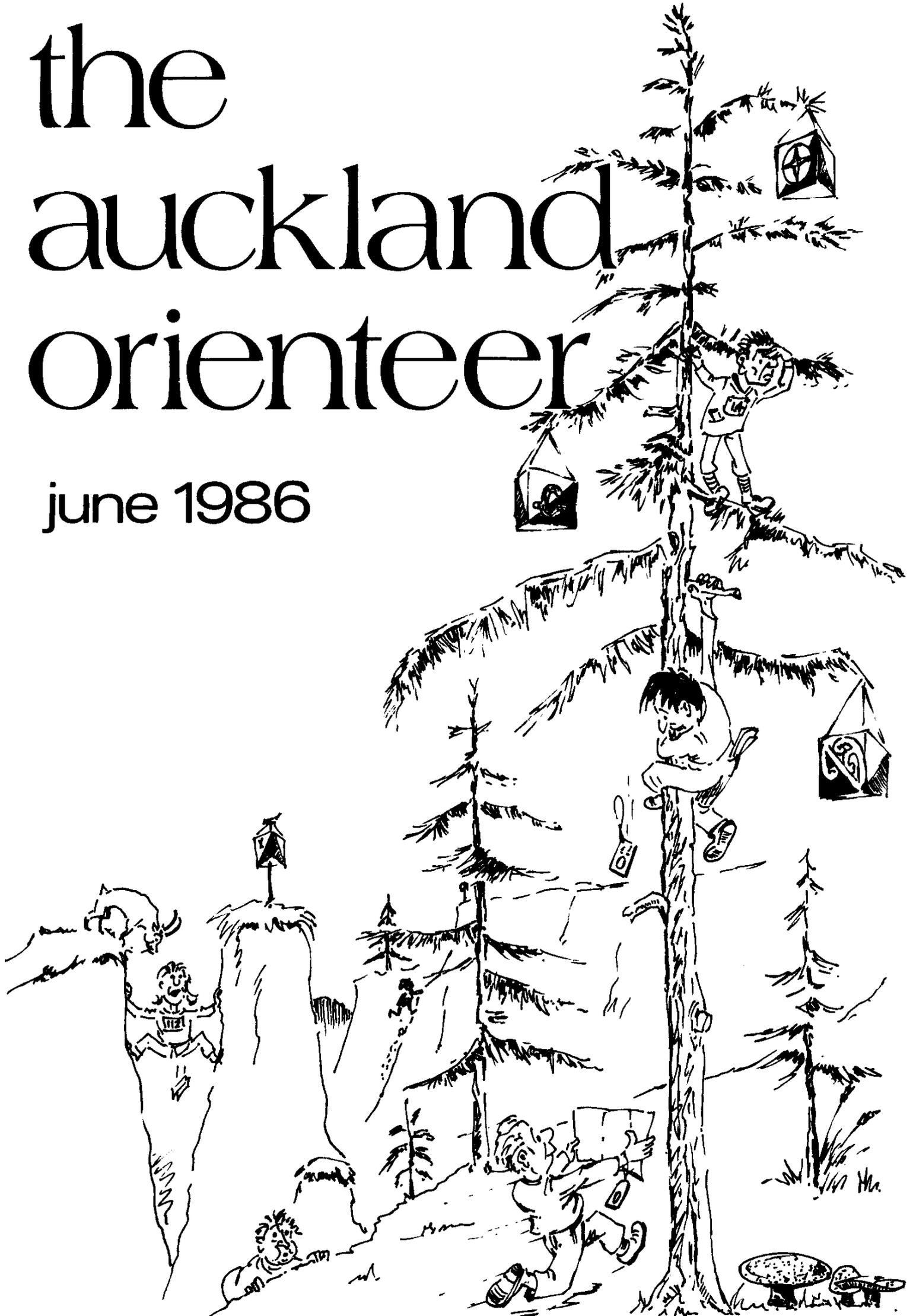


the auckland orienteer

june 1986



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AUCKLAND ORIENTEERING ASSOCIATION OFFICERS



- | | | |
|---------------------------------------|--|----------------|
| Chairman: | Phil Brodie
13b Paramatta Pde, Howick | Phone 535-9092 |
| Vice Chairman: | Bruce Henderson
1/57 Stanaway St, Northcote | Phone 484-979 |
| Secretary: | Judy Martin / Paul Dalton
72 Arran Rd, Browns Bay | Phone 478-3378 |
| Treasurer: | Bruce Hendrie
2/23 Hayr Rd, Mt Roskill | Phone 654-983 |
| Technical Officer: | John Rix
29 Middlemore Rd, Otahuhu | Phone 276-4901 |
| Fixtures Officer: | Selwyn Palmer
5 Aramutu Rd, Hillsborough | Phone 657-798 |
| Magazine Editor &
OY Statistician: | Keith Stone
8 Agathis Ave, Mairangi Bay | Phone 478-8224 |

COMING EVENTS

JUNE

- 15 C Woodhill Forest: AOA OY4 on Telephone Track map. Details on page 9.
- 15 H Golden Valley, Hamilton: CDOA OY3. Pity they are both on the same day.
- 22 C Mangere: Recreation event on Self's Farm map, Portage Road. Your chance to run on the map used for the last Primary and Secondary School's Championships.

