

# The AUCKLAND ORIENTEER

OY4 May 4th

is at

Lake Kereta  
(not Muriwai)

(oops)

**MAY 1997**

The editor takes no responsibility for the accuracy of the following information which has been collated from many sources and no-one tells him anything anyway so he just makes most of it up. Please call Club Secretaries for final confirmation, although no-one tells them either: (A) Auckland: Rae Powell 624 1513 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (E) Egmont: Jay Paterson 06 751 3589 (H) Hamilton: Jim Barr 07 856 9501 (NW) NorthWest: Ann Fettes 827 5358 (P) Pinelands: Chris Jackson 07 886 5313 (R) Rotorua: Andrew Wilson 07 348 7694 (T) Taupo: Alison Mensen 07 378 0577 (WACO) Waikato and Auckland Universities: Shaun Collins 631 0204 (Wh) Whangarei: David Nevin 09 435 2415.

## MAY 1997

- Sat 3rd                    Mountain Bike O, Riverhead, Barlow Rd off North Rd, 10:00-14:00, details April
- Sun 4th    A            **OY4, Lake Kereta CHANGE OF VENUE!**  
 Also Secondary Schools event 4, 10:00-12:30 Enter Woodhill Forest from Rimmer Road, south of Helensville, the via Inland Road with a fee of \$5 per car for access. Setter Scott Vennell Controller Richard Bolt Coordinator Terry Nuthall
- Lactic Turkey Waiuku Forest Run / Walk / Mountain Bike event, 5km and 10km Run / walk starts 10:00, 15km and 25km MB starts 11:00, lots of Spot prizes, Big Jump competition, come for a laugh, Phil Wood 634 5236 Matt Tuck 634 9253
- T            Karapiti, 11:00-12:00, signs from SH1
- Wed 7th    A            Auckland Club meeting, 19:30, Jessop residence, 40 Batkin Road, Avondale. All Auckland Club members are welcome.
- Thu 8th    NW           NorthWest Club meeting, 19:30, all NorthWest Club members welcome  
 Jill and Alastair Smithies' home, 4B Fairbanks Place, Glendene
- Fri 9th    P            CDOA Secondary Schools Championships, Greenpeaks, SH1 9km S of Tokoroa
- Entry deadline, National Championships, 31st May - 2nd June, Manawatu
- Sat 10th                **Mountain Bike O, Riverhead**, Robinson Rd off Sunnyside Rd near Coatesville  
 10:00-14:00, details April *AUCKLAND ORIENTEER*
- Entry deadline for National Park-O Championships, 17th May 1997
- Sun 11th    R            CDOA OY3, Pouturu, SH30 to Whakatane after first Kawerau turnoff, 11:00-13:00
- Wh           Sherwood Park night O
- Sat 17th    WACO    **National Park Orienteering Champs**, Auckland City, **BRAND NEW MAP**  
 Organiser Shaun Collins, 3km and 5km courses, \$10 pre-entry, \$15 on the day if any maps left, pre-entry deadline Saturday 10th May. Trophies for junior, senior, womens and mens grades. Details April *AUCKLAND ORIENTEER*. **NO ENTRY FORM WILL BE ISSUED - enter by contacting Shaun on 631 0204**
- Sun 18th    WACO    **OY5, Muriwai North Secondary Schools event 5**, 10:00-12:30  
 Setter Matthew Tuck, Controller Shaun Collins, interesting format promised!
- T            Opepe, 11:00-13:00

- 24/25 PAPO Anniversary celebrations, details in April *AUCKLAND ORIENTEER*
- Sat 24th **Mountain Bike O, Riverhead**, Start from Picnic area on Ararimu Valley Rd 10:00-14:00, details in April *AUCKLAND ORIENTEER*
- Sun 25th CM **OY2, Harkers Reserve** postponed from March, 10:00-12:30  
Setter John Robinson, signposted from bridge over Waikato near Tuakau
- H Four Brothers, 11:00-13:00, Hamilton-Raglan road
- Wh Omu Creek, 11:00-13:00
- 31-2 HV/W **National Championships**, details March, pre-entry 9th May, JWOC/WOC trials
- Sat 31st W Kaikokopu North, Manawatu, Individual Championships

## JUNE 1997

- 1 HV Wanda, Manawatu, Nat Short-O Ch
- 2 W Kaikokopu S, Manawatu, Nat Relays
- Sun 8th P Waihou, 11:00-13:00, off Whites Road, Putaruru
- A **Pakuranga Streets / Lloyd Elsmore Park** 10:00-11:30  
Park and streets event, new format, should be interesting, short courses stay in the park, longer courses use the street map as well. Cycle option! \$4 club members \$5 others, results in *AUCKLAND ORIENTEER*
- Sun 15th H Sanatorium Hill, 11:00-13:00, near Cambridge
- NW **Weiti**, Haigs Access Road, off East Coast Road north of Browns Bay  
Setter Ralph King, Controller Dave Melrose, 60 minute score event, 10:00-12:30  
Also Secondary Schools event 6 with standard courses.
- Wh Kioreroa Road, 11:00-13:00
- T Taurewa, National Park, 11:00-13:00
- Wed 18th A Auckland Secondary Schools Championships, Woodhill Forest, pre-entry
- R Lake Ngahewa, past Rainbow Mt on SH30 from Rotorua to Taupo, 11:00-13:00
- Sun 29th H **CDOA OY4 Mount Eliza**, 11:00-13:00, north of Waharoa on the slopes of the Kaimais, steepish pines / bush

