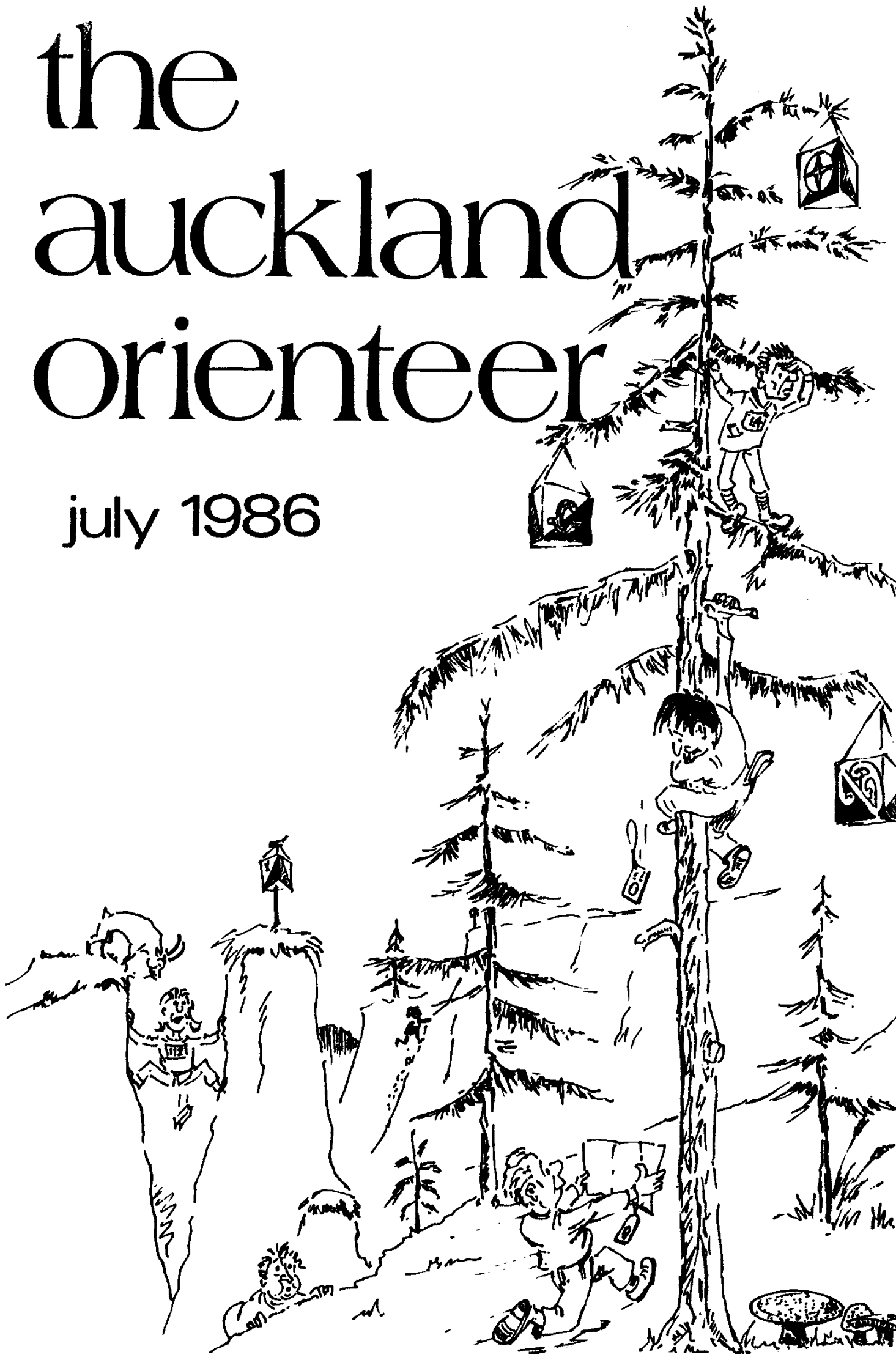


# the auckland orienteer

july 1986



## EDITORIAL

The last few month's magazines have left me no room to have my say; your contributions arrived regularly without too much prodding from me, and it has been more a matter of "How am I going to fit all this in?". I know June's issue was a bit late as I waited for the announcement of the NZ team before publication, so maybe you haven't had enough time to put pen to paper. Whatever the reason please have a look at page 4.

Talking about the NZ team; I have heard quite a lot of comments about the selection, mainly critical, but no-one has felt strongly enough to write to me and air their views. I am sure there would have been much less argument if the selectors had announced beforehand which events they were going to use as trials. After all, if you can drop your worst performances in a multi-day event and you make a bit of a mess at the start of one day, you might decide to take it easy to save yourself for the next day. How do you feel then, when you find out later that this day has been chosen as a trial? Paul Dalton, in the Training Squad Newsletter, makes the following comments, "I think we have seen that the method of retrospectively choosing trial days is completely unsatisfactory, particularly when the choice of those days is not open to discussion."

