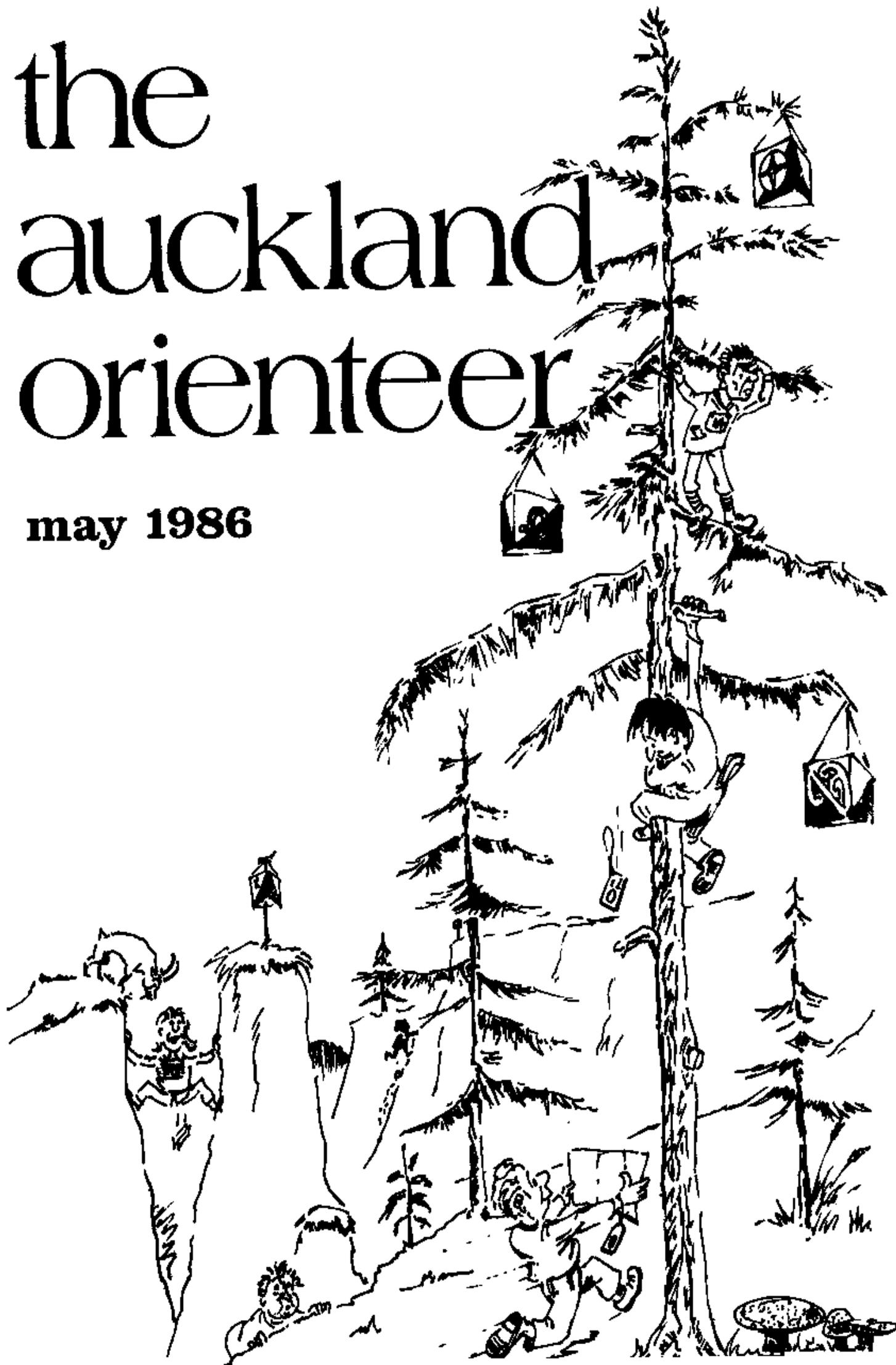


the auckland orienteer

may 1986



IN THIS ISSUE . . .

SPECIAL FEATURES

- | | | | |
|----|---|----|---|
| 6 | Publicity Officer
A vacancy that needs to be filled. | 11 | Claytons 3-Day Event
Details of this Queen's Birthday weekend event. |
| 6 | Relax after the event
A social event during the 7-day | 14 | Special Olympics
A report on this special event. |
| 7 | NZ Team Selection
Application form for NZ team to compete in Australia. | 15 | Club Officers
Major officers for each club. |
| 8 | Junior Training Day
Comments from the last training day for juniors. | 16 | Beginner's Guide - Training
Gerald Vinestock's light-hearted guide for beginners. |
| 9 | Silva Award
This year's award winner. | 19 | ADA Night Champs Results |
| 10 | OY Competition
Details of the calculation of OY points. | 20 | Memories of WOC '85
A report from Yvette Hague of England on the World Champs. |
| | | 22 | Orienteering in Schools
How it is done in Southern England. |

REGULAR FEATURES

- | | | | |
|----|---------------------------------|----|-----------------------------------|
| 3 | Coming Events | 15 | North West News |
| 4 | Letters to the Editor | 16 | Central Chatter |
| 9 | "O" Tips | 21 | WOC Squad News |
| 14 | South Auckland Ramblings | 24 | Programme for rest of year |

----- o o o -----

AUCKLAND ORIENTEERING ASSOCIATION OFFICERS



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

LETTERS TO THE EDITOR

Dear Editor,

Originally I was in complete agreement with Peter Pan (see April issue). That is until Sunday 6 April. I am now joining the Wendy group, hoping to grow wings and fly over the gullies, gulches and caverns of future Ngapuriri's, Weiti's and Awhitu's.

We veterans shrieked loudly and long for a harder course and Bruce Hendrie heard us. So he set the start about 1km up in the mountains, 1km of blistering huff and puff, and no signs to show the way for poor eyesighted ol' me. By then the heart was going compah-pah at a grand rate. Still a lovely downhill run to No 1 and even further downhill to No 2 - too far because of bad map reading. Oh well Bruce, I always go too far - that's me nature. By No 3 I simply lay down in soft kikuyu grass and took a rest in autumn sunshine.

