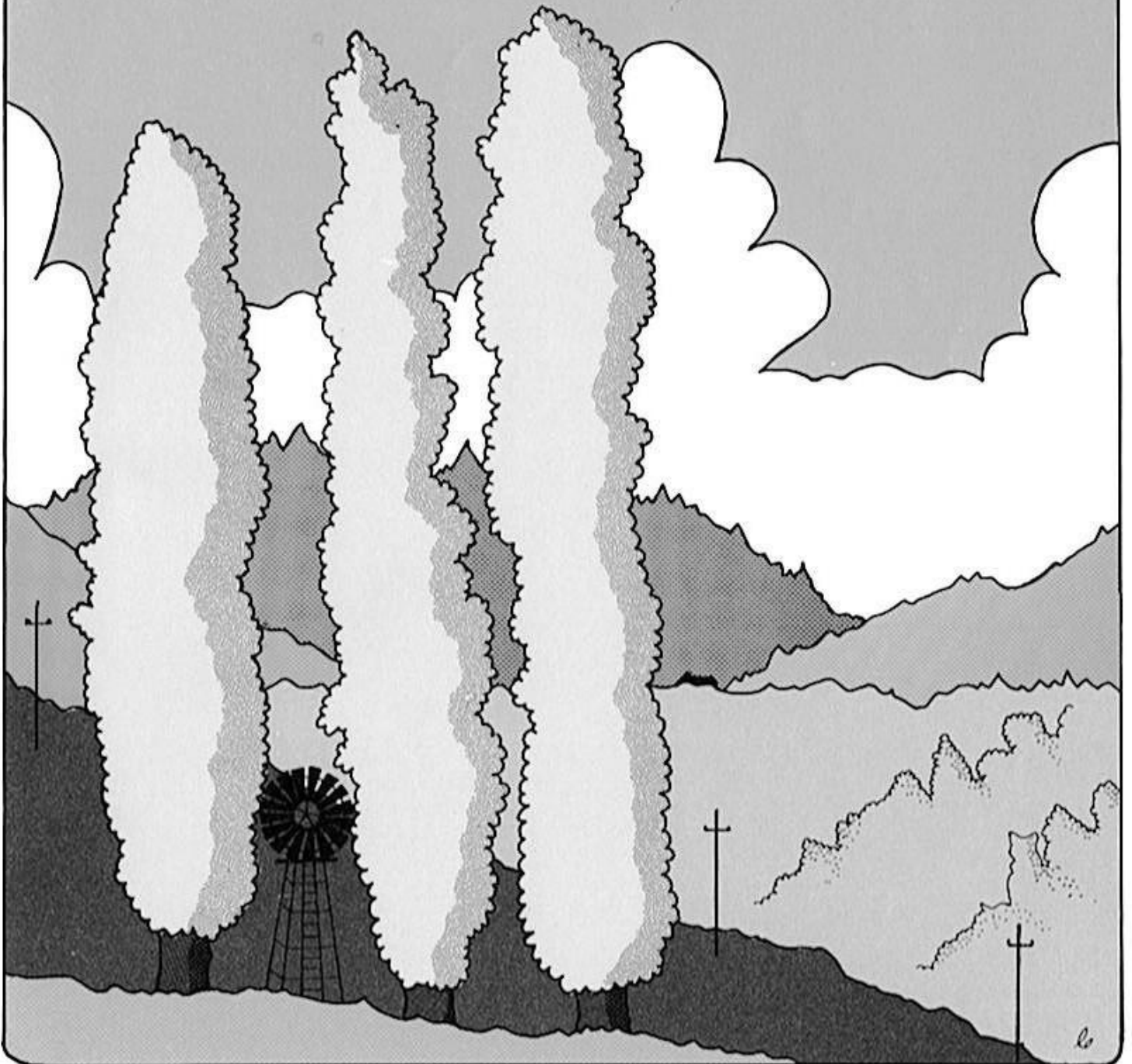


March 1995



COMPASS POINTS



6

MARCH 1995

All Correspondence and Club newsletters to the Secretary:

David Fisher
26 Trent Street
Taradale, Napier

Who's to Blame

President	Peter Watson	06 858 8208
Secretary	David Fisher	06 844 8282
Treasurer	Allan Berry	06 877 7223
Publicity/Social	Catherine Lee	06 877 6118
Equipment	David Hellowell	06 876 3341
Mapping/Coach	Ken Holst	06 879 5046
Fixtures	Peter Hill	06 879 8739
Statistics/Results	Bruce Perry	06 857 8914
Editor	Bill Walch	06 844 7715

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EDITORIAL EDIFICATIONS

The use of the word 'edification' is probably pretentious, certainly presumptuous as for this Editor to edify the majority of readers can only be compared with the blind leading the sighted. It looks good though, doesn't it.

