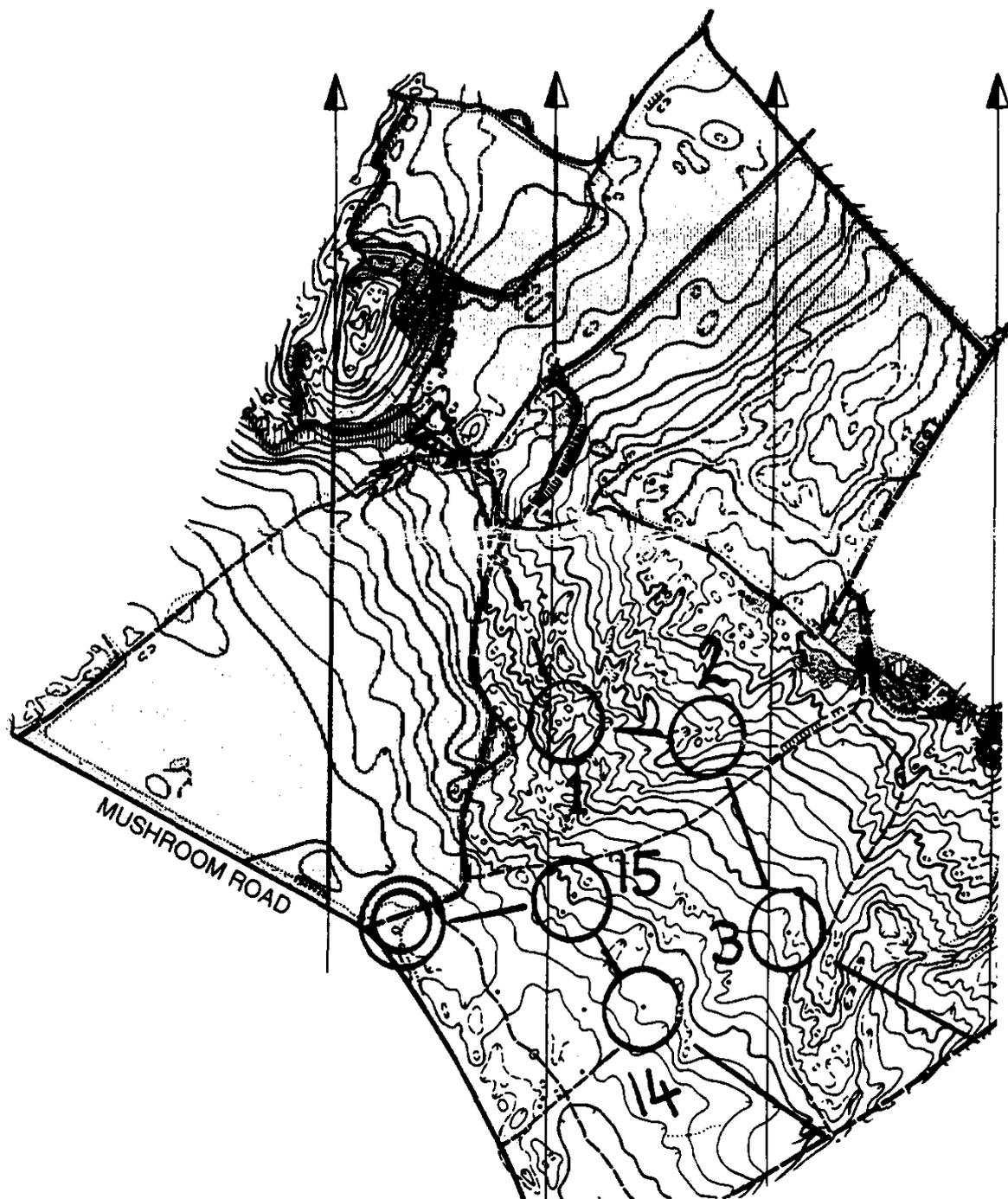


The AUCKLAND ORIENTEER



OCTOBER 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.

