

# COMPASS



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## COMING EVENTS

JUNE

4th-Iatetonga

5th-Te Aroha )Three day (Badge)

6th-Maramarua

12th-H.B.O.C. O.Y.2. Gwavas Forest, (C.Tait/J.Watson.)

19th-Forest Fanatics, Street event, Flaxmere.

Saturday 20th-Harriers meeting, Presbyterian Camp Site Environs, Tuki, tuki River.

26th-Return meeting for the Harriers, Raretu.

JULY

10th-H.B.O.C. O.Y.3. Esk Forest. (K.Hoss) ~~Waimarama~~

Wednesday 20th-Mapping instruction evening. (R.Frechtling) 60 Clarence Cox Cres.)

30th-Social Event .

31st-Te Mata Park. (T.Sapsford)

AUGUST

14th-H.B.O.C. O.Y.4 Gwavas Forest. (D.Cooke/S.Hyslop.)

28th-Training Clinic, Esk Forest. (R.Bee) ~~Gwavas~~

SEPTEMBER

4th-Street event-Napier.

11th-Forest Fanatics-Window Event, Te Mata Park.

18th-Raretu (course setter needed, see D.Smith)

25th-Red Kiwi's event, M.S.D. Forest, Bulls.

OCTOBER

2nd-H.B. Open Relays, Phillip's Bush (D.Smith)

9th-C.D.O.A. Champs, Rotorua, (Badge)

16th-Forest Fanatics, Street Event, Havelock North.

22nd-N.Z. Relays, Taupo.

29th-N.Z. Trial, Hawke's Bay. **ESK FOREST.** 24th, Monday. Gwavas

30th-Auckland Champs-(Badge)

NOVEMBER

6th-H.B.O.C. Club Champs and Interclub, versus Red Kiwi's, Mangakawa.

20th-H.E.O.C. O.Y.5. Smedley Station.

27th-Wellington Champs.

29th-H.B.O.C. Annual General Meeting.

DECEMBER

4th- Score Event and Barbbque, Tuki Tuki, Massed start 11.30.a.m.

JANUARY

6th-8th-ASIAN AND PACIFIC CARNIVAL, NASEBY, SOUTH ISLAND.

W AND X "OH-WIDE" AT SMEDLEY!

W and X are well known club members, but in the view of the following disciplines had better remain anonymous. W is quite fast on open going but is not richly endowed in sense of direction. X is somewhat slower but thought he had grasped the techniques of the sport (that was until Smedley!) They met well beyond control 3 on the course.

W-"How's it going?" W-"No good, can't find control 4, think I'll have to D.N.F."  
X-"I am looking for it too! Looking at the map." "This track goes down the hill and curls round the pond, it's just over there."

They find the track-Follow down the hill-NO POND! They study the map.

X-"We must be on this track! Now I see it all! What we have to do is go back up this track, over the saddle and run down this spur."

They reach the bottom of the spur, but see no control! Feeling dejected they study the map! X-"I see, we have run the wrong spur, round this corner is the curved track. For the first time in the last 20 minutes he is right! They toil on up the track.

X stops out of breath. "Where is the control?" W having just seen it says up there. They both clip! The route to 5 is easy. They set off in their own directions and reach the pond at the same time. X sets his compass and disappears into the bush. W enters the bush looking for a broad re-entrant. In the thick bush he trips over a hollow log. On trying to get up he finds his feet enmeshed in control 6. He calls to X-no reply-no doubt he has already punched and gone on. W starts his next leg.

Meanwhile X is having problems, with solutions never to be found in text books!

At this point W runs into view, on the hill above him.

X in amazement "Have you found it?"

W-"Yes, it's back up the stream, come and I'll show you." X declines, W is entitled to his lead. He regrets his reply. Walks up the stream and sits on a hollow log! FOUND! The next control was found by both the heroes without any help. X was then trudging up to the last control having seen it 100 metres ahead when W appeared behind and running at right angles to X's route.

W-"Have you seen it?" X-"Yes." gasping for a breath.

W says thanks and swings back down the track. X in wild panic "STOP". "I said I had seen it but the b.....d.....thing is up in front of me". They punch one after the other then climb out of the valley. At the top are a few choice mushrooms. X who doesn't like them skirts round, slips over the gate, swings right onto the road and begins the bedraggled shuffle uphill to the finish.

