

# The AUCKLAND ORIENTEER



**NOVEMBER 1990**

# EDITORIAL

Hi folks

Can you believe it? Another "o" season is drawing to a close already, or is it? Already the summer season is upon us and lots of summer series events are in the offing. That means lots of opportunities to keep up your fitness over the summer if its not too hot!

I myself will be having a break over the summer as I am off to the U.K. for 6 weeks in December. (Not that it will be too hot over there!) That means that there will not be an issue of the magazine in January. So hurry up and lets hear about the Hovell tour and anything else you have been up to. The closing date for the next issue is Sat Nov 24th. It is also the season for AGMs so you can decide whether you wish to become more involved in the sport of orienteering and enjoy the odd BBQ and annual dinner along the way.

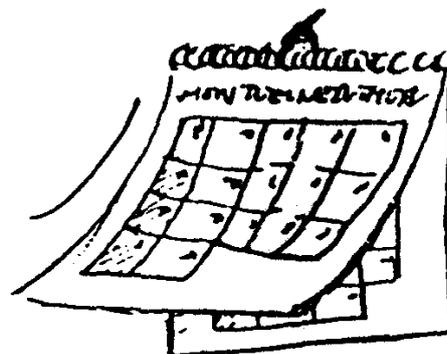
*Rowena Grenfell*



## COMING EVENTS

### NOVEMBER

- |    |     |   |   |
|----|-----|---|---|
| 4  | Sun | C | Auckland Relay Champs/Closing Day.<br>Temu Road.<br>Take Rimmers Road off S.H.16, 8km<br>North of the Forest H.Q. |
| 13 | Tue | C | Summer Series. Auckland Domain.<br>5-7pm.   |
| 18 | Sun |   | Wairarapa<br>WOA Champs. - Matahiwi<br>Entry Form and further details in Sept magazine.                           |
| 20 | Tue | C | Summer Series. One Tree Hill 5-7pm  |
| 25 | Sun |   | WOC Squad<br>N.I.Champs<br>Entry form and details in the October magazine.  |
| 27 | Tue | C | Summer Series. Western Springs. 5-7pm.  |



### DECEMBER

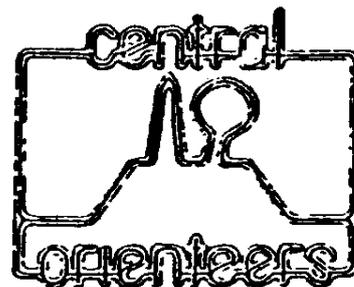
- |       |         |    |   |
|-------|---------|----|---|
| 4     | Tue     | C  | Summer Series. Auckland Domain. 5-7pm.                                |
| 15/16 | Sat/Sun | SA | Motutapu Island - social event. Entry form and details in this issue. |
| 11    | Tue     | C  | Summer Series. One Tree Hill. 5-7pm.                                  |
| 18    | Tue     | C  | Summer Series. Selfs Farm. 5-7pm.                                     |

### START TIMES

For all Auckland events you can start any time from 10.00am to 12.30pm. Central Districts club events vary from area to area but their OY's have start times from 11.00am to 1.00pm.

## CENTRAL CHATTER

- Welcome Eva Mortberg & Rodger Bengtsson from Sweden, hope you enjoy NZ.
- The Auckland & National Champs have been and gone but unfortunately I haven't seen any results yet to reflect on how Central fared. Next month.
- This year's summer series gets under way in a couple of weeks so remember to encourage your friends and neighbours and workmates to come along and have a go.
- It really is pleasing to see a number of new orienteers having a go at setting courses for the summer series. I'm sure you will enjoy it. We can still use a few more though so if you wish to have a go ring Margaret Nicholls on 666 984. We can send someone around to show you how to go about it. We've already done this and it's proving very helpful.
- The committee organising the A/NZ Challenge for next May have things well planned to date. I can assure you the two week orienteering festival is going to be the best major tournament we've had in a number of years and remember, every event is open to all grades. A number of people have thought the event is just for top competitors. This is definitely not so. Its a major event for everyone.
- Next meeting at the Nicholls, 170 Campbell Rd, One Tree Hill, 7 November 7.30pm.



*The Central Figure*

## NORTH WEST NEWS

- Australia in September seemed like a home away from home with so many familiar faces at the events. 21 North West Club members took part — 14 men and 7 women, including Geoff and Lisa Mead who flew across for the last weekend; and brought the only rain and cold weather experienced during the tour with them.



Best results would have to be —our Men's 40A team of Dave Middleton, Rob Ambler and Mike Beveridge who came 2nd to Australia in the challenge relays, beating the team from NZ; and our Women's 40A team of Judy Martin, Lorri O'Brien and Lesley Stone who won the Australian Club relays by nearly 8 minutes.

Other good performances on tour were:

**ACT Champs:** Sasha Middleton 2nd, Judy Martin 2nd.

**National Short Event:** Nicholas Foster 1st, Scott Johansen 3rd, David O'Brien 3rd, Barry Hanlon 2nd, Judy Martin 2nd, Lesley Stone 3rd.

**Riverina Champs:** Barry Hanlon 2nd, Colin Tait 2nd, Sasha Middleton 2nd.

**Aust/NZ Challenge:** Scott Johansen 4th, Terje Moen 6th, Lorri O'Brien 7th, Bev Tait 7th.

**Aust Champs:** Sasha Middleton 4th, Judy Martin 2nd, Lorri O'Brien 4th.

- There were times on the "Hobble Tour" when the finish area resembled a casualty station with the rock hard ground taking its toll on ankles and various bits of body. Kirsten Ambler,

Colin Tait, Mike Beveridge and Terje Moen all had injury problems, and made good use of the ice packs.

- It seems you can't take these guys anywhere. In the space of two days Dave Middleton received a parking ticket, Rob Ambler a speeding ticket and Stan Foster was breath tested!
- With the AOA AGM coming up anyone who would like to be nominated for a position with the Association please let Lesley know. How about keeper of the trophies? or Fixtures person? Publicity and Coaching/Kiwisport are also jobs that need filling.
- The NZ Champs have come and gone once again, and what a great area it was for the supreme event of the year. Not only did North West have more entries than any other club, we also won 10 titles as well. Congratulations to Carey Martin W21E, Alison Stone W21A, Lorri O'Brien W40A, Ann Fettes W55A, Charlotte Hood W12A, Terje Moen M45A, Colin Tait M50A, Bob Murphy M65A, Michael Hood M50B, Alex Hood M13A. New Zealand Champions for 1990! Also success in the relays for W45+ team of Christine Crate, Ann Fettes and Bev Taite.

