

CENTRAL ORIENTEERING CLUB

 NEWSLETTER

PRESIDENT:

John Rix
29 Middlemore Rd,
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SECRETARY:

Peter Webb
PH: HSN 39704

TREASURER:

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NEXT EVENT: Woodhill Forest - C/Y Event - Sunday July 16th

Controller: Tony Nicholls Setter: John Gregory Organiser: Peter Webb
Entry: Forest Headquarters Start: 10.00 to 12.30 Course Closes: 2.30p.m.

Course 1	M21A	8.0km	210m climb
2	M35, M21B, M17, M19, W19A	6.0km	130m climb
3	M43, M50	3.9km	110m climb
4	M21C, M16, W18, W19B, W35, W43	3.2km	70m climb
5	M12, W12, Novice	2.6km	35m climb
6	Wayfarer	1.3km	30m climb
Map Courses 1-4	"Air New Zealand" map	1:13500	(note correction to scale)
5-6	"Rothmans" map	1:20000	

This is a Central Club event. If you wish to help but have not been approached by Peter, please ring him at HSN 39704.

OTHER EVENTS: See north-west news.

NEW MEMBERS:

We wish to welcome Tom Clendon and his family to the club. It is encouraging to see the membership building up. We have had 21 new members and their families join this year, making the membership total up to 106. All members are welcome to come to club committee meetings which are held on the first Tuesday each month starting 7.30p.m. Next meeting is at Ross Christian's 59A Stamford Park Road, Mt. Roskill.

NEW CONTROL STANDARDS:

Thanks again to Ross for making these which were used for the first time at Totara Park and will be used again at Woodhill. We hope to see faster times from all competitors with no time wasted at controls!

TOTARA PARK EVENT - July 2nd 1978:

Course Setters: Rob Denton and Mark Eliassen
Organiser: John Rix

It was so gratifying for the course setters to get a fine day since the previous Sunday proved so very wet under foot. The weather provided us with good numbers in all events and some very fine performances.

The long course offered little in the way of orienteering difficulty, so for the more experienced competitors this proved no more than a cross country race with straight line routes between most controls.

The middle course was very similar and used many common controls of the long course. The novice course kept mainly to the bush trails, and allowed competitors a chance to sample some of the tranquility of the bush. It was pleasing to see so many juniors do well in this event.

There was one unfortunate incident which involved a small discrepancy with the timing devices. This was caused through our clock being knocked at a very vital stage in the proceedings, and it took some very involved calculations to put the final times right. Times in general were very fast, but it was very pleasing to see high participation of family groups.

To those who are not as yet club members, and enjoyed this course, join a club now, and improve your orienteering. The club will send you a regular newsletter giving details of coming events, and will be pleased to give extra instruction to beginners.

Many thanks go to John, Wallace, Bob, Craig for their hard work, and The Manukau City Council for the use of the park.

1. Competition terrain:- access your strong or weak points in varying terrain
2. The competition map:- compare the map and terrain early. Recognise new symbols. Accept the map. Recognise strong and weak points in the map making.
3. The competition course:- Recognise simple legs and run faster (& vice versa)
4. The first control - It is of great psychological importance not to make any mistakes at this stage. "The first control must be found directly. Do not act hastily, a 5 second longer look at the map at the start will pay.
Do not take any chances, when in doubt choose safer routes even if those for the moment may seem ridiculous (for instance via the pre start.)"
With this method 20 or 30 seconds are invested in the first control but it will quite certainly pay and the speed can be gradually increased and the optimal competition pace be found.
5. Conduct in case of errors in the area of the control
 - 5.1 "Rapidly recognise parallel errors". In making parallel errors you mostly deviate too early and seldom too late. You thus make your choice too early and have not the patience to wait. Similar errors may occur close to the control e.g. Three depressions, two adjacent re-entrants etc. "When a discrepancy turns up search the map for possibilities for confusion and act accordingly".
 - 5.2. Admit the error to yourself at once, keep calm, try again. Do not attempt to find the control by aimless running about. Accept the error at once - no panic
"Look for adjacent collecting features, lines or points and try again"
 - 5.3 Change navigational technique: mental flexibility. If you do not find a control in spite of a correct approach you should use other orienteering techniques, select other attack points. "It is senseless to start 3 times from the same cross roads towards the control and not find it." It is necessary after a failed attempt to use another attack point and thus change the usual picture.
 - 5.4 Resist searching before reaching the control area. With difficult controls without collecting features searching practically always begins too early. What would the terrain look like if I really had gone too far? A glance at the map behind the control area often shows you cannot possibly be already there. Thus you are "in front of" the control area and you run on.
6. Tactics after a mistake After errors it mostly pays to work on with increased care and as soon as possible "get into the map" again in order to regain self assurance.

