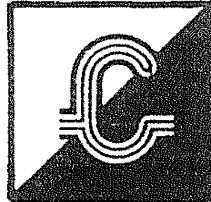


central orienteering club

JUNE NEWSLETTER

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Martin Newton

COMING EVENTS

- June 13 C A.O.A. O.Y.4 Woodhill. Ye Olde Woodhille entry via forest H.Q.
- 19 H Warm-up event, Kaahu
NZOF Meeting 3.30 Tokoroa H.S.
- 20 H Badge Event, N.Z. Trial. Kaahu, near Whakamaru
Entries closed.
- 26-27 Training Camp. Waiuku. See details P.6
- 27 S.A. Waiuku Forest No. 1 Map
C. Training run from Archery, One Tree Hill, 8.00 am
(see details on P.2 May newsletter)
H.B. O.Y. Phillips Bush, near Hastings
H Hamilton Club event
RK Long Distance event Palmerston North
- STOP PRESS NOW*
July 18th C Claypit Road, Woodhill. Re-run of O.Y.1 courses 1,2,3 and 7 (people who ran in the 1st O.Y. on cancelled courses will be able to run free of charge). Promotion event, with other courses available as well.
- 7 R C.D.O.A. O.Y. Okere Falls, Rotorua
C Club Committee Meeting at Tony Nicholls, 7.30
12, PRINCES AVE, MT ROSKILL.
- 11 S.A. A.O.A. O.Y.5 Waiuku No.3
H.B. O.Y. Gwavas Forest
- 18 H Pate tonga
C Claypit Rd see above
- 25 N.W. A.O.A. O.Y.6 Woodhill. Otakanini Topu.
Enter via Rimmers Road
- Aug. 1 S.A. Omana
- 8 N.W. A.O.A. O.Y.7 Woodhill. Sixteen Mile
- 22 C Long Street 0
- 29 N.W. Auckland Championships. Woodhill.
Entry form on P.8

CRIBBAGE

2.

Two views on the same event: on this page is a report from course setter Laurie Baxter (taken from the N.W. Club Magazine) and on the next the views of a competitor.

When I offered to set the Puketapu OY courses I had in mind that I'd like to have a crack at what should be an enjoyable experience. By the time Central's Claypit Road event had come and gone the perceptive observer would have noted that I developed a marked twitching in the area of my moustache whenever OY events were mentioned. Our editor's exhortations in the last newsletter that no worthy NW member should let the side down by allowing OY course errors, finished me off: reduced me to a quivering mass of jelly.

Now it's over I have quite a collection of thoughts and feelings. First and foremost is gratitude to several (mainly NW members) who felt they had grounds for protest and didn't do so. Second, that the scope for making errors in course setting and it's associated paperwork seems as boundless as does error making in course running itself. (Particularly in transcribing perfectly accurate information from paper A to paper B, or C, or D. On one course a control description SE foot became SW foot (3 to 4 metres away in clear forest so it didn't make any difference) but it shouldn't have happened. Though vetted by two people the vetting system had a flaw in it. Transfer of control circles from the map showing all vetted and correct control locations on to the course master maps is another fertile area for mistake making. One re-entrant can appear very like another when doing repetitive and time consuming transcribing. Thirdly I am most grateful to Judy Martin for agreeing to help with the course setting. Judy has not been an orienteer long; she's only run a couple of OY events herself and had not set any courses previously. Nevertheless her contribution was a major one, not the least being her enthusiasm.

In setting the courses we kept several guide lines in mind:

1. Courses for less experienced runners should offer lots of conspicuous controls to maximise success (No DNF's).
2. Legs on these courses should as frequently as possible offer a choice between a preferably safe route and a more demanding direct, through-the-forest route. (I was very surprised to note course 4 runners, perhaps wisely, chose a long track route for their first leg.)
3. Inexperienced, fit young people, 21C, 35B, 43B require technically easier courses than do M56, M50, W50 runners.
4. Australian courses are generally longer than NZ. courses.
5. Australian courses use "point" features - ant hills, knolls, and cherry trees, often located on expansive hillsides and thus require accurate contouring, pace counting and map reading. (Which re-entrant was that?)
6. Track running or free running to conspicuous features as one decides what to buy for Mary's birthday is not orienteering.
7. Locating oneself when attacking a complexly detailed area from an oblique angle is much more difficult than when attacking it from square on.
8. If the setter provides a very simple leg, competitors will invent their own problems!
9. Events are frequently won or lost by less than 30 seconds so the person who takes 5 seconds less to unfold his map, clip his card, refold his map, relocate himself and get going at each of 20 controls and saves 1 minute 40 seconds on a course, could win because of the clipping practice he did last week!
10. Anybody can set a reasonably good course provided the course vetter is experienced and helpful.
11. Unpressured time in the forest reading maps with the precision required of course setting is both fun and valuable for the course setter.

