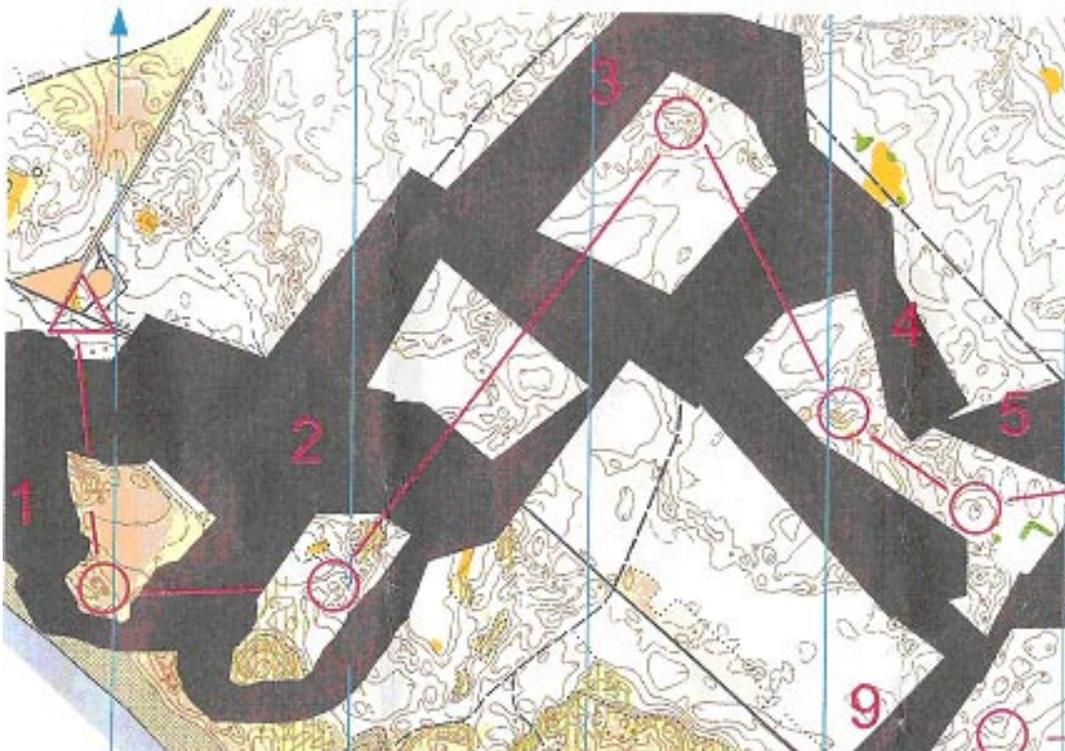
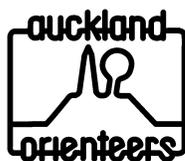


The Auckland Orienteer



This is part of a map used at the training days. The blacked out sections caused you to lose contact with the map through the black and you then had to relocate to find the control. If you missed the training opportunity provided on these two days then you missed a gem.

November 2007



From the Editor

This is the last issue for this year, which is an editorial decision, based on the reasoning that the main orienteering season for the magazine's audience ended in the middle of September with the final OY and area championships results published in the October issue. The November edition will, therefore, round off the year with overview feature articles.

Bruce Collin's article has useful advice and provides a framework for controllers and planners to analyse the quality of the courses at their events this year. I think that it will also be of general interest to all who participated in the events.

My experience with planning is that is a creative and time consuming task and planners, particularly new ones, can easily underestimate the effort required to produce a complete set of good quality courses for an event. Also, some struggle with the concepts underlying the colour coding of courses and with the techniques for calculating course lengths.

In my view, planning errors are the rule rather than the exception and I think that you will find Bruce's list quite sobering. Hence, if you have an enjoyable course that broadly tested your skills then make sure you thank those responsible as they deserve it. An extensive deconstruction of your course is not necessary – a simple "thanks" as you go past would be great.

James Bradshaw, in his OY controller's report below, thanks competitors that provided him with constructive criticism on the setting of the courses and notes that people often avoid

comment as they are too scared of insulting the course planner or appearing unappreciative of their efforts. A consequence is that controllers and planners do not receive much feedback from participants unless they approach people directly and, in effect, authorise comment.

It would be helpful for planners if you could overcome your reluctance to provide constructive criticism. One way to make everyone feel better is if you return to your car after your run, as Bruce suggests, gather your thoughts and then provide the planner with a balanced comment beginning with the good bits.

Note that planners who do not come from a work environment with an organisational culture

If you have an enjoyable course that broadly tested your skills then make sure you thank those responsible as they deserve it.

that promotes open communication, critical reflection and robust debate, may perceive your comment of "not a good leg/control site/control placement etc" as you saying "it was bloody

awful you pillock"! You will recognise this has occurred when they go very quiet, their face goes pale and they break-off eye contact. If this happens go back to the good bits and exit gracefully.

It would also help if the regular course planners in the AOA clubs operated as a collegial peer-review group and willingly gave feedback to the particular planner on the day. This would give a variety of informed comment to the planner at that particular event.

