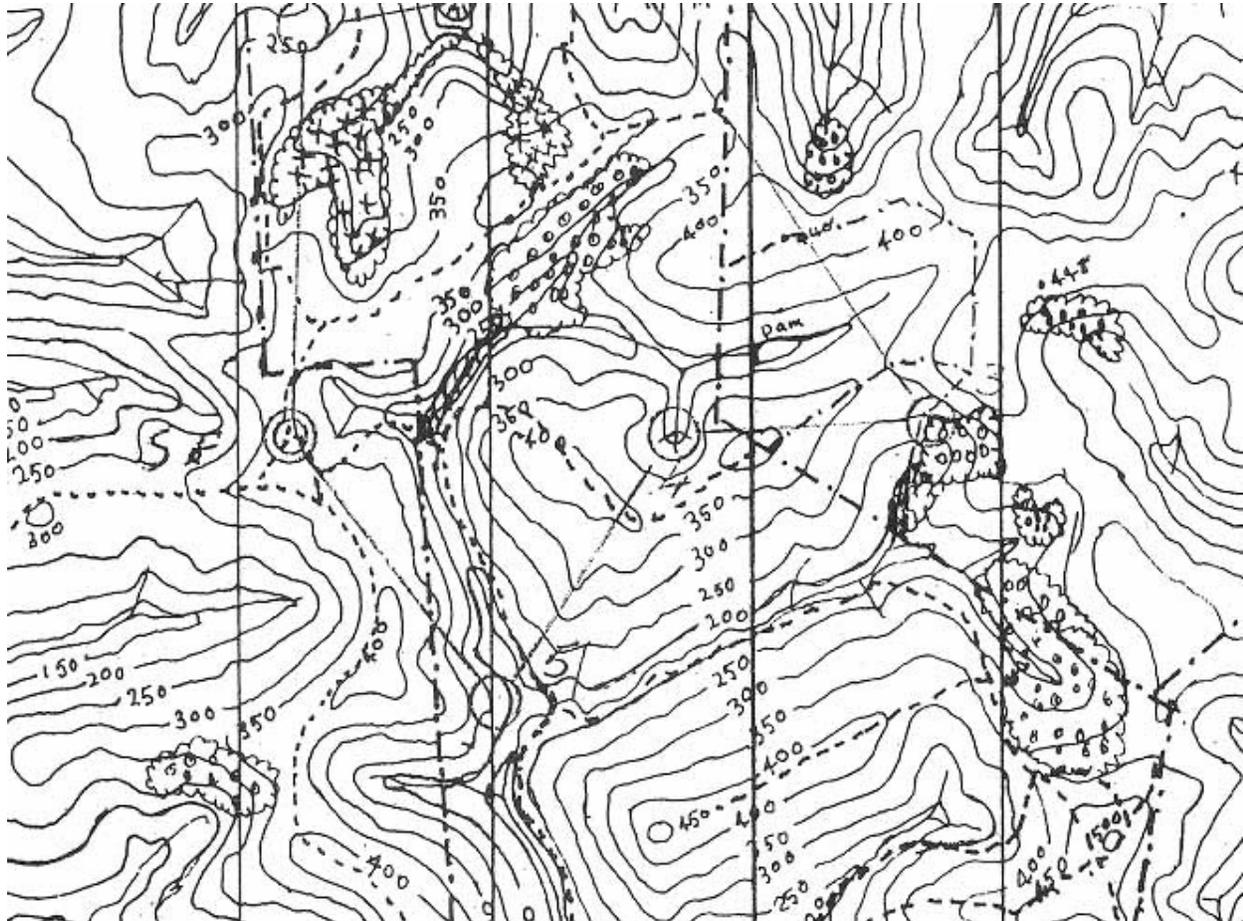




# The Auckland Orienteer



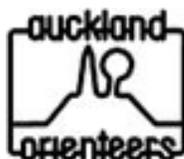
This is part of the map from the first Australia versus New Zealand international orienteering event in 1972. Black and white, contours in 'feet' (1 metre = close to 3 feet), scale 1:15,000 and the wiggly-edged patches contain vegetation. Pick the other symbols! The feature article for this issue is about maps.

The teams in the 1972 event were likely the same as in 1973:

Men: Colin Battley, Alan Brown, John Davies, Beau Doherty, Ralph King, Roy Leaming, Sverre Moen, Dave Morrison, Tony Nicholls, Gordon Pirie, Frank Smith, Bill Switzer and Dennis Townsend.

Women: Robyn Davies, Diane Smith, Margaret and Pauline Vercoe,

July 2008



## Editorial

### International control descriptions

Note that:

- the website: [www.sitemaker.umich.edu/susan.lee.douglas/files/orienteering\\_clue\\_symbols.pdf](http://www.sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf) provides a one page description of the international control descriptions (ICDs),
- [www.fortnet.org/icd/](http://www.fortnet.org/icd/) is an interactive website to help you teach yourself about the ICDs and
- the technical section of the NZOF website provides a comprehensive and informative statement about ICDs.

