

COMPASS



POINTS

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Editorial

Dear O'ers,

Here beginnith the third apostle for this year. Unfortunately there were no volunteers to edit this Compass Points so you had to put up with me. We certainly were not short of material this time, and I would like to thank all those who contributed. I have just commenced a full time job and haven't been able to put as much care and thought into production as I would have liked to. Maybe someone with a little more spare time than I, would like to give some serious consideration to either our August or October edition. I would be most grateful to any offers as it really is a mammoth task.

Now for a bit of personal news from some of our club members. Trevor has taken up permanent residence in Palmerston North and will be missed I'm sure. Liz and Ray have been keeping in touch, and are obviously finding plenty of time for orienteering in Victoria. If anyone wishes to read all about it or see maps, contact me as I have all their latest news. Several of our more competitive members have travelled all over the North Island recently, and the results can certainly be seen in club events. Obviously, practice makes perfect (in the majority of cases).

Julie

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Results

COMMENTS FROM COURSE SETTERS FOR OY1 1985 AT 'GRANULES'

MARAETOTARA ON 14 APRIL

Congratulations to all winners and thanks to the farmers and the weather, (and to the Maraetotara River - from Trevor) a good day was had by all.

Times were very close on Courses 1, 2, 3 and 5 and it promises well for our OY competition this year. Whilst the start/finish area was a good one we apologise for having to put most of you up those cliffs in order to get to your first control. We hope that Messrs Lloyd and Sapsford (setters of OY 6 at Granules) are more lenient on you (and us, as we'll be running it next time). There are some good start/finish areas down at the southeastern end of the map - take note Ted and Maurice!!

We feel the course setters of our farm map areas should get a detailed land tenancy/ownership map and contact phone numbers before they set out to survey potential control sites. They are then made aware of whose property they can pick mushrooms on (especially around Easter), whose fences they have broken, whose rocks they have made nail holes in and whose spring water they have tasted and muddied with their boots. This would prevent any embarrassing encounters such as we were unfortunate enough to experience.

We were thrilled by the numbers of newer members, novices and visitors who tried their hands at competitive orienteering and really put in an effort to get a good time. We hope that they come to our forest events and develop their orienteering skills in more technically difficult conditions.

We finally apologise to those on Courses 4 and 5 for making one of your legs (2 to 3 on Course 5 and 4 to 5 on Course 4) too easy - you could see the next control from the one you were at (but you had to be looking in the right direction). To those who thought our height estimations were somewhat awry; you're right - we didn't take a tape measure! To those who thought we hid a couple of controls - you're right - but we gave you some extra-easy ones to make up for them. To those of you whose bodies, especially ankles, didn't stand up to the terrain; whose tongues, especially Wendy's couldn't wait for a beer (she almost broke a fetlock running for a bottle); whose minds, especiallycouldn't take all that pressure, our commiserations and better luck next time.

Julie and James Watson



GRANULES RESULTS



COURSE A 6.8 KM M17-39 OY POINTS

1. R Bee	61.34	25.00
2. T Carswell	64.45	23.77
3. P Watson	67.10	22.91
4. R Frechtling	75.59	20.25
5. M Lloyd	83.16	18.48
6. D Matheson	104.07	14.78

Non Competitive
Sutton Family 197.51

COURSE B 5.4KM M40

1. S Hyslop	53.10	25.00
2. Tait	62.01	21.43
3. Crawford	67.14	19.76
4. P Mardon	72.58	18.21
5. R Munday	74.25	17.86
6. T Pluymers	83.30	15.91
7. D Smith	85.58	15.46

Non Competitive
C Shepherd 112.24

COURSE C 3.4KM W17-39, M17-39B

W17-39

1. F Crawford	43.45	25.00
2. C Watson	49.30	22.09
3. L Lloyd	54.09	20.19
4. W Bee	54.57	19.90
5. B Munday	75.52	14.41

M17-39B

1. M Bron	78.46	25.00
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COURSE E 1.3KM M12, W12

W12

1. K Watson	25.21	25.00
2. P Sapsford	26.33	23.87
3. A Watson		5.00

M12

1. I Mardon		5.00
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COURSE D 2.3KM W40, M13-16

W40

1. S Mardon	42.37	25.00
2. A Sapsford	62.19	17.09
3. B Tait	63.07	16.88

M13-16

1. R Mardon	26.26	25.00
2. A White	40.39	16.25

Non Competitive

1. J Dobbs	39.50
2. T & N White	43.58
3. J Lockhart	49.56
4. Heather & Phillip	53.09
5. Sinclair Family	73.17

Non Competitive

1. Munday Group	56.55
2. Glenda & Jamie	59.05
3. Kathy & Lynley	63.28

The courses were run by Wendy and Roger Bee and proved to be a real challenge to all who competed. The turnout however was a little disappointing.

