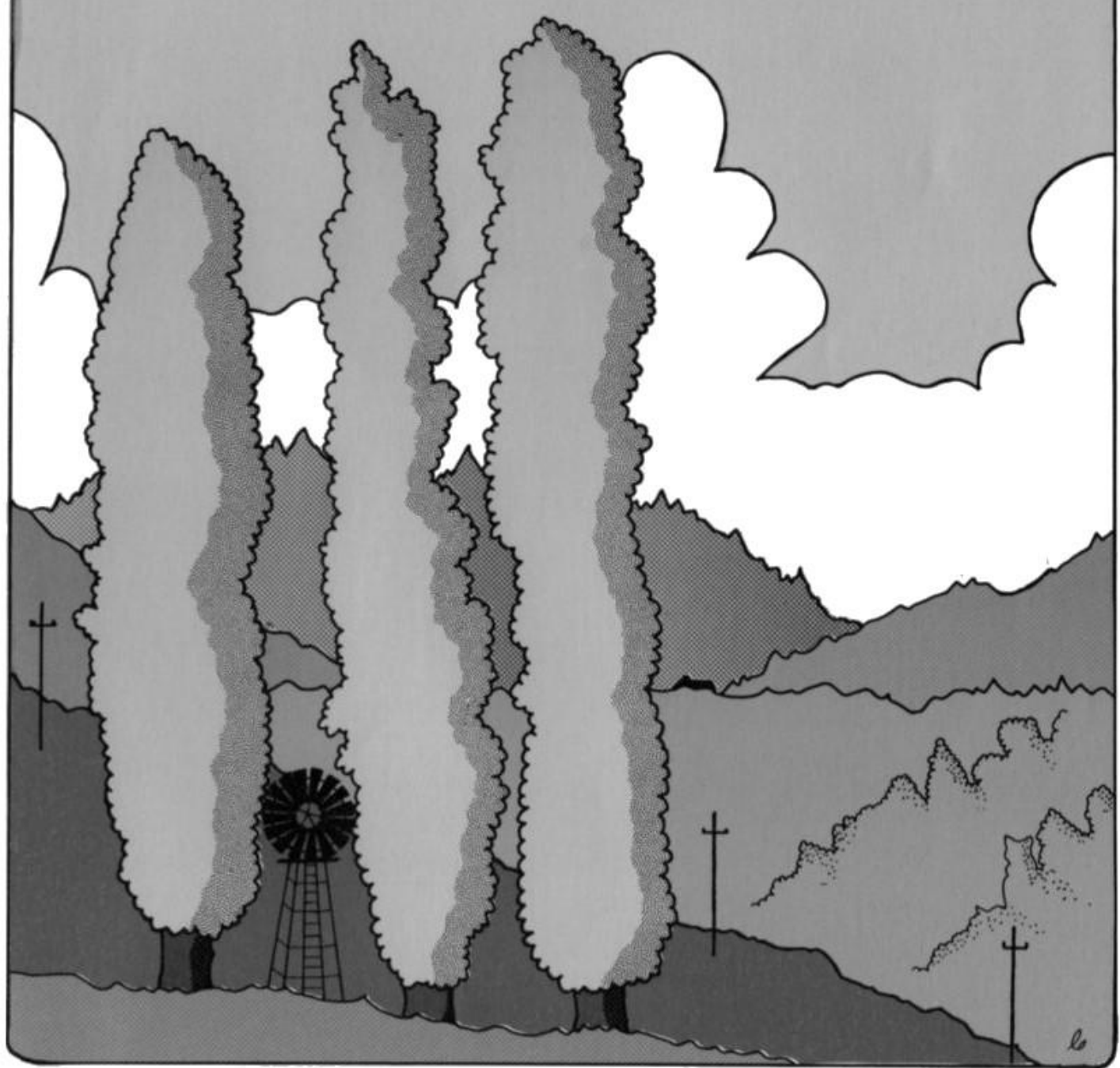


SEPT. 1989 Spare



# COMPASS POINTS



SEPTEMBER 1989 - VOLUME FOUR

Another "Compass Points" hits the streets. The first time I took on the task I felt something like Bruce + Denise on page 9. Now, if the planning is done properly, it all falls into place quite neatly. So how can I explain sitting here on the day before delivery waiting for the ..... list?

Many thanks to all the contributors who were on time with their articles. Some do their reports straight away after the event. I am impressed.

I have just received information brochures on APOC 1990, 3-19 August. Got any money?

If you haven't any money, how about imagination?

Try pages 20 + 21.

Stewart

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ORGANISERS REPORT - GRANULES 09 JULY 1989 (THIRD OY)

The weather was extremely kind to us and a fine but slightly chilly day greeted the organisers and competitors.

The organisers were particularly impressed by the determination of all competitors. The map for the area is a particularly detailed map which requires fine orienteering with in many cases no margin for error. As this map has been in use by the club for some time some longer term club members have developed particular expertise on the map. The difficulty for the course setters is to provide a course that provides a challenge for those people while at the same time providing courses of realistic length for competitors less familiar with the area. Special mention must be made of Eric Dunbar who located all controls on the A Course in a time of approximately 3 hours.

We suspect that if the weather conditions had been different and it had been somewhat bleaker with perhaps rain there would have been many more persons who did not complete the course.

Do club members want separate A and B grade courses for their age groups? Alternatively are you happy with the existing lengths of courses for these OY events? Please make your views known on this matter to members of the committee and in particular David Fisher, Peter Watson or Stewart Hyslop.

