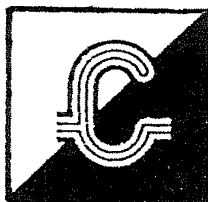


central orienteering club

NOV/DEC 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 : Paul Dalton Ph : 585-286

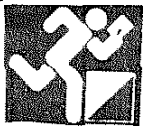
PUBLICITY: Selwyn Palmer Ph : 657-798

NEWSLETTER EDITOR

Ray Baker
11B Mongorriy Place
Mount Roskill
AUCKLAND 4

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COMING EVENTS



<u>Date</u>	<u>Club</u>	<u>Event</u>
Nov 25	C	Mushroom Rd, OY No 9 Woodhill Forest
Dec 2	C	One Tree Hill Score Event, Mass start at Sunken Gardens with BYO barbecue and AGM
Dec 4	AOA	AOA AGM 8pm Kings College
Dec 8-9	W.O.C. Squad	Tongariro National Park Mountain Marathon traing event
Dec 9	C	Totara Park, Manurewa Promotion Event
Jan 22	C	First Summer Series event
Jan 26	T	Taupo All Night Relays

If you're interested in keeping fit over summer while there is very little orienteering going on, perhaps you'd like to try a little road-running. Here are a few races to think about for starters.

- Dec 2 Nike veterans half marathon - Lovelock track
- 6 Papakura 10K 6.30pm
- 9 Waitemata city classic 10K
- 16 Lynndale half marathon (If you like hills!)
- 19 Papakura 10k 6.30pm
- Jan16 Papakura 10k 6.30pm
- 20 Mt Wellington half marathon
- 27 Pukekohe Half marathon
- 28 Lion laser 10k - Pakuranga
- Feb 2 Wang NZ Marathon - Auckland
- 6 Papakura 10k 6.30pm
- 13 Mogal 10k - Auckland Domain 6pm (?)
- 17 Takapuna Shore to Shore 10k
- 24 Otahuhu 12mile

TRAINING TIPS

Never run unless you know where you are and where you are going. You only become lost longer.
From UFO Bulletin (Tasmania)

Psychological preparation is just as important as physical training and "O" Technique training in achieving orienteering goals. This includes :

- Event preparation - metal form analysis and rehearsal events.
- Feeling right at the start - motivation, confidence, aggression and positive attitude.
- Ability to concentrate - alertness in applying O skills.
 - concentration training
 - awareness of possible distractions
 - mental relaxation techniques
 - mental rehearsal

Extracted from B.O.F. orienteering - Training and Coaching.

New Zealand Orienteering Federation

FIXTURES LIST

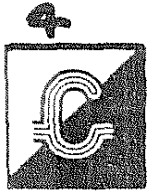
1985

- Jan. 26.....All Night Relays.....Taupo.
- Mar. 17.....TrialEgmont.
- Apr. 5-8Easter Multi-day..Mangawhai.....Northwest.
- Apr. 21.....Trial.....Hutt Valley.
- May 11.....Nat. Individual....Waitarere.....Red Kivis.
- May 12.....Nat. Club Relays.....Wellington.
- Jun. 1-3.....Queens Birthday Multi-day.....Kapiti Havoc.
- Aug. ?C.D.O.A. Champs.....
- Sept. 1.....Aust/N.Z. Relays.....Aust.
- Sept. 4World Champs...Individual.....Aust.
- Sept. 6.....World Champs....Relays.....Aust.
- Sept. 7.....Aust/N.Z. Individual.....Aust.
- Oct. 26-28.....Labour Weekend Multi-day.....A.O.A.
& A.O.A. Champs.
- Nov. 24.....W.O.A. Champs.....Wairarapa.

1986

- Jan. 3-5.....APOC.....Hong Kong.
- Jan. 25-26.....All Night Relays.....Taupo.
- Feb. 22-23....Mt. Marathon.....Wairarapa.
- Mar. 28-31....Easter Multi-day.....Taupo.
- " Easter Multi-day.....South Island.
- May 10-18....7 Day Event.....A.O.A. & C.D.O.A.
- June 31-2.....Queens Birthday Multi-day.....
- Sept. Aust/N.Z. Challenge.....Aust.
- Oct. 26.....Nat. Individual.....Central
- 27.....Nat. Club Relays.....Sth. Auck.
- ? Two Day Event.....Egmont.

