

how to win races and injure people



a novel

National Fixture List 1998

March	7	QLD Night Championships #	Brisbane	QLD
	7 (EV1)	Australian OLeague 1 #	Ballarat	VIC
	8 (EV2)	Australian OLeague 2 #	Ballarat	VI
	22	VIC Relay Championships #	Castlemaine	VIC
April	28 (EV3)	AUSTRALIAN SHORT CHAMPIONSHIPS (Australian OLeague 3) #		
	29 (EV4)	Badge Event (Australian OLeague 4)	Orange	NSW
	29	Badge Event	Cowra	NSW
	10	AUSTRALIAN FAMILY RELAY #	St Helens	TAS
	11-13 (EV5-7)	AUSTRALIAN 3 DAYS (Australian OLeague 5 to 7)	Maldon	VIC
May	25	NSW Night Championships #	Maldon	VIC
	26	TAS Short Championships #	Bungonia	NSW
	9 (EV8)	Australian OLeague 8 #	Royal George	TAS
	10 (EV9)	Badge Event (Australian OLeague 9)	Canberra	ACT
	16	NSW Relay Championships #	Braidwood	ACT
	17	Badge Event	Wagga Wagga	NSW
June	24	Badge Event	Whyalla	SA
	24	Badge Event	Castlemaine	VIC
	24	Badge Event	Beerwah	QLD
	7	Badge Event	St Helens	TAS
July	5	Badge Event	Perth	WA
	5	NSW Long Championships #	Mellong	NSW
August	26	Badge Event	Childers	QLD
	1	NSW MBO Championships #	Belanglo	NSW
	2	Badge Event	Lake George	ACT
	2	Badge Event	Adelaide	SA
	15	NSW Short Championships #	Lithgow	NSW
	16	Badge Event	Lithgow	NSW
	16	Badge Event	York	WA
	16	Badge Event	Ballarat	VIC
	22/23 (EV10)	QLD Championships	Beaudesert	QLD
	23	Badge Event	Launceston	TAS
Sept.	30 (EV11)	NSW Championships	Bungonia	NSW
	13 (EV12)	SA Championships	Adelaide	SA
	20 (EV13)	ACT Championships	Namagì	ACT
	26/27 (EV14)	WA Championships (Australian OLeague 10)	Narrogin	WA
	29/30	AUSTRALIAN SCHOOLS CHAMPIONSHIPS #	Bunbury	WA
Oct.	3 (EV15)	AUSTRALIAN CHAMPIONSHIPS (Australian OLeague 11)	Perth	WA
	4 (EV16)	AUSTRALIAN RELAY CHAMPIONSHIPS (Australian OLeague 12)	Perth	WA
	24 (EV17)	TAS Championships	Bronte Park	TAS
	25	TAS Relay Championships #	Bronte Park	TAS
Nov.	25 (EV18)	VIC Championships	Albury	VIC
	15	VIC MBO Championships #		VIC

International Fixture List

May	22-25	World Cup	Killarney	IRL
	28-31	World Cup	Newby Bridge	GBR
July	1-5	World Masters Championships	Novy Bor	CZE
	13-19	Junior World Championships	Riems	FRA
	20-24	World Cup	Gaevle	SWE
Sept.	12-15	World Cup	Krakow	POL
	17-20	World Cup	Tetranska Lomnice	SVK
	26-29	World Cup	Otepaa	EST
Oct.	1, 3	World Cup	Haamenlinna	FIN
Oct.	12-18	Asia Pacific Championships	Beijing	CHN

National Rankings

OPEN MALE

- 1 Grant Bluett
- =1 Rob Walter
- 3 Tom Quayle
- 4 Warren Key
- 5 Jock Davis
- 6 Steve Craig
- 7 Andy Hogg
- 8 Eric Morris
- 9 Blair Trewin
- 10 Jim Russell
- 11 Jon McComb
- 12 Rueben Smith
- 13 Eddie Wymer
- 14 Mike Billingham
- 15 Craig Dufty
- 16 Michael Derlackie
- 17 Scott Simpson
- 18 Jason McCrae
- 19 Paul Liggins
- 20 Anthony Scott

OPEN FEMALE

- 1 Natasha Rowe
- 2 Nicky Taws
- 3 Tracey Bluett
- 4 Alix Young
- 5 Emily Viner
- 6 Jo Allison
- 7 Cassie Trewin
- 8 Mary Fien
- 9 Cathy Liggins
- 10 Nic Plunkett Cole
- 11 Louise Fairfax
- 12 Karen Staudte
- 13 Heather Smith
- 14 Allison Jones
- 15 Belinda Allison
- 16 Julie Calder
- 17 S. Cassanova
- 18 C Hawthorne
- 19 Sheralee Bailey
- 20 Jo Mitchell

JUNIOR MALE

- 1 Troy De Haas
- 2 David Shepherd
- 3 Ben Rattray
- 4 Lorenzo Calabro
- 5 William Hawkins
- 6 Tom Walter
- 7 Ben Schultz
- 8 Rob Preston
- 9 Damian Dawson
- 10 Paul Heskainen
- 11 Nick Hain
- 12 Glen Meyer
- 13 Nino Calabro
- 14 David Colls

JUNIOR FEMALE

- 1 Cassie Trewin
- 2 Kirsten Fairfax
- 3 Julia Minty
- 4 Rebecca Minty
- 5 Melissa Thomas
- 6 Kathryn Ewels
- 7 Emma Prime
- 8 Ruth Schultz
- 9 Janielle Winslow
- 10 Rachel Johnson
- 11 Kerry Seale
- 12 Kerry Thomas
- 13 Julie Schofield
- 14 Shannon Jones



GOLD



ANNA ROBREN, GUNILLA SVÅRD,
CECILIA NILSSON, MARLENA JANSSON
GOLD



PETTER THORESEN - 1 GOLD, 1 BRONZE



ALLAN MOGENSEN, CHRIS TERKELSEN
CARSTEN JØRGENSEN, TORBEN SKOVLYST
GOLD



JANNE SALMI - 1 GOLD, 1 SILVER



HANNE STAFF - 1 GOLD, 2 SILVER



LUCIE BÖHM - 1 GOLD

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37 out of 37 medals were won with SILVA COMPASSES

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NAVIGATION ?

SOME THOUGHT PROVOKERS

1. READING THE MAP ON THE RUN

Are you doing it the right way?

The single most important aspect of orienteering is the map, if you can't read it your really out of the game. Have a look at these steps to see whether you have got the basics covered

- i. Work out what the ideal distance is for you between eye and map to focus clearly, quickly and be able to take in the information on the map. This is normally about 15cm. To 20cm. Have your forearm facing straight ahead, that will mean having your elbow tucked in towards your ribs (see picture below) Your feet should also be facing in the same direction as your forearm. The idea is that when you look up from the map/compass you are immediately heading in the direction your eyes want to, the same as your feet, torso, forearm.
- ii. Fold the map so that the control line faces directly forward so that when you are orientated the direction of travel for your feet, upper-body and forearm are all straight ahead, not angling or twisting
- iii. In a quick glance be prepared to take from the map the details that count..in some sort order of priority. In most cases that will be the brown and black features, the brighter greens and yellows are eye catching but in a short glance must be given a low value. One trick is to picture the contour lines as twice there normal thickness.
- iv. Be ready to slow or even stop if you can't read enough of the details



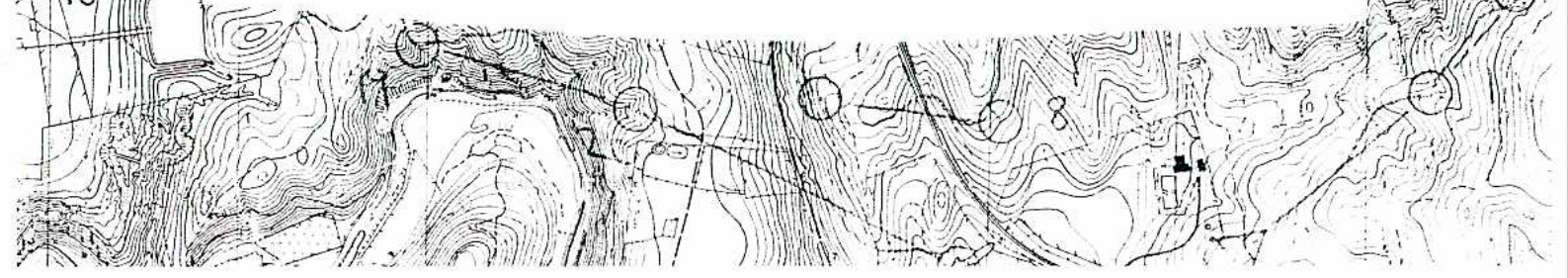
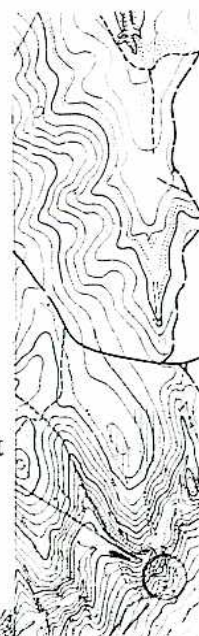
WRONG.

head and map straight ahead but feet body and forearm somewhere else



CORRECT.

15cm. -20cm. Head, forearm, body, feet and control line all facing the same way.



1. READING THE MAP cont.

THE VALUE OF STOPPING

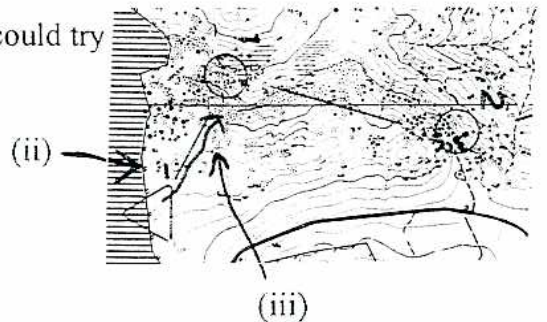
It's easy to make a one minute mistake as you approach a flag, a few of these in a race and victory becomes even more elusive. One minute equates to about 150m. of normal running (6m/km.) if you **stop** to read the map that it will usually take no more than 10 seconds, often less, conservatively that equals less than 30 metres at the same kilometre rate. Is it worth stopping? That will always be your decision.

Orienteering is about navigating around a course, marked clearly on your map, as quickly as you can. So... learn to read on the run... stop when you have to take in the details... make navigation decisions that save you time... and your chances are far greater of orienteering faster.

2 . AT THE START

A routine is good to develop here. This is one that you could try

- i. Orientate the map and your feet
- ii. Find on the map the first contact point
- iii. Choose your first line (see 3.looking for the lines)
- iv. Navigate to the contact point and onto the first line and YOUR AWAY (with a plan)



3 . LOOKING FOR THE LINES

This I believe is the premise of consistent high speed orienteering. It puts a purpose into your navigating and makes you orienteer in front of where you are, like all champions do.

On all maps there are "lines", these are usually gullies, spurs, watercourses, tracks, edges of vegetation changes, marshes and so-on. A line is a place of comfort, once your on one then you can take a mental breather yet up the physical tempo. When you are between lines you identify this as a demanding technical section which will require one of your many specific navigation skills, i.e. compass, angling, height judgment, direction changes etc. This section will be slower running with more precise navigating until you hit the next line, then your off again.

Lines can lead immediately out of the last flag and all the way into the next flag. Once you start seeing and using the lines and become familiar with the process, you can move onto the more advanced approach of cutting corners from one line to the next. However this is riskier so should only be used once your into the map and not at the start or after a mistake or in a tricky section.

Find the lines in your technique training at home. Marked are lines you could use on these two legs





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Wienmann 519 Double
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Shimano STX
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4 . EXITING THE FLAG

How many times have you ran out of a flag for 50metres or so before you have zeroed in on the exact right direction? That could be a 5 or 10 second mistake. Do that a few times in a race and without noting it you have accumulated a 1 minute error!

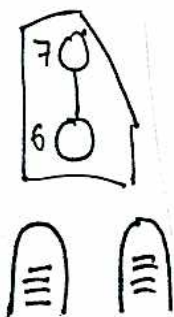
As for when you start (2) although usually dropping the contact point because you are already into the map (its good to find a contact point if you missed at the flag). You do need to have seen where your first line begins and whether you have to navigate to it. One added approach is to identify whether your exit direction is. i. **UP** ii. **DOWN** iii. **ACROSS** or iv. **BACK**

5 . COMPASS BEARINGS

Being a good compass runner requires a lot of practice and some basic skills. The most valuable distance to practice compass bearings over is about 200m. to 300m.

i. Compass bearings- thumb compass

This requires a correct fold of the map so that the control line runs at 90o to your body, that is straight ahead, not across your body . Your feet must be facing where the line points towards. When you look up to sight something look only a short distance ahead. Compass bearings are a dedicated precision skill over short distances, so don't use long sighters', that will only cause you to lose confidence in your compass skills.



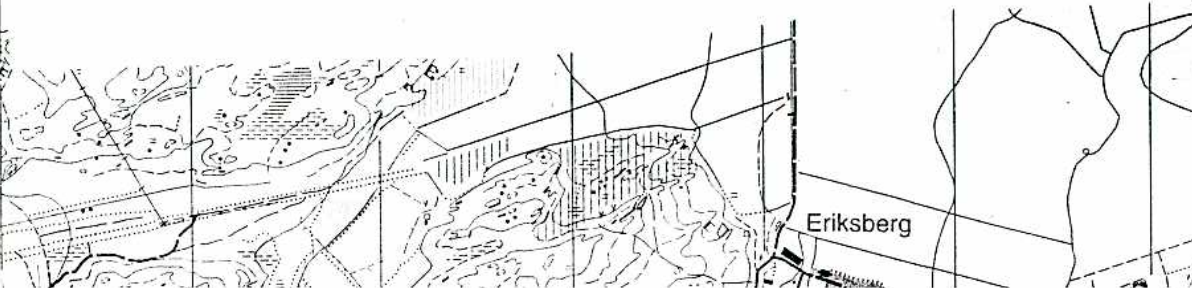
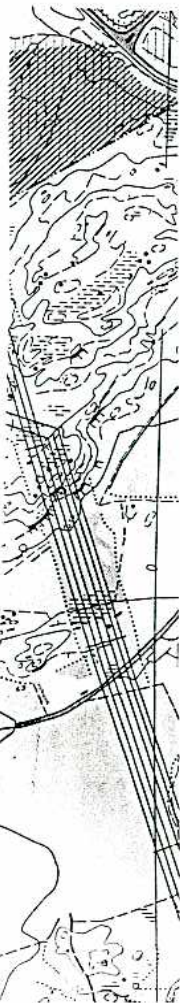
CORRECT.



