

*The Auckland*



# Orienteer



*Renee Beveridge at the finish balloon, West Taupo, Waitangi Orienteering Carnival.*

March 2008



## Editorial

Note that the secretary of the Auckland O Club has a new email address - selwyn@palmer.gen.nz

The orienteering horoscopes appearing in this magazine throughout the year are by courtesy of Madame Zena of the Dunedin Orienteering Club.

This edition contains the first part of an article from Bill Teahan, ex WaiOC and HamOC, on developing your orienteering skills through a systematic analysis of your errors. I am publishing it in parts as it is quite lengthy and, in my opinion, will be more readily read and understood in digestible chunks. If you would like a copy of the entire article in one piece then I will supply on request. If you are serious about improving your skills then Bill's article is a 'must read and action'.

John Powell

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## Editorial Bits

### Next Issue: April 2008

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz) or mail to 11 Cathcart Close, Pukekohe, by March 20. Contributions may be edited or abridged by the editor.

### Distribution

If you change your address please contact your club membership officer or Stephen Reynolds at 09 358 854 or [Stephen.Reynolds@lion-nathan.co.nz](mailto:Stephen.Reynolds@lion-nathan.co.nz)

### Sender

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**AOA newsletters** are available on the NWOC website along with an index to articles. Some of these articles are particularly relevant to novice orienteers and experienced orienteers but new to orienteering in the Auckland region.

### Abbreviations in common usage

D-Squad: a nationally chosen squad targeted for development by national selectors

MTBO: mountain bike orienteering

NZOF: New Zealand Orienteering Association

OY: Orienteer of the year competition event.

PAPO: Peninsular and Plains Orienteering Club (Canterbury)

SPARC: Sport and Recreation Council - a government funded organisation to promote sport in NZ

SW: south-western and similarly for other compass directions

TBC: to be confirmed

## Event Calendar

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.

### Auckland (A)

Secretary: Selwyn Palmer, 625 7798, selwyn@palmer.gen.nz  
www.orienteeringauckland.org.nz

### Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, johnandval@clear.net.nz  
Secretary: Unni Lewis, 534 5625, unni.neil@xtra.co.nz  
www.cmoc.co.nz

### North West (NW)

President: Andrew Bell, 09 428 4337, the.bells@xtra.co.nz  
Secretary: Diane Taylor, 834 777, taylorlorken@xtra.co.nz  
www.nworienteering.org.nz

## Auckland Area Events

**Start times:** weekday events are 5.30 – 6.45pm. Start times for weekend events are listed below along with the other details for the event.

**Promotion events:** have a major focus of providing an introduction to forest orienteering for beginners. Club members are rostered to help beginners and other club members are expected to help if needed. Courses are provided for experienced orienteers.

**Rogaines/Score events:** in these events you plan your own course to get as many controls as you can in the time available, rather than having to follow the assigned course of a “classic” event. In Auckland there is usually a mass start, a race time of one hour and a penalty for finishing late. Controls are assigned 2, 3 or 4 points according to their difficulty so your planning has to take into account the point value as well as the location of a control. OK for everyone except white course children.

**OYs:** these are regional competition events where you choose your own course and start time and run according to rules agreed to by the Auckland region orienteering clubs. OK for novice and recreational orienteers.

**A events:** these are national events operated according to NZOF rules, are pre-entry and you compete officially in your age class and have assigned start times. OK for novice and recreational orienteers.

**Summer forest events** may be cancelled because of fire risk. If in doubt refer to the club website or contact person.

### March

Sun 2	CM	OY1	Huriwai, about 5km along the coast road from Port Waikato, signposted from the Tuakau Waikato River bridge, start 10.00 – 12.30pm
Tue 4	A	Park/streets	Mt Eden, Tahaki Reserve car park, 250 Mt Eden Rd
Sun 9	CM	Promotion	Totara Park, Wairere Rd, Manurewa, start 10 am-12.30pm
Tue 11	A	Farm	Selfs' Farm, Tidal Road, Mangere South
Wed 12	CM	Park/streets	Rooseville Park, Totara Ave, Pukekohe
Sun 16	NW	Score/forest	Otakanini map, signposted Parakai/Helensville roundabout on SH16, event centre is about 15 minutes drive from the roundabout, register by 10.30 am, briefing and maps 10.45 am, mass start 11am.
Tue 18	A	Park/streets	Craigavon, Connaught Street, Green Bay
Wed 19	CM	Park/streets	Showground, Station Rd, Pukekohe
Wed 26	A/CM	Park/streets	Lloyd Elsmore Park, Pakuranga
Sun 30	CM	Promotion	Waiuku forest, signposted from Waiuku, start 10am -12.30pm

