

# central orienteering club

## JULY NEWSLETTER

### President:

John Gregory  
13 Buckley Road,  
Royal Oak,  
Auckland. 3.  
Tel: 656-508



### Secretary:

Wallace Bottomley,  
24 Dingle Road,  
St. Heliers,  
Auckland. 5.  
Tel: 556-383

### Treasurer:

Geoff Bendall

### Newsletter:

Martin Newton

## COMING EVENTS

July 25th	NW	AOA O.Y. 6. Woodhill. Otakanini Topu. Enter via Rimmers Road
Aug 1st	SA	Omana
Aug 8th	NW	AOA O.Y. 7 Woodhill. 16 Mile Enter via Rimmers Road
Aug 15th	C T HB	Totara Park (no dogs allowed) CDOA O.Y. Taupo. Wharua Raretu
Aug 22nd	C	Long O. Three Kings. Details on P.5 ALSO TRAINING CAMP N°3, SEE P.2.
Aug 29th	NW	Auckland Championships. Badge Event. Pre-entry only. Closes July 31st. Forms in June Newsletter
Sept 1st		Central Club Meeting. 7.30 pm CLendon's, 21, CLELAND CREE. BLACKHOUSE BAY.
Sept 12th	C	AOA O.Y. 8 Ye Olde Woodhille
Oct 3rd	KH	Wellington Champs. Badge Event. Entry form P.4
Oct 10th	SA	AOA O.Y. 9. Waiuku 3.
Oct 17th	C	Woodhill. Claypit Road. Forest. Promotion Event
Oct 24th	R	NATIONAL CHAMPS
Oct 25th	H	NATIONAL RELAYS
Nov 7th	C	AOA Relays



# NEWS

- In this month's newsletter as well as the usual event reports, we have an anonymous report on the recent Junior Training Weekend. Anonymity has been necessary for fear of reprisals being taken against the author at future Training Camps ... for a small fee I could reveal the name ...
- John Rix has written a thought-provoking article on the need for Elite Courses. I hope others will offer their views for next month's newsletter.
- There are Entry Forms for the lang Q next month and Wellington Area Champs and Badge Event in early October. A reminder that the A.O.A. Champs (Aug 29th) need to be pre-entered by July 31st (the entry form was in the June Newsletter).
- The Sunday training runs in One Tree Hill will be continuing. The runs begin from the Archery in One Tree Hill at 8.00 am and take place each Sunday UNLESS there is an O.Y. event or Central Club orienteering event in the Auckland area.
- Don't forget to look for our club flag at major events. The flag is the area to take your picnic, your map, thoughts about the event and meet other club members. I've found this to be especially good at events organised by other clubs.

Some recent problems at events have meant a couple of rules being introduced that need to be observed from now on:

Dogs: No dogs will be allowed in future at any South Auckland Club event, nor at certain other events which will be advised in the newsletter. It seems good sense to leave dogs at home at any farm event. This ban on dogs will apply to Central's event in Totara Park (Aug 15th)

PARKING: Please park as directed at events and in Woodhill Parking MUST BE ON ONE SIDE OF A ROAD ONLY.

**TOM CLENDON CONTRIBUTED THESE NEXT TWO GEMS:**

- On the Monday following the first OY I met the course vetter on an aircraft at Christchurch bound for Dunedin. His comment when asked where he was heading was, quote "As far from Woodhill as possible".
- Has anyone else observed that the chances of our entries to the Australian champs being processed correctly, or even received, are very slim? They are to be sent to Bruce Risk, 428 Blunder Road.....

**TRAINING CAMP THREE: FOR JUNIORS AND N.Z. TEAM MEMBERS. TO BE HELD IN TAUPŌ AREA SAT/SUN AUG. 21/22. CONTACT ROSS BRIGHOUSE FOR MORE INFORMATION: WKU 59518**

# THE AUSTRALIAN ORIENTEER

Published 6 times per year. (Feb. Apl. Jun. Aug. Oct. Dec.)

- \* Maps, winners' routes, reports of top events
- \* Photographs
- \* Profiles of top Australian and overseas orienteers
- \* Training and technique
- \* News, views and comment.

Starting in the August issue, the NZOF will have a regular section in "The Australian Orienteer", with up-to-date news and photos of our activities.