Keith Stone

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### SPECIAL FEATURES

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| 8 | C.D.O.A. Champs<br>Details of this Badge event and the next day's Score event. | 17 | Holiday Camp<br>Details of a camp being planned at Iwitahi.                    |
| 9 | Auckland Champs<br>Another event and a Badge one at that!                      | 18 | Canterbury Champs<br>Details and entry form.                                   |
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### REGULAR FEATURES

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| 3 | Coming Events         | 7  | North West News          |
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### INSERTS

Central Districts Championships Entry Form  
Auckland Championships Entry Form  
Holiday Camp Registration Form

## COMING EVENTS

### JULY

- 6 NW Woodhill Forest: AOA DY5 on Mission Coast Road map. Details in June magazine. Follow signs from Forest Headquarters.
- 12 Woodhill Forest: Training day for all grades organised by the NZOF WOC Training Squad. Details last month.  
NB. This is on a Saturday.
- 13 SA Wiri: Promotion event on Redoubt farmland map. Take Manurewa exit off motorway, follow Alfriston Rd for 2km past Alfriston School.
- 19 PP Christchurch: Canterbury Championships on Living Springs map.
- 20 PP Christchurch: PAPO Club Relays on Van Asch Farm map. Details and entry form for both events on pages 18 and 19.
- 20 NW Devonport: Long distance street events. Details on page 5.
- 20 SA Mt Richmond: Promotion event on new park/farmland map on Great South Road, Westfield.
- 27 C Woodhill Forest: AOA DY6 on Mushroom Road map. See details on page 13.

### AUGUST

- 3 H Kaimai Ranges foothills, 10km SE of Te Aroha: CDOA DY4 on Tuahu map. 1:10000 scale, 5m contours, part farmland, part forest, part steep!
- 10 NW Mt Auckland: AOA DY7 on map used for Day-3 of the NZ 7-Day event.
- 16 P Tokoroa: Central Districts Championships and Badge Event on Perimeter Road South map used for Day-5 of the NZ 7-Day event. Details on page 8.
- 17 P Tokoroa: Score event also on Perimeter Road South map. Details on page 8. Entry form for these two events enclosed.
- 24 C Auckland Domain: Recreation event.
- 31 NW Whangaparaoa: Recreation event on Shakespeare Reserve map.

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### START TIMES

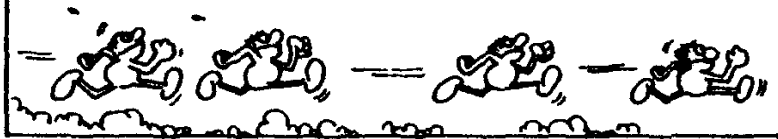
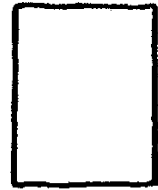
Events usually have start times between 10.00am and 1.00pm unless otherwise advised.

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### CLOSING DATES FOR ENTRIES

- July 7 Canterbury Championships & Relays  
Entries to : Chrissie Williams, 43 Woodchester Ave, Chch 1.
- July 21 Central District Championships & Score Event  
Entries to : Don Fraser, 24 Kupe Place, Tokoroa.
- Sept 1 Auckland Championships  
Entries to : Phyl Snedden, P O Box 26, Waiuku.

# Letters to the Editor



Would anyone like to help fill this  
GAP? Any news, views, ideas, etc.?

The Auckland Orienteer can only be  
what YOU make it - so, PLEASE send  
me something to print!

Keith Stone, 8 Agathis Avenue,  
Mairangi Bay, Auckland 10.

COPY DATE FOR NEXT ISSUE: 20 JULY



## ■ AUCKLAND ORIENTEERING ASSN NEWS

At the last meeting of the Auckland Orienteering Association the main topic of discussion was the programme for next year. It was acknowledged that this year's programme had produced conflicts with CDOA events and lack of forward planning had resulted in changes to events after the year's programme had been printed and distributed. By starting the planning early, Selwyn Palmer is attempting to avoid the same problems next year.

It was agreed that there should be more events in the forest of the "Claytons 3-Day" type, ie, less courses and less pressure than an OY event. These would not only provide competition and training for those competing but would also be good opportunities for less-experienced course planners and controllers. To incorporate these events into the programme it was decided to reduce the number of OY events to six, two by each club, and include the Auckland Championships as an OY event. The best five from the seven events to count for points.