Elaine Brighthouse
Fixtures Convenor.



BULLETIN BOARD



HELP! ! - Your editor would love to get more contributions from all you orienteers out there. One of our club members expressed a wish to see more event report commentaries - but no one wants to write any. If you'd like to see something in particular please let me know. Better still, write me something.

MAPPING

The club is looking to map two new areas. Volunteers would be gratefully accepted by Selwyn Palmer.

O - Photo Competition Results

A disappointing return of only six entries only resulted in one prize being awarded. This was to Michael Ashmore, with his photograph of Peter Johnson as a "Fantastic Finisher".

Congratulations Mike.

Other entries were also submitted by Michael, as well as those by :-

Greg Healey	-	picturing Elitism
Tania Nicholls	-	showing the "bones" of orienteering
Hilary Weeks	-	picturing Diversification and Humour
John Rix	-	depicting "Fun and Fitness"

The Wellington Orienteering Club has a booklet with full and official descriptions of symbols - what they look like on themap, and pictorial representations. This may be purchased by sending \$1.50 (postage included to the Secretary, Wellington Orienteering Club, 470 Evans Bay Parade, Wellington, 3, or purchasing in bulk (more than 10) at \$1.00 each plus postage. Edition limited.

Buy Now!! Don't be left out of control!

WOODHILL 3 DAY

Many thanks to all those who assisted on the day (s?) - especially to all those who were 'roped in' to help when the need was greatest. With the many jobs to be delegated it was greatly appreciated that 'backup' was always at hand to fill the gaps when emergencies arose.

Once again - many thanks, especially to P King, M Newton, A Stewart, R Wright, M Ashmore, V Rix, A Brewis and E Reddish.

Leon McGivern
(Co-Ordinator)

I think many more orienteers would like to add their thanks to Leo's capable crew. The organisation appeared highly professional and the results processing was carried out superbly, thanks to the help of Eddie's Expertise on the Komputer Keyboard.
Ed.

CENTRAL CLUB A G M AGN (Absentees Get Nominated)

SUPPORT YOUR CLUB

December 2nd - ONE TREE HILL

And enjoy a barbecue with fellow club members after a Score Event.

NZOF News

8 November, 1984.

FROM THE CHAIRMAN

The Special General Meeting to consider the new constitution was held on Saturday 20 October. The new constitution was eventually adopted but not without some delays. Despite a letter to every Club reminding them of the meeting and its importance and urging them to make sure they were represented only 11 clubs turned up initially. This was even more disappointing when it is considered that members of 16 clubs were at the event that day. To get the extra club representative needed to form a quorum required some urgent phone calls and a delay in the meeting of over half an hour. Surely a meeting of such importance to our sport merits more support from Clubs.

Signed Terry Brighthouse.

BADGE CREDITS

One or two queries have been raised regarding the effect of grade changes being made next year with respect to badges.

In clarification the Badge Statistician, Mark McKenna, advises that the existing rules are comprehensive and Rule 13 covers the situation. An example is that any M43 who wants ^{to} complete his M43 badge can do so by running in M40 (not M45). Similarly M43 credits can be used for M45 badges (not M40).

Mark suggests that the rules could be published in Club newsletters rather than in summary to enable everyone to have a better understanding of them.

N.Z.O.F. AFFILIATION FEES

A reminder to all Clubs to bear in mind when setting 1985 subs that the affiliation fees which apply for next year are as follows:-

Senior (19+)	\$5.50
Junior	\$4.00
Family	\$15.00

New event levies will also apply from 1/1/85 and these are as follows:-

All Badge and National Events including Relays - 50c
per competitor per event.

NZOF News

- 2 -

International Event Levy - Senior (19+) \$1. Junior 50c.

AMPRO MAPPING SPONSORSHIP

Two of the five \$100 grants from Ampro Sales Ltd have been allocated for this year which of course means that three more are available. These are allocated on a first come first served basis but please remember that if you had one last year you are not eligible for one this year. The year for this scheme runs from 1 July through to 30 June.

Please write to Secretary, N.Z.OF. to make application and to obtain full details of the scheme.

PROPERTY

The property officer reports that the B.O.F training videos have arrived and are now available for hire at \$5 each. Contact Leo Homes for these.

