

The AUCKLAND ORIENTEER



AUGUST 1994

THE GUEST EDITORIAL RAMBLE

Congratulations Mark and contributors on a great magazine.

W100 and Champions

The July *AUCKLAND ORIENTEER* has an extract from 'Bilbo Baggins' of BOF Squad Newsletter fame. He says, "The champion is a mean bastard, and the nice guy never quite gets to the top." Well, firstly I'm shocked to discover this revelation about the parents of our champions, and why should I be handicapped just because I had legitimate parents. *(It's true, I've met them - MR)*

And secondly, Michael Wood is the champion in my grade. I'm disillusioned to hear that he's not a nice guy after all. Rob Garden sometimes wins my grade, and he's a nice guy. Furthermore, W100 is the undisputed champion of the W100 grade. All of us who know her are well aware that she is not an arrogant bastard. What a load of rubbish, Bilbo. There's no need to degrade our top orienteers like that. The Ferret got sued for similar defamatory remarks.

There's another quote from "The Australian Orienteer" which refers to the "2 x 7 x 52 x 10 formula". Now my maths says that's 7,280 hours - nearly as much orienteering as W100 must have done in competitive orienteering, without counting her training time.

Anyone who can survive decades of orienteering and reach the W100 grade must be greatly respected and admired. Her experience and knowledge are surely phenomenal (I wonder if the spell-check can handle that word). The National Squad should be employing W100 at their next training camp to exploit her vast resources of orienteering knowledge.

Hey! Next event I set, I reckon I'll set a W100 course and challenge the WOC Squad to compete in it. The Squad'll struggle to compete with her infinite experience in orienteering and human frailties.

Course lengths

MR wrote an article about "How do we know when courses are too long?" Mark made a very valid

argument for looking at median or losing times for determining course lengths for B and C grades.

Now, why not apply the same argument to A grade (not elite). The only thing to distinguish A grade from B and C is that A is technically difficult. The competitors are still looking for enjoyment, a navigational challenge and a time within their running capabilities. Yet our rules insist that course setters cater only for the winner - not for the average or ordinary orienteer. The system caters for the minority.

At present I have to train 40% longer and harder for *my* time than does the winner of my grade. I probably struggle equally as hard for my time (40% behind the winner) as does the winner.

(That's why I dreamed up the "A2" grade; the question is how far we should apply it. I suspect that Selwyn doesn't deserve it - MR)

Burglars

But I resent the slanderous reference to "burglars" running in B grades. These so-called burglars are competing quite legally and within the orienteering rules. It is not the competitor's fault.

"Burglars" are law breakers. If we don't want such people to run in B grades then we must change the rules. My solution is to scrap age grades, except perhaps for juniors. Instead we have Elite, A, B, C, D, E, F, G, etc. At some point the grades move down the scale of technical difficulty.

Ages are no longer relevant. One's prestige comes from whatever grade is achieved. There is a system for promotion or demotion depending on success or failure in one's current year's grade. There is a maximum of say 20 and a minimum of say 12 in each grade to give a reasonable competitive group.

Then we will all be competing against people of approximately our own ability, competition level and training level. Each of us now has a real competition, not just a fun run. And a challenge to either rise a grade, stay in the grade or avoid dropping a grade next year. Such a system caters well for beginners, novices, unfit, slow, the technically disadvantaged challenged, all ages, short distance and long distance specialists. There are many other sports, both team and individual, that operate under a similar system.

(The British and WOA call it a colour-coded system, and it works well - MR)

The Next Millennium

What a great idea to hold the first O event of the next millennium. We must organise it soon and start advertising around the world - possibly in conjunction with the World Vet Champs! Will we get Mil-O to be the sponsors?

Back to the Past

Ken Browne's fascinating archives column could well be developed now to include one-decade-ago and two-decades-ago. And if Ken can still write it for one-millennium-ago, that would be great.

(I think SP is losing it - MR)

Another Wine

Have you tried Peter Lehmann's "Clancy's" 1992? It's a very tasty, ready, drinkable blend of Cabemet

Sauvignon, Shiraz, Cabemet Franc, and Merlot. It was recently on special at Foodtown for \$13.65. It's great wine-O loading the night before those winter OY events - the back label notes even suggest it goes well with pasta. What better excuse do you need?

My own tasting notes: "Deep, rich, thick red colour. Bouquet is gutsy, powerful, ripe, fruity, complex and inviting. Has flavour to match, but is short lived in the mouth, suggesting it's ready now. A delicious wine for ready drinking, but not outstanding. I managed to start a second bottle in one night and share it with a late night visitor."

Next month's wine report will be from any of: Jill Dalton, Clendons, McGiverns, MR, Brewises, Phil Creagh, not to mention NWOC members or a report on orange juice from Bryan Teahan.

SELWYN PALMER [COC]

CALENDAR

WARNING! Yet more venue changes have been caused by protesters blocking Inland Road!