*North West Newshound*

## SOUTH AUCKLAND NEWS



- With three recent major events we have had a feast of orienteering. At the AOA Champs map marking prelude I went slowly and carefully without looking at my watch and just managed to finish in the time allocated. This is another 'O' skill I am going to have to master — map marking based on number of controls, length of joining lines, light available, concentration on 'pace counting', six minutes. Incidentally, who left off one control circle (no names no Mellsofs).
- Congratulations to the following Club title holders: Wayne Aspin M40, Aidun Boswell M17, Rosemary Gatland W35, Trish Aspin W40, Val Robinson W45, Mary Hatwell W60, Bryce Brighthouse M15, Barry Shuker M35B (after a three year spell), Ian McKinley M50B, Rosilie Shuker W13. And to Ian Currie, Graham Fisker and Unni Lewis for putting on the event.
- The Nationals — Other than having to wire up the petrol pump to the tail light power on the way home we had a good championship. Phylis Sneddon, Trish Aspin and Jeanine Browne not 100% fit showed that the map was for orienteers. Again congratulations to Val Robinson, Bryce Brighthouse and Mary Hartwell on wins — and to Bob Murphy whose outstanding time did us all out of a 'gold' and also to the Pinelands Club for an excellent event plus the 1-10,000 scale for the fossils.
- Check elsewhere for details of the Motutapu Island week-end.
- November meeting will be at Sneddons, Waiuku with a date change — Tuesday 6th instead of Monday 5th.
- Note also the AGM timings — Friday 23 November at the Lewis residence, 23 Park Estate Rd Papakura. 6.30–7.30 happy hour, 7.30–8.30 a ONE hour AGM, 8.30– Barbecue. Bring own food and drink, BBCues supplied.
- The position of SAOC 'scribe' is vacant.

*Ken Browne*

# LETTERS TO THE EDITOR

The Editor

Can't agree more with Michael Hood's letter in September issue. On account of primarily work commitments I can compete only infrequently. I am an extremely average orienteer, but when I do get the opportunity I want a reasonable run for my money. I have always found the least satisfying events for me are short and technically hard ones - minimal sweat or physical relaxation, maximal mental harassment and frustration.



Let's leave the B-grade about the same distance they have traditionally been or longer, no problem, but technically uncomplicated.

Like Michael Hood, if I wanted technically difficult orienteering I'd run A-grade.

As it is now, after 13 years of orienteering, there is no category for me in the OY format, as printed in March 1990 issue. I guess that means more of other pursuits in 1991.

*Ian Mackinlay.*

Dear Editor

My article re "o in the home" had us all falling about laughing. I know my writing is bad but what read in your magazine as "I spend one hundred weeks putting nails on all my verandah steps to stop poor old M65 falling and breaking a leg" should read "I spend one hundred bucks putting rails on etc." Poor old M65. thinks I should correct the assumption that he has to walk over nails daily as in walking on fire or something. I do tend to lead him a dogs life but I wish the "o"-ers to know I draw the line at this gross treatment.

*W 100*

Dear Editor

In contrast to Mike Ashmore's rendition of the multi-day National championship weekend, I remit that family relays be struck from any Provincial, Island, and National event programs.

A multi event weekend encompassing championships, I feel, should be a concentrated serious affair, at which a competitor and family may feel justified in attending.

May I suggest these formats for consideration of which I personally favour the first.

Day 1. Individual Champs Part 1  
Day 2. Individual Champs Part 2 } Aggregated  
Day 3. Club Relay Championship

Day 1. Individual Sprint-event Championships  
Day 2. Individual Champs (normal event.)  
Day 3. Club Relay Championship.

*Tony Nicholls*

## SUGGESTIONS FOR BADGE EVENTS EXCEPT THE NATIONALS & INTERNATIONAL EVENTS

I believe, and am not alone, that there are too many courses set for NZ Badge events for the number of people orienteering. There is unnecessary work which can put off prospective course setters and controllers, and give greater room for error. In Sweden, it is quite common

for 8–10 courses to be set for 2000 people. Admittedly they have a lot of events with 1 minute start intervals which I don't like, but the fact is we do not need as many courses as we have now for 300 people or less.

My suggestions are similar to Auckland OY policy which has been very successful this year. The biggest problem is with B courses and I suggest a M and W B long and M & W B short grade for all B grades with the exception of M21B which consistently has results comparable to those grades I have grouped them with.

#### **Suggested Courses:**

1. M21E
2. M35A, W21E, M21A
3. M40A, M45A, M17A, M19A
4. M15A, M50A, W21A, W35A, M21B
5. M55A, W17A, W19A, W40A, W45A
6. M60A, M65A, W50A, W55A, W15A
7. MB long, WB long
8. MB short, WB short, M17-20B, W17-20B
9. W13A, M13A, M21C, W21C
10. W12A, M12A, M13-16B, W13-16B, Wayfarers

Grades with less than 3 competitors should be combined with another grade.

I believe we should have the following format:

- Day 1 National Individual Champs
- Day 2 National Short-O Champs
- Day 3 National Relays

In the past, the relays have been poorly attended by those running in the individuals. In 1989 there were 297 starters in the individuals and only 198 of these ran in the relays. The biggest problem is trying to make up teams from the one club.

I propose that we only have mixed A and mixed B teams for the relays with a long, medium and short course for each (ie only 6 courses). Assuming there are 300 competitors, there will be 50 runners on each course. Running order could be long, short, medium or whatever, but should be the same for each team. This would allow each team to know their position relative to the others and provide a more competitive atmosphere. This would become a high-pressure, good fun event which will give people very good experience for Aussie/NZ challenge relays, etc. Elite men would have to run the long leg, and prizes or certificates awarded to the top 6 placegetters. There will be less work for the organisers, more people attending, greater income for the organising club and more fun for all.

Anyone who was in Aussie for the recent Hovell tour will have experienced short-O's, and like myself realised the benefits of them. They are particularly social events, they make you concentrate very hard, run very hard, and must improve orienteering standards. I strongly suggest a short-O instead of the family relays, which in 1989 had only 98 starters. I suggest winning times of 20–25 minutes with each result adding to produce a final result. Start intervals should be 2 minutes, with a 2 hour break between races. A number of grades could run the same course or similar as with relays, and I believe the courses should not be too technical. We want everyone to finish both courses and for it to be a fun day. This is a worldwide trend with short courses to be held at the next world champs. It would not hurt for either the short-O or the relay to be held on the Nationals map from Day 1, which is usually an excellent map anyway.

