

central orienteering club

APRIL - MAY NEWSLETTER 1983

PRESIDENT:

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TREASURER:

Geoff Bendall



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NEWSLETTER:

Martin Newton

COMING EVENTS

- MAY 4 C Club Meeting, 20, Rosella Rd, Mangere East.
7.30. Every club member is very welcome to attend.
- 7 SA Awhitu. Nationals Warm-Up. Matakawau South
- 8 SA NZ NATIONAL CHAMPIONSHIPS 1983. Badge Event.
Awhitu. Entries closed. Details in Feb. Newsletter.
- 10 R ~~Waiuku~~ International warm-up. *Tikiwae
- 12 H Kaahu. International warm-up.
- 14 HB INTERNATIONAL NZ v AUSTRALIA. Badge Event
Esk Forest. Entries closed. See Feb. Newsletter
- 15 RK International Relays. Levin. Entries closed.
See March Newsletter.
- 22 Winstone Forest Run. Woodhill. See p.15
Entries close May 7th.
- 29 C A.O.A. O.Y.4. Telephone Road. Enter via
Forest H.Q. 10.00 - 12.30.
- JUNE 4-6 H 3 Day Badge Event. Entries close May 16th.
See March Newsletter.
- 12 NM A.O.A. O.Y.5. Woodhill 81
- 19 T CD OY. Taupo. Rangatira Farmlands.
- 26 C Long O Forest Event. Woodhill.
(DETAILS NEXT MONTH)
- JULY 3 NH Long Bay
- 10 SA A.O.A. O.Y.6. Waiuku Forest North



NEWS

NOTICE OF RE-EMPLOYMENT

Further to our previous notice, we can advise that 'Percy' the retired club trailer, has decided to take on a part-time position with a new employer. A transfer fee of \$100 was negotiated, which was reasonable in view of his recent form and advancing years. We wish his new employer well and hope that 'Percy' does not spend too much time off the field with injury.

This will be your last newsletter unless you have paid your 1983 subscription.

NEW EQUIPMENT

By the time you read this you will have seen all our new equipment in use at our Woodhill Sl O.Y. event - hopefully it meets with your approval.

The signs were professionally made and should last us a long time, as will the vinyl START and FINISH banner. Having the aluminium stands mean each sign is freestanding off the ground and can be placed exactly where needed. The START and FINISH banners are also freestanding, so no more looking for trees in the right places.

We have slightly modified the awning on the Camp-o-matic and this almost trebles the space available, hopefully making life a little easier in the rain. The Camp-o-matic has also been signwritten to give us some advertising whilst it is being towed to events etc.

A new cover for the master maps has also been purchased along with poles and pegs.

We hope you liked the new sweep-hand clock at the start, along with the print out calculator at the finish.

The white board for TODAY'S COURSES is probably a bit of a luxury but we feel this is in line with the 'professional' image we are trying to achieve. PLEASE DO NOT WRITE ON THIS BOARD WITH SPIRIT MARKERS - ONLY USE THE PENS PROVIDED WITH THE BOARD.

We have made bags for most things and it would be very much appreciated if each item was repacked correctly at the end of each event - You may have to use it next.

Through your membership, this equipment belongs to you so your thoughts /comments would be most appreciated.

Many thanks to Geoff Bendall and Mike Ashmore for help in organising this new equipment.

PHIL BROMIE

FEATURE

PROMOTING ORIENTEERING

The following thoughts on how to increase membership of orienteering clubs in N.Z. come from John Rix:

PUBLICITY AND PROMOTION are the keys to widening membership. Specifically, John suggest we attack three clear groups: adults, children, and the "new areas" not served by any "O" clubs.

Adults Reach this group through Mountain Marathons, Forest Runs, Permanent Courses, a Nationwide "O" Day featuring any well known "celebrity" with appropriate press and T.V. coverage (3 minutes on prime time T.V. with Anne Audain or John Walker orienteering would do more than a year of work by a sub committee).

We should PAY a market research consultant and advertising agency to put together a package. In six years the total contribution by the N.Z.O.F. to publicity and promotion is absolutely nil.

