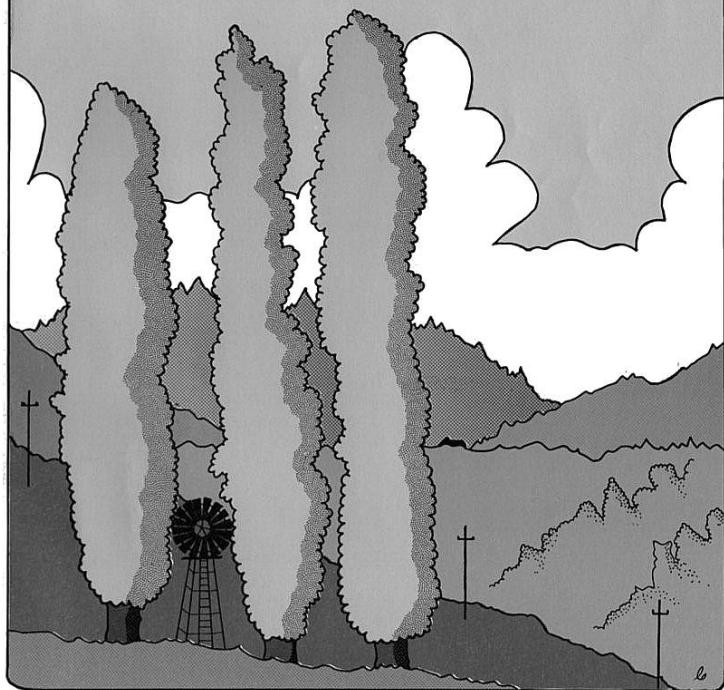


OCT. 1988

COMPASS POINTS



ORIENTEERING. THE THOUGHT SPORT

OCT 88

OCT 1988



COMPASS POINTS

VOLUME IV

OCTOBER 1988

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MAJOR EVENT ENTRY FORMS

H.B.O.C, COMING EVENTS

NZOF News

27 July, 1988.

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Attached is the Major Fixtures List for 1989 as approved at the Management Committee of Sunday, 17 July, 1988. It should be noted that whilst the dates of the events on the list are fixed the question of Badge Event status for some has yet to be confirmed. Application forms for a number of the events have still to be submitted and therefore technical details are not available. Just as soon as this information is to hand confirmation or otherwise of event status will be given.

"KIWISPORT"

The Management Committee is pleased to advise that at its recent meeting it appointed Laurie Baxter to the position of NZOF Kivisport Co-Ordinator. Laurie, act to co-ordinate Orienteering activities in the project and he will endeavour to satisfy the needs of Clubs on the one hand and the Regional Kivisport Co-ordinators on the other. His address is of course known to you all so if there are any queries please refer them to him. Laurie is working on material which will assist teachers in running Orienteering activities in Schools.

I have attached the Orienteering pages from the "Kivisport" handbook which is available to all Schools. This will give you an idea of just what "Kivisport" is all about. Also attached is an article by Mark Roberts taken from the W.G.A. magazine. We hope that all Orienteers will adopt the philosophy expressed in this article. Comments made at a recent Kivisport conference suggests to Laurie that in most instances the Regional Co-ordinators are happy with the response they are getting from Clubs. Please if you are asked to assist give as much help as you are able.

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In response to a query from a Club I repeat the Federation's requirements regarding National Sponsorship. The Federation's involvement in National sponsorship deals is simply a liaison approach only to ensure that conflict does not arise. The Management Committee would expect Clubs to check with the NZOF Secretary before making any approaches to National sponsors.

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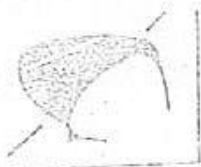
1989 MAJOR FIXTURES - Firm Dates

12 July 1988

Jan 2 - 3	Mountain Marathon - Canterbury	WOC Squad
Jan 7 - 15	South Island 7 day festival	Sth Island Clubs
Jan 7	B Orton Bradley	PAPO
Jan 9	B Aust / NZ Challenge Ind - Craigmore	PAPO
Jan 10	B Naseby	DOC
Jan 12	Aust / NZ Challenge Relays - Naseby	DOC
Jan 13	B Ardlui	DOC
Jan 15	B Waikaia	SOC
Feb 25	All night relays	Taupo
Mar 24 - 27	* Easter 3 day	Egmont
Apr 6	* Otago Championships	DOC
Jun 3 - 5	* Queens Birthday 3 day	WOA Clubs
Jun 3	Day 1	Red Kiwis
Jun 4	Moore's Taupo	Hutt Valley
Jun 5	Day 3	Wellington
Aug 19 - 20	* Canterbury Champs	PAPO
Sep 24	* CDOA Champs	Taupo
Oct 8	* AOA Champs - KIWITAHU	Central
Oct 21	* National Championships - Waiuku	Sth Auckland
Oct 22	National Relays - Olara River	North West
Nov 11 - 12	* South Is Champs - Craigmore	PAPO
Nov 26	* WOA Champs	Red Kiwis

B indicates badge event

* indicates proposed badge event (badge status yet to be confirmed)



N.Z.O.F.

TECHNICAL COMMITTEE

TECHNICAL NEWSLETTER : 88/2

Grade/Course Combinations

Due to the wide variety of course numbers and grade/course combinations which have been surfacing at various badge events, it has been decided to introduce a guideline as to what the Technical Committee considers to be a minimum standard, for organisers to follow. Standard A is the minimum required for all badge states events, with the exception of those events named in Standard B. Standard B is the minimum required for the NZ Nationals, the Australia vs NZ Challenge and any other major event as notified by the NZOF Technical Committee.

Note that down-grading of any class from the minimum standard is not considered appropriate. For example, 21A should not be placed on a course lower than 19A or 35A, regardless of the abilities of the people currently running that grade otherwise there is no natural progression for the increasing ages of those stepping up or down a grade.

It is intended that these guidelines be used for a trial period of 12 months before putting them to a Council meeting as a referendum for approval as a set standard. It is hoped that organising clubs will make use of these as shown and report back on the practicalities/problems that may occur.

Any comments from other orienteers would also be welcome.

Map Scales

The edict laid down in the last newsletter may have been somewhat unclear - as discussions over the Easter Weekend indicated. It is the intention that all maps that are produced for badge events should be 1:15000. Club maps or other special maps may be any scale.

Some maps have recently been produced overseas for veteran and junior grades at 1:10,000, which are very easy to read - especially for people with failing eyesight. You should note that these maps were produced as "special" maps. They do not comply with IOF Rules. The maps in question were fieldworked and drawn at a base map scale of 1:7500 and pen sizes used as would be used for a 2:1 reduction. Some maps were then reduced to 1:15,000 and others to 1:10,000 off the same originals. The 1:15,000 maps were to IOF specifications and were used for 15-16 to 35 age groups. (The spread may have been greater than this, but I don't think so.) The 1:10,000 maps whose features were very bold, due to not being reduced the full amount, were used by veteran and junior grades. Excellent scheme - if you can afford it.

Maybe one of the more financial clubs could try this at some time in the near future?

If you have a map which you consider should be 1:10,000 due to the amount of detail, firstly look around at other 1:15,000 maps which have a lot of detail - then if you still think the map should be 1:10,000 discuss it with the Technical Committee (Ken Holst, Micheal Wood, John Davies).

LOCATION OF CONTROLS

In the Controllers summary of the Queens Birthday event it was advised that controls, placed close together on similar features did not contravene the rules but were seen as an undesirable situation as regards fairness to the competitor. It has since been correctly pointed out that there is in fact a rule covering this exact situation. Rule 39.5 (NZOF Rules 1987) states: - "Controls shall not be positioned on similar features within 50m of each other". Controllers, please note for future reference.

The Queens Birthday controller humbly apologises to anyone affected at that event who may have been misled by his remarks that it did not contravene the rules, only the spirit of the game. Selectors - please also note!

NZ BADGE EVENTS
COURSE/GRADE COMBINATIONS

A Minimum Acceptable

COURSE	MEN	WOMEN	WIN TIME	DIFFICULTY
1	M21A,		80	Hard
2	M19A, M35A		70	Hard
3		W21A	60	Hard
4	M17A, M40A		65	Hard
5	M45A	W19A, W35A	60	Hard
6	M50A	W17A, W40A	55	Hard
7	M55A	W45A	50	Hard
8	M60A	W50A, W55A	45	Hard
9	M15A, M21B, M35B		50	Medium
10	M40B, M13A	W15A, W21B, W35B	45	Medium
11	M21C, M50B, W17-20B	W13A, W21C, W40B, W17-20B	35-40	Easy
12	M12A, M13-16B	W12A, W13-16B	25	Easy
13	M12B	W12B	25	Very Easy

Note: If 21E provided then 21A may be combined with 19A and 35A so retain the same number of courses.