**April**

Wed 2	A	Park/streets	Auckland Domain band rotunda.
Sun 6	NW	Score 2	Slater Road. Signposted from Parakai. Mass start 10:45am
Sun 6	NW	MTBO	Slater Road. Signposted from Parakai. start 1:30pm
Sun 13	A	OY2	Woodhill forest coastal strip, signposted from Restall Road on SH16, start 10.00 – 12.30pm
Sat 19	CM	A level event	AOA long distance championships, pre-entry.
Sun 20	CM	A level event	AOA middle distance championships, pre-entry.

**2008 Auckland Orienteering Calendar (as at Feb 20, 2007)**

Date	Club	Event
<b>March</b>		
Sun 2	CM	OY1
Sun 9	CM	promotion
Sun 16	NW	Score 1
Fri 21 – M 24	W	Nationals
Sun 30	CM	Promotional
<b>April</b>		
Sun 6	NW	Score 2
Sun 13	A	OY2
Sat 19–Sun 20	CM	AOA Champs
<b>May</b>		
Sun 11	NW	Score 3/OY3
Frid 16	CM	Franklin primary school champs
Sun 18	NW	OY4/Sec Sch
Tue 20	CM	Counties primary school champs
Sun 25	CM	promotional

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

**NZOF Major Fixtures 2008/2009**

Updated 31 August 2007 (copied from the NZOF website on Feb 21, 2008!!)

Date	Event	Host Club	Venue
<b>March</b>			
8,9	Otago Championships	DOC	TBC
21-24	New Zealand Championships	WOC	TBC
<b>April</b>			
19,20	Auckland Area Championships	CMOC	Waiuku/Maramarua
25-27	South Island Championships	PAPO	TBC
<b>May</b>			
1,2	Nth Is Secondary School Champs	Hawkes Bay	TBC
18	Urban Safari	OHV	Wellington metro
24,25	NZ Rogaining Championships	ROT/TAU	TBC
<b>June</b>			
May 31-2	QB 3-Day (WOA Championships)	Red Kiwis	TBC
<b>July</b>			
18,19	Silva NZ Sec School Champs	HAM	
27	National Ski-O	DOC	Waiorau
<b>September</b>			
	Nil		
<b>October</b>			
11-12	Canterbury Championships	PAPO	TBC
25-27	Labour Weekend Carnival	NW	TBC

<b>November</b>			
8,9	TONIC (Sprint 8, Middle 8, Long 9)	AOC	Woodhill/City tbc
<b>January 2009</b>			
3-12 tbc	Oceania Championships	PAPO	TBC
<b>April 2009</b>			
Easter	NZ Championships	CD clubs	TBC

Points to note:

- New event: the North Island Championships – 8,9 Nov, hosted by AOC.
- South Island Secondary School Championships will be hosted by Dunedin, date tbc
- Nelson OC considering NZ MTBO Championships in conjunction with Nelson Mtb Club.

**Overseas – Major Events 2008**

19-20/4	UK champs, Forres	25-30/7	Asian champs, Seoul
24-25/5	Scots champs	3-9/8	Welsh 6 Day
25/5–1/6	European champs, Latvia	29/8–7/9	European Masters Games
28/6–5/7	WMOC, Portugal	20/9-1/10	Australian foot and MTBO champs, Queensland
10–20/7	WOC, Olomouc, Czech	10-12/10	European Youth Champs
21-25/7	Oringen, Sweden		

Note that the **2009 WMOC** is based in Sydney, 10 – 17 October, preceded by the Australian Championships, 26 September – 4 October, at a yet to be announced location in Victoria.

**NZOF News – January 2008****New Zealand Orienteering Federation****General Manager:** Stuart Payne

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**Orienteering On-line at [www.nzorienteering.com](http://www.nzorienteering.com)****NEW COUNCILLOR**

The NZOF Council welcomes John Robinson (**Counties Manukau**) as the new **Auckland Area representative**. John replaces Nicola Kinzett, who resigned at the end of 2007. Nicola's work commitments mean she will no longer be resident in the Auckland area. The NZOF thanks Nicola for her time (close to three years) on the Council.

**MEMBERSHIP AT NEW HIGH**

NZOF membership, at 1,690, reached a new high as of the end of 2007. Membership grew by 45 in the South Island and 11 in the Auckland Area. However, despite strong growth in Hawkes Bay (the largest club in 2007), Wellington Area membership fell by 14, and that for Central Districts by 29.