Mike Ashmore is keen to develop a series of casual orienteering events next year, which would use the bare minimum of personnel to organise, and which would offer events at regular intervals on park maps. This would be a logical follow-on from the Summer Series and provide events for the large number of orienteers who are not interested in travelling long distances to events. They should also act as a good introduction to the sport for beginners who may then be encouraged to try forest events.

\* \* \* \* \*

## ■ LONG DISTANCE STREET EVENT

DATE : 20 July

COURSES : Long, Medium and Short

LOCATION : Start at Car Park at Woodhall Park,  
Vauxhall Road, Narrow Neck, opposite  
Narrow Neck Yacht Club

START TIMES : On Long Course - from 10.00am to 11.00am  
On Medium and  
Short Courses - from 10.00am to 12.00noon

REQUIREMENTS : Bring a pencil or pen to carry with you

COURSE PLANNER : Graham Peters (What are the odds that he  
puts a control on the top  
of Mt Victoria, or North  
Head, or both!)

Here is an opportunity for you folk who live south of the bridge to see part of the North Shore that even a lot of Shoreites don't visit



### GOODS AND SERVICES TAX

The Inland Revenue Department has published a booklet giving details of GST and its effect on clubs and associations. The NZOF has decided not to register for GST and suggest that clubs need not either. However consideration will have to be given to an increase in membership and affiliation fees to cover the additional 10% on expenses from 1 October 1986.

### NORTH AND SOUTH MAGAZINE

This new magazine includes a monthly calendar of activities, and they are keen to include orienteering events. The service is free and they ask for the following information - title of event, location, date, times and admission prices - by the 3rd of each month prior to publication. Send info to Jenny Chamberlain, North & South Calendar, 1 Sandford Street, Campbells Bay, Auckland 10. Telephone 478-6385.

### IDF COMPUTER SOFTWARE COMPETITION

Clubs have been sent the results of this competition which was won by J. Morris of Great Britain. Category winners were from Bulgaria, Denmark and Great Britain. 52 entries were received from 16 different countries, but no one from New Zealand was listed among the Highly Commended or the list of entries chosen for the IDF software library.

The IDF has not yet finalised it's plans but may establish a library of approved orienteering software which would be available to a Federation at a charge to cover copying and documentation.

### AFFILIATION FEES

The NZOF has been having problems getting clubs to pay affiliation fees promptly. These should be paid at the end of April, July and October each year and this year's fees are Senior (19+) \$6.50, Junior \$4.00 and Family \$17.00. Clubs have been sent a sample of the form to accompany their payment. Club Treasurer's please take note!

### JUNIOR TRAINING CAMPS 1987

Following the successful 1986 camp at Taupo in late January, John Rix is looking for adults prepared to help organise a 1987 camp on the same format :

- end of school holidays
- based on an outdoor education camp
- at least 5 days long
- involving outdoor afternoon activities in addition to orienteering
- aimed at non-beginners in the 13-16 age group

The adults needed include :

- an overall organiser.
- a planner for the "O" activities who needs to co-ordinate getting permission, visiting the areas, marking maps, etc. This job could be spread between different people who do not necessarily have to be present at the camp itself.
- an organiser of the afternoon activities.
- a caterer to plan the menu, buy food and supervise cooking.

Would those people who are interested in filling these positions please contact John Rix as soon as possible.

It is hoped that an additional camp for Advanced Juniors in the 15-17 age group will be held at the end of January in the Auckland area. John will co-ordinate this effort although he will obviously be looking for assistance.

COURSE SETTING COMPETITION

This year's competition will be organised by North West Club. Details of the courses to be planned will be advised by them in due course.

NZOF COUNCIL MEETING

The next Council Meeting is on Sunday 26 October 1986, in the South Auckland area. Agenda items must be circulated by 14 September so if you have something you want your club to discuss at the meeting make sure they let Colin Tait know by 31 August.

\* \* \* \* \*

 **NORTH WEST NEWS**



- \* Congratulations to Jeni Martin on belated selection to the New Zealand Challenge Team in the W-20 class.
- \* A reminder to all North West members of the Social Evening on Sat. 5 July at Campbells Bay Methodist Church Hall, on the corner of Beach Road and Park Road, Campbells Bay. There will be Trivial Pursuit and other games (less trivial?) to keep you amused. Please bring something for supper.
- \* Remember our monthly club meeting on the first Thursday of each month at Birkdale Primary School, corner Birkdale and Salisbury Roads, Birkdale, commencing at 7.30pm. Come along.

