



COMPASS POINTS

VOLUME THREE

AUTUMN 1986

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Cosy? Cat out? Kids gone to bed? Pull up the lazyboy - we've got a bumper issue awaiting.

Yep, it's me again - the editor you have when you're not having an editor! Not a problem of volunteers, just equipment and logistics. Soon be under control.

I really must thank contributors. I've been blissfully inundated with articles - and in plenty of time. Such efficiency - it's all a bit much! Well then, here we go... (Oh, and yes, you're right - there's no puzzle to the front cover this time!)

Caroline W.

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Dear Newsletter Editor,

FOCUS ON TWELVE & UNDERS

Some schools such as Maraetotara & Kereru are so close to, even on, our mapped areas. I feel that a golden opportunity exists for our club and others throughout N.Z. to send a letter of invitation to the local school or preferably one to each child at the school, offering special "SCHOOL PARTY" event fees, free instruction, free compass hire, etc. The ongoing spin-offs could be quite mind-boggling.

Perhaps we could see in our programme an event planned and organised by senior pupils of Maraetotara. (Learning by Doing)

or-primary championship.

Future N.Z. representatives, in the footsteps (or other route choice) of the H.B. members who have achieved that status, who began in the twelve and unders.

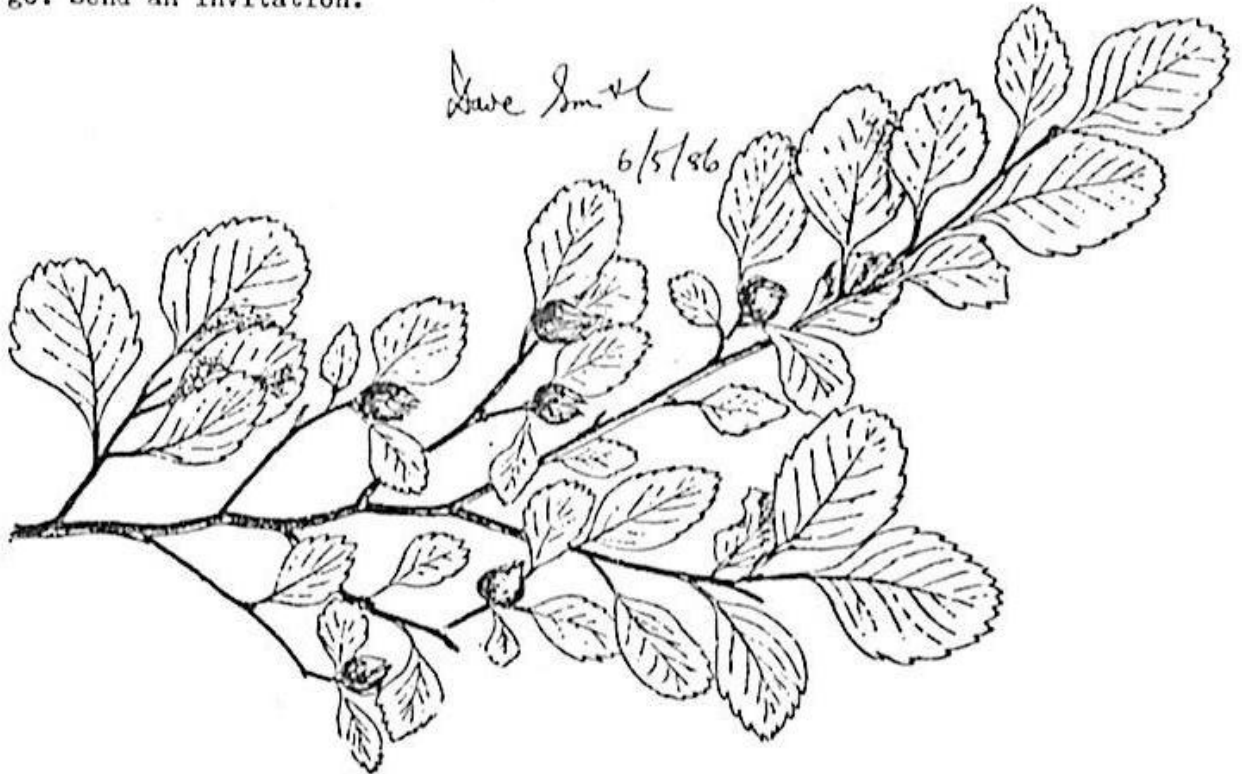
Mums and Dads taking a hand in running events, after being prompted by their offspring, as I was, to have a walk around a course, then catching the bug.

More areas may be mapped by such parents who may have some latent hidden talent and land. Why not a weekend camped at such a school, coaching, mapping the school grounds, showing Orienteering films, camp games, etc.

School committees may wish to raise funds by catering for large badge events, accept fees for camping sites for such events, and get to know Orienteers and our sport.

Team challenges- Locals versus Experts?

So please ponder my suggestion and if thought fit, Mid June may see a few Locals giving it a go. Send an invitation.



C L U B N E W S

WELCOME TO OUR NEW MEMBERS:-

Carol, Rachel, Nicola and Vanessa Andrews
Ron Gage
Brian, Kathy, Adelle and Vanessa Murphy
Sandy, Diana, Jane and Clare Struthers

* * *

AVAILABLE at the caravan are IOF standard map legends.

* * *

PLANNING AHEAD? Remember the explanation on badge events in Volume Two? The following are the remaining badge events for the year:-

CDOA Champs	August 17
AOA Champs	October 12
National Champs	October 25
WOA Champs	November 16
South Island Champs	November 22/23

* * *

IT is too late at this stage for the current issue, but keep in mind that there is a national magazine produced and though lack of support amongst other things has prevented publication once this year, YOU may have an article or some ideas for future publications.

Forwarding address for articles can be obtained from Colin Tait.

* * *

ATTENTION * ATTENTION * ATTENTION

WE are trying to get hold of an original Te Mata map. Have you got one stashed away somewhere or know of someone who has? We'd be pleased to hear about it.

* * *

AVAILABLE from the caravan is a membership list with addresses and telephone numbers. Have you collected one yet?

UPDATE ON THE UPDATE!

Alter your list of events for the year as follows:-

<u>JUNE</u>	29	BLUFF HILL (F Crawford)
<u>OCTOBER</u>	5	FRIMLEY/HGHS NIGHT RELAYS (R Bee)
<u>NOVEMBER</u>	23	TUKI TUKI (TRIATHLON)
<u>DECEMBER</u>	7	TE MATA

NB

Club events are advertised in the Club Notices column in the Herald Tribune and Daily Telegraph on the SATURDAY prior to the event.

OY events ARE NOT advertised.

Cancellations are put out on the local radio station's cancellation service. OY events are never cancelled.

* * *

JUNE 29 - BLUFF HILL EVENT. Start will be in Gleeson Park, top end of Farriday Street, off Carlyle St, Napier

* * *

WAIPUKURAU orienteers will be pleased to learn we are in the throws of producing a CHB map. The location is the junction of the Tuki Tuki and Waipawa Rivers, near Waipawa, and we are hoping to hold our first event there on SEPTEMBER 28.

Needless to say we'll want you to drum up interest among uninitiated CHB potentials and introduce them to their first taste of a 'sport for life'.

* * *

OVERLEAF is a letter from Stirling Sports Ltd regarding discounts on sports goods requirements. Interpret as you will. There may be something in it for you.



Stirling Sports Ltd

Telephone
605-692 (3 lines)

Stirling Sports
P.O. Box 438, Hastings.
Ph. (070) 87-054
Telex NZ 30782

STIRLING SPORTS GROUP OF COMPANIES

Stirling Sports
Replies to.....P.O. Box 438, Hastings.....
Ph. (070) 87-054
Telex NZ 30782.....