This magazine is professionally produced six times a year - February, April, June, August, October, December - and is a minimum of 24 pages with many photographs.

The 32 page June 1982 issue included:-

Australian Easter 3 days - Report, photo's, map with winners' routes.

Injuries - common types, the best shoes to minimise risk.

Report and pictures of S.E. Asia tour.

How to map.

Profiles of two well-known orienteers.

World Ski-O Champs - report and pictures.

International News - U.S.A., U.S.S.R., Sth. Africa.

Training and technique hints.

The NZOF holds a stock of back issues. You can obtain one Free of Charge by sending a self-addressed, stamped (30¢) envelope at least 28cm x 22cm to

The Australian Orienteer  
C/- P.O. Box 358  
Papakura.

A year's subscription (6 issues) to The Australian Orienteer costs \$A18 airmail or \$A13.50 seairmail. Remittances, in Australian currency payable to The Australian Orienteer, should be sent to P.O. Box 16, Abbotsford, Vic. 3067, Australia.

As a special offer, new subscribers will be sent a collectors' piece map of the 1981 World Championships in Switzerland, size 48cm x 36cm. This is printed in 5 colours plus an overprint of the winners' routes. There is no extra charge for this map, but stocks are limited.



**FOR SALE : O SUIT :**

BATTLE WORN BUT  
PROUD, JUNGLE GREEN  
AND CAMOFLAGE BLACK.  
WOULD SUIT CHAMPION  
W OR M 12. \$6  
PHONE: BREWIS 556 989

1982 WELLINGTON CHAMPIONSHIPS

NZOF BADGE EVENT

**HOST CLUB:** Kapiti H.A.V.O.C.  
**COURSE SETTERS:** John Boccock/Barrie Lord  
**CONTROLLER:** Cathy Patwell  
**VENUE:** Waikanae  
**MAP:** Ngara - new coloured map  
 Scale 1:10,000 Contour interval 2.5m  
 Undulating farmland, mainly sand-dunes, with some patches of pine.  
**DATE:** 3rd October 1982  
**GRADES:** (Ages as at 31 December 1982)  
 W12 & under; W13-14; W15-16; W17-18; W19-20;  
 W21 A; B; C; W35 A; B; W43; W50.  
 M12 & under; M13-14; M15-16; M17-18; M19-20;  
 M21 A; B; C; M35 A; B; M43 A; B; M50; M56.  
 W21 and M21 are open grades - 'C' grades must have completed for less than 12 months.  
**ENTRY FEES:** Senior \$3.50  
 Junior \$2.50  
 Family maximum \$10.00

**WARM-UP EVENT:** A warm-up event will be in the Paraparaumu district on Saturday 2nd October. Details in the programme. Start times 1-3p.m. Entry fee \$1 payable on the day.

**ACCOMMODATION CENTRE:** The Paraparaumu Motor Camp, 136 Manly Street, Paraparaumu beach, has cabins, tourist flats, caravan sites etc. Easy direct to the motor camp - Phone : 36230 PM. A 5% discount is offered to all orienteers.

**SOCIAL ACTIVITIES:** Orienteers will meet at the Paraparaumu Hotel, S.H.I., on Saturday afternoon/evening. Meals available.

**ENTRIES CLOSE:** 1st SEPTEMBER 1982 - Please be early with your entries as a number of the organisers will be travelling to Australia mid-September for the Australian Champ and late entries may not be processed.

**ENTRY FORM** 1982 WELLINGTON CHAMPIONSHIPS  
NZOF BADGE EVENT

<u>Surname:</u>	<u>First Name:</u>	<u>Year of Birth:</u>	<u>Grade:</u>	<u>Club:</u>	<u>Entry Fee:</u>

Address: ..... Total :  
 ..... Ph. No. .....

