

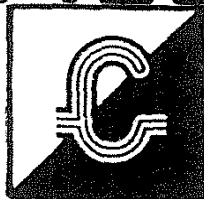
# central orienteering club

## JUNE NEWSLETTER 1985

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# COMING EVENTS

June	16	NW	Promotion event, Shakespeare Reserve (New coloured map)
	16	R	C.D.O.A. OY5 Rotorua
	22	SA	Auckland Night Champs-Waiuku, pre-entry only.
	27	SA	Training event-Waiuku
	31	NW	AOA OY 4 - Puketapu Rd, Woodhill
July	7	C	Promotion Event - Churchill Park
	7	C	Forest fun runs - 5K,10K,21K -Waiuku Forest
	14	SA	AOA OY5 - Taurangaruru,Waiuku
	21	C	Promotion Event-St Kentigern College
	21	H	C.D.O.A. OY6
	28	NW	AOA OY6- Mangawhai North
Aug	3	T	C.D.O.A. Relays,Taupo,Poihipi map
	4	T	C.D.O.A. Champs, Taupo,Opepe map (Both are pre entry events)
	11	C	AOA OY7
	18	P	C.D.O.A. OY7

Next Committee meeting 7.30pm, Monday 8 July at P Creagh's, 169 Kohimarama Rd, Kohi  
Also please note final cut off for newsletter material is the night of the  
committee meetings in future.

However this is "Stop Press" stuff; try to be early to avoid the rush  
(for me,that is) ! Ed.

## MEMBERSHIP

The club welcomes the following new members into the club. Hazel Bamford; Janette Chester-Nash; Helen Geary (Sorry I missed you out last time); To. d Kjellst. om; John Law. ey; Ki. slin Nicholls, Harry, Irene, Kirsty and Jonathon Swadling.

All those new members, who have had no previous Central Orienteering Club contact, should have received their 'new member kits' by now. I apologise for the delay.

The state of membership is as follows: We have a total of 143 active members ( I've not counted those family members younger than 10 years of age). We have 104 senior and 39 junior members. As not all members compete in the OY competition a complete breakdown into grades cannot be completed. 85 members are competing in the current OY competition.

The apparent decline in membership this year is due to rationalisation of membership e.g. memberships changing from family to single membership when only one family member regularly competes (and thus paying a lower sub!) or younger members, who obviously don't compete, being excluded from the total (as mentioned above - after all we don't pay levies to the associations on these non-competitors). We do need more members though, so talk about orienteering to your family, neighbours, schoolmates, workmates and bring them along to the next event. Help get them enthused - we'll all benefit then from the wider base of people available to help run events, map areas etc. So start talking!!

Eddie Reddish.

### SMALL GRIZZLE DEPARTMENT (Treasurer's Office):

Would those families whoes members compete at our events please appoin. O.LY O.E PERSON. to fill out a self address'd envelope for the results. There is TOO MUCH wastage of envelopes. Envelopes cost money. The club is not that FINANCIAL!



BULLETIN BOARD

The AOA now has orienteering videos available. If you are interested contact your AOA representatives

Central club now has good supplies of cardboard O-controls, which are ideal for promotional and/or school events. Phil Creagh is the keeper of these, should you wish to purchase any.

A W12 grade has now been established, distinct from the W13-14, by the AOA, which will sort out the orienteers (female) from the girls.

Cancellation services of radio station 1ZB are now being used for O events to cover the rare event of Auckland event cancellations.

There will be Swedes visiting and competing in an August OY en route to Australia. So if you feel like measuring yourself against some real competition - sharpen up!

Remember, Central club badges and T shirts are available for purchases at all of our events. So be in and show off our club name a little more.

Dont forget the January All Night Relays like you (and you...) forgot this year. Contact Tony Nichols if you want to make up, or be part of, a team for 1986.

BIKE-O is COMING oooooooooo!

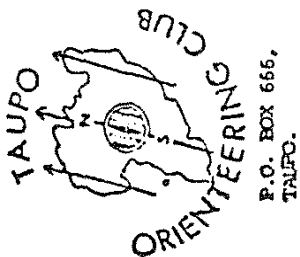
NORCOMPASS (THUMB COMPASS)

Dag Guest of PAPO (P O Box 824, Christchurch) will accept orders for the above.

Cost:- \$20.00, which includes 50c postage.

He has a few in stock at present, but when those are sold there will be a delay of about 2 months for orders to come from Finland.

N.B. This price is cheaper than the Australian one.



C.D.O.A. RELAYS AND  
C.D.O.A. CHAMPS  
BADGE EVENT.

TAUPO.

3rd And 4th August 1985

The last major event before the World Champs in Australia.

