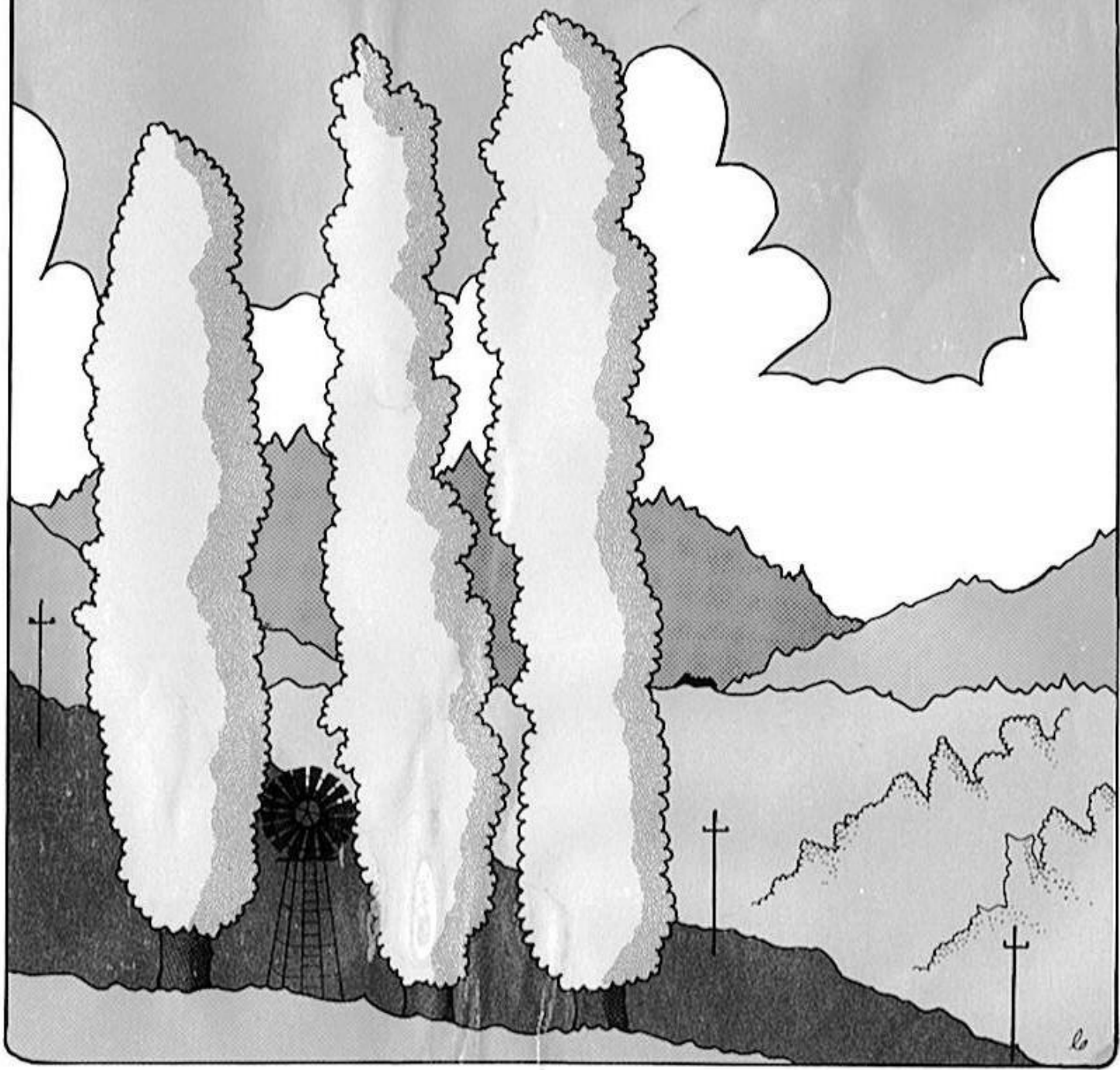


JUNE 1973

COMPASS POINTS



JUNE '93

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LOWER TUKI - 28.3.93

=====

SETTERS: DAVE FISHER / DEREK SEOW

=====

A course 4.5km

Geoff Morrison	32.26
Neil Mora	42.34
Stewart Hyslop	52.49
Alan Berry	64.57
Pam Morrison	76.38
Tim Barnsley	102.20

B course 4.2km

Diane Lucas	59.56
Sharon Mardon	64.20
Bob Harris	78.00
Ted Sapsford	96.45
Mac & Ngaire Fisher	99.42

C course 3.1km

Kath Berry	53.15
J. Cooper	58.12
Michael White	62.40
Brian Lucas	65.36
Anne Sapsford	67.48
Martin Glass	68.54
Wardle	70.41
Chris Barnsley	77.42

D course 2.1km

Dave Smith	35.26
Karen O'Shea	46.37
Michelle Barnsley	51.25
T. Walch	52.17
Foo family	69.16
Michael Lucas	75.00
Cooper family	77.20
Pike Family	80.00
Chan family	131.55

E course 0.7km

Geoffrey Lucas	19.23
Emma, James & Oliver	26.11
Amanda Barnsley	36.38
Louise & Kristine	45.26
Lynley Clothier	63.42

TE MATA - 11.4.93

=====

SETTER: PETER HILL

=====

A course

Ted Sapsford 127.00

B course

Tim Barnsley 91.10

C course

Stewart Hyslop	50.50
Philip Mardon	70.05
Bill Walch	77.25
Martin Glass	94.10
Wardle & Scurr	102.40
K. Bailey (Wgtn)	102.45
Anne Sapsford	103.40
K. Bailey (Wgtn)	107.30
Mac & Ngairi Fisher	113.40
Margot Young / Max McEwan	114.30
Charles Martin	137.00

D course

R. Gatland	38.20
MacFarlane	72.40
Hellawell	87.00
Chris Barnsley	97.40
Foo Group	104.10
Pike Family	119.20

E course

Smith Group	17.45
Laverty Family	38.10
R & J Bailey (Wgtn)	50.00
Elton & Marcel	57.00
John & Andre	72.10
Michelle Barnsley	80.20
Chan Family	105.00
Wardle & Mawley	88.15 ml
Jesse & George	DNF

F course

Hill Group	15.00
Louise & Amanda Barnsley	25.45
Watson Family	30.00
Chan Family	50.00

TE MATA MATRIMONIAL

One version is that a forbidden love affair developed between the son of a Heretaunga chief and a Waimarama chief's daughter. To prove his love, or to perhaps find a quicker way to his lady friend, the Heretaunga warrior started to eat his way through the high hills in between (a whole new meaning to route choice?) but with such a full puku he lay down and fell asleep part way through the job. Thus we see the sleeping giant today. With stories like that, who could be bothered with plate tectonics?

I wanted to start the event on the pass on Tauroa Road and then send most of the participants around that big flat chunk with the steep sides, behind the giant's head. Perhaps a left-over piece of cake from his feast? Brian Chambers pointed out however that the road is unsuitable for cars in wet weather and suggested that I ask permission to use Mark and Tessa Chambers' part of Tauroa Road on the Tuki Tuki side. There is another story there.

The day we arrived to set out the pegs, the Gun Club was putting large amounts of lead into the D and E courses so I had to come back at a later date to finish off. Putting out the controls a day before the event I had to nervously view my friend Ross from Te Mata Park take the wrong route choice (on purpose, he reckons) on the C course and walk straight down an impassable cliff. He then had the cheek to tell me it was quicker. Only Stewart went the right way on the the day.

The numbers who turned out for the event were pleasing, considering that all of the top people were away in Australia, Auckland or elsewhere. Everyone seemed to enjoy the new location, allowing us to get the most out of the Te Mata map. Thanks Ted and Tim for winning the A and B courses and to Stewart, Ross and Ted again for control collecting. My thanks also go to Len, Tessa and Mark for access to and the use of their properties.

Peter Hill

SEAFIELD RG. OY2 - 25 APRIL 1993

After preliminary discussions on course layout, we did the setting and Ted the vetting - two days to peg the control sites and a further two days for Ted to check the suitability of the sites and the accuracy of the course maps. Then another day to put out the controls. Orienteering certainly is a labour intensive sport!