### July 1997

- |       |      |                                   |       |    |                              |  |  |
|-------|------|-----------------------------------|-------|----|------------------------------|--|--|
|       |      |                                   |       |    |                              |  |  |
|       |      |                                   | Wh    |    | Winstones                    |  |  |
|       |      |                                   | 18/19 | HB | Silva National SSC           |  |  |
| 6     | T    | Spa Thermal Park                  | 20    | NW | Shakespear Regional Park     |  |  |
|       | A    | Mount Richmond, Otahuhu           |       | R  | Owhata                       |  |  |
| 12/13 | HB   | National Secondary Schools Champs | 27    | H  | Rose Gardens / Sandford Park |  |  |
| 13    | WACO | Sixteen Mile Training             |       |    |                              |  |  |

**August 1997**

			3	H	Rose Gardens
3	A	Beautiful Hills	7	R	Okawa Bay
10	R	Park TBA Rotorua		Wh	TBA
	Wh	Maunu	10	H	Waikato University
17	H	Forest Lake	17	H	Hamilton Lake
	NW	Spring Series, Beautiful Hills	?	Oz	5 day, Canberra
24	E	CDOA OY5			
	A	Churchill Park / Glendowie Streets			
31	CM	Spring Series, Waiuku			

**September 1997**

7	NW	Spring Series, Muriwai North
14	R	CDOA OY6, Peka Block
	WACO	Training event (?)
21	H	Pakaroa
	A	Spring Series, Beautiful Hills
	Wh	Tangiteroria
27-4		Veteran World Ch, Minnesota, USA
28	WACO	Training event
	P	Redwoods, Tokoroa

**October 1997**

5	CM	Spring Series, Waiuku
	R	Crater Block
6-10	Squad	Dev Sqd Camp TBC Rotorua
12	T	CDOA OY7
	Waco	Training event
	Wh	Mair Park
18/19	NW	Auckland Championships Uren Road, Kaipara Knolls
19	P	Greenpeaks
25/27	H	Labour Weekend 3 Day Kallarny Lake, Kawhia
	PAPO	South Island Champs

**November 1997**

2	CM	AOA Relays, Whiriwhiri Maioro
6	CM	Auckland Primary Schools Champs
8/9	E	CDOA Championships
9-16	All	National O-week
16	H	Four Brothers
	Wh	Mangawhai
23	R	Okere Falls
29/30		Wellington Championships

**December 1997**

?		Junior Camp, Auckland
1	HB	Rogaine, Smedley

## NORTHWEST NEWSHOUND

Almost a surfeit of prime events as we build up to the national championships at the end of this month. The Easter/ North Island champs week must be classed as a major success, with a wealth of excellent orienteering, new maps and amazing weather. A big thank you to all club members who helped out on our weekend (5/6 April) and especially to Rob Garden and Marquita Gelderman for their tremendous involvement over this whole period.

The North Island Secondary School championships, held at Glenora in April, attracted a quality field with several development squad members in attendance. Once again Birkenhead College had a successful weekend. In the Intermediate Girls grade Fiona Monks (NWOC / Kelston) was 1st, with Jonine Nash ( Birkenhead College) 2nd and Natalie Rouse (B/C) 4th. Jonine and Natalie teamed up with Michelle Nash to take 1st place in the Senior Girls relay. Birkenhead College teams were also 1st in both the Intermediate and Junior Boys grades and the school repeated its 1996 success by again winning trophies for Best Overall School for both boys and girls categories. Well done Graham Peters and the B/C phys-ed department.

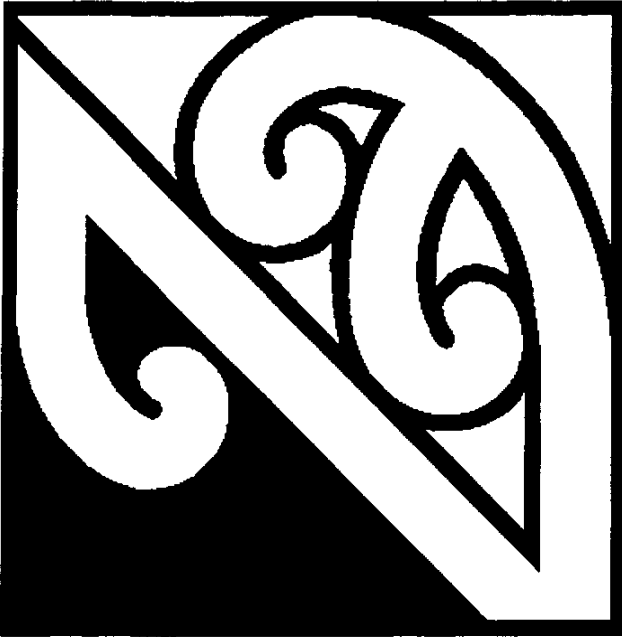
**People**

Two people posting great results lately are Mark Lawson, reaping the benefits of the training week, and Stuart Middleton, who is making a big impact on M21A grade. Prior to his return from his OE in the UK, orienteering took second place to rugby, but now that Stuart has his priorities right, he is running very fast times in this grade. Perhaps it is something in the Middleton genes?

Many of you will know Keith Stone through his long involvement with orienteering (he is also the

current OY statistician), but in recent years Keith has become a convert to tramping. He was recently elected President of the North Shore Tramping Club - I'm sure he will be able to transfer his orienteering skills to the 1:50000 tramping topographical maps.

