

the Auckland **Orienteer**



EDITORIAL



Well, this month's issue is almost void of personal contributions (thanks John and Brownie for saving the day!) - what happened everybody? Did the Easter 4-Day totally exhaust your legs and your brain?! Oh well, maybe by next issue you'll be feeling up to some story-telling - after all, it was worth writing about, eh! (You could write a book about the stories that came out of 'Waterfalls'...) What a great job North West and Whangarei Clubs did in organising the event - and Judy Martin too for organising a terrific camp at Ahuroa ... in short, a great way to start the 0-year off. Doesn't it make you hungry for more?

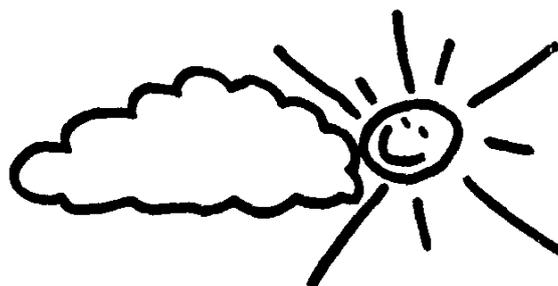
Well, May promises to be busy. The GibBoard Forest Run is on May 6th (come along and support the WOC Squad and their efforts to send a team to the 1991 World Championships in Czechoslovakia!); as well as the National Advanced Junior Training Camp during the May holidays and the Auckland Training Weekend (for everyone!); plus an OY. Enough to make an orienteer's heart burst with joy. Hee hee.

Next issue (June) will be my 27th and last - so let's make it a good one folks and send me lots of articles and juicy titbits. It would be choice to go out on a bumper note!

Katie Fettes

P.S. Please excuse any mistakes this month. My proofreader has done a bunk!

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← tired editor!

COMING EVENTS



MAY

- 6 Sun C Gib Board Forest Run, Woodhill Forest (Rimmers Road entrance). This is a Fun Run organised by the WOC Squad to raise funds - please come and join in!
- 16-20 National Advanced Junior Training Camp, Woodhill Forest.
- 19-20 Auckland Training Weekend for everyone. Details in March issue.
- 20 Sun C One Tree Hill. Starts from 10.00am till 12.30pm.
- 20 Sun H CDOA OY3 - Patetonga Forest, Hamilton. Signposted from Patetonga Store on S.H.27 north of Morrinsville. Registration from 10.30am, starts from 11.00am - 1.00pm.
- 27 Sun NW AOA OY3 - Otakinini Topu map, Woodhill Forest. Take S.H.16 towards Helensville, turn left (west) into Rimmers Road, about 10km north of Woodhill Forest HQ. Follow signs. Starts 10.00am-12.30pm.

JUNE

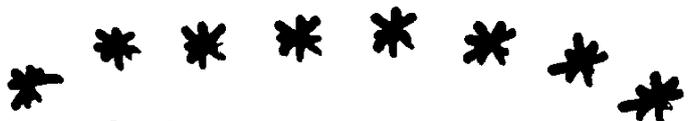
- 2-4 Queen's Birthday 3-Day Badge Event, Wairarapa/Manawatu. Details and entry form this issue.
- 3 Sun NW This social event has been CANCELLED due to unavailability of Woodhill.
- 10 Sun SA Paerata - social event. Take S.H.22 from Drury, travel towards Pukekohe. Watch for signs. Starts 10.00am-12.30pm.
- 17 Sun C Auckland Domain - social event. Starts 10.00am-12.30pm.
- 24 Sun SA Waiuku Forest Fun Run and social event. Turn left in centre of Waiuku township and follow signs to the forest. Starts 10.00am-12.30pm.
- 23-24 H National Secondary Schools Championships, Hamilton.

JULY

- 1 Sun C AOA OY4 - Temu Road, Woodhill Forest.

