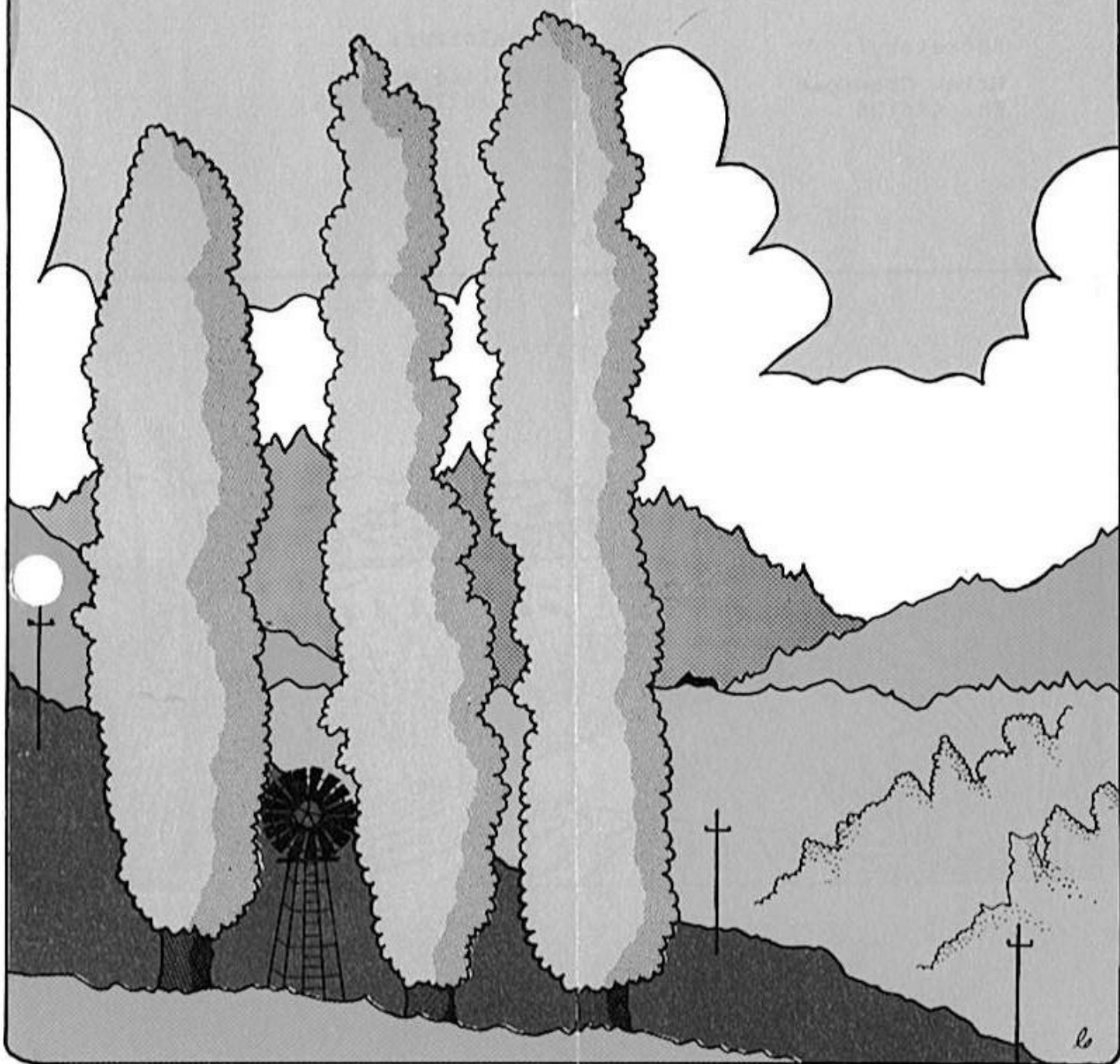




COMPASS BOINERS



6

VOLUME FIVE

SPRING 1986

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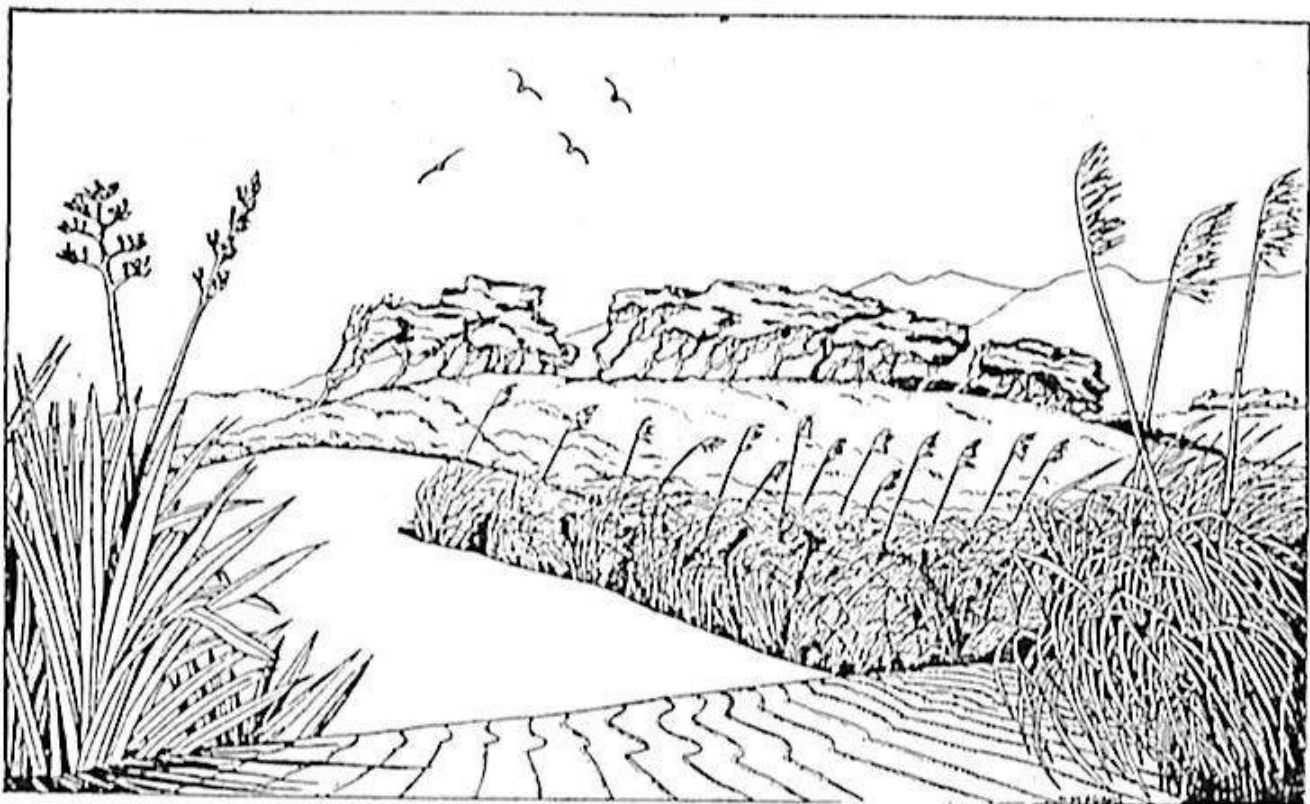
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* * * * *

So what do you think of the new colour cover?
 Don't worry too much if you haven't decided if you
 like it or not - you've got another couple of years
 to make that decision!

The cover was printed together with 'The Junction'
 map you are running on today, so we have a 'lasting'
 supply of them.

We hope you enjoy our new river map too.

The pace never seems to slow - everyone has been busy
 doing their own thing and we hear lots about that in
 the pages to follow ...