Children We need to:

- * Work in liaison with Teacher Training Colleges and Dept of Education to design P.E. and Outdoor Education orienteering programmes in colleges and schools.
- * Make our own contribution to instruction in schools.
- * Try to get orienteering taught properly at every permanent O.E. camp.
- * Make a huge effort to map school grounds and local parks (in black and white)

It will be up to clubs to continue these initial steps and attract the keenest or the best (possibly both) into club orienteering directly or through school affiliation.

John emphasises that he feels our greatest hope is that orienteering could well be taught as a school subject in 50% of national Secondary Schools within a couple of years. But if we don't get stuck in immediately all these schools will be doing is compass games and these programmes will be beyond our influence. We must take the initiative. We probably stand a better chance of getting a professional officer for schools promotion and demonstration through the Dept. of Education than through a Recreation and Sports Grant, as this will always be tied to membership numbers. (Even if we have the hoped-for 2000 members by 1987, we couldn't justify a permanent appointment).

New Areas This could be the easiest way to get 500 new members in 1983: start new clubs in New Plymouth, Whangarei, Manganui, Thames, Nelson etc. This needs a hard core of experienced orienteers (with no other major commitments) to prepare a promotional pack for new areas, travel there, set up initial meetings etc. For this we would need:-

- * suitable press releases
- * background to N.Z.O.F.
- * booklists
- * club administration
- * equipment lists
- * funding advice
- * event administration guide
- * sets of flags, clippers and suitable controls for park events ready for immediate use.

As a Post Script to these suggestions John urges that Publicity and Promotion Officers compile a satisfactory stockpile of professionally acceptable photos of orienteering and orienteers, as well as ready-prepared profiles of top orienteers, plus important historical files. This material is always needed in one place in a hurry when dealing with company advertising managers, and journalists. He recommends that there be an official NZOF historian before our early '0' days are lost in the mists of time.

N.Z.O.F. NEWS

The NZOF wishes to express their thanks to the Mountain Marathon 83 Committee for the excellent way this was carried through.

Assistance is being sought by Terry Brighthouse to help him in preparing articles for the 'Australian Orienteer' This is not an arduous task and involves writing only about three times a year. Please canvass your members as some help would be greatly appreciated. His address is 26 Sunset Rd., Taupo.

Two requests for penpals.

Stefan Henriksson, 17years
Strandangesv 1,
952 00 Kalix,
Sweden.

Johanna Anderason, 14y
Frojgatan 35 C
149 00 Nynashamn
Sweden.

Major events for 1984.

Jan 6-8 APOC

" Auckland Anniversary weekend All night Relays.

Feb Waitangi Day weekend Wairarapa 2-Day

Easter South Auckland 4-Day

Q.B. Hawkes Bay 3-Day

Labour Central 3-Day.

WOODHILL 81

My first reaction when Martin Newton asked me for the Woodhill 81 contribution to this month's newsletter was to try to con my wife Heather to do it. Well, I'd have a better chance of beating John Rix blindfolded, but I did at least get a concession that she'd write something about the W21B, Course 5.

It was with some trepidation that I went to the Woodhill 81 event after my disastrous runs at the AOA 82 Champs on the same maps and last month's Puketapu Rd event ... not to mention the possibility of being blitzed by a red-coated American hero dashing out from behind pine trees ... I had really discounted that possibility because of the local lack of telephone booths.

After arriving early to help with the organisation I found plenty of other volunteers, and so opted to run early. I was impressed with having pre-printed maps; trying to find the correct re-entrants etc. on these Woodhill Maps is as hard as most of the legs.

I got off to a good start trying to concentrate on map contact and going through the Controls efficiently. I did well for the first 3 controls anyway and then choosing a safe route to 4, made a 4 minute botch of it. I managed not to panic and spiked the next 4 controls, so by control 9 thought I was going pretty well.

Now I have a bad habit of blowing these tricky short legs, so I took extra care navigating to the spot ... where there was no control!!?? ... check the map ... yes ... panic! After checking the area, relocating at the track, relocating at control 8 etc. etc. I still had no luck and finally met with other competitors who confirmed it was wrong - yes no doubt about that - I left them to correct the situation, and continued, enjoying the day and treating the course as a training run, concentrating on map memory and not fumbling in and out of controls where I lose seconds on the guns at every control. It wasn't just a training run though because Max Kerrison came and gave the hurry-up 5 controls from home. I still ended up flat on my back exhausted after heading him home. And my time of 120 minutes - by far my most satisfying result of the season, from a most enjoyable run. I was impressed with the organisation, and course set by Robert Crawford - pity about control 9 Robert, and lucky it didn't affect serious OY competitions too much. Also glad to see plenty of drinks available on the longer courses but people on the short courses are out there just as long (my wife just thumped me!). I would like to see water on the short courses as well. Another feature I liked was split times being taken on most courses which makes the post mortems even more interesting.

