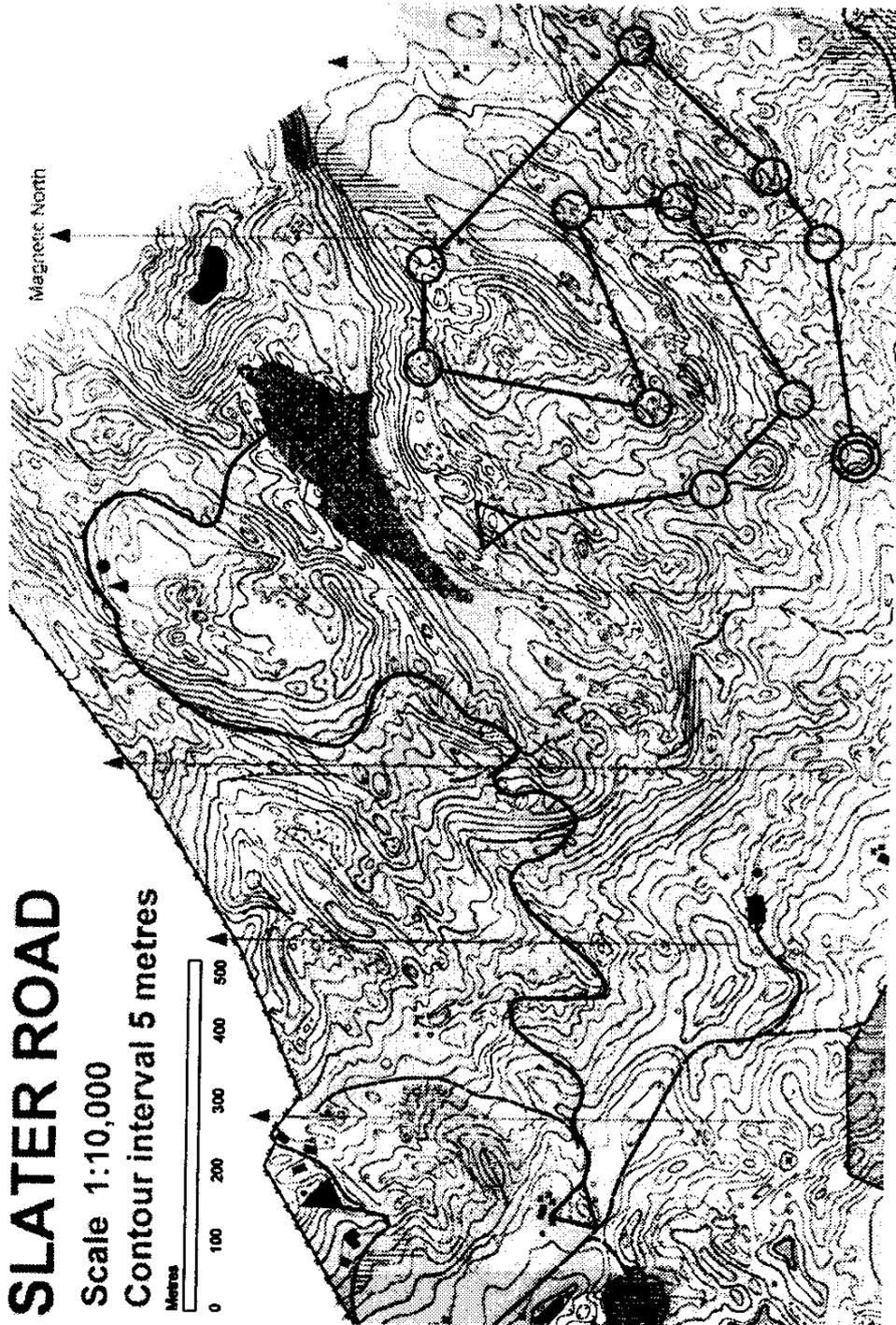


The AUCKLAND ORIENTEER



September 2000

EVENT CALENDAR

Please call Club Secretaries for final confirmation of these details: (A) Auckland: Nicola Kinzett 09 521 9535 (CM) Counties-Manukau: Hilary Isles 09 235 2941; (E) Egmont: Suzanne Scott 06 758 4739; (H) Hamilton: Les Warren 07 889 7608 (NW) NorthWest: Jill Smithies 09 838 7388; (P) Pinelands: Chris Jackson 07 886 5313; (R) Rotorua: Peter Fitchett 07 345 6786; (T) Taupo: Alison Mensen 07 378 0577; (WACO) Waikato and Auckland Campus: Melissa Edwards 09 634 8104; (Wh) Whangarei: Dick Rankin 09 434 6499; (NOS) National Orienteering Squad: Rob Crawford 09 412 9711. Unless otherwise stated, start times are 10 am to 12 midday.