The next edition of the magazine is in February.

Notices

Counties-Manukau AGM and Social

Sunday December 2 Papakura Normal School staffroom, Porchester Road, Papakura

Enter school grounds through the Walters Road entrance

4.30 pm AGM

5.15 pm presentation by Junior World Championship team members

5.45 pm Pot Luck dinner – please bring a plate of food

WOC 2008

To be held in Olomouc, Czech Republic on July 10-20, 2008.

Selection Trials for the 2008 WOC team will take place at the 2008 National Orienteering Championships Long, Middle and Sprint Distance events, to be held in the Wairarapa on March 21-24.

All athletes interested in selection for the 2008 WOC team should notify the Convenor of Selectors, [Jeff Greenwood](#), by November 30, and should plan to compete in all of the trial events.

Overseas-based athletes who are unable to return to New Zealand for the trial events will be judged on their performance in 2-3 World Ranking Events held during the period (1/1/08-24/3/08). These events must be nominated to the Convenor of Selectors by December 31.

Event Calendar October - November 2007

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone club contacts, if necessary, for confirmation. Obtain details for the Waitangi orienteering carnival from your club secretary or from the CDOA and NWOC websites.

Auckland Area Events

November

CMOC park/street events - start 4 - 6.30 pm

Wed 7 Capehill, Pukekohe
 Wed 14 Bledisloe Park, Pukekohe
 Wed 21 Roseville Park, Pukekohe
 Wed 28 MacLeans Park in combination with AOC – see below

AOC park/street events – start 5.30 – 6.45 pm

Thur 8 Hamlins Hill, car park off Gt. South Rd/Sylvia Park Rd intersection
 Thur 15 Tamaki, Sacred Heart College, 250 West Tamaki Rd, Glen Innes
 Tue 20 Cornwall Park, Archery Club car park
 Wed 28 MacLeans Park, The Esplanade (Southern end) Eastern Beach, Buckland's Beach

December

AOC park/street events

Mon 3 Waiatarua Park, Grand Drive, Ellerslie North
 Mon 10 Mangere Domain, Domain Rd, Mangere Bridge

January 2008

AOC park/street events

Wednesday	23 Jan 08	Unitec	Gate 3, Carrington Road, Mt Albert
Wednesday	30 Jan 08	Alexandra Park	Campbell Crescent, Epsom

February

AOC park/street events

Thursday	7 Feb 08	One Tree Hill	Haydn Ave, off Manukau Rd, Royal Oak
Thursday	14 Feb 08	Western Springs	Motions Road, Western Springs
Wednesday	20 Feb 08	Ambury Regional Park	Ambury Road, Mangere Bridge
Sunday	24 Feb 08	Massey University	10am to 12pm start. off State Highway 17, Albany Expressway
Tuesday	26 Feb 08	Big King	Three Kings Plaza car park, Grahame Breed Drive, Three Kings

Sun 17 A Forest promotion event, access via Rimmer Road off SH16, start times are 10:00am - 12:30pm. Please refer to the AOC website for updates regarding possible forest closure due to fire risk.

March**AOC park/street events**

Tuesday	4 Mar 08	Mt Eden	Tahaki Reserve car park, 250 Mt Eden Road, Mt Eden
Tuesday	11 Mar 08	Selfs Farm	Tidal Road, Mangere South
Tuesday	18 Mar 08	Craigavon	Connaught Street, Green Bay
Wednesday	26 Mar 08	Lloyd Elsmore	Sir Lloyd Drive, Pakuranga

Details for the other events in March will be published in February.

2007/8 Auckland Orienteering Calendar as at November 2007
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Date	Club	Event
Feb		
Sat 2- Sun 3	NOS/ Taupo	Waitangi w/e
Mon 4- W 6	NOS/ Ham	Waitangi w/e
Sat 9-Sun 10	NOS/ NW	Waitangi w/e
Sun 17	A	promotion
Sat 23	HB	Kaweka
Sun 24	HB	Kaweka
March		
Sun 2	CM	promotion
Sun 9	CM	OY1
Sun 16	NW	Score 1
Fri 21 – M 24	W	Nationals
Sun 30	CM	Promotional
April		
Sun 6	NW	Score 2
Sun 13	A	OY2
Sat 19–Sun 20	CM	AOA Champs
May		
Sun 11	NW	Score 3/OY3

Sun 18	NW	OY4/Sec Sch
Tue 20	A	Y7/8 champs
Sun 25	CM	promotional
June		
Sun 8	A	AOA relay
Sun 15	CM	Promotional
Sun 22	A	OY5
July		
Sun 13	CM	OY6
August		
Sat 30-Sun 31	A	training
September		
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
October		
Sun 5	A	OY9
Sun 12	A	training
Sat 25-Mon 27	NW	Multi-day
November		
Sat 8 – Sun 9	A	NI Champs

Counties-Manukau Chit Chat

By Greta Knarston

My most recent orienteering trip to Australia was a great experience with the combination of Oceania Champ's and the NZ Schools' trip.