After a cloudy start we ended up with a beautiful afternoon. It really adds something to the pleasure of orienteering if you can sit around in the sun to have lunch and conduct the inevitable post mortems on "what might have been if only you had got the route choice right between 2 and 3, not to mention between 5 and 6, 6 and 7, 9 and 10"

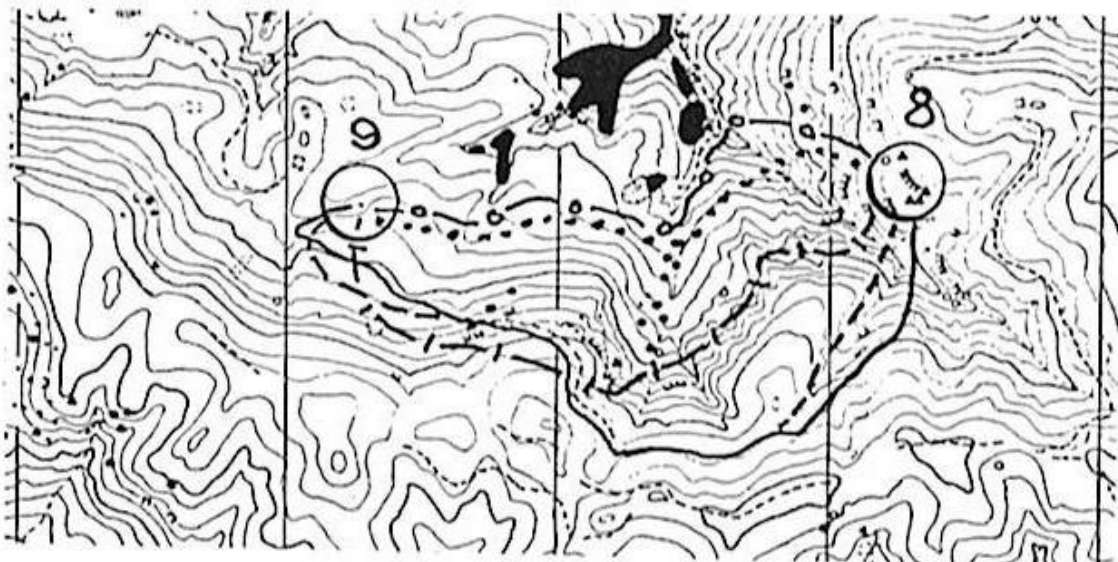
Seafield Road is a physically tough map. We tried to keep the climb ratio down (A course 6.7%, B 6.7% and C 5.5%) but as no one runs the ideal route the steep terrain on Seafield becomes pretty demanding. Then again, what is the ideal route? It is all very well for the setter to calculate a climb ratio on his or her idea of the perfect route choice but sometimes everyone seems to have an idea quite different from the setter.

We had a good turnout and congratulations to everyone who took part. Not only those who headed their classes but all of the rest who took part in the full knowledge that they were destined to just make up the numbers. We were very pleased that Michael Wood was able to take time off his mapping at Maraetotara to join us for a quick sprint around the A course. Thanks also to Neil Mora, Derek Morrison, David Fisher, Wayne Lee and Derek Seow for bringing in the controls.

Following on from the coaching discussion with Michael Wood the previous week, we asked contestants to draw their routes, after the event, on to a set of master maps. The route choices on some of the legs provided plenty of debate. Some of the legs with the greatest number of route choices are set out below. We are sure that members will find them both interesting and educational.

B Course

Eric ——— Brian Doug -|-|-| Maurice - - - Stewart - o



CONTROLS 8 - 9

Eric	960m	42m climb
Brian	540m	28m climb
Doug	690m	60m climb

6.
 Maurice n 48m climb
 Stewart 5 m 32m climb

Something tells me that our more mature members sorted out the right option and chose routes that not only involved less climb but were also a good deal shorter than the higher level options. Eric and Maurice picked up the track that runs along fairly high up the face but this did not make up for the shorter distance and easy running contours on most of the low level route.

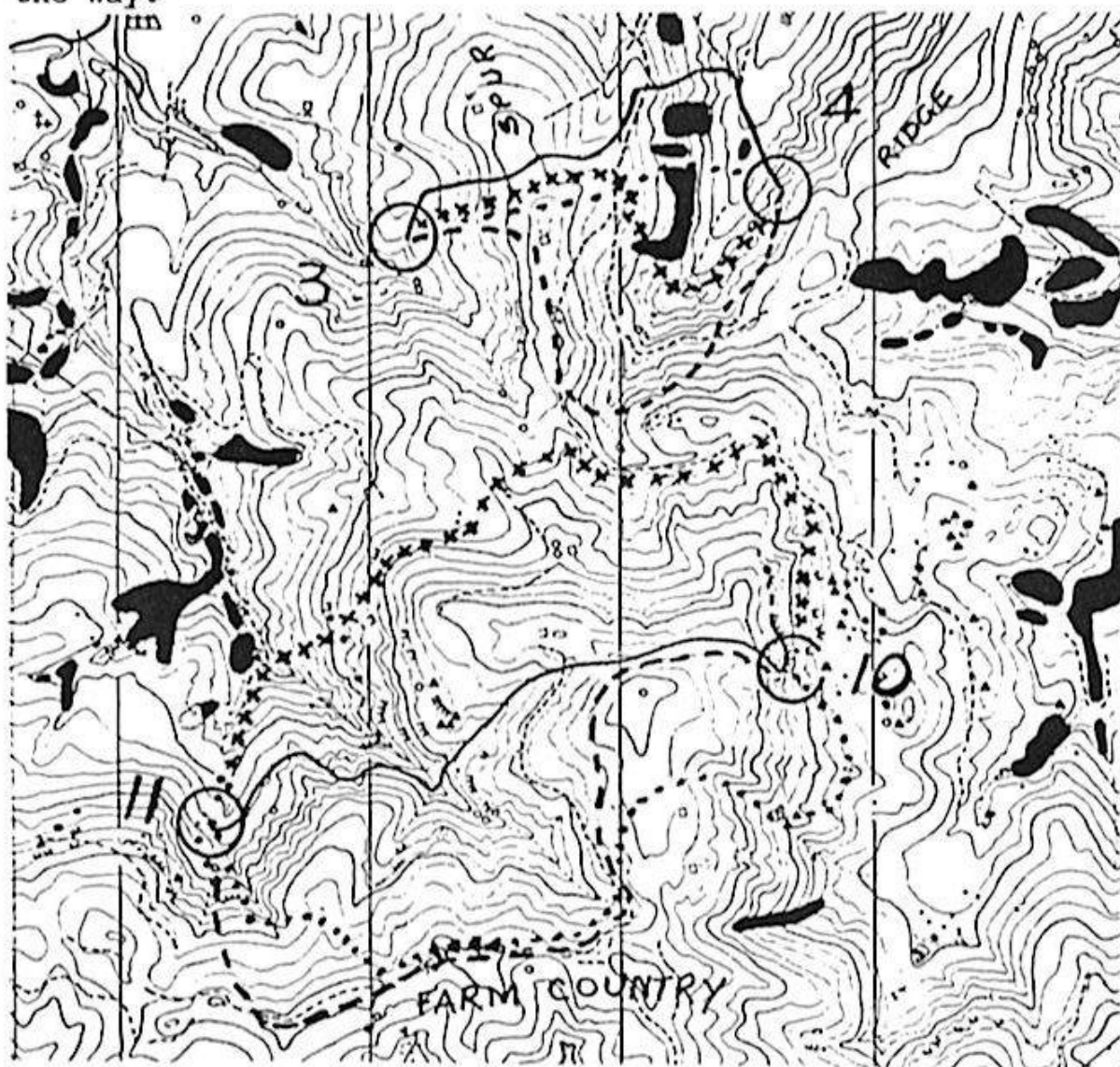
A course

David ————— Peter Wayne - - - - Derek x x x x

Controls 3 - 4

David	500m	72m climb	9m.09sec	Wayne	630m	72m climb
Peter	380m	72m climb	7m.03sec	Derek	510m	48m climb

Control 4 was in a shallow re-entrant, well up on the steep face of a ridge. The runners had to choose between dropping into a gully and then climbing steeply to the control or contouring around the head of the gully, aided by a good track for much of the way.



Peter took it straight but on reflection he thought that it may have been better to go round. David did not climb quite so high but dropped lower into the gully. Wayne climbed on to the firebreak but possibly lost time by sidling around in steep country above the track, rather than dropping straight on to the track itself. Derek did not climb so high, nor did he drop so low. From Peter's comments, Derek's saving in climb was probably worth the extra distance.

Controls 10 - 11

David	750m	84m climb	11m.15sec	Wayne	1060m	72m climb
Peter	1040m	84m climb	15m.02sec	Derek	1050m	74m climb

If they wanted to go anything like direct towards 11, the runners were immediately confronted with a steep climb once they left control 10. Which way to go to avoid the hilltop? That depended on whether they wanted to maintain a reasonably straight line down through the forest and around the steepish face to the rocks or whether it was better to climb right out on to the open top and drop down on control 11. But then again, why not follow Derek's route and avoid all that climb, at least for a start. As you will see though, the final grunt up from the main creek below the rocks undid a lot of Derek's good work.

It is all very interesting to see how someone else does it. The variety of routes chosen on these three legs are a reminder that if we get our route choice right we can certainly make up for some of the deficiencies of our legs and lungs!