*Rob Garden*

# TIMES SQUARE

## AUCKLAND CHAMPS 14/10/90

	Course 4 M40A DM	Course 4 M40A SP	Course 4 M40A MB	Course 5 M45A ER	Course 5 W21A AS	Course 5 M45A KS	Course 5 M45A TM
1	4:06	5:04	4:35	4:39	4:46	3:40	4:14
2	5:38	7:14	5:29	6:29	7:36	5:47	5:51
3	5:44	5:33	5:40	6:44	6:09	5:01	4:53
4	1:20	1:35	1:41	4:05	2:35	2:11	2:00
5	2:04	2:15	2:58	5:44	5:39	3:49	4:26
6	3:26	3:18	3:21	2:34	2:01	1:40	1:26
7	1:36	1:51	1:57	3:46	3:35		2:21
8	2:29	2:48	2:58	2:26	1:40	{ 4:22	1:42
9	5:48	7:19	7:18	6:26	6:38		5:53
10	2:02	2:30	2:05	5:07	5:09	{ 10:38	4:47
11	5:45	6:43	6:31	4:03	4:32	3:54	4:01
12	2:56	3:21	3:17	2:59	2:31	2:59	2:27
13	7:37	9:03	8:52	5:27	7:28	4:41	4:22
14	3:57	4:19	4:39	3:05	3:17	2:48	2:13
15	6:59	3:05	2:07	2:36	2:16	1:41	1:46
16	3:16	3:15	2:44				
17	0:46	0:59	0:55				
FINISH	0:29	0:39	0:38	0:38	0:47	0:35	0:38
	<hr/> 66:08	<hr/> 70:53	<hr/> 67:50	<hr/> 66:48	<hr/> 66:38	<hr/> 53:47	<hr/> 53:00

## AUCKLAND CHAMPS (CONT.)

	Course ? PG
1	11:32
2	2:04
3	3:14
4	2:48
5	2:05
6	3:51
7	3:43
8	4:33
9	2:29
10	5:09
11	1:00
FINISH	0:44
	<hr/> 43:12

## CDOA CHAMPS CRATER BLCKK

	Course 4 M45A Day 1 ER	Course 4 M45A Day 2 ER
1	7:49	9:13
2	3:31	14:18
3	2:16	3:11
4	2:32	3:30
5	14:32	2:00
6	7:45	6:05
7	3:19	4:35
8	6:50	6:06
9	2:39	6:03
10	6:00	4:38
11	2:16	4:54
12	6:55	3:28
13	12:37	
14	2:00	
FINISH	0:11	0:15
	<hr/> 81:06	<hr/> 68:16

## N.Z. CHAMPS

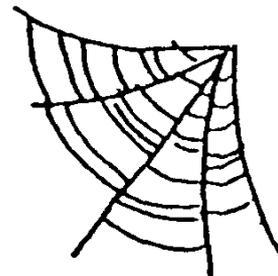
	Course 5 M45A KS	Course 5 W21A AS	Course 5 M45A TM	Course 5 M45A MA
1	5:28	6:19	6:00	5:15
2	2:18	2:03	2:14	7:37
3	7:29	7:36	6:45	6:14
4	3:22	6:36	4:07	3:18
5	9:27	12:29	4:14	4:03
6	5:57	8:54	8:44	6:54
7	4:06	4:20	3:42	3:40
8	2:22	2:40	2:34	2:48
9	4:54	5:29	4:06	4:41
10	1:19	1:08	0:52	0:49
FINISH	0:55	0:58	0:48	0:51
	<hr/> 47:37	<hr/> 58:30	<hr/> 44:06	<hr/> 46:10

PG: Peter Godfrey  
 DM: Dave Middleton  
 KS: Keith Stone  
 TM: Terje Moen  
 AS: Alison Stone  
 ER: Eddie Reddish  
 MB: Mike Beveridge  
 SP: Selwyn Palmer  
 MA: Mike Ashmore (lost approx. 4 minutes on Control 2 and approx. 2 minutes on control 6).

## FROM THE ARCHIVES

### NOVEMBER 1980

The season was winding down with the AOA relays on Puketapu map. The NW Club team of Greg Whitecliff, David Melrose and Colin Battley won the open mens and two SAOC teams filled major places in the Women's open: Phylis, Val, Trish No. 1 and Cathy Hatwell, Sandra Deniye and Jill Evans No. 2.



The OY series (over nine events) had been decided with youngsters Ralph King M50, Tony Nichols M43, Athol Oldfield M56 among the winners. Others we may remember — Alan Reeves M21B, Grant Unkovich M15, Susan Ryder W17 and Jill Bell W35.

There was an event at Dingle Dell organised by Wallace Bottomley and a score event on Awhitu Reserve with barbecue following.

## AUCKLAND CHAMPS

Dear Abby

I have this problem. Can you help? Every time I go on a run, all hills and hollows look alike. My map takes on a life of its own. The depressions refuse to stay in one place. They move from hill to gully, or 40° E of my set compass — the contour lines warp and weft so I don't know which is uphill or down. Swamps turn green and become impassable gorse, and barns and man made objects disintegrate and throw themselves around the paddocks in total disarray. Before my eyes howling winds lay controls flat and shrieking banshees in the forest hold hands and wail. This Abby was Sunday, the great Auckland Champs. How can I finish a course with all this mayhem? Please answer pronto.

W 100

Dear W 100

Your problem is not an unusual one. At your age you must expect these wild configurations, these lapses of eyesight, this tintinnabulation of the ears. I suggest you join the Senior Citizens Club and take up bowls. There you may find other Rip Van Winkles and you need no longer fear the onset of memory loss, you will be in the club. A few drinks from the Olde Keg will see you out.

Abby

Dear Abby

This is all very well for the likes of you at 35+ but I need the adrenalin flow still if only to be sure I am alive. Take Sunday. In fact take 13 controls hidden in various dips streams, under pine cones, in cow pats. Each one was a brain teaser, or a dead eye cert if you had the compass spot on — how did the map get upside down at start — nearly 180° error there! Each control was well thought out by some winner of the Krypton Factor. Each metre between controls was riddled with fences to go under or over, gorse to circumnavigate, or a series of tiny depressions and knolls through knee high flannel leaf to itch through. The Mastermind behind all this then thought up a calamitous slide to finish on ones ample posterior, a swamp to bog through (sorry Ian, didn't see the bridge!)

Not for me Abby the keg of Rip Van Winkle — keep the courses flowing freely and you'll have W100 like an albatross around your neck for a year of two yet, broken bones, sore knees plus plus.

W100

Dear W100

You're a nut and a loser!

