

The AUCKLAND ORIENTEER



SEPTEMBER 1993

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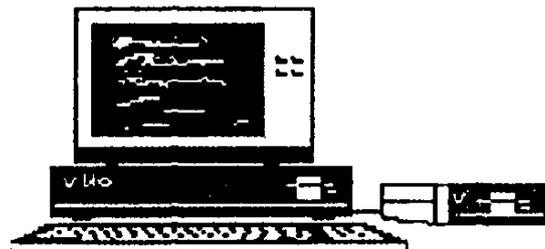
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HILLARY COMMISSION
for sport, fitness and leisure

THE NEW ZEALAND
ORIENTEERING FEDERATION
ACKNOWLEDGES THE SUPPORT
OF THE HILLARY COMMISSION.

EDITORIAL



Hello Everyone,

Well, I have returned from the not-so-sunny northern hemisphere after a month of orienteering and relaxing. It rained almost every day producing the most enormous amount of mud I have ever seen at one of the O-Ringen days, but it was still great fun. Results were excellent also, with the Kiwis showing the Brits how it is done at the Scottish 6-day. (The Swedes showed us in Sweden though...). Many thanks to Keith Stone for putting the August issue together for me; I thought about you around the 20th of the month!

Plenty has happened since Keith wrote last month's editorial. Sorry Colin, Self's Farm is now definately the venue for the Auckland Relays. Central admit they are trying something new here and their theory that a visible, fast open area will create a lot more spectator interest is certainly sound. I hope it works well and perhaps the fact that most people are so familiar with Self's Farm will cause some speedsters to come unstuck when least expected.

The structure for the 1994 season has been decided at the last AOA meeting and will make some people happy and others not so pleased. Admittedly, next year is an exception with APOC and the World Cup event early in the year providing plenty of build-up to the nationals at Queens Birthday. However, I fail to see how the summer series and a few autumn series events can provide adequate preparation for the Nationals at Easter in 1995. This is totally illogical and as Keith pointed out, how many other sports do you know of which have their National Championships at the beginning of the season?. Surely it is not too late to change this idea. Queens Birthday is too early in my opinion but if the powers that be insist on changing from the traditional Labour Weekend, this is still better than Easter. I hope the NZOF can admit it has made a mistake at this early stage and re-plan 1995 with a bit more sense.

Anyway, Mark Roberts has kindly agreed to assembling the October issue as I'll be away (again) in the USA for the World Champs. Lucky I've got a nice boss!!

Happy Orienteering,

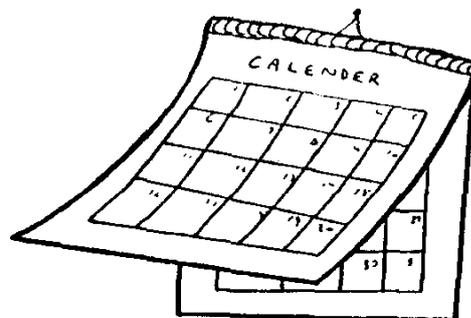
Marquita Gelderman.

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DEADLINE FOR OCTOBER ISSUE: 20 September 1993

COMING EVENTS



SEPTEMBER

- Sat 4: Central Districts Champs 2-day event on new forest map
- Sun 5: "Tyger Country" in Kaingaroa Forest. Details were in June Magazine and entries closed August 13.
- Sun 12: Promotional event, Reeves Farm. Take Drury exit from motorway and watch for signs on road to Waiuku.
- Sat 18: Warm-up event for OY6 on Omu Creek map. Three courses 5km, 3km, 1.5km with start times between 11.30am and 1.00pm. 8 km from Dargaville and signposted from there.
- Sun 19: OY 6 on new map "Gumtown" 10 mins drive from Maungatapere or Whangarei. See Notices in this issue for directions.
- Sun 26: Promotional event on new map "Karamatura". From Titirangi shops take road towards Huia and Whatipu. About 3km past Huia township.

OCTOBER

- Sun 3: OY 7, Waiuku Forest. Signposted from Waiuku township.
- Sun 10: Taupo club event, Opepe.
- Sun 17: Auckland Relays, Self's Farm. See Notices in this issue. (Yes, it is back at Self's Farm again!!)
- Sat 23: National Individual Chamionships, "Kaipara Knolls", new forest map. Pre-entry event. **Entries close 17 September**. Entry form enclosed with August issue.
- Sun 24: National Short-0 Chamionships, "Auahine Topu", new map. Entry as for above.
- Mon 25: National Club Relay Championships, "Auahine Topu".
- Sat 30: Auckland Individual Championships, "Maioro-Whiriwhiri" new map north of Waiuku forest. Pre-entry event, entry forms in August issue. **Entries close Friday 1 October**.
- Sun 31: Auckland Short-0 Championships, Waiuku Forest. Entries as for individuals.



