

The Auckland



Orienteer

Mar 2009		5.71 km		130 m	
Start	△	/		┌	
1	230	▯▯▯			
2	142	▧▧▧			
3	143	←	∇		
4	215		◐		⊙
5	265		∩	⌒	
6	166		⊙	▩	⊙
7	129		└		+
		⊗	50	⊗	

March 2009



Editorial

Note the info for the OY competition will be provided in the April edition – I hope.

The exercise below refers to the control descriptions on the front cover. Answers follow later in the newsletter.

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

John

Editorial Bits

Next Issue: April 2009

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at johnandreae@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

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.

Notices

World Games Trials

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

Note: this is an amended version of the notice published in the February newsletter – ed.

Selection trials for the 2009 World Games team will take place at the 2009 National Orienteering Championships. Previously it was notified that the trial races for New Zealand-based athletes would be Long, Middle and Sprint. This notice is to inform interested athletes that the Long Distance race of the National Championships will NOT now be considered in the selection of this team. The selection process for overseas-based athletes remains unchanged.

Expressions of interest in selection to this team are now re-opened and will be accepted on or before March 20th 2009. Nominations should be made to the Convenor of Selectors [Marquita Gelderman](#).

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

New Zealand Team For The Junior World Championships To Be Held In Trentino, Italy From July 5-12 2009

WOMEN

Rachel Goodwin (Hawkes Bay), Greta Knarston (Counties Manukau), Kate Morrison (Hawkes Bay)
Nicola Peat (Counties Manukau), Angela Simpson (Rotorua), Georgia Whitla (Peninsula & Plains)

MEN

Jourdan Harvey (Counties Manukau), Simon Jager (Auckland), Scott McDonald (Hawkes Bay)
Thomas Reynolds (North West), Toby Scott (Auckland), Andrew Peat (Counties Manukau)

MANAGER: Norm Jager (Auckland), COACH: Mark Lawson (North West)

Marquita Gelderman, 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

Note that this event is no longer the previously advertised two race chasing-start format.

Map:

- Helensville Heights.
- Mapping: Mike Beveridge.
- New farmland/forest map with gully/spur terrain.
- Scale 1:10,000, Contours 5 m.
- Approximately 90 - 100 minutes NW from central Auckland.

Setter: Rob Garden, Controller: Marquita Gelderman

Start Times: from 11:00 a.m. World Ranking Event and NZOF A level event: NW 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.

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
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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.

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



NZOF NEWS – FEBRUARY 2009

OCEANIA CHAMPIONSHIPS 2009

What a wonderful start to the year enjoyed by many of us in the South Island. All of the organisers – individuals and clubs – should be proud of the role they played as the quality of events was outstanding. A big thank you on behalf of all participants. Congratulations to our New Zealand teams who won the Challenge with Australia, the elite test and the Schools test, and to individuals who won Oceania titles in their respective classes.

WORLD MASTERS CHAMPIONSHIPS 2009

The next big Orienteering carnival near our shores is not too far away. Sydney plays host to WMOC as part of the World Masters Games. Those planning on going should keep an eye on developments on the official website: www.2009worldmasters.com

While it may be a bit late to attend, there are information days being held in the main New Zealand centres in early March, and prize packs are up for grabs for early registration by 16 March.

O-RINGEN JUNIOR CAMP 2009

Each year a training camp is held just before O-Ringen. Any junior (aged 17-23) who is planning to go to Europe and have not experienced an O-Ringen camp will find it a valuable experience. This year it is

held July 14-17 and anyone interested should contact the General Manager for further information, before April 15. However, be aware that participants will need to bear their own costs.

ADVERTISE YOUR EVENT ON SPARC'S PUSH PLAY WEBSITE

SPARC have updated the Push Play section of their website and now have an events calendar. They are happy to list any details of sporting events that are open to members of the public. Any event organiser who would like to do so can complete a simple form online at the following website address: <http://spreadsheets.google.com/viewform?key=p-0XiceoJcVEHxQzJQcr8dQ>

TEAM APPOINTMENTS

Norm Jager (Auckland) has been appointed Manager for the JWOC team this year. Together with coach Mark Lawson (North West), they will form an excellent management team for this year's event and we are fortunate to have both on board willing to assist our junior elites.

