

COMPASS



POINTS

Newsletter Convener

Julie Watson
Phone: 799552

EDITORS

Ross Frechtling
Jeanette Dobos

Club Secretary

Colin Tait
P.O. Box 90
Hastings
Phone: 777624

VOLUME 2 APRIL 1985

Editorial

Dear Orienteers,

As editors of this edition of Compass Points we would like to extend a welcome to all new members at our recent club events. We hope you get as much enjoyment and challenge as we will from the forthcoming events. (Check the fixtures list)

Congratulations to all those who very ably represented us at Segment on the Huatoki Farm map. Special congrats to Peter Watson for winning his first away event - and then sharing his experiences with us - Perhaps water wings were in order!! Good luck to all the folk entering in forthcoming 'away' events,- If you need some practice for the Raretu Relays in June, the entry form for the National Relays is in this edition.

Our thanks to Wendy Bee and Bev Tait for persevering with the sweat shirt campaign. We are looking forward to receiving these. (Read on)---

Lastly we would like to thank all those who contributed to this edition and have made our task infinitely less hardous. Despite blisters on our two typing fingers, and heavy eyelids we would dare to admit we have enjoyed publishing this edition. Please don't hesitate to offer your services for the next production of Compass Points.

Yours in 'O'

Jeanette Dobbs
Ross Frechtling

oooo000oooo

MEMO

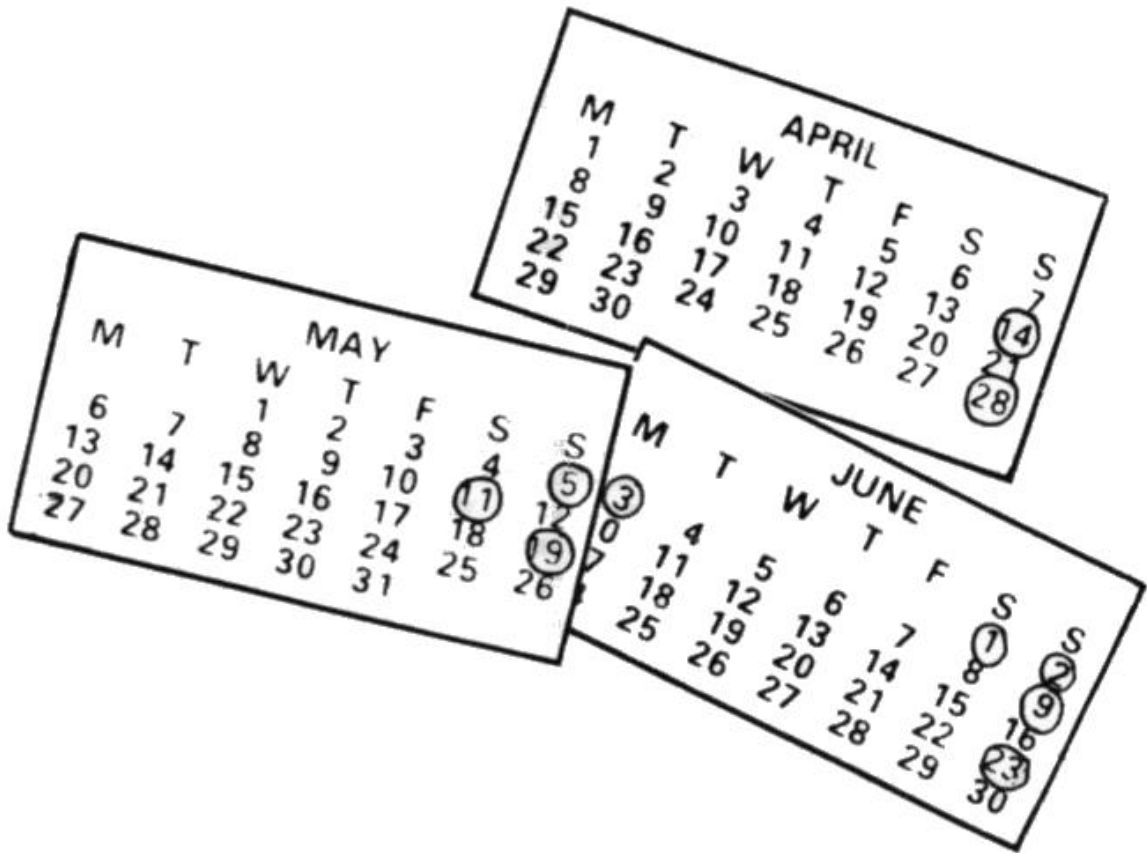
I would like to thank Ross & Jeanette for so willingly offering to edit this edition of compass points. I would hope that the next issue will be produced sometime in June. With all the events that our club members will have been to by then, I will look forward to contributions. Also, if anybody would like to edit the next issue, would you please let me know. I'm sure you will find this task most rewarding, although it can be time-consuming!