Women's C Course

In planning the courses there was a deliberate strategy to make the A, B and C courses very difficult technically and the D and E courses alternatively somewhat easier. (There were however two slightly more difficult legs on the D course to provide a challenge for the competitors on that course).

The second control on the C Course in particular was planned in such a way to provide a very difficult challenging leg for all competitors. Feed back from you indicated that this proved to be the case. The guidelines for course setters for women's winning times in Hawkes Bay have been approximately 50 minutes. (Disregarding the winner's time Liz Nicholson is a reserve for this year's New Zealand Women's Team). Caroline Watson at 64 minutes was therefore 15 minutes longer than that. However even reducing the times by 15 minutes there would still be most of the competitors taking between 65 to 85 minutes. Do those competitors want to compete for this time frame? Would you like a shorter course? Please let the committee know your comments.

Groups

It was very encouraging to see the large number of families competing on the day and in particular those groups that went and completed the D course. We hope you enjoyed the map. The map because of the scale 1 to 15,000 and nature of the terrain (flat to undulating, many features looking similar to others) is a very demanding map. Full credit to all those that gave it a run.

Finally, many thanks to those that assisted on the day with tasks such as time recording, results, assisting new members, control collection and caravan placement.

Organisers: Maurice Lloyd, Alan Burke and David Fisher.

## HAWKES BAY ORIENTEERING RESULTS

The third event in the Hawkes Bay Orienteer of Event competition was held on the Granules map at Maraetotara. Strong runs came from Peter Watson, Stewart Hyslop, Caroline Watson, Sharon Mardon, Rowan Sapsford and Carlos Burke. Caroline Watson and Rowan Sapsford have won their respective grades of the competition. The fourth event will be at Crohane on the 3rd of September.

A Course 8.1k M 17-39

1.	P Watson	M21	65-16
2.	B Perry	M21	77-36
3.	D Fisher	M35	98-00
4.	D Matheson	M21	109-18
5.	R Nicholson	M21	117-46
6.	W Lee	M21	130-01
7.	P Allerby	M21	134-30
8.	N Lawrence	M21	140-42
9.	E Dunbar	M35	184-32

B Course 6.1k M 40+

1.	S Hyslop	M50	60-08
2.	B Crawford	M60	87-50
3.	P Mardon	M50	92.39
	P Bergstrom	DNF	
	P Jarvis	DNF	
	D Manning	DNF	

C Course 5.5k W 17+

1.	L Nicholson	W21	48-55
2.	C Watson	W21	64-46
3.	S Mardon	W40	79-06
4.	L Lloyd	W35	79-50
5.	C Lee	W21	97-22
6.	F Sapsford	W17	100-21
7.	A McKinley	W21	103-32
8.	M + N Fisher	gp	132-16
	L Nairn	DNF	
	P & K Toynbee	DNF	

D Course 2.0K M+W 13-16

1.	R Sapsford	M13	34-28
2.	G Shing	M15	40-08
3.	S Bergstrom	M13-16	62-24
	G Watson	W13 (missed 1)	
	D Perry		40-12
	C Burke gp		46-28
	Toynbee Three		46-43
	Lavertys		68-20
	S Manning		75-39
	Masters gp		91-42
	C Wong gp		96-40
	IMF Gp		98-58
	Blondies gp		101-56

E Course 900m M+W 12

1.	C Burke	M12	18-40
2.	A Lloyd	W12	23-05
3.	A Lee	W12	45-00
		(missed one)	
	S & S Stove		17-36

CAR RALLY WAIPUKURAU - 23 JULY 1989

The turnout for this event exceeded our expectations and it was pleasing to see the Napier and Hastings members making the trip to CHB for the rally and an enjoyable pot luck lunch together.

The course was plagiarised from an event we attended earlier in the year. We thought we had ironed out the problems in the previous event but what makes the rally interesting is how people interpret the clues.

Doug Matheson fooled us all by his intentional southerly departure but forgot to count all the railway tracks leaving town.

The number of A's at the 'Y' intersection signpost was 3 and most people looked on the back of the sign much to the amusement of a local farmer who thought everyone was lost. Maurice and Craig (must be lawyers) interpreted the instruction as meaning turn right at the next intersection and consequently they ended up in Dannevirke for a cup of tea.

Mileage to the '252km' signpost was 40km + 2km and the majority of participants got to this point okay.

The envelope was a bit of a glitch on our part but most people realised the No 9 was a mistake and should have read No 12. All the people who opened the envelope early were suitably penalised by assuming this clue replaced No 12. Wayne Lee added an interesting interpretation by stopping at the "next right turn" to climb out and change drivers.

Clue 13 meant turn right at the next 'Y' intersection.

Clue 14 meant you only cross one of the two bridges (i.e. half as bad) and go on to Ugly Hill Road (lose your good looks).

The tree cut down was a poplar; three bridges and 'Caution Traffic' (before Wainiora instead pub).

Most people solved the anagram even if they didn't go within 50km of Middleton Road.

Eric Dunbar and Mike Foot missed the perfect score when in their haste to get back to the finish they forgot to record passing the Waipukurau Hotel. Bruce and Denise missed the pub as well and demonstrated their

rally driving skills by finishing the course in 1 hour 50 minutes, including signing songs and feeding mashed kumura to a small but very vocal backseat passenger.

