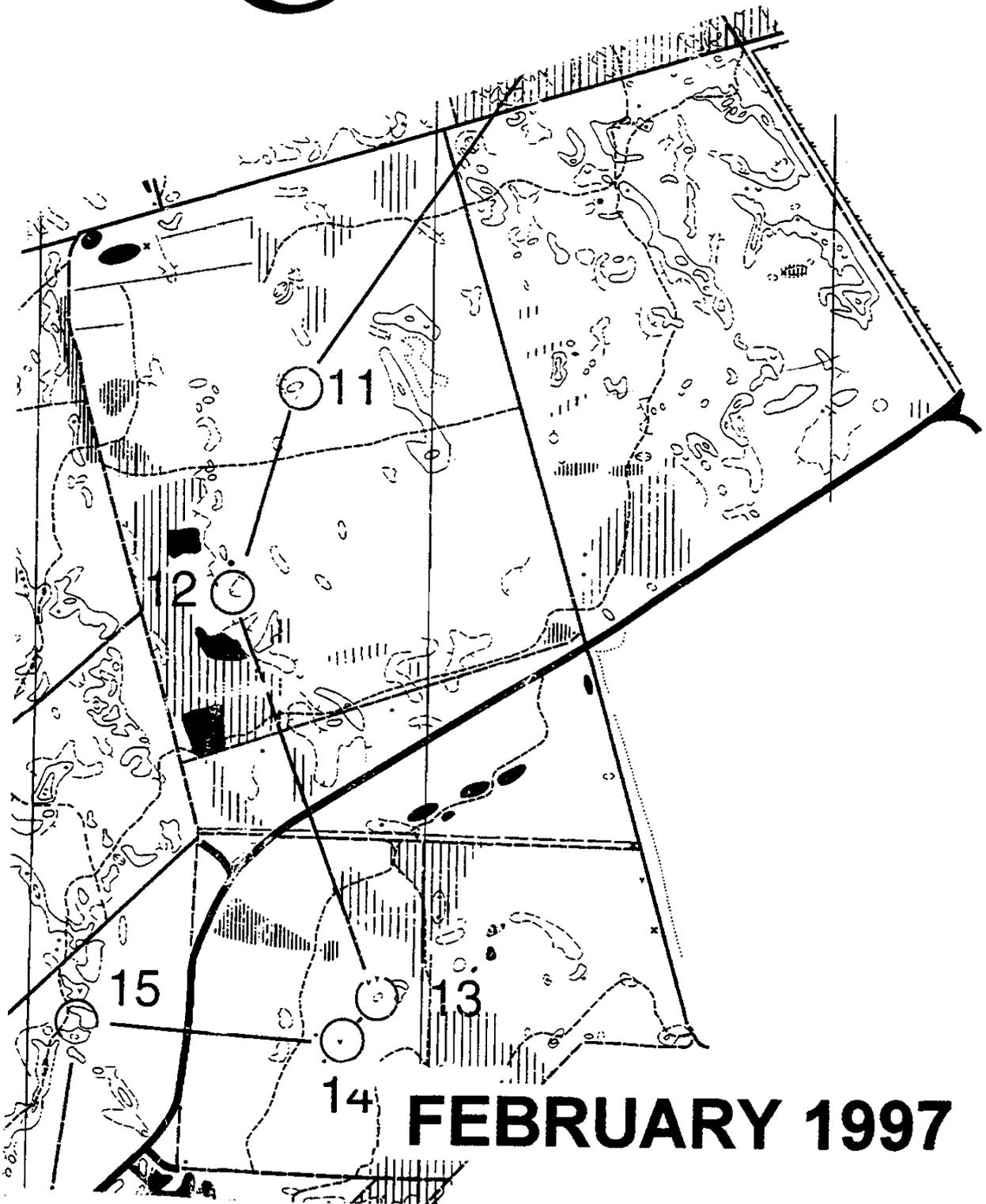


# The AUCKLAND ORIENTEER



**FEBRUARY 1997**

# 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: (A) Auckland: Rae Powell 624 1513 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (E) Egmont: Jay Paterson 06 751 3589 (H) Hamilton: Jim Barr 07 856 9501 (NW) NorthWest: Ann Fettes 412 8879 (P) Pinelands: Chris Jackson 07 886 5313 (R) Rotorua: Andrew Wilson 07 348 7694 (T) Taupo: Alison Mensen 07 378 0577 (Wh) Whangarei: David Nevin 09 435 2415.

## FEBRUARY 1997

- Sun 2nd R Okawa Bay, Whakatane turnoff, 11:00-13:00
- Tue 4th A **Summer series, Mangere Mountain**, Domain Road, Mangere Bridge  
Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
- CM **The Counties-Manukau Club meeting is not today - see Sunday 9th**
- Wed 5th H Sandford Park, 17:15-18:45
- A Auckland Club meeting, 19:30, Roberts residence, 23A Shore Road, Remuera  
Please park across the road. All Auckland Club members welcome.
- Thu 6th NW **The NorthWest Club meeting is not today - see Thursday 13th**
- 6-9 RK **Masters' Games**, Wanganui, pre-entry, Marquita has lots of forms  
Lake Wiritoa, Pukepuke, Knottingly, anyone may enter, info in December issue
- 8-9 NZOF Council Meeting, Feilding
- Sun 9th CM Annual General Meeting, 12:00 till late, BYO BBQ, bring togs, **MEAT SUPPLIED**  
Lewis residence, 58 Pah Road, Cockle Bay, Howick
- CM **Orienteering event today cancelled**
- Tue 11th A **Summer Series, Carrington**, Unitec Campus, Carrington Road, Mount Albert  
Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
- Wed 12th H Donny Park, 17:15-18:45
- Thu 13th NW Club Meeting, Mead residence, 10B Patuone Avenue, Devonport, 19:30  
All NorthWest Club members welcome, date shifted from 6th
- 15/16 HB **Macpac Kaweka Challenge**  
Long distance run over steep bush tracks in the Kaweka Ranges in Hawkes Bay
- Sun 16th R Pouturu, new map by Roy Edwards, on SH30 to Whakatane after Kawerau turnoff  
11:00-13:00

