

Memberships:	Cyril Chapman	689-598
Newsletter:	Carl Rogers	732-300ext9242
Event Information:	Rob Denton	585-678
Promotions:	B. Roger Powell	527-490



# CENTRAL ORIENTEERING CLUB

PRESIDENT JOHN RIX  
29 MIDDLEMORE RD.,  
STANBRO,  
AUCKLAND, 5.  
TEL: 2764901

SECRETARY WALLACE BOTTOMLEY  
24 DINGLE ROAD,  
ST. HELIERS,  
AUCKLAND, 5.  
TEL: 556383

## November Newsletter 1979

### COMING EVENTS

Events are on Sundays and start between 10.00am and 12.30pm unless noted

- November 11 SA WAIUKU FOREST - 9th O/Y.  
 18 C DINGLE DELL - Setter: Wallace Bottomley  
 18 R NGARUAWAHIA CDOA CHAMPIONSHIPS FLETCHERS FOREST. Entries closed  
 on 26/10/79 (Transport co-ordinator: John Gregory Ph 656-508)  
 25 C WOODHILL FOREST. AUCKLAND RELAY CHAMPIONSHIPS. Setter: John  
 Gregory.  
 December 8 T TAUPO - 2nd trial for N.Z. team to go to Australia.  
 Pahautea block. Excellent map and forest. A Saturday afternoon  
 event. Entries closed on 4/11/79. (Transport co-ordinator:  
 John Gregory phone 656-508).  
 16 C AGM 11am at Peart House, Kings College. Social event afterwards.  
 Bring a BBQ lunch - BBQ's will be available

### AUCKLAND RELAY CHAMPIONSHIPS

#### Relay Teams, Provisional List

- M21 Team 1. John Pearce, Jim Swadling, John Rix  
 2. Tony Nicholls, Tom Clendon Jr, Mark Eliassen  
 3. David Dodds, Terry Garbolino, Tony Nixon  
 4. Jim Denyer, Clive Bolt, Wallace Bottomley  
 W19 Team Carol Pearce, Margaret Nicholls, Vivienne Rix  
 Junior 14U Team 1. James Brewis, Kirsten Nicholls, Simon Clendon  
 2. T. Nicholls, John Bottomley, Alex Brewis  
 3. James Bottomley, Jill Clendon, James Pearce  
 4. Robert Brewis, Dean Morris  
 Junior 15-18 Bruce Alston, Richard Powell, Terry Small  
Mixed Teams Places are being reserved for Carl Rogers, Andrew Brewis, Jill Brewis,  
 Geoff Bendall, Lyn Stephens, Dave Knight, Norman Morrison, Tom Clendon  
 Sr, Heather Clendon, Cyril Chapman, Grant Plimmer, Rob Denton,  
 Roger Powell, Martin Newton, Jan Newton.