CLOSING DATE FOR NEXT ISSUE

20 MAY



Send your works of art to:

Katie Fettes
Hamilton Road
R.D.4, WAIUKU

CENTRAL CHATTER

- * The first OY has been and gone (and so has the second, but not at the time of writing), and many of our juniors put in some good performances. In the M10 grade Central club members came 1st, 2nd, 3rd, 4th and 6th! Less than a minute separated the first three - C. Wilson, S. Wilson and Jamie Munro. David Stewart was less than two minutes behind them, and Ben Cragg only three minutes more. Good running fellas! Paulette Ashmore came a good second in the W11A and Mark Stewart was only three minutes off the pace coming second in M11A. Richard Bolt was second in M13A, a mere 5 seconds behind the winner. Richard had quite a convincing win on the last day of the Easter 4-Day and was second overall. Well done Richard, keep it up! In OY1 there were no DNF's in the junior grades - good course setting no doubt but also determined young orienteers. Completing the course is an important thing. If your time is off the pace, never fear; as the events go by you'll soon start chipping away at the times between yourself and the faster runners.
- * What a great weekend the Easter 4-Day was. Congratulations to North West and Whangarei Clubs for staging an excellent event. I heard nothing but praise all weekend. Many Central juniors, elites and oldies collected certificates at the prizegiving so I think we did quite well. Tony Nicholls was in his element at the camp what with his scrabble games and his trapeze act on the flying fox (which left him stranded on the high wall). The third day of the weekend was held on the end of the peninsular south of Dargaville - a long way to travel but it was well worth it, the map was an orienteer's dream. It's a fast forest map and will be used in September for OY6. If you weren't there at Easter I highly recommend you go to this OY. There is some talk of arranging a ferry over the Wairoa River to shorten the journey - I'll keep you posted.
- * It was also good to see the many Central-coloured O-suits and sweatshirts at Easter. I'm completely biased but I think our colours stand out and look very smart and sporty, so if you're considering getting an O-suit or replacing that old one that's falling to bits around you, why not get one in the club's colours. The red sweatshirts with the large logo on the front are only \$35 (possibly less for junior sizes). Terry Nuthall has these - phone 689-427.
- * Grumble time. Photocopying has become one of our major expenses, with results and control description sheets etc. Tony Nicholls has a copier

that he generously lets us use at very competitive rates - so setters and vetters and co-ordinators, maybe you could get your photocopying done at mates' rates elsewhere, but if not let's take advantage of Tony's generous offer. Retail has become too expensive.

- * Over the last year or two, much of our equipment has disappeared and I feel sure most of it is lying around in many club members' garages, intending to be returned 'someday'. Well someday was yesterday. Most importantly, our new flag has gone missing - we would like that back pronto. If you have anything at home even as small as a few pencils, leftover maps from events, or paper controls - anything! - please ring me (Peter Johnson), Tony Nicholls or Rob Jessop so that we can get it off you at some event. A one-month amnesty is now in force, but after that we may introduce dawn raids with the club's firing squad.
- * Orienteer of the Month - Leon McGivern. At OY1 in the M35B grade, Leon placed third (or more to the point, behind me). Thanks mate. Unfortunately, I'll probably have to eat these words before this mag hits the streets.
- * A few schools have shown an interest in getting their grounds mapped. They only require a simple black and white map of fairly basic standard. I feel most of our orienteers, juniors included, would be quite capable of drawing these maps as long as the schools provided basic maps or aerial photographs for starters. There could be up to \$100 in it for the mapper. I think it would make a good school project actually.
- * A very warm welcome is extended to our new members: Dianne Austin; Terence, Eleanor and Ben Cragg; Helen Twohill; John and Rae Powell; Anthony Goddard; Robert Hamilton; Richard, Maggie and Tristan Jakob-Hoff; Heather and Peter King; Greg Morison; and Scott Vennell.
- * The next club meeting will be held at the Nicholls' house, 170 Campbell Road, One Tree Hill on 2 May at 7.30pm SHARP. All club members are welcome.

The Central Figure

P.S. Someone enquired about a major event being held in Poland - the Kainuu Week in Puolanka. Information about this event is at Clive Bolt's place - phone 534-2946.