NORTH-WEST NEWS

Our club members competing overseas recently have really done us proud. At the Swedish 5-day Marquita Gelderman finished 20th overall in W21AL, the "second to top" womens grade, (total no. competitors 80) while Rob Garden was 48th in M40AS (out of 120) and Bronwyn Allen was 12th in W40N. Dave Melrose was 26th out of 40 in M35AL, a grade which featured an ex-World Champion! Their good form continued in the Scottish 6-day with an excellent win for Marquita in W21E. Starting first in the chasing start she had to wear the "tour leader's" (flourescent!!) yellow O-top. They didn't catch her though. Rob won the M40AS and Dave melrose was 10th in M45AL

North West now has a sister club overseas. It is the Bristol Orienteering club, one of the larger clubs in England. Chris O'Brien's brother Hugh was a member at the time of his sudden death earlier this year, and we have contributed to a trophy in his memory. Other 'ex-Kiwi' members are the Rix family John, Viv, Phillipa and Joanne, and Rowena Grenfell's family. We will be receiving their magazine in exchange for the 'Auckland Orienteer', and North West members have been assured of a warm welcome if travelling to England.

Speaking of travel, another exodus of club personnel is happening this month. Best wishes to Marquita G and Alison Stone who leave with the World Champs team on September 17th. Joining them in New York will be Katie Fettes and Dave Melrose who has since been selected as reserve for the mens team. Also making the trip, to watch the Championships and take part in the spectator races are Anne Fettes, Rob Garden, and Keith and Lesley Stone. Interesting to see how people will go to extreme lengths to avoid the organisation leading up to the NZ Champs!!

Other club members who have been on the move this winter are Geoff and Lisa Mead to the Gold Coast, and Chris and Lorri O'Brien just returned from Fiji. Maurice and Christine are off to Scotland, and several NW members are going to Aussie for the Australian Champs including Gay and Rob Ambler, and Rob Garden.

THE NATIONALS... Is your entry in yet?? DO IT NOW. Did you know that this year they are to be called the "K-Swiss NZ Champs". Thank you to Colin Tait who secured this sponsorship for us. We will be getting a new set of race numbers (the McConnell Dowell ones served us well) and a number of shoes and other goodies to give as prizes.

Our Trivial Pursuits addicts - Hoods, Amblers, Middletons and Stones - had a successful evening at Orewa last month. Apart from lots of raffle prizes which they won, including a \$400 voucher for kitchen renovation, the team also scored the highest total and earned themselves a free dinner at the Gulf Harbour Yacht Club. It was a lovely meal although the Middletons were late as Dave couldn't find the place.

The September meeting will be held at the Stone's residence, 8 Agathis Ave, Mairangi Bay. Start 7.30 pm on Thursday the 2nd. The October meeting is on Thurs Oct 7th at Beveridges, 8 Totara Rd, Te Atatu Nth, 7.30 pm.



Our congratulations to club members Rob Jessop, Alastair Landells and Darren Ashmore who have made the NZ team for the World Orienteering Championships in USA in October. We wish them all well.

Many of us belong to a club and rub shoulders with folk over a period of time, but get to know little about them. A new feature of Central Chatterbox will be a profile of a club member, beginning with our 3 WOC team members. This month, let's meet Darren Ashmore! Darren began orienteering at the age of 10, introduced to the sport by father Mike. 11 years later he describes orienteering as "a way of life". A student at Auckland College of Education, he took a year's leave in 1992 to compete in Europe but is now back completing his final year. Although this is his first time in the WOC team, he has represented NZ 3 times against Australia as a junior. It has not been easy for Darren who has supported himself through part-time work, some sponsorship from the BNZ, not to mention considerable help from his parents.

The club training evenings to help members improve their orienteering skills are well underway. Rob Jessop has now run three evenings and those who have attended have found them most worthwhile. The next training evening will be held on **Thursday 16 September at the Eilerslie War Memorial Hall, 138 Main Highway, Eilerslie.** Phone Rob on 828-4907 if you are attending.

We can also tell you the date and venue for the next club social evening.

When: Friday 10 September (happy hour begins at 6.30pm)

Where: Jack Dickey Community Hall, 174 Greenlane Road

What: Pot Luck Dinner and Round Three of "Give Us A Clue"

Bring the family along and take the opportunity to get to know other club members in a relaxed atmosphere away from the mud and the maps. The score is one-all in the "Give Us A Clue" series, so round 3 will be interesting!

Looking forward to the next **summer series**, planning is well underway and John Powell hopes to have all the pre-Xmas courses set before the season starts and all the post-Xmas events set before Xmas. Potential setters or vetters are asked to phone John Powell on 624-1513. He has lost the list of those who had already volunteered! If you did, please phone him again. He returns from holiday on 10 September.

Those who have had a preliminary look at the Lake Kareta map, due to be used for the first time during the Woodhill 3-day event in January are talking enthusiastically about the area; in particular a wonderfully scenic start-finish area. Woodhill 94 is going to be a major club effort. Please contact Mike Ashmore or another member of the event committee if you can help.

