



# EDITORIAL

Hey! wasn't that a short month?

Yes, I know it is still only July, and it is only 3 weeks since the last magazine, but it saves an awful lot of postage to distribute the mag at events, and most orienteers come to OY's, and it is only 3 weeks since the last OY event. SO THERE!!



And guess what? You will not have to put up with my Editorial moans and groans for long as a kind soul has offered to take over the Editorship from next month. She assures me it had nothing to do with my whinging last month - she had thought about offering before but was thinking of returning home to England. So, England's loss is our gain, at least for a while anyway. Welcome then, Rowena Grenfell, who has been somewhat incapacitated the last few months after suffering a nasty fall while tramping in the South Island soon after Christmas. Since then Rowena, who is a doctor, has been experiencing life at the other end of the stethoscope, but I will leave it to her to tell you the gory details.

New Zealand's migratory orienteers will be packing their "O"-bags next week and heading off overseas to Canada to compete in APOC90 encompassing the 1990 Asia Pacific Championships, Canadian Championships, North American Championships and World Cup race, APOC/Canadian Relay, Pacific Northwest "O" Festival and World Cup race and Alberta Rogaine. It should be a great experience and I for one am really looking forward to it. With any luck your new Editor will be swamped with articles and you will be able to read all about it in September and October.

Of course Canada is not the only destination for flying Kiwi orienteers, and a large contingent are heading to Australia in September to take part in the Hovell tour. The names of those selected to represent New Zealand are listed on page 18 and we all hope they show the Aussies a thing or two.

I did not get much response to *Times Square*, perhaps it was an idea ahead of it's time. Time .... get it? Then again maybe you just haven't got around to it. If that's the case this is just what you need.... a round tuit! GROAN, WEEP!



Although I only received a few *Times*, I have been sent lots of other material. Many thanks, contributors. Obviously Mike Ashmore's rest from orienteering last year allowed his fertile brain to cogitate and he has come up with some more ideas for us to consider this month. If nothing else I hope it provokes comment from you. Drop Rowena a note on what you think of Mike's suggestions.

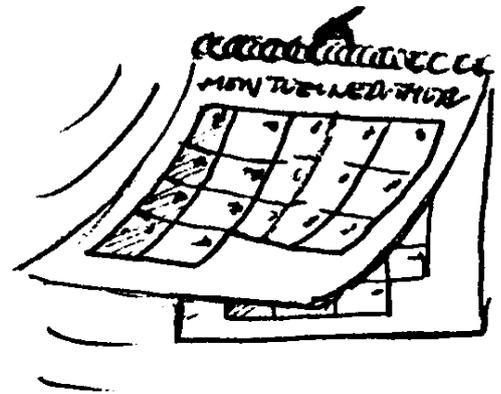
Keith Stone



# COMING EVENTS

## JULY

- 29 Sun C Churchill Park - social event.  
Entrance from Kinsale Avenue,  
Glendowie.



## AUGUST

- 3/19 Asia Pacific Orienteering tour in Canada & USA.  
5 Sun NW Shakespear Reserve - social event. Right at the end of  
Whangaparaoa peninsula.  
12 Sun SA Hayman Park - social event. Behind Manukau City centre.  
19 Sun NW Moire Park - social event. Off Royal Road, Massey East.  
19 Sun T CDOA OY5 - Raroa map, Taupo. Used for CDOA Champs 1989. Turn  
right off Broadlands Road N.E. of Taupo.  
26 Sun C One Tree Hill - social event. Drive round until you see the O-signs.

## SEPTEMBER

- 2 Sun SA Waiuku Forest/Farm - social event. At the entrance to Waiuku Forest.  
Follow signs from Waiuku town to Forest H.Q.  
9 Sun WH AOA OY6 - Phoebe's Lake, Pouto. If you insist on driving yourself, first  
find Dargaville on SH12, then head south through Te Kopuru and on  
towards Pouto. Better to make a social day of it and join the bus or  
ferry group. See details on page 6 and give Ann Fettes a ring.  
15/16 Sat/Sun R CDOA Championships 2-day event on new map. Entry form and  
details in July magazine. Entries close 25 August.  
23 Sun SA Redoubt Road - social event. Take Manurewa exit from motorway  
and turn left into Hill Road. Watch for signs to turn right to Alfriston.  
*Note this is a change from original venue which is unavailable.*  
23 Sep/7 Oct Australia / New Zealand Challenge tour in Oz.  
30 Sun NW Long Bay - social event. Northernmost of the East Coast Bays. Be  
brave and have a swim afterwards.

## START TIMES

For all Auckland events you can start any time from 10.00am to 12.30pm. Central Districts club events vary from area to area but their OY's have start times from 11.00am to 1.00pm.

## NEW EDITOR

Your new editor from next month is Rowena Grenfell.

The address for all your contributions is -

Rowena Grenfell  
1/35 Stranolar Drive  
Mt Roskill  
Auckland 4

Rowena's phone number is 674-045.

# LETTERS TO THE EDITOR

Dear Editor,

## "O" TIP

I see many new orienteers attaching their clip card to their maps. This is a bad technique/habit to get into. Folding and unfolding your map at control sites to get to your clip card, plus, then having to relocate your position on the map takes up precious race time.

