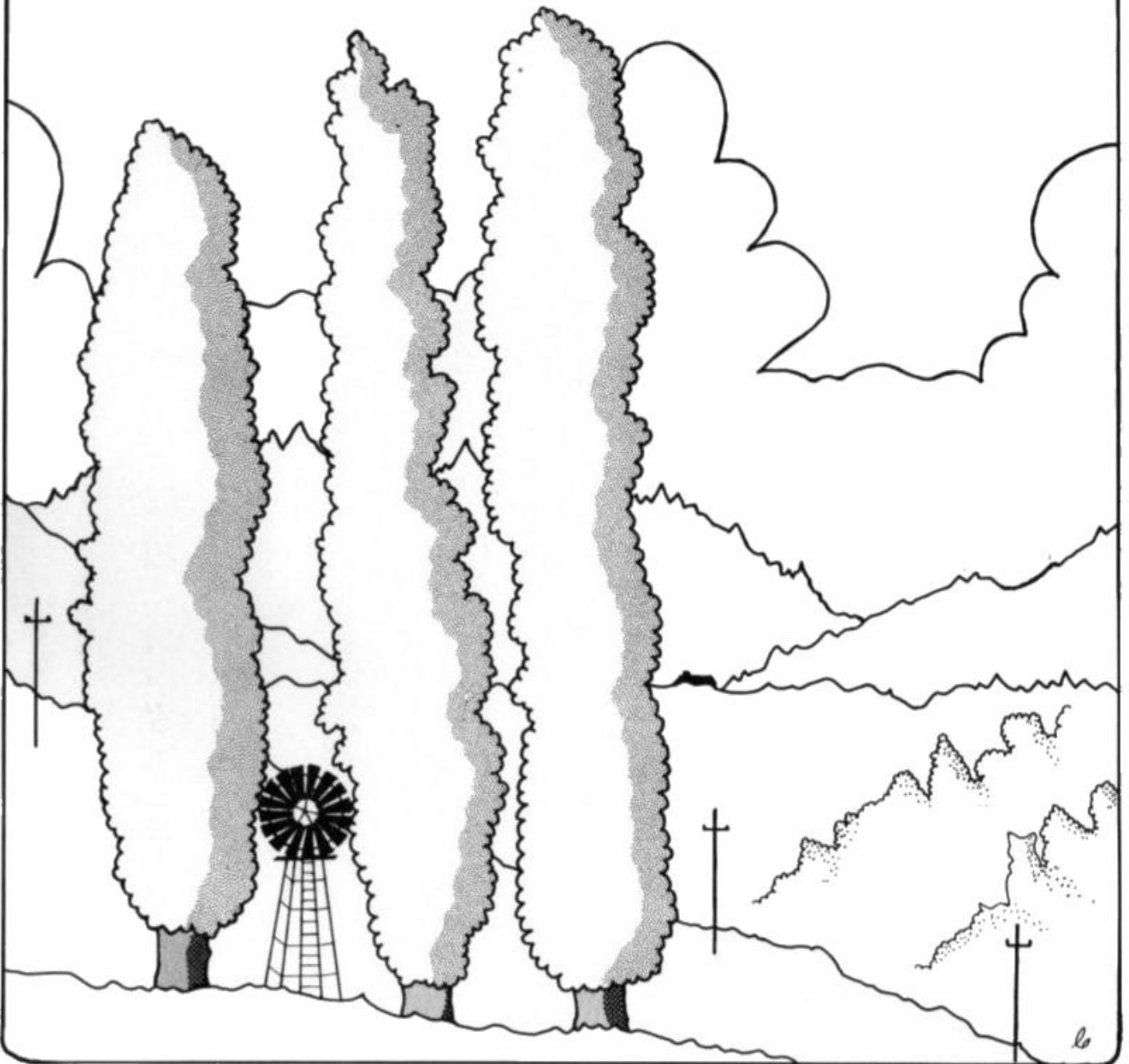


MARCH 1988

# COMPASS POINETS



# Volume I

## March 1988



PRESIDENT:  
GERARD VAN VEEN  
PHONE (0728) 88159

SECRETARY/TREASURER:  
PETER WATSON  
PHONE (0728) 88208

EDITORS THIS ISSUE: PETER & CAROLINE WATSON

Rise and Shine Hawkes Bay,

First issue for the year and we have nearly completed the month of March. Our first event was on the 8th of February so we decided to wait a little while to accumulate material to fill the pages.

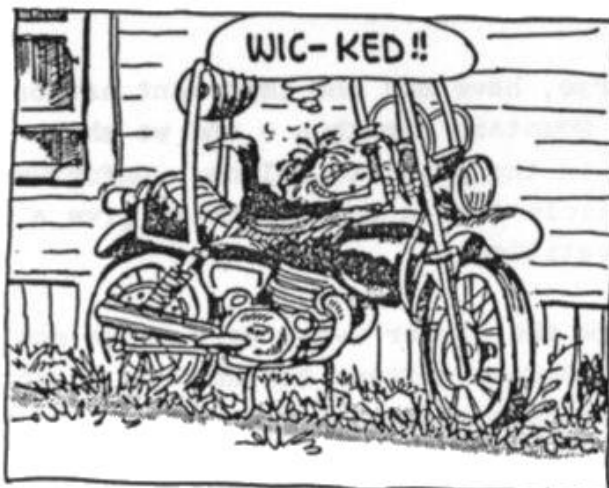
We, of course, have had one important national event already - the Macpac Mountain Marathon - and we shall read more about that event in the pages to follow. Unfortunately, we do not have an article from a competitor to give a first hand account of the competition.

We also have the Easter 3-day very close now and we wish the organisers, course setters and helpers a successful event (and fine weather to top things off). Hope readers have taken advantage of a national event being so close to home by entering in one or more of the three days.

Caroline & Peter Watson

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PETE PLANNING CONTROL DISTRIBUTION  
MANGAOHANE STATION

AT LAST 6 - THE PUZZLE SOLUTION

3	8	<sup>2</sup> 7	<sup>3</sup> 2	0	/	<sup>4</sup> 5
4	/	<sup>5</sup> 9	/	/	<sup>6</sup> 4	4
0	/	2	/	<sup>7</sup> 3	8	4
/	<sup>8</sup> 1	1	<sup>9</sup> 1	0	/	/
<sup>10</sup> 7	2	/	<sup>11</sup> 1	9	<sup>12</sup> 1	<sup>13</sup> 8
9	/	/	/	<sup>14</sup> 7	9	2
<sup>15</sup> 2	7	/	<sup>16</sup> 1	6	/	9



IF YOU THOUGHT THAT WAS DIFFICULT, TRY THIS:

A CLUES

- Seven times 3-A, times 8-B
- Its middle digit is midway between the other two
- Four times 8-B
- Three times 24-B, plus one half of 23-C
- 15-A times 19-C
- The number formed by the first three digits is the square of that formed by the last two
- One half of 19-C
- The square of 19-C
- 5-A, minus seven times 8-B
- 6-B, minus three times 8-B
- Two of the digits of 13-C