Diane, Roel, Melanie and Nigel Michels are off on the holiday of a lifetime traveling to Roel's homeland of Holland and beyond to Europe, Africa and of course Disneyland, USA.



### Next Club meeting

The May club meeting will be held at 19:30 on Thursday 8th May at Jill and Alastair Smithies' home, 4B Fairbanks Place, Glendene

The June meeting will be held at 19:30 on Thursday 12th June at Lisa and Geoff Mead's home, 10b Patuone Avenue, Devonport. All NWOC members are most welcome to attend.

LISA MEAD 445 4555

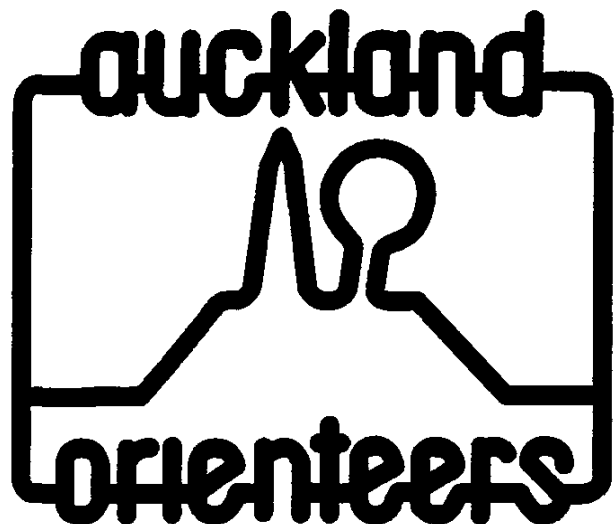
## AUCKLAND ACTION

Here are some points suggested for the 97/98 summer series arising from the park event committee's review of the last series.

- Fees to remain the same for 97/98.
- Events to cycle through Tuesday, Wednesday and Thursday.

- Score events prior to Xmas. Three courses - get 10, 20 or 30. Self time finish.
- Start times reduced to 5.15-6.30pm for post Xmas events.
- Course 4 (championship) post Xmas deleted and course 2 returns to the 3-4km length of previous years. Use of contour only maps, line and memory courses to give more variety.

Rob J's work commitments preclude him repeating his sole responsibility for the post Xmas events for course setting, pre marked map plotting, control placement and collection and the production of the results sheet. Would you like to replace him in the next series? It involves about 10 hours work per week and is a paid position. Remuneration negotiable. If interested contact club president Leon McGivern.



We have to begin to plan for the 97/98 events. We cannot assume there will be a replacement for Rob hence the number of events will be determined by the number of club members who are prepared to act as course setter. This job will involve setting the courses for an event according to the guidelines supplied, put out and collect the controls in the afternoon of the event and produce the results sheet for mailing.

### No volunteers means no events.

Telephone John Powell, 624 1513 to get your name on the list. Why not do it now before you forget?

### Next club meetings

The May club meeting will be at 19:30 on Wednesday 7th May at the Jessop residence, 40 Batkin Road, Avondale. All Auckland Club members are welcome.

The June club meeting will be at 19:30 on Wednesday 4th June at Janice Cyprian's place, 1/11 Erson Avenue, Royal Oak.

MARK ROBERTS 520 5993

## COUNTIES- MANUKAU NEWS

Sorry, nothing received.

## NATIONAL PARK-O CHAMPIONSHIPS

**Saturday 17th May 1997**

WACO presents a brand new event on a brand new colour map offering fast, furious sprint orienteering. This event is intended for spectators as well as competitors, with plenty of spectator interest. Bring your camera!

No entry form will be issued and no advance event information will be mailed. Send \$10 to Shaun Collins by 10th May, nominating the short course or the long course. There will be a few maps available on the day at \$15. This is a brand new colour laser-printed map and we won't be printing any more than we need.

Both courses are roughly of Orange standard. No White or Yellow courses will be offered.

### Course 1 - 3km, little climb

Juniors (up to 18), senior women (40+)

### Course 2 - 5km, some climb

Open grade, senior men (40+)

Setter Guy Cory-Wright, Controller Mark Roberts, Organiser Shaun Collins

Trophies will be offered in all competitive grades.

Starts from 12:00; event centre Albert Park, Princes Street, next to the University.

## WHAT A TRIAL

I have always been taught that it is better to travel than to arrive. So it proved at the Easter Four Day. Having arrived (well, if driven why not arrive?) it was of the utmost importance to reach the Start. This was a mammoth task, taken on only by 18 year olds trying out their combat skills - through knee-deep kikuyu, up perpendicular precipices and then down and up AGAIN. The old heart nearly came to a standstill and we were not yet in sight of the start.

First day out I completed my usual 45 minutes before reaching the start and 105 minutes later collapsed at the finish with CMOC members pouring water over my sun-soaked brain and body. I felt resurrected.

Day Two. More of the same but a very slow drift up the hill to a forest of rocks, old rotten trees and hidden ferny gullies - hidden to me anyway. After struggling round a cliff-face to number 3 I missed number 4, decided to call it a day, a month, a lifetime! Happened onto 5 and 6, fell into that one but getting out was a different story. I am always super-glad the other supergrans are not there to see my embarrassment. Anne led me into 7, glad to leave me crashing amongst the ferns I'm sure. Coasted home unsung, unclipped and hungover. Well it felt like that. Still, a massage by my personal masseuse, Phyl, and a spa bath revived me - helped by food naturally.