W, who loves mushrooms stops and puts them in his plastic bag, vaults the gate and begins his final run downhill and to the left!

I hope he found some more mushrooms!

-FANTAIL.

LATE NEWS! As one of the 25 members at the course setters meeting held on Tues. 24th May, I would like to take this opportunity to thank Brian Crawford for the very interesting and informative evening. I'm sure we can look forward to some good courses being set by the members who were present. Those who were not present can look forward to being the guinea pigs of the setters new ideas!



## WE DID IT!

Yes, we managed to run our first international. In retrospect what you say when asked by the editor to write an article. It's an experience everyone should have to enable one to realize just what is involved. There's nothing quite like a first hand experience. I learnt (or should I say we learnt) that a sense of humour certainly helps to get you there in the end. I have decided to jot down just a few highlights which seem to stand out in my mind.

- \*The excitement of receiving that first entry form addressed to you. This excitement soon turns to boredom when you receive 10 in one day!
- \*Inventing a system of processing the entries in a way which works for you alone. (advice for future controllers!)
- \*The flood of late entries which got to the point of ridicule. One day very late on the phone refused to stop ringing ("Another late entry!" - How true!)
- \*The night of "the Draw", which went very smoothly with a little wine to help us on the way.
- \*Informal meeting with the Australian team members on the Thursday night before the event. The people we met personally were delightful, and took great pleasure in presenting us with maps, etc, of their home territory. We now have an interesting collection of maps.
- \*The day before the event, (incidentally Black Friday) which saw our Club President, his 2 boys, Maree and myself, stranded on the Napier-Taupo Highway for three hours waiting for someone to rescue us. Who would want one of those cars (no advertising!), but at least it provided 3 hours of cheap advertising considering we had the Club caravan in tow. It's amazing how quickly 3 hours pass by - Ha-Ha!
- \*Eventually getting to Esk that day, to discover that the advance party had made a marvellous job of setting up loops, start area, etc. (A redundant co-ordinator!)
- \*The thrill of seeing everyone arrive on the day, proceeding to spend far too long running around the forest, but at the same time keeping out of everyone else's way.
- \*An almost smug feeling of seeing everyone milling around the superb results board in the Hawkes Bay's lovely sunshine, and the feeling of relief and self-satisfaction at the end of the day whilst standing on the side of the road with a glass of wine just to cap it all off.

To all club members I would like to extend my heartfelt thanks, and good luck to all future co-ordinators.

-Julie Watson. (course controller.)

### THE ORIENTEER'S. GUIDE TO MENTAL HEALTH



TO COMBAT FEELINGS OF LONELINESS AND DEPRESSION THAT MAY OCCUR WHILE WORKING ALONE IN THE FOREST, TRY THIS SIMPLE TECHNIQUE. FIRST PICK UP A FEW PINE-NEEDLES. THEN SHUT YOUR EYES AND TILT YOUR FACE UPWARDS. NOW IMAGINE THE WIND IN THE PINES HIGH ABOVE IS THE SOUND OF THOUSANDS CHEERING YOU FROM HUGE SKYSCRAPERS. RAISE YOUR HAND IN ACKNOWLEDGEMENT AND AT THE SAME TIME LET THE PINE-NEEDLES FALL ON YOUR FACE LIKE TICKER-TAPE.



### THE PROMISED LAND.

The Promised Land it certainly was,  
The day we beat the team from Oz,  
Yes, boys and girls and men and ladies,  
Ran as if trying to "Esk"cape from Hades.  
The 'O'ers were ducking the low slung branches  
And with each clipped box improved their chances.  
Three hundred and more were there to discover,  
How many acres the trees did cover.  
"Taped crossing?", did I hear someone say,  
He "Never saw it", on the way.  
The first time ever New Zealand supreme,  
Perhaps the Aussies left at home the 'cream',  
Still we all were pleased to leave our desk  
To explore the joys of the forest Esk.  
The Promised Land it certainly was,  
The day we beat the team from Oz.

-Dave Smith.

### ANZAC DAY AT NGAUNU

It was early Anzac Day morning that we set out from Napier in search of good orienteering country just south of Masterton. Although having run on other Masterton club maps (Tea Creek) I was wondering what sort of mountaineering gear I would require!