Deadline for entries to Whangamata Weekend 1st/2nd March, details this issue

- Tue 18th A **Summer Series, Mount Eden, Mount Eden Road**  
Mount Eden (detailed, open, steep) plus schools and Teachers' College  
Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
- P Tokoroa Sportsground, Mossops Road, 11:00-13:00
- Wed 19th H Forest Lake, 17:15-18:45
- Sat 22nd T **Katoa Po All Night Relays, Taupo**, details December *AUCKLAND ORIENTEER*  
7 person relay starting at dusk, very social, great fun, pre-entry by Clubs  
New OCAD map of Mount Tauhara slopes, detailed gullied ash farmland  
NorthWest: Rob Ambler
- Sun 23rd T CDOA OY1, 11:00-13:00, Tauhara
- CM **Totara Park, Manurewa, Manukau Festival of Sport**, 10:00-12:30
- Tue 25th A **Summer Series, Western Springs, Stadium, Great North Road**  
Secondary Schools event #1  
Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
- Wed 26th H Rose Gardens, 17:15-18:45

## MARCH 1997

- 1st-2nd NW **Whangamata Wheekend Two-day**, details in this issue  
Sat 1st Starts 13:00-15:00, Classic, Parakowhai, Whangamata  
Sun 2nd Starts 10:00-12:00, Fun event, Parakowhai, Whangamata
- D Naseby Two-day, details in this issue
- Sun 2nd A **Beautiful Hills, Woodhill** Club event  
Signposted from St 16 at Headquarters Woodhill pine forest on dunes  
*FICTIONAL EVENT*
- R Tui Ridge, Otuiroa Road, signs from Hamurana Road, 11:00-13:00
- Tue 4th A **Summer Series, Auckland Domain, Grandstand**  
Secondary Schools event #2  
Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
- Wed 5th H Hamilton Lake, 17:15-18:45
- A Auckland Club Meeting, 19:30, all Auckland Club members welcome  
Powell residence, 23A Fernleigh Avenue, Epsom
- Thu 6th NW NorthWest Club meeting, 19:30, all NorthWest Club members welcome  
Middleton residence, 24 Shanaway Rise, Glenfield
- Fri 7th Entry deadline Easter 4 Day / Training Camp / North Island Champs 28/3 - 6/4  
Details in December *AUCKLAND ORIENTEER*

Sat 8th	T	Training event (?)
Sun 9th	NW	<b>OY1, Muriwai</b> , signposted from road to Muriwai Beach 10:00-12:30, excellent mature pine forest on sand dunes
Tue 11th	A	<b>Summer Series, One Tree Hill / Cornwall Park</b> , Observatory, Manukau Rd Organiser Rob Jessop, starts 17:15-19:00 course closure 19:45, pre-marked map
Sun 16th	NW	<b>Weiti, Promotional</b> , Secondary Schools event #3, <b>CHANGE OF VENUE</b> Special promotional event for beginners, coaching provided mature pines on semis-steep gully/spur. Haig's Access Road, between Okura and Silverdale 10:00-12:30
	P	CDOA OY2, Waihou (?), 11:00-13:00
Sun 23rd	CM	<b>OY2, Harkers Reserve</b> 10:00-12:30, signposted from bridge over Waikato near Tuakau
	H	Whatawhata 2, 11:00-13:00
	T	Punetekahi, 11:00-12:00
28/31	Aussie	3 Day, Broken Hill
	NatSqd	<b>Easter 4 Day</b> , pre-entry deadline 7th March, details December newsletter
Fri 28th		Wilson Road, Woodhill, new map
Sat 29th		Ahuroa, Waiwera, new map
Sun 30th		Tomarata Lake, Mangawhai
Mon 31st		Slater Road, Woodhill, new map
Sun 30th	PAPO	Rogaine, Craigieburn

**April 1997**

1/4	NatSqd	Easter Training Camp
	NW	North Island Champs
5		Turkey Ridge, Woodhill
6		Otakanini Topu, Woodhill
11/12	H	NI SSC Glenora
12	H	Glenora
13	Wh	OY3, Mangawhai
20	P	?
	R	Ngamotu
	Squad	Woodhill Forest Run
25-27	NZOF	AGM, Workshop, 2 events Flock House, Bulls
27	H	Kairangi
	NW	Forest promotional

**May 1997**

4	A	OY4, Muriwai North, Sec Sch 4
9	P	CDOA SSC
11	R	CDOA OY3, Pouturu
18	Waco	OY5, Sec Sch 5
25	H	Four Brothers
	Waco	Training Day

**June 1997**

1-3	W/HV	National Champs, Manawatu
15	H	Sanatorium Hill
	?	Sec Sch 6?
18	A	Auckland Sec Sch Champs
22	R	Lake Ngahewa
29	H	CDOA OY4 Mount Eliza

MAY BE ASHORT-O  
AT LAKE KAREWA

**July 1997**

- 13 Waco Sixteen Mile Training  
 18/19 HB Silva National SSC  
 20 NW Forest  
     R Owhata  
 27 H Rose Gardens / Sandford Park

