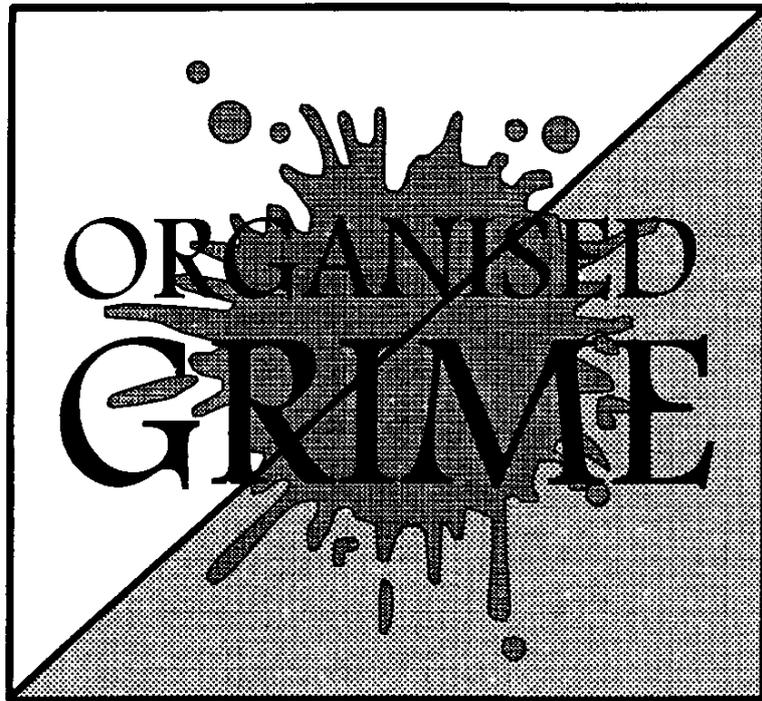


The AUCKLAND ORIENTEER



November 1997

CALENDAR

Please call Club Secretaries for final confirmation of these details: (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: Mark McKenna (07) 345 3318 (T) Taupo: Alison Mensen 07 378 0577 (WACO) Waikato and Auckland Universities: Madeleine Barr 631 0204 (Wh) Whangarei: David Nevin 09 435 2415.

NOVEMBER 1997

- Sun 2nd CM **AOA Relays, Whiriwhiri Maoro** details in September *AUCKLAND ORIENTEER*
- Thu 6th CM Auckland Primary Schools Championships, Reeves Farm
- 8/9 E CDOA Championships, Tuahoki & Hurworth, New Plymouth
Entry form in September *AUCKLAND ORIENTEER*, pre-entry, you're too late
- 9-16 All **National O-Week: Permanent courses!** Any in Auckland? Still no news.
- Sat 15th CM Social gathering, 18:00, barbecue at Briffet residence, 44 Dales Road, Ramarama
- EJ Mountain Bike O Woodhill
Contact Shaun of Endorphin Junkies on 631 0204 or 025 909 019 or sbcollins@deloitte.co.nz or Darren on 576 6850. Signs from headquarters at Restall Road on SH16, starts 12:00-14:00, \$7 entry. Classic orienteering on 3 or 4 set courses, distances 10km - 20km, or a casual Score event. Runners welcome. Brand new map designed for MBO, spot prizes sponsored by Leppin.
- Sun 16th H Four Brothers, 11:00-13:00, signs from Whatawhata
- Wh **Tomarata Lake, Mangawhai** 10.30 - 12.30. Follow SH1 through Wellsford to Te Hana. Continue on SH1 for approx. 2km and turn right into Mangawhai Rd. Exact details of start unavailable as felling of forest to be checked, but probably entry via the forest Headquarters road. Look for 'O' signs. A variety of courses including a Memory event. Setter Richard Rankin.
- Fri 21st Entry deadline Muriwai Junior Camp 15-20 December details in September issue
- Sat 22nd **Lactic Turkey Rock**
Entry form in this issue, 4 person mixed team relay running or biking over 4 hours 15:00-19:00 then pitch your tents for a band and party and barbecue. More fun and exertion optionally on Sunday 23rd as well. Entry deadline is NOW.
Call Phil immediately c/o Mark McLean at 636 4144 for the pre-entry price.
- RK/W Wellington Championships, entry form in recent issue
- Sun 23rd R Okere Falls, 11:00-13:00
signs on SH33 Rotorua/Tauranga next to Kaituna outleton Lake Rotoiti
- NW Club dinner, details in this issue

- Sat 29th Mountain Bike O at Riverhead, signs from SH16 just past end of NW motorway
See details for 15th November
- Sun 30th P Greenpeaks, 9km south of Tokoroa, farmland

DECEMBER 1997

- Sun 1st HB Rogaine, Smedley (?) TBC
- Wed 3rd H Rose Gardens, early evening
- CM Club meeting, 19:30, Brighthouse residence, 27 Coulthard Terrace, Papakura
- A Club meeting, 19:30, Powell residence, 23A Fernleigh Avenue, Epsom
- Sat 6th Mountain Bike O, Woodhill, see details for 15th November
- 6-7 HV 24 hour rogaine, Wellington
- Sun 7th Wh TBA
- A Annual General Meeting, 12:00, Nuthall residence, details in this issue
- Wed 10th H Waikato University, early evening
- Sat 13th Mountain Bike O, Woodhill, see details for 15th November
- 15-20 Junior Camp, Muriwai, details in recent issues
- Wed 17th H Hamilton Lake, early evening
- Sun 21st WACO End of year bash, 11:00, all welcome, modest fee TBA
Fun day of orienteering including novelty events, Selwyn Road, Woodhill
Duathlon O, various Dalton specials, details in December newsletter
- ? Oz 5 day, Canberra

January 1998

- 24-25 E Taranaki Turkey Trot & Traverse
- 27 A Summer Series, Western Springs

February

- 3 A Summer Series, Carrington
- 6-8 RK North Island Championships
- 11 A Summer Series, Domain
- 18 A Summer Series, Mount Eden
- 22 CM Totara Park
- 26 A Summer Series, One Tree Hill

March

- 5 A Summer Series, Domain
- 14 T Katoa Po, Taupo
- 15 NW Promotional, Muriwai
- 22 CM OY1 Harkers Reserve
- 29 NW OY2 Kaipara Knolls