All this climbing ladders and painting houses all summer hadn't prepared me for this. Shall stick to sun-bathing and pasta in future. Got bushed in the bush, and caught in the canyon, slithered into No 4 on seat of my immaculate shorts. By then the old brain had burned out and legs set solid so decided to look at view. What a glorious sight the finish was out there on West Coast - Sunset Beach - probably be sunset before I arrived. Hurtled down the many boulder ridden creek, every boulder a thing of beauty if not a control in sight. To make a long course longer I always manage to overshoot, and staggered into finish, so "Herald" tells the world, at 120 something minutes.

Two days later, still recovering, I long for an oh so quiet stroll in the forest. Yes Lesley, in complete agreement with you, now just add bird watching and a gentle breeze. We veterans may like hard controls but cut out the mountains, think of my poor heart.

W100

(Wendy for short)

Dear Editor,

SOMEONE has dared put it in writing - in essence: parks are for parks people, and forests are for orienteers. I know that if our first orienteering event had been in a park we would never have progressed to a forest. As it was our first event was on Te Marunga! I like farm maps because I can't always read contours in a dark forest especially on a wet day.

At that first event I was told that the compass is the Navigational Aid No 1, and consequently am still struggling with my map reading. (It was a personal triumph this Easter to get the placing I did by pure navigation. My compass was in my pocket all weekend).

While on duty at the Outdoors Exhibition last year the message I received was loud and clear - "The sport looks good: for the family, for health and fitness, but it's so far away. We can't afford that every week". Similar comments from park events. Perhaps some phone numbers of

people who can assist with transport could be included in the information sheet each year.

The competitiveness of the sport puts some people off. I jokingly remarked to a B-grader who does consistently well, that it was time to move up (something I suffered in C and two B grades). The answer - "I don't have the brains to cope with a harder course". Do we all have to end up in an A or E grade? Also, if a person is physically incapable of the distance of A grade but excellent at map reading, does that person have to be unofficial to compete?

I have been lucky and progressed 'normally' so am still in the sport. My failures are mastered by my pig-headedness to try again. Orienteering is like religion - the converted are already in; more can only be enticed by example. Hard-sell tends to put people off.

Sally Pilbrow

Dear Editor,

Where were all the people wanting more social activities for orienteers?

We had a reception lounge booked for a Dine and Dance; about twelve people replied! We had "Fun event orienteering" organised prior to the Night Champs, which also catered for those wanting a training run instead of games; twenty turned up! We that were there all enjoyed ourselves, had excellent food and wine plus great company.

Shame on you people making complaints.

My thanks to Ray Kitchener for trying, and to Phil Brodie and Selwyn Palmer for a great afternoon and night.

I enjoyed it all. Many thanks.

Margaret Nicholls

+ + + + + + + + + + + + +

ADVERTISING

Do you know anybody that would like to advertise in this magazine?

It will help reduce the cost to clubs if some advertising could be sold, preferably on a regular basis. The cost of a half-page advertisement would be \$20.00 per issue or \$200.00 for a year (11 issues).

"The Auckland Orienteer" has a wide readership as it is sent to all orienteering clubs in New Zealand as well as every member in Auckland.

Please contact the Editor on 478-8224 if you can help sell some advertising.

PUBLICITY

The Auckland Orienteering Association (a body made up from the three Auckland clubs) is desperately in need of someone to handle the publicity for orienteering in Auckland. For years now the matter has been raised at meeting after meeting, from time to time various persons are mentioned as possibilities, but nothing definite has been achieved.

Is there someone out there in orienteering-land who would be interested enough to take on the position of Publicity Officer?

I am writing this in the evening of the Weiti Station OY. This was our second OY event for the year, the second in a series of (usually) good quality events with courses for all grades from the elite to beginner. You would think a sport that is supposed to be encouraging new members would advertise such an occasion in the newspaper, wouldn't you? If you looked in Saturday morning's "Herald" you found details of the weekend's sporting fixtures - soccer, golf, judo, league, rallying, squash, yachting, badminton, basketball, billiards, equestrian and hockey, but no orienteering.

The venue for this event had originally been in Woodhill Forest but because of a clash with a car rally the venue had to be moved from there to Weiti Station. This was after the season's programme had already been printed and distributed to many people showing the original venue. The change was notified to club members in "The Auckland Orienteer", but not all orienteers belong to a club.

So not only do we not bother to tell the public about our events, we don't even bother to tell people that have been given the wrong information. Now you know why Auckland orienteering needs a Publicity Officer!

There are other things that need to be done, to spread the word about our sport. Like everything else it just needs someone to do it.

If you are interested in helping out, please contact either of the following A.O.A. officers - Chairman Phil Brodie ph 535-9092, Vice Chairman Bruce Henderson ph 484-979 or Secretaries Judy Martin or Paul Dalton ph 478-3378.

+ + + + + + + + + + + + +

RELAX AFTER THE EVENT

Rickards Thermal Pools at Parakai, Helensville, has been booked for orienteers wishing to relax in a warm pool and dine at the poolside after the Day 2 event of the Milo 7-day event on Sunday 11 May.

Cost will be \$11.00 per adult, probably \$7.00 per child, and will include barbecue and admission to the pools.

We are limited to 150 people so if you are interested please tell Lorri O'Brien on phone 415-8932 as soon as possible.

NEW ZEALAND TEAM SELECTION FOR THE AUSTRALIAN CHALLENGE
IN SEPTEMBER 1986, NEAR ADELAIDE, SOUTH AUSTRALIA

Applications are invited from all Orienteers who would like to represent New Zealand at the above event.

The Australian Challenge has the following grades this year.

| | | | |
|-----|----------|-------|----------|
| Men | Under 17 | Women | Under 17 |
| | 17 - 20 | | 17 - 20 |
| | Open | | Open |
| | 35 + | | 35 + |
| | 40 + | | 40 + |
| | 45 + | | 45 + |
| | 50 + | | 50 + |
| | 55 + | | |

Grades 35 + and over consist of three Team members, other grades have four Team members.

