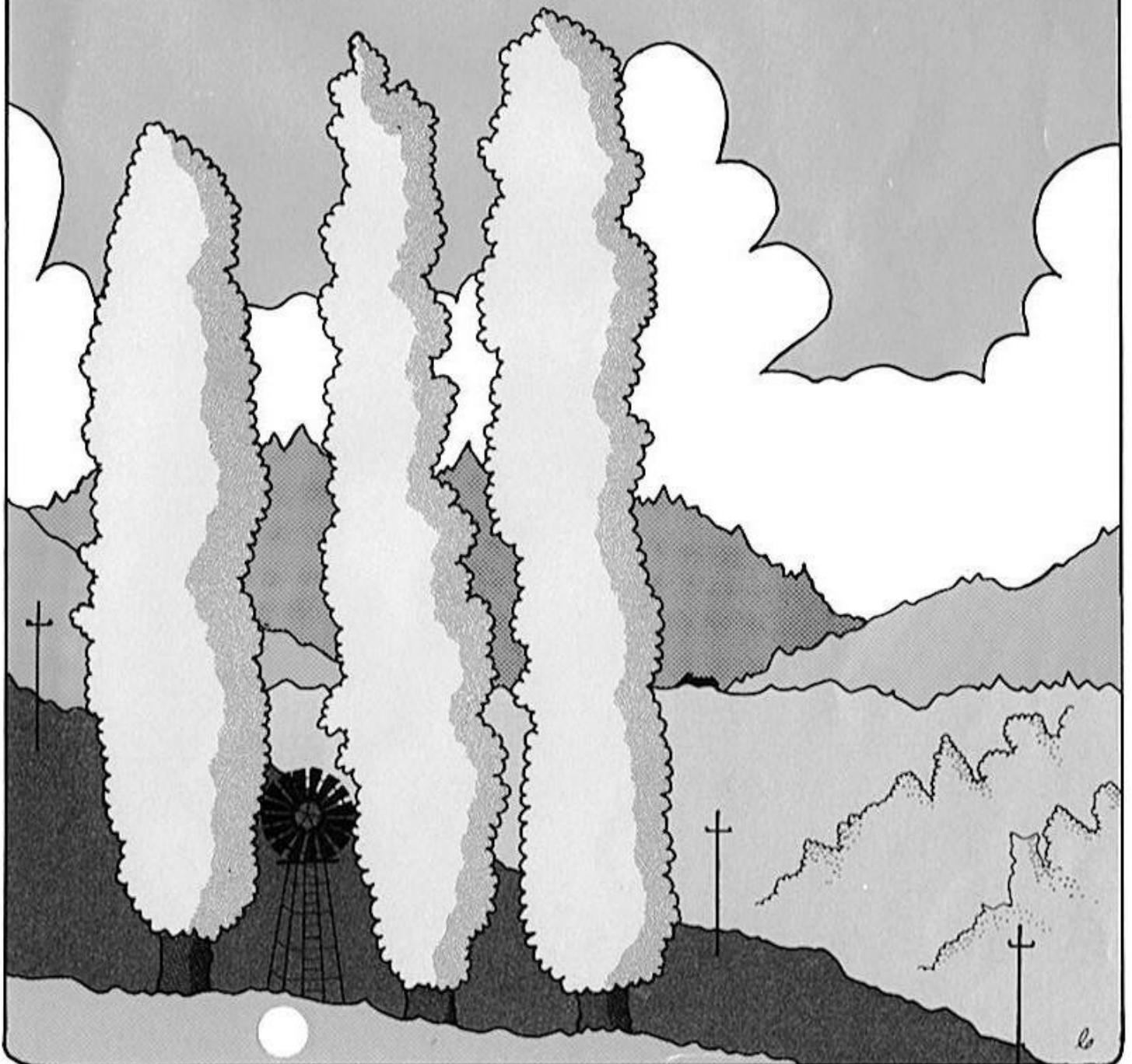




# COMPASS POINTS



# AUGUST 1993

All correspondence and Club newsletters to the Secretary:

David Fisher  
26 Trent Street  
Taradale, Napier

Committee members:

|            |               |              |
|------------|---------------|--------------|
| President  | Rosalie Adlam | 'ph 843 5557 |
| Secretary  | David Fisher  | 844 8282     |
| Treasurer  | Alan Berry    | 877 7223     |
| Committee: | Tim Barnsley  | 844 1233     |
|            | Peter Hill    | 879 8739     |
|            | Sharon Mardon | 876 8558     |
|            | Bill Walch    | 844 7715     |

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TE MATA PARK - 20 June 1993

I find setting courses on Te Mata Park not at all easy. The difficulty is getting the right balance between the experienced club member and the new comer who is giving it a go because this map is so close to town.

I decided to set the E course close to tracks, you could have almost taken a push chair round it, and the D course had sufficient handrails to make most control sites obvious. The A course I labelled Mixed Media - some legs were memory, some compass and pace counting, some window and even a short line. The B course was a memory one and the C course a line course. The object was to make the club members who have run on this map a lot THINK and CONCENTRATE. To complicate things slightly some of the controls on the A and B courses were common and therefore had two sets of instructions on them. The instructions at the start warned competitors of this and it was very interesting to see who took note and who didn't! The B course people all got it right but some of the A course competitors switched over to the B course three-quarters of the way round. There were ten controls on the line course and most people had trouble finding them all, in fact only one pair managed to get it right. Although they are club members they have not been orienteering very long.

The exercise showed me there are three areas where we make the most mistakes - (1) going too fast, (2) failure to read instructions, (3) complacency ("I know this map like the back of my hand so I can whizz round this course in no minutes flat"). We all have to remember that one of the descriptions of orienteering is "the thought sport".

The other problem we have at Te Mata is wandering or even disappearing controls and this event was no exception. When control collecting I found there were two missing, fortunately both had been shifted after the last competitor had finished so it only inconvenienced the course setters. One of the missing controls was found thrown down a gully not far from its original position. The second one was found the next day on the top of a spur some considerable distance from its former spot. Someone had gone to a lot of trouble to relocate it! Hope they thought it was worth it.

Sharon & Philip Mardon

TE MATA - 20.6.93

=====

SETTER: SHARON MARDON

=====

A course 3.4km

|                |           |
|----------------|-----------|
| Derek Morrison | 61.20     |
| Peter Watson   | 65.15     |
| Eric Dunbar    | 98.04     |
| Dave Fisher    | 110.10    |
| Wayne Lee      | 113.21    |
| Bruce Perry    | 66.17 m2  |
| Alan Berry     | 99.52 m2  |
| Peter Hill     | 120.00 m2 |

B course 2.7km

|                  |        |
|------------------|--------|
| Neil Mora        | 49.52  |
| Tim Barnsley     | 51.40  |
| Ross Berry       | 53.54  |
| McClelland Group | 57.33  |
| Ted Sapsford     | 59.43  |
| Brian Crawford   | 60.26  |
| Carton Ruffell   | 88.31  |
| Max McEwan       | 115.20 |

C course 2.55km

|                       |           |
|-----------------------|-----------|
| Wardle & Scurr        | 61.44     |
| Catherine Lee         | 73.17 m1  |
| Diane Lucas           | 73.29 m1  |
| Martin Family         | 75.30 m1  |
| Mac & Ngairie Fisher  | 80.55 m1  |
| Heather Dobson        | 96.38 m2  |
| Amanda/Chris Barnsley | 127.31 m2 |
| Caroline Watson       | 63.16 m3  |
| Bill Walch            | 80.50 m3  |
| Neil Mora             | 36.57 2nd |
| L. Smith              | DNF       |

D course 1.9km

|                      |           |
|----------------------|-----------|
| Andrew Dunbar        | 34.11     |
| Martin Glass         | 37.38     |
| Ben Lee              | 44.19     |
| Anne Sapsford        | 47.12     |
| Val Morrison         | 49.49     |
| Anneka, Emma & James | 59.50     |
| Robyn Berry          | 61.00     |
| Stone Family         | 61.00     |
| Nick & Andrew        | 65.00     |
| M & J Jones          | 67.57     |
| Laverty Family       | 73.00     |
| Charles & Scotty     | 77.00     |
| Wardle & Mawley      | 79.52     |
| Pike Family          | 83.45     |
| Michelle Barnsley    | 87.34     |
| Jackson Group        | 61.36 2nd |

E course 1.3km

|                |           |
|----------------|-----------|
| Amber Morrison | 36.55     |
| Ross & Sarah   | 43.41     |
| B. Whiteley    | 49.00     |
| Jackson Group  | 49.00     |
| Denise Santo   | 51.18     |
| Helen & Laurie | 67.00     |
| King Family    | 68.00     |
| Nick & Andrew  | 28.45 2nd |
| Alice & Louise | DNF       |

## McNEIL OY3 - 4 July 1993

This was my first experience in course setting for a major event, and through it have gained valuable knowledge of this map for future reference.

Our initial visit to the map was to determine some start points, get a quick feel of the land and check for any obvious map corrections.

Wanting to start from a different place than usual, we initially decided on a spot adjacent to old building foundations, just off the road on the northern end of the map. However, route choices and unsuitable terrain for the junior grades made us re-think and decide on the farm track close to the two distinct trees next to the water course.

On the morning of the event, a last minute change to shift the caravan to the top of this track was made.

Unfortunately, this change created a longer leg from the starting triangle to the first control on the E course, and consequently a couple of runners had difficulty in locating the first control, sorry folks, this was my first lesson learned.

The Sunday before the event, Dave and I spent all day on the map deciding on control sites and spending what appeared to be a large proportion of time and care on the F course. This involved the setting of 12 control sites to achieve almost all controls to be in-sight of one another.