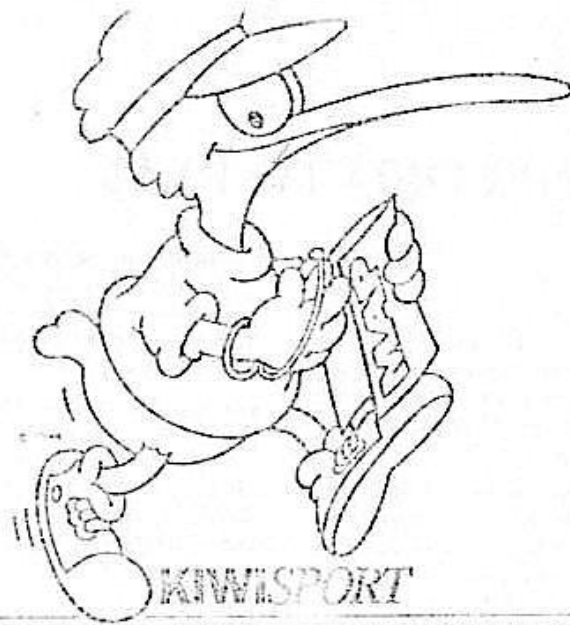
NZ BADGE EVENTS
COURSE/GRADE COMBINATIONS

B Desirable - Minimum Acceptable for NZ Champs, NZ/Aust Challenge, APOC and other Major Events as nominated by Technical Committee.

COURSE	MEN	WOMEN	WIN TIME	DIFFICULTY
1	M21E		80 m	Hard
2		W21E	60 m	Hard
3	M21A		80 m	Hard
4	M19A,M35A		70 m	Hard
5	M17A,M40A	W21A	65 m	Hard
6	M45A	W19A,W35A	60 m	Hard
7	M50A	W17A,W40A	55 m	Hard
8	M55A	W45A	50 m *	Hard
9	M60A	W50A	45 m *	Hard
10		W55A,W60A	50	Hard
11	M15A,M21B		50 min'	Medium
12	M35B	W21B,W15A	45 m	Medium
13	M40B,M13A,M21C, M17-20B	W35B	40	Easy
14	M50B	W13A,W40B,W21C,W17-20B	35	Easy
15	M12A,M13-16B	W12A,W50B,W13-16B	25	Easy
16	M12B	W12B	25	Very Easy

Note: For NZ/Aust Challenge, the team members must be considered elite and the primary object of the event is the challenge. Therefore all challenge grades should have a difficulty of Hard i.e. Grade 16 and Under should run on the same course as 45 age group.

* Times relate to Mens win times.



ORIENTEERING

P L A Y I T C O O L

Introduction

Orienteering is a modern day sport which was developed in Scandinavia in the early 1900's and then introduced into England in the 1960's. The name *orienteering* is derived from the Swedish term *Orienterings-loppning*, which literally translated means navigation running. The sport may be defined as an activity in which the participant, on foot, locates a series of check points using a specially prepared map.

As a competitive sport, *Orienteering* is well established in over fifty countries and world championships are held every two years. In New Zealand the sport is organised at national level by the New Zealand Orienteering Federation. There are 20 clubs with a total of 2,500 registered members.

Orienteering has much to commend it as a school sport and/or outdoor education activity.

- It is co-educational and highly adaptable to different age groups and skill levels.
- It leads to independent decision making.
- A course can be set around the school grounds, around the neighbouring streets, parks and reserves or in nearby farmland or forest.
- A mixture of skills is required, so that good runners do not always win.
- The map-reading and navigational skills learned in the sport are of great value in many recreational pursuits.
- The sport can be presented to students in a gradual and challenging way which helps maintain the children's motivation.

Orienteering in schools has the support of the New Zealand Orienteering Federation which may be contacted for advice and assistance in either implementing the sport or conducting a competition.



WHAT IS NEEDED TO PLAY?

Equipment

A map of the school ground in a scale of about 1:2000. It is not difficult to draw a suitable map. Students can be introduced to *orienteering* using child drawn picture maps and/or sketch maps. Contours are not necessary.

A school environs map — of about 1:5000. The mapped area should fit on an A4 sheet so that it may be photocopied. It should include local streets, parks, farmland, forest, rivers, creeks, lakes and any other natural or man-made features.

Farm and forest maps are ideal for pupils who have mastered the basic skills. Local clubs have maps of local parks and nearby farm and forest areas prepared to Federation standards.

Control equipment. White icecream buckets with red or orange painted stripes and identifying code numbers or letters are suitable for markers. Coloured crayons can be used to record codes on cards in lieu of punches.

Compasses. A compass will rarely be necessary at the introductory level. Compasses are useful as an aid to navigation when the terrain is featureless, or there is poor visibility. Although the skill is sometimes helpful, novices are better prepared by being taught to interpret maps without a compass. A compass is useful for map drawing and field-working.

HOW IS IT PLAYED?

Definitions

Controls: Places which must be visited during the event. Markers located at control sites have identifying letters and/or numbers together possibly, with a bus conductor type clipper. At each control the participant records the code on a control card as verification of having visited that control. There can be any number of controls but about ten is usual. The control sites may be objects such as fences, boulders, buildings, trees etc. Controls must not be hidden.

Control Card: A card carried by each participant and marked at each control either using a pen or pencil or a clipper.

The Leg: The distance travelled between controls.

Pacing: Judging a distance by the number of strides.

Orienting the Map: Lining up the map so that directions are true. This may be done with the help of features in the terrain or by using the magnetic needle on a compass.

A Cross Country Event: Competitors leave the starting point at two minute intervals. After the start, each competitor collects a map and control card, interprets the map, then proceeds with the course. The participant must visit each control in the given order. The competitor who completes the course in the shortest time is the winner.

A Score Event: Competitors visit as many controls as possible in any order in a given time.

Rules. There are very few rules. Each competitor may choose his/her own route to proceed from control to control. Controls must not be moved. No damage must be done to husband or to private property. No rubbish must be left behind.

Club Events: Each club event offers a choice from several courses of varying length and difficulty so that all levels of ability are catered for.

Mini-Orienteering

When presenting Orienteering to primary school pupils the following points should be considered:

Activities should be of a kind and degree of difficulty which enable all participants to have fun and be successful. Compasses are neither necessary nor desirable in open country. Young children enjoy completing tasks using information gathered at controls, e.g. parts of a drawing, names of plants.

The competitive aspect should not be emphasised.

Safety is most important. Keep the course away from busy roads, railway lines, dangerous rivers, cliffs, etc.

Stress to all pupils that they must check in at the finish, even if they have decided to withdraw before completing the full course.

If a pupil is injured in any way other students must help him or her, even if this means abandoning the event.

ORIENTEERING

In forest country, consider issuing each student with a whistle. The emergency signal is usually six short blasts repeated at regular intervals.

Orienteering usually requires participants to compete as individuals. Nevertheless, there is some value in presenting events as team events from time to time, particularly for children.

LEAD-UP ACTIVITIES

At the beginning level children should become familiar with:

- Asking key questions: Is my map turned right?
: Where am I?
: Where am I going?
- Interpreting symbols on a map of a familiar place.
- A map legend.
- Control markers and codes.
- Clipping or recording in boxes or the edge of the map or on a control card in correct order.
- Course symbols: start, finish.
- A Magnetic needle.

Map Reading. Start small: with a desk top, a table top, a classroom, the school gym or hall, a part of the school ground. Have children draw their own maps, locate controls (stickers) and find each other's controls. Decide on some standard symbols. Include a legend on maps. Add some boxes along the side for recording control codes.

Turning Map the "Right Way": Have the children twist their maps around several times and then lay them down so that "everything fits". Change maps and repeat. Turn in a circle while changing grip on the maps so that they continue to be "turned the right way".

Have the children draw a sun on the appropriate side of their first maps; put a north arrow on that side, turn their maps "to the sun".

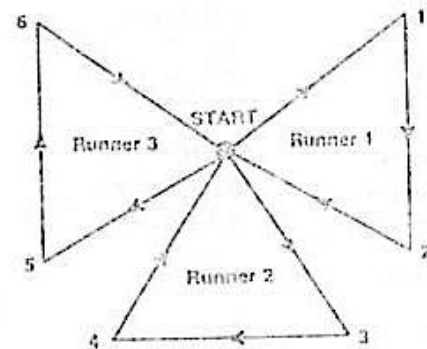
Magnetise a needle. Suspend it on water or from cotton. Turn map so that the north arrow and the magnetised needle match.