NORTH WEST NEWS

- * Well, Easter has been and gone and left in its wake a trail of exhausted and happy (?) orienteers. This was North West's first major event for some time, and it was great to see how everyone rallied round and pitched in to help. Thanks all! An event like that sure gives the club's equipment a boost in a hurry!
- * The Ambler family was in charge of the Spot Prizes and the barbeque, and they bought all the food for supply. Thank you for the tremendous job you did over the weekend! Apparently the main customers were the Ambler kids (much to the expense of Rob and Gay!). And Rob, award yourself a bottle of wine for leaving Gay's camera out in the forest overnight, at the mercy of rain and possums!
- * Here's a reminder to send in your entry for the Queen's Birthday 3-Day in Wairarapa. We can go and enjoy the long weekend without having to worry about jobs to do!
- * An 'après Easter' evening was held at the Stones' house, and provided a nice opportunity to relax and socialize and retell some tales from the 4-Day. The evening ended with the men just beating the women at Trivial Pursuits, by a mere throw of the dice and an easy question. Revenge will be forthcoming!
- * Welcome to the club our new members - Anne Abernethy; Tony Tremain; Stephanie Wood; and the Dollimore family from Warkworth. Hope you enjoy yourselves in your new sport, and don't hesitate to approach your club-mates for advice or just a post-event chat.
- * Congratulations to Brenda Stone, Marit Moen, Allysa Langley and Donna Cooper from Rangitoto College, in winning the senior girls' title at the Auckland Secondary Schools Champs last month. (This seems to be becoming a habit!) Also well done Ross Cooper, who was a member of 4th-placed boys' team. Many thanks to Eddie Reddish who helped out at the finish all day, and Mike Ashmore who lent a hand at results. It's great to have that kind of support.
- * Please note that our social event on 3rd June is cancelled due to the forest being unavailable. Come to the 3-Day instead!
- * Next meeting will be held at the Stones' house on May 3rd at 7.30pm. The June meeting will be on June 7th at the Pavers', 80 Velma Road, Glenfield at 7.30pm. All welcome!

SOUTH AUCKLAND NEWS

- * The furore of the Easter 4-Day has passed, so let me put in my twopence worth ... Bill Teahan deserves a medal for the effort he must have put in on the Phoebe's Lake map. I hear he made 12 weekend trips up from Hamilton to do it. Thanks Bill, and thanks to the Whangarei Club for an excellent event. At the other end of the scale we had Waterfalls! We all knew what it would be like but hoped it wouldn't be. However, the magnitude of the event diminished the pain, and some even enjoyed it! (After their run!)
- * Further to Motutapu Island - keep the weekend of 15-16 December free, as another camp is forecast. The WOC Squad is even planning some things in the way of entertainment!
- * Welcome to our new club members - Ken Green (Papakura); Barbara Batty (Papakura); Marie Williamson (Manurewa); and Blair Brookes (Drury).
- * An article in the Manukau Courier mentioned the success of the Rosehill College team, due mainly to the efforts of Jeanette Boswell. Jeanette, Rolf and Aidan are part of the South Auckland Club scene, with Aidan winning the M17A grade at the Easter 4-Day and Rolf finishing 3rd in M21A. Not many know that Rolf recently underwent open heart surgery, so his orienteering efforts are all the more commendable.

Ken Browne



From a Soviet Sports Magazine ...

СКОЛОАБЖ



LETTERS TO THE EDITOR

Dear Katie,

Having just returned from the Easter 4-Day I was rather dissappointed not to see more local orienteers enjoying the fine weather and such a great event.

I think we should ease up on entry conditions for 'pre-entry' events, to make it easier for orienteers with a new or a lesser interest to come along at the last minute if they so wish.

Specifically, I suggest having master maps available so they could enter on the day as at a normal OY. I can see no reason why a late fee should be charged for these people. Start times would be after those who had pre-entered and running times would include making up the map.

Are we flexible enough to give this a go? What do others think?

Yours Sincerely,

John Gregory

(Ed's note: Thanks John for writing. I think you've made an interesting suggestion, but I do think it's important to encourage any new people to pre-enter rather than run on-the-day, as it makes the organisers' task much easier and brings the newcomers into contact with lots of long-time orienteers during the long weekend if they're running every day. Anyone else with ideas or views about this, drop a line to the editor!)



Dear Editor,

Paul Dalton's letter re the OY Series courses has brought up an interesting point highlighted in the first event. In my grade (the 'fossils') we had two choose Course 7, one choose Course 6 and two choose Course 5, when they all should have been on the same course.

Some years ago I wrote an item about the Junior Women's courses, stating that unless courses were put on for the known girls (and we know each other by our Christian names), and not according to some AOA, NZOF or IOF regulation, we would lose the junior women. We now have only two of them left competing regularly, and they only stayed in orienteering because they competed out of their grades.

