



Technique tips for Lunsen

Never go anywhere unless you know where you're going (Øyvin Thon).

Øyvin Thon is one of the all-time orienteering greats. He gave the above advice to a New Zealander wanting the key to success in the World Champs in Germany 1995. It applies to all forms of orienteering and on all maps, but there are few maps where deviations from it are punished as severely as on Lunsen. *Do not head off in the general direction of the next control and hope to sort things out later!*

So, that's got that out of the way. How else not to do it? On Lunsen, by contrast to many other maps, you should rarely if ever allow the margin of uncertainty about your position to rise above a few metres. *Do not head off on a compass bearing (even if it is taken carefully) and expect to be able to relocate near the control.* The reason is that on Lunsen one hill looks very much like another, and furthermore the hills are very small. It is therefore extremely difficult to relocate, even if you are sure that you are on or close to the 'red line'.

So, how to do it then? Ask your mum, as the then Rona Macleod once wrote in note wholly dissimilar circumstances. But seriously ...

Many legs on Lunsen are best tackled by going dead straight with the help of your compass, while at the same time maintaining map contact. Tick off features as you pass them. The advantage of using the compass in this way is that it aids map-reading. Don't try to use it to replace map-reading (see above).

If you choose a route where you veer off the red line, you should be extremely careful to accurately locate the points along the route at which you turn (change direction). It is in connection with these changes of direction that you are most likely to go wrong. If you run out to a path, then make absolutely sure you know where you are when you leave the path. If you are attacking a control, go straight from where you leave the path, and use both map and compass to help you do so.

So, that's all for know. Let me know if you found this useful or interesting, and I might post some more stuff.

Good luck!

Rob