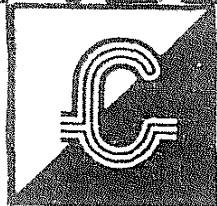


central orienteering club

APRIL NEWSLETTER 1985

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46 Hope Farm Av
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Page

2	Coming Events	
2	Bulletin Board	
3	Hands on Methods for Teaching	Contours
4	Literary Corner	
6	Computers in O	
7	NZOF News	
8	NZOF Meeting Notice	
10	Medical Memos (?)	
11	Psychological preparation	for Orienteering-Part 2
14	Natioanl Relay Champs	
15	Winstone Forest Run	
16	APOC 86	

COMING EVENTS



	<u>Club</u>	<u>Event/Location</u>
April		
14	C	Promotion Event - Auckland Domain
17	SA*	Secondary School Championships
21	HV*	Trial and Badge Event - Strouvar
28	SA	OY Event No.2 - Awititu
May		
5	NW	Promotion Event - Riverhead Forest
11	KK*	NZOF Champs - Waitare North
12	W *	NZOF Relays
19	SA	Promotion Event- Duder's Beach
26		
June		
1-3	KH*	Queens Birthday 3 day
9	C	OY Event No.3 - Mushroom Rd, Woodhill
16	NW	Long "O" Forest Event
22	SA*	AOA Night Champs, Waiarua
23	SA	Promotion Event - Waiarua
30	NW	OY Event No.4 - Mission Coast Rd, Woodhill

* indicates pre-entry event

Don't forget, next Committee Meeting - 7.30 p.m. Monday 15 April,
30 Epsom Ave Mt Eden



BULLETIN BOARD



National Relays

Tony Nicholls is organising our team for the National Relays. If you wish to be part of this, please phone Tony - Pronto. As he has to forward entry fees to the organisers by 21 April, you'd better get your money to him quick. No money, no forwarding. So either do it yourself, or leave it up to the Maestro. Tony may be contacted on 697-792 or at 12 Princes St, Mt Roskill.

Mapping Report

At the last Central Club committee meeting it was reported that Self's Farm has been OK'd for the Primary Schools Champs. Little further progress to date on forest mapping, however it appears with patching up of the old artwork to update it the Churchill Park map could be reused. As far as park maps go, Western Springs and Craigavon Park are both being redrawn.

O Car Stickers

Now available at 20cents from Jill Roberts - What a bargain !

HANDS ON

METHODS FOR TEACHING CONTOURS

BY JULIE DE PASS

Last year I was asked to help with a beginner's clinic on contours at a Dorset Training Camp in Ontario. This seemed like quite a challenge as interpreting the true be of the land from those brown lines snaking their way across the map, took me ages to understand. Every time I make a momentary mistake orienteering, I realize it could probably have been avoided, had I paid more attention to the contour lines.

All the orienteering books tell us that the ability to anticipate the different landforms, and the shape of the ground ahead from contours, is one of the hardest and most important skills of orienteering. The task in hand was therefore to try and make the relationship simple for a group of beginning orienteers, thus improving their map-reading skills.

The photographs accompanying the contour line diagrams in the text books are helpful, and cutting cross sections of potatoes was another idea. Having spent half an hour searching through a mound of potatoes at our local fruit market for appropriate shapes and sizes, I decided there must be a better way.

Kneading bread dough one morning gave me the answer—use play-dough! We needed something to really get our hands on to shape; to mould; to create; to break apart and put together again in different forms. A good beginning project is a nice simple conical hill.










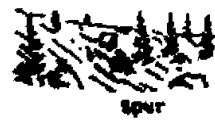


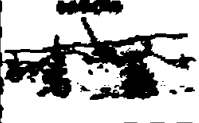


If you include a few knives in your "kit", sections can be cut across the playdough to indicate the relationship between the brown lines on the map and the landform. It is quite therapeutic too after a long strenuous morning in the woods, to pound one's playdough ball into the various shapes suggested by the instructor. Teenage groups initially may joke about returning to nursery school, but soon get themselves involved. Teams can be formed with an extra person timing how long it takes each team to make a hill, a re-entrant, a spur and a saddle, for

example. This works well with groups of Scouts and Guides running the length of the gym between projects when you make up your modelling dough, colour it with food colouring in different shades for each team. Circle the area on small pieces of maps, which you want them to make a model of. Play dough can be made at home or purchased. The following recipe works well but should be stored in the refrigerator or it becomes sticky.

Depending upon the age of the group flash cards could be used as follows:

PLAY DOUGH RECIPE

- 2 cups salt
 - 1 cup cornstarch
 - 1 1/4 cups water
 - food colouring
1. Mix all the ingredients together except food colouring.
 2. Using a wooden spoon cook over a low flame stirring constantly until the mixture thickens into a doughy mass.
 3. Remove from heat immediately. Cool until able to handle.
 4. Knead in food colouring.
 5. Store in balls in wax paper or plastic wrap in a covered jar in the refrigerator.

NAME	LOOKS LIKE	CONTOUR LOOKS LIKE	L.O.F. SYMBOL	MEMORY HOOKS
Hill				Land goes down on all sides
Knoll				Land goes down on all sides
Re-entrant				The land goes UP on 3 sides and DOWN on one
Spur				The land goes DOWN on 3 sides and UP on one
Saddle				The land goes UP on 2 sides and DOWN on 2 sides

The Aspiring Orienteer

I'd rather be a 'could be'
If I could not be an 'are'
For a 'could be' is a 'may be'
With a chance of reaching par.

