

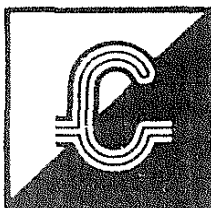
central orienteering club

JANUARY NEWSLETTER

1989

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Hillsborough,
AUCKLAND 4.



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COMING EVENTS

(S.S. - Indicates Summer Series events held between 5 - 7p.m.
Other 10a.m. - noon).

<u>DATE</u>	<u>CLUB</u>	<u>FIXTURE</u>	
January 10th	C	Domain	- S.S.
17th	C	One Tree Hill	- S.S.
24th	C	Western Springs	- S.S.
28th	T	All Night Relays - Katoa Po	
31st	C	Churchill Park	- S.S.
February 1st	C	Club Committee Meeting 13 Buckley Rd, 7.30p.m.	
5th	NW	Promotion Event	
4 - 5th	Wai	Wairarapa 2 Day Badge Event	
7th	C	Mangere Mountain	- S.S.
12th	NW	A.O.A.	- O.Y.1
14th	C	Domain	- S.S.
19th	SA	Manukau City	
21st	C	St. Kentigans College	- S.S.
26th	NW	Rangitoto College	
28th	C	One Tree Hill	- S.S.
March 4th	C	Woodhill - Promotion Event	
11th	SA	Waiuku North	- O.Y.2
18th	SA	Waiuku North - Training Event	
18th	SA	Churchill Park	
25th	NW	Promotion Event	
April 1st	C	Totara Park	
8th	C	Woodhill (?)	- O.Y.3
15th	C	Training Event	
18th	NW	Secondary Schools Champs	
20 - 23rd	SA	Easter 4 Day Event	
29th	NW	Promotion Event	

Remember also, Y.M.C.A. 10km training runs at Domain, 5.30p.m.
January 26th, February 9th and 23rd. \$1.00 entry on night.

JAPANESE ASCENT OF ONE TREE HILL

Central's first 1984 event was a small low key affair held at One Tree Hill, hosting a group of Japanese orienteers en route to Naseby. However, they weren't deaf, dumb, mute or blind - and no-one plucked them off the slopes!

What a dream for a park event organiser - to have nearly 30 competition controls (not pieces of cardboard on bamboo) out for three hours in a popular park, with not one of them moved the slightest millimetre, let alone go missing.

So with that, plus a guaranteed number of competitors and brilliant weather the scene was well set. Japan's top orienteer, Shim Murukushi took 21.6 minutes on the longer course with other times ranging out to 54 minutes for the 3.5km. On the shorter course of 1.7km times varied for the Japanese upwards from 39 minutes, possibly reflecting a different attitude for this group. Some took cameras with them, apparently intrigued by the woolly wildlife about.

However, the Ashmore family, being willing helpers on the day, proved the value of local knowledge by thrashing the times for the short course down to 29 minutes. So much for the course lengths!

All in all it was a successful day, even if I was caught by surprise with the ceremonious thanks proffered as I stood perspiring freely after control collection.

