

## **Australopers Club Song (Modernised)**

By Tony Mount

(Sung while loping to " Riding Down from Bangor " tune)

Loping through the forest, sing this little song.  
Helps my navigation, stops me going wrong.  
Keeps my concentration, vital that I do,  
once my thinking wanders feet will wander too.

Set a careful bearing for the first control.  
Choose the route to start my navigation stroll.  
Check each first-leg feature, read the mapper's mind.  
Just ignore the runners leaving me behind.

First leg navigation taken really slow  
is the key to winning, champions all know.  
Those who start too quickly very often find  
thought and concentration are left far behind.

Flag appears, don't rush it, is the number right?  
Dib my dibber neatly, check both sound and light.  
Then plan my departure - what is my intent?  
Take controls in order (if not Score Event).

Now by traffic signals plan ahead my track,  
Green – collecting feature, amber to attack.  
Green means go my fastest, run rough compass free,  
Major mapping message all I have to see.

Chose safest Attack Point, simplify map way  
While feet match thumb on map I will never stray.  
Will I up and over, or go round below?  
Climb ten metres costs one hundred flat I know.

Think like the course setter think the way that she  
thinks of all the traps set thinking about me.  
Look for double features, errors parallel  
lead me down the primrose path to merry hell!

Don't feel supercilious seeing others stray.  
Once I've finished smiling, I'll have lost my way!  
Don't think of the finish or the ice-cold beer -  
lost in dreams is lost now, wake before I veer.

Now I'm getting tired, thinking is a strain.  
Need more time to ponder difficult terrain.  
Never give a thought to something past that's wrong.  
Find the next control is all I'm dwelling on.

Reach collecting feature, time to drop a gear  
Cautious pace and compass always needed here.  
Red from the attack point right to the control,  
Measured pace and sighting will reveal my goal.

After it's all over errors stand out strong.  
Why was I so stubborn when I first went wrong?  
I must plan my training from the way I went,  
Concentrate on lessons learnt at this event.