25th March 1986

To All Schools and Clubs

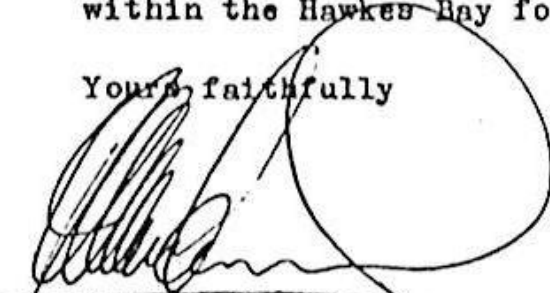
Over the past few months you will have received a number of offers of cheap or discounted sporting goods from a variety of sources throughout New Zealand.

We feel that, given the opportunity, in many cases we can be fully competitive, plus offer you the additional benefits of

- obtaining samples
- face to face negotiation
- prompt deliveries using our Telex system and if necessary calling on other stores within our Group
- after sales service.

We would like whenever possible to be given the opportunity to quote on your sports goods requirements thus keeping your hard earned funds within the Hawkes Bay for our mutual benefit.

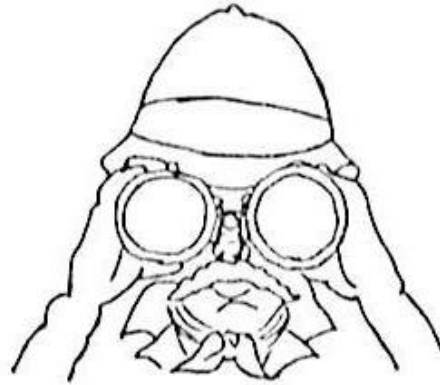
Yours faithfully



John G. Vandermeer
Managing Director
Stirling Sports Hastings



DON'T TURN THE PAGE YET!



HAVE I CAUGHT YOUR EYE?
GOOD, 'COS WE'RE GONA PARTY DOWN!

5th of JULY

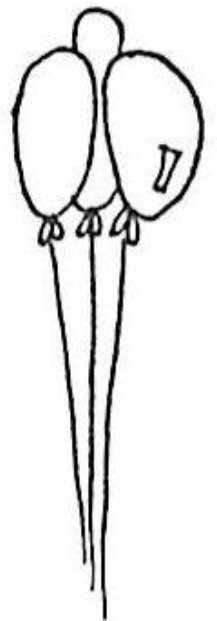
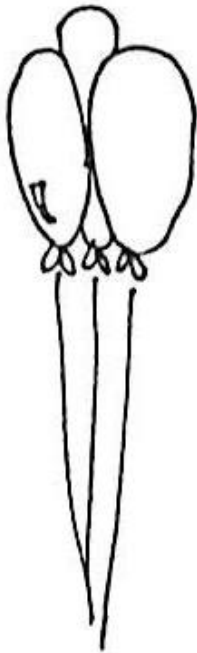
POT LUCK DINNER

AT 7.00 P.M AT

"HOMESTEAD"

SYLVAN ROAD, HASTINGS

(NEAR FANTASYLAND)



REFRESHMENTS WILL BE AVAILABLE AT A SMALL CHARGE
ENQUIRIES TO YOUR FRIENDLY SOCIAL CONVENER—
MAURICE LLOYD—PHONE 55488

RARETU - 6 APRIL 1986

We achieved a fine day and controls were in the right place - wow !!

Thank you to everyone who came. Certainly made all the previous work worthwhile

I didn't think anyone at the caravan could be worried but when the first runner on a course doesn't return a lot of thoughts of incorrect controls etc can cross ones mind.

I would like to know why all the maps used on Course B came back all screwed up and torn - I hope it wasn't personal!

I also managed a probable first in putting both clocks out of action inside ten minutes!! Thanks to my right hand man Angus for his help in the caravan and his correctly set digital watch.

Final thank you to Tait and Crawford families for helping me collect the controls.

Those of you (Course A) who felt clue 'hillside' wasn't quite cricket, you need to thank Colin Tait for not allowing such clues as 'washout', 'confluent' and 'Tomo' to name a few!

T.W.

RESULTS

A Course 5.58km 225m climb

1	Maurice Lloyd	49.15
2	Roger Bee	61.05
3	Roger Munday	67.30
4	Colin Tait	68.24
5	Stewart Hyslop	72.19
6	Ted Sapsford	79.57
7	Gerard van Veen	81.50
8	Simon Tulip	160.20
	Russell Mardon	DNF

B Course 4.3km

1	Ken Ross	71.19
2	Philip Mardon	71.52
3	Tony Pluymers	78.24
4	Brian Crawford	79.44
5	Brita Olsson-Munday	88.38
6	Wayne Leo	120.07
7	Anne Sapsford	130.58

Taped course

1	David Weir	1m57s
2	Jane Struthers	1.58
3	Paul Whittaker	1.59*
4	Mathew Harris	2.04
5	Melanie Ward	2.11
6	Anthea Taylor	2.31
7	Julian Bee	2.33
8	Clare Struthers	2.35
9	David Weir	2.39
10	Michael Weir	3.09*
11	Paul Whittaker	3.10
12	Vaneswa Andrews	3.35
13	Kristoffer Munday	3.37
14	Michael Weir	3.40
15	Anna & Nicholas W	4.03
16	Logan Taylor	4.39
17	Keren Ward	4.42
18	Simon Bee	4.51
19	Anita Lloyd	4.57
20	Hayley Epplott	6.27

E Course 1.2km

1	Taylor Family	26.38
2	Rowan Sapsford	29.55
3	Julian, Simon, Wendy Bee	33.01
4	Carol Andrews Gp	33.17
5	Mathew, Hayley & Kristoffer	35.22
6	Vicki & Caroline	36.07
7	Wakenshaw Family	49.30

C Course 3.3km

1	Julie Watson	61.15
2	Gerard & Vicki van Veen	62.09
3	Sharon Mardon	62.55
4	Bev Tait	93.12
5	Anne & Mark Epplott	96.37
6	A & N Blair	121.31
7	Fisher Gp	121.41

D Course 2.2km

1	Taylor Family	35.56
2	Catherine Lee	52.40
3	Struthers Family	72.56
4	Ward Family	73.33
5	Weir Family	75.44
6	Bill, Andrea, Hetty	86.00
	Nicola Craig	



* = second attempt

The keen competition amongst the competitors on the taped course is a very healthy sign. The close times indicate that the higher placed are negotiating the course at a fast pace and the skills of clipping procedure, starting & finishing procedures and recognition of control flags has already become second nature.

Maurice Lloyd must be congratulated on his fine winning margin over next placed rival Roger Bee. Maurice managed an average of 8.82 minutes per km on the steep terrain.

GWAVAS FOREST - OY2 - 20 APRIL 1986

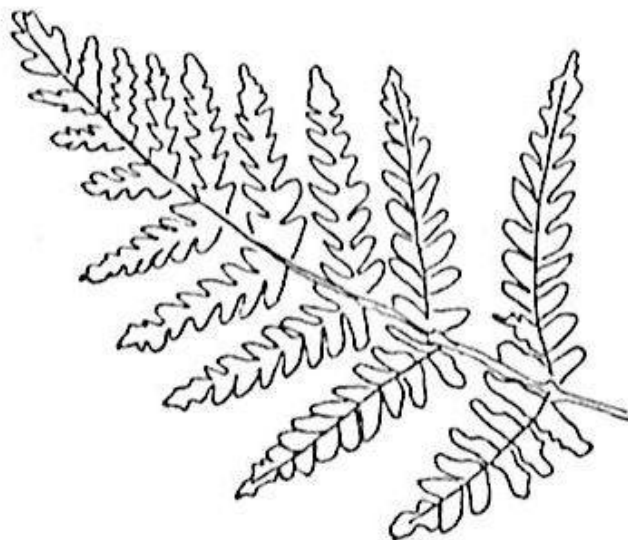
The only thing I've got against Gwavas is that it eats contact lenses - it's got two of mine now..