Day 3 saw us all bright-eyed and bushy-tailed at Mangawhai. At last, my own rolling country and a course to fit aging legs and brain. At least there were Easter eggs for lunch, and a chocolate fix did wonders for the morale.

Social-O is my forte. Love the people, the new places, the picnics. But what did day 4 bring? Bless Rob's purple sox, he offered me a ride to the start, but I didn't want to give my competitors an edge (tongue in cheek) - how could I? I was now 100 minutes behind and DSQ. Bit it was a sunny day, the birds were blathering up in the new natives. So up, up and over to the start where my tummy does its nervous rumbling. No, I can't find it, panic, panic, ah there it is, well I knew it was there all the time.

All goes well, a good stiff uphill walk into pines. How I love pine forest. I pick off the controls as I go, slip and slide into a stream - bad - more ripped trou. Too bad. I'm really retiring this time. Till next time then - goodbye and toodle doo!

W100

## AND A LETTER TOO

Dear Mark

I have taken flak for years about not being serious re Orienteering. Writing about sprains and pains, setting and vetting and all the input and outfall that goes on at meets. I have seen clubs suffer from lack of interest and overwork, too much hype or too little. Serious, serious, serious.

Well it looks like this may have been my swansong at Easter (refer my usual tripe in the other article.) So I am not going out with a whimper but with a Bang.

(I am mastering the keyboard so you can see Mark that I have dragged myself into the Nineties.)

Back to the Gripes. My biggest one is this seminar guff re Controllors etc. I have sat on the sidelines listening and it seems that the most important aspect is not what you learn from meetings but from experience. And surely the 25 years that a lot of orienteers have given must count. Some of our veteran men and women have spent months and years mapping, setting and vetting. I have run, walked, struggled on them all from Novice, through 35, 40, 45, 50, 60 plus and plus. I have only caved in at 70 through degeneration of body, brain and eyesight.

Of course, have schools for the younger generation, the trend today seems to be a certificate for everything, but give the experienced ones an honorary degree. Or else - take it from Grandma - you will lose your older workers. They won't fuss, just quietly slide into the odd OY as time goes on.

My biggest beef I retain to the end. Please, when 20-30 year olds set a course, would they mind running up and down the hills to the start 6 times to test it for a puffing old Gertie called

W100

## MENINGITIS

Although we put water on the courses and tried to get a bit of debate going at registration at Apollo Hill, there did not appear to be much resolution on the water on courses issue vis a vis the

current meningitis epidemic. It seems to me there are two issues - the first being the issue of public responsibility of PAPO in not 'propagating' the epidemic if at all possible vs our ability to lower the risk of dehydration and its attendant disorientation effects on competitors.

Clearly as an organisation we are in a better position than most to provide the names and contact details of any person who may have drunk from an infected bottle or borrowed a whistle (assuming everyone who is not a member fills in the stub of their control card properly).

If you are happy that this 'balances out' the strain that our event organisers and Mountain Rescue would be put under to mount a search and rescue of an injured and dehydrated or even just a disorientated and dehydrated competitor then we should continue to provide water on courses. If not, please let a committee member know and we'll see whether you are in the majority.

Remember that we have called out Mountain Rescue in the last six months, whereas we haven't had an Orienteer exposed to meningitis yet. Perhaps this is just a matter of time or even a matter of chance?

The second issue derives from the solution proposed to the first, and that revolves around the individual's responsibility to avoid situations where they could expose themselves to any bugs. Rather than force every Orienteer to buy a Camelbak or such like, so far the Committee believe that, as above, we should continue to provide water on courses but encourage competitors to take their own water where practical.

Perhaps one day we'll get to the point where we don't need to put the water out! It's actually better for you to take your own anyway since you get to drink as much as you need as often as you like, rather than relying on the organisers to put out enough. If you have ever got even mildly dehydrated on a course you'll know how fast your brain slows down and how much longer the course takes you than it would otherwise!

If this seems like fence sitting on the part of the committee, then again, contact a committee member and we'll respond if we are clearly in the minority.

JAN DAVIES [PAPO] IN "CONTOUR LINES"

## OY PRESTART PROCEDURE

Now is a good time to reflect upon the start procedures for OY events following our recent experience of a six minute prestart at OY events.

I think that we would all agree that premarked maps, as for badge events, is the most desirable start procedure. We have the technology to produce premarked maps. We can predict course numbers with some degree of accuracy. One disadvantage is the extra expense. Would you be prepared to pay the extra sum of money, about \$1 by my estimate, to pay for the extra expense in map wastage, plastic bag and hire of the map plotter? The other disadvantage is the extra work for the course setter, about 4 hours map plotting time.

In the absence of premarked maps we currently have two alternatives. Neither overcomes the advantages accruing to the person who can mark up their map quickly. With map marking in race time every second saved copying the map is a second off your run time. With the 6 minute prestart procedure the quick map marker has more time to study the map and do some course planning, in particular, attack points, route choice and "traffic lighting". Map marking prior to starting also has the disadvantage of requiring an additional 5 hours labour from start officials.

Assuming that each of the two above alternatives to premarked maps advantages different sorts of people then what is the fairest arrangement? My opinion at this stage of the evolving discussion is an equal combination of both throughout an OY series.

