrison, Hawkes Bay

Managers: Iryna Smirnova, Clem Larsen

New Zealand Mountain Bike Orienteering Team
World MTBO Championships
Czech Republic, 5-12 August 2007

Michael Glowacki

North West OC

OY1 Results

Class	Name	Club	Time	Points
M21E	Course 1 (11.30 km)			
	1 James Bradshaw	CM	85:38	20.0
	2 Thomas Reynolds	NW	94:24	18.5
	3 Simon Jager	A	96:44	17.7
	4 Mark Lawson	NW	97:52	17.1
	5 Greg Flynn	NW	99:41	16.4
	6 Nick Harris	NW	106:28	15.1
	7 Guy Cory-Wright	A	114:34	13.6
	8 Tony Cooper	A	214:59	6.5
	Aiden Elmers	A	mp	1.0
M21A	Course 2 (7.0 km)			
	1 Tim Renton	A	67:39	20.0
	2 Ionel Popovici	A	90:31	16.1
	3 Robert Kingston	A	105:04	13.5
	4 Allan Janes	NW	106:06	12.8
<i>Casual:</i>	<i>Kane Alward</i>	--	<i>109:22</i>	
M40A	Course 2 (7.0 km)			
	1 Jeff Greenwood	A	64:13	20.0
	2 Peter Swanson	A	65:36	19.3
	3 Ross Brighthouse	CM	76:40	17.1
	4 Scott Vennell	A	78:21	16.3
	5 Rudy Hlawatsch	A	81:57	15.2
	6 Geoff Mead	NW	82:21	14.7
	7 Dave Crofts	A	90:47	12.9
	8 Stan Foster	NW	96:03	11.5
	9 Owen Means	NW	102:28	10.0
	10 Bruce Peat	CM	109:43	8.4
	11 Tom Frenz	NW	111:01	7.7

12	Kingsley Ng-Wai Shing	NW	123:28	5.3
13	Malcolm Gawn	A	133:14	4.0
14	Craig Pearce	A	137:20	3.5
15	Rob Vanstam	NW	162:48	3.0
<i>Casuals:</i>	<i>Mike Cash</i>	--	<i>82:46</i>	
	<i>Phil White</i>	--	<i>87:11</i>	
	<i>Steve Pyatt</i>	--	<i>110:28</i>	
	<i>Roland Payne</i>	--	<i>173:33</i>	

W21E Course 2 (7.0 km)

1	Tania Robinson	CM	58:21	20.0
2	Nicola Peat	CM	71:58	17.2
3	Sofie Herremans	NW	76:23	15.9
4	Diane Michels	NW	104:40	10.6

M18A Course 2 (7.0 km)

1	Matthew Ogden	NW	75:47	20.0
2	Nick Mead	NW	79:01	19.1
3	Ben Ng-WaiShing	NW	109:10	14.6
<i>Casual:</i>	<i>Tyler Elliott</i>	--	<i>mp</i>	

M21AS Course 3 (5.1 km)

1	Andrew Bell	NW	54:07	20.0
2	Maertín Freeman	NW	80:27	14.6
3	Peter Bakos	A	90:35	12.3
4	Ellis Lam	A	129:07	8.5

M50A Course 3 (5.1 km)

<i>Controller:</i>	Mike Beveridge	NW		tba
1	Wayne Aspin	CM	53:44	20.0
2	Terje Moen	NW	73:30	15.8
3	Phillip Johansen	NW	76:13	14.8
4	Alistair Stewart	A	76:28	14.3
5	Robin Ambler	NW	77:48	13.5
6	Selwyn Palmer	A	99:05	9.1
7	John Barrett	NW	130:36	7.0
	Rob Garden	NW	mp	1.0
	Stuart Gray	NW	mp	1.0
	Dave Middleton	NW	mp	1.0
<i>Casual:</i>	<i>Steven Prendergast</i>	--	<i>mp</i>	

W21A Course 3 (5.1 km)

1	Sandra Faustl	A	113:03	20.0
2	Katherine Bolt	A	116:37	19.2
<i>Casual:</i>	<i>Angela Levett</i>	--	<i>89:38</i>	

W40A Course 3 (5.1 km)

