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CENTRAL ORIENTEERING CLUB

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NEWSLETTER MARCH 1981

- MARCH 15 Totara Park
Taupo O/Y, N.Z. Trial
- 18 Course setting evening, 8pm, John Gregory's
13 Buckley Road, Epsom, PH: 656.508
- 22 2nd O/Y, Woodhill Forest (North-West) Puketapu Rd
Access: Forest H/Q#1 10.8km #28.5km
- 29 Churchill Park
- APRIL 1 Central Club evening, 8pm Wallace Bottomley's
24 Dingle Road, St. Heliers, PH: 556.383
- 5 3rd O/Y, Awahitu (South Auckland), new col-
oured map.
- 12 Blockhouse Bay, Craighaven Park, Motu Moana
Scout H/Q, off Portage Road
- 14 AOA meeting, 8pm, Peart House, King's College,
Ph: 656.508.
- 18-20 3-Day event, Waiuku (South Auckland), entry
form enclosed.
- 26 Te Marenga Score event, Clevedon
- 29 School Championships (North-West), Rangitoto College
- MAY 9 National Relays, South Auckland Waiuku Forest #3
- 10 International Relays, Woodhill
- 16-17 International event, Taupo
- 24 Domain
- JUNE 7 4th O/Y, Woodhill Forest
- 21 Totara Park and Long Bay
- 28 5th O/Y (North-West), Woodhill, 16 mile map,
Access: Rimmers Road.
- JULY 12 Woodhill Forest, training day
- 26 6th O/Y (South Auckland)

In Addition

C.D.O.Y. events : 3rd - 12th April, Pineland 5th - 21 June B.O.P.
4th - 3rd May, Rotorua 6th - 16 Aug.

Red Kiwis (Palmerston North)

Queen's Birthday 3 day event - 30/31 May & 1st June

New Zealand Championships Labour Weekend in Auckland Oct 25th.

How SIMON HOGGART was given the run around to discover the mysterious ways of orienteering

Finders, winners in the woodland athletics

TO BE absolutely candid, I expected the kind of people who go orienteering to be a trifle — not loony, but odd, a tinge different from the rest of us. It is, after all, a strange sport. Participants drive to some wild and rugged area and, working entirely on their own, equipped only with a map, compass and whistle, attempt to find a dozen or so precise points scattered at random over a few square miles of brake, brush and forest. The winner is the person who gets round the course, visiting all the control points, in the shortest time.

And, of course, some of them are a shade peculiar. I went out on a day when it wasn't just wet, but when the entire sky appeared to be composed of water with only small pockets of air between the pelting rain drops. In spite of this there were three or four hundred people already gathered at the event centre, shivering in the rain or trying to change in the back seats of misted cars. The committed orienteer is a remarkable sight. A real keenie is going to run a lot, so he needs to dress coolly even in freezing weather; some of them had less protection than the average lettuce in a supermarket. They wear flimsy Terylene suits specially made for the sport, head-bands to keep their hair from their eyes, thin running shoes and a sort of armoured sock known as a "bramble-basher."

But there were also people dressed as for a Sunday afternoon stroll: an old man in a kind of lifeboatman's parade outfit, young children and even babies in arms. Whole families go round together. Some clubs have special courses for people with push chairs, which weave in and out of the keenies, who are desperate for points to improve their club standing.

When you arrive you first choose your course. These are all different but also overlap, so the same control point may serve as part of two or three separate courses. The really tough ones might involve running ten or more miles and be in two distinct sections; the easier ones will cover two or three miles and have only half a dozen control points. When you check in you are given a start time, and the runners are sent off at one-minute intervals. You are provided with a meticulous and detailed map of the area on which fallen trees and even tangled roots are marked. This makes it look deceptively easy. It isn't.

At the whistle you dash to the master maps, on which the control points are marked with large circles. These you must copy on to your own map, and with care, for you have no other guide to the location of each control except for a vague and unhelpful hint: "depression" or "knoll." Most of ours appeared to be in "wet depressions" which seemed apt enough. The rain was getting worse.

My companion and I raced off towards the first control. We ran down one path, across another and looked out for a patch of rough vegetation. The thing was in, of course, a wet depression and so could not be seen until you were on top of it. I was able to use for the first time a vital orienteering skill: watching for other people. While my companion wielded her compass and map with impressive skill, I studied the faces of the people running out of the bracken and fir trees. The ones who were darting around and chewing their lower lips had not found the control. The ones who were calmly measuring up their maps had succeeded and were looking for the next control. We charged into the undergrowth at the point they had left it, and there it was; a white and orange marker like half a box kite, and a plastic puncher resembling a small stapler which made a distinctive pattern of holes on our entry card.