Setters: Alan & Kath Berry

Vetter: Ted Sapsford

SEAFIELD ROAD - O.Y.2 - 25.4.93

=====

SETTERS: ALAN & KATH BERRY, TED SAPSFORD

A course 5.8km 390m
M17-39A

Derek Morrison	71.28
Michael Wood (HVOC)	72.48
Peter Watson	79.02
David Fisher	94.19
Wayne Lee	99.28
Neil Mora	100.45

B course 4.3km 290m
M40+, M17-39B

Maurice Lloyd	59.07
Eric Dunbar	77.00
Ross Berry	84.02
Stewart Hyslop	84.45
Doug Matheson	89.30
Peter Hill	90.05
Derek Seow	103.47
Tim Barnsley	103.58
Linda Lloyd	109.45
Brian Crawford	130.50
Martin Glass	157.31
Neil Lawrence	DNF
Bob Harris	DNF

C course 3.1km 188m
W17-39A, W40+, M Open B

Bill Walch	85.28
Rosalie Adlam	92.32
Catherine Lee	105.02
Caroline Watson	114.31
Bruce & Anneka Perry	116.20
Mac & Ngaire Fisher	128.50
Brian Lucas	129.49
Charles Martin	155.35
Anne Sapsford	DNF
Philip Mardon	DNF

D course 2.75km 168m
M13-16, W Open B

Hellawell Family	118.15
Chris Barnsley	129.08
Val Morrison / Catherine Lee	130.10
Michael White	DNF
Derek Seow	63.29 2nd
Ross Morrison	107.12 2nd

E course 1.85km 108m
W13-16

Val Morrison	53.43
Anita Lloyd	57.55
Rod Chisholm	64.10
Ross & Richard	65.30
Michelle Barnsley	109.02

F course 850m
M12, W12

Ben Lee	7.37
Ross Morrison	12.35
Jesse Hill	14.36
Amanda Barnsley	15.05
Louise Barnsley	15.20
Brendon Lloyd	18.10
Emma & Doug	19.02
Anthony Lloyd	19.30
Gino Crawford	20.02
Richard Jackson	31.25
Robyn & Sarah Berry	33.00

GWAVAS NORTH SHORT 'O'
MOTHERS DAY 9th MAY 1993

With the map shrinking fast due to logging operations the first problem was to find a space big enough for the event. My original intention was to use two different areas but at 2.00 pm on Saturday 8th May 1993 I realized that was going to be impossible due to the possibility of logging on the day of the event and impending darkness. By 5.00 pm and 36 controls later I was ready for the onslaught.

I used Esk as a guide for the course lengths and I obviously got it badly wrong due to the undergrowth and the technical difficulty of the area. It was impossible to set an easy course and the participants on the F course did brilliantly to finish their course, especially Lynley Clothier.

The Men's 40 grade had an exiting contest with Eric, Tim, Alan and Peter starting within 2 minutes 21 seconds of each other on the afternoon run and then Eric, Tim and Alan finishing within 1 minutes 43 seconds of each other.

The chasing start in my opinion was a good idea and hopefully added to the pressure and excitement of the event.

Peter Watson

GWAVAS NORTH SHORT 'O'
RESULTS 9th MAY 1993

A Course, Mens 17-39, 3 km

	<u>Morning</u>	<u>Afternoon</u>	<u>Total</u>
1. Maurice Lloyd	45.13	51.41	1.36.54
2. Derek Morrison	54.35	50.50	1.45.25
3. Wayne Lee	1.05.15	45.16	1.50.31
4. Dave Fisher	1.25.45	1.06.04	2.31.49

B Course, Mens 40 Plus, 2.5 km

1. Eric Dunbar	43.51	43.22	1.27.13
2. Tim Barnsley	45.06	43.39	1.28.45
3. Alan Berry	42.45	46.11	1.28.56
4. Peter Hill	44.06	55.06	1.39.12
5. Ted Sapsford	1.23.56	1.13.31	2.37.27
6. Linda Lloyd	1.13.55	DNS	-
7. Dave Smith	DNF	DNF	
8. Brian Crawford	DNF	DNS	

	<u>Morning</u>	<u>Afternoon</u>	<u>Total</u>
<u>C Course, 2 km</u>			
<u>Womens 17-39</u>			
1. Caroline Watson	43.08	36.06	1.19.14
2. Diane & Tracy Lucas	1.20.12	48.46	2.08.58
<u>Womens 40 Plus</u>			
1. Kath Berry	58.40	46.21	1.45.01
2. Catherine Lee	1.32.35	44.-	2.16.35
<u>Mens Open B</u>			
1. Bill Walch	1.38.30	1.55.54	3.34.24
2. Martin Glass	1.28.36	1.17.52 [*]	- [Mis-clip]
3. Charles Martin & Geoff Scott	1.43.00	DNS	-
<u>Casuals</u>			
M & N Fisher	1.02.33 [*]	1.10.08	- [Mis-clip]
<u>D Course, 1.5 km</u>			
<u>Women's Open B</u>			
1. Chris & Michelle Barnsley	1.29.34	48.24	2.17.58
2. Anne Sapsford	53.02	DNS	-
<u>Casuals</u>			
1. Sarah Frings	49.40	DNS	-
2. James Frings	50.10	DNS	-
3. Max McEwan	1.18.10	DNS	-
4. Chan Family	3.02.55	DNS	-
<u>E Course, 1.3 km</u>			
<u>Women's 13-16</u>			
1. Anita Lloyd	44.12	40.09	1.24.21
<u>Casuals</u>			
Andrew Dunbar	61.37	22.44	1.24.21
<u>F Course, 1 km</u>			
<u>Men's Under 12</u>			
1. Ross Morrison	40.33	21.51	1.02.24
2. Richard Jackson	42.37	41.33	1.24.10
3. Ben Lee	34.44	17.44 [*]	Missing Clip
4. Anthony Lloyd	38.39	13.51 [*]	Missing Clip
5. Brendan Lloyd	1.04.10	28.24	1.32.34
<u>Women's Under 12</u>			
1. Lynley Clothier	46.06	1.11.22	1.57.28
2. Amanda Barnsley	40.30	DNS	-

The thing that concerns me most as a course setter, is that aside from the normal pitfalls which have to be avoided, there is always in the back of my mind the thought "will anyone show up on the day". You just never know. All that planning, walking and photocopying, etc might well have been for absolutely nothing, or at least for very little. Not so at Raretu.

Mac & Ngaire Fisher got away early and finished C course in good time. (Nice folks, are they really related to Dave?) Bill Walch finished C course in time to sort out an irate farmer whose manager had not told him we had permission to be there. Margot Young and Max McEwan did a good job of C Course as usual, then I had to talk Max out of sprinting around the A course just before he went home. Alan Berry, good and solid on A course, missed 1 though (some say not his fault). Kath Berry pulled a blinder on the C course finishing only minutes behind Caroline. Val Morrison is now an orienteer to be reckoned with, did D solo and finished running. Derek Seow biked out as usual, did A course, collected a heap of controls and was about to bike home to Napier until Dave Fisher saved him. Thanks Derek. Denise Santo (Bill's minder) did her course solo, and in excellent time. Watch this girl, she and Val are the new breed. Ross Berry did B course, and in spite of a course error, pulled a very good time. How good would he be if he got serious. Robyn Berry finished well but had to contend with a sick child. Hope she's OK now. Diane Lucas said she walked the whole way round course C (and found a route that was downhill all the way judging by her time). Great to see Gemma Lucas doing so well on F course by herself. Caroline Watson, what can I say. Four kids to care for and still 'numero uno' well done. James Watson, "Son, you never d.n.f., come with me and we'll find it". Ted Sapsford, my old mate, got them all and then collected the four worst controls. Thanks Ted, you deserve an icecream. Ben Lee and Amber Morrison teamed up for the F course, line of sight. The Barnsley family were well represented as usual, Tim executing an excellent B course, and then went out to gather controls, thanks Tim. Michelle and Amanda 'clocked' E and F courses respectively, Louise scorched around the E course, there are still burn marks on the grass here and there. Christine attacked the D course with bravery and enthusiasm, only to d.n.f. on a technicality. Ross Morrison, carrying an injury, dragged himself (without bending his knee) around E course and completed it in good time. Anne Sapsford completed D course easily and was promised an ice cream on the way home, but did she get one? Ask Ted. Dave Fisher joined Alan Berry in missing a perfectly interesting control (it's no fun without me to try and beat, is it Dave?) Peter Hill did A course and completed it in good time. This man is a dark horse and is to be reckoned with. Eric Dunbar did A course and should be doing it all the time, judging by his performance. Andrew Dunbar should be given heaps of encouragement, this boy has potential. Neil Mora, as usual, a top performance, would like to see much more of Neil (he never complains and is very complimentary). Peter Watson, an excellent performance on A course, except for that one. Maybe he, Alan and Dave have a point. "Dad, you never d.n.f. Come with me and we'll find it". Derek Morrison, first place on A course 1hr 12m 43s. An excellent effort, found all the controls too. Bob Harris performed well on C course and collected controls before heading off to work down Wellington way for the week. Thanks Bob. The Chan group and Foo family turned out in force as usual. Their enthusiasm is a tonic. Nice to see Brian Crawford taking part again, missed you there for a while Brian.

To all those people who turned up to run Raretu, thank you for being there, we really enjoyed your company.



RARETU - 23.5.93
 =====

SETTER: WAYNE LEE
 =====

A course		B course	
Derek Morrison	72.43	Contour Map	
Eric Dunbar	107.42	Ted Sapsford	DNF
Peter Hill	148.22	Brian Crawford	DNF
Peter Watson	113.07 ml	Full Map	
Alan Berry	104.50 ml	Neil Mora	62.00
David Fisher	152.44 ml	Ross Berry	37.40
Derek Seow	134.06 ml	Tim Barnsley	102.36
C course		D course	
Caroline Watson	70.50	Laverty Group	64.47
Kath Berry	76.15	Vai Morrison	89.04
O. Martin	37.06	Anne Sapsford	102.16
Bob Harris	37.16	Andrew Dunbar	113.05
Martin Glass	94.00	Foo Family	133.57
Diane Lucas	94.43	Lawrence & Far	136.00
Bill Walch	33.10	Chan Group	145.00
Mac & Ngaire Fisher	103.00	Chris Barnsley	DNF
Charles Martin	117.00	Lynley Clothier	94.26 3rd
Margot Young / Max McEwan	129.24		
E course		F course	
Michelle Barnsley	35.35	Jesse & Gino	7.11
Denise Santo	40.40	Amanda Barnsley	10.13
O. Martin	42.00	Lynley Clothier	10.39
Proctor / Reid	53.00	Amber Morrison	11.40
M & J Jones	76.36	Louise Barnsley	12.13
Ross Morrison	83.23	James Watson	15.05
S. Berry	104.17	Geoffrey Lucas	27.15
Ben Lee	DNF		
Lynley Clothier	55.50 2nd		

ml denotes missed one control

2nd denotes second course

Orienteering

A bright and clear morning greeted the 62 competitors who literally explored Napier's Bluff Hill when the H.B. Orienteering Club conducted their event on Sunday May 30. Peter Watson made short work of the A course (6km) and worthy of note were youngsters Nick and Andrew, amongst the many new faces, who entered that course in their first ever event to eventually finish credibly.

