

COMPASS



POINTS

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Greetings, Fellow Orienteers

I am most grateful to Peter and Caroline for taking on this edition of Compass Points. I hope they have enjoyed the experience and no doubt will be proud of the end result. It makes all the hard work worthwhile!

I would like to take this opportunity to wish Colin all the very best for his trip to Australia as Manager of the NZ team. I am sure he will find the experience a rewarding one, and may we also wish the team good luck.

Congratulations to Jan and Wayne for increasing potential club membership with the safe arrival of Hilary Jane. I believe she is an excellent baby and Jan will soon be back there pounding the fields and forests so be warned fellow lady competitors.

At our last Committee Meeting there was a great deal of discussion on falling Club Memberships, which according to statistics, seems to be a National trend. As far as our own club goes concern was expressed about the number of people who come orienteering a few times, seem to thoroughly enjoy the sport, and then disappear from the face of the earth. We talked about Start Times, Sunday as an event day, friendliness from Club members, but we still did not come up with a positive answer. If anyone has a constructive comment to make the Committee would be only too pleased to hear from you.

As I write this it is the morning of our first really big promotional event for which we have advertised extensively. It will be interesting to see if we have any positive results from this exercise. If not, it will be back to the drawing board.

All the best for the next couple of months orienteering

Julie Watson



EDITORIAL

After the initial panic of a deadline too close for comfort, all has progressed smoothly and as Julie has suggested, putting together this edition was an enjoyable experience.

She has also covered everything else so well that we are lost for words(!), so we shall wish you rewarding orienteering and -

IF AT FIRST YOU DO SUCCEED,
TRY TO HIDE YOUR AMAZEMENT !!

PS: Many thanks to all those contributing articles.

Peter and Caroline

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COMING EVENTS



- AUGUST 25 BLUFF HILL -
Starts from Botanical Gardens
- SEPTEMBER 8 TE MATA PARK -
Starts from the end of Tauroa Road
- SEPTEMBER 21 NIGHT RELAYS -
Taita Rd, Maraekakaho
Starts 6.30 pm
- OCTOBER 6 SEAFIELD ROAD
North West of Taradale
OY5
- OCTOBER 20 ROWE ROAD
Down Middle Road, Havelock North
- OCTOBER 27 AUCKLAND CHAMPS
Multiday
- NOVEMBER 3 GRANULES
Maraetotara Road
OY6
- NOVEMBER 17 RED KIWIS INTERCLUB - H.B. CLUB CHAMPS
- NOVEMBER 24 WELLINGTON CHAMPS
- DECEMBER 8 TUKI TUKI RIVER MAP
Barbecue and social event



NB

Te Mata Park:
Compasses essential but will be available on the day.



NB

Seafield Rd directions:
Taradale (via Meanee Rd)
Church Rd, Wharerangi Rd, Puketitiri Rd, Seafield Rd.

NIGHT RELAY TROPHY

The Club has purchased a small attractive shield which will be competed for at the Night Relays, to be held at Tait's Rd, Maraekakaho, on 22 September. Funds from the sale of the shoes given to the Club by the Nicholsons were used to purchase the shield.

The relay event is to be organised by the Mardon's and they look forward to a good turnout. This event is seen as a "fun" event with teams being drawn on the night.

INTER-CLUB EVENT

A reminder that this year's inter-club with Red Kiwis of Palmerston North will be held on Sunday, 17 November. The event will be held on a newly mapped area close to Palmerston North. A good turnout of club members is essential to ensure that we can win this year's challenge.

This is a good opportunity for those of you who do not normally travel to experience competition in a new area.

ATTENDANCE AT EVENTS

The Club's committee has expressed concern at recent meetings regarding the apparent fall off in attendance at events.

We are sure that everyone must appreciate the time and effort which course planners go to to make each event as interesting and as challenging as possible. A great deal of travel is involved of course when setting courses at more remote venues.

We are looking for suggestions and ideas which will encourage all our members to participate at all events and not just the few hard-core keen members who seem to be there everytime.

Falling membership is also a concern and the committee is looking for suggestions and ideas which would assist in overcoming these problems.

SOCIAL INDOOR CRICKET

Those of you who participated in either of these two games will no doubt be looking forward to the next one.

For those of you who have yet to sample the excitement and action of indoor cricket, Roger Bee is at present organising another game for later this year. He will be announcing full details later.

SMEDLEY COURSE SETTERS COMMENTS

Rain was a pronounced factor in our preparations for this OY event.

On the day we chose our start, finish and control sites, we had heavy showers from lunchtime on. As previously mentioned we also ran out of daylight. Beware all mid-winter course setters.

Our second visit was a beautiful day, but this was the first after many days of rain and we were able to see the effects on the main stream that runs through the map.

Putting out the controls on Saturday afternoon was a wet weather exercise. It was hosing down. We both experienced grass skiing...

Wayne and I had planned to sleep out, using either the caravan or the awning as shelter. When the station manager offered us the use of the shearers' quarters we promptly accepted. Hot shower as well!!

Using the south west corner for the start/finish was initially thought as a way of bringing those who run shorter courses into a new area.

Well we certainly achieved that, but found it difficult to set good short courses, in particular M12 and W12.

The track which appeared on our map corrections could be used as a start/finish for another event. It would have the advantage of crossing a much smaller stream.

Thank you for turning out on such a cold day and we apologise for the error affecting courses A and D. If you would like to know how it happened, ask us.

Stewart and Wayne





SMEDLEY - 23 JUNE 1985

The third event of the six Orienteer of the Year series was held at Smedley Station.

The courses were set by Stewart Hyslop and Wayne Edgar. The weather was very wet and cold and this meant a smaller turnout than usual.