The orienteering season is due to start in earnest and this edition includes the latest version of 'COMING EVENTS'. There are some subtle changes so destroy previous copies.

Peter Watson has reminded WOA that Hawke's Bay is now part of that august body and has proposed that our Club Champs (Nov. 19) should form part of the WOA O:Y 1995 series.

Macpac was alive and well in 1995, most heartening as it was showing signs of a terminal disease. It has been a great coffer building exercise in the past, so, when asked to do your bit (or perhaps even volunteer) next year, reflect on whether you would rather spend some time in the Kawekas or sell raffle tickets. Well done to everybody involved.

Talk about terminal diseases. Is the Smedley Medley coming back from the dead, Ted?

This is a small newsletter. The upside is, it's really easy for me to fold. The downside is, there is not much to read. So if you have not submitted copy and you should have, may your next control be in the middle of a gorse bush. Remember also, I am an Editor, not a bloody typist.

I note that one of our members has made the front cover, no, not 'Time' Magazine, but the 'N.Z. Orienteering'! Did you notice Derek Morrison with flaps lowered and about to land at a control?

Stop Press

You will note that the 'Calendar of Events' features a training opportunity on the same weekend as the Slump. Friday evening, commencing at 7.30pm, a technical briefing will be held at the Lee Residence, 22 Franklin Terrace, Havelock North. Bring a plate.

Saturday will provide a practical coaching seminar and details will be available at Friday's briefing or phone Peter Watson closer to that date.

A debrief will be made after the Sunday event at the Slump.

Training will be provided by Aidan Boswell who has been engaged by the Club. Don't bother taking advantage of those facilities if you know everything about Orienteering!

PRESIDENT'S REPORT - 25/2/95

After Tim Barnsley's promotion, which had the unfortunate consequence of the Barnsley family leaving Hawkes Bay, I was elected to replace Tim as President of the club.

I see my role in the same way as Tim and that is as a co-ordinator making sure things happen.

The first meeting of the year raised some interesting issues and a few additions to the programme.

On Friday, 17 March 1995 Ken Holst will be conducting a course setting seminar which will be of benefit to all club members.

On the next weekend, Friday 24 March to Sunday 26 March 1995, Aidan Boswell will be conducting a coaching weekend which I believe will be invaluable for all of you who want to improve your technical ability.

The most contentious issue was the map fees for 1995 and these have been set at \$4 for members and \$7 for non-members. For members this means an immediate \$1 increase per event. The committee were divided on whether an increase was justified or not but the majority opinion was the increasing cost of maps meant that an increase was necessary to reduce the current subsidy on map and event fees. At current costings the cost of holding an event (excluding the map cost) is approximately \$2.50 per map. The cash cost of a new map can range between \$5 and \$10 per map. If you are concerned about the increase please discuss it with me.

Finally I would draw your attention to Paul Dalton's article in the NZOF February 1995 magazine (pages 20-21). I have similar thoughts to Paul and if you have some bright ideas about marketing orienteering please convey them to Catherine Lee.

Peter Watson

I sat down to write an article about our Masters Games experience (three of 13 events we have competed in this year already) but was stuck for a title:

BILLY GOAT GRUFF (DUDGING LAKE VERSION) - COMPLETE WITH HORNS AND FIERCE PACE

or

BILLY GOAT GRUFF AND FRIENDS (OR PETE)

or

BILLY VERSUS THE HANDICAPPED (AND WHY YOU DON'T CROSS UNCROSSABLE FENCES ONTO LAND SPITS WITH BUSH BEFORE CHECKING OUT THE TERRITORY

or

HOW TO CROSS NARROW, FLIMSY 2-PLANKED BRIDGES WITH A BILLY GOAT IN HOT PURSUIT, OVER WATER A REVOLTING SHADE OF GREEN, IN A STRAIGHT LINE WITH YOUR HEAD ON A DANGEROUS LEFT-HAND TILT

or

HOW DOES THE UNDERDOG GET OUT OF THE PADDOCK AT THE OTHER END WITH ANOTHER UNCROSSABLE FENCE? .. PASS

or

HOW TO ENHANCE YOUR ORIENTEERING SKILLS FOR TOMORROW'S RUN or was that AGGRAVATE YOUR ORIENTEERING INJURIES?