Age is the competitors age at 31st December 1986.

Team members must have 12 months N.Z. residence.

The New Zealand Team will be announced as soon as possible after the Milo 7 Day Event.

APPLICATION FORM - N.Z. TEAM 1986

I am available to compete for New Zealand in South Australia in September 1986 and wish to be considered for the New Zealand Team.

If selected, I agree to comply with any instructions or decisions of the Team Manager or the Team Captain.

Name

Address

Date of Birth Phone no.

Affiliated Club

Grade (If Open Grade - I also wish to be considered for Grade))

I have resided in New Zealand for over twelve months.

Signature Date

Please enclose photocopy of your birth certificate (or appropriate passport page) if you have not previously done so in the last three years.

Return application now (or before the Milo 7 Day Event) to -

Brian Crawford
Convenor of Selectors
8 Totara Street
Taradale
NAPIER

JUNIOR TRAINING DAY

On Sunday, 13 April 1986, 14 dedicated orienteers arrived at Waiuku Forest ready to go orienteering at 10.30am. Just as we started to leave our 15th orienteer joined the group. We then headed off to the Waiuku North map. When we finally got to the right place we all hopped out and did our fabulous Jeni Martin warm-ups.

We were divided into two groups, half with John Rix and half with Phyl Snedden, and then ran for 30-40 minutes doing close contact reading with a map.

Our second event was held further down the map where two courses were set. We were then divided into two groups again, one for each course. Each group was further divided in two, one half was told to run one way and the other half went the other way. This turned out to be quite a fast run.

The results turned out like this:

| Course 1 | | Course 2 | |
|------------------|-------|------------------|-------|
| 1.4km 6 controls | | 1.2km 5 controls | |
| Darren | 13.42 | Matthew | 10.00 |
| Tony M | 16.36 | Tony R | 10.30 |
| Sue | 17.07 | Jeni | 12.45 |
| David | 17.30 | Louise | 13.28 |
| Steven | 17.31 | Alison | 13.36 |
| Chris | 17.37 | John | 14.09 |
| Penny | 23.40 | Keirin | 16.50 |
| Bjorn | DNF | | |

We then headed back for lunch, this lasted for 30 minutes.

Our third event was a map run. We were divided into three groups, John, Trish and Phyl with about five in a group. Each of us had our own map with two controls on it. The instructor would choose a control on a map and the person with that control would have to lead their group to where it was and the others would have to say where it would be marked on their map. Each group went around until all the controls were done and then headed back to the start.

Next was a star relay. We were put into teams of two and this developed into quite an exciting event. The instructor would mark one control at a time and that person would go out, clip the control and then come back and tig his/her partner, who would then have to go and find a different control. We all had six controls each. There was not much between the teams at the end, with Matthew and Steven winning.



Our training day finished at 3.00pm. We would like to thank the instructors John, Trish and Phyl, and also Keith Hatwell for the use of the control sites that he had set for his events that day.

▣ SILVA AWARD

Each year the Silva Award is given to a person who has made an outstanding contribution to the development of orienteering in New Zealand. The inaugural winner was Ralph King (North West Club) and last year it was won by John Davies (Pinelands Club).

For 1986 the award has been made to a person who was -

- a) Chairman of the Auckland Orienteering Association for many years and is it's present Technical Officer.
- b) The main instigator and driving force behind the World Championship Squad from it's inception until this year and is now looking after the Junior Training Squad.
- c) President of the Central Orienteering Club for 3 years.

And for all this time he was one of New Zealand's top orienteers, representing us in World Champs teams in 1981 in Switzerland and 1985 in Australia, as well as umpteen Australia / New Zealand Challenges.

Congratulations John Rix, from all your fellow orienteers.

* * * * *

▣ ORIENTEERING TIPS

WHAT TO DO WHEN YOU HAVE MADE A WRONG ROUTE SELECTION

In good course setting there is more than one good route between two controls. Every competitor has to choose a route in accordance with their navigational knowledge and their own physical capacity.

If the selected route should turn out to be not so good, this usually means a loss of time of only one or two minutes, provided you stick with it.

Substantially more time is lost if you think that you can amend the error by switching from the 'bad' route to the 'good' route. This is the way the WORST possible route choices are devised. Once you have chosen a route you should do your best to render it a 'good' route. Stick with it.

Don't waste mental energy. It is senseless to question, while still running, whether the other route would have been better. In such a situation it is better to now increase the physical effort and thus deprive your head of the energy for pondering!

ORIENTEERING HINT

Choose your route and then STICK TO IT, COME WHAT MAY.

BY COMPETITION

How are the points in the Orienteer-of-the-year competition calculated?

If you have been wondering how the OY Statistician works out how many points to give each competitor, wonder no more. Your Editor has finally tracked down this number-cruncher and persuaded him to share his secret with you all (no mean feat, I may add).

It seems that there are really two lots of points awarded, one lot for placings and another lot for times.

a) Place Points - These are given to the first ten placegetters in each grade; the winner gets 10, second gets 9, third gets 8, and so on, down to tenth place (if there is one) who gets 1 point. That's fairly easy isn't it?

b) Time Points - Once again the winner of each grade gets 10 points, on account of him/her having fastest time. Other points are awarded, based on the difference in time between the winner and the other placegetters according to the following formula:

$$10 - \frac{(CT - WT) \times 40}{WT}$$



where CT = Competitor's Time and WT = Winner's Time. What this really means is that if your time is 2.5% slower than the winner's time, you will get 9 time points, and for every 2.5% of the winner's time that you are slower, you will lose another point. No time points are awarded if the competitor's time exceeds the winner's time by more than 25%.

Take an example: Winner runs 60 minutes, you take 66 minutes. You are 10% slower, 10% is 4 lots of 2.5% so you will drop 4 points, ie get 6 points.

Confused? So am I. Let's use the formula instead of percentages. CT will be 66, WT will be 60 and our equation will look like this:

$$\begin{aligned} \text{Time points} &= 10 - [(66 - 60) \times 40] / 60 \\ &= 10 - 240 / 60 \\ &= 10 - 4 \\ &= 6 \end{aligned}$$

So we were right the first time.