### Map legends

A map legend is the table of map symbols and their meanings, for example, 'v' for a pit. Frequently, course planners do not include legends on maps on the assumption that you will know them or take one around your course if needed.

Relevant websites to help you learn the symbols are:

- the "sprint orienteering map" section of the technical chapter of the NZOF website and
- [www.treklite.com/bok/control\\_description.htm](http://www.treklite.com/bok/control_description.htm), which covers both legends and ICD symbols.

Parents – please note that it is particularly important for beginners that they have a copy of the legend when out on their courses. Make sure that they know how to read it. Yellow courses do not require the reading of contours and white courses follow man-made linear features like roads, fences and tracks.

Clubs often have copies of legends stored in their caravan - ask at the registration if you need one.

**Event organisers/coordinators** - it would be helpful if you displayed a legend and international control descriptions on a notice board at events.

John

## Editorial Bits

### Next Issue: August 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

Auckland Orienteering Association, 132 Waikoukou Valley Road, RD2, Waimauku

*The Auckland Orienteer is the monthly magazine of the Auckland Orienteering Association. It is produced monthly, except January, and is available online from [www.nworienteeing.org.nz](http://www.nworienteeing.org.nz). Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.*

### Cancer

June 22 – July 23

Remember not to get bogged down in fine detail, but to keep moving steadily forwards at all times.

As this is hard for the sideways-walking Crab, you may have to approach your goals obliquely.

Lucky control: any side of a building or boulder.

**Notices****NZ Team for WOC 2008**

The SILVA New Zealand Team to compete at the 2008 World Orienteering Championships to be held in Olomouc, Czech Republic on July 10-20, 2008.

**Women** - Greta Knarston, CM, sprint, middle, long

**Men** -

Michael Adams, PAPO, long,\*

Chris Forne, PAPO, sprint, middle,\*

Neil Kerrison, NW, long\*

Mark Lawson, NW, middle, long\*

Ross Morrison, HB, sprint, middle, relay

Thomas Reynolds, NW, sprint

\* Remaining relay team members to be selected from these athletes.

Manager: David Stewart

**NZ Team for World MTBO Championships 2008**

*Ostróda, Poland, August 24-31, 2008.*

**Men**

Greg Barbour, Orienteering Taranaki

Chris Forne, Peninsula & Plains Orienteers

**Women**

Kath Copland, North West OC

Marquita Gelderman, North West OC

Emily Wall Peninsula & Plains Orienteers

**NZ Team for World Junior MTBO Championships 2008**

*Ostróda, Poland, August 24-31, 2008.*

**Women**

Georgia Whitla, Peninsula & Plains Orienteers

Team Manager: Rob Garden

*Jeff Greenwood, NZOF Convenor of Selectors*

**NZ SKI ORIENTEERING CHAMPIONSHIPS**

*26/27<sup>th</sup> July 2008*

**VENUE: WAIORAU SNOW FARM**

**Day 1 – Sprint biathlon Orienteering**

**Day 2 – NZ Championship Ski Orienteering**

Entries close July 14<sup>th</sup>

Limited late entries will be accepted at the discretion of the organisers. Map printing and the use of Sport Ident timing system make it impractical to accept large numbers of entries on the day.

**For inquiries contact:** event co-ordinator, Annie Grant, Phone 03 4883254, [agrant@clear.net.nz](mailto:agrant@clear.net.nz)

**Entry forms:** [www.dunedinorienteering.com](http://www.dunedinorienteering.com)

## 2008 SILVA NZ SECONDARY SCHOOLS ORIENTEERING CHAMPIONSHIPS (Incorporating Year 7 & 8 events)

INDIVIDUAL CHAMPIONSHIPS – Friday 18<sup>th</sup> July  
RELAY CHAMPIONSHIPS – Saturday 19<sup>th</sup> July

Te Awamutu

All event information, entry forms, start draw and results is available on the event website [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz).

ENTRIES CLOSE 4<sup>th</sup> July    ENTRIES CLOSE 4<sup>th</sup> July

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### New Zealand Orienteering Federation

**General Manager:** Stuart Payne  
171A Fifiel Tce, Christchurch 8023, NEW ZEALAND  
ph: 64 - 3 - 337 2275 email: [nzof@nzorienteering.com](mailto:nzof@nzorienteering.com)  
**Orienteering On-line at [www.nzorienteering.com](http://www.nzorienteering.com)**

### NZOF NEWS – JUNE 2008

#### CONGRATULATIONS

Well done to the Taupo club for a successful national rogaine championships, albeit possibly the fastest 24 hours of rogaining on record (see results on [www.cdorienteering.co.nz](http://www.cdorienteering.co.nz)). A big thanks to Lance Eccles, Mark Copeland and team.