\* \* \* \* \*

**CLUB SECRETARIES**

- |                        |  |                 |
|------------------------|--|-----------------|
| <u>CENTRAL:</u>        | Jill Roberts<br>182 Methuen Rd, Avondale | Phone 884-375   |
| <u>NORTH WEST:</u>     | Paul Kearney<br>105 Moire Rd, Massey     | Phone WEI-7111  |
| <u>SOUTH AUCKLAND:</u> | Bev Laurent<br>Smiths Rd, R D 2, Waiuku  | Phone WKU-58939 |

C.D.O.A. Individual Championships and Score Event.

August 16th and 17th

Hosts: Pinelands Orienteering Club

Venue: Perimeter Road South - Tokoroa  
(The Douglas Fir Block used on Day 5 of the MILO 7 Day Event)

Scale: 1:10,000 5 metre Contours.

Course Planners: Kevin Ireland and Colin Dahm.

Please note - warning: This is an extremely difficult area to orienteer in! not so confident Orienteers should enter the B-grade of their age class. Children must carry whistles.

Age Classes and Grades:

M/W: 55+, 50, 45, 40, 35, 21 (No elite), 19-20, 17-18, 15-16, 13-14, 12 & under.

B-grades will be offered in all the above age classes, but these may be combined if required.

C-grades only for M/W 21.

Terrain: 96% Douglas Fir forest complex gully/spur with intricate drainage pattern, some rock features and many water features. Darkness of forest affects map-reading. (Torches allowed).

Saturday 16th August.

Badge Event - C.D.O.A. Individual Championships.

Start times from 11a.m.

Entry fees: \$3.00 M/W 12, 13-14  
\$4.50 M/W 15-16, 17-18  
\$6.00 all other grades

Note: 50 cents of every entry fee is a NZOF levy.

Prize giving - Certificates will be presented at prizegiving/social evening to be held in Tokoroa.

Bring your tea and drinks and discuss the days courses.

Sunday 17th August

C.D.O.A. Score Event. At the same venue - Perimeter South.

As no C.D.O.A.-club was prepared to run the C.D.O.A. Relays we decided to hold a Score Event. We hope you will enjoy it.

Grades and Times for Score Event:

60 mins. M/W21A, N35A, M19-20A

50 mins. M17-18, M40A, M45A, M50A, W19-20A, W35A, M21B

40 mins. All other A-grades except 14 & under, W21B, M35B

30 mins. All other B&C-grades and 14 & under

Provisional Score results will be displayed as soon as possible, but final checking (means final results) will be included in the Results Book.

It is envisaged that the Score Event will be all finished by midday allowing time for long distance travellers to get home.

Score Event entry fees: \$2.00 M/W 12, 13-14  
\$2.50 M/W 15-16, 17-18  
\$3.00 all other grades.





# AUCKLAND CHAMPIONSHIPS



DATE : 12 October 1986

CLUB : South Auckland

COURSE PLANNER : Bob Murphy

CONTROLLER : Ken Holst

CO-ORDINATOR : Phyl Snedden

MAP : Huriwai (Port Waikato)

SCALE/CONTOURS : 1:15000 Scale, 5 Metre Contours

TERRAIN : Generally steep open farm land with numerous complex cliff systems

ENTRIES CLOSE : 1 September 1986

LATE ENTRIES : DOUBLE ENTRY FEE (Only if maps and times are available)

ENTRY FEES : Senior \$6.00, Junior \$4.00, Family \$14.00

If there are insufficient entries in a grade they will be combined with the next most suitable grade.

<u>Course/Grades</u>	<u>Approx. Lengths</u>
C1 M21E	9.5km VVH
C2 M35A W21E	7.0 VH
C3 M19A M21A M40A M45A	6.0 H
C4 M17A M50A W19A W21A W35A	5.0 H
C5 M15A M21B M35B M40B W17A	4.5 M
C6 M55A W40A W45A	3.5 H
C7 M13A M15/18B M21C M45B M50B W13A W15A W21B W35B	3.5 M
C8 M60A W50A W55A	3.0 H
C9 M12A W12A W15/18B W21C W40B W45B W50B W60A	2.8 E
C10 M12/14B W12/14B	2.0 E

Wayfarers and Novice

Entry Form is part of the insert in this magazine.

## GUIDELINES TO COURSE PLANNING

The International Orienteering Federation has produced a booklet on the above subject and the NZOF have distributed a copy to each club in New Zealand. Extra copies can be purchased from Leo Homes at \$1.00 each. This should be mandatory reading for all course planners and controllers. These guidelines will be published in two parts for those who cannot afford a dollar! Part two next month.

### Purpose

The purpose of these guidelines is to establish a common standard for the planning of orienteering courses, and to ensure fairness in competition and safeguard the unique character of the sport of orienteering. They should be useful for the instruction of course planners and course setters.

### Application

Courses in all events described as international must be planned in accordance with these guidelines. They also serve as general guidelines for the planning of other competitive events.