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- 7. Conduct in case of wrong route selection** Choose the route in accordance with your navigational knowledge and your own physical capacity. "Run consistently along the selected route."
If the selected route is less good this means usually only 30 seconds or one minute loss. Substantially more time is lost switching from the "bad" route to the "good" route. In this way the worst routes usually come up. Once having chosen a route you should do your best to render it a good route. "It is senseless to try to rate out while running whether the other route after all would not have been better."
- 8. Physical Performance** If the navigational difficulties are substantial then speed is reduced, recovery occurs. "If you feel you are completely master of the map and techniques then speed must be increased to its limit." Downhill running means recovery, and thus immediately before or after a relatively high running speed may be chosen. Running uphill may result in a high lactic acid content which may turn out to have a prolonged harmful effect physically "and mentally"
- 8.1 In rough terrain employ more effort so the number of steps can be reduced.
- 8.2 Downhill slope : longer steps.
- 8.3 Tiredness. A competitor should reduce the risk taking and select the route to reduce physical strain.
- 8.4 Final spurt. The last reserves should be used if you are to reach the limit of your performance.

IDEAS FOR RAINY ORIENTEERING:

Marking your Map.

Above all else KEEP YOUR MAP DRY. Ball points will not write on damp paper but wet ball points will write on dry paper! Try it at home by the kitchen sink. Keep your writing hand dry under your shirt (until needed!) Leave your map in its plastic bag and write through the open end. Try it at home.

Premarked maps avoid this hassle but usually require pre-entries.

Stop your spectacles fogging up. Smear a drop of household detergent on both sides of lenses. Carefully wipe off excess leaving a thin film. This is very effective but remember not to wipe your glasses again until after the event. Try a golfer's eyeshade to keep some of the rain off.

Athletes Feat. A Shop specialising in runners books and magazines has opened in Century Arcade. This is opposite De Bretts Hotel in High Street below Vulcan Lane. So far it is open only 1 to 2 and 5 to 6, with late night Friday 5 to 9.

COURSE 3 (2-7 am horizontal distance)

COURSE 2 (1-8 am)

T. Moyn	NW	M 21A	18-23
J. Robinson	SA	M 35	19-05
G. Wadeciffe	NW	M21A	19-10
L. Murphy	SA	M43	23-01
E. Sheldon	SA	M21 B	23-07
T. Bell	SA	M35A	25-21
F. Hendrie	SA	M21A	25-25
T. Sarchelino	-	M19	29-23
K. Hatwell	SA	M17B	26-23
L. Lewis	SA	M19A	27-13
E. Faith	SA	M21A	27-46
C. Chapman	C	M35 B	28-26
S. Palmer	SA	M21B	29-50
E. Faith	SA	M19A	29-03
K. Browne	SA	M43	29-23
G. Kerr	SA	M21B	29-24
F. Murphy	SA	M12-14	30-00
T. Nichells	C	M43A	30-45
M. Fettes	NW	M17	30-50
E. Sheldon	SA	M21	31-6
W. Young	C	M50	31-20
W. Bottomley	C	M35	31-35
G. Aimer	NW	M17-18	31-38
F. Faxton	NW	M13	32-11
H. Millon	SA	M19A	32-14
F. McLeop	SA	M43	32-14
L. Evans	NW	M21B	32-22
T. Skelland	SA	M21	33-05
G. Evans	SA	M21B	33-47
W. Faxton	NW	W?	34-10
K. McAnulty	SA	M21B	36-30
N. Lewis	SA	M21B	37-50
J. Ewing	SA	M19B	37-55
J. Jwan	-	M21	39-08
R. Pickstock	SA	21B	39-23
M. Moen	NW	M19A	40-00
D. Rogers	NW	M19-20A	41-40
M. McPhee	-	M19	44-50
M. Reesby	SA	M17-10	46-00
K. Stone	NW	M35	48-30
G. CHAMBERS	NW	M35	52-41
A. WATT	SA	M43	53-30
A. Row Hill	SA	M19	65-30

