

central orienteering club

JULY NEWSLETTER 1985

PRESIDENT

Leon McGivern
46 Hope Farm Av
Pakuranga
AUCKLAND

Ph : 564-567



SECRETARY

Jill Roberts
182 Methuen Road
Avondale
AUCKLAND 7

Ph : 884-375

TREASURER &

MEMBERSHIP SEC : Eddie Reddish Ph : 569-147

EQUIPMENT : Phil Creagh Ph : 536-481

& John Gregory Ph : 656-508

NEWSLETTER EDITOR

Ray Baker
11B Mongorroy Place
Mount Roskill
AUCKLAND 4

Ph : 678-905

LIBRARIAN : Barry Tuck Ph : 567-414

MAPPING : Selwyn Palmer Ph : 657-798

PUBLICITY :

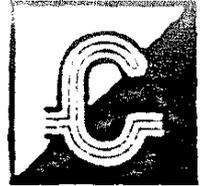
CONTENTS

Page

- 2 Coming Events
- 2 Bulletin Board
- 3 From the Forest
- 5 NZOF News
- 7 Orienteering Tips, by Swampsox
- 8 Backchat
- 9 IOF Congress 1984 (Hot off the press)
- 13 Club Awareness, from our illustrious President
- 13 Case of the Central Orienteering President versus Reddish
- 15 Waitakere Wilderness Adventure Run



COMING EVENTS



Date	Club	Event/Location
July 14	SA	AOA OY5 Waiuku, on Taurangaruru map (Follow "O" signs just north of Waiuku)
21	C	Promotion Event, St Kentigern College (Pakuranga)
21	H	CDOA OY6 on Garlands Farm map Kairangi (Turn south at Cambridge, follow signs from Leamington Bridge)
28	NW	AOA OY6 Mangawai North Map.
Aug 3	T	CDOA Relays on Poihipi map, Taupo.
	T	CDOA Championships on Opepe map, Taupo. (Both are pre-entry events)
11	C	AOA OY7 on Telephone Track Map, Woodhill.
17	C	Training day on all courses of previous Sunday NB. Gate open only at 10am- not after.
18	SA	Promotion and training event on Waiuku South map.
18	P	CDOA OY7, Pinelands.
24	-	Waitakere Wilderness Adventure Run see page 15 for details.

Next Committee meeting 7.30pm Monday 12 August at E. Reddish's
12 Pooley St Pakuranga.

BULLETIN BOARD

The Club now has a plain paper (non reducing) photocopier, intended to be used for newsletters, course controls and information sheets and results listings. Having paid for the machine, it now costs us only 1.5cents/sheet, so we need to make the most of it. Its kept at my place (11B Mongorriy Place Mt Roskill Phone 678-905) so if you're organising an event and need photocopying done - holler. (But please, no midnight calls - I'm not much of a nighttime orienteer).

Some of you may not be aware that we have a club library, and in fact a club librarian - by the name of Barry Tuck. He looks after newsletters from other clubs, overseas orienteering magazines and various publications. So give him a buzz if you would like some bedtime reading (but mind the contours!)

STOP PRESS.....

An evening with Dieter Wolf.
On Wednesday 14th August, at 8pm, all club members are invited to join in a social evening at Kings College with Dieter. He will discuss training, terrain you are likely to come across in Australia at W.O.C., you name it. So that those attending get the most benefit from the evening if you could please submit your questions / topics for discussion, in writing, to either John Rix or Phil Brodie (at his new address, 13B Parramatta Pde, Howick, phone 5359092) well in advance.

MEMBERSHIP

A warm welcome is made to new members Hamish, James, Loma and Murray Hector-Taylor.



A.O.A. NIGHT CHAMPS - 22 June 1985
Waiuku Forest South, 1:15000, 4m Contours

The weather cleared as we drove south and the dusk dusked. By the time we arrived at Picnic Site No 2 it was dark in the forest. Soon fugitives from the coal mines appeared everywhere with their headlights glowing (blazing!) These were all obvious enthusiasts - no Big Jims for them - only Winchesters and Nighthawks would do.

The first starts were at 6.10 pm and it was really quite funny. The first away were handed their maps with instructions that there was to be no peeking until time to go. They lined up at the start and on the command 'GO', maps were turned over but no other movement was observed. Was it shock? Were the courses that BAD that mobility was somehow arrested? Were they afraid of the dark and were having second thoughts? None replied to the jibes from the onlookers. They were speechless too. Hell, what have I let myself in for. Just as well I am taking my son with me as a back-up orienteer.

