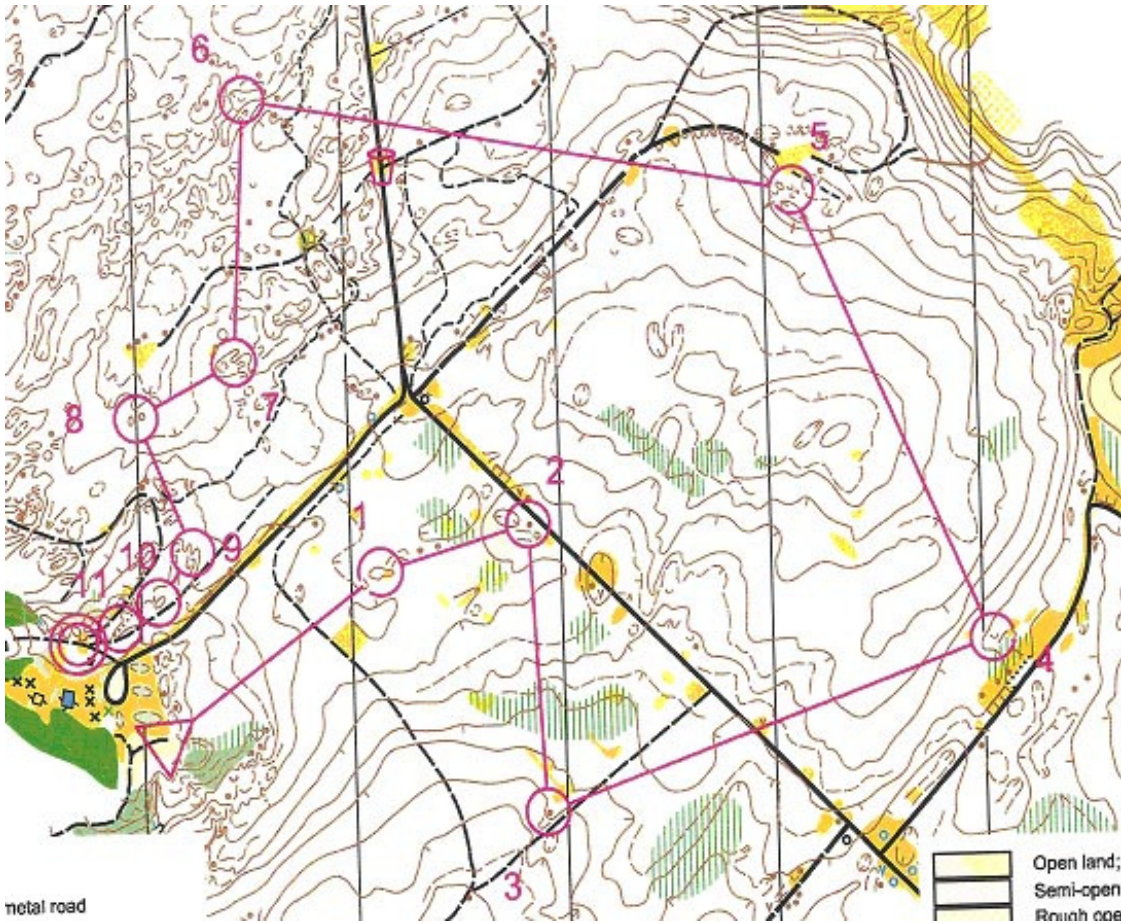


The Auckland

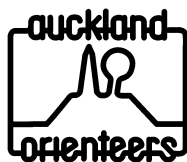


Orienteer



This orange course is used in one of the following feature articles. The grey areas are clearings and the stripe is slow run or walk with good visibility.

February 2008



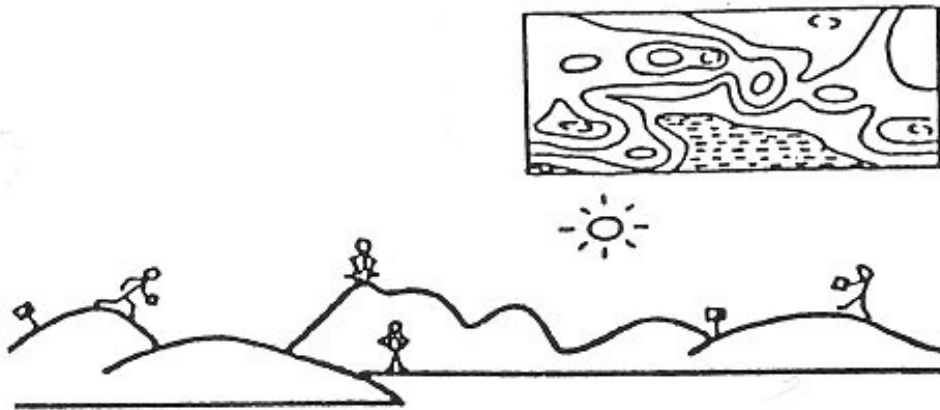
Editorial

Welcome to the first edition of the AOA newsletter for 2008. This year will be a very different orienteering experience for you from recent years. Firstly, the AOA Championships will be held early in the year rather than in the traditional month of October. Secondly, the number of OYs is increased from the six or seven of this decade to nine, which is a return to the practice of the 1990s. Thirdly, the OY season begins in March rather than July and extends over seven months rather than the three months of previous seasons – again a return to the practice prior to 1992.

