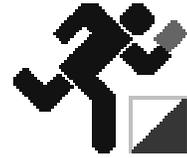


The Auckland



Orienteer



Bert was released for the day to supervise car parking at the TONIC event.

December 2008



Editorial

Note that this issue contains an update to the November JWOC 2009 notice.

The feature article in this newsletter is on sports drinks and has relevance to orienteering in the hot summer months. It may be particularly significant if you are travelling to the Oceania event in the South Island as January on the East of the Southern Alps and in Central Otago can be very hot and dry – an unusual experience for those living in the Auckland region. Avoid dehydration.

Thanks to all those who planned, controlled and organised events this year, the administrators for making the events possible, the Reynolds family for distributing the newsletter and Peter Godfrey for the OY statistics. Have a pleasant festive season and holiday.

The next issue of the newsletter is in February 2009.

John

Editorial Bits

Next Issue: February 2009

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at johnandrae@xtra.co.nz or mail to 11 Cathcart Close, Pukekohe, by January 20, 2009. 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

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.nworienteering.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.

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 new to orienteering in the Auckland region.

Sagittarius

November 23 – December 22

If you feel you have been doing all the organising recently, this is probably because you have. Time to step aside and let others do some of the work for a bit.

Lucky event: any event in another town where someone else does all the organising.

Capricorn

December 23 – January 20

As Neptune is ruling your sign at the moment, you may be sensitive to criticism at a committee meeting. Just tell the other person to butt out.

Lucky repartee: anything in the cutting sarcasm line.

Aquarius

January 21 – February 19

Your sign is the man who carries the can. In your case, this means that you could well be asked to organise food and drinks at the next event, so better start planning for that now. Start looking for the barbecue right away.

Lucky carbohydrate: the sausage at an Oceania event BBQ.

Notices

4th OCEANIA CHAMPIONSHIPS

South Island, New Zealand

Saturday 3 - Sunday 11 January 2009

Entries closed late November. Consult www.oceania2009.co.nz about late entries.



JWOC 2009

To be held in Trentino, Italy on 5-12 July 2008.

The 2009 JWOC team will be selected in accordance with the NZOF JWOC Selection Policy.

An interim squad will be chosen by November 30 from those athletes having registered their interest in competing, with selection based on results from major national and international events for 2008. More emphasis will be placed on more recent events.

Members of the interim squad will be required to confirm their availability for selection to the Convenor of Selectors, Jeff Greenwood, by 15 January, 2009.

A trial will be held over Waitangi weekend, February 6-8, 2009, in the Manawatu/Wairarapa area. The trial events are still being confirmed, but at present will be as follows:

Friday 6/2/09	Sprint, Massey University Campus, Palmerston North
Saturday 7/2/09	Middle Distance, Te Wharau (Nationals Long/Middle distance map 2008)
Sunday 8/2/09	Long Distance, Te Wharau.

Triallists should compete in all the trial events. The trial map areas are embargoed henceforth for all triallists until the trials take place.

The final JWOC team will be announced by 28 February.

WOC 2009

To be held in Miskolc, Hungary on August 18-23, 2009.

Selection Trials for the 2009 WOC team will take place at the 2009 National Orienteering Championships Long, Middle and Sprint Distance events, to be held in the Auckland region on April 10-12.

All athletes interested in selection for the 2009 WOC team should notify the Convenor of Selectors, [Jeff Greenwood](#), by December 31, 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 (1/1/09-12/4/09). These events must be nominated to the Convenor of Selectors by December 31.

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.

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.

World Games 2009 To be held in Chinese Taipei on July 16-26, 2009.

The New Zealand Orienteering Federation has accepted an invitation for four athletes (two men and two women) and one official for the 2009 World Games to be held in Chinese Taipei. Selection Trials for the 2009 World Games team will take place at the 2009 National Orienteering Championships Long, Middle and Sprint Distance events, to be held in the Auckland region on April 10-12.

All athletes interested in selection for the 2009 World Games team should notify the Convenor of Selectors, [Jeff Greenwood](#), by December 31, 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 (1/1/09-12/4/09). These events must be nominated to the Convenor of Selectors by December 31.

