

AUGUST 1992

# 0-4-FOCUS

AUCKLAND'S ORIENTEERING CLUBS' NEWSLETTER



# CONTENTS

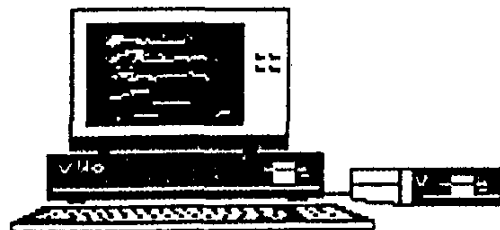
<b>Editorial</b>	<b>2</b>
<b>Coming Events</b>	<b>3</b>
<b>South Auckland Gossip</b>	<b>4</b>
<b>North West News</b>	<b>5</b>
<b>Central Chatterbox</b>	<b>6</b>
<b>NZOF Newsletter</b>	<b>8</b>
<b>Letters To The Editor</b>	<b>10</b>
<b>Notices</b>	<b>11</b>
<b>From The Archives</b>	<b>12</b>
<b>Australia/New Zealand Challenge 1993</b>	<b>13</b>
<b>Fitness And Sport</b>	<b>14</b>
<b>News From Overseas</b>	<b>17</b>
<b>What Have You Done About It?</b>	<b>18</b>
<b>NZOF Course Setting Competition</b>	<b>19</b>
<b>Calender</b>	<b>20</b>



**Hillary Commission**  
FOR RECREATION AND SPORT

THE NEW ZEALAND ORIENTEERING  
FEDERATION ACKNOWLEDGES THE  
SUPPORT OF THE HILLARY  
COMMISSION.

# EDITORIAL



Hi everyone,

Well, here it is, my first edition of O-4-Focus. Hopefullu it meets with your approval! After a few weeks respite following Queen's Birthday, we're heading into a very busy few months of orienteering with OY's fortnightly and several training days in between to brush up those skills before the CDOA champs, AOA champs and then the NZ champs. If you haven't booked travel arrangements for the NZ champs yet you would be well advised to do so as flights and even ferries become booked out very early.

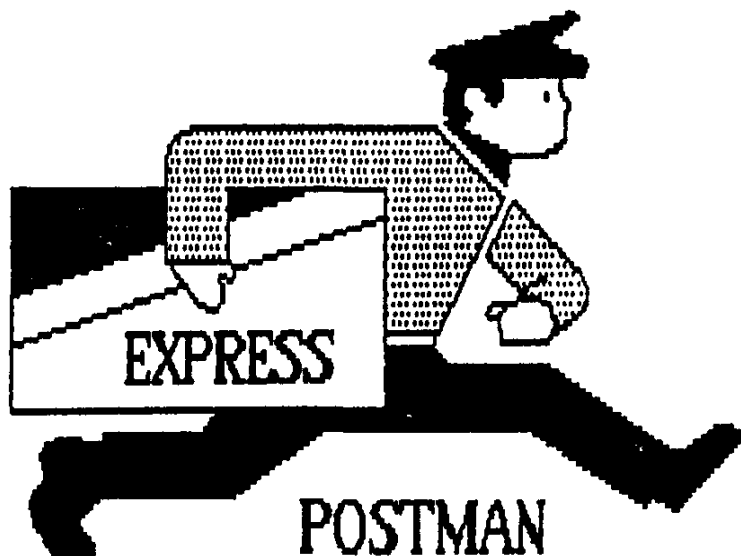
Looking even further ahead, the APOC committee have published an excellent brochure advertising the APOC 7-day and associated events to be held in January 1994. Several hundred of these will be distributed in Scandinavia and Europe over the next few months and a copy is enclosed for we locals as well. Please note the closing dates for discounted entry fees-to qualify for the cheapest rate your entry must be in by 31 October this year.