The final answer was St Andrews and on reflection was confusing due to the service lane being the 'first on the right' but if St Mary's had been the correct answer, clues 23, 24 and 25 would not have made sense.

Local knowledge was a distinct advantage (Mike even knowing where the tree had been cut down) with CHB members filling five of the first seven places. We look forward to a 'reply' rally in Hastings/Napier.

Caroline and Peter Watson

### R E S U L T S

1.	Eric Dunbar and Mike Foot	490
2.	Bruce and Denise Perry	470
3.	Philip and Sharon Mardon	430
4.	Dave Smith and family	390
5.	Dick Watson and family	382
6.	Doug and Malcolm Matheson	371
7.	Philip Allerby & Annette von Hartitzsch	369
8.	Wayne and Catherine Lee	346
9.	Robin and Lois Nairn	341
10.	Peter and Joy Toynbee	340
11.	Tony and Heather Masters	332
12.	Anne and Rowan Sapsford	328
13.	Jos and Sally Dames	324
14.	Craig and Penny Hickson	319
15.	Maurice and Linda Lloyd	277
16.	Diane Lucas and Sharon Bergstrom	269
17.	Peter and Scott Bergstrom	215



SETTERS REPORT ..... WHIRINAKI

---

A B C & D Courses set by Dave and Peter Smith  
 Children's "Line of sight Course" set by Cathy Smith

Twenty Seven entries on the adult courses on a fine day.  
 Scenic start/finish location. Good humoured participation on  
 steep courses which regrettably started a shade late.

THANKS to President Dave Fisher for helpers for control  
 collection.

Cathy's course had lots of children trying it but regrettably no  
 names or times were noted. I missed the lolly scramble !!!!!

Courses C & D were easy navigation and apologies to Mac and  
 Nqaire who chose the C thinking it was much longer and tougher  
 hopefully, - the sort of challenge they were looking for proved  
 to be on the B Course.



*This is how I thank you for doing the typing Lois .*

The HB Orienteering Club recently held an event at Whirinaki. Courses were set by Dave Smith. Bruce Perry had an excellent run in winning the A Course by 10 minutes.

A Course 4.23km 228m climb

1.	Bruce Perry	45.06
2.	Maurice Lloyd	55.27
3.	Colin Flood	66.25
4.	Eric Dunbar	67.15
5.	Dave Fisher	68.48
6.	Neil Lawrence	69.44
7.	Caroline Watson	77.15
8.	James Frings	81.54
9.	Tim Hay	106.00

B Course 3.0km 172m

1.	Sharon Mardon	70.33
2.	Rosalie Adlam	71.23
3.	David Manning	71.39
4.	S & D Manning	83.23
5.	Mac & Ngaire Fisher	84.04 (second course)
6.	Brian Crawford	111.47

C Course 1.7km 80km

1.	Mac & Ngaire Fisher	29.05
2.	Denise Perry	32.22
3.	B A Toynbee	33.58
4.	Bill Pruvan	37.49
5.	Dunbar Crew	41.09
6.	T Masters	42.26
7.	Bennett	49.55

D Course

1.	Burke family	39.48
2.	Tony Masters	42.26
3.	Dames family	44.04
4.	John Cola	63.26

The next event will be held at Te Mata Peak on Sunday, 20 August.



T E M A T A ... 20th August 1989

---

We volunteered for Te Mata for several reasons:

- ( i ) to improve my map reading
- ( ii ) something to work on together during Bruce's off-season (he's a freezing worker)
- (iii) we thought the weather would be reasonably settled - you know the type of day - frosty morning with clear sun to follow, therefore making it easier to look after baby .....

Weather-wise the day started off beautifully but by 10 o'clock when we pulled into the car park it had clouded over and the day got colder and colder as it progressed. Sitting in the caravan wasn't much warmer than being outside.

As far as working together - Bruce ended up doing most of the work because I was doing more relieving teaching than I'd counted on. My map reading has improved though as a result of studying the map intently and checking control sites. Bruce put the controls out on the Saturday. Unfortunately some were interferred with, most notably on the B Course with the 8th control having been thrown down the hill. Thanks to Brian for his efforts in retrieving this misplaced control.

There was a good turnout (42 entries) despite the fact that the person delegated by Stewart to advertise the event - forgot !! This person will remain nameless .....again.

A special course was set for the Heretaunqa Tramping Club at Ted's request to help them brush up on their navigation skills, and this was well patronized. Ted scorched around the course to show them all how it was done.

We've decided we're not volunteering to set another course until Aneka is older and able to be left with Grandparents for the whole day. It was just too cold for her out there and she decided to wake up and be hungry just when there was a rush on at the caravan and finishers started coming in.

Thanks to Peter Bergstrom, Eric and the four kids, Doug and Dave Fisher for collecting in controls.

P.S. A major worry was whether the Mazda 323 would get the caravan up to the carpark. It did get us there but it was smelling very hot by the time we stopped. It went a lot better going back though !!!