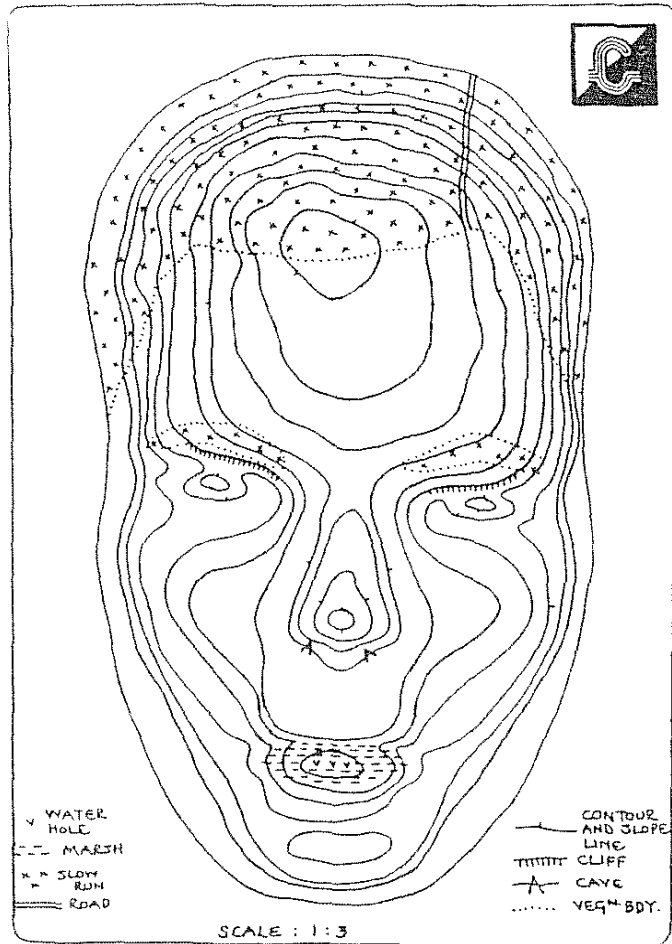
R BAKER

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MAPPING REPORT

With a shortage of new forest venues in the Auckland area, Central is pleased to publish part of its new 'Te Ahua' map. On the face of it the area may seem a bit small and is sure to raise a few eyebrows. To map a small farm-forest area for future major events could appear to be an about-face considering recent controversy over farm areas for major events. However, the terrain in this area stands head and shoulders above terrain elsewhere in the region and could prove to be a real eye-opener for future mappers. Courses here will provide a headache for orienteers who turn up their nose at areas with such distinctive features.

TE AHUA:



RATE YOURSELF AN AN ORIENTEER

WHICH GRADE ARE YOU?

	CHAMPION	SILVER	DUFFO
Agility	Leaps fallen trees in a single bound.	Runs around fallen trees.	Runs into fallen trees.
Training	Runs every day. 100 miles a week. Peaks for the Easter 3 Days and N.Z. Champs.	Runs weekly. 10 miles a week. Peaks retrospectively.	Ran once, but pulled a muscle. Prefers to think in km. Has read a book.
Navigation	Glances at map and compass occasionally.	Constantly refers to map and compass for reassurance.	Looks down to see if he still has a map and compass.
Memory	On the one hand, memorises large areas of map at a single glance.	On the other hand, remembers scale of map.	Forgets which hand his map is in.
Technique	Takes less than 5 secs. at each control.	Once took less than 5 secs. at a control but forgot to punch his control card.	Often spends 5 secs. finding his control card.
Fitness	Does not change gear for steep slopes.	Heights make him nervous.	Trips over contour lines.

(SOURCE: Aust. Orienteer October - November 1981)

After careful self-analysis your newsletter editor is not prepared to reveal which group he finds himself in Enough to say that it's too far towards the right

N.Z.O.F.BADGE AWARD SCHEME

To encourage and reward good individual performances in orienteering the N.Z.O.F. runs a 'Badge Award Scheme. Selected major events each year (like international events, the national championships, 3-Day events and area championship events) are nominated as 'Badge Events'. Such badge events are listed in the coming events lists published in the newsletter each month. Entry for such events is usually pre-entry (requires an entry form to be sent away) and are listed as such in the events lists.

Successful completion of 3 Badge Events (not necessarily all completed in the same year) allows you to send away for a very well designed and attractive enamelled metal badge. There are 4 badges available which reflect the quality of your badge event performances (gold, silver, bronze and iron). Central Club Statistician Robert Crawford will be able to tell you of the type of badge award for which you are eligible if you are uncertain. IT IS UP TO YOU THOUGH TO SEND OFF FOR THE BADGE.

Competitors must qualify at the required level in three badge events before applying for the appropriate badge. Once an event has been used to claim qualification towards a specific grade it cannot be used to claim towards any other grade, except (a) Badge credits gained by Juniors in their first year in a new age grade may be used to complete an award in the previous grade, and (b) Badge credits may be used again when the higher award is completed. Credits obtained if a competitor runs up a grade may be accepted as counting to a badge in the lower grade.

Example: 1980 Credits in M13-14 Events B, S, S - Bronze badge can be claimed

1981 Credit in M15-16 Event S

1981 Credit in M17-18 Event S - Silver badge can be claimed in M15-16.

Badge credits are only obtainable by competitors running individually. There must be three or more entrants competing in the particular grade before a credit at Gold, Silver or Bronze can be obtained. However, if fewer than three people finish in a particular grade, a badge credit can still be obtained by comparing their times with the next grade up, providing they ran the same course.