Until next month, happy 'O'-ing,

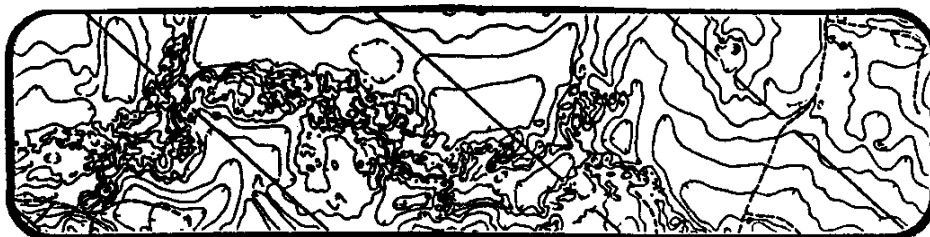
Marquita Gelderman

**EDITOR'S ADDRESS:** 47A Forbes St  
Royal Oak  
Auckland

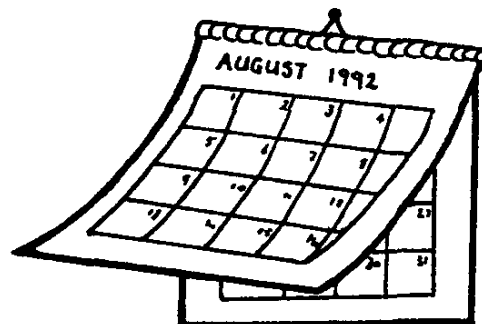
Ph 634-3676



**DEADLINE FOR SEPTEMBER ISSUE:** 20 August 1992



# COMING EVENTS



## AUGUST

- Sun 3: OY3, Temu Road, Woodhill Forest. Take SH16 towards Helensville, turn into Rimmers Road and follow signs.
- Sun 9: Training Day, Temu Road, Woodhill. Same directions as last week. ALL WELCOME.
- Sat 15: Training day, Omu Creek, Dargaville. See last month's magazine for details.
- Sun 16: OY4, Phoebes Lake, South of Dargaville. From Dargaville, take SH12 out of town. Leave SH12 just west of Dargaville and follow signs to Pouto. Stay on this road for approx 48km and you will find the event.
- Sun 23: Park event, Muriwai, Woodhill Forest. Turn left off SH16 towards Muriwai township and follow O-signs.
- Sun 23: CDOA OY6 , Ngamotu Forest, Rotorua. From Rotorua, travel east on SH38 for 6km to Rerewhakaatu Road. Turn left into this road and travel 6km to Rerewhakaatu. Turn left into Ash Road and travel 5.5km, turn left (still on Ash Rd) and continue on Ngamotu Rd for 9.6km to event centre.
- Sun 30: OY 5, Waiuku Forest. Follow signs from Waiuku township.

## SEPTEMBER

- Sun 6: Training Day, Waiuku Forest
- Sun 13: OY6, Waterfalls
- Sun 20: Park Event, Auckland Domain.
- Sat/Sun 19/20: CDOA Champs, Kawhia. Pre-entry event, entry forms in last magazine.
- Sun 27: OY7, Paparoa, Woodhill Forest. Short-0 format. Turn left into Rimmers Rd from SH16 and follow signs.

NOTE: Start times are from 10.00am to 12.30pm for most events.

# SOUTH AUCKLAND GOSSIP



Some great news from the Junior World Champs in Finland where Tania Robinson is competing. In the Short-O Tania was placed 5th, only 41 seconds from 1st, 1 second from 4th and 5 seconds from 3rd !!! A tremendous effort ! In the Classic race she was placed 19th approximately 8 mins from the winner, another great effort.

The September meeting venue has been changed from the Robinsons to the Sneddens. The reason for this is there is a pot-luck dinner and working-bee commencing from 6pm. I can assure you it will not be as hard as the typical working-bee in which you slave away for hours on end with a reward of a couple of bikkies and a cup of tea so we would like all of you who can make it to come along, socialise and have an out of the ordinary meal. The August meeting is at Linda Wilson's place and in both cases the date is the first Monday of the month.

The NZ Secondary School Champs went off without a hitch, except the weather. With more than 200 competitors there was plenty of enthusiasm and some close finishes. A short comment from course setter Ross Brighthouse (and I quote),

" Sorry about the pampas grass in the individual races but I was pleased with the 'O' skills shown by the competitors. It was also good to see alot of map reading by the runners. I would like to thank Lyndsay for marking the maps for the individual, Robbie for helping put controls out, Linda for preparing maps, Unni for the top organisation and all other SAOC members who helped out on the day"

Some results...

Kings College won the Schools Trophy  
Waiuku College won the Intermediate Girls Relay  
Rachel Shuker won the Intermediate Girls Individual  
Ineke Currie won the Junior Girls Individual  
Daniel Steven won the Senior Boys Individual

Congratulations to those people and all the others who I have not mentioned but did really well.

Finally a little story about how Rosehill College was placed 1st in the Senior Boys relay but did not accept the trophy and the fame that came with it because of a minor technicality. For those of you who didn't know, Daniel Sanders left school last year to do a Horticulture course at Manukau Polytech. When he finished the course he took up a brick laying apprenticeship which he is still doing. He does not go to school ! To cut a long story short we got him to run for us and the team was, in reality, unofficial and we did not have it in our hearts to steal the trophy off the real winners.

Well thats the end. We've found out that Tania is awesome, everyone in going to the Sneddens for a working-bee and drink up afterwards, Kings are winners, Rosehill are very sly, daniel Sanders doesn't go to school, and I can't spealspeel spell. Happy 'O'-ing to you all and I hope that you all find happiness and comfort at the Snedden's thenightweallgetdrunkwhenjimbreaksouthishomebrew.



## NORTH WEST NEWS

Don't forget the Club Champs to be held in conjunction with OY5 at Waiuku on August 30th. We have trophies for all OY grades so have a go.

It is great to hear that Ian Gunthorp is back running again. He was seen hobbling into the finish of OY1 with what looked like a serious achilles tendon problem.

Peter Godfrey is giving orienteering a rest for a while as the hip he injured last year is complaining about the rough terrain. In working out in the gym this week he broke his hand! It's safer orienteering Peter! We wish you a speedy recovery.

It seems club members are travelling far and wide. Carol Gilbertson and Dave Winter are just back from the Inter Hash House Harriers Convention in Phuket, Thailand. 2400 harriers took part. They also ran in Kuala Lumpur, the home of HHH. It's a wonder they didn't bump into Bob Kingston who has also been in Kuala Lumpur on business. He bumped into Sally Pearson who was on her way back to the Middle East for a second year. Apparently she is not finding the work challenging enough so may not stay for a third year.

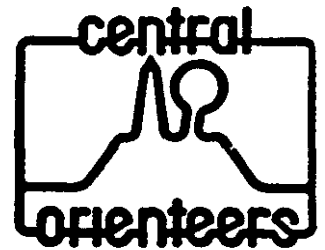
Many of our juniors performed well in the Natinal Secondary School Champs held in Waiuku in July. In the individual event; Sasha Middleton was 1st in Senior Girls, Peter Ambler was 1st in the Intermediate Boys, Mark Isted was 2nd and Alan Whitehouse was 3rd in the Junior Boys. In the Relays; Orewa College won th Intermediate Boys, Rutherford H.S won the Junior Boys and Birkenhead College was 2nd in the Junior Boys.