Events: First events could include: Simple "cross country" events in which participants start at timed intervals and visit and record controls marked on a map of the school ground in correct order.

Task oriented events in which instructions are followed at each control, or items collected, words of a song title collected, picture parts collected etc.

Type events in which a route is taped around the school ground, controls located at distinctive places, children are given a map with the course marked but the controls are not marked. Their task, to locate and mark control sites on their maps.

A relay activity in which a team of two or three share the controls in order to have all the controls visited as quickly as possible.



Trivia events in which "control sites" are features in the streets, e.g. shop windows, letter boxes, power poles and in which participants are asked to write down, e.g. name of shop owner, box number, pole number etc.

Score events in which a large number of controls are placed about the map and children are given a limited time in which to visit as many as possible.

Resources

The following resources are available and can be obtained through the NZOF:

The NZOF Handbook "Handbook for Teaching Orienteering to 8 — 13 year olds" (\$6.00).

The Canadian Handbook "Orienteering" (\$35.00 +).

The British publication "Teaching Orienteering" (\$45.00 +).

Control punches, Silva type (approx \$70.00 set of 10). Baxter type (approx \$50.00 set of 10 less 50% to schools, i.e. \$25.00 + \$1.50 p&p).

Control markers; may be obtained through the NZOF or from Australia.

The Orienteering Service of Australia at 41 Alexandra Parade, Clifton Hill, 3008, Melbourne, Vic, may be contacted directly for a wide range of orienteering equipment and resources.

ORIENTEERING

Contacts

For further information contact:

National

Mr Colin Tait,
NZ Orienteering Federation Inc,
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Schools Resource Officer,
NZ Orienteering Fed.,
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AUCKLAND 10.
(09) 404 7482

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Ann Scott,
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Invercargill.
(021) 67 231

PLANNING AND MONITORING YOUR TRAINING

David Hogg

To get the most out of your training in terms of success in competitive orienteering, you need to plan your training so that you aim to be at your peak when it is most important, and you should endeavour to stick to your plan. With this issue of *The Australian Orienteer* there is a free copy of a training chart which I have developed in consultation with other experienced orienteers and coaches. There are brief notes on the sheet on how to use it, but this article explains its rationale and use in greater detail.

Features

The main features of the training chart are as follows:

1. It incorporates both a Training Planner and a Training Diary which should be used together.
2. It is intended for use by anybody who is serious enough about orienteering to want to train for it, irrespective of the frequency, intensity and type of training. While designed primarily to help and stimulate the competitive non-site orienteer, it can also provide a training summary for the elite orienteer who keeps a more detailed training diary.
3. It is designed to be put on a wall or notice board, so that you are constantly reminded of your training commitments and your progress (or lack of it). It will be most effective if it is used in this way.
4. It is based on the principle of training for peak performance (see article by Rob Vincent, *The Australian Orienteer*, December 1986, p. 8), and allows you to plan your training over a one-year period (not necessarily a calendar year).
5. The training categories specified are the ones which I feel are most useful for the average competitive orienteer. However, if these don't fit your approach to training, they can easily be amended (or subdivided) as you prefer.
6. Several methods are included for monitoring your progress:
 - (a) Comparing the amount and type of training done with that planned.
 - (b) Assessing your performance in orienteering competitions. (The method suggested by Kay Haarsma, (*The Australian Orienteer*, October 1987, p. 20) is recommended, but other methods can be used if desired).
 - (c) Comparing your time on regular training runs with previous best times.
 - (d) Graphing your training achievements, competition performance, physical condition etc.

How to Use the Chart

1. Start by listing in Section A all the orienteering competitions you are planning to run in over the next twelve months (or shorter period if you prefer), as well as any other activities such as holidays, exams or other sporting commitments, which may influence your training pattern.
2. Work out which competitions are going to be most important to you, i.e. when do you want to reach your peak performance (e.g. Australian Championships), as this will influence the type and intensity of training in the preceding period. Mark these in a special colour (e.g. with a highlighter). Also identify other important competitions which form the basis for secondary goals or provide a leadup to your main goal.

The next steps are the most important, and should be worked out in consultation with your coach (if you have one) or with a suitably experienced orienteer, if you are not sure how to do it yourself.

3. Identify in general terms what type and quality of training is appropriate for each week of your programme. For example, work out the best time to concentrate on establishing a sound physical base (e.g. through long slow distance runs) so that you will have the necessary level of fitness when the time comes to concentrate on quality technique training. Allow for those periods when training may be restricted (e.g. by exams) or if you feel a need to ease off before a major competition or relax during the week after it.

4. Still working with your coach or advisor, now translate your general training requirements into a specific training programme, in terms of the type of training, the number of sessions per week and the duration of each session. Be realistic in terms of what you can achieve, taking account of your other commitments. Some people may have the time and energy to train every day, while others may find twice a week to be all that they can manage.

The types of training listed on the chart are as follows:

Track running (T) — around the streets, on playing fields or along bush tracks where there is a fairly even surface and no obstacles. This is fine for basic fitness but doesn't develop your O-reading technique.

Forest running (F) — off tracks, through forest or long grass which is more akin to running in an event (but without the navigation).

Map running (M) — running on a track reading a map which does not relate to the terrain to develop your technique of map reading on the run. For example, take an old course and imagine you are running it, reading features off the map all the time. There are many variations on this theme.

O-technique training (O) — e.g. running with a map which does not relate to the terrain, preferably in the forest. This can include running on a actual event, or various orienteering exercises (e.g. contour running, map memory).

Artificial exercises (A) — go over old courses, study your mistakes with a view to avoiding them in future, look at maps and courses which you haven't run, in order to exercise your eyes and your brain as well as your legs.

Other exercises (X) — including other sports, cycling to work or school, aerobics, weight training and anything else which helps to keep you in good shape physically.

Stretching (S) — an important part of any training programme, even on the days when you don't run. (This item is not listed in the Planner but is in the Diary).

Some people may want to change some of these categories or subdivide them, e.g. split track running into long slow distance, intervals, hill climbs and speed training. It is best for you to work out your own system for filling in the chart.

When you reach this point, the planning stage is over (at least for the time being) and your next task is to put the plan into practice. It is probably wise to draw up your plan in pencil in case you have a need to amend it, as discussed below.

5. Section D is the Training Diary in which you record your training achievements on a day-by-day basis. You should work out your own notation for this to record within each category more specific details of the type and intensity of training, and the length of time spent or distance covered.

6. At the end of each week, list the TOTAL of each type of training in terms of the number of sessions and the total time or distance. In the COMMENTS column you can make a general assessment of your training for the week, as well as noting any unusual conditions or events (e.g. feeling very tired, started wearing a different pair of shoes, developed a sore knee) which may be relevant to your training patterns.

7. Each week transfer the weekly summary to the TRAINING column in Section C where you record your achievements. Compare this with your planned training in Section B.

8. If you competed in an event that week, subjectively assess your performance on a physical (Ph), navigational (Na) and mental (Me) basis. A scale of 1 to 10 is suggested, 10 being an ideal performance and 1 a very poor one. (See *The Australian Orienteer*, October 1987, p. 20 for further details of this system).

9. Each week assess:

- (a) whether you are maintaining your training programme and need to amend it; and
- (b) whether your competitive performance is responding to training.

Enter this assessment in the COMMENTS column.

If you find that you are behind in your training programme, you may need to restructure it to enable you to catch up as best you can without risking injury by suddenly intensifying your training. On the other hand, if you are ahead, you may be facing a risk of peaking too early and becoming stale by the big event, in which case it may be worth easing off a little. If you are training hard but not running well at events, perhaps you are overtraining and tiring yourself out.

If your plan is not working and you are not sure why, it is worth discussing it with your coach (if you have one) or other experienced orienteers. There may be a need to amend your training plan in the light of your experience.

The training chart also contains two sections which are useful in monitoring your progress:

10. Section E is for recording your times in regular training runs (both on tracks and in the forest), as a means of checking how close you are to your previous peak of fitness. The times obviously should be pencilled in, and the challenge of improving on them can be regarded as minor goals in your training programme. However, don't allow an obsession with improving your physical performance to divert you from real orienteering training.

11. Section F can be used to provide a graphic record of your progress. There are five vertical scales provided, and the factors plotted can include hours (or kilometres) of training per week, time for standard training runs, resting pulse, weight or competition performance (as in Section C). I suggest that you label each vertical scale so that the best performance appears at the top of the chart (i.e. for time for a standard training run or resting pulse, label the scale in descending order from bottom to top).

Other Ways of Using the Chart

If you have an established training pattern which works, you may find that it does not fit the above procedure for using the chart. You may, however, be able to adapt the chart to suit your own needs, for example, by altering the column headings. To get further ideas about using the chart, read the article on training diaries by Jenny Bourne in *The Australian Orienteer*, December 1986 (p. 6).