The OY rules have also changed and, in particular, you will now be able to earn OY points in your age class **whatever course you choose on the day**. A full description of the new OY rules follows. The first year of operation of the new system is likely to have unforeseen difficulties and you are invited to use the columns of this newsletter to share your thoughts about the competition as it progresses.

The training articles published last year focused on matters of interest and relevance to beginner and experienced orienteers. This edition features articles providing information and guidance for orange course orienteers with an emphasis upon using contours for navigation, which is an essential learning task for orange orienteers.

Where do you think the people and controls below are on the map?



Note that North West's new website address is www.nworienteering.org.nz

My best wishes for an enjoyable and fruitful year of orienteering.

John Powell

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Event calendar, p3: Auckland area, February – March; 2008 Auckland area; Major events.

Notices, p6: NZOF News, p7; NZ Pinestars Team, p9

Auckland Chatter p10: Simon reports on Auckland Club events.

Training, p10: Tom Clendon brings a different dimension to training.

Hot Weather Safety, p12: Advice from the Sports Medicine Association of Australia.

Insert: entry form for AOA championships.

Tackling an orange course, p13: Geoff Morrison provides advice for orange course orienteers.

Contours, p14: Peter Palmer, legendary UK orienteer, writes about the basics of contours.

Editorial Bits

Next Issue: February 2008

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at johnandrae@xtra.co.nz or mail to 11 Cathcart Close, Pukekohe, by February 20. Contributions may be edited or abridged by the editor.

Distribution

If you change your address please contact your club membership officer or Stephen Reynolds at 09 358 854 or Stephen.Reynolds@lion-nathan.co.nz

Sender

Auckland Orienteering Association, 132 Waikoukou Valley Road, RD2, Waimauku

The Auckland Orienteer is the monthly magazine of the Auckland Orienteering Association. It is produced monthly, except January, and is available online from www.nworienteering.org.nz. Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.

AOA newsletters are available on the NWOC website along with an index to articles. Some of these articles are particularly relevant to novice orienteers and experienced orienteers new to orienteering in the Auckland region.

Event Calendar

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone club contacts, if necessary, for confirmation.

Auckland (A)

Secretary: Selwyn Palmer, 625 7798, selwyn@qicksilver.net.nz
www.orienteeringauckland.org.nz

Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, johnandval@clear.net.nz
 Secretary: Unni Lewis, 534 5625, unni.neil@xtra.co.nz
www.cmoc.co.nz

North West (NW)

President: Andrew Bell, 09 428 4337, the.bells@xtraco.nz
 Secretary: Diane Taylor, 834 777, taylorlorken@xtra.co.nz
www.nworienteering.org.nz

Auckland Area Events

Start times for weekday events are 5.30 – 6.45pm. Start times for weekend events are listed below along with the other details for the event.

Promotion events have a major focus of providing an introduction to forest orienteering for beginners. Club members are rostered to help beginners and other club members are expected to help if needed. Courses are provided for experienced orienteers. Summer forest events may be cancelled because of fire risk. If in doubt refer to the club website or contact person.

February

Thur 7	A	Park	Cornwall Park/One Tree Hill, Haydn Avenue
Wed 13	CM	Campus/park	Bledisloe Park, Queen St, Pukekohe
Sun 17	A	Promotion	Woodhill forest, access via Rimmer Rd off SH16 about 5km south of Helensville, start 10 –12.30pm
Thur 14	A	Park	Western Springs Park, Zoo car park, Motions Rd
Wed 20	A/CM	Park	Ambury Regional Park, Ambury Rd, Mangere Bridge

Sun 24	NW	Campus/streets	Massey University, off SH17 Albany Expressway, start times 10 – 12 am
Tue 26	A	Park/streets	Big King, Three Kings Plaza car park, Three Kings
Wed 27	CM	Park	Totara Park, Wairere Rd, Manurewa

March

Sun 2	CM	Park/streets	Huriwai, about 5km along the coast road from Port Waikato, signposted from the Tuakau Waikato River bridge, start 10.00 – 12.30pm
Tue 4	A	Promotion	Mt Eden, Tahaki Reserve car park, 250 Mt Eden Rd
Sun 9	CM	OY1	Totara Park, Wairere Rd, Manurewa, start 10.30am-12.30pm
Tue 11	A	Farm	Selfs' Farm, Tidal Road, Mangere South
Wed 12	CM	Park	Rooseville Park, Totara Ave, Pukekohe
Tue 18	A	Park/streets	Craigavon, Connaught Street, Green Bay
Wed 19	CM	Park	Showgrounds, Station Rd, Pukekohe
Wed 26	A/CM	Park/streets	Lloyd Elsmore Park, Pakuranga
Sun 30	CM	Promotion	Waiuku forest, signposted from Waiuku, start 10.30 -12.30pm