#### NATIONALS 2009

Please note that the 2009 NZ foot-o championships will now be hosted at Easter by the Auckland club (assisted by North West) and not the Central Districts' clubs as originally advertised. Further details in due course.

#### ACKNOWLEDGMENTS

The NZOF acknowledges, with appreciation, the following grants:

- **The Southern Trust** for airfares for the Silva NZ Junior team to JWOC;
- **NZCT** for airfares for the Silva NZ Junior team to JWOC;
- **Lion Foundation** for airfares for the Silva NZ team to WOC.

#### CODE OF CONDUCT

The NZOF Council has approved a Code of Conduct for NZOF training camps. The code sets out standards of behaviour for participants, who will be expected to agree to these standards. The code will be published in the near future. A similar code, in due course, is to be released for national teams.

#### TEAM APPOINTMENTS

Rob Garden has been appointed manager of the New Zealand teams competing at WOC & JWOC MTBO in Poland during August. The teams can be found on the NZOF website.

Derek Morrison has been appointed manager of the NZ Schools team to compete in the Australian Schools Championships in Maryborough, Queensland, late September. The team will be announced early in August. (Note also that a NZ Schools team will be contesting a test match against Australia at the Oceania Carnival in January, see advertisement below for team manager.)

Unfortunately Dave Stewart has had to withdraw as manager of the Silva NZ team for WOC.

#### **VACANCY: NOS COACHING COORDINATOR**

NZOF advises that Jamie Stewart has resigned from this position but is continuing in an acting role until a new appointment is made. NZOF thanks Jamie for his contribution over the last two years.

The position is a volunteer one. The National Squad Coaching Co-ordinator is primarily responsible for raising the performance levels of a selected group of elite orienteers, with a view to improving the results achieved by New Zealand representative teams. This is a two year appointment. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 31 July.

#### **VACANCY: ANZ CHALLENGE TEAM MANAGER**

Applications are invited for the position of Team Manager for the 2009 ANZ Challenge to be held in the South Island in January 2009, as part of the Oceania Championships carnival.

The manager is responsible for the financial and logistical matters pertaining to the team and is expected to attend the ANZ Challenge events with the team. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager.

Applications close 30 September.

#### **VACANCY: MANAGER, NZ SCHOOLS TEST TEAM**

Applications are invited for the position of Manager for the NZ Schools Team to contest a test against an Australian Schools team, as part of the Oceania Championships carnival, January 2009. The specific events will be individual match, Friday 9<sup>th</sup>, and relay match, Saturday 10<sup>th</sup>, both in North Otago. Direct expenses will be reimbursed within the budget. A job description is available from the General Manager. Applications close 30 September.

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**

**The Southern Trust**  
**Perry Foundation**  
**Pelorus Trust**  
**Bendigo Valley Sports & Charity**  
**Foundation**  
**Signs @Work, Picton**

## **Results**

### **Auckland Region Year 7 and 8 Inter-school Champs Results**

The inter-zone Year 7 and 8 championships were held at Cornwall Park on Tuesday 27 May.

#### **Individual Champions**

##### **Year 7 Girls**

- 1 Alex Agnew, Wairau Int, 20.57
- 2 Christine, Papakura Normal Int, 21.31
- 3 Madison Davies, Farm Cove Int, 23.12

##### **Year 7 Boys**

- 1 Jarred Curtis, Royal Oak Int, 17.09
- 2 Sam Turner, Conifer Grove Int, 18.10
- 3 David Perry, Bombay School, 18.34

##### **Year 8 Girls**

- 1 Sian Morrison, Remuera Int, 19.06
- 2 Brigitte Handcock, Bombay School, 21.36
- 3 Zhane Harvey, Blockhouse Bay Int A, 21.39

##### **Year 8 Boys**

- 1 Daniel Buzmakov, Remuera Int, 17.04
- 2 Jonty Morreau, Remuera Int, 17.24
- 3 Hamish Fox, Pukekohe Int, 17.39

Teams of 6 competed in the school team event with the best four results of each team added to give a team time. The first ten places are recorded below.

