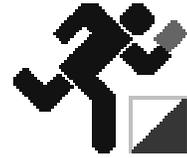
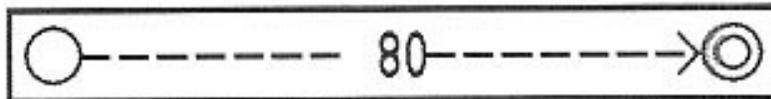


The Auckland



Orienteer

Feb 2009			3.61 km		92 m	
Start		△	/	<		
1	230		○			
2	142		∪			
3	143	↑	▲			
4	215		∩	∪		
5	265		∩			
6	166		•	•	—•—	
7	129	→	↪			☐



February 2009



Editorial

Welcome back to the second half of the summer series and the warm-up to the national championships, which are being held by the Auckland Club at Easter this year.

How did you get on reading the control descriptions on the front cover? You have to be reasonably well informed about the international symbols if you do red courses as in many events you do not get the descriptions until you are in the start chute. Gone are the days when they were regularly handed out before the event or at registration. The exercise, which follows immediately below, is the first of a series to help you familiarise yourself with them. Answers follow later in the newsletter.

1. What is the length of the course?
2. On what feature is the start triangle?
3. Give the English language control description for each of controls 1 to 7.
4. Give the English language description of the information in the finish box.

The website www.fortnet.org/icd/ is a resource you can use to improve your knowledge of the international control descriptions. If you do not have website access then your club will likely have written information available.

John

Editorial Bits

Next Issue: March 2008

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 February 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

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 NW website along with an index to articles. Some of these articles are particularly relevant to novice orienteers and experienced orienteers who are new to orienteering in the Auckland region.

Abbreviations in common usage

AOA: Auckland Orienteering Association
 AOC/A: Auckland Orienteering Club
 CDOA/CD: Central Districts Orienteering Association
 CMOC/CM: Counties-Manukau Orienteering Club
 D-Squad: a nationally chosen squad targeted for development by national selectors
 JWOC: Junior World Orienteering Championship.
 MTBO: mountain bike orienteering
 NWOC/NW: North-West Orienteering Club
 NZOF: New Zealand Orienteering Federation
 OY: Orienteer of the year competition event.
 PAPO: Peninsular and Plains Orienteering Club (Canterbury)
 RKOC/RK: Red Kiwis Orienteering Club (Manawatu/Wanganui)

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

SW: south-west and similarly for other compass directions

TBC: to be confirmed

WMOC: World Masters Orienteering Championships

WOA: Wellington Orienteering Association

WOC: World Orienteering Championship/Wellington Orienteering Club

Notices

JWOC 2009 Interim Squad

Women:

Claire Dinsdale, Rachel Goodwin, Greta Knarston, Kate Morrison, Nicola Peat, Laura Robertson, Imogene Scott, Angela Simpson, Georgia Whitla

Men:

Jourdan Harvey, Simon Jager, Scott McDonald, Thomas Reynolds, Jack Vincent

A trial for team selection will be held over Waitangi weekend, 6-8 February 2009, in the Manawatu/Wairarapa area.

The final JWOC team will be selected by 28 February.

Jeff Greenwood
Convenor of Selectors

National Championships – Easter 2009

Entry can be made through the Auckland club website www.orienteingauckland.org.nz/nationals09.

If you do not have access to the website you can obtain a postal entry form and information about the event from Mervyn Paitry, 2/79 Campbell Road, Royal Oak, Auckland 1061. Phone (09) 636 6218.

Closing date for the organisers to **receive** entries is 11 pm Thursday, March 26

Day 1: Friday 10th April 2009 - 2009 NZ Sprint Orienteering Championships

Map:

- Colleges of Education and environs, Epsom, Auckland.
- New fieldwork and map drawing - Peter Bakos.
- Map previously used for summer series events.
- Complex buildings on various levels with schools and small parks.
- 5-10 minutes from central Auckland.