JOHN POWELL [AOC]

## O ON THE INTERNET

### New Zealand Orienteering Home Page.

<http://crash.ihug.co.nz/~buzz/>

### Jan Kocbach's "World of O".

<http://www.fi.uib.no/~jankoc/worldo/worldo.html>

This is by far the best orienteering page that I

have discovered. It has a great range of links to all sorts of orienteering material. Many of the links provide for direct downloading of all sorts of software or access to other pages. Download the free 3D orienteering game SRLM - not yet fully developed but still quite interesting.

### Czech Republic

<http://147.228.3.45/english/internet/#ftp>

This is the Czech O home page. The above address is for the English version. Many links and downloads available.

### Australian O Federation

<http://adam.com.au/~reeves>

AOF home page. Links to all states and other O stuff.

### Global Links Page

<http://www.shef.ac.uk/uni/union/susoc/suoc/links.html>

This is Paul Todd's collection of O pages on the internet. Paul is trying reference all orienteering material available on the internet. I haven't looked at it since last October and the printout I made then covered 11 pages of one line references (links)! No doubt it is much larger now.

### Orienteering Material, Software & Services

<http://www2.aos.princeton.edu:80/rdslater/orienteering/commercial/>

Rick Slater's collection of orienteering pages. Similar to but not as extensive as Paul Todd's collection.

### CompassWorld Magazine (UK)

<http://dSPACE.dial.pipex.com/town/square/at44/index.htm>

### Orienteering User Group

This can be found via the NEWS section of your internet browser. Select the news group called "rec.sport.orienteering", or this user group can be accessed through the New Zealand Orienteering Home Page via a direct link. The user group provides ongoing discussions on matters of current interest to orienteers throughout the world. As the user group is pretty dynamic, any



articles posted usually only stay for about 3 days before being timed out and falling from storage.

You need to access this group every 2-3 days to stay up with the discussions. The user group operates just like using Email. Alternatively, look on Rick Slater's pages for pointers to the archive which is available on the WWW.

*EDDIE REDDISH [AOC]*

Any orienteer new to the Internet should contact me at [nmr@iprolink.co.nz](mailto:nmr@iprolink.co.nz) or [mark@kiwiplan.co.nz](mailto:mark@kiwiplan.co.nz) and I will send you a list of every (known) NZ orienteer with an email address.

MR

## SHOES?

My Jalas shoes slumped over thanks to my tendency to pronate, and the lack of a heel raise meant the achilles overstretched during a series of long races on hard ground. The question still remains about what are the best O shoes for giving good support and stability of construction. I did consider off road running shoes eg Gel Moros (Asics) but they allow too much foot movement on orienteering terrain and you don't really feel you are gripping the ground - in fact this could lead to other injuries because of the wobble factor! Any ideas?

*JILL DALTON ON ONET*

*"My Jalas shoes slumped over thanks to my tendency to pronate"*

This could be taken as a criticism of the Jalas orienteering shoe, rather I think it reflects Jill's biomechanics and the fact that orienteering shoes cannot offer a great deal of control of the foot movement. Unlike the shoe designed for road or track, the O-shoe is coming down onto an unpredictable surface, how do you design for that?

*"lack of a heel raise meant the achilles overstretched during a series of long races on hard ground"*

This statement implies cause and effect and I don't know if that is proven. Certainly if you have achilles or calf problems then raising the heel will reduce stretch and may be something you do during rehabilitation. Perhaps if you cannot solve

the problem any other way it can keep you running, but to my mind it is like routinely wearing ankle braces or ankle strapping. They do nothing to strengthen the ankle muscles or develop the nervous response.

I am told that raising the heel reduces the leverage available for push-off, to the extent that some high-jumpers use "negative heels"!

I'm not sure that O shoes are right for long off-road runs, and I haven't found (in NZ) a shoe which satisfactorily combines comfort, robustness, grip and feel for rough terrain.

*MICHAEL WOOD*

I have had various foot/ankle/shin/knee problems, and have found something which seems to work for me. I wear a podiatrist developed orthotic within a pair of Jalas "Cross Control" Orienteering shoes. The orthotic provides great arch support with some heel raise, and the firm plastic collar of the high top shoe keeps my feet in line and ankles supported.

I was using "active ankle" braces routinely, but they destroy your shoes over time, and this built-in form seems to work better (so far: three races). I can run with no pain before or after, other than burned out muscles which is quite enough, and I get the same "go for it" attitude that the "active ankle" gave me regarding sprain potential in our rocky rutted environment here in Northeast US.

However, I must say I haven't yet hit one of those moments where I KNEW I would have turned my ankle without the support.

By the way, none of this is cheap (which I otherwise am). But recurring pain and the need to "O" forced desperate measures.

*PHILIP HAWKES-TEETER, USA*

I have similar problems with pronation and through experience and study (Physio) I've learnt a few things which may help pronation if not achilles problems. I have just relegated my old pair of O-shoes, largely due to the punishing (bloody feet at the end of the race) terrain at the recent Broken Hill, Australia 3-days. Silva claims to have some new models coming out with considerations for stability /pronation. The new pair I'm getting, largely due to JWOC team Silva sponsorship are Silva "Norway".

They have the same upper as Prolites but in the catalogue it says "Anatomic last with especially good arch support & heel grip. Wider last, 2

component middle sole to counter balance pronation."

This sounds like what I've been looking for and other brands may well have an equivalent but that's the only one I know of. Probably the best (and most expensive) solution to overpronation is orthotics however, if you're considering these the full length "sports" orthotics are much more effective than the more common and slightly harder, half length ones.

