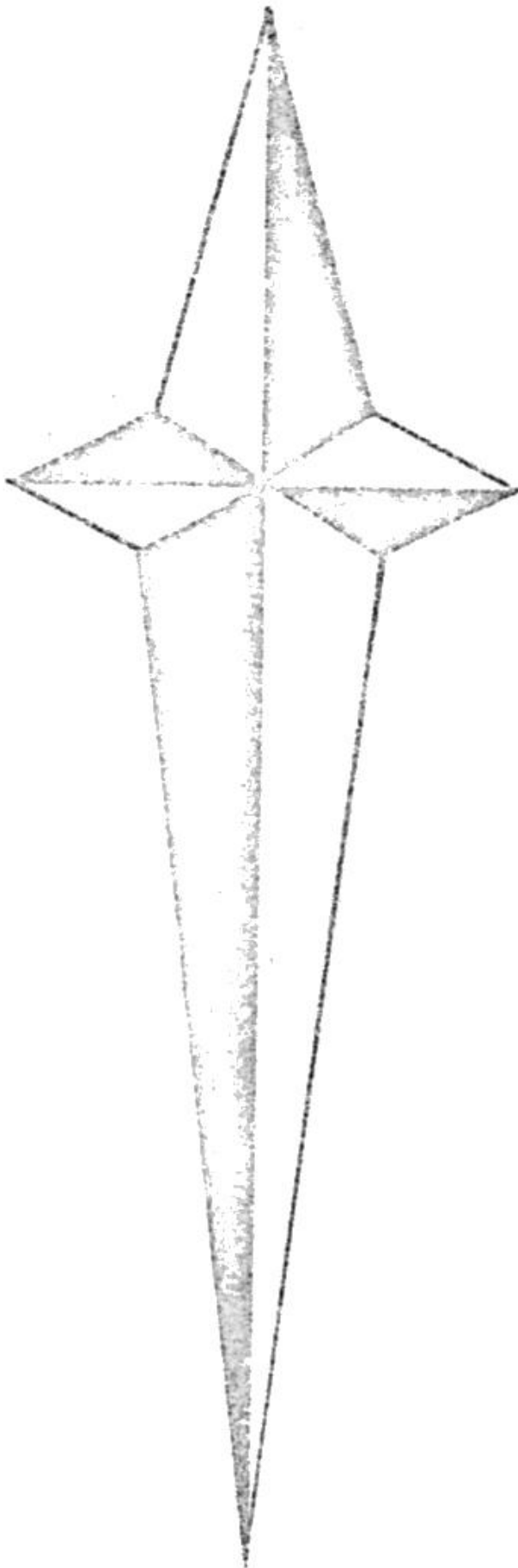


Lester Family

COMPASS

POINTS



THE NEWSLETTER OF THE
HAWKES BAY ORIENTEERING CLUB.

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JULY 1981

VOL 2 No. 4

PHILLIPS BUSH - O.Y. 3 - 21 June 1981

Robbie & Grant Smith set the courses for the third O.Y. at Phillips Bush in rather soggy conditions. The A course had a couple of good long legs that made for interesting orienteering, most enjoyable courses in a beautiful area.

| <u>Course A</u> | 6.1km | 17 controls | | o/y points |
|-----------------|-------|--------------|-------|------------|
| M17-42 | 1 | Dave Cooke | 61-20 | 25.000 |
| | 2 | Roger Bee | 61-38 | 24.877 |
| | 3 | Ken Ross | 72-27 | 20.468 |
| | 4 | James Watson | 74-17 | 19.721 |
| | 5 | David Holt | 81-13 | 16.895 |

| <u>Course B</u> | 3.0km | 10 controls | | |
|-----------------|-------|-------------------|-------|--------|
| M13-16 | 1 | Michael Alexander | 34-05 | 25.000 |
| | 2 | Christopher Smith | 38-08 | 22.029 |
| | 3 | Gregg Ross | 64-40 | 2.567 |
| M43 | 1 | Colin Tait | 33-34 | 25.000 |
| | 2 | Brian Crawford | 37-43 | 21.909 |
| | 3 | Ted Sapsford | 40-06 | 20.134 |
| | 4 | Dave Smith | 47-49 | 14.386 |
| | 5 | Phillip Mardon | 68-23 | 1.000 |
| M17-42 | 1 | Julie Watson | 51-20 | 25.000 |
| | 2 | Carol Holt | 63-45 | 16.952 |
| | 3 | Sharon Mardon | 67-28 | 17.142 |