COURSE A 4.75 km OY PTS

1. M Lloyd	61.16	25.00
2. P Watson	79.16	19.32
3. T Carswell	88.52	17.23
4. R Fretchling	97.55	15.64
5. D Matheson	146.57	10.54

COURSE B 3.9 km

1. C Tait	60.09	25.00
2. B Crawford	90.19	16.64
3. D Smith	103.38	14.51
4. S Hyslop	105.07	14.30
5. P Mardon	113.37	13.23

COURSE C 2.6 km

1. P Crawford	65.58	25.00
2. L Lloyd	77.52	21.17
3. J Dobbs	101.18	16.28
4. C Watson	187.50	8.77

Non Competitive

A White 64.54
H & T White 121.28

COURSE D 1.75 km

1. S Mardon	45.29	25.00
2. B Tait	91.05	12.48
3. A Sapsford	111.38	10.18

Non Competitive

W and C Lee, T Sapsford 75.45

COURSE E 1.15 km

1. P Smith	35.50	25.00
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COURSE F TAPED COURSE FOR CHILDREN

1. R Sapsford	4.20
2. A Kemp	5.13
3. C Smith	5.50
4. L Black	5.59
5. J Bee	6.20
6. S Bee	11.21
7. A Lloyd	16.19
8. K Edgar	20.25

I believe there were also some very big kids on this course as well!



TUKI TUKI I ILTS 19 MAY

Dave Smith was the course setter for this event. It was a beautiful day and it was pleasing to see so many people turn up. It always gives us hope when we see new people prepared to give Orienteering a go. Maybe our advertising does some good (when those responsible remember to do so !!).

HARRIERS LONG COURSE 8.25 km

1. W Edgar 56.10
2. B Davey 57.13
3. A & P Muijllwijk 58.12

HARRIERS SHORT COURSE 4.56 km

1. Diana, Cathy, Brenda, Kirsten
63.43

COURSE A 9.9 km

1. P Watson 55.58
2. M Lloyd 57.51
3. R Bee 57.59
4. C Tait 64.36
5. J Watson 70.52
6. S Hyslop 74.09
7. D Matheson 81.09
8. T Carswell
and
R Frechtling 88.42
(and there were 2 brains!!!)

COURSE B 3.4 km

1. M Davey 27.13
2. J Dobbs 31.57
3. C Watson 33.11
4. B Crawford 35.22
5. J Watson 40.24
6. M Bron 41.38
7. W and C Lee 42.19
8. A White 50.19
9. Blair group 52.32
10. Chris and Justin 53.07

COURSE C 1.87 km

1. K Watson 21.03
2. P Sapsford 24.42
3. N and T White 30.37
4. P Smith 39.36
5. Frechtling group 49.02
6. K and J Edgar 58.25

NOVICE COURSE 1.22 km

1. A Watson 26.54



RARETU RELAYS

9 JUNE

Six teams competed in this very well run event. The organisers were Roger Bee and Lyn Gentry. Numbers were disappointing - for some reason relays never prove very popular, and they always provide good spectator participation. Raretu was no exception, with all finishers being cheered and clapped to the Finish banner. The courses were technically excellent and Quote: 'Just proves how well courses can be set, in spite of the area.'

RARETU RELAY RESULTS 9/6/1985

1. Bev rait	Colin Tait	Caroline Watson	
26.03	44.04	32.17	102.24
2. Kylie Watson	James Watson	Julie Watson	
32.24	51.12	45.47	129.23
3. Anna Watson	Stewart Hyslop	Wendy Bee	
36.13	43.45	51.36	131.34
4. Diana Smith	Dave Smith	Peter Smith	
21.47	75.17	44.39	141.43
5. Lyn Gentry	Peter Muijlwijk	Anneke Muijlwijk	
28.23	58.35	57.59	144.57
6. Heather Mardon	Philip Mardon	Sharon Mardon	
27.23	70.47	47.36	145.46

R E M I N D E R S R E M I N D E R S

When crossing electric fences please donot cross at fenceposts. Insulators tend to be broken and farmers are not very keen on spending several days checking them to see where they are shorting.

CLUB CHAMPIONSHIPS AND INTERCLUB WITH RED KIWIS

It has been confirmed from Red Kiwis that our Annual Inter-club will be held on 17 November. The venue will be a new map close to Palmerston North. Our Fictures Officer (bless him!!!) has decided to also incorporate our Club Champs into this event. Mark it on your calendar and if there is a need, we will book either a bus or a mini-bus closer to the date.

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1985 Orienteer of the Year Series.

	<u>O.Y.1</u>	<u>O.Y.2</u>		<u>O.Y.1</u>	<u>O.Y.2</u>
<u>M.12</u> Iain Mardon	5.00	-	<u>W.12</u> Kylie Watson	25.00	-
Peter Smith	-	25.00	Fiona Sapsford	23.87	-
			Anna Watson	5.00	-
 <u>M.13-16</u>					
Russell Mardon	25.00	-			
Angus White	16.25	-			
 <u>M 17-39</u>			 <u>W17-39</u>		
Maurice Lloyd	18.48	25.00	Fiona Crawford	25.00	25.00
Peter Watson	22.91	19.32	Linda Lloyd	20.19	21.17
Prevor Carswell	23.77	17.23	Caroline Watson	22.09	8.77
Moss Frechtling	20.25	15.64	Wendy Bee	19.90	-
Roger Bee	25.00	-	Jeanette Dobbs	-	16.28
Doug Matheson	14.78	10.42	Brita Munday	14.41	-
Wayne Edgar	-	5.00			
 <u>17-39B</u>					
Martin Bron	25.00				
 <u>M.40</u>			 <u>W 40</u>		
Colin Tait	21.43	25.00	Sharron Mardon	25.00	25.00
Stewart Myslop	25.00	14.30	Bev Tait	16.88	12.48
Brian Crawford	19.76	16.64	Anne Sapsford	17.09	10.18
Phillip Mardon	18.21	13.23			
Dave Smith	15.46	14.51			
Roger Munday	17.86	-			
Tony Fluymers	15.91	-			