A Course - 6km

1	Peter Watson	45.41sec
2	Derek Morrison	46.18
3	Derek Seow	54.19
4	Hub Carter	57.25
5	David Fisher	1.05.23
6	Allan Berry	1.10.35
7	Wayne Lee	1.23.22
8	Diane Lucas	1.31.25
9	Kelly/Biglin	1.34.49
10	Nick/Andrew	2.07.05
11	Robert Marshall	2.26.11
12	Hunter/McMillan	D.N.F.

B Course - 4.3km

1	Tim Barnsley	48.10
2	Owen/Neil Martin	1.01.00
3	Kath Berry	1.03.00
4	Martin Glass	1.03.50
5	Sharon Mardon	1.05.28
6	Wardle/Scurr	1.10.00
7	M & N Fisher	1.22.05
8	Charles/Scotty	1.30.09
9	Val & Ross Morrison	1.44.39

C Course - 2.6km

1	Laveity	31.19
2	J & A Turvey	35.07
3	Brian Crawford	36.19
4	Catherine Lee	38.08
5	Chris/Louise Barnsley	38.45
6	Flaschners	51.00
7	Lynn Smith	52.30
8	Wardle/Mawley	1.03.15
9	Chan Family	1.04.20
10	Robyn Berry	1.05.10
11	Hill/Craw	1.12.31
12	Martin Glass	31.45 (2nd Course)
13	Owen/Neil Martin	32.05 (2nd Course)
14	Rosalie Adlam	39.05 (missed 1)

D Course - 1.4km

1	Graham Girls	16.55
2	Amanda/Michelle Barnsley	32.00
3	Ben Lee	32.30
4	Pike Family	36.13
5	Janet/Averil Turner	40.00
6	Nick/Andrew	21.10 (2nd Course)

Bluff Hill - May 29

The elements were most kind once again which assisted this semi promotional event in achieving a reasonably large turnout. Regular competitors were provided with a fresh look at Bluff Hill and hopefully all traversed some 'new' ground during the day.

It was great to see the many new faces and if any happen to read this I hope we see you again. Youngsters Nick and Andrew with their packs on their backs (obviously full of Moro Bars) set out on the 'A' course which they duly and credibly finished. That course was rather competitive and Peter Watson won by a few seconds and one can only feel sorry for poor Derek Morrison who spent time looking for the red ribbon on the fence which was obscured by sightseers leaning on the fence!

The S.F.O. have been advised and in due course some members will find themselves along side Allan Hawkins et al. plus many thanks to those who brought in controls.

Bill Walch



SHORT O SERIES 1993

=====

SHORT O 1

M17-39A	
Maurice Lloyd	25.00
Derek Morrison	22.98
Wayne Lee	21.92
David Fisher	15.96

W17-39A	
Caroline Watson	25.00

M40+	
Eric Dunbar	25.00
Tim Barnsley	24.57
Alan Berry	24.52
Peter Hill	21.98
Ted Sapsford	13.85
Dave Smith	10.00
Brian Crawford	10.00
Linda Lloyd *	10.00

W40+	
Kath Berry	25.00
Catherine Lee	19.22

M Open B	
Bill Walch	25.00
Martin Glass	10.00

W Open B	
Anne Sapsford	10.00

W13-16	
Anita Lloyd	25.00

M12	
Ross Morrison	25.00
Brendon Lloyd	16.85
Ben Lee	10.00
Anthony Lloyd	10.00

W12	
Amanda Barnsley	10.00

ORIENTEER OF THE YEAR SERIES 1993

=====

M17-39A	OY1	OY2	TOTAL
Peter Watson	25.00	22.61	47.61
Derek Morrison	21.90	25.00	46.90
Wayne Lee	16.23	17.96	34.24
Dave Fisher	12.49	13.94	31.43
Geoff Morrison	25.00		25.00
Neil Mora		17.73	17.73
Peter Smith	10.00		10.00
W17-39A			
Caroline Watson	25.00	20.20	45.20
Catherine Lee	20.33	22.02	42.40
Rosalie Adlam		25.00	25.00
Pamela Morrison	23.49		23.49
Diane Lucas	16.59		16.59
M40+			
Maurice Lloyd	25.00	25.00	50.00
Stewart Hyslop	25.00	17.44	42.44
Alan Berry	16.02	25.00	41.02
Eric Dunbar	15.42	19.19	34.61
Linda Lloyd *	13.49	13.47	26.96
Peter Hill	10.00	16.41	26.41
Ted Sapsford		25.00	25.00
Brian Crawford	11.34	11.30	22.64
Dave Smith	10.00		10.00
W40+			
Kath Berry	25.00	25.00	50.00
Sharon Mardon	24.10		24.10
Anne Sapsford	11.16	10.00	21.16
Chris Barnsley	10.47		10.47
M17-39B			
Tim Barnsley	21.26	21.52	42.78
Derek Seow	19.77	21.56	41.33
Doug Matheson	15.42	25.00	40.42
Neil Lawrence	25.00	10.00	35.00
Martin Glass	10.00	14.20	24.20
Bob Harris	10.72	10.00	20.72
Don Poulgrain	19.83		19.83
M Open B			
Bill Walch		25.00	25.00
Brian Lucas		16.46	16.46
Charles Martin		13.73	13.73
W Open B			
Chris Barnsley		25.00	25.00
M13-16			
Michael White	25.00	10.00	35.00
W13-16			
Anita Lloyd	24.91	25.00	49.91
Cathy Smith	25.00		25.00
Tracy Lucas	13.36		13.36
Michelle Barnsley		13.23	13.23

M12			
Ben Lee	5.00	17. 25.00	50.00
Ross Morrison	17.90	15.13	33.03
Anthony Lloyd	17.96	10.00	27.96
Brendon Lloyd	14.42	10.48	24.90
Jesse Hill		13.04	13.04

W12			
Louise Barnsley	25.00	24.59	49.59
Amanda Barnsley	13.72	25.00	43.72

HANDICAP POINTS

	OY1	OY2	TOTAL
M17-39A			
Derek Morrison	26.90	29.00	55.90
Wayne Lee	27.28	27.96	55.24
Dave Fisher	22.49	29.94	52.43
Peter Watson	25.00	22.61	47.61
Neil Mora		25.73	25.73
Peter Smith	25.00		25.00
Geoff Morrison	25.00		25.00
W17-39A			
Catherine Lee	24.88	26.53	51.41
Caroline Watson	25.00	20.20	45.20
Pamela Morrison	31.49		31.49
Rosalie Adlam		30.50	30.50
Diane Lucas	25.59		25.59
M40+			
Maurice Lloyd	25.00	25.00	50.00
Linda Lloyd *	23.49	23.97	47.46
Stewart Hyslop	25.00	19.94	44.94
Alan Berry	19.52	25.00	44.52
Eric Dunbar	15.42	23.69	39.11
Brian Crawford	16.84	20.80	37.64
Peter Hill	14.00	20.41	34.41
Ted Sapsford		25.00	25.00
Dave Smith	24.50		24.50
W40+			
Kath Berry	25.00	25.00	50.00
Anne Sapsford	20.66	10.00	30.66
Sharon Mardon	29.10		29.10
Chris Barnsley	25.47		25.47
M17-39B			
Doug Matheson	25.42	34.50	59.92
Tim Barnsley	28.76	29.20	57.96
Martin Glass	25.00	29.20	54.20
Derek Seow	25.77	27.06	52.83
Bob Harris	21.22	22.50	43.72
Neil Lawrence	25.00	10.00	35.00
Don Poulgrain	25.88		25.88

M Open B			
Charles Martin		25.73	25.73
Brian Lucas		25.46	25.46
Bill Walch		25.00	25.00
W Open B			
Chris Barnsley		25.00	25.00
M13-16			
Michael White	25.00	10.00	35.00
W13-16			
Anita Lloyd	25.91	25.00	50.91
Cathy Smith	25.00		25.00
Tracy Lucas	13.86		13.86
Michelle Barnsley		13.28	13.28
M12			
Ben Lee	25.00	25.00	50.00
Ross Morrison	25.90	22.63	48.53
Brendon Lloyd	25.42	21.48	46.90
Anthony Lloyd	25.96	17.50	43.46
Jesse Hill		24.04	24.04
W12			
Louise Barnsley	25.00	24.59	49.59
Amanda Barnsley		31.50	31.50

10
CENTRAL DISTRICTS ORIENTEERING ASSOCIATION
1993 CHAMPIONSHIPS

Date: Saturday 4 September & Sunday 5 September. This is a two-day event, with times from both days aggregated.