Recently I have also been using Sorbolite / Sorbothane insoles which seem to help. There are plenty of other options.

Pronation is increased in running when the foot is abducted at heel strike (toes pointing out). This abduction can be caused by overly tight external rotators at the hip, which can be stretched in a position similar to the gluteals.

Another cause is laxity in the plantar fascia of the foot or weakness in *Tibialis posterior* (a deep calf muscle); conditions which allow the arch to collapse. Both can be exercised at once by consciously raising the arch, without bending toes while standing up, and *Tibialis Posterior* by actively inverting the foot. Loops made of bike tyre tubes are very effective for resistance.

#### LORENZO CALABRO, QUEENSLAND

Its certainly interesting to hear that Silva are claiming to have a new model shoe that will counter balance pronation. When I visited the podiatrist and showed him my orienteering shoes he wagged his head sadly and said "I've seen a lot of orienteering shoes" and they generally don't provide much support because of their design.

If the average orienteer does not have a tendency to pronate or do other nasty things, then the design of O shoes isn't such a big deal. For those of us that do, however, then the more you do, the more likely you are to (eventually) have problems.

JILL DALTON

## NEGATIVE TIMES

My brother (a *fkawi*) made a wisecrack, and wound up suggesting an interesting idea: an orienteering race in two time zones. Somebody out there ought to consider making a map that bridges a time zone boundary, so that the finish

10

could be east of the start, and anybody who manages to complete their course in less than 60 minutes could have a negative time (assuming this is a low-key enough event that people wouldn't get all torqued up about this sort of fun).

Hey, if it wasn't too far, I'd surely show up!

JEAN-JOSEPH COTE, USA

I suspect the recent Australian Easter 3 Days came close, being based near Broken Hill which is adjacent to the border between South Australia and New South Wales. This border is also a time zone, although only 30 minutes.

Other possibilities for achieving negative times, is a north south or vice versa as applicable between areas that do and do not observe summer time. This would avoid the need for the event to be a night event.

MICHAEL DUNBAR, UK

It's actually a bit more interesting than that: although it is in New South Wales, Broken Hill uses South Australian time. I do not know where the boundary is (or even if there is a defined boundary - there are no other settlements, apart from individual homesteads which can presumably use any time they like, within 100km of Broken Hill in New South Wales in any direction). It may be that the time zone boundary is actually the town limits. In any case, the event was run on SA time.

Another event with a quirky time zone was at Baileys Rocks, a few kilometres on the Victorian side of the SA border (the event was organised by the South Australians). Although the legal time zone of the area was Victoria's, the event was again run on SA time.

As far as I know, the only maps in Australia which straddle a state border are on the ACT-New South Wales border, although there are several other maps which have a state border as a boundary. (In a few cases, the state border in question is the Murray River, so it would be hard to set a course across it!

*"areas that do and do not observe summer time"*

Or areas which start or finish summer time on different dates - this happened in Australia for several years. Queensland does not observe summer time (neither do Western Australia or the Northern Territory, but neither have O maps anywhere near their borders), and there must be potential for a cross-border map in the

Stanthorpe area - The Cherrabah map (Australian 3-Days 1987) has the New South Wales border as its southern boundary.

I think (not sure about this) that there was one year when the ACT and New South Wales finished summer time on different dates.

*BLAIR TREWIN, AUSTRALIA*

OK so its got nothing to do with different time zones, but on the Phoenix long O last year there was a control with the flag in England and the punches in Scotland.

*JEFF PD (SOS)*

Two similar suggestions for events that might attract the O-nutter:

In August 1999, coinciding with the World Championships in Scotland, there will be a total eclipse of the sun in Cornwall (South West England). How about a Day-Night-Day 1 hour score event or similar on Penhale Sands?

A very quick and unscientific check of a map of England shows that Epping South West (to the north east of London) is probably the only current O-map that is on the Greenwich Meridian. There is obvious scope here for an event in the year 2000.

*SIMON ERRINGTON, LONDON*

Why not cross the date line and the equator? Jump back a day, from winter to summer (and probably back again during the same course), north-to-south, and above all...

*ED CHESTER, FROM ABOUT 55N, 1W*

Set it up so your winning time is somewhere just over 60 minutes, and then claim bragging rights to some totally unbelievable per-km times. An average blue course ought to net you times somewhere around 1 or 1.5 minutes per kilometer!

*CLINTON MORSE, AUSTRALIA*

And in a perfect world, it would be a Night-O starting in the first moments of January 1st, so that competitors could finish last year.

You don't even have to restrict yourself to the narrow and often undesirable strips of land around time zone boundaries. Just run a mass-start Night-O in the wee hours of a carefully selected autumn evening (1:45 AM on the last Sunday in October in most of North America, for

example).

The one problem with this is given the recent flap about setting courses for target winning times, it's likely that a sadistic course setter would stick to the letter of the law and tack an hour of distance onto every course.

Another possibility: Canoe-O straddling the International Date Line.

*KEN*

## TRIVIA FROM THE ANCIENT PAST 1981

Its ages since I did one of these (in fact I think I completely forgot about them). Anyway, in an idle moment, here's the results of some reading...

Membership to the South Auckland Club cost \$15 per family. In January some members ran about with Liisa Veijalainen and Jorgen Martensson – world class orienteers who were visiting New Zealand. Steve Key was in NZ working on the Waiuku No. 3 map, and the Kapiti Havoc club was born. We went to Ngaumu Forest for a badge event and the first finisher was a hare (later disqualified).

