

Your club coaches for this year are Steven and Geoff Todkill, and Robbie Preston. During the year we hope to help people develop their orienteering skills. We will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where we will set up practice exercises.

At minor events we are able to mark our maps before we start, so people who wish to try more advanced courses have the opportunity to talk with us before they set out, as well as after they return. At NOY events we will be happy to discuss your course on your return.

We also wish to include coaching information into each newsletter, beginning firstly with some basics.

Map Terrain Skills

Map Symbols

The legend on the map describes all map symbols used. These can basically be divided into five colour categories:

Black is used mainly for man-made features such as fences, buildings, roads; as well as vegetation boundaries, and rock features such as mine shafts or impassable earth cliffs;

Blue is used for water features such as rivers, watercourses, dams, marshes;

Brown is used for land forms— contour lines, earth features including mounds and ant nests, pits, embankments and channels;

Green is used to indicate the thickness of the bush. The darker the colour the thicker the bush, and the more difficult it is for the runner to get through it. Out of Bounds is sometimes shown with a khaki green;

Yellow indicates cleared areas or where there are no or few trees;

White areas of a map indicate typical forest areas.

Interpreting Contours.

The contour lines show the orienteer what land formations are present. They are the brown lines on the map. Each contour line shows the lie of the land by connecting points of equal height above sea level. They enable the three dimensional terrain to be represented on a two dimensional piece of paper.

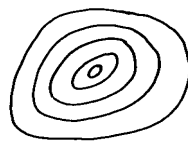
The hardest map reading skills to learn are how to interpret the contour lines, how to recognise from the map what the land will look like on the ground, how to distinguish gullies from spurs. This is partly because the contour lines are the only "imaginary" symbols on the map— all other symbols represent identifiable feature on the ground.

Knoll

This is a hill top and is shown by a loop contour or several concentric loop contours depending on how high the hill is. Some examples are shown below.



Small Knoll



Steep hill,

Gullies and Spurs

A gully is a small valley, usually where water runs in wet weather.

A spur is a sloping ridge jutting out from the side of a hill. In most Australian terrain, hillsides have been eroded to form a series of gullies separated by spurs. Every bend in a contour indicates either a gully or spur. It is crucial to be able to tell which of the two it is.

How to know which way is uphill and downhill?

It is not easy to tell. Locate a high point or a low point, and follow the contours from there.

1. Watercourses flow in lower land than that immediately surrounding them.
2. Water flows downhill. Watercourses get larger and join each other as they flow down the hill.
3. Look for closed loop contours indicating hill tops. The immediately surrounding land is lower.