

The AUCKLAND ORIENTEER



MARCH 1993

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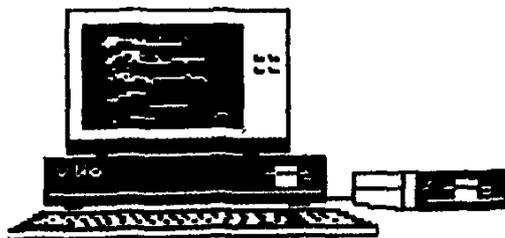
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HILLARY COMMISSION
for sport, fitness and leisure

THE NEW ZEALAND ORIENTEERING
FEDERATION ACKNOWLEDGES THE
SUPPORT OF THE HILLARY
COMMISSION.

EDITORIAL



Hi Everyone,

Well the season is really getting underway now with a lot of events on the calender in the next couple of months. The Summer Series has been very successful again with well over 200 people at a recent event at Western Springs. With the Tuesday events drawing to a close the Autumn Series takes over providing newcomers and regulars alike with a chance to graduate to the forest. For those of you new to the sport and worried about getting lost in the middle of no-where, do not fear! The Autumn events have courses especially designed for the less experienced orienteer as well as children and older competitors, and always have instructors on hand to guide you in the right direction. This year there is a points system running which will add a bit of interest for the more competitive amongst us.

The first multi-day event of the year will be at Easter and the Central Club is organising a 3-day in Woodhill. The course setters promise interesting control sites and minimal climb so it should be something to look forward to!

Don't forget to pre-enter any events that require it. The Masters Games (20 March), Great Day-0 (27 March), and Easter (10-12 April) spring to mind.

Until next time, Happy O-ing,

Marquita Gelderman.

NOTES FOR COPY:

1. Please, no copy in A5 format! I appreciate the good intentions of contributors who obviously painstakingly set out their articles in A5 size but it actually makes life difficult and I usually have to blow it up to A4 again. This has only arisen since I changed printers.

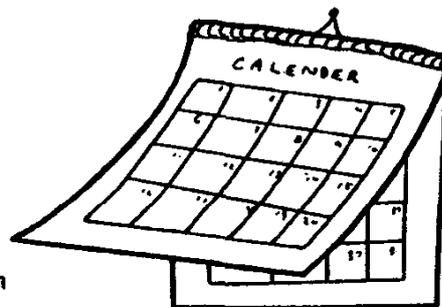
2. The DEADLINE is always printed on page 2 of the previous issue. Please send your articles in BEFORE the date (usually the 20th of the month). Please refer to the previous issue before ringing me up to ask! (usually happens 4-5 days after the relevant date).

EDITORS ADDRESS: 47A Forbes Street
Royal Oak
Auckland

Ph. 634-3676

DEADLINE FOR APRIL ISSUE: 20 March 1993

COMING EVENTS



MARCH

- Tue 2: Domain, Summer Series, 5.00 - 7.00pm
- Thu 4: Hayman Park, evening event. Take Manukau turnoff. Park is behind Plaza, off Davies Ave. 5.00 - 7.00 pm
- Sat 6: All Night Relays, Taupo.
- Tue 9: One Tree Hill, Summer Series, 5.00 - 7.00 pm
- Thu 11: Totara Park, evening event. Take Manurewa turnoff. Starts 5.00 - 7.00 pm.
- Sat 13: Auckland Night Champs CANCELLED.
- Sun 14: Promotional, Temu Road. Signposted from SH16 towards Helensville. Start times 9.00am to 12.30pm.
- Sat 20: Muriwai. Autumn Series 1 and Masters Games. Take SH16 to Waimauku and then turnoff to Muriwai Beach. Signposted from this road. Start times for pre-entered Masters 10.00 - 11.00 am. Others 11.00am to 1.00pm.
- Sun 21: CDOA OY 1, Highland Station.
- Sat 27: Great Day-0, Various Maps. Pre-entry event.

APRIL

- Sun 4: Taurangaruru. Autumn Series 2. From Waiuku, take Awhitu Peninsula Road. Signposted off this road. Starts 10.00am to 12.30pm.
- 10- 12: Easter 3-day, Central Club. Te Heke, Paparoa. Pre-entry event. Entry form in this issue.
- 10- 12: Easter 3-day, Christchurch. Pre-entry event. Entry form in this issue.
- Sun 18: Whites Line, Autumn Series 3. Signposted from SH16 towards Helensville. 10.00am - 12.30pm.
- Sat 24: Training Day, Kawhia. See details in this issue.
- Sun 25: CDOA OY 2, Kawhia. Details in this issue.

- NOTE:** 1. Auckland Night Champs, March 13th, have been CANCELLED.
2. Start times for Autumn Series event, Muriwai March 20th. Those pre-entered in the Masters Games start between 10.00 and 10.30am. Casual entries from 10.30 to 1.00pm. Please note this event is on a Saturday.

NORTH-WEST NEWS



Congratulations and best wishes to Rowena Grenfell and Roger Browne who will be getting married in Auckland this month. Rowena has been in England since last year furthering her studies and Roger joined her at Christmas. They have even done some orienteering in freezing Yorkshire. Lets hope the weather is more pleasant here for their outdoor wedding.

The first club meeting, a barbeque at Ann Fettes, was well attended, and club members are reluctantly emerging from 'holiday mode'. A busy orienteering season lies ahead...

The Autumn Series, previously known as the Colour Coded events, starts this month. It will be great to get back in the forest again. Lets hope the fire-risk improves and does not restrict access to Woodhill.

The new maps for the National Champs are well under way and the planning of the event is beginning in earnest. A small committee of Ann Fettes, Stan Foster, and Lesley Stone (what a high-powered trio!!) has been formed to lay the ground work for the weekend. If you have any suggestions re. social events, accommodation facilities or anything else that could be helpful, please contact one of the above people as soon as possible.

Katie Fettes and Geoff leave this month for their wilderness fishing lodge in British Columbia. Katie is thinking of doing the Scottish 6-day to help sharpen her skills for the World Champs in New York in October. Good luck from all of us.