Our August club meeting will be held on August 6th at the Stone's residence, 8 Agathis Ave, Mairangi Bay and the September meeting will be held on the 3rd at the Tait's, 1/8 White Heron Drive, Massey East. Please come along and have your say.

North West Newshound Standin.

P.S The social evening to announce the winners of the NW club course setting competition will be on the 28th of August at the North Shore Canoe Club clubrooms. The day was left off the info sent with the maps.

# CENTRAL CHATTERBOX



- \* Ex member Morrie Purdie who manufactures mannequins for window displays and things has just won an order for a large shipment to Australia. Selling dummies to Aussies! Maybe we should have sold a transfer to the All Blacks.
- \* Rudy Hlawatsch is in Kristiansand, a Swedish seaside resort and goes orienteering locally. Has had a spot of misunderstanding with the highly detailed maps but is smiling anyhow!
- \* Alistair Stewart was 53rd in the Auckland X-Country Vets Sect. and David 15th in the Midgets. Good show!
- \* 2nd of August sees Alistair and Joanna Stewart, both Medical School Bio-Statisticians, and David and Mark off to Helsinki for 2 weeks workshop, then traipsing off to Scandinavia and Switzerland for another 4 weeks.

I don't know .... some people are never satisfied.

- \* David Puddephatt surprised me the other day. He has an interesting and enterprising side line to his electric motors repair factory. He processes Venison Tacky for South Island and USA. Ye gods - the mind boggles. Hope he brings some samples to the next social.
- \* From Alistair Landels - in Italian 3 day, down 8 minutes 1st day, down 5 minutes 2nd day, and down 7 minutes 3rd day, final placing 20th.

Thinks the Dolomites are fantastic but steep and difficult, and a bit high at 1400 metres.

Then a 10 hr. low flight on the Autobahn to Vienna for the V. 5 day.

Alistair thinks Vienna a beautiful and fascinating city with lovely parks and trees.

Went 860 metres down to the largest underground lake in Europe where 50,000 Ltr of fresh water are drawn off daily. This grotto is so large the Germans commandeered it at the start of World War II to manufacture planes.

On Day 1, Al was 1st.

On Day 2, Al was 2nd but 1st overall, and that's when the news stopped. Sorry about that.

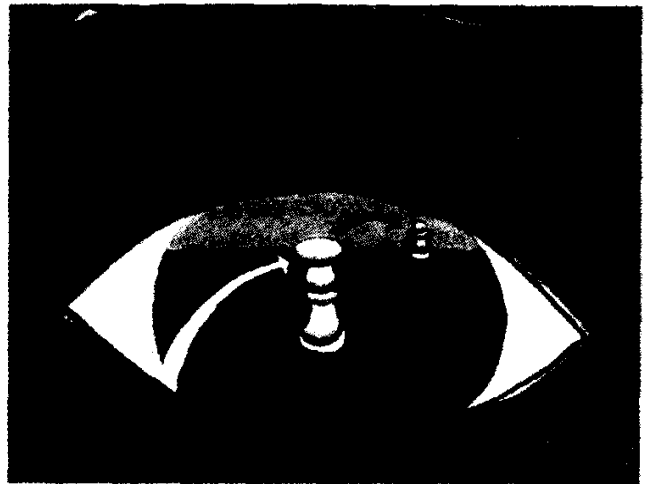
- \* Robert Jessop in the Finnish 5 day did 10th on Day 1, 12th on Day 2, then oh dear! 74th on Day 3. I don't know about the 4th and 5th days.
- \* Darren Ashmore is having loads of trouble with that injured leg again and we can share his frustration, and hope he rehabilitates soon.
- \* School "O" champs in South Auckland.  
*Auckland champs* Joanne Munro 2nd Sen. Girls, Robert Pols 3rd Sen. Boys, Anthony McGivern 6th Sen. Boys, Melissa Young 6th Jun. Girls, Mark Stewart 18th Jun. Boys.  
*National champs* Anthony McGivern 8th Sen. Boys, Robert Pols 11th Sen. Boys.  
 In the *Relays* Robert Pols did 6th fastest time and Anthony McGivern did 13th fastest.  
 Joanne Munro didn't contest the Nationals as she also played club soccer on the day involved.

Some fathers do have them Wayne!!

## PERCEPTION

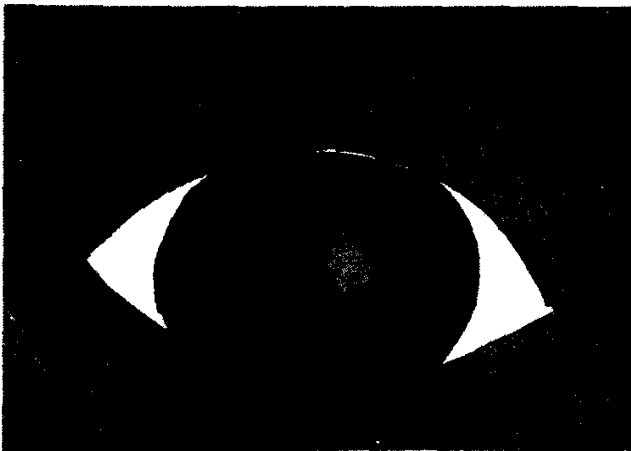
### HE CAN READ A MAP BLINDFOLDED, BUT CAN HE FIND HIS SOCKS?