SEPTEMBER

Sun 17th CM OY8 Pollock

About half way up the Waiuku peninsula, signposted from road running into Waiuku

A Orange Level Training after you run 12.30 with Darren Ashmore

Sat 23rd P CD OY 6 Karapiti / Rogue Bore farmland, eucalypts, pines

Sun 24th T CD OY 7 99 Hills

99 Hills Eucalyptus forest was used for the 1999 CDOA Champs and OY1. The visibility has improved greatly in the last year.

Both events will be signposted from the top of the Control Gates Hill (1 km north of Taupo). Turn west from SH 1 & 5 onto Poihipi Road. Allow 7 minutes to Karapiti, and 25 minutes to 99-Hills from this intersection. Both events are *enter on the day*. Registration from 10:30 a.m.

Social Evening: (Saturday 23 September) Taupo Orienteering Club is celebrating its 25th Birthday. We have booked the Red Cross Hall (opposite the A.C. Baths) from 6:15 p.m. onwards. Have a hot swim at the pool then stroll across the road with your meal. This is a low-key BYO evening. TOC will supply the desert (birthday cake), some bubbly and fruit juice to help celebrate. A few static displays will be on show. The A.C. Baths & Red Cross Hall can be reached by turning east up Spa Road from the round-a-bout at Woolworths on SH 1. Travel approximately 2km up this road. Stay on Spa Rd - don't veer right by the Carters store. The Baths and Hall are on your right (A.C. Baths Avenue).

Sun 24th WHO Aupouri Forest

Go to Awanui, follow SH1 North about 10kms to Aupouri Forest headquarters (Juken Nissho Forestry) and follow signs. Event MAY be further up SH1, just follow O signs. Start times ; 11am to 1pm. Course closes 2pm promptly. Courses; about 4. Red, orange, yellow white. This is a 1:10,000 scale map, 10 metre contours with areas of detail shown as formlines lots of tobacco weed in places. Sand dunes similar to Mangawhai. This is a promotional event for Kaitiaki O

30/1 1st NZ Mountain Bike O Champs Hamner Springs Canterbury

OCTOBER

Sun 1st A OY9 Pot Luck

Controller/Setter Scott Vennell Veters Grant Unkovich/Mark Roberts. Entry via Rimmer Rd, south of Helensville. Signposted from Rimmer Rd.

4 A Orange Level Training with Darren Ashmore and friends

19:00 AUT Science and Technology Building "S" Block, big silver building with a pole up the front 24 St Paul Street off Wellesley/Symonds intersection

Route choice, post mortems, ritual humiliation, you name it: bring your maps from recent events – prepare for the Championship season!

5 A Committee Meeting 19:30 Stewart residence

7/8 NW Auckland Championships Weiti Pre-entry

East Coast Rd between Silverdale and Okura

14/15 South Island Masters

15 R CDOA OY 8

- 20 NZOF Coaching Conference Details this issue
 21/23 H Labour Weekend CDOA Championships
 Pre-entry - form in August magazine.
 29 T Karapiti

NOVEMBER

- 1 AOC Committee meeting 19:30 Clendon residence 18A Irirangi Road, Greenlane
 4/5 RK Wellington Championships
 Santoft forest – WMOC Maps, Feilding
 12 CM Auckland Relays Karloitahi
 19 NW Muriwai Ralph King National Score Event
 See details this edition.

Summer Series Calendar available next month

NORTH WEST NEWS

Allan Janes is the North West person of the month: Allan did an excellent job of setting courses (his first effort at course planning) on the much loved Otakanini Topu map for Winter series event #5. A gorgeous day, some fast times, especially on the red courses and plenty of newcomers out enjoying the shorter courses. We've noticed quite a few very fit multisport athletes out at events, honing their navigation skills to better prepare themselves for events such as the recent Aquaterra and Southern Traverse style events.

Allan has also succeeded in having a regular flow of orienteering articles and results published in the local North Shore Times Advertiser newspaper. His sources are obviously better than the info I get for this monthly spiel - but he declined an offer to take on this job! Last, but not least, he has even hosted a recent committee meeting - thank you!

Congratulations to Michelle Nash who represented NZ creditably against the best juniors in the world at the JWOC championships in the Czech Republic - the team of three did very well and found it to be a great experience.

A big thank you to the course setters and controllers - Andrew Bell, a first time course setter, Keith Stone, Stan Foster and Les Paver, for their tremendous efforts in staging a most successful national secondary schools champs in July. We were lucky with the weather, but I did have my moment of mild panic, when, as coordinator of the first day at Wounded Knee, I was the first to arrive at the forest and discovered the Bombing Range flags flying and the public gates locked! Fortunately a fellow in army khakis turned up and took down the flags - the bombing had finished late the previous night. A personal thanks to all those who helped over the two days - especially those from other clubs.

Although Birkenhead College's 42 strong team did not win any individual titles at Woodhill, they accumulated enough points to win the overall team championship by 3 points. The College, coached by Graham Peters has won the secondary schools team championship six times in eight years - Congratulations! There were in excess of 200 entries for the champs, with many travelling from Wellington and Hawkes Bay and the enthusiasm, team spirits and camaraderie displayed by all lasted right to the end of the prizegiving on day two.