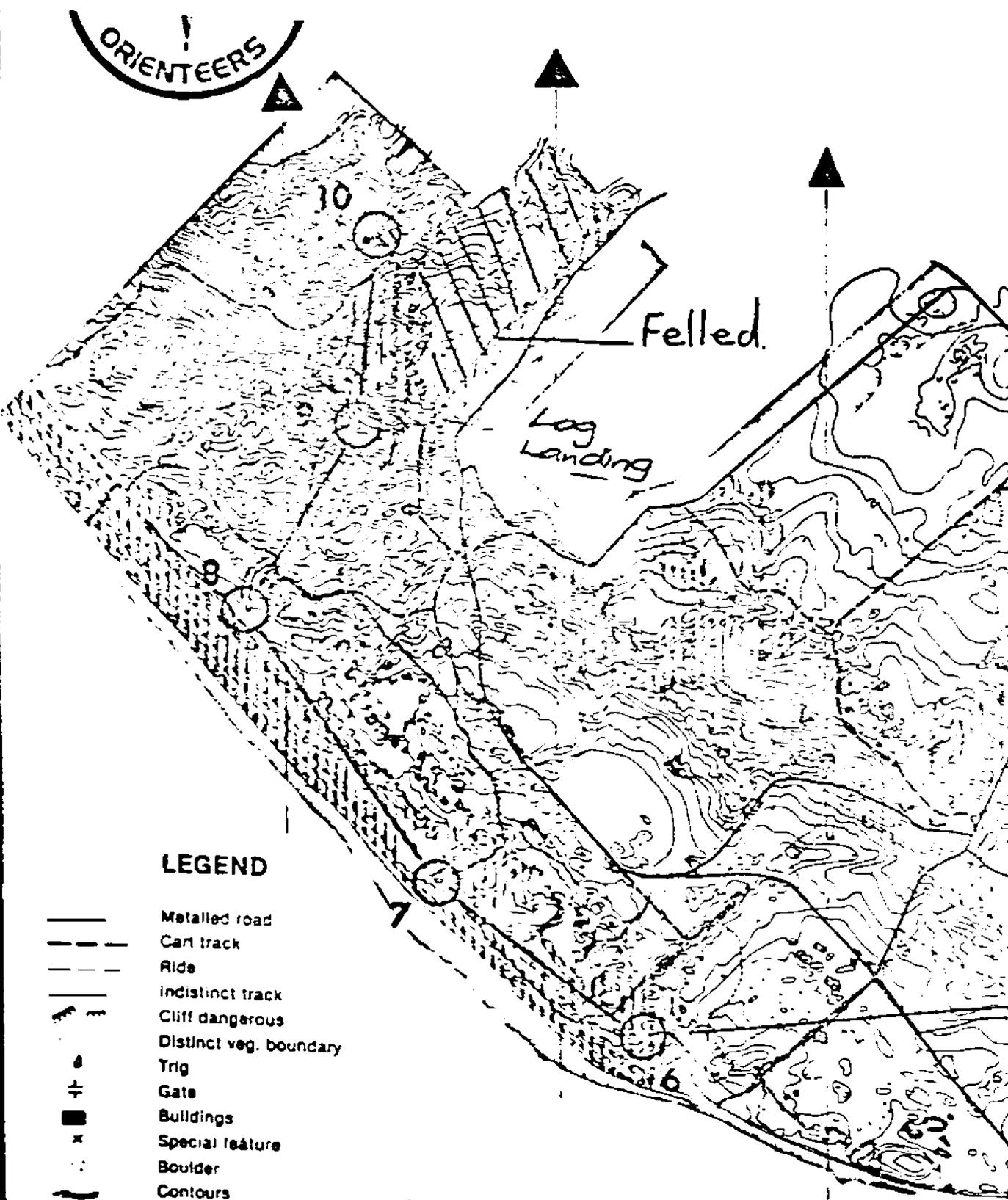
IF YOUR NAME IS NOT HERE OR YOU WANT TO CHANGE GRADES LET ROB DENTON KNOW (585678).

### TEAM MANAGERS

Juniors - Tom Clendon Jr  
 M21 and W19 John Rix  
 Mixed - Geoff Bendall

All our competitors should report before 10 am to the above people to  
 sort out order of running etc. We will endeavour to put up a tent as a meeting point.

ORIENTEERS



**LEGEND**

- Metalled road
- Cart track
- Ride
- Indistinct track
- Cliff dangerous
- Distinct veg. boundary
- Trig
- Gate
- Buildings
- Special feature
- Boulder
- Contours
- Form line
- Slope lines
- Knolls
- Depressions
- Pits
- Platforms
- Gully (small)
- Steep bank
- Dry ditch
- Pond
- Water tank
- Marsh, crossable
- Streams
- Open land
- Open Slow run
- Open Walk
- Slow run
- Walk

Cartography P Snedden R. Brig  
 Date April 1979  
 Copyright South Auckland Ori  
 By Permission Lands & Survey Dep  
 Printing Cox & Dawes Litho

W2 Champs Oct 29

360m climb

ORI  
I

LAST MONTH'S EVENTS

ONE TREE HILL NIGHT EVENT. (6/10/79). COURSE SETTER'S REPORT

One Tree Hill is an ideal place to hold a night event with such obvious features to use as attack points and echo features. We were lucky to have perfect weather and a clear night with a full moon. This meant that it was possible to run without using a torch, only switching it on to find ~~the~~ the control.