**ENTRIES TO :** P. Wakelin, 145 Wellington Road, Paekakariki.  
Must arrive by 1st September 1982

- \* Kapiti Havoc have applied for a 3-day event at Easter 198
- \* Hawkes Bay o.c. have applied for a badge event in 1983 and a 3-day at Queen's Birthday 1984.
- \* South Auckland o.c. approved for the 1983 Nationals (in May).
- \* Dunedin o.c.'s offer to host the 1984 Pacific Orienteering Championship was confirmed and the full support of the NZOF given to Dunedin for this event.
- \* The N.Z. team manager for this years Australian Challenge will be Penny Wakelin (Kapiti Havoc).
- \* The NZOF Treasurer received \$1300 from this years Winstone Run to help finance juniors selected for this years Australian Challenge.(to be run in Australia)
- \* Geoff Bendall and John Rix are drawing up a plan for a mountain marathon to be held in the Tongariro National Park in 1983. Anyone interested in helping please get in touch with Geoff or John.
- \* Tisdalls have donated \$700 worth of compasses and \$500 towards map printing to the NZOF.

**LONG O: INFORMATION AND ENTRY FORM: AUGUST 22ND**

**VENUE AND AREA:** Three Kings Primary School. An interesting area of streets and reserves, including some steep parts.

**PARKING:** In Three Kings Road or St. Andrews Road

**ENTRY FEE AND COURSE LENGTHS:**

Course 1:	14 km	\$3.00
Course 2:	7.5 km	\$3.00
Course 3:	3.8 km	\$1.50

All the entry fees include use of Indoor Tepid Baths

**ENTRIES:** To: Tony Nicholls, 12 Princes Avenue, Mt Roskill  
Auckland 4.

Closing Date for Entries: : August 15th

**ENTRY FORM: LONG O**

<u>Name</u>	<u>Club</u>	<u>Course</u>	<u>Fee</u>

## 6. ELITE COURSES

# FEAT

John Rix offers his ideas in this article:

There are three main reasons why Areas and National Championships organizers should consider offering "elite" grade courses, particularly for men:

(i) There is a very wide spread of ability in M and W21A

eg. at Wharua (International, 1981) mens times were from 85 - 183 mins, at the NZOF Champs from 74 to 124 mins, at the HBOC trial from 70 to 180 minutes, at Kaitiaki from 71 to 170 minutes.

(ii) Current courses are on the short side.

Possibly because of (i) above, winning times are often below the NZOF recommended ones (80 mins for men), and well below the World Champs winning time of 95 mins (men), this is particularly relevant when we are using a major race as selection for a WM team - it is unlikely any NZ rep. gets within 50% of the world champion's time - it's not much good picking a team on 70 minutes running time if they then have to race for 2 hours, ranking can be quite different.

(iii) Our standard and depth isn't good enough

It's still possible to get into NZ teams with comparatively little fitness, when you go overseas you come down to earth with a bang. In Australia in 1980 (excluding myself and Brian Walker) the first NZ was 22 mins behind the winner (over 15 km); at Wharua the 1st NZ (excluding Ross Brighthouse and myself) was 23½ mins behind; at WM81 I was the 1st NZ, 45 minutes behind the winner! One could draw a number of conclusions from this, but I would suggest one way of forcing our top M and W 21's to raise their standard is to make the courses more demanding. (Wharua went some way towards this ...). Because of the wide spread of ability referred to, it isn't sufficient just to make our A courses longer, we should try an "elite" course intended for the top dozen or so. (fewer, perhaps, for women)

Do we have enough competitors for an extra grade?

Study of the last year or so's major events show a total of about 50 M 21 A's and B's and 30 W 21 A's and B's - this could give a new breakdown as follows:

M 21E	15	W 21E	10
M 21A	15	W 21A	15?
M 21B	20	W 21B	15?

With M 21A and W 21A courses made a little easier than at present, it should be possible to attract some B's to run A and some C's to run B which should even things up a little.

### What about the Badge Scheme?

This would be a minor problem to cope with. We could either offer a new "Elite" grade badge or I would suspect that most people who reach elite standard have already gained Gold Standard and would be happy to stop there without going for an "Elite" badge. If it were felt that A grade badges were too easy to get we could tighten up the standard a little. In fact, of course our badge standards are already harder to get than Australia or GB where they add a bigger percentage time differential to the average of the first three compared with our smaller differentials on the winners time only. (I have even known a case where an individual got into the NZ team before he qualified for Gold Badge status). It only takes someone good enough to win by 10 mins and most other people's chances of gold are gone for another few months!