P.P.S. Does anyone else have sleepless nights ( Bruce ) and orienteering nightmares ( me ) before an event they're setting ??  
DENISE PERRY

### TE MATA RESULTS

d.n.f. = did not finish

m.1 = missed one control

#### A COURSE = 4.7 k.m

-----  
Russell Mardon 63  
Maurice Lloyd 73.22  
David Fisher 73.41  
Doug Matheson 89.47  
Tim Hay 90.01  
Wayne Lee 115.52  
Fiona Crawford 124.53  
David Smith 147.35  
Fiona Sapsford 151.18  
Eric Dunbar 154.22

#### B COURSE = 4 k.m.

-----  
Brian Crawford 88.42  
Rowan Sapsford 93.55  
Gavin Shing 100.34  
Peter Bergstrom  
103.43  
Philip Mardon 107.28  
Mac & Ngaire  
Fisher 154.08  
Scott Bergstrom and  
Matthew Pawley 168.51  
Alan Burke 177 m1

#### C COURSE 2.5 k.m.

-----  
Sharon Mardon 74.52  
Joy Toynbee 92.20  
Anne Sapsford 137.30  
David Fisher 47.48  
( 2nd course )

#### D COURSE = 1.7 k.m

-----  
Laverty Family 64.40  
Catherine Lee &  
Anna McKinley 66.23  
Geoff Toynbee 80.50  
Andrew Dunbar &  
Lee Taylor 91.12  
Fiona Dunbar &  
Kirsty Taylor 100.18  
Lois Nairn 121.  
Burke Family 153. m1

#### E COURSE = 1 k.m.

-----  
Anthony & Maurice  
Lloyd 37.  
Peter Smith 37.45  
Cathy Smith &  
Amy 44.20  
Amy Lee 76.04  
Perry Family 83.  
Joyce Perry 127.30

#### H.T.C. COURSE = 3.8 k.m

-----  
Ted Sapsford 101.18  
Ross & Robyn  
Berry 103.06  
Nigel Brown 111.20  
Sandie Duncan  
& Jim Glass 139.00  
Lyn & Lyn  
Gentry 168.50  
Thelma Smith  
& Len Frost 170.34  
Hardie Family d.n.f.

C L U B   N E W S

-----

Liesl Green is in town. I bumped into her the other day. On holiday from her farming job in Australia. When told about Crohane she said she would like to go.

The lawns are not mown, because if he is not orienteering he is watching videos.

Macpac Kaweka Challenge will be held in February 1990. Similar format to Mountain Marathons but without the orienteering. Ted is the mover so see him for details.

Going to the Inter-Club Challenge with the RED KIWIS of Palmerston North? 17th September. Philip Allerby is organising a bus (\$5:00 a seat) We need the whole club to go and bring the trophy back to the Rav. Check the rules out in this issue.

Graham Teahan has invited the Club to his home - 15 Coronation Street - Feilding - for a after the event. We will have to check times. It could make us too late.

HOW ABOUT THE NATIONALS IN AUCKLAND AT LABOUR WEEKEND ? ? ?

Family Relays	Saturday
Individual Champs	Sunday
Relay Champs	Monday (Form your team
Work	Tuesday

*Entry Forms in previous issue.*

MANGARARA ( Our new map )

-----

The field work is finished and Doug Matheson is doing the fair drawing in the school holidays. As we can run two maps through the printing presses for the price of one Brian Crawford has taken on the task of producing Te Mata Park at a scale of 1:5000. This map to be mainly used for promotion of the sport. Brian has found a surprising number of errors on the map we are currently using ! ! !

We trust you enjoyed the break Brian. because with Te Mata. setting Crohane. and organising the Course Setting Competition with Maurice you must feel as if life is back to normal ! ! !

You will be relieved to know we were unsuccessful in tendering to deliver telephone directories to Wainawa and Wainukurau. Suspicion was rife that this was to be run in conjunction with the Car Rally ?

CLUB T SHIRTS for sale. One medium. nine small.  
Come on you little people.

#### MARION SHERBURN

-----

Born - December 9th 1936 in Hull - Yorkshire.  
Married - December 6th 1958 to Charles Sherburn.

We have two sons: Steven and Mark aged 27 and 24.

In my early days at school, I was involved in lots of sports, running hurdles, high jump, netball and anything else that they would let me have a go at. My running was done in the streets in bare feet. After school I was into swimming, tennis and a cycling club - - but, everything was just for fun.

We moved to New Zealand in May 1974.

In 1986 I went on a tramping trip into the Kawekas and that same year my sons got me to run with them in the A.N.Z. Bank run, and that was that start of my sports life again. Running in the 1988 MAC PAK Mountain was a big highlight for me, but I had a partner to read the map, - a good job too or I would never have found the finish. I haven't done a lot of orienteering as yet but my challenge for next year is to get all the way around the course with out getting lost. I'm going to be away for a few months in England to see my Mother and Sister and running a Marathon.

My Best Wishes to one and all - hope you all manage to do what you set out to do and have a lot of fun doing it.

BYE FOR NOW

.....

MARION SHERBURN

WHY THE LAWNS AREN'T MOWED

JANUARY	1 - 18	Mountain Marathon & S.I. 7-Day
FEBRUARY	4	Biathlon
	5	Triathlon
	18	Car Rally & Tait's Road Night Event
	25 - 26	Night Relays, Taupo
MARCH	4	Mapping
	5	Te Mata
	11 - 12	Ngamotu, Rotorua
	18	Triple Peaks
	19	The Junction
Easter		Egmont 3-Day
APRIL	1	Mapping
	8	Mapping
	15	Mapping
	23	Mapping
	30	Rained!!
MAY	7	ANZ Fun Run
	14	Seafield Road
	20 - 21	NZ Trials, Masterton/Bulls
	28	Smedley
Queen's Birthday		3-Day
JUNE	11	Tuki Tuki
	17 - 18	T.W.A.L.K., South Island
	24	Mapping
	25	Rowe Road
JULY	1	Ten Pin Bowling & Night Event
	9	Granules
	16	Birthday Hill, Masterton
	22 - 23	Car Rally
	29	Base Map
AUGUST	5 - 6	Bledisloe Cup & Auckland 100
	12 - 13	Base Map
	19	Base Map
	20	Perimeter Road & Te Mata