Unlike the previous schools trip to Perth last year, it was an opportunity for the NZ and Australian schools teams to get to know each other as there were only 32 of us, all staying in

the same location. However, we obviously didn't give away any tips on how to win as we easily beat them 6-2 in the Schools Challenge and in ten pin bowling. Just to rub it in some pure genius from a young Morrison resulted in 900m of Gladwrap mysteriously covering their bus in the middle of the night.

Counties had a strong representation with Nicola Peat, Jourdan Harvey and myself in the school team, James Bradshaw in Pinestars,

Patricia and Wayne Aspin, John and Val Robinson and Bruce Peat in the NZL Challenge Team. There were some great results which are as follows

Oceania Middle Distance

M60A- 3rd Wayne Aspin

M65A- 3rd John Robinson

W20E- 1st Greta Knarston, 2nd Nicola Peat

W60A- 1st Patricia Aspin

Oceania Sprint Distance

M45A- 3rd Bruce Peat

W20E- 1st Greta Knarston, 3rd Nicola Peat

W60A- 1st Patricia Aspin

W65A- 1st Val Robinson

Oceania Long Distance

M21E- 5th James Bradshaw

W60A-1st Patricia Aspin

Nicola and I were first and second in the schools individual race through winning and coming second in the Oceania middle distanc. This is particularly impressive from Nicola as she has

been unable to run since JWOC, 10 weeks ago, due to injury.

We were unable to properly challenge the Aussies in the relays because of an insufficient number of NZL team members, however, there were still some great runs from the Kiwi's.

Unfortunately on that day I had to take up the job of photographer rather than competitor, due to my new found hobby discovered during the long distance race, of running into trees.

I wouldn't recommend it as it is a slightly worrying situation to wake up on the ground knowing you started the race, but can't remember anything after the start triangle and have absolutely no idea where you are. Luckily for me there were some bright yellow shirts running past which I gladly followed to the finish. Thanks to Briar Peat for doctoring me. From now on I will always duck lower than necessary when running under trees!!

Well done to all the NZ team, we put up a valiant effort, just wait till they come here, and then we'll show them what we're made of.

North West News

By Lesley Stone

Quite a few of our club members travelled to Australia to take part in the ANZ Challenge and Oceania Champs. There were sprint, middle and long distance events and also relays and secondary school champs.

Matthew Ogden (M16) had great results with two seconds, a fourth and also anchoring the winning New Zealand Junior Boys secondary school relay team. Dave Middleton (M60) won both the middle and long distance events and was also eighth in the sprint. Along with Wayne Aspin and Michael Wood, he won the M60 grade in the Aust/NZ Challenge relay. Another to do well was Phillipa Poole (W45) with a win in the sprint and podium placings in the other races. Also finishing in the top three was Jill Dalton (W60) in the middle and long distance races. We look forward to seeing your maps and hearing your stories at the Club prize giving. We have booked the MERC Centre at Long Bay for Sunday 11th November starting at 6.00pm. Jill Dalton will be describing her recent trip cycling from Tibet to Nepal. This should be

fascinating as Jill is an excellent speaker so be sure to come along. There will be a Pot Luck dinner followed by the prize giving. Andrew will email everyone with the final details before then but in the meantime mark your calendar and keep this date free.

Here are three more profiles to close North West News for this year. Thanks to those people who have told me that they enjoy reading them. We have a lot of very talented club members with a wide range of interests so there is certainly no lack of subject material for me to access!

Lisbeth Hornell W55, together with her partner Per, spends six months of the year in Sweden, and six months in New Zealand. She started orienteering at about 13 years learning from her father. Her Swedish club also had many children's groups and camps with adult leaders to guide and instruct them. Her first experience in New Zealand was the summer series and she joined North West in 2001.

One of the biggest differences Lisbeth has found is our practise of using our cars as a base to change, eat and socialise. In Sweden they carry their gear and club flag to the event centre and meet as a group. Also there is usually a long run in to the finish where people can gather and encourage the competitors, especially children, as they arrive back.

Her best result was at Oringen when she won the W21B grade after being out of the sport for some time. She became a leader at her club and guided about 60 youngsters a year, with training twice a week.

A big benefit of course is that in Sweden, once you have possession of a map, you can revisit the area as often as you like to run around and train. Swedish law gives the public the right to be there. (Can you imagine Carter Holt allowing this?) She has also did some ski orienteering when she was younger and liked it.

Lisbeth and Per will soon be back from Sweden after catching up with family and their three young grandchildren.

Janice Little W60. Janice first started running to accompany a friend who was training for the Rotorua Marathon. Then two fellow workers from Dargaville Hospital, where she worked, suggested she come and try orienteering with them at Pouto Forest. However the guys had the maps while she just ran along. Deciding she wanted to do this herself she joined the Whangarei Club in 1989.

Janice remembers attending a very early training camp at Iwitahi, Taupo and another on Motutapu Island with the very enthusiastic Tony Nicholls. Her first away trip was to the ANZ challenge in Perth in 1992 travelling with Royce and Fraser Mills and Hub Carter.

