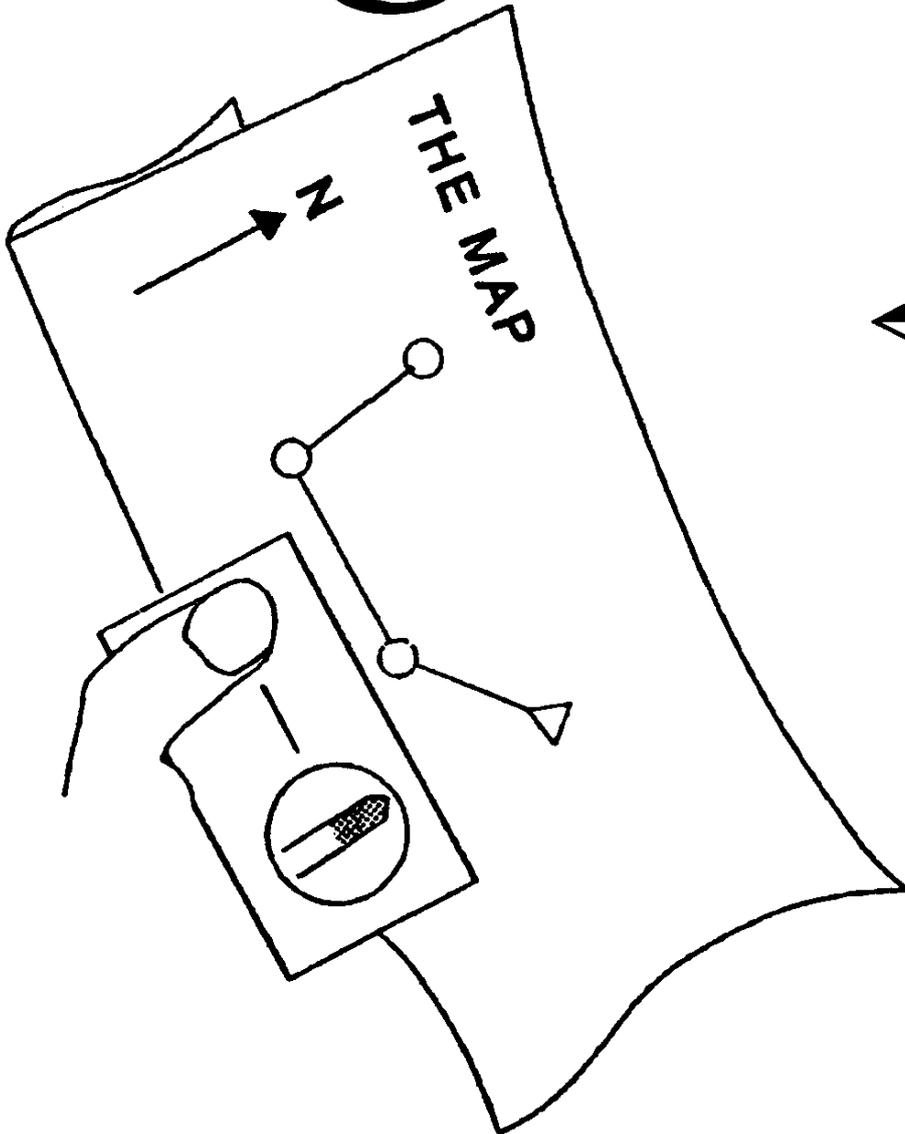


The AUCKLAND ORIENTEER



**NORTH WEST
ORIENTEERING CLUB**



August 1996

CALENDAR

The editor takes no responsibility for the accuracy of the following information which has been collated from many sources and no-one tells him anything anyway so he just makes most of it up. Please call Club Secretaries for final confirmation, although no-one tells them either: (C) Central: Rae Powell 624 1513 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (NW) NorthWest: Ann Fettes 827 5358 (Wh) Whangarei: David Nevin 09 435 2415 (H) Hamilton: Jim Barr 07 856 9501 (P) Pinelands: Lyndon Haugh 07 886 9671 (T) Taupo: Alison Mensen 07 378 0577 (R) Rotorua: Andrew Wilson 07 348 7694 (E) Egmont: Annie Sanderson 07 753 3541.

AUGUST 1996

- Thu 1st NW Club meeting, 19:30, Stone residence, 8 Agathis Avenue, Mairangi Bay
All NorthWest Club members welcome
- Sat 3rd World Cup 5 Norway
- "Lark in the Park" event, Auckland Domain, Band Rotunda**
10:30 registration, mass start 11:00
Details in this issue, call the organiser Alistair Cory-Wright for more information, bring your friends and colleagues to try O, fun event, all welcome, mass start at 10:30.
- Sun 4th NW **Sixteen Mile, AOA OY3, 10:00-12:30**
NRL: Hamilton v Pinelands/Taupo, Central v Counties-Manukau Signposted from the Rimmer Road entry to Woodhill Forest, just south of Helensville on SH16 Northwest of Auckland. Setter Geoff Mead; Controller Les Paver, Coordinator Phil Johansen. Fast pine forest on sand dune terrain - if you enjoyed Otakanini Topu at Queens Birthday, then this event is for you.
- World Cup 6 (Relay) Norway
- Tue 6th CM Club meeting, 19:30, Brighthouse residence, 27 Coulthard Terrace, Papakura
All Counties-Manukau Club members welcome
- Wed 7th C Club meeting, Davies Residence, 17 Crescent Road, Parnell, 19:30
All Central Club members welcome. *This meeting is devoted to doing something about the Club's strategy following the Club Planning Meeting.*
- Sun 11th T CDOA OY5, Karapiti, 11:00-13:00 Signposted from SH1 from either Wairakei or the top of Control Gate Hill overlooking Taupo.
- Sat 17th World Cup 7 (Relay) Switzerland
- WACO **Training Day, Muriwai, 11:00**, details repeated in this issue
Signposted from SH16 at Waimauku northwest of Auckland
- Sun 18th C **AOA OY4, Beautiful Hills, Woodhill, Setter/Controller Cory-Wrights, 10:00-12:30**
Complex pines / native / dunes, some steep areas, Woodhill Forest; signposted at Forest Headquarters on SH16 between NorthWestern Motorway and Helensville; NRL Hamilton v Rotorua, Pinelands/Taupo v Counties-Manukau