OCTOBER 1997

- 4-5 D Senior Training Camp, Naseby
- Sun 5th CM **Spring Series Handicap, Four Seasons, Tuakau, CHANGE OF VENUE**
Handicap and event format details in recent issues. 10:00-12:30
- R Crater Block, 11:00-13:00, east off highway south of Rotorua at Rainbow Mountain
- Fri 10th Entries close CDOA Champs New Plymouth 8/9 November, form in August issue
- 10-12 Women's Training Camp, Taupo, details July *AUCKLAND ORIENTEER*
- Sat 11th Waco **Training event, Muriwai North, Woodhill CHANGE OF DATE**
Preparation for Auckland Championships next weekend, signs from Waimauku.
- Sun 12th T CDOA OY7, Opepe, signs SH5 Napier-Taupo highway, 15 mins from Taupo
- Wh Gumtown. 11.00 - 13.00. Turn left at Kamo traffic lights (heading North) and follow Three Mile Bush Rd for 7.5km then turn left into Gumtown Rd. After 1.6km turn left into Grays Rd. 3 courses and a Training course. Setter Phil Collins.
- Thu 16th AOA Meeting, details unknown, presumably because they don't want you to know.
(I have asked on multiple occasions for the minutes of the AOA to be made available to the editor of the newsletter but it seems this information is secret. - MR)
- Fri 17th Deadline for entries to Relay Championships, details in September issue
- 18/19 NW **Auckland Championships, Wounded Knee & Kaipara Knolls**
Entry form in July *AUCKLAND ORIENTEER*
- Sun 19th P Greenpeaks, SH1 9km South of Tokoroa, 11:00-13:00
- 25/27 H **Labour Weekend 3 Day, Kallarney Lake, Kawhia**
Entry form in August *AUCKLAND ORIENTEER*
- PAPO South Island Championships 3 Day, Dalethorpe, Acheron, Canterbury

NOVEMBER 1997

- Sun 2nd CM **AOA Relays, Whiriwhiri Maioro** details in September *AUCKLAND ORIENTEER*
- Thu 6th CM Auckland Primary Schools Championships
- 8/9 E CDOA Championships, Tuahoki & Hurworth, New Plymouth
Entry form in September *AUCKLAND ORIENTEER*
- 9-16 All **National O-Week: Permanent courses!** Any in Auckland? No news yet...
- 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
- 22-23 Lactic Turkey Rock
- RK/W Wellington Championships, entry form in recent issue
- Sun 23rd R Okere Falls, 11:00-13:00

December 1997

- 1 HB Rogaine, Smedley
- 3 H Rose Gardens
- 6-7 HV 24hour rogaine, Wellington
- 7 R Okawa Bay (?)
- Wh TBA
- 10 H Waikato University
- 15-20 Junior Camp, Muriwai
- 17 H Hamilton Lake
- 21 WACO End of year bash
- ? Oz 5 day, Canberra

NORTHWEST NEWSHOUND

Events

The Spring series has been popular with Muriwai North and Beautiful Hills providing plenty of physical as well as navigational challenges. I'm

sure a few of the die-hard shorts brigade may have been converted to long O-suits after close encounters with luxuriant spring growth of cutty grass.

Roel Michels and Martin Girling set excellent courses at event 3, with man-power smoothly organised by first time co-ordinator Matthew Crozier. The laser colour photocopy maps with pre-printed courses were a very positive spin-off from a once awkward problem - insufficient map supplies. We had the advantages of a pre-entry event without the high price tag.

People

Marquita's recovery continues apace - she is already completing red courses without crutches.

Best wishes for a full recovery to Stan Foster who has been laid low with glandular fever this winter, and who has only just returned to teaching and orienteering.

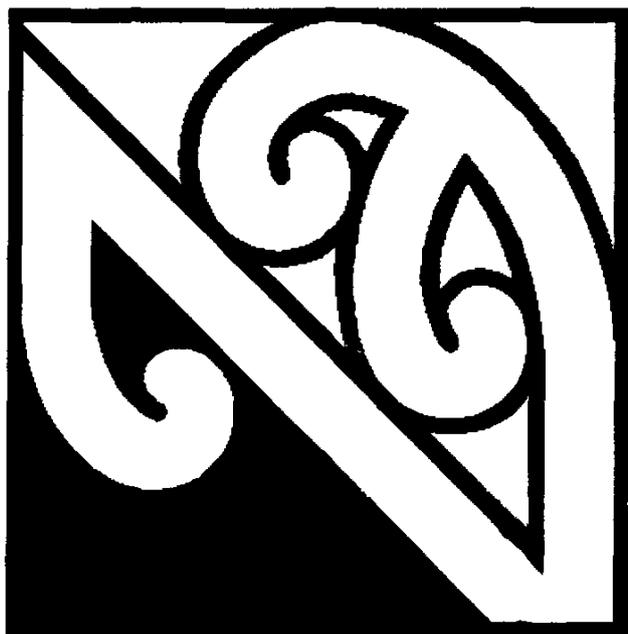
Katie Fettes has just returned from visiting her new niece in Canada and Shaun Bowler is off on a transalpine climbing trip in the Southern Alps.