PETER KING

FROM THE FOREST

6.

WOODHILL 81

After a full year of marriage I never cease to be amazed at the never ending range of "wifely duties"!

With such a glorious day no matter how one ran a thoroughly enjoyable Sunday was promised.

I was playing hostess to my longlegged younger sister (W19 watch out!) - and felt a real fraud teaching her the ropes of orienteering after less than 12 months experience myself ... Perhaps her impressions reflect well her tutoring. "It was fun. What I liked about it was you didn't know where you were going ..." She tried to retrieve the situation by drawing parallels to tramping/lack of packs/no tracks etc. ... but I think many of us identify with that first comment.

I thoroughly enjoyed Course 5, though feel certain I ran more than 4.7 km - even allowing for the extra effort involved in doing the wayfarers course first. Interesting to note my time for the second half was much better once I was nearing exhaustion ... much more care was taken to maintain map contact and avoid expending precious energy in errors. The split times certainly add interest to the results - gives you an idea of where the worst mistakes were made (for me the 2nd control and over reactive caution with number 3). Congratulations to K.Windross and L. Capon for their good times ... teamed together you would have been great - or disastrous - As usual Hillary Weeks demonstrates consistency is the secret (especially when its consistently first).

Thanks everyone for a good run.

HEATHER KING

CRIBBAGE (SOURCE: COMPASS SPORT APRIL/MAY 1989)

We can't all win — but maybe we do

Michael Green

Is there a place for the non-elite orienteer? For the non-assessed and non-ranked individual. And is his participation at all levels any less valid than the shooting stars of our sport?

How many times have YOU paused to savour that exquisite moment when, deep into an event, one realizes that topography and landscape EXACTLY match the map and one is EXACTLY where one should be on the map. You are on the right course, on a good choice of route to the next control and you know it will come up precisely in the predicted place. And when all these things come together, is that not a better moment to pause and enjoy it. It saddens me to think that an elite competitor will never have time for that moment of quiet enjoyment. Never pause to smell that marvellous mixture of fresh air and wet forest floor that is so characteristic of any woodland area. Never pause to look at a view, a wildflower, a fungus or animals stumbled upon in unguarded moments.

Do elite competitors ever consciously slow down to negotiate particularly broken terrain underfoot and glory in safely clearing the hazard? It is in the realization that the sport is more than saved seconds at every opportunity, that it is surely more about enjoyment and participation than winning that I realise I lack that mustard-keen competitive edge that will propel me to the heights. That I'm not cut out, in fact, to be a winner.

By the same token, I am also led to ponder as to who gets the greatest enjoyment out of the sport?

Outdoor
Recreational sport
Involving
Excursions through
Natural
Terrain
Enjoyable
Exhilarating
Rally type
Individual or group
Navigation
Game



NEW ZEALAND - AUSTRALIA CHALLENGE



7

1983 NEW ZEALAND TEAM

MANAGER - TOM CLENDON - C

W-16 Katie Hill - W
 Jan Davies - P
 Susan Dickey - H
 Robyn Oldfield - SA

M - 16 James Brewis - C
 Robert Jessop - C
 Peter Hill - W
 Craig Brighthouse - T

W17-20 Catie Fettes - NW
 Janine Browne - SW
 Leonie Aspin - SA
 Joanne Cunningham - SA

M17-20 Mark Brighthouse - T
 Simon Clendon - C
 Robert Crawford - C
 Andrew Smith - KH

W35 Dianne Hill - W
 Val Robinson - SA
 Elaine Brighthouse - T
 Mary Moen - NW

M35 Wayne Aspin - SA
 Terje Moen - NW
 Brian Hall - H
 Graham Fortune - W

W43 Hilary Weeks - C
 Judy Martin - NW
 Beris Ryder - SA
 Bev Laurent - SA

M43 Terry Brighthouse - T
 John Davies - P
 John Robinson - SA
 Tony Nicholls - C

