

# the auckland orienteer

*august 1986*



## EDITORIAL

The championship season is fast approaching, as you would have noticed last month when the details of the Central Districts Champs and the Auckland Champs were published. This month you will see details of the National Score Event, the Auckland Relays and the climax of our orienteering year, the New Zealand Championships.

All these events are in the Auckland area this year, so you have a feast of top class orienteering ahead of you. Championships in orienteering are not just for the "guns"; all grades are catered for, from beginners to elite. So don't lose the enclosed entry forms, fill them in and send them in, now! Don't be a late entry.

Keith Stone

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## IN THIS ISSUE . . .

### SPECIAL FEATURES

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### REGULAR FEATURES

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### INSERTS

- New Zealand Championships Entry Form
- Auckland Relays Entry Form
- National Score Event Entry Form

# COMING EVENTS

## AUGUST

- 3 H Kaimai Ranges foothills, 10km SE of Te Aroha: CDOA OY4 on Tuahu map, starting on the Tuahu walkway. 1:10000 scale, 5m contours, part farmland, part forest, part steep! Signposted from Manawaru. Start times from 11.00am to 1.00pm.
- 10 NW Woodhill Forest: AOA OY7 on Sixteen Mile map. Note change of venue from Mt Auckland. Refer details on page 15.
- 16 P Tokoroa: Central Districts Championships and Badge Event on Perimeter Road South map used for Day-5 of the NZ 7-Day event. Details in July magazine. Entries closed.
- 17 P Tokoroa: Score event also on Perimeter Road South map. Details in July magazine. Entries closed.
- 24 C Auckland Domain: Recreation event.
- 31 NW Whangaparaoa: Recreation event on Shakespeare Reserve map.

## SEPTEMBER

- 7 C Blockhouse Bay: Recreation event on Craigavon Park map.
- 14 SA Waiuku: AOA OY8 on Taurangaruru farmland map.
- 14 T Taupo: CDOA OY5 on Te Whakao map. No other details known.
- 17 SA Franklin Primary School Championships.
- 21 NW Long Bay: Recreation event on ARA reserve and farmland map.
- 28 C Woodhill Forest: AOA OY9 on Quarry Road map used for day 2 of the NZ 7-day event.
- 28 R Rotorua: CDOA OY6. No details received.

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## START TIMES

Events usually have start times between 10.00am and 1.00pm unless otherwise advised.

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## CHANGE TO PROGRAMME

North West Club cannot use Mt Auckland for the OY event on 10 August as the farmer has changed his mind and will not grant permission because of lambing. The Sixteen Mile map in North Woodhill will be used instead.

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## CLOSING DATES FOR ENTRIES

- Sept 1 Auckland Championships  
Entries to : Phyl Snedden, P O Box 26, Waiuku.
- Sept 13 Auckland Relay Championships  
Entries to : P.O. Box 36059, Northcote, Auckland 9  
Individual entries to club co-ordinators by August 31
- Sept 29 New Zealand Championships  
Entries to : Leon McGivern, 46 Hope Farm Rd, Pakuranga

## ▣ LETTERS TO THE EDITOR

Dear Editor,

### Orienteering in schools

I have recently become involved in the orienteering elective at our local intermediate school, and I am appalled at the low profile that orienteering has amongst children.

This attitude appears to have been caused by their experiences at primary schools or cub camps, where an "orienteering" trail seems to be a much-used activity. Unfortunately in most cases teachers are setting a treasure-hunt type of activity using compass bearings or grid references as a means of negotiation instead of concentrating on map-reading. This results in the belief that orienteering is boring, difficult and for sissies! In all cases the children in my Form 2 group had to suffer some criticism from their classmates for even having orienteering as a last chance.

At a time when we are trying to generate a positive attitude towards our sport amongst the general public, we can ill afford such negative feedback. I would urge you all to:

- become involved in the orienteering at your local school
- find out if orienteering is to be an activity at school camps and volunteer to assist the teachers to organise it
- "sell" the sport to children you know, they may have an opportunity to try it some time in the future
- enlist the help of your PTA - they love to buy compasses, so would probably fund a black & white map of the school grounds (aerial photograph obtainable from Architects at Dept of Education, Gillies Ave)
- encourage children and teachers to attend promotion events, even if it means squashing a few keen children into your car and taking them yourself.

Our sport is one which most children enjoy if it is presented in the right way - we all have to become involved in ensuring that their first experiences are enjoyable.

Briar Gregory

\* \* \* \* \*

## ▣ NEW ZEALAND 7-DAY EVENT

Following is an extract from the "Ugly Gully News", written by two of the Queenslanders who came over in May.

Screwloose and Chatti made up their minds to roam,  
Destination New Zealand, not too far from home.  
To take on the Kiwis, as published in the press,  
But plainly evident, not running at their best.

Up and down fern fronds, round and round they went,  
Down gloomy gullies where they loathed to be sent,  
Up mighty mountains several kilometres high,  
Through fearful forests that always hid the sky.

