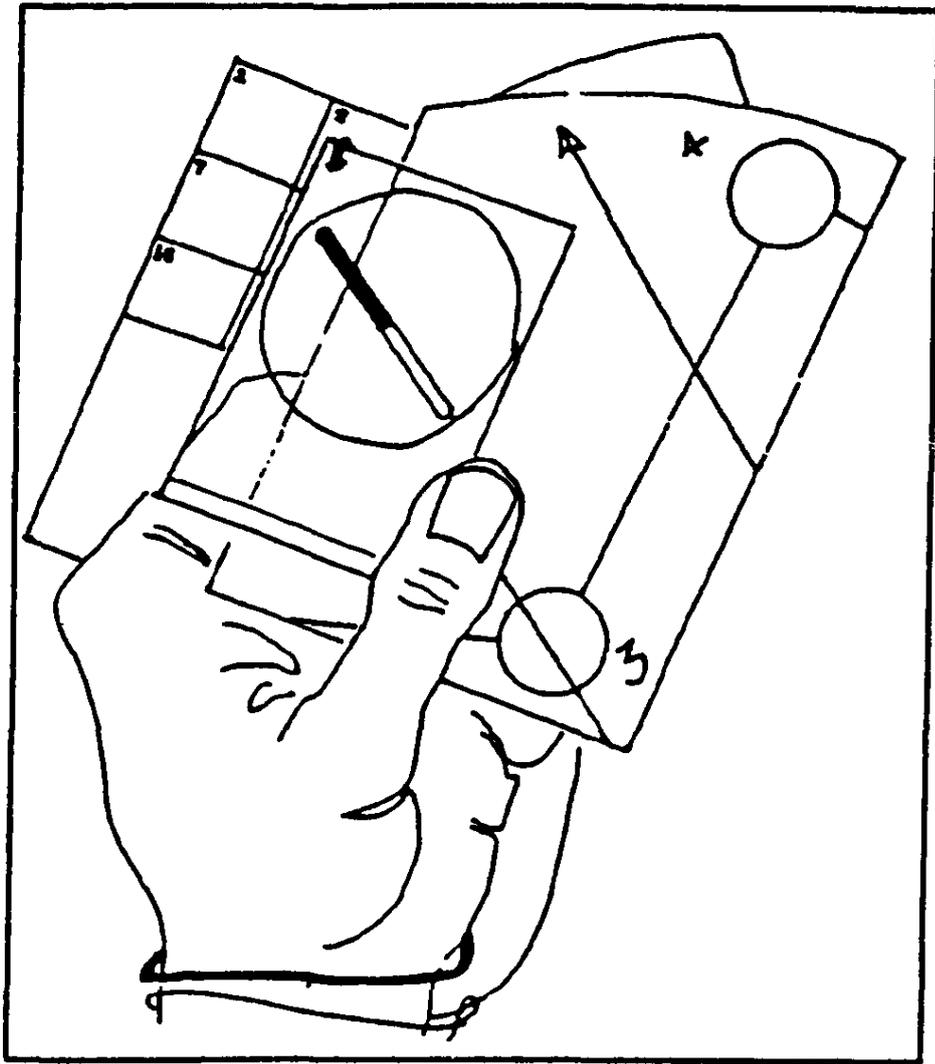


The AUCKLAND ORIENTEER



MARCH 1995

THERE'S NO SUCH THING AS TOO MUCH O

Or is there? Take a look at the 1995 Calendar. It's stuffed with wall-to-wall events, some Sundays offering 3 different events within reasonable driving distance of central Auckland. There's a local event or a major away event almost every weekend. CMOC are offering a long series of promotional events at Waiuku Forest (use up the maps before it gets swept away by the Waikato?). Central are publishing half a dozen new(ish) park/street type maps this year at a "winter" series of events on top of their huge Summer Series. NorthWest are offering masses of Autumn events. Whangarei, Hamilton and other clubs are getting carried away with schools events (most of them extras).

And the keen Auckland orienteer could already have run 20 times by the end of February, with a feast of multi-days down south as well as a Kaweka Challenge and untold promotional events.

Well I reckon it's great. With a cashflow like that my club can afford anything I ask for (sorry Tom and Rod) for new maps. I get much fitter (Training? What's that? I just orienteer.) I guess a company car helps (thanks Clare.) And we have to hit some sort of critical mass sometime when newcomers see a strong programme of quality events, take orienteering more seriously, and our numbers go up.

But there's a potential downside. It has been demonstrated that a Club which concentrates on recruitment gains members; and a Club which concentrates on events loses members. Maybe they get sick of all the hard work. Let's not bite off more than we can chew - limit our commitments to match our resources. It would be terrible to over-reach and chase away our volunteer labour. And let's make sure that we maintain the quality of our orienteering, with good advance information, good maps, soundly organised events, technically correct courses, appropriate ranges of courses, and some follow up for newcomers.

OY GRADES

The NZOF announcement of a colour coding system for grades of technical difficulty prompts a comment about AOA OY grade combinations. All orienteering courses should be designed to a consistent level of technical difficulty, and any forest event should offer 4 levels of technical difficulty, corresponding to

- Red Experienced senior (A)
- Orange Inexperienced senior (B), experienced junior (A)
- Yellow Novice senior (C), inexperienced junior (B), experienced youngster (A)
- White Novice junior (KiwiSport), inexperienced youngster (B)

It is clear that anyone running up a step finds the course too difficult, and anyone running down a step finds it too easy. So why do the AOA OY course combination rules specify that older A grade (Red) orienteers should be on the same course as fit B grade (Orange) runners? And also Bs (Orange) and Cs (Yellow) sharing courses? It's designed, of course, to cut down the number of courses and hence the amount of work. Fair enough, you might think, but the consequence is a significant reduction in the quality of orienteering delivered to some of the runners. And worse than that, the setter doesn't know whether to make a B/C course at B level or at C level or somewhere in between, so the technical difficulty of these courses changes from event to event. We are being asked by NZOF to label all courses with their colour coding. What are we going to call them? Beige? Peach? Apricot? Pink?

Even if we end up with fewer A courses or have to set more courses, let's separate the competition grades properly, and assign them to Red, Orange, Yellow and White. Here's a possible scenario:

	Badge	OY	Forest	Farm/park/street
Red	6 to 9	4	3	usually impossible
Orange	3	2	1	3
Yellow	2	1	1	1
White	1	1	1	1
Total courses	12	8	6	5

CALENDAR

The editor takes no responsibility for the accuracy of the following information which has been collated from many sources. Please call Club Secretaries for final confirmation: (C) Central: Leon McGivern 576 4567 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (NW) NorthWest: Marquita Gelderman 412 8879 (Wh) Whangarei: Dick Rankin 09 434 6499 (H) Hamilton: Jim Barr 07 856 9501 (P) Pinelands: Lyndon Haugh 07 886 9671 (T) Taupo: Kathleen Lonsdale 07 378 0818 (R) Rotorua: Andrew Wilson 07 348 7694 (E) Egmont: Greg Barbour 07 758 6435

