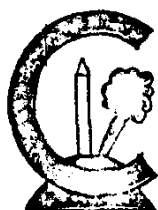


Newsletter Editor:  
Membership Secretary:  
Publicity:

Karl Rogers  
Martin Newton  
Geoff Bendall

792300ext9242  
HSN 62873  
557173



# CENTRAL ORIENTEERING CLUB

**PRESIDENT** JOHN RIX  
29 MIDDLEMORE RD.,  
OTAHUHU,  
AUCKLAND, 6.  
TEL: 2764901

**SECRETARY** WALLACE BOTTOMLEY  
24 DINGLE ROAD,  
ST. HELIERS,  
AUCKLAND, 5.  
TEL: 556383

## April Newsletter 1980

### COMING EVENTS

Events are on Sundays and start between 10 a.m. and 12.30 p.m. unless noted.

- March 30 C TOTARA PARK. Setter: John Gascoyne.
- April 5-13 Major events in Australia. Entries closed.
- 13 SA MANUREWA. Street event. 10.30 a.m. - 12.30 NOT at twilight,  
contrary to previous information.  
Starts from Leabank Park (signs from Mahia Rd.)
- 20 H TE MIRO RESERVE near Cambridge. C.D.O.A. O/Y event.
- 27 C WOODHILL FOREST (Old Telephone Road). 3rd O/Y event  
Entry via Forest Headquarters. Setters: Tony and Margaret Nicholls
- 30 SA SCHOOLS CHAMPIONSHIP (Mt. Richmond) Wed.
- May 4 C TE MAUNGANGA Score Event. Entry via Kimpton Rd, Brookby
- 11 NEW ZEALAND RELAY CHAMPIONSHIPS Ngaumu Forest, Masterton.  
New map. Also a model event on the Saturday afternoon.  
If interested in going, contact Wallace Bottomley.
- 11 SA DRURY (hilly area, black & white map)
- 18 C KEPA ROAD, Kohimarama
- 18 T TAUPO Iwitiaki C.D.O.A. O/Y event
- 25 SA WAIKURU FOREST. 4th O/Y event.
- May 31- Jun 2 WOODHILL 3-DAY EVENT Queen's Birthday Sat. p.m., Sun a.m., Mon a.m.  
Information and entry forms with this newsletter

May 3 NW Night event - to be confirmed (Sat)

## IMPORTANT

If you are not a 1980 financial member of the club this will be your last newsletter unless you send your subscription to

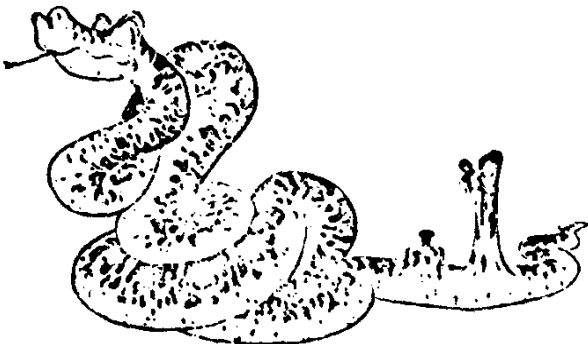
Wallace Bottomley  
24 Dingle Rd  
St. Heliers  
Auckland 5

(senior \$8 junior \$4 Family \$13)

Please use the membership application form (from Jan/Feb newsletter) if you have it.

### AUSTRALIAN VISIT

The first half of April will be a very quiet 2 weeks as far as orienteering in New Zealand is concerned. However, across the Tasman over 100 New Zealanders including the N.Z. team will be taking part in the Pacific Orienteering Carnival which has 7 days orienteering in the space of 9 days. Some are staying on for a further week to get 4 more days O at the Australian Military Championships. The next newsletter will contain accounts of experiences of Central Club members in Australia. The following article (from the Australian Orienter) is for the information of those going.