New Zealand Team to contest the Australia-New Zealand Challenge Canterbury, 6 & 7 January 2009

M16

Hamish Lewis, HB
Liam Paterson, Tar
Benjamin Reynolds, NW

W16

Juliana McMillan, HV
Selena Metherell, Papo
Laura Robertson, HV

M20

Scott MacDonald, HB
Duncan Morrison, HB
Thomas Reynolds, NW

W20

Rachel Goodwin, HB
Greta Knarston, CM
Georgia Whitla, Papo

M21E

Michael Adams, Papo
Darren Ashmore, Taupo
James Bradshaw, CM

W21E

Lizzie Ingham, W
Penny Kane, HB
Tania Robinson, CM

M40

Alistair Cory-Wright*, Papo, relay
Bill Edwards, HV
Mark Lawson, NW
Peter Swanson**, A, individual
* Relay only, as controller for Individual
** Subject to fitness
Reserve (individual if Peter Swanson not fit): Paul Dalton, Wai

W40

Lisa Mead, NW
Anne Roberston, HV
Raewyn Simpson, Rot

M50

Malcolm Ingham, W
Geoff Mead, NW
Alistair Metherell, Papo

W50

Gillian Ingham, W
Carey Nazzer, Tar
Phillippa Poole, NW

M60

Wayne Aspin, CM
Graham Fortune, W, relay
Dave Middleton, NW
Michael Wood*, HV, individual
* individual only as mapper for relay

W60

Patricia Aspin, CM
Jill Dalton, NW
Royce Mills, RK

M70

Don Locke, W
Terry Nuthall, A
John Robinson, CM

W70

Heather Clendon, A
Bunny Rathbone, D
Ann Scott, S

Manager: John Robinson

NZ SECONDARY SCHOOLS TEAM 2009

to compete in a test match against Australia in the Oceania Championships Carnival at Naseby, Otago, January 10th and 11th, 2009.

Junior Boys

Hamish Lewis, Napier BHS
Liam Paterson, New Plymouth BHS
Benjamin Reynolds, Westlake BHS
Alistair Richardson, Rudolf Steiner School,
ChCh

Junior Girls

Paige Heavey, Havelock North HS
Juliana McMillan, Chilton St James, Hutt Valley
Selena Metherell, Unlimited Paenga Tawhiti

Senior Boys

Jordan Harvey, Kings College, Auckland
Scott MacDonald, Karamu HS, Hastings
Duncan Morrison, Napier BHS
Toby Scott, Glendowie College, Auckland

Senior Girls

Rachel Goodwin, Iona College, Havelock North
Kate Morrison, Napier GHS
Nicola Peat, St Cuthbert's College, Auckland
Angela Simpson, Rotorua Lakes HS

Event Calendar

Auckland (A)

President: Peter Swanson, 525-0019, peteswa@paradise.net.nz
Secretary: Selwyn Palmer, 625 7798, selwyn@palmer.gen.nz

Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, johnandval@clear.net.nz
Secretary: John Powell, 09 238 8159, johnandrae@xtra.co.nz

North West (NW)

President: Andrew Bell, 09 428 4337, the.bells@xtraco.nz
Secretary: Diane Taylor, 834 8094, taylorken@xtra.co.nz

Auckland Area Events

Summer series - the venues are park, streets and reserves and the events are self-start and finish. Start times for weekday events are 5.30 – 6.45pm.

December

Tue 2	A	Summer series, Cornwall Park, Archery club car park.
Wed 3	CM	Summer series, Racecourse, Pukekohe
Tue 9	A	Summer series, Panmure Basin, Peterson Road off Waipuna Road, Panmure
Wed 10	CM	Summer series, Bledisloe Park, Pukekohe
Tue 16	A	Summer series, Mt Eden, Tahaki Reserve car park, Mt Eden Road

January

Wed 21	A	Unitec, gate 3, Carrington Rd, Mt Albert
Wed 28	A	Point England Reserve, Pt England Rd, Pt England

February

Wed 4	A	Mangere Mountain, Domain Rd, Mangere Bridge
Wed 4	CM	Colin Lawrie Fields, Pukekohe
Tue 10	A	Michaels Ave reserve, Michaels Ave, Ellerslie
Wed 11	CM	Show Grounds, Pukekohe
Tue 17	A	Craigavon Connaught St, Green Bay
Wed 18	CM	Conifer Grove, Papakura
Tue 24	A	Western Springs Park, Quarry car par, Motions Rd, Western springs
Wed 25	CM	Rosa Birch Park, Pukekohe