MARCH

- Wed 1st H Hamilton Lake, Ruakiwi Road, 17:30-18:30, setter Fiona Humphrey, 3 courses
- C Club Meeting, 19:30, all CentralOC members welcome
NEW VENUE: Davies Residence, 17 Crescent Road, Parnell
- R Tikitere Forest West, Rotorua/Whakatane road, 18:30 ish
- Thu 2nd NW Club meeting, 19:30, all NorthWestOC members welcome
Mead Residence, 10B Patuone Avenue, Devonport
- Sat 4th T **Katoa Po All Night Relays**, Punetekahi, pre-entry, forms with clubs
Details February *AUCKLAND ORIENTEER*, also Regional Junior Challenge 1
- Sun 5th T **CDOA OY1, Taurewa**, National Park, 11:00-13:30, farmland with scattered windrows
Signs on SH47 5km north of Whakapapa turnoff (junction SH47/SH48).
- NW **Long Bay**, club event, all welcome, 10:00-13:00
Setter Michael Hood, controller Ann Fettes, coordinator Bert Chapman
- (Loose) deadline for entries for Whangarei Rogaine 19th March, details in this issue
- Mon 6th CM Club meeting, all Counties-ManukauOC members welcome, 19:30
Robinson residence, 45 East Street, Pukekohe
- Tue 7th C **Summer Series, One Tree Hill**, Observatory, 17:00-19:00, & SSC#2 (Sec Sch Comp)
Last Summer Series event of season, setter Kevin Wilson, controller Leon McGivern
- Wed 8th H Rose Gardens, Cobham Drive, Hamilton, 17:30-18:30, setter David Sinclair, 3 courses
- Sat 11th NZOF **Annual Seminar**, Iwitahi, 25km from Taupo on Napier highway
- Sun 12th NZOF **Annual General Meeting**, Iwitahi, Taupo
- H Four Brothers, signs from Whatawhata on SH23 Hamilton/Raglan Road, 11:00-13:00
Farm, setter Janet Downs, 3 courses
- NW **North Shore Masters' Games, Weiti Forest**, 10:00-12:30, all welcome
Setter Bob Murphy, controller Robert Murphy, coordinator Phil Johansen
Travel north on East Coast Bays Road and look for signs; details in this issue
- Fri 17th C Summer Series Social, all Central Club members welcome, 18:30
Kings' Preparatory School Pavilion, Portland Road, Remuera, details Tom 302 0506

- Sat 18th Squad Training Camp, Kallamey Lake, Te Aroha, invitation only
- 18-19 PAPO Canterbury Championships, Apollo Hill and Godley Head, entries by 24th February
Contact Club Secretaries or Claire Mulcock, 03 384 5116 for information
- Sun 19th H CDOA OY2, Patetonga, on main road to Matamata, SH27 north of Morrinsville
Fast steep forest, 10:30-12:30. Northern Regional League #1 C:NW, CM:E, P&T:R
- CM Totara Park, farm and bush, all welcome, 10:00-12:30, signs SH1 Manurewa, SSC#3
Setter Ken Browne, controller Roger Hiscock, coordinators Doreen & Athol Oldfield
- Wh Rogaine, North River Station, details in this issue, pre-enter by 5th March if possible
Starts 11:00 (3 hours) and 12:00 (2 hours), information David Nevin 09 435 2415
Setter/controller Terry & Grant Conaghan, signs SH1 between Ruakaka and Waipu
- Sun 26th NW Autumn Series 1, Muriwai, 10:00-13:00, 5 courses
Setter Colin Tait, controller Maurice Penney, signs on SH16 at Waimauku
- P Wayne's Farm, SH1 south of Tokoroa, 11:00-13:00
- H Forest Lake, Garnett Ave, Hamilton, 11:00-13:00, 3 courses

APRIL

- 1-2 D Otago Championships, Matarae and Naseby
- Sat 1st NW Waterfalls, Rogaine, pre-start 10:55 and mass start 11:00 for 2 and 1 hour courses
Steep gully/spur pines, setter Mike Beveridge, controller Dave Middleton
Signs on SH1 north of Puhoi
- Sun 2nd R CDOA OY3, Tyger Country, Rotorua, 11:00-13:00, Murupara Road past Kaingaroa
Forest map, Northern Regional League #2 C:E, CM:NW, P&T:H
- Round The Bays Run
- Squad Training Camp, Weiti, invitation only
- 2-4 Aussie 3 day event
- Mon 3rd CM Club meeting, all Counties-ManukauOC members welcome, 19:30
Venue to be advised, probably Snedden residence, Waiuku
- Wed 4th C Club meeting, all CentralOC members welcome, 19:30
Venue to be advised (not Jarvis Trading)
- Thu 6th NW Club meeting, all NorthWestOC members welcome, 19:30
Watson residence, 81 Hepburn Road, Glendene
- Sun 9th NW Autumn Series 2, Kaipara Knolls, 10:00-13:00, 5 courses, SSC#4
Setter Marquita Gelderman, keep driving north from Parakai until you see signs
- Schools Muriwai, schools event, to be confirmed, details Stan Foster 416 7106
- H Kapamahunga/Whatawhata, 11:00-13:00, signs Whatawhata SH23 Hamilton/Raglan
- Wh Mair Park, Whangarei, 11:00-13:00

		NZ National Championships 1995 , pre-entry, details February <i>AUCKLAND ORIENTEER</i>
Fri 14th	CM	Onewhero 1 , new map, Individual Championships, John Robinson / Phyl Snedden
Sat 15th	CM	Huriwai , Day two, Ray Eade / Geoff Pilbrow
Sun 16th	CM	Onewhero 2 , new map, Short-O Championships, Ross Brighthouse / Ian Currie
Mon 17th	CM	Waiuku Forest , Inter-Club Relay Championships, Wayne & Trish Aspin
Sun 23rd	C	Park / streets , new map, possibly Dingle Dell, St. Heliers
Tues 25th	P	Mamaku , 11:00-13:00
28-30	PAPO	Women's Coaching Weekend , Hanmer Springs, Chrissie Williams, 03 388 0798
29-30	Squad	World Championships Trials , lower North Island, invitation only
Sun 30th	CM	Autumn Series 3, Waiuku Forest , 10:00-13:00, signs from Waiuku west of Pukekohe Setter Dave Godfrey, controller Bryce Brighthouse, coordinator Rosemary Gatlund
	H	Schools Churchill Park, schools event, to be confirmed, details Stan Foster 416 7106 Waikato University, 11:00-13:00

MAY-DECEMBER '95

May

7	T	CDOA OY4, NRL#3
	Squad	GIB Woodhill Forest Run
	Wh	Nland Sec Sch Ch, Glenbervie
13-14	Wh	NI Sec Sch Ch, Gurntown
	NZOF	Controllers Clinic, Christchurch
14	H	Pakaroa, near Morrinsville
	NW	Park / Streets, Devonport (?)
	CM	Waiuku Forest promotional
	R	Tui Ridge
14-18	DevSqd	Training Camp, Bulls
21	C	Park / streets, possibly Mt Richmond
26	H	CD Sec Sch Champs, Garlands
28	CM	Autumn Ser 4, Waiuku Forest
29-2		Veterans' World Cup, Russia
June		
3-5	DevSqd	QB 3 Day event, Wairarapa
11	NW	Autumn Ser 5, Ngapuketuruua, SSC#6
	H	Pukekura
18	C	Park / streets, possibly Carrington
Tue 20	CM	Ak Sec Sch Ch, Waiuku Forest
25	CM	Waiuku Forest promotional
July		
2	NW	AOA OY1, Kaipara Knolls, NRL#4
7-8	PAPO	Silva Nat Sec Sch Champs
9	H	Garlands
8-11, 15-23		Canadian O Festival
16	CM	AOA OY2, Onewhero, NRL#5
23	C	Park / streets, possibly Pakuranga
	CM	Waiuku Forest promotional
24-28		O-Ringen, Sweden
30	Wh	AOA OY3
August		