2008 Auckland Orienteering Calendar (as at Jan 20, 2007)

Date	Club	Event
Feb		
Sat 2- Sun 3	NOS/TAU	Waitangi w/e
Mon 4- W 6	NOS/HAM	Waitangi w/e
Sat 9-Sun 10	NOS/NW	Waitangi w/e
Sun 17	A	promotion
Sat 23	HB	Kaweka
Sun 24	HB	Kaweka
March		
Sun 2	CM	OY1
Sun 9	CM	promotion
Sun 16	NW	Score 1
Fri 21 – M 24	W	Nationals
Sun 30	CM	Promotional
April		
Sun 6	NW	Score 2
Sun 13	A	OY2
Sat 19–Sun 20	CM	AOA Champs
May		
Sun 11	NW	Score 3/OY3
Sun 18	NW	OY4/Sec Sch

Sun 25	CM	promotional
Tue 27	A	Y7/8 champs
June		
Sun 8	A	AOA relay
Sun 15	CM	Promotional
Sun 22	A	OY5
July		
Sun 13	CM	OY6
August		
Sat 30-Sun 31	A	skills
September		
Sun 14	CM	OY7
Sun 21	NW	OY8
Sun 28	NW	training
October		
Sun 5	A	OY9
Sun 12	A	training
Sat 25-Mon 27	NW	Multi-day
November		
Sat 8 – Sun 9	A	NI Champs

Aquarius (January 21 – February 19)

Your sign is the man who carries the can. In your case, this means that you could well be asked to organise food and drinks at the next event, so better start planning for that now. Start looking for the barbecue right away.
Lucky carbohydrate: the sausage.

Pisces (February 20 – March 20)

Another wet sign, and particularly influenced this month by Neptune. Try to stay out of marshes, streams and water-filled pits this month.
Unlucky control feature: waterfall.

NZOF Major Fixtures 2008/2009

Updated 31 August 2007; TBC = to be confirmed

Date	Event	Host Club	Venue
February			
2,3	NZ Masters Games	DOC	TBC
2-6	Waitangi 2008 Carnival including Katoa Po and CDOA Champs.)	NOS/TAU HAM	Taupo, Waikato University, Aramiro
9,10	Waitangi Carnival follow on	NWOC	Woodhill TBC
March			
8,9	Otago Championships	DOC	TBC
21-24	New Zealand Championships	WOC	TBC
April			
19,20	Auckland Area Championships	CMOC	Waiuku/Maramarua
25-27	South Island Championships	PAPO	TBC
May			
1,2	Nth Is Secondary School Champs	Hawkes Bay	TBC
18	Urban Safari	OHV	Wellington metro
24,25	NZ Rogaining Championships	ROT/TAU	TBC
June			
May 31-2	QB 3-Day (WOA Championships)	Red Kiwis	TBC
July			
18,19	Silva NZ Sec School Champs	HAM	
27	National Ski-O	DOC	Waiorau
September			
	Nil		
October			
11-12	Canterbury Championships	PAPO	TBC
25-27	Labour Weekend Carnival	NW	TBC
November			
8,9	TONIC (Sprint 8, Middle 8, Long 9)	AOC	Woodhill/City tbc
January 2009			
3-12 tbc	Oceania Championships	PAPO	TBC
April 2009			
Easter	NZ Championships	CD clubs	TBC

Points to note:

- New event: the North Island Championships – 8,9 Nov, hosted by AOC.
- South Island Secondary School Championships will be hosted by Dunedin, date tbc
- Nelson OC considering NZ MTBO Championships in conjunction with Nelson Mtb Club.

Overseas – Major Events 2008

19-20/4	UK champs, Forres	25-30/7	Asian champs, Seoul
24-25/5	Scots champs	3-9/8	Welsh 6 Day
25/5–1/6	European champs, Latvia	29/8–7/9	European Masters Games
28/6–5/7	WMOC, Portugal	20/9-1/10	Australian foot and MTBO champs, Queensland
10–20/7	WOC, Olomouc, Czech	10-12/10	European Youth Champs
21-25/7	Oringen, Sweden		

Note that the **2009 WMOC** is based in Sydney, 10 – 17 October, preceded by the Australian Championships, 26 September – 4 October, at a yet to be announced location in Victoria.

Orienteer of the Year (OY) Series 2008

By Andrew Bell, Selwyn Palmer and Val Robinson

After many years of a very similar format for the OY series, the Auckland Orienteering Association has decided to make some radical changes to the way the events will be organised for 2008.

In the past we have made people run courses that were too long, too short or too hard in order to fit them into specific age grades for the award of OY points.

The new format offers our best juniors a chance to push themselves as they improve and conversely those that are still learning a chance to run an easier course yet still earn OY points.

Age Grades

The grades will be: M/W 10, 12, 14-16, 18, 20, 21, 40, 50, 60 and 70. There are no A Short or B grades in this format as in previous years.