The Waipukurau corner of the map provided an excellent parking area (keeping in mind our greatly expanding club membership!) and an area that hadn't been 'thrashed to death' for a while.

We used the NZOF recommended course winning times to set course lengths and after spending 30 hours each in the forest, we were pleased to see the final results reasonably close.

Notable from the results is the fact that many of our newer orienteers successfully navigated their first forest course.

Peter Watson



RESULTS

This was the second in the OY series with courses set by Peter and Caroline Watson.



A COURSE 6.67km 11controls 246m climb			C COURSE 2.71km 9 controls 174m climb		
M17-39			W17-39		
1	Maurice Lloyd	72m59s (25points)	1	Liz Nicholson	53m17s (25points)
2	Roger Bee	77.25 (23.57)	2	Wendy Bee	118.13 (11.27)
3	Russell Mardon	97.55 (18.63)	Other Starters		
4	Gerard van Veen	182.01 (10.02)	1	Wayne Lee	80.11 -
	Ray Nicholson	DNF (5.00)	E COURSE 1.1km 9controls		
B COURSE 4.75Km 9controls 174m climb			W13-16		
M40 plus			1	Fiona Sapsford	41.59 (25.00)
1	Roger Munday	73.17 (25.00)	M12 & Under		
2	Stewart Hyslop	79.11 (23.14)	1	Peter Smith	27.53 (25.00)
3	Brian Crawford	88.57 (20.60)	2	Rowan Sapsford	61.14 (11.38)
4	Colin Tait	93.10 (19.66)	Other Starters		
5	Ted Sapsford	137.55 (13.28)	1	Vicki van Veen	46.66 -
6	Dave Smith	149.20 (12.27)	2	Brita Olesen-	
7	R Gage	194.21		Munday	53.19 -
	Tony White	DNF (5.00)	3	Struthers Family	64.33 -
D COURSE 2.29km 7controls 138m climb			4	Murphy Family	73.37 -
W40			5	Ward Family	75.40 -
1	Bev Tait	94.19 (25.00)	6	Mathew & Rowan	84.43 -
2	Sharon Mardon	95.11 (24.77)	7	Leisa & Nicolette	93.05 -
3	Anne Sapsford	DNF (5.00)	Carol & Vanessa		
Other Starters			Andrews (80mins) DNF..(1 clip missing)		
1	Catherine Lee &		Rachel, Nicola &		
	Stephen Gage	129.00 -	Bryan DNF		
2	Plunket Family	180.32 -	F COURSE 0.8km 7 controls		
	Anne & Mark		W12 & Under		
	Epplatt	DNF -		Cathy Smith	DNF (5.00)
	Angus White M13	DNF (5.00)	TAPED COURSE		
	Craig Family	DNF -	1	Julian Bee	3m40s
			2	Simon Bee	5.05
			3	Anita Lloyd	6.03

GRANULES - 4 MAY 1986

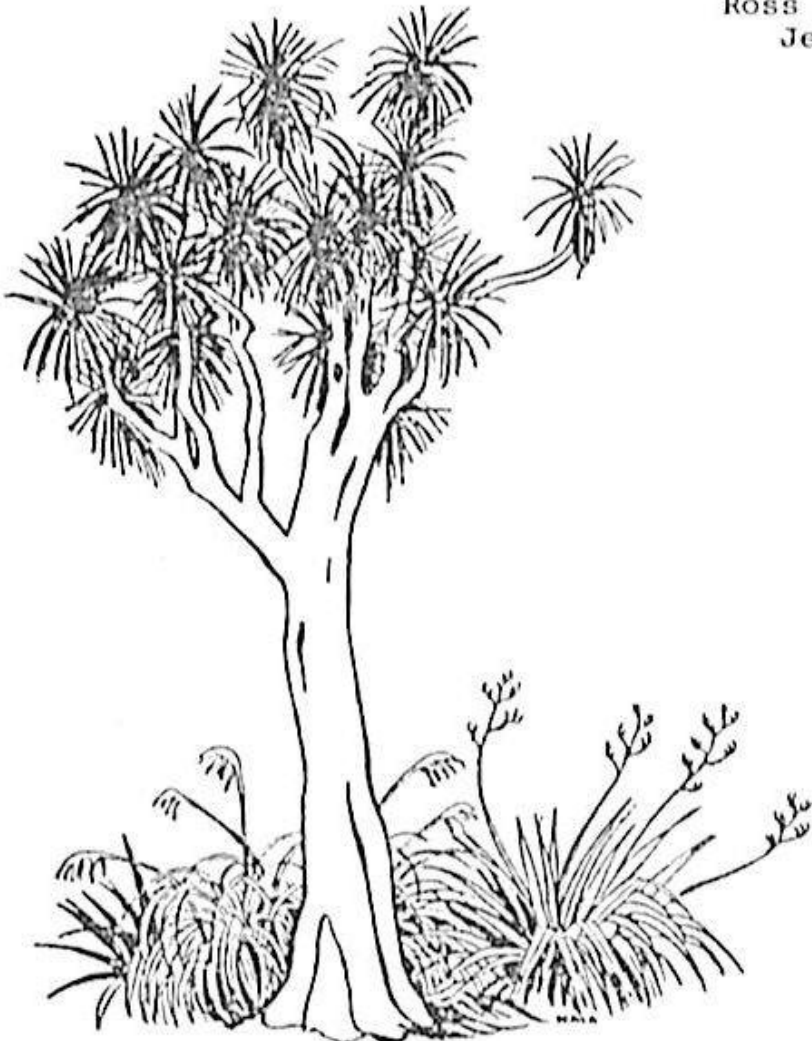
A very pleasing turnout made breakfast at Granules seem worthwhile. Pleased to say that even at that early hour we were able to put our foot down sufficiently to enable those controls to stand up to all that wind - unlike some of our runners who resorted to (and admitted to) hands and knees on some of the steeper regions.

Really nice to see so many people participating - from the keen folk who run up hills to the happy families or the junior folk sprinting around the taped course.

Special thanks to Wendy and Roger Bee - the coaches of the day - for clearing the confusion of the compass for many folk and also for promoting the club so much by example.

Well, enough said. Thanks to all those who assisted in collecting the controls - and thanks to all for attending.

Ross and
Jeanette Frechtling



RESULTS

A Course 5.72km 280m climb

1	Peter Watson	56m57s
2	Roger Bee	62.30
3	Stewart Hyslop	66.13
4	Roger Munday	67.26
5	Colin Tait	74.33
6	Russell Mardon	83.30
7	Ted Sapsford	100.41
8	Gerard van Veen	106.30

B Course 3.83km

1	Brian Crawford	53.44
2	Caroline Watson	63.17
3	Sharon Mardon	75.41
4	Wayne Lee	76.13
5	Philip Mardon	76.20
6	Brita Munday	78.07
7	Ron Gage	91.32
8	Anne Sapsford	130.20

C Course 2.1km

1	Tony, Angus & Nicola White	42.02
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2	Bev. Tait	60.37
3	Struthers Family	77.34
4	Mr & Mrs Fisher	79.19
5	Weir Family	107.45
6	Iversen Family	116.34
7	Craig Family	132.26
	K & D Frechtling	DNF

Second course:

1	Caroline Watson	35.04
2	Harris Family	35.23
3	Lee, Tweedie Gp	48.25
3=	Vicki van Veen	48.25
5	Epplett Family	63.57

D Course 1.35km

1	Peter Smith	22m53s
2	Harris Family	25.30
3	Chris Smith & Justin Davis	34.34
4	David & Scott Frechtling	34.48
5	Lee, Tweedie Gp.	43.45
6	Vicki van Veen	48.00
7	Rowan Sapsford	52.20
8	Epplett Family	53.27
9	Ward Family	58.00
10	Wakenshaw Family	76.49
11	Murphy Family	DNF

Contours Only Course 3.04km

1	Dave Smith	60.32
	Wendy Bee	DNF

Second Course:

1	Peter Watson	34.16
2	Roger Bee	34.53
3	Gerard van Veen	43.27

Taped Course

1	Peter Smith	2.50
2	Mathew Harris	3.03
3	Julian Bee	4.31
4	Emma Harris	5.33
5	Gage & Tweedie	6.19
6	Simon Bee	6.23
7	Munday Family	10.46
	second try	
1	Gage & Tweedie	3.14

THE AIR NEWZEALAND/MILO 7 DAY ORIENTEERING EVENT

This event was held from the 10 to 18 May at places ranging from Mt. Auckland in the north to Taupo in the south. A variety of terrain-sand dunes, steep hills, detailed gullies and rolling hills-and vegetation-open farmland, pine forest, Douglas fir, native forest- was provided.

The whole event was well planned and very few problems arose which were apparent to the competitors. Superb weather helped to make the event very enjoyable.

The number of courses and competitors (approx 500) makes it impossible to give details of each day so I will not attempt to do so. Sufficient to say that it all involved much travelling (over 2000 km in 9 days) and some pretty early rises. It did of course allow us all to get to know each other better socially and I think that this is one of the attractions in attending such an event.

The following are "Pen Pictures" of those from Hawkes Bay Orienteering Club who attended the event either as competitors or supporters:-

Ian Mardon -One look at the programme was enough for Ian who decided that a scout camp was a better way to spend the May holidays.

Russell Mardon-Russell was able to compete for only 3 days before heading off to Australia on a soccer trip. He won the first day, was a close second on Day 2 but had problems on the third.

Sharon Mardon -Sharon was competing in the tough W40A grade and although not successful did compete with her usual spirit.

Fiona Crawford-Four wins and a close second gave Fiona 19998 points out of a possible 20000 and a win in the W17-18 grade. Congratulations Fiona. Not so good on the luge though eh!

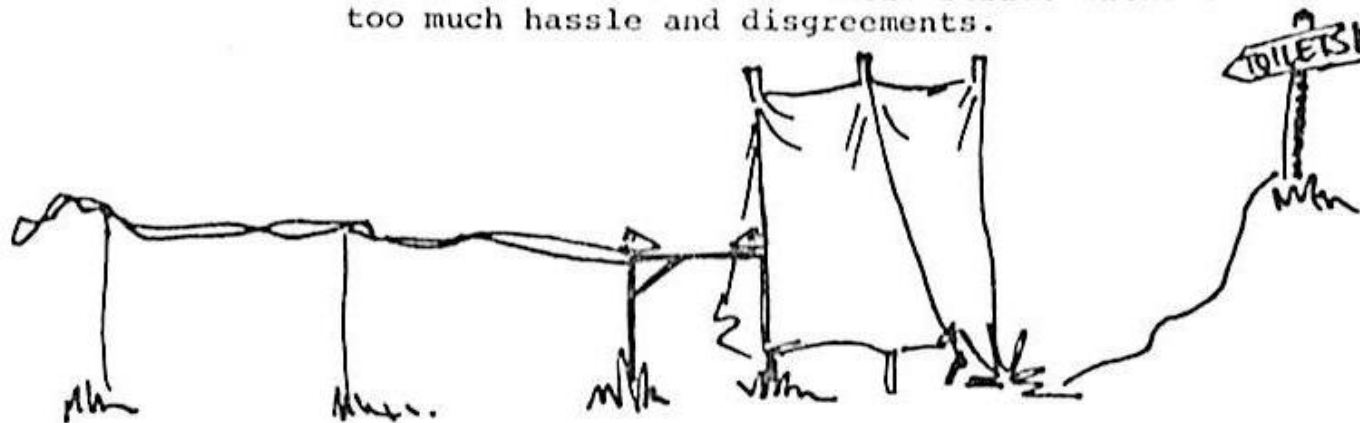
Brian Crawford-Brian's orienteering was not too spectacular but he certainly made up for it on the luge run at Rotorua. He actually became airborne down the "big dipper".

Peter Watson -Peter had the misfortune to lose his clipcard on Day 4 and was credited with a DNF. This was enough though for him to successfully carry off the "bunny" award.

Caroline Watson-Caroline had one win but problems in following the North lines as tracks cost her any chance of a major placing overall. A mysterious tummy upset didn't help either.

Ray Nicholson -Despite his lack of training Ray managed to spend considerable time out on his course each day. The fact that he was more interested in the curves of female posteriors than contours on the map could have something to do with this.

- Liz Nicholson -Liz performed most creditably finishing 9th in the very competitive W21A grade.
- Maurice Lloyd -Maurice started out as the senior orienteer of the family but by the end of the 7 Days had to bow to superior skills and be relegated to the "hangers-on" group.
- Linda Lloyd -Linda used her superior skill to achieve a win overall in the W35B grade. This was despite the duties of motherhood imposed by 3 children including a 7 month old baby.
- Beverly Tait -Bev finished 5th overall in her W40B grade despite numerous l80s over the 7 days. We understand that a little weep did help relieve the pain at the end of it all.
- Colin Tait -Colin's performance was somewhat erratic but he was probably put off on the first day after following the tapes expecting to locate the last control but finishing up in the toilets.
- Stewart Hyslop-Stewart only competed on two days but even then managed to get himself so bogged down in the swamp that he needed assistance to get out.
- Trevor Carswell-Trevor took 4 days to find the events and then didnt even manage to find the first control.A good run on the last day did restore our faith in his navigating ability. Nice to see you again Trev.
- Chris Tait -Endured the event with great patience. A pretty impressive run on the luge and even managed one correct answer at "Trivial Pursuit".
- Barbara Crawford-Our most ardent supporter who managed to be at the finish to greet most of our runners.
- Jill Crawford -Babysitter supreme and although not a competitor still managed a bit of a puff now and again.
- Judi Brown -Judi is a niece of the Nicholsons. She decided after 4 days that school home-work was the lesser of the two evils.
- Anita,Anthony and Brendon Lloyd -A great bunch of kids who took the whole event in their stride without too much hassle and disagreements.



entitled 'Editor's Revenge'

★ ★ ★
'STARS ON SUNDAY' ★ ★ ★

★ Is the Marathon Clinic taking over HBOC or are HBOC taking over the Marathon Clinic? ★

★ One gets the distinct impression that orienteering is getting so competitive you need to train for it by running .. horrors.. There were, however, those who ran the 21.1km cold turkey and though the ol' muscles probably hollered mutiny for a few days, recovery (or should that be survival?) was 100%. Well done lads. ★

In my official capacity as Compass Points reporter (?) I recorded a generous smattering of members running in the Herald Tribune Half Marathon on 13th April.

★ Also noted was the apparent lack of females among our runners, but not to worry ladies, perhaps we're saving ourselves for better things?.. Conspicuous by their absence also, our two triathloners - not rugged enough for you chaps? Congratulations:- ★

Pete 1 hour 27 minutes 04 seconds

(beaten by two women -
oh dear, how sad, never mind!) ★

Roger 1 hour 38 minutes 56 seconds ★

Colin, Ted 1 hour 41 minutes 13 seconds ★

and James (who also did an extra lap,
clocking up 20 miles bless him!)

Congratulations James who has since completed the Rotorua Marathon.