FROM THE FOREST

3.

3RD O/Y, PUKETAPU MAP, 23 MAY 1982

Course setter Laurie Baxter recognised that the Puketapu map was well-known to many orienteers and tried to make the courses technically interesting by using features that required detailed attention and orienteering skills.

The courses were long with many controls. Course 3, for example, for M43A, M19 and M21B, was a long 7 km with 18 controls, many of them on very small features. One runner on the M43 course didn't help to simplify the course by mis-locating the first control while marking-up his map. On the other hand, however, he was aided by the number of people who had common controls. At one stage there was a procession of contestants who seemed to be running controls in sequence while on different courses.

Perhaps the time has come for consideration to be given to having pre-marked maps for O/Y events. Even if this means having a higher entry fee for O/Ys, or paying an extra 25¢ to cover the cost of pre-marking and of any maps unused, few would object to paying for the privilege. In the last two O/Ys at least 5 people have wrongly marked their maps and therefore missed out on their orienteering pleasure.

With an ever-increasing number of entries to all events, there are now queues at the registration tent, map correction table and starting-time official. One of our number had to wait in line before he could mark up his map after starting his course.

Overall comment on the 5 different courses run this day by our carload: tricky controls, good courses.

ANDREW BREWIS

(with a little help from his friends)

ONE TREE HILL EVENT

What a great day it turned out to be. The rain stopped, the wind dropped and the scene was set for some excellent orienteering. The only problem was: "Where are the Master Maps?" After a 100 m.p.h. dash they arrived to be set out round the tree at dead on 10.00 a.m.

The three courses were set to give new participants a good idea of 'O' ... and how they arrived! At 10.05 I knew only the organisers. Everyone else was a newcomer or from another Club.

The wayfarer or 'pramway' was a simple jaunt around paths and the first participant went around it backwards. Good old Tony just loped around in 6 minutes.

The second course - 'a piece of cake' muttered the old hands - kept them out a bit longer, while the long course had us wondering: were they lost, controls missing or just bad 'O'ing?

One valid comment afterwards was that some control points had been used before: True! - but (i) if you don't attend every event in the park you don't know this, (ii) as we don't want people to get lost at such events and we want them to come back again, control points need to be obvious and there are only a limited number of such points.

All in all an enjoyable meeting.

LEON MCGIVERN

Orienteering: On Looking the Part



A well-turned-out Norwegian orienteer (Froy Grondahl in "NOF-Posten")

We all know that the die was cast long before we embarked on orienteering. Before we even took so much as one step in the forest we were already fated to be one of two sorts of orienteer. One may be destined to be good like Peck or, alternatively, you are, like me, fated to be an also-ran.

Who's Peck, you may ask? He's a champion! True orienteers when they hear the name always turn to the East—that's the one to the right of North—and bend their heads reverentially. But if you are a bad orienteer you'll always be turning confidently to the West, and only when you realise that everyone is looking the other way will you do a rather sheepish about-turn. There's nothing much you can do about this lack of sense of direction and however hard you try you'll never be a first class orienteer. So if it's a standing joke in your family, as it is in mine, that whenever you reach a road junction and want to turn to the left, the map and the signpost and the rest of the family know the correct route is to the right, if on a walk along Regent Street between Piccadilly and

Oxford Circus you have to stop six times to look at the map, if you frequently halt and reverse along the hard shoulder of a motorway because you've missed the exit, then you're never going to get to the top in orienteering. However what you can do is read these articles and find out how to give the impression you are heading there.