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

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

No age grades are assigned to any course and you choose a course that suits both your experience and fitness.

If you are a world class M60 you can run course 1 and earn OY points in the M60 age class or if you have just started orienteering as a W40 you can run an orange course.

OY Points

Each event will provide four red courses, two orange (similar in length to red 2 and red 4), one yellow and one white course. At some events there may be a different combination based on the specific nature of the terrain and this will be at the controller's discretion.

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

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

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

There will be some trial and error in these weighting factors and they will be readjusted if necessary to ensure fairness to those in an age class irrespective of their courses.

The table below shows how the points would be awarded for an event based on an OY last year. The formula to work out the points is: factor x median time/your time.

The main points to remember are:

- you choose any course that suits you,
- the longer and more difficult courses give you the chance to earn more points but only if you run well,
- your grade is based on your age and you need to notify Peter Godfrey if you want to run out of grade before your first event and
- the initial factors for the courses will be reassessed for fairness. ..

Course	Factor	Sample Median time	Winners time/Points	Runner Y's Time/Points	Runner Z's Time/Points
Red 1	130	98min	85min=150pts	94min=136pts	114min=112pts
Red 2	75	102min	64min=119	82min=93	110min=69
Red 3	50	85min	52min=83	76min=57	97min=44
Red 4	35	65min	37min=61	55min=41	80min=28
Orange*	25	63min	38min=41	57min=27	74min=21
Yellow	20	33min	23min=28	31min=21	53min=12
White	10	34min	22min=15	32min=10	48min=7

* This is the factor for the 2007 orange course. The factors for the short and long orange courses have yet to be calculated.

This OY format should hopefully appeal to the majority of orienteers whatever their ability or age. Whilst the format has involved a great deal of discussions within each club's committee it is an untried format and we need to accept there will be a need for review both during the season and at the end of the year to ensure our aims are met and the system is fair.

We would like to think the days of seeing results with only two runners in a grade will be over. You will have the chance to see more results on WinSplits for comparison yet still find the Orienteer of the Year for each age grade at the end of the season.

NZOF NEWS November 2007



New Zealand Orienteering Federation

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Orienteering On-line at www.nzorienteeing.com

DEVELOPMENT FUNDING

The NZOF Council recently approved a development grant of \$550 plus GST to **Counties Manukau OC** for the promotion of a new summer series.

Clubs are reminded that "NZOF Development Project Funding Guidelines" are on the NZOF website. Projects referred to in the guidelines include: newer forms of orienteering, permanent courses, orienteering in schools, promotional resources (including web-based resources) and stronger clubs mentoring neighbouring clubs. The primary aim in each case is to increase participation in the sport with a flow-on effect for the recruitment and retention of club members.

WINS AND LOSSES

Congratulations to the NZ Schools Team for their comprehensive victory over the Australian Schools team during the Oceania Championships. Unfortunately, at the same carnival, the NZ Pinestars went down to the Australian Bushrangers and NZ lost the Alan Brown Memorial Trophy in the (all-classes) ANZ Challenge. Thank you to the respective team managers: Derek Morrison and Anna Robertson (Schools), Jamie Stewart (Pinestars) and Paul Dalton (ANZ Challenge).

However, in the ANZ MTBO Challenge, held as part of the Australian MTBO Championships, NZ proved victorious. Furthermore, their win in Australian terrain is something that has never been accomplished in the foot-O challenge. Well done to Di Michels and her team.

ENDORSED ATHLETES POLICY

With the NZOF now targeting every World Championships (WOC), NZOF will provide extra financial support for the athletes considered likely to qualify for an A-final. These athletes to be referred to as endorsed athletes.

The aims are:

- 1) to encourage the very best athletes to compete at WOC every year;
- 2) to maintain NZ's results at their best level and thereby motivate others; and
- 3) to specify that our result goals are to have athletes qualifying for finals (and doing well in the final).

Accordingly, the following criteria for athlete endorsement in any given year will be:

1. qualification for an A-final at the previous year's WOC or
2. achieving a World Ranking points score above the qualifying standard at one or more of the WOC trial events. This qualifying standard is effectively a World Ranking points score that would have ensured A-final qualification for the same discipline (sprint, middle or long) at the previous year's WOC or
3. having two or more live (within the year prior to the first day of the trials) World Ranking points scores above the qualifying standard.

A non-endorsed athlete who reaches an A-final at WOC will be retrospectively endorsed to the level of the other endorsed athletes, within the high performance budget, the total amount for endorsed athletes being capped in advance for that year. This is the only way for an athlete to gain endorsement after team selection has taken place.

This year the following athletes have been endorsed: Tania Robinson (CM), Chris Forne (PP) and Ross Morrison (HB). They share an amount of \$1,500 to subsidise expenses occurred in participating in the recent WOC in Ukraine.

MAPPING WORKSHOP

An NZOF Mapping Workshop will be held, as part of the Waitangi Summer Carnival, on Friday 8th February in Auckland. For further details contact the Technical Director, Graham Teahan: phone (06) 329 3938 or email gteahan@xtra.co.nz.

