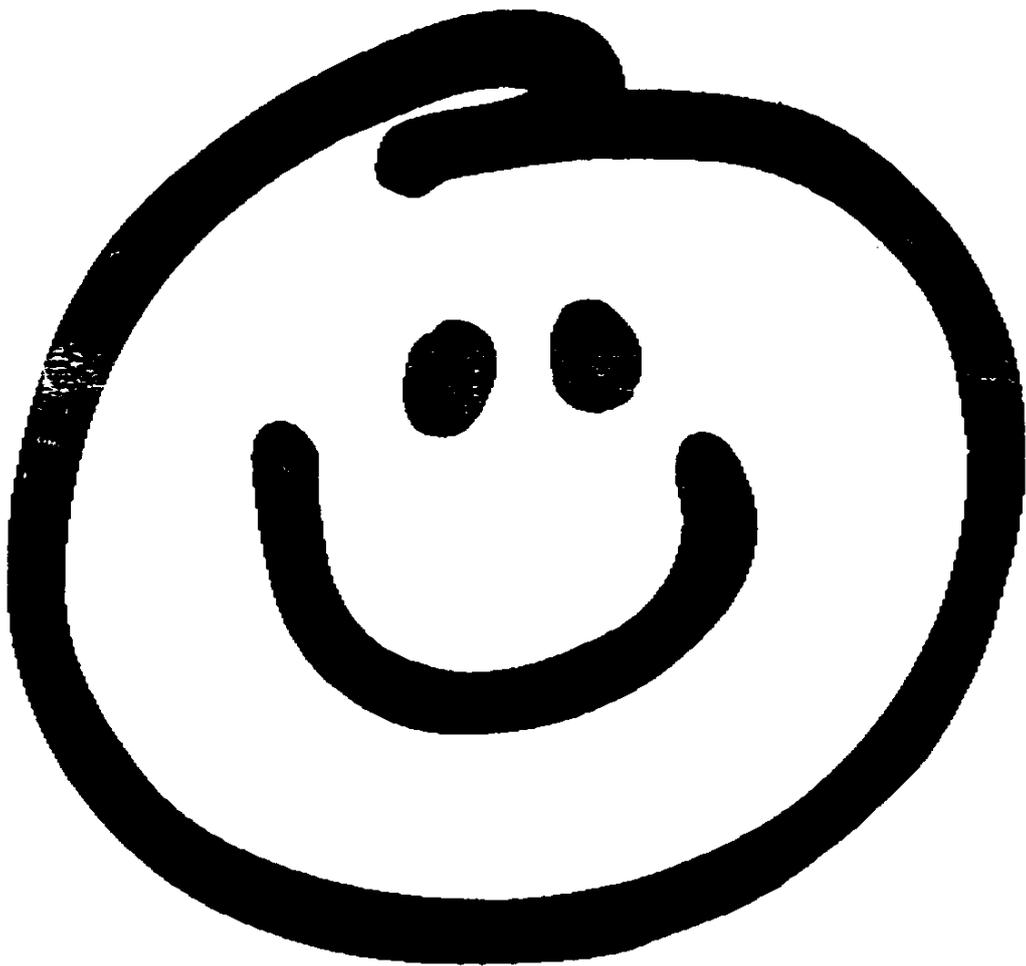


# The AUCKLAND ORIENTEER



OCTOBER 1995

## COMMENTS

Mark Roberts, your usual editor has taken time out in Aussie to attend a mapping conference and the Aussie champs, so I get to have my say. This is definitely not an editorial, or even a Sub editorial, more of a ramble about things that annoy, intrigue or interest me.

### **Annoying**

Juniors are rightly considered to be very important people in our sport, after all the M/W12 of today could be the Rob Jessop/Marquita Gelderman of tomorrow! People often don't think that "B" graders are important - true, they may never represent NZ, but unless they were born into orienteering, an adult joining the sport will spend time in the B grades, perhaps we should begin to recognise that a B grade orienteer is really just an adult junior! Recognition for everyone is important.

Prizes for winners in the Elite and A grades only.

People who deliberately distract and mislead during an event. I'm old enough to take care of myself, but this behaviour doesn't help encourage the younger people in the sport. Kids are easily distracted and certainly don't need an adult to help them get lost!

### **Intriguing**

How Elites go so fast.

How people spike controls with such regularity.

How the same control is so different from the other side?

How easily I get lost from the last control to the finish

That the summer series rankings were for the boys, but not for the girls.

### **Interesting**

Every new map I get to run on.

Listening to snippets of conversation on the way back to the car.

