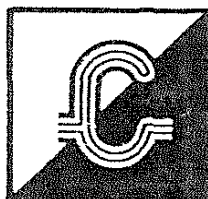


central orienteering club

MAY NEWSLETTER

PRESIDENT

Selwyn Palmer
5 Aramutu Road
Hillsborough
AUCKLAND 4



SECRETARY

Briar Gregory
13 Buckley Road
Royal Oak
AUCKLAND 3

TREASURER : Phil Brodie Ph : 276-4285

EQUIPMENT : Ron Wright Ph : 8188965

MEMBERSHIP: Mike Ashmore Ph : 566-850

EVENTS CO-
ORDINATOR: Tony Nicholls Ph : 697-792

LIBRARIAN: Robert Crawford Ph : 686-580

MAPPING : Martin Newton Ph : 8362873

PUBLICITY: Bill Bruce Ph : 583-672

NEWSLETTER EDITOR

Ray Baker
11B Mongorri Place
Mount Roskill
AUCKLAND 4

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COMING EVENTS

<u>Date</u>	<u>Club</u>	<u>Event</u>
May 20	NW	Training Day, Puketapu Rd
26	C	One Tree Hill, Night Event, 6pm start 3 courses, including tricky memory course, entry on Greenlane Rd past Hospital Gate
27	C	One Tree Hill, Promotional Event; plus cloverleaf jogging courses; -8am starting at sunken gardens. 10am "O" courses start at Archery Club
June 2-4	Hawkes Bay	Three Day Event - Esk State Forest Station Mareatotara - Pre-entry only.
6		Mapping Instruction Evening - 7.30pm, Kings College - entry via Golf Rd, Otahuhu. All Welcome.
10	SA	OY No.5; Alfriston
16-17	PAP0	South Island Individual & Relay Champs. Pre-entry.
17	C	Woodhill Forest, Training Day, Cross Rds Map.
17	SA	5K, 10K, ½ Marathon, Waiuku Forest Runs
24	C	Domain Promotional Event
July 1	NW	Promotional Event
4	C	Committee Meeting 7.30pm, J. Roberts, 182 Methuen Rd
8	C	OY No.6, Mushroom Rd, (Woodhill)
15	C	Training Day, Selwyn Rd
22	SA	Promotional Event, Marist Farm
Aug 5	C	Promotional Event, Western Springs

Further Dates to Keep in Mind

Sept 16	National Relay Champs
30	North Island Champs at Rotorua (to be confirmed)
Oct 20-22	Three day event at Woodhill Forest
Nov 4	C.D.O.A. Champs
25	OY Mushroom Rd (Woodhill)
Dec 9	Totara Park, Promotional Event/AGM & barbecue
Jan 1985	Outdoor "O" Camp

Note to Course Organisers - Please remember that permission for all Central Club events has been granted, but event organisers of forest events should apply for a permit no less than one month before an event. One Tree Hill organisers should ring the OTH caretaker a week before to advise him of forthcoming event.





NZOF News

April 30, 1984.

90 668 574065
444 444 444

The new address for the NZOF is P.O. Box 569, Wellington.
The new address for the Remont club is 325 Kingore Rd.,
New Plymouth.

Embroidery patches are still available from Judy Martin,
2500 1st St., Portersville, Albany NY at a cost of five cents each.
A new secretary is required for the NZOF. Please give this some
serious thought and contact John Davies if you are willing.

You are reminded that nominations for Team Manager to Australia
in 1985 close on May 31.

Affiliations for 1985 have been set at
Senior; \$5-50
Junior; \$4-00
Family; \$15-00

NOTE: The levy that covered National and International events
has now been altered to cover Badge events as well. As from
January 1, 1985 all Badge events and National events, including
National Relays will have a NZOF levy of 50cents per
competitor per event. International events will remain at one
dollar per senior and 50cents junior with 50cents per competitor
in the International Relays.

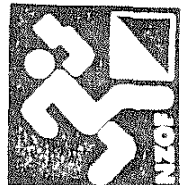
The IOP training symbols are available from Leo Homes, 10 Karori
Rd., Wellington. (See reverse.)
NZOF's Birthday weekend 1985 is available. Applications to hold
an event should be sent to the fixture officer by May 31.

1985 NZOF Awards: Applications to hold Badge events are now
being invited. I acknowledge those from Wellington, Central,
Bay of Plenty, and South. Further applications giving full details of
how and where should be in the hands of the Fixtures Officer
by August 31, Mrs E. Brighthouse, 26 Sunset Rd., Taupo.