Julie Watson 1 Lorne Place, Flaxmere. Ph. 799552

oooo000oooo

CALENDAR of EVENTS

April 14 Granules 091 J Watson / J Watson
 28 Indoor Cricket



May 5 Gwavas 042 R Bee / W Bee
 11 N.Z. Champs
 19 Tukituki River

June 1-3 Kapiti Havoc 3-day
 9 Raretu Relays R Bee / L Gentry
 23 Smedley 043 S Hyslop / W Edgar

Committee News

CLUB OUTING CLUB OUTING CLUB OUTING CLUB OUTING CLUB OUTING CLUB

THE DINNER OF THE YEAR !!

To be held on 13th July at the Silver Palace Restraunt in Taradale.

A B.Y.O. Chinese establishment.
approximate cost of \$16.00 each.
Come and join us for what I'm sure will be a most entertaining evening.
If you are interested please contact Ross at 445550.

SHIRTS - SWEATSHIRTS

Burgundy coloured sweatshirts will be available approx. late June. They are embossed with a dual coloured club emblem. Limited numbers are available - in 'tree' sizes -SM, M, OS. Early ordering will be necessary to ensure requests are fulfilled. So contact Ross - ph 445-550.

CLUB OUTING CLUB OUTING CLUB OUTING CLUB OUTING CLUB OUTING

INDOOR CRICKET - to be played at the stadium on Manchester street (off Wilson Road), Flaxmere. On Sunday the 28th of April. It is \$4 each, beginning at 6pm.

So contact Roger Bee - 750-745.

oooo000oooo

REMINDER

Club subscriptions are now due;

Family \$26:00
Senior \$14:00
Junior \$8:00

RARETU CLUB RELAYS

9th June

This years relays will be held on the ever popular Raretu Map and will take the following lines -

- a) 3 people per team.
- b) 3 different length courses.
- c) Restricted grades on two of the courses.
- d) Enter on the day but an early indication of your intentions will be helpful, phone Roger Bee at 750-745

e) Mass start 11am.

f) Approx. course lengths -

Leg 1	1.5 km	Under 17, M40+
Leg 2	3 km	No M21, M35.
Leg 3	5km	Open Grade.

Course Setters - Roger Bee, Lyn Gentry.

oooo000oooo

National Event Entries

Entry forms are now available from the secretary for the following events:-

National Championships at Waitarere	11 May	Close 1 April
National Club Relays at Pauatahanui	12 May	Close 21 April
Queens Birthday 3 Day at Waikanae	1-3 June	Close 3 May

For those of you who have yet to try an away event this is your opportunity to give it a go. All venues are relatively close and don't involve too much travel. Remember also that the Clipper Challenge Trophy is there for the taking.

New Zealand Team 1985

For those of you who aspire to being chosen for the team this year you are required to fill in an application form and to send to Brian Crawford before 30 April. These forms are available from the Club Secretary.

CLUB LIBRARY

The following books are available for those interested:-

"Orienteering" - A guide for Teachers, Instructors and Students.

"Orienteering" - by Roger Smith.

"The spur Book of Orienteering" - by Roger Smith.

"Be Expert with Map and Compass" - by Bjorn Kjellstrom.

All these are well worth reading and offer some helpful tips.

See Club Secretary if you would like to borrow one.