NZOF Major Fixtures 2009

January			
3	Pre-Oceania	Nelson	Canaan Downs
4	Pre-Oceania	Marlborough	Brayshaw Park
5	Oceania Championships: Sprint	PAPO	Lincoln University
6	Oceania Championships: Relay	PAPO	Kairaki Beach
7	Oceania Championships: Long	PAPO	Craigieburn Cutting
9	Oceania Championships: Middle	Dunedin	Humpty Bumpy, Duntroon
10	ANZ Schools Test & Post-Oceania	Dunedin	Naseby
11	ANZ Schools Test & Post-Oceania	Dunedin	Naseby
March			
7-8	NZ Rogaining Championships	NZRA	Otago
14-15	Katoa Po	Taupo	TBC
21, 22	Otago Championships	Dunedin	TBC

Review of 2008 Orienteering Year, Auckland Region

By the club presidents – Andrew Bell, Peter Swanson and Val Robinson.

Introduction

In preparation for 2008, all three Auckland clubs agreed to trial some new approaches with a view to improving Auckland's regional orienteering calendar. We can safely say that some of these changes worked, and that some definitely did not work, and so 2008 has really been a year of experimentation, and taken in that light has been a valuable and worthwhile year for the development of Auckland regional orienteering.

Most of us will know the story about Thomas Edison and the light bulb, who after failing in over 10,000 attempts to make it work, was asked if he felt like a failure – his response "I have not failed. I've just found 10,000 ways that won't work."! Whilst we aren't inventing light bulbs here, I believe the same spirit to trial and error is important in developing the sport, and just as Edison persevered in his goals, we should also persevere and aim to make worthwhile improvements to orienteering in Auckland.

The OY series

The OY series is an obvious place to start, and this year we trialed a number of changes:

- longer OY season running from March thru October,
- new OY points system,
- mixed traditional OY events with alternative (eg score) events and
- introduction of Orange long courses to attract off road runner and adventure racers

Whilst the longer season made a lot of sense, the fact that it left gaps of up to 6 weeks on a couple of occasions did not, and we unanimously agreed that this was too big a gap and that in the thick of the season there should ideally be something on every 2 weeks.

The OY points system also got reviewed and modified mid season. This will be reviewed further for 2009. It was debated whether to revert to the old system, but ultimately it was felt that running by course offered more advantages than disadvantages and should be persevered with.

It was agreed that having score events as part of the OY series did not really work and wouldn't be a feature for 2009.

Pleasing to see were the many adventure racers and off-road runners drawn to running the long Orange courses, and this could prove to be an effective way to capture these non-traditional orienteers into the

sport. There did appear to be some inconsistency in how these long Orange courses were set, so we will need some better guidelines for setters for next year.

Winter street series

Winter street series, which AOC undertook and which were very well supported. These are a very simple format street "score" type event, very easy to set and run, and thus has a low demand on volunteers. We also noted many off road running types in these events, so a great feeder series for people coming into orienteering.

The training weekend

The training weekend, which AOC put on in September, and which had 60+ attendees. This was an outstanding success, and highlighted that demand is coming back for training and people wanting to develop their skills, as well as a healthy number of people willing to coach (thank you Dave Stewart and friends).

Summer series changes

Summer series changes, with CMOC and NWOC joining the summer series program for 2007/08. This saw summer series events stretching from the North Shore down to Pukekohe, and for 2008/09 CMOC have decided to develop a unique Counties-Manukau series for those living in that part of Auckland.

TONIC

And finally TONIC, which saw four superb days of orienteering, held on some varied and challenging terrain that offered some top quality orienteering for the approximate 230 competitors that turned up. Of particular note was the use of some different elements, such as a 1:7500 map that tested us in the native terrain of Beautiful Hills, and even more unusual was the 1:5000 inset of "The Maze" that fooled many people in its intricate web of vegetation and complexity. For those that didn't experience these, you must make the effort to go back to these maps, as they were quite outstanding.

TONIC also offered AOC and NWOC a chance to have a "hitout" prior to the Nationals in 2009, and we got some good learning from running the events together like this which tested our organization and systems. Key learning here was around managing results, start times, and communications leading up to and during the event.