Setter: Joanna Stewart; Controller: Alistair Stewart.

Start Times: from 3:00 p.m.

NZOF A-level event: Auckland Orienteering Club.

Day 2: Saturday 11th April 2009 - 2009 NZ Middle Distance Orienteering Championships**Two Race Chasing Start Format (Win times up to 25 min per race)**

Map:

- Part of "White Lightning", North Woodhill.
- Mapping: Mike Beveridge.
Map previously used for mid-week "after-match" event after 2007 Nationals.
- Open, fast-run, mature pine forest in sand dune terrain.
- Scale 1:10,000, Contours 2.5 m.
- Approximately 90 - 100 minutes NW from central Auckland.

Setter: Marquita Gelderman, Controller: Rob Garden

Start Times: from 11:00 a.m.

World Ranking Event and NZOF A level event: North West Orienteering Club.

Day 3: Sunday 12th April 2009 - 2009 NZ Long Distance Orienteering Championships

Map:

- Woodhill, area previously used from approx 1980 as Telephone Track.
- Re-mapped and used to 2002 as Goblin Country.
- Completely revised 2007 to 2009 by Selwyn Palmer.
- Mostly maturing pines in complex sand-dune terrain with variable visibility. Estimated 80% runnability.
- Scale 1:10,000, Contours 2.5m.
- Approximately 60 minutes NW from central Auckland.

Setter: Dave Crofts; Controller: Jeff Greenwood.

World Ranking Event and NZOF A level event: Auckland Orienteering Club.

Day 4: Monday 13th April - 2009 NZ Interclub Relay Championships

Map:

- Woodhill, North of Muriwai and south of Restall Rd.
- Mapping variously by Wayne and Trish Aspin and Selwyn Palmer.
- Previously used as "Wiggles" and TONIC 08.
- Scale 1:10,000, Contours 2.5m.
- Approximately 60 minutes NW from central Auckland.

Setter: Pete Swanson, Controller: Scott Vennell

Starts: from 10:00 am

NZOF A-grade event: Auckland Orienteering Club.

Refer to the [NZOF rules as at 2008](#) (PDF 348KB) for rules.

National Interclub Relay Classes

The National Interclub Relays will be contested between Club based teams in the following classes.

- All relay teams must include at least one female.
- Small clubs with 30 or less members may combine with another club from the same region to form a composite team. The combined team will be an official entry in the New Zealand relay.

Eligibility –The eligible age class of a competitor; ie the actual age class of the competitor. *For example, a 43 year old who runs as an M21E in the long distance championship, will be eligible to run as an M40A in the relay.*

1. The class a competitor qualifies for; ie the class (E, A, AS, A, B or C) that was entered for in the long distance championship.
 - Any competitor who runs in an A class (including AS, ie A Short) will not be eligible to run as a B class runner in the relays).
 - Based on the 13 course combination tables in the current NZOF Competition Rules, the equivalence of AS runners for leg eligibility will be: M21AS = M55A, M40AS = M60A, W21AS = W55A, W40AS = W55A

Leg	Restrictions	Win time	Difficulty
Mixed Long			
1	Open	30 mins	Orange
2	No E classes, No M18A-50A,	30 mins	Orange
3	No M21E, No M20A-35A	30 mins	Orange
Mixed Short			
1	No E classes, No M16A-M55A	25 mins	Orange
2	No M14A or above, No W14A or above, all C Classes	15 mins	White
3	No E classes, No M16A–60A, No W16A–50A	20 mins	Yellow

CLASSES - Eligibility:

Competitors are divided into classes according to their sex and age. Women may compete in men's classes.

Competitors aged 20 or younger are eligible to run in each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.

Competitors aged 21 or older are eligible to run in each class from the beginning of the calendar year in which they reach the designated age. They are entitled to compete in younger classes down to and including 21.

The main competition classes are called W21 and M21, for women and men respectively. All age groups of competitors are eligible to enter the 21 year age class.

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 to the finish.