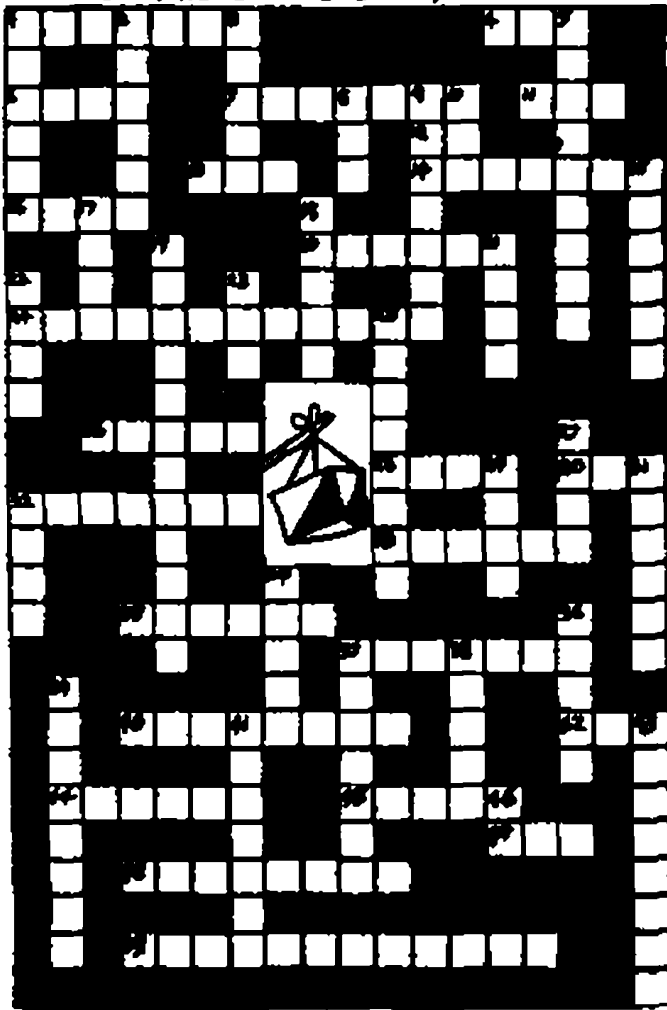
I'd rather be a 'has been'
than a 'might have bee' by far,
For a 'might have been' has
never been,
But a 'has' was once an 'are'

F. Nicholls

ORIENTEERING

CROSSWORD

By Michelle Cretny



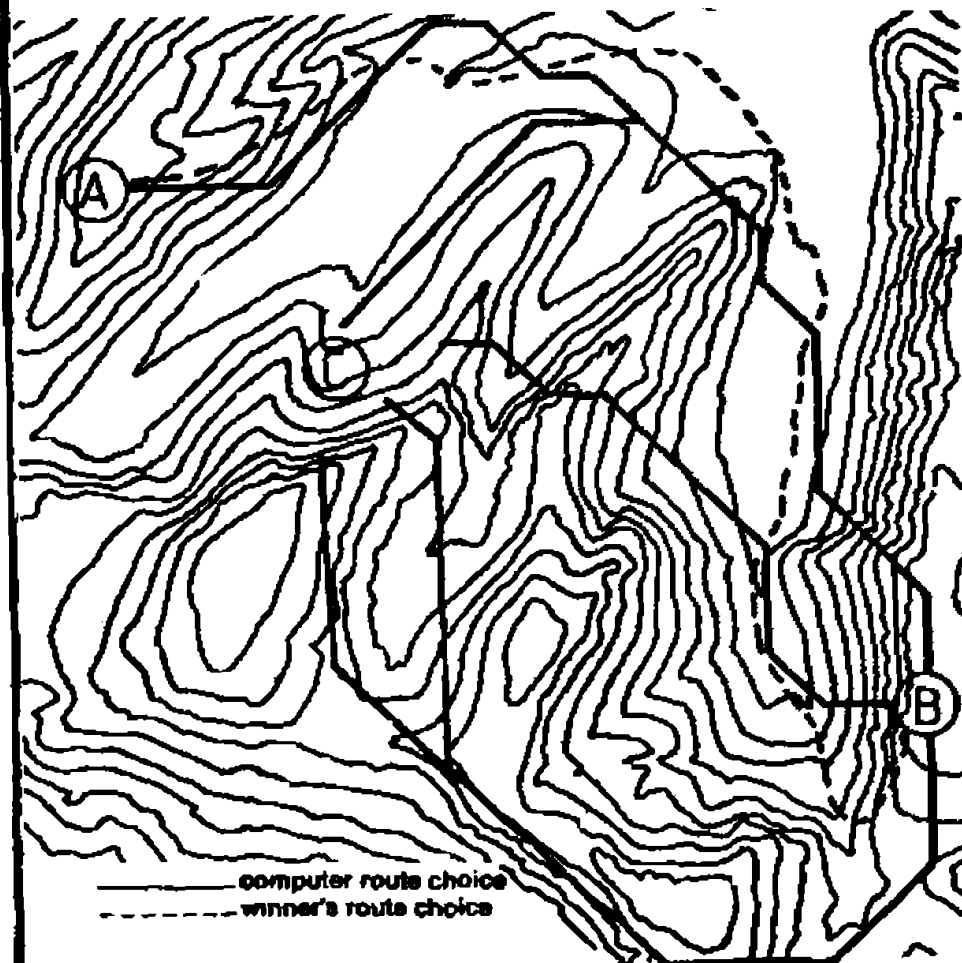
Solution next month.

