

EDITORIAL

Last month I was welcoming back all the folk from Canada. This time it is a welcome back to the Australian adventurers. I hope they return satisfied and successful.

Now that the Stone family have all purchased split time watches, there are more contributions to the Times Square but still not many for each grade to make comparisons. Maybe not enough other people have got them as yet.



I was beginning to wonder if I was going to receive anything for this magazine, particularly anything from Canada, but then I began to realise that orienteers are the same when it comes to contributing articles for the magazine as they are with event entries i.e. they come at or after the deadline. Thank you to all the contributors especially Katie who wrote all the way from the States.

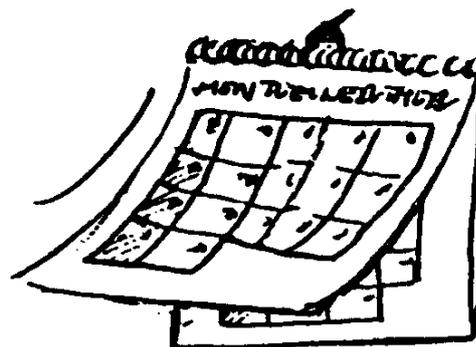
It certainly seems that changes are on their way to the format of the National Championships. Of the 2 options which Mike Ashmore mentions in his letter, I would certainly favour including a National Relay event. Is that not what belonging to a club is all about after all? No doubt decisions on the subject will be made very soon.

Rowena Grenfell

COMING EVENTS

OCTOBER

- | | | | |
|----|-------|----|--|
| 7 | Sun | C | Auckland Domain — Social Event |
| 14 | Sun | SA | Auckland Champs — Waiuku Forest.
Follow signs to forest from Waiuku, then follow "O" signs. Details in July magazine. |
| 20 | Sat | T | NZ Champs Family Relays — Raroa
From Rotorua take S.H.5 to power station at Ohaaki. Turn left. Cross the river and when you reach Broadlands Road turn right i.e. south. Event signed on left. |
| 21 | Sun | P | NZ Individual Champs — Mamaku
Signed from Tirau — Rotorua Road S.H.5. |
| 22 | Mon | R | NZ Relay Champs — Crater Block.
As for CDOA Champs. Southern foot of Mt Tarawera adjacent to Lake Rerewhakaaitu, 45 km from Rotorua.
Entry form and details in Sept magazine. Entries Close 1 Oct. |
| 25 | Thurs | C | Auckland Primary Schools Champs. Western Springs. |
| 28 | Sun | NW | AOA OY7 — Sixteen Mile Woodhill Forest.
Follow SH 16 towards Helensville, turn left into Rimmers Road approx 7km past the Forest H.Q. Follow orienteering signs for about 15 minutes. |



NOVEMBER

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

DECEMBER

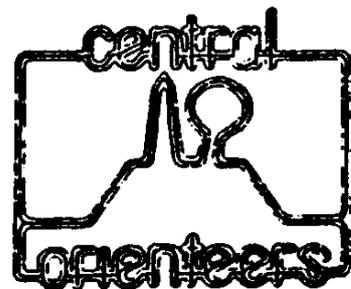
- 4 Tue C Summer Series. Auckland Domain. 5-7pm.
- 15/16 Sat/Sun SA Motutapu Island - social event.
- 11 Tue C Summer Series. One Tree Hill. 5-7pm.
- 18 Tue C Summer Series. Selfs Farm. 5-7pm.

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 new members Susan Turley and Mike Steiner. We hope you enjoy your orienteering with us.
- The Central Club Championships are to be held at the OY7 event on the 16 mile map. This is also the Grand Final of this years OY series with every competitor scoring double points. We have Club trophies for almost every grade so there is plenty to run for. The prizegiving will be held at the club A.G.M. at the Nicholls place on 9th December.
- The last club social get-together was such a success we are going to do it again at the Reddishes place on 13th October (the day before the Auckland Champs). It is a B.Y.O. food and drinks. No doubt there will be a few games for the kids and the overgrown kids. These social meetings are probably the best way of getting to know other people in our sport so around 5pm-ish 12 Pooley St Pakuranga.
- Clive Bolt sent everyone a questionnaire a few weeks ago and so far we have found some very useful and helpful information. There are still a few yet to be returned so if you could do this it would be much appreciated. Ta.
- We are starting the summer series in Mid November and running right through to Mid March. There are 15 events programmed so we need setters and co-ordinators etc. Don't be afraid to have a go. Ring either Tom Davies 278 4747 or Mike Ashmore 566 850.



- The Auckland Club Relay Champs are detailed later in this issue. Be sure you are in a team. It is a real fun day. Phone Tom Davies 278 4747.
- As usual the next meeting is the first Wednesday of the month at the Nicholls place. 170 Campbell Rd One Tree Hill. 7.30pm. All welcome.
- Guy Cory-Wright and Julia Fettes have just done a 75km walk on the west coast of Vancouver Island which included 107 bridges and 37 ladders! They then proceeded by ferry to Prince Rupert and thence to Jasper en route to Winnipeg, Churchill and the west side of Hudson's Bay.

The Central Figure

NORTH WEST NEWS

- A warm welcome to two new members with quite a difference in orienteering experience between them. Veteran Bob Murphy of Howick, who has been competing for many years, has joined our club — perhaps to give Ralph a hurry-up. Newcomer Paula Munford from Northcote is our other recruit — noticed your name in some of the OY results already Paula — hope you both enjoy your orienteering with North West.



- Thanks to Bob Kingston and his helpers, the Have-a-Go day at Onewa Domain was very successful on our part. Bob and the others were there all day during which over 200 people had-a-go at the orienteering course which included part of Smith's Bush. Dave Middleton drew the map which was used.
- An interesting evening was held at Middleton's to pore over maps and photos from our Canadian travellers. The video screening showed several of our members in action at the events in Canada — quite good film stars some of them. The less said about the Trivial Pursuit result afterwards, the better!!
- Hands up all those who felt slightly green about the gills after the boat trip at Kaipara to take part in the Phoebe's Lake OY. I believe it was much more enjoyable on the return journey. Sally Pearson tried to make her return trip more exciting though, with a spot of cross-country rallying in her car just out of Dargaville. Cars don't like travelling upside down Sally! We were all glad to see you weren't hurt.
- Two club juniors had firsts this month. James Paver beat his Dad, Les, for the first time ever — well done James. Michelle Lyons took part in her first ever "major event" at the Central District Champs. I understand you had a few problems Michelle; didn't we all!! Hope you still enjoyed the event.
- North West winners at the Central District Champs were — Nicholas Foster, M12A; Terje Moen, M45A; Barry Hanlon, M55A; Sasha Middleton, W15A; Carey Martin, W21A; Mary Moen, W40A; Ann Fettes, W55A. Congratulations!
- The OY at Phoebe's Lake was our Club Championships for this year and the trophies will be presented at our annual dinner and prize-giving social on TUESDAY 4 DECEMBER.
- The next club meeting is on Thursday 11th October at the Stone's house, 8 Agathis Avenue, Mairangi Bay commencing at 7.30pm. Come and join us — there should be a few Australian maps to look at.