The Friday before the event, we spent the day placing controls - I expected this to be straight forward with little debate, but there were still the inevitable differences of opinion and consequently we only just got the last control placed before sun-set.

On the morning of the event, a very brisk frost certainly didn't heed the competition. The day went very quickly with some good times achieved. Young Ben Lee scorched around the F course in 11.22 mins, with Ross Morrison snapping at his heels only 13 seconds behind him. Come on you guys, surely you can get better value for your map money than that, after all, it probably took 2 hours to set! This course proved to be popular with the youngsters, families and parent/child tuition combinations.

The A and B courses, having had a chance to take in the beautiful view of the Kawekas, Ruahines and Te Waka Ranges topped in snow from the top of McNeil, were completed fastest by Peter Watson and Ross Berry respectively.

Sharon Mardon won the B course and made a spectacular dive for the finish - we wondered whether you would ever get up Sharon!

Caroline Watson was the first to complete the C course after arranging family responsibilities.

I learnt much from this exercise and received positive feedback at the end of the day, as well as some constructive criticism which is always gratefully accepted.

A few points made were:

- On F courses attempt to prevent other course controls being visible to prevent confusing the youngsters.

- On the E course, there was a fairly long leg from the starting triangle to the first control which caused some difficulty for competitors on the course.

- On the D course, the leg between the 5th and 6th controls was too long being about 600metr with few handrails. An intermediate control should have been used to assist and guide runners to the next control.

I felt the day was a success, with Hawkes Bay coming to the party with the excellent clear sunny day.

Thanks to all the control gatherers and my mentor, Dave Fisher, for his patience through showing me the ropes.

Course Setters: Dave Fisher and Tim Barnsley.

A course 6.5km  
M17-39A

|                |        |
|----------------|--------|
| Peter Watson   | 70.10  |
| Derek Morrison | 73.47  |
| Bruce Perry    | 98.12  |
| Neil Mora      | 99.22  |
| Wayne Lee      | 107.09 |

B course 4.5km  
M40+, M17-39B

|                      |          |
|----------------------|----------|
| Ross Berry           | 68.11    |
| Stewart Hyslop       | 68.44    |
| Laurie Baxter (NW)   | 77.21    |
| Peter Hill           | 78.33    |
| Eric Dunbar          | 80.23    |
| Neil Lawrence        | 80.36    |
| Brian Crawford       | 81.09    |
| Judy Martin (NW,TPO) | 84.37    |
| Derek Seow           | 156.46   |
| Carlton Ruffell      | 96.02 m3 |

C course 3.4km  
W17-39A, M Open B

|                      |        |
|----------------------|--------|
| Caroline Watson      | 66.28  |
| Rosalie Adlam        | 72.59  |
| Bill Walch           | 92.56  |
| Catherine Lee        | 93.43  |
| Diane Lucas          | 120.27 |
| Mac & Ngairre Fisher | 142.36 |

D course 2.3km  
M13-16, W40+, W Open B

|                |          |
|----------------|----------|
| Sharon Mardon  | 36.00    |
| Kath Berry     | 38.13    |
| Andrew Dunbar  | 49.55    |
| Val Morrison   | 65.04    |
| Chris Barnsley | 73.09    |
| Ross Morrison  | 39.30 2m |

E course 2.0km  
W13-16

|                   |           |
|-------------------|-----------|
| Michelle Barnsley | 101.31    |
| Denise Santo      | 110.46 m1 |

F course 1.5km  
M12, W12

|                     |       |
|---------------------|-------|
| Ben Lee             | 11.22 |
| Ross Morrison       | 11.35 |
| Amanda Barnsley     | 22.08 |
| James Watson        | 25.24 |
| Louise Barnsley     | 26.22 |
| Emma Watson         | 31.47 |
| Anneka Perry        | 51.34 |
| Robyn & Sarah Berry | 54.31 |
| Smith & Jones       | 70.20 |

## COACHING AT McNEIL

A brief explanation of the programme.

### Map Scale

Distances of 10m, 50m and 100m were pegged out at Omatua and people had the opportunity to pace out these distances, get used to the look of them. Try and get the "feel" of distance. Most cricketers have a very good idea of 22 yards. Likewise, sprinters know 100 metres.

We then had our young members and beginners take our experienced orienteers and course setters over the first couple of legs of the previous day's OY.

The next exercise involved taking a control to a self chosen spot, marking it on the map, passing the map to another, who had to find it, move it, mark it, ad infinitum.

It was funny watching Bruce's partner taking the circuitous route he had deliberately taken in getting to his control site.

Everyone was asked to fill in an Event Analysis form about their experiences on the OY course.

A blank is published in this magazine.

It was interesting to read all the comments in the space at the bottom marked - "How could you have improved on your performance?"

Thank you for taking part. I hope you gained something from it.

Stewart.

## GRANULES II UPDATE

My name for our next map which is to be known as "Maraetotara".

The field work is now finished thanks to the club's decision to have Michael Wood paid to do about 80% of it. Michael did all the main rock areas including the previous mapping. This gives a uniformity to the rock interpretation and there will be more detail on the new map and less generalisation.

With the increase in size we have gained a number of new starting areas.

Doug Matheson is working hard at drawing the map. He is thankful he was "broken in" on "Mangarara". We're grateful you are doing it, Doug.

Continued next page

GRANULES OY4 - 18th JULY 1993

It was good to see 51 people turn up for the event and the number of favourable comments about the courses.

The winning times were reasonably close to desired times with the exception of the F course. I made the F course a true line of sight course with no distractions (which meant that the finish control on the other courses had to be placed out of sight).

The step up to the E course appears to pose significant difficulties which indicates that a non technical course can never be too easy.

With the limited numbers in our club it is not practical to set a course for everyone and to achieve a wide a spread as possible I would move the M13-16 and Womens Open B to the E course and then double the D course length (but not the difficulty) so that aspiring A, B or C course runners can run the distance without getting lost. We are also using the B designation incorrectly as it is supposed to indicate a technically easier course when in fact it is indicating a shorter A course.

A lot of people on the B course had difficulty with control 5 and I was concerned that very few people were using the contours to find the control.

My thanks to Diane Lucas and Kath Berry for looking after the caravan and to Tim Barnsley, Derek Morrison, Wayne Lee, Doug Matheson, Maurice Lloyd, Stewart Hyslop and Max McEwan for collecting controls.

Peter Watson

GRANULES II UPDATE (cont'd)

When APOC is a dim memory I would like to set a Bingo "A" course at a club event. It would be advertised as dangerous and I would set the controls in all those weird hidden sites that are found whilst field checking an area, and at the time it is clear could never be used in a "proper" event.

Gird your loins men and women. It'll be a real blood curdler. Heh, heh, heh.

Stewart



=====

SETTER: PETER WATSON

A course 8.25km 225m  
M17-39A

|                |        |
|----------------|--------|
| Derek Morrison | 81.09  |
| Bruce Perry    | 89.31  |
| Wayne Lee      | 110.36 |
| Neil Mora      | 134.07 |
| David Fisher   | 139.54 |

B course 4.5km 200m  
M40+, M17-39B

|                 |        |
|-----------------|--------|
| Maurice Lloyd   | 58.35  |
| Stewart Hyslop  | 61.27  |
| Eric Dunbar     | 61.59  |
| Ross Berry      | 64.36  |
| Tim Barnsley    | 66.48  |
| Peter Hill      | 71.29  |
| Derek Seow      | 84.54  |
| Doug Matheson   | 86.59  |
| Brian Crawford  | 87.22  |
| Carlton Ruffell | 105.17 |
| Alan Berry      | 116.08 |
| Linda Lloyd     | 123.34 |

C course 3.0km 150m  
W17-39A, W40+, M Open B

|                 |        |
|-----------------|--------|
| Caroline Watson | 58.16  |
| Bill Walch      | 65.37  |
| Kath Berry      | 67.28  |
| Sharon Mardon   | 69.35  |
| Catherine Lee   | 70.16  |
| Diane Lucas     | 73.31  |
| Rosalie Adlam   | 76.02  |
| Charles Martin  | 101.39 |
| Max McEwan      | 105.10 |

D course 2.0km 75m  
M13-16, W Open B

|                     |           |
|---------------------|-----------|
| Andrew Dunbar       | 42.39     |
| Mac & Ngaire Fisher | 58.39     |
| Robyn Hellowell     | 61.56     |
| Ross Cardwell       | 67.21     |
| Rod Chisholm        | 78.15     |
| Pike Family         | 82.19     |
| Val Morrison        | 85.35     |
| Chris Barnsley      | DNF       |
| Ross Morrison       | 59.30 2nd |
| Ben Lee             | DNF 2nd   |

E course 1.5km 60m  
W13-16

|                   |        |
|-------------------|--------|
| Anneka Perry      | 58.52  |
| Robertson Family  | 76.51  |
| Denise Santo      | 86.41  |
| Chan Family       | 93.58  |
| Anita Lloyd       | 95.16  |
| Michelle Barnsley | 101.05 |
| Michael Lucas     | 139.40 |

F course 1.0km 30m  
M12, W12

|                 |          |
|-----------------|----------|
| Ben Lee         | 4.42     |
| Anthony Lloyd   | 5.50     |
| Ross Morrison   | 6.02     |
| Jesse Hill      | 7.26     |
| Amanda Barnsley | 9.31     |
| Louise Barnsley | 9.48     |
| Brendon Lloyd   | 12.26    |
| James Watson    | 13.19    |
| Emma Watson     | 13.44    |
| Amber Morrison  | 14.40    |
| Andrew Dunbar   | 4.39 2nd |

