

The Auckland



# Orienteer

*This issue is the last that will be mailed to all members. As from June, the newsletter will be posted on the NWOC website. Members without internet access who wish to receive a paper copy should register with the editor, John Powell, 09 238-8159, 11 Cathcart Close, Pukekohe.*

May 2009



## Editorial

This newsletter is the last in an A5 booklet to be mailed to members. So ends an era that predates my entry into orienteering in 1983, at which time the news was typed onto wax coated stencils using a mechanical typewriter, the stencil was fixed to a rotating drum with ink squirted through the gaps in the wax to print letters onto paper sheets fed into the printer.

The printing technology has changed substantially since then but the A5 booklet format proved to be very durable, however, the widespread availability of access to the internet has rendered it largely redundant.

The advantages of an on-line newsletter are that it is much cheaper than the paper version and colour maps and photographs are financially realistic, which is not the case for a printed copy.

Note that the faster publication through a website allows for the deadline date for material to be sent to me will be the 25<sup>th</sup> of the month rather than the 20<sup>th</sup>.

## Editorial Bits

### Next Issue: June 2009

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at [johnandreae@xtra.co.nz](mailto:johnandreae@xtra.co.nz) or mail to 11 Cathcart Close, Pukekohe, by May 25. Contributions may be edited or abridged by the editor.

### Distribution

If you intend to receive a printed copy of the newsletter from June and you change your address please advise the editor.

### Sender

Auckland Orienteering Association, 11 Cathcart Close, Pukekohe

*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](http://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.

## Orienteer of the Year Competition 2009

*This is an edited, merged and substantially reduced reprint of the information provided by club presidents last year and the OY statistician in 2007 - Ed*

The age classes will be: M/W 10, 12, 14-16, 18, 20, 21, 40, 50, 60 and 70.

Your age class is automatically assigned, based on your age. If you wish to compete in a different age class you should advise the OY statistician, Peter Godfrey, (483-9309, [peterandmarion@actrix.co.nz](mailto:peterandmarion@actrix.co.nz)) before your first event, for example, an M40 who wishes to be eligible for the M21 title.

Competitors compete from the beginning of the calendar year in the age class in which they reach the designated age during the year. Competitors aged 20 years and under may elect an older age grade up to and including 21. Competitors aged 40 years and over may elect a younger age class down to and including 21.

There will be nine events with your best six OY scores counting towards your total points for the year. The winners will be the people with the highest total points within their age class at the end of the series.

Each event will provide four red courses of different lengths, a long and a short orange course, and a yellow and a white course. At some events there could be a different combination based on the nature of the terrain. You choose a course that suits both your experience and fitness.

- You will be automatically entered into the competition in the age-class in which you **first** compete.
- If you unexpectedly do not receive OY points then contact your club membership officer to ensure that you have been entered.
- You can change your age-class, by advising the OY statistician, Peter Godfrey, although the points you earn in the first class will be forfeit.
- You must be eligible for a class in order to earn OY points.
- You will not earn OY points in a second course you do at an event.
- Your age at 31 December **2009** determines your orienteering age and therefore your official class. (Teenagers, please note!)
- Classes designated 21 are open to everyone. Junior classes are those below 21, for example W18, and the age means *up to and including this age*. Senior classes are those above 21, for example M50, and means *this age or older*.
- If you choose to run a *course* which does not provide a *class* for which you are eligible then you will be entered as *unofficial*.

### Technical Difficulty

- **Red** courses are designed to be as technically difficult as possible. They are hard and for the experienced orienteer.
- **Orange** courses have controls near attack points but away from handrails, and offer some route choice. Intermediate in difficulty.
- **Yellow** courses have controls near handrails and offer little route choice and no reliance on the understanding of contours. Easy and for the beginner.
- **White** courses have controls on handrails, all routes directly along handrails, no route choice and no contour features. Very easy and for children.

### Pre-start

All OYs will have SportIdent electronic punching. If you do not already own one of these E-cards, they can be hired on the day. Clear and check your estick at the start in the marked eboxes before entering the start. Pre-marked maps will be used and you will not see your course until you start.

