

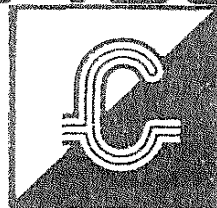
central orienteering club

MAY NEWSLETTER 1985

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COMING EVENTS

<u>Date</u>	<u>Club</u>	<u>Events / Location</u>
May 19	SA	Promotion Event - Dudexs Beach
19	C	Promotion Event - One Tree Hill
19	H	C.D.O.A. OY4 - on Whatawhata map
19	HV	Relay Champs - Wellington Entries Closed
26	NW	Long 0 Event - Woodhill See details page
June 1-3	KH	2 Day & Pot Luck Event - Queens birthday weekend Entries closed.
9	C	A.O.A. OY3 - Mushroom Rd map Woodhill
16	NW	Promotion Event - Shakespear Reserve (New, coloured map)
16	R	C.D.O.A. OY5 - Rotorua
22	SA	Auckland Night Champs - Waiuku
23	SA	Training Event - Waiuku
28	NW	AOA OY4 - Puketapu Road map Woodhill
June 30	C	Promotion Event - Churchill Park
30	SA	AOA OY5 - Taurangatoru

Dont forget, next Committee Meeting 7.30pm Monday 10 July at 118 Mangorery Pl, Mt Roskill



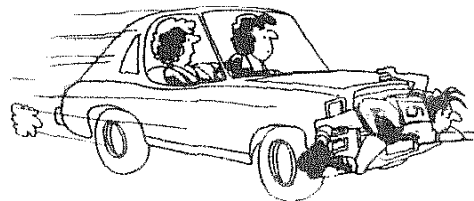
BULLETIN BOARD

The Auckland Champs, scheduled for Labour Weekend, will be held by NW Club on Mission Coast map, Woodhill Forest. This map area is now out of bounds for all orienteers.

For the Night Champs (entry form page 15)

SAOC advise a new venue of Waiuku Forest, not Waharau. Controls will be left out on Sunday 23 June for training practice.

The NZOF advise that their Fixtures Committee will be seeking applications for the 1987 Individual and Relay Challenge events in the near future. The allocation will be on the basis of the most suitable area the quality of mapping and the capability of the organisers.



"Jogger? What jogger?"



EGMONT TRIAL EVENT 17 MARCH

Some people call this a navigation trial. I call it a knee trial, to see how the competition responds to the first stress for over three weeks. That's the excuse for coming last and I'm sticking to it.

We left Auckland on Saturday morning in the Prodigie-mobile. We placed long legs John Dix strategically in the front seat.

Only two weeks before I had tramped to the summit of Egmont in fine weather with no snow on the slopes. But Phil had just returned from Tarnaki two days ago and reported near zero temperatures and can't-see-the-road-in-front-of-me type rain.

We tried to identify various big thinking energy projects on the roadside and then we saw Mt. Egmont sporting a fresh smattering of snow over its top 300 metres.

Pausing only for an ice-cream we navigated accurately without compass to control description "School" and we were rewarded with an NZOF AGM. These events are vastly improved on previous years and decisions were made quickly. The controller for the next day's trial caused a stir when he wanted to discuss in General Business the suitability of the farm area for a trial event. The discussion did not eventuate, leaving us to find out for ourselves the next day. We left the meeting in time to eat twilight Chinese takeaways on a coastal cliff top by a bowling green.

The Camphouse (960 metres up Mt. Egmont) at the North Egmont road end is very old, very renovated, very comfortable and very cheap. We shared the 32 bunks with a few trappers and gossipped orienteering.

More compass free navigating to the event centre at Huatoki Stream. An ideal spot - ample parking, a hall with toilets, Mt. Egmont a few kilometres away, Mt Ruapehu visible on the horizon, brilliantly fine and hot weather, there was even a water trough to wash the muddy legs in afterwards.

The start was hidden in a slope of native trees - well placed so that no-one could guess the direction of the first controls.

I was on Course 2 and was surprised to find a Course 3 competitor who started with me was clipping the same first control as I was. In fact, most of our controls were in common. This is weak course planning.

The terrain was undulating to moderately steep and navigation was straight forward. Fitness was the order of the day (another reason for me coming last) and there were some legs where wise route choice paid off. There were small patches of native bush, fenced off deer paddocks, some dark green strips, muddy spots, wet streams and very scenic views of Egmont.

