

The Auckland



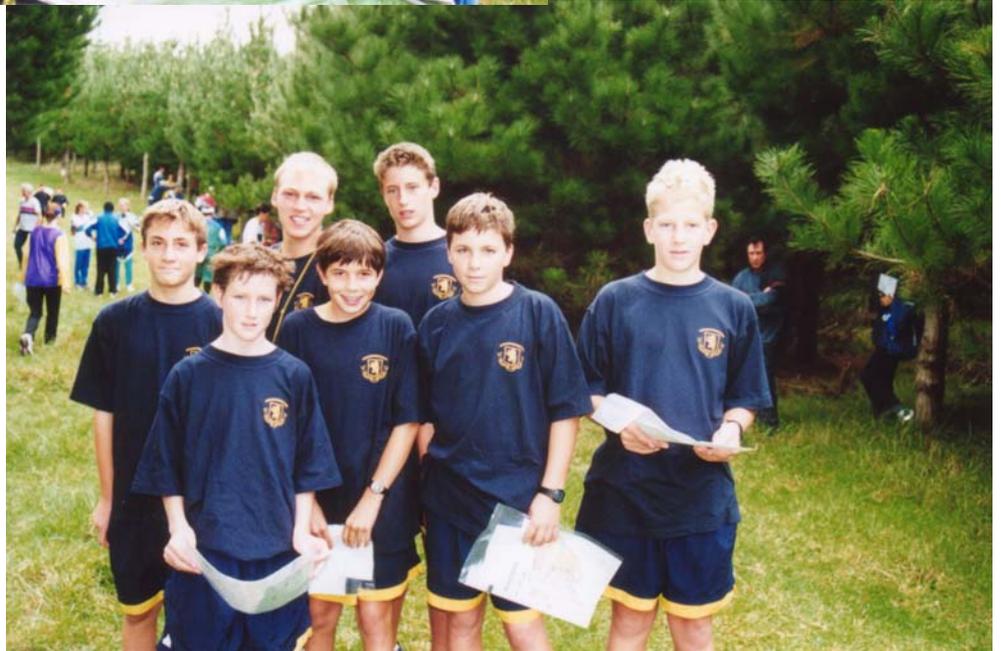
Orienteer



May 2002

**Secondary
Schools
take on the
Score Series**

**Wilson Road
Sunday 5 May**



◆ More Calendar Changes ◆ Training Tips ◆ Kidz
Kontrol! ◆ Club News ◆ Punch Lines ◆

www.nzorienteeing.com

Auckland Region Orienteering Maps



Auckland Orienteering on the Web

NWOC	http://www.geocities.com/nwocnz
AOC	http://auckoc.tripod.com
OY results	http://homepages.paradise.net.nz/pebble/orienteering/
Orienteering news	http://www.maptalk.co.nz/
NZOF Homepage	www.nzorienteering.com
Sports photos	http://communities.msn.co.nz/actionsshotz

Editorial

Wanted

...an editor for the Auckland Orienteer Magazine.

The current editor must stand aside shortly due to work commitments, and this opens the door for an enthusiastic and organised person to take over the magazine's direction and play a significant role in the sport's development. It is a great chance for someone wishing to pursue a career in journalism to gain experience, or for someone who wants to contribute to the sport by giving his or her time.

On a practical level, the job requires a good understanding of computing, and access to the internet as a minimum.

If you are interested in being nominated, please contact Paul on 445 4306 (Evenings); 529 0959 (Work); (021) 682 447 (Mobile) or email psquared@iconz.co.nz

There is no remuneration (although reasonable expenses are refunded); satisfaction is huge.

Cover: There is just nothing better than a crowd of schools orienteers joining us at the events. Birkenhead (upper left) and Auckland Grammar School (lower right) competitors at the Wilson Road Score event.

[Photo: Paul G]

Event Calendar

Please call Club Secretaries for final confirmation of these details:

A Auckland. Nicola Kinzett 09 636 6224
<http://auckoc.tripod.com/>

CM Counties-Manukau. Hilary Isles
09 235 2941

E Egmont. Suzanne Scott 06 758 4468

H Hamilton. Mike Baldwin 07 856 3887

NW North West. Jill Smithies 09 838 7388

P Pinelands.

R Rotorua. Peter Fitchett 07 345 6786

T Taupo. Alison Mensen 07 378 0577

WACO Waikato and Auckland Campus.

Melissa Edwards 09 634 8104

Wh Whangarei. Dick Rankin 09 434 6499

NOS National Orienteering Squad. Rob Crawford 09 574 5997

Unless otherwise stated, start times are 10 am to 12 midday.

May

Sun 12 CM

Promotion Event – Waiuku Forest

Sun 12

REMINDER: Closing date for Queen's Birthday 3 Day

Thu 16 A

Intermediate Champs

Sun 19 NW

Score Series 5 – Otakanini Topu

Setter/Controller: Penny Brothers and Lisa Mead

Enter via Rimmers Rd, 10 minutes north of Forest Headquarters on SH16, 5 mins south of the Parakai/Helensville roundabout.

This really is going to be the last event on this brilliant map! We are told it will be felled this winter. The major spot prize of a mountain bike to be drawn.



Sun 26 NOS

**adidas Woodhill Forest Run**

National Orienteering Squad fundraiser.

Relatively flat Run, Walk, and Mountain Bike events for all ages and abilities. Event centre on Mission Coast Rd accessed from forest HQ on SH16 between Waimauku and Helensville.

Thousands of dollars worth of SPOT PRIZES thanks to adidas, Canvas City, Adventure Cycles, Carter Holt Harvey Forest Resources, Leppin Sport, and Casio.

Registration opens 8:00am

Half Marathon Walk starts 8:30am

Half Marathon Run starts 9:00am

5 and 10km Walk starts 9:30am

5 and 10km Run starts 10:00am

10.5, 21, 31.5km MTB starts 11:30am

Run and Walk prize giving 11:45am

Mountain Bike prize giving 1:00pm

Enquiries to Phil Wood on 09 634 8104 orwoodhillforestrun@hotmail.com or check out www.forestrun.co.nz

Sun 26 A

Promotion Event – Goblin Country (Note Map Change)

Enter via Forest Headquarters at Restall Road on SH16. This is a promotion event with an emphasis on appropriate difficulty for the White, Yellow and Orange courses but of course Red runners will be well catered for.