Yes Paul, I agree that there should be courses for beginners - say three colour-coded courses - and about 7 OY courses for age group OY competitors (with a Kiwisport course for Laurie).

Ken Browne

SPRAINED ANKLES

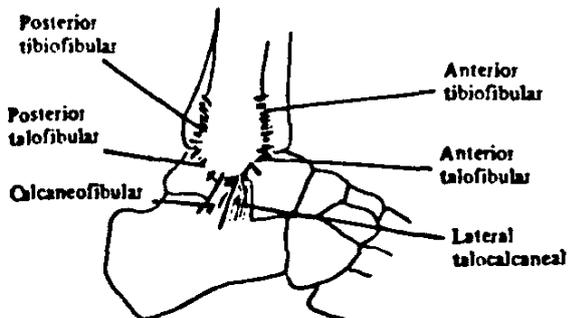


*Peter J. Howley,
Dip. Phys., M.A.P.A.*

Peter Howley practises Physiotherapy in Ballarat, and is an active member of the Australian Sports Medicine Federation. He has treated many orienteering injuries, including some occurring in the Six Days. He spoke at the "Fitness and injuries in orienteering" symposium held jointly by the Victorian Orienteering Association and the Victorian Branch of Australian Sports Medicine Federation at Melbourne University in December 1978.

Sprained ankles are a common occurrence in most sports, particularly those involving twisting and turning manoeuvres. If twisting and turning manoeuvres are performed on an uneven surface and incidence of ankle sprains is even greater.

It is for these reasons that sprained ankles are such a prevalent injury in the sport of orienteering.



Ligaments on the lateral aspect of ankle.

Anatomy of the ankle:

The ankle joint is a synovial joint of the hinge variety which allows an up and down type movement (plantar and dorsiflexion.) Underneath the main ankle joint, near the heel, is another component of the ankle called the subtaloid joint which allows an in and out movement (inversion and eversion.)

The ligaments are thick and strong on the inside and therefore not frequently strained. However the ligaments on the outside (lateral) aspect of the joint are weaker and therefore more prone to strain.

Types of sprained ankles:

Consider the lateral ligament only.

First degree: Caused by rolling over on the ankle in an inward direction (inversion injury) resulting in the tearing of a few fibres of the ligament.

Second degree: The same mechanism as in the first degree, but involving more fibres.

Third degree: The same mechanism as above, but due to the severe nature of the injury, results in complete rupture or separation of the lateral ligament.

Treatment:

As a result of the injury, swelling will occur due to internal bleeding and fluid accumulation due to an inflammatory response.

Therefore the main aim initially is to minimise this reaction by the use of ice, compression and elevation of the injured ankle. (I.C.E.)

Ice must be applied for a minimum of twenty

minutes to ensure constriction of the deep structures in the ankle but no longer than thirty minutes (can aggravate the swelling in the early stages.)

This procedure should be performed as often as possible immediately the injury occurs, allowing for a thirty minute interval between applications of ice.

This I.C.E. should be maintained for 36-48 hours depending upon the degree of damage.

Crutches should be used in this initial period, again to minimise the swelling.

With a *first degree sprain*, active exercise, (including rocker board), weight bearing, heat, ultrasound, soft tissue techniques, can be commenced after the initial 36-48 hour period (ie early return to running.)

However, in the case of a *second degree sprain* prolonged use of crutches is necessary for seven to ten days. Active treatment can then be commenced. (Return to running after three or more weeks.)

During this 7-10 day period firm strapping is needed.

A complete tear of the lateral ligament occurs due to a severe force resulting in excessive swelling, severe pain and a gross loss of function.

During inversion movements of the foot there is excessive mobility of the talus which is no longer held firmly in the mortise of the ankle joint.

The ankle should be x-rayed (stress films) to detect this instability. If a complete tear occurs the ankle should be placed in plaster of paris cast for four-six weeks.

Prevention of ankle injuries

Ankle injuries can be prevented by regular exercises to improve strength, mobility and proprioception.



Rocker board to improve proprioception and plantar and dorsi flexion.

Proprioception is the ability of the joint to correct itself and prevent or minimise the injury. This is due to improved receptors in the ankle structures, which can be trained by exercise. The best method of exercise is by use of a "rocker board" (see Photo).

Strapping prior to orienteering has been shown to prevent injuries by up to 75%.