JULY

- 6 NW Woodhill Forest: AOA OY5 on Mission Coast Road map. Details on page 9.
- 12 Woodhill Forest: Training day for all grades organised by the NZOF WOC Training Squad. See details on page 8. A must for all of you (and me).
- 13 SA Wiri: Promotion event on Redoubt Road farmland map.
- 20 NW North Shore: Street event with several courses, including one of a long distance. Details next month.
- 20 SA Mt Richmond: Promotion event on park/farmland map.
- 27 C Woodhill Forest: AOA OY6 on Mushroom Road 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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CHANGE TO PROGRAMME

Following on from the changes in the programme mentioned last month, the recreation event scheduled for 29 June has been cancelled. This was to have followed the OY event on 22 June which had to be moved. There will now be no event on 29 June.



LETTERS TO THE EDITOR

Dear Editor,

We were very interested to read the results of the Auckland Night Orienteering Championships and to see Phyl Aspin named as winner of the W40+ grade. We wish to let you know that this orienteer is a dual personality. Many a time the Trish part has been approached by folks quite willing to hand over money in payment for 'O' suits made by the Phyl part (she says she never accepted any of it!). Sometimes Phyl has been congratulated for the runs made by the Trish part (she says she just smiles and says 'thank you'!).

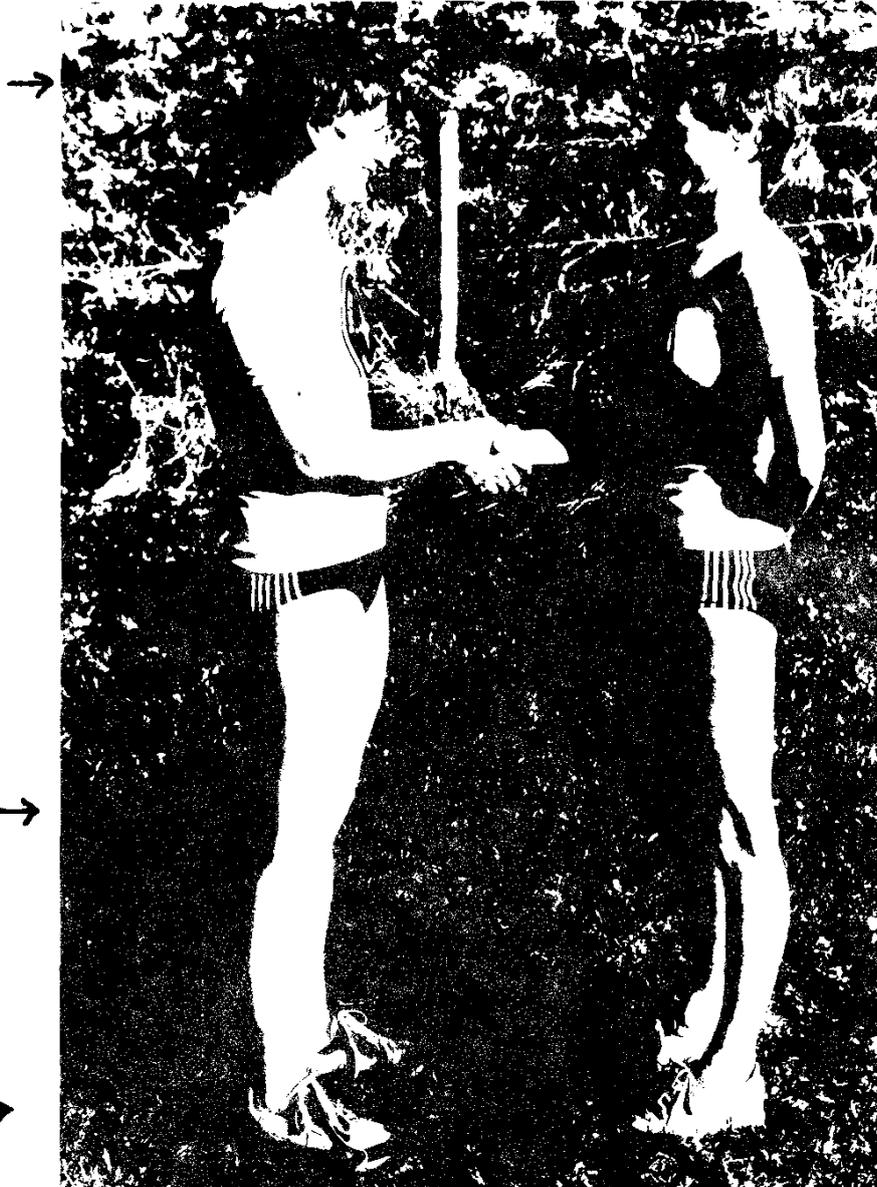
However, so that confusion never reigns again, we have compiled the following:

Both have hit 40 years this year although neither run in that grade (until one chose to in the Night Champs).