Out along bracken bridges, bending down with moss,  
Til they reached dreadful paddocks that were 5 controls across.  
'Twas wet, sheep covered and fence-filled land to tread,  
They wished that they were home again and tucked up tight in bed.

Their little legs were wobbly, their strength was nearly spent,  
But they continued on, in the New Zealand Seven Day event.  
Through the muddy creeks and paddocks kilometres across,  
Across the bracken bridges bending down with moss.

Through the fearful forests shutting out the sky,  
Up mighty mountain ranges very, very high,  
Down gloomy gullies, where they still loathed to be sent,  
Up and down fern fronds and round and round they went.

Til they happily staggered off the plane safely back home,  
But the two Ugly Gullians resolved plenty more to roam.

Greg and C.J. Dennis

\* \* \* \* \*

## FOR SALE

Silva Compass                      Latest Model 5NL

Retail Price \$37.00              Will Sell For \$25.00

Contact Phil Mellsop on Phone 298-6074

\* \* \* \* \*

## BITS & PIECES

- \* Seen running in the Auckland Cross-Country Championships on One Tree Hill and Cornwall Park on Saturday 19 July were Val Robinson, Joanne Cunningham, Alistair Landels, Paul Dalton, Barry Cooper, Ray Baker, Alistair Cory-Wright, John Robinson and Keith Stone.
- \* Carey Martin has been selected in the top North Shore Representative Netball team to play in the New Zealand Championships later this year.
- \* Noticed Mike Beveridge's name in the results of a street event in Vogelstown, published in the Egmont Club July newsletter. Don't forget, if you travel around New Zealand, that there are lots of orienteering events being held every weekend; only the major ones are listed in our "Coming Events". Your club secretary or librarian receives magazines and newsletters from the other clubs in New Zealand which give details of their local events.

▣ Ode to a 7 day . . . .

Orienteers in the Sheraton,  
Orienteers in the mud,  
Orienteers on the motorway,  
Or churning through a flood.

Orienteers on the ferries,  
Orienteers from the town,  
Orienteers from Whangarei,  
Or down in Bluff or the Sound.

Some loaded like a packhorse,  
Travelling on the cheap,  
Hiking to the venue  
When everyone's asleep.

Listening to a favourite tape,  
Headlights on the line,  
Glances back at the kids,  
- drifting off, that's fine.

Hamburgers on the hoof,  
Gas station loos at the back,  
Then boot it off the beaten road  
On some God-forgotten track.

Mixture of tents and campervans,  
Drowsy drivers, wide-awake kids.  
Check on map scale, clip card, clues,  
The do's and dont's and did's.

The warm-ups, the casual quip,  
Butterflies, the countdown call,  
Spiked number one cleanly,  
Nice to do that to them all.

The post mortem at the results,  
Coffee mugs, "sammys", tubes of sud,  
Orienteers back to the Sheraton,  
Orienteers back to the mud . . .

Tony Nicholls  
(Recycled M21A)

## ■ SOUTH AUCKLAND NEWS



### \* Lost or at least not found

The club's supply of Omana maps has been reported missing-in-action. Anyone knowing their whereabouts please contact Ian Currie, phone (085) 32-797.

### \* Next Meeting

The next club meeting is at Phyl and Jim Snedden's in Waiuku, on Monday 4 August, commencing at 7.45pm.

The one after that is on 1 September at Colin Hope's in Pukekohe.

### \* Recent Events

#### 13 July - Redoubt Road

The location for this event was the same as for the 1985 Secondary School Champs with the HQ being up the Whitford Road. This allowed course setter Jeanette Boswell to use the undulating south side of Redoubt Hill with it's scattered puriri trees to good advantage. After recent comments on suitable novice courses not being offered, Jeanette used the available topography well. Although the lower flats of the map make for wet feet it is close to Auckland and with attendance of over 100, the courses were enjoyed by all.

Controller            Rosemary Gatland  
Co-ordinator        Sandy Arthur

#### 20 July - Mt Richmond

Look at the size of this map! It's so small, this should be easy. The club committee agreed to try a 1:10000 scale for this area after the original scale of 1:5000. It was felt that as this was the usual scale for our other maps, and that it wouldn't detract from the overall presentation, a 1:10000 scale was justified. In spite of the fact that a lot of the 120 competitors were relative newcomers, we received no adverse comments on legibility and I don't think there were any DNF's.

Although the area is only about 600 sq metres, Joanne Cunningham designed four courses from 1.5km up to 4.7km, giving ample opportunity for viewing the surrounding city from the high points.

A very enjoyable day capped off with a rugby match next to the event centre to watch as an extra.

Controller            Gordon Evans  
Co-ordinator        Phil Mellsop

P.S. It was Phil's son John who drew the original Mt Richmond map. The new version was field-worked and drawn by Colin Hope. Well done, Colin.

S.A. Weasel



## ▣ JUNIOR TRAINING CAMP

### WEEKEND 12/13 JULY

When I arrived up at the forest on Saturday, I first competed in a VideO in which we all became TV stars, courtesy of Bruce Henderson, with event analysis afterwards. Then we got into groups of about 5 and went out on a contours only map with one of the adult helpers. Each person took turns at leading the group to various controls.