Course one was 6 km and this frightened most people off. It consisted of two circuits of the cones and should have had two maps as a number of people took the controls out of order. Most of the controls were best found by using fences to navigate. Control 2 (Bank Foot) was probably easiest to find this way rather than going straight up the terraces. Number 5 (lower end of Gully) had no close attack point but should have been straightforward to find by map reading round the cone. Out in the open country, between 10 and 11 (Tree) you needed accurate compass running to hit the right fences at the right places.

Course two was popular though a little short (2.8 km) for the keenest competitor. Most of the controls were shared with course 1. Control 1 should have been easy, a large tree visible from a long way off. Then follow the fence to number 2 (Pit) and down towards the cricket pitch for 3 and 4. Then two tricky controls on the terraces (Pit) and the cone (Gully). before descending to the boulders on the edge of the map. One more control on the edge of the archery cone then to the finish.

Course 3 was short and easy at the start then three moderately difficult controls up on the hills. Course 4 was also short and didn't take you more than 50 metres from the road. It was surprisingly popular considering the time of day.

The whole evening was very successful with a good attendance, mainly of club members. A night event proved to be a good way of using ~~the~~ One Tree Hill, which many members are getting to know like the backs of their hands. It should be repeated in the autumn, when the days get shorter.

David Knight

(Readers, please note. The Rules of orienteering say you must take controls in the correct numbered sequence. Ed.)

### ONE TREE HILL NIGHT EVENT - AS SEEN BY A COMPETITOR

This was my first ever night event. I was pleased it was on One Tree Hill which has become such a familiar part of life during our year in Auckland.

On a beautiful still evening a full moon promises assistance. I decide to tackle Course 2, though 2.8k seems a little on the short side, but I'm unwilling to make my night O'ing debut on 6k. After marking up my map I bound outside but despite the moon's efforts it seems very dark, so I take the boring road route to No. 1 to let my eyes get used to the dark. Strike off up the steep bank towards tree at top - it must be the control site; nevertheless I have to completely circumnavigate it before my torch shows up the flag. Set off rather carelessly in the direction of No.2, and cross a fence hoping that Dave hasn't planned any legs to cross barbed wire! Could have got rather lost at this stage through inattention to distance covered but on reaching the saddle I realise that the depression must be to my right. There I meet the Kitcheners and we all fiddle with maps, torches and pin-punch.

I enjoy the view of the bright lights of the hospital and beyond as I trot down the hill and across the road. It's a longish run to No.3 and a longish run back again to the copse for No.4; someone else is also looking for this control and I spy the flag in the light of his torch. By now I have perfected the technique of holding my torch in my teeth while punching, but have resolved to investigate the possibility of a head-lamp next time. It's good tactics to run as much as possible without torchlight and just take a chance with whatever lies underfoot.

A nasty leg next, No.5 is halfway up the mountain, in one of several kumara pits. I decide to play safe and trot along the road to the lay-by, then take a compass bearing and count four terraces on the way up. As I line up the little luminous dots I realise this is the first time I have needed to use the compass; the plan works well and the pit duly appears. Now a bumpy path run to the rim of the crater. I forget to pace-count so start looking too soon for No.6 in the gully, but it's quite an obvious feature and I scramble down into it and find a pair of boys already punching. The next leg involves a descent to the road again; the straight line route crosses the fence and drops down the very steep side of the southwest crater. However, I have already discovered that the disconcerting thing about hills in the dark is not so much problems of ascent but dangers of a too quick descent; you must keep control of your feet when the land is falling away in front of you. I therefore keep to the northern side of the crater-rim fence and although the distance may be longer, I reach the road safely and quickly. The boys I met at No.6 crossed the fence and I never saw them again.

At No.7 I overshoot the boulders through being on the wrong side of the vegetation boundary so have to double back and scramble up to the control. Then a plod up the road made enjoyable by the sight of the summit silhouetted in the moonlight. From the copse in the middle of the field I take only my second compass bearing in order to cross the fence at the correct point to find No.8 in the pit. Just the run to the finish now, skirting the white tapes thoughtfully provided to prevent us from falling down a cliff.