Selectors: Nominations for selectors are being called.
Closing date is June 15.

1985 (Veterans) Games: The inaugural Masters Games will take
place in Toronto, Canada from August 7-25, 1985. Orienteering is
one of the sports. Grades are as per IOP from 35 years upwards,
with a 40+ for women and 70+ for men. For further
information write to Masters Games

World Headquarters,
Box 1985
Postal Station F,
Toronto, M5S 2T7.



1007 S. St. John

Trials and Multi-day Events

At the meeting of the NZOF executive of March 3rd I was
instructed to prepare a report on the holding of Selection
Trials at Multi-day events.
To assist me to prepare this report could you please send
your comments on this matter to me before May 20th.

There are problems in holding Trials for New Zealand teams
along with a Multi-day event. The events that the trials
are for (Aust-NZ Challenge, World Champs), are different
to a Multi-day event in the following respects:

- 1) They are normally for a single day-event so
 - i) the winning times are different
 - ii) performance day after day is not required
- 2) Many people compete in different grades for
international competition than they would for a
Multi-day event.

The Selectors normally have got around the first pair of
problems by making only the first day the trial and
asking the organisers to make the courses of a suitable
length.

This does not solve the second problem and makes the first event
event too long for a Multi-day.

The method of selection of New Zealand teams must be con-
sidered along with this.

In the past few years the system has been based on a
series of events being listed as Trials. These normally
include the National Champs; one or two single day badge
events, and the first day of one or two Multi-days.

This is not the only method of selection that could be
used. Two others are:

- 1) Having only one or two events as trials. Only the
results in those events count towards selection.
Non-attendance or poor performance at the events
equals non-selection.
- 2) Having a large number (8-10) events, (all badge
events?) as trials with a points method of
selection. Best 5 events to count.

Some of the problems the selectors have are:

- 1) People who cannot go to trials (eg business
commitments, travel costs, illness, injury)
- 2) Choosing between people who go to half the trials
but have no trial in common.
- 3) People who could be selected for more than one grade
and so run in two grades at different trials.

Bear these points in mind when commenting on Trials at
Multi-day events.

For Sale
NZOF Rules 3:50
Map Specs 2:00
Map Spec cover 50
Add 50c to cover Pap
to each order

Connects to
Leo Homes
10 Karori Road,
Wellington S.

New Zealand Orienteering Federation

PAGE 2

Chairman's Report April 1984

The past year will be remembered for New Zealand's hosting of the Asia/Pacific Orienteering Carnival (APOC) at Naseby. The Dunedin Orienteering Club staged this event on behalf of the NZOF and we thank and commend it for the work done by its members. With over seven hundred competitors and three days of competition the event was the largest held in New Zealand. Our thanks go to Tasman Forestry and Mount Cook Airlines whose support contributed to the success of the event.

The past year will also be remembered for the win by New Zealand over Australia in the Trans-Tasman Challenge at Esk Forest in May. Unfortunately the Australians were able to turn the Tables at APOC. In the Relays New Zealand lost at Hokio and at Naseby by a single grade (6-5).

A team of five men and five women were selected to represent New Zealand at the World Orienteering Championships held in Hungary. Anita Dowling's placing of 44th was the best result achieved.

February 1983 saw the successful holding of the Hallmark Mountain Marathon, the first event of its type held in New Zealand. A second Mountain Marathon was held after APOC. I am looking forward to more of these events.

One of the sports biggest difficulties is spreading the sport into areas without clubs. A new club, Edmont, was established with the assistance of Michael and Linda Parker. It is pleasing to see Peninsula and Fluins Club giving support to people trying to start orienteering in Timaru. I hope that that support will lead to the formation of a club there.

In February 1983 the NZOF held a planning conference from which four main goals arose. I will look at each goal in turn.

The first was to increase membership. The 1982 membership was estimated at just below eleven hundred members. With most clubs supplying proper details of members this year a total membership of over thirteen hundred has been recorded. A goal of 15% increase per year was set and for 1983 this was met. A survey of our membership was undertaken and the results are being written up.

The second goal was to increase skills. To this end the Junior Training has been changed. Now there are a number of people each acting as coach to one or two Juniors. A training weekend for coaches was held by Anne Salisbury. The poor attendance at this weekend suggests that some clubs are not yet prepared to support the NZOF efforts in this sphere.