Across

- 1 Joggers
 4 Rain makes orienteers.....
 6 We would all rather come first than.....
 7 Name of map Wellington Champs held on.
 11 Did not finish (abbrev)
 12 Orienteer of the year (abbrev)
 13 An orienteers most important piece of equipment.
 14 Term describing country an event is run on.
 16..... muscles could result from a bad warm-up.
 20 s..... Could be used to find lost orienteers.
 24 The most common kind of tree found in forests (5.7)
 26 Marsh
 28 Plural of this forms a forest.
 30 What the circle on a map represents.
 32 A compass is used to take one of these.
 33 Steep, rocky, difficult terrain may be described as.....
 35 The name of the 'key' on the map.
 37 If you slide, you stay level with one.....
 49 Lambing season could disrupt running on.....
 42 This animal is banned from farmland events.
 44 We wish this valley had stayed.....
 45 Large stones
 47 Most A grade runners aim to.....
 48 The start is represented by a on the map.
 49 What is this entire crossword and magazine about?

Down

- 1 Kinds of event run in teams of three.
 2 Stinging plant orienteers hate.
 3 Trade name of compass
 5 The National Park Hallmark Mountain Marathon was held in.
 8 State of mind of orienteers.
 9 Host club for North Island Champs.
 10 Mud in your.....'
 15 Beginner.
 17 Legend name for run-down building
 18 Orienteering suit (abbrev.) (1.4).
 19 You could find yourself.....if you went to controls in the wrong order.
 21 Large knoll
 22 A long thin bit of land that juts out; a ridge.
 23 Plastic protection for map.
 25 Name of map issued for North Island Champs.
 27 Opposite to alive; also condition after running a course.
 29 Sundry night tea; bacon and.....
 31 Term used to describe location of control by watching runners come out of it.
 32 Alcoholic beverage popular at events.
 34 Small hill,
 36 Term used to describe level or age group.
 37 The picture in the middle of this crossword.
 38 Road
 39 A method of negotiating 'fight'
 41 Features made by humans are.....
 43 Name of third day map of Hastings three day event.
 46 South west (abbrev).



Optimum routes in the Lake District National Park. Contour interval is 50 m (after Hayes and Norman).

COMPUTERS IN O

The International Orienteering Federation is investigating the uses of micro-computers.

Australian orienteers have been asked to provide summaries to the OFA.

Selected first responses to the IOF are summarised below:

TYPE OF PROGRAM	DETAILS
Start lists	Fuß event service available. (Switzerland)
Results lists	
Results processing	
Address labels etc.	
1-Day Event	Structuring and printing start lists. Printing control cards and various lists as required by the organisers. On-line corrections (Name, club, class, or time). IBM PC (Austria)
3 or 5-Day Events	
Ranking List	As used for the Austrian Rankings.
Pre-entries processing	All administrative procedures including competitor details, fees, start times. Based on a standard Database package. (Dbase II and DELTA) (GB)
Results processing and National Ranking List	Separate or integral programs written to the specifications of the IOF. National ranking system is based on an "ideal time" calculation and a minimum of four events out of possible fifty. 500 competitors in each class. (GB)
Method of punching	Complete computer system for the confirmation of control punching by the use of optical readers. (Still in development stage.) (Sweden)
Standardisation of printed output and formatting.	Swedish Federation Technical committee is working towards the development of a standard for all orienteering printed output — start lists, results lists, national ranking lists and administrative processes.

OPERATIONAL RESEARCH

BOB LEICESTER (WC)

Computer enthusiasts may be interested to read a couple of articles on orienteering in the September 1984 *Journal of the Operations Research Society*. In particular, one of these articles "Dynamic Programming in Orienteering Route Choice and the Siting of Controls" by M. Hayes and J. M. Norman could have some practical value in helping to solve problems in orienteering such as route choice and placement of controls.

The method described is to first set up a square grid over the map; in the example given in the paper, a 19 by 19 grid was used for each leg. Then at each point on the grid the ground height and the nature of the terrain, either rough or easy, is recorded. From this information, the computer is used to estimate the running times between adjacent grid points.

In the paper, this is based on the following rules:

- flat or uphill: 10 min. per mile + 10 min. per 1000 ft of ascent
- gentle downhill: (under 500 ft per mile): 8 min. per mile
- steep downhill: (over 500 ft per mile): 10 min. per mile + 2 min. per 1000 ft of descent
- rough ground on flat, on uphill or on gentle downhill sections: 15 min. per mile + 15 min. per 1000 ft ascent
- rough ground downhill: 10 min. per mile + 10 min. per 1000 ft of descent.

Once this has been done, the computer is used to apply a simple dynamic programming technique to evaluate the shortest route from a chosen grid point (selected as the location of a target control) to every other point on the map.

An example of this method based on the 1981 Karrimor Mountain Trial in the Lake District National Park, UK, is shown (for clarity, rough terrain markings have been omitted). Here the target control is set at point B, and the previous control is at point A. Computer generated route choices from point B to five grid positions on the map (including point A) are shown. Included is the winner's route choice for the leg from A to B.

The paper gives an interesting discussion as to why the winner diverged from the optimum route, even though many other runners followed it closely. The authors also note that at the point C, four routes to point B (all of almost equal running times) terminate. Hence it follows that the point C, rather than A, would have been a better location to place a control, as it would then offer four equal route choices for a leg from C to B.

Other points discussed in the paper by Hayes and Norman include methods of selecting locations of mountain rescue teams (which could be used for selecting manned and drink control locations for shorter courses) and strategies for selecting routes when competing.