Event Calendar

Auckland (A)

President: Peter Swanson, 525-0019, peteswa@paradise.net.nz

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

www.orienteingauckland.org.nz

Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, johnandval@clear.net.nz

Secretary: John Powell, 09 238 8159, johnandrae@xtra.co.nz

www.CM.co.nz

North West (NW)

President: Andrew Bell, 09 428 4337, the.bells@xtraco.nz

Secretary: Diane Taylor, 834 8094, taylorlorken@xtra.co.nz

www.nworienteering.org.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.

Farm/forest series – these are promotional type events – low key, self start/finish, courses for all but a restricted variety of red/orange courses available, minimal cost. Start times for A and CM events are 1000 – 1230. The NW events on March 22 and April 19 have a coaching session from 1000 – 1200 and event starts 1200 – 1300.

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
Sun 15	A	Farm/forest series 1: Woodhill forest, signposted from SH16. Start 1000 - 1230
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

March

Tue 3	A	Selfs' Farm, Tidal Road, Mangere South
Wed 4	CM	Pukekohe HS
Sat 7	A	Ambury Regional Park night event, start between 8 pm and 9.30 pm. Ambury Road, Mangere Bridge.
Sun 8	CM	Farm/forest series 2, Duder Regional Park, to the East of urban greater Auckland, access through Maraetai or Clevedon. Start 1000 – 1230.
Tue 10	A	Auckland Domain, band rotunda
Wed 11	CM	Race course, Pukekohe
Thur 12	CM	Totara Park, Manurewa
Wed 18	CM	Rooseville Park, Pukekohe
Thur 19	A/CM	Lloyd Elsmore Park, Howick
Sun 22	NW	Farm/forest series 3, White Lightning map, Woodhill forest at the top of the South Head peninsular, signposted from the SH16 Helensville/Parakai roundabout. Coaching 1000-1200, starts for event 1200 - 1300.
Wed 25	CM	Bledisloe Park, Pukekohe
Thur 26	A	Big King, Three Kings Park car park, Grahame Breed Drive, Three Kings.
Sun 29	CM	Farm/forest series 4, Totara Park, Wairere Road, Manurewa, start 1000-1230.

AOA event calendar 2009 v9 - January 20

This version replaces the one in the November 2008 newsletter.

		Event	Map	Notes
Sun 8-Feb-09				
Sun 15-Feb-09	A	Farm/forest series 1 Promo type event	Woodhill	Lactic Turkey 8hr off-road 14 Feb
Sun 22-Feb-09				Kaweka Challenge 21/22 Feb
Sun 1-Mar-09				
Sun 8-Mar-09	CM	Farm/forest series 2 Promo type event	Duder's beach	
Sun 15-Mar-09	Tau	Katoa Po		Around The Bays - 15 March
Sat 21-Mar-09	NW	SS Training Camp	Slater Road	
Sun 22-Mar-09	NW	Farm/forest series 3 Promo type event	White Lightning	Training in the morning followed by Promo event
Sun 29-Mar-09	CM	Farm/forest series 4 Promo type event	Totara Park	Lactic Turkey - Rotorua Lakes run - 28 Mar
Sun 5-Apr-09	NW	Farm/forest series 5 Promo type event	Muriwai Farm	
Fri 10 Apr to Mon 13	A & NW	National Championships	Woodhill	Easter School Hols 10/4 - 27/4
Sun 19 Apr	NW	Farm/forest event 6.Promo type event + training	Turkey Ridge	Lactic Turkey Waitakere Eco Challenge - 18 April
Fri 24-Apr-09	NW	NI Sec School Champs	Helensville	New map
Sat 25-Apr-09	NW	NISS Relays	Woodhill	Promo follows relay
Sun 26-Apr-09	NW	OY1	Helensville	New map
Sun 3-May-09	CM	OY2	Plantation	
Sun 10-May-09	NW	OY3	Pulpit Rock	
Tues 12 May	CM	AKL Int Schools champs	CM area	
Wed 13-May-09	Mike	Akl School Relay Champs		
Sun 17-May-09	A	Akl Sec School Champs/Promo	Woodhill	
Sun 24-May-09				
Sat 30-May-09 to Mon 1-Jun-09	CD CD	CDOA Champs/Inter region junior champs		Queen's Birthday Weekend
Sun 7-Jun-09	CM	Promo	Waiuku North	Australian MTBO Champs
Sun 14-Jun-09				
Sun 21-Jun-09				
Sun 28-Jun-09	A	OY4	Woodhill	
Sun 5-Jul-09	CM	Promo	Waiuku North	School Hols 4/7 - 20/7
Sun 12-Jul-09				
Sun 19-Jul-09	CM	Akl 3hr Rogaine champs 1		Silva School Champs 17/18 July?
Sun 26-Jul-09				JWOC Italy 22-28 June
Sun 2-Aug-09	CM	Promo	Waiuku North	
Sun 9-Aug-09	A	OY5	Woodhill	World MTBO Champs 9- 16Aug