We started at 6.34 pm. A very light drizzle was falling. Damien remarked as we splashed up the road that it was just like STAR WARS. The little droplets illuminated in the light from our headlights rushed towards us like those asteriods in the STAR WARS movie. I think that that must have been how those special movie effects were done. Very realistic. We turned left at the road junction and entered the track on the right about 100m up the road. We never did find the next little track that should be off on our left. This part of Waiuku Forest is renowned for its tall cutty grass. After a short while it was obvious that we had gone too far. A quick retraction, a compass bearing and off we pushed through the toe-toe towards the clearing. We arrived at the top of a hill and realised that we had somehow missed the clearing. Another bearing and down the hill. 20 metres later a reflective glow revealed the control. Goody, that's No 1 out of the way. Now we can get on with the real orienteering. The leg to No 2 was the longest on the course (760m). Two options. Go direct and risk missing the control and have to relocate from the road just behind it, or bear right to the road and follow to the corner thence a short 100m bearing walk to the depression. For safety we did the later. No problems, however the pressure was now on as control No 2 was occupied by a fellow competitor on the same course. He had gained 6 minutes on us! A short easy leg to No 3 with him too far to the left saw us in and out of the control without him realising we had found it. No 4 was a simple track junction. The difficulty was to make certain you hit the right track though. We deliberately ran to the right so that when we came to an intervening track across our path we had only to turn left and run a short distance before the track we wanted would appear on our right. We ran too far to the right though and hit another track. After turning left the required track which should have been on our right failed to appear. B...er, D.mn and Blast. Where are we? It was difficult to read map as our steamy breath condensed in front of our eyes obliterating it. We now realised that the track we wanted had a twin to it's east. Were we on the right one? A compass check confirmed that track in front of us headed in the right dirrection. Nothing else to do but run along it and see. Pace counting soon revealed us to be on the eastern twin. The twins are siamese

though and meet up about 100m further along. So we continued up to their merging and then came back down the correct track to the control. No 5 was easy, it was all track running to an obvious bend then 100m to the depression. Helped here by illumination from a M21 competitor punching at the same control. A track and road run next to the clearing where the last relays were based and it was a 75m walk to the knoll to find No 6.

Running down the track to No 7 revealed some of the nightlife of Waiuku Forest. Damien nearly stepped on a frog. We stopped and watched for a while. Where did he come from? Where was he going? How does he know he is going in a straight line? Does he really care that he might only go in a circle? What does he do when he leaps into a large toe-toe? Does he get cut?

No 7 was obviously one of the controls used by the M and W12 grades. No difficulty there. On up the track. Two water troughs appeared, so did a length of tape leading through some high toe-toe. The tape was obviously placed for a purpose. Didn't realise it at the time though, unfortunately. In navigating the toe-toe (not following the tape) we missed the start of the next track we required. (You are now allowed to guess where the tape lead). Confusion once more reigned after an abortive foray to the bottom of a gully. Only one thing to do, go back to the water troughs. But where were they? Stagger up the ridge and find a water pipe. That must go somewhere! Hint. Clue. Hullo, what's this? Looks like a track doesn't it, Damien. Yep. Down we go and No 8 is safely punched at the bend.

We get daring now and decide to go straight to the road. That will save about 200m of track running. Know that when we get to the road we will have to turn right and that should bring us to the road intersection which would be the attack point for No 9. It is 200m to the road through some tall and not so tall toe-toe. Feet kept slipping on some soft substance that is haphazardly deposited on the ground. Wonder what it is. Burst through some toe-toe and nearly climb a cow lying on the ground. Dodge many cows. I don't know whether they were asleep or not but they did not seem at all put out with orienteers running through the bedroom at night with headlights blazing. Maybe South Auckland Club members do this all the time. Pass a young orienteer and beat him to No 9, a knoll beside a track. He retaliates and beats us to No 10, which was a depression just off the track which leads to the finish. Back on the track and its 400m of easy run to the finish, the last 200m following tapes. Then it was time for the hot drinks thoughtfully provided by the organising club at the finish.

How did we do? That we are not going to tell, except that it wasn't last and that we did regain our 6 minute start, plus a little, over our fellow competitor.

General discussion after the event expressed:

- (a) regret that night events are not held often enough,
- (b) surprise at the small attendance,
- (c) pleasure of doing something different,
- (d) roll on January for the Taupo All Night Relays.