April

- 5 Squad GIB Board Woodhill Forest Run
- 10-12 D National Champs, Dunedin
- 12 A Promotional, Churchill Park
- 26 A OY3

May

- 3 NW Promotional & Schools, Muriwai
 10 WACO OY4
 17 CM Promotional & Schools, Waiuku
 A Park event, Mangere Mountain
 30-31 CM 3 day Pollok & Karioitahi

June

- 7 NW OY5 Turkey Ridge
 14 A Park event, Mount Richmond
 NW Promo & Schools, Otakanini Topu
 17 CM Secondary Schools Championships
 21 Wh OY6

July

- 5 A OY7
 19 A Park event, One Tree Hill
 NW Promotional, "MidWinter Madness"
 26 H OY8

August

- 2 A Park event, Lloyd Elsmore
 9 NW Spring Series, Otakanini Topu
 23 A Spring Series

September

- 6 Wh Spring Series
 13 A Park event, Self's Farm
 20 WACO Spring Series

October

- 5 CM Spring Series, Waiuku
 17-18 A Auckland Champs & ShortO
 24-26 3 day, Wellington

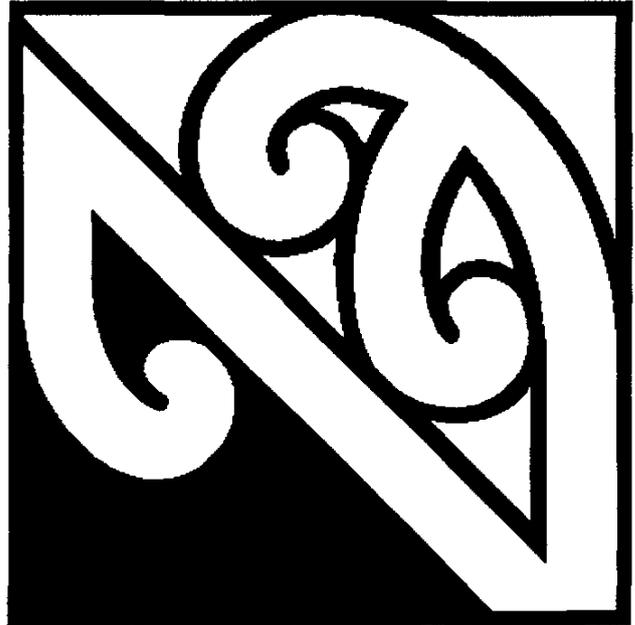
November

- 1 NW Auckland Relays Beautiful Hills
 3 NW Primary Schools Ch, Ambury Park
 7 CDOA Championships

ORIENTEERING**AUCKLAND INTERMEDIATE SCHOOLS**
(Patumahoe)

Boys: Ponsonby (M. Frankovich, D. Bradely, W. Rhodes, J. Fletcher) 68m 11s 1, Remuera (L. Stone, M. Hodgson, T. Renton, B. Glynn) 72m 05s 2, Onewhero (J. Lowe, W. Baldwin, C. MacPherson, P. Tini) 72m 25s 3.

Girls: Remuera (J. Rea, S. Temelkovski, T. Tremain-Boon, H. Franklin) 78m 28s 1, Bombay (S. Jones, M. Currie, J. Salmons, F. Birse) 83m 25s 2, Howick (J. Allen, S. Barns, F. Eversfield, H. Taylor) 89m 04s 3.

**NORTHWEST
NEWSHOUND****Fun**

Work colleagues were somewhat amazed that I have just spent a weekend orienteering in a deluge in forest miles from anywhere - and they don't even know about digging pit loos at 8.30am in a downpour (not to mention burying the debris 36 hours later), scrubbing about a kilo of mud from a 6 year old's entire wardrobe and at least 5 pairs of socks, or negotiating 15 meter high cliffs and erosion gullies.

Auckland Championships

The Auckland Champs were definitely a success in spite of the atrocious weather and thanks are due to all those involved in running the event for their great team work, often in the face of unexpected problems. A thanks to the course setters and controllers, and helpers during the events.

A particular note on the work by Mark in organising the gear before and during the event, and by Colleen and Stan in working on the results computer for two days. Colleen is not even an orienteer (yet).

The maps used for the weekend provided two contrasting days. A very physical and technical

Saturday, with the spectacular erosion gullies and the slower conditions under foot. Sunday was fast running with lots of intricate contour features. Short Os (two shorter races in one day) are more work to organise, but definitely make for a good day of orienteering and competition - especially when the rain stops in time for the midday break. Many North West members did well over the weekend and are already talking about the next use of such great terrain.

People

Gary Little, who is the husband of our very active club member Astra Wistrand, set a world age group record in the 10 & 15 km walk at the recent NZ Road Champs. Gary competes in the 55 to 59 age group. He is frequently seen at orienteering events heading off for training walks / runs. Now if we could only convince him to take a map and compass...

Mark Lawson used the Auckland Champs as an opportunity to move up from M21A to the M21E grade. Go for it Mark.

The joint winners of the Spring handicap series are both NW members. Well done Mark Lawson and Michelle Nash. They tied on exactly the same number of points. Perhaps we should have a race off. You can be sure that they will have a less generous handicap next year. Thanks also to Keith Stone who carried out all the handicap result calculations for each race.

Women's Camp

In October several of us attended the Women's training camp held near Taupo, with experienced coaches Roz Clayton (former UK world champs rep), Trish Aspin and Marquita Gelderman assisted by Rachel and Rebecca Smith (Waco). Ann Fettes took yoga classes and Judy Martin excelled as usual in organising and catering for the weekend.