AND WHY THEY AREN'T GOING TO BE MOWED FOR A WHILE YET

SEPTEMBER	3	Crohane
	10 - 11	Naseby, South Island
	17	Interclub, Sandhills
	24	CDOA Champs, Taupo
OCTOBER	1	Club Relays
	8	Forest Hill, Palmerston North
	14 - 15	McNeil
Labour Weekend		National Champs, Auckland
	29	Training Day

Peter Watson

## O Y UPDATE

## M 17 - 39

Peter Watson	3	69.69
Maurice Lloyd	2	50.00
Bruce Perry	2	43.88
Dave Fisher	3	41.97
Neil Lawrence	3	39.48
Wayne Lee	3	34.22
Doug Matheson	2	30.95
Philip Allerby	2	25.20
Eric Dunbar	2	19.21

## W 17 - 39

Caroline Watson	3	75.
Fiona Sapsford	3	44.71
Linda Lloyd	2	44.26
Catherine Lee	3	43.26
Anna McKinley	1	15.63
Denise Perry	1	13.77

## M 40

Philip Mardon	3	64.60
Brian Crawford	3	59.47
Stewart Hvslop	2	50.
Ted Sapsford	1	23.49
Paul Jarvis	2	1
Dave Smith	1	18.39
Peter Berastrom	1	5.00

## W 40

Sharon Mardon	2	50.00
Lois Nairn	3	43.88
Anne Sapsford	2	32.18

## M 13 - 16

Rowan Sapsford	3	75.
Gavin Shing	3	64.54
Peter Smith	1	21.39
Brian Nairn	1	11.50

## W 13 - 16

Gillian Watson	2	30.00
----------------	---	-------

## M 12

C. Burke	1	25.00
----------	---	-------

**Carlos**

## W 12

Anita Lloyd	1	25.00
Amv Lee	1	12.82

There are still a number of possibilities here. Maurice needs to win just one of the last two events to make it all academic.

Congratulations Caroline.

Now, about course setting .....

Philip is still leading. but watch your back.

Sharon surges into the lead.

Well done Rowan. You have made the punters look sick.

Where is Gillian's competition ?

Good to see M & W 12's making the results.

" " " "

(Thanks to Auckland <sup>14</sup> Orienteer - July 89

# THE WORLD CHAMPIONSHIPS

## ALL YOU EVER WANTED TO KNOW!

The World Orienteering Championships are held every two years and are the most prestigious event on the orienteering calendar. Two grades are contested - the Elite Men and the Elite Women. Every country affiliated to the I.O.F. is entitled to send a team of five men and five women and up to four officials. Four team members may run in the Individual race, and four make up a relay team in the Relay Championship. About 30 countries take part.

### \* HISTORY \*

The first World Championships were held in 1966 in Finland. Since then they have been held every other year, except for one each in 1978 and 1979, when the switch to odd-numbered years meant avoiding clashes with future Olympic Games. In this first World Championships, the men's course was 14.1 km long with only 11 controls - and the women's course 6.6 km with only 6 controls!

### \* THE FORMAT \*

Since 1966 both the men's and women's grades have contested an Individual and Relay event. In 1983 in Hungary, a Qualification Race was introduced: whereby the men's and women's grades are divided in half, and each half runs a qualification course very similar in length with slightly differing control sites. This allows for 3-minute interval start times on alternating courses (a necessity when there are approximately 150 men and 120 women to get through!), and avoids following tactics and 'bunching up'.

The top 25 in each half go through to the Final. Countries with no qualifiers are permitted to enter their highest-placed finisher into the Final. This makes the Final more of a 'cream of the crop' race!

The qualification system was not used in Australia 1985 (the organisers believed they hadn't been given enough warning as to the new format), but as of France 1987 it is here for good.

The World Champs in Sweden this year have a few new treats in store for competitors - a rest day between the Qualification Race and the Final (much to the relief of us lesser nations!), and a B-Final. This is a race for all the non-qualifiers, and takes place on the Qualification Race map the day after that race. It is simply an opportunity for non-qualifiers to have a second race, and no medals will be awarded.

The Relay format is as we all know it. Four team members make up a team. A mass start begins the race, and you must tag your next-leg runner before he can run to the map collection point. There are a heck of a lot of controls out there and you have to be careful you clip the right one! (In 1987 the first-leg runner for the Irish men's team clipped four (FOUR!) wrong controls - the third and fourth-leg runners weren't even allowed to start!)

## \* THE WINNERS \*

The Scandinavians have just about scooped the pool as far as past medals are concerned. A single gold medal has escaped their grasp - that went to Hungarian Sarolta Monspart in Czechoslovakia in 1972, in the women's Individual Race. The main contenders for gold medals these days (in both Individual and Relay, men's and women's races) are Norway and Sweden. The Soviet Union made its first appearance at a World Champs in France 1987, and both their men's and women's teams finished 5th in the Relay - a remarkable achievement considering how little experience they had had at international level. They are bound to be a major threat in the future.