B CLUES

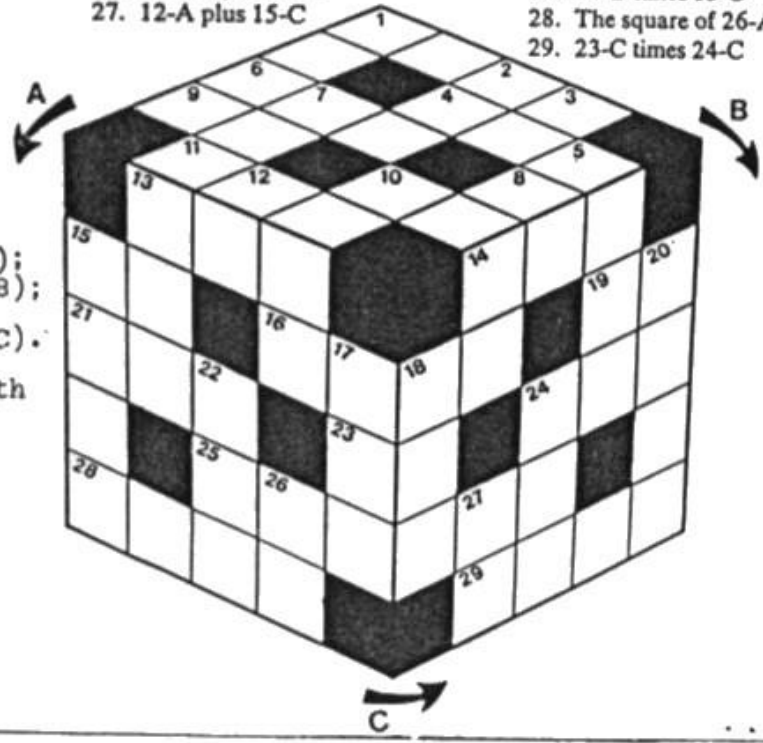
- 12-A times 9-B
- 26-A, times 8-B, times 11-B
- 13-C minus 24-B
- The sum of the digits of 12-A
- 12-A, reversed
- The square of 15-C
- 8-B times 19-C
- Its first digit is the sum of the other two
- Twice 10-B
- A multiple of 8-B
- 12-A plus 15-C

C CLUES

- Its first digit is the sum of the other two
- 12-A times 8-B
- 150% of 12-A
- 6-B times 8-B
- The last two digits of 15-A
- Three quarters of the square of 23-C
- 19-C minus 3-A
- 24-B plus 23-C
- 10-B times 15-C
- The square of 26-A
- 23-C times 24-C

The answers are in three directions - down to the left (A); down to the right (B); and from the lower left to the right (C).

No number begins with a zero, and all answers are whole numbers.



REPORT OF THE A.G.M. HELD 24th NOVEMBER 1987

IN BRIEF:

1. 1988 Subscriptions (now overdue)

Family	\$50	(children 12 and over)
Senior	\$20	
Junior	\$10	

2. 1988 Map Fees

1st map	Non-members	\$4
1st map	Members	\$2
2nd & subsequent maps		\$1

3. Office Bearers

- (a) President - Gerard Van Veen  
5 Cobham Crescent  
Waipukurau (0728) 88159
- (b) Secretary/  
Treasurer Peter Watson  
1 Tavistock Road  
Waipukurau (0728) 88208

Please note our Post Office box (90) has been relinquished and all correspondence (including newsletters) should be addressed to the secretary.

- (c) Committee: Philip Allerby (070) 65518  
Dave Fisher " 448282  
Stewart Hyslop " 69721  
Sharon Mardon " 68558  
Dave Smith " 69862

4. Trophy Winners

- (a) 1987 Club Champions:
- |     |                 |
|-----|-----------------|
| W13 | Fiona Sapsford  |
| W21 | Caroline Watson |
| W35 | Linda Lloyd     |
| W40 | Sharon Mardon   |
| W50 | Anne Sapsford   |
| M12 | Rowan Sapsford  |
| M13 | Gavin Shing     |
| M17 | Philip Allerby  |
| M21 | Peter Watson    |
| M45 | Roger Munday    |
| M50 | Dave Smith      |
| M55 | Brian Crawford  |

(b) 1987 Orienteer of the Year:

W12	Gillian Watson
W13-16	Fiona Sapsford
W17-39	Linda Lloyd
W40+	Sharon Mardon
M12	Rowan Sapsford
M13-16	James Bowden
M17-39	Peter Watson
M40+	Tony White

- (c) Junior Proficiency Certificate: Gavin Shing

## (d) Club Trophies:

- Charles Dook Cup - Sharon Mardon,  
co-ordinator 1987 National Relays
- Heather Mardon Trophy - Caroline Watson,  
National W21B Champion
- Mark Hyslop Trophy - Russell Mardon,  
selected for Nz team
- Clipper Challenge Trophy - Bev Tait,  
most points scored at badge events
- Lloyd Cup - Caroline Watson,  
Club Champion, Ladies Open Grade
- Nicholson Cup - Peter Watson,  
Club Champion, Mens Open Grade
- Bee Trophy - Peter Watson,  
OY Mens Open Grade
- Robbie Smith Cup - A Sapsford, C Watson, P Watson,  
fastest relay team
- Night Relay Shield - P Smith, M Lloyd, P Mardon

There are two extra publications to accompany this issue.  
Please avail yourself of them if you have been missed,  
i.e. annoy Peter:

1. NZOF 1988 Fixtures List
2. South Island clubs 7-day 1989 entry form



NZOF NEWS1. NZOF AGM

Saturday, 2nd April 1988, 4.00 pm  
 Flaxmere Scout Hall  
 Henderson Road, Flaxmere

2. Proposed 1989 Affiliation Fees

	<u>1989</u>	<u>1988</u>	<u>Increase</u>
Family	\$24.00	\$18.50	30%
Senior	9.00	7.00	29%
Junior	6.00	4.50	33%

3. Short Version of NZOF Accounts

	<u>1987</u>	<u>1986</u>
Payments	20420	10055
<u>Less Receipts</u>		
Affiliation Fees	8140	7343
Interest	1905	1268
Sundry	<u>8854</u>	<u>6612</u>
	18899	15223
<u>Cash Deficiency</u>	<u>\$1521</u>	<u>\$ 5168</u> Surplus
<u>Accumulated Funds</u> Opening Balance	11972	6804
Closing Balance	<u>\$10451</u>	<u>\$11972</u>

4. Affiliated Members

	<u>1987</u>	<u>1986</u>	<u>1985</u>	<u>1984</u>	<u>1983</u>
HBOC	65	89	75	58	72
NZ Total	1440	1509	1603	1568	1284

5. Map Scales

IOF and Technical Committee expect all maps for major events to have a scale of 1:15,000.

6. Control Codes

The latest IOF edit requires that codes on controls be 3 - 6cm high and preferably be able to be read only whilst standing at the control which means most of us will need to expel more energy checking the wrong controls.