Club AGM and social evening

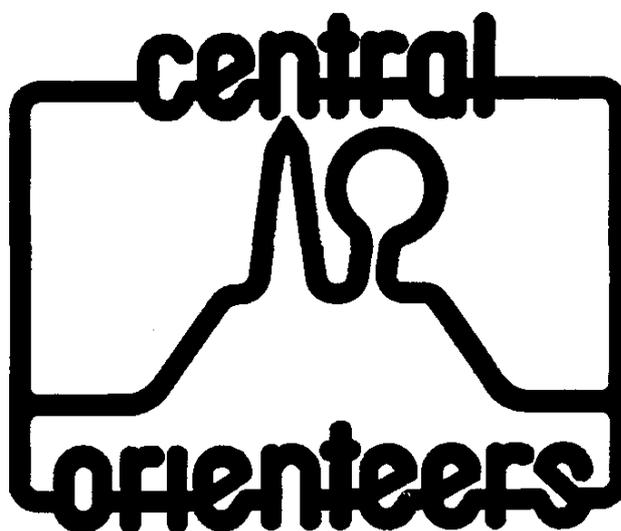
The November club meeting and Annual General meeting will be held on Friday November 7th at Sport North Harbour in Kilham Avenue in Northcote. This should be an entertaining evening with videos of orienteering overseas, a chance to compare maps and route choices as well as have your say in how the club is run.

NorthWest Club Dinner

Our annual dinner is always an enjoyable evening and a chance to see club members at their sartorial best - i.e. minus gaiters, lycra and polyprop. This will be held at a new venue this year on Sunday 23rd November at Briar Cottage in Brighams Creek Road, Whenuapai. Tickets are \$25.00 a person and full details of the dinner and AGM will be sent to all club members shortly.

LISA MEAD 445 4555

AUCKLAND ALIVE?



Congratulations

Edward John Cory-Wright (Ted) was born 02:13 Monday 6th October 1997, weighing 8lb 0oz, after 20 hours of labour (16 hours mild-ish contractions, 4 hours full-on), Jean is well, Ted is perfect.

ALISTAIR CORY-WRIGHT

(And Uncle Guy is doting - MR)

Summer Series

Sorry, none before Christmas, see the calendar for details of the Summer Series events beginning in January.

Annual General Meeting

A barbecue at the Nuthall residence, 9 Dysart Lane, Kumeu. Kickoff is 12:00, meat provided,

please bring the usual. Fun and games promised, some possibility of exertion so bring appropriate clothing.

Turn south off SH16 across the railway at Kumeu onto Access Road (becomes Tawa Road) then left into Pomona Road and left again into Dysart Road

Next club meeting

The November club meeting will be at 19:30 on Wednesday 5th at the Jessop residence, 40 Batkin Road, Avondale. All Auckland Club members are welcome.

The December Club meeting will be at 19:30 at the Powell Residence, 23A Fernieigh Avenue, Epsom.

MARK ROBERTS 520 5993

COUNTIES- MANUKAU NEWS

Congratulations to Trish Aspin for coming second in her grade at the Veteran's World O Champs in Minnesota. Six CMOC members went to the Champs, and all of them qualified for A Finals.

Coming events

On Thursday 6th November, the Primary Schools Championships are being held at Reeves Farm.

Social gathering

Saturday 15th November at 18:00, a barbecue to be held at the Briffett residence, 44 Dales Road, Ramarama. Bring salad or dessert and togs.

Next meeting

Wednesday December 3rd, 19:30, Brighthouse residence, 27 Coulthard Terrace, Papakura.

MARGARET BRIFFETT

ACCOMMODATION PLEASE

From Norway, via O-net

I am an Norwegian who will go to New Zealand in the beginning of January next year. I will stay for 3 months and leave in the end of March.

I wonder if anyone could help me to find a place to live in Auckland for this period. The best would be a place with good possibilities to do running, quite close to a forest or at least a big park.

If anyone could help me it would be great!

Oyvind Stokseth, NTHI
Herman Kraghsvei 14-51
7035 TRONDHEIM
NORWAY
phone:+47 73 88 96 12

From Sweden

Hello !

We are two Swedish elite orienteers, Stefan Sandahl and Britta Backlund, who are 25 and 24 years old. We compete for IK Hakarpspojarna and Timra SOK. During November to February we are going to travel around the world, and 7-17 January we will visit Auckland.

We would like to know if you have any training events during this time, and if there are any possibilities for us to join ? If not, maybe you have any map that we can buy.

We also would like to know if you can recommend a cheap accommodation for us ?

We would be very happy if you would like to answer our email.

Kind regards Stefan and Britta.

Reply via Rae Powell <r.powell@auckland.ac.nz> who omitted to mention their email address when she sent this!

KATIE

It is with great sadness that we record the recent death of Katie Fettes of the NorthWest Orienteering Club.

Katie began orienteering as a 13 year old in Wellington in 1977 and continued to take part when her family moved to Auckland a year later. She was first chosen to represent New Zealand as a 15 year old in the Australia-New Zealand Challenge and so began a long period of

representing her country through the junior grades and then as an elite.

Her first experience in the World Championships was in Hungary in 1983 when aged 19. Katie missed the 1985 Champs in Australia through injury, but came back to be in France in 1987, Sweden in 1989, Czechoslovakia in 1991 and New York in 1993. She was unavailable in 1995 and 1997. Undoubtedly the high point of her orienteering career was achieving an outstanding 10th place in Czechoslovakia, only the 2nd non-European to attain such a high placing.

In 1992 Katie won the Asia Pacific orienteering title in Japan and successfully defended it in 1994 at Knottingly in the Manawatu. She also placed 15th in the 1994 World Cup race in Woodhill.

Ironically, despite continuing national selection, Katie did not win the elite New Zealand Championship title until 1988 at Scott's Ferry (Manawatu), followed by wins in 1989 at Waiuku (Auckland), 1991 at Mangarara (Hawkes Bay) and 1992 at Omihi (Christchurch).

She became interested in mountain running and won the New Zealand title at her first attempt in March 1994, and represented New Zealand in Germany finishing a creditable 19th in the World Mountain Running Championships.

However Katie did not just confine herself to training and competing. She helped set and control events, was a tireless worker for her club, was a source of help and inspiration to many orienteers and edited the Auckland Orienteering magazine for 2½ years. She also wrote many humorous articles for other magazines.

Orienteering has lost one of its most popular competitors. She will be remembered as a warm, caring and fun person. Our sympathies are extended to her mother Ann, father John, brother and sister Mark and Julia and their families.

Rest in Peace, Katie.

AOA CERTIFICATES

For some time I have been preparing a history of the Auckland Orienteering Championship winners and the Orienteer of the Year winners for each grade from the time the awards began.