Abby

## THE BOAT PEOPLE

Phoebes Lake map is everybody's favourite but the thought of a 3 hour drive to get there is rather daunting. When North West Club first mooted the idea of chartering a ferry across the Kaipara Harbour to Poutu it seemed a novel and adventurous way of approaching OY6.

The occasion demanded that a bottle of Chateau St Clair red should be included in our picnic gear - carefully cellared and matured since our orienteering trip to South Australia in 1986.

Early on a murky morning a group of about 30 congregated at Shelley Beach. We marvelled at the brand spanking new concrete wharf and chatted to an "old salt" who turned out to be the crew for this trip. At last "Kewpie II" hove into view. An old style ferry, built in the 50's it seemed entirely in keeping with its surroundings.

Once safely on board and making way, talk inevitably turned to orienteering matters. Maps of Phoebes Lake were in hot demand punctuated by welcome cups of coffee dished out by the Skipper's wife and children. Various sets of photos from the recent Canadian trip were also proudly produced and eagerly pounced on by both those who went and those who didn't.

Quite suddenly the boat's motion changed to violent pitching and tossing. Huge waves were rolling in from the ocean between the heads. Nobody warned us this would happen! Photos were hastily forgotten as those most affected positioned themselves either vertically or horizontally trying to cope with the problem.

All too soon we could make out where Pout was supposed to be. With mounting dismay we realised there was no nice new wharf, or any wharf for that matter on which to disembark. The situation was made worse by the fact the entire population of Pouto, all 20 of them, turned out curious to see how we would get ashore, some even had their cameras at the ready.

The ferry edged slowly and painfully as near as possible to some very slippery looking rocks. The ship's dinghy was positioned alongside to act as gangplank on to those horrendous rocks. Gear was passed over including our very insecure chilly bin with its precious cargo of Chateau St. Clair. Then the dreaded moment. With much huffing and puffing we were lowered in what seemed like an enormous drop into the bucking dinghy. Then followed an undignified shuffle along its length clinging in turn to each of the gallant gentlemen holding the dinghy fast to the side of the ferry. Boy, those rocks were slippery! Willing hands of the Pouto people pulled us and all our gear up the final hurdle - a steep muddy bank.

We were then confronted by an ancient school bus. We piled on with no room to spare. The bus bravely made its way along the narrow twisty roads barely making some of the hills. Our arrival at the event was greeted with enthusiasm. Onlookers stood up and cheered. The boat people had arrived! We waved back rather grandly.

This feeling was somewhat shortlived as we realised we literally had minutes to register, strip off and start. After the run there was no time to hang about and socialise. It was a matter of grabbing gear and scrambling aboard once more. There was time to ponder not without apprehension, on the problems of getting back on board the ferry.

Once more the dinghy was pressed into service. Gear was passed from hand to hand including our untouched chilly bin and our definitely untouched bottle of Chateau St Clair. Embarking was the exact reverse procedure of the disembarkation earlier in the day - very dicey.

The harbour's water was so smooth and calm for the return ferry trip. Our mood was relaxed as the beautiful still evening gave way to the quietness of descending darkness. As the song goes "This is the moment", and it was the perfect moment to open our bottle of Chateau St Clair. We were also anxious to get Terry (the great wine connoisseur) Nuttall's verdict on it as it was he who sent us to this particular Australian boutique way back in 1986. We in turn helped ourselves to Terry's giantsize chock bar "bought at Big Fresh at a bargain price". That's how calm it was!

It was a pleasure to disembark at Shelley Beach's brand spanking new wharf - a perfect end to a most interesting, unusual and enjoyable day.

Thank you Ann Fettes and Lorri O'Brien for dreaming up the idea in the first place and for taking the time and trouble in making all the arrangements.

*Christine Crate*

## **A SMALL PART OF APOC 1990**

What a trip. Well worth it as I think everyone who made it will agree. As usual we left it to the last minute and arrived in Vancouver at 11.30pm via Los Angeles on August 1st. Jim Swadling (Heather's brother M21E winner in 1978) picked us up at the airport. We had to get him out of bed first. Arrived at his place at 12.30ish to be met by Selwyn and Bas who were also staying. Late to bed that night.

John and Robyn Davies, now from Wellington, arrived next day with the rental car having spent 3 days on Vancouver island. One more night with Jim and Erin his wife then off next morning to Kamloops via the scenic route. Thank god for air conditioned cars. The temp was up in the 30s, a far cry from wet and dismal Auckland.

Arrived in Kamloops in the afternoon, checked into hotel 'luxury', but no fridge, no tea making facilities and noisy air conditioning.

Sped out to model event via a circuitous route — the girls were navigating but must have been too busy with financial matters (like where to shop) to advise the driver (me). John came to the rescue with a map showing back country roads. Bit late for the model event but wandered around the map finding the control sites — they had already been taken in — arrived at the conclusion that Canada was 1. steep, 2. bloody hot, 3. similar to Australia.

Next day was first day of Canadian champs, a 2 day event. Temperature in Kamloops reached 38 degrees that day and event temp must have been close to that. Found out that North American concept of 'B' grade orienteering was to move you down one course with all courses being A grade. My 55B course was 4.9km with 10m of climb and technical controls — quite a challenge in the heat. Luckily I had drinks at three of my controls — much needed. The control standards were made out of wood — must have been hard work putting them out and bringing them in. The maps we ran on were not too bad, an occasional track not mapped as well as boulders etc — it was most important to keep 'in' the map at all times.

After the 2 day event all place getters were presented with a metal medallion; gold silver or bronze; as well as the Canadians so the prize giving took quite a time. The New Zealand contingent of 81 seemed to take a large proportion of medals.

APOC relays were held on a relatively open area of ranch land which was hot and steep. My team put together by the organisers managed third place thanks to great runs by Geoff and Lisa Mead. No comment on my run.

A day of rest saw us down to the Okanagan valley on the wine trail. Great scenery — terrible wines — lost Selwyn and Bas on a motorway — they turned up the next day complaining about John's adroit heavy traffic lane crossing technique — we think it was an excuse for getting lost.

APOC individual — hot as usual — mosquitos biting me only as usual — blisters giving me hell — control 3 seemed to move around quite a bit — along with many others could not find it for a while — I was lucky I only lost 20 minutes on that — many spent 30–50 minutes on that control. Long run down to the finish in the open in front of the crowd — just as well it was downhill.

Most people found the courses pretty tough — if you finished in under 100 minutes you were almost assured of a place. I managed a second place with a time of 107 minutes, some 26 minutes behind the Japanese winner.