1	Marquita Gelderman	NW	52:50	20.0
2	Patricia Aspin	CM	56:52	18.7
3	Lisa Mead	NW	66:06	16.5
4	Phillippa Poole	NW	97:32	10.0
5	Melvina Wise	A	97:49	9.5
6	Lyn Stanton	A	103:31	7.9
7	Nicola Kinzett	A	108:45	7.0

M16A	Course 4 (4.5 km)			
<i>Setter:</i>	Gene Beveridge	NW		tba
1	Hamish MacMillan	CM	95:54	20.0
	Mike Cox	NW	mp	1.0
	David Eade	NW	mp	1.0
	Sam Spathers	NW	mp	1.0
M40AS	Course 4 (4.5 km)			
1	Ian Sydenham	A	57:34	20.0
2	Rolf Wagner	NW	62:58	18.6
3	Steve Oram	A	64:26	17.8
4	Trevor Murray	NW	72:59	15.8
5	Darren Gosse	NW	76:50	14.6
6	Jonathan Wood	A	96:02	10.8
<i>Casual:</i>	<i>Brent Goodall</i>	--	<i>mp</i>	
M60A	Course 4 (4.5 km)			
1	John Robinson	CM	64:00	20.0
2	John Powell	CM	74:04	17.9
3	Chris Gelderman	NW	74:35	17.3
4	Rhys Thompson	NW	81:09	15.8
5	Terry Nuthall	A	81:36	15.3
6	Wayne Munro	A	102:42	11.5
7	David Scott	A	105:08	10.6
8	Dave Bliss	NW	112:36	8.9
9	Les Paver	NW	135:54	6.0
10	Miles Paver	NW	145:53	5.5
	Alex Weir	A	mp	1.0
W18A	Course 4 (4.5 km)			
1	Imogene Scott	A	58:49	20.0
	Katherine Reynolds	NW	mp	1.0
W21AS	Course 4 (4.5 km)			
1	Suzanne Stolberger	NW	71:28	20.0
2	Megan Officer	NW	92:16	16.6
3	Jennifer Trinick	A	104:08	14.4
4	Joanne Mahe	A	110:11	13.1
5	Anne Humphrey	CM	129:53	9.8
<i>Casual:</i>	<i>Shannon Colligan</i>	--	<i>mp</i>	
W50A	Course 4 (4.5 km)			
1	Jill Dalton	NW	70:18	20.0
2	Mary Moen	NW	79:39	18.2
3	Joanna Stewart	A	88:32	16.4
4	Unni Lewis	CM	117:45	11.8
	Janice Little	NW	mp	1.0
<i>Casual:</i>	<i>Stephanie Wood</i>	--	<i>116:23</i>	
M50AS	Course 5 (3.4 km)			
1	Malcolm Mack	NW	48:27	20.0
2	Clive Bolt	A	74:39	14.1
3	Russell Howard	A	117:49	9.0
	Leon McGivern	A	mp	1.0
<i>Casual:</i>	<i>Gary Elliott</i>	--	<i>mp</i>	