Once you have accepted the inevitability of being a second-rater you have a choice to make. Are you going to be happy for everyone to know you are incompetent? In that case you can continue to turn out in a patched pair of jeans and your son's football jersey, wearing one wellington and half a pair of National Service boots. Or will you join me in pretending you are good, at least until the starter blows his whistle. If so this article is for you, you who want to get better but know deep down that you never will, but you're going to try and, dammit, at least you're going to look the part.

BOBBLE HAT

So first the right equipment. Start at the top and work down. Get one of those woolly hats with a bobble on it. This is essential. This is essential for driving to events and for walking around before registration. You should also get what is grandly referred to as "my O-suit". "O-suits" are made of nylon and, apart from their value in impressing others, they have the great advantage of drying quickly,

so that after the inevitable encounters with marshes and rivers you'll arrive back at the car park superficially dry even if your underwear remains soaking. It doesn't matter that when you try it on at home your spouse will think you are still wearing pyjamas, nor that owners of garages where you stop for petrol on the way to events will think you look like Wee Willie Winkie: it's

the opinion of fellow-orienteers that concerns you now. A pair of stockings and some garters and then you are ready for shoes. The only important thing here is that you recognise the pattern your own shoes make in the mud so that you know at once when you have run a full circle and are treading in your own footprints.

You will also need a red pen. There is a whole mystique about pens and those earnest gatherings you see huddled round the boots of cars after events are almost certainly discussing the relative merits of chinagraph pencils and felt tipped pens designed for writing on freezer bags. Whatever you decide upon it will let you down and will be sure to put the circle marking the control on the wrong place on your map. It will also fail you at crucial moments when you try to write on a wet map and the ink will either run or fail to emerge at all. And it will leak. Be prepared for this, or you may suffer the agony I endured in thinking I had done myself a mortal injury. While struggling through some unmapped fight in the Forest of Dean, I glanced down at my hand to find it covered in blood. My hand, however, was not cut so I stopped and began to search frenziedly for the wound as my lifeblood drained away. To my dismay I found that the laceration was clearly in the area of my heart, since there was a large patch of crimson on the chest of my O-suit. Gingerly I lifted my clothing and peered at my chest. There was no sign of a cut. Only then did I realise that the blood was emerging from the pen in my O-suit pocket.

You will also need a plastic bag, transpaseal, a stapler and safety pins. You need these pins for attaching the control card to your person. Don't carry the card in your hand or you will drop it. You can

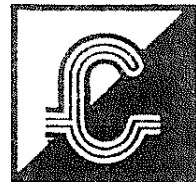
pin it either to your arm or to your navel — I mean of course to the appropriate part of your O-suit: you will suffer enough without having to look as if you are into punk.

Pile your gear into a trunk, grab some money and a picnic lunch, don't forget a change of clothing and put it all in the car. Ideally you should have a new car too: the most impressive vehicles are motor caravans, preferably equipped with a stream of super-fit minorienteers from whose achievements you can acquire some reflected glory.

You will notice that I have not yet mentioned a compass. This is because you will never learn to use the thing properly, but you'd better have one to dangle from your wrist.

And so off to the event with one final piece of equipment — a decent navigator. There's point in having bought all this stuff if you have to rely upon your own instincts to get you to the event. You will impress no-one in the picnic area in the New Forest when all the rest of the orienteers are getting out of their cars in the Forest of Dean. Gerald Vinestock

SOURCE: COMPASS SPORT
1982/2.



NEWS

6.

- Do you have friends with farmland, or other contacts that could provide us with access farm areas for orienteering?...The Club has the money and manpower for the mapping, finding the areas is proving the problem. Give John Gregory a ring if you can help with the contacts.
- July ~~1st~~^{10th} at Claypit Road, Woodhill would be a good way to start orienteering in the forest. Its a promotion day for forest orienteering, (as well as an O.Y. rerun) and there will be plenty of courses and help available. The forest area here is lovely and open for the most part. Bring some friends and a picnic. Hope to see you there!
- We are getting 60 controls made up at the moment, using a new design. These new club controls are long overdue and I'm sure future course setters and the long suffering equipment officer will be delighted to see them.
- Give orienteering a plug: the Club has a supply of new car bumper stickers available. There are various types. Price 50¢ each. They will be available for sale at Central Club Events.
- Are you interested in chatting about orienteering, good company and a splendid supper? Then keep the evening of July 7th free (see coming events).