We wish Ralph King a speedy recovery from his

recent operation and look forward to seeing him at events again later this year.

Club championships

The 1997 NW club championships will be run using the Classic (Saturday) race of the Auckland Championships at Wounded Knee on 18th October. This is your chance to win one of our many illustrious trophies! The new map has been completed, while Bryan and Bill Teahan have course-setting in hand.



Auckland relays

Lisa and Geoff Mead (phone 445 4555) are co-ordinating NWOC entries for the Auckland relays on 2nd November - this is always a fun day with time to socialise and picnic and compare route choices and strategies. You do not have to be an A-grade orienteer, and everyone is welcome.

Next club meetings

The October meeting will be at Jill and Alistair Smithies' home, 4b Fairbanks Place, Glendene, at 19:30 on Thursday 9th October.

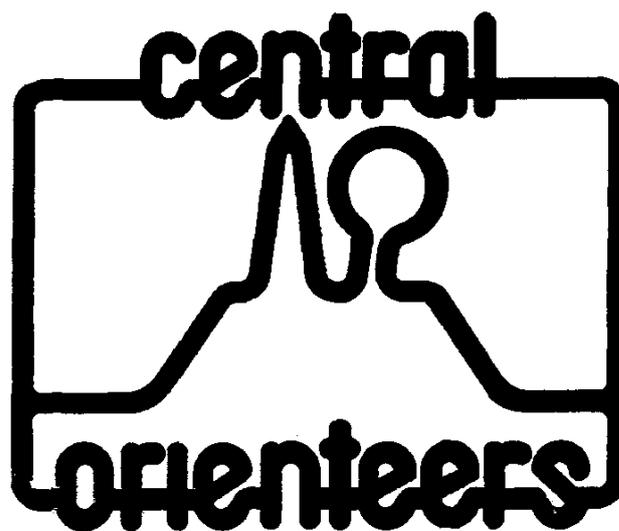
The November meeting will be combined with our Annual General Meeting and a proposed video / social evening (not that you need extra inducement to attend an AGM).

Dave Middleton is finalising details of the evening which will feature a new training video and hopefully footage from NZ orienteers overseas. Details and date will be advised shortly. If you

would like to join the club committee or volunteer for any club offices, please contact Dave on 418 2510.

LISA MEAD 445 4555

AUCKLAND APATHY



O to be banned at One Tree Hill?

John Powell recently prepared an excellent and lengthy submission to the Powers That Be of One Tree Hill Domain. Their draft management plan opposes "active" (organised) recreation involving more than 50 people. Be afraid, be very afraid.

Next club meeting

The November club meeting will be at 19:30 on Wednesday 5th at the Jessop residence, 40 Batkin Road, Avondale. It seems that there will be no October meeting. Not sure about this.

All Auckland Club members are welcome.

MARK ROBERTS 520 5993

SOMEWHERE TO LIVE?

From a letter to Shaun Collins

Hi!

I'm planning to go to NZ late in December or early in January and stay for about 3 months. I'll live in Auckland and I wonder if you can help me to find a place to live. I would prefer to live close to a forest or at least a park, so it's possible to avoid just running on roads when running from home.

I also prefer a cheap place to live. I'm going to work with some project for my school in Norway. Therefore I need to have possibilities to use email in some college or another place where I could work.

If it's possible I would do some little mapping too. But the work can't be too big because I stay only for three months and I wish to have time for training and to see your country as well, 25-35 hours work (mapping) would be perfect.

If you can help me with some of my wishes or tell me who I should ask for help it would be great. Looking forward to hear from you.

Greetings from Doyvind Stokseth
email: oyvindst@stud.ntnu.no

IT CAN BE DONE!

From the beginning of this year I tried to get some Juniors (Form 3) students at Kelston Girls High School involved in orienteering - to help with the continuity of the sport there. I had little success until...

One morning in mid May I was told that there was someone at the door to see - to disturb my morning tea. My first reaction was to ignore them but common sense prevailed and I went to see.

At the door were 3 third formers "we want to do orienteering, sir!". I checked to see if HE was up there so I could thank him immediately, but still silently cursed it being so late - 2 months to NZ Championships. As I tried not to choke (with surprise) on my morning tea I quickly organised for them to attend the next Secondary Schools event.

By the end of the month 3 had become 4, all had done at least one event, some had brought parents, brothers/sisters - transport etc. - and were ready for more. A couple more events in June and the Auckland Secondary School Championships loomed - their first major event, without the safety of a tailing parent or

accompanying friend - or even to study the map/course before they started.