Orienteer of the Year Series

New members will have noted that our next event is the first in the series of O.Y.s for the year. Please do not be deterred by this as opportunity will be given for all of you to go out on any of the courses which will be available. It is up to you to choose a course which will best suit your ability. Julie and James will be more than happy to help you with your decision on the day.

Compasses

One each of the Type 4 @ +5.00 and the Type 7NL @ \$9.00 are still available from the Secretary.



CLUB NOTICE CLUB NOTICE CLUB NOTICE CLUB NOTICE CLUB NOTICE CLUB

Test your Orienteering skills at a faster than running pace-'Car Orienteering' We have a tentative proposal regarding this challenge and look forward to bringing you further details.

GOOD LUCK!!!

Heard that a certian club member is attempting his practical driving test in the not too distant future as a means of stepping up in his job carreer. Although he seems fairly confident within himself about the forth coming prospect he is not turning down some helpfull hints from a couple of well known club members - not that we're trying to get rid of you Trevor but hope all goes well on the fixed date !! (May be able to retire those pedals after all !!)

NEWS FROM THE HAPPY WANDERERS

You will all no doubt be interested to learn that Liz and Ray Nicholson have arrived safe and sound in Australia and are at present in Melbourne. They are finding the pace of life a little bit quicker than it was in Waipawa but seem to be getting settled in alright. They are even finding time to do a bit of orienteering. Some of the differences noted so far in Orienteering include - large clip cards which are a problem as they are not waterproofed or contained in a plastic bag, control flags made from cardboard with small control codes making them difficult to read until right up to them, difference in control descriptions (re-entrants are called gullies, gullies are also called knolls, knolls are sometimes hilltops and sometimes ant-hills) other problems can be hard ground covered with stones, fast moving wombats, kangaroos and wallabys. No snakes sighted yet.

All clubs seem to use the same areas of Ballarat-Bendigo close to the WOC85 area. Plastic bags are not provided for maps although they can be purchased from the "O" shop but they are not sealed. Ray and Liz have sent over a price list of Orienteering Gear which is available in Australia and would be happy to make purchases on anyones behalf. The list is available from Colin Tait. If anyone is interested the Nicholsons' address in Melbourne is F14/24 Tennyson Street, Elwood, Melbourne 3184. I am sure they would welcome news from the Hawkes Bay.

oooo000oooo



If your mind can conceive it
and your heart can believe it
I know you can achieve it ...



THE EGMONT TRIAL

We didn't go to Taraniki to lose weight and we all packed our heavy parkas to keep off the worst of the rain but here I am, after the event recovering from heat exhaustion while the sunburnt skin peels off layer after layer.

However, having spent two weeks at christmas time in New Plymouth it was lovely to see all of the mountain at the same time and for two whole days as well.

The map was one of the best farm maps I have run on and required consistent concentration in order to make the best time. The cheppy nature of the terrain split up the competitors and the course setter made full use of the blocks of out of bounds areas and patches of native bush to provide plenty of route choice. In fact I found I was trying to work out which was the "least worst" of the routes available, rather a change on a farm map.

The farmers had co-operated by turning off all the many electric fences (except one!) and even the stock were friendly, the bull I passed only grunted and went on grazing. Fiona decided to detour around the pigs she met, but wonders if it cost her the twenty seconds she was outside gold time.

The worst hazards were the boxthorn hedges which you could not argue with, and marsh/ stream which you could tackle-at a price. I did manage to get half way round before I sunk into my knees and went flat on my face, fortunatly on the far bank. Colin Tait tried to cross one of the small ponds but had to retreat after sinking to the waist, perhaps he was just trying to cool off.

Dave Smith took to the road on one of the long legs, perhaps he was wiser than he knew.

However the longest for route choice must go to Linda Lloyd. The veteran M55's checked out the river route to control 5 and decided it was not negotiatable but Linda plunged in and reached the control, not only the coolest but also the fastest.

Brian Crawford.

oooo000oooo



IMPRESSIONS OF EGMONT

After leaving a wet Hawkes Bay we arrived in a sunny New Plymouth for Egmonts first badge event at Huatoki stream.