6	NW	Park/streets, Oneoto Domain
12-20		World Champs, Germany
13	C	AOA OY4, Pulpit Rock, NRL#6
	H	Rose Gardens / Sandford
19-28	DevSqd	Trip to Australia
20	CM	Waiuku Forest promotional
26-27	Aussie	A-NZ Challenge, ACT
27	NW	AOA OY5, Pulpit Rock, NRL#7
September		
3	C	Park/streets, possibly Mangere Mountain
	H	Forest Lake
10	C	AOA OY6, Paparoa
17	R	CDOA OY5, NRL#8
24	CM	AOA OY7, Whiriwhiri Maioro, NRL#9
October		
1-2	Aussie	Australian Championships
Sat 7	H	Glenora
8	P	CDOA OY6, NRL#10
14-15	C	Auckland Champs, NRL#11
21-23	Wh/NW	Labour Weekend 3 day, Poutu, NRL#12
29	NW	Auckland Relay Champs, Weiti
November		
4-5		CDOA Championships, NRL#13
7	NW	Auckland Primary Sch Ch, Ambury Park
11	NW	Great Day O, Woodhill (?)
12	H	Sanatorium Hill (?)
14	C	Summer Series
18-19	HB	Smedley Medley
19	E	CDOA OY7, NRL#14
		Tideline Coastal Run, N Shore
21	C	Summer Series
25-26		Wellington Championships
28	C	Summer Series
December		
5	C	Summer Series
10	H	Whatawhata 2
12	C	Summer Series
26-1		APOC'96, Hong Kong

CENTRAL CHATTERBOX

The Young Ones

Warren Young has been awarded his Diploma in Computing from Auckland University. We are confident that his high level of computer literacy will stand him in good stead in the future.

Jamie Munro sat School Certificate English and Mathematics last year as a fourth former. He continues to be one step ahead in all sorts of things. His Maths mark was an impressive 82%.

Paulette Ashmore and Melissa Young passed School Certificate in all their subjects.

Richard Bolt begins at Engineering School this year.

Brett Ashmore started his first permanent job as a graphic designer in November, having been in demand and having the position confirmed before his three year course had been completed.

Stewart Young will be capped with his BE (Electrical) in May of this year.

Course setting competition

We congratulate Richard Bolt on his "best M16A course" and second placing overall in the national course setting competition. But can he achieve a hat-trick of three wins in the Central Summer Series course setting competition against keen local setters and unique judging methods?

The Munro family have set a course of a different kind. They have moved from Blockhouse Bay to their new home in Cleve Road, Green Bay. We are told that it has superb views of the Manukau Harbour.

Roger and Hilary Weeks featured in the Sports section of the Herald with their successes in the Veteran Games rowing events. Congratulations to you both.

Wedding Bells

Orienteering garb was out. Looking debonair and spruced up was in. Congratulations to Tony Reddish and Sharon Rowe who were married on 4th February. The venue was the Colonial Arms (featuring on Western Springs map). Tony has relocated from Blenheim to Whenuapai air base.

Northern Regional League

Central Orienteers travelling to CDOA events are asked to contact Rob Crawford on 837 4544, rather than John Powell as noted last month. Rob also want to hear from anyone going to Katoa Po.

We now own a set of large display boards produced by Judy Martin [TOC] stuffed with colour photos and useful words about orienteering. They are suited to displays in libraries or wherever and are stored with John and Rae Powell.

Summer Series Social

We will celebrate the end of the Summer Series on Friday 17th March 1995 at 18:30. The venue is Kings Preparatory School pavilion, Portland Road, Remuera. Ring the Davies if you need directions. Please bring a salad or dessert for a pot luck dinner. The club will provide meat for the barbecue.

Subscriptions

The fact that you are reading this magazine is probable evidence of your prompt payment. Thank you! If you've had to borrow this *AUCKLAND ORIENTEER*, why not have a word with Clare on 526 0245 about your subscription?

Club Secretary

We are now desperately in need of an official Club Secretary. Can you fill a gap, even if only for a temporary period?

Next Club meeting

All Central Club members are welcome to the next Club meeting, to be held at 19:30 on Wednesday 1st March at a new venue - the Davies Residence, 17 Crescent Road, Parnell (down the right of way on the right at the end of the road.)

CATHERINE HORIDE 376 5937

NORTHWEST NEWSHOUND

The Club welcomes some new faces among the officers this year, as Lesley Stone and Les Paver step down after many years of hard work in their key roles of Club President and Gear Officer.

The Paver family will be able to re-discover their basement minus the several tonnes of maps, flags and gear wagon which Les has tended for longer than most of us can remember.

The 1995 Committee includes:

President	John Watson
Secretary	Marquita Gelderman
Club Captain	Phil Johansen
Treasurer	Alison Stone
Gear Storage	Roel & Di Michels
	14 Awaruku Road, Torbay
Inter-club League	Michael Hood

Michael Hood will organise Club representatives for inter-club events as part of the Northern Regional League.

Kaweka Challenge

NorthWest members competed very successfully in the 1995 Kaweka Challenge, a 2-day mountain running event held in Hawkes Bay on 18-19 February. The event was run in the best weather for years, with views from Ruapehu to the Pacific.

Kirsten Ambler, running with Rolf Boswell [HBOC] won the Mixed Pair category on course 2 (40km).

Lorri O'Brien and Glen Middleton were 2nd Women on course 3 (29km). This was a great achievement, especially as it was Glen's first mountain race, carrying overnight camping gear in rugged terrain.

Martin Girling and friend Simon, just 24 hours off the flight from England, completed course 2. Geoff Mead took 8th place in the Open Male category on course 1 (59km and 3600m climb) and wished he were a couple of years older to just scoop the veteran's category!

Congratulations to ex-members Rowena Grenfell and Roger Browne, whose daughter Kira was born in Lancashire on 18th January.

Next club meeting

We will meet on Thursday 2nd March at 19:30 at the Meads' residence, 10B Patuone Avenue, Devonport; and on Thursday 6th April at the Watson residence, 81 Hepburn Road, Glendene.

LISA MEAD 4454555

COUNTIES- MANUKAU NEWS

The Annual General Meeting produced almost the same committee as in 1994 except that Rosemary Gatland after many years as our Secretary has

resigned. Linda Brighthouse is now filling the position. Wayne Aspin is President, Roger Hiscock Treasurer, and yours truly has been lumbered with the monthly news report.

Subscriptions are unaltered from last year and ARE NOW DUE.

It is all go for the National Championships, Robbie with the maps, Unni into entries and everyone in the club with a job. Se you at Onewhero.

An interesting item from the Herald: Duders Farm is becoming another ARA park, an ideal area for promotional events.

Katie Fettes [NWOC] has made her mark locally in the annual Pukekohe Joggers Half Marathon (ex orienteer Gary Sizemore prominent in organising) with a three minute win over a class field.

Tania Robinson ran in the Auckland Athletic Championships for a good 6th place over 3000m. Jeanine Browne is competing in the weekly Stride and Stroke series at St. Heliers Bay with a best placing of 3rd.

Congratulations to Ineke Currie for passing School C in five subjects and in making the Development Squad. I hear she is also doing some road work.

Next Club meeting

At the Robinson residence, 45 East Street, Pukekohe, 19:30pm on Monday 6th March.

I always welcome news!

KEN BROWNE 299 8413

ARCHIVES

The first OY of 1985 was held on Weiti Station with all winning times in excess of estimation. Almost all finishers on courses 1 and 2 took more than 100 minutes. John Robinson won the 5km M45A grade in 93:00, well ahead of Les Paver in 213 minutes! The hot weather, lack of water and a patch of ficht in the middle of the map accounted for several DNFs and the pines were either too small or had trimmings underfoot.