Caroline



C A L E N D A R

OCTOBER

- 4 FRIMLEY/HGHS NIGHT RELAYS [Julie Watson]
- 12 AUCKLAND CHAMPS
- 19 GRANULES - OY5 [Brian & Fiona Crawford]
- 25/26/27 NATIONAL CHAMPS & RELAYS - WOODHILL FOREST

NOVEMBER

- 9 SEAFIELD ROAD - SCOUTS CHAMPS [Ted Sapsford]
- 16 WELLINGTON CHAMPS - WAITERERE FOREST
- 23 TUKI TUKI FUN TRIATHLON [S Hyslop/M Lloyd]

DECEMBER

- 7 TE MATA - CHRISTMAS EVENT
 [C Tait Setter, M Lloyd Social]
- 13/14 MOUNTAIN MARATHON - WAIOURU



CLUB NOTICES

DOOK CUP

A cup is awarded annually to the person who has contributed most to club activities during the year.

Nominations for this cup should be forwarded to Brian Crawford by 20 October 1986.

* * *

It would appear that the valuable lesson we should learn from the Esk event (Curious? Read pages 19 & 20) is that whistles are a high priority piece of equipment.

Our club does not enforce the compulsory carrying of whistles at events and it is left to the discretion of the course setters on the day but it is strongly recommended that you add this item to your list of essentials and you can expect to be required to carry one at forest venues. A whistle can be heard from a far greater distance than any shouting and if you are hurt and unable to move it could save hours of searching.

Guide launches support group

A Girl Guide has launched a rural support group in Raukawa.

Nicola White, 13, noticed that her neighbours had been frightened by several burglaries and decided to do something about it.

People in the area were keeping a constant vigil — watching the roads and their homes, she said.

"They were worried for their families and themselves."

Nicola determined to put an end to the fear in her area by initiating the support group which had its first meeting last night.

The meeting was attended by the 17 people who live on Anaroa Rd and two representatives of the Hastings police — Constable Adam McDonald and Constable E. Reid.

Nicola said she was thrilled with the response to the support group which aims to combat crime and reduce stress during the present rural recession.

"It will get people together so they can share their problems and provide security for their home and families," she said.



Congratulations to Tony and Robyn Pluymers who have a new addition to their family - a baby girl, born Friday, 12th of September.

(a double celebration to boot - grandad's birthday as well!)



★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 Have you noticed the sparkle of
 ★ stage lights (or is that stage ★
 ★ fright?) in the eyes of our two ★
 ★ budding actresses? Fiona Crawford ★
 ★ and Fiona Sapsford, seen rushing ★
 ★ from orienteering courses to a ★
 ★ rehearsal many a week gone by, ★
 ★ have been involved in the ★
 ★ production of 'The Gang Show', ★
 ★ recently culminating in a week ★
 ★ of very late nights we hear. ★
 ★ Second thoughts, perhaps that ★
 ★ sparkle is just lack of sleep? ★
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

News from Trev and the Bay of Plenty: After a long silence Trev's written from the winterless B.O.P. to let us know he's ready and rearing for our fun triathlon.

Please not to be put off by the dazzle of the "tri" suit, the helmet, those sexy cycling pants and the rest of the "gears". It's only Trev and he's using our event as a practice for another triathlon in January '87.

See you in November Trev. You don't need your pit crew at our event though. It's a 'do-it-yourselfer'!

Earlier this year we had Hans Wahlstrom from Sweden orienteering with us. He and his girlfriend were staying near Waipukurau. In a letter to a friend, written on her return after the Chernobyl accident, Susanne wrote:

"In large areas of the country the radioactive fallout has been so disastrous that everything that grows is useless - fruit, vegetables, everything".

She wrote that animals were unable to graze outside for the summer after their long winter confinement indoors and that fish in the lakes had too much radioactivity in them to be eaten. Neighbouring Laplanders she said were even worse off.

Perhaps Hans and Susanne will find themselves returning to NZ sooner than they thought.

A letter from Hans with photos gave us an idea of the scale of orienteering in the Scandinavian countries.

He attended the Tokula relay in Finland (presumably Tokula is the location), running the first leg and finishing about 250th - out of 1,000 teams!... His team finished around 140th which sounds pretty impressive doesn't it?

Can you imagine organising an event with 1,000 teams (with up to 10 in a team!). Incredible isn't it? One photo showed the event knee deep in people - they were only spectators! Another with tents for miles - it was the finish area - the accommodation tents were 25km away from the event. Orienteering is obviously considered a good 'heart' sport too. The same little 'heart' that the NZ Heart Foundation sports on its posters was adorning the finish chute.



Orienteering for CHB

Next Sunday (28th) the Hawke's Bay Orienteering Club will be holding a promotional event on a new course in the area of the junction of the Tuki Tuki and Waipawa rivers.

This is a first for Central Hawke's Bay and the club is hoping to attract new members to the sport.

The course was laid out two weeks ago by treasurer for the club Mr Peter Watson of Waipukurau.

Orienteering is a sport which requires you to navigate by use of map and compass around a preset course.

"To ensure that you complete the course in the correct order you have to clip at controls (800 centimetre high standards with orange and white coloured flags) which are placed at various points on the course.

Mr Watson said, "Orienteering requires brains, skill and physical condition although obviously a person can walk from control to control and still derive a lot of satisfaction and enjoyment."

The person who completes the course with the shortest elapsed time is the winner.

The length of an orienteering course varies from 1 km (10 controls) for beginners and the not-so-fit to 8.5 km (19 controls) for experienced orienteers.

In between there is the

choice of four other course lengths to cater for different abilities.

The start area can be reached via Walker Road

(turn right off Tamumu-Pouerere Road). Informal instruction will be given and compasses can be borrowed on the day. The only charge will be \$1 for the map.

For those who would like more formal instruction the Hawke's Bay Orienteering Club is holding a coaching day at its Seafield Road Course on Sunday September 21.

Anyone requiring details about orienteering can contact Caroline Watson at 88-208.



Mr Peter Watson of the Hawke's Bay Orienteering Club mapping out a course for a promotional event to be held next Sunday at the junction of the Tuki Tuki and Waipawa rivers.

The interest from our local newspaper is very encouraging. The club has also been allocated \$200 towards the mapping costs of this new area from the Waipukurau District Council

Colin, Bev and Chris Tait have been indulging in a spot of Aussie hospitality, participating in several events associated with the Australia/NZ Challenge and staying on for a holiday for a week or two afterwards.

Our pigeon post connection seems to be swimming instead of flying so we will have to hear all about Aussie attractions in person.

Russell reviews the competition for us in pages to follow.

CDOA CHAMPS - PERIMETER ROAD SOUTHSATURDAY 16th AUGUST

This year the CDOA champs were held on the Perimeter Road South map, Tokoroa, and was organised by the Pinelands Club.

Thirteen of the Hawkes Bay club competed on this map which has a reputation of being one of the most difficult in NZ. It is a Douglas Fir forest with a combination of knolls, depressions and narrow gullies. Because of the closeness of the trees and their lack of pruning it was very dark in places. The organisers went so far as to allow torches to be carried. Fortunately it was a fine day and enough light filtered down to allow map reading without too much difficulty.

Another unusual feature of the map was that there was a number of old and very large pine trees that had been left when the new forest was planted. These were marked on the map as distinct trees which they certainly were and proved useful in navigation.

I started my 21B course at 12.09. It was still quite frosty at that time but you soon forgot about that once you were among the trees. Because of the difficulty of the map I decided to navigate using the compass as much as possible. This however proved rather difficult as you tend to follow a line of trees rather than the compass bearing.

Anyway, I blundered around all 13 controls on my course hardly meeting a soul and finished at around 3.20 to find organisers eagerly awaiting my arrival so they could pack up and go home.

Despite my late finishing time I found the course quite challenging and enjoyed taking on the complex conditions found there.

Doug Matheson



This year the South Australians played host to the Australia/NZ Challenge as it coincided with their 150 year jubilee. The J150 Orienteering Carnival was held over nine days and seven different maps in a number of different areas within South Australia.

The first two events - a warm up and the South Australian Champs were held in the Adelaide Hills area. Terrain was gully/spur and vegetation was medium to thick native plantations with some areas of pine. I found the area enjoyable to orienteer in once I'd found my first control, which was hidden in some thicket.

The next event was a Badge event. Held in the Flinders Ranges 400km north of Adelaide, the terrain was again gully/spur, but it was a lot flatter and very open and fast.