WRONG.

ii. Compass bearings- base plate

Everyone should know how to do these. The problem is not the skill but how often a bearing is *not* taken because it takes too long to organise yourself and this leads to orienteering on feel rather compass assisted orientation. The other concern is quick directional changes, is the base plate adequate and/or fast enough?



6 . APPROACHING THE FLAG

The control circle is a major risk area for most people. It requires a more dedicated approach and calm thinking to be consistently successful. You can use a few styles to nail the flag

i. Expand the details



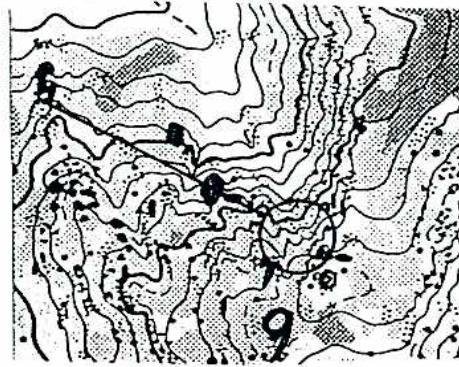
1:15000

hard



1:10000

not so difficult



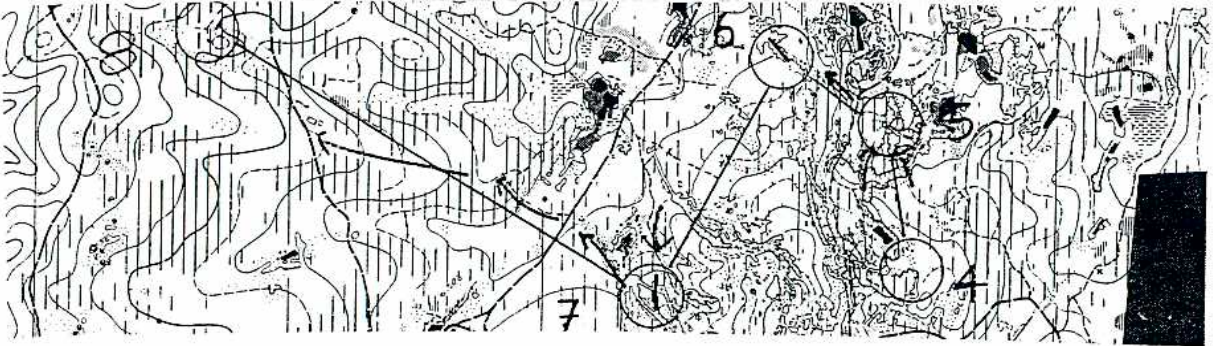
1:5000

pretty easy!

By magnifying the area or stopping, you can achieve far more clarity of map details

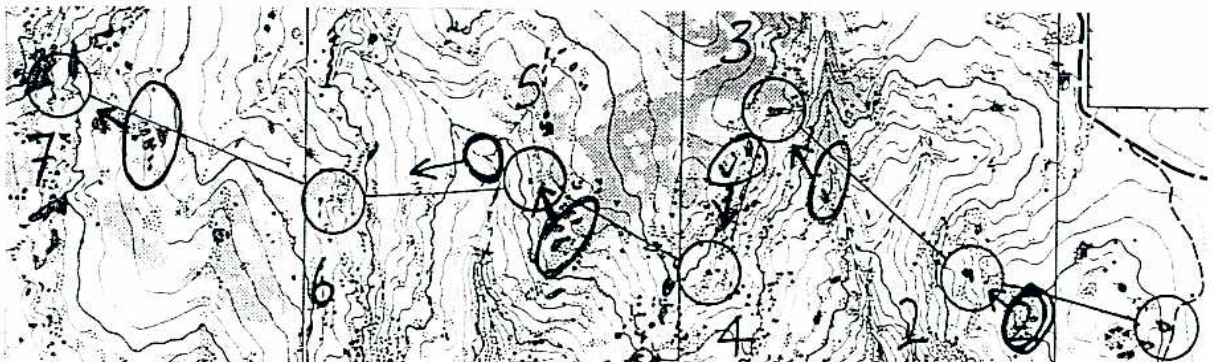
ii. See the line

This is the same approach as for 3. But on a smaller scale. Often hidden in control circles are lines leading right into the feature



iii. compass

Only to be used if you are a proficient short distance compass runner and never in isolation. However if trained and executed well this style will be super fast. You must always come in off a solid feature.

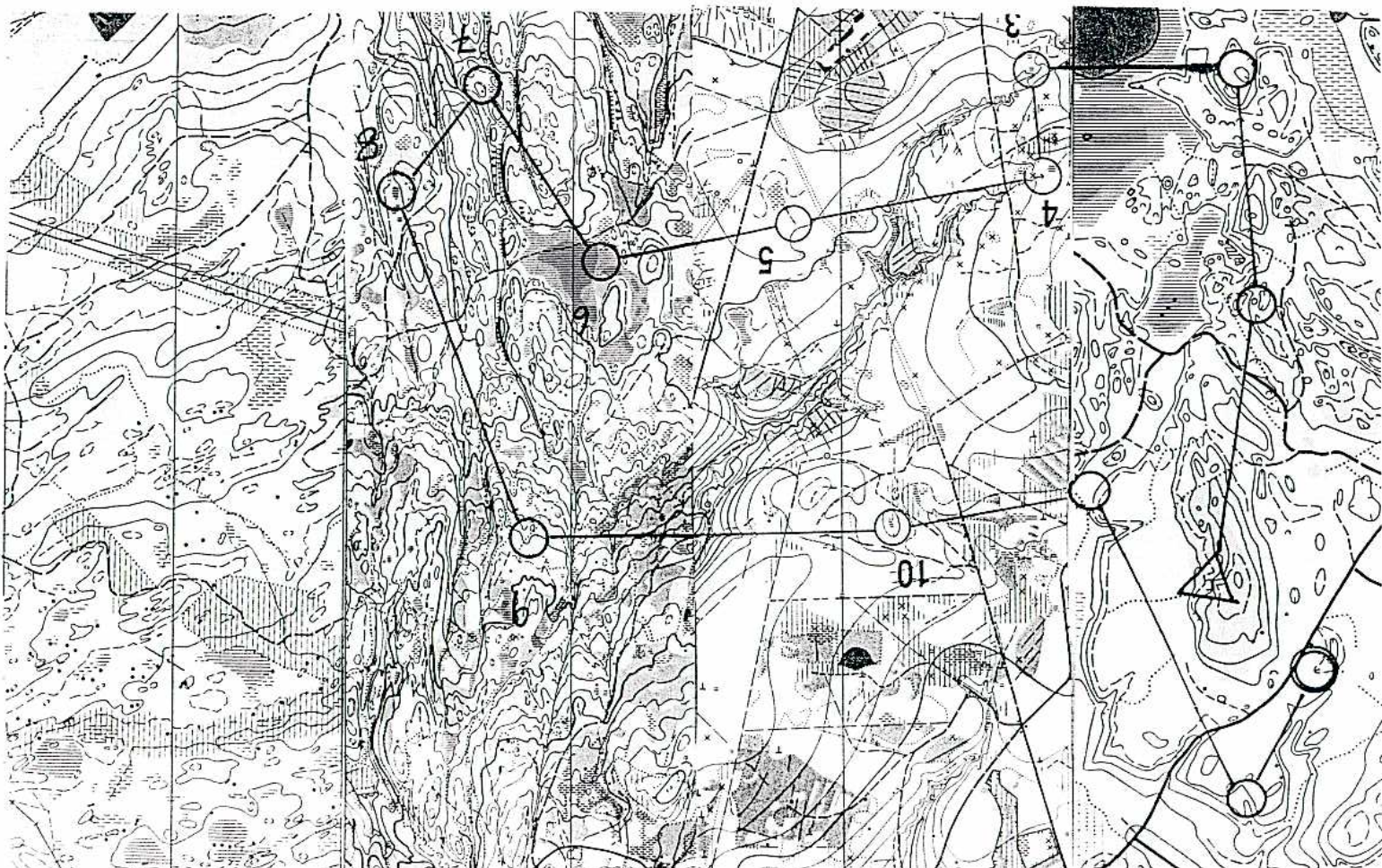


7. IMPROVING YOUR SKILLS

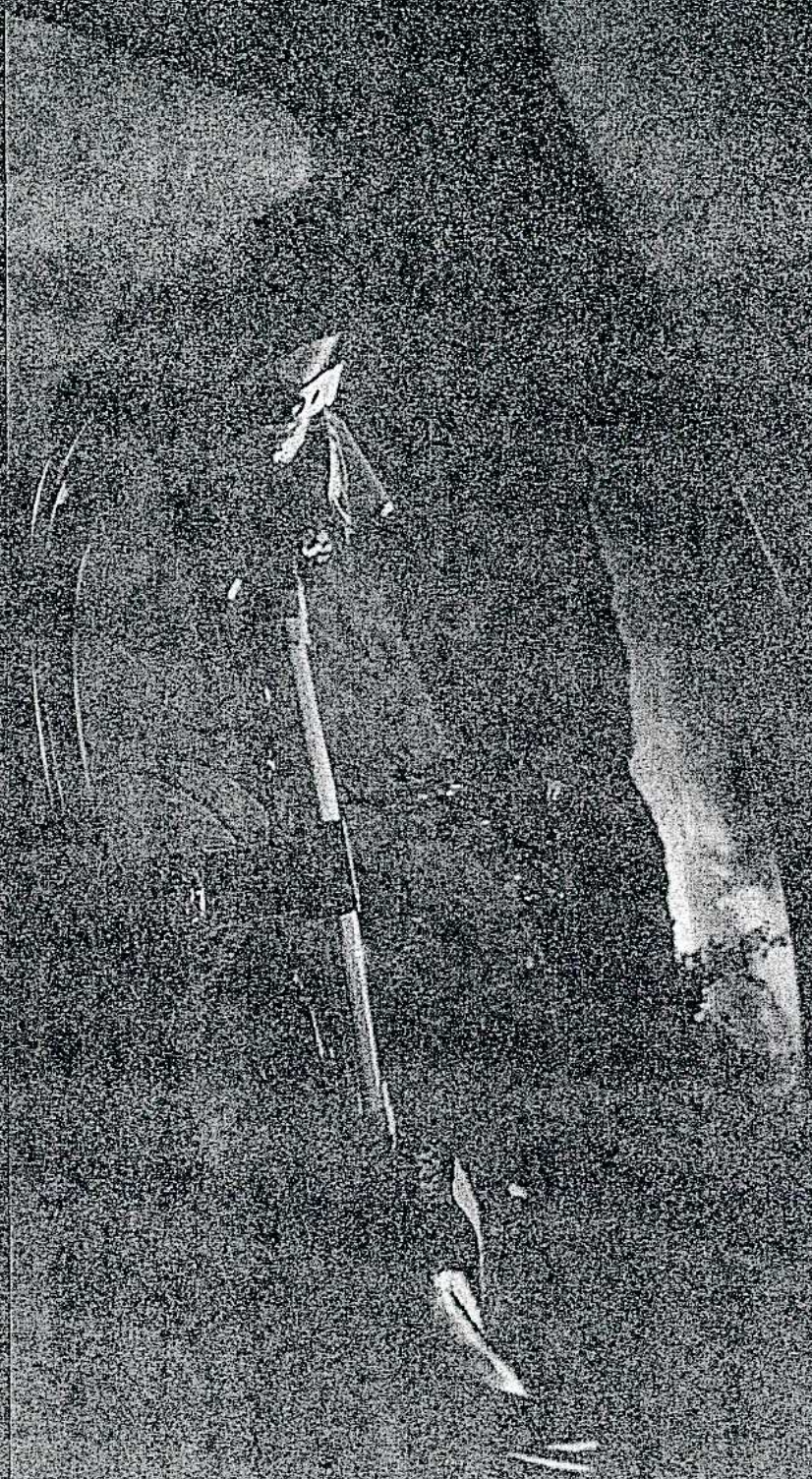
Now that you have identified some of your strengths and weaknesses, you should be looking to train to improve on these. The first 10 of these could be

- i. Compass over 200m. to 300m.
- ii. Recognising lines.
- iii. Reading the map at speed.
- iv. Contouring.
- v. Having a start routine.
- vi. Having a pre-race routine.
- vii. Exiting controls.
- ix. directional changes
- x. placing values on the features on the map

Technique training for 1998



There is no practical reason to ride a bicycle. It won't further your career, fight tooth decay, or help with your cable bill. In fact, riding a bike might even set you backwards. Because in the same 15 takes to negotiate a few miles of grassy dirt singletrack or pedal down a meandering bike path, you could've done something a lot more productive: checked your E-mail, posted, posted your cable bill. Are you some kind of self-centred maniac bent



What a ride.

on neglecting your job, your morals, and your access to Foxell? We certainly hope so. When all we have spent the last 103 years building machines to combat common sense, a startless certainty of commitment to the concept of fun. So leave practically on the shelf next to those self-help books. Ollie opposed a new paradigm, don't ask yourself, 'What will this accomplish?' Just smile and whisper, 'What a ride.'

LIGGO'S REVIEW OF 1997 - THE ORIENTEERING YEAR

Introduction

Editor-in-chief Warren has asked me to look back and write a few words on the 1997 orienteering year. This is because I am an internationally famous writer with a string of best sellers to my name. Actually its because I was raiding his fridge for pecan pie when his original choice rang in sick - and the only other person in the vicinity was Zaska the cat. And Zaska was too busy finishing his thesis and writing scripts for the new season of *Seinfeld*.

Of course Warren could have written this article himself, but he's not getting any younger and his memory plays a few tricks. Discussions about anything more than 2 hours previous make his eyes glaze over and all he can do is mumble crank shaft specs. from the 1997 Shogun catalogue¹. Maybe this dementia explains why he's still so fast - by evening he's usually forgotten that he ran that morning and as a result he still cranks out 14 training sessions a week.

Enough sledging (for the moment anyway). Unlike Warren, my memory is crystal clear and everything reported here is FACT. However, in order to make things easier for our Tasmanian readers (and to avoid the tediousness of research) we'll just assume that (a) every important orienteering event was held on July 16th and (b) they were all won by Rob Walter.

What happened

1997 opened in the usual fashion. Holidays, goodwill to fellow man, New Year's resolutions, and the nude run. The less said about the latter the better: lets just hope the Christmas 5 days doesn't make it to Hobart - nothing goes worse with a hangover than a nasty case of frostbite in a sensitive spot.