WANTED - someone to sew up tent and pole bags. If you can help please phone Jill Smithies 09-838 7388 or email smifam@lhug.co.nz

Next club meeting: The next meeting will be held at Marquita Gelderman and Rob Garden's home, South Head Rd, RD1, Helensville at 7:30pm on 13 September.

LISA MEAD 445 4555

CMOC CALLING

Looking at the APOC results was a great buzz to see so many brilliant New Zealand results and a fine lineup from CMOC. The Australian O - champs saw Tania Robbie and Wayne Aspin achieving 2nd place overall with a 3rd from Val Robbie and 5th from Trish Aspin – congratulations.

Australian Short O Championships gave Counties Manukau a 1st with Graham Hattie M18 and Ross Brighthouse M55. A 2nd place was achieved by Tania Robbie and 4th to Aidan Nelson. Well done.

The NZ Secondary Schools Championships had a large number of entries and was a huge organisational task I can imagine. Congratulations to Jayne Shuker achieving 1st place in her grade.

Bob Hattie was delegated to Wellington for the weekend for the NZOF meeting. As yet I have to catch up to see if the weather lived up to its reputation and if a sideways landing at the airport was achieved.

A Welcome to Michael Haswell who has recently joined us. See you at the next event.

A big welcome to our youngest member - Marisol Kate Hunter, born 14th August. A daughter for Ian and Chris. Congratulations and we look forward to seeing the new arrival.

The remapping of Totara Park and Duders is underway giving us more central areas to run promotional and training events. Our aim is to provide more local events in the new year with consistency as there are large gaps in the calendar and it would be good to see an event each week if possible thereby improving o skills and fitness.

Look out for the clubs new gear locker and for a small fee you can have a tour of it. Hope to be showing it soon at a event near you.

Thanks to WACO for an enjoyable OY at Whiri Whiri the other week. The weather was great and the long haul to the finish was even greater. Thanks Phil.

PETER MURPHY 533 4264

AUCKLAND CHATTER

A CLUB LIBRARY!

Craig Pearce has (been) volunteered to be Club Librarian and now seeks material suitable for the Club Library. The primary purpose of the Library is to provide material for newcomers to learn more about orienteering so it's a good cause. Do YOU have anything to donate to the Library? Something you don't really need any more but can't bring yourself to throw away? Craig will give it a good home and make it available to members. How about:

- Orienteering books, manuals, booklets, papers
- Running books
- Overseas Orienteering magazines
- Maps, NZ or overseas
- Videos
- Training material

For years the Club has been subscribing to the UK and Australian O mags; where are they all now? The Club owns some library material; does anyone know where it is?

Please give your donations to Craig or to Julia Reynolds, Lisa Brooks, Mark Roberts or Nicola

Kinzett to pass on to Craig. cpearce@voyager.co.nz 021 894 814 3/31 Peek Street, Ellerslie

TRAVELLERS

Andy and Jill Brewis are overseas for a month or three (again!) starting at the Welsh 5 day. Send your jealous ravings to abrewis@iprolink.co.nz. They report being busy changing nappies and attending the Notting Hill Carnival.

Well done Alistair Landels and Rob Jessop for their performances at World Cup 9 – AJ was 28th. See the club website www.members.tripod.com/~auckoc/ for details.

Terry may have regretted driving all the way to Whiriwhiri then completing his course in just 17 minutes... And Raewyn may regret locking herself out of her brand new car at Waipu. (A note to all newcomers: you don't need to lock your car at most events!)

The much-travelled mallet has been found after six months in Craig's boot.

Guy Cory-Wright and Mary Wadsworth have become engaged. The word is that it took them about a decade to get round to it.

Darren continues his career teaching orienteering and mentions that the 8,9 and 10 year olds at Campbells Bay School went crazy over orienteering a couple of weeks ago. "They all had me signing autographs and some told me that they want to be professional Orienteers when they grow up. Very cute."

AOC WEBSITE etc

Remember the website when you need some information: Alistair Stewart is progressively adding more and more material as it becomes available. If you have anything that could be published there send it to Alistair at aw.stewart@auckland.ac.nz. Another useful website is www.maptalk.co.nz

The club now has an email distribution list which covers almost all members – contact nmr@iprolink.co.nz to add your address or to let members know about something urgent.

MAPPING

Mark Roberts is busy creating and updating maps ready for the Summer Series – bigger and better than ever before! Anyone who would like to help just get in touch.

Ambury is being remapped and extended; Tahuna Torea is being mapped in detail for events on the Tamaki map; Hamilins Hill and streets will be an added attraction when we run at Mt Richmond. Hillsborough Streets fieldwork is complete. Tim and Sarah have reworked Carrington; Waiatarua Reserve in Ellerslie looks like a no-go because the Council have brought forward plans to dig it up, but Ellerslie Racecourse and Macleans are looking good.