Experienced Organising Teams:  
Terry Brighthouse.  
Tony Thross  
Jim Lewis.

Entry Forms Available  
Early June.  
Entries Close Fri 5th July

"C.D.O.A. RELAYS" [Fun Event]

Date:- Sat, 3rd August. First leg runners start midday.  
Venue:- Pohiipi Farm Forest. 14 km west Taupo on Pohiipi Rd.  
Map:- 1:15000, 5m Contour, 5 Colour.  
Terrain:- Rolling to hilly farm forest with patches of native bush.  
Grades:- Teams of three runners.  
Mixed A (maximum one M21A)  
Mixed B (no M21A allowed)

"C.D.O.A. CHAMPS"

Date:- Sun 4th August. First starts 10am.  
Venue:- Opepe. New area 13 km. East of Taupo on SH5.  
Map:- 1:10000, 5m Contours, 5 Colour.  
Terrain:- The most intricately detailed contour area ever seen on an orienteering map in NZ (condensed by photogrammetrist Chris Wilmoth with many patches of native bush).  
Grades:- All ages and grades catered for.  
Tee Shirts:- Commemorative tee shirt by order.



#### NIGHT ORIENTEERING, SWEDISH STYLE

Tio-Mila, a night relay event in southern Sweden, attracts about 3,000 competitors who all camp there for a night. James Brewis went along to look and was very surprised at how long and difficult the courses were.

"One of the night legs was 16 km and one of the most technically difficult courses I have ever seen. The men's race (over 500 teams, 10 legs in each) was won by Ingrid Svensson's club, Almby.

"The start was incredible. The pace was unbelievable; they run so very fast when there are so many competing. After 13½ km it was very difficult orienteering (78 mins, very fast, under 6 m/km) Jan Granstedt from Almby had a 40 second lead on a bunch of about 30 and then there was a gap of about 400 metres with no-one, and then a bunch of 50 or so, then another of 50, etc.

"On the next 2 legs Almby dropped to 23rd (about 3 mins behind after 3 legs). They started at 5.45 pm, the first 2 legs ran without headlamps but some of the 2nd leg runners did the last part of their course in the dark. However Stefan Branth (Ingrid's boyfriend) ran a brilliant 4th leg and caught up and then Kjell Lauri who is a lång natt (long night leg - 16 km) specialist got a good lead and then by the 10th leg Jörgen Mårtensson (light by now for last 2 legs of best teams and for about last 4 legs of not-so-good teams) had a 10 minute lead and was never threatened. He finished at 7.45 am.

"The Almby girls were unfortunate because one of their girls was sick and a reserve ran the 1st leg and they were then 11 mins behind and really had no chance after that. Ingrid took them from 90th to 23rd and then Karin Rabe took them all the way to 7th on the last leg (only 5 legs for the girls, all during the day). I was very impressed by how fast Karin, Annichem K and Ingrid ran the sprint to the Finish. A Norwegian team won the girls.

"I talked to Ingrid and she says she will probably not make the team to Australia but she says she is trying hard. She complains that all Annichem, Karin etc do is run and she's not the type that can do that. She will get a trial though. Like many people she doesn't want to spend next winter in Sweden. My coach here Roger Glanefors is sounding as though he will spend either next northern winter or the one after in NZ. Ingrid says she would like to live in NZ during the southern summer and Sweden during the northern summer.

"This coming weekend, according to Swedish television, 8 or 9 events have been cancelled (too much snow), including two I was to run in Ovebro. These cancellations will cost SOFT (the Swedish O Federation) over one million! kronor (\$NZ250,000) as their cut! The weekend after this there are big events on including one I was to run at Stora Tuna, Annichem's club, which has 7,000 entered (one event!) and these will probably be cancelled too. I can't imagine how much this spring will cost SOFT in total - at 1,000,000 kronor a weekend!

"The spring has officially ended in the south. Because of the animals all events are banned after this coming weekend until the middle of July so the entire spring has been a wash out. The mud at Tio-Mila was incredible - about 6 inches deep and really thick, very hard to walk in - that was only around the Start/Finish. 30 cm of snow in the forest. Ingrid got stuck in the mud and 2 people had to lift her out."

James says that because of the miserable winter and spring being at least 8 weeks late this year, over 200 events have already been cancelled. Anyone fancy competing at -25°C?

### The Bold Orienteer

I'd started quite well as I usually do,  
I'd found No.1 and I'd found No.2  
"My time will be fast" I muttered with glee  
As I set out to knock off Control No.3



I glance at my compass and shift into gear  
Dive into the forest, the bold orienteer  
Striding out smartly, a fine cracking pace  
I trip on a stump and fall flat on my face!