Goal number three was to establish an effective administration of the sport. While the biggest item in this, a revised constitution, is still some distance away some progress in this area has been made. Two of the executive meetings were held on weekends without major events, and this helped those meeting to run more smoothly. The proposal of appointing only a convener for the sub-committees has been implemented and this has improved the administration.

The fourth goal was to properly fund the sport. This year the affiliation fees have been increased significantly. This should generate a substantial increase in income to the NZOF. The effective spending of the additional income is required to help us achieve the earlier mentioned goals.

Some suggestion of ways the NZOF might spend this income to help meet the goals are:-

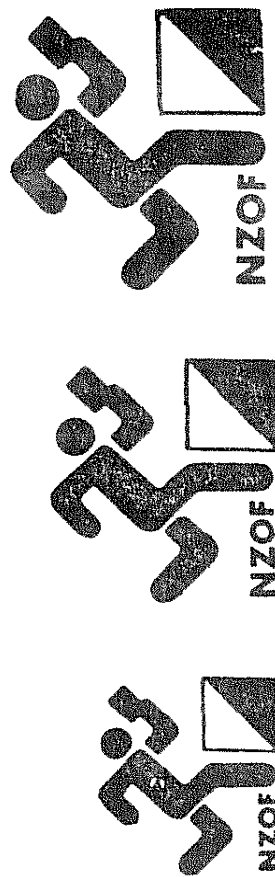
Support to those trying to set up new clubs. (Es: Repay up to \$200 for advertising costs for the Promotional events)
Payment for the printing of maps at Outdoor Education Centres.

Running of training for coaches weekends
Payment for the completion of the constitution


Finally I thank all the office bearers for their work during the 1983-84 year. Special thanks must go to Ray Sheldon for the dedication and effort he has put into the demanding position of Secretary, and to John Dodlan for coming to grips with the position of Treasurer.

I move the adoption of this report.





Leo Homes (Chairman)



KNOW YOUR MAP QUIZ

- 1) How many tones of yellow may be used on a map?
- 2) What does an area of white on a map signify to you?
- 3) What black symbol is also used to describe runnability on a map?
- 4) When are green vertical lines used as opposed to green dots to show runnability?
- 5) Is sandy ground shown with black dots or brown dots?
- 6) What is the difference between rough open and semi open in terms of vegetation on the ground?
- 7) How is an overgrown, wide ride shown?
- 8) What is the difference between a dirt road and a vehicle track both on the map and on the ground?
- 9) How is a crossable watercourse over 5m wide shown?
- 10) How is a crossable lake shown?
- 11) How wide may a 'linear' marsh be?
- 12) How is a linear marsh shown on the map?
- 13) Brown is the orienteering colour for land form features (not rock) e.g. contours, pits, depressions etc. However, there is one land form feature which is not shown in brown. What is it?
- 14) How does the map show the difference between a boulder and a large boulder?
- 15) What is the symbol for a group of boulders i.e. several boulders so close together they cannot be marked individually?
- 16) What is the symbol for a boulder field i.e. an area of land so covered with blocks of stone that they cannot be marked individually?
- 17) Is/are equilateral triangle/s used for :
 - a. group of boulders?
 - b. boulder field?
 - c. who cares? I only came for a picnic.
 - d. all of the above?
 - e. none of the above?
 - f. a & b?
- 18) Impassable cliffs are not always shown with tags thus  What other symbol may be used?

THE ANSWERS

- 1) Formerly only two tones of yellow were allowed - open and semi-open land - however, a third tone may now be used. This is rough open land and it is used for clearings such as felled areas, new plantation or other generally open land with rough ground vegetation.
- 2) White represents typical fast forest for the particular type of terrain.
- 3) The runnability of a boulder field is indicated by the spacing of the triangles. e.g.  and .
- 4) Green vertical lines are combined with the rough open land symbol to show reduced runnability.
- 5) Sandy ground is shown with black dots.
- 6) Semi open land is land with scattered trees and bushes (over approx. 1m) offering easy running. Rough open land as described in 1) above is basically open ground (trees or bushes less than approx. 1m) offering good visibility but often reduced runnability.
- 7) The edges are shown with the symbol for a vegetation boundary (::::). The area between the dotted lines is filled in green.
- 8) Dirt roads are shown as solid black lines and are suitable for motor vehicles in all weather. (Equivalent to shingle roads). Vehicle tracks are shown as black dashed lines. They are tracks or poorly maintained roads suitable for four wheel drive vehicles. Both lines 0.35mm thick.
- 9) Crossable watercourse, over 5m wide, are shown to seals without the black bank line.
- 10) Crossable lakes do not have a black line around them. Large areas of water may be shown with blue dots rather than solid colour.
- 11) Approx. 7m.
- 12) Linear marsh is shown with blue dots.
- 13) Impassable earth banks are now shown by the black, impassable cliff symbol.
- 14) Different sized black dots.
- 15) A group of boulders is shown with one solid black equilateral triangle e.g.
- 16) A boulder field is shown with several (at least two) solid black non-equilateral triangles e.g. .
- 17) a.
- 18) Unusual features such as sandstone pillars may be shown in plan shape. To help clarify the picture, the rocks may be drawn with different line thickness according to their height e.g. .

