

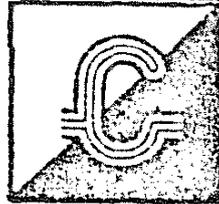
central orienteering club

AUGUST NEWSLETTER 1985

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COMING EVENTS



| <u>Date</u> | <u>Club</u> | <u>Event/Location</u> |
|-------------|-------------|---|
| August 17 | C | Training Day at Woodhill Forest (using controls from previous weekend) NB Gate open at 10 a.m. <u>only</u> , not afterwards. |
| 18 | SA | Score Event; Waiuku Forest South |
| 18 | P | CDOA OY 7; Tokoroa, on Te Whetu Map Entry via Puriri Rd, midway between Tokoroa and Putaruru 11 a.m. - 1 p.m. |
| 24 | - | Waitakere Wilderness Adventure Run (see details in July mag) |
| Sept 1 | NW | Promotion Event, on Shakespeare Reserve, Whangaparoa |
| 15 | SA | Promotion Event, at Omana Reserve, Beachlands |
| 22 | NW | Promotion & Score Event at Moire Park, Massey |
| 29 | C | Promotion Event at Auckland Domain |
| Oct 6 | NW | Promotion Event, Long Bay |

^{committee}
Next meeting at Jill Roberts 182 Methuen Road Avondale at 7.30pm 17 September.

ORIENTEERING TIP # 3. THE COMPETITION MAP

by Swampsox

It is of the utmost importance that the competitor very rapidly discovers how to approach the map. During the first minutes of the competition the map and the terrain should be compared and it should become clear how precisely the map pictures the terrain. The legibility of the map must be examined, peculiarities must be recognised (new symbols, the grades of thicket, heather). At this moment the map surveyor and draughtsman are taken under the microscope; how has he drawn it, how was this judged. From this it is evident that it is much easier for the competitor to adapt himself to a map if he is already familiar with maps made by the same surveyor and draughtsman, so that he already knows the individual style of the mapmaker. It is of great help in this adaption process if the competitor has experience of his own in surveying and drawing maps. Volunteer to help in the clubs mapping programme.

Orienteering Hints.

1. Accept the competition map.
2. Adapt immediately: recognise the map's strong and weak points and its peculiarities.
3. To be willing to get the most out of the map. The one who runs 'badly' with a 'bad' map is a 'bad' competitor, because he is not able to adapt himself to the 'bad' map.

FEATURE

THE IMPORTANCE OF SELF-CONFIDENCE

".....Many champion athletes find it hard to define self confidence. They think that it is a feeling which you get about yourself and your ability to cope with the different situations you encounter. Many of them have expressed the view that it is a feeling of being in control or at least thinking that you are in control of what you are doing. It is being in control of the situations outside and inside your body, particularly your self-talk, your concentration, your emotions, your skills and your performance.

The moment you lose this feeling of control, your confidence falls and its place is then taken by self doubt and indecision. This often occurs when you make unexpected mistakes or have unexpected failures, because you then realise that you are not in control of what you are doing." Greg Norman, International Golfer

".....In those people who have a reasonable history of success, a slump is usually due to poor mental functioning rather than any great technical difficulties.

In order to get out of a slump, you must clear up your mind, start thinking rationally, set yourself reasonable goals and targets and go back to basics. You must sort out what is important from what is not, and also what you should and shouldn't do. You must be patient because your recovery will usually take some time. Many people are in a hurry when they are in a slump. They try to get back to the top in one giant step. This occasionally works, but it is the exception rather than the rule. You must be patient. If you adopt this approach your concentration will usually improve....." Ian Chappell

".....My ability gave me confidence. I knew that there weren't many situations I couldn't handle. I knew what I had done and what I could do. Once you are aware of your ability and you know how to apply your skills to cope with the situation, you won't have too many problems with confidence. So, to maintain your confidence, you must know yourself, and your capabilities.....

Whenever you are in a good situation, you must always guard against complacency and overconfidence--- it is dangerous.

Your thought patterns change when you are in a slump. You doubt yourself, you worry about things which might happen to you, you make your job harder than it really is and you tend to put yourself down. You become anxious and confused. You don't cope very well with the situations you face because you approach them badly and don't use your commonsense to apply your skills.

You must look to the mind in particular, your thinking and concentration...." Sir Garfield Sobers.

