



# CENTRAL ORIENTEERING CLUB

## NEWSLETTER

SEPTEMBER 1978

TREASURER: Wallace Bottomley  
24 Dingle Rd.,  
ST. HELIERS, 5.  
(Phone 556-383)

PRESIDENT: John Rix  
29 Middlemore Rd.  
OTAHUHU, 6.  
(Phone OH 64901)

### FINANCE

We have made applications to 14 Local Authorities for a total grant of \$4,700 for assistance from the Ministry of Sport and Recreation.

We are heartened by their this year's theme

"FUN FOR ALL THE FAMILY"

Mapping carries our highest priority, followed by promotion and improved event facilities to handle the increasing number of participants.

Our membership has doubled this year and ranks equally with South Auckland's and the new North-West. Would we ever attain the 162,000 registered Orienteers that Sweden has?

### HELP

Only a 20% response to the forms sent out. Not enough to spread the work load more evenly.

### RELAY EVENT UNDER 12

Congratulations go to our juniors, Simon Clenden, Kristen and Tania Nicholls for winning this event which was re-run at Mt. Richmond on 15/7/78.

### NEW MEMBERS

Welcome to Terry Garbolino and Kerry Eustace.

### A.O.A. CHAMPS

Central is controlling the Auckland Orienteering Association Championships to be run at Clevedon on a new map which John Rix is doing. This is our major event for the year. Your Co-ordinator (Organiser) John Gregory, may call you for assistance. Entry forms are enclosed. Note change of date to 1st October.

### COURSE SETTING CONTEST

North-West O.C. are organising another course-setting contest this year - to be judged overseas. To assist our Central O.C. Member entrants I have enclosed a copy of O-Tech Sheet No. 4 - Course

Planning. Send \$1 to Don Rolfe - Secretary, N-W.O.C., Box 35055, Browns Bay, to receive the map and conditions of entry; it closes 31/10/78.

#### FOUND

Parka - blue - man's size.

O-Suit top - Royal blue - SW size, NZ 1975 badge.

Claim from John Rix, Phone 64901.

#### OUT AND ABOUT

Our President finished 32nd in the N.Z. Cross County Champs. Well done John!

#### CENTRAL'S STREET EVENT - Grey Lynn Park - 20/8/78

Adding to the pre-race excitement was:

- A caution to sufferers of vertigo should they elect to cross the creek by the sewer pipe - 20 feet up!
- A warning to watch out for the grazing elephants en route to control 7!

What else but a street event could offer all this?

In fact, the skills of reading a map with all the street names absent were surprisingly similar to orienteering in the forest: 'coarse' orienteering to pick out the best route to attack the control from and then reading the fine detail to identify the control site. With care one could map-read to the accuracy of one house section - about 15m.

#### Course 1 (Report by J. Rix)

It was surprisingly difficult to get the best route out of the park. The door height? I thought we were going to need a tape measure. A couple of crafty cuts through vacant sections didn't help to control 2; you still had to go round. Now, what are all those buildings shown on the map in the park - all lamp posts? Turns out they are blurred photo-reduced words.

A good choice of route to the school playground and then a zig-zag to the sewer pipe to 4. Branches across it slowed the intrepid to a walk. The wise looked at the creek as they crossed for a short cut to 5. What a sticky demise below - how deep was the mud? Control 5 should have read "top of the cliff" I thought, as I crawled on my hands and knees up a precipitous overgrown rubbish heap. Apparently there was a path 20m further on. Who saw the two alleys off a no-exit street into control 6? Carefully does it down to 7, through the stand of pines and descend to the lake in Western Springs. Studied concentration, as I cross the bridge counting slabs and trying not to knock over young children, old ladies and dogs - or fall in. Then it's the homeward slog up the Bullock track, another alley if you look carefully, a bit of a dog-leg to see the flowering tree, and then it's back for tea.

### Course 2 (Report by Bob Murphy)

Not knowing the speed of a 4-legged "tank", it seemed safer to face the known risks of street traffic. The weather was ideal and the course interesting, but the odd "dog-leg" seemed to surprise some of the locals sitting on their front verandahs. One remarked "He's just come back again".

It was a pity the work of the organiser was not rewarded by a larger crowd, about 50 only participating.

As with Central's recent event at Mt. Richmond, the venue was very good for promotion of the sport.

### Course 3 (Report by Tom Clendon)

This being a novice course route, choices were left simple and control descriptions were meant to be clear. As it transpired, some participants found trouble with control - numbers 2 and 7.