VACANCIES – LOTS!

We have quite a few gaps to fill, and I ask anyone with the slightest interest in any of these roles to get in touch with the General Manager for a free, no-obligation chat:

WOC Team Manager 2009 (NEW!)
 Webmaster
 Secondary Schools Coordinator
 Coaching Director
 National Squad Coaching Coordinator

TAKING ON THE AUSSIES AGAIN!

This time in Mountain Bike Orienteering – a good number of NZ MTBO'ers are planning an assault on the Australian MTBO Championships in early June, which will also incorporate an Australia-New Zealand Challenge. It's not too late to join in the fun – there will be training organised beforehand, too. Details on the NZOF MTBO website or contact the trip organisers (Rob Garden/Di Michels – North West).

CONGRATULATIONS

Laurie Burdett (Taupo O.C.), awarded a Queens Service Medal for services to community health and local body activities.

Val Robinson (Counties-Manukau O.C.), Administrator of the Year at the recent Counties-Manukau Sports Awards for her tireless work in Franklin Primary Schools for all sports.

Well-known elites **Jamie Stewart** and **Penny Kane** for tying the knot (to each other).

I would like to continue recognising the achievements/miracles of our members in these types of areas (and others) – anything noteworthy, please let the General Manager know.

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

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.

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 starts 1000, ends 1200, event starts 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.

April

Sun 5	NW	Farm/forest series 5, Muriwai Farm, Muriwai, signposted from SH16 at Waimauku
Fri 10 to	A/NW	National Championships, A level event, pre-entry
Mon 13		Woodhill forest
Sun 19	NW	Farm/forest series 6, Turkey Ridge, signposted from SH16 at Rimmer Road, Coaching starts 1000, ends 1200, event starts 1200 - 1300.
Sat 25	NW	North Island Secondary School Relays followed by a promotion event, Woodhill forest, signposted SH16.
Sun 26	NW	OY1, Helensville, new map, signposted from Helensville.

AOA event calendar 2009 v9 - January 20

This version replaces the one in the November 2008 newsletter.

		Event	Map	Notes
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

Counties-Manukau Chit Chat

The Summer Series Orienteering in Counties/Manukau has started with a hiss and a roar. Seven new families have registered, which now totals 151 members. The first event was at Colin Lawrie Fields and the course was set by Robbie. This map took in the rugby fields, Cape Hill lookout and Valley School. The course was really nice to run in the twilight hours although the hot humid weather still made it sticky at times. Shane Andrew did a very sneaky short cut – lucky someone was home Shane! Winner of Course one this event was: Seamus Moose 28.54 mins

The second event was A & P Showgrounds set up by Kaito & Hiraku Walley. This course took us through A & P Grounds then up into Roosevill Park on Totara Hill. Running in the bush was shady & cool and gave pleasant relief from the heat and burning sun we've been having.

Pukekohe Rugby Club were watering their rugby fields with sprinklers so having to run through these to get to the finish line was a great way to end your course and cool off.

Course One Winner this event was: Sam Blanch 28.52 mins

Next four events: 18/2 Connifer Grove, Takanini
25/2 Rosa Birch Park, Pukekohe
4/3 Pukekohe High School
11/3 Pukekohe Racecourse

Sjan Wijdeven

Auckland Chatter

Hi all.

The summer series is back in full swing, and still has a number of events left on the calendar before it wraps up with the last run at One Tree Hill on April 2. Come along and enjoy the rest of our long summer. We would, as always, appreciate any help that can be offered at any of these events or at one of the AOC promos coming up in the next little while. The first of these was held on February 15 at Muriwai, and was a great start to the forest season.

By the time you are reading this, the members whose annual membership subs are due for payment will have received an email notice about this. To save a few more trees in the forest for orienteering, we hope most people will be able to return the completed membership form by email and make their payment using internet banking. All the instructions for doing this are on the form. This is also a time when we can check that the contact details in the club database are correct so please take the opportunity to update us on anything that might have changed.

Speaking of memberships we want to give a warm welcome to some new members who have joined the club over the past few months; Ginny Moore John Morrison, Anne Owens, Christina Duthil, Tony Hastie, Daniel Segui who has joined the club while he is in NZ until end of March, and also Mike Ashmore who we are very pleased to be welcoming back.