- R Tui Ridge Park, 11:00-13:00
Oturoa Rd between SH5 from Hamilton and Hamurana-Ngongotaha Road
- Mon 19th World Cup 8 (Short O) Switzerland
- Wed 21st World Cup 9 Switzerland
- Sat 24th World Cup 10 France
- Sun 25th C **One Tree Hill**, 10:00-12:30
Setter/Controller the Clendons; starting from Archery area. 4 courses.
- H Hamilton Lake, 11:00-13:00
- T Opepe West, 11:00-12:00
- Wh Omu Creek, 11:00-12:00
- Sat 31st Deadline for entries for NZOF Course Setting Competition, details in this issue
- 31-1 World Rogaine Championships, Mount Singleton, West Australia

SEPTEMBER 1996

- Sun 1st CM **AOA OY5, Whiriwhiri Maioro**
Setter Wayne Aspin Controller Trish Aspin Signposted from Waiuku, west of Pukekohe. \$6 Senior, \$4 Junior, \$16 family 10:00-12:30
NRL Pinelands/Taupo v Central Hamilton v NorthWest
- Tue 3rd CM Club meeting, 19:30, Brighthouse residence, 27 Coulthard Terrace, Papakura
All Counties-Manukau Club members welcome
- Wed 4th C Club meeting, Powell Residence, 23A Fernleigh Avenue, Epsom, 19:30
All Central Club members welcome
- Thu 5th NW Club meeting, 19:30, Middleton residence, 24 Shanaway Rise, Glenfield
All NorthWest Club members welcome
- Sat 7th WACO **Training Day, Kallarney Lake**, 12:00, details in this issue, pre-entry if possible
Contact Shaun Collins 631 0204 for details, signposted from SH27 south of Te Aroha
- Sun 8th H **CDOA OY6 MtEliza**, 11:00-13:00
- NW **Karamatura, Huia, Waitakeres** 10:00-12:30
Setter Peter Godfrey. A colour map of a steepish area of farm, parkland and bush bisected by a scenic mountain stream. Follow Huia road from Titirangi.
- Sat 14th WACO **Training Day, Papanoa**, Woodhill, 11:00, signposted from Parakai
Details in this issue, contact Shaun Collins 631 0204 for details, pre-entry if possible
- Sun 15th C **AOA OY6, Te Heke**, NWOC Championships

NRL NorthWest v Pinelands/Taupo Rotorua v Counties-Manukau
 Setter Mark McLean Controller Richard Bolt Coordinator Clive Bolt

- T Streets, Great Lake Centre, 11:00-12:00
- Sun 22nd Wh Mair Park, 11:00-13:00
- P Hodderville (?) 11:00-13:00
- 28-6 Oz Australian Championships, Tasmania;
 29 Southern Cross Junior Challenge - Individual
- Sun 29th C **Streets / parks, Carrington** 10:00-12:30
 Setter/Controller TBA - volunteers welcome
- H Patetonga 11:00-13:00
- T Spa Park (?) 11:00-12:00

October 1996

- 5 Oz Australian Championships
- 6 NW **Otakanini Topu, AOA OY7**
- P Hodderville (?)
- Oz Aus Relay Champs, SCross Relays
- 12-13 NZOF Council Meeting, Auckland
- RKOC 21st Birthday, Palmerston North
- 13 Wh Phoebe's Lake (?)
- T CDOA OY7, Opepe East
- 19,20 CM **Auckland Champs & Trials & NRL
 Harkers Reserve & Four Seasons**
- 26-28 HB "Blossom" 3 Day event, A-NZ trial
- PAPO MTB/Club/Night/Train-O, Hanmer Springs

November 1996

- 3 C **AOA Relay Champs, Velvet Downs**
- H Glenora, Wharepapa South
- 5 Auckland Primary Schools Champs
- 9,10 E CDOA Ch, Ratapipi/Mangamahoe, trial
- 15,17 D South Island Champs, Otago, A-NZ Trial
- 17 Wh Kioreroa Road
- 23,24 Wellington Championships

December 1996

- 1 HB Rogaine, Smedley Station
- 8 H Waikato University
- Wh Mangawhai
- 29 S Southland Champs, Fosbender Park
- 30 S Twilight Sprint O, Invercargill

January 1997

- 2 D Gladbrook, Middlemarch
- 4 PAPO A-NZ Relays, Cleveland, Timaru
- 5 PAPO Bottle Lake, Christchurch
- 7 PAPO A-NZ Individual, Dalethorpe, CHC
- 18-19 Wilderness Challenge, Waiouru

April 1997

- 25-27 NZOF AGM, Workshop, events

June 1997

- 1-3 WHV National Champs, Manawatu

September 1997

- 27-4 Vet World Ch, Minnesota, USA

A LARK IN THE PARK

This Saturday 3rd August, Domain

For those of you not attending OY3 on Sunday, those needing a warmup for OY3, or for anyone who wants a fun jaunt around the Domain this Saturday morning LISTEN UP!!

