

central orienteering club

JUNE NEWSLETTER 1983

PRESIDENT:

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TREASURER:

Geoff Bendall

NEWSLETTER:

Martin Newton

COMING EVENTS

June	12	NW	A.O.A. O.Y.5. Woodhill 81. Enter via Woodhill Forest H.Q. 10 a.m. 1.00 p.m.
	19	C	Churchill Park. Setter: R. Brewis, Controller: W. Bottomley. 10-00 am. - 12.30 p.m.
		NW	Training Woodhill Forest. Woodhill 81 map.
		T	C.D.O.A. O.Y. Taupo. Rangatira Farmlands.
	26	C/NW	Woodhill Forest. Long O. Telephone Rd. Puketapu Rd. Woodhill 81 maps. Setter: Geoff Bendall, Controller: Tony Nicholls, Co-ordinator: R. Wagner. See Entry form enclosed.
July	3	NW	Long Bay. Promotion event
	6		Central Club Meeting. Geoff Bendall's, 73 Whitehaven Rd. Glendowie. 7.30 p.m.
	10	SA	A.O.A. O.Y.6. Waiuku Forest North. 10.00 - 1.00 p.m.
	16	C	CENTRAL CLUB SOCIAL AND FILM EVENING
	17	SA H	Waiuku Forest Training Day. C.D.O.A. O.Y.
	24	SA	Waiuku Forest Training Day
	31	C	Mangere Mountain. Setter: Leon McGivern; Controller: George Cole-Baker; 10 - 12.30.
August	7	NW	Long Street 'O' event
	14	C	A.O.A. O.Y.7. Ye Olde Woodhille. Setter: William Bruce; Controller: John Rix; Co-ordinator: Paul Dalton.



NEWS

FROM THE CLUB PRESIDENT

With this magazine you should receive a letter to club members with a form to complete and return. We are aiming to compile a reference of resources and skills that club members have so that we can spread the work load more evenly.

It is hard to imagine a sport that requires such intensive organisation as orienteering. With everyone contributing a small amount regularly, the burden of these organising tasks becomes more bearable.

I hope that each member of a family who has something to offer will return their ~~own~~ copy of the form.

Since our very successful Summer Series of city park events, I have received several comments that there should be more such events. There seems to be a growing group of people who enjoy orienteering on this not-too-serious basis, but who are reluctant to travel extra distance to a major event. Regular local park events would certainly give school pupils more opportunity to participate.

In future, I hope to ensure that there is at least one city park event every month. These events are also a good training ground for course planners, controllers and co-ordinators.

Finally, a big thank you to Martin Newton. The magazine is looking as good as ever. Just keep those articles flowing in.

Have you noticed how lucky we have been with the weather at major events so far this year? Let's hope the luck continues!

<u>FOR SALE</u>	
Silva Compasses Type 3	\$12.00
Whistles	50¢
Club T-Shirts	\$6 Childrens sizes
	\$8 Adult sizes
All available at Central Club events	
or contact: Phil Brodie Ph: 276-4285	

NATIONAL CHAMPS AND INTERNATIONALS: What a pleasure to compete in such superbly organised events. Thanks very much South Auckland, Hawkes Bay and Red Kiwis.



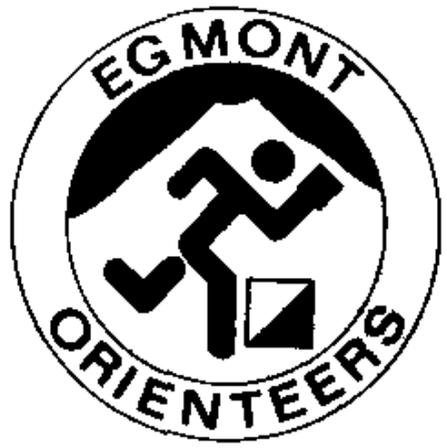
- Congratulations to Robert Jessop: 4th place in the 1982 Brighthouse Trophy* (1st in Nationals, 1st AOA Champs, 2nd CDOA Champs in M 13-14 grade). This gave Robert 15 points, 5 behind the winner of the trophy Andrew Smith of Kapiti Havoc (M15-16 grade)
- * The trophy is based on a points total gained for placings in major events in a season
- There has been a lot of favourable comment about the Secondary Schools Championships organised by Central at Totara Park - congratulations Leon, Ian, Briar, Ray and Jean for putting on an event that so many seem to have enjoyed.