Listening to Elites discussing their route choice (try it some time - you'll learn a lot)

### **Just plain strange....**

Why is it that my Orienteering is like Lotto - There are only six numbers, but none of them come up

CLARE CODLING - ONE TIME EDITOR

# OCTOBER 1995

- Mon 2nd CM** Counties-Manukau Club meeting, all members welcome, 19:30 at the Shukers Residence, Waipipi Road, RD3, Waiuku.
- Wed 4th C** Central Club meeting. all members welcome, 19:30 John and Rae Powells Residence.  
23A Fernleigh Avenue, Epsom.
- Thu 5th NW** NorthWest Club meeting, all members welcome, 19:30, Stones Residence, 8 Agathis Place, Mairangi Bay.
- Fri 6th** Entries close for CDOA Championships, 4/5 November
- Sat 7th H** Fun Training Day, Glenora, 11:00-13:00  
Details in September issue, call Shaun Collins 07 856 4504
- Sun 8th P** CDOA OY6, Mamaku Again (Again) 11:00-13:00  
Northern Regional League #10 C:E, CM:R, H:NW  
1:10,000 and 1:15,000, approach from Mossop Road, Tokoroa
- 14-15 C** Auckland Championships, details in this issue  
Northern Regional League #12(?) CM:NW, E:P&T, H:R
- Sat 14th** Individuals, Paparoa, Setter Mark McLean
- Sun 15th** Short-O, two brand new colour urban park maps, Carrington and Mount Eden  
Setter/controller Rob Jessop, Darren Ashmore, Coordinator John Powell
- Wed 18th** Deadline for entries for Auckland Relay Championships 29th November  
Details in September issue
- 21-23 Wh/NW** Labour Weekend 3 day, Phoebes Lake and Mangawhai (New map)  
Day One is Northern Regional League #12 C:H, CM:P&T, NW:R  
Junior Regional Challenge #2, details in September issue
- PAPO** South Island Championships, Craigmore, Timaru, South Canterbury
- Sun 22nd NZOF** NZOF Council Meeting, Timaru
- 28-29 HB** Smedley Medley. Entries close 7th October.
- Sun 29th NW** Auckland Relay Championships, Muriwai, signposted from SH16  
10:30 team draw, 11:00 map issue, 11:15 mass start  
Setter Geoff Mead, Vetter Mike Beveridge, details in September issue

# NOVEMBER 1995

- 3 HV** Karapoti Rogaine, details in September issue
- 4-5 H** CDOA Championships details in August issue, pre-entry  
Kallarne Lake, Kaimais, 50 mins East of Hamilton, Badge event, O-LEAGUE  
Northern Regional League #13 C:P&T, CM:R, E:NW, Junior Regional Challenge #3  
Mount Eliza Redemption, Badge event, O-LEAGUE
- Tues 7th NW** Auckland Primary School Championships, Ambury Park

	C	Summer Series, One Tree Hill / Cornwall Park, Olive Grove Road Kiosk 17:15-19:00		
Thu 9th Roskill	AOA	AOA Annual General Meeting 7.30pm at Mervyn Paitrys, 16 Korma Road, Mount		
Fri 10th 11-12	C W,HV	Central Club Annual General Meeting Venue to be advised Wellington Relays and Frank Smith Trophy event		
Sun 12th	NW	Great Day O, Woodhill (?)		
	H	Sanatorium Hill (?), 11:00-13:00		
Tue 14th	C	Summer Series, Carrington (Unitec Campus), NEW MAP! Carrington Road, Waterview, 17:15-19:00		
Thu 18th 18-19	NW HB	North West Annual General Meeting Venue to be advised Smedley Medley		
Sun 19th	E	CDOA OY7 Northern Regional League #13 C:R, CM:H, NW:P&T  Tideline Coastal Run, North Shore		
Tue 21st 25-26	C	Summer Series, Mount Richmond, Great South Road, Otahuhu 17:15-19:00  Wellington Short and Classic Championships Gordon Kear, Palmerston North, and Wairarapa Entry form in this issue		
Sat 25th		Around the Mountain Relay 160 Km		
Sun 26th	Wh	Tangiteroria or Rogaine at Waipu Caves		
	C	National Bank Have A Go Day, Auckland Domain, 10:00-13:00 Free, organised by May Young, helpers made welcome, limited courses		
	R	Okere		
	H	Sanatorium Hill (?)		
Tue 28th	C	Summer Series, Auckland Domain, Band Rotunda, 17:15-19:00 REDRAWN MAP		
<b>December 95</b>			14	C Volcanic Traverse
			23	C Summer Series, Western Springs
5	C	Summer Series, Churchill Park	30	C Summer Series, Self's Farm
10	H	4 Brothers / Whatawhata 1		
	Wh	Mimiwhangata (?)		
	R	TBA		
12	C	Summer Series, Mangere Mountain		
19	C	Summer Series, One Tree Hill		
26-1		APOC'96, Hong Kong		
<b>January 1996</b>				
13-31	Sqd	Elite series, North Island		
			<b>February 96</b>	
			3,4,6	C Waitangi 3 Day
			13	C Summer Series, One Tree Hill
			17,18	HB Kaweka Challenge
			20	C Summer Series, Mount Eden
			25	CM Totara Park, Manukau Festival
			27	C Summer Series, Domain

**March 96**

- 5 C Summer Series / SecSch, 1 Tree Hill  
12 Moire Park SecSch  
17 C Lloyd Elsmore Park  
24 NW Autumn Series / SecSch  
30 Autumn Series  
31 CM Autumn Series

**April 96**

- 5-8 E National Championships  
12,13 NI Sec Sch Championships  
20-21 NZOF Annual seminar / AGM  
28 CM Totara Park, SecSch

**May 96**

- 12 Autumn Series  
26 Autumn Series

**June 96**

- 1-3 NW QB3Day  
9 SecSch  
16 CM Autumn Series  
23 C Streets/parks  
25 Auckland Sec Sch Championships  
30 C Streets/parks