What a thoroughly enjoyable evening! Have certainly decided to have a go at another night event when we get back to the UK in January; it's becoming very popular over there with regional and national Championships testing nerve and navigation. Thanks to all One Tree Hill organisers for a splendid initiation.

CAROL PEARCE

### O/I EVENT WOODHILL 14/10/79

This event was organised by the North-West club. The day was not one for the fine-weather orienteer. However, over 130 started on some interesting courses set by Ian Morley on the older Rimmers Road map. If anything, the wet conditions helped the competitors as long as they knew which footprints to ignore.

NATIONAL ORIENTEERING CHAMPIONSHIP

Waiuku Forest, Labour Weekend.

Central Club members had considerable success at the National Championships. Our winners were - John Rix (M21A), Tom Clendon (M15-16), Simon Clendon (M13-14), James Brewis (M12J) and Wallace Bottonley (M35B). Placegetters were Tony Nicholls (2nd, M43), Kirsten Nicholls (2nd, W12J), Alex Brewis (3rd, M13-14) and Bob Johnson (2nd, M35B).

Comments were obtained from from a family who had mixed fortunes and from the club president.

Our first taste of a national championship. Good weather, good fellowship, a lovely bit of forest.

Well, it looked lovely until you'd been in the same part of it for long enough to have found 3 controls you weren't looking for but not the one you were. In other words, this competitor, a newcomer to orienteering - or running of any sort - was well out of her depth in a national championship. The first control in the W35 course, in the middle of a large white area on the map, was tough.

Perhaps the time is near when B courses will be available in, say, the M43 and W35 classes for those who enjoy the sport but can't (and probably will never!) make the big time?

Course 3 (M43): A magnificently clean and neatly-set course, until Control No. 10 disappeared deep in the flannel trees (the bushline near this control seemed a big suspect).

Course 8 (W 13-14): A good clean course, well set, with good options on route choice. The only way you could get lost was through your own stupidity. The homeward run was misleading; the quickest route was over the steep hill rather than up the road.

Course 9 (N -12) was enjoyed by our boys as it did not have such obvious handrails as they had previously experienced.

James says: "A very challenging course set in a beautiful block of forest but maybe a few too many catching features."

Robert, aged 10: "The scale I wasn't familiar with, but otherwise, except for getting lost on my number 2 control, no comment."

THE BRUNNIS FAMILY

N.E. Champs 21st Oct 1979

A note or two on the N1 course. (11.4 km, 360m climb, 19 controls)

Surprising to find a fairly straightforward first three controls and with a good chance of seeing someone's route choice to control 4 on the way. I saw Terje Noon going direct but still decided the road was quicker. Then the hard work started with plenty of decision making, rough going and tough going up to the map change in the open on the far side of the course (23 contours to climb between 9 and 10!) The legs between 6 and 8 were particularly interesting with a choice of straight through, fighting cutty grass and all sorts of jungle, or going out and up the beach but having no significant attack point or alternatively various possibilities going into the forest and using small tracks, large tracks or clearings. One couldn't ask for more choice.

After more open work from the map change there was a demanding leg through the escarpment west of the start and then it was straightforward through the last four controls with fitness being paramount, particularly up to the finish!

I lost less than 1m actually locating the controls and with hindsight several more in inferior route choices, and about five minutes from poor fitness. Congratulations to S.A. Club for another superbly organised weekend, the full participation of their club members is an example to us all.

JOHN RIX

(The cover of the newsletter shows the first ten legs of John's course. Those with good eyesight may even see his route).

#### AOA MEETINGS

Any club member is welcome to attend the next meeting - on Tuesday November 13th in Peart House, King's College.

The AOA AGM is on Tuesday December 11th again at King's College. The club committee decided to support reelection of the current officers of the AOA -

Chairman	-	Ross Brighthouse (SA)	Vice-Chairman	-	Ray Sheldon (SA)
Secretary	-	Dave Morrison (NW)	Treasurer	-	Selwyn Palmer (SA)

**CENTRAL CLUB COURSE SETTING COMPETITION**

We are extremely grateful to Dick Burbidge (BOP, twice N.E. course setting winner) for judging this and for his comments.