She is very proud of the fact that she can only remember one DNF against her name. That was on the tough Waterfalls map. She took

over an hour to the first control after coming back to the start, two hours to the second control and finally pulled out two controls from the finish.

Janice has always enjoyed sport and as a teenager played tennis, netball, and badminton in which she represented Northern Wairoa. Now golf is a challenge, which she likens very much to orienteering; it's you against yourself and the course. Of all the sports she has played she still cannot believe how labour intensive orienteering is. A big plus are the friends and competitors she has met and socialised with over the years.

Allan Janes M35. Now here's a novel way to be introduced to orienteering. Allan belonged to a singles club and one of the outings they took part in was an orienteering course set by Darren Ashmore. Allan, who had done quite a bit of cross country running, liked the idea of combining his running with navigation, and took his interest further. That was in the mid 1990's and he has been a member of the club ever since.

At first he did Orange courses and on graduating to Red he now does the longer 21 or 35 grades because he likes the distance involved. From many hours searching for the controls at his first ever OY event he recently came third in the sprint event at the Nationals in M35. To compete, he dropped a friend at hospital with a broken leg, raced to the Botanical Gardens to do his course, and rushed back to hospital again. He didn't find out about his good run until next day.

Allan likes setting and controlling courses and has done a few in recent years. He works at the Warehouse Head Office and likes the normal hours of work previous retail jobs did not have. Other interests include playing the trumpet, although he no longer belongs to the group he was in, and following Ipswich Town in the English Championship football league.

Spur: Thing that sticks out of heels.

Tape: Amazing sticky fabric strip used to completely replace the ligaments and tendons of the ankle allowing a joint with 2% stability to survive.

Terrain: Method of travel used by orienteers to travel on the cheap.

The 2007 OY Competition – The Annual Report

By Peter Godfrey (OY Statistician)

The 2007 OY competition is dead and buried – not quite the right words because the 28 orienteers of the year have yet to receive their awards, while your magazine editor wants a wrap from me, right here and now – not next year – thank you very much.

So I thought a fantastic way of starting the review of 2007 would be to see how many of the 2006 title-holders had won again in 2007. To my dismay I found that was my inspiration for 2006. Oh, what the hell. Anyway, I shall now put the question formally. Which 2006 title-holders became 2007 title-holders? (You can choose to peek at the accompanying table if you wish -- I won't lose any sleep if you do.)

Statistics

The number of club members attending OYs averaged 127 during the season, compared with 117 last year. The numbers varied considerably, however, from the low 140s at Spaghetti, Waiuku 1 and Pot Luck, to around 117 at Hobbit and Waiuku 2, to a mere 98 at Stags Roar. This may have been the result of the variable weather over winter and the scary forecast for Roar (furore?) which fortunately didn't materialise.

Males and females turned up in neat bundles of 60:40, much the same as in 2006.

Again the overwhelming majority ran red courses (81%, down from 83% in 2006). The number on orange, yellow and white courses combined varied between 23 and 33 except at Stag's, when only 12 turned up. Males made up 63% of those running red, while females accounted for 52% of those on the non-red courses.

Course completion rates

The number of people completing their courses averaged 87.5% for the series, down from 92.5% the year before, when there were two farmland events. As in 2006, the success rate started off badly, with 84% at Spaghetti. It then picked up before hitting a mid-season dip which culminated in a horrendous 21% failure rate at Pot Luck.

Club Participation

Two of the local clubs increased their number of OY competitors: North West, which averaged 59 participants at OYs, partly because of Birkenhead College's membership, and Auckland, which averaged 50. On the other hand, Counties-Manukau lost ground, dropping from an average of 20 competitors last year to 16 this year. There were usually a couple of participants from outside the region making the numbers up to about 127.

Next, the answer to the question above. The answer was five: Matthew Ogden, Mark Lawson, Pete Swanson, Rolf Wagner and the only female survivor this year, Alina Smirnova.

More questions

Now for question 2. There were 28 OY titles won in 2007. Which club won the most, and what was the number?

And question 3. Which title-holder has the longest unbroken run of OY titles? To make it a little harder, I need the number of years as well.

The high performers

Next, my personal list of ten people who did really, really well. There were two people who scored the maximum of 100 points: Heidi Stolberger with five wins out of five and John Robinson with five wins out of six. Cathy Heppelthwaite had a perfect record with four wins out of four, while Alison Carswell was unbeaten in her three races but didn't qualify for a title. Then there were others who came oh so close to 100 points: Wayne Aspin (99.5), Tim Renton (99.5), Robbie's *alter ego* (99.3), Rowan Wood (99.2), Marquita Gelderman (98.4) and Pete Swanson (98.3).

Now the answers to questions 2 and 3. The most successful club in 2007 was North West with 13 titles, while Auckland was second with 12 and Counties-Manukau third with 3.