SNIPPETS

Now that winter is here it's back to those cold morning training runs. But spare a thought for those in colder climates. The Norwegians have been fit to import "heat-masks" from Finland for use when training in temperatures below -10°C . The mask has no exterior energy source, but works via heat exchanger which warms incoming air with heat obtained from air expired by the runner. During official tests in Finland, in an air temperature of -40°C , it was found that the masks heated up the incoming air to $+22^{\circ}\text{C}$.

* * * * *

SPRINTO. A variation on the usual range of courses at an event was used in West Germany last year. The one and only course, run by orienteers of every grade, was 2km long, 30m climb and had 6 controls. To compensate for performance differentials between ages etc, a system of credits was set up (e.g. W43 4 min:10 sec, M12 3min:50 sec. etc). The map was specially prepared for the event with two contours and 1:10,000 scale and showed only contour lines and other "brown" features plus the roads bordering the area. The terrain was finely detailed and fast.

Could be worth trying on a park map, say with a photocopied (black and white) map incorporate due sheet and punch squares.

* * * * *

AUCKLAND SECONDARY SCHOOL "O" CHAMPS. Some successes were achieved by Central Club's younger members in the recent Secondary Champs, (18 April). Amongst the boys teams event Kings "A" Team took 1st place and Mt Albert Grammar followed in 6th place. In the girls teams Lynfield "A" and "B" teams took 5th and 4th places respectively - and featured on the front page of the Central Leader.

CENTRAL O.C. TRAINING DAY 1...17 JUNE...XROADS, WOODHILL.



I want ALL 17b Orienteers to come out to Central's first training day of the year. For people who have never been in the forest, or who have not been in the forest very often, then this training day is for YOU!

Learn some techniques of Orienteering, whilst not under the pressure of competition. Find out about "Orienteering by Technique and Target". Learn how to pacecount, and why it is useful. For the regulars, a Norwegian memory course and control picking exercise will keep you busy.

IMPORTANT: I would like to know an indication of numbers. If you intend coming, please inform me (ph. 686580 or write to 29 Ashton Rd., Mt. Eden 3.) by 9 JUNE of your name, address, and phone no. so I can prepare maps and send out final information to you. See you on the 17th!

Robert Crawford.

FEATURE

ORIENTEERING INJURIES

or How to Run on One Leg and Why Not to

Vary Your Training

Any activity places some stress on the body. In response to this stress, the body makes appropriate adaptations which will enable it to cope with that stress should it continue to occur. This principle of progressive overloading is the basis of any sensible training programme. However if too much stress is placed on a body area, it may react not by adapting but by breaking down. This type of reaction is commonly termed an over-use syndrome and is the result of repetitive micro-trauma.

The stress produced on the foot and leg when running on grass, for example, is different to the stress produced when running on road or track - only slightly but nevertheless different in site and intensity. So to reduce the possibility of sustaining an over-use problem, one should vary the surface and terrain on which one trains.

Varying the intensity of training, and including an occasional rest day will also give time for the body to recover from any over-use and also produce the adaptations required as a result of the stress.

Strengthen the Areas at Risk

It is obvious that the ankle is definitely at risk and any strengthening exercises to improve its intrinsic support would be beneficial, especially if the runner has a history of ankle injury.

Two simple exercises described below may be used in many circumstances to strengthen the ankle/foot musculature and re-educate the normal balance reactions and proprioceptive (joint position sense) skills:

- A. Balance on the affected leg in standing and swing the unaffected limb in as wide an arc of movement as possible, in front of and behind the weight-bearing limb. This may be progressed by increasing the speed of the moving limb and/or practice with eyes closed.
- B. Standing on the affected limb, walk sideways in either direction by pivoting on the heel and forefoot alternately. A few lengths of the home hallway will convince the reader of the strength, endurance and co-ordination required to restore normal ankle/foot function.