I met Mike Ashmore at control six and we both cursed the organisers for running out of drinking water. I met Mike a few controls later, disorientated and complaining about how the compass breaks when you fall on it.

Overall it was a well organised event, especially for a new club. Courses were reasonably challenging considering how difficult it is to set navigational challenges on a farm map. And the weather was superb - perhaps a bit too hot, causing dehydration problems.

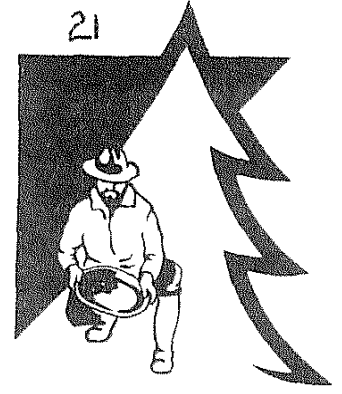
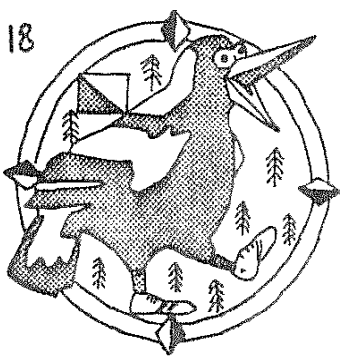
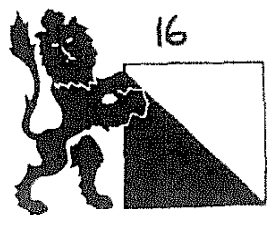
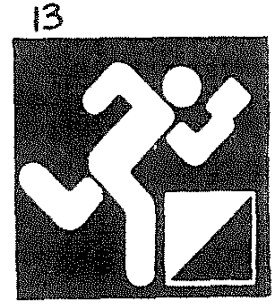
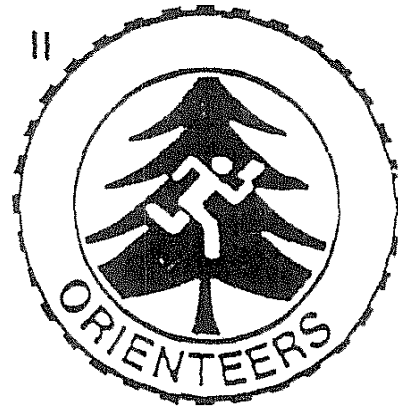
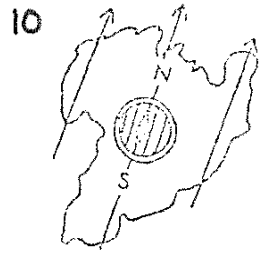
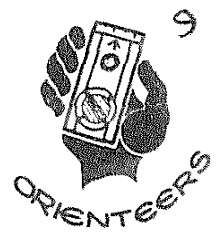
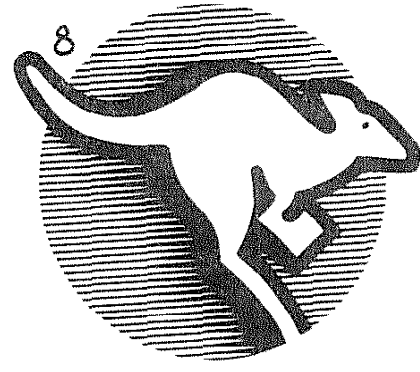
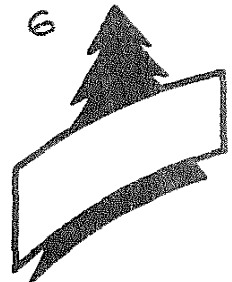
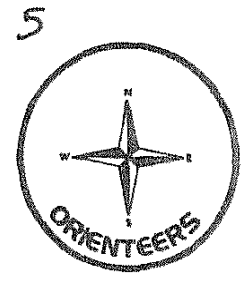
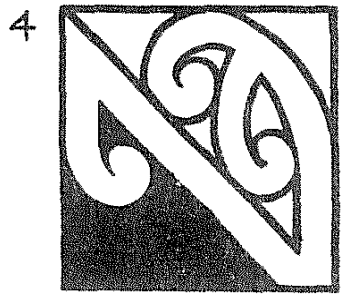
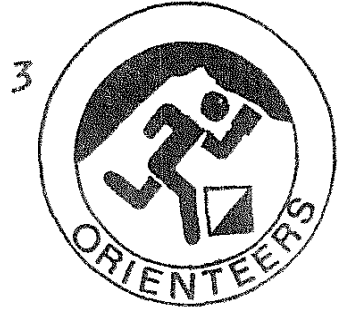
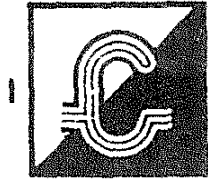
Selwyn Palmer