(There's no truth in the rumour that the New Year's Eve party is to take its place on the O-League calendar next year - as the National Score Event).

The first O-League event for 1997 was the Eureka Challenge. It was a little later in the year than normal; on July 16th to be exact. The men's race was a close one, but was eventually won in a sprint finish by Rob Walter. In the women's Rob Walter broke away on the first lap for a convincing victory.

Easter always brings a few surprises and this year was no exception. The Easter Bunny hauled his confectionary up the long road to Broken Hill and saw Rob Walter convincingly win the men's elite title. The weather, forecast to be hot, was much cooler than expected, possibly because the event was held so late in the year. ~~Rob Walter~~ - no, wait, I know the results here - Attractive young Victorian Natasha Rowe won the women's competition from attractive young ACTorian Nicky Taws. Attractive young New South Welshwoman, Tracey Bluett was fourth, an unlucky one second behind some ugly club-footed ex-Tasmanian whose name escapes me.

Then there was a whole lot of O-League and Elite series races, mostly held on 16th July and mostly won by Rob Walter.

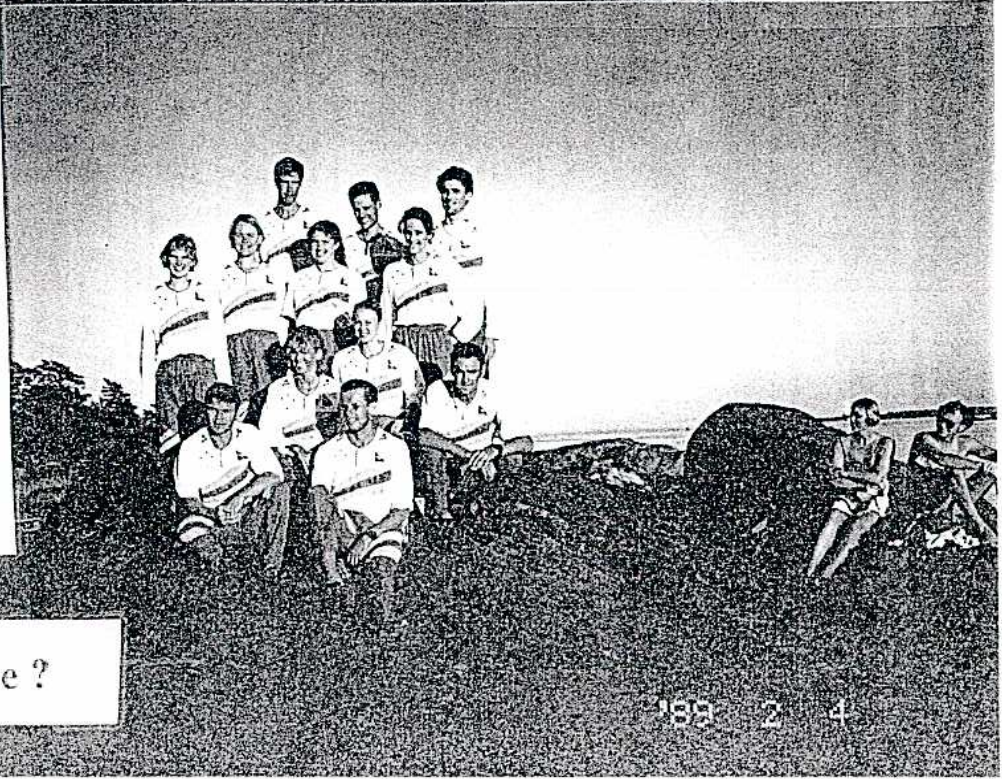
Following the usual amount of bribes, begging, kidnap threats and downright boot-licking, the teams for the JWOC and WOC were selected by drawing names from a hat. Extreme levels of fitness were a prerequisite for selection, as in both cases the short, classic and relay races were all held on July 16. Norwegian Petter Walter and Austrian Lucy Walter (both no relation) were crowned worthy champions.

¹ He keeps forgetting he's asked me to write this article so, like clockwork, every night at 8.26pm he'll ring and ask me to do it.

Park World Tour. World Champion, Grant, World Champion



WOC97 team, after !!



WOC97 team, before ?

Of course the highlight of the overseas season was Jock Davis at the WOC banquet, comfortable and at ease in his 70's charcoal vest and clashing slacks. But there were other, less psychedelic highlights too -

- Norwegian girls in Norwegian bikinis in the Norwegian sunshine;
- armour piercing mosquitoes the size of Volvo station wagons in Umeå (ps its taken me a week to find the å key. And now I've found it I realise I really wanted an æ instead)
- the strawberries at Fin-5;
- Gareth Prosser overtaking 104 people in the day 5 chasing start at O-Ringen;
- scientists' discovery of 17 new kinds of bacteria in the garbage pile adjacent to the Australian campsite at the Scottish 6 days;
- the Australian dollar collapsing just days after my final Visa bill; and
- free custardy things at O-Ringen.

In mid-July the masses gathered in Canberra for the Australian Championships. Julia Minty and Natasha Rowe both had convincing victories while William Hawkins and Andy Hogg both snuck home. And despite the best efforts of a determined group of juniors, the Trewin residence suffered only minor collateral damage from Cassie's 21st.²

Serious orienteering finished with the Australian Relay Champs and the Victorian Champs one week later. The ACT, featuring Rob Walter, won the women's relay comfortably, but only won the mens after Eckmo spent an uncharacteristic amount of time standing in the forest, looking at his map and swearing³.

Liggo's handy tip for '98

Ever broken a compass while out running ? Well here's a handy tip to help you out of trouble. Just grab the nearest cork, bar magnet and bucket of water. Attach the magnet to a cork, and drop it into the water and voila (literally, "you have a compass"). How does it work ? Notice that which ever way you turn the bucket, the cork always floats on top of the water (unless the magnet is too heavy). Using this scientific principle, early explorers such as Captain Cook were always able to spike control sites (eg, Australia, eastern edge) and at the same time tell at a glance whether they were sinking.

So, another year is over. But some things never change. Jase and Dave still talk to each other in a language known only to themselves, Blair still hand delivers the NTSA newsletter on his legendary 35k midnight runs, and Rocky still spends a lot of trying to figure out, if nothing sticks to Teflon, how do they stick Teflon on saucepans ? There were the usual selection controversies, the usual bingo controls on the sides of vague hillsides, and the occasional over-consumption of alcohol by those who should know better. And throughout it all, despite being stupendously intelligent and good looking, yours truly has remained a bachelor.

And that was, in a very abbreviated⁴ form, 1997. 1998 will be my 20th year of orienteering and I haven't found anything better to do on a Sunday morning. The tragic truth is that I still enjoy stumbling through blackberries, falling headfirst into uncrossable marshes and twisting my ankles on Scandinavian goat tracks.

So train hard and race hard in 1998. Just remember that while fitness and error-free runs are transitory, friendship and good memories are not.

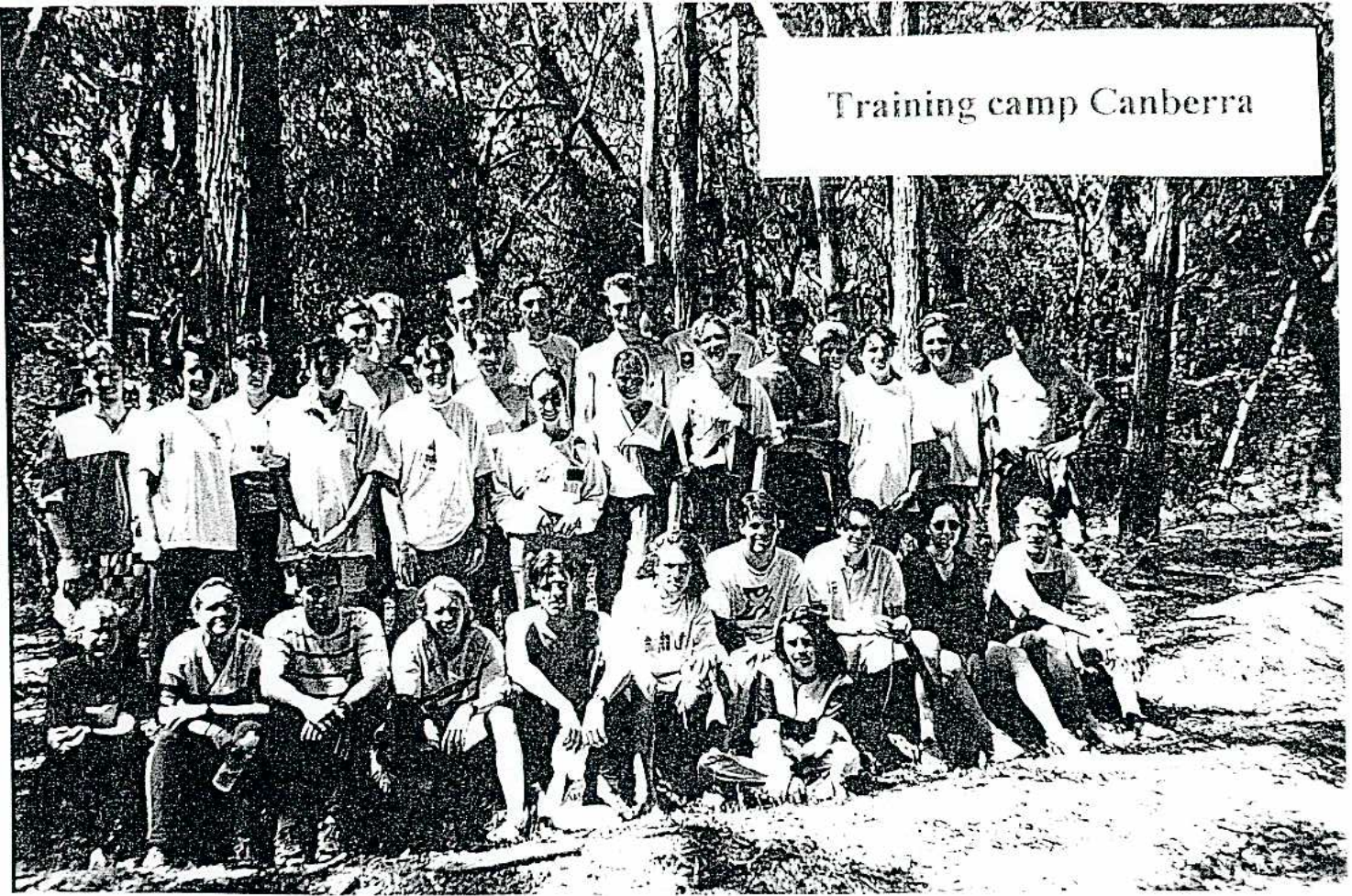
LIGGO

² Bonus question: so who did steal Rob Plowright's beers?

³ As an aside, If a man is standing in the middle of the forest speaking, and there is no woman around to hear him, is he still wrong?

⁴ Extra bonus question: Why is abbreviated such a long word?

Training camp Canberra



The winning look !

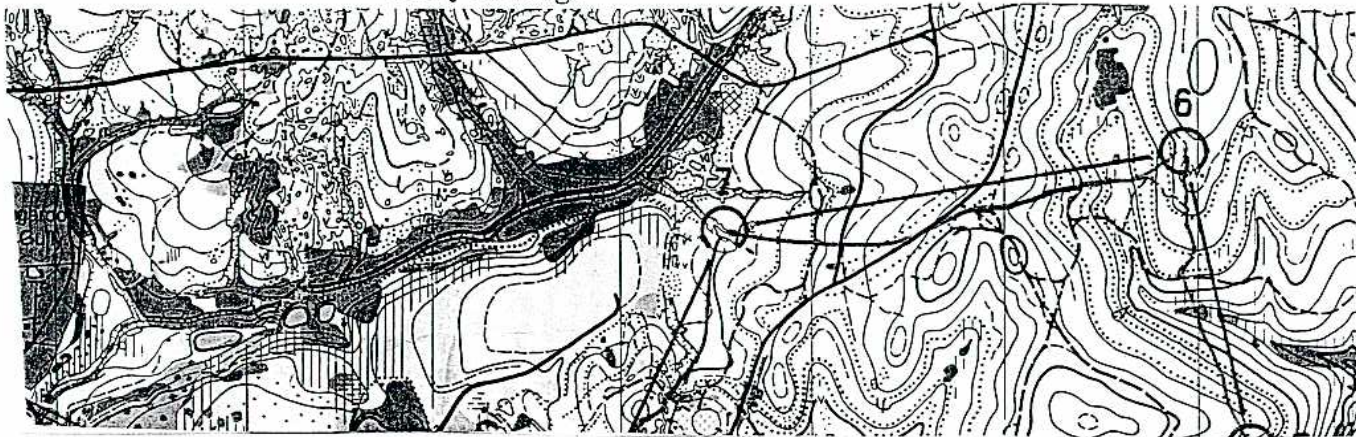


and winning postcard ! how soon before we can do one of these ?

EVENT 1 EUREKA CHALLENGE

DATE March 7
MAP Petticoat Gully
LOCALITY Creswick Victoria
MAP DETAILS 1:10000 5m
TERRAIN DESCRIPTION Extensive gold mining on undulating gully/spur. Plenty of tracks, some thickets and some very deep mines!

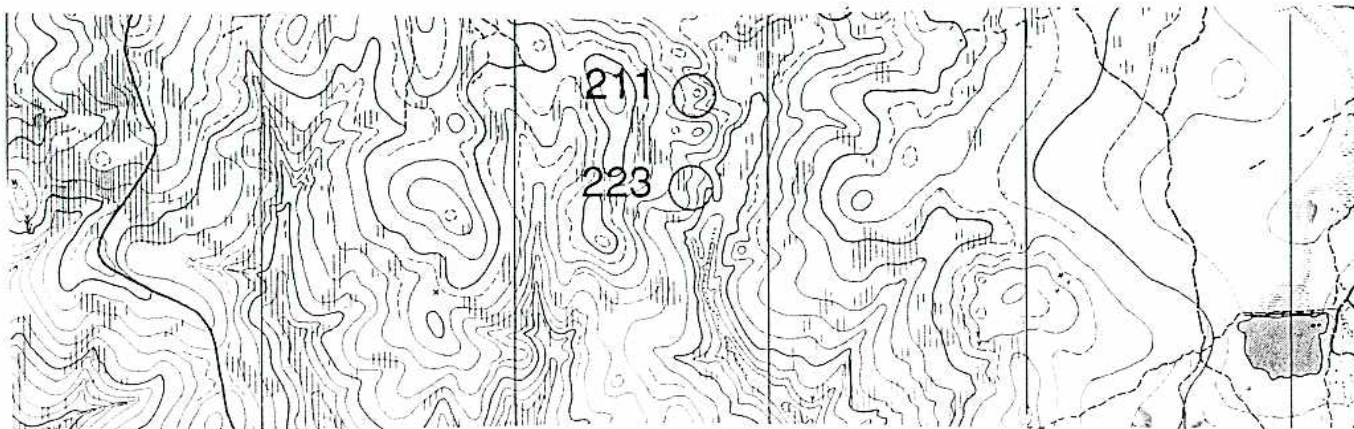
TECHNICAL REMARKS In goldmining orienteering you should look for the landform shapes underneath the mining detail. Navigate primarily from the higher ground before heading into the technical stuff. Look for non brown features amongst the heavy mining.



