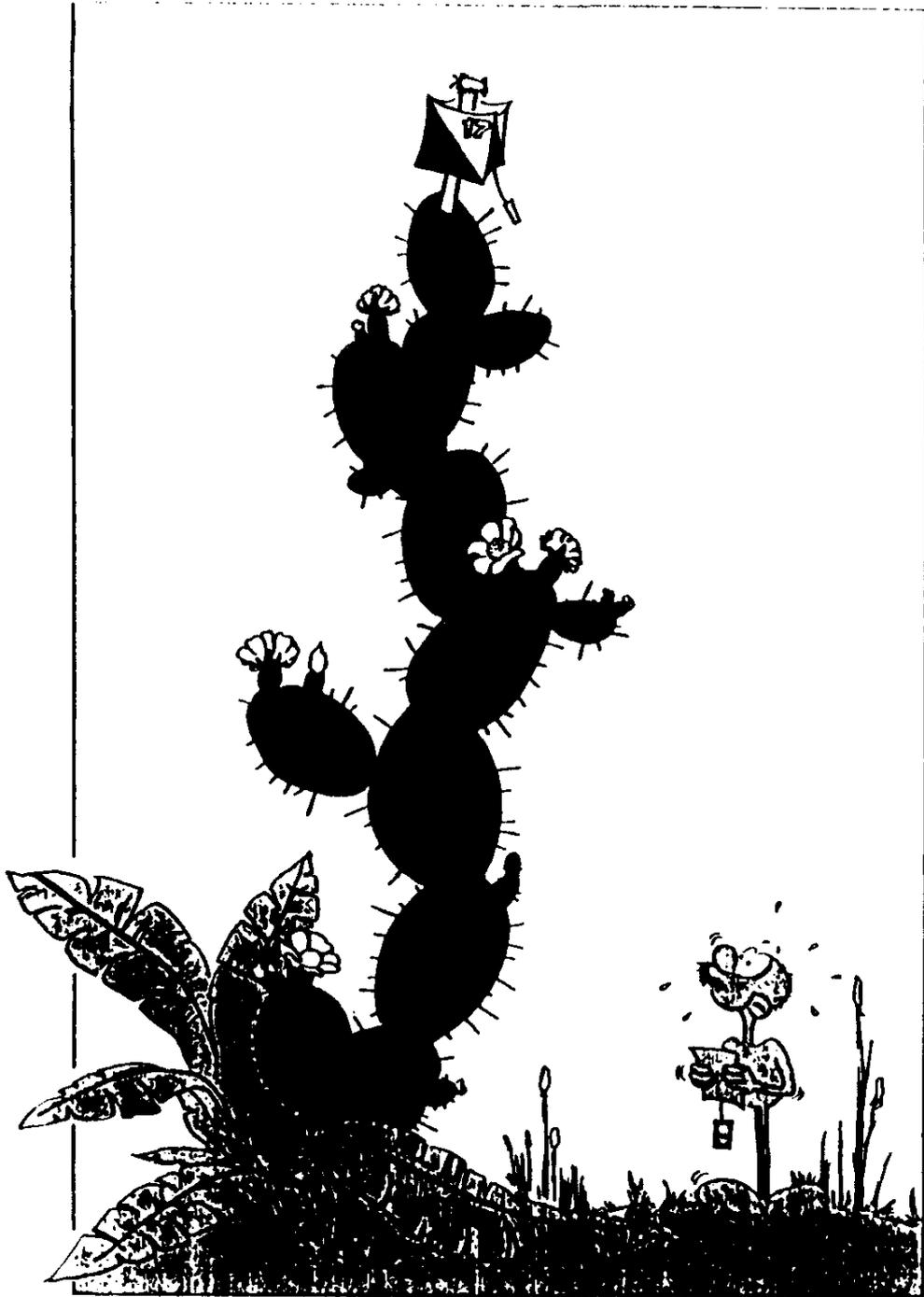


The AUCKLAND ORIENTEER



June 1993

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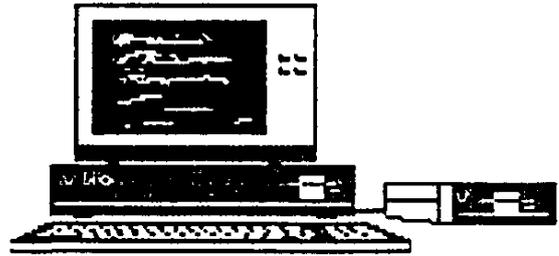
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HILLARY COMMISSION
for sport, fitness and leisure

THE NEW ZEALAND ORIENTEERING
FEDERATION ACKNOWLEDGES THE
SUPPORT OF THE HILLARY
COMMISSION.

EDITORIAL



Hi Everyone,

Another month has flown by and it's already June (!). The first OY of the year certainly didn't have the blessing of the weather gods - I can't remember running in such heavy rain! Hopefully a precedent hasn't been set and the climate will be a bit kinder for the next one.

Queens Birthday is just around the corner - good luck to those travelling to Wellington for the 3-day. I wonder whether we will have the Queens Birthday results before the Easter ones? A large contingent of mainly development and WOC squad members are travelling to Australia for a week of training before competing in the Australian 3-day. Best of luck to those people also.

There are a couple of entry forms in this issue - write the closing dates in your diary now.

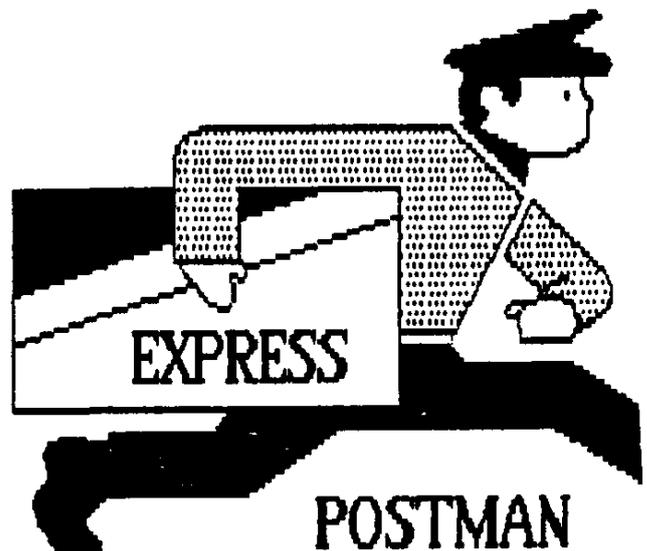
Until next time,

Happy 'O'-ing,

Marquita Gelderman

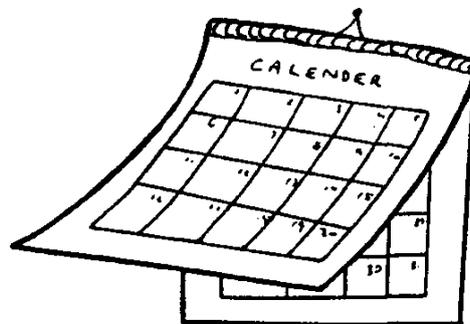
EDITOR'S ADDRESS : 47A Forbes St
Royal Oak
Auckland

Ph. 634-3676
Fax. 634-1458



DEADLINE FOR JULY ISSUE: 20 June 1993

COMING EVENTS



JUNE

Sat-Mon: Queens Birthday 3-Day, Wellington. Pre-entry event, forms in last issue or ring editor.