A STRATEGY FOR YOUTH

The NZOF Council has prepared a Youth Strategy. After having it reviewed by some of our leading junior competitors, the draft strategy is now on the NZOF website for comment by the general membership.

The strategy focuses on three broad goals:

- Participation by youth.
- Retention of youth.
- Involvement of youth in management.

To achieve the strategic goals proposed requires the strategy to be a partnership between the national federation and its affiliated clubs.

2008 NZOF AGM

The Annual General Meeting of the NZOF will be held in Wellington on the weekend of 12-13 April. Clubs are therefore reminded that remits for the AGM must be with the General Manager for circulation no later than Friday 19 January.

The AGM will be held in conjunction with a Strategic Planning Seminar, which will aim to outline the priorities for the renewal of the national strategic plan through to 2012. Participation at the Seminar (and therefore the AGM) will be funded by the NZOF.

VACANCY: MARKETING AND PROMOTION OFFICER

This is a new contract position, incorporating the previous volunteer roles of Media Officer, Ampro Liaison Officer and the marketing-promotion role of the Editor of *New Zealand Orienteering*. As such the primary role is to foster and promote orienteering through the various forms of media and through sponsorship agreements.

The position will commence 1 January. A job description is available from the General Manager. Applications close 15 December.

VACANCY: COACHING DIRECTOR

The NZOF has a vacancy, from 1 January 2008, for the national position of Coaching Director. This is a part-time, paid contract position.

The primary role of the Coaching Director is to identify the needs and priorities of orienteering coaching within New Zealand. This is translated into a network of coaches at various levels, with support (personal and materials) depending on funds available.

Applicants should have strong administrative and interpersonal skills as well as coaching experience and senior NZOF coaching qualifications (or equivalent).

A job description is available from the General Manager. Applications close 15 December.

VACANCY: WOC 2008 MANAGER

The national volunteer position of Manager for the Silva NZ team to compete at the 2008 World Champs, 10-20 July, in Czech Republic, remains open. A job description is available from the General Manager.

NZ Pinestars Team - Waitangi 2008

NZ PINESTARS TEAM to compete against the Australian Bushrangers in a Test Match Series at the Waitangi Summer Carnival, 2-10 February 2008

Men

Darren Ashmore, T; James Bradshaw, CM; Karl Dravitzki* T; Chris Forne, PAPO, Neil Kerrison#, T; Ross Morrison, HB; Jamie Stewart, HB

Reserves: Karl Dravitzki for test matches on 4/2, 9/2 and 10/2. Thomas Reynolds, NW for test match on 6/2.

Women

Lizzie Ingham, W; Greta Knarston, CM; Lise Moen, CM; Lara Prince, PAPO; Kate Rea, CM; Rachel Smith, HB; Reserve: Penny Kane, HB

*Replacement for Neil Kerrison on 6/2, by agreement with Orienteering Australia.

#Not competing in test match on 6/2; course setter.

Spur: Things that stick out of heels.

Tape: Amazing sticky fabric strip used to completely replace the ligaments and tendons of the ankle allowing a joint with 2% stability to survive.

Terrain: Method of travel used by orienteers to travel on the cheap.

Auckland Chatter

Hi all

First of all, Merry Christmas and a Happy New Year! I hope everyone is well and has been enjoying the festive season and good summer weather. I spent two weeks in December in the Middle East visiting my mum, Chris who is working in Qatar. The lifestyle there is obviously very different and it made me realise how lucky we are to have such great terrain for orienteering – running in the desert wouldn't be much fun!

A warm welcome goes out to a good list of new members who have already joined up for the new year: Saul Everett, Erin Roberts, Ian Lightbody, Shannon Colligan & Kane Alward, Katherine Barber, Grant Bourke, Mel Hughes & Mike Cash, Angela Guptill, Robert Jacobs, Judith Brunie, Bob Lindop, Anna King-Ansell and Kent, Janet, Abigail & Amber Gordon. We look forward to seeing you at events and getting you know you a little better at club social events during the year.

By the time you are reading this the Summer Series will once again be underway, starting with the event at Unitec on Wednesday 23. This event is followed by the AGM that evening.

The Waitangi Summer Carnival is also coming up soon and runs from February 2-10, including our Summer Series event at One Tree Hill on Thursday 7. We will once again be looking to

defend our Katoa Po 7-man relay title and should have a good showing in both that event and the 5-man relay, as we do every year. Thanks must go to those involved in the organization of such an extensive event as the Waitangi carnival.

It is once again membership renewal time – in an effort to save a few of our trees renewal forms will have been emailed by the time you receive this – the form can be returned by email if subs are deposited by internet banking (details on the form) or printed and posted back if being paid by cheque. Promptness makes the job much easier for the volunteers who process memberships and would be much appreciated.

Another reminder to all club members about the monthly club meetings – all are welcome to attend and we really would love to see some new faces come along, even if just for one meeting. Also, if you are available to offer help in the organization of an event or would like to help out by taking on a small (or large) role in the club, please get in contact with a committee member.