EGMONT TRIAL - SOME RESULTS

<u>Course 1</u> 11.7 km.		<u>Course 7</u> 5.4 km	
M21E	1. David Melrose (NW) 88.13	W17	1. M. Gelderman (HV) 58.05
	3. John Rix (C) 89.03	W21B	1. Pam Whitla (HV) 74.48
	15. Paul Dalton (C) 109.33	<u>Course 8</u> 5.7 km.	
<u>Course 2</u> 8.3 km.		W40	1. Shirley Hayes (KH) 86.08
M19	1. A Cory-Wright(C) 72.03	M55	1. Phil Mellsoop (SA) 61.29
	5. Robert Jessop(C) 80.25		2. Athol Lonsdale (C) 62.18
	10. Simon Clendon(C) 99.31	<u>Course 9</u>	
M21A	1. Maurice Lloyd (HB) 73.14	M13	1. Greg Dryden (KH) 41.05
M35A	1. Bryan Hall (H) 68.29		2. Darren Ashmore (C) 45.32
	12. M. Ashmore (C) 95.39	W15	1. Tania Robinson (SA) 48.15
	14. P. Brodie (C) 97.21		8. Jill Clendon (C) 59.37
	15. S. Palmer (C) 99.30	W35B	1. Jenny Teahan (RK) 78.46
<u>Course 3</u> 8.3 km.			2. Lynn Ashmore (C) 81.08
W21E	1. Alison Stewart (C) 77.55		8. Marne Wynn (C) 108.29
<u>Course 4</u> 7.4 km.		<u>Course 10</u>	
M40	1. Warwick Hill (W) 79.45	M21C	1. Wayne Ouglahan (E) 49.28
M45	1. John Robinson (SA) 66.39	W21C	1. Diane Thomson (E) 80.09
M17	1. Peter Hill (W) 64.54	<u>Course 11</u>	
<u>Course 5</u> 6.4 km.		W45	1. Hilary Weeks (C) 53.39
M15	1. Rob Brewis (C) 57.41		3. M. Nicholls (C) 60.45
M21B	1. Peter Watson (HB) 57.53		4. Jill Brewis (C) 62.14
	7. Guy Cory-Wright(C) 79.58		7. Heather Clendon(C) 82.20
M35B	1. Geoff Pilbrow (SA) 95.43	<u>Course 12</u>	
<u>Course 6</u> 6.7 km.		W13	1. Penny Clendon (C) 52.49
W19	1. Katie Hill (W) 81.52	<u>Course 13</u>	
	6. Kirsten Nicholls(C) 127.08	W50	1. Ann Fettes (NW) 66.24
W21A	1. M. McLauchlan (WA) 87.54	<u>Course 14</u>	
W35A	1. Phyl Snedden (SA) 73.21	W12	1. Diana Browning (P) 79.21
	15. Rosemary Brodie(C) 115.13	M12	1. Brett Ashmore (C) 32.13
	17. Kathleen Seguin(C) 118.23		
M50	1. Tony Nicholls (C) 59.47		
	6. Andy Brewis (C) 136.54		
	7. Roger Weeks (C) 139.06		
	9. Tom Clendon (C) 154.36		



WHOSE LOGO?? ANSWERS PAGE 13



PSYCHOLOGICAL PREPARATION FOR ORIENTEERING

Part III

The Ability to Concentrate

Although some people appear to be able to concentrate much more easily than others it is a skill that can be trained with practice.

In orienteering, concentration in races can be seen at two levels:-

1. the basic concentration needed to enforce an alertness in applying one's knowledge and orienteering skills to the whole race.

The alertness necessary to make the multiple decisions and to orienteer fast will be found as a result of 'feeling right at the start' which again is a reflection on the whole preparation for the race.