FIXTURES

Additional dates for Fixtures Lists:-

1985 August 4 C.D.O.A.Championships,Taupo.

1986 November 22 & 24 2day Badge Event, Egmont.

Clubs are asked to have 1985 fixtures together with new Officer-bearers to Elaine Brighthouse before 30 November.

Elaine would also like approval or otherwise of the proposal for the allocation of Badge events which was circulated recently.

Only one Club has responded so far.

SILVA ORIENTEERING CHALLENGE

This is an annual award which was first presented this year. The Recipient was of course Ralph King. The trophy is awarded to the person who it is considered has contributed most to the development of Orienteering in New Zealand.

The Management Committee is now seeking nominations for the award for 1985. Would Clubs please give some thought to this and forward nominations together with supporting information to the Secretary NZOF by 31 December.

COURSE SETTING COMPETITION

As you all no doubt are aware this competition was organised this year by the Hutt Valley Club and proved most successful. Results were as follows:-

New Zealand Orienteering Federation

NOTICE TO ALL CLUBS TRAINING SQUAD

1. W.O.C. SQUAD MOUNTAIN MARATHON 8th/9th December

An information sheet and entry form are enclosed, please publish this in your next club newsletter.

2. JUNIOR TRAINING SQUAD

Please pass the enclosed newsletter around at your next committee meeting. Feel free to publish anything from it in your newsletter, but please credit the source.

3. FUNDRAISING FOR W.O.C. 85

To send squads to two training camps in Australia and a team to the W.O.C. itself involves a total outlay of \$50 000, so we ask clubs to give full support to these fundraising activities!

a. Wine Sales

Shortly we will be sending full details of our release of specially labelled premium wine: Nobilos Muller Thurgau, for sale through W.O.C. Squad members and any club contacts willing to help us.

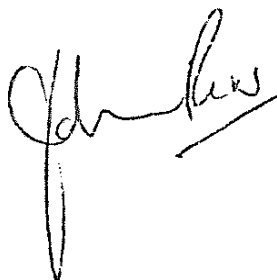
b. 1984 Raffle

Details will be announced in a few weeks. Cascade type tickets shared with other sports, sold through Squad members and club contacts (not sent unsolicited to clubs). Tickets probably \$2 with major prizes (eg total \$50 000).

c. 1985 Raffle

Approx April. NZOF run, tickets distributed through clubs on a commission basis.

Yours in Orienteering,



John Rix
Coordinator NZOF Training
Squad (=WOC Squad+Junior Squad
ing)



Co-ordinator:
John Rix
29 Middlemore Rd
Otahuhu
Auckland, 6
09 - 276 4901

Junior Training
John Mote
4 Toru St
Hamilton
071 - 79-857

Senior Squad
Bryan Hall
22 Corvin St
Hamilton
071 - 436-624, (H)
80-076 (W)

World Championships
Roll Wagner
20A Reading St
Brooks Bay
Auckland, 10
09 - 479-5330, (H)
444-62200 (W)

BACK TALK

Dear Editor,

I wish to raise a point about the provision of water stops on courses. I do not have any reference material about the provision of water on orienteering courses. I guess there must be recommended guidelines laid down somewhere. What is the story?

The reason I ask is that on my courses (Course 5) at our 3-Day Event there were either no water stops or highly inappropriate water stops: viz

Day 1 - No water stop, course 4.7km. I was so dehydrated by the time I got to control 7 that my knees were shaking, mouth and lips dry, brain confused. I realised what was causing this. I continued on the course hoping to find a drink stop. This would be the first major event that I have run without a drink stop provided. I am quite irate that no provision had been made.

Day 2 - A water stop provided at control 4 (1.65km from the start of a 4.5km course). This was an inappropriately early site. No one needs water that early. I have barely worked up a sweat by then. The water should be made available, I feel, about two thirds of the way along the course.

Day 3 - A water stop provided at control 3 (1.88km from the start of a 4.5km course). This was another inappropriate site. The criticism given to the Day 2 site applies here also.

I don't have access to all the courses at the 3-Day Event so I can't comment on their water/lack of water but I suspect that criticism can be similarly leveled at some of those as well. Before we have an unfortunate happening, I feel that course setters should be made aware of their responsibilities in the provision of appropriate water stops.