EVENT 2 EUREKA CHALLENGE

DATE March 8
MAP Little Hard Hills
LOCALITY Ballarat
MAP DETAILS 1:15000 5m.
TERRAIN DESCRIPTION Mostly undulating gully/spur with a steeper and flatter section. Some small areas of goldmining, a few tracks and parts with bracken (regrowth since the fires)

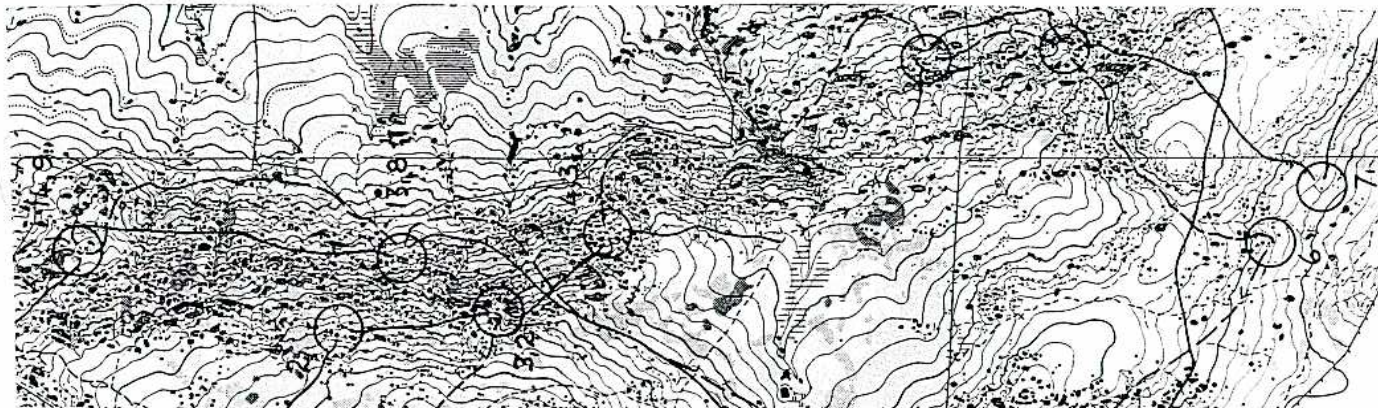
TECHNICAL REMARKS Long legs through the steeper parts could have interesting route choice The flat part requires a little more attention to direction. The sort of area which is basically easy yet some how has the ability to catch you napping



EVENT 3 AUSTRALIAN SHORT CHAMPS

DATE March 28
MAP Kahlis Rocks
LOCALITY Orange
MAP DETAILS 1:10000 5m.
TERRAIN DESCRIPTION A steep complex granite slope with many fallen trees and often thick undergrowth. Generally large granite features interspersed with dry watercourses.

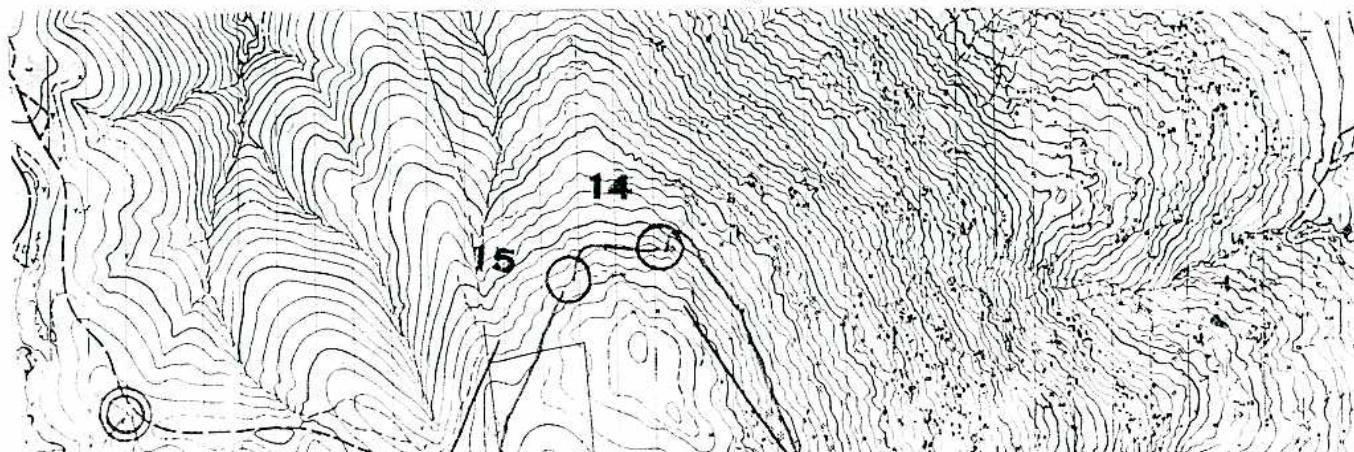
TECHNICAL REMARKS This is a physically tough area with a genuine technical challenge. Keep out of the tricky areas as much as possible, but when you are amongst it look for the blue lines, the grey blobs and the tiers between the rocks to make the navigating a little more structured.



EVENT 4 GIANT

DATE March 29
MAP Giant
LOCALITY Cowra
MAP DETAILS 1:10000 5m.
TERRAIN DESCRIPTION Granite interspersed on hillside gully/spur with a steep escarpment. Few man made features, some thickets and small forest clearings. Generally good running.

TECHNICAL REMARKS The more Swedish style mapping adds a challenge to this good terrain. The steep slope requires ultra care with height. Point features can be well hidden so use strong contour details as your main navigation tool.

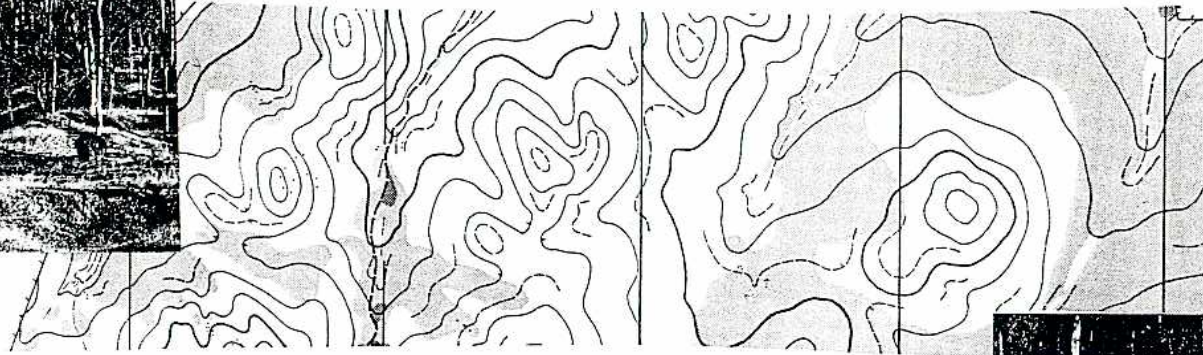


EVENT 5 EASTER DAY 1



<u>DATE</u>	April 11
<u>MAP</u>	Maldon
<u>LOCALITY</u>	Maldon
<u>MAP DETAILS</u>	1:15000 5m.
<u>TERRAIN DESCRIPTION</u>	Broad gully spur with low relief. Some scattered goldmining and tracks. Great runnability and visibility.

TECHNICAL REMARKS Keep straight. Be careful not to wander in the vague areas and be alert in the goldmining particularly if it's a low control site. Maintain good speed and flow and don't take unnecessary risks, a good result a Easter will come because of fewer errors, not because you ran like a bullet.

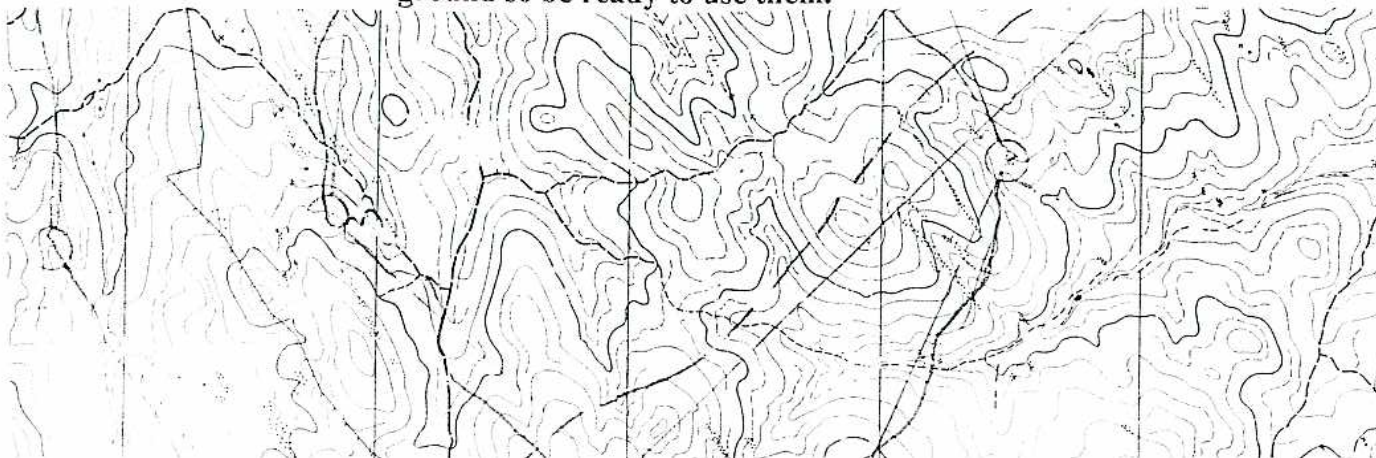


EVENT 6 EASTER DAY 2

<u>DATE</u>	April 12
<u>MAP</u>	Newstead
<u>LOCALITY</u>	Newstead
<u>MAP DETAILS</u>	1:15000 5m.
<u>TERRAIN DESCRIPTION</u>	Undulating gully/spur. Good runnability, occasional rock feature and some scattered goldmining. Some forest trimmings. A few tracks.



TECHNICAL REMARKS In regrowth areas the otherwise fairly easy navigation could be slightly more difficult. Rock details run in lines and the goldmining tends to be small clumps. Again very fast running, the contour lines have been painted on the ground so be ready to use them.



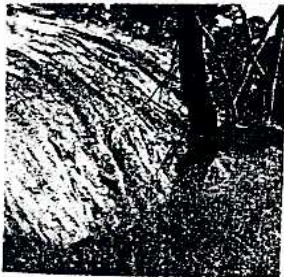
EVENT 7 EASTER DAY 3

DATE April 13
MAP Mt. Tarrangower
LOCALITY Maldon
MAP DETAILS 1:15000 5m.
TERRAIN DESCRIPTION

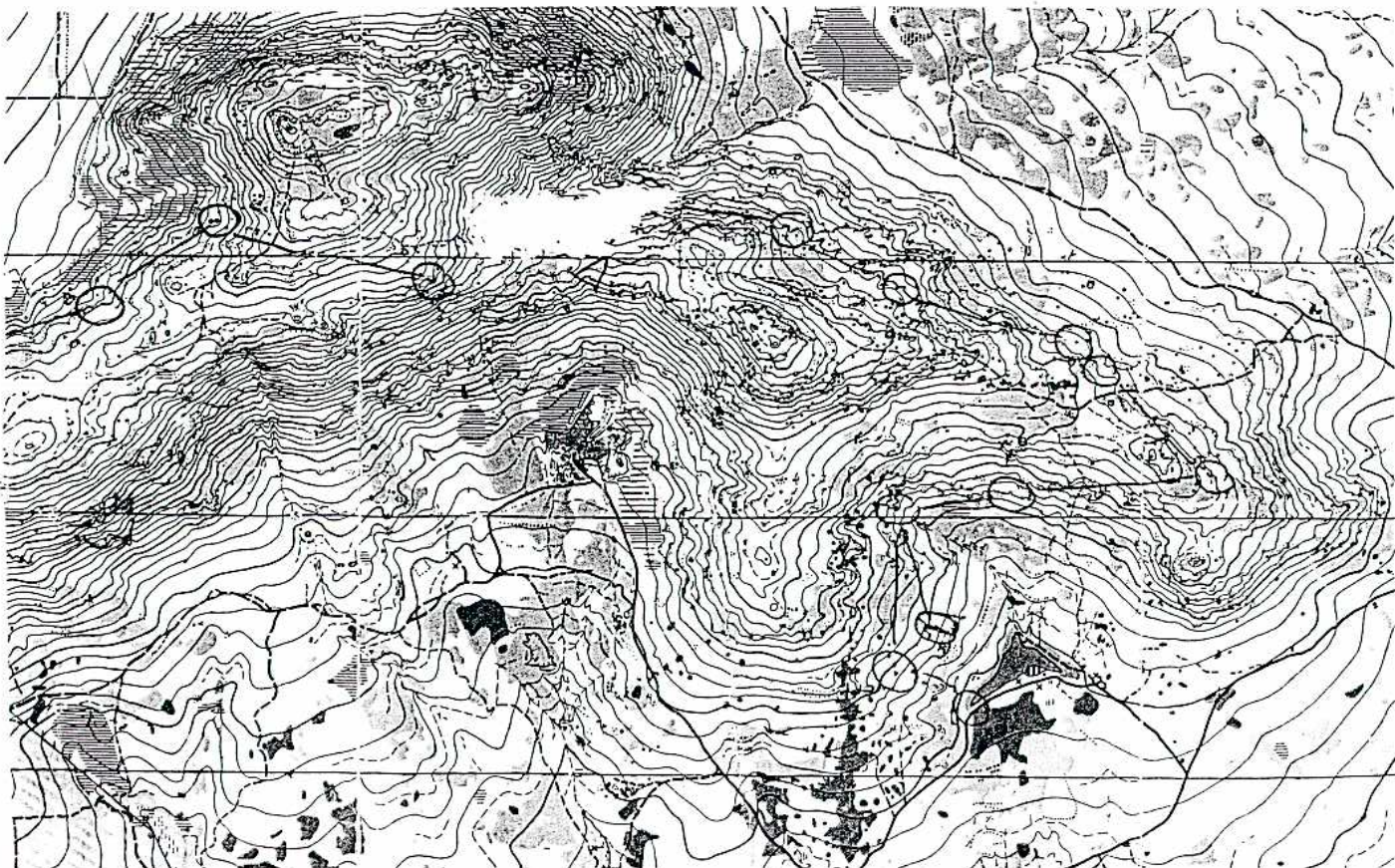


Mt. Tarrangower is a steep slope with scattered granite at one end and steep rolling gully/spur at the other. The map is bordered by farmland to the north and the Maldon township to the south. The granite section is at the Bendigo end and has a distinct boundary that separates it to the rest of the forest. Generally the rocks are scattered but areas of larger clumps do occur, mostly only a light tree cover around the granite. The bare rock spreads into semi open areas so the edges will be unclear. An access road leads to the top of the mountain. Apart from some stony ground it is generally very good running and particularly good visibility.