There are not many people who can claim to have a pedigree cat named in their honour. Peter and Marion Godfrey purchased their Burmese kitten from a cattery entitled Norwest. Apparently it is proper to have the name of the breeding place as the first name of the cat. What else to call her? After rejecting re-entrant and other orienteering terms, the club's leading competitor was chosen and the kitten now bears the name Norwest Lady Catriona. Hope she wins some titles Peter.

Several club members took part in the Masters Games at Wanganui last month. Those to gain places were: Stan Foster M40, Peter Godfrey M55, Laurie Baxter M60 and Judy Martin W55.

Congratulations to Sasha Middleton and Marit Moen on gaining Bursary at the end of the year. Sasha is doing a PE course at Teachers College and Marit starts University this month.

The next two club meetings are: Thursday 4th March at Stone's house, 8 Agathis Ave, Mairangi Bay; and Thursday 1st April at Tait's house, 1/8 White Heron Drive, Massey. Start 7.30pm. All welcome.

Remember-if you know of any North Wester who has done something noticeably wonderful, nuttily wacky or merely newsworthy, then let this newshound know on 478-8224. Its a lonely life sniffing out news!!

SOUTH AUCKLAND GOSSIP

The AGM, preceded by a Pot Luck meal, was held at the Robinsons in February. Elected were;

President	Wayne Aspin (09) 235-1074
Secretary	Rosemary Gatland 267-5087
Treasurer	Roger Hiscock - Box 22309, Otahuhu 278-3955

Subs remain the same (members please note Treasurers address) at Adult \$50.00, Junior \$30.00, Family \$80.00, Non-active social member \$30.00.

Tania Robinson and Daniel Steven are organising two coming events
4 March Hayman's Park. Adjacent to Manukau City Complex.
11 March Totara Park. Manurewa.
Both events run from 5.00 - 7.00 pm.

Congratulations to SAOC members selected for the Australia/New Zealand Challenge; Robbie Wakelin M16
Dave Godfrey M40
Lindsay Shuker M45

And to Robyn Oldfield who has graduated from Otago Medical School and is now doing her intern year at Nelson.

Ex SA member Rod Pilbrow with wife Esther and baby Colin is back in NZ for a spell. They live in South Africa where Rod is a mining engineer.

John Robinson has been awarded the Silva Trophy for 1992. With the amount of work put in over the years particularly with regard to the WOC squad this is a deserved award.

Rolf Boswell surprised a few people by materialising on the doorstep unannounced. Rolf has been in England for the last 6 months serving pizza and had intended to stay for a year or two but changed his mind in favour of doing a masters degree in Auckland.

The club news page is not a 'one-man-band'. Daniel Steven and Daniel Sanders did a good job of putting news together but were frustrated by the lack of support. This page is a means of communication between club members - use it by letting me know what is happening.

Next month's club meeting will be held at Linda Wilson's, 27 Coulthart Tce, Papakura on 1st March, 7.30pm.

Ken Browne, ph 299-8413

AOA NEWS



The AOA held its first meeting for 1993 last month with a good representation from all clubs. The fixtures list for this year will be available soon and the courses and grades for the OY series were discussed. More details later. The maximum entry fees for Auckland events have been held at the same level as the previous two years. They are...

	Financial Club Members	Non-members
Park Events		
Individual	\$ 3.00	\$ 5.00
Family	\$ 9.00	\$12.00
Forest Events		
Kiwi Sport	\$ 4.00	\$ 4.00
Junior U19	\$ 4.00	\$ 6.00
Senior Individual	\$ 5.00	\$ 7.00
Family	\$14.00	\$20.00
OY Events		
Junior U19	\$ 4.00	\$ 6.00
Senior Individual	\$ 6.00	\$ 9.00
Family	\$16.00	\$24.00
Secondary School Champs	\$4.00 per competitor	
Intermediate School Champs	\$3.00 per competitor	

For those of you new to orienteering, perhaps I had better explain what the AOA is and does.

The Association Executive Committee consists of a Chairman, Secretary, Treasurer and up to three delegates from each of the 4 affiliated clubs: Central, North West, South Auckland and Whangarei. The object of the Association is to govern the sport in Auckland through the clubs and the conducting of the major Auckland competitions, specifically the Night Champs, Auckland Champs and Relays, OY series, and the Schools Champs both Secondary and Intermediate. The clubs are rostered to organise these events following guidelines decided by the executive committee and to a certain extent the NZOF Technical Officer (Badge Events). There are many points to consider when setting these guidelines - courses, grades, course lengths, entry fees etc etc. This is why we need to have your ideas and suggestions and why you should attend your club meetings and inform your delegate.

The AOA does not have much in the way of finances or equipment. From time to time clubs are levied to help pay for secretarial expenses or purchases. A number of people have suggested that we should hold some equipment for joint use by all clubs, but looking at the sad state of the communal map printer I can foresee the same thing happening to any gear we hold. The Association has a large number of trophies for both the OY series and the Auckland Champs.

Many orienteers also consider that the AOA should take a more active role in promotion and publicity, and be more visible in the running of the sport. Thank you Dave Rogers for your thoughtful letter in the February Magazine. However, the people who make up the AOA committee are also very hard workers at club level. We cannot overburden the same people. The NZOF and AOA have been appealing for years for orienteers to help on the publicity side of our sport, to no avail. We certainly can't force people to do it. Paying an outside promoter could be an option. Are you willing to accept a large increase in your fees to cover this expense? It's a 'Catch 22' situation. Any ideas? Any volunteers?

Lesley Stone, Chairman.