Sun 16-Aug-09	NW	Akl 3hr Rogaine champs 2		WOC Hungary 18-23 Aug
Sun 23-Aug-09				
Sun 30-Aug-09	NW	OY6		Spaghetti Soup
Sun 6-Sep-09	A	OY7	Woodhill	
Sat 12 - Sun 13	A	Training Weekend		
Sat 19 Sun 20	NW	Auckland Champs		Beautiful Hills Whites Line
Sun 27-Sep-09				School Hols 26/9 - 12/10
				Australian/Victorian Champs 26 Sep-4Oct
Sun 4-Oct-09				
Sun 11-Oct-09				World Masters O Champs 10-17 Oct - Sydney
Sun 18-Oct-09				
Sat 24 - Mon 26 October	CM	OY8 OY9 Auckland Relay	Waiuku South	SI Champs Labour Weekend
Fri 30 - Sun 1	A	TONIC	Woodhill	
Sun 8-Nov-09				
Sun 15-Nov-09				
Sun 22-Nov-09				WOA Champs
Sun 29-Nov-09				
Sun 6-Dec-09				
Sun 13-Dec-09				
Sun 20-Dec-09				School Hols 15 or 19/12

NZOF Major Fixtures 2009

February			
Waitangi Weekend Multi-day – entry is on the day except for JWOC and Super Series. Wellington Club. Friday 6, sprint, Palmerston North; Sat 7, long, Wairarapa; Sun 8, middle, Wairarapa			
March			
7-8	NZ Rogaining Championships	NZRA	Otago
14-15	Katoa Po	Taupo	TBC
21, 22	Otago Championships	Dunedin	TBC
April			
10	NZ Championships: Sprint	Auckland	Coll. of Ed., Epsom
11	NZ Championships: Middle	North West	South Kaipara
12	NZ Championships: Long	Auckland	Woodhill - South
13	NZ Championships: Relay	Auckland	Muriwai
24, 25	Nth Is Secondary School Champs	North West	TBC
24, 25	Sth Is Secondary School Champs	PAPO	TBC
May			
17 TBC	City Safari	Hutt Valley	TBC
June			
May 30-1	QB: Central Districts Championships	CD clubs	TBC
July			
17, 18	Silva NZ Sec School Champs	Red Kiwi	TBC
25, 26	National Ski-O	Dunedin	Waiorau

September			
19, 20	Auckland OA Championships	North West	TBC
October			
24-26 LW	South Island Championships	Dunedin	Gabriels Gully / TBC
November			
7, 8	TONIC: North Is. Championships	Auckland	TBC
21, 22	Wellington OA Championships	Wellington	TBC

Overseas championships

JWOC: 5-12 July, Trentino Italy

World Games: 16-26 July, Chinese Taipei

WOC MTBO: 9-16 August, Israel

WOC: 18-23 August, Miskolc Hungary

WMOC: 10-18 October, Sydney Australia

Auckland Chatter

2009 is here and it looks like another great year of events ahead! I hope everyone is having a wicked summer and enjoying the warm weather.