Membership retention at 74.5%, however, was down on 2006 (79.9%). This was partly the result of only half of all new members in 2006 being retained in 2007. Nevertheless recruitment of new members in 2007 was impressive; at 416 they made up a quarter of all members as at the end of 2007. The largest recruitments of new members were made by Hawkes Bay, PAPO and Nelson.

### *JALAS SPONSORSHIP*

NZOF, and in particular the NZOF Development Squad, continues to benefit from sponsorship courtesy of The MAPsport Shop through the sales of J alas O-shoes. The NZOF thanks Michael Wood and The MAPsport Shop for this ongoing support for orienteering.

### *NZOF FUNDING FOR MAJOR EVENTS*

At its meeting on 1 December, the NZOF Council reviewed the 25% event levy policy. While it confirmed that the current 25% level be continued, there is discretion for clubs to apply to the NZOF for grants to host major events.

Such funding assistance recognises that major events are an investment in the future of orienteering since they:

- Require the production of new or updated maps;
- Employ the use of modern event technology;
- Require high standards of event organisation, which in turn requires the employment of more volunteers than for club events;
- Provide top-level experience for the planner/controllers(s) involved.

### *APPOINTMENTS*

Norm Jager (Auckland) and James Bradshaw (Counties Manukau) will be the manager and coach respectively of the 2008 Silva New Zealand Junior team at JWOC.

Dianne Michels (North West) has been appointed to replace Christina Freeman on the NZOF MTBO Committee. The NZOF thanks Christina for her service on the committee.

Alister Coulter has stood down from the NZOF Rogaine Committee. In line with the MTBO Committee, the Rogaine Committee will now remain at four members.

### *REAPPOINTMENTS*

NZOF Officers reappointed for 2008 include Carsten Jorgensen (High Performance Director), Graham Teahan (Technical Director), Geoff Morrison (Secondary School Coordinator), Paul Smith (Webmaster), Mick Finn (Editor, *NZ Orienteering*), Bryan Teahan (Statistician), Jamie Stewart (NOS Coaching Coordinator) and James Bradshaw (D-Squad Coaching Coordinator). The Selection Panel and the MTBO and Rogaine Committees, other than as noted above under appointments, remain unchanged.

Carsten Jorgensen has also agreed to continue as Acting Coaching Director until an appointment is made, see Vacancies at end of this news.

### *MAPPING WORKSHOP*

An NZOF Mapping Workshop will be held, as part of the Waitangi Summer Carnival, on Friday 8<sup>th</sup> February in Auckland. For further details contact the Technical Director, Graham Teahan: phone (06) 329 3938 or email [gteahan@xtra.co.nz](mailto:gteahan@xtra.co.nz), or check out the notice on the NZOF website.

### *ORIENTEERING CONTRACTORS*

As part of a strategy to ensure that professional standards are maintained in New Zealand and are available to as many clubs as possible, along with a need to ensure succession planning, the NZOF has begun developing a database of people providing contract services within orienteering. While such services are principally mapping services, they can encompass the full range of orienteering services. Accordingly clubs and individuals are asked to advise the General Manager of contractors that they are aware of.

### *PUBLIC LIABILITY INSURANCE*

In line with the requirements of a major forestry company, the NZOF's cover for Public and Products Liability and under the Forest and Rural Fires Act has been increased for 2008. Further details are available from the General Manager.

### PM's SCHOLARSHIPS

After seven years of successful NZOF nominations for Prime Minister's Athlete Scholarships, administered through SPARC, orienteering will have no scholarship recipients in 2008. This is the result of the scholarships being made contestable across all sports as well as orienteering as a non-Olympic and Commonwealth Games sport not being rated highly enough in SPARC's high performance mission of "more New Zealanders winning on the world stage".

On the plus side, however, Marquita Gelderman has been awarded a Performance Enhancement Grant, based on her 8<sup>th</sup> place at the 2006 World MTBO Championships, to pursue her quest for a medal at this year's World MTBO Championships in Poland.

### NEW SILVA AWARD

With the agreement of the sponsors, Ampro Sales Ltd, the NZOF Council has decided to replace the existing Silva Magazine of the Year Award with a new award, the Silva Event Organiser of the Year Award. Further details will be provided to clubs with the call for nominations for awards. It should be noted that while the NZOF AGM will be held independent of Nationals (see next item), the annual awards will still be announced at the Nationals at Easter.

### 2008 NZOF AGM

The Annual General Meeting of the NZOF will be held in Wellington on the weekend of 12-13 April.