★ Derek Froude (who has been known to do the odd 'O' course, admittedly more yesteryear than yesterday) was first with a sizzling 1 hour 5 minutes 17 seconds. The first woman coming home in a time of 1 hour 16 minutes 22 seconds. ★

The course started at Nelson Park and wound its way to Havelock North coming back as far as Miller Street in Hastings and returning for a second lap of the Havelock section before the long (probably an understatement) run in. I'm pleased to say none of our runners were lapped by the winners! ★

★ Satisfaction of completing a Half M. was all they were to get unfortunately as noone had the lucky number that would add a spot prize to the list of achievements for the day. I personally had my eye on the microwave, but alas, some half-baked male won it. ★

★ The Marathon Clinic certainly ran a very well organised event. It was interesting to observe the requirements of a running event compared with those of an orienteering event. I wonder if we could get the scouts to arrange a sponge stop?! My word, running fees were a little higher than orienteers are used to though?! ★

★ Lastly, a sobering thought...are you sure all this running will help rather than hinder your orienteering? You might find yourselves just running in bigger circles...?! ★

ONE MAN WENT TO . . .

First man went to run
went to run a relay
first man and his wife Cath
went to run a relay

second man went to run
went to run a relay
second man and his wife Bren
went to run a relay

third man went to run
went to run a relay
third man and his wife Anne
went to run a relay

fourth man went to run
went to run a relay
fourth man and his wife Brita
went to run a relay

four men ran a relay
ran an ANZ relay
Hastings, Napier here we come
second man had to make his own way
four men ran a relay

four men ran 123
in a 470 relay
four men ran like trains
four men ran a relay



Reflections on Orienteering - A sport for life

1. Day before - Friday night. Late night trip to Pukekohe. The town has changed since we lived there - new lights in main street and planter boxes. Would look very good in Emerson Street Napier! Children sleep most of the way so easy cruising. Tait's await us at motel (for motel read 2 storey 2 bedroom apartment).
2. Day One - Saturday morning - visit old house at Pukekohe. Garage since demolished and new tin shed erected - onions still grown in adjoining paddock.
Then on to Pollock - sand dune area with patches of native trees. Day brilliantly fine - parking area in valley and immediately impressed by South Auckland organisation. Many tents and caravans set up. Large contingent of hire campervans together with occupants who talk somewhat different to us! Long walk to start but once there good orienteering and a great start to the seven days.
3. Day Two - Woodhill - Boccock stars in a car recovery mission. His helpers get a quick look at parts of the area. Many find the quarry deceptive but otherwise good fast forest. Comment to Colin Tait that it looks as if the men are going to be the hangers-on and the women the stars as far as Hawkes Bay goes.
4. Day Three - Mt Auckland (or whatever happened to Glorit?) Heavy fog all the way from Auckland north to this farm forest not far from Warkworth. Steep hills and thinnings the order of the day. Twisted ankle from day 2 didn't inspire confidence and the result confirmed this. Running off the map not planned - understand Caroline Watson experienced a similar problem.
Surprised to find on one feature 2 controls on the same feature 6 to 7 feet apart. Ralph King lying nearby suggesting we clip the right control.
5. Day 4 - Rest. Children had already been to the zoo and Footrot Flats Park so introduced to the escalators at Farmers and K Road. Big Mac scene. Both venues populated by mums and kids. Hear the big kids (the Watsons & Tait's) hit Rainbow City for the Roller Coaster.
6. Day 5 - Cambridge. Hamilton Club well organised. Had to meet Tait's for ride to event at 6.45 so early start and fog most of the way.
Event held on large hill, 30% of which was beech forest and the rest farmland. The walk to the top of the hill at the start was a 30 minute affair. The courses were well set and I had most trouble with controls on open ground. Peter Watson spent some time looking for his clip card to no avail.
7. Day 6 - Rotorua - Rest. Brian Crawford displayed a style all of his own on the luge. Not the cautious type, Brian forgot his braking system and spent some little time in the airborne mode. Anthony (2½) felt he should go too but had to be pacified with the learners course and chairlift. Chris Tait has pencilled in his next holidays in Rotorua. Hot pools a pleasant way to relax.

8. Day 7 - Mamaku and West - Forestry roads the order of the day and an exciting area. Some found a swamp up to their middle. For me it was the 30 minutes to the 2nd control that was disheartening. Liz Nicholson screamed around her course and finished in a quicker time than the writer (Both competed on Course 2). The trip away from the event was marked by a distinct lack of orientation - indeed 10 minutes was spent travelling towards Tokoroa before encountering a road that was not familiar. Anita proceeded to chortle all the way back about her silly old dad. A hot swim eased some of the pain.

9. Day 8 - An early start to Iwitahi. Travelled down back road to Reporoa and again encountered fog close to event. The early start time 9.28 am was to be mine again this morning so hoped fog wouldn't make the event more difficult for the writer. Hint of rain for first time since the event started. Needless to say energy fast disappearing and form going with it. Think Liz beat me again!!

Taupo Club had organised a visit to a nearby deer farm but rain at the time of leaving persuaded us to give it a miss.

A feature of all events of the 7 days was the catering including hot and cold drinks, filled rolls, cakes and the like. Sandwiches prepared the night before were by this time waning in popularity, becoming replaced by Chippies, Chippies and Just Juice. Heavy rain at Rotorua that night.

10. Day 9 - Last Day - Kawerau. The big pack up. The book said 45 minutes from Rotorua to the event but it lied. Our car with a competitor starting at 9.28am went at some speed towards Kawerau taking about 53 minutes to get there. A quick run by our competitor down the road past earlier cars followed. A further trudge up a spur to the start followed. Our competitor just had time to write her name on the back of the map before she started. A winning performance was called for as she was just some 2 points ahead of the next competitor with one further performance to be dropped. Obviously the relief at getting to the start in the nick of time was enough incentive and our competitor romped home some 6 minutes ahead of her nearest rival. The writer who was not going to compete if it rained did start and it can be recorded that he met Liz on 2 occasions on his course and finished ahead of her. (It is not true that he tried to trip her up). Fiona again turned in a dazzler and together with Jill Crawford played a large role in looking after the Lloyd children while their parents played at orienteering, discussing orienteering etc etc.

A small presentation amongst Hawkes Bay competitors followed with Peter Watson receiving the Bunny prize and Fiona Crawford the Tortoise prize. Then followed the wrap-up and official prize-giving at Kawerau College. Fiona and Linda both received certificates and Milo Grab Bags. The rest of us clapped and cheered. Frank Anderson from Australia said some nice things about the events and we were introduced to the co-ordinating committee who kept the show together.