North West Newshound

SOUTH AUCKLAND NEWS



- After another good event at Phoebe's Lake, we have been treated to two days of top class orienteering at Crater Lake and we have two major events and an OY next month to look forward to.
- Lets hope the injury problems come right. Trish Aspin's Achilles Tendon went at Phoebe's Lake after going through a world wide tour untroubled. Congratulations Trish on your Silver at the Veteran Champs. Doreen Oldfield is on crutches after tripping over her running shoes in the kitchen and Jeanine Browne will miss the big events with a torn cruciate ligament (playing soccer).
- From the C.D. Champs I caught up with Eileen and Graham Frith who have returned to NZ and are settling in the S. Island. Eileen was a club World Champ rep with Keith and Cathy Hatwell some time back.
- By now the Kiwis will be showing the Aussies how to orienteer, and Aiden and Rolfe Boswell will be able to renew their battle from the CD event.
- New Club members - welcome to the Duthie brothers who have rejoined and Marie Williamson from Manurewa.
- The Master Map controversy has been resolved by the AOA. Competitors will draw up their own maps. I am sure this will be discussed later but I only hope my old eyes are up to the task.
- The next meeting will be held at the Robinson's. East St, Pukekohe. Be prepared for the AGM in Nov.

Ken Browne

WHO

- Fell off the back of a truck on Mt Tarawera
 - Charmed a gas station attendant into giving away 6 Mars bars.
 - Saw a sheep sitting on its haunches gazing into the distance
 - Saw a well known orienteer carry a mountain bike to the top of Mt Tarawera (who then rode it down into the crater!).
 - Ran the Fletcher Marathon
 - Was the only WHO competitor at the CDOA Champs
 - Has competed in more events this year than any other member of WHO.
 - Is selling a house to move closer to the orienteering action.
 - Is lining up all the locals to provide us with accommodation when we return to Pouto next May
 - Would not take the ferry from Shelly Beach if you paid her.
- Janice Cyprian of the WHO, that's who.

LETTERS TO THE EDITOR

Dear Rowena,

I am appalled by the recent actions by some Auckland orienteers to encourage a decline in our major event standards and degrade the importance of our regional championship event.



When I left New Zealand at the end of July the proposal had been made to use master-maps for the Auckland Championships. After checking the NZOF rules and noting that master-maps could not be used for badge events I thought that once this was pointed out to those responsible they would revert to using pre-marked maps. However I have since heard that they decided that if master-maps cannot be used for a badge event then the Auckland Championships should be relegated to non-badge status.

I would have thought that the AOA or the NZOF would have intervened and insisted that the Auckland Championships must be a badge event and that pre-marked maps must be used. Evidently there is no rule that states that regional championships must be badge events — if so, why do we bother having any badge events? Surely the regional championships must rank only behind the national championships in importance of events and if they do not need to be up to badge event standard then the NZOF may as well scrap the badge event scheme.

Are you happy that your regional championship will not be recognised as a badge event? Who has the right to make that decision? Were you asked for your opinion?

Maybe you don't care about badge events. Maybe you don't care what happens to the standard of orienteering in New Zealand. Perhaps the Aucklanders travelling to Australia to compete in the Challenge events this month should warn the Australians to bring their own red pens with them for the International events next May, as no doubt master-maps will also be used then. After all, if it's good enough for us, it's good enough for them.

There is still time for sanity to be restored. Let's forget about this nonsense of using master-maps for our Champs and work out a way to get the maps drawn up before the event. It may be too late for those that did not bother to enter but at least it will overcome all the inequities associated with the use of master-maps and reinstate our regional championships to the standard they deserve. If Rotorua could do it for their Champs surely we can do it for ours.

For orienteering's sake,

Keith Stone

Dear Rowena,

Master maps for major events? Not for me thanks. I have enough trouble reading what's inside the circle and getting it right when the circle has been put where it should be. As for struggling, in the competitive pressure of a major event, to identify and circle the correct spot on a 1:15,000 map with my deteriorating eyesight when under a canvas on a dark wet day? Not for me thanks. But that isn't what is uppermost in my mind. The need for us to provide medium difficulty courses of appropriate length for the maximum number of age groups is, however, very much on my mind. I've just completed 40 years teaching. For many of those years I've felt bad about the fact that horses are better taught than people. Picture Mark Todd. He wants to teach a jumper. He sets the beginner an easy task. Provides for lots of success and growing confidence; sets a slightly harder course; lots more success. Growing confidence. "Mastery learning" its called. We don't do it with kids. 30 to 40 at once all in together - all over fences the same height at the same time. Enough of that. But I have got a lot of pleasure from the fact

that, in orienteering, I can tell beginners of what ever age that "Yes, there's a short easy one, a longer medium one" etc etc. There's always a course you can be successful at, become confident on and be challenged by. Orienteering has done better than schools by providing graduated opportunities for individuals to develop their skills and their confidence. I am against any move which reduces the opportunities beginners, I say again, of whatever age (and most new orienteers are in the 35 + age group!), have of taking small steps forward. We cannot afford to ignore the fact that our numbers are declining, our membership fees are increasing, the work load on fewer members is becoming heavier, sports putting more energy into Kiwisport than orienteering clubs are, are capturing more new players at a faster rate than orienteering is etc etc. We need every member we can get. And, of course there are present members of less than A level ability who accept that fact and come along to run and enjoy courses set for them: B level courses. There should be no problem about providing relatively unfit experienced middle aged orienteers with a short hard course if that is their wish. No extra course planning is necessary. Just an extra grade named "M40 special" on course 6; my M60 course. There is a problem however, if in providing such orienteers with short hard courses, we no longer offer medium difficulty courses for those who really are at a lower level of technical ability (level B) than others; people who must have somewhat less than A level courses to get success and pleasure from orienteering. And we are all entitled to that.