Course A M 17-39

	<u>Time</u>	<u>OY Points</u>
1. Maurice Lloyd	67.45	25.00
2. Peter Watson	78.06	21.69
3. Roger Bee	82.13	20.60
4. Trevor Carswell	94.10	17.99
5. Ross Frechtling	105.26	16.06

Course B M 40

1. Brian Crawford	85.53	25.00
2. Colin Tait	86.22	24.86
3. Dave Smith	125.24	17.12
4. Phillip Mardon	135.48	15.81

Course C W 17-39

1. Fiona Crawford	51.47	25.00
2. Linda Lloyd	62.14	20.80
3. Jeanette Dobbs	73.42	17.57
4. Wendy Bee	76.26	16.94
5. Caroline Watson	90.38	14.28

Course D W 40

1. Sharon Mardon	72.23	25.00
2. Anne Sapsford	110.55	16.31
3. Bev Tait	145.37	12.43

Course E M 12 & W 12

1. Peter Smith	43.16	25.00
1. Fiona Sapsford	50.25	25.00

Non Competitive

Trevor & Donna	32.47	P Coker	81.47
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FRIMLEY

HASTINGS PARK EVENT - 11th August 1985

This event proved very popular - even among competitive orienteers - and attracted a reasonable number of new competitors. It is interesting to note that despite our extensive advertising, 80% of the new folk were friends of existing orienteers.

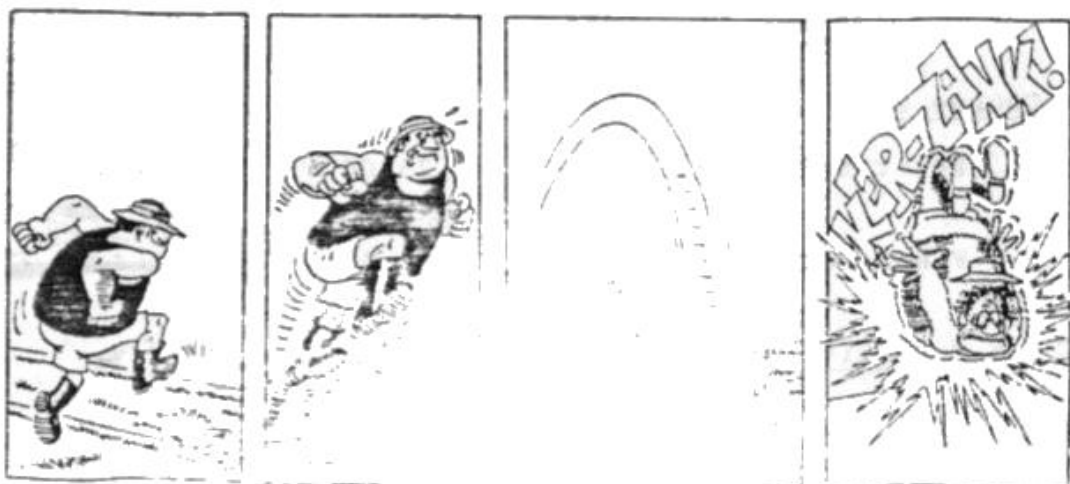
It was amazing to see that we could share a Public Park with so many people without getting in anyone's way. I saw people practicing golf, rugby, hockey, martial arts, a Maori Culture Club, Computer Club and of course, orienteers, all inside 2sq. kilometers.

This type of map is fairly easy, quick and cheap to produce. About 12 hours work as opposed to 100 or more for a colour map - maybe we should produce a few more local park/school areas around Napier-Hastings.

TRAINING EVENT - 7th July 1985

A disappointing turnout here: the people who could have benefitted most didn't come. However, I thought the afternoon worthwhile - particularly the chance to go over the Smedley courses enlarged onto a screen.

Unfortunately we don't seem to get large numbers along to outdoor training events and now the same applies to indoor - does everyone know all there is to learn ??



HASTINGS PARK EVENT - 11 August 1985

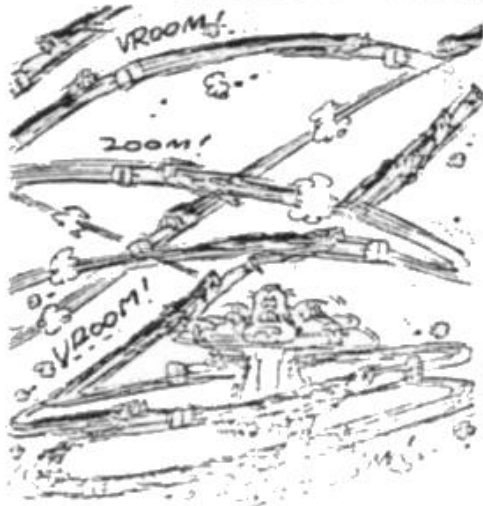
This promotional event was held at Hastings Girls' High School. The area had been mapped by Roger Bee and included Frimley Park and the Lindisfarne School grounds.

The courses were set by Roger and Wendy Bee.

Most people took advantage of the fine weather and pleasant surroundings and did more than one course.