**August 1997**

- 10 R TBA  
 17 H Forest Lake  
     NW Beautiful Hills  
 24 E CDOA OY5  
 31 CM Spring Series, Waiuku

**September 1997**

- 7 NW Spring Series, Muriwai North  
 14 R CDOA OY6, Peka Block  
     Waco? Training event  
 21 H Pakaroa  
     A Spring Series, Beautiful Hills  
 27-4 Veteran World Ch, Minnesota, USA  
 28 Waco Training event

**October 1997**

- 5 CM Sprint Series, Waiuku  
     R Crater Block  
 12 T CDOA OY7  
     Waco Training event  
 18/19 NW Auckland Championships  
     Uren Road, Kaipara Knolls  
 25/27 H Labour Weekend 3 Day  
     PAPO South Island Champs

**November 1997**

- 2 CM AOA Relays, Whiriwhiri Maioro  
 6 CM Auckland Primary Schools Champs  
 8/9 E CDOA Championships  
 9-16 All National O-week  
 16 H Four Brothers  
 23 R Okere Falls  
 29/30 Wellington Championships

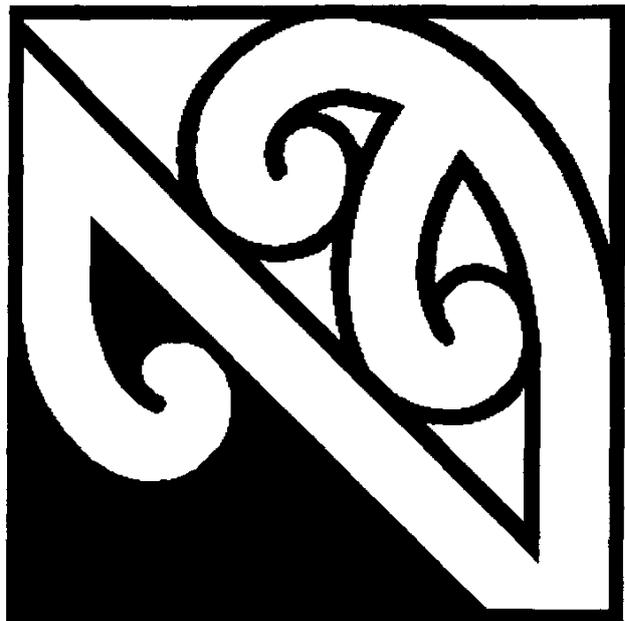
**December 1997**

- 1 HB Rogaine, Smedley  
 3 H Rose Gardens  
 7 R Okawa Bay  
 10 H Waikato University  
 17 H Hamilton Lake

## NORTHWEST NEWSHOUND

I'm still removing the odd prickle from my scarred knees some two weeks after the Australia / New Zealand Challenge events - small reminders of the physical challenges of Canterbury orienteering. One day plunged us into wet, blustery and hypothermic conditions; the other into sunburn and heat exhaustion territory, with matagouri and long grass common to both.

The three Canterbury events in which I competed were all well organized, with the great atmosphere that seems to be inherent when a lot of orienteers are travelling for extended periods away from home. We enjoyed the non-stop PA commentary and especially appreciated the excellent supervised crèche facilities, which made competing with a youngster much easier (and which were indispensable at the rain-swept relays).



A few of the NW highlights included the following:

- Mixed A relay           1st   Mark Lawson / Paul Smale / Phil Collins (WHO)
- M50A relay               1st   Terje Moen
- W35A relay               1st   Lisa Mead
- W60A relay               1st   Ann Fettes
- W16A relay               1st   Lise Moen / Fiona Monks

Jonine and Michelle Nash both ran very well in W18 only to have the team defeated by a narrow margin of 1 minute.

- Bottle Lake M35A   1st   Bryan Teahan

## People

No-one appears to have encountered Chris and Lorri O'Brien along the West Coast of the South Island - the shops are few and far between and the footpaths non-existent - so best of luck!

Michael Hood interspersed the Southern series events with kayak training for the Coast to Coast multisport event in February. We hear he spent some time IN the river.

Congratulations to Charlotte Hood, who has been accepted into the army - we'll miss you and your hair colour of the month at orienteering this year...

A big thankyou to Ann, Ralph, Phil J, Mark Lawson, and the Michels and Smale families who all assisted at the Have A Go day at Long Bay in December, even if it appeared that aerobics is more popular than orienteering!

## Katoa Po

The Katoa Po All Night relays will be held at Mt Tauhara, Taupo on 22 February with the CD OY1 to follow on Sunday. The relays are a great not-to-be-missed fun evening, so please contact Rob Ambler on 09 424 7010 if you want to be in a club team.

## Whangamata Weekend

### Informal Two-day event 1st, 2nd March

Laurie Baxter has been busy mapping in Whangamata on the Coromandel, a brand new map on a beautiful wooded parkland area called Parakowhai. Scale 1:10,000 contour interval 5 metres, \$5 per day, two days, colour laser printed.

Classic event, starts from 13:00-15:00 on

Saturday 1st and fun event with starts from 10:00-12:00 on Sunday 2nd March. Parakowhai Valley is to be found up Quarry Road, 6km south of Whangamata on the Waihi road.

Accommodation is available at a "first class" backpackers, the BedShed. \$16 per person per night, take sleeping bag and pillowcase. They also have motel rooms: \$75/\$80 for two people, maybe cheaper for two nights. Book accommodation with Laurie and Judy by Sunday 16th February.

A barbecue meal on Saturday night at the BedShed in a covered barbecue area is being arranged at a cost of \$12, BYO grog. Breakfast on Sunday for \$5. Let Judy know if you will be arriving on Friday night and she can also arrange Saturday breakfast at the same price.