Eddie Reddish



NZOF News

27 June, 1985.



I.O.F. MEETINGS.

The International Orienteering Federation will be holding meetings of Sub-Committees and Council in Australia during the WOC85 Carnival. Those advised so far are as follows:-

Tuesday 3 September, 1985 - 1700-1800 Fixtures Conference.
 Thursday 5 September, 1985 - 1500-1800 Open Council Meeting.
 Anyone wanting more details should contact me.

I.O.F. SECRETARIAT

The I.O.F. is establishing a permanent Secretariat in either Stockholm, Copenhagen or Edinburgh and are seeking a full-time Secretary General. If anyone is interested applications close on August 20, 1985. Candidates must be familiar with the administration of the sport of Orienteering and preferably have a background in marketing. Good knowledge of both English and German languages is essential. Salary is negotiable.

Application forms are available from, IOF Secretary General, Mile End, Main Street, Doune, GB - FK16 6BJ, Scotland.

TECHNICAL

A number of comments and queries have been raised recently regarding Course/Grade combinations at Badge Events. This applies particularly now that Elite Grades are being offered at some events. Technical Co-ordinator, John Davies, is at present looking at the matter and will come up with a recommendation for the next Council meeting. In the meantime if anyone has ideas on the subject could they communicate these to John.

AUSTRALIA/NEW ZEALAND CHALLENGE GRADES

The question of increasing the number of grades to be included in future Challenges has been looked at by the current Selectors. Their findings have been circulated to Clubs to enable them to come to the next Council meeting with some definite ideas on what is to happen. Would everyone therefore, please discuss the issue and give their Club delegates a directive on what their views are regarding the altering or otherwise of the

NZOF News

2.

the gradings for future challenges.

FIXTURES

Whilst on the subject of Challenges, applications are still being sought for Clubs to host the Australia/New Zealand Challenge events in 1987. An application form is included with Fixtures Sub-Committee report of 14 June, 1985 and these are to be returned by 31 August, 1985.

CO-ORDINATOR OF OVERSEAS ORIENTEERS.

Bruce Henderson of North West Club has agreed to act as co-ordinator for all requests received from overseas Orienteers wanting to visit New Zealand and to undertake mapping, etc., at the same time. Bruce will vet all such requests and will check their qualifications. Would all Clubs please note that they are to contact Bruce with their requirements and he will attempt to have suitably qualified people provided for them.

CONFERENCE/WORKSHOP, QUEENS BIRTHDAY 1986.

You will note from the minutes of the latest Management Committee meeting that Hawkes Bay Club have been given approval to organise the above fixture. They will be communicating direct with all Associations, Clubs and Sub-Committee Convenors seeking agenda items for the Conference.

AUSTRALIA/NEW ZEALAND CHALLENGE 1986

Nominations are now being sought for the position of Team Manager for this challenge. The events will be held in South Australia at the beginning of September next year.

With the selection of this year's Challenge team the current Selectors' term is now complete. Nominations are therefore sought for the panel of selectors for 1986. Early appointment is necessary to enable Trail dates and suitable venues to be arranged in time for inclusion in next year's Fixtures List. Appointments for both these positions will be made at the Council Meeting in September. Nominations to be with the NZOF

NZOF News

3.

Secretary by 10 August, 1985.

NEW ZEALAND ORIENTEERING FEDERATION COUNCIL MEETING

Notice is hereby given that the next N.Z.O.F. Council Meeting is to be held at Taupo on Saturday 28 September 1985. Would Clubs please advise me of any agenda items that they would like to have discussed at the meeting. These are required by 10 August 1985 to enable me to meet the 6 week period of notice required for such meetings. Venue and start time will be advised later.

I understand that Taupo have a Club event on the day after this meeting so you may like to make a weekend of it.



Colin Tait
Secretary.