### **SNAKE BITE – FIRST AID**

*Orienteers rarely see snakes and the chances of being bitten are extremely remote. However every participant should know what to do if the need arises.*

We are indebted to Dr Peter Wilson for the following information on the most effective treatment of snake bite. He has extracted this information for us from a paper by Dr S. K. Sutherland of the Commonwealth Serum Laboratories.

#### **First Aid Treatment**

1. Apply a broad pressure bandage over the bite area as soon as possible (don't take off jeans as the movement of doing so will assist venom to enter the blood stream.)

Keep the bitten leg still.

— bandage should be as tight as you would apply to a sprained ankle.

— extend the bandages as high as possible.

2. Apply a splint to the limb — bind it firmly to as much of the limb as possible — the limb must be kept as still as possible.
3. Bring transport to the victim whenever possible.
4. Leave on bandages and splint until medical care with antivenom is available.

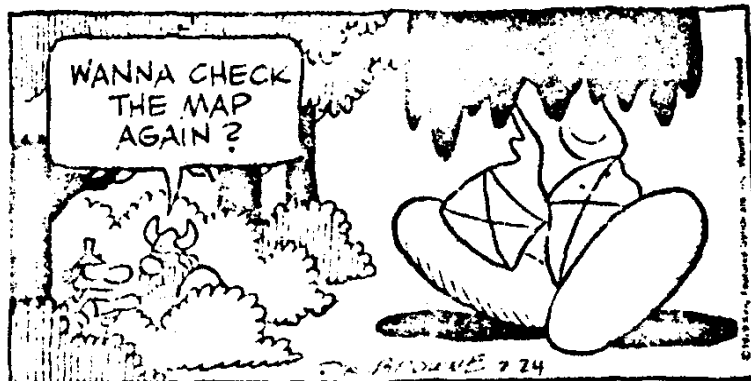
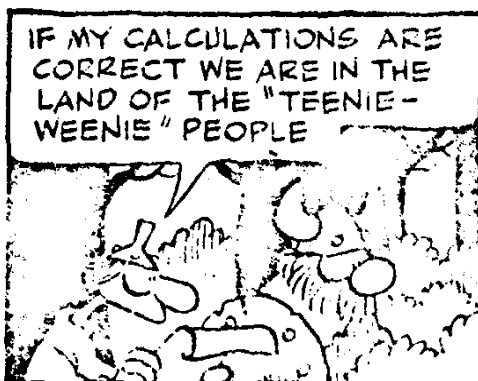
If bandages and splint have been correctly applied, they will be comfortable and may be left on for several hours. If venom has been injected it will move into the bloodstream very quickly when the bandages are removed, the doctor should leave them in position until he/she has assembled appropriate antivenom and drugs which may have to be used when the bandage and splint are removed.

DO NOT cut or excise the bitten area. Arterial tourniquets are NOT recommended.

For the upper limb a sling may be used but the wrist and forearm should be immobilised with a splint.

For bites on the trunk a pressure dressing should be applied.

Full details of the new recognised forms of first-aid for snake bite in Australia are contained in a publication by that name written by Dr S.K. Sutherland, Head of Immunology Research at the Commonwealth Serum Laboratories. Copies of the booklet can be obtained on request to the Director, CSL, 45 Poplar Road, Parkville, 3052.



## RECENT EVENTS

### CHURCHILL PARK 24/2/80

#### Organisers comments:

This was a well attended meeting blessed with good weather. 93 competitors and groups ran 116 courses. There were a large number of young people and a commendably high proportion of finishers. Many first time orienteers found it enjoyable enough to try a second course.

The line event (course 3) was spoiled by local youths removing control 6 half way through the morning. It was later replaced by another control after finishers had reported it missing. Also control 10 was moved off line at some stage and then 'spontaneously' replaced.

The memory event proved hard running. The planner (Lyn Stevens) obviously had little sympathy for tired legs by sending competitors the length of the park away from the finish after 14 controls; - just when they thought they were approaching the finish! There was a high finishing rate with only one competitor proving to have a failing memory by running the wrong course.