The AGM will be held in conjunction with a Strategic Planning Workshop, which will aim to outline the priorities for the renewal of the national strategic plan through to 2012. Participation at the workshop (and therefore the AGM) will be funded by the NZOF. Details about the workshop have already been sent to clubs.

### VACANCY: MARKETING AND PROMOTION OFFICER

This is a new contract position, incorporating the previous volunteer roles of Media Officer, Ampro Liaison Officer and the marketing-promotion role of the Editor of *New Zealand Orienteering*. As such the primary role is to foster and promote orienteering through the various forms of media and through sponsorship agreements.

The position will commence as soon as possible. A job description is available from the General Manager.

### VACANCY: COACHING DIRECTOR

The national position of part-time, paid contract Coaching Director for 2008 remains open.

The primary role of the Coaching Director is to identify the needs and priorities of orienteering coaching within New Zealand. This is translated into a network of coaches at various levels, with support (personal and materials) depending on funds available.

Applicants should have strong administrative and interpersonal skills as well as coaching experience and senior NZOF coaching qualifications (or equivalent). A job description is available from the General Manager.

### VACANCY: WOC 2008 MANAGER

The national volunteer position of Manager for the Silva NZ team to compete at the 2008 World Champs, 10-20 July, in Czech Republic, remains open. A job description is available from the General Manager.

The NZOF acknowledges the support of

**Sport & Recreation New Zealand**  
**SILVA**  
**David Melrose Design**  
**The MAPsport Shop**  
**Inov8**  
**New Zealand Community Trust**

**The Lion Foundation**  
**Oxford Sports Trust**  
**The Southern Trust**  
**The Scottwood Trust**  
**Perry Foundation**  
**McNally Valuation (2000) Ltd**  
**Tinelli Bikewear Performance**  
**Signs @Work, Picton**

## Auckland Chatter

Hi All

2008 is officially underway in orienteering after the new season was kicked off by the Waitangi Summer Carnival, held from February 2-10. It was a great success once again with an international flavour given particularly by the large number of Aussies in attendance.

I hope the club members who went to Waitangi carnival enjoyed it and thanks to all the organisers for some really great events. The Katoa Po night relays that are traditionally held around Taupo in March were held during the carnival and unfortunately Auckland lost the trophy to Hawkes Bay after holding it for the past year, but we still had a good showing in both the 5 and 7 team member categories. It was great to see so many overseas competitors at the event, too – AOC was represented in various relay teams by adopted members from Finland, Sweden, Russia and the United States.

We welcome more new members to the club: Geoff Fisher; Kiri & Sam Windross and the Moore family – Allan, Julia & Ryan. We look forward to meeting you at some of the upcoming club events. It was great to see that several of our new members had made it to the first forest event for the year. For our new members who may have only experienced orienteering in the summer series, we are very happy to offer assistance to new members to adjust to the different and sometimes more challenging environment posed by forest events. Please don't hesitate to ask for any help you may need.

As usual the summer series has been a combined effort with many club members contributing. We hope everyone has enjoyed some good orienteering in some really nice summer weather this year. The post-Christmas events are well underway so make the most of daylight savings and get along for a run.

For those members whose membership expires this month you should by now have received your subscription renewal notice by email. That is our attempt to save a few trees and preserve our forests for orienteering! If you haven't got it in your virtual letterbox yet, then it is possible your email bounced - if so, please email [jagers@xtra.co.nz](mailto:jagers@xtra.co.nz) to let us know you haven't received one and we will make sure you get a copy of the form. Alternatively you can download a copy from the website. To keep the magazines coming you need to be a financial member so hopefully this will serve as a friendly reminder!

Nationals are also quickly coming up. AOC always has a good turnout and it is a tradition we would love to continue at the upcoming events in Wairarapa at Easter. With only a few weeks to go it is time to get entries in! I will be in touch closer to the time with more information about getting relays together.

See you in the forest soon.  
Simon Jager, Club Captain

**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.

## Tibet – Kathmandu: NotSoFar

*By Jill Dalton*

'Good morning, tea ready' heralded another day, usually 6.30 or 7 a.m. Cowering in the warmth of our sleeping bags, knowing we had about 10 minutes before bowls of washing water arrived, followed by the flurry of dressing, packing up, and another day on the bike.