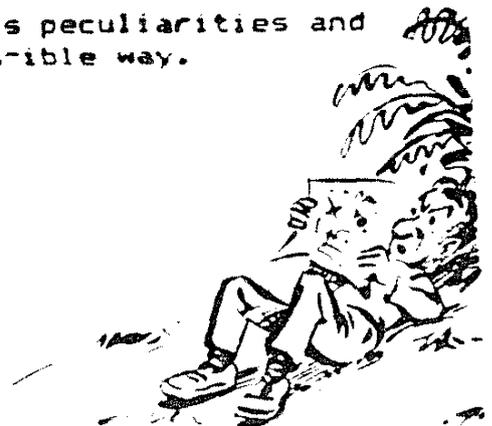
ORIENTEERING TIP • 2. THE COMPETITION TERRAIN

by Swampsox

Every competition area has its peculiarities. The competitor must prepare himself for the type of terrain and adapt himself accordingly. He must admit his strong or weak points in navigation and running. The one who is convinced that he doesn't like the type of terrain offered, and does not find any 'fun' in exhausting himself in such 'rubbish' bars himself mentally among such 'boulders' and is better to spend the day fishing.

Orienteering Hint:

Accept the competition terrain with its peculiarities and be prepared to cope with it in the best possible way.



BACK TAHO

Open Letter to all club members.

A.O.A. NIGHT CHAMPS - 22 June 1985

WHERE WERE YOU?



I was astounded at the lack of participation by our club members at the recent A.O.A. Night Champs. When I received the list detailing the start times there were ONLY 6 entries from our club (totaling 7 members - one of our entries covered two runners - I needed the back-up!) There were 37 competitors entered in the four course, 13 grade competition.

At the actual event there were only 3 of our club members that showed! No prizes for guessing who they were. Mind you the level of participation from the other local clubs was also not what it should/could have been either. They also had last minute defections.

I have competed in the last 3 Night Champs and the entries are getting fewer and fewer. Why is this? I attempted to run with a club team at the Taupo All Night Relay last January but, as 7 people were required for a team, I was unable to form a team due to the lack of members willing to try something a little different. (I eventually ran as an 'honorary' member of another local club).

Look, I know Night Orienteering is a little different, but it is not hard. Controls are normally placed on obvious handrails or very close to them. The courses being generally of Wayfarer standard. In the event of you missing a control the first time only a little bit of relocation will generally be necessary to establish it.

I am 'hooked' on night orienteering, so come on everybody lets get our act together and show them at the next Taupo All Nighter what this club can really do. I have 3 members for my team already. Who are going to be the other 4?

Eddie Reddish.



END ON OR NEARLY END ON :

One foggy night at sea, the captain of a ship saw what looked like the lights of another ship heading towards him. He had his signalman contact the other ship by light. The message was: "Change your course ten degrees to the South." The reply came back: "Change your course ten degrees to the north." Then the captain answered: I am a captain, so you change your course ten degrees to the south."

Reply: "I am a seaman first class - change your course ten degrees to the north."

This last exchange really infuriated the captain, so he signalled back:

"I am a battleship - change your course ten degrees to the south."

Reply: "And I am a lighthouse. Change your course ten degrees to the north! "

Introduction.

The twelfth I.O.F. Congress was held at St. Patrick's College, Maynooth, near Dublin. The venue proved to be ideal for an international gathering, and the hospitality of the Irish Orienteering Association soon broke down any language and cultural barriers. The social aspect of meeting together over four working days, dining together, and orienteering together, greatly assists the mixing of new and more experienced delegates from the twenty-one countries participating. About eighty representatives attended.

Congress is obviously a show piece for the I.O.F. and must illustrate "why we have an I.O.F." and "where do all the fees go?" It has three major sections to it:

- a) The Congress proper
- b) the various sub-committee meetings, e.g. Technical, Ski Orienteering, Development and Promotions.
- c) the theme - displays and activities - this year it was "orienteering in schools" (1982 was "training for the elite" and 1986 will be "computers and orienteering").

New Zealand's delegate in 1982, Robert Kay, made several suggestions which I would like to endorse. The supporting documents of Minutes and Appendices must be kept in an on-going file for reference. My own comments are only my view, and the reader must also read the official minutes - obtainable from the N.Z.O.F. Secretary - and should also try to read Robert Kay's report for the earlier background information.

I have a large amount of handouts concerning "orienteering for schools" but some is in Swedish or Norwegian, and only some is suitable for photocopying.

Bibliography: Orienteering for Children - NOR O.F.

- Idebok om Orientering - Leif Larsson, Arne Yngstrom (film "a day with Marcus")
- Borjia med Orientering - Gunnar Hasselstrand
- Guidelines to Child and Youth Orienteering in Norway
- Introducing and Developing O in the Primary School - McNeil & Renfrew
- Course Planning - Claesson Gawelin, Jagerstrom Nordstrom

One of my most important impressions gained, was, how a small orienteering country such as Ireland or New Zealand could conduct Congress, whereas we could not hope to hold the World Orienteering Championships in the near future. We have a number of suitable venues, but the most important requirement would be to have a simultaneous translation service available.