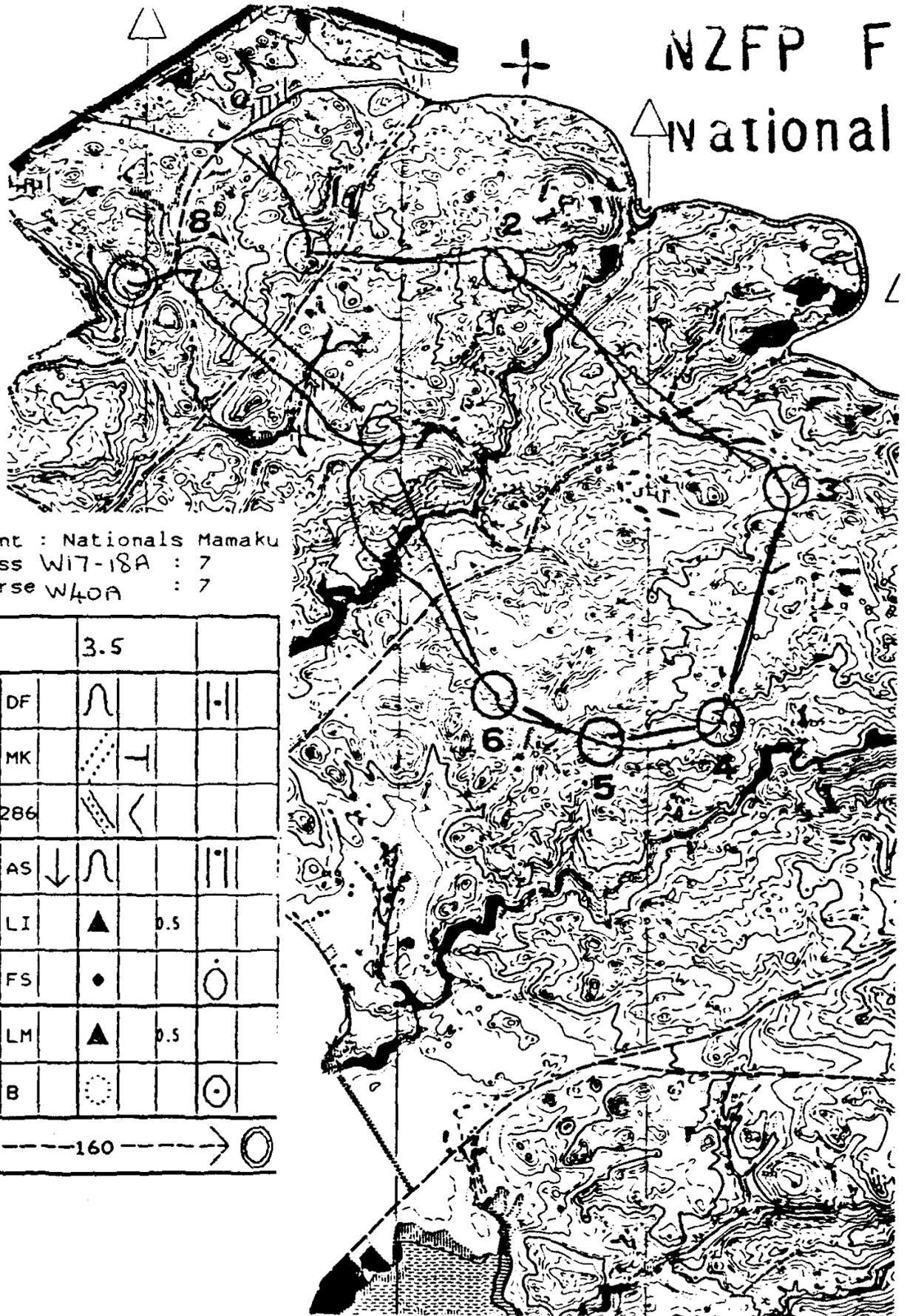
*Tom*

## **PENFRIEND WANTED**

Hello, I'm a 12 years old girl from Sweden. I want penfriends around my age. My hobbies are: Sport, Music and animals and so on.

My address: Karin Stephansson, p1 8180, S-71193 Lindesberg, Sweden

NZOA CHAMPS, MAMAKU — COURSE 7 W40A, W17-18A  
 LORRI O'BRIEN'S ROUTE (1st W40A)



Event : Nationals Mamaku  
 Class W17-18A : 7  
 Course W40A : 7

7		3.5		
1	DF			
2	MK			
3	286			
4	AS			
5	LI		0.5	
6	FS			
7	LM		0.5	
8	B			

# 1990 CDOA OY POINTS — BEST THREE OF FIVE EVENTS

## M21 - 39A

1.	Bill Teahan	H	4	2361
2.	H. McKenna	R	4	2635
3.	L. Warren	H	4	2524
4.	D. Browning	P	3	2518
5.	J. Tubb	H	3	2419
6.	R. Edwards	R	4	2280
7.	A. Giffney	H	5	2270
8.	B. Collins	H	5	2016
9.	R. Michels	H	3	1936
	K. Ireland	P	2	1927
	Bryan Teahan	NW	2	1857
	M. Kerrison	P	2	1655
	J. Stronach	H	1	821
	D. Farquhar	H	2	727
	M. Tuck	C	1	698

## M17 - 20A

1.	D. Ashmore	C	3	3000
2.	B. Ashmore	C	3	2760
3.	C. Ambler	NW	3	2259
	D. Farquhar	R	2	1912
	D. O'Brien	NW	1	750

## M60 - 49A

1.	M. Beveridge	NW	5	3000
2.	M. Ashmore	C	4	2827
3.	P. Henderson	T	5	2787
4.	P. Fitchett	R	4	2694
5.	R. Ambler	NW	5	2622
6.	D. Fraser	P	4	2321
7.	G. Farquhar	R	3	2302
8.	L. Galloway	T	3	2043
9.	J. Barr	H	5	1910
	D. Middleton	NW	2	1353
	B. Hanlon	NW	2	1355
	D. Mellsopp	P	1	715
	C. Tait	NW	1	589
	B. Tuck	C	1	572

## M50+A

1.	A. Lonsdale	T	3	2896
2.	M. Penney	NW	4	2395
3.	R. Gillard	R	5	2757
4.	C. Dahm	P	4	2390
	K. Scott	T	2	1839
	C. Tait	NW	2	1566
	T. Dell	R	2	1467
	K. Dobbie	R	2	1453
	R. King	NW	2	1202
	M. Breadmore	R	1	802