....."Confidence and competence go hand in hand. If you don't think that you have the competence to do your job, you won't be too confident."....Peter Thomson

Praise, love, encouragement, respect and the admiration of people around you can be strong motivating forces. Fear of losing can occasionally be a motivating force. However, the most powerful and lasting motives seem to come from within. Some of these are pride, satisfaction, enjoyment, happiness and a sense of accomplishment.

Many good players claim that their greatest motivation comes from the challenge, the difficulty of the situation, and the pressure they encounter.

....."When I was young, I thought that performance was 30 percent mental and 70 percent physical. However, I now know that this is not so. I would now say that it is 70 percent mental and 30 percent physical.

When you become tired and give in, it is the mind that goes first. Your body often has a lot of reserve. If you can control your mind under these circumstances you will keep yourself going and accomplish things you didn't believe you could.

When you are playing badly, you always tend to examine your technique and physical skills very closely. However, you seldom find the answers to your problems in this area. They are found in the mind, not in the body. The mind controls the body and tells it what to do." Dennis Lillee

O-ESSAY

An input of culture to this month's newsletter taken from the
IOF Report 1981:2-

ON A HIGHER NOTE

My sweet marker,

I don't know exactly why I am so attracted to you: maybe your dress, red-orange coloured - and also, you know, it is really very tempting to come and court you in the undergrowth.

To enter your heart, I take the bearing of the crossroads from where I am to reach to top of the hill where you wait, lonely - sometimes my compass gets jealous and tries to mislead me but I feel the thrill and I start off again towards you.

Now, I see you, gorgeous, white and majestic like a lily, red and lit up like the fire burning inside me - then, I gallop like one frenzied: I want to be the first one to touch you.

Sometimes, I find you slumped on a heap of dead leaves, probably victim of the revenge of an opponent who must have lost precious minutes because of you - it is true you carry a lot of responsibility: on you hinge defeat or success. And if unfortunately you are not in your place, there is every chance that you will be cursed. And I hear you sighing: "What a life...."

As for me, my sweet marker, I am unfaithful to you and I think that you are the same.

You look like night glory who has deserted a Swedish Forest for new woods. No matter: I love you just as I forgive you.

And throughout the week, I can't help thinking of you and the day when we'll meet again.

See you soon - sweet kisses
An orienteer - who might be French.

Jean Marie Foubert

THE FAMILY 'THOUGHT' SPORT

"The Family That Orienteers Together, Gets Lost Together"

Murphy's Lore of Orienteering

As a family we have been orienteering for the past four years. When we started, our daughter was seven and our son was four. We are not elite orienteers. In fact, I often walk rather than run. However, there have been *educational* benefits for our children from participating regularly in a sport which has an intellectual as well as a physical challenge.

The intellectual challenge lies in working out the best route choice. At first we started on the novice course of about two kilometres set around bush tracks. Then we worked up slowly. Now our eight year old son can do a novice on his own, carrying a compass, map and emergency whistle. Our eleven year old can run a D course faster than I can amble around.

What have they learnt?

1. Discrimination Skills - Slowly, even a four year old was able to 'read' the map features, even though he couldn't read the instructions on the clue sheet. He knew that blue meant water, black was something man-made, and brown was something natural.

Being able to orient the map and work out north was an achievement. A birthday present compass helped with distinguishing north, south, east and west.

2. Judgement of distance and times - With practice, the children could estimate how far was a kilometre. Map scales were no longer a mystery. As they became more observant, the bush was no longer frightening. If they got lost they knew they could strike out in the direction of the main road and walk the long way home.

3. Using a compass - The concept of 360° making a circle helped with maths.

4. Acting as equals - We participate as equals, even though we do different courses. "How did you get on?" queries, farewelling each other at the start, or "Waiting for Mum to get in" at the finish, makes it a companionable sport. "Did you have trouble with number 54?" could be said by an adult or a child.

5. Historical details - Many events are held in old goldmining areas. Apart from being aware of the danger of unmarked shafts, the children have learnt about goldrushes, ghost towns and the existence of Chinese miners from the brief notes accompanying the information sheets provided by the host local clubs. At Chiltern, when the 1982 Easter 3 Days was in the area, the children visited the home of the author, Henry Handel Richardson. "He was the writer with the big cellar" is how Richardson is remembered.

6. Math Skills - Each club is responsible for running a certain number of events. As club members the children are also required to help at the registration desk, run results to the compiler and help erect or dismantle tents. "I'm glad I got the money right" was the comment after helping on the registration desk, taking entrance fees and recording starting times.