Re-education of balance reactions and proprioception skills may take some months to restore the normal following significant soft tissue disruption around a joint. Without these skills being retrained to normal, joints are at risk of further injury - the common recurrent ankle joint strain for example - especially in sports requiring running over uneven terrain.

Warm-up

Before setting off on a training or event run, it is imperative to prepare your body by warming up well. A good warm-up serves to loosen the muscles and joints through stretching and swinging exercises. It primes the energy systems of the body through stimulating general increased blood circulation and deeper, more rapid ventilation of the lungs and it also helps to prepare you mentally for the physical activity ahead. Thus a warm-up not only reduces the chance of injury but can also improve your performance during an event.



Progressive Overload

As mentioned above, to produce any training adaptations, some degree of stress must be placed on the body. Thus there is always the risk of over-stress by over training. 'Too much too soon' and 'too much too often' are the two ways to overtrain.

In your training programme, gradual increase of distance, pace, intensity and frequency are far less likely to over-stress the body than an approach whereby the runner does not monitor the load he or she is working at, and thus progresses too quickly.

There are several methods of assessment as to whether one is ready to increase one's training, including maximal heart rate over a unit work load, and recovery time for heart rate after a training run. These fields are beyond the scope of this article but it is important to record details of your training program - distance run, time taken, type of running, long or slow, fartlek or interval training, how you felt after the work-out, etc. in a diary, so that your programme can progress systematically.

Injury - Adjust Your Program

Should you sustain an injury, particularly an over-use injury, nothing is to be gained by continuing to overload the injured limb. Some alteration of the training programme is necessary to allow the body to carry out the necessary repairs, without repetitive stress.

Should you be unsure as to the type of alteration to your programme or which activity may be safe with regard to the injury you have, (rarely is total rest required or desirable), consult a sports oriented physiotherapist for advice and for treatment if necessary.

If, despite all the above advice, you still manage to damage some part of your running equipment, the following advice might help minimise the structural damage and facilitate an early return to full training.

This section must not be construed to represent a comprehensive discussion of the treatment of all soft tissue injuries. Obviously some injuries require immediate surgical repair - rupture of the Achilles Tendon for example. The scope of the article restricts this discussion to general considerations of the treatment of non-surgical, acute soft tissue injury.

There are four main principles of treatment of such injuries, represented by the mnemonic R.I.C.E. - Rice, Ice, Compression and Elevation - to minimise the bleeding and inflammatory response within and around the affected tissues.

1. REST: Depending on the severity of the injury, this may require as much as complete bed rest, or as little as minor modifications to the normal training programme, to rest the affected part adequately.

Without rest, the injured tissues are liable to further aggravation, albeit minor, which will prolong the time taken for tissue repair to occur.

2. ICE: Application of an ice pack as soon as possible over the affected tissues, is important to help minimise the internal bleeding and inflammation. Ideally the initial routine should be ice pack on for 20 minutes, off for 20 minutes and on again for 20 minutes, in the first hour after injury.

This should be followed up by further 10-15 minute sessions at 4-6 intervals over the next 24 hours.

3. COMPRESSION: Where possible a firm compression bandage should be applied to the injured part as soon as possible to provide a physical restraint to the extravasation of blood and inflammatory swelling into the tissues. Care should be taken to avoid the "tourniquet effect" of bandaging too firmly around a limb. Similarly, ineffective technique will not provide the external physical restraint that is necessary.

4. ELEVATION: Elevation of the injured part above the level of the heart, where practicable, will help to reduce back-pressure in the venous system, which is useful in the minimisation of inflammatory swelling and internal bleeding to some extent too.

It is worth noting that alcohol is a powerful vaso-dilator and as such is capable of increasing the amount of bleeding and swelling following soft tissue injury. Perhaps it is not such a good idea to drown your sorrows after all!!

Of course it is important to seek the attention of sports-oriented professionals (doctors, physiotherapists, orthotists etc) for diagnosis and treatment of significant injuries to minimise the period of incapacity and maximise the quality of tissue repair.

Remember that specific exercise routines may be absolutely essential if full function is to be restored. Some was not built in a day, nor will strength, endurance, co-ordination and joint motion be returned as soon as the swelling and pain subside. Return to your normal training programme gradually, ensuring adequate time is given to pre-exercise, muscle stretching exercises and a thorough warm-up period prior to vigorous activity.

