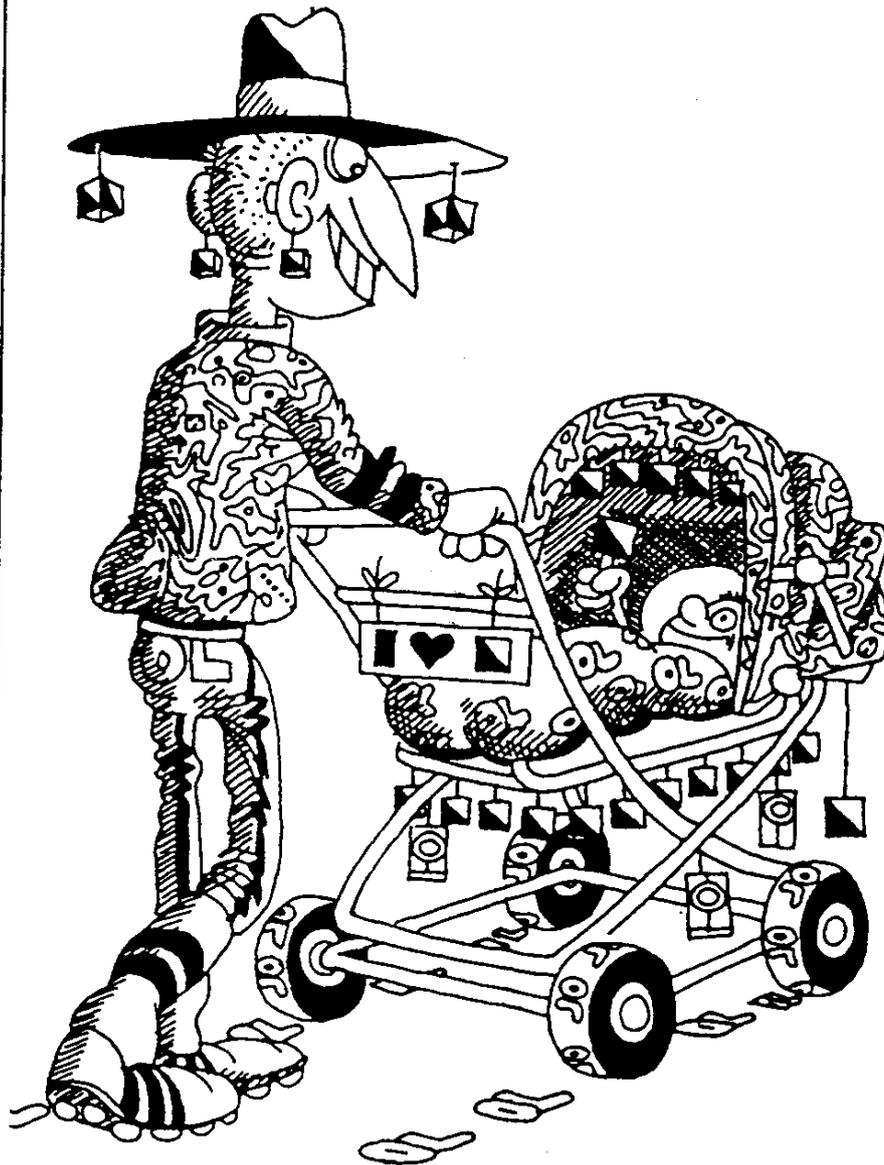


# The Auckland Orienteer



Getting a proper start is always important for young orienteers, says artist Profi. (from the Swiss O-magazine 1/91)

APRIL 1998

## CALENDAR

Please call Club Secretaries for final confirmation of these details: (A) Auckland: Terry Nuthall 412 9012 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (E) Egmont: Jay Paterson 06 751 3589 (H) Hamilton: Jim Barr 07 856 9501 (NW) NorthWest: Ann Fettes 827 5358 (P) Pinelands: Chris Jackson 07 886 5313 (R) Rotorua: Mark McKenna (07) 345 3318 (T) Taupo: Alison Mensen 07 378 0577 (WACO) Waikato and Auckland Campus: Madelaine Barr 6310204