Looking ahead

The clubs have learnt many of the lessons discussed above, and collectively made a real effort to create a calendar that won't repeat the issues of this year, in particular:

- we have a summer forest series that will lead us into the Nationals,
- the OY (winter) season will pretty much have events on about every 2 weeks, either OY's or promo's,
- we will further refine the OY points system so that the weightings are fairer across the grades,
- we will aim to ensure OY results are displayed at each event, and regular updates of points made available after each OY,
- we will also look to attract more adventure racers/off road runners with our mid-year Rogaine series and
- we will continue to run training weekends to support new and improving members

Also, we can look forward to some other highlights, notably:

- the Nationals, hosted by AOC with help from NWOC,
- Oceania Champs (South Island) that will kick the year off in style and
- the world Masters in Australia in September, that our Calendar feeds nicely into

Auckland Chatter

We have made it to the last edition of the year! This is the time of the year students like least! Hopefully all our student members will have success in their coming exams or will get news of good results soon if they have just finished.

Our congratulations and best wishes to Sherina & Scott Vennell who were married very recently. It is our gain to have you in the club Sherina.

A few well dones this month - to Marc Magerkorth and Charmaine Tate who were spotted competing in the Auckland marathon event and also to Marc for receiving Lynfield College's top sportsman award.

We also very pleased to be welcoming the following new members who have joined the club for the coming year: Keri Devine and Robert Smith, Michael Hale, Lizzie Orchard, Jonathan King, Peter Ware, Barbarella McCarthy, Greg Roigard, Claire Yee, the Corlett family; Ross, Sanide, Nicholas, Ben & James, John Morrison and the Battley family; Belinda, Mark, Matthew & Andrew. Also welcome back to James Jelich. We do hope to see you all at the coming AGM on Tues 9 December - or at one of the next club social events.

The orders for our cool new club shirts have been great and Aiden has done a great job of coordinating the orders. Look out for them to be on show at the Oceania carnival in the South Island in January. If there is enough demand another bulk order could be organised in the new year. If you missed ordering this time, watch out for the next opportunity.

In the meantime lots of effort has been going into preparing for the summer series that has just got underway. Roger, Joanna & Alistair have all been busy with plenty of support in behind. We are pleased that some of our newer members have put their hands up to set courses. This is a great way to gain experience course setting before doing a bigger event in the forest. Club members who can lend a hand at any of the events would be greatly appreciated. Remember the old saying many hands make light work.

Talking about the summer series, put a ring around Tuesday 9 December on the calendar. This is the date of the club's AGM. Hopefully by the time you are reading this you will all have it down as a must attend! It will follow the summer series event at Panmure Basin and will involve a chance to socialise. We especially hope to see our new members coming along.

The other date to take note of is the weekend of 29-30 November. This is the Auckland Relay Champs, which will be held on the Muriwai map on the Saturday afternoon with overnight camping and a communal dinner at the Muriwai campsite. Then on Sunday morning there will be a mass start event. This should be a great weekend of O-ing. I will be coordinating entries and hope to get a good AOC turnout and maybe even get our paws back on the trophy!

See you soon
Simon

Compasses: can be borrowed or hired at all AOA club forest events.

Course closure

You must return to the finish by this time even if you have not completed your course. Controls are collected 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.

Counties-Manukau Chit Chat

From John Powell

Welcome to new member Susie Eyres who will join the junior group going to the Junior Training Camp.

The following club members will represent New Zealand in the test match against Australia in January: Trish Aspin, W60; Wayne Aspin, M60; James Bradshaw, M21E; Greta Knarston, W20; John Robinson, M70 and Tania Robinson, W21E. Robbie is the team manager.

The following club members have been selected as finalists for the Counties Manukau Sport 2008 Sporting Excellence Awards:

- Counties Manukau Sport Masters Award - Patricia Aspin
- MIT Junior Sportswoman of the Year - Greta Knarston
- Franklin District Council Junior Team of the Year - Bombay School Year 7 & 8 Orienteering Team (Lachlan Caudwell, Hiraku Walley and Tyne Wijdeven)

The Awards are being held at the TelstraClear Pacific Events Centre on Thursday 27 November. This is the 17th year they have been celebrated.