Mark Lawson, not surprisingly, has won M21E every year this century as well as 2000 and 1998. As I cannot find the 1999 results, I will give Mark's run as at least seven years. (*Mark won the 1999 M21E with the maximum of 120 points for the best 6 results from the 9 events.*)

The next best was Michael Glowacki of the WACO club with 114.2 – ed)

Class wins

As always, there were classes where the competition was just as exciting as it can be in some electorates on election night. The two that come to mind immediately were M40AS and W40A.

The W40A class, although a three-way battle, came down to a titanic struggle between two world-class athletes: Trish Aspin and Marquita Gelderman. Marquita missed an early OY with the result that Trish held a substantial but slowly shrinking lead at the top of the straight. However, the self-styled 'old grey mare'

unbelievably missed a punch on the last day and stumbled, allowing Marquita to flash up and win the grade by five points.

The other memorable contest was not decided by a mistake. It was an incredibly close title race from start to finish. Rolf Wagner edged Trevor Murray out in the first two OYs, to lead by 3.5 points, whereupon Trevor reeled off three narrow wins to lead by a mere 1.4 points with one OY remaining. It was left to Rolf to take the final OY by a sufficient margin to win the title by 0.9 points.

Let's hope that the 2008 season gives us more exciting contests like these two. With a return to a nine-event OY season next year, we can only rub our hands in anticipation.

OY4 Waiuku – Controller's Report

By James Bradshaw

(For one reason or another James' report did not accompany the results for the OY. Nevertheless it is still relevant and of interest, so better late than never. The November issue seemed a better placement than the October issue given the content of the following feature article - ed).

Another typical Auckland winter day, unpredictable rain clouds strutting their stuff across the sky, occasionally leaving space for a bit of sunshine and blue sky to break through.

Luckily for us the weather was great when we had to put out the controls, too bad it didn't continue for the race on Sunday (although once everyone left after their run, the sun shone on us again when we went and picked the controls up, go figure!)

Thanks to Counties-Manukau stalwarts who helped put the event together on the day and ensured everything ran smoothly. Top effort to the club for trying out the new/old approach to putting up the results, appeared to work extremely well and I'd be keen to hear more feedback on it. Special thanks to Martin and Dave for helping the technologically challenged/OCAD virgin through the whole process (mistakes occurred and lessons learnt).

Although I am a relatively experienced orienteer nowadays, this was the first time I had a crack at course setting, and I was supposed to be teaching Greta the ropes in course setting. Blind leading the blind! Unfortunately due to many other commitments I wasn't able to put much thought into the course planning process.

I was also very apprehensive with 2 stress fractures in my foot restricting me from using my feet till 5 days before the OY. As a result, control sites had to be relatively close to the road and often used before as to avoid any last minute hiccups.

One week out from the event, we were under the impression that Greta would have to put out 80% of the controls by herself! Luckily the doctor gave me the okay to get back on my feet and allow me to do my fair share of control placement.

Although I intended to set long courses, some courses winning times were a little bit longer than expected (especially courses 6 & 7), apologies to those of you who spent half the morning out amongst the trees! Thanks to Mark Lawson for coming within a minute of the estimated winning time on the monster M21E course, and taking the win in the process.

The low visibility area managed to trick a few of the lesser experienced on the red courses and proved to be a wicked piece of forest. If only I was able to get in the forest a week or two earlier to check out control sites, then I would have utilised this challenging area a lot more!

The remainder of the courses enjoyed their time running through the mature pines and recording some fast km rates. Notably Toby Scott and Matt Ogden achieving sub 8:00min/km only fractionally slower than the winning M21E!

Thanks to those competitors that provided me with constructive criticism on the setting of the

courses, often I find people are too scared of insulting the course setter or appearing unappreciative of their efforts. But your feedback will help ensure better course setting in the future ☺

Letters To The Editor

From David Godfrey

The latest jumble of an event calendar proposed for Auckland next year has prompted me to bring up the old discussion that from my perspective has not really been resolved satisfactorily: that is the existence of a philosophy of a competitive sport specifically tailored for orienteering.

I dare not mention 'season' because it tends to invoke split spleens. But I nevertheless want to open up a discussion around the current mixture of events that beggars my imagination with respect to a competitive sporting philosophy.

My sporting philosophy

Now I am a simple soul but do know that in any competitive sport I can think of, except in my opinion orienteering in NZ, there is a basic competition structure which goes something like this...compete at local level, then regional level then national level in that order and go to practice in between and do this regularly for some time frame and gain some cumulative reward for doing so.

There are very sound reasons for this structure that do not need explanation here but I am simply bewildered by what we do in NZ. For me, to do a local event then a regional event then another local event then a national event and finally some more local events does not seem to fit the basic tenet of a competitive sport.

I live by this tenet and don't compete in the nationals for this reason.

Someone has it right

If we are developing other forms of the sport that is fine, they probably need a similar philosophy. It seems that some of the sub-competitions such as the secondary orienteering have got the structure right.

But then the teachers who encourage and run this aspect of the sport probably are well inculcated into the structure I mentioned above. Schools in general have this competitive philosophy anyway. Of course the Aussies have it right as well.