B. Sheldon	SA	M21	18-16
K. Ervine	SA	M43	20-40
M. Bell	SA	M14	21-36
S. Clendon	C	M13	22-52
W. Hines & Hamilton	SA	Group	23-36
C. Hatwell	SA	M15-16	25-50
J. Bell	SA	M14 B	26-36
T. Sarchelino	-	M19	28-10
M. Nichells	C	M15	28-47
J. Gilmore	SA	M21C	27-49
Macleod - Mackie	-	Group	30-25
G. Grombier & D. Giffin	SA	Group	31-45
T. McAnulty	SA	M19B	31-50
G. Unkovich	SA	M13-14	32-00
S. Tinsley	SA		32-58
S. Palmer & E. Mechar	SA	Group	33-09
J. Browne & R. Spratt	SA	Group	32-25
F. Bell	SA	M10	33-44
T. Reid	NW		34-05
Letie Group	NW	Group	34-20
Chambers & Orbill	NW	Group	34-30
T. A. Chambers	NW	Group	35-00
M. Hatwell	SA	M50	35-10
A. Murphy	SA	M12-14	35-29
T. Clendon SR	C	M43	34-7
L. T. Browne	SA	Group	40-00
J. Doug Morris	C	M50	40-34
Sheldon Group	SA	Group	40-48
Black Family	C	Group	42-01
G. Gilmore	SA	M19B	42-07
D. M. Morris	C	M12-16	42-12
A. Sanders-Salm	-	M19	43-00
R. J. Evans	C	M50	43-30
F. Brown	SA	M18	44-05
K. Gallagher	NW	M13-14	48-00
R. Ackstock	SA	21B	53-31
H. Moore	NW	M12	54-01
J. R. Scrain	C	Group	57-50
Angela Moore	NW	M12	58-40
M. Moore	NW		59-45
L. Sel - W. Tale	SA	Group	63-00
R. M. Bell	SA	Group	64-4
T. Chapman	-		65-4
Chapman & Kelly	-	Group	71-45
P. Mitchell	-	M14	97-00

COURSE 1 (1-3 km)

(Course continued)

S. Clendon	C	M13	15-20
T. Clendon Jnr	C	M15	16-35
T. Sarchelino	-	M19	18-40
Kerr & Sebbie	NW	Gr.	18-40
M. Sheldon	SA	M12	19-45
Webb Family	C	Gr.	21-45
D. Giffin & Grombier	SA	Gr.	22-20
Unkovich Group	SA	Gr.	23-20
P. Mitchell	-	M14	23-45
			24-15
P. Lewis	SA	M5	25-00
Browne Spratt	SA	Gr.	26-70
Evans Family	NW	Gr.	27-00
L. T. Scrain	SA	Gr.	27-05
Patric & Olney	SA	Gr.	27-05
P. Kay	C		28-00

M. Phee	-	M19	28-10
J. Bottomley	C	M12	28-15
T. P. Clendon	-	Gr.	28-30
G. Unkovich	SA	M13-14	28-35
T. A. Chambers	-	Gr.	29-00
J. Bottomley	C		30-20
A. Stone	NW	M12	31-00
L. H. Evans	SA	Gr.	31-40
C. Bottomley	C	Gr.	32-20
R. Mackenzie	-	M12	33-40
M. Fidd	NW	M	36-05
K. Nichells	C	M2	36-20
T. Orbill	-		48-50
A. Millik	-	M12	51-45
K. McAnulty	SA	M43	60-15
T. Nichells	SA	M12	60-45
Kerr	SA	M12	68-20

NORTH WEST ORIENTEERING CLUB

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Newsletter 10/7/78

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As you will be aware, our club is not organising any further orienteering events until 3rd September 1978. However, we are organising the Las Vegas Fun Money Evening at Northcross Intermediate School Hall on Friday, 21st July 1978, at 7.30 p.m. The entry fee will be \$6 single, which includes refreshments, supper and \$10,000 funny money. You will be able to play Unders & Overs, Crown & Anchor, Poker Machines, Black Jack and Roulette. At the end of the evening, there will be \$500 worth of prizes which will be auctioned for funny money. If you require tickets, or you are able to sell tickets, please contact Colin Battley urgently at Ph: 770372.

As we have a New Zealand Team competing in the World Orienteering Championships in Norway next month, I think it is of interest to try and evaluate the level of our competitors with those overseas. The World Championships is restricted to four competitors from each country, which means there will probably be between 60 and 80 competitors in the mens grade. The championship has traditionally been dominated by Scandinavian competitors, but last time one of the British runners was in 14th place and the top Australians were between 30th and 40th place. It is, however, worth noting that the Australian and New Zealand teams in 1976 were invited to compete in the trials to select the Swedish team. No New Zealander or Australian managed to beat any of the 38 Swedish competitors in the trial.