(M21) Nigel Wilkie 62-30

| <u>Course C</u> | 2.5km | 8 controls. | | |
|-----------------|-------|----------------|---------|--------|
| M13-16 | 1 | Iiesl Green | 29-06 | 25.000 |
| | 2 | Fiona Crawford | 38-18 | 17.096 |
| | 3 | Sandra Tait | 39-32 | 16.036 |
| | 4 | Kirstie Ross | 49-18 | 7.646 |
| | 5 | Heather Mardon | 65-53 | 1.000 |
| | | Maree Atkins | } Disq. | |
| | | Julie Hawkes | | |
| | | Jenny Mardon | | |
| M43 | 1 | Anne Sapsford | 44-12 | 25.000 |
| Groups | 1 | P & G Clibborn | 46-23 | |
| | 2 | Keating Group | 50-50 | |
| (M35) | | Rev Tait | 44-26 | |
| (M21) | | Zoe Newton | 74-53 | |

| <u>Course D</u> | 1.1km | 6 controls | | |
|-----------------|-------|--------------------|-------|--------|
| M12 | 1 | Russel Mardon | 24-16 | 25.000 |
| M12 | 1 | Fiona Smith | 28-52 | 25.000 |
| Groups | 1 | Crawford Group | 37-32 | |
| | 2 | Kylie Watson Group | 38-04 | |
| | 3 | Fiona Sapsford Gp | 58-05 | |
| (M21) | | Nigel Wilkie | 22-33 | |
| (M15) | | Christopher Smith | 10-16 | |

TE KATA PARK - FAMILY EVENT - 5th July 1981

Having missed the previous Family meet because of bad weather everyone was keen to compete when the Hyslop Family set their three courses in perfect weather. The results show that a more competitive spirit is creeping into the Family Events, with a high proportion of entries being as individuals. This I think is a healthy trend as orienteering is basically an individual sport, a battle between what your brain says is shortest and your legs say is easiest.

Course A - 3.05km 14 controls

| | | |
|------------------|-----|--------|
| James Watson | M21 | 53-00 |
| Ken Ross | M35 | 53-00 |
| Andrew Smith | M15 | 54-09 |
| Colin Tait | M43 | 57-00 |
| David Holt | M35 | 62-00 |
| Chris Smith | M15 | 64-47 |
| Ted Sapsford | M43 | 66-00 |
| Brian Crawford | M50 | 67-24 |
| Ross Frechtling | M17 | 69-00 |
| Geoff Clibborn | M35 | 72-19 |
| Dave Smith | M43 | 73-32 |
| Iiesl Green | W13 | 77-00 |
| H,R, & I Garrett | | 107-15 |

Course B - 1.85km 9 controls

| | | |
|-----------------|-----|-------|
| Gregg Ross | M13 | 41-00 |
| Julie Watson | W21 | 42-08 |
| Fiona Crawford | W13 | 54-00 |
| Julie Hawkes | W13 | 55-00 |
| Carol Holt | W21 | 57-00 |
| Kirstie Ross | W15 | 61-00 |
| Heather Mardon | W13 | 71-00 |
| Phillip Mardon | M43 | 74-00 |
| Anne Frechtling | W16 | 74-00 |
| Jenny Mardon | W16 | 98-00 |
| Keating Family | | 67-02 |
| Sapsford Family | | 69-00 |
| Tait Family | | 69-00 |
| Garrett Family | | 69-52 |
| Bee Family | | 73-00 |

Course C - 0.65km 5 controls

| | | |
|------------------|-----|-------|
| Nicola Kingston | W13 | 20-38 |
| Fiona Sapsford | W12 | 26-00 |
| Beavers Family | | 23-09 |
| Watson Family | | 24-00 |
| Dan & Clint Holt | | 24-00 |
| Harrison Family | | 27-20 |