M70A	Course 5 (3.4 km)			
	1 Tom Clendon	A	61:43	20.0
	2 Peter Godfrey	NW	88:45	15.1
	3 Graham Peters	NW	95:01	13.6
	Bert Chapman	NW	mp	1.0
	Phil Mellsop	NW	mp	1.0
W16A	Course 5 (3.4 km)			
	1 Renee Beveridge	NW	60:01	20.0
	2 Lydia Scott	A	81:36	15.9
	3 Jenni Anderson	NW	101:44	12.0
	Shannon Farge	CM	mp	1.0
	Shana Kana	NW	mp	1.0
	Megan Wood	A	mp	1.0
W40AS	Course 5 (3.4 km)			
	1 Jill Smithies	NW	76:42	20.0
	2 Maggie Reynolds	NW	122:59	13.5
	Heather Whelan	NW	mp	1.0
W60A	Course 5 (3.4 km)			
	1 Val Robinson	CM	86:52	20.0
	2 Rae Powell	CM	96:39	18.4
	3 Glen Middleton	NW	124:01	14.7
	Yett Gelderman	NW	mp	1.0
W70A	Course 5 (3.4 km)			
	1 Heather Clendon	A	83:00	20.0
Others	Course 5 (3.4 km)			
<i>Unofficial:</i>	<i>Christina Freeman</i>	<i>NW</i>	<i>85:17</i>	
<i>Casual:</i>	<i>Nicky Smithies</i>	<i>--</i>	<i>mp</i>	
M14A	Course 6 (4.9 km)			
	1 Christopher Eade	NW	104:50	20.0
	Joseph Wood	A	mp	1.0
M21B	Course 6 (4.9 km)			
	1 Ewart McLucas	A	88:04	20.0
<i>Casuals:</i>	<i>Bronwyn/Ken Hamilton</i>	<i>--</i>	<i>81:48</i>	
	<i>Doug MacMillan</i>	<i>--</i>	<i>93:58</i>	
	<i>Tyler Casey</i>	<i>--</i>	<i>101:42</i>	
	<i>Yuri Shcherbakov</i>	<i>--</i>	<i>mp</i>	
W21B	Course 6 (4.9 km)			
	1 Debbie Beveridge	NW	151:19	20.0
W14A	Course 7 (3.6 km)			
	1 Laura Tattersall	NW	75:24	20.0
	2 Catherine Wright	NW	82:01	18.6
	3 Merryn Ng-WaiShing	NW	86:34	17.5
	4 Katasha McCullough	NW	96:33	15.7
<i>Casual:</i>	<i>Tyla Crawford</i>	<i>--</i>	<i>69:57</i>	

W21BS	Course 7 (3.6 km)			
	1 Cath Heppelthwaite	A	55:00	20.0
	2 Chevelle Sands	CM	64:11	17.8
	3 Judy Ng-WaiShing	NW	87:27	13.1
	4 Gay Ambler	NW	110:24	8.5
	5 Mary Ho	A	117:32	8.0
<i>Casuals:</i>	<i>Haley Arnold</i>	--	<i>110:13</i>	
	<i>Angela Gurtill</i>	--	<i>131:25</i>	
	<i>Erin & Jessica</i>	--	<i>mp</i>	
Others	Course 7 (3.6 km)			
<i>Casuals:</i>	<i>Mircea Tudor</i>	--	<i>112:31</i>	
	<i>Brooke Family</i>	--	<i>145:31</i>	
M12A	Course 8 (2.7 km)			
	1 Jonty Oram	A	28:44	20.0
<i>Casual:</i>	<i>Jack Thompson</i>	--	<i>mp</i>	
W12A	Course 8 (2.7 km)			
	1 Rowan Wood	A	42:33	20.0
<i>Casual:</i>	<i>Toni Crawford</i>	--	<i>48:57</i>	
M14- 16B	Course 8 (2.7 km)			
	1 Simon Cox	NW	21:14	20.0
	2 Tyler Warwick	NW	29:43	15.5
<i>Casuals:</i>	<i>Jeremy Frenz</i>	--	<i>33:41</i>	
	<i>Dave Roberts</i>	--	<i>64:23</i>	
	<i>Jamie Roberts</i>	--	<i>64:40</i>	
W14- 16B	Course 8 (2.7 km)			
	1 Amber Warwick	NW	29:35	20.0
	2 Rebecca Gray	NW	29:46	19.4
<i>Casuals:</i>	<i>Hanna Lockie</i>	--	<i>27:39</i>	
	<i>Alexandra Harrison</i>	--	<i>37:25</i>	
Others	Course 8 (2.7 km)			
<i>Casuals:</i>	<i>Chris McGregor&Family</i>	--	<i>62:59</i>	
M10	Course 9 (2.1 km)			
	1 Thomas Stolberger	NW	16:26	20.0
	2 Liam Stolberger	NW	20:48	16.9
	3 James Sydenham	A	28:25	11.7
	4 Alex Boyd	A	28:30	11.2
<i>Casuals:</i>	<i>Tony & Matthew Goodall</i>	--	<i>16:33</i>	
	<i>Sam Windross</i>	--	<i>41:56</i>	
W10	Course 9 (2.1 km)			
	1 Heidi Stolberger	NW	19:46	20.0
	2 Tessa Boyd	A	25:48	16.4
	Anna Cory-Wright	A	mp	1.0
	Erika Mahe	A	mp	1.0
	Nikita Mahe	A	mp	1.0
<i>Casuals:</i>	<i>Angelina Johnson</i>	--	<i>38:35</i>	
	<i>Majastina Boyes</i>	--	<i>mp</i>	