<b>Year 7 Boys</b>			<b>Year 7 Girls</b>		
		<b>17 teams</b>			<b>16 teams</b>
1	Bombay School	81.18	1	St Joseph's, Pukekohe	109.08
2	St Joseph's, Pukekohe	96.46	2	Pukekohe Int	111.09
3	Auckland Normal Int	97.50	3	Papakura Normal Int	113.50
4	Blockhouse Bay Int A	100.20	4	Northcross Int	118.54
5	Albany Junior High	104.60	5	Wairau Int	121.46
6	Pukekohe Int	105.20	6	Waikowhai Int	125.10
7	Remuera Int	108.20	7	Bombay School	126.24
8	Bombay School	111.27	8	Takapuna Normal Int	128.59
9	Papakura Normal Int	114.45	9	Blockhouse Bay Int A	129.08
10	Waikowhai Int	119.12	10	Blockhouse Bay Int B	129.56
<b>Year 8 Boys</b>			<b>Year 8 Girls</b>		
		<b>23 teams</b>			<b>20 teams</b>
1	Remuera Int A	75.31	1	Bombay School	94.27
2	Buckland School	84.42	2	Pukekohe Int	95.41
3	Pukekohe Int	87.20	3	Blockhouse Bay Int A	107.25
4	Ponsonby Int	92.56	4	Papakura Normal Int	111.03
5	Wairau Int	93.36	5	Aka Aka School	113.42
6	Waikowhai Int	93.39	6	Waikowhai Int	115.56
7	Remuera Int B	95.09	7	Conifer Grove	116.51
8	Farm Cove Int B	96.23	8	Northcross Int	117.11
9	Bombay School	97.11	9	Northcross Int	118.11
10	Auckland Normal Int	97.55	10	Mt Roskill Int	125.31

## 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)

President: Peter Swanson, 525-0019, [peteswa@paradise.net.nz](mailto:peteswa@paradise.net.nz)

Secretary: Selwyn Palmer, 625 7798, [selwyn@palmer.gen.nz](mailto:selwyn@palmer.gen.nz)

[www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz)

### Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, [johnandval@clear.net.nz](mailto:johnandval@clear.net.nz)

Secretary: John Powell, 09 238 8159, [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz)

[www.cmoc.co.nz](http://www.cmoc.co.nz)

### North West (NW)

President: Andrew Bell, 09 428 4337, [the.bells@xtraco.nz](mailto:the.bells@xtraco.nz)

Secretary: Diane Taylor, 834 8094, [taylorken@xtra.co.nz](mailto:taylorken@xtra.co.nz)

[www.nworienteing.org.nz](http://www.nworienteing.org.nz)

## Auckland Area Events

**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 all levels of experience and skill.

**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.

**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 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.

**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.

#### Event Fees – Auckland Club’s Night Street, Rogaines and Sprint Series

	Adult	Student	Family	
<b>1 hr road events</b>				
Club members	\$3	\$2	\$6	
Non-club	5	3	10	
<b>Rogaine</b>				
Club members	6	3	12	
Non-club	8	4	16	
<b>Sprints</b>				
Club members	4	2	8	SI hire \$2 extra
Non-club	6	3	12	SI hire \$2 extra

#### July

Sun 13 CM OY5, Waiuku forest, signposted from Waiuku town, starts 1000 – 1230.

Sat 26 A Winter sprint series, Mt Roskill Schools, 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

#### August

Sat 2 A Winter sprint series, Tamaki Campus, 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

Sun 3 A OY6, - Woodhill Forest, signposted from the SH16/Restall Road intersection about 5km north of Waimauku. Start anytime between 10am and 12:30pm.

Sat 9 A Winter sprint series, St Kentigen College, Pakuranga, 1600-1630 starts, 3 courses, 10 - 12 min expected win times.

Sat 16 CM Sprint champs

Thur 21 A Night, street, score event. Ruka Reserve, Ruka Lane, Ellerslie, 7pm mass start. Visit any 6, 10, 14 or 18 controls in 1 hour.

Thur 28 A Night, street, score event. One Tree Hill/Cornwall Park. 7pm mass start. Visit any 6, 10, 14 or 18 controls in 1 hour.

Sat 30 – Sun 31 A Skills training. **Don't miss this training and practice opportunity.** Suitable for all levels - improve your navigation and orienteering skills. Please email your interest to [auckoc@hotmail.com](mailto:auckoc@hotmail.com) and include an indication of who is attending and their experience level. Further details announced on our website [www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz) and in the August newsletter.

**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.

## 2008 Auckland Orienteering Calendar

Date	Club	Event
<b>July</b>		
Sun 13	CM	OY5
Sat 26	A	Sprint
<b>August</b>		
Sat 2	A	Sprint
Sun 3	A	OY6
Sat 9	A	Sprint
Sat 16	CM	Sprint Champs
Thur 21	A	Night/street
Thur 28	A	Night/street
Sat 30-Sun 31	A	Skills training

<b>September</b>		
Thur 4	A	Night/street
Thur 11	A	Rogaine
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
<b>October</b>		
Sun 5	A	OY9
Sun 12	A	training
Sat 24-Mon 27	A/NW	Multi-day
<b>November</b>		
Sun 30	A	AOA relays

### NZOF Major Fixtures 2008

tbc = to be confirmed

WRE = world ranking event

Date	Event	Host Club	Venue
<b>July</b>			
18,19	Silva NZ Sec School Champs	Hamilton	Wharepapa South, Te Awamutu
27	National Ski-O	Dunedin	Waiorau
<b>September</b>			
	nil		
<b>October</b>			
11-12	Canterbury Championships	PAPO	Craigmore / Tekapo
25-27	Labour Weekend Carnival	NW	Woodhill Forest

Note that the North Island Championships 8, 9 Nov has been deleted.

