

| | | |
|--------------------|----------------|----------|
| Equipment: | Leon Mc Givern | 564567 |
| Membership: | Martin Newton | 83 62973 |
| Newsletter: | Brewis family | 556989 |
| Event Information: | Bob Johnson | 567712 |
| Publicity: | Ray Baker | 861485 |

CENTRAL ORIENTEERING CLUB

| | | | |
|-------------------|---|------------------|---|
| President: | John Gregory, 13 Buckley Road, Royal Oak, Auckland, 3. | Secretary | Wallace Bottomley, 24 Dingle Road, St. Heliers, Auckland, 5. |
| Tel: | 656508 | Tel: | 556383 |

NEWSLETTER - APRIL 1981

N.B.
Fri - Sat }
- Sun } 17-19

- | | | |
|--------|-------|--|
| APRIL | 12 | Blockhouse Bay, Craighaven Park, Motu Moana Scout H/Q, off Portage Road |
| | 14 | AOA meeting; 8 pm, Peart House, King's College, Ph: 656.508 |
| | 10-20 | 3 day event, Waiuku (South Auckland), entry closed. |
| | 26 | Te Marenga Score event, Clevedon |
| | 29 | School Championships (North-West) Rangitoto College |
| | | |
| MAY | 9* | National Relays, South Auckland, Waiuku Forest #3 |
| | 10* | International Relays, Woodhill |
| | 16-17 | International event, Taupo |
| | 24 | Domestic WINSTONE FOREST RUN |
| | | |
| JUNE | 7 | 4th O/Y, Woodhill Forest |
| | 21 | Totara Park and Long Bay |
| | 28 | 5th O/Y, (North-West), Woodhill, 16 mile map Access: Rimmers Road |
| | | |
| JULY | 5 | S. Auckland event |
| | 12 | Woodhill Forest, training day |
| | 26 | 6th O/Y, (South Auckland) |
| | | |
| AUGUST | 2 | Central Long Street O. |
| | 23 | 7th O/Y Woodhill (Central) |
| | | |
| SEPT | 5 | Night event (S.A.) |
| | 6 | Wellington Champs. |
| | 13 | 8th O/Y (North West) |
| | 27 | Auckland Championships |

In Addition

C.D.O.Y. events : 3rd - 12th April, Pineland 5th - 21 June B.O.P.
 4th - 3rd May, Rotorua 6th - 16 Aug
 Red Kiwis (Palmerston North)
 Queen's Birthday 3 day event - 30/31 May & 1st June*
 New Zealand Championships Labour Weekend in Auckland Oct. 25th.

* Entry information or forms enclosed.

THIRD O/Y, Awahitu Regional Park, 5th April, 1981

One of the problems with Orienteering in open terrain is that it becomes more of a cross-country, rather than an Orienteering, event. I found this to be so at Awahitu Regional Reserve. The venue is delightful and, whilst I thoroughly enjoyed the course and competition, something just seemed to be missing.

Let's be clear, I am not detracting from the good organisation or the quality of the courses - there were plenty of challenges, pitfalls for the unwary, taxing terrain and Indian Summer heat also to contend with. But no, it's not quite the same out of the forest. Probably because one is able to orientate oneself more quickly and to recognise handrails and catching features (sometimes controls too!) at long distance, eliminating the need for close compass work. I found that I rarely used my compass on the day. There were some interesting possibilities in route choice and care was needed with parallel features. I found an abundance of features for use in attack - power poles, water troughs, fences, farm tracks and races. Fences were a particular hazard as many were electrified. By the end of my run I had perfected the "running roll" technique to negotiate these. From a distance I would size up the most likely crossing point (preferably where the lowest wire passed over a hollow in the ground) and approached at speed, flinging myself under and rolling at the same time, to emerge in a flurry of arms, legs and maps, well spread but unshocked.

I enjoyed the day. The new colour map was excellent and a useful addition to South Auckland's library, although I feel that its uses, particularly for competitive events, would be limited.