Fortunately we have a copy of every edition of *The Auckland Orienteer* and prior to that, the North West club newsletters, since I began

orienteering in 1979. We also have the results of most major competitions from that time, although there are some inexplicable gaps in our collection — perhaps they were loaned to someone? Bryan Teahan and Ken Browne provided earlier information and helped fill some gaps; thank you both.

The Auckland Orienteering Association asked me to incorporate this history into new certificates for this year's OY and championship events as the trophies presented in prior years were not always engraved, looked after, or even returned at all.

So certificates have been prepared for each of the OY grade winners and first 3 placegetters from AOA club members in each of the championship grades. The certificates for the OY and championship winners list all previous winners of that grade on the reverse side. I hope you like them.

Many of the early results did not show full names, and in some cases not even clubs, but I've managed to work out most of them. Now I would like your help to complete the remaining gaps so that the history is complete. Some of you old-timers may recognise some of the following names: please let me know if you do.

1977	M16A	D Bearable	SA
1978	M16A	M Reesby	SA
1979	M16A	W Hines	
1977	M18A	P Denyer	C
1981	M18A	S McDonald	SA
1977	M21C	P Coxon	SA
1978	M21C	R Simeon	SA
1980	M21C	B Idoine	C
1979	M35B	R Johnson	
1991	W16B	C Dawson	NW
1977	W18A	H Mellsop	SA
1977	W20A	D Elsmore	SA
1977	M16A	M Murphy	C
1978	M16A	B Alston	C

Give me a ring on (09) 424 2640, drop me a note to 14a Melandra Road, Whangaparaoa, or send me an email to pebble@clear.net.nz.

KEITH STONE [NOT NWOC]

GOLDEN RULES

Twelve Golden Rules for Organising the Finish

1. Site the finish near the event centre and the results board nearby. Never more than 50 meters apart.
2. Set yourself a target of having provisional results on the board within five minutes of a competitor finishing.
3. Post provisional results before clip cards are checked. This policy should be notified in the event programme and on the results board.
4. The timer, clip card collector, computer operator and clip card checker must be in the same tent so they can communicate with one another.
5. The finish tent must not leak and it must not blow over.
6. Write the finish time on the clip card rather than creating a separate list. We use large pre-numbered stickers so you've always got a dry area on which to write the finish time. If the sticker won't stick, staple it on.
7. Get information from start officials on altered start times and competitors who did not start. They should write officially altered start times on the clip card.
8. Use a computer for all pre-entry events with 200 or more starters.
9. Test all equipment thoroughly beforehand. Ideally have two of each item of equipment.
10. If you accidentally lose power to your computer your system should be good enough to recover without loss of any information.
11. Use the same methods to handle large events that you've already proven at smaller events. If numbers are very large break the problem up by having multiple finish sites or finish chutes or information processing teams.
12. Make sure that your timer numbering and the numbering of clip cards are always synchronised and know how to get back in step quickly if there is a problem.

BILL IRVINE [HOC] ON O-NET

WMOC 2000

Information is now available for the World Masters Champs. The brochure describes events beginning on 28th December in Auckland, with the main events on 31st December - 7th January in Palmerston North, and finishing with the 4th World Rogaine Championship in Christchurch on 16th January 2000.

email wmoc2000@xtra.co.nz

<http://tef.massey.ac.nz/~pet/wmoc2000.htm>

HOW TO PLAN COURSES FOR CLUB EVENTS

There are two main types of Club events, town park type maps and farm maps. While this article is aimed at farm maps, the same principles apply, though it is harder to get the same degree of difficulty on a park map.

People might think they do not have the experience to plan courses but with a little thought everyone can do it. It doesn't take an elite orienteer to plan courses for elite orienteers, and it leads on that relatively inexperienced people can plan satisfactory club events. Planning can be lots of fun and it is extremely beneficial to your own orienteering.

The main aim of planning is to give the competitors a course that is correctly designed for their capabilities, is fun and challenging, and above all that it is fair. All planners have their own pet methods but I have set out the way I do things below

Contacting the landowners

In our Club this is generally done by the President about 6 months before the event to make sure that they will be happy that there is an event on their farm on the day.

When you know you will be setting the event it is a good idea to get in contact again about 6 weeks out from the event date. It's easy for things to go wrong.

When you have sorted out your courses (see

below) you should contact the landowners again and ASK them if its OK for you to come out on such and such a day and do a recce. Remember the landowners are most important. Without them there would be no map.

Types of course

Its up to you what courses you provide. Generally we aim to have a minimum of a red, orange, yellow and white course. With the makeup of our club its best to have a red long and a red short as well.

The red long course can be the same course as the red short, but with an extra loop thrown in. There are a whole heap of course types other than the standard course, and some you could try are score courses, window courses, contour only courses etc.

For some reason in this club no one seems particularly adventurous and if anything other than a standard course is offered it is generally ignored in favour of the standard course.

Course length

To work out your course lengths you need to decide how long you want people to run for. I would suggest that 50 minutes for the winner of a red course is long enough. If you split it up the red long could be 60 mins and the red short 40 mins. Orange should be about 40-45 mins, yellow 35-40mins and white 25 mins. Remember that people complain if the courses are too long but generally don't complain if they are too short!

Next you need to work out what speeds the different people run on a similar terrain to your map. If your map has had events run on it in the past then there are previous results to give you a guide, otherwise you will have to look at a map with similar terrain.

A number of Club members have copies of numerous newsletters and this should give you the guidance you need. (My collection goes back to 1988 and I believe Bill Irvine goes back to the late 1970's). Armed with this info you can work out that if the winner of the red course on map A did 5km in 60 mins they were running at 12mins/km. If you want them to run only 50 mins then their course needs to be 4.2km long. That's why it's important to put course lengths in the results, it helps the next person. On some farm maps it is very hard to get a true red course because of all the large features and these are

generally red-orange standard.

It's a bit easier for a park map, we generally have an orange course of 5km, yellow of 3km and white of 2km.

Planning

Pick your start and finish points first. It might be OK for a major event to have a 2km walk to the start but you won't win friends doing this at a Club event. At the typical low key club event the starter and finisher can be the same person if you make the start/finish point the same.