NZOF News

29 March, 1985.

COMPENSATION FOR STOCK LOSSES

Well this matter was well debated at our recent Annual General Meeting. The general feeling seemed to be that now Club's are aware of the situation they should be in a position to take steps which should ensure that all precautions are taken to stop a recurrence of the previous trouble. It was felt that if problems do arise the Club involved should be able to deal with it themselves. The N.Z.O.F. will therefore not be levying clubs to create a fund but rather if any individual cases are referred to the N.Z.O.F. they are to be treated separately by the Management Committee and judged on their own merits. Any funds allocated are to be at the discretion of the Committee.

ASIAN PACIFIC ORIENTEERING CHAMPIONSHIPS 1986.

Attached is a brochure published by the Hongkong Orienteering Federation who will of course be hosting the Championships in January, 1986. Could Club's please bring this information to the attention of their members. I am sorry but I have only been provided with sufficient to issue one to each Club.

SILVA ORIENTEERING CHALLENGE AWARD

This award, which is made annually to the person who it is considered has contributed most towards the development of Orienteering in New Zealand, has this year been won by John Davies of Pinelands Club. John, who is well-known to most orienteers has been involved in Orienteering for the past 10 years. His contribution at both Club and National levels has been immense. He has been and still is active in the administrative side of our sport as well as being an excellent competitor. The presentation of the trophy will be made to John at the 3Day event at Mangahai at Easter.

AMPRO COMPASS AWARD

This award, which consists of a box of 24 B-1 compasses, has once again been generously donated by Ampro Sales of Wellington.



NZOF News



2.

The award goes to the Club with the largest percentage increase in membership for the year and this year has been won by Dunedin Orienteering Club. They were able to increase their membership from 52 to 158 during 1984.

O-RINGEN

This years O-Ringen will be held at Falun, Sweden in July with the International Clinic being held from 18-21st and the International 5-Day Orienteering competition from 22-26th. The O-Ringen association, which is a group of Swedish orienteers has again invited the N.Z.O.P. to have one male and one female elite orienteer attend the event. Entries did in fact close on 1 March but unfortunately the information has only just reached me. If any Clubs are aware of members who maybe interested in attending could they please contact me as soon as possible as we hope to still be able to send in our entries for the event. Please remember that it is expected that competitors must attend both the Clinic and the 5-Day event.

TECHNICAL SUB-COMMITTEE CO-ORDINATOR

Although this position was not filled at the Annual General Meeting we are pleased to advise that John Davies of Pinelands Club has agreed to carry out this role. His appointment to the position will hopefully be confirmed at the next Management Committee meeting.

APPLICATION FORM - N.Z. TEAM 1985

An application form is attached. Could secretaries please arrange to have some copies made and given to Club members who wish to be considered for selection to this year's team. The forms are to be returned to Brian Crawford by 30 April, 1985.



Colin Tait, Secretary.

New Zealand Orienteering Federation (INC)

P.O. Box 90, Hastings.

9

NOTICE IS HERBY GIVEN THAT A MEETING OF THE NEW ZEALAND ORIENTEERING FEDERATION (INC) MANAGEMENT COMMITTEE WILL BE HELD IN THE COMMUNIAL HALL, MASTERTON MOTOR CAMP, MASTERTON ON SATURDAY, 21 APRIL, 1985 COMMENCING AT 3.00 p.m.

AGENDA

1. Roll Call.
2. Apologies.
3. Minutes of Meeting held on 2 March, 1985.
4. Business from Minutes.
5. Correspondence.
6. Business from Correspondence.
7. Treasurers Report and Accounts for payment.
8. Sub-Committee Reports.
9. General Business.
10. Date and Venue for next meeting.

Safety Procedures

Orienteering is really a very low risk sport compared with many but a recent experience on the Selwyn Road
----- d ----- s t b w ----- f ----- ibil -----
juniors either as parents or as the organising club.



1. Juniors should carry a whistle and be instructed to use it ONLY in a genuine emergency.
2. Juniors should carry a compass even if they elect not to use it. Having made a serious mistake it is a vital aid for returning safely and quickly particularly if they get off the map.
3. Parents should run through any other useful safety procedures every so often.
 - setting the compass off the sun
 - basic geography of the event (eg at woodhill sea to the SW, farmland to the NE, Muriwai to the South)
 - returning to where they last knew where they were
 - when lost get out to the nearest forest road.
4. Clubs ought to :
 - publish a "safety direction" for the event (some already do)
 - put road names on all maps
 - have road maps of the neighbouring sections of the forest or farm so people can be dispatched in vehicles quickly and reliably to check for anyone lost.
 - have keys to get through any locked gates.

John Rix

MEDICAL MEMOS

BREAKFAST CAN RULE OUR MOOD FOR THE DAY

The food a person most likes eating is usually one to which they are allergic. In Taupo last year, Doctor Gary Hermansson, of Massey University, explained his statement.

"It tends to be food an individual likes or has a lot of that the body finds difficult to cope with," he said.

"The body can deal with something it does not like if it only has a small amount of it at a time. If more and more of that particular food goes into the body the alarm bells ring."

"This is when a person can become over tired for no reason or even deeply depressed" "They then eat more of their favourite food until their body eventually becomes addicted to it. They start craving that particular food and the cycle goes on."

Dr Hermansson spoke to teachers in Taupo to make aware that childrens learning disabilities, hyperactivity or other behavioural problems could be caused by something in their diet.

"A person's mood for the day can be ruled by what they eat for breakfast," he said. The cereal and milk they had could cause an allergic reaction which affects their moods and emotions.

"If teachers could identify the offending ingredient, they could help eliminate it from the child's diet and reap the benefits of improved behaviour."