Grab a few friends or some colleagues from work (perhaps the ones who know that you orienteer, but who have always been too afraid to invite themselves to an event). Bring them along to the Band Rotunda at 10.30am for a gambol amongst the palms, ponds and pongas.

The format will involve a mass start in various directions for teams of three (intended to be one orienteer and two non-orienteers) allowing your friends a chance to go through a few controls with you before you split up to complete the second part of the course separately. All simple orienteering with a few twists!!

Bring as many friends as you like - we will team up any extra people with orienteers that are spare. So those of you who can't encourage any friends to attend - fear not! We will find you some novices to look after.

Pre-marked maps to start; some copying of controls later on. \$2 per person.

This is a chance to invite your friends to sample a taste of Orienteering. Close to home, no need to get up at the crack of dawn or rush off madly from work. The emphasis is on fun (and maybe a little mud). Pass on the maps enclosed with this newsletter as an invitation to your mates. They will love it! Bring your gumboots and some lunch, convene at 10.30am for a 11am start, and indulge in... a "Lark in the Park".

For further details, please contact Alistair Cory-Wright:

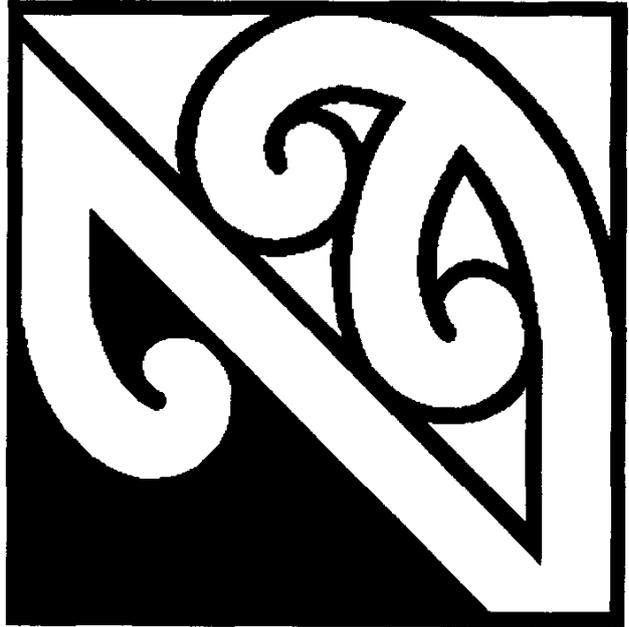
Home 445 9960, fax 445 9961

Work 306 7056, fax 379 9956

Please indicate your intention to attend, so we can gauge the number of maps to mark up.

ALISTAIR CORY-WRIGHT

NORTHWEST NEWSHOUND



The Auckland OY series kicked off with a very enjoyable event in glorious picnic weather at Slipper Lake, Mangawhai. A couple of hardy souls ventured for a post-run mid-winter swim while Matthew Crozier and Kevin Jose warmed down with a kayak on the Kaipara harbour.

The Silva National Secondary Schools Championships were held at Woodhill Forest on 12/13 July and several NWOC students featured among the placegetters:

Senior Girls Individual & Championship
2nd Charlotte Hood

Intermediate Girls Individual & Championship
2nd Lise Moen

3rd Michelle Nash

Junior Girls Individual & Championship
1st M Rouse

Graham Peters' influence in popularising orienteering at Birkenhead College was evident in the relay results, where the school scooped places in several categories:

Senior Girls 3rd Birkenhead College

Junior Boys 3rd Birkenhead College

Junior Girls 1st Birkenhead College A

2nd Birkenhead College B

Rob Garden and Marquita Gelderman have had a promising start to their European "campaign" with Rob securing a top 10 placing in M45 and Marquita coming 17th in W21E at the major Sorlands-galoppen 6-Day event in Norway. Kirsten Ambler placed 14th in the W21A short course.

You may have noticed in the July *AUCKLAND ORIENTEER* that NW is lurking at the bottom of the Northern League series points table. Any orienteers keen to run in CDOY events are invited to contact Dave Middleton on 418 2510 as car-pooling is a good option for out of town events.

Recently Michael Wood, the national coaching director, spent an evening with a group of club members, developing a comprehensive club coaching plan to take us through the next two years.

People

The government recently decided to despatch HMNZS Canterbury to the Arabian Gulf. Captained by Commander Paul Gilkison (NWOC), she will join the Multi-National Interception Force enforcing United Nations sanctions against Iraq. We wish Paul and his family all the best in this assignment.

Welcome to new and not so new club members - William Morrison of Glenfield and Dave Godfrey, formerly of CMOC.