*Start procedures can vary amongst the clubs and starters in a club so watch what goes on when you arrive at the start – Ed.*

### OY Points

The points you earn after each race will be based on the course you ran and how well you did compared to the median time. The point system will be weighted so the longest red course gives you the chance to earn more points than on a shorter red course.

The more you are above the median time on your course, the more points you score. The highest placed runners on a course will normally score a similar number of points to the median runners in the course above.

The winner of each class at an event receives 20 points. The points are calculated in two parts:-

- Place points are awarded in each class, from 10 for first and 9.5 for second, to 0.5 for twentieth.
- Time points are awarded according to the following formula:

$$10 - [ ( \text{Your time} - \text{Winner's time} ) / ( \text{Winner's time} / 10 ) ]$$

This means that you lose one time-point for every 10 percent of the winner's time that you are slower, until no time-points are earned when your time is double the winner's time.

These points are then multiplied by a weighting factor for the course. The factors are published with the OY points results.

Controllers and setters are not penalised as they receive points for the event for which they have been responsible. The points allotted will be the equivalent of their best score from the entire series and thus will not be able to be calculated in some cases until the end of the OY series.

### **Non AOA club members**

Members of other orienteering clubs visiting Auckland may run in an OY and earn points without producing proof of their membership and age, unless they are intending to run in sufficient OYs to be challenging for a title. In this case they will need to produce proof of membership and age from their club. People who are not members of any orienteering club may participate but will not be part of the competition and will not receive OY points.

### **Results**

The OY points for the latest event and the cumulative totals for the series to date are published on the club websites as soon as possible after an event, are displayed at the following OY event and are printed in the *Auckland Orienteer*.

### **OY Awards**

At the end of the series, each competitor has their *best six scores* totalled. The winner of each age class class receives an OY certificate at the end of the season.

### **To club officials**

The OY Statistician relies on up-to-date lists of current financial members produced by the participating clubs. Competitors not listed in them are ineligible for OY points. Thus, the appropriate official in each club must advise the OY Statistician before every OY event of any new financial members. **For this reason, members excluded from OY results should contact their club treasurer in the first instance.**

The OY Statistician also relies on the prompt arrival of the published results, preferably as a spreadsheet, from each OY so that OY points can be calculated for prompt display on the internet.

Course lengths and climb should be included in these results for each event.

The names of the controller and the setter must also be included if they are to be allocated OY points.

<b>Event calendar</b>
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**Auckland (A)**

President: Peter Swanson, 525-0019, [peteswa@paradise.net.nz](mailto:peteswa@paradise.net.nz)  
 Secretary: Guy Cory-Wright, 845-4106, [gcwmaw@gmail.com](mailto:gcwmaw@gmail.com)  
[www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz)

**Counties-Manukau (CM)**

President: Brian Long, 533-0556, [lynbrianlong@xtra.co.nz](mailto:lynbrianlong@xtra.co.nz)  
 Secretary: John Powell, 09 238 8159, [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz)  
[www.cmoc.co.nz](http://www.cmoc.co.nz)

**North West (NW)**

President: Andrew Bell, 09 428 4337, [the.bells@xtraco.nz](mailto:the.bells@xtraco.nz)  
 Secretary: Diane Taylor, 834 8094, [taylorken@xtra.co.nz](mailto:taylorken@xtra.co.nz)  
[www.nworienteering.org.nz](http://www.nworienteering.org.nz)

**Auckland Area Events**

**Promotion events** are low key, self start/finish, courses for all but a restricted variety of red/orange courses available, minimal cost, may use clip cards

**Orienteer of the Year (OY) events** are competition events using SportIdent for measuring your race time. Start any time between 1000 and 1230. Course closure 1430. See information elsewhere in this newsletter.