Members are reminded to contact Rob Crawford on phone 837-4544 if they wish to enter either the Auckland or the National Relay Championships.

The next club meeting will be held on the first Wednesday of the month at 56 Allens Rd, East Tamaki at 7.30pm. All members are very welcome to attend.

COUNTIES MANUKAU NEWS



Note the heading 'Counties Manukau'. At a special meeting of the club on August 2nd the name change was approved and with it came several alterations to the incorporated rules. However these will not greatly affect club members but of interest is the new club logo and the colours of green and gold. The significance of the name 'Counties' which covers an area as far south as Maramarua and Manukau for Manukau City, previously South Auckland, is obvious.

Ross and Linda Brighthouse have been competing overseas with Ross winning the M45 grade at the Scottish 6-days (see Archives). Marquita Gelderman is to be congratulated on her winning run in the W21E grade. Keeping NZ to the fore!

The WOC squad have been busy with training runs in Waiuku Forest and meetings at Robbies. They will be off to USA this month.

The Hamilton Clubs Patetonga map was noted as a steep and green area but at their OY there was a 2km climb to the start to the best part of the map and a downhill finish to give an enjoyable event.

Wayne and Trish Aspin have the Auckland Champs map well under way working in the rain and mist; typical of a previous AOA championship event on Taurangaruru ten years ago.

The September club meeting will be held at the Sneddon's residence, Waiuku on the 6th.

Ken Browne

AOA NEWS



What's been happening at the AOA recently...?

After much to-ing and fro-ing with venues, Central will be hosting the Auckland Club Relays on Self's Farm. Competitors will be visible for much of their course and the organisers are hoping this will add to the interest. For information about entering see "Notices" in this issue.

We now have a new trophy, kindly made by Stuart Middleton. It's for the winning school in the competition series which began this year. You will be able to see it at the AOA prizegiving. Unfortunately I am not yet able to give you any details about the venue or the date for this function, but I hope to get it finalised very soon.

The map-marker which the association now owns has a new set of rubber stamps which should, with care, last us for some time. With the large numbers of competitors at some overseas events, the courses are usually printed on the map when the map itself is printed, but I can see us doing it manually for some time yet!

A Junior Training Camp (13-16 yrs) has been arranged for December 10-15th. This is open to all North Island club members. Your club secretary has details if you wish to attend.

Lorri O'Brien will be in charge of the Auckland Junior Team to compete at the Central Districts Champs in early September. Members of the team are listed in this issue.

The main dates for next year's programme have been decided. Your delegates were able to amicably work out a fixtures list despite the number of different suggestions on how the season should be arranged. Here are some of the main dates for 1994. They could be subject to slight change if something crops up that we hadn't thought of, so don't take them as gospel yet!

Mid-Nov to Early Mar	Summer Series
Mar 3-6	Manukau City Games
13	North Harbour Masters
27	Special Event, Central
Apr 1-4	World Cup and Easter
24	Autumn Series
May 1	Autumn Series
8	Forest Run
15	Autumn Series
22	Autumn Series
Jun 4-6	Nationals (Hamilton)
21	Auck Sec School Champs
Jul 31	OY 1
Aug 14	OY 2
21	OY 3
Sep 11	OY 4
Oct 2	OY 5
8-9	Auckland Champs
16	Auckland Relays
30	OY 6
Nov 6	OY 7

It's time for clubs to think about the AOA AGM which will be held in November. Because we meet only every two months, the work is not as great as at club level. I know people only have limited spare time to devote to sports administration, so the main organisation of orienteering really comes from individual clubs. If you would like to become involved at AOA level please let me know. With ideas as diverse as orienteers themselves, meetings are never dull! And I don't want to be writing these newsbriefs into the year 2000!

Lesley Stone,
Chairman.



FROM THE ARCHIVES

September 1983 opened with an OY on "North Woodhill" (now the 16-mile map). Wins to John Rix in M21A and Joanne Cunningham in W21A and of our current WOC members Darren Ashmore won M12, Alison Stone W12 and Rob Jessop M15.

This was followed by a score event on Manukau Central (Hayman's Park) - 150 competitors dashing around an open area on a wet day.

There was a choice of three events for 18 September and several Aucklanders chose to support the Hamilton Club's Fletcher Forest event (they still do). However most of the area was ficht so controls were set on tracks and I think this was the last event on this map.

Then came "Weiti Station's" first event with the comment that it was too good a map for a promotional event. Geoff Mead won the M21A and Joanne Cunningham had her second W21A win. James Brewis beat Alistair Landels in the M15 grade.

Overseas, Ross Brighthouse won the M35A class in the Scottish 6-day and Cathy Hatwell finished 6th in a Czech 3-day event. In the World Champs in Hungary the NZ mens team finished ahead of Australia and the Individual titles were won by Morten Berglia and Annichen Kringstaad.