"Oh damn!" and "Oh blast!" and "Oh .... it!" I cry  
While those super-footed go galloping by  
Battered and shaken I get up again  
But to make matters worse it is starting to rain

Bewitched and bewildered and b...ered as well  
I get back on my bearing and charge on like hell  
Soon I should spot it ahead through the trees  
When a bloody great bramble tears open my knees!

Now scratched, bruised and soaking, a miserable sight  
"If I don't get it soon I'll be out here all night  
It must be here somewhere" vainly grunt I  
But search where I will no marker I spy

I prowl round and round like a bear in a cage  
And jump up and down in frustration and rage  
Wrestling and tangling with branches and growth  
I curse and I swear the most terrible oath

"I got in here somehow, of that there's no doubt  
But how, oh my God, shall I ever get out?  
The others by now will have gone home to tea  
While I'm still out looking for Control No.3

I break out at last but leave one shoe behind  
And stagger around just like someone struck blind  
In deepest despair, my last hopes diminish  
I want to retire but I can't find the 'Finish'

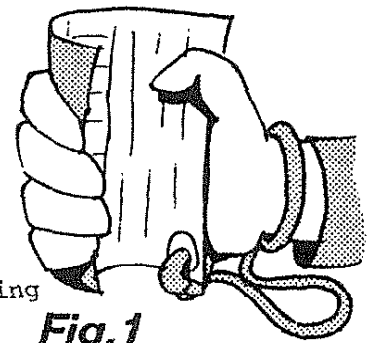
Limping drunkenly on, I now have the stitch  
My faltering feet find a well-hidden ditch  
I take a great purler, this time on my head  
And wake with a yell as I fall out of bed!

By H.C.Kenway  
Compass Sport

## O-Technique

### A Card in the Hand

It is not if a event the control card should be the 1st thing to worry you. But if it's not in the right place when you're ready to punch, valuable records may be lost.

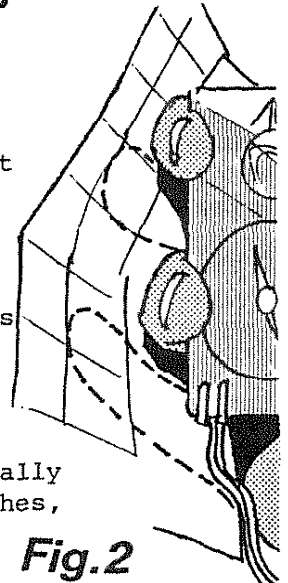


**Fig. 1**

Map, control description sheet, control card, compass. When first you start orienteering you simply don't seem to have enough hands and it's a fortunate orienteer who's never lost his control card as a result. Stuff the control card in your pocket though and it's not seconds but minutes that you'll lose. So what can you do with your control card to make sure it's both safe and accessible?

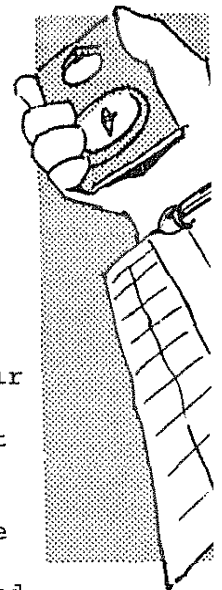
Freshers to orienteering are habitually advised to pin control cards firmly to their fronts. "It'll be out of the way there", nod tutors sternly as more important gadgets (like compasses) are twiddled, and confusing maps are thumbed.

But whilst some of the best orienteers in the land still religiously pin cards to their lower abdomens have you ever noticed how occasionally you have to turn acrobat to reach those punches halfway up holly bushes, or deep at the bottom of very wet pits? Worry not, for there are alternatives to the frustrated and flustered tangle we've all found ourselves in at one time or another....



**Fig. 2**

The only comfortable way of reaching the punch (whatever height it's hung) is to carry the control card in your hand. Eoin Rothery, writing in his book 'Routes' (see CompassSport Vol.5 No.6, P.30) explains how "... a hole punch makes a nice circular hole in one corner of your card that shouldn't be susceptible to tearing - this can be strengthened with transpaseal or tape. The use of elastic string will keep the card close to your hand, and being tied on means you don't actually have to hold it.."(fig.1). Of course you still have two free hands to perform the stamping operation at the control, and for map and compass work en route.