## \* NEW ZEALAND'S PARTICIPATION \*

New Zealand has been sending a full men's relay team since 1976, and a full women's relay team since 1981. We have often had a hard time coming up with the funds to send a team to the other side of the world, and team members have always had to contribute some of their own savings to the trip. Our finest results in the Individual event came in France 1987, where we had two women and two men qualify for the Final. Our best Relay result came in Australia 1985, with our men's team placing 20th and the women's team placing 10th.

## \* SWEDEN 1989 \*

New Zealand is sending its best-ever team to WOC '89 in Sweden, and also its youngest-ever. We are beginning our team build-up programme on July 23rd, after most of the team members have competed in O-Ringen, the Swedish 5-Day. We have two top-class Swedish orienteers to coach and guide us towards some great performances. We'll train in Leksand for one week, and Vastergotland (the WOC area) for one week, and also take part in the two selection trials for the Swedish team, on August 4th and 6th.

The World Champs themselves are on the 16th (Qualification), 18th (Individual Final) and 20th August (Relay).

(continued...)



# APOC 1990 IN CANADA

The Asia Pacific Orienteering Championships, August 3-19, 1990.

For those of you who would like to visit North America next year to compete in the Asia Pacific Championships, I am trying to organise a group to do just that.

The Proposal : Leave New Zealand late in July 1990 and return late in August 1990. Fly to Vancouver with the option of a side trip to Los Angeles at no extra cost. Travel and sleep in campervans during our time in Canada.

The Costs : Airtravel and campervan costs would amount to about \$2000 per person (\$600 reduction for children under 15). This is based on expected airfare increases and up to 6 weeks in the campervan. There could be changes, but we will get a definite proposal once a definite number of interested people is known, about August/September.

Not Included : Other travel and accomodation, meals, camping ground fees, departure tax, entertainment, shopping, etc.

Note : the exact details are fluid at this stage, and I would be interested in hearing from anyone wanting to join us. Please return the enclosed questionnaire before July 31st.

Stan Foster

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

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

Number interested in travelling to APOC : \_\_\_\_\_ Adults \_\_\_\_\_ Children

Preferred departure date : \_\_\_\_\_

Preferred return date : \_\_\_\_\_

How long do you want to have a campervan? I.e. do you want to do some travelling around?  
\_\_\_\_\_

Do you wish to travel to Los Angeles (at no extra cost)?

Yes

No

I would be interested in doing some fundraising -

Yes

No

Please return this to : Stan Foster  
70 Waimarie Road  
Whenuapai



HOLIDAY CAMP - DEC/JAN 1989/1990

Hi de Hi.

Remember the successful holiday camp held at the Iwitihi Camp between the 27 December 1986 and the 4th January 1987? Well the Red Kiwis are organising another one, between 27 December and 3rd January 1990.

1989

The place is going to be the same as in 86/87 and the Iwitihi camp has already been booked. For those not aware of the location, the Iwitihi Camp is located 20 kms east of Taupo on the Napier-Taupo Highway.

The format is going to be similar to the 1986/87 camp which was:

A fun family orienteering holiday which included 7 orienteering events during the 8 day period. The events organised were a night score event (midnight on New Year's Eve, which is preceded by a fancy dress party); a biathlon event - swim 200 m in the lake then 45 minute score event on neighbouring farmlands; camp championships, camp relays plus a 3 Day event.

The events were set on Taupo '0' club maps and were set by experienced orienteers staying at the camp. The events were self help with master maps and master control descriptions. There were only 5 courses with distances varying from 1 km to 7 km and all courses were open courses like club events.

We also organised other activities such as a forest run, trivial pursuits, cricket and soccer.

Details of the camp have not yet been finalised such as the cost (86/87 \$100 per adult, children 5 - 15 years \$70, below 5 years \$40. This cost covered accommodation, meals for 8 days plus the cost of maps).

A deposit of \$10 per person or \$20 per family is required. Further details will be sent early in the New Year. You are advised to register early as it will be on a first come first serve basis.

Send names and Grades of each entrant and address to Graham Teahan 15 Coronation Street Feilding.

Graham Teahan

# BEGINNERS, PLEASE!

## TWELVE TIPS FOR THOSE NEW (and not so new) TO ORIENTEERING

1. BEFORE YOU START STUDY THE MAP AND THE LEGEND: Do so for as long as you can. Get familiar with the general shape of the area - you don't want to waste time during the competition trying to puzzle out what's high and low, what's a distinctive tree, or what's the difference between a trough and a water tank. Check the scale and if you have a compass with alterable scales ensure that you have the right scale set for this map.
2. DON'T THINK OF THE COMPETITION AS A RACE: It isn't, it is a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing scratching his head for five minutes while you have been toiling up that hill. Even if you do outrun him he may be stronger over the whole course. So you overtook the New Zealand Champion on 300 metres of flat path - so what? He won't stop when he comes to the hill or the difficult route choice.
3. NEVER RUN AT ABSOLUTE TOP SPEED: You should finish an orienteering course as you would a good meal, feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control through exhaustion just as easily as being too eager attacking the first and it's really frustrating to ruin a good run near the end simply because you are a bit too tired. If you do finish with plenty of energy review your run and recognise those points on the course where you wasted time and resolve not to do that again.
4. TRY NOT TO STOP: Take a breather if you have to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half minute here, the fifteen seconds there when you were not moving and you'll soon realise that, like everybody else, you could have won easily.  
Remember always the old hare and the tortoise story.
5. DON'T STAND STILL IF YOU'RE LOST AND CAN'T WORK IT OUT: The Fairy of the Forest might appear and light your way but then again she might not (the ones I have seen have never stopped for me). Retrace your steps if you can. If you can't, then decide on a direction - "If I go East I must strike that road, stream, fence etc" (i.e. a good linear feature) and then move fast, but keep you eyes skinned for any feature which you may be able to identify on the map. Get to that road, stream, fence etc as quickly as you can, find out where you are on it and then start again from there. It is better to spend a couple of minutes running 400 metres than a quarter of an hour travelling nowhere.
6. DON'T RUN ON 'FEEL': Keep your map set (i.e. orientated to your direction of travel), always, even on a track. And in the forest always run on the compass however roughly. It's very easy to drift to one side or the other without realising it and come out on the wrong path, even one at 90 degrees to the one you were aiming for.