<u>Course A</u>	2.8km	<u>Course B</u>	2.0km
1. P Watson	18.40	1. Ross & Jeanette	19.26
2. S Hyslop	23.30	2. C Frizzel & K Watson	21.05
3. W Edgar	26.22	3. M Frizell & D Angland	23.58
4. C Tait	26.57	4. Hayden & Tony	24.35
5. P Mardon	28.46	5. Rowan & Julian	25.24
6. D Smith	30.20	6. Martin Group	25.38
7. Julie Watson	30.47	7. P Smith	25.50
8. C Watson	31.36	8. J & M McCrea	26.15
9. S Mardon	32.10	9. A Sapsford	26.22
10. D Matheson	33.10	10. A Gobson	26.53
11. A Sapsford	36.15	11. J & K Pluymers	37.35
12. James & Kylie	37.58		

<u>Course B</u>		<u>Course D</u>	1.6km
1. P Watson	12.29	1. Frizell family	18.30
2. D Matheson	15.24	2. J & M McCrea	21.01
3. S Hyslop	18.34	3. R Sapsford	22.31
4. A Foote	29.50	4. Martin Group	22.37
5. M Foote	30.00	5. M Frizell	28.50
6. Christie family	30.13	6. Williams & Ryall	29.45
7. Phillips & Christie	54.20	7. H, K & J Edgar & Kylie	38.33
		8. Ward family	38.35
		9. C Smith	51.45
		10. A Watson	53.01



COURSE SETTERS REPORT ESK O.Y. - 18 August 1985

With all the rain that we had had in the preceding 3 weeks, it seemed a miracle that this event even went ahead at all. When I first went to the area, I had been told by the Forest Service that there were several slips and that they were uncertain as to the condition of the road. I soon discovered that there had been slips across the road and that an alternative route was being used. However, there had been a wash-out on this and it was with some care that I drove beside this and up what, to me, seemed to be a 4-wheel drive track towards the Promised Land.

At the area itself, I soon discovered a slip across the roadway which made the putting out of controls and allocation of the start area somewhat more difficult.

History records that Sunday 18 August was a great day in terms of weather. Sun shining, little wind, not too hot, dry under foot.

An unusual vetting system was adopted for this event because of the difficulty in getting Club members to the area before the day of the event. Courses 1 and 2 were vetted by Roger and Colin on the day and they then vetted Courses 3 and 4 immediately afterwards. The times they ran suggest that they will be volunteering to perform this type of service on future occasions!

To many people, the forest is a real challenge and this was shown by some of the times. However, Esk is an area in which it would be difficult to get completely lost and for many (like Wayne Edgar) it is satisfying to challenge and conquer the course.

Again, the taped course (thank you Roger and Colin) was a real success and all that competed appeared delighted with their orienteering.

I should record that for me and the Course setters, it was a very long day. This began at 7.45 a.m. when discussing the event with the Course setters. I finally arrived home from the event at 5.30 p.m. and Colin Tait would have arrived home at about 6.15 p.m. after dropping off the controls and gear.

Considering that there were 30 competitors, it appears that the time involvement by several of the members is totally out of proportion to the numbers competing. Assuming all 30 competitors were on the same course, with start times between 10.30 and 1.30, all competitors could be started at 6 minute intervals. However, there were 5 courses and the most competitors on one course (with the exception of the taped course) were 7. Assuming those competitors were started over 3 hours still leaves a 25 minute gap between each competitor. This is not only unnecessary; it is somewhat ridiculous.

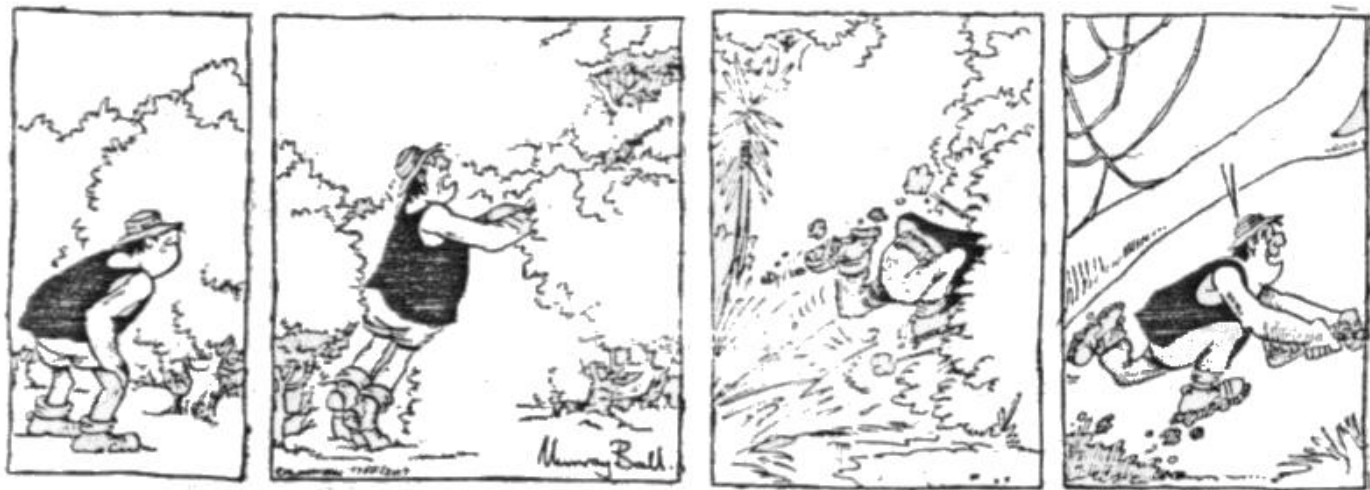
I would suggest that for O.Y. events (which are in the main situated well away from Napier and Hastings) that with numbers as they are at present start times be between 10.30 a.m. and 12 noon. Assuming there were 10 competitors on each course, that would still leave a 9 minute interval between each competitor. Course closure could then be at 1.30 and we would avoid the situation that we have at present with the last competitor finishing at 3.45.

Our Club is not like the clubs in Central Districts, Auckland and Wellington regions which run O.Y. events in conjunction with the other clubs and which may only run 2 or 3 O.Y.s each year. We attempt in Hawkes Bay to run these events for 1 club only and a considerable amount of work is put in by our club members in the organisation and preparation of these events. One of the criticisms that I have had from one family in our Club was that they found that if they went to Orienteering, it took up their whole day. They have other conflicting priorities and found that they couldn't afford a whole day for our sport.