Before Christmas our club also had a couple of important events. First was the AOA Relay Champs, which Aiden Ellmers and myself organised. We tried to be a bit novel with the course planning, using several loops and map changes to keep things interesting and to give some extra spectator opportunities. We were pretty pleased with how the event went. There was also camping at Muriwai afterwards. AOC didn't manage to come away with the trophy but there's always next year.



Another very important and rare decision that our club took late last year was to award only the third life memberships to Joanna and Alistair Stewart. The Stewarts have worked tirelessly and selflessly over several decades to further AOC through event organisation, positions on the committee, setting and controlling, helping new members and encouraging membership growth.

They have given to the club endlessly and have asked for nothing in return, and I'm sure I speak for the whole club in thanking them. Hopefully life membership will go some way to recognising their efforts. The club plans to have some sort of evening or ceremony to formally recognise the Stewarts and the award and we will keep you posted.

The Summer Series is getting underway once again after Christmas break, and soon enough we will be back in the forest for another year. Some of you may have already been enjoying an awesome summer carnival in the South Island early in January when the Oceania Champs were held from Nelson to Naseby. We travelled through some very picturesque scenery and enjoyed a nice variety of terrain, from massive sinkholes at Canaan Downs on the top of Takaka Hill, to coastal sand dunes similar to Woodhill at Kairaki Beach, and finally the intricate stunted pine forest set atop the old gold diggings at Naseby. All in all it was a successful week for NZ, taking out the Pinestars elite test match, the ANZ Challenge and the Schools test match.

We also had the 2008 AGM in December. The election of officers gave rise to the following: Pete Swanson remains President; Gillian Magerkorth remains Treasurer; Guy Cory-Wright becomes Secretary; Simon Jager as Club Captain; Joanna Stewart, Selwyn Palmer, Marc Magerkorth as events co-ordination team; Selwyn Palmer as Mapping & Forest Liaison; Chris Jager as Membership Officer; Melvina Wise as Equipment Officer; Peter Bakos as Permissions Co-ordinator; Wayne Munro and Ewart Maclucas for Marketing & Communications.

Cheers
Simon

Counties-Manukau Chit Chat

Val Robinson won the 2008 Counties-Manukau Sport Administrator of the Year Award for her work as the Franklin Primary School Sports' Association Coordinator. The Franklin News noted that "the list of her accomplishments and roles are too numerous to list, but needless to say due to her efforts the range of sports offered by the primary school group has increased to 19 different codes". And you thought that she was spending too much time administering CMOC!?

The club's workers for 2009 are Brian Long (president), John Powell (secretary), Anne Humphrey (treasurer), Bev and Lyndsay Shuker (equipment), Martin Peat (SportIdent), Rae Powell (membership), Robbie (mapping), Sjan Wijdeven and Susie Eyres (Club News for the AOA newsletter), Tania Robinson and Clem Larsen (website and uniforms). Val is considering volunteering to be the club coach.

Junior O Camp 08- Wanganui

From Sjan Wijdeven

Day 1- Trip down

How many men does it take to open a van boot? A real one if Robbie's involved, but lucky for us Dom saves the day!! While Robbie is trying to open the boot (10 mins) while we eat lunch, it then takes Dom a few seconds to open the boot.

On the way down we had to stop to let 300 sheep run up the road to be shorn. Cossette then said it was 'photo time' then everyone groaned.

Finally we arrived at camp. We all ran to our cabins to our disgust the cabins were tiny. Somehow all 4 of us girls had to share, along with Cossette's bag! Were we even going to be able to get in the door?

Now, who breaks the bed? I mean, honestly Zaak! Or was it Dom? This was just a few funny things that have happened so far.

Tonight we had a meeting and a something we learnt was KISS! You're probably thinking 'hmmm... yes a kiss is 2 people and their lips touching, and why are they are they teaching this on a teenage camp?! Well no it's not what you're probably thinking; it means "Keep It Simple Stupid!" An awesome orienteering statement. I love it! Remember this when you're lost!