WHIRINAK\* - SHORT O2 - 1.8.93 SETTER: DAVE FISHER

|                             | am                      | pm    | total     |
|-----------------------------|-------------------------|-------|-----------|
| *****                       |                         |       |           |
| A course 3.3km, 3.1km       | M17-39A                 |       |           |
| Peter Watson *              | 31.24                   | 31.51 | 63.15     |
| Derek Morrison              | 34.26                   | 31.27 | 65.53     |
| Bruce Perry                 | 36.48                   | 30.28 | 67.16     |
| Wayne Lee                   | 47.31                   | 55.28 | 102.59    |
| Keith Vincent               | 81.40                   |       |           |
| Derek Seow / Robert Marshal | 123.50                  |       |           |
| Derek Seow                  |                         | 45.28 |           |
| Charles Martin              | 205.51 ml               |       |           |
|                             |                         |       |           |
| B course 2.7km, 2.4km       | M40+, M17-39B           |       |           |
| Alan Berry *                | 39.45                   | 42.04 | 81.49     |
| Eric Dunbar                 | 54.00                   | 31.17 | 85.17     |
| Stewart Hyslop              | 40.41                   | 47.24 | 88.05     |
| Tim Barnsley                | 50.08                   | 49.18 | 99.26     |
| Doug Matheson *             | 47.23                   | 52.30 | 99.53     |
| Peter Hill                  | 55.06                   | 46.03 | 101.09    |
| Carlton Ruffell             | 86.52 ml                | 69.48 | 156.00 ml |
| Brian Crawford              | 56.29                   |       |           |
| Andrew Hare                 | 120.36                  |       |           |
|                             |                         |       |           |
| C course 1.8km, 1.8km       | W17-39A, W40+, M Open B |       |           |
| Bill Walch *                | 35.26                   | 31.19 | 66.45     |
| Catherine Lee *             | 38.26                   | 38.35 | 77.01     |
| Caroline Watson *           | 34.36                   | 44.49 | 79.25     |
| Andrew Dunbar               | 41.47                   | 38.58 | 80.05     |
| Diane Lucas                 | 47.35                   | 37.48 | 85.23     |
| Sharon Mardon               | 39.37                   | 48.40 | 88.17     |
| D. Hellowell                | 68.43                   | 34.34 | 103.17    |
| Martin Glass                | 54.26                   | 55.22 | 109.48    |
| Max McEwan                  | 59.32                   | 61.41 | 121.13    |
| Anne Sapsford               | 63.14                   | 60.08 | 123.22    |
| Rosalie Adlam               | 48.37                   |       |           |
| Chan Family                 | 144.42                  |       |           |
| Owen Martin                 |                         | 44.15 |           |
| Andrew Hare                 |                         | 52.55 |           |
| P.Wood / W.Whitehead        |                         | 87.14 |           |
| J. Jones                    | DNF                     |       |           |
|                             |                         |       |           |
| D course 1.3km, 1.7km       | M13-16, W Open B        |       |           |
| Val Morrison *              | 23.54                   | 26.01 | 49.55     |
| R. Hellowell                | 39.12                   | 23.43 | 62.55     |
| Rosalie Adlam               |                         | 25.29 |           |
|                             |                         |       |           |
| E course 1.3km, 1.7km       | W13-16                  |       |           |
| Michelle Barnsley *         | 23.40                   | 23.44 | 47.24     |
| Denise Santo                | 43.59                   | 29.45 | 73.04     |
|                             |                         |       |           |
| F course 1.6km, 1.6km       | M12, W12                |       |           |
| Ross Morrison *             | 21.07                   | 15.30 | 36.37     |
| Ben Lee                     | 26.06                   | 12.12 | 38.18     |
| Louise Barnsley *           | 31.34                   | 16.48 | 48.22     |
| Vincent Family              | 37.30                   |       |           |
| Amanda Barnsley             | 45.19                   |       |           |
| P.Wood / W.Whitehead        | 48.11                   |       |           |
| Smith & Jones               | 76.49                   |       |           |

\* grade winner

ml missed one control

## NIGHT RELAYS - TE MATA PARK - 14 August 1993

The night was dark but the weather was fairly kind. Well, sort of - about as warm as one can reasonably expect at night in the middle of August. Contestants were fairly thin on the ground this year but everyone who took part enjoyed an interesting and at times quite exciting run around the very familiar Te Mata Peak country. Each team had sixty minutes in which to punch twenty-nine controls, all of equal value. Each runner was expected to be out for about twenty minutes and then hand over to the next in the team, providing the last runner got home within the sixty minutes. There were a few scrapes and bruises from floundering over rocks on a pitch-black moonless night but nobody managed to step off a cliff. A fun evening for everyone who took part.

### Results:

|     |   | Controls<br>Punched | Over-<br>time<br>penalties | Total |
|-----|---|---------------------|----------------------------|-------|
| 1st | Kath, Alan & Ross Berry                         | 26                  | -                          | 26    |
| 2nd | Derek Morrison, Andrew<br>Hare & Ben Lee        | 26                  | 1                          | 25    |
| 3rd | Peter Watson, Derek Seow<br>& James Watson      | 29                  | 13                         | 16    |
| 4th | Dave Fisher, Rosalie<br>Adlam & Robert Marshall | 21                  | 7                          | 14    |

### SMEDLEY MEDLEY MARK II

Ted has been at it again. A few of us survived his Long-O last year so he is determined to remedy that situation.

This year's event will be held over the weekend 20-21 November. There will be a standard club course on the Smedley 1:10000 map on Saturday. The Long-O on Sunday will be run on the Dosli 1:50000 map, starting from the Baker Block this year, coming in from the Makarora Road, the next one south from Smedley. Smedley Station stretches between the two roads.

The A course will be mountain marathon standard, 26km and 1980m of climb. Course B, which Ted rather innocuously describes as "a good test of stamina", will be 17km and 1240m climb and for those who are completely laid back, he has provided course C, a tiny 10km with 560m climb.

Mark your calendars now. Entry forms will be distributed in a month or so.

Special thanks to Wayne for dragging himself off his deathbed and setting up the courses for us. The fresh air and exercise must do wonders for congested lungs as I have not seen anything in the paper to indicate that Wayne did not survive.

This is more than can be said for the poor old ewe that Wayne came across in some distress on one of the high ridges. Many years as a grocer obviously sharpens up one's midwifery skills (although I cannot see why) and Wayne was successful in helping the lamb into the world, unfortunately to no avail. Mother had died by the next day and the lamb was left facing a very uncertain future.

Just by way of a change, the A and B courses on Sunday were all memory, with maps at every third or fourth control. C, D and E courses were standard. Those who got away early had a good run but the weather turned thoroughly foul just before midday and a number of contestants finished the course in a very cold and soggy state.

Thank you Wayne and Catherine for another well organised and enjoyable event.

Results:

A course

|                |           |
|----------------|-----------|
| Derek Morrison | 44.37     |
| Bruce Perry    | 49.05     |
| Peter Watson   | 57.02     |
| Eric Dunbar    | 62.24     |
| Alan Berry     | 77.29     |
| Derek Seow     | 86.29     |
| Dave Fisher    | 64.55 DNF |

C course

|                   |             |
|-------------------|-------------|
| Hub Carter        | 27.28       |
| Derek Seow        | 36.23 (2nd) |
| Peter Hill        | 41.10       |
| Robert Marshall   | 42.10       |
| Sharon Mardon     | 49.14       |
| Karen Berry/Jones | 49.58       |
| Andrew Dunbar     | 50.49       |
| Rosalie Adlam     | 51.15       |
| Andrew Hare       | 57.20       |
| Kath Berry        | 60.25       |
| Max McEwan        | 74.27       |
| Charles Martin    | 80.48       |
| John Jones        | 100.08      |

B course

|                |       |
|----------------|-------|
| Ross Berry     | 51.48 |
| Tim Barnsley   | 61.56 |
| Brian Crawford | 78.36 |
| Ted Sapsford   | DNF   |
| Dave Smith     | DNF   |

D course

|                     |       |
|---------------------|-------|
| Ross Morrison       | 26.35 |
| Robert Marshall     | 30.41 |
| M & J Barnsley      | 32.33 |
| Mac & Ngaire Fisher | 40.52 |
| Chisholm Group      | 41.44 |
| Anne Sapsford       | 41.48 |
| Val Morrison        | 42.15 |
| Brian Wardle        | 43.11 |
| Chris Barnsley      | 52.59 |
| George Chan         | DNF   |
| Ben Lee             | DNF   |

E course

|                 |       |
|-----------------|-------|
| Amber Morrison  | 26.11 |
| Louise Barnsley | 35.11 |
| T & T Chan      | DNF   |