Planners and controllers who will earn OY points	2
Runners earning multiple OY points	120
Eligible runners not completing courses	22
Total eligible competitors (87M, 57F)	144
Unofficial	1
Not club members	35
Total ineligible	36
Total number of competitors	180

86% of eligible males and 82% of eligible females completed their course.
tba = points to be awarded to planners and controllers later in the season.

Event Calendar

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone listed club contacts, if necessary, for confirmation.

Auckland Area Events

July

- | | | |
|--------|----|--|
| Sun 1 | A | OY2, Hobbits map, signposted SH16/Restall Rd, start 10 am–12.30 pm, entry fees: -all club members: snr \$12, jnr/student \$6, family \$24; non members: snr \$15, jnr/student \$7, family \$30 |
| Sun 8 | A | DIY event using OY2 controls. Gate open 9.45-10 am, 12.15-12.30 pm or stay and help collect controls. Signposted SH16/Restall Rd |
| Sun 15 | CM | Promotion event, Waiuku forest, signposted from Waiuku town, starts 10 am-12.30 pm |
| Sun 29 | NW | OY3, Stags Roar map, signposted SH16/Restall Rd, start 10 am–12 pm |

August

- | | | |
|--------|----|---|
| Sun 5 | NW | MTBO, 45 Slater Road, 15 minutes north of Parakai off South Head Road. Three courses with winning times between 60 and 90 minutes. Start times between 11 am and 12 am. Senior \$15, junior \$10. |
| Sun 12 | CM | OY4, Waiuku forest, signposted from Waiuku. Start 10am-12.30pm. |
| Wed 15 | A | Night street event, Epsom/Mt Eden, mass start 6.45 pm
Melville Park in St Andrews |

		Rd...
Sun 26	A	OY5, Woodhill forest, signposted from SH16/Rimmer Rd. Start times 10am-12.30pm, entry fees: -all club members: snr \$12, jnr/student \$6, family \$24; non members: snr \$15, jnr/student \$7, family \$30
Wed 22	A	Night street event, Eastern Suburbs, mass start 6.45 pm at Madill's Farm, Baddeley Rd, just up from Melanesia Rd, Kohimarama
Wed 29	A	Night street event, St Johns/Meadowbank/Ellerslie, mass start 6.45 pm outside Meadowbank School, Waiaatarua Rd, Meadowbank.

September

Sat 1	A	Skills development, Hobbits, signposted SH16/Rimmer Rd.
Sun 2		Further information in the August magazine
Sun 9	CM	OY6, Waiuku forest, signposted from Waiuku, start 10 am – 12.30 pm
Sat 15	A	AOA championships, Woodhill South/Restall. Further information in the August magazine.
Sun 16		

October

Sat 13	A	AOA sprint championships, Mt Smart. Details to follow.
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Major NZ Events - 2007

July 13-14	PAPO	NZ Secondary School Championships,
July 29	Dunedin	National Ski-O, Waiorau
Sept 16	PAPO	South Island Secondary School Champs,
Sept 22-23	AOC	Auckland Area Championships, Woodhill

South/Restall

Oct 20-21 WOA WOA/CDOA combined area champs in
 Oct 23 CDOA Hawkes Bay, Whanawhana/The Slump
 Nov 17-18 Nel-Mar South Island Area Championships, Cannan
 Downs/Lake Rotoiti