Both are married and have two sons and one daughter.

Both have been badly bitten by the 'O' bug with the effects lasting for years (this excuses them from all their shortcomings!).

Hair colour natural mouse, neither are into perms. Short hair - less wind resistance (very important when competing against the younger set)



Observe the 'laughter lines' - wrinkles

The only thing either can skite about here is the emblem on the t-shirts!

Fatter and usually bald

Skinny, hairy and knobbly kneed

Size 5 1/2

Size 4 1/2

Tryl Snedden

Phish Aspin

Patricia Apsin and Phyllis Snedden (or whatever)

REFLECTIONS ON A HARD DAYS WEEK

Keith Stone asked me how the New Zealand 7-day compared with my European experience, and as I opened my mouth to reply he added - "Why don't you save it for a magazine article?"

I think that for sheer variety of terrain, NZ provided an outstanding mixture: for me at least the 'flavour' of each day was new to what had gone before, demanding a different attitude almost, to each day's country. And what a great range of demands were in fact made! Climbing vertical pasture at Cambridge, groping through the twilight of the Mamakus, sidling the muddy hillsides at Mt Auckland, sorting out the innumerable water courses at Taupo, et al: the variety was brilliantly exemplified by the fact of the winners within a number of grades changed daily.

After variety, I think my main memory will be of the brilliant weather. Is Hui an orienteer? Only the Taupo day provided damp conditions.

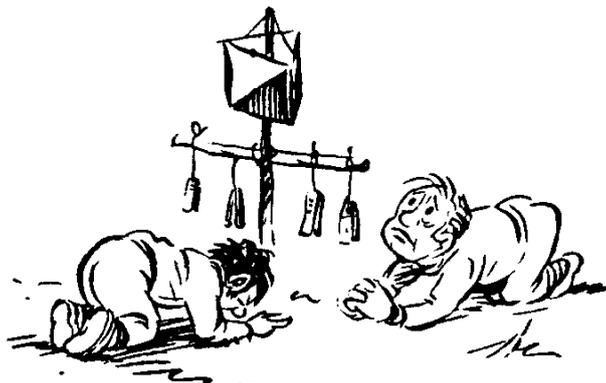
What about organisation? I couldn't help but be impressed with the way each of the seven clubs in turn, came through with mobilising virtually it's entire membership to provide a trouble-free day for the rest of us lucky enough (or wise enough?) to attend this historic event.

It is difficult and in fact foolish, to try to compare our 7-day with European multiday events. We had only 500 entries, whereas the smallest I went to had 3 times that. That this was our home ground also gave the event a special quality, since I knew so many of my competitors. All I can say is, I'm glad I was here in NZ to catch our 7-day, this year. I felt proud of my club at Mt Auckland, and I felt proud of all of our NZ clubs throughout the event. Despite each days frustrations with my own inadequacies, this was a wonderful and unique experience.

Well, unique so far. Already there are queries as to the next 7-day. My advice is, let's wait 2 years, then think about 1991, and then every 5 years possibly. We must avoid the stresses that are now becoming apparent in the Scottish clubs which have been involved in the two-yearly 6-day event: they cannot sustain the pressure, and it appears possible that this special event in the European calendar may well be reduced to the frequency of every four years.

If you've got any brickbats (or bouquets) let's hear about them: and suggestions for improvement. Keith might not publish them all but at least we'll have that extra feedback just in case there is a next time.

John Fettes



MILO NZ 7-DAY EVENT

If you see an orienteer sporting a large green and yellow bag with the word "MILO" written on it, you know you are in the presence of a champion; a winner of their grade in the "inaugural" New Zealand 7-Day.

What a great competition it proved to be; the obvious enjoyment of the large number of orienteers that took part and the many expressions of appreciation, made the long hours worked by the organisers worthwhile.

For the record, the place-getters from the Auckland clubs were:-

D12A	1	Brenda Stone	NW	H21B	3	Rolf Wagner	NW
	2	Jacqui Shuker	SA				
	3	Katie Tuck	C	H21C	3	Anthony Fraser	C
H13A	2	Brett Ashmore	C	D35A	1	Phyl Snedden	SA
H14B	3	Llewellyn McGivern	C	H35A	2	John Rix	C
D15A	1	Tania Robinson	SA	H35B	2	Mike Beveridge	NW
					3	Phillip Johansen	NW
H15A	1	Darren Ashmore	C				
	3	Alex Whitaker	NW	D40A	1	Jill Dalton	SA
D17A	3	Joanne Paver	NW	H40B	1	Barry Tuck	C
					2	Neil Lewis	SA
H17A	3	Robert Brewis	C				
				H45A	2	Terry Nuthall	C
H18B	1	Neil Crispe	SA				
	3	Chris Mellow	C	D50A	1	Judy Martin	NW
D19A	3	Robyn Oldfield	SA	D50B	2	Jill Roberts	C
H19A	2	Alistair Cory-Wright	C	H50A	2	John Fettes	NW
D21A	1	Alison Stewart	C	H50B	1	Tom Clendon	C
	2	Patricia Aspin	SA				
				D55A	1	Mavis Hatwell	SA
D21B	3	Vicki Lowrie	C		3	Doreen Oldfield	SA
H21A	1	Robert Garden	SA	H60A	1	Bob Murphy	SA
	2	Ross Brighthouse	SA				
	3	Alistair Landels	C				

NEW ZEALAND TEAM



The selectors have announced the following team to represent New Zealand against Australia for the annual Challenge, which will this year be in South Australia in September.