Dr Hermansson, director of guidance and counselling programmes at the university says most people have reactions they are unaware of to certain basic ingredients in food.

"Reactions vary depending on the person and their level of stress but food allergies could cause anxiety, lack of concentration, hyperactivity in children and, severe depression in adults. A child at school can have a particular breakfast at the weekend and have no reaction to it at all. Then on a schoolday with added stress they could have a reaction to it."

Dr Hermansson spent a year in Britain studying various cases.

"I have actually seen people who have been under psychiatric care and heavily treated with pills, be cured after undertaking one of the dietary programmes."

"Doctors watch them until they find out how a person reacts to certain food and then they just help them restructure their diet."

Although Dr Hermansson cannot say what foods to keep away from and what foods are good for us - because everyone reacts differently to different foods - he says the less refining a food has undergone, the better-

"Nobody really knows what reaction foods grown with pesticides and insecticides being used have on the nervous system. Some sweetners and colourings have never been tested either."

He said people need to become more conscious of ingredients in food and sort out which products provoked a reaction in them.

"Things like cordial are particularly worrying. When a person puts the top of the bottle face down on the bench, within a few minutes the bench is badly stained from it. What does it do to our bodies?"

Dr Hermansson said he felt people should concentrate on varying their diet so the body can cope with anything it is allergic to, with no bad side effects. It was when it was constantly being pumped with the same food that a lot of bad reactions started such as depression. The difference between fat and skinny people again showed the different reactions bodies have to foods. They could eat exactly the same amounts and same kind of food yet one would stay skinny and the other would continue to get fat. This helped stress the point that everyone was different. Dr Hermansson said people had no excuse not to be able to find out what was good for them and what was not. There were plenty of books available about food and its different qualities.

PS I must find out what food makes me run best!

Ed.

PSYCHOLOGICAL PREPARATION FOR ORIENTEERING

Part II

FEELING RIGHT

Do you have better results if you feel really nervous or more casual at the start of a big competition? There are several aspects which combine together to produce a positive attitude towards your approach to a big competition.

- (a) motivation
- (b) confidence
- (c) aggression
- (d) positive attitude with a good 'self-image'
- (e) the right tension level - the ability to relax and not get too nervous

1. Motivation

Motivation is the driving force which controls behaviour. The aspiring orienteer must have the will to adhere to his or her chosen goal. Without motivation there is no interest in achieving success. A coach can play a significant part in helping the athlete achieve success purely by keeping her motivated and confident.

2. Confidence

The orienteer must have confidence in her own ability to succeed. She must be confident about her fitness and 'O' technical ability. By helping to construct a progressive physical training and 'O' technique programme the coach can play a large part in building up confidence.

3. Aggression

There is a great amount written about the need for aggression to be a successful sportsman or sportswoman. It comes with being 'highly competitive' determined to win and helps motivation because you automatically want to achieve your goal.

In preparing for the World Championships in Finland, a country renowned for its rough terrain, I found that thinking and 'seeing' myself run aggressively through the terrain helped when it came to competitions in Finland. Instead of being stopped by fallen trees and boulders, I felt 'angry' towards them and thought 'fight' to help myself get through it aggressively and fast.

4. Positive Attitude

Your thinking about orienteering must be as positive as possible together with a good self-image. This is the sort of picture we form of the sort of orienteer we are - it is formed from all our past experiences of the sport, the successes and failures and reactions to the responses from others.

If you picture yourself missing the first control then it's more than likely you will. Picture yourself orienteering perfectly then that will contribute to your success.

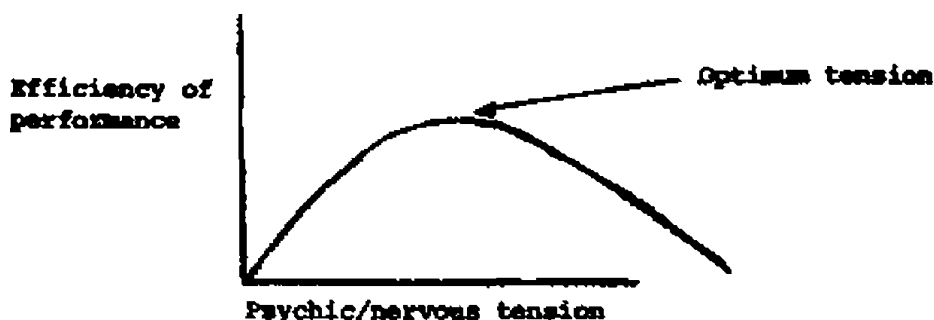
It is no good going abroad and imagining that you haven't a hope of beating the foreigners. This self-image is also tied up with setting yourself realistic goals - another job for the coach.

5. Nervous Tension

This is probably the most difficult aspect to control as it can take such a long time to analyse the right level for you and then to work on adjusting it. Some people like to get rid of their nervousness by chatting away to other people before the start whilst others prefer to be completely alone. This aspect of controlling your level of nervous tension and being alert for all that orienteering involves needs some more explanation.

We all have a basic tension level which varies with each individual. If you are a nervous excitable sort of person you will have a high basic tension; a relaxed, casual type of person will have a low basic tension level. In research the nervous tension level can be measured and various useful facts can be shown.

(a) If there is too much nervous tension then it has a negative influence on the brain activity and will therefore affect performance, especially whilst orienteering.



- (b) Each activity has its own optimum tension level which will also vary between individuals.
- (c) Orienteering has a lower optimum level than running because of its demands on brain activity.
- (d) You are past the best "O" efficiency if you have reached running efficiency.