Conclusion

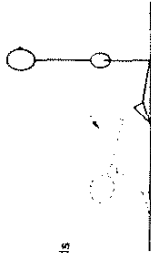
These comments do not present the whole complex issue of injuries (prevention and treatment) nor does reading them provide sufficient information to enable you to assess and treat anything more than the basic common soft tissue injuries: even with these some professional help can speed up recovery and ensure that you return to sport with minimal chance of recurrence as a result of good preparation during the period of injury.

We wish you all many years of safe and enjoyable orienteering.

Exercises (stretching)

Quadriceps stretch (thigh muscle) -

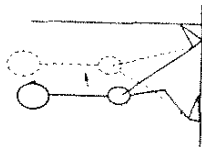
Kneel down and slowly sit back on your heels with hands resting on the floor behind you. Hold for one minute.



Upper calf muscle and shin stretch -

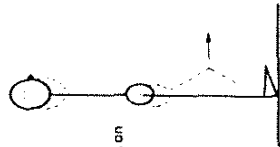
Stand with feet apart, bend one knee and slightly push other foot against a solid object (door frame will do). Keep the knee of that leg locked.

Push forward until you get a stretching sensation high up in the calf muscle.



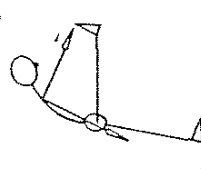
Lower calf muscle stretch -

With both legs together, place heels firmly on the floor and toes on about a 25 mm (one inch) raised wedge or step. Bend both knees, hold for one minute or longer - feel the muscles relaxing and drawing out.



Hamstring stretch -

Use a bench, table, chair or some other object which is about waist-high. Stand on one leg and place the other in a straightened position on top of the object. Bend forward and try to hold on to or touch your toe. Hold for the count of ten, then relax and repeat.



SOUTH ISLAND INDIVIDUAL AND RELAY CHAMPIONSHIPS

16 — 17 JUNE 1984

The South Island individual and relay champs are a wonderful opportunity to compete in the Christchurch area. The South Island has a reputation for holding well organised and friendly events. I can assure you that these two days will be no exception. We hope you will join us.

Rob Miller
President
Peninsula and Plains Orienteers

SOUTH ISLAND INDIVIDUAL CHAMPIONSHIP

16th JUNE 1984

BADGE EVENT

HOSTS: The friendly people from Peninsula and Plains Orienteers.

VENUE: Eskvale. Rolling farmland 30 km north of Christchurch.

MAP: New five colour map based on photogrammatic plot by
Chris Wilmott. Fieldwork by D. Miller. Cartography by P.
Jones.
Scale: 1 : 15,000 Contour interval: 5m

ORGANISATION: The best! i.e. Planner D. Guest
Controller: A. Cook Chief Organiser: P. Jones

SOUTH ISLAND RELAY CHAMPIONSHIPS

17th June

HOSTS: Still the friendly people from Peninsula and Plains Orienteers.

VENUE: Bottle Lake forest. 10 minutes from central Christchurch.

MAP: Five colour map. Fieldworked by club members with cartography
by M. Bird. Scale 1 : 10,000 2m contours

ORGANISATION: More of the best! i.e. Planner A. Cook
Controller D. Guest Chief Organiser P. Jones

CLASSES: Men's open
Women's open
Mixed — at least one male and one female per team. Not more
than one M21 per team.
Teams will be compiled for any individual who enters.

ENTRY INFORMATION: \$9.00 per team entry fee
Closing date: 25th May 1984
Entries to: P. Jones
115a Sullivan Ave
CHRISTCHURCH 2
Ph: 899 692

Entry Information:	GRADES:	Men	Women
Entry Fees:	\$5.00 Senior		
	\$3.00 Junior (under 10)	M12	W12
	\$15.00 Family maximum	M13	W13
	2nd June	M15	W15
Closing date:	25th May 1984	M17	W17
		M19	W19
Entries to:	P. Jones	M21 A & B	W21 A & B
	115a Sullivan Avenue	M35 A & B	W35 A & B
	CHRISTCHURCH 2 Ph 899 692	M43	W43
Final details will be posted one week before race day.		M50	W50
		M56	

CENTRAL'S CELEBRITIES

Name : Paul Dalton

Age/Grade : M21E (I) (I = Injured)

Paul hails 22 years ago from Hamilton where he first started orienteering in 1979 - by mistake, he says. Since arriving in Auckland and joining Central Club, he has enjoyed duelling with John Rix most of all in his orienteering. However, he is having to give serious thought to a new challenge for 1985, when John moves into the M35's.