WELCOME TO THESE NEW MEMBERS:

Belinda - Jane Hetherington
Kathleen and Michael Seguin
Basil Cuthbert

TRAINING CAMP Nº. 2

This on Sat June 26th and Sun June 27th at Waiuku.

Times: not finalised, probably midday but maybe earlier on the Sat.. finish after lunch on the Sun

Accommodation: at Phyllis Snedden's , Taurangaruru Rd, Waiuku phone 085 59609. Bring a sleeping bag, some food for lunches and breakfast, some money for Sat tea and of course your O gear. Bring any reusable copies of the Waiuku No 2 map.

Meeting place: follow the signs from Forest HQ

Confirmation: (By Sat. June 19th)

- a. Juniors on Squal list: confirm on phone or in writing whether you are going or not (to Phyllis)
- b. Other juniors interested: club secretaries please contact them and get them to reply as above. This will need to be a definite commitment.
- c. other orienteers. Phone Phyll a few days before to see if ther's room at home or in the forest.

AN INPUT OF CULTURE TO THIS MONTH'S NEWSLETTER
TAKEN FROM THE IOF REPORT 1981:2 -

On a lighter note

My sweet marker,

I don't know exactly why I am so attracted to you: maybe your dress, red-orange coloured — and also, you know, it is really very tempting to come and court you in the undergrowth.

To enter your heart, I take the bearing of the crossroads from where I am to reach the top of the hill where you wait, lonely — sometimes my compass gets 'ealous an 'tries to mislead me 'ut I feel the thrill and I start off again towards you.

Now, I see you, gorgeous, white and majestic like a lily, red and lit up like the fire burning inside me — then, I gallop like one frenzied: I want to be the first one to touch you.

Sometimes, I find you slumped on a heap of dead leaves, probably victim of the revenge of an opponent who must have lost precious minutes because of you — it is true you carry a lot of responsibility; on you hinge defeat or success. And if unfortunately you are not in your place, there is every chance that you will be cursed. And I hear you sighing: "What a life . . ."

As for me, my sweet marker, I am unfaithful to you and I think that you are the same.

You look like night gl'ry wh' has descended a Swedish Forest f' new woods. No matter: I love you just as I also forgive you.

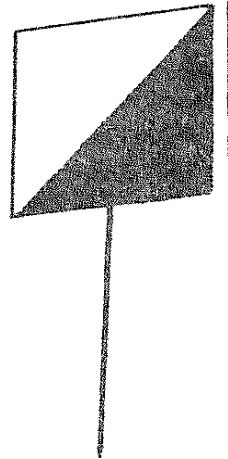
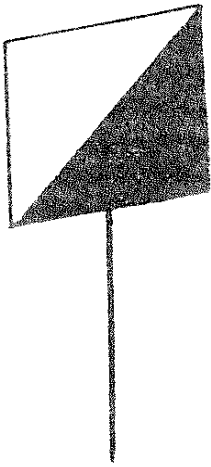
And throughout the week, I can't help thinking of you and the day when we'll meet again.

See you soon — sweet kisses

An orienteer . . . who might be French.

Jean Marie Foubert

A U . . . L L L L



<p>1982 AUCKLAND CHAMPIONSHIPS N.Z.O.F. BADGE EVENT</p>

8.

Organisers : North West Orienteering Club
 Course Setter : Bob Murphy
 Controller : John Fettes
 Venue : Woodhill State Forest
 Map : Woodhill 81. Used for 1981 NZ Championships
 and Day 2 1982 Easter 3 Day.
 Date : 29 August 1982
 Grades : Ages as at 31 December 1982

W 12 and under	M 12 and under
W 13-14	M 13-14
W 15-16	M 15-16
W 17-18	M 17-18
W 19-20	M 19-20
W 21 A, B, C	M 21 A, B, C
W 35 A, B	M 35 A, B
W 43	M 43 A, B
W 50	M 50
	M 56

W 21 and M 21 are open grades. C-grades must be first year orienteers i.e. have competed less than 12 months.

Trophies : Trophies are currently awarded to the first AOA area resident in all grades except W 19-20, W 21C, W 35B, W 50, M 35B, M 43B.

Entry Fees : Senior \$3.00
 Junior (18 and
 under) \$2.00
 Family maximum \$8.00

Entries Close : 31 July 1982