Mark tells of fieldworking at Ambury and watching his compass needle swing 25 degrees to one side as he took two paces forward. Ambury is stuffed with volcanic features (lava tubes) partly-buried under the grass – and some of them create magnetic anomalies. Could make running there tough, especially when the seniors have to manage without fences next time! And I bet you never knew there were wild goats on Hamilins Hill...

SUMMER SERIES

The Calendar is drafted and the permissions have been sought. This year sees 15 events, two updated maps, four new maps, one new old map, six new event centres, one brand new venue, 70 new controls, and as many setters as we get volunteers.

UNVEILING OF OFFICIAL HEROIC CLUB TEAPOT!

All orienteers are invited to try out the new club teapot, uncommonly heroic in proportions, at the next event. The committee decided that the single most valuable service it could provide to

orienteers was a hot wet cuppa after a cold wet run. What your committee decides is what your committee does next...

AUCKLAND SECONDARY SCHOOLS CHAMPS

Well done Tim Renton – 1st Intermediate Boy

Sarah Beaumont – 3rd Senior Girl

Katherine Bolt – 4th Senior Girl

Michael Jager – 4th Junior Boy

Mark Hodgson ran well but no result to hand.

COMMITTEE MEETINGS

All Auckland Club members are welcome.

Thursday 5th October 19:30 Stewart residence, 38A Glendowie Rd, Glendowie (Change of date)

Wednesday 1st November 19:30 Clendon residence, 18A Iirangi Road, Greenlane

And finally, a comment on Onet from an off-topic posting:

Obligatory Orienteering Content: I think orienteering would be great if it didn't involve _running_ anywhere. I've invested far too heavily in beer to be streaking about in spandex...

MARK ROBERTS 521 9535 NMR@IPROLINK.CO.NZ

HANDICAP EVENT SERIES

There has been a series of handicap events at some time during the year for a few years now - Spring Series, Autumn Series, Winter Series, call it what you will. The original idea was to provide a series of five colour-coded events where the different courses were not based on age classes but on degrees of difficulty. Thus any orienteer could choose to run on any course they wished. A competition was run on the red (most difficult) courses designed to give all orienteers an equal chance to win by adjusting their times by a handicap factor and then allocating points based on the adjusted times. The orienteer with the most points at the end of the series was the overall winner.

The series proved popular and an extra red course was added to cater for the demand. The only other changes made to the original concept have been fine tuning the handicap system to make it as fair as possible for all competitors.

Because it is a handicap event I have always published each event's results in the order of the adjusted times, together with the actual times and placings and handicaps for each person. I gather some people consider the handicaps irrelevant and would prefer the results published in actual time order.

Now that the 2000 handicap series is completed it would be a good time to get some feedback from you on your thoughts for future series. Your responses to the following questions would be appreciated.

1. Do you like the idea of colour-coded events? Yes / No
2. At present each colour-coded event offers 3 red, 1 orange, 1 yellow & 1 white course. Do think there should be changes? Yes / No If yes, what changes?
3. Did you compete in the 2000 Winter Series events? All of them / Some of them / None
4. Which course do you usually compete in? Red long / Red medium / Red short / Orange / Yellow / White / None
5. Should be a competition be associated with the colour-coded events? Yes / No

6. Is the present handicap competition satisfactory? Yes / No If no, what changes would you like to see?
7. If the handicap competition is continued, in what order should the results be displayed? Actual time / Handicap adjusted time

Send your responses by email to pebble@paradise.net.nz, by post to 14a Melandra Road, Whangaparaoa or hand to me at an event.

KEITH STONE [NWOC]