It's a classic scene of marital discord on the road. Husband: "Do I turn right?" Wife, madly rotating the map: "I'm not sure where we are." Whether men read maps better is unclear, but they do excel at thinking in three dimensions. This may be due to ancient evolutionary pressures related to hunting, which requires orienting oneself while pursuing prey.



### IF LOST IN A FOREST, WOMEN WILL NOTICE THE TREES

Such prehistoric pursuits may have conferred a comparable advantage on women. In experiments in mock offices, women proved 70% better than men at remembering the location of items found on a desktop—perhaps reflecting evolutionary pressure on generations of women who foraged for their food. Foragers must recall complex patterns formed of apparently unconnected items.



An article sent in by Lisa Mead from Time Magazine. Some food for thought and/or debate! She says it describes Geoff with 100% accuracy! Come to think of it, it describes a few people I know too...



# NEW ZEALAND ORIENTEERING FEDERATION

## NEWSLETTER

JULY 1992



### NEW ZEALAND TEAM TRIAL DATES

The NZOF Selectors will be using form at the following events as guidelines for selection for the team to represent New Zealand at Perth, Western Australia, at Easter 1993 in the Australia/New Zealand Challenge.

CDOA Championships 19-20 September 1992  
AOA Championships 10-11 October 1992  
NZ Championships 24-26 October 1992  
WOA Championships 14-15 November 1992

Prospective team members should notify the convenor of selectors no later than 26 October of their availability (see NZOF News June 1992). The team will be announced in early December.

Competitors should run their usual grades as team composition can not be decided until 26 October.

The selectors are Robyn Davies (PAPO), Ann Scott (Southland), Graham Teahan (Red Kiwis) and Wayne Aspin (South Auckland - convenor).

### WOC TRIALS

The 1993 World Orienteering Championship will be held in USA in October 1993. Trials for the New Zealand team will be held during July 1993 and will be a two day event consisting of a medium length trial on the first day with two short course events the following day. The venue has not been decided yet. The team will be selected by Wayne Aspin (convenor), John Robinson (WOC Squad Coaching Co-ordinator) and Ann Scott and will be announced following the completion of the trial.

### NZOF CONFERENCE 31 DEC 1992 - 6 JAN 1993

All clubs have received information about accommodation and initial plans for this conference from Judy Martin and Laurie Baxter.

Please forward your responses to The Conference Committee  
c/- P Mellsoy  
7b Elderwood Lane  
Takapuna  
AUCKLAND.

More details will be sent out in September but is important that ferry bookings and accomodation bookings are made soon.

### CHANGES TO ACC

Included in recent ACC legislation is a change to the definition of an accident - "An accident must involve an external force".

This may lead to rejection of ACC claims for injuries caused by falls or lifting.

When claims for falls or lifting accidents are rejected please:

- write to your local MP to protest including details of the incident, costs and losses to you.
- send a copy to Hon John Banks, Minister of Sport
- send a copy to NZOF Secretary, P O Box 18 836, New Brighton. A summary of these will be forwarded to the Assembly for Sport who are collating information from all sports.

**NEWSLETTER**

Page 2



**AUCKLAND UNIVERSITY ORIENTEERING CLUB**

Formal notification has been made that the Auckland University Orienteering Club no longer exists so clubs should send no further correspondence to their address.

*But apparently Victoria University Orienteering Club has formed recently.*

**HILLARY COMMISSION FUNDING APPLICATION**

The NZOF application for grant-aid was submitted on 3 July to the Hillary Commission.

Included with the application was

- a Financial and Performance Review for 1991/92
- the NZOF Development Plan
- the Coaching Development Plan
- the Funding Application for 1992/93
- a Funding Application for World Cup 1994

The funding application included a research project/survey to find out New Zealander's impressions of orienteering, provision for the coaching director, assistance with improving orienteering offered at Outdoor Centres, and assistance with Mapsport production and distribution. Copies of the Development Plan have been sent to Club Secretaries. The plan included much of what the Waiouru think-tank and the consultation groups came up with, but because of time pressure some of the objectives were not directly approved by clubs. It is hoped a fuller plan with input from more members and clubs will be a result of the NZOF Conference in January.

If clubs or individuals would like copies of the other documentation the NZOF Secretary can supply them.

Contributions to the application were made by Barrie Foote, Laurie Baxter, Judy Martin, Athol Lonsdale, Stan Foster, Colin Tait, Michael Wood and Chrissie Williams.

**ORIENTEERING WORK IN SPAIN**

The NZOF Secretary has a request from Seville Orienteering Club in Spain for an orienteer to work in Seville from September/October 1992 to June/July 1993. The work involves helping the club with management, organisation and development in return for board and lodgings and a monetary stipend.

If anyone is interested in this position contact the NZOF Secretary.

*Chrissie Williams*

Chrissie Williams  
NZOF Secretary



Hillary Commission  
FOR RECREATION AND SPORT

P O Box 18836  
New Brighton  
Christchurch  
Ph 0-3-388 0798

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

# LETTERS TO THE EDITOR



Dear Editor,

I note that your correspondent W100 has been orienteering for 18 years. She has always been W100. I know, because I too have been orienteering for 18 years in Auckland.