They all performed creditably - all mid field, very closely grouped, and excited. Several weeks later loomed the BIG ONE - the New Zealand Championships. I entered all in the Championships, figuring that it wasn't much harder than the Standard at that level. The Friday Individual competition saw again excellent performances - no disasters, but with an 8th place, Saturday brought better things.

Unfortunately 4 don't fit comfortably into a 3 person relay, so one had to be dropped and Friday's individual was the trial. Sunday came and the 3 in the relay covered themselves in glory, all finishing in the top 10 times out of over 30 girls and coming 2nd by just over 3 minutes behind New Plymouth Girls High School containing illustrious names.

When the dust had settled it turned out that these girls had helped Kelston Girls High School to second place overall in the schools competition - an excellent performance.

Now we have 4 young ladies very excited about their sport and what it offers. All have joined their local club - two with their families. All are eagerly looking forward to the next event and the coming badge events.

So what are the names to look out for?

Amy Wright

Jessica Cathro

Kendal Johnson

Sally Wilson

STAN FOSTER [NWOC]

HOW BIZARRE

An Onet thread on bizarre problems encountered at orienteering events

One of the world champs selection races in 1987 (?) must rank as having one of the most bizarre problems -- a fire moved through part of the course during the event. The race was at Sebago in Harriman Park (site of the 93 World Champs).

One my way to a control I had to step over a line of flames. Behind the line of fire the running was

great - the fire had burned down most of the underbrush. But, breathing was a bit unpleasant because of the smoke.

The later starters had more trouble than I did. They risked having water dumped on them from a helicopter that was fighting the fire.

MICHAEL EGLINSKI, USA

I actually had a control bag aflame when I came to it at the same time as a Junior. He stood there kinda dumbstruck with mouth open. I casually punched, checked to see if my sleeve was ablaze, and continued on my way.

Haven't seen this Junior since, though.

Like Mike, I too had to jump the fire line (checking that pants weren't on fire as well) and would have had to cross a second line (back into unburned territory) if not for some very friendly local land owners hoping to put the blaze out before it reached their properties.

Coming up a spur at a right angle I heard a strange swishing sound. Upon cresting the rise the downslope was on fire with a row of individuals swatting at the flames. A couple of quick thinkers noticed me, figured out what I was doing and promptly smacked out a nice swathe through the flames.

All in all, not really what I consider a bizarre event (I do some very odd things by the normal world's standard) but definitely one of my more memorable, even with a less than stellar performance.

MARK DUNLAVEY

Some orienteers had the "pleasure" of running at the Land of Vikings A-meet in NE Pennsylvania last year. Besides the extremely unfriendly terrain, the organisers had to contend with brazen wildlife.

One control, hung from a 8 inch by 6ft log extending from a rootstock, was discovered several contours down the hill from its original location on the morning of the event by the vetter.

The nylon that remained, was completely tattered and hung in shreds from a completely disfigured frame. One can only conjecture about the creature strong enough and mad enough to attack a control in this way.

CLEM MCGRATH [USA]

I've been involved in too many events and I have

come across all sorts of problems:

Last control accidentally not put out in a multi-day event. This was embarrassing to the organisers who had to quickly get the control and run away with it to the final control site in front of spectators.

Controls moved by the criminal element. The Control site was too near cannabis plots and they came and removed it.

Fallen trees completely covering a control and only the clipper could be seen. Most Orienteers found it and kept on going to finish the course. The weird thing about this was that most thought I had deliberately done this to make it trickier for them.

Control in a small depression completely covered by water after a downpour.

All map courses had to be redrawn the night before the event after the pen used to draw the courses was found to be soluble. The midnight oil was burnt here.

The new maps from the printers turned up the day before the event.

The maps had to be completely reprinted when the printers put the wrong screen on the maps. The marsh lines were printed vertical not horizontal and the green stripes of slow and walk were printed horizontal not vertical.

The map was accidentally drawn to grid north not magnetic north. It was quite an effort to adjust to a 22 degree systematic error.

The scale of the map was incorrect. Two maps were printed at the same time but the scales of the base maps were different. The reduction used was 1:10,000 to 1:15,000 instead of 1:7,500 to 1:15,000. (Can you quickly work out what the final scale should have been instead of 1:15,000?) There were some incredible kilometre rates on this map.

The club event where there were not enough maps and the organisers had to ask previous starters to recycle their maps for later runners.

A control was blown 400m downhill after a very windy night before the event.

A control completely chewed after a cow licked, chewed and spat out a control which looked like a salt lick.

Competitors chased by an enraged bull stung by bees near a control.

Having to swim a raging river 8 times. Unluckily

the course crossed it several times. This event should have been cancelled.