Three Red, Two Orange, Yellow and White courses available.

Starts 11.00 – 1.30pm; this will give you an opportunity to do both the Forest Run and Orienteering on the same day! Be sure to follow the right signs, and expect heavy traffic.

Setter Craig Pearce, Controller Mark Roberts, Coordinator Lisa Roberts – please call her on 520 7075 or nmr@iprolink.co.nz to offer your assistance.

Bring your relatives, friends, colleagues and neighbours, and please be prepared to offer training and assistance to newcomers before, during and after their runs.

Wed 29 College Sport

Auckland Secondary Schools Relay Champs – One Tree Hill

Archery Carpark. Briefing 1045, 1st Leg runners all courses to start at 1100.

Setter / Controller John Robinson

June

- 1 - 3 NW **Queen's Birthday 3 Day – Woodhill Forest**
 A Level Multi Day Badge Event
 Entry via Forest HQ off State Highway 16.
 Pre entry event, entries close 12 May. Contact Lesley Stone for more information or entry forms
 Tel (09) 424 2640 Email pebble@paradise.net.nz
 Coordinators: Rob Ambler/Phil Johansen
- Sat 1 NW **Race 1 – Multi Day Classic Distance**
 Setter: Rob Garden Controller: Chris Gelderman
- Sun 2 NW **Race 2 – Multi Day Classic Distance (Short for M21E and W21E)**
 Setter: Mike Beveridge Controller: Marquita Gelderman
- Mon 3 NW **Race 3 – Multi Day Classic Distance**
 Setter: Rob Garden Controller: Marquita Gelderman
- Sun 16 CM **OY1 – Duders * New Map ***
 On the east coast, south of Maraetai, or go through Papakura / Ardmore and Clevedon towards Maraetai.
- Sun 30 A **OY2 – Whose Game**
 Signposted from Restall Road about 6km North of Waimauku on SH16. Follow Restall Road to the manned gate where there will likely be an event info sheet to collect. Continue down Restall Road and follow the O signs.
 Please park sensibly. A parking area near the event centre will be set aside for families with young children and for the workers. Otherwise, please join the end of the parking queue on the side of the road on arrival.
 The gate will be open from about 9.15am, map sales from 9.30am.
 Starts 10.00 –12.30. Full body clothing recommended for orange and red courses.
 Members: senior \$12, junior \$6, family \$24
 Non Members: senior \$14, junior \$7, family \$28

July

- Sun 7 **Training on OY Map**
- 12 – 13 CM **Silva Secondary School Championships – Waiuku**
 Setter: Val Robinson Controller: John Robinson
 Individual Competition: Friday 12; Relays Saturday 13
 Signposted from Waiuku township. Pre entry event – entry forms through clubs and schools and available soon.
- Sun 14 CM **OY 3 - Whiriwhiri South**
 Signposted from Waiuku township.
- Sun 28 NW **OY 4 – Turkey Ridge/Beautiful Hills (to be confirmed)**



August

Sun 4	NW	Training on OY map
Sun 11	A	OY 5 – Goblin Country
Sun 18	A	Training on OY map
Sun 25	NW	OY 6 - Pulpit Rock



September

Sun 1	NW	Training on OY map
Sun 8	W	OY 7
14 - 15	CM	Auckland Championships



Sausages, cold drinks and chocolate bars available at the event.



A familiar sight at the Auckland events – Sarah at work with her willing helpers.

North West News



There has been no shortage of orienteering lately with events virtually every weekend from Easter up to Queen's Birthday weekend, when we are hosting a multi-day badge event. Mike Beveridge is making excellent progress on the new maps of portions of Woodhill (close to forest headquarters) which some of us veterans orienteered on aeons ago before it was milled and a new generation of trees has grown.

Thank you to all the club members who have been (and will be) involved in setting, vetting and co-ordinating these events – without volunteers we would not have our sport. If you haven't been contacted yet and can assist at any event, from registration to

control collecting (translates as extra training) feel free to contact Bert Chapman (Ph 846 5083) or ask a club member at any event.

The score events are popular once again and have attracted lots of secondary school students. These people may be the future of orienteering and we would love to keep them interested in events throughout the year.

Pulpit Rock and Wilson Road were starkly contrasting events – the former with some very difficult navigation legs and the potential to suck runners into treacherous "green" areas, while Wilson Road had excellent runnability, less testing control sites and lots of route choice. Several orienteers at Wilson

Road had sufficient spare time to do a second circuit of controls, with Mark Lawson and Marquita Gelderman posting impressive scores.

The final score event will be held on the ever shrinking, but perennial favourite map, Otakanini Topu on 19 May. Superb, mature pine forest with an intricate coastal strip. There will be extra spot prizes, including the draw for the great mountain.

Check out our new website <http://www.geocities.com/nwocnz>. Shaun and Madeleine Collins are doing a neat job of the club site. There are also samples of the club

uniform for those whose old gear has been shredded by the cutty grass on Kaipara Knolls. The club uniform is great value for money.

Welcome to new member Jane Simmonds, who has been a regular at events this year.

Stan Foster's son, Nic, has had open-heart surgery and is now on the way to recovery.

Next club meeting: Thursday 9 May at the Amblers' home, 25 Dobell Road, Whangaparaoa at 7.30pm. All welcome.

Lisa Mead 445 4555

Jill's Secretary Stuff

Have you seen our club web page? It's well worth a visit <http://www.geocities.com/nwocnz> I'm sure you will agree that Shaun has done a great job.

Subscriptions - If you haven't paid your sub for this year it's now overdue. Membership forms were in with the last two Auckland Orienteer newsletters. If you need another one please get it from the website or contact Jill Smithies and send it in NOW.

Queen's Birthday weekend - Entries close 12 May. If you need another entry form this is available from the website or from Jill Smithies.

Note your calendar - Easter - Anzac weekend 2003. (18 -27 April) Auckland and North West Clubs offer you 7 events in Weiti and Woodhill Forests. The carnival will start with the New Zealand Championships classic, short and relay events and will finish with an Anzac weekend series. We are promoting the carnival in Australia so hope to see a contingent from over the Tasman.