The course that I was going to attempt was 6km in length over fast open farmland.

Roger was giving me helpful suggestions before the start of the event but all I could think about was the fact that Roger was starting six minutes behind me.

The first leg was spent trying to devise ways to negotiate electric fences. The second leg was uneventful; however the short third leg was almost my undoing as I struggled waist deep through a swamp in my eagerness to keep to a straight line.

The fourth control was beside a rock but unfortunately it meant I had to go neck deep into the pond outlet to get to it. These experiences convinced me straight lines were out which meant the fifth and sixth legs were alot easier.

Between the sixth and seventh controls I passed two of my fellow competitors who were still close behind me at the eighth and ninth controls.

A M15-16 competitor made me lose contact with the map in the only trees that were on our course. This lesson reinforced Roger's earlier advice to ignore all other people on the course. From that stage on I used my compass to check my route to avoid any mistakes as I could see the finish 1km away.

The run to the finish was spent jumping, climbing, breaking fences and the thought that at least I hadn't got lost(a pleasant change I might add).

The only detraction from a very enjoyable weekend was the lack of DB beer and the long drive home.

Peter Watson

oooo000oooo



COURSE SETTERS COMMENTS - TUKI TUKI RIVER EVENT

I must say I found it a little difficult in trying to set a course on this area which was going to prove any sort of challenge to competitors. After my efforts at Raretu and Te Mata Park last year I found the lack of contour lines on this map a bit disturbing. It is also a pity that the catchment board have seen fit to put in more vehicle tracks and to cut down trees in an area which we have only recently mapped. Yes even I didn't find control 6 first time when collecting controls after the event.

My thanks to all those who turned up especially the new members and also to Bev for assisting in the caravan. I must say the looks on the little ones' faces as they completed the taped course made the effort all worth while.

My biggest surprise of the day was being greeted by Trevor C. at the gate into the river-bed at 7.00 a.m. in the morning. Trevor was so keen to do well at the event that he actually camped the night there.

COLIN TAIT.

A COURSE 5.6 km

Maurice Lloyd	38.03
Peter Watson	40.23
Trevor Carswell	41.18
Roger Bee	43.35
Stuart Hyslop	49.17
Philip Mardon	61.16
Ted Sapsford	74.37
J. Donkin	122.34

B COURSE 3.5 km

Wayne Edgar	29.36
R. Munday	42.07
Brian Crawford	42.49
M. Bron / C. Tait	51.50
Sharon Mardon	54.36
J. Dobbs / R. Frechtling	60.10
Caroline Watson	75.55
Jan Edgar	82.22
Anne Sapsford	84.00
Christie Family	89.35
Paul Larson	DNF
L. Gentry	DNF

C COURSE 2.1 km

B. Munday	28.40
Lloyd Family	43.47
Aitken Family	47.20
Julia Lochart	47.28
Donkin Family	47.33
L. & R. Gentry	48.48
S. Gentry	49.23
Bee Family	62.44
Sappi & Jo	DNF

D COURSE .80 km

Rowan Sapsford	4.24
Mathew Donkin	8.57
Julian Bee	9.27
Andrew Donkin	13.57
Munday Group	14.16
Anita Lloyd	18.58
Simon Bee	23.50

R.I.C.E.

"She'll be right - nothing to worry about I'll just finish this run, then have a good hot soak in the bath, get the Missus to give me a massage with some Deep Heat, and a few beers - I'll be right." Well how to aggravate an acute injury very successfully and action unfortunately all too common. The correct treatment of an acute injury (up to 48 hours post injury) can make a tremendous difference in the speed of recovery and in regaining full painless function - not developing a chronic injury.

The R.I.C.E. regime rules -

R - REST - to prevent further aggravation of the injury. As except for very minor injuries continued participation will magnify the severity of tissue damage - resulting in a longer period of subsequent inactivity.

