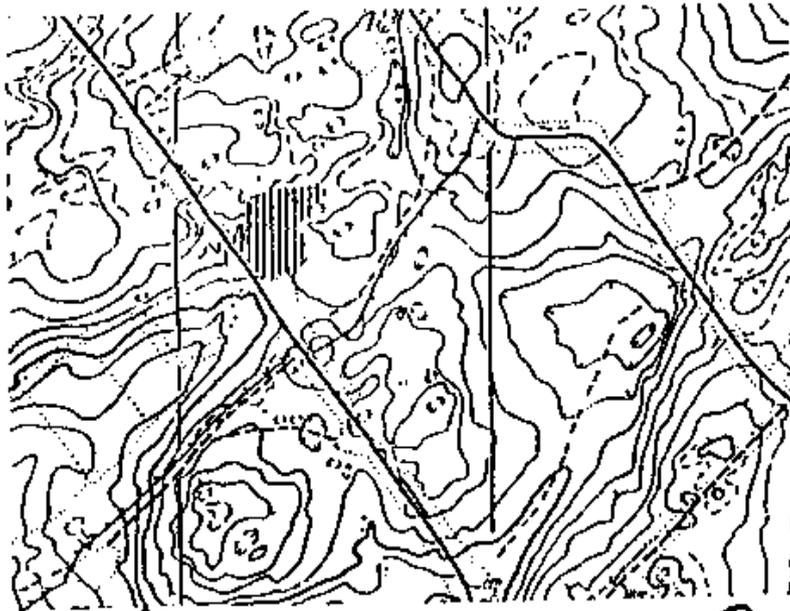


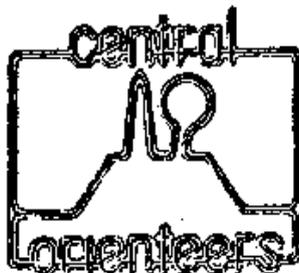
the Auckland **Orienteer**



What maps are these?



NORTH WEST
ORIENTEERING CLUB



February 1987



Welcome back to another year's orienteering.

For those of you who have taken the opportunity to have a rest since the last season finished, I have bad news; your rest is over - the 1987 season has already started - it is time to get those legs into action and time to try and find your O-shoes under that layer of dried mud.

It is going to be another busy year; what with our elite orienteers travelling to Europe for the World Championships and other events, with a team from Australia visiting us for the annual Challenge between the two countries, with the usual area and national championships, with the Orienteer-of-the-year competition, with all the other events on the programme it makes me feel tired already.

If the thought of all that activity makes you feel like starting training don't worry; just sit down for a while and the feeling will pass.

I look forward to receiving a lot of articles from you all during the year. If you did something interesting during the holidays how about doing your bit by telling us all about it.

Keith Stone

CONTENTS THIS MONTH

3	Coming Events	12	1987 Programme
4	Katoa Po		All local and other major events for the year
	All-night Relays in Taupo	13	T-Shirt
6	AOA Checklist	14	Coping With Terrain
	Details from the Auckland Orienteering Association		An article from Compass Sport
8	Training Squad News	17	Junior Training
	From the fit people		Details of further training activities for juniors
9	Macpac Mountain Marathon	18	Auckland Orienteering Maps
	Results of prizewinners		A map of the maps we use
10	Central Chatter	18	Australian 3-days
10	North West News	19	Advertisements
11	South Auckland Rumblings	20	Advertisement
11	Selection Trials		Please support our sponsors
	Details of events to be used for selection of NZ team		

INSERT

South Auckland Members Subscription Form

DEADLINE FOR NEXT ISSUE

20 February

Address for contributions -

8 Agathis Avenue, Mairangi Bay, Auckland 10.

COMING EVENTS

FEBRUARY

- 8 WH Mangahai Forest: Whangarei Club invite all Auckland orienteers to this event. Turn right off SH1 7km north of Wellsford.
- 10 C One Tree Hill: Twilight series event.
- 15 NW Mangere Bridge: Promotion park event on new map at Ambury Park.
- 17 C Totara Park, Manurewa: Twilight series event.
- 22 SA Waharau Regional Reserve: Promotion park and farm event at ARA Reserve, 9km north of Kaiaua, on the west coast of the Firth of Thames.
- NW Shakespear Regional Reserve: Promotion park and farm event at ARA Reserve at the end of the Whangaparaoa Peninsula.
- 24 C One Tree Hill: Twilight series event.

MARCH

- 1 C Woodhill Forest: Promotion forest event on Selwyn Road map. Entry to forest via Forest Headquarters.
- 7 SA Club Camp.
- 8 NW Long Bay Regional Reserve: Promotion park and farm event at ARA Reserve.
- SA Waiuku Forest: Promotion forest event. Entry to forest via Forest Headquarters.
- 14 NW Woodhill Forest: Novelty events and BBQ from 2.00pm to 6.00pm. Woodhill Forest: AOA Night Championships from 6.30pm.
- 15 NW Woodhill Forest: Promotion forest event on Mission Coast Road map. Entry via Forest Headquarters.
- H Hamilton: CDDA OY1: Central Districts' first Orienteer-of-the-Year event for 1987, on a new map, Matangia.
- 22 SA Omana Regional Reserve: Promotion park event on ARA Reserve.
- 29 SA Manukau Peninsula: AOA OY1: Auckland's first OY event for 1987 on Pollock map used for day-1 of the Milo 7-day last year.

START TIMES

Events can usually be started any time between 10.00am and 1.00pm.

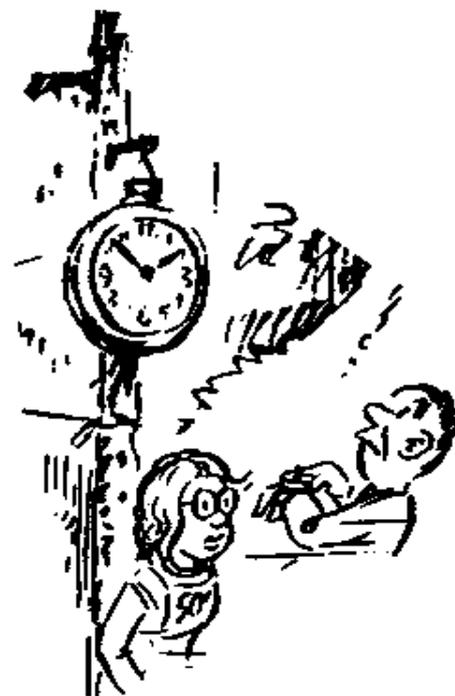
The twilight series events on Tuesday evenings have start times from 5.00pm to 7.00pm.