Geoff Bendall

RESULTS CHURCHILL PARK 29 MARCH 1981

COURSE 1 3.4 km 10 Controls

| | | | | |
|-----|----------------|------|-------|-------|
| 1. | T.I. Garbolino | M35 | 25-40 | C |
| 2. | S.A.C. Taylor | M15 | 28-12 | Kings |
| 3. | G. Bondall | M43 | 30-33 | C |
| 4. | B. Goss | - | 31-05 | - |
| 5. | P. Murphy | M21 | 31-15 | C |
| 6. | R. Kitchener | M43 | 31-39 | C |
| 7. | C. Bolt | M21 | 32-55 | C |
| 8. | N. Tucker | M15 | 33-13 | - |
| 9. | P. Taylor | M17 | 33-35 | Kings |
| 10. | K. Smith | M35 | 33-46 | - |
| 11. | G. Harvison | M17 | 33-48 | Kings |
| 12. | A. Cory-Wright | M15 | 33-53 | Kings |
| 13. | P. Foulkes | M15 | 33-55 | Kings |
| 14. | B. Murphy | M50 | 34-26 | S.A. |
| 15. | H. Ealer | - | 35-01 | - |
| 16. | C. Fettes | W17 | 35-22 | NW |
| 17. | N. Lees | M17 | 35-30 | Kings |
| 18. | J. Brewin | M13 | 36-38 | C |
| 19. | D. Crofts | M13 | 39-30 | C |
| 20. | P. Fisher | - | 42-45 | - |
| 21. | A.D. Carr | M17 | 44-31 | Kings |
| 22. | M. Gasson | M12 | 49-16 | SA |
| 23. | B. Plimmer | W21B | 50-22 | C |
| 24. | S. Johnson | M13 | 51-28 | Kings |
| 25. | A. Fettes | W43 | 52-20 | NW |
| 26. | C. Litten | M13 | 53-32 | Kings |
| 27. | J. Fettes | W35 | 60-24 | NW |
| 28. | J & P Clenden | W12 | 62-13 | C |
| 29. | B. Kilner | M35 | 62-38 | C |
| 30. | Howell | - | 64-24 | - |
| 31. | B. Potter | - | 65-24 | - |
| 32. | C. Eade | W21 | 68-06 | SA |
| 33. | S. Tolzner | M15 | 68-20 | Kings |
| 34. | Baker GRP | - | 70-30 | - |
| 35. | J. Kitchener | M13 | 77-07 | C |
| | R. Crawford | M15 | 27-45 | C |
| | J. Elliott | M17 | 34-27 | - |
| | A. Brewin | M43 | 35-25 | C |
| | C. Spillane | M13 | 37-25 | - |
| | W. Bruce | M19 | 41-20 | C |
| | Bramley | M16 | 46-36 | Kings |
| | M. Grant | M13 | 51-14 | Kings |
| | K. Golding | M21C | 58-42 | C |
| | C. Nelson | M15 | DNF | Kings |

COURSE 2 2.5 km 9 Controls

| | | | | |
|-----|-------------------|------|-------------|----|
| 1. | G. Plimmer | M21B | 24-57 | C |
| 2. | W. Bruce | M19 | 26-26 | C |
| 3. | K. Smith | M35 | 29-30 | - |
| 4. | L. O'Brien | W21 | 29-55 | NW |
| 5. | R. Bell | M35 | 30-27 | C |
| 6. | P. Murphy | M21 | 31-20 | C |
| 6. | C. O'Brien | M35B | 31-29 | NW |
| 8. | A. Bell | M13 | 32-42 | C |
| 8. | D. Crofts | M13 | 32-42 | C |
| 10. | Taylor | W21B | 34-46 | C |
| 11. | J. Brewin | W43 | 35-09 | C |
| 12. | B. Gasson | M13 | 40-00 | SA |
| 13. | P. Crosby | - | 43-54 | - |
| 14. | F & A Percy | - | 45-24 | C |
| 15. | C. Spillane | M13 | 48-03 | - |
| 16. | A. Kitchener | M12 | 48-22 | C |
| 17. | Johnson & Johnson | - | 50-14 | - |
| 18. | R. Bolam | - | 50-54 | - |
| 19. | H. Bolt | W21 | 51-10 | C |
| 20. | I. Bamford | GRP | 52-25 | C |
| 21. | L. Worthington | W21 | 52-42 | - |
| 22. | A. Stone | W12 | 54-57 | NW |
| 23. | W & B Whyte | GRP | 60-32 | - |
| 24. | A. Moore | W13 | 63-37 | NW |
| 25. | Percy/Turner | GRP | 65-38 | C |
| | C. Gyles | - | 54-58 | C |
| | | | Wrong No. 3 | |
| | A. Bell | W35 | DNF | C |
| | Baker | GRP | DNF | C |