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O/X POINTS TO DATE

| | | | | | |
|--------|-------------------|----------|--------|-------------------|----------|
| M17-42 | Roger Bee | 68.733 | M13-16 | Andrew Smith | 50.000/2 |
| | Dave Cooke | 56.907 | | Michael Alexander | 45.312/2 |
| | Robbie Smith | 50.000/2 | | Chris Smith | 34.298/2 |
| | David Holt | 48.859 | | Paul Frechtling | 9.798/2 |
| | James Watson | 35.823 | | Greg Ross | 4.248/2 |
| | Ken Ross | 31.391/2 | W13-16 | Iiesl Green | 73.703 |
| | Grant Smith | 28.152/2 | | Fiona Crawford | 40.234/2 |
| | Ross Frechtling | 5.807/2 | | Maree Atkins | 37.714/2 |
| | Tim Bell | 1.000/1 | | Kirsty Ross | 29.933/2 |
| | Robin Glassey | 1.000/1 | | Sandra Tait | 29.180/2 |
| M43 | Dave Smith | 51.831 | | Julie Hawkes | 19.452/2 |
| | Colin Tait | 50.000/2 | | Heather Mardon | 1.000/1 |
| | Brian Crawford | 41.188/2 | W43 | Anne Sapsford | 50.000/2 |
| | Ted Sapsford | 35.928 | M12 | J. Cooke | 25.000/1 |
| | Dennis Frechtling | 15.283/1 | | Russell Mardon | 25.000/1 |
| | Philip Mardon | 1.000/1 | W12 | Fiona Smith | 50.000/2 |
| W17-42 | Julie Watson | 65.176 | | | |
| | Nendy Bee | 45.470/2 | | | |
| | Carol Holt | 32.773/2 | | | |
| | Sharon Mardon | 17.142/1 | | | |

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ORIENTEERING DISEASES

Anoxic Orienteering Error (AOE): This is the commonest orienteering disease and is recognised by the fact that the orienteer makes a major and totally ridiculous mistake. It is due to a lack of oxygen in the brain, all the available blood supply having been used up by the legs. AOE takes many forms, common ones being:

Back-Bearing Syndrome, also called "a touch of the one-eighties": the orienteer reaches a control and then, flushed with success or conscious of another runner close behind him, glances at his compass and takes off at high speed in a direction directly opposite to the correct one.

Straight-Stretch Hypnosis: the orienteer realises that he has to run a long way along a straight track, and works out that it should be 400 double paces. Setting down to a hard slog, he becomes bemused by the rhythm of his movement and only wakes up 20 minutes later, when he has reached a count of 924. By this time, he may have run off the map altogether, in which case the disease is usually incurable.

Control Blindness: the orienteer approaches the control with consummate skill, and then runs right past it. He may do this several times, and one is known to have actually sat on a control for a rest without seeing it!

Punch Falsy: this is due to exhaustion, cold and wet. The orienteer's hands are so weak that he cannot punch his card with one hand. He tries with both hands and drops his map in the mud. He tries again and punches his card in the wrong place. One is known to have ended by inextricably punching the letter "N" on his thumb.

Eyebrow failure: occurs on hot days. The natural function of the eyebrows is to keep sweat out of the eyes, but excessive sweating causes this protective mechanism to fail and the eyes are suddenly filled with salt. This causes the orienteer to fall off the knoll or wall, into the gully, depression or ditch.

Psychiatric Diseases: these fall into two categories, depression and paranoia. Depression usually occurs after the event, when the orienteer has seen his time. He sits in a hunched position, staring fixedly at his map, refusing to talk to anyone and muttering "I'll never get my Gold! One form called "Wood Loneliness" occurs during the event and afflicts the late starter. Having difficulty in finding a control, he suddenly realises that he has not seen another human being for over half an hour and begins to believe that everyone else has finished and the organisers have packed up and gone home. A 121 once was so severely affected that she rushed out onto a motorway, kissed a traffic cop and burst () tears.

Orienteering Paranoia: is seen in the orienteer who, having made a totally stupid error, places the blame on the planner, the mapper, the controller, or the manufacturer of his O-suit. At the finish he rushes up to the other competitors crying "Number 12 was unfair, it was marked as 25 metres from the stream, but when I paced it out it was only 24 metres. No wonder it took me 30 minutes to find it!" The discovery that everyone else thought that number 12 was the easiest of all only increases his sense of injustice.