or

WHY NOT TO GO FOR AN EVENING WALK WITH YOUR WIFE AROUND DUDGING LAKE WHICH TURNS OUT TO BE MUCH LARGER THAN ANTICIPATED, AS WELL!

and

HOW TO WEAR TWO LEFT-HAND JANDALS WHILE DOING ALL OF THE ABOVE

or

HEY, BUT HE DID SO WELL AT THE 3-DAY

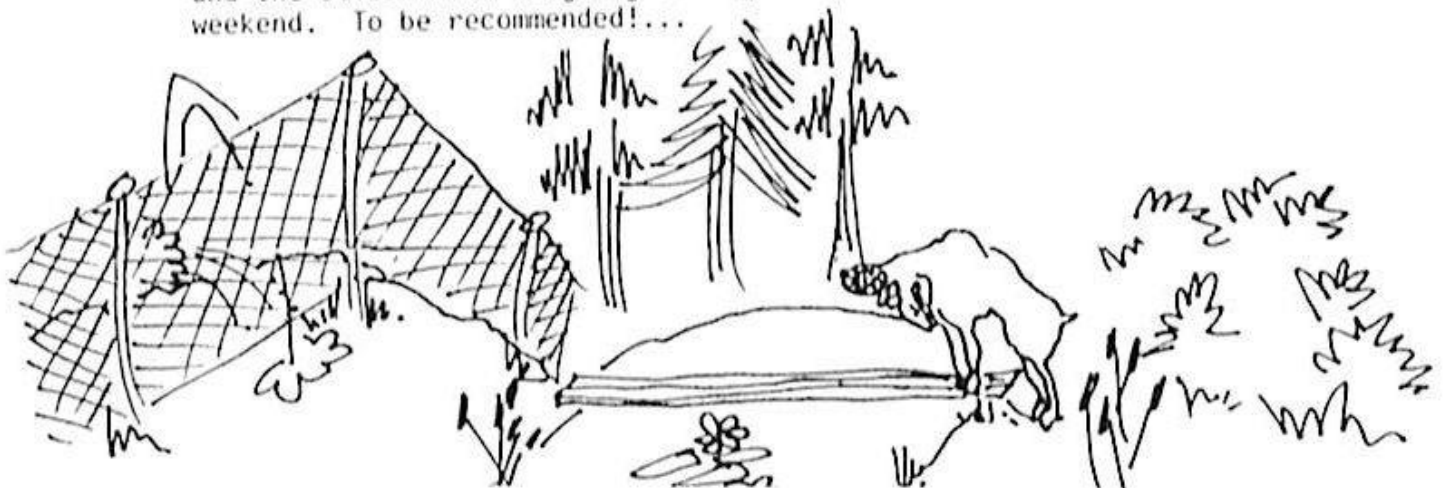
or perhaps

SORRY KIDS, BUT IT REALLY WAS VERY RELAXING BEING BY OURSELVES FOR A CHANGE

or finally

COME CARAVANING WITH THE WATSONS AND EXPERIENCE THE WILDS OF DUDGING LAKE

but I couldn't see the words on the paper from the tears in my eyes and the stitch from laughing so I gave up. But it was a great weekend. To be recommended!...



As I was the only member of the club to compete in all twelve events I will describe what you missed.

With APOC 1994 and my trip to Europe last winter I have been orienteering continuously since February 1993 and so I see the argument about an orienteering season being academic.

With the forest cover, the January heat was bearable, and considerably cooler than a 36 degree C Slump for APOC 1994.

The first event was a non-badge event (the difference between a badge event and a non-badge event is you don't need to pay the NZOF 11% of your gross entry fees) 3-day in Woodhill Forest between 6 January and 8 January 1995.

There were 13 from HB (4 families) including James Watson who was doing his first multi-day event. The three maps used were overlaps of each other and had some moderately technical areas. Caroline and I had a disastrous first day when her seriously expensive compass (\$160) on its maiden run, failed, costing her time at the start of her course and me time after we swapped compasses en route.

The overall results weren't startling but we were on holiday after all.