Laurie B.

Dear Editor,

Your readers comments to me on the "quest for change" artical published in the August news letter are proving most enlightening and encouraging. The majority of comments (not only from the Auckland area) so far leave me in no doubt there will be a format change to the National Championships. When? Optimistically, it could be as early as early as 1991 (if demanded). Since the artical was published a new world championship event has been introduced for 1991, that of "world short distance championship". NewZealand will now have to introduce such events into its calander and thus a short distance national title.

The majority of comments so far support the following two formats :

Format 1. Day 1, National Classic Championships, title holder to be found from this single event, which must be run on the first day.

Day 2, National Short Distance Championships, title holder to be found from two short course events run on the same day, as per the worlds format.

Day 3, Multi-day length event, this event is to make up a three day multi-day title.

The above offers the individual orienteer, three separate and meaningful competition titles in the one weekend.

Format 2. Day 1, National Classic Championships.

Day 2, National Short Distance Championships.

Day 3, National Relay Championships.

There seems to be differing opinions on how the relay teams should be made up for a national event eg, grades within clubs, grades within areas, grades with no geographical restrictions.

In conclusion, I wish to stress an opinion. The National Championships should be about finding the best orienteers in the country. We can only do that properly by endorsing such an event as our supreme event each year. (a single event like the world champs). If this is so then there is no place for mediocrity at such an event, it must be a demanding serious competition. If the lower grades persist in wanting anything less, then I see no alternative but to advocate the National Championships be run as open grades only.

Mike Ashmore

Letter to the Editor

Dear Rowena,

I know there will be a lot of debate at the moment about whether or not a mastermap system should be allowed in major events.

I personally think we should only have premarked maps for all Badge Events. It is at these times we should get the real and complete Orienteering standards as we find them in big events overseas.

This doesn't explain, however, why I am using a mastermap system for the North Island Championships this year (yes, I'm to blame).

I agonised over a name change for the event - after all, it's not a Badge Event (we didn't apply in time, and we are using a mastermap system), and I wonder if we're really entitled to call it a "Championship" therefore?

My aim was to put on a really good event on a great new area, and hopefully raise some funds for the WOC team next year. I believe we will do just that,

but as I will be responsible for all the work that I can't convince the others to do, I felt I had to ensure it wouldn't be too much (there aren't a lot of 'others' in our club).

Therefore I ask one favour, please excuse our use of the mastermap system, and the lack of badge event status. The event will be cheaper than a normal championship on a new map as a result, but will definitely be of higher standard than this years OY races (which all used the same system but were all on old maps).

Maybe I should have called it the North Island Classic. I will next time. I look forward to putting on a good event for everyone, with a lot of help from my father Ralph King (who also thinks a major event needs pre-marked maps).

Yours in O
David Melrose

Dear Editor

I thought your readers may enjoy a laugh at the expense of a certain orienteer who has been spouting off about the use of mastermaps over the past few weeks. Well, I thought, give him enough rope and he will hang himself, and he did just that, ha ha ha! At the Phoebes Lake OY event it looks like he could not handle the pressure at the mastermaps, marked a control site wrong on his map and blew his run. What a wally!

To add to his woes he caught up to his youngest son (same course) in the area of the first control site only to find he also blew it at the master maps by copying the wrong course on his map.

Two wallys in the same family, I think he should get his genes checked out!

M. A. Stirrer



TIMES SQUARE: OY6 — PHOEBES LAKE

	Course 6 M50B PG	Course 3 M40A DM	Course 4 M45A KS	Course 6 W15A BS	Course 5 W21A AS	Course 5 W45A LS	Course 6 M50B MH
MM			2:46	2:50	3:39		4:38
1	20:12	5:30	3:40	3:32	2:36	5:39	4:16
2	1:51	4:47	5:44	1:14	6:56	7:46	1:42
3	16:59	2:49	5:33	14:06	7:17	6:22	18:39
4	19:41	4:30	5:10	4:28	1:45	3:01	5:50
5	6:42	4:12	4:49	4:17	5:21	5:52	14:11
6	6:22	5:50	10:28	5:21	4:55	6:11	9:49
7	6:36	6:33	8:10	8:34	5:13	4:40	4:11
8	2:23	4:35	4:43	3:09	4:21	4:20	
9		2:12	2:45		4:38	4:47	
10		2:19	2:33				
11		3:48	3:42				
12		2:55	2:51				
FINISH	2:43	1:50	1:40	3:62	2:45	2:45	2:52
	<hr/> 83:29	<hr/> 51:54	<hr/> 64:34	<hr/> 50:35	<hr/> 49:25	<hr/> 51:23	<hr/> 66:10

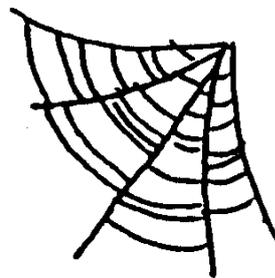
C.D.O.A. CHAMPS

	Day 1 M40A DM	Day 2 M40A DM	Course 4 Day 1 M45A KS	Course 4 Day 2 M45A KS	Course 3 Day 1 W21A AS	Course 3 Day 2 W21A AS
1	4:00	5:40	8:01	7:36	4:32	13:46
2	1:25	4:12	3:32	9:55	2:10	7:42
3	2:30	10:29	3:22	3:27	4:11	13:38
4	3:44	2:20	2:40	2:50	6:03	8:14
5	2:33	1:55	8:42	2:20	5:34	3:40
6	3:46	2:19	8:07	3:58	2:21	3:01
7	7:56	1:48	3:45	3:15	8:21	2:46
8	?#*@16:19	2:28	3:40	3:45	8:40	3:50
9	2:11	7:18	2:41	3:54	3:27	4:30
10	2:42	2:34	3:41	3:41	3:17	12:58
11	1:44	3:45	1:30	4:05	3:56	6:33
12	4:43	3:05	6:30	3:30	7:42	6:34
13	1:03	5:16	10:35		1:15	6:38
14	4:03	2:42	2:11		4:47	3:52
15	!!@#10:58				5:40	
16	1:49				3:00	
17	0:55				1:16	
FINISH		0:16	0:11	0:11	0:14	0:18
	<hr/> 72:43	<hr/> 56:13	<hr/> 69:08	<hr/> 52:27	<hr/> 76:25	<hr/> 97:59

PG: Peter Godfrey ("Keep up the good work on this: I find it makes fascinating analysis and is invaluable. The Stones should help build up the numbers now!"). DM: Dave Middleton, KS: Keith Stone, BS: Brenda Stone, AS: Alison Stone, LS: Lesley Stone, MH: Michael Hood.