W-16	Penny Clendon Sue Snedden	C SA	Michele Holst Tania Robinson	R SA
W-20	Joanne Cunningham Jillian Clendon	SA C	Jan Davies Elise Takao	P NW
W Open	Alison Stewart Jeanine Browne	C SA	Carey Martin Liz Nicholson	NW HB
W 35	Val Robinson Judy Browning	SA P	Pauline Abblett	S
W 40	Royce Mills Jill Dalton	RK SA	Kate Fortune	W
W 45	Bunny Rathbone Margaret Nicholls	D C	Ann Scott	S
W 50	Hilary Weeks Judy Martin	WH NW	Bev Laurent	SA
M-16	Philip Wood Greg Dryden	HV KH	Russell Mardon Alex Whitaker	HB NW
M-20	Alistair Cory-Wright James Brewis	C C	Robert Jessop Michael Davies	C P
M Open	David Melrose Mark McKenna	NW R	Robert Garden Bill Teahan	SA H
M 35	Ken Holst Dave Browning	R P	Michael Wood	HV
M 40	Bruce Dryden John Davies	KH P	Barrie Foote	D
M 45	Graham Fortune Terry Nuthall	W C	John Robinson	SA
M 50	Graham Peters Tony Nicholls	NW C	John Fettes	NW
M 55	Ralph King Athol Oldfield	NW SA	Svend Pedersen	S

Congratulations to each of you and best wishes in Australia. Give those Aussies heaps!

▣ TRAINING DAY

On Saturday July 12, you have the chance to enjoy a day of orienteering technique training in Woodhill Forest. The World Championship Training Squad, along with North west Club is designing many courses for all types of horses.

You need to place yourself in one of these groups:

- 1) Very fit, very experienced.
- 2) Not fit, but pretty damned experienced.
- 3) Fairly fit, should be more experienced.
- 4) Not fit, need more experience (before thinking about getting fit).
- 5) Fairly fit, no experience (not even in car rallies).
- 6) Not fit, no experience (yet).

You will notice that only experienced orienteers can slot themselves into the 'very fit' category. This is because they should be the only ones allowing themselves to run fast enough in races to get this way. They are also the only ones who know how to use their fitness properly in an 'O' race. This is lesson number one. Lesson number two is that no matter how fit you thought you were, you might as well only be 'fairly fit' if you need more experience.

Lesson number three is that you learn by your mistakes. A training day in the forest will allow you to make plenty of mistakes without the cut-throat tension and dejection suffered when racing. Times won't matter so you can look forward to learning lots of tricks and finding lots of controls without worrying about someone else beating you.

Lessons four to forty-four will be taught on the day in beautiful open forest. World Championship squad members will be on hand to help (they will even tie your laces if you can't yourself), and there will be more controls to find than David Lange's had hot breakfasts. It's also a perfect day to bring novices along to, as introductory courses and lessons will be put on for beginners to learn in a non-competitive environment.

The training exercises will be many and varied and packaged into combinations to suit the different groups. You can do as many of the exercises as you like, it will be up to you.

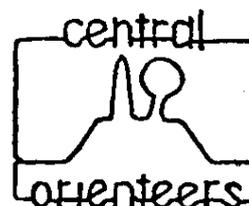
See you there, 10.00am, Saturday 12 July.

* * * * *

▣ MOUNTAIN MARATHON

The Mountain Marathon in December is definitely on. Permission has been received by the WOC squad to hold the 2 day mountain marathon in the army training area of Waiouru using the army's 1:50000 map. More details later but keep the weekend of 13 & 14 December free.

▣ AOA OY4 EVENT



Date : 15 June
Club : Central
Map : Telephone Track
Scale : 1:10000
Contour Interval : 2.5 metres
Terrain : Mature forest on intricate sand dunes
Course Planner : James Brewis
Controller : Barry Tuck
Location : Woodhill Forest. Entrance via Forest Headquarters.

* * * * *

▣ AOA OY5 EVENT



Date : 6 July
Club : North West
Map : Mission Coast Road
Scale : 1:10000
Contour Interval : 5 metres
Terrain : Mature forest, part open, easy running and part steepish, slow run
Course Planner : Ann Fettes
Course Controller : John Ranson
Location : Woodhill Forest. Access via Forest Headquarters.