**July 96**

- 7 AOA OY1  
12,13 NZ Sec Sch Championships  
21 AOA OY2  
28 C Streets / parks

**August 96**

- 4 AOA OY3  
18 AOA OY4  
25 C Streets / parks

**September 96**

- 1 AOA OY5  
15 AOA OY6  
29 C Streets / parks

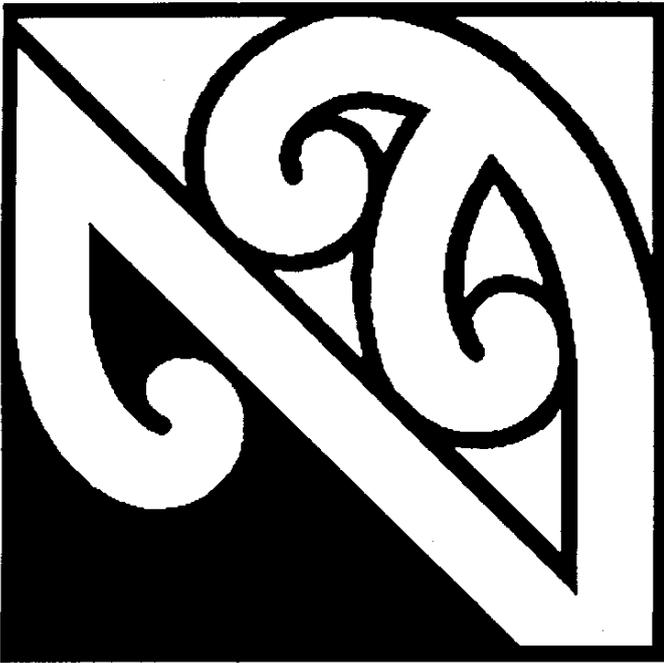
**October 96**

- 6 AOA OY7  
19,20 CM Auckland Championships  
26-28 HB 3 Day

**November 96**

- 3 C Auckland Relay Championships

## NORTH WEST NEWS



By the time you read this column, the 1995 OY series will be over and also the North West Club championships which are being held in conjunction with OY7 at Whiriwhiri Maioro.

Geoff and I avoided 2 wet and wintry weeks (and unfortunately 2 OY events) by escaping across the Tasman for a non-O holiday. We snorkelled on the edge of the Great Barrier Reef, Nick fed opossums (!) and wallabies and we had to shout at kookaburras to chase them away from our picnic table.

Dave Melrose and Ralph King set successful (non-marathon) OY courses at Pulpit Rock (OY5) based on courses used on this terrain several years ago.

Don't forget to contact me (Lisa Mead) by the 18th of October if you wish to be in the North West team for the Relay Champs on the 29th of October. This will be a fun event followed by a picnic in the picnic grounds adjacent to the Muriwai surf life saving club, just a few minutes from the relay map.

If you are spring cleaning and come across any club controls or standards, please can you return them to Lesley Stone, as we are still missing several from a training event way back in February.

Best wishes for a speedy recovery to Rob Garden who once again has gone under the surgeons knife in the quest for the perfect ankle.

## Next Club Meetings

The October meeting will be held at the Stone Residence, 8 Agathis Place, Mairangi Bay, on Thursday 5th October, at 7:30pm. All NorthWest Club members are welcome.

The November club meeting will be postponed and will be replaced by our Annual General Meeting on the 18th of November. Venue to be advised

LISA MEAD 445 4555

## CENTRAL CHATTERBOX

### AGM

The Central O Club AGM will be held on Friday 10 November 1995. The venue is yet to be announced. There will be a meeting prior to the AGM on Wednesday 1 November which will be committed to discussion of remits for the NZOF AGM 1996. Club members with remits for the NZOF AGM are requested to attend the 1 November meeting.

### AOA RELAYS

There are many benefits that are available to members of Central. One of them is that your entry fee for the AOA relays is paid by the club. Please phone your relay co-ordinator Rob Crawford on 837-4544 to book your relay entry. There is a mass start for all - no waiting your turn. The new style of relays is fun for all. Last year's event was given the thumbs up by everybody in Auckland Orienteering circles. Surely that must be a miracle that we can have orienteers agreeing on something and being satisfied at the same time.

All four members of the team cross the start line together so that the event is more of a team effort, rather than consecutive individual efforts like in athletics relays. Self-consciousness is thrown to the wind. Make your decision to enter today and phone Rob Crawford as entries close on 18 October.

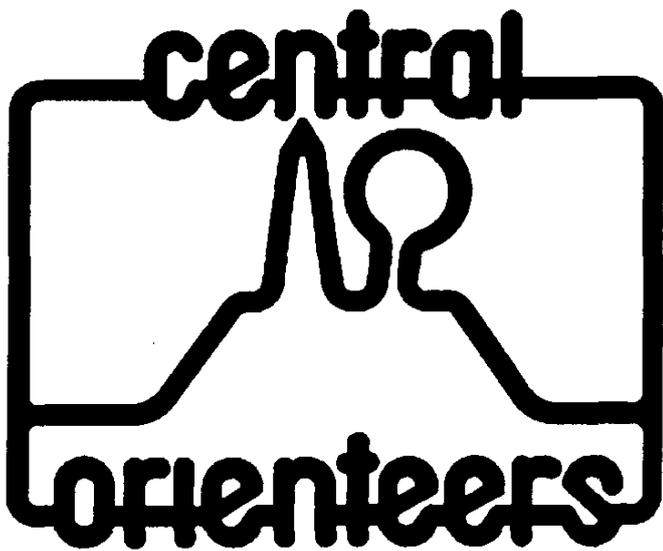
### People and Places

Mark Roberts is in Aussie for ten days at a mapping conference. By a happy coincidence this coincides with the Aussie champs, so he is meeting up with Jill Dalton, Judy Martin and Hillary Weeks so that they can travel together to the vineyards. A wine report should be forthcoming in the next issue.