These guidelines are to be used in conjunction with

- IOF Rules for International Events
- IOF Rules for World Championships
- IOF Control Descriptions
- IOF Drawing Specifications for International Orienteering Maps

### Definition

Orienteering is a sport in which the competitor, independently aided by map and compass, has to visit in a prescribed order a number of features (controls) marked in the terrain and on the map.

In an orienteering competition the task is to run this course in the shortest possible time.

### THE ORIENTEERING COURSE

An orienteering course is defined by the start, the controls and the finish. Between these points, which are given a precise location in the terrain and correspondingly on the map, are the legs along which the individual competitor must orienteer.

### The start - and the first leg

It should be made impossible for the waiting competitors to observe any routes chosen by those who have started. The whole starting area must be organised accordingly.

The point from which orienteering on the first leg begins must be marked in the terrain and on the map.

The competitor should be faced with orienteering problems right from the beginning. However, the first leg should not be too demanding, neither physically nor technically. The competitor should be given opportunity to become acquainted with the map and the type of terrain.

### The controls

Controls are placed on defined points of features in the terrain. A control is a compulsory point to be visited by runners who have free and individual choice of route. This demands careful planning and checking to ensure fairness. All competitors should be presented with similar conditions of approach in order to find the control without any element of chance (luck) or unforeseen waste of time.

It is particularly important that the map portrays the ground accurately in the vicinity of the control, and that the direction and distances from all possible attack points are correct.

Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map. Controls where the vegetation etc. make the visibility of the control marker unfair for runners coming from different directions should in general be avoided.

### The control description

The position of the control relative to the feature shown on the map is defined by the control description. The exact control position which exists on the ground and the point marked on the map must be indisputable.

Controls which cannot be clearly and easily defined by the IOF control symbols are, in general, not suitable and should therefore be avoided.

### The function of the controls

The main function is to form the beginnings and endings of good orienteering legs. Sometimes "extra" controls need to be added in order to form a better starting point for the next leg. Other "extra" controls (perhaps combined with marked tracks) may be used to funnel the runners around dangerous or out of bounds areas.

Suitable controls can serve as refreshment, press and spectator points.

### Fairness of controls

**Acute angles:** Acute angles can occur if the direction of approach to, and departure from, a control, are the same. They may also occur if the control area is in the open with good visibility. A special type of acute angle occurs if different classes run the same leg or part of a course in opposite directions. All acute angles should be avoided.

**Close controls:** Controls placed too closely together can have a misleading effect on runners who have navigated correctly to the control site. Only when the control features are distinctly different in the terrain as well as on the map, may controls be placed closer than 100 metres.

### The control marker

The control equipment must be in accordance with the rules for International Orienteering Events.

An attempt should be made to position the marker so that the competitor first sees it when he reaches the control site.

The navigational problem disappears if the runner sees the marker before he sees the control feature, but that must not tempt the course setters to hide the markers. When the competitor reaches the control site he should not have to search for the marker.

The marker should be positioned so that other runners at the control make no difference with regard to visibility.

### The legs

The legs are the most important elements of an orienteering course and will largely determine its quality as a whole.

Good legs offer the runners interesting map-reading problems and lead them through suitable terrain with possibilities for alternative individual routes. Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices.

Variations in the length of legs and degree of difficulty force the competitor to use various orienteering techniques and running speeds.

The course planner should set legs that offer the competitor the possibility of selecting from various alternative routes the one suited to his skill and capability. No leg should contain route choices giving any advantage or disadvantage which cannot be foreseen by a brief, but thorough, study of the map.

Legs which may give competitors an advantage by crossing out of bounds areas should be avoided.

The choice of an otherwise good route must not lead to dangerous crossings of railways, motorways, rivers, marshes or quicksand. Dangerous climbing on rocks, crags, cliffs etc. should be avoided.

It is not allowed to set legs where a runnable, and otherwise good route includes any part to be swum.

### The end of the course

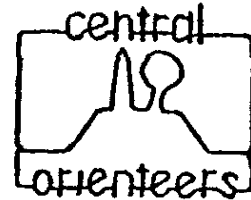
Navigation ends when the last control is reached. The last control may well be easier than the rest of the course; at any rate it should not be more difficult than average.

Spectators in the finish area should not be allowed anywhere near the last control nor should they be able to see the competitors approaching the last control.

The distance from the last control to the finish should be made as short as possible.

The finish area should be open and so planned that all competitors approach the finish from the same direction. If this is not secured by existing natural features the route must be marked. If the marked route can help any competitor to find the last control too easily, it may be arranged as a collecting or "forked" marking.