COURSE 3 1.3 km 7 Controls

| | | | | |
|-----|-----------------|------|-------|-------|
| 1. | R. Crawford | M15 | 8-43 | C |
| 2. | J & P McCormack | GRP | 11-31 | - |
| 3. | R. Brewin | M12 | 11-52 | C |
| 4. | A. Cory-Wright | M15 | 12-12 | Kings |
| 5. | K. Golding | M21C | 12-49 | C |
| 6. | W. Bruce | M19 | 14-10 | C |
| 7. | J. Brewin | W43 | 17-30 | C |
| 8. | R & A Kitchener | GRP | 18-14 | C |
| 9. | C. Johnson | - | 19-10 | - |
| 10. | L. Worthington | W21 | 24-37 | - |
| 11. | J. O'Brien | W12 | 24-44 | NW |
| 12. | B & W Whyte | GRP | 26-50 | - |
| 13. | J. Feist | - | 27-57 | C |
| 14. | R. Bolt | - | 29-12 | C |
| 15. | N. Gasson | W12 | 32-01 | SA |
| 16. | J.D. Carden | GRP | 32-34 | - |
| 17. | D&J Roberts | GRP | 33-35 | - |
| 18. | S. Fisher | - | 37-11 | - |
| 19. | T. Dyson | - | 38-06 | NW |
| 20. | F & M Fisher | GRP | 39-12 | - |
| 21. | Piggott Group | - | 68-45 | C |
| 22. | M. Potter | - | 90-29 | - |
| | S. Schrickel | | DNF | |

NEXT CENTRAL CLUB EVENT - SUN. 12 APRIL
 CRAIGAVON PARK, BLOKHOUSE HAY.

4

NATIONAL ORIENTEERING INTER-CLUB RELAY CHAMPIONSHIPS

WAIUKU NO. 3 MAP SATURDAY 9 MAY 1981

ORGANISERS: South Auckland Orienteering Club on behalf of NZOF.

PERSONNEL: Setter: Darry Shuker
Controller: Bruce Hendrie
Co-Ordinator: Ray Bade

VENUE: Waiuku No. 3 map, used for the first time on the third day of the Easter 3-day event.
Scale 1:15000, Contours 4,0 m, 5-colour map.

GRADES: Teams of three, as follows:

| | | |
|-----|--------------------------|-------------------|
| (1) | OPEN: M21A (Men only) | 7 km each leg |
| (2) | OPEN: W21A (Women only) | 5 km " " |
| (3) | OPEN: M35 and over | 5 km " " |
| (4) | OPEN: W35 and over | 4 km " " |
| (5) | JUNIORS 15 - 18 MIXED | 4 km " " |
| (6) | JUNIORS 14 & Under MIXED | 2½ km " " |
| (7) | MIXED A (Only one M21A) | 3, 4, 5, km legs |
| (8) | MIXED B (No M21A) | 2½, 3, 4, km legs |

Mixed teams can be combinations of any grades, with restrictions as above.

TIME: 10.15 a.m. onwards, mass start for remaining competitors at 1.00 p.m. Course closes at 2.30 p.m. Detailed start information will be forwarded at a later date.

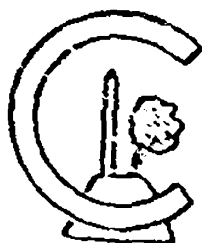
ENTRY FEES: Seniors \$3.00, Juniors (Grade 5, 15-18 Mixed and Grade 6, 14 & Under Mixed) \$2.00.

CLOSING DATE: Friday, 17 April 1981 (first day of 3-day).
(Entries postmarked Friday 17th will be accepted).

ACCOMMODATION: It is expected competitors will be making their own arrangements, but any queries can be addressed to the SAOC Secretary.

| |
|---|
| <u>CENTRAL CLUB</u> members wishing to enter: contact John Gregory. 'phone 656-508 |
|---|

BILLETS Wanted for Australian International team, Friday 8th to Tuesday 12th May. Please extend true N.Z. hospitality and 'phone Wallace Bottomley, 556-383, with offers of accommodation and/or transport to Waiuku on Saturday and Woodhill on Sunday. This week please.