These people could be easily accommodated if we suggested to them that the start times were between 10.30 and 12 and they could then complete their course by say 1.30 and be home at the latest by 2.30. I would welcome comments from other members of the Club on this aspect.

Finally, I would like to thank all members of the Club who were at Esk and who assisted in many ways in the running of this event. My jobs on the day were made considerably easier by the assistance of other club members by way of vetting, collection of controls, placing of taped course, packing up of gear etc. Thank you.

Maurice Lloyd



ESK - OY4 - 18 AUGUST 1985

Course 1 M17-39

	<u>Time</u>	<u>OY Points</u>
1. Roger Bee	65.25	25.00
2. Peter Watson	68.24	23.90
3. James Watson	124.00	13.18

Course 2 M40+

1. Colin Tait	60.23	25.00
2. Stewart Hyslop	76.32	19.72
3. Ted Sapsford	111.13	13.57
4. Brian Crawford	113.47	13.26
5. Dave Smith	121.50	12.39
6. Tony Pluymers	DNF	5.00
Wayne Edgar	106.29	Non Comp.



Course 3 W17-39

1. Fiona Crawford	57.16	25.00
2. Linda Lloyd	63.29	22.55
3. Wendy Bee	66.13	21.62
4. Caroline Watson	108.37	13.18
5. Julie Watson	132.35	10.79
6. Julia Lockhart	DNF	5.00



Course 4 W40+

1. Sharon Mardon	46.04	25.00
2. Anne Sapsford	115.19	9.98
3. Bev Tait	121.18	9.49
Wayne & Catherine Lee	95.55	Non Comp.

Course 5 W12

1. Kylie Watson	26.53	25.00
2. Fiona Sapsford	39.36	16.97

Taped Course (The Major Event!)

1. Kylie Watson (2nd cse)	1.12
2. Rowan Sapsford	2.03
3. Anna Watson	2.40
4. Paul Coker	3.08
5. Julian Bee	3.11
6. Kathy Smith	4.09
7. Simon & Roger Bee	6.44
8. Anita Lloyd	7.04



1985 ORIENTEER OF THE YEAR SERIE

	<u>OY1</u>	<u>OY2</u>	<u>OY3</u>	<u>OY4</u>	<u>Best Three</u>
<u>M12</u>					
Peter Smith	-	25.00	25.00	-	50.00
<u>W12</u>					
Fiona Sapsford	23.87	-	25.00	16.97	65.84
Kylie Watson	25.00	-	-	25.00	50.00
<u>M13-16</u>					
Russell Mardon	25.00	-	-	-	25.00
Angus White	16.25	-	-	-	16.25
<u>M17-39</u>					
Roger Bee	25.00	-	20.60	25.00	70.60
Peter Watson	22.91	19.32	21.69	23.90	68.50
Maurice Lloyd	18.48	25.00	25.00	-	68.48
Trevor Carswell	23.77	17.23	17.99	-	58.99
Ross Frechtling	20.25	15.64	16.06	-	51.95
Doug Matheson	14.78	10.42	-	-	25.20
James Watson	-	-	-	13.18	13.18
<u>M17-39B</u>					
Martin Bron	25.00	-	-	-	25.00
<u>W17-39</u>					
Fiona Crawford	25.00	25.00	25.00	25.00	75.00
Linda Lloyd	20.19	21.17	20.80	22.55	64.52
Wendy Bee	19.90	-	16.94	21.62	58.46
Caroline Watson	22.09	8.77	14.28	13.18	49.55
Jeanette Dobbs	-	16.28	17.57	-	33.85
Brita Munday	14.41	-	-	-	14.41
Julie Watson	-	-	-	10.79	10.79
<u>M40</u>					
Colin Tait	21.43	25.00	24.86	25.00	74.86
Brian Crawford	19.76	16.64	25.00	13.26	61.40
Stewart Hyslop	25.00	14.30	-	19.72	59.02
Phillip Mardon	18.21	13.23	15.81	-	47.25
Dave Smith	15.46	14.51	17.12	12.39	47.09
Tony Pluymers	15.91	-	-	5.00	20.91
Roger Munday	17.86	-	-	-	17.86
Ted Sapsford	-	-	-	13.57	13.57
<u>W40</u>					
Sharon Mardon	25.00	25.00	25.00	25.00	75.00
Anne Sapsford	17.09	10.13	11.31	9.98	43.58
Bev Tait	16.88	10.13	11.10	9.49	41.79

(Congratulations to

Bron)

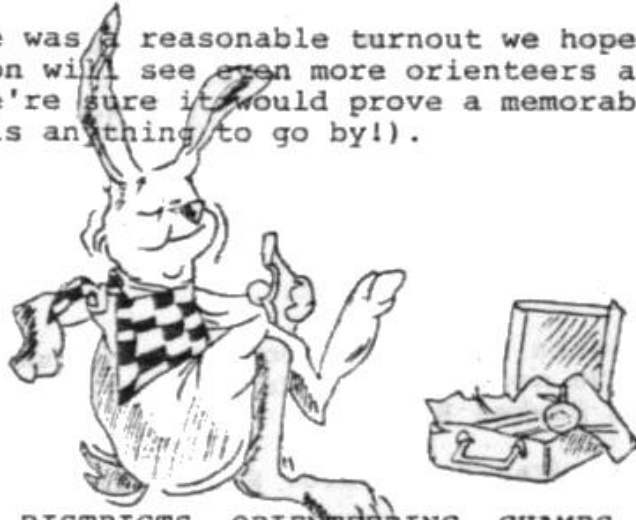
FOUR WINDS RESTAURANT - 13 JUNE

Thanks go to Jeanette and Ross for organising an excellent evening's entertainment. Thoroughly enjoyed by all.