Planners, controllers & organisers - Preliminary planning is already underway for the carnival event. We need planners, controllers & organisers. If you would like to help, in any capacity, please contact Jill Smithies.

Score events - Two more events to go. The score series has proved to be popular again this year. We are grateful to those who have sponsored prizes:



Flooring First, Whangaparaoa has donated the \$900 mountain bike, purchased from The Bike Barn in Takapuna who gave us a very good deal. Flooring First have supplied many orienteers with their carpet and flooring needs and come highly recommended by all. Look out for Rob and Gay Ambler at any orienteering event. Canvas City in Hobson St has been very generous with prizes. They also offer orienteers a 10% discount (just tell them about the score events).

Macnut Farms in South

Remember this? The NW men at work at Katoa Po... still came second to HBOC in the theme competition, but we certainly gave them a run for their money! [Photo: Gay Ambler]

Head Road donated the Macadamia Nut prizes. Their orchard, café and shop are on the way to the Wilson Road event so stop in on the way home for free samples and lots of yummy Macadamia treats. The bike prize will be drawn at the score event on 19 May. For each score event you have attended you will have one entry in the big prize draw but you must be there to claim a prize.

Auckland Chatter



Auckland club held a very successful social event at the Parnell Bowling Club in April. First it was orienteering games with pen and paper, map and memory— then a O run in the Domain before a meal of hearty soup, yummy desserts, fun videos and good fellowship. It was great to see Richard Bolt back from San Diego for a short visit.

A heap of congratulations to all Auckland Club members who excelled in the Nationals at Lakes Tekapo and Pukaki at Easter. In the Classic, Ian Sydenam was first in M21AS, Tim Renton 2nd in M18A, Monika Faessler 2nd in W20A, and 3rds from Jeff Greenwood M35A, Scott Vennell M40A, Ben Balmforth M21AS, Alistair Stewart M50A, Belinda Sydenam W21AS and Jill Brewis W65A.

In the Short Os on Easter Sunday David Stewart won M20A and Ben Balmforth M21AS. Jeff Greenwood was 2nd in M35A and Ian Sydenam M21AS, Monika Faessler W20A, Andy Brewis M65A and Alison Comer W21AS all came third.

Bravo! Ole! and huge congratulations to David Stewart who has been selected for the team to visit Spain for JWOC in July this year. David has worked really hard to hone his orienteering skills over the past few years - but deserves the Guide Dog award for running into a stationary sign on one of his training runs. Warning: Spanish street signs are no less obvious, David.

Jeff Greenwood and Alison Comer won the national course-setting award, presented after the Short Os at Tekapo. Congratulations to you both. We're all looking forward to enjoying your courses around the Auckland region.

It was great to club members having family holidays at the Nationals. There was Al Landels with 5 year old Michael, Raewyn Bennett with Alex, Ian and Belinda Sydenam

with Alison, Margaret and James, former Auckland members Al and Jean Cory-Wright with Ted and Kate, and Paul Dalton, back from Bermuda and now living in Wellington, with his two youngsters. The kids appeared to have as much fun as the parents, especially when Tekapo turned on flurries of snow for the Aucklanders..

After the Nationals some club members went further south for even more orienteering. Joanna Stewart won and Alistair Stewart was second in the South Island champs, and Tim Renton won his event at Naseby. Great stuff.

Leon McGivern, now Auckland president of the Catholic Primary Principals' Association, was seen setting a good example to lesser beings at the second score event. Leon's meritorious effort involved walking uphill to the start while other club members (Andy, Jill, Nicholas) hitched a ride in Rob G's truck – until the hillside became so steep that the truck bottomed out.

Nicholas Oram has had his first poem accepted for publication in England. What's more, he's being paid for it. At more than \$5 a word, they must be noble words, Nicholas.

More congrats: to David Stewart and Fraser Mills for winning Score Event # 2. And to Tim Renton for winning Course 1 at Reeves Farm. Thanks Tim for bringing along other Auckland Grammar competitors. And to the Ak Grammar team of Tim, Mark Hodgson and Campbell Melrose-Allan from NW who won the senior relay at the North Island Secondary Schools champs. Tim was also 2nd in the senior individual race.

Seen at the recent Southland Centennial Athletic Relay – Alistair, Joanna and David Stewart, Rob Jessop, Rudi Hlwatsch and organizer Bert Chapman. While not held anywhere near Southland, this event is so-called because that's where it began before Auckland stole it.

Spotted in the March issue of the Australian

Orienteer: one Mark Roberts in full flight in his club uniform.

Rob Jessop has a suspected stress fracture in his right heel. Doctor advised him to use crutches but Rob declined. He's still good for event organization and other sedentary key activities.

Training Runs

A group of Auckland Club members have been meeting for regular runs in the Domain on Tuesday and Wednesday evenings. They would like to invite all orienteers to join them. On Tuesdays the reps start from the Grandstand at 6 pm and on Wednesdays all comers meet at 6 pm, also at the Grandstand, for a longer run. Even really slow runners are welcome.

Social Events

Mark your diaries now. Auckland Club is planning regular social events. First is on Saturday May 18 when Auckland Club challenges members of North West and Counties Manukau to a games evening (the games will probably be bowls and darts). Come along to the Parnell Bowling Club in

the Strand/Grafton Road (bordering the Domain). Lots of free parking beside the Bowling Club. Games start at 4 pm and we'll turn on soup and bread for all about 5.30-6 pm. Please bring something towards dessert. For catering purposes please phone Joanna on 575 5695 or email j.stewart@auckland.ac.nz to let her know you're coming.

Cross Club Activities

Two of orienteering's young mums, Jill Mains of AOC and Chris Rowe of CM, teamed up for a 12 hour multisport adventure race in Coromandel. They achieved an amazing 4th in the field, men included.

In the 24 hour race WACO's Shaun Collins and Phil Wood had some misfortune with their kayak. Jill and Chris's kayak had a golden glow of success so the guys borrowed it – and came last.

Jill Brewis

CMOC Chameleons



Well, our autumn/winter O season is now in full swing, with North West's Score Series receiving good patronage by CMOC members, and our own Promotional series proving very popular.