CLUB NEWS  
AND OTHER TIDBITS

1. ANZAC 3-Day Badge Event

Closing Date 23 March 1988

Saturday, 23rd April 1988	Huriwai (Port Waikato)
Sunday, 24th April 1988	Mt Auckland (North Auckland)
Monday, 25th April 1988	Temu Road (Woodhill Forest)

Members have already been contacted about this event.  
Entry forms available from the Secretary.

2. Control Etiquette

Two recent entrants in the Macpac Mountain Marathon have highlighted why you don't ask "Have you found it?" as they replied "We give up. They must have put the control in the wrong place. We're going on." They then commented that they were delighted to see that several pairs stopped looking and followed them.

3. Training

In a recent newsletter the NZOF Training Squad mentioned that they would like to organise more training events for club orienteers and increase the profile of squad members.

I am sure club members would find such events worthwhile and we await developments.

4. 1989 World Orienteering Championships

These will be held in Skaraborg, Sweden, 12-20 August 1989, with five public competitions open to everyone.

5. VJ Sport Orienteering Shoes

An order for VJ Sport Orienteering shoes will be sent off to Finland following the Easter event on April 4.

Any orders or enquiries, contact:

Paul Henderson  
P O Box 27  
Reporoa

Ph (073) 38220





The first magazine seems a good time to outline the more competitive side of club and national orienteering for the newer members - the results of which you will have read in the AGM report.

#### HB ORIENTEER OF THE YEAR SERIES (OY)

1. Five events held over the year.
2. Your best three events count.
3. HB club members only are eligible.
4. Grades

M12	W12
M13-16	W13-16
M17-39	W17-39
M40+	W40+

5. Points awarded as follows:-

$$\text{OY Points} = \frac{\text{Winners Time}}{\text{Your Time}} \times 25$$

#### CLIPPER CHALLENGE TROPHY

The purpose of this trophy (donated by a club member) is to encourage competition by club members at a national level. Points will be awarded to club members who compete at events which carry NZOF Badge Event status. The trophy is to be awarded annually for the period 1 January to 31 December.

Points are to be calculated according to the persons performance in their own grade. These grades can be either A, B or C. For those competing in B and C grades, credit awards will be calculated to give gold, silver and bronze status as with A grades.

Points will be accumulated over the 12 month period, gained as follows:

Within Gold credit time	10 points
Within Silver credit time	8
Within Bronze credit time	6
Within Iron credit time	4
Start but did not Finish	2
Course Setters & Vectors	6

#### NZOF BADGE SCHEME

There has been recent discussion on the operation of this scheme and it may well be altered in the future but at present it operates as follows:

The Badge Scheme is an acknowledgement of achievement in a particular grade, at events which carry badge event status.

You can apply for a badge after gaining three credits, which must be within a three year period. Ideally, they should be in the same grade though one (or even two) credits from a higher grade (i.e. harder) can be used to complete the claim.

Make your application to: Mark McKenna  
P O Box 1293  
Rotorua

and include a payment of \$4.



Many club members took advantage of Karin Gunnarsson and Lars Sjukrist coming to Hawkes Bay to coach as part of their New Zealand coaching tour.

They were dedicated to their task and we learnt several ways to improve our orienteering, putting their ideas into practice by running courses designed for that purpose.

At a slide evening they told us about their orienteering experience and the sport in Sweden, and had ideas on how to promote orienteering in N.Z.

They also had a bundle of fascinating maps of areas of the USA, Australia and Sweden. Very different to anything we have run on - multi-coloured maps: blue, black and white!



RESULTS OF N.Z. ORIENTEERS WHO ATTENDED THE ASIAN & PACIFIC ORIENTEERING CHAMPS & ASSOCIATED EVENTS IN JANUARY OF THIS YEAR (COURTESY AQA. MAGAZINE)

## so what happened in Tasmania?

### Asia-Pacific Championships, St Helen's :

W15-16 : 1st, Tania Robinson (S.A.) 3rd, Jenny Adams (F&PO)  
 W35 : 1st, Trish Aspin (S.A.) 3rd, Val Robinson (S.A.)  
 W50 : 1st, Judy Martin (N.W.) 3rd, Hilary Weeks (C)  
 M15-16 : 3rd, Brett Ashmore (C)  
 M19-20 : 1st, Mark McLean (W)  
 K35 : 3rd, Max Kerrison (P)  
 K45 : 1st, John Robinson (S.A.)  
 K50 : 3rd, Terry Brighthouse (T)

### Australia/New Zealand Challenge Individuals, Hobart :

(The two best times for each country in each grade were added, except in the elite grades where the best three times were added.)

W21E : 1st, Carey Martin, Anita Dowling, Joy Talbot  
 W35 : 1st, Trish Aspin, Chrissie Williams  
 W45 : 1st, Ann Scott, Val Robinson  
 W50 : 1st, Hilary Weeks, Bev Laurent  
 K40 : 1st, Thur Borren Wayne Aspin  
 K15 : 1st, Brett Ashmore, Darren Ashmore

### Australia/New Zealand Challenge Relays, St Helen's :

W17-16 : 1st, Tania Robinson, Jeni Martin, Jenny Adams  
 W50 : 1st, Judy Martin, Hilary Weeks, Bev Laurent

### Two-Day Mountain Marathon, Bronte Park :

A Course : 2nd, Bill Teshan, Bryan Teshan  
 B Course : 1st, Robert Jessop, Donald Staudt (Australia)  
 5th, Wayne Aspin, Trish Aspin  
 C Course : 5th, Terry Brighthouse, Elaine Brighthouse

## NEWS FLASH

HARISON.— Ngaire (nee Adams) and Malcolm are very happy to announce the birth of Julia Ann, on Saturday, February 20, 1988, at Memorial Hospital, Hastings. Very special thanks to Dr Davidson and nursing staff of Ward 14 and 15.

# RARETU - 6 DECEMBER 1987

Results of Christmas Event at Raretu on 6 Dec. 1987.

The format of the event was possibly a World First & Last! Everything was multiplied by 10 ie. correct answers in Part A (Taskmaster Score) and no. of controls visited in variable time (Handicap Score) less penalty mins. Setters: Smiths (Dave, Rob, Peter Cathy).