The athletic clubs, YMCA, Round-the-Bays etc work on the provision of water stops every 3km. I think we should aim to provide water at similar distances.

Yours faithfully,
Eddie Reddish

DRINKS CONTROL

The only relevant NZOF Rule is 25.8

"In long distance events, competitors shall be offered refreshments approximately 1/3 and two thirds of the way around the course. In shorter events refreshments shall be offered if the winning time in the elite classes will exceed that recommended (19.4). There shall be refreshments controls for other classes also if conditions warrant this (eg. very hot weather). The drinks provided shall be at a suitable temperature, and shall include plain drinking water."

'Long distance' here relates specifically to "Long O" events with running times 1hr 20 - 2hrs. Sure it would be nice to be offered drink stops every 3km or orienteering equivalent, but you could easily end up with half a dozen to a dozen sites to supply. Of course the logistic problems aren't enormous but you do already have plenty of other areas to worry about as any planner controller or coordinator will tell you. Personally I would rather the setter and controller ran a few more of their courses than spent time humping drinks around. (beyond the minimum number of spots)

The Australian Orienteer a few issues ago devoted considerable space to this issue, relating of course to their hotter climate and some facts and figures can be found there. Like a number of other issues in orienteering it seems silly to legislate, does this mean eg. we must have drinks controls in June too? or only when the temperature at the start is over 20 degrees C? etc etc.

I can hardly think of an occasion in 10 years when I have been dehydrated, and can't remember when I last took a drink on a course but maybe I'm an exception. Regarding multi day events I would suspect previous NZ organisers have never foreseen a need for more, at best, than one drink stop per course and I suggest the issue has never been raised before so it can't be too common a complaint.

Regarding the Labour Weekend 3 Day, the individual days setters and controllers chose appropriate controls which for them meant ones where as many courses went through as possible to minimize our workload. True they didn't always come at the half way point, 1/3 and 2/3 or whatever.

But who could complain on Day 3 Course 2, they had drinks at 5, 8 and 13! and Course 3 at 1, 5 and 9!! As the control descriptions were available up to 2 days ahead I think a person who knew he would be out a long time, was unfit, or just loses a lot of sweat and felt there was insufficient provision should have taken a water bottle with him. Agreed Day 1 was least well provided for drinks on courses 1-3 only. Day 3 drinks on all courses (with 2 stops on course 8).

A comparison with marathons, fun runs etc is I feel unfair owing to the significant problem of reflected heat off a road the fact that forest orienteering takes place 100% in the shade and that orienteers are not running in general at the same intensity level as road runners.

So I agree in principle it would be nice to have Lots Of Drinks Stops on all orienteering courses even at multi day events but for forest events in October it would be a significant extra work for too small a return.

Yours in Orienteering
John Rix

Auckland Orienteering Association Inc.



A N N U A L N O T I C E O F
G E N E R A L M E E T I N G

Notice is hereby given of the Annual General meeting of the A O A Inc.

Place: Kings College
Date: Tuesday, 4th December, 1984
Time: 8 pm.

A G E N D A

- 1 Roll call
- 2 Apologies
- 3 Minutes of the Annual General Meeting of 29/11/83
- 4 Chairman's Report
- 5 Finance report
- 6 Subcommittee reports:
 - a. Fixtures
 - b. Technical
 - c. Publicity
- 7 Election of Officers for 1985:
 - a. Chairman
 - b. Vice Chairman
 - c. Secretary
 - d. Treasurer
- 8 Election of Auditor
- 9 General Business

A Meeting of the Executive Committee will be convened immediately after.

Remits and Nominations should be sent by 13 November 1984 to:
Secretary, A O A Inc.
Wallace Bottomley
24 Dingle Road
St. Heliers 5.

EASTER 3-DAY 1985

DATE: Saturday April 6th to Monday April 8th 1985.

VENUE: Mangawhai Forest, about 110km north of Auckland.

THE FOREST: The forest is ideal for all those travelling to the World Championships and the Australia - New Zealand Challenge in Australia later in the year. The terrain is based on intricate reclaimed sand dunes, forested in pines and eucalyptus. As well as sand features, some areas containing rock and water features are also present. In general, the forest is open and not overly steep and offers good orienteering possibilities.

THE MAPS: The maps will be produced to IOF standards at 1:15000 scale with five metre contour intervals, in accordance with the maps to be used for the World Championships, the lead-up events and the Challenge.