A good time was had by all at the ANZ Challenge

held in Canberra. Paulette Ashmore had some good and bad runs. She enjoyed the social scene with the others. The rocky terrain was very different from what she was used to.

Darren is back in NZ after the World Cup. He is teaching orienteering in schools. After mapping the school he then teaches the teachers about "O" and then imparts his knowledge to the eager students. Word of mouth is proving his best method of advertising. Every term he adds more schools to his client base. Unfortunately we know hear he has suffered injury whilst spraying trees for Rob Garden. Best wishes for a speedy tendon recovery Darren!



Tom and Heather Clendon's daughter, Penny, has had a month mountain biking through France and Spain. Computer network engineering is her line of work. Penny is off to Canada next year.

Leon and Barbara McGivern are going to APOC, Hong Kong at the end of the year. After APOC Leon and Barbara will attempt to chip off some of the Great Wall of China. Leon is a famous Blockhouse Bay principal and is one of the people helping to run the Volcanic Traverse with Mark Roberts. Barbara is a loans analyst at the BNZ.

Llewellyn McGivern has taken a year off study before he commences his masters. He has a BSc in molecular biology. He is enjoying youth work, at a place which is 6 hours west of Sydney i.e. in the outback. Samuel is in the orchestra at Pakuranga College. Timothy has been busy over the winter season playing 2 games of rugby on Saturday, one for McLeans College and the other for his club. Anthony McGivern is in the territorials and finds his orienteering knowledge of great help especially in Waiouru.

The Munro family dog is called Kramer and probably orienteers better than me. The Munros are happy in their new house which they moved into a couple of months ago. Wayne Munro is a freelance sports journalist whose work has taken him to Australia and Indonesia recently. He has reported on touring cars and rallying respectively in those countries.

Terry and Beatrice Nuthall enjoyed their travels overseas. It was their "trip of a lifetime". Terry was second in the M55 Short O at the Scottish 6 day and was very proud to be the only one from Australasia to win a medal at the event.

Terry found the World Veteran Champs at St Petersburg particularly challenging. On the first day there was a 3.5 km walk to the start in 35 degree heat and no water was provided before the start of your run. Non-bottled water in Russia wasn't very palatable or safe.

Beatrice found the supporter social life friendly and stimulating and was well catered for. Robbie and Val Robinson travelled with Beatrice and Terry. Robbie ran very well in Russia and at the O-ringen in Sweden. It was exhilarating to see the NZ flag waving at an O-ringen (Val Robinson was second overall in her grade winning a gold watch for her marvelous performance).

Terry also enjoyed the French 5 day at Hauteville, east of Lyon in the French Alps. Terry soaked up the wonderful weather, beautiful countryside and was suitably refreshed and replenished with liquids. Here, the wine was cheaper than the water.

After going to many ANZ Challenges, Terry found that this team was the best managed, and this event more enjoyable due to the friendly, less formal arrangements. All credit to the manager, John Doolan from Palmerston North.

#### Video

While Terry was overseas he bought a video "Among the Best Orienteers", made by the Orienteering Federation of Australia Inc., which features Robert Jessop and Darren Ashmore and other NZ orienteers. It can be borrowed from Rae Powell, the club's librarian and secretary. Give her a call on 624-1513.

#### Next club meetings

The October club meeting will be held at Rae and John's, 23A Fernleigh Ave, Epsom on Wednesday 4th October. The November club meeting will be held at Tom and Sabrina's, 17 Crescent Rd, Parnell on Wednesday 1st November. Both meetings commence at 19:30. All club members

are welcome.

*BRUCE & CATHERINE HORIDE 376 5937*

## COUNTIES- MANUKAU NEWS

This month it's short and sweet from Counties Manukau. Robbie, Val and Tania Robinson are back amongst us with Val into her teachers meetings and Tania nursing an injury. She was unlucky enough to stand on a pine cone which rolled away and left her out of action for a couple of weeks.

Dieter Wolfe, who has been associated with NZWOC teams over the years recently visited David Melrose and caught up with some of the club members he coached in past years.

### Next club meeting

The next club meeting is at 19:30 on Monday 2nd October at the Shuker Residence, Waipipi Road, RD3, Waiuku. - all Counties-Manukau Club members are welcome.

*KEN BROWNE 299 8413*

## ARCHIVES OCT'85

The North West club hosted the Auckland Champs on the Mission Coast Road map for the first of a three day carnival. David Melrose had a good ten minute win over Rob Garden with Paul Dalton in third place and John Rix fourth. The Elite womens event was won by Alison Stewart from Trish Aspin and Carey Martin.

The open day relays at Selwyn Road were won by Geoff Mead, B Hill and Colin Battley. Jill Evans, Jill Dalton and Unni Lewis took the veterans womens event from Margaret Nicholls, Jill Brewis and Hillary Weeks.