Central Districts OY events start between 11.00am and 1.00pm.

COVER QUIZ

What maps are these?

Answers next month.



KATOA PO

Each year the Taupo Club begins the new orienteering season with the Katoa Po or All-Night Relays on the Saturday evening of Auckland's Anniversary weekend. The event is open to any team of seven runners although there are class restrictions on some legs to ensure that all teams contain a variety of ages from juniors to veterans.

This year's event was on 24 January and was run on the Kinloch map first used for day-1 of the Easter 3-day last year. The number of entries was lower than usual, with only one team from Auckland, made up of one person from Central and six from North West, plus teams from Hawkes Bay (2), Hutt Valley, Rotorua, Wairarapa, Taupo, a combined Red Kiwis/Hawkes Bay team and one made up of five visiting Swedish orienteers plus two locals, a total of nine teams.

When the first leg runners started at 8.30pm it was not yet completely dark but by the time they finished their 2.4km leg darkness had descended with no moon to assist in showing the way. Penny Clendon was our first runner and she had a good run to finish in 6th place in 29m 21s. Alison Stone took over for the second leg of 3.1km and had an error-free run in 35m 33s to take 4th fastest time and move the team up one notch to 5th place. Technically though we were now 4th as the Taupo runner had mis-punched.

Next was Terje Moen on the second longest leg of 6.4km. The All-Night Relays have always been run on intricate farmland before and this map was no exception with numerous sections of twisting and turning erosion gully systems. However this map also includes areas of open, pine forest and the course-setter took the opportunity to put a couple of legs in there. These proved to be the undoing of most competitors with the Swedish runner Torbjörn Lännewall just breaking 60 mins, but the next best, Kevin Ireland took 1h 40m and Terje (3rd fastest) took 1h 52 54m. This good performance from Terje moved us up another place to 3rd overall.

Bas Cuthbert had the next leg of 3.9km and showed the benefit of working all those night-shifts to take 2nd fastest time of 53m 45s. We were still in 3rd place (not counting Taupo) but were now much closer to the teams ahead.

Bas handed over to Keith Stone for the 5th leg of 5.1km. While still taking 4th fastest time of 1h 18m 38s, Keith lost ground on the leaders and we slipped back one place.

Rolf Wagner had the task of running the 'Bloody Murder' 6th leg of 7.2km and set off on it at twenty to two in the morning. This leg also took it's runners into the forest and was responsible for the longest times of the night; the slowest was over 4 hours. Rolf's time of 3h 6m 48s was 6th fastest and he did well to finish at all.

Bruce Henderson was the last leg runner and it was the case of saving the best until last, for Bruce had a great run on this 5.0km leg to take fastest time of 1h 5m 28s, four seconds faster than the Swede Anna-Karin Sundvoll. This brought our team back into 4th place.

The final placings were :

1. Swedish Export - DK Norrtelje Club
2. McKenna Mystery - Rotorua Club
3. Carrot Munchers - Wairarapa Club
4. Knobbly Knees - North West & Central Clubs
5. Magpies - Hawkes Bay Club

The other four teams did not finish officially because one or more of their team either did not finish their leg or were disqualified for mispunching.

On the Sunday morning a fun, street, score event was held in Kinloch starting and finishing on the beach on the shores of Lake Taupo. The 'map' was unusual, being a blueprint of an aerial photograph of the area. 18 controls had been placed at various locations and we were given an hour to visit as many of them as we could. A bonus of 100 points was offered to any competitor who included a swim of 30 metres along the beach front to a breakwater within their time of 60 minutes.

A number of the competitors started their run with the swim while others waited until they had collected all the controls before plunging into the lake. The refreshing water put a nice finish to yet another Katoa Po.

WHERE HAVE ALL THE ORIENTEERS GONE?

The Taupo Club, organisers of the Katoa Po, were understandably asking this question following the drop in numbers of entries this year. Last year 26 teams entered, this year only 11 (and 2 of these scratched).

That's a decrease in numbers from 182 competitors to 77! Why?

Is it too expensive now, to travel down to Taupo for such an event?

Is it the GST on the batteries that has put you off?

Have the courses been too difficult in the past?

Were you waiting for someone to organise a team for you?

Is it too difficult to arrange a team within the restrictions imposed on the various legs?

Was there not enough publicity about the event?

Last year the weather was very bad but surely that alone would not cause the entries to fall this year. I know it did rain at times this year, but not as bad as last year, and you can't have known it would be like that, could you? All previous relays have been run in fine weather anyway.

I must admit I don't know the reason. For me, Katoa Po is an event not to be missed, a one-of-a-kind that only comes along once a year.

How about writing to the editor and telling him why you did not enter this year.



1987 CHECKLIST

CHAIRMAN: Bruce Henderson 1/57 Stanaway St, Northcote Ph 484-979

VICE-CHAIRMAN: Geoff Pilbrow 120 Porchester Rd, Papakura Ph 298-5504

SECRETARY: Paul Dalton 72 Arran Rd, Browns Bay Ph 478-3378

TREASURER: Bruce Hendrie 2/23 Hayr Rd, Mt Roskill Ph 654-983

AOA AFFILIATION FEES

A flat rate of \$200 per club will be levied and payable by 30 April 1987. This affiliation fee includes automatic entry for the AOA Orienteer of the Year competition for registered members. Submit the names of members and their year of birth to the AOA Treasurer by the following dates:

30 April 31 July 15 October

There is no need to affiliate very young children or members of families who will not be competitors in their own right.

NZOF AFFILIATION FEES

Senior (19 years and over)	\$7.00
Junior	\$4.50
Family	\$18.50

No affiliation fees are payable for children 12 years and under (ages as at 31 December 1987). Fees are to be paid direct to the NZOF Treasurer by the same dates and providing the same information as for the AOA affiliation.

EVENT LEVIES: Badge and National events (including relays) pay a NZOF levy of 50¢ per competitor per event.

International events pay a NZOF levy of \$1 Senior and 50¢ Junior.