That's why whenever I plan or control a course, I run around all the controls an hour or two before the event starts.

BRYAN TEAHAN [NWOC]

I believe a history of Australia - New Zealand challenges would probably cover most problems, bizarre or otherwise that ever existed in Orienteering.

A recent Challenge occurred where the map was printed just three days before the race. This event had many problems; a few highlights:

Control numbers were printed facing east when it was found the map would not fit in the printer facing north.

They could not get proper map bags and had to make do with lighter easy-to-hole bags, as several competitors found out after crossing one of the two rivers on the map. At this point the overprinting was found to be soluble in water, so these people tended then to find their course missing.

Oh did I mention most of the green did not get printed as the light green overlay got left out.

Or how about the two boulders approximately the size of houses that got left off the map and were in the path of the M/W10's course.

The Organisers wanted to cancel but with 50 plus New Zealanders with flights booked and as a lot more from across Australia the controller had to talk them into continuing.

SCOTT SIMSON [AUSTRALIA]

A sprint O event in Sydney in the late 80's (this was a mass start short course event). A special map was printed, unfortunately the map was incorrectly printed with green used for the yellows and yellow for the greens.

The organiser did not realise the mistake at first and on the day before decided to go ahead anyway. The event was attended largely by most of the then Australian elite runners.

In all the hustle of the mass start, a short course with lots of controls and an enlarged map scale, well no one noticed. The organiser had to tell the competitors that the yellow was green and vice versa.

SCOTT SIMSON [AUSTRALIA]

To add another dimension to this colour reversal, a colour blind person was competing at that event. He has a particular colour deficit so that he can distinguish the yellow, but not the green.

Consequently, when trying to navigate through the easy going "yellow", he always found himself in thick vegetation. He was heard to remark that this map has the thickest clearings he's ever been in.

NICK DYTLEWSKI, AUSTRALIA

A recent event in New South Wales featured probably the most bizarre problem that I can recall affecting an event.

It seems the clock at the start was malfunctioning, and beeping every 1 minute 40 seconds (rather than every 2 minutes as it was supposed to). As a result, the start times got further and further ahead of the time on the finish clock, with the result that some later starters ended up with some very impressive times indeed (don't know if anyone managed to go negative).

I believe the 'real' results are being sorted out with the aid of times some people recorded on their stopwatches.

(As the second starter at yesterday's NSW Championships, I asked a start official whether it could be organised for the clock to beep every 2 minutes 20 seconds this week, but strangely they weren't interested :-)

BLAIR TREWIN, AUSTRALIA

ETCETERA

Labour weekend accommodation

We do not have the Maketu Marae, but we do have the Okapu Marae which is on the Aotearoa Harbour side about 10 minutes from Kawhia. Approaching Kawhia, you travel along the harbour edge then go up a hill before descending back down to Kawhia. At the top of the hill on the right is the road to Raglan; the next road on the right leads to the Aotearoa Harbour and the Okapu Marae. They have similar sleeping, eating and cooking facilities but fewer toilets and showers. We will still have a hangi.

If you have booked Maketu Marae on your form,

and you don't want to stay at Okapu, please let us know. Entries are being handled by Fiona Humphrey 07 856 1199.

MIKE BALDWIN [HOC]

I have a pair of red Silva gaiters for sale - worn proudly at many O events both here and in Australia, but in good condition. Only \$10.

JILL DALTON [WACO]

The National Outdoor Education Conference will be in Auckland in January 1998. I would like to invite orienteers to attend or to present workshops. Registration brochures and details are available from me. There are lots of orienteers who have excellent talents as workshop presenters.

Jill Dalton, Programme Manager, NZMSC,
PO Box 9411, Newmarket, Auckland.
Phone 09 529 0752 (W), 529 0792 (Fax)
025 887 803 if all else fails.

have hundreds of them.

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

I am prepared to type contributions if necessary.

Distribution

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

Credits

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

MARK ROBERTS 520 5993

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: November 1997

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

The deadline for contributions for the November AUCKLAND ORIENTEER is Friday 24th October.

Disks or email please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. Please don't format your document with spaces or tabs, it takes me ages to get rid of them all.

I would prefer not to have to return your disk, but just ask and I will give you as many disks as you want, I

As Clubs in the Auckland vicinity are managing all aspects of orienteering for themselves the Auckland Orienteering Association is no longer operating as per it's constitution. Clubs have no particular allegiance to the AOA and delegates to AOA meetings are not always given the authority to make decisions on behalf of their club. This leaves the AOA as a ineffectual body which at times is unable to make the simplest of decisions.