M50 John Fettes - NW
 Ken Scott - T
 Ken Browne - SA
 Phil Mallsop - SA

W21 Ann Salisbury - T
 Patricia Aspin - SA
 Cathy Hatwell - SA
 Linda Parker - HV
 Anitra Dowling - D

M21 Ross Brighthouse - SA
 Kevin Ireland - P
 John Mote - H
 Leo Homes - W
 Mark McKenna - R

MARVELLOUS TO SEE YOU APPOINTED MANAGER TOM!
CONGRATULATIONS TO THE SIX CENTRAL TEAM MEMBERS.
A NEW ZEALAND VICTORY IN THE AUSTRALIA CHALLENGE
IS LONG OVERDUE ~ LETS HOPE 1983 IS OUR YEAR.

PROFILES OF CENTRAL'S COMPETITORS (AND OTHER
INFORMATION!) FOLLOW ON THE NEXT PAGES.

TEAM MANAGER TOM CLENDON HAS PROMISED ME THE
INSIDE STORY OF THE EVENT FOR OUR NEXT NEWSLETTER;
HE'S ALSO PROMISED TO SHOUT THE WHOLE TEAM WHEN
THEY WIN.

ROBERT CRANFORD M17-20

- * Represented New Zealand last year (1982) in Australia.
- * No special training for the event, just trying to keep fit.
- * With virtually the same team as last year, we have the potential to beat the Aussies, especially in the individual where the terrain will be steep. If we don't win, it will be a lot closer than last year.
- * About my planned trip, if all goes well financially, I hope to be away next year from early July to mid-August, with the main objective being the World Student O Champs in Sweden. I also intend to visit Switzerland, France, Finland and Norway, and perhaps come home via the States for the Californian 5 Day and the Olympic Games. Simon (Clendon) plans to come along too.

BY THE WAY ...

I've still got 12 Woolrest Bags to sell; my phone number is 686580.

SIMON CLENDON

I have represented New Zealand several times before: 1980 (NZ), 1981 (NZ), 1982 (Aus), twice (NZ).

At the moment I'm doing 100m training runs inco (intermittent) and a fitness course (if possible). I have had some training substantiated.

I think this year we have a chance of beating the Aussie team. I think that we are a bit under 18 last year to our grade if not.

Hopefully in the next year we will be able to build up enough current M21's and a run for their money in the M19-20 grade next year. European/Scandinavian orienteering skill is being done to improve N.Z. juniors.

I think that to improve our performance must involve a lot of work. The best way is through solving problems but I feel that at the moment there is a bit of the 21A's and the 21B's concentrate on the wider base to select.

TONY NICHOLLS M43

Tony has long been associated with N.Z. Orienteering. He was a founder of B.O.F. Orienteering Club; Chairman of N.Z.O.F. President of N.Z.O.F. At present he is patron of Central Districts Schools Championships.

Since he last represented N.Z. in 1979, he has twice been unavailable for selection, and in 1981 missed the N.Z. team "through collision with tree"!

1983 marks his return to the N.Z. team as fourth member of M43 team. He reckons we have an excellent team in Terry Brighthouse, John Davies and John Robinson. .. "All ex M35 guns. They stand a good chance of winning by 106%."

Tony gives these details:

Age: 49
Commercial Mowing Co
Phys-Ed Instructor; ex branch manager, T.O.C.

Interests: Scrabble (World Champ 1982). A bit of lots of things.

Training: this is becoming hard as I am walking hard all the time. stamina work not required 2-3 times a week in park terrain, utilising a hilly area; work; and a hilly park recovery increase; a hilly area holding i.e. consistent quality training I am doing Big King, One Tree Hill, home; about once a fortnight depending on weekend.