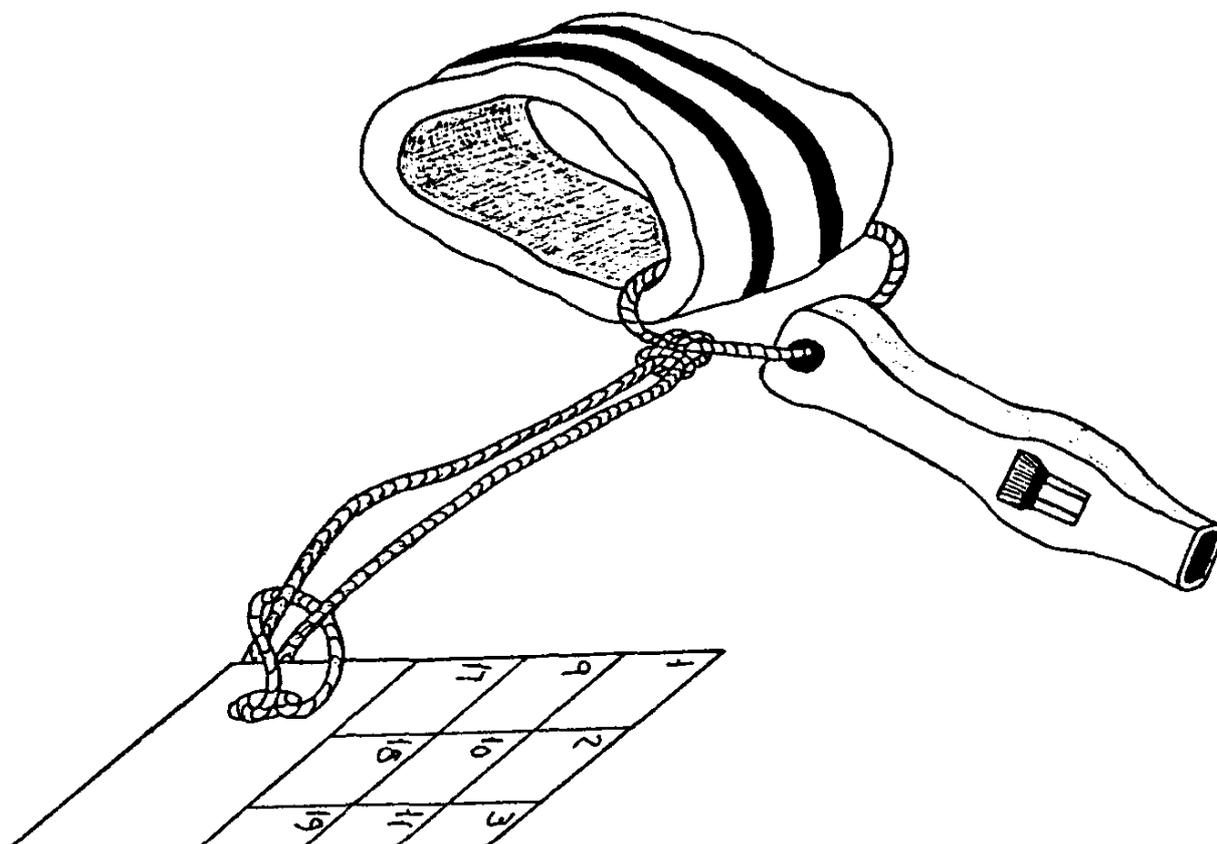
Consider using one of the following methods:

- (a) Safety-pin your clip card to the front of your clothing at waist level.
- (b) Hold card in hand with safety lanyard attached to wrist.

I favour method (b). Part of my "O" gear is a wrist sweat band with whistle and lanyard permanently attached together. See sketch below. (This three-part item can be thrown in the wash after each event.)



Mike Ashmore



### *Editor's comment:*

Are you trying to start a new trend, Mike? What's this about washing your gear after each event? Seriously though, I think your above tip is a good idea. I have attached my clip card to my wrist with a strip of elastic or large rubber band for a number of years, but must have gone through a fair bit of elastic in that time as I kept losing them. I don't seem to have had quite the same trouble since I started using a large rubber band but tying an elastic or lanyard to a wrist band would certainly make them a lot harder to lose. Whichever way you do it, it is certainly much better than attaching your clip card to your map. Thanks for your suggestion.

Dear Editor,

Brenda's concern over the "if only" syndrome sounded really familiar. I guess that gun runners become preoccupied with two-minute if-ONLYs, but does anyone share my problem - 20-minute if-ONLYs?

I am looking forward to your new feature, *Times Square*, to confirm my theory that it is mandatory for all novices to have one 20-minute-plus leg at every OY. I am not sure whether this leg has to be one of the first three legs or whether this is just consistency on my part. [My three compulsory counts have been 33.00 at OY1, 21.35 at OY3 and 23.41 at OY4. What about OY2, you say? That was a DNS, courtesy of a virus.] By the time you read this I am confident I shall have more information (from OY5) with which to refine my theory.

What I really want to know from your readers is how long novices are subject to this natural law. Does it expire along with the membership, or do I have to endure my wife's welcoming smirk and "You did it again, didn't you?" into the new year? Surely it doesn't extend for the ten-year period everyone tells me it takes to learn this business? I just daren't contemplate the thought of 20-minute if-ONLYs in the 21st century!

Yours hopefully,

Peter Godfrey

P.S. My heartfelt sympathy to Ken B. over the cruel and unusual punishment he suffered at the televised Domain event.

Dear Editor,

I congratulate South Auckland in their proposal to use master maps at the Auckland Championships. They will undoubtedly receive some flak from certain quarters but I for one support their decision 100%.

I am an avid supporter of the master map system at all events, for, as far as I am concerned this is an integral part of the sport. (If anybody could advise me on how master maps could be incorporated for relays I would be a starter for their use at the Auckland Relays.)

Mike Ashmore

*Editor's comment:*

Now you've gone too far Mike. You can't send me two letters and expect me to agree with both of them! Master maps are fine for the majority of events, no problem there. But for our Championship and Badge events surely we should be aiming for something better. We expect the courses and the maps to be top quality for such events, is it too much to expect that the administration of the event should also aim for excellence?

As far as I am concerned there is no comparison between picking up your pre-marked map on the start line and having to run to the master maps, search amongst a dozen maps to find your course before you notice that someone else is using it to kneel on, wonder why you can't find the pen attached to your master map and realise that the guy next to you is using it, grab a pen from the master map alongside you and then find that it is almost out of ink, finally get the course copied on to your map, hope that you have not made any mistakes, and then stand there trying to put your map back into the plastic bag and seal it before you eventually start your course. You may think I exaggerate but all these things have happened to me at master maps and I am sure my readers would have lots of other equally frustrating experiences. Is this the way to start a Championship race? What if it is pouring down with rain?