Sun 6: Park Event. One Tree Hill.

Sun 13: OY 2, Huriwai, Port Waikato. Follow signs from Port Waikato and allow 45 mins from Bombay. Parking will be along a public road - please park on the Right hand side of the road. You will have to go up to the gate and turn around as directed. There is a 20 minute walk from parking to a woolshed where registration and the start is. Special parking is available at the woolshed for families with young (>6yrs) children but there is a limit of 10 cars only. Please combine transport if possible.

Sun 20: Autumn Series 6, Sixteen Mile, Woodhill. Signposted from SH 16 towards Helensville down Rimmers Rd.

Sun 20: CDOA OY 4, Whakaipo Bay, Taupo.

Tue 29: Auckland Secondary School Champs, Sixteen Mile.

JULY:

Sun 4: OY 3, Muriwai. Signposted from SH16 at Waimauku.

Sat 10: NZ Secondary School Champs, Wellington.

Sun 11: Coaching Day, Muriwai.

Sun 18: Auckland Domain, Park event.

Sun 18: CDOA OY5, Crater Block. Signposted from SH 38 south of Rotorua.

NOTE: Start times any time between 10.00 am and 12.30pm.

NORTH-WEST NEWS



Our intrepid orienteers are back from the wilds of Western Australia. If the rocks and the green didn't get them the wine certainly did! Did you notice they were all sporting suntans on their return?

Maurice Penney was not long home before he left to sail a yacht on a two week delivery voyage to Noumea. Let's hope the weather was not as stormy as it was at Kiwitahi last month.

Welcome to Chris Paice, a new member to the club this year. Hope you are enjoying the orienteering so far.

Welcome home to Colin Martin who has retired from his job in Tokyo. Nice also to see Jeni who came north from Otago for Carey's graduation.

Also welcome home to Julia Fettes, back from the United States.

Sport North Harbour are doing a Women In Sport programme to celebrate Women's Suffrage Year, and orienteering was on offer last month. Lisa Mead set three courses at Long Bay and Ann, Lorri and Lesley were on hand to help newcomers. A few interested women arrived and some even did two courses.

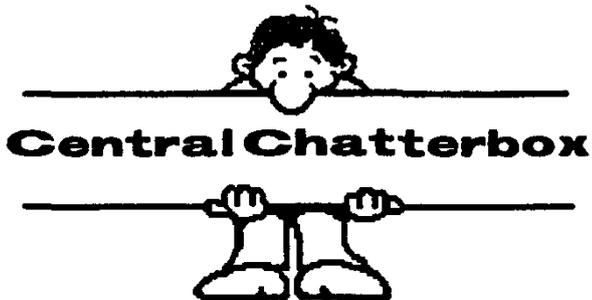
Jackie Piper, a physiotherapist who has two clinics in Auckland, was our guest at the recent club night at Titirangi. She talked about why and how we should stretch before torturing us with different exercises. Colin Tait will never be the same again!

Congratulations to Lorri O'Brien who completed the Rotorua Marathon in under 4 hours. It was Lorri's first; will it be the last?

Our Kiwisport person has had a busy couple of months with two sessions at the North Shore AIT campus involving 60 students, and an in-service course during the May holidays for 30 primary and intermediate school teachers. The message is hopefully getting through that orienteering is not totally about compasses.

The next two club meetings are Thursday June 3rd at the Stones', 8 Agathis Ave, Mairangi Bay; and Thursday July 1st at Tait's', 1/8 White Heron Drive, Massey. Start times 7.30pm

North West Newshound.



Welcome back to club members Terry Nuthall, Hilary Weeks and Rob Crawford who were part of the Australia New Zealand challenge in Perth at Easter. Congratulations to Rob who was a member of the M21E relay team which won its event. We understand that Terry and Hilary performed creditably particularly considering that they were running down a grade.

Other club members have been busy behind the orienteering scenes. Kevin Wilson recently competed in the Rotorua marathon and David Stewart had a successful run in the Nga Raku Nurseries Cross Country held at Moire Park Massey. And a certain PC has been observed plodding around a known city orienteering haunt. Is this because the OY series is getting underway or is it fitness assessment time in the force Selwyn?

Another successful club social evening was held at the end of April at the Jack Dickey Community Centre in Greenlane. The evening took the form of a brief special general meeting to ratify the Club's Constitution and Rules (featuring some discussion on the best route choice!) Then it was on to the serious stuff; a potluck dinner with an Italian theme and some serious analysis of the accompanying red wines. The men greatly outnumbered the women, but that was **not** reflected in the results of the "Give Us a Clue" competition that followed. Watch out TV3.

For those of you who braved the conditions at Kiwitahi for OY1 (and for those of you who were smart enough to sleep in and spend the rest of the day in front of the fire) you will no doubt identify with the following from Tony Nicholls:

"After that very wet Sunday 16 May, everything was justifiably thrown into the truck; water, mud, bent controls, broken pegs, soggy notices, more water, tangled tents and ropes and saturated setter, controller and coordinator. All of Monday was spent unloading, sorting, cleaning, straightening, replacing, inspecting, and converting a disused sewing factory into something resembling a parachute display warehouse. Came 5.20pm I went home to prepare for normal work the next day. Ho hum! Any volunteers for equipment officer next year?"

Once again members are reminded that club meetings are held on the first Wednesday of the month at 56 Allens Rd, East Tamaki at 7.30pm and all members are most welcome to attend. And if you have any contributions for this column, Central chatterbox would appreciate any assistance. Please give me a call on 817-4477.

SOUTH AUCKLAND GOSSIP

Hoped to get some club news from Ross and Linda at their wedding but they weren't interested. A large gathering witnessed the outdoor ceremony and then attended the wedding dinner and dance at the St Johns Hall in Pukekohe. Linda's daughters in blue and Ross's boys with blue ties were there, the rain held off and the NZR (with 42 carriages) went slowly by as the girls sang. Altogether a happy occasion. I'm sure all orienteers join with me in wishing them a joyful future.

Former SAOC members Ray and Jackie Sheldon paid a weekend visit and caught up with everyone at the wedding.

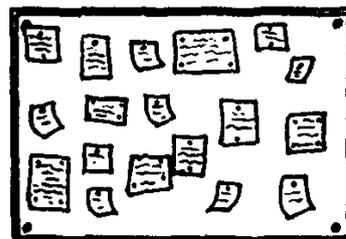
No sooner do we get Rolf Boswell as Club Captain than he shifts to Taupo for his first "real" job working with Tasman Forestry in GIS. Aiden who is now at Canterbury University after milking cows over the summer at Waiuku has rejoined our club and Jeanette is playing golf.

News from overseas - NZ can run 3 men and 4 women in the Classic at WOC. One up on Australia who have 2 men and 3 women.