The second and third controls were easy enough. By now I was getting confident. Number four was South-east. I pointed us North-west and we had gone less than half a mile before my companion spotted the mistake. Our hairsbreadth lead over the octogenarian in the lifeboatman's kit was in danger of disappearing.

The fourth control was in thick woods. So was the fifth. We took a compass bearing and headed off like German tanks through the Vosges. The control was exactly where we had predicted, except that it wasn't ours. It belonged to the real keenies'

course, had a different code letter hanging on it, and had doubtless been placed near ours to cause maximum confusion and frustration.

Number six was in the middle of thick pine woods and could only be found by following other people. On a really busy course there may be a small queue for the control, and several staple affairs hanging from strings. It is not actually quite the done thing to ask people if they have found one, though it does happen. Cheating is not a serious problem in orienteering.

We found the eleventh and last control after an hour and forty minutes: "an absolutely dire time" my companion said. She estimated that keenies could have polished the course off in three-quarters of an hour. At the finish they pounded past us, sweat bands dripping, bramble-bashers blazing, on their way to the pub.

Orienteering is becoming a very big sport, and it's easy to see why. There's a peculiar, almost hypnotic fascination about finding each control point, a pleasant surge of satisfaction which you can give yourself every few minutes. It's exciting to be in a competition too, and you get a sense of -being much closer to the countryside, far more a part of it, than any mere stroll can provide. Even in the Home Counties, where we were running, you learn and appreciate the wildness that is still left in Britain.

The British Orienteering Federation has been growing at the rate of 10 per cent a year for 10 years, and now has some 12,000 members. At least as many again belong to local clubs, and last year more than 150,000 people entered for events across the country.

Next year the leading international event in Britain, the Jan Kjellstrom Trophy, will be held in Staffordshire and will have 3,500 entries. This is nothing compared to the events in Scandinavia, where the sport was born: they are often limited to 17,000 people, and there are even officials hidden in the bushes with radio mikes to report back to base and help prepare a leader board.

Here there are night orienteering events, in which competitors rush round with miners' helmets and lights on their heads, and even urban courses, in which the main effort is to find the pubs. It's a pleasing, agreeable sport, it doesn't cost much and it doesn't hurt anybody.

A SELECT GLOSSARY OF ORIENTEERING TERMS

Part 2

by John Williams (SA)

FITNESS

Fitness for what? is often the retort when this word is used. Being fit for a 3 km C grade course and fit for a 16 km elite event are naturally rather different. The concept of fitness comprises endurance (cardiovascular, respiratory and muscular), strength, power, speed, flexibility and agility. The most significant of these in terms of competitive performance is cardio-vascular endurance.

FOLDING THE MAP

An elementary but useful technique. The map is folded and refolded so that only the relevant areas are shown.

FOLLOW MY LEADER

An extension of the map walk, a highly effective teaching method for beginners. The leader of a group can increase his pace to a fast walk or jog and group members must attempt to keep their maps oriented and to mark their location by thumb. Maps are checked at random. Leaders are changed regularly. Also useful in modified form for more advanced orienteers.

FORM LINE

An intermediate contour used to represent a feature lying between two normal contours. Form lines are used to give a more precise depiction of terrain in particular areas but they must not be over used due to the danger of "over-reading" the map.

FULL BODY COVER

Clothing which covers arms and legs. This is mandatory in many European countries due to the risk of serum hepatitis which may enter the body via skin abrasions. Full body cover is not enforced in Australia, many favouring short-sleeved T-shirts and shorts.

GIVING UP OF AN EVENT

In the event of an orienteer being injured or incapacitated, an orienteer is expected to give up his or her event to give assistance. Preferably two should assist, one to stay with the injured person, the other to note the location and to report to an official.

GREEN

Slow walk, slow run, light and impenetrable vegetation types shown on the map as increasingly dense green stipple.

HANDRAIL

Any linear feature, e.g. track, fence line, creek which happens to be aligned more or less along your choice of route thus greatly simplifying navigation. It is important to provide handrails in courses for beginners and juniors; in top senior courses, handrail route choices are uncommon and usually involve significant "extra" distance.

HARE

An orienteer who runs fast until he doesn't know where he is. "Hares" are regularly beaten by slower "tortoises" who travel more slowly but "save time" by not making costly errors.