The next stop was the hot pools at Parakai and then after dinner, back to the hall. We went over our analyses and courses before watching the video of the VideO!

The following day started with a WindO, which relied on accurate compass bearings between controls as we could only see small pieces of the map around the control site. This taught us to run fast on a compass bearing and relocate quickly in the circle.

Next was a Seek and Hide O for which the circles on the map were larger than usual, and the control was somewhere in the circle, though not necessarily in the middle. Groups of about 4 went round the course with an adult, with the members of each group taking off at one minute intervals. When you found the control you hid and watched the others come looking for it.

The last event was a mass start O course with an event analysis afterwards.

The event I enjoyed the most was the Seek and Hide O because it helped us to look around us and relocate quickly. It also taught us to estimate time lost.

The whole weekend was a great deal of fun and I would like to thank John Rix, the Robinson's and Mr Holst for their time and effort.

Alison Stone

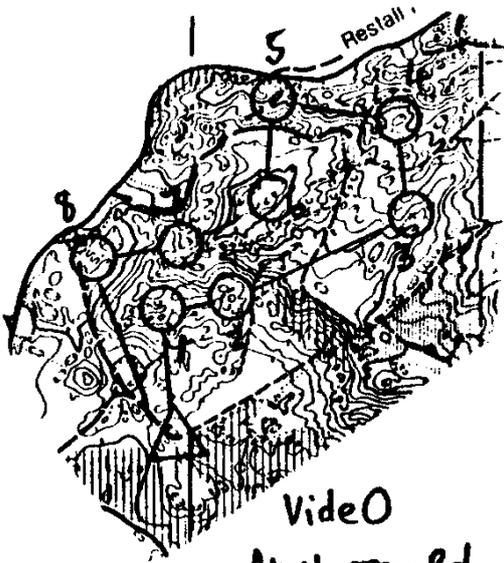
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## ▣ ORIENTEER OF THE YEAR COMPETITION

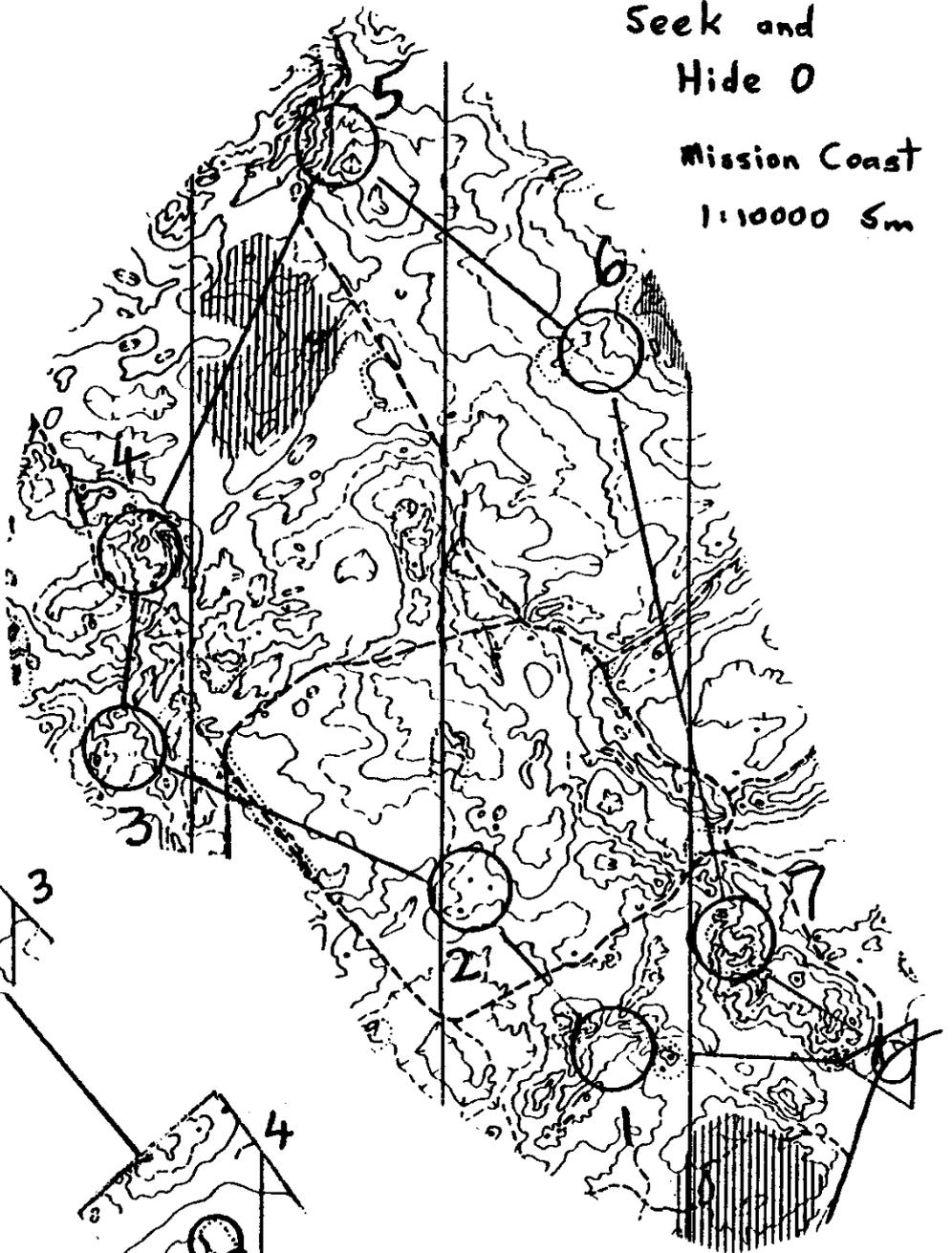
After five of the nine events in this year's competition, there are three orienteers who have already won their grade. Congratulations to Penny Clendon (W17A), David O'Brien (M-14B) and Ian Bamford (M60A).