We haven't had a lot of info about the Australia/New Zealand Challenge except that it was a good one for Australia. However, congratulations to Dave Godfrey who was second Kiwi home in the individuals M40. Note also that Ray Eade has been getting among the established stars in the same grade locally.

Ken Browne.

NOTICES



***** AUSTRALIAN CHAMPIONSHIPS *****

***** 19 - 26 SEPTEMBER 1993 *****

This will be a great week of orienteering in the Lithgow/Bathurst area in New South Wales. The NSW Champs are held on Sunday the 19th followed by events on the 21st, 22nd and 23rd. On the 25th the Australian Champs are contested followed by the Australian Relays the next day.

Dave Godfrey is planning a New Zealand tour group to attend the carnival. Hotel accomodation in the centre of Bathurst is available at \$15 a night with a light breakfast included.

Contact Dave on 527-8922 if you are interested. Entry forms are available from Dave and close on Monday August 9, 1993.

ROTORUA ORIENTEERING CLUB

1993 NZOF COURSE SETTING COMPETITION

Rotorua Orienteering Club invites all orienteers to enter the 1993 Course Setting Competition.

Map: Tarawera

Scale: 1:15000

Rules

All entrants must be financial members of a club affiliated to NZOF

Juniors (under 20) are to plan one course for W16A.

Seniors are to plan two courses, one for W16A and one for M40A.

Courses must conform to national badge standard for a single day event. This information will be provided.

Maps must be marked in accordance with NZOF Rules (red ballpoint will be accepted). Control descriptions must be in IOF symbols.

The finish will be marked on the map, and must be used.

Entrants will receive two maps per course. These, along with all relevant information, will be sent to entrants on receipt of their registration. Additional maps are available at \$1 each.

All maps will be returned along with Judges comments.

The top five courses in each category will be selected by a panel from the Rotorua Orienteering Club. Final judging will be done by the NZOF Technical Convener and International Controller, Ken Holst.

The winner of the Senior section will win the Silva Trophy and the Junior winner the Currie Trophy. These will be presented at the National Championships at Labour weekend.

Closing date for entries will be 31 August 1993.

Registrations should be sent to: Secretary
Rotorua Orienteering Club
PO Box 7095
Te Ngae
ROTORUA

1993 NZOF Course Setting Competition

Name

Address

.....

.....

Fees Senior \$10

Junior \$ 6

Extra maps

TOTAL

Please make cheques payable to Rotorua Orienteering Club.

**CENTRAL DISTRICTS ORIENTEERING ASSOCIATION
1993 CHAMPIONSHIPS**

Date: Saturday 4 September & Sunday 5 September. This is a two-day event, with times from both days aggregated.
Map: "Tiger Country". NEW FOREST MAP
Mappers: Ken Holst, Mark McKenna, Roy Edwards (The Crater Block team)
Scale/CI: 1:15000 5m
Location: Deep in the heart of Kaingaroa Forest (South East corner actually), 100 Km from Rotorua, on sealed road to the map. Possible entry from Napier Taupo highway, to be confirmed.
Terrain: 80-90% fast open forest, on a plateau with detailed incised gullies. Most gullies are open, with tussock vegetation.
Setters: Mark McKenna, Roy Edwards
Controller: Ken Holst
Badge Event: Yes
First starts: 11:00 a.m. on Saturday, 10:00 a.m. on Sunday
Results: Trophies and place certificates to CDOA members only. Fastest time certificates to other competitors if applicable.

Grades:	Course Grades	Course Grades
1	M21A	9 M-16A, M21B, M35-B
2	M35-A, M-20A	10 M-20B, M40-B
3	M40-A, W21A	W-16A, W21B, W35-B
4	M-18A, M45-A, M21A-short	11 M-14A, M21C
5	M50-A, W35-A, W-20A	W-14A, W40-B, W21C
6	M55-A, W-18A, W40-A	12 M-12A, W-12A
7	M60-A, M65-A, W45-A	M-16B, W-16B
8	W50-A, W55-A, W60-A, W21A-short	Kiwisport (Enter on the day)

C1-C8 Hard, C9-C10 Medium, C11-C12 Easy
 The organisers reserve the right to combine grades and eliminate courses as required.

Closing Date: 13 August
Fees: Senior \$14 per day
 Junior (Under 19) \$ 7 per day
 Family maximum \$35 per day
 Late Entry Fee Double the normal fee
 Make cheques payable to Rotorua Orienteering Club

Entries to: Rotorua Orienteering Club, PO Box 7095, Te Ngae, Rotorua
Enquiries to: Gary Farquhar, PO Box 7095, Te Ngae, Rotorua Phone: (07) 345-9608

ENTRY FORM

NAME	GRADE	CLUB	BIRTH YR	DAY 1	DAY 2	FEES

TOTAL

ADDRESS: _____

PHONE: _____

HAMILTON ORIENTEERING CLUB

1993 CLUB CHAMPS

The Hamilton Orienteering club is proud to announce that the 1993 Club Championships are on Sunday the 27th of June.

Where: Kapamahunga

Course planner: Les Warren (Due to old age knee problems he has kindly offered to do the job)

Courses:	Open Long	60 min	Hard
	Open Short	40 min	Hard
	Junior (-18)	25 min	Med/Easy

Seniors can enter either the Open Long or Open Short course. Juniors (depending on experience) can enter either the Open Short or Junior course.

Note: Open Long will be HARD physically and technically.

Open Short will not be too physical but will be technical.

Junior (-18) will be set with inexperienced orienteers in mind. Therefore some of the good juniors should enter Open Short.

Certificates: There will be certificates presented at the end of the day to the top men and women for each course.

For details, contact Shaun Collins, ph (07) 856-4504.



Final 1993 Junior Area Challenge

An Auckland Junior team will be selected for the final 1993 Area Challenge to be held in conjunction with the Central Districts Championships on 4th and 5th September.

This will be a fun event with transport and accommodation arranged for team members. The event is to be held near Rotorua. Wellington will again be providing some non-orienteering challenges.

The Auckland team will be chosen on merit based on performances in Autumn Series events in May and June and on OY's 1 - 3. To be considered for the team you must have competed in at least 3 of these events and be born between 1973 and 1980 inclusive. The team will be announced at the end of July.

To compete in the Central Districts Champs you will need to be affiliated to the NZOF. Members of schools teams that don't belong to an Auckland Club will need to affiliate to the NZOF through the club their school belongs to.

It was unfortunate that Central Districts were not able to send a team to Auckland at Easter but Wellington did take a team to Christchurch for their Easter 3 day. The results of that challenge will be published in MapSport.

Lorri O'Brien
Auckland Junior Team Manager

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LETTERS TO THE EDITOR



"WHAT'S IN A NAME?"

Is it easier to market/promote a product if the name of the product is descriptive of that product?

How well does the name "Orienteering" relate to or describe the sport?

My Oxford dictionary describes orienteering as "a competitive sport of traversing rough country on foot with map and compass". Hmm, glad to see 'competitive sport' in the description!

There is a logical answer of course. Why not give it some thought?

ARM.

ARE WE DRIVING THEM AWAY?

I've never really been concerned with the cost of entering an orienteering event. It's always appeared to be value for money. But lately I've had to stop and think a bit - is it really worth it!