Thanks to the organisers and setters of these promo events so far, in particular Bob Hattie, the Curries, Natalie Rouse, Bryce Brighthouse, and the Shukers.

But no resting on our laurels, not this club! Instead, we are looking forward to the first OY at Duder's Regional Park on 16 June, after Queen's Birthday Weekend. This is a beautiful new map with brilliant views, bordered on three sides by the sea. This considerably reduces your chances of inadvertently running off the map!

As always, it is great to see new faces in the club. This month, we would like to welcome

Chris Wood and Elizabeth Baille with Petra, Reuben and Hannah. Clem Larsen has also joined the rest of his family, Tania and Caden Robinson as members of the club. We understand that Clem has in the past been the first member of the family to read the orienteering magazines when they arrive. About time his name appeared in one then, by my reckoning! A warm Counties welcome to all these new members.

By now, you are probably wondering what chameleons (see title) would have to do with CMOC. Well, wonder no more. Breaking news just to hand would indicate that Robert and Jenie Iles have blended in successfully to their new surroundings in the South of this country. Robert, currently on an Outdoor Education course near Wanaka, is apparently a natural kayaker, being able to hand-roll in the river now! He is looking forward to getting on his snowboard again soon. Jenie really likes Fairlie, where you know everyone who drives past. She is also doing a lot of

kayaking and mountain biking. Right now she is going over Ball Pass, next to Mount Cook. Sounds like they are both having a fantastic time! Best of luck to the both of them for the rest of the year. Over the Easter break, the Iles family did some interesting tramping, sleeping on river banks and climbing mountains to cross the main divide! Phew, what a busy family. Thanks for sharing your adventures with us, Hilary.

And finally, another reminder to pay your

subs to get the magazines, although if you have let your subs lapse then this method of reminder may have a little trouble reaching you.

I will leave you with this thought for the month...

Opportunities are often disguised as hard work, so most people don't recognise them.

Natalie Rouse

Training Tips

Establish a Goal

Set a goal in terms of pace in minutes per kilometre. For example, if you want to run around 80 minutes on Green, (which is usually 4-5 km) then you need to be running 16-20 minute per km. Set a realistic goal for one year's improvement, even if your actual goal is longer term. What is realistic depends on your current level of ability and your commitment to improvement. If you don't have a number in mind, pick someone else in your club who you think you can match and ask what their typical pace is. Your pace goal will now be the focus of your training and the measure of your progress.

Identify Weaknesses

Running, Navigating and Route selection are the three main skills that determine orienteering success. You need to evaluate yourself with respect to your goal and determine which area(s) need the most work. Each time you race, record your leg splits. For each split that did not meet your pace goal, determine which skill needs to be improved to meet the pace. For example, if you ran the leg with no navigational mistakes and route choice was not a factor, then you need more work on running. You can go one step further and identify more specific areas, like running uphill, or pace counting. Prioritise your areas for improvement. Be as specific as possible.

Specific Training

Most serious athletes spend 90% of their time training and 10% of their time competing. For most recreational orienteers, that percentage is almost reversed. Training should isolate and improve specific skills, rather than repeat

the competitive activity. Once the skills are mastered independently, then they can be put together as a whole. When training, work on improving the specific skill identified from your race result analysis. Run single legs at race pace using the skills you are working on. Allow adequate recovery between legs so fatigue does not become a factor. Strive to make each leg as perfect as possible. Do not practice making errors.

Running

There is lots of information and theories about training for running. Read some books or talk to experienced runners about their training. There is no one ideal approach, and each person has to experiment to find what is right for him or her. The generally accepted philosophy is to develop strength and endurance first, followed by speed and skill. Off-season is for distance running and weight lifting; in-season for speed and technical work. During a single workout, the order is reversed. Do your speed and skill work first while the mind and body is fresh, with the strength and distance afterwards.

Orienteers should do much if not all of their running in the woods, including interval work. Set up measured legs that you can run by memory without navigating, to concentrate on running. Use your pace goal to determine the training times for your intervals. Obviously you need to be able to run those legs at or above your target race pace without too much physical strain. Aggressive runners should also include weight training to prevent ankle and knee injuries. Specific jumping and bounding workouts called plyometrics are also valuable. These involve hopping and bounding on one foot onto, off of, and over,

small boxes, sometimes while carrying weights. This is very intense training that requires a high degree of fitness and preparation.

Navigating

If you are a beginner, make sure you know how to use all the various techniques (pace counting, aiming off, collecting features, etc.) Intermediate runners may know all the techniques in theory, but may be weak in certain skills, particularly those needed on advanced courses only, like pace counting. Advanced runners presumably have all the skills, but need to be more consistent, especially when running at faster speed.

For training, pick the desired skill and practice it on a leg. Use a leg that is appropriate for the technique. Go at low speed at first, but eventually practice at race speed or above. Make sure to recover between legs so fatigue is not a factor.

At home, study old courses and practice quickly determining which technique is most suitable for each leg. Establish a set of criteria that you can use to quickly make a choice when presented with a leg. (For example: leg less than 200 meters, bearing and pace; greater than 200m look for an attack point.) The goal is to make decisions quickly and decisively without second-guessing yourself. Your criteria may change as your skills evolve.

There is more than one way to win a race. Some may choose to concentrate their limited training time on one or two techniques to the exclusion of others. They become experts at them, and do not lose as much time on the course deciding which technique to use. If this is your strategy, then beware that your results may vary with the type of courses you run.

Route Selection

Again, the orienteering literature has many sources of information on technique. The key is to get feedback on whether the choices you make in a race are the correct ones for you. Comparing splits and routes with others is helpful, but you must take into account different runners' abilities and preferences. The best choice for someone else is not always the best choice for you.

For training, make a short course with legs

that require route selection. Run the course twice using different routes on each leg (with adequate recovery between). Compare your actual splits with your estimates of which route would be fastest.

At home, study old courses and practice quickly finding all of the possible route choices for a given leg and determine which is the shortest and has the least climb. Then measure each route and study the map carefully to see if you found all possible routes and your assessment was correct.