Lhasa to Kathmandu – 1,000 kms, and 9,750 vertical metres of climbing in 20 days on mountain bikes. The plan, masterminded by Graham Frith (PAPO – ed), our friend in Hanmer Springs, came as a sly invitation. Something like 'fancy a bit of mountain biking in Tibet'? The outcome – a group of 12 Kiwis (4 guys, 8 gals aged from mid-30s to early 60s) on their bikes amongst the dust and arid landscapes of Tibet.

### Training

There was a bit of frenzied training ranging from biking to work, to longer rides after work, and even longer rides in the weekend (40+ kms). Jim and I, being the only Aucklanders in the group, frequented Woodhill Forest, the back roads round the airport, and even the streets of Mangere and Otahuhu dodging the traffic (good for coping with the mayhem of traffic in Kathmandu) with a final long distance foray into the Tongariro Forest (John MacDonald Road in the cold and wet). All good preparation, time in the saddle, riding in traffic, some off road and a bit of training using cleated shoes = learning how to fall off gracefully.

Did this prepare us for high altitude biking, extremes of temperatures, billowing clouds of dust, crazy Land Cruiser drivers, inquisitive locals and largely uninterested dogs? Well sort of but in other ways not really as you can't practice the effects of high altitude biking (the whole trip was between 3600 m – 5200 m) in NZ.

### The start

The trip started in Kathmandu, Nepal where our bikes were collected and carted off by truck to Lhasa in Tibet. We then flew by Air China to Lhasa (3,600m) and spent a few days acclimatising. Annexed to China in the 1950s, Lhasa is now a very much bigger city than it used to be mostly due to the huge Chinese

influx. Along with this have come a fancy new airport, more upgraded and sealed roads, and a wealth of supermarkets selling just about anything you need.

Our senses were assaulted with the diversity of the markets and some of the weird and wonderful things for sale (look the other way vegetarians)! We visited Potala Palace one of the wonders of Eastern architecture, built in the 1600s and home to most of the Dalai Lamas. Many worshippers daily circumambulate the palace swinging prayer wheels and chanting their mantras.

### Day 1

The first day out on the Friendship Highway after the bikes arrived and had been reassembled took us through the streets of Lhasa (thank goodness for cycle lanes), and out on good sealed roads. The day was warm, skies blue and the going relatively straightforward.



A good shake-down ride. 83 kms later, having climbed very little, we really had had enough and collapsed under the shade of some spindly trees at our first campsite.

We were supported by a team that included a truck (with all our gear, camping gear and food), a land cruiser, two drivers, a Tibetan guide, two Nepalese guides, two cooks and two camp helpers. This was great in that we didn't have to carry a lot of gear on the bikes, just snacks, fluid and clothing for the day.

## Day 2

The second biking day was a bit of a shock. Our first pass Khamba La was 4,794 m high with 1,100 m of climb. Now, the only way this was going to happen was by breaking it down into small bits.

Today we thanked the Chinese road builders who had built an enormous number of switchbacks snaking their way up the hillside, suitable for trucks, at a grade of about 1:25. We resorted to stopping every 100 vertical metres and building numbers on the side of the road as milestones (later it was every 50 metres and towards the end 25 m).

Hooray for Ipods, chocolate and the encouragement of the tourists in the passing Landcruisers. I don't think we have ever been photographed so much.

We gasped our way to the top of the pass for a late lunch under scrutiny by the locals and their dogs, along with outdoor pool tables to while the day away. Then Graeme broke the news (he had just found out from vehicles at the top) – 'the road is closed down the other side, we're going to have to go back down'. Like stunned mullets we backtracked to our previous campsite in a fraction of the time whizzing around the switchbacks, not forgetting to look at the stunning views.

A bus was found to take us around an alternative route to rejoin our intended itinerary at Shigatze (second largest city in Tibet). This saved many hours of biking about 120 kms up a valley in the heat.

From Shigatze the scene was set. Get up, bike over a pass (Pass = La), down the other side to camp. Eat. Sleep. Tra La 4,050 m; Yulong La 4,541; Lhakpa La 5,258 and Pang La 5,212 to arrive at Rongbuk Monastery just 8 kms from Everest Base Camp on Day 10.

## Everest

It is hard to find words to describe the overwhelming experience of being at the foot of Sagarmatha (Mt Everest). It dominates the landscape and is compelling viewing. We spent two nights there just soaking up the scenery, eyes were constantly drawn to the ridge lines and summit profiles with the knowledge that a lot of people were up there climbing.

Probably 50% of the trip was on gravel roads, corrugated, dusty and unforgiving. The land cruisers caused us constant grief with their wild driving and lack of consideration. Mutterings of writing to the Government Tourist Agency were heard, and even stand up arguments with the drivers were had as we tried to encourage some respect for cyclists.