Courses 1 & 2 provided a good introduction to orienteering, although Churchill Park provided rough terrain for 'park land' orienteering. The surface was uneven and there were a fair number of brambles. Most of the other park areas are much smoother. (All of them, I hope. - Ed.)

I would like to thank the many people who gave up time to help organise what I hope was an enjoyable days orienteering.

David Knight.

### MANGERE MOUNTAIN 2/3/80

#### A Competitor's Report

I woke up on the morning of the event and listened to the wind and rain. Deciding that it might not be too bad down at Mangere, I drove south. Sea spray whipped over the Mangere Bridge as I crossed. It was certainly going to be windy on top of the mountain.

Out on the course I had plenty of opportunity to use the tips for orienteering in the rain given in the March newsletter. Using my dry hand, I marked my map while retaining it in its plastic bag. The courses were set by James Brewis (M13) and had plenty of problems for his elders. Several times I found myself quickly rejecting a mountainous direct route and still undecided which of two flatter routes to choose. Thank you James. The rain was not too bad and most of the 50 competitors enjoyed themselves.

The rain was worse for the organizers, the Small family. Unlike the competitors who could get warm by running (sometimes aimlessly), the organizers stuck to their positions and ensured that the event ran smoothly. The competitors had cause to be very grateful for the work done in most unpleasant conditions.

One thing that might surprise some who opted to stay in bed that morning (and some who didn't) - some newcomers had their first go at the sport that day. If they enjoyed it in the rain, they should think it really great on a nice day.

KARL ROGERS

WAIUKU O/Y EVENT 9/3/80

This, the first of the O/Y series was held on a beautiful day on the very good Waiuku No. 2 map. Courses 2 and 3 turned out to be a disappointment for the organizers and a number of competitors because of a master map error which led to those courses being declared invalid. This was especially unfortunate as the nine courses were otherwise well set.

Course 1 competitors, after running around the No. 2 map, arrived at a map change and the second half of their course was on the No. 1 map.

As a Course 2 competitor, I would have liked to have seen the results of my course. (They were not printed.) The results of those who arrived at the control after it was repositioned by the organizers would have been of interest.

KARL ROGERS

CASHMORE HILLS BADGE EVENT - KINLEITH 15TH MARCH

In spite of atrocious weather 38 Auckland club members travelled down in an A.R.A. chartered bus, 16 by other means.

The whole event was run in continuous heavy rain - the advantages of premarked maps to the organiser as well as the competitor really show up under these conditions. The first time most competitors had seen the map was when they were allowed to pick it up to start. This really creates a lot of tension. Almost a walk to the first control to make sure to spike it and build up confidence in a new map. The terrain is excellent. Pine trees about 6m high with mostly clean gently undulating running underneath. Many old fence lines (these are young trees on ex farmland) make navigation apparently easy. However some are beginning to disappear and there are many gaps where fences can be crossed without noticing! The combination of heavy rain and new terrain make most times very slow, reflecting the challenging nature of the sport under these conditions.

Congratulations to John Rix and Geoff Bendall who won their sections.

Bus Trips Because of the success of the Kinleith bus trip it will be possible to charter buses to Central Districts, Orienteer of the Year events in the future. No bus will be organised for the Hamilton event in April as your bus organiser will be in Australia, but it is hoped to organise buses to most other CDOA OY's. Buses will also be organised to Waiuku events as I believe the interest is there to support it.

*John Gray*

WOODHILL O/Y EVENT 23/3/80

The weather looked threatening early in the morning and indeed late starters and finishers got very wet. The courses proved very challenging - too much so for some. The difficulty at Otakinini Topu is that it is basically pretty flat and the visibility is very low. Even very experienced orienteers have had problems in the area which is a demanding test of navigational skill.

