

# The AUCKLAND ORIENTEER

HELP!



APRIL 1995

# CALENDAR

The editor takes no responsibility for the accuracy of the following information which has been collated from many sources. Please call Club Secretaries for final confirmation: (C) Central: Leon McGivern 576 4567 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (NW) NorthWest: Marquita Gelderman 412 8879 (Wh) Whangarei: David Nevin 09 435 2415 (H) Hamilton: Jim Barr 07 856 9501 (P) Pinelands: Lyndon Haugh 07 886 9671 (T) Taupo: Kathleen Lonsdale 07 378 0818 (R) Rotorua: Andrew Wilson 07 348 7694 (E) Egmont: Greg Barbour 07 758 6435

## APRIL

- 1-2 D Otago Championships, Matarae and Naseby
- Sat 1st NW **Waterfalls, Rogaine, PROBABLY CANCELLED - Winstones, Otaika instead**  
Pre-start 10:55 and mass start 11:00 for 2 and 1 hour courses  
Steep gully/spur pines, setter Mike Beveridge, controller Dave Middleton  
Signs on SH1 north of Puhoi
- R Training day, Tyger Country, 13:00 onwards, Mark McKenna 07 345 3318  
Meant for regular club members, not elites, they probably welcome Aucklanders.
- Sun 2nd R **CDOA OY3, Tyger Country, 11:00-13:00, Murupara Rd past Kaingaroa, turn left at Wairapukau Rd. Forest map, Northern Regional League #2 C:E, CM:NW, P&T:H**  
  
Round The Bays Run  
  
Squad Training Camp, Weiti, invitation only
- 2-4 Aussie 3 day event
- Mon 3rd CM Club meeting, all Counties-ManukauOC members welcome, 19:30  
Snedden residence, Waiuku
- Wed 4th C Club meeting, all CentralOC members welcome, 19:30  
NEW VENUE Vennell residence, 36A Grand Drive, Remuera
- Thu 6th NW Club meeting, all NorthWestOC members welcome, 19:30  
Watson residence, 81 Hepburn Road, Glendene
- Sun 9th NW **Autumn Series 2, Kaipara Knolls, 10:00-13:00, 5 courses, SSC#4**  
Setter Marquita Gelderman, keep driving north from Parakai until you see signs  
Prime Woodhill sand-dune pine forest.
- Schools **Weiti, CHANGE OF VENUE, schools event but all welcome**  
Details Stan Foster 416 7106, starts 10:00-12:00.
- H Kapamahunga/Whatawhata, 11:00-13:00, signs Whatawhata SH23 Hamilton/Raglan  
Steep farmland and bush.
- Wh Mair Park, Whangarei, 11:00-13:00, setter Malcolm Mack, steep bush with tracks
- T Wharewaka Farm, SH1 just south of Taupo, pumice gullies, 11:00-12:00

**NZ National Championships 1995, pre-entry, you're too late**Details February *AUCKLAND ORIENTEER*

- Fri 14th CM **Four Seasons**, new map, Individual Championships, John Robinson / Phyl Snedden
- Sat 15th CM **Huriwai**, Day two, Ray Eade / Geoff Pilbrow
- Sun 16th CM **Harker Reserve**, new map, Short-O Championships, Ross Brighthouse / Ian Currie
- Mon 17th CM **Waiuku Forest**, Inter-Club Relay Championships, Wayne & Trish Aspin
- Sat 22nd Squad **World Championships Trial**, North Island somewhere
- C **Fieldwork blitz**, Lloyd Elsmore Park, Pakuranga, all welcome  
Meet at Bell House 13:00, call Mark 520 5993 for details
- Sun 23rd C **Park / streets, Dingle Dell**, St. Heliers, small new map, gully/spur bush and parkland  
Setters Stewarts, controller Rob Brewis, coordinators Jill and Andy Brewis
- Tues 25th P **Anzac Day, Mamaku Revisited**, 12:00-13:30, Newalls Road north of Tokoroa  
*One of the finest forest maps in the country going under the chainsaw soon, very dark and very tough to navigate.*
- 28-30 PAPO **Women's Coaching Weekend**, Hanmer Springs, Chrissie Williams, 03 388 0798
- 29-30 Squad **World Championships Trials**, lower North Island, invitation only
- Sun 30th CM **Autumn Series 3, Waiuku Forest**, 10:00-13:00, signs from Waiuku west of Pukekohe  
Setter Dave Godfrey, controller Bryce Brighthouse, coordinator Rosemary Gatland
- Schools **Churchill Park**, schools event but all welcome, parkland/farmland  
Details Stan Foster 416 7106, starts 10:00-12:00
- H **Waikato University**, 11:00-13:00, signposted from Knighton Road

**MAY**

- Sun 7th T **CDOA OY4, Opepe**, SH5 Taupo/Napier, 10km from Taupo, 11:00-13:00  
*Intricate gullied pumice farmland. Northern Regional League #3 C:H, CM:P&T, E:R*
- Squad **GIB Woodhill Forest Run**, Muriwai, help very welcome, details Shaun Collins  
10:30 first start etc etc
- Wh **Northland Secondary Schools Championships**, Glenbervie, pre-entry for schools  
On the day all orienteers welcome after 12:30, Mains Road off Piano Hill Road, Kauri,  
5 minutes north of Whangarei. Farmland part of the map only - the trees have all  
been cut down.
- Sun 14th NW **Park / Streets, Devonport (?)**
- CM **Waiuku Forest promotional**, signs from Waiuku west of Pukekohe  
Setter Gordon Evans, controller Jill Evans. Sand dune pine forest.
- R **Tui Ridge**, Ngongotaha, north of Rotorua; take Otoroa Rd off Hamurana Rd  
*Nice farm / bush / parkland map. 11:00-13:00*
- H **Pakaroa**, near Morrinsville, signposted from Tauwhare, 11:00-13:00
- 14-15 Wh **North Island Secondary Schools Championships**, Gumtown, pre-entry for schools

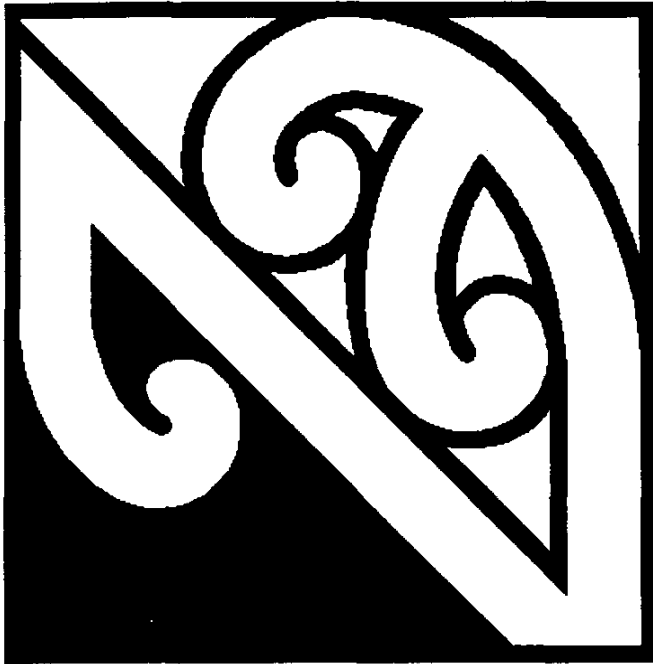
All orienteers welcome on the day after 12:30, look for signs down Three Mile Bush Road, west of Whangarei.