It is obvious that W100 has discovered how to halt the aging process. It is time she shared the secret with all other orienteers so we can all stop this senseless business of moving into older age categories every few years. I'm looking forward to her next article in O-4-Focus.

By the way, thanks W100 for your regular contributions. I always look forward to reading them.

Selwyn Palmer, M21 (x2)

Dear Editor,

WOC Development Squad Colour Coded Event, Whites Line.

Please convey my congratulations to the squad for excellent course planning of the above event.

The Red Short course which I contested was up to the IOF technical requirements for A class courses. It demanded constant map reading, orienteering to the last metre to the control feature and once there the control was easily visible.

As demanded by the IOF there was no "dead" running, a very disappointing feature of many of our M65A courses being the amount of dead running encountered. There were route choices to every control.

To one who has been an Auckland elite champion this Red Short course was very satisfying, containing all the unique nature of the sport. I can offer only one technical criticism - control no.5, although a right angle on the map, was a dog's leg but I am sure that the co-ordinator will have pointed this out.

The course showed that the coaching the squad has received to date - and undoubtedly which will continue in the future - is first class and is teaching the technical requirements of our wonderfully unique forest sport. I know that others may have criticized some aspects of the event which forded me to present this letter of appreciation.

Ralph King, NWOC  
Life Member of the NZOF.

# NOTICES

## 1992 COURSE SETTING COMPETITION

This challenging arm-chair exercise is being run by the Hamilton club this year and is a perfect opportunity to do some technical training without having to get out there in the rain.

The entry form is enclosed in this issue and due to delays in getting the forms out, the closing date has been extended to the 31st of August.

Enter now to avoid disappointment!!

## 1993 NZOF PLANNING CONFERENCE, NELSON LAKES

Chrissie Williams has sent me the report from the 1983 planning conference held at Iwitahi and suggests it may be of interest to those intending to participate in the 1993 conference. If you are interested in a copy, give me a call on 6343-676 and I'll send one out.

The Editor.

## TRAINING DAY, SATURDAY 15th AUGUST, DARGAVILLE

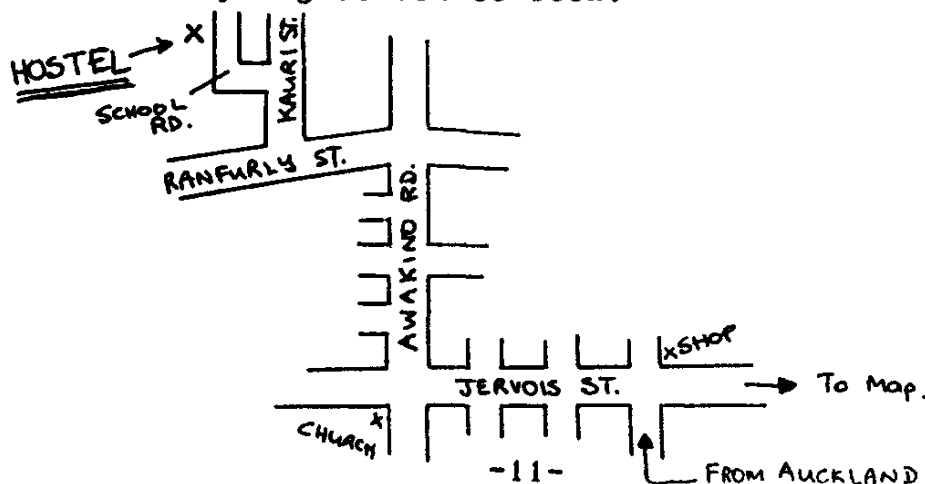
"Omu Creek" map, 1:10000, 5 metres. A relax and do your own thing event only 8km from Dargaville. A good warm-up before the OY on Phoebes Lake the next day.

Starts from 1.00pm to 3.00pm. Course closure 4.30pm. Three courses available from 1.5km to 5.0km.

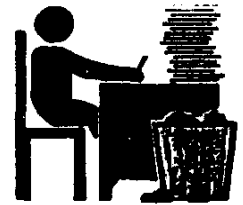
Directions: On entering Dargaville, turn right into SH14 towards Whangarei. Start is on the main road about 8km from Dargaville and will be well signposted.

ACCOMODATION: Available for \$25 per head which covers a 2-course dinner, continental and cooked breakfast, continuous tea and coffee and bed. You will need to bring your own sleeping bag and pillow case.

If you would like to stay the night please contact Janice Cyprian on 09-4398742 by August 6th to book.



# FROM THE ARCHIVES



August 1982 was another full month for Auckland orienteers with large numbers turning up for park events at Omana, Totara Park, a Tony Nicholls organised Long Street 'O', an OY and finally the AOA champs.

The Totara Park map used is now largely residential, Omana has new roads and vegetation areas and Woodhill 81 (1:15,000) is now mainly Whites Line (1:10,000).

The month saw SAOC president Ray Eade win the 7th OY from Rob Garden on the '16 Mile' map with good runs from Jill Evans, W35 winner and Darren Ashmore, M12. Frank Buckley had been travelling from Hamilton for our events and getting good places in the M50 grade to finally win the Auckland title.

Although Cathy Newman was welcomed into the SA club in last month's magazine, she won the Auckland W21A title (no elite grade then) from Katie Fettes, Anitra Dowling and Trish Aspin. The mens placings were Ross Brighthouse, John Rix and Rob Garden. Of interest will be that the largest field was in the W21B grade (21 entries) and of these only Bev Shuker and Raewyn Dahm are still orienteering. The W21A grade had 11 entries and they are all still competing. And why don't we get W17-20 competitors now? There were 7 in the AOA Champs in 1982!