Map: "Tiger Country". NEW FOREST MAP

Mappers: Ken Holst, Mark McKenna, Roy Edwards (The Crater Block team)

Scale/Cl: 1:15000 5m

Location: Deep in the heart of Kaingaroa Forest (South East corner actually), 100 Km from Rotorua, on sealed road to the map. Possible entry from Napier Taupo highway, to be confirmed.

Terrain: 80-90% fast open forest, on a plateau with detailed incised gullies. Most gullies are open, with tussock vegetation.

Setters: Mark McKenna, Roy Edwards

Controller: Ken Holst

Badge Event: Yes

First starts: 11:00 a.m. on Saturday, 10:00 a.m. on Sunday

Results: Trophies and place certificates to CDOA members only. Fastest time certificates to other competitors if applicable.

Grades:

<table border="0"> <tr><td>1</td><td>M21A</td></tr> <tr><td>2</td><td>M35-A, M-20A</td></tr> <tr><td>3</td><td>M40-A, W21A</td></tr> <tr><td>4</td><td>M-18A, M45-A, M21A-short</td></tr> <tr><td>5</td><td>M50-A, W35-A, W-20A</td></tr> <tr><td>6</td><td>M55-A, W-18A, W40-A</td></tr> <tr><td>7</td><td>M60-A, M65-A, W45-A</td></tr> <tr><td>8</td><td>W50-A, W55-A, W60-A, W21A-short</td></tr> </table>	1	M21A	2	M35-A, M-20A	3	M40-A, W21A	4	M-18A, M45-A, M21A-short	5	M50-A, W35-A, W-20A	6	M55-A, W-18A, W40-A	7	M60-A, M65-A, W45-A	8	W50-A, W55-A, W60-A, W21A-short	<table border="0"> <tr><td>9</td><td>M-16A, M21B, M35-B</td></tr> <tr><td>10</td><td>M-20B, M40-B</td></tr> <tr><td></td><td>W-16A, W21B, W35-B</td></tr> <tr><td>11</td><td>M-14A, M21C</td></tr> <tr><td></td><td>W-14A, W40-B, W21C</td></tr> <tr><td>12</td><td>M-12A, W-12A</td></tr> <tr><td></td><td>M-16B, W-16B</td></tr> <tr><td></td><td>Kiwisport (Enter on the day)</td></tr> </table>	9	M-16A, M21B, M35-B	10	M-20B, M40-B		W-16A, W21B, W35-B	11	M-14A, M21C		W-14A, W40-B, W21C	12	M-12A, W-12A		M-16B, W-16B		Kiwisport (Enter on the day)
1	M21A																																
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	M-16B, W-16B																																
	Kiwisport (Enter on the day)																																

C1-C8 Hard, C9-C10 Medium, C11-C12 Easy
The organisers reserve the right to combine grades and eliminate courses as required.

Closing Date: 13 August

Fees:

Senior	\$14 per day
Junior (Under 19)	\$ 7 per day
Family maximum	\$35 per day
Late Entry Fee	Double the normal fee

Make cheques payable to Rotorua Orienteering Club

Entries to: Rotorua Orienteering Club, PO Box 7095, Te Ngae, Rotorua
Enquiries to: Gary Farquhar, PO Box 7095, Te Ngae, Rotorua Phone: (07) 345-9608

ENTRY FORM

NAME	GRADE	CLUB	BIRTH YR	DAY 1	DAY 2	FEES

TOTAL

ADDRESS: _____

PHONE: _____

16 March 1993

1993 MASTERS GAMES : 13 - 14 FEBRUARY 1993

The Masters Games are now a major event on the New Zealand sporting calendar. They alternate between Wanganui and Dunedin and this year was Wanganui's turn. The Games actually run for a week and contestants can have a go at 48 different sports, from Athletics, through Badminton, Basketball, Bridge and Canoeing, to Water Skiing, Woodchopping, Volley Ball and Yachting. Orienteering is not a major sport in the Games but they were offering two events on the Saturday and Sunday, on the Sandhills and Heaton Park maps. This looked to be fun so Kath and I thought we should raise the Hawke's Bay flag among the rest of the wrinklies. Plenty of club members have run on the Sandhills map and Heaton Park is right next door. Ideal for "mature" orienteers, with no hill over about 10 metres!

Unfortunately Kath was struck down by the 'flu a few days before the Games so I ended up as our sole representative. The Saturday run on Sandhills was in blazing hot conditions, with most of the course in the forest but some out on the intricate farmland. I had a minor "off" which cost about 5 minutes, which I thought would have blown my chances but I managed to pin that back with a good run on Heaton Park on Sunday, in conditions that were quite the opposite - cold and windy. I even disturbed a very reasonable sized wild pig as I thrashed through one of the steeper scrub-filled gullies that form part of the Heaton Park map.

I was very happy to come away with a handsome Masters Games silver medal in the M55 class. I am not sure whether it was good or bad news but the winner, who headed us all off by a large margin, had come over from Australia for the event.

An interesting feature of the start procedure was that contestants were given 6 minutes in which to draw up their maps from the masters and then prepare to start. This certainly saves the organisers a lot of time and cost in preparing pre-drawn maps for everyone. If you are quick enough about drawing the map, it also gives you a couple of extra minutes to sort out the plan of attack for the first control.

The Masters Games will be back in Wanganui in two year's time. We have plenty of members who are eligible to compete and I hope that we should be able to round up a fair muster of contestants in 1995.

Alan Berry

THE GREAT DAY O 1993 - 27th MARCH

Bouyed by last year's success, the Northwest Orienteering Club again hosted the "coast to coast" of orienteering - The Great Day O. Five events on five different maps in one day was the challenge. This year the direction was reversed, starting in the east near Waiwera and finishing at Muriwai on the western coast.

Course 1 was contested by the Men's Relay and M21 and M35 grades while Course 2 was for W21, W35, M45 and the Women's Relay.

Still smarting from the ignominy of being prevented from starting the last map in 1992 (and hence failing to complete the Great Day O) I had no option but to return and set the record straight.

Burdened with sole representation of the HB Club I set out with my support crew (Val) on Friday evening and drove to Auckland, arriving in the small hours of the morning. Batteries semi-recharged we continued our journey north at 6.30 am. to locate the first map, which was situated between Waiwera and Warkworth.

MAP 1 - WATERFALLS

Waterfalls was voted the best map of the 1992 Day O. However, this being the fourth map last year I had scant chance of assessing the accuracy of that ranking - by that stage I was down to a crawl literally.

Waterfalls is a steepish, greenish and very dark forest map. Armed with a certain amount of recall I plunged into the gloom at 8.00 am along with 40-odd solo contestants and 13 relay teams. I was pleased to get out of the trees again some 56 minutes later, lying 4th in the M35's less than 5 minutes behind Man Kerrison.

MAP 2 - WOODCOCKS

Everyone had learnt from 1992 not to dawdle between events so we quickly dived into the van, "energising" and "watering" en route to Woodcocks, again a map used last time. By now the morning mists had well cleared and a fine, warm day was in prospect. Starting only a couple of minutes ahead of Stan Foster, I was pressured into a shaky first leg, but recovered ground until the first hiccup of the day at Control 7, a re-entrant in an area marked "poor visibility". After a bit of a fight with the "fight" I located the control to find Stan had shot past in the confusion. I managed to sneak ahead of him again but lost a little more time to the leaders, though still in 4th and now ten minutes off the pace of new leader, Geoff Mead.

MAP 3 - KIWITAHU

Another longish van ride on back country roads with Hannu Mikkola (alias Val) at the wheel saw us reach Kiwitahu map just south of Helensville. This map was new to me, but being predominantly farmland should have suited. By and large it did, but leg 6 saw problems on two counts. The first bout of cramp came first, then an inexplicable navigational "blue" had me following a fence line at right angles to the correct route. Having eventually sorted this out I became a little demoralised later in the event when a young fellow raced past me. Later I discovered that he was part of a relay team and on only his second map! Vaulting (or scrambling over) the last fence in full view of the finish-line spectators, cramp consumed me again, which forced an embarrassing hobble to the line.

Cont...

Despite this I was still feeling reasonably healthy and more confident of completing the course this time. Kiwitahi took 62.5 minutes which retained 4th placing overall with Geoff Mead eighteen minutes ahead, still leading. My support crew had kept its patience and temper with this, at times, irrational and impatient competitor and managed to have us finished 3 maps by 12.30, allowing ample recovery time and a leisurely lunch spiced with "Lepin" and "Exceed" magic water.

MAP 4 - SIXTEEN MILE

This map was approached with great trepidation, not because of the distance implied by the name, but because it was an unknown Woodhill Forest map and we were all too well aware of previous disasters on Woodhill maps. After a good rest I attacked, and amazed the "team" with my best ever run in this forest. Despite two severe cramp attacks and a time consuming excursion on control 11 in "spaghetti" country, my time of 51 minutes moved me into 3rd overall. Stan Foster dropped away with "endurance" problems and Ted van Geldermalsen was just a minute behind. Geoff Mead held a slender one minute 15 second lead at this point.