**May**

- |        |     |  |
|--------|-----|--|
| Sun 3  | CM  | OY2, Plantation map, signposted from SH2 just to the West of the turn off to Thames. Coming from Thames follow the orienteering signs. Coming from Auckland go past the venue and turn left on the highway to Thames. After 2k there is a café on the left. Use this as a turn around and return to the venue. This will provide a safe entrance to the car park. DO NOT ENTER THE VENUE DIRECT FROM THE NORTH. Start between 1000 and 1230. |
| Sun 10 | NW  | OY3 Pulpit Rock. Signposted from SH16. Start between 1000 and 1230. Full body clothing recommended for red courses.  |
| Tue 12 | CM  | Auckland region Year 7-8 championships. Information through schools.   |
| Wed 13 | AOA | Auckland region secondary school relay championships at One Tree Hill. Information through schools.  |
| Sun 17 | A   | Woodhill forest. Auckland region secondary school championships followed by a promotion event. Start between 1200 and 1300.  |

**June**

- |        |    |  |
|--------|----|--|
| Sun 7  | CM | Promotion event, Waiuku North forest, signposted from Waiuku, start 1000-1200. |
| Sun 28 | A  | OY4 – Woodhill forest, signposted from SH16                                    |
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## AOA Event Calendar 2009 v9 - January 20

<b>Sun 3-May-09</b>	CM	OY2	Plantation	
<b>Sun 10-May-09</b>	NW	OY3	Pulpit Rock	
<b>Tues 12 May</b>	CM	AKL Int Schools champs	CM area	
<b>Wed 13-May-09</b>	Mike	Akl School Relay Champs		
<b>Sun 17-May-09</b>	A	Akl Sec School Champs/Promo	Woodhill	
Sun 24-May-09				
<b>Sat 30-May-09 to Mon 1-Jun-09</b>	CD	CDOA Champs/Inter region junior champs		<b>Queen's Birthday Weekend</b>
<b>Sun 7-Jun-09</b>	CM	Promo	Waiuku North	Australian MTBO Champs
Sun 14-Jun-09				
Sun 21-Jun-09				
<b>Sun 28-Jun-09</b>	A	OY4	Woodhill	
<b>Sun 5-Jul-09</b>	CM	Promo	Waiuku North	School Hols 4/7 - 20/7
Sun 12-Jul-09				
<b>Sun 19-Jul-09</b>	CM	Akl 3hr Rogaine champs 1		Silva School Champs 17/18 July?
Sun 26-Jul-09				JWOC Italy 22-28 June
<b>Sun 2-Aug-09</b>	CM	Promo	Waiuku North	
<b>Sun 9-Aug-09</b>	A	OY5	Woodhill	World MTBO Champs 9-16Aug
<b>Sun 16-Aug-09</b>	NW	Akl 3hr Rogaine champs 2		WOC Hungary 18-23 Aug
Sun 23-Aug-09				
<b>Sun 30-Aug-09</b>	NW	OY6		Spaghetti Soup
<b>Sun 6-Sep-09</b>	A	OY7	Woodhill	
<b>Sat 12 - Sun 13</b>	A	Training Weekend		
<b>Sat 19 Sun 20</b>	NW	<b>Auckland Champs</b>		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				
<b>Sat 24 - Mon 26 October</b>	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

<b>May</b>			
17 TBC	City Safari	Hutt Valley	TBC
<b>June</b>			
May 30-1	QB: Central Districts Championships	CD clubs	TBC
<b>July</b>			
17, 18	Silva NZ Sec School Champs	Red Kiwi	TBC
25, 26	National Ski-O	Dunedin	Waiorau
<b>September</b>			
19, 20	Auckland OA Championships	North West	TBC
<b>October</b>			
24-26 LW	South Island Championships	Dunedin	Gabriels Gully / TBC
<b>November</b>			
7, 8	TONIC: North Is. Championships	Auckland	TBC
21, 22	Wellington OA Championships	Wellington	TBC

## Counties-Manukau Chit Chat

*From Sjan Wijdeven*

Our summer series is drawing to a close with summer leaving us and winter closing in. The club is growing by the week and we have now hit a new high of 200 members.

