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Newsletter:  
Event Information:  
Promotion:

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# CENTRAL ORIENTEERING CLUB

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## October Newsletter 1979

### COMING EVENTS

Events are on Sunday and start between 10.00 a.m. and 12.30 p.m. unless noted.

- October 6 C ONE TREE HILL - Night event Saturday. Start 7-7.15 p.m. from Archery Club. Better David Knight. Bring a torch and a whistle. Committee meeting at 8.00 p.m. Socialise after event. **BYOG**
- 6 T TAUPŪ - Wairangi block, 30 km along Taupo-Wairangi highway. Excellent map and forest. Special courses for fine orienteering skills. 11-2.00.
- 7 SA TUAKAU - Street event 9.30 - 3.30 from Tuakau College, Tuakau Rd., Tuakau
- 7 M. HAPARANGI FOREST\* CLOA O/Y. 15 km S.W. of Rotorua on Atikauri Rd
- 14 M WOODHILL FOREST 8th O/Y event. Runners and (not standard) Topo. Better: Ian Morley.
- 20 SA WAIKŪ FOREST Saturday. Warm-up event 1 - 3 p.m. Entry on the 18
- 21 SA WAIKŪ FOREST - NEW ZEALAND CHAMPIONSHIPS and first trial for N.Z. team to go to Australia in April, 1980. Entries closed.
- November 4 C HANGERE MOUNTAIN new colour map. Better: Tom and Simon Clendon.
- 11 SA WAIKŪ FOREST - 9th O/Y.
- 18 C DINGLE DELL
- 18 M NGARUANAHIA\* CLOA CHAMPIONSHIPS WAIKŪ FOREST .  
Entries close on 20/10/79
- 25 C WOODHILL FOREST. AUCKLAND RELAY CHAMPIONSHIPS. Better John Gregory. See page 2 of this newsletter for details of how to enter.
- December 8 T TAUPŪ - 2nd trial for N.Z. team to go to Australia. Pahutea block. Excellent map and forest.  
A Saturday event. Entries close on 4/11/79.

\* John Gregory: Transport coordinator (phone 656-508)



# CENTRAL ORIENTEERING CLUB

PRESENTS THE

## AUCKLAND RELAY

## CHAMPIONSHIPS

25 Nov 1979, WOODHILL S.F.

All N.Z. Clubs Invited

5 COLOUR MAP OF NEW AUCK by Nelson King and Robyn Moore

SOME OF NEW ZEALAND'S BEST NATURE FOREST

<u>Classes:</u>	<u>Best leg times</u>	<u>Restrictions</u>
Open men	60 mins	-
Open women	50	-
Mixed A	30,40,50	Max. one M19A* and one M35A
Mixed B	25,35,45	no M21A or M35A
Junior 15-18	35	-
Junior 14 and under	25	-
		(* Men 19 - 34)

Start times: 10 a.m. on

Setter: John Gregory

Event Coordinator: Doug Morris

CLOSING DATE Sat 10th November (but we hope to accomodate a few casual teams on the day)

PARAAHI HOT POOLS SCHEDULED FOR A SOCIAL GATHERING AFTER  
DON'T MISS THIS CLASSIC EVENT

BOOK A PLACE in one of the Central Club teams - ring Rob Denton 585-678.

### LAST MONTH'S EVENTS

#### O/Y event to Naranga 9/9/79.

I arrived early and at that stage the day looked distinctly unpromising. Rain was falling as we walked up the hill to the start but fortunately it soon cleared. The rain did leave the ground slippery underfoot in parts of the forest (most noticeably on steep uphill sections). This was to be a contributing factor to the slow times on the day.

As is usual for me there were problems on the first leg. I started off on a rather unusual route choice and was soon deservedly on hands and knees in deep mud. I didn't know which of the naranges on the map I was in - or if I was indeed in a marsh. It was time to look at my compass. After I had wiped the mud off it so that I could see the needle, I was on my way and soon (perhaps luckily) found control 1. For the rest of the course I had few problems between controls except for tiredness on the last few hills. Near the controls it was sometimes a different story. Numbers 3, 6, and 9 (on course 2) gave me problems. When will I become one of those orienteers who seldom loses more than a minute at any control?

After over 2 hours I ran slowly to the finish to be greeted with the news that I'd been out for a long time. I had been out I had enjoyed it even if some of the hills were rather steep. To those who got their first taste of forest orienteering at this event and who thought it too tough - take heart. The remaining forest events for the year are on much flatter ground.

Karl Robbins

#### Auckland Championships - Otakinini Topu 13/9/79

The Auckland Championships were held on a beautiful sunny day. The map which had been used twice before is noted for its quality and the forest for low visibility with generally good running (especially if you duck at appropriate times). Excellent courses were set by Terje and Mary Moen and the organisation was also very good.

The scene was set for Central's orienteers to show what they could do. Our winners were Tony Nicholls (M43A), Simon Clendon (M13-14), Bob Jonsson (M55B) and Grant Plimner (M21C). Other placegetters were John Pearce (3rd M37A), Margaret Nicholls (3rd M35), Wallace Bottomley (2nd M35A), Lynn Stevens (M21C 2nd) and Tanya Nicholls (2nd M12), and James Brewis (2nd M12). Congratulations to these people.