On 10th March a contingent of South Auckland orienteers travelled by coach to Taranaki for the Huatoki Stream badge event, a team selection trial. The first nine M21Es finished with Gold badge credits, with David Melrose beating Ross Brighthouse and John Rix. Marquita Gelderman, then with HVOC, won W17 and Brett Ashmore won M12. Jeanine Browne and Joanne Cunningham had poor runs, blaming the rat in their tent which ate their

bread and kept them awake all night!

Darren Ashmore M13 must have been in great form for a Selwyn Road promotional event, beating a field of 28 (mostly seniors and veterans) on course 2 (5.3km in 44:00). For those who remember the map, the start was in a pleasant grassy area by a water tank with a picnic atmosphere and a barbecue. Something we don't see much of nowadays, but something which I'm sure would attract people to orienteering.

KEN BROWNE [CMOC]

LETTERS

Dear all,

My family and I would like to thank *all* orienteers for the help, support and comfort shown and given to us over the last year of Tony's illness.

Also to those who attended the funeral and shared with us his final run to the finish.

Thank you one and all.

MARGARET NICHOLLS

DEHYDRATION

On Sunday I went to the Central Club event at Ngapuketuru. Mike set 6 courses, and courses 1, 2 and 3 were technically and physically difficult. I'm reasonably fit for a 55 year old and my confidence is greater than my orienteering ability so I chose course 2 - 5.1km and 19 controls. It wasn't a good choice.

I started off quite well and, although some of the control sites were difficult, I had caught up 6 minutes on Andy by control 5. But it was a hot day and although I drank a little at the drink stations, by control 15 I'd made three or four cockups. From this point onwards things deteriorated quickly.

It took me an hour to get from 16 to 17 and in the end I found it by chance. It was a long way and I made stupid route choices through real tiger country. I became so tired that I couldn't run and I had to sit down frequently when I went uphill. Between 17 and 18 I had to cross several tracks. I came out at an intersection and couldn't work out which one it was. I was so exhausted by this stage that I decided to pull out, but I couldn't work out which track to follow to return to the event centre.

Chris found me lying on the track, turning the map

around and muttering to myself. We were only 300m from the Finish. I had taken 4½ hours, my judgement was severely impaired, I was way past course closure time, and they were thinking about a full-scale search.

I felt shocking, very bad physically. I'm still recovering now, three days later. I realised I wasn't thinking properly but there wasn't much I could do about it. I could make neither head nor tail of the map. I couldn't even find my way home, and I spent a lot of time lying down.

Next time it is hot and difficult, will someone please remind me to choose a shorter course, force myself to drink more and give up earlier?

JOHN EVERETT [COC]

AUSTRALIA-NEW ZEALAND CHALLENGE 1995

Looking forward to an Australian tour? How about these events:

Sunday 20th August

New South Wales Champs, Bungonia, east of Goulburn, Gully/spur, some rock, some green.

Tuesday 22nd August

A-NZ Event 1, Canyonleigh, southwest of Mittagong, fast gully/spur, little rock, no green.

Thursday 24th August

A-NZ Event 2, Canberra

Saturday 26th August

ACT Championships, Canberra

Sunday 27th August

A-NZ Relay Event, Oallen

JILL DALTON [COC]

NZOF RAFFLE

Club Secretaries have received a blurb from NZOF Secretary about a raffle to raise money for NZOF, to be discussed at the AGM. Here I sit, deciding whether to type all of this in, and I've decided to exercise my editorial privilege. I'm not going to, because it's the daftest idea I've heard all year. Reluctantly I have decided to print the copy as is so

that you may make your own decision.

Here's why I don't support the idea:

- If it was for the local primary school I would be open to the idea of buying or selling tickets because it's a good cause with few other ways to earn income. This would be my last description of orienteering, a successful cash-rich sport whose membership is almost entirely fully employed well-educated well-paid professionals who can afford their sport. Why should our friends and neighbours contribute to our sport?
- Those same well-paid professionals aren't going to waste their time selling tickets. I certainly won't. This means that despite all efforts by those who care about it, this campaign is going to have a very bad return.
- We can raise big money just by running a multi-day, with far less work, and we all get to have a good time too. In fact, I propose that we do just that. I'll contribute with what I'm good at: cartography, or computer programming, or writing, not selling raffle tickets.

Please ask your committee to vote against it.

MARK ROBERTS

Are people prepared to do this? It may well be necessary for NZOF but is it necessary for clubs? Are there better ways to raise money?

A general appeal to raise funds for the benefit of O has the same lack of compelling appeal as the government wishing to raise taxes for the benefit of the nation. Fund-raising tied to a specific project might be more likely to get workers on the streets [on the maps? - MR]. Or perhaps the "profit" going to the individuals [the clubs? - MR] who do the work.

JOHN POWELL [COC]

AOA

Results of a recent meeting of the Auckland Orienteering Association:

We need to decide upon a seasonal structure for 1996. Talk to your committee members if you have an opinion. Otherwise we will go with a structure similar to 1995.

Rob Garden (412 8879) is currently reconsidering AOA OY grade combinations and would appreciate your comments.

Someone has deposited \$506.25 into the AOA

bank account and Mervyn wants to know where it came from!

The AOA has resolved to recommend that a 4 minute pre-start period should be offered at Club events for map marking. Map marking is not an orienteering skill! Manpower may limit clubs' ability to offer this.

OY results have often not mentioned distances which Keith Stone (OY Statistician) wishes to have in future.

Rob Garden is pushing for Long B/C grade courses at all events for "harriers".

Next AOA meeting will be Easter Tuesday 18th April 1995. Each club is entitled to three nominated delegates, some clubs are not managing this.

A meeting to discuss the 1996 programme will be organised by Ross Brighthouse for 2nd week of March.

A survey will be conducted to find out whether OY competitors support the tradition of double points for the last OY of the season.

JOHN WATSON

NORTHERN REGIONAL LEAGUE RULES

Listed below are the rules under which the competition commences this year. They are likely to require some changes as the competition progresses and we find what has been omitted and what does not work well.

There are a couple of changes to the January version sent to clubs. This is in response to comments received. The changes clarify meanings and do not alter the substance of the competition.

1. Each club can have one team in the competition. The team members can change from one competition event to another.
2. Each team at a competition event consists of 5 club members who compete in different grades and are A, AShort, ALong or Elite grade in the OY competitions, except where the number of members present at an event is so small that it is not possible to do this.
3. The competition events are drawn from the AOA and CDOA OY series and championships by the competition administrator in association with the

clubs.

4. The number of competition events is chosen so that each team plays each other team at least once throughout the competition. The actual number to be agreed upon by competing clubs, majority decides.
5. The draw for the season, that is, which clubs play each other at which events, is done by the competition administrator, who shall be appointed by the AOA subject to veto by CDOA. The administrator is responsible for the management of the competition in accordance with the competition rules.
6. The team score at an event is the sum of the individual team members scores.
7. An individual's score is their inverse rank position in their grade from a maximum of 10. For example, if John comes first in a grade of fifteen starters then he scores 10. If Jane comes second in a field of six then she scores 5. DNFs are included for determining rank. All DNFs in a grade are last equal.
8. The winning teams at each event get 3 competition points. There is one point for a narrow loss, that is, within 10% of the winning team's total, two points for a drawn game and zero otherwise.
9. The names of club teams are forwarded to the administrator or handed in at the event centre by the first start time on the day of the event. Each club should have a team organiser responsible for this whose name and telephone number are made known to the administrator.
10. The administrator will be at most events to collect the team lists from the event centre and to calculate team points from the results. If the team lists are not collected the controller should arrange for postage of the team lists and a copy of the results to the administrator.
11. The administrator arranges for publication in the NZ Herald of a competition results table showing by team, the number of games played, the number of wins, draws, points for, points against and competition points.
12. The competition rules are decided by a consensus of the AOA and CDOA clubs except that when no consensus has emerged over a period of six months in which case a decision may be made by a majority of the votes cast.
13. Each club shall have a number of votes equivalent to its number of NZOF affiliated members. A club may apportion its votes for and against any motion.