- NZOF Controllers' Clinic, Christchurch
- 14-18 DevSqd Training Camp, Bulls
- Sun 21st C Park / streets, **new map, Pakuranga**, details to be confirmed.
- P Redwoods Farm, Harris Rd northeast of Putaruru, farmland and forest. 11:00-13:00
- Fri 26th H CD Secondary Schools Championships, Garlands Farm
- Sun 28th CM **Autumn Series 4, Waiuku Forest**, sign from Waiuku west of Pukekohe  
Setter Ken Greene, controller Neil Lewis, co-ordinator Unni Lewis  
Sand dune pine forest.
- T Hakarao, Mapara Road, 11:00-12:00
- 29-2 Veterans' World Cup, Russia

## JUNE-DECEMBER '95

- |                  |   |  |                 |  |
|------------------|---|--|-----------------|--|
| <b>June</b>      |   |  | 10 C            | AOA OY6, Paparua                       |
| 3-5              | DevSqd QB 3 Day event, Wairarapa          |  | 17 R            | CDOA OY5, NRL#8                        |
|                  | Details in this issue                     |  | Wh              | Comries Farm, Matarau                  |
| 11               | NW Autumn Ser 5, Ngapuketuru, SSC#6       |  | 24 CM           | AOA OY7, Whiriwhiri Maioro, NRL#9      |
|                  | H Pukekura                                |  | <b>October</b>  |  |
| 18               | C Park / streets, possibly Carrington     |  | 1-2 Aussie      | Australian Championships               |
|                  | Wh Parua Bay                              |  | Sat 7 H         | Glenora                                |
|                  | T Foothills, off Crown Road               |  | 8 P             | CDOA OY6, NRL#10                       |
| Tue 20           | CM Ak Sec Sch Ch, Waiuku Forest           |  | 14-15 C         | Auckland Champs, NRL#11                |
| 25               | CM Waiuku Forest promotional              |  | 21-23 Wh/NW     | Labour Weekend 3 day, NRL#12           |
| <b>July</b>      |   |  |                 | Phoebes Lake and Mangawhai             |
| 2                | NW AOA OY1, Kaipara Knolls, NRL#4         |  | 29 NW           | Auckland Relay Champs, Weiti           |
| 7-8              | PAPO Silva Nat Sec Sch Champs             |  | <b>November</b> |  |
| 9                | H Garlands                                |  | 4-5             | CDOA Championships, NRL#13             |
| 8-11, 15-23      | Canadian O Festival                       |  | 7 NW            | Auckland Primary Sch Ch, Ambury Park   |
| 16               | CM AOA OY2, Onewhero, NRL#5               |  | 11 NW           | Great Day O, Woodhill (?)              |
| 23               | C Park / streets, possibly Pakuranga      |  | 12 H            | Sanatorium Hill (?)                    |
|                  | CM Waiuku Forest promotional              |  | 14 C            | Summer Series                          |
|                  | Wh Maunu Reserve / Barge Park             |  | 18-19 HB        | Smedley Medley                         |
| 24-28            | O-Ringen, Sweden                          |  | 19 E            | CDOA OY7, NRL#14                       |
| 30               | ? AOA OY3                                 |  |                 | Tideline Coastal Run, N Shore          |
| <b>August</b>    |   |  | 21 C            | Summer Series                          |
| 6                | NW Park/streets, Onepoto Domain           |  | 25-26           | Wellington Championships               |
| 12-20            | World Champs, Germany                     |  | 26 Wh           | Tangiteroria or Rogaine at Waipu Caves |
| 13               | C AOA OY4, Pulpit Rock, NRL#6             |  | 28 C            | Summer Series                          |
|                  | H Rose Gardens or Sandford                |  | <b>December</b> |  |
| 19-28            | DevSqd Trip to Australia                  |  | 5 C             | Summer Series                          |
| 20               | CM Waiuku Forest promotional              |  | 10 H            | 4 Brothers / Whatawhata 1              |
|                  | Wh Winstones or Kioreroa Road             |  | Wh              | Mimiwhangata (?)                       |
| 26-27            | Aussie A-NZ Challenge, ACT                |  | 12 C            | Summer Series                          |
| 27               | NW AOA OY5, Pulpit Rock, NRL#7            |  | 26-1            | APOC'96, Hong Kong                     |
| <b>September</b> |   |  |                 |  |
| 3                | C Park/streets, possibly Mangere Mountain |  |                 |  |
|                  | H Forest Lake                             |  |                 |  |

## NORTHWEST NEWSHOUND



The club organised three events in March, giving us an opportunity to acquaint ourselves with the smart new gear wagon. The wagon greatly resembles a mini beer tanker. Is this why Abby's Hotel generously gave us a sizable donation towards its purchase? But unfortunately ale is not available on tap for post-race refreshments!

Ann Fettes and Bert Chapman ran an enjoyable event at Long Bay, courses by Michael Hood, on 5th March, with errant pigs listed as a hazard on course two.

On the same weekend NorthWest fielded two teams at the Taupo Katoa Po All Night Relays, in addition to the two junior teams managed by Lorri O'Brien. The weather was perfect with breathtaking views over the lake and lights of Taupo.

The Weiti Station map looks deceptively easy but has a reputation for producing very long running times. However, Bob Murphy's excellent courses for the North Shore Masters Games produced results very much on target despite the non-stop rain and glutinous mud.

On 15th March more than 40 Birkenhead College orienteers attended a coaching session at the college with talks, videos and exercises organised by Rob Garden, Dave Middleton and Graham Peters, with several other club members and two elite Finnish orienteers assisting.

The club's 1991 White's Line map, since felled and logged, was used for exercises. I like the reference in the legend to a "vegetarian boundary". Perhaps it was herbivores on one side and carnivores on the other.

Birkenhead College students were again out in force at Totara Park later in the week; plenty of field mushrooms also in evidence.

### New members

Welcome to Shaun Bowler, Asta Wistwand, Colwill Primary School, Martin Girling (ex UK) and Cassie Trewin, who has forsaken Wellington to study at Auckland University.

Penny Brothers had a valid excuse when Bert Chapman phoned seeking helpers for the Long Bay event on 5th March. She had given birth to Tristan just two weeks earlier on 20th February.

Better late than never - we've heard that Michael Hood completed the Head 2 Head in December. A run from Whatipu to Huia, cycle over the Waitakeres to Herald Island, kayak to Devonport Wharf, run over North Head - in 7 hours and 3 minutes, last by over an hour but 9th veteran because of DNFs.

### Next meeting

The next meeting of the NorthWest Club will be at the Watson residence, 81 Hepburn Road, Glendene, at 19:30pm on 6th April. All club members are welcome.