With this time of year comes a few annual events. Katoa Po, the annual All-Night relay near Taupo is on this year on Saturday 14 March, with an event the next day. I will be emailing club members shortly to gauge interest and get names down for our teams, so if you are interested in a great evening run then please email me on si@maxnet.co.nz. All abilities and ages are catered for and our club has had a very strong showing at the event in the past, a trend that we will be looking to continue!

A little further down the track is the NZ Champs that are being hosted jointly this year by AOC and NWOC. Plans are coming together for the weekend, which will feature 4 events over Easter break. Our club is running the Sprint, Long and Relay events. There will likely be a big push to get volunteer helpers for this big project, so please help out if you are able to.

For those of you that missed it, there was a 3-Day event in the Wairarapa from February 6-8. The organisers of the last three Waitangi carnivals were keen to have a year off, but this year the Wellington clubs stepped in to play host to a joint JWOC trial/SuperSeries weekend. Following this, Toby Scott and myself have been selected for the NZ team to travel to Italy for JWOC in July. It should be a great trip and both of us will be looking forward to representing the country on the world stage.

Club committee meetings are held on the first Monday of each month. With a new year there are some fresh faces on the committee, but we are always looking for more. If you are interested in seeing what goes on in running the club or maybe contributing some ideas, please contact a club member or feel free to email me on the address above!

Enjoy the summer sun,
Simon

Mark Robert's Tips

Navigate up spurs and down gullies

Spurs join together as they climb; gullies join together as they fall. Choosing the wrong spur on the way down is very easy; choosing the wrong gully on the way up is even easier. So try to navigate using the safer feature.

That doesn't mean you have to run in the gully on the way downhill, because spurs often have better runnability – they are usually less rugged and less green. You can run where you like as long as you can clearly see the gully to navigate by.

Go left or go right, but don't do both

Pythagoras tells us that going round an obstacle to left or right (or high or low) is usually a reasonably small price to pay to avoid the obstacle, so we routinely divert from the direct line in our plan for a leg. But it's a trap to then attempt to get back onto the red line – back onto the straight and narrow. Instead train yourself to regard the rest of the leg as starting from wherever you will then be.

If you've contoured round to skirt the head of the gully, plan the rest of the leg from the head of the gully. If you plan to climb the hill to the saddle, then plan the best route from the saddle, taking into account the height advantage you have in the bank. If you need to bounce off the road so that you know where you are in the vague area, plan the leg from the road, not here. Once you've chosen an attack point or stepping stone, plan to and from that waypoint, and ignore the red line.

Planning a longer or more interesting leg can become a cascading series of sub-plans as you identify the key physical (or technical) barriers that you need to circumvent to get to the next control.

So next time you look at your plan for a leg and you realise you are going left of the line then right of the line (or over hill and then down dale), double-check for the "stick near the red line" fallacy.

Don't rely solely on point features

Mappers make mistakes, they may see things differently from you, and maps get out of date. Trees fall down, tracks fall into disrepair, buildings are erected. Map corrections may or may not be noted by the setter, or you may miss them. So you can't always trust the fine detail of the map, and in particular you shouldn't implicitly trust grades of runnability and point features, because they change at a far greater rate than contours, roads and fences. Moreover when they do change it's less obvious than when a

road or a fence changes. So don't rely solely upon subtle point features for navigation. Always look for corroborative evidence on the map and on the ground.

Handrails don't need to be held

Some handrails make for good running – a path, a spur, a fence with a mown or chewed strip alongside – but other linear features are actually difficult to run (a track on sand dunes) and may be rather indirect (a river).

So remember that handrails are for navigation, it's the information that counts. You don't even need to be near to a handrail to use it for navigation – you just have to be able to see it, or have a sense of it. A ridge can be a handrail (and in sand dunes often is) but you wouldn't necessarily run along the top of it.

Turn yourself, not the map

Map orientation using a compass is such an obvious thing – but so difficult to explain. Here's my best attempt:

- Fold the map neatly so that you see the next leg.
- Hold your compass in the same hand so you can see both map and needle.
- Hold the map out in front of you so that you are looking forward along the leg you want to run.