### Overseas – Major Events 2008

28/6–5/7	WMOC, Portugal	1-7/9	WOC MTBO, Ostroda, Poland
29/6-7/7	JWOC, Gothenburg Sweden	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		

### NZOF Major Fixtures 2009

v.1.2

Updated 16 May 2008

Date	Event	Host Club	Venue
<b>January 2009</b>			
3,4	Pre-Oceania	Nelson/Marlb.	Riwaka / Brayshaw Pk
5-9	Oceania Championships - Sprint, Relay, Long, Middle	PAPO Dunedin	Lincoln / Kairaki / Craigieburn Duntroon
9,10	ANZ Schools Test	Dunedin	Duntroon/Naseby
10,12	Post-Oceania	Dunedin	Naseby
<b>March</b>			
??	Katoa Po	Taupo	TBC
<b>April 2009</b>			
10-13	NZ Championships	Auckland	TBC

24-25	Nth Is Secondary School Champs	North West	TBC
24-25	Sth Is Secondary School Champs	PAPO	TBC
<b>May</b>			
??	City Safari	Hutt Valley	TBC
<b>June</b>			
May 30-1	QB weekend: Vacant	?	
<b>July</b>			
17,18	Silva NZ Sec School Champs	Red Kiwi	TBC
25.26	National Ski-O	Dunedin	Waiorau
<b>October</b>			
??	Auckland OA Championships	North West	TBC
24-26 LW	South Island Championships	Dunedin	TBC
<b>November</b>			
7,8	TONIC	Auckland	TBC
21, 22 ?	Wellington OA Championships	Wellington	TBC

## Points to note:

1. The Waitangi Carnival will not be held in 2009 because of the Oceania Champs in January. Waitangi Day is, however, on a Friday providing a 3-day weekend.
2. Nationals at Easter will now be hosted by Auckland OC (with assistance from North West OC) and not the CD clubs. As a result, Auckland will not now be holding their proposed 3-day carnival at QB weekend.
3. The Central Districts OA Championships may be hosted by Counties Manukau at a date yet to be confirmed.
4. NZRA's turn to host the NZ Rogaining Championships.
5. Date/host for NZ MTBO Championships open.
6. Dates for other major events, such as Katoa Po, OHV City Safari, Canterbury and Otago Champs requested.
7. As the programme currently stands there is not a viable high performance season through Autumn.

**Overseas championships - 2009**

JWOC: 5-12 July, Trentino Italy

WMOC: 10-18 October, Sydney Australia

WOC: 18-23 August, Miskolc Hungary

WOC MTBO: Dates TBC, Israel

Australia: 26/9-4/10, Victoria

<b>Auckland</b>
-----------------

Hi All

We warmly welcome another new orienteer to the club – Nicki Henry.

A reminder to all recently joined members that we love having you along to events so if you need a ride to the forest or would like a bit of coaching out there feel free to contact a club member as we are all pretty friendly.

The Orienteer of the Year is up and running with 4 events so far. With the new format this year it will be interesting to see what happens with the competition. So far the turnout has been good and the competitive aspect renewed with course-based racing.

The coming months of July and August are busy for world orienteering events. New Zealand national teams have been selected to go the World Cup in Oslo, Norway, during June, the Junior World Orienteering Champs in Gotenberg, Sweden and the World Champs in the Czech Republic during July as well as the Mountain Bike O Champs in Ostróda, Poland, during August.

I will be going to the World Cup & JWOC events and am looking forward to getting over there. There

are also a few club members heading for the World Masters. These are important events for our sport and on behalf of the club I wish all the teams well. The competition will be tough!

We will be having some more social events coming up shortly. Keep your eye out for emails about things going on.

All welcome at the next club meetings:  
Monday 7 July, 7.30pm, Pete's, 18A Ballin St, Ellerslie

Simon Jager, Club Captain

### Counties-Manukau Chit Chat

Only a few members traveled to Red Kiwi Club's Queen's Birthday event, where there was a SportIdent "meltdown" on day 2, and the notice accompanying the results on the Red Kiwi website, reproduced below is worth noting for its implications for our events -

*"Invalidated Courses 1, 2, 3 - classes M21E, M20A, M21A, M18A, M40A, W21E due to incorrect control codes. Times on all courses for this day are indicative only or incorrect as the SI control stations were incorrectly programmed, and the visit to a large number of controls was not recorded on competitors ecard (sic). Each SI control station does contain a record of the each ecard that did punch it, however due to Red Kiwi personnel inexperience and lack of resources we are not prepared to interrogate and collate all the records collected by them."*

Top ten placings from CMOC members were –

Day 1: Greta Knarston, 5th, W21E; Wayne Aspin, 6th, M50A; Patricia Aspin, 1st, W60A; Chevelle Sands, 1st, W18B

Day 3: Jourdan Harvey, 2nd, M20A; Wayne 4th, M50A; Patricia, 1st, W60A; Chevelle again.