	Totl A	Score	Elapsed	Allowed	Pen	Totl B	Total
Maurice Lloyd	180	270	41.00	32.00	90	180	360
Russell Mardon	180	240	37.53	32.00	60	180	360
Andrew Hare	165	190	35.41	34.30	20	170	335
Denise & Bruce Perry	160	170	31.13	34.00	0	170	330
Green & Atkins	150	180	31.52	35.00	0	180	330
Brian Crawford	180	180	34.07	32.00	30	150	330
Plunkett Family	150	180	35.39	35.00	10	170	320
Brita Olsson-Munday	165	180	37.03	33.30	30	150	315
Gerard van Veen	120	190	30.38	38.00	0	190	310
Tim Hay	170	190	37.10	33.00	50	140	310
B Murphy Family	130	230	42.16	37.00	60	170	300
Gavin Shing	160	150	34.24	34.00	10	140	300
Peter Watson	160	270	47.53	34.00	140	130	290
Caroline Watson	180	180	38.30	32.00	70	110	290
Dave Fisher	160	160	36.10	34.00	30	130	290
Sharon Mardon	180	150	35.58	32.00	40	110	290
Stewart Hyslop	180	230	43.11	32.00	120	110	290
Neil Lawrence	150	130	23.00	35.00	0	130	280
Angus White	150	130	29.18	35.00	0	130	280
Fiona Crawford & Karen Apperley	180	120	33.38	32.00	20	100	280
Brian Nairn	165	110	23.00	33.30	0	110	275
Vicki van Veen	160	140	36.25	34.00	30	110	270
Tony White	180	260	48.08	32.00	170	90	270
Jenny Mardon	170	160	38.58	33.00	60	100	270
Robin Nairn	165	100	23.00	33.30	0	100	265
Tony Bartlett, Trevor Boyd & Fla	140	230	46.15	36.00	110	120	260
Peter & Scott Bergstrom	140	120	35.00	36.00	0	120	260
Catherine Lee & Lois Nairn	170	90	32.45	33.00	0	90	260
Fiona Sapsford	160	90	31.24	34.00	0	90	250
Heather Mardon	145	110	38.01	35.30	30	80	225
Brendan Donovan & Laurie Holmes	140	80	23.27	36.00	0	80	220
Philip Mardon	180	170	44.43	32.00	130	40	220
Kirstin & Sharon Bergstrom	160	30	32.10	34.00	0	30	190
Rowan Sapsford	110	90	39.41	39.00	10	80	190
Epplatt Family	100	110	41.32	40.00	20	90	190
Cameron Pierce & Layton Noa Noa	120	170	48.53	38.00	110	60	180
Anne Sapsford	170	70	41.40	33.00	90	-20	150
Wayne Lee & Paul Nairn	170	80	42.07	33.00	100	-20	150
Philip Allerby	170	240	65.28	33.00	330	-90	80
James Bowden	180	240	71.50	32.00	400	-160	20
Peter Thomas & Philip Brownie	130	0	49.02	37.00	120	-120	10
Dylan & Gordon van der Zee	120	80	61.48	38.00	230	-150	-30
Jackie Nairn	140	100	69.21	36.00	340	-240	-100
Roger Munday	DNS	DNF	DNF	50.00	0	0	0

Taskmaster: (task or question on card held by master? instructor who allowed competitor to clip card if correct. Snowballing number of instructors depending on time. Twenty seven cards prepared: eighteen used). Did you enjoy & learn?

Handicap Score: Time allowed fifty mins. Less one minute for each correct answer in above, staggered starts as convenient after above.

Collective name for the event: Equalizer Score event? But it seems there was a big range of final totals.

Thanks for being such good sports and giving it a go. Thanks also to the scouts for your attendance.

Philip Allerby masterminded the novelty races and lolly scrambles.



IT DIDN'T TAKE MUCH TO AMUSE THE BIG KIDS!



## TRIATHLON - 7 FEBRUARY 1988

Stewart's hastily scribbled instructions to me as he handed over the event were - leave the short course as it was last year and make the cycle and orienteering sections of the long course tougher. So that is what I did. I hope those who did the long course enjoyed their ride through some of Havelock North's steeper streets.

Unfortunately Sunday dawned a little on the wet side but as the controls were already in place we went ahead anyway. The weather took its toll but I would like to thank the fourteen hardy souls who braved the weather and competed.

Congratulations to Gerard who won the long course, Peter who won the short course and Gavin who was the first junior home.

My thanks also to Philip for helping check control sites and put flags out, Dave for recording the cycle times and Anne for manning the caravan.

Sharon Mardon

			TOTAL	SWIM	CYCLE	ORIENT.
Gerard	van Veen	L	65.01	6.10	25.44	33.07
Roger	Munday	L	80.47	7.31	29.10	44.06
Andrew	Hare	L	80.48	6.18	23.32	50.58
Philip	Allerby	L	82.09	8.44	29.36	43.49
Darryl	Green	L	82.47	7.12	28.15	47.20
Peter	Watson	S	35.29	2.20	19.48	13.21
Bruce	Perry	S	41.50	2.18	19.00	20.32
Gavin	Shing	S	46.05	2.29	25.00	18.36
Rowan	Sapsford	S	46.06	2.32	25.00	18.34
Scott	Bergstrom	S	49.05	2.22	25.55	20.48
Peter	Bergstrom	S	49.07	2.32	25.46	20.49
Fiona	Sapsford	S	50.08	2.14	27.51	20.03
Peter	Smith	S	56.27	3.43	26.06	26.38
Vicki	van Veen	S	66.03	1.57	44.20	19.46
Orienteering						
		L=		300m	11km	4km
		S=		100m	9km	2km
Long Course 4km						
Lawlor, Sand						91.20
Short Course 2km						
Munday Group						41.01
Bergstrom Girls Gp						61.42
Lost Sheep Gp						88.27



## 1988 MACPAC MOUNTAIN MARATHON

In March 1987, due to Colin Tait's transfer to Auckland, I was asked to assist Ted in organising the Mountain Marathon.

Assisting Ted with the practical side of the event was very enjoyable with the highlight getting out all the Day 1 controls in 12 hours. We arrived in pouring rain and negotiated a treacherous track at 1.30am in the morning & placed the controls at the designated sites in very limited visibility. The only reason I knew I was crossing the Reporoa Bog was that the surface was spongy. I am sure the times would have increased significantly if the competitors had to run in conditions we experienced putting out controls.

In any event, the weather was brilliant with showers setting in at the conclusion of the event.

Ted's article on the event is featured in the results booklet which can be borrowed from the caravan. I would like to thank all club members and members of the Heuetaunga Tramping Club who assisted with the event.

The Hawkes Bay results were as follows:-

Course 1	Day 1	Day 2	Total
1. John Moté & John Rix	5.24.23	8.09.47	13.34.20
6. Chris Mansell & Tony Gates	7.51.25	8.14.16	16.05.41
8. Gerard Van Veen & Bruce Perry	6.59.11	9.42.34	16.41.45

## Course 2

1. Chris Tait & Barry Prosser	4.36.57	8.04.51	12.41.48
16. Alan Timms & Peter McClelland	6.04.37	9.34.40	15.39.17
17. Stuart Foote & Iain Watson	6.40.39	8.59.00	15.40.19
20. Peter Bailey & Derek Ward	4.59.05	11.02.00	16.01.05
25. Chris Burns & Mike van Vorkum	6.51.40	10.26.25	17.18.05
30. Russell Thomas & Bryan Thomas	8.40.30	9.44.25	18.24.55
Andrew Hare & Darwin Green	-	11.08.52	

## Course 3

1. Tony Nixon & Malcolm Ingham	2.49.10	4.01.53	6.51.03
9. Russell Mardon & James Bowden	4.12.59	4.02.30	8.15.29
20. Roger Bee & Keith de Ridder	4.53.40	6.01.12	10.54.52
33. Colin Flood & Sandy Dunstan	8.45.54	6.57.32	15.43.26