TECHNICAL REMARKS



Don't run the granite as if it was like the first two days, respect the new demands particularly if you start in the rocks. The main slope will be a great help in direction changes and the gullies and rocks for distance judgment. This will be a particularly tough finish to the Easter three days. It is a physically tough area which could lead to mistakes when you are tired and uncertain in the tricky stuff, this will be where you could lose some real time. Be ready to vary your tempo and to fight the hills. *Good luck.*



EVENT 8-9 BRAIDWOOD

DATE May 11

MAP Bombay

LOCALITY Braidwood

MAP DETAILS 1:10000 or 1:15000 5m

TERRAIN DESCRIPTION Ultra broad gully, sparsely mixed with intricate gold mining and erosion. Large areas of thick undergrowth. Few man made features. A small area of pine.

TECHNICAL REMARKS

2 terrain types

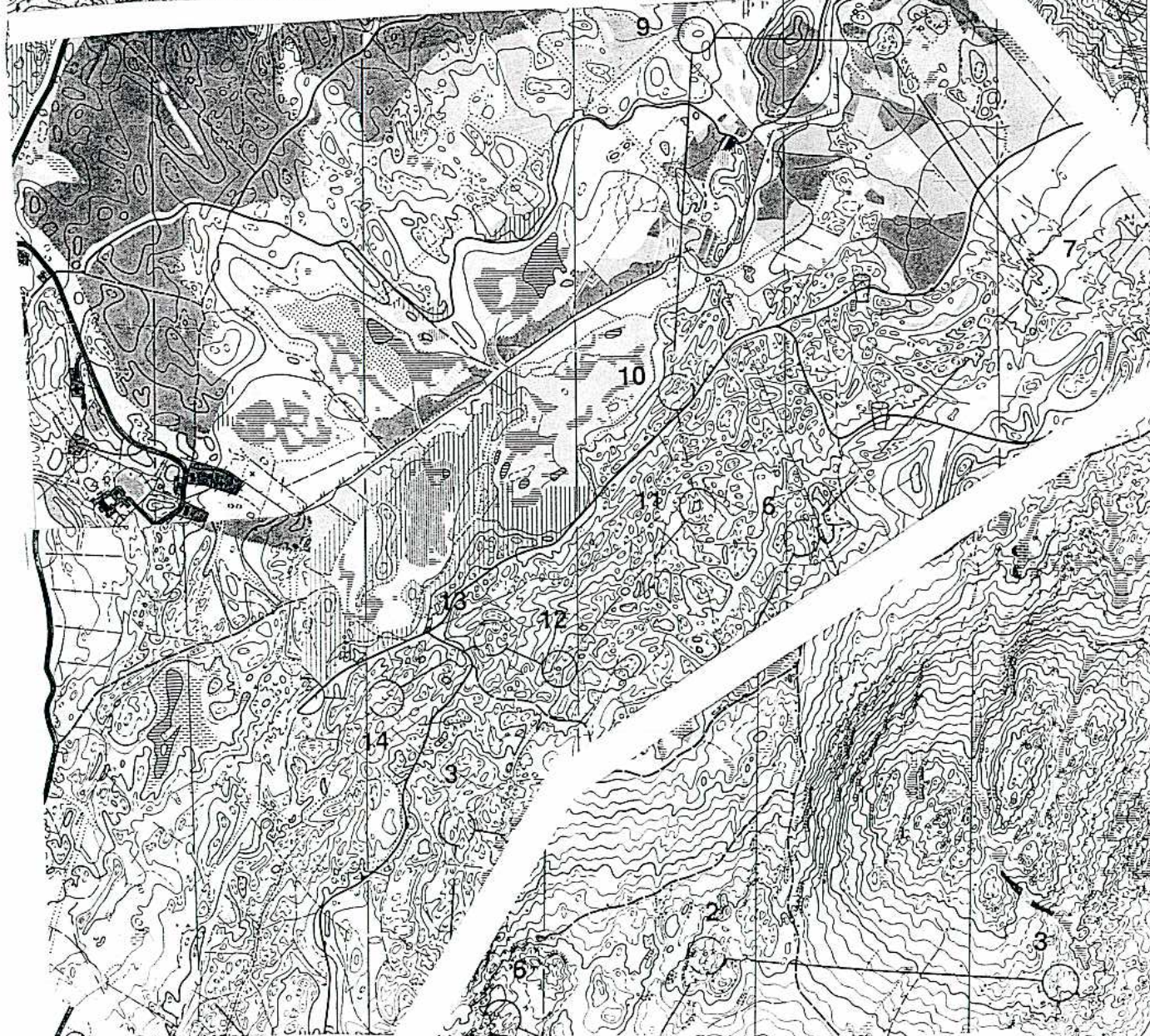
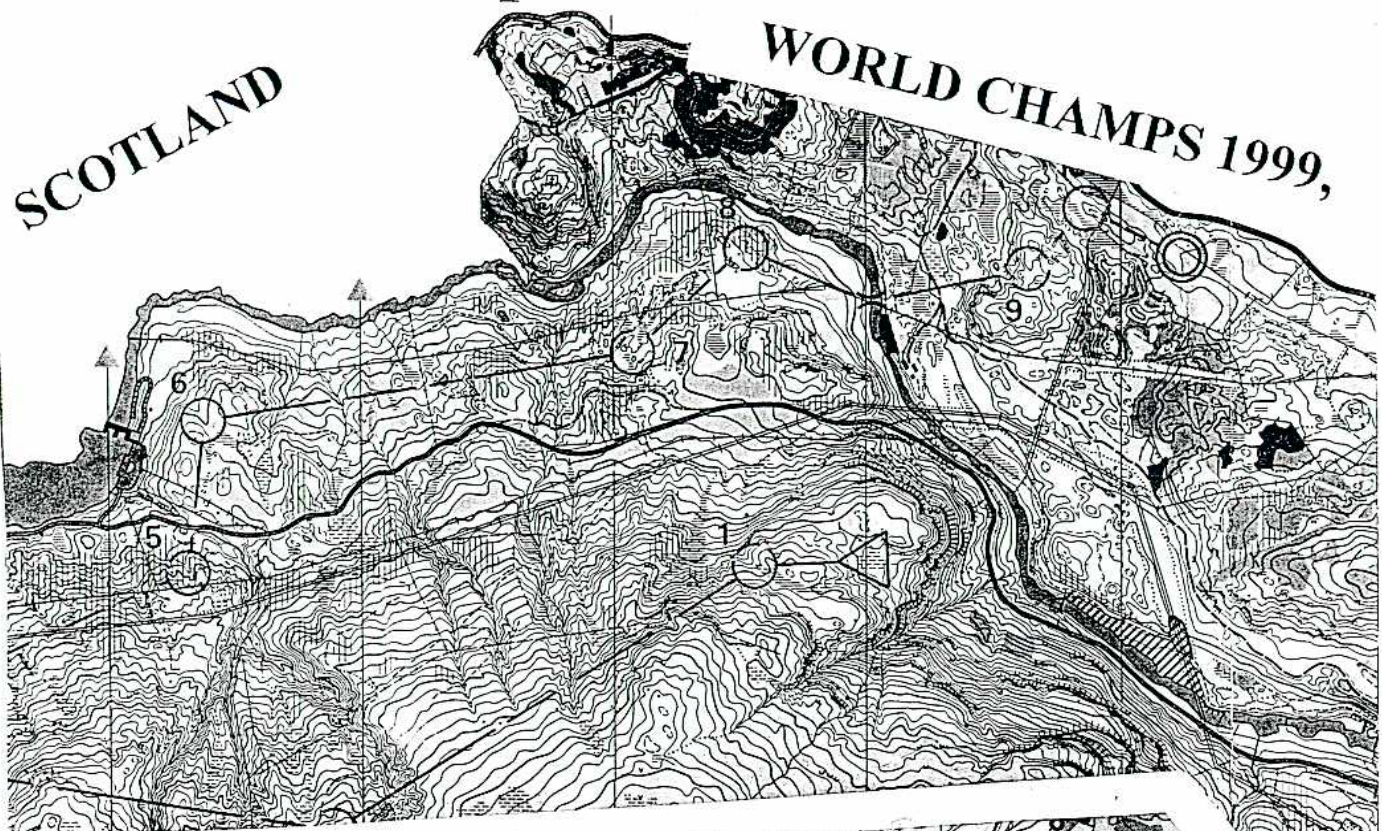
a. In the flat stuff you must rely more on strong long compass and the subtle shapes of the contours.

b. In the mining look for the linear watercourses and junctions. Keep to the high ground. Stay above the detail for as long as possible and be very precise on short compass work when it's low visibility in the mining.

WORLD CHAMPS 1999, SCOTLAND

SCOTLAND

WORLD CHAMPS 1999,



WORLD CHAMPS TERRRAIN 1999

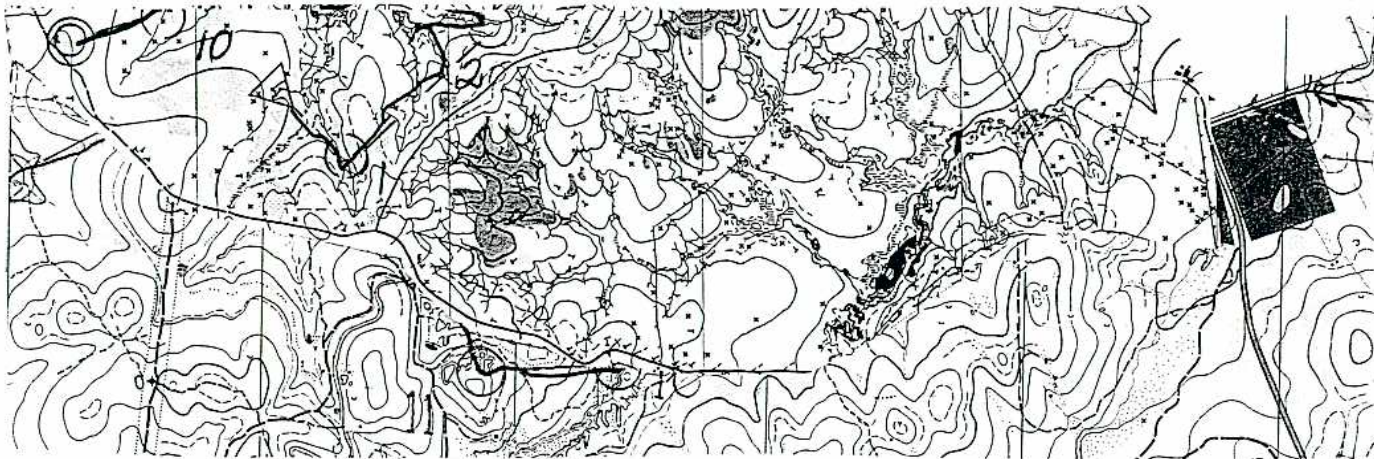
A detailed topographic map of a golf course, likely for the 1999 World Championships in Scotland. The map features contour lines, a grid, and various symbols representing terrain and infrastructure. A central white box contains the title "WORLD CHAMPS 1999, SCOTLAND". The map is divided into several sections by white lines, and several holes are marked with numbers 1 through 10. A large, dark, irregular shape is visible in the upper right quadrant, possibly representing a large body of water or a specific terrain feature. The map is oriented vertically, with the title at the top.

WORLD CHAMPS 1999, SCOTLAND

EVENT 10 QUEENSLAND CHAMPS

DATE August 22&23
MAP Mundoolun
LOCALITY Mundoolun
MAP DETAILS 1:15000 5m.
TERRAIN DESCRIPTION Broad open gully/spur with erosion and plenty of termite mounds. Small areas of sandstone and rocky ground, great runnability.

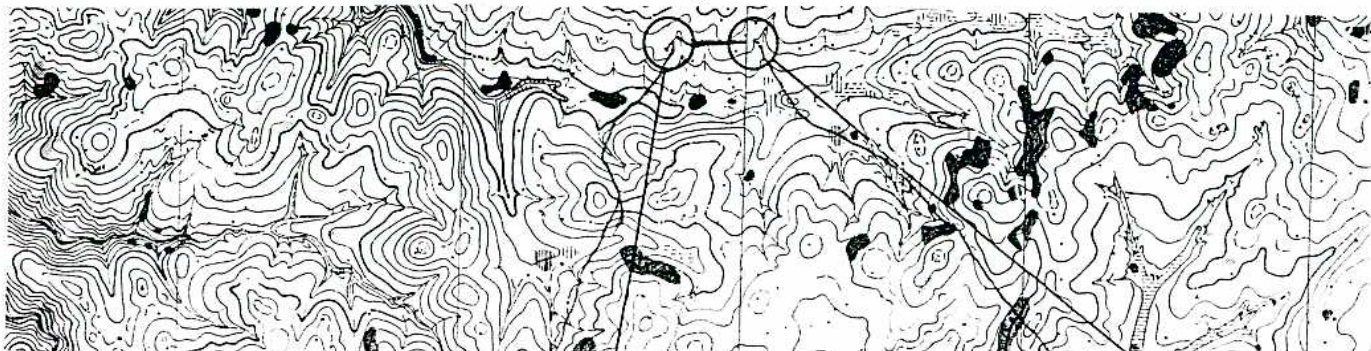
TECHNICAL REMARKS A super fast straight running area on predictable land shapes. Be aware of parallel errors particularly in green and change in technique demands at erosion flags.
Keep deadly straight on a broad contour termite controls.