# SOUTH AUCKLAND NEWS



Despite rumours the club is not in recess.

Successes at the National Secondary Schools Champs - Tania Robinson won the Girls 17-18 section, Aidan Boswell Boys 17-18, Bryce Brighthouse Boys 15-16 and new member Blair Brookes was 4th in Boys 17-18. Tony Tremain with Daniel Steven and Daniel Sanders (two more new members) were 4th in their relay group. Well done SA and save your dollars for next year as the event is in Dunedin.

Also next year's Easter 4-Day event could have an innovation for Day 1 (SAOC's day) based on next year's World Champs format, i.e. a Sprint-O comprising two short courses 3 hours apart now replaces the qualifying races. This will be discussed at our next meeting. For interest the Classic-O and Relays are still held in addition to the new Sprint-O events.

Incidentally my rotund form was never built for speedy sprints so I'll stick to my bumbling orienteering.

Next year's events are now being planned and Club President Unni Lewis wants you to give her any ideas you have now. Ph 298-0320.

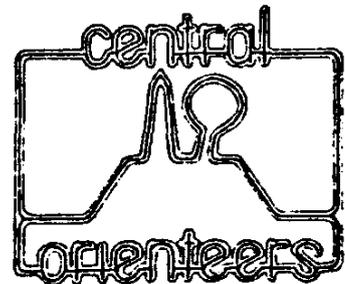
Congratulations to Jim Snedden for his Gold Star Award for 25 years service as a volunteer in the Waiuku Fire Service.

Congratulations also to those club members who made the World Cup team (Tania Robinson) and the NZ/Australia Challenge team (Bryce Brighthouse M15, Aidan Boswell, Rolf Boswell M20, Greg Barbour Elite Men, Rob Garden M35 and Jill Dalton W35).

Next club meeting - 6 August at Lewis', 23 Park Estate Road, Papakura.

Ken Browne

## CENTRAL CHATTER



It certainly was a pleasure to see a few new faces at last months meeting and a few new ideas aired. Let me emphasise that coming to meetings does NOT mean you will be lumbered with a job. We need more people at the meetings to broaden our management base (whether you are new or not) and most of all so we can all get to know one another.

It may seem I go month after month on this point but as I've mentioned before, our sport sometimes makes meeting people difficult.

So come on folks, the first Wednesday of every month is club night and bring along with you some ideas on how we can be more sociable.

Next year's Summer Series is to be even bigger again. We are holding 15 events no less, starting November 13 this year. So if you wish to have a crack at course setting or vetting, give me a ring. We will certainly give you all the guidance you need.

Well I don't have much news this month so I'll see you at Nicholls' place, 170 Campbell Road, One Tree Hill on August 1 at 7.30pm.

Peter Johnson ph 554-397

# NORTH WEST NEWS



Our junior girls had a great weekend at the recent Secondary Schools Champs in Hamilton. Competing for Rangitoto College they won the Intermediate Girls Relay, with Brenda Stone recording 2nd fastest time, Marit Moen 3rd, Donna Cooper 9th and Allysa Langley 12th. In the individual event the following day Brenda was again 2nd (always the bridesmaid), Marit 5th and Donna again 9th. Allysa was 5th in the Junior Girls. Ross Cooper did well to come 23rd fastest on relay day.

Donna took part even though she had a fractured ankle from Easter. Let's hope it comes right soon Donna.

Congratulations to all you well deserving people who were selected in the NZ team to Australia. Have a great time and sock it to 'em. Have fun too, all the lucky people going to Canada. Keep a look out for all those big brown bears in the woods!

A big HI to two new club members - Stephanie Bristol from Avondale and Roger Browne from One Tree Hill. Several of our newcomers names are starting to feature in the results this year and I'm sure yours will soon be amongst them.

It's nearly Club Champs time again. Who is going to win those trophies that are handed out at the Club dinner in December? The Champs this year will be run in conjunction with OY6 at Phoebe's Lake. Yet another reason to make this day a really social outing for all the club. Every grade is catered for from beginner to elite. Travel options are printed elsewhere in this mag.

The next two club meetings are - August 2nd at Stan Foster's home and September 6th at Geoff & Lisa Mead's. Your attendance is essential to ensure that hard won club monies are not rashly spent in the President's absence!

Thanks Glen & Dave Middleton for letting us use your home for the social evening last week. Nice to see a few newer club members there. The men's team won the Trivial Pursuit games again, but only just. Those not playing sat around and ate the food!!

Did anyone notice Chris O'Brien slip quietly out of semi-retirement to compete at OY4? A good time too, Chris. Was that your Joker?

North West Newshound

## OY6 - Phoebe's Lake

### Pouto Forest Farm - Dargaville - 9 September

North West club is organising transport to this event. It is about 450km round trip by car taking 3 hours each way. To save you this drive we can offer three options, but we have to have sufficient numbers to reduce costs.

The options are:

- 1) Bus from Glenfield shopping centre on North Shore leaving about 8.00am and arriving back about 6.00pm (unless you would prefer to stop at Waiwera Hot Pools on way home for a swim and something to eat, in which case it would be later). Cost \$25.00.
- 2) Ferry from Helensville on the day to Pouto and shuttle or bus to the forest. The ferry would leave at 9.00am - taking about 2.5 hours to Pouto. Return trip would leave Pouto about 3.00pm. Cost of ferry \$22.00.
- 3) Ferry from Helensville on Saturday, leaving at 10.00am. Visit to the Kauri Museum (bus provided). Stay at Outdoor Education Camp; cook own meals. Bus to forest on Sunday. Cost \$38.00.

All prices are approximate until numbers are known. Family prices to be arranged.

Contact Ann Fettes on 875-358 to get your name on the list. **DO IT NOW!**

# AUCKLAND CHAMPIONSHIPS

The grade/course combinations published in last month's *Auckland Orienteer* have been changed. The correct ones are shown below.