N.Z. Orienteering three (Aus), 1981 (N.Z.) in the M13-16 grade.

doing semi-regular incorporating cycling, running etc (about 4-5 times a week hope to increase this daily soon.

we have a 50/50 chance of success compared with last year's disadvantages by age (all 11). 1984 should see a win, 1985 definitely!

next few years I'll be able to prove my fitness to topple the Aussies more than any other. I'll be moving into the next year and I'm planning a sabbatical trip to increase my fitness and to see what can be done in N.Z. Orienteering, especially

to prove orienteering here we have a lot of juniors and one of the best high schools. There are many things these can be overcome. There is a large gap between the oldest juniors so if we have more youngsters we will have a lot to get from.

writes about himself:

instructor, ex Navy ex fitter-welder, Auckland, New Zealand.

(National B-grade swimmer, ex-badminton. In fact, 1955).

based on the fact that I was a swimmer for 1 day, and therefore I was wired. Training 3-4 times a week, consists of various intervals on a flat park for speed work for oxy-debt and a mixture for pace-accuracy. To add to this I did a "blow-out" at Mt Eden, and Mt Eden, to prove my weight or three weeks of activities.

BUT I CAN'T SWIM

RUNNING, CYCLING AND... DOG PADDLE

By HILLARY WEEKS W.43.

(YOU CERTAINLY ORIENTEER WELL THOUGH!)

As a medical officer for the New Zealand Iron Man (person) Championship for the past three years, I had massaged frozen swimmers, dabbed iodine on injured cyclists, and cheered staggering runners on their way. I would have loved to take part but I couldn't swim — a slow side stroke perhaps, but put my head under water? Never. My swims had been mainly involuntary complete with lifejacket, from capsized sailing dinghies.

So, tempted by the thought of being one of the few women competitors competing against hundreds of men and perhaps of being the only veteran woman participant, I bravely phoned a professional swimming coach friend and arranged for lessons.

These were terrible — or rather I was a terrible pupil. I ended up with noseclips, earplugs, goggles and a lifejacket (garment yet I was barely able to reach the end of the pool. Obviously, I would never be a swimmer, and I would never be capable of swimming one kilometre as a triathlete. But I struggled on with congested nose and eyes, and full of water after every swim. My patients thought I was quite mad as I arrived sneezing and dripping at the surgery every day. I had to duck out to the loo every 10 minutes for that swelled water.

Eventually after nine months I could swim only three lengths (100 metres) without stopping. I gave up all idea of entering the Iron Man contest that year, but just for interest, three and a half weeks before the event, I took my bike down to Tamaki Drive on the Auckland waterfront and rode the necessary 20 miles. Afterwards I could hardly walk to the car, let alone run but I was encouraged enough to put in my entry and start a keen training schedule. I was reasonably fit after a season's orienteering and if necessary I could always do a mixture of dog paddle and side stroke.

Much to my delight, I found that swimming in salt water was much easier than in fresh water and the rough sea didn't bother me much as I was used to swallowing lots anyway.

So for three weeks no housework was done, no meals were prepared and I trained at every opportunity. Twice a week I did my own mini Iron Man 30 minute swim in the harbour, followed by 10 miles on the bicycle and an 8 km run along Tamaki Drive.

The day before the event I was really apprehensive but luckily Sir Edmund Hillary on TV described his own experi-

ences of being scared stiff, which cheered me up somewhat. I prayed hard that night for a flat calm and there it was the next morning — the sea calm as a mill pond.

As we lined up for the start, I felt a bit of a nelly in full face mask amongst the other 106 competitors but surely I would see better and perhaps I would swallow less water?

40 minutes later I finished the 1 km swim a galled but steady swimmer with the cold that I had difficulty staggering out of the water. However I had thoroughly enjoyed it and had felt calm and happy all the time — not even puffed so no wonder I was last! I had also gone ashore twice, and out into the tidal stream and swam in great circles, missing the line on the bottom of the pool to keep me straight.

My enthusiastic support team (my daughter) dried me out and out on my running clothes. My fingers were too numb to do up laces or bra.

Cycling was a breeze — luckily I hadn't yet learnt how to cycle head down and I rode up so I sailed around 20 miles comfortably upright on my bambakin seat cover waving and cheering on the other competitors, with multiple stops at the various locks to get rid of the swallowed sea water.

I was still last at the end of the cycle ride, apart from one bloke standing forlornly beside the road and his bicycle in two pieces. Having taken things very easily, I found that my quads were not as tight as expected, and after a stretch I set off on the 10 mile run, still very cheerful, feeling fresh and sure I could make it — very different from my usual feelings two hours into a marathon.