If you are an elite in serious training, you probably won't find enough space in the chart to record everything that you or your coach want recorded. You can still keep a more detailed book diary to complement or replace Section D of the chart, which can be conveniently cut off if it is not required.

When using the chart, don't be afraid to experiment with colour to help emphasise what you are achieving or what you should be achieving.

National Squad Coach, Rob Vincent, looking after his ankles.



1988 VICTORIAN CHAMPIONSHIPS

SUNDAY OCTOBER 9
WANGARATTA REGION

Description of map area

Undulating plateau with areas of intricate granite detail. Several large clearings. Generally fast running.

Pre-event

Casual warm-up on Saturday 8 October, Chiltern area.

Entry forms from:

Anne Irwin,
1/28 Sneythe Street
Benalla 3672
Phone (057) 62 3330 (home)



Entries close: Friday 9 September

Event Organisers: **WARBY ORIENTEERING CLUB**

Concluding Comments

The chart has been prepared primarily to help you plan and record your training programme, but it does not indicate how much or what type of training you should do. This is something you need to work out for yourself or get advice from someone who is suitably experienced.

Don't just copy your friend's training programme without first establishing whether it is what you need. Different people have different capacities and requirements for training, and the determination of your optimum training routine is beyond the scope of this article.

Finally, don't underestimate the value of the chart as an incentive to keep you on your training schedule. To be of most value, it should be displayed in a prominent place or, in Jenny Bourne's words, 'where it can look accusingly at you'.

ADDITIONAL CHARTS

Additional copies of the training chart may be purchased from:

The Australian Orienteer,
P.O. Box 263,
Jamison Centre A.C.T. 2614

Price: \$3.00 including postage within Australia or overseas by surface mail.
Overseas airmail: New Zealand \$3.50, Asia \$4.00, America \$4.50, Europe \$5.00.

Special rates for bulk orders (10 or more copies) on application.
Profits from sale of the training charts will assist Australian international teams.

Have you ever wanted easy access to orienteering footwear?

I am attempting to provide a service to N.Z. orienteers, by importing orienteering shoes and gaiters from VJ Sports of Finland.

After 18 months of trial and error I can now offer the following services:

- * Order on deposit from a shipment of 40 pairs of shoes and 50 pairs of gaiters due in Sept/Oct (see list of models and sizes).
- * Order on deposit for future orders. This would be sent when sufficient orders were received. This could involve a time span of 4-5 months.

This option enables you to order specific models/colours and the chance to get club name on gaiters.

The prices quoted are inclusive of duty and GST. I add a small percentage to cover expenses. As several thousand dollars are tied up in each shipment the success of this service depends upon support from orienteers in New Zealand.

Your club secretary will have the VJ Sport Collection '88 catalogue.

Paul Henderson
P O Box 27
REPOROA (073) 38 220

Please place in your club newsletter.

ORIENTEERING SHOES	2	3	4	5	6	7	8	9	10	11	12
White Star					1	1	1				
Navy Star					1	1	1				
Yellow Star					1	1	1				
Black Super					1	1	1				
Silver Star					1	2	1				
Red Star					2	1	1				
Australia					1	2	1	2	1		
O L Star					1	1	1	1			

SPIKE ORIENTEERING

Navy Star							1	1
Silver Star							1	

GAITERS

	XS	S	M	L	XL
White		2	2	1	
Blue		2	2	1	
Red		2	2	1	
Dark Blue		2	2	1	
Grey		2	2	1	
Black		2	2	1	
Green		2	2	1	
Orange		2	2	1	
Lemon		2	2	1	
Yellow		2	2	1	

CLUB NEWS AND VIEWS

Welcome to our new members :

Alan Burke
David van der Peet
Rhys and Paul Jarvis

Peter and Caroline Watson have decided they want a house with more bedrooms so they are shifting to

7 Nelson Street
Waipukurau

CONGRATULATIONS to Caroline and Peter and welcome to Emma ?
The future W21 Champion arrived at 3.00 am on Sunday 2nd October,
Peter managed to make it to the Rowe Rd event, the same day,
though Caroline couldn't.

The next Mountain Marathon will be in the Canterbury area
between Monday January 2nd and Tuesday January 3rd 1989,
Entry forms are included with this magazine.

H.B. Orienteering Club logos are available for \$1.00 each from
the Secretary.

C.D.O.A. Championship entries for 6th November are overdue.
Entry forms are available from the Secretary.

Junior Training Camp for 13 - 16 year olds to be held in
Christchurch between the 27th December and 1st January.
Contact the Secretary for details.

A new orienteering club has been formed called the 'Auckland
University Orienteering Club',

The N.Z.O.F. Annual General Meeting will be held at 81 Cook St
Palmerston North on Saturday 22nd October 1988 at 4.00pm.

PROFILES

Alan Burke Covered aptly in the last journal in the
article "The Disorienteer". Rather new at this
sport, have modest ambitions, like finishing
a course before the marshalls have brought in the
controls.
Have background in team sports and athletics.
Think if i could link my quickest 400 metre times
between controls on the C & D courses, I may be
able to do these in about 10 minutes. This will
require trimming 80 - 90 minutes off my current
results.
In the 1970's I ran a few ultra marathons overseas
including a sub 3+ hr 30 miler, and a sub 7+ hour
Conrads - "worlds toughest marathon", 57 miles of
hills.
These days enjoy tramping, conservation and ethnic
cuisine with wife and sons.

DESIGN A TEE SHIRT

COMPETITION

The judging of this prestigious event will
be held at the committee meeting on Monday
the 21st of November at a secret location,
for the security of the judges.

All entries must be in by course closure
of the Club Championships at McNeil on
Sunday the 13th of November.

(Several interesting designs have already
been received.)

The photogrammetry for the new map at Mangarara was completed in early september, however, it has been decided to extend the area to be mapped to allow for better use of the whole map, more possible start points and no wasted corners, we hope.

There has been on going discussion as to whether or not an M21B Grade course should be set at O.Y.'s and the Club Championships, for M21 - M39 group, as we are now setting a tougher A course than in previous years. The outcome at this stage is - M21B Grade course is not required.

A new-comers pack has been put together by Dave Smith and a number of copies will be available from the caravan.

The general disarray and confusion to be seen at the committee meetings lately will be a thing of the past now that our esteemed president Gerrard has returned from his fling around Europe.

Peter Watson is going to attempt to convince the Red Kiwis that H.B.O.C. won the challenge event at Gwavas. (Providing that we win the committee promise not to ask Peter what methods he used.)

Peter will also attempt to get some written rules as to how the challenge results should be calculated.

The next committee meeting is Monday 17th October at Philip Allerby's.

MOUNTAIN MARATHON

Remember the Rushine Mountain Marathon back in February ? Without the support of the Heretaunga Tramping Club it would not have been possible. The following article from the tramping clubs newsletter "Pohokura" gives a little insight into what happened behind the scenes while the Orienteers charged around the ranges.

MOUNTAIN MARATHON
20-21st February

Trip no 1941

October '87 was my first trip to check out a course that Ted set for the Mountain Marathon day two. It's from Ruahine corner Trig U - Picpio - Aranga Hut - Apias Creek - Golden Crown. Christmas Randall and I spent a few more days checking this course. It was too rough with bluffs, waterfalls and thick bush. Ted worked out another course from Ruahine Corner - Ikautea Forks - No Mans - Three Fingers with Mistake Bivy as well for Course one. After several more trips into the bush checking out different routes and noting map errors it was all go for the big weekend of 20-21st Feb 1988.

19th Feb: Glenda, Jim and Stan travelled to Mangahana Station to check competitors gear etc. Tony, Hamish, Randall and one other manned a control at the Hermitage. Ross was radio operator at Ruahine Corner.

20th Feb: 25 of us left Hastings by truck and drove to No Mans Hut. Weather was good with high cloud. Russell and 6 others were based at No Mans with the control point about 15 minutes away. Nigel and his 5 headed south along the range to the top of Three Finger spur to man the control point there. Clive and Mitch headed to the control point at Mistake Bivy. Eddie and six others headed down to the control point at Ikautea Forks. Bevis and I travelled with Eddie's party for lunch, then climbed up towards Trig Y putting out a control point on the way. While travelling the tussock country we explored a few caves enroute discovering a Moa bone. We eventually arrived at Ruahine Corner Hut which was the overnight camp for nearly 200 people.