14. Any meeting of club representatives shall be held during the first hour of any competition event. The administrator shall, in the first instance, chair the meeting. A club may call a meeting by giving at least one month's notice in writing to the other clubs of the venue, time and business of the meeting. The normal rules for the operation of public meetings apply.

15. Discussion between and decisions by the clubs about the competition can be by correspondence. In this case the administrator will act as chairman for the purpose of declaring a consensus or returning officer for the casting of votes.

Northern Regional League Event Schedule 1995

Mar 19	CDOA OY2	H	C-NW	CM-E	P/T-R
Apr 2	CDOA OY3	R	C-E	CM-NW	P/T-H
May 7	CDOA OY4	T	C-CM	E-H	NW-R
Jul 2	AOA OY1	NW	C-H	CM-P/T	E-R
Jul 16	AOA OY2	CM	C-R	E-P/T	H-NW
Aug 13	AOA OY4	C	CM-E	H-R	NW-P/T
Aug 27	AOA OY5	NW	C-CM	E-H	P/T-R
Sep 17	CDOA OY5	R	C-P/T	CM-H	E-NW
Sep 24	AOA OY7	CM	C-NW	E-R	H-P/T
Oct 8	CDOA OY6	P	C-E	CM-R	H-NW
Oct 14	AOA Ch Day 1	C	CM-NW	E-P/T	H-R
Oct 21	QB3 Day 1	Wh	C-H	CM-P/T	NW-R
Nov 4	CDOA Ch Day 1	H	C-P/T	CM-R	E-NW
Nov 19	CDOA OY7	E	C-R	CM-H	NW-P/T

Event dates are as currently known and may change.

C=Central, CM=CountiesManukau, E=Egmont, H=Hamilton, NW=NorthWest, P/T=Pinelands/Taupo, R=Rotorua

JOHN POWELL, NRL ADMINISTRATOR

ETCETERA

1995 Calendar

Copies of the AOA 1995 Calendar are now in the hands of Club Secretaries and others around the region, and I have lots to spare, so if you want to do a mailing or a promotion let me know. When they run out, I'm not planning to print any more - you can photocopy more from the ones you have.

MR

North Shore Masters Games

All orienteers are welcome for unofficial runs on the day; this is not a pre-entry event. Starts are 10:00-12:30 on Sunday 12th March. 3 "A" courses (Red) will be offered:

5km M35A,M45A,W35A

3.5km M50A,M55A,W40A,W45A

2.5km M60A,M65A,M70A,W50A,W55A, W60A

A 1.5km KiwiSport (White) course and a 5km Harrier course (Yellow/Orange) will be offered.

Setter is Bob Murphy, Controller Robert Murphy, Co-ordinator Phil Johansen.

Whangarei Schools events

All orienteers are welcome to the two Schools Championships events being held by Whangarei Club in early May. On-the-day entries will be able to run after the official entries.

The Northland Secondary Schools Championships is on Glenberrie on Sunday May 7th.

The North Island Secondary Schools Championships is on Gumtown on May 13th and 14th. Saturday is the Individuals and Sunday the Short-O Champs.

CDOA OY Series

Non-CDOA members must register on the official form available at CDOA OY Registration or send the usual info to Mike Grayburn, 20 Riverview Street, Putaruru. Register before CDOA OY4 in order to gain CDOA OY points. Points will be awarded for your best 4 events.

Promotion

NZOF now has supplies of a magnificent new full colour promotional brochure. Ask your Club Secretary where you can get some to pin up at the library, school, work, wherever.

Katoa Po All Night Relays

"Cars and vans of all shapes and sizes loaded down with team members, O gear and camping equipment soon begin to roll onto the camp site on the map, a map carefully chosen for its suitability for night navigation.

First runners, younger or less experienced orienteers, get away with noisy encouragement just on dusk and complete their runs before torches seem necessary. Old hands may then opt for a quick nap in preparation for a late start, say 11pm or maybe 2am. Terry lights a bonfire. There's lots of toing and froing. Results start to appear on the board. Egmont people, very keen night orienteers with a great record of wins behind them, start to get worried as Counties-Manukau or so-and-so start to threaten their superiority.

By 2am the winners have won, the losers have lost, all but a few are back in camp and in their sleeping bags."

FROM TAUPO OC NEWSLETTER

NZOF Annual Seminar

All affiliated orienteers are invited to attend the New Zealand Orienteering Federation Annual Seminar on Saturday 11th March 1995 and the Annual General Meeting on Sunday 12th March. Both take place at Iwitahi Outdoor Centre, 25km east of Taupo. See elsewhere in this issue for the Seminar programme. Talk to your committee members about club representation.

Good advice

Recommendations for good health and orienteering success:

- Don't train if you feel ill, injured or over-tired.
- Eat good stuff. Chocolate and booze *can* be part of a balanced diet.
- Don't snog people with runny noses.
- Be nice to the selectors.
- Vary your training.
- Plan your training.

FROM BRITISH SQUAD JUNIOR NEWS

AOA OY Grade Structure

Rob Garden, AOA Technical Officer, (412 8879, fax 412 8989) is currently reviewing grade combinations for AOA OYs in the 1995 season and would welcome your opinion. He thinks maybe 8 courses, separating Red / Orange and Orange /

Yellow where possible. Other questions are:

- 5 or 10 year age grades?
- Do we need an M21E course?
- Is 8 courses too many?
- Do we also need a long Yellow (harrier) course?
It seems that not all clubs feel able to offer this course.

Auckland Secondary Schools Association

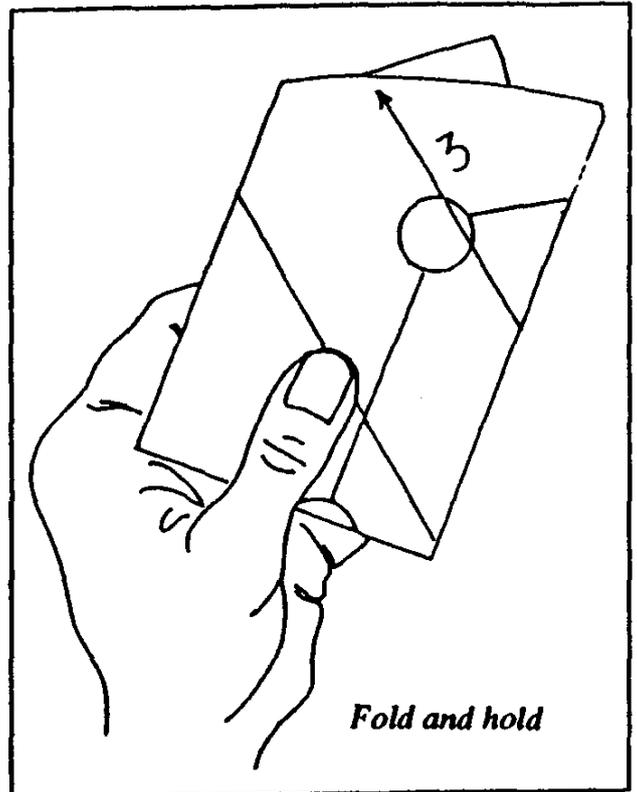
Stan Foster has released details of the events nominated for the 1995 Secondary Schools competition series. They have been marked "SSC" in the Calendar. Because the ASSOA programme has to be decided long before AOA has finalised its programme, some of the dates do not have suitable club events. Stan proposes to run schools events on 9th April at Muriwai and on 30th April at Churchill Park. All orienteers are welcome at these events but must be prepared to wait their turn and may not necessarily find a course suited to them.