### Does it mean more work for organisers?

Yes it probably does, but we are worried about elite standards or aren't we? Look back to those figures in (iii) above and think about our M 21 and W 21 teams' chances in Australia in 1983 and 1985.

P.S. Historians of NZ orienteering will recognise some of the above points, not least is a Technical Sub committee report from last year which drew virtually no comment, and from Ralph King's suggestions over the years. However, these points are repeated in the hope that one day something will happen.

JOHN RIX

Perhaps 1983 should be the year to change up to Elite courses. What do you think? I look forward to being able to print the views of others next month. Send your thoughts to 28 Preston Avenue, Henderson, Auckland. 8.

EDITOR.

# FROM THE FOREST

8

## O.Y.4: YE OLDE WOODHILLE

My first impressions at this event were that the organisers must have rather well placed contacts - as the weather was brilliant, unlike many of the damp water conditions typical of orienteering of this time of year. Second impressions were that some of our promotional efforts of earlier in the year were starting to bear fruit, judging by the number of cars about.

Getting started on the event, the number of map corrections necessary seemed a bit daunting, but these involved a thickening of the vegetation only in the areas (which I discovered later) bordering my course. I was also grateful to see the number of controls and course lengths back down to more normal proportions compared with recent events. Anyway, my experience around course 3 went something like this:-

After copying my map I headed roughly in the direction of the first control, picking up a derelict fence and a path to guide me (remembering too many fumbled first controls of previous courses which literally tend to set you off on the wrong foot - or leg as the case may be). Found the knoll without too much trouble. Taking a direct bearing I headed off toward control number 2, which wasn't too bad; then headed off to control number 3, also a re-entrant, taking a fairly safe route from the road which I guess wasted some time.

The next leg, about 600 mm or so, across slow-run type forest floor seemed a bit of a trap for anyone not keeping in good contact with the map, so another fenceline and careful pace-counting were the order of the day.

Following this a straight-line bearing up to a small summit, which was a bit indistinguishable from a few other small summits - a little short of the full distance, found control 5 without too much trouble. However by not reading the control description properly I wasted considerable time trying to find the next control. After tearing at a great speed down a steep slope to find a control I thought was placed at the bottom of a spur (trying to regain some lost time) I suddenly realized the control description was "spur, upper part" and had to struggle slowly up to the top of the very high spur. After this I decided to take a bit more care on the next control, a re-entrant, chose a safe but slow route to the next control carefully forcing myself to ignore other competitors in the area. Control number 8, following, was hidden on a saddle in a rather difficult area of ups and downs at the end of a reasonably well guided long leg; and number 9, a broad re-entrant on the other side of a ridge was easily found as a flock of multi-coloured orienteers I must have startled left the vicinity. A longish leg to number 10, which should have been found very easily, cost unnecessary time as I allowed myself to be diverted by other green-suited figures. An easy leg to the next control, aiming off from a track, and nearly home. Woops - nearly did a 180°!

All of a sudden a fence appeared with a "Finish" banner beckoning in the distance. I put on a good sprint in case anyone happened to be watching and passed another competitor about six feet before passing under the banner. The course setter was conveniently nearby, so that I had no excuses for not thanking him for what was a very enjoyable course (which he modestly interpreted as meaning that I had made no large blunders). Anyway, thanks once again for a well-planned event, from myself and all the other competitors - many of whom were more successful than myself.

RAY BAKER.

JUNIOR TRAINING CAMP JUNE 26-27

To start off the weekend was a morning warm-up (if you arrived on time!) to prepare everybody for the first exercise - a memory course with 9 controls with three mastermaps. A photographic memory needed here.

Further on up the road our second exercise was waiting. This was a control picking course, testing our skill of site accuracy. Very interesting course and results. One control was marked on the map, but there was a selection of markers, in the forest in the actual site area, to choose from.

Next we had a lunch break, well deserved, I thought. Little did I know what was coming up next!!

A star relay. This is where a two person team run individual legs, alternatively, until each person has run 7 legs. I don't know about everyone else but this really finished me off.

I ironically thought I was going to sleep well that night - I've never been so wrong. That night most of us stayed at the Sneddons.

Watch out when the Wafuku squad is on the rampage. We spent a night on the town - well, would you believe an hour or so in the takeaway bar.