## APRIL 1998

|          |   |   |
|----------|---|---|
| 10-13    | D | National Champs, Dunedin                    |
| Sun 19th | A | Promotional, Churchill Park                 |
| Sun 19th | H | CDOA OY2 Four Brothers                      |
| 24/25    | W | North Island Secondary School Championships |
| Sun 26th | A | OY3 Muriwai North, entry through Muriwai    |

## MAY 1998

|          |     |  |
|----------|-----|--|
| Sun 3rd  | NW  | Promotional & Schools, Muriwai           |
|          | R   | Forest Research Institute                |
|          | H   | Glenora                                  |
|          | NOS | Baker Halls Woodhill Forest Run, Muriwai |
|          |     | Entry form elsewhere in this magazine    |
| Fri 8th  | R   | CDOA Secondary School Champs             |
| Sun 10th |     | WACOOY4                                  |
| Sun 17th | CM  | Promotional & Schools, Waiuku            |
|          | E   | OY                                       |
| Sun 24th | A   | Park event, Mangere Mountain             |
|          |     | WACO Training (CM Map)                   |
| 30-31    | CM  | QB 3 day Pollok & Karioitahi             |

**June**

- 7 NW OY5 Turkey Ridge  
R Okawa Bay  
14 NW Promo & Schools, Otakanini Topu  
H Kairangi  
17 CM Secondary Schools Champs  
21 Wh OY6  
28 A Park event, Mount Richmond

**July**

- 5 A OY7  
R Jackson Park  
12 A Park event, One Tree Hill  
17-18 E NZ Sec Sch Ch, New Plymouth  
19 NW Promotional, "MidWinter Madness"  
26 H OY8 Kallamey Lake

**August**

- 2 A Park event, Lloyd Elsmore  
WACO Training - Muriwai  
9 NW Spring Series, Otakanini Topu  
16 R CDOA OY Ngamotu  
23 A Spring Series  
30 H Hamilton Lake / Innes Common

**September**

- 6 Wh Spring Series  
R Pouturu  
13 A Park event, Self's Farm  
P CDOA OY  
20 WACO Spring Series  
27 H Mt Eliza

**October**

- 4 R Crater Block  
CM Spring Series, Waiuku  
11 E CDOA OY  
WACO Training - Slater Road  
17-18 A Auckland Champs & ShortO  
24-26 Labour 3 day, Wellington

**November**

- 1 NW Auckland Relays Beautiful Hills

- H Sanatorium Hill  
3 NW Primary Schools Ch, Ambury Park  
7-8 R CDOA Championships

**December**

- 6 R Tui Ridge  
9 H Waikato University

## THE AUCKLAND ORIENTEER

**EDITORIAL**

Elsewhere in this issue you will see a precis of a report on the timing of the Nationals.

It contains a number of amazing admissions:

- i) virtually nothing was done to canvas Auckland and Central Districts opinion.  
ii) despite this the majority of orienteers in Auckland and the Central Districts were acknowledged as being in favour of Labour Weekend Nationals.

iii) with about 50% of New Zealand orienteers in favour of a Labour weekend Nationals the compromise decision was in favour of an Easter Nationals.

I have heard that the Fixtures Committee was asked to make a recommendation - they did, in favour of a weekend in November. The NZOF executive did not like the decision so they appointed another committee which came up with the present decision.

I acknowledge that the South Islanders have problems with an October/November Nationals, but it appears to me that a number of influential NZOF people have not been listening when Aucklanders have been saying that they cannot or won't orienteer over summer. For that reason an Easter Nationals will continue to be a flop for Aucklanders. Is anyone going to Dunedin? Our season has started with our first OY. I wonder how many of you were caught by the ruling that you had to be registered to be eligible for OY points. No publicity was given to this - except for a veiled reference in the December magazine. How does the statistician know who are eligible by stint of membership of a school team? Is this good enough? Is this what will happen if we continue with the plan to scrap the AOA - with no one then in charge?