GET A GRIP

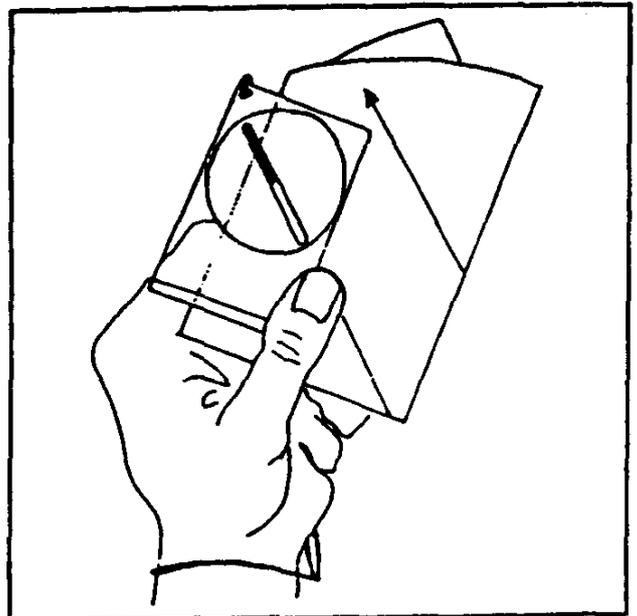
Because this is a map and compass sport, begin with arranging your map and compass so they are always ready to read. Remember that a map is not like a book – it is read from any angle and always in the direction of travel.

Begin by folding the map. The fold should be parallel to the red line, and display a 'corridor' about 500 metres wide so you will not miss information relevant to your route choice.

Carry the map in your left hand. This prepares you for using a thumb compass – 'thumbies' are only made for the left hand. Hold the map so:



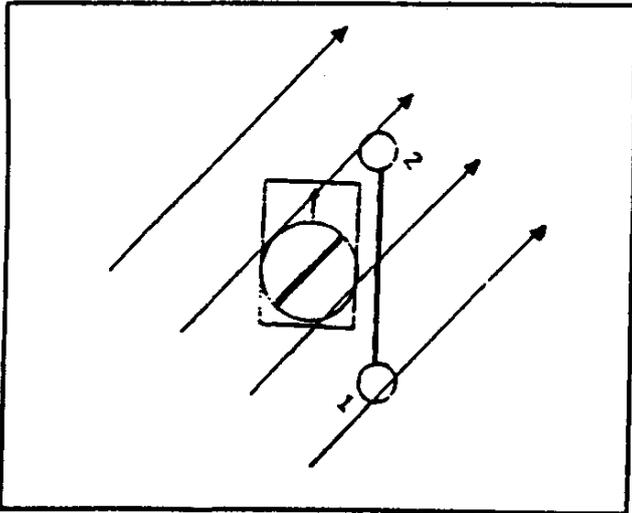
It is now easy to handle, read and thumb.
Now take the compass off your neck and secure it to your map hand. Hold it on your map so:



The compass is held on the map

This way you can read it at a glance without having to stop.

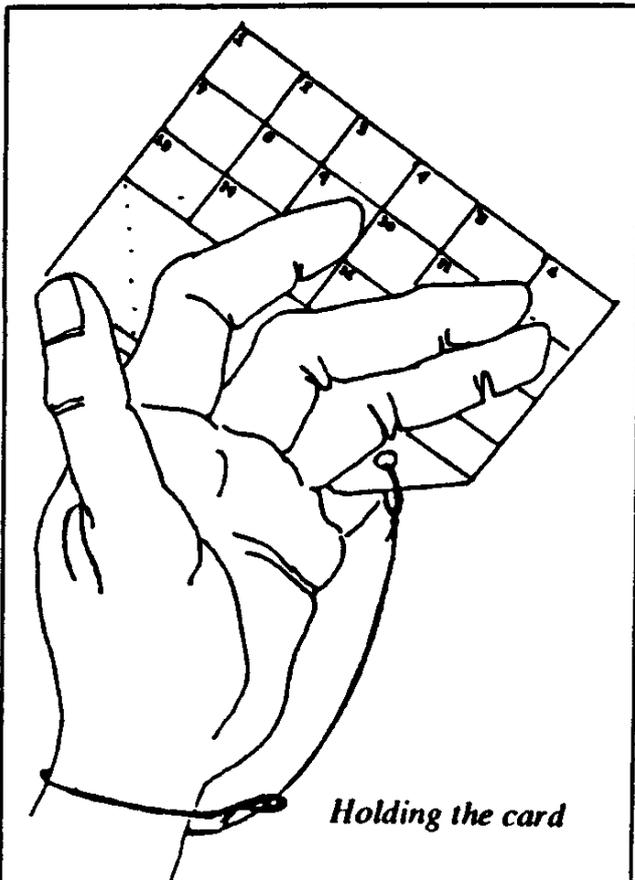
Ninety-nine percent of the time the compass is used to 'run on the needle', that is, the magnetic north lines on the map are kept parallel to the needle so the map is always orientated.



Running on the needle

Now the emphasis falls on reading the map rather than following a bearing. This is the secret of map contact, relating the map to the ground and the ground to the map, continuously.

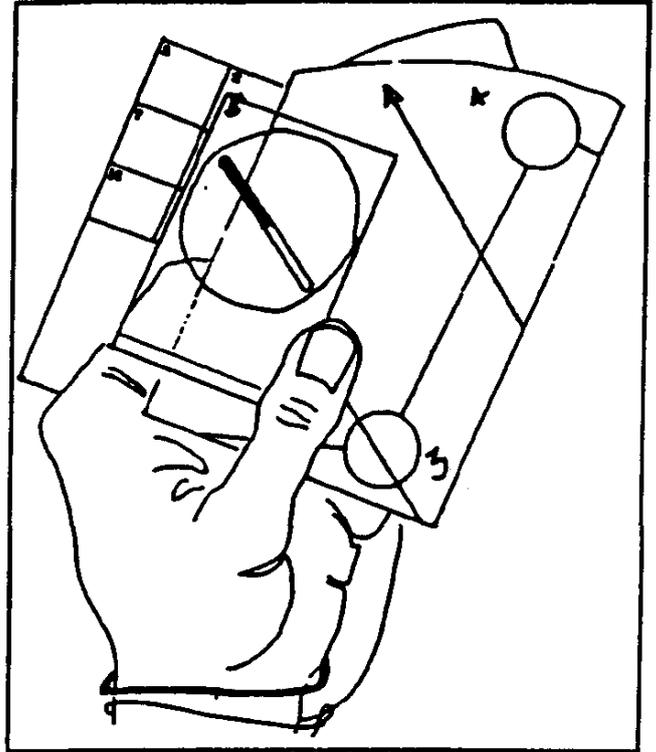
The third item you have to contend with is your control card. Thin cord elastic is the best material I have found for securing the card. Loop it on your map hand and hold the card between your ring and little fingers, so:



Holding the card

You are unlikely to lose it, and it is ready for you to read the descriptions and codes you noted in the boxes, and punch as needed.

Here it is, the orienteer's grip:



The orienteer's grip

This grip has the advantage of leaving you with a free hand.

Practical exercise

Take an old map, your compass and a card, and practise folding, orientating, and holding them as shown. Now go outside and walk about, repeating the exercise at intervals. Refold and reorientate each time you turn so you can quickly and accurately complete the task.