Some coped very well with the courses showing that it can be done. The secret is probably to find a good attack point within 150 metres of the control. If there is no handy track-road junction this will probably be a prominent hill or depression. Great care is needed in going from the attack point to the control - carefully following a bearing and counting paces. Rougher methods which sometimes work at other venues don't seem to work at Otakinini Topu.

KARL ROGERS

## DON'TS for Beginners

by John Knight, Westward OC

Taken from 1975 British Orienteering Yearbook and slightly modified

1: Before you start, *study map and legend* for as long as you can. Get familiar with the general shape of the area - you don't want to waste time during the competition trying to puzzle out what's high and what's low, what's a fence and what's a wall.

2 *Don't think of the competition as a race.* It isn't, it's a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing, scratching his head, for 5 minutes while you've been toiling up that hill. Even if you do outrun him, he may be a better orienteer, or stronger over the whole course. So you overtook Wells-Cole on 300 meters of flat path - so what? He won't stop when he comes to the hill or the bracken or the difficult route choice. Never get pressured into running anywhere unless you know exactly where you're going, and why. Never get gathered up by others into a great exciting gallop going nowhere.

3 *Never run at absolute top speed.* You should finish an orienteering course, as a good meal, feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control as easily as on the first, and it's really frustrating to ruin a good run near the end, simply because you just got a bit too tired. If you do finish with plenty of energy, go out again over your course and see where you wasted time, dithering, making poor route choices, standing around.

4 *Try not to stop.* Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half-minute here, the 15 seconds there when you weren't actually moving and you'll soon realise that like everybody else, you could have won easily.

5: *Don't stand still if you're lost* and can't work it out. The Fairy of the Forest might appear and light your way but she never has for me. Retrace your steps if you can if you can't, decide on a direction - 'if I go East I must hit that road' - and move, fast, but keeping your eyes skinned for any feature which you might be able to identify on the map. Get to that road as quickly as you can, and start again from there. Better to spend a couple of minutes running 400 metres than a quarter of an hour travelling nowhere.

6 *Don't run on 'feet'.* Keep your map set, always, even on a track. And in the forest, always run on the compass, however roughly. It's horribly easy to drift, to one side or the other, without realising it and

come out on the wrong path, even one at 90 degrees to the one you were aiming for.

7 *Don't rush off* from one control vaguely towards the next thinking you can plan your route later. Move a little way and then plan. Pick a definite attack point and your route to it. You must know what you're doing - or when you do think you're getting near, you might find yourself confronted by a great marsh or a hill you should have been working your way round.

8: *Don't ever run without counting paces,* however unnecessary it might seem. So you think you can see your attack point, well, maybe you can, but count anyway. It might just be a similar feature 50 metres earlier or later and even those 50 metres can leave you stranded and panicstricken, if you don't know they're 50 metres and not 200. If you count and keep your map set, it's impossible to be lost.

9. *Don't ever assume that you're right* and the map and your compass are both wrong. It's possible but most unlikely. *Our preconceptions are our greatest weaknesses.* If you 'know' it's the right re-entrant, but there is no control, be humble enough to consider that it might just be you that's wrong. Look at the map, see which parallel re-entrant you have in fact rushed madly down. Forget where you thought you were. It's surprising how often you can work out where you are, if you're prepared to admit that it's just possible you're not where you 'know' you are.

10: *Don't, however, assume the map was drawn by God.* Mappers do make mistakes, though generally less often than competitors. If there's really no alternative, and you're certain you're right, then alright, it is the map, don't worry about it, get on, swear at the organisers afterwards.

11: *Don't forget to read contours,* on the map and on the ground. It's easy for beginners to think of contours as those damned bits of spaghetti that get in the way of the walls and streams - and even good orienteers go wrong surprisingly often, not noticing they should have been running downhill instead of up.