<u>NEW SILVA 5NL</u>	<u>NEW SILVA 5NL</u>	<u>NEW SILVA 5NL</u>
Extremely steady Needle		
Interchangeable Scale		
Streamlined for fast setting		
Normal price.....\$31.60		
To HBOC Members.....\$30.00		
From A and E Sapsford	Family Bookshop - Flaxmere	

As we have several new members who are keen enough to enter our O.Y. events, and good on you all, I thought it was about time we republished the International Pictorial Code descriptions. These are always used on more competitive events.

INTERNATIONAL ORIENTEERING FEDERATION INTERNATIONAL CONTROL SYMBOLS

Because of the many countries, and thus many languages, of orienteers and international pictorial system of control descriptions was introduced in 1977. All national and championship events in New Zealand, as well as the top courses at many local events use these symbols now. At most PAPO events both english and international control descriptions are given. (However, you usually have time to translate them into english.) They are very easy to learn, easier than words to understand at a glance, and, for those who write their control descriptions on their control cards, they take up less room.

HEADING

- I. class (H = M; D = W)
- II. Course length (as the crow flies), in km
- III. Climb, optimum route, in metres

I	II	III
H21B	6.7 km	210 m

FINISH

- | | |
|-----|--|
| 230 | All the route marked from the last control (may be forked) |
| 110 | Navigate to finish |

CONTROL DESCRIPTION

A	B	C	D	E	F	G	H
3	SN	→	⊙		8.6	┌	⚡

- A control number
- B control code (on the flag)
- C which (of any similar) feature
- D the control feature
- E appearance of feature
- F dimensions of feature
- G location of marker
- H other important information

↑ ** THE MOST IMPORTANT ITEM LIES TO THE RIGHT OF THE THICKER LINES **

Have a go at translating the example on the following page into english. The answer will be in the next newsletter as well as up at the Bottle Lake event (it's the same example used for explaining the symbols on the 'International Orienteering Symbols' board.

AT OY (orienteer of the year) EVENTS ONLY INTERNATIONAL SYMBOLS ARE USED FOR DESCRIPTIONS. SO HAVE A GO USING THEM AT BOTTLE LAKE ON MARCH 3rd.

C WHICH FEATURE

	Southern
	Northern
	Urban
	Lower
	Middle
	Between

D E F COMBINATIONS

	Path Crossing or Intersection
	Path Rule Crossing
	Road Junction
	Stream Ditch Junction
	Stream Bend
	Dry Ditch End (or Beginning)

EXAMPLE

H	21-E	12.3	270
1	32		
2	36		
3	44		
4	49		
5	54		
6	61		
7	63		
8	64		
9	69		
10	70		
○ > ----- 350 ----- > ○			

D CONTROL FEATURES

Land Form	Vegetation
	Rock and boulders
Water and marsh	
	Man made features

Additional Symbols

	Fodder rack
	Rock pillar
	Single tree
	Root stock
Special items the definitions of which must be supplied to the compiler in advance	

E APPEARANCE

	Shallow
	Deep
	Overgrown
	Open
	Rusky
	Marshy
	Sandy
	Coniferous
	Deciduous

F DIMENSIONS

5.5	Height in metres
7-5	Size in metres

G LOCATION

	North side
	Northwest edge
	East corner (or east end)
	SW corner
	Southern tip
	Western part
	Upper part (or inside)
	Lower part (or front)
	On the top of
	The southern front
	At the foot (direction not specified)

H OTHER RELEVANT INFORMATION

	Refuge
	Radio Control
	Control Check
	First aid

RELAYS AND BADGE EVENT IN TAUPO

The last major event before the World Champs in Australia.