Also this needs to be near where the cars will be parked and reasonably sheltered. It's not much fun when the starter / finisher is huddled all by themselves on some windswept plateau

The White course

Plan your white course next. To begin, I get a piece of string the length of the course and put one end on where the start will be, and the other end where the finish will be. That way you can get an idea of the area of the map that you have available for the course.

Then you have to make a series of legs that follow distinct linear features. Remember that they have to follow handrails and the control must be on this handrail. Its not always easy to do this and you may need to have a few taped parts to get them from one place to another. Even though you could have them following fences all the way try to get some variation in with tracks, streams and even a large hedge if its clear enough. A lot of effort goes into white course planning and unfortunately this is the least patronised course, but you still need to make the effort. Remember it can never be too easy on a white course.

The Red course

Next to be planned is the red course and the piece of string method is used again to get an idea of the area able to be used. Put your string away for a while now and do some planning. Just plan some good legs without worrying about where the controls are. Good legs are ones where either there is a lot of route choice, or the navigation is difficult all the way.

Once you have some good legs planned, look for some feature you can use as a control site at each end. Next try and join these good legs together. Its preferable to have a course with

fewer good legs joined by short links than a course made up of lot of mediocre legs. In orienteering it is the navigation on the leg that is most important, not the control at the end of the leg.

What is a control for?

There are only four reasons for a control. First is the obvious one of marking the end of a good leg. Second is the one of moving the competitor from the end of a good leg to the beginning of the next good leg, this can be a short leg with little navigation involved. The third reason is to avoid a dogleg; and the last reason is that sometimes controls are used to get people around sensitive areas or to lead them to a crossing point such as a gate in a nasty electric fence.

Orange and Yellow

The orange and yellow courses follow on from the above. The orange course must have good strong attack points or large catching features behind. The yellow course is somewhat similar to white, in that there are strong linear features or controls very close to them. But there must be lots of opportunity for cutting across corners and the option of navigating rather than just following tracks.

Remember not to use the same control site for a red and orange course unless the orange course has fences and the red does not, or unless they are approaching from slightly different directions which give a strong attack point for the orange course. If a control position is of red quality then it is probably too hard for an orange course.

Out on the map

Once you have your courses roughed out it's time to get out on the map. Before you go you should have made up a master map with all the controls marked on and the different courses marked on as well. Use different coloured pens or dashes etc to distinguish between the courses.

Wander around and make sure that your proposed control positions are OK. Too often they are indistinct, too visible or just not there. If you can't really find the position then don't try and use it for a control location.

Also look at the direction that people will be coming from or going to, are they too visible? Are there any objects on the horizon that may make the leg too easy? At a recent event we had

a leg of 500metres in intricate terrain that would have been very hard. Unfortunately about 60m to one side of the control was this great tall poplar tree without another tree in sight. All we had to do was run flat out to the poplar and then start orienteering from there. This was at National Championships level, which proves everyone makes mistakes.

Take a note of any map corrections while you are wandering around and don't be disappointed if the control site that looked so good at home can't be used. Look for others and if necessary re-plan parts of your course. If you are not confident of finding your way back to the site of your control when you have to put them out mark it with a piece of string, or a splash of paint.

Novice planners will find it much harder finding the location of the control site without the control actually being there! Even an experienced planner can walk around for quite a while making sure they are in the right place.

While you are doing this make sure that the terrain around the control is accurate. It is important that people who have overshot the control and are coming back to it also have a correct map representation. Don't ever use a map correction as a control site, and try and avoid having a control too close to a map correction.

Back home

Your courses are now set and you are happy with where the controls have to go. What now?

Make up your master maps, generally two per course unless you are going to have at least a 4 minute start interval (Circle size is 5-6mm) Write up the control descriptions.

Everything is ready. Not quite, you now need to do some checking. Check that both master maps for course 1 are identical, then do the next course etc until all master maps are accurate.

Then get a clean map, and using the master maps and control descriptions make up a new master map for all the controls with the control number written down next to the control circle. This might seem a waste of time but its amazing how many times you find that the control number for the same control is different on the control descriptions for different courses. Use this overall master map when you are putting out the controls.

Before the event

Naturally you have to put the controls out. Two of Murphy's laws come into effect here.

The first is "It always takes longer to put out controls than you think". Even now it still takes me an hour to put out 10 controls and that's at a jog and knowing where the controls are going.

Murphy's second law is "It is usually raining or bitterly cold when you put the controls out." If it is sunny and warm you can be confident that it will rain either during the event or when you are collecting the controls.

Most importantly make sure the control is in the right place!

Make sure that you have enough people to help on the day. Who is bringing the caravan? Who will man the start? Finish etc?

Ask people to do certain jobs before the day. Its no good just expecting people to do certain things on the day because they may not turn up, or may have to leave early. Control collecting is an especially hard one. Some days there will be lots of people offering to help and on other days none at all. If someone knows that they have to collect controls then they won't go out and do a second course and then say sorry they are too tired. Organise in advance.

On the Day

Don't forget anything! Obvious, but lots of people have had to go home to get the maps! They usually only do it once though! Be prepared early.

Another of Murphy's laws applies here "If you are ready early everyone turns up late: If you are running late everyone turns up early"

Don't expect lots of praise. Apart from the odd exception, people do not say anything much about good courses but they do say a lot about bad courses or mistakes. Some experienced competitors can be quite rude about certain aspects of courses without realising they are giving offence.

Have a thick skin and treat every compliment as gem. Savour it!

Some do's and don'ts

Don't have doglegs where the competitor leaves the control in the same direction as they came into it.

Don't have different courses coming into the same control from opposite directions

Don't have controls on similar features within 100m of each other.

(My version of this: "Don't have controls on features that could be described similarly" - MR)

Try to have the start so that people waiting to go don't see the route choice of the competitor before them.

Try to keep climb under 5% (climb is the vertical distance climbed divided by the horizontal distance and multiplied by 100, both of these being on the planners optimum route. Only count the up climb, not the down climb!) Climb greater than this is too physical for older or less fit orienteers

Don't hide the control. Make sure it is visible without having to search for it.

Don't have long legs where there is little navigation involved because of prominent features or large catching features.