I - ICE - preferably apply crushed ice in a moistened towel and mould this to the contour of the injured area. (A bag of frozen peas or similiar may be used) It should be applied for 20 minutes every 2-3 hours for optimal benefit. Oil may be applied to the patient's whose skin is hypersensitive - this guards against the risk of ice burns. Ice has three main functions - as an analgesic as it increases the pain threshold and decreases the muscle spasm. Secondly to reduce swelling as it decreases the inflammatory response of the tissue's. Thirdly to reduce the bruising as it decreases the local blood flow.

C - COMPRESSION - this assists in decreasing swelling. It should be applied firmly using an elastic bandage.

E - ELEVATION - which will decrease the blood flow to and assist venous return from the injured area hence decreasing swelling. The injured area must be elevated higher than the heart.

If the R.I.C.E. regime is applied, it has been proven injured tissues are restored to optimum function earlier and with fewer repercussions. And do avoid those beers and rub (if injured!)

Jeanette D.

oooo00oooo



How good were
facilities
Trev?



Setters Report

This area is now well known to our club members. This at present places a restriction on the type of courses set for these events. A large adjoining area is being mapped by club members at present and it is hoped, will soon place a different complexion on the type of courses set there.

For the most recent event I chose as the 'A' course a line event. Orienteers must follow the line calling for precise map reading. No control descriptions are given and it is for the Orienteer to decide whether the control is on the line before clipping. I had thought that our club members would have been familiar with this type of event but was surprised to hear the comments from the starters on this course. Perhaps other setters may like to set this type of course in a more difficult area for fascinating results.

The results showed that all but 2 competitors found all the controls. In fact most of them found extra controls on the childrens course which crossed 'the line' and an interesting comparison of the number of controls collected took place at the finish!

The childrens course was again an outstanding success and it was exciting to see the smiling faces of those who completed 'their course'. The most difficult part of running this type of taped course is rolling up the tape afterwards and it is hoped that a hose reel to be purchased shortly will assist in this regard.

Finally to those who found that the control descriptions for one control on the 'B' course did not tally with the code on the flag my apologies. Times have been adjusted on this course to allow for this problem.

Maurice Lloyd.

oooo000ooooo



If you're going around in circles, maybe it's because you're cutting too many corners....



PHILLIPS BUSH RESULTS

A COURSE

Roger Bee	41.49
Colin Tait	44.58
Ross Frechtling	46.44
Brian Crawford	52.48
Stuart Hyslop	53.47
Wayne Edgar	63.39
Doug Matheson (missed 1)	50.19
R.&T. Sapsford(missed 1)	101.41

SCORE EVENT

Wayne Edgar	30.23
Colin Tait	34.17

B COURSE

Wendy Bee	39.00
David Smith	41.05
Sharon Mardon	45.49
C. Hickson	48.51
B. Munday	52.51
J. Dobbs & J. Lochart	57.31
A. Blair Grp.	59.25
Bev Tait	60.10
Anne Sapsford	61.33
C. Shepherd	73.54
D. Christie	78.31
R. Christie	95.00

2nd Course

Stuart Hyslop	27.23
Wayne Edgar	27.24
Doug Matheson	27.41

C COURSE

Hickson Grp	29.20
Jan Edgar	49.24

2nd Course

Sharon Mardon	21.07
---------------	-------

D COURSE

Peter Smith	6.04
H. & B. Hickson	6.44
Cathy Smith	11.46
C. Munday	12.40
Simon Bee	13.28
Anita Lloyd	15.11
Julian Bee	15.18

The All-directional
Orienteer'



RARETU

After dropping Wayne to put out the first five controls I Towed the caravan down to the gate. Hopping out with the key to the gate I found it was the wrong one. I then had to disconnect the caravan and drive around to Mark Chambers farm over the river to get the right key. Finally after relinking the caravan to the car we got it to the start finish place.

Wayne had returned and asked what the h... was going on? Controls all out? Then lets get started.

Peter and Trevor spend at least an hour deciding who will run first and practising their clip card clipping technique.

Apart from a missing pond on the B course and a controversial tree on the A course the courses met with most peoples approval.

It was pleasing to see family groups and some new familys at this meeting and it seems we have a group of people who are interested in the family side of our sport as well as the more competitive side.