Peter Watson	M19-39A	5th	Caroline Watson	W19-39A	7th
Maurice Lloyd	M40-49A	4th	Linda Lloyd	W40-49A	4th
Derek Morrison	M40-49A	6th	Pamela Morrison	W Short A	5th
Geoff Morrison	M40-49A	11th	Anita Lloyd	W16A	5th
Ross Morrison	M14A	3rd	Amber Morrison	W12A	3rd
Anthony Lloyd	M12A	4th			

After two weeks back at work we were into the North Island Carnival which was held between 21 January and 26 January. The first weekend's events doubled as the NI Champs. Maurice and Linda Lloyd won their grades with Maurice recording a very fast time on Day 2 - 13% faster than the second placegetter.

The highlight of the carnival was the 'coaching' and debriefing by the National Squad. I have always realised that I was lacking in technical coaching and I received the greatest benefit from the fastest person on my course providing a debriefing which helped me to be far more consistent in subsequent runs and reduce the time lost on major errors.

The overall results from the carnival for the 17 of us who took part look really impressive but the reality was much different as defections due to injury and non-starters improved the results significantly.

<u>Results (3rd or better):</u>	<u>NI Champs</u>	<u>Overall</u>	
Peter Watson	M35A	3rd	1st
Geoff Morrison	M40A	8th	3rd
Maurice Lloyd	M40A	1st	-
Derek Morrison	M45A	6th	2nd
Pamela Morrison	W21AS	3rd	1st
Linda Lloyd	W40A	1st	-
Ross Morrison	M14A	2nd	1st
James Watson	M12A	3rd	1st
Anthony Lloyd	M12A	2nd	-
Amber Morrison	W12A	3rd	1st

The next event in the junket was the Egmont Champs held on a new map on the New Plymouth boundary. This event was physically very tough and all of us suffered from culture shock after running on fast sand dune maps the week beforehand. The Womens 21E cleaned the old men out completely using far better route choices.

Peter Watson	M35A	1st
Geoff Morrison	M40A	4th
Pamela Morrison	W21AS	1st
James Watson	M12A	2nd
Caroline Watson	W35A	6th

The next day's event, and to me the highlight of the junket, was the 'traverse', comprising running continuously over five maps from a mass start.

The M35A and M21E's were set off together which was my undoing. I should have adopted appropriate tactics and followed them into the controls for as long as possible. With the adrenalin running I tried to outrun everyone to the first control and went in one boundary change too high. I then had to watch while a stream of orienteers come charging past me while I had to slink back to the control, four minutes down and out of contention before the race was seven minutes old.

Two-thirds of the way into the first map I managed to catch up to my fellow M35's as Geoff Mead had confused Map 2's control descriptions with Map 1's. I took this opportunity to sprint off through the next two controls but blew it again with a poor attack point on the next control. Geoff and I finished Map 1 together with Martin Girling and several others close behind. After my problems with Map 1 I decided to take it easy through Map 2. We all emerged together once again.

I already knew that Map 3 was black and white and technically difficult so I decided to run hard between the two maps to get away from the chasing pack. I managed to achieve this and plunged into the map to be confronted by supplejack but the contours were very accurate and I was very clean and fast throughout. Towards the end of the map I had the excitement of an Australian M50, Dick Ogilvie, break his ankle in front of me. As a lesson to us all he broke it by sliding down a bank awkwardly and contrary to Greg Barbour's comments, although I did step over his body, I went and got help for him which I thought was far more effective for him than making clucking noises about his ankle.

At the end of Map 4 Fraser Mills (M18) caught me up and as I thought he had started on my course this gave me a fright and a very good incentive to keep running hard. Fraser beat me into the finish when I made a poor route choice to the last control. I discovered later he was running on Course 3 which had 3 maps instead of our 5.

It was a very enjoyable event and I intend to ensure that HB has one.

<u>Course 1</u>	1st	Jouni Kahelin (Finland)	M21E	1.51.26
	7th	Aidan Boswell	M21E	2.04.12
	12th	Bryan Teahan	M35A	2.13.00
	14th	Peter Watson	M35A	2.21.14
	16th	Geoff Mead	M35A	2.38.36

After recovering from the Traverse with a run on Bluff Hill, Caroline and I were off to the Masters Games to be held 4-6th February. HB had only four official entries in this event, together with three unofficial entries.

The first map, Knottingly, had already been used the week before as had the Day 3 map, Lake Wiritoa. The M35, M40, M45 were all running on the same course but using a 1:10,000 map rather than a 1:15,000. I found the difference like using a magnifying glass and it made control-finding much easier.