LISA MEAD 445 4555

## CENTRAL CHATTERBOX

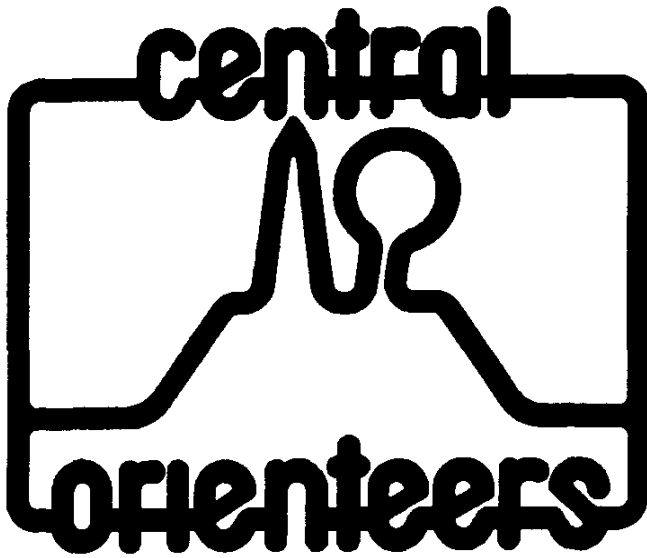
### Club Night

The summer season of events was wrapped up at the BBQ and meeting at Kings Prep school, on Saint Patrick's day. There was a good turnout of about 50 members.

Richard Bolt won the Central O Club international course setting competition by a narrow margin with the best course 2; it was a mean course we were told. He won the prize for the third year in a row. The prize was a bottle of sparkling grape juice (someone suggested that it was sour grapes). The referees remarked that voting by club members was interesting in that most setters and veters

voted for themselves. Nevertheless the prize was well deserved. Well done, Richard.

Certificates were handed out for coaching to Sabrina Davies, Annette Wilson and May Young. The work of these and other coaches is often unseen and very valuable, and the certificates are a token of our appreciation.



### March Committee Meeting

The meeting was held at the Davies residence in Parnell, with a good showing of 14 members. Thanks were expressed to Mike Ashmore for providing a meeting venue for the last few years. Mike is taking a break from the committee.

Jill Dalton has been appointed as a national selector.

A long discussion failed to establish a formula for pricing of maps sold to other organisations and used for fund-raising events, and a working party will be working on this.

Scott Vennell 529 0150 is keen to hear from anyone who wants to set, vet or coordinate any of the events for the rest of the year.

We now have subscriptions to the Australian Orienteer and CommpassSport (UK) available from Rae Powell for anyone who wants to read them.

John Powell is currently organising applications for Hillary Commission funds from local councils.

The club decide to vote as follows at the NZOF AGM: for Social membership, against an increase in event levies, against travel equalisation, for Graham Teahan as president (sorry Stan), against the raffle.

Whangarei OC can't hold their OY on 30th July and we decided we couldn't do it either.

The meeting decided to run the Auckland Short-O Championships later this year on two brand new maps. Let the rumours commence on which ones...

### Mapping news

Mark's been a bit busy with the maps for the National Championships for the last three months, but now they're finished. So it's pencils and fieldwork boards out for a major mapping programme for the rest of the year, exploiting the flexibility of OCAD to get lots of new and old maps printed very cheaply.

**Carrington, Mount Richmond and Mangere Mountain** are all ready to be drawn, does anyone fancy having a go on their computer?

**Pakuranga Streets** almost ready for drawing - probably a simple black and white.

**Bucklands Beach** is a probable maybe for a new colour Summer Series map at 1:7500, including Craigavon, MotuMoana, Avondale South Domain, Bucklands Beach Reserve, the walkway, some streets, and lots of patches of nice bush.

**Mount Eden and streets** is still coming along but not very fast.

### A chance to try fieldworking

**Lloyd Elsmore Park** in Pakuranga is to be fieldworked in colour in a "blitz" on the afternoon of Saturday 22nd April.

Call Mark on 520 5993 if you want to learn fieldworking on an easy area WITH NO CONTOURS or to lend your skilled help. Anyone with a couple of years of orienteering experience can succeed with fieldwork - give it a try.

We're hoping for a dozen fieldworkers teaching, learning or just fieldworking and checking one another's work. Meet at 13:00 at Bell House, on Bell Road in the middle of the Park, which is to the right of the main highway.

### Elsewhere

Rae Powell has volunteered to take over as secretary later in the year. Thanks to Rae, who can be reached on 624 1513.

Rob Crawford attended the NZOF AGM in March as Central's delegate. We await formal advice of the results of voting, but it has been hinted that some clubs' votes were different from ours!!

Margaret Nicholls sends her thanks to ALL central club members for their support to both her and Tony leading up to his death. We are delighted to

see her continuing and completing summer series courses. Cheers for Margaret.

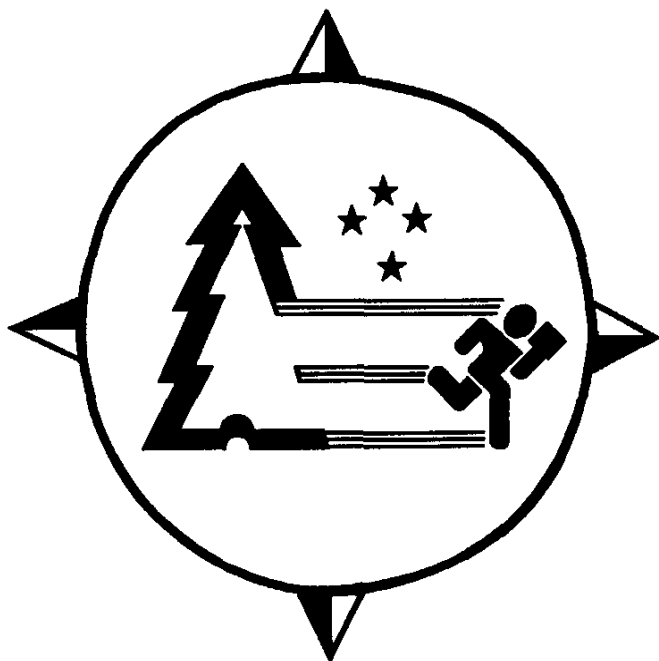
Robert Jessop has landed a job working for Wild Land Consultancy in Rotorua, on a project related to care for the environment. Before that, he and Darren Ashmore were working on the commercial diving boat of another WOC squad personality.

### Next club meeting

The next meeting of the Central Orienteering Club will be at 19:00 on 5th April 1995 at the Vennell residence, 36A Grand Drive, Remuera. All club members are welcome. Please park on the road.

CATHERINE AND BRUCE HORIDE 376 5937

## COUNTIES- MANUKAU NEWS



Athol Oldfield collected the club caravan from Phyl Snedden for the Totara Park event in its usual immaculate condition. Considering the manner in which equipment is chucked into it after an event, Phyllis always seems to have it shipshape for our next meeting.

Unni Lewis, another behind-the-scenes worker, will be telling everyone of their tasks for the Nationals. I've drawn start duties. Didn't ask John Robinson for any news this month, as I know he is flat out with preparations. John, Val and Tania are off to Europe in May for a well-earned rest and

recuperation.

I haven't been to many events - knee problems - so I look forward to Ralph King's Herald reports. With the recent reshuffle it appears that orienteering will be taking a back seat to other major sports results.

At the Totara Park event, I set one Secondary School course identical to that set by Ray Kitchener for the schools championships in 1983. The times Alistair Cory-Wright 14:11, Simon Clendon 16:09 and G Brighthouse 16:56 were all faster than the current winners and the girls - Robyn Oldfield 22:16, Jeanine Browne 24:07, Elise Jakon 25:31 were comparable.