Wed 18 Mar – John and Rae Powell set the course tonight at Roseville Park. This course had a few tricky controls to help the young ones improve their skills. Course 4 was a good sprint course with the two fastest, Josh Andrew and Tyne Wijdeven, finishing in only 4 minutes. A great night from Grant Davidson who finished first in both Course 1 and 2 – well done.

Wed 25 Mar – This event was at Bledisloe Park set by Robbie. There were some very tight control sites around the Intermediate School buildings and some deceiving controls disguised in unusual places with a few double backs because of high fences (unless you get your dad to throw you over them). Winner of Course 1 was our up and coming member Kris Jones who ran it in 9 minutes. Well done Kris bringing those Army skills into the sport.

Sun 29 Mar – Set in Totara Park, Manurewa. This was a longer length course with most times over 30 minutes, great exercise. Course one winner Andrew Bell running 46.02 minutes.

But as the summer series ended, we had quite a few club members who attended the NZ Orienteering Champs over Easter weekend. Four events were held (short, middle, long and relay) which meant a busy weekend for some who had entered all the events.

Counties Club did well with some pleasing results in their respective age groups.

Fri 10/4 Sprint – Jourdan Harvey 2<sup>nd</sup> M21E  
 John Robinson 1<sup>st</sup> M70  
 Val Robinson 2<sup>nd</sup> W65  
 Frances Peat 2<sup>nd</sup> W21  
 Kris Jones 3<sup>rd</sup> M21  
 Andrew Peat 3<sup>rd</sup> M20  
 Greta Knarston 3<sup>rd</sup> W21E  
 Tania Robinson 4<sup>th</sup> W21E

Sat 11/4 Middle – Men placings – James Bradshaw, Jourdan Harvey, Wayne Aspin, John Robinson, Kris Jones.

- Women placings – Tania Robinson, Kate Rea, Frances Peat, Patricia Aspin, Val Robinson, Kayla Caudwell, Celia Schofield.

Sun 12/4 Long – Bruce Peat 2<sup>nd</sup> M50A  
John Robinson 1<sup>st</sup> M70A  
Kris Jones 1<sup>st</sup> M21B  
Tania Robinson 1<sup>st</sup> W21E  
Patricia Aspin 1<sup>st</sup> W60A  
Val Robinson 3<sup>rd</sup> W65A  
Celia Schofield 2<sup>nd</sup> W21B

Mon 13/4 Relay – 6 x 3 man teams entered from our club.

Team 1 - Mixed Long (James Bradshaw, Wayne Aspin, Tania Robinson)  
2<sup>nd</sup> but unfortunately miss-punched. Proves that even the elites are human and can make mistakes too.

Team 2 - Mixed Long (Jourdan Harvey, John Robinson, Greta Knarston)  
9<sup>th</sup> overall.

Team 3 – Mixed Long (Andrew Peat, Patricia Aspin, Nicola Peat)  
11<sup>th</sup> overall.

Team 6 - Mixed Short (Cosette Saville, Tyne Wijdeven, Val Robinson)  
Came in 5<sup>th</sup> place – great effort.

Orienteering continues over the winter with an event each month on Sundays.  
See you there.

By Sjan Wijdeven

## Auckland Chatter

Hi All

The Nationals have just been run and a huge thank you must go out to a lot of our members, with many of us being involved in the organisation. Full credit to both AOC and NWOC as one of the smoothest nationals carnivals in memory ran over four almost flawless days. There were also some pretty impressive results from our club, including the following A grade podium placings:

M14 Kieran Woods: 1<sup>st</sup> Sprint, 2<sup>nd</sup> Middle, 1<sup>st</sup> Long  
M20 Toby Scott: 2<sup>nd</sup> Sprint, 2<sup>nd</sup> Middle, 3<sup>rd</sup> Long  
M35 Ionel Popovici: 1<sup>st</sup> Sprint, 1<sup>st</sup> Middle, 2<sup>nd</sup> Long; Ellis Lam: 3<sup>rd</sup> Sprint  
M40 Rudy Hlawatsch: 2<sup>nd</sup> Sprint, 3<sup>rd</sup> Middle, 2<sup>nd</sup> Long; Dave Crofts: 2<sup>nd</sup> Middle  
M45 Pete Swanson: 1<sup>st</sup> Sprint, 2<sup>nd</sup> Middle, 2<sup>nd</sup> Long  
M60 David Scott: 3<sup>rd</sup> Sprint; Alistair Stewart: 2<sup>nd</sup> Middle  
M70 Tom Clendon: 3<sup>rd</sup> Long  
W12 Bethany Oram: 2<sup>nd</sup> Sprint; Nikita Mahe: 2<sup>nd</sup> Middle, 3<sup>rd</sup> Long  
W16 Lydia Scott: 1<sup>st</sup> Middle, 3<sup>rd</sup> Long  
W18 Libby Crum: 2<sup>nd</sup> Sprint  
W21E Elizabeth Orchard: 2<sup>nd</sup> Sprint  
W21 Sandra Faustl: 3<sup>rd</sup> Sprint; Katherine Bolt: 2<sup>nd</sup> Long  
W50 Annette Orchard: 3<sup>rd</sup> Sprint, 3<sup>rd</sup> Middle, 3<sup>rd</sup> Long  
W55 Joanna Stewart: 3<sup>rd</sup> Long

W70 Hilary Weeks: 3<sup>rd</sup> Sprint, 3<sup>rd</sup> Middle, 3<sup>rd</sup> Long; Heather Clendon: 3<sup>rd</sup> Long

Our top relay team featuring Toby and Imogene Scott with myself on first leg managed to come through for a 2<sup>nd</sup> placing. This is one of countless podium finishes by AOC in the last decade but we are still waiting for our year to take it out! Fortunately the weather also played its part, threatening to get us a bit wet on a couple of the days but in the end it stayed away.

As mentioned in the last edition of Chatter, Joanna and Alistair Stewart have been honoured with life memberships of the club. We had a celebratory dinner for them on Easter Friday with a few special guests turning up. It was great to be able to show all our appreciation for their work over the years, and once again congratulations to them on their award.

This month marks a couple of key changes in our club. We are looking to the future and trying to modernise a little bit so we can offer some things that will bolster our membership and at the same time offer our members more bang for their buck, so to speak.

This is the last paper version of this magazine – from now on it will be found online. With this change, AOC has decided to make our own publication, the first of which should be out at the start of next month. It will come through your letterbox and we hope it will give members something to look forward to in the snail mail rather than bills all the time! We are also looking to the past for inspiration and plan to include a new and improved club night each month on the calendar. More details about this in the first newsletter. So until then, enjoy the final edition of the magazine.

Cheers  
Simon

### North West News

*From Diane Taylor*

What a team! Marquita Gelderman, Mark Lawson and Thomas Reynolds win the NZ National Relays - the third win in a row for NWOC. The commentator said that a French Relay team are looking to poach Mark for their final leg .... was he pulling our leg?! Congratulations and well done to all our relay teams.

Our Nationals middle distance event was held on the new map "Jessie's Delight" at Helensville - most people came back looking tired, as the area is quite steep. Jessie is Marquita's dog who delights in chasing the possums in the forest - hence the name of the map. The collaboration with Auckland Orienteering Club worked well, and there was a good atmosphere throughout the Championships.



The NI Secondary School Championships are next on the horizon – let's hope that the weather is as good as it was for the Nationals.

On other matters - the NW Orienteering Boot Camp was held on 21/22 March on Rob and Marquita's farm at Slater Road. 21 students from the School Sprint Series attended, together with 4 students in an

adventure racing team from Whangarei Boys/Girls High Schools. Ages ranged from 12-16. Two days of coaching covered orientating the map, map management, contour interpretation and compass bearings. Day One involved 6 hours of training, so students and coaches enjoyed a well deserved visit to Parakai Hot Pools in the evening. Day two ended with a proper forest orienteering race on the White Lightning map.