7. Ethics - It's cheating to follow another runner. Anyway, they might be doing a different course! You can ask for help if you're lost. "A grown up asked me where we were" my son smiled, proudly.

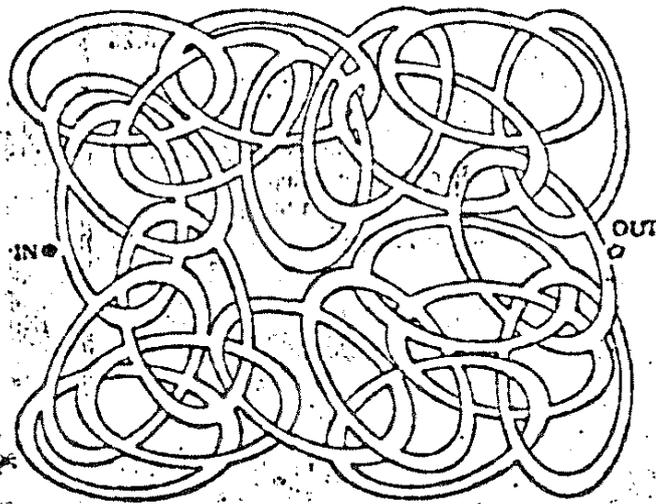
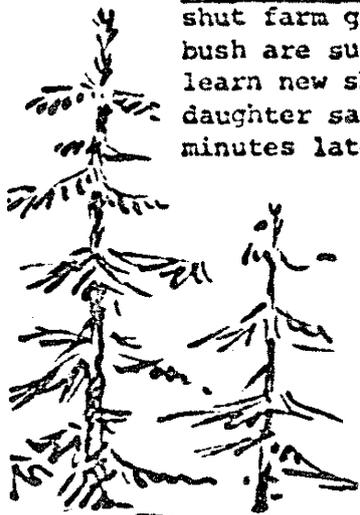
8. Resourcefulness - Having to work out things by yourself, encourages resourcefulness. It's a bit like a maths problem. You know the answer is there somewhere. You've just got to keep trying to find the control.

9. First Aid - After seeing St. John's people on duty at an Australian Championship, my daughter became interested in first aid. She's now conscious of the effects of dehydration while running on a hot day, possible snake bites (although we've not seen any, yet) and sunstroke.

10. Transfer of Skills - There's more interest in maths and spatial relationships. Less whingeing about taking the consequences of mistakes. When the gumboots were left home on a very muddy day, the gumboot owner was responsible and had to clean his sneakers later. He accepted that he was responsible for his own equipment.

Reading skills have improved. Quick recognition of symbols helps. There's some transfer from 'reading' the 'language' of a map's symbols, to being prepared to tackle a foreign language of unknown words.

11. Bushlore - How to put up a tent, help dig a 'yucky orienteering toilet' shut farm gates behind them and be quiet when kangaroos hop through the bush are survival skills of a different kind to HSC. Of course, parents learn new skills also. How to admit you're wrong on a team event, when daughter says it's the right track and you claim it's the left. Thirty-two minutes later, you've proved she's correct!



BACK TALK

AOA night champs.

I would like to reply to Eddie Reddish's letter in the July newsletter and also raise some further points for discussion.

I can only agree, night orienteering is fun, but obviously many people don't see it this way. I believe this year's champs were in danger of being cancelled due to lack of entries, but some braver S.A. members entered to boost the numbers. What a sad state of affairs when it comes to this!