Call Laurie and Judy on 07 865 8533 or email [laurie.judy@xtra.co.nz](mailto:laurie.judy@xtra.co.nz) for details and to book by Sunday 16th February so that the right numbers of maps can be produced and the accommodation secured.

This event is open to all orienteers. Laurie and Judy are hoping for a large turnout of NorthWest members.

Please bring your own A4 mapbags!

## Change of venue

The NorthWest promotional event at Muriwai on 16th March has been moved to Weiti, on Haig's Access Road between Okura and Silverdale.

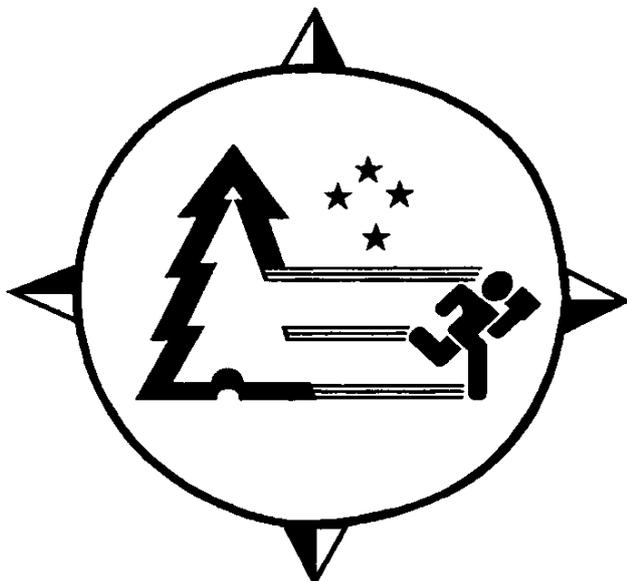
## Next club meeting

The next club meeting will be held at 19:30pm on Thursday 13th February 1997 at the Mead residence, 10B Patuone Avenue, Devonport. Note that this date has been put back a week because of New Zealand Day. All NorthWest club members are welcome.

The March meeting will be held at 19:30pm on Thursday 6th March at the Middletons' home, 24 Shanaway Rise, Glenfield.

LISA MEAD 445 4555

## COUNTIES- MANUKAU NEWS



### Annual General Meeting

The Annual General Meeting of the Counties-Manukau Orienteering Club will be held on Sunday 9th February at the Lewis residence, 58 Pah Road, Cockle Bay, Howick. Meat supplied, bring togs and usual other barbecue food; 12:00 till late.

SALLY PILBROW 09 236 0303

## AUCKLAND ACTUALLY

### Potential World Orienteering Champion 2021?

At 9.03pm on Tuesday 14th January Alistair Landels' wife Clare gave birth to Mikael Josiah, a 3.4kg boy. Mother and baby are both well and were home from hospital within 24 hours.



### Next club meeting

The February Club meeting will be at 19:30 on Wednesday 6th at the Roberts residence, 23A Shore Road, Remuera. Please park across the road. All Auckland Club members are welcome.

The March Club meeting will be at the Powell residence, 23A Fernleigh Avenue, Epsom.

MARK STEWART 575 5695

## READING THE MAP ON THE RUN

### From O-Net

I was wondering if any people who are good at this sport had some advice on reading the map on the run in tough terrain. I've been orienteering for 10 years now but still find that I have a choice between going slowly, reading the map in great detail, sticking to compass bearings like glue and getting it right or speeding up and getting lost! I feel that many of my mistakes are due to not getting enough information from the map when I am trying to go fast (I now write RTFM on my control cards...) I can read the map at speed on flat paths, however these are rarely encountered at events on good terrain.

How do internationals deal with this? Can they comfortably read the map while leaping majestically over fallen trees, where you have to watch your every step, or are there other strategies (eg map memory?) How often do the best orienteers look at the map, and for how long

each time? Do they slow at all while doing this?

I would be very interested to hear how others deal with reading the map on the run and on advice for improving at this skill.

ALISTAIR HINDLE, UK

My approach is fairly sophisticated, developed with a bit of trial and error, as well as planning and testing. I stop, sit down, get my glasses out, read the map for a while, look at birds, lizards, people in strange garb flashing through the bushes, all sorts of interesting things. Then I have a drink, maybe a bite to eat, get up and walk. This keeps my times down to about 150 or 200 minutes.

GARRY TRETHERWEY, AUSTRALIA

Read the map whenever you go uphill or on "boring path stretches". Look ahead for critical route-choice legs. However, don't try to remember the whole map.

For reading while you run, I recommend to fold the map down to a handy size and to put your thumb next to where you are - this is sort of standard practice if you use a thumb compass.

When you run through difficult terrain, you cannot read the map for longer moments and have to get used to taking several small glances.

This of course is only useful if you do not have to think too much about where you are going at that moment, such as stretches where you run, say, north until you hit the path. In other words, planning ahead is essential. You shouldn't be reading the map at the place where you are, but where you are going to. Otherwise, don't run!

## RTFM

RTFM is short for "Read The F\*\*ing Map" (originally a computing term where the M stood for "Manual" - usually for people who try to use software without taking a look at the manual...).

In orienteering, I introduced this term for a training exercise at our training tour last year. The general idea is to set up a course where some of the controls are in the wrong place (best to be placed on similar features) and others are missing. People are then asked to run the course and read the map properly so that they can decide (on the spot) whether the control is correct.

This is aimed to avoid situations where you run

into the control circle and (a) hope to find the control somewhere or (b) run to any random control you see even if it is on the wrong feature - haven't we all done that?

## Reading other stuff

Newspaper articles work just as well. If you do it at night, then you can only read another bit at every lamp post. Doing that will help you to learn to keep track of where you were, i.e. to put your thumb next to the place you have just read.