Ken Browne



NEW ZEALAND ORIENTEERING FEDERATION

JULY 1993 NEWSLETTER

THE 1993 WORLD CHAMPIONSHIPS TEAM.

After the 3-Day trials on the 18 - 20 June 93 , the following NZ Team was selected :

Women

Katie Fettes (NW)
Jeanine Browne (SA)
Marquita Gelderman (NW)
Tania Robinson (SA)
Alison Stone (NW)

Men

Alistair Landels (C)
Greg Barbour (E)
Rob Jessop (C)
David Farquhar (R)
Darren Ashmore (C)
Bill Teahan (H)
(non-travelling reserve)

Katie , Jeanine , Marquita and Tania are to run in all three races (classic, relays and short-o) , while Alison is to run the short-o.

Alistair , Geg and Rob are to run all three races. Darren and David are to run the short-o, with one of them to run the relays.

The team leaves NZ on the 17 September for a two week training camp in the Hudson Valley, prior to the Champs.

Congratulations to all those selected and all the best and may you have much success at the World Championships.



THE
NEW ZEALAND
SPORTS
FOUNDATION INC.

NZOF and the WOC Team acknowledges the support of the NZ Sports Foundation.

1994 WORLD CUP TEAM, TRIAL EVENTS.

The selectors will be considering the following events in selecting the 1994 World Cup teams :

- the performances of team members at the 1993 World Championships.
- 1993 Area Championships and the National Championships.
- 1994 North Island Championships
- 1994 Australia - New Zealand Challenge
- APOC94

The selectors will give more weighting to the 1994 events in selecting the six men / six women team.

1994 SOUTHERN CROSS JUNIOR CHALLENGE.

As part of the World Cup Carnival in Australia (the week following our Easter World Cup), there will be a two race Southern Cross Junior Challenge. The Australian's will be inviting all IDF countries to send teams for the following categories of Mens/Womens 16 yrs and under; 18yrs and under and 20 yrs and under teams. Each age category will comprise a maximum of four males and four females.

The selectors will be considering the performances of juniors at the 1993 Area and National Championships ; the 1994 North Island Champs ; the 1994 A-NZ Challenge and APOC94.

The selectors will be giving more weighting to the 1994 events in selecting the teams.

The announcements of the 1994 World Cup Teams and the Southern Cross Junior Challenge Teams are expected to be announced late January 1994.

1993/94 HILLARY COMMISSION FUNDING APPLICATION.

The NZOF has applied for the following funding for the 1993/94 year from the Hillary Commission.

	NZOF	HC
Promotions	2500	4900
Coaching Director	16600	35000
IOF Presidents Conference	500	2250
IOF/O-Ringen Coaching Clinic (July 1994)	1750	1750

WHY THESE PRIORITIES AND \$\$\$'s

Promotion.

The above funding figures relate to programmes that can be realistically carried out during 1993/94. These being the area's of orienteering in New Areas; in the Secondary Schools; Outdoor Education Centres and Helping Clubs. If from the July Promotions Conference new programmes are accepted and they require more funding, then NZOF will apply for more funding for the 1994/95 year.

Coaching Director.

NZOF are again applying for funding to employ Coaching Director at half time. Of the \$16600, \$5000 will come from affiliations while the rest will come from training camps and other coaching generated income.

IOF Presidents Conference.

With one of the topics dealing with the future of World Cup events, it is very important that NZOF is represented. There is talk of increasing the number of events and to give more opportunities to more countries to attend these events. Results of each countries competitors have a big bearing on the number of competitors that each country can send to the World Championships. It is only due to the results of Katie Fettes and Alistair Landels at the 1991 World Champs and 1992 World Cup races, that NZ is able to send five men and five women to WOC93.

IDF/O-Ringen Coaching Clinic, 1994.

With the Coaching Director planning a personal O-trip to Scandinavia next year, he is interested in attending the above clinic, hence the NZOF applying for funding for the clinic. The Coaching Director will be using his coaching funding for the NZOF's contribution; therefore, no more money will be coming out of the budget.

These details are in line with what your new Council are keen to do, in keeping members more informed on NZOF matters and policies.

The NZOF acknowledges the support of the Hillary Commission.



HILLARY COMMISSION
for sport, fitness and leisure

NEXT NZOF COUNCIL MEETING : 28 AUGUST 1993.

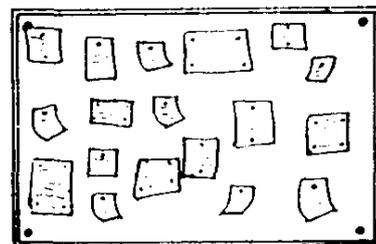
SELECTION FOR NZ CHALLENGE TEAM JAN. 1994.

Please send a copy of this form to Wayne Aspin, Hatton Road, RD 4, Waiuku, to indicate your availability; by the 1 September 1993.