▣ TRAINING SQUAD NEWS



WINSTONE FOREST RUN

The organisers would like to thank all the Auckland orienteers who assisted with the organisation at the run. Approximately 1700 people competed, down somewhat on last year largely because of the clashing Fletcher Marathon, but we should get close to netting \$10,000 which will be used to support the WOC Squad and Juniors.

TRAINING IN ONE TREE HILL THROUGH WINTER

Anyone is welcome to join John Rix and Rob Garden from 4.30 to 5.30pm on Wednesdays, meeting at the Archery Club. Sessions so far have included a 7km time trial, hill sprints, a contours only "O"-course, fartlek runs and an easy run! Up to about 10 WOC Squad and juniors have attended.

JUNIOR TRAINING CAMP 12/13 JULY

Intended for any non-beginner juniors in the AOA region.

Details as follows:-

Meeting place & time	1.00pm Saturday, at the registration place for the open training day organised by Dave Melrose (should be sign-posted). Camp finishes after lunch on Sunday.
Cost	Not fixed yet - bring a couple of dollars in case, plus money for take-aways and hot pools (\$8??)
Needed	Warm, waterproof clothing, camp stretcher, sleeping bag, something to eat for breakfast and two lunches, thermos?, and orienteering gear.
Helpers	Parents are welcome to assist.
Leaders	John Rix and Phyllis Snedden.
Accommodation	Woodhill School Hall.
Registration	Write to or phone John Rix by <u>6 July</u> . (29 Middlemore Road, Otahuhu, Auckland 6, phone 276-4901).

* * * * *

▣ MORE FROM THE 7-DAY

Did you know :-

Jeanine Browne ran into a tree at the Pinelands event and the wound required a stitch. The next day she finished second, her highest placing.

On the third day a Hamilton club member ran from the start to the start triangle - a long way - then found that she had a black and white photocopy of the map with her course on it. Having already run such a long way she decided to carry on and finished the course without mishap.

The Taupo area had a lot of trimmings on the ground which caused a few spills. Ken Browne even fell over at one stage while standing still reading his map.

* * * * *

▣ FUN EVENT (Pre-Night Champs)

Ha, Ha to all of you who didn't come along to the fun and games disorganised by Selwyn Palmer and Phil Brodie prior to the Night Champs.

Things started at 2.00pm sharp "O-time". Selwyn divided us up into teams of four as if we were primers and made us sit in straight lines with our arms and legs folded and our backs straight, while he told us about the first event, Scrabble 'O'. Blue cards with letters on them had been dropped around behind the picnic area. We were sent to clean up the mess and make something out of it. Scores were allotted at the organiser's indiscretion and guess which team won? Yes, you guessed it, the team with Mr Scrabble himself, Tony Nicholls.

Next came Multi-legged Top Team 'O'. The printed instructions we were given for this event read, "Listen to the organiser's instructions". We did, and got bound to our fellow team members with inner-tubes so that we all faced outwards. In this fashion we tripped and tumbled to various controls and back to the start/finish. (Which sod put a control over the fence?). (If this sounds complicated you should try it! Ed.)

The third event was a Team Score event. The information sheet went like this, "There are 16 controls marked on your map, numbered in random reverse order from 8 up and down. There is also a Finish which is also the Start." Got that?

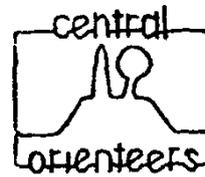
Lastly was the Dress 'O'. Who understood the instruction sheet? It took quarter of an hour to nut out something about getting 8 controls, but 3 for each team member, and swapping some clothes (not gender as somebody thought) at certain controls. Note: beer cans and wine bottles were disqualified. Very confusing, but quite fun.

Hope to see you ALL at the NEXT (?) fun event.

Warren Young

P.S. The Diet 'O' was rigged!

☐ CENTRAL CHATTER



- * All hands to the pump!
Terry Nuthall will be needing 35-40 people for a grand final effort early in June. Be prepared to say 'yes' when the call comes.
- * Congratulations to Norm and Chris Jager on the birth of a son and a warm welcome to our new M12.
- * The next Central Club meeting will be held at the Ashmore's, 40 Reelick Avenue, Pakuranga on Monday 7 July at 7.30pm.