21st Feb: Morning was cold, wet and drizzly. Start time was delayed $\frac{1}{2}$ hour due to it being too dark to read maps. Eventually all the competitors disappeared across the tussock. Then we had breakfast, packed and left. There was Bevis, Hamish, me (Dave) and Janet Dobbie whose partner had pulled out due to blackouts along with Malcolm Ingpen with a broken ankle. We headed across the tussock to Trig Y where we met Randall cuddled in his sleeping bag with his radio - under a large rocky overhang. Here we waited until we had clearance from Ikautea Forks that all competitors had passed by. A few hours later we were informed that one had gone missing. We set off looking for this guy and eventually all arrived at the Forks with the guy who had been lost for 8 hours. At 5.30 we left to climb up to No Mans arriving there in bad weather and semi-darkness. We arrived back in Hastings at 10.30pm. Thanks to Selwyn for driving.
D.Harrington.

Mangahana: Glenda Hooper, Jim Glass, Stan Moon
Hermitage: Randall Goldfinch, Tony Hanson, Hamish Tait
Ruahine Corner: Ross Berry, David Harrington, Bevis Stevens
Ikautea Forks: Eddie Holmes, John Surry, Trevor Pleuman, Allan Mount, Gavin MacKay, Janet Brown, Andrea Dacey
No Mans: Russell Perry, Geoff Robinson, Selwyn Hawthorne, Claire O'Kane, Karen Thurston, Jenny Loan, Lyn Gentry
Mistake Bivy: Clive Thurston, Mitch Garrett
Three Fingers: Nigel Brown, Christine Hardie, Peter Barry, Adrian Brown, Mike Bull, Susan Loddall, Zane Cooper

TWALK

After reading about a 24 hour semi mountain marathon in the PAPO newsletter I persuaded Doug to join me in this event.

The event was held North West of Christchurch using the 1978 DAMPIER 1 inch to the mile map. We had been warned that it wasn't an orienteering event but it used all the orienteering techniques. The "controls" were one-half of 2 litre ice cream lids with a word written on them. The "control" position was identified by a grid reference [851 297] and description [Fence Post : slight change in direction]. FINICKY orienteers would have had a heart attack due to the marked fences being no longer there, using new fences as control sites and grid references which were slightly awry. Very few controls were on features marked on the map but controls could be found easily if you were careful [which we were not].

The unknown map was handed out at the 11.30 am start and after a 200 metre run we were handed the control descriptions for the first section. After plotting the controls we had to work out where we were starting from. Our solution was to follow everyone else to the area where the first control was and seagull around until we found the intended "Coleslaw" [cabbage tree].

The first section was 10 kms long with approximately 300 metres of climb. After 30 minutes of errors we arrived at the "hash house" one hour behind the leaders after section one and the eventual winners, Ross Wakelin and Peter Squires. There was a compulsory 30 minute stand down period which was used to plot the next section and eat some of the food provided.

The second section was 10 kms long with 500 metres of climb on which I suffered from cramps and Doug was forced to wait patiently while his invalid partner groaned and cursed up the only hill. We completed this section at 5.00 p.m. and prepared ourselves for the night leg.

The third section was 16 kms long with 800 metres of climb and was the most enjoyable section as it was done completely at night. The full moon mean't that torches were not required [much to our disappointment]. The section took 6 1/2 hours to complete and we finished it at 2.30 a.m. in the morning. We decided to postpone the pleasures of section four as we were out of contention. Section four had been designed as a night section but I made a hash of the navigation and lost two hours on the first two controls due to lazy plotting of the co-ordinates. Section four was 12 kms long with 600 metres of climb and took us over 6 hours. This section would have been far more of a challenge at night but as we started it in daylight it was more of a climbing exercise.

During the twenty-four plus hours we had kept going for twenty hours and covered 48 kms and climbed 2200 metres. As most teams walk it is not as physically tiring as a mountain marathon but as Doug and I had been going through the motions before the event it was getting hardwork at the end of the walk.

My only disappointment was missing out on the peaches and Doug's two disappointments was my navigation and no snow. We hope to compete again next year and we can supply details of this Canterbury University Tramping Club event to all you potential entrants.

"GLENBERVIE"

After reading comments about the "Glenbervie Forest" North of Whangarei and the times taken by competitors to complete their courses I decided that I would have to rise to the challenge. Fortunately I could combine the trip [courtesy of Air New Zealand] with visiting and staying with friends and so it wasn't a total extravagance. After my poor efforts in the South Island "Twalk" I was apprehensive about my chances of completing the course in reasonable time on earning my first "DNF".

The forest "is a virtually trackless mixture of pine and native forest, intersected with numerous deep and steep-sided gullies"

The map is a series of tight brown squiggles, but the ridges are easy to distinguish and due to the "Scandinavian" white [i.e. white means you can get through it] the only parts you could get above a walking pace was on the ridges. I was ultra careful and made at most 10 minutes of errors. When I reached the farmland nearing the end of my course I was estatic that I had cracked it.

The most interesting navigational aid was a cyanide trail which happened to match the ridge systems I was using and the yellow paint splotches put out by the course setters.

Whangarei Club put a lot of work into the event for only 76 entrants with one-half that number coming from the North West Club. The low number of entrants was probably due to the difficulty in relocating on this map as evidenced by the high number of non finishers and the long times. The Whangarei Club are unlucky they have such a difficult map in such tough terrain. The marking of the areas affected by Cyclone Bola amused me as I couldn't tell the difference between the affected bits and the "Scandinavian" white. Caroline is wondering if I am ever home and I tell her to blame Ansett for introducing discount air fares to New Zealand.

Some results -

M21E

1. David Melrose 2-15-01

4 Peter Watson 3-00-43 [but not last]

W50A

1. Anne Fettes 2-20-08

W21E

1. Katie Fettes 1-43-10

W40B

1. Bev Tait 2-32-41

M45A

1. Paul Potter 2-11-17

GHOST OF THE FOREST

A 64 year old orienteer who hadn't returned at 5.00 p.m.

Judging by the times, you should take a picnic lunch and a locator beacon but you all must do it at least once.

In Hawke's Bay



WAYNE Lee ... started at the bottom

Starting over at the top

WAYNE Lee, owner/operator of Mayfair New World, had a burning desire to go into advertising when he left school. He thought that by starting at the bottom somewhere he could work his way up to it.

He already had an interest in art and drawing.

At that stage he was working after school at McKenzies' store in Hastings, where the manager offered him a job as a manager-trainee.

He thought this will do, I'll start here. He started by sweeping floors, cleaning trolleys and serving on the check-out.

He didn't mind doing this because he thought that when he became a supermarket manager one day he wouldn't have to do this anymore. A little later he was transferred to a new McKenzies' supermarket in Auckland, where he spent a year, and then to head office in Wellington where he worked in the food department.

There he was responsible for stock buying.

After five years in Wellington, he decided it was time to do something for himself.

He moved back to Hawke's Bay with his wife nine years ago and bought the Flaxmere Village Dairy, which he still owns.

About 15 months ago the then owner of Mayfair New World, Brian Kelly, approached Wayne about buying the Mayfair store.

At that time Wayne had two shops in Flaxmere — the dairy and a fish and chip shop. The fish and chip shop had to go to buy the supermarket, which he has owned for eight months.

Now the day had arrived he had always dreamed of — where he could give up sweeping floors and cleaning trolleys.

That didn't happen, in fact, he worked himself into a position where he has to do all that and more.

Cleaning up after someone has dropped a jar of chutney on floor, scrubbing out the meat cabinet, defrosting the freezer or unloading trucks are all part of the business now.

But it has its compensations. He can take an extra half hour for lunch without being fired.

The key to Wayne's success in the grocery trade is the number and the quality of the people he has employed to help him over the years.

He managed to keep the Flaxmere dairy for almost nine years because he did not set out to work like mad for three years, make money and get out.

He decided to do it the easy way by getting more people to help him. He has seen too many people go into small stores and work themselves to death, ending up with no marriage, no family and no money.