EVENT 11 NSW CHAMPS

DATE August 30
MAP Bungonia
LOCALITY Golbourn
MAP DETAILS 1:15000 5m.
TERRAIN DESCRIPTION Varied gully/spur with some irregular shapes, sections quite steep with a uniform pattern and parts quite flat. Only a few tracks and some areas of thickets with low visibility.

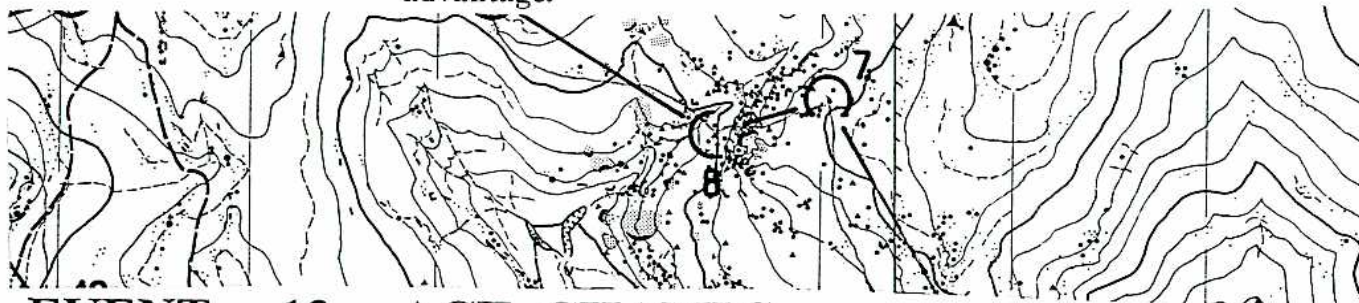
TECHNICAL REMARKS The terrain will require the ability to run at high speed and make subtle directional changes. The saddles will be very useful. A terrific challenge on route choice, remember that you lose races more often because of a mistake than you win because of a great route choice. Keep straighter if in doubt. Use the long lines for safety and speed, avoid having to re-locate.



EVENT 12 S.A. CHAMPS

DATE September 13
MAP Moon Rocks ?
LOCALITY Harogate
MAP DETAILS 1:15000 5m.
TERRAIN DESCRIPTION Mostly open country with scattered rocks providing subtle contour variations. Some outcrops of complex rocks, one area of buckled landscapes and some steep ridges.

TECHNICAL REMARKS A unusual combination of good fast open running with intricate granite. Be able to control your speed at the navigation moments and break down the more complex areas into clumps. Use the control descriptions to your advantage.



EVENT 13 ACT CHAMPS

DATE September 20
MAP Rendezvous creek
LOCALITY Namadgi
MAP DETAILS 1:10000 5m.
TERRAIN DESCRIPTION Steep sub alpine forest with farming and scattered granite. Some heavy undergrowth, rocky escarpment and occasional termite mound. Generally hard going.

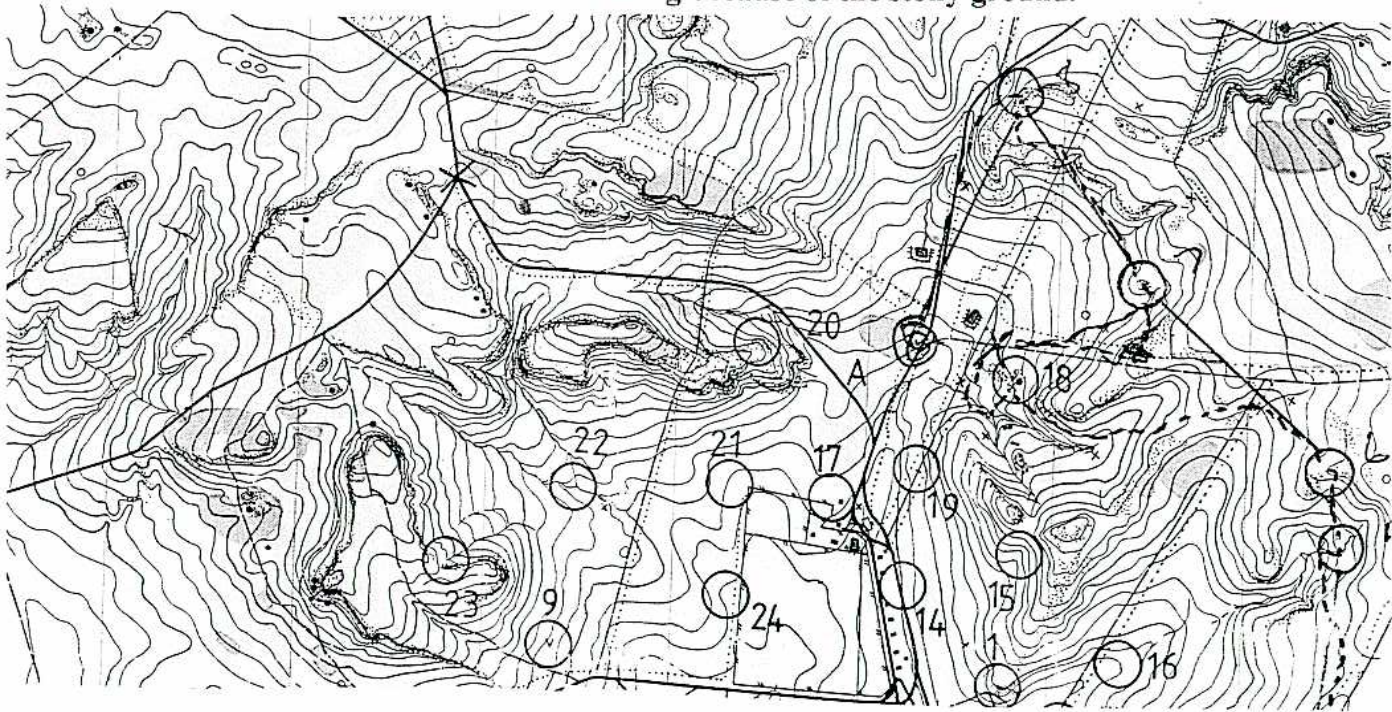
TECHNICAL REMARKS A relevant area for the World Cup to be held in Canberra in 2000. Physically a tough area which makes you fight through every kilometre. The granite mapping gives you more a feel of rocks placed on top of the ground rather than shaping the landform. The navigating is primarily slope orienteering with contact points (mostly granite features) along the way. Be careful with height variations especially when you are in a low visibility section. The most likely serious mistake made in this type of area will be searching for a control in the green, be sure to have a solid contact point to attack the flag from.



EVENT 14 W.A. CHAMPS

<u>DATE</u>	September 26 / 27
<u>MAP</u>	Dryandra
<u>LOCALITY</u>	Narrogin
<u>MAP DETAILS</u>	1:15000 5m.
<u>TERRAIN DESCRIPTION</u>	Bland landscapes with undulations, parts with steep rises called "hillocks". These hillocks have some rocky ground on the sides and are flat and green on the top. There are also some sections with scattered granite and low visibility cypress pines. Otherwise it is good visibility and extremely fast.

TECHNICAL REMARKS Use the high visibility to minimise the navigation demands by looking ahead to distinct features. The rock details run in clear lines so be prepared to run above or below them if possible, amongst the rocks is difficult running because of the stony ground.

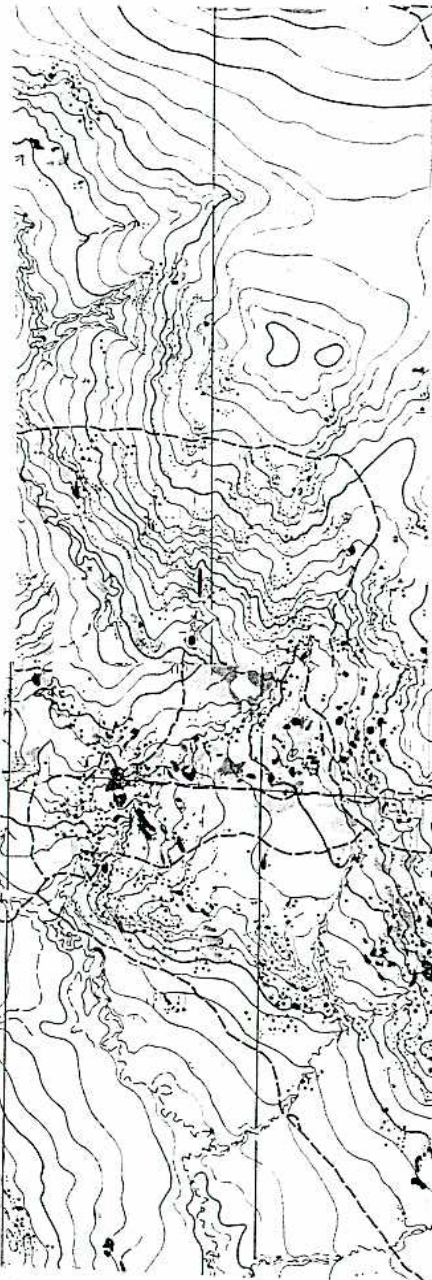


EVENT 15 AUSTRALIAN CHAMPS

<u>DATE</u>	October 3
<u>MAP</u>	Manaring Lagoon
<u>LOCALITY</u>	Perth
<u>MAP DETAILS</u>	1:15000 5m. Eric Andrews
<u>TERRAIN DESCRIPTION</u>	Patches of scattered granite mixed with green (prickly parrot bush) and yellow (short grass which grows on bare rock sheets) This area will have some areas of complex granite but is generally fast and open. Parts will be thicker and some pine plantation areas provide variety for a challenging course.

EVENT 15 AUSTRALIAN CHAMPS

TECHNICAL REMARKS



Orienteering is very fast between the granite. Look for the distinct watercourses, bare rock or clearings as directional guides. Be alert to wandering. The Granite tends to be spread out enough to clearly see the landform underneath so look for lines through the granite into the flag. There will be slightly more highpoints in the granite than usual for eastern state regulars, these make ideal confirming points, particularly since many are open or small areas of bare rock together. Beware of areas where the 3m. blackboys obscure much of the rock and reduce visibility while the making the running indirect, short compass skills will be useful in this.

It will be possible to have a clean navigation run... It is an area where you will feel you have run fast... But to be the winner you will have to be the one who runs the straightest out in the bland stuff but then sees the (sometimes wider) easier lines into the

EVENT 16 AUST. RELAY CHAMPS

<u>DATE</u>	October 4
<u>MAP</u>	Southern Ngangaguringguring
<u>LOCALITY</u>	Perth
<u>MAP DETAILS</u>	1:15000 5m.
<u>TERRAIN DESCRIPTION</u>	Again in the Ngangaguringguring style, this time with a little less variety in the vegetation and less complex granite than for the classic race.

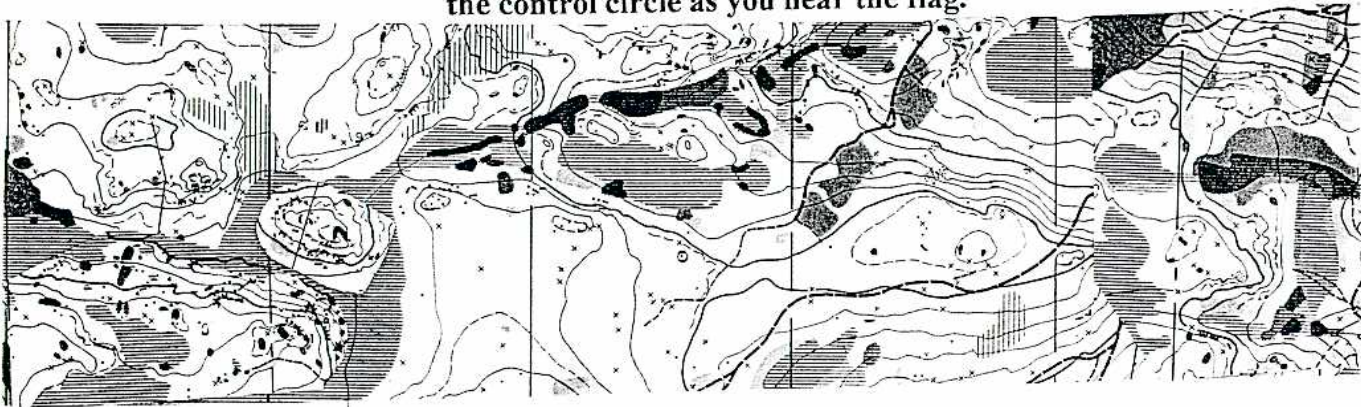
TECHNICAL REMARKS

Relays are orienteering's' team event. The best teams have no weak links, team unity, team moral, and most importantly a single goal. Talk it through with your team, make a plan, have a purpose, be a team, run as a team.

EVENT 17 TASMANIAN CHAMPS

<u>DATE</u>	<u>October 24</u>
<u>MAP</u>	<u>Laughing Jacks Neighbour</u>
<u>LOCALITY</u>	<u>Lake Sinclair National Park</u>
<u>MAP DETAILS</u>	<u>! :15000 5m.</u>
<u>TERRAIN DESCRIPTION</u>	Scandinavian style sub alpine eucalyptus with scattered marshes, granite, stony ground, vegetation changes and mostly good runnability and visibility.