ERIC ROLLER, UK

You have all the right ideas; i.e. the best runners are also better at reading while going fast, they have very good map memories, and the extra glances needed along the way can be handled at very nearly full speed.

It is also very important to adjust the run-to-read ratio depending upon the current situation, of course. (This is the point that most often trips me up! :-)

I know that Anne Berit Eid, WOC winner in '78, used to read Donald Duck comics while doing winter training on roads, to keep up the ability to read while going fast.

Personally I seldom have this problem, my problem is that I cannot run fast enough. This is obvious when I compare split times: On short legs I often run at the same or better mins/km than on the longer (easier) stretches.

TERJE MATHISEN, USA

One needs a certain level of anticipation, as well as some map memory. Even if one is good at reading the map on the run, it is still slower than running without reading the map, so there is a delicate balance between reading the map often enough to stay in contact and not reading it too much to slow one's speed drastically.

In country where the underfoot going is awkward (eg fallen timber) I often look ahead for open patches and use them as opportunities to look at the map.

If one's level of fitness is such that one is walking hills (and if the hill is steep enough just about everyone will walk it-I didn't see too many people running into control 3 at the Swiss World Cup relay), those are also good opportunities to read the map, rather than when one is going down the other side and (a) aiming for maximum speed and (b) having to concentrate more on one's footing.

When I was 15 and 16, I used to take notes from school on training runs (on tracks) with me; if you can read my handwriting on the run, you can certainly read a map! (it also had the benefit of being able to do two things at once). I've also known people to take books, or O-maps with courses on them (and visualise themselves running the courses). All of these are also good for training concentration during physical effort, which is as crucial a skill in orienteering as reading the map on the run is. (I reached the stage during the aforementioned later years of school that I could concentrate on the material more intensely whilst running than I could sitting at a desk at home).

*BLAIR TREWIN, AUSTRALIA*

On the run? I sometimes have trouble reading the map at a dead stop, let alone while walking, and you can forget running, while map-reading or otherwise! :-) Obviously, I'm not an elite orienteer, and definitely unqualified to answer your question.

*SARA CECHNER*

It is not always necessary to read on the run. You can allow our self to stop for a quick break let's say 5 seconds, no worries. it's more a question of what you see from the map and how much you remember. Reading the map while running is difficult and slows your running speed. If you run and read your speed goes down and the information you get may be inaccurate.

The secrets are the thumbgrip; your skill at systemising the information from the map; your short term memory; how tired you are; how good a runner you are, your balance, and lots of other stuff.

Running in the forest trying to read the map while running is the best way to practice this skill. I have not heard of any elite runner practicing with any kind of literature...

*ARTO RAUTIAINEN*

If you can't run on a map, try bringing a crossword on a run with you. Reading and solving the clues, stopping briefly to fill in the solutions, forcing yourself to think on the run ... sounds familiar?

*JOHN MCCULLOUGH*

John gives me an ideal opportunity to provide a

tribute to Willie Rushton, who died recently. His book "Pigsticking, A Joy for Life" provides brief details of how to participate in nearly every sport imaginable, and includes a section on orienteering. I quote:

"I thought it consisted solely of sprinting cross-country through the Pilgrim's Progress with only a despondent A-Z of Slough to bring you solace, a sport designed for clean-living militant Christians.

At international level it is the survival of the fittest, not only the fittest but an even rarer breed who can also read intelligently on the trot through unknown terrain. In the broader view, it is car-rallying for pedestrians.

The Swedes invented it to alleviate the boring nature of running. I can only run 50 yards at best, and am bored stiff in that short time. If I was doing The Times crossword, however, at the same time, I would be arse over elbow in the first five feet, but interested and amused. That is orienteering.

Armed with a map, a compass and a list of control points, the competitors set off at one-minute intervals into the unknown, and unknown it is. Not only is the course a total secret until the start, but its very location also is until as late as possible. It is quite often composed under the guise of a NATO operation or such. So bang goes the obvious device of having your family, the more elderly, the children, line some part of the fast lane, to wave Swedish flags, shout encouragement and point vigorously in the wrong direction. Better that they enter. It is an ideal occupation for both tortoise and hare.

To this end, competitors are offered a choice of routes, the classic alternative is "over or round", and while the young and virile can pick a swift belt down a sheep-track for a mile, some of us may well prefer to make our own way less actively to the same objective through a couple of hundred yards of light jungle. The speediest mind wins. The experts consult their maps every two seconds while moving at pace.

One move in the wrong direction and you're doomed. The forests echo with the distant cries of failed orienteers."

*SIMON ERRINGTON, LONDON*

## RUDOLPH'S WING MAN

The International Civil Aviation Organization (ICAO) advised Santa Claus that Rudolph's red nose did not meet current navigational certification standards for international Instrument Flight Rules (IFR) operations, i.e. flying in the clouds. They advised him that since other red nose sources, (ie like our President, when he is mad), were available, and that the potential for using the wrong red nose, (i. e. the President has problems following a constant course most of the time and who would want a nose navigating such important cargo, after several toddies?), was just too great. They advised him that a replacement navigation system must be installed before this year's delivery.

Santa had never given much thought to navigation, (Rudolph the Red Nose Reindeer did that), and this change of events really concerned him. He preferred being involved in producing pregnant Barbie Dolls, GI Joes with a new improved 55mm Gatling guns that fire platinum large mass bullets, and Nintendo programs that could vaporize both. He was sure that there was a lot of profit to be made with the vaporization idea since it solved the cleanup problems associated with childbirth and the effects of 55mm penetrations. However, understanding the seriousness of the situation, he set out to find the navigation system that would safely guide his sleigh in Instrument Meteorological Conditions (IMC), ie flying in the clouds and not being able to see where you are going.