CENTRAL ORIENTEERING CLUB

INTERNATIONAL RELAYS
N.Z. vs AUSTRALIA

OPEN TO ALL ORIENTEERS

Date: Sun. 10th May 1981
Organisers: Central Orienteering Club
Venue: Woodhill Forest, Auckland
Map: 1:15 000, 5m contours, IOF symbols. Photogrammetry by Bakken and Selgesen, fieldwork and map drawing by Halge Ring (new map)
Terrain: Mature pines, some mixed species. Mostly clear running, some very open areas of forest. On the less intricate area above beach level with some steep terrain in the west and east.

| | | | | |
|--------------------------|--------|---------|--------|---------|
| Grades and times: | #10-16 | 30 mins | #13-16 | 30 mins |
| | #17-20 | 40 | #17-20 | 40 |
| | #21 | 50 | #21 | 50 |
| | #22 | 40 | #22 | 40 |
| | #23 | 30 | #23 | 30 |

Climb or individuals are invited to enter as many teams as they like in the above grades. Also offered:

RELAY A legs of 30, 40 and 50 mins
RELAY B legs of 20, 30 and 40 mins

Officials: Secretary: John Gregory, Controller: Martin Weston
 Co-ordinators: John Hill and C.O.C. members

Entries: Entry fee - cost 20 per team of 3 runners. M & W13-16 teams: 25 payment in advance or on the day, but clubs must pay for all teams submitted by the closing date, APRIL 25th.

Contact: John Gregory, if you wish to run
 49 Buckleby Road,
 WILSON
 Auckland 3 Telephone 656508

(Cheques payable to: Central Orienteering Club)

NEW ZEALAND ORIENTEERING FEDERATION J-DAY BADGE EVENT

C

QUEENS BIRTHDAY WEEKEND 30 MAY - 1 JUNE 1981

ORGANISERS: Red Kiwis Orienteering Club

VENUE: DAY 1 Waiterere State Forest. Start Times 1pm to 3 pm
DAY 2 Tangimoana Lands & Survey Farm.
Start Times 10.30 - 12.30
DAY 3 M.S.D. Forest, Bulls. Start Times 9.30 to 11.30

For this J-day event the RKOC will be using 2 new venues and one old friend.

The map that has been used before is that of Waiterere Forest, prepared by Delwyn Roper in 1980. Waiterere is an excellent open running forest with areas of fine detail and Delwyn's clear four-colour map with 3 m. intervals allows good competition.

The new map of an additional area at Tangimoana Lands and Survey Farm is based on a 2½ m. interval, 1:6000 base map prepared by N.Z. Aerial Mapping for wild life investigations. It will be printed in 5 colours at a scale of 1:10,000. Fieldwork will be completed during March and April by Red Kiwi Club members led by Peter Baker. The area is mainly open sand dunes with some pines and good colour detail.

The third map to be used will be of a newly 'discovered' forest between Bulls and Wanganui. Photogrammetry is by Bakken and Helgesen of Norway and the map is 5 colours with 5 m. intervals. The scale is 1:10,000. The forest is mature and open with a series of major hills and areas of extremely fine detail. There are some tracks but these are of an irregular pattern. This area was mapped by Rob Kay and Mike Tuohy during January and should provide an excellent climax to an interesting three days of competition.

The grades offered are:-

| | |
|-----------------|-----------------|
| M21A, M21B | W21A, W21B |
| M35A, M35B | W35A, W35B, W43 |
| M43A, M43B, M50 | W17, W19 |
| M17, M19 | W13, W15 |
| M13, M15 | W12 and under |
| M12 and under. | |

Closing date for entries, 9 May 1981.

Novice Courses will be available each day for casual entries.

Light Refreshments will be provided daily by the Kapiti Havoc Club.

Make your own arrangements for accommodation. Copy of PRO leaflet provided. The PK meter camp advise that all cabins are already booked up for that weekend.

Souvenir tee-shirts with an interesting design will be available but must be ordered and paid for with the entry form.

All entrants will receive information of their times one week before the event. Any enquiries to be made to the secretary, Beryl Kennan Phone Palmerston North 79367.



WINSTONE LIMITED

WINSTONE FOREST RUN

Woodhill Forest — Sunday, May 24, 1981
10km & 5km

Fully marked course over roads paths and open forest

PRIZES TO \$1000 First man and woman, registered and unregistered, over 10km plus many spot prizes in both races.