Computer O games can be used to compare route choices and practice route selection on the fly. Use a game that allows you to "run" by moving the cursor over the map, not the virtual running games that you move by looking at a simulation of the landscape. You want to separate the route finding skill from the navigation skill. Run the same leg with different routes and see which is fastest. Remember that the speed estimated by the program is for a typical runner. Your skills may dictate a different route choice.

Ken Walker has an interesting website called "Attack Point" (<http://attackpoint.mit.edu/>) with information and discussion on training along with links to other websites.

Distance Judgment

Do you find yourself overrunning controls or attack points? Try the following:

Draw a straight line on a map. Pass through as many different types of terrain and features as possible. Have someone hang streamers at varying intervals (from 50m to 1500m) on features on the line and mark them on your map. Then run the course at race pace and find the streamers along the way. The course should be designed so that navigation only requires holding a bearing. The terrain should allow running close to the line. Pace count if you wish, but try to develop a sense of distance without actually counting. Try not to read the map too much, either, just focus on how far you have run.

This drill also serves as a good interval workout to develop race speed. Since navigation isn't the objective, you can run the same course many times. Time and record your intervals and keep track of your improvement over the season.

<http://www.dvoa.us.orienteering.org/>

What's

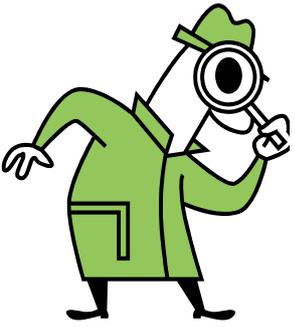
Hot Hot Hot

- ☑ John and Val Robinson – putting their hearts into secondary schools orienteering
- ☑ The teachers who bring their students out on the weekends. Take a bow Graham Peters, Les Paver et al.
- ☑ The planning effort for the Easter/ANZAC Orienteering Carnival 2003.



Groucho Marx look-alike Neil Kerrison? (A bit of work to do on the moustache Neil.)





Punch Lines



Caption Competition - April

"No, that wasn't a 180 that Tom and I co-produced at the Short O, it was closer to a 270"



May Caption Competition
Head Honcho at work or play?



Bored? Try
<http://www.softdisk.com/customer/jimh/Game.htm>
for some orienteering game ideas

Kidz Kontrol!

Hi everyone,

I hope you have had a good month and especially the holiday on Anzac Day!

It was good to see so many people at the last score event, sorry that we ran out of sausages. Have fun looking at the funny quotes and finding the key word!

Sarah

Why...

Why is Mickey Mouse bigger than his dog Pluto?

Why is lemon juice mostly artificial ingredients but dishwashing liquid contains real lemons?

Why do we wash bath towels? Aren't we clean when we use them?

If your feet smell and your nose runs, are you built upside down?

Why are there flotation devices under plane seats instead of parachutes?

Why are the cabs from the Yellow Cab Company painted orange?

See if you can do this

I WANT YOU TO LOOK AT THIS PARAGRAPH VERY CAREFULLY AS IT CONTAINS A VERY SPECIAL WORD. IF YOU COULD IT WOULD BE GOOD TO BE ABLE TO HOLD THIS BIT OF PAPER UP TO A MIRROR AS THIS WORD WILL LOOK THE SAME BUT ALL THE OTHERS A LITTLE DIFFERENT! I THINK YOU WILL FIND IT NOT TOO HARD TO DECODE WHAT THIS WORD IS. IT REALLY IS A VERY SPECIAL LITTLE WORD. SEE IF YOU CAN FIGURE OUT WHICH ONE IT IS WITHOUT HAVING TO USE A MIRROR OR TURNING THE PAGE UPSIDE DOWN. YOU HAVE 20 SECONDS TO DO SO!



Emily Murphy steps up to claim her Junior Women winner's prize at the Wilson Road Score Event. [Photo: Paul G]

Letters

✉ What's Important

Hi Paul

I think you are doing a great job with the magazine however I have one grumble! I think it is a waste of paper and causes more expense to keep putting results in the mag. After all people who went to the event can access them through mail or email; why give them again?

An extra 8 sides in the last edition I resent the loss of trees for such duplication!

Also what about making it every alternate month then it would be easier for content you, cheaper for us and save even more paper.

Hilary Iles

The Editor Responds

I agree that not printing results has merit, and I only started putting them in because I was asked to do so by people who were not actually at the events, do not have internet access, or just like to have printed results to wave under the noses of their colleagues at work or school! If popular opinion says they are not necessary, I will happily stop.

Last month's results were of course from the Nationals. In hindsight we could have done without them, but I wanted to highlight the fine performances of Auckland region competitors.

My vision for the magazine is to inform, inspire and engage orienteers. I believe there are three steps to achieving this:

1. *produce a regular magazine that is easy to read and has accurate content that is useful to the target audience;*
2. *encourage Auckland clubs to provide input that focuses on both intra and inter-club activity, and*
3. *provide a forum for all orienteers to air their views on the management and conduct of the sport in the Auckland region.*

The Auckland Orienteer must respond to readers' needs and not the Editor's assumptions! If members believe a magazine delivered every two months fulfils that

requirement, there are many of us involved in its production that would welcome the respite. My concern is that the information loses its currency, and readers don't turn to it for the latest information.

Some clubs make do with a magazine distributed solely on the internet, but that has drawbacks of restricting the file size (some editions have been more than 40MB), and making it difficult to read on your way to work in the morning! I have tried to have the document posted on websites, but until recently that hasn't been a simple process – I hope to have this edition on the North West site.

An unexpected call for printed magazines has resulted from the score series, where newcomers want something to take home with them. If members would prefer not to receive a copy by post, please contact Andrew and Connie Bell (details in the 'Last Bits').

- Ed

✉ Perception

With 20 years experience in perception and cognition I read with interest the article by Bjorn Johansen in the April 2002 Auckland Orienteering Magazine.