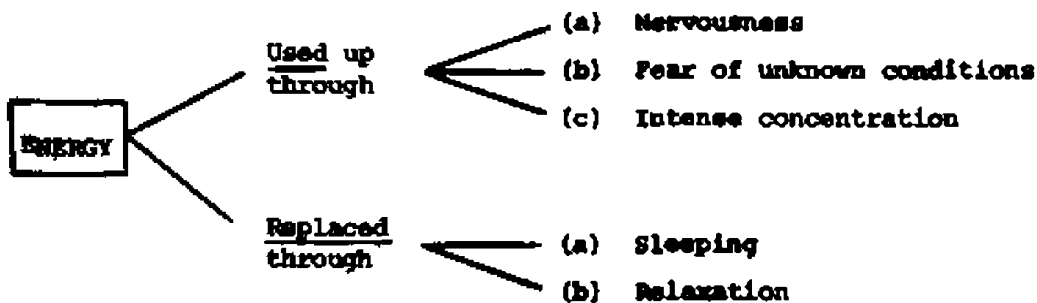
The orienteer is always trying to find the balance bet en speed and certainty. When he or she makes a mistake it is often biased on speed, e.g. 'I lost contact and couldn't relocate' 'I make mistakes near the end when I am tired' (from going too fast early on).

Competition \longrightarrow Increased tension
+ ENERGY

Competition usually produces an increased tension level and a release of energy. This is associated with the production of adrenalin which most people will be aware of in the form of 'weak knees', increased heart rate and general nervousness before the start of a competition.

Rather than avoid competition it is necessary to experience the nervousness so that you can then learn to control it and channel your nervousness into being confident and aggressive.

Confidence is wanting to win but not really worrying if you have a bad race.



Conservation of energy and mental alertness is important to the successful competitor.

1. If you are too nervous before a race you lose energy which naturally has a negative affect on fitness.

2. Similarly, being afraid of the difficulty of the terrain will cause loss of energy.

3. It is almost impossible to apply the same degree of intense concentration throughout a 60-90 minute race. The orienteer must learn to conserve mental energy by applying the right degree of concentration at the right times during the race.

Sleeping and relaxation on the days and hours before the start of a race can both contribute to replacing energy lost through nerves and help towards 'feeling right at the start'.

TO BE CONTINUED

NATIONAL CLUB RELAYS

ORIENTEERING CHAMPIONSHIPS

SUNDAY 12 MAY 1985 at PAUATAHANUI

REGISTRATION from 0900 START from 1000

PAUATAHANUI: is 30 km north of Wellington (and only about 75 km from the NZ Individual Championships on Saturday).

TERRAIN: is varied, comprising forest and farmland ranging from flat to steep. 1:15,000 6 metre contours

ORGANISED BY: Wellington Orienteering Club.

Coordinator: Ross Quayle	Course Setters: Brian Long Charlie Stobert
Cartographer: Leo Homes	Controller: Graham Fortune

FEES: \$13.50 per team. However individuals may enter (at \$4.50 each) and the organisers will attempt to match these into suitable teams. If this is not possible the individuals will still start and have their results recorded.

CLASSES:	Mens Open	Cross cheques, payable to "Wellington Orienteering Club"
	Womens Open	
	Mens 35+	
	Womens 35+	
	Junior 15-18	
	Junior 14 and under	
	Mixed A (no more than one M21A)	
	Mixed B (no M21 who has ever run A grade)	

ENTRIES: Close on 21 April 1985. Send to: Ken Glew, 12 Bloomsbury Grove, Wellington 4

LATE ENTRIES: will be accepted up to 30 April if accompanied by double fees.

TEAM NAME _____ NAME & ADDRESS _____
 CLASS _____

ORDER	NAME	GRADE	CLUB
1 (or short)*			
2 (or med)*			
3 (or long)*			

* Applies to mixed teams only. The starter will assign the final order which may differ from this sequence.

Time: 5km Fun Run 10.30 am
10km Fun Run 11.15 am

LATE ENTRY Registration Closes 20 minutes before each race

Place: WOODHILL STATE FOREST

To avoid congestion and fully utilize large parking areas, entry through the forest to the race centre will be from two directions (see map).

Take N.W. Motorway (Highway 16) to Wai-mauku — approx. 40 mins from city — and follow directions sent in race information pack.

Allow sufficient time to reach start area.

Late entries are to enter via Forest HQ.

Race Information Pack:

Will be sent to entrants before the race and will contain:

- Directions on which entry route to take
- Race details and course plan
- Official race identification

Prizes: OVER \$5000 WORTH OF PRIZES. All Spot Prizes.

All entrants completing their run will receive certificates. Major spot prizes will be drawn from place numbers on the certificates. Minor spot prizes will be won by the presentation of those race certificates bearing lucky markers. There will be a special spot prize this year worth over \$1000.

T-Shirt: An attractive T-shirt will be available at \$10. Order with entry. Sizes available — 28, 30, 32, 34, SM, M, OS, XOS

Entry: Entries Close Friday 19 April
\$5 16 and over,
\$3 under 16 on race day
LATE ENTRIES: \$7 16 and over, \$5 under 16

Further entry forms from
Mrs P. Snedden, N.Z. Orienteering Federation
Box 26 Waikuku, Ph (065) 59009
or photocopy opposite page.

**5TH WINSTONE FOREST RUN
WOODHILL FOREST, SUNDAY 5TH MAY 1985**

5 K FUN RUN, 10 K FUN RUN

Fully marked course over roads, paths, and open forest.