MAXIMUM EVENT FEES

AUCKLAND CHAMPIONSHIPS	Senior \$8
	Junior \$5
	Family \$20
AUCKLAND RELAY CHAMPIONSHIPS	Senior \$6
	Junior \$4
AUCKLAND NIGHT CHAMPIONSHIPS	Senior \$5
	Junior \$3
	Family \$12
SECONDARY AND PRIMARY SCHOOL CHAMPIONSHIPS	\$2
OY AND OTHER NON-PRE-ENTRY EVENTS	Senior \$5
	Junior \$2
	Family \$12

ORIENTEER OF THE YEAR COMPETITION

1. Open to all NZOF and AOA affiliated members.
2. Points from the best five of seven events count.
3. The OY entry fee is included in the AOA affiliation fee.
4. Members will choose the grade in which they wish to run in their club

subscription form. If members wish to change grades they may do so by notifying the OY Statistician in writing. Points will only count after notification has been received and are not transferable.

OY STATISTICIAN Keith Stone
8 Agathis Ave
Mairangi Bay.

5. The grades for the OY competition are as follows:-

Course	Length (km)	Degree of difficulty	Grades
1	9-11	Hard	M21E
2	7-8	Hard	M35A, W21E
3	6-7	Hard	M19A, M21A, M40A, M45A
4	4.5-5.5	Hard	M17A, M50A, M21B, W19A, W21A, W35A
5	4-4.5	Medium	M15A, M35-44B, W17A, W21B
6	3.5-4	Hard	M55A, W40A, W45A
7	3-3.5	Easy/Med	M13A, M15-18B, M21C, M45-45B, W13A, W15A, W35B
8	2-3	Hard	M60A, W50A, W55A
9	1.5-2.5	Easy	M11A, W11A, W15-18B, W21C, W40-54B
10	1.5-2	Easy	M12-14B, W12-14B, M10, W10

AOA INDIVIDUAL CHAMPIONSHIPS

1. Entry is open to all NZOF affiliated members, but trophies can only be won by AOA affiliated members. A fastest time certificate will be awarded though if the winner is not an AOA affiliated member.
2. Grades are the same as for the OY competition with the addition of W60.
3. Trophies are available for all grades.
4. Certificates:

	Senior	Junior
Up to 5 competitors	1st only	1st, 2nd & 3rd
6 to 8 competitors	1st & 2nd	1st, 2nd & 3rd
9 or more competitors	1st, 2nd & 3rd	1st, 2nd & 3rd

5. Date: OCTOBER 11th organized by Central Club.

RELAY CHAMPIONSHIPS

1. Date: SEPTEMBER 27th organized by South Auckland Club.
2. Certificates for fastest team and winning club. No trophies.

SECONDARY SCHOOLS CHAMPIONSHIPS

1. Date: APRIL 23rd organized by North West Club.
2. Grades: Boys Girls
3. Certificates: All six members of the top three teams in each grade.
4. Trophies: Senior Boys and Senior Girls

PRIMARY SCHOOLS CHAMPIONSHIPS

1. Date: OCTOBER 29th organized by South Auckland club.
2. Grades: Intermediate and Primary Boys and Girls.
3. Certificates: All six members of the top three teams in each grade. No trophies.

EVENT ORGANIZERS

1. Event folders are available on the foregoing events. Use them as an aid in your event organization. Please update them with details from your

- event for the benefit of those coming after you, so we can continue to provide events of a high standard.
2. Permission to use the forest, farm, or park should be confirmed in writing
 3. When publishing details of coming events please show which ones are pre-entry, for the benefit of newcomers.
 4. Results should show distance and climb where relevant, and state grade and club of each place getter.
 5. Copies of results should be sent to: OY Statistician-Keith Stone, and the AOA Secretary-Paul Dalton.



▣ TRAINING SQUAD NEWS

The NZOF Training Squad is preparing for a lot of action this year with selection for the New Zealand team to compete in the World Championships in France in September their main ambition.

TRAINING

Some of the squad activities are open to non-squad members provided room is available. If you would like to participate in any of the following, contact either Dave Melrose or Paul Dalton and do it early.

Camp 1: February 21/22 Woodhill Forest

Emphasis on brushing up skills. Meet at Woodhill Forest HQ at 9.30am on Saturday.

Elite Training Races

Subject to confirmation, it is planned to hold the following races:

March 1	Waiti
8	Awhitu
15	Woodhill

Camp 2: March 21/22 Taravera

Three races over two days in the Taravera forests, each event on a different map.

Saturday: Meet at 10.00am at signposted area (probably Te Haehaenga).

Race 1 - Saturday am. Race 2 - Saturday pm.

Sunday: Race 3 - Sunday am.

FINANCE

The squad budget for the World Championships is \$50,000 and they currently have about \$17,000. They will be conducting various fund-raising efforts, one of which is a raffle with six great prizes worth over \$6000. Please help by selling a book or two of tickets when asked.

The wine sales were successful, with a profit of approximately \$4000.

EUROPEAN TRIP

Some of the elite orienteers are travelling to Europe in June/July to participate in the various multi-day events in Norway, Sweden, Scotland and Switzerland before the WOC in France. Rob Garden is co-ordinating the travel arrangements and it may not yet be too late for any non-squad member to join them. Rob's address is 47a Forbes Street, Royal Oak, phone 643-676.

About 140 pairs started in the Macpac Mountain Marathon at Waiouru in December and many of those were from Auckland orienteering clubs. However I have not received any report at all on this event.

A mountain marathon is a fairly unique event, not everyone's idea of fun, and I am sure our readers would like to hear why you entered, what preparation you did (if any), what you packed (and what you left behind), how you found the courses, how you survived (if you did), whether you were still talking to your partner at the finish, how long it took you to recover (if you have), etc, etc.

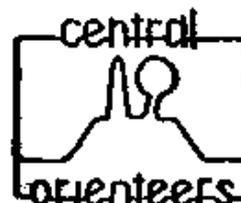
So how about it?