First impressions would be that without television 16 people would be unoccupied - not so. To amuse everyone there were five calculator games, a pool table, darts and Simon (the game of course). This carried on until about 10.30 pm when everyone fought for sleeping places on the floor and talked till about 2.00 am. We were awoken suddenly at 7.00 am in the morning. Mass breakfasters stampeding for the kitchen ended in chaos.

Only one exercise that morning, a compass/pacing one, orienteering without a map? - almost, we had the course without the map - just blank paper, course and gridlines. We had to rely on accurate compass bearings and pacing to hit the controls. An enjoyable run. Fourteen of us grammed into the Sneddons' van and we were transported to the Sunday event. I'm sure everyone slept well that night - I know I did..

Thanks to the Sneddons, for accommodating everyone, and all those involved with the running and organising of the weekend.

A PARTICIPANT.

Five Central Club members journeyed down to Wellington for 3 days of farmland orienteering. I travelled with Geoff Pilbrow's mob from South Auckland, but they kicked me out at Turangi after meeting up with Keith Stone. Arrived at my billets place - a hyperactive M15 from HAVOC - around 5 p.m. After much discussion, a "carbohydrate loading" session was arranged until the wee hours of the morning.

Saturday morning comes, and its pouring down with rain, with the inevitable southerly. The first day was organised by HVOC in Whiteman's Valley, near the foothills of the Rimutakas. The area was farmland with a fair amount of bush, fairly challenging with an excellent map (1:10000, 8m. contours). However, the weather ruined the day, and times were very slow. Running into a gale for half your course, and 3°C temperatures is no joke - ask Keith Stone. I managed 4.6 km in 59 minutes, fairly respectable when you see that even M21A couldn't break 10 min/km. HVOC had booked the Huia Spa Pools for the afternoon, and in the evening, Orienteers gathered at the Broderick Tavern. After a nice meal and drinks it was off to Wellington to investigate the night life.

Sunday morning, and the weather has improved to "foul" and it was off to "Baxter's Knob", a block of farmland near Porirua. This was the best map and area in my opinion, a very accurate and professional map, and the area tricky with pockets of gorse and pine. I feel the course setting on my course was not of a major event standard, as I could see No.4, from No.3, even though 600 m. separated them. No. 9 was a "pit", in the gorse, and I was most upset to see the control in the bottom, and invisible from at least 2 sides. It was still very cold, but Rob Garden and Geoff Pilbrow had the answer - buy a pair of Penelope's "Sheer Silk" pantyhose! Imagine the Paekakariki shop assistant's (female) surprise - but she recovered to ask them what size they wore! Back to Raumati for squash, sauna and the inevitable "carbohydrate loading" to round off the day.

The last day was on "Battle Hill", in the Tararuas. Although the map was not of the same quality, the course setting was the best of the 3-day, on my course anyway. The day was brilliantly fine, although the terrain was very steep and slippery. M21A had 480 m. climb in 7 km., while on course 3 we had 350 m. climb in 5 km. Many memories of the last day;

- the various hurdling techniques for the last fence
- Hilary Week's telling us how much she enjoyed the event after winning W43 by a canter. (76 minutes!) and others which are unmentionable.

Auckland cleaned up many grades; W21A, W35, W43, M43 to name a few. How about M17? Well, after leading by 79 seconds on the beginning of the third day nerves took over, and a 5 minute blue on the first control blew my chances. I was amazed to only lose by 80 seconds to "cunning Clendon", just to think I lost that on the last control. I can think of at least a dozen places where I lost 80 seconds (including the "pit" on the second day).

It was then the long journey home where Rob Garden and I invented a new game called "Beat @p Rod Pilbrow". He arrived in Auckland around 9. pm, after a very worthwhile weekend of Wellington orienteering

11.

ROBERT CRAWFORD

K A A H U 1 9 8 2

A brilliant fine but cold day gave promise for the first use of the Kaahu map for the final trial. First impressions of a new area are often wrong and although I muttered about the almost vertical 80m climb up to the start, the organisers were quite right to exclude that climb from the course - there was enough hill work to get me exhausted pretty quickly. I soon learnt that map reading was the best technique in such hilly conditions, and the art of contouring was vital. The map was accurate, although between controls 5 and 6, only a short leg, I had a mental aberration and managed to lose my position on the map totally, and spent about 20 minutes trying to relocate myself in some of the steepest country on the course. Once on the way again I had no problems but found an area of giant furrows, the most awkward terrain to cross. The mounds and hollows were certainly deliberately spaced so as not to coincide with my pacing.