CDOA RELAYS (FUN EVENT)

Date Sat 3 August. First leg runners start midday
Venue Poihipi Farm Forest. 14km west of Taupo on Poihipi Road
Map 1 : 15000, 5m Contours, 5 Colour
Terrain Rolling to hilly farm forest with patches of native bush
Grades Teams of three runners
Mixed A (Maximum one M21A)
Mixed B (No M21A allowed)
Entry Fee \$6 per team. (No Money - No Entry!)
Course Setter : Les Galloway
Course Vetter : Russell Oliver
Controller : Jim Lewis

CDOA CHAMPS (BADGE EVENT)

Date Sun 4 August. First starts 10am
Venue Opepe. New area 13km east of Taupo on SH5
Map 1 : 10000, 5m Contours, 5 Colour
Terrain The most intricately detailed contour area ever seen on an orienteering map in New Zealand (Endorsed by Photogrammetrist Chris Wilmott) with many patches of native bush
Grades M12. W12. M13-14 A,B. W13-14 A,B. M15-16. W15-16. M17-18. W17-18. M19-20. W19-20. M21 A,B,C. W21 A,B,C. M35 A,B. W35 A,B. M40 A,B. W40 A,B. M45 A,B. W45 A,B. M50. W50. M55.
Entry Fee Senior - \$6; Junior - \$4; Family- \$16 (Maximum) (No Money - No Entry!)
Course Setter : Tony Trass
Course Vetter : Jim Lewis
Co-Ordinator : Terry Brighthouse
Controller : Yet to be Nominated by NZOF

CLOSING DATE (FOR BOTH RELAYS AND CHAMPS)

FRIDAY 5 JULY 1985

Late entries accepted up to 12 July 1985 PROVIDED a late entry is enclosed per event (no exceptions).

Late entry fee : Relays - \$10 per team
Champs - \$10 per person

T-SHIRTS

A commemorative T-Shirt will be available as a souvenir of the event. If required, please indicate with entry. Sizes available are : 72; 77; 82; 87; 92; 97; 102; 107; (centimetres)

RELAYS

Team Name	Leg	Runners Name	Club	Runners Grade	A or B Grade	Fee
	Long Medium Short					
	Long Medium Short					
	Long Medium Short					
TOTAL						*****

CHAMPS

Name	Club	Grade	Year of Birth	T-Shirt Size	Entry Fee
TOTAL ENTRY FEE =					
PLUS ___ T-SHIRTS @ \$10 EACH =					

MAILING ADDRESS : _____

CHEQUES PAYABLE TO : TAUPO ORIENTEERING CLUB

POST ENTRIES TO : TAUPO ORIENTEERING CLUB
P O BOX 666
TAUPO



SOCIAL EVENTS



CLUB DINNER

CLUB DINNER

CLUB DINNER

An invitation to all to attend the dinner of the year.....

WHEN.....Saturday July 13 at 7.30p.m.

WHERE.....Four Winds Restaurant, Napier (Chinese Cuisine)

HOW MUCH.....Approximately \$17 per head

Definite attendance numbers are required by 28 June

PHONE ROSS AT 445550

SWEATSHIRTS

SWEATSHIRTS

SWEATSHIRTS

Sweatshirts are still available in Men's and Large sizes.

Cost - \$22

Phone Ross - 445550

CAR ORIENTEERING

CAR ORIENTEERING



On 28 April some of our members experienced something rather different as far as Orienteering goes. Bjorn Simonsen, who is an experienced Danish Car Orienteer, went to a great deal of trouble planning an event for us and trying to instruct us all about it.

We all set off at 3 minute intervals complete with an array of instructions including maps with pieces twinkled out, tulips which are a very strange way of trying to tell you which way to go and how far to go, etc. Confused? Well you should have tried to navigate. Check points consisted of

metal flags with letters on them, and unlike ordinary orienteering, it was possible to pass each one more than once, therefore recording it several times.

It certainly was a different sort of exercise and as far as the J Watsons were concerned, not a lot different from foot orienteering- more good luck or intuition, rather than carefully planned skill. If anybody I knew had seen us following other cars through some weird and wonderful places e.g. cool store yards, they really would have wondered I'm sure.

However, it was a unique experience and most people seemed to have a lot of laughs, either at themselves or cars they happened to pass en route. I'm not sure that I'd be rushing back for a second attempt. I'd sooner save petrol and gain more physical benefit from thrashing through forests, etc on foot.

By the way, the joint winners were W and R Bee, C and P Watson, and Sylvia and Hans (friends of Bjorn's who had done it all before), so maybe there is a moral there somewhere!! (I'm still searching for it!!! Never was very bright though.)

INDOOR CRICKET

INDOOR CRICKET

After our car orienteering, a bit of a run for some of us, and a light tea, HBOC took to the pitch in Manchester St and had a most enjoyable game of indoor cricket. I'm not sure who chose the teams (could it have been that Fixtures man again?) but there appeared to be an imbalance somewhere. However, some of us (eh, Colin?) did our best to score well for the team, and a few talented people (could one have been Mrs Fixtures?) came to the fore. What have you been doing with all that talent, Wendy? However, another most enjoyable event which should be repeated again in the not too distant future.