Day 2- The first day of full on training

After dragging ourselves out of bed, we were ready to go to orienteering. To bad Robbie wasn't because he had lost the keys to the van! Man, Robbie really wasn't connecting with this van. After searching, we found them in his bag. Typical (man looking)! Now we can finally leave to drive to the forest, more commonly known as 'The Bombing Range' A very encouraging name for a forest we're about to run in, especially when we drive past army cadets training and multiple helicopters flying overhead constantly.

The aim of today was contours so we ran over all different land types. Everyone learnt lots of new things and tips. One of the activities we did was that we had to follow a line on the map using the contours. Then we had a relay in teams. Little did we know that we had to run through grass taller than Kayla's head. Many of us tripped over in it.

After finding our controls (toilet paper) everyone was keen to get back to camp and have showers. Only one bad thing was that there wasn't enough hot water for everyone. Dang! But to end on a good note, today was extremely good in the sense that everyone learnt so much and that everyone got the hang of contours. Man, doesn't it feel really good knowing you've got your plan right? Feels awesome!



The CMOC squad at the NZOF's Junior Training Camp

Day 3

Today we concentrated on compass bearing and aiming off. We were taken out into the forest (a different one from yesterday) and had to do 2 courses, one for each activity. The compass bearing exercise was difficult as they decided to black half the map out! Not good for when your 'compass' is wrong! Especially when it leads you into marsh/lakes!

The aiming off activity was fun and easier. The aim of this is to deliberately aim away from the control but close to it so that it is easier to get to the control. At lunch we started to mingle and mix with people from other places and go in different vans so that we could make friends.

After lunch we played a game of orienteering tennis. It's got nothing to do with actual tennis! In groups of 3, each person leaves with 15 second intervals and tries to catch one another, unless you're at the front, you want to stay there!

Day 4

Today was the OMAZING RACE!! Around Wanganui. Every one was put into teams of 10 then had to send someone to find keys and driver of the van before we could leave.

The first clue for everyone was to go to the petrol station on Taupo quay. Robbie again shows his 'connection' with the van. Trying to get a head start from the station, he turns a tight corner around a car, a little too tight and scrapes the side along the ladies bumper (man, was she angry for a tiny scratch!).

Robbie now has blue to go with the Thrifty van and a broken hubcap! Nice work Robbie! After the incident, everyone split up to go to different sites around the town. Places we had to go around town to were one of the coach's houses, the airport, the elevator and tower on top of the hill (LOTS OF STAIRS!!!), Cook's garden, library, war memorial and then back to camp. Go Sjan's team! Yes!

In the afternoon, the exercise was simplification and stepping-stones. This was done in the farm next to the camp. We found this hard to grasp. Geez Robbie, why'd you confuse us! Next time we'll throw a pinecone! Thanks Val for unconfusing us!

At night we had Coach's revenge! This was really fun, not much revenge really. Basically just fun activities around the camp. We got very wet and cold but still had a ball!

Day 5

Today we headed to the forest were we were going to do club champs but that was tomorrow. Today we put all our knowledge and new skills together.

Susie finally sot the hang of it!! She didn't get lost like a boy called Fergus who we found 4 hours later- his compass was wrong. Star relay later, which consisted of a tram of 3 going to and from the middle onto similar controls, taking an item with them, from one control to the next.

Everyone was eager to finish because we raced back to camp so that we could go swimming! The pools had 2 hydro-slides, which were really awesomely fun, but everyone was very hungry! We went back to camp and had Mr and Miss Camp! This is when the guys dress up as girls and the girls dress up as guys and do catwalks and talent shows! They were judged and the ones with the highest points wins! This was extremely funny to watch.

Day 6- Last day!