NATIONAL CHAMPS

Central 1st in M.12, M.13, M.15 was a highlight for me as I read through the results: Well run Darren, Robert and James. Marvellous to see new names figuring in the placings as well: Jan Giffney winning her grade W21C by twenty minutes and recording the 4th fastest time of all competitors on Course II (surely this deserved more than an iron credit: others with similar times on this course gained silver credits), and Bas Cuthbert coming home 3rd in M35B having just finished a night shift at work.

T-SHIRTS: My T-shirt of the year (indeed past 5 years or longer!) award would go to Hawkes Bay for their grey and maroon international production. I have of course excluded my Central shirt from consideration!

'The standard of clipping was poor' has become the standard comment after every major event! Why do I bother to spend time clipping accurately and waste precious seconds? I might as well join the 'clip and hope' brigade as warnings rather than disqualification seems to be the norm.



Egmont Orienteering Club in their inaugural event attracted over 300 people! A great response and fully deserved judging by the high quality map of New Plymouth's Pukekura Park produced by the Club. I noticed that former Central member Doug Haynes won the 'B' course at this event. Well done Doug!

I hope we can include Egmont events in future newsletters



NATIONAL RESULTS

1st

Jan Giffney W.21C
Rosemary Brodie W.35B
Darren Ashmore M.12
Robert Brewis M.13
James Brewis M.15

2nd

Penny Clendon W.12
Hilary Weeks W.43A
(Champion as Australian took 1st place)
Simon Clendon M.17

3rd

Sharlene West W.21C
Jill Roberts W.43B
Bas Cuthbert M.35B

Also Tony Nicholls 6th in M43A but 2nd
N.Zer to finish

NATIONALS 1983

The weekend of the Nationals turned out to be so hectic, that the event itself almost seemed a minor part!

The warm-up event at Matakawau was nicely exposed to the Southerly gale, but with a bit of careful organisation I was able to plan a course which avoided the worst of it, and only once found myself battling into the wind up a steep hillside.

We were fortunate enough to be accommodated at the Awhitu Environmental Camp, about 10 km from Sunday's event. This was most enjoyable, as we could socialise with Orienteers from further South, and also collect a potful of mushrooms for soup. The camp is very comfortable, suitable for families, with chalets accommodating about six people, plenty of showers (and hot water) and a communal kitchen and dining room. It would be an ideal place to hold a club training weekend, perhaps when SAOC has an OY at Matakawau or other adjacent map.

Despite a wild and windy night the storm all but blew itself out by the time we arrived at the event on Sunday. We noticed the tractor handily placed by the parking area. I hope it wasn't needed to tow any cars out of the mud. A tow would have been useful though, up the track to the start, which had turned into a slippery mud-slide by the time we arrived there. I ran the W35B course, which I found to be mainly straight-forward with easy controls. It was a suitable difficulty for a B course. I liked the way the Finish chute

was sited, so that spectators could sit on a hillside with an amphitheatre effect, and enjoyed Robbies comments on the loud-speaker. I think South Auckland deserved all the congratulations for the excellent organisation.

5.

We were unable to wait for the prize-giving as we had tickets for a concert in the Town Hall at 3.30 p.m. This made us a little late for the evening hangi which our busy President had spent hours organising. Our dinner was rather unusual hangi-food, more like what a certain quick-chicken chain produces! The square dance was a huge success, in fact our family thought it was the best Orienteering social evening that we have ever been to.

BRIAR GREGORY

NATIONAL CHAMPS

Awhitu Championships Course 8 W43A M56 W21B

I was at a psychological "low" for these championships. Firstly, I wasn't fit; secondly, I don't get that gut feeling of distance, and land shape when running on maps with a scale of 1:15000; and thirdly, when the time came to pin on my number, I found I was wearing my orienteering top inside out. I didn't like my chances.

I shall never forget coming around that corner in the car and seeing those huge orienteering signs on the hill top. The whole area inspired me with a feeling of care and efficiency. By the time I reached the start, still chuckling over the jokes on maps and signs, I was at a psychological 'high'. You don't need to be all that fit from way up here to get down to that finish caravan in that little hole, away down there. I thought. And what a moral booster - No 1 only 120 m away; near stream source; couldn't miss it. No 2 - almost as easy. No 3 re-entrant: (no precise description given); too confident, misjudged the distance, and those overhanging cliffs were just like the ones I should have been looking at in the next valley. Found myself in plenty of good company.