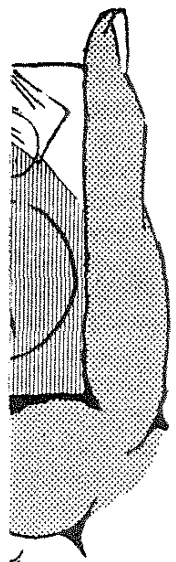
**Fig. 3**

The Scandinavians, meanwhile, are fond of "weaving" the card between their fingers (fig.2). This method guarantees the fastest punch in the West, but takes practice to perfect. Your compass is held by the thumb, first and third fingers, with the second and fourth fingers clutching the card tight. A loop of string secures the card to the forefinger. The main difficulty in employing this method is learning to set the compass on the map whilst your hand is occupied holding the control card. You need to practice it down before you get it out into the forest, but once mastered this technique will significantly improve your flow through controls.

You can also expect to get your card quite battered if you employ "the weave" - a definite advantage here to the stomach-pinned protagonists when it comes to climbing walls, crashing through thick forest, and falling over. So protect your card well!

If you think you'll be happier keeping your hands free, there are two more options available. Firstly, the method of pinning the card onto your sleeve (or on two wristbands if you're wearing a T-shirt) just above the wrist, and secondly, secreting it somewhere in the map unit.

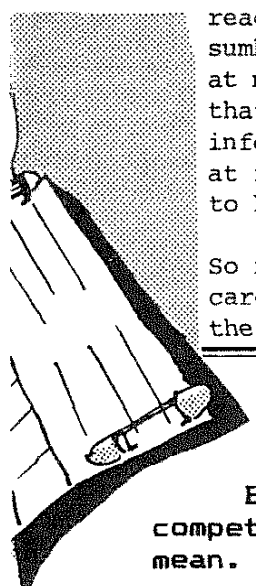
I have experimented with the sleeve-held method (fig.3) and for me it just didn't work. O.K., your card is held in a convenient and relatively snag-free position, but you are left with only one hand to grab the punch and position it over the correct space on the card. I maintain you need two, but some people are quite happy with this method.



As for combined map and control card units you can buy the special map cases with pockets for control cards from the O-shops, and in terms of protection and neatness this way is the winner. But if the map you are using is larger than A4 size, forget it. It's impossibly frustrating (and time-consuming) to have to unravel and refold your map to retrieve your control card every time you visit a control - just 10 seconds doing this at each control on an 18-control course if 3 minutes wasted before you've even started!

If, like me, you fold your map to a fairly small size you will doubtless have been irritated when at "pre-marked map events" the control description sheet is stapled on the reverse of the map, or printed in miniscule type at an extremity of the unit. A positive luxury then when descriptions are given out before the event, or at smaller events when this is the norm, for this is where your control card becomes really useful.

By combining your control codes and descriptions onto your card before \_\_\_\_\_ p \_\_\_\_\_ g ( \_\_\_\_\_ S \_\_\_\_\_ p \_\_\_\_\_ s \_\_\_\_\_ j \_\_\_\_\_ ) you have all the written information you need on your card unit in a readily accessible package. Write the information down using your own symbols if you like, but it pays to learn and use the IOF symbols (used at most National and International events) as soon as possible. Remember that if your card is pinned to your front you will have to write the information "upside down" or should you carry the card in your right hand, at right angles to the long edge of the card. Spaces that aren't going to be punched can be hatched out with a thick pen or pencil.



So now it's your turn to try the alternatives. Why not set up a card-punching exercise using a few punches hung in the gym, or out in the local playing fields? Aim to make your punching first-class!

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**ORIENTEERING TIP # 1.** by Swampsox  
**TECHNIQUE AND TACTICS IN ORIENTEERING**

Before discussing technical and tactical conduct in competition it should be made clear what these two conceptions mean.

**Technique** This is the art and manner of using the map and compass, of selecting routes and of approaching controls, irrespective of the specific competition.

**Tactics** This is the adaption of the orienteering technique and exploitation of physical ability in the competition situation taking into account the other competitors, the map, the terrain, tiredness etc.

In orienteering, as in many sports, technique and tactics merge into each other without distinct boundaries. When a competitor selects a certain route because it quite simply is the best one, this would be a purely technical decision. If he selects a certain route that, in his opinion, is not the optimal but, because of the competitive situation, is the wisest (in view of tiredness, risk, competitors etc), this would be a tactical decision. The individual's skill in orienteering techniques is thus adapted to the facts and applied to the competition.

## RUNNING DIAGNOSTICS

YOU'RE SERIOUS ABOUT RUNNING  
WHEN.....

While running you stop your watch at  
a red light.

The doctor says to stay off your feet,  
you swim.

You hang up an Allison Roe poster in  
your bedroom.

You instantly spot a lit cigarette  
in a restaurant.

You've heard of fartlek.

You look forward to your next issue of  
"The Runner" more than "Playboy".