MAP 5 - MURIWAI

Having run the Muriwai map the week before in the North Harbours Games, we felt confident of a good finish providing the legs held together. The trip from "Sixteen Mile" followed a rough track down the coast for 40 minutes with every second bump inducing fresh spasms of cramp much to the consternation of the driver. However, another good rest listening to NZ's one-day cricket success over Australia at Hamilton, helped replenish the reserves. I was heartened to note several other competitors also feeling the pinch by now. A cautious approach was rewarded with a fair degree of accuracy (aside from one elusive pit in native bush country) and third fastest time on the map and 3rd overall. There was an overwhelming sense of elation and accomplishment as I ran the final downhill leg to the finish, just beating 5 hours over the 24.3 km course.'

Man Kerrison overtook Geoff Mead on the last map to win the M35 grade by four minutes. The M21 event was won by David Melrose in under 4 hours. The closest finish was in the W21's won by Marguita Gelderman by just 25 seconds from Tania Robinson.

AFTER MATCH FUNCTION

Back in the van, we travelled up to the Panakai Hot Pools to soothe the weary limbs and tackle the BBQ tea, followed by prize-giving. In all 27 individuals completed all 5 maps. The event was again very well run and thoroughly enjoyable to both competitor and crew. It is to be recommended to fit club members. I'll be back.

Derek Morrison



AUCKLAND EASTER THREE DAY EVENT

The Club's touring troupe was out in force again over Easter. The poor people who could not afford a trip to Perth had to settle for Auckland instead but a great time was had by everyone nevertheless.

We really wondered why we were going at all when the weatherman predicted wind, rain, cold south-westerlies and just about everything else that he could throw at us. They must be getting a bit soft-hearted at the Met Service though as we ran every day in the sunshine, even if the air was a little on the cool side.

The first two events, on Saturday and Sunday, were run on the new Te Heke map, in the Woodhill area about 40km northwest of Auckland. This is farm country, with a series of steep ridges, patches of mainly native bush and plenty of bogs. Everyone really did pretty well on this map. The courses were straightforward enough but plenty of grunt was needed on the hill sections. However, we were brought down to earth again on Monday, with longer and faster courses on the Paparoa map, part of the Woodhill forest. Some of the terrain was pretty tricky, especially where the forest was planted over intricate sand dunes. Local knowledge probably helped as well and most of us could not keep up with the real runners from the Auckland area.

Never mind, we all had some good moments within the three days and most were well satisfied with their performances. Special congratulations to Derek Seow for his fastest time in the M21B class on day 2, in his first away event, to Ross Morrison for his effort in winning the overall M10 event and to Kath Berry for winning the first day in an age class somewhat distant from Ross. Wayne attacked a tree in a patch of bush on Te Heke but the local doctor obliged by coming in from the garden to put five stitches in Wayne's scalp. Some visited the hot pools at Parakai, others went to explore the mysteries of the Victoria Market in the city and a vast quantity of hot cross buns were put to good use in loading our bodies with carbohydrate. A great weekend, thoroughly enjoyed by all. Next stop, the three day Queen's Birthday event at Wellington.

Alan B.

Results:		Day 1	Day 2	Day 3	Overall
Position in field					
M19-39A	David Fisher	13/15	12/14	*	-
M40-49A	Derek Morrison	5/23	6/22	21/22	14/25
	Wayne Lee	19/23	22/22	17/22	20/25
M21B	Derek Seow	4/ 5	1/ 4	4/ 4	4/ 4
M55A	Alan Berry	2/ 9	4/ 9	5/ 8	4/ 8
W21B	Catherine Lee	-	3/ 4	3/ 4	3/ 4
W50A+	Kath Berry	1/ 3	2/ 3	2/ 3	2/ 3
M10	Ben Lee	3/ 4	3/ 4	2/ 4	2/ 4
	Ross Morrison	1/ 4	1/ 4	3/ 4	1/ 4

* The timekeepers had gone home!



AUSTRALIA/NEW ZEALAND CHALLENGE9th - 17th APRIL 1993

My trip to Australia got off to an eventful start when at 2.30am on Thursday morning (8/4/93) I awoke to find someone trying to grab my worldly goods through the window at the cheap hostel I was staying at. Fortunately I had already realised my room was vulnerable and had placed the most valuable items under my bed so the thief had to be content with my contact lens solution.

The first event was a family relay and I found it difficult to concentrate in the 30^o heat and a four hour time change. The NZ team of Malcolm Ingham, Gerald Crawford and Robert Wakelin performed well to take 4th place.

The Australian 3-days exposed that NZ orienteering techniques would not work and that in Australia you need to run the red line at full pace to get anywhere near the Australians. I made far too many errors but my speed improved considerably and by Day 3 my splits were as fast as Malcolm Ingham's. Geoff Morrison had a good run on Day 3 showing his Short '0' speed.

<u>3-Day Results</u>		<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Total</u>
<u>M35A</u>	1. Rob Vincent (Aust)	51.13	47.15	52.22	150.51
	5. Malcolm Ingham (NZ)	63.19	55.28	62.43	181.31
	7. Ted van Geldermalsen (NZ)	69.25	65.43	71.37	206.46
	10. Peter Watson (NZ)	71.20	85.44	70.20	227.26
	11. Geoff Morrison (HB)	88.54	88.31	69.02	246.28

Sharon Mardon was 23rd in the W45A grade and Pamela Morrison 8th in the W21B grade.

A score event followed on Wednesday 14/4/93 which again highlighted to me the 'drift' problems of trying to follow a compass bearing in vague terrain.

The main event was held on the 'Pinjarra Hills' map 100kms south of Perth. The individual event is decided by adding the two fastest Australian times for each grade (out of three) and comparing them with the NZ times. The number of winners is added to give the overall result.

The six entrants in each grade were started two minutes apart and I had the last starting position. The map proved very technical and very slow. I had a dream start passing Ted van Geldermalsen after the 2nd control (four minutes ahead). Comparing splits later I was five minutes up on Malcolm Ingham at control 5./ A 6 minute error at control 6, at which point Ted passed me, brought me back to reality. The next leg was 1.5km across a vegetation filled valley and my spirits were lifted by the fact that I caught Mark Wilmott (2 minutes ahead) and passed Ted again.

At this stage I decided to try and keep with Mark Wilmott and ran with him to Control 8. We charged off to Control 9 and although I thought I had navigated correctly I couldn't find any control to match my description. I then watched firstly Mark Wilmott, Malcolm (8 minutes ahead) and then Ted climb up the hill after obviously finding the control. I charged down the hill past the feature I was looking for (a boulder) and into a re-entrant but as it wasn't the number I was looking for I went floundering around in the bush.

After the wheels had gone off completely I sat down and looked at my clips and discovered that I had clipped control 8 in box 9 and I had been looking at the description for control 10 (the next blank space) and not control 9.

The descriptions were:

Control 8	153	~	~	1'1
9	155	~	~	
10	144	→	▲	2.0 0'

I still have nightmares about what happened and I calculate it resulted in a 13 minute error and the resultant slow finish cost me a further four minutes.

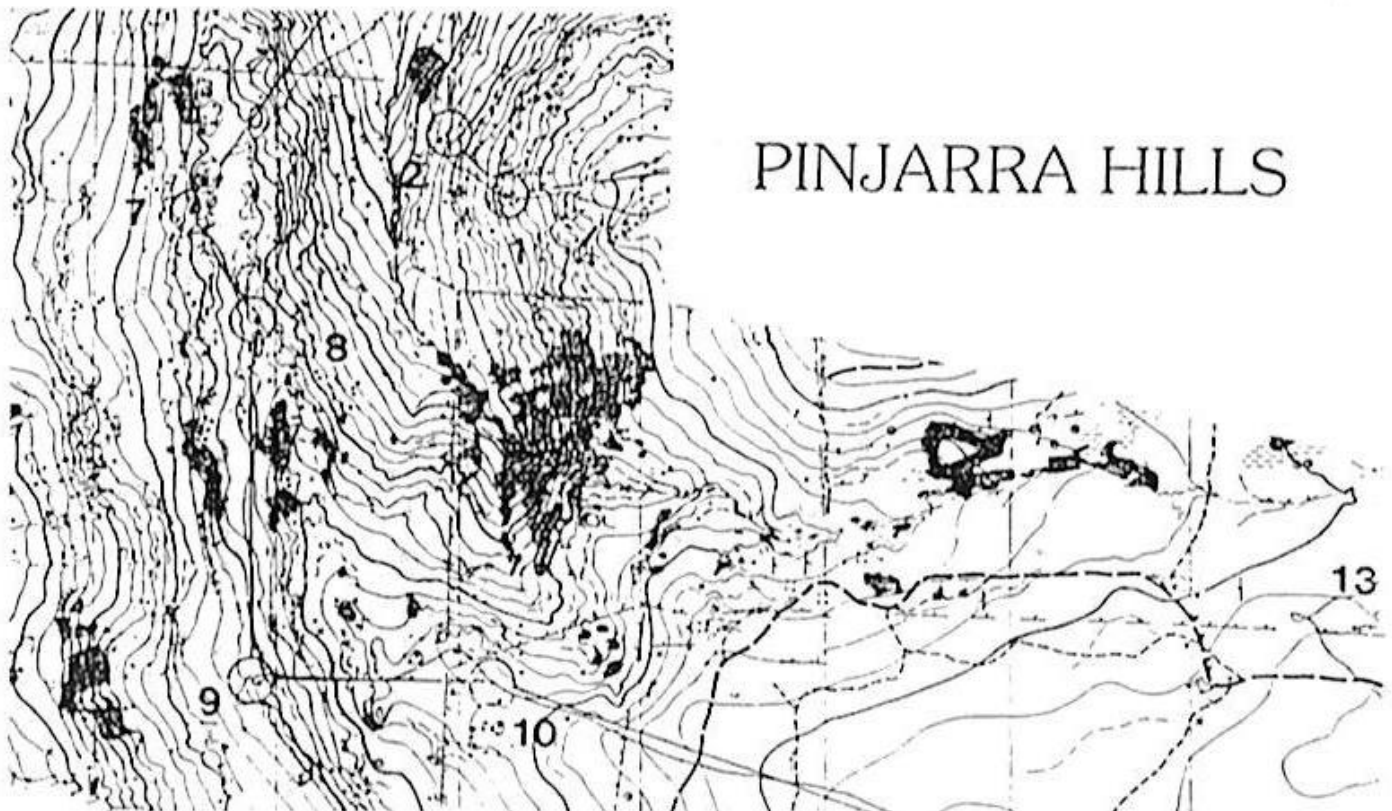
M35 Individual times

1.	Andrew McComb (Aust)	75.30
2.	Robert Vincent (Aust)	76.10
3.	Mark Wilmott (Aust)	88.30
4.	Ted van Geldermalsen (NZ)	96.14
5.	Malcolm Ingham (NZ)	96.20
6.	Peter Watson (NZ)	109.40