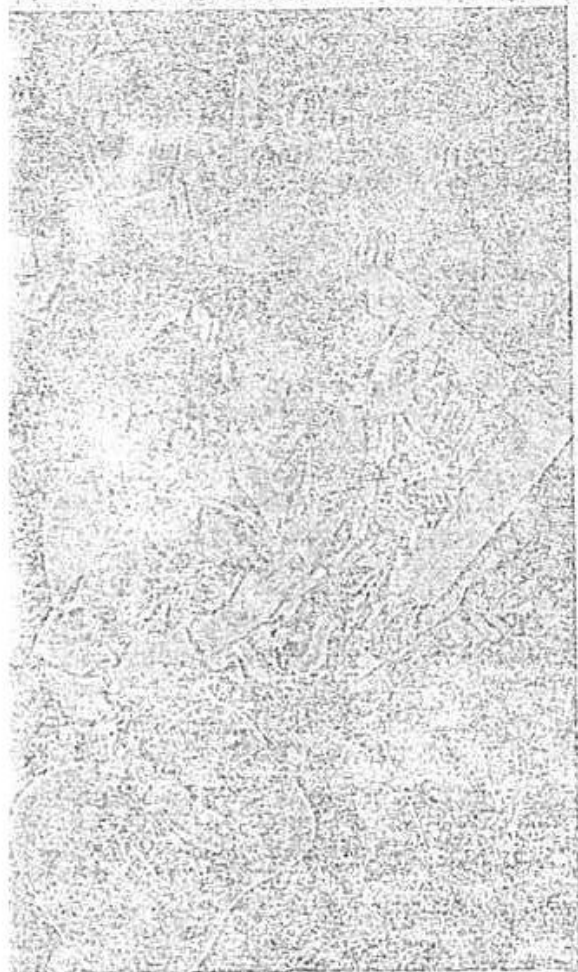
Wayne enjoys his leisure time. He is a member of the City of Napier Pipe Band, where he plays the side drum.

He is also a member of the Hawke's Bay Orienteering Club, which he does strictly as a hobby, as well as a bit of scuba diving. Longer supermarket hours would not affect his leisure too much.

Because of the way he runs his Mayfair New World, longer hours would simply mean that he would have to employ more people.

NEWS

200 in gang show



150 of the cast of 200 from Hawke's Bay Gang Show, which starts in Hastings next week. Paul Sutton (Elvis) with Lily van Marken (Dracula), Natalie Tipping (witch), Rip Young (Jack-O-Lantern), Fiona Sapsford (Alice) and Brendon Hui (card). Publicity officer Marilyn Plum said the show, held every two years, would be a variety event. It would feature lots of musical num-

bers, sketches, and dance.

Mrs Absolum said the purpose of the show was to teach guides and scouts how to work together in a big group with a common objective.

The cast includes scouts and guides from throughout Hawke's Bay and starts at the Municipal Theatre on Wednesday.

Some of the material for the show was written by Hastings man Denis Hargreaves.

Whirinaki September 18

This was to have been a relay but we experimented with the idea of a team event in which the three members of a team start simultaneously on their respective courses. It seemed to work well and saved the competitors from having to wait around while their team mates were running. It also saved the course setter from the almost impossible task of designing a number of different but equal courses.

Some of the people who said they were coming were put off by the early morning drizzle but 23 turned out and the sun shone when we needed it, at lunch time. It was a very enjoyable day and we were all packed up and away before the drizzle started again about 2 pm.

Our thanks are due to Carter Holt for permission to use the forest and to Ken Ross who speaks up on our behalf. He tells me that Carter Holt have bought the Tait farm to the west and south of Whirinaki. In about 10 years time, when the trees have grown to a reasonable size, the club will be able to use a large area of forest extending all the way to the Esk river.

Mac Fisher

ORIENTEERING

18/9/88

The annual relay for the Te Mata Relay Cup has this year been won by Neil Lawrence and the Lloyds. This year's venue was Whirinaki and Mac and David Fisher the setters. Vince Picone completed the medium course.

Short 1.9km

Medium 3.0km

Long 5.3km

Team	Short		Medium		Long	Total
4 Linda Lloyd	0.35	Neil Lawrence	1.09	Maurice Lloyd	0.57	2.41
1 Caroline Watson	0.39	Brian Crawford	0.59	Peter Watson	1.08	2.46
3 Sharon Bergstrom	0.55	Paul Jarvis	1.17	David vanderPeet	1.01	3.13
2 Jill Robinson	1.07	John Craven	1.28	Bruce Perry	1.13	3.58
5 Peter Bergstrom	0.48	Sharon Mardon	1.17	Ross McKinnon	1.58	4.01
6 Alan Burke	dnf	Neil Picone	2.12	Vince Picone	dnf	dnf
7 Shireen Munday	dnf	Brita Munday	1.12	Roger Munday	1.27	dnf
indiv Stewart Hyslop	0.22					
indiv		Stewart Hyslop	0.41			
indiv				David Fisher	1.06	

COURSE SETTERS REPORT : NIGHT RELAYS - THE JUNCTION

6th August

Having agreed to set our first event, Denise and I found ourselves pondering : How easy / difficult; how long; how many teams to expect; how many courses etc. After checking back through past Compass Points, we decided that since it was a flat area, course lengths of 1.2 Km, 2.2 Km and 3.5 Km would be about right and they proved to be so on the night.

Numbers were down on the night (perhaps fear of dark or lurking beasts) but we managed six teams and our thanks to those competing for organising yourselves into teams.

We eventually started at 6.45pm and the last runner returned to the caravan at 9.10pm, so the feared late night did not occur.

Thanks to the landowners, one of whom moved his cattle out of the area. However, the cattle that were there caused a few laughs anyway.

Bruce and Denise Perry.

The reason for Denise and Bruce getting home so early was not solely due to the brilliance of those who ran, (only bright people run in the dark), but the assistance provided by young James Watson doing his best to make sure that anybody within ten miles of the caravan would be able to hear where it was.

Ed.

TAUFG ALL NIGHT RELAYS - 25th FEBRUARY 1989.

WILL WE SEE YOU THERE ?

NIGHT RELAY RESULTS

Short course 1.2 Km (Easy.)
 Medium course 2.2 Km (Watch out for the cattle.)
 Long course 3.5 Km (Mind that pond.)

Team	Course	Time	Total
1. D. vander Peet / R. McKinnon	(short)	9:42	
Ross McKinnon	(medium)	37:18	
David van der Peet	(long)	28:50	75:50
2. Caroline Watson	(short)	13:25	
David Fisher	(medium)	30:58	
Peter Watson	(long)	33:33	77:56
3. Philip Mardon	(short)	26:34	
Sharon Mardon	(medium)	33:41	
Brian Crawford	(long)	46:22	106:37
4. Doug Matheson	(short)	20:00	
Caroline Watson	(medium)	53:30	
Doug Matheson	(long)	56:28	129:48
5. Paul Jarvis	(short)	35:53	
Stewart Hyslop	(medium)	47:48	
Philip Allerby	(long)	47:0	130:48
6. Sharon & Kirsten Bergstrom	(short)	34:10	
Peter Bergstrom	(medium)	63:24	
Scott Bergstrom / Paul Nairn	(long)	86:46	184:20

(Was James so noisy because Caroline ran twice, or did
 Caroline run twice because James was so noisy ?)

(Where was Peter ?)

COURSE SETTERS REPORT : GWAVAS (OY 4 and Red Kiwi Challenge)

21st August.

Quite a thought provoking event this for a number of reasons.

We had great weather for checking the control sites and I found it most useful doing it with Philip. When we reached fight areas he would go first and leave a wide swathe for me to walk along. It was his first time in this forest and round about 3.00pm he pronounced he HATED IT !!

It rained more often than not on the day of the event with a particularly heavy downpour from 12.00 noon till 1.00pm. Sorry about that Red Kiwis, spoilt our image somewhat.

Always a problem here setting courses for the young ones, and we resorted to tying red tape to trees as a guide through tricky areas.

We used to have 60 minutes as a winning time for the OY M17-39 course. In our wisdom the committee has decided to try 80 minutes as the EWT. The argument being that this way the A Grade runners become accustomed to a distance similar to those at Badge Events. We used to get around this by having the A and C courses completely different, so that the keen ones could get a longer run if they wanted to, but that has lost favour.

Well, we got the winning time right, but the guy who did it runs for N.Z.. 25% D.N.F. and another 25% took more than twice the winning time.

Of course when they get back, these tried and trusty stalwarts are 'poked', and are certainly not interested in the time honoured custom of control collecting. Which means that those two lazy so and so's in the caravan had to do the necessary, getting wet and sweaty in the nasty forest in the process.

While I was tidying up and waiting for my vetter I began to wonder, at 4.45pm, when I should start searching for him, as it suddenly dawned on me he was on his own in Gwavas for the first time. My preoccupation with these rather worrying thoughts was broken by a rending and a crashing such as one seldom hears while orienteering, heralding the arrival of the fight smasher as he charged into the clearing. Well done Philip.

This event was also the annual challenge between us and the Red Kiwis, who are the current holders of the trophy. The occasion inevitably draws certain people armed with pens, paper and pocket calculators out of the woodwork. Dave Statistics and Peter Secretary on our side, I would imagine John NZOF Treasurer on theirs for starters. The object of the exercise is to use the results, one way or another, to prove that your side won the event.

Whatever the result it was heartening to see the Red Kiwis turn up in numbers to defend the trophy and it was also good to see Gwavas is still a 'trial'.