* * * * *

☐ STH AUCKLAND RAMBLINGS



- * Welcome to the following new members :-
John & Stephen Shale, Karan Wildman,
Colin Pritchard, David Godfrey, Stephanie, Nicola & Leigh Hatwell,
Rhondalyn, Adrian and Kerry Aldridge, Neville Phillips and Brian,
John & Terry Russell.
A welcome too, to Colin Hope who has moved from Rotorua and to
Debbie Evans after a break overseas.
- * A see-you-soon to Ian Currie. Just when he was about to sort out
the M35's he was laid out in the horizontal position with back
problems. However he is again upright and should be back at work in
a week's time. (I understand he fell from a tree but was not look-
ing for a control flag at the time).
- * The next South Auckland club meeting is at Graham & Marie Fisker's
in Pukekohe (phone 085-89709) on Monday 9 June at 7.45pm.
The following one will be at Geoff & Sally Pilbrow's in Papakura on
7 July.
- * The C.-in-C. of the South Auckland Club and wife (Wayne and Trish)
have left the country for 10 weeks to see the world, or what's left
of it.
- * North West's event at Mt Auckland sure had a strange effect on a
certain person. The S.A. Weasel's source of information reveals
that after the event a certain wifey proceeded to trace her actual
route of attack on her map. Upon showing her achievements to hubby
all she received was raucous laughter. Wifey had traced her route
on his map and between his controls in spite of doing a different
course!
- * Good to see the steady progress that Rhondalynn and Adrian Aldridge
made during the Milo 7-day. I don't think it will be long before
Mum, Dad and Kerry will be joining in the physical side of the
sport. I'm sure they would agree with the Weasel that thanks are
due to Lyndsay Shuker for the fatherly eye and pearls of wisdom.

S.A. Weasel

▣ NORTH WEST NEWS



- * Congratulations to Brenda Stone and Judy Martin for winning their grades in the Milo NZ 7-day event a terrific effort.
- * Would all other club secretaries and magazine editors please note the change of our Post Office box number. It is now P O Box 36059, Northcote, Auckland 9.
- * The next Social Event of the Year is to be an evening in Pursuit of the Trivial. Everyone will be catered for, from beginner/novice to the so-called experts. There will be other games for those who haven't caught the Trivial Pursuit bug. Watch next month's magazine for details of the date and venue, probably mid July. If you have any suggestions or questions contact Lorri, ph 415-8932.
- * Our club meeting is on the first Thursday of each month at Birkdale Primary School, corner Birkdale and Salisbury Roads, Birkdale, commencing at 7.30pm. Come along.

* * * * *

▣ MOST DESERVING SA JUNIOR

The South Auckland Club has several beautiful new trophies. One of these is given to South Auckland's most deserving junior after a SA event and the recipient holds it until the next club event.

A junior who does well in his/her grade, has tried really hard, has improved greatly, has helped with organisation, course setting or mapping, or in some other way has helped with orienteering, is eligible for this honour.

So far our winners have been -

- Jacqui Shuker - for trying hard and doing well at the club's training camp.
- Aidan Boswell - for a great run at the Ngapuriri OY, first M13A. (Also a winner at Taupo 3-day).
- Bryce Brighthouse - for first place in M12A at Matakawau OY and assisting for two hours with clip checking.
- Adrian Aldridge - for doing well in the Milo NZ 7-day in his first year of orienteering in the H12A grade. After not finishing Day 5 and a long time on Day 6, he was 6th on Day 7.

Congratulations to all winners.

Any South Auckland member can suggest juniors worthy of this trophy to the selectors, Unni and Phyl.

THE NZ 7-DAY - READY TO GO

With apologies to Gerald Vinestock

So here you are. Raring to go. Shoes polished. Whistle round your neck. Compass twirling. So you think you're ready?

But have you done enough aerobic and anaerobic training? You what? Putting it simply; aerobic training is what you did on that brisk walk from home to the pub, anaerobic was the sprint to get to the bathroom ahead of the rest of the family. If you live in a bungalow, chances are that all your training has been aerobic.

After giving up all hopes of improving my technique I've gone for training in a big way, so that I'll be able to get lost even faster. Two weeks ago I bought "Modern Orienteering Training" by Wilfred Holloway. It sounded just the thing for me: for the 'serious competitor' it provides a 'scientific basis of training' and great sections on 'armchair map-reading' and 'in the armchair again'. I had only one moment of doubt, when I discovered that if I persevered I might turn into a 'gold badger' - I know all that running must wear down the legs, but

The first few days of my training were marvellous. I sat in my chair or lay on the sofa and read the book, only occasionally falling asleep with sheer exhaustion at all that suggested exercise. And I ate: there's a section on food, which I followed slavishly. The top orienteer (that's going to be me) needs three times as much food as the untrained non-sportsman (that was me). I could have gone on to nine meals a day, but that seemed excessive, so I just made sure I had my yoghurt and egg-sandwich for mid-morning break, noodle soup for lunch and extra cakes for afternoon tea. This training's a great life.

After a week, though, it seemed I really must get to work in earnest, so I donned the track-suit, had a quick look at the book and was off - well nearly off. First I had to decide whether to go for Very Easy, Easy, Steady, Hard or Very Hard. First day out, Steady was the thing, it seemed, but by the time I'd bent down to tie my laces and stood up to find little stars dancing all round my head, I settled for Easy. Off I went. Two hundred metres and straight into what was clearly a case of glycogen bleed out: total exhaustion, lack of breath, blurred vision, weakness in the legs. End of session.

Day two saw me into Fartlek. This is an ideal form of training: you run as you wish, sometimes easy, sometimes hard. Gentle stroll up the hill, easy jog downhill and flat out the last fifty metres home, so completing my training session - well not quite, because you've got to eliminate the lactic acid in your muscles that's built up with the final leg-buckling sprint, so you jog quietly on for a few yards, say to the pub, and take in some liquid to restore the balance. All those hops will surely help something or other.