A special thankyou to the Dunedin Orienteering Club who made available sufficient copies of the Asia/Pacific Championship map for each participating country - this created much favourable discussion and comment.

Finally, thankyou for giving me the honour of being the New Zealand Orienteering Federation's delegate to the 1984 Congress. I hope this report is of value to the N.Z.O.F. in future.

Yours sincerely,



Robyn J. Davies

'Take up something healthy,'
Came the sound advice.
"There's nothing quite like jogging
To keep the figure nice".
I sigh as I remember
Being dressed up to the nines -
I should have taken notice
Of the early warning signs!
The warm-up session creased me;
My tracksuit like a sauna:
I'd only jogged around the block,
Then crumpled in the corner!
I cringed as Seb Coe look alike
Passed by with smirking face:
"Keep it up!" they bellowed,
"You need a steady pace."

JOGGER'S LAMENT

With one last burst of energy
I sprang up once again -
But the only movement to be felt
Was searing, shooting pain!
So here I sit, a hunchback,
To see a manipulator.
Wait till I get my hands on
My jogging instigator!

THE XIIth I.O.F. CONGRESS

Venue: Maynooth, Ireland. July, 1984

Twenty-one countries were represented.

The meeting of Congress itself was held at the European Foundation Centre in Dublin, in a room specifically designed for simultaneous translation, English/German and German/English in this conference situation.

Each delegation was permitted one vote, and all delegates and observers (usually members of special sub-committees) were given speaking rights.

The Agenda was strictly followed; except that Expulsions were decided before Application for Membership were discussed.

Items of interest on the Agenda.

Committee Reports included -

- a) booklet on "Simple O-maps" to be made available soon, particularly useful to schools.
- b) final version of the Drugs Rules distributed.
- c) paper on Land Access circulated.

Expulsion - The Israeli Orienteering Association had not paid its membership fees for 1982, 1983 and 1984. The proposal to exclude Israel was carried.

Membership - Cuba, Netherlands and Philippines were admitted as Associate members. The Israel Sport Orienteering Association, which has a very active membership, was admitted as a full member. Five clubs are established, with over 300 members, numerous quality maps have been produced and competitions have been regularly organised for the past four years. The ISOA maintains regular contact with United Nations troops from Austria, Finland, Norway, Ireland and Sweden, stationed in its area.

It was noted that the Soviet Union and Rumania still have not joined the I.O.F.

World Cup - After two years of experimental competitions, promoted by Norway, Congress approved an official World Cup be introduced in 1986, under the administration of the I.O.F. Proposals still to be decided include number of competitions, number to count, and distribution of events both geographically and time-frame wise.

Olympics - Finland proposed that the I.O.F should try to enter the Olympic program, and establish a working group specifically to work towards Ski-O in 1992. This was rejected.

The Council proposed maintaining their well-established connection with the I.O.C., and concentrate on gaining additional member countries. If a Scandinavian country were to apply to host the Olympics, then try getting either foot-O or ski-O accepted as a demo-sport on the program. This was approved.

World Championships - France was finally appointed as organiser for WOC 87. They requested exemption to height a.s.l. limit rule, and asked the I.O.F. to pay the cost of drug testing.

W.O.C. 1989 - Sweden appointed provisional hosts. Several delegates asked if they had suitable course-setters, mappers, and terrain!
World Ski-orienteering Championships 1986 awarded to Bulgaria.

1986 Congress - Denmark was approved as organiser. The first I.O.F. Congress was also conducted by Denmark in 1961.

I.O.F. Budget - The Council presented a budget of £117,500 for 1984-86. After much discussion, Norway proposed an amendment budget of £97,000 with most reductions to come in Committee budgets. Finland strongly opposed the increased membership fees and proposed a total expenditure of £20,000. The NOR proposal was adopted.

The membership fees for New Zealand would not be increased, only the top eight countries (based on documented activity) would pay a special levy.

Fees for events on the International Five... ..

SMÅTROLL

The Norwegian Approach to Orienteering for Young People

Jan McMillan (GB)

The highlight of the IOF Congress in Ireland for me was the Norwegian Orienteering Federation's presentation of the way they tackle orienteering for the young. The NOF has invested considerable efforts over the past eight years in working out fresh approaches and it is interesting that 'elite' coaches such as Lars Lystad and Eystein Weltzien (WM74 Bronze Medallist) are very much engaged in this work. NOF's general approach, reducing the emphasis on the competitive aspects appears to be mirrored in all the other Scandinavian countries.