I should add that time points are rounded up to one decimal place.

c) Total Points - These are just the place and time points added together. Obviously the winner of each grade always gets 20 points in total but the others can vary a lot.

If this all seems complicated don't worry. The results are all calculated by a computer to save you the trouble and are displayed at the following OY event. Contact Keith Stone if you want any further information.

CLAYTONS 3-DAY EVENT

Would you believe that at the start of this year there was a long weekend which did not have a multi-day orienteering event? It's true. Just think - no packing of bags, no driving hundreds of kilometres, no strenuous activity for three days in a row, a chance to catch up on the thousand and one jobs that never get done, a normal long weekend!

Before you rush off and decide to get the lawnmower repaired, or wonder whether you should try to weed the garden or just dig the whole lot over and start again, let me assure you it will not happen. It's another one of Murphy's Laws - "For every long weekend there will be a multi-day event."

However there is a difference this time, for on Queens Birthday Weekend, 31 May to 2 June, will be held the Claytons 3-day event; the 3-day event you have when you are not having a 3-day event! There will still be no need to pack bags, no need to drive hundreds of kilometres, no need for strenuous activity, but most importantly, no need to do all those jobs!

The Claytons is designed to be mainly a social event, with each of the Auckland Clubs responsible for one of the three days - North West, Saturday; Central, Sunday; South Auckland, Monday. The maps being used are each of mature forest with good open running.

There will be five courses each day, colour-coded as follows :-

| | |
|--------|---------------|
| Blue | Easy / Novice |
| Green | Easy / Medium |
| Orange | Medium |
| Red | Hard / Short |
| White | Hard / Long |

It will be up to you to select the course you wish to run (depends how hot you think you are).

Organisation will be similar to an OY event, enter on the day and copy your own course from Master Maps.

Spot prizes will be drawn from finisher's race numbers, one per course per day, so make sure you return your number each day.

Entry fees will probably be the same as for OY's each day -

| | |
|--------|--------|
| Senior | \$3.00 |
| Junior | \$2.00 |
| Family | \$8.00 |

However there is a strong body of opinion that favours the recommendations of the A.O.A. Technical Subcommittee on this matter (see following pages).

CLAYTONS 3-DAY EVENT

A.O.A. Technical Subcommittee Report

Following the trend in the Central Districts and Wellington, we are pleased to give full details of the cost structure of the 1986 Clayton's Event.

Step 1

EVENT INFORMATION

For details of course length, number of controls, grades, etc refer to the programme page 99 when/if published.

Step 2

COSTS

Example for
M21E course

| | | | |
|----|--|---------------|--------------|
| a) | Terrain cost : 4c/km or part thereof
(bee line distance) | 10.6km | 44c |
| b) | Hardware cost : 2.5c per control on course | 16 ctls | 40c |
| c) | Software cost : programming time, programmer's
refreshments, floppy disks, daisy wheels, long
johns, etc | 1000.00 | |
| | less subsidy by programmer | <u>996.00</u> | |
| | | 4.00 | |
| | divided between 400 competitors | | 1c |
| d) | Smoker's tax : 60c | non-smoker | - |
| e) | Stock and fence insurance : 30c per competitor
over the age of 16 yrs 3 mths unless in full
time education or on wayfarer course (details
p. 99). For all farmland or forest events with
stock grazing on mapped area. (For up to date
details write: N.Z.F.S, Private Bag, Waikauku) | | 30c |
| f) | Drink stops : 5c each. Maximum allowance 1 cup
per stop. (Abusers will be abused in public) | 2 stops | 10c |
| g) | Manned controls surcharge : 10c each | 2 ctls | 20c |
| h) | Laundry fee, Tyvek numbers : 10c | | 10c |
| i) | Beer for organisers : \$2.00 | | 2.00 |
| j) | Map printing cost : 60c | | 60c |
| k) | Map overprinting ink charge on all courses
greater than 25cm perimeter : 5c | | 5c |
| l) | Toilet paper : 1 sheet (1c) per control | | 15c |
| m) | Overseas photogrammetry levy : 50c | | 50c |
| n) | Overseas fieldworker levy : 50c | | 50c |
| o) | Whingeing, fussy, hard to please M or W 21E
levy : \$1.00 | | <u>1.00</u> |
| | | | <u>65.35</u> |
| | | Step 2 Total | 65.35 |

Step 3

GST LEVY

Use this formula :

(height in metres) x (age - no. tax returns
completed) x (distance travelled to event)
all divided by (no. of club members) x 10 x
(no. of people in your vehicle)

e.g. [(1.8(height) x (40(age) - 20(tax returns)) x
100(km))] / [150(members) x 10 x 4(in car) = 60c

| | |
|----------------------------------|--------|
| | 60c |
| | <hr/> |
| Add Steps 2 and 3 <u>TOTAL A</u> | \$6.95 |
| | <hr/> |

Step 4

DEDUCTIONS

| | | |
|---|----------------|---------------|
| a) DY's set, controlled or co-ordinated @ 10c ea
(maximum claim \$1.00) | 6 | 50c |
| b) Badge events set, controlled or co-ordinated
@ \$1.00 each (maximum claim \$5.00) | 2 | 2.00 |
| c) Years of service as Club President, Secretary
or Treasurer @ \$1.00 per year | 5 | 5.00 |
| d) Marriage disturbance allowance, 20c per year
or part year on club committee | 3 | 60c |
| | <u>TOTAL B</u> | <u>\$8.20</u> |
| | | <hr/> |

Step 5

| | | |
|--------------------|----------------------|-------------|
| CALCULATION OF FEE | <u>TOTAL A</u> | 6.95 |
| | Less <u>TOTAL B</u> | 8.20 |
| | | <hr/> |
| | Total To Pay / Claim | 1.25 |
| | | <hr/> <hr/> |

Send the above details in triplicate with your
cheque / claim to :

"Red Tape",
Private Bag,
Pikes Point,
Auckland 3

(No correspondence will be entered into)

Please indicate on your entry form if you are going to submit
an event protest (\$10 fee).