## Course 4

1. John Guyton & Grant Rogers	2.38.36	2.06.10	4.44.16
2. Tony White & Angus White	2.29.08	2.20.17	4.49.25
8. Tim Hay & Kevin Ackerley	2.49.02	2.43.28	5.32.30
20. Philip Allerby & Dave Fisher	3.29.54	3.19.46	6.49.40
24. Ray Slavin & Blair Slavin	3.58.33	3.15.08	7.13.41
28. Marion Sherburn & Evelyn Trass	3.46.15	4.15.37	8.01.52
29. Graham Lawlor & Gregory Lawlor	3.46.40	5.15.34	8.02.14
36. Antonia Wood & Fiona Sapsford	4.13.28	5.11.13	9.24.41
40. Wendy Bee & Viv McHarg	5.21.10	4.48.09	10.09.19
Paul Jarvis & Rhys Jarvis	-	3.49.02	-

## Score Event

1. Maurice Lloyd & Craig Crosse	79 points
3. Vicki Van Veen & Denise Perry	1 point

NIGHT RELAY PRACTICE AT ROWE ROAD - 27 FEBRUARY 1988

Taking on this event as my first, I was sure I was attempting the impossible. Being reasonably new to the organising and setting of an orienteering event I was pleased that there were only a few minor hiccups and things went reasonably well.

With this event also being the function to celebrate the success of the Mountain Marathon, with trampers from the HB Tramping Club participating, courses were made what I thought rather easy (only to have the results prove me wrong).

I would like to congratulate Bruce, Denise and Vicki on being the only team to make no errors. This event showed how important control codes and control descriptions are.

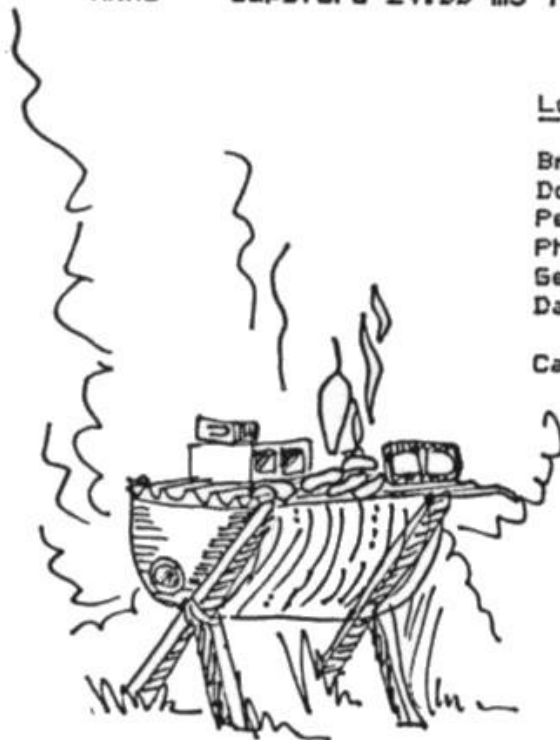
My thanks go to Dave Fisher and all those who turned up.

Phil Allerby

<u>Short Course 1.1km</u>			<u>Medium Course 2.5km</u>		
Denise Perry		34.02	Vicki vanVeen		80.42
Taylor Family		30.00	Trevor & Peter		51.39 1w
Adrian & Allan		15.00	Fiona Sapsford		85.05 1w
Nairn Family		34.00	Sharon Mardon		66.35
Rowan Sapsford		38.23 m2	Gavin Shing		75.51
Anne Sapsford		24.00 m3	Ted Sapsford		76.15 1w

<u>Long Course 3.3km</u>			<u>TOTAL</u>	
Bruce Perry		39.48	154.32	
Doug Matheson		41.47	123.26	1w
Peter Watson		26.50	126.55	1w
Philip Mardon		54.24 m1	154.59	m1
Gerard vanVeen		36.47	151.01	m2
David Fisher		66.33	166.48	m3 1w
Carla & Linda		170.10		

m1=missed 1 control  
1w=1control wrong



ALL NIGHT RELAYS

The Hawkes Bay club put together two teams for the night relays which were held on the night of Saturday, 5 March 1988 in Taupo.

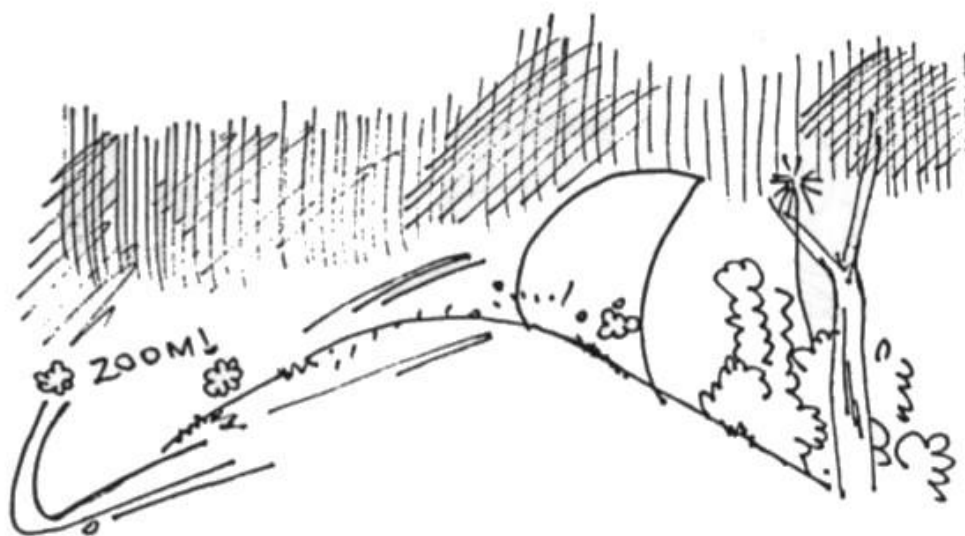
After our experience of the previous three years with atrocious weather conditions and very difficult courses we were expecting to finish the event at dawn on Sunday.

This proved not to be the case as the excellent weather and the fact that fences were marked on all maps, helped to ensure that all teams were finished by 2 am. I am sure the majority of competitors would have enjoyed this state of affairs, but I personally preferred the challenge of navigating at night on a difficult course in bad weather and as such are probably in a minority of one.

Due to the good weather all the teams finished and the Hawkes Bay results were an 8th and 12th placing out of 15 teams. It should be noted in the previous years bad weather we would probably finish about 5th or 6th!

Sunday saw us regrouping for a seven person fun relay which had team members piggy-backing, eating crackers and then made to whistle, leap-frogging, sporting a balloon while you did your course (and returning with the balloon still inflated), the Irishman's drinking trick (we won't go into that) and the three-armed pair. Lots of fun.

Peter Watson





**EASTER 3 DAY BADGE EVENT**

<b>DAY 1</b>	Crohane	2nd April
<b>DAY 2</b>	McNeil	3rd April
<b>DAY 3</b>	Granules	4th April

The organisation for the Easter 3 Day Badge event is now in full swing with 244 entries received, 27 from our own club, and the programme due to go to press this week.

