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CENTRAL ORIENTEERING CLUB

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MAY NEWSLETTER

Day 3 Australia

3 day 7/4/80

leg 1 NZIA Course

MALWAHIE CREEK

105.000



May Newsletter 1980COMING EVENTS

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

- May 3 NW NIGHT EVENT - TAKAPUNA GOLF COURSE / THOMAS PARK. Start times 6 - 7.30 p.m. Saturday. black & white map, easy courses.
- 4 C TE MARUNGA - 3 Score events*plus Wayfarer & Novice courses. Setter:Terry Garbolino. Entry via Kimpton Rd., Brookby.
- 11 NEW ZEALAND RELAY CHAMPIONSHIPS Ngaumu Forest, Masterton. Also a model event on the Saturday afternoon. Entries closed.
- 11 SA DRURY Hilly area, black & white map. Follow Signs from Drury Stoe
- 13 AOA Meeting Peart House, King's College 8p.m. (Tues)
- 18 NO EVENT IN AUCKLAND (Kepe Rd event postponed)
- 18 T TAUPO Iwitahi CDOA O/Y event Car/Bus organizer John Gregory (ph 656508).
- 20 Club committee meeting at 73 Whitehaven Rd., Glendowie. (Bendall.residence) 8.00 p.m. Tues. All interested members welcome to attend.
- 25 SA WAIUKU FOREST 4th O/Y event
- May31-Jun2 WOODHILL 3-DAY EVENT Queen's Birthday- Saturday afternoon, Sunday morning and Monday morning. ENTRIES CLOSE on 17/5/80. If you've never been to a 3-day event, make sure you don't miss this one. Extra entry forms from Martin Newton (8362873) if you've misplaced yours.
- June 15 SA WAIUKU FOREST (Training)
- 15 R ROTORUA CDOA O/Y event
- 22 C WOODHILL FOREST (Old Telephone Rd.)

* There is an article on score events in this newsletter

New Members

Welcome to Robert Crawford, Kevin Welch and family, Jeff Wotton, Bruce Idoine, Dinah Dolbel, Jan Preston and the Van Bokhoven family. (please ring any of the Club Officers if you want information-Ed.)

Continued from page 8

When one assesses the terrain ahead, one should consider the contours, vegetation and state of the ground.

The brown part of the map informs if the land is flat, up, down, steep, gently sloping or intricate.

- (8) To understand the vegetation, one must rely on the green and yellow map information plus one's experience of vegetation types (trees, bushes, heather, grass, bracken, moss).

The runnability of the ground is difficult to assess, but is of great importance as the differences are great between solid ground (earth, bare rock, asphalt, gravel or grass), soft ground (marsh, soft earth, sand, clay) or stony ground.

After that, make your mind up and go

RECENT EVENTSTOTARA PARK 30/3/80COURSE SETTER'S COMMENTS

Course planning in February and March conjured up visions of restful weekends wandering through the park and pleasant summer evenings rounded off by watching the sun set over the Manakau Harbour. Reality was very different!

The first weekend was one of gales and rain and the only improvement for later visits was a drop in wind strength. Waterproofs and gumboots were well tested.

The map was four years old a large number of changes had taken place since it was made - so many in fact that it was decided that the only realistic plan was to ignore all areas requiring major correction. This possibly produced a new criterion for course planners - now to arrange courses so that areas needing correction will not be visited (except for those hopelessly lost who will thus remain hopelessly lost.)

A window map for course 1 was an attempt to make life interesting for those who know Totara Park well but winning times of 23 minutes for the 3 km suggest that this planner of a cunning running meet was nothing like as cunning as he needed to be. (The editor disagrees believing that if top orienteers can't get around at this sort of pace, then the course is probably too difficult.)

Course 3 was an afterthought put in as a second choice for novices who wanted to progress, and used Course 1 controls with a full map. (A window map is largely blacked out except around the controls.) Course 3 proved to be the most popular, most competitors making it their first choice.