The lowest competitive age group, M/W 10-12, really means for those who have reached the age of 10 and not, as so often here, those under 10.

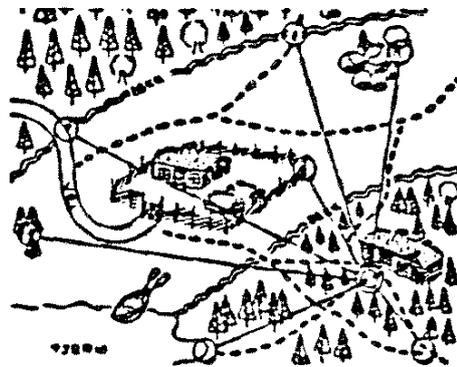
For the under 10s they have developed a range of non-timed O-activities to which they have given the name "Småtroll". Eystein organised one such activity at the Congress using local Irish children from the village who had never orienteered before.

Eystein had drawn the 3D map of the grounds in front of the College — more of a child's view than a bird's eye view. It can't have taken more than an hour to survey and draw and everyone was given a Xerox copy. We got it printed in black by the triangle — this was the only thing which he had to explain. Six flags had been hung behind the various features marked on the map — I've shown one on a fence corner. Each flag had a punch and one of the corny animal pictures. He then drew one control on each child's map and asked them to go to it and punch in the square with the same picture as on the flag and then return for the next one. The youngsters set off fairly tentatively at first and sometimes in the wrong direction but the speed with which they picked up the idea

without instruction was amazing and before long they were shouting off in the right direction with the map correctly oriented and they soon had all six controls bagged.

The area was open parkland which gave security as did the return to base after each control but the skills involved were orienteering skills — and all without mentioning compass, control descriptions, flags, scale, north and other orienteering jargon which so often gets in the way of understanding what it's all about.

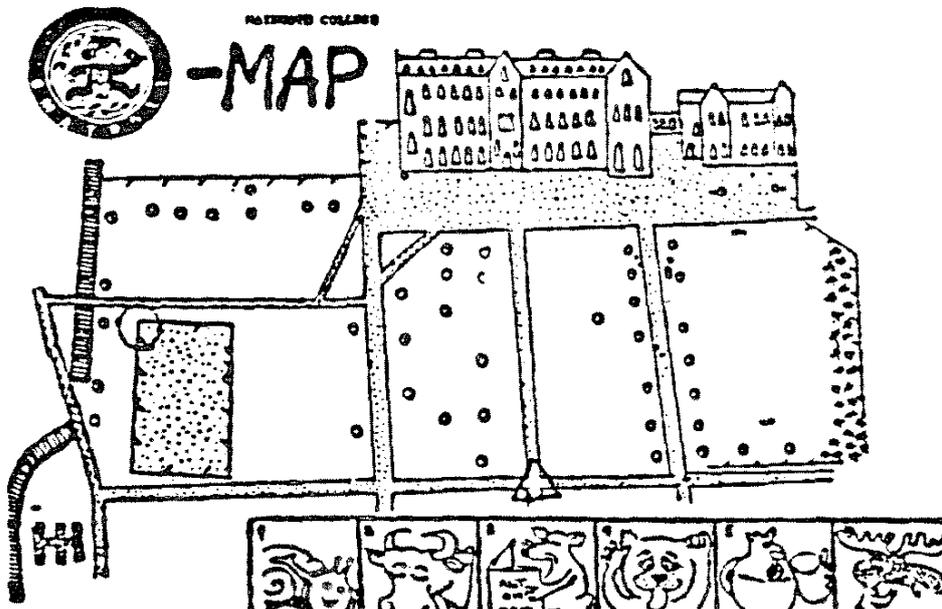
He didn't even say what the circles were — it was obvious to the children but the map might have been drawn like this:



In a park like this you would be able to introduce a simple 'circular' course in front of the college at a later stage — the college building being the natural reference for navigation.

String courses are still used for the very young but as the children get older they respond to the Småtroll activities because there is a basic orienteering challenge to them.

Everyone completing a Småtroll activity gets a certificate — they are all winners.



Ideas discussed.