The students were fantastic - well behaved, focussed and enthusiastic about learning to navigate. NW was giving away prizes of 5 free memberships for the 5 students who most impressed coaches with their attitude and enthusiasm. It was so difficult to choose the 5 most outstanding participants that we resorted to drawing names from a hat. We are very excited to welcome these 5 new club members: Henry Pyc, Helena Barnes, Todd Yelavich, Lizzie Morse, Cameron Tier.

Other new Club members are: Jess Scott; Suzie Clark; The Dickson Family (Kent, Lisa, Silvia, Moira and Hovey); Ingrid Vellekoope; Taylor Rhind; Kate Salmon; Amy Cray; Harry Charles; Michael Cox; the Ogden Family (Pauline, Helayna and Kevin) - Matthew Ogden has been a member of NWOC since 2005. It was good to see so many of our new members at the Nationals, and some already helping. Thanks, and welcome to you all.

**ICD Quiz**

5		7.12 km		260 m	
Start					
1	230				
2	123				
3	142				Q
○-----50 m----->					
4	143				>
5	215	↑	V		
6	265		⊗		○
7	166				○
○X		250		X○	

**Quiz questions**

1. Which course is this?
2. What information is given in the box between controls 3 and 4?
3. What information is given in the finish box?
4. Give the English language descriptions for each control.

**Jean's tips**

*This article is by the PAPO Coach, Jean Cory-Wright, published in the April 2009 PAPO newsletter.*

This is something you can do by the fire in winter or even to liven up a boring training run. Take a map with you and draw about 10 control circles on it. For each circle spend a bit of time trying to visualise in your head what the area in the control circle would look like.

Then another thing to do, is do a less boring training run in an interesting place and stop at 5-6 different places. (So it's best if it's an interval or farleu type of run). At each place you stop, try to draw a map of a control circle that you are standing in. e.g. - run around Barnett park. Stop at the fence at the end and draw how that would look on a map, including the different vegetation and the contours.

Drawing maps is a great way to improve your technique because it gets you looking the terrain and interpreting it. Draw mini maps of places you go and set mini course out with stickers. We did this on the Queen Charlotte walkway and had mini maps of three of the overnight places. This is great for getting you to look at places in relation to each other!

Even a map of the garden is a great idea.

Have fun! Jean

## 15 Laws of running

*(This is a slightly edited reprint of an article in the May 1998 New Zealand Orienteer by David Farquhar- Ed)*

*The following 'laws' were taken from a book entitled "The Lore of Running" by Tim Nooks. It is a large book, with a lot of detail on running theory, but easy to read and relevant to the average runner/orienteer. I would recommend it to anyone wanting to read a decent book on running.*

Many of these laws are credited to Arthur Newton (1883 - 1959). Newton was one of the first great distance runners, and he was definitely the first to start trying to document the theory behind running. In an age where training for most top runners was no more than 30 - 50 km per week, his efforts were incredible. A brief summary of his running career would go as follows:

On 1 January 1922 (sounds suspiciously like a New Year's resolution) he ran 2 miles (apparently with a "longish" stop halfway). The following day he was "abominably stiff". Newton persevered however, and 5 months later he won the Comrades Marathon in 8 hours 40 minutes (this is a South African race of around 56 miles).

The following 12 months were hard training, he ran 8,105 km, and walked 2,454 km. A typical day would be breakfast at 3am of porridge, eggs, bacon, toast and marmalade. Immediately after this he would run up to 50km. If the run was longer than 30km he would stop halfway to eat "something really sustaining like eggs, steak".

Over the next 12 years he held most world records from 30 - 100 miles, and in his thirteen and a half years of running he ran / walked 165,403km (a bit of a nutters really!).

I know different people will have different views on these laws. They are presented here as something for you to think about, especially how they might apply to you. Not everyone is the same, and what works for some people may not work as well for others.

### **Train frequently all year round (Newton's 1st rule)**

Consistency is what it is all about. It is not necessary to train hard all year round, but just to keep active, with regular training. Any point in time when you have more than 2 weeks off training will result in a loss of fitness, so try and avoid long periods without training.