After spending some time on the start at the last OY I have some observations. Firstly keep the prestart and the start separated - otherwise the calling of times gets confusing - people listen to the actual start times and not the prestart times. Secondly people need to improve their clipcard responsibility - elsewhere is a page on how to fill in a clipcard. Also people need to put their name on the start sheet to secure their start time - it is not sufficient to just see that a time is free. I had at least 3 cases of 2 people on the same course with the same start time. Thirdly I was amazed at how many experienced orienteers thought it was alright to have people starting together on the same course, as long as they weren't in the same grade. We start at intervals to ensure as much as possible that we do the course by ourselves - not with help from someone else in another grade. This is the essence of our sport. Lets not cheapen what is the major part of our season.

STAN FOSTER 836 7072

## COUNTIES- MANUKAU NEWS



John Robinson has been busy running events at Tuakau during the daylight saving months on the 4 Seasons map on a small area of Harkers Reserve, promoting orienteering and drawing in new members for CMOC. The format for these events is similar to those Robbie and Val experienced whilst competing in Norway. With very few controls out, you choose your course from the combination available. The controls can be left out for three weeks at a time, and for each weeks event, vary the combination. It's good

training with 60% less work for the course setter.

As a direct result of these events is Aiden Nelson setting his first event OY1 at Harkers Reserve with Doug and Jill Phelps and Debbie Nelson had their first experience at co-ordinating with Robbie as controller. Well done!

Unfortunately I couldn't compete due to a leg injury but everyone I spoke to enjoyed the course.

Thanks to all who helped on the day.

Val Robinson was approached by the principals of 10 Franklin and 10 Papakura District Primary Schools to coach the teachers and pupils in the skills of orienteering. This required field work and a separate map for each school, which will ensure far more events in the future. So far to date this year, Val has coached 450 children from 5 schools. It's an excellent way of promoting orienteering and Val says children love the sport and compete with enthusiasm. This is a lead up to the primary school champs run by CMOC at Reeves Farm.

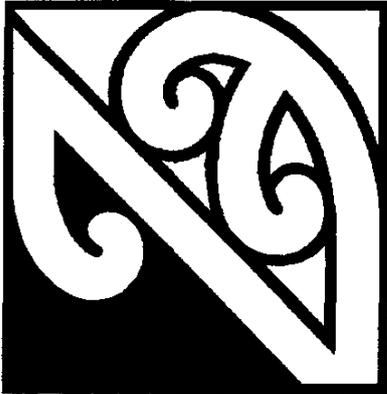
Tania Robinson was placed 14<sup>th</sup> in the first and 12<sup>th</sup> in the second Park Event held in Hong Kong. Unfortunately the Asian Flu struck and Tania and fellow competitors were bed ridden so couldn't compete in the remaining events in China. The good news is she's on the mend and hopefully ready for the Nationals.

Wayne and Trish Aspin have been busy completing the Kariotahi and Pollock map for the 3 Day Queens Birthday Event. This will be one you won't want to miss!! Entry forms were enclosed in the NZ Orienteer and Auckland Orienteer.

The May Club meeting will be held at 7.30 pm on Wednesday 6<sup>th</sup> May at John and Margaret Briffets residence, Dales Road, RamaRama. All CMOC members are welcome to attend.

Bob Hattie 2996394

# NORTHWEST NEWSHOUND



## NORTH WEST NEWS APRIL 1998

The highlight for March must be our historic win in the Katoa Po all night relays in Taupo, with the assistance of two "associate" team members from Norway (colleagues of Kirsten Ambler in the Norwegian town of Halden). Both 7 man teams did very well, with team "Norway is NW of New Zealand" taking the trophy after the Waco team, which was first to cross the finish line, incurred a time penalty for not complying with grade restrictions. Despite persistent rain or drizzle and a rather shy full moon, we had a good time on a map that was ideally suited for a nighttime event. All club members shared good times and hot (and cold) brews under the tarpaulin behind Mark's van, into the small hours of the morning. One club member swears it was his first and last Katoa Po - the joys of navigating on a dark misty night with fogged up spectacles! The map used for Sunday's CDOY.1 is definitely not Katoa Po material, with its myriad knolls (or are they root stocks?) and parallel features providing very challenging orienteering.