If you are confident that your fitness and skill level is good and you reinforce this with 'seeing yourself' orienteering successfully then when the race day arrives you are alert because you are nervous but confident that you can solve the problems.

If you are too nervous and worried about the race then this will disturb your ability to concentrate. The following aspects are examples of problems which should be 'solved' before a big race.

- a) more detailed map
- b) unfamiliar scale
- c) difficult and unfamiliar terrain
- d) pressure of international competition
- e) a previous bad experience/result in a similar area

2. The increased concentration necessary when going into a control and in other situations when you may be distracted and need to concentrate harder to avoid this. For example:

- a) before the start
- b) going to the first control
- c) when you catch up the competitor who started 3 minutes before you
- d) when other people are around
- e) just after a drinks control
- f) the penultimate control
- g) when you miss a control and cannot relocate

Being aware of situations where you might lose concentration will help you to avoid this.

As you are nearing the end of the race, instead of relaxing and telling yourself 'only 2 to go' make yourself concentrate harder to avoid missing those last controls.

If you suddenly find that you are lost and cannot locate - don't let yourself panic, tell yourself to concentrate and think logically about relocating.

When you complete your race analysis sheets keep a record of mistakes caused by loss of concentration and why you were distracted, e.g. Start to 1st control - missed it first time, went out to attack point and in again. -2 minutes. Careless fine compass into control, cut in too quickly. Aware of close rival starting 1 minute behind me - lost concentration and tried to go too fast.

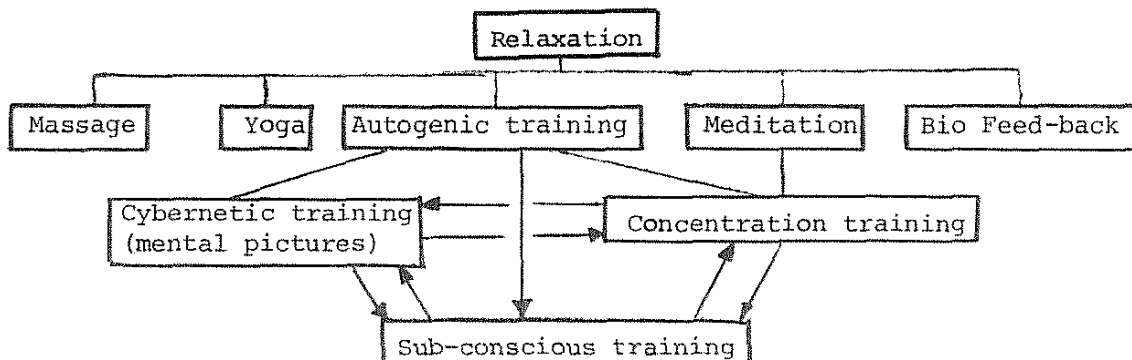
1. Concentration and Relaxation

Energy is used up through nervousness and intense concentration. If you can learn to control nerves and output of concentration before and during a competition then you will have more energy available for running and for concentrating throughout the race.

At the same time as not wanting to be too nervous and waste energy, it is still necessary to have a certain degree of nervous tension for maximum efficiency of performance (see figure 81).

Relaxation is one way of replacing and conserving energy and can be used to advantage by the orienteer, particularly those who get very nervous before a race. It can also be used as a platform for various forms of mental rehearsal and subconscious training.

Relaxation can be achieved in many ways, most of which have been used to a lesser or greater extent by sportsmen and women to help them prepare for competition and perform to their full potential.





2. Benefits of Relaxation

1. Muscular and mental relaxation
2. Higher concentration ability
3. Greater rest effect-with practice
a good effect can be achieved in
under 3 minutes
4. Better sub-conscious training. By
thinking the problems through it
should then be possible to handle
them better.
5. Possibilities of removing 'mental
blocks' and a poor self-image,
e.g. being psyched out by
Scandinavian terrain
6. Better cybernetic training- when
relaxed it is easier to visualise
yourself competing and solving 'O'
problems successfully.

To be continued.

New Zealand Orienteering Federation

TRAINING SQUAD

29 April 1985

NEW ZEALAND ORIENTEERING CLUBS



To protect useage of a new map for future events the W.O.C. team trial due to be held on June 15 will be limited to an "invited" list based on performances at the trial at Masterton and in the New Zealand Champs at Waitarere on 11 May.