The next event was the Australia/NZ Relay Challenge. Held at Worlds End, on the southern most tip of the Flinders Ranges, the terrain was similar to that of the badge event - very open and extremely fast.

Us Kiwis put on a good performance but the Aussies were just that little bit too strong and they won the challenge fairly convincingly.

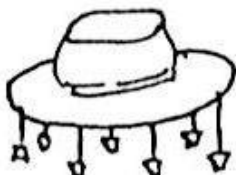
The individual challenge was held in the Barossa Valley on a map called 'Kaiserstuhl'. The terrain was once again gully/spur with numerous granite outcrops. Vegetation was split in two with the top half of the map being eucalypt with patches of flaxy fight throughout it and the bottom half of the map closely planted young pine. I found orienteering in the eucalypt area very tricky as the granite outcrops all looked alike, that's if you could find them beneath the undergrowth. Hidden controls also added another dimension of difficulty. There were mixed results throughout the Kiwi contingent and again we were slightly outclassed by the Aussies in all grades except the 50+ ladies who won their grade very convincingly.

The final event was the Club Relays. This was also in the Barossa Valley on a map called 'Lucky Hit'. The terrain was very flat in most parts and cover consisted of native scrub, recently trimmed pine areas and there were also areas of open farmland.

Most competitors treated it as a bit of a fun event as finding controls in the native scrub often proved quite a joke.

Near 900 competitors took part in the Carnival and I'm sure every one of them enjoyed it as much as I did.

IT WAS REALLY BONZA AY COBBER!



Russell Mardon

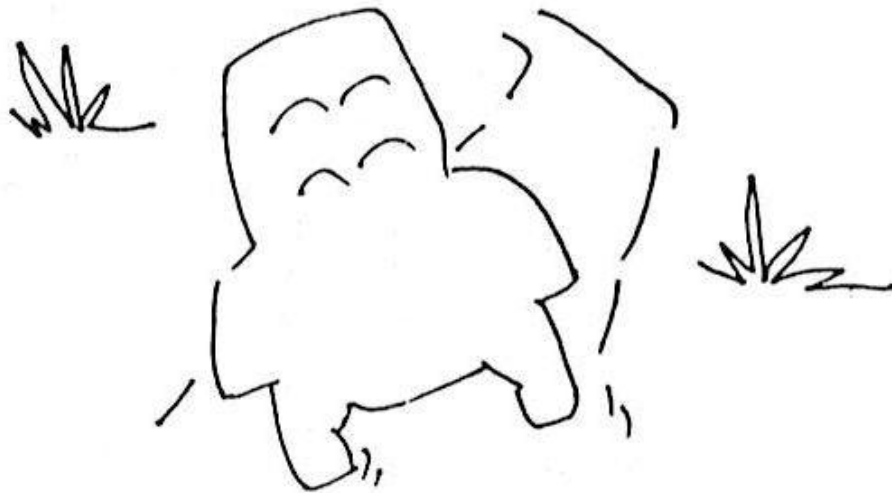
14th of September the Van Veen's and Watsons returned the visit Taupo members had made to our OY at Esk and attended their Central Districts OY at Wainui, deep in the forest from Iwatahi on the Napier-Taupo Road.

A beautiful fine day, there was still a keen wind whistling down the forestry track. There were several more courses than we run, tents for the finish and the maps and they even provided a couple of long drops! No wonder Taupo members find it nice to just drive to another club's event, pay up and enjoy the orienteering.

This was the venue of Day 6 of the Air NZ/Milo 7-Day and it was nice to get another crack at it - at \$4 a throw I might add! See how cheap our meet fees are!

We enjoyed navigating around our courses and all tried different techniques. I was pleasantly surprised to find the spaghetti contours not as intimidating as in the 7-day. I recall being pleased to just finish my course that day. Nor did I repeat my classic mistake of trying to run the north line as a track! Peter tried it instead - twice - with unfailing accuracy ... some people!

Caroline



Hoping to hear from the Bees also but my success rate for co-ordinating news of orienteers this issue is rather non-existent...not a written word from the deep south.

Last we heard all was progressing well with house-hunting having its moments.

A Hawkes Bay coaching event was held at Seafield Road last Sunday, in the unpleasant weather we had been experiencing all week. Any snow this time?

We will look forward to hearing how it went and see if any new ideas on coaching surfaced, in the next issue of Compass Points.

W.O.C. SQUAD TRAINING WEEKEND
IMPRESSIONS OF NGAMU FOREST AND BEYOND

On the weekend of the 20th and 21st September, Bryan Teahan organised a training event for any orienteers who wished to take part for a very modest cost. Bryan spent considerable time and effort putting out and collecting controls together with providing us with a black and white map that he had mapped on the 7th September 1986.

Unfortunately I laboured under the false impression that it was to be a coaching event. This was not the case as it was left to the individual to reflect on what strategy he or she should adopt for the various training exercises.

It seems that after your club has shown you the skills required to orienteer successfully (as Stewart arranged on Sunday) you are left to your own devices, unless you are good enough to be an elite orienteer or young enough (and have the potential of becoming an elite orienteer) in which case you receive all the coaching and resources you require.

The effect of this is that the club orienteer must finance this philosophy through entry fees, subscriptions and other fund raising activities, from a very small base of members.

Hopefully in the future we will receive some feedback from the World Orienteering Championship squad in respect of results, activities and possible benefits to the club orienteer.

Peter Watson

WHIRINAKI INTERCLUB AND CLUB CHAMPS

Fine weather, a good turnout including many visitors and the Battle of Whirinaki was set to commence.

The electric fences were turned off, the sheep strolled away and the goats sheltered from the 1986 onslaught.

This was Roger Bee's last chance to win the Nicholson Trophy for Mens 21 Club Champion and he didn't blow it. However, Peter Watson (last year's champion) was less than a minute behind him and only four minutes further back was dark horse Gerard Van Veen. It was a close contest and if Peter hadn't lost one of his contact lenses he might have made it very difficult for Roger.

Overall Bryan Teahan showed his class finishing some 13 minutes ahead of older brother Graeme. The surprise for many was the second and fourth performances on the A course by the two fifteen year olds Stephen Leary and Philip Wood. Both showed the obvious benefits of recent coaching.

The spread of age grades on each course makes time predictions difficult and a new map didn't assist. However, although many got value for money the top competitors on each course finished close to our estimated times.

The womens' championship was won in convincing fashion by Liz 'long legs' Nicholson who demonstrated the benefit of recent acclimatisation to the Wellington terrain. (Note how the club statistician has taken advantage of her current Hawkes Bay membership).

It was pleasing to have such a good turnout for this competition between the Red Kiwis and Hawkes Bay Club. A good spirit exists at these yearly meetings and we look forward to our trip in '87 to the Manawatu.

Some of our visitors assisted in the administration of the event with such tasks as results. To those people and to our club members who gave of their time so freely go our thanks.

This map is the first of three in the Whirinaki Mill area. We hope our visitors will return to the next event we run on these new maps in '87 and '88 and enjoy the good weather our region has to offer.

Maurice Lloyd & Ken Ross

The Champions to emerge were; W12 Anna Watson, W13 Kylie Watson, W17 Fiona Crawford
 W21 Liz Nicholson W35 Linda Lloyd, W40 Sharon Mardon, W45 Bev Tait, W50 Anne Sapsford,
 M12 Peter Smith, M13 Iain Mardon, M17 Russell Mardon, M19 Andrew Hare, M21 Roger Bee,
 M35 James Watson, M40 Dave Holt, M45 Stewart Hyslop, M50 Dave Smith, M55 Brian Crawford,
 M65 Doctor Fisher.

The inter-club was won by Hawkes Bay Orienteering Club.