HEAT EXHAUSTION

When events are conducted on hot days with high humidity readings, the orienteer running a long event may be susceptible to high rectal temperatures and a dramatic fall-off in physical and mental performance.

HIDDEN CONTROLS

Controls are not technically difficult because they are hidden. Hidden controls are "Bugs" or "Mickey Mouse" controls.

LEG

The distance between two controls. Good course setting sets navigational problems along a leg rather than emphasising navigational difficulty at the end of a leg by choosing "difficult" control sites.

LENGTH OF COURSES

Lengths of courses vary according to the type of event, the nature of terrain and the age and standard of competitors. They can range from 1-2 kms for beginners/school children to 15-20 kms for open men's national and world championships. Distance is measured as a straight line.

LINE ORIENTEERING

In a line event, an orienteer must follow a line drawn on the map. Along the line there are a specified number of control markers for which control codes or numbers are given. The line may be divided into sections with one control per section. Useful as a training event. In Rand and Walker's "This is Orienteering" another version is described; in this case, an orienteer must follow the line drawn on the map until he finds a control. He must then mark this accurately on his map. Accurate pace-counting is vital. A time penalty is given for missed controls or inaccurately marked controls.

LOST DISTANCE

Poor course-setting may lead to "thoughtless" orienteering on some legs. "Lost distance" represents the distance an orienteer can run fast without any navigational challenge and easily find the control.

L.S.D.

Long. Slow. Distance running. An effective and painless way to improve aerobic endurance by running relatively long distances viz. 8-25 km at not much faster than a jogging pace i.e. 5-8 min per km. This form of training keeps the orienteer free from injuries, has a long-lasting effect on V_{O_2} (maximal oxygen uptake), but is relatively time consuming, and to some extent, boring. The key to this form of training is "time on one's feet", rather than the speed of the run.

HIDE AND SEEK

Orienteering is not a game of hide and seek.

INDEX CONTOUR

Every fifth contour, e.g. 250 metres, 275 m etc. should be emphasised by a heavier contour. Index contours aid in the rapid assessment of heights and slopes. Where there is little height difference they are unnecessary.

I.O.F.

The International Orienteering Federation was formed in 1961. Its founder members were Bulgaria, Austria, Denmark, Czechoslovakia, Finland, Hungary, Norway, East Germany, West Germany, Switzerland and Sweden. Australia was affiliated in 1969.

JUNIOR

Extra care planning needs to go into junior courses. Recommended winning times are in order of 20 to 45 minutes. Ease of terrain, control sites which are easily identifiable and linear, many short legs, *catching features* behind controls and control markers which are hung high should be typical. Route choice is not essential and courses must keep away from over-rough, steep terrain, "fight" vegetation and possible safety hazards.

KILOMETRE RATE

Event time divided by the length of the course in kilometres. Kilometre rate will naturally vary according to the nature of the terrain, and to a lesser extent, the number of controls per kilometre. A rate of less than 6 minutes per kilometre is top "elite" standard while a rate of 7-8 minutes per km is enough to win most A grade events. The length of a course is taken straight-line from the start to the last control.

KNOLL

A small hill. If a knoll is over 2 metres in height, it may be shown by a ring contour; if smaller with no definite summit, a form line may be used. Small but prominent knolls (maximum diameter 7 m, minimum height 1 m) should be shown by a brown dot.

from

THE AUSTRALIAN ORIENTEER December 1979/January 1980

RESULTS - ONE TREE HILL - 22/2/81

LONG TRIM - 3.5km

R. Garden		20:48
R. Crawford	C	21:46
A. Brewis	C	23:00
K. Golding		23:19
B. Idoine	C	23:19
J. Roberts	C	25:48
R. Brewis	C	25:57
V. Lowrie	C	28:40
N. Bell	C	29:47
G. Pemberton	C	20:23
C. Percy	C	30:53
J. Brewis	C	32:00
D. Black	C	32:06
J. Wilson		32:37
G. Crofts	C	32:48
T. Nicholls	C	33:17
B. McGivern	C	33:21
H. Percy	C	33:48
Bell Family	C	35:49
S. Small	C	36:00
B. Kilner		37:37
B. Plimmer	C	38:48
R. Durrans	C	40:36
J. Taylor	C	41:00
J. Bottomley	C	41:26
Joelle, Michelle		42:12
E & A Percy	C	43:14
R. Pilkington		45:15
Jeanette and Caroline		45:22
Micheal and Andrew		46:35
R & J Ran Kilor		57:00
A & C Black	C	46:35
D. Pemberton	C	58:56

THEY SHOOT COURSE SETTERS, DON'T THEY?