Gradually I caught up with the youngest competitor a game 14-year old boarder from Kings School, who had not had much chance to train. He didn't know the way back to the finish so we ran the last few miles together and finished cheerfully last hand in hand.

No stiffness, no sportsman's energy afterwards — I felt just great after three hours and 15 minutes of exercise. I had enjoyed the training — the variety, and the race itself far more than my previous marathon experiences. I'm already in training for this year's event. I plan more speedwork this time, and earlier preparation as my aim is not to be last. But rumour has it that the swim is going to be increased to two kilometres this year. Oh Dear!

from 'N.Z. Runner' March-April '83.



ROBERT JESSOP M13-16

Robert is in the 4th form at Mr Albert Grammar. He has been both keen and successful in his orienteering in the last season. It is great to see him selected for the New Zealand team.

He has not represented New Zealand before and says he expects it to be a tough challenge.

His training consists of hill training on Mt Albert: sprints and interval running.

JAMES BREWIS M.16

JAMES HAS REPRESENTED N.Z. PREVIOUSLY IN THE CHALLENGE. HIS FORM HAS BEEN HIGHLY CONSISTENT AND HIS NUMBER 1 SELECTION IN THE N.Z. TEAM IS FULLY DESERVED. "JAMES' STRENGTH IS HIS ORIENTEERING AND HIS WEAKNESS IS THE RUNNING. HE IS A THINKING ORIENTEER WHO DOES BEST IN FOREST EVENTS" IF DETERMINATION BRINGS VICTORY THE AUSTRALIANS HAVE NO CHANCE" ANOR.

HELP!

WE NEED A PIECE OF OLD CARPET FOR THE CLUB CAMPERMATIC. ONE PHIL BRODIE A RING (2764285) IF YOU CAN HELP.

SCHOOLS CHAMPIONSHIPS AT TOTARA PARK (SECONDARY SCHOOLS)

• THE STATISTICS:

39 Teams entered (6 members per team)

19 Schools were represented out of the 65 invited.

241 students orienteered on the day.

• COMMENTS AND RESULTS (UNOFFICIAL):

BOYS EVENT won by KINGS COLLEGE 'A' TEAM

GIRLS EVENT won by WAIUKU COLLEGE

The day was thankfully fine after heavy overnight rain.

Teams from South Auckland schools dominated the event.

FROM THE FOREST

DON'T STOP TO ADMIRE THE VIEW!

Some personal experiences at Easter 3 Day 1983
by E.G.E.

And I really did think I was fit! Up Mount Hobson everyday before breakfast for at least two weeks beforehand, but alas, I had got in the habit of admiring the view at the top - a useful ploy when completely exhausted but a bad habit.

Travelling down to Kapiti in my sleek new silver Bluebird, I decided that the needs of Delegated-Selector sitting beside me had complete priority. Her early start in the N.Z. team trial on Friday demanded speeds of 120 k.p.h. in the face of on-coming traffic cops - lots of them. After a total of 7½ hours of driving in this manner, I discovered a new medical orienteering syndrome that of "Jellylegs".

The first event had 10 metre contours and was described benignly as "moderately hilly for the starter courses". Those moderate hills, combined with a serious lack of puff on my part, and with Jellylegs, certainly reduced my usual lack of confidence to nearly nil. Eventually I was thrilled to see Wiser-and-Calmer Competitor just ahead. But, oh dear, I had to show off, overtake and rush up the nearest hill, and lo, there was no control at the vegetation boundary. Having explored the complete circumference of that particular vegetation boundary, I finally stopped, got out my specs, unknotted the string and whistle wrapped around them, and focussed on my shaking map (Jellyfingers too) There, as expected, was another vegetation boundary further up the valley. Wiser-and-Calmer Competitor was, of course, already there.

This resulted in a scant 45 second lead over Faster-and-Fitter Orienteer at the end of the first day so I glycogen-loaded like mad - a good excuse for all those normally forbidden chocolates, sweets and chips.

Day 2 saw improvement in Jellylegs but onset of rigor mortis in quads and calf muscles. The Start was unforgettable. Little ants were to be seen climbing all over the massive mountains ahead. Unfortunately many were still recognisable, and occasionally to their acute embarrassment, some of the ants could be detected climbing down instead of up, or running around in small circles.