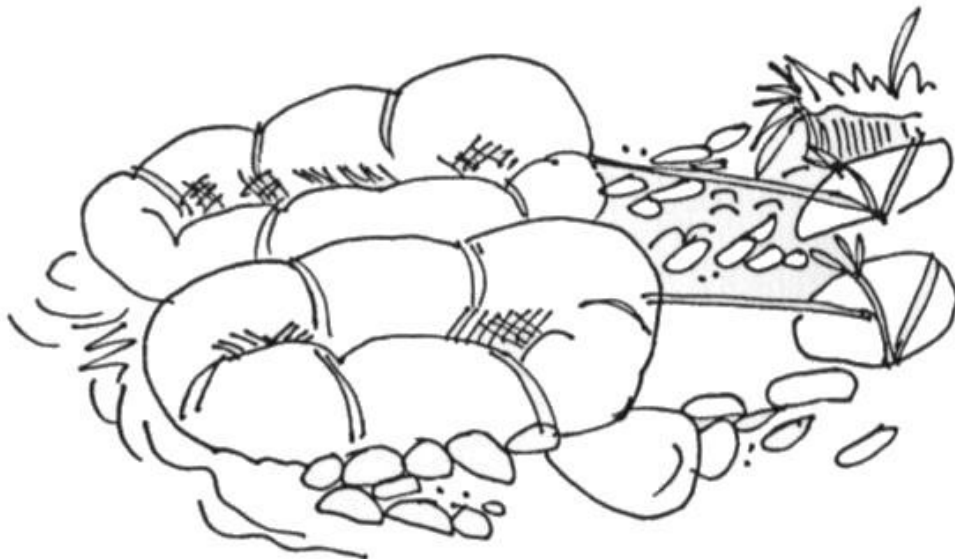
Maurice Lloyd and Ross Frechtling have set the courses on Crohane and are hoping they won't have to change any control sites after cyclone Bola has finished reshaping the area.

Brian Crawford and David Cooke have a different problem with the course setting on McNeil, our new map in the Rissington area, they can't get to it; cyclone Bola is blocking the way, only temporarily we hope.

Gerard Van Veen, Tony White and Bruce Perry claim to be cyclone proof and are about to start printing the courses onto the Granules maps just as soon as Mark McKenna, the event controller from Rotorua, has checked it all out. During the 3 days we will need plenty of 'person' power to assist with the running of the events. If you can help and would like to spend easter in the 'sunny' Hawkes Bay countryside please ring me or any of the committee members, (Rumour has it that I'm rather difficult to contact.)

David Fisher (070) 448-282

SO WHAT ARE WE DOING AT EASTER?



DEPARTMENT OF EDUCATION - IRELAND  
Irish G.C.E. Examination Paper - 1974

GENERAL KNOWLEDGE  
\*\*\*\*\*



INSTRUCTIONS:

Time allowed SEVEN WEEKS

One week extra allowed for reading this paper

Answer any TWO Questions

Each question is worth 50 marks

Where appropriate answers should be illustrated with carefully labelled diagrams

1. Who won World War Two?
2. Who came second?
3. What is a Silver Dollar made of?
4. Explain Einstein's theory of Hydrodynamics OR write your name in BLOCK letters
5. Spell the following: (a) Dog (b) Cat (c) Carrot
6. What time is News at Ten on?
7. Approximately how many commandments was Moses given?
8. There has been six Kings of England named George, the last being George VI. Name the other five.
9. Write down the numbers from 1 to 10. (Marks will be deducted for every number out of sequence).
10. Who built Stephenson's Rocket?
11. What musical instrument does Phil the fluter play?
12. Of what country is Dublin the capital?  
N.B. - Candidates must not write on more than two sides of the paper.
13. Do you understand Newton's Law of Gravity? (Yes or No)
14. Spot the deliberate mistake: 'An apple a day gathers no moss'.
15. Name the odd man out of the following:  
Cardinal Heenan, The Pope, Jack the Ripper, Archbishop of Canterbury.
16. Who is the odd man out?  
Shamus O'Toole, Sean O'Flatattery, Mahatma Ghandi, Patrick Murphy
17. Is a Dunker: (a) A person who dips biscuits in his tea? (b) A contraceptive  
(c) A lorry for motorway construction?
18. Name the winning jockey in the 1972 Greyhound Derby
19. Who built the great pyramids? (a) Macalpine (b) Wimpeys (c) Pharoahs  
(d) Costains
20. In the 1972 Sheepdog trials how many were found guilty?

QUEEN'S BIRTHDAY 3 DAY EVENT

4-6 JUNE 1988

DAY ONE: SATURDAY 4th JUNE

Ngamotu - New Map - 1:15,000 - 6m  
 Fast to Slow run, poor visibility, easy gully spur system.  
 Very few point features or tracks/line features.  
 Forest Farm. (Run by Pinelands - Rotorua Map)

DAY TWO: SUNDAY 5th JUNE

Highlands Station - 1:15,000 - 6m  
 Part only used for CDOA OY Nov 1987. In effect a new map.  
 Farm with many features and large patches of native bush.  
 (Rotorua Club)

DAY THREE: MONDAY 6th JUNE

Paetataramoia - 1:15,000 - 5m  
 Used once for NZ National 1987. Forest farm with good  
 visibility - Fast. Chasing Start. (Taupo Club)

The event will be run in accordance with NZOF rules 1987.

COURSE / GRADE COMBINATIONS

Course	Men	Women	Win Time	Difficulty
1	M21E		70+	Hard
2		W21E	55	Hard
3	M19A, M35A, M21A		60	Hard
4	M17A, M40A		55	Hard
5	M45A	W19A, W21A, W35A	50	Hard
6	M50A	W17A, W40A	45	Hard
7	M55A	W45A	40	Hard
8	M60A	W50A, W55A	35	Hard
9	M15A, M21B, M35B		40	Med
10	M40B, M13A	W15A, W21B, W35B	35	Med
11	M21C, M50B, M17-20B	W13A, W21C, W40B, W17-20B	30	Easy
12	M12A, M13-16B	W12A, W13-16B	25	Easy
13	M12B	W12B	20	Very Easy

QUEEN'S BIRTHDAY 3 DAY EVENT

ENTRY FORM

Saturday - Monday 4th - 6th June 1988

Family Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

FIRST NAME & SURNAME	PLEASE X			GRADE	CLUB	FEES
	DAY 1	DAY 2	DAY 3			
Late entry fee \$10 per family						
TOTAL						

ENTRY FEE 3 DAYS

RATE PER DAY

SENIOR: \$25

SENIOR \$9

JUNIOR: \$10

JUNIOR: \$4

FAMILY MAX.: \$50

FAMILY MAX.: \$20

CHEQUES to be made payable to -

Rotorua Orienteering Club

POST entry forms - Elaine Brighthouse  
 Blue Ridge Drive  
 R.D. 1  
 TAUPO

CLOSING date for entries - Friday 6 May 1988

WHANGAREI ORIENTEERING CLUBTo Orienteering Clubs' Newsletter EditorsEARLY ADVICEGIENBERVIE CHALLENGE BADGE EVENTSUNDAY 14 AUGUST

MAP:           Scale:                   1 - 10,000  
                   Contour Interval:       5 metres  
                   Situation:                10km north of Whangarei  
                   Terrain:                Pine forest with a central core  
   of native forest and other pockets  
   of native forest. Variable run.  
   Numerous steep sided complex gullies.