The full results are as follows:

A Course 5.29km 356m climb

M21

1	Bryan Teahan	WAI	49m56s	
2	Stephen Leary	15 HV	55.15	
3	Tony Nixon	HV	60.18	
4	Philip Wood	M15 HV	62.20	
5	Graham Teahan	RK	63.05	1000
6	Roger Bee	HB	64.45	
7	Peter Watson	HB	65.41	960
8	Tom Davies	RK	66.36	947
9	Kelvin Hoy	HV	66.43	
10	Gerard van Veen	HB	69.37	906
11	Robin Whittle	HV	70.16	
12	Gerald Crawford	WN	74.23	
13	Mark August	RK	98.14	
14	Kay McCarthy	HB	123.44	510
15	Wayne Lee	HB	170.25	370

M17

1	Russell Mardon	HB	81.32	1000
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M19

1	Andrew Hare	HB	82.11	1000
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Others

1=	Ron Gage	HB	168.36	
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1=	Catherine Lee	HB	168.36	
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Second Course

1	Gavin Scott	HV	69.00	
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M35

1	Roger Bee	HB	see above	1000*
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2	Iain Galloway	RK	64.57	997
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3	Michael Wood	HV	72.32	
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4	James Watson	HB	89.07	727
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B Course 4.06km 176m climb

M40

1	Gavin Scott	HV	53m19s	
2	John Doolan	RK	64.46	1000
3	Owen Mills	RK	65.39	987
4	Dave Holt	HB	93.12	695
5	Graeme Flyger	RK	95.27	679

M45

1	Stewart Hyslop	HB	55.04	1000
2	Colin Tait	HB	56.39	972
3	E (Ted) Sapsford	HB	84.29	652

M50

1	Dave Smith	HB	84.08	1000
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M55

1	Brian Crawford	HB	66.07	1000
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Others

1	Michael Scott	M15HV	44.56	
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2	Sheelagh Leary	W45HV	91.47	
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D Course 2.09km 64m climb

M13

1	Simon Teahan	RK	34.24	1000
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2	Iain Mardon	HB	56.26	610
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W40

1	Sharon Mardon	HB	60.20	1000
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2	Elaine Fern	RK	96.16	627
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W45

1	Bev Tait	HB	72.25	1000
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W50

1	Anne Sapsford	HB	60.43	1000
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Others

1	Jenny, David Harrington		39.40	
---	-------------------------	--	-------	--

2	M Harison		48.38	
---	-----------	--	-------	--

3	Vicki van Veen	HB	75.12	
---	----------------	----	-------	--

4	Rose Eason		83.58	
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	Fiona Sapsford	HB	84.12	
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C Course 3.6f n Climb

W21

1	Liz Nicholson	HB	44m46s	1000
2	Pam Whitla	HV	63.46	
3	Caroline Watson	HB	87.49	510
4	Judith Andrews	RK	98.46	453
	Diane Phillips	WN	DNF	

W35

1	Royce Mills	RK	57.44	1000
2	Linda Lloyd	HB	75.26	765
3	Robyn Galloway	RK	95.47	603
4	Julie Watson	HB	96.09	600
5	Carol Flyger	RK	117.31	491
6	Wendy Bee	HB	118.40	487

W17

1	Tania Scott	HV	74.19	
2	Fiona Crawford	HB	90.47	1000

M65

1	Doctor Fisher	HB	129.39	1000
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Others

1	B Ayling		82.34	
2	D Fisher	HB	102.39	
3	Blair Group	HB	108.40	
4	C Holt Group	HB	154.39	

second course

1	Kelvin Hoy	HV	43.01	
2	Antonia Wood	HV	89.21	

E Course 2.85km 52m climb

W13

1	Antonia Wood	HV	18m56s	
2	Kylie Watson	HB	25.01	1000

W15

1	Rachael August	RK	21.32	1000
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W12

1	Andrea Mills	RK	27.27	1000
2	Megan Galloway	RK	35.05	782
3	Anna Watson	HB	37.06	740
4	Cecily Mills	RK	42.14	650

M12

1	Peter Smith	HB	28.18	1000
2	Dominic Teahan	RK	36.33	779
3	Rowan Sapsford	HB	51.46	547

wayfarers

1	Jeremy Madigan	RK	24.57	
2	Liam Roche	RK	27.43	
3	Joe Go (Mark Hyslop &)	HB	39.02	
4	Graham Group	HB	41.14	
5	D & J Harrington		46.26	

Club Abbreviations:

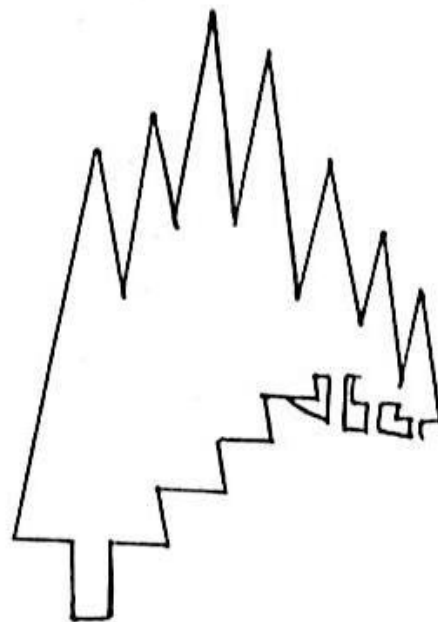
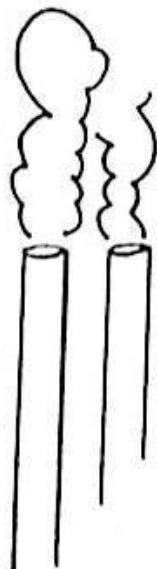
RK Red Kiwis, Manakatu

HV Hutt Valley

WN Wellington

WAI Wairarapa

WB Hawkes Bay



TE MATA RELAYS - 24 AUGUST 1986

An outstanding individual performance by in-form Russell Mardon, the NZ junior rep, to turn in times to put a lot of the seniors in the shade was a feature of the relays this year. Russell ran the three legs of the relay in the fastest time.

The Lloyds also came within six minutes of Russell's time. Maurice just pipped Russell's times on the two legs he ran for his team.

However, the team to take the Te Mata Relay Cup for this year was husband and wife (Peter and Caroline Watson) team with able Otago University student Jenny Mardon completing the trio.

Three legs of short, medium and long distance, in that order, were set by Doug Matheson.

1. Caroline Watson	11.03	Jenny Mardon	34.39	Peter Watson	58.14=103.56
2. Mark Hyslop	9.54	Vicki Van Veen	60.46	Gerard Van Veen	58.29=129.09
3. Bev Tait	42.25	Philip Mardon	37.50	Colin Tait	64.16=144.31
4. Rowan Sapsford	28.25	Sharon Mardon	45.12	Ted Sapsford	79.08=152.45
5. Roman Jaques	48.40	Brian Crawford	34.00	Mark August	70.32=153.12
6. Stewart Hyslop	9.10	Rose Mason	91.41	Ray McCarthy	93.32=194.23
7. Cathy Smith	42.27	Peter Smith	55.51	Dave Smith	139.40=237.58
8. Russell Mardon	6.58	Russell Mardon	23.28	Russell Mardon	58.08= 88.34
9. Linda Lloyd	15.52	Maurice Lloyd	22.33	Maurice Lloyd	55.53= 94.18

Short

0.96 km

113m climb [11.7%]