SITUATION VACANT



AREA REPRESENTATIVE

- * This position will appeal to an individual who is willing to represent the Auckland area at NZOF level.
- * At the recent NZOF Council meeting a remit was passed changing the membership of the Management Committee of the Federation.
- * Each area in New Zealand is to have a delegate, who will liaise with the various clubs in their area, and bring the wishes of those clubs to management meetings.
- * The Management Committee will now consist of: NZOF Chairman Stan Foster, Secretary Les Warren, Treasurer Barrie Foote and area representatives.
- * It is envisaged that each delegate will be required to attend two or three meetings per year.
- * Travel expenses to meetings will be paid.
- * In this way it is hoped to involve the clubs more in the major decisions affecting orienteering in New Zealand.
- * If this position interests you please contact AOA Chairman Lesley Stone. Phone 478.8224

NEW ZEALAND ORIENTEERING FEDERATION

NEWSLETTER



FEBRUARY 1993

CHANGES OF ADDRESS

Central Orienteering Club
Leon McGivern
Secretary
Central Orienteering Club
46 Hope Farm Road
Pakuranga
AUCKLAND

Rotorua Orienteering Club
Gary Farquhar
Secretary
P O Box 7095
Te Ngae
ROTORUA

NZOF DEVELOPMENT SQUAD 1993

The 1993 Development Squad has been announced by the selectors:

Peter	Ambler	NW	Madeline	Barr	HAM
Kristian	Anderson	WAI	Susan	Basire	EG
Ross	Arnold	PAPO	Lucy	Bocock	KH
Anthony	Barr	HAM	Kirstine	Collins	HAM
Richard	Bolt	C	Melissa	Edwards	ROT
Thur	Borren	CUOC	Fiona	Humphrey	RK
Aiden	Boswell	CUOC	Rachel	Kerrison	PINE
Shaun	Collins	HAM	Francis	Rutledge	W
Michael	Croxford	PAPO	Mary	Rutledge	CUOC
David	Farquhar	HAM	Rachel	Shuker	SA
Alex	Hood	NW	Cassie	Trewin	W
Paul	Johnson	PAPO	Antonia	Wood	HV
Neil	Kerrison	PINE			
Robert	Murphy	NW			
Shane	Phillips	SA			
Rob	Pols	C			
Dominic	Teahan	RK			
Chris	Tuffley	PAPO			
Robert	Wakelin	SA			

CLOSING DATES FOR CALENDAR

Application's close for 1995 Badge Events 30 April 1993
Events for 1994 Calendar close 31 August 1993

NEW ZEALAND ORIENTEERING FEDERATION

NEWSLETTER

PAGE 2



OVERSEAS EVENTS

The NZOF Secretary has information of the following events. She also holds a copy of the IOF Calendar for 1993 for those planning trips overseas. (Any requests for the calendar please state specific dates to minimise photocopying).

9-17 April	Perth, Australia	Easter 3 Day. A/NZ Challenge
15-16 May	Cooley Peninsula, Ireland	Irish O Champs
20-23 May	Germany	Thuringer 24 Studen OL
20-13 May	Havolte, Holland	Holland OL 1993 - 4 days
29-31 May	Arlon, Belgium	3 Days in Belgium
29-31 May	Deggendorf, Germany	International 3 Day
3-6 June	Sibbo, Finland	Nordic Orienteering Champs
17-18 June	Latvia	Baltic Phtsicians Open O Champ
25-27 June	Cork, Ireland	Shamrock O-Ringen
6-10 July	Tromso, Norway	Midnight Sun 4 Day
10-16 July	Aarau/Tessin, Switzerland	6 Days Swiss Orienteering
12-17 July	Juva, Finland	Finnish 5 Day
15-17 July	Denmark	Sealand 3 Day
19-23 July	Halland, Sweden	O Ringen
27 Jul - 1 Aug	Kongsberg, Norway	Norwegian O Festival 1993
1-7 August	Scotland	Royal Deeside Scottish 6 Day
19-26 September	NSW, Australia	NSW and Australia Champs ++
8-17 October	New York, USA	O'fest USA '93 (with WOC)

Chrissie Williams

Chrissie Williams
NZOF Secretary

P O Box 18 836
New Brighton
Christchurch
Ph 0-3-388 0798



HILLARY COMMISSION
for sport, fitness and leisure

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

New Zealand Orienteering Federation (Inc.)

NZOF SECONDARY SCHOOL ORIENTEERING COORDINATOR

What?

Following the establishment of the Kiwisport programme, the NZOF wishes to plan a similar campaign in Secondary Schools.

Why?

Kiwisport was developed for Primary School children. What works for them does not suit Secondary School students. Even Intermediates have shown that they feel Kiwisport is "beneath them". And we need to extend kids who have "graduated" from a Kiwisport orienteering programme.

Secondary Schools place more emphasis on competitive sport. There may be too much emphasis on competition, but it is a force we may be able to harness.

We need a plan which includes competitions at local, regional and national level, and coaching for participants, whether they have been through Kiwisport or are new to the sport. Some students will want to go further, via Kiwisport *Leadership programmes* or *Physical Education courses*. And there are *Hillary Commission* initiatives which may be able to help us.

While there are parts of the competitive structure in place, the coaching support is lacking. It is not clear how to provide this from scarce club resources. We haven't got a *system of grades to handle the wide range of ability, from novices through to regular club orienteers*. We don't know whether our objective is more orienteering done, or more club members, so we can't measure progress.

Who Me?

We are looking for someone with a thorough understanding of both orienteering and the secondary school system. We want them to propose answers to the problems above, and to persuade others to carry out the plan. Like the Kiwisport Coordinator, the position comes under the wing of the Coaching Director. There is money for office and travelling expenses from the Coaching budget.

Action

Ask for a copy of the draft job description from Michael Wood. Even if you do not want to do the job yourself, we would be interested in your comments on the job.

**Please make enquiries to
Michael Wood, NZOF Coaching Director
5 Atahu Grove, Lower Hutt
Phone (04) 566 2645
Or to any member of the Management Committee**

LETTERS TO THE EDITOR



Dear Editor,

I have just read Greg Barbour's article "Test Matches" in the latest Mapsport magazine. His thinking borders on sacrilege, definately underarm, and guaranteed controversial. However, I think it is a brilliant and radical approach for the sport to obtain much needed media exposure. I like it!!

