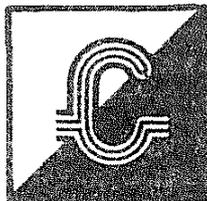


# central orienteering club

## AUGUST NEWSLETTER

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Treasurer:

Geoff Bendall

Newsletter:

Martin Newton

### COMING EVENTS

Aug	22	C	Long O. Three Kings Area - Entries Closed - See July newsletter for details
Aug	29	NW	Auckland Championships - Entries Closed
Sept	1		Central Club Meeting 7.30 p.m. - Clendons, 21 Cleland Cres, Blockhouse Bay
Sept	5		WOA O.Y. Ngaumu
Sept	12	C	AOA O.Y.8. Ye Olde Woodhille
Sept	17-27		Australia - N.Z. Challenge
Sept	19	HB	O.Y. Gwavas Forest
Oct	3	KH	Wellington Champs. Ngarara. Entries close Sept. 1st. Entry forms in July Newsletter
Oct	10	SA	A.O.A. O.Y.9. Waiuku 3
Oct	16	SA	Auckland Night Champs. Tentative date
Oct	17	C	Woodhill. Claypit Road. Forest Promotion Event
Oct	24	R	NATIONAL CHAMPS
Oct	25	H	NATIONAL RELAYS
Nov	7	C	AOA Relays
Nov	13	H	CDOA Relays. Kaahu
Nov	14	P	CDOA Champs



# NEWS

- If you hold any stocks of unused maps please return them to John Gregory. Domain maps especially seem scarce at the moment.
- WOA 3 Day over Queens Birthday:  
this item appeared in the K.H. Newsletter:  
"Presentation Patches ..... unfortunately the materials and inks used for the presentation patches were not up to standard and some have fallen apart in the wash. If you have had this problem then return the remains to Penny (Wakelin) who will arrange for replacements ..."  
(These patches were a great idea and looked superb, so if any Central competitor had this problem then it looks like there is another patch available - Editor)
- Rolf Wagner (NW Club) has been appointed Manager of the N.Z. team for the 1983 World Champs in Hungary. Congratulations Rolf!
- In the latest Australian Orienteer is a one page N.Z. News item. This is to be a regular feature in the Magazine from now on. If you have any material for this feature contact Don Rolfe, P.O. Box 35-055 Browns Bay, or Terry Brighthouse 26 Sunset Street, Taupo.
- All those of you who had planned racing to the Naseby Forest in the South Island (venue of the Asian and Pacific Orienteering Championships in Jan. 1984), for some pre-event training one weekend are out of luck!! The area has been placed out of bounds until the event.

Great going and congratulations James, Simon, Robert, Hilary, Geoff, Ken and Athol - all selected to represent N.Z. in the Australia Challenge next month:

Junior	-	James Crew's	
M.17 -20	-	Simon Clendon	
		Robert Crawford	
W 43	-	Hilary Weeks	
M 43	-	Geoff Bendall	
M 50	-	Ken Browne	
		A h L	

- There were 57 Central competitors at the recent Otakanini Topu O.Y. What a great club effort (or what 57 varieties of fools we are!)
- Geoff Pilbrow (Ph: 2985504) has some entry forms for the Victorian Champs at Ballarat on Sept. 10th. Contact Geoff urgently if you want a form or information.

# CRIBBAGE

(ALL FROM AUSTRALIAN  
ORIENTEER AUG. 82)

NEVER WILL I  
GRUMBLE ABOUT OUR  
GEAR, AFTER READING  
THIS IN AN ACCOUNT OF THE  
SCOTTISH CHAMPS (TALK ABOUT THRIFTY)

The controls were mounted on thin garden canes with numbers written crudely on sticky paper and attached to the canes. Beside this was yet another cane to which the punches were attached. This appeared a very fragile arrangement, but it worked well. Control descriptions were pictorial only.

## WORLD RANKINGS

Sweden's Skogs Sport has ranked the world's top ten men and women for 1981. Criteria included the World Championships Internationals in Hungary and Finland, the Swiss Cup, a number of 5 Days and several international events.