Medium

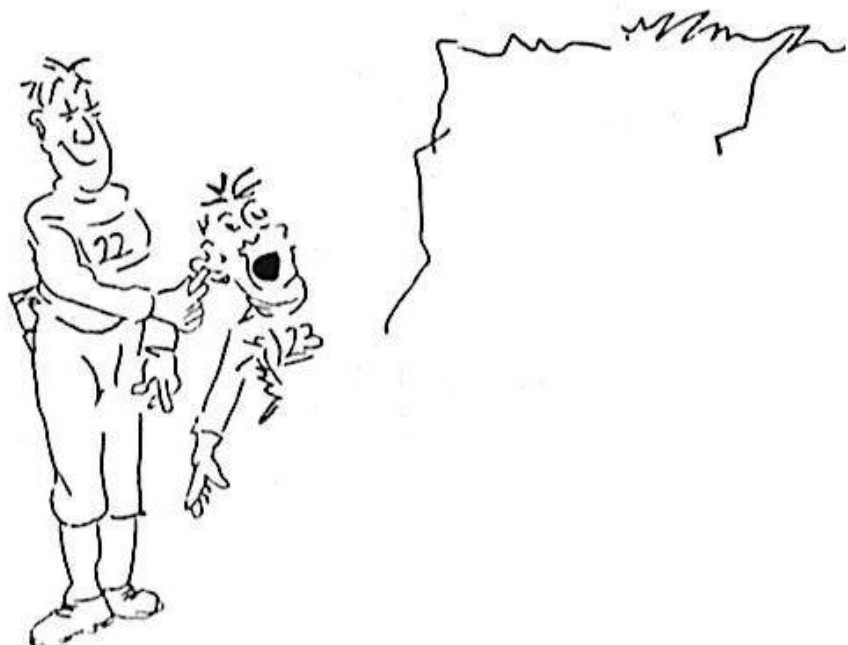
1.92 km

158m climb [8.2%]

Long

3.8 km

390m climb [10.2%]



TE MATA PARK RELAYS

Doug Matheson did all the course setting on this event. Mark and I helped with the planning and the organisation on the day.

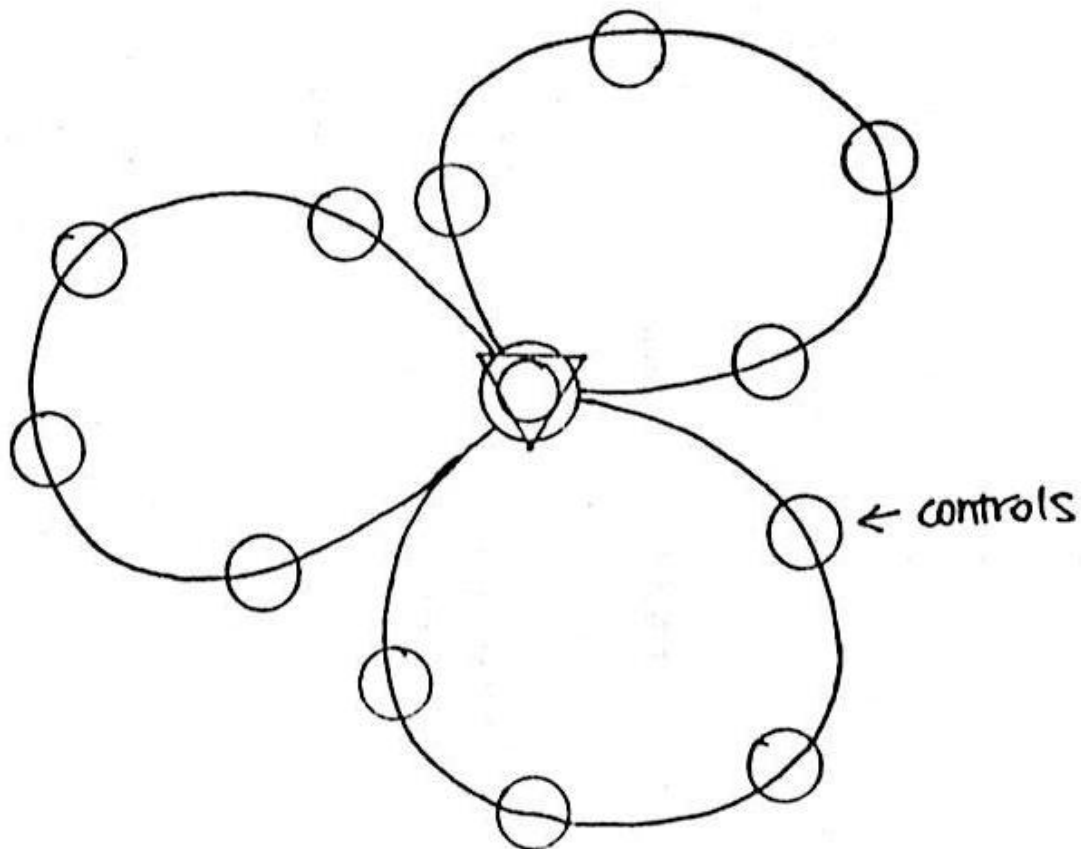
I thought Doug did very well at Esk, didn't you?

We only have two relay events in the year and so knowledge of how to run them seems to be limited. Here are some observations.

The Park itself is not the ideal site. So difficult for beginners and so steep.

If a clover leaf system was used interest would be greatly increased. The short leg would do one leaf, medium leg two leaves and the long leg runners would clip at the centre before doing the next leaf thereby giving the spectators a greater insight to the progress of the race. Any buyers?

Stewart Hyslop



ESK - OY4 - SEPTEMBER 7th 1986

Points in brackets are for the Orienteer of the year series

T = Taupo

OPC= Outdoor Pursuits Centre

S = Skorovas Club Norway

A Course 6.85 km 12 controls
M 17-39 (open)

1	Maurice Lloyd	HB	51-18	(25.0)
2	Tony Trass	T	59-00	-
3	Peter Watson	HB	62-01	(20.68)
4	B Hall	T	64-10	-
5	Rob Shirley	-	85-05	-
6	Ian Street	T	87-22	-
7	Doug Matheson	HB	92-17	(13.90)
8	Gerard Van Veen	HB	92-56	(13.80)
9	Tony Denton	T	102-08	-
10	James Watson	HB	103-21	(12.41)
11	Wayne Bromell	OPC	113-19	-
12	Ian Wright	T	150-37	-
	Roger Denton	T	DNF	-

B Course 4.5 km 11 controls
M 40+

1	Brian Crawford	HB	64-19	(25.0)
2	Les Galloway	T	65-00	-
3	Dave Smith	HB	99-04	(16.23)
4	Ted Sapsford	HB	105-18	(15.27)
others				
1	Steven Sherburn	T	67-42	-
2	Wayne Lee	HB	89-12	-
3	Geoff Paget	HB	105-34	-
4	Bryan Bowdle	OPC	110-04	-

C Course 3.84 km 9 controls
W17-39

1	Line Staldivik	S	48-27	-
2	Evelyn Trass	T	50-40	-
3	Caroline Watson	HB	71-00	(25.00)
4	Linda Lloyd	HB	73-11	(24.25)
5	Fiona Crawford	HB	75-55	(23.38)
6	Annette Denton	T	98-42	-
7	Julie Watson	HB	111-35	(15.91)
8	Maree Atkins	HB	135-12	(13.13)

D Course 2.8 km 7 controls
W 40+

1	Anne Sapsford	HB	81-23	(25.00)
2	Anna Reece	OPC	105-50	-
3	Sandy Hawke	OPC	115-04	-
4	Margie Cambell-Price	OPC	152-50	-

others

1	Darryl Paget		HB	60-00	-
2	Kevin Judge		HB	67-01	-
3	Vicki Van Veen		HB	78-54	-
4	Ron Gage		HB	83-29	-
5	Lee/Gage	Group	HB	113-16	-
6	Paul Mephan		OPC	119-25	-

E Course 2.16 km 8 controls
W 13-16

1	Fiona Sapsford		HB	33-50	(25.0)
2	Kylie Watson		HB	56-55	(14.86)
3	Anna Watson		HB	59-20	(14.26)

M 13-16

1	Michael Trass		T	33-56	-
2	Shane Hall		T	46-28	-
3	Justin Davis			DNF	-

Groups

1	Ford Family			37-35	-
2	Craig Family		HB	74-20	-

F Course 1.4 km 6 controls

M 12

1	Peter Smith		HB	12-02	(25.00)
2	Rowan Sapsford		HB	17-00	(17.70)

Groups

1	Maree & Anna	Group	HB	16-14	-
2	Gage/Lee	Group	HB	41-30	-

"THE PROMISED LAND"

Well they say there has to be a first time for everything and so it was for us on Sunday 7th at Esk.

It was the first time we had been involved in running an OY event. Because of thinning work already in progress this might be the last time we could use 'The Promised Land' and so together with Stewart we spent much time and effort on control sites and course lengths.