The major events he has competed in are the 1981 Hamilton Rosegarden Night Extravaganza and the Dingle Dell Mountain Marathon 1983. (Or at least that's what he told me), and has "been there, done that" for most event around the country since 1981. However, his name usually appears in the top few places of most events, such as 1983 Mountain Marathon and the 1984 Summer Series. Apart from orienteering, Paul likes motorbikes, tennis and money, and least likes washing O-socks.

His objectives for the remainder of 1984 are :

- (1) not to kill the next person who mentions night events;
- (2) to beat Rob Crawford for the hypochondriac-of-the-year award;
- (3) eventually attend two consecutive committee meetings.

Name : Rosemary Brodie

Age/Grade : W35A

Rosemary first started orienteering in 1982, I believe after her and her husband were dragged into it by another active family in the Club who had recently discovered the sport.

Rosemary considers her biggest orienteering event accomplishments were at APOC and at the 1983 New Zealand Champs where she gained a first place in W35B.

Above all, Rosemary enjoys the satisfaction from not making any mistakes on an orienteering course (I wish I knew what that was like, Ed), but dislikes the occasional electric fence which always emerges at the most unexpected time.

Although enjoying the diversion of jazzergetics with Viv Rix, her other favourite past-time is beating Viv!

BACK TALK

A British orienteer of some repute, Hilary Beck, has written a hardhitting article in "Compass Sport" outlining the problems of the present age/grade group structure. He says there are too many divisions according to age and not enough according to ability and advocates, in his article entitled "The Age Group Tragedy", ten year age groups - 11 and under, up to 50 and over - with 13 courses.

What are your thoughts? Air your views on the subject with a letter to the editor.

Dear Sir,

Your event held at Woodhill on 8 April was attended by a party of our members, and I would like you to know that we were most impressed with the efficient organisation, and helpful advice of "instructors" given to the newcomers.

We met at Pt Chevalier, and four cars ventured up to Woodhill. The weather being quite indifferent, and our club having only been formed a few weeks earlier, we felt that this was a turn-out to be proud of.

All were delighted with the venue, and first enjoyed the view from the Lookout nearby. Then we went through the "tension" of organising ourselves for the start, and racing off to the maps. By this time I had gathered my children together at least six times!

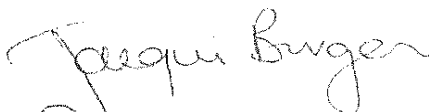
We chose to do course 12, whilst others took on 13. Bear in mind that few of us are fitness fanatics, and one was taking the opportunity of ridding her lungs of nicotine! We found the first few controls easily, but soon my youngest son was flagging, so we took a short cut "through the jungle". We sang "jungly" songs, and watched dragonflies and butterflies, a great diversion.

A large cock pheasant took flight, flushed from his home by a Viet Cong guerrilla - no, a racing orienteer! Toadstools in all shapes and sizes were the next diversion, but try as we might we found no Smurfs or elves underneath them. At last we found the pathway direct to home, and caught up with those who had taken the full course.

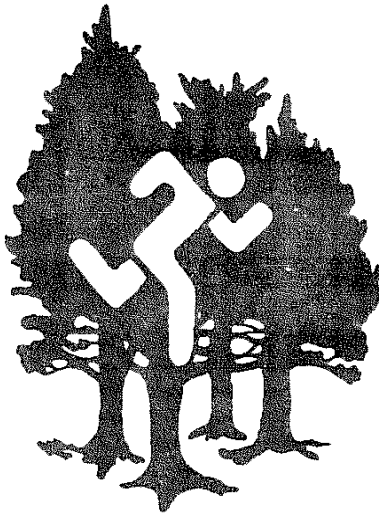
We all loved orienteering, and enjoyed our picnic in Conifer Grove afterwards. Most of us will be keen to try it next time it comes "on our Horizons".

We hope that you will publish this letter, as we are keen to promote our club amongst single people who would like the opportunity of joining other positive-thinking people in trying new experiences, from wild-water rafting to picnics, theatre evenings to dinner parties.