STH AUCKLAND RAMBLINGS



- * Fieldwork for the revision of Mt Richmond has now begun under the control of Colin Hope.
- * Spied at the recent Central Districts OY at Te Whetu near Tokoroa were Sally, Geoff and Graeme Pilbrow, Bob and Rob Murphy, Margaret Currie and John Burfitt. In a steepish area of 60% runnable pines, only Geoff seemed happy with his result although all agreed it warranted a return visit.
- * Congratulations to Ian Crispe. He ranks 4th in New Zealand for his age group in BMX, after competing in the NZ Championships in Wellington.
- * The secret is out. For power, strength and stamina Ross Brighthouse recommends raw onions as part of your lunchtime sandwiches (the fuel for uncompressed natural gas). So if you are close to 40 and can't keep up with Ross, you now have the remedy.
- * The next South Auckland club meeting is at Jim and Phyl Snedden's in Waiuku (phone 085-59609), on Monday 5 May at 7.45pm. The following one will be at Graham and Marie Fiskens in Pukekohe (phone 085-89709) on Monday 9 June.

S.A. Ferret

* * * * *

SPECIAL OLYMPICS

At the Special Olympic Games held recently at Takapuna Grammar School, Wade and Murray Aspin were among the medal winners in athletics and field events. Both boys performed really well and enjoyed their events.

Trish Aspin, along with other sporting stars Brenda Perry, Sandra Blewitt, Mark Dickson and David Mustard, Auckland's Mayor Dame Cath Tizard and announcer Peter Montgomery presented the medals to the winners.

Wayne Aspin was very busy using a stop watch and sorting out place-getters in some very close finishers.

The Special Olympians motto is -

Let me win
If I cannot
Let me be brave
In the attempt

A motto we could all use!

Further information about the Special Olympics can be obtained by telephoning PUK-87371.

■ NORTH WEST NEWS



- * The North West Club Librarian, Phil Johansen, is still looking for club books and magazines to be returned to him, but he has bought some new books and just received some new magazines too. Any club member may borrow these from the library, just give Phil a ring on 444-4390 or see him at an event.
- * We had an enjoyable social evening on 17 April, thanks to Ann Fettes and Bruce Henderson. Ann gave us all a couple of tests on map-reading from memory, which proved to everyone how much detail there is to read on a map. Bruce showed us the excellent video on the World Championships.
If you would like the club to hold an evening on an aspect of orienteering which would help solve some of your problems or explain something which has you puzzled, please tell Ann Fettes. The club is keen to help where possible. New members should not feel embarrassed to ask questions - it is often the only way you will learn.
- * Don't forget the usual monthly club meeting at Birkdale Primary School on the first Thursday of each month, commencing at 7.30pm. All club members are welcome.

* * * * *

■ CLUB OFFICIALS

CENTRAL:

| | | |
|------------|---|---------------|
| President: | Leon McGivern
46 Hope Farm Rd, Pakuranga | Phone 564-567 |
| Secretary: | Jill Roberts
182 Methuen Rd, Avondale | Phone 884-375 |
| Treasurer: | Eddie Reddish
12 Pooley St, Pakuranga | Phone 569-147 |

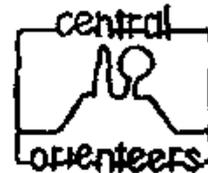
NORTH WEST:

| | | |
|------------|--|----------------|
| President: | Bruce Henderson
1/57 Stanaway St, Northcote | Phone 484-979 |
| Secretary: | Paul Kearney
105 Moire Rd, Massey | Phone WEI-7111 |
| Treasurer: | Warwick McLisky
19 Cliff Rd, Torbay | Phone 403-9351 |

SOUTH AUCKLAND:

| | | |
|------------|---|-----------------|
| President: | Wayne Aspin
Hatton Rd, R D 4, Waiuku | Phone WKU-31074 |
| Secretary: | Bev Laurent
Smiths Rd, R D 2, Waiuku | Phone WKU-58939 |
| Treasurer: | Bruce Hendrie
2/23 Hayr Rd, Mt Roskill | Phone 654-983 |

☐ CENTRAL CHATTER



- * A great big welcome is extended to the following new members -
John Cooper, Kathryn Gaffin, Marlene Burnett, Scott Bohle, Michael Wilson, Shane Billett, Richard Whitelaw and Bruce Horide.
And now a plea to new members; please do not be afraid to make yourselves known to the other members of our club, particularly at events run by the Central Club (when you should have a pretty good idea as to which club the officials belong). Ours is very much an individual sport and all events are contested by members from other clubs as well as our own. It is very difficult to know whether a new face is one of 'ours' or one of 'theirs'.
If you have difficulty in obtaining transport to an event please contact Eddie Reddish, ph 569-147, to be put in touch with someone who lives in your area.
- * Club membership is now 141 financial members with a few subs still to come in. It is interesting to note that this membership comes from just 74 families. We really could do with a wider base than this so come on everyone, drag your neighbours, relatives, work-mates and friends along to the next event and introduce them to this great sport.
- * The next Central Club meeting will be held at Mike Bradbury's, 6 Evesham Avenue, Glendowie on Monday 26 May at 7.30pm.
- * We now have 50 new light-weight control-standards as the result of a recent working-bee.

* * * * *

☐ A BEGINNER'S GUIDE - TRAINING

Excerpts from "Circular Orienteering"
by Gerald Vinestock

The sad thing about you (and me) as orienteers is that we keep hoping a miracle will happen: one day we'll pick up our orienteering equipment and a spirit will appear and say, "Hail, oh Master, I am the genie of the compass and you'll never take a wrong bearing again."

I know it won't happen to you, but suppose it did and you weren't fit enough to take advantage of running direct to every control? As you wheeze through the undergrowth you'll wish you had trained, so join me and read on.

First, you've got to be sure your training is the right sort. There are two ways in which you can ensure peak preparedness for the genie - one is intellectual training and the other physical.