Qualifying times for the four levels are:-

Gold Badge: A Grade - Winner's time plus 12.5%

Silver Badge: A Grade - Winner's time plus 25%

B Grade - Winner's time plus 12.5%

Bronze Badge: A Grade - Winner's time plus 37.5%

B Grade - Winner's time plus 25%

Iron Badge: Three completed events.

N.Z.O.F.

BADGE AWARD SCHEME - Contd

Applications for badges should be sent to the National Statistician, Mr J. Denyer, 83 Cowhill Road, Massey, Auckland 8, with a list of the events at which the qualifications were gained, together with the badge fee of \$2.50.

SNIPPETS



FOUND - MATCHING ORIENTEERS

Visiting Hong Kong orienteers, Julie Wong and Leung (Tom) Kwong-Yuen, en route to the APOC events at Naseby chose Auckland to be married in. Neither having relatives in Auckland, their wedding breakfast arrangements were made by Mike Haydon, the Hong Kong Team Manager originally from Auckland.

SUCCESSSES FOR CENTRAL AT A.P.O.C.

James Brewis managed an outstanding result in taking the M17A first place, defeating fine Danish and Australian competitors. Vicki Lowry took the W21B title, and Penny Clendon took second place in the W13A results. Well done Central!

TRI-O

With the increasing world wide popularity of triathalons - which some of our members have already ventured into - the concept has progressed into orienteering. In Ballarat, Australia, an event was organised by the Eureka O Club involving Canoe O in Lake Wendouree (canoes provided), Bicycle O (B.Y.O.) with a normal O Course finishing in Nerrina Forest.

I.O.F. SYMBOLS

International competitors in recent events have made it necessary to use I.O.F. symbols for control descriptions. This seems to have highlighted how unfamiliar many Auckland orienteers are with the symbols and has resulted in situations similar to a newcomer to the sport, who recently completed a Course 2 in a park event using Course 1 control descriptions. It's food for thought, in our thought sport.

ORIENTEER OF THE YEAR COMPETITION

This competition is a series of nine major events in the Auckland area. You may complete in any or all of these events without paying the entry fee in the competition as a whole. BUT - to have your results count in the competition, you must enter.

'O.Y.' events are clearly marked in the 'Coming Events'.

The best five results (out of nine possible) count. You can only enter one grade; if you do not run that grade you cannot get points in it.

POINTS: 10 PLACE points (max.) - 1st gets 10, 2nd gets 9, etc.

 10 TIME points (max.) - 1st gets 10, then you lose 1 point for every 2½% you are behind, the winner's time. e.g. winner 100 mins - 20 points; 2nd 103½ mins - 9 place points and 9 time points = 18 points. The time points are calculated to 0.1 accuracy.

- * Open to all NZOF members (All Central Club members are NZOF members).
- * Registration fee for the series of nine events.
Individual (Junior or Senior) \$1.00.
Family (Parents + children attending school) \$2.00.
PLUS three stamped addressed envelopes if you require progress results posted.
- * Send registration fee to AOA Treasurer, Selwyn Palmer, 5 Aramutu Road, Hillsborough, Auckland 4, unless you have already forwarded it with your membership fee.

Fees must reach Treasurer the day before the first event for which registration is to commence.

- * Grades: M12, M13-14, M15-16, M17-18, M19-20, M21A, B, M35A, B, M43, M50, M56, W12, W13-14, W15-16, W17-18, W19-20, W21A, B, W35A, B, W43, W50. (Ages as at 31st December 1982).

Trophies in 21A grades only. Certificates to first in each competition grade.

- * The following information is required for registration:

Fee (as above), Date of birth, Grade in which competing, address, your Club, stamped addressed envelope (3), if applicable.

BACK TALK



This page is empty this month.

It is reserved for your letters, views and other stimulating or provocative items.

As a starter, who would like to comment on the "endless season" we have managed in New Zealand orienteering for what I believe is the first time. Usually orienteering doesn't exist during mid-summer - good or bad?

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Wairarapa 2 day



WAIARAPA 2-DAY ORIENTEERING BADGE EVENT

WAIARAPA CHAMPIONSHIPS

WAITANGI WEEKEND

4TH & 5TH FEBRUARY 1984

MAP DETAILS:

WHAREAM - Saturday, 4th February

1:15000, 10m contours (NZFS). New 5 colour map. Varies from mature forest to young pines with some farmland. Moderately steep. Situated 40km from Masterton, 10km from Riversdale Beach on Riversdale Road.