Dilution of the competitive sport

We NW members were recently asked for help in setting an event in November, and the NWOC news email mentioned that Auckland had 21 summer series events they had planners for.

The summer series for me is a way to introduce the sport to others, probably make huge amounts of money, but it does not really seem to fit in with a competitive calendar that is underpinned by a philosophy at all. If Auckland members are putting so much effort into these events [and I bare no malice here] it is very clear that we need a competitive sporting philosophy before the complete randomisation of the competitive event calendar occurs.

MAP OF O MAP LOCATIONS

The location map of AOA orienting maps was published in the last edition and needs updating. Nobody responded to the request for a volunteer in the last newsletter. There is no time pressure. Please contact the editor if you are willing and able to do this task.

Mistakes at Events

By Bruce Collins in the Dunedin O Club magazine, 2001 and slightly amended by me for relevance to the AOA clubs - ed

This year DOC decided to make a committee member the "Technical Contact Person" and I became it. This person was supposed to assist with any technical queries about events etc and I sat back and waited for the queries to come rolling in. Well, after a year it appears everyone thought they knew what they were doing because I answered only a couple of questions.

The committee received comments about events during the year from club members and together with our own experiences we do get to notice things that aren't perfect. Unfortunately a few mistakes have been made during the past year often due to inexperience, sometimes too much experience or just a lack of time.

Below is a list of a few things that have happened during the year and could have been better or are just plain wrong:

☐ **The controller not checking the courses before the event.** It might seem obvious but it doesn't always happen. Controlling is not just checking the position of the controls on the ground. Some controllers are too polite to tell the planner they have part of a course wrong or it could be improved. Also some planners have a very strong personality and don't accept criticism. This leads on to the next point

☐ **The controller has the last word!!!!** They are the representative of all competitors and it is their job to ensure fairness of courses, safety of competitors etc. They usually have more experience and can also often see things with a fresh view that the planner has missed. If the planner and controller cannot agree on a course/control placement etc they could contact me for an opinion rather than end up not speaking to each other!!

☐ **Controls on the top of steep banks or cliffs.** It is not only dangerous but some people are afraid of heights, which make the control unfair for them.

☐ **Courses too physical.** Orienteering can be characterised as running navigation. That is running, not climbing, scrambling, bush bashing etc!

☐ **Controls on unmarked features.** Just because you have found a nice little re-entrant or cliff don't put a control there unless that re-entrant or cliff is marked on the map. In fact avoid the area completely as the map is obviously wrong in that area. If it is an OCAD map let the Club OCAD person know and they may have time to alter the map. Make sure both controller and planner agree before making changes to the map though as it may just be you that is wrong!!

☐ **Remember the maps.** This has happened more than once this year where someone had to rush home and get the maps while competitors have stood around waiting.

☐ **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.

☐ **Different courses coming into the same control from opposite directions.** This isn't good for the same reason as above. This can still happen at major events and we saw a particularly bad example of it at the last Auckland Champs.

☐ **Unfair start placement.** Try to have the start so that people waiting to go don't see the route choice of the competitor before them.

☐ **Too much climb.** Try to keep climb to a minimum. Too much climb is too physical for older or less fit orienteers.

☐ **Hidden controls.** The challenge of orienteering is navigating to the control site, not having to search under bushes for it when you are within a few metres!

☐ **Runners' courses.** Don't have long legs where there is little navigation involved because of prominent features or large catching features. Again this also happened recently at a couple of major events (not in Dunedin) where there were long legs that involved running tracks and then a short bit of orienteering from a track junction or distinct tree.

☐ **No route choice.** 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.

☐ **Abusing the planner/controller.** As a competitor if you find something is wrong with a control placement on your course, don't rush up and abuse the planner or controller as soon as you finish. Cool down, calm down a bit and then discuss it with them constructively. Sometimes the mistake is the competitor's, but when the mistake is the planner's or controller's they feel terrible about it. They don't need abuse as well. Trust me, I've been there!!

[The following, which are not on Bruce's list, occurred in the AOA events.– ed]

- Control circles and the lines joining control circles obscuring important navigational features such as a knoll or small depression. (It happened to me more than once this year and in one case caused a significant loss of time.)
- **A lot** of win times very different from the expected win time for the course. (It is hard to avoid badly inaccurate win times on one or two courses as sometimes the favourites do not appear that day or have a relatively poor run.)
- Too many controls of the wrong colour for the course. (Oranges on a red course in my case and one yellow – all avoidable. Lighter colours at the first and last controls and to avoid dog-legs are acceptable strategies although there is a point of view for high level competition events that the first control should be really challenging as competence on a difficult first leg is a fair selection tests for a champion. This should provoke a letter or two!).
- Courses based around a choice of control sites rather than legs. (Generally recognisable by having little challenging navigation and having to spend some time inside the control circles looking for the elusive controls).

Overseas Championships 2008

July 7-14	WMOC	Kausamo, Finland
July 8-13	JWOC	Dubbo, Australia
Aug 5-12	WOC MTBO	Milov, Czech republic
Aug 16-27	WOC	Kiev, Ukraine
Oct 3-4	AUS/NZ schools	ACT, Australia
Oct 3-7	Oceania	ACT, Australia
Nov 3-4	Australia MTBO	NSW

Whad R Yuh?