Give the course an interesting shape. Don't have all the legs the same length or the course generally going in one direction. Try and make people turn left then right etc at each control and vary the leg length.

A route choice between controls should make the competitor think hard about which they think is best. A straight choice of over the hill or around the hill is not necessarily a good route choice.

General Stuff

The art of really good course planning is a lot more complicated than above and the experienced planner thinks of all sorts of ways to lead the competitor into making mistakes such as trying to tempt them into making parallel errors, contour height errors etc. There are a number of good books available and I have a few if anyone is interested.

Most importantly course planning can be fun as well as being a great learning experience. If you think you might be interested get in contact with someone on the committee and we can organise an event for you. If you have never done it before it is sometimes nice to have a more experienced buddy to give a hand and this can be arranged too.

BRUCE COLLINS [HOC] IN HOC
NEWSLETTER]

Bruce has planned courses from small club events up to planning local area Champs and a National Champs. He is a past winner of the Silva Course Setting competition and is currently Convenor of the NZOF Technical Committee.

I would add that the very best way to learn how to organise a good event is to ask a good controller to look after you - MR

JUNIOR TRAINING CAMP - HELP PLEASE

A Junior Training Camp for 13-16 year olds is to be held at Houghtons Bush Camp, Muriwai, 15th-20th December. We are looking for people to assist with the coaching of these budding orienteers as well as anyone interested in being a trainee coach under the guidance of Michael Wood.

The Juniors get an incredible amount of enjoyment and skill out of attending these camps. They are the grounding from which our most successful JWOC teams grow in the future, but this can only happen with the assistance of more experienced orienteers.

If you could spare the time to help the future of our sport in this way please contact Joanna Stewart, or if you wish to be a trainee coach, Michael Wood. I'm sure you would find it a rewarding and fun five days

Joanna Stewart (575 5695 - home, 373 7599 x 6360 - work email j.stewart@auckland.ac.nz)

ASHMORE AND COLLINS IN WOODHILL DUNES

Darren Ashmore won the Auckland (NZ) classic distance championships on Saturday but Shaun Collins clawed his way up from third position to take the short distance title. Tania Robinson won both days from the rapidly improving 20-year-old Rachel Smith.

The Auckland Championships were run at the northern end of Woodhill Forest, which stretches 50km along the coast near NZ's largest city of Auckland. The predominant sand-dunes are here underlain by impermeable clay which outcrops here and there creating some impassable cliffs.

The clay also prevents the usual deep drainage of rainwater, which instead emerges into steep-sided erosion gullies, some as deep as 10m. Runnability was good under the managed pine trees, except for some areas of waist-high and abrasive cutty grass. Ashmore's win was no surprise as he was the highest-ranked man to attend. But second place and only a minute behind was 19-year-old Michal Glowacki, the current M20 champion. And within 20min of the leader there were three other juniors: Stu Barr (18) in fifth, Karl Dravitzki (19) in 7th and Brent Edwards (19) in 9th.

Amongst these promising juniors were Phil Wood and Rob Jessop (3rd and 4th), Shaun Collins (6th) and the manager of NZ's WOC Team, Alistair Cory-Wright, in 8th spot. Absent from the race were Aidan Boswell who was at a conference but took part next day, Bruce McLeod who lives at the opposite end of the country, Alistair Landels (Sweden) and Greg Barbour (Scotland).

The womens class was much thinner, triple NZ Champion Tania Robinson having only Melissa Edwards and twins Rachel and Rebecca Smith for competition. However her win was a close call, by only 7 seconds from Rachel Smith, the junior who surprised all to qualify for the classic final in Norway. Edwards and Rebecca Smith were 3 minutes behind.

The rest of the small women's elite is spread between London (Antonia Wood), Halden (Kirsten Ambler) and Uppsala (Jenni Adams). Marquita Gelderman, who broke her leg at the National Championships in June, walked the 21A-Short course; she will shortly have another operation. In fact Marquita did the cartography for the map, which was named "Wounded Knee"!

The Short-O was run on an adjacent area without the huge erosion gullies, and consisted of a morning race with afternoon chasing start.

Darren Ashmore was again fastest in the morning, 3 seconds ahead of the flying youngster Stu Barr. Two minutes further back were Shaun Collins, Aidan Boswell and Rob Jessop. Phil Wood was another minute further behind. In an

exciting race which twice crossed a block of intricate contours under low visibility pines, Collins not only caught Ashmore and Barr but opened up another two minutes on them.

Wood also carved his way through the field to finish 2 seconds ahead of a bunch consisting of Ashmore, Barr, Jessop and Boswell. These five were within 30 seconds.

The order of the women was the same as that of the previous day, although Melissa Edwards was second in the morning before slipping back in the afternoon. Robinson's margin over Rachel Smith was just over a minute.

MICHAEL WOOD [HVOC] ON O-NET

ETCETERA

Junior Training Camp Reminder

Entries close for the Junior training camp on the 22nd November. In order to plan the personpower required it would be really good if you could get your entries in as soon as possible.

Information has been in previous newsletters, but if you do not have an entry form or require further information, then please contact your club secretary or Joanna Stewart (Ph 575 5695, Fax 3737503, email j.stewart@auckland.ac.nz).

Sharing water containers

Interesting to note that PAPO's response to the issue of sharing water containers is to invest in lots of "squirty" water bottles and to instruct all runners to squirt, not suck. Easy and effective.

Turkey Trot and Traverse

If you've not heard about the Taranaki Traverse, ask someone. It's a traverse of New Plymouth across five separate maps that I can thoroughly recommend. I'm not what you might call an endurance athlete, but the Traverse has to be the most fun I've ever had that took bloody ages and involved being completely trashed afterwards. This summer's Traverse uses two new maps (first used at the CDOA Champs) and as is traditional starts on farmland and finishes at the beach.

1998 Programme

With an immoderate sigh of relief Dave Middleton

has officially announced the 1998 event programme, to be found at the beginning of this newsletter.

1999 WMOC, Denmark

Information is now available about the 1999 World Master's Champs to be held during July in Denmark, immediately followed by O-Ringen in Sweden and the Scottish 6 Day event.

A technical note

"Master maps in plastic bags will remain on wet tables without taping!"