The relay next day was back to the usual Australian terrain run in 320 heat. The Australians superior fitness showed through with the Australians averaging 50 minutes each and Malcolm (59), Ted (60) and I (64) well beaten.

The overall result was 12-1 to the Australians both in the Individual and Relays with the outstanding performance coming from Joe Sherriff who set the fastest time in the Individual M40 grade by 15 minutes. The M21E relay team won although finishing 85 minutes behind the Australians as the Australians clipped the wrong control and were disqualified.

Peter W.



WELLINGTON 3 DAY EVENT - QUEEN'S BIRTHDAY 1993

The HBOC travelling roadshow is really getting rolling now and 16 of us went down Wellington way for their 3 day badge event. Some of the maps were fairly demanding and the weather a bit mixed but the company was just wonderful. We all had a great weekend together.

The Saturday event was run on the resurrected Whirokino map, at Waiterere Beach, south of Foxton. It is something like Sandhills, with pine forest on sand dune country and some rough farmland thrown in for good measure. The forest section is really mean, steep dunes and a myriad of bumps and depressions, knolls, knobs and random re-entrants. It is a pity that we do not have more of this sort of country close to home. It really sharpens up one's orienteering skills.

The Sunday and Monday maps were our old field Duck Creek, near Paremata and Muaupoko, near Waikanae. Duck Creek is a mixture of steep forest and farmland, although the shorter courses were all within the forest. Muaupoko is a fairly straightforward map on steep farm country with patches of bush. Very sloppy under foot it was though, as it absolutely hosed down throughout the event.

It was the sort of weekend where everyone had their share of success. Some had more than others but just about everyone had good reason to be pleased with their efforts.

The social side of the trip was a lot of fun as well. Most of us stayed at some backpackers' accommodation we found last year at Paraparaumu Beach. It is an old style accommodation house built in 1923 so that the gentlefolk from the city could take the seaside air. The establishment is "quaint" to say the least. The plumbing is definitely 1923 vintage and one could draw a contour map of the floor but the atmosphere was great and we shared a lot of laughter together.

The results will not be out for a while but Derek headed off the M40 field and Val took out the W21C at her first attempt. Some might say that she just couldn't have missed. Michael White won the M16B, Ben had a couple of good firsts and everyone else seemed to finish between second and fourth in their grades. Things are really looking up for the Magpies! We will be on the road again for the Central Districts champs in the Kaiangaroa Forest on 4-5 September and the Nationals at Auckland over Labour Weekend. Everyone is welcome to join us.

AB



'ATUA JULY 3rd -4th CLUB CAMP

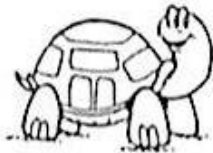
Always a good way to spend a weekend. An occasion to get to know your club members as you never have before. I was once attacked in the middle of the night by a young lady with a freezing cold milk bottle. I keep going back but it hasn't happened again.

Unfortunately I will not be there Saturday evening. A mate is having a retirement party. That's how old I am!

The plan for the weekend is to run the OY on Saturday, and have coaching sessions on Sunday. At this point I'll say some of the more capable orienteer may want to do their own exercises using the controls from the previous day. I'll organise group exercises and you can join us if you wish.

As a pre OY training exercise, try studying the night before the event the map to be used with previous courses plotted. Mentally visualise route choices. You can even do this while jogging the streets of Hawkes Bay. Some people may think you're loopy, and perhaps you are.

Stewart



COACHING

In the previous 'Compass Points' I talked about ignoring other competitors while you were on your course. Did you give it a try? What were your experiences?

The next event after writing that item, was at Seafield Road, and Peter Hill and I must have come across each other at more than half the control points. I would say that neither of us influenced the other as far as route choice was concerned, but isn't it difficult to completely ignore other people?

The next training tip I'd like to discuss is how to cut out time wasting while on your course. There are a number of small time savers, which we could cover later, but the biggest one must be stopping to read the map.

The fastest orienteers can read a map while they are running. The slowest will read standing still for several minutes, move on twenty metres and do the same again. Lets aim for the happy medium.

If you stop to read the map, make it constructive and when you move again keep moving. Assuming you know where you are on the map, hold your thumb just below that position. Working out how to find the next control, you decide to go down the track to the first stream (50 metres) turn left up that stream until the first stream intersection (100 metres). Commit that to memory and start moving. Don't stop until you reach the stream intersection, 150 metres away. As you move along the track you can read the map, move your thumb as you progress, reaching the stream turn up it and look for the intersection, pace counting if you can. You should not have stopped for 150 metres. Practise this and you will improve, sometimes not stopping for say 500 metres.

Another time you can read the map to save time is climbing steep hills. You will be down to a walk probably, you are unlikely to fall over and hurt yourself by not looking at every foot fall, so study the map as you climb. Try and work out your direction once you reach the top. Try and work out the direction you will take when you find the next control, so you just clip and move on. No stopping.

The fastest orienteers will try and get an idea of the whole course into their minds whilst going to the first control. It is quite easily done if it involves track running.

Give it a try, then talk to someone about it.

Stewart



Michael Wood is the NZOF Coaching Director. He is also a professional field worker, and we have employed him to do most of the mapping on the new map at Maraetotara.

Taking advantage of his presence in the area we had an evening on coaching at Alan and Kath Berry's home. There was a good turn out of eighteen members. Michael has two points to make. One was to have club members realise that they are all capable of training others in the skills of orienteering. Anyone who has been out on courses for even 6 months is in a position to help a newcomer on their first outing. He also wanted us to register as coaches. We get certificates and he gets numbers, which he can show to various people who need to know. Have you sent off your application?

The other point was to promote a number of strategies. There were 28 in all. We attempted to discuss the merits of these and arrived at the following which will be attempted in the coming year.

<u>STRATEGY</u>	<u>ACTION</u>
Comparing route choices and displaying at OY events	Course Setter to initiate, using Master Maps
Training exercise before an event	Club Coach to organise
Library, circulate other clubs magazines	Librarian?
Publish Course analysis chart in club magazine	Club Coach
Post Mortem	All club members at all events
Coaching Cells	Club Coach to initiate
Training content in Club Magazine	Club Coach & anyone else so inclined
"Ask me person" rostered specifically to help new people	Fixtures Officer
Club night, combining training withy social games, food etc	Fixtures & Social Sec.
Event quality, Tape course for youngsters	Course Setter & Vetter
Club Camp - Youngster treatment	Club Coach

COACHING CELLS

The idea is to form small groups within the club who will help and take a particular interest in the orienteering careers of each other. It is hoped you will arrange to meet at an event occasionally perhaps do a few legs together, talk about it afterwards. Lets give it a try and see if it works.

If I have put your name down and you don't want to be involved / or I have left your name off and you do want to be in, would you please let me know. Thank you.

Stewart

Kath Berry
Peter Hill
Neil Mora
Peter Watson
Michelle Barnsley

Anthony Lloyd
Dave Smith
Michael White
Neil Lawrence
Rosalie Adlam

Doug Matheson
Wayne Lee
Ross Morrison
Tim Barnsley
Linda Lloyd

Alice Wardle
Caroline Watson
Chris Barnsley
Dave Fisher
Alan Berry

Bruce Perry
Lorraine Wardle
Bill Walch
Ted Sapsford

Val Morrison
Jesse Hill
Catherine Lee
Derek Seow
Maurice Lloyd

Bob Harris
Diane Lucas
Cathy Smith
Sharon Mardon

Brian Wardle
Derek Morrison
Anita Lloyd
Peter Smith
Brian Crawford

Amanda Barnsley
Ben Lee
Martin Glass
Stewart Hyslop
Geoffrey Lucas

Tracy Lucas
Louise Barnsley
Ann Sapsford
Philip Mardon
Denise Santo

George Chan
Peck-Woon Chan
Yi-Shuen Chan
Yao-Van Chan
Stewart Hyslop
Dave Smith

SMEDLEY MEDLEY (MARK 2) - November 20-21 1993

The HBOC is again organising a Long O event on Smedley Station, west of Tikokino in Central Hawke's Bay. The courses will be set over high rolling farm country, through areas of native bush and sparkling streams in fascinating gullies (sorry, re-entrants). For those who like to stop and look, the views are magnificent as the eastern flank of the Ruahine Ranges dominate the close horizon.