People think that your house smells like  
a locker room.

You double knot your dress shoes.

Half your laundry consists of T-shirts.

You refer to "pigging out" as "carbo  
loading".

You wear your running shorts all day.

You stretch while you're on the phone.

You have no trouble converting kilometres  
to miles.

They call you by your first name in the  
local running shop.

YOU'VE GONE OVERBOARD WHEN.....

You don't stop at all at the red lights.

You run anyhow.

You hang up a Grete Waitz poster.

You threaten to smash the smokers  
head in.

You do fartlek.

You think the women are more attractive  
in "The Runner" than in "Playboy".

People pass out in your house  
from the smell.

You no longer own any dress shoes.

You stop doing laundry.

You start pigging out at carbo  
loading dinners

You wear your running shorts all night.

you run while you're on the phone.

You no longer convert kilometres  
to miles.

You apply for a job at the local  
running shop.





PSYCHOLOGICAL PREPARATION FOR ORIENTEERING

Part IV

4. Sub-Conscious Training and Mental Rehearsal

By thinking through potential problems when you are relaxed it should be easier to handle them in the forest. If you are particularly nervous about something and think about it in a positive way it should help you to accept the problem when it arises in a race. For example:

- a) Difficult and unfamiliar terrain
- b) Missing the first control

Positive thoughts can be made up to run through your mind when you are relaxed or in fact at any time, e.g. 'I can run as well in France/Australia/Hungary as I can in Britain', 'I am able to concentrate fully even when there are distractions', 'Concentrate and don't make mistakes'.

Some orienteers need calming down whilst others need to be psyched up. Mental rehearsal and positive thinking whilst 'relaxed' can help those who perform better when feeling more aggressive. For example, you can imagine yourself hating and fighting the rough terrain; running hard to beat the people you know you can beat.

Whilst training and competing in Finland I used to build up quite a lot of aggression and tension thinking about and imagining myself running hard through the terrain renowned for its roughness. Before one race I wanted to do well in I found myself shaking with nerves and hardly slept the night before thinking about beating the Finnish girls and having to run aggressively - it turned out to be one of my best races.

5. Cybernetic Training

Cybernetics is the building up of vivid mental pictures, seeing and feeling the situation like a very real dream. This sort of mental training is particularly suitable for orienteering because it is usually a series of movements, happenings or techniques which go wrong and need to be put right. Once you are relaxed imagine yourself in the forest sensitive to all the feelings, smells and actions around you, and become completely involved in the situation which you want to master. For example:

- 1. Going through a control fast and smoothly
- 2. Orienteering well without being distracted by people around you
- 3. Ignoring controls which you know aren't yours
- 4. Orienteering properly in your last event when you made a bad mistake
- 5. Running aggressively through rough terrain

If you decide to pursue this type of training it can be done in a very organised, controlled way at the same time each day lying down in a quiet place, or in a more general way when you are travelling, cooking, having a bath etc.

However you do it, try to select only one or two situations to think about at any one session. Do not cram the mind with multiple problems to be solved in a few moments of relaxation.

## RACE DAY

A relaxation session on the day of the big race is very much an individual thing and will suit some orienteers and not others. You might prefer to have your final 'thoughts' the day before; it is worth experimenting and trying to feel what is best for you. Pressures such as 'What will they say back home if I have a disaster' or equally 'What would the press report if I won' or 'Could I really win a medal' should be avoided as much as possible and thoughts directed positively into concentrating and not making any mistakes.

A short relaxation session as part of your warm up can help to channel last minute nervousness into positive thinking about the race, or just relaxing and saving energy.

A suggested warm up including relaxation:

1. Warm up well: 10-20 minutes
2. Look at the start system, terrain around start, other starters in your class
3. 10-15 minutes relaxation with 'self-talk'
  - (a) Adjust tension level-calm yourself down or make yourself more nervous.
  - (b) Think about, and visualise one or two aspects of the race, eg
    - First control
    - Flow through controls
    - Concentrating and not making any mistakes
4. 5-10 minutes run/jog with stretching and mobility exercises.
5. Go to pre-start warm and calm.

## 6. Concentration Training

An obvious and effective way of training ones ability to concentrate on map reading and fast decision making is to set up a series of exercises with maps and courses with questions which have to be answered under pressure of time.

eg. You have 5 seconds to look at this map

- Questions - What sort of features dominated the terrain?  
 - Was it flat, steep, undulating?  
 - Where were the main water features/ etc. etc.

2. 5 seconds to look at each leg of a cross-country course

- Questions (one for each 5 seconds)  
 -What attack point would you use?  
 -What are the major features to be checked off en route?  
 -How far is it from attack point to control?