THE COURSES: A full range of courses, catering for ALL orienteers will be provided. The course lengths will be designed using the NZOF suggested winning times for multi-day events.

THE SURROUNDING COUNTRYSIDE: The forest area is bordered by white sand beaches, offering good swimming, surfing and fishing. The forest backs on to a freshwater trout fishing lake for the enthusiasts. In Mangawhai, many recreational facilities exist - golf, tennis, canoeing, etc - and there are a number of marked walks nearby.

A bit further afield, the rich history of the area is preserved in the pioneer museums of Maungatoroto, Waipu and Whangarei. The modern technologies at Marsden Point (oil refinery and power station) are worth a look, while the Waipu Limestone Caves are a geological delight.

To allow participants to enjoy some of these tourist trips, start times and courses will be such that the majority of competitors will be finished by about 1.00pm.

PRE-EVENT PROMOTION IN THE NORTH: One of the reasons for holding this event in the North was to promote orienteering in an area where little previous 'O' activity had occurred. So far, the results of our efforts have been encouraging.

Three maps close to the centre of Whangarei have been field-worked and drawn. The first promotional events are now being planned.

At a recent two-day seminar in Kaikohe, Laurie Baxter (North West Club President) spoke on orienteering to 35 interested people from all over Northland (Kerikeri, Dargaville, Kaitaia, Whangarei). The response was most enthusiastic and augurs well for orienteering in the North. (During the last week in fact, at a teachers seminar in Whangarei it was announced that clubs in both Whangarei and Kerikeri were to be formed in the near future).

THE WEATHER: The weather at these northerly latitudes is almost invariably good in April. The sea temperature is still warm enough to allow swimming and participants are advised to bring a good supply of suncream!

SOCIAL ACTIVITIES AND ACCOMMODATION: The apres 'O' social life will be centred around the local rugby club grounds and hall. The organisers have arranged for camping facilities and showers, etc. at the rugby grounds as well as marae-style accommodation in the hall. North West Club will do the catering for people choosing these accommodation options. In addition, bar facilities will be available in the evenings and a social evening is planned for Saturday night. Charges will be kept to a minimum (about \$7 per person, per night for full catering (3 meals a day) and accommodation).

Other accommodation in motels, hotels and camping grounds may still be available, although people wanting it should book early, as the area is very popular over Easter.

ENTRY FORMS: Entry forms will be forwarded to clubs in December.

So the North West Orienteering Club invites all orienteers to spend Easter '85 in the 'Winterless North'. Come on up and help in spreading the 'O' word in Northland!

ENQUIRIES TO: Dave Rogers,
6A Stokes Road,
Mount Eden,
Auckland 3.

TELEPHONE: 607.084 (evenings)

SNIPPETS

The Central Club extends deepest sympathy and condolences to friends and relatives of George Cole-Baker, a member who recently passed away to that great map in the sky.

Orienteering was recently used as a part of an Otago University management training program. On a 1500m 8 control bush course, only one compass was provided in a team development exercise. The idea was to develop members in decision making, communications, cooperation, planning and leadership against time pressures - realistically portraying common management situations.

The AOA has approved seven OY events for 1985, of which three will be organised by NW club.

Central club entered a team into the "Cycle around Lake Taupo" tour just to show that orienteers know their way around, and what versatile fellows they are. The team comprised John Gregory, Martin Newton, Ray Kitchener and Ray Baker, who together averaged 7hr 37, with John starring at 6hrs 48mins.

RUNNING SHOE WITH A BUILT-IN COMPUTER Mileage indicators and clocks, things we almost take for granted today in cars and on bikes are now available in shoes. At the spring international sporting goods fair in Munich, Germany Adidas presented the "Micropacer Shoe".

The central element of this new running shoe is a small battery operated electronic calculator situated in a special overlap tongue (as found on some cross-country ski shoes). The micropacer provides information on distance run, time and average speed. It can even work out calorie consumption or the time for a particular distance.



TAUPO ALL NIGHT RELAYS
(KATOA PO)

Date:-

Saturday/Sunday 26/27 January, 1985.
Auckland Anniversary Weekend.