TE WHARAU - Sunday, 5th February

1:15000, 10m contours (NZFS). New 5 colour map. Mainly farm-forest of young pines with areas of mature pines, native beech forest and farmland. Moderately steep. Situated 40km from Masterton, 30km from Riversdale at Te Wharau township.

ENTRY FEES - Closing Date - 13th January, 1984

\$8.00 Senior

\$6.00 Junior (under 19 on 31st December 1984)

\$20.00 max:mum Family

(\$4.00 senior and \$3.00 Junior for one day only)

Entries close Friday, 13 January, 1984.

Late entries accepted at double entry fee.

WAIARAPA CHAMPIONSHIPS

Wairarapa Championships and badge credits will be calculated over the two days.

CLASSES (ages as at 31st December 1984)

M12, M13-14, M15-16, M17-18, M19-20, M21-34A,B,C,
M35-42A,B, M43-49A,B, M50-55, M56+

W12, W13-14, W15-16, W17-18, W19-20, W21-34A,B,C,
W35-42A,B, W43-49, W50+

WAYFARERS & NOVICES

There will be courses for wayfarers and novices on both days with entry and payment on the day.

START TIMES

From 11.00 a.m. on both days.

CATERING

Food and drinks will be on sale both days.

AFTER RACE FUNCTIONS

Swim and barbecue at Riversdale Beach on Saturday night.

Dinner, social and presentation of certificates in Masterton on Sunday night. Venue will be advised nearer the date and will be suitable for families. To assist in catering arrangements please indicate on the entry form if you wish to attend.

SOUVENIRS

Attractive souvenir caps are available for \$5.00 but must be pre-ordered.

Available on the day will be stickers and orienteering "Sport for Life" posters.

ENQUIRIES

Phone Margaret McLauchlan 88-694 (home), 85-139 (work) - Masterton.

A GUIDE TO THE WAIRARAPA COAST

There are splendid beaches on the Wairarapa east coast ranging from safe and sandy to wild and rugged. Riversdale is a beach which claims to have better weather than other parts of the coast and is the only beach in the Wellington region which faces east with its back to the prevailing wind. Thousands of mature pines surround the beach and fresh water lagoon. The Whareama River 22km away is popular for water-skiing and floundering, with its small bays, picnic spots and walks.

Most points on the rugged coast are not linked directly by road so visitors must travel inland between beaches. The drive takes them through impressive farm and forestry areas, past almost forgotten villages, picturesque churches and even the occasional pub.

ACCOMMODATION

Hotel/Motel: Solway Park Motor Inn, P.O. Box 453
Masterton - Phone 85-129

Golden Shears Motor Inn, P.O. Box 2
Masterton - Phone 80-029

Motels are available from \$10.50 per person. Motels comfortably sleep four so get together a party and comfortably relax after the ever

For further information and bookings ring Margaret McLauchlan 85-139 (work), 88-694 (home) - Masterton.

Caravan & tent sites:

Mawley Park, Oxford Street,
Masterton (also cabins).

Riversdale Motor Camp, Riversdale
Beach Post Office, Masterton.

APRIL 20-23, 1984 EASTER 4 DAY3. BADGE EVENT

HOST CLUB: SOUTH AUCKLAND ORIENTEERING CLUB

PROGRAM: With your 3 best days out of 4 to count

DAY1 - FRIDAY, 20th APRIL, AWHITU

1:15000, 5M contours. Used once at the Nationals in May 83

DAY2 - SATURDAY, 21st APRIL, TAURANGARURU

1:15000, 5M contours. Used once at the A.O.A. Champs in October 83

SATURDAY NIGHT, DANCE 7-30 to 11-30

Waiuku Social Hall (Free entry)

DAY3 - SUNDAY, 22nd APRIL, MARAMARUA 83

1:10000, 6M contours. Used once at the Queen's birthday 3 day
in June 83

SUNDAY NIGHT, BBQ, SWIM & FILM EVENING

Miranda Hot Springs

DAY4 - MONDAY, 23rd APRIL, WAHARAU

1:10000, 5M contours. New 5 colour map. Mainly farmland
with areas of native bush

MONDAY AFTERNOON, PRIZEGIVING

As soon as results have been worked out

GRADES & COURSE: (ages as at 31 December 1984)