In the meantime here are the results of the prizewinners :

	<u>Day 1</u>	<u>Day 2</u>	<u>Total Time</u>	
Course 1 -				
1. John Rix & John Mote	7.36.41	5.40.25	13.17.06	
2. Tony Gazeley & Leo Homes	7.36.41	5.58.13	13.34.54	
3. Geoff & Lisa Mead	8.24.57	6.24.09	14.49.06	1st mixed team
4. Bryan Teahan & Kerry Cunningham	9.17.21	6.00.30	15.17.51	3rd prize
Course 2 -				
1. Alistair Cory-Wright & Alistair Landels	4.56.20	4.43.17	9.39.37	
2. Cormac McCarthy & Paul Henderson	5.47.05	5.52.00	11.39.05	
5. John Robinson & Keith Stone	6.50.56	5.56.44	12.47.40	1st veterans
18. Katie Fettes & Linda Parker	8.00.36	7.16.48	15.17.24	1st females
Course 3 -				
1. Thomas Asp & Christer Persson	3.47.39	4.11.25	7.59.04	
2. Paul Dalton & Kevin Ireland	4.30.29	4.47.24	9.17.53	
3. Graham Teahan & Tom Davies	5.50.16	5.46.37	11.36.53	
18. Anna Keedwell & Peter Hill	7.24.01	6.23.03	16.47.04	1st mixed team
Course 4 -				
1. Tony & Michael Trass	2.05.54	2.07.20	4.13.14	
2. James Bowden & Russell Mardon	2.02.13	2.19.30	4.21.43	
4. Colin Tait & Ted Sapsford	2.16.14	2.21.18	4.37.32	1st veterans
6. Jon Thorsen & Philip Wood	2.15.21	2.37.01	4.52.22	1st juniors

CENTRAL CHATTER

HELP WANTED



A few dedicated individuals have in the past over-committed themselves in serving the needs of the club. These individuals are now in need of a rest and it is now time for other members to do their bit in putting something back into the sport that we all love.

The club has exhausted it's supply of maps for some of the city park areas and it is now time that a revision and redraughting of those areas was made in order that the club can again hold events at those venues.

We need volunteers to assist with the survey work of Churchill Park, Mangere Mountain and Western Springs. Not a lot of work is required to resurvey these areas, particularly if the load is spread over a number of members. It is envisaged that six people could resurvey Churchill Park in an afternoon. Experience in surveying is not required as the necessary skills will be taught. These park locations are ideal areas in which to learn another facet of our sport. Transport assistance will be paid.

It is proposed that this survey work be carried out on Saturday afternoons, commencing on Saturday 7 March with the revision of the Churchill Park map. Meet at the Scout Hall (end of Kinsdale Street) at 12.30pm.

If you feel that you would like to give this a go then contact:

Eddie Reddish - Phone 569-147

as soon as possible so that he can arrange for base map details to be prepared. You will be told what to bring to assist in the survey. Numbers will be limited and those unable to be accepted for Churchill Park can expect to be asked to assist with the resurveying of our other park maps. The club really needs to build up a base of members with mapping experience so now is your opportunity to get some experience.

NORTH WEST NEWS



Happy New Year - I hope you have all had a good holiday and are looking forward to a very successful year, orienteering and otherwise.

Good luck and best wishes to Brent Hill who is off on 2 February to Britain and then on safari in Africa. We look forward to reading about your exploits, Brent, in the Auckland Orienteer.

Congratulations to Steven Curran, Jeni Martin and Alison Stone on their School Certificate passes and to Julia Fettes on her success at Varsity. Also to Carey Martin on being accepted into Medical School.

We wish Carey and Paul Dalton all the very best in the future - they were married on 31 January.

Rumour has it that Judy Martin will be back in our midst during February. Welcome back Judy, we hope to see you out and about at forth-coming events.

I heard that Paul and Michael McLoughlin were orienteering at the Scout Jamboree in Rangiora. Hope you had a good time.

NW Newshound



SOUTH AUCKLAND RUMBLINGS



1. Congratulations to the following junior members on their school exam results -
 - (a) School Certificate: Nat Cooper, Angela Fisken, Odette Laurent, Nev Phillips, Sue Snedden and Karan Wildman.
 - (b) Sixth Form Certificate: Harley Brighthouse, Neil Crispe, Matthew Todd, John Fisken and Rolf Boswell.
 - (c) 'A' Bursary: Brian Russell and Robyn Oldfield.

2. Now to the serious business -

		<u>SETTER</u>	<u>VETTER</u>	<u>CO-ORDINATOR</u>
22 Feb	Waharau	Geoff Pilbrow		Doug Crispe
7/8 Mar	Waiuku Forest Club Camp	Val Robinson	Ian Currie	Ken Browne
22 Mar	Omana (new map)	Rob Murphy	Bob Murphy	Dave Godfrey & Rob Garden
29 Mar	OYI-Pollock	? Aspin	? Aspin	Graeme Williams
12 Apr	Waiuku Forest	Joanne Cunningham	Phil Mellisop	Bev Laurent
3 May	Redoubt	Unni Lewis	Neil Lewis	Jeanine Browne

More Shocks and Surprises next month.

3. Subscriptions are now due to club treasurer, Bruce Hendrie, 2/23 Hayr Road, Mt Roskill ph 654-983. Refer to the enclosed form.
4. Club Camp 7/8 March Waiuku Forest
Refer to the last magazine for details.
At this stage please let Val Robinson know by 22 February whether you want to be involved with the field working of Waiuku South or be part of a learning and training weekend. Contact Val on phone PLK 86901 or send a note to her at PO Box 575, Pukekohe.
Do come and make it a fun weekend.

EI Presidente



SELECTION TRIALS



Events to be used as trials for the selection of the team to represent New Zealand against Australia in the 1987 Challenge, will be as follows:

April 17	Day 1 of the Easter 4-day
May 30/June 1	Queens Birthday 3-day (Whole event)
August 9	Central Districts Championships

In addition to the above, the 1987 NZ Championships will be used for the selection of the team to compete against Australia in 1988, which will be in conjunction with the Asia Pacific Orienteering Championships in Tasmania in January 1988.

The selectors can take other events into account if they consider it necessary.