Upon arrival it was a quick change into my O suit ready to do battle with the forest. Brian, Fiona and Liesl all had shorter courses than mine so I decided to get away as quickly as possible, and try to get back before them! (dreams are free!) Arriving at the first control site, which was described as a distinct rock, the thought crossed my mind that this fella wouldn't even rate a mention on the new Karaketara map! unless it was among a boulder field.

Progressing to the next controls nothing untoward happened until I tried out my route choice from four to five. I thought it was pretty straight forward, and it probably would have been, had it not been for a certain logging track which the reference said wasn't marked but was very hard to distinguish from a minor track. Missing this track, I began to notice that things weren't lining up too well. Things on the map just weren't on the ground I was determined not to let this worry me saying it was only a slight misunderstanding. But by pure chance, which makes up a major part of my orienteering, I was quite relieved to come upon control no. 6, thus making the location of five a possibility!

The other three controls were found in quick succession and it was a quick run back to the finish, to the car, and a well deserved beer.

The other three had beaten me back, their times being a bit more respectable than mine. Orienteering over for the day it was time to re-coop lost energy with a sleep in the back of the car.

-Ross Frechtling.

## 1983 NEW ZEALAND ORIENTEERING CHAMPIONSHIPS

This year's championships are now behind us and although only a small contingent travelled to Waiuku for the competition all acquitted themselves with credit. Obviously the pressures of preparing for the International event at Esk Forest the following weekend precluded a number of people from making the journey. It was only after much debate and indecision that we finally decided to go.

Because of the distance to the event we left Havelock North on Friday evening with Tokoroa being our overnight stop. We were fortunate to be able to give a ride to Wim and Marieke from the Netherlands who are at present touring New Zealand and taking in "O" events were possible. They proved to be very interesting travelling companions which helped relieve the tedium of the journey.

The further north we went the worse the weather became. Our arrival in Tokoroa was greeted by howling winds and torrential rain. It was at this stage that Wim and Marieke decided that a cabin would be more practical than a tent to sleep in. The next day's weather was not much better although by the time we reached the warm-up area the rain had stopped- the wind hadn't.

The warm-up was conducted on a very casual basis but did give everyone a chance to become familiar with the terrain. I liked the area but found the "live" electric fences a little bit disconcerting. We were most impressed with the Tee-Shirts - very colourful.

Next day it was off to "Awhitu" on a day which had dawned much brighter weatherwise. The area and map proved to be excellent. It must rank as a major achievement in co-operation and co-ordination in being able to get 15 property owners to consent to an event being run over their farms on the one day.

The organisation of the South Auckland Club left nothing to chance with no hitches occurring as far as I was aware. The finish area chosen allowed for an excellent viewing spot for spectators and this together with a tremendous scoreboard and an interesting commentary over the public-address system made for an exciting day.

My course proved to be rather arduous covering some 6.6km with 270m of climb. The approach to the start was pretty steep but did offer the opportunity to warm-up. I found all controls without too much difficulty but did find the event very physically demanding. It was with some surprise that I met 1st year's champion, who had started 8 minutes before me, at control 7. My time of just under 90 minutes was most satisfying as far as I was concerned. This was good enough to give me 4th place in the championship and was within just over 4 minutes from the winner.

The most successful competitor from Hawkes Bay proved to be Ross Fretchling who took the M19 Grade title. He also achieved a gold badge credit. Bev Tait gained 2nd placing in the W43B grade with a silver badge credit. My 4th placing in the M43 grade gave me a gold badge credit. Paul Fretchling's 5th place in the M17 grade was also good enough to achieve a gold credit. Brian and Fiona Crawford faced very strong competition in their grades and although not featuring high in the final placings did perform well up to their best form. All in all a very successful event for all concerned.

-Colin Tait.

1983 Easter Three Day Event-Run by Kapiti Havoc.

It was with some trepidation that we approached Wellington on Good Friday morning set for another three day orienteering event in the area. Memories of the unbelievable weather conditions for the previous Queen's Birthday 3 day event quickly sprang to mind as we headed into similar wet and windy weather. At least this time we knew we were well prepared with lots of woolly clothing and gumboots. However, much to everyone's relief, the wind and rain went after the first day, although the temperatures remained cool.

The events on the first and second days were held in the same area, between Pukerua Bay and Plimmerton, and the map was sliced up for the two areas. The two maps were on steep open farmland with lots of spurs and re-entrants to traverse, as well as the occasional electric fence to by-pass. I got caught with a shock early on the first day, and was very wary thereafter. Why are there so many different types of electric fence?

