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CENTRAL ORIENTEERING CLUB

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June Newsletter 1980

COMING EVENTS

Events are on Sundays and start between 10 a.m. and 12.30 p.m. unless otherwise indicated.

- JUNE 22 NO EVENT - O/Y postponed until June 29
25 Club Night 20 Canwell Close, Bucklands Beach. The evening has 2 parts. All welcome to either or both.
6 p.m. Street and golf course orienteering.
8 p.m. Committee Meeting
(Wednesday)
29 C WOODHILL FOREST (Old Telephone Road) 5th O/Y Event
Entry via Forest Headquarters. Setter: Karl Rogers.
- JULY 6 C BLACKHOUSE BAY New maps Craigavon Park / Motu Moana Scout Hq. Parking in Portage Rd. Start-Finish in Reserve by Craigavon Park
6 NW LONG BAY
6 T TAUPO PAHAUTEA BLOCK
13 NW WOODHILL FOREST 6th O/Y Event Puketapu Road Entry via Forest Hq
- 19-20 WORLD CHAMPIONSHIP SQUAD TRAINING WEEKEND Contact John Rix
20 BOP ROTORUHA FOREST COCA CHAMPIONSHIPS* Entry form in this newsletter. 1977 map. Pines and Pungas. Entries close 5/7/80.
20 SA PAPAKURA
27 C LONG STREET AND PARK O. Long event starts at Mangere Mountain goes via One Tree Hill to Auckland Domain. Short courses also - at the Domain

* Badge event

RECENT EVENTS

AUSTRALIA (AGAIN)

Nine Central Club members got to Australia for the feast of orienteering in April. As well as N.Z. team members John Rix, John Gregory, Geoff Bendall, Tom Clendon Jnr and Simon Clendon, four others went - Karl Rogers, Tom Clendon Snr, Vivienne Rix and Steve Heller.

The New Zealand teams were beaten in all grades except W 13-16 in the Relays contest. In the individual the N.Z. teams were all beaten by their Australian opposition.

New Zealanders who can get away with the odd mistake and still win over here found the opposition to be of such a high standard that even a relatively small mistake would send you plummeting down the results list. A mistake-free run was no guarantee of victory, even in the B grade. From the above it would sound as though orienteering in Australia must be a demoralizing experience. Far from it - the New Zealanders were too busy enjoying the fantastic orienteering to be too dismayed by the feats of the opposition. The maps were of a very high standard and the visibility in the eucalypt forest was such that the shape of the ground could easily be related to the map. Many Australian orienteers have never counted a pace in their lives because of this. The terrain was less complex than in our sandhill forests and had spur and gully systems (but no depressions of note). This did not mean that there weren't traps for the unwary. It could be difficult to decide whereabouts you were on a spur or in a gully. Worse still, you could find yourself in the neighbouring parallel gully quite unaware of your error. Still, with care such mistakes could be avoided. The thing in these events was to somehow think quickly, run without too much checking and yet avoid the mistakes. One thing you could count on was that if you arrived in the right place you would immediately see the control. Unfortunately in New Zealand that isn't always true (partly because of the low visibility at many control sites).

Without frustrating searches near the control site we found times were very fast. Before I went, I had never beaten 10 minute kilometres in the forest - but did so on 7 days out of 10 in Australia. This was not a result of track running - there were few tracks in the forests.

After the event we were impressed by the rapid display of results (even though there were 800 orienteers at some events). At one event there were apologies because of a 20 minute delay before results were posted!

In short, I recommend that one who has the opportunity to do some orienteering in Australia/eucalypt forests should take it. You certainly don't have to be a noted orienteer to enjoy these big Australian competitions. The next really big feast of Australian orienteering is the Ballarat 6-day, January 4 - 9 1981.

KARL ROGERS

WOODHILL O/Y 27/4/80

Despite the wet weather there was a good turnout of over 150 groups and individuals. The event ran like clockwork because of the work and time put in by the organised helpers; the Nicholls Family, Geoff Bendall and many other helpers. A few new ideas were used such as the starting times being displayed on flipover cards and a four minute period in which to copy your course on to your map.

The courses were well set with one or two really technical controls to catch out the unwary orienteer. I found course six challenging with the right degree of difficulty to make you think, especially number five (XX between the knolls) which was common to a few courses. The complicated terrain caught me out and I was searching frantically over the many knolls and depressions looking for the control. Once again thanks must be given to the helpers and course planners.

SIMON CLENDON

(Not everyone agreed with Simon about Control XX as the anonymous contribution below shows)

THE STORY OF A, B AND C

International orienteer A arrived at his attack point and carefully navigated towards XX (between the knolls). When he arrived where he felt it should have been he was dismayed. It wasn't there. He returned to the same attack point 4 times (an unwise policy, he should have tried a different one). Each time he remained frustrated. He then began a random search of knolls in the area in the company of a young orienteer B who had now joined him. The search was fruitless and by now half an hour had slipped by.