In many of the other grades the competition is very close, and with four events still to go, there are a lot of points to be won yet. The W21E grade has had a different winner each time, in M21E and M13A there have been four winners, the leader of M21A has not yet won an event, there are only five points between first and fourth in M13A, and only 2.1 points between the first three in M21B.

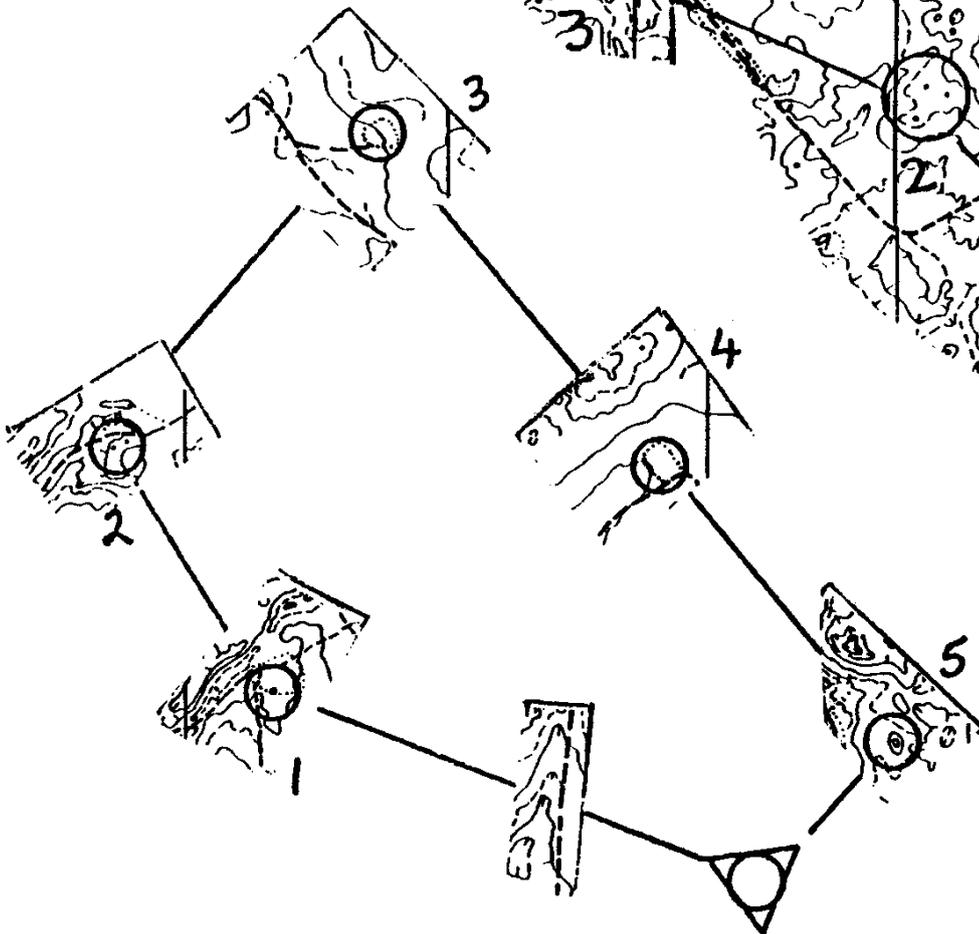
The points are on display at each OY event.



VideO  
Mushroom Rd  
1:15000 Sm



Seek and  
Hide O  
Mission Coast  
1:10000 Sm



Wind O  
Mission Coast  
1:10000 Sm

## ▣ GUIDELINES TO COURSE PLANNING

(Continued from last month)

### ELEMENTS OF ORIENTEERING

#### Map-Reading

On a good orienteering course the competitors are forced to concentrate on navigation throughout the race. Sections requiring no map-reading or attention to navigation should be avoided, except possibly when they contain especially good route choices.

#### Route Choice

Alternative routes force the competitor to use the map to assess the terrain and to draw conclusions about it. Choices of route make competitors think independently and will split up the field, thus avoiding "following".

#### The degree of difficulty

Within a given terrain and map, a course planner may construct courses with a wide range of difficulty. This applies to the orienteering as well as the severity of the course. The degree of difficulty on the legs may be adjusted by letting them follow leading features more, or less, closely.