Setter : Stewart Hyslop
Vetter : Philip Allerby

Peter Secretary has forwarded a letter to Red Kiwis claiming a win for Hawkes Bay, however the Red Kiwis calculations came out slightly differently and they are not yet prepared to concede defeat. The rules are probably about as clear as the Americas Cup 'Deed of Gift', although the New York Supreme Court shouldn't have to be called on to settle this one, we hope !

Ed.

ORIENTEERING

The Orienteer of the Year series continued on 21 Aug 1989 at G Seaves Forest (OY4). Also in attendance were the Red Kiwi Club from Manawatu for the annual inter-club challenge won this year by W. The Results are as follows.

A Course		6.28km	M17-39		TIME	CV	RK	HE
Graham	Teahan	M21	RK	93.04			1000	
Russell	Mardon	M17	NS	94.55	25.00			1000
Bruce	Perry	M21	NS	109.51	21.50			756
Barrrie	Ecobes	M35	RK	115.13			1000	
Peter	Watson	M21	NS	115.31	20.54			719
Chris	Robinson	M21	W9	118.13				
David	vanderPeet	M21	NS	125.49	18.85			650
Wayne	Lee	M21	NS	139.21	14.01			650
Nike	Stevens	M21	RK	174.54			474	
Boug	Matheson	M21	NS	188.33	12.58			440
James	Bowden	M17	NS	DNF	5.00			0
David	Fisher	M21	NS	DNF	5.00			0
Mark	August	M21	RK	DNF			0	
							2474	4255 ST
B Course		4.25km	M40+					
Iain	Galloway	M40	RK	77.00			1000	
Kevin	Pearce	M40	RK	85.05			905	
Brian	Crawford	M35	NS	92.15	25.00			1000
John	Doonan	M40	RK	93.14			825	
Owen	Mills	M40	RK	119.07			645	
Dave	Smith	M50	NS	129.54	17.75			1000
Peter	Bergstrom	M45	NS	165.12	13.96			1000
Ted	Sepstford	M50	NS	198.29	11.61			654 #
Paul	Jarvis	M40	NS	DNF	5.00			0
Robin	Mairn	M40	NS	DNF	5.00			0
							2376	3654 ST
C Course		2.5km	M17-39 M40+					
Fiona	Crawford	M21	NS	52.05	25.00			1000
Linda	Lloyd	M35	NS	60.54	21.38			1000
Caroline	Watson	M21	NS	67.55	19.15			756
Royce	Mills	M35	RK	71.20			853	
Sharon	Mardon	M40	NS	72.10	25.00			1000
Catherine	Lee	M35	NS	83.03	14.79			691
Rosalie	Adlam	M21	NS	89.48	13.04			621
Robyn	Galloway	M35	RK	118.19			602	
Lois	Mairn	M40	NS	123.48	14.57			592
Sharon	Bergstrom	M40	NS	127.55	14.10			564
Carol	Flyger	M35	RK	147.34			483	
Jenny	Teahan	M35	RK	DNF			0	
							1939	6124 ST
D Course		1.2km	M13-15					
Jaffery	Teahan	M13	RK	24.57			1000	

Simon	Chan	M13	RK	28.20		1000	
Dominic	Chan	M13	RK	28.24		848	
Peter	Smith	M13	KB	32.12	25.00		774
Scott	Bergstrom	M13	KB	35.25	22.72		704
Stephen	Hodgson	M13	RK	35.44		679	
Paul	Nairn	M13	KB	37.24	21.53		667
Gavin	Shing	M13	KB	62.47	12.02		397
						3527	2542 ST

E Course 1.1km W13-16

Andrea	Mills	W13	RK	41.05		1000	
Negan	Galloway	W13	RK	52.05		798	
						1788	0 ST

F Course 1.0km M12 W12

Frazer	Mills	M12	RK	12.15		1000	
Richard	Galloway	M12	RK	17.24		705	#
Emma	Teahan	W12	RK	23.54		1000	
Cecily	Mills	W12	RK	28.20		814	
Rowan	Galloway	M12	RK	31.22		368	
Brian	Nairn	M12	KB	41.22	25.00		296
Kirsten	Bergstrom	W12	KB	41.22	25.00		577
Cathy	Smith	W12	KB	DNF	5.00		0
						3908	873 ST

G Course 2.5km M17-39B

no competitors 17011 17448 6T

(differs from scoreboard)

Course Setter: Stewart Hyslop
Course Setter: Philip Allerby

The next event starts in Lighthouse Road, Bluff Hill
on Sunday 4 Sept. Start 10.30-2.00.

ORIENTEERING

The NE Orienteering Club's Street event on the Bluff Hill map 4/2/88 was set & controlled by Doug Matheson.
The results are:

A Course	7.3km	
Bruce	Perry	64.18
Stewart	Hyalop	79.54
Alan	Burke	83.22 m1
B Course	3.3km	
Brian	Crawford	72.22
Family	McKenzie	85.60
	Harries Sp	102.35
Philip	Hardon	74.09 m1
Sandy Dungan,	Karen Hills	89.13 m2
C Course	2.5km	
Alan & Carla	Burke	47.38
Angus	Jarvis	49.07
Paul	Jarvis	54.07
Sharon	Hardon	60.45
Mac & Ngairi	Fisher	71.40
Carol & Andre	Burke	80.57
Steve	Smith	dnf
D Course	1.2km	
Peter	Smith	19.20
Family	Tounhee	28.40
Family	Burke	35.00
Marion	Sherbourne	37.57
Barbara	Grestrong&Fam.	47.25
Caroline, Denise & James Watson		63.30

It should be noted that course lengths are measured as the Crow Flies.
The next event is at Whirinaki on 18Sept.

ORIENTEERING

The current NZ NZ1A grade champion Peter Watson (Waipukurau) allowed two fellow HB clubmates to better his time at ROWE ROAD on Sunday 2/10/89. The birth of a daughter was probably the reason.

A Course 4.5km

1	Maurice	Lloyd	43.58
2	Bruce	Perry	44.05
3	Peter	Watson	49.56
4	Stewart	Nyslop	53.05
5	Gerard	vanVeen	58.10
6	David	Fisher	63.29
7	Terry &	Philip	82.50
8	Philip&Gavin	Mardon	106.40

B Course 3.5km

1	Tony	White	48.20
2	Paul	Nairn	55.45
3	Neil	Lawrence	57.40
4	Sharon	Mardon	67.45
5	Peter	Bergstrom	67.46
6	Stewart	Taylor	68.15
7	Scott	Bergstrom	69.14
8	Ngairi&Mac	Fisher	107.42
9	C&Alan	Burke	117.39
	P	Blake	64.41 2 nd course

C Course 2.5km

1	Adrian	Brown	43.00
2	Brian	Nairn	44.54
3	Phil	Blake	47.56
4	Home	Tribe	54.02
5	Nairn	Family	53.20
6	Sharon	Bergstrom	53.40
7	Paul	Jarvis	74.05
8	D.Taylor&	Family	76.11
9	Dungan	Family	83.00
	Catherine	Lee	DNF

D Course 2.0km

1	Rowan	Sapsford	26.59
2	Colleen	Mulena	48.00
3	Sam	Chatfield	49.34
4	K	Bergstrom	54.36
5	Tognhee	Tribe	55.59
6	A	Connor	57.14
7	Vicki	vanVeen	64.16
8	3 L's		65.24
9	R.B.	Weir	85.18
10	Marion	Sherburn	157.52
	C.Burke&	Family	no card

Setter: Ted Sapsford

						0.00	0.00
						0.00	0.00
						0.00	0.00
M12						0.00	0.00
Kristoffer Munday		25.00	25.00			25.00	25.00
Brian Nairn				25.00			25.00
						0.00	0.00
						0.00	0.00
W17-39						0.00	0.00
Caroline Watson	25.00	19.93	25.00	19.15	49.14	29.01	29.01
Linda Lloyd		25.00		21.38		44.39	44.39
Rosalie Adlam		12.69	19.99	13.84		45.61	45.61
Catherine Lee	9.71		12.12	14.79		35.64	35.64
Heather Mardon	14.75	20.59				35.35	35.35
Vicki van Veen	15.50	14.19				24.69	24.69
Fiona Crawford				25.00		25.00	25.00
Jenny Mardon						0.00	0.00
Jeanette Frechtli						0.00	0.00
						0.00	0.00
W40						0.00	0.00
Sharon Mardon	25.00	25.00	25.00	25.00	75.00	100.00	100.00
Lois Nairn	10.29		12.22	14.57		37.14	37.14
Anne Sapsford		5.00	13.55			19.55	19.55
Sharon Bergstrom				14.10		14.10	14.10
						0.00	0.00
						0.00	0.00
W13-15						0.00	0.00
Fiona Sapsford	25.00	25.00				50.00	50.00
Gillian Watson		10.66				10.66	10.66
Carla vandenHout		5.00				5.00	5.00
						0.00	0.00
						0.00	0.00
W12						0.00	0.00
Dathy Smith	25.00	25.00		5.00		55.00	55.00
Kirsten Bergstrom				25.00		25.00	25.00
						0.00	0.00
						0.00	0.00

WELLINGTON ORIENTEERING ASSOCIATION
 INDIVIDUAL CHAMPIONSHIPS 1988
 SATURDAY 19TH NOVEMBER

At STRONVAR
 35kms east of Masterton adjacent to Ngaumu forest.