The time has come for Clubs to decide whether they wish the AOA to remain but under a different constitution or a simple charter, which would be agreed to by all clubs.

A second alternative that has been suggested is that the areas of responsibility that need to be managed on an Auckland basis be dealt with by meetings of the Club presidents.

I list below the areas of responsibility that may need to be dealt with on an Auckland basis, the current method of dealing with them and a possible alternative.

	Areas of responsibility	Current management	Possible alternative
1	Co-ordination of calendar	Under AOA direction 3 presidents meet to draw up calendar of events	"3 presidents Group" meets to draw up calendar of events
2	Management of Junior Training	AOA appoints a junior training manager. Manager reports back to AOA at intervals	"3 presidents Group" appoints junior training manager who reports back to nominated person
3	OY series & trophies	Date and number of events set when calendar drawn up. AOA sets rules of OY competition, organises trophy recall and presentation.	"3 presidents Group" sets rules. Administration of trophies could be delegated out to a club member.
4	NZOF contact	AOA appoints an NZOF council delegate. At times NZOF asks AOA to communicate issues to the Clubs.	"3 presidents Group" could appoint the NZOF delegate NZOF should communicate directly with the Clubs.
5	Regional mapping issues	AOA discusses mapping issues on a regional basis	Traditionally mappers between the 3 clubs communicate with each other so regional issues are addressed.
6	Statistics, records & history	AOA appoints a statistician who reports back to the AOA	"3 presidents Group" appoints a statistician who reports back to nominated person
7	Technical advice	AOA appoints a Technical officer who advises on the OY & champs courses as required and is available for Clubs to refer to	"3 presidents Group" appoints a Technical officer
8	Magazine	AOA appoints editor. Magazine issued and Clubs billed directly for their share	"3 presidents Group" appoints editor. Magazine issued and Clubs billed directly for their share
9	Fund raising & sponsorship	not currently addressed	Combined approach may be beneficial in some instances, could be organised by "3 presidents Group" if required
10	Publicity and Marketing	not currently addressed	A combined approach would be the most effective therefore would need to be initiated by "3 presidents Group"
11	Management of resources	not currently addressed	Gear and manpower is shared on club to club approach, no need to change this.

As you will see most of the AOA's current responsibilities could be taken over by the 3 presidents working together.

Under a 3 Presidents group:

The areas of responsibility for this group are defined as in 1-10 above or other areas as determined by the clubs

Each Club President would be given authority to make decisions on his/her Club's behalf.

To ensure that tasks are undertaken a checklist would be drawn up and one of the presidents made responsible for seeing that the responsibilities and tasks are carried out.

Those appointed to a particular role should be given a job description, as drawn up by the Group and one of the presidents be nominated as their point of contact.

In the event of the 3 presidents not being able to work together a method of redress should be planned.

Other areas to be clearly defined are:

The authorities of the group

Who decisions are binding on.

Method of redress should 3 Presidents not be able to work together.

Under a reformed AOA:

The areas of responsibility for this group are defined as in 1-10 above or other areas as determined by the clubs

Each Club President or delegate would be given authority to make decisions on his/her Club's behalf.

To ensure that tasks are undertaken the President/Secretary is responsible for seeing that the responsibilities and tasks are carried out.

Those appointed to a particular role should be given a job description, as drawn up by the AOA.

Other areas to be clearly defined are:

The authorities of the AOA

Who decisions are binding on.

I have assumed the group to consist of the 3 Presidents, being North West, Auckland and Counties Manukau. If WACO were to join naturally all references to the 3 Presidents should be read as the 4 Presidents.

Clubs are asked to discuss these issues and come back with the following:-

- | | | | |
|----|----------------------|----|---------------------|
| 1) | Their preference for | a) | a reformed AOA |
| | or | b) | 3 Presidents group. |

2) Under a 3 Presidents format what their club sees as:

- a) The responsibilities of the 3 Presidents group
- b) The authorities of the Presidents from their Club
- c) The authorities of the 3 Presidents group
- d) Who decisions are binding on.
- e) Who the appointees to a particular role are responsible to.
- d) Contingency plan should 3 Presidents not be able to work together.

3) Under an AOA format what their club sees as:

- a) The responsibilities of the AOA
- b) The authorities of the Presidents/ delegates from their Club
- c) The authorities of the AOA
- e) Who decisions are binding on.

It is quite possible that all three Clubs will not agree on any of these issues. The AOA can not continue under the current lack of direction therefore Clubs should fully brief their delegates on the above issues and give them the authority to allow some form of consensus to be reached.

Your feedback is essential so a draft plan can be put to the Clubs for further discussion.