Many thanks to Mike and Debbie Beveridge and Les Paver for running a successful event at Muriwai, with results delivered within 2 days!

Andrew Bell continues his excellent form with a win on course 1 at Muriwai and fastest time overall on course 3 at Auckland OY1 at Harkers Reserve last weekend. Michelle Nash posted the fastest woman's time for the same course.

Good luck to all those travelling to the National champs in Dunedin.

Bryan Teahan has been working hard mapping for the world veterans cup events in year 2000 based near Palmerston North - there will be 5 forested sand-dune maps to look forward to.

### Next club meeting

Forget the details printed in the March magazine ....The April meeting will now be held on Thursday 16th April (one week late due to Easter) at 19:30pm at the home of Jill and Alastair Smithies, 4B Fairbanks Place, Glendene - all club members welcome.

Lisa Mead 445 4555

### Flatmate Required

Sandringham, Must be tidy, nonsmoker. Choice of two rooms. Small Single \$75.00 or Double \$100.00 PW plus expenses.

Share one other. Ph. 8463236

Grant Unkovich



The May AOC meeting is at the Brewis residence, 32 Dingle Road, St Heliers, at 7.30 pm on Wednesday the 6<sup>th</sup> of May.

# THE NATIONALS

## REPORT OF THE NZOF WORKING PARTY ON THE TIMING OF THE NEW ZEALAND ORIENTEERING CHAMPIONSHIPS

(This is an abbreviated summary of the report that your club has received)

### 1. Background.

For many years the New Zealand Orienteering Championships (the Nationals) were traditionally held over Labour Weekend at the end of October with variations in 1983 to 1985 when the Nationals were held at APOC in 1984. In the 1990's there was a move to have the Nationals held earlier with the 1994 to 1997 events held at Easter or Queen's Birthday.

At the NZOF AGM in 1997 a proposal was put by the Auckland Orienteering Association that the Nationals should be held on a weekend at the end of November. This provoked heated debate concerning not only the appropriate timing of the Nationals during the year, but also the desirability or otherwise of constraining the Nationals to a long weekend. As a result NZOF set up a working party to look into all aspects of the timing of the Nationals and to make consensus recommendations as appropriate.

### 2. The Working Party.

The Working Party consisted of:

Malcolm Ingham  
Rob Crawford  
Royce Mills  
Derek Morrison  
Stuart Payne

As consultation was done primarily by e-mail Derek Morrison was able to play little part in the discussions.

### 3. Survey Method.

The WOA and South Island areas were surveyed with questionnaires which covered timing of the Nationals as well as preferred structure of the event. The viewpoints of AOA and CDOA were presented more informally although a sampling of views from these areas were also obtained by the return of questionnaires which found their way north.

### 4. Results.

**Recommendation 1: The New Zealand Orienteering Championships should be held on a long weekend. This was almost unanimously wanted.**

**Recommendation 2: The New Zealand Orienteering Championships should be held over Easter weekend each year. South Island wanted the Nationals at Easter. WOA was evenly split between the three weekends. AOA/CDOA were largely in favour of Labour Weekend. This was a compromise which will be acceptable to most.**

**Recommendation 3: One out of the AOA, CDOA, WOA Championships should always be held at Labour Weekend. The SI Championships may also be held at Labour Weekend if so desired by the South Island clubs. This gives a major event at Labour Weekend each year.**

**Recommendation 4: The timing of the New Zealand Orienteering Championships should not be reviewed again for a minimum period of 7 years.**

## "COMMENT"

*Comment on the report of the NZOF working party 'on the timing of the Nationals' by Andrew Brewis, inter-term chairman of the AOA in transition.*

The decision of the working party may concern some Auckland orienteers. There is little reason that it should.