Remember that entries close on 23 September.

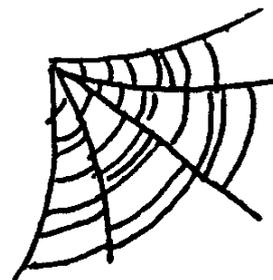
Course	Men	Women	Win Time	Difficulty
1	M21E		80	Hard
2	M19A, M21A, M35A		70	Hard
3		W21E	60	Hard
4	M17A, M40A		65	Hard
5	M45A	W19A, W21A, W35A	60	Hard
6	M50A	W17A, W40A	55	Hard
7	M55A	W45A	50	Hard
8	M60A, M65A	W50A, W55A, W60A	45	Hard
9	M15A, M21B, M35B		50	Medium
10	M13A, M40B, M45B	W15A, W21B, W35B	45	Medium
11	M17-20B, M21C, M50B	W13A, W17-20B, W21C, W40B, W45B	35-40	Easy
12	M12A, M13-16B	W12A, W13-16B	25	Easy
13	M12B	W12B	25	Easy

## FROM THE ARCHIVES

### 10 YEARS AGO - AUGUST 1980

- \* Advance information on the Auckland Champs to be held on a new map at Matakawau. Entry fees - Senior \$3.00, Junior \$2.00.
- \* Comments from Don Rolfe on the Central Long-O event from Mangere Mountain to the Domain, "... We then ran to several controls in the streets hampered a little by the fact that the street map was somewhat out-of-date in the Mangere Bridge area. A couple of well-known orienteers set off at high speed in the general direction of Woodhill Forest and were not seen again for some time!"
 

"The long course by the best route was about 19 km and the winning time 1 hr 46 min. It was noticeable that most of the competitors were in the over-35 age group and the event was avoided by our top orienteers with the exception of John Rix."
- \* Article by Rodney Evans on setting the courses for the Puketapu Road OY event in July. Rodney's final paragraph, "Having read what I have just written I can see why badminton is such a popular game where all you need is a hall, net, shuttlecock, an opponent and an hours spare time."
- \* Comments from Ross Brighthouse on the OY, suggesting various ways in which some of the legs on course 1 could have been improved. *[Good idea worth repeating? Ed.]*
- \* CD Champs at Rotoehu saw Ann Fettes winning W43, Katie Fettes the W15-16 and Julia the W13-14 grades - still going strong.



The above items come from the North West newsletter as the three Auckland clubs each produced their own in those days. Is there someone from Central and South Auckland clubs who has copies of their old newsletters and would either lend them to me periodically or send me excerpts from them each month? *[Thanks to Ken B. for the last item].*

# OY GRADES

A sub-committee of four (including your Editor) was established by the AOA late last year to recommend the course and grade combinations for the 1990 Orienteer Of The Year competition. After considering in great detail the past performances in the OY competition the combinations being used this year were recommended and accepted. A major departure from previous years was the change in adult "B" grade courses, making them shorter but not easier. This was done in the belief that competitors on these courses still wanted an orienteering challenge but were not physically up to running the longer "A" course for their age-group.

Another change made was to reduce the recommended distances and winning times as it was felt that the courses last year were on the whole too long.

It would be nice to hear from some adult "B" grade competitors - are you happy with the degree of difficulty on your OY courses? The only comment I have heard is criticism from some quarters about the "principle" that "A" and "B" grades must be different. Some of this criticism has even come from Wellington!! I shall refrain from further comment in this direction on the grounds that it would be rude.

Certainly an inspection of the times in the four OY's held so far this year would seem to indicate that the course combinations have worked excellently; in every case where A's and B's have shared courses, the times of each grade have been comparable. So how about it "B" graders - have your say.

It was interesting to note the Editorial in the latest issue of *The Australian Orienteer*. David Hogg had the following comments to make -

"Put simply, my concern is that in most Championship events there are in fact no B classes set for most ages, only A classes and C classes. The A class caters for the competent navigator who has the speed and stamina to complete the whole course in a reasonable time. What is usually called a B class provides a shorter course, tailored to the less fit orienteer, but in addition offers relatively easy navigation suited to the developing orienteer, rather than the experienced but less fit orienteer who enjoys a real navigational challenge. The last type of orienteer often has to choose between running on the A course and coming back completely exhausted or running on the (so-called) B course and being frustrated through lack of a challenge.

"I propose that there should be a consistent structure in all age classes whereby the A course is long and difficult, the B course is short and difficult and the C course is short and relatively easy. (If for any reason the B course is not offered, the short and easy course should still be called the C course).

"The main problems I can foresee with such an arrangement are that extra classes would create more work and more cost, and that the number of entries per class would be reduced, causing classes to be amalgamated.

"So the solution I propose is that classes should be amalgamated anyway, with B and C classes offered in ten-year age groups for veterans and four-year age groups for juniors (i.e. 15-18, 19-34, 35-44, 45-54, 55+). Furthermore, most of the B classes, being set to the same navigational standard as adult A classes, could share an A-course of suitable length, so that the number of additional courses to be set would be minimal."

So there we are, Auckland set the example, the suggestion has been made that Australia should follow us, and maybe Wellington will wake up one day!



# PRESIDENT'S PROFILE

## Lesley Stone - North West Orienteering Club

First started orienteering in 1979 with a child in each hand and one on my back. Couldn't understand Keith's fascination with it at all! Finally did a novice course on my own, the dormant competitive juices began to flow and I have been hooked ever since.

Most satisfying event was being called into the NZ team at the last moment in 1987 and coming second to Phyl Snedden in W40 as we thrashed the Aussies at Kapamahunga. Have never run well there since!

The most disappointing feature of my orienteering is a lack of consistency. I have never won a multi-day event yet. One day ....



*Lesley Stone: Often does not know if she's coming or going*

I love being in the forest. The silence and peace - of getting away from people and their demands; making my own mistakes in my own way.