No relays in Under 12's
 No regional championships in -12.
 No chasing starts in N-17, -12.
 Junior fees one third of adult.
 Start/finish on best part of map;
 large scale map of this area can
 be used for Junior "star relay".
 "String courses" not much challenge
 but good training situations.
 Teenagers desert sport due to
 lack of social activities, too
 much competition.
 Clubs better than schools at
 being responsible for teaching.
 Schools event — no timing, no
 display of results, everyone gets
 prize even if been in group.
 N17+ and N-17 should be offered
 a even s, N-7 can start in
 pairs.
 Development Committee to translate
 some of the best children's O
 material.

• Direct method — 400m courses:
 a) line features only
 b) contour features only
 c) repeat 6-10 times with new
 controls
 d) try new map in same sequence.

• String course — 150-200m:
 a) learn clipping, start/finish
 procedures, check control labels
 b) string to line features only
 c) string to contour features
 d) broken string sequence

• Children's maps:
 a) sand pit
 b) cardboard model map
 c) 3D picture map on paper
 d) vertical projection from centre
 point (no controls are put
 behind features!)
 e) basic colour maps — yellow house,
 brown shed, grey path, green grass
 f) simple black & white
 g) 1/2 black & white, 1/2 real O map
 h) maps with diff. scales for
 same area.
 i) create own map by drawing on
 plastic overlay over models
 as in a) and b)

The use of "picture" "clues" gives
 young non-readers and even the
 mentally handicapped a chance.

Every event must have an activity
 for the young — simple enough
 for one controller to organise
 and administer on the day.

Are you aware that over the last 9 months (since Labour Weekend) Central Club has set 6 Forest events, and 10 Park events. Those of you who attended OY 3 Mushroom Road will have seen the organisation of Manpower co ordinated by Tony Nicholls printed on the back of the hand out given out at the gate.

Orienteering is, then, very heavy on the manpower required to run an event - thus my plea. We are over-working key personal in the club. I would like to take pressure off these people; so I am asking if there is anyone out there willing to help in the setting and co ordinating of events. We have plenty of back-up to assist if you are unsure of what to do - We all had to start somewhere! I would personally like to see everyone in the club being able to set, co ordinate, and control an event. (in a park at least). Our needs are getting desperate! - Our Club owes "too much to too few", and I would like to see it passed around, and so would they.

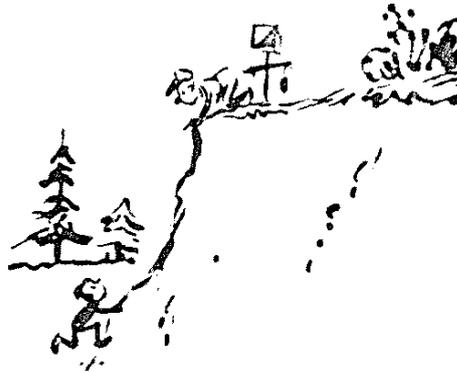
If you could see yourself to set or organise a Park event in the next 6 months, or during the Summer Series '86, please let me know.

We are also looking at mapping and updating present maps.- Have we anyone who can help in this area? Again I'd love to hear from you.

Any Club is only as good as its members - If you can help please do.

Leon McGivern
Ph 564-567

PS Leon advises all club orienteers to warm up before competing
- or end up like him!!



CASE OF THE CENTRAL ORIENTEERING CLUB PRESIDENT v REDDISH

Justice S.ILVA, presiding.

by Eddie Reddish

Justice ILVA: Eddie Reddish, you are charged with bringing discredit to the Central Orienteering Club in that you were last in your grade at the recent OY4 competition. How do you plead?

REDDISH: Guilty, your Honour.

Justice ILVA: Do you have anything to say?

REDDISH: Yes, your Honour. I wish to offer this in mitigation.

Sir, I experienced a little more than my usual difficulty in navigating between two of the controls on my course. The leg was one that went down a gradual, featureless slope and over a track with the control situated about 200 metres further on. As I wished to use a particular bend in the track as an attack point I deliberately ran to the right so that when I reached the track I could confidently turn left and follow it to the bend. I found the track okay, your Honour, and as I ran along it I decided to check the magnetic alignment of the track, just to make certain that I was on the right part of it. "Hullo, hullo, what's this?", I thought. The alignment of the track was not what it should have been! A further look at the map disclosed no other tracks in the vicinity, where I thought I was. Funny, this track looked like it was an old one. It was all covered in grass and should have been on the map. No, the map maker must have missed this one. Sir, after losing some time trying to make the track point in the direction it should have pointed, - I must add an aside here, Sir, I did not succeed with that, - I decided to forget about that track, and I mouthed some unrepeatable oaths at the map maker. I now wish to apologise for those indiscretions your Honour. Anyway, to return to my plea, I realigned my compass back to a direct track between the two controls, refolded my map and then ran deliberately well left to pick up a road and relocate from there. I found the road and was soon at the control. Sir.