His first reaction was to advertise the position/system but the Elf and Reindeer unions demanded that he solve the problem "in house". With this in mind, they advised him that there was one young buck, who called himself Little O (O for Orienteer), that never helped to build anything and who would not come to sleigh pulling practice. He was always out running through the woods looking for red and white three sided bags, in all kinds of weather. He called the activity Orienteering and said that it was the thinking deer persons sport (girl deer also do it real good in the woods) and it perfected ones navigation skills. He said that he was never lost, for very long. He would return with giant war stories of his adventures, a satisfied look in his eyes, and

mentioning terms like attack point, aiming off, catching feature and such. They felt that this was the Buck not to be passed, but to lead the sleigh.

Fearing that the Elves and Reindeer would strike, making the situation even worse, Santa immediately agreed to interview Little O. Questions concerning his running ability were smartly answered with, "like a deer". Santa was not impressed with this answer since, in fact, he was a deer, so he wanted to know Little O's speed compared to Peter Snell's. The response, "almost as fast", was modestly murmured. Santa, knowing that the "almost as fast" reply, when compared to industry's standard setters' performance, proved that Little O was the best Buck, other than Peter, to provide all weather navigational guidance for his sleigh.

Santa's next problem was replacing Rudolph. This was a tough one. Rudolph had built up so much seniority with the company that eliminating his position would be difficult. So Santa, being a compassionate employer, elected to keep Rudolph on. After all there was a super song written about him. No one ever heard of Little O, and who could possible compose a tune with lyrics using the term Orienteering?

Santa decided, in the best interest of employer/employee harmony, to compromise. He instructed Little O to fly formation with Rudolph and be prepared to take over the lead position in the event they had to operate under IMC. This arrangement was approved by the ICAO, (although Rudolph did not like the idea of some buck who ran through the woods in his pajamas and changed cloths in public taking over when thing got tough), and will be implemented this Holiday Season.

On behalf of the Ark-La-Tex Orienteering Society (ALTOS), I would like to thank Santa, the Elves and Rain Deer Unions, the ICAO, and all who care about aviation safety for their support during this time of crisis. In particular, a special thanks goes out to Little O. I am sure we all will be thinking of him as he provides state of the art navigational assistance to Rudolph through the clouds and over difficult courses. Without him we might not have a Merry Christmas. i.e. get the truck, computer, Barbie Doll, GI Joe, and, last but not least, a vaporizer to get rid of all of them if they are not just the right size and color.

TERJE MATHISEN, USA, ON O-NET

## ORIENTEERS DO WELL IN MOUNTAIN RACE

Visiting Swedish orienteer Erik Ersson missed out on a placing by 18sec in the Holdsworth Jumbo Trail Race near Wellington in NZ's North Island yesterday. Ersson was caught doing last-minute preparations when the gun went off and had to work his way up through the 150-person field.

Coming off the open tops in 12th place, he passed 8 runners in the 720m/2km descent through native forest. During the final 6km down the Atiwhakatu Stream he brought NZ Short-O Champion Shaun Collins (Auckland) into view, but could not pass the Kiwi, who has placed third two years in a row. The pair took 2hrs 39min.

Winner of the 24km/1500m climb mountain race was Mike Wakelin of Wellington in a time of 2-26, by 4min from Colin Rolfe of Waikanae. The record of 2hrs 22min set last year by Denmark's Carsten Jorgenson remains intact, although Wakelin took 2min out of the record for the ascent to the highest point, the 1500m Mt Holdsworth.

The top women was also an orienteer, and a veteran woman at that! Gillian Ingham of Wellington ran a fine race to beat all the open women with a time of 3hrs 14min. Ingham, who represented NZ orienteering in the elite class as recently as 1994, is now a W40! The women's record of 3hrs 1min was set by Antonia Wood, currently in Italy.

The event was popular with orienteers; others doing well included 18-year-old Fraser Mills (Palmerston North) and M40 Malcolm Ingham (Wellington) who both took about 2hrs 50min. Ingham was 3rd veteran man.

The next mountain run in NZ is the Kaweka Challenge in the Hawkes Bay on Feb 15-16. Some orienteers are also taking part in the epic Coast to Coast multi-sport race across the South Island on Feb 8-9.

MICHAEL WOOD [HVOC] ON O-NET

## SUMMER

Watch your ABC... Get that Sun Block on or cover up!

But Sun Screen lotions can cause cancer... can't they? There are some studies which suggest a small risk but nothing like the risk of Skin Cancer if you get too much UV radiation exposure (that's the Sun and sunbeds).

The golden rules of sun block:

- Put plenty on: The skin should have a definite white look after application. A good rule of thumb is one person should get through a 500ml bottle easily by the end of summer. Put it on at least 20 minutes before going out running.
- Remember the places you forget: sounds silly but think of the times you forgot your neck, ears and the backs of your legs. Don't forget your nose; on most of us it sticks out quite a way.
- Put it on again and again: one lot doesn't last forever and the makers say it should be reapplied every 2-3 hours.

### Which Sunblock?

A Pharmacist will be happy to advise. A sun screen with a factor 15 protection reading is good. There was a bit of confusion when some manufacturers starting producing sun screens with 25+ factor but this was stopped as it was more of a marketing ploy. The most important thing is to put plenty on.