With three events on one Sunday, including a CDOA OY, the attendance at Totara Park was down. The schools participants helped financially. Minor hiccups were caused by the variation between the Tuesday park events and a club promotional event.

The schools series has been successful, with fifty entries from Graham Peter's Birkenhead College the sport most benefit. Christine Lewis is the only CMOC rep in the series - Papakura High needs another Jill Dalton, or Rosehill needs Jeanette Boswell.

### Next club meeting

The next Counties-Manukau club meeting is on April 3rd at the Snedden' residence at Waiuku. All club members are welcome.

KEN BROWNE 299 8413

## ARCHIVES - APRIL 85

The month started with the NorthWest Club's Easter 3 Day at Mangawai Forest. Possibly the best part of the event for most was in the cookhouse at Tomorata with rain on the roof, while we were getting into the beer and sausages. With nightmares of protests and withdrawn protests the organisers did not have a happy time. Among those who won, some on the final day only, were Barry Shuker M40, Robyn Oldfield W15, Peter Hill M17, Jeanine Browne W19, Revele Gillard M50.

Tuakau Farms was the scene for a win by John Robinson over Graham Fiske. Robbie drew the map from David Miller's fieldwork.

Trials for the WM teams and the Australian challenge were held at Stronvar near Masterton - now the Jollies Bush map. Times from radios at all controls kept spectators informed of the progress of

all elites. Trish Aspin won D21E with Jeanine Browne in a good second place. Auckland's winners came from Philip Dalton M17-18, Jill Clendon W13-14, Julia Fettes W17-20, Phyl Snedden W35, Judy Martin W45, while I won M55.

To finish off a busy month AOA OY2 at Awhitu saw Jeanine win again. She must have been a fitter 19 year old than a 29 year old. Phil Mellsop M50, Bev Laurent W50 and John Rix M21E had good wins.

Administrators ten years ago: who remembers the NZOF officers President Terry Brighthouse, Secretary Colin Tait, Training officer John Rix; and AOA President Phil Brodie, Secretary Wallace Bottomley while Wayne Aspin was SAOC leader.

KEN BROWNE

## NZOF AGM 1995

Skipping the boring bits, this is what happened at the AGM.

Graham Teahan of RKOC was elected President, defeating NWOC's Stan Foster by a very slim margin. (Thanks Stan for all of your hard work during your term as president.)

The daft raffle idea was biffed.

The idea of social membership has been approved, with social members paying a reduced NZOF levy (sounds a bit pointless to me).

The 11% badge event levy has been replaced by a 10% levy on all events, in addition to membership affiliations. This will increase NZOF income massively, (and clobber the Central Club rather badly.)

The idea of an "officially recognised orienteering season" was curiously defeated, but the remit to hold the National Championships each year between Easter and the end of June was passed.

The Silva Award winner for services to orienteering during 1994 is Bunny Rathbone, of Dunedin OC.

## BACK TO BASICS

I always enjoy these great slogans that are though up by the boffins who get us all moving, beating our breasts and keep the mind bogging. What does it actually mean in the orienteering world?

Take Sunday at Waiuku Forest, a day of heat to frizzle the brain, sap the strength, and completely stuff the heart.

Basically all one had to do was mark a map, in one's own time, and follow the course. One of the first things one learns is to orientate the map to the north, read the legend, decide the difference between roads and tracks, depressions and hills. Thus it was that I took off, keeping road on the right, following the first track which would lead me to a distinctive tree. In a pine forest, this is not an easy matter. There on the edge of the farmland though was a tall Totara. Good so far, but no control. I knew I must have the basics wrong yet again, must be the next track - how did I miss one?

I have run through here umpteen times and all tracks lead to this tree. Step two - Don't Believe Yourself - this is the ultimate failing, one I find hard to overcome, so off along the edge of the farm to the next track in hot sun, frying slowly. Did Dunedin have 34°? So did Maioro at 10am, I'll swear. Another track, no distinctive tree. I know now the best thing I could have done was to sit quietly in the shade and work out where farm tracks were in relation to map.

200 metres back to the first tree and this time I run down the bank and right round the tree, and trip over the control, lying on the ground covered with sand. *[Deleted cusswords]* All the basics in the world didn't prepare me for this hiccup.

By then pooped, punched and bored I sat down again, panting in the shade like an old woolly sheep. I must really start some serious hill climbing before Easter.

So I retrace my steps along the same basic track, the sun beating down on my wrinkles, I slog across farmland to number 2 and clip, back up the farm road, get passed by 4WD - too chicken to hitch a lift. Reaching the top of the saddle I find the gun club in full blast and dash back into the forest. A bullet in a Basic part of the anatomy would not earn me a Gold medal.

Walking now, no more mistakes, each hill a Basic breathing exercise; in, out, step, clutch Mingi Mingi, drag ever upwards. Now a long road to finish in Basic burning sunshine, sweat stinging eyes and slapping thighs. Pant to finish, bring on the drinks, a Basic beer would be best.

W100

*(W100 gets the editor's Metaphor Abuse award for April 1995 - MR)*



# THEY BRIBED ME TO PRINT THIS

## New Zealand Orienteering T-Shirts

Waikato Campus Orienteers (WACO) is proud to give you the opportunity to purchase a fine orienteering t-shirt.

Great for: Gifts.  
Spot Prizes.  
Promotion of the sport, remembering of course that National Orienteering Week is coming up.  
Training in.  
Racing in.

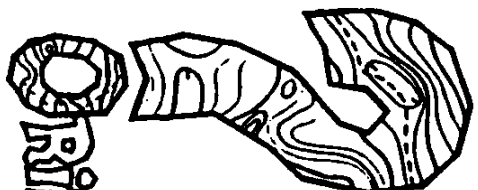
These fine t-shirts will be white with two colours on the front and one colour on the back.  
The price is a mere \$26.13 per shirt.

A Bargain !!!!

To Order: send money, size and quantity wanted to  
WACO T-Shirt  
C/o Shaun Collins  
17 Hogen Street  
Hamilton

Make Cheques payable to WACO

Please Note if manufacturer numbers are ordered money will be refunded in full



orienteering /o:ri:n'ti:ern/  
n. 1 a sport in which people race on foot over a course consisting of checkpoints found with the aid of a map and compass. 2 the favourite pastime of a wide range of people who like to run, jog or walk insanely through the undergrowth and over fields in a frenzy.

FRONT

NEW ZEALAND  
ORIENTEERING

Supported by:



BACK

# REAL-TIME GPS MONITORING

## Tracking Jan

Jan Donner (ranked number 22 in Finland, representing OK77 from Kauniainen) carried a head mounted *GeoExplorer* GPS receiver (from Trimble) at the national event of Korahdus on 24 September '94. The receiver was fastened to a head lamp holder, weighing a total of some 500 grams.



The receiver was set to log fixes i.e. locations every second while Jan was taking himself around the 7.0 km course with 16 controls. The PDOP mask (Positional Dilution of Precision) was set to 8 (accuracy degrades as PDOP increases).