The editor takes no responsibility for the accuracy of the following information which has been collated from many sources. Please call Club Secretaries for final confirmation: (C) Central: Leon McGivern 576 4567 (CM) Counties-Manukau: Rosemary Gatland 267 5087 (NW) NorthWest: Marquita Gelderman 412 8879 (Wh) Whangarei: Dick Rankin 09 434 6499 (H) Hamilton: Jim Barr 07 856 9501 (P) Pinelands: Don Fraser 07 886 8813 (T) Taupo: Kathleen Lonsdale 07 378 0818 (R) Rotorua: Gary Farquhar 07 345 9608

AUGUST '94

- | | | |
|---------------------|----|---|
| Mon 1 st | CM | Counties-Manukau Club Meeting, members welcome, 19:30
Aspin residence, Hatton Road, Awhitu (VENUE/DATE CHANGE) |
| | | Deadline for applications for Senior Camp (28 th July), see July issue for details |
| Wed 3 rd | C | Central Club Meeting, members welcome, 19:30
Jarvis Trading, 53 Allens Rd, East Tamaki |
| Thu 4 th | NW | NorthWest Club Meeting, members welcome, 19:30
Watson Residence, 81 Hepburn Rd, Glendene |
| Sun 7 th | Wh | Winstones
Enlarged map, redrawn in colour; "gentle farmland and bush"; 3 courses; starts 11:30 to 13:30; setter Malcolm Mack; on southern outskirts of Whangarei at Otaika Quarry/Reserve just off SH1. |
| | H | Donny Park, Hamilton, starts 11:00 to 13:00 (call for final details before setting off!) |

- 10th WOC4 Norway
13th, 14th WOC5,6 Denmark
- Sun 14th NW **AOA OY2, Kaipara Knolls (VENUE CHANGE)**
Setters Lesley Stone and Bob Murphy, Coordinator Les Paver. Starts 10:00-12:30.
Take SH16 towards Helensville, turn left for Parakai, keep going until you see signs
- R Waipapa Forest
Lichensteins Road, off Maniatutu Road, off SH33 Rot-Tauranga; 12:00 to 14:00
- Fri 19th Closing date for CDOA Championships (17th Sept), see details in July issue
- Sat 20th D Ski-O, Waiorau Nordic Ski Area, Pisa Range, Wanaka, South Island
Sun 21st Contact Ken Dowling, 10 Barling St., Dunedin 9003, 03 476 1522
- Sun 21st H **CDOA OY6, Killarney, Kaimais**
Signposted from Manawaru, 11km southeast of Te Aroha towards Matamata /
Shaftesbury, 11:00 - 13:00, brand new remap of Tuahu by Bill Teahan, 1:10,000 / 5m
contours, 50% pine forest 50% farm, intricate medium steep gully/spur.
- Sun 28th C **AOA OY3, Pulpit Rock (VENUE CHANGE)**
Club event, setter Richard Bolt, controller Selwyn Palmer in absentia. Mature pine
forest on intricate rolling dunes, and steepish farmland. Map only used before for
WOC1. Look for signs on SH16 at the Forest Headquarters (Restall Road), 5km
north (actually west) of Waimauku. Starts 10:00-12:30.
- 28th-2nd Squad Development & National Squads Training Camp, Tui Ridge, Rotorua (Rob Garden)

SEPTEMBER '94

- Thu 1st NW NorthWest Club Meeting, members welcome, 19:30
Middleton Residence, 24 Shanaway Drive, Glenfield
- Sun 4th Wh **Mair Park**
Native bush in centre of Whangarei; setter Phil Collins; starts 11:00-13:00.
- H Sandford Park, Hamilton, 11:00 to 13:00
- Mon 5th CM Counties-Manukau Club Meeting, members welcome, 19:30, venue to be arranged
- Wed 7th C Central Club Meeting, members welcome, 19:30 (to be confirmed)
Jarvis Trading, 53 Allens Road, East Tamaki
- Sat 10th RK Wellington Score Champs, Heaton Park, near Wanganui
Sun 11th KH Wellington Relays, Hyderabad, Levin
- Sun 11th CM **AOA OY4, Matakauwau, 30km north of Waiuku on Awhitu Peninsula**
Hilly farmland with some bush, 2nd use of new version of map, starts 10:00-12:30
Setter Ross Brighthouse, controller Wayne Aspin, co-ordinator Trish Aspin
- R Mt Maunganui, 12:00 to 14:00

Sat 17 th	T	Central Districts Championships & Junior Challenge #3, Taurewa, National Park
Sun 18 th		Pre-entry, details in July issue
Sat 20 th		Deadline for entries for Coaching Conference 20/21 Oct, see August issue
		AOA OY5, Phoebe's Lake, Poutu Peninsula, 45 mins south of Dargaville pine forest on sand-dunes
Sat 24 th	Wh	Model event, 3 courses, setter Rhys Thompson, starts 12:00 - 15:00
Sun 25 th	Wh	OY5, setter David Nevin; controller Richard Rankin; starts 10:00-13:00
24 th -25 th	Aussie	Queensland Championships
25 th		WOC 7, Germany
27 th -28 th		World Masters' Games, Brisbane, Australia
30 th -1 st		WOC 8 & 9 Czech Republic
29 th		Deadline for sending entries for WOA Championships, details in August issue
29 th -Sept 4 th		"Older Junior" & Squad Training Camp, Tui Ridge, Rotorua