### MEN

1. Oyvin Thon (Norway)
2. Jorgen Martensson (Sweden)
3. Tore Sagvolden (Norway)
4. Lars Lonkvist (Sweden)
5. Morten Berglia (Norway)
6. Kari Sallinen (Finland)
7. Harald Thon (Norway)
8. Ari Anjala (Finland)
9. Martin Howald (Switzerland)
10. Egil Johansen (Norway)

### WOMEN

1. Annichen Kringstad (Sweden)
2. Brit Volden (Norway)
3. Karin Rabe (Sweden)
4. Outi Borgenstrom (Finland)
5. Ruth Humbel (Switzerland)
6. Arja Hannus (Sweden)
7. Liisa Veijalainen (Finland)
8. Ada Kucharova (Czechoslovakia)
9. Anne Berit Eid (Norway)
10. Kerstin Mansson (Sweden)

# 1985 WORLD CHAMPIONSHIP NEWS

3.

The 1985 WOC will be held during the week commencing Monday 2nd September. The Championship Individual and Relay events will be run during the week.

On Saturday 7th and Sunday 8th will be the Australian Championships, which will be conducted in an area relatively close to the World Championships. It is expected that many if not all overseas competitors will also take part in the Australian titles.

The WOC '85 organisers have made a special request to the IOF to release information as to which State will host the big event. Normally such information is not released until 12 months before the WOC but because of the large embargoed areas involved the organisers hope that the IOF will consent to the request at the Congress in Belgium this month.

Orienteers in Victoria like those in NSW and the ACT are hoping that their State will be the one to get the chance to stage the world's most important orienteering event. An opportunity which may not be repeated in their lifetime.

This enthusiasm was demonstrated at the monthly VOA meeting on June 10th, when the Victorian clubs voted unanimously to give their full support to the successful staging of the 1985 WOC, should it happen in Victoria.

The meeting also revealed that the Victorian Government, through its 150th Anniversary Celebrations Committee, is prepared to contribute \$30,000 towards the costs of staging the Championships if Victoria is selected. However, it is not unlikely for the ACT to obtain even greater contributions from the halls of power in Canberra for the staging of this prestigious event in the Capital Territory.

AN ARTICLE TO SOLVE ALL YOUR  
PROBLEMS ↓

## ORIENTEERING INJURIES

or

How to run on one leg & why not to

# FEATURE OTAKANINI TOPU

THINNING AND LOGGING MAKE IT LIKELY WE WON'T ORIENTEER IN THIS AREA AS WE KNOW IT NOW AGAIN. THIS SEEMS A GOOD REASON TO MAKE THE REPORTS ON THIS EVENT OUR FEATURE THIS MONTH. I'M SURE A PLACE COULD BE FOUND FOR THIS NAME IN 'O' TERMINOLOGY: E.G. "I OTAKANINI TOPUED TODAY" = I HAD A D.N.F. TODAY.

OTAKANINI TOPU - 25 JULY 1982

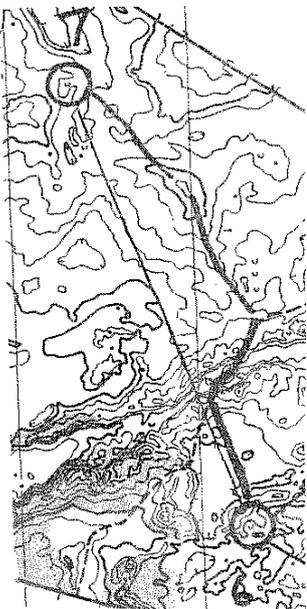
"No. 15. WW Knoll" - At last I'm there!! No more pygmy pines. No more bending double trying to snatch a glance at the map at the risk of scratching my eyes out on the low branches. No more lying on all fours looking up to try and see the flag. No more 15 minute grid searches looking for a re-entrant 1 metre deep and 2 metres across, exactly half way between two tracks. What a relief.

Out of well over 200 controls on this map I can honestly say none of them were easy and I can hardly remember a single distinctive feature in the area such is its complexity, uniformity and low visibility. (Once I even heard a control flapping before I could see it) But what a great place to focus on map-reading skills, the trouble is, if you make a 10 minutes mistake in a race it tends to upset you completely, and you are too busy to learn from your mistake(s) as you might in, for example, a training event. How many of us stumbled from one major mistake to another on course after course? If we had re-run the poor legs there and then, we might well have got to grips with the problems and remembered for next time. As it was, two months later those painful memories had faded and we set off full of confidence again on leg 1.... only to repeat the same mistakes.