COURSES:    The courses will tend to be set shorter than would be  
                   normal for the grades to allow for the climb.

CATERING    will be available.

STARTS       from 10.00 am.

ENTRIES:   Entry forms will be circulated in June with entries closing  
                   about mid-July.

Some have called it 'Tiger Country' but really it is very friendly  
 once you get to know it!



# RUNNING AT THE EDGE

Neil Simson

*How many times have you finished an O course and thought: 'If only I'd slowed down I wouldn't have made that mistake' or 'I didn't run fast enough'?*

*Neil Simson offers some insights into finding the optimum speed, on an orienteering course. He likens the boundary between 'too fast' and 'too slow' to a cliff edge and provides some clues on how to stay close to the edge without plummeting to a navigational mistake.*

## Theory

No matter what standard of orienteer you are, how fast you can orienteer is determined by a number of factors. These factors include: the physical effort you put into running, your ability to navigate, the terrain, and the course you are running. The first two factors are the most important since they are much easier to influence.

Navigational ability can be divided into two areas: choice and implementation. The ability to choose the best route (for you) is determined by your knowledge and experience. Your ability to carry out that route choice is influenced by a number of factors, including: your knowledge and experience, the terrain, and the effort you put into running.

By adjusting your physical effort you can influence how well you are able to navigate. One of the reasons for this is the effect your effort has on your eyesight. According to Allan Gravelle ('On Seeing Orange', *Australian Orienteer*, June/July 1985, p. 23): "With fast running, vision drops down to the level of legal blindness!" Some other problems which influence your navigation are exhaustion and stress.

How fast you run influences how fast you can navigate and by balancing these two you can find your optimum speed (see Figure 1). The course setter and the terrain determine the required navigational ability (B). Orienteers then set their effort, usually at some level which they are used to. To achieve the best possible time the running effort should be the optimum effort (C).

Should the orienteer's actual running effort (D) exceed the optimum effort (C) then errors will result (see Figure 2). If the actual running effort is less than the optimum effort then the orienteer is wasting time (see Figure 3).

It is not always possible to use optimum effort for the entire course. There is a limiting factor which needs to be considered. This is the level of effort you can maintain throughout the course. On most courses there will be times when optimum effort is beyond your physical capabilities.

## Application

To know exactly when you are at optimum effort, I imagine, is quite difficult. To know when you are beyond optimum effort is comparatively easy. This is when you make mistakes. The difficulty with applying the

theory is in finding optimum effort without exceeding it and then making an error.

It is not necessary to make an error to know when you have 'gone over the edge' (exceeded optimum effort). When you are over the edge you will know because you will begin to lose map contact. You will find that the detail you need to navigate by is coming up faster than you can check it off. Being able to know when you have exceeded optimum effort before making a mistake is the crux of the theory.

This skill is used by 'running at the edge' (speeding up until you begin to lose map contact and then slowing) and by doing this you can approach optimum effort without the chance of a major error. By knowing where the 'edge' is and keeping in contact with it orienteers can achieve their best possible performance.

## Training

The important skill to train is recognizing when you have exceeded optimum effort. The way to do this is to run a course (preferably a control picking course in a fairly complex area) faster and faster until you make a mistake. If you are concentrating enough you will notice that you begin to lose map contact at some stage before making a mistake. In fact, the only error you are making is that you aren't slowing down to re-establish map contact. What you are actually doing is to make assumptions about where you are (and if you are lucky you could be right).

## Use of the technique

The route choice you select can have a marked effect on the optimum speed, as can the techniques you use. You should be careful when making your selection to choose the one which will get you to the next control in the shortest time. You should look for the fastest route rather than the route which allows you to go to 'optimum' for the longest.

The best use of the technique is to use it when approaching controls from your attack point. At this stage you will be using almost all the detail shown and will need to see it all. Another use for the technique is on long stretches without handrails where you pick up major features to keep you on line.

In summary, to achieve your fastest possible time, you should run 'at the edge' for as long as possible and for the remainder you should run at your maximum maintainable effort. This way you will waste as little time as possible. When using the technique, it should be remembered that the optimum effort is likely to be constantly changing. For those people who use the 'slap-it-down' (compass bearing) technique, this technique will have little relevance to you. This technique is complementary rather than supplementary to traditional techniques.

*Neil Simson was a mapper, course setter and commentator at the 1987 Easter 3-days. The problem he deals with is one most orienteers should have contemplated. The Australian Orienteer would like to hear your thoughts, comments or theories on how to 'run at the edge'.*

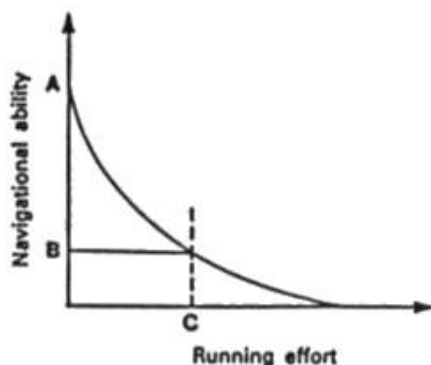


Figure 1. The influence of running effort on your ability to carry out a route choice

- A — maximum navigational ability
- B — required navigational ability
- C — optimum effort
- D — actual effort

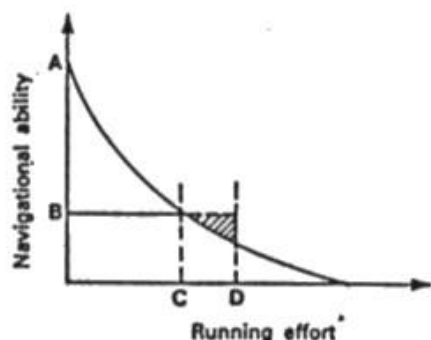


Figure 2. Going too fast

Shaded area represents how much slower than optimum you are going (high likelihood of errors)

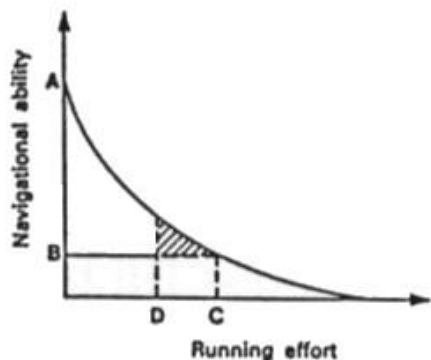


Figure 3. Going too slow

Shaded area represents how much slower than optimum you are going (lost time)

## ADVANCE INFORMATION

# TWO MAJOR ORIENTEERING EVENTS AT WELLINGTON

## NATIONAL CHAMPIONSHIPS

22-24 October 1988

SANTOFT - Individuals - Hutt Valley OC  
HEATON PARK - Relays - Red Kiwis OC

Two superb new forest venues near Bulls  
adjacent to Sandhills ( Australia / New Zealand Relays '87 )