We shall start with the mind, and that does not require an analysis of the relative attractiveness of Plato and Hobbes, but a simple armchair, which need not even be on castors.

Sit down with a map - preferably of an area you have forgotten. This is much harder for people like you and me, than it is for Peck (a Pommie version of Ross Brighthouse). He runs in a straight line eyes glued to map and compass and terrain. We have to cover the whole forest so that by a process of elimination we must find all the controls eventually. His time in the woods probably extends to little over an hour; we're often out for three hours. But, as I do when orienteering, I digress. Look at the map and decide how you would travel between any two points chosen at random. You have plenty of time to count the contours, work out how much fight you will have to traverse and all without even tying a shoe-lace. Go firmly for the risky direct route: plunge through the marsh, across the area of multiple depressions, of course you will know where you are when you hit that path; never mind the seasonal brambles, your armchair will protect you; go straight to the veg. boundary and follow it to the small depression, then attack from there. Well done! A good leg. But wait. Have you decided how you are going to leave the control?

If you are puzzled at this point, think back to your last event. Do you remember that after you had stamped the control card you stood in that depression, like a beacon for all approaching orienteers? You had to wait, of course, while you found out again where you were on the map. Then you twiddled the whole thing round in circles to allow for the fact that you had meant to come in from the south, but overshot and finally fell into the hole from a vaguely westerly direction. You then had to get your compass on to the map and work out the direction to the next control. You took one step and then you remembered your map-twiddling and wondered if you'd had the N on your compass pointing to North on the map, so you started all over again just in case and then set off rather nervously along a bearing towards a runner just disappearing over the horizon. And while you stood there what was happening? Eight or more orienteers visited your depression. Some were just being sociable, incompetents like you, desperately hoping that this control was on their course; when they found out it wasn't they shambled off bleating feebly to themselves. But some came bursting through the foliage, leaping down alongside you, like Hamlet into Ophelia's grave, stamping their control cards with scarcely a pause and disappearing into the distance while you gazed astounded and admiring, not even having time to make your jolly joke about pits in the Depression. They knew, before they reached the control, where they were going to go when they left it. So you in your armchair must decide where you will go too. This will totally change your attitude to orienteering. Now you will see an event as a single run punctuated with brief pauses at controls, instead of fourteen or fifteen quite separate excursions with halts at the end of each one to recapture your breath. You are nearly into the big time already.

Now this presents a problem. No rests at controls means you've got to go firmly for increased fitness and that means less beer, fewer cigarettes and more running - starting today.

To prepare for training is simple: first you've got to look right, so clean your shoes, wash your track-suit - wives and families can be very useful for this sort of thing in well-regulated households - put on a clean t-shirt, your natty short pants and your track-suit, which should by now be dry. Opinion varies as to whether you ought to wear your track-suit inside or outside your stockings. My own experience is that ribald comment from those I meet while running is much more frequent when my stockings are outside my trousers. On the other hand, the comments would be a lot more ribald if my track-suit fell down round my knees, as it threatens to do when the legs become wet and heavy after a canter through soaking bracken or even damp grass. I prefer to keep my hands free for fighting off marauding dogs and ferocious brambles, so it's stockings outside for me. Brush your hair, breathe deeply, and walk slowly to some suitably remote spot.

The turning point in your life has now come. Far more important than that stumbling proposal to the girl of your choice and much more life-changing than your decision as to whether to accept promotion and go to the Mozambique branch - where, dammit, there's no orienteering - is the choice you have to make now.

You can either start gently trotting through the woods, first to loosen up and then to tone up your flabby muscles, or you can be devious and set off at a furious sprint, knowing full well you will pull a muscle and have to abandon training for at least a month. The choice rests with you, and only He Who Never Takes a Wrong Bearing will ever know. Be sure of one thing, however, if you take that first faltering step to fitness you will be faced daily with a battle of will - to train or not to train? Comfortable telly-viewing by the fire, or out into the rain lashing horizontally through the woods?

Not a difficult choice you think? Wrench a muscle right now and go back to a hot bath and sympathetic massage. Just wait, though. The great thing about the days when the weather is awful is that you'll be alone out in those woods as you train. You'll see some deer; there may be a fox trotting along the path ahead of you. You'll see the odd woodcock, terrify yourself when you put up a pheasant at your feet. You'll be out in the silence of a frosty dawn when it seems almost sacrilege to break the silence of the forest. It will be difficult to put a value on that moment when you touch the trig point as the gale threatens to blow you off the summit and you realise that for the first time you've managed to run all the way to the top of the hill.

There's your dilemma then. If you choose to train I can't promise that you'll be a better orienteer: like me, you'll probably just run in circles faster. The real joy of orienteering, however, is that it will take you to the most beautiful of places and give you pleasures to stir the soul as well as the body.

[I know you will all be feeling inspired now, but before you rush out and follow Gerald's advice, a word of warning. If you do wrench a muscle don't 'go back to a hot bath and massage'; the correct treatment is I.C.E. - that is, Ice, Compression and Elevation. More about that another time. Editor]

■ AUCKLAND NIGHT CHAMPS PLACINGS

| | | | | | |
|-------------|------------------------------------|----|------------|------------------|----|
| W12 | | | M13 | | |
| 1 | Donna Cooper | NW | 1 | Brett Ashmore | C |
| 2 | Brenda Stone | NW | 2 | Robert Murphy | SA |
| | | | 3 | Damien Reddish | C |
| W15 | | | M15 | | |
| 1 | Alison Stone | NW | 1 | Darren Ashmore | C |
| W17 | | | M17 | | |
| 1 | Jill Clendon | C | 1 | Philip Dalton | SA |
| W19 | | | M21 | | |
| 1 | Kirstin Nicholls | C | 1 | Ross Brighthouse | SA |
| W35 | | | M21 | | |
| 1 | Rosemary Brodie &
Robyn Reddish | C | 2 | Wayne Aspin | SA |
| | | | 3 | Norman Jagger | C |
| W40+ | | | M35 | | |
| 1 | Phyl Aspin | SA | 1 | Selwyn Palmer | C |
| 2 | Jill Dalton | SA | 2 | Bruce Henderson | NW |
| 3 | Bev Laurent | SA | 3 | Phil Brodie | C |
| M45+ | | | M40 | | |
| 1 | Tony Nicholls | C | 1 | John Gregory | C |
| 2 | Terry Nuthall | C | 2 | Eddie Reddish | C |
| 3 | Bob Murphy | SA | 3 | Bas Cuthbert | NW |

What happened to the report I was supposed to receive on the afternoon's fun events?