On 1:15,000, 5 metre contours map, produced in 1985.
 Terrain is mostly detailed undulating farmland with patches of native bush. The map also includes an area of pine forest.

Organisers Host Club: Hutt Valley Orienteering Club
 Course Setter: Mark Roberts
 NZOF Controller: Malcolm Parker

Note Due to the late change of venue to Stronvar which is no longer a new trip, this event may not be eligible for badge event status.

Classes

Course	Approx dist (km)	Grades	Course	Approx dist (km)	Grades
1	9	M21A.	10	3.7	W15-16A;
2	7	M19-20A; M35A.			W21B;
3	6	W21A; M17-18A;			W35B; M17-20B;
		M40A.			M40B; M45B.
4	5	W35A; M45A.	11	2.5	W17-20B; W40B;
5	4.5	W19-20A; W40A;			W45B.
		M50A.	12	3.5	M13-14A;
6	4	W17-18A; W45A;			M17-70C.
		M55.	13	2.5	W13-14A;
7	3.5	W50.			W17-70C.
8	5.5	M15-16A; M21B.	14	2	W12; W13-16B;
9	5	M35B.			M12; M13-16B.

*ages at 31 December 1988

The organisers reserve the right to combine grades which are undersubscribed.

Accommodation

Limited accommodation is available at ARARANGI CAMP on Saturday night, 19th November.
 4km west of Masterton.
 Bring sleeping bag.
 Kitchen utensils, pillows & pillow cases are provided.

\$8 PER PERSON.

Send payment with entry please.

WELLINGTON ORIENTEERING ASSOCIATION
RELAY CHAMPIONSHIPS 1988
SUNDAY 20TH NOVEMBER

At HIDDEN LAKES
16kms NE of Masterton.

On 1:15,000, 5 metre contours map.
Intricate farmland with bush cover. Unusual land formations due to an earthquake which formed this area known as "Hidden Lakes".

Organisers Host Club: Wairarapa Orienteering Club
Mapper: Bryan Teahan
Course Setter: Bryan Teahan
NZOF Controller: Ray Nicholson

Classes

GRADE	COURSE	GRADE		COURSE
M17-39	1	MIXED A	(LONG)	1 (only 1 M17-39
W17-39	2		(MED)	2 A grade runner)
M40+	3		(SHORT)	3
W40+	4	MIXED B	(LONG)	4 (no M17-39
JNR 16&	5		(MED)	5 A grade runners)
UNDER			(SHORT)	6

*ages at 31 December 1988

Entry Fee..... \$21 per team

Entries

Closing date Entries must be postmarked not later than 28th October.

Late entries Late entries may be accepted, at the discretion of the organisers. Late entries must be accompanied by the standard entry fees plus an additional 50%.

Cheques Please make cheque payable to H.V. Orienteering Club.

Send to ANDREW MUDGE
1330 HIGH ST
TAITA
LOWER HUTT

Enquiries about entries, contact ANDREW MUDGE
Tel (04) 672 211

about relays + accom, contact LIZ NICHOLSON
Tel (059) 81 101

WELLINGTON ORIENTEERING CHAMPIONSHIPS

NAME: _____

ADDRESS: _____

INDIVIDUAL CHAMPIONSHIPS ENTRIES

FIRST NAME	SURNAME	GRADE	CLUB	FEE

SUB TOTAL \$ _____

ENTRY FEES

CATEGORY A \$5

CATEGORY B \$5

CATEGORY C \$4

M19-20A; M21A; M35A;
M40A; M45A; M17-18A;
W21A; W35A.

M19-18A; W19-20A; M21B;
M50A; M55; M35B; W50;
W17-18A; W40A; W45A.

M13-14A; M13-16B; M40B; W35B;
M17-20B; M45B; W12; W17-70C; M12;
W13-14A; W13-16B; W15-16A; W40B;
W21B; W17-20B; W45B; M17-70C.

RELAY CHAMPIONSHIPS ENTRIES

RELAY TEAM NAME _____

Entry fee
\$21 per team

GRADE _____

CLUB # _____

NAME	LEG*	GRADE

* for mixed teams indicate leg length (long / medium / short)
for official status all team members must belong to same club.

FEE \$ _____

LATE ENTRY FEE

For Individual & Relay Championships: 50% of Standard Fee

\$ _____

ACCOMODATION

Number Staying X \$5

Accom Total \$ _____

TOTAL \$ _____

1 9 8 9 E V E N T S

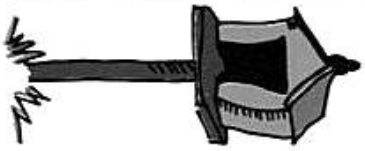
Jan 2 - 3		Mountain Marathon - Canterbury.
Jan 7 - 15		South Island 7 Day Orienteering Festival,
Feb 12		C.D.O.A. - O.Y. (Ngamatu ?),
Feb 19	***	Club Night Relay Practice
Feb 25		All Night Relays - Taupo.
Mar 19	***	Club O.Y.1. - Mangarara.
Mar 24 - 27		Easter 3 Day - Egmont.
Apr 8		Otago Championships.
Apr 16		C.D.O.A. - O.Y. - Taupo.
May 14	***	Club O.Y.2. - Granules.
May 21		C.D.O.A. - O.Y. - Hamilton.
Jun 3 - 5		Queens Birthday 3 Day - W.D.A.
Jun 18		C.D.O.A. - O.Y. - Pinelands.
Jul 9	***	Club O.Y.3. - Smedley.
Jul 16		C.D.O.A. - O.Y. - Rotorua.
Aug 19 - 20		Canterbury Championships.
Aug 20		C.D.O.A. - O.Y. - Pinelands.
Sep 3	***	Club O.Y.4. - Crohane.
Sep 24		C.D.O.A. Championships, - Taupo.
Oct 8		A.O.A. Championships - Kiwitahi.
Oct 15	***	Club O.Y.5. - McNeil.
Oct 21		National Champs. - Waikou.
Oct 22		National Relays - Okura River.
Nov 11 - 12		South Island Champs. - Craigmore.
Nov 12	***	Club Champs. - Mangarara.
Nov 26		W.D.A. Champs.

*** Indicates H.B.O.C. events.

The 1989 fixtures list will be compiled over the next few months. If you have had any nasty experiences you don't want to repeat, or any pleasant experiences you would like to repeat, nows the time to let the committee know. The list above only shows the O.Y. Events and Club Championships. The main limitation to the number of events in a year is the number of Course Setters and Vettors that can be found.

COMING EVENTS

Date	Venue	Setter / Vetter
Oct 2 →	Rowe Road (Approx. 20 minutes down Middle Rd from Havelock North.)	Fiona Sapsford / Ted Sapsford
Oct 8 - 9	Auckland Orienteering Area Champs. (You've probably missed if you haven't entered already.)	
Oct 16 →	Grohane - O.Y.S. (Approx. 5 miles on the Napier side of Mohaka river on the Napier-Taupo Rd.)	Rodger Munday / Stewart Hyslop
Oct 22	Sandhills - Family Relays	Red Kiwis (Palmerston North)
Oct 23	National Individual Champs. Scotts Ferry - near Bulls	Mutt Valley
Oct 24	National Relay Champs. Heaton Park - near Bulls	Red Kiwis
Oct 30 →	Te Mata Park	Dave Smith / ??
Nov 5	10 * 10 Mile relay plus party ? Restricted entry, see the secretary.	
Nov 6	Central Districts Orienteering Area Champs Kapamātanga - west of Hamilton.	
Nov 13 →	McNeil - Club Championships (off Soldier Settlement Rd at Rissington.)	Sharon Mardon / Philip Mardon
Nov 19 - 20	Wellington Orienteering Area Champs. (Stronvar - east of Masterton and Hidden Lakes - northeast of Masterton.)	
Nov 27 →	Tuki-Tuki	??? / ???
Dec 11 →	Final fling for 1985. Venue to be announced.	??? / ???



ORIENTEERING. THE THOUGHT SPORT

OCT '88

Oct 1988