ORIENTEER OF THE YEAR SERIES 1

=====

|                 | OY1   | OY2   | OY3   | OY4   | TOTAL | BEST 3 |
|-----------------|-------|-------|-------|-------|-------|--------|
| <b>M17-39A</b>  |       |       |       |       |       |        |
| Peter Watson    | 25.00 | 22.61 | 25.00 | 25.00 | 97.61 | 75.00  |
| Derek Morrison  | 21.90 | 25.00 | 23.77 | 25.00 | 95.67 | 73.77  |
| Dave Fisher     | 12.49 | 18.94 | 25.00 | 14.50 | 70.93 | 53.44  |
| Wayne Lee       | 16.23 | 17.96 | 16.37 | 18.34 | 68.95 | 52.67  |
| Neil Mora       |       | 17.73 | 17.65 | 15.13 | 50.51 | 50.51  |
| Bruce Perry     |       |       | 17.86 | 22.66 | 40.52 | 40.52  |
| Geoff Morrison  | 25.00 |       |       |       | 25.00 | 25.00  |
| <b>W17-39A</b>  |       |       |       |       |       |        |
| Caroline Watson | 25.00 | 20.20 | 25.00 | 25.00 | 95.20 | 75.00  |
| Rosalie Adlam   |       | 25.00 | 22.77 | 19.16 | 66.93 | 66.93  |
| Catherine Lee   | 20.38 | 22.02 | 17.73 | 20.73 | 80.86 | 63.13  |
| Diane Lucas     | 16.59 |       | 13.80 | 19.81 | 50.20 | 50.20  |
| Pamela Morrison | 23.49 |       |       |       | 23.49 | 23.49  |
| <b>M40+</b>     |       |       |       |       |       |        |
| Maurice Lloyd   | 25.00 | 25.00 |       | 25.00 | 75.00 | 75.00  |
| Stewart Hyslop  | 25.00 | 17.44 | 25.00 | 23.83 | 91.27 | 73.33  |
| Eric Dunbar     | 15.42 | 19.19 | 21.38 | 23.63 | 79.62 | 64.20  |
| Tim Barnsley    | 13.87 | 14.22 | 25.00 | 21.92 | 75.01 | 61.14  |
| Peter Hill      | 10.00 | 16.41 | 21.38 | 20.49 | 68.78 | 58.78  |
| Alan Berry      | 16.02 | 25.00 |       | 12.61 | 53.63 | 53.63  |
| Brian Crawford  | 11.34 | 11.30 | 21.17 | 16.76 | 60.57 | 49.27  |
| Linda Lloyd *   | 13.49 | 13.47 |       | 11.85 | 38.81 | 38.81  |
| Ted Sapsford    |       | 25.00 |       |       | 25.00 | 25.00  |
| Dave Smith      | 10.00 |       |       |       | 10.00 | 10.00  |
| <b>W40+</b>     |       |       |       |       |       |        |
| Kath Berry      | 25.00 | 25.00 | 23.55 | 25.00 | 98.55 | 75.00  |
| Sharon Mardon   | 24.10 |       | 25.00 | 24.24 | 73.34 | 73.34  |
| Anne Sapsford   | 11.16 | 10.00 |       |       | 21.16 | 21.16  |
| Chris Barnsley  | 10.47 |       |       |       | 10.47 | 10.47  |
| <b>M17-39B</b>  |       |       |       |       |       |        |
| Ross Berry      |       | 25.00 | 25.00 | 25.00 | 75.00 | 75.00  |
| Derek Seow      | 19.77 | 20.24 | 10.87 | 19.02 | 69.90 | 59.03  |
| Neil Lawrence   | 25.00 | 10.00 | 21.15 |       | 56.15 | 56.15  |
| Carlton Ruffell |       |       | 10.00 | 15.34 | 25.34 | 25.34  |
| Martin Glass    | 10.00 | 13.34 |       |       | 23.34 | 23.34  |
| Bob Harris      | 10.72 | 10.00 |       |       | 20.72 | 20.72  |
| Don Poulgrain   | 19.88 |       |       |       | 19.88 | 19.88  |
| <b>M Open B</b> |       |       |       |       |       |        |
| Bill Walch      |       | 25.00 | 25.00 | 25.00 | 75.00 | 75.00  |
| Charles Martin  |       | 13.73 |       | 16.14 | 29.87 | 29.87  |
| Brian Lucas     |       | 16.46 |       |       | 16.46 | 16.46  |
| <b>W Open B</b> |       |       |       |       |       |        |
| Chris Barnsley  |       | 25.00 | 25.00 | 25.00 | 75.00 | 75.00  |

|                   |       |       |       |       |        |       |  |
|-------------------|-------|-------|-------|-------|--------|-------|--|
| M13-16            |       |       |       |       |        |       |  |
| Andrew D     ir   |       |       | 25.00 | 25.00 | 50.00  | 50.00 |  |
| Michael White     | 25.00 | 10.00 |       |       | 35.00  | 35.00 |  |
| W13-16            |       |       |       |       |        |       |  |
| Anita Lloyd       | 24.91 | 25.00 |       | 25.00 | 74.91  | 74.91 |  |
| Michelle Barnsley |       | 13.28 | 25.00 | 23.56 | 61.84  | 61.84 |  |
| Cathy Smith       | 25.00 |       |       |       | 25.00  | 25.00 |  |
| Tracy Lucas       | 13.36 |       |       |       | 13.36  | 13.36 |  |
| M12               |       |       |       |       |        |       |  |
| Ben Lee           | 25.00 | 25.00 | 25.00 | 25.00 | 100.00 | 75.00 |  |
| Ross Morrison     | 17.90 | 15.13 | 24.53 | 19.48 | 77.04  | 61.91 |  |
| Anthony Lloyd     | 17.96 | 10.00 |       | 20.14 | 48.10  | 43.10 |  |
| Brendon Lloyd     | 14.42 | 10.48 |       | 10.00 | 34.90  | 34.90 |  |
| Jesse Hill        |       | 13.04 |       | 15.81 | 28.85  | 28.85 |  |
| W12               |       |       |       |       |        |       |  |
| Amanda Barnsley   | 18.72 | 25.00 | 25.00 | 25.00 | 93.72  | 75.00 |  |
| Louise Barnsley   | 25.00 | 24.59 | 20.99 | 24.28 | 94.86  | 73.37 |  |

#### HANDICAP SERIES 1993

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|                 | OY1   | OY2   | OY3   | OY4   | TOTAL  | BEST 3 | H/cap |
|-----------------|-------|-------|-------|-------|--------|--------|-------|
| M17-39A         |       |       |       |       |        |        |       |
| Wayne Lee       | 27.28 | 27.96 | 23.91 | 25.79 | 104.94 | 81.03  | 3.0   |
| Derek Morrison  | 26.90 | 29.00 | 24.30 | 25.00 | 105.20 | 80.90  | 1.0   |
| Dave Fisher     | 22.49 | 29.94 | 24.04 | 21.70 | 98.17  | 76.47  | 10.0  |
| Peter Watson    | 25.00 | 22.61 | 25.00 | 23.58 | 96.19  | 73.58  | 0.5   |
| Nell Mora       |       | 25.73 | 24.18 | 21.35 | 71.26  | 71.26  | 9.0   |
| Bruce Perry     |       |       | 18.62 | 25.62 | 44.24  | 44.24  | 4.0   |
| Geoff Morrison  | 25.00 |       |       |       | 25.00  | 25.00  | 8.0   |
| W17-39A         |       |       |       |       |        |        |       |
| Catherine Lee   | 24.88 | 26.53 | 19.30 | 24.97 | 95.68  | 76.33  | 6.0   |
| Caroline Watson | 25.00 | 20.20 | 25.00 | 25.22 | 95.42  | 75.22  | 1.5   |
| Rosalie Adlam   |       | 30.50 | 22.97 | 21.16 | 74.63  | 74.63  | 4.5   |
| Diane Lucas     | 25.59 |       | 20.27 | 28.31 | 74.17  | 74.17  | 0.5   |
| Pamela Morrison | 31.49 |       |       |       | 31.49  | 31.49  | 4.5   |
| M40+            |       |       |       |       |        |        |       |
| Tim Barnsley    | 25.87 | 25.72 | 21.17 | 32.92 | 105.68 | 84.51  | 11.00 |
| Stewart Hyslop  | 25.00 | 19.94 | 25.41 | 28.83 | 99.18  | 79.24  | 3.0   |
| Eric Dunbar     | 15.42 | 23.69 | 22.34 | 30.13 | 91.58  | 76.16  | 3.5   |
| Maurice Lloyd   | 25.00 | 25.00 |       | 25.00 | 75.00  | 75.00  | scr   |
| Brian Crawford  | 16.84 | 20.30 | 27.67 | 26.26 | 91.57  | 74.73  | 8.5   |
| Peter Hill      | 14.00 | 20.41 | 23.61 | 26.99 | 85.01  | 71.01  | 8.0   |
| Linda Lloyd *   | 23.49 | 23.97 |       | 22.85 | 70.31  | 70.31  | 12.0  |
| Alan Berry      | 19.52 | 25.00 |       | 18.61 | 63.13  | 63.13  | 9.0   |
| Ted Sapsford    |       | 25.00 |       |       | 25.00  | 25.00  | 6.0   |
| Dave Smith      | 24.50 |       |       |       | 24.50  | 24.50  | 16.0  |
| W40+            |       |       |       |       |        |        |       |
| Sharon Mardon   | 29.10 |       | 27.50 | 24.75 | 81.35  | 81.35  | 1.0   |
| Kath Berry      | 25.00 | 25.00 | 23.55 | 25.00 | 98.55  | 75.00  | scr   |
| Anne Sapsford   | 20.66 | 10.00 |       |       | 30.66  | 30.66  | 11.5  |
| Chris Barnsley  | 25.47 |       |       |       | 25.47  | 25.47  | 15.0  |