Total Winter 2000 Series Handicap Results

Top 50 Results

		Event 1	Event 2	Event 3	Event 4	Event 5	Best 4
1. Nicola Kinzett	A	112	98	122	122	112	468
2. Malcolm Stoney	A	77	118	107	124	116	465
3. Cheryl Lyou	A	117	106	95	119	117	459
4. Raewyn Bennett	A	87	116	0	117	123	443
5. Graeme Hattie	CM	109	89	113	0	114	425
6. Phillippa Poole	NW	119	96	78	105	96	416
7. Mary Moen	NW	73	112	110	74	118	414
8. Bert Chapman	NW	125	90	85	114	56	414
9. Mark Lawson	NW	0	105	117	99	86	407
10. Robin Ambler	NW	97	108	104	76	97	406
11. Terje Moen	NW	114	87	106	85	98	405
12. David Stewart	A	63	124	123	83	69	399
13. Alistair Stewart	A	96	80	109	88	103	396
14. Patricia Aspin	CM	88	0	99	115	94	396
15. Rudy Hlawatsch	A	0	94	92	108	101	395
16. Asta Wistrand	NW	118	76	75	92	108	394
17. Andrew Bell	NW	83	85	101	87	110	383
18. Ralph King	NW	69	119	79	84	100	382
19. Phil Johansen	NW	115	0	91	109	63	378
20. Malcolm Mack	WHO	120	110	81	0	64	375
21. Wayne Aspin	CM	70	0	114	101	88	373
22. Russell Williams	A	64	125	0	100	79	368
23. Aidan Nelson	CM	103	0	89	107	67	366
24. Marquita Gelderman	NW	82	0	112	80	87	361
25. Rhys Thompson	WHO	99	91	90	0	81	361
26. Gary Farquhar	NW	122	113	120	0	0	355
27. Joanna Stewart	A	81	84	74	86	93	344
28. Allan Janes	NW	0	103	116	125	0	344
29. Robert Hattie	CM	106	0	119	0	95	320
30. Lisa Brooks	A	0	0	94	113	107	314
31. Andrew Brewis	A	93	78	66	77	0	314
32. Rob Garden	NW	105	0	98	0	99	302
33. Tom Clendon	A	74	115	0	0	111	300
34. David Nevin	WHO	0	104	115	0	73	292
35. Chris Rowe	CM	66	97	0	73	53	289
37. John Powell	A	91	0	100	98	0	289
36. Patrick Murphy	NW	113	0	0	91	84	288
38. Debbie Beveridge	NW	90	0	102	89	0	281

39. Mark Roberts	A	0	0	108	102	70	280
40. Glen Middleton	NW	67	107	0	106	0	280
41. Keith Stone	NW	104	0	68	0	106	278
42. Jill Brewis	A	0	109	72	96	0	277
43. Phil Collins	WHO	101	88	88	0	0	277
44. Roel Michels	NW	0	122	76	0	75	273
45. Peter Godfrey	NW	124	79	70	0	0	273
46. Tony Cooper	A	75	0	0	111	80	266
48. Paul Gilkison	NW	79	111	0	0	76	266
47. Lisa Mead	NW	123	0	84	0	59	266
49. Dave Middleton	NW	78	83	0	103	0	264
50. Rolf Wagner	NW	85	0	87	0	91	263

RALPH KING NATIONAL SCORE EVENT

Muriwai Forest 19th November

Mass starts from 10am. Last start 12 pm – if required. 20 controls – 3 sq km – all forest, both exotic and native. Anyone sharing the same number of points will share the same placing. There will be a penalty of 10 points deducted for every minute or part thereof a competitor runs over 1 hour.

Enter your correct class – M/W 12, 14, 16, 18, 20, 21, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80. Trophies for 1st Senior M/W, 1st Junior M/W, 1st under 12 M/W plus 2 new trophies this year – 1st over 50 M/W. Trophies to be engraved and to be held for 1 year.

All classes run on same course. Do not be afraid juniors– there are red, orange, yellow and white class controls among the 20. Starters must report to Master Maps 15 minutes before start time to allow time for marking map and planning routes.

RALPH KING [NWOC]

ORANGE LEVEL TRAINING

Slater Rd – 13 August (See Map on cover)

About 25 keen, mostly orange level (plus a few reds and 3 first timers) took advantage of the free technique training session a few Sundays ago.

Two activities each about 2.5km long, were designed to increase appreciation of the maps abundant detail.

99% of the time, contours are the most reliable source of information about the terrain on the maps we use for orienteering. Having a complete understanding of them is essential if we are to achieve error free races.

What made this more important on Slater Rd was that the vegetation in places was not mapped accurately, which is something quite common, particularly on our older maps.

Activity One was a line course, quite steep in places, with many changes of direction. This had to be followed carefully and accurately as somewhere on the line there were an unknown number of controls that had to be found. Total map contact and map orientation was very important.

Activity Two was a regular 10 control course of (easy) red standard. The emphasis again was on recognising and following contour features in order to find the controls.

Well done to all participants who came out for the training. I hope you gained some value from the activities.

Thanks to David Stewart who monitored the progress of the front runners and an extra big thank you to Mark Lawson who helped put out the controls and lent his considerable expertise to the 3 newcomers who were seriously challenged by the activities, yet gained much experience.

DARREN ASHMORE [AOC]

ORANGE COURSE ANALYSIS

Anyone who ran this course should go back and look at your map and think about your run in light of Mark's route choices - Editor

The Orange Course set at Otakanini Topu on 30/6/2000 by Allan Janes was particularly good so the Ed has asked me to discuss how it fits the Orange Course requirements laid down by NZOF via the Technical Committee.

This article discusses technical aspects of a recent Orange course. It will be of benefit to Orange level orienteers and to course setters. I have to confess that the material is a little dry so don't read this in bed or you may never reach the end... Note that this article does not necessarily represent the views of any committee of which I may happen to be a member.

The requirements of an Orange course are described in the NZOF rules as:

ORANGE COURSE

Course shall have route choice with prominent attack points near the control sites and/or catching features less than 100 m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control shall not be the same as the entry (doglegs are not permitted). Simple navigation by contours and rough compass with limited distance estimation required. Use of a chain of prominent features as "stepping stones" is encouraged.