Why, for instance, should we pay \$12 per day for the 3-Day Easter event? The only difference between the 3-Day and an OY was a pre-marked map. (And one course would have rather marked their own anyway!) No NZOF Badge event fees, no information booklet to print, no results book either. What a rip off! Next time we compete on the same map it will probably cost only \$5.

The crunch for me is APOC, the most expensive orienteering event in the World. \$26 per day for probably a 2km (M55) run on a farm map is ludicrous. Entry fees for a family of \$616 before accommodation and travel cost will keep most families away. I could understand the actual APOC Challenge event with it's medals and more expensive forest map being a higher cost but I don't agree with the cost of the support events.

In the long term it's orienteering that will suffer. We are discouraging people from our sport because of greed. Clubs are getting wealthy at the expense of our foundation (numbers). It's time to STOP before we have orienteering events without orienteers.

John Robinson.

Dear Editor

I am greatly heartened by the response to my letter in the March issue regarding provisions for families with young children. I have had feedback from each of the clubs now which indicates that my message was well received. So thank you to those who were prepared to listen and take rapid action.

It was very pleasing to see a Creche tent at the Easter 3-day event. I only hope that the organisers do not feel that their efforts were wasted. Because of the beautiful weather and because there were surprisingly few young children at that event, the tent was not used as it might have been had the weather been unpleasant. This highlights one of my original concerns. If elaborate arrangements are made for a creche and then the facilities are under-utilised, the whole issue will die a natural death. To have a tent on hand for use at events would be excellent. Perhaps it could be the responsibility of parents to quickly erect such a tent if the conditions required it.

Lesley Stone's AOA report in last month's magazine (the cover of which was particularly appropriate!) emphasised the critical issue; the provision of a **safe and central parking area**, respected by other orienteers. An informal sharing of responsibility for the youngsters would inevitably follow. It would also help if:

- the 'young families' parking area were sign posted to make the situation clear to all members and to signal to newcomers that this provision exists. Just as a "no parking beyond this point" sign is often displayed, a sign indicating "parking for families with children under 6 only beyond this point" would be helpful.
- the entry form for pre-entry events included a simple question asking: "If you bringing children under six, would you utilise a designated 'young families' parking area?" Organisers could then plan accordingly and assess the need for a tent.

Thank you again to the club administrators who have taken action on this issue. Hopefully reducing potential stress for the parents filling double roles will bring its rewards. Exposing our youngsters to orienteering in a positive and enjoyable way will make their continued participation more likely.

Chris Jager

53	Answers to	POOR SOLES
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Larry and his friends had to take their shoes to the menders last week. The beige shoes which needed re-stitching weren't Gary's. Barry's were black. The navy shoes had a split toe, and Carrie's had a broken heel, while another pair had a damaged sole. Marie's uppers had come adrift - her shoes weren't grey. What was wrong with each person's shoes, and what colour were they?

Name	Repair	Colour
Barry	Damaged Toe	Black ✓
Carrie	Split-toe	Navy ✓
Marie	Uppers had come adrift	Brown ✓
Carrie	Broken Heel	Grey ✓
Larry	re-stitching	Beige ✓

Dear Editor,

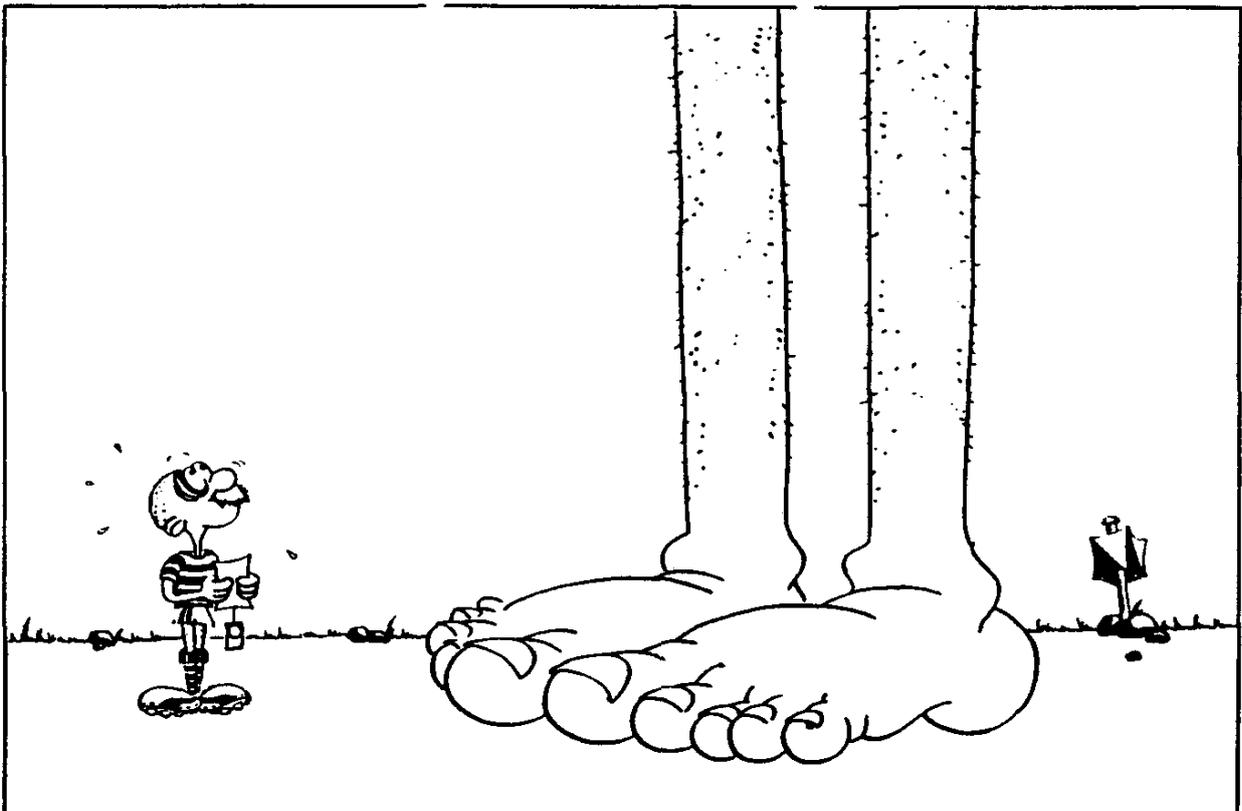
In reply to Ross Brighthouse's little snippet on Taurangaruru in the May Orienteer, I have only this to say in response.

After more than 40 years of orienteering I can still do a '180', invert contours on occasions, look for the code of the last control I have clipped when trying to find the next one, or make other annoying errors during competition.

I make no excuses, not even the fact that I am blind in one eye because my sighted eye has strengthened sufficiently to overcome most of that handicap. All I will say is that I am far from being the perfect orienteer all of the time, which is just as well in my view because I believe that if one never made a mistake sometimes, then one would stop learning in this fascinating sport.

Whenever I make a major blunder through carelessness or over-confidence when I do not keep sufficient contact with the map, it settles me down for months afterwards.