Approaching the control, the competitor should be able to assess the degree of difficulty from the information available on the map, and so choose the appropriate technique.

The degree of difficulty is to be particularly considered when planning courses for different classes. Attention should be paid to the actual competitor's skill, experience and ability to read or understand the fine detail of the map.

#### Suitable Terrain

The rules demand "forested terrain - unknown to the competitors", but many good orienteering events contravene these principles. Special types of orienteering take place in quite different types of terrain. Competitions are all based on the same idea but there is considerable variation in the balance between the different elements of map-reading, route choice and pure running.

These guidelines are designed to safeguard the "unique character" of the original sport of orienteering. This requires terrain where the running ability of the competitor can be tested, where he has to work independently, and where he must orienteer under continual pressure, knowing that even one small mistake may lead him astray.

#### Demanding terrain

Forested areas; terrain with limited visibility; detailed terrain; many small features; sparse track network; moderate height differences; uncultivated, undeveloped areas; runnable ground covering; moderate vegetation; varied, frequently changing terrain; unfamiliar terrain.

### Less demanding or unsuitable terrain

Open areas with good visibility; uniformity; few features to navigate by; areas with many roads and tracks; many line and collecting features; highly cultivated forests; single hillsides with big height difference; settlement and large lakes; familiar terrain. Dangerous land, conservation areas and nature reserves.

### CENTRAL OFFICIALS

Persons responsible for course planning must have an understanding and appreciation of the qualities of a good course, gained from personal experience. They must also be familiar with the theory of course planning and appreciate the special requirements of different classes. They must be able to assess on site the various factors which can affect the competition, like the terrain conditions, the quality of map, the presence of participants and spectators etc.

### The course planner

The course planner is appointed by the organiser. He is responsible for the choice of terrain, the competition map, the layout and the operation of the competition between the start and the finish line.

### The controller

Careful checking of the course planning work is essential because of the numerous opportunities for error which could lead to disastrous consequences. The controller is both helper and adviser to the course planner and shall, if necessary, assist him to find better solutions to problems which have arisen.

The controller's role is clearly described in the IOF rules.

### WARNINGS

#### Armchair planning

The course planner should not plan to use any control or leg before he has become fully acquainted with the terrain. He should also be aware that on the day of the event the conditions regarding map and terrain could be different from those which existed at the time the courses were planned.

#### Non-Elite courses too difficult

Making good elite courses is easy, compared to planning the right course for beginners and other classes. It is very easy to make these courses too difficult. The course planner should be careful not to estimate the difficulty based on his own skill at navigating, or on his walking speed, when surveying the area.

#### Less suitable controls

The desire to make the best possible legs often misleads one to use an unsuitable control. A competitor seldom notices any difference between a good and a superb leg, but he will immediately notice (and comment) if a control leads to unpredictable loss of time due to a hidden marker, ambiguity, misleading control definitions, indecipherable control descriptions etc. Course planners should also have such possible reactions in mind.

### Close controls

No one is happy to disqualify a runner who returns with a wrongly punched card, especially if the placing of controls too closely together is later criticised. Even when the controls are numbered with codes they should not have a misleading effect on runners who navigate correctly to the correct site.

### Theoretically good route choice legs

Runners will try to reduce problems. The planner may see route choices which will never be taken and thereby waste time constructing intricate problems, whereas the runners may take a "next best" route, thus saving time on route planning.

### THE COURSE PLANNERS FINGER RULES

Always remember to safeguard and take care of the following principles:

#### Unique character

Every sport has its own character. The unique character of orienteering is to find and follow the right way through unknown terrain under mental and physical stress. This demands a combination of quick and accurate map-reading, navigation and running through various types of terrain.

#### Fairness

Optimal fairness is demanded in all sports. Orienteering competitions have a more than average chance for "fairness factors" to be broken, unpredictably and unwillingly of course, and by the organiser as well as the competitor.

The course planner must bear such factors in mind and avoid them with adequate precautions. Care should be taken to ensure that all competitors meet the same conditions at every part of the course.

#### Popularity

We like to think of orienteering as a sport which will encourage participants to come back to the next event, but the long term interest may wane or even disappear if the courses are not carefully planned - too long/short, too difficult/easy, too steep/flat, too many/few paths, too many/few controls, hidden controls, close controls, etc. In this respect it is most important that the courses and the degree of difficulty are suitable for the actual participants in different classes.

#### Wildlife and the environment

The environment is sensitive, wildlife may be disturbed, and the ground as well as the vegetation may suffer from too much pedestrian traffic. Walls, fences, cultivated land, buildings and other constructions placed there by the owner are all parts of the natural environment.

It is a very important part of the course planner's job to make early contact with the owners of the ground and the hunting rights, thus finding out if there are any sensitive areas in the terrain. It should always be possible to find ways to avoid interference with the most sensitive areas. Experience has shown that even big events can be organised in sensitive areas if the right precautions are taken and the courses well planned.