The results were:-

- |     |   |              |
|-----|---|--------------|
| 1st | - | Karl Rogers  |
| 2nd | - | Jim Swadling |
| 3rd | - | James Brewis |

Highly recommended - Wallace Bottomley, James Brewis (a 2nd entry) and Bob Johnson.

Dick made some comments on the back of each entry which will be returned. In addition, he made the following report:

\* \* \* \* \*

Planning good Orienteering courses is largely a matter of not making a mistake with any control or leg.

The 1st golden rule is that every control must have a purpose and there are only three reasons for any control. It must be either -

- (a) A good start to a good leg, or
- (b) A good end to a good leg, or
- (c) Needed to avoid a dog leg (acute angle)

Thus any control after a main road collecting feature can only qualify under (a) or (c). Any long leg ending with a control "behind" the road, is wasted running.

The 2nd golden rule is avoid the dog legs - only two competitors avoided all dog legs on their courses - and they are the winning two courses!! An additional control is needed near the control causing the problem and is good practice and allowable under (c) above, even though it offers no route choice.

Having decided not to make any mistakes, the next task is to make all the legs interesting and offering multiple choices and route options. I find the best way of doing this, is to find the best orienteering terrain on the map (in this case, One Tree Hill area) and set two longer, challenging legs through it (multiple variations of the over or round problem are available here). Having selected my two best legs in the best terrain, I make the rest of the course fit trying to make it interesting and avoiding all errors in principle (as above).

I consider short sharp 200 - 300 metre legs around the detailed area on One Tree Hill to be poor use of the best terrain, but better than not using it at all.

The most common mistakes made were as follows:-

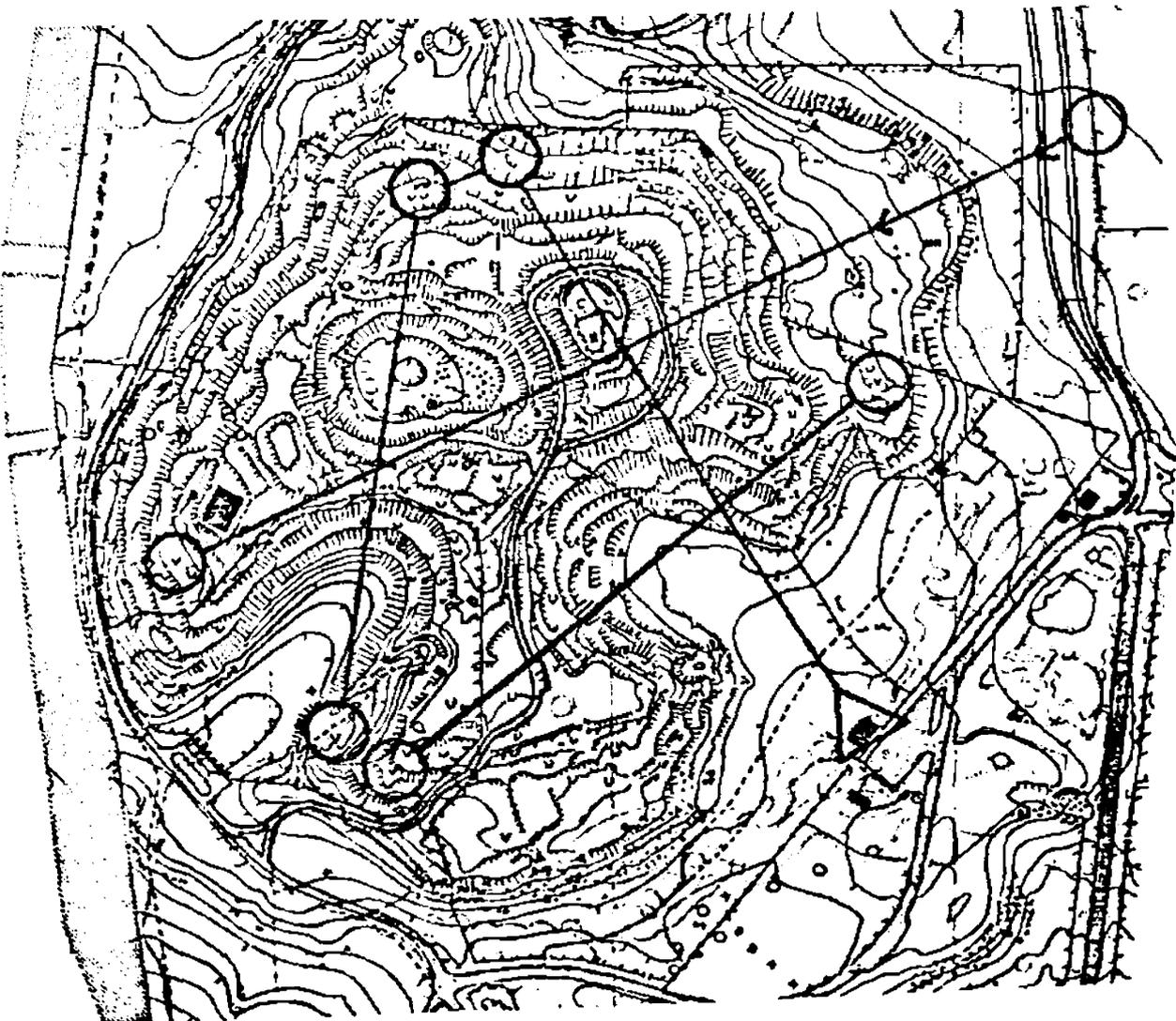
- (a) Dog legs - 85% of the competitors had at least one.
- (b) Controls after collecting features (Roads) - every competitor had a leg that was adversely affected by placing the end control too soon after a Road.
- (c) Control sites too easy on line features - (e.g. perimeter fence and road side).
- (d) Poor use of best terrain. Too many controls inhibiting route choice options.