1994

Oct	1-9	Aussie	Sandy Coves Carnival / Australian Champs, Adelaide Rob Garden has travel plans; Club Secretaries have entry forms
	2	CM	Auckland Relay Championships, Waiuku Forest, Pukekohe
	9	C	Auckland Domain, Promotional
		R	Tui Ridge?
	16	NW	AOA OY6, Waterfalls, Redwoods Forest, Warkworth
	20-21	NZOF	National Coaching Conference, Bulls, contact Michael Wood 04 566 2645
	22-24		Wellington Championships, Badge Event, entry form in this issue
	22	RK	WOA Classic, Knottingly, Santoft Forest, Bulls; pines; used once: APOC94
	23	H	Te Miro
		Wh	Gumtown
		HV	WOA Short-O, Watchtower, Waitarere Forest, pines; used for WOA Champs 93
	24	W	WOA Day 3, Whirokino, Levin; pines/farmland on dunes
	30	C	AOA OY7, Woodhill, probably Ngapuketuru
Nov	3	CM	Auckland Primary School Championships
	5-6	NW	Auckland Championships, Auahine Topu or Kaipara Knolls and Waiti, Woodhill
	13	Wh	Kiorera Road
		R	Club event
	15	C	Summer Series starts, Auckland Domain
	19-20		Senior (35+) Training Camp, Wellington area
	22	C	Summer Series, One Tree Hill, (to be confirmed)
	26-27	HB	Smedley Medley, Short-O and Long-O
	27	H	Waikato University

	29	C	Summer Series, Western Springs, (to be confirmed)
Dec	3-4	PAPO	South Island Champs, Omaui Beach, Invercargill, new map (changed venue)
	6	C	Summer Series, Churchill Park, new map, (to be confirmed)
	11	R	Okawa Bay
		Wh	Mimiwhangata or Pompallier
	13	C	Summer Series, Self's Farm, (to be confirmed)
	13-18		Junior Training Camp, Dunedin, contact Don Melville, 03 454 2575
	20	C	Last Summer Series event of 1994

1995

Most major 1995 events have not yet been confirmed by NZOF or regional associations. The current draft suggestions are recorded here to help you with your long-term plans, but should not be relied upon.

Jan	6-8	C	Woodhill 3 day, Lake Kereta
	17	C	First Summer Series event of 1994, One Tree Hill, (to be confirmed)
	21-27	E	North Island Orienteering Championships Series - 4 days
	21-6	Squad	Various training events and evening seminars
	23-27		Junior Training Camp, Manawatu
	24	C	Summer Series, Auckland Domain, (to be confirmed)
	25-5	All	NATIONAL ORIENTEERING WEEK
	28-29	E	Taranaki Turkey Trot
	31	C	Summer Series, Mangere Mountain, (to be confirmed)
	31-2		Senior (35+) Training Camp, Bulls
Feb	4-6	RK	Masters' Games, Wanganui
	7	C	Summer Series, Churchill Park, (to be confirmed)
	14	C	Summer Series, One Tree Hill, (to be confirmed)
	18-19	PAPO	South Island Championships, Christchurch
	21	C	Summer Series, Western Springs, (to be confirmed)
	24-26	NZOF	National Orienteering Seminar & AGM, where?
	28	C	Summer Series, Auckland Domain, (to be confirmed)
Mar	7	C	Last Summer Series event, One Tree Hill, (to be confirmed)
April	2-4	Aussie	3 day event
	14-17	CM	National Championships, Pukekohe
May	14-19	Squad	Development/National Squad Training Camp, Wellington
	29-2		Veterans' World Cup, Russia
June	3-13	Squad	Junior/Elite trip to Australia for Southern Cross Challenge and QB multi-day (TBC)
Aug	27-1	Squad	Development Squad Camp, Auckland or Central Districts
July	7-8	PAPO	National Secondary Schools Championships
	24-28		O-Ringen, Sweden
Aug	12-20		World Championships, Germany
Oct	?	Aussie	Australia-New Zealand Challenge
	1-2	Aussie	Australian Championships
	28-30	Wh	Labour Weekend 3 day event, sand dune pines, Poutu, Dargaville

CENTRAL CHATTERBOX

Press Appearances

Congratulations to **Christine Munro** featured in an Auckland City Harbour News article on June 29th. "... She has broken a long-standing tradition at the Owairaka Athletic and Harrier Club in becoming the club's first female president since its inauguration 50 years ago. The women in her club have always been strong and have won top places in national marathon and cross country champs. One of her main aims this season is to encourage the men back to their former glory within the club".

Tony Nicholls featured in an Auckland City Harbour News article on July 7th. It concentrated on Tony's life membership and the contribution he has made to orienteering. "The former high-level competitor has many great memories from his involvement in the sport, but rates life membership of Central Orienteering Club as one of the highlights."

Robert Jessop (NZ Herald July 14th) won the Sorlandsgaloppen six-day orienteering event in southern Norway. There were 2500 contestants. "... Robert lay equal with Ken Westerheim of Norway at the end of the first 5 days but a win on the final day gave Robert the gold medal in the M21AShort class". Congratulations Rob.

Kiwitahi July 17th

/ki:wi:'ta:hi:/ *n.* A weather phenomenon bringing rain and wind to a localised area between 10:00am and 13:00pm on a Sunday. Named after an area of farmland near Auckland, New Zealand.

We tempt fate by scheduling events for Kiwitahi during winter months, and we always seem to strike the foulest of weather. The rain didn't start until the first runners turned up, and it stopped immediately after everyone left.