The importance of checking your map after copying controls from the mastermap can be stressed by noting that three competitors on Course 3 marked control 7 (fence corner - south side) wrongly.

An interesting observation: The grass in the paddocks was long and showed the tracks made by the competitors clearly. While collecting in the controls these tracks were studied. The methods of Sherlock Holmes clearly showed that all controls had been approached from all points of the compass but much more surprising was that most controls had been left in all possible directions!!

This was my first attempt at course setting and it proved to be well worth the effort put in. It is definitely the best way I know to improve your orienteering and is highly recommended to all who are seeking improved results.

I hope you all enjoyed it - I certainly did

JOHN GASCOYNE

SLIGHTLY OCKER

Fifty of the hundred plus N.Z. orienteers travelled on a coach tour while they were in Australia. Their meals were prepared by Peggy a non-orienteer and former shearing gang cook. A Central Club member managed to get hold of a letter to her husband and it is reproduced below.

Dear Roy,

I was asked to cook for this mob on a camping trip see. The boss bloke Trevor says there's 50 of them, all Kiwis, and we're only going to Goulburn, Wagga and Canberra.

Yeah, I says. What's that mob of Kiwis gonna do there? Well, says Trev, something they call orienteering. I says cripes, Trev. What the hell is that? They gonna chase some chinks or something?

Don't be a dronga! He says. They go out in the bush and get lost and then find themselves.

Struth mate, they must be bonkers. What they want to do that for? I dunno says Trev, so I decided to look and listen, to see what them Kiwis are up to.

Well, you orta seen them Kiwis. They ett me outa house and home and talk about swilling the grog, they beat us Aussies hands down.

The poor silly bastids come limping into camp with blisters, big as two bobs, scratches and ankles all swole up like pregnant pups. It seems they go out in the scrub and someone gives them a dinky little map and says now you run like hell and get yourself lost and find your way back, and off they goes.

There's blokes and shēilas and bits of kids and talk about keen! Mustard's got nothing on these coves. They talk funny too. Their favourite word is sex - wonder they got any breath left for that! They're real sticky beaks too! Always quizzing one another like, How did you go mate? Did you get lost? Did you make any mistakes? Did you see any snakes? How about that gully? What about that rock? etc. etc.

Tell you what mate, I reckon they might have come out of one of those flying saucers, they are a new breed.

Anyways, I likes what I sees. These orienteers are special folk, they drink a lot, eat a lot, smile a lot, are into sex, and best of all they run free just like our roos and their spirits soar just like the birds. I hope one day they will take over the world and we will all run free.

I suppose I'd better go now and feed those hungry bastids.

Your ever loving, enlightened wife
Peg.

AUSTRALIAN- 3 DAYS

Goulburn N.S.W. 5-7 April 1980

Day 1 - Red Hill M43 Course 6.9km

Easy, rolling country for this first event. Open eucalypt forest with plenty of wild life in evidence - kangaroos, wallabies, wombats. I approached this one with caution not knowing quite what to expect.

First starters away at 8 am. My start time, 8.56 am, finally arrived and the tour began in earnest. Overcautious on the first control but hit it perfectly, as with 2,3 and 4. A long leg to 5 and after mis-interpreting contours lost 8 minutes before spiking this one. On then to 6, 7, and 8 with no problems and finished in 74 minutes, well behind the leaders' times ranging from 45 minutes up. Caution kept my pace down and I resolved to speed up on subsequent days if possible.