The first days event was also the New Zealand trial and courses were generally longer than normal. Unfortunately, the results of Course 1, M21A, were invalidated due to a misplaced control on that course.

On the second day, everyone became more confident. Times improved considerably although the courses were shorter. The map seemed less complex and the hills did not seem so steep second time around.

Day three was held at Ngarara in Waikanae. This map was used for the Wellington Champs, 1982, so was familiar to some. The area was sand-duned, with swamps and pine plantations in between open farmland. Much to my relief the climb was almost non-existent as my muscles and limbs were getting pretty tired by this stage in the three days. Course lengths were the longest of the three days events, because of the fast, flat, open terrain, yet most people's minutes per kilometre were down on the previous days.

My thanks to the Kapiti Havoc Club for a most enjoyable and well organised weekend of orienteering, and I would like to recommend a three day event to fellow orienteers. It helps to sharpen your orienteering skills and gives you the opportunity to immediately improve on any mistakes in previous days performances.

-Linda Lloyd.

RESULTS

TAHOMAI PARK 1st MAY 1983 - Course Setter - Dave Smith

		<u>Mini O</u>	<u>Blank Map</u>	<u>Bearing</u>
1	Christopher Smith	10.20	DNF	
2	Jill Crawford	12.21		
3	Glenda Smith	14.23		
4	Brian Crawford	15.20		
5	Philip Mardon	17.31		
6	D.Overend/D. Wong	17.53	1 50.39	1 14.20
7	Russell Mardon	19.13		
8	Macdonald Family	26.21		
9	Diana Smith	34.36	DNF	2 24.19
10	Anne & Rowan Sapsford	41.50		

NIGHT SCORE EVENT - Course Setter - Andrew Smith

		<u>Points</u>	<u>Penalty</u>	<u>TOTAL</u>
1	Ross Frechtling	250	Nil -	250
	Trevor Carswell	250	-	250
	David Holt	250	-	250
4	Jenny Mardon	245	-	245
5	Russell Mardon	245	1	244
6	Ieal Greene	235	1	234
7	Philip & Iain Mardon	220	5	215
8	Christopher Smith	190	-	190
9	M,B,J & B Crawford	185	-	185
10	Sharon Mardon	175	-	175
11	D. Overend/D. Wong	175	4	171

COMBINED HARRIER AND ORIENTEERING MEETING

This is to be held on the weekend of June 25/26, 1983. Those who attended the first Tuki-Tuki mid-week meeting will remember how to get to the Bible Class Camp, Moore Rd, off Tuki-Tuki Rd. Travel over the Haumoana Bridge and take the first road on the right. Approximately 6 k.m. beyond is Moore Road where a great afternoon is in store for those attending. The normal runs offered are approximately 4km, 6km, 8km and 10km with a fast and slow pack on each run. Think about which course is for you and get in some training if necessary. Afternoon tea will be provided by the Harriers on Saturday. The runs will start at 2 p.m. but the members usually gather about 1.30. Some of the adults may adjourn for a stimulating drink on the way home at a suitable stopping point.

The Sunday return hosting by the orienteering club will be normal 10.30-1.30 start times. Bring your compass as the club compasses will no doubt be stretched to accommodate numbers in excess of 30-40 harriers in addition to the H.B.'O'ers. Be helpful to the Harriers and show them how to 'O'. Don't be shy to approach those looking a bit bewildered by it all.

There will be no organised lunch, so bring your own picnic. The venue is 'Raretu'. Follow the 'O' signs from the Waimarama Bridge to the start area set by the course setter.



A.P.O.C. UPDATE. N.Z.T.V. has expressed an interest in making a feature programme on Orienteering including the A.P.O.C. events. Articles have been given to the Australian Orienteer, New Zealand Runner, and Leisurelines. It has been confirmed that there will be a Mountain Marathon held directly after APOC. This means that there are a total of seven days orienteering being offered. The exact area has not been finalised yet, but it will be within two hours drive of Naseby. There is a further plea for entries and funds to be forwarded as soon as possible to The APOC organising committee, P.O. Box 1585, Dunedin.

EGMONT CLUB. A new club has been formed on the West Coast in the Taranaki Area. It was good to see competitors from this club at our event at Esk Forest. We wish them every success in the running of events and getting areas mapped to use. They have already applied to NZOF for a badge event for 1985 and are beginning to negotiate to get a forest area to use. Best of Luck, Egmont.