Next club meeting

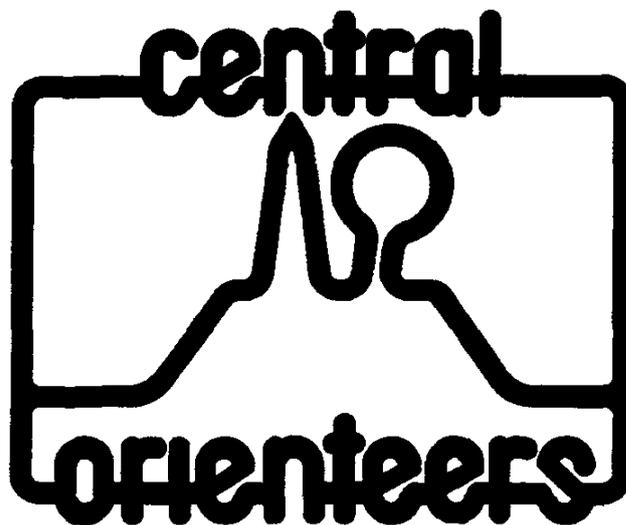
The August NorthWest club meeting will be held at 19:30 on Thursday 1st August at the Stone residence, 8 Agathis Avenue, Mairangi Bay.

The September meeting will again be held at the home of Glen and Dave Middleton, 24 Shanaway Rise, Glenfield at 19:30 on Thursday 5th September.

All NorthWest Club members are most welcome to attend.

LISA MEAD 445 4555

CENTRAL CHATTERBOX



Events

Recently our club hosted the National Secondary Schools Champs on Ngapuketuru. Although many obstacles were placed in the way, the worst of which included the felling of the relay map without warning two weeks before the event, Joanna and Alistair Stewart as organisers worked very hard, and with the assistance of many people from within and outside of the club the event was a success.

Congratulations must go to David Stewart for achieving third place in the Intermediate Boys grade, and to Paulette Ashmore for fifth in the exceedingly competitive Senior Girls grade. Good runs were also had by Antoinette Fotherby, Katherine Bolt, Craig Wilson and Stuart Wilson.

People

"He's short, young, damned fast and comes from the middle of the North Island". Nobody is really sure whether this envious remark came from Glenn Osborne with reference to Christian Cullen, or from David Stewart in reference to Ross Morrison!

Probably the biggest news we will have for a long time is the success of our very own Richard Bolt in Romania. At the recent JWOC competition Richard placed 10th in the Short O and 12th in the Classic. A phenomenal effort by our clubs most promising athlete. Congratulations to Richard, to his family, and to coach/manager Rob Jessop.

Cynthia Landels, Alistair's mum and informal honorary member of the Club, was recently the recipient of the "bouquet of the week" from the Central Leader (local rag). She has been a hard-working Guide leader at First Auckland Cavell Guide Company for 28 years and was nominated by one of her Guides.

I apologise for the lack of a Chatterbox in the last edition, but a combination of exams and not being told anything led to nothing being written. If you want something to read, give me something to write. Phone me any time - I probably won't be there but someone will be. I am also approachable at events. Trust me: I don't bite, just bark a lot.

Central Committee news

COC committee has proposed a new event fee structure for regular events:

\$6 Adult \$4 Junior \$16 Family maximum

And for park (not Summer Series) events:

\$3 Adult \$2 Junior \$8 Family maximum

Once again someone has accidentally deposited COC money into the AOA account! Oops. It took about six months to work out last time!

Club planning meeting

The Planning Day held on 8th June resulted in a discussion document being published. Contact the Secretary if you would like to see the full document which will be discussed fully at the next Club meeting.

13 club members attended the meeting, which was led by recent ex-member Rob Crawford. The meeting evolved a list of aims for the Club; a Club Vision Statement; and a prioritised list of key issues which need addressing.

The Central Club's Vision Statement:

"Through an innovative approach,

- To provide quality orienteering,
- To encourage enjoyment of an participation in orienteering by its members,
- To foster companionship between members,
- To promote the sport of orienteering."

Action priority A

- Systems and leadership: structure, funding and recognition
- Terrain and maps, variety

- Event management, event variety
- Communication, internal and external
- Membership benefits

Priority B

- Training and coaching, in event organisation too
- Promotion

Priority C

- Equipment
- Social program

Next club meetings

The August meeting will be at 19:30 on Wednesday 7th at the Davies residence, 17 Crescent Road, Parnell. Please park out on the road.

The September meeting will be at 19:30 on Wednesday 4th at the Powell residence, 23a Fernleigh Avenue, Epsom.

All Central Club members are welcome to these meetings which have been mercifully brief recently.

MARK STEWART 575 5695

ARCHIVES AUG'86

Tuahu on the slopes of Mt Te Aroha was the venue for the Hamilton Club's OY, and area which I should have known, having hunted pigs and ridden over Thompson's Track in my youth. But I DNFed. The 21A winners were Paul Dalton and Jeanine Browne, while little David Farquhar M13 and Melissa Edwards W12 were junior winners. Haven't they improved!

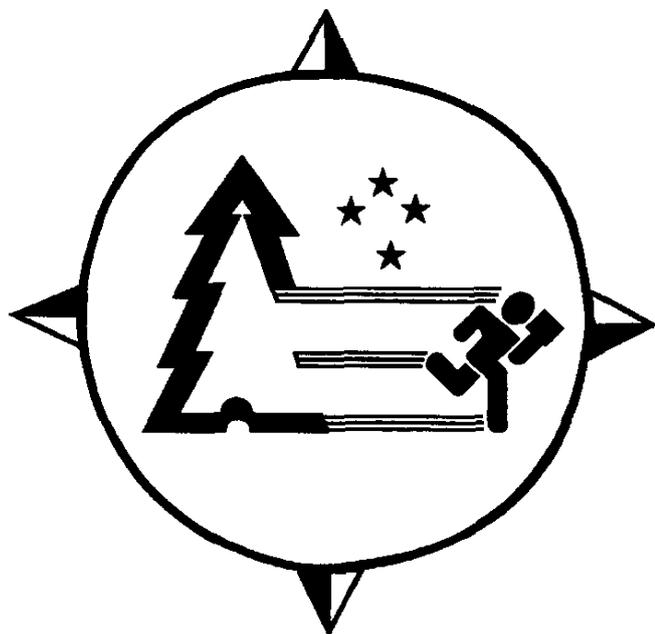
Ralph King and David Melrose set and controlled AOA OY7 on Sixteen Mile. Rob Garden (10km in 71:00), Keith Hatwell and Rob Jessop were best elite men, while Jeanine (7km in 69:00) beat Katie Fettes.