Used for: M/W16-A, M/W-20B, adult B classes.

One useful interpretation of this rule is that an orange level orienteer will have to think through which attack point to use. A novice orange level orienteer might use an obvious attack point with a less direct route. A strong orange level or red level orienteer might go direct to the control using subtle attack points or stepping stones.

So good orange level setting tests use of attack points – the stronger orienteer will go more direct, the weaker will take a more conservative route choice. Note that a given leg can often be viewed in different ways – the orienteer who chooses the safe route will take longer than the brave soul who chooses the direct route.

Basic techniques we can assume are available to the Orange runner are: Handrails, Attack points, Rough Compass, Heading Off, Catching Features, Traffic Lighting. I've used these concepts in this article.

The course discussed here is printed alongside.

Leg One - Yellowy-Orange

A gimme – and on the first leg we all know we should take it easy, so even a strong runner will be best served on the first leg to go via the track junction which is an obvious attack point; or at least to run down the track until the track junction is within sight.

(At least two runners that I know of did a 180° out of the start triangle at this event. One of them was me. No excuses – a simple process failure – forgetting the first rule of success in orienteering: Take It Easy On Number One.)

A lesson learned here is that attack points need not be closer than the control. An obvious attack point could be past the control – thereby emphasising the advantage of using subtle navigation features instead for a direct route if you feel confident.

And another point: you don't actually have to go to the attack point. You just need to see it so that you can use it for navigation.

Leg Two – Orange

The conservative route choice is similar to leg one – run past the control and attack from the clearing / track junction.

A braver soul would pick up the depressions on the right part way to the track junction and attack from there, probably attempting to keep the clearing in sight so as not to wander too far into the forest block. But we approach the depressions from below and we're looking for the clearing from below so this strategy is iffy.

A strong red level runner will run this leg (like all of this course) in a dead straight line, picking off features as she runs.

Leg Three – Orange OR Red

The conservative Orange runner should consider running down the track and attacking from the track junction. Note however that the East-West track may not be very visible so care is needed.

The Red runner (or an Orange runner wanting to live dangerously and learn more from the experience!) will go direct on rough compass, picking up the clearing half way. Slowing down, start looking for the dune face to the left of your running direction and then make for the right hand end of the dune.

The dune end is the attack point – although right alongside the control of course. The technique to use here is Heading Off to the left but the leg is so short that you will see the dune no matter how inaccurate your compass run.

I can see only one danger: the form line drawn to the west of the dune suggests that the dune continues in some form, so you need to pick the high part of the dune.

Leg Four – Orange

For as long as you can maintain a reasonable compass direction, the first half of this leg is dead running (Green Light: as fast as you can) until you hit the road. Then turn right to pick up the track junction so that you know where you are. Given that you are running to find the track junction, Heading Off to the left means that you are running along the direct route to number 4.

However, this isn't the optimal route because of the mess of dunes in between. There is a clearer route to the right of the straight line, but you will need to turn left after clearing the dunes in order to guarantee finding the track junction.

The Red runner will look for the linear dune (or the linear depression south west of it) and follow it to the control instead of relying upon the North West – South East track beyond it.

Leg Five – Gimme - Yellow

The spectator control adds entertainment but no orienteering value on this course. Fun but not worth discussing.

Mind you - it is astonishing how often Orange-level orienteers will explain a mistake by mentioning someone they met, or followed, or were followed by. A spectator control is an excellent opportunity to make a mistake. NEVER allow other people to affect your orienteering.

Leg Six – Red OR Orange

Argh! Attacking a control from below over 750m of compass running – a superb Red leg if you want to try to (A) spike it (hit the control head on.) But it's a lot less difficult if you take the time to (B) run past the control and relocate on the track, or better still to (C) use the tracks the whole way. So that's why I say it's a Red leg and an Orange leg too!

The problem with plans B and C is that there is no obvious attack point or relocation potential on the NW – SE track. The clearing should be useful, and the high point of the track to the NW of it shouldn't be difficult to identify; but it's a little vague for an inexperienced runner and maybe the length of the NW-SE track from wherever you hit it should be regarded as Traffic Light = Red.

Leg Seven – Orange OR Reddy-Orange

Even if you choose to run this one direct, the huge dune should tell you where you are as you approach the control, and as soon as you reach the top of the spur you can look down on the track to relocate.

The worst that could happen here when going direct is missing the big dune by going too low then picking up the next one but you would have to try pretty hard to manage that.

The conservative (Orange) route would follow the track NW until it dives down the reentrant (attack point), then follow the spur / edge of dropoff south to the control. Almost as quick – no more than 100 metres extra – but possibly less fun than the direct route?

Leg Eight – Orange

The only sensible way to run this leg is the obvious route, following the track then attacking from the clearing. The only danger I can see is that you are essentially attacking from below, always a bad move.