NEW ZEALAND ORIENTEERING FEDERATION NEWS.

Assistance is being sort by T. Brighthouse to prepare articles for the Australian Orienteer magazine. This involves writing only about three times a year. Please contact him at 26 Sunset Road, Taupo. if you are interested.

PERPAL REQUESTS. for anyone interested enough to write!

Stefan Henriksson, (17)

Johanna Andersson, (14)

Strandangesv 1,

Frejgatan 35 C,

952 00 Kalix,

149 00 Nynashamn,

SWEDEN.

SWEDEN.

MAJOR EVENTS FOR 1984.

January 6-8 APOC, Naseby State Forest, Otago.

January - Auckland Anniversary Weekend, All night relays.

February - Waitangi Weekend, Wairarapapa 2 day event.

Easter - South Auckland. 4 day event.

Queen's Birthday. 3 day event, Hawke's Bay.

Labour Weekend - Central, 3 day event.

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CLUB NOTABLE ACHIEVEMENTS!

CONGRATULATIONS to Kylie Watson on gaining 4 certificates in the Henry Hill gymnastics festival held recently in Napier.

HAPPY 5TH BIRTHDAY to Julian Bee. We all hope you enjoy school and it won't be long until you are giving Dad a run for his money in orienteering either!

CONGRATULATIONS to Ross Frechtling on winning the M19 grade at the Nationals.

Also to Bev Tait on gaining a second in her grade and Colin Tait on gaining

a gold credit in his grade. Well done to a small but very successful H.B.

Nationals Contingent!

CONGRATULATIONS to Liesl Greene on gaining a second placing at the Wairarapapa meeting at Birthday Hill, in the W 15-16 grade.

### BRIGHOUSE TROPHY - 1982

The following is a summary of the points scored by those orienteers who were leading contenders for the Brighthouse Trophy for 1982. The trophy was awarded to Andrew Smith of Kapiti-Havoc Club at the Kaahu Trial event. If you are not on the list but wish to know your score you can easily work it out by reference to the points scoring system at the foot of the page.

The National Championships on May 8th will of course be the first event to count towards the 1983 results.

			AOA	WOA	CDOA	STH. I.	NATLS	TOTAL
A. Smith	KH.	M15-16	4	4	4	-	8	20
T. Brighthouse	Tpo.	M43	4	-	4	-	8	16
G. Dryden	KH.	M-12	2	4	4	-	6	16
R. Jessop	Cen.	M13-14	4	-	3	-	8	15
L. Aspin	SA.	W15-16 & 17-18	3	-	4	-	8	15
T. Aspin	SA.	W21	1	-	4	-	8	13
G. Stronach	H.	M-12	3	-	2	-	8	13
T. Moen	NW.	M35	4	-	-	-	8	12
A. Stone	NW.	W-12	3	-	1	-	8	12
J. Dobbie	Wgtn.	W21	-	3	3	4	2	12
B. Ryder	SA.	W43	1	-	3	-	8	12

#### RULES.

1. There must be 4 starters in the grade for points to count.
2. In Area Champs, 1st scores 4 points, 2nd scores 3, 3rd scores 2 and those who finish 1 point.
3. In the Nationals points are doubled.

#### RELATED THANKS.

On behalf of the Waiapu Area Scouts I would like to thank the Club(albeit somewhat belatedly)for the use of your equipment,which was used to initiate,or in some cases further,the orienteering skills of some thirty scouts at Te Mata Park in November last year.

Initially it was my intention to also thank Dave,Colin,Roger,David and Brian for their help on that occasion.Then it occurred to me that that could be a bit dodgy.I mean it is so long ago how could I be sure I hadn't forgotten someone? Well I decided to back my memory and thank the above mentioned gents by name. I'll be finding out how good my memory is either at Eskdale later this month, or after the publication of Compass Points!

The incident which jogged me into writing this(apart from a ring from the editor) was that one of the Scout Leaders at the event had an article and photographs of the occasion printed in the February issue of the Scout News.Circulation approx 10,000.All good publicity for our sport,I'm sure you will agree.

Thank you again-Stewart Hyslop.



THE SAPSFORD FAMILY  
3 LORNE CRESENT,  
FLAXMERE,  
HASTINGS.

JUNE 1983