1987 PROGRAMME



Feb	3	C	Twilight Series - Auckland Domain
	8	NW	Mangahai Forest (Invitation event for Auck clubs)
	10	C	Twilight Series - One Tree Hill
	15	NW	Ambury Park, Mangere
	17	C	Twilight Series - Totara Park, Manurewa
	21/22	S	Southland Championships
	22	SA	Naharau Regional Park
		NW	Shakespear Regional Reserve
	24	C	Twilight Series - One Tree Hill
Mar	1	C	Woodhill Forest - Selwyn Road
	7	SA	Club Camp
	8	NW	Long Bay Regional Reserve
		SA	Waiuku Forest
	14	NW	Afternoon Fun Events - Woodhill Forest
		NW	ADA NIGHT CHAMPS - Woodhill Forest
	14/15		Junior Training Camp - Woodhill Forest
	15	NW	Woodhill Forest - Mission Coast Road
		H	CDOA OY1 - Matangia
	22	SA	Omana Regional Reserve
	29	SA	ADA OY1 - Manukau Peninsula (Pollock)
Apr	5	C	Self's Farm, Papatoetoe
		T	CDOA OY2 - Taupo
	11/12	D	* OTAGO CHAMPIONSHIPS
	12	SA	Waiuku Forest
		NW	Heiti South - Colour coded event
	17/20		* EASTER 4-DAY - Wellington area
	19	C	Auckland Domain
	23	NW	Secondary School Championships
	26	NW	* ADA OY2 - Woodhill (Otakinini Topu)
May	3	SA	Redoubt Hill
	10	C	One Tree Hill
			Winstone Forest Run - Woodhill Forest
		T	CDOA OY3 - Taupo
	17	NW	Long Bay Regional Reserve
	24	C	ADA OY3 - Woodhill Forest
	30/1		* QB 3-DAY - Auckland/Whangarei area
Jun	7	C	Totara Park, Manurewa
	14	SA	Waiuku Forest
	21	NW	Shakespear Regional Reserve
		P	CDOA OY4 - Pinelands
	28	SA	ADA OY4 - Waiuku Forest
Jul	5	NW	Woodhill Forest - Puketapu Road
	12	SA	Waiuku Forest
	19	C	Auckland Domain
		H	CDOA OY5 - Kaahu-iti
	26	NW	ADA OY5 - Woodhill Forest

Aug	2	C	Park event - Venue undecided
		NW	Training event - Woodhill Forest
	8	R	CENTRAL DISTRICTS RELAYS
	9	R	* CENTRAL DISTRICTS CHAMPIONSHIPS
	16	SA	Maiuku Forest
		C	Dingle Dell, St Heliers
	23	C	AOA OYE - Woodhill Forest
	30	SA	Mt Richmond Domain
Sep	5	W	WOA OY5 - Waitarere
	6	NW	Woodhill Forest - Mission Coast Road
		RK	AUSTRALIA / NEW ZEALAND RELAYS
	12	H	Australia / New Zealand Warm Up - Pukekura
	13	H	AUSTRALIA / NEW ZEALAND INDIVIDUAL - Whatawhata 3
	19/20		MOUNTAIN MARATHON - Tongariro National Park
	20	C	Park event Venue undecided
	27	SA	AUCKLAND RELAY CHAMPIONSHIPS
Oct	3/4	PAPO	* CANTERBURY CHAMPIONSHIPS
	4	NW	Long Bay Regional Reserve
		P	CDOA OY6 - Pinelands
	11	C	* AUCKLAND CHAMPIONSHIPS & OY7 - Woodhill Forest
	18	C	Park event - Venue undecided
	24	T	Warm-up event
	25	T	* NEW ZEALAND INDIVIDUAL CHAMPIONSHIPS
	26	HB	NEW ZEALAND RELAY CHAMPIONSHIPS
	29	SA	AUCKLAND PRIMARY SCHOOL CHAMPIONSHIPS
Nov	1	C	Park event - Venue undecided
		SA	Closing Day - Awhitu Regional Reserve
	8	NW	Riverhead Forest
	14/15	D	* SOUTH ISLAND CHAMPIONSHIPS
	15	C	Park event - Venue undecided
		R	CDOA OY7 - Rotorua
	21	W	WELLINGTON RELAY CHAMPIONSHIPS
	22	KH	* WELLINGTON INDIVIDUAL CHAMPIONSHIPS

* = Badge Event

OY = Orienteer of the Year Event

Events listed in capital letters (with the exception of OY's) are pre-entry events with entries closing 4-6 weeks before the event.

ORIENTEERING T-SHIRTS

An orienteering T-shirt has been designed by Chris O'Brien for use by all orienteers. It has a simple but distinctive logo on front and back in red and black on a white t-shirt.

These will be good advertising for our sport so everyone should buy one. Look out for them at events or contact Lorri O'Brien on ph. 415-8932.

Sizes SM, M & L available now, XOS still to come. Price only \$13.00 each.

COPING WITH TERRAIN

"Terrain technique is often the most important aspect of the physical side of orienteering but all too often it is totally neglected by the average competitor". — Gareth Bryan-Jones.

Think of all the obstacles you are all too likely to encounter during a typical orienteering course: all thicknesses of forest, all types of forest undergrowth, bracken and heather, marshy ground and stony ground, muddy tracks, fallen trees, stream crossings, undulating terrain, steep hills (up and down!), etc., etc. And on rougher areas you might have the good fortune (?) to meet tussocks and elephant grass, sand dunes and sand willows (like quicksand in texture!), crags and boulderfields.

Let's face it, apart from sheer mountainsides, you will, during the course of your orienteering career, meet every possible form of physical and man-made topographical nicety. And how often have these imperfect surfaces slowed you down, leaving you to wonder why others are able to pass by at a steady run?

If you can't cope with the rough underfoot conditions that only our sport can offer, perhaps you ought to consider improving your basic leg strength, in combination with learning a little about the theory, and practise, of terrain technique.

I hope most orienteers reading this article have already achieved a basic running fitness. More likely than not this fitness will have been built upon a "mileage" training regime centred around hours of (boring) road plodding. Yet all runners really should be training in conditions similar to that of their particular discipline. Road race addicts will want to train over pavement and road surfaces (you won't catch them getting their feet muddy!), cross country specialists will stick to tracks, parkland and grass, and fell runners will flock to the hills for their kicks.

Yet how many orienteers actually don their studs (or spikes) more than once a week, and get out to train in true orienteering country? Not many, I'll bet. Remember that the characteristic "plod" or "shuffle"

fostered by too much pavement pounding will stand you in no stead when you get 500 metres into your typical orienteering event. The improving orienteer really has to train to be stronger than a road runner and, indeed, the cross country runner.