Course setters are a strange breed. They can be generous, tricky, co-operate or just plain bloody-minded, all at the same time. Their job is to give us a good run for our money. And to take the flak and the favours bestowed at the post-mortem.

At the first Central Club event of the year, competitors who braved the rain sometimes had difficulty in seeing the duck ponds from the puddles. It was an interesting course: the setter showed a certain dry humour when he called a clump of toetoe a "thicket" and the rubbish tip a "clearing".

The following week's course at One Tree Hill was an easy run among the sheep. The controls, thank you, could be seen well before competitors reached them.

Then came the serious stuff. The first O/Y on the new Woodhill map was in a lovely stretch of forest. Courses were long and controls were not waving at you from an obvious spot as you approached. They crouched behind the knolls or in the scrub well-hidden from sight. Competitors who are allergic to cows had a disadvantage in one area. It was a hard course but gratifying for those who finished.

Three times around the Western Springs lake on March 8 encouraged competitors to keep their orienteering legs in action. Course setting takes a lot of time. Thanks to you all. I hope they don't shoot you.

SCORE EVENT

T. Nicholls	C	250
D. Rogers	N.W	250
W. Bottomley	C	250
S. Glendean	C	250
D. Knight	C	230
R. Powell	C	220
W. Bruce	C	220
L. McGivern	C	210
I. Bamford	C	180
M. Bendall	C	170
P. Castle		170
G. Pemberton	C	160
P. Osborne	S.A.	120
Bell & Smith	C	110

SHORT TRIM - 2.5km

R. Brewis	C	19:00
D. Evans		20:50
T. Clendon	C	22:51
Evans Family	S.A.	23:51
B. Gregory	C	25:00
V & C Knight	C	29:00
S. Gregory	C	30:20
Mark Hill		31:19
L. O'Meaghun	33:12	
G. Plimmer	C	34:20
J. Bottomley	C	34:45
F. Gregory	C	49:13
J. Newton	C	53:12
R. Van Bokhoven	C	49:13
McGivern Family	C	55:46

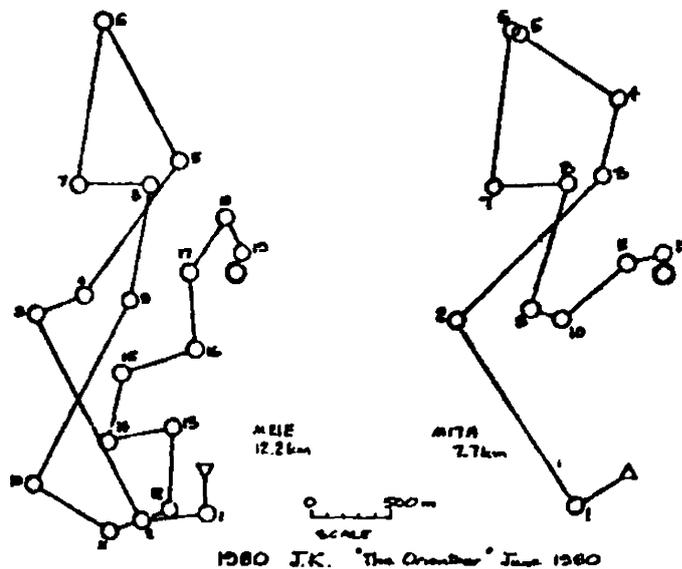
COURSE SETTING

An evening will be held at 13 Buckley Road on Wednesday March 18th to show the Scandinavian course setting slides and to discuss course setting aims and standards. Some of these are:

1. Getting the control in the right place and the control descriptions and master maps correct must come first.
2. Maintaining a balance between running and navigating of about half and half, i.e. average times should be no more than twice equivalent cross country times.
3. To allow people to achieve success, i.e. an absolute minimum of D.N.F.'s

Some means of achieving these aims are :

- (a) Letting the difficulty be between controls, not at the control. However it is better if on A Grade courses the feature described in the control description is seen before the flag. Perhaps for junior courses and certainly for all novice and C Grade courses it does not matter if the flag is seen first, i.e. the flag should be in front of the feature.
- (b) Visibility of the flag or the feature should be about 10% of the distance from the nearest attack point on the way to the control. In low visibility forest it must be possible to map read all the way into the control.
- (c) One method of achieving difficulty between controls rather than at controls is to have complex course shapes. The courses shown here are from the 1980 Jan Kelstrom race. This is one of the major U.K. events.



Note nearly all the legs have an abrupt change in direction. Control 6 is not a dog leg. There is a hill inside the triangle formed by 5, 6 and 7.