I hate farmland - open exposed paddocks, rutted, ankle-twisting ground and those ghastly fences.

I have orienteered in Australia three times and the South Island twice - soon Canada and the States. Have seen parts of each country the ordinary tourist wouldn't know about. Orienteering has given me many friends, both here and overseas - may the sport never get so big that it becomes impersonal.

Meanwhile I'll just keep jogging along and try to win my first ever National title. One day ....



# PRESIDENT'S PROFILE

## Peter Johnson - Central Orienteering Club

Began orienteering in 1983. I remember seeing a programme on TV about 12 years earlier and thought I must have a go at that some time .... Took a while didn't it.

My best ever performance was winning the Auckland Champs M35B grade in 1984. My worst moment happened during the Auckland Champs on Temu Road in 1987. I was running quite well until I got to control code 65 (the number is still quite vivid in my mind). It was supposed to be 68 - oh dear - I went to the closest track junction, took a bearing and ran straight back to 65 again, Oh Hell! I had a bit of a hunt around, couldn't find 68 so went back to the track junction and walked to 65 again. I won't repeat the language! I sat down to study the situation only to find that 65 was the control I had wanted all along. I had been reading the next control down on the control description sheet. Ahhhhh!



*Peter Johnson: Always tries to look this casual at events*

I enjoy orienteering and it makes me go jogging a couple of times a week to keep up a little amount of fitness. One of these days I would like to compete in the Swedish 5-day O-Ringen, possibly next year.

## MEDIA CHALLENGE

Those clever people in Invercargill have come up with a great idea. How better to publicise your sport than arrange a competition involving the media?

Southland Orienteering Club members contacted all the news media people in Invercargill, explained what orienteering was all about and persuaded them to enter a 3-person team in the inaugural Media Challenge event complete with trophy. Teams from Foveaux Radio (2 teams), Radio Southland, Radio Rhema and Southland Times entered the 3km event. For most competitors it was their first "O" experience.

"The event received plenty of media coverage beforehand and was discussed on radio subsequently. It is to be hoped that we can raise the "O" profile through the media, but it is also apparent that the best way to promote this great sport is through word of mouth and personal invitation", says Ray Barlow in the Southland Club magazine.

Look how many media people there are in Auckland! Imagine the publicity! Who is going to be in first to copy this great idea?

# A QUEST FOR CHANGE

The National Championships are a three day farce! How can we let our supreme annual competition be so mediocre? It is absurd to have our national event flanked by futile relays which are meaningless to the majority of competitors who attend the Championships. Relays may be "great fun" to a few competitors, but surely we have not been drawn from all parts of New Zealand to attend a fun event.

Our most popular events by far are the multi-days. Why are they so popular? One of the main reasons is they are individual competition events with a meaningful final result for each individual competitor. I ask this question, How many competitors would turn up to an ordinary multi-day event offering one day as family relays, one day as individuals and one day as grade relays? I'm sure the answer would be very few. So why do we tolerate such mediocrity at our National event?

It's time for a change!

We need to take full advantage of this weekend and offer New Zealand's top talent in all grades the most intense, top quality and meaningful competition possible. A competition and weekend worthy of the title, "The National Championships".

It's time for action!

- (a) Do away with the family relays. (In my opinion these relays would rate lower than a "do it yourself" park event which we try to hold in Auckland once a month.)
- (b) Run the National Relays in conjunction with a district "OY" event or another badge event. Better still, let's do away with them completely.
- (c) Introduce a new format for the Nationals. For example:

Day 1 - two short "O" events, one in the morning, one in the afternoon. These to be held on different parts of the same map.

Day 2 - standard length National event.

Day 3 - multi-day length event.

From the above format various permutations can be put forward, i.e. National title holders could be found from either -

- (i) the single day 2 event, or
- (ii) the accumulated results of all three days - four events, or
- (iii) the accumulated results of three out of four events with day 2 being compulsory.

An alternative permutation could be -

- (iv) National titles from the single day 2 event, plus a separate competition with the accumulated results from three out of four events with day 2 being compulsory.

My preference would be permutations (iii) first choice, (iv) second choice. (Both choices would allow event officials for days 1 and 3 to participate in both the National title and separate competition events.)

This article is the first step in a quest for fundamental changes to the format of our National and District Championship events. I'm sure there is sufficient support out there for such changes and I would appreciate any acknowledgement.

Mike Ashmore

P.S. Congratulations Central Districts on your decision to hold your Championships over a two day format. Your foresight is exactly what I am hoping to see happen on the NZ "O" scene. Maybe this quest for change will not be such a daunting task after all!

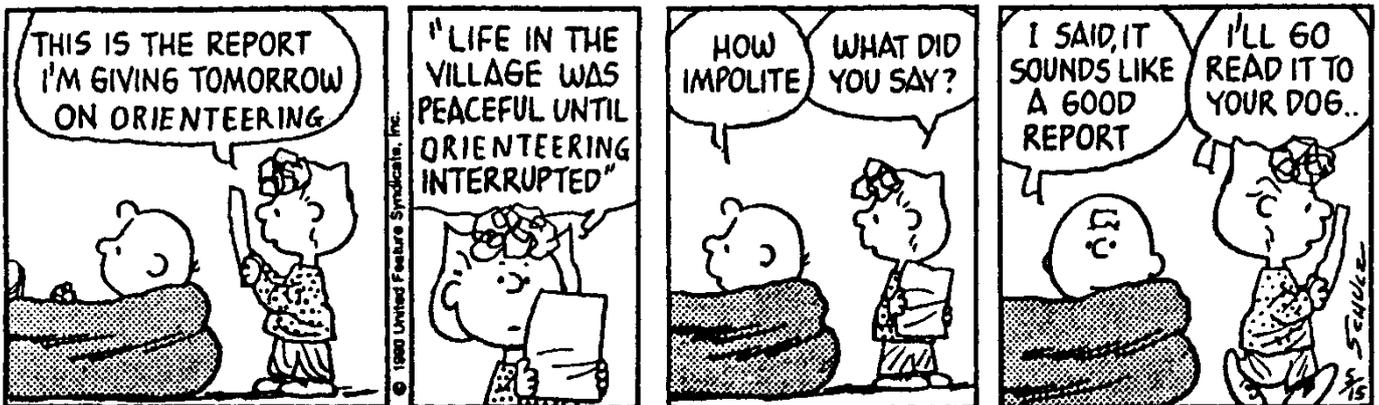
# TIMES SQUARE

Thanks for the times. Not a lot of them, but it starts the ball rolling. Perhaps we'll have more next time.