A was now ready to resort to anything and talked B into a new strategy. This was that they should split up but when one found the control he should give the other a shout (quite against the rules of orienteering). A headed in one direction, B in the opposite. After a while B found the control and gave a shout. A raced towards the control to see that C, a rival of his, had arrived and quite correctly was pointing out to B that he should not shout when he finds a control. A did not stop to confess that it was largely his fault. He raced in clipped his card and was away.

One wonders what would have happened if A had found the control first. Would A have given B a shout? One doubts it!

DRURY HILLS 11/5/80

I knew the map was black and white and the area would be hilly. What I didn't know was that the map had no contours on it. Now I had the opportunity to try orienteering as it was for the pioneers of the sport in this country. The map looked straightforward enough but I found how dependent I was on contours. So dependent that I couldn't work out where I was on farmland and eventually navigated to the finish by aiming for my car (visible from hundreds of yards).

KARL ROGERS

TE MARUNGA 4/5/80

On this fine day Terry Garbolino gave experienced orienteers a choice of a 50 or 90 minute score event. Most of the controls were set on fairly well-defined features but there were plenty of problems between them. After the open control sites of Australia I found some of the controls to be a bit hidden, but enjoyed it for the most part.

KARL ROGERS

SENDING OUT THE RESULTS

One feature of two events (last month (one Central, one North West) was that the results had still not been sent out 4 weeks after the event. I think this is not good enough!

Most of us are keen to see how well we did in comparison to others and we want to have the final results within a week of the event. If whoever has the results can't get them worked out, typed, duplicated and sent out in about 4 days he/she should give them to someone who can.

FILL IN AN ENVELOPE

If a competitor doesn't receive results the usual reason is that he has not filled in an envelope in addition to filling in the address part of the clip card. To save the organisers the job of addressing many envelopes Central and South Auckland Clubs both require the competitor to do this (and have notices to this effect)

WAIUKU FOREST O/Y 25/5/80

On this very good day over 200 went out to Waiuku Forest. The area (Map No. 2) is becoming familiar but the problems set by Keith Hatwell were different from those of past occasions. The feature of the courses was the length of some legs. On Course 3 the average leg was 800 metres long. This led quite a lot of running along paths and for some, along beach but there could be no complaints about lack of route choice. There is one criticism - some courses were too long (especially W21B, where the winning time was 90 minutes).

KARL ROGERS

O/Y CURRENT SITUATION (UNOFFICIAL)

after 4 events (or 5 for grades with an asterisk).

Central Club Members with more than 10 points

M12			W12		
R. Brewis	64.3	(1st)	T. Nicholls	56.0	(1st)
D. Haynes	12.0	(4th)	P. Clendon	20.0	(4th)
M13-14			W13-14		
J. Brewis	34.1	(2nd)	K. Nicholls	18.0	(5th)
M15-16			W15-16		
S. Clendon	47.4	(2nd)	A. Brewis	20.9	(2nd)
N. Tucker	23.0	(3rd)			
M17-18 *			W21B		
T. Clendon Jr	40.0	(1st)	V. Rix	44.4	(1st)
R. Powell	35.0	(2nd)	J. Taylor	38.0	(3rd)
B. Alston	17.0	(3rd)			
M21B *			W35		
K. Rogers	36.6	(1st)	M. Nicholls	29.6	(3rd)
D. Knight	29.7	(2nd)			
L. Stevens	25.0	(4th)	W43		
C. Bolt	12.6	(6th)	J. Brewis	28.6	(4th)
			H. Clendon	16.0	(5th)
M35A *					
J. Gregory	32.6	(3rd)			
M43 *					
T. Nicholls	31.5	(1st)			
A. Brewis	27.6	(2nd)			
J. Denyer	20.0	(3rd equal)			
T. Clendon	17.6	(6th)			
R. Powell	14.0	(7th)			

THERE ARE STILL 5 (in some grades 6) EVENTS TO GO. BEST 5 OUT OF 9 COUNT.

THAT'S THE STYLE

Geoff Peck

reproduced from U.K. Orienteer, September 1979

Orienteering would be a dull sport if it were possible to analyse the requirements precisely and to train one technique to cope with them all; fortunately there are many combinations of requirements, each demanding a unique set of techniques to master. Not only do areas differ markedly, but even within one competition can be found many contrasting technical requirements.

Unfortunately most orienteers develop their own style of orienteering, usually influenced by their home terrain, and attempt to use this one style in all conditions: the result is at least inefficient navigation and at worst inability to cope with new terrain. Only by carefully analysing the requirements of every terrain type and developing the optimum style for each will the orienteer be able to master the sport.

Styles can be conveniently classified into four basic types described briefly below: each style uses some or all of the basic techniques in a different combination. Obviously other styles are possible, indeed many others are quite popular: for instance, there is the 'map-reading' style which involves ignoring the compass and pacing and simply ticks off features on the map. I don't include a description of this because its application is extremely limited; it relies a lot on excellent mapping, good luck and doesn't generally produce good results.