From Rongbuk we backtracked to continue over more high passes for another 5 days until we reached Nylam which was really the trigger for our descent off the Tibetan Plateau. A crazy 3,000 m of downhill followed, firstly through a gorge beset with road construction. We were re-introduced to vegetation, waterfalls, heat, increasing trucks on the road and finally arrived at the Tibet/Nepal border. To our delight, sealed roads started appearing again and the cycling got easier but the heat got worse.

Two days later we were on the outskirts of Kathmandu. Initially we had some concerns about trying to cycle into the city but as it happened a strike was on and all traffic banned except for cycles, pedestrians and tourist buses. Apart from dodging the burning tyres and crowds of protestors it was only a struggle through the heat to get to our hotel and collapse weary but elated on the front steps.

That night the group tried to have a celebratory dinner in Kathmandu, tried – but most of us were in bed by 8.30! We did it!

## Horoscopes

### **Pisces** (Feb 20 – March 20)

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

### **Aries** (March 21 – April 20)

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

Lucky control feature: impassable cliff.

## Orange course exercise

The map on the front cover of the February issue was of an orange course. Your task was to identify attack points, catching features, route choices and their associated stepping stones (see article in February newsletter) for each leg. The answer guide is:

- Leg 1: attack point = N corner of clearing.  
Catching feature = large depression  
Stepping stones = none  
Route choice = none, red line on compass to the clearing
- Leg 2: attack point = depression to the W of the control  
Catching feature = road  
Stepping stones = large depression, attack point.  
Route choice = none, red line on compass,
- Leg 3: attack point = SE end of clearing  
Catching feature = track  
Stepping stones = difficult to run area, long thin clearing  
Route choice = (a) red line (b) around W tip of difficult to run area but coming end on to the clearing.
- Leg 4: route choices (a) track to intersection with road then compass direction  
(b) compass red line.  
(The track is sandy and without a hard edge, the forest is a slow "fast run" with quite a bit of rubbish underfoot. Judgement call at the time as to which is better.).  
Attack point = undergrowth patch to the south of the control  
Catching feature = clearing
- Leg 5: Route choice (a) red line (b) sidling which is an extra 200m but 25m less climb  
(c) climb 10m towards the N under the undergrowth area then side. No clear advantage in climb versus length for any one of these three choices and the attack points of depression and track are the same as the clearing catching feature.
- Leg 6: Attack point = sharp track bend to the E of the control.  
Catching feature = 10m hill behind control  
Route choice/stepping stones = on compass to the W, down the hill on the track to the clockwise bend and then through the drinks to the bend and over the hill in front of the control.
- Leg 7: Route choice/stepping stones (a) red line to E of hill and on to track bend, 80 m to small hill as attack point. Catching feature of track.  
(b) on compass towards large depression to NE of control 7 passing to the W of a track bend and track intersection and up the reentrant to the NE of the control.  
The latter is 50m longer but looks safer as the small hill may not be obvious and the broad track bend does not provide an accurate starting point for attacking the hill. Poor visibility in the forest would favour (b). The track option is a yellow course strategy and as an orange course orienteer you will, of course, be looking to practice your contour reading skills!
- Leg 8: Red line with the control site at the beacon of two small hills, which were prominent on the ground, that is, the attack point is the control site. The visibility was very good. No catching  
A hard orange control or easy red.
- Leg 9: A few degrees W of the red line to the track intersection and off the next corner as the attack point with the track behind the control as a catching feature.

## Route choice – an exercise

The section of the map below is from the red 3 course on the Aramiro map, which was one of the Waitangi Orienteering Carnival events. The forest is fast run with good visibility. A – D below gives four of the more popular choices on leg 2. The gray patches near control 2 are vegetation and those before the track are clearings.

