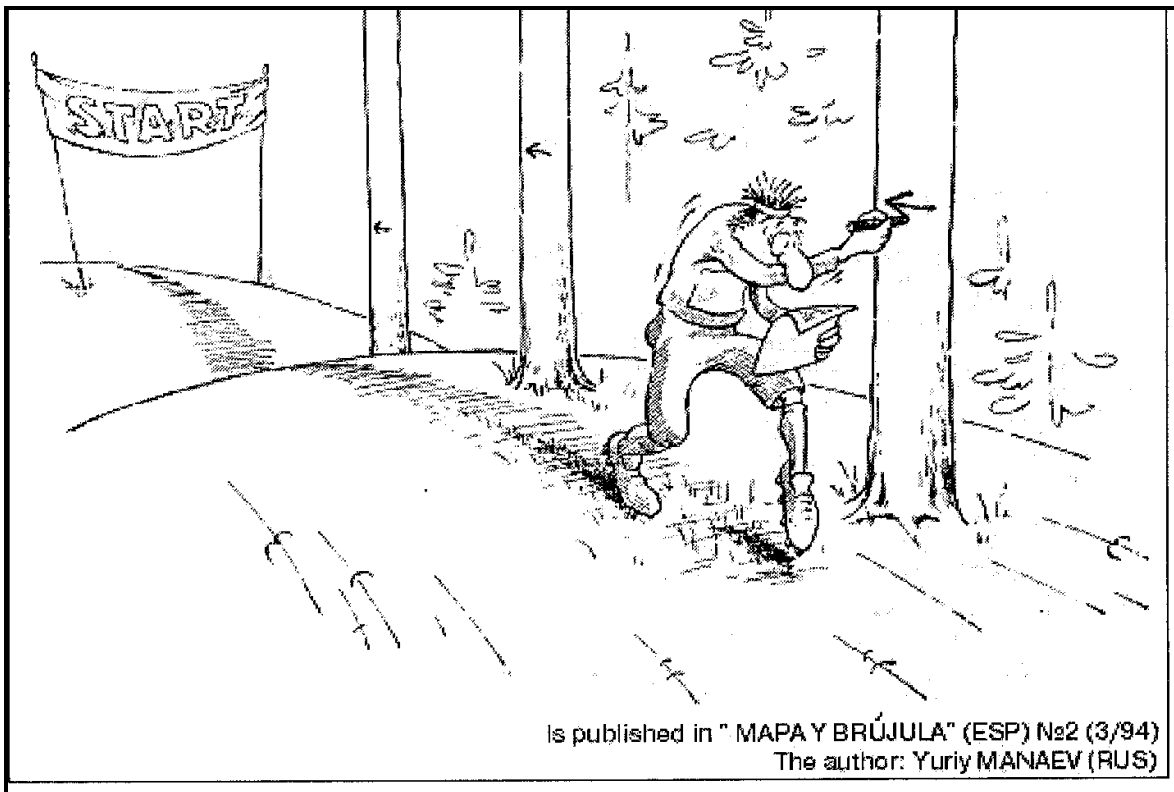




The Auckland

# Orienteer



April 2009



## Editorial

This newsletter, sometime in the near future, will be published primarily on the NWOC website in the first week of each month. If you do not have access to the Internet then you can receive a copy by post through a subscription. It will likely be stapled sheets of A4 paper and not the A5 booklet you have in your hand. The cost will depend to some extent on the number of copies to be printed and whether or not you want photographs and maps printed in colour or black and white. Please register your interest in possibly receiving a paper version with John Powell at (09) 238 8159 or 11 Cathcart Close, Pukekohe.

This issue gives you information about the Orienteer of the Year (OY) series. A new feature for this year is that clubs will give more explicit guidance to course planners in order to help them avoid the significant number of inappropriate course lengths that plagued last year series.

There are seven courses to choose from and note that the OY rules do not give you any specific direction or guidelines on choosing a course. If you are a beginner it should be obvious to you what colour course you should choose and you promote yourself to a higher colour grade when you feel ready to take the next step.

If you are an orange orienteer then you will have a choice of two courses with different lengths. You choose the course which has a length consistent with the time you wish to spend on the course. Course lengths and the climb in metres will be given as part of the event information. It would be sensible to arrive at an event having studied your previous run times and course lengths on similar terrain so that you can make an informed decision. Similarly, if you are a red orienteer then you make a choice of one of the red courses which is best for you based on your previous run time/course length/climb combinations.