Ankle sprains incurred whilst running downhill are usually the most severe, due to the greater forces transmitted through the foot and ankle during downhill running.

Those with unstable ankles should pay more attention to the ground when going down steep hills than to the map, the compass or their surroundings.

WHEN YOU HAVE NO MAP ...

An orienteer from, say, Gothenburg, Uddevalla or perhaps Astrid Lindgren's small town, Vimmerby, is indeed very lucky. Whenever he or she feels like training, in about five or ten minutes from wherever he lives, and if he has got nothing but a bike or even has to walk there, he is able to reach the most wonderful forest excellently suited for orienteering. In most of the IOF member countries, however, like in West Germany my own country, the training conditions are not so favourable. Here, as a rule, as there are no maps for training purposes covering the surrounding terrain, the orienteer can only train running without a map. In most countries, the orienteering clubs have not developed to such an extent as to produce a lot of O-maps.

Furthermore, many clubs have to produce O-maps of are allong way from home, because in many countries there are no forests situated as near to the cities as in Scandinavia. In many places - above all in Middle-Europe - the terrain- structure is very simple, and can only satisfy very modest demands as far as orienteering is concerned. In such places, orienteering maps are very simple, with few details, so that after three or four training rounds the runner knows them by heart and gets nothing more out of them as far as orienteering technique is concerned. A Scandinavian map, however, merely through the accuracy of its contour lines is of such a high technical standard that it is impossible to use it to run "by heart" even after many, many training rounds. Let me give an example: Nearby where I live, there is the "Holler Wald", of which we have produced an O-map. We were, however, only able to use this map for three events; after that the runners became too familiar with it. After using this map for four or live training sessions I could not expect more from my young runners; the value of the map, as far as training was concerned, sank very fast. In contrast to this, I may mention that for five consecutive years, I trained for one week with West German's orienteering team near the Swedish town of Uddevalla with a map that covered an area of almost the same size as "Holler Wald". Even after four years, the Swedish map "Tureborg Asperöd" was so difficult

and "unfamiliar" to all of us that it demanded very much from the runners. As a member of one of IOF's B-nations (...this article being written for those...) one should however not give up or complain about the privileges of other countries, but instead try to manage training the orienteering component of our sport in the best way possible under our less than ideal circumstances. We have a lot ways of doing so. With my runners, I have during the last few years successfully used one of

them, the so called "memo training". In what follows I would therefore like to demonstrate the possibilities of this type of training.

Map without terrain
Memo training (from lat. memoria = memory) is a form of practical training under physical strain with an orienteering map that does not take place in the forest of this O-map. As we all know, to orienteer is to recognize,

interpret and adapt facts that are drawn on our map to continuously changing terrain conditions. Furthermore, we know that the ability to orienteer well and accurately is not entirely depending on how intelligent or talented a person is, but that it is mainly a matter of training and experience. If one has got a map and the terrain corresponding to that map, then it is possible to train every step of an orienteering race - i.e. on one hand the understanding of written down facts and on

the other hand the comparison with the terrain in question. With only the map and without the terrain, one is only able to train part of these orienteering skills, i.e. the understanding and evaluation of the facts written down. When this takes place under physical strain - i.e. while running - and some control is made possible, orienteering situation can be imitated mentally in a quite adequate way. So how is such training organized?

"Race-plan running"

There is a very well-known and widespread method which can be called "race-plan running". When long distance training in his home forest, the orienteer brings any O-map that he is not familiar with and that has a course drawn on it. Whilst running he looks at the course and, observing all facts essential to the race, he runs the course in his mind, control by control.

Elite runners, preparing themselves for an important race abroad, use this method to get used to the map - the peculiarities, - but also the typical collecting feature or route choice problems of a certain terrain (e.g. the sandstone cliffs at Jicin in CSR or the deep crater in the terrain at Pecs in Hungary). Orienteers training by this method who have an experienced coach who is familiar with O-terrain throughout the world, and who is able to prepare tasks aimed at this type of training, find it of great value to discuss these points beforehand and afterwards.