The barn fires in the district caused a scare and one building on the Kiwitahi map is now a ruin!

	km	No	Grd	1st	25%	50%	75%	90%
1	6.7	6	A	60	68	69	71	76
2	4.9	18	A2	40	54	65	76	93
3	3.8	15	B	50	64	71	74	78

(With so few runners on the shorter courses, their performances would not be representative.)

Errata

Rae Powell is chuffed to be named as a National Champion in the July issue, but she wishes to point out that she only led the list on page 16 of the Results, and that there were in fact 5 runners ahead of her on page 15...

Mapping

Mark is pleased to report that the Club now has under way maps of Western Springs, Carrington, Mount Eden, Pakuranga Streets, Dingle Dell, Churchill Park and Mount Richmond, with several other areas also under consideration.

The number of active fieldworkers and fieldcheckers has now reached 20, with the willing (?) addition of **Wallace Bottomley** (Dingle Dell, of course), **Selwyn Palmer**, **Peter Johnson**, **Tom Davies**, **Darren Ashmore**, **Terry Nuthall**, **Andy & Jill Brewis**, **Rod Ball**, **Bob Lindop**, **Rob Crawford**, **Jos Pols**, **Mark McLean** and **Jill Dalton**. The plan is to print several small colour maps at once, thereby drastically reducing printing costs. Thanks to all!

The Committee is currently considering a proposal to invest in a computer to draw all of these maps...

Etcetera

Rob Jessop has moved to Britain / Europe for an extended stay. **Bob Lindop** celebrated his 50th birthday very recently. Congratulations to **Brett Ashmore** who turned 21 in July.

Credit goes to **Joanna and Alistair Stewart** for their excellent organisation and hard work in setting and co-ordinating the Auckland Secondary School Champs held in June.

Andy & Jill Brewis are off to Scotland for the Veterans' Championships and then to Northern Spain and finally visiting James in Indonesia.

Tom & Heather Clendon, and **Roger & Hilary Weeks** are travelling to Scotland too.

Next Meeting

The next Club meeting will be held at 19:30 on Wednesday 3rd August 1994 at Jarvis Trading, 53 Allens Rd, East Tamaki. All club members welcome.

CATHERINE HORIDE 376 5937

COUNTIES- MANUKAU NEWS

June and July must have been the longest period without events in the Auckland region in my 20 years of orienteering - four weeks without a compulsory run.

We don't often think of our fellow competitors as anything other than orienteers. But a recent photo in *The Manukau Courier* shows **Geoff Pilbrow** in his civilian occupation dressed in his orienteering clothes and using a giant compass to survey the bridges on the new Mangere motorway.

And news of **Rodney Pilbrow** in South Africa. He has been to three events in Johannesburg and won all three. The Transvaal Championships had 50 entries, eleven of them in M21A with Rod. The event was held on the mine property where he works, so he can see part of the course from his daily grind! **Sally, Geoff and Graham** are off to visit SA this month.

By now **Ken and Esme Green** will be speaking with a Scots accent. Ken is combining orienteering in Scotland with a veteran cricket tournament.

Jeanine Browne is off overseas for an R&R holiday again; and the **Mellsops** are taking a trip to Fiji as a consolation after missing Scotland for **Phil's** operation. Club life member **Mrs. Moen** recently had a heart pacemaker fitted; she says that she is on the mend and will be at events soon.

A welcome to new club members from **Howick, Brian, Margaret, Emma and Sarah Walstenholm**. Finally, congratulations to **Rachael Shuker and Mark Currie** who are keeping the Club to the fore in Secondary Schools events.

KEN BROWNE 299 8413

NORTHWEST NEWSHOUND

The recent break from orienteering events provided the incentive for the Newshound to brave the elements at Central's droughtbusting Kiwitahi event. An hour of doing battle with rain and copious mud made me feel good about blobbing out with the Sunday papers afterwards!

Lesley Stone and Colin Tait were guests on Sunday 17th July at Sport North Harbour's Volunteer of the Year luncheon at the Mon Desir. Colin was nominated by NWOC and Lesley by Sport North Harbour for her KiwiSport work. Colin was presented with a sportsbag full of goodies.

Recent publicity has emphasised the success of our elites, so it is important to recognise the tremendous amount of behind the scenes work done over the years by that small core of dedicated club members: visiting schools, mapping, fund raising, instructing and organising.

Birkenhead College can thank **Graham Peters** and his enthusiasm for their success at the National Secondary Schools Championships held in Rotorua. The school fielded 45 orienteers and was the overall winner on points.

Gabrielle Henderson won the Intermediate Girls' title and is profiled in the July (blue) issue of NZ Orienteering. I hope you all recognised **Sasha Middleton and Kirsten Ambler** on the front cover!

Congratulations to **Alison Stone** who has passed her final Accountants Society examination for ACA. **Graham Peters and Colin & Bev Tait** are travelling to the World Veterans' Championships in Scotland at the beginning of August.

Next meetings

All club members are welcome on Thursday 4th August at **John & Lynette Watson's** home, 81 Hepburn Road, Glendene; and on Thursday 1st September at **Glen and Dave Middleton's** place, 24 Shanaway Drive, Glenfield.

LISA MEAD 445 4555

ARCHIVES - AUG'84

Bev Laurent organised a training day on the Waiuku South map, now completely milled, followed by the Club Championships won by **Ray and Careen Eade**.