|                   |       |       |       |       |        |       |      |
|-------------------|-------|-------|-------|-------|--------|-------|------|
| M17-39B           |       |       |       |       |        |       |      |
| Derek Seow        | 25.77 | 25.74 | 15.87 | 24.02 | 91.40  | 75.53 | 12.5 |
| Ross Berry        |       | 25.00 | 25.00 | 25.00 | 75.00  | 75.00 | scr  |
| Neil Lawrence     | 25.00 | 10.00 | 21.15 |       | 56.15  | 56.15 | 1.5  |
| Martin Glass      | 25.00 | 28.34 |       |       | 53.34  | 53.34 | 13.0 |
| Bob Harris        | 21.22 | 22.50 |       |       | 43.72  | 43.72 | 12.5 |
| Carlton Ruffell   |       |       | 10.00 | 30.34 | 40.34  | 40.34 | 12.5 |
| Don Poulgrain     | 25.88 |       |       |       | 25.88  | 25.88 | 5.5  |
| M Open B          |       |       |       |       |        |       |      |
| Bill Walch        |       | 25.00 | 25.00 | 25.00 | 75.00  | 75.00 | scr  |
| Charles Martin    |       | 25.73 |       | 27.64 | 53.37  | 53.37 | 10.0 |
| Brian Lucas       |       | 25.46 |       |       | 25.46  | 25.46 | 8.5  |
| W Open B          |       |       |       |       |        |       |      |
| Chris Barnsley    |       | 25.00 | 25.00 | 25.00 | 75.00  | 75.00 | scr  |
| M13-16            |       |       |       |       |        |       |      |
| Andrew Dunbar     |       |       | 25.00 | 25.00 | 50.00  | 50.00 | scr  |
| Michael White     | 25.00 | 10.00 |       |       | 35.00  | 35.00 | scr  |
| W13-16            |       |       |       |       |        |       |      |
| Anita Lloyd       | 25.91 | 25.00 |       | 25.00 | 75.91  | 75.91 | scr  |
| Michelle Barnsley |       | 13.28 | 25.00 | 29.06 | 67.34  | 67.34 | 3.0  |
| Cathy Smith       | 25.00 |       |       |       | 25.00  | 25.00 | scr  |
| Tracy Lucas       | 13.86 |       |       |       | 13.86  | 12.86 | 6.0  |
| M12               |       |       |       |       |        |       |      |
| Ross Morrison     | 25.90 | 22.63 | 33.03 | 27.98 | 109.54 | 86.91 | 7.0  |
| Ben Lee           | 25.00 | 25.00 | 25.00 | 25.00 | 100.00 | 75.00 | scr  |
| Anthony Lloyd     | 25.96 | 17.50 |       | 26.14 | 69.60  | 69.60 | 5.0  |
| Brendon Lloyd     | 25.42 | 21.43 |       | 22.50 | 69.40  | 69.40 | 14.0 |
| Jesse Hill        |       | 24.04 |       | 27.31 | 51.35  | 51.35 | 10.5 |
| W12               |       |       |       |       |        |       |      |
| Amanda Barnsley   |       | 31.50 | 28.00 | 25.00 | 84.50  | 84.50 | 0.5  |
| Louise Barnsley   | 25.00 | 24.59 | 20.99 | 24.79 | 95.37  | 74.38 | 1.5  |

SHORT O SERIES 1993

=====

|                   | Short O1 | Short O2 | Total | Best  |
|-------------------|----------|----------|-------|-------|
| M17-39A           |          |          |       |       |
| Peter Watson      |          | 25.00    | 25.00 | 25.00 |
| Maurice Lloyd     | 25.00    |          | 25.00 | 25.00 |
| Derek Morrison    | 22.98    | 24.00    | 46.98 | 24.00 |
| Bruce Perry       |          | 23.51    | 23.51 | 23.51 |
| Wayne Lee         | 21.92    | 15.35    | 37.27 | 21.92 |
| Dave Fisher       | 15.96    |          | 15.96 | 15.96 |
| W17-39A           |          |          |       |       |
| Caroline Watson   | 25.00    | 25.00    | 50.00 | 25.00 |
| Diane Lucas       |          | 23.25    | 23.25 | 23.25 |
| M40+              |          |          |       |       |
| Alan Berry        | 24.52    | 25.00    | 49.52 | 25.00 |
| Eric Dunbar       | 25.00    | 23.98    | 48.98 | 25.00 |
| Tim Barnsley      | 24.57    | 20.57    | 45.14 | 24.57 |
| Stewart Hyslop    |          | 23.22    | 23.22 | 23.22 |
| Peter Hill        | 21.98    | 20.22    | 42.20 | 21.98 |
| Ted Sapsford      | 13.85    |          | 13.85 | 13.85 |
| Linda Lloyd *     | 10.00    |          | 10.00 | 10.00 |
| Dave Smith        | 10.00    |          | 10.00 | 10.00 |
| Brian Crawford    | 10.00    |          | 10.00 | 10.00 |
| W40+              |          |          |       |       |
| Kath Berry        | 25.00    |          | 25.00 | 25.00 |
| Catherine Lee     | 19.22    | 25.00    | 44.22 | 25.00 |
| Sharon Mardon     |          | 21.81    | 21.81 | 21.81 |
| Anne Sapsford     | 10.00    | 15.61    | 25.61 | 15.61 |
| M17-39B           |          |          |       |       |
| Carlton Ruffell   |          | 25.00    | 25.00 | 25.00 |
| M Open B          |          |          |       |       |
| Bill Walch        | 25.00    | 25.00    | 50.00 | 25.00 |
| Andrew Dunbar     |          | 20.87    | 20.87 | 20.87 |
| Martin Glass      | 10.00    | 15.20    | 25.20 | 15.20 |
| Max McEwan        |          | 13.77    | 13.77 | 13.77 |
| W Open B          |          |          |       |       |
| Val Morrison      |          | 25.00    | 25.00 | 25.00 |
| W13-16            |          |          |       |       |
| Anita Lloyd       | 25.00    |          | 25.00 | 25.00 |
| Michelle Barnsley |          | 25.00    | 25.00 | 25.00 |
| M12               |          |          |       |       |
| Ross Morrison     | 25.00    | 25.00    | 50.00 | 25.00 |
| Ben Lee           | 10.00    | 23.90    | 33.90 | 23.90 |
| Brendon Lloyd     | 16.85    |          | 16.85 | 16.85 |
| Anthony Lloyd     | 10.00    |          | 10.00 | 10.00 |
| W12               |          |          |       |       |
| Louise Barnsley   |          | 25.00    | 25.00 | 25.00 |
| Amanda Barr ey    | 10.00    |          | 10.00 | 10.00 |



## HIGH COUNTRY CONTROL SITING

Several people have remarked to me that it must be hard setting long courses in high country using a 1 : 50000 scale map. The identical principles apply as setting courses with a 1 : 5000 scale "O" map - you just walk further.

In fact, when the "overview" systems can be used it is quite easy. This obscure method is applied as follows:

- 1 Find the highest hill in the area and climb it.
- 2 Check your map to see if you can find your hill.
- 3 Sit back in comfort with binoculars and identify prospective control sites below. Ensure these can be identified on the map.

However, the system is not foolproof especially in these situations:

- 1 You reach the top of the hill to find it covered with 2 metre high scrub or thin stemmed trees. Nothing strong enough to climb up and hold your weight.
- 2 Or you reach the top just as cloud descends and all you can see below eye level are your feet.
- 3 Or a band of cloud or mist moves in below you and obscures all the lower ground you intended to examine. This usually occurs just as you are reaching the hilltop.

The advantages of this method are:

- 1 It sometimes works.
- 2 You get to climb a lot of hills!

Ted Sapsford

## HOW ABOUT COMING TO THE NATIONALS?

We expect to have a good crowd of Hawke's Bay members heading to Auckland for the New Zealand Orienteering Championships over Labour Weekend, 23 - 25 October 1993. How about coming along? Most of us have no expectations of dazzling the orienteering fraternity with spectacular times in our events but the Nationals do provide us with three days of solid orienteering, which is what we really need if we are going to improve our times to even a very moderate level! But that is not all. The Hawke's Bay OC travelling roadshow is a lot of fun, so you will at least have the opportunity to excel socially, even if the wind is a bit short and the legs a little jaded. We have booked some units at a motel in Henderson and you can be assured that we will all have a good weekend away together.

Details of the Nationals:

Day 1 - Saturday 23 October: NZ Individual Championships

Map : Kaipara Knolls, intricate sand dune country with mature pine forest. 65 minutes north of Auckland.

Day 2 - Sunday 24 October: Short O Championships

Map : Auahine Topu, farm/forest, undulating to moderately steep, with intricate areas. 45 minutes north of Auckland.

Day 3 - Monday 25 October: National Club Relays

Map : Auahine Topu

There are grades from M-10 and W-10 through to M70 and W65, plus an M21A short and W21A short. Entry fees \$40 for the three days, \$20 for juniors and \$30 for seniors 60+. Family maximum \$120.

Entry forms available from David Fisher.

## COACHING

So far we have talked about ignoring other people while on your course, and how to avoid wasting time standing still reading the map. Did you give it a try?

This issue I want to discuss what to do when you are lost.

Do you swear, shout, stamp the ground, cry, run around aimlessly, feel waves of frustration and hopelessness wash over you? Do you also imagine your close competition beating your time by at least half an hour?

Do you ask other people where you are? Although everyone takes this in their stride at club events, I'll take this opportunity to point out that it is against the rules. Children excepted.

There is a technique to solve the problem of being.

It is called re-location.

It means you stay calm, allowing your brain to control events, instead of your emotions.

You have to find something on the map which ties in with something on the ground. It may mean you have to retrace your steps back to the last landmark that made sense.

You could usefully spend time trying to work out where you went wrong. It may pay to move on to a catching feature such as a road, that you know you have not crossed.

It is possible you may not be on the map!! In that case the only thing that can help you is clear thinking.

In a real emergency you should blow six blasts on your whistle. What whistle?

## WELCOME TO THE CLUB

A very warm welcome is extended to new members who have joined the Club recently:

Andrew Dunbar, Waipukurau. Andrew is already showing that he is going to be a force to be reckoned with in the Club's junior ranks. Which is not surprising, considering his pedigree!

John and Margaret Jones, Havelock North. John and Margaret are at the "mature" end of the age scale and are also keen trampers and outdoor people generally. We know that they will get a great deal of pleasure from joining in Club activities and accepting that extra bit of challenge which an orienteering course provides.

Robert Marshall, Pakowhai. Robert is another keen outdoor person, including taking part in the Macpac Kaweka Challenge. He is keen and fit and will certainly provide extra competition for our younger senior group of members.

It is great to see a steady stream of membership applications over the past few months. The numbers attending our events are 50% up on last year, reflecting the extra effort which the Club is putting into publicity and also the word of mouth message being spread by the very active membership which we have at the present time. A lot more people are getting to know what orienteering is all about and we have no doubt that we can look forward to welcoming further new members over the next few months.