11. Now its finished - (a) The day it finished it felt as though my body had run a marathon. It said "Never again" - however next day it said "Well maybe a 3 day". Today (after 3 days without a run) it's wondering what's happening. I think a 7 day within the next 2 years might not be such a bad thing. Now I know what's involved the planning can be a little more

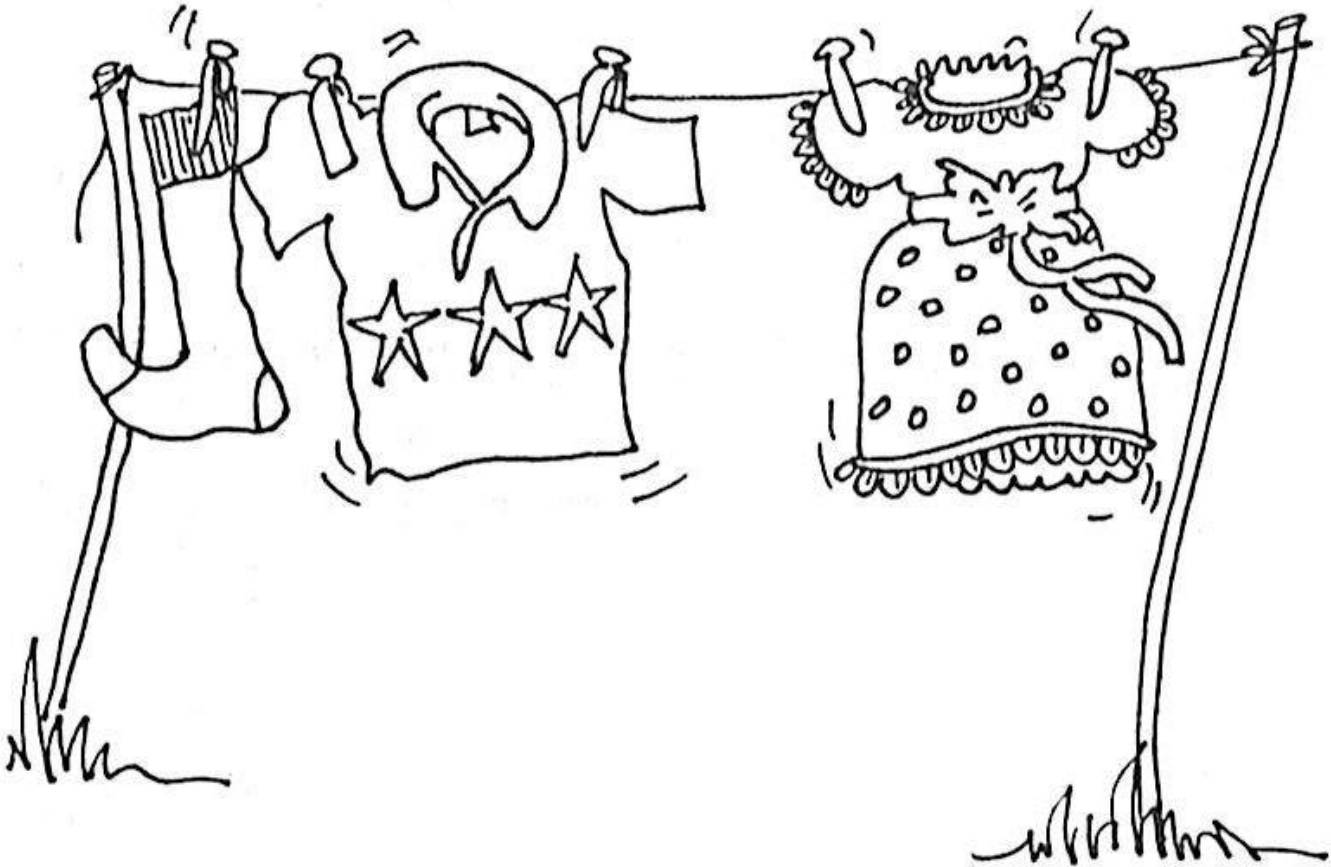
controlled and hopefully a better performance achieved.

(b) As for Liz Nicholson, Gilliam Ingham and others on Course 2 - roll on the next 3 day.

(c) A feature of the event was the way it rolled together - New Zealand orienteering can only improve after this event. The friendships made will continue and co-operation between individuals and clubs, hopefully flourish.

(d) A final thought - when our youngest child is 15, John Rix, Max Kerrison and others together with writer will be in the M50 grade (That is if we can stand the pace of the next 15 years!)

- Maurice Lloyd



... and family!

IOF CONTI L DESCRIPTION SYMBOLS

lay-out of clue sheets

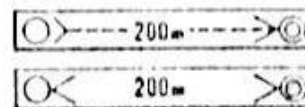
	Class			Length			Climb	
	A	B	C	D	E	F	G	H
1								
2								
3								
4								

- A control number
- B control code
- C which feature
- D the control feature
- E details of appearance
- F dimensions
- G location of the marker
- H other information

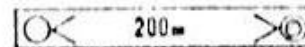
example:

	W21A	H 7 km	210m
1	AA		
2	AB		
3	BB		
4	BC		
5	CC		
6	CD		
7	DD		
8	DE		
9	EE		

- 1 Rocky spur, lower part
- 2 Gully junction, manned
- 3 Deep pit, south edge (Danger)
- 4 Cliff, Foot. 30m
- 5 Between the boulders, 15/20m, drinks
- 6 South-eastern mound, 15m, east side
- 7 Northern embankment, 18m, west foot
- 8 Track and watercourse crossing
- 9 Dam, south-west edge, radio control



200m to the finish (marked tunnel)



200m to the finish (no markings)

column C

	southern
	north-eastern
	upper
	lower
	middle
	between

column D

	embankment
	earth wall
	terrace, spur shoulder
	spur
	narrow spur
	gully reentrant
	erosion gully
	dry ditch
	knoll
	small knoll mound
	saddle
	depression
	small depression
	pit
	cliff
	bare rock
	mine entrance cave
	boulder
	boulder field
	rocks ground
	cairn
	lake lake dam
	dam pond
	small waterhole
	watercourse

column D (cont.)

	minor watercourse
	marsh
	small marsh
	well, water tank
	open land
	semi open land
	clearing
	thicket
	felled area
	vegetation boundary
	copse
	road
	track, path
	narrow ride
	stone wall
	fence
	bridge
	bunking
	tun
	tower
	rock pillar

	tree root mound
	termite mound
	broken ground
	special feature
	special feature

column E

	crossing
	junction
	bend
	end

column E (cont.)

	shallow
	deep
	overgrown
	open
	rocky
	mushy
	sandy
	water filled

column F

	height in metres
	length width in metres
	danger — very deep

column G

	north side
	north west edge
	east corner (under)
	south west corner
	south tip
	west part
	upper part (head)
	lower part
	on the top of
	south foot
	at the foot

column H

	drinks
	radio control
	manned control
	first aid
	thru's and tracks control

TAUPO 3-DAY - EASTER

Fine weather and a well-organised event proved the recipe for success for some of our HB orienteers during the Easter weekend.

Congratulations to Russell Mardon for not only winning the M15 grade but setting the fastest time on his course on Days 1 and 3, against competition from the W35A, M35B and M50's. Congratulations also to Fiona Crawford for winning the W17 grade, Bev Tait the W45B and Roger Bee for a good attempt at playing 'liar dice' ...

Top marks to Taupo Club for distribution of a 'drooping leaf' pine seedling to each competitor on return of their race number - ulterior motive with a nice touch. Have you found a possum for yours yet?

WELLINGTON 2-DAY & ANNIVERSARY EVENT - ANZAC WEEKEND

Some of our back-block access roads and public highways compared to Tinakori Hill... boy was it steep. Hard to believe the map was in the middle of Wellington.

A really enjoyable area though. Tracks were an obvious route choice but you would be running through the forest and all of a sudden break out into the open to a birds eye view of the port. Rather unique.

A quiet 2-day event and only a very small contingent from HB?... We'd left the fine weather behind unfortunately - all days it rained and blew at some stage but the worst of it came after most competitors had finished their courses.