Among successful Aucklanders travelling to the Wellington Champs at Lismore were **David Melrose, John Fettes, Rob Jessop and Julia Fettes**.

It must have been a good month for **David** because he later won the Auckland title on Telephone Track. His father **Ralph King** won the same title 11 years earlier. W21E was won by

former Scottish rep Alison Stewart from Katie Fettes and Cathy Newman. The first seven finishers in the close-fought M35 grade qualified for Gold badges. The winner was Brian Hall [HOC] covering 8.5km in 72 minutes. Deciding that the W17 courses were too short, Jeanine Browne beat Joanne Cunningham by just 5 seconds in W21A.

The South Auckland OC magazine noted that there were 65 juniors in the Club, but unless something was done to cater for them in the OY series, by putting on courses to suit their known ability rather than the rulebook, "we won't have any in 5 year's time." Only six of the 65 competed at the 1994 New Zealand Championships.

KEN BROWNE

DUBIOUS EVENTS

In these times of World Cup Soccer, a most important Novel-O was missed last month:

Dleg-O

A South American variant of orienteering, where often only 10 out of 11 competitors make it to the finish despite assistance from copious amounts of cough mixture. If a competitor veers from the correct route it will be sworn on siblings' heads that the event was controlled by divine destiny.

BRUCE HORIDE [COC]

WHEN TO SEARCH?

What do you do when people arrive at the start ready to do a course that you know is too long, too tough or too technically difficult for them? Don't let them start! Send them back for a shorter / easier course. So it's a long walk back? Have some master maps control descriptions, etc ready at the start. That way there's no excuse for them to stick to an inappropriate course. We let them start at a recent event, and this is what we learned from our experiences:

- Keep plenty of skilled orienteers at the event centre until everyone has returned from their courses. You need searchers right away.
- Start searching earlier

- Take all-weather gear
- Take a cellphone to call SAR, police, helicopter
- Take radios to talk to searchers
- Emphasise course closure times, safety bearings, etc to novices
- Take binoculars

ADAPTED FROM JOHN DAVIES IN PAPO NEWSLETTER

NIGHT CHAMPIONSHIPS

Central OC was to host the Auckland Night Championships on 13th March 1993. The organisers chose to make the event pre-entry, but received only 3 entries - and cancelled the event.

Maybe potential competitors recalled their performance at the Waiuku Forest event in 1992. Maybe the night vision of our senior orienteers is failing. Maybe everyone would rather stay at home!

Please provide some guidance to the AOA by returning the survey form in the centre of this issue.

MERVYN PAITRY [COC]

PUZZLE-O

Him and Her answers

<i>Therapy</i>	<i>Atmosphere</i>
<i>Thermos</i>	<i>Whim</i>
<i>Weather</i>	<i>Chime</i>
<i>Christopher</i>	<i>Cherish</i>
<i>Shimmer</i>	<i>Wither</i>

Give 'em enough rope

Two poles 100 metres high are planted vertically in the ground, and the ends of a rope 150 metres long are attached to the tops of the poles. The rope is 25 metres from the ground at its lowest point. How far apart are the poles planted?

MAY YOUNG

MEREMERE KIWISPORT FIELD DAY

Once again Meremere turned on a beautiful day, more like summer than mid-winter. The usual 200 or so children from the neighbouring schools all arriving by bus, were accompanied by teachers and parents. A couple of last minute apologies from two sports coaches were easily covered by several extra willing helpers from the Papakura Youth Sports Trust.

The programme for all the sports followed the same successful one used last year. However, I used a new idea for this type of occasion, as given to me by Laurie Baxter while I was in Taupo in early May. Sort of a variation on a Motala Event. I used 20 control sites and 10 master maps, each with only 2 controls on them. A couple of copies of each and 4 emergency spares, meant no delays as each child completed his/her map and returned to swap for another different set of controls.

Bamboo plant stakes made lightweight control stands, rubber bands made excellent ties for the usual paper flags, and instead of clippers, water-colour felt-tip pens were used. The children could check their answers as they completed each map, simply by matching the colours on the answer card. Fortunately no colour-blind people turned up!

For a few of the less experienced children, the technical nature proved to be a little difficult. But the problem was easily solved by giving them some extra help and selecting for them the maps with the easiest controls to find.

Stamps on the back of the hand for their effort proved to be very popular, with some requests for both hands to be stamped.

Several of the accompanying teachers and parents were quite fascinated with the fact that the children all had different places to find each time they returned, and asked for instructions on how I managed to achieve this. Most of the adults took a spare map to try themselves, or went with the younger children.

MAY YOUNG

THE SEASON

Congratulations, Mark, on a superb June newsletter.

I know that some people are unhappy with the recent break from orienteering, but I feel that there are some real benefits from a break.

(1) The break is making many orienteers, including me, really keen for the OYs to begin. A comparison can be made with other sports where pre-season enthusiasm will be very high.

(2) The season to come is very intensive, with an OY every 2 weeks and in between 3 major Championship weekends, the Central Districts OY at Tuahu (highly recommended) and the Auckland Relays, all in a 3 month period.

Surely this is the best way to keep the interest of enthusiastic newcomers - rather than to tell them that the next event is in a month! The cumulative points for OYs will be watched with more interest than usual.