25 June 1993

A reminder to all orienteers that APOC is only 6 months away and to all those that have not entered the next discounted payment date is the 31 July 1993 followed by the final date of the 15 October 1993. If you have not an entry form please contact your secretary or write to the undersigned.

Event information

A further warm-up event is being planned for Tuesday 28 December on the new Whirokino map of the Waitarere Forest (used for the first day of the Queen Birthday weekend). This is being offered so that entrants can experience sand dune terrain before the individual championship.

Promotion - Sponsorship

We have been fortunate to attract sponsorship for promotions of APOC from the New Zealand Tourism Board. The sponsorship includes the payment of advertisements of our event in the major orienteering magazines around the world.

This includes a half page and a full page advertisement in two issues of Orienteering World; the official IOF O' magazine. A report on APOC was also requested by the editor.

Entry Statistics

As at 23 June we have 345 persons entered.

|               |     |
|---------------|-----|
| New Zealand   | 220 |
| Australia     | 104 |
| Great Britain | 12  |
| Europe        | 6   |
| Canada/USA    | 3   |

We have been advised that entries from Asia will come closer to the close off date - here's hoping.

Grade Counts

|         |         |         |         |         |        |
|---------|---------|---------|---------|---------|--------|
| M12A 9  | M14A 7  | M16A 5  | M16B 0  | M18A 10 | M20A 4 |
| M20B 1  | M21E 11 | M21L 7  | M21S 10 | M21B 3  | M21C 2 |
| M35A 16 | M35B 3  | M40A 27 | M40B 5  | M45A 28 | M45B 7 |
| M50A 18 | M50B 0  | M55A 7  | M60A 12 | M65A 6  |        |
| W12A 6  | W14A 7  | W16A 6  | W16B 0  | W18A 12 | W20A 0 |
| W20B 1  | W21E 15 | W21L 4  | W21S 9  | W21B 0  | W21C 2 |
| W35A 13 | W35B 4  | W40A 19 | W40B 3  | W45A 16 | W45B 8 |
| W50A 10 | W50B 2  | W55A 9  | W60A 0  | W65A 1  |        |

Finally to all those who have entered, you should have received by now an acknowledgement of your entry, if not please contact myself as soon as possible, and to all those who have not entered and intend to please note that the close off dates and get your entry in as soon as possible.



Graham Teahan

Chairman

ORGANISING COMMITTEE

15 Coronation Street

FEILDING

Two of the APOC events will be held in Hawke's Bay, one on Brian Crawford and David Fisher's new map at Dartmoor, the other on the new enlarged version of Granules, to be renamed Maraetotara. A "model event" will also be held on the Club's Rowe Road map, to give visitors a feel of the sort of country they will be running on in Hawke's Bay.

Brian and David will be setting the Dartmoor event, on the map which has tentatively been called "the slump" under the overall control of national technical officer, Ken Holst. Stewart Hyslop will be setting the Maraetotara courses, assisted by Kath and Alan Berry, under the overall control of one of New Zealand's top orienteers, Mark McKenna.

We are required to set fourteen courses on each map and planning is well under way. Just imagine finding sites for fourteen different first controls, for a start!

Ted Sapsford is the co-ordinator of Hawke's Bay's events. It is Ted's job to make sure that everything happens.

## 1994 Wilderness Challenge

A two day mountain marathon will be held in the country near Waiouru on 12-13 January 1994, in conjunction with APOC 1994. Anyone wanting to enter the Wilderness Challenge can do so, even if they are not taking part in APOC.

Entry forms from David Fisher.

## Central Districts Events

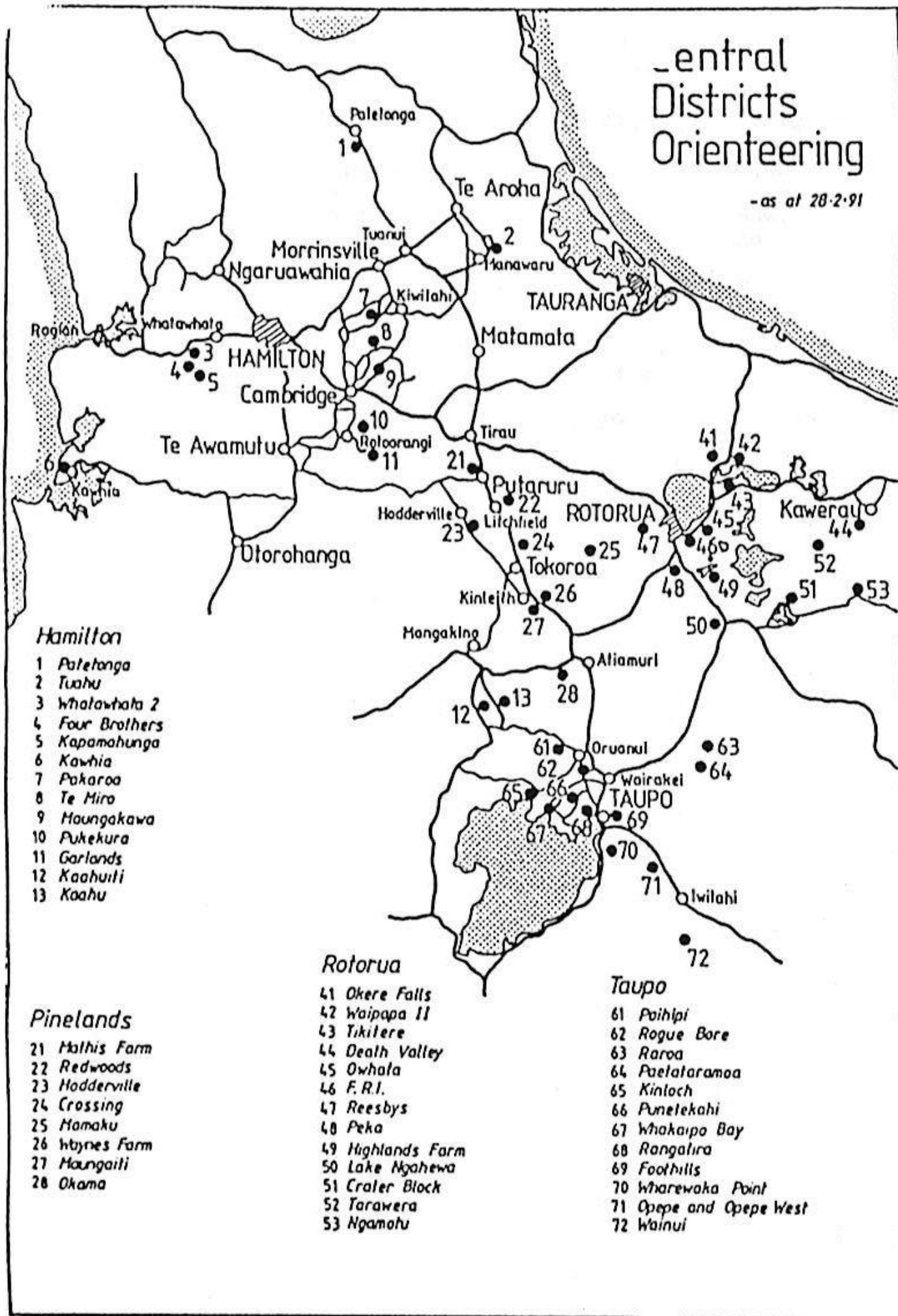
The CDOA calendar of events for 1994 includes the following:

|           |              |                                   |                   |
|-----------|--------------|-----------------------------------|-------------------|
| February  | 26<br>27     | Katoa Po all night relays<br>OY1  | Taupo             |
| March     | 20           | OY2                               | Hamilton          |
| April     | 17           | OY3                               | Pinelands         |
| May       | 29           | OY4                               | Rotorua           |
| June      | 4 - 6        | National Champs                   | Hamilton          |
| July      | 8 - 9*<br>24 | National Sec School Champs<br>OY5 | Rotorua<br>Egmont |
| August    | 21           | OY6                               | Rotorua           |
| September | 17 &<br>18   | CD Champs                         | Taupo             |

\* Please note that the SS Champs are on Friday & Saturday.

# Central Districts Orienteering

- as at 28.2.91



## Hamilton

- 1 Pateonga
- 2 Tuahu
- 3 Whatawhata 2
- 4 Four Brothers
- 5 Kapamahunga
- 6 Kawhia
- 7 Pakarua
- 8 Te Miro
- 9 Haungakawa
- 10 Pukekura
- 11 Garlands
- 12 Kaahuili
- 13 Kaahu

## Pinelands

- 21 Maltis Farm
- 22 Redwoods
- 23 Hodderville
- 24 Crossing
- 25 Hamaku
- 26 Wbynes Farm
- 27 Maungaiti
- 28 Okama

## Rotorua

- 41 Okere Falls
- 42 Waipapa II
- 43 Tikitere
- 44 Death Valley
- 45 Owhala
- 46 F.R.I.
- 47 Reesbys
- 48 Peka
- 49 Highlands Farm
- 50 Lake Nyahewa
- 51 Crater Block
- 52 Tarawera
- 53 Ngamotu

## Taupo

- 61 Paihpi
- 62 Rogue Bore
- 63 Raroa
- 64 Paelataramoa
- 65 Kinloch
- 66 Punelekahi
- 67 Whakaipo Bay
- 68 Rangalira
- 69 Foothills
- 70 Wharewaka Point
- 71 Opepe and Opepe West
- 72 Wainui

# EVENT ANALYSIS FORM

Date of Event

Event Name

Map Name

Course Setter + Yeller

New Map  First Time on Map

Terrain Type / Runnability

My Time \_\_\_\_\_

Winners Time \_\_\_\_\_

Length of Course \_\_\_\_\_ Climb \_\_\_\_\_ Kilometre Rate \_\_\_\_\_

| <u>Leg</u>   | <u>Length</u> | <u>Your comments, what you did right or wrong.</u> | <u>Time Lost</u> |
|--------------|---------------|--|------------------|
| $\Delta - 1$ |               |  |                  |
| 1 - 2        |               |  |                  |
| 2 - 3        |               |  |                  |
| 3 - 4        |               |  |                  |
| 4 - 5        |               |  |                  |
| 5 - 6        |               |  |                  |
| 6 - 7        |               |  |                  |
| 7 - 8        |               |  |                  |
| 8 - 9        |               |  |                  |
| 9 - $\odot$  |               |  |                  |

How could you have improved on your performance?