With some imagination and lots of different maps of varying difficulty many useful questions can be devised for testing. Sessions of 15-30 minutes would probably be most useful.

This type of training can only be set up by someone else eg. the coach. It is an idea for a club training session in the winter months. Regular training will, of course, be more beneficial than a one-off games session.

## The Coach and Psychological Training

Most coaches use their knowledge and experience and coach instinctively. They are usually busy people and cannot always follow up new ideas even if they are seen to be valuable. The following points are some which can be applied without an enormous time commitment.

1. Advice on overall training with realistic goals.
2. Build up confidence-encouragement and belief that he/she will reach the goals.
3. Be positive - build up feelings of success - do not play on negative points.
4. Help provide as much information as possible about the event - map terrain, organisation, etc.

5. Mental Form analysis.
6. Introduce the idea of thinking about the event several months ahead.
7. Pass on similar maps and find suitable terrain for training.

# MEDICAL MEMOS

## FOOD PLAYS BIG PART IN FITNESS

Sportmen have one thing in common - fitness.

'And an essential ingredient of being fit is the right diet' says Dr Hugh Burry, medical controller of the Accident Compensation Corporation, and a member of an advisory committee to the Council for Recreation and Sport.

He says there is no magical potion which will make a person win his or her race. 'But, interestingly, it is still the traditional basics such as milk and cereals which give us the best balance of energy and nutrients, according to recent American scientific research.'

Dr Burry points out that some foods are better at providing those vital nutrients than others.

While it has had its critics in the past, milk is such a food. It is again finding favour overseas on scientific grounds.

For anyone, whether he or she is training at sport or not, milk provides a better range of essential nutrients when compared with most other foods.

'The calcium in milk is especially important for strong bones; the protein for firm muscles; and the natural milk sugar - lactose - along with the milk fat provides energy.'

Milk also provides a good selection of most vitamins and other trace minerals.'

Dr Burry says for people such as jockeys, who are concerned about their weight, non-fat milk provides all the nutrients of whole milk with only half the calories.

Milk is also not as high in cholesterol as many people imagine. A 250ml glass of whole milk has half the cholesterol of a skinless chicken breast, or 100g of fresh flounder.

Add to your diet a selection of fruit and vegetables daily, preferably fresh or lightly cooked, some meat or meat alternatives, plus some cereals and you are building up an excellent diet for your everyday needs as well as sporting activities. He warns that it is also important for parents to watch the diets of their children if they are involved in lots of active sport.

'Children and especially adolescents need energy and nutrients for growth as well as for heightened physical activity'.

Building up for the sporting season requires a carefully planned programme of diet and exercise for months, 'not weeks' - before the season starts, Dr Burry says.

You can't expect any miracles from crash courses of good food before you begin your big event either', he notes

'Success requires both the right balance of foods and the right training programme mapped out well ahead of time'.

The bottle of milk in your refrigerator provides the average person with:

- one fifth of his energy needs
- one third of the protein
- nearly all of the calcium and phosphorous
- one quarter of the vitamin A
- most of the B vitamin riboflavin
- 70 percent of the vitamin B12
- one fifth of the vitamin thiamin

PS. The views expressed in this article are not necessarily the views of the editor. In fact modern diet trends seem to be moving away from milk products.

# MAGNETIC WAVES

## MAGNETS IN OUR HEADS?

New evidence for the existence of a magnetic sense in humans is the result of work done by a team of researchers at the University of Manchester in England.

Drs Robin Baker, Janice Mather and John Kennaugh of the university's zoology department have investigated this phenomenon by blindfolding groups of students and driving them along twisting routes to secret destinations.

Without removing the blindfolds the students are asked to point in the direction of their homes and all can manage this with reasonable accuracy.

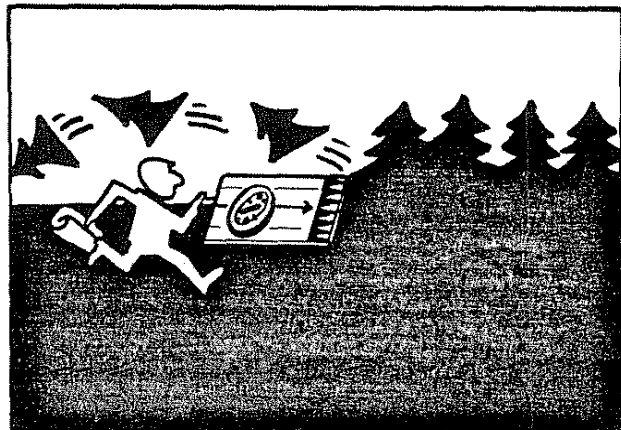
Evidence already existed that homing pigeons have a magnetic sense which can be confused by strapping magnets to their heads. So Dr Baker repeated his experiment with half of the students having non-magnetic brass bars strapped to their heads and the other half, genuine bar magnets. Students with the brass bars were able to point to home but those with the bar magnets could not.