It appears that the yellow house (No. 2 control) could be variously described as green, yellow/green, or bright green. In fact, most people managed to give the correct number. Number 7 control was a trap set for the unwary/weary and required the competitor to go right up to the control to be certain of the correct number, as the zero of the 20 was very indistinct - as it was, we accepted either 2 or 20 as being correct.

It was good too, to see our bumper sticker slogan "Orienteering - The Family Sport" taken so literally! Did you know that last year's World W21 Champion was 6 months' pregnant at the time?

### 1979 AUSTRALIAN VISIT

The N.Z.O.F. has invited a team of Australians to compete in New Zealand next May. No official information has yet been received and more details will be published as they become available.

### SWEDISH VISIT

As many will be aware, we had a visit from a party of Swedish orienteers in January this year. The following is a translation of an extract from "Skogs Sport", the Swedish National Orienteering Magazine:

"The worst terrain experienced was in New Zealand. Incredible vegetation where you had to fight and crawl through the dense undergrowth. Steep slopes and muddy conditions contributed to slow times. Nils Torpare had a one kilometre time of over 90 minutes!

New Zealand is about two years behind Australia in development of orienteering, but are certainly improving with their base map material. They have excellent orienteering terrain south of Auckland.

Among the men are many good long distance runners, like John Robinson, who came 28th overall at the 1976 World Orienteering Championships, and Brian Walker, 6th at the Australia 3-Days. Also seen in the New Zealand jungle was Gordon Pirie, making a good come-back after a recent neck operation.

The global, control-hunting adventure did not go without at least one unfortunate mishap. Sven Leanderman, from Alvadalen, fell down a 2 metre mine shaft, during one of the events in New Zealand. Fortunately his cries for help were eventually heard by 2 of his fellow countrymen, who managed to free him from his tomb of doom. Sven suffered only minor lacerations and bruises from his ordeal".

MT. RICHMOND EVENT (Report by Jacqui Burgess)

To those who have been put off by the supposed working content of setting an event I would like to say how much pleasure Lynne, John and I gained from organising the Motala event at the Mt. Richmond Domain. The event took surprisingly little time to organise. We ventured out to the venue 2 or 3 times, and did paper work from the security of living rooms, with the right accompaniment (tasty food, hearty fires, sociability, good wine, and much laughter).

We decided upon a Motala event because of the limitations in the size of the Mt. Richmond Domain. By setting the competitors courses which would bring them back to a central point and plot another leg of 7 or 8 controls, we were able to ask competitors to come back almost to the same point on different occasions. We obtained sheer delight from imagining more curious locations and some of the routes that various people would take. (One clue we didn't use - BLACK AND WHITE HEIFER, REAR END!).

On the day we thought we would never get organised. This did take some effort, knowing what we should all be doing, after having put out the markers, and prior to anyone beginning the course. Somehow we survived, got sorted out in time and thank you, competitors, for your patience and your assistance. If you have'nt tried setting an event - do not hesitate. It can be as enjoyable as you make it!

NIGHT EVENT - Saturday 16th September 1978

Tony Nicholls is Controller. Meet at his home, 128 Methuen Road, Avondale. Bring a torch, plate and B.Y.O.G. Information 886903.

N.Z. CHAMPIONSHIPS - 21-23 October 1978 at Foxton

Entry forms are enclosed for likely members - others interested should phone W. Bottomley - 556.383 - who will send a form.

NEXT CLUB MEETING - Tuesday 3rd October at Ross Christian's home, 59A Sanford Park Road, Mt. Roskill, at 7.30 p.m. Please phone him - 555.196 - to confirm.

W. Bottomley  
EDITOR



## World Championship in Orienteering 1978

### 1. Date of the championships

The 11th World Orienteering Championships will be held in Norway during the period 13–17 September 1978.

The provisional programme for the competition week is

13.9. Wednesday	Official opening
14.9. Thursday	Demonstration Race
15.9. Friday	Individual Championships
16.9. Saturday	Rest Day
17.9. Sunday	Relay Championships

### 2. Technical regulations

Scale of competitions maps:

1:15,000 with 2.5 metres vertical interval

Approximate amount of climbing on the championships courses

Individual Championships	Women	210 m
	Men	350 m
Relay Championships	Women	130 m (all legs)
	Men	300 m (all legs)

### Control descriptions

The new IOF Symbols for the control descriptions will be introduced at the WOCs for the first in 1978.

### 3. Peculiarities of orienteering in Norway

Mastering the orienteering conditions of a foreign country may be difficult. We wish therefore to give a short description of orienteering in Norway and what it demands.

#### Nature of terrain

The information of the terrain may be of all types, but neither extreme nor one-sided. A rich variation in topography is normal in Norwegian terrain.