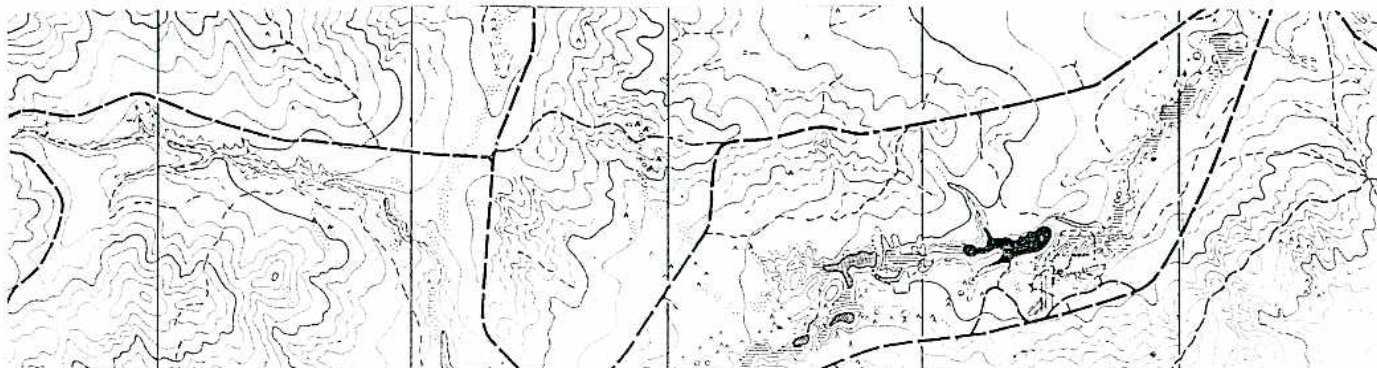
TECHNICAL REMARKS This will be one of the better championship races for 1998. Those looking particularly at Swedish style orienteering need look no further. Keep to the high ground, use long compass in the flatter areas, avoid too many marshes, use the rocks as if it were in clumps, and work out what the biggest feature is in the control circle as you near the flag.



EVENT 18 VICTORIAN CHAMPS

<u>DATE</u>	<u>October 25</u>
<u>MAP</u>	<u>Snake Gully</u>
<u>LOCALITY</u>	<u>Chiltern</u>
<u>MAP DETAILS</u>	<u>1:15000 5m.</u>
<u>TERRAIN DESCRIPTION</u>	Intricate gully/spur. Great runnability and visibility. Some interesting goldmining and small erosion, a few larger tracks. Some parts fairly flat.

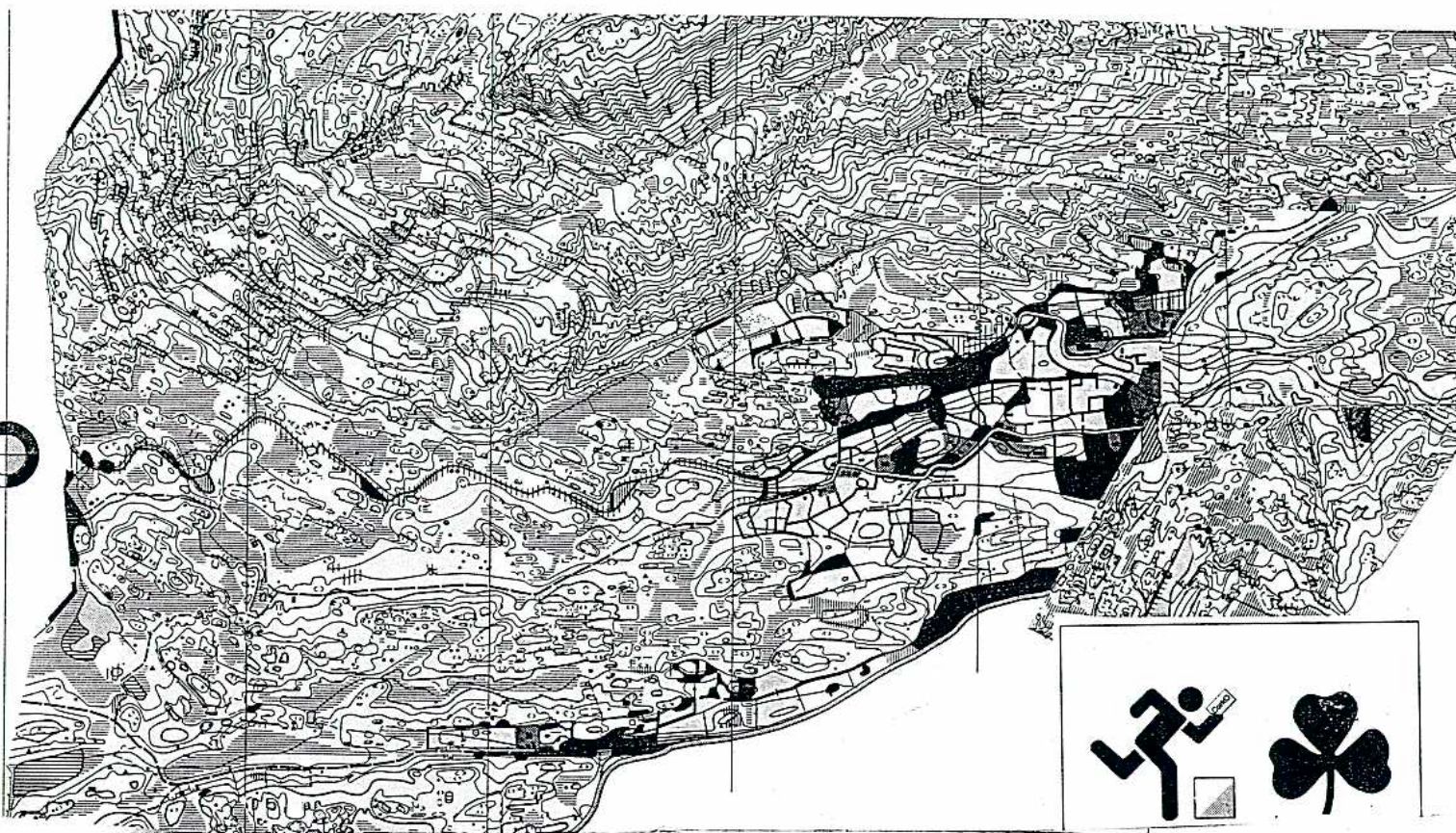
TECHNICAL REMARKS Super fast running requiring good contour reading skills, particularly subtlety of gully depth. Smaller features for control sites in the diggings will make control finding challenging, look for the lines. A great chance to show how much you have developed your navigation skills over the year.