FROM THE ARCHIVES

October 1980 was a busy month, with the Nationals on Waimarama (Taupo) a flat featureless map now demolished by a storm. A large contingent of Aucklanders stayed in the Iwitahi camp, attended a social, had a warm up event and a score event after the champs. Trish Aspin W21, Bob Murphy M50, Tania Nichols W12 and Doreen Oldfield ½ 100 were among the winners.



The Auckland night Champs were held in Waiuku Forest on what is now part of last years National map. With borrowed street lights blinking at each control and Jim Sneddons generator light at the finish this was one of the more elaborate night events.

The final OY was held on Telephone Road where Tania Nichols won the W12, only to have the course invalidated. However she won the re run held a fortnight later on the original Otakanini Topu map.

COACHING MANUAL

HAVE YOU SEEN Our New KIWISPORT COACHING MANUAL? It's a beaut. 5 colour of course (well, the cover is). It involves children in map making, course setting and event organisation right from the start. It provides teachers with ideas for lots of different maps and lots of different activities almost all within the school ground and this is where Kiwisport orienteering has to happen. Teachers need no knowledge of orienteering; they need no gear and no maps; they need to do very little if any preparation and they don't need to spend any money to get started. It's been snapped up by "O" shops in Canada, U.S.A. and Australia. I've taken copies costing me \$6.50 each (plus postage) to only one school. I talked with five teachers for an hour. They bought 8 copies at \$10 each. Not a bad hours work. You could cover expenses this way. Buy ten for your club. Sell some at the registration tent on club days. Let your Kiwisport person have some to sell. From Jim Lewis, 53 Norman Smith Street, Taupo.

ORIENTEERING IN THE HOME

My old age is hell! I spend one hundred weeks getting nails put on all my verandah steps to stop poor old M65 falling and breaking a leg. What happens? I fall off a settee over my "o"shoe - who the blazes left it there? - and hey presto! A broken bone in my foot. Onto crutches - Crutches! The whole of my existence takes a totally new turn. (Yes Ed. You well understand). I find it's like a nightmare "o"course getting around the house. A trip to the bathroom leaves me as puffed as if I'd climbed a major hill, getting the breakfast is 10 contours up to a high re-entrant. How many cupboards do you have low down in your house?

I'll cut some flowers for a sick neighbour. Clump clump, up, step down step, damn! Left scissors behind, reverse whole procedure. Where are the scissors? Normally one rushes from sewing room to bureau, desk, piano (2 mins). Today it's like finding a non-existent control up a middle re-entrant. Dot and carry one - not there - go E.go W.NNE. What are they doing on HIS radio? 15 mins. What did I need them for? Control plus control, collapse at pine log- i.e.back step- take in some sunshine, rest good leg it's worn out.

Have you ever noticed in the forest, how little things trip you up - pine cones, clumps of mingi mingi, a hidden rotting branch. So it is in the home. The door that swings back and hits you on the nose because you're so slow, the newspaper thrown carelessly on the carpet to grab your crutch and trip your good foot up.

We had a joyous little run out on Waiuku forest and farms map last Sunday in the spring sunshine (what's that?) Blackberry snagged at our legs. Swampy soil sucked at our feet. Flannel leaf brushed pollen in our eyes. But our spirits conquered all. We arrived at finish zapped by and electric fence but whole and hearty. How could my "o" shoe be so cruel as to spoil the next few weeks of exciting "o"ing. Roll on October - but not over my foot please.

W 100

EATING TO COMPETE

Do you want to know about Eating to Compete? Pregnancy and fitness?

These are the topics of public talks to be given in Auckland on 31 October and 5 November. Speakers include Jeni Pearce, Jeni Reid, Elen Hellemens, Dr Ruth Highet, and Nola Wilson. 7.30 to 9.00pm. Entry \$2.

Wednesday 31 October at the Auckland Hospital Lecture Theatre, or Monday 5 November at Auckland Technical Institute Lecture Theatre 1.

APOC 1990

Our family had been looking forward to travelling to Canada for several years; ever since we first heard that the Asia Pacific Orienteering Champs were to be held there this year. We decided that a motor-home would be the best way to travel and agreed to share a 6-berth unit with Eddie and Robyn Reddish.

Met Eddie and Robyn at the hotel in Seattle, and next day went to pick up what was to be our home for the next 3 weeks. You should have seen the look on our faces when they showed us to our motor-home — it was HUGE! Nearly 10 metres long and over 2 metres wide it was like a house on wheels but certainly gave the 6 of us plenty of room. It had 6 beds, bathroom with shower & toilet, refrigerator/freezer, gas stove and oven, microwave and lots of seats and storage room. There was even a generator but we never had to use that.

Went to model event — reminded me of parts of Australia — trees quite sparse, ground rocky and steep in parts. Control standards were unusual — 2 x 2 wooden stakes with a clipper and number on the top. They looked very heavy and cumbersome and I don't know how they drove them into the hard ground. All the events in Canada used the same type of standards. The APOC opening ceremony was held in Kamloops Sports Centre with Kevin Ireland carrying the NZ flag — there were over 1100 competitors from 21 countries in the competition, 81 from New Zealand. The combinations of grades and courses was really strange e.g. W21E and W21A on same course, M17A and M17B on same course and M15A, W15A, W17A, W19B, W40B and W21C on same course.

Next two days were the Canadian Champs. The same map was used each day and the terrain was like the model event — steep, rocky and scattered trees. On day 1 it was 34°C, there was a 25 minute walk to the start and we all had late starts near mid-day. The next day was still very hot but we had slightly earlier start times. I enjoyed the courses but made mistakes near the end each day. The results were computerised and very slow in being displayed. Each day we left before our results were up.