So what did I learn? Particularly on short legs you can succeed on ultra accurate compass and pacing - I certainly did to start with and it saves all that constant fine orienteering, but unless you're on form, if you don't spike the controls, you're sunk. Track detours are definitely on but only if you are absolutely certain where you leave the track and have some reliable "checking features" to get you into the control, otherwise forget them. If you want a run you can look back on with satisfaction you've got to develop that sixth sense that anticipates trouble before it happens, and slow right down to read every feature right into the control, even if it means walking. Also, like Waimarama (Taupo), a detour from the direct route to check on a feature pays dividends time and again, e.g. up and over a hill may lose up to ½ minute but save 5 messing about near the control. Not the way to win world championships perhaps but it's a case of knowing your limits. I don't like this sort of decision making in orienteering as it immediately tempts me to take chances with the difficult direct route and rely on relocation, but time and again out of 18 controls one or two would let me down - on Sunday I am proud to say I took my own advice successfully. About that next training event on Otakanini Topu - how about a night "window" event on a black and photocopy?

(P.S. What other N.Z. map in 3 years of use has had virtually no map corrections?)

JOHN RIX



Leg 6-7, 25/7/82, M2IA  
Examples of Detour  
and Extra Climb to  
"Check" on a Feature  
(The Hill)

## ORIENTEERING TECHNIQUE FOR OTAKANINI TOPU

(FROM NORTH WEST NEWSLETTER)



With memories of the first day of the Easter 3 Day Event, it was with some trepidation that we arrived at Otakanini Topu. We were one of the first to arrive so sorted out our courses and went to registration. It was apparent that number 13 was going to be mine again - I'd had it for the last two events with horrendous results. "Load of rubbish this superstition," said Rosemary, "I'll have it." The first wrong decision of the day!!

Away went Andrew on his M12 course, with Rosemary soon after on course 6. Then I went, as teacher, with 9 year old Rhonda on course 7 - talk about the blind leading the blind!

Ran down the marked track to the master maps and watched while Rhonda copied the course. Black and white maps made things a bit tricky - have enough difficulty with 5-colour maps. Thought the course was a bit difficult for 12 year olds - and teachers. How do you explain to the kids you're lost?

Worried a bit about Andrew on his own - half way to number 4, heard a voice in the forest say, "Think I've got it wrong again Dad!" Finished the course as a group.

Rosemary wasn't back so I headed away on my course 4. Found this a very good course and probably had the best run of my 5 month career in orienteering. Spot of bother overshooting number 10 but really no other problems. Must remember to do some crawling training before we come here again!

Rosemary isn't back yet, will I go and look for her? Where? No, I'll have lunch and then go. Some time later, when I'm about to head out on the rescue mission, Rosemary arrives. Conversation goes something like: "Where you been?" "You b----y name it, I've been there." "Told you to take a cut lunch." --- Reply unprintable.

Oh well, you have your good days and you have your bad. Have now added a pair of scissors to the 'O' kit for the cutting up of number 13's. Heard plenty of 'good news - bad news' stores after the event, so I guess most other people also had fun.

Back home we had the usual "I didn't see that track before .....", "How did I end up there.....", "How could I be so stupid....." session. Wonder if the library have any new 'O' books yet?

BRODIE BUNCH

# FROM THE FOREST

CLAYPIT ROAD O.Y.I. RE-RUN

6.

Fine weather and, on the whole, good open running did credit to Tony Nicholls' technically well set courses. Shortish though Course One may have been it was still a challenge - even the best probably made some mistakes on it. Few people seemed to relish the two controls in the gum trees. However, provided that they were approached from the right direction little difficulty should have been experienced. The cattle had made a good job of "tracking" the undergrowth.

Few also would have relished the uphill run to the finish. Rather a long run-in perhaps but it might highlight to a few people that fitness should not be an under-rated requirement of the sport. I do detect a little bit of a sadistic streak in Tony though as he had a few very steep climbs in the early part of some of the courses.

I heard a few complaints about control placements. It was suggested by a couple of people that the second control on Course Three was in the wrong re-entrant. I had a further look at this later in the day and believe it was wrongly sited. It was an understandable error in that the re-entrant in question was not shown on the map and was some 10 metres to the north west of the correct one. On the three occasions which I visited it, I hit it each time and most with whom I discussed it found little difficulty locating it. The particular area had limited visibility through the old dried up scrub and might have been better avoided for the setting of controls.

Generally Tony chose a wide variety of control placements which made a good technical exercise for most courses. There is a large number of corrections now necessary on this map which makes things difficult for a course setter. It is now difficult to avoid using such areas. The most important corrections were made but perhaps the gum tree area could have been marked as mid green.