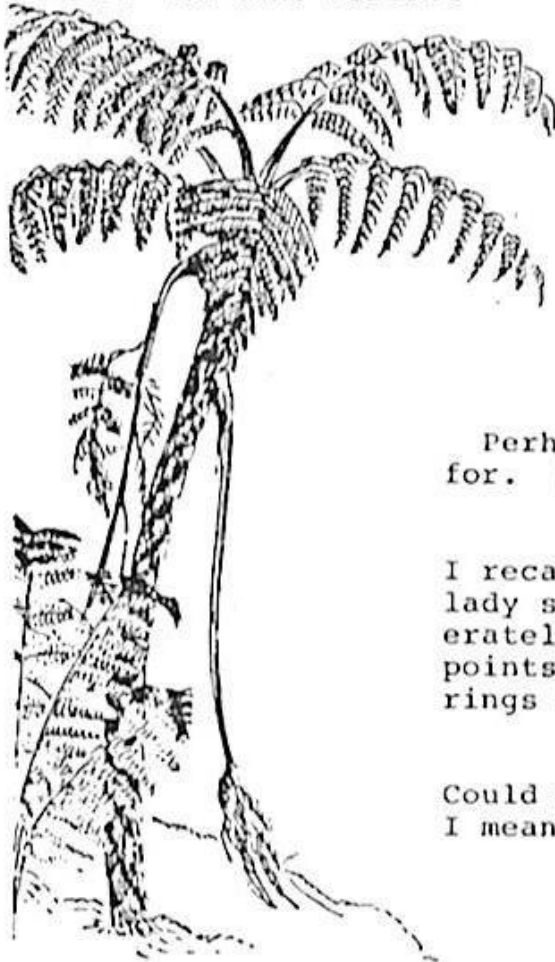
All days were enjoyable orienteering and I for one was pleased I attended. Results certainly showed I needed the practice! Seriously thinking a taking shares in Mawlay Park Motor Camp though. Home away from home these last six months. One for the record - the manager even let us see the Dire Straits concert - bit of an anti-climax though, don't you think? Not the same on TV.

"GWAVAS WAS A TRIAL"

That was the slogan on the T-shirts for our first badge event at GWAVAS.

Hands up those who think it still is a trial!!

This would have to be the best test of orienteering skills on the clubs calendar. Look at our recent OY event. Skilled, experienced orienteers still getting "lost" in this forest.



Not so bad as it used to be with droves of competitors staggering out, absolutely spent after two or three hours, usually "D N F ing", wild eyed, torn, bleeding, long past the tearful stage.

Perhaps another approach is called for. How about walking!!

I recall another OY event when a lady six months pregnant deliberately walked it and earned 25 points while her competitors ran rings round themselves.

Could be worth a try. Walking I mean!!

Stewart H.

ORIENTEERING OY RESULTS

M17-39	OY1	OY2	TOTAL
Maurice Lloyd	25.00	25.00	50.00
Peter Watson	23.26	Setter	23.26
Roger Bee	23.11	23.57	46.68
Russell Mardon	21.87	18.63	40.50
Gerard van Ueen	13.42	10.02	23.44
Geoff Paget	10.27	-	10.27

M40

Stewart Hyslop	25.00	23.14	48.14
Ted Sapsford	22.35	13.28	35.63
Roger Munday	20.61	25.00	45.61
Brian Crawford	20.34	20.60	40.94
Dave Smith	15.87	12.27	28.14
Philip Mardon	15.15	-	15.15
Tony White	5.00	5.00	10.00
Colin Tait	Setter	19.66	19.66

M13-16

Angus White	25.00	5.00	30.00
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M12

Rowan Sapsford	25.00	11.38	36.38
Peter Smith	22.33	25.00	47.33
Jonathon Waterman	14.39*	-	14.39

W17-39

Liz Nicholson	25.00	25.00	50.00
Carolina Watson	20.19	Setter	20.19
Fiona Crawford	15.52	-	15.52
Linda Lloyd	14.59	-	14.59
Wendy Bee	13.28	11.27	24.55
Brita Munday	13.26	-	13.26

W40

Sharon Mardon	25.00	24.77	49.77
Ann Sapsford	14.91	5.00	19.91
Bev Tait	12.47	25.00	37.47

W13-16

Fiona Sapsford	25.00	25.00	50.00
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W12

Nicola White	25.00	-	25.00
Cathy Smith	15.50	5.00	20.50

O Y COMMENTS AFTER TWO RESULTS

With the best three results to count it is a little early to make predictions but some form is starting to assert itself at this stage.

M 12, W 12 - Early days

M 13-16, W 13-16 - One horse races?

W 17-39 - Fiona and Wendy miss an event each as vettors. Caroline has a clear run from now on to record a possible 75 points as does Milo champ Linda Lloyd. Liz travels up from Wellington for these events but it doesn't seem to affect her performance.

M 17-39 - Maurice Lloyd is setting the Open Champs this year and to keep the OY competition even has agreed to miss one of the OY events. Roger is setting the next event and cannot achieve the maximum, but Peter still has this chance. Russell is achieving very good results against tough competition.

W 40 - Sharon is vetting Esk giving Bev or Anne the possible 25 points there.

M 40 - Stewart, Philip and Brian miss one of the next three events. Six competitors still have a chance for the maximum, so where does the smart money go in this grade? Watch out for much improved dark horse.



ORIENTEERING HOLIDAY CAMP

The Red Kiwis Orienteering Club gives advance notice that it is organising a holiday camp for Orienteers during the period December 27th 1986 to January 4th 1987.

The camp will be based at the Iwitahi Recreational camp east of Taupo and it will be a low key, family orientated holiday with orienteering as an attraction.

It is intended that there will be 7 orienteering events of a club to OY standard during that 8 day period.

Events will include a night event a score event, camp championships and camp relays, plus a 3 day event.

The events will be set by selected experienced individuals staying at the camp and every event will be self help, i.e. master maps and master control descriptions. There will be only 4 to 5 courses set with distances ranging from 1 Km (D course) to 7 Km (A course), and all courses will be open, just like club events.

Other Planned Events:

Apart from orienteering there will be numerous other events such as tramping, canoeing, fishing contests, swimming, forest runs, mapping contests, biathlon (swim and orienteer), camp cricket, games for the kids, discussion sessions on how your orienteering can be improved.

On New Years Eve there is planned a fancy dress party to be followed at Midnight by a night score event !!!

Cost:

This is not yet confirmed but it will be kept as low as possible. For a guide the fees could be around \$70 adults, \$36 children, plus food to be pooled. (Note: fees include supply of maps).

Camp Limitation:

Numbers at the camp are restricted to 90 and it will be on a first come first served basis.

Once the camp is full orienteers will be able to enter for the Orienteering events, but will have to make their own arrangements for accommodation.

Proposed Orienteering Programme:

Saturday 27th December: Orienteers arrive. Social get together in evening. Camp announcements.

Sunday, Monday and Tuesday - 3 Day event.

Wednesday - Rest day. - Fancy dress Party - Midnight - night score event.

Thursday - Camp Relays.

Friday - Score Event.

Saturday - Camp Champs - Social that evening.

Sunday - Orienteers depart.

Maps:

- as used by Taupo Club and will be on mainly intricate farmland and forest around Taupo and it is planned that there will be a different map for every event.

Entry Form:

Yes I am interested and would like to enter and stay at camp. Please send further details.

Deposit of \$5 (per person) required with entry. Deposit will be refunded if camp full and you cannot find alternative accommodation and am unable to attend.

Names:

Grades:

_____	_____
_____	_____
_____	_____
_____	_____

Address:

Send to Organiser:-

Graham Teahan,
15 Coronation Street,
Feilding.

QUEENS BIRTHDAY WEEKEND WORKSHOP

As we are all no doubt well aware the activities planned for this weekend have now had to be cancelled.

When we first mooted the idea of the Workshop we aimed at having ordinary everyday Orienteers attend to give them the opportunity of learning more about the sport by becoming involved in activities such as mapping, course planning, event organisation, publicity/promotion and other types of things. We invited people who we considered to be "experts" in their field who would be able to pass on their skills and experiences to others and so provide interesting and informative sessions for people to attend.

The venue chosen provided excellent Lodge style accommodation at a reasonable rate. Whilst we could have catered for 72 people our costings were in fact done on a minimum of 50 attendees. It was most disappointing to find that 2 days after closing date we had received only 16 applications to attend with another 2 probables. This was of course well short of the numbers required to break even and so the decision was made to cancel.