These are several sources of navigational information available to the orienteer (map-reading, compass, distance, memory) and the more you use the more certain you are of your position. Unfortunately, the more you use the slower you run; except that compass and pacing can be trained to have a negligible effect on your running speed. So it is usual for the top orienteers to use compass and pacing (or distance judgement) and degrade their map-reading to increase running speed, if necessary. So the list below comprises proven styles: it is not complete — the important thing to understand is that none alone will win every race and it is the correct application of a style to each terrain or leg that is important.

Continuous Contact

This is the basic O-style, involving using map-reading (predominantly) but also compass and pacing so that you know where you are on the map all the time. Done properly it produces NO mistakes, but is difficult to do fast. There is no point progressing from this style until you can do it because the others rely on the skills it teaches; if necessary walk before you run. Some top orienteers still use this style in competition although I believe there is an absolute limit to the speed you can run at while reading the map and so time will be lost: however some controls in every good course need continuous contact so every orienteer has to use this style.

Window

This is the other extreme. It is probably the fastest style (used successfully by many Scandinavians) but most likely to produce enormous mistakes. The idea is to run using the compass to the control area, re-locate inside the 'window' and then take the control. Your compass work must be good to hit the window, but your map-reading must be outstanding to re-locate quickly. Since there are no prizes for knowing where you are between the controls, this suggests the ultimate style of orienteering.

Modified Window

In order to minimise the high risk of mistakes using window, while capitalizing on the high speed, a modified window style is suggested. This involves using large features between controls to confirm you are on the right track: the more common method is to look for unique features in the terrain and then glance at the map to locate and identify them... if you can't, you keep going and revert to window or stop and re-locate — that decision depends on how close to the control you are and how much of a gambler you are!

Traffic Lights

Another compromise technique, well known by most orienteers. The principle involves dividing each leg into three sections: a fast 'green' area where rough compass/map-reading to a large catching feature is possible, a slower 'amber' section where more care is taken to locate an attack point and a 'red' section close to the control, where a compass bearing, pacing and fine map-reading may be employed at slow speed, even a walk. It is useful to treat the section just after each control as red since a large number of mistakes occur here.

C.D.O.A. CHAMPIONSHIPS

July 20th

Venue: Rotoehu Forest

Setter: Brian Walker

Vetter: Margret Gainfort

Grades;

W12 & Under
W13/14
W15/16
W17/18
W19 A & B
W35
W43

M12 & Under
M13/14
M15/16
M17/18
M19/20
M21 A & B
M35 A & B
M43
M50

Maps: Maps will be premarked

Novice Course: ~~1/10~~ Novice Course

Entry Closing Date: Saturday 5th July. NO LATE ENTRIES!!

Entry Fee: Senior- \$2.50 Junior- \$1.00 (18 and under)

ENTRY FORM

C.D.O.A. CHAMPS

20/7/80

SURNAME	CHRISTIAN NAMES	YEAR OF BIRTH	GRADE	CLUB

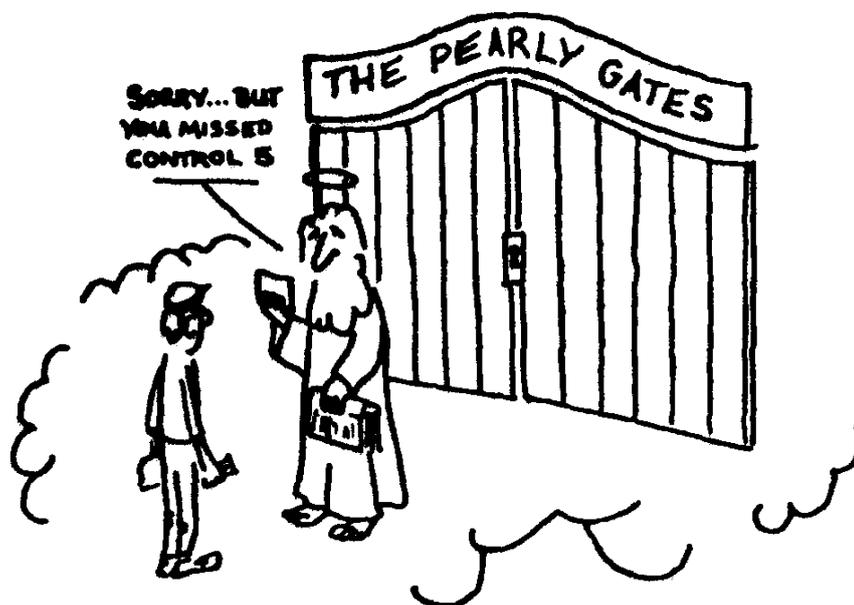
HOME ADDRESS:

Total: \$.....

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Mail Entries to Mr B.J. Walker
Main Rd,
Bethlehem,
R.D. 1
TAURANGA



QUEEN'S BIRTHDAY WOODHILL 3 DAY EVENT

The event was very enjoyable and well-organised. Simon Clendon (M15-16) was Central's only winner. Placegetters were Tanya Nicholls (W12), 2nd), James Brewis (3rd, M13-14), Kevin Welch (2nd, M35B), Vivienne Rix (W21B, 3rd) and Karl Rogers (3rd, M21B).

The next newsletter will contain some comment on the event.