As can be seen in the map above (and below), the signal did not come through all the time; there are some gaps, lasting a few seconds. This was due to the fact that the PDOP

mask was set very low (8), which caused the logging to be turned off whenever there were some minor obstacles on the line of sight (between the satellites and the receiver). It can be said now, that the PDOP mask was set too low (i.e. too tight); I suppose we could have tracked Jan's move every second by using a PDOP mask of something like 40-60 and still get very accurate data.

Each red dot represent Jan's location at the given second. As GPS signalling is largely based on propagation of time, also the time or  $t$  coordinate of every (x, y, z) position is available. This enables us to compute competitor's velocity all the time, over any distance or time (e.g. last 500 meters or 50 seconds, or a certain stretch such as from a control to another); thus we can e.g. analyse the runnability of different parts of the forest very accurately. I think this is a pretty important and notable fact to be considered when e.g. preparing for a major event; the method could be used in conjunction with national team training activities etc.

A map excerpt from between controls 12 to 13 also shows the effect of signal gapping. A magnified excerpt from control 13, Jan making a miss.



Jan's own words on the miss at 13: *I came up from the slope as planned, but did not turn my head enough when entering the plateau in the green area (young pine plantation, dense, 6-8 meters tall). I rushed forward, hoping to reach the small depression and the flag but instead I saw a high cliff in front of me (some 20 meters away), looked at the map and turned around. Should have made a 180-turn, but didn't. So I hit the yellow area, ran to the corner and checked again. Didn't calm down enough and still made a small bounce to the wrong depression (north of control), and only then could I make the right correction. I'd say it was a miss of a minute or a minute and a half. There was nothing wrong with the map, I just wasn't concentrating on what I was doing.*

Jan's miss cost him 1.15 (this can be seen from the intermediate times from a Regnly system and by counting the red dots of the GPS track).

The orienteering club *Kokkosenkylän Rasti ja Risahdus ry* (or *Korahdus* for short) was put together in late 1993. Home town of Korahdus is Mäntyharju in the Mikkeli county, some 200 km north-east of Helsinki. The main goal of Korahdus is to serve as an R&D actor in the orienteering scene. So far, our main activity has been the development of mapping processes and organising orienteering events using new techniques. For 1995, we are going to focus on real time monitoring.

During our event, the US troops were invading to Haitian territory and this helped us a lot; we didn't need to do the differential correction since the S/A code was disabled. The data from the receiver could directly be downloaded to a PC and the track be overlaid on the OCAD map. Thanks Bill!

## GPS and Accuracy

A lot has been said about the accuracy of GPS. SSL (the Finnish orienteering federation), many mappers/orienteers/GPS professionals etc. here in Finland, and o-enthusiasts (in o-net) throughout the world have questioned the usability of GPS for o-mapping purposes. We let you decide yourself. See the maps, make a judgement and let us hear your comments. We are more than anxious to get your response.

On 9 February '95, Korahdus gave a demo to invited guests in Pirkkola Sports Centre, Helsinki. What we were demonstrating was real time monitoring of an orienteer.

In the demo, the audience could see in real-time as Kimmo Liljeström (our guinea pig, currently ranked #2 in Finland) was taking his way through the course. Kimmo's moves could be seen on a PC monitor, inside the *Central Park Cafe*.

Our prototype monitoring system used in the demo was based on GPS technology. *Placer GPS 400* from *Trimble* (courtesy of *Geostar*) was used as the roving receiver. Besides the GPS receiver, Kimmo had an RF modem and antenna (from *Finnish Satel*) and also a NiCd battery in his back. And of

course, a *Trimble* GPS antenna mounted to his head. And a lot of wire. The total weight for Kimmo's load was some 1.5 kg (3 lbs). "The weight was OK -- less than a halogen system for night-o", commented Kimmo. "The snow was a bigger problem."

The real-time differential corrections were fed into the system from a *Trimble* Community Base Station. The PRC was sent over an RF link to Kimmo's back and from there the differentially corrected positional data was sent back over the same link. With this setup, Kimmo's position was shown on the PC colour monitor (from *Digital*) every two seconds -- also showing the direction where Kimmo's nose was pointing! The monitor also displayed the digital orienteering map to give

the essential background for the monitoring system.

Everything worked OK. The only minor problem we had was the quality -- positional accuracy -- of the background o-map. As discussed in *O-net*, GPS positioning requires a very accurate base map. Now our base was not dead accurate, which in some parts of the demo course lead to minor disparities in the positioning: as Kimmo was running on a path, the monitoring system suggested that he was running 2-4 meters away from the path. This was a problem of the map, not the monitoring system itself. If the demo would have taken place on our *Arvila-Hanttu* map (*field work supported by GPS, ed.*), the positioning would have been dead accurate.

To demonstrate the capabilities of GPS

technology, the course was not a Mickey Mouse course GPS-wise. There was heavy spruce cover over Kimmo most of the time and he also run through a tunnel twice, the signal staying alive virtually all the time -- even in the tunnel.

Korahdus believes that this was the first time an orienteer was successfully monitored in real time.

Korahdus plans to cut the roving equipment's weight down to 500-800 grams (1-1.5 lbs) during the next four months. We also plan to test RDS corrections (*YLE* -- the Finnish Broadcasting Company -- will start commercial RDS/DGPS in April). Next demo event -- with improved equipment and several invited elite orienteers -- is planned to take place near Helsinki in early June.

MARKO HÄKKINEN, KORAHDUS, FINLAND, IN IOF HIGH-TECH BULLETIN

## FAMILY-O

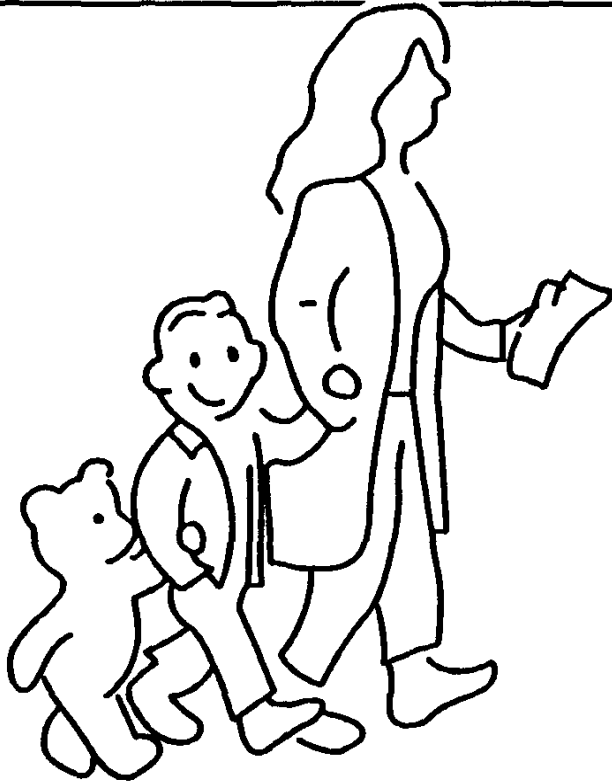
Here are a few tips especially for parents new to the sport. It's a distillation of our experience of many years of orienteering with young children and things we have learned from other orienteering families.

We started orienteering in 1979 before we had any children. Now Rachel is 15, Louise is 11 and Christopher is 8. We go orienteering most Sundays and right from early on included the "big" national events too. We have also been overseas with (and without) the children and stayed in an interesting variety of accommodation!