Further experiments were performed in which students wore helmets containing coils of wire which set up magnetic fields when switched on. Similar results were obtained when some of the helmets were switched on, and other not, without the students' knowledge.

The group has linked these findings to other observations of high concentrations of iron in a strongly magnetic form in the bones of the sinus, in front of the skull behind the nose, in four out of five skulls they examined. The fifth skull was that of an anaemic person.

These experiments may not represent conclusive evidence for a human magnetic sense, but Dr Baker and his colleagues have continued to study both mice and men, and have come up with their findings of what is probably magnetite in the sinus bones of humans as well as mice.

If such a sense exists it is clearly of little use to civilised urban man, but it may still be of great value to primitive nomadic societies or to anyone who wanders far from home without modern navigational aids.



## THE HARES, THE FOXES AND GALAH'S

(from my Australian Orienteer)

It is well known that the sport of orienteering is practiced by hares and tortoises. There are also, of course, foxes who have the speed of hares and the cunning of tortoises. Foxes are universally admired and greatly to be valued, except possibly that foxes may occasionally unwittingly do a little harm by failing to understand what it is like to be a tortoise. One Red Fox once told me that no experienced orienteer would ever be interested in a course of less than 5 km. Anyway, this story is not about foxes.



I personally have none of the attributes of hares but rate myself as a moderate tortoise. I didn't rush the first leg, as the vegetation was a little buzzing. By the time I got to the first control I had been passed by a number of hares with starting times up to four minutes after mine, together with the Red Fox, who disappears from this story for good.

The fourth leg was a moderately interesting one. The sensible tactic was fairly clearly to run diagonally to hit a road, follow the road until it started to leave a spur and then follow the very broad spur on a rough compass bearing to the control which was at the bottom of the far side of one of a group of rock features.

As I approached the control area I saw a number of rock features of which three were major enough to be on the map and it was clear by their position with respect to the valleys below that the one I was looking for was the middle one. There was no one in sight. I was slightly off-course so I veered to go down around the rock. Just as I saw the flag exactly where I expected it to be a figure appeared on the top of the rock and called out "Have you found it"?

I shouted back "I am not sure". I was not quite lying because I had not checked the number. As I punched the control he yelled out "He has found it" and somewhere between a dozen and a million competitors appeared from all directions including all the hares who passed me on the first leg. They then proceeded to punch the control and chase me up the cliff, one of them referring to an elephant as he pushed past me which considering I am fairly light did not seem to quite fit.

Because of the existence of foxes I do not expect ever to obtain a noteworthy place in an event so my satisfaction must come from solving problems, pitting my wits against the map and the course setter, and occasionally outwitting other competitors of roughly my own standard.

If I am given assistance most of the point of the sport for me is gone.

When I manage to beat a hare I believe I am entitled to a certain self-satisfaction and the minor glory.

May I then make some requests on behalf of tortoises?

Please do not help me no matter how lost I look unless I am obviously *in extremis* and then only if I actually ask or am unconscious.

If you are lucky enough to follow me into a control keep your luck to yourself. If you are setting courses, remember that there are many like me who are bored by easy courses but do not have the ability to run long ones.

I do not wish to discourage hares from the sport if only because they give me the chance to beat someone, but there are plenty of other sports for hares. They can run around ovals or go crosscountry running. There is only one sport for tortoises.



# Waiuku Forest Run

# Half Marathon & 5km - 10km Fun Runs

## SUNDAY 7th JULY 1985

All races will be on fully marked courses, over roads, tracks and through open forest. Only 65 minutes from Auckland and 75 minutes from Hamilton. Waiuku forest provides a beautiful and unique venue for running.