OFFICIAL ENTRY FORM

Send this entry form to:-
WINSTONE FOREST RUN
c/- Mr R. Wagner, 3 Silverfield Road, Takapuna, Auckland 9
by Friday, 19th April 1985
Cheques payable to 'WINSTONE FOREST RUN'

Name		Sex	Age	T-Shirt Size	Notes
Surname	First Name (not initials)	M/F	On Race Day	(If ordering)	5 K Fun Run 10 K Fun Run

Contact Address for Information Pack: _____

Phone: _____ Bus/Home _____

Entry Fee persons at \$11 each
 persons at \$13 each
T-Shirts shirts at \$10 each
Total Enclosed	\$ _____

Entry Fee: \$11 and over, \$13 under 16 on race day.



**HONG
KONG**



**4TH ASIA-PACIFIC ORIENTEERING
CHAMPIONSHIPS**



organised by the
ORIENTEERING ASSOCIATION OF HONG KONG
HONG KONG JULY 1-5 1986

INVITATION

The Orienteering Association of Hong Kong invites orienteers to come to Hong Kong for the 4th Asia Pacific Orienteering Championships, consisting of a Model Event, an Individual Championship, a Relay Championship and Warmup events. The events will be held during the period 1-5 January, 1986.

CALENDAR OF EVENTS

WEDNESDAY JANUARY 1ST	Warmup Event
THURSDAY JANUARY 2ND	Warmup Event
FRIDAY JANUARY 3RD	Model Event
SATURDAY JANUARY 4TH	Individual Championship
SUNDAY JANUARY 5TH	Relay Championship

The Japan Orienteering Committee will hold events on Jan. 12th and 15th at Nara (near Osaka) and Chiba (north-east from Tokyo). Details will be given in the next bulletin.

VENUE

The warmup events will be held within easy reach of the urban areas of Hong Kong. The Championships will be held in a large Country Park about 45 minutes bus ride to the north-west of Hong Kong.

TERRAIN

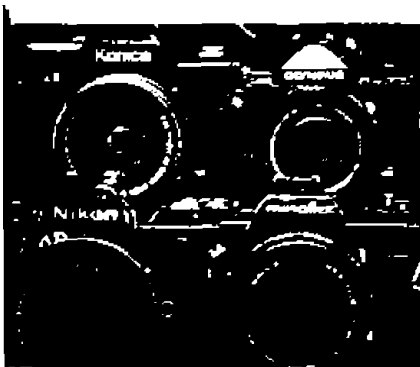
The Championship terrain covers a wide range including steep, stoney detailed hillsides, small forests, fast open grassy hills and small marshes, extensive rock features and many small re-entrants. Visibility is good. An extensive path network exists in places. The elite and longer courses will cover a full variety of terrain which will be technically and physically demanding in places.

COMPETITION CLASSES

A full range of IOF classes will be offered. If the number of competitors in some classes is too large, the class will be split into two or more parallel classes. Similarly, some classes may be combined in the event of insufficient numbers. In the event of large numbers of entrants in Elite Classes, we will refer entries to the relevant National Federations for final field selection purposes.

MAPS

Scale 1 : 15 000 with 5 metre contour interval, drawn to IOF Specifications.



The following shopping centre millions of visitors a year in Hong Kong.



'Fu Lu' or 'Precious Lotus' Monastery is one of many Chinese temples you'll want to explore in Hong Kong.



The MTR Transit Railway will whisk you across both land and sea in air-conditioned comfort.



You'll be fascinated by the range of Chinese arts and crafts in Hong Kong.

Hong Kong's skyline makes a spectacular setting for Chinese New Year fireworks.



TRAVEL AND ACCOMMODATION

We cannot make any arrangements for low cost travel. You are advised to make your own travel bookings as soon as possible.

SWIRE TRAVEL LTD of Hong Kong have been appointed the official travel advisers for inbound groups and will be coordinating all travel and accommodation requirements.

They have tentatively reserved accommodation at the following hotels at the approximate cost listed below:-

Holiday Inn Harbour View	- \$HK375.00
Empress Hotel	- \$HK322.00

Both the above rates are based on twin rooms, single or double occupancy, same price.

Both hotels are conveniently situated in the Tsimshatsui area where it is convenient for shopping, entertainment and sightseeing.

REGISTRATION

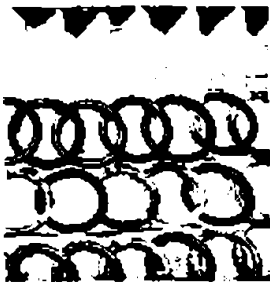
To assist us in trying to negotiate lower accommodation costs we need to know if you are coming to Hong Kong, as early as possible. We would like to have your preliminary entry, overleaf, accompanied by a non-refundable registration fee of \$HK15 before May 31st 1985. This will be deducted when you confirm entry.

SERVICES

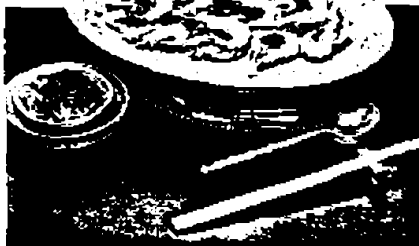
The OAHK will arrange for the services of interpreters to help you with sight-seeing and shopping. It may be possible to arrange special interest trips to factories and industrial estates for business people, but you must tell us what you want in advance.

OTHER ACTIVITIES

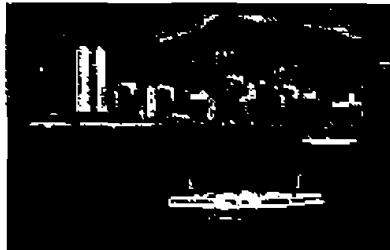
We will be arranging some social activities. The IOF have advised that they will be holding an IOF Executive Committee Meeting in Hong Kong to coincide with APOC and have offered to conduct Technical seminars. More details later.