Last year's debate on the orienteering year threw up a number factors of importance to our members.

1 Many orienteers are involved in more than one sport. In Auckland these tend to compete against orienteering during the December to April period.

2 Auckland orienteers wish the year to include an extended period of quality orienteering building up to a significant event.

3 There was agreement that if there must be a gap in orienteering between April and November this should be taken in depth of winter, when the weather is poor and while many are orienteering in the Northern hemisphere.

4 Aucklanders value the summer series and want space left for it.

All this led the AOA to suggest that the Nationals should be held in November.

The working party disagreed, fixing on Easter. Its decision was based on two factors, a wish to run the Nationals over a long weekend and recognition that weather conditions do not permit a Nationals to be held during Labour weekend in the South Island.

But the Auckland clubs have recognised the preferences of their members and wish to respond to them.

To do so the clubs will have to design the orienteering year without the traditional, pivotal, reference to the Nationals.

We are likely to see an autumn series of promotional events - then prime events running from late winter to a top quality event on new maps used as a peak for the year in November.

It is hoped to work with Central Districts to evolve a programme of optimum value to all orienteers living within the northern areas.

I personally believe that the working party reached the wrong compromise. Perhaps it did not understand what was driving thinking in the north. An alternative solution might have been found had there been recognition that climate influences needs in the north just as it does elsewhere in New Zealand. We suggested running the nationals in November as only this timing allowed all areas to provide the run up we felt the event deserved.

Why not really compromise and allow the setting club to run the Nationals at a time best suited to its area's needs?

## Management of Woodhill Forest

Meeting with Carter Holt Harvey at Woodhill Forest Headquarters  
10<sup>th</sup> March 1998.

Present:

|               |      |
|---------------|------|
| Roger Sheriff | CHH  |
| Rob Ambler    | NWOC |
| Rob Garden    | AOA  |
| Andrew Brewis | AOC  |

Scope:

The discussion covered all CHH forests in the Rodney area.

Management:

Previously CHH have operated on the basis of three monthly usage plans. In order to reduce the number of man hours required to over a 100 user groups four times a year CHH are trialing a 12 month plan. This means that the Auckland clubs will have to plan their events April 1 to April 1 rather than for the calendar year. CHH recognise that extending the plan will impose difficulties, particularly for orienteers, but assure us that they will be as flexible as the plan once set will allow. The key is for clubs to recognise that the change has been made to reduce the many man hours that CHH face in managing recreational access to their forests and to seek changes as early as possible and to get them right the first time.

Access:

CHH will prefer that access other than for formal club events be granted Monday to Saturday. Sunday they see as the event day. Once again the company understands that this may present difficulties for orienteers needing to work through a weekend setting an event or mapping. When Sunday access is required it should be worked through early with the management and stuck to.

Charges:

CHH tell us that the direct costs they face in managing access exceeds \$50,000. They introduced a scale of charges which includes a charge of \$2 per orienteer taking part in a formal competition where club charges are made. There will be no entry charge for school events or for training events where no event charge is made. The \$2 charge is reduced to \$1 for students or those with a super card. The charges are not intended to cover all costs and CHH see the recreational use of their forests as very positive PR. Future charges are not set in concrete and CHH say that the fees we pay relative to others may be reduced on the basis of the costs that specific sports incur or the PR benefit we can offer to the company. For example, Mr. Sheriff recognised that should we wheel 1500 people

into the forest in December 1999 we would have a basis for arguing a reduction in fees.

Recognition:

CHH are eager that the positive attitude that they display to the increasing recreational use of their forests be reflected in public recognition. We must do all we can to aid them in this. Several ways in which we can do this were suggested at the meeting. They were:

A credit in the Auckland Orienteer similar to that given to the Hillary Commission.

Recognition of CHH on maps of their forests.

PR elements for CHH when orienteering is shown on television. We might have been able to do something (a hat, a banner?) at the World cup event in Woodhill.

We can make CHH a non-paying sponsor for the forest run, putting their logo in the hand out at round the bays and displaying a couple of their banners at the start.