The day dawned fine and clear and we got away to a good early start. Controls were soon out in their allotted places and map corrections due to the on-going work noted and marked on the master map. The caravan was set up and the map tables and start area readied. All we needed were some competitors.

Due to the Australia-NZ Challenge and the Bee family shifting to Christchurch our own numbers were bound to be down but Stewart had written to Taupo inviting them to come along and hopefully increase the attendance.

out

Well turn/they did - en force - even a minibus load from the Outdoor Pursuits Centre at Turangi. All in all we had 51 competitors which made all our hard work well worthwhile.

All seemed to go pretty well. Times were about what we had hoped for and comments about placement of controls and degrees of difficulty etc were all complimentary. The new chums from the OPC all finished their courses even if some of them did take several hours and all appeared to enjoy their first real taste of 'orienteering'.

By 3.30pm we were ready to start packing up after a most enjoyable event and then the nightmare began... A check of the start sheets revealed we still had a runner in the forest. In all our years of orienteering we cannot remember hearing about this happening before. However, the missing person was an adult male and his wife assured us he was fit and healthy.

Around 4pm our concern for this one Taupo Club member on the 'A' course grew to mild alarm - he should have returned. The crowd was thinning; only one car from Taupo remained and a handful of HB folk. These folk checked the tracks on the map and a few of the tracks to the east with no success. At 4.30 Brian drove to Forest HQ to advise that we had a runner overdue and requesting assistance. He was told they could do nothing before dark, when they would check all the tracks with a 4-wheel drive vehicle. They did, however, loan us a CB radio which as it turned out, didn't work!

Our man had earlier been seen leaving control 9 heading in the wrong direction so it was possible he had done a 180 and run off the map. We made a further check of the tracks in that area - no luck. Had he overrun No 10? Stewart and Dave checked the south west end of the map, the missing man's son Tony checked the gorge in the middle of the map and Brian and Philip retraced the course from No 9 to the finish, calling and whistling as they went.

At 6.30pm all except Tony were back at the caravan, worn out, dispirited and worried. We didn't know what to do next. It was very dark and the radio wouldn't work.

From the darkness of the main track came the crunch of footsteps. A collective shout of 'Who's there?' brought the sheepish response 'It's me'. Our missing orienteer had found his way back, but where had he been?

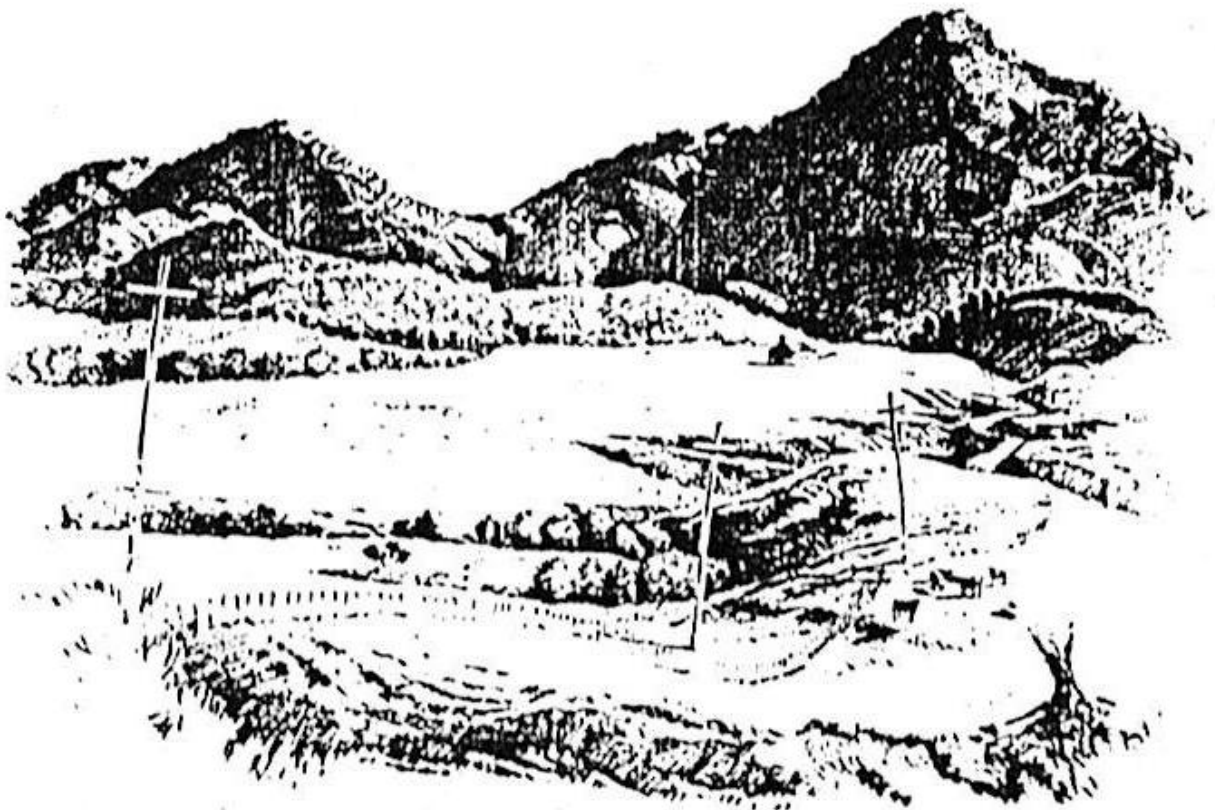
Yes, he had done a 180 at No 9 and got lost on the tracks to the east, eventually crossing a stream and coming out on farmland on the Old Coach Road. There was nobody home at the farmhouse he headed for so he walked out to the Taupo Road and then back to Forest HQ. "You're the bloke they're looking for" they said "Start walking back in toward them and we'll call them on the radio and they can pick you up".

As the radio wasn't working he had to walk ALL the way in! Check the Lands and Survey map if you would like to know how far our Taupo friend went - we did - and it's staggering!

Is that the end of the story? No - still looking for Dad was Tony. It's pitch black and now HE is whistling for direction back to the caravan. However, fifteen minutes of tooting car horns gets him back safe and sound.

In the process Stewart and Philip discover just what the black hole of Calcutta must have been like. We don't recommend a night event at Esk! Watch out at the night relays in October - Brian, Stewart, Dave and Philip are in top form!

Philip & Sharon Mardon



M17-39	OY1	OY2	OY3	OY4	Best Three
1 Maurice Lloyd	25.00	25.00	25.00	25.00	75.00
2 Peter Watson	23.26	Setter	23.83	20.68	67.77
3 Russell Mardon	21.87	18.63	15.86		56.36
4 Gerard Van Veen	13.42	10.02	19.59	13.80	46.81
5 Roger Bee	23.11	23.57	Setter		46.68
6 James Watson			13.49	12.41	25.90
7 Doug Matheson				13.90	13.90
8 Ray McCarthy			11.90		11.90
9 Wayne Lee			11.64		11.64
10 Geoff Paget	10.27				10.27
11 Trevor Carswell			5.00		5.00
12 Ray Nicholson	Setter	5.00			5.00

M40					
1 Stewart Hyslop	25.00	23.14	25.00	Setter	73.14
2 Brian Crawford	20.34	20.60	22.22	25.00	67.82
3 Ted Sapsford	22.35	13.28	5.00	15.27	50.90
4 Dave Smith	15.87	12.27	15.36	16.23	47.46
5 Roger Munday	20.61	25.00			45.61
6 Colin Tait	Setter	19.66	23.67		43.33
7 Philip Mardon	15.15		14.11	Setter	29.26
8 Tony White	5.00	5.00	17.72		27.72
9 Ron Gage		9.43			9.43

W17-39					
1 Caroline Watson	20.19	Setter	20.58	25.00	65.77
2 Fiona Crawford	15.52		25.00	23.38	63.90
3 Linda Lloyd	14.59		23.80	24.25	62.64
4 Liz Nicholson	25.00	25.00			50.00
5 Julie Watson			13.49	15.91	29.40
6 Wendy Bee	13.28	11.27	Setter		24.55
7 Brita Munday	13.26				13.26
8 Diane Taylor			10.90		10.90
9 Catherine Lee			5.00		5.00