Any other orienteers who wish to participate in these trials are requested to apply in writing to Bryan Hall, 22 Corrin Street, Hamilton.

Secondly as a team training squad we are under the auspices of the N.Z.O.F. continuing our fund raising to help ensure our team is well prepared to participate in these World Championships. To this end we are seeking assistance from each club on a National raffle to be held shortly. Could you please establish if you have a club member or committee member who would be prepared to assist us as organizer within your district. I will be organizing this raffle nationally and will obviously appreciate all assistance in making this raffle a success. Could you please send your organizer's name as soon as possible to enable planning to proceed.

Yours in Orienteering,

BRYAN HALL
W.O.C. TEAM MANAGER

NZOF News

29 April, 1985.



AFFILIATION FEES

A reminder from the NZOF Treasurer that the first installment of Affiliation fees is due to be paid by 30 April, 1985. In case you have forgotten the fees are Senior (19+) \$5.50, Junior \$4.00, Family \$15.00. Please include the names of all your members and use the form supplied earlier this year when submitting fees on behalf of your Club.

FIXTURES

NZOF Fixtures Officer, Elaine Brighthouse, still has a number of Fixture List Cards available. If any Club needs some more could they please contact Elaine direct at 26 Sunset Street, Taupo. The Fixtures sub-committee has suggested that future Australia/New Zealand challenges which are held in New Zealand be scheduled for the August/September school holiday period. It is felt that this would be a more appropriate time with Club and Association activities being normally at a peak at this time. It would also enable teams to be selected without the need to hold early Trials. Perhaps the weather could be better then also. What do Clubs think of this suggestion? Applications are to be sought for organising Clubs for the 1987 Aust/N.Z. Individual and Relay Challenge events in the near future. The allocations will be on the basis of the most suitable areas, the quality of the mapping and the capability of the organisers.

TECNICAL CO-ORDINATOR

The Managerment Committee is pleased to announce that John Davies of Pinelands Club has been appointed as co-ordinator of the Technical sub-committee. His undoubted knowledge and experience in Orienteering will enable him to carry out the duties involved with great expertise. Organising Clubs will no doubt hear from John with suggestions and comments which will hopefully ensure that events are free from problems. Anyone with problems or queries regarding Technical matters

NZOF News



2.

can refer them direct to John at 12 Riverview Street, Putaruru.

1985 COURSE SETTING COMPETITION

Ken Holst of Rotorua Club has agreed to conduct the Course Setting Competition for this year. Ken has in the past achieved high placings as an entrant in the competition and last year finished in 5th place in the British competition.

We understand that he has some new ideas for this year's competition but will leave it to him to announce the details. No doubt you will hear from him shortly.

WOC SQUAD COACH

Clubs will have noted from recent Management Committee meeting minutes that the NZOF has appointed Dieter Wolfe as official team coach for the world squad and has granted funds to assist with the cost of his airfare to New Zealand.

Dieter is a very experienced orienteer and excellent coach from Switzerland. As well as his duties with the team he has agreed to assist Associations/Clubs. His schedule in New Zealand is very tight and to make best use of his services it is felt that any activities should be organised on a regional basis.

He will be attending a squad camp at Mangawhai on 27/28 July.

The majority of his time will be with squad members but activities are available to any others who wish to travel there.

The following 3 weekends 4 August, 11 August, and 18 August are available for Association/Clubs to make use of Dieter in a coaching role. He would also be available during these weeks to lead discussion groups.

If any area associations or clubs would like to set something up would they please contact John Rix (29 Middlemore Road, Otahuhu, Auckland, 6) as soon as possible- final date 31 May.

Please give John details of where, when, how many would attend, local organisers name and maps if available. Host Clubs would be responsible for Dieter's travel costs from previous venues and to arrange for him to be billeted during his stay.

NZOF News



3.

I.O.F. COMPUTER COMPETITION

The IOF is organising a competition for Microcomputer enthusiasts. Through this competition, it is hoped to receive microcomputer software which will be of use within Orienteering and which can be made available to all member countries. It should set a standard of uniformity which may then form the basis for future software exchange and assistance.