(3) The break gives the workers a rest; we tend to take them for granted at times, but it is often the same people doing the work for all of the Club's events. I know that many NorthWest OC members need a break after the last 12 months, where World Cup involvement, the Easter 4 Day, and the 1993 Nationals required a lot of effort.

ROB GARDEN [NWOC]

AOA OK CERTIFICATES

As in previous years, the AOA offers a series of achievement certificates for junior orienteers, awarded on application.

The **Kiwi Certificate** is awarded for completing 5 AOA orienteering events.

The **Kea Certificate** is awarded after completing a further 5 events, making a total of 10.

The **Kotuku Certificate** is awarded on completing a total of 15 events.

No time limit is imposed. Competitors may run alone, in pairs, or supervised by an adult (on the understanding that the child does most of the navigating.)

It is common for school orienteering organisers to apply for these certificates on behalf of their students. Dates and places of events must be provided with the application.

Applications should be sent to:

LEON MCGIVERN, 46 HOPE FARM AVENUE,
PAKURANGA 576 4567

LETTER FROM NORWAY

The Lost Boys on the Grovel Tour

5th July 1994

I thought it high time to remind you who, where and what I am!

Today is the third day of the 6-Day competition in Norway. I am running H21AShort (as against Long and Elite). This is a re-introduction to competition in Scandinavia. After the first day I was 12th, on the 2nd day I was 2nd, moving to 2nd overall; I'm hoping that today I was 1st and I will stay at 2nd overall.

Some of my old form is returning with the orienteering but I still feel well off peak physically. I'm hoping that this will change over the next few weeks. Tomorrow is a rest day.

Back to the beginning!

The last leg of the flight to Alaska we were upgraded to First Class. Wow, what a different world, and this was only a domestic flight! As we landed at Anchorage we had indescribably wonderful views of snow-covered mountains and glaciers surrounding deep blue fjords. Anchorage is situated on the only piece of flat land and most of that is covered with forest.

Our hosts' home is situated in semi-forest only a few hundred metres below the treeline. Ted and Ginny Moore are members of Arctic OC; they live in a wonderful wooden-built octagonal house. All around are high mountains and snow. Following us around most of the time is their lovable dog Baltimore.

They took us for a short walk through the "backyard" forest to a stream where beavers are building a dam. Trees up to 2 feet thick were

gnawed through and toppled.

We were introduced to the toxic Celery plant; Alaskan Stinging Nettles; and a rather spiky pumpkin plant called "Devil's Club". We were to encounter all of these while competing over the next three days!

We slept well in our tent on the lawn and bounced out ready for action in the morning. I coaxed Dave (*Farquhar*) into running up the nearest mountain, called "Flat Top", no guesses why, only a mile away. In between, however, are 2000ft of climb.

Off we set at a good jog, and started climbing immediately. Dave dropped behind but I grunted on and made it to the top in 26 minutes. The view was spectacular; 360 degrees of mountains and forest, Anchorage and the harbour.

According to the Moores, the challenge is to climb Flat Top in fewer minutes than your age, with the record standing at 39 minutes! The story about my time soon spread around the locals so we became celebrities overnight!

Later Ted took me for a 15 mile hike through the mountains including an ascent of 5000ft "South Suicide Peak". We climbed up through lowland forest, sub-alpine meadow, and finally alpine tundra and rocks. It was tremendous.

The valleys all around had the typical U shape of glaciated valleys, in comparison with the typical V shape of water-eroded valleys in northern New Zealand.

On the way down I saw my first Bald Eagle soaring on the thermals. Everything was so quiet and peaceful.

Later that evening more orienteers arrived from further south and we started yakking about our favourite sport - then to bed.

At 3 am in the semi-light of an Alaskan summer night we were woken by thumping footsteps and loud growling outside our tents. I lay petrified with fear. Dave, thinking it was the dog, shouted out "Go away" and whatever it was crashed off into the trees.

We conferred tent to tent, and Dave decided to have a look. He got out of his tent while I struggled out of mine. He adjusted his glasses and peers with sleepy eyes into the gloom of the forest. Seeing a big black shape he spluttered "It's a bear, it's a ^%\$#&^ bear!"

In a flash the boys were in the house in the equivalent of 7 seconds for the 100 metres. We

stared through the window, panting and trembling, expecting to see our tents devoured.

Out of the forest walked a moose!

It calmly walked past our tents, across the lawn, splashed through the duckpond and disappeared back into the forest.

In the morning we recounted our heroics, much to everyone's delight; apparently moose (*meese?*) can growl pretty well!

Today was our first closeup look at a glacier, the "Portage Glacier"; here the glacier terminates in a lake, and large bergs calve off and drift around clogging the lake outlet. The day was terrible but the colour of the ice was beautiful. Here was real Alaska, and on the drive we saw two more moose in a marsh by the road.

That afternoon we registered for the USA Championships and ventured out on to the Model area. The terrain was physically very tough because of lots of vegetation, and yet technically vague because of its flatness. It was very marshy, with thick birch, grass and undergrowth, while the hills had open running beneath spruce. Features were few and far between, and difficult to see. Good compass was vital.

The first race was a 100 minute survival course.

My orienteering improved steadily and I ended up 2nd by 90 seconds. Dave died physically and was a long way behind. We met lots of old friends including the Snells and Katie & Geoff. Yay!