The first of the area championships and a badge event was held on Perimeter Road South, now the Mamaku map, used in the Mil 7 Day so familiar to most. Note that all the Auckland winners - Alison Stone W15, Jill Clendon W19, Jill Dalton W35, Lesley Stone W40, Heather Clendon W45 and Hilary Weeks W50 - were women. Does this mean that they took more care in the dark Douglas Fir forest?

At the end of the month the team departed for Australia while those left behind competed in promotional events in the Domain and Shakespear Reserve.

KEN BROWNE [CMOC]

COUNTIES- MANUKAU NEWS



OY2 at Waiuku

What fun at Waiuku on Sunday watching runners fighting to get to the Finish past an enormous tractor pulling an even larger trailer that was trying to fit under the Finish banner.

Apparently when Ross Brighthouse tried to help James Currie to bury a dead calf found right alongside the event centre, he managed to cut a water pipe and created a geyser! Lyndsay Shuker leaped to the rescue with the pipe-mending kit he carries with him at all times. (Binder twine.)

Sally Pilbrow got carried away and completed a course in gumboots after resolving not to run.

People

Congratulations to Tania Robinson, 6th in the prestigious Sortandsgalopen 6-Day in Norway.

Also to James Currie, 1st Junior Boy at the Silva Secondary Schools Champs; and Ineke Currie, 3rd Senior Girl.

Next Club meetings

The August Club meeting is at the Brighthouse residence, 27A Coulthard Terrace, Papakura, on Tuesday 6th at 19:30.

SALLY PILBROW 09 236 0303

LETTERS

Dear Mark,

It's time I wrote to acknowledge three things.

Firstly, the awesome results by Richard Bolt in the recent World Junior Champs. Just fantastic news to reward him and his coach for their commitment, attitude and dedication to orienteering. Great for Richard, great for New Zealand orienteering and great for Central Club.

Secondly, the efforts of our Auckland Orienteering editors, particularly Mark in recent time, for putting together an interesting and sometimes controversial magazine. It is a magazine we all take for granted but one that has developed well over the past few years.

I would like to see more results in the magazine (to save postage) and we need to ensure sensitivity to those working behind the scenes for the good of the sport.

Talking about results I was amazed to see my name featured in the Northern League. I didn't even know I was part of it. Surprise, surprise!

My final point relates to an article in the July 1996 magazine by Shaun Collins which I found stimulating. Whilst I shudder to think how orienteering would run without having someone to make maps, I can see where WACO can offer something else, for example training. I look forward to my first 'training' after floundering around the forest for 25 years like a headless chook trying to catch that startled stag, Robbie R. So watch out Robbie - I'm getting serious in my old age. I might just turn into a tortoise.

I hope that Shaun is not referring to Central Club's coffers regarding the big bus - it would be nice of course to have a club bus. I think that because the way Central presents its accounts, people think the club is well off. Well, the club probably has enough

to pay for one decent new map. The aspect I wish to highlight is that the club has \$7,500 invested as part of a trust fund which brings in about \$600 of income per year. This is available for club juniors (including students under 22) to assist in meeting training expenses and entry fees. So come on you Central juniors - support the WACO training events and the club will reimburse your reasonable expenses upon written application.

It is great to realise that Al Landels, Robert Jessop and Richard Bolt have been worthy recipients of grants from the junior training fund. Indeed \$5,000 has been paid out over the last 10 years.

TERRY NUTHALL (COC)

Your July editorial suggests that there should be more orienteering enjoyed than work put in. I agree that more orienteering enjoyed is better, as is less work. But I'm not sure that there's anything inherently bad about work hours exceeding running hours.

Enjoyment also includes the anticipation which occurs before the event, and the discussion, analysis and reflection afterwards. Just as well you're not involved in organising track and field!

Actually, although they grizzle loud and long, I reckon that orienteers secretly love organising. What other explanation for all those tedious and repetitious planners' reports in club magazines and result books! And the almost complete lack of writing about the competitors' performances! Maybe this is why some people are uncomfortable about WACO?

(...pause while he reads a bit more of the AOA magazine...)

Hey, your remarks after the four letters also display a bit of unease with WACO. You're not a closet organisophile, are you Mark?

MICHAEL WOOD [HVOC] VIA EMAIL

Dear Mark

I had been mildly amused by the arguments for and against WACO until I read Shaun Collins' epistle.

As a former university student, I can relate to the "world owes me a living" philosophy, but to state that most O clubs "do not offer too much for their members", and as a consequence they join WACO, is way over the top.

If it wasn't for my feeling of obligation to my club I would join WACO as well, assuming they would have me. I wouldn't have to attend meetings,

make maps or do all the other things that are required of me as a club member.