Sprint: Jourdan and Martin Peat, 8th and 9th in the Men's' Red course.

The June 15 event in the Waiuku forest was notable for the large 115+ turnout, with the orange course being by far the most popular (34) and the course of choice for many new members. Neil Simmonds distinguished himself, in his first forest event, by attempting the long red course, reportedly without a compass, and finishing in 132 minutes. This epic journey is worthy of being written into club folklore.

The A level event for Labour weekend in 2009 is the South Island Championships. Very few from our region travel south to this event so the club committee will attempt to get AOC and NWOC to join with us in organising two OYs and the AOA relays for that weekend.

Setting courses on beef farm land occupied the thoughts of the committee for some time. The problem is orienteers scaring the cattle and running them from one side of a paddock and back again. A challenge for course planners is to set courses that avoid cattle and that do not have runners approach cattle from different directions. An extreme challenge for a score event!

John

**Leo**

July 24 – August 23

All that training has done you good, but now you have to get out and measure yourself against others. Lucky grade: M100, there's not much competition.

## North West News

A number of our club members travelled to the Wellington Champs at Queens Birthday weekend. The 3 days of competition were held in intricate pine forest and sand dune terrain and the three races were all of similar length. Unfortunately due to problems with the Sport Ident control stations and also incorrect control codes on several courses all the results from Day 2 were invalidated. (Much gnashing of teeth from yours truly as it was my best day. Murphy strikes again!

Those who did well were Terje Moen 3<sup>rd</sup> M60, Peter Godfrey 3<sup>rd</sup> M70, Karyn Burns 1<sup>st</sup> W21AS, and Mary Moen 3<sup>rd</sup> W60. Former club members Colin and Bev Tait were there and a lot of catching up of news took place. Great to see Judy Martin taking part after her back operation although she said she found the B courses very boring.

Over 530 schoolchildren competed in the North Shore Intermediate Schools competition held at Onepoto Domain and organised by Mary Moen. Many thanks to Mary and her reliable helpers on the day – Les Paver, Bert Chapman, Peter Godfrey, Miles Paver and Debbie Beveridge.

Gay Ambler writes that she and Rob have parked their motor-home at a vineyard and are watching the snow while contemplating winter in the South Island. Have fun pruning those vines with cold hands!!

Happy orienteering to Phillipa Poole who is taking part in the World Masters Orienteering in Portugal this month.

Lisa Moen and her partner Harley were married mid June and they will soon be off to Abu Dhabi to teach for several years. Congratulations and Good Luck to you both.

Jill Dalton and Jim are off again in July, this time to London, Oringen in Sweden and then on to Iceland. We look forward to hearing about your adventures. I can't imagine Jill having a sedentary sit-on-the-beach holiday!

Finally, thanks to all those people who appreciated my letter in the last magazine. It seems that I am not alone after all.

Lesley.

## Map reading – Part 1

*The following is the first part of an article from "Orienteering - Skills and Strategies" by Ron Lowry and Ken Sidney, published in Canada by Orienteering Ontario. The article progresses from basic to advanced map reading concepts. Published in the Auckland Orienteer in 1999. Lightly edited by me for readability and completeness. – ed.*

### The orienteering map

The orienteering map is a detailed representation of the land forms and vegetation in a particular area. Features such as boulders, stream beds, small depressions and subtle vegetation changes not contained on the other every day maps are accurately plotted on orienteering maps. They provide you with the information to successfully navigate between control points.

The scales of orienteering maps are usually 1:15,000 or 1:10,000. Larger scale maps, 1:5,000 and 1:7,500 are often used on beginner maps.

The orienteering map uses colours and various symbols to represent the different features of the terrain. The symbols are explained in the legend which is printed on the map, displayed on a notice board at the event centre or available from registration.

- Black is used for trails, roads, rock detail and buildings.
- Brown for topography and contours (hills, ridges, valleys and depressions).

- Orange for open fields and semi-open areas
- White indicates fast run forest.
- Different shades of green are used to represent vegetation as slow run, walk or fight.
- Narrow or wide green stripes indicate good or poor visibility with the shade of green showing runnability.
- Blue shows water details ( ponds and streams)

Magnetic North is indicated on the map by parallel "meridian" lines. Modern orienteering maps are drawn to international specifications and maps throughout the world use the same colours and symbols.

The map is enclosed in a plastic bag to protect against tearing and from rain, ground water and sweat. Orienteering events are held through out the year, and your map will need all weather protection.