International events 2008

WMOC: 28 June – 5 July, Portugal
 JWOC: 29 June – 7 July, Gothenburg, Sweden
 WOC: 10-20 July, Olomouc, Czech
 WOC MTBO: 1-7 September, Ostroda, Poland

Major NZ Events - 2008

Updated May 13

Date	Event	Host Club	Venue
February 2008			
2,3	NZ Masters Games	Dunedin	unconfirmed
2,3	“Waitangi Weekend part 1” (including Katoa Po)	NOS/Taupo	Taupo
4-6	“Waitangi Weekend part 2” (including CDOA Champs)	NOS/Hamilton	Waikato
March 2008			
8,9	Otago Championships	Dunedin	unconfirmed
21-24	New Zealand Championships	Wellington	unconfirmed
April 2008			
25-27	South Island Championships	PAPO	unconfirmed

Orienteering on the Web

Advanced tips for beginners - www.web-ling.com/orienteer.htm

Australian Orienteering Federation – orienteering.asn.au

Illustrated orienteering terms - www.orienteeringunlimited.com/visualglossary.htm

Interactive international control descriptions quiz – www.fortnet.org/icd/

International O news – www.worldofo.com

MapSport shop and news – www.mapsport.co.nz

NZOF - www.nzorienteering.com

Orienteering news - www.maptalk.co.nz

Tips for beginners - www.happyherts.org.uk/improve/

Club contacts

Auckland (AOC)

Immediate past president: Craig Pearce, 579 4340, cpearce@orcon.net.nz
Secretary: Selwyn Palmer, 625 7798, selwyn@qicksilver.net.nz
www.orienteeringauckland.org.nz

Counties-Manukau (CMOC)

President and AOA: Val Robinson, 09 238 6911, johnandval@clear.net.nz
Secretary: Martin Peat, 274 1693, martinpeat@gmail.com
www.cmoc.co.nz

North West (NWOC)

President: Andrew Bell, 09 428 4337, the.bells@xtraco.nz
Secretary: Diane Taylor, 834 777, taylorken@xtra.co.nz
www.geocities.com/nwocnz

Map reading: Skill used to convince oneself that one is going in the correct direction, often used in conjunction with a compass.

Miracle: When map reading and compass agree. Mistake measured in seconds by elites and haircuts by the rest of us.

Training and Competing With Colds, Flu and Other Infections

Notes taken by Don Melville at a lecture by Dr Dave Gerrard, printed in the Dunedin O Club magazine, September, 1998 and edited for inclusion in this magazine.

Bacterial infections can be helped by antibiotics but viral infections such as influenza (flu), hepatitis, glandular fever, and H.I.V. are not.

If an athlete has an infection whether exercise should be undertaken depends on:

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

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 moderate exercise enhances the immune system and helps protect against infections. However, prolonged, intensive bouts of exercise with inadequate recovery after training leads to a reduced lymphocytic count and thus increases the chances of getting an infection including "opportunistic" infections including thrush, cold sores and impetigo.

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

There should be no training if an infection is more than mild, that is, there is fever, cough with sputum, glands are sore and there are muscle and joint aches.

Sprains

Extract from an article by Mitch Gould, a specialist in ill embryology

- Use good sense and your body will do the rest.
- Pay attention to any muscle pain.
- It is not clear to what extent muscle soreness reflects actual muscle damage, but if you've unwittingly developed a mild strain, you can make it much worse by overexertion.
- If you ever have signs of a moderate strain - pain, loss of strength and loss of range of motion-do not hesitate to find a specialist who knows how to diagnose the severity of the strain.
- In any case, familiarise yourself with the ways to reduce inflammation; there is no need to suffer. But remember, too, that the swelling is actually good for-you for the first week or two. Then take it easy. Your muscles know what to do if you give them half a chance.

Oxfam's 2007 Taupo Trailwalk

By Lorri O'Brien

The start

Three 'Golden Oldie' orienteers took part in the 2007 Oxfam NZ Trailwalker in Taupo over the weekend of 14–15 April. Not only did we complete the 100 km course in less than 24 hours but we also raised almost \$5,000 to help fight world poverty and injustice.