Partner race

As well as memorizing the map in order to learn terrain interpretation, there exists a type of partner race, where two orienteers run together, using the same "memo map". The runners use the map in turns. Runner A takes a look at the route between control 1 and 2 for say 20 seconds, then passes runner B the map and describes to him from memory all the facts he has derived from the map concerning the route between controls 1 and 2. The second runner, now carrying the map, checks his partner's account, comments on it and corrects it and also gives his point of view about other possible orienteering aids or alternative routes. In this way, both runners have to concentrate, under physical strain, on the map and certain defined orienteering tasks. In my experience, however, this kind of commu-

plan their races together with a coach. Furthermore, the experienced runner likes it most when he gets a chance to form his own opinion of his performance and when he has certain defined facts to go by which he himself, in addition to discussing them with his coach.

This is achieved by having the orienteer, training with memo maps, write down his own interpretation of the map during the training. As we know, through hard training, the orienteer's map reading skills increase more and more. Thus the experienced elite orienteer notes many more facts from a certain map section than the beginner does. Moreover, the elite runner is able to store in his memory the facts he notes in such a way as to enable him to draw on a piece of paper a much more accurate map situation as regards the position of fea-

memorizes, how good he is at placing the feature in their right position and what he tends to forget...and always forgets during a race.

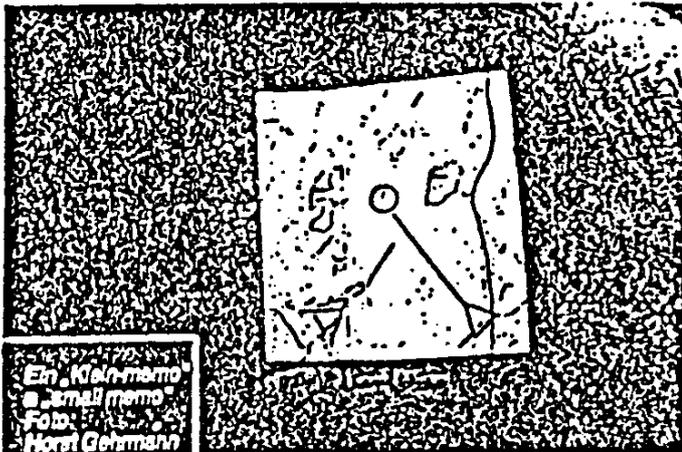
Always the same mistakes

Here, I would like to quote a few words from the Swedish coach Göran Andersson during the IOF seminar for elite runners in the spring of 1987. Göran said: "Here in Scandinavia we notice that many runners from other countries who come to the O-ringen event make a certain type of mistake...and next year they come back and make the same mistake once again." Göran Andersson is right, quite right - as a non-Scandinavian coach I have to confirm that. But what can be done? At the IOF seminar we had a good opportunity to work at certain cardinal errors in training... but at home, in Middle-Europe, in our own cultivated forests, with few feature...? Here memo training might be of great help in combatting the runner's typical orienteering mistakes. When, for instance, a coach notes that the runner he coaches fails by far to find a control again and again there may be certain reasons for that. Then, when the same runner, whilst training under strain, has to try to memorise the position of a control on the map and then draw it, and he forgets the terrain beyond this control or describes it in a wrong way, then the coach has found the cause for his mistakes. For instance the runner may realize that he only takes into account his position on the map up to the control he wants to find

and that he pays less attention to the terrain beyond the control. This leads to a situation where, in an orienteering race, he fails to notice for instance a small hill situated behind a control. In such a case, through purposeful use of memo training tasks, the coach might be able to make terrain interpretation beyond a control during the race a matter of routine. I have used such purposeful memo training mostly in a timed hill-climbing programme as described below:

A runner's training programme could for instance consist of five hill climbs in borderline aerobic-anaerobic terrain based on a hill that it takes 3 minutes to run up. On the top of the hill, is put a sealed envelope containing five small sections of a map (small memos), each one of them representing one control position in this detail-orienteering. During his timed session the runner runs up the hill, and immediately after the clock has stopped, opens the envelope, takes out one memo and jogs about 30-40m with it (longer or shorter according to the standard of the runner) and puts it down again, walks to a drawing-board and draws what he just noted. Then he jogs away down the hill, and turns round to run back up the hill for the next memo. After the training is completed, the runner can compare his drawings with the original map sections together with his coach, and study his own typical mistakes with self-criticism.

The first look.
Once, at such a training



nication interchange, makes too great demands on the runners and should not be extended over any period of time, not even over a whole training session. Far better is to include at intervals a partner race session the training and to discuss only 2 or 3 controls at a time.