From his article;

- a) Emphasis would be 1st on publicity/promotion, and 2nd on orienteering. (Controversial)
- b) A large home terrain advantage would exist...Good! Publicity will be better guaranteed if the home team wins!! (Definately underarm)
- c) The promotional aspects of 'tests' is paramount and should not be lost in 'fairness-of-orienteering' type arguments. (Sacrilege)

The above statements will, I'm sure, upset the purists in the sport. However, if it takes such radical methods to get the sport its desired recognition, then lets try it. Remember the ailing sport of Cricket before Packer came along with his radical ideas.

I think its time we started promoting orienteering as a serious sport and not as an outdoor recreational activity using a map and compass. I find the latter, more often than not, is the general public's perception of orienteering. If the media perceives orienteering as a claytons sport then the sport deserves the coverage it gets.

Why is it that the relatively young sport of Triathalon has reached such a high profile in such a short time? Well apart from good marketing and being spectator and sponsorship friendly, the sport is recognised by both the public and media to be highly competitive and physically demanding for its athletes.

Orienteering could project a similar image of its athletes but doesn't because it is not recognised as a serious sport. Greg indicates in his article that our elite orienteers are World Class athletes and we should be using them to promote and market the sport. I agree, but we need to get the image right first. Highly publicised Test Series between Australia and New Zealand as suggested by Greg may just be the catalyst the sport needs to not only attract media attention but also to shrug off the misconception the media and public has of the sport.

Finally could I suggest APOC/Woodhill 94 be considered as first up test venues which would not only enhance these events but also provide potentially great media publicity prior to NZ holding its first World Cup event scheduled for Easter 1994.

Mike Ashmore.

I read with interest in the February newsletter that orienteering clubs are asked in May to organise events in conjunction with the "Smokefree Kiwi Women in Action" programme which will encourage women to participate. This gives me an opportunity to highlight a barrier to women participating which I believe already exists in our sport. I refer to the issue of the supervision of young children.

Now before our hard worked administrators throw their hands up in horror at the thought that I may be advocating the addition of yet another organisational task to the already formidable job description of an event controller, please read on. I believe there is a reasonably simple solution although it does depend on the tolerance and understanding of fellow orienteers.

This issue came to a head for me at last year's Auckland Short O Champs. You may remember there were two Short O events a fortnight apart in October. Short O's are fun and the chasing start adds variety and tension to an event. But they are a nightmare for couples with young children. We are used to being at events twice as long as most other people while we run end-on and share the supervision of our children, often with a duty thrown in as well. We accept that we have to sort out the situation when we have overlooked requesting split starts at events where start times are pre-allocated. But there is little we can do to avoid a supervision problem at a Short O event.

With this in mind, several families had agreed for the Auckland Short O Champs, to stagger the supervision of the seven young children concerned between our various morning start times hoping that somehow the afternoon would take care of itself. We did plan to arrive early enough to park close to the event centre but the inevitable happened and we found ourselves strung out along the road with the start quite a distance beyond the caravan. Realising the difficulties this would create coordinating the children we decided to approach the controller to ask for a dispensation to park in a free area near the caravan. We soon abandoned that idea when the extent of the ill-feeling became evident (I had followed a car carrying four preschool children along the road and heard first hand the remarks being made by our fellow orienteers). Instead we carried all the gear we needed for the day along the road. Fortunately the weather was kind and the children did not find a reason to return to the car on their own in our absence.

I know there are two sides to every story and that from an organiser's viewpoint it is frustrating to have folk disregarding parking instructions. But if we are talking about barriers to women participating in our sport, the remarks I heard that day showed a lack of tolerance. It is unrealistic to expect that individual families will each find out who the controller of an event is and contact that person to ask for parking to be reserved as I heard suggested. Often you do not know what the parking arrangements will be and whether there will be any flexibility until you arrive at an event.

It is our responsibility to make arrangements for our own children. That is exactly what we were trying to do. Ideally we should get there early enough to ensure a park near the event centre. Ironically it is because of our young children that this is difficult to achieve. It is not a coincidence that often it is the competitors with young families who can be seen running minus gaiters, in borrowed teeshirts or even in their slippers!

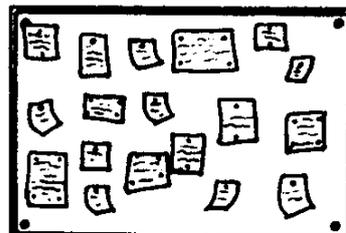
We have a potentially dangerous situation at almost every event with young children wandering in and out amongst cars which are parking, turning, reversing etc. Organising a creche facility is difficult when the number of children who will use it, for how long and what their individual needs will be are all unknowns. A special tent could be erected and not even used. Suitably placed family vehicles will normally provide adequate shelter if the weather is unpleasant.

If a small safe area in the vicinity of the registration area out of the traffic flow were set aside as a matter of course and club members accepted that this was a parking area for families with preschool children, an informal pooling of resources to share the supervision of the children on the day would be a natural outcome. This would involve a small amount of planning for the controller but next to no additional organisation.

Lets be very careful that we do not give mixed messages in our sport. We hear that orienteering is a family sport and that the young folk are the future of the sport. Do we support families to help them provide such future orienteers?

Chris Jager

NOTICES



1993 ANZAC O-WEEKEND

The Hamilton Orienteering Club are offering ALL orienteer s another "O-Package" at Kawhia during Anzac Weekend, April 24 and 25. The programme is;

24 April (Sat) TRAINING DAY by WOC squad.
Start 10.30 am.
Cost \$8.00

24 April (Sat) NIGHT EVENT by WOC squad.
Cost \$5.00

25 April (Sun) CDOA OY 2 (Guess where?)
Start 10.30am to 1.00pm

TRAINING DAY

This is a WOC squad training day and the exercises will be of elite standard but should be well within the grasp of A-grade orienteers. There will be a control picking exercise and a contour-only exercise. So, if you're keen for some good O-training (at your own pace), do make an effort and come along and mix it with the elites.

THE GATE

The gate will be unlocked at 10.30 am and will then be locked again so it is important to be there on time! Meet at the entrance to the forest.