# NZ ORIENTEERING CHAMPIONSHIPS 1986 WOODHILL STATE FOREST - AUCKLAND

ORGANISERS : Central Orienteering Club

VENUE : Temu Road

DATE : Saturday 25 October 1986

MAP DETAILS : New Map, 1:10000 Scale, 3.5m Contours  
Intricate coastal sand dunes to steep forest slopes

COURSE PLANNER : Eddie Reddish

CONTROLLER : Terry Nuthall

CLASSES : M12A/B, M13A/B, M15A, M17A, M19A, M21E/A/B/C,  
M35A/B, M40A/B, M45A/B, M50A, M55A, M60A  
W12A/B, W13A/B, W15A, W17A, W19A, W21E/A/B/C,  
W35A/B, W40A/B, W45A/B, W50A  
(Ages as at 31 December 1986)  
The organisers reserve the right to combine grades

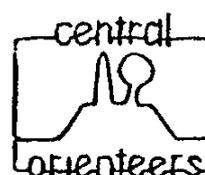
ENTRY FEES : Seniors \$6.50  
Juniors \$3.50  
Family maximum \$16.50

ENTRIES CLOSE : 29 September 1986  
Late entries accepted at double entry fee

ACCOMMODATION : Houghton's Camp, Muriwai

\* \* \* \* \*

## CENTRAL CHATTER



- \* Central Club Creates Scholarship Fund  
Flushed with success from its recent members working bee activities Central Club has invested \$3,000 to benefit young orienteers. From January 1987, young orienteers (from juniors up to students not in full-time employment) will be able to apply to the club for financial assistance to assist with travel or training needs. A sub-committee of three, consisting of the Central Club President, one committee member and the Auckland director of junior training (currently John Rix), will administer the scholarship. It is expected that \$800 per year will be available for distribution to young orienteers. Further details later, for Central Club members.
- \* The next Central Club meeting will be held on Monday 11 August, at Terry Nuthall's home, 30 Epsom Avenue, commencing at 7.30pm.

# AUCKLAND RELAY CHAMPIONSHIPS



**DATE :** 5 October 1986  
**CLUB :** North West  
**COURSE PLANNER :** Bas Cuthbert  
**CONTROLLER :** Keith Stone  
**MAP :** Mission Coast Road  
**TERRAIN :** Open, mature forest, with mainly easy running  
**FORMAT :** The format has been changed for this year's event. Teams will consist of 5 competitors and all teams will compete in the same race. Grade restrictions on different legs have been kept to a minimum but our intention is to have a range of grades in each team. Each grade has been allocated a rating and each team is allowed a maximum rating of 120, made up of the total of the 5 grade ratings of the individual team members.

**COURSE LENGTHS & DIFFICULTY :**

Leg 1	1-2km	4-5 controls	Easy
Leg 2	2-3km	4-5 controls	Medium
Leg 3	3-4km	6-7 controls	Medium
Leg 4	4-5km	8-9 controls	Hard
Leg 5	5-6km	10-13 controls	Hard

**GRADE RESTRICTIONS :**

Leg 1	Juniors under 17
Leg 2	Any B or C grade or W50A+
Leg 3	Any grade
Leg 4	Any grade
Leg 5	Any grade

**GRADE RATINGS :**

		Rating
1	M21E	50
2	M35A, W21E	45
3	M19A, M21A, M40A, M45A	40
4	M17A, M21B	35
5	M50A, W19A, W21A, W35A	30
6	M15A, M35B, M55A, W17A, W40A	25
7	M45B, W15A, W21B, W45A	20
8	M13A, M-18B, M21C, M60A, W35B, W50A	15
9	W13A, W-18B, W21C, W45B, W55A	10
10	M12A, M-14B, W12A, W-14B	5

**EXAMPLES :**

Leg 1	M12A	5	or	W14B	5
Leg 2	W21B	20		W55A	10
Leg 3	W50A	15		M60A	15
Leg 4	M50A	30		M40A	40
Leg 5	M21A	40		M21E	50
		---		---	
		110			120

**INTER-CLUB  
COMPETITION :**

The first three teams from each club will have their places totalled and the winning club will be the one with the lowest total

**ENTRIES :**

One person from each club will co-ordinate their club's entries. You will help them by completing the entry form enclosed and sending to your club representative as soon as possible. Even if you make up your own team, tell your club representative.

**ENTRIES CLOSE :**

13 September 1986.

**ENTRY FEES :**

Senior \$5.00, Junior (Under 19) \$3.00

**ENTRY**

**CO-ORDINATORS :**

Central -	Mike Ashmore	Ph 566.850
	40 Reelick Ave, Pakuranga	
North West -	John Fettes	Ph 766.526
	26 Arthur St, Ponsonby	
South Auckland -	Sally Pilbrow	Ph 298.5504
	120 Porchester Rd, Papakura	

\* \* \* \* \*

**ADA OY7 EVENT**

Date : 10 August  
Club : North West  
Map : Sixteen Mile  
Scale : 1:10000  
Contour Interval : 2.5 metres

Terrain : Mature forest on sand dunes.  
Shorter courses will be in good, free running forest. Longer ones will have combination of free running forest and some areas with trimmings on the ground.