Numbers Indoor Cricket
 Manchester Street, Hastings
 Phone 797484

GRADE

DATE

TEAMS - Winters Club 1 - V - - - - 2

Wendy Bowler	1 2 0 0 4 1 2 0 0 2 1 2 0 0 1 2 0 0 1 0 0	17	Ross Bowler	1 1 0 1 2 2 3 1 0 0 2 0 0 1 0 0 1 0 1 0 0	27
Prog. Score	5	11	13	17	15
Jane Bowler	1 1 0 2 0 2 2 0 0 1 2 0 0 0 0 0 0 0 0 0 0	3	Trevor Bowler	2 2 2 0 1 2 0 2 2 0 0 1 0 3 3 1 1 1 1 1 1	22
Prog. Score	-13	-11	-11	-14	28
Diana Bowler	2 1 1 2 0 0 1 0 3 0 0 1 0 0 1 0 0 0 0 0 0	3	Caroline Bowler	4 2 2 0 1 1 2 2 2 2 0 0 0 0 0 0 0 0 0 0 0	8.5
Prog. Score	8	-2	-4	0	18
Rodger Bowler	2 1 1 2 1 2 0 2 2 1 2 3 2 0 0 0 2 2 2 2 2	10	Sandra Bowler	0 0 3 0 0 2 2 0 0 2 0 0 2 0 0 1 2 1 2 1 2	114
Prog. Score	1	11	10	7	5
Jane Bowler	1 1 1 1 1 1 0 0 2 0 0 1 0 0 0 0 0 0 0 0 0		Wendy Bowler	0 0 1 1 0 0 1 2 2 1 1 2 3 0 0 0 0 0 0 0 0	18
Prog. Score	1	11	10	7	5

FLAG FLYING AT PAUATAHANUI

For me to be the flag flyer is such an unusual occurrence it deserves to be recorded.

Orienteering started early on the Sunday and I opted for the Horokiwi Road as my route to the start, instead of the State Highway. If the object was to, climb, wind and take a lot longer than was desirable, we did fine.

Arriving about 40 minutes before the start, I met my partners for the Mixed B relays. Dorreen Oldfield (W50, SA) and Gavin Pearce (M16. H).

I had the long leg (4.8km) and was the first runner. It was a beautiful day, an easily read map, terrain about as steep as Smedley, and a pleasure attempting to put it all together. My downfall was No. 3 (No. 3 and I do not click as a rule) where I allowed other runners to influence me instead of reading the map. I guess five minutes. The rest fell into place very nicely. I haven't seen the final times but I took 54m. The fastest I saw was 47 mins, with several on 53 mins.

Doreen, was next away on the short leg, made one big error and clocked 54 mins as well. Gavin, who is about 6'4", likewise made a boob. He can run so fast he was about 500m off course before he knew it. He clocked about 40 mins.

I have not experienced many relays, but I would say our chances of a place would be fairly slim. I enjoyed the run and meeting my partners. We finished the event knowing each other quite well. My sympathy for the map makers who, at the 11th hour, were faced with the gas pipeline being dug fair and square right through the middle of the area.

With my travelling record I hardly feel the one to put the question - why didn't we have a H.E. team to join the 101 others? I guess travel weariness could be one explanation.

Stewart Hyslop

EASTER 3-DAY - MANGAWHAI

Day 1 dawned overcast and as over 260 orienteers readied themselves for their courses it got progressively worse. I wasn't long underway, having one of the earliest start times, when the rain started pouring down.

Pausing at the start control to get my bearings on the map, I seemed to be looking at a mass of colours and lines, none of which made a lot of sense, but there it was - a track to my first control - and I was off. Clocking off the first five controls was no problem but in my enthusiasm to finish I ran off in the wrong direction at No 5 and found myself bush bashing along the foreshore for 20 or so minutes. I finished up making my way along the beach, wet sand heavy underfoot but better than what I had been fighting through, until I knew I was near the last control. Even then I wasted time and energy fighting through elephant grass and tree prunings to clip No 6 and finish.

Nobody hung around too long waiting for times to be posted. It was too wet and Northwest were having trouble with their computer. BEJ sausys were doing a roaring trade though. I learnt later I was in third place, 10 minutes behind the leader. To think what it should have been..

Day 2. Dare we look skyward? Well, it didn't look too bad but winter woollies were still high on my list. The Start was ten minutes from the car park - bad news for late-comers.

Had no trouble getting away today but overran No 1 by 150 metres! Just meant several minutes wasted as the control feature stuck out like a sore toe. Eager to regain lost time and thinking I hadn't come to the clearing, which in fact was a narrow ride - my attack point - I spent a long time making my way uphill through unpruned thick forest in search of a white post, my man made control. Ready to give it all away and annoyed it was only the second control I turned round and there it was. Couldn't believe my luck. It had been a waste of time looking for the white post - it was lying on the ground.

Took it more carefully from there. Never really felt I knew exactly where I was. It was a bad run and I was relegated to fourth place, over 30 minutes behind the leader.

The day turned out a beauty weather wise and had been hot running. It transgressed that just about every course on Day 2 was scratched for one reason or another; mine being one of the few that weren't - just MY luck!

We were able to reclaim our maps for Days 1 and 2 and back at Mangawhai Village Motor Camp there were post-mortems to keep us all talking for hours.

Day 3. Northwest had kept the best till last. Just as well as they had been plagued with problems. The controller was to be located at the foot of a white flag flying on the end of a fishing rod.

Mangawhai North forest was, for my course anyway, superb. Clearings today were to be avoided, being full of brush and gorse. The forest was clear and features easily identified.