One will usually observe that the faster orienteer has developed, perhaps through experience, though more likely through specific training, a high knee lift. Possibly more than anything else is strength in this particular function essential in enabling the orienteer to cope with rubbish on the forest floor, in running up hills, in coping with soft ground, and in hurdling obstacles.

Part of the Scandinavians' secret of success is their characteristic high leg movement, and their consequent ability to cope with rough terrain. They move astonishingly fast over ground that us Brits would be struggling to walk over — go to a Swedish 5-Days and find out for yourself if you don't believe me! Of course, with miles of forest to train in, they have more opportunity to train in terrain than us city-bound folk, but coupled with this they have also nurtured the correct techniques for negotiating different types of terrain.

Ignore the Green

Out in the forest it is very easy to want to stay on the tracks. It often looks dark, rough and inhospitable under that green canopy. But the undergrowth flourishing at the forest edge — blocking the view into the woods — is there because it catches the sunlight, and grows higher than any undergrowth just a few metres into the forest shade. So, when training, or in competition, just dive in there!

When running in the forest remember to scan the ground ahead (5 metres or so) for obstacles, use your arms to push branches aside, and learn to lift legs over those brushings! Be prepared to engage into a "dip and swerve" action in thicker patches of forest, and know when to run along

extraction lanes rather than across them. Most coniferous stands in Britain are planted in neat lines — a definite advantage to the fast moving orienteer.

Nobody sane is going to train in brambles, or run through severe patches during an event, so if your map indicates their presence it is often best to steer clear — you won't see the course winners with blood dripping down their O-bottoms! Likewise rhododendrons. If a mapper has drawn them on the map as dark green and impenetrable, take it for granted that is exactly what they are in reality. Avoid!

Most U.K. forests suffer from some bracken growth, but so long as it is below a metre or so tall, or once it has died, it does not usually impede progress. But it is tiring stuff to run and crash you way through, and heather poses the same problem. It really is a matter of being dedicated enough to go out and train in this sort of undergrowth if you want to beat it.

Different features require different techniques. Deep marshes and undergrowth necessitate a high knee lift and in wet marshes short, gentle steps are best. Forest marshes tend to lose some of their moisture to the surrounding vegetation and are not always as wet as open marshes which are often best avoided. In Scandinavia running along marshes is an accepted navigational technique — they are mapped with great detail, and equate to, say a path as a handrail feature in Britain. Quick movement through marshes requires immense leg strength which can only be acquired through a positive programme of strength training involving hill, terrain, and soft surface running.

A fair proportion of orienteering events in this country — particularly in the north and Scotland — are wholly or partially held on moorland terrain. Heather, tussocks and steep gradients are all physically draining and to orienteer successfully on this type of ground will require a greater basic level of fitness. Moorland orienteering might also be called "four-wheel drive running"!

The nature of upland terrain calls for movement at a more comfortable and "restrained" pace than you might initially think. Start too fast and hard over rough ground and it can bite back at the end of your course. Maintaining a steady rhythm throughout a moorland event, and, in fact, any orienteering event, is a technique that

can only be achieved by training over something approaching competition terrain, and by extending those winter evening training runs to at least your average race time, thus building up your general stamina.

Stony terrain is something you will only meet in certain parts of the country, which is why orienteers from the "soft south" predictably find themselves "pussyfooting" around northern Britain's tougher forests and moorlands. Like the Scandinavians, the locals should have the ability to cope with the rougher ground and the more complex terrain. One tip is to slow down enough to be able to maintain a steady run — it might seem like a "plod" but if you are running that is surely better than walking — and keep your arms high to increase your sense of balance, rather like a trapeze artist.

Building up your confidence in typical orienteering terrain will only be achieved by doing more training on "off road" surfaces. Running in local parks, on grassy open spaces, even on a grass verge, will be better for your technique than continuous pavement running. While out training, run at the side of tracks rather than on them. Really try hard to run through woods and undergrowth, and don't be worried about splashing through mud and streams — this is all part of the fun of the game! Being naturally aggressive through bracken and brashings, for example, will come with practise. Remember, above all, that the inexperienced will stumble and flinch through terrain that others have learnt, through training and technique application, to "float" effortlessly over.

Climb is revealed

Registration at any event will provide the intending competitor with details of at least two valuable pieces of information: course length and course climb. The fact that the course climb is revealed is significant in itself in that it constitutes an important part of the competition. The fact that the figure is often frowned upon is known to all. Nobody likes hills.

The first fact of orienteering life is that few orienteering courses are not going to cross a considerable number of those dreaded contours. The second is that the

winning orienteers are going to be able to cope with them. So whilst you should be devoting more of your training time to improving your rough country running technique, you should now also consider improving your hill climbing technique. It's all part of the terrain game!

The only way to cope with hills is to train on them. Hill training may be done as short (50-200m) steep fast runs, or as long (300-700m) gentle inclines. Half a dozen ascents should be sufficient in the average hill training session, so work especially hard on those last three climbs! Use an exaggerated pumping action with your arms to "lift" your body up the slope. Having the motivation to go out and run up and down hills is sometimes hard to find, and this is where training with your club or a close colleague is sometimes the best thing to do. You will run harder against someone else than by yourself. The benefits of hill training will be enormous for your legs are working harder than on the flat by lifting your body upwards as well as pushing forwards.

Out in the forest there is no magical technique that can be employed in helping you ascend slopes. However fit you may be it is always wise to treat hills with respect. That is, learn to climb gradually, maintaining an oxygen-efficient pace, and if necessary by contouring or "zigzagging" up through the undergrowth. Once you are reduced to a walk choose the steepest route. Here you can utilise your hands and arms and so divert some of the effort from the legs.

What goes up, must come down, and on downhills the technique employed is simple; let gravity take you and don't hold back! Keeping your arms high, scanning the ground ten metres or so in front, and coming down the steepest slopes at an angle or in "stalom" fashion will all increase your sense of balance and control. Should you insist on taking a tumble, try to relax and "roll" into the fall!

Through the "Grot"

So these are some of the techniques for coping with orienteering terrain. But at the end of the day your ability to run faster through the "grot" will depend to a great degree on your overall strength, par-

ticularly in your leg muscles. As your fitness increases you may need to include more specific types of training, such as "fartlek", into your running programme. Fartlek (Swedish for "speed game") is a form of training, that if carried out in the surroundings of a nearby park or woodland, can be most beneficial for orienteering. An hour or so spent alternating between steady running, sprints, jogging, and hill climbing is an ideal form of event simulation training.