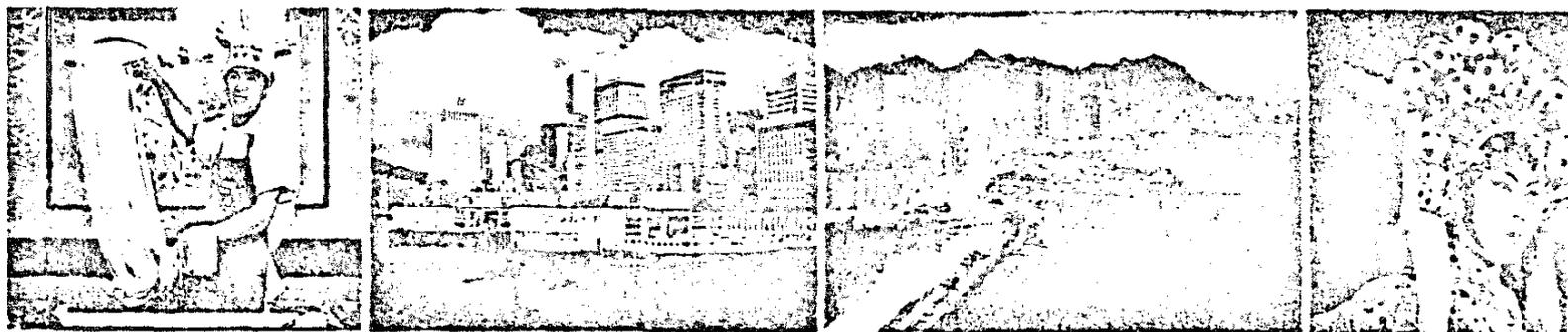
It appears a drastic rethink is necessary if this event is to remain on the calendar, and it is Central's event in 1986, so let's change the format. Let's face it, fun though it may be, who really wants to go out to the forest on a cold, wet night in the middle of winter? - the whiskey afterwards may be a slight incentive!

My suggestion is we run the event in summer - daylight saving, as much light as possible - when it's warm and people can see something. This may seem sissy to the enthusiast, but it may also entice some more people to have a go. Why not run a small fun event in the afternoon, have a bar-b-que tea, and start at say 6.30pm? If this is run soon after the Taupo event, or soon before it, it's also a chance to have 2 night events close together. If you get really keen, we could run a training event as well.

We have the chance for a new image to this event next year, so what are your ideas? As Leon said in the July newsletter we need all our members input - here's a chance to make your mark!

PHIL BRODIE.





4TH ASIA PACIFIC ORIENTEERING CHAMPIONSHIPS HONG KONG 1ST — 5TH JANUARY 1986

INVITATION

The Orienteering Association of Hong Kong invites orienteers to Hong Kong for the 4th Asia Pacific Orienteering Championships, consisting of Warmup Events, Model Event, Individual Championship and a Relay Championship. A full range of supporting activities are planned, including social functions, IOF Coaching Clinic, APOC Committee Meeting and a day visit to the People's Republic of China for a demonstration event.

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 |
| TUE | JANUARY 7TH | Demonstration Event (PRC) |

The Japan Orienteering Committee will also hold events in Japan, after APOC'86, as follows:

| | | |
|-----------|--------------|------------------------------|
| SATURDAY | JANUARY 11TH | Training Event |
| SUNDAY | JANUARY 12TH | IOF B Category Event — Nara |
| TUESDAY | JANUARY 14TH | Model Event |
| WEDNESDAY | JANUARY 15TH | IOF B Category Event — Chiba |

Details of these Events can be obtained from your National Federation. You will receive a warm welcome in Japan as they celebrate "Adult Day" on January 15th and all the young ladies wear national costume.

COMPETITION DETAILS

Individual Event

A full range of IOF Classes for Men and Women will be offered. Age will be at 31st December 1985. Details are on the entry form. Classes will only be offered if more than five valid entries are received by 31st August 1985. Competitors entered in a cancelled class will be placed in an alternative class, to be indicated on the entry form. Limited classes will be offered at the warmup events. **Elite Classes will be restricted to visiting elite orienteers and Hong Kong orienteers selected by the OAHK.** Official placings in the Championships are restricted to Asia-Pacific Region Orienteers. Suitable awards will be made to placegetters from other areas, such as Europe.

Relay Event

Classes offered will be related to the entries received by 30th September, 1985. A mixed age class will be offered for both men and women, offering short, medium and long course legs. The Open Male Class may include Women in a team, however the Open Womens Class is restricted to women only. Entrants competing in a pre-arranged team should nominate the other team members on their entry form and, if possible, make a joint entry. If no team is nominated, every effort will be made to include individuals in teams of their nominated class.

Demonstration Event

The event, hosted by the Shenzhen Orienteering Club and assisted by the Hong Kong Orienteering Club, will be held in the People's Republic of China, about 20 kilometres from the Hong Kong border. No assurance can be given that the event will be held as it is still subject to final approval. It is hoped that many visitors to Hong Kong will join us in this opportunity to demonstrate orienteering in China. A separate entry form, complete with all relevant details and costs will be sent, as soon as possible, to all entrants registered for APOC'86 by 31st September 1985.