No 4 (63, |> 1.1 |>) the foot of a spur -
but |> , the top of what? Nothing in the centre of my
circle seems to fit. It couldn't be a radio control as no
radio sign. Could |> be |>
a platform? Disaster.

Couldn't find a good attack point for No 6 - re-entrant.
Then 2.5 km of almost flat running with no challenge. Could
almost see No 7, No 8, No 9, No 10, and No 11. There is no
way of making up lost time under these conditions unless
you're a fit harrier. Depression.

But what are they putting up against my name - a first!
Yes, I've done it - a first - the first time since being
an orienteer that I've had a DISQ against my name. Will
have to avoid courses with maroon clip cards in the future.

Thanks Patricia and Wayne for such a lovely map. Good
orienteers don't need a compass when running on such an
excellent map. Thanks.

IAN BAMFORD.

NZ VS AUST

Orienteering

THE INTERNATIONAL RELAY THROUGH THE EYES OF THE CLENDON FAMILY:

Simon Clendon M17-20 (N.Z. team member)

You can't say the N.Z. team went into those relays without confidence having just won the Individual Challenge for the first time! The weather couldn't have been better, from a Kiwi viewpoint anyway, mainly overcast and not too warm, but the competition was going to be hot all right.

For those who didn't go, the relays were held the day after the Individual Challenge at a place 5 minutes west of Levin, near Hokio Beach. The terrain varied from patches of titree to wide open farm land, steep to flat, and fast to slow; an excellent orienteering map which you had to keep contact with or several seconds (or minutes) would be lost relocating from the nearest track or road. Fortunately there had been little rain in the preceding weeks and the marshes were generally easy to cross which made route choice a little easier. The main problem I had was forcing myself to slow down so I could read the intricate detail, and not lose precious seconds by missing controls.

The mass start for 1st leg runners was at about 10.00 a.m. and our lead runner (M17-20) was Mark Brighthouse from Taupo who we hoped could beat the oppositions' Tarig Holditch or at least come close. Unfortunately after many long minutes scanning the rustling and crashing titree, a green and white orienteer emerged across the freshly sown grass to beat Mark in by an amazing 8 minutes. Soon we learnt from Mark that his problem was a wrong code on his control descriptions which led him to lose about 8 minutes, as the terrain was complicated in that area, before figuring out that the control where he was, must be the right one and then continued. I managed to have an almost faultless run except for a long route choice on my No 7. The Aussies were able to maintain their 'false' lead and won comfortably despite the protest being upheld! (We decided to let our M35s win and us lose to keep things even). Unfortunately the Aussies won the W13-16 and W17-20 by only seconds and the final result was Australia 6, New Zealand 5.

To end the weekend a social was held at the Aussies' dormitories in Foxton and the result was a bus decorated in about 100 toilet rolls.

I think it's safe to say that the Australians have ended their domination and next year they'll fall in both the Individual and the Relay Challenges.



NEW ZEALAND TEAM MANAGER'S COMMENTS ON
NEW ZEALAND/AUSTRALIA CHALLENGE 1983

You will all be aware that for the first time since the NZ/Aust challenge event was instituted in 1974, New Zealand won. I was delighted with the result and particularly pleasing was the total dominance of the W21's with the first 9 places being filled by New Zealanders.

As indicated by the result, the team performed well and although we lost the relays 6 to 5, two results were so close - 11 seconds and 5 seconds separating the teams, we could well have won those.

The Aussies were a good crowd and mixed well. They had one or two problems during their visit; the most notable being two members spending a night lost in the bush near Rotorua after going for an evening stroll. Not very good advertising for Orienteers!

The only major problem encountered by the N.Z. team was the result of a car breakdown in Palmerston North on the morning of the relays. The team member involved was first runner and just made the start by utilizing a taxi from Palmerston to Hokio Beach, a very expensive way to get there. Despite the drama she ran very well and her team won.

Summing up, I would say it was a most enjoyable experience, capped off by the win.

NB: The editor of this newsletter made a false statement regarding a shout for the team by me should they win in the last newsletter. How could I refuse? As it was his suggestion I will forward the bill to him in due course!