NIGHT EVENT

We thought something different and an extra 'spice' to the weekend would be nice! There will be two courses on offer, one of approx 6.5km, one approx 5.0km and will operate on a master map system. Imagine trying to orienteer in those spaghetti patches at night!!

ACCOMMODATION

Yes, we are able to use Maketu Marae again on the Saturday night for a charge of \$ 8.00 per person. Anyone who is not taking part on Saturday is still most welcome to stay the night before the OY on Sunday.

CDOA OY 2

Although the OYs usually start between 11.00 am and 1.00 pm we may be able to start this one a bit earlier than normal. Watch your newsletters for more about this.

Further enquiries: Les Warren (07) 839-1214

PREPARING ATHLETES FOR COMPETITION

This series of ten seminars will be delivered by prominent health and sports science professionals at the Sports House, 8 Kilham Avenue, Northcote.

The seminars will be held on the following Wednesday evenings, from 6:30pm-8:30pm:

3 March	<i>The Spine, the Nervous System and Human Performance</i>	Dr Don Murray
10 March	<i>Strength and Conditioning</i>	Mark Sutherland
24 March	<i>Producing Power and Speed</i>	Kerry Hill
31 March	<i>Planning for Peak Performance</i>	Kerry Hill
7 April	<i>Stretching, Flexibility and Prevention of Injury</i>	Chris McCullough
14 April	<i>Sports Psychology I</i>	Craig Lewis
21 April	<i>Sports Psychology II</i>	Craig Lewis
28 April	<i>Strapping I - Upper Limbs</i>	Murray Hing
5 May	<i>Strapping II - Lower Limbs</i>	Murray Hing
12 May	<i>Sports Nutrition</i>	Heather Carmichael

Cost : \$10 per seminar.

For further information and enrolment contact *Phil Briars*, Event Manager, Sport North Harbour, ph: 480-1560, fax: 419-0326.

Sport North Harbour appreciates the support of

Exceed Sports Nutritionals

AUCKLAND SECONDARY SCHOOLS COMPETITION

ABOUT THE COMPETITION

GRADES: Junior Forms 3 and 4
 Senior Form 5, 6 and 7
 Novice

There are separate grades for Boys and Girls

POINTS:

In each grade (except Novice) points will be awarded for performance:

1st = 5 points 2nd = 4 points 3rd = 3 points 4th = 2 points

All other finishers, including all Novice finishers, will be awarded one point.

Groups of 2 or more should do Novice Course and count as one person.

HOW TO TAKE PART

Simply turn up to the event and register. For championship events pre entry will be required.

Schools may wish to join a club [cost = \$40]

This provides access to other events, plus other benefits.

CLUB TREASURERS

North West Orienteering Club
Alison Stone
93A Saddleback Rise
Murrays Bay

Central Orienteering Club
Tom Davies
8 Kingsclere Place,
Manukau Central

South Auckland Orienteering Club
Roger Hiscock
P.O. Box 22 309
Otahuhu.

RESULTS

At events, each competitor must fill in a clip card including name, grade (Junior/Senior/Novice/Boy/Girl), school and course. These will go on a separate schools result line.

Results will be faxed to all schools the day following competition.



Any queries ring:

Stan Foster 416 7106 (Home)
 8347033 (Rutherford
 or High)

Lesley Stone 478 8224
(Auckland Orienteering Assn)



PROGRAMME

COMPETITIONS

Tuesday	March 2	Auckland Domain	5 - 7 pm
Tuesday	March 9	One Tree Hill	5 - 7 pm
Sunday	April 4	Waiuku	10 am - 12 noon
Sunday	April 18	Woodhill Forest	10 am - 12 noon
Sunday	May 30	Woodhill Forest	10 am - 12 noon
Sunday	June 20	Woodhill Forest	10 am - 12 noon

AUCKLAND CHAMPIONSHIPS

Tuesday	June 29	Woodhill Forest
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NEW ZEALAND CHAMPIONSHIPS

Saturday/Sunday	July 10/11	Wellington
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CLUB WARM-UP EVENTS

Tuesday	February 2	Selfs Farm, Mangere East	5 - 7 pm
Tuesday	February 9	Auckland Domain	5 - 7 pm
Tuesday	February 16	One Tree Hill	5 - 7 pm
Tuesday	February 23	Western Springs	5 - 7 pm
Sunday	February 28	Ambury Park	10 am - 12.30 pm



SHAPING THE FUTURE

Wellington, May 8-11 1993

This is the major Hillary Commission conference for 1993, supported by the New Zealand Olympic and Commonwealth Games Association.

The conference is a must for anyone (men and women) who would like to:

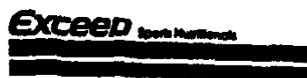
- *Increase participation in their sport by targeting women.*
- *Get more women into decision making positions.*
- *Retain more female players as coaches.*
- *Learn how to market to women.*
- *Have a better understanding of why teenage girls drop out of sport and what can be done to help prevent that.*
- *Develop the skills of female administrators and coaches in sport.*
- *Learn more about the skills necessary to improve media coverage of women's sport.*

These topics and many others will be addressed at the conference.

With 60% of New Zealand women wanting to be more active, and women providing the largest number of new participants to sport, this conference is essential for anyone involved in sport in New Zealand.



For more information contact:
The Hillary Commission,
PO Box 2251, Wellington.



Supported by
EXCEED, ANSETT, LIFESPAN - SMOKEFREE, NEW ZEALAND BEEF AND LAMB

EXPLORER DOUGLAS EXPEDITIONS

Sponsorship Programme for Young New Zealanders

The Hillary Commission has introduced partial sponsorship under its *Explorer Douglas Expeditions* programme for young New Zealanders willing to plan and participate in their own expeditions. The Commission will sponsor a minimum of 30 expeditions through to June 30, 1993 because it believes experiences in the outdoors are exciting and educational and wants to see more young people "step outside" and explore New Zealand.