Day 2 was held on a 1986 map, Heaton Park, which still is a very pleasant map. Caroline and I stayed at Dudding Lake, which was marked on the map, and is a mecca for jet skis. My course was cancelled due to a misplaced control.

The final event was held at Lake Wiritoa with Derek starting unofficially three minutes behind me. After an error three-quarters of the way around the course, Derek caught sight of me but went wrong just before the finish to let me off the hook.

Official Results

Peter Watson	M35A	1st
Caroline Watson	W35A	2nd
Alan Berry	M60A	3rd
Kath Berry	W60A	1st

In future only official Masters Games entries will be accepted and in discussion with other sports we were the only sport to allow unofficial entries.

At the end of the Masters I had run 10 events in 15 days and decided that was far more enjoyable than training.

There has been a lot of debate about the cost of events but I heard no comment about charging the same fee for new and very old maps. I personally don't have a problem with that, but it must be immensely more profitable to run a 3-day on pre-loved maps for \$45 than the Nationals, using a new map and including a Short-0 for \$52.

Results of the Hawkes Bay Orienteering Clubs Twilight Score Event held on Bluff Hill on Thursday 2nd February 1995.

Total Points	580
Peter Watson	580
Wayne Lee	522
Alan Berry	510
Cathy Lee	454
Diane Lucas	444
Norris Cox	422
Dave Fisher	410
Peter Hill	330
Robyn Hellowell	320
Martin Glass	140

Bluff Hill Twilight Event 2nd February 1995.

Staleness must be avoided in the kitchen and on the Orienteering Courses. We must always use fresh ingredients in our cooking to get the best results.

So I tried to get some freshness into the run on Bluff Hill - so I decided to cook up an event using a fresh approach. I decided to prepare a Score Event in a specific time. This would provide plenty of route choice and length of course for runners.

As the fates would have it the Hawkes Bay drought broke as I was preparing to leave home to set up the event.

As a result of the rain the number of participants was well down on expected numbers. Only the hardy [or fool hardy] taking part in the rain.

As you can imagine great difficulty was experienced by the competitors in trying to complete the answer sheet as it rapidly disintegrated when exposed to all the rain. Many competitors had to remember the answers as the rain removed all traces from the answer sheet.

There was a total of 19 control questions and a grand total of 580 points [not 680, I can't add up] up for grabs.

Peter Watson managed to complete the course in the time available.

Although everyone finished up very wet all seemed to enjoy the event.

Many thanks to my family for helping and to all the foolhardy runners for taking part.

Charles Martin

9 February 1995

WAIPUKURAU PROMOTIONAL EVENT set by Caroline Watson

Well, the answers were interesting! Was it me or were you just in the wrong place? Or perhaps you didn't read the question - 10 points for trying though - I know it was a seat but what was the Fax No? I do know, however, that you were in the correct spot so the answers were all right according to me.

Having spent most of January touring orienteering events from Helensville, New Plymouth, Wanganui Bulls and Levin, I hadn't had much time to put into setting, and when orienteers from Palmerston said they were driving up I thought I'd better have another look at them. (Little farther than the Watsons travel all the time but Palmerston sounds a long way).

Instead of wiping my first A Course, having typed out the questions, I included it basically for Peter to have a run, as there was little route choice and it was too long. The night before the event I sat down and created a shorter course from the event's control sites I had already checked. That course did have several legs with route choice but only Peter Hill chose it! B Course also had little route choice (sorry about that) but you did see some countryside, thanks to my father-in-law and his neighbour. A few were a little wayward with their route but you did get from one side to the other.

The after-match function was well supported - the fish and chips surprisingly nice. And Val was so impressed with supper she has insisted on doing the same sometime.

The most difficult task was securing the '0' sign to 'Nelson St'. I had James and Quinn monkeying up the pole without success (man, those new street signs are high - down this way anyway.. we're a pack of vandals). We were just about in that category too until a neighbour passing by used the height of his truck and a rod.

The number of new members (conspicuous by their absence) raises the age old discussion of how best to encourage new orienteers. Our event was advertised over community radio, with name and phone number, every day for over a week prior to the event (I didn't get one call), and advertised in the paper...

It was great to see you all. Thanks for coming. Thanks to Fiona too, our nanny who unfortunately leaves for quieter waters, for allowing me the time to set the event.

Please note too this momentous occasion - ten years and four kids later, my first course setting! .. some of us take a little while to settle in!