Ralph King,
Life Member, NZOF.



WOC SQUAD HAPPENINGS

The WOC Squad (World Orienteering Champs Squad) is a group of the top men and women orienteers in NZ. 1993 is a very busy year as the World Champs will be held in October in New York State, USA.

A training camp was held at Kawhia over Anzac weekend and was attended by most of the squad as well as several non-squad members who benefitted from the exercises set. Another camp is being held as this magazine goes to print at Crater Block followed by an OY on Mamaku.

Almost all WOC squad members are travelling to Australia with the Development squad for a week long training camp over Queens Birthday. It will be an intensive week spent practising basics and coming to grips with Australian terrain. The latter is important as two World Cup events will be held next year in Australia and, apart from our own World Cup, will be one of our best chances to show the World the standard of New Zealand orienteering.

Trials to select the team for WOC '93 will be held on June 18,19 and 20 on new maps in Waiuku Forest and Kaingaroa Forest near Rotorua. Among the women Katie Fettes, Marquita Gelderman, Tania Robinson and Jeanine Browne are fairly certain with Jan Davies also a firm possibility. Top juniors Kirsten Ambler, Sasha Middleton, Jo Henderson and Antonia Wood would all be chasing places but are unable to attend the World Champs due to cost and study commitments.

Places in the mens team are more fiercely fought for. Alistair Landels is the only certainty thanks to his spectacular results in the World Cup series last year. Rob Jessop and Greg Barbour would be next in line but others such as Darren Ashmore, Dave Melrose, Mark McLean, Peter Hill, Phillip Wood, Bill Teahan, Bryan Teahan, Simon Teahan, Alistair Cory-Wright and Matthew Tuck will all be fighting for the four remaining places.

The team will travel to the States four weeks before the World Champs themselves for 3 weeks of intensive training in the difficult technical American terrain. Swedish coach Lars Sjokvist will join the team for the first two weeks and should be invaluable as the terrain looks very Scandinavian. Coaching Coordinator John Robinson and Manager Dave Puddephatt will be hard at work to ensure everything runs as smoothly as possible for the team.

Fundraising to help the team get to the States has gone well this year. The Sports Foundation gave \$9,500 and Smokefree donated \$4,000. Peo Bengsten who brought a large group of Swedish orienteers to NZ at Christmas 1991 donated \$7,000 and Gulf Resources Pacific Ltd, of which Maurice Penney is a director, generously gave \$1,500. The annual Forest Run was a resounding success thanks to the hard work of Dave Melrose and Bronwyn Allen and perfect weather on the day. Although final profits are yet to be determined it is hoped about \$8,000 will be available. Despite these large amounts, each team member will

still have to find about \$4,000.

A supporters club is in existence and for a donation of \$50 (more or less) anyone can join. Associate membership provides a tangible way of showing your support for New Zealand's elite orienteers and will put you on the mailing list for all WOC squad newsletters and information. Also an open invitation is extended to all associate members for all training days. Michael Wood has put his money where his mouth is and has offered \$1.00 to the WOC squad for every new associate member. So if you would like to help Michael go broke, contact Dave Puddephatt on ph 625-7826 to register your interest.

1994 will be just as busy with APOC and the Australia/New Zealand challenge in January followed by New Zealand's first World Cup event at Easter and the two Australian World Cups a week later. There are certainly plenty of challenges ahead for all orienteers as well as those in the WOC squad and those who aspire to join it.

Marquita Gelderman.

FROM THE ARCHIVES



The Queens Birthday 3-Day on Patetonga, Tuahu (Te Aroha), and Maramarua maps was the major event for June 1983. Some of the winners were - M21A (27 entries) Ross Brighthouse, W21A Cathy Hatwell, M15 Robert Jessop, W15 tanya Nicholls, M35B Ian Currie, W35B Marie Fiske. With a chasing start on the last day the three leading women in the W43 grade self-destructed by clipping wrong controls while Judy Martin stayed calm to win from Mavis Hatwell.

The 5th OY on Woodhill 81 was a benefit day for the Oldfield Family with Doreen (currently W100) winning the W50 grade, Athol the M56 and Robyn the W15.

A Long 'O' in Woodhill followed. The senior course of 20 km took in several maps not now in existence - Claypit Road, Telephone Track and Puketapu Road.

The NZ team for the World Champs in Hungary was announced. Ross Brighthouse, Kevin Ireland, Leo Holmes, Rob Garden, Mark McKenna, Trish Aspin, Cathy Hatwell, Anitra Dowling, Katie Fettes, Linda Parker and manager Rolf Wagner.

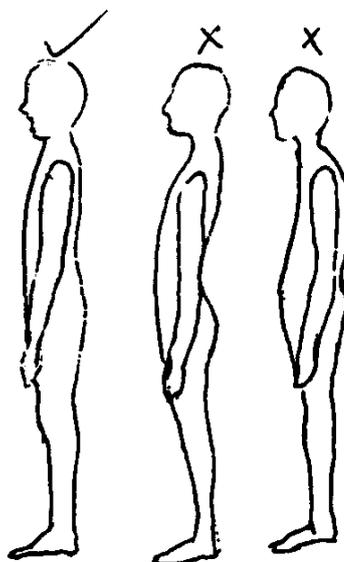
And June 1983 was the month someone discovered that staples in the map affect the compass needle.

Ken Browne.

Flexibility, Balance and Focus

The Spine

One of the fundamentals for a healthy spine is correct posture or alignment. There should be 4 natural curves, with no compression at the waist (sway back) or at the neck (round shoulders). Lifting from the knees, rib cage and top of the head will make the body feel lighter and allow more room for lung expansion; hence better breathing and better health. Proper spacing between the vertebrae is important for the nerves along the spine. Be aware too of even distribution of weight as imbalance will lead to uneven muscle development and stress on the body.



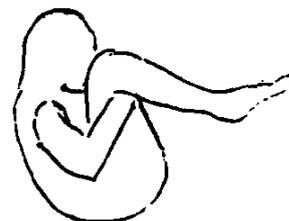
Kneel on all fours, hands shoulder width apart, knees hip width apart, spine long. Breathe in and saddle the back. Breathe out as you arch the back from the bottom to the top, pushing well on the arms. Return through the starting position to the saddle, breathing in. Continue rhythmically for several rounds.



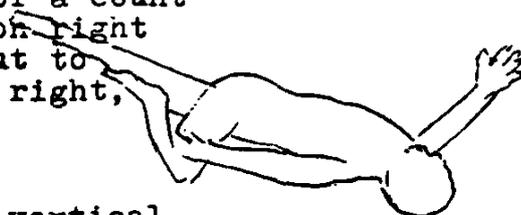
Stand sideways to a wall, right arm touching. Step forward with the right foot. Keeping hips still, turn chest towards the wall, placing hands shoulder width apart, at shoulder height, on the wall. Hold twist for count of ten. Repeat on the other side.