## ■ AOA OY6 EVENT



Date : 27 July  
Club : Central  
Map : Mushroom Road  
Scale : 1:15000  
Contour Interval : 5 metres  
Terrain : Mature forest on sand dunes with some areas of very intricate contours  
Course Planner : Robert Jessop  
Controller : Paul Dalton  
Location : Woodhill Forest. Entrance via Forest Headquarters

\* \* \* \* \*

## ■ TRAINING SQUAD NEWS



### FUNDRAISING

The Training Squad has a target of \$50,000 to raise for the New Zealand team to compete in the next World Championships in France in 1987. This will not be easy and a schedule of possible fundraising activities over the next 12 months has been prepared, including a raffle and next year's Forest Run as their major activities, with additional possibilities of wine sales and a film preview.

All orienteers should expect to be asked to help at some stage.

### WORLD TRAVELLERS

A number of squad members have taken off overseas recently -

- Rob Garden and Kevin Ireland are off for 5 weeks in Norway from June. Rob is aiming for the Veteran Champs and Kevin volunteered to keep him away from the Scandinavian women.
- Gillian Ingham (and Malcolm & Christopher) is off to Europe from July to February 1987.
- Trish Aspin took Wayne to Europe in case he started organising a North Island 20-day event for next year.
- Eileen Frith has been in Europe since early this year.
- Darren Scott has just left for Europe and is planning to go to the WDC training camp.

## ▣ ORIENTEERING TIPS

### PACE COUNTING

We all know about pace counting: there it is, along with aiming off and attack points, in the technique section of even the most elementary orienteering text books. But how many of us actually use it in the heat of competition, are we confident in the technique when we do, and what can we do to practise it? Is it really necessary at all or is distance estimation without pace counting enough?

On the magic day that you will have the perfect run, no form of distance judgement will be necessary, the control flags will seem as easy to spot as neon lights and all you'll have to do is run straight to them and stamp your card. Meanwhile as you wait for that day to come, the lack of an accurate method of dead reckoning is costing you seconds or even minutes, time and time again.

First of all what is meant by distance judgement? It's the ability to find point features in areas of little map detail by knowing when you've gone far enough along a given bearing; to prevent premature stops to read the map and to speed up progress through detailed terrain areas by making map-reading unnecessary. There are only two ways of judging distance, by 'feel' or by direct measurement, and the only form of direct measurement that can be conveniently used in orienteering races is pace-counting, that is knowing the length of your stride and counting the number of strides you take until the distance covered has added up to the distance required as seen from the map.

In some terrain there are so many paths, streams or other features to give you a definite fix that this technique often seems redundant. The control is 'just over there' and off one shoots into the right block of forest confident that one will shortly see the flag. 90% of the time this is fine and works splendidly but sometimes one comes unstuck and the flag does not appear. Even without pace-counting alarm bells should be ringing - "I've gone too far, I've gone too far!" but why take the risk when the technique is there at your disposal? And not all terrain has lots of obvious features.

There is no doubt that to get a return from pace-counting as a technique you've got to work at it. A lot of people do not practise it, are not confident in it and therefore don't use it (or when they do, it is so inaccurate because they haven't practised it, that they vow never to use it again). Usually compass and pacing is only required for a small part of a course so the orienteer gets little practise during competition. You must train specifically to become proficient and this means training in the terrain.

Getting started with the technique is fairly easy - the idea is to find how many paces one takes to cover 100 metres. Usually orienteers count every double pace, i.e. every time the right foot (or left foot if you prefer) hits the ground. Obviously the number of paces varies according to the individual and each orienteer must establish his own figure. The best time to do this is at a training day for beginners, as there will almost certainly be marked and measured stretches over different sorts

of terrain. You can do it by yourself at any event by selecting two clearly identifiable points and measuring the distance between them with the scale on your compass. Then running at your normal competition speed count the number of paces you need to cover the distance. Scale the result down to the number per 100m and you have your answer. Typically on a relatively flat stretch this will be around 40 double paces per 100m, less if you're tall, fit and young, more if you're shorter or slower.

Remember though, that you will not always be running on flat ground so repeat the exercise on rough terrain, across marshes, uphill, downhill, etc and you'll get a whole series of figures for use in different situations. Rather than try to remember all these different numbers it is easier to take an average and then make adjustments to it depending on the terrain.

One way to use this knowledge is to make a direct scale which can be stuck on your compass and be used to measure the number of paces directly from the map. Obviously this will only be your average figure and corrections will have to be made to the measured value in terrain differing from the average. The corrections have to be in percentage terms since this method obscures the actual distance covered - the orienteer measures his map as, say 170 double paces, not 450 metres. However, constant attention to pacing in training and frequent experience in competition will enable the good orienteer to adjust the paces he counts with reasonable accuracy.