Training with "small memos"

In my opinion, by far the most efficient method of memo training, and the most popular with the runners, is to use what we call "small memos". I would like to explain this further. Most orienteers cannot always

figures than a less experienced orienteer can. Once, during my time as a coach, I had average-trained young and senior runners of my club look at and draw from memory a certain part of a map together with the woman elite runner from West Germany Heidrun Finke with in the 85 WOC in Australia. Although no names were written on the drawings, one did at once recognize the sketch made by Heidrun Finke, because her drawing was the most exact one, in which the features were placed precisely in their right positions. The drawing made by an orienteer thus shows what he sees and



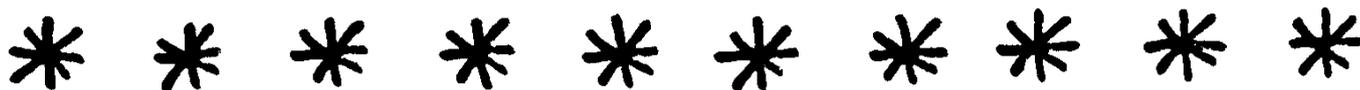
session I made an interesting discovery. Five times, one after another, in their timed session I gave the runners the same memo (a section of a Norwegian map) to see if, with constant repetition, their map reading would comprise more details or if the feature were arranged in a better way. The result was astonishing: every fifth memo had hardly improved or contained no more details than the first version. From this the conclusion could be drawn that: when it comes to interpreting a map, what an orienteer sees when he takes his first look at it he does not improve or define more clearly through renewed map reading. Thus, the first look is decisive and therefore the most important task is to train this first look. In this respect the small memo is of great use.

Also at the route choice... In the same way, the runner's route choice ability could be improved by means of memos. As with the small memo training, I have done this immediately after keeping the time at a timed or repetition session because this is the best way to simulate the orienteer's actual race situation. The runner must not have much time for consideration, as this is his situation in most races. On the first look at the map, he must decide on his route; when drawing, he should not have time to recognize and correct any wrong decisions. He should not be allowed to draw his route in detail, only to draw one out of three lines: to the right of the straight line, to the left. Or in between these two. Later, after the training, he will be able to recognize misjudgements typical of him, which in an O-race he

only recognizes when says he finds he has to climb a high and steep slope that he overlooked when choosing the route.

are always kept available and the coach does not run out of ideas. In such cases, even the distance training is good for the orienteer...above all, when he realizes that it helps him succeed.

Always the right maps... The greater the coach's experience terrain knowledge and imagination, the greater is the chance of gaining something from memo training. Another advantage is that the coach does not always have to be present personally when the runner he coaches trains with memos in the forest. He can write down the method and give the runner the memos in a sealed envelope. Thus, as the coach of the O-team of West Germany, and with very few opportunities to travel, I have, after due training, often sent my memos by post to my runners. It is however important to know where a runner's weakness lies so that the right O-maps



NATIONAL JUNIOR CAMP - HELP REQUIRED

The National Advanced Junior Training Camp in Woodhill Forest on 16-20 May looks to be a big occasion with 26 juniors from as far as Invercargill taking part. However, some help is needed! Maybe you could help?

Food - anybody with access to cheap or bulk food supplies (e.g. spuds, onions) would be of great assistance as this would keep our costs down.

Billets - we need a few more billets on the night of Tuesday 15th May, to accomodate those juniors travelling from out of Auckland.

Transport - we need people to help transport 26 orienteers around the forest for five days! Transport will be especially needed on Wednesday 16th, Thursday 17th and Friday 18th - so if you do not work or do shift work (or whatever) your help would be greatly appreciated. And you will get your rewards - you can join in the exercises (four each day!).

If you can help with any of the above please contact John Robinson - phone 085-86911 - as soon as possible.

Queen's Birthday 2-4 June 1990 3-Day Trial and Badge Event

Descriptions of the Maps to be Used

- Day 1:** Waitarere North West NEW MAP Red Kiwis
1: 10 000 2.5m contours
Pine forest on sand dunes. Generally fast running.
- Day 2:** Moore's Taipo NEW MAP Hutt Valley
1: 15 000 5.0m contours
Adjacent to "Stronvar". Areas of mature pine, beech forest and farmland with rock features. Terrain ranges from gentle to steep.
- Day 3:** Kuamahanga NEW MAP Wairarapa
1: 15,000 5.0m contours
Moderately steep gully / spur terrain. Pine forest with variable runnability and visibility.