Anne Humphrey, CMOC, Janice Little, NWOC and Lorri O'Brien, NWOC were joined by Penny Lawtry to form the "Golden Girls" team.

Anne had done it all before, having completed the 2006 Trailwalk with three Watercare colleagues. For most people once would be enough, but Penny and Janice persuaded Anne to lead a 2007 team. I was co-opted in July to make up the numbers.

Training started in September 2006, the three Aucklanders building up to a solid three-hour walk most weekends around the Auckland volcanoes while I took to the hills around Paihia. The first real test for me was joining the others on a four-

hour tramp around Auckland's craters in early December; it was a relief to pass.

The next training outing for all four was an exploration of Totara Park in the dark in February, closely followed by a fantastic day exploring the Mangawhai cliff top walkway in March. We finished with cold beers and a cold swim in the surf and Janice mentioned she was working on some Golden Girl outfits for us to change into for the final 'fancy dress' leg of the Trailwalker event.

I topped off my training with a nine-hour day walking from Haruru Falls to Opuia, Russell, Paihia and home via a couple of ferry boat rides while the other three joined the Watercare teams in an assault on the Hunua Ranges.

On the Friday of the big weekend we met in Taupo prepared for the challenge. Janice produced our 'outfits' — beautiful gold lamé sleeveless shifts in the style of the 'fifties'. Our support crew of six joined us for the night, Phil and Sue Johansen included, and we sorted our gear into boxes ready for the morning before collapsing into bed.

The course

One of the great things about this walk is that 90% of it is off-road. The route follows tracks across farmland, through forest and native bush, and even through some familiar orienteering areas.

The course is made up of two loops, a large one to the west of Huka Falls, out through Craters of the Moon and over to Kinloch, and a smaller one to the east, around the back of Mt Tauhara, finishing with a 7-km leg along the shores of Lake Taupo.

Setting off

The sun was yet to rise when we set off for the Taupo Domain to join half of the 200 teams for a 6 am start.

It was very cold and dark with a clear, starry sky, but we were warmed by the enthusiastic send-off from our crew. Six months' training and at last we were on the move.

We set off at a great pace, watching dawn break as we crossed the river at Huka Falls. Craters of the Moon was surreal in the early morning light.

Checkpoints

We reached the first checkpoint at 14.7 km in two and a half hours: our support crew were very impressed.

Another two and a half hours and we hit Checkpoint 2 at Whakaipo Bay, passing the 25-km mark in the process. The two fastest teams of the 8 am starters passed us on the way in looking as if they were out on a 10 km run.

After a 20-minute climb out of Whakaipo Bay there was a surprise photo shoot, all hot and sweaty. The views over the lake on this leg were stunning.

By Checkpoint 3 at Kinloch we were gagging for a cup of tea and running repairs were required for several blisters.

Our support crew, having decided to support us en masse rather than take turns on a roster, were fantastic and full of encouragement. We really appreciated their efforts and ministrations.

We set off on the longest leg, 19.4 km, just before 2 pm. Despite a cold wind there were few clouds in a blue sky — what a grand day.

We turned our backs on the lake and headed inland. Penny's husband, Richard, a member of one of the many Watercare teams, passed us slowly as we settled into our work.

I struggled on this leg but passing halfway was a psychological boost. This was a long slog, following ridge after ridge across undulating farmland and it was a relief to finally see Checkpoint 4 in the distance just before dark.

Night time

It was time to get out the headlamps and change into our 'nightwear'. The next leg was just 7 km with the promise of dinner at Huka Falls to hurry us on, but by the time we left it was quite dark and we had to feel our way out of camp.

We followed the lights of the team ahead for a bit and then it was just us, picking our way through a pine forest in the blackness. Fortunately the path was well marked with reflective tags and glow-sticks.

It was a great relief to stumble into the Hub Café by Huka Falls. Unfortunately, dinner didn't live up to our vivid expectations, though a hot drink, shoulders massage and new shoes certainly helped.