O with a family isn't always easy (what is?). It requires a bit of thought and organisation to keep everyone happy and sometimes a little dogged persistence when the baby always screams when travelling, or one of the kids is having a down on O period. These problems do resolve themselves.

And then many times now we have hovered anxiously around the finish because one of the children is "not back yet". It's a terrible business when they first go it alone. But eventually they always seem to come in grinning - made a silly mistake at number two but sorted it out. The satisfaction on their faces makes the waiting worthwhile.

The most important thing to say, in fact, is that kids need O! Everyone does in a way, but there is nothing like orienteering for developing self-confidence, self-reliance, creative thinking, problem solving and observation skills, decisiveness and determination (I could go on!). I look at the young people who have been orienteering for years and it's hard not to be impressed with their confidence and adaptability, and that includes those who aren't seriously competitive. They are achievers, and happy ones.



- Don't try to do too many courses all together. It's OK at first but soon one person is doing the orienteering and the rest are getting bored and grumpy.
- Kids under about ten generally don't orienteer on their own, but let them do the navigating as much as possible with your help. As they develop more confidence let them go in front and follow further and further behind.
- Come early to events so that you can go out on courses after each other. Pat and I have always enjoyed the chance of getting out on a course by ourselves as well.
- We used a portable cot in the back of our van when Christopher was little and it worked brilliantly most times. At big events you see vans, awnings and even tents. There is also often a creche at national events.
- At major pre-entry events you can also ask for well separated start times so one of you is always there to baby-sit. Alternatively, older families can ask for similar start times so nobody has to wait around too long.
- Everyone in the family should bring books, games, bikes, kites, sports gear etc. to keep themselves amused while they wait for others to get back. Often the kids find friends to play with but some equipment always helps.
- Orienteering and children equals food! Take plenty for before, during and after! Something a bit special is popular.
- Be patient. Various family members (not just the children) will go through phases of being reluctant, excessively keen or just uninterested. Eventually most become quite dedicated as they realise that "Hey, I really can do this." Making new friends is, of course, a big plus too.
- Prepare a checklist of things for everyone to take to events. Include a change of clothes and shoes, wet weather gear, plenty of drink etc. This helps organise your departure. We usually say we are going half an hour before we have to, but no doubt you already know that trick!
- Make sure everyone does a suitable course. Nobody wants to wait for hours just because dad is doing a red course to prove how clever he is, and parents want to be sure that young Bertie is not going to get really lost. White course are best for youngsters. Adult beginners and experienced children can handle yellow courses, but orange course are for those with reasonable orienteering experience. Red courses, even short ones, are for orienteers who have some years of experience. Note that course planners can make mistakes too. I always like to preview the younger ones' course just to check that it isn't too hard.

MARK MCKENNA, ROTORUA

## COMPASS LOVE

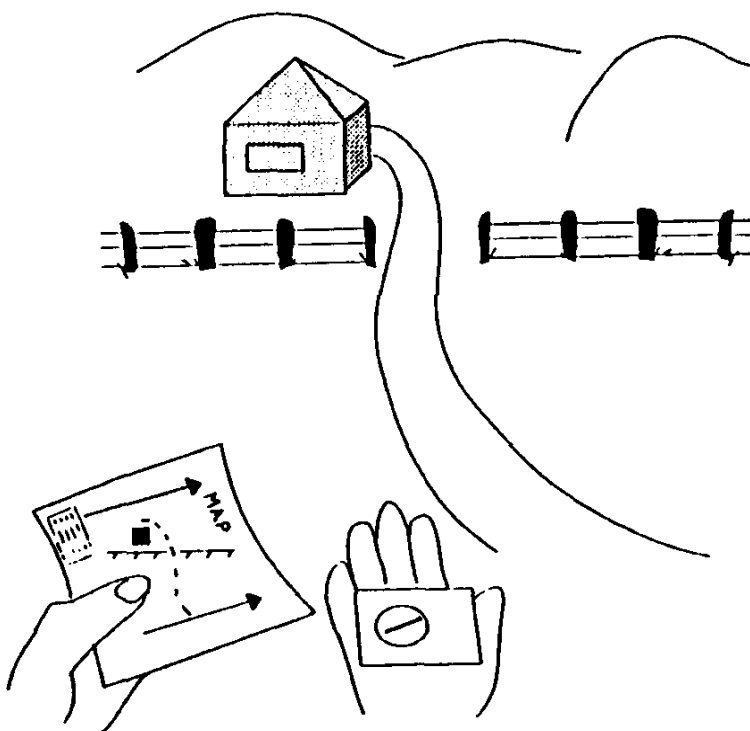
If you have just started orienteering with us you may be wondering why you haven't had to use a compass.

Well it's like this. The most important tool, and in fact the only essential tool, for orienteering is the map. Unfortunately there is a widespread belief in the community that orienteering involves compass bearings and not much else. This awful idea has been fostered by poorly trained leaders in outdoor activity. They have probably put quite a number of youngsters off orienteering.

Real O always uses a map! It can be anything from a simple black and white diagram of school grounds to a full colour standardised orienteering map to IOF (International Orienteering Federation) specifications. But there is always a map! Maps, you see, give you a choice of what to do whereas compass bearings do not. With a map it is up to you to sort out what is what, which way to go, and if you come unstuck with a map you can still recover by finding an identifiable feature. Make a mistake with a compass bearing on the other hand and you really will be lost (until you use the map!).

That's why we don't rush to give beginners compasses. We don't want to distract you from looking at the map. Still, there is one useful thing you can soon start using a compass for - that is to "orient" the map.

It is important when orienteering that you orient the map by turning it around so that the direction of features on the map from your present position corresponds with the direction of the real features as you see them about you. The compass can be used to do this quickly and accurately, by aligning the "North lines" on the map with the compass needle. See the diagram.



Forget all the lines and markings on the compass housing until you have more experience - the only part of importance at this stage is the needle itself. There are two things to be careful with, however. The first is that the compass is held flat horizontally so that the needle can settle freely. The second is that you have the North end of the map (as shown by the arrowheads on the North lines) pointing the same way as the North end of the compass needle (the red end). Otherwise you will be facing the wrong way.

As you go along always try to keep the map oriented, either by the features you see, or by the compass needle. This will help you to more readily make sense of the map. Another good idea is to always keep your thumb marking your present location on the map. This is called "thumbing" the map and it saves you having to re-find your position every time you look at the map (which is surprisingly difficult at times since one bit of the map often looks similar to another). Usually you will need to fold the map a bit to do this.

So there you are. You don't need a compass on beginner courses but whenever you feel ready you can start using one to orient the map more easily. Eventually you will need to control your direction more precisely by setting the compass angle (note that with proper orienteering maps it is never necessary to use numerical bearings or grid references) but this is only necessary when you move away from "handrail" features.

Compasses are available for borrowing at the caravan at events or you might already have one. No matter what compass you use, at first ignore everything except the actual needle.

MARK MCKENNA, ROTORUA

## PACE COUNTING

*Last month I printed an article from an American writer about pace counting. I printed the article to see if I got a reaction, and by gosh I did. I'd like to reassure all my readers that I have never pace-counted in my life and I'm not planning to start now. Others share my opinion...*

Dear Mark,

I strongly disagree with ALL aspects of the article concerning pace counting in the March 1995 Auckland Orienteer.