The summer series events have been blessed with good weather for this time of the year and are very popular with 100+ attendance. The Puni Domain event was a cracker and the complexity of the many mountain bike tracks makes it a unique orienteering experience.

Reminder that the club's AGM will be on Wednesday, December 10, 7.30 pm in the Pukekohe Netball Rooms following the summer series event that evening. A pot luck dinner will follow the AGM.

North West News

From Lesley Stone

It was nice to get four consecutive days of orienteering at the recent North island Champs and weren't we lucky with the weather? Robin and Gay left the delights of Cromwell to catch up with everyone and the suitably clad parking attendant from Norfolk Island jail kept us in order.

We had eleven winners across all the grades. They were - Nick Harris, Greg Flynn, Marquita Gelderman, Ben Reynolds, Rolf Wagner, Terje Moen, Anna Gray, Karyn Burns, Rhys Thompson, Mary Moen and Owen Ireland. Congratulations to you all.

After some excellent results during the long weekend the club has many members selected for the New Zealand team to take on Australia in Canterbury during January. They are Lisa Mead, Phillipa Poole, Jill Dalton, Ben Reynolds, Thomas Reynolds, Mark Lawson, Geoff Mead, and Dave Middleton.

Well done also to Ben Reynolds who is in the Junior Boys team for the Australia – New Zealand Secondary School's clash at Naseby on the 10/11 January.

The Auckland Secondary Schools Association held their annual Awards Ceremony for the top young sports people in the various codes that make up the association. Among the six finalists in the orienteering category were Gene Beveridge (Massey HS), Anna Gray (St Cuthberts) and Katherine Reynolds (Mt Albert GS). Congratulations.

By the time this magazine is received the club will have had our annual dinner and prize-giving. The Special Trophies were presented to - Mark Lawson for the Most Valuable Contribution to the Club, Ben Reynolds for the Most Improved Junior, Owen Means for the Most Improved Senior, and Thomas Reynolds, Phillipa Poole and Mark Lawson for the Most Outstanding Performance. (Winners of the NZ Relay Champs)

It's obviously that time of year when good things happen to those who have done well.

Drinking habits

By Ingrid Perols, sports dietician in NZ Orienteering, May 2001 and slightly edited for this newsletter.

The two nutritional factors that most affect performance are adequate hydration and carbohydrate intake. The amount of fluid we lose - our sweat rate - depends on factors such as outside temperature, humidity, cooling effect of the wind, exercise intensity, body size, clothing and acclimatisation.

Athletes can lose up to 3 litres of fluid per hour of moderate to high intensity exercise in the middle of our NZ summer. Fluid losses of 1 – 1.5 litres per hour are not unusual during the cooler months. (Weigh yourself before and after training to estimate how much you lose in a typical session).

Unfortunately our fluid absorption rate is decreased to a maximum of one litre/hour when we exercise. Do your maths and you can see that in many cases some degree of dehydration is difficult to avoid. Many athletes and coaches still believe that drinking during exercise causes cramps, stitch and other negative effects. I often get questions from athletes who say that they find it difficult to drink while exercising and that sports drinks make them feel sick.

Water has many benefits as an exercise drink; it is easily available, easy to drink and very cheap. During exercise water is also quickly absorbed and unlikely to cause any gastro-intestinal upsets.

The ideal drink

Sounds like water is the ideal drink but are there any other alternatives worth considering? Most athletes (and many non-athletes) have probably tried sports drinks by now but many wonder they are just expensive and trendy cordials.

Let's take a look at the composition of the sports drink and how you could use this to your advantage. Sports drinks are formulated to contain a carbohydrate concentration that does not slow down the absorption of the fluid from the gut.

The carbohydrate concentration in a sports drink, whether bought as a liquid or mixed up from a powder, should be between 4-8%. A concentration above 10% means the drink

spends more time in the stomach before being absorbed into the blood stream. This results in slower delivery of fluids and carbohydrate to the working muscles.

Many cordials and fizzy drinks have a carbohydrate concentration of 15-25%, which is far too concentrated to provide any of the benefits of quick fluid and energy delivery. These drinks are more suitable for recovery after exercise when absorption rate is not so crucial.