Mistakes at Otakinini Topu proved to cost even very good orienteers a lot of time. Those of us who would have liked to have finished higher in the results list have the opportunity of coming good in one of the remaining big events.

#### AUCKLAND ORIENTEERING ASSOCIATION NEWS

John Mix, Wallace Bottomley and Karl Rogers attended the September AOA meeting. Function to mark 10 years orienteering in Auckland.

At the meeting it was decided that the function to mark 10 years orienteering in Auckland would be combined with the after-event function on the day of the N.Z. Championships. The function will be at the Maikuku Country Club 5.30-9.30p.m. on Sunday 21 Oct. There will be a s兹orgsboard at 6.30. For those not already attending, tickets will be available at club events and at the championships (adults \$5.00, children under about 12 \$2.50, children under about 5-4 free)

The meeting learned that B and C grades at the Auckland and N.Z. Championships are regarded as championship events despite preliminary information to the contrary.

The Annual General meeting of the AOA will be held on Tuesday Dec 11 at Peart House, Kings College. Nominations for the executive are due with Dave Morrison on 30/10/79.

Book Review:

MODERN ORIENTEERING TRAINING

by: Wilfred Holloway

Published by Tulloh  
& Holloway.

This book is one of the most readable on Orienteering I have found. Generally, most of the others I have read have been far too technical for the average competitor. These books have great merit I'm sure, but lack the ability to communicate with the person who does not have any knowledge of Orienteering jargon. 'Modern Orienteering Training' on the other hand, has a chatty style that is easy for even the uninitiated in Orienteering to understand.

If a person who has just started out in Orienteering wanted to invest in a book on the subject, I would strongly recommend this one. Although it is primarily concerned with training, it covers all the basic orienteering skills. (Orienteering, being a family sport, a large percentage of competitors are young children or older people. This does not mean they cannot gain from participating in a major competition - indeed; they should be encouraged to take part). To those of you who want to compete in an event of major significance, but don't think you're up to it, read this book, gain the necessary skills and fitness then go out and give it a try.

This book is available from:

The Sweat Shop (For Orienteering gear & books)  
P.O. Box 3050,  
Dunedin.

Or - contact your club secretary.

Tom Clendon Jnr

(You can now borrow this book from the club library. We have 3 copies. King John Mix (on 14/01) - 23)

### ORIENTEERING FITNESS

Contribution from Tony Micholls

Success in sport depends on many varied factors. Each sport with its different requirement of performance components, demands a particular and unique emphasis upon the method of training, the physical and mental approach to competition, tactical judgement, the employment of skills & of course, the spattering of luck.

So specialised are these factors, that successful competitive performance by an individual in a range of sports not associated with each other, is rare. Such achievement often betrays the presence of unusual natural talent.

The demands of high-grade Orienteering certainly amongst enthusiastic practitioners of the sport, are well recognised:

- \* Well developed map & compass reading skills associated with a basic understanding of local topographical features.
- \* Endurance sufficiently developed so as to allow sustained energy expenditure to complement muscular strength & running technique.
- \* A correct psychological aptitude & approach to the sport.

Because of the many components involved it is difficult to accurately measure fitness.

However, in assessing the ability to carry out sustained hard muscular work, authorities are agreed that the best measure is the individual's ability to take up and 'burn' oxygen, e.g. Jack Foster (marathon), Graham Dingle (mountaineering), Sebastian Coe (Middle Dist. & Track).

In the normal resting state, oxygen uptake is about 0.3 litres/minute but body weight must be taken into account so a truer comparison between individuals would be expressed millilitres of oxygen per kilogram of body weight per minute.

If this is done most healthy untrained persons will have oxygen uptakes between 30-40 mls/kg/min. and a highly trained athlete may have a figure of over 80 m/k/m. (John Walker's is 82.8).

The actual measurement of the oxygen consumption is a difficult process involving the collection of all the expired air whilst the subject is running on a treadmill or cycling behind a car. It involves the use of delicate apparatus for collection and analysis of the expired air and it is quite time consuming.

After making many of these measurements it has been established that one can make measures by correlating the subject's oxygen uptake with the workload involved and heart rate at a steady work rate of hard exercise; these measurements are much easier to make.

Then by referring to tables and applying corrections for age and weight, reasonable approximations of oxygen uptake can be obtained.

Each of these components is of significance to the orienteer's proficiency but it is the sum of the parts which determine success.

True as that may be, how does the orienteer's physical capacity compare with those of other sportspeople?

Believing such a comparison to be interesting if not enlightening, an evening was arranged early 1973 for the purpose of measuring the ability of orienteers to process oxygen as a means of demonstrating their physical capacity for work. The subjects were active members of the Yarra Valley Orienteers, Victoria, Australia.