## FROM OY4

	Course 3 M45A MA	Course 3 M45A KS	Course 5 M21A AS	Course 6 M50B PG	Course 6 M50B MH
S			3.37		5.29
1	8.22	12.32	5.37	23.41	5.39
2	1.29	1.53	3.55	4.25	2.43
3	2.22	4.30	2.53	3.03	4.26
4	6.05	6.13	3.06	7.23	6.40
5	10.53	10.04	6.56	5.37	7.44
6	2.56	3.33	14.57	11.56	19.56
7	3.27	4.20	1.52	6.44	3.03
8	4.19	7.08	3.01	3.58	4.00
9	9.15	10.29			
10	1.52	2.19			
11	2.34	3.06			
F	.42	0.48	1.56	0.42	.50
	----- 54.17 -----	----- 66.55 -----	----- 47.51 -----	----- 67.29 -----	----- 60.28 -----

If it's any consolation to you Peter, you can see that you probably spent at least 4 minutes copying your course from the master map. So you have already reduced your worst leg to less than 20 minutes!



## **BLISS WAS IT IN THE DAWN TO BE ALIVE, BUT TO BE YOUNG ....!**

I had the M50B class at the Easter 4-day event sewn up before it started ..... but winning by being the only entrant isn't much fun, so I accepted Keith Stone's offer to switch to M40B, where he promised close competition: Colin Bray recovering from injury, David Bliss my constant rival, Tom Clendon from Central and the unknown David Nevin from Whangarei.

Woodcocks is a beautiful sweeping valley, bisected by a railway line on which a steam train ran through that morning - I missed seeing it because I was hunting for a control in the woods at the time, but I heard it clearly, with amazement and nostalgia. I had been so excited at the prospect of my first multi-day that we arrived an hour early; the start was high up in the pine trees and in my continuing eagerness I overran the first control, not having adjusted to the map scale, and had to climb steeply back up to it. All the other controls were where they should have been, until the second to last which wasn't! A time of 41.53 sounded quite respectable though - until I saw Colin Bray's 31.26, showing the great gap between A and B grade orienteering. David Bliss beat me by a minute and David Nevin beat him by another minute, so all in all a rather depressing end to a beautiful day.

Things began to look up next morning at Waterfalls, when Colin Bray did the decent thing and moved up to M45A. Then the view from the landing strip of Little Barrier and Great Barrier beyond against the morning sun was breathtaking. Unfortunately Dave Bliss started two minutes behind me, leaving me to choose between going flat out to lose him (and perhaps losing myself) or going carefully and hoping he would bungle an early control. I decided to play percentage orienteering, but he caught me at control 3 and led me doggedly all the rest of the way until I outsprinted him at the finish to be just under two minutes down in 42.27. Not bad for the dreaded Waterfalls we thought, as DNF horror stories began to be told - but David Nevin then shot around in 31.15 and was alleged to remark that he must learn to use a compass one day! Still two days to pull things round however, and I could surely drop Waterfalls from memory.

On the way to Phoebe's Lake an airborne pukeko and I collided at a closing speed of 110 kph, smashing my grille but just missing my windscreen. The Romans would not have called it a good augury, and Phoebe's Lake felt foreign; too many controls were not quite where they should have been, but at least it was runnable. 52.09 didn't sound much good, but David Nevin was three minutes slower today and David Bliss beat me by only 19 seconds this time. While we were analysing the odds, Bruce Pickford of Whangarei, who obviously felt at home, came back in 47.01, but the maths was now clear. David Nevin on 2626 wasn't running 16 Mile next day, so his was the total to beat. Dropping Waterfalls I had 1652 from two, so a win on day 4 would give me the title by 26 points, or about 30 seconds per day - if I beat David Bliss (who had 1695 from two) by 44 points or about two minutes.

I never have felt good about Woodhill since the first event there when I ran off the map; I know dark forces are at work shifting terrain behind me and in front of me. Dave Bliss started first amid the gloomy pine trees, and was gone a long time. The others were out on the course, and there was nothing to do but run, so I ran. I laid off to the side of the first control, and ran over one - checked the number and it was mine! So I laid off a little more on the second control, ran into another one - it was mine again. Slightly amazed by this I ran straight to the third control and found it at once. The fourth control came up in under 8 minutes total time, where I had once gone off the map, and it felt more like flying than running. For once the forest spoke to me, it was alive, steered and guided me; I saw instantly where I was, how the map interpreted the forest, where I had to run; I ran like a deer, straight and true along paths only I could see, no fumbles, no hesitations, no doubts. I burst through the finish in under 30 minutes. Everyone had been fast, but no-one had been as fast as that. But David had had a problem; a control had been wrongly numbered on the control description list, and he had lost valuable minutes checking it out. The day was annulled, and David Nevin won the grade. I expect David Bliss would have come in ahead of me anyway - he had every other day after all! But just for a moment there I had felt a temporary and unexpected joy - "Bliss was it in that dawn to be alive, but to be young was very heaven"!