Consider climbing up off the track about half-way along – after the second bend. You will conserve some height, establish a good view of the control site as you approach, and you can still see the clearing on the track to use as an attack point.

Leg Nine – Red or Orange

What a fun leg to run direct! I can imagine hurtling down the hill, picking up the depressions on the left, sticking to the broad spur, keeping the big depression to my left, past the prominent dune and then grovel around to the west of it with eyes peeled to find the control. Look for the depression by the road on the right to tell you where you are.

Any orienteer can run too fast on this leg so slow down towards the end to read your map and relocate among the dunes.

The conservative (Orange) route is to run across to the NE-SW track then down to the depression then attack with care up the hill.

Leg Ten (Reddy?)-Orange

Getting to the attack point is up to you, but the key to this leg is attacking from the road. I wouldn't recommend relying upon the kink in the fence or the road to tell you where you are (kinks in roads are difficult to map) so the key to spotting the right place to leave the road is the terrain shape south of the road. When the road stops dropping steeply and flattens out you've hit the edge of the depression. From there you can follow the hill line south to the control.

Or if you feel braver, stick to the straight line and rely upon being able to see the road to your left to locate yourself when you reach the steep downhill above the control.

Either way, that's why it's Reddy-Orange, not Orange.

Backing up a little: only the timorous would follow the track then the road, so how to run the first half of the leg?

Rough compass will get you across the vague hilltop and the only real danger is going too far left (east) and strolling off into who knows what. Heading Off is one technique to avoid this—deliberately steer right (west) of the line to ensure that when you hit the road you can turn left with confidence.

The skilled orienteer will read the hill like a book as she crosses it and will run down the pointy spur onto the road with a feeling of pleasure!

Leg Eleven – Orange

The track/road junction is the attack point of course, but the problem is that unless you actually visit the junction you probably can't see it because it is above you (unless it's a sunny day perhaps, illuminating the gap in the trees that the road runs through). Sneaky!



But it shouldn't be too difficult to spot the rising gradient (contours closer together) as the track approaches the road. So Head Off to the left (north) as you run across to ensure that you don't come out on the track in the vague area to the south and have no idea where you are.

You are attacking this control from below so take great care. The conservative orienteer will attack from the vicinity of the track/road junction and maintain height while traversing the slope so as to look down on the control for a guaranteed quick find. Not exactly a spike though – because we all know we COULD have run this leg in a dead straight line.

Finish Leg – Gimme

It's a challenging leg except that there's a great big banner to tell you where the Finish is so you can afford to run this fairly quickly.

You're blind for the first half of the leg (climbing through vague terrain with the Finish not yet in sight) so pay attention to your compass. It's probably the only technique you can trust implicitly by now...

MARK ROBERTS (AOC)

AOA CHAMPIONSHIPS 2000

Organised by North West Orienteering Club

Day 1: Classic Championships (badge event)

Date: Saturday 7 October 2000

Start times: from 11 am

Planner: Phillipa Poole, Shaun Bowler

Controller: Mike Beveridge

Co-ordinator: Rob Ambler

Day 2: Short-O Championships (badge event)
(Single race)

Date: Sunday 8 October 2000

Start times: from 10.00 am

Planner: Ralph King

Controller: Dave Melrose

Co-ordinator: Rob Ambler

Map: **The Beez Kneez**
(previously used at the 1999 National Champs)

Scale: 1:10,000 5m contours

Terrain: Mature pine forest with patches of eucalypt and native bush, moderately steep to undulating with intricate gully systems

Location: Weiti Forest off East Coast Rd, between East Coast Bays and Silverdale, approx. 15minutes north of the bridge

Classes for Classic and Short-O

Winning times for Classic event will be 100% of the times set out in the NZOF Rules while the Short-O will be 60% of the time.

Course	Men	Women	Relative length of the course	Difficulty
	1	M21E (open)		
2	M-20A, M21A (open), M35-A	W21E (open) NB CHANGED FROM 3	70%	Red
3	M-18A, M40-A, M45-A		61%	Red
4	M50-A, M21-AS (open)	W-20A, W21A (open), W35-A	44%	Red

5	M40-AS, M55-A	W-18A, W40-A, W45-A	40%	Red
6	M60-A, M65-A	W50-A, W55-A, W21-AS (open), W40-AS	29%	Red
7	M70-A, M75-A	W60-A, W65-A, W70-A	21%	Red
8	M-16A, M21B (open)		49%	Orange
9	M-20B, M40-B	W-16A, W21B (open)	34%	Orange
10	M50-B	W-20B, W40-B, W50-B	25%	Orange
11	M-14A, M-16B, M21C (open)	W-14A, W-16B, W21C (open)	27%	Yellow
12	M-12, M-14B	W-12, W-14B	21%	White

- 100% relative length is based on an M21B winning a classic distance course in 90 minutes.
- Some classes/courses may be combined if entry numbers are small.
- Competitors may enter different classes on different days as long as they are eligible.