T.M. CLENDON

Penny Clendon (W12) writes:

My first impressions of the broken terrain was Yuk!! After starting I could tell it was going to be worse than just an uphill start not to mention my friend getting the wrong course. Number one may have been simple but I sure didn't like it. Going to number three I was off my bearing and took about half an hour on just that! In the end I spent half my time on number three, quarter of my time on four and the rest was spent on the other controls, not that they were perfect! If you work out my time please don't tell anyone. (Luckily only my mother and father were in my team.)

Later that day I was talking to the girl whose father owned some of the area, and she said that in one huge paddock there were wild bulls! (At least I didn't believe her). Mum didn't do too well and dad had to start at the mass start for third runners. Dad, the team Manager, ended up coming in almost last and everybody cheered for him. (How embarrassing to have Mum in my team!)



FROM THE FOREST

AUSTRALIAN CHALLENGE

Six point one km the programme stated for W35A quite a distance for me. Right, I'll aim to finish the course and break two hours.

I put my apprehension aside and enjoy the beautiful scenery we pass through from Patoka to Esk: I had forgotten how the roads twist and wind in these parts, each bend giving way to neatly kept farms nestled in amongst autumn clad trees. We're brought down to earth abruptly by Joanna announcing she feels sick, Philippa looks putty coloured too. Tupperware at the ready and windows down, each sheep, cow, horse and tractor is enthused over and we manage to keep the children entertained without mishap. Poor John, what a way to prepare for an international competition.

We wished John luck and then set about finding who of Joanna's contemporaries were around. Throughout the morning I kept hearing tantalising comments about the terrain, words like steep, sheer, gullies, cliffs, deceptive 6 m contours. It's a long time to wait when you're last off. I was definitely feeling a bit jittery when I at last picked up my map. Five point one km that was a relief~ but fifteen controls, wow! I gingerly approached our first control and thoroughly mucked up on second. I then got my act together and very much enjoyed the satisfaction of successfully navigating from one control to the next. I definitely prefer being bent double under trees to leaping and scrambling over vegetation. By our tenth control I really had to hang on mentally, five controls to go, I've run whole courses with only five controls. As I approached our thirteenth control I had a touch of *deja vu*, so near to our second control!

I finished the course, I was really quite pleased and I broke two hours. On paper reaching 35 makes course choice a bit tricky, never having really aspired to 21A. I don't want to submit to W35B. 21B is alright but controls tend to be technically easy whereas in 35A the distances sound daunting but at least I get my money's worth.

VIVIENNE RIX



AUSTRALIAN CHALLENGE

Give Me a Map and I'm Magic

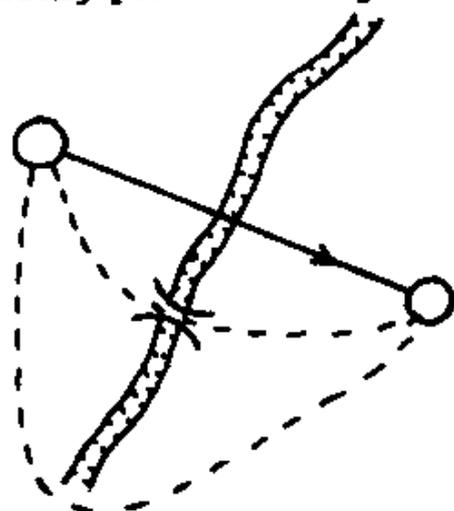
Well, not always but after a chronic month of back trouble and poor training there's always a chance. A glance at the map brought back a flashback of Pahuatea, Wainarama and of course Gwavas. Knowing where to be careful is the key and cut errors to the absolute minimum - running speed, with the low branches and fairly dense undergrowth in parts, isn't too important.

It's delightful after a few disturbing experiences recently to function as a unit once more, everything comes up where it should as I click from control to control - just a little too much aiming off here, and a bit shaky there. I take most of the track options even if there's a detour, not what I'd do

in an OY but by and large it's safer and I only lose seconds. Soon I'm catching the team members well ahead of me but shut them out of my consciousness. Not the spirited finish I am used to over the last few controls. I play safe and save a bit for the relays. At least I split the Australians.

Perhaps there's space for a few technicalities: Horizontal green stripes? They don't seem to offer any advantage to dots - why use them? I didn't really have time to inspect the impressive 10 km of cliff or gorge on the map but when I ran along 50 m of gorge from 17-18 I didn't really see any rock at all!