I periodically looked behind fully expecting to see the next orienteer on my course right behind me. I was first out - each day in fact - so I had to at least come in to the Finish first.

No 2 placed came in behind my overall time and it suddenly dawned on me that I hadn't seen No 1 placed anywhere. Checked the noticeboard - no time posted for Day 3 - so I sat at the Finish - and waited.. what a harrowing experience. Thirty minutes is an eternity in orienteering!

It seems it was my turn for a good run (at last) and her turn for a bad one. She found herself miles out, amongst 2nd A orienteers, finishing in over an hour and thereby giving me first place, eight minutes ahead overall. Made three days orienteering worthwhile after all!

Carloads headed homeward easily identifiable as orienteers from the generous covering of dust or was it the flags painted in the dust?.. fare ye well Mangawhai - may some kind forestrymen prune your trees so we don't have to scratch ourselves to death at the next event.

Caroline Watson

THE BEGINNING OF THE END

by ?

Waiting at the start chute
For the second trial to begin
Many thoughts rush round my head
Number one is, will I win

When I really think about it
I shouldn't give a stuff
Cos you can't be selected
When your name's not even up

But hang on just a minute
There are others in my grade
And maybe if I muck them up
Their chance will surely fade

And yes I've just remembered
My own challenge of the year
To WIN the clipper trophy
Watch out Colin, do you hear

But standing at the result board
I can clearly see
Those thoughts at the beginning
Did not get through to me

Cos written right before my eyes
Black letters, big and bold
The name Fiona Crawford
Was seventh - an iron not a gold.





COURSE SETTING COMPETITION

THE MAP: First Class Australian Map drawn to IOF Standards.

BASIC REQUIREMENTS: Set one course - Seniors - M35A
Juniors - W15A

Courses to be drawn to IOF standards with a technical difficulty commensurate to gold badge standard. Control Descriptions to be attached drawn in IOF symbols.

GENERAL

This is your chance to pit your course setting abilities against those who are doing it all the time and see if you are better. Maybe you've never set a course before. Well, here's your chance to do so and receive advice and constructive comments on your efforts. The latter is an important object of this competition.

Initial judging will be carried out under a similar system to that used by the British Orienteering Federation in their recent course setting competition.

It is hoped that final judgement will be done by a top Scandinavian competitor or organiser.

ENTRY FEE: \$5.00 per person

EXTRA MAPS: \$1.50 each

Entry form and fee must be in the organisers hands by 30 June 1985.

Information (rules, maps, etc.) will be forwarded to competitors as soon as possible after that date.

NOTE: No late entries will be accepted.

You will receive 2 maps, copy of competition rules, relevant NZOF rules, and copy of IOF symbols.

NOTE that junior entries are for those competitors under the age of 18 years, i.e. 17 and under.

Include 2 - 22cm x 11cm S.A.E.'s with each entry

1985 COURSE SETTING COMPETITION ENTRY FORM

NAME	SECTION	SEN	JUN	CLUB	FEE
Extra Maps - \$1.50					
<u>TOTAL</u>					

SEND ENTRIES TO: "Course Setting Competition", 5 Lewis Road, ROTORUA
BY 30 June 1985.

My approach to physical fitness has been developed from the theories and practices expounded by Arthur Lydiard and Arch Jelley. Both men have produced Olympic Champions using the basic principal of well balanced speedwork programme designed to bring an athlete to a peak fitness at the desired time.

It is important that the speedwork programme is preceded by a stamina building programme to increase your overall fitness and train the body to absorb more oxygen (oxygen uptake). Your improved fitness and higher oxygen uptake will enable you to do more repetition when you do the speedwork programme.

The following stamina programme is designed to assist Club and Elite orienteers to improve their fitness before the W.O.C. and NZ - Aust. challenge. Because of the wide fitness standards and ages, I have divided the programme into Elite men and women, Improver and Beginner.

The stamina programme will last 6 weeks and will be followed by a 9 week speed programme. Most orienteers will not have done a programme like this before, so I would like to set up a meeting after the NZ champs to discuss the programme. For those orienteers who wish to do this programme, I would like to follow your progress and offer advice. Please fill in the form below and return to me or post to me - John Robinson, P.O. Box 575, Fukekohe.

Name: ----- Competition Grade -----

Address: -----

Phone: -----

BUILDUP PROGRAMME

I will outline the daily programme by explaining the way we train at Pukekohe.

- Monday: Speedplay - a term used for free running, or run as you feel. Monday usually follows competition on Sundays. It's not unusual to feel a bit flat. We use the horse equestrian course which provides varied grass terrain with some jumps. We mix fast running with jogging. Some of the slower orienteers might mix running with walking during this session.
- Tuesday and Thursday: Long easy Stamina runs - these runs should be done at a pace which is enjoyable. Run at a run/talk pace.
- Wednesday: Include one sustained run at pace. We achieve some leg speed by doing $\frac{3}{4}$ effort for a given distance or preferably length of time. 1st week 10mins, 2nd week 20mins, 3rd week 30mins, then repeat 1st week etc. We do this workout on the golf course. Good undulating surface.
- Friday: Easy run preferably on grass. Include 10 to 15 by 100 metre strides. We run on the local High School ground for this workout.
- Saturday: Easy run up to 1 hour for Elite orienteers.
- Sunday: Competition - 'O' competitions are also training, that is orienteering training. You don't have to win every event you enter. Analyse your weakness and enter the event with the sole purpose of training to correct that weakness.