For day three I felt map-reading on the run was the thing, so I dug out an old map, rather mouldy since the water had got into the map-case when I crossed a stream which turned out to be a river, and off I went. Fantastic! At a brisk walk I could read the whole thing. I remembered where I'd gone so wrong the time before and I got round the whole course without a single error, running - well, walking - right through the controls just like a gold badger. I covered the whole 8 kilometres between my own front door and the church at the end of the road. What a session.

Day four. The essence of training is not to get stale and to ensure variety. Interval training seemed ideal. Down to the school track, stopwatch in hand. One lap hard in a comfortable 1 minute 50 seconds for 400 metres. Five minutes rest, then off again. Agony! Anaerobic all the way. Time: 3 minutes 12 seconds. A look at the book. "Go on until you can't get close to your original time". Back home to the bath.

I made up my training diary that night and it seemed to me that I was in grave danger of peaking too early, so a day of rest was called for.

So here I am, bursting with fitness and itching to get to grips with Pollock and Pukekura. I'm in there with all those M45A's, so spare a thought at 11.54 tomorrow (or is it 12.36? It really is very complicated) as I grab my map and set off.

There are some alarming features, though, for the non-expert, however fit he may be. How about: 'Visibility is restricted with the forest quite dark. The gullies may be difficult to cross because of swamp or dense vegetation. The edge of the gullies may be lined with cliffs'? All right for those giants whose heads come over the top of the vegetation. How about me plunging blindly from the dark forest, through the dense vegetation and straight over the edge of a cliff? If I survive that, the gullies at Taupo will surely do for me. I totally mislaid three children one wife and a dog in the maze at Rainbow's End last year so how can I expect to find a minute orange and white marker in 'a maze of intricate gully systems'. Thirty minutes to the start at Pukekura. Thirty minutes! That's longer than my training sessions. Is it 1:10000 or 1:15000? I'll never remember that and my whistle. Even if I do, how in heaven's name will I understand the control description's? I've never heard of a rib, let alone recognised one and I'll need years before I learn the difference between the symbol for a single tree and that for a copse. It's especially hard too if you're like me and need to ask for help every now and again. Bad enough having to do it in English, but I might meet one of the Swiss or a Swede. 'Where's the Wurgelstock?' or 'Have you seen a Bachupprinnelse?' Still, that bucket at refreshments or the chap at the manned control may help.

I hope this may bring some pleasure at a moment when you are berating yourself for some screaming error in the forest. Remember, someone's got to come last - or if you are M45A, someone's got to come second to last.

(From "Circular Orienteering" - well, most of it anyway)

ORIENTEERING TIPS

ROUTE CHOICE IN RELAY EVENTS AND CHASING STARTS

In relay events and those events which have chasing starts it is position that matters and not time. If a runner in a relay competition passes the second to last control 10 seconds behind the leader and that leader has already taken off on the optimal route, then it would be an error for the pursuer to choose the same route unless he were the faster runner. If the pursuer is the slower runner he must now choose a different route, that is also as good as possible, with the risk that he may get still further behind. This is, of course, only valid when no immediate danger threatens from behind.

He must not stubbornly follow, but remember always that orienteering consists of both navigating and running and that it is the navigating that still gives him a chance.

By Swampsox

* * * * *



APOC - 88 — January 6th - 13th
at St. Helens on Tasmania's
Sunny East Coast

Jan. 6th	Pre Event
Jan. 8th	Model Event
Jan. 9th	Individual Championships
Jan. 10th	Relay Championships
Jan. 13th	Post Event
Jan. 16th - 17th	Two Day Mountain Marathon

For more information
write to apoc '88
P.O. Box 339, Sandy Bay, 7005
Tasmania, Australia.
Ph. 002 - 72 6049

**ORIENTEERING IN TASMANIA
WILL BRING OUT
THE DEVIL IN YOU**

COACHING ORIENTEERING

by Ted de St. Croix

STEPS FOR LEARNING 'CORRIDOR'

The coach who wants to groom athletes to the corridor method might consider the following steps:

o Break the method into parts:

- | | |
|--|---------------------------|
| 1. Selecting an attack point | 2. Route choice |
| 3. Map orientation on the run | 4. Map reading on the run |
| 5. Map interpretation on the run | 6. Attacking the control |
| 7. Punching in and exiting the control | |

o Train each part individually, concentrating on map reading and map interpretation on the run since they are the hardest and most important to learn.

o Follow orienteers through the forest and observe them during each practice session, so you can offer direct feedback.

o When orienteers attempt to put all of the parts together the coach should again follow them through the forest and provide feedback.

Selecting an Attack Point - Attack points (large, easily identified features in the terrain near the control) are used as points from which the control feature is located through precision map reading (locating yourself by every feature) and precision compass (accurate bearing and constant checks of direction). The attack point is best if higher in elevation than the control and as close to the control as possible. Attack points are used because the control feature is usually very small and difficult to find in an area of similar features.