### **Start gradually and train gently (Newton's 2nd rule)**

This can be applied at all levels of running. Regardless of how much training you are doing, you shouldn't increase this level too quickly. Also most of your training should be fairly easy / steady. No

more than 5 - 10% of your total weekly distance should be faster than race pace. Of course if you have a race in a week this may not be possible - that is OK. It should not become the norm, or you will just become tired out.

### **Train first for distance and only later for speed (Newton's 3rd rule)**

This was later adopted by Lydiard. The basic idea is to structure your running so specific sections of time are devoted to steady, distance running, and then have specific periods (1-2 months) where you concentrate more on speed. Once again be careful not to change your training too quickly (follow the 2nd law). Introduce speed work gradually over 2 - 3 weeks.

Some writers and runners advocate including speed work in the training throughout the year. This has several advantages:

- promotes good running style,
- helps the body to run slightly quicker during steady runs and
- lessens the impact of any hard training periods (where you increase the number / quality of your speed sessions)

### **Don't set yourself a daily schedule (Newton's 4th rule)**

According to this rule, it is better to have an idea of your total weekly plan and then train more to how your body feels. By all means set a daily schedule but only use it as a guide. If on a particular day you don't feel that you can do a particular session, then have an easy day. Be flexible.

### **Alternate hard and easy training days (Bowerman / Dellinger's rule)**

The idea here is to give the body a chance to recover from the stresses of training. You should train hard on only 2 - 3 days per week (Dieter Baumann, European 5,000m record holder, only does hard interval training on 2 days per week). The other days should be easier, with steady running or rest.

### **At first try to achieve as much as possible on a minimum of training**

Don't try and do too much training too early on. It is far better to do a moderate amount of training for a long period of time than it is to do a lot of training for a few weeks, followed by a layoff.

### **Don't race in training, and race infrequently (Newton's 5th rule)**

While racing is a great way to get fitter and faster, it is also a great way to over-train. Race hard only once every two weeks where possible. If you have back to back weeks of races, try to have at least one weekend per month where you don't race. This will help to stop you from getting "over raced" or stale.

### **Specialise (Newton's 6th rule)**

You will perform better if most of your training is geared specifically towards your chosen sport. One way to do this is to run off road or in terrain as much as possible. Remember to include a bit of variety though (e.g. faster runs on grass), otherwise your training will become boring and you won't get as fit as you might otherwise.

### **Incorporate base training and peaking (the Carlyle / Lydiard rule)**

Similar to law number 3, this suggests you should do steady training to provide a base then gradually switch over to faster training and in the last 4 weeks prior to a race you should decrease your mileage. Faster speedwork at this point will help your body to peak for the race. In the last weeks before the race the easier workload will allow the body to recover from the hard training, and it should be able to race faster.

### **Don't over-train (Newton's 7th rule)**

This is very important, as any time where you are over-training will increase the potential for illness or injury. Monitor your training to make sure you are not increasing the workload on the body too quickly.

### **Train under a coach**

A coach is someone to motivate / guide / provide ideas / provide moral support / analysis and mental comfort to the athlete. Sounds pretty good doesn't it. Another benefit of a coach is they tend to be more objective about your training, which is often a useful attribute to have.

### **Train the mind (Newton's 8th rule)**

Actual race performance is often affected by the mental state of mind. This has several aspects: motivation, ability to concentrate during a run (very important for orienteering), ability to relax prior to a competition, "toughness" during the competition. The orienteer who thinks about these before the race will have an advantage over the orienteer who does not.

Orienteers can also take a different meaning for this rule: you should train your navigational/mental O skills. Don't just devote all your training time to running.

### **Rest up before a big race (Newton's 9th rule)**

Most people know that resting up is important before a race. There is disagreement on exactly how much of an easy period is required in the week before a race. Some people believe in reducing training for 5-6 days before a race, others for only 2-3 days. Experiment in smaller races, and find out what works best for you.