An early arrival for the start enabled one to see the route choices of competitors to both the first and second controls. Certainly a course-setters nightmare, and penalising anyone who arrived bravely in time for their start. Only 50 metres further down from the starting area and all would have been invisible.

Well, for me, having arrived in good time, the best course to the first two controls had already been mapped out by why, oh, why did I have to enter into a personal and quite unnecessary race up those endless slopes with Younger Competitor?

At the top it seemed quite obvious that I must stop to admire the view "What if I loose the race by seconds? Never again will I climb up here" I thought, "but the view will be alwys with me." So I stopped, and slowly turned around. It certainly was one of the most magnificent views I have seen and I vowed I would bring my camera with me if there ever was a next time. "Ah, that feels better" I thought, and then on I trotted, walking a little, running a little, calm and happy but with all sense of urgency gone.

Not surprisingly, I was at least 6 minutes down at the finish, and Faster-and Fitter Competitor grinned sympathetically at all my various excuses!

The Third Day - This looked more like orienteering country, and less like mountain climbing with 2.5 metre contours, sandhills and lots of scope for good route choices. "Fitter-and-Faster Competitor still looks very fit and fast" I thought as I wobbled slowly along the 20 minute trial to the start. "Right, I'll go slowly and carefully, and let her make the mistakes". Hopefully at least 7 minutes of mistakes.

And slow I certainly was. Soon after the first control Oldest Competitor rushed puffing past me, with some kindly enquiries as to why I was going so slowly. I couldn't think of any bright reply, so I stood still and studied my map, until he was out of sight. At least I could not be accused of following!

Nerves still shattered rather than steadied, I struggled literally, through unnecessary brambles and supple jacks to the next control, with a perfectly good path within a few yards of me. Some while later thank goodness, my morale improved when Oldest Competitor came rushing and puffing back towards me on his way to the control I had just left. Feeling very tortoise-like I plodded on, hoping my legs would last out, but really enjoying the variation in the terrain and the beautifully set course.

Faster-and-Fitter Competitor was waiting for me at the finish. "You've won, you've won!" she shouted "I got lost in the forest." But no, it was not to be. After such addition and subtraction of the finishing times (I never can remember that one minute has 60 seconds not 100) it turned out that F&FC was 29 seconds ahead of me overall - a most exciting finish after 3 days of racing.

Well, I suppose that view really was worth while, and anyway it only cost me 10 seconds at the most. However I've made a private vow to run up Mount Hobson three times before breakfast each day, and never to stop at the top for the view!

E.G.E.

(Elderly Gelatinous Extremities)

This family did it the easy way, driving down on Thursday to a bach at Foxton Beach with balanced training food from the local fish and chip shop.

Others took a braver approach to a trial and drove overnight arriving very relaxed and, if the results are an indication, obviously perfectly prepared.

Our three trialists, one confident, one uncertain, one full of self-delusion, gazed aghast at Pukerua. Pukerua on a cool dry day is unrunnable and on a cold wet day remained unmoved. The only true pleasure on day one was to see the Peter Pan of the MSOs walking uphill; true sadness lay in the discovery that his uphill walk was twice the speed of one's own.

Many reputations were destroyed on the open hills of Pukerua. Good orienteers who had for years convinced their opponents that within those trees they had speed and cunning were shown to have had only great lumps of cunning. Orienteers with a lifetime reputation for cool were seen publicly to panic when face down in a swamp. Winners who have had hidden technique for years will never recover from the exposure.

One elderly orienteer, newly upgraded from the continual denigration of competition against the Taupo Tiger, felt that at last the gods had noticed the cruelty as he watched his new fit and lean competition. Watch it, Tiger, your time may come.

The terrain was different, the distances hard, the loving care of HAVOC exemplary. One regret only remains: Why does the Press ignore those results for which publication is most motivating - the Juniors.