The Hillary Commission is prepared to consider almost any idea from young New Zealanders so long as the expedition :

- *is in New Zealand.*
- *lasts at least three days.*
- *includes a qualified leader.*
- *does not endanger participants or property.*
- *is well planned.*
- *is well budgeted for with at least 50 per cent of the costs being covered by the applicant group itself.*

Expeditions do not have to be on a grand scale and can be simple excursions in a local environment. The aim is for the individuals to challenge themselves. Applications will be considered at the end of each month.

For further information contact *Mike Barry*, KiwiSport Co-ordinator, Sport North Harbour, ph: 480-1560.



HILLARY COMMISSION
for sport, fitness and leisure

1993 AUTUMN SERIES

The Autumn Series is a series of 6 events beginning on 20/3/93 and are as follows;

20 March	Muriwai
4 April	Taurangaruru
18 April	Whites Line
2 May	Sixteen Mile
30 May	Otakanini
20 June	Whites Line

They will all have 5 courses and will be distinguished as follows;

Course 1; 7km for experienced orienteers only.

Course 2; 4.5 km for experienced orienteers only.

Course 3; 5km for less experienced orienteers. Controls to be placed reasonably close to obvious features and/or with catching features.

Course 4; 3km as for course 3 but with handrails where possible.

Course 5; 1- 1.5 km very easy and catering for the very young and new people.

Please set courses so very few people (if any) DNF or take excessively long times. There should be 2 or more instructors at each event, and it is important that newcomers do not attempt higher than course 4.

There will be a competition to be run throughout the series with the best 4 scores to count, so if you set an event or miss one you can still be competitive.

Scoring will be $\frac{\text{winners time}}{\text{your time}} \times 100$

Max points for one event is 100. Total max is 400.
There will be mens and womens grades.

If you run more than one course on the day only the first one will count for the series. Please indicate "2nd Course" on your control card.

Points will be published in the magazine. You need to be a club member to be eligible for points.

MASTERS GAMES, 20 MARCH

Those running this event will have a 2 minute penalty (if the course is the same as the one they run for future Autumn series) as there will be premarked maps.

All clubs should have copies of the booklet "Welcome to Orienteering" to GIVE to people who are fairly new to the sport. This can save a lot of time for instructors as it has a lot of the basics in it. It should also be given out at OYs and promotional events.

W 100

Mapsport arrived for the latest quarter and we are always pleased to read and digest it. I must be very careful though not to be facetious in this article as I understand the Auckland Mag is D- according to "Coaching News" on pg 5.

From quizzing others I think the most people expect from a magazine is information as to events, short articles especially from our World Squad, news and views from clubs, and fun articles. I think we would have a lot more members if we stopped trying to cater for competition all the time. If we simply could go along for lots of runs and the joy of finding those dinky little flags and clips. Take for example the 5 year old's joy I saw at Wellington when he discovered he'd "Found It" and he ran around the course all morning.

What a glorious day out talking to friends, swapping found and lost stories, meeting the big bad wolf who never smiles and speaks only to U class runners.

As a veteran's veteran I think people who set semi-easy courses keep us on our toes as much as those who theorise and build in all consuming lists which are keeping the Oldies out.

And hail to the ones who go out for fun and let competition take a back seat. I know we all need coaching but does our magazine need to be full of it? Can't we just have a shared laugh over experiences? I love the Auckland Mag and three cheers for those who put it together, voluntarily, and the ones who contribute. Keep it up.

W100

FROM THE ARCHIVES



February/March 1983 were busy months for Auckland orienteers. After two twilight events at Western Springs and One Tree Hill and a promotional event at Rangitoto College, the first OY was held on Matakawau South. Visiting Swiss Christian Toberer won the M21A from Ross Brighthouse and Paul Dalton, and Trish Aspin beat K Rennaud (Switzerland). The M35 course was the same as the M21A and Wayne Aspin's and Barry Shuker's times would have filled 3rd and 4th places.

A trial to select the NZ team at Kaahu-iti saw the Swiss Toberer win again with Max Horisburger 2nd and Leo Holmes (Wellington) in 3rd place. Cathy Hatwell, Trish Aspin and Anitra Dowling were the top women.

There were two promotion events on March 6th - Waiuku College and Ye Olde Woodhill - which split the numbers attending and later another event was transferred from a farm to a park because the property owner found gates had been left open.

Problems continued in the second OY on Puketapu as the W35 and M50 courses had to be re-run a week later after a protest through a master-map error. Rob Garden won the M21A beating Ross Brighthouse by 5 minutes and in the M50 re-run Andy Brewis won after finishing last the previous Sunday.

The final event for March was on the 1973 John Rix/John Gregory edition of Shakespear Reserve, black and white, 1:15,000, with over 100 people turning up.

Ken Browne.

ARMCHAIR 'O'

Sorry about the quality of the map copy last month. Following discussions with the printers things should turn out a bit better this time! Answers on page 29

- Control 1: A hilltop, knoll
East from start, across track, through depression, up ridge onto control.
- Control 2: Between knolls
South to small knoll, 50m to control.
- Control 3: Spur, lower part
SE, through depressions, past knolls into depression then onto control.

Control 4: Ridge, south part
South through large depression, over small hilltops,
through small depression, across track near small
hills. Onto ridge, follow ridge to control.

Control 5: Northern small knoll
West to road, through clearing, onto hill, cross
track. Between ridges onto small ridge behind with
control.

Control 6: Between large and small knoll
ENE over ridge onto track. Through to clearing and
road. Into depression, north to next depression and
onto control.

Control 7: Between small knolls
NW to track, over small hill to control.

Finish Large depression
NNE parallel to road.

Note: Distance between north lines 250 m.



Flexibility, Balance and Focus.

These essential attributes for successful orienteering are often not thought about or worked on. I offer a few exercises for you to try. Regular, thoughtful practice, rather than intense, lengthy one-off sessions, is the key to improvement. I recommend yoga classes

FEET AND ANKLES

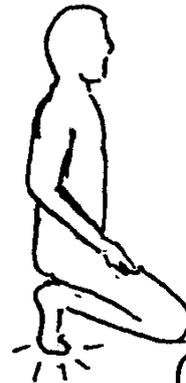
Lie on back. Bend knees, feet on floor. Raise right leg, push heel away, pull toes towards knee. Keeping knee steady, flex the foot the other way. Repeat the foot movement back and forth 3 times. Lower right foot to floor. Repeat cycle with left leg.