Curiously enough, though orienteering diseases are often severe, treatment is easy and they nearly all clear up with rest, beer and discussion. We have yet to see a case which has not fully recovered by the time of the next event.

FILM EVENING

Thanks to Anne Bepsford and James Watson, without whose help neither evening could have become a reality. The Family evening on June 6th was quite successful with a very good turnout and I think everybody really enjoyed getting together (even on a night when the weather could have been a shade better) and meeting new faces. You don't get too much chance of meeting everybody at an orienteering meet and I think evenings like these can do something towards a friendlier Club.

To start the evening off, my Dad (Dave Smith) played his accordion for the kids and then my brother and sisters and myself gave a song which we think makes a good Orienteering song, we did adapt it to suit the sport (apologies to Mike Batt). After a few shakey starts we managed to sing it, and there are a few radical Smiths who want it to become the Club song. Any comments on this proposal?

After the light entertainment, it got down to the nitty gritty and the slides were shown, along with a running commentary from our resident comedian, Dave Holt, which turned a terrible set of slides into quite a laugh. Next was a surprise film on skateboarding, which James managed to get hold of and which I think appealed to the adults as well as the children. The next film "Teacher take us Orienteering" was better than I had anticipated and I think it was well received by most present, perhaps made up for the NZOF slide set. Maybe the photographers in the Club could make a better set for the NZOF.

Grant Smith

This song is dedicated to a certain Gwavas meet and another at Cashmore Hills.

LOSING YOUR WAY IN THE RAIN

In a corner of Gwavas your control awaits
 And you don't know where the track is going
 The edge of the thicket it tears you to threads
 And there's nothing to ease the pain
 When you're losing your way in the rain.

Sometimes I'm right and sometimes I'm wrong
 Reading the map and thinking slowly
 And I know in my mind that I have to keep on
 But it just doesn't seem my day
 Cause I'm losing my way in the rain.

There are times when you're weak
 There are times when you're strong
 There are times when you are in confusion
 Sometimes you feel your direction is wrong
 It's not easy to take the strain
 When you're losing your way in the rain.

Originally composed by Mike Batt
 Arrangement by Grant, Andrew and Glenda
 Smith.

WINE & CHEESE EVENING

Did you go to the Wine & Cheese and Film Evening put on by the Club on the 4th July ? If you didn't, you certainly missed the No. 1 Social of the year. Good film, tasty cheeses, informative slides, interesting conversation, palatable wines all made for an enjoyable evening, spoiled only by the fact that the evening went too fast.

A fine effort of organisation by Anne Sapsford, Grant Smith and James Watson. Can we do it again later in the year ?

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H.B. BADGE EVENT.

You'll all be pleased to know that we have been allocated a date for us to run our first Badge Event next year.

It will be held on the new Gwavas map on the 25th March 1982 and will be not only a Badge event but also a Trial to select the N.Z. Team to compete in Australia.

This is our first attempt at running a National event and I'm sure all the club will rally around to make it a success. Colin Fuit will be the event co-ordinator and Roger Bee the course setter. Running a Badge event will require the help of most members of the club with registration, starts, clip checking, results etc., and should benefit the Club both organisationally and financially.

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RE-MAPPING TE MATA PARK

Because of all the alterations to fences and tracks since our map was produced it has been suggested that at a Family meeting later in the year, everyone should be asked to spend an hour or so mapping a small segment of the Park. The idea being to give everyone a taste of mapping and to update our map at the same time. At our present rate of usage, stocks of the Te Mata map will be exhausted later next year. More information will be given at a later date.

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RAFFLE

The two bottles of sparkling wine left over from the Wine & Cheese were raffled at the last Family event, and drawn at the Committee Meeting. Winners were Stewart Hyslop and David Holt. Cheers.

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RED KIWIS THREE DAY EVENT - QUEENS BIRTHDAY WEEKEND

It was with some intrepitation that we set off for Palmerston North to compete in what was to be my first experience of competing in a 3 day Orienteering event.