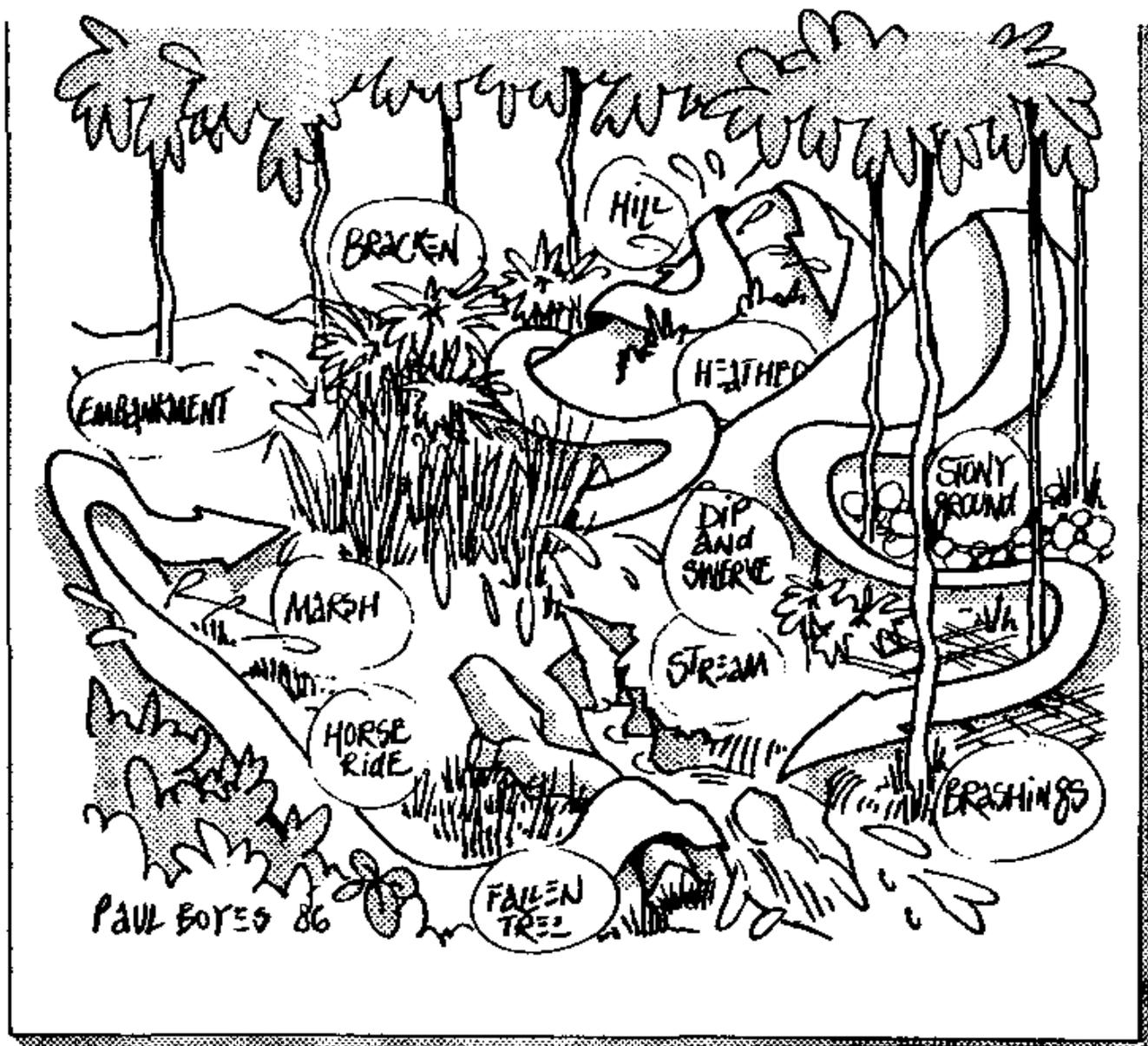
Suppleness is the key to improved running strength for flexible muscle is able to stretch further and react faster than "tight" ligaments. Running orienteers ought to be following a once (preferably twice) daily series of simple mobility exercises. And before and after training and competition it is essential to stretch every muscle you have got, within reason. Stretching before exercise "warms up" the muscles and prepares them for impending stress; stretching after exercise helps to stimulate recovery and reduce stiffness.

The "Terrain Circuit"

Finally, may I suggest one particular type of terrain technique exercise that can be performed as either an individual or group training session. I simply call it the "terrain circuit".

Work out a course on your local park, common, or forest that takes in as many terrain types as possible — hills, flat, rough, smooth, sand, marsh, mud, horse rides, stream crossings, and anything else "interesting" you can discover. Your course may be any distance from 500 to 1500 metres. It can be as rough as you want, and as steep as you want.

Then run it hard under race conditions. Run it as a fartlek session (easy/fast/steady, etc) or run hard on the hills, recovering on the downhills and flat. Run the circuit as a relay against your team mates. Plant controls every 100 metres or so and combine the circuit with a control card punching exercise. Run with an old O-map (the more complex the better) and "read" your way around the circuit — taking your eyes off the map to eye the terrain ahead, and focussing the eyes back on the map is the closest you will ever get to the real thing.



Find your own 'terrain circuit' for an ideal form of training.