FROM "COMPASS POINTS", HBOC NEWSLETTER

Hi there everybody,

Just to let you know that "Fairview" is breaking up. The legend of the orienteering flat in Auckland is over. This happens as from the 15th November 1997. Below is a list of changes of phone and address for those in the flat and for the various organisations that are run from the flat.

Melissa Edwards - is moving home to Tauranga for the University Holidays.

McPhails Rd, RD 3, Tauranga (07) 543 1498

Phil Wood - is moving into Mark McLean's house, 453 Onehunga Mall, Onehunga. (09) 636 4144

Fraser Mills - Will be of no fixed abode. You could try his parents on (06)358 4398

Madeleine Barr, Shaun Collins - Will be moving to a new place. 1/10 Inverary Ave, Epsom, Auckland. Phone 631 0204. Note that this is the old phone number for "Fairview"

WACO - Waikato and Auckland Campus Orienteers secretary is Madeleine Barr

Endorphin Junkies Event Promotions - Mountain Bike Orienteering - Shaun Collins

NZOF Development Squad - The current coaching co-ordinator is Shaun Collins

Lactic Turkey Events - Refer Phil Wood

JWOC 1998 - The Coach / Manager for the potential JWOC 1998 Squad is Shaun Collins.

National Squad Forest Run - Refer Shaun above.

My email is still sbcollins@deloitte.co.nz

SHAUN COLLINS [WACO]

AOA RELAYS

Sunday 2nd November 1997

WACO MacNut Farm	40.12
Stuart Barr, Rachel Smith, Brent Edwards, Neil Kerrison	
NWOC Odds & Sods	42.50
Dave Middleton, Stan Foster, Shaun Bowler, Lesley Stone	
NWOC Stu's Crewsers	44.48
Stu Middleton, Alistair Smithies, Peter Godfrey, Glen Middleton	
NWOC Gasp & Nap	47.47
Geoff Mead, Nic Foster, Penny Brothers, Astra Wistrand	
NWOC Mark's Maidens	49.11
Mark Lawson, Michelle Nash, Lise Moen, Alison Carswell	
NWOC Truly Handicapped	52.42
Terje Moen, Lisa Mead, Lorri O'Brien, Marquita Gelderman	
CMOC Us	54.25
John Robinson, Hilary Iles, Susan Daley, Margaret Briffet	
NWOC Murphy's Law	56.19
Patrick Murphy, Rob Ambler, Trevor Carswell, Ann Fettes	
C Stout Rhino	56.25
Alistair Stewart, Janice Cyprian, Jim Snedden, Katherine Bolt	
CMOC Curried Green Eggs	57.07
Tania Robinson, Phyllis Snedden, Ken Green, Marike Currie	
NWOC Snail Racers	57.22
Bryan Teahan, Allen James, Andrew Bell, Jill Smithies	
C Auckland OC	57.53
Rob Jessop, Steve Oram, Leon McGivern, Vivienne Leigh	
CMOC We Care	59.49
Rod Pilbrow, Ineke Currie, Bev Shuker, Annwen Candy	
NWOC Northwest Slugs	70.08
Phil Johansen, Jonine Nash, Bert Chapman, Gay	

Ambler	
CMOC The Hopefuls	71.40
John Briffet, Graeme Hattie, Lyndsay Shuker, Doreen Oldfield	
C The Damp Squids	73.20
David Stewart, Mark Roberts, Jill Brewis, Sam Murphy	
C Guys & Dolls	77.33
Terry Nuthall, Joanna Stewart, Helen Bolt, Rae Powell	
CMOC VDIM	81.07
Val Robinson, Daniel Blakemore, Ian Hunter, Mike Daley	
CMOC Hattie's Heroes	81.55
Bob Hattie, Aidan Nelson, Christine Hull, Robert Iles	
AOC Last Resort	92.00
John Powell, Andy Brewis, Mark Stewart, Sarah Beaumont	
CMOC Quick Quads	92.24
Ross Brighthouse, Chris Rowe, Randall Hull, Jayne Shuker	
Winners of the Shield (which goes to the first three teams) were NWOC.	
Thanks to Trish and Wayne Aspin for setting a great event, and to Bob Hattie and Lyndsay Shuker for all the helpful advice they gave me.	

HILARY ILES [CMOC].