### What can happen if you don't protect yourself from the Sun?

- Accelerated skin ageing changes
- Precancer lesions (eg. solar keratoses: "crusty bits") (lesions = skin defect)
- skin cancer

By far the most important is **melanoma**. This is because it *doesn't* take long for it to "metastasise" - spread to the internal body. Usually it is a black spot (the really tricky ones are red - thankfully rare!) and can come up from either normal skin or a mole. Less worrying types are **basal cell carcinoma** and **squamous cell carcinoma**. These come from the crusty bit lesions. They take years before they go internal and can be

removed before doing so.

## ABC

So what about ABC? you need to watch your skin for **Change**:

- **Appearance:** has a mole changed in some way? does it look darker?
- **Border:** does a mole that had a smooth shape now have a ragged look to an edge?
- **Colour:** has that skin thing become darker? Changed from light brown to dark brown.

Other important signs are itching and bleeding; but hey! don't self diagnose - get it checked out!

Don't forget to put a hat on after an event (preferably a wide brimmed number). If you wear a cap, smooth a bit of sun block over the ears. Those jandalled feet can cop it real hard even after 20 minutes standing around. Cotton shirts are pretty cool in the heat even long sleeved ones.

Your eyes can be affected by the summer conditions too. Sunglasses are a good idea. Cataract formation (lens changes affecting sight) appears to be related to UV light exposure. Eye dryness and aching can be reduced with a good pair of sunglasses.

DR. ANDEW MCNEILL, [EOC]

## JUNIOR REGIONAL CHALLENGE

With Lorri O'Brien stepping down from her role as coordinator of the Junior Regional Squad, after many years of sterling work, I will be attempting to take over this year. The first Regional Challenge is at the Katoa Po night relays, to be held in the Taupo region on the night of 22nd February.

All Auckland junior orienteers who run M/W14A or above are urged to attend the event so we can enter as many teams as possible and put up a really good challenge. The Junior teams comprise 5 runners of varying experience. The first legs are for the less experienced orienteers. These are short legs which begin at dusk when you can still ALMOST see.

The more experienced do the later, longer legs

when you are very dependent on a powerful torch or headlamp, and, if you are in luck, the light of the moon. It is always a really fun event with everyone camping the night at the event centre. Often there is a bonfire to warm ourselves around while awaiting the return of the senior teams' final runners in the small hours of the morning.

If you are able to attend, please give me a call as soon as possible as entries are now due. I will try to arrange transport for those that require it.

Later in the year we will be naming a new Junior Regional Squad and will be running some training days for the members during the year, culminating in the Junior Regional challenge at the CD champs in November.

Hopefully we may even manage a newsletter or two!! Looking forward to a great year of orienteering.

JOANNA STEWART, AUCKLAND JUNIOR REGIONAL SQUAD MANAGER, 575 5695

## ORIENTEER OF THE YEAR 1997

The Auckland Orienteer of the Year (OY) competition is a series of events open to all financial members of clubs in the Auckland Orienteering Association and Central Districts Orienteering Association. This year there are five events in the series, starting in March, and competitors in these events will earn points based on both their placing and time. The best four performances of each competitor will be counted to determine the winner of the Orienteer of the Year award in each grade.

### Entering the competition

You do not have to do anything to enter; you will automatically earn points in the grade in which you first compete. Competitors can only register points in one grade, so if you wish to change grades later in the competition, you must advise the OY Statistician (Keith Stone, 14a Melandra Road, Whangaparaoa, ph 09 424 2640). Once this advice has been received, points will be awarded in the new grade and any points earned in the previous grade will be removed.

## Pre-start

A pre-start of six minutes will operate at each OY event. The start time entered on your clip-card will be the time you enter the pre-start to copy your course from the master maps. You then start your course six minutes later. When elapsed times are calculated as competitors complete their courses, the pre-start interval of six minutes must be deducted to get the competitor's correct time.

Course setters must consider the number of competitors on each course and the length of course to be copied in order to provide an adequate number of master maps.

The points awarded in each grade are calculated in two parts:

Place points will be awarded to the first 20 in each grade; 10 for 1<sup>st</sup>, 9.5 for 2<sup>nd</sup>, 9 for 3<sup>rd</sup> and so on, down to .5 for 20<sup>th</sup> (if there are that many)

Time points will be awarded according to the following formula:

$$10 - \frac{\text{Your time} - \text{Winner's time}}{\text{Winner's time}} \times 10$$

This means that you lose one time point for every 10% of the winner's time that you are slower so that no time points are earned when your time is double the winner's time.

In the past, double points were awarded for the final event. This year there will be no double points; all events will be worth the same value.

Each competitor's best four points earned from the five events will be totalled to determine the series results.

## OY awards

To qualify for an OY trophy or certificate, senior competitors must have run in a minimum of three of the five events or earned more points than others in the grade who have run in at least three events.

Cumulative results are displayed at each OY event and in *The Auckland Orienteer*.

## Grade and course combinations

Ages as at 31 December 1997 determine one's 'official' grade but competitors may still be eligible to compete in a different grade if they wish. Grades designated '21', e.g. M21E or W21B, are open to everyone. Junior grades (below 21)

mean "up to and including this age" while senior grades (above 21) mean "this age or older".

Grades designated 'S', e.g. M21AS or W40AS, provide a shorter course for that age group. If you choose to run on a course which does not provide a grade for which you are eligible you should enter "unofficial" in the grade box on your clip-card. There will be 7 courses and 28 grades:

Course	Men	Women	Technical difficulty	EWT
1	M21E		Red	65
2	M21A, M40A	W21E	Red	55
3	M18A, M21AS, M50A	W21A, W40A	Red	45
4	M40AS, M60A, M70A	W18A, W21AS, W50A	Red	45
5	M16A, M21B	W16A, W21B, W40AS	Orange	40
6	M14A, M21C	W14A, W21C	Yellow	35
7	M12A, Kiwisport	W12A, Kiwisport	White	25

## Technical difficulty

The following guidelines apply to typical forest maps and might change at other venues:

**Red courses** can be described "as technically difficult as possible". They are intended for experienced senior orienteers.