W40					
1 Sharon Mardon	25.00	24.77	25.00	Setter	74.77
2 Ann Sapsford	14.91	5.00	19.90	25.00	59.81
3 Bev Tait	12.47	25.00			37.47

W13-16					
1 Fiona Sapsford	25.00	25.00	5.00	25.00	75.00
2 Kylie Watson				14.86	14.86
3 Anna Watson				14.26	14.26

M13-16					
1 Angus White	25.00	5.00	25.00		55.00

M12					
1 Peter Smith	22.33	25.00		25.00	72.33
2 Rowan Sapsford	25.00	11.38	25.00	17.70	67.70
3 Julian Bee			5.00		5.00

W12					
1 Nicola White	25.00				25.00
2 Cathy Smith	15.50	5.00			20.50

O.Y. COMMENTS AFTER FOUR RESULTS

- M12 If they both turn out Rowan has to win by a big margin.
- W12 No change.
- M13-16 Angus has it.
- W13-16 Congratulations Fiona. A perfect 75 points.
- W17-39 Only Liz can score a perfect, but she has to make the journey. Fiona vets OY5. Can Caroline pull off another walkers delight? Lots of possibilities for one, two, three. Good to see Maree having a run.
- M17-39 Pride at stake here. Can Maurice make it a whitewash and Stewart and Sharon score
- W40+ 75 points?
- M40+

Lots of possibilities for two, three, four in the M40+, but Peter cannot be budged from second spot in his grade.



FUN TRIATHLON



SUNDAY 23rd November 1986



COURSE	SWIM	CYCLE	ORIENTEER
<u>Short</u>	100yds.	9km.	2 km.
<u>Long</u>	300 yds.	9km.	3.5km.

Rules. No walking in the pool. No slipstreaming in the cycling.

Advice. Your daft if you follow someone orienteering.



Swimming will be at the Havelock North Outdoor Pool with the first competitors starting at 10.00 a.m.
Cycling then to the Tukituki River bank for the orienteering.

If you need to learn orienteering come to an event before the Triathlon.

21st Sept: Coaching 1.30 p.m. - 4.00 p.m. Seafield Road.
28th " Club event. Waipawa and Tukituki River junction.
19th Oct. Club event. Maraetotara Road. (See Sat. paper)
9th Nov. Club event. Seafield Road. (Club No. 15 for details)

Enquiries phone Stewart 69721 Maurice 55488
Brian 446125 Caroline 0728-88208

Entries close 10th November. None on the day.
Start times sent with receipt. Cost \$5.

Cheques to H. B. Orienteering Club, P.O. Box 90, Hastings.

Name
Address

Short course

Long course

Phone No.

Tick appropriate box

TRAINING TIPS FOR THE TRIATHLON

Somewhere in this fascinating magazine you will find the Triathlon entry form and information. •

Don't muck about. Post or hand deliver it. HAVE A GO!
THE COST TO MEMBERS IS \$2.50.

Found your togs? Good. Try them on. All the holes in the right places? Elastic still working? Havelock North and Napier have indoor pools if you need to practise your strokes.

On the day you can rest anywhere in the water but no walking. The pool is 33.3yrd long, so the shorts do three lengths and the longs do nine. Someone will be helping you count, but they won't stop you from doing more lengths than you should.

Everybody can ride a bike. Such different styles! Saddle height would be the most important single factor. Ideally, at the bottom of the downward thrust with the ball of the foot on the pedal, there should be a slight bend in the leg. Adjust handlebars to the same height but do make sure there is enough tube left in the frame, and I mean about a quarter of the total.

The clunkers have only one gear but I guess most will be on ten speeds. Use the gears but don't push too hard, select a twiddle one where you can build up a rhythm. This will pay when you come to the dreaded transition.

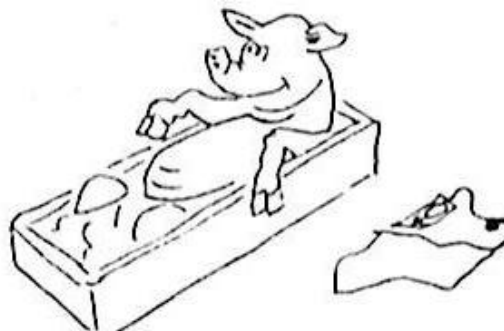
That is from cycling to running. Competitors have been known to fall over, and others cannot start to run.

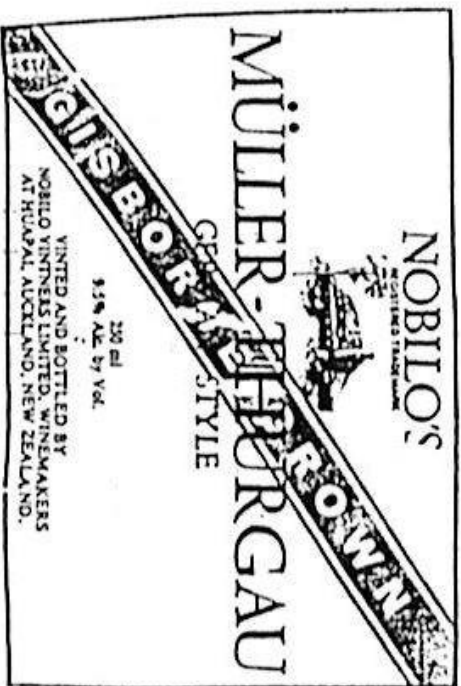
Orienteering will help here. We can pretend to be reading the map while we walk and our muscles relax and allow us to build up to a trot.

Sorry. I can't help you with the orienteering.

If you are last out of the pool, and miles back on the bike, console yourself with the thought that you'll catch most of them on the last leg.

Good luck





**MÜLLER-
THURGAU**

Müller Thurgau is a wine of delicate greenish-gold colour with all the varietal flavour characteristics of the German-style Müller Thurgau wines. A delicately crisp and fruity wine with a fresh, flowery bouquet ideally served slightly chilled.

As part of plans to raise \$50,000 to send a team to France for the 1987 World Orienteering Championships, the NZOF W.O.C. squad have secured a limited supply of quality Nobilio's wine. This Müller Thurgau wine is in 250ml bottles which come in packs of four.

PRICE: \$6 per 4-pack (1 litre) or \$36 per case (24 bottles)
 - cash with order (i.e. in advance)
 \$7 per 4-pack (1 litre) or \$42 per case (24 bottles)
 - cash on delivery

ORDER BY 27 OCTOBER (final day of labour Weekend Natn. Event)
 DELIVERY IN NOVEMBER ORDER FROM YOUR CLUB CONTACT

***** WHAT A GREAT GIFT TO GIVE FOR CHRISTMAS *****

WORLD CHAMPIONSHIP WINE ORDER FORM

I wish to buy _____ 4-packs @ \$6.00 / \$7.00
 _____ cases @ \$36.00 / \$42.00

I have enclosed \$ _____, or will pay \$ _____ on delivery.
 (Delete where not applicable)

NAME: _____

ADDRESS: _____

PHONE: _____

Cheques payable to: NZ ORIENTEERING FEDERATION

Orders can be placed with Peter Watson

20
NZ ORIENTEERING CHAMPIONSHIPS 1986
WOODHILL STATE FOREST NORTH AUCKLAND

ORGANISERS: Central 'O' Club
VENUE: Temu Road
DATE: Saturday 25th October 1986
DETAILS: New Map 1:10,000, 3.5m contours intricate coastal sand dunes to steep forest slopes. Controls pictorial.
CLASSES: M12A,B M13-14A,B M15-16 M17-18 M19-20 M21E,A,B,C M35A;B M40A,B M45A,B M50 M55 W12A,B W13-14A,B W15-16 W17-18 W19-20 W21E,A,B,C W35A,B W40A,B W45A,B W50 (Ages as at 31st December, 1986)
 Organisers reserve the right to combine grades.
ENTRE FEES: Closing date 29/9/86 - late entries accepted at double entry fee
 Seniors \$6.50
 Juniors \$3.50
 Family maximum \$16.50
ACCOMMODATION: Houghtons Camp, Muriwai

ENTRY FORM

SURNAME	FIRST NAME	GRADE	CLUB	DATE OF BIRTH	ENTRY FEE

TOTAL ENCLOSED \$

ADDRESS All competitors please include a short biography.