A problem that will crop up is tension in your map arm. Give it a shake and learn to keep it relaxed, or you will get very tired.

On the course you want folding, orientating and holding to be automatic, so you can think about more pressing issues.

DISTANCE, DIRECTION AND DETAILS

At the Veteran's World Cup in Sweden a few years ago I saw Andy Gagarin on the practice map. Always eager to learn from the pros, I asked, "What's your plan for the race?" His reply was along the lines of... "My goal is NOT to be kicking myself all evening because I did something stupid during the race." Sounded like a good plan to me.

In order to avoid kicking, I'd have to avoid mistakes. In order to avoid mistakes I'd have to know the three "D's": DISTANCE, DIRECTION, DETAILS.

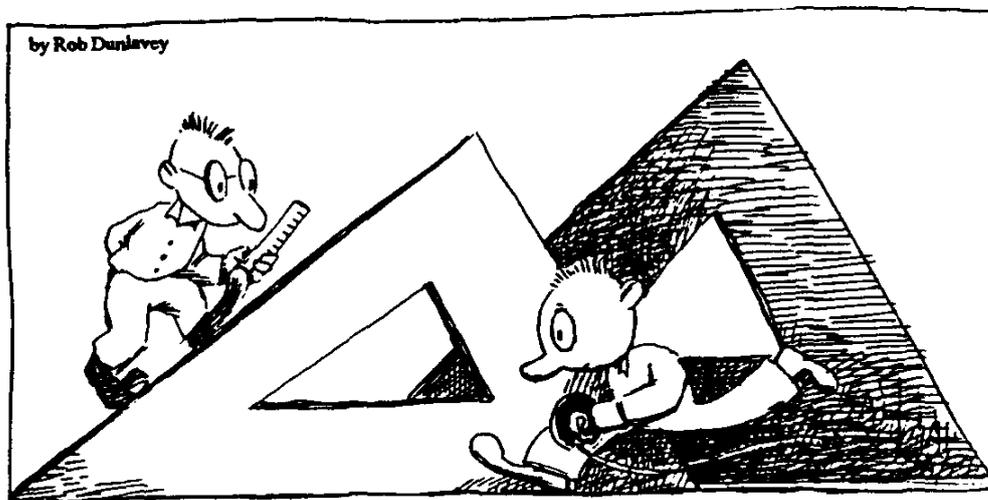
I put DISTANCE first because I am convinced after hearing numerous North American post mortems that MANY, MANY, MANY of the errors made are due to inaccurate judgment of DISTANCE. At the Intercollegiate Championships east of Albany I went over courses with several other Green Y course competitors. I traced each of their errors to DISTANCE. So...how do we remedy this situation? Some people have an inborn, uncanny (to me disgusting and despicable) ability to judge distance.

Me??? No such luck. I pace-count almost every step of every leg of every race.

I hear numerous arguments against pace counting. (Pace counting means the orienteer counts each time the left foot hits the ground—or the right one—not both, the numbers get too high.) The orienteer, of course, has to establish a reference beforehand, e.g., so many paces per 100 meters.

People complain that counting is distracting; counting is hard to do; counting is hard to remember. I say getting misplaced is distracting. Counting is easy (especially if you've have any musical training. In playing the piano, for example, you count the beat of the measure, you use your right hand, you use your left hand, you use the pedal and you look ahead to the upcoming measures). Counting is easy to remember. It keeps you focused on the job at hand. When you count each step your mind does not wander or get distracted easily.

Now, how do you pace count? You do NOT look at a 500 meter leg, and begin counting to 500 meters. You look at the leg and the segment you are about to execute. Perhaps the distance from the start to the hill you'll cross is 100 meters. Fine. Start counting. In 100 meters if you aren't on a hill then you're in TROUBLE. Stop, look around, orient the



map and see the hill. IF you had not pace counted, you wouldn't have a clue as to how far you had gone and you might see any number of hills. Which one is the correct one? Without pace counting you've put yourself in a tricky position. Do you want to kick yourself all evening for making a stupid mistake?

Pace counting throughout the race keeps you in touch with your physical condition. If you're strong the count won't vary too much. If the course is tough, or you're tired the count will increase for each hundred meters. When you measure 100 meters on the map and find that it takes an extra ten steps to get there, alarm bells should go off in your head. You are tired. Perhaps your thinking will be affected. Be alerted, and plan very carefully from here on in.

The pace counting also varies in different terrain. Be aware of your running count, your walking count, your uphill count, your downhill count, your thick stuff count, etc.

Some critics of pace counting say that the orienteer only takes a compass bearing and counts. He doesn't see the terrain at all. This CAN happen. But it doesn't have to.

Pace counting can heighten your awareness of the terrain. This happens each time you set a goal for yourself. For example: In 200 meters I'll see the re-entrant. You commence counting and in 200 meters there's the land feature. If you hadn't made the plan you might have flown by the feature and never had it in your memory bank to draw upon in case you became MISPLACED further down the leg.

How far can you pace count and go on a bearing accurately? Not far. You'll find your own limit by practicing. Most people can manage 100, 200 meters. Some can navigate 300 meters. Beyond that you're talking LUCK.

One visiting coach from Sweden (also a World Championships medalist) said she pace counts at least once in every race. She also said, "By pace counting you greatly reduce the search area. If you know you have to

go 200 meters and you paced 200 meters you are probably within 20 meters of your goal. If you didn't judge the distance accurately then your search area easily doubles if not triples."

Pace counting alerts you to distance problems. For example: I'm going to see a rock wall in 200 meters. But, the wall came up in 275. I instantly know that my bearing was not straight. I have drifted to one side. I can correct this problem.

Pace counting alerts you to an error—before it becomes a BIG one. Let's say you have 200 meters to go to the flag located in a re-entrant. You went 200 meters. The re-entrant is there, but the flag isn't. A lot of orienteers are milling about. You look at the map. You know you have travelled 200 meters—(Obviously not in exactly the correct direction). Look at the map. Scan areas 200 meters from the start of this segment of the leg. Locate the re-entrant you are in. Proceed to the correct re-entrant. You have saved yourself from several minutes of relocating and being misled by the wandering orienteers. A potentially five-minute error is reduced to 20 seconds.

Pace counting helps you become "one" with a new map. You look at the first leg, recognize a small path you'll cross in 75 meters and you start to measure. One hundred meters later you still don't notice the path—you've learned something about this map.

Pace counting—I most certainly have to do it. A few fortunate individuals really can judge distances 100% of the time and not count. But—even though they are NOT pace counting they ARE judging distances. You have to know how far you have gone. Start pace counting now. Don't give excuses. Develop the skill so you can use it flawlessly on every leg. Even though your count won't always be 100% accurate IT Will be more accurate than running with no regard for the distance travelled. So, here's to a post mortem devoid of distance references. Have fun in that next Orienteering meet. ☉

HEY!

ALL YOUSE AUCKLAND ORIENTEERS

**LOOKING FOR SOME GOOD
ORIENTEERING
BEFORE THE NATIONALS?**

**WELL THE HAMILTON CLUB HAS GOT SUMMAT
FOR YOU!**

LOOK HERE:

NO. 1

CDOA OY2 19 March 1995 Patetonga Forest start times from 10.30 am

**Signposted from State Highway 27 at the
Patetonga shop.**

NO. 2

**HAMILTON CLUB EVENT
9 April 1995**

**Kapamahunga (Yes that Kapamahunga!)
start times from 1.00am to 1.00pm**

**Travel on the road to Raglan, signposted
from Whatawhata**

SPOT YA!

ANY QUERIES

07-8549266 (nights)

07-8391254 (days)

ASK FOR TREV!