The ground or undergrowth varies a lot in the different parts of the country, and even from place to place in the same terrain. Compared with Central-European conditions, the Norwegian undergrowth is quite rough, and this favours strong ankles, good running technique and good balance.

While a great deal of European woods is cultivated, the Norwegian forests are mainly made out of nature.

A variety in details is typical for Norwegian orienteering terrain, where you will find a myriad of re-entrants and small knolls, a great number of marshes (from big ones of 1000 sq.m to the very small of approx. 5–7 sq.m), relatively many small brooks, ponds and little lakes. Roads, paths, habitation and agriculture areas are usually less dominating features.

#### Special difficulties for foreigners

It is obvious that orienteering problems in a foreign terrain vary from individual to individual and depend on the ability of each specific runner. However, we face that two problems are of special relevance in this connection:

- 1) The competitor will meet a very "irregular" terrain with lots of small hills, re-entrants etc with a height/depth difference of 1–2 meter. If the contour interval is 5 m, this "micro-structure" will not be represented on the map. The runner may be confused and map reading may be slow and unprecise until the runner has learnt to "see the 5 meter" in the terrain. This demands a lot of training.
- 2) The undergrowth is rough and difficult to master as the underfoot itself may be hidden underneath the heather. Consequently, the runner must be able to change step length and rhythm a little time. Strong ankles (possibly taped) and a fighting spirit will do part of the job — well-adjusted running technique and good balance will do the rest. Training in a similar terrain is necessary.

## Australia

The strong growth of orienteering in Australian schools has prompted the production of two new orienteering books for Australian schools for use as text books in the teaching of orienteering. One is "Map and Compass Fundamentals" written by Tony Martin and Dave Lotty, both former Australian WM representatives. The other book is called "Adventures with Map and Compass" and is written by former President of the Orienteering Federation of Australia, Peter Nicholls.

Preparation for Australia's first international 5-days competition is progressing with the production of brand new maps drawn to IOF standards. Applications for entry forms have already been received from Sweden, Switzerland, Norway, England and New Zealand. Entry forms can be obtained from 44 Alexandra Parade, Clifton Hill, 3078, Victoria, Australia.

An orienteering event for paraplegics was organised in Ballarat, near Melbourne, in January. The competitors used a 1:20,000 map with 5 metre contours. The course was deliberately set in relatively flat terrain avoiding steep climbs. Course length was 10 metres with 6 controls and the majority of competitors finished in the 25–35 minute range. The wheelchair competitors had to use their own power to push their wheel-chairs around the course, as well as read the map, compass and punch the controls.

Tom Andrews

## Orienteering must seek Olympic status

An article entitled "Orienteering and the Olympics" appeared in the April 1975 number of the Danish Orienteering Federation magazine "DOF-Posten". The author expressed the hope that orienteering would not become an Olympic sport because, among other things, of the undemocratic Olympic Committee, the out-of-date amateur rules, the mixture of politics and sport and questions of race discrimination, sex tests, national prestige and so-called sports madness.

### The non-Scandinavian countries would press harder for the development if it were an Olympic discipline

If orienteering figured at one or two Olympic Games the certain result would be that more countries, for example DDR, CSSR, Hungary and other East European lands (including probably the Soviet Union) would be as keen to produce a world champion as Norway, Sweden and Finland are now. This would mean tougher competition for the Scandinavians at the top. As it is at present we are certainly the best in the world, while the world remains nearly as small as in the sport of bandy.

### Real world champions

Naturally the newspapers don't put inverted commas round the word World Champion in articles about the event and that is a good thing for orienteering while we continue to have so-called "World Champions". The orienteering press help by discussing the lack of competition, but the title of world champion would mean more if competition were stiffer. As everyone knows, at the last world championships in Scotland Czechoslovakia was the only East-European country with a full team, Hungary and Bulgaria having only part teams. The other East-European countries were totally unrepresented.

### Olympic orienteering would be easy to organize

The editor of "DOF-Posten" writes that neither in Montreal nor Moscow would there have been a possibility of organizing an international championship. Yet in the week following the Olympic Games an international 5-day event was held not far from the Olympic town, which shows that such pessimism is unfounded. If one takes a more optimistic view, there surely must be suitable terrain available for this competition for just 200 people. Nowadays, orienteering circles in some 15–20 countries are capable of producing a satisfactory map and making available the officials required by IOF standards: course planners and event controllers, interpreters and press chiefs. At present there is orienteering in about 40 countries. I am sure this figure would have been up between 70 and 100 if there had been orienteering during the Olympic Games in Montreal or Munich in 1972 where use could have been made of some excellent neutral terrain at Starnberg only 20 km from Munich.