Event Enquiries

General enquiries about the event to: Ted van Geldermalsen ph: (04)698 373

Classes and Courses (Groupings as requested by NZOF Selectors)

Course	Grades	Course Length (as a % of M21A)	Difficulty
1	M21A	100	hard
2	M35A, M40A, W21A, M17-18A, M19-20A	72	hard
3	M45A, M50A	56	hard
4	W35A, W40A, W17-18A, W19-20A	51	hard
5	W45A, W50, M55	42	hard
6	W55, M60	30	hard
7	M21B	67	medium
8	M15-16A, M35B	55	medium
9	W21B, W35B, W15-16A, M40B, M45B, M17-20B	40	medium
10	W40B, W45B, W17-20B, M50B	30	medium
11	M13-14A, M17-70C	35	easy
12	W13-14A, W17-70C	30	easy
13	W12, W13-16B, M12, M13-16B	20	very easy

Predicted winning times are as for multiday events on day 1 and 3, and as for single day events on day 2. Overall results will be determined from competitors' total race times for the three days.

Start Times / Course Closure

Day	Starts	Closure
1	12 to 2pm	4pm
2	10 to 12noon	2pm
3	9 to 11am	1pm

Accommodation 'Ararangi Camp' - see other side for information

continued ...

QUEEN'S BIRTHDAY 3-DAY ACCOMODATION GUIDE

Book early for the long weekend to get the choice of accommodation you desire.

Camps

- * Ararangi Camp - see entry form
- * Mawley Park - Cabins, Tent sites - Phone (059) 86-454

Motels

- * Golden Shears Motor Inn - Phone (059) 80-029
- * Solway Park Hotel - Phone (059) 85-129
- * Colonial Cottage Motel - Phone (059) 80-063
- * Boomerang Lodge Motel - Phone (059) 84-159
- * Cornwall Park Motel - Phone (059) 82-939
- * Chanel Court Motel - Phone (059) 82-877
- * Highwayman Motels - Phone (059) 84-144
- * AA Motels - Phone (059) 80-155
- * Masterton Motor Lodge (059) 82-585



TRAVEL TO THE 3-DAY IN A MINIBUS!

Stan Foster is interested in arranging a minibus for the Queen's Birthday 3-Day Event in Wairarapa. The minibus would have room for 12, but if numbers warrant it he may look into hiring a 21-seater bus.

Cost: approximately \$125 for petrol and cabin accommodation (less if a 21-seater is hired).

Departure: Friday 1st June in late afternoon, drive to Taihape.

If you are interested, ring Stan NOW (or at least before 7th May) as he has to make bookings. His number - 416-7106.



Queens Birthday Orienteering Three Day 1990 Entry Form

Name: _____ Phone: _____

Address: _____

Entries

Surname	First Name	Grade	Club	Yr of Birth	Day 1	Day 2	Day 3	Fees
Total \$ _____								

Entry Fees:

Category A.....\$40
for 3 days

.....\$15
per day

M21A; M35A; M40A; M45A; M50A;
M17-18A; M19-20A; W21A.

Category B.....\$30
for 3 days

.....\$15
per day

W35A; W40A; W45A; W50;
W55; W17-18A; W19-20A;
M55; M60; M21B; M35B;
M15-16A.

Category C.....\$20
for 3 days

.....\$15
per day

W21B; W35B; W40B; W45B; M40B;
M45B; M50B; W15-16A; M17-20B;
W17-20B; M12; M13-14A; W12;
W13-14A; M13-16B; W13-16B;
M17-70C; W17-70C.

Family Maximum for 3 days: \$100

Entry Closing Date: Sunday 13th May, 1990

Late Entry Fee: \$10 per person

Cheque enclosed for \$ _____ (Cheques payable to Hutt Valley Orienteering Club)

**Send to: Nic Gorman
18 Horoeka St
Stokes Valley, Wellington**

Accommodation: Please book _____ persons at Ararangi Camp, Masterton, at \$9 per night. Booking is on first in first served basis and payment to be made at registration.

KATIE FETTES
C/- G. SIMPSON
R.D. 4
WAIUKU

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N. W. O. C.
PERMIT 23
BROWNS BAY