The finish was so steep that I don't think anyone could walk down and even I managed to build up a burst of speed to impress the spectators.

Summing up, an interesting, demanding course in some very nice forest and a very well run event. Congratulations to the Hamilton club and all their helpers.

TOM CLENDON - COURSE 5

SOME COMMENTS ON COURSE 3 - KAAHU

At first glance the area looked relatively open, but once across the road it was a different story. After a steep climb in the open, it was nice to get into the shade of the trees but unfortunately I lost contact with the map going to number 5, and missed seeing a small clearing just before the control. This lost me several minutes relocating off the many crags in the area, but finally I managed to find it. After this I was a bit more careful, and did not miss any of the following controls.

No. 10, which was in the open, was very deceptive as fences were not shown, also, just off the map were a number of large water tanks which misled some people. 10 to 11 had two possible route choices, either around the tracks and down the ridge to the road. It is disputable which was the best, but I chose the track route. 12 and 13 were relatively short and simple but one had to be careful not to go too low, as the many rock features could be confusing. It may have been possible to gain a few seconds on the fast downhill finish, but at risk of tripping over.

Overall, a well set course, but due to my lack of concentration at No.5, the lost minutes cost me a better time.

The eucalyptus forest was reminiscent of Australian conditions, but the lush vegetation reminded me that I was certainly in New Zealand.

SIMON CLENDON

# BADGE CREDITS



NAME	GRADE	BADGE CREDITS 1982	BADGES COMPLETED FROM PREVIOUS YEARS	1982 BADGES SO FAR
M. ASHMORE	M 35 B	IS	M 35 B IRON	
G. BENDALL	M 43 A	II		
A. BREWIS	M 43 A	III		M 43 A IRON
JAMES BREWIS	M 15	GGG		M 15 BRONZE
JILL BREWIS	W 43	S	W 43 SILVER	
R. BREWIS	M 13	II		
K. BROWNE	M 50	GSG		M 50 SILVER
W. BRUCE	M 19	GI	M 19 IRON	
H. CLENDON	W 43	I		
J. CLENDON	W 13	SGII	W 13 IRON	
P. CLENDON	W 12	II		
S. CLENDON	M 17	GGGG		M 17 GOLD
T. CLENDON	M 43 B	II		
R. CRAWFORD	M 17	SSGS	M 15 GOLD	M 17 SILVER
J. GREGORY	M 35 A	SS	M 35 A SILVER	
B. GREGORY	W 35 B	SS	W 35 B SILVER	
R. JESSOP	M 13	SGI	M 13 SILVER	
A. LONSDALE	M 50	G	M 50 GOLD	
V. LOWRIE	W 21 B	SS	W 21 B SILVER	
M. NEWTON	M 21 B	II	M 21 B IRON	
K. NICHOLLS	W 15	III		W 15 IRON
M. NICHOLLS	W 43	GGG		W 43 GOLD
TANYA NICHOLLS	W 13	GGG		W 13 GOLD
TONY NICHOLLS	M 43 A	GBI		M 43 A IRON
S. PALMER	M 21 A	IBI	M 21 A BRONZE	
J. RIX	M 21 A	GGG		M 21 A GOLD
H. WEEKS	W 43	SG	W 43 GOLD	
K. WELCH	M 35 A	II		
A. BELL	M 15	I		
R. WRIGHT	M 21 B	I		
L. STEVENS	M 35 B	I		
S. HYLAND	M 21 C	I		

ORIENTEERS HAVE BEEN INCLUDED IF THEY HAVE COMPLETED AT LEAST ONE BADGE EVENT THIS YEAR.

BADGES CAN BE CLAIMED FROM 'THE NATIONAL STATISTICIAN', 83, COLWILL RD. MAJJEY, AUCKLAND 8.

SEE APRIL NEWSLETTER FOR FURTHER DETAILS OR RING ROBERT CRAWFORD 686580.