Terrain and Equipment

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 and large re-entrants. Visibility is 100% over large parts of the area. An extensive path network exists in places. The Elite and A Courses will cover a full variety of terrain which will be technically and physically demanding in places. Climb may exceed 4%, particularly on the long courses. Winning times will be close to IOF recommendations. Full arm and leg cover is recommended, as the vegetation is thick in places. The ground is hard and stoney, spikes are not recommended. Compasses, which should be 'NME' zone, can be purchased in Hong Kong.

Maps and Control Descriptions, Vetting

Scale 1:10 000 with 5 metre contour interval, drawn to IOF Specifications, with IOF Control Descriptions. The Event Controller is Gunnar Mosevoll of Norway, assisted by Per Sandberg and Soren Jonsson of Sweden.

Event Programme, T-Shirts

The event programme, listing start times and relevant details, will be available at registration in Hong Kong. A briefing sheet will be sent to all overseas entrants registered by 15th November 1985. Commemorative T-Shirts, featuring the APOC Event Logo, and made from cotton and polyester fabric with a crew-neck, will be available as a PRE-ORDER item to be collected at registration. Indicate required size on the entry form. Payment of HK\$30 for each T-Shirt must be included with your entry fees.

Entry Fees, Closing Date, Late Entries

Entry fees vary according to the date received and whether you pre-registered before 31st of May. The entry fee for juniors (born after 31.12.68 — under 19 years) is 50% of the relevant senior fee. Closing date for entries is 30th September 1985. Full details are given on the entry form. Fees include transportation to events and a woven cloth souvenir badge. Entries must be on the correct form (or a copy) and will not be valid unless accompanied by the correct fees. Late entries will be accepted until 30th November on payment of the normal fee and a late fee of \$25. (Warmup events — \$15). Entries may be received after 30th November, at the discretion of the Event Organiser, and only after payment of the normal fee, and a penalty late fee of \$50.

Method of Payment, Cancellations

All payments shall be by cheque or bankdraft in HONG KONG DOLLARS to the 'ORIENTEERING ASSOCIATION OF HONG KONG', and must accompany the entry form. Overseas entries should be sent by airmail. Refunds will be paid on written cancellations received before 31st September 1985, less a handling charge of \$25 — inclusive of bank charges. Refunds will not be paid on cancellations received after the above date.

Address for Entries and Further Details

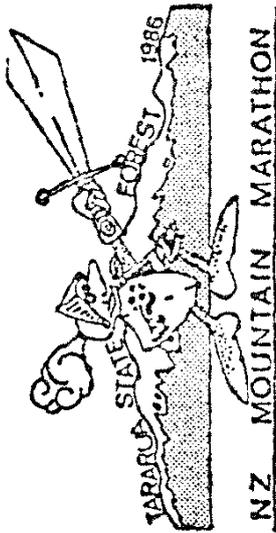
All correspondence relating to the Championships or events in Japan should be sent to either:—

HONG KONG

ORIENTEERING ASSOCIATION OF HONG KONG
C/-POLICE CADET SCHOOL, FAN GARDENS
FANLING, NEW TERRITORIES, HONG KONG

JAPAN

JAPAN ORIENTEERING COMMITTEE
C/-KENKO TAIRYOKUZUKURI JIGYOZAI DAN
TORANOMON 34 MORI BLDG. 1-25-5
TORANOMON MINATO-KU, TOKYO, 105, JAPAN



WAIKARARUA BUILDING SOCIETY

22/23 FEBRUARY 1986

TARARUA STATE FOREST PARK IS.M. OF MASTERTON

This 2 day Mountain Marathon is a mountain orienteering/tramping event on a massive scale presenting the "ultimate challenge to orienteers, mountaineers, bush walkers and marathon runners".

Competitors, in pairs, make their way around a course in mountainous terrain visiting a number of control points on the way. The 2 longest courses will require competitors to carry full gear, including tent and food, and teach a wet catagite to stay overnight. On the 2 shortest courses you return to the starting point on both days. The two days' times are halved and the fastest win.

| Courses available | Approximate distance | Approximate total climb | Estimated winners time |
|-------------------|----------------------|-------------------------|------------------------|
| Course 1 | 26.5 km | 3700 m | 6 hours per day |
| Course 2 | 22.5 km | 2200 m | 5 hours per day |
| Course 3 | 21.5 km | 1800 m | 4 hours per day |
| Course 4 | 12.0 km | 1000 m | 3 1/2 hours per day |

Prizes

Prizes will be presented to course winners and certificates will be sent to all finishers.