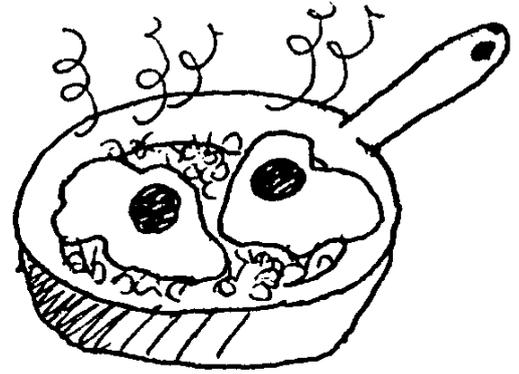
Michael Hood

# POACHED EGGS

*From Southland Orienteers - July*

## From the President .....

In my annual report I mentioned that the important thing about an event was that we ENJOYED participating. We used to sell T-shirts with the message "Tell me again how much fun I'm having". I can recall a certain foundation member who always maintained he only came for the beer!!



When a newcomer returns from their first course we always ask "Did you enjoy that?". If they didn't, they are not likely to return. I ENJOY the Wednesday evening runs. I ENJOY planning and controlling. I ENJOY running in Badge standard events as well as club events. I do not ENJOY organising at events (hence I don't often do it!! Thank goodness there are some members who do this well). I ENJOY field-working - but not having to do it in a hurry!!

Next time you are at an event and there is a small hiccup, what about deciding you are there for everyone's ENJOYMENT and offering to HELP, if not this time then the next time. Remember people can only do their best and some of our members are very busy people who give up a lot of time so that we can all enjoy the sport. The Co-ordinator LOVES getting volunteers for jobs - and that way you get the job you ENJOY.

Bob Scott

*From The Australian Orienteer - Dec 1989*

## Make Every Event Count

Any orienteering done in the terrain with a map is useful in reinforcing the many skills one has accumulated over the years. The benefits of each run are too incremental to recognise individually but over a period of time the orienteer who, through constant practice, is mentally programmed to thumb the map, focus one's eyes on it while running, plan ahead and flow smoothly through each control has a distinct advantage over the runner for whom each of these tasks requires a conscious effort.

There are many ways of setting a challenging course in a not-very-challenging area, for example, with a contours-only map, a line course which forces the orienteer to read the map the whole time or a map memory course (memorising several legs at a time if necessary). If the course-setter does not offer such challenges, the orienteer can still do so by leaving the compass behind, looking at the map only at the start of each leg or deliberately taking difficult route choices. This, however, may require a conscious effort to bury one's pride in sacrificing a potential good result for the benefit of developing orienteering skills.

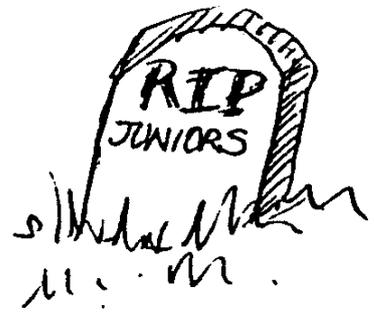
Low-key events (or events in low-key areas) also have a valuable role in training new course-setters and organisers. The rising standards in event organisation coupled with the critical eye with which many orienteers view courses can be significant disincentives for new orienteers contemplating a venture into course-setting.

By reducing the scale of the course-setting challenge, many more orienteers (including juniors) can rise to meet it. With a little guidance, encouragement and tolerance if things aren't 100% correct, some of them can be led on to become the next generation of course-setters for major events. There is also a role for experienced course-setters in setting courses in ordinary areas to demonstrate by example how to maximise the challenge and interest in such areas.

David Hogg

# JUNIOR TRAINING CAMP

John and Val Robinson held a training camp for advanced juniors in May which was attended by 25 juniors from all over New Zealand. The 5 days went something like this (comments in *italics* are extracts from the reports completed by the attendants) -



- DAY 1:** Ex 1 - Plate "O". Run in pairs. 1st runner puts out plate, 2nd runner finds plate and moves it to next control site, etc.  
*Everyone was split into pairs and given a plate, the idea being to put the plate in the correct place so that your partner could find it.*  
Ex 2 - Follow "O". 1st runner remembers 3 features, passes map to partner then runs the leg from memory with partner following. Swap maps at each control.  
*The aim of the exercise was to practise simplifying the legs as much as possible. Robbie suggested the 3 point method BANG, BANG, BANG, control.*  
Ex 3 - Control picking in intricate area. Red light orienteering. Pick the major feature near the control - go slow.  
*Control picking in this area with a contours only map is a tough assignment. As I showed our camp cook how to do a few controls I saw a confused ????? trying to make sense out of the spaghetti. I guess she had some success as she made it back to the cars!*
- DAY 2:** Ex 1 - Map contact group activity. Group of four runners each with 2 controls marked on their map. Group leader calls number - whoever has that number leads to the control. It's possible to go four legs before your number is called and all this time you must keep map contact.  
Ex 2 - Corridor "O". Map only shows corridor 50 metres either side of line joining control circles to teach running on compass bearings and reading features.  
Ex 3 - Window "O". Advanced exercise as map only shows a small, circular "window" around each control circle so runners must use compass and pace counting and then recognise the control site.  
Ex 4 - Norwegian. Small maps at each control showing the next leg only. Runners must memorise the leg.  
In the evening a talk on physical training by Arch Jelley, the coach of John Walker.
- DAY 3:** Long "O" using 4 forest maps. Not much value but gives the young ones a chance to run long legs.  
*We started in a backwards ranking order on Mission Coast Road, on a contour only map. There were two optional controls on this map for the "animals" who were to run 10km. Upon reaching the end of that map we would drop it and copy the next few controls onto the next map. This was repeated again twice, over 4 maps. Many of us only expected to finish about half the course, but once the adrenalin and competitive spirit got flowing we found the distance of 8km less than we expected. This proved costly for Tuck senior, as Tuck junior scored a \$5.00 lunch at McDonalds for finishing the distance.*  
*After feeding, a small group of 15!?!? year-olds went off to the hot pools while everyone else did nothing in particular as they prepared to face another day of Robbie's Uncle Arthur impressions ....*
- DAY 4:** Ex 1 - "Get lost". On very intricate map the leader runs around in circles with bunch following, then maps given out. Runners must relocate then find two controls, the first ones are different, the second one is common to all. Maps are handed back then process is repeated with leader running in circles to next starting point and giving out maps again. This is repeated a number of times.  
Ex 2 - Relay. Joined in with senior training day for a mass relay exercise. Mass start, find two or three controls, wait for balance to catch up, then repeat with another mass start etc.  
In the evening the 'senior' juniors organised a "Mad Night-O" for the 'junior' juniors at the Houghton's Bush Camp where they were staying.