Today was Club Champs! The last race of the camp. Putting all we had learnt and practice at speed. 3 courses to choose from, short medium and long. Got a little bit confusing as the map had to be changed because of the forest being cut down. Robbie blames the map yet again! It was clearly crossed out! But no, not to him. Travelled back to camp to clean up, eat the last of the ice cream and Sprite (yum!) and Dom won a t-shirt. We then packed up the van for a very long and quiet trip home.

Over all the camp was extremely helpful and gave us better understanding and experience. Well worth going! We now know to: use contours, use our compass, aim off/attack points, use stepping stones, simplification of the map and to have a swivel head/ always look around. We all want to go on it next year. It was really fun and helpful and we made lots of new friends.

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 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.

Maioiro to Manukau Heads

The following news article about Tricia Aspin's (CM) recently published book is reprinted from the December 16 edition of the Franklin County News – ed.

A lifetime of observations and study of Awhitu's botanical life has culminated in the publication of *Maioiro to Manukau Heads; A Botanical Journey Through Awhitu District*, by Tricia Aspin.

Until now, little other than short or very general reports have been written since Harry Carse, a former teacher at Mauku School, produced a paper 100 years ago.

Tricia's book is the culmination of a lifetime of observations in the field, nearly 10 years of collecting specimens for the herbarium at Auckland Museum, and three years of putting it all together in words and pictures.

The book is over 200 pages long, illustrated with around 400 photographs and botanical watercolours or sketches by local artist Stella Christoffersen. It covers flowering plants, conifers, ferns and fern allies, as well as some mosses, liverwort, lichen, fungi and macroalgae (seaweeds and freshwater algae.)

It includes some geology and history, trees that Tricia has considered noteworthy (historical, rare in the district or noted for size), and a species catalogue of around 480 plants.

Copies will be for sale at special launch at a price of \$45, and the author will be on hand to sign them.

Tricia will also be at the Pukekohe Library from 9am to noon, and the Waiuku Library from 1pm to 5pm, on Friday December 19.

The launch is also supported by the Creative Communities Funding Scheme administered by the Franklin Arts and Cultural Trust.

CHO or Chocolate

By Ingrid Perols in NZ Orienteering, July 2001. Ingrid is a sports dietician.

Among nutritionists CHO is short for carbohydrate, not chocolate as some like to believe. Most athletes are aware of the importance of an adequate CHO intake for exercise performance, but what exactly is an "adequate intake"?

Low carbohydrate diets are currently very popular in the general population, particularly as a weight loss method. These diets do "work" as the carbohydrate reduction results in a reduced energy intake, unless the CHO is replaced by protein and fat. Some athletes also believe that eating less CHO will enable them to tap into their fat stores, an almost unlimited energy source, and 'thus enhance their endurance.

So, what's the latest on CHO? While low CHO diets may be OK for the general "dieter" who has excess body fat to lose and who only performs low intensity exercise, I would not recommend it to people who wish to train at a higher intensity for an hour or more per day.

Let's look at how the body uses CHO during exercise. Performing moderate to high intensity exercise requires CHO to produce energy. The higher the energy output per minute of exercise the higher the demands are for CHO (in the form of muscle glycogen) to produce that energy. The reason for this is that CHO can be 'burnt' in the muscle cells both aerobically (with oxygen) or anaerobically (without oxygen) while fat can only be used aerobically.

Our oxygen uptake (fitness level) is therefore one of the factors that decide the relative amounts of fat and CHO that are used to produce energy. That's why you can keep doing low intensity exercise (eg.

tramping) for hours using a reasonable amount of fat and not run out of energy, while running at a high intensity will deplete your glycogen stores more quickly and cause you to "hit the wall" or "bonk" if you don't consume any CHO to help keep the system going. You can still finish the race but will have to reduce the pace to do so - while watching the other competitors pass you.

So if athletes train hard on consecutive days without replacing their glycogen stores it will become harder and harder to train at the planned intensity. Less than optimum training, or course, means less than optimum race performance.