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: December 1997

Note that there is no January issue

MARK ROBERTS 520 5993

1997 Spring Series Handicap Results

Total Placing	Event 1 Points	Event 2 Points	Event 3 Points	Event 4 Points	Event 5 Points	Best 4 Points	Total Placing	Event 1 Points	Event 2 Points	Event 3 Points	Event 4 Points	Event 5 Points	Best 4 Points
1.	Mark Lawson	NW	43	45	46	48	48	187					
1.	Michelle Nash	NW	40	50	50	47	187						
3.	David Nevin	WHO	46	45	45	44	185						
4.	Marin Barber	CM	46	33	23	50	179						
5.	Phil Mellisop	NW	46	48	43	38	175						
6.	Lorri O'Brien	NW	42	49	41	41	173						
7.	Michael Glowacki	WACO	38	39	37	48	172						
8.	Phil Johanson	NW	40	35	49	44	168						
9.	Les Paver	NW	38	38	38	46	164						
10.	Bryan Teshan	NW	42	38	43	33	158						
10.	David Stewart	AK	41	36	42	37	158						
12.	Matt Crozier	NW	46	35	34	38	153						
13.	Ross Brighthouse	CM	34	48	33	36	151						
14.	Lyn Stanton	AK	45	45	50	49	144						
15.	Alistair Cory-Wright	AK	50	42	42	50	142						
15.	Jonine Nash	NW	6	6	45	42	142						
17.	Alistair Stewart	AK	50	42	49	49	141						
17.	Graham Peters	WHO	50	44	47	47	141						
19.	Phil Collins	WHO	35	21	21	39	140						
20.	Roel Michels	NW	39	47	41	41	127						
21.	Al Smithies	NW	30	30	5	22	125						
22.	Bert Chapman	NW	39	5	15	30	124						
23.	Fraser Mills	WACO	47	32	43	43	122						
24.	Joanna Stewart	AK	22	25	29	45	121						
25.	Rae Powell	AK	36	9	40	35	120						
26.	Geoff Mead	NW	29	16	9	37	119						
26.	Russell Howard	AK	29	16	9	37	119						
26.	Patricia Aspin	CM	33	37	49	49	119						
29.	Dave Middleton	NW	41	43	34	34	118						
30.	Robin Ambler	NW	34	8	24	47	117						
31.	Paulette Ashmore	AK	34	38	38	34	114						
32.	Penny Brothers	NW	37	44	44	31	112						
33.	Peter Godfrey	NW	21	43	43	43	107						
34.	Richard Rankin	WHO	44	25	25	35	104						
35.	Graeme Hattie	CM	39	12	12	16	102						
36.	Lise Mead	NW	23	27	25	25	97						
37.	Maurice Penny	NW	37	33	33	39	95						
38.	Bryan Bakulich	WHO	32	46	48	34	94						
38.	Shaun Collins	WACO	12	22	16	46	94						
38.	Eddie Reddish	AK	47	48	48	17	93						
41.	Asta Wistrand	NW	47	48	48	48	93						
41.	Jill Dalton	WACO	41	41	41	11	93						
41.	Ken Green	CM	15	27	24	27	93						
41.	Rob Hattie	CM	38	32	32	23	93						
41.	Terry Nuthall	AK	35	49	41	28	92						
46.	Claire Rankin	WHO	41	15	22	12	90						
47.	Les Warren	HAM	45	37	37	37	86						
48.	Allan James	NW	45	37	40	42	82						
48.	Rob Jessop	AK	24	21	17	20	82						
50.	Rachel Smith	WACO	40	40	40	40	82						
50.	Rob Gardén	NW	40	40	40	40	82						
50.	Rhys Thompson	WHO	24	21	17	20	82						
53.	Rob Crawford	WACO	37	41	34	34	78						
53.	Michael Hood	WC	43	34	31	45	77						
55.	Janica Cyprian	AK	36	14	25	25	75						
56.	Mark McLean	AK	36	14	25	25	75						
57.	Terje Moen	NW	36	14	25	25	75						
57.	Barbara Rankin	WHO	14	47	42	42	72						
59.	Val Robinson	CM	42	12	12	28	71						
60.	Rob Brewis	AK	31	28	28	33	71						
61.	Clive Bolt	AK	31	28	28	33	71						

1997 Spring Series Handicap Results

Total Placing	Event 1 Points	Event 2 Points	Event 3 Points	Event 4 Points	Event 5 Points	Best 4 Points	Total Placing	Event 1 Points	Event 2 Points	Event 3 Points	Event 4 Points	Event 5 Points	Best 4 Points
62.	Nicky Smithies	NW	13	13	21	19	62						
63.	Fiona Monks	NW	25	20	2	32	63						
63.	Ralph King	NW	33	20	18	18	63						
65.	Steve Oram	AK	33	35	26	26	59						
66.	Mark Roberts	AK	18	7	11	21	57						
66.	Jill Smithies	NW	28	28	28	28	57						
69.	DI Michels	NW	11	4	4	40	51						
69.	Roel Wagner	NW	11	4	4	40	51						
69.	Rosemary Getland	CM	27	24	24	47	51						
69.	John Powell	AK	46	46	46	49	51						
72.	Phil Wood	WC	48	48	48	49	49						
72.	Hilary Isles	CM	48	48	48	49	49						
74.	Dave Melrose	NW	48	48	48	48	48						
74.	Scott Vennell	AK	28	19	19	47	47						
74.	Melissa Edwards	WACO	45	44	44	44	45						
76.	Andrew Brewis	AK	45	44	44	44	44						
78.	Bridgit Lewis	NW	44	44	44	44	44						
78.	Rebecca Smith	WACO	44	44	44	44	44						
79.	Darren Ashmore	AK	44	44	44	44	44						
79.	Ann Fettes	NW	44	44	44	44	44						
79.	Laurie Baxter	NW	31	11	13	10	44						
79.	Mike Beveridge	NW	20	11	11	10	41						
84.	Alison Carswell	NW	40	39	39	39	39						
85.	Wayne Aspin	CM	40	39	39	39	39						
86.	Alden Nelson	CM	18	18	18	18	38						
86.	Wayne Aspin	CM	18	18	18	18	38						
88.	Lesley Stone	NW	36	36	36	36	36						
88.	Tom Clendon	AK	36	36	36	36	36						
89.	Simon Teshan	WACO	36	36	36	36	36						
90.	Arthur Giffney	HM	32	32	32	32	32						
90.	Stan Foster	NW	6	6	6	28	34						
93.	Glen Middleton	NW	30	30	30	30	30						
94.	Fiona Humphrey	HM	30	30	30	30	30						
94.	Mike Haydon	NW	29	29	29	29	29						
94.	Tim Hunt	HAM	28	28	28	28	28						
96.	Lise Moen	NW	14	14	14	14	28						
96.	Shaun Bowler	NW	27	27	27	27	27						
99.	Anne Humphrey	HM	16	16	16	16	24						
99.	Wayne Munro	AK	23	23	23	23	23						
101.	David Godfrey	NW	19	19	19	19	19						
102.	Angela Levat	WHO	17	17	17	17	17						
103.	Patrick Murphy	NW	15	15	15	15	15						
104.	John Robinson	CM	8	8	8	8	24						
105.	John Powell	AK	23	23	23	23	23						
105.	Rodney Pilbrow	CM	19	19	19	19	19						
107.	Stuart Middleton	NW	17	17	17	17	17						
107.	Jamie Munro	AK	14	14	14	14	19						
109.	Grant Unkovich	WC	17	17	17	17	17						
109.	Tom Davies	AK	14	14	14	14	17						
111.	Nic Foster	NW	14	14	14	14	15						
112.	Judy Mardin	NW	10	10	10	10	15						
113.	Lynsey Shuker	CM	3	3	3	13	13						
114.	Leon McGivern	AK	10	10	10	10	12						
115.	Mike Baldwin	NW	1	1	1	10	10						
115.	Edward Main	HAM	1	1	1	8	9						
117.	Marquita Gelderman	NW	0	0	0	7	7						
118.	Sheryl Collins	HM	4	4	4	4	4						

PHYSICAL LUNACY

Marlene Olver - Fitness Instructor *cfi*



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