The third event was the North Island championships organised by the Eades, Fiskers and Pilbrows for the SAOC (Now better known as Counties Manukau) on Ngapuriri, now the Huriwai map. Trish Aspin reversed the Auckland Champs result beating Alison. Other winners were Terry Nuthall M45, Barry Shuker M40, Elaine Brighthouse W40 and Graham Fortune M35.

I note that a promotional event of three courses in Waiuku attracted 140 entries and that for the

Auckland relays the Mixed A (9 Teams) and Mixed b (19 Teams) attracted most of the entries.

The Auckland Primary School Champs featured on TV with excellent coverage of the Selfs Farm Event (and we didn't pay them a penny!). Vivienne Rix set six courses and Leon McGivern and his team officiated. Aiden Boswell was the fastest boy and Tania Robinson the fastest of the girls. Drury and Paerata were the top schools

*KEN BROWNE [CMOC]*

## HAPPY BIRTHDAY

The Auckland Orienteer, magazine of the three Auckland Regional Clubs was born ten years ago this month. The proud father was Keith Stone, and it is fair to say that it has come a long way since then. Long may it prosper!

## FAREWELL

Not quite in our region, but familiar figures from Egmont Club, Brenda and Ian Kendall are moving to Perth, Australia. We wish them well on the West Island.

## CLOSING DATES

There are a number of pre-entry competitions on the horizon - don't be late sending in your entries!

Auckland Area Champs 14th and 15th of October. Closing date for entries - 15th of September (You're already late). \$5.00 per person per day. possibly draw your own map in race time.

Whangarei Labour Weekend - 21st to 23rd of October. Entries close 1st of October (Again you're too late)

Auckland Relay Champs - 29th of October. Entries Close 18th of October.

CDOA Champs 4th and 5th of November. Entries Close 6th of October. Late Entries \$5.00 plus mark your map in race time.

# TRAINING DAY

# TRAINING DAY

**"....Many of us more senior orienteers have not had the advantage of training camps or training sessions and were really surprised at some of the tips passed on - we thought we knew nearly all of it! If this is what training camps are like let there be more. If you want to be more competitive or just improve and enjoy your orienteering more, then go to a training camp if you can."**

New Zealand Orienteering, Feb 95. Quote from J & D Browning and J Cyprian talking about training sessions at the NI 4 Day Carnival.

So here's your chance to experience some of this magical orienteering training stuff.

The Juniors of the Hamilton Orienteering Club under guidance from Development Squad Coaching Co-ordinators Shaun Collins and Phil Wood are putting on a training day at Glenora on:

**Saturday 7th October with the start at 1 pm  
The day before the CDOA OY7 at Mamaku**

Training will be aimed at all levels of experience and the day is open to anyone. Some one on one coaching will also be available. You can then practice what you have learnt at the OY the next day.

Ordinary courses will also be available.

Camping space on the map is available free of charge. Facilities available are toilets, hot and cold water, limited showers, woolshed floor space, stove, power, and heaps of outside camping space.

Signposted from Wharepapa South which is situated southeast of Te Awamutu.

To assist us in planning we would appreciate it if you could return the slip below ASAP. One form per person please. Feel free to photocopy or make your own.

Send to: The Great Training Day  
c/o Shaun Collins  
17 Hogan Street  
Hamilton

For enquires phone Shaun or Phil (07) 8564 504

NAME..... GRADE.....

I would like one on one training YES/NO

My strength in orienteering is.....

My weakness in orienteering is.....

## AUCKLAND CHAMPIONSHIP TROPHIES

If you won a trophy in last years Auckland Champs, please hand them in clean and engraved at registration on the day. Please phone John Powell (624 1513) if you are not going to be there so other arrangements can be made.

## AUCKLAND RELAY CHAMPIONSHIPS

**Sunday 29th October 1995**

NorthWest is organising this event for 1995 using the very successful format introduced by CMOC in 1994. Last year's event was given top marks by all participants, a fun social (get to know your fellow team members) event providing a real challenge in making the best use of team skills.

### No stacking of teams

Club teams of 4 people are randomly selected from a ranked list of club members, 1 person from each "quarter" of the list. This produces reasonably evenly matched teams instead of the stacked teams of more traditional relay events. The draw is held on the morning of the event.

### Mass start for all - no waiting your turn

Each member gets a map with all 45 controls, and the team sorts out who clips each control; the first team with all 45 clipped wins. All 4 team members must cross the line together. A tent will be provided 200m from the Finish for shelter while waiting for fellow team members.

The interclub competition is decided by the finish position of each club's 3 best performing teams.

### Timetable

10:30	Team draw
11:00	Map issue
11:15	Mass start

The map is a new version of Muriwai in South Woodhill, 1:10,000 with 5m contours, look for signs past golf course. It has a wide variety of terrain, from open sand dunes forest to farmland.

Setter is Geoff Mead, Vetter is Mike Beveridge.

### Entries

Contact your Club's coordinator:

Central	Rob Crawford	837 4544
Counties Manukau	Linda Brighthouse	298 8380
NorthWest	Lisa Mead	445 4555

Cost is \$5 each, \$15 family maximum, to be contacted by your club coordinator; entries close 18th October.

