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CENTRAL ORIENTEERING CLUB

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September Newsletter 1979

COMING EVENTS TILL THE END OF THE SEASON

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

- September 9 C. WHITFORD TREE FARM - TE MARUNGA - South end 7th O/Y.
Setter: Clive Bolt. Entry from Kington Rd. Brookby.
- 16 S.A. BROOKBY Farm event. Setter: Bruce Hendry.
- 16 P. KINLEITH PAPER MILL. CDOA O/Y. New coloured map. Well contoured
Forest. Transport Co-ordinator: John Rix.
- 23 N.W. WOODHILL FOREST - Auckland Champs. Setter: Terje and Mary Moen.
Entries have closed.
- 30 S.A. MT. RICHMOND - Otahuhu. Family Relays.
- October 6 C. ONE TREE HILL - Night Event Saturday. Start 7 p.m. from Bruce Archery
Congalton's, 39A Mariri Road. Committee meeting at 6 p.m. Socialise
after Event.
- 6 T. PAHAUTEA FOREST. 30 Km east of Taupo (3-day map). Setter: T. Brighthouse.
Excellent map & forest - Saturday.
- 7 R. HAPARANGI FOREST. CDOA O/Y. 15 Km South West of Rotorua on Atiamuri
Road.
- 14 N.W. WOODHILL FOREST 8th O/Y. Setter: Ian Morley
- 20 S.A. WAIUKU FOREST - Saturday. Warm-up event.
- 21 S.A. WAIUKU FOREST - N.Z. Champs and 1st trial for N.Z. team to go to
Australia Easter 1980. Entries close 8 September at Box 358 Paokura.
- November 4 C. MANGERE MOUNTAIN. New colour map. Setters: Tom and Simon Clendon.
(provisional maybe 25/10/79)
- 11 S.A. WAIUKU FOREST - 9th O/Y
- 18 C. DINGLE DELL.
- 18 H. HAMILTON AREA. Venue to be confirmed. CDOA Championships.
- 25 C. WOODHILL FOREST. Auckland Relay Champs. Setter: John Gregory.
- December 8 T. TAUPO - 2nd Trial for N.Z. team to go to Australia. Saturday.

N.W. SCORE EVENT - WOODHILL FOREST: 5/8/79

A very well laid-out event with the obvious route choices and selection layout having snags and pitfalls.

I led Margaret astray??!! Forsaking precise navigation for speed, i.e. just one slight error in contouring had us pounding along a wrong track heading for the hills, the Brynderwynns, that is.

I repeat that the layout was excellent, inasmuch as the junior grades and social participants were in an easy-to-navigate area with conspicuous backdrops. Well done Ralph!! Constructive backlash - a notice announcing the cost, map marking in own time and 4-hour mass starts would have saved repeated asking.

All in all, a very good practice day.

TONY NICROLLS

I had previously seen Dingle Dell on a street map and thought how on earth could someone set a challenging Orienteering Course on such a small area? However, it was nice to see that in fact there was good native bush which, when combined with very muddy conditions underfoot, made Orienteering in Dingle Dell quite a challenge.

I helped at the start for an hour or so, and it was pleasing to see so many newcomers with their families. It was difficult advising which course they should attempt not knowing how far they were willing to brave the conditions. Footwear varied from tennis shoes to gum-boots and even Army boots. The First-time-out children set off on the Wayfarers Course and I had fears that they would never be seen again. I later learned that they had finished that and had set out again on Course 3.

Then off to attempt Course 1 myself. This was a Norwegian event, with the map of the next control on each control. I made the mistake of not having a pencil with me so it became a memory event too. The first few controls were straight-forward, sticking to the path and the perimeter road. Then my first venture into the bush where going downhill was more difficult than going up. My next mistake was navigating between 5 (Thicket, between the clearings) and 6 (Shallow re-entrant) where I thought I had hit a stream West of the control, whereas I was in fact East of it. Control 8 was confusing because its description 'Track bend - West side' referred to a track beyond the control which I never got on to. I chose the direct route to control 9, fighting through thick bush along the bottom of the sections. Fortunately, I was rescued by a ladder placed conveniently up the side of the gully which would otherwise have been too slippery to clamber up without it.

There were many interesting route selections, such as between 13 (Between the marshes) and 14 (The waterfall) and 15 (The bank - top). After 16, with one more slip and landing heavily in the mud, it was a scramble to the finish. Back home I was banished for 10 minutes under the garden hose before being allowed inside.

Dingle Dell certainly provided good Orienteering with good features and the course offered difficult route choices. In the Summer it will be at its best - and what a lovely place for a family picnic.

WALLACE BOTTOMLEY

Q/Y EVENT- WAIUKU FOREST:10/8/79

As often happens, the first control was the hardest (almost as difficult to find as the road in from Waiuku to the event!). On the three courses this family ran (courses 3,4, and 6) - we experienced everything from bog to toikoi; from log piles so old they had disintegrated into dead wood, even to a dead cow! Some of the controls could not be seen until you were right on them; one runner was particularly stumped by the control marked on the map by a triangular symbol and called on the clue sheet 'Platform', but which was more like a terrace.

Our 12-year old reports: "Although Course 6 was shorter than the Wayfarer it was by no means easier. It involved a lot of tricky route choice, such as heading through thick cutty grass for an indistinct track or taking the long clear route round. A few new runners who chose this course because it was shorter were fooled by the well-hidden first control that was in a small clearing surrounded by cutty grass"

Thanks to the cows for eating down the toitoi and thanks to the course setters for providing good variety in route choices and for some lovely orienteering.