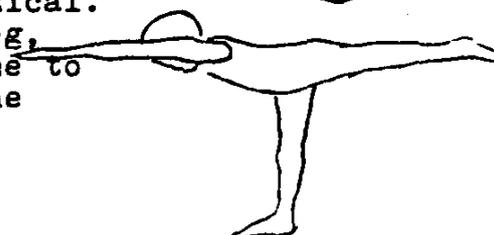
Sit on a well padded mat or carpet, knees bent. Clasp hands under the knees and bring forehead to the knees. Keeping this body position, gently roll back. Rock back and forth between the buttocks and the shoulders.



Lie on back, arms out, palms down. Place right foot on left knee and left hand on right knee. Keeping shoulders on the floor, take right knee down towards the floor on the left side while turning head to look to the right. Hold for a count of ten. Return to start, place left foot on right knee, right hand on left knee, left arm out to the side. Take left knee towards floor on right, looking to the left. Hold.



From standing position, raise arms to the vertical. Maintaining a good stretch and keeping left leg, back and arms in line, tilt at the hips to come to a balance on the right leg. Hold. Repeat on the left leg.



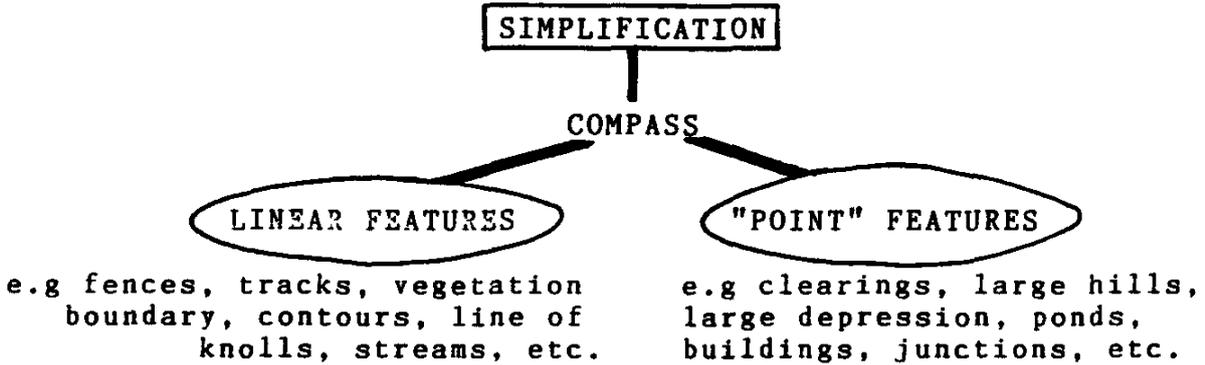
BACK TO BASICS

PART 3:

SIM-PLI-FI-CA-TION

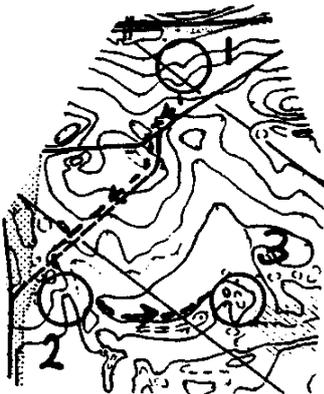
One major difference between poorer and better orienteers is the ability to "simplify". All orienteers use too many features to find a control. This takes time and slows you down.

The technique can basically be split into two categories.



LINEAR FEATURES

These are used to place you as near to the control as quickly as possible with a minimum of map reading. (See "Handrails", May Issue pg 28). They can be used directly e.g running along a track, or indirectly as a catching feature. (See "Aiming Off", May Issue pg 29). Recognising a linear feature in complex terrain can save much time. The following are examples of how to recognise and use easy and hard linear features.



1-2 shows the simplest linear feature, a track.

2-3 is simplified by following the linear hill.

The compass is always used to ensure you are following the correct linear feature.

4-5 initially may look difficult. However, by recognising the large depression leading into the long re-entrant the leg can be simplified and much detail can be ignored.



POINT FEATURES

When linear features are unavailable, a step by step approach using point features is necessary. The most obvious features on the map will stand out on the ground and vice versa. Take each leg in small parts from obvious point to obvious point, with a compass bearing for direction.



Leg 1-2 uses three easy "points" to get near the control. There is no line feature.

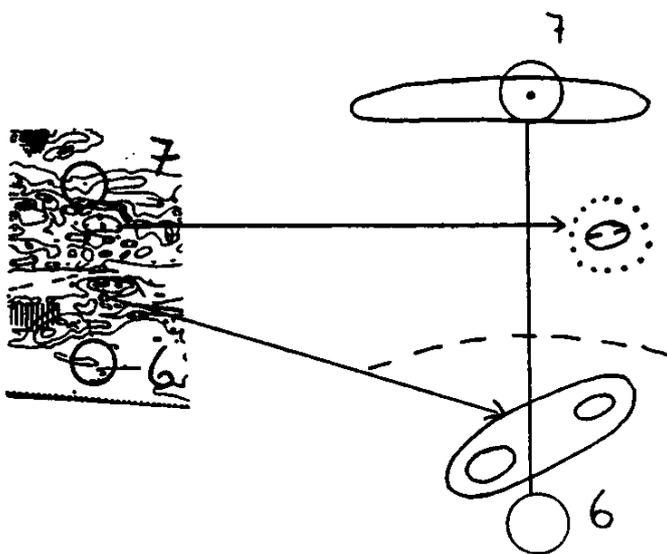
A = clearing/track junction.

B = large depression.

C = Hill top.

Advanced recognition of obvious point features can simplify broken, complex terrain such as sand-dunes.

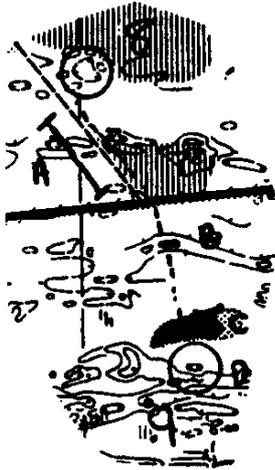
Leg 6-7 looks complex but can be simplified to look something like this diagram.



Much of the confusing detail is ignored. A compass bearing ensures the correct direction.

PUTTING IT ALL TOGETHER

In reality, a combination of these ideas is used to locate controls.



From 8-9 section 'A' is a track used as linear feature.

'B' is a hill top "point" feature.

'C' is an obvious clearing.

'D' is a linear feature acting as a catching feature.

A compass bearing is necessary from the track junction.

POINTS TO REMEMBER

- * Look to simplify on every leg using the correct technique.
- * Always support your choice with a compass bearing for direction.
- * LOOK UP and AROUND.
- * Don't worry about detail, look for OBVIOUS features.

The idea of simplification can be practised at home by looking at old courses and recognising useful features that can make legs simple.

Rob Jessop.

FOOD AND FLUID IN ENDURANCE EVENTS

Summary

Athletes at the Ironman and other endurance events completed a questionnaire about their use of food, fluid and special sports drinks for training and competition. The responses showed that most athletes consumed the right kinds of food and drink, but some athletes might not be drinking enough fluid in long events. Special sports drinks were popular and appeared to give athletes an advantage in the Ironman. Coffee just before a race also appeared to help marathon runners.