While I agree with most of the article I challenge the notion that orienteers [or anyone at all] ever 'perceive directly, without anything that can be called processing' [p.11]. For all of us [bar perhaps very young infants] everyday perceiving is extremely quick. Imagining walking into a house that you have never been in; 'immediately' you perceive the layout of each room and the characteristics of the objects in the room. This immediacy is not produced without processing, but through the use of heuristics [rules of thumb that usually work] that guide perception at the levels of colour-form-size analysis; position recognition; motion status [i.e., static; form changing; location shifting]; object labelling; function determining [i.e., a chair is to sit on] etc. These heuristics are governed by how the brain is wired at birth and through repeat experiences creating quite specific expectations about objects [i.e., that something that is white in high illumination is

also the same colour under all levels of illumination; otherwise, white paper in sunlight would appear grey indoors, and black in dark rooms at night].

How might this relate to orienteering? Probably in similar ways that it relates to development of perceptual skills and comprehension in other areas, such as reading, and picture and music perception. Over a number of years, orienteers learn to read maps and relate them to terrain. Through this learning, they develop expectations and skills that function like heuristics. Once highly skilled, an orienteer can use these heuristics to read the map to quickly determine plausible routes and attack points that are likely to be effective; once out on the course he/she then uses other heuristics to match the terrain actually being experienced with their expectations based on the map; yet more heuristics to calculate route choices and to adjust these choices if better ones are apparent; if the terrain is mismatched to the expectations then a further set of heuristics are employed to decide how to get back 'on track'.

I would now like to discuss two specific situations to see what sort of heuristics an orienteer might use. First, how does an orienteer determine the distance between him/herself and a feature? There are several possibilities: [i] number of steps; [ii] number of features [i.e., 5 trees will be a shorter distance than 20 trees]; [iii] size of the feature [the closer a knoll is to you the larger the image on the eye]; [iv] textural features [i.e., grass blades on a field will be less distinguishable further away than close up]; [v] the scale on the map [if you are at a reentrant and you know the reentrant is 2cm away from the target feature on the map then the scale will specify the distance]. With all of these alternative types of information, the orienteer has to decide which one[s] he/she will use - while such a decision is made extremely rapidly it is questionable whether it could be made without any mental processing.

Second, how does the orienteer relate the map to the terrain? Johansen suggests that he/she decides on focal awareness of target features. The mental representation [an unacceptable notion in direct perception theorising] of the expected path through the terrain and over/past the target features is

then compared to that of the actual terrain. If a mismatch is apparent then the orienteer has to make a decision, [i] is the mismatch small enough to ignore; i.e., should he/she continue and assess if by and large, expectations match reality; [ii] is the mismatch too great to ignore? In this second option the orienteer also has a number of sensible choices, the first of which is to stop and attempt to compare terrain characteristics to map features, and then to calculate another route based on this analysis; another option is to backtrack to a known feature and work from there. The constant matching of expectations to terrain, and the continual assessment of whether any mismatching has occurred [and to what extent if it has] must again, involve a considerable amount of cognitive processing. This processing must also calculate the ongoing cost-profit of the approach that is being taken. Such calculations may involve constantly comparing [but not in great detail] alternatives to ensure that there is not a 'cheaper one' available, i.e., when I use very safe routes [i.e., paths; fences] I'll continually assess whether there is a more direct, but still safe route available. In this decision making, the different options are assessed based on the considered value of various features as specifying my position on the map; directing me towards the control; traversing to or over it. Consequently, these cost-profit analyses must be multi-levelled [at feature and route levels] and ongoing.

Johansen's study suggests an interesting experiment. Get elite orienteers to decide on a course on a map. Once they have done that then change the features on the map in two conditions [i] on or near the route chosen; [ii] distant from the route chosen. If elite orienteers focus on specific features on the map they may fail to process at all [or only minimally] features that appear to be unimportant. If so changes in features away from the route should not be detectable, or if they are, to a much less extent than changing features near the route. Furthermore, the difference between near- and far-from course changes should be much less for beginning orienteers who won't have the same focusing ability.

I hope that my comments are of interest to you and to the readers of the magazine.

Nicholas Oram

New Zealand Orienteering Federation Inc.

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Congratulations

Well done to PAPO and the event convenor, John Davies, for a successful Nationals 2002. Reserving the best weather for the interval between the two short-O races was an added bonus.

Annual Award Winners

Congratulations also to the winners of the annual awards announced at the AGM. These were as follows:

Silva Service Award: Rob Garden (North West) for 25 years service to orienteering in NZ.

Silva International Performance of the Year: Edge Orienteering (Rachel Barton, Bruce McLeod, Paul Rogers, Anthony White – Dunedin), winners of the 2001 international Southern Traverse.

Silva Administrator of the Year: Jill Smithies (North West), secretary of NWOC and secretary/treasurer of the Auckland Area Association.

Ampro Sales Compass Award for club growth: Counties Manukau, for 35% growth in affiliated membership in 2001.

Silva Coach of the Year: Jane Forsyth (Dunedin).

Silva Magazine of the Year: *The Auckland Orienteer*, editor Paul Gilkison.

The NZOF thanks Silva, through Ampro Sales, for the ongoing sponsorship of these awards.

The President's Award for outstanding volunteer contribution at club level went to Trish Faulkner (PAPO) and the Brighthouse Trophy for the best performance at the 2001 Nationals and Area Championships went to Wayne Aspin (Counties Manukau) in the M55A grade.

Other AGM News

Rob Crawford and Pamela Morrison were re-elected as President and Vice-President respectively.

The remit on revising the rules on travel equalisation was passed. As from the 2003 AGM all clubs will participate in the travel equalisation scheme whether they send a delegate to the meeting or not. The remit reducing event levies for rogaines to 12.5% was also passed. This takes effect from 1 May.

Development Squad Manager

The hard-working D-Squad Coaching Coordinator, Ray Pratt, is in urgent need of a Squad manager to relieve him of the admin and allow him to focus on coaching. If you are interested in the position of **Development Squad Manager** then please contact the General Manager for a job description.

International Appointment

Re-elected NZOF President, Rob Crawford, has also been appointed to the IOF's Foot-O committee.

National Squad

Penny Kane, winner of the W21E classic championship at the recent Nationals, has been added to the Squad.

JWOC Team Announced

The Silva New Zealand Junior team to compete at the Junior World Orienteering Championships in Spain, 8-13 July is:

Men: James Bradshaw (Wellington), Bryn Davies (Red Kiwis), Greg Flynn (Hamilton), Ross Morrison (Hawkes Bay), Todd Oates (Hawkes Bay), David Stewart (Auckland).