Course Planner : Ralph King

Controller : David Melrose

Location : Northern part of Woodhill Forest.  
Entrance via Rimmer Road just south of Helensville.



## ■ NORTH WEST NEWS



- \* Welcome to our new members, the Dollimore family of Jim, Penny and Dan. We hope to meet you at future events. Please make yourself known to other North West members.
- \* Congratulations to David O'Brien, our first OY winner this year, who has won the M-14B grade. How about trying a harder course now, David?
- \* We are planning a social gathering to farewell our team members travelling to Australia and to give those of us who have caught the Trivial Pursuit bug another go. The Stone's have kindly offered their home as the venue, so make an effort and come along. It will be a fun night.  
Date : Saturday 9 August  
Time : From 7.30pm  
Address : 8 Agathis Avenue, Mairangi Bay  
Bring a plate and BYO  
A feature of the evening will be the investiture of Laurie Baxter as a life member of our club.
- \* Judy Martin is travelling to Britain for a while after representing New Zealand in Australia in September. Judy has worked hard for our club (and orienteering in general) for a number of years and we hope she has a good break while overseas.
- \* Remember our monthly club meeting on the first Thursday of each month at Birkdale Primary School, corner Birkdale and Salisbury Roads, Birkdale, commencing at 7.30pm. Come along.

### Random Ramblings from El Presidente

It's a while since I've got around to writing this column - the monthly deadline for copy always seems to come around about a week before I'm ready for it.

Two interesting publications have come through my mailbox in the last week or so. The first was "IOF 25" - the Jubilee Edition of IOF Report. It contains a great variety of articles on orienteering, past and present, from all over the world. I found the article "How Did It Start?" especially worthwhile, as was one by Sarolta Monspart (Hungary) on "Orienteering in Eastern Europe". IOF 25 is well worth buying, borrowing or begging for a good read.

The other item looked more modest, but continued the theme of Eastern-Bloc-O. IOF Bulletin No 2 (June 1986) contained the possibly overdue news that the USSR has applied to join the IOF. Assuming the application is accepted - to be decided at the 1986 Congress - the O-population swells abruptly by about 300,000! The sport is obviously very big there, especially in European Russia. The country is so vast that the National structure is rather different, but they have Professional Officers, over 100 National and 400 "Republican" (Area) Controllers. For those with WM in mind, Russia is roughly on a par with Czechoslovakia as regards International competition.

Another article that caught my eye was a report from Canada on a planned membership campaign. They were concerned at the lack of membership growth, and surveyed new and past members to find out why. Out came things like "lack of social activities", "too competitive", "elitest", "no time for beginners", etc. Sound familiar? I should say so - I think they've all surfaced here at some time or other. I'll be contacting the Canadians to see how the campaign goes.

One charge I've heard a few times of late is that our own "Elite" orienteers are not putting enough back into the sport. On this I have two comments. One is that to be an elite orienteer with eyes on international competition takes a major commitment in training-time and money. Those who make it to WM87 in France will thoroughly deserve it, and need encouragement not knocking. I rather think the time to repay should be afterwards, when the international pressure is off.

Secondly, many of the 1985 team are doing it. Full marks to those - especially David Melrose - who put together the recent Training Day on Mission Coast Road. Five levels, and a series of activities for each level. Well planned and executed, something for everyone.

At the same time John Rix was running - with help from Ken Holst and Val Robinson - a training camp for Junior Squad members, using various Woodhill maps. Again, thorough organisation and a very worthwhile event.

So the input is definitely there, and will continue. Give the squad your support, they work hard for it.

Good running!

Bruce Henderson

P.S. I wonder how many O-maps they can get out of the vast pine forests of Siberia? They measure them in millions of square kilometres . . .

\* \* \* \* \*



## NATIONAL SCORE EVENT



DAY 3, LABOUR WEEKEND, MONDAY 27 OCTOBER

This event will be organised and run according to Swedish Orienteering Federation rules, but with reduced time-penalties for lateness.

All age groups will be catered for - Certificates for placegetters  
Senior and Junior Spot prizes

Massed Start 10.00am - Pre-start route planning time allowed

The event, including prizegiving, will be over by lunchtime,  
to allow distant competitors daylight travel time