Affiliation

Both days have Badge Event status and all entrants must be affiliated to the NZ Orienteering Federation through their Club. If not affiliated, they must pay a single event levy each day of \$9.00 Senior, \$5.50 Junior and \$23.50 Family as well as their entry fee.

This does not apply to overseas orienteers affiliated to their own national orienteering organisations.

Entry Fees

	Senior	Junior	Family
Day 1 Classic	\$16	\$8	\$40
Day 2 Short-O	\$12	\$6	\$30

- Family is up to two seniors living at the same address and any number of juniors at that address that look to at least one of these seniors as a parent.
- Junior is anyone eligible to compete in M or W18 or younger.

Late Entry

Late entries and changes of class after closing date may be accepted at the discretion of the organizers on payment of an additional 50% of the entry fee.

Closing date

Closing Date for entries: **postmarked no later than Friday 22 September**

Website

for Start times and Results: <http://nwoc.nz.tripod.com/aoa2000>

AOA

The AOA is planning the Auckland orienteering calendar for next year. If there are any issues you would like to have considered please contact your club president or email / write / phone the Secretary Jill Smithies smifam@ihug.co.nz 4B Fairbanks Place 838-7388

I know there are heaps of issues out there - number of OY's, timing of OY's, start procedures... so have your say.

If you hold any AOA OY or Champs trophies from 1999 please return them to Jill Smithies or Heather Clendon by 20th September.

JILL SMITHIES [NWOC] SECRETARY

LETTERS

Hi!

My name is Lisa, I'm a Danish orienteer, who looks for a family, who needs an Au Pair from August 2001 to July or August 2002. I'm 19 years old, I like children very much and I would definitely prefer to stay with a family who does the orienteering too.

LISAH@HANSEN.DK

We are two orienteers from Finland and we are going to visit New Zealand from 19 October 2000 to 18 January 2001. Our names are Mr. Petteri Muukkonen and Ms. Eveliina Pietila. Petteri is 24 years old and Eveliina is 23 years old.

We are studying geography and we will do our master of science thesis in New Zealand. We have to do some field work for Petteri's research in the Rotorua region but besides that we are free to go anywhere. So we would like to travel around your beautiful country and visit various places. Of course we would like to meet local orienteers and train orienteering as much as possible.

We would be very happy if someone of you, orienteers, would like to offer us a place to stay for a few nights. In the beginning we are (most likely) staying at the Auckland region and in December and January we are planning to travel in the South Island. We do not need much, just a place to sleep. We will take care of our meals ourselves.

With best regards,

Eveliina & Petteri

Kiertotie 11

FIN-36200 KANGASALA

FINLAND

EVELIINA.PIETILA@UTU.FI PETTERI.MUUKKONEN@UTU.FI

ARE YOU DOING SOME COACHING OR TEACHING OF ORIENTEERING?

Come to the...

NZOF COACHING CONFERENCE

Date: Friday 20th Oct 00 (day before Labour weekend events in run by Hamilton OC)

Place: Waitomo Caves Education Centre

Accommodation: Subsidised accommodation is available at Cavelands Waitomo Holiday Park for the Thursday evening (\$10 to include all food for Friday)

Travel: This can be subsidised: the extent depends on the numbers attending

Themes: "Broaden the Base for lifting the Peak"

(from schools to club and elite)

Club Coaching, Coaching Weekends, Special Groups, Schools Scheme, Course Setting (educating for string, white and yellow), Other requests welcome.

Workshops: (offers to run workshops welcome)

Drawing a simple map of a school or park, How to teach O in schools, Ideas for club sessions,

Course Setting education

All Coaches or non coaches with a coaching/teaching interest are welcome to come to the conference. All regional and National Coaching Coordinators will be invited to attend. All schools scheme tutors will be invited to attend. Please apply for a place to me at the contact details below:

Jean Cory-Wright

Email (preferred contact method): cory-wrightj@cpit.ac.nz>

Phone 03 348 3933 Fax: 03 348 3943 Mail: 38, Piko Crescent, Riccarton, Christchurch

Please include your contact details as follows:

Name, club, phone, email, postal address, coaching background, offers of workshops

Next Issue: October 2000

Editorial contributions very welcome and in fact an absolute necessity. Send them to Lisa Brooks Box 99612 Newmarket, or email nmr@iprolink.co.nz 521 9535

Please could I have all contributions before **1st October 2000**

Disks or email please, if you can, Microsoft Word or RTF. If you can't supply electronically I can type contributions.

Distribution

If you change your address, please contact your club membership officer or Andrew Bell on 09 411 7166. If you want a back issue of The Auckland Orienteer, please contact your club membership person or Andrew Bell.

Credits

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

The Auckland Orienteering Association wishes to thank Carter Holt Harvey for the use of its forests.



Sender: Andrew Bell
1254 State Highway 16
RD3, Waimauku