7. DON'T RUSH: Don't rush off from one control vaguely towards the next thinking that you will plan your route later. Move a little way (so as not to 'beacon' the control for others) and then plan. (Good orienteers will have already planned their exit direction prior to reaching the control.) Pick a definite attack point and your route to it. You must know what you are doing - or when you do think you are getting near your attack point or control you might find yourself confronted by a great marsh of hill you should have been working your way around.

8. DON'T EVER RUN WITHOUT COUNTING PACES: However unnecessary this may seem. So you think you can see your attack point; well maybe you can but count anyway. It might be a similar feature 50 metres earlier or later and even those 50 metres can leave you stranded and panic stricken if you don't know those features are 50 metres apart and not 200. If you count and keep your map set, it's impossible to be lost.

9. DON'T EVER ASSUME YOU'RE RIGHT AND THE MAP AND COMPASS ARE BOTH WRONG: It's possible but most unlikely. Our preconceptions are our greatest weaknesses. If you 'know' it's the right reentrant, but there is no control, be humble enough to consider that it might just be you that's wrong. Look at the map, see which parallel reentrant you have in fact rushed madly down. Forget where you thought you were, it's surprising how often you can work out where you are if you are prepared to admit that it's just possible you're not where you 'know' you are.

10. DON'T FORGET TO READ CONTOURS: On the map and on the ground. It's easy for beginners to think of contours as those damn bits of spaghetti that get in the way of fences and streams - and even good orienteers go wrong surprisingly often, not noticing they should have been running downhill instead of up.

11. DON'T KID YOURSELF THAT YOU CAN BEAT THE SUPERSTARS: You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, step-counting, contouring, or map memory. But the theory is not enough; to be able to use them with confidence at speed comes only with practice. If you don't train at orienteering then you must be prepared to use some competitions to experiment a bit.

12. DON'T LET ANYONE TELL YOU THAT FITNESS ISN'T ALL THAT IMPORTANT: There are those near the top who don't run particularly fast but they are all very fit. It's always the fit who tell you that fitness doesn't matter and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

(Adapted from article published by the British Orienteering Federation.)



Compiled by Eddie Reddish



INTERNATIONAL ORIENTEERING FEDERATION

INTERNATIONALE ORIENTIERUNGSLAUF FODERATION

April 1989

To: The IOF Member Federations

Re: Short distance Orienteering

One issue discussed with particular fervour at the Torbole Congress was the introduction of short distance orienteering. At its November meeting in Zuerich the IOF Council, in co-operation with the IOF Committee Chairmen and the World Cup Group, drafted a conceptual paper on this new type of event. At a recent meeting in Tarrytown, USA, Council endorsed the principles laid down in the paper.

Enclosed you will find the said document. Now it is up to you all to start experiments. You are entirely free to develop new types of events. The only restriction is that they must comply with the aims as expressed in the enclosed paper. The IOF Council hopes this year will generate frequent participation and a lot of exchange of ideas in relation to these tryouts. You are also welcome to communicate your experiences via the IOF publication, Orienteering World!

Please remember that short distance, as the IOF Council sees it, covers the entire spectrum from beginners' courses to demanding elite events.

At the forthcoming Presidents' Conference in connection with the WOC in Sweden we will all have the opportunity to have an in-depth discussion about short distance as a new discipline.

I count on you.

Kindest regards

H. Tschudin  
IOF President

## SHORT DISTANCE ORIENTEERING

## AIMS

- Give more variation to the competition program for orienteers.
- Attract new competitors to the sport
- Give the competitors in orienteering another physical challenge
- Give the competitors in orienteering another technical challenge
- Give the competitors in orienteering the possibility to specialize
- Make the orienteering sport more attractive to media
- Spread orienteering to areas presently regarded as not suitable to normal orienteering

## HOW AIMS CAN BE MET

- Shorter course length - much lower winner time
- Plan competitions emphasizing different tactics than used in normal distance orienteering
- Plan competitions emphasizing other physical attributes than necessary in normal distance orienteering, like:
  - higher speed/faster running
  - less emphasize on long distance stamina
- Use high quality maps
- Organize competitions differently, like:
  - take controls in free order
  - take controls in a predetermined order, putting weight on:
    - short legs with intensive orienteering,
    - fast decisions/correct decisions

One guideline should, however, be to keep the organization easy, allowing less resourceful organizers to stage such events.

- Terrain requirements:

size of terrain less limiting than earlier,  
terrain allowing fast running/fast decisions necessary

## MEDIA COVER

Short distance orienteering will:

- produce more information to press in a shorter timespan,
  - give more "action" for the press,
- allow TV to cover more of the competition, thereby producing more excitement for viewers.