Most courses had a bent leg through a gorge early on with a crossing point half way. Of course the line should go straight



through, it's up to us if we take the crossing or go right round.

Why not put in several crossing points, then we've really got some route choice.

Their convex brackets should of course be concave, that's my fault, in the 1979 NZOF rules I edited, a pair of parentheses got mixed in as well so what should have been) (came out as ()

I'd have preferred the map at 1:15000 and mention that in the control descriptions it's only necessary to specify "north eastern", "upper" or whatever when there are two similar features in circle. These small matters aside, excellently organised, good hospitality and splendid weather. Well done HBOC.

JOHN RIX

QUEEN'S BIRTHDAY 3 DAY WHAT YOU MISSED IF YOU DIDN'T ATTEND:

- BEST VIEWS EVER ON DAYS 1 AND 2 - AND SUBARU ACCESS ROADS.
- PETER KING: REALLY GOOD RUNS IN M21A, ESPECIALLY DAYS 2 AND 3.
- ROBERT JESSOP 1ST BY 6 SECONDS OVER THE THREE DAYS M.15.
- STEEPEST HILLS EVER AT MARAMARUA.... AND PATETONGA..... AND TUAHU.
- DARREN ASHMORE 2ND M12 AND VICKI LOWRIE 3RD W21B.
- SELWYN PALMER'S FASTEST TIME ON DAY 3, AND 2ND OVERALL M21B.
- GREAT SAUSAGES - TEMPTED RON WRIGHT TO DNF ON DAY 3 IN CASE THEY SOLD OUT.
- JOHN RIX 2ND M21A AND ROGER WEEKS 2ND M43B.
- TANYA NICHOLLS 1ST W15.
- BASIL CUTHBERT MISSING 2ND PLACE BY 10 SECONDS M35B.
- MORE DISQUALIFICATIONS THAN I CAN EVER REMEMBER.
- LOGS THAT MOVED
- QUOTE FROM GEOFF BENDALL AFTER A LESS THAN SATISFACTORY RUN:
"I'D GET MORE ENJOYMENT BANGING MY HEAD AGAINST A BRICK WALL".
- THE MOST ENJOYABLE 3-DAY I'VE ATTENDED - THANKS FOR AN EXCELLENT EVENT HAMILTON

FROM THE FOREST

OY 4 TELEPHONE ROAD

Congratulations to the Central "gang of three" for managing to scrape one more OY out of Telephone Road - and a good one too.

Hope you got the controls out safely. Farm events from now on eh Mike?

At 7.30 on Sunday morning I must admit to having very few positive thoughts toward OY 4. My last run at the Nationals proved conclusively it helps to be fit, and the lungs had been running on one cylinder all week. I was not in the mood to be taking on Crawford and Clendon again.

But the bike started first time and I had no excuses left.

Course 1 was again into double figures. Well, based on a Forest Run 5K jog of 18 mins I should be round in 2 hours! Simon tried to fell a tree with his shin and took the easy way out. Robert proved he had no sense of timing and beat me by 40 seconds. Look out for Robert Jessop too - he wasn't far away running up too many grades to count.

Still, I was pleasantly surprised by the number of legs which had several good route choices. The course setting was well above average for Woodhill and was a good tonic for the Wellington blues.

Suffice to say what a great map it will be when they've cut down ALL the trees.

Other high points to the day included Dave Melrose spending a relaxed 15 mins at No. 20, Ross Brighthouse admitting to using a road sign to find his way, and Rob Garden's expression when he clipped No 21 and found he hadn't marked the finish on his map!

Thanks for the days entertainment.

PAUL DALTON

A.O.A. NEWS

Event Organisers Please Note:

In order to get accurate and standardized 'O' results in the newspaper event organisers have been instructed by the A.O.A. to provide results in this way (extract from an article sent to the newspapers):

Our event organizers have been instructed to supply or dictate results in the order:

MEN 21A, 35A, 43A, 50, 56, 19, 17, 15, 13, 12

21B, 21C, 35B, 43B.

WOMEN: Ditto

Within each grade will be given surname, initials, (Club), time in hours:mins:sec.place - for the three top places only. We do not use terms such as "juniors, subjunior, midgets".