If there are other ways that we can say thank you to the owner of our most important resource it will do the sport no harm to make use of them.

*Excerpt from the 'Rodney Times Club notes'*

**"Orienteer lauds sport for Warkworth BPW"**

Public relations consultant and 'Story Lines Festival' book fair organiser **Jill Brewis** spoke about her orienteering at the February meeting of the Warkworth Business and Professional Women's Club.

The sport was developed in Sweden and is a school subject there, she said.

It is a good activity to be involved in because participants can compete against themselves in their own age groups. It is like a treasure hunt.

All you need is a compass in order to follow directions, and to be able to read a map so you know where you are.

Each person has the choice of how to get to the various stations and then must clip their card to prove that they have achieved this task.

Meetings are never cancelled, no matter what the weather.

Meeting people, going to places that otherwise would not be visited, being in the open air and

enjoying the natural wilderness, plus keeping fit, are all reasons for Jill to continue to be involved in orienteering.

She was introduced to orienteering through her son when she had to take him to meetings.

This year she will visit the Czech Republic to compete in the World Veteran Championships.

Jill feels it is important for women to take responsibility for their own bodies, and she has done this by taking up a sport her body can cope with, and one that keeps her fit and well.

## The Power of the Mind

Mind power has long been known to promote health and performance. Now research shows that just thinking about exercise can increase muscle strength. "The brain activity when you vividly imagine doing something, with all the feeling you would get if you actually did it, is very very similar to what occurs when you actually do it", says Dave Smith, as sports psychologist.

Now that gives me real encouragement. Instead of feeling guilty about the training runs I haven't done I can now sit quietly at home vividly imagining my heart beat rising, my lungs pumping, my thigh muscles thrusting as I power up those hills at Nationals.

There are other training methods as typified by our Norwegian visitor; 17 hours of training per week and a huge food bill. Take your pick ....

ANNE FETTES

## MOUNTAIN BIKE ORIENTEERING

A record entry faced extremes of weather in New Zealand's biggest MBO event, the Cyclic Saga run near Christchurch last weekend. The 110 teams endured 28-degree temperatures during the seven hours on Saturday, and at the overnight campsite it was still 23 degrees at 6am on Sunday. But the temperature plummeted to around five by the time the cyclists got out of the sheltered valley, with driving wind and rain creating exposure conditions on the tops.

The Cyclic Saga is a two-day Mountain-Bike Orienteering event, possibly modelled on the Polaris events in Britain. Teams of two or more riders have seven hours on day one to get to a

designated campsite, picking up control points on the way; and six hours on day two to return to the start. The map is a 1:50,000 topo map, slightly modified. With the cooperation of 40 landowners very few areas were off limits, and teams could use sealed and gravel roads, farm tracks and cross country. This was the fourth Cyclic Saga to be held on Banks Peninsula, a series of volcanic peaks rising to 900m, with passes generally over 500m. Only remnants of native bush remain after

early European settlement, and most of the terrain is open farmland.

Handling the weather conditions proved vital, especially on the second day. The overnight womens leaders, Sarah Woodfield and Amanda Taylor only managed to score 120 on day two. In contrast Vivienne Prince, Meredith Mackay and Kate Trevallion were among the top scorers in the cold with 235, bringing them to 445. Prince and Mackay are prominent multisport athletes, while Trevallion is a recent mountain-bike convert. There were 17 womens teams.

In the mixed category Rob and Brent Neilson and Pam Hewlett top-scored on day two with 190, but it was not enough to overhaul Simon Adams and Mandy Holstock, who had been among the top half dozen outright on day one. In fact the pair outclassed all but the top three mens teams with their total of 474! Adams is a triathlete while Holstock has represented NZ in MTB racing. There were 23 teams competing.