Wouldn't it be nice to sponge off the other clubs in New Zealand by using their maps, and then use the money and time saved to travel to orienteering events.

People join clubs for social reasons and it is good that WACO can provide for orienteers who would traditionally leave the sport.

If the "best" orienteers throughout New Zealand choose to run together competitively, that is their business; but personally I received a lot of satisfaction finishing 3rd in the National Relays, behind two WACO teams, running with team members who actually live in Hawkes Bay.

If results were that important, we could buy a team by offering sponsorship, but what would we call the club? Banco?

PETER WATSON (LITTLE RED HEN) [HBOC]

MISCONCEPTIONS ABOUT RUNNING

There are several flawed beliefs to which many runners fall victim if they are not careful. So that you don't go down the wrong path, I have summed up a few for you:

To race fast, you must always train fast

Wrong! To race fast, you must train fast sometimes, but you must also have lots of easy running. Never run fast more than three times a week. Make sure that you have an easy recovery day between each fast run too.

The more you run, the fitter you'll get

As long as you hold up... which is unlikely! High mileage leads to injury, burnout and staleness. Establish a good base of fitness with reasonable, moderate mileage. You'll run better for it.

Hills are your best friends

Hills are great for making you run *hard*. If you want to run *fast*, however, you'll need to train on the flat, and on downhills too.

Soft surfaces prevent injury

Some injuries are due to impact, and soft surfaces may help there. Many injuries, however, are due to torques and the need to stabilise your joints. Soft surfaces destabilise, so running on the beach may make you more sore than running on the road! Mix up your training surfaces, to diversify the insults.

Stretching prevents injury

If you have never stretched, and don't get injured, I wouldn't advise starting stretching now. In fact, there is a body of research which indicates that people who *never* stretch don't have any more injuries than people who *always* stretch! Find out what works for you, but if it ain't broke, don't fix it!

ANNEMARIE JUTEL IN "THE NEW ZEALAND WOMAN'S GUIDE TO RUNNING"

I'm not sure I agree with all of these points. Any comments? - MR

SILVA NATIONAL SECONDARY SCHOOLS CHAMPS

After months of preparations we were blessed with two fine days squeezed between this winter's typical days of torrential rain. I would like to be able to report that amid this pleasant weather all was a great success and that the 230 secondary school representatives had a great time.

On the whole I believe that this is probably true, but an error that slipped through the checking system on the second day has left us with a feeling of disappointment. Two controls got switched, causing chaos to some of the first leg runners on the junior and senior courses. Fortunately they were their first controls, so the problem was quickly discovered and the juniors affected were restarted. We hope that no one was left feeling too disadvantaged but it was a most regrettable error.

The chance of an error-free two days was probably drastically reduced when, with 13 days to go, a final visit to Lake Kereta, the venue for the second day relays, revealed our event centre to be a log pile and the track, which had been the approach to the finish containing many controls, cleared on both sides.

Further investigation revealed active felling going

on just off the map and, worse still, right in the middle of our courses another cleared area, but this time with all the loggers' heavy equipment, and signs saying 'logging site'. Having been told only two weeks earlier that this area was not to be felled this winter, it was obvious that no one would be able to give any guarantees about what would happen over the next two weeks and so, reluctantly, it was a case of start over again.

The following two weeks are not ones that we ever want to experience again. Despite much help from other club members who relieved us of as many duties as possible there was a great deal that at this late stage could not be handed over and work (and sleep) were fairly rare commodities. The move to the top of 'Beautiful Hills' for the relays was far from ideal - the majority of the area is too full of ToiToi and thinnings to leave the tracks, but despite strong warnings of this in the registration packs and at the start many intrepid young orienteers kept the St. John's first aid staff very busy at the finish tending to shredded legs.

We would like to express our heartfelt thanks to the many people, both from Central and from North-West who so generously volunteered their time to assist over the two days. We had comments in the questionnaires about the pleasantness of the people officiating so even the students were aware of your cheerful assistance - thanks so much.

TVNZ and Cable TV were both present on the first day, interviewing competitors, filming the start and finish etc - certainly added to the atmosphere if a little off-putting for some of the competitors. We have received various reports of when it will be shown. We believe that it will be on Sunday Grandstand, initially being told it would be the second to last or last weekend in July, but the latest report is that it will be after the Olympic Games have finished. It should be listed in the TV programme when it shows, so you may like to keep an eye out for it.

JOANNA AND ALISTAIR STEWART [COC]

Interesting to note that the bad control didn't stop the seniors - they just kept going; but the juniors didn't know what to do. - MR

NORTHERN LEAGUE

I made a mistake last month when I omitted the results from the CDOA OY2 at Ngamotu on 19 May. Here are all the results so far this season in case you are still as confused as I was.