IOF/O-Ringen Coaching Clinic 1994.

With the Coaching Director planning a personal O-trip to Scandinavia next year, he is interested in attending the above clinic, hence the NZOF applying for funding for the clinic. The Coaching Director will be using his coaching funding for the NZOF's contribution; therefore, no more money will be coming out of the budget.

These details are in line with what your new Council are keen to do, in keeping members more informed on NZOF matters and policies.

The NZOF acknowledges the support of the Hillary Commission.



HILLARY COMMISSION  
*for sports, fitness and leisure*

**NEXT NZOF COUNCIL MEETING : 28 AUGUST 1993.**

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**SELECTION FOR NZ CHALLENGE TEAM JAN. 1994.**

*Please send a copy of this form to Wayne Aspin, Halton Road, RD 4, Waiuku, to indicate your availability; by the 1 September 1993.*

I am available for the A-NZ Challenge Team in the \_\_\_\_\_  
Grade. Date of Birth \_\_\_\_\_ Age 1994 \_\_\_\_\_  
Name \_\_\_\_\_

The trials are all Area and National Championships in 1993. Competitors should run these events in their 1993 age group and compete in at least three events, although this won't be mandatory for selection.



**NEW ZEALAND ORIENTEERING FEDERATION  
JULY 1993 NEWSLETTER**

THE 1993 WORLD CHAMPIONSHIPS TEAM.

After the 3-Day trials on the 18 - 20 June 93, the following NZ Team was selected:

**Women**

Katie Fettes (NW)  
Jeanine Browne (SA)  
Marquita Gelderman (NW)  
Tania Robinson (SA)  
Alison Stone (NW)

**Men**

Alistair Landels (C)  
Greg Barbour (E)  
Rob Jessop (C)  
David Farquhar (R)  
Darren Ashmore (C)  
Bill Teahan (H)  
( non-travelling reserve )

Katie, Jeanine, Marquita and Tania are to run in all three races ( classic, relays and short-o ), while Alison is to run the short-o.

Alistair, Geg and Rob are to run all three races. Darren and David are to run the short-o, with one of them to run the relays.

The team leaves NZ on the 17 September for a two week training camp in the Hudson Valley, prior to the Champ

Congratulations to all those selected and all the best and may you have much success at the World Championships.



THE  
NEW ZEALAND  
SPORTS  
FOUNDATION INC.

NZOF and the WOC Team acknowledges the support of the NZ Sports Foundation.

### 1994 WORLD CUP TEAM TRIAL EVENTS.

The selectors will be considering the following events in selecting the 1994 World Cup teams :

- the performances of team members at the 1993 World Championships.
- 1993 Area Championships and the National Championships.
- 1994 North Island Championships
- 1994 Australia - New Zealand Challenge
- APOC94

The selectors will give more weighting to the 1994 events in selecting the six men / six women team.

### 1994 SOUTHERN CROSS JUNIOR CHALLENGE.

As part of the World Cup Carnival in Australia ( the week following our Easter World Cup ), there will be a two race Southern Cross Junior Challenge. The Australian's will be inviting all IOF countries to send teams for the following categories of Mens/Womens 16 yrs and under; 18yrs and under and 20 yrs and under teams. Each age category will comprise a maximum of four males and four females.

The selectors will be considering the performances of juniors at the 1993 Area and National Championships ; the 1994 North Island Champs ; the 1994 A-NZ Challenge and APOC94.

The selectors will be giving more weighting to the 1994 events in selecting the teams.

The announcements of the 1994 World Cup Teams and the Southern Cross Junior Challenge Teams are expected to be announced late January 1994.

### 1993/94 HILLARY COMMISSION FUNDING APPLICATION

The NZOF has applied for the following funding for the 1993/94 year from the Hillary Commission.

|  | NZOF  | HC    |
|--|-------|-------|
| Promotions                               | 2500  | 4900  |
| Coaching Director                        | 16600 | 35000 |
| IOF Presidents Conference                | 500   | 2250  |
| IOF/O-Ringen Coaching Clinic (July 1994) | 1750  | 1750  |

#### WHY THESE PRIORITIES AND \$\$\$'s

##### Promotion.

The above funding figures relate to programmes that can be realistically carried out during 1993/94. These being the area's of orienteering in New Areas; in the Secondary Schools; Outdoor Education Centres and Helping Clubs. If from the July Promotions Conference new programmes are accepted and they require more funding, then NZOF will apply for more funding for the 1994/95 year.

##### Coaching Director.

NZOF are again applying for funding to employ Coaching Director at half time. Of the \$16600, \$5000 will come from affiliations while the rest will come from training camps and other coaching generated income.

##### IOF Presidents Conference.

With one of the topics dealing with the future of World Cup events, it is very important that NZOF is represented. There is talk of increasing the number of events and to give more opportunities to more countries to attend these events. Results of each countries competitors have a big bearing on the number of competitors that each country can send to the World Championships. It is only due to the results of Katie Fettes and Alistair Landels at the 1991 World Champs and 1992 World Cup races, that NZ is able to send five men and five women to WOC93.

### JUNIOR TRAINING CAMP - 29/8 to 3/9/93

Applications are now open for the Development Squad O-training camp, to be held at Houghtons Bush Camp, Auckland. Non-squad juniors aged 17-21 yrs are also invited. The camp is the week before the CDOA Champs at Rotorua. The cost is \$125. SI juniors are eligible for an NZOF travel subsidy to Wellington, with travel arranged from Wellington to Auckland and the CDOA Champs. Please make cheques payable to "NZ Development Squad" before 15 August and send to Rob Garden, 47A Forbes St, Royal Oak, Auckland. Also, please send details of your name, address, phone no. and O-experience.

### SENIOR TRAINING CAMP - 28 & 29/8/93

Applications are now open for a 2-day senior training camp for those aged 21 and over. The venue is at Houghtons Bush Camp, Auckland. The camp will start at 7.30pm on Friday 27th and finishes at lunchtime on Sunday 29th. Topics covered will include simplification, relocation, compass, route choice, attack points and physical training. The cost is \$60 and will cover food, accommodation, transport and maps. Please send cheques payable to "NZOF" to Rob Garden, by 15 August 1993. The following details are also required:

-----  
Development Squad Camp / Senior Camp (x out one)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Age \_\_\_\_\_  
Phone \_\_\_\_\_  
O-Experience \_\_\_\_\_

Enquiries to Michael Wood (04) 566 2645 or Bruce Henderson (04) 565 1524 or Rob Garden (09) 634 3676 - after 10 August.

## New Zealand Orienteering Federation (Inc.)

### OFFICERS

#### EXECUTIVE COMMITTEE

|           |   |           |  |
|-----------|---|-----------|--|
| President | Stan Foster<br>49 Puhurukawa Dr<br>Whenuapai<br>09-416 7106 | Treasurer | Barrie Foote<br>71 McKerrow St<br>Dunedin<br>03-454 4931 |
| Secretary | Les Warren<br>PO Box 19312<br>Hamilton<br>07-839 1214       |           |  |

#### COUNCIL COMMITTEE (Executive plus following)

|                      |   |             |  |
|----------------------|---|-------------|--|
| Vice Pres/ SI Member | Robyn Davies<br>34 Ansonby St<br>Christchurch 4<br>03-342 5737          | CDOA Member | Gary Farquhar<br>PO Box 7095<br>Te Ngae, Rotorua<br>07-345 9608      |
| AOA Member           | Lesley Stone<br>8 Agathis Drive<br>Mairangi Bay Auckland<br>09-478 8224 | WDA Member  | Gillian Ingham<br>6 Ngaramu Grove<br>Ngao, Wellington<br>04-479 3281 |

#### COUNCIL APPOINTED POSITIONS

|                   |  |                 |  |
|-------------------|--|-----------------|--|
| Coaching Director | Michael Wood<br>5 Alahu Grove<br>Lower Hutt<br>04-566 2645 | Mapsport Editor | Bas Cuthbert<br>PO Box 101 082<br>Nth Shore Mail Centre<br>Auckland<br>09-444 8124 |
|-------------------|--|-----------------|--|

#### SUB-COMMITTEE CONVENORS

|              |   |             |  |
|--------------|---|-------------|--|
| Technical    | Ken Holst<br>72 Hilton Road<br>Rotorua<br>07-345 6644                       | Selectors   | Wayne Aspin<br>Hilton Road<br>RD 4, Wairuku<br>09-235 1074               |
| Fixtures     | Mark McKenna<br>106 Iles Road<br>Rotorua<br>07-345 3318                     | Property    | Jim Lewis<br>53 Norman Smith St<br>Taupo<br>07-378 3289                  |
| Statistician | Bryan Teahan<br>59c Triangle Road<br>Massey Auckland<br>09-832 3992         | WOC Manager | David Puddephatt<br>30 Dornwell Rd<br>Mt Hoskell Auckland<br>09-625 7826 |
| Promotion    | Judy Martin<br>1 Gillespie Place<br>Mopara Rd, RD 1<br>Taupo<br>07-377 3116 | Kiwisport   | Kevin McGlinchy<br>41 Raymond St<br>Timaru<br>03-684 3172                |