The Editor



MEMORIES FROM WOC '85



WOMEN'S INDIVIDUAL RACE by Yvette Hague
From British Squad newsletter

The day was just right - not too cold, not too hot - that is when it finally got light, after I'd had breakfast and done countless other important "morning of the race" things - like wake up and get on the coach. Kept on going back to sleep on the coach despite telling myself "this is the World Champs" about a thousand times, to try to make myself concentrate.

The start area seemed just like a small local event with the added extra of at least twenty extremely nervous team coaches! I finally managed to concentrate and get "in the mood" to GO FOR IT, so that by the time I left (rolled over) the start line some kind person took a picture of me looking extremely nervous.

I got to the first control pretty quick - "Oh my God, am I here already? Oh no, that's a men's control, tho' I've no idea which one of these thousands of re-entrants it's in." So I just kept on my bearing to a larger re-entrant which led into the right first control. Leaving it, I looked up and saw four eyes staring at me - jumped 10 ft, then realised it was just two bodyless - camouflaged - people freezing to death, manning a control. That was a relief, but then became conscious that other people knew how slowly I was going so I speeded up a bit - but I soon forgot about that and slowly found Nos 2 and 3 with no problem - fine map reading round large rocks. Most of the rest of the course was just the same. It was great to be able to run - sorry, stumble - over and round the rocks and see the control just where I thought it was supposed to be.

It wasn't all like that though. Came into No 4 the wrong way 'cos I'd slightly overshoot it. Felt a bit stupid 'cos the people at the control could tell I'd made a mistake - soon forgot about them tho' when I saw a Japanese girl about 200m away from the control going back towards it!

When I got close to No 7 I looked up and saw half the population of Australia (well, a few people anyway) watching from the top of a rock. So I made sure I knew exactly where the control was before running down the hill and having to stand "scratching my head" to add to the entertainment value. Instead, I found it (no, not my head, the control) and then made sure I didn't run past my captive audience on the way out - that was successful - found a few more controls, carried on past a couple of rocks, or maybe it was three, then again, it could've been 10 million. Yes, that's more like it.

Coming into the 10th control, carefully ran around another rock and ... PANIC ... no control ... CALM DOWN ... HOW? Then I remembered a feature I'd just seen, found it on the map, worked out where I was and ran off to find the control, "Ah well it's not here, it must be down there then, oh excellent! - there are two bodies (that was the only time I saw them before the control - I think that's a good sign), and there's the BEAUTIFUL control!

"No worries" until I'd finished now. Or so I thought I had - I'd still got another two hours to go - sitting in the dope tent. "Oh well I'll just sit here and drink what I'm given." A gallon of water from Andy and two hours later: "Um ... excuse me, but can I go to the loo now?"

Now everything was over and I'd had a really successful race, except as hard as I looked, I didn't find any pretty flowers to pick in the "bush".

PS - I think this is pretty good seeing as I only got a "C" for "D-level" English.

Note:- Yvette Hague, 18 years old, was the first British finisher in 13th place.

< = >

WOC SQUAD NEWS

The NZOF World Championship Training Squad is made up of 9 men and 8 women, plus 5 junior men and 3 junior women who are considered have the potential to be team members for France in 1987.

The squad is :-

MEN Kevin Ireland, Paul Dalton, Leo Homes, Dave Melrose, Rob Garden, Bryan Teahan, Bill Teahan, Max Kerrison, Mark McKenna

WOMEN Anitra Dowling, Carey Martin, Alison Stewart, Cathy Newman, Gillian Ingham, Eileen Frith, Katie Fettes, Jeanine Browne

JUNIOR MEN Alistair Landels, Alistair Cory-Wright, Robert Jessop, James Brewis, Darren Scott

JUNIOR WOMEN Joanne Cunningham, Jan Davies, Julia Fettes

Application for membership to the squad is always open and anyone wanting to join can apply to the NZOF selectors who decide on the membership. The basic criteria for selection is gold badge standard in the 21E grade.

Selection of the team for France will be based on these points :

- a) The selectors will use results from 1986/87 badge events to compile a ranking list of competitors.
- b) Two special W.O.C. trials will be held during 1987 - one in April and the other in early May.
- c) Results of the two trials plus performance in the ranking list will be used to pre-select individuals who were intending to travel overseas (most have indicated leaving in June).
- d) For any places not filled by pre-selection it is possible a further trial will be held later, if results from the earlier trials were not totally conclusive.

Fundraising will be important as the cost of sending a team to Europe will be much more expensive than it was to send a team to Australia last year. No doubt many schemes will be tried to raise funds and all orienteers will be expected to 'do their bit' to help.

▣ STARTING ORIENTEERING IN SCHOOLS

Orienteers are a rare breed I think. In many other outdoor pursuits such as skiing, climbing or canoeing, the arrival of ten or twelve uniformly clad children under the doubtful leadership of some harassed stalwart, often leads to either a mass evacuation or a chorus of groans.

As someone who is active both as a participant and as a professional in all the above, I can sympathise. After all, the last thing we want is a bunch of unruly, obnoxious kids invading our privacy and spoiling the peace!

But in all honesty, this is not often the case and orienteers constantly impress me with the willingness with which they extend both a welcome and a helping hand to youngsters.

At Brakenhale School, where I have worked since January 1984, we are fortunate in having a history of youngsters participating in activities in the outdoors, and during lesson time at that. Because of my background working in outdoor centres in Australia, New Zealand and elsewhere, my job of teaching P.E. has included assisting in the development of activities of this nature, and as a keen orienteer I have spent some time developing orienteering.