1995 NZOF Annual Seminar
WORKSHOP PROGRAMME

Date/Venue: Saturday 11 March 1995 at Iwitahi Outdoor Education Centre, Taupo.
 Entry off Taupo-Napier Highway, approx. 25km from Taupo.

NOTE: Session times are only estimates.

- 0700 - 0750hrs **Breakfast** (for those that stayed Friday night)
- 0800 - 0900hrs ***Simplification:*** Learn ways on how to orienteer more smoothly by simplifying the map when competing.
Presenter: Michael Wood; NZOF Coaching Director.
- 0900 - 1000hrs ***OCAD5 Mapping:*** See how this method of mapping is done. After this session of demonstration, we hope to arrange the rest of the days programme to allow for small groups the opportunity to 'have-a-go hands on' chance in operating this method.
Presenter: Mark Roberts.
- 1000 - 1030hrs **Morning Tea.**
- 1030 - 1145hrs ***Club "Initiatives":*** Going out and being proactive - meeting the community demands. What do the customers want!
Presenters: Judy Martin; Promotions Officer & Laurie Baxter; Kiwisport Coordinator.
- 1145 - 1230hrs **Lunch Break**
- 1230 - 1315hrs ***"Visioneering":*** An introduction to the visual requirements of O, including visual activity, binocular vision, colour vision and effects of age. A demonstration of the effects of running on visual activity. A survey of optical aids.
Presenter: Mark McKenna; Optometrist.
- 1315 - 1430hrs ***The Induction Process:*** The key to retaining new members. Cover the essential steps in taking a newcomer to orienteering through to a committed club member.
Presenter: Michael Wood; NZOF Coaching Director.
- 1430 - 1515hrs ***Sponsorship:*** Attracting and retaining sponsors. Ways in approaching prospective sponsors and what should be done in retaining your sponsor.
Presenter: Paul Dalton; Marketing Manager, NZ Post.
- 1515 - 1730hrs **Free Time**
 1730 - 1830hrs **Dinner Time.**
- 1900 - 1945hrs **" Vampire O "**. Sorry; you will find out more on this at the time. Some real fun but please bring a headlamp or torch (there's a hint?).

DISPLAYS.

There will be various displays set-up during the weekend and if anyone or club wishes to take this opportunity to display anything (coming events etc), they will be most welcome. Please let Les Warren know if wishing to set-up a display.

Rogaine 95

The event you've been waiting for! WHO's 1995 Rogaine is on next month, once again organised by Terry and Grant Conaghan. Enter now and enjoy the challenge of a Rogaine.

North River Station Sunday 19th March

VENUE The area is rolling to steep farmed hill country, with pockets of bush, Totaras, limestone outcrops and depressions, disappearing streams, swamps and fantastic views, in the area known as Waipu Caves.

START TIME Three hour event mass start at 11.00am
Two hour event mass start at 12.00



MAP The map is a topographic map of 1:25,000 scale, 20m contours - colour and laminated. Mostly in DOSLI symbols with some added detail.

REGISTRATION You should register by **Sunday 5th of March**. Phone David Nevin on (09) 435-2415. **late entries will be accepted**

COST Only \$15 per entry. Each entry will receive one pre-marked map, one clipcard, barbecue food and refreshments after the event. Additional maps at \$5 each will be available but must be ordered when registering. All maps will be given out 5 minutes before the start.

CLASSES There will be a 2 hour and a 3 hour event. Final classes will be decided after entries have been received but will possibly be Mens/Womens/Mixed - Individuals and Pairs/Groups. As per last year, pairs and groups start together and *must* finish together. This is a score event with controls of varying point values. You decide your route to collect as many points as possible in the time. Time penalties will apply to competitors over time. Competitors finishing under time with the same points will be deemed to be equal.

DIRECTIONS The event will be signposted from SH1 at Mountfield Rd between Ruakaka and Waipu. Alternatively follow AA signs to "Waipu Caves". Allow 45 minutes from Whangarei.

HISTORY *Rogaining developed out of 24 hour walks held by Melbourne University Students in 1947. It is the sport of long distance cross-country navigation with points allocated to controls, the order in which they are visited being entirely up to competitors. A rogaine is usually held over a 12 or 24 hour period with a hash house to provide food and drinks.*

CLUB SUPPORT FOR INCREASING FEDERATION'S INCOME

Your Council in their continual efforts in finding ways to increase the federation's income to support our programmes, please ask you to support a Raffle. The tickets are organised by a professional outlet who has a large variety of sports and groups, selling 100,000 tickets every 3 months. There is no work for us in producing any tickets.

The tickets sell for \$2.00 each and the group or sport selling their allocation, receive \$1.50 per ticket sold. First prize is a Car, with a further 10 TV prizes and 40 Walkman prizes. Whole book buyers go into an extra draw for a prize worth \$2000.00 of travel.

Toyota dealers usually are willing to loan a car if a club wishes to organise a static stand in the main street or a shopping mall. Can sell 200 - 400 tickets in a day with a car at a good site.

The raffle operates every three months and therefore, during each three month cycle, all tickets sold or not sold, must be returned. Each cycle starts January, April, July and October.

What we need to look at is, how many tickets could we all sell? 2000 tickets sold = \$3000.00; 5000 tickets sold = \$7500.00 or 10,000 tickets sold = \$15,000.00!

The Council are happy to discuss a split of the monies from tickets sold - say \$1.00 to NZOF and .50 to clubs or, .75c/.75c split.

OK; many of us don't like raffles! But surely, is it not that onerous to TRY and sell a book (10?) to your mates at work/school/other clubs etc.

So what is required by us/me! This could be administered by a central coordinator who could use say each Council Regional Representative as that region's coordinator. Each Regional Coordinator would distribute the tickets to their clubs, collect all monies of tickets sold and the butts and, collect all unsold tickets. They would then forward all tickets and monies to the National Coordinator.

I know I keep harping on about the federation's income, but I must keep pointing out that, that we - the federation - must do positive things to increase our own funding to have any chance in receiving further funding from other sources such as the Hillary Commission. You will note in the forecasted 1995 Budget - in the Annual Report - that there is a budgeted loss of \$8500.00! 1996 is a bit better off, but still a loss.

So, please offer your support for only a few weeks work in a three month period, and you will find that the federation will be able to help your club and members more. A positive support of tickets your club are able to sell would be appreciated.

Council will be asking for your support to this issue at the 1995 Annual General Meeting. **Les Warren**
NZOF Secretary

Next Issue: April 1995

Send contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax to 263 4794, or call me or my machine at home on 520 5993, or call me at work on 263 4793.

The deadline for contributions for the April AUCKLAND ORIENTEER is Monday 20th March 1995.

Disks please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. I

will, of course, return your disk, but remember to write your name on the label!

If you can't supply on disk, and the article is fairly long, please supply as camera-ready copy, on A4 with a 16mm border all round (265mm x 178mm), and font size at 11 points. Careful! This border is smaller than your WP or typewriter would normally be set up for, and the font size is bigger.

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

Give us your roughs

and we'll sort it all out for you!

**We make you look
good on paper**
... and we have been doing so
for the last 55 years.

Try our team:
Professional & friendly.

Quick, competitive, to the point.
Service, you know...

Again: Try us.
We won't let you down!

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Copying, full colour

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available

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Printed stationery

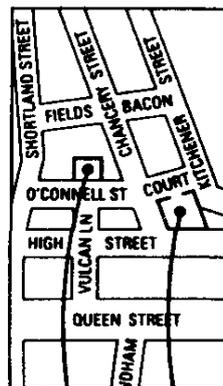
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