THE 1984

ASIA/PACIFIC ORIENTEERING CARNIVAL

NASEBY, SOUTH ISLAND, NEW ZEALAND

JANUARY 6, 7, 8, 1984



Pacific Orienteering Championships - If anyone wishes to travel by air to the Championships just for the minimum time at Naseby could they contact Ray Kitchener, phone: 266-6504. I would like to arrange a party for cheap travel to leave Auckland on Thursday 5 January and return on Thursday 12 January. This allows running model event on Friday, Champs Saturday, Relay Sunday and Mountain Marathon Tuesday and Wednesday.

NEWSLETTER TO ALL NEW ZEALAND ORIENTEERING CLUBS (Extracts)

.....As a follow up to our initial promotion we are now sending news and information articles widely afield. Regular features on APOC will appear in 'The Australian Orienteer' and articles have been sent to 'Compass Sport' (Britain) and the Japanese orienteering magazine. These are accompanied by a few select photographs. There was great excitement the day we received a telex from the editor of 'The Australian Orienteer', stating interest in APOC over the Tasman was "intense" and could we send a further 1400 entry forms to be included in the next issue of the magazine. Needless to say these were promptly printed and dispatched!

It was felt that publicity within New Zealand should now go beyond orienteering circles, and so reports have been sent to the editors of 'New Zealand Runner' and 'Leisurelines', the newsletter of the N.Z. Council for Recreation and Sport. Closer to home, all local newspapers in Otago and Southland have received articles, introducing orienteering as a fast growing sport in New Zealand and highlighting the upcoming major event being held in their area. Similarly, local schools have been notified and in an attempt to catch the interest in orienteering engendered by news of APOC, pupils have been encouraged to come along to club events.

NZTV has expressed interest in making a feature programme on orienteering including the APOC events. They have studied at length the film of the Scottish World Championships and are convinced they can produce something even better!

Accommodation and Travel.

Residents of the Maniototo Region, which includes Naseby and nearby Banfurly, are really rising to the occasion and offering every assistance. Recently, a meeting was held with members of the community, many representing local service clubs. This will be the first of many meetings as they have offered to take over the organisation for all in-event accommodation requirements - the tent village, food, transport, social events, recreation activities which they have suggested will include canoeing, horse trekking, helicopter rides (away from the forest!). We are confident that this will be done superbly and lavished with masses of rural hospitality that will be as much a feature of APOC as the orienteering.

CONTINUED AT BOTTOM OF PAGE 12.



3rd Annual
WINSTONE FOREST RUN
 WOODHILL FOREST
 Sunday 22nd May 1983

1983 WINSTONE FOREST RUN

The culmination of five months planning began at 5.30 a.m. on Sunday morning with someone (I can't remember who) waving a pot of porridge around threatening to use it if everyone else didn't get up sharpist. (We stayed at a Parakai motel) By 6.30 a convoy of cars and trucks were speeding through the still dark forest to prepare for the hordes of competitors. We'd been there all day Saturday setting up a dozen tents, a myriad of signs, and a lot of plastic tape.

By 2 o'clock it was all over. Most of the 2000 odd people had gone home. The vital statistics showed 2067 official entries and around 1700 actual runners taking part. They don't come any bigger than that folks.

The organization had coped - despite a gale having blown down most of Saturday's efforts and a chartered ARA bus turning up with nowhere to park but right in the middle of the start line.

The support from Orienteers was incredible - to match the amount of work required. It couldn't have been done without all the help.

Time and space is too short to tell a full story and give everyone their due credit. Two brave souls even ate the porridge

PAUL DALTON

FUN RUN

Cathy, Ross, Rob and myself of the South Auckland Club wish to thank members of Central for helping at the recent Winstones Forest Run. Because we stand to benefit from your efforts we wish you to know that the time you gave was much appreciated.

TRISHA ASPIN

Organisation.

It is confirmed that the 1984 Hallmark Mountain Marathon will be held directly after APOC. This means that, with the lead up events, there are in total seven days orienteering being offered. The exact area for the M.M. has not been confirmed yet (subject to owners permission) but it will be within two hours drive from Naseby.

Our major problem still prevails - 'up front' finance! We have very much appreciated the funds sent to us by various clubs. Thank you also those who have already sent us their entry form and fees as this has helped considerably. More would be nice. If you know you are coming to Naseby next January (and we are sure you are!) please could you consider sending your entry fee in soon? We would be extremely grateful. We look forward to hearing from you, maybe seeing you in May, and then at APOC '84.