TIME AND TRAVEL 5km run 10.30am — 10km run 11.00am

Take the NW Motorway and follow Hy 16 to WOODHILL FOREST HEADQUARTERS, 8km past Waimauku. Follow race signs from there. (40 mins from the City)

ENTRIES and COST

Send to John Rix, 29 Middlemore Rd, Otahuhu, Auckland 6, to be received by Sat, May 16 \$3 per entry, late entries, at \$4.50. Cheques payable to "NZOF WM FUND"

SPOT PRIZES by Winstone's Trade Screening (T Shirts), San Marino Vineyards, Richard's Tourist Complex (Parakai), Runners Inn, Athletic Attic Newmarket, Stenberg's and others

MAKE IT A GREAT DAY OUT — ENJOY THE BEAUTY OF THE FOREST ENVIRONMENT AND VISIT THE HOT POOLS AT PARAKAI (15 mins north) AFTER!

ENTRY FORM (please print clearly) Send to: John Rix, phone 276-4901 29 Middlemore Road, OTAHUHU, AUCKLAND 6. by Sat 16th May 1981

NAME: _____

ADDRESS: _____

AGE ON RACE DAY:

REGISTERED RUNNERS:
(1980/81 Track or 1981 Harriers)

AMOUNT ENCLOSED:
at \$3 per entry

Club: _____

Race: 5 or 10km

Reg. No: _____

10km race open to registered or unregistered runners, 5km to unregistered only.
Cheques payable to "NZOF WM FUND"

Organized to NZAAA rules by the New Zealand Orienteering Federation (Box 35055 Browns Bay).
Proceeds to the world Championship fund to send a team to Switzerland in 1981

COURSE SETTING SEMINAR

*Charlie Parker
reprinted from Bendigo Newsletter*
On the long weekend last June I attended a Course
Setters Seminar at the Ballarat College of Advanced
Education, organised by the V.O.A. and under the guidance
of Harold Offord.

The course began about 2 p.m. on the Sunday afternoon,
with Harold showing a number of orienteering slides on
various legs, taken from past O-Courses in Sweden, the
main purpose being to highlight good and bad leg designs.
The points which were made can be grouped into categories
as follows:—

A. The Map

(i) It is important to have a map for an orienteering event
which mirrors the terrain as accurately as possible.
Chance should not enter into the orienteers' route
choices.

(ii) The best parts of the map should be used for the
courses.

(iii) Small features on map corrections should only be
added when a control is in the area.

B. The Start

(i) Parking space needs to be considered when choosing a
start site.

(ii) Novice and 'D' grade starts should be near the
assembly area.

(iii) Other grades can be up to 1 km away from assembly
area.

(iv) If at all possible try not to have route choices for the
first controls visible from the start area.

(v) Do not have any leg with a route choice going through
start area.

C. The Finish

(i) The finish should, wherever possible, be visible from
the last control.

(ii) Do not have a long run in from the last control to the
finish.

(iii) Try not to have the finish in an area which causes
competitors to climb from the last control.

D. Choice of Control Sites

(i) The situation of a feature in the terrain is the deciding
factor in its choice as a control site.

(ii) When a site has been approved, the control must be
correct from all directions.

(iii) With a difficult control site it is permissible to have a
catching feature about 100 metres away from it, (C & L)
courses.

(iv) As a guide, the control should be visible from a
distance of:—

10 metres on a 50 metre leg

Up to 15 metres on a 100 metre leg

Up to 15-20 metres on a 200 metre leg

Up to 20-25 metres on a 300 metre leg

Up to 25-30 metres on a 400 metre leg

Up to 30-35 metres on a 500 metre or over leg depending
on the availability of attack points in the area.

(v) A control can be:—

the beginning of a good leg

the end of a good leg

to avoid a dog leg

to prevent waiting competitors seeing route choices
available on their course.

(vi) If using a pit as a control site, place control on top edge
of pit.

If using a depression as a control site, it is permissible
to place the control on the bottom.

E. Setting the Course

Whether an orienteer is doing a 'D' course or an 'Elite'
course, the aim of the course setter is the same: to set courses
which will make the orienteer think for the complete course.
With this in mind:

(i) The course setter should first find good legs, then select
suitable control sites in the area.

(ii) Use string and pins to check the position of controls
and balance of legs or place a plastic sheet over map
and mark controls with marking pens.