Keep up the good work and see you in the forest soon!

Simon Jager
Club Captain

Training in Canada

By Tom Clendon

Ever since I was a child, and read advertisements in the National Geographic magazine of travel by Canadian Pacific Rail, I have wanted to travel across the country by train.

When my nephew (son of Jim Swadling, my brother, whom some of you may remember as orienteering M21 champion way back in 1978) was to be married in Vancouver, it seemed a good idea to do something interesting afterwards, and train travel appealed. So this is not about orienteering or fitness, but of a leisurely trip across Canada. The nearest I got

to orienteering was to buy a pair of shoes to use back here, and they certainly didn't help on Day 1 of the recent Hawkes Bay event!

We did all our bookings through the VIA Rail web site, which was extremely user friendly and a real person even replied promptly to our queries. Firstly we bought a Canrail Pass and were able to upgrade to sleeper accommodation, where necessary, as for the 3 night journey from Vancouver to Toronto. I visualised getting on and off the train at will, within the 30 days allowed on the pass, but we found it easier to book all our journeys, within

the 21 days we had available, stopping at Toronto, then travelling to Niagara Falls, then Montreal and on to Nova Scotia. On the way back again, we stopped at Quebec for a few days, then back to Toronto, flying to Vancouver from there.

On the 3 night trip, our bunk/beds were of the original style, with heavy curtains for privacy, but were very comfortable. They were placed north/south and we were gently rocked to sleep. Whereas on the 24 hour trip, from Montreal to Nova Scotia, where we had a very nice private cabin, they were east/west and felt much more bumpy. Strangely, it was when we stopped, that we woke up, falling asleep quickly when we started again. The rail lines are owned by CN rail, and freight trains have right of way, so the passenger ones are quite frequently late. Sounds a little like NZ, with the railways being sold and going through many ups and downs.

The meals which were included in our ticket price were very good and the dining car was elegant with linen tablecloths and napkins and, by sitting with different travellers each time, we were able to meet people from many places, although the majority were from the US. We were also offered hors d'ouvres, along with bubbly predinner, in the observation car. Very nice.

The scenery was probably best while going through the Rockies, with its impressive snow capped mountains and lakes and rivers. On the last two days, there was an endless vista of forests, lakes and streams, with little holiday villages with cabins for hunting and fishing breaks. There were occasional beavers, with their dams, and elk to be seen, too.

We were a couple of weeks early for the fall, but there were many orange, gold and red trees, and it was easy to imagine how spectacular the autumn colours are. They say that winter, with thick snow and frozen lakes is wonderful, too. Some people suggest it could be boring, but we found it very relaxing, and if we were tired of the scenery, we had plenty of books, Sudoku and crosswords to pass the time. There were also puzzles and games in the lounge car, and the occasional film was shown on TV.

We spent a week in Nova Scotia, with a rental car, staying in B&B's. It is a lovely, friendly and unhurried sort of place, but we didn't make time to go to Prince Edward Island or Cape Breton Island, nearby, as it would have meant spending too much time driving. Next time, perhaps!

Seafood is the mainstay of the island, and we made sure we sampled plenty. The Bay of Fundy, with its huge tidal flow, was interesting, and the first tidal power station, at Annapolis, built in 1980, is still producing 2% of the island's power. There are plans to expand it, with updated technology, but this is meeting opposition from some local fishermen. The same problems all over the world!

The history of the French settlement in Nova Scotia, (the Acadians) their reclamation of tidal lands for farming and subsequent ousting by the British some 400 years ago was revealing. I hadn't realised that it was from here the French culture of Middle America and New Orleans, originated. Of course, Quebec is primarily French speaking, and we felt we could have been in Paris in Montreal. The food was excellent, too. Quebec City is beautiful, with wonderful architecture, and very French. Even the hoards of tourists couldn't spoil it.

Our final train journey was from Quebec to Toronto, via Montreal, on the morning commuter train, equipped with wireless internet. This had the Montreal business people tapping away on their laptops, while having their morning coffee and croissant, on their two hour journey. As far as I know, they don't do this on the way to Britomart in the morning, yet. Public transport, in general, is much more acceptable overseas than here, unfortunately.

We flew back to Vancouver, which was not nearly such an adventure, as on the trains, but much cheaper. Even taking the accommodation and meals into consideration, going by rail is an expensive option. However we would be keen to do it all again, although perhaps in a different country next time. So many countries, so little time.

Hot Weather Safety

This is a summary of the advice given by the Sports Medicine Association of Australia on "Beating the Heat". Further info: www.sma.org.au - ed

Exercising in hot weather conditions can place participants at risk of heat illness, and in extreme circumstance, even death. During exercise an athlete may produce 15-20 times the amount of heat produced at rest. The only way to lose this heat is by sweating.

In humid conditions, or when a person is dehydrated, this cooling mechanism may not function well enough, and heat can build up in the body, causing heat injury or illness. Even a slight state of dehydration will cause a marked drop in orienteering performance, preventing fast running, or concentrating well. Don't rely on feeling thirsty as an indicator of when to drink, as it is a fairly late indicator of dehydration.