**Orange courses** have controls near attack points but away from handrails, and offer some route choice. They are for experienced juniors and inexperienced seniors.

**Yellow courses** have controls near handrails, little route choice and no reliance on understanding of contours. They are for inexperienced juniors and novice seniors.

**White courses** have controls on handrails, all routes directly along handrails, controls at decision points, no route choice and no contour features. They are for novice juniors.

## Club officials

The OY Statistician relies upon lists of financial members prepared by the participating clubs. If

competitors are not listed, they are considered to be non-members. It is important that clubs advise the statistician prior to each OY event of any new financial members otherwise they will not be included.

Course lengths and climb should be included in the published results for each event so that the competitor's times can be compared with other events.

KEITH STONE [NWOC]

## ETCETERA

### Naseby Two-day 1-2 March 1997, Dunedin

Youth Orienteers Dunedin Associated (YODA) offer two days of orienteering on the intricately detailed Naseby map in Central Otago. Day One is a Classic event, day Two a Blodslitet (One Person Relay.) Entry deadline is 21st February, contact Wayne Patrick on 03 479 0167 for details.

### Easter 4 Day

A correction to the entry form provided with the December *AUCKLAND ORIENTEER*: the price for all 4 days for juniors is \$35.

### Transport to Katoa Po?

As the night relays incorporate a Junior Regional Challenge, there will be junior orienteers wishing to attend this event who will require transport. If you are will be travelling down to this event with some spare space in your car and feel you could give someone a lift I would be most appreciative if you could give me a call as soon as possible. I will be needing to enter the teams very soon and need to be sure that the members can get there.

JOANNA STEWART, 575 5695

### 1996 Silva Orienteering Award

Clubs are now invited to submit nominations for a recipient for the 1996 Silva Orienteering Challenge Award. This award is to the person who has worked hard for the sport over the last year with previous years also looked at. Nominations need to include details on the nominee's history of work done for the sport.

Nominations must reach the NZOF Secretary no later than 5th April 1997. The award will be announced at the 1997 AGM.

## THE AUCKLAND ORIENTEER

### The AUCKLAND ORIENTEER...

...is the monthly newsletter of the Auckland Orienteering Association, combining the Auckland, Counties-Manukau and NorthWest Orienteering Clubs.

It is edited by Mark Roberts, AOC (520 5993) and distributed by Marquita Gelderman, NWOC (412 8879) and published on or about the first of every month except January.

### Next Issue: March 1997

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 March AUCKLAND ORIENTEER is Saturday 21st February.*

Disks or email please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. I would prefer not to have to return your disk, but just ask and I will give you as many disks as you want, I have hundreds of the damn things.

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.

*I am happy to type articles or letters if necessary!*

### Distribution

If you change your address, please contact your club membership officer or Marquita Gelderman on 412 8879. If you want a back issue of *The AUCKLAND ORIENTEER*, 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

# NORTHERN REGIONAL LEAGUE 1997

A revised draft match schedule follows. The change to draft 1 is the venue for the fifth game has changed from the North Island champs day 1 to the first day of the Easter multi-day. The reason is that the first day of the multiday is on a new map whereas the first day of the North Island champs is not. I did not know this at the time of putting draft 1 together.

Date	Event	Host			
23/2	CDOY1	T	CM - NW	H - R	
9/3	AOY1	NW	C - CM	H - PT	
16/3	CDOY2	P	C - H	NW - R	
23/3	AOY2	CM	C - NW	PT - R	
28/3	Easter 4 Day, Day 1	NW	C - R	CM - H	
13/4	AOY 3	WH	CM - NW		
4/5	AOY 4	C	CM - R	H - NW	
11/5	CDOY 3	R	C - CM	H - PT	
18/5	AOY 5	WACO	C - PT	NW - R	
1/6	Nat Champs Day 1	RK	C - R	CM - PT	H - NW
2/6	Nat Champs Day 2	RK	NW - PT		
29/6	CDOY 4	H	C - NW	PT - R	
14/9	CDOY 6	R	C - PT	CM - H	
12/10	CDOY 7	T	CM - R	NW - PT	
18/10	AOA Champs Day 1	NW	C - H	CM - PT	
19/10	AOA Champs Day 2	NW	H - R		

Reminder: (i) A narrow loss of within 10% of the winner is worth one competition point. Three points to a club for a win and two for a draw.

(ii) The best five runs in different grades for the club count towards the club score. The runners' scores are calculated by adding their rank in the field, with maximum of 10, to their time score calculated using the OY formula with maximum of 10.

## (B) 1996 NORTHERN LEAGUE SEASON

Counties-Manukau won the 1996 competition by the narrowest of margins in a series that was winnable by any of the top four clubs right down to the last event. Counties squeaked in with a very narrow win over Rotorua (68 - 66) at the last event of the season, the 1996 CDOA championships. Central club's narrow win over Pinelands/Taupo at the event advanced them into third place at the expense of North West.

The final results table for the 1996 year follows. Counties-Manukau are competition winners by a very narrow margin of five on a for(F) and against(A) points difference.

	Competition Points					Pts
	W	D	L	F	A	
C-M	7	0	3	659	515	21
Ham	7	0	3	508	358	21
Cen	6	0	4	659	519	20
NW	6	0	4	618	443	19
P/T	3	0	7	295	535	10
Rot	1	0	9	243	612	4

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