Other methods of creating navigational problems between the controls are covered in the course setting slides which are excellent. Remember to come along on Wednesday 18th.

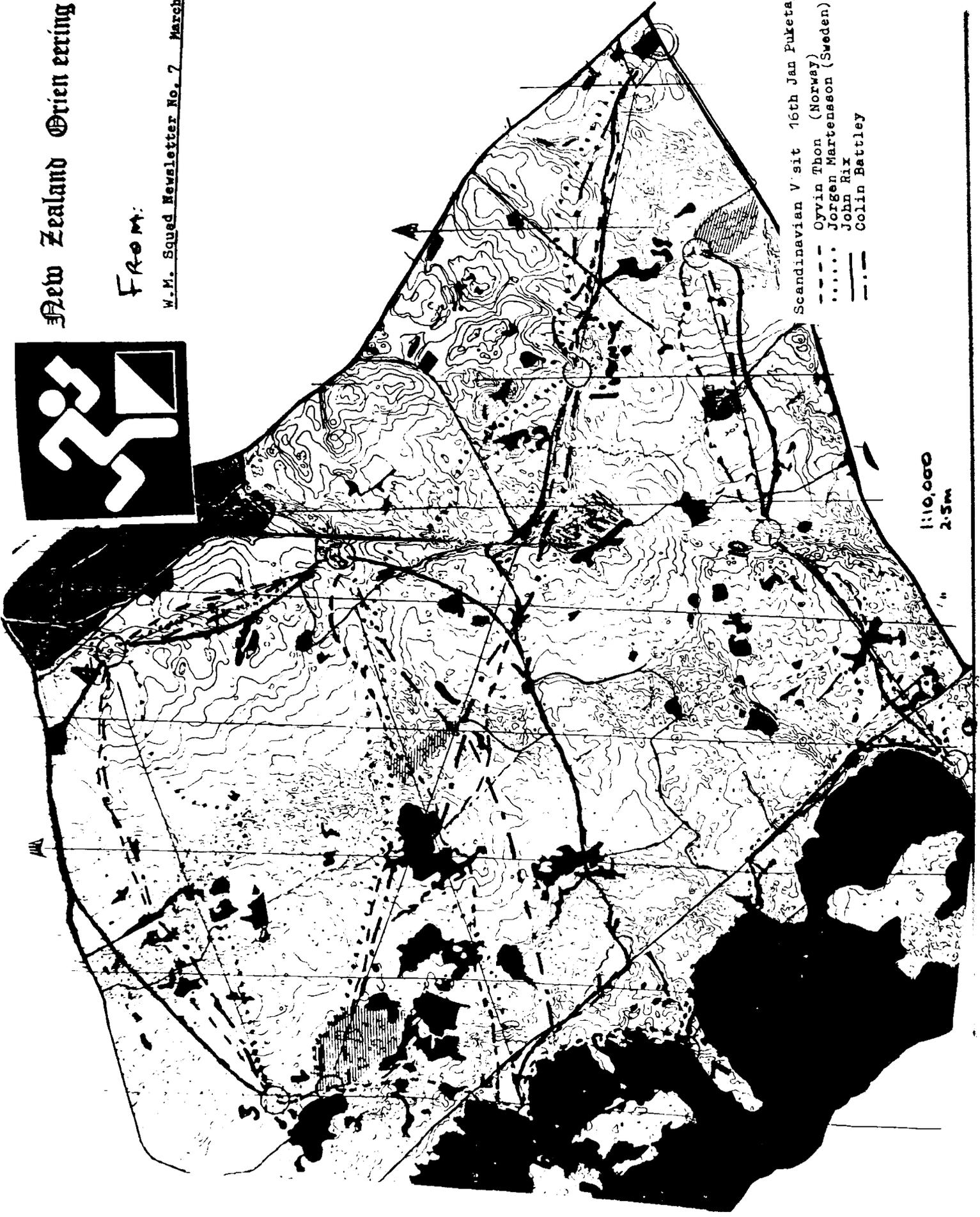
John Gregory

"Success of a course setter should be measured by the numbers who complete the course successfully in a reasonable time".

New Zealand Orienteering Federation

From:

W.M. Squad Newsletter No. 7 March 6th 1981



Scandinavian V sit 16th Jan Puketapu Rd, Woodhill
44.55 (8km)
Oyvind Thon (Norway)
47.06
Jorgen Martensson (Sweden)
48.11
John Rix
52.20
Colin Battley

1:10,000
2.5m