Jan Edgar.

oooo000oooo





RESULTS OF THE RARETU EVENT 24 MARCH 1985

A family event was held at Raretu on Sunday 24 March. The courses were set by Wayne and Jan Edgar. There was a good turn out of club members and it was pleasing to see some more new families trying out this sport. There is a contingent from the club travelling to Whangarei for a three Day Orienteering Badge Event with other clubs from around New Zealand.

RESULTS

<u>Course A</u> <u>5.8 km</u>		<u>Course B</u> <u>3.5 km</u>	
Trevor Carswell	64.38	Roger Bee	43.43
Peter Watson	69.08	Ross Frechtling	46.29
Stuart Hyslop	79.50	P.Mardon	46.44
Brian Crawford	104.34	W.Mardon	46.46
Doug Matheson	107.50	T.Pluyers	63.03
<u>Missed one control.</u>		Sharon Mardon	71.57
Colin Tait	64.39	Ted and Wayne	72.22
Maurice Lloyd	69.39	Anne Sapsford	83.00
C.Shepherd	98.15	A.Aitken	85.40
		S.and D.Christie	95.22
<u>Course C</u> <u>1.8 km</u>		R.and C.Christie	109.44
Smith Grp.	25.43	<u>Missed one control</u>	
A.White	26.58	Caroline Watson	77.23
L.and R.Gentry	27.49	Jeanette Dobbs	88.00
W. and T.White	28.00	Bev Tait	115.16
Sinclair Grp.	34.10	Julia Lockhart	128.54
Hickson Grp.	35.01	Rangers Grp.	160.28
T. and G. Powell	36.38		
H.B.O.C. Mob	38.44		

The next local event is on the 14th April at GRANULES (Maraetotara). It will be set by Julie and James Watson and will be the first in the Orienteer of the Year series.

oooo000oooo

STRETCHES

"one of the most fundamental injury prevention measures and essential for full recovery following injury "

Having seen folk carrying out antics of dubious content, quality and effectiveness usually with much enthusiasm I am going to briefly comment on 'stretching' as I see it.

WHY

because repetitive running results in some leg muscles becoming stronger than the muscles that oppose their action producing a muscle imbalance and lack of flexibility. Runners may then progressively lose the ability to fully and painlessly stretch their calves, hamstrings and thigh muscles - this lack of flexibility either locally or generally will put one at risk as at some stage an extreme position will make demands on the full range of joint movement.

WHEN

- there is an imbalance,
- recovering from injury,
- one wants to,

Hence if you are now a candidate the actual procedures should be carried out at least during the warm-up, before and after training runs.

HOW

- warm up by gently jogging for 5-10 minutes to increase the tissue temperature as this permits an increased stretch.

- select the appropriate position, then apply a stretch slowly. If muscle is stretched suddenly it's inner mechanism will cause fibre to contract or tighten not to stretch.

- now perform a static tightening (ie. brace the muscle without allowing any joint movement, as when flexing the biceps) hold this for 5-8 seconds.

- relax the muscle slowly for 5 seconds.

- then restretch slowly the muscle to the maximum, hold for at least 15 seconds.

Now repeat the sequence 3-5 times

The usual 'error' is the manner in which the stretch is acquired. Muscle will only stretch completely when a gradual force is applied and maintained. DON'T jerk or overstretch in a bouncy manner or the opposite effect will occur.

Following injury - stretches should usually be commenced gently 3-4 days post injury. Let pain be your guide - don't stretch and cause pain. The stretch should be gradually be increased until full and painfree compared to the other side. Inappropriate or overforceful stretching may be harmful.

Remember that inflexible muscles work less efficiently than flexible muscles. are injured more often so good stretching promotes efficiency and fewer injuries.

Jeanette D.



STRETCHING TECHNIQUES

The following are three stretching techniques which I have chosen in conjunction with the preceding article on 'stretches'. It is appreciated that there are many positions in which one can effectively stretch any one muscle group. It is up to the individual to find the one most suited to himself. The examples have been selected for their ease, effectiveness without stressing other areas of the body or encountering factors which may alter the effectiveness of the stretch.