Jill Smithies
AOA Secretary
ph - 09 - 838-7388
email - smithies@sinesurf.co.nz

ORIENTEERING WITH NANA

by Stephanie Liddicoat

On Sunday Mum and I decided to invite Nana to come orienteering with us. We picked up Nana from her house and went off to Fairfield Park where we decided to do the Yellow course. Off we went on the course. Before we had even got to the first marker Nana had side-tracked and was picking up seed pods and gum nuts (she's a potter and uses them to make decorations in clay). We pressed on and managed to find the second marker and then the third. The going was getting a bit tough by then, so Mum and I held Nana's hand to help her down some tricky stairs and over some slippery ground. After the fourth marker Nana saw a seat to sit down on. I decided to stay with her and keep her company while Mum ran on and found the 5th marker and then had to come back down to Fairfield House where Nana was still happily sitting on the seat. Mum tried to work out how to get to the 6th marker from where we were. She ran on ahead but Nana decided to take an easier path and we ended up losing Mum. Mum had to come back and find us, then take us on up to the Grampians track. When we got there Nana decided to have another rest and a nice long look at the view (a really long look). Now we had to get Nana down the steep slippery bit of the Grampians track and then down a very steep bit of Collingwood Street. Nana is OK at going up hills, but does not like going down. Finally we got to the marker by Melrose House where Nana found some more seed pods and a bit of tree bark. Mum and I decided to run on ahead to the finish. Even after all that we still managed to only take about 50 minutes. Amazingly, Nana enjoyed herself so much that she wants to come with us to the next Orienteering event at Rabbit Island. So, if you are there and see an old lady sitting on a seat, say "Hi" because it will probably be my Nana doing the Yellow course.

COURTESY TOPSOC NEWSLETTER

Dear Mark

Stretching (Oh No, not again)

Damn right, the stretching controversy has not died and chances are it won't, well, not until there has been a rash of comprehensive laboratory and field research done, and even then I doubt it.

Michael Wood made the statement *most sports doctors and physios would disagree* (with Annemarie Jutel). I wonder what they base their opinions on?

In their book *Training for Sports and Fitness*, Brent S Rushall and Frank S Pyke state, and I quote, "There is little information, either from the laboratory or the field, concerning the relative merits of different flexibility training methods or the relevance of them for the practitioner (Holt 1973)".

Another publication, *The Fitness Leaders Handbook* compiled by Garry Egger and Nigel Champion gives this warning about stretching.

"It should be pointed out that the field of flexibility training has only recently attracted the interest of researchers, hence there is much to learn. Meanwhile, not all authorities accept the value of stretching.

For example, US sports medicine physician Richard H Dominguez, author of the *Complete Book of Sports Medicine*, claims stretching before exercise can cause rather than prevent injury.

According to Dominguez, runners in particular may over-stretch muscles and tendons beyond a point of active control. This could cause muscle fibre damage where prior problems exist in knees or joints. Instead of excessive static stretching, Dominguez favours a warm-up of a gentle range of motion exercises starting gradually and building up.

Critics of the Dominguez view claim that although it has some merit, it can be over-generalised. In exercise like gymnastics or floor classes where range of motion demands are great, gentle stretching as well as a general warm-up is necessary."

Take heart believers, a paper by the researcher Michael Yessis, Ph.D. which appears in *Peak Running Performance Vol6/No 1* has this to say in abstract:

"Running is a dynamic sport that requires active and often forceful movements of the legs and arms. To prepare for this activity, runners usually do static and active stretches. Static stretches increase flexibility while active stretches work the muscles in a manner that is similar to the action of running. Excessive static stretching can weaken the elasticity of ligaments and other tissues, resulting in loose joints and an increase risk of injury. Active stretches, on the other hand, warm up and prepare the muscles for the action of running. This muscle preparation in turn, helps to dramatically lower the risk of injury"

The article goes on to name and describe the best active stretches. These include *the wall stretch, the stair stretch, the squat, the lunge, the side lunge, lying leg raise, the good morning* and stretches for hip extension and flexion.

Yessis particularly warns against the common static quadriceps stretch also know as the butt kick as potentially dangerous. "In this stretch" he says" the thigh is perpendicular to the ground and you bend the leg to bring the heel of the foot close to the buttocks. In this position you are literally pulling the knee joint apart. Since this position is never assumed in the running stride, this stretch is unnecessary. When the heel is close to the buttocks in sprinting, the knee is forward of the body. In this position the quadriceps have ample room; no additional stretching is needed."

Asta Wistrand

THE 1997 NATIONALS - WHAT IT COST.