The APOC and Canadian Relays followed in a faster area — wide open spaces and clear running in the trees. Hot and sunny still but a nice breeze blowing. Maps for the second and third leg runners had been included in their race packs, in a sealed envelope. You were not allowed to open the envelope until after you were tagged by your incoming team-mate. Although official New Zealand teams had not been arranged by the selectors some good placings were achieved.

M21A	4th	Robert Jessop, Kevin Ireland, Alistair Landels
W21A	3rd	Katie Fettes, Marquita Gelderman, Tania Robinson
M35A	3rd	Ted van Geldermalsen, Tony Nixon, Michael Wood
W35A	3rd	Robyn Davies, Morna McFarlane, Kathy Lonsdale
W50A	2nd	Heather Clendon, Bunny Rathbone, Judy Martin
Mixed	2nd	Val Robinson, John Robinson, Dave Godfrey

Once again the results were very slow although they seemed to be done manually. As Eddie and I were returning to the motor-home a photographer from the local paper (Kamloops Daily News) arrived, interviewed us and took many photos. Then Graham Frith came by with a New Zealand flag so more photos. Our picture appeared on page 2 the next day! Returned to the Sports Centre for the prize-giving and "banquet" and the antiquated Canadian liquor laws (like we used to have in NZ in years gone by). You had to queue to buy tickets for beer or wine then queue again to exchange the tickets for the drink. Beer had to be poured into cups — they were not allowed to sell cans. Long queues weaving across the hall interrupted the ladies trying to put food on the tables — quite a shambles. We finally got to see the results of the Individual Champs and then after many requests they decided to display the relay results. They seemed surprised that people wanted to see them!

After a free day spent relaxing it was time for the Asia Pacific Champs which was very disappointing. The map looked much the same as the previous two but the white forest was mainly slow climb over fallen trees and light green was "hack and slash fight". I did not cope with it very well, taking 2 hours 24 minutes for 7.5km, but I was still 24th out of 45 in M45A. The times were l-o-n-g!

On the other side of the Rockies the ground flattened out and we eventually found Innisfail, a tiny country town which was the base for the 2 day North American Orienteering Championships. All the local businesses had large O-signs in their front windows and some had big notices welcoming orienteers to Innisfail. There was a 68km drive to the event parking area from which a shuttle bus service operated using 3 school buses then a short walk to a large clearing used for the finish, food and a country & western band stage. Once again the same map was used for both days and the weather was still hot. The terrain was very different from the Kamloops area, undulating marshy forest with a network of rides and tracks. The map was good and the courses shorter than at Kamloops although I still managed to make a mistake each day. The organisation improved — times up much quicker and the banquet on the last night was much better.

More sightseeing now as we drove back towards the Rockies, through Banff and Kananaskis Country towards the site of "The Most Awesome Rogaine In The World", staying overnight in another beautiful National Park camp. The farm track into the rogain parking area was not designed with 31ft RV's in mind but we humped and bumped along without too much difficulty and caused some rapid tent dismantling as we homed in on a level patch of paddock amidst some smaller motor-homes. Eddie had teamed up with Selwyn Palmer for the 24-hour rogain although they assured us they were only taking it casually. Everyone else was saying the same thing! The rogain was like a giant score event that started at 12.00 noon in scorching, hot sun in an area of open, rolling farmland covered in patches of trees, bush or long grass. The 50 control sites had different score values, those furthest away or involving more climb were worth more than the easier ones and the object was to get as many points as possible before 12.00 noon the next day, competing in pairs à la mountain marathons. It was not too long before some competitors returned to camp but the majority did not come back until 7.00 – 8.00pm, all looking rather tired. The next morning was cooler and the keen ones were soon off to seek more points but Eddie and Selwyn decided they had had enough — Selwyn had been stung badly by some wasps on the previous day — so I borrowed one of their maps and went for a walk up a high ridge to a couple of the controls. That was enough for me. Most competitors began returning to the finish between 11.30 and 11.45am with only a few late

ones after 12.00 so there was a great gathering of weary, aching bodies comparing route choices and points scored. Geoff & Lisa Mead won the Mixed section and Wayne & Trish Aspin were 2nd in the Masters section (although they would have beaten Geoff & Lisa if they had entered as a Mixed pair). Rogaines are quite popular in Australia although there has never been one in New Zealand as far as I know.

Then it was time to say goodbye to Canada and hello United States as we headed south to Idaho and west to the state of Washington for the final events at Cle Elum, the 2-day Pacific Northwest Orienteering Festival. On the way we stopped at the Grand Coulee dam, a huge dam used for hydro-electricity and irrigation on the Columbia river. If you are ever in the area stop and see the Laser Light show which is on every evening. Coloured laser beams are played onto the spillway of the dam while water flows down it. It is a great show!

We thought the organisation at Kamloops could have been better but they would have run rings around the Americans! What a shambles! Registration was at the local high school but the directions in the programme on how to get there were incorrect. We nearly drove back onto the highway to Seattle (have you ever tried to reverse a large RV back off a highway on-ramp) and just about everyone else made the same mistake. When we found the school we discovered that the venue for the banquet had been changed from Ellensburg to Cle Elum but they had not bothered to advertise this at any of the earlier events. We had already booked in to a motor camp in Ellensburg (24 miles to the east) on our way to Cle Elum to be near the banquet. Then we learned there were two different start areas tomorrow, Lesley at one and the rest of us at the other, there is a 10 minute driving time difference between the two starts and the Finish is evidently miles away from both. The organisers expect you to arrange your own transport although they will have a shuttle from the Finish to the school! We also heard that the map used at the model event today was 1:7500 scale whereas it is 1:15000 in the competition. Some model!

The next day brought some better news — the organisers had woken up and arranged shuttle buses from the school to the starts as well as the finish. We still had a 20 minute uphill walk to our start in fine weather though not as hot as in Canada. I had my best run of the tour, making only a few small errors, and finished 4th. There was a World Cup event on today and at the prizegiving New Zealand received honourable mention as Alistair Landels (20th) and Tania Robinson (22nd) were the first non-European orienteers to finish — ahead of all the Aussies! I also achieved something else today — I had been trying to arrange earlier starts for us on the last day ever since we first registered but no-one wanted to know. At the start line today I finally found a lady who was prepared to accept responsibility for doing something — she said she would give us all starts just before the first starts at 9.00am.