The first day's event was to be held at Waiterere State Forest so we checked in at our daughter's flat in Palmerston which was to be our lodgings for the weekend. This small 2 bedroomed house slept 9 of us so things were a bit cramped.

My start time was 2.45 so we arrived in plenty of time to prepare. I must say that although the event was not described as a night event, I did think of bringing my torch as past performances suggested that it may be dark by the time I was finished. My start time came up at last and I had the dubious honour of being the only competitor to go off at this time. I raced away from the start, a quick check of the map and my compass and I was headed for the first control. Lucky for me it was placed on an open knoll and was visible from some 50 metres. I was in fact a bit off course and almost past it without realising it. I suspected they made this one easy to lull competitors into a false sense of security! And I was right. The next control was in a saddle surrounded by undergrowth. I managed to run right past it before hitting the path- thank goodness for collecting features - and was able to correct my mistake. From here on, I decided to take more care in following the map, pace counting, route choice and all the other very technical things which help make Orienteering seem so much easier. I actually managed to overtake the odd competitor or two although I suspect a number of others passed me. The course was finally completed in what I considered to be a pretty good time and a quick check of the results board showed me in 5th place.

Next day it was off to N3D Forest at Bulls. No problems were encountered in what I considered to be ideal orienteering conditions. The forest was very open and had little or no fight areas. It favoured the more fitter and faster runners and was therefore to my disadvantage. I again completed the course, which on this day was 6.1k with 14 controls, without incident.

The 3rd and final day was again at the forest at Bulls although on a different area than the previous day. The effects of tiredness, brought on by the previous 2 days and also lying awake most of the previous night listening to the rain bucketing down, were starting to show. My concentration lapsed on occasions and silly mistakes started to creep into my orienteering. I did however complete the course to finish in 5th position overall for the 3 days of competition.

In conclusion I would say that I enjoyed the experience greatly. The friendly rivalry which was apparent certainly added to the enjoyment. A lot of lessons were learnt by all who took part I am sure. My most vivid memory is the encouragement given by other H.B. members and supporters at both the start and finish of all events. I would recommend that all who can take the opportunity to compete in these types of events.

Colin Tait.

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CLUB CHAMPS

IN the last newsletter it was mentioned that the Club Champs may be held in late August on a Red Kiwi's Map. It has since been decided by the committee that as the school holidays will mean that many Club members will be away on that date, a new date must be found. Nov 22nd has been tentatively chosen, hopefully on the same Red Kiwi's map. As soon as the details have been confirmed you will be informed.

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CALENDAR.

| | | |
|--------|------|-------------------------------------------------------------------------------------------------------------------|
| AUGUST | 2nd | TE MATA PARK - FAMILY EVENT Course setters - Garrétt Family |
| | 16th | TE MATA PARK - O.Y. 5 Course setters - Bee Family |
| SEPT | 6th | TE MATA PARK - FAMILY EVENT Course setters - Frechtling Family |
| | 6th | NGAUMU FOREST - WELLINGTON CHAMPS - BADGE EVENT New Map - 1:15000 - 5 colour Entries close 16th August 1981 |
| | 20th | PHILLIPS BUSH - O.Y. 6 Course Setter - Michael Alexander |
| | 27th | WOODHILL FOREST - AUCKLAND CHAMPS - BADGE EVENT Entries close 20th september 1981 |
| OCT. | 4th | TE MATA PARK - FAMILY EVENT Course setters - Keating Family |
| | 11th | TE MATA PARK - RELAYS Course setters - Smith Family Similar format to last year - more later. |
| | 18th | ESKDALE - O.Y. 7 - FINAI O.Y. Course setter - Brian Crawford. |
| | 25th | WOODHILL FOREST - NATIONAL CHAMPS - BADGE EVENT New Map - North of Auckland. |
| NOV. | 1st | TE MATA PARK - FAMILY EVENT Course setters - Glassey Family |
| | 22nd | H.B. CLUB CHAMPS Venue to be confirmed |
| DEC | 6th | TE MATA PARK - B/B/Q - SCORE EVENT Course setters - Holt Family |

Entry forms for the Badge Events may be obtained from Bob Lester or Roger Bee.

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