1) For calf muscles

a) the superficial group - adopt a position standing leaning against the wall (or some other suitable object) as pictured. The right leg is to be stretched place this furthest from the wall - ensure the right heel is kept flat on the ground throughout the procedure. The right knee must also be held straight. Then follow procedure outlined in 'stretches' The static tightening means pushing the forefoot into the ground without allowing the ankle to move.



b) the deep calf muscles
Adopt the same position as above, however the knee is slightly bent until a 'stretch' is felt. Then continue as stated.

2) Anterior thigh muscles

Stand, supporting self with left hand, the right hand grasps the right foot raising the heel towards the buttock. The static tightening involves pushing the foot against the hand as if straightening the leg however no movement is produced. When doing this ensure you stand straight, don't lean forward and keep the thighs parallel

3) Hamstrings

- Method of my choice - place your heel on a stable object level with your hip. Keep the knee straight and toes pointing upward. To tighten, push heel hard down on supporting surface hold, relax, then to stretch, bend forward at hips - try to keep lower back straight.

N.B. the above procedures have been to stretch the right leg just reverse the procedure for the left leg.

SOME HELPFUL POINTS CONTRIBUTED BY H.B. CLUB MEMBERS

1. Plan ahead: Read all features inside the control circle so that when you get near the circle you know all the features within it and have an attack point ect.
2. Keep reading the map—thumbing as you go along.
3. Run at a pace that suits your own capabilities.
4. If you are in a very competitive grade - you have to take risks to be in with a chance to win.
5. Practice reading the map while running.
6. Use long non-thinking legs to study the fine details around the control.
7. Plan your route choice by map reading back from the control site to be visited, selecting a prominent feature (Spur, Re-entrant, Stream ect) to lead you into the circle. Once inside the circle fine-orienteer to the control. Never change your mind once you have decided which route you are going to take.
8. Do not stay at the control to plan your next leg, move on in the right direction until you are out of site. Try to keep moving at all times, even when you are reading the map.
9. When preparing your route for the following leg relate map and compass to the land around you as you go. Set your sights on a distant feature and run to it on a compass bearing.

SOME HELPFUL POINTS PASSED ON BY NZ SQUAD MEMBERS

1. Always know exactly where you are on the map. If lost go to the last known point.
2. When planning each leg tick off features as you find them.
3. Aim to a major feature somewhere in the immediate vicinity of the control point.
4. AS you approach a control decide at which angle you should leave the control to set you on the right course to the next control.
5. Memorise the control code and description of the next control.



NATIONAL CLUB RELAYS - ORIENTEERING CHAMPIONSHIPS

SUNDAY 12th MAY 1985 AT PAUATAHANUI

REGISTRATION FROM 0900 START FROM 1000

PAUATAHANUI: is 30km north of Wellington (and only about 75km from the NZ Individual Championships on Saturday)

TERRAIN: is varied, comprising forest and farmland ranging from flat to steep. 1:15,000 6 meter contours

ORGANISED BY: Wellington Orienteering Club.

Coordinator: Ross Quayle Course Setters: Brian Long
Charlie Stober

Cartographer: Leo Homes Controller: Ghaham Fortune

FEES: \$13.50 per team.

However individuals may enter (at \$4.50 each) and the organisers will attempt to match these into suitable teams. If this is not possible the individuals will still start and have their results recorded.

CLASSES: Open

Womens Open Cross cheques, payable
Mens 35+ to Wellington
Womens 35+ Orienteering Club
Junior 15-18
Junior 14 and under

Mixed A (no more than one 21A)

Mixed B (no M21 who has ever run A grade)

ENTRIES: Close on 21 April 1985. Send to:

Ken Glew
12 Bloomsbury Grove
Wellington 4

LATE ENTRIES:

will be accepted
up to 30 April if
accompanied by
double fees.

TEAM NAME _____

NAME AND ADDRESS _____

CLASS _____

ORDER	NAME	GRADE	CLUB
1 (or short)+			
2 (or med)+			
3 (or long)+			

+ Applies to mixed teams only. The starter will assign the final order which may differ from this sequence.

C & B. Tail

April 1985