And so we came to the last day's orienteering. Following the directions in the programme we tried to find Highway 10 east of Cle Elum but it did not exist. We should have known better! After driving round in circles we put the programme away and worked off our road map. The start area was described as a 10 minute walk from the finish. When we got to the finish, which was in a large, recently felled area, nothing in the way of finish chutes, tents, tapes etc had been set up, there were no signs to the start, and the only officials there were not even sure where the finish line was let alone the start! Competitors started wandering off into the forest trying to find the way to the start area. We found some organisers hanging streamers from trees, followed these to the start and found more confusion as the start chutes had not been assembled. They managed to get it all right just before the first people started.

Despite all the hassles I've mentioned I enjoyed the APOC tour. After the orienteering we went on a coach tour to Las Vegas, the Zion, Bryce and Grand Canyons and other scenic delights and played tourist in Los Angeles and San Diego.

Keith Stone

WHAT HAPPENED IN CANADA AND WHAT DIDN'T!

Howdy o-ers of Auckland and thereabouts! Well as I practice being a tourist here in the big U.S.A., I guess some of you guys are putting the final spit and polish on your 'o' technique to conquer those Aussie bods over the ocean. Do your darndest!

Well, just in case all the APOC competitors neglected their writing pads (and Rowena!), I thought I'd better let on what went on in those Canadian Rockies back in August. Better late than never, huh!

The first events were the Canadian Champs, APOC Relays and APOC Individuals, all near Kamloops in the high, dry hills near the Rockies. Boy, if you want to die of heat exhaustion this is the place to go. The thermometer hit 35°C most days, one day it even got to 38°C while I slowly wilted away and my "o" shoes melted from under me. It made running a bit of a drag - I ran about with the fluid pouring out of me and my mouth feeling like a sawdust pit. The ground was real hard and dry and lots of people suffered from blisters... I just suffered from twisted ankles. I must have had my eyes on the view too often, rather than where my feet were plodding. My o-ing left lots to be desired - there seemed to be a lot of things to heed other than the map (sigh). Like the blinkin sun and grizzly bears (hee, not really, just looking for excuses!)

The APOC Relays were great fun, really ideal terrain with fast open forest and rolling hills and gullies galore. Tania, Marquita and I bravely fought off the Aussies but had to relinquish in the end (just this once), finishing second by seven minutes. The U.S. team come in third. Lots of Kiwis made it to the award stand, we had a highly successful day!

The APOC Individuals were mostly a disaster for me. I would quietly skip that episode of the trip, but just for your sake I'll tell you that the courses were crazily long and the terrain virtually unrunnable, and the sun beat down relentlessly, I also had the pleasure of being zapped 3 times by wasps. I finished 5th in the APOC standings but I think anyone that completed the course deserved a gold medal as well as the biggest ice-cream in Kamloops.

We all took to the mountains after that, for a few days of recovery and awesome scenery before the North American Champs and first World Cup. Glaciers spilled off the mountains almost onto the highway and we were surrounded by 3600m mountains for more than 150 Km. No matter where we stopped to admire the view there'd be an APOC t-shirt walking around.

Once down on the plains of Alberta, I attempted to switch my brain in to World Cup mode. The other kiwis running were Alistair, Rob J, Kevin, Tania and Marquita - they were all with Rob G's rental car group and staying in nice motels while Geoff and I were banished to the campgrounds (hee hee), so it took a bit of search-o in each town to track them down and get hold of the latest World Cup info. All the World Cup competitors except us stayed on a college campus at Olds, while us kiwis landed ourselves in Red Deer (bigger hamburger restaurants, you know). Our team meeting on Friday night revealed that I was first starter (struth!) and that the women's course was 9.8km (double struth!).

Next morning John Robinson got us on the road at the crack of dawn and we caught the competitors' bus at 7am, which took us to the start one hour away. The Scandinavian guns have this habit of psyching themselves up with walkmans, to while away the bus ride. Maybe I should try that sometime?

After warming up, taping up and drinking up, I wandered off to the start (20 minutes walk) through an untouched, silent forest, knowing that I was the trailblazer for all those lucky later starters. It turned out to be a real trailblazing affair — the undergrowth was knee to waist high

and a real effort to run through, and it took me 97 minutes to battle my way through it all! A few mistakes here and there, a bit confused amongst the zillions of marshes a few times, but nothing catastrophic. I ended up 28th, and Tania had a good run for 33rd and Marquita finished gallantly in 39th (a great debut for her!). As the race progressed the times plummeted downwards, as the tracks out there in the undergrowth grew into highways and byways. The Scandinavians cleaned up most of the top placings (yawn, yawn) in both men's and women's. Alistair finished well in men's placing about 40th, and Kevin and Rob J were in the 50's. Despite the overgrown forest I think it was great terrain for a World Cup meet, and the organisers did a good job, especially with the free watermelon and fizzy drink at the finish and a live country/western band playing most of the day.

The next day was Day 2 of the North American Champs and we had the chance to tackle the same map. I felt tired and unenthused and potted around the course like an old lady, but other kiwis did it in style and we had some weekend successes (again!).

Well, after the World Cup prizegiving Geoff and I and sister Julia took to the hills to get drunk on more mountain scenery and suss out the tourist havens of Banff and Lake Louise. Wow, it was really something.

Cle Elum, Washington, was the next and last port of call, and arriving there was like getting thrown back 80 years into a dying goldrush town. What a dive — crooked little houses, weedy footpaths, dark dingey saloons. The orienteers took refuge at the high school (the only modern building around) and turned it into tent city. One thing could be said for the place — there was rain coming out of the sky and the thermometer wasn't even hitting 30°C. Phew!

We had a team meeting that evening to collect clipcards, numbers and start times for World Cup. Phew, this time I was in the last start block, so I had an opportunity to run faster than the earlier runners. Unfortunately, the next day my brain went on strike. At the third control I started mucking up and by the ninth I was totally befuddled. It just turned out to be a write-off day; I guess everyone has them but I sure wish mine hadn't come on World Cup day. I spent the rest of the day (and beyond!) feeling mighty glum. But the day belonged to Tania (22nd) and Alistair (20th) who kept our flag flying in style!