The meal was superb, with dish after dish being brought out and Wendy, our chinese cordon bleu being able to give us a running commentary on what we were eating! We may even have some converts to chinese cooking amongst our ranks now - wonderful effort Ross and Jeanette.

The 'Bee & Co' 'entertainment while you eat' was not to be missed although, unfortunately, it was all too much for the camera and photographic evidence is not available. Perhaps a repeat performance at a later date Bees?.. (and Trev of course).

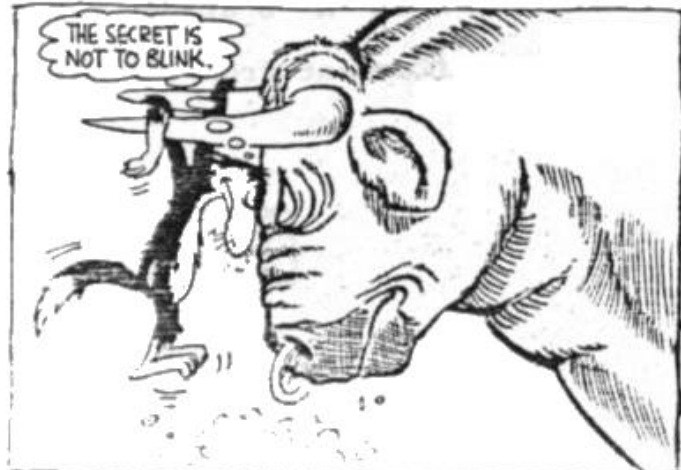
Although there was a reasonable turnout we hope the next social function will see even more orienteers and families attending. We're sure it would prove a memorable occasion (if this one is anything to go by!).

CENTRAL DISTRICTS ORIENTEERING CHAMPSTAUPO - 3 & 4 AUGUST

Hawkes Bay had a surprisingly high number of entrants for this two-day event.

Thankfully it was fine all weekend, though a pretty chilling wind prevailed.

I probably wouldn't be far wrong if I said we all had our ups and downs orienteering this weekend. It had been a while since we had had an event to practise our skills on and Poihipi and Opepe were both challenging maps. Congratulations to Fiona Crawford for setting the fastest time in her grade.



LISMORE OR BUST

Unlike some fairytale maps throughout our N.Z., comments of Lismore have been both cruel and kind so good ol' Red Kiwis Trev made the pilgrimage one fine morn to see for himself what Lismore had to offer... and like in fairytales our fair knights must meet many a challenge before the battle.

Overheating radiators and close encounters with women drivers are but a few. An omen? No said Trev - H.B. has taught me well. Continue - go forth...

The morn was brisk; a summers day was to be born today. Trev's hopes were high; even with Leo Holmes starting ahead of me. Came my turn, I was off - OH NO!!! Straight up 66 metres to control one (who promotes this as a fun sport). What sadists they are. Come to think of it what a masochist I am for control two was worse. Now being lost in Lismore is no joke believe me... when is a clearing a clearing for I have my doubts on this one. Control three? You must be joking. Trev's no fool, nor is he proud. D.N.F. - it's the only way to come out alive.

With a long walk back I began to appreciate the forest in the eyes of a trumper notan orienteer. This map just wasn't me, nor was it for the other 99% on my course (1). D.N.F. for all, but the reason is hush hush.

The snow fights that afternoon at Turoa skifield felt much better. Give me Gwavas or Esk. They're flat, they're fast and they're Hawkes Bay!

P.S. (I WAS WEARING MY H.B. SWEATSHIRT).

Trevor Carswell



THOUGHTS OF...

OPEPE: Only I will ever know how good my run really was...

CDOA RELAYS: I am 'A' B grader. Remember that Pete, 'A' B grader.

(Comment from the editor - Was that "ADNFB" grader?)



S A COMPASSES for ORIENTEERS

Type	7NL:	Without Magnifier	\$12.40
	3NL:	With Magnifier	\$14.50
	5NL:	Top Quality Orienteering Compass - The Best	\$31.60

From A & E Sapsford - Family Bookshop
Flaxmere

** NEWS FLASH **

For those of you who may not have seen this article-written by our Wpk HBHT reporter. (Nothing like a bit of free advertising)



Roger Bee, left, checking in to timekeeper Wayne Edgar after he had completed his orienteering course at Smedley Station, Tikokino, yesterday.

Smedley venue for orienteering

The Hawke's Bay Orienteering Club held an event at Smedley Station,

Tikokino, yesterday.

Mr Maurice Lloyd, president, said about 40 people entered the event.

"We run the events in different age groups, which are basically in five-year age spans," he said.

Orienteering is following a course from a map, with the competitors going at their own pace, either running or walking. The courses are between three and 6 1/2 kilometres long.

One of the events held

yesterday was the third heat in the Hawke's Bay Orienteer of the Year series.

The series is run over six events with the competitors' best four performances counted. The sixth and final heat will be held in October.

Mr Lloyd said the Hawke's Bay Orienteering Club, which has about 70 members, organises a family event every two weeks, and more competitive events once a month.