## M15A

1.	S. Collins	H	5	3000
2.	D. Adlington	P	4	2956
3.	L. Pepper	P	3	1864
4.	N. Pepper	P	3	1574
	P. Wilkinson	P	1	756
	A. Barr	H	1	599

## M17 - 39B

1.	M. Grayburn	P	4	3000
2.	K. Miller	P	5	2761

## M17 - 20A

1.	K. Ambler	NW	4	3000
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### M40+A

1.	J. Browning	P	3	2899
2.	K. Farquhar	R	3	2733
3.	P. Collins	P	3	2558
4.	J. Reeve	T	4	2318
5.	C. Crate	NW	3	1623
	E. Lonsdale	T	2	1995
	A. Denton	T	1	860

## M15A

1.	J. Henderson	T	4	3000
2.	H. Edwards	R	5	2932
3.	K. Collins	H	3	2108

## M17 - 39B

1.	D. Michels	H	4	2900
2.	S. Pearson	NW	4	2883
3.	R. Dahm	P	3	2784
4.	J. Downs	H	4	2752
5.	R. Simpson	R	4	2573
6.	C. Edwards	R	3	2395
7.	A. Miller	P	3	1982
8.	S. Collins	H	3	1846
	H. Zwaan	H	2	1549
	A. Stronach	H	1	805
	L. Dobbie	R	1	702

## M15B

	C. MacInven	P	1	1000
	A. Dell	R	1	962

## M40+B

1.	L. Galloway	T	3	2000
	B. Dell	R	1	969
	J. Scott	T	1	765

## M13

1.	H. Barr	H	4	3000
	A. Grayburn	P	2	1717

## M12

1.	G. Henderson	T	5	3000
	B. Carey	P	1	619

## M40+B

1.	H. Pearce	H	3	2799
	L. Haugh	P	2	2000

## M13

	H. Kerrison	P	1	1000
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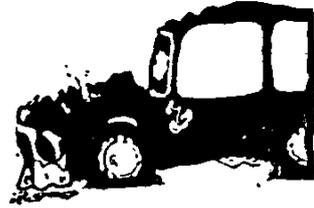
## M12

1.	S. Edwards	R	4	2895
2.	A. Grayburn	P	4	2598
3.	S. Barr	H	4	2574
4.	D. Barr	H	5	2012
5.	H. Barr	H	4	1937

WHO



- Nearly died of embarrassment at 1.00pm on the 3.10.90 When she read the Auckland Orienteer October issue.
- Is about to change her name by deed poll.
- Has bought a wig to disguise herself.
- Is planning to migrate overseas when she sells her house
- Still looking at the way sheep sit or lie.
- Had two fire engines at her house when she was out last Saturday. ( a hoax call no less).
- Still runs daily.
- Thought she was travelling with friends but appreciates orienteering friends with a sense of humour.
- Won't be arranging accommodation for Sally Pearson or Ann Fettes for May 1991 unless they apply under fictitious names.
- Warns course controls A.F. & S.P. at their particular controls to beware - your compasses may be sabotaged.
- Has scored this event 100 out of 100.



Signed: Going to Mars - (I hear the bars are great).



## Effective Club Administration

A few months ago Paul Dalton circulated a questionnaire to clubs. It was designed to stimulate committees into looking critically at their performance. I suspect that after they were filled in no further thought was given to them.

I recently attended a day-long seminar, funded by the Hillary Commission, on efficient administration of voluntary organisations. I want to share some of what I learned, but I encourage you to attend a training course or seminar yourselves. I found it good value.

### PART 1. Purpose, Goals and Objectives.

Does your club have a clearly stated purpose?

Perhaps it is 'to promote Orienteering as a sporting and recreational activity in the Auckland Province'.

Right away this poses problems. Do we aim to attract as wide a base as possible, in which case we put a heavy emphasis on park events, or do we provide the coaching and demanding courses to enable our keenest members to improve their performances and find the satisfaction of meeting a challenge. Maybe our enlarged programme of summer park events will serve to broaden the base and we should aim our programme for the rest of the year towards the competitive orienteer.

When the purpose of the club is clear we go on to state goals. These are short general statements which support the purpose. They are reset as appropriate, probably each year. They should include professional performance, finance and social matters.

The AOA, as a collective of the clubs, should have a role in setting some of these goals so that we are working to common purpose.

And then we define our objectives which enable us to reach our goals.

Objectives are specific, measurable, timebound.

To sum up: Purpose expresses the values that members share and believe in.

Goals provide direction and intention which lead to the flow of energy into the...

Objectives which make the goals attainable.

If you attend meetings check your effectiveness -

..Do you arrive at meetings before the scheduled start time?

come informed and prepared?

engage in side conversations while the meeting is in progress?

ask questions when not sure about something?

actively participate when you have something to contribute?

help others to stay on the topic?

take agreed upon action?

give feedback to improve meetings?

inform appropriate people who did not attend of outcomes?

Are you open to the ideas of others?

a good listener?.

More on effective meetings next month.

Ann Fettes

NZOF COUNCIL MEETING, SUNDAY 21 OCTOBER 1990

SELECTORS REPORT

Trials - A/NZ Challenge 1991

The selectors have confirmed the following events to be used as New Zealand trials for the Australian/New Zealand Challenge 1991:

Easter 4 day event: Day 2 & 3 Kawhia Forest

Day 4 Mamuku

Trials - WOC 1991 1991

The above events will also be used as WOC 1991 trials as well as the Australian/New Zealand Challenge Individual event on Sunday 19 th May 1991.

Wayne Aspin  
Convenor Selectors

# COME AND TRY ORIENTEERING

(Run and navigate with a map, in a local park)

1990/91 Park Series, Orienteering

Courses for all ages and abilities including Kiwisport

## Tuesday Evenings (Central O Club)

Start any time between 5.00pm and 7.00pm

November	13	Auckland Domain
	20	One Tree Hill
	27	Western Springs
December	4	Auckland Domain
	11	One Tree Hill
	18	Self's Farm, Ptoe
January	15	Western Springs
	22	Auckland Domain
	29	One Tree Hill
February	5	McLean Park, Pknga
	12	Western Springs
	19	Churchill Park, St Hlr
	26	Auckland Domain
March	5	Self's Farm, Ptoe
	12	One Tree Hill

## Saturday Evenings (Sth Auck O Club)

Start any time between 4.00pm and 6.00pm

February	9	Camp Adair, Hunua
	16	Doctor's Hill, Pkohe
	23	Pahurphure, Pkura
March	2	Taurangaruru, Waiuku