CDOA OY1 Pinelands

Hamilton 50 v Central 38

Rotorua 47 v North West 0

NZOF Champs

Counties-Manukau 99 v Central 94

CDOA OY2 Rotorua

Hamilton 31 v Pinelands/Taupo 9

North West 48 v Central 0

CDOA OY3 Hamilton

Central 46 v Rotorua 29

Counties-Manukau 18 v Pinelands/Taupo 11

AOA OY1 Whangarei

North-West 91 v Counties-Manukau 77

North-West: Stan Foster M40-49A, 20; Mark Lawson M19-39A, 19; Rolf Wagner M21AS, 18; Glen Middleton W50+A, 17.3; Peter Godfrey M60-69A, 17

Counties-Manukau: Val Robinson W50+A, 19; John Robinson M50-59A, 16.2; Trish Aspin W40-49A, 16; Ken Green M70+A, 9; R Hattie 5.6

Competition points so far

	W	D	L	F	A	Pts
Ham	2	0	0	81	47	6
NW	2	0	1	139	124	6
C-M	2	0	1	194	196	6
Cen	1	0	3	178	226	4
Rot	1	0	1	76	46	3
P/T	0	0	2	20	49	0

JOHN POWELL [COC] 624 1513

COC COACHING NIGHT WITH MICHAEL WOOD

Michael presented the NZOF Coaching Officer's Plan and Vision Statement. He asked how the club is training its members, and went over the various ways in which training in orienteering takes place:

- The huddle of orienteers having post mortems after events.
- Training runs
- Buddy system
- Special weekends
- Off the map 'armchair' orienteering
- Formal discussions between competitor and coach
- Talk by coaches
- Reading books

The meeting then constructed an analysis of the members of the club for age group and level of orienteering according to colour code. Overwhelmingly the biggest number fell into the Red/Over 35 box, and as a club we have very few primary school age and smaller children.

Then followed a discussion of how to provide appropriate training for each level in the club - white, yellow, orange and red.

White - Michael recommends good string courses at events. He told us about the 'Handrail Panel' (Qualified White Course Controllers) which is being established to allay recent problems with white courses. Darren will be getting together the Auckland panel.

All Colours - Michael highlighted the paramount importance of the Huddle. He discussed the huddle's essential function in training of orienteers particularly as other training opportunities may be rarely attended. He recommends a "cascade" - club members approach others at a lower "colour level" and discuss courses after events. To make the huddle effective:

- Listen first.
- Don't leave anyone out.

The meeting discussed how to make this effective:

- A club focal point at events

- Club uniform, name tags etc
- Special training should also be offered - Club coaching officer, AOA, WACO, Darren.

NOTES MADE BY RAE POWELL [COC]

MEDIA IMPRESSION OF ORIENTEERING

From a thread on o-net about O at the Olympics and media view of O

I've watched a bit of the Olympics and I have to think that orienteering is more of a sport, first of all, than any judged demonstration. I was reading in the paper this morning how gymnastics scores vary according to the time of the day when competitors do their routines. I guess the judges grade the early competitors low, just in case they need to have room for higher scores later. Diving is the same sort of thing. No doubt these things take athletic skill, but any event where the outcome depends on someone's opinion - well, I don't know why the pundits who find orienteering so silly don't find that a lot sillier.

And did you see the bit about Olympic hopefuls on the evening news? There was a brief bit filmed at a local meet, showing the typical recreational orienteers - some middle aged lost folks (like me) and some kids. The commentator wanted to know if this was a sport.

Well, how about showing some overweight, middle aged Dad and his fifth grade son playing basketball one on one in front of a basket nailed to the garage door and asking "Is this a sport?" If they showed world class orienteers ripping through the woods the answer would be a lot clearer - although even then the real difficulty can be hard to grasp if you haven't tried it.

Are these news people purposefully obtuse?

ERIC MAYER, USA

No, it's the prevailing opinion among the US O-public that we want ourselves to be seen that way. Doubts? Just look at most clubs' promotional materials. See that overweight dude on the cover?

- We keep our juniors on sub-standard courses few in the world would consider advanced. We

separate them into a bunch of categories so that they won't get upset if they lose.

- Most of our clubs do not have a clear development/promotion program, or theirs is (knowingly or not) aimed at people over 18 none of whom is ever going to become world-competitive.
- We think of color-copied illegible maps as of the most useful advance technology has brought.
- We think of money as evil. We don't want any awards other than useless ones. But we want to give everyone who shows up one so that they come back.
- We don't care about publicity. If we do, we show a bunch of kids on an elementary course, or middle-age people walking.

Every word above is an exaggeration. But let's get real: everything that's perceived as a sport has a lot of money in it (reverse is not true). Before money (maybe) comes in, we need world-class results.

VLADIMIR GUSIATNIKOV, USA

ENERGY USE AND REPLACEMENT

Many will already know a diet high in carbohydrate is recommended for athletes, especially endurance athletes. Orienteering obviously qualifies for an endurance sport. If the event is particularly long some energy intake is advantageous. Usually this will be in liquid form, because this aids fluid replacement and utilises simple sugars (a form of carbohydrate). There is research being done on providing small amounts of fat if the exertion is particularly long and vigorous, but this is still in the Olympic laboratory phase.

Why carbohydrates? Muscles almost exclusively use glucose (the simplest sugar form) when working. So does the brain by the way. In muscles exist glycogen stores which are "banks" of glucose. If you can take in some glucose during exercise then these stores are conserved (maybe for that sprint finish!) Restoring glycogen stores after training is very important to allow the muscles to heal and the athlete to return to a training schedule quickly. The best time to replace carbohydrate is soon after finishing the event. 1 gram of carbohydrate per kg of body weight within the first

10 minutes after the event, and another snack every two hours until regular meal time.