We then had a day off before the actual Championships, so Dave and I drove a couple of hours to the coast and took a cruise around Kenai Fjord National Park. Again the weather was grotty but it did not spoil the day. It was an unforgettable experience, from the superb scenery on the drive, right to the end of 8 hours of rainswept viewing on the boat deck.

Before leaving harbour we had already seen two bald eagles and soon we were watching a Humpback Whale. What incredible power they have, and so smooth and graceful with it.

Next was a Sea Otter, a lazy fellow who drifted around on his back using his chest as a table. They are larger than I thought, almost 5 feet in length!

Soon we saw tremendous cliffs with forest down to the water's edge. The boat turned and headed up a long fjord to the terminus of a large glacier, twisting and turning between large icebergs and

bumping off smaller ones with a disconcerting graunch.

Even at a distance the glacier looked immense, 400m across and 100m high, with cracks and crevasses cross-crossing it and giving it a dangerous and angry appearance. Every shade of blue was evident. The noise was amazing; constant loud cracks were heard, and chunks were calving off and plunging thunderously into the bay.

A seal playfully bobbed up and down amongst the icebergs, but our attention was held by the glacier. It will always be a vivid memory.

Our next stop was at exposed islands occupied only by birds. Rising vertically out of the water, the islands are known as "beehives". Nesting precariously all around were Kittywakes, Murres and Puffins. Hundreds wheeled and swooped overhead in a dense cloud. Venturing out from the safety of the deck cover was asking for trouble!

Sealions lounged on the rocks of the outermost island; large bulls very obvious from both size and sound.

On the long run home we came within 30m of a pod of 7 Orcas swimming along like a happy family. The dominant bull was obviously bigger than the rest, and easily recognisable by his huge dorsal fin. Their power was again very evident; to be so close was a thrilling experience. I had to wonder who was inspecting whom!

What a long and fantastic day.

Now to the US Championships. Day 1 was terrible for me; the organisers have a penchant for hiding controls - it was one thing to find the control feature, and another to find the flag. You don't usually expect it to be behind a bush, in a hole, or up a tree.

I lost 10-20 minutes looking for flags; I was extremely frustrated after navigating so well, and now I was faced with catching 9 minutes on the leader and overtaking 6 others.

Day 2 was better.

My compass-work had room for improvement but I was satisfied. I won Day 2 by several minutes and took 2nd overall. At the prizegiving I received a silver medal and a K•Swiss T-Shirt; then we had to dash and pack for our late-night flight.

Next: Germany, and buying a car.

Hej-Då!

ROB JESSOP [COC]

COACHING NEWS

Michael Wood has published a newsletter concerning coaching, dated June 1994, now in the hands of your Club Secretary or ask me for a copy. Contents include:

A comment about NZOF Management Committee reducing the Coaching Budget by 30% next year so that the money can be spent on promotion. Michael asks where his customers feel he should cut back money next year: from training volunteer coaches, the National Squad, travel assistance for South Island juniors, or what?

Pointing out again that local bodies have seemingly inexhaustible supplies of funds available from the Hillary Commission under the "VIP" scheme aimed at developing volunteers.

Offering the Coaching Director's services for Coach Training, Camps and the like.

The development of a formal NZQA scheme for progressive qualifications in orienteering at school.

The NZOF Coaching Awards scheme which recognises coaching ability, with a progression from "Foundation Coach" through "Intermediate" and "Senior" to "Advanced". Of the 39 New Zealand orienteers holding these qualifications, only 3 are from Auckland: Rob Jessop [COC], Stan Foster [NWOC], and Colin Tait [NWOC]. Club Secretaries have copies of the application forms for these awards.

A suggested Volunteer Driver Protection Policy covering the issue of who carries the can when a driver suffers an accident while providing cheap transport (petrol money only, not reasonable kilometre rates) to fellow orienteers.

A measure of how much formal orienteering coaching happened nationally during 1993; briefly, 135 occasions, 2,055 attendees, 12,472 attendee-hours (up 70% on 1992)!

Coaching Workshop, October 20-21, Flock House, Bulls

This workshop is aimed at anyone with an interest in coaching at any level. It will make use of:

- Michael's attendance at the O-Ringen Coaching Clinic in Sweden, and the USOF Annual Convention
- Ros and Andy Clayton, two experienced coaches from Britain now working in NZ.

- Specialist coaching coordinators NZ-wide.

Participants are invited to arrive by noon on Thursday 20th October; billets and lifts are available from Wellington if you choose to fly in on Wednesday night or Thursday morning. The Workshop finishes immediately before the WOA Championships begin on Saturday.

Michael is away overseas until 25th August so don't bother trying to call him, just send your entry with \$50 by 20th September 1994 to:

MICHAEL WOOD, 5 ATAHU GR, LOWER HUTT

SQUAD NEWS

Bill Teahan [HOC] is no longer Manager of the National Squad, and the latest rumour suggests that Rob Crawford [COC] will take over.

New Zealand elites have seen some successes overseas in recent months. Alistair Landels won the Scottish Champs by 3 minutes from Steve Nicholson of Britain. Alistair Cory-Wright, recovered from recent ankle surgery, won M21AShort. Jenni Adams was 12th in W21E.