### Lunch

A lunch / barbecue / social get-together is planned for all after the event at one of the picnic areas adjacent to Muriwai Beach, very close to the map.

GEOFF MEAD [NWOC] 445 4555

## LETTERS

### The O-Season

I introduced a friend to Orienteering at OY6 on September the 10th. After OY7 I had to say "Sorry, the next event suitable for you is in March". The reason for this is because he is not yet good enough to run at a major event (even if he did pay the \$30 required for joining a club right now) and he cannot go to the summer series events because of work and location. If I had been here in July and August, and I am glad I wasn't, I wouldn't have introduced to the early OYs anyway as the weather was suitable only for the keenest of Orienteers.

I know that having an OY event every two weeks has been very popular, but what about having a weekly series starting late August and running until early November (taking into account event such as the Auckland champs and Labour weekend).

As a parallel, consider the person who joins a tennis club and when the season begins he is KEEN to play. He is a) new or b) hasn't played for a few months. In both cases he will look forward to a WEEKLY game of tennis. Don't all other sports play weekly? Regular participation keeps a newcomer improving more quickly.

I believe that we should rest from early/mid June through to the end of August. This would allow us to let our enthusiasm build, give our WORKERS a rest and have a more serious and more regular series of OYs leading up to the area champs.

I am therefore proposing a very intensive three month season from September to November,

where November is mostly for the remaining area champs and the relay champs.

Can you imagine how keen Scandinavians are in April, after having had 6 months off. I suggest that we have 2 three month breaks except for park events and special events like APOC, ANZ challenge and the Elite series, all of which need to be held in January to maximise overseas participation.

I am sure that this type of planning is one way of improving our numbers.

Note: If the WORKERS (and that means most of you) have a break from Orienteering, then you are more likely to enjoy the work that come with the sport because of a potentially renewed enthusiasm.

At the moment the WORKERS of all three clubs are getting BURNT OUT. I would love to see that trend arrested and maybe we should try the break I have suggested. It is NOT too late to change the proposed '96 OY calendar. Please register your opinion at the Auckland Champs weekend.

ROB GARDEN

### Double Points?

Why do we insist on double points at the last OY of the season? How can this possible be considered fair to those of us who turn up to events as often as possible (let's face it most of us rarely miss one), but when we do it is brought about by sickness, work commitments or something similar. What is the point in selecting the best 5 runs of the series when the last run is double points and non attendance of this event if lethal to your overall result.

We may have had a vote about this topic this year, but how many of us bothered to reply? Perhaps it is worthy of yet more thought, or a fairer scheme. Perhaps the Joker option could be resurrected?

JOHN POWELL

### Summer Series/Park Events

I do not understand why the Central Club plans to have monthly park events from June to October. Where is the continuity? If you are going to have 5 events why not have them consecutively, if at all?

Put yourself in the place of a newcomer to the sport and think back to when you started orienteering. I know I couldn't wait for the next event which was usually the next weekend.

Why don't Central cut down the number of events

but put greater emphasis on the Summer Series as we know it. The timing of these events are excellent (Especially in February and March) as they lead into the Autumn Series of events which is the best type of event to introduce people into orienteering.

The numbers at the Summer Series and at the follow-up events would improve if the following moves were taken:

- a) Lower the fee from \$5 to \$3. Surely the main good is to introduce more people to the sport NOT to make more money.
- b) Re-introduce premarked maps.
- c) Have orienteering displays and models.
- d) Have descriptions on the maps and an overall controller to check courses are suitable and consistent.
- e) Have more instructors and have them LOOK for people to help - not the other way around.
- f) Hand out free instruction handbooks.
- g) Try and lead people to the forest after the series has finished. The results of the last Summer Series event of 1995 in One Tree Hill had a good summary of the series, but no mention of the forest events, Autumn Series or anything in the future.
- h) Special instruction at the early Autumn Series events especially for newcomers.

A lot of co-operation between the clubs will be needed if this is to be achieved.

ROB GARDEN

## NORTHERN REGIONAL LEAGUE

Event 7 Pulpit Rock, 27 August 95

Top of the table clash saw Central narrowly beat a Robinson family depleted Counties-Manukau club by 76 to 72 points. Ross Brighthouse (CM) and Mike Ashmore (C) continued with their winning way this season in the big point earning M40 and M50 grades. The slightly greater strength of Central across the other grades produced the win but Counties was close enough to score a consolation competition point for the narrow loss.

The school holidays wreaked havoc with club turn outs with people in Australia and holidaying at home. Rotorua and Pinelands-Taupo failed to show for their contest and Hamilton won by default over Egmont.

## Central:

Mike Ashmore M50 - 20, Christine Munro W40As - 15.7, Andy Brewis - 15, Jos Pols - 13.1, Mark Roberts - 11.2

## Counties-Manukau:

Ross Brighthouse M40 - 20, G Paru M40As - 17, Athol Oldfield M70 - 12, Rosemary Gatland W40 - 11.8, Aiden Boswell M21E - 10.9

## Hamilton:

B Collins M40 - 16, Jim Barr M40 - 3.9, Les Warren M40 - 3

## The points so far

	W	D	L	F	A	Pts
Central	6	0	0	254	184	18
Counties-Man	3	1	1	166	95	12
Rotorua	3	1	2	196	156	11
Pinelands/Tpo	3	1	2	83	123	11
North Wet	2	1	2	171	103	8
Hamilton	1	0	4	176	201	5
Egmont	1	0	5	37	204	3

Results from CDOY5 not received at magazine copy deadline.