## Sunday Events (Nth West O Club)

Start any time between 10.00am and 12.30pm

February	3	Shakespear Rsv, Whgpa
	10	Onepoto Rsv, Ncote
	17	Long Bay
	24	Waiwera
March	3	Ambury Park, Mgre B
	10	OY1, Paehoka, N Wmaku
	17	Woodhill Forest

Entry Fees: \$3.00, family discount rate \$9.00  
Entry fee provides colour map and mailed results



### For information contact:

Central O Club  
Mike Ashmore 566850  
Margaret Nicholls 666984  
Tom Davies 2784747

North West O Club  
Lorri O'Brien 4158932  
Lesley Stone 4788224

South Auckland O Club  
Unri Lewis 2980320  
John Robinson (085) 86911

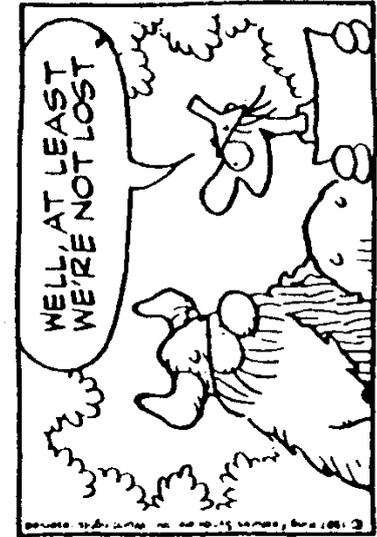
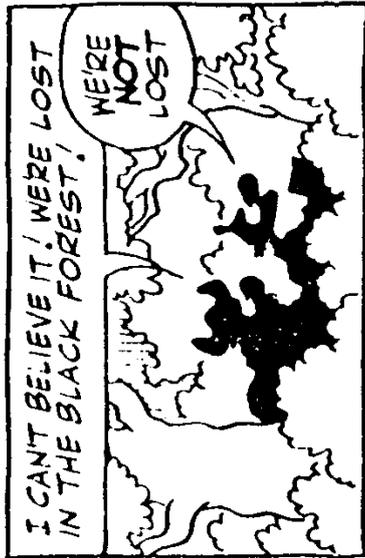
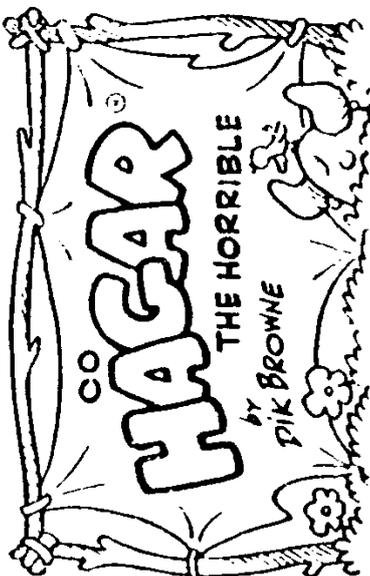
### Special Events

December 15/16 (camp) Motutapu Island (SAOC)  
March 9 (night) Kiwitahi, (NWOC) Waimauku



Make the most of daylight saving  
Try the Family Sport

**HAGAR THE HORRIBLE** by Dik Browne





# NEW ZEALAND ORIENTEERING FEDERATION

## NEWSLETTER

September 1990



### WOMENS RECREATIONAL FESTIVAL

On nationally 3-11 November. Hillary Commission funded and co ordinated by Recreational Association of NZ. Contact your local authority for details.

### WOMEN IN SPORT

A series of lectures on 'Food for Sport' & 'Pregancy and Exercise'

Whangarei	1 Nov	St John Hall
Auckland	31 Oct	Auckland Hospital
Auckland	5 Nov	Auckland Technical Institute
Hamilton	29 Oct	Waitako Hospital
Tauranga	30 Oct	Tauranga Hospital
New Plymouth	7 Nov	Taranaki Base Hospital
Napier	8 Nov	Napier Hospital
Palmerston North	6 Nov	Palmerston North Hospital
Wellington	5 Nov	Wellington Medical School
Nelson	1 Nov	Nelson Area Hospital
Christchurch	31 Oct	Sports Med
Dunedin	30 Oct	Dunedin Hospital
Invercargill	29 Oct	Kew Hospital

### OVERSEAS MAPPER

Tomas Gustafsson, Sweden 21 years old. Visiting in Feb 1991 interested in mapping in exchange for room, board and maybe 'pocket money'.

### NEW KIWISPORT MANUAL

The new manual is now complete. Each club will receive their free copy soon. Copies are available for purchase from Jim Lewis, Property Officer at \$7. We suggest clubs then retail them to schools at around \$10.

### NEW HANDBOOK

'Orienteering' by Peter Wilson.

New Handbook replacing the blue covered book that has been used by teachers and instructors since 1980. It is full of up to date teaching and coaching techniques, useful ideas, illustrations of maps (in colour) and teaching points. It is designed for use by orienteers themselves as well as by teachers and coaches. It is a logical progression from the very successful Kiwisport orienteering programme.

Launch date - Labour weekend

5 Aramutu Road  
Mt Roskill  
Auckland 4  
NEW ZEALAND  
Phone 657798

October 1990

**ATTENTION ALL TEENAGE ORIENTEERS AND RESULTS PEOPLE**

I have been approached by the producer of 'In Focus' a TV3 news programme broadcast on Saturday and Sunday mornings. She is keen to get any sports results details and information. The programme has short sports sections at 8.00, 9.00 and 10.00 a.m. on Saturday and a half hour at 8.00 a.m. on Sunday.

The programme is directed at 13 to 18 age group. It is a nationwide broadcast and therefore is interested in results from National champs or major regional competitions.

The programme often has young people doing their own interviews and will accept home produced videos.

Orienteering needs all the positive media exposure it can get. So here is a chance to get something in the news.

You can send results directly to the address below or use fax. Write neatly. I suggest any background info on winners or the event would be useful. TV people rewrite results into screen words.

I think a worthwhile project would be to film a short clip of the event with maybe the competitor showing on the map how he/she tackled the course - a brief interview situation.

The usual deadline for the weekend programmes is on the Thursday before.

Contact person is: Mary McKinven  
TV3  
Private Bag  
Symonds Street  
AUCKLAND.  
Phone 779730 (Usually works on Tues & Thur)  
Fax 3667029.

Selwyn Palmer

## THE ORIENTEERING SOCIAL

Scene: Long Bay Regional Park Carpark, Sunday 30 September 1990

Time: 10.00 a.m., the advertised starting time for the 'event'

Action: A gentleman looks curiously at big orienteering banner and tentatively approaches the lady at the desk in the registration tent. The man is dressed in polished brown leather shoes, grey slacks, blue and white shirt and matching tie. The weather is cold and windy so he is wearing a smart sports jacket. He looks out of place in this beach park environment. The man speaks with an Australian accent.