The WOC Squad 81 had a Grand Casino Night at the Waiuku College. Apparently Selwyn Palmer and I were caught drinking wine at the Easter 3-day while a tent was dismantled around us (things haven't changed much!).

We went to the Red Kiwis Three day at Waitare and MSD Forest, Bulls and the club decided to map Matakawau, Red Hill (Papakura) and Manukau City.

Cathy and Keith Hatwell, Ross Brighthouse and Phyl Snedden went off the World Champs in Switzerland.

Aucklanders (Ken & Jeanine Browne, Geoff Bendall, Tony Nicholls, Simon Clendon, Rob Crawford, Philip & Jill Bell (Dalton), travelled to Ngaumu for the Wellington Champs and stayed at the Ararangi School Camp – bed and breakfast for \$2.50! Heavy rain turned the course into an epic, however we all took away certificates.

Lyndsay Shuker decided to replace SAOC's club trailer with a caravan. In the orienteer of the year summary names among the juniors include – R Brewis, J Bottomley, R Oldfield, J Clendon, A

Stone, P Clendon, T Robinson, K Sheldon, S Snedden (all M/W12), A Moore, T. Nichols, K Nichols, J Brewis, J Brighthouse, A Bell, P Bell, S Snedden, M Sheldon, C Snedden, G Shuker, J Bottomley (All M/W13-14), S Clendon, R Crawford, H Moore, A Ryder, J Browne, L Aspin, J Cunningham, M Rolfe, J Fettes, A Brewis (M/W155-16) – interesting to see how many are still orienteering.

JILL DALTON

## TO SING THE PRAISE OF TRAINING CAMPS

I had the pleasure/privilege of attending two days of the training camp that followed the Easter 4-day. Here were an overworked but enthusiastic and talented lot of our top orienteers who were willing to share their knowledge, give their time, and offer advice to whoever wanted to attend.

Ahuroa Outdoor Camp was used as a base, and proved to be an excellent venue to come back to each day. The catering there is to be envied as well - \$10 for an excellent three course dinner.

Each day, different exercises were set that generally built on the previous day's work and each night, talks were held on a range of orienteering skills/concepts.

It was great to be able to get the benefit of the cumulative effect of years of development, training, overseas experience and knowledge of our top orienteers. From my point of view, training has developed into much more of a progressive art than it used to be and this must be thanks to the work of all those to campaigned for coaching (from John Rix through to Michael Wood) for our younger orienteers. I believe we are now seeing the fruits of their work.

I realised how I had got into some bad habits over the years and took away some really useful concepts to use for the future. I believe the value of the two days I spent were evident at the North Island Championships the following weekend where I made a conscious effort to apply the techniques.

Michael Wood and I are discussing the possibility

of setting up a Veterans' Squad to focus on advanced training for those people who want to compete at the top end of the Vet competition scale. Watch for a proposal – or ask Michael or me for a copy of our thoughts. (!! - MR)

Finally, my sincere thanks to those extremely hard working organisers who gave up their time to provide such a great opportunity.

JILL DALTON [WACO]

## FLYT

Flyt refers to those

orienteering runs where you concentrate well the entire time, always pick the right speed (run fast where you can and change speed and technique where needed), and spike the controls.

I think that Kent Olsson (former world cup winner and world champ) was describing flyt when he wrote:

"I concentrate on trying to do the right thing at the right time. That means, among other things, that when I am on a road/trail I really push myself and work hard, and then I slow down – put on the brakes – and change technique for the last bit in to the control..."

Olsson also wrote about his goals for early season races when he is trying to find flyt:

"During the spring races I try to build up self-confidence. During the winter you get a bit rusty. Competition feels a bit unusual. Each year you have to find the flyt and rhythm for orienteering techniques - and also details like how you will hold the control card, etc. You get confidence by not making mistakes. You are trying to get orienteering to work correctly. Speed is not as important at this point. If I finish second in a race and have made 5 minutes of mistakes I can't be satisfied, but if I am second and made no mistakes I am satisfied.

Hajen wrote:

"In flow-state you always find the optimal solutions. When you do your very best races, you probably find flow somewhere >during the race. Try to remember the feeling. You should use your psychological skills to imagine the feeling when you need it next."

I think that Hajen is suggesting that the best way to find flyt is to review courses you've run before

(and done well at) and carefully try to re-create the situation that lead to those good runs.

Hajen's approach seems to involve looking at past successes, trying to figure out what you did, then repeat what ever you did. I think this is an interesting approach given how much effort most orienteers put in studying mistakes.

*MICHAEL EGLINSKI, USA, ON "O-TRAIN" - A  
NEW INTERNET NEWSGROUP*

"Flyt" is a word which can be difficult to define, but in orienteering it has special meaning. "Att ha flyt i orienteringen", is a description of those times when everything fits well, ie correspondence between map and terrain is perfect and you don't need to stop to read the map (ie always reading on the run), you enter and leave the controls from the right direction and you do so at good speed. Certainly there is a psychological element to this but not more than having full concentration on what you are doing. "Flyt" in orienteering describes a combination of a brain process (having good map contact) and a physical process (running well). I wouldn't really call it mystical as it is not supernatural in any way.

I find that the direct translation of the word "flyt" ie flow in English, is very descriptive. The orienteering and running just have a natural flow. "Flyt" is used outside of orienteering and in a more general sense is used to describe a combination of skill and good fortune. Someone who has "flyt" might for example get a job promotion, and then the next day win the lottery. Then people would probably joke about his "flyt", ie the term is also often used sarcastically. The opposite of "flyt" by the way is "offlyt" which state you definitely don't want to be in.