Sports drinks

The other difference between a sports drink and a cheaper cordial is the addition of the electrolytes sodium (salt) and potassium to the drink. Sodium added to a drink has a number of benefits. In extreme endurance exercise it helps to replace some of the sodium lost in the sweat, however for most general exercise this is not a big issue as sodium can be replaced in the next meal you eat.

The other benefits of having added sodium in a drink is that you have to drink more before it quenches your thirst. This is of course beneficial for the drink manufacturer but also for you as an athlete as it encourages you to drink so you are more likely to maintain a good state of hydration. Glucose and sodium are absorbed together from the gut so a drink with sodium should ensure quick absorption of carbohydrates.

Another benefit of sodium is that it helps the body to retain more of the fluid consumed (a fluid with low sodium content will make you produce more urine). This is particularly important for rehydration after exercise.

If you are into endurance exercise (>4 hours) sodium intake becomes essential as athletes become more likely to suffer from a condition called hyponatremia or low blood sodium levels. A significant number of competitors in events such as the Coast to Coast and the NZ Ironman have been shown to finish the event with lower than ideal blood sodium levels. One of the best ways to prevent this is to consume fluids that contain sodium rather than low sodium drinks such as water, cordial or Coke.

Many runners associate cramps with a lack of sodium. While it is more likely that dehydration or exercising for longer than you are trained to do is the cause of the cramps some individuals may find that using a drink with sodium helps.

A general recommendation is that anyone who exercises at a high intensity for more than 50-60 minutes can benefit from using a sports drink. For people who get up and train in the morning before having breakfast, using a sports drink will help to maintain blood sugar levels and provide the energy you are missing out on by not eating.

Guidelines

The following are guidelines for buying a sport drink (check on the label):

- 4-8% carbohydrate concentration (4-8 grams carbohydrate per 100 ml made up drink),
- carbohydrates in the form of glucose polymers (maltodextrins, hydrolysed cornstarch are common ingredient names). glucose, sucrose and a small amount of fructose,
- 40-70 mg of sodium per 100 ml drink and
- a flavour that you like and a price that you are happy to pay!

You will find that most drinks on the market have lower levels of sodium than recommended but unless you are training for hours on end they are fine. As an orienteer you may want to support *Leppin*, they have a range of good sports drinks. Examples of other drinks that meet the criteria for carb concentration are G altorade, Replace, PB (highest sodium), Keywin, XLR8, Powerade and some Musashi drinks (lowest sodium).

What about the practical aspects of fluid intake on the run? In order to optimise fluid absorption runners need to start drinking early. Even slight dehydration reduces the absorption rate for fluids so the more dehydrated we become the less fluid we absorb.

I mentioned above that fluid absorption is limited to about 1 litre/ hour of exercise so this is the

amount to aim for especially in warm conditions. One of the latest recommendations for athletes exercising in the heat is to "prime" the stomach with a larger volume of fluid, 400-600 ml, half an hour before the start of exercise. This signals to the brain the need to start absorbing fluids at an increased rate.

Many runners do not feel they can drink that much before the start of exercise for fear that the fluids will be "slushing around" when they start running. By practising your drinking strategy you will allow the body to adjust and many potential gastrointestinal problems can be avoided.

Maintaining a high absorption rate during exercise is important and this can be achieved by "topping up" the initial volume by drinking 300-400 ml servings every 20-30 minutes in order to reach the 1 litre target. Remember that if you use a carbo gel or "squeeze" to provide energy you still need to drink some fluid with it.

BYOD

Orienteering has its own logistical problems when it comes to fluid intake. Water is often not provided on the course and sometimes there is none left by the time you get to the drinks control! Sports drinks are usually not provided.

Taking your own is the logical solution. It is good to see that some people are starting to carry Camel backs and drink belts during longer events. We can train ourselves to suppress the thirst signals but there is no way we can train ourselves to maintain performance when we are dehydrated.

As with any nutrition strategy, having the knowledge doesn't improve performance. You have to put the knowledge into practice and experiment to find out what works for you. Many of the perceived "gut problems" can be avoided by practicing drinking during running. Start with a smaller volume and let the body get used to it.

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.



Sender:

Auckland Orienteering Association
132 Waikoukou Valley Road RD2, Waimauku.

The
Auckland
Orienteer