Map:-

Mountain Road. A new 4 colour map of a new area.
Photogrammetry - Chris Wilmott (Aust).
Field Work - Tony Trass
Scale - 1 : 10,000
Contour - 4 metre
Rolling farmland with many fine contour features
and deep erosion gullies.

- Event Details:-
1. Competition will start about 9pm on Saturday evening and will finish in the wee hours of Sunday mornings.
 2. Teams to consist of 7 competitors of mixed abilities Grades will be restricted on some courses as detailed on the entry forms.
 3. The event area is farmland at the foot of Mt. Taubara just east of Taupo Borough
 4. Competitors will be able to camp at the start area but power facilities may not necessarily be available. However we are negotiating the use of club rooms close to the start area.
 5. Depending on weather conditions, an all night campfire and barbeque will be lit.
 6. On the Sunday there will be a novelty event in which all are urged to participate in, followed by a barbeque lunch (supply your own food).
 7. Entries for teams should specify competitors names but if clubs are having trouble filling teams, names can be supplied at a later date.
 8. Due to the Christmas break it is essential that clubs co-ordinate entries as soon as possible. The closing date is December 21st, 1984.
Late entries will be accepted up to January 11th, 1985 at double the entry fee. Absolutely no entries accepted after this date.
These closing dates are necessary because Taupo Club Organisers will be away for Christmas holidays.

TAUPO ALL NIGHT RELAYS 1985 (KATOA PO).

Entry Form - Relays - 26/27 January, 1985

Contact Address
.
Team Name:

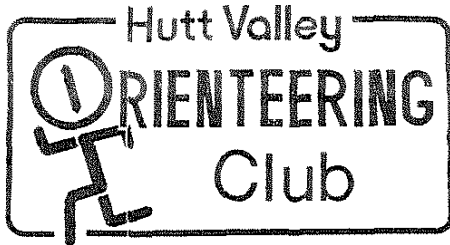
LEG	NAME	GRADE	(Restriction on Grades)
1			W21C + M21C Any jnrs under 18, snrs over 50
2			No M21 A, B, M35A, M19-20, W21A
3			Any Grades
4			No, M21A, M35A, M19-20, W21A
5			No M21, M35, W21A
6			Any Grades
7			No M21A

ENTRY FEE PER TEAM \$21.50
(Based on approx. \$3.50 for adults, \$2.50 for Juniors).

Details re Legs.

Leg 1	dusk	2-3 km	Easy Junior course
2	Twilight	3-4 km	Medium junior or veteran course
3	Night	7-8 km	Fairly difficult senior course
4	Night	4-5 km	Suitable for Juniors, veterans, B Grade
5	Night	5-7 km	Suitable for M43, W35, M15-16, W19-20 etc.
6	Night	8-9 km	Bloody Murder !!
7	Night	5-7 km	Suitable M35, M21B, M19-20, W21A etc.

Send entries to TAUPO O CLUB, P.O. BOX 666 TAUPO
Entries Close: 21st December, 1984.
Make cheques payable to TAUPO ORIENTEERING CLUB.



STRONVÅR

TRIAL and BADGE EVENT

21 APRIL 1985

The Location: Stronvar, near Ngaumu Forest east of Masterton.

The Map: 12 km², comprising approximately 8 km² of knobbly farmland, 3 km² of pine forest, and a total of 1 km² of native bush areas. Drawn to IOF standards at 1:15,000 with 5 metre contours.

This event has been designated by the NZOF as one of the trials to select the New Zealand team for the 1985 New Zealand - Australia Challenge, which will be held in Victoria in September. We are hopeful that the selectors will designate it as a selection trial for the New Zealand team to the World Championships to be held in Australia at the same time.

Mens and Womens Elite grades will be run after other grades and set up to resemble the actual World Championship Competition. Competitors times will be recorded at every control, enabling split times to be calculated for each leg. Course lengths will be as for the World Champs.

Courses will be offered for all NZOF classes and the variety of terrain will provide a challenge for orienteers in every grade. The area has no dominant ridge pattern so navigation and route choice abilities will be tested even in the open farmland. A feature on the map is Jollies Bush which was used by the Army to practice jungle combat techniques for Vietnam!

Watch out for entry forms in January.

For further information write to:

The Secretary
Hutt Valley Orienteering Club,
207 Dowse Drive
LOWER HUTT

Phone (04) 698-373

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TONY'S MOWING SERVICE

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