12: *Don't kid yourself you can beat the superstars.* You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring, map memory. *But the theory is not enough* to be able to use them with confidence and speed can only come with practice. And if you don't train, then you must be prepared to use some competitions to experiment a bit. Don't worry that you might have come third, if you hadn't tried to cut through that bit of forest. It's no good just running round the paths. For a year I rushed about, covering tremendous distances, thoroughly enjoying myself, but scarcely orienteering at all, scarcely improving at

all, learning scarcely anything except that it's not possible to beat someone who can run and go through the forest. Don't be afraid of the forest. Here be no dragons except the dragons of panic in your own head.

13: Don't let them tell you fitness isn't all that important. There are men near the top who don't run particularly fast but they're all very fit and can keep up a good pace through any terrain. You need fitness but not ordinary running fitness, the fitness to twist between those trees, leap that stream, lift your knees through that bracken, scramble up that crag. It's always

the fit who tell you fitness doesn't matter, and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

14: Don't assume I know anything about it. My only qualification is that I've done and

am still doing everything I'm telling you not to do. I am my own best customer. Knowing the right things to do is relatively easy, forcing yourself to do them in the pressure of competition is different.

### NZOF NEWS

At the AGM at Putaruru on 16/3/80 the 1979 officials were re-elected:

President	Tony Nicholls (Central)
Chairman	John Davies (Pinelands)
Vice Chairman	John Rix (Central)
Secretary	Don Kolfe (NW)
Treasurer	Ian Morley (NW)

In addition Geoff Bendall (Central) is assisting with the Publicity subcommittee and John Rix with technical matters.

Central's membership for 1979 was 16 families, 72 seniors and 13 juniors - the largest or equal largest club in N.Z. (depending on how a family is defined).

The Badge Award Scheme was discussed and some amendments passed basically making it slightly easier for the various levels to be reached. Full details will be published in due course, but I would point out that the main requirement if you are interested is to attend the Badge events! The 1980 events are (were) 8/12/79 Taupo; 15/5/80 Kinleith; 3-day event 31 May - 2 June 1980 Woodhill; AOA, CDOA, WOA, & NZ Champs later this year.

The existence of an elite NZ squad for future World Championships was discussed and a subcommittee set up to investigate various aspects of this.

JOHN RIX

New Books in the Club Library ( held by John Rix)

Course Planning 41 pages (\$2.50, our 4th copy) The best and most comprehensive guide to course setting.

Modern Orienteering Training - Holloway, 202 pages (\$8.50, our 2nd copy) The best English language text available on this topic. If the idea has been thought of, it's here.

Orienteering Brian Porteous, 93 pages (\$8.80) This must be about the 6th book with this original title. It is attractively presented, offering an introduction to the sport with heavy emphasis on photographs. The text is clear and concise and the photographs are obviously chosen for their aesthetic appeal as well as their informative one, in fact there seems too much emphasis on the former and not much on the latter as there is not much the practising orienteer does not already know. Thus this is a glossy introduction, fine to borrow from a library to read in the loo or present to a teenager, but I would recommend the more serious texts for those with aspirations (see Mar. newsletter).

The author, by the way, is or was the British Orienteering Federation Professional Officer who took over from Tony Walker (about 4 yrs ago) who wrote the excellent 'This Is Orienteering'

JOHN RIX

RECENT HAPPENINGS

Most club orienteers never take the plunge and enter national events such as the Easter 3 days (1979), Badge events, training weekends etc. John Rix details some recent happenings.

Orienteering experts visiting N.Z. are something of a rarity. Last year in May Robin Harvey from England or rather Scotland came for a week to talk about mapping and a number of club members were able to meet him when he was in Auckland and learn something about the technicalities of the sport. We also took him out to Woodhill and Waiuku and were able to discuss some of the problems of a local nature- our main conclusion over the last year or two is that the only way to get reliable base maps is to get them photogrammetrically made, the problem is to find the best age at which to photograph the trees. (since Robin's visit we have successfully got photogrammetry off 1940 photos.