This article gives you a light-hearted way of looking back at your orienteering this year. It contains some material from an article I wrote for the NZOF magazine in July 1995 - ed

Competitive orienteers study the results to find out how well they performed in relation to others and particularly against their usual close competitors. The highly competitive will even bring this attitude to their running in a park event. Competitiveness is an attitude of mind and unrelated to orienteering competence. Lower ranking orienteers can be just as focused upon beating their usual competition as the best in their grade. In contrast, the non-competitive Recreational orienteer may stop during events to gather mushrooms or to look at the view.

The Competitive orienteer obtains considerable satisfaction from beating his/her usual competition. This is not a large factor in the overall level of satisfaction for a Recreational orienteer. There are more orienteering types than just these two so what are you.?

Four descriptive factors useful for describing differences between orienteers are competitiveness (C), internal reward (I), physical competence (P) and technical competence (T). The varying combinations of strength on each of these factors gives you an orienteering profile.

- Competitiveness is the desire to beat your usual opposition.
- Internal reward is the satisfaction you feel from the physical and mental exercise, and from meeting self-set goals, irrespective of the results.
- Physical competence describes the level of your running speed, stamina and other relevant physical attributes such as agility.
- Technical competence is the skill of applying orienteering skills, such as route choice, to solving orienteering problems.

Classify yourself as either H (high) or L (low) on each of the above factors (it is a forced choice – there is no middle ground – choose the one that best describes you) then find your orienteering type below. For example, HLHL would likely be a harrier – competitive, does not enjoy orienteering, physically competent but technically incompetent.

HHHH - The Athlete

A desired state of being to which many aspire but never reach.

LHHH - Casually Fast

So good and so casual it makes you sick. They should be pelted with rubbish as they leave early for a game of golf having forgotten to check the results board to see whether they are still winning. Is a source of eternal mystery and fear to The Athlete.

HHLH - Wishful Thinker

Oh that the body could match the speed of mind! Hides in the car when beaten by the usual competitors. Can be heard (yet again) making all sorts of promises about dieting and going for training runs. Should not marry Casually Slow.

HHHL - Competitively Fast Headless Chicken

Appears in the most unexpected places during an event, surprising themselves and others. Occasionally wins. Frequently can be heard lamenting who they would have beaten if only they had not, for example, thought the controller's car was a mapped man-made object.

HHLL - Competitively Slow Headless Chicken

Oh that the body and mind could match the heart's desire! Is like Competitively Fast Headless Chicken but never wins. Has been known to deliberately DNF so that their run, jog, walk, scramble, crawl and lie-

LHHL - Casual Headless Chicken

Enjoys the technical challenge of recovering from having run off the map following a 180 degree error. Recounts their numerous errors (yet again) with great delight and without shame to anyone prepared to listen. Believe that when they take twice as long as the winner that they are getting twice the value for the entry fee.

LHLH - Casually Slow

Enjoys the sport and can get good results on a technical course. Enjoys comparing notes with others and has Fast Casual as a role model. Is oblivious to the suffering caused to Wishful Thinkers by discussing their poor results with them.

LHLL - Casually Slow Headless Chicken

Has search parties scouring the forest. Enjoys the mystery of not knowing how they get lost so often. Believed by Athletes to be from another planet. The feeling is reciprocated.

The mathematically inclined will have noted that there are another eight variations, with the second letter being an L. That is, those who get little internal satisfaction from the sport. Their only source of satisfaction would be, presumably, through winning and through prize money. I suspect that they do not generally last long in the sport although some may appear as a captive friend or spouse.

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General Information

Cancellations: these are exceedingly rare and when they do occur it is likely due to some unforeseen circumstance so the first you are likely to know about a cancellation is when you arrive at the event centre or a farm/forest gate. Events are not cancelled because the weather is foul.

Course closure

You must return to the finish by this time even if you have not completed your course. Controls are collected in at this time and a search party will go looking for you if you have not reported into the finish.

Electric fences: Step over, vault or roll under. Use your plastic map bag and compass to hold down a top electrified wire but note that this does not work if they are wet. You will generally be advised if electric fences are on.

Farm/forest access roads: some farm roads can be slippery in wet weather so drive slowly and carefully and be prepared to park early and walk in to the event centre. In some cases, the organisers may require you to park some distance from the event centre.

Deep pot holes can be a hazard on farm and forest roads as they sometimes cannot be seen until the last few seconds before you plunge into them. Best to follow another car but if you are in front or on your own then drive slowly and cautiously. Foresters are adept in giving you a kilometre of smooth road and then a pot hole around a corner.

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.

If you come across a bull then you will know immediately that you are out of bounds. Run away fast and hurdle the nearest fence.

Fences: Cross these at the thick posts, preferably at corners. Report any damage you cause to the event organiser.

Finish: Report to the finish whether or not you have DNF'd otherwise at course closure time the organisers will think that you are lost or injured and start searching for you.