'Can you tell me where the Orienteering Social event is, eh mate?'

The registration lady replies, excusing his Aussie ignorance, 'Right here. Just register here and I'll give you a map. You can rent a compass and Ralph over there will help you with instructions. You don't want to run in those clothes though, it's muddy out there in places. Have you got some running gear?'

'Running gear! I read in the paper this was a social event. I've got my best clothes on and there's a couple of six packs of tinnies in the car. Is there some music and a barbie with steak?'

Registration lady is puzzled, 'Orienteering is a running and navigation event. We don't play music and dance and that sort of stuff.'

'Hey mate, if I knew that I would have brought the wife and kids. We've been looking for an interesting new sport. You kiwis oughta learn to advertise your events properly so everyone knows what its about. Why not call it a Park Event? Looks to me like there's a few people competing pretty seriously and some others just out for some Sunday excercise. Good idea this orienteering, eh.'

Selwyn Palmer

*"The A G M of the A O A will be on the 2 December 1990 at the sunken garden's B B Q facilities (B Y O) at 5 pm to 7 pm.*

*It is intended that the meeting be in the form of an inter-club social get together with time out for the A G M.*

*Nominations have already been received for Chairperson, Secretary and Treasurer (the incumbent persons in these three positions are retiring). Nominations will be received from the floor.*

*Applications will also be called for the following positions... coaching, technical, publicity, kiwisport, fixtures, statistician and trophy guardian. Confirmation will be made by the new A O A executive at its first meeting."*

# THE ASPIN'S WINTER TRAVELS

This past winter Tricia and I escaped the great NZ wet to go orienteering and holidaying overseas, mainly in glorious sunny weather. After a long 26 hour trip to Copenhagen and a ferry crossing to Kristiansand Norway, the first event up was the Norwegian Sorlandsgalopen 6 day event. It's hard to imagine a more difficult area to start off with. Low visibility, indistinct tracks, rough underfoot, tight and sometimes green controls, technically difficult, but excellently mapped, with challenging courses.

Compound this with a night that never gets dark, kids who are still awake at 11pm and gulls that start squawking at 4am. It all helps to make more mistakes in 6 days than in 6 years. Tricia handling the travelling, camping and terrain better than I finished 5th overall out of 40, best day 2nd, in the W40 class, while I, competing in M45, finished 35 out of 77; best day 28th.

Then on to a Swedish 3 day event at Hallfors, where for the first time in my life I, along with 6 or 7 others, ran off the map and finished last on the first day. However I made amends on the next 2 days, 28th and 23rd to finish 58th out of 66. Tricia fared better but was not happy with her runs finishing 11th out of 22. This was a well organised event of about 2000 competitors run by one small club, although we were surprised that the mapping was not of the usual high Swedish standard. Even Swedes were complaining!

During these events we were travelling with Pia, a Danish friend, who then gave us a conducted tour of almost every interesting place in Denmark, of which the visit to the Royal Danish Red & Fallow deer herds, at Dynehaven, near Copenhagen, and the chalk cliffs at Mons Klink were the highlights.

The Danish 3 day event in Nth Jútland was the next competition. Orienteering in Denmark is a sprint/stop affair, with little compass use. Stop to read the maze of detailed track and vegetation lines at 1:15000 scale, then sprint along the tracks to the control. Tricia came into form coming 3rd overall out of 32, winning the last day. I unfortunately struck a control that had been moved on Day 2 but had a 32nd and a 13th place on Day 1 and 3 out of 88 competitors.

The very next day we started in the famed Swedish O'Ring 5 day, with 27,000 other starters. For a mere mortal NZ'er the challenge is to at least spike all the controls for at least one day of this event. This was our 2nd O'Ring and that still eludes us. Picking up 11 places on the last day to finish 55 out of 120 starters in M45AL 7km course was my highlight of this event, while Tricia finished 11th out of 43 in the W40AL 4.5km courses. Best day 6th.

Eight races on consecutive days followed by 4 days off, left us feeling strong and fresh for World Veteran Champs in Hungary. There were two qualifying races in each grade with the top 50% going into the A finals. Tricia had good steady races coming in 2nd and 3rd out of 52 to start ranked 2nd in the final.

My grade had 160 starters, so was split into two, with the first 40 of each group going into the A final. Making only 2 mistakes I had good runs to come in 26th and 22nd to start with a ranking of 40. The Hungarian terrain is made up of broad ridges intersected with water erosion gullies with good visibility, and were the fastest of all maps on which we were to run.

Tricia, after losing a few moments on a tight control got into a neck and neck race with the eventual winner Mare Beilman USSR (Estonia, she stressed!) and gained the silver medal ahead of top Finnish and Norwegian women.

I had my best race of the whole trip, running hard, orienteering positively and spiking all the controls, and only losing time when I misread a code (this cost me 20-30 seconds and 3 places) and I finished a very satisfying 18th place. Overall this was an excellent event and the hosts very cordial. Hungary is an interesting country although the people are still fairly poor in

the rural centres. Food and clothing stores are adequate and cheap but imported goods are expensive. Beer is strong 12% and you can have a 3 course restaurant meal for about NZ\$3.

A 10 hour flight into Seattle and a 7 hour drive towards Kamloops, Canada the day before APOC was not the best of ideas (and darned-right dangerous when you fall asleep at the wheel), but Tricia still cleaned out the others in the W40 grade as well in the North American and Pacific Nth West 2 day carnivals, and I, after a disaster at APOC, had a 6th in the North American, and recaptured my Vet cup form with a win in PNWOC. At that moment we would have liked to have been planted back in Scandinavia without jet lag and to have seen how we would have gone.

While we were in Alberta Canada, we competed in a 24 hour Rogaine event, which was one of the highlights of our trip. The need to pace yourself and take tactical routes in this 24 hour score event made it more enjoyable than NZ mountain marathons. Held in the foothills of the Rockies, the scenic environment, and odd glimpses of wildlife far outweighed the pain of the bad blisters everyone seemed to get after nine hours of continuous moving followed by 6 hours the next day. We gained enough points to gain a close 2nd place in the Masters Class and 5th place overall.

Our trip finished with a 4 day jaunt around Olympic National Park, and 3 days with a friend in Napa, California during which time we wound down with a 100km bike ride and lazed in the sun. Then we brought it back with us.

*Wayne*

## *Auckland Orienteer*

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Auckland 4

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