Conclusion:

Entries were generally of a very high standard with the first 5 competitors being clearly outstanding. I look forward to some tough competition in the national course planning competition this year. (Details on page 8 - Ed.)

Dick Burbidge

Below are some legs which use the best terrain well. The use of short legs to avoid dog legs is also illustrated.



NEW ZEALAND ORIENTEERING ASSOCIATION  
=====

COURSE PLANNING COMPETITION

1979

for the "SILVA TROPHY"

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All club members are invited to enter this years NZOF course planning competition.

The map, by Ralph King and Robyn Moore, is of Pebbly Hills forest in Southland. The area has not previously been used for the sport of orienteering. Scale is 1:15000 and contour interval is 6m. The map is being printed this month in 5 colours.

The competition winner is awarded the prestigious SILVA Trophy. This trophy was presented by Tisdall Distributors Ltd, the NZ Silva agents. It is a brass, liquid filled boat compass mounted on polished Jarrab. A fine and most unusual trophy to have for a year.

All members may enter the main competition. However, there will also be a junior competition which is open only to those NZOF members M17, M17 and under. The winner of this section receives a Silva competition compass of their choice courtesy of 'Orienteering Services'.

It is hoped that entries will be judged by two or more persons overseas and that comments will accompany all entries when they are returned. This year you will be required to plan two courses, one womens and one mens. If suitable, part or all of the top courses may be used in the forthcoming South Island Championships to be held at Pebbly Hills in January.

Applications for entry must be accompanied by a cheque or postal note for the relevant amount as follows:

Main competition	\$2.00 per entry
Junior section	\$1.25 per entry

The entry fee includes a set of rules and 2 maps (one for practice). Extra maps are 25c each if ordered with the entry application else 17c postage must be added. The rules and maps will be sent out early in November.

Entries close on 31st December 1979. Any entries postmarked after that date may not be accepted.