If you do not have that information available then the table below gives you an indication of the courses appropriate for the average orienteer in the listed age classes. If you are one of the better orienteers in your age class then it might be more satisfying for you to choose a longer course – you will still earn OY competition points and if last year's experience is a guide, you will receive bonus points from quite mediocre or even inferior results on the longer course.

Course	Age classes
Red 1	M21, M40
Red 2	M18, M50 W21, W40
Red 3	M16, M60 W18, W50
Red 4	M70, M80 W16, W60, W70

Note that it is likely, for a number reasons, that some course lengths will be numbingly too long or disappointingly short. If you are on the margin between two courses then it would be to your advantage to arrive at the event after some results have been displayed, which could help you decide which course to choose on that day.

Have fun this year.

John

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

**Compasses:** can be borrowed or hired at all AOA club forest events.

## Editorial Bits

### Next Issue: May 2009

Contributions to this newsletter are welcome – opinions, information, images, anecdotes and cartoons. Please email contributions to John Powell at [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz) or mail to 11 Cathcart Close, Pukekohe, by April 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](mailto: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](http://www.nworienteering.org.nz). Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.*

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

## Notices

### Entertainment Books

AOC has arranged for an orienteering voucher to be placed in the 2009-10 edition of the Auckland version of the Entertainment Book. This voucher is for a free run for one person, accompanied by one other or 50% off a family entry. AOC, NWOC and CMOC have all agreed to honour it at any event.

The idea of the voucher is to promote our sport by encouraging people to come along and have a go, or even just see the word! Our hope is that club members who purchase an Entertainment Book will use their voucher to bring along a friend to have a go. Obviously we will, however, honour it for any club member who brings one along. The books are coming on sale now and vouchers in them can be used from the time of purchase until 30/5/10. If you haven't had a book previously they certainly are good value with, other than the hundreds of restaurants, discount vouchers for almost anything you may go and do. They are sold by a very large number of charities (eg SPCA), schools, clubs etc as a fund raiser (\$65 with a substantial portion going to the charity that sells it).

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

#### WOMEN

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

#### MEN

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

MANAGER: Norm Jager (Auckland)

COACH: Mark Lawson (North West)

## Orienteer of the Year Competition 2009

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

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

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

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

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

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

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

### Technical Difficulty

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

## Pre-start

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

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

## OY Points

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

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

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

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

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

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

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

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

## Non AOA club members

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

## Results

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

## OY Awards

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

## To club officials

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

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

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

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

## Event calendar

### Auckland (A)

President: Peter Swanson, 525-0019, [peteswa@paradise.net.nz](mailto:peteswa@paradise.net.nz)

Secretary: Selwyn Palmer, 625 7798, [selwyn@palmer.gen.nz](mailto:selwyn@palmer.gen.nz)

[www.orienteingauckland.org.nz](http://www.orienteingauckland.org.nz)

### Counties-Manukau (CM)

President: Val Robinson, 09 238 6911, [johnandval@clear.net.nz](mailto:johnandval@clear.net.nz)

Secretary: John Powell, 09 238 8159, [johnandrae@xtra.co.nz](mailto:johnandrae@xtra.co.nz)

[www.CM.co.nz](http://www.CM.co.nz)

### North West (NW)

President: Andrew Bell, 09 428 4337, [the.bells@xtraco.nz](mailto:the.bells@xtraco.nz)

Secretary: Diane Taylor, 834 8094, [taylorken@xtra.co.nz](mailto:taylorken@xtra.co.nz)

[www.nworienteering.org.nz](http://www.nworienteering.org.nz)

## Auckland Area Events

**Farm/forest series** – these are promotional type events – low key, self start/finish, courses for all but a restricted variety of red/orange courses available, minimal cost. Start times for A and CM events are 1000 – 1230. The NW event on April 19 has a coaching session from 1000 – 1200 and event starts 1200 – 1300.

### April

Sun 5	NW	Farm/forest series 5, Muriwai Farm, Muriwai, signposted from SH16 at Waimauku, 8 courses to suit all abilities, start times from 10-12.
Fri 10 to Mon 13	A/NW	National Championships, A level event, pre-entry Woodhill forest
Sun 19	NW	Farm/forest series 6, Turkey Ridge, signposted from SH16 at Rimmer Road, coaching/training starts 1000 - ends 1200, event starts 1200 - 1300.
Fri 24 Sat 25	NW	North Island Secondary Schools Championships, Helensville Heights NW North Island Secondary School Relays followed by a promotion event, the map is either Celebre or Spaghetti Soup, and start times for the public races are from 12.30 until 1.30 and are using the relay courses, which will be easier than usual Woodhill courses, Woodhill forest, signposted SH16.
Sun 26	NW	OY1, Helensville, new map, signposted from SH16 between Waimauku and Helensville. Start between 1000 and 1230.