JOHN POWELL

## HOT GOSSIP

### Bruce Henderson to Marry!

Yes, it is true. The great Bruce is answering the age old call and intends to marry Philippa in 1996. We await the invitations!

## ORIENTEERS DO IT..

In the bush

On their own

With control

In strange clothing

Once a week

At great speed

With a map

Any others - send them to the editor.

## HANDBOOKS

A range of handbooks have been released by the Mountain Safety Council. These include manual on Orienteering, Managing risks in outdoor activities and Abseiling. (Considering my usual approach to cliffs, I'll be ordering the abseiling one - Ed). The Orienteering handbook is described as "A guide for teachers and participants alike. The sport of orienteering has often proved a very effective and enjoyable way to develop important skills in navigation with a map to develop confidence finding your way in the outdoors."

The manuals are available from the following sources

NZ Mountain Safety Council, PO Box 6027, Te Aro, Wellington. Ph 04 385 7162 or Fax 04 385 7366.

Auckland Mountain Safety, PO Box 9411, Newmarket, Auckland, 09 529 0735 or visit them at 2D Clyde Street, Epsom.

The price of the manuals are

Orienteering	\$8
Abseiling	\$11
Managing Risks	\$16

A worthy addition to many a jaded O library?

## JOHNS REMITS

In preparation for the next NZOF Annual General Meeting, John Powell has proposed several remits for consideration. All but one of these were published in NZ Orienteering, and full details are given and should be referred to in that publication on pages 15 and 29, however the basic wording of the remits are repeated here.

### Remit 1 Recreational Grade (Page 15)

That there be a recreational grade offered at any major orienteering event; that no results for recreational grade entrants be displayed or published; and that a recreational grade orienteer may select any of the courses offered.

### Remit 2 - MYO Course (Page 15)

That at any major event provision be made for an orienteer to construct their own course.

### Remit 3 (Remit 1 of Page 29)

That 7 e) iii) of the NZOF constitution be amended by insertion of the sentence "A representative may

apportion votes between affirming and negating a resolution (motion)." between the first and second sentences.

#### Remit 4 (Remit 2 of Page 29)

That the NZOF constitution be amended by the replacement of the clause 7 e) ii) by "at all General Meetings each Club shall be allowed one vote for every affiliated member,"

#### Remit 5 (Remit 3 of Page 29)

That the NZOF constitution be amended by the replacement of clause 7 d) with "

d) i) The Secretary of the Federation shall, not less than six (6) weeks before any General Meeting, send to the Secretary of each club a notice stating the day, place and hour of the meeting and the business to be transacted at the meeting.

d) ii) Notice of resolution (remit) for the Annual General Meeting shall be sent to Clubs by the proposer by November of the previous year. The notice shall contain the text of the resolution and the reasons for the proposal contained within the resolution.

#### Remit 6 -Not previously published

That the dates for the NZOF Championship vents be decided by the host clubs.

orienteeing, orthotics are probably no necessary. Experiment during training and you will sort it out.

Some Tips:

Don't put your orienteeing shoes in the freezer no matter how bad they smell.

Don't leave them in the sun in the back of a vehicle. Any temperature extreme will cause the material in them to expand and contract at varying rates and this will cause damage and separation to the shoes.

Don't leave your orienteeing shoes on the back doorstep so that the local mutt can have a good chew on the heels.

Don't leave your orienteeing shoes on the front door step so that the local hoons can steal them.

I have a source for wobble-boards. Contact me for information. If you have any comments or contributions regarding this information please address it to me at:

3 Tennyson Street,

Balmoral,

Auckland

Ph/Fax 09 623 2304

PAUL HENDERSON

## FROM THE SOLE

Most athletes experience sports-related injury at some point in their career. There are many ways which orienteers can be seen dealing with injury. I am going to suggest two simple ways to avoid/lessen the likelihood of injury in the first place.

A. Train in orienteeing footwear on orienteeing terrain. This will develop ankle and knee strength and enhance the performance of those fancy nerve-things which help us counter uneven terrain. The leg joints need to be prepared for the lateral and rotational forces associated with running off-road. Training in conventional running shoes on flat surfaces is primarily a linear activity.

B. Spend a few minutes each day on a wobble-board. This will develop the abilities mentioned in (A) complementing the fitness training on flat surfaces in conventional running shoes, which is a necessary part of training for most orienteers.

The question of wearing orthotics in orienteeing shoes is often asked. The advice I have been given suggests that if you have a calf muscle or achilles problem you should build up the heel. Because of the uneven nature of the terrain in

## RUN, SWIM, KAYAK OR SURF SKI

North Shore beaches from Devonport to Long Bay will be alive and active on Sunday November the 19th as hundreds of people join a one-day multisport event. Organised by North Shore based company Tidelinez, the run and relay is builds on last year's very successful event. This year some extra options have been added to bring in new sports and offer more fun for competitors and spectators.

Entrants can run the entire 20km route from Cheltenham beach in Devonport through to Long Bay Regional Park, or enter as a two-person relay team. Other options include a 1Km swim circuit at Mairangi Bay, then an 8km kayak, surf ski or run to Long Bay. An 8km walk from Mairangi Bay to Long Bay is also available.