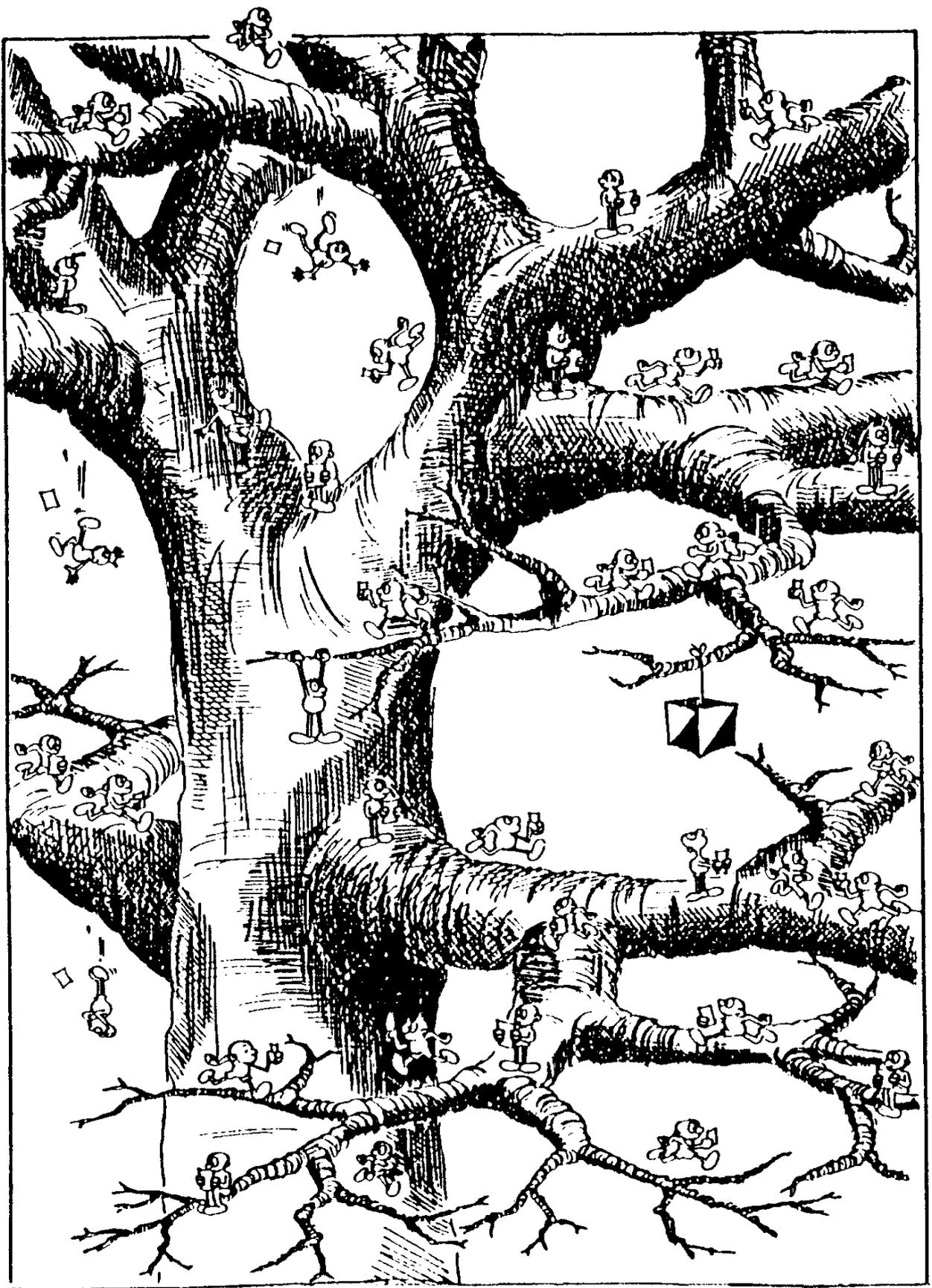
Venue - Woodhill Forest : Map Scale - 1:10000 : Contours - 5 metres  
Terrain ranges from fast open forest to complex upper slopes and mixed ground cover. Control descriptions will be in I.O.F. symbols

Course Planner : Bruce Henderson - Controller : Bas Cuthbert

Entry Fees : Senior \$5.00, Junior (U19) \$3.00, Family Maximum \$12.00

CLOSING DATE : 1 OCTOBER 1986

Late entries (at double normal fee) accepted at organiser's discretion.



From Kapiti Havoc Magazine - June 1986



COURSE SETTING COMPETITION - 1986



Open to all Orienteers. How many times have you grumbled about your course. Now is your chance to show your skill. Maybe you haven't set a course before, now is your chance to have a go, and in return you will receive some constructive comments and advice on your efforts.

Course setting is one way of improving your O skills by carefully studying all details that are on the map.

PRIZES - The winner of the senior competition will receive a trophy and a prize.

The winner of the junior competition will also receive a trophy and a prize.

There are two grades - SENIORS open to all 1986 affiliated members.

JUNIORS affiliated members under the age of 19.

SENIORS set one course W 50A. JUNIORS set one course W 15A.

Courses to be drawn to IOF standards with a technical difficulty commensurate to gold badge standard. Control descriptions to be attached drawn in IOF symbols.

THE MAP - Sixteen Mile, Woodhill.

ENTRY FEE - \$5 per person. Extra maps \$1 each.

Entry fee covers a set of rules, copy of IOF symbols, relevant NZOF rules and 3 maps.

ENTRIES CLOSE ON 20th September 1986 - NO LATE ENTRIES ACCEPTED.

POST ENTRY FORM WITH FEE ( cheques payable to South Auckland Orienteering Club) to B LAURENT  
2 R.D.  
WAIUKU.

NAME	SECTION JNR/SNR	CLUB	FEE
	EXTRA MAPS		
		TOTAL	

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Budget Accommodation market in the near  
future which will assist all Orienteers

Watch this space for developments