I am available for the A-NZ Challenge Team in the _____
Grade. Date of Birth _____ Age 1994 _____
Name _____

The trials are all Area and National Championships in 1993. Competitors should run these events in their 1993 age group and compete in at least three events, although this won't be mandatory for selection.

NOTICES



AUCKLAND CLUB RELAY CHAMPIONSHIPS

SUNDAY 17 OCTOBER 1993

VENUE: Self's Farm - Tidal Rd - Mangere

COURSE SETTER: Robert Jessop.

CONTROLLER: Mike Ashmore.

CO-ORDINATOR: Kevin Wilson.

i

ORGANISING CLUB: CENTRAL

This years relays will be different in that they will be spectator friendly and run on farmland. From a viewing area, competitors will be seen running their various legs by both spectators and awaiting team members. It is hoped this (radical!) innovation will enhance and add to the excitement of such a prestigious event.

The format itself will be the same as previous years; five members per team with grade restrictions for different legs. Each grade has been allocated a rating and each team is allowed a maximum of 145 made up of the total five grade ratings of the individual team members.

GRADE RATINGS

1. M21E	50
2. M35A, W21E	45
3. M-20A, M21A, M40A, M45A	40
4. M-18A, M21B	35
5. M50A, W-20A, W21A, W35A	30
6. M-16A, M35B, M55A, W-18A, W40A	25
7. M45B, W-16A, W21B, W45A	20
8. M-14A, M-Novice, M60A, M65+A, W35B, W50A	15
9. W-14A, W-Novice, W45B, W55A+	10
10. M-12, W-12	5

GRADE RESTRICTIONS

Leg A: Juniors under 14A, W45B+ and Novices only.

Leg B: Juniors under 16A, any B or W50+

Legs C,D,E: Any grade.

INTER-CLUB COMPETITION

The first three teams from each club will have their placings totalled and the winning club will be the one with the lowest total. Composite teams can also be formed by those clubs with spare runners. Leg E can be discarded if unseeded teams have difficulty in fielding an E leg runner.

ENTRIES

Each club will co-ordinate their own club entries. Only the number of teams entered is required together with the appropriate entry fees. Individual competitors names are not required at this stage.

ENTRIES CLOSE: Friday 8th October

ENTRY FEE: \$20 per team

PAYMENT TO: Central Orienteering Club

POST TO: Central Orienteering Club
(Auckland Relay Champs)
PO Box 58-218
Greenmount
Auckland.

AUCKLAND JUNIOR TEAM

The following Auckland Junior team has been selected to compete in the Central District Championships against other District Junior teams:

W -16
Melissa Frith
Charlotte Hood
Georgina McPherson
Rachel Shuker

M -16
Jonathon Boow
Neil Haddon
Marc Isted
Craig Jakich

M -18
Peter Ambler
Richard Bolt
Alex Hood
Robert Wakelin

W -14
Paulette Ashmore
Tina Charles
Fiona Hood

M-14
Mark Currie
Nic Foster
Jamie Munro
Mark Stewart

The selectors were: Ann Fettes, NWOC, Rob Jessop, COC and Val Robinson, SAOC

It is important to ensure that we get as much publicity as possible for these juniors so clubs please arrange for local newspapers to be informed of individual club members being selected. I think we should be looking at sponsorship for this team in the form of a uniform they can keep, entry fees and help towards transport. I realise this is impossible for this year but could it be considered in next years budget. \$1000 would pay all expenses for this team for this one event.

Lorri O'Brien
Auckland Junior Team Manager

OY 6 "GUMTOWN", WHANGAREI

Whangarei Orienteering Club

OY 6 "Gumtown". Sunday 19 September 1993.