## I

Whether this symbol is "me" or no.1 it's what follows that is significant.

I think we have too many courses at events.

I don't like so many colour coded events.

I don't think they should be used as a contest.

I don't think we socialise enough.

I think orienteering is a competitive sport.

I think too many promotions will kill the enthusiasm.

I think kiwisport should do wayfarers courses.

I think newcomers are already catered for in lesser grades.

I think we pamper the sport with too much organisation.

I hate long boring meetings.

I think if we start at 0900 or 0930 I can go home afterwards and get some chores done.

I get tired of being labelled a stirrer....

T.O Kneeagain

## HOLES IN THE GROUND

When you are running along, how often, if ever, do you think what might be under the ground? Take One Tree Hill for example; the ARC has no less than five reservoirs in the park area holding approximately 62,000 cubic metres of water and two pump stations. Aucklands geological history, along with its sedimentary origins, is one of volcanic activity. When they were constructing the reservoir and feed lines in One Tree Hill they found at least two lava caves. One was quite deep but there is no longer access to it as it is blocked off by a reservoir. The other is under Campbell Road and is accessible via a man-hole in the footpath.

When I was asked some time ago if I would like to set an event I was keen. I was interested in a park event as it would be my first course setting experience and what better place than Ambury Park. I had never been there but knew it was a lava flow and that there were some known caves in the general area. There are a lot of lava caves throughout Auckland but most have been built over. Ambury Park, although low to the water table, was worth a look. It wasn't until after putting the controls out on Sunday that I donned a pair of overalls, knee-pads, and gloves and went for a fossic. (Now you know what that muddy looking fellow wandering around was up to). I had a poka down several holes, two of which were significant (went down more than a few metres). A few orienteers expressed an interest so six of us disappeared into an old gas bubble for a look. Nicholas Mead had the potential to be the youngest caver I had seen but Dad only let him have a look as he slid into the hole himself. The caves are formed when the outside of the lava solidifies, the source has stopped and the front keeps progressing. The molten core flows forward leaving the hollow tube. In a good cave you can see the flow marks on the floor and the drips hanging from the roof. You can sometimes spot the flows from the surface as there is often a slight rise which you can see going down hill. There is a major cave out at Wiri which we are trying to save from the Railways quarry. It's the hump at the western end of Wiri Station Rd; it's part of Aucklands history.

Kevin Jose.

### AUSTRALIA / NEW ZEALAND CHALLENGE

★

★

### EASTER 1993, WESTERN AUSTRALIA

Are you touring and available for selection for the NZ team?

NAME:

AGE (1993):

BIRTH DATE:

GRADE:

ADDRESS:

PHONE:

Please notify as soon as possible and before 15 October 1992

Convenor Of Selectors,  
Wayne Aspin  
Hatton Road  
RD 4 Waiuku Ph. (09) 235-1074

Don't be modest! Grades to be contested will be determined by how many people are available for travel. -13-

# **"Get fit to play sports, not play sport to get fit."**

*- Tony Nicholls*

Playing sport is good for us. At least that is what we are told. Cardiovascular activity, besides strengthening our hearts and lungs, can reduce our blood pressure. Physical activity gives us flexibility, and can strengthen bone, increase our life expectancy, and reduce the likelihood of developing diabetes.

And on top of that there's the added benefit of participating with new people in friendly rivalry, the fun of a team activity, and the enjoyment of meeting new challenges and learning new skills.

But there is a down side.

Recreational injuries last year cost the country more than \$78 million. Thousands of sporting New Zealanders sustained injuries serious enough to require medical treatment. Hundreds of others suffered permanent disability, and scores died.

While the five top sports (rugby, rugby league, netball, soccer, cricket), contribute to the bulk of sports injuries reported to the Accident Compensation Corporation (ACC), they certainly aren't alone in the injury stakes.

Most recreational activities are represented, often in surprisingly large numbers. For example in 1990, injury to swimmers resulted in over 1300 claims being made to the ACC. The majority of these claims were for dental injuries. But even worse, during that same period, two-thirds (83) of recreation-related deaths resulted from aquatic activities.

Statistics show that for most sports, sprains or strains are the most common injury. However, dental injury in ball games, cycling and all aquatic sports ranks very high on the list.

In fact over a quarter of all sports-injury claims made to the ACC are for injuries to the face.

The question then must be asked: is the risk of injury an acceptable price sports people have to pay? Certainly the ACC does not believe so.

A few basic musts:

Sports people must be properly trained, develop the skills needed to participate safely, and be fit. They should know the rules of that sport and follow them. They should use suitable equipment and clothing and keep it in good order. They should get immediate treatment for an injury. They should make sure they warm up and stretch gently before any strenuous activity, and afterwards warm down and stretch.

A simple injury, if aggravated, can quickly develop into something more serious. Fortunately many sports people are becoming aware of the need to treat soft-tissue injury immediately and more patients are using the RICE principle for the treatment of sprains and strains.

RICE is the mnemonic given to the four actions which can help to reduce the effects of soft-tissue injury and aid recovery. I'm certain that much of the injury to joints and tissue could be greatly reduced by properly warming up and stretching before commencing the sport, particularly if it requires explosive bursts, or interrupted areas of activity as in orienteering, as cold muscles are prone to strain, and tears. Also, after the activity, the warm down and stretching maintains the blood supply to the limbs and assists the removal of lactic acid and other waste products from the muscles, avoiding cramp and stiffness. Warm down activities can be looked upon really, as preparation for the next event.