The entries will be judged in time for the announcement of the winning entrants to be made at the Congress in Denmark in 1986. The main prizes are substantial and should attract a high quality of work. However, the IOF would like to offer as many consolation prizes as possible and therefore ask if anyone is prepared to offer a small item or gift which would be suitable for the occasion? Would you please reply to - IOF Technical Committee. C/- Brian Watkins, Mertonmead, Ibstone, Bucks. HP14 3XY, England.

Attached is the IOF announcement sheet together with details of the competition.

APOC 86

The Hongkong Association is seeking ideas and suggestions for seminars/technical seminars to be held in conjunction with APOC under the auspice of the I.O.F. If anyone has any thoughts to offer could they please advise me and I will forward them onto Hongkong.

WOC 85

The organisers of the 1985 World Orienteering Championships wish to advise that film negatives of the Individual and Relay maps showing winners' courses will be available at \$A540 for each map. Alternatively, fully printed maps with winners courses can be ordered at A\$1 each.

To all the above prices there would be airmail or seairmail costs to be added.

If you wish to take any of the above offers please advise the Championship organisers by 30 June, 1985.

IOF COMPUTER COMPETITION

Heinz Tschudin, IOF Vice President, invites all orienteers to take part in this competition.

The IOF wishes to encourage the use of microcomputers within the sport and to determine technical and operational standards for the future use of microcomputers. This is a challenge to every orienteer in every member country.

Entrants are invited to submit software which has been specifically written for any orienteering application. It must be their own work and be suitable for running on a widely used microcomputer system.

There are three sections:

Section A - Programmes of use to Event Organisers dealing with event processing and administration;

Section B - Programmes making use of the graphics capabilities of the computer and/or associated printer;

Section C - Software not in the above Sections.

The judges will be looking for originality, and emphasis will be placed upon the following points when assessing each entry:

- All software should be written for a popular, widely used microcomputer.
- The software should be elegantly written.
- Ease of use.
- Documentation support should be comprehensive.
- The system should be based on diskette storage.
- Software should be transportable.
- Informative and well presented screens.

There will be prizes both for the overall winner and for Section winners.

The jury members will be:

Heinz Tschudin, IOF Vice-President;
Rolf Heinemann, Chairman, IOF Technical Committee;
Brian Watkins, IOF Technical Committee.

Applications for entry should be made by 30 September 1985 and all work must be submitted by 30 March 1986. Results will be announced at the IOF Congress in Denmark 1986. There is no entry fee for this competition.

If you wish to enter, write to the Secretary General and ask for the entry form and the detailed rules.

Your Opportunity to

Entries free

WIN A MICROCOMPUTER

All you have to do:

- a) Write a Microcomputer programme for any Orienteering activity
- b) Submit your (free) pre-entry by September 30, 1985
- c) Complete the work by March 30, 1986

Details from:

The Secretary General
International Orienteering Federation
Mile End
DOUNE
GB-FK16 6BJ, Scotland

CONSOLATION PRIZES TO RUNNERS-UP

LOGO ANSWERS

- | | | | |
|-------------------|-------------------|-----------------------|----------------|
| 1 CENTRAL | 6 SILVA | 11 PENINSULA & PLAINS | 17 SOUTHLAND |
| 2 AUSTRALIAN O.F. | 7 RED KIWIS | 12 WELLINGTON | 18 HAWKES BAY |
| 3 EGMONT | 8 AUSTRALIA WM'85 | 13 NZOF | 19 A.O.A. |
| 4 NORTH WEST | 9 ROTORUA | 14 KAPITI | 20 HUTT VALLEY |
| 5 SOUTH AUCKLAND | 10 TAUPO | 15 WAIRARAPA | 21 NASEBY-APOC |
| | | 16 BRITISH O.F. | |

Solutions To Crossword

Across

- 7. Runners 4 Wet
- 8. Laer 7 Lismore
- 11. ON 11 OY
- 13. May 24 Terrain
- 16. Stars 11 Search
- 20. Pinus Radiata
- 22. Swamp 28 Tree
- 30. End 32 Bearing
- 33. Rugged 35 Legend
- 37. Contour 40 Farmland
- 42. Dog 44 Hidden
- 45. Rocks 47 Win
- 49. Triangle 48 Orienteering