We were very lucky to receive a visit from Dieter Wolf in December(79) and again this February. He is a top Swiss orienteer who has been to all the recent world champs, finishing 10th last year, making him virtually the top ranked non-Scandinavian in the sport. At very short notice John Rix Karl Rogers John Gregory and the Clendons made it out to Waiuku forest in December and enjoyed the stimulus of several hours practice of technical skills with Dieter. Of particular interest was control 'picking' with distracting controls in the vicinity of the one you were looking for. and a memory event where you had to remember up to three or four controls at a time.

A week later the Taupo badge event was held in gale force winds, reminiscent, for the old hands, of Whangaparaoa at its worst, but the excellence of the area and the map made up for this. A very sociable time was had by all afterwards with a night score event in the camp surrounds and forest.

RESULTS: W12 Tanya Nicholls 3rd- silver, M13 6th James Brewis-iron, M15 3rd Simon Clendon-gold, M17 Tom Clendon 1st-gold, M21 2nd-gold, M35 3rd John Gregory-silver, John Pearce Bronze M21 Karl Rogers-iron M43 6th Geoff Bendall- iron, Tom Clendon- iron, W21 Carol Pearce 3rd silver, W35 1st Margaret Nicholls- gold.

The weekend of Feb 8,9,10 saw the enthusiasts back at the Iwitihi Outdoor Education Camp (on the Napier side of Taupo) for the 1st official NZOF training weekend. On the Friday night the introduction was held and some slides shown, others drove through the night to get there. Saturday morning at 7 am saw the keenest out for the first session of the day, in fact for some by the look of it the first session of their life before breakfast! Dieter Wolf had kindly agreed to come and was behind a lot of the activities, particularly for the 'elite' group. On the morning runs he stressed mobility and strength- a busy 25 mins was passed on stretching exercises, jogging, weaving in and out of the trees at high speed and more stretching. Saturday morning was spent practising various map and compass skills on the Iwitihi amp. New to most of the top group was Dieter's technique of running with the compass on the map, not taking bearings but knowing exactly where he was the whole time (constant 'map contact') compared with most N.Z.ers technique of 'take a bearing and go'. Not everyone is best suited to a particular method, but it is certainly well worth trying this, ideally with a thumb compass (now available here) or the Recta model with a large 2x lens on the front of the compass.

The fine weather continued on the Saturday afternoon and we all tackled the multi-Mastermap memory event. Technique and experience were certainly important here as well as map memory. Its a matter of picking a suitable group of controls to get you onto the next master map - not too many, not too few. Perhaps you can get several on the same bearing or about the same distance apart or with some other aid that simplifies the problem of memorizing features, descriptions, distances and bearing, all as well as running! The actual skills practised could be argued not to be directly relevant to ordinary O but certainly force you to focus on making the best use of map information. A large group saw slides that night and stayed up late discussing the technicalities of the sport. Numbers were noticeably down on Sunday's 7 a.m. run, the effect of three sessions the day before. Various training exercises were done in the morning. The elite group ran the two 1 km legs between 3 different control sites in 3 different ways - direct, contouring and a road route. Ideally we should have had immediate feedback on times so comparisons could have been made there and then, but this did not work out. All the same, the point should have been that the direct routes were fastest except where there was excessive climb. After some 6-8 km of this, the thought of the full-length Camp Champs soon after midday was not an attractive one, but we all found the energy from somewhere and most managed to beat the rain to the finish to end a very full and worthwhile weekend.

#### MAPPING NEWS

Totara Park - Ray Kitchener is going to begin resurveying this area for a new map of it.

Woodhill - Photogrammetry of 3.25 sq. km of Woodhill has just been received by the club. This area is to be mapped ready for the 1981 3-day event. Those interested in doing fieldwork in the area should contact John Rix.

Mapping Evening At the Maps in Progress meeting on 20/3/80 there was a lot of discussion about the sort of information that should be shown on city maps used for introducing newcomers to the sport. Some thought that some of our city maps have too much detail for beginners. Comment from some of our newer members on this would be welcome. (Ring John Gregory 676508).