However there was never any doubt about the mens winners. Last year NZ-rep mountain-bikers Rhys and Charlie Palmer won the elite class for competitors carrying their own overnight gear, now discontinued. This year, their Saturday score of 360 saw them so far in front that a relatively light Sunday of 180 was sufficient to stay ahead by 30 points. The second placed team of Hamish Seaton, Justin Freeman and Darryl Warnock worked wonders to come from a first-day placing in the teens, with a top Sunday score of 266, but it was not quite enough. Another 30 points further back was the foursome of Dave Mitchell, Murray Dwyer, Joe Arts and Pete Braggins.

Regular orienteers and rogainers were thin on the ground (or in the saddle) which is a good thing for MBO - it must attract new participants if it is to succeed rather than split the loyalties of existing orienteers. Michael Wood and Peter

Squires, second last year in the elite class, were fourth in the much larger mens category this year; 70 teams. Wood is a member of the IOF MBO Committee and Squires is one of the course planners for the fourth World Rogaining Championships in January 2000.

And in other "honours", the prize for the best team name went to "Arthur C Clark and the Pedal Files".

The seven-person "All-Night" Relays also took place last weekend at Taupo in the North Island. The next major event will be the National Championships near the southern city of Dunedin at Easter.

### Three Kiwis in World Top 50

Three NZ orienteers are among the top 50 in a provisional World Ranking just announced by the IOF. Tania Robinson (Pukekohe) is placed at 36<sup>th</sup>, Alistair Landels who is based in Sweden is 38<sup>th</sup>, and Antonia Wood (wintering in Italy) is 47<sup>th</sup>. Australia's best ranking is 50<sup>th</sup>.

This ranking, based on a best of 6 qualifying results since WOC95 in Germany, will be the starting point for a new World Ranking formula to be run on nominated elite events in the future. To run a meaningful ranking system in orienteering, race times must be scaled for both magnitude and spread, and a provisional ranking system is needed to start off the process. Past rankings have suffered from distortions introduced by the variety of terrains encountered.

Provisional rankings include:

#### Women

|                    |       |                       |
|--------------------|-------|-----------------------|
| Hanne Staff        | (NOR) | 1                     |
| Marlena Jackson    | (SWE) | 2                     |
| Gunilla Svard      | (SWE) | 3                     |
| Tania Robinson     | (NZL) | 36                    |
| Antonia Wood       | (NZL) | 47                    |
| Tracy Bluett       | (AUS) | 51                    |
| Marquita Gelderman | (NZL) | 52                    |
| Kirsty Bryan-Jones | (GBR) | 75 (now living in NZ) |

## Men

|                      |       |                            |
|----------------------|-------|----------------------------|
| Jorgen Martensson    | (SWE) | 1                          |
| Bjornar Valstead     | (NOR) | 2                          |
| Petter Thoresen      | (NOR) | 3 (visited NZ this summer) |
| Carl-Henrik Bjorseth | (NOR) | 19 (studied in NZ in '96)  |
| Alistair Landels     | (NZL) | 38                         |
| Tore Sandvik         | (NOR) | 40 (currently in NZ)       |
| Grant Bluett         | (AUS) | 50                         |

*Michael Wood*

## THE AUCKLAND ORIENTEER

### ***The AUCKLAND ORIENTEER...***

...is the monthly newsletter of the Auckland Orienteering Association, combining the Auckland, Counties-Manukau and NorthWest Orienteering Clubs. It is edited by Stan Foster and Colleen Lawson (8367072) and distributed by Marquita Gelderman, NWOC (412 8879) and published at the beginning of every month except January.

### **Next Issue: May 1998**

Mail your contributions to 83A McLeod Road, Te Atatu South or fax 827 3996, or email [SWFoster@xtra.co.nz](mailto:SWFoster@xtra.co.nz)

*The deadline for contributions for the April AUCKLAND ORIENTEER is Friday 17 April.*

Disks or email please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. Please don't format your document with spaces or tabs, it takes me ages to get rid of them all.

I would prefer not to have to return your disk, but just ask and I will give you as many disks as you want, I have hundreds of them.

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 prepared to type contributions if necessary.*

### **Distribution**

If you change your address, please contact your club membership officer or 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.

*STAN FOSTER 836 7072*



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