BRENS FAMILY

HAVING ENTERED US IN THE 'H' AND 'D' GRADES AT THE 14
HAWKES BAY INTERNATIONAL, DECIDING TO GIVE 'ROGAINING'
A MISS AT ANZAC WEEKEND, AND THEN READING THE
NATIONALS INFO ABOUT 'PICTORIAL INTERNATIONAL CONTROL
DESCRIPTION SYMBOLS', I PICKED UP COMPASS SPORT MAGAZINE:
THIS LETTER SEEMED TOO GOOD TO MISS:

ORIENTEERING — A HOSTILE SPORT FOR NEWCOMERS

As one who has recently taken up regular orienteering after many years of cross-country, I think that organised orienteering is fairly hostile to new competitors.

To begin at the start, I think that the registration/countdown/start procedure is very strange to the novice orienteer at first encounter. It's made worse if the registrars are hidden in unmarked cars in the middle of the car park, and if the start is just a maze of orange tapes without satisfactory labelling.

The air of mystery and cliquishness is heightened by the curious names and initials you use. Am I supposed to be able to guess the meaning of "Galoppen", for example — not to mention JK, DFOC and CLOK?

When I get out onto the course I find myself struggling to locate geographical features whose names I certainly didn't come across in my school geography lessons: form lines, niches, re-entrants and so on. One definition I have now learnt: a "platform" is a location so indistinct that it doesn't justify any of the more helpful names!

Last weekend at the Concorde Chase I was faced with a new challenge. Instead of the two or three cryptic words which I have come to expect of control descriptions ("clues" as we novices call them), I was given an intricate matrix of hieroglyphics of the sort that prehistoric man used to draw on the walls of his cave. I suppose I shouldn't complain at being given just three minutes to master and memorise this new alphabet — naturally, I hadn't at that stage been given any idea of which hieroglyphics I was going to need. There was an index pinned up; but no-one had thought to make some spare copies for novices to carry around.

Apparently I was using these funny symbols as practice in case I am about to be selected for the British orienteering squad!

My final grouse is about maps. Before I got the orienteering bug, I ran last year in the Silva Hill and Karrimor events — both of which have maps oriented to grid north. I've now learnt, painfully, that most orienteering maps are drawn to magnetic north. It would be so simple, and so helpful, for them to say so — but most don't.

All I ask is that orienteering organisers, planners, mappers (and magazine editors!) try to cater for the special needs of the novice orienteer. It doesn't need much. Just a bit of extra effort here and there, a few explanatory handouts, better annotation on the maps. And the effect could be to make the first few outings much more welcoming to the newcomer — with, I think, a gradual long-term improvement in the popularity of the sport.

Tony Davies,
Kennington, London.



3rd Annual WINSTONE FOREST RUN

WOODHILL FOREST

Sunday 22nd May 1983

5km Fun Run - 10.30am **10km Races - 11.15am** (For road and unroad runners)
—FULLY MARKED COURSES OVER ROADS, TRACKS, AND OPEN FOREST—

Follow Highway 16 to Woodhill Forest Headquarters, then past Wainuku and 40 minutes from downtown Auckland. Race signs will guide you through the forest to the race centre.

PRIZES: Over \$2000 in prizes including prizes for open men and women, veteran men and women, junior boys and girls, as well as many spot prizes in all races.

ENTRIES CLOSE: SAT 7 MAY **LATE ENTRIES** \$3 under 16
\$4 16 and over

OFFICIAL ENTRY FORM Send to Mrs P. Snedden, Box 26, WAIUKU, Cheques Payable to 'WINSTONE FOREST RUN'

Surname	First Name	Sex	Age on Race Day	T-Shirt Size (if entering)	5k Fun Run	10k Fun Run	10k Regt.	10k Unregt.

Contact Address: Place
Registered Runner: Name: Club: Reg No:

ENTRY FEES: \$3 under 16 (on race day)
\$4 16 and over (on race day)
T-SHIRTS: \$9 Sizes 28, 30, 32, 34, m, m, os, xos

— Entries of \$3 & \$4	_____
— T-Shirts of \$9	_____
Total Enclosed \$	_____

Organized to NZAAA Rules by the NZ Orienteering Federation and Oathkeepers A.A. & N.C.

HELP for the Winstone Fun Run: even if you are running you could help with the pre-event organisation - if you are not running then perhaps you could help for longer. N.Z. Orienteering gets a lot of publicity and goodwill (not to mention money!) from this event. Give John Rix a ring and offer your help. (Phone: 2764901)