NEW ZEALAND ORIENTEERING TEAM

W - Open Grade

Anitra Dowling
Patricia Aspin
Jeanine Browne
Gillian Ingham
Carey Martin

W 15-16

Louise Parr
Jillian Clendon
Robyn Oldfield
Tania Robinson

M - Open Grade

Kevin Ireland
Ross Brighthouse
John Rix
Leo Homes
David Melrose

W 35

Phyl Snedden
Jill Dalton
Val Robinson
Elaine Brighthouse

W 19-20

Julia Fettes
Leonie Aspin
Joanne Cunningham
Jan Davies

W 45

Judy Martin
Hilary Weeks
Margaret Nicholls
Ann Fettes

M 35

Stan Foster
Graham Fortune
Wayne Aspin
Bryan Hall

M 15-16

Peter Hill
Rob Brewis
Mark McLean
Matthew Pepper

M 55

Athol Lonsdale
Laurie Baxter
Keith Dobbie
Ken Browne

M 19-20

Alistair Cory-Wright
Robert Jessop
Alistair Landels
Darren Scott



M 45

Terry Brighthouse
John Robinson
Terry Nuthall
John Davies

Manager:
Colin Tait

GO TO IT COLIN!

BOOK REVIEWS

(Stewart Hyslop)

All these books are available through our libraries. I borrowed them at the beginning of the year intending to show them to the night class that we were hoping to run.

I only skimmed through the books, but thought the comments might be helpful for anyone looking for a good read.

Title	Author	Pub.	Comments
ORIENTEERING 175 pages	John Disley	1967	British. Everything you want to know.
TACKLE ORIENTEERING 96 pages	John Disley	1982	British. As above but without the depth. Suitable beginners.
THE CHALLENGE OF ORIENTEERING 116 pages IL	Gordon Price	1968	British. Good reading. A chapter by 1965 Swedish champion with map explaining how he won the title.
ORIENTERRING FOR SPORT AND PLEASURE 224 pages	Hans Bengtsan George Atkinson	1977	American. Comprehensive.
MAP AND COMPASS FUNDAMENTALS, ORIENTERRING 78 pages IL	Toy Martin Dave Lotty	1976	Australian. Very difficult. A text book with exercises teaching map reading and compass use for orienteering purposes.
THIS IS ORIENTEERING 142 pages IL	Jim Rand Tony Walker	1976	British. Chapter for teachers and leaders. Comprehensive.





OMEGA



WELLINGTON CHAMPS 1985 (BADGE EVENT)

SUNDAY 24 NOVEMBER

Situated 40 kms from Masterton, in a previously unmapped area of Ngaumu forest, this new 5 colour, 1:15,000, 6 m contour map has complex vegetation and terrain changes, with areas changing suddenly from rolling open forest to steep forest with rock features, to heavily wooded rolling farmland, to close native bush and semi-open parkland, to steep ridges of rock, to deep gorges.

1985

Courses: M12, 13, 15, 17, 19, 21A, 21B, 21C, 35A, 35B, 40, 45A, 45B, 50, 55
 W50: W12, 13, 15, 17, 19, 21A, 21B, 21C, 35A, 35B, 40, 45A, 45B, 50

COURSE INFORMATION

COURSE	Grades	Distance (km)	Expected fastest Time (min:sec)
1	M21A	9 - 11	90 - 100
2	M35A, M19	6 - 8	70 - 80
3	M21A, M40, M45A	5 - 7	70 - 80
4	M21B, M17	5 - 7	60 - 70
5	M50, M35A, M55, M19	4 - 6	50 - 60
6	M13, M17, M21B, M35B	4 - 6	50 - 60
7	M40, M45A	3 - 5	40 - 50
8	M35B, M45B, M21C	3 - 5	40 - 50
9	M13, M15, M13, M21C	3 - 4	30 - 40
10	M45B, W50	2 - 3	30 - 40
11	M12, M12	2 - 3	20 - 30

ACCOMMODATION

Book your accommodation at:
 HARLEY PARK MOTOR CAMP - cabins, tent & van sites (Oxford Street, Masterton - phone 86-454)
 SOLWAY PARK MOTOR INN - hotel/motel (P.O. Box 453, Masterton - phone 85-129)
 GOLDEN SHEARS MOTOR INN - hotel/motel (P.O. Box 216, Masterton - phone 80-029)

ENTRY FEES: Senior (19 and over) \$6.00
 Junior \$4.00
 Family \$16.00 maximum

Mail entry form to:
 Wellington Champs 1985
 Wairarapa Orienteering Club
 M. McLauchlan
 4 Ranturly Street
 Masterton

Phone enquiries to:
 Bryan Teahan - 757996 (Wellington)
 Margaret McLauchlan - 85330 (Masterton)

by the end of Labour weekend
 (28 October)

WELLINGTON CHAMPS 1985 - ENTRY FORM

SURNAME	FIRST NAME	CLUB	GRADE	YEAR OF BIRTH	ENTRY FEE
TOTAL ENCLOSED					
					5

Make cheques payable to "Wairarapa Orienteering Club"

PHONE NUMBER:

ADDRESS:

TECHNIQUE & TACTICS

The First Control: It is of great psychological importance not to make any mistakes at this stage. The first control must be found directly. Do not act hastily, a 5 second longer look at the map at the start, will pay. Do not take any chances, when in doubt choose safer routes even if those for the moment may seem ridiculous. With this method 20 or 30 seconds are invested in the first control but it will certainly pay, and the speed can be gradually increased and the optimum competition pace can be found.

Conduct In Case Of Errors In The Control Area: Rapidly recognise parallel errors. In making parallel errors you mostly deviate too early, seldom too late. You thus make your choice too early and have not the patience to wait. Similar features may occur close to the control e.g. three depressions, two adjacent re-entrants etc. When a discrepancy turns up, search the map for possibilities for confusion and act accordingly. Admit the error to yourself at once, keep calm, try again. Do not attempt to find the control by aimless running about. Accept the error at once - no panic. Look for adjacent collecting features, lines or points and try again. Change navigational technique: Mental flexibility. If you do not find a control in spite of a correct approach you should use other orienteering techniques, select other attack points. It is senseless to start three times from the same crossroads towards a control and not find it. It is necessary after a failed attempt to use another attack point and thus change the usual picture. Resist searching before reaching the control area. With difficult controls without collecting features, searching practically always begins too early. What would the terrain look like if I really had gone too far? A glance at the map behind the control area, often shows you cannot possibly be already there. Thus you are in front of the control area and you run on.