Yours faithfully,



Jacqui Burgess,
Coordinator



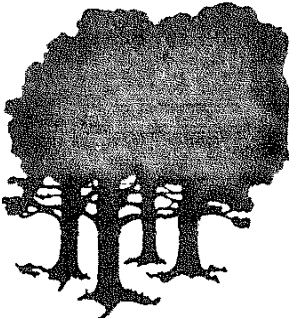
Waiuku Forest Run

Half Marathon & 5km - 10km Fun Runs

SUNDAY 17th JUNE 1984

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 Orienteers' contact — P. Snedden, P.O.Box 26, Waiuku. Phone: 59-609.
- Venue:** Waiuku State Forest — follow race signs from the Waiuku Forest Headquarters.
- Start Time:** 10.30 a.m. Complete circuit each for 10 Km and 5 Km runs.
- Entry:** \$3.00 Adult, \$1.00 under 16 years, maximum per family \$8.00.
- Registration:** 'Collect your Race Ticket' opens at 8.30 a.m. and closes 20 minutes before start.
- Late Entries:** On the day — \$5.00 Adult, \$2.00 under 16 years.



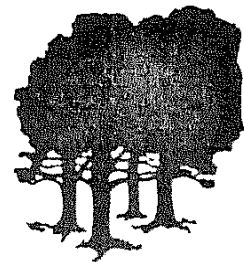
NO PRIZES — RUN FOR FUN

TROPHY FOR 1st MALE & FEMALE IN EACH RACE

Certificates to all Finishers

WAIUKU FOREST RUN

Official Entry Form



Send this Entry Form to:
Mrs P. Snedden, P.O.Box 26, Waiuku. Phone: 59-609.
by Saturday 9th June 1984.

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	½ MARATHON

Contact Address:

.....

.....

Phone:

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

ORIENTEERING BY TECHNIQUE AND TARGET.

Orienteering would have to be one of the most complex sports for a newcomer to come to terms with. The many and varied techniques that one must master to successfully complete a course is probably too much for any rookie Orienteer to cope with initially.

However, here is an easy, structured approach that will help anyone to manage the complexities that Orienteering presents. It is especially aimed at the sport's apprentices - but could be used by anyone. For reasons that will become apparent, it is called "Orienteering by Technique and Target".

PART ONE...THE TECHNIQUES. Using this method, one needs only FOUR (yes - that's right, only 4) general navigational techniques. They are:

- i) Handrailing.
- ii) Sighting.
- iii) Bearing.
- iv) Contouring.

Handrailing: This just involves following a linear map feature, e.g. a track, fence, or stream. When you start Orienteering, you use this technique a lot; however it becomes less useful as you attempt more difficult courses (thanks to course planners). Variations of handrailing exist, e.g. following a "linear" contour feature, such as the top of a ridge, and is used frequently in events.

Sighting: Another safe technique, this involves identifying a visible landmark and running to it! This is used often on farmland, as you can see a lot more around you on farmland than you can in the forest. Seeing the control is an example of this! You could call fine Orienteering a series of sightings.

Bearing: Any method of travelling in a particular direction, and all variations of compass use is included under this heading. Not very reliable, as you will always deviate from the desired line of travel.

Contouring: We mean by this "moving at a constant height" (i.e. on or near the same contour line on the map). A fairly limited technique, although very useful in steep areas where unnecessary climb is to be avoided. Not very accurate over long distances - unless you practice it.

PART TWO...THE TARGETS. The secret of this method is to use 1 navigation technique to get you to a landmark - the target feature. The target is therefore the endpoint of 1 navigation technique, and the starting point of the next.

What do you do? At each control, break the next leg into a series of targets, using one of the techniques outlined. Of course, the final target of the leg will be the control!

One should bear in mind that the less reliable techniques (i.e. bearing and contouring) require large or long target features, and also should not be too oblique to the line of travel.

Sounds easy? It is!

Totally confused? Then come out to the club's training day on 17th June.

More info on this method is available; contact me.

(Idea and article from Mark McKenna, ROC)

Robert Crawford.

ENTRY FORMS

SOUTH ISLAND INDIVIDUAL AND RELAY CHAMPIONSHIPS

INDIVIDUAL JUNE 16TH 1984

Surname and Address	First Name	Grade	Club	Date of Birth	Entry Fee

Sub Total

Senior \$5

Junior \$3

Family Maximum \$15

RELAYS JUNE 17TH 1984

Please enter all team members on one entry form.
You may enter individually and a team will be compiled for you.

Surname	First Names	Grade	Club	Date of Birth

Sub Total

\$9.00 per team

TOTAL
ENCLOSED

Accommodation will be organised if requested

Entries to: P. Jones 115a Sullivan Ave
Christchurch 2
Ph: 899 692

CLOSING DATE ENTRIES 2 JUNE 1984

POINTS TO PONDER



A tutor who tooted the flute tried to tutor two tutors to toot.
Said the two to the tutor, "Is it easier to tooter, or to tutor
two tutors to toot".

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