HAWKES BAY - RED KIWIS

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INTERCLUB CHALLENGE RULES

- 1 ) Each affiliated member must specify their Grade before competing ( as per N Z O F RULES )

If no Grade specified the competitor will be non - competitive.

- 2 ) At Red Kiwi hosted events competitors may run A or B Grade. Their ability level dictating the grade selected as in Badge events.

At Hawkes Bay hosted events there will only be A Grades available.

- 3 ) Only paid up affiliated members are eligible to compete from each Club.

- 4 ) Each competitor in a Grade will receive the following points -

WINNERS TIME  
 ----- x 1.000 = Points  
 COMPETITORS TIME

- 5 ) The winner of the event will be the Club who has the larger average calculated as follows :

TOTAL CLUB POINTS  
 ----- x = Club Average  
 AFFILIATED MEMBERS

the

# WELLINGTON

orienteering

# SHOP



With no major events for a while, the Wellington Orienteering Shop reminds orienteers that it is happy to deal by MAIL ORDER. Remember that 50c of every dollar we make goes to the Wellington Training Squad, and we are pleased to hear that the Squad has handed over \$800 to assist our NZ representatives towards the World Champs in Sweden.

Here's what we have in stock at present:

- Recta magnifying compass (ideal for very detailed maps or those with less good eyesight) - \$50. If you have trouble with your needle we will replace free up to 6 months from purchase. We will also trade any older Recta, no matter where bought, for \$25.
- Celebrity compasses, Silva Type 4 used by overseas competitors in the 7-day, \$25; also new Silva 3NL for \$25. Replaceable distance scales to fit certain Silva models (1:10,000, 15,000, 20,000) \$4.
- Thumb compasses out of stock until September. We are happy to record your enquiry in the meantime.
- Orienteering Pendant on silver chain - short \$18, medium \$19, long \$20. Orienteering Earrings, \$10 pair or \$6 each. White Tee-shirts, N-S-E-W motif, sizes S,M,L,XL, \$15. Advertise our sport while you jog.
- Unni's O-Suits. Small number in stock, or use our form to order from Unni Lewis to your own specifications. Prices depend on the number of different colours required - \$35-\$50.
- Orienteering socks with reinforced front. Again we keep a few in stock on behalf of Unni, or you can use our form to order - \$25 pair. Trintex gaiter, supercomfortable, no zips, \$50 pair.
- Harvey's 750-piece Muzzle (map jigsaw), \$25. Mini Muzzles from \$5 to \$15, Orienteering Board Game \$30, Orienteering Bingo Game \$60. Sid Scales orienteering poster, \$5. Synthetic paper controls, 300mm square \$1, 50mm square 10c.
- Casio Triathlete 30-Memory Wrist Watch. Now essential for the serious competitor, plenty of uses in other sports too. \$99.
- Shoes. We won't stock them, unless everyone trims their feet to the same size. But we can send you free info on what's available.
- Orienteering books, suitable for your club or local library. "Know the Game: Orienteering" (UK softcover sporting series, 47 pages, colour), Ex value at \$4. "Orienteering" (Disley, Softcover, 175 pages, B/W), more substantial book at \$12. 2 only copies "Orienteering" (Porteous, Hardcover, 93 pages, B/W) - \$14 "The Race of His Life" (Holloway, 6 short stories with an orienteering theme, softcover), \$4. "Murder at the 14th Control" (Holloway, 34 short stories, including the 6 above, softcover) On order, est \$10. "World Class Orienteering" (edited by Holloway, Essays by top international orienteers on World Champs preparation, softcover) \$16. "Modern Orienteering Training", by Holloway. The ONLY advanced orienteering book in English. \$16. "NZOF Rules", including Pictorial Control Description list, \$5
- Lots of other items best suited to sale at events; come and have a look at the CD Champs, and the Nationals. Remember we sell good quality used gear on commission.

All enquiries to Michael, Philip or Antonia Wood. Phone us at (04) 662645, or write to 5 Atahu Grove, Lower Hutt. Add \$1 per order for postage.



## H.B.O.C. COMING EVENTS

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Date	Venue	Setter / Vetter
Sep 3	>>> O.Y.4 - Crohane (Sign posted from Napier - Taupo Rd. 2 Km south of Mohaka Bridge.)	Brian Crawford / Neil Lawrence
Sep 17	Inter Club Challenge Event Palmerston North	Red Kiwis
" 24	CDOA Champs Rarua Taupo	
Oct 1	Club Relays Tukituki	Sharon + Philip Mardon
Oct 15	>>> O.Y.5 - McNeil	Peter Watson / Philip Allerby
Oct 29	McNeil - training Bring the map you used at O.Y.5.	Peter Watson
Nov 12	Club Championships - Mangarara	Ted Sapsford / Peter Bergstrom
26	Club ???	???
Dec 10th	Possibly Tutira	???

( The >>> symbol highlights Orienteer of the Year events. )

- NOTE :
1. Club O.Y. events start from 11.30 am and the courses close at 1.30 pm.  
All other club events start from 10.30 am and the courses close at 1.30 pm.
  2. All events are advertised in the Personal columns of the Herald Tribune and Daily Telegraph.
  3. Listen to the local radio stations for cancellations. Club events might be cancelled, O.Y. events are very unlikely to be cancelled.



ORIENTEERING. THE THOUGHT SPORT

Sept 1989