(iii) The course setter should mark on his map all the
possible, as well as the impossible route choices, when
setting the course.

**REMEMBER - THE W.M. SQUAD NEEDS
YOUR SUPPORT (& THAT OF YOUR
FRIENDS) AT THE FOREST RUN ON
MAY 24, 1981**

- (iv) The number of good legs is the important thing, not the number of controls.
- (v) Don't design the last control at the end of a good leg because the orienteer may be guided to the control by the noise from the finish area, streamers to the finish or some other form of assistance.
- (iv) It is most important to check the event area just before the event as changes can occur in the space of a few weeks e.g. new fences, roads.

F. Leg Design

When designing orienteering courses it is important to consider the following in regard to the design of each leg on the course.

- (i) Have legs that allow a number of route choices.
- (ii) Try to have legs going in different directions, not several using the same general bearing.
- (iii) Vary the lengths of the legs to make the orienteer use varying techniques for each control.
- (iv) Use a short leg to avoid a dog-leg or to stop an orienteer entering a forbidden or dangerous area.
- (v) Long legs with many navigational problems are excellent.
- (vi) However, do not make them too long and have a large catching feature nearby which can be used as an attack point especially if the catching feature is before the control.

- (vii) Route choices which take an orienteer along tracks should take longer than the direct route between controls (in most cases).
- (viii) Occasionally two short legs will work better than one leg in an area.
- (ix) Vary the control site features as much as possible.

G. Setting Novice Courses

- (i) All controls should be accessible from tracks. Cross country legs are to be avoided. It should not be necessary to navigate by compass.
- (ii) Do not select really difficult control sites.
- (iii) No contour orienteering.
- (iv) Have controls clearly visible if control is beside a handrail.
- (v) Controls on small features can be used if they are on a handrail or very close by.
- (vi) Have first controls close to start, then spread them out a little.
- (vii) Do not have a start at the bottom of a hill and the first control on the top.
- (viii) Set courses with small problems for the novice orienteer to solve.
- (ix) Do not make courses too long. About 1½ to 2km is ample.

H. Setting Night O-Courses

- (i) For night orienteering have an area suitable for novices, many tracks and fields.
- (ii) Keep controls close to attack points.
- (iii) Vary control sites and length of legs.
- (iv) Use fluorescent controls or fix torches inside controls so that they are clearly visible.
- (v) Don't have courses as long as for day events.

THE AUSTRALIAN ORIENTEER February/March 1980

A SELECT GLOSSARY OF ORIENTEERING TERMS

PART 3

by John Williams (SA)

MANNER CONTROL

In major events, there may be one or more manned controls. Their purpose is to ensure that controls have been taken in the correct order especially when a course has crossing legs. At a manned control, information, for example, half-way times, may be sent by radio to the finish area.

MAP

The orienteering map is a detailed, large-scale representation of the ground. A typical high standard O map may have a scale of 1:10,000, 1:15,000 or 1:20,000 and is composed of International Orienteering Federation approved symbols and colours (blue, green, brown, yellow and black). Efficient, speedy navigation depends on accurate map reading and beginners' courses ought to emphasise map-reading skills before compass work. Orienteers use maps, mostly contour base plus tracks and buildings, when doing field work, and special training maps e.g. maps with only contours, to improve recognition of terrain.

MASTER MAPS

In events other than national and State titles and Badge events, the use of master maps is prevalent. These are placed on boards, pens supplied and orienteers copy down their own particular course onto their own maps. 'Marking-up' of maps may or may not be included in orienteering time. They save the organisers the time and expense needed to overprint courses by hand or machine and reduce map wastage to a minimum. On the other hand, use of master maps can produce many errors in marking-up and in cold, wet weather some form of cover is required. Pre-marking of maps considerably aids the smooth operation of the start when dealing with large numbers in a short period of time.

MAP CORRECTIONS

As map areas change or as omissions or errors become apparent, map corrections are necessary. Where orienteers mark their own maps, time should be made available to correct maps, where the pre-marked maps are used, a corrected map should be displayed before the start. Map corrections are particularly important in the area around controls. Controls should not be placed on map corrections. **MAP WALK**

An excellent method of teaching the sport to beginners. The leader takes a group through a relatively simple area or a clear, accurate map occasionally playing the game "Where are we now?" The leader continually emphasises orientation, "thumbing" the map, scale/distance and the depiction of terrain features on the map.