Why can't I force the body to burn fat by eating less carbohydrates? Fat, as well as requiring oxygen, also needs CHO to be completely converted to energy so you are actually helping the body to use fat by having enough CHO in the system. The good news is that the more endurance trained you are the better your ability to use fat as a fuel is, however, your CHO needs are still high because of the long hours of training.

Now that we have established that athletes need CHO, we can learn to calculate our individual CHO needs. These depend on two main factors; body weight (the amount we have to carry when we run) and the intensity, duration and frequency of exercise.

As a general rule CHO needs can be estimated in grams of CHO per kg of body weight (assuming the person does not want to lose or gain any weight). First we have to estimate the weekly training volume or we can choose to estimate a CHO requirement for a heavy training day compared to an easy day. Remember that rest days may be used to "catch up" and/or load up on CHO for the following day. When estimating your training load it is important to consider that during some training sessions you are only active for some of the time, for example, weight training or interval training that has rest periods built in.

The following amounts of CHO are suggested:

< 1 hour of light to moderate intensity per day	4-5 grams CHO/kg BW
1 hour of moderate to high intensity activity per day	5-6 grams CHO/kg BW
1.5 - 2 hrs of moderate to high intensity activity per day	6-8 grams CHO/kg BW
>2.5 hrs of training per day	8-10 grams CHO/kg BW

Remember that these figures are guidelines only and that the exact carbohydrate requirements can only be estimated in an exercise laboratory or using more invasive techniques.

The method described here is a fairly accurate estimate if used correctly. It is easy to overestimate our needs by applying "wishful thinking" to our training programme. It is also important to remember that these figures are suggested for athletes who want to maintain their current body weight.

Let's look at an example:

Ingrid trains on average for 90 minutes 6 days per week (I wish!) with several quite high intensity sessions. Her body weight is 58 kg. Using the model above she needs $58 \text{ kg} \times 7 \text{ grams CHO} = 406$ grams of CHO per day.

Estimating your CHO requirement is fine but the really useful part is knowing how much of what types of food to eat when. Most people know which foods have a high CHO content but often don't know how much they actually need to eat of those foods. Athletes who require really high amounts of CHO will most likely need to drink some of those carbohydrates.

In the example above Ingrid would need to consume the following to get her 400 grams in a day:

Breakfast

1 cup of porridge	50g CHO
1 banana or ¼ cup dried fruit	25g
1 cup of milk	12g

Morning tea	
1 date scone	40g
Large glass of fruit juice	25g

Lunch

1.5 cup of pasta (cooked)	60g
Chicken	none
½ cup of mixed vegetables	10g
1 pot of fruit yoghurt	25g

During training

750ml sports drink	50g
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After training

1 banana	25g
½ can of creamed rice	40g

Dinner

1 cup of mashed potatoes	30
1 cup of vegetables	10
100g steak	none

Reading labels on packets is a good way to learn more about the CHO content of different foods. I will be back with more info about different types of carbohydrates next time. Until then - happy eating.

Orienteering on the Web

Advanced tips for beginners - www.web-ling.com/orienteer.htm
 Australian Sports Dietitians Association – www.sportsdietitians.com
 Australian Orienteering Federation – orienteering.asn.au
 Game - <http://www.catchingfeatures.com/>
 Illustrated orienteering terms - www.orienteeringunlimited.com/visualglossary.htm
 International control descriptions (one page) - sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf
 Interactive international control descriptions quiz – www.fortnet.org/icd/
 International O news – www.worldofo.com
 Map legend and control descriptions – 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
 NZOF - www.nzorienteering.com
 Orienteering news - www.maptalk.co.nz
 Tips for beginners - www.happyherts.org.uk/improve/
 Tips for the advanced - www.orienteering.asn.au/promotion/devel/develcoach/

ICD exercise answers

The course length is 3.61 km

The start triangle is on a track bend

230 hill, 142 small depression, 143 northern boulder, 215 stream junction, 265 top part of a re-entrant, 166 between knolls, 129 Eastern spring, drinks provided

The finish is 80 m along a marked route from the last control



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