### **Keep a detailed training diary**

The level of detail is up to you, the individual. It is probably best to cover things which directly affect your performance, starting with the quantity and type of training you do each day. Other things which you might include are amount of sleep, weather, totals for the previous 7 days and so on. Try looking at other people's training diaries to get ideas.

### **Understand the "holism" of training**

There are two important aspects here:

- Your training itself must be balanced - within each day, week, month. Don't just do all your week's training in the first 3 days - spread it out over the entire week.
- What happens in the hours outside your training has a major influence on how you will run. Don't treat your training as a completely separate part of your life. Remember that it influences, and is influenced by, the rest of your life.

## **ICD quiz answers**

1. Course 5
2. 50 m marked route away from the control
3. 250m unmarked route to the finish.
4. 230 pond; 123 saddle; 142 vegetation boundary, South East edge; 143 fence, inside Eastern corner end; 215 Northern pit; 265 middle root stock, North West side; 166 copse Western part, control check

## **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.

### Orienteering on the Web

Advanced tips for beginners - [www.web-ling.com/orienteer.htm](http://www.web-ling.com/orienteer.htm)  
 Australian Sports Dietitians Association – [www.sportsdietitians.com](http://www.sportsdietitians.com)  
 Australian Orienteering Federation – [orienteering.asn.au](http://orienteering.asn.au)  
 Game - <http://www.catchingfeatures.com/>  
 Illustrated orienteering terms - [www.orienteeringunlimited.com/visualglossary.htm](http://www.orienteeringunlimited.com/visualglossary.htm)  
 International control descriptions (one page) - [sitemaker.umich.edu/susan.lee.douglas/files/orienteering\\_clue\\_symbols.pdf](http://sitemaker.umich.edu/susan.lee.douglas/files/orienteering_clue_symbols.pdf)  
 Interactive international control descriptions quiz – [www.fortnet.org/icd/](http://www.fortnet.org/icd/)  
 International O news – [www.worldofo.com](http://www.worldofo.com)  
 Map legend and control descriptions – [www.treklite.com/bok/control\\_description.htm](http://www.treklite.com/bok/control_description.htm)  
 Map legend – "sprint orienteering map" of the technical section of the NZOF website  
 MapSport shop and news – [www.mapsport.co.nz](http://www.mapsport.co.nz)  
 Multisport – [www.sportzhub.co.nz](http://www.sportzhub.co.nz)  
 NZOF - [www.nzorienteering.com](http://www.nzorienteering.com)  
 Orienteering news - [www.maptalk.co.nz](http://www.maptalk.co.nz)  
 Running – [www.coolrunning.co.nz](http://www.coolrunning.co.nz)  
 Tips for beginners - [www.happyherts.org.uk/improve/](http://www.happyherts.org.uk/improve/)  
 Tips for the advanced - [www.orienteering.asn.au/promotion/devel/develcoach/](http://www.orienteering.asn.au/promotion/devel/develcoach/)

### Abbreviations in common usage

AOA: Auckland Orienteering Association  
 AOC: Auckland Orienteering Club  
 CMOC: Counties-Manukau Orienteering Club  
 D-Squad: a nationally chosen squad targeted for development by national selectors  
 DNF: did not finish the course  
 DSQ: disqualified  
 JWOC: Junior World Orienteering Championship.  
 mp: mispunched = DSQ and/or DNF  
 MTBO: mountain bike orienteering  
 NWOC: North-West Orienteering Club  
 NZOF: New Zealand Orienteering Federation  
 OY: Orienteer of the year competition event.  
 PAPO: Peninsular and Plains Orienteering Club (Canterbury)  
 RKOC: Red Kiwis Orienteering Club (Manawatu/Wanganui)  
 SPARC: Sport and Recreation Council - a government funded organisation to promote sport in NZ  
 SW: south-western and similarly for other compass directions  
 TBC: to be confirmed  
 WMOC: World Masters Orienteering Championships  
 WOA: Wellington Orienteering Association  
 WOC: World Orienteering Championship/Wellington Orienteering Club



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The  
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Orienteer