The final day dawned and off we went to a complete change in terrain — fast, open, undulating forest with few features and lots of trimmings on the ground. Despite my weary legs and glum frame of mind (it hadn't worn off!) I managed to get my head straight and got around the course with barely a mistake. At least I knew that I hadn't totally forgotten how to orienteer!

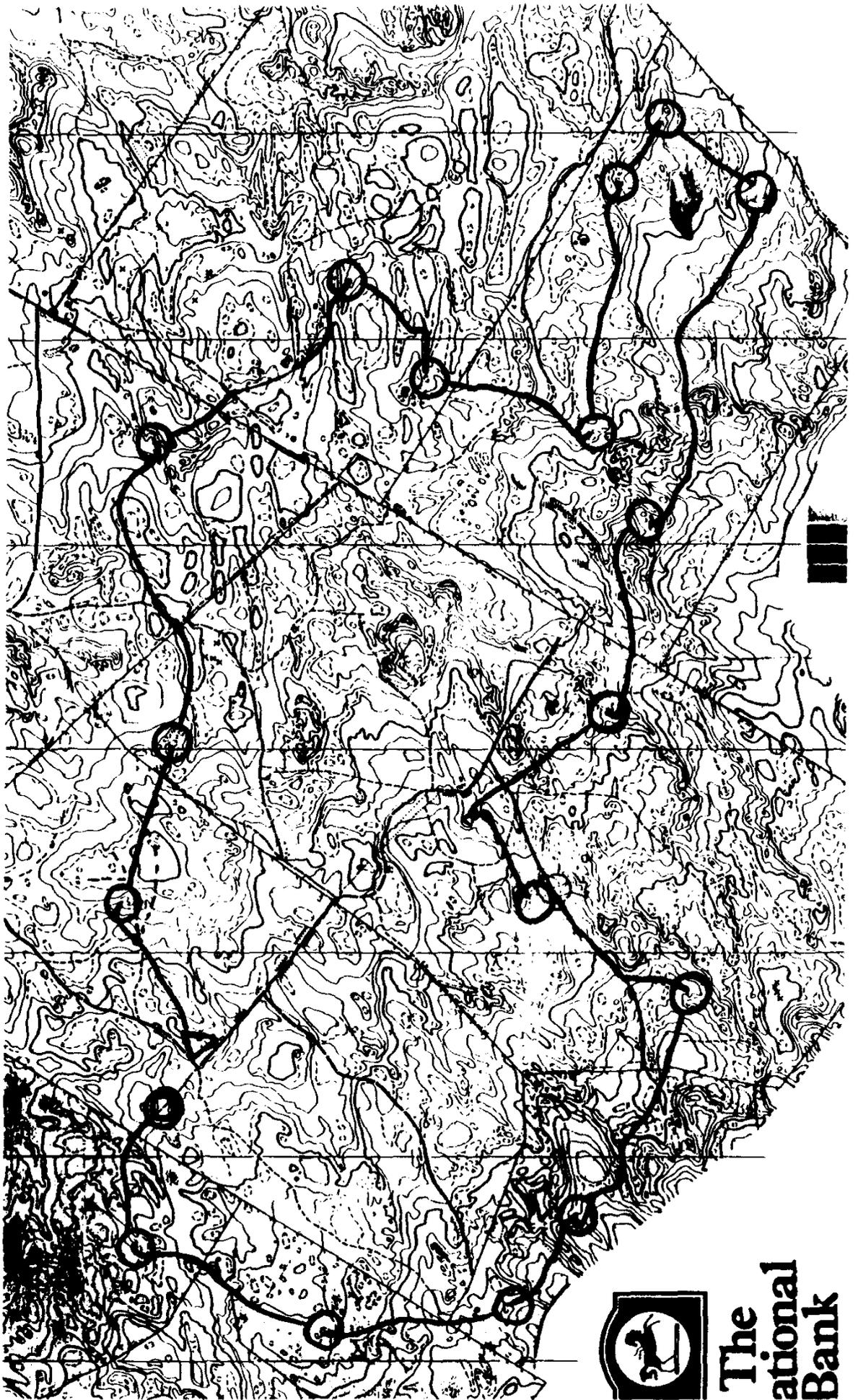
Well, after many goodbyes most of the kiwis headed for home; the Stones headed for the land of Mickey Mouse and movie start; Julia headed for Seattle and more world-wandering; and Geoff and I took off south for Oregon and a whole new adventure in our campervan. But we only made it about 50 miles before our crankshaft broke ... and after three days of waiting for a new motor to be installed, we kissed goodbye to NZ\$4000! Oh well, we like a bit of spice on our holidays!

Right now we're somewhere about 2600m up in the Montana mountains, searching for bears, elk and ice-cream. We've been through Oregon's forests and deserts (phew! those deserts! Nothin' but dust and sagebush and squashed coyotes on the highway), and now we're heading to Wyoming and Yellowstone National Park, and on to the east coast. The U.S.A. Champs are in New York State in November so I'll see if I can clean up the yanks. Then we'll head to Europe and some Swedish ski lessons, hee hee.

Hope you guys have a great time at the Nationals, I'll really miss being there. And make sure you look after Rowena, don't forget all those juicy articles she's longing to get her hands on!

Katie

PHOEBES LAKE OY6 — COURSE 1 M21E
ROB JESSOP'S ROUTE (1st M21E)



**The
ational
Bank**

NORTH ISLAND CHAMPIONSHIPS

When

Sunday, November 25

Where

"CZECHOSLOVAKIA" - new area, new map

1:10,000 5m contours

Mature pine forest ranging from flatter sand dunes to steeper gully/spur. Small patches of native bush, everything generally clear underfoot. It will feel more 'Central European' than 'Woodhillean' that's for sure!

How

Take the Woodhill Forest Headquarters entry off the main State Highway to Helensville off the end of the Northwestern Motorway (signposted a few km past Waimauku). Not the Rimmer Rd entrance, which is closer to Helensville.

Who

Organised by the World Championship Training Squad. This is our first attempt at running a proper event. The mappers have provided much time for free so we can hopefully raise some funds from this map to help send our NZ team to the next world championships in the real Czechoslovakia, in 1991.

Supporting this event must be more enjoyable than buying raffle tickets from us! This map will be used next year for the big Aussie-NZ carnival also.

Entries

On the day as per OY system. Full range of courses.

Seniors - \$8

Juniors - \$4

Family Maximum - \$20

Starts

10 - 1pm

Notes

Certificates for the first three placegetters in each grade.