Another way to pace count is to measure the distance from the map in units of 100m. This can be done as easily with one's thumbnail as with one's compass plate or even (with practise) by eye. One simply then paces off each required 100m stretch using an appropriate pace count figure, restarting counting for the next 100m unit. As the terrain changes so you can change your stepcount figure - a 400m stretch may result in counting each 100m as 36-38-40-44 as it slowly climbs uphill. This way you can begin counting before you decide how many paces to allow per 100m and can adjust it as you see what the terrain is like. This system is flexible and accurate in varying terrain.

The above ideas are what Wilf Holloway in his widely-acclaimed book "Modern Orienteering" calls 'pure pace counting'. Holloway describes a couple of extra tricks of the trade.

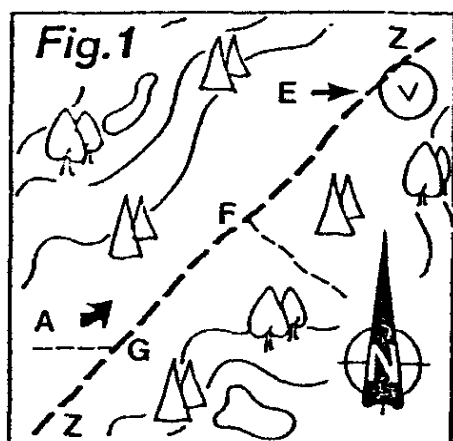


Fig. 1 shows a typical piece of 'English' terrain - a flat area with lots of paths. You are approaching the control from the west along the path in the direction marked A. You then turn left along the path ZZ and run north-east along it towards the control which is in a small pit. The nearest attack point is the path junction F and so you must pace. You must measure or estimate the distance FE, count off the steps and start looking for the pit. If you fail to pace count at all, you do so at your peril.

Holloway reckons that a better overall technique is to notice from the map that the distances GF and FE are about the same, count the steps from G to F and then find the unknown point E by running the same number of paces again. At E you turn into the forest and start looking for the pit. This system has two advantages - firstly, it's good insurance just in case you don't spot junction F (say the path is overgrown) and then it still won't be too late to measure GE and check against your known pace count; and secondly (and more importantly) the whole run GE is likely to be over similar terrain, thus removing the necessity for complex and possibly inaccurate estimations of variation in your basic step-count pattern.

The two distances don't necessarily have to be equal either. The same idea can be done with one distance double the other or one a bit more than the other.



Fig. 2 shows a more 'Scandinavian' style leg with hills and marshes. Assume that there is similar terrain on either side of the leg with no helpful line features. We could measure the total distance to the control and set off on a bearing, pacing all the way and checking off features as we pass them.

A better method though is to judge the distance in three steps. You should run hard on a bearing and count steps to the first marsh, then the second marsh should appear after about the same count, and after about the same number of steps again you get into the control vicinity. Accurate relocation will then guide you to the flag. You may find that the double hills L is a more striking feature than the marshes so you may decide to restart pacing here, estimating that the hills around the control are so-and-so many paces further on. All the time you are assessing the distances relative to each other in your mind and then getting the pacing right by first testing and then using the test results to home in over the last vital stretch to the control.

Using these examples gives you the ability to turn pace-counting from its traditional role as a primarily defensive technique into an aggressive partner of map-reading. The capacity and the confidence to use the pace-counting technique accurately are paramount however. Resolve now to train or re-train yourself to use it!



## ORIENTEERING HOLIDAY CAMP

The Red Kiwis Orienteering Club gives advance notice that it is organising a holiday camp for orienteers during the period 27 December 1986 to 4 January 1987. The camp will be based at the Iwitahi Recreational camp east of Taupo and it will be a low key, family orientated holiday with orienteering as an attraction.

It is intended that there will be 7 orienteering events of a club to OY standard during that 8 day period, including a night event, a score event, camp championships and camp relays, plus a 3-day event.

The events will be set by selected experienced individuals staying at the camp and every event will be self-help, i.e. master maps and master control descriptions. There will be only 4 to 5 courses set with distances ranging from 1km to 7km, and all courses will be open, just like club events.

### Other Planned Events:

Apart from orienteering there will be numerous other events such as tramping, canoeing, fishing contests, swimming, forest runs, mapping contests, biathlon (swim and orienteer), camp cricket, games for the kids, discussion sessions on how your orienteering can be improved. On New Year's Eve there is planned a fancy dress party to be followed at midnight by a night score event!!!

### Cost:

This is not yet confirmed but it will be kept as low as possible. For a guide the fees could be around \$70 adults, \$36 children, plus food to be pooled. (Note: Fees include supply of maps).