### May

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

## Auckland Chatter

Hi All

Firstly a warm welcome to our new club members: Andrew Taylor, Steven MacKinstry, Libby Crum and Josephine Fisher. Looking forward to seeing you guys at an event soon.

A long way from forest orienteering, AOC member Charmaine Tate has been selected to be the New Zealand representative in a team of eight women who are going to ski 800kms across the Antarctic to the South Pole to celebrate the 60th anniversary of the Commonwealth. She has already participated in a training and elimination camp in freezing conditions in Norway. We wish you the best for what is going to be a fantastic challenge Charmaine.

The Katoa Po All-Night Relays were held again this year near Taupo on March 14-15. AOC had two seven man teams and a five man. We think our first 7-man across the line came in at 2<sup>nd</sup> place overall but there is a bit of confusion with the results due to miscalculation of penalties so we will have to wait and see on that one. A good time was had by all, especially those finishing at around 3am! It was a chilly night but good Auckland club spirit and the ever-useful Easy Up club tent took the bite out of the wind.

Another big event on the calendar is just around the corner. The Nationals, hosted jointly this year by AOC and NWOC, are shaping up to be one of the highest standard events on NZ shores in the past few years. Auckland club will be showcasing our setting, controlling and mapping skills. We are also hoping that after having the dress rehearsal for the event with TONIC 08 that we have learnt a few tricks and will be putting them into practice. It promises to be a smoothly run event for both organizers and competitors and we hope this will take some of the pressure off the busy few who are furiously putting the finishing touches on the Easter event. A drive for on-the-day helpers will probably take place shortly, so please accept a small role if at all possible.

Club committee meetings are held the first Monday of every month. Contact a committee member if you would like to see what goes on behind the scenes.

Cheers  
Simon

## Counties-Manukau Chit Chat

*From Sjan Wijdeven*

Our summer series is progressing fantastically. More and more new faces are venturing out to try orienteering in the beautiful weather we have had and many are using it as training for various up and coming events.

A huge congratulations goes out to Greta Knarston, Nicola Peat, Andrew Peat and Jourdan Harvey (all Counties Manukau Orienteers) who have made the New Zealand Team to compete at JWOC in Italy in July 2009. Four of our club members selected in a team of 12 participants. This is a fine example of our club members training hard to achieve their goals and these are the ones we look up to. If they can do it, so can you or I. Keep working hard team.

Wed 18 Feb – At Conifer Grove in Takanini. This is a lovely area running through lots of parks and a reserve around the harbour. One exciting landmark was the boardwalk through the mangroves – great stuff. It was nice to see the McLeod family competing on their home turf. Sadly we lose Samantha Blanch – an x Pukekohe High School student off to University, but great to see James Kuegler back from his study in the UK. Winner Course One: James Kuegler 25.35 mins.

Wed 25 Feb – At Rosa Birch Park in Pukekohe. All 4 courses this night were short, fast orienteering courses with a lot of controls around buildings and some park like features. This made the finishing times very very close with kids waiting to see how they had placed compared to others as they ran over the finish line. Winner Course One: Kris Jones 19.00 mins, our club rising star of the future- watch for him.

Wed 4 Mar – Pukekohe High School Grounds. This was interesting – ducking and diving around school buildings with some tricky controls. Only 3 courses set tonight all of them being very short courses. There were some outstanding results from some of our Secondary School Students who could make the NZ Secondary School team in the near future. Winner Course One: Shane Andrew 7.00 mins.

Sun 8 Mar – Duders Beach. Unfortunately I was unable to attend this one, but I'm told a great day was had by all. Great weather and many had picnics after they had run. Great family day out. Winner Course One: James Bradshaw 41.31 mins.

Wed 11 Mar – Pukekohe Showgrounds. This course was set by Sjan Wijdeven and the weather was utterly miserable. Huge winds with cold nasty showers blowing through. Only a few ventured out in these conditions – well done to those who did. Peter Snell once said "he got great satisfaction training in the rain while his rivals sat at home". Winner Course One: Chris Surrey 24.16 mins.

Thus 12 Mar – Totara Park Manurewa. This course was set by the Peat Family who know the area very well. We thank them for their help.