Organiser Wayne Gates says "Fun, fitness and the involvement of many different sporting organisations are themes for the day. A festive picnic atmosphere with food and entertainment is planned for the end of the event at Long Bay.

The Tideline event is supported by the Auckland Regional Council Parks Service. Each competitor who finishes their event will be presented with a pohutukawa tree in support of Project Crimson, a project which is assisting the regeneration of pohutukawa trees around the Auckland Region. The presented trees may be taken home for planting, or donated to the plantation programme at long Bay Regional Park.

Local sports clubs such as the Mairangi Bay Surf Life Saving Club, and the North Shore Bays Athletic and Harrier Clubs will be playing an active role in organising and running the event.

for further information, please contact Wayne or Joe at Tidelinez. Ph 478 3437.

The NZOF Council will be holding a meeting in January or February 1996 to primarily discuss the reviewing of the NZOFs strategic and Management plans. Council welcomes any comments from Clubs, Officers and individual. If anyone is interested in attending this meeting to offer their input, they are welcome to attend, but please let the Secretary know.

#### Applications Called For.

A reminder that the positions of National Orienteering Squad Manager and National Orienteering Squad Coaching Co-ordinator are now being sought. These are both two year positions running from October '95 to September '97. Job descriptions are available from the NZOF Secretary.

## NZOF NEWS

### 1995 University Blues Award

The NZOF Secretary now has nomination forms to apply for the University Blues Award. Nominations close on the 31st of October 1995. To be eligible, students must be enrolled at a NZ University or have graduated from that university one year prior to the presentation of the award, have paid student association fees, be a competing member of a university club where possible, have passed the national qualifying standard set by the NZOF (your club has a copy of these standards) and students must pass at least one third of a full time course at university. If anyone is eligible and requires a form, please contact the NZOF Secretary.

### REMITTS for 1996 AGM

A nice and early request. Please start thinking about and preparing any remits your Club wishes to table at the 1996 AGM. Those that have remits that relate to a Technical matter, are asked to have that relevant NZOF Officer comment and endorse the remit.

### A "Possible" Special AGM in 1996

In light of an article in the latest edition of NZ Orienteering on voting at our AGM and that some remits could be put forward. I am seeking NZOF Council's thought on whether it is a good idea to call for a Special AGM at the 1996 NZ National Championships to deal ONLY with any remits on this issue to allow for fairer voting at the forthcoming 1996 AGM, later in the month. This Special AGM should not (we hope) take long and Council welcomes and invites comments from you.

**NZOF Council Review Meeting of Federation plans.**

## THE AUCKLAND ORIENTEER

### The AUCKLAND ORIENTEER...

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

### Next Issue: November 1995

Mail your contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax to 263 4794, or call me or my machine at home on 520 5993, or call me at work on 263 4793.

*The deadline for contributions for the November AUCKLAND ORIENTEER is Friday 20th October.*

Disks please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. I will, of course, return your disk, but remember to write your name on the label!

If you can't supply on disk, and the article is fairly long, please supply as camera-ready copy, on A4 with a 16mm border all round (265mm x 178mm), and font size at 11 points. Careful! This border is smaller than your WP or typewriter would normally be set up for, and the font size is bigger.

*I am perfectly happy to type articles or letters if necessary!*

### Distribution

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

person, or Marquita, or me.

### Credits

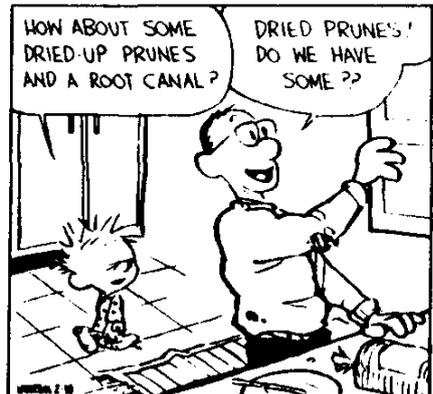
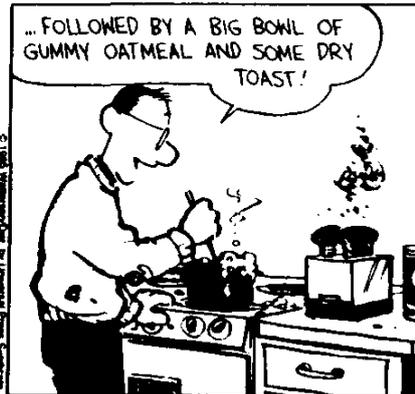
The New Zealand Orienteering Federation gratefully acknowledges the support of the Hillary Commission.

MARK ROBERTS 520 5993

## Calvin and Hobbes

by Bill Watterson

AHH. WHAT COULD BE BETTER THAN A SATURDAY 6 MILE RUN AT DAWN IN 20 DEGREE WEATHER...



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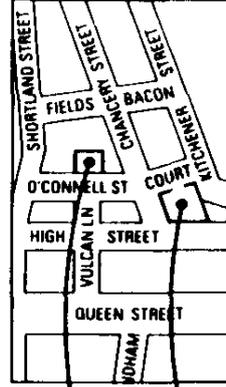
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