Orienteering is a *map reading* skill and the author suggests that the sport is about pace counting. What a boring and ineffective way to compete in such an interesting sport.

Statements like "By pace counting you greatly reduce the search area". What search area? We have left behind the 1970s style of orienteering when maps had little detail and compass/pacing were the most talked about skills. Now we talk about fine-O, simplification, being smooth, relocation, attack points, compass use, looking around etc. These are the skills of the 1990s. At no training camp I have ever attended in New Zealand has pace-counting been suggested as a useable skill. As a regular coach at many levels, I do not believe maps in New Zealand require pace counting, as there is always enough information.

If you have pace-counted all your life, fine, I don't suggest that you stop. But if you are new to orienteering, I suggest that you forget the rubbish in that article.

ROB GARDEN [NWOC], NATIONAL SQUAD COACH

# PUZZLE O

1	7	=	W of the W
2	1001	=	A. N.
3	12	=	S of the Z
4	54	=	C in a P (with J)
5	9	=	P in the S S
6	88	=	P K
7	13	=	S on the A F
8	32	=	D F at which W F
9	18	=	H on a G C
10	90	=	D in a R A
11	200	=	D for P G in M
12	8	=	S on a S S
13	3	=	B M (S H T R)
14	24	=	H in a D
15	8	=	R with S (plus R)
16	366	=	D in a L Y
17	12	=	N on a C
18	5	=	S of a P
19	9	=	I in a B G
20	2	=	N in a P
21	2	=	H on a C
22	3	=	B P of an I
23	2	=	L in the H B
24	11	=	P in a F T
25	0	=	D at the E
26	1	=	H in the H B
27	2	=	S on a S
28	18	=	A for V
29	360	=	D in a C
30	7	=	D with S W
31	206	=	B in the H B
32	13	=	I in a B D
33	4	=	W on a C
34	12	=	I in a F
35	30	=	D in S
36	365	=	D in a Y
37	12	=	E in a D
38	5	=	T on a F
39	31	=	D in M
40	15	=	M on a D M C
41	100	=	C in a D
42	2	=	W on a B
43	60	=	M in an H
44	2	=	E on a P
45	3	=	S on a T
46	6	=	L on an I
47	0	=	L on a S
48	14	=	D in a F
49	3	=	B with G
50	10	=	F on T H
51	1	=	T on an E
52	4	=	S on a R
53	29	=	D in F in a L Y
54	50	=	S on the A F
55	8	=	A on an O
56	6	=	S on a C
57	76	=	T that lead the B P
58	24	=	B B in a P
59	1	=	R A in every B
60	1000	=	W that a P P

Answers will be published when we know all of them! Contributions please to the address at the back. A prize of a bottle of wine for the most correct answers received by 20th April (that's only a couple of weeks!)

MAY YOUNG [COC]

## HIGH TECH STUFF

The February 1995 issue of the IOF Bulletin carries fascinating articles about the application of computers to orienteering all over the world.

### "Electronic Calendar"

Details of 1300 events world-wide during 1995 have been brought together in a Windows database now available from someone at NZOF.

### Internet

O-net is a mailing list for orienteering issues; send your email address to

[orienteering-request@graphics.cornell.edu](mailto:orienteering-request@graphics.cornell.edu)

A file archive server carrying lots of stuff has the Internet FTP address:

[legba.ucd.ie/directory/o-stuff](http://legba.ucd.ie/directory/o-stuff)

A World-Wide Web server entry point is available at:

<http://www2.aos.princeton.edu/rdslater/orienteering/orienteering.html>

And lots of other less gripping stuff about event administration software, runner databases, start list generation, and OCAD5. See this issue of the *AUCKLAND ORIENTEER* for a reprint of an article about real-time GPS monitoring of runners!

Ask me if you want to see a copy.

MR

## KATOA PO 1995 JUNIOR REGIONAL CHALLENGE 1

It was heartening to have such enthusiasm from the Auckland Juniors that I contacted, about competing in this annual event, the Katoa Po All Night Relays at Taupo.

Night Orienteering is a non-event in Auckland, but I had no problem finding 10 keen juniors to travel to Taupo. I tried to contact all juniors on the list Michael Wood published in the February magazine, but some just never seemed to be home; some are moving away to university, a few injuries, and a few who actually didn't want to go.

My apologies if you would have liked to come but

didn't get asked. Tell me now if you would be keen to take part next year.

Auckland I	Time	Putaruru H.S.	Time
Tina Charles	21.23	L Ment/L Mer	21.53
Simon Thorpe	31.42	A Gray/Rich.	38.23
Mark Stewart	32.25	A Gray/P Cloth	32.25
Neil Haddon	55.31	B Jenkins	48.08
Peter Ambler	45.24	D Addison	47.20
1st	186.25	2nd	188.09

CD Juniors	Time	Auckland II	Time
R Humphrey	16.38	Natalie Rouse	21.25
M Barr	28.09	Penny Whittaker	68.13
D Barr	39.24	Gabrielle Henderson	37.01
F Humphrey	65.39	Anthony Foxall	58.33
S Barr	43.46	Mark Isted	73.31
3rd	193.36	4th	258.43

Once again an Auckland team has won, but the first three teams were very close. My condolences to Penny whose torch died quite early on the course. How she finished with no light, I can't imagine. Well done all of you. It was disappointing to find no teams from Wellington this year. Surely their juniors could manage one team, maybe next year...

LORRI O'BRIEN,  
AUCKLAND JUNIOR TEAM MANAGER

### My personal viewpoint

I have to admit that personally the thought of orienteering at night doesn't really appeal. Last year I had great difficulty reading the contour lines on the map and so the course was something of a challenge. Crawling down gullies of native bush wasn't much fun but I completed the course.

This year I said only include me if you have to, of course somehow you always get included. Once down there you get carried along with everyone else's excitement. Then suddenly it is my turn and I'm off. Grab the map, over the fence and then pitch blackness. Help, what am I doing?! Gradually panic subsides, reason takes over and I start to concentrate.

No bush to crawl through this year thank goodness, and those breathtaking views of Taupo by the lake. Eventually I am heading for the last control, down there, straight down a seemingly vertical cliff, but much slipping and sliding sees me clipping it, and



thankfully running to the finish. How could anyone not want to take part?

Thank you Taupo for such a fun event, such fantastic organisation and the opportunity to catch up around the bonfire with orienteering friends from all over the North Island. See you all next year.

LORRI O'BRIEN [NWOC]

It was great to see eighteen 7 person teams and five 5 person teams this year. Fine weather conditions, but no moon to help competitors; as the first leg runners started at 8:12 pm the slim crescent moon was disappearing over the horizon.

While the Taranaki Turkeys eventually ran away with the event, there was close competition in the early stages and the next three teams were within 11 minutes of each other at the finish.

TERRY AND ELAINE BRIGHOUSE,  
1995 KATO A PO ORGANISERS

## NZ SECONDARY SCHOOLS CHAMPS

### 7th and 8th July 1995, Christchurch

PAPŌ are hosting the 1995 National Secondary Schools Championships on Takahe and Bottle lake, near Christchurch. An individual competition on hilly farm and bush will be followed by a relay competition in sanddune pines.