Factors which can contribute to heat injury include:

- High air temperature
- Solar radiation
- Humidity
- Dehydration
- weather.
- Heavy clothing
- Illness, age (young or old), low fitness levels, being overweight, poor acclimatization to hot

HEAT EXHAUSTION

Dehydration can lead to heat exhaustion.

Symptoms include:

- High heart rate
- Dizziness
- Fatigue, Cramps
- Confusion
- Nausea
- Cool, pale skin
- Little urine passed, but highly concentrated

Action:

1. Lie victim down in a cool place
2. Give plenty of cool water
3. If confused or unable to drink, call medical help urgently.

HEAT STROKE

Severe dehydration may lead to heat stroke, which is potentially fatal and must be treated immediately by a medical practitioner. Athletes who keep participating when suffering from heat exhaustion may experience heat stroke, which can still occur even if the athlete has been drinking plenty of fluid. It is important to cool the athlete as quickly as possible.

Symptoms include:

- Dry skin
- Confusion
- Collapsing

Action:

1. Call ambulance/doctor immediately
2. Lay victim down in a cool place
3. Give cool water to drink if conscious
4. Cool person down by putting in a cool bath, shower or under a hose, applying wrapped ice packs to groin and armpits, or use wet towels.
5. Maximise airflow over the player through use of a fan, or fan them with towels.

PREVENTION OF HEAT INJURY AND ILLNESS

1. *Timing of training/events*

Postpone or cancel events/training when in temperatures of 34 Degrees Celsius and above. If there is also high humidity, there is a high risk of heat injury to all athletes when temperatures reach 28 degrees or above.

2. *Drink plenty of fluids*

It is much safer to *carry your own water* (preferably at least a litre) when orienteering in hot weather. Water bottles may be attached to a waist belt holder, put in a back pack, or worn as a "Camelbak". You may refill the bottle at water points around the course. Recommended amounts to consume are about 500 ml no more than 2 hours before exercise; about 250 ml every 15-20 minutes during exercise; regular fluids after exercise, at least until urine is a light colour.

Sports drinks provide energy and electrolytes, and are absorbed quickly. *Cool water* is better than very cold or warm water.

3. In conditions of high risk, (expected daily maximum of 28 degrees or above) consider *reducing length of courses*, or allowing frequent *rest periods*. Avoid open areas, whether on your course, or in the assembly area. *Shade* makes conditions much cooler.

4. *Clothing* should be loose, light weight, light colour, and allow free air circulation. Mesh nylon O suits are cooler than close weave materials. Avoid heavy collars, etc. Wear a well ventilated broad brimmed hat whenever practical. Sunscreen should be water-soluble.

5. *Acclimatisation* is important, if moving from cooler to hotter conditions (eg interstate/international events) some adaptation occurs in 3-5 days, but full acclimatisation may take two weeks.

Tackling an Orange course

By Geoff Morrison in the Hawkes Bay magazine – lightly edited for this magazine.

One of the most important things when orienteering is working out what the course planner is trying to achieve. There are some rules in planning that need to be adhered to, and so if you are waltzing into the never-never, stop and consider.

1. Orange courses shall have some route choice with a prominent attack point near the control site and/or catching features less than 100m behind hence ***when planning your leg, look for that obvious feature. Is it a lake or hill or vegetation boundary? Is it the track bend beyond the control or the large group of rocks?***

2. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. ***Because you are looking for a small feature, your attack point is vital. Don't go running willy-nilly looking for a pit in the forest, when you can get within 50m of the control by running to an attack point, eg a large clearing.***

3. Simple navigation by contours and rough compass work with limited distance estimation required. ***You should be starting to relate hilltops, re-entrants and depressions from your map to the ground and vice versa. At Orange level, it is time to start using a compass unless you have a fine sense of direction. Rough compass work is basically using your compass to orientate your map and heading off in the right direction.***

4. Use of a chain of prominent features as "stepping stones" is encouraged. ***This means that on a longer leg, you might look at your map and see what major features you can tick off on your way to the control. A series of attack points – a group of trees, stream junction, fence bend, then my main attack, a saddle.***

Check List for Time Losses

What sort of mistakes did I make?

How much time did it cost me?

- Route choice
- Map work – fine detail, over/under reading
- Compass or direction error
- Overshot control
- Undershot control
- Fatigue
- Poor attack point
- Distracted by other people/other controls
- Concentration
- Admin. error – wrote wrong number, drew circle wrongly
- 180° or 90° error
- Wrong track or wrong way up track
- Speed control
- Distance estimation
- Parallel feature
- Looking for wrong number – next/last control
- Looking for wrong feature
- Dithered
- Electric fence (or large animal, big cliff, blackberry, etc.)

Orange course exercise

The map on the front cover is of an orange course. Your task is to identify attack points, catching features, route choices and their associated stepping stones (see article above) for each leg. Answers next month.