**Organizers:** 'Waiuku Forest Runners' -- contact P. Snedden, P.O.Box 26, Waiuku. Phone: 59-609.

**Venue:** Waiuku State Forest -- follow race signs from the Waiuku Forest Headquarters.

**Start Times:** 5 km run 10.30 a.m. 10 km and 1/2 Marathon run 10.45 a.m

**Entry:** \$3.00 Adult, \$1.00 under 16 years, maximum per family \$8.00.

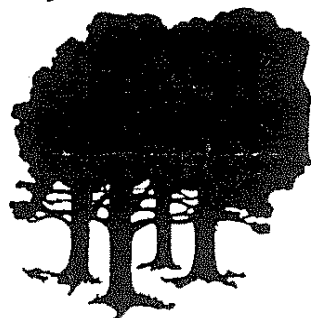
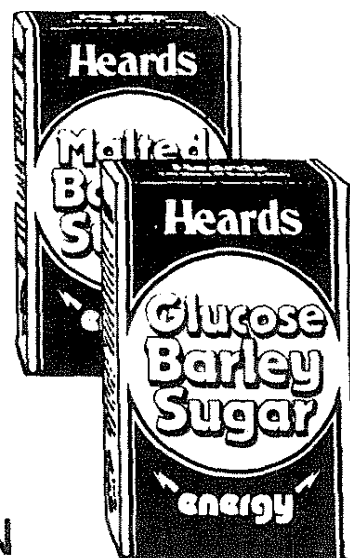
**RACE INFORMATION PACK:**

Will be sent to Entrants one week before the race and will contain:

- Race Details and Course Plan
- Official Race Identification

**Late Entries:** On the day -- \$5.00 Adult, \$2.00 under 16 years.

**Registration:** Closes 20 minutes before each race.



## NO PRIZES — RUN FOR FUN

TROPHY FOR 1st MALE & FEMALE IN EACH RACE

Certificates to all Finishers

**Heards**  
THE HOME OF GOOD CANDY

### WAIUKU FOREST RUN

## Official Entry Form



Send this Entry Form to:  
Mrs P. Snedden, P.O.Box 26, Waiuku. Phone: 59-609  
by Saturday 22nd June 1985.

CHEQUES PAYABLE TO: **Waiuku Forest Run.**

NAME		SEX	AGE	RACE	
SURNAME	FIRST	M/F	ON THE DAY	5 Km FUN RUN 10 Km FUN RUN	1/2 MARATHON

Contact Address: .....

.....

.....

Phone: .....

..... persons at \$1.00 .....
..... persons at \$3.00 .....
Family maximum .....
Total Enclosed .....



# NZOF COURSE SETTING COMP I

THE MAP: First Class Australian Map drawn to IOF Standards.

BASIC REQUIREMENTS: Set one course - Seniors - M35A  
Juniors - W15A

Courses to be drawn to IOF standards with a technical difficulty commensurate to gold badge standard. Control Descriptions to be attached drawn in IOF symbols.

## GENERAL

This is your chance to pit your course setting abilities against those who are doing it all the time and see if you are better. Maybe you've never set a course before. Well, here's your chance to do so and receive advice and constructive comments on your efforts. The latter is an important object of this competition.

Initial judging will be carried out under a similar system to that used by the British Orienteering Federation in their recent course setting competition.

It is hoped that final judgement will be done by a top Scandinavian competitor or organiser.

ENTRY FEE: \$5.00 per *Senior*  
~~\$3.00~~ per *junior*  
EXTRA MAPS: \$1.50 each

Entry form and fee must be in the organisers hands by 30 June 1985.

Information (rules, maps, etc.) will be forwarded to competitors as soon as possible after that date.

NOTE: No late entries will be accepted.

You will receive 3 maps, copy of competition rules, relevant NZOF rules, and copy of IOF symbols.

NOTE that junior entries are for those competitors under the age of 18 years, i.e. 17 and under.

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## 1985 COURSE SETTING COMPETITION ENTRY FORM

NAME	SECTION (JRN/SNR)	CLUB	FEE
	Extra Maps - No.1		
<u>TOTAL</u>			

SEND ENTRIES TO: "Course Setting Competition", 5 Lewis Road, ROTORUA  
BY 30 June 1985.

## NATIONAL CHAMPS

### INDIVIDUALS

The basis of a good event, the map, was well taken care of thanks to Bryan and Graham Teahan.

All was so systematic it was outstanding. A hint of the overseas competition with the well thought out idea of two finish chutes: one for elite and one for other grades, provided spectator interest. Limitless supply of Red Kiwis to help and to provide an array of refreshments.

I was fascinated by the forest, challenged by the course and in general thoroughly enjoyed all aspects of the event. Yes, Red Kiwis certainly showed all a thing or two on organisation.

### RELAYS

Well those mountain goats in Wellington have done it again. Four rugged individuals staked out an intriguing area of farmland, untouched by Orineteers - (the firebreak untouched by humans) - and mapped it.

An enjoyable day of relays and wonderful weather really did make it worthwhile going all that way for the weekend. The presence of the Rothman's caravan certainly aided results which were really quite fascinating.

It was steep, yes, but wasn't it a nice view up there!

K. Nicholls.

CONFIDENTIAL  
- sneak preview of map for next Nationals