But I still wondered what went wrong. At home, Sir, I examined the map and discovered that I must have run well to the LEFT of the direct route instead of to the RIGHT. I had in fact crossed the mapped track well to the left of the bend I had been seeking. But why? I KNOW in my mind that I ran to the RIGHT. I don't usually make blunders of that sort, your Honour.

On further reflection, your Honour, I had done nothing different this day than I have usually done. I had stapled my clip card and control description sheet to the map in positions where they would not obscure the map, as usual. I had run with the map held in my right hand and with the compass on top, as usual. The map had been folded so that only the segment pertinent to about 4 course legs was visible, as usual. And I know that I had kept the needle aligned, Sir. I have great faith in my compass's ability to direct my course. Yet, why had I run off course? Then an inkling of an idea developed. A piece of paper, some staples and my compass soon proved the answer, Sir. Those b..... staples! I apologise for that outburst, Sir, but I am sure you understand. In folding my map I must have positioned the staples so that either one or a combination of them were directly beneath the compass needle. I have learned a valuable lesson, Sir, and I am sure that I will not offend in that manner again and so bring disgrace to the club. Sir, from now on I intend to be known as the "Masking Tape Kid".

Justice ILVA: There is indeed a lesson there to be noted by all orienteers. You must all realise the effect that staples and other steel particles will have on your compasses. You must also learn to read the terrain and compare that with what is depicted on your maps. You should not always just blindly follow the needle of your compasses, or you will find yourselves here in court, as the defendant has done. I find the defendant guilty as charged. He truly brought discredit to his club with his reckless navigational technique. Next case, please.

ADVENTURE RUN

Approx 80km of beach, bush and road running

A gruelling test of fitness and endurance.

This is NOT A RACE but an adventure run, for those who like a challenge. Run across some of Aucklands most scenic countryside, steeped in history. (such as Gibbons Track)

NO ENTRY FEE

Start 7 am, Saturday 24 August 1985
at Parau Track in the Waitakeres (below the dam)

The course is -

Track run: Parau Track to the road, up Tom Thumb Track, Karamatua, Walker Ridge, Gibbons Track to Whatipu.

Beach run: Along the beach to Karekare.

Road run: Up Piha Rd, Winstone Rd to Kitikiti, Glen Esk.

Track run: Along Piha Valley Track, Anawhata, A.T.C. track, Ridge Track, Fenceline Track, Waitakere Tramline Track, West Tunnel Mouth track; across the Scenic Drive to East Tunnel Mouth Track, Opanaku.

Road run: Mountain Rd, Henderson Valley Rd, Great North Rd, Lincoln Rd, Te Pai Pl, Central Park Drive.
Finishing at the Waitemata Health & Fitness Centre.

As there is no entry fee, participants are responsible for their own safety. However the organisers recommend the following:-

1. If you havent arrived at Anawhata by 2.30pm, dont attempt to complete the course that day. (You could always come back on Sunday and finish it off!)
2. You should take with you, a runners back-pack, or similar, to carry a parka, spare T-shirt or jersey.
3. Waffle soled shoes are probably the best.
4. Participating in pairs or groups.
5. Take part in one of the training runs arranged by organisers over parts of the course before-hand to get some idea of the terrain.

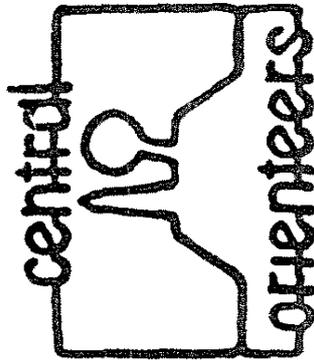
For further information contact
Dave Mitchell at 8360723 during business hours
(at the Waitemata Health & Fitness Centre)
or
Ron Haynes at 83445879 after hours.

SEE YOU THERE!

NEWSLETTER

Club Orienteering Central

NEWSLETTER



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

Postage Paid
Permit No. 16
Balmora.