Start times 10am to 12.30pm. Course closes 2.30pm

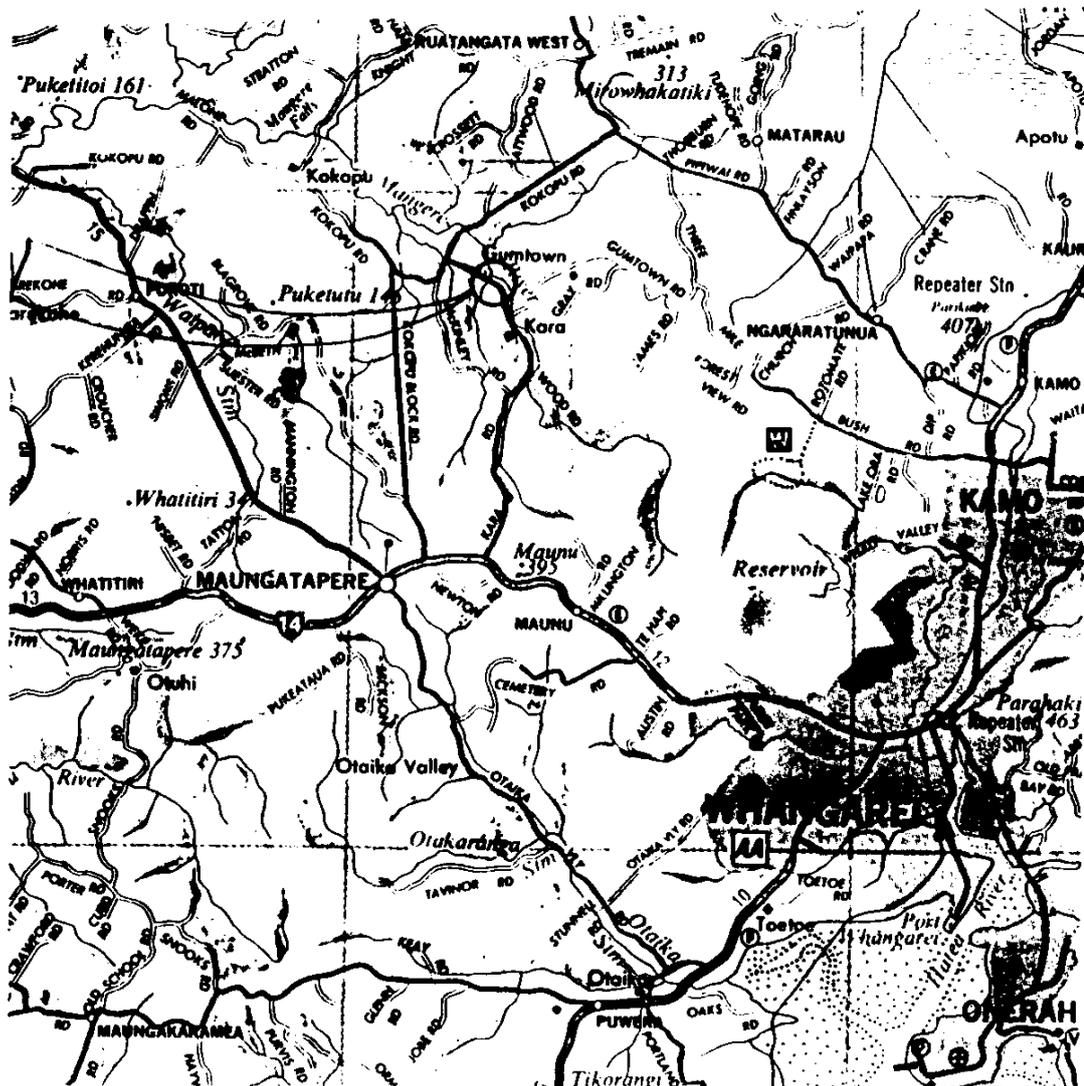
The event centre is 6 kms down Kara Road, on the right.
Kara Rd is off SH14, 9kms West of Whangarei, 2kms East of
Maungatapere. see map attached.
Please park as directed (depending on the weather).

Gumtown - 1:10,000. 5m contours
Rolling gully & spur, mostly pasture,
with details in parts.

Saturday 18 September - Omu Creek - pre-event.

Start times 11.30am to 1pm. Course closes 2pm.
3 courses, 5kms, 3kms and 1.5kms
About 2kms up Ounuwaho Road, 8kms East of Dargaville on
SH14, the Whangarei road.

Saturday night accommodation at Dargaville High School
hostel, bring own bedding, \$30 inclusive.
Bookings please by September 10 to
Janice Cyprian, 09,439 8742



LETTERS TO THE EDITOR



Dear Marquita,

My first few years of orienteering were most enjoyable and I quickly became addicted to the physical and mental work-out which I knew was good for body and soul. Alas as I progressed into family-hood, my wife was more and more reluctant to see me take 'time out' to venture into the forest each Sunday. While accepting such responsibility is never easy, I agreed to opt out of the sport for a couple of years to spend time with the 'young ones'. Instead of a map, compass and sweaty T-shirts, we would go walking through forests and walkways every second Sunday with our three youngsters under 5!

While I presently do not have the time to get back into the sport totally, I do plan to compete gradually over the next couple of years, as soon as I allowed too...

My wife and I are naturally keen to involve the children in the sport in time (this could be my chance to avenge the present inactivity!). Even my wife has agreed to get involved with the sport providing the course is pleasant, the post-mortems don't take too long, someone else minds the troops, and the weather is fine!

The weather, yes! There's nothing quite like a fine clear day in Temu Road (that was). However my wife has a point. Being relegated to wimp status may have it's rewards as I reinforce a letter recently by Rob Garden on structuring the orienteering season away from the winter months.

I know my wife and the rest of us don't take too kindly to the mud roads and forests with a carfull of wet socks, wet shirts, and numerous wet nappies. I am now convinced that more people would take up the sport and continue it if we chose more enjoyable dates to run the series i.e summer, autumn and spring. Who needs it in the middle of winter? I know this family doesn't!