### Camp Limitation:

Numbers at the camp are restricted to 90 and it will be on a first come, first served basis. Once the camp is full other orienteers will be able to enter for the orienteering events, but will have to make their own arrangements for accomodation.

### Proposed Orienteering Programme:

Saturday 27 December: Orienteers arrive. Social get-together in evening.  
Sunday, Monday and Tuesday: 3-day event.  
Wednesday: Rest day. Fancy-dress party. Midnight night score event.  
Thursday: Camp Relays.  
Friday: Score event.  
Saturday: Camp Champs. Social in evening.  
Sunday: Orienteers depart.

### Maps:

As used by Taupo Club and will be mainly intricate farmland and forest around Taupo and it is planned that there will be a different map for every event.

### Registration:

A registration form is included in the insert with this magazine. Send this in now if you are interested in the holiday camp.

CANTERBURY ORIENTEERING CHAMPIONSHIPS AND RELAYS

19TH/20TH JULY 1986

CLUB: Peninsula and Plains Orienteers



**VENUES:** Living Springs Van Asch Farm  
Two areas located on the Port Hills, south-west of Christchurch

**DAY ONE:** **Event:** Canterbury Championships  
**Date:** Saturday 19 July 1986  
**Times:** 11.00am to 2.00pm  
**Venue:** Living Springs  
**Planner:** Rob Miller  
**Controller:**  
**Map:** 1:10 000, 4m contours. Located at the end of Lyttleton Harbour.  
**Terrain:** Moderately steep, mostly open farmland with some bush areas. Stinging nettle in some areas.  
**Grades:** (Ages as at 31 December 1986)

M12 and under	W12 and under
M13-14	W13-14
M15-16	W15-16
M17-18	W17-18
M19-20	W19-20
M21-34 A & B	W21-34 A & B
M35-39 A & B	W35-39 A & B
M40-44 A & B	W40-44 A & B
M45-49	W45-49
M50-54	W50 and over
M55 and over	

**Includes:** Some grades may be combined if there are not enough entries to warrant a separate grade.  
PAPD DY Event 3, South Island Challenge Event 3, National Badge Event

**DAY TWO:** **Event:** PAPD Club Relays  
**Date:** Sunday 20 July 1986  
**Time:** Assemble at 9.30am for 10.00am start  
**Venue:** Van Asch Farm  
**Planner:** Kevin McGlinchy  
**Controller:** Paul Hammond  
**Map:** 1:10 000, 5m contours located on the plains side of the Port Hills on the south west side of Christchurch.

**Terrain:** Moderately steep open farmland with some small forest blocks  
**Grades:** Open Relay: Open to teams of three (3) from any grade (can be mixed).  
Courses each of about 5-6 km.

Mixed Relay: Open to teams of three (3) with the following restrictions:  
(a) Only one (1) person from M21A, M35A, M40A or W21A  
(b) One (1) must be from M15 or W15 or under, or from W50 or M50 or over  
(c) The third member can be from any grade apart from in (a) above.

-Three courses being long (5-6km), medium (3-4km) and short (1-1.5km).  
-PAPD reserve the right to change any teams if they feel this is in the interest of good competition.  
-If you do not have three people for a team send in your name and we will put you in a team.

**ORGANISATION:** Chrissie Williams, John Christie, Michael Bullen and other PAPD members.

<b>ENTRY FEES:</b>	<b>DAY 1 ONLY</b>	<b>DAY 2 ONLY</b>	<b>BOTH DAYS</b>
Senior(19 and over)	\$6	\$4	\$8
Junior	\$3	\$2	\$4
Family Maximum	\$15	\$10	\$20

Make cheques payable to P.A.P.O.

**ENTRIES CLOSE:** Monday 7th July 1986

**LATE ENTRIES:** These will be accepted provided they are accompanied by double the standard entry fee. Late entries without this fee will not be accepted. Pre-marked maps will not be guaranteed for late entries.

**POST ENTRIES TO:** Canterbury Orienteering Championships  
Chrissie Williams,  
43 Woodchester Avenue,  
Christchurch 1

Phone enquiries to Chrissie, ph (03) 853-456

<b>ENTRY FORM:</b>						
<b>NAMES</b>	<b>CLUB</b>	<b>GRADE</b>	<b>DATE OF BIRTH</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>ENTRY FEE</b>
						<b>TOTAL ENCLOSED:</b>
<b>RELAY TEAM:</b> (State names and grade)						
<b>ADDRESS:</b> _____ _____ _____						
<b>PHONE:</b> _____						
<b>Special requirements for start times:</b>  Requests for billets for those travelling to Christchurch:						

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Auckland, New Zealand

We are also planning to enter into the  
Budget Accommodation market in the near  
future which will assist all Orienteers

Watch this space for developments