=====

STAMINA BUILDUP PROGRAMME

Recommended Km's

	ELITE MEN		ELITE WOMEN		IMPROVER	BEGINNER
Mon. Speedplay	8km jog	8km	3km	8km	5km	3km
Tue. Stamina	-	23km	-	15km	10km	5km
Wed. Sustain Run	8km	8km	3km	8km	5km	3km
Thur. Stamina	-	23km	-	15km	10km	5km
Fri. Easy Run (10x100)	8km	8km	3km	8km	3km	3km
Sat. Easy Run	12km	-	10km	-	5km	Rest
Sun. Competition	20km	-	10km	-	10km	5km

Some Thoughts on Course Setting

Planning a course of a given length, I cut that length of whipping twine/thick cotton to scale with 2cm extra. Stick 1cm of each end onto a piece of cloth tape and write the length on to the tape. It is a quick way of working out the extent and possibilities of any given course length.

If every setter sets a circular course, then on some maps the A course runners would rarely run on the middle part of the map. Smedley, Raretu and Phillips Bush. This possibility usually applies where the start positions are limited.

The first exercise I do now is to look for the most interesting route choices, anywhere on the map, pick control sites for those legs, even if they are 'easy' and noting how a small movement of one of the controls can have an immediate effect on the route choice.

Once you get away from the circular course, the temptation can arise for the runner to clip out of numerical order. A second master map (two for C.Y.'s) or prepared maps placed strategically on the course would eliminate that possibility.

The last suggestion is to start early in the winter on the day used for selecting and confirming control sites. Layne and I ran out of daylight when we went to Smedley. Crash crash.....

Stewart Husler

IOF COMPUTER COMPETITION

Heinz Tschudin, IOF Vice President, invites all orienteers to take part in this competition.

The IOF wishes to encourage the use of microcomputers within the sport and to determine technical and operational standards for the future use of microcomputers. This is a challenge to every orienteer in every member country.

Entrants are invited to submit software which has been specifically written for any orienteering application. It must be their own work and be suitable for running on a widely used microcomputer system.

There are three sections:

Section A - Programmes of use to Event Organisers dealing with event processing and administration;

Section B - Programmes making use of the graphics capabilities of the computer and/or associated printer;

Section C - Software not in the above Sections.

The judges will be looking for originality, and emphasis will be placed upon the following points when assessing each entry:

- All software should be written for a popular, widely used microcomputer.
- The software should be elegantly written.
- Ease of use.
- Documentation support should be comprehensive.
- The system should be based on diskette storage.
- Software should be transportable.
- Informative and well presented screens.

There will be prizes both for the overall winner and for Section winners.

The jury members will be:

Heinz Tschudin, IOF Vice-President;
Rolf Heinemann, Chairman, IOF Technical Committee;
Brian Watkins, IOF Technical Committee.

Applications for entry should be made by 30 September 1985 and all work must be submitted by 30 March 1986. Results will be announced at the IOF Congress in Denmark 1986. There is no entry fee for this competition.

If you wish to enter, write to the Secretary General and ask for the entry form and the detailed rules.

WIN A MICROCOMPUTER

All you have to do:

- a) Write a Microcomputer programme for any Orienteering activity
- b) Submit your (free) pre-entry by September 30, 1985
- c) Complete the work by March 30, 1986

Details from:

The Secretary General
International Orienteering Federation
Mile End
DOUNE
GB-FK16 6BJ, Scotland

CONSOLATION PRIZES TO RUNNERS-UP

If anyone is interested in organising an HBOC Sponsorship Activity to raise money for Telethon on June 29-30, please contact either Colin (777624) or Julie (799552) for further information and sponsorship forms. This could be an ideal way to obtain publicity for our club.



NZ Council for Recreation and Sport



HAWKES BAY ORIENTEERING CLUB. FINANCIAL MEMBER (MID APRIL)