Route Choice - Choosing the route can be done on the run prior to finding the control for the following leg. To train this technique, orienteers should take maps with courses printed on them on their regular training runs. The maps do not have to be of their training ground and this exercise can be done while running on roads. When choosing the route, remember to select the attack point before the route to the attack point.

Map Orientation on the Run - To practice orienting the map on the run, simply take a map on any training run and go through the motions. If in a large open field, orienteers can practice orienting their bodies and map so that they are running toward the destination indicated on the oriented map.

Map Reading on the Run - Begin this technique, the most important and most difficult to learn, with simple eye focus of the map while sitting. Try to visualise what the map is representing, then actually go on a map walk, trying to focus on large features such as roads, buildings, fields and lakes. Gradually progress to the smaller features such as contours and rock features. The next step is to revert back to the large features again while only running. Finally, train yourself to focus on all details while running and trying to visualise how they look in the terrain.

Map Interpretation on the Run - Once orienteers can map read on the run, they can begin to interpret the map and recognise features around them while running. This can only be accomplished with an oriented map.

Select a large trail, run along it and try to locate the features around you on the map. The map, of course, must be of the same terrain. Gradually progress to running in the forest, following a fence or stream, then following a compass bearing while keeping your location on the map pinpointed by your thumb. The next step is to draw a line anywhere on the map, preferably through areas of many details, and try to follow this line exactly by just using your map. Walk at first and with practice progress to doing it on the run.

Attacking the Control - Set a course in the forest with controls every 100 to 200 metres. The orienteer can then use each control as an attack point for the next control and practice precision map reading and using a precision compass bearing.

Punching in and Exiting the Control - After successfully attacking controls consecutively without missing, the orienteers are ready to 'run through' the control marker. Planning is essential. The attack point, route choice and direction out of the control must be determined before the control is located. This planning is done one leg in advance.

This technique should not be attempted until mastering the six skills previously mentioned. Occasionally, features are passed while planning and one may lose contact with the map when trying to do too many tasks at once. Planning should be done during sections of easy or no orienteering, as when running along a trail.

To exit a control quickly, the orienteer must already have a route planned to the next control. Simply punch the control card, check orientation of the map, and run off in your pre-determined direction.

STEPS FOR LEARNING 'POINT-TO-POINT'

The coach who wants to teach the point-to-point method to those who aren't ready for the corridor method should consider breaking the method into its components before training each one individually. These components are:

1. Selecting an attack point.
2. Making route choice.
3. Taking compass bearings.
4. Map reading on the run.
5. Attacking the control.

When the orienteer is ready to use all the techniques over a course, the coach should follow the orienteer through the forest and offer feedback. The coach should look for losses in concentration when the orienteer becomes careless, by neglecting to look at the map and only running on the compass bearing. The orienteer will begin to stop and look around and run in the wrong direction off the bearing during concentration lags and when map contact is lost.

Taking of compass bearings occurs after the coach initially sets controls at large features easily seen from a distance. As the orienteer becomes proficient at running on a compass bearing using the map from which to take the bearings, the legs can be lengthened up to one kilometre. Compass running in itself is not orienteering and so the coach should always set the course in mapped terrain. Never send an orienteer into the forest without a map. Compass games are not orienteering, nor are they exciting.

The coach who can learn the techniques of either method will be more capable of understanding them and teaching them to their athletes. Orienteering techniques, however, are impossible to adequately learn from reading articles such as this. The techniques must be practised in different terrains, on different maps and in different weather conditions.

From Pinelands Newsletter, from "Coaching Review"

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▣ SECONDARY SCHOOLS CHAMPS

Teams from 23 schools competed at Self's Farm, Mangere on 1 May in the 11th Auckland Secondary Schools Orienteering Championships. 62 teams took part - 29 girls teams and 33 boys teams.

Times varied considerably, from 109m 23s to 299m 53s in the girls and from 72m 01s to 203m 50s in the boys, clearly showing which schools had experienced orienteers in their teams or had teachers that had spent some time training their pupils.

Placegetters :

GIRLS			BOYS	
1	Waiuku College A	109.23	Kings College	72.01
2	Pukekohe High School A	118.29	Mt Albert Grammar School	79.13
3	Tuakau College	121.35	Edgewater College A	87.23

Fastest Times On Each Course :

1	Sue Snedden (Waiuku)	24.56	Robert Jessop (Mt Albert)	15.35
2	Tania Robinson (Pukekohe)	19.25	Alex Whitaker (Mt Albert)	16.29
3	Rebecca Quinlan (Rosehill)	32.01	Rolf Boswell (Kings)	20.55
4	Gillian Thompson (Waiuku)	29.24	Alistair Landels (Kings)	14.49
5	Lisa Armitage (Tuakau)	25.54	Aidan Boswell (Kings)	18.47
6	Jeni Martin (Rangitoto)	25.59	Dave Coster (Kings)	21.15

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Watch this space for developments