### **How to read a map**

The map is usually folded to permit easy reading of the terrain details around your selected route. If the map is large, it may be folded 2 or 3 times, depending on the size.

Your thumb (or if you are using a thumb compass, the compass tip) is used to mark your position. As you move in the terrain, you move your thumb to each new location on the map. This is called 'map reading by thumb' or 'thumbing'. Your thumb should always mark your position. Even if you fall, keep a good grip on your map and your location.

"Orient your map" to the terrain and to north. Orienting to the terrain means positioning your map and yourself in a relation to the features you see around you. Orienting to north requires the use of a compass. The north-south lines on the map (meridians) are aligned with the compass needle. Make sure you match the north end of the meridians to the red (north) end of the needle.

It is important to know how to use both methods of orienting a map properly and quickly.

Orienting the map usually involves both procedures. In terrain with distinct features, you can easily orient the map with only terrain. In terrain with limited visibility (dense vegetation) or few features (flat terrain), you will likely have to use the compass to orient to north.

In the beginning, you will use the compass to orient the map until you develop your map reading skills to the point that you can easily identify map details and features in the terrain.

Your goal is to be able to orient your map with terrain features with only minimal use of the compass.

### **Home study**

One of orienteering's most attractive features is that you can sharpen many of your skills through practice at home. In fact, home study is an important part of every orienteers training programme. The following will help you improve your map reading skills through home study.

- sit comfortably in a quiet room with no distractions. Have several orienteering maps and the standard map legend handy. Study the map details - symbols, colours, direction (magnetic north)
- Study different maps - as many types and from as many different orienteering areas as possible.
- When you look at the maps, try to picture how the various features and symbols would appear in the terrain.
- Study maps as often as you can, a minimum of every day for 15 minutes or longer. Put maps in the same places as your favourite magazines, where they'll be handy for study, even if only for a few minutes at a time.

### **Terrain study**

Home study will help you become familiar with different kinds of maps and the various symbols, but the best way to learn how to map read is to go out into the field. This depends on the availability of orienteering terrain and maps near you. To learn the symbols and features, you should progress through the following stages.

1. Walk along easily travelled trails and open fields. Read the map, taking special note of the features around you as you walk.

Look "in the terrain" as far as possible. This means taking a careful look at all the features around you, as far as you can see, in a 180 degree semi - circle. But don't neglect features near you either. Look around in the terrain often. Keep the map orientated. Read it frequently, but only briefly. Don't let it hypnotise you.

Progress to the next level when you can:

- focus on the map and know where you are at all times,
- map read by thumb,
- keep the map orientated,
- refold the map and maintain position,
- look around in the terrain and see distant features and
- move smoothly, and feel confident and comfortable map reading.

If you find yourself continually stopping to read the map, you need more practice.

2. After you can successfully walk and map read, progress to a walk - jog.
3. When you've mastered that level, progress to slow jogging and then running along trails and fields.
4. The final progressions are walking, jogging, and then running in more difficult terrain, map reading at the same time. Get off major trails and try map reading along minor trails. Next move to open forests, then to forests with denser growth. Use the criteria for progression listed above. Don't attempt a new skill level before you're fully comfortable with the last one.

On difficult terrain, your success will depend on your level of fitness. If it's low, these progressions will prove difficult because you'll become fatigued easily and won't be able to concentrate on your map reading,

Similarly, your skills at running in the terrain also affect your learning of map reading skills. Having to concentrate on every foot placement interferes with map reading. As you increase your fitness and agility, your map reading skills will also improve.

## **Practising Map Reading**

### Home Practice

Appropriately called "arm chair orienteering" home practice is an effective method of training map reading. So pull up your favourite armchair. For effective practice

- Study maps with courses on them. The courses should be at the level you compete at or the next level up. If you have blank maps, draw your own courses or have a friend draw some for you.
- Review the courses you have completed at events. Study the map carefully to determine what terrain details and map symbols you should have seen and read. Be critical. You should have seen all the large features and most of the small details close to the routes you took (within 50 to 100m, depending on visibility)
- Picture what the terrain looks like. Then picture the terrain for different weather conditions and seasons.
- Study other orienteers' maps and courses. Ask yourself the following questions: what did they see to find their way? What features did they read and use? What features and map details would you have used?

## **Map Puzzle**

Take two copies of an orienteering map and cut one map into pieces, like a puzzle. Mix the pieces up. Then match each piece to the other copy of the map until the map puzzle is complete. Look carefully at the colours and symbols to make sure they are identical. As an added challenge, time yourself.

## **Speed Training**

Sit at a table and place a map with a course drawn on it in front of you, Look at a leg (section of the course between two controls), part of a leg or section of the map for a specified period of time. Then

cover it with your hand or a sheet of paper. Try to picture the map features you just read. If you can't remember them, look again at the map and gradually decrease the time required to absorb the same amount of information (30-25-20-15-12-10-5-4-3-2 seconds). When you can look at a map for successful navigation, you'll be well on your way to becoming a very good map reader.