#### SQUAD LIAISES

|                |  |             |  |
|----------------|--|-------------|--|
| National Squad | John Robinson<br>PO Box 575<br>Pukukohu<br>03-238 0311 | Development | Rob Garden<br>47A Forbes St<br>Auckland 3<br>09-634 3676 |
|----------------|--|-------------|--|

**AREA ASSOCIATIONS**

**Auckland Area Association**

|       |  |           |   |
|-------|--|-----------|---|
| Chair | Lesley Stone<br>8 Agatha Drive<br>Mairangi Bay, Auckland 10<br>09-478 8224 | Secretary | Barry Tuck<br>14 Estelle Place<br>Pakuranga Auckland<br>09-576 7414 |
|-------|--|-----------|---|

**Central Districts Orienteering Association**

|       |  |           |  |
|-------|--|-----------|--|
| Chair | Peter Fitchett<br>52 Hilton Road<br>Rotorua<br>07-345 6786 | Secretary | Bruce Collins<br>Otonga Valley Rd<br>RD 1, Raglan<br>07-8255 745 |
|-------|--|-----------|--|

**Wellington Orienteering Association**

|       |  |           |   |
|-------|--|-----------|---|
| Chair | Fergus McLean<br>25A Nicholson Rd<br>Wellington 4<br>04-479 6674 | Secretary | Ray Hill<br>136 The Ridgeway<br>Mornington, Wellington<br>04-389 3389 |
|-------|--|-----------|---|

**CLUBS**

**AUCKLAND AREA**

|           |  |               |   |
|-----------|--|---------------|---|
| Whangarei | Dick Rankin<br>Kara Road<br>RD 9, Whangarei<br>09-434 6499 | North<br>West | Colin Tail<br>1/8 White Heron Drive<br>Massey East, Auckland<br>09-832 4633 |
|-----------|--|---------------|---|

|         |  |                   |   |
|---------|--|-------------------|---|
| Central | Leon McGivern<br>46 Hope Farm Rd<br>Pakuranga, Auckland<br>09-576 4567 | South<br>Auckland | Rosemary Gatland<br>2 Jill Place<br>Manurewa, Auckland<br>09-267 5087 |
|---------|--|-------------------|---|

**CENTRAL DISTRICTS**

|          |  |            |   |
|----------|--|------------|---|
| Hamilton | Tim Beale<br>11 Dawn Rise<br>Hamilton<br>07-843 3916 | Pineblends | Don Fraser<br>24 Kupe Place<br>Tokoroa<br>07-886 8813 |
|----------|--|------------|---|

|         |   |       |   |
|---------|---|-------|---|
| Rotorua | Gary Farquhar<br>PO Box 7095<br>Te Ngae, Rotorua<br>07-345 9608 | Taupo | Kathleen Lonsdale<br>PO Box 666<br>Taupo<br>07-378 0818 |
|---------|---|-------|---|

**WELLINGTON AREA**

|          |   |                 |   |
|----------|---|-----------------|---|
| Red Kwis | Robyn Galloway<br>4 Aotea Street<br>Feilding<br>06-323 7631 | Kapiti<br>Havoc | Bruce Dryden<br>Wellington Sports Trust<br>PO Box 9242, Wellington<br>04-385 9333 |
|----------|---|-----------------|---|

|            |  |             |   |
|------------|--|-------------|---|
| Wellington | Dave Evans<br>3 Edgemere Rd<br>Wellington 5<br>04-471 0021 | Hutt Valley | Ian Donaldson<br>PO Box 30 398<br>Lower Hutt<br>04-568 6787 |
|------------|--|-------------|---|

|           |   |                        |  |
|-----------|---|------------------------|--|
| Wairarapa | Lesley Roberts<br>Westbush Road<br>RD 8, Masterton<br>06-377 1118 | Victoria<br>University | Dylan Bingham<br>105 Grant Road<br>Thorndon, Wellington<br>04-499 4363 |
|-----------|---|------------------------|--|

**OTHER NORTH ISLAND CLUBS**

|        |                                   |               |   |
|--------|-----------------------------------|---------------|---|
| Egmont | PO Box 693<br>New Plymouth<br>06- | Hawkes<br>Bay | Dave Fisher<br>26 Trent Street<br>Napier<br>06-844 8282 |
|--------|-----------------------------------|---------------|---|

**SOUTH ISLAND**

|                     |  |                         |   |
|---------------------|--|-------------------------|---|
| Top of the<br>South | Anne Stanton<br>6 Freyberg Place<br>Stoke, Nelson<br>03-547 9947 | Peninsula<br>and Plains | Wendy Wethey<br>PO Box 824<br>Christchurch<br>03-337 1489 |
|---------------------|--|-------------------------|---|

|                          |   |                     |   |
|--------------------------|---|---------------------|---|
| Canterbury<br>University | Jeni Martin<br>Can'ty Uni Students Ass<br>PB, Christchurch<br>03- | Otago<br>University | Ben Morrison<br>Otago Uni Students Ass<br>PO Box 1436, Dunedin<br>03-471 0555 |
|--------------------------|---|---------------------|---|

|         |   |           |   |
|---------|---|-----------|---|
| Dunedin | Ben Morrison<br>PO Box 6289<br>Dunedin<br>03-471 0555 | Southland | Jill Smithies<br>PO Box 6063<br>Invercargill<br>03-218 2707 |
|---------|---|-----------|---|

**NZOF BADGE SCHEME**

The Orienteering Award showing the NZOF logo is called a Gold, Silver, Bronze or Iron badge. A certificate is awarded automatically and a badge is awarded on application to the NZOF Statistician with a \$4 payment. A competitor qualifies for an award when three credits have been earned within a three-year period. A badge credit is earned by bettering the cut-off time for the appropriate credit standard at a Badge Event.

The Base Time (when total time is used) or Base Points (when a points system is used in a multi-day event) are taken to be the average of the best two place members of the NZOF. When there are only three or four competitors, the winner's time is taken as the base. Fewer than three finishers in a grade, mean only iron credits are awarded, unless the next higher grade is on the same course in which case the higher grade Base Standard is used. If M-12 and W-12 run the course, the M-12 Base times/points can be used for calculating W-12 credits.

The cut-off for each standard is:

|        |                            | When time is used<br>For grades Time within: | When points are used<br>Points greater than: |
|--------|----------------------------|--|--|
| Gold   | A, E                       | Base time + 12.5%                            | Base points *100/112.5                       |
| Silver | A, E                       | Base time + 25.0%                            | Base points *100/125.0                       |
|        | Short A, B                 | Base time + 12.5%                            | Base points *100/112.5                       |
| Bronze | A, E                       | Base time + 37.5%                            | Base points *100/137.5                       |
|        | Short A, B                 | Base time + 25.0%                            | Base points *100/125.0                       |
| Iron   | By successfully finishing. |  |  |

**RESOURCES**

The Coaching Director has an extensive library on orienteering and fitness. He also holds videos available for hire. Refer to Club Secretaries for a "Coaching Resource List".

**LIFE MEMBERS**

Tony Brighthouse John Davies Ralph King Tony Nicholls

# C O M I N G                      E V E N T S

## CLUB AND AWAY EVENTS

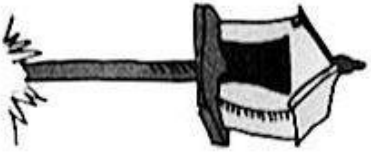
|           |  |   |   |
|-----------|--|---|---|
| Aug 29    | Pukeora  |   | Kath & Alan Berry                           |
| Sept 4-5  | CDOA Champs  | "Tiger Country"   | Rotorua OC                                  |
| 11        | Pot luck dinner at   | 167 Gloucester Street,  | Taradale, 6.30p.m.                          |
|           |  | (sorry kids, adults only)   |   |
| 12        | Whirinaki revisited  | Coaching day  | Stewart Hyslop                              |
| 26        | OY5  | Gwavas  | Bruce Perry<br>Derek Morrison/<br>Neil Mora |
| Oct 10    | Short-O 3  | Esk   | Maurice Lloyd &<br>Tim Barnsley             |
| Oct 23-25 | NZ Champs  | Woodhill Forest   | North West OC                               |
| Nov 7     | OY6/Club Champs  | Mangarara   | Maurice Lloyd &<br>Wayne Lee                |
| 20        | Smedley  | A warmup for tomorrow<br>or your weekend's<br>effort, as you choose.<br>Normal map. | Peter Hill &<br>Doug Matheson               |
| 21        | Smedley Long-O   | 10, 17 or 26km (!)  | Ted Sapsford                                |
| 23        | End of year social function and AGM<br>Heretaunga Park Motor Inn | 6.30p.m.  |   |
| Dec 5     | Christmas Event - (that year went quickly)                       |   |   |
| Jan 15-17 | APOC<br>Woodhill 3 day   | Woodhill (Auckland)   | Central OC                                  |

- 1 Hang this list of events on your fridge. Changes are not expected but may just occur.
- 2 OY series - six events, best five results to count for Club Orienteer of the Year in each grade.
- 3 Short-O series - three events, best two count for 1993 Club Short-O championships.

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* * * * *
*
*           Y O U R       H E L P       P L E A S E
*
*   On farm maps, please think like a farmer and
*   observe the standard rules:
*
*   . Avoid disturbing stock
*   . Climb over gates at the hinge end
*   . Climb over fences at a post
*   . Do not let the kids use gates as swings!
*
*   We are very dependent on the goodwill of our
*   farmers - annoy just one and we may lose an
*   entire map.
*
* * * * *

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ORIENTEERING. THE THOUGHT SPORT

Mac & Ngairé Fisher

AUGUST 1993