Women: Kate Bodger (PAPO), Claire Paterson (Red Kiwis), Lara Prince (PAPO).

Review Of Kiwisport Manual

Between now and 31 May, Robyn Davidson is reviewing the content of the Kiwisport Orienteering Manual. She welcomes any thoughts, suggestions, ideas you might have. Robyn can be contacted at 24 Moyne Avenue, Palmerston North. Phone (06) 353 3262, email robyn_davidson@infogen.net.nz.

Looking Ahead

Although this year's ANZ Challenge is still fresh in our minds, it is not too soon for clubs to begin thinking about the next challenge to be held in New Zealand. Clubs are invited to

express their interest in hosting the 2005 ANZ Challenge, set down for January 2005.

This issue of NZOF NEWS is also available at www.nzorienteeing.com

Results

Score Series – Wilson Road: 5 May



Setter/Controller Comments

We were lucky with the weather with only a hint of rain. We weren't so lucky with getting away with no mistakes. Apologies for the missing flag on #27. In the open farmland it wouldn't be so bad, but in the middle of native/scrub on a dull day - well done to those of you who found it.

We thought it might be difficult to make things challenging enough for you on such a small map. With some very steep bits to be climbed a couple of times, and no easily-discernible best route, most of you seemed to be put to the test. Seven people managed to get all the controls, which was within our expectations.

Fraser Mills took this route: 10, 12, 5, 23, 2, 20, 21, 3, 7, 24,17, 27, 9, 13, 6, 16, 8, 4, 15, 18, 25, 14, 26, 11, 1, 22, 19.

Why not take a highlighter and draw Fraser's route - note his planning and the skill with which he chose to run with the contours and not have to struggle up the hills like some of the rest of us! Great going Fraser.

Top woman - Marquita Gelderman, who's skill is renowned, took this route: 19, 22, 10, 12, 5, 1, 11, 26, 4, 8, 15, 14, 25, 18, 27, 17, 9, 16, 6, 13, 24, 7, 3, 21, 20, 23, 2.

Draw Marquita's route, compare it with Fraser's choice and then look at your own efforts. If your name is not spelt correctly I apologise but I will not accept responsibility. If you want accurate results, then:

- write your name on the clipcard
- write it clearly, so we can read it
- write your age group write your club or school try not to smother the card with mud, blood, cow dung etc.

A small amount of offensive matter sometimes cannot be avoided, but remember that someone has to sort the cards afterwards (usually on the kitchen table) and enter the results into the computer. You get the picture . (Most of you are very good.)

Every event we have printed more maps. This time we had 190 and there were only about 5 left over. Thank you all for coming. Hope you enjoyed it. And thanks to all who assisted on the day.

Gary Farquhar, Neil Kerrison, Lorri O'Brien

WOMEN - NEWCOMERS

Jane Simmonds 38
Evelyn Jenke 31
Linda Gibbens 26
Jenny Knowles 26
Sharlene Penman 20
Alison Wagstaff 17
Nicole Moorhouse 17

Helen Bolt 48
Kathy Farquhar 48
Rae Powell 46
Joanna Stewart 45
Glen Middleton 37
Chris Jager 37
Lynn Ashmore 29
Gay Ambler 27

Paul Edwards 48 Birkenhead
Jordan Gosling 48 Birkenhead
Scott Thompson 48 Birkenhead
Nick Mead 45
Dominic Scheirlinck 45 Westlake
Ben Trengrove 45 Westlake
Michael Jager 41 Lynfield
Nick Frentz 27
Jeremy Frentz 20

WOMEN - SUPER VETS

WOMEN - JUNIOR

Emily Murphy 47
Sarah Gilkison 45
Melanie Michels 42
Natalie Amos 36 Birkenhead

Yett Gelderman 41
Heather Clendon 32
Vivienne Leigh 32
Jill Brewis 28

MEN - OPEN

Mark Lawson 113
Fraser Mills 97
David Stewart 93
Jeff Greenwood 81
Pete Swanson 71
Rudy Hlawatsch 68
Allan Janes 64
Simon Thorpe 63
Craig Pearce 61
Ben Balmforth 60
Richard Cross 58
Peter Murphy 56
Eric Verkank 52
Alastair Ussher 41

MEN - NEWCOMERS

WOMEN - OPEN

Marquita Gelderman 93
Lisa Frith 67
Natalie Rouse 64
Alison Comer 53
Nicola Kinzett 50
Melvina Wise 43

Mike & Marty 63
Steve Knowles 60
Steve Riddle 50
Ross Johnson 53
David Milner 45 Westlake
Miles Paver 39