Half a dozen New Zealand elites will be competing in Europe over the next few months, including the remaining World Cup races.

O-Ringen

The 30th 5-day O-Ringen took place in Sweden on 18th-22nd July, with 15,000 competitors, making it the largest sporting event in the world. 11 were New Zealanders.

David Farquhar [ROC] came 89th out of 250 in M21AShort. This is David's first tour of Scandinavia.

Rob Jessop [COC] placed 33rd of 300 in M21ALong, ahead of Aussies Jim Russell and Richard Mountstephens. The winner was Johan Nasman, 1992 Junior World Champion. Rob is using O-Ringen as practice for the World Cup races, and he's very happy with his improvement in fitness and technical ability.

Anitra Dowling [DOC], current W40A World Champion, placed around 20th in W45Long.

Michael Wood [HVOC], current M45A New Zealand Champion, achieved around 32nd in M45Short.

THANKS TO ROB GARDEN

ETCETERA

Sponsorship by Ampro / Silva

Ampro Sales, distributor of Silva compasses, have been supporting orienteering in New Zealand for many years.

Now they are looking for a long-term arrangement; although there will not be a large amount of money involved, NZOF Council will be presented with an agreement to approve on 30th July. They propose to support

- New Zealand National teams
- New Zealand Secondary Schools Champs
- Awards for outstanding service
- Box of compasses for fastest growing club
- New Zealand Orienteering magazine

New Zealand Secondary Schools Championships

Held on 8-9 July in Rotorua, winners were

Boys St. John's College, Hamilton
Girls Wairarapa College, Masterton

You think you've got it tough...

Wairarapa OC held an event on their ancient Mt Holdsworth Road map, southwest of Masterton, in May:

	km	No	Grd	1st	25%	50%	75%	90%
1	5.0	8	A	172	DNF	DNF	DNF	DNF
2	3.5	15	B	64	84	104	121	DNF
3	2.1	7	C/D	45	52	69	82	100

The 7 DNFs on course 1 included Bryan Teahan [NWOC], who drew the map, and who represented New Zealand at elite level very recently.

FROM "TALES OF WOA"

Know your place!

"Father and son each have their own length of course; and if mother and daughter are also inclined towards the sport, there will be a course inclined towards each of their abilities."

"ORIENTEERING" BY B.M. HENLEY, 1976

New Zealand Orienteer

If you haven't already received your copy of the Blue issue of the national magazine, make a fuss (but not to me).

Silva Limerick Competition

THE AUCKLAND ORIENTEER has very great pleasure in presenting the runner-up limerick from the recent competition in NEW ZEALAND ORIENTEERING.

Bruce felt it was inappropriate for publication. I can't imagine why:

*There was an orienteer from Norway
Who hung by her heels in the doorway
With her compass in hand
She said to her man
"I think have found one more way."*

KEVIN WILSON [COC]

RESULTS IN THE AUCKLAND ORIENTEER?

Every other orienteering newsletter in the country publishes complete results of events. The Auckland region's policy of mailing results separately is seemingly unique. I propose to use THE AUCKLAND ORIENTEER as a medium for delivering results and would like your opinions or suggestions.

The primary reasons are that it costs less and it takes less time and effort. I am happy to handle the editorial side - although that means no more than pasting them into the artwork. Event organisers may choose to mail results or to supply results artwork or disk to me (I refuse to type them in!)

On the other hand, mailing involves photocopying, stuffing envelopes, licking stamps, etc., and an approximate cost of 70c each. Of course non-members still have to be mailed their copy (if Clubs choose to); the newsletter is just a way to reach club members.

If Clubs want extra copies of THE AUCKLAND ORIENTEER to mail out to non-members, that's fine.

The Central Club has already resolved to do it this way for their Summer Series events. This of course represents more events than the rest of the region put together. The expense of this would be unfair, so I am asking clubs who wish to publish their results to pay an "advertising" rate closely related to the cost of printing the extra pages.

Clubs will simply receive a bill from Marquita each month. Costs are likely to be about \$30 per two-sided A4 sheet per month. So the breakeven point, if you ignore the extra effort of the traditional approach, is about 40 club members receiving individually mailed results.

Please use the questionnaire in this issue to let me know what you think.

MR

The AUCKLAND ORIENTEER

The AUCKLAND ORIENTEER...

...is the monthly newsletter of the Auckland Orienteering Association, combining the Central, Counties-Manukau and NorthWest Orienteering Clubs. It is edited by Mark Roberts (520 5993) and distributed by Marquita Gelderman (412 8879).

Next Issue: September 1994

Send your contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax to 263 4794, or phone me at home on 520 5993, where you can leave a message on the machine, or call me at work on 263 4793.

Deadline for receipt of contributions for the September issue is Saturday 20th August.

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

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

Distribution

If you change your address, please contact Marquita Gelderman on 412 8879. If you want a back issue of *The AUCKLAND ORIENTEER* (not many available) please contact your club membership person, or Marquita, or me.

Credits

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

MARK ROBERTS 520 5993

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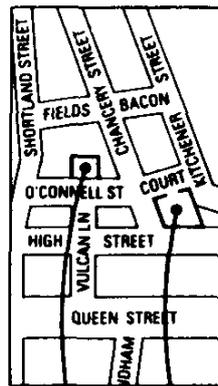
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