▲ Fresh seafood on display in Hong Kong's Aisle Market.



▲ The Chinese food in Hong Kong is the finest in the world.



▲ Hong Kong's famous 'Star' ferries take you across the world's most romantic harbour.

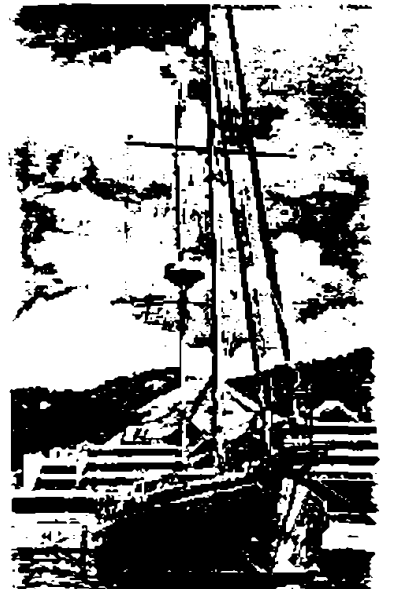


▼ Hong Kong has many great hideaways like this, just a short ride away from the city centre.



▼ The 'Jumbo' is one of the world's most famous floating restaurants, almost as much fun as the food itself.

Set Beach, on Lantau Island, offers visitors all the joys of a luxury resort and country club less than an hour away from the city centre.



REGISTRATION FORM

4TH ASIA PACIFIC ORIENTEERING CHAMPIONSHIPS - HONG KONG

Forward to: Orienteering Association of Hong Kong
c/-Police Cadet School, Fan Gardens,
Fanling, New Territories, Hong Kong

Please find enclosed the sum of \$HK15 or equivalent, being my non-refundable registration fee for APOC'86.

NAME.....

ADDRESS.....

CLUB/FEDERATION..... CLASS.....

ACCOMMODATION REQUIREMENT:- SINGLE/DOUBLE

Do you require hotel accommodation in Hong Kong?	YES/NO
Will you pre-book sightseeing trips in Hong Kong?	YES/NO
Do you want information on trips to China?	YES/NO
Do you plan to go to Japan after APOC?	YES/NO

(please make copies of form as required)

LOCAL SIGHTSEEING IN HONGKONG

Most of you will certainly wish to take the opportunity whilst visiting Hong Kong to enjoy sightseeing. Swire Travel can offer a large variety of tours ranging from half day, full day and night tours to cover a wide range of Hong Kong sights. They can also offer to arrange a trip to The Peoples Republic of China after APOC if you so wish. All tours can be booked in Hong Kong but Swire Travel can offer reduced prices if you pre-book your tours. Further details on request.

WE LOOK FORWARD TO WELCOMING YOU ON YOUR ORIENTEERING
HOLIDAY TO HONG KONG

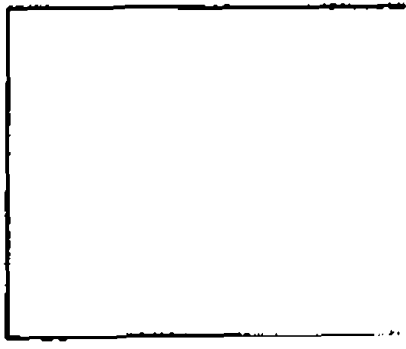
Ocean Pearl, one of the largest oceanariums in the world, is a treat the whole family will enjoy.


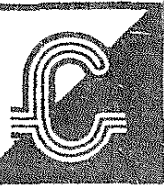
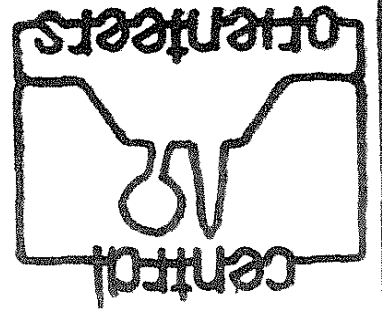


*▲ These gaily painted paper mache chickens are bought for good luck during the festival of 'Tin Hau', 'Queen of the Sea'.
▼ The Sung Dynasty Village faithfully recreates life in China a thousand years ago.*



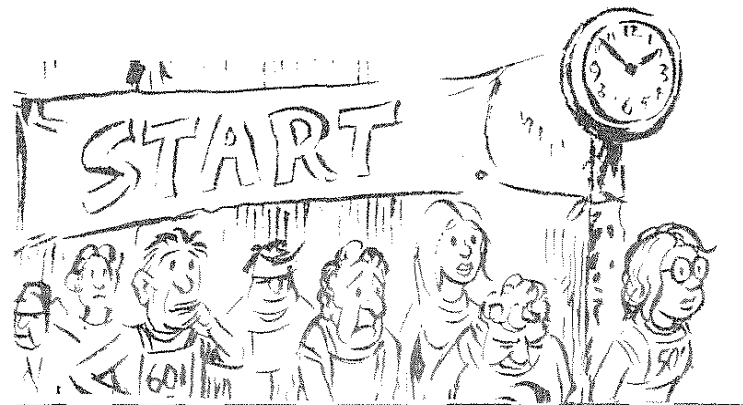
▲ Beautiful ornaments and magnificent costumes make Cantonese opera an experience not to be missed in Hong Kong.





central orienteering club

NEWSLETTER



Club Secretary
Mrs J Roberts
182 Methuen Rd
Avondale
Auckland 7.