MASSED START

A large number of competitors may be started together in relay events as well as in some score events. This is useful in school events when limited time is available.

MIND CONTROL

A term used by Norman Harris, "Orienteering for Fitness and Pleasure", to describe the mental discipline required by orienteers at crucial moments during an event, e.g. when map and terrain don't appear to match or when the control isn't where it "should" be. Total concentration, plus mind control, usually results in an error-free run. **MISPLACED MARKER**

A nightmare for event organisers. A grossly misplaced control can result in the cancellation of a whole event. Marginal misplacement "within the circle" usually results in a group of orienteers combing an area and a loss of confidence in the course setter, vetter and sometimes in the map itself.

MOBILITY

An orienteer may encounter many obstacles e.g. low branches, closely packed pine trees, thick undergrowth, uneven ground which demand mobility or suppleness in the spine, hips and ankles. Regular exercises can help achieve the desired degree of mobility and, in theory, reduce competition times and injuries.

MULTI-DAY EVENT

A major event taking at least two days to complete e.g. Easter 3 Day. A "chasing start" is sometimes used on the last day.

MULTI MASTER MAPS

When using a narrow/small map area, two or more master maps are used, each showing a portion of the full course. Upon reaching the last control the orienteer copies down the next or last section of the course. This prevents controls being taken out-of-order.

NAVIGATION

The skill of finding your way through unfamiliar country with a map and compass. Navigation is virtually synonymous with orienteering.

NEEDLE (Running on the)

The orienteer uses the compass to maintain a chosen direction without actually measuring the bearing on the map. You run by keeping the needle at a constant angle to your direction. (At its simplest, you go due North by following the north needle on the compass).

NIGHT O

Navigating with little terrain information adds a challenging dimension to orienteering. Accurate compass readings and distance measurement are essential at night. Equipment like a head-set light is very useful particularly in saving time when punching. (Trying to punch while using a hand torch can be frustratingly difficult!) Extra care is required for organisation and course setting. Bicycle rear lights, for example, are useful for placing beside a control. Night orienteering in the bush, unless very simple, is not for the inexperienced.

NORWEGIAN EVENT

This event uses the Norwegian master-map system (so called because it originated in Norway). The orienteer is given a map showing only the first leg and at each control there is a map showing the next leg. This is noted by the orienteer on his map. Thus an orienteer may pass controls which he may later have to find. A useful event in small areas.

NOVICE

The beginning orienteer is often known as a novice. The novice needs — but often doesn't receive — a careful introduction to the deceptively complex skills required. "No teacher would dream of introducing a 12-year-old to soccer without explaining the rules, on a pitch of indeterminate size and with an unevenly bouncing ball, yet this is how many children are introduced to ... orienteering." (Tony Rathjen.) For a novice, an orienteering event cannot be too easy.

W.M. FUNDRAISING

THE 'O' GAME

"Orienteering Service of Australia" have made available a limited number of this new and enjoyable board game, to the N.Z. W.M. Squad as a fund-raising venture. We expect to have deliveries in approximately 4 weeks. Already the list of orders is growing so anyone wishing to have one of these games is advised to order soon. Cost is \$20. Orders to Cathy Hatwell, 10 Hamlet Place, Pukekohe (or any W.M. Squad member).

CENTRAL ORIENTEERING CLUB

1981 MEMBERSHIP APPLICATION

I/we wish to join/renew 1981 (January - December) membership as:-

| | | | |
|---|---------|---|---------------|
| Family (includes children under 19 years) | \$13.00 |) | includes |
| Senior single (aged 19 and over) | \$ 8.00 |) | affiliation & |
| Junior single (aged 12 to under 19) | \$ 4.00 |) | newsletter |
| I/we wish to enter the Auckland O/Y competition * | \$ 1.00 | * | per family |

SURNAME _____ CHRISTIAN NAMES _____ YEAR OF BIRTH _____ GRADE FOR O/Y _____

OCCUPATION _____

ADDRESS _____

PHONE _____ (HOME) _____

Tick if applicable: I have a towbar
 I am willing to lend my caravan for events
 I am willing to lend my tent for major events
 I desire further information on _____

Enclosed is \$ _____ .00 _____ (signed) _____ / / _____ (date)
Send cheque to Treasurer, 24 Dingle Rd, Auckland 5.