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March Newsletter 1980

COMING EVENTS

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

- March 2 C MANGERE MOUNTAIN. Setter: James Brewis
2 SA DUDEN'S BEACH between Clevedon and Maraetai
9 SA WAIUKU FOREST. 1st O/Y EVENT on Waiuku No. 2 map - excellent map and forest. Setter: Ray Sheldon
15 P KINLEITH BADGE EVENT. Cashmore Hills Saturday afternoon. Post entry to get postmark of 1st Mar or before to get pre-marked map. Can enter on the day but would have to mark own map in race time. Excellent map and forest. Entry form in this newsletter. For seat on a bus (returning same day) ring John Gregory (656508).
16 SA WAIUKU FOREST (Training).
16 NW LONG BAY. 10.30 - 12.30. Promotion event on new coloured map.
20 Committee meeting and Maps in Progress meeting. 13 Buckley Rd., Royal Oak. 8p.m. Thurs.
23 NW WOODHILL FOREST, OTAKININI TOPU 2nd O/Y EVENT. Entry via Rimmer Road. Setter: Rolf Wagner
30 C TOTARA PARK
April 5-13 Major events in Australia. Entries closed.
13 SA MANUREWA. Twilight event.

RECENT EVENT

ONE TREE HILL 10/2/80 COURSE SETTER'S REPORT

This event, the 1st for the year was held on a warm morning which later turned wet adversely affecting the last few competitors. About 80 people took part including about 20 newcomers. A shortage of regular orienteers could partly be attributed to the Taupo training weekend.

Planning the courses was restricted by the presence of other sports (archery and cricket) and because 10 paddocks in the northeast of Cornwall Park were ruled out because of a high concentration of sheep gathered for shearing. Fortunately, the most interesting area, the hill, was available.

Course 4 was on relatively flat ground with controls situated near linear features. Some of the novice orienteers made very fast time around it. Course 3, an intermediate course, required some careful map-reading and the rather steep climb to the crater rim. The control sites chosen were relatively prominent with the exception of number 7, a boulder among

many. No. 7 was intended to get competitors to judge their position relative to the fence corner beyond the control, the knoll and trees near the control.

Course 2 was intended to test route choice and navigation without too much climbing.

Course 1 competitors were encouraged to take control description lists with a number of control codes blacked out. To further complicate matters they knew that there would be spurious controls placed on neighbouring confusable features. The competitors were therefore forced to navigate carefully in the area of the control. This was a training exercise for those who would otherwise have found the navigation a little too easy. (Many are now very familiar with the area.) Most arrived back without "clipping" a spurious control but with some doubts as to whether they had. It can be difficult to quickly judge which pit is the right one when there is sweat in your eyes and adrenaline in your blood.

Despite a number of hours looking at the area, I didn't notice that a fence had been shifted until 9.50 on the day. Perhaps it was done the night before. A hasty addition to the map corrections was necessary.

I enjoyed my first effort at course setting. Those who don't like steep slopes will be pleased to know that when I next set (venue: Woodmill), I won't be able to send you up any big hills.

KARL ROGERS

ORIENTEERING IN THE RAIN

Yes, many club members will even orienteer in the rain. Others have found themselves competing in the rain after starting on a beautiful sunny day. In areas with unpredictable weather (like N.Z.) always carry your map in a plastic bag. Wet maps have a tendency to disintegrate. Even if you decide to abandon the orienteering you may need a dry intact map to find your way back to your car or bus. It is also a good idea to carry your clip card and control descriptions in some way that will keep them dry.

Below are reprinted a couple of tips from the July 1978 newsletter.

Marking your Map

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

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

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

FUN RUNS (or races?)

Wed 12 March 5.30 p.m. Mogal 10,000 metre fun runs (one for registered athletes, one for non-registered runners) Auckland Domain. Closing date for entries: 5th March. Enquiries to Len Martin 558-835 or Len Wilson 552-628.

Sat 22 March Round the Bays Run. Entries closed but last year there were 12,000 unofficial starters as well as 20,000 official ones.