Day 2 - Hanging Rock Swamp 6.3 km

More confident today, caution still necessary but a bit more pace, although the terrain is reported to be steeper. Some pines on the course, already a welcome change from eucalypts'. A 9.32 am start for me and, in misty conditions away to find No.s. 1, 2 and 3 all where they should be. Lost 5 minutes on 4 then a couple more in trying to battle through impenetrable fight to No. 5. Thoughts of snakes and other creepy crawlies led me to a more sensible approach and, after backtracking spiked No. 5 from an alternative attack point. Out of the pines to 6 and, in company with Phil Snedden, the last few yards to 7. Time at this stage quite good, a much better run and, with only two controls left home was well in sight. Overconfident now, a foolish loss of concentration got me lost, totally, for at least 18 minutes. Finally I re-orientated myself and spiked 8. In an effort to regain at least some precious seconds, reset compass and raced off downhill to 9. Downhill? Should be up - I'd done 180!! 400 metres lost and a lot of puff too in the recovery. At last No. 9 and the finish in 85 minutes, disappointed at time lost through carelessness.

Day 3 - Mulwaree Creek 5.8 km

Physically and technically the most demanding course. Still smarting from yesterday's errors I was not too confident and this reflected in a poorly planned attack on No. 1 in which I got bushed, how I don't quite know, and used 30 minutes before spiking. Up the hill, down the gully to river flats, then contoured round to No. 2. Further contouring 400 metres to No. 3 then up a long re-entrant to the track. 1000 metres to my attack point for 4, and, tired now I botch my approach losing more time. Again on 5, a sloppy attack, lost time, and perfect navigation to 6 and 7 was not enough to recapture all those lost minutes leaving me with a time of 112 minutes for this run.

Not an impressive result for my first 3 day event. Compensations however in friendship and fellowship prevailing, excellent maps, fine, warm weather and in tremendous organisation. The beer was good too!

Geoff Bendall.

Australian Tour- the Easter 95km

A total of nine races plus one warm-up competition in 13 days, 130 controls to find and 95 km racing distance to cover (plus at least 15km extra in getting to the starts!) - noone could say they didn't have a chance to prove themselves over this Easter bonanza of orienteering, the only complaint they might have had was when to fit any training in.

To a N.Z.er the gum forests were more similar than different, certainly compared with the contrast we get here between say Taupo Rotoehu and Woodhill. Compared with our dense pine cover, there were few tracks, gentle contour features, no running water, plenty of light under the trees, masses of tree litter underfoot and most significant, good visibility- the orienteering was getting there not looking for the flag. The maps were all extremely high quality (and new!) with an overall uniformity of cartography and legend- one strange point, the first four maps had no index contours. Only one seemed to have a serious error- a clearing over 100m square on the map but not visible on the ground, goodness knows why two controls were sited by it. A couple of unmapped features on day 2 of the 3 Day cost me some minutes, but apart from that things were near perfect.

The organisation was superb and shows how far we are behind our neighbours in the number attracted to the sport and the number of experienced officials*run things. Despite having over 800 competitors and up to 100 controls out a day I didn't hear of a single official protest. Particularly enjoyable was being able to socialise after the competition (and having time to do so)- there was always a large open area near the finish with excellent results displays and an outdoor BBQ, something we would never be allowed in our commercial forests.

Looking back over the competition maps, mistakes and lost time seem that much more explicable, part of the trouble was that races were so thick and fast one never had time to learn from mistakes! It took some days to adjust to 1:20 000 scale and to get used to the smooth contours, most spurs and valleys looked about the same at first glance on the map and the ground- as they were broad features it was also difficult to tell where you were on them. It wasn't until the fourth day that the need to run straight at all costs really sank in- Don Rolfe told me the Pacific Relay was the first race he has ever run when he followed the red line between all controls as the route 'choice'. After five runs and the model event I felt much more confident and thereafter everything clicked and I didn't make any more 'mistakes' even if I didn't run as fast as the opposition. The highlights for me were Day 3 of the 3 Day, the best area and most interesting course setting (my worst day) and the Pacific Champs- 19.5k, 23 controls and 540m climb (my best day).

A few memories that stick: bounding kangaroos in the bush, the familiarity of the first legs in pine forest on day2, the superb army steaks for 30c at the Military Champs, finding my first 'cherry tree' control and the endless horizon of runnable gum forest. As to how the ... teams did.... well there's another chance next year.