I totally agree with Robs plan of having the OY series run over 3 months (spring to summer of course). Then at least I along with others in my situation would be more likely to take part. I hope this happens for 1994!

Patrick Murphy.

PUZZLE PAGE

ANSWERS TO SOCK IT TO 'EM

	Colour	Pattern
A	Green	Spotted
B	Lemon Yellow	Floral
C	Bright Red	Striped
D	Lilac	Unpatterned
E	Glowing Magenta	Checked

September is a very popular month for weddings. Now try your skills with WEDDING BOUQUETS.



WEDDING BOUQUETS

The bouquet with freesias was Milly's,
 While Bill's bride's bouquet was of lilies.
 Joanna was marrying Claude,
 And the orchids were carried by Maude.
 (But Maude wasn't marrying Moses.)
 Did Anne have the bouquet of roses?
 The husband named Bertram was Maisie's,
 But Maisie did not have the daisies.
 Who married whom, and with which bouquet?

Husband	Wife	Bouquet
Henry		

BACK TO BASICS

PART 5: RELOCATION

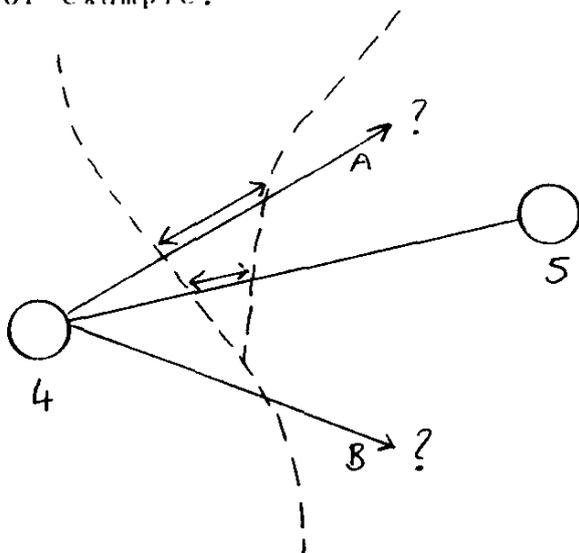
All orienteers get "lost". What separates the good from the bad orienteer is the speed of relocation. So what do you do when you realise you aren't where you thought you were?

1. ADMIT YOU ARE LOST

This is the most important step. If you try to convince yourself that you know where you are then you will simply get more and more confused when things don't fit.

Immediately something is not quite right you must hesitate and ask yourself 'why?'. The quicker this reaction becomes, the less time consuming your errors will become.

For example:



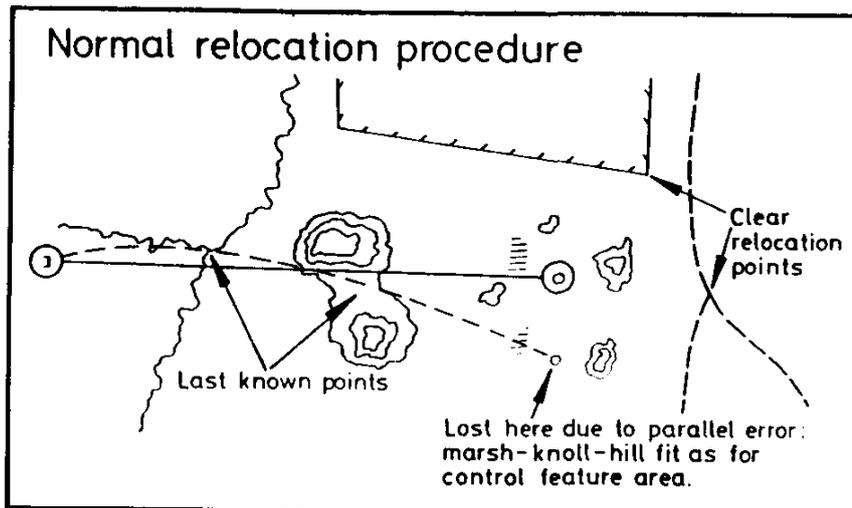
Suppose you expected to cross the two tracks close to the junction. You would expect them to be only 50 m apart. But you cross too high. The moment you realise the second track hasn't arrived yet, you must stop and ask yourself why. Two possibilities exist in this example - if you are on route 'A' the second track will appear if you keep going. However you may have taken route 'B' in which case pushing on would not be a good idea.

2. ORIENTATE YOUR MAP

Often, simply turning your map around so it facing north again will enlighten you as to what's gone wrong. It is certainly the first step to take when relocating.

3. THINK BACK TO THE LAST CONTROL

Think back over your route from the last control. You should recall at least a few distinctive features that you have passed. Often an error stems from the first few steps of a leg - if you leave the previous control in the wrong direction the error will magnify itself 10-fold by the time you have traveled a few hundred metres. Be aware of parallel errors - you may have gone down a similar feature running parallel to the one you thought.