In assessing our own standards, it is interesting to compare the performances in the 1976 Swedish five-day event of those orienteers who have competed in this part of the world. Peo Bengtsson finished 15th in the M43A. Roland Offrell competed in the M21E3. He did not finish one day, but his placings on the other days were: 82nd, 50th, 37th and 27th. Chris Wilmo~~t~~ on three days running, finished: 103rd, 110th and 97th. In 1976 Brian Walker and I competed in a three-day event near Melbourne. This event was dominated by Norwegian competitors who were spending some time in Victoria. The event was comfortably won by Leif Hultgren. In the same Swedish event he finished 18th in the M21E2. Svein Bakken started the final day of the three-day event in Australia seven seconds behind Brian Walker, who was in 7th place overall. Brian slipped back on the final day and Svein actually finished 7th. However, John Oliver and Alex Tarr were the only Australians who were ahead of him. Svein finished 5th in the M35A1 in the Swedish event, and actually did the fastest time on day four. Sven Lundin finished 8th in the M35A2, Alf Kinn finished 24th in the same grade. However, Sven Lundin won the grade in the 1977 Swedish five-day and also won the M35A grade in the Australian five-day early this year. By his standards his performances in New Zealand were obviously well above his capabilities, but we were a little surprised to find that he did not regard himself as anywhere near peak fitness for the Australian five-day. I don't really think these facts prove anything except that we still have a long way to go to have competitors reach the top class. However, if anyone had told me at the time of the Melbourne Olympics in 1956 that New Zealand would win a hockey gold medal in 1976, I would have found this difficult to believe.

Don Rolfe

Secretary

1978 PROGRAMME

<u>JULY 15</u>	N.Z. & A.O.A re-run of 14 & under Relay from 1.00p.m. Mass Raffle Score Event, Mt. Richmond - from 10.00a.m. fund raising for N.Z. Team.
<u>JULY 16</u>	Central Club - Woodhill Forest - C/Y Event.
<u>JULY 21</u>	Las Vegas Evening.
<u>JULY 23</u>	Pinelands Club - Ngutuwera Motala Course 11.30 - 1.30.
<u>JULY 30</u>	Taupo Club - Farm Event.
<u>AUG. 6</u>	Central Club - <u>Mt. Richmond Domain</u> .
<u>AUG. 13</u>	Central Districts - C/Y Event - B.O.P. Club.
<u>AUG. 20</u>	Central Club - Street Event - Grey Lynn - Park start.
<u>AUG. 27</u>	S.A. Club - Hatwells Farm. M. Hatwell, K. Hatwell, A. Harris.
<u>SEPT. 3</u>	N.W. Club - Woodhill Forest - C/Y Event. I. Feder, R. King, G. Chambers.
<u>SEPT. 10</u>	S.A. Club - Camp Morley. P. Murphy & W. Hines, D. Gaffin & D. Barriball, K. Morley.
<u>SEPT. 17</u>	Central Club - Auckland Championships - Clevedon.
<u>SEPT. 24</u>	S.A. Club - Redoubt Rd. P. Mellsoy, R. Sheldon, G. Sizemore.
<u>SEPT. 30</u>	Central Club - Night Event.
<u>OCT. 1</u>	S.A. Club - Social Event - venue to be advised.
<u>OCT. 8</u>	N.W. Club - C/Y Event - Woodhill Forest. I. Morley, D. Rolfe, D. Townsend.
<u>OCT. 15</u>	S.A. Club - Waiuku Forest & Farms. P. Jordan & K. Holborow, L. Shuker, K. Hill.
<u>OCT. 21/22</u>	N.Z. Championships - Wellington Area. F. Smith & others.
<u>OCT. 29</u>	S.A. Club - Hunua.
<u>NOV. 5</u>	N.W. Club - Woodhill Forest - Memory Event. L. Baxter, D. Morrison, J. Brunner.
<u>NOV. 12</u>	S.A. Club - Kauaeranga Valley. M. Sheehan, S. Palmer, R. Brighthouse.
<u>NOV. 19</u>	S.A. Club - C/Y Event - Maramarua. B. Shuker, B. Hendrie, K. Holborow.
<u>NOV. 26</u>	No event scheduled.
<u>DEC. 3</u>	N.W. Club - A.O.A. Closing Day - D. Rogers, L. Diamond.
<u>DEC. 10</u>	S.A. Club - Closing Day at Omana N.W. Club - Closing Day & barbeque.