Saturday the 20th will be a club orienteering event, 5 courses will be available using the club's "Smedley" map, a standard colour orienteering map (1:10000). Entry for these courses will be on the day.

The Sunday Long O course will cover most of the 3400 hectares of Smedley Station. A specially adapted and updated section of the DOSLI Onga Onga (1:50000) map will be used. There will be 3 courses.

Course 1 will be approximately 25 km long and will be close to mountain marathon standard.

Course 2 will be approximately 14 km long and providing a less masochistic option.

Course 3 will be a civilised, leisurely 8 km or so.

The 3 Long O courses will be by pre-entry only. The fee will include accommodation at the station shearers' quarters and a get-together & sausage sizzle on the Saturday night.

Entry forms will be distributed to all clubs closer to the event, but keep the date free.

Ted Sapsford



3 Lorne Crescent
FLAXMERE

'Phone 879 8993

April 1993



Have YOU replied
to Ted yet ??

APOC 1994

January 1994 is a long way away isn't it? Don't you believe it, it will be here before you can say Xmas twice! Hence, we must prepare for APOC NOW.

Hawke's Bay is organising the last two of the seven main events that comprise the APOC series. The preceding five events are to be held in areas where there is more than one club on hand to provide labour.

Hawke's Bay does not have anyone else to call on. We will stand or fall on our own efforts. I am not daunted by that prospect - it is my honest opinion that we will be able to host two events, up to our previous high standard. But I do foresee a major problem in being able to staff the events to an efficient level. The sheer bulk of 800 plus entries will mean an all out effort will be required to produce enough people-power.

I will appreciate members looking forward to January and where possible planning their activities for the period Friday 7 January to Sunday 9 January (1994). Please look at the following alternatives:

- a If you know you will be available to assist over that period let me know.
- b If you are not available to help and know it let me know now.
- c If the answer is "don't know", fair enough. But when you do know, please give me your answer.
- d If you want to compete in APOC may I have the temerity to ask you to enter only the away events and be available to help at our own.

The success of events such as this depends on total teamwork from the entire club. I am sure we will do it well as we have always been this sort of club.

Ted Sapsford

1994 MACPAC KAWEKA CHALLENGE : 19-20 FEBRUARY 1994

The Kaweka Challenge has now become recognised as one of the major endurance events on the New Zealand sporting calendar. 369 contestants took part in the 1993 event last February and despite the disastrous weather, with 215mm of rain on the Friday and Saturday, the enthusiasm of competitors has not been dampened. We expect to see many of them back again to have another go next February, plus the usual crop of newcomers who have yet to find out just what the Kaweka Challenge is all about.

It is very unlikely that we will strike the same weather conditions two years running, but then we just might. If we are to assure contestants that courses 0, 1 and 2 will be run over their full distances, we must be confident of crossing the Donald River, just to the north of Mackintosh Hut. We are working closely with DoC at the moment and it seems likely that we will have a 3-wire bridge over the Donald in time for the 1994 event.

Ted, Brian, Sharon, Kath and Alan are on the organising committee again this year and they have already had their first meeting. Macpac have again agreed to be the major sponsors and the big push this year will be to enlist the support of a greater number of Hawke's Bay sporting goods retailers as additional sponsors. Club members will be called upon to help out at a later date but in the meantime, we will keep you posted.

A REPORT FROM YOUR INTREPID CLUB MEMBERS:

No doubt you would have heard all about the Australia/NZ Challenge and 3 Day Challenge by now, but we'll put in our sixpence worth anyway.

Great weather, a lot of rocks and new techniques were the order of the week. Peter had the legs on the M35's but unfortunately probably attacked too much and it cost him dearly. Sharon found both competition in her age group and weather very hot. Pamela improved drastically, and Geoff, he had a couple of good days and was quite happy with his effort.

The Hawkes Bay mixed team finished a meritorious 4th out of 19 in their relay, with my memory being Sharon charging down the hill like a runaway locomotive to the last control and then straining to the finish in extremely hot conditions. Peter looked sharp in his NZ gear, trouble was, as he ran around the course he had a long line of followers thinking he was good!!

After chatting to Ted van G, about O-ringen, Geoff has cold feet and now re-entered in M35B. Ted ran M35A and came 120th!

So far we've had 3 weeks in Japan and what an experience. No orienteering yet, but the cycling is superb. Mountains, rivers, lakes etc, and a bit of smog and 1 or 2 people?!! We're having an absolute ball, living on \$12-15 a day (for both of us) camping anywhere, and being spoilt with gifts of meals, snacks, maps, socks etc from the people. We've been through Northern Honshu (13 days) and Hokkaido (8 days) mixed weather, freezing nights (plenty of snow around) and plenty of great experiences. We're now heading into the Japan Alps and to the South, so for now, sayoonara and good orienteerings.

Geoff & Pamela

P.S. We expect Compass Points posted to us!

HAWKES BAY ORIENTEERING CLUB - LIBRARY BOOKS - 1993

Orienteering Techniques - Scottish Orienteering Association

Control Descriptions (2 copies) - IOF 1990

Guidelines for Relay Orienterring - OFA O-Tech Sheets

Orienteering - Peter Wilson - Mountain Safety Manual 25

Orienteering - Department of Education

Course Planning -

Be Expert with Map and Compass - Bjorn Kjellstrom

The Penguin Book of Orienteering - Roger Smith

The Spur Book of Orienteering - Roger Smith

Orienteering - NZOF - Kivisport

Welcome to Orienteering

Orienteering - The Hare and the Tortoise Sport (6 Copies)

The above books are available for members to borrow.

I will bring these to each event and if you would like to borrow one please see me.

I would suggest that any book borrowed be returned at the next event.

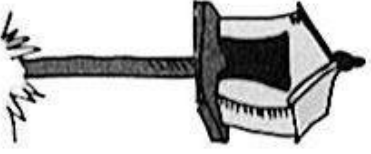
A donation for each book borrowed will help to build up the library.

KATH BERRY

HAWKE'S BAY ORIENTEERING CLUB

Membership, June 1993

ADLAM Rosalie	6 Henley Crescent	Pirimai	843 5557
BARNESLEY Tim & Chris (and Michelle)	23 Islington Place	Tamatea	844 1233
BERRY Alan & Kath	10 Nimon Street	Havelock North	877 7223
BERRY Ross & Robyn	27 Hikanui Drive	Havelock North	877 4436
BROWN Nigel	9 Selwyn Road	Havelock North	877 5468
CARDWELL Ross	703S Nelson Street	Hastings	878 2064
CHAN George & Peck-Woon	49 Reynolds Road	Havelock North	877 4605
CRAWFORD Brian	8 Totara Street	Taradale	844 6125
DUNBAR Eric & Andrew	34 Jellicoe Street	Waipukurau	858 7146
FISHER David	26 Trent Street	Taradale	844 8282
FISHER Mac & Ngairo	23 Charles Street	Westshore	835 3773
GLASS Martin	13 Tanner Street	Havelock North	877 8748
HARRIS Bob	2/63 Latham Street	Napier	835 4162
HILL Peter	Fernhill House, RD5	Hastings	879 8739
HYSLOP Stewart	Raukawa Road, RD4	Hastings	879 8078
JARVIS Paul	604 Beech Road	Hastings	878 2765
KYLE Diane	807 Anson Street	Hastings	876 9790
LAWRENCE Neil	34 Frickleton Street	Taradale	844 8305
LEE Wayne & Catherine	22 Franklin Terrace	Havelock North	877 6118
LLOYD Maurice & Linda	90 Waverley Rd RD3	Napier	843 5251
LUCAS Brian & Shirley	5 Tokomaru Drive	Havelock North	877 7892
LUCAS Diane & Tracy	2 Chester Street	Taradale	844 2139
MARDON Philip & Sharon	24 Evenden Road	Hastings	876 8558
MARTIN Charles	65 Milton Road	Napier	835 4110
MCEWAN Max	13 Emerald Hill	Havelock North	877 8421
MORA Neil	c/- ARL, PO Box 989	Napier	870 0430
	73 Middle Road	Havelock North	877 8354
MORRISON Derek	24 Tauroa Road	Havelock North	877 8261
MORRISON Geoff & Pamela	27 Margaret Avenue	Havelock North	877 4870
PERRY Bruce	12 Johnson Street	Waipawa	857 8914
POULGRAIN Donald	302 Montgomery Street	Hastings	876 8439
RUFFELL Carlton	409E Southampton St	Hastings	876 0531
SANTO Denise	167 Gloucester Street	Taradale	844 7715
SAPSFORD Ted & Anne	3 Lorne Crescent	Flaxmere	879 8993
SEOW Derek	30 Carnell Street	Napier	835 1571
SMITH Dave	3 Everest Avenue	Havelock North	877 4583
WALCH Bill	167 Gloucester Street	Taradale	844 7715
WARDLE Brian & Lorraine	134 Napier Road	Havelock North	877 6660
WATSON Peter & Caroline	9 Nelson Street	Waipukurau	858 8208
WHITE Michael	Paget's Road, RD2	Takapau	855 8356
YOUNG Margot	606 Terrace Road	Hastings	876 9741



D. Fisher

ORIENTEERING. THE THOUGHT SPORT

JUNE 1993