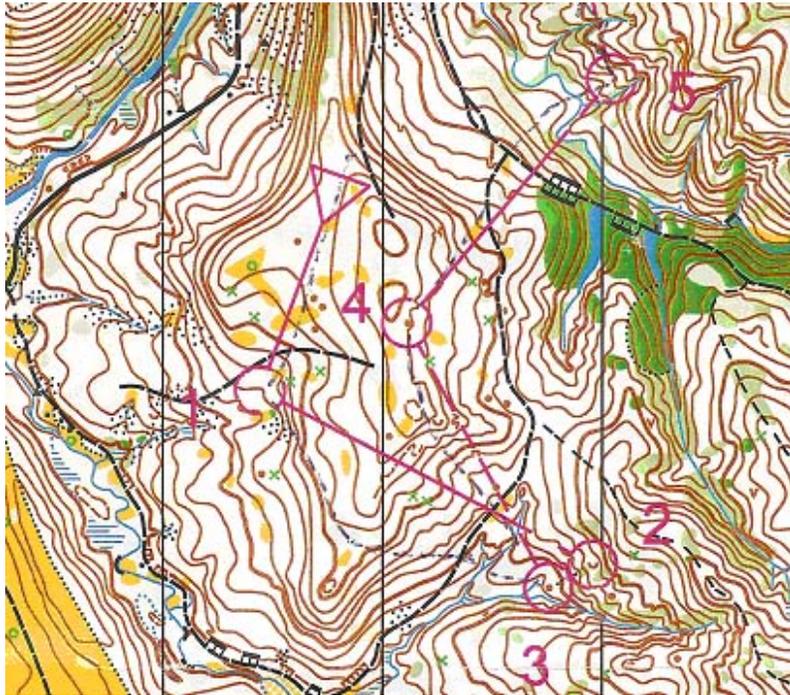
A: over the top of the hill to the East of control 1, down the spur to the track on the saddle and sidle around to the control.

B: climb in a SE direction alongside the boulder field to the North of the clearing in the saddle on the spur, down on compass to the upper stream junction to the East of the track, across a broad spur to a small reentrant in sight of control 3 and then up to control 2 on compass.

C: sidling 300 m South above the steep section below the knoll on the SW spur, down on compass to the stream junction, up the stream to control 3 and hence to control 2.

D: exit control 1 SW downhill to the track, run the track and sidle into the stream from where the track begins to rise just before the boulder field, up to the stream junction and hence to control 2 via control 3.

Be generous, give yourself 30 seconds to decide which is the best route choice then read on.



The table below shows the length and climb for each route. The % column shows what proportion that the leg time was of the total time for a competitor who made that route choice and made no navigation errors on this leg or anything of any significance on the remaining legs.

Route	Length, m	Climb, m	%
A, over the top	450	40	18
B, climb to the saddle	480	35	20
C, sidle below the knoll	630	20	19
D, down to the track	900	40	27

Route D was clearly an inferior choice. The extra distance covered in B and C, compared with A, balances the reduced climb. B and C appear safer given control 3 as an attack point than the 'wild blue yonder' in the 200 m sidle from the saddle.

## Carbohydrates

Notes taken at an NZOF workshop and published in the national magazine in May 1997 and edited for this magazine - ed

### The Pre-event Meal

The meal the night before a major event is very important as it provides the glycogen stores for the event. It should be consumed 12-14 hours before the event, be high in carbohydrate, low in fat, protein and fibre. Beware of pasta parties with rich high fat sauces. Lasagnes are high in fat and protein.

Eat breakfast at least two hours before the start of an event and it should be high in carbohydrate, low in fat, protein and fibre, not spicy or gassy and familiar to you.

### Food for Recovery

- Exercising muscles use glycogen as a fuel. In order to be able to compete or train again at the next session this glycogen needs to be replaced.
- Muscles are most receptive to glycogen replacement in the first hour of finishing training or competing.
- The most suitable food is high in carbohydrate. Both simple and complex carbohydrates are equally effective at glycogen replacement.
- The body burns fat in a carbohydrate flame. Even when the body starts to burn fat as it does in endurance races, there has to be carbohydrate present.
- When the body stores of carbohydrate run low, speed will decrease

### Fluids for Recovery

Fluids are also important for recovery and should be consumed at regular intervals until clear urine is passed. Alcohol should be avoided until rehydration has been achieved. Alcohol will also inhibit glycogen resynthesis.

### 50gm Carbohydrate Snacks

Carbohydrate should be consumed (as food or fluid) at the rate of 1.0 - 1.5 g per kilogram of body weight in the first hour of finishing exercise.

250 ml carbo-loader supplement  
 250-350 ml liquid meal supplement  
 800-1000 ml sports drink  
 800 ml cordial  
 500 ml fruit juice or soft drink  
 50 g jelly beans  
 Mars/Moro Bar – high fat choice  
 3 Muesli bars – may also be high fat

### 25g Carbohydrate Snacks

1 muffin	
5 tsp jam/honey	
1 bread roll	
2 slices bread	1.5 medium potatoes
¼ cup raisins	2/3 cup cooked pasta
7 dried apricots	1 cup cooked porridge
1 banana	2/3 Weetbix
2 apples, oranges or pears	½ cup muesli
½ cup cooked rice	

## Tactics of Mistakes

*By Bill Teahan in MapSport and lightly edited for this newsletter. The second part of the article will be published next month – ed.*

You've heard that saying - "Learn from your mistakes". That's easier said than done, especially in orienteering when sometimes it seems that you keep on repeating the same mistakes over and over again. Below is a four point game plan on how to *really* learn from your mistakes.