..... Cheques to be made payable to Central 'O' Club

Telephone No.

Send entries to: Leon McGivern Entries to be received no later than 29 September 1986
 46 Hope Farm Rd

Enquiries: Auckland 564-567
 Pakuranga.

ENTRY FORMS ON CARAVAN NOTICEBOARD

BE QUICK IF YOU WANT TO ENTER ANY OF THE LABOUR WIE EVENTS.

NEW ZEALAND RELAY CHAMPIONSHIPS
26TH OCT 1986.

Venue Woodhill Forest.

Map Quarry Road.

Scale 1:10,000.

Contour 3.5 m

Terrain Fast run open forest.

Control descriptions will be pictorial with the map.

Late entry will only be excepted if maps are available
at double entry fee.

ENTRIES CLOSE 29th Sept.

Entry fee Seniors \$5 Juniors \$3

Post to J. Robinson, P. O. Box 575 Pukekohe.

Grades.

OPEN 7.96k	MIX A Long 5.96k
WOMEN 5.96k	Med 4.82k
M35 5.96k	Short 4.15k
W35 4.82k	
J15/18 4.82k	Mix B Long 4.82k
J 14&under 2.59k	Med 4.15k
	Short 2.59k

Ages as at 31st Dec 1986.

ENTRY FORM.

Team name- _____	Team name _____
Grade _____	Grade _____
Club _____	Club _____
1 _____	1 _____
2 _____	2 _____
3 _____	3 _____
Team name _____	Team name _____
Grade _____	Grade _____
Club _____	Club _____
1 _____	1 _____
2 _____	2 _____
3 _____	3 _____
Team name _____	Team name _____
Grade _____	Grade _____
Club _____	Club _____
1 _____	1 _____
2 _____	2 _____
3 _____	3 _____

Address _____

Phone _____

Enclosed entry fee \$ _____

ENTRY FORMS ON CARAVAN NOTICEBOARD

20
NATIONAL SCORE EVENT

DAY 2, LABOUR WEEKEND, MONDAY 27 OCTOBER

This event will be organised and run according to Swedish Orienteering Federation rules, but with reduced time-penalties for lateness

All age groups will be catered for - Certificates for placegetters
Senior and Junior Spot prizes

Massed Start 10.00am - Pre-start route planning time allowed

The event, including prizegiving, will be over by lunchtime, to allow distant competitors daylight travel time

Venue - Woodhill Forest : Map Scale - 1:10000 : Contours - 5 metres

Terrain ranges from fast open forest to complex upper slopes and mixed ground cover

Control descriptions will be in I.D.F. symbols

Course Planner : Bruce Henderson - Controller : Bas Cuthbert

Entry Fees : Senior \$5.00, Junior (U19) \$3.00, Family Maximum \$12.00

★ CLOSING DATE : 1 OCTOBER 1986 ★

Late entries (at double normal fee) accepted at organiser's discretion

* * * * *

ENTRY FORM : NATIONAL SCORE EVENT 1986

Address: Telephone:(bus)
.....(priv)
.....

Surname	First Name	Club	Birth Year	Grade	Entry Fee

LATE ENTRIES - After 1.10.86 - Double Fees	Total Fee \$
	=====

Make cheques payable to North West Orienteering Club and send to P.O Box 36059, Northcote, Auckland 9

ENTRIES CLOSE WEDNESDAY 1 OCTOBER 1986

DAVE'S DOODLING ...
 A VIEW OF ORIENTEERING
 DAVE SMITH STYLE



HURDLING LOGS



TWISTING UNDER TREES



SINKING IN MUD



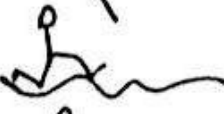
HURDLING FENCES



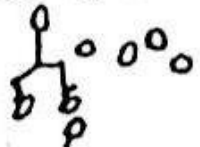
SIDEHILL RUNNING



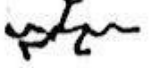
DOWNHILL RUNNING



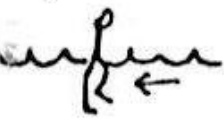
NARROW SHEEP-TRACK RUNNING



STEPPING STONE RUNNING



WATER RUNNING



WHITE WATER RUNNING



RUNNING THROUGH BRACKEN FERN



RUNNING THROUGH LUPINE



QUICK WAYS DOWN STEEP SLOPES



SAFE CLIMBING UP CLIFFS



SPEEDING DOWN ROADS/TRACKS/FINISH CHUTES



RUNNING UP SPURS



DOWN STREAMS



THROUGH BOULDER FIELDS



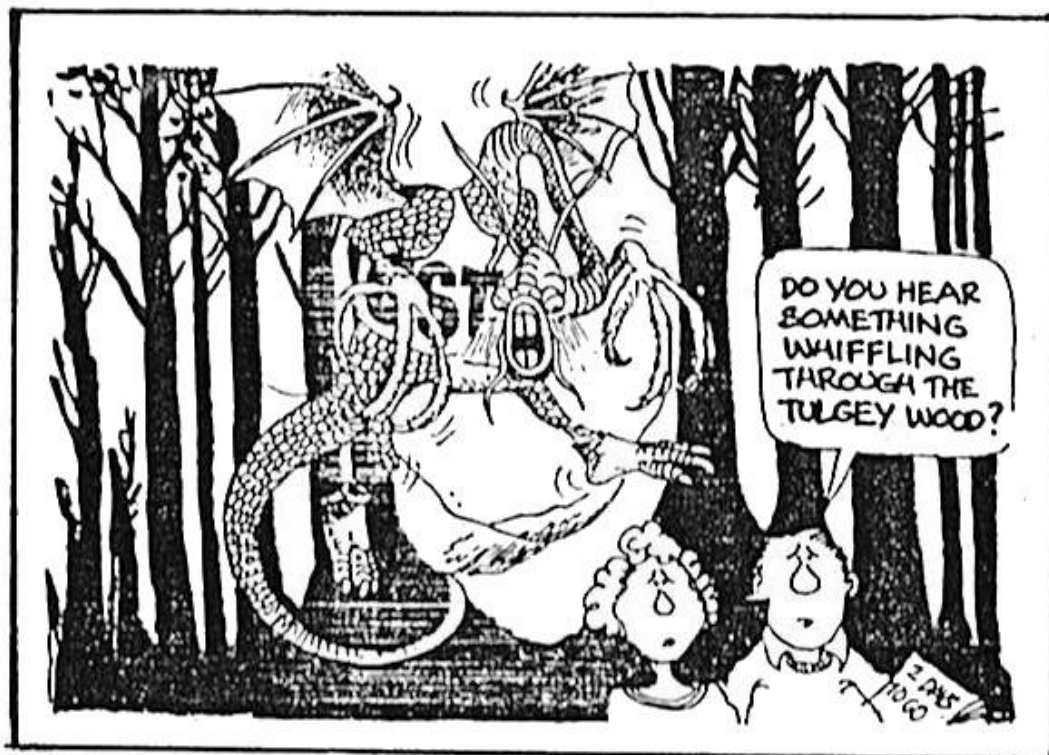
COW PADDOCKS

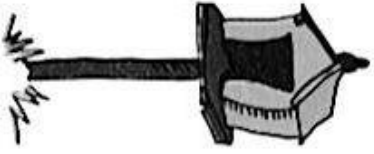


THROUGH CONTROLS WHILE CLIPPING



READING ON THE RUN





Cranford Family
8 Totara Street
Taradale

ORIENTEERING. THE THOUGHT SPORT

Oct. 1986