Entry forms are with secretaries and will be with schools in early April. Entries close 9th June. Enquiries to Chrissie Williams, 03 388 0798.

## ETCETERA

News from Europe; David Farquhar 8th and Jenni Adams 9th in the British National Championships.

The new CDOA Chairperson is Les Warren [HOC] and the new Secretary/Treasurer is Brenda Kendall [EOC].

Whangarei OC will probably cancel their Rogaine on 1st April due to lack of entries, replacing it with a club event at Winstones.

# THE AUCKLAND ORIENTEER

### The AUCKLAND ORIENTEER...

...is the monthly newsletter of the Auckland Orienteering Association, combining the Central, Counties-Manukau and NorthWest Orienteering Clubs. It is edited by Mark Roberts, COC (520 5993) and distributed by Marquita Gelderman, NWOC (412 8879) and published on or about the first of every month except January.

### Next Issue: May 1995

Send contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax to 263 4794, or call me or my machine at home on 520 5993, or call me at work on 263 4793.

*The deadline for contributions for the April AUCKLAND ORIENTEER is Friday 21st April 1995.*

Disks please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. I will, of course, return your disk, but remember to write your name on the label!

If you can't supply on disk, and the article is fairly long, please supply as camera-ready copy, on A4 with a 16mm border all round (265mm x 178mm), and font size at 11 points. Careful! This border is smaller than your WP or typewriter would normally be set up for, and the font size is bigger.

*I am perfectly happy to type articles or letters if necessary!*

### Distribution

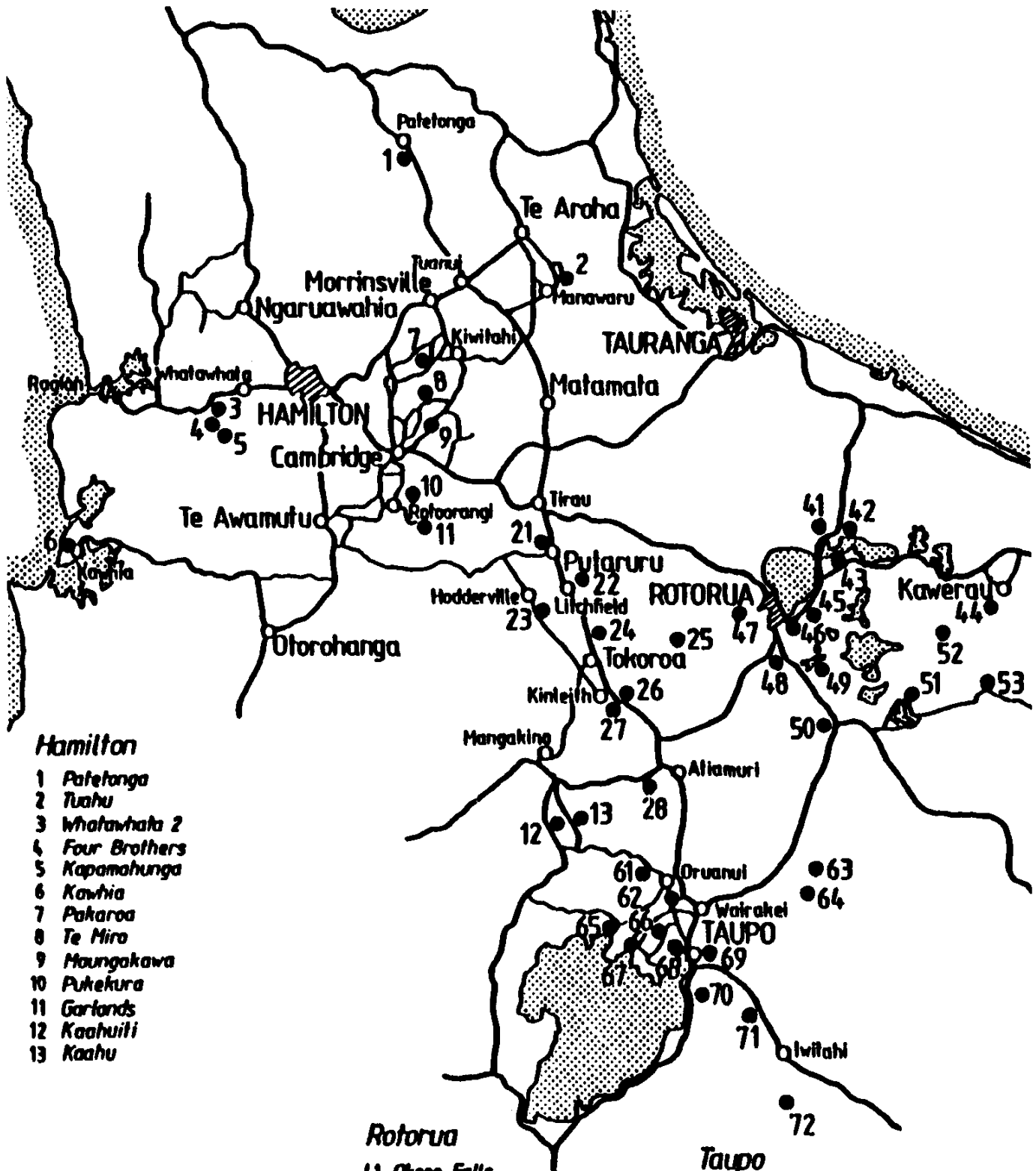
If you change your address, please contact Marquita Gelderman on 412 8879. If you want a back issue of *The AUCKLAND ORIENTEER* please contact your club membership person, or Marquita, or me.

### Credits

The New Zealand Orienteering Federation gratefully acknowledges the support of the Hillary Commission.

MARK ROBERTS 520 5993

# CENTRAL DISTRICTS MAPS



**Hamilton**

- 1 Patefonga
- 2 Tuahu
- 3 Whatawhata 2
- 4 Four Brothers
- 5 Kapamahunga
- 6 Kawhia
- 7 Pakarua
- 8 Te Miro
- 9 Maungakawa
- 10 Pukekura
- 11 Garlands
- 12 Kaahuii
- 13 Kaahu

**Pinelands**

- 21 Mathis Farm
- 22 Redwoods
- 23 Hodderville
- 24 Crossing
- 25 Mamaku
- 26 Waynes Farm
- 27 Maungaiti
- 28 Okama

**Rotorua**

- 41 Okere Falls
- 42 Waipapa II
- 43 Tikitere
- 44 Death Valley
- 45 Owhata
- 46 F.R.I.
- 47 Reesbys
- 48 Peka
- 49 Highlands Farm
- 50 Lake Ngahewa
- 51 Crater Block
- 52 Tarawera
- 53 Ngamotu

**Taupo**

- 61 Poihpi
- 62 Rogue Bore
- 63 Raroa
- 64 Paetataranooa
- 65 Kinloch
- 66 Punetekahi
- 67 Whakaipo Bay
- 68 Rangaira
- 69 Foothills
- 70 Wharewaka Point
- 71 Opepe and Opepe West
- 72 Wainui

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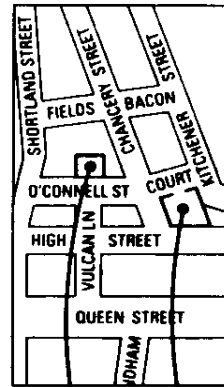
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