Back To Basics - Contours

By Peter Palmer

Learning to use contours for navigation is one of the important tasks for an orange course orienteer. Orange courses provide an intermediate step between a yellow course, where contour navigation is excluded, and a red course, where contour expertise is expected. This article about contours first appeared in CompassSport magazine and was reprinted in New Zealand Orienteering in 1995 - ed.

A map is a two dimensional representation of a three dimensional object and cartographers employ the technique known as contouring in order to give their maps the illusion of depth. Contour lines are lines on the map which join together points on the ground of equal height above mean sea level. They enable the reader of the map to visualise the shape of the ground before he even sees it and because the shape of the ground hardly ever changes the orienteer can use the knowledge to his advantage.

On orienteering maps contours are usually drawn at 5 metre intervals (sometimes 2.5 metres on very flat areas) and the mapper tries to draw them in a way which will aid the

running orienteer. This means that he will often help the contour along by emphasising some features at the expense of others or by

exaggerating contour forms to make the shape of the ground clearer.

While marshes and streams may dry up in summer or become lakes and raging torrents in spring; when tracks and paths seem to appear and disappear with monotonous regularity and trees are felled and planted according to the forester's cycle of activity; when man is constantly changing the fixtures and fittings of his environment, the shape of the earth remains virtually constant. The best navigational technique, therefore, is one that recognises the truth and, ignoring the clutter left by man, concentrates on the shape of the ground alone.

Elite orienteers rarely use vegetation boundaries or vague man-made line features as handrails but instead rely on ridges, reentrants, hills and spurs to lead towards the

control. Good orienteers tend to be those that are most skilful in contour visualisation.

Contour visualisation is the ability to form a mental dimensional picture of the terrain from the detailed study of the map. It enables the runner to compare his image of the ground with the terrain in which he is running, and then to use this information to navigate his way into the control.

Contour visualisation can be trained, and even if the average orienteer's mental picture of the ground is not as detailed as that of an elite competitor, the fact that an orienteer is starting to navigate by ground shape - rather than path system or straight compass and pacing - means that bad mistakes will become less likely and navigation style is beginning to be built upon sound principles.

A 'contour navigator' isn't put off by felled areas, overgrown paths or new fences: as long as the 'ground fits the map' he will be happy. In many Scandinavian events newly felled areas aren't even shown on the map and nobody seems to worry!

The figure shows a typical control area where a competitor would seek to form mental pictures of the exact pattern of the hills and marshes before he reaches his attack point. He can then use this information to steer his way into the control or to relocate easily if he doesn't hit the marker first time.

Obviously contour awareness influences every other basic orienteering technique. Route choice is affected as unnecessary climb can now be avoided and contour handrails identified to guide the runner towards and into the control. Relocation is easier in heavily contoured areas and plenty of contour detail in and around the control circle can make fine navigation much easier than merely relying on compass and pacing.

The supreme test of contour technique lies in the glaciated terrain of Scandinavia where complicated contour detail is often combined with thick but runnable forest. Here two different but complimentary, contour techniques are needed. The first is map to ground technique; the second is ground to map.

In applying map to ground technique the orienteer plans his route and then chooses predetermined checkpoints along the way to

confirm it as he runs. He visualises the terrain before he gets there and map-reads ahead to keep the initiative rather than allow terrain or chance to dictate his choices.

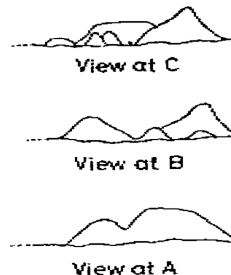
In ground to map technique the running orienteer looks for features on the ground which he relates to his map and by doing this confirms in his own mind that he is going in the right direction.

It is important that, whichever technique an orienteer employs, he doesn't just simply run off in the general direction of the control hoping that features will turn up to keep him on line. For this reason map to ground technique should be considered as the basic and superior skill for most conditions of orienteering. Ground to map technique then becomes an important secondary skill for use as a back up or as the basis for continuous relocation and relocation-on-the-run. In both cases, however, the good orienteer will be using contour features as the primary means of getting to the control.

Since contours are so important to good orienteering technique it is imperative that, right from the start, children and other newcomers to the sport are encouraged to see maps as a three dimensional representation of the ground and not simply as a plan view of interlinking paths and man-made 'lines'.

Probably the biggest difference between British and Scandinavian orienteers is that Scandinavians navigate by contour features practically all the time. I was reminded of this last summer when giving a lift in my car to a Swede in Scotland. As we drove through Achray Forest I was surprised to discover that, unlike a Brit who would plot his progress by referring to the road bends or junctions with forest tracks along the way, Erik was plotting our progress on his 'O' map by reference to the hills and knolls beside the road!

As with the development of all orienteering skills, practice makes perfect. So, whether you are doing physical or technical training, look ahead on the map and confirm your position by contour shapes. That way you'll be a real orienteer rather than just a 'trail runner'. If 'getting back to basics' means anything it means getting to grips with the basic shape of the land. In the final analysis that is what orienteering is about.





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