Applications and entries please to:

The Organiser  
NZOF Course Planning Competition  
P O Box 3050  
Forbury  
Dunedin

## GETTING FIT FOR ORIENTEERING

Karl Rogers

Last month, Tony Nicholls wrote that top orienteers should have a high level of fitness. Anyone hoping to do well in international competition, should be doing training similar to that of 10,000 metre and cross-country runners. Arthur Lydiard's books give an idea of what the keenest might do. (In addition, they should do a lot of running in forests as speed on the track does not always lead to speed in the forest).

Most members of our club naturally enough, have no strong wish to do such demanding training - or if they do, they are not yet fit enough to attempt it. This article is concerned with how to develop a moderate level of fitness - enough so that you can outrun many of your rivals. The most important thing in the pursuit of fitness is that the training be both enjoyable and regular.

### How Fast?

In the early stages of getting fit, training should be made up entirely of easy running. A suitable pace is one at which you could have a conversation. (N.B. - what is easy for some, may be impossible or difficult for you). Another way of judging the suitability of the pace, is from your pulse rate while running. To do this, stop running and immediately take your pulse for 6 seconds. (It is done immediately and only for a short time, because your pulse rate will slow down when you stop running).

Multiply the number of beats by 10 to give the number of beats per minute. The ideal pulse rate for your training will probably be somewhere in the region of 120-150 beats per minute. For older runners, it will be near the low end of the scale.

### How Far?

The average run should be of such a length that you could go out and do it again straight away if you had to. If you often find yourself struggling over the later stages of a run, you have either (1) run too far, or - (2) started too fast. Of prime importance, is that you should feel like running again the following day.

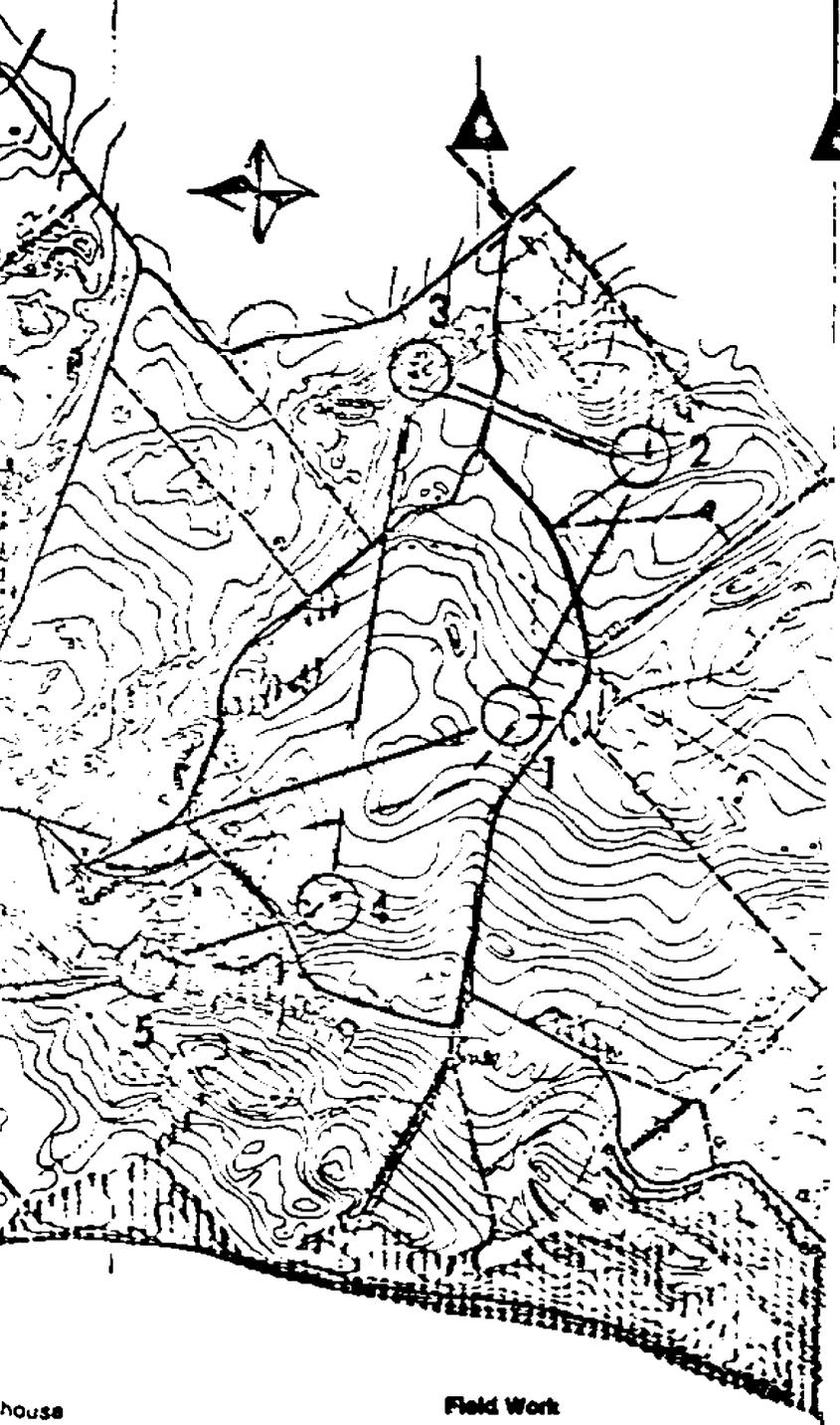
It doesn't matter how short your runs are at first - or even if you do some walking. Only increase your weekly mileage slowly. When/if you get to 30-40 miles a week, stop increasing the distance.