COURSE	WINNERS TIME	APPROX DISTANCES	GRADE
1	60min.	6.6 TO 8.5	M21A
2	50min.	4.8 TO 5.5	M19-20, M35A
3	50min.	4.4 TO 4.6	W21A, M43A, M21B
4	45min.	3.5 TO 4	W19-20, W35A, M17-18
5	40min.	3.1 TO 3.8	W17-18, M15-16, M35B, M50
6	40min.	2.1 TO 3.1	W21B, M21C, M43B
7	35min.	2.1 TO 3.1	W15-16, W43A, M13-14, M56
8	30min.	2 TO 2.2	W15-18B, W21C, W35B, W43B, M15-18B
9	25min.	1.9 TO 2.1	W-12, W13-14, W50, M-12
10	20min.	1.8 TO 2	W&M-14B

ENTRY FEES: (closing date 25 March 1984)

Seniors \$15

Juniors \$8

Family maximum \$38

(Late entries accepted at double entry fee)

SOUVENIR TEE SHIRTS & CAPS

Tee shirts must be pre ordered at \$9 Seniors, sizes SM, M, OS, XOS
\$8 Juniors, sizes 8, 10, 12, 14

Caps \$4-50 (Minimum order of 50 required or money refunded)

- SCORING SYSTEM:** As only your three best days are to count a scoring system will be used where points will be awarded depending on how far you are behind the winner. The winner will receive 0 points and the other competitors in that grade will receive points using the formula $(\text{Your time} / \text{Winners time} - 1) \times 1000$. At the end of the 4 days your 3 lowest scores will be added together to get your final score, with the lowest total in your grade being the winner.
- BADGE CREDITS:** As a points system will be operating for this event, badge credits will be worked out in the following way.
- A Grades**
 0-375 points behind the winner will receive a Gold credit
 376-750 " " " " " " " Silver "
 751-1125 " " " " " " " Bronze "
 1126 + " " " " " " " Iron "
- B Grades**
 0-375 points behind the winner will receive a Silver credit
 376-750 " " " " " " " Bronze "
 751 + " " " " " " " Iron "
- C Grades**
 All C grade finishes will receive an Iron credit
- GRADE CHOICE:** To avoid unnecessary work, Please choose your grade very carefully. Changing your grade after the closing date will be classed as a late entry
- JUNIOR B GRADES:** The standard of some Orienteers in junior grades is high therefore we have introduced B grades which will have technically easy courses. Unless there is notable support for junior B grades, age groups will be combined as follows
 W&M-14B (ie. for both boys & girls 14yrs & under
 W15-18B
 M15-18B



CENTRAL ORIENTEERING CLUB



1984 MEMBERSHIP

TYPE OF MEMBERSHIP (Tick appropriate boxes)

- New Member Renewal
- Senior (19 years and over)\$18.00
- Junior (under 19 years)\$ 8.00
- Family\$30.00

The above fees include :

- (a) N.Z.O.F. Levy -
 - Senior\$ 5.00
 - Junior\$ 3.50
 - Family\$13.50
- (b) Expected A.O.A. Levy -
 - Senior\$ 1.00
 - Junior Nil
 - Family\$ 2.00

SURNAME	FIRST NAME	BIRTH YEAR	OY GRADE*
PROFESSION			
PHONE (Home)			
ADDRESS			

*OY GRADES

OY Grade required only for those who intend to enter the 1984 OY Competition (Orienteer of the Year). The competition involves 9 events of which the best 5 times count towards the award.

Grades are : (Age as at 31/12/84).

M12, M13-14, M15-16, M17-18, M19-20, M21A, M21B, M35A, M35B, M43A, M43B, M50, M55, M60.

W12, W13-14, W15-16, W17-18, W19-20, W21A, W21B, W35A, W35B, W43, W50.

21A and 21B grades are open ie to 35, 43 etc. The aim is to choose a grade and run it at each OY event. If you subsequently change, you will forfeit points gained and will need to inform the OY Statistician. Fee for entering OY Competition (\$1.00) per family. (Forward this with your membership fee).

Send remittance to :

Treasurer,
Central Orienteering Club,
20 Rosella Rd,
MANGERE EAST.

(Cheques payable to "Central Orienteering Club")

MEMBERSHIP ENQUIRIES : Mike Ashmore Ph: 566-850.

POINTS TO PONDER

There's got to be a better way
to start the day than by
getting up in the morning.