WOMEN - VETERAN

Lisa Mead 63
Jill Dalton 60
Lorri O'Brien 55
Jane Adams 55
Mary Moen 51

MEN - JUNIOR

C Murphy 69
Simon Jager 67
Matthew Jenke 51
Joe Dornbrosla 49 Birkenhead

MEN - VETERAN	SCHOOL - INTERMEDIATE	J Ammann 0:38:00 Birkenhead E Coveny 0:42:10 Birkenhead R Kelly 0:51:27 Birkenhead K Bourchier 0:55:22 Birkenhead T Garrett 1:01:20 Birkenhead A Paretovich 1:06:05 Birkenhead
Paul Gilkison 87 Geoff Mead 87 Stan Foster 79 Roel Michels 78 Alistair Stewart 74 Phil White 74 Terje Moen 71 Dave Middleton 68 Mark Roberts 68 Norn Jager 67 Tom Frenz 67 Rolf Wagner 64 Peter King 64 Phil Johansen 63 Robin Ambler 62 Mike Ashmore 62 Trevor Murray 62 J Cronin 60 Russell Howard 55 Clive Bolt 53 Jos Pols 52 Keith Adams 49	Craig Gardner 56 Howick SCHOOL - SENIOR Martin Peat 89 Kings Tim Renton 74 AGS Hugh French 64 Kings Campbell Melrose-Allen 60 AGS J Recordon 48 AGS SCHOOL - NO GRADE Thomas Worley 64 Kings J Lee 50 Kings Mark H 50 AGS Sam Johnson 49 AGS K Fuller 44 AGS Thomas Goodman 32 AGS WHITE COURSE - GIRLS M Paine 19:30 Birkenhead J Tully 20:00 Birkenhead S Clarke 22:45 Birkenhead I McCartney 0:26:00 Birkenhead F Porter 0:27:00 Birkenhead R Clarke 0:29:00 Birkenhead A Henderson 0:30:00 Birkenhead C Emmens 0:32:45 Birkenhead Angela Park / Sujie Hong 0:56:00 Westlake M Blundall 1:02:17 Birkenhead	YELLOW COURSE - BOYS Adam Phipps 0:31:44 AGS Mike Adams 0:32:20 AGS Marcus Phipps 0:32:30 AGS Charles Boon 0:33:30 AGS Matthew Knarston 0:34:10 AGS N Lynch-Watson 0:34:10 AGS James Kuegler 0:35:00 Kings S Henry 0:35:00 Kings Fraser Moore 0:40:24 AGS A Nicholson 0:41:10 Birkenhead G McPherson 0:41:30 Birkenhead H Webb 0:42:34 AGS Finlay Wilkinson 0:43:36 AGS James Bull 0:44:47 AGS Matthew Ng-Wai Shing 0:45:26 Westlake Zane Downey 0:45:49 AGS Daniel Lynch-Watson 0:46:45 Harry Rogers 0:47:00 Kings Daniel Allen 0:51:32 Daniel B 0:51:45 Westlake Mike Zhou 0:52:08 AGS Terence Beeton 0:52:18 Westlake Daniel Wickman 0:52:18 Westlake David Gospard 0:53:46 Westlake Simon Feng 0:54:04 L Emery 0:54:45 Birkenhead K L Huang 0:55:02 AGS Joon Ha 0:56:25 Westlake Mike Carr 0:57:06 Westlake L Jenkin 0:58:10 Birkenhead D Mills 1:06:21 Birkenhead R Copeland 1:09:02 AGS Jack Farrant 1:10:11 AGS C Pain 1:11:06 AGS Christopher Jammes no time Robert King no time AGS
MEN - SUPER VETS		
Terry Nuthall 66 Les Paver 63 Chris Gelderman 60 Paul Potter 58 Bert Chapman 52 John Powell 50 Andy Brewis 46 Tom Clendon 37 Ralph King 32		
OTHERS	J September 0:21:00 Birkenhead A Glenn 0:24:00 Birkenhead A Bunkall 0:26:10 Birkenhead S Cooper 0:31:00 Birkenhead B Wheeler 0:51:20 Birkenhead J McRibbin 0:54:00 Birkenhead Alex Fyfe 1:04:30	
Brady Bunch 53 Darren, Elle & Lana 35 Hannah Murphy 33 Jennifer & Jesse 27		
SCHOOL - JUNIOR	YELLOW COURSE - GIRLS	
Alastair Long 59 Howick	Katie Lynch-Watson 0:37:28	

Bulletin Board

Auckland Club issues a Challenge!

It's too long since we had some good old inter club rivalry off the 'field'. If we are not careful we will start to become friendly with one another! Hence the Auckland Orienteering Club would like to issue a challenge to North West and Counties Manukau (and of course WACO, WHO etc if you can make it) to a very serious BOWLS challenge (Snooker and darts should the greens be under water!)

WHEN: Saturday, 18 May, 4.00pm

WHERE: Auckland Bowling Club (Bottom of the Domain, just up from the Stanley St Tennis Courts, where the social was held for the Auckland Champs)

WHO: ONE AND ALL

COST: A plate of something for dessert or to accompany the scrumptious soup and bread which will be provided. Cash bar operating.

Please RSVP for catering purposes as soon as possible to Joanna and Alistair Stewart j.stewart@auckland.ac.nz 575 5695 (home) 373 7599 ext. 6360 (work)

(The winner will become the proud custodian of the PINK PIG!)



Flooring First Whangaparaoa

621 Whangaparaoa Rd

Ph 09 4241919 **Fax** 09 4241919 **email**

flooringfirstbc@paradise.net.nz

- Sponsoring the Score Series 2002



Clue is a Windows-based program that simplifies the task of creating control description sheets for orienteering events. The program provides the following features:

Menu selection of control description symbols

Optional manual or automatic descriptive text

Automatic control numbering

Text rows

Marked routes

Multiple start styles

Multiple finish styles

Online help

Version 1.5 is available for Free Download at:

<http://www.dvoa.us.orienteering.org/evdir/clue/index.html>

Calling All Women Orienteers!

Keen to improve your Orienteering, or just learn more about it?

Have a fully catered break away from the hustle and bustle!

Options for white, yellow, orange, and red course training.

Extra for those with higher aspirations!

Fri July 26th (evening) to Sun July 28th.

North Island Women's Training Camp

Based in Henderson.

Cost to be determined by number of participants, but around \$100 - \$140 all inclusive.

Interested?

Contact Jan Davies, 1305 Tram Rd, RD1 Rangiora

Ph 03 312 6475 or email jan.ian@clear.net.nz

Last Bits

Next Issue: June 2002

Please send your editorial contributions to Paul Gilkison, 12 Albert Rd, Devonport, or email psquared@iconz.co.nz. tel 09 445 4306, **to arrive before 5 June.**

Distribution

If you change your address (and still wish to have this magazine reach you!), please contact your club membership officer or Andrew Bell on 09 411 7166 or email the.bells@xtra.co.nz.

Credits



The New Zealand Orienteering Federation gratefully acknowledges the support of the Hillary Commission.

The Auckland Orienteering Association wishes to thank Carter Holt Harvey for the use of its forests.



forest resources

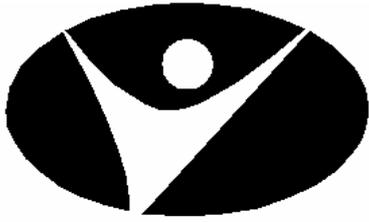


Katoa Po images...
Above NWOC's 7
person relay team (3rd
overall)

Right: NWOC 5 person
team (with iconic
organiser Jim Lewis
hiding in the
background)

[Photos Gay Ambler]





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