## Terrain Practice

### Map Walk

Walk or hike in the terrain with a map. Study the different features and symbols to determine how the map maker has interpreted the terrain. This type of practice is particularly helpful when:

- you are first learning to orienteer,
- when you are practising for a new or different type of terrain and
- when you first go out to begin the season.

Map walks are used by the world's best orienteers as training. So when you are out there you are in good company. A good map walk usually lasts one to two hours. Start with a 30 minute walk, and progress to two hours, or go for as long as you're enjoying it.

### **Mark Roberts' Tip - Walk the first leg**

How many times have you made a mess of the first leg? One of the Joys of O is novelty. It's a new day, a new map, likely a new mapper with a different style, perhaps a different scale or a 2m contour interval.

It's new terrain with its own particular patterns and logic. It's different vegetation with low visibility and plenty to scratch and trip. It's a new course by a new course setter who thinks differently from you and describes control sites in her own special way.

On the first leg your mind and body probably haven't warmed up yet, you're not in the zone, your compass is still in your pocket, your head still houses last night's cobwebs, the endorphins aren't flowing yet, the adrenaline is befuddling you.

You haven't had a chance to scope the leg, no planning time, you don't even know where the start triangle is on the map. Your need to navigate this leg is competing with your need to plan the next leg - and to look round the course to find the long-leg-with-three-route-choices and the leg-with-all-the-climb. So what to do? Invest some extra time in the first leg - maybe just 10 or 20 seconds. You will massively reduce risk of lost time on the first leg, and you will recoup the investment with better preparedness on later legs.

- Stay in the triangle, or walk slowly, until you know exactly how you will execute the leg - don't go off half-cocked.
- Take the time to fold the map, check the scale, adjust your compass, loosen your undies.
- Take it slowly - throttle back one traffic light notch from Green to Orange, from Orange to Red.
- Over-map read - check far more detail than usual, compare what you see on the ground with what's on the map, drink in the mapping style.
- Over-navigate - your compass is your friend. A 180 out of the triangle is just soooo embarrassing.

The result should be a perfectly executed first leg, a gradual warming up of your mental and physical muscles, a plan for the rest of the course, a valuable handle on this mapper's style, this setter's style, and the patterns of this terrain.

### Mark Roberts' Tip - Headless chooks miss last controls

Something snaps in the minds of many an orienteer as the end of the course comes in sight. They are physically tired and mentally exhausted, they are scratched, bloody and bruised, their O suits are torn and their laces are undone.

Of all stages of the course, the last couple of legs are when the hard-working orienteer is least capable of reasoned thought. The risk-monitoring and process-following parts of the brain can be overpowered by the get-it-over-with lobe.

“Use up what’s left” is a natural urge – borrow heavily from the oxygen bank, throw caution to the winds and common sense to the wolves, and sprint the last two legs.

DON'T DO IT.

When you are making the speech notes that you are going to read from during your running of the course, tag the last control with a big red “BE CAREFUL” to remind you not to let your guard down.

As for the last leg to the finish? Go for it!

### Orienteering on the Web

Advanced tips for beginners - [www.web-ling.com/orienteer.htm](http://www.web-ling.com/orienteer.htm)

Australian Orienteering Federation – [orienteering.asn.au](http://orienteering.asn.au)

Game - <http://www.catchingfeatures.com/>

Illustrated orienteering terms - [www.orienteeringunlimited.com/visualglossary.htm](http://www.orienteeringunlimited.com/visualglossary.htm)

International control descriptions (one page) - [sitemaker.umich.edu/susan.lee.douglas/files/orienteering\\_clue\\_symbols.pdf](http://sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf)

Interactive international control descriptions quiz – [www.fortnet.org/icd/](http://www.fortnet.org/icd/)

International O news – [www.worldofo.com](http://www.worldofo.com)

Map legend and control descriptions – [www.treklite.com/bok/control\\_description.htm](http://www.treklite.com/bok/control_description.htm)

Map legend – “sprint orienteering map” of the technical section of the NZOF website

MapSport shop and news – [www.mapsport.co.nz](http://www.mapsport.co.nz)

NZOF - [www.nzorienteering.com](http://www.nzorienteering.com)

Orienteering news - [www.maptalk.co.nz](http://www.maptalk.co.nz)

Tips for beginners - [www.happyherts.org.uk/improve/](http://www.happyherts.org.uk/improve/)

Tips for the advanced - [www.orienteering.asn.au/promotion/devel/develcoach/](http://www.orienteering.asn.au/promotion/devel/develcoach/)

**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.



**Sender:**

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The  
Auckland  
Orienteer