Malcolm Ingham, Co-ordinator National Championships 1997

For the benefit and interest (?) of all, reproduced below is the final Wellington Orienteering Club budget for the 1997 National Orienteering Championships held at Queen's Birthday. This includes the income and expenses only for the two events (Classic and Relay) held by Wellington and does not pertain to Hutt Valley's Short-O.

WELLINGTON ORIENTEERING CLUB - NATIONALS 1997 BUDGET

Income

	Estimated	Actual
Classic race entries	4000-00	6296-00
Relay race entries	1620-00	2773-00
	-----	-----
	5620-00	9069-00

Expenditure

	Estimated	Actual
Mapping ¹	3115-00	2759-30
Printing of map	600-00	1417-50
Rental of BIOS	200-00	157-13
Printing ²	666-66	691-87
Presentation ³	100-00	327-25
Gear ⁴	0-00	311-48
Other expenses ⁵	300-00	458-62
NZOF Levy	562-00	906-90
	-----	-----
	5543-66	7030-05

<u>Excess Income over Expenditure</u>	76-34	2038-95
---------------------------------------	-------	---------

Notes

1. Includes: photogrammetry (\$2115), field expenses (\$694-30)
2. Includes: entry forms, programme, results
3. Includes: hall hire and cost of medals
4. Includes: clip-cards, hire of PA system, hire/purchase of numbers
5. Includes: secretarial, controllers, donation to St. John's Ambulance

As can be seen, the event produced a net profit to Wellington Orienteering Club of just over \$2000. This, in due course, will be returned to the orienteering community in the form of new maps and future events. However, the figures bear closer scrutiny because they may provide evidence of the appropriateness or otherwise of some of the directions in which New Zealand orienteering is presently moving. In particular the areas of mapping and entry fees require some comment.

Many, if not most, new maps in New Zealand, other than those for purely local events, are now produced by professional mappers and, recently, professional cartography has also appeared. Almost simultaneously with this move to cartographic professionalism there has, in general, been a marked increase in the cost of entry fees to major events - this was perhaps most noticeable at the 1996 National Championships.

In contrast to this, Wellington Orienteering Club has, for many years now, held to the policy that its mapping should be done by its own club members with recompense only for mileage and other legitimate expenses. This policy arose out of a belief that, in the long run, New Zealand orienteering is not large enough to support professional mapping - basically the concomitant rise in costs will ultimately lead to reduced numbers and a decline of the sport. Additionally there is the argument that every dollar spend paying someone to do a job within orienteering is potentially a disincentive for someone else to contribute to orienteering voluntarily. Some people will no doubt argue that Wellington, with its large membership, can afford to hold such views, however, in many ways, this is putting the cart before the horse - is it not possible that the large membership is the result of member oriented policy rather than the cushion which allows it? The truth of the matter is that, as we have witnessed this year with the cancellation of several regional events, orienteering cannot survive without its volunteers.

Only time will tell whether or not these opinions will turn out to be true, however, in this instance the use of voluntary time in producing the Nationals maps allowed Wellington to keep entry fees well below those of recent past Nationals. In the knowledge that many orienteers habitually enter late, a structured entry fee was chosen which gave a significant discount for early entry (>6 weeks prior to the event). This rate of \$15 for a senior was a full \$10 less than the cheapest entry fee for the Classic event in 1996. The next tier (3-6 weeks prior to the event) was still \$5 cheaper, with only the late entry fee coming in at \$25. Over 300 people (approx. 70% of the final entry) took advantage of this discount. Whether this was responsible for the record entry (>450) or simply one contributing factor cannot be ascertained but it must certainly have helped.

What is clear from the above is that with the use of voluntary time and effort even an event such as the Nationals can be put on at reasonable cost to the individual orienteer. It is Wellington's contention that doing so can ultimately only benefit the sport. In particular it provides an incentive to those groups such as families and students who may otherwise be deterred from orienteering at anything other than local level - those who argue that orienteering is cheap compared to say running in a half-marathon have clearly never had to consider entering a family of 4 or 5 for a multi-day event.

Whilst I do not expect everyone to agree with the arguments laid out above, I hope that they will at least clarify Wellington's approach to the 1997 Nationals and, hopefully, encourage other clubs to adopt similar policies for the benefit of all orienteering.

COURTESY "TIMES OF WEA"

**Our sympathy is extended to
Auckland Orienteering Club member
Chris Grove
of Shore Road in Remuera
who moved house rather unexpectedly on
Saturday night.**

**M Gelderman
23 Nixon Road
RD2 Henderson
Auckland 8**

**POSTAGE PAID
Permit No 23
Browns Bay**