BEE	Wendy and Roger	RD, 2 Hastings	750745
BLAIR	Family	c/o PO Eskdale	266327
BRON	Martin	21 Reynolds Rd H.N.	777673
CARSWELL	Trevor	28 Birkenhead Cres. Flax.	799689
CHRISTIE	Derek and Catherine	18 James Cook St H.N.	775409
CLIBBORN	Geoff	30 Kent Tce Taradale	446039
CRAWFORD	Brian, Barbara, Fiona	8 Totara St Taradale	446125
DOBBS	Jeanette	42A Auckland Rd	445550
DONKIN	John and Claire	271 Kennedy Rd Napier	438115
EDGAR	Jan and Wayne	1010A Konini St Hast.	65486
FISHER	Ngaire and Macky	23 Charles St Westshore	59615
FRECHTLING	Ross	42A Auckland Rd Napier	445550
GENTRY	Lyn and Lyn	Park Hill Rd RD2 Hast.	750542
GRAHAM	Irene and George	22 Hastie Pl Napier	438184
		707 Gordon Rd Hastings	88419
HYSLOP	Stewart	France Rd Hastings	69721
LARSEN	Paul	Arataki Rd Havelock N	777001
LLOYD	Linda and Maurice	53 Napier Tce Napier	55488
MARDON	Sharon and Phillip	Evendon Rd Hastings	68558
MARDON	Jenny	Flat 6 69 Queen St Dunedin	
MARSHALL	Kerry and Peter	12 Coverdale St Onekawa	43315
MATHESON	Doug	Ben Attow RD2 Waipukarau	88088(07)
MUNDAY	Brita and Roger	721 Collinge Rd Hastings	69040
NICHOLSON	Liz and Ray	c/o Brown PO Box 51 Waipawa	
PLUYMERS	Tony	23 Avenue Rd Taradale	449938
RABBITTE	Family	6 Given St Havelock N.	775920
RAPSFORD	Anne and Ted	3 Lorne Cres Flaxmere	798993
SMITH	Glenda and Dave	616 Park Rd S Hastings	69862
SMITH	Andrew	45 Rawhiti Tce Kelburn Wgtn.	
SMITH	Christopher	616 Park Rd S Hastings	69862
TAIT	Beverley and Colin	11 Reynolds Rd Havelock N.	777624
TURNER	Heather	13 Rata St Taradale	445645
WATSON	Julie and James	1 Lorne Place Flaxmere	799552
WATSON	Peter and Caroline	1 Tavistock Rd Waipukarau	88208(07)
WHITE	Tim, Angus, Nicola	Mahana RD 4 Hastings	
TAIT	Sandra	11 Reynolds Rd Havelock N.	777624

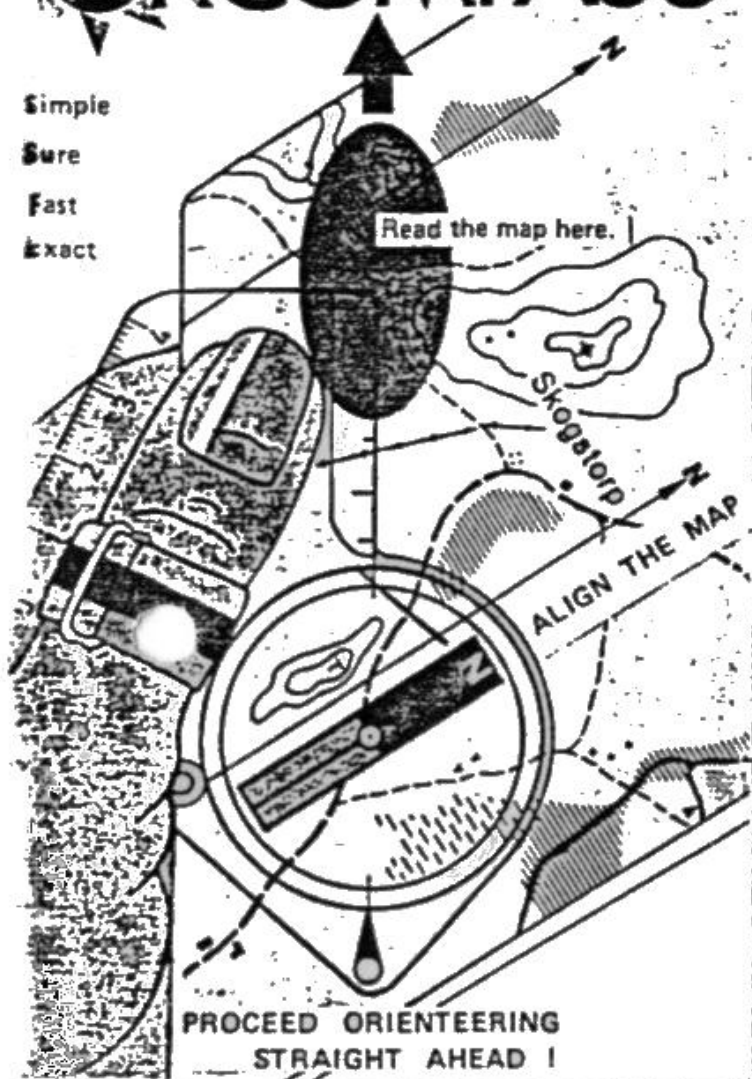


ORCOMPASS

NORCOMPASS

The World Champion Compass.
Won World Orienteering Championships

Simple
Sure
Fast
Exact



EASY TO ORIENTEER WITH!

- Fixed compass housing.
- Map and compass in one go!
- Easy to align the map.
- The compass for all who love the forest.

The Norcompass is now available in New Zealand. Dag Guest from PAGO is willing to make bulk orders from the importers at a cost of \$19.50 plus 50c for posting. If any of our members wish to purchase one please contact Dag as soon as possible at P.O. Box 824 Christchurch. He has a number in hand at present and is expecting more from Finland soon.

June 1985