Background

It's important to keep your body supplied with fluid and food in endurance events, but are NZ endurance athletes getting it right? We thought it was worth doing a survey to find out. We also wanted to know if athletes were clued up about special sports drinks like Exceed and Replace. These drinks seem to work well for endurance sports, because they supply energy as well as salt lost in sweat.

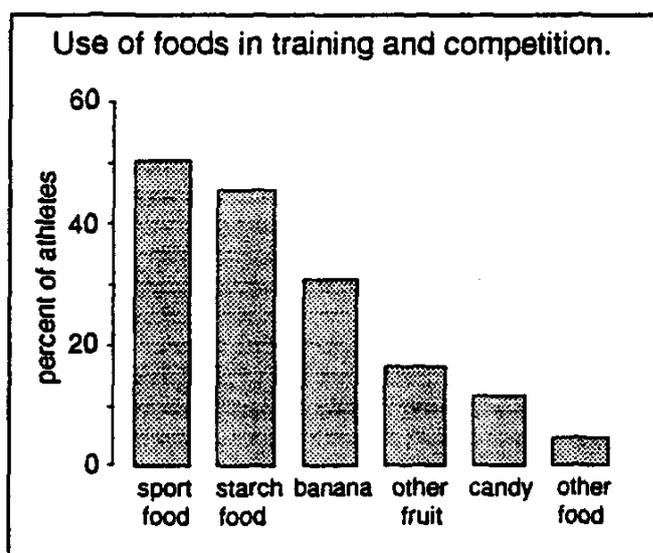
We did the survey by asking athletes at endurance events to fill in a questionnaire. The events were the Ironman, Tauranga Half Ironman, North Island Coast-to-Coast, Southern Crossing, Kepler Challenge, Christchurch Marathon, several other running events and a cycling event. Over 1300 athletes completed the questionnaire. Most were men aged 25-45, competing in events lasting 2-12 hrs, and training for about 14 hrs a week. Most were triathletes and runners, but there also some multisport athletes and cyclists.

Foods

We asked the athletes if they often ate solid food during or just before long training sessions and competitions. The answers depended on the length of the event they usually competed in. For really short events (less than 2 hrs) about half ate food. For really long events (more than 8 hrs) almost everyone did.

The athletes then named two of the foods. The first graph shows the percent of athletes who named foods in various food groups. As you can see, sports foods (Leppin and Power Bars) and starchy foods

(bread, cakes, biscuits and cereals) were the most popular. Bananas were next, and they outstripped all other fruits combined. Very few athletes ate candy (chocolate, Moro and Mars bars). The length of the athlete's usual event made very little difference to the type of food eaten.



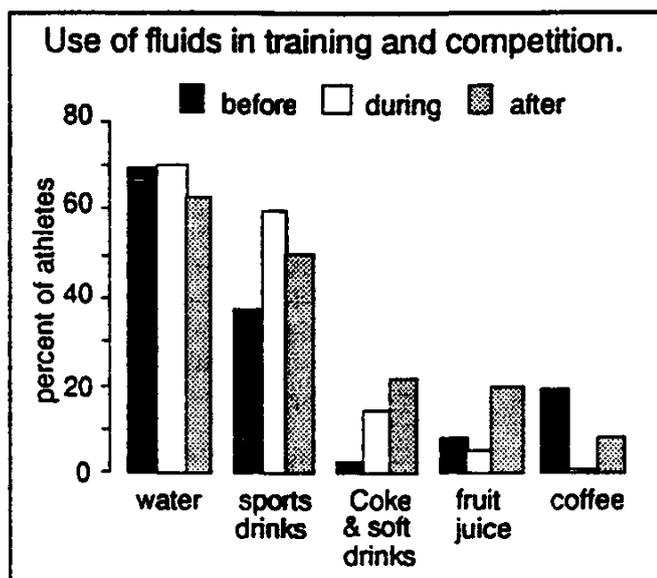
Most sports nutritionists think that foods high in complex carbohydrate are the best for training and competition. Sports bars, Leppin, starchy foods and bananas fit into this category, so it looks like most athletes are eating the right food. (Some fatty food might be helpful for events lasting a day or more - we don't know yet.)

Fluids

On average, athletes said they drank 3 or 4 cups of fluid per hour (about 700 ml) during competitions or long training sessions. The optimum is probably closer to 4 or 5 cups, or up to one litre an hour. It's crazy to drink less than 3 cups per hour

in a long event (more than 4 hrs), but that's what about 20% of our athletes said they were doing. If that's really true, these people have to drink more fluid!

The figure below shows what athletes drank before, during and after long training sessions and competitions. Water and sports drinks were the main fluids consumed, and these are what nutritionists would recommend. For really long competitions you'd need to combine water with food, if you didn't have sports drink.



Special Sports Drinks ,

Nearly every athlete competing in the really long events had used these drinks from time to time. The way these events are sponsored by the drink manufacturers might have something to do with this! The majority of athletes competing in shorter events had also used them sometimes. Exceed was used most, followed by Replace, Gatorade and Sustalyte. Most athletes used the drink as directed, but some diluted it, and a few made it more concentrated.

More than half of all athletes thought the drinks were good for replacing lost fluids, were good for maintaining power or energy, seemed to work well and were probably worth using. Athletes who said the drinks were good were more likely to use them straight rather than diluted. Very few athletes had problems with the drinks, but nearly half said they cost too much! There were no differences between the major brand names on any of these items.

In general, endurance athletes in NZ are accepting special sports drinks and have the right ideas about them. (But the drinks could be improved: we think they need more salt and complex carbohydrate.)

What did the faster athletes do?

We asked athletes for their best time in the longest event they'd ever entered, and also in their more usual long event. We used the answers to find out what the faster athletes were doing about food and fluid. We did this for two events: the Ironman and marathons. These were the only events where we had enough data for a good analysis.

The Ironman athletes who ate solid food in competition (most did) were up to half an hour faster than the athletes who didn't. The kind of food didn't seem to matter. Ironman athletes who drank special sports drinks during competition (again, most did) were also faster, by nearly an hour! Marathon times were faster by 15 mins for those athletes who drank coffee before competing. Other research shows that coffee may work, but the jury is still out.

Nothing else we asked in the questionnaire had any worthwhile effect on Ironman or marathon times. We were surprised that the amount of fluid didn't have an effect. It's bound to affect performance if you drink too little in a long event. Maybe we didn't ask the question right, or maybe athletes don't have a good idea about the amount of fluid they drink.

These results tell us what the faster athletes were doing. So, will you go faster if you do it too? Probably, but not necessarily. To find out for sure, we need to do other studies. Meanwhile, it certainly won't hurt to have coffee before a marathon or race of similar duration. You should also have food and/or special sports drinks during the Ironman or similar long events. And make sure you drink enough fluid, especially on hot days.

Mark Sutton & Will Hopkins
School of Physical Education, Box 56, Dunedin NZ

This project was supported by the Hillary Commission for Sport, Fitness and Leisure.

SPECIAL SPORTS DRINKS

Summary

Drinks like Replace, Gatorade and Exceed help supply the body with the energy and fluid that are lost during hard training and competition. They probably enhance recovery from hard training and improve performance in endurance events.