"The professionals have got it right. They know it makes sense to look after their bodies. But we need to change the perception of many amateur coaches so they too place value on ensuring their players remain injury free. Unfortunately there are still coaches out there who lack sufficient knowledge to enable them help reduce injury."

Good coaches will ensure that their programmes have warm up and warm down sessions that include stretching exercises.

Maybe it's seen as macho not to bother about warm ups and downs, or "I can't be bothered with that" attitude, but why risk it? Do you "bother" putting on a seat belt, or tying your shoelaces?

"Serious injury to joints and soft tissue is too commonly seen in runners or sports people who are using jogging as a means of increasing their cardiovascular fitness.

Usually they are attempting too much too soon, without paying attention to developing flexibility, and listening to their body's symptoms of fatigue."

I also consider that variety of training is important. Whether I was coaching Reg Schierling (High Jump), Brian Murray (Sprints), Ian Stud (Sub 4 mile), Barbara Moore and Anne Garrett (Ardain), they all did variety work to keep flexibility and alertness and interest, the same as I still do at the almost recycling age.

"For instance, runners are best using a mixture of hills and flat, speed and rest days. They should avoid repetitious exercise and shouldn't train when tired." Another facet of chronic problems in the lower limbs is inherited biochemical abnormalities.

For example "foot plant", the way a person places their foot on the ground, in some people may require correction.

"In recent years there has been considerable focus on encouraging people to exercise. While this is great, it has meant that we have people, many with major foot and lower limb abnormalities, out there jogging or doing aerobics. Often it's only when they get a serious injury that the inherited foot problem is identified. This is the reason why people should get the best advice when buying shoes. Appropriate footwear in any sport can greatly reduce the likelihood of strains and sprains. Some people may benefit considerably through provision of orthotics in their shoes, manufactured by a sport's podiatrist."

Some believe they are fit because they play a or two of squash during the week, or rugby on Saturday. When they are tested they are surprised to learn how unfit they actually are.



"If you think about it, in many ball games the players spend a major part of the time standing or walking. The game many contribute little to developing cardiovascular fitness and good muscles tone."

To maintain a reasonable degree of aerobic fitness for most sports, players need at least three to four sessions weekly of a minimum of 30 minutes of activity that will raise the heart rate. This means you "get fit to play sports, not play sports to get fit".

## **To Summarise:**

### **1 A good yardstick - your heart beat**

Whatever sport you practice, don't overdo it and strain your heart. If you have a heart or weight problem, check with your GP before exercising.

For a normal, healthy adult your safe maximum heartbeat during physical activity is arrived at by subtracting your age from 220.

For example, for a person aged 40, 180 heartbeats per minute is the theoretical limit (220 minus 40 equals 180), but 80 percent of the maximum is better or, for that person, 144 beats per minute.

<b>Age</b>	<b>80% maximum beats/minute</b>	<b>10 second count</b>
60	128	22
50	136	23
40	144	24
30	152	25
20	160	26

Take your heartbeat by pressing the first three fingers of one hand on the inside of your opposite wrist, just below the bone running from your thumb. Alternatively, press on the side of the throat under the jaw bone. This should allow you to distinctly feel the beating of your heart in the artery which passes this point.

### **2 Training**

Maintain an appropriate level of fitness for the activity. develop the appropriate skills necessary for the sport.

#### **Preparation**

Always warm up and stretch gently before beginning any vigorous activity and warm down and stretch afterwards.

#### **Equipment**

Use the correct sports gear and check that it is properly maintained. Use protective equipment.

#### **Knowledge**

Learn and follow the rules and safety procedures.

#### **Care**

Seek "immediate" treatment of any injury. Use RICE to treat joint and soft tissue injury.

## RICE

3

### Rest

Early immobilising of the affected area reduces further damage and assists healing. Mobilisation is encouraged after 3-4 days to restore the range of movement.

### Ice

Immediate application of ice to the affected area reduces pain and swelling.

### Compression

Strapping and supporting the injured area reduces movement and prevents the tissue or joint being further damaged.

### Elevation

Ideally the damaged area should be elevated as high as the heart. This helps reduce swelling of the surrounding tissue. Early use of anti-inflammatory medications will also help reduce the amount of swelling which occurs.

*Play fit - stay fit!*

## NEWS FROM OVERSEAS

Tania Robinson from SA has done extremely well at the Junior World Championships held in Finland late in July.

In the Short-0 event Tania qualified easily for the 'A' Final and then ran a perfect race to come 5th, only 41 seconds from 1st, 1 second from 4th and 5 seconds from 3rd. This was a world class performance and by far the best result by a New Zealander in JWOC. In the Classic event held two days later a six minute error in the very technical terrain put Tania in 19th position overall, a result she can be proud of.

Darren Ashmore of Central club and Matthew Tuck of North West also competed in the Championships and both performed creditably in the first major international competition for them both. Although neither qualified for the 'A' Final, both ran well in the 'B' Final to end up one place apart. In the Classic Matthew finished 49th in a field of more than 120 runners while Darren was about 70th. Both beat all but one of the Australian competitors.

# What have you done about it ?

If you have a gripe or feel an improvement is warranted, talk it over with someone responsible.

Feeling strong over an issue, you could and should put it in tabled form on paper and then present a copy to the chief person of that department.