Footnote: The setting overlooking the Waikato rivermouth was spectacular! Some competitors may have lost their way and run off the map - but what about the newcomer who asked if he could replace the compass he'd borrowed? He said he lost it in the sea!

BREWIS FAMILY

THE TITIRANGI STREET EVENT

I found this exceptionally well organised, as everything was under control.

Nobody came and stood about wondering what to do as all competitors received an instruction sheet. Although there was not a great variety of route choice, it was still well planned and quite tricky in some parts. I thoroughly enjoyed my course because of the way the controls were arranged. You had to stop to think about the descriptions which I thought was a great idea, and also you had to think 'would it be faster through this path or up and around the road?' This was a fun event, and a good example for inexperienced people wanting to join an orienteering club, and if the day had only been a little brighter, I am sure more people would have turned up.

KIRSTIN NICHOLLS

13 runners sampled street, parkland and foreshore at BUCKLANDS BEACH on August 28th. The 7.5 Km No. 1 course proved how hard it is at night without(!!) a torch to find tracks and vegetation features.

Course 1.	1st	A. Reeve	56 mins.
7.5 Km.	2nd	G. Bendall	58 mins.
	3rd	J. Rix	69 mins.
Course 2.	1st	G. Mead	26 mins.
4 Km	2nd	G. Plimmer	46 mins.
	3rd	F. Brown	73 mins.

CLIVE BOLT

WOODHILL LONG O

Thought before the event - Today I must be a tortoise and not a hare. I just will not have the mental or physical strength to run any extra distance searching. 23Km is quite far enough. Target time 4 hours, and remember to have plenty to drink. All the controls proved to be clearly hung and knowledge from past events helped. Light rain soon after the start helped to keep one cool.

A tremendous sense of vitality in the thick forest down by the beach. Is it the extra oxygen in the trees? - or the first piece of chocolate eaten after the half-way control? Beautiful training runs along the sand tracks through the forest. Slowing right down to a walk up all the hills from now on and the heavy rain is starting. It never stopped for the rest of the event. About 3/4 way round now, and the brain is not working too well. Starting to make silly mistakes. I'll have to really concentrate to map read properly. The controls all seem more difficult now. A sudden mental lift - only 4 controls to go. A final piece of chocolate and a steady jog into the finish - no way I can sprint now, after 3.3/4 hours. A fine experience. First class stamina training through beautiful forest. Another one next year please.

JOHN GREGORY

NEW MEMBERS

The club extends a welcome to all new members, namely:

Mark Laskett (Senior) Mt. Roskill :: Mike Haydon in Hong Kong (Senior) ::
Ray Baker, Mt. Albert :: Jane Munro, Greenlane (Junior) ::
Robert Pacek, Remuera (Junior) :: Brent Dawson, Mangere Bridge (Senior).

CLUB COMMITTEE NEWS

The AOA 10th year celebration is still in the planning stages. The venue at Villa Maria after the Mangere Mountain event is only one of a 'series' of ideas. Full details of the chosen function and venue will be available in the October Newsletter.

The Treasurer has made applications for financial assistance to a total of 18 Local Authorities. The projects we are asking for assistance with are mapping - 9 areas, and a purchase of a caravan. Response in the past has been good and we are hoping for generous assistance again this year.

It has been decided to spend about \$40 on upgrading the trailer in which our gear is kept, as the purchase of a caravan could be some time off yet.

Various items of mapping equipment are on order or being made, such as a clinometer, a sighting compass, a rolling map scale and two light tables. If you want to try mapping, the club will have all the equipment to make the task as easy as possible!

COURSE SETTING COMPETITION

The closing date for this competition has been extended slightly to September 19th to allow one more weekend to plot your courses and send them into 24 Dingle Road, St. Heliers. Every member is expected to enter. What better way is there to improve your Orienteering than in the comfort of your own home? Gather around the kitchen table for an hour and make this a FAMILY PROJECT. Remember each entry will go into a raffle type draw for a club T-shirt and the first prize will be a Silva Type 3 compass. Entry is free. I suggest that you use a piece of transparent paper as an overlay for your early attempts. However, if you need extra maps for other family members or would like a fresh map, please give me a ring (John Gregory 656508, 13 Buckley Road, Auckland 3), or drop a line and they will be sent on by return post, free of charge.

One of the rules was that the start shall be near the Carpark by the sunken gardens, or near the Archery Carpark. For those who do'nt know, these are the large sealed areas about 18 degrees and 500 metres from the summit or 142 degrees and 400 metres from the summit, respectively.

FITNESS TRAINING FOR ORIENTEERING

If you are like me, you had'nt done any running for years until someone invited you to orienteering and you found you enjoyed it. As you become more competent in map reading you will naturally wish to run faster. A series of articles and reprints will follow in each Newsletter on various aspects of training for improved running ability and fitness. Club members who have had many years of experience in running will be invited to tell us of their training methods. Next month will start with a contribution from Tony Nicholls. Also the book "Modern Orienteering Training" - Holloway and Tulloh (1979), will be reviewed. You can now borrow this from the club 'library' if you wish. (Ring J. Rix Oh. 64901).

The main thing is, of course, to enjoy your training. Try to run at least one session a week with a group of friends. To avoid overtiredness and stiffness, keep your pulse to reasonable levels, say, in the range 120 to 150 to start with (timing for 6 seconds at the neck or temple is easy, and then multiply by 10). Keeping at these steady pulse rates, (Aerobic training) may require some walking intervals to begin with. Faster training (Anaerobic) with pulse rates greater than 150-160 should be limited to not more than 5-10% total distance when you first start regular training. These ideas will be expanded in future Newsletters.