Because of its simplicity and ease of administration, a cycle ergometry test was selected as the measurement medium. Factors of age, sex, bodyweight, workload and heart rate were collected during the actual performance of the test.

Each subject was required to pedal on the stationary cycle for a constant period of 5 minutes. Upon completion a simple computation enable a prediction of that individual's capacity to consume and service the vital limiting factor of oxygen, to be made. Of course, the greater the oxygen consumption, the greater the ability to sustain energy-expenditure of a demanding, continuous nature.

The paucity of Australian measurement standards representing other sporting codes prevented extensive local comparisons being made. However comparison was made with similar results from Sweden and is tabled below.

One must bear in mind though that since this data was compiled in 1973, vast improvements have been noted throughout the orienteering world with regards to fitness, stamina and training.

<u>NUMBER TESTED</u>		<u>AVERAGE AGE</u>	<u>AVERAGE M/Kg/Min.</u>
8	Yarra Valley Orienteers	33	50
76	untrained Melbourne men	25	40
	untrained Swedish men	23	43
5	trained Swedish Orienteers	25½	78.8

A further comparison in this 1973 test showed:-

Yarra Valley Orienteers	50
Swedish National Teams	
(A) Cross Country Skiing	83
(B) Orienteering	78.8
(C) Bicycling	74
(D) Gymnastics	60

Victoria's contingent to the Munich Olympiad Age Av. 23.5 M/Kg/min 52)

These tables indicate, that, whilst above the general level of conditioning for a normal population sample, the subjects displayed a decided discrepancy between what is indicated as an oxygen consumption value commensurate with performance at the European or International standards.

The endurance or oxygen consumption factor may be changed through training.

This training must be of the kind that places a significant continuous stress upon the heart and its functions in combination with the lungs blood and blood-transport facilities.

Demanding treks over varied terrain, interspersed with near maximum efforts over short distances (400-600 mtrs gentle contour or 100-180 mtr steepish ground) will provide the body and its systems with the type of conditioning conducive to an increased oxygen consumption value.

In order to rate internationally or indeed even nationally, the orienteer should therefore, whilst bearing in mind the three important factors of technical skills, physical capacity and psychological approach, develop his or her physical capacity as displayed by the cycle ergometry test, to a higher value level.

One's training should fit into the gaps left vacant by business and family commitments, not the other way around. For an athlete or road cyclist, anaerobic and aerobic training interspersed with spasms of calisthenics or light weight training, is ideal.

However, the Orienteers obstacles of variable terrain, unsure firmness at ground, high stepping in bracken covered areas, constant stooping, log scrambling, etc., demand a constant balance of training destined to maintain a high ability/performance.

It is therefore accepted that Orienteers programme their training tables on quality 1/3rd; ideally of course, over soft ground would be paragon, to keep the ankles strong and supple.

New Zealand Orienteers in general are a strapping healthy bunch but watching closely the efforts at major events, as this cartoon in Disleys book hints:-



Fitness isn't necessary  
but it helps.

Next month this series on fitness and training will continue with the editor revealing his training methods.

SETTING, VETTING AND COORDINATING

The club committee is about to draw up the fixture list for next year. Setters, vettors and coordinators will be chosen for each event - to give them plenty of notice. If you want to do a lot of setting etc. ring John Rix (On 04901). If you are unavailable for such activities next year it would be helpful to let John know. If you have any preferences now is the time to let them be known.

PLASTIC MAP

The new Woodhill map for the Auckland Relays is now at the printer's. It is being printed on plastic paper - the first N.Z. O-map to be produced in this way. It should be quite unnecessary to use a plastic bag with this map even on a wet day.

CENTRAL DISTRICTS ORIENTEERING CHAMPIONSHIPS

SUNDAY 13 NOV. 1978

PRELIMINARY INFORMATION SHEET AND ENTRY FORM.

ORGANISERS: Hamilton Orienteering Club. Organising committee; Jim Mansell, Brian Lintott, Trevor and Martin Grant, Frank Buckley, Laurie and Rex Niven, Alison and John Neal.

COURSE PLANNER: Brian Hall.

VENUE: Fletchers Forest, Ngauruawania.

COURSES: The grades will be as follows;

M12U, M13-14, M15-16, M17-18, M19A & B, M35, M43.

M12U, M13-14, M15-16, M17-18, M19-20, M21A, B & C, M35 A & B, M43, M50.

NOTE: Only A grade courses are regarded as Championship courses.

Closing date for entries is Friday 26th October. no late entries.

Ages taken as at 31st December 1978.

Open only to NZOF affiliated members and by NZOF rules.

Whistles are compulsory.

Full body covering advised.

ACCOMMODATION: Competitors should arrange their own accommodation.

Hotels and Motor Camps are available.

DAY ENTRIES: Only novice and wayfarer courses can be entered on the day.

TRANSPORT: Please make your own arrangements and use car pooling where possible.

ENCLOSED

PLEASE FILL IN ENTRY FORM ~~HERE~~, DETATCH AND FORWARD TO  
MRS A. NEAL,  
36 FAIRVIEW STREET,  
HAMILTON.