We wish well the following club members who were running at Taupo this weekend in the Katoa Po All Night Orienteering Relay. Participants were: John Robinson, Val Robinson, Sjan Wijdeven, Tyne Wijdeven, Becky Pennell, Kris Jones, Michael Rohde, Cossette Saville. Good Luck and we hope Counties Manukau win the cup back again.

*From President Brian*

In the Katoa Po competition for 7 man teams, CMOC came 3rd and 6th out of 8 teams. Only ourselves and the Auckland Club put in two 7 man teams, and we were ahead of both of theirs.

This is a great result. While I was not there I have been told that our youngsters did especially well and had a great time.

Well done to those who went. Thanks for representing the club.

Now on to the next relay competition - at the National Champs. The approach here is a bit different. Individuals enter all the events they wish to go in for the National Champs, including the relay. The Champs organisers then advise the club which members have entered the relays and we build up teams from this list of people. Therefore to be in a relay team - again it is fun, while remaining competitive, - you need to enter for the National Champs. Go to [www.maptalk.co.nz](http://www.maptalk.co.nz) and click on the events tab in the menu to get to the entry form. If you are unsure of courses to enter then contact me, Val or Robbie, or another senior member of the club. Entries close on 26th of March.

**Course closure**

You must return to the finish by this time even if you have not completed your course. Controls are collected in at this time and a search party will go looking for you if you have not reported into the finish.

**North West News**

*From Diane Taylor*

Our Annual General Meeting was held on 24th February, following the Western Springs Summer Series event, so we were all well warmed up.

- Elected Officers:-  
 President: Andrew Bell  
 Treasurer: Megan Officer  
 Secretary: Diane Taylor  
 Club Captain: Rob Garden

Andrew allowed himself to be elected for another year (definitely the last one he says!).

We said a fond farewell to our Treasurer Jill Smithies who is off to travel in Australia. We will miss Jill with her wealth of Club experience. Bon Voyage Jill!

We welcomed our new treasurer Megan Officer, and the transition was seamless - straight into action with new members and club subscription renewals.

Secondary School Orienteering Development Officer Mike Beveridge is very pleased with the success of the SS Sprint Series. Three events have been held so far (Massey HS, Rosmini and Rangitoto Colleges) with another two to go (MAGS and Avondale College). Up to two hundred schoolies are attending these events which run from 4.30 - 6.00pm. The potential is enormous.

Following on from this, a training camp for SS is being held on 21st March, with a further coaching session on 22nd, prior to the White Lightning Promo event. We hope it will all be successful.














A small group of us attended the Katoa Po weekend, and narrowly missed winning the Wooden Spoon - we were saved by Mark Lawson and Greg Flynn! It was not as well attended as when it was part of the Waitangi Festival, and hardly any fancy dress.

Finally, preparations are well underway for the Nationals in April, in collaboration with AOC. Unfortunately, our preferred area for the Middle distance was felled, so we are using a new map at Helensville. There are a busy few months ahead. Luckily, our Club members are superb and volunteer their support readily. Thanks to everyone.



**ICD Quiz**

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

Answers on a following page.

		3	4.94 km	160 m	
Start		△			
1	230				
2	123				
3	142				
4	143				
5	215				
6	265			1m	
7	166				

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## Stitch

*An abridged version of a 'Fact Sheet' on the Australian Sports Dietitians website, [www.sportsdietitians.com](http://www.sportsdietitians.com) – ed.*

You have trained hard, you are mentally focussed, your muscle glycogen levels are topped up and you have the desire to perform better than ever. You are now at your peak. But there are still two things that can stop you dead in your tracks. The cramp and the stitch. They will over-ride all of your mental and physical training and your performance will suffer.

As every athlete has experienced one or both of these painful episodes you would naturally think that lots of research has been undertaken to determine the cause and a solution to the problem. Unfortunately this is not so. However, the following is a summary of what we do know and how to minimise your chances of getting cramp or stitch.

The stitch is a common abdominal pain that affects most athletes at some stage. Researchers refer to stitch as Exercise-related Transient Abdominal Pain (ETAP). Sometimes the pain will go away during sport and you might be able to 'run through' the stitch, sometimes it stays until after the sport is finished. Three out of every 10 runners in a 15 km run said they experienced the stitch during the event. In a survey of 965 Australian athletes, 75% of swimmers, 69% of runners, 62% of horse riders, 52% of aerobics participants, 47% of basket ballers and 32% of cyclists experienced the stitch in the previous year. You can see this is a common problem.