It was a magnificent starry night as we headed east towards Mt Tauhara via Checkpoint 6 at the Taupo Gliding Club. We paused only briefly for a hot drink and more food, and we were off again. Our terrific support crew headed for bed as we headed for Mt Tauhara.

Through the first part of this leg we seemed to be passed by a steady stream of teams, their lights chasing us down while we were out in the open and then

their reflective strips lighting up the trail in front.

Each side of midnight we had to stop to change batteries — quite a challenge in the dark — then a toilet stop at the first aid station.

At last we were on our way down, though this leg seemed to go on forever with endless gates and stiles to cross. Finally we reached the Napier–Taupo road and the welcome sight of lights at Checkpoint 7 but no sign of our wonderful support crew. However, a phone call revealed that they were just down the road returning after a few hours' kip at our base. Their excuse: we were much quicker than they expected!

The last leg

It was 3 am when we moved out of Checkpoint 7 and with just 13.5 km to go we felt the 24-hour target was within our reach — just. We positively raced downhill towards the lake, the lights of Taupo beckoning as we got nearer.

There was one last stop to be made: when we reached the lake we quickly changed into our golden dresses (which looked fantastic over polyprops),



backpacks were discarded, drinks gulped and we were off.

The finish (and the time for 8am starters)

A flat 7-km walk to into town, 85 minutes to get to the finish and four Golden Girls on a mission. Our support crew raced from vantage point to vantage point, laughing at our silly walks but lifting our spirits with their enthusiasm. The last

kilometre seemed to go on forever but we made it — in 23 hours and 49 minutes!

If you would like more information on this great walk check out:

<http://www.oxfamtrailwalker.org.nz/>

A big thank-you to the many orienteers who supported us.

Farm animals: cattle and sheep are a farmer's livelihood and are very easily spooked into running wildly in every direction – a bit like what you do when you are lost. So go carefully around them avoiding stampeding them through a fence or giving the herd leader the impression you are challenging its authority.

You might find cattle, particularly calves, will trot inquisitively and sometimes aggressively towards you. This can be very frightening for some children who have not met this before, so parents should accompany their children around courses which go through cattle paddocks until the children are comfortable enough to go on their own.

Straight sheilas lose in map-reading test

From the Dominion newspaper, May 30, 2007-06-06 sourced from AAP, Australia

IT'S LONG been a tedious joke that women are poor at reading maps. But is there some truth in it?

A study into the mental skills required to read a map has handed blokes new ammunition and dealt heterosexual women a blow.

The research, from the University of Warwick in Britain, suggests that not only are straight women worse at map-reading than straight males, but they are also outperformed by bisexual men, gay men, gay women and bisexual women - in that order.

The study looked at what is called mental rotation - ability to mentally visualise an object from different perspectives.

Michael Tlauka, an expert in gender differences and spatial ability from Flinders University in Adelaide, says

this is one mental task where studies have shown that men consistently outperform women.

"It is absolutely true that mental rotation is the task of all spatial tasks where you get the biggest sex difference," he says.

"Map-reading and spatial skills in general, you'll find that men outperform women."

Dr Tlauka says the explanation is based in both nature and nurture.

Boys are more likely to be given toy cars and train tracks to play with, and pushing these toys around develops spatial concepts that dressing a doll, for example, doesn't. Boys are also more likely to be put on a football field, which teaches them about positioning and direction.

The differences could also begin in the womb. "It could also be prenatal

hormonal differences like the presence of testosterone or oestrogen in the womb, that can affect how your brain develops - whether you get a male brain or a female brain."

The same principle could be involved in the British finding that mental rotation skills are linked to sexual orientation. Dr Tlauka says the hormones that play

a role in determining whether we get a "heterosexual brain" or a "homosexual" one could also be the ones that determine whether or not we can read a map.

Map-reading ability may indeed be the monopoly of straight men. AAP

Forest car access: car access to some events in a forest in the Auckland region is conditional upon you signing a form on entry into the forest that you have third party insurance on the car you are driving so that the forestry company is insured through you for any damage you cause like setting the forest on fire when you crash into a tree while you were trying to avoid a very large pot hole.