Tactics After A Mistake: After errors, it mostly pays to work on with increased care and as soon as possible "get into the map" again, in order to regain self assurance.

Conduct In Case Of Wrong Route Selection: Choose the route in accordance with your navigational knowledge and your own physical capacity. Run consistently along the selected route. If the selected route is less good, this usually means only 30-60 seconds loss. Substantially more time is lost switching from the "bad" route to the "good" route. In this way the worst routes usually come up. Once having chosen a route you should do your best to render it a good route. It is senseless to try to make out while running. After the other route after all would not have been chosen.

Physical Performance: If the navigational difficulties are substantial then speed is reduced, recovery occurs. If you feel you are completely master of the map and techniques, then speed must be increased to its limit. Downhill running means recovery, and thus immediately before or after, a relatively high running speed may be chosen. Running uphill may result in a high lactic acid content, which may turn out to have a prolonged harmful effect, physically and mentally.

Rough Terrain: In rough terrain employ more effort so that the number of steps can be reduced.

Downhill Slope: Take longer steps.

Tiredness: When tired, a competitor should reduce the risk taking and select the route to reduce physical strain.

Final Spurt: The last reserves should be used if you are to reach the limit of your performance.

The above comments were extracted from an I.O.F. Report written 10 years ago by Erich Hanselmann of Switzerland. The article was found in an old O-FOCUS magazine of New Zealand orienteering by the Editor of "Document" (The magazine of the Dunedin Orienteering Club).

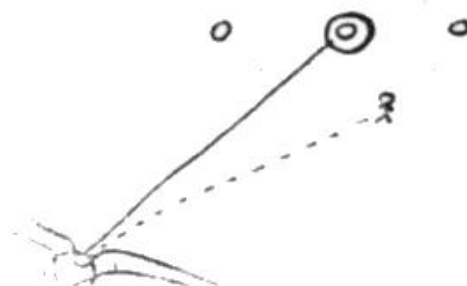
COACH'S COLUMN

Pace Counting - The Price of Insurance

To my mind pace counting is a type of insurance for the orienteer. They want to travel along a bearing, or a linear feature until they arrive at a particular point. In case they cannot recognise the point when they get there, an insurance against running past the point is taken out. This insurance is pace counting and like all insurances it costs the orienteer. To pace count requires mental effort that could be being used on other orienteering tasks.

Am I suggesting that you should never pace count? No! In many cases it is wise to have that insurance. In the example you are running from the re-entrant to knoll, N side. Your bearing is not perfect. You can see two knolls, one straight ahead, and one to your left. Pace counting would tell you that you have gone far enough, so the knoll to your left should be correct.

As a general rule pace counting should be done if there are few distinctive features between you and where you want to get to in a detailed part of the map. Pace counting can never be as accurate as reading your position on the map, so here you should use your mental energy to read the map and the ground correctly.



Leo Homes

EXTRACTS FROM "AN OPEN LETTER TO FELL RUNNERS"
by SELWYN WRIGHT from "Compass Sport"

There are several parallels between the development of orienteering 15-20 years ago and the changes in fell running going on now.

The development of orienteering began as a coming together of mountaineers and runners who saw the possibilities of a cross-fertilisation of their two sports. It was sufficient for the early orienteer to get away to the hills and forests. He did not need a map with 19 shades of green to gain the thrill of navigating himself through a wood.

This pioneering stage has been replaced by a secondary stage, in which improvement has been the keynote. There are guidelines on how to make better maps - hence the 19 shades of green! On how to plan courses better. On how to control and organise events better. And, crucially, orienteers are obsessed by the aim of producing a world champion. To this end, the squad has evolved. Orienteering now has all sorts of squads - national, regional, junior - all dedicated to the principle of elitism, and all subsidised by the rest, who in practice rarely have the chance of competing against this elite.

The development of the sport was felt to necessitate a national officer; a paid, full-time appointment. Together with the proliferation of committees seeking grants and sponsorship, and the driving force towards 'improvement' of all aspects of the sport, this really sounded the death knell of the early 'happy-go-lucky' character of orienteering.

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EXTRACT FROM AN INTERVIEW WITH ANDREW CURTIS
SCOTTISH FELL RUNNING CHAMPION from "Compass Sport"

We (Andrew and his wife Ann) both enjoy orienteering very much and consider it is probably the most satisfying of all individual sports. The combination of physical and mental activity and beautiful terrain running is marvellous. A major drawback is, we feel, the complex nature of the sport and its big demands on organisational time, something which has increased as standards and competitors' expectations have risen, in our opinion maybe too high. A lot of effort is spent catering for all ages and abilities, a proliferation of age classes that is matched nowhere else in athletics. Mapping standards are also very high and hard to achieve by amateur mappers. There may be a need to get back more to grass roots, low key level, press for a deliberate reduction in standards of mapping, organisation and course planning and above all, lower competitors' expectations. A track in a wrong place on a map or a control in the wrong pit may cause a lot of unfairness, but shouldn't spoil the whole essence of the day's sport. Complaints from competitors of such things have driven many from taking an active role. We are ourselves often guilty in this respect, although we have a clear idea of the incredible demands on time of the event officials for a major competition.