### ***Never make a mistake in the first place.***

This may seem a crazy tactic but it's the best one and the one that works all the time. Always do it right so that you won't have to worry about making or correcting a mistake in the first place. Of course, that's easier said than done!

#### Concentrate on the basics:

- a) *know where you are, and where you want to be and*
- b) *look ahead, look all around, and look at your map.*

#### Read the map and think ahead:

- c) *always plan your route first.*

Never leave a control or just keep running without having some idea of where you are going.

#### Simplify

Break each leg up into parts. Sort out the big features you want to find along the way. Then choose your route between these points, *one at a time*, unless you have time to look ahead. Never ever run without some idea of where you are going. Always plan ahead, even if it's only the next 100m.

- d) *Understand the map.*

Don't ignore those spaghetti patches because they are too hard to read. Don't ignore the contours because you can't tell what's up and what's down. Try to understand them. Look for the big features which you know you can find.

If you don't feel confident in reading certain terrain - practise. Set courses on difficult maps. Imagine running each leg *without a map to refer to*. Draw a "mental map" of the main features you memorized. Did you miss any features? Would you feel safe using it? If not - try again. Make a partner use the "mental map" to locate where each control is on the map (both at home and out on the map itself).

Read the map and the contours! The difference between an A and B grade orienteer is simply that the A grade orienteer reads the map more. Are you content on being a B grade orienteer all your life?

- e) *Concentrate.*

"Concentration is the secret of success". Never think a control is easy. You can make a mistake on an easy leg just as on a hard leg. Don't get bored. Treat every leg with the same caution. Every course and every leg poses a different problem. Beware.

### ***Expect the worst - you will make a mistake.***

Murphy's Law - *"If anything can go wrong it will"*. You can make a mistake anywhere. You can

be cruising along imaginatively fitting the map to where you aren't. Be prepared to admit you've made a mistake. The sooner the better before it becomes a bigger error. Don't continue ignoring a minor discrepancy such as an extra track or clearing hoping it'll all sort itself out later - **it won't.**

*Know your weaknesses.* Recognize where you are likely to make a mistake from the mistakes you've made in previous events. If you often keep running without knowing exactly where you are going, learn to keep telling yourself "Do I know where I'm going?" If you keep on running out of a control without checking your direction, consciously remind yourself after each control to check. If you often miss important features leaving a control, learn to look for them. If you regularly miss seeing viable route choices, deliberately check all options when deciding on a major route choice.

***Don't make the mistake worse than it is.***

Admit you've made a mistake. Do something about it. Don't ignore it.

Choose the safest method of relocation. Don't keep running on without a plan or start a grid search. Run to the nearest major attack point or collecting feature or try to work out where you could be. Try to remember where you have been recently and where things didn't start fitting. Look for places where you could have made an error such as parallel features. However, in most cases it is quickest and safest to relocate on the nearest collecting feature rather than try a riskier technique.

Forget all about it.

"What's behind you is not important". Don't try to make up time. Try to beat it.

*Not:* "I've lost 5 minutes at that control. I've got to make it up somewhere".

*Instead:*

"I don't think I can beat 50 minutes, but I'll have a good try". "Let's see if I can do the last four controls in 10 minutes".

It's the next mistake that will finish you, not the previous one.

***Learn from your mistakes. Don't repeat them.***

Look at your weaknesses - try to eliminate them. Consciously remind yourself of things you often do wrong while you are competing. Learn to recognize your mistakes while you are doing them.

It's hard to find out for yourself where you are going wrong. It's difficult to self-criticize. Often, it's easier to have someone else do it for you.

Analyse your mistakes after each event. Keep a record of them. Get someone to look them over or reread them after a month or so.

Don't jot down aimless observations. Be organized. Try to get to the *real* reasons for your mistakes. A post-mortem after each event is very important.

The usual form a post-mortem takes is to write a description down of what happened leg by leg and to note what you should have done. This is worse than useless. Often, there might be more than one mistake in a leg. Figuring out what you should have done is relatively simple. Figuring out what went wrong and why is harder, and far more important. (This will be the substance of the rest of the article in the next newsletter – ed)

**Farm/forest access roads:** 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.



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The  
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