You are not allowed to go for a tour through the forest so please follow the O signs to and from the event centre. One good reason for this is the presence of tree felling and forestry trucks in other parts of the forest.

Leg Planning 1

By Kevin Bailey in the WOA magazine

Always plan ahead. Plan where you want to go, what you should see in the terrain on the way and strategies you will use to find the control. This is especially critical when first selecting a route.

Moving before you have a good idea of where you're going is sure to cause errors sooner or later. This is a difficult skill to master because of the constant pressure not to lose time. Not having a proper plan, however, will invariably cost you more time than it takes to make one.

Practice

Practice planning ahead and route selection together. To know whether you are planning properly, check the execution of your plan. Do you have difficulty finding your way? Do you have to stop all the time because you are unsure of your location? Are you surprised by significant features in the terrain? If the answer to these questions is yes's, you probably aren't planning before you move.

Don't plan to perfection. Do make a sensible plan, thorough enough to afford you control over your orienteering. Deciding on a simple, sensible plan to the next control takes 30 seconds to one minute (maximum). As you improve, you'll be able to plan in a few seconds.

Once you've planned your route and strategy, try to follow it. If the plan seems inappropriate after you've orienteered part of it, stop and make a new one before continuing. Don't keep jumping from one plan to another though. Follow through as much as possible. Modify or abandon the plan only if you feel there is a much better way.

Leg Planning 2

Notes from an AOC course presented by Darren Ashmore. This is an amended version of the notes published in the October 2000 magazine

Step One - Scanning the Leg

- What are the characteristics of the leg?
- Is the leg short or long?
- Is it mainly uphill, downhill, undulating or flat?
- Is the detail simple or complex?
- Is the detail contours or a mixture of features?
- Are there many tracks or roads?
- What handrail or collecting features are there to use?
- Is the vegetation going to affect your running speed?
- What will the visibility be like?
- What is around the control - a backstop, a catching feature, a solid attack point?
- What is the control feature - side, part, edge, upper / middle / lower, top of foot?

Step Two - Formulating a route choice

- How am I going to get to the control?
- What are the easiest features to find and follow?
- What is the most solid attack point from which to approach the control?
- What features need to be avoided?
- How am I feeling physically and mentally?
- How is my race going? Do I need to play safe?

Long legs take more consideration as the route choice may be more complex.

First - look left, right and straight for the best major route choice option.

Second - Look at the map on your chosen route and simplify it to just the features you are going to use to find the control.

Step Three - Executing the Route Choice

Decide whether the leg and terrain require rough compass or fine compass.

Always use the compass to orientate the map to north.

Accurate bearings are needed when:

- the terrain is flat and featureless,
- the visibility is low and
- when you are going from the attack point to the control.

Rough bearings are needed when:

- you are leaving the control,

- early/middle part of the leg,
- visibility is good,
- you are following a handrail,
- running towards a collecting feature,
- aiming off to a feature,
- crossing a linear feature

No compass needed when:

- You can see the control
- You can see the Finish!

Be confident in your decision making. Try not to change your route choice mid leg as this could lead to confusion and time loss.

Keep your eyes open at all times and scan the terrain. Try to remember the features you pass to help you to relocate faster if you lose contact.

Try not to be distracted by other controls or competitors. (Dismiss a distraction by concentrating extra hard on the map.)

If you lose contact with the map STOP straight away and relocate. Make sure you find your attack point.

The Attack Point to the control is the most important part of the leg

- Slow down.
- Keep your eyes open.
- Read more map detail
- Know the description and the control code.
- When you see the control, don't race to it, slow down and start to plan the next leg if you have not done that already.
- Check the code.
- Register at the control checking for a beep, flashing light or clip card punch.

Know the description and the control code.

When you see the control, don't race to it, slow down and start to plan the next leg (if you haven't done that already.)

Check the code. Clip and check the beep/flashing light/punch.

Editorial Bits

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Please send your contributions to John Powell at rae.jon@pl.net by March 20 or 8 The Glade North, Pukekohe

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