TOM HOLLOWELL

## ETCETERA

The elite series New Zealand planned for January 1998 has unfortunately been postponed for 12 months and is now scheduled for January 1999. As some of the events will be held on terrain similar to WMOC 2000 (fast, open sand-dune forest), it may now also appeal to veterans who have the time, money and inclination to visit New Zealand twice in 12 months...

ROB CRAWFORD [WACO] ON ONET

# THE AUCKLAND ORIENTEER

## *The AUCKLAND ORIENTEER...*

...is the monthly newsletter of the Auckland Orienteering Association, combining the Auckland, Counties-Manukau and NorthWest Orienteering Clubs. It is edited by Mark Roberts, AOC (520 5993) and distributed by Marquita Gelderman, NWOC (412 8879) and published at the beginning of every month except January.

## **Next Issue: June 1997**

Mail your contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax 263 4794, or call me or my machine at home on 520 5993, or call me at work on 263 4793, or email mark@kiwiplan.co.nz or nmr@iprolink.co.nz

*The deadline for contributions for the June AUCKLAND ORIENTEER is Tuesday 20th May.*

Disks or email please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. I would prefer not to have to return your disk, but just ask and I will give you as many disks as you want, I have hundreds of the damn things.

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 prepared to type contributions if necessary.*

## **Distribution**

If you change your address, please contact your club membership officer or Marquita Gelderman on 412 8879. If you want a back issue of *The AUCKLAND ORIENTEER*, please contact your club membership person, or Marquita, or me.

## **Credits**

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

MARK ROBERTS 520 5993



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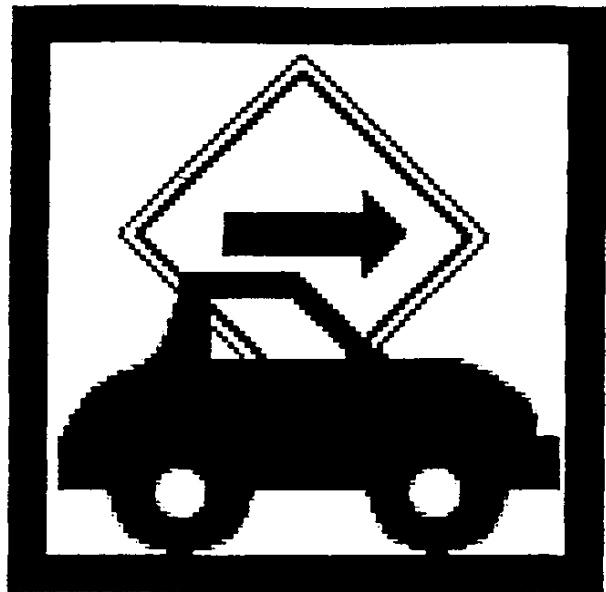
Michael Wood  
Phone (04) 566 2645  
5 Atahu Grove, Lower Hutt  
michael.wood@opus.co.nz



## WIMPS!

I'll bet you haven't entered the Nationals. Who me? I hear you say. Well why not. You can't just wimp around doing club events for the rest of your life. Hey, there's a challenge out there, you've got it in you but you're missing out.

Now I know there are people in our club who have been orienteering for years and have never been to a real competition. Why? Beats me. Maybe you're reluctant to venture away from home, away from your comfy bed. There's always an excuse isn't there - something "important" on or something that just "has" to be done. Probably the kids won't want to go. They never do. Kids, especially teenagers are always pathetic wimps!



Well let me tell you that big events are cool! There's real competition no matter whether you're an A grader or a novice. There's heaps more people (even kids!), excellent maps and terrain, and real challenge. This is orienteering at its best! OK it's scary - a formal start, pre-marked maps, serious looking people lining up. Some have the latest gear, some are deliberately casual, but they all mean to have a real go, even those on the easiest courses. Then there's the finish - taped shute and lots of officials, computerised results, and lots of vehement discussions on courses. And nobody, nobody walks into the finish (even if they've walked the rest of the course)!

Now some of you are probably thinking you are too new to this game to run in the Nationals - "I couldn't do that. I've only been orienteering for three months." Well sorry, that's no excuse either. *Orienteering is the only sport in which anyone can (and does) enter the Nationals.* It's open to anyone and there are no less than twelve courses so as to suit every level. And I mean every level. Believe me, it'll stir the blood!

Actually that brings up a wee problem. Some people are scared off by the confusing list of classes and courses. Even old hands get mixed up at times. Now you're not going to let that stop you are you? A few hints: The main thing is to get the right course colour. Firstly you have to enter a class according to age. But most ages have difficulty options eg. A or B, and/or S (short) or L (long). You can also enter an age class "up" from your real age. "Up" means closer to 21 i.e. an older class up to 21, or a younger class down to 21. The 21 classes are open to anyone and have the most options (E, A, B, C, and L, S). Anyone can choose one of these. Confused? Probably, but you can't let it put you off. Ring a committee member for help!

So there you are. We will just not have any wimping this year. Get your act together, book some accommodation NOW (anywhere on the coast or Palmerston North) and send in your entry. If the others just won't go then forget them and go by yourself - you won't regret it!

MARGARET RICHARDSON (?) IN "ORIENTEERING ROTORUA"

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