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.

Gates: Leave these as you find them. Climb over them at the hinged end.

Horses: you are likely to meet people on horse back on some forest tracks and roads. They are easily spooked if they can hear you but not see you, particularly if you are running fast and making a lot of noise. The rider will be appreciative if you step off a track and let the horses through or, if you are running towards horses which are on a track, angle your run to go well in front of the horses. The rider will stop and let you pass in front when you are seen.

Mountain bikes and motor bikes: get off the track if you hear one.

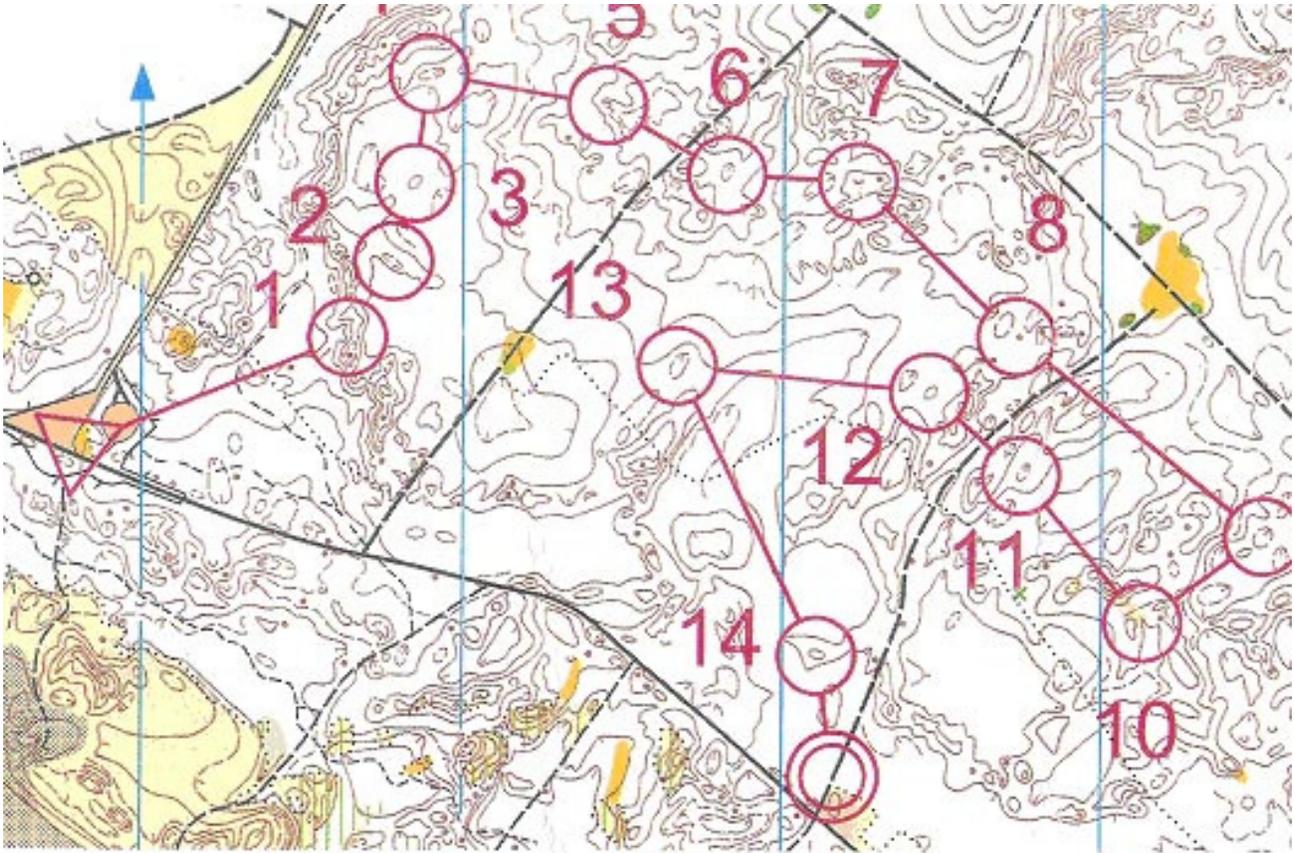
Signposting: the turn off from a main road to an event is signposted with distinctive signs with the word "orienteering" or the letter "O". Different clubs have different signs. In some cases, a warning sign will be given prior to the turn off. Changes in direction on farm/forest roads are also signposted.

If the start is not close to the event centre then where to go will be signposted and, if necessary, will be taped or tagged.

Whistles: carrying a whistle while on a course is highly recommended. The emergency signal is 6 blasts repeated at about 2 minute intervals or so until you run out of breath or get bored or become unconscious.

You are obliged to help someone who whistles for help. This applies to the person in your grade who consistently beats you by 5 minutes and always seeks you out to find where you went wrong that day.

Training



Here is another map used at the training days. This exercise was for developing the skill of accurately following a compass bearing and was made very challenging through the use of micro controls and low visibility forest. The start triangle is at the car park at the end of Rimmer Road.



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