Fell running, for us, is heavily involved in orienteering at all levels. It is like a breath of fresh air.

TECHNIQUE AND TACTICS AT NIGHT

The Night Orienteering season is on us again. Night orienteering is not everybody's cup of tea. Yet once initiated in its mysterious ways, many find it a challenging branch of our sport. Writing in *Skogssport*, 29 year old Kjell Nilsson, member of the Swedish club IFK Sodertalje and a keen night runner, suggests that it is the perfectionists among us who are the most likely to succeed in night-O.

In comparison with the day O-runner, the night orienteer needs to exercise exaggerated care as an error in the dark is always more costly than in daylight. A close look at winning runs on night-O courses reveals that winners seldom deviate from their intended routes. Route choices and times between controls often vary considerably amongst the best runners and it is unusual for a winner to clock many best leg times. Thus it would seem that care during the execution of the selected route is of the utmost importance, both between the controls and during the approach, as well as actually at the control.

It is difficult to decide tactics in advance for a night-O event but there are certain situations that can be influenced. Approaching a control from the expected exit direction is useful for guidance into the control from runners leaving the site and one that can reduce stationary time spent at the control. Alternatively it can be a good idea to approach the control from where the light is expected to show up best, making it possible to keep at top speed right into the control. Running in tandem, needless to say, is a tactic banned in night-O, as is following, that valued device of the less gifted night owls.

ROUTE CHOICE

Several factors must be weighed up when making a choice of route. They are:

- 1) type of terrain and its runnability
- 2) the runner's own physical condition and technical competence
- 3) tactical possibilities

Regardless of the character of the route decided on, it must be followed in the most effective way. If a direct route is chosen, a clear-cut, safe attack point should be selected to ensure sufficient pace, whereas a more roundabout route should

be executed at top speed without short cuts.

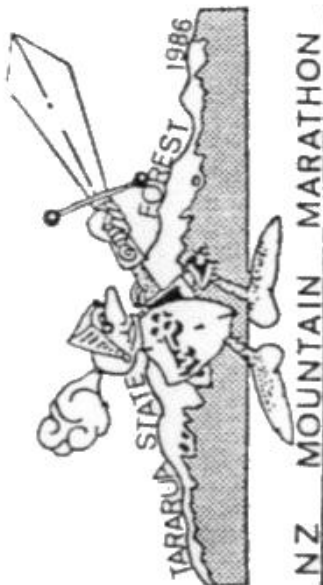
The night runner must be constantly alert if the chosen route is to be run entirely without errors. Visibility is poor at night which means that all the aspects of orienteering must be conducted extra carefully with, unlike in day-O, the compass becoming the most important aid to navigation.

What then is the best way to become a better night orienteer? There are many views on this subject and Kjell Nilsson suggests:

- 1) above all, run as many night events as possible, be they badge events or training events
- 2) analyse personal proficiency as a night orienteer and strive to develop strengths and improve weaknesses
- 3) practice finding the best route, both theoretically and in the forest.
- 4) practice map and compass skills with the accent on accuracy and elimination of errors. To succeed here, it is necessary to be highly motivated and extremely concentrated.
- 5) training should whenever possible take place at night but, as this can be a rather onerous affair, it should not be done so frequently as to dampen the enthusiasm.

To run a technique session totally without motivation is a waste of time, just as a run at an event that the runner is not keyed up for will often be riddled with mistakes. Kjell Nilsson believes that the psychological aspects of night orienteering both in training and competition deserve close attention. He concludes by saying that success in night-O comes only to those who enjoy the demands the sport makes and who can persuade themselves that they are capable of meeting them.

(Translation by John Hooker from an article by Kjell Nilsson that appeared in Skogssport 3/84)



WAIRARAPA BUILDING SOCIETY

22/23 FEBRUARY 1986

TARARUA STATE FOREST PARK IS. V. OF MASTERTON

This 2 day Mountain Marathon is a mountain orienteering/tramping event on a massive scale presenting the "ultimate challenge" for orienteers, mountaineers, bush walkers and marathon runners. Competitors, in pairs, make their way around a course in mountainous terrain visiting a number of control points in the way. The 2 longest courses will require competitors to carry their gear, including tent and food, and reach a set campsite overnight. On the 2 shortest courses you return to the starting point on both days. The two days' times are tallied and the fastest win.

Courses available

	Approximate 2 day distance	Approximate total climb	Estimated start times
Course 1	26.5 km	3700 m	6 hours per day
Course 2	22.5 km	2200 m	5 hours per day
Course 3	21.5 km	1800 m	4 hours per day
Course 4	12.0 km	1000 m	2 1/2 hours per day

Prizes

Prizes will be presented to course winners and certificates will be sent to all finishers.

Map

The map is specially drawn for the event on waterproof paper in 5 colours at a scale of 1:40,000 with 20m contours.

T-Shirts

An attractive t-shirt featuring the above logo will be available at \$12 each but must be ordered on the entry form by 29 November. Available in the following sizes: 10 (10"), 12 (12"), 14 (14"), 16 (16"), 18 (18").

ENTRY FORM - N.Z. MOUNTAIN MARATHON - 22/23 FEBRUARY 1986

	First Name	Surname	Sex	Age on 22.2.86	T-shirt size
(1)					
(2)					

Details of tramping, running or orienteering experience:

- (1)
- (2)

Address for correspondence:

Phone: Course Entered:

Enclosed: Entry fee at \$20 per pair \$20.00
 Payment for T shirts @ \$12

TOTAL ENCLOSED \$

Make cheques payable to "Wairarapa Orienteering Club"

Address:
 C/- M McLauchlan
 24 Ranfurly St
 MASTERTON

We agree to take part at our own risk

SIGNED: and

Stening 1985