Some examples of suitable carbohydrate:

Light and easy to eat:

- 250ml carbo-loader supplement
- 250ml low fat/milk shake smoothie
- 800-1000ml sports drink
- 800ml cordial drink
- 500ml fruit juice or flavoured mineral water
- 2 thick-sliced jam or honey sandwiches
- 3 medium pieces of fruit
- 1 packet of instant noodles
- 40g dried fruit
- 50g packet of jelly beans
- Large 70g Mars Bar
- 100g muesli bar

Quick, nutritious and low fat:

- Cup of spaghetti / baked beans and a wholemeal roll
- Salad sandwich and a piece of fruit
- Carton of low fat yoghurt and a banana
- Bowl of cereal with trim milk
- Two cups of spaghetti or baked beans
- Four rice cakes

DR. ANDREW MCNEIL [EOC]
IN EGMONT NEWSLETTER

ETCETERA

A story from an email I received recently

We started orienteering in March 1986 and would compete together. It never occurred to either of us to go by ourselves. Ian was a faster runner than me, but terrible at navigating. He would dash off with the map in hand, usually in the wrong direction, with me screaming from behind that he was going the wrong way. We would spend the next 4 weeks to the next event arguing about the course, and what we could have done differently. We nearly got divorced before we were married!

After we had been going for about 6 months, he was called out to work just before an event start

time. The event was not far from where we lived then, so I decided to walk down and compete by myself. I enjoyed it so much, being able to go at my own pace and navigate my own way, that I went home and told him we were competing separately from then on. So it came to be. We have competed together a couple of times since then but it just doesn't work.

BRENDA KENDALL [EX EOC] IN PERTH

Found

A pair of black and yellow Asics football boots, size unknown. Left behind by the occupants of a white car and the last Waterfalls event, late 1994. Sorry, I have just found them in a cupboard and if not claimed, are free to a good home.

LORRI O'BRIEN [NWOC] 415 8932

Auckland Junior Regional Squad

Next training day is scheduled for October 13. The venue will be announced later, this is an advance warning. It is a must for those competing in the various district champs and the Hawkes Bay 3 day at Labour Weekend.

We are considering several possible additions to the squad, and will be watching OY performances over the next few months. Watch this space.

DARREN ASHMORE & LORRI O'BRIEN

1997 Wilderness Challenge, Waiouru, 18-19 January 1997 - Advance Notice

A two day mountain marathon for two-person teams with the emphasis on fitness and map-reading skills. This is an endurance event but it has a selection of classes to enable people to compete at their own levels. Some categories require competitors to carry all their own gear for an overnight camp; other categories return to base camp at night.

Entry forms coming soon. This seems to be some sort of NZOF enterprise. Contact Kathy Farquhar 07 345 9608 or Sheryl Collins 07 825 5745 for details or wait for the entry form to appear.

Red Kiwis Manawatu OC 21st Birthday

To celebrate 21 years of Manawatu O, past, present (and future!) members & friends of RKOC are invited to a special event on 12/13th October

1996. Details: Robyn Galloway 06 323 7631.

Auckland Orienteering Association

AOA has proposed to pay an honorarium to the editor of this newsletter.

How nice! However, as I have tried to explain before, I would value having been given this news by the AOA rather than having to find it out indirectly. The point is: I want news not money! Why am I not on the mailing list for AOA minutes? Don't get me wrong, I won't turn down the money, but I want the news first. - MR

Control descriptions

Talk to Scott Vennell on 529 0150 if you want to type your control descriptions under Windows. He has resources ready to make it easy for you to do.

NZOF Technical Committee Report

A recent meeting of the new NZOF Technical Committee (Bruce Collins, Rob Garden, Rob Jessop, Michael Wood; Jim Lewis absent) has resulted in a report now in the hands of Club Secretaries. If you have an interest in the technical side of orienteering, including mapping and course setting, you should get hold of a copy. And do it soon: you may not agree with everything that has been decided (I certainly didn't), this is your opportunity to make a submission. Well actually it might not be, there seems to be no recourse after a decision has been made by the Committee.

Edited highlights that grabbed my attention:

- A wider definition of "similar features" to prevent runners from mistaking one control for another.
- All White courses at badge events to be vetted by specially/officially qualified individuals.
- Nationals to be after Labour Day, not on a long weekend.
- National Relays to have only two grades: Mixed Long (Red/Orange) and Mixed Short (Orange, Yellow, White).
- IOF Controllers' Clinic to be held early in 1997
- 1:10,000 maps must be fieldworked at 1:7,500.
- White and Yellow courses at Badge events must be on 1:7,500 or 1:10,000 maps

Guidelines for Setters, Controllers, Coordinators

We've enclosed the Central Club's recently

developed checklists for event organisers. If you are a Central Club member, please keep them in a safe place. If not, we reckoned you would find them potentially useful for your own Club.

SCOTT VENNELL [COC] 529 0150

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, COC (520 5993) and distributed by Marquita Gelderman, NWOC (412 8879) and published on or about the first of every month except January.

Next Issue: September 1996

Mail your contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax 263 4794, or call me or my machine at home on 520 5993, or call me at work on 263 4793, or email mark@kiwiplan.co.nz

The deadline for contributions for the September AUCKLAND ORIENTEER is Tuesday 20th August.

Disks or email 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, please try to supply it as carefully-typed so that my computer can scan and recognise it.

If you want to supply camera-ready copy, please make it A4 with a 16mm border all round (265mm x 178mm), and font size at 11 points. Careful! This border is much smaller than your WP or typewriter would normally be set up for, (that way we fit more words on the paper) and the font size is bigger.

I will type articles or letters if necessary.

Distribution

If you change your address, please contact your club membership officer or Marquita Gelderman on 412 8879.

Credits

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

MARK ROBERTS 520 5993

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