Map

The map is specially drawn for the event on waterproof paper in 5 colours at a scale of 1:40,000 with 20m contours.

T-shirt

An attractive t-shirt (featuring the above logo) will be available at \$12 each but must be ordered on the entry form by 29 November. Available in the following sizes: 10 (30"), 12 (32"), 14 (34"), 16 (36"), 18 (38"), 20 (40"), 22 (42"), 24 (44").

Event Centre and Accommodation

The Event Centre for the weekend will be at Mt Holdsworth (20 km from Masterton).

Accommodation available at:
MT HOLDSWORTH CAMPING AREA - No power, limited facilities (block area reserved - no booking required)
MAHLEY PARK MOTOR CAMP - cabins, tent & van sites (oxford Street, Masterton - Phone 86-454)
MOWARD BOOTH CARAVAN PARK - tent & van sites (Belvedere Road, Carterton - phone Carterton Borough Council - 7621)
SOLWAY PARK MOTOR INN - hotel/motel (PO Box 453, Masterton - phone 85-139)
GOLDEN SHEARS MOTOR INN - hotel/motel (PO Box 216, Masterton - phone 80-029)

Equipment & Clothing - Compulsory minimum

1. ALL COURSES (per person)

- Full body clothing (recommended wool or special synthetic equivalent)
- Paras
- Gloves or mittens
- Head covering (e.g. woollen hat)
- Traco clothes (e.g. t-shirt, shorts)
- Torch
- Whistle
- Compass
- Adequate food for the duration of the event
- Emergency rations
- Basic first aid
- Red spirit based pen
- Pencil & note paper (safety)

2. ADDITIONAL FOR THOSE ON COURSES 1 AND 2

- Tent or fly (must be free standing)
- Sleeping bag
- Optional: Billy, stove and fuel

Race Entry Details

Cost: \$20 per pair. This includes cost of 2 maps per pair.

Send completed entry form to: **Waiararua Orienteering Club**
 C/- Margaret McLauchlan
 26 Ranfurly Street
 Masterton.

For further details phone (059) 85-310.

Entries close 29 November 1985. Late entries accepted up to 7 February 1986 at double entry fee. Final information will be posted to competitors early February.

We are restricted to the first 100 entries received so enter early!

COME ORIENTEERING

Come orienteering
You'll Find it great fun
All you do is read a map
And run

There's this fella at work
He said to me
Come and give it a go
Run M21C

But the wife was concerned
About getting all sweaty and smelly
But I showed her the ad
For Palmolive Gold on the tele

So at One Tree Hill
We gave it a burst
We thought it was great
Did okay at first

We soon got the bug
And just couldn't wait
Up at dawn every Sunday
Didn't want to be late

The new year came
I was older and grey
Then this same fella said
Run M35A

You'll be ok
With a few training runs
It won't be long
You'll be up with the guns

But it's lonely I find
At the back of the bunch
But I've got it all sussed
Now I take a cut lunch

The wife's done okay
In fact she's got it made
She won the NZ Champs
Was the first in her grade

So we're off to Naseby
To chase APOC gold
It's the mini world champs
Well that's what I'm told

So I'll keep up the training
I'll run every day
For I intend to beat
Those guys in M35A

by Another Anonymous M35A

ENTRY FORMS

ENTRY FORM - N.Z. MOUNTAIN MARATHON - 22/23 FEBRUARY 1986

| | First Name | Surname | Sex | Age on 22.2.86 | T-shirt size |
|-----|------------|---------|-----|----------------|--------------|
| (1) | | | | | |
| (2) | | | | | |

Details of tramping, running or orienteering experience:

- (1)
- (2)

Address for correspondence:

Phone: Course Entered:

Enclosed: Entry fee at \$20 per pair \$20.00
Payment for T shirts @ \$12 -----

TOTAL ENCLOSED \$

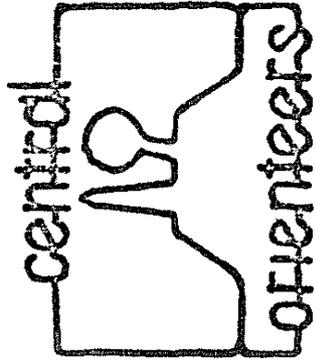
Make cheques payable to "Wairarapa Orienteering Club"

We agree to take part at our own risk

NEWSLETTER

Club Outstanding Central Engineers

NEWSLETTER



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

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Permit No. 16
Balmoral.