Merely fuming over it when you get back to the car, only fogs the windows, and when that is wiped, nothing has been accomplished.

Regularly, after our club meetings on the first Wednesday of the month, whispering bunnies emerge from shrubs and ask if such and such was discussed, or had we done anything about so and so's behaviour or the way the thingy had been set up.

I give them a funny look (not much change I'll admit) as if "no understand language" because, dammit, if it's not down on paper or given to me factually, it only qualifies as hot mumble which more often than not is nuisance value.

To iterate, write it down and better still present it yourself. Moreover, the club meetings are nearly all men, which seems rather odd, very odd, as I see and hear the gazes and praises from both genders (I'm not sexist) at events, but a lop-sided representation at the meetings.

We're not a Morganatic sect ladies, you're welcome whether friendly or hostile or a mixture, at least it shows a definite feedback. Also, major issues go from club to AOA to National level, only if you put it down and present it. Whispering bunnies always cower by bushes of the "excusus absenteeism" species.

Two fables I like are:

1. The feeble tremble before opinion, the foolish defy it, the wise judge it, the skilful direct it.
2. There's always room for improvement, it's the biggest room in the house.

**Tony Nicholls**

**NZOF COURSE SETTING  
COMPETITION 1992**



**Hamilton Orienteering Club invites all Orienteers to enter the 1992 Course Setting Competition**

- \*\* All entrants must be financial members of a Club affiliated to NZOF
- \*\* Juniors are to plan one course for W-16A  
Seniors are to plan two courses, one for W-16A and one for M40A- Placings will be determined by sum of points for both courses.
- \*\* Courses must conform to national badge standard for a single day event. (this information will be provided)
- \*\* Maps must be marked in accordance with NZOF rules (red ballpoint will be accepted) and control descriptions must be in IOF symbols
- \*\* The map to be used will be the infamous Kapamahunga (no allowance will need to be made for the weather conditions !!)  
The finish will be marked on the maps and must be used.
- \*\* Entrants will receive two maps per course. These along with all relevant information will be sent to entrants on receipt of their registration  
Extra maps are available at \$1 each
- \*\* All maps will be returned along with Judges comments.  
Hamilton Orienteering Club reserves the right to use any entry as a course for a Club event
- \*\* The top five courses in each category will be selected by a panel of three from the Hamilton Orienteering Club and the final judging will be done by the National Coaching Director Michael Wood
- \*\* The winner of the senior section will receive the Silva Trophy and the Junior winner the Currie Trophy. These will be presented at the Nationals at Labour weekend.
- \*\* Closing date for entries will be 31st July

**Send entries to:** Bruce Collins  
Otonga Valley Rd  
RD1 RAGLAN  
Ph 07 8255745

**Entry fees:** Senior \$10 Junior (under 20) \$6  
Please make all cheques payable to Hamilton Orienteering Club

*Due to some Clubs not receiving this notice the closing date is extended to 31st August 1992*

**Please register me for the 1992 Course setting competition**

**Name** .....

**Address** .....

**Senior/Junior(under 20) (delete one)**

**Fee enclosed Senior \$10 Junior \$6**

# CALENDER

## 1992 Event Calender for Auckland and Central Districts.

AUG	Sun 2	C	OY3	Temu Road
	Sun 9	C	Training Day	Temu Road
	Sun 9	P	Club Event	Tuahu
	Sat 15	WHO	Training Day	Omu Creek
	Sun 16	WHO	OY4	Phoebes Lake
	Sun 23	NW	Park	Muriwai
	Sun 23	R	CDOA OY6	Ngamotu
	Sun 30	SA	OY5	Waiuku
SEPT	Sun 6	SA	Training Day	Waiuku
	Sun 6	H	Club Event	Donny Park
	Sun 13	NW	OY6	Waterfalls
	Sun 20	C	Park	Domain
	Sat 19	CDOA	Champs, pre-entry	Kawhia
	Sun 20	CDOA	Champs, pre-entry	Kawhia
	Sun 27	C	OY7	Paparoa
OCT	Sat 10	C	AOA Champs, pre-entry	Woodhill
	Sun 11	NW	AOA Relays, pre-entry	Woodhill
	Thu 22	NW	Primary School Champs	Long Bay
	Sun 25	PAPO	NZ Champs	Christchurch
NOV	Sun 8	SA	AOA Score Champs	
	Sun 15	Wgtn	WOA Champs	Wellington

*Smith & Barclay*

HOUSE OF  
**T R A V E L**

*Our experience  
SAVES you money!*

**Chris Smith & Roger Barclay**

---

Westpac Plaza, 151 Broadway, Newmarket, Auckland  
Ph: 522 2351 Fax: 522 2347

**\*\* STOP PRESS\*\***

Grade changes for the CDOA champs, Kawhia 19 - 20 Sept 1992

There have been a number of changes affecting mainly the junior grades and B - grades.

Details on the reverse side of the AOA Champs entry form.

Printed Black on White A4

**1000** for **\$37<sup>50</sup>** incl GST

**500 for \$27.50**

**250 for \$20.00**

---

604 Great South Road, Greenlane. P.O. Box 51-572 Pakuranga, Auckland. Fax 5799-934.

---

*Auckland Orienteer*  
Editor:  
Mervyn Paitry  
16 Korma Rd.  
Mt Roskill,  
AK 4.

POSTAGE PAID  
Permit No. 23  
Browns Bay

**696-746 (Bus)**

**849-6562 (Res)**

Sponsored by "Tony's Mowing Services Ltd"