4. LOOK AROUND

Match the features on the ground to the features on the map. Don't try to make the map fit to where you think you are. Every piece of map and terrain is unique to itself - even a flat featureless area tells you something.

Stand up high where you can see a lot eg on top of a hill, and look for large obvious features. Then look at your map. Standing still in a depression studying your map for 5 minutes is not going to help you relocate.

Look a long way away if you have to. A large feature 200 m away will tell you more than a shallow depression under your feet.

5. MAKE FOR A KNOWN POINT

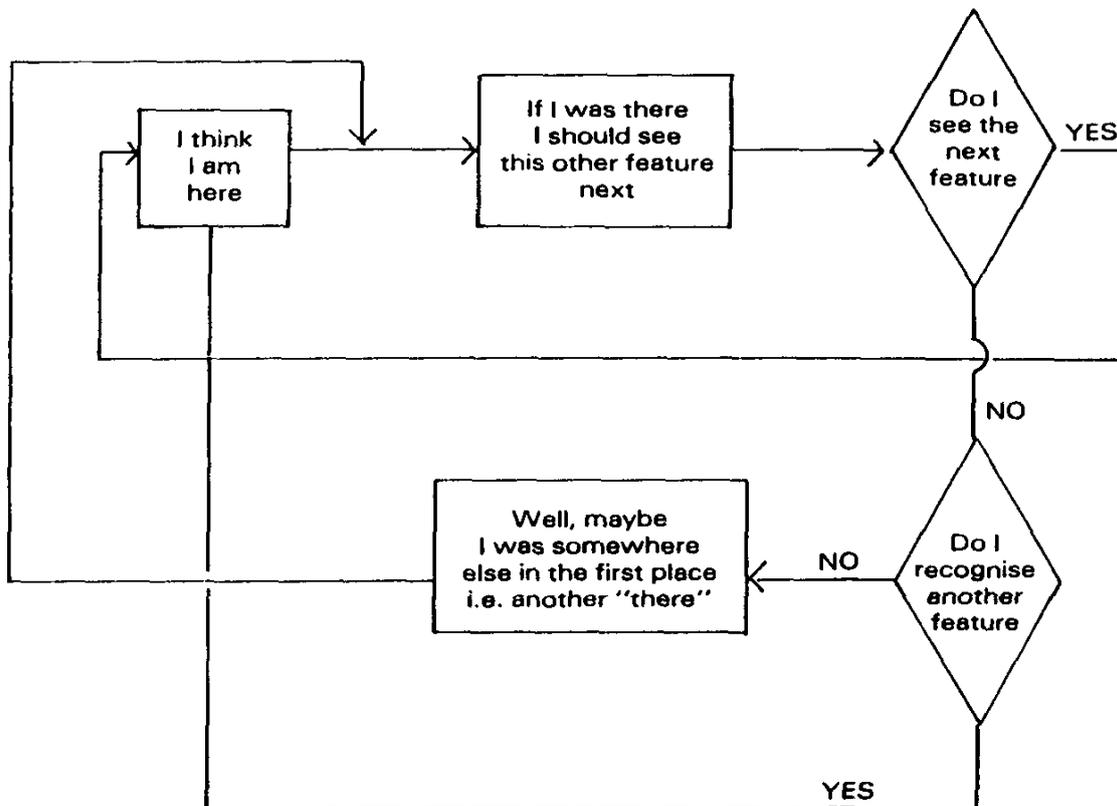
If you still cannot locate your position, then you must either go back to your last known point or, if that is some distance away and there are clear features near by (eg a track junction or a fence corner), then make for this known point. Once you have identified it, proceed from there.

The key to relocation is to have a strategy and follow a few basic steps.

1. Stop
2. Orientate map
3. Look around
4. Think back
5. Go somewhere definite

Above all, once you have relocated, ease yourself back into the race carefully. Resist the temptation to sprint off in an attempt to make up lost time. Errors usually come in pairs!

The following flow diagram illustrates a logical approach to relocation also, and this 'method' can be used has a continuous check that all is well while actually running a leg.



CALENDER

SEPT	5	Rot	CDOA Champs	Tyger Country
	12	SA	Promotional Event	Reeves Farm
	18	WHO	Warm-up for OY 6	Omu Creek
	19	WHO	OY 6	Gumtown
	26	NW	Promotional	Karamatura
OCT	3	SA	OY 7	Waiuku Forest
	17	C	AOA Relays	Self's Farm
	22-24	NW	National Champs	North Woodhill
	30,31	SA	Auckland Champs	Waiuku
NOV		C	Auck Primary School Champs	
	13,14		Wellington Champs	
	20,21		South Island Champs	
DEC	30+		APOC	

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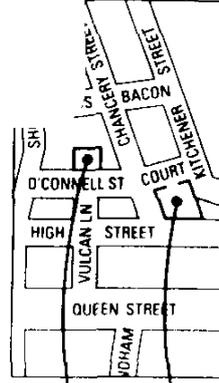
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