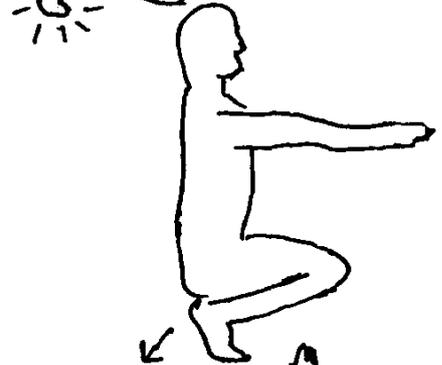
Grasp knees to chest. Circle feet in opposing directions 5 times. Reverse directions, circle 5 times. Rotate both feet in the same direction. Reverse, circle 5 times.



Come to a kneeling position, sit on heels. Let the body weight sink into the feet. Hold for a count of 8.

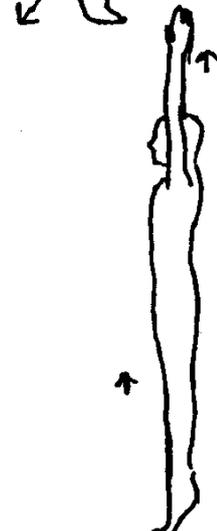


Raise knees off the floor, stretch arms out in front, to come to a squat, heels still in contact with the buttocks. Hold for a count of 8.



Lower heels to floor if you can. Hold balance.

Come to a kneeling position. Place hands behind feet, facing forward. Lean back on hands to raise knees, giving a good stretch along the top of the feet. Release. Repeat a few times.

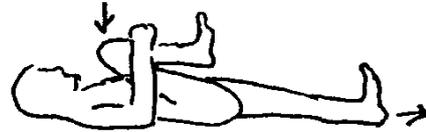


Come to a standing position. Pay attention to the feet. They should be parallel with weight evenly distributed. Stand tall, lifting from the knees, sternum lifted. top of the head pulled up, tail tucked, shoulders relaxed. Come to stand on toes while raising arms sideways to bring palms together above head. Hold. Slowly lower. Repeat.

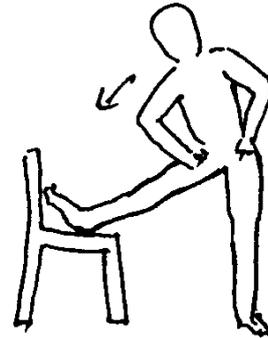
FLEXIBILITY, BALANCE AND FOCUS

LEGS AND GROIN

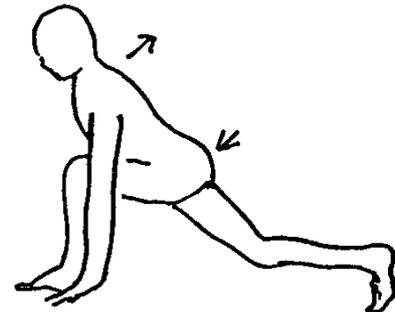
Lie on back, legs straight. Bend right knee and grasp with both hands. Exhale and draw knee into chest while pushing left heel away. Hold for a count of 6. Release and repeat the pull 3 times. Change legs and repeat. Try the exercise standing.



Stand sideways to a chair or table, a small step away. Turn the leg closest to the chair outwards and place the heel on it. Stand tall, shoulders relaxed, hands on hips. Keeping the extension, bend sideways at the hips towards the raised leg. Hold for a count of 6. Return to upright position. Repeat. Change legs. Repeat cycle. As flexibility improves use a higher leg prop.



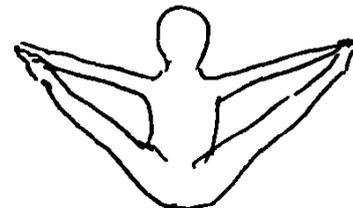
Stand tall with feet together. Bending from the hips and knees, (no strain on the lower back) place hands beside feet and take a big step back to come to a lunge. Front lower leg should be vertical. Bring back knee to the floor, press hips forward, shoulders back. Hold. Bring back foot forward and come to standing position. Repeat taking other foot back.



Kneel, knees wide apart, toes touching, buttocks between feet. Keeping buttocks down, reach forward along floor with trunk and arms. Raise buttocks slightly to allow arms to reach a little further forward. Stretch back with the buttocks. Relax in to the pose. Hold for a count of 15.



Lie on back. Bend knees to chest, grasp big toes. Straighten legs and pull apart, heels pushed away. Hold for a count of 10. Try it from a sitting position, coming to a balance on the buttock bones.



EASTER 3 DAY

includes
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Championships
1993



CHRISTCHURCH APRIL 10-12 1993

Peninsula and Plains Orienteers

ENTRY FEES

	Day 1	Day 2	Day 3	3 days
Senior	\$11	\$11	\$11	\$30
Junior	\$6	\$6	\$6	\$15
Family	\$30	\$30	\$30	\$80

A family is up to two seniors living at the same address and any number of juniors (18 and under) who look to at least one of the seniors as a parent.

ENTRIES CLOSE: 20 MARCH 1993

LATE ENTRIES CLOSE: 28 MARCH 1993

Late entries will only be accepted on payment of an additional 50% of the standard entry fee.

Entries after 28 March will only be accepted at the discretion of the co-ordinator.

QUERIES: phone Claire Mulcock 0-3-384 5116

SOCIAL: There will be a pot luck dinner on the Sunday night. Venue and details to be advised in the programme.

CRECHE: A tent will be provided

ACCOMMODATION

We will not be arranging accommodation. For convenience the northern side of Christchurch is recommended. Two suggestions are:

Meadow Park Holiday Park, Cranford St, Papanui, PO Box 5178, Christchurch; ph 0-3-352-9176; fax 0-3-352 1272; 5km from city centre; camping, cabins, lodge; indoor heated pool.