Do you train or compete hard enough to make you sweat heavily for periods of several hours or more? The latest research suggests that special drinks like Exceed, Gatorade and Replace taken before, during and after training and competing will improve your performance and speed up your recovery. The drinks are most likely to help endurance athletes in training and competition, but they may also help strength and power athletes training hard enough to sweat heavily for several hours a day.

Apart from water, the main ingredients of these drinks are salt and carbohydrate. In this article we explain why these ingredients are important. We also tell you how you can make your own drink.

Why salt?

High-intensity exercise makes you sweat. Sweat is just salty water. But blood is mostly salty water, too. So when you sweat, the volume of your blood goes down. This makes it harder for your heart to pump blood to the exercising muscles, so you slow down. It's also harder for the heart to pump blood to the skin to get rid of all the heat that the exercise is producing. So you'll tend to overheat, which can be dangerous. But if you consume salty water before and during the exercise, your blood volume won't go down so much, which means you'll be less likely to slow down or overheat.

The amount of salt in the drink should be about the same as that in sweat. That varies from person to person, but the average is 30 or 40 millimolar, or about 2 gm of salt per litre of liquid.

Why carbohydrate?

High-intensity exercise uses carbohydrate as fuel. The body has its own stores of carbohydrate in muscles and the liver, in the form of glycogen. But these stores are limited. So extra carbohydrate will help you go faster and further.

For drinks taken just before and during exercise, the carbohydrate in the drink should be complex. Complex carbohydrates include cornflour, starch, maltodextrins and glucose polymers. Simple carbohydrates like glucose (dextrose), fructose and sucrose aren't as good, because they tend to "bloat" the gut or give you stitch during exercise. Simple sugars are OK after exercise, though.

At the moment, it looks like the more carbohydrate you can get into the drink, the better. For various reasons, the limit seems to be 15-20%, which means 15-20 gm of carbohydrate per 100 ml of drink.

When, and how much?

Consume the drink immediately before exercise, and you'll already be absorbing the carbohydrate and salt when you start training or competing. Drink two or three cupfuls (up to a pint) within the last 15 minutes before you start training or competing. You can also drink 4 or 5 cupfuls (up to a litre) 3 or 4 hours beforehand, along with some starchy food or snacks. But don't drink or eat anything between 15 minutes and 3 hours beforehand: if you do, it may actually make you go slower!

Consume the drink during exercise to help keep up with the body's demands for carbohydrate and salt. For exercise lasting more than an hour, try to drink at least a

cupful of the drink (about 200 ml) every 20 minutes. If the day is hot or humid, have more of the drink, or some extra water. For exercise lasting less than half an hour, just drink water if you're thirsty.

Consume the drink straight after exercise to help replenish the body's stores of carbohydrate and salt. If you've already been taking the drink before and during exercise, you won't need to take much afterwards: a cupful for each hour of exercise is OK, along with some extra carbohydrate snacks or sweets. Otherwise you'll need three or four cups for each hour of exercise.

What's available?

Sports drinks like Exceed, Replace and Gatorade contain salt and carbohydrate. But we believe they have too much simple carbohydrate, too little carbohydrate in total, and too little salt. But they're definitely better than soft drinks or plain water. The table below shows the concentrations of salt and carbohydrate in these drinks, and in what we consider to be the ideal drink:

Salt and carbohydrate in sports drinks		
	common salt (mM)	carbo- hydrate (%)
Replace	9	8
Exceed	10	7
Gatorade	21	6
<i>ideal drink</i>	30-40	15-20

By the way, don't try making the brand-name drinks more concentrated for use before or during a race: the salt and carbohydrate content will be higher, but the higher concentration of simple carbohydrate may cause bloating or stitch. If you can stand the taste, it's OK to use them more concentrated straight after the race.

We've been experimenting with a version of the ideal drink that you could make yourself. The salt is easy: just add a

little less than a level teaspoon of common salt to a litre of water. To disguise the flavour of the salt, add 10 or so Nutrasweet tablets, plus a flavouring agent like coffee powder, vanilla or a fruit essence (but not fruit juice). The carbohydrate is more difficult. You can't easily buy the maltodextrins or glucose polymers that the manufacturers use, so you have to use cornflour. Cornflour is probably absorbed by your body just as easily, and it's actually better than maltodextrins or glucose polymers from the point of view of stitch or bloating. The trouble is, it doesn't dissolve, so you have to shake it up with the salt and water immediately before you drink it. Add about two cupfuls of cornflour per litre of water. Shake vigorously to suspend the cornflour. If it settles out, shake it again for a minute or two to get it back into suspension.

We got 10 athletes to try this drink. They didn't like the texture very much, but they were able to stomach the drink during a long hard training session. We haven't tried it out in competition yet.

Diet in general

A high carbohydrate diet will make your muscles and liver store more glycogen, which will definitely improve your performance in endurance events like the marathon or Ironman. For events lasting a minute or two, there's now some evidence that extra glycogen in your muscles helps you go faster. So even middle distance athletes should make sure they have more carbohydrate, less fat and less protein than in the average diet. For really long events (more than a day), no-one really knows the best food.

Regular use of a sports drink with 15-20% carbohydrate in it would push up the carbohydrate in your diet. But you should also get your meals right. That means lots of rice, pasta, bread, potatoes and cereals. Get used to having a big plateful decorated with small amounts of meat, eggs, cheese, green vegetables or sauces.

Will Hopkins & Mark Sutton
School of Physical Education. Box 56, Dunedin NZ

CALENDER

JUNE	5-7		Queens Birthday	Wellington
	6	C	Park Event	One Tree Hill
	13	SA	OY 2	Huriwai, Port Waikato
	20	NW	Autumn Series	Sixteen Mile
	20	Taupo	CDOA OY 4	Whakaipo Bay
	29	NW	Auck Sec School Champs	Sixteen Mile
JULY	4	NW	OY 3	Muriwai
	10		NZ Sec School Champs	Wellington
	11	NW	Coaching	Muriwai
	18	C	Park Event	Domain
	18	Rot	CDOA OY 5	Crater Block
AUG	1	SA	Autumn Series	Waiuku Forest
	8	NW	OY 4	Sixteen Mile
	15	C	Park Event	Western Springs
	15	Ham	CDOA OY 6	Patetonga
	29	C	OY 5	Te Heke
SEPT	5	Rot	CDOA Champs	Kaiangaroa
	12	SA	Promotional Event	
	19	WHO	OY 6	Phoebes Lake
	26	NW	Promotional	Karamatura
OCT	3	SA	OY 7	Matakawau
	17	C	AOA Relays	Paparoa
	22-24	NW	National Champs	North Woodhill
	30,31	SA	Auckland Champs	
NOV		C	Auck Primary School Champs	
	13,14		Wellington Champs	
	20,21		South Island Champs	
DEC	30+		APOC	

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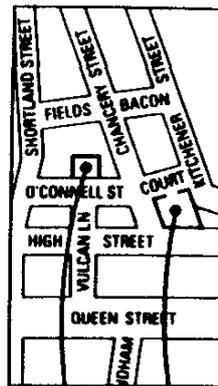
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