Not a Badge Event (we didn't apply in time, but at least we have revived the sometimes-occurring North Island Championships).

The Woodhill HQ is about 45mins drive from Auckland City centre.

CORRECTED RESULTS—TAURANGARURU OY5

Course 5; 3.7 Km, 10 controls

M 21B

1	R Crawford	C	51.31
2	J MacDonald	Ham	53.48
3	B Horide	C	60.09
4	R Hlawatch	C	63.41
5	G Haley	C	66.44
6	P Gilkinson	-	68.18
7	I Sydenham	C	70.56
8	P Ruygrok	C	80.50
9	M Paltry	C	81.43
10	P Ensor	C	83.17
11	P Betty	SA	87.27
12	Evans	SA	90.50
13	G.J Jager	-	91.49
	N Jager	C	Disq
	M Godfrey	-	Disq

M 55A

1	B Hanlon	NW	45.54
2	P Mellsop	SA	48.02
3	J Fettes	NW	49.39
4	G Peters	NW	55.49
5	T Clendon	C	73.27

M 35B

1	E Reddish	C	45.54
2	A Taylor	C	50.41
3	E Clark	SA	57.43
4	M Purdy	C	60.54
5	L McGivern	C	62.16
6	W Munro	C	63.58
7	K Williams	NW	73.33
8	T Goodard	C	Disq

AUCKLAND RELAY CHAMPIONSHIPS

SUNDAY, 4 NOVEMBER 1990

ARRANGED BY CENTRAL ORIENTEERING CLUB

TERRAIN: TEMU ROAD MAP, WOODHILL FOREST - MATURE FOREST, FAST RUNNING
COURSE PLANNER: MIKE ASHMORE!
CONTROLLER: TERRY NUTHALL
CO-ORDINATORS: TOM CLENDON AND ROB CRAWFORD

Teams will consist of five competitors and all will compete in the same race. Grade restrictions on different legs have been kept to a minimum, but it is intended to have a range of grades in each team. Each grade has been allocated a rating and each team is allowed a maximum of 145, made up of the total five grade ratings of the individual team members.

GRADE RATINGS

1.	M21E	50
2.	M35A, W21E	45
3.	M19A, M21A, M40A, M45A	40
4.	M17A, M21B	35
5.	M50A, W19A, W21A, W35A	30
6.	M15A, M35B, M55A, W17A, W40A	25
7.	M45B, W15A, W21B, W45A	20
8.	M13A, M-20B, M21C, M60A, M65A, W35B, W50A	15
9.	W13A, W-20B, W21C, W45B, W55A	10
10.	M-10, M11A, W-10, W11A	5

GRADE RESTRICTIONS

LEG A: Juniors under 15A, Juniors under 17B, W45B+ only
LEG B: Juniors under 17A, Any B or C or W50+
LEG CDE Any grade

INTER-CLUB COMPETITION

First three teams from each Auckland and Whangarei club will have their placings totalled and the winning club will be the one with the lowest total. Entries will be welcome from other clubs outside the AOA area. Composite teams can also be formed by those clubs with spare runners.

ENTRIES

Entries will be co-ordinated by the following club representatives:-

CENTRAL	- TOM DAVIES	PH. 278-4747
NORTH EAST	- LESLEY STONE	PH. 478-8224
SOUTH AUCKLAND	- LYND SAY SHUKER	PH. (085) 59-828
	- JILL EVANS	PH. 567-350

ENTRIES CLOSE 15 OCTOBER 1990 with Tom Clendon, Ph. 644-253 - 18A Irirangi Road, Greenlane, Auckland. Only the number of teams from each club is required together with appropriate entry fees; individual competitors' names are not required at this stage.

ENTRY FEES: Seniors \$6.00 Juniors (under 19) \$4.00

P.S. Pre-start registration will take time so ensure all team members are at event well before 10.00am race start.

**NATIONAL JUNIOR TRAINING CAMP 1990
16-22 December 1990 at Iwitali.**

APPLICATION FORM.

SURNAME _____ **FIRST NAME** _____

TICK CORRECT

BOX

ADDRESS _____ **AGE AT 31/12/90** _____

JUNIOR

B GRADE

BRIEF O HISTORY(When started;best results;etc.)

TRAINING

(What training do you do at present.What O-techniques are you weak in.)

YOUR SIGNATURE

**Please enclose crossed cheque for \$80 (\$160 B Graders) and made payable to
CENTRAL DISTRICTS ORIENTEERING ASN.**

**Send applications and cheque to: LES WARREN
4/42 QUEENS AVE
HAMILTON.**

**Those selected will be notified by mail together with full camp details
by 20 NOVEMBER 1990. Unsuccessful applicants will be fully refunded.**

APPLICATIONS CLOSE 26 OCTOBER 1990

NZOF NATIONAL JUNIOR TRAINING CAMP 1990

The next National Junior Training Camp will be held between 16–22 December 1990. This year's camp will be based at the Iwitahi Outdoor Education Centre, Taupo. The only criteria applicants need to meet are that they be aged between 13–16 years and have a good grasp of basic orienteering skills (ideally have competed in OY's or similar events.)

Applications are now sought and can be sent individually or through your club. A maximum of 30 juniors will be accepted.

The estimated cost of the camp is \$160 per person. Half of this cost (\$80) is to be met by each junior, while the balance will be met by NZOF. Please note that this cost does not include travel to and from Taupo.

The format of the camp will be similar to past camps with full details to be sent to successful applicants in November. An application form is printed on the opposite side of this page. CLOSING DATE IS 26 OCTOBER.

B GRADE ORIENTEERS AND OTHERS

Due to the size of the Iwitahi camp, the organisers can accept applications from B Grade orienteers and parents to join in. It must be understood though, that the camp personnel's primary function is in training the juniors but you will not be neglected. It would be best if you are not too experienced as you won't benefit from the training.

Unfortunately, the full cost of \$160 per person would apply; however, if you can offer any help with such things as transport or jobs at the camp some reduction of your cost will be looked at.

Please use the same attached application form and return by 26 October 1990.

Les Warren, Central Districts Orienteering Association

Auckland Orienteer

Editor:

Rowena Grenfell
1/35 Stranolar Drive
Mount Roskill
Auckland 4

POSTAGE PAID Permit No. 23 Browns Bay