Spencer Park Holiday Camp, Heyders Rd, Spencerville; ph and fax 0-3-329 8721; adjoining the map for Day 1; camping, cabins, lodge; at the beach.

ADDRESS: _____

PHONE: _____

Special requirements for start times: (please give reasons)

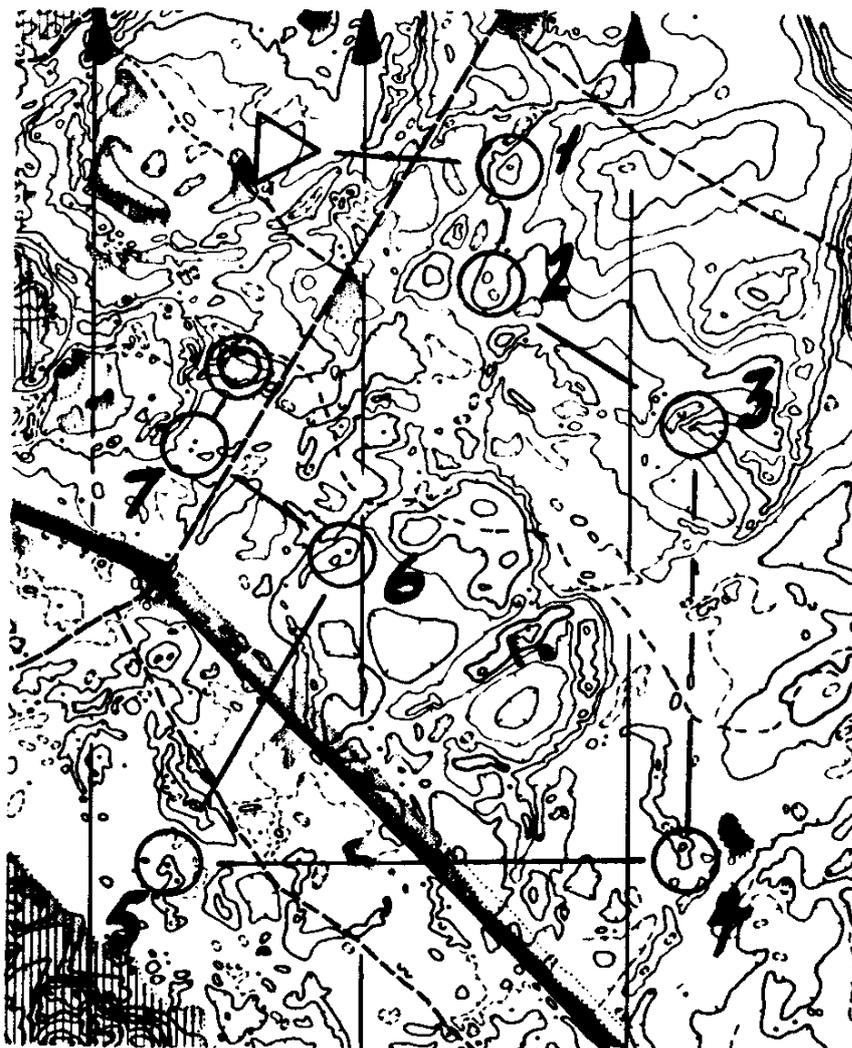
Send entries to:
**EASTER
PAPO
PO Box 824
CHRISTCHURCH**

CALENDER

CALENDER 1993

MAR	4	SA	Park Event	Hayman Park
	6+7		All Night Relays	Taupo
	11	SA	Park Event	Totara Park
	14	C	Promotional	Temu Road
	20	NW	Autumn Series, Masters	Muriwai
	21		Round The Bays	
	21	Rot	CDOA OY 1	Highlands Station
	27	NW	Great Day 0	Various
APR	4	SA	Autumn Series	Taurangaruru
	9-12	C	Easter 3-Day	Te Heke, Paparoa
	9-12	PAPO	Easter 3-Day	Christchurch
	18	NW	Autumn Series	Whites Line
	25		CDOA OY 2	Kawhia
MAY	2	NW	Autumn Series	Sixteen Mile
	9	WOC	Forest Run	
	16	C	OY 1	Kiwitahi-Paehoka
	30	Pine	CDOA OY 3	Mamaku
	30	NW	Autumn Series	Otakanini Topu
JUNE	5-7		Queens Birthday	Wellington
	6	C	Park Event	One Tree Hill
	13	SA	OY 2	Huriwai, Port Waikato
	20	NW	Autumn Series	Whites Line
	20	Taupo	CDOA OY 4	Whakaipo Bay
	29	NW	Auck Sec School Champs	Sixteen Mile
JULY	4	NW	OY 3	Muriwai
	10		NZ Sec School Champs	Wellington
	11	NW	Coaching	Muriwai
	18	C	Park Event	Domain
	18	Rot	CDOA OY 5	Crater Block
AUG	1	SA	Autumn Series	Waiuku Forest
	8	NW	OY 4	Sixteen Mile
	15	C	Park Event	Western Springs
	15	Ham	CDOA OY 6	Patetonga
	29	C	OY 5	Te Heke
SEPT	5	Rot	CDOA Champs	Kaiangaroa
	12	SA	Promotional Event	
	19	WHO	OY 6	Phoebes Lake
	26	NW	Promotional	Karamatura
OCT	3	SA	OY 7	Matakawau
	17	C	AOA Relays	Paparoa
	22-24	NW	National Champs	North Woodhill
	30,31	SA	Auckland Champs	
NOV		C	Auck Primary School Champs	
	13,14		Wellington Champs	
	20,21		South Island Champs	
DEC	30+		APOC	-28-

ANSWERS TO ARMCHAIR-0



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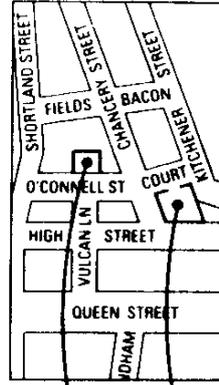
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