Down

- 1. Belays 2 Nettle
- 3. Silva 5 Tongariro
- 8. Mad 9 Rotorua
- 10. Eye 15 Novice
- 17. RUn 18 O Suit
- 19. Disqualified
- 21. Hill 22 Spur
- 23. Bag 25 Tikitere
- 27. Dead 29 Eggs
- 31. Dog leg 32 Beer
- 34. Knoll 36 Grade
- 37. Control 38 Track
- 39. Bush Bash 41 Man made
- 43. Granules 46 SW



LONS O

Date : 26 May

Courses : 4 courses - 20 km
12 km
6 km
Wayfarer

Maps : 2 long courses - Rothmans Map
1:20000

2 short courses - Puketapu Road
1:10000

Course Planner : Bruce Henderson

Controller : Chris O'Brien

Co-ordinator : John Greenall

Access to the forest via Forest Headquarters

NB. Start times for the 20km and 12km courses will be between 10.00am and 11.00am only.

Did anyone get them all correct?

SNIPPETS

Orienteering started in Tasmania with fun events. The first of these was organised by Larry Podmore, organiser of the Australian 3 Day at Bronte. He continued to show his flair for events by placing an esky of beer at the second last control.

An orienteer fell over a cliff at Ridgeway in Tasmania. But as he tumbled down, he managed to grab hold of a small tree. Hanging on grimly, he shouted "Help! Is anyone up there?"

A deep, majestic voice from the sky echoed through the gully "I will help you - but you must have faith..."

"All right, all right, I trust you!" screamed the frightened man. The voice replied "Good. Let go of the tree."

There was a long pause, then the man shouted "Is there anyone else up there?"

John Disley, a former British Orienteering Federation Chairman and bronze medalist in the steeplechase at the 1956 Melbourne Olympics, is now recovering from a replacement hip operation which he underwent in September. John, 54, who up until a year before the operation, could still manage a sub three hour marathon, hopes that the operation will soon enable him to resume running.

In Sweden, despite the rumors that "every Swede runs orienteering", actually only one per cent do.

But the 80,000 orienteers mean enough to provide everybody with 40 events a year, with 800-3000 orienteers at each (100-800 for night-0).

One per cent is a low figure, compared to the percentage of the people that would enjoy orienteering if they got the right introduction. New Zealanders are probably even more willing, they are more used to driving the car to do things than the Swedes are. One percent of N.Z.'s three million is 30,000!

AUCKLAND ORIENTEERING NIGHT CHAMPIONSHIPS.

Saturday evening, 22 June 1985.

Venue: Waiuku Forest.

Course Setter: Ken Brown Co-ordinator: Jan Somerville

Pre-entry on form below: Must be received no later than Saturday, 1st June. NO LATE ENTRIES.

Fees: Seniors: \$3.00
 Juniors: \$2.00

With two self addressed envelopes per address.

There will be 4 courses.

Course 1: M19, M21, M35, W21.

Course 2: M40+, M15-16, W35 W17-20.

Course 3: W15-16, W40+.

Course 4: W12, M12, M13, W13

Maps will be pre-marked.

You may enter any course, but

- a) if you enter in a grade below your age grade, you will be considered as an 'other' entrant.
- b) if you enter a grade above your age grade you must state the particular grade in which you're competing.

You may take a companion with you. Such a companion must be

- a) a non-orienteer or first year orienteer, or
- b) a junior, ie, less than 17years as of 31 December 1985.

If entrant is a 'companion', denote this by the letter C in the grade column, and allow \$1.00 fee if a map is required.

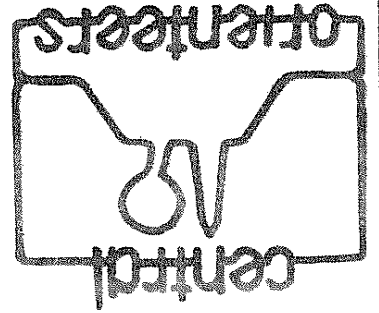
Allow to bring warm clothes, torch and spare batteries.

Send entries to Jan Somerville, Monument Road, Pokeno R.D.1.

N.B. There will be no event at Waharau on Sunday, June 23rd, as advertised in A.O.A. 'coming events'. Controls will be left out in Waiuku forest for practice on this day.

A.O.A. NIGHT CHAMPIONSHIPS: ENTRY FORM.

NAME	CLUB	COURSE	GRADE	FEE
			TOTAL	



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NEWSLETTER



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Mrs J Roberts
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