REMINDER 1980 Subscriptions are due

FROM THE LAST COMMITTEE MEETING

Membership List

With this newsletter is a membership list. The committee supports fuller use of this list for contact through a pyramid system. There are 8 groups of about 10. The committee will occasionally contact the people at the top of the 8 lists who will in turn contact those members on their lists. It is hoped that in addition to providing rapid transfer of information this will help get members acquainted and facilitate car pooling.

Creche (and Social Centre)

It was resolved that an additional tent be erected in a prominent position at forest events for use as a creche and social centre.

Transport to and from Events

Several ideas for conserving petrol on the trips to the forest were discussed. John Gregory is investigating chartering ARA buses to forest events. If these can be organised, club members will be contacted through the pyramid system. Those who would like to travel to the Kinleith Badge Event on a bus should contact John Gregory (ph 656508). If for this month's Waiuku and Woodhill events no buses are chartered, use the membership list to contact people who might be able to share transport with you - or contact Karl Rogers (792300ext9242) or John Gregory (656508) if you are interested in car pooling.

New Members

Martin Newton has taken up the position of membership secretary. (Last year he was secretary of the Hawkes Bay club) He will be preparing and maintaining stocks of information about orienteering and the club and forwarding them to enquirers, prospective members and new members. New members will be receiving a New Members pack as they join.

Welcome to five new members who have joined the club since the One Tree Hill event: Nick Tucker (Epson), Simon Coombes (Remuera), Bryn and David Payne (Mt Albert) and W. Bruce (Meadowbank).

T-Shirts

Stocks of club T-shirts are running low. The next batch will have a new professional design (still based on One Tree Hill).

Business House O event (ARA)

John Gregory ran a Score event for 120 Business House runners at One Tree Hill on 29/1/80.

Mapping Evenings

A special "Maps in Progress" meeting is fixtured for Thurs 20 March, 8p.m. to resolve standaras. All people currently map-making are requested to attend (at 13 Buckley Rd, Royal Oak, phone 656508). Bring your partly completed map.

An "Introduction to Mapping" meeting is planned for July - Sept.

CLUB LIBRARY

On the next page is the list of books held by the club library. To borrow from it, contact John Rix (2764301). The editor has marked with arrows those items he considers to be of widest interest.

BOOK INVENTORY Oct 1979Books

	pages	
Adventures With Map and Compass		
Competitive Orienteering (Kaill etc)	62	
Discovering Orienteering (Walker)	46	
Map Making for Orienteers (Harvey)	107	
Modern Orienteering Training (Holloway)		3 copies
O for Sport and Pleasure (Bengtsson)		
Orienteering for the Young (Palmer)		
Orienteering- Know the Game (Scottish O)		
→ Orienteering (Disley 1978)	174	
→ This is Orienteering (Rand and Walker)		

Booklets

Orienteering, Fun and Fitness (Nicholls)	47
Planning an O Comp (Andrews and Hogg)	18
Trim O (OFA)	21

Official booklets

Course Planning <i>4 copies</i>	41
Drawing Specs. for Maps <i>4 copies</i>	
Control Descriptions	25
Rules: ILOF, IOF, OFA, WOC	

Magazines

Australian Orienteer
I.O.F. Reports

Reprints (* Free copies available)

	pages
B.O.F. Squad Review (Training methodology)	29
Control Descriptions	13
* Course Planning: articles from BOF Orienteer Juniors, Novice/ Dayfarer/ General	
Course Setting (Chapter from Bengtsson)	15
Direct Method (SOFT)	22
Improve Your O (Thornley)	20
Interpretation of Aerial Photos (Avery)	36
Map Making (Chapter from Bengtsson)	20
* O Tech Sheets	
1. Training Events for O	
2. Training Events, Direct Method	
→ 3. Basic Techniques for Beginners	
4. Course Planning (Route choice)	
5. Course Planning (Technical and practical)	
6. Event Organisation	
Planning of Junior Courses (SOFT)	7
Robin Harvey Visit- transcripts	