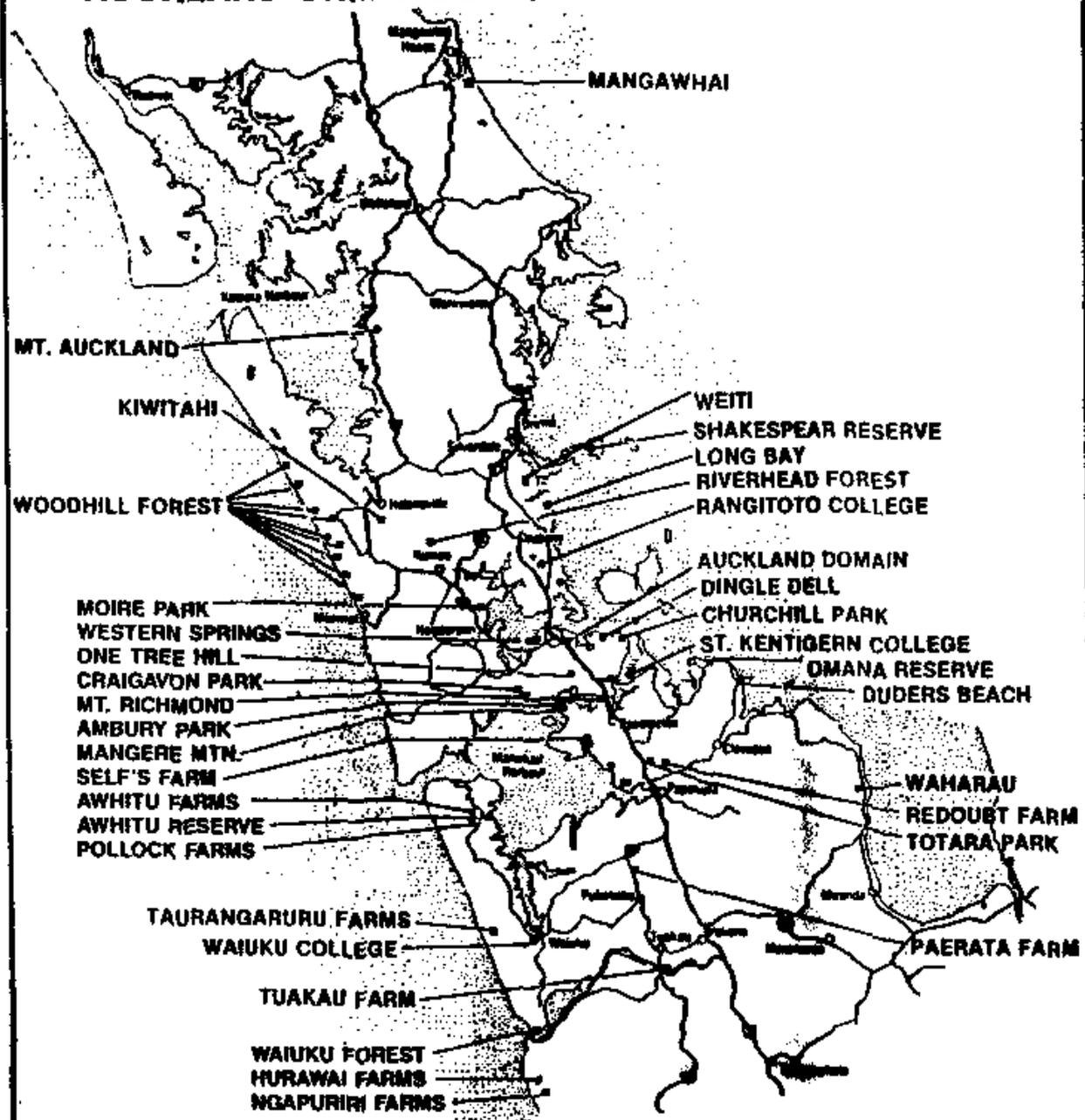
▣ JUNIOR TRAINING

As I write this the Taupo junior training camp has just finished and the Auckland one is about to begin. I hope some of the juniors who attended these camps will write and tell us about their experiences.

There will be a beginner junior training day on March 1 designed for 10 - 13 year olds with little training experience, i.e. those who have not attended any training camps. The Selwyn Road map in Woodhill Forest will be used and the training exercises will take from 11.00am to 1.00pm. This coincides with a promotion event on the same map so the rest of the family can do some training of their own at the same time. If you are interested please ring John Rix on ph 276-4901.

Another training camp for the junior squad is planned for the weekend of 14/15 March. This is not for beginners but those from 13 years upwards who have attended earlier training camps. You should contact John Rix on ph 276-4901 if you wish to attend.

AUCKLAND ORIENTEERING MAPS



ORIENTEERS

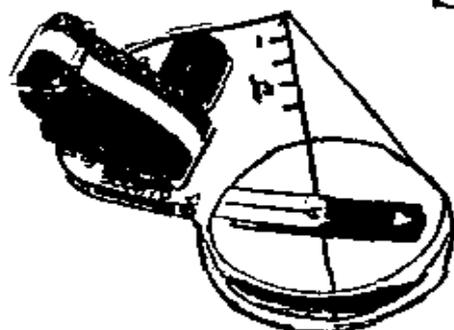
Don't forget to identify yourself to SURPLUS DISTRIBUTORS to qualify for their generous discount!

AUSTRALIAN 3-DAYS

The 1987 Australian Easter 3-days and Family Relays will be held at the Cherrabah Mountain Resort not far from the city of Warwick, Queensland from 17 to 20 April. Other events are available on 23 and 25 April.

Entry forms with full details are available from the Editor.

SUUNTO STAR



The SUUNTO STAR is a completely new compass that makes orienteering simple and faster. It fits snugly on the thumb, and by keeping the map and compass in the same hand both can be seen at the same time.

\$28.50 ea

LESS 10% DISCOUNT TO MEMBERS
(Mail Order send \$26.95, covers Postage)

Available from
SURPLUS DISTRIBUTORS LTD.
Cnr Hobson/Cook Sts
AUCKLAND

P.O. Box 39-141

Ph: 732-675

ORIENTEERING - BUSINESS - PLEASURE

For all your accommodation requirements

Call

THE ACCOMMODATION EXPERTS

INSTANT @ FREELINE

We can book you a hotel almost anywhere
in the world AND at no cost to you

Telephone

DOMESTIC RESERVATIONS (09) 794-660
INTERNATIONAL RESERVATIONS (09) 394-549

Now open in Auckland is the Smart Budget Hotel \$39.00 single, \$49.00 double plus GST. The Harvey Wallbanger Lodges from only \$49.00 plus GST per room in Pahia now open and opening soon Queenstown, Christchurch, Picton and in 1987 Auckland, Rotorua, Nelson, Greymouth and possibly Wellington.

RUNNERS INN LTD

The compleat runners shop

- Road Shoes
- Track Shoes
- Tracksuits
- Sweaters
- Singlets
- Shorts
- T-Shirts
- Books & Magazines



RUNNERS INN LTD

100A QUEEN ST., AUCKLAND, NEW ZEALAND
P.O. Box 2535 :: Telephone 31-921

342 GREAT NORTH ROAD, HENDERSON
Telephone 836-1345

SHOP 69 MANUKAU CITY CENTRE
Telephone 279-8205