The suspected causes of stitch include:

- Drinking too much fluid.
- Reduced blood flow to the diaphragm.
- Jolting motion causing stress on the ligaments connecting the abdominal organs to the diaphragm.

Although the second view has long been thought to be the most likely cause, none of these theories can explain the stitch in all people. For example, some athletes suffer stitch in the lower abdomen, which is far removed from the diaphragm. Also, swimmers get the stitch despite their sport not involving a significant jolting action. Others have experienced 'shoulder stitch', a painful shoulder without any obvious cause.

There is recent evidence that pain actually starts at the parietal peritoneum in the abdomen. Lining the inside front of the abdominal cavity are two layers of membrane, collectively called the peritoneum. One layer covers the abdominal organs and the other attaches to the abdominal wall (parietal peritoneum). Between the two layers is lubricating fluid that allows the two surfaces to rub against each other during sport and digestion without pain.

If the parietal peritoneum does get irritated, often by increased movement in the abdominal region during sport, there is friction between the abdominal contents and the peritoneum causing pain in the region. Friction may occur if the stomach is distended, such as eating a big meal or drinking lots of fluid at one time. This pushes the two surfaces together causing friction. Another possibility is dehydration reducing blood flow to the abdomen, which in turn reduces the production of the lubricating fluid. If this is the case, it helps to explain why pain might be from any part of the abdominal region. But why the shoulder pain? Parts of the parietal peritoneum are supplied by the phrenic nerve, which refers pain to the shoulder tip region.

### Summary

Science has not found all the answers to the problems of muscle cramp and the stitch. Cramp is due to an involuntary muscle contraction, which may be partly due to dehydration, heavy salt losses or extremes of temperature. Well trained and well hydrated athletes are at least risk of muscle cramps. The pain of the stitch is likely to come from the abdominal cavity. To reduce the risk of the stitch and athlete should start sport with an empty stomach and frequently drink small serves of fluids throughout sport. Water or sports drinks are the best choices.

It also appears wise not to drink soft drinks or cordial during sport as they will empty slowly from the stomach, leaving it distended for longer and increasing the amount of friction generated. Choosing fluids that empty quickly from the stomach (water or sports drinks) reduces the risk of friction and subsequent pain.

The latest theory may help us find some very clever ways to avoid the stitch. For example, we may be able to give different advice to runners and swimmers. At the moment the best advice we have is:

- Don't eat substantial amounts of food 2-3 hours before exercise. This fits the advice from Fact Sheet #2, where we advise athletes not to eat in the 2-3 hrs before sport as this allows time for the stomach contents to empty into the small intestine. The extra benefit might be that it avoids food bouncing around inside the stomach, causing friction to the peritoneum lining.
- Be well hydrated and consume small, frequent amounts of fluid during sport to reduce the risk of over-stretching the stomach walls.
- Avoid highly concentrated drinks, such as soft drinks, during sport as they seem to increase the risk of the stitch. Isotonic sports drinks result in the least number of symptoms.

### Mark Robert's tips

#### Maybe everyone else is having a bad run too

Squash players talk about "unforced" and "forced" mistakes. They avoid the former while doing their best to submit the opposition to the latter. Muscle memory handles unforced mistakes, and strategy allows the better player to set up forced mistakes for the other.

In orienteering the opposition isn't the other runner, it's the terrain and the course. Unforced errors are the blunders you didn't need to do – like missing a control or forgetting to clip or doing a 180. Nobody likes an unforced error.

Forced errors are the ones that the course setter delights in and we all sit round analysing afterwards. Every one is an education and a delight. The best ones are those committed by our competitors, or those we catch immediately and correct promptly.

All mistakes in the forest are a temptation to despair. "Four errors in one race – how can I possibly win – I must be 10 minutes down by now." But take a moment to consider whether they were forced or unforced errors. Unforced? You may have good cause to walk the last few legs and go home for a lie-down.

But were they forced errors? If so, you are Out on a Really Good Course, and so is everyone else. And guess what? They are making mistakes too. Maintain your composure and you will make fewer errors, and win.

Ain't O grand?

### ICD quiz answers

1. Course 3
2. No feature. (For example, in a park event where the start banner and triangle are on a playing field.)
3. The finish is 50 m from the last control and is funnel taped to the finish.
4. 230 reentrant, 123 distinctive tree, 142 marsh, North East side, 143 ditch, East end, South West narrow marsh, 265 lower earth bank, 1 m high, 166 Northern edge of a clearing, radio control



**Sender:**

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The  
Auckland  
Orienteer