Orienteering is perhaps the perfect educational activity out of doors as it encourages facets of almost every other subject in some part.

This last summer we tried for the first time to experiment. For half a term during 1st and 2nd year Games lessons, we introduced basic orienteering in alternate weeks. This meant that each week approximately 25 to 30 youngsters experienced both the joys and the frustrations of running in simple events using a map to locate a number of controls.

It is the way in which youngsters are introduced to the sport that I feel is important - introduced badly, we can create feelings of failure all too easily. So, in Brackendale, we put a high priority on individual success first, without the pressure of 'winning' as often occurs in team sports. Our first groups used school campus maps I hastily drew up the week before term began and although I have recently redrawn this, adding and subtracting detail here and there, this mini-map course is still a good first introduction. I used pink luggage labels for controls and the first week, as expected, only three controls came back. The constant frantic paranoia by some pupils to destroy had removed the rest. But as the sessions progressed and the 'newness' abated, as more and more youngsters discovered a new joy in activity from the traditional games, this loss of controls diminished greatly.

The next stage was a much bigger map area using all the areas inside and outside school bounds with subways marked, roads, housing, small areas of trees, etc. Following on from this, and each map is useable at least three times (I photocopy extra copies from a well drawn master map), I drew a more detailed map of a piece of parkland near the school. This has water features, forest, open ground, paths - in fact, apart from its colours, a typical orienteering map.

Nowadays the controls we use are three sample pieces of Formica, carefully printed in colour by two girls from my 5th year Leisure Activities group. Pupils have assisted in a number of other practically related activities - so the whole school now use facilities made and provided, under guidance, by the kids.

For work using compasses - the maps are put away. Using a home-made plastic imitation Silva demonstration compass (constructed from vandalised perspex window material - total cost 2 hours in time, and 10p in cash) the youngsters very quickly grasp basic walking on simple bearings, and with no maps to confuse them they have a go in the very first session at a compass-only event, following at a walk a succession of pre-set controls with bearing and distance. They usually go in pairs at first with one compass per pair. Those waiting to start can pace out 50m in the playground, which I have marked there.

Youngsters take to compass work fairly well, but unless carefully introduced, the novelty wears off and they tend to become bored, inattentive and make silly mistakes; finally, unsuccessful in their efforts, they turn their attention to creating trouble. To help to create an atmosphere of concentration and enjoyment I have a mini-course around the school which involves each child using a small card containing a written clue, a distance and a bearing. As long as they begin from the start mentioned, and follow an easy straight line, they will literally walk into the object, the clue confirming the object. They very seldom fail to find the control in this way and work non-stop through the fifteen cards to finish, gasping and exuberant, at the Sports Hall door!

I try to base the whole emphasis on creating the opportunity for every youngster, no matter the shape, speed or size, to succeed and to participate/progress each time without necessarily relating times to the others. The competitive element emerges naturally and I would rather they compete initially against themselves, rather than each other. At the present time, sadly, I can only offer orienteering in boy's P.E. lessons, the girls being beyond my jurisdiction. I would hope this might change in future.

Orienteering is just one of many related activities that could and should be included in the curriculum. I see no value in forcing little boys to admire the antics of dubious TV soccer stars or experience the degradation of being seen as overweight and useless on the sports field. The outdoors is the classroom - one which by careful and sensitive management we can really get down to the business of education in its widest sense.

At Brakenhale we are making a start and I'm sure once the pay dispute with the Government is concluded R.O.C. members will again be meeting B.S.D.C. competitors regularly in local events, that is when they are not paddling rivers, climbing rocks or sailing dinghies.

Orienteering is fun, but only if it is introduced right!

Andy Roberts

From a Reading (England) Orienteering Club newsletter

1986 PROGRAMME

(Subject to alteration)

| | | | |
|-------|-------|----------|----------------------------------|
| July | 6 | NW | OY5 : Mission Coast Road |
| | 12/13 | | Training Weekend |
| | 13 | SA | Recreation : Redoubt Road |
| | 19 | PAPD | Canterbury Championships |
| | 20 | PAPD | Canterbury Relays |
| | 20 | SA | Recreation : Mt Richmond |
| | 20 | NW | Long Distance Street Event |
| | 27 | C | OY6 : Mushroom Road |
| Aug | 3 | H | CDDA OY4 : Tuahu |
| | 10 | NW | OY7 : Mt Auckland |
| | 16 | | Central Districts Relays |
| | 17 | P | Central Districts Champs |
| | 24 | C | Recreation : Auckland Domain |
| | 31 | NW | Recreation : Shakespear Reserve |
| Sept | 4 | Sth Aust | Australia/New Zealand Relays |
| | 6 | Sth Aust | Australia/New Zealand Individual |
| | 7 | C | Recreation : Craigavon Park |
| | 14 | SA | OY8 : Taurangaruru |
| | 14 | T | CDDA OY5 : Te Whakao, Taupo |
| | 17 | SA | Franklin Primary School Champs |
| | 20/21 | | Training Squad Camp : Masterton |
| | 21 | NW | Recreation : Long Bay |
| | 21 | | Junior Training Day |
| | 28 | C | OY9 : Quarry Road |
| Oct | 28 | R | CDDA OY6 : Rotorua |
| | 5 | NW | Auckland Relay Championships |
| | 12 | SA | Auckland Championships |
| | 19 | C | Long Distance Street Event |
| | 19 | T | CDDA OY7 : Wainui, Taupo |
| | 25 | C | New Zealand Championships |
| | 26 | SA | New Zealand Relay Champs |
| | 27 | NW | N.Z. Score Event Champs |
| | 30 | NW | Auckland Primary School Champs |
| | Nov | 2 | SA |
| 2 | | H | Long D : Rotoro-rangi |
| 9 | | NW | Recreation : Riverhead |
| 16 | | W | Wellington Championships |
| 22/23 | | PAPD | South Island Championships |
| Dec | 23 | C | Recreation : Totara Park |
| | 13/14 | | Mountain Marathon : Waiouru |

AIMING OFF