## WELLINGTON CHAMPIONSHIPS

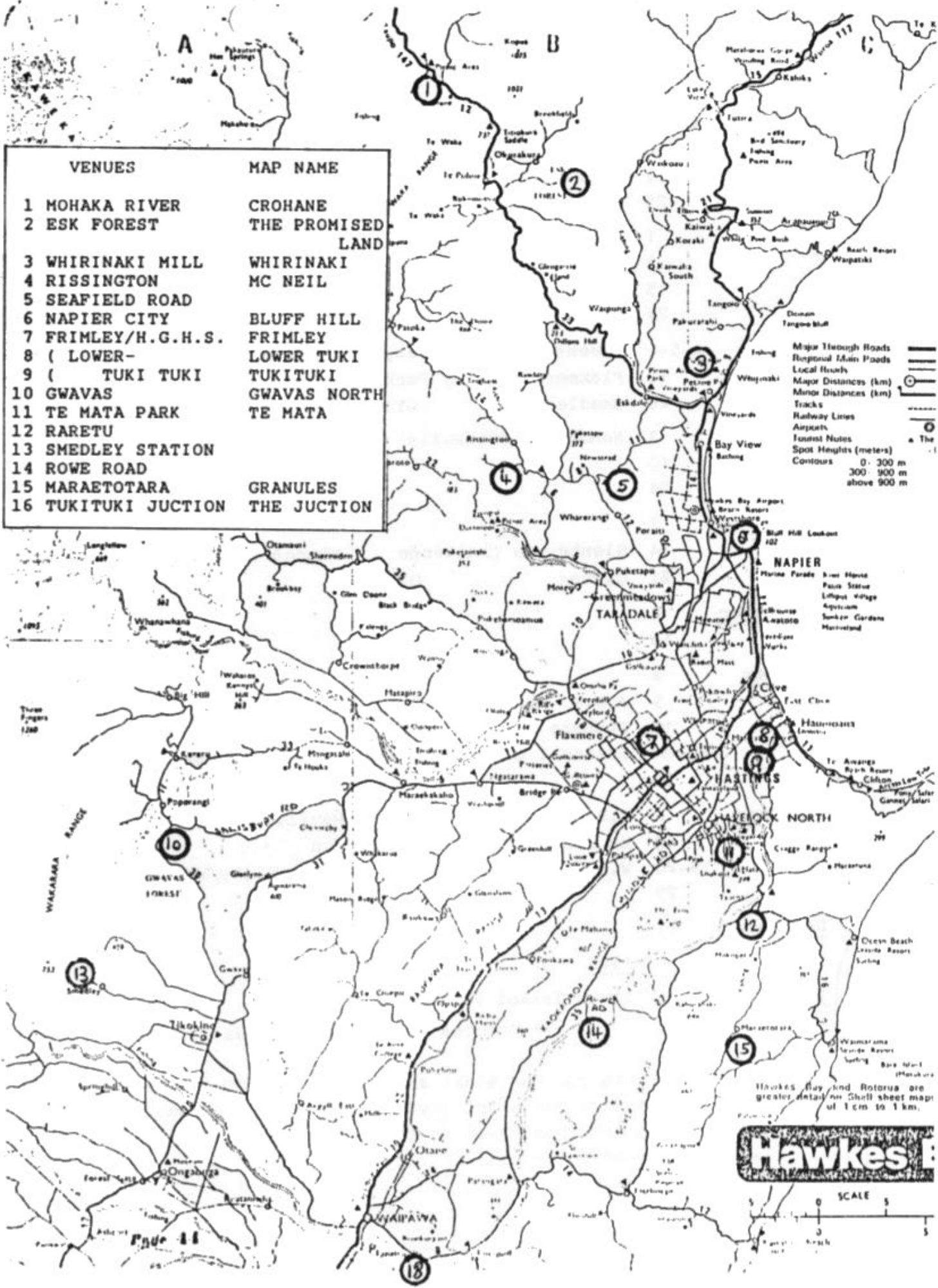
19-20 November 1988

Individuals - Hutt Valley OC  
Relays - Wairarapa OC

Two new intricate farm/bush maps in the Wairarapa  
adjacent and similar to the much-loved Stronvar

**BILLETS and TRANSPORT available  
BEAUTIFUL WEATHER GUARANTEED**

VENUES	MAP NAME
1 MOHAKA RIVER	CROHANE
2 ESK FOREST	THE PROMISED LAND
3 WHIRINAKI MILL	WHIRINAKI
4 RISSINGTON	MC NEIL
5 SEAFIELD ROAD	BLUFF HILL
6 NAPIER CITY	FRIMLEY
7 FRIMLEY/H.G.H.S.	LOWER TUKI
8 ( LOWER-	TUKITUKI
9 ( TUKI TUKI	GWAVAS NORTH
10 GWAVAS	TE MATA
11 TE MATA PARK	
12 RARETU	
13 SMEDLEY STATION	
14 ROWE ROAD	
15 MARAETOTARA	GRANULES
16 TUKITUKI JUNCTION	THE JUCTION



**Hawkes Bay**



## 1988 CALENDAR

<u>April</u>	2-3-4	Easter 3-day - Crohane, Rissington, Granules*	
	10	Herald Tribune Half-Marathon	
	17	Whirinaki	OY1
	23-24-25	Anzac 3-day	Auckland*
<u>May</u>	1	Raretu	
	8	ANZ Fun Run	
	15	Seafield Road	
	29	Granules	OY2
<u>June</u>	4-5-6	Queens Birthday 3-day	Central Districts*
	12	Flaxmere/Frimley Park	
	26	Smedley	OY3
<u>July</u>	3	Sandhills SH3/Bulls	Red Kiwis OY
	10		
	24		
<u>August</u>	7		
	14	Glenbervie Challenge	Whangarei*
	21	Gwavas	OY4
<u>September</u>	4		
	18		
<u>October</u>	2		
	9	A.O.A. Champs	North West*
	16	Crohane	OY5
	23-24	National Champs & Relays-Hutt Valley/Red Kiwis*	
	30		
<u>November</u>	6	C.D.O.A. Champs	Hamilton*
	13	HB Club Champs - Rissington	
	19-20	W.O.A. Champs & Relays	Hutt Valley/Wairarapa*
	27		
<u>December</u>	11		

## 1989

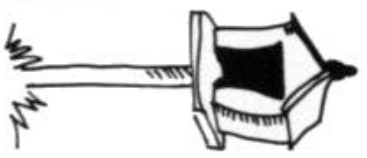
January 7-15 South Island 7-day

\* denotes badge event status

At club events you can start anytime between 10.30am - 1.30pm  
 At OY events you can start anytime between 11.30am - 1.30pm  
 Most events are advertised in the Leader. Some events  
 are advertised under Club Notices in the HBHT and  
 Daily Telegraph.

Happy Orienteering

ORIENTEERING. THE THOUGHT SPORT



MARCH 1988