Turn YOURSELF so that the needle and the magnetic north arrows align; you are now facing in the right direction.

Cramp

An abridged version of a 'Fact Sheet' on the Australian Sports Dietitians website, www.sportsdietitians.com – ed.

About two out of every three athletes has experienced painful muscle cramp during sport. It commonly occurs in the calf muscle (gastrocnemius) or the foot. It has been speculated that cramp is caused by:

- Abnormal or low salt (sodium) levels in the blood due to sweating.
- Abnormal potassium, magnesium or calcium levels in the blood due to sweating.
- Dehydration due to heavy sweating and inadequate fluid intake.
- Heat stress or cold stress during sport.

Although the above might increase your risk of cramp, they are not the true root cause of cramp. Exercise can cause an abnormal stimulation of the muscle causing an involuntary and forceful contraction and is more likely to occur in the tired muscle.

In muscles there are two structures that control muscle contraction. The muscle spindle monitors the stretch of a muscle, while the golgi tendon organ monitors muscle tension. Stretch receptors increase muscle contraction, while the tension sensors protect the muscle from damage by reducing contraction if the tension gets too great.

Research has revealed that abnormal blood levels of potassium, magnesium or calcium do not cause cramp. A small minority of athletes may lose vast amounts of sodium in their sweat, leading to cramps. However, it is not wise for these, or other athletes, to take salt tablets as they may make dehydration worse by drawing water from the blood stream into the intestine and increase the risk of further cramp. Dehydration and extremes of temperature don't appear to be the direct cause of cramp, but they do increase the risk.

Treatment of cramp

If you do get a cramp, stretching the cramped muscle is the best way to reduce the pain. If cramping occurs in the calf muscle, grab the toes and ball of your foot and pull them towards the kneecap. The effect of stretching the muscle increases the tension in the muscle, which in turn stimulates the tension receptors to increase their activity, and that signals the stretch receptors to decrease muscle contraction.

This greatly relieves muscle pain as the muscle relaxes. Applying ice can also stop the spasm and reduce the pain, while massaging the affected muscle also provides relief.

Reducing the risk of cramp

1. Be fit. Cramps are less common in athletes who are well trained.
2. Drink plenty of fluids to avoid dehydration.
3. Eat well. Cut the fats that clog arteries. Cramps occur in muscles that have a reduced blood supply due to narrowed arteries.
4. Stretch before and after exercise. If you suffer night cramps, stretch before going to bed.
5. Wear proper clothing. Loose comfortable clothes are best. Tight fitting clothes can reduce blood flow to muscles making them more susceptible to cramps.
6. Acclimatise to warmer weather to help avoid dehydration.

Orienteering on the Web

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/

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

General Information

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

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 in at this time and a search party will go looking for you if you have not reported into the finish.

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

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

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

Farm animals: cattle and sheep are a farmer's livelihood and are very easily spooked into running wildly in every direction – a bit like what you do when you are lost. So go carefully around them avoiding stampeding them through a fence or giving the herd leader the impression you are challenging its authority.

You might find cattle, particularly calves, will trot inquisitively and sometimes aggressively towards you. This can be very frightening for some children who have not met this before so parents should accompany their children around courses which go through cattle paddocks until the children are comfortable enough to go on their own.

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

Fences: cross these at the thick posts, preferably at corners. Please, report any damage you cause or see to the event organiser.

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

Forest car access: car access to some events in a forest in the Auckland region is conditional upon you signing a form on entry into the forest that you have third party insurance on the car you are driving so that the forestry company is insured through you for any damage you cause like setting the forest on fire when you crash into a tree while you were trying to avoid a very large pot hole.

You are not allowed to go for a tour through the forest so please follow the O signs to and from the event centre. One good reason for this is the presence of tree felling and forestry trucks in other parts of the forest.

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

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

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

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

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

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

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

ICD exercise answers

1. 130 m
2. Track, W end
3. The finish is 50 m from the last control and is not taped.
4. 230 cliff, 142 dry water course, 143 Western pit, 215 depression, inside South side, 265 broad reentrant, 166 Northern edge of an overgrown clearing, 129 middle spur, first aid post



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The
Auckland
Orienteer