John Rix

I.C.E. by Dr. Wendy Dodds

In many acute injuries the initial treatment during the first 24 - 48 hours is I.C.E. That is Ice, Compression and Elevation. This is useful for a wide variety of soft tissue injuries, ranging from sprained ankles to muscle tears or "pulls".

Ice or cold water should be applied to the affected area as soon as possible after the injury has occurred and for a minimum of 20 minutes. This may feel painful at first but with time it actually brings about pain relief. The effect of the cooling is to control the initial bleeding into the tissues with the consequence of limiting the extent of the injury. One word of warning is that ice burns may occur which can be avoided by wrapping the ice in a wet towel and putting some baby oil over the area before applying the ice. Local heat should be avoided in the first 36 hours of injury (even if this means keeping one leg out of the bath) as it encourages further swelling. This treatment with ice should be repeated every 6 - 8 hours. Cooling sprays should be avoided if possible as these provide only superficial cooling, with no change in deeper structures where the effect is required.

After icing, a compression bandage (crepe or equivalent) should be applied to reduce the amount of swelling; and kept in place until the next application of ice, re-applying it afterwards. In some instances considerable swelling occurs so care should be taken not to bandage the area too tightly, the aim being to provide a comfortable firm support.

Elevation, if practical, should be carried out to the affected area, this again helping to reduce the amount of swelling.

After the first 24 - 48 hours the subsequent management will be determined by the nature of the particular injury but early I.C.E. often reduces the period of disability and in some instances may be all that is required.

Dr. Wendy Dodds - "I am not an athlete, can only orienteer on mountain marathon maps, but am a doctor working in the field of sports medicine; although not a physio, could do the occasional massage; although female, I'm not blonde and am a year or two over his requested age range."

Wendy would also just like to stress the obvious, that all details of injury/illnesses will be treated in strict confidence and details will only be given to coach or P.M. with an individual's permission.

Norwegian relay champion, Eystein Weltzien, continues telling us his views on training. This time about orienteering techniques.

TRAIN IN UNKNOWN TERRAIN

- (1) The technical skills of orienteering can be practised in many different ways. One can concentrate on specific skills and practise these separately i.e. part method training. Or one can train using the total method - "everything at once". In part method training, one can, for example, practise map memory to reduce the time spent studying the map to a minimum.
- (2) Many need to train map memory on the run. One should also plan ahead while running. This can be practised by taking any map along on winter training runs, and studying it while running.

Control approach and control work can also be practised separately on special courses with very many controls i.e. control picking.

- (3) The part training method can also be used to practise following a bearing and pace counting. Street orienteering and cartography also offer a type of training useful for certain skills.

Train in Unknown Terrain

- (4) When training by the total method, the terrain should be as relevant to the competition terrain as possible. The terrain should be varied and the map good. It should be possible to practise all necessary skills under competition conditions in unknown terrain.

Besides these practical exercises theoretical training can also be carried out i.e. dry training. This is done by analysing past courses, studying maps and planning courses.

- (5) The technical skills of orienteering can be divided into mapwork, compass work and control work. In mapwork, I include map reading, map memory, map handling, route choice and control picking.

Compass work can consist of fast and reliable setting of the compass, and compass/bearing exercises. Control work includes handling control descriptions and codes, efficient and fast punching and planning the route ahead.

Route Choice Theory

- (6) We are now on the interesting topic of route choice. The route choice is dependent on the following:-

Experiences ability to relate and solve problems using past experience of similar choices.

Orienteering Techniques: which skills does the orienteer possess and master?

Physical Capacity: running technique and strength in difficult terrain.

Tactics: safety or take a chance on a more risky route.

- (7) The tactical conditions dictating route choice are:-

which route is fastest?

which route is safest?

which route is the least strength sapping?

could on p 2