Continue with this weekly mileage until you can cover it (still using easy running) at about 7 minutes per mile. If you reach this stage and want to go further, contact a running coach (John Rix and Tony Nicholls of this club have coaching experience. N.B. - if seeking a coach, steer well clear of coaches who have never done any long distance running themselves).

scale **1: 15 000**

contour interval **3.5 metres**

**1cm = 150 metres**



**CENTRAL  
ORIENTEERING  
CLUB**

Field Work

R. Brighthouse - L. Shaker - R. Moore - P. Snadden  
K. Holbarow - B. Shaker - K. Hatwell - B. Hendrie - K. Browne

W. Aspin - T. Aspin

Possession of this map does not imply right of access?

**ORIENTEERING  
IMPORTS**



### Where?

Ideally, your training should be over country which is similar to that on which you hope to compete. Since none of us lives near a forest, this is largely impracticable. (Note - that if you do wish to train in a forest, you should obtain permission from the relevant people).

Those of us who train in daylight should try to do a lot of running on grass. One Tree Hill and the Domain are very suitable venues. Farms are ideal if you can get the farmer's permission. If you live a long way from any grassed areas, try and do some running on grass berms.

Night-time trainers are confined to roads and footpaths (and well-lit grass). The most important thing is to return undamaged by cars - wear something white and assume that the drivers won't see you anyway. Road running is not the same as forest running but it certainly can get you fit. Numerous cross-country runners have raced well on most uneven surfaces despite having trained mainly on roads.

### Route Choice:

Some runners seem to choose very boring routes for their training. I generally run on about 3 different routes and run my circular routes in both directions. I avoid long straights and intersections (especially busy ones). When I'm running in the Domain, I don't just go round and round the football fields - I get into the rest of the Domain as well. One thing that makes a run more interesting for me, is hills. Once someone can do 3 miles a day without much trouble, they should try and get a few gentle hills into their runs. Training over hilly terrain is probably the fastest way of getting fit.

### Speedwork

I support the view that speedwork can wait until you can easily run 40 miles a week (and more). Runners with opposing views are invited to write something for the next newsletter (deadline the end of the month). One practice I strongly oppose is the all-out sprint to finish a training run.

### Concluding comments

Getting fit is not a particularly fast process. One hard week of training by itself before a big event will only make you tired for the event. However, steady training over months and years makes a huge difference to your fitness and can be very enjoyable. Training with friends can be good but don't train with anyone who goes too fast for you.

Of course, as far as the orienteering goes, good navigation is the most important thing. It is certainly taking me longer to eliminate mistakes than it takes to get fit. Non-training orienteers, if they are good navigators, can beat most runner-orienteers. However, they don't often beat people who are both good navigators and good runners.