Discussion at our recent Committee Meeting endeavoured to highlight just where we had gone wrong. Was our charge too high? Was the Workshop content not interesting enough? Do all Clubs have plenty of mappers, course planners, etc? Was the date too close to the 7Day event for people to want to travel again so quickly? We were unable to come up with an answer but if anyone has any suggestions we would be pleased to hear from them.

We still believe that the concept of the Workshop is a good one and perhaps given better timing and a more central location perhaps it could be more popular and successful next time.

Colin Tait, Club President.

For New Zealand readers:

We are two graduated students from the Agriculture Uni. of Norway, who are keen on orienteering. We are planning to travel for 6 months, from September-October 1986, and would like to stay in New Zealand for some of the months. During our stay we wish to work on a farm, and would not mind staying with people connected with orienteering in N.Z. We would not mind 'offers' from Australia either, if it is hard to get a job in N.Z.

Kristin Ianssen and Erling Mysen
P.O. Box 521,
N-1432 As-NLH
NORWAY

TIPS FOR BEGINNERS

1. BEFORE YOU START STUDY MAP AND LEGEND.

Do so for as long as you can. Get familiar with the general shape of the area - you don't want to waste time during the competition trying to puzzle out what's high and low, what's a fence and what's a wall. Take a few sample measurements.

2. DON'T THINK OF THE COMPETITION AS A RACE.

It isn't. It's a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing scratching his head for five minutes while you've been toiling up that hill. Even if you do outrun him he may be a better orienteer or stronger over the whole course. So you overtook the Champion on 300 metres of flat path - so what? He won't stop when he comes to the hill or the bracken or the difficult route choice.

3. NEVER RUN AT ABSOLUTE TOP SPEED.

You should finish an orienteering course as a good meal, feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control as easily as on the first and it's really frustrating to ruin a good run near the end simply because you just got a bit too tired. If you do finish with plenty of energy, go out again over your course and see where you wasted time, making poor route choices, standing around.

4. TRY NOT TO STOP.

Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half minute here, the fifteen seconds there when you weren't actually moving and you'll soon realise that, like everybody else, you could have won easily.

5. DON'T STAND STILL IF YOU'RE LOST AND CAN'T WORK IT OUT.

The Fairy of the Forest might appear and light your way but she never has for me. Retrace your steps if you can. If you can't, decide on a direction - 'If I go east, I must hit that road' - and move, fast, but keeping your eyes skinned for any feature which you might be able to identify on the map. Get to that road as quickly as you can and start again from there. Better to spend a couple of minutes running 400 metres than a quarter of an hour travelling nowhere.

6. DON'T RUN ON 'FEEL'.

Keep your map set, always, even on a track. And in the forest always run on the compass however roughly. It's horribly easy to drift, to one side or the other, without realising it and come out on the wrong path, even one at 90 degrees to the one you were aiming for.

7. DON'T RUSH OFF

from one control vaguely towards the next thinking you can plan your route later. Move a little way and then plan. Pick a definite attack point and your route to it. You must know what you're doing - or when you do think you're getting near you might find yourself confronted by a great marsh or a hill you should have been working your way round.

8. DON'T EVER RUN WITHOUT COUNTING YOUR PACES.

However unnecessary this may seem. So you think you can see your attack point: well maybe you can but count anyway. It might just be a similar feature 50 metres earlier or later and even those 50 metres can leave you stranded and panic stricken if you don't know they're 50 metres and not 200. If you count and keep your map set, it's impossible to be lost.

9. DON'T EVER ASSUME YOU'RE RIGHT AND THE MAP AND COMPASS ARE BOTH WRONG.

It's possible but most unlikely. Our preconceptions are our greatest weaknesses. If you 'know' it's the right re-entrant, but there is no control, be humble enough to consider that it might just be you that's wrong. Look at the map, see which parallel re-entrant you have in fact rushed madly down. Forget where you thought you were. It's surprising how often you can work out where you are if you're prepared to admit that it's just possible you're not where you 'know' you are.

10. DON'T FORGET TO READ CONTOURS.

On the map and on the ground. It's easy for beginners to think of contours as those damned bits of spaghetti that get in the way of walls and streams - and even good orienteers go wrong surprisingly often, not noticing they should have been running downhill instead of up.

11. DON'T KID YOURSELF YOU CAN BEAT THE SUPERSTARS.

You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring, map memory. But the theory is not enough: to be able to use them with confidence and speed can only come with practice. And if you don't train your orienteering, then you must be prepared to use

some competitions to experiment a bit. Don't worry that you might have come third if you hadn't tried to cut through that bit of forest. It's no good just running round the paths. For a year I rushed about, covering tremendous distances, thoroughly enjoying myself, but scarcely improving at all, learning scarcely anything except that it's not possible to beat someone who can run and go through the forest. Here be no dragons except the dragons of panic in your own head.

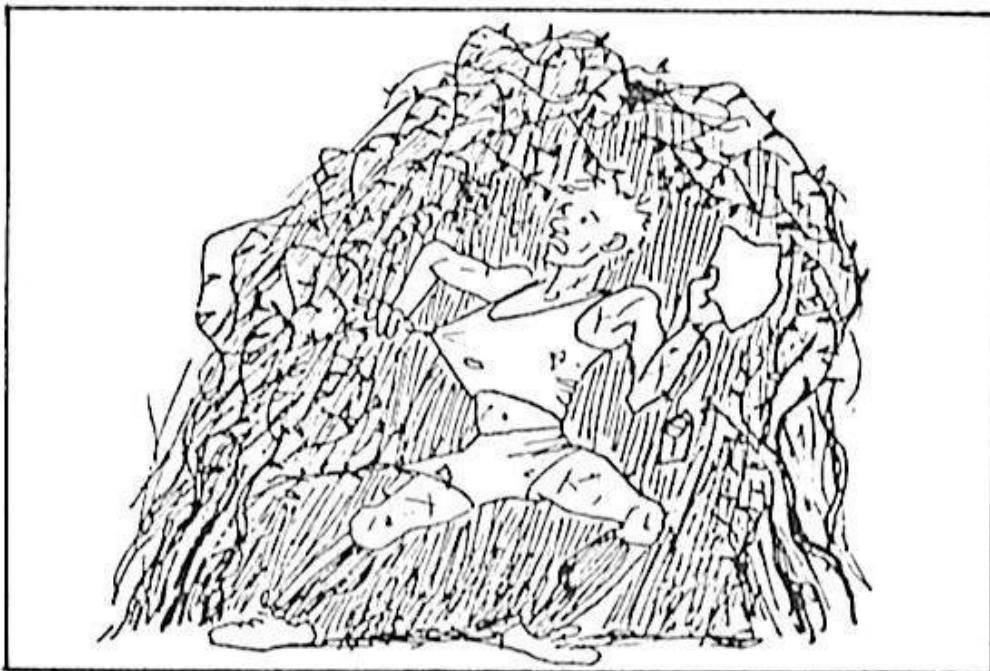
12. DON'T LET THEM TELL YOU FITNESS ISN'T ALL THAT IMPORTANT.

There are those near the top who don't run particularly fast but they're all very fit. It's always the fit who tell you fitness doesn't matter and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

And finally, don't assume I know anything about it. My only qualification is that I've done and am still doing everything I'm telling you not to do. I am my own best customer. Knowing the right things to do is relatively easy: forcing yourself to do them in the pressure of competition is different.

* * *

These orienteering tips have been compiled by author John Knight, who was a regular and keen orienteer and an excellent writer on the sport.



Autumn 1986

Crawford Family
8 Totara Street
Paradale