INTERNATIONAL

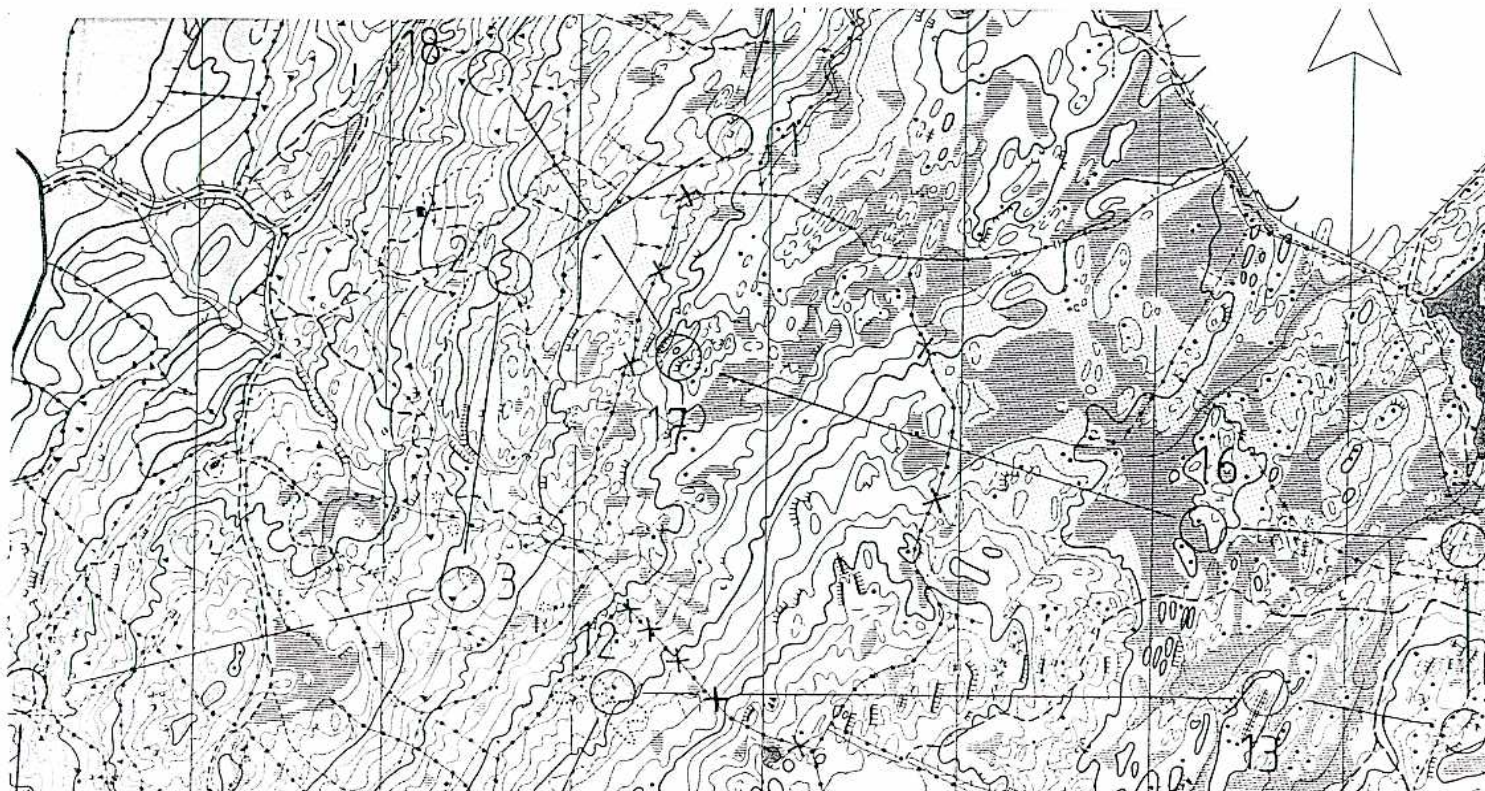
WORLD CUP event 1 & 2

IRELAND may 22-25

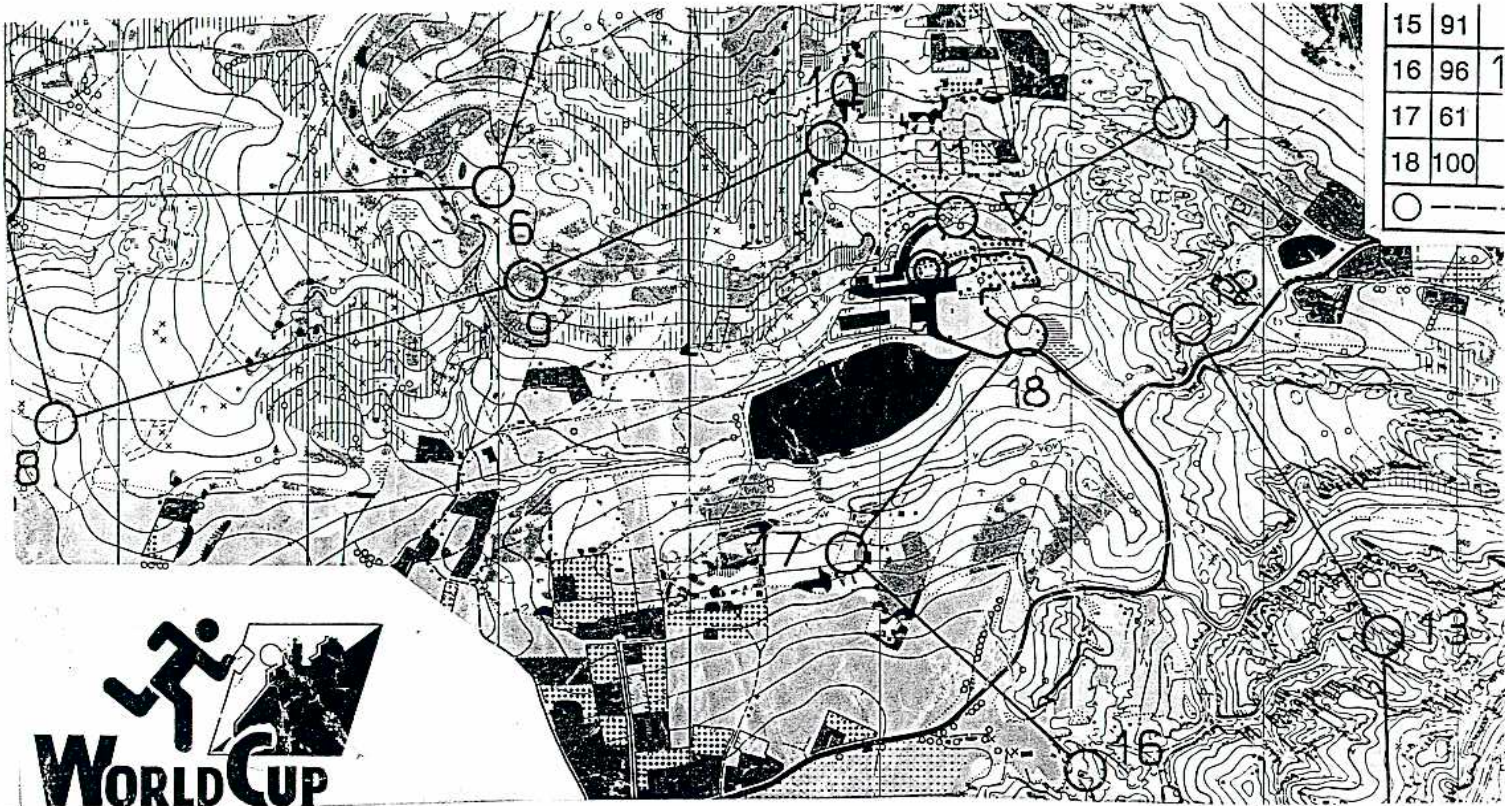


WORLD CUP event 3 & 4

GREAT BRITAIN may 28-31



WORLD MASTERS CHAMPIONSHIPS
CZECH REPUBLIC **July 1-5**

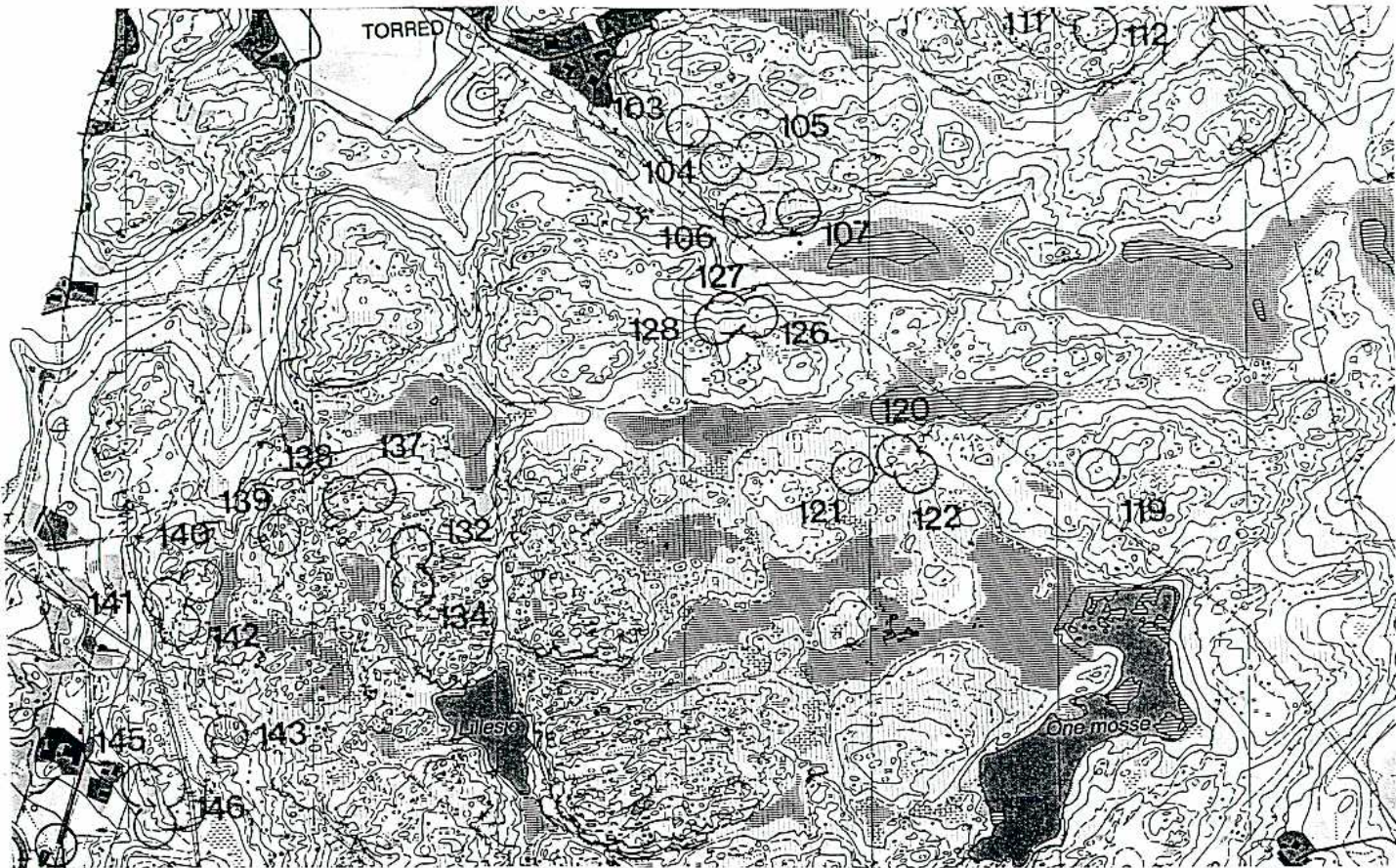


15	91
16	96
17	61
18	100
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JUNIOR WORLD ORIENTEERING
CHAMPIONSHIPS
FRANCE **July 13-18**



WORLD CUP **event 5**
SWEDEN **july 20-24**

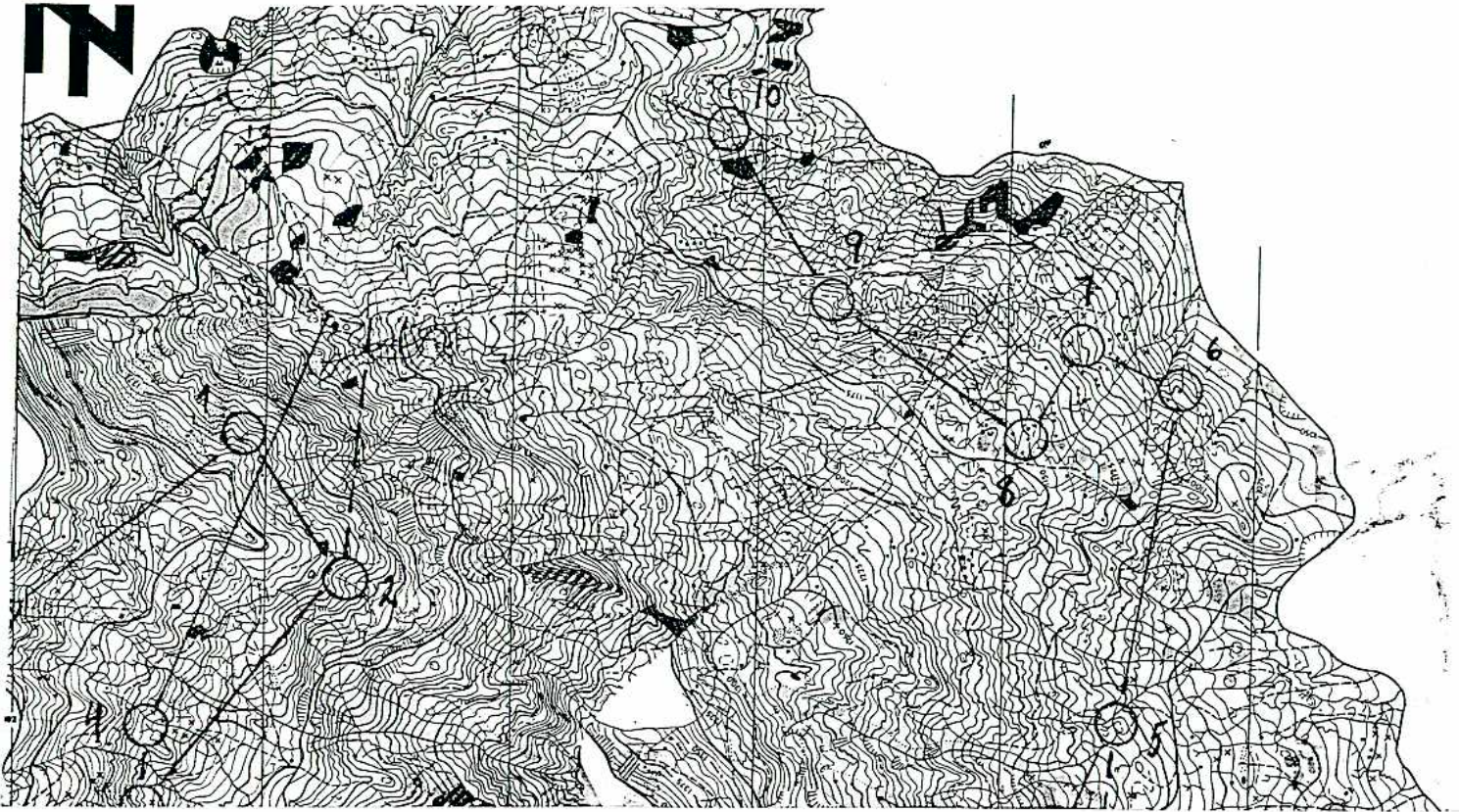


WORLD CUP **event 6 & 7**
POLAND **september 12-15**

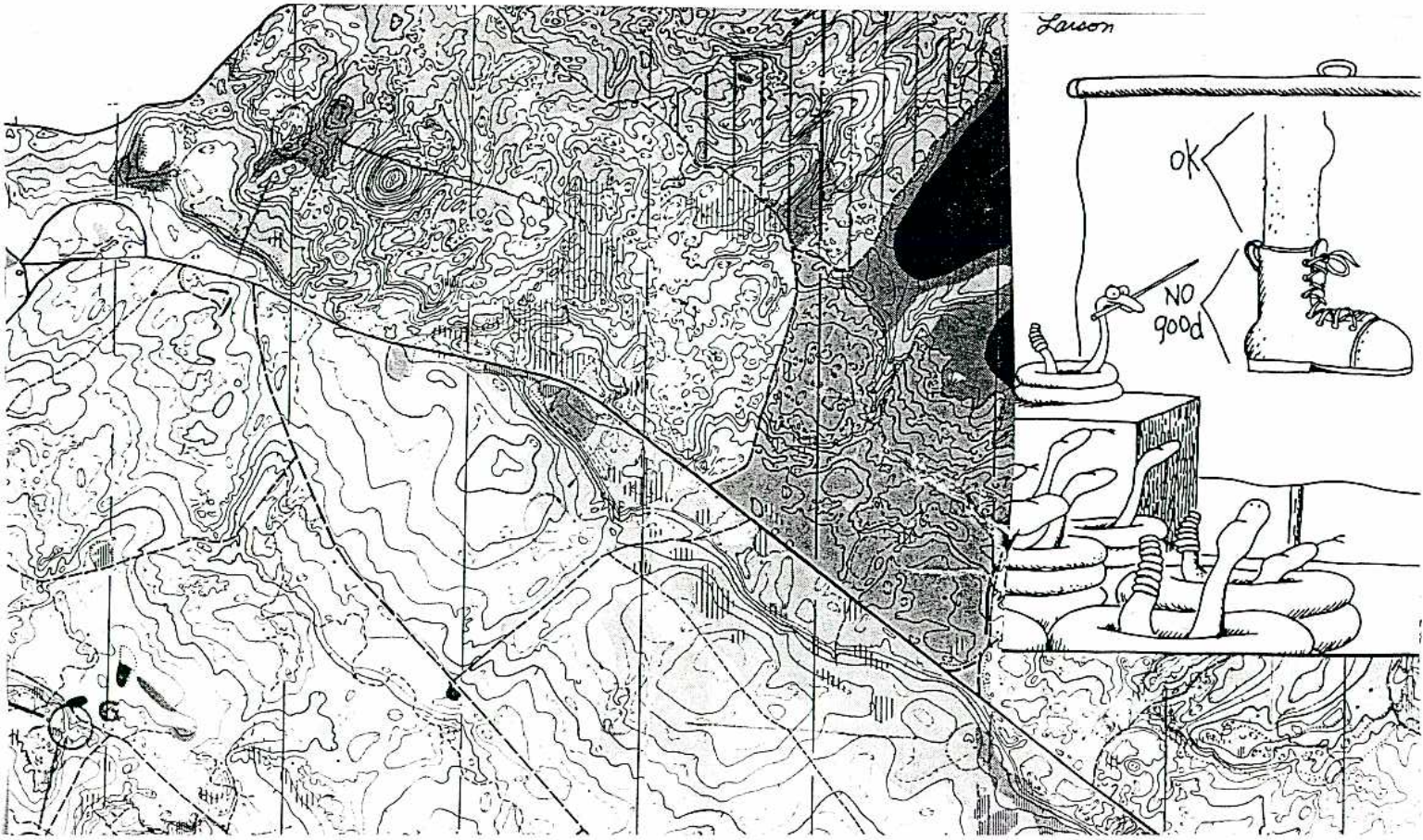


WORLD CUP event 8 & 9
SLOVAKIA september 18-20

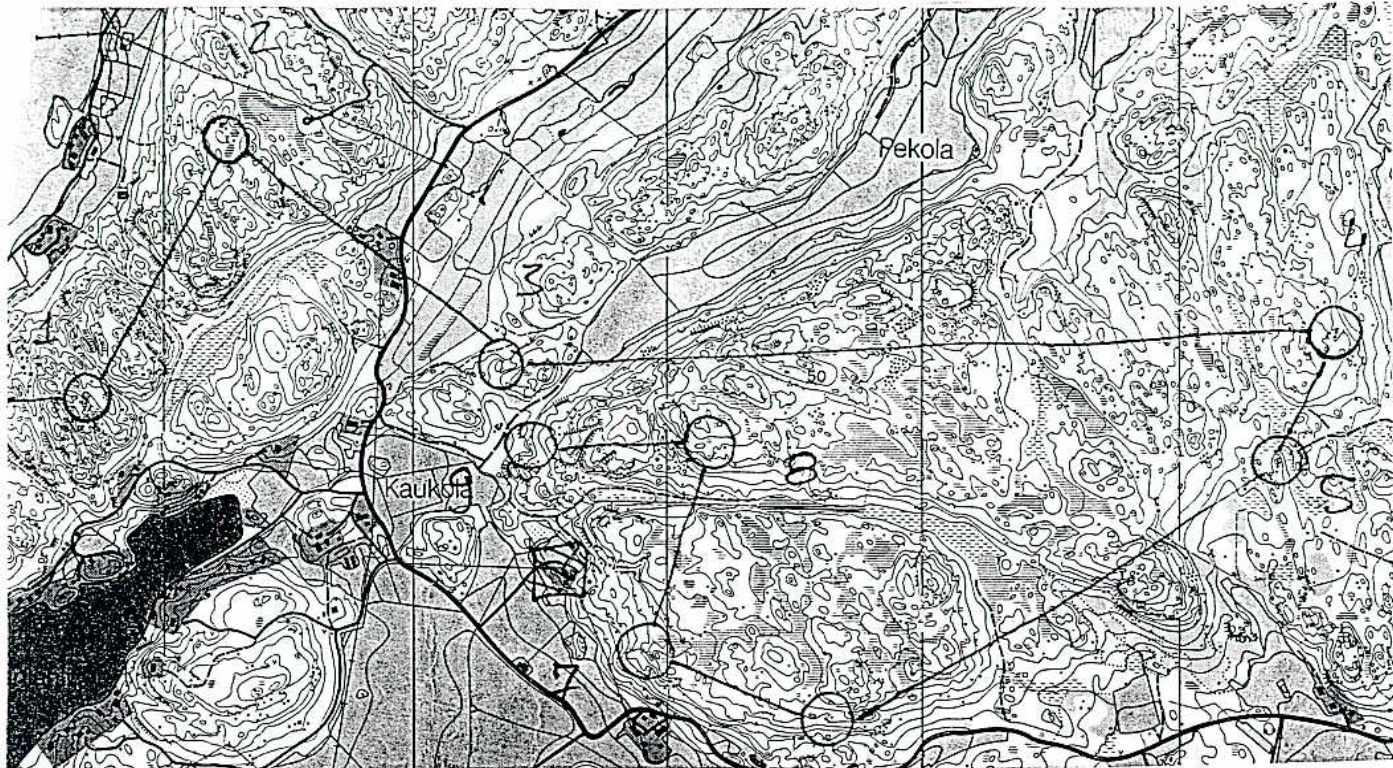
IN



WORLD CUP event 10 & 11
ESTONIA september 26-29



WORLD CUP FINAL event 12 & 13
FINLAND october 1-3



PARK WORLD TOUR
HONG KONG, CHINA, SWEDEN,
FINLAND, ITALY, AUSTRIA, CZECH,
SWEDEN (final)