The "start" was well sited to be out of the view of waiting competitors. I think a few people would have been panting a bit by the time they reached it though! Most course legs required good navigational skills and it was not often possible to use tracks and roads as handrails. Many of the controls had a good deal of detail around them and fine map reading skills would have had to be used. At the same time most had nearby distinguishing features that could be used to pin point the controls. Perhaps some of the control descriptions could have been more precise, e.g. Copse - South side instead of just "Copse" -Re-entrant, narrow instead of just "Re-entrant".

It was rather fortunate that it did not rain on the day as it might well have done. Lack of cover at the start could have caused problems in map marking.

Overall a good day, good courses and few D.N.F.'s. Congratulations Tony and thanks for all of your work.

ATHOL LONSDALE

## FROM THE FOREST

7.

Once again it was a fine sunny day at the Claypit Road area for a re-run of the earlier Central Club O.Y.

The competition between myself and John Fettes has been hotting up for the M43 grade and I was starting 4 minutes behind him. Soon it was 11-34 and I was on my way on Course 3. After marking up my map I ran on a rough bearing to hit a big clearing and then it was only 20 metres to No. 1. I ran a straight line to No. 2., saw the knoll to the right of the re-entrant and dropped down to my left to No. 2. After leaving No. 2. I saw John still looking, along with several other people. The map is a bit vague in that area. The run to No. 3. was straightforward. Across the road round the head of a large valley and contour round to the control. Then straight up the bank, almost vertical, to No. 4.

No. 5. was very close to a similar control on the previous cancelled course and so was no problem at all. From 5 I climbed back onto the road, ran down the road for a short distance, contoured round the hill and onto a sand track which I followed to the end. At this point I was running about 20 metres from John Fettes.

A short scramble up a bank and down the other side and there was No. 6. the saddle, in amongst the scrub. Back out to the end of the track and then I followed tracks through a felled area and a patch of young trees marked green. By this time John and I had parted ways. No. 7. was obviously going to be tricky so I decided to play safe and headed through clear open forest to a big square clearing. From here I took a bearing through head high scrub and overshot arriving at another clearing about 25 metres past the control. Then it was only a few seconds back to the re-entrant. Overall I probably lost about 3 minutes.

From here it was open running to No. 8., straight there on a bearing. Out to the track and left at the next junction down the hill to No. 9. Up the bank and a straight run to No. 10. and up the track to the finish, about 200 metres behind John.

A very pleasant run through mainly clear open forest, but made easy because of having been in the same area only a few weeks before. Isn't it a shame we have such a shortage of areas like Woodhill Forest?

However the organisation was on the ball this time and everything ran smoothly.

RAY KITCHENER

# N.Z.O.F. NEWS

8

## 1982 COURSE SETTING COMPETITION

Dear Orienteer,

Are you a current member of the N.Z. Orienteering Federation? If so, it is my pleasure to invite you to participate in the 1982 Course Setting competition.

What's in it for you? Well, this is an enjoyable and most interesting way to improve some of your own O-skills by carefully studying all the details that are on a map, and planning in the comfort of your lazyboy chair, a dream course incorporating all the interesting "legs" or route choices available.

There are also some prizes to be won:- The winner of the senior competition will receive the Silver Trophy for a year. This brass, liquid filled boat compass, mounted on polished Jannah, was donated by Tisdall Distributors Ltd.

The winner of the junior competition will receive a Silva type 4S compass or goods to the value of \$20.00, donated by the Orienteering Gear Shop, Putaruru.

There are two grades:- (a) the senior competition open to all 1982 NZOF members and (b) the junior competition restricted to 1982 NZOF members 18 years and under.

The map is Cashmore Hills a forest-farm area belonging to New Zealand Forest Products.

The entry fees cover a set of rules and 2 maps and are as follows:-

Senior competition (open to all)	\$3 per entry
Junior competition (18 and under)	\$2 per entry
Family maximum	\$3 per entry
Additional maps are 50 cents each	

ENTRIES CLOSE on 31st AUGUST, 1982.

The courses will be judged by very experienced New Zealand and Australian orienteers.

The winners will be announced at the New Zealand Championships at Labour weekend.

Post application form with your cheque payable to "Pinelands Club"  
C/- J. Davies,  
12 Riverview Street,  
PUTARURU.

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### 1982 NZOF COURSE SETTING COMPETITION

Name	Club	Year of Birth	Sen. or Jun. competition	Entry fee \$
No of additional maps _____ x 50c				
Address: _____			Total:	