DAY 5: Camp Champs. Mini competition at end of camp.

*It was day 5, day of the long awaited?! camp champs, and by 8.00am it seemed as though most of us planned to miss the morning entirely. It may have been due to extreme eagerness to go orienteering, or perhaps it was just the threat of missing breakfast, but the majority of campers managed to be at breakfast not long after eight .... in various states of wakefulness ranging from asleep to half-asleep.*

*Congratulations to Matthew and Tania who won their respective courses - Gosh, what a surprise that turned out to be!!*

*After lunch we had a small presentation to acknowledge the marvellous, fantastic, brilliant and totally wonderful job done by Robbie and Val - SADISTS extraordinaire, Mrs Boswell - cook and general slave driver and Michael - sorry about the twelfth control - Wood. But seriously, thanks again on behalf of all of us, we appreciated it.*

*Not content of course to end the day's activity at this stage, they handed us a great long list of jobs to be done to clean the camp.*

At various times the group discussed training methods and schedules etc. The following training schedule was designed by Rolf Boswell.

Mon	am	2 hr warm up 1 x 100m sprint 2 hr warm down
	pm	5 x sub-4 min miles with 30 sec recovery
Tues	am	1 x marathon - increase speed per/week
	pm	5 hr bike-ride
Wed	am	4 hr mapping practice 2 hr cartography practice
Thur	am	4 hr map memory and survival training through Otara
Fri	am	232 lengths of Tepid Baths
	pm	Hillwork with 200 pound pack - to build up calves
Sat	am	2 hr jog
	pm	Start running to "O" event with gear in a pack
Sun		Arrive at event, compete in M21E and hitch a ride home



**NEWSLETTER**



**JULY 1990**

**FIXTURES**

Clubs are asked to consider staging a Mountain Marathon next year, 1991, between January and March. The Kaweka Challenge is all go for next year, Feb 16-17.

**TREASURER**

NZOF has a new Treasurer. Send your cheques for affiliation fees & badge levies to:

Barry Foote  
71 McKerrow Street  
Dunedin

Welcome to the management team Barry!

**KIWISPORT**

Laurie Baxter is holding a seminar on Kiwisport Orienteering in Wellington during October. More information and dates later.

**PROPERTY**

Jim Lewis holds stock of lots of goodies for winter orienteering activities: videos and films. Contact Jim at:  
53 Norman Smith Street  
Taupo  
Ph: (074) 89289

**MANAGEMENT**

**'ORIENTEERING 2000'**

In 1982 a planning conference was held to discuss a 5 year plan for our sport. We now need to reassess those objectives and set out where we want to be in 21st century.

Any thoughts, please write them down and forward to the NZOF Secretary.

The management team is busy preparing our application to Hillary Commission for 1991 funding.

Congratulations to all those selected for the annual A/NZ Challenge and WOC Squad members for the Canadian and USA World Cup events.

To all our orienteers travelling to Canada, have a wonderful O experience.

# NEW ZEALAND ORIENTEERING FEDERATION

## NEWSLETTER



### COACHING

Here is a question for all orienteers, whether interested in coaching or not. I presume you are interested in developing the sport, even if only to spread the workload over more people, to leave time for taking part.

About 20 orienteers and I are putting lots of time into coaching. All orienteers are putting money into coaching through affiliation fees. How do we know whether it is worthwhile?

I look forward to your suggestions. If all the effort that has gone into ranking systems can be applied to this problem, it should be a breeze!

Michael Wood.

### TECHNICAL

Ken Holst is updating the Controllers list. All club secretaries have been sent nomination forms. Make sure your club's committee puts your name forward!

## NEW ZEALAND TEAM

Congratulations to the following orienteers selected to compete against Australia in the annual Challenge events which this year will be held in Australia in September and October.

### Men:

Up to 16: Bryce Brighthouse (South Auckland), David O'Brien (North West), Dominic Teahan (Red Kiwis)

17 - 18 : Thur Borren (Kapiti Havoc), David Farquhar (Rotorua), Simon Teahan (Red Kiwis)

19 - 20 : Michael Anderson (Dunedin), Aidan Boswell (South Auckland), Rolf Boswell (South Auckland)

21 Open : Greg Barbour (Egmont), Rob Jessop (Central), Dave Melrose (North West)

35 - 39 : Rob Garden (South Auckland), Tony Nixon (Wairarapa), Ted van Geldermalsen (Hutt Valley)

40 - 44 : Dave Browning (Pinelands), Stan Foster (North West), Max Kerrison (Pinelands)

45 - 49 : Bruce Dryden (Kapiti Havoc), Terje Moen (North West), Jock Stronach (Hamilton)

50 - 54 : Hub Carter (Kapiti Havoc), Terry Nuthall (Central), Rhys Thompson (Whangarei)

55 + : Barry Hanlon (North West), Ian Holden (Dunedin), Bob Scott (Southland)

### Women:

Up to 16: Janet Leary (Hutt Valley), Sasha Middleton (North West), Frances Rutledge (Wellington)

17 - 20 : Kirsten Ambler (North West), Mary Rutledge (Wellington)

21 Open : Jan Davies (Wellington), Gillian Ingham (Wellington), Liz Nicholson (Wairarapa)

35 - 44 : Jill Dalton (South Auckland), Royce Mills (Red Kiwis), Lorri O'Brien (North West)

45 + : Kate Fortune (Wellington), Judy Martin (North West), Bunny Rathbone (Dunedin)



*The Auckland Orienteer*

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