WAIPUKURAU RESULTS

A+ Course 9.25km 20 questions

- | | |
|--------------------|-------------------------------------|
| 1. Peter Watson | 49.16 |
| 2. Derek Morrison | 55.15 |
| 3. Robyn Hellowell | 79.10 (in fine form for the Macpac) |

A Course 7km 13 questions

- | | |
|---------------|-------|
| 1. Peter Hill | 61.02 |
|---------------|-------|

B Course 4.25km 12 questions

- | | |
|------------------------------|-------|
| 1. Bruce Perry | 29.53 |
| 2. David Edmond (Pn Nth) | 37.45 |
| 3. Catherine Lee | 39.52 |
| 4. Dave Hellowell | 44.52 |
| 5. Wayne and Ben Lee | 53.59 |
| 6. Ross Morrison | 63.09 |
| 7. Val and Amber Morrison | 63.15 |
| 8. Constance Edmond (Pn Nth) | 67.00 |

Quinn and Stephen (2nd course) 63.42

C Course 2.6km 9 questions

- | | |
|------------------|-------|
| 1. Sharon Mardon | 31.20 |
| 2. Philip Mardon | 43.20 |
| 3. James Watson | 47.00 |

Quinn and Stephen (bicycles) 28.32

THE MACPAC KAWEKA CHALLENGE HERE'S TO NEXT YEAR

This year's MacPac Kaweka Challenge was once again a model of organisation and as one of the participants I acknowledge the work put into its running by a large group of dedicated volunteers and take this opportunity to thank them all on behalf of all competitors.

Prior to the running of this year's event some people rightly felt that this might be the last. This was bought about largely by the lack of entries towards the close off date, which in turn, understandably caused disappointment and some despondency amongst organisers. Fortunately late entries and a good number received after the closing date brightened the outlook and things really got under way with renewed enthusiasm, especially in the week preceding the race.

It would be a great shame if this event was to be abandoned and I urge people to promote it where and whenever they can. Prospective participants need only the will to start and they then become one of the 350 odd winners who take part in this marvellous annual event. All who cross the start line, irrespective of their relationship with the finish, are winners whether they are placed or not or don't finish at all. The biggest mountain has already been climbed.

Congratulations to all of us who entered, supported or organised. Let's do it again next year.

WAYNE LEE

COURSE SETTING GUIDELINES

Stolen from The Auckland Orienteer. Written by Selwyn Palmer 5 years ago, here para-phrased by Mark Roberts, following a suggestion from Rob...

Personnel

Ideally, the Controller should be more experienced than the Setter. Although the Setter initially plans the courses, the event will be the product of a partnership.

Both the Setter and the Controller should feel free to analyse, discuss, re-plan and accept revision to obtain the best possible courses.

Timing

Allow plenty of time. I suggest at least three months for a forest/farm event, and three weeks for a park event. Several field events will probably be necessary. I always find that after one or two visits, and some nights of sleep and thought, I have some fresh ideas, and I need to visit the area again.

I usually draft my courses at home first, which is OK if you are already familiar with the terrain. If you have never been there before, it is often useful to take a run over the map first.

Choosing the event centre

Think about parking, access, toilets, shelter and proximity to the area of the map you want to use.

I have often found that my event centre is determined by wanting to be close to a good part of the map for easy courses.

I usually begin my course planning by finding the parts of the map where there are plenty of handrails, catching features, obvious attack points and easy terrain for the easy courses.

Then I look for technical areas where I can set challenging longer legs with route choice for the longer courses. I plan as many of these really interesting legs as I can - and when I think I have a good selection, I consider how to link them together, modifying the course layout to suit.

The purpose of orienteering events

Orienteering has been defined as an equal test of running ability and navigational skill.

We satisfy the running test simply by providing a course with appropriate length and steepness. We don't need to think about this aspect much more, except to try to keep runners away from bush-crashing and mountaineering.

It is false to justify a long track run by saying that you are testing running ability. It is OK to justify a track run on an easier course by saying that you are testing basic navigational skills.

So, the primary purpose of the event is to provide a navigational exercise, and this is the Setter's primary concern.

Everyone should finish and say "That was fun, and I also hope they will say "That was fair.

We want newcomers to feel that we are well organised; we want them to come again.

Fairness

Fairness is the basic ingredient of all good sport. When luck becomes necessary for a good performance, competitors rightly become irritated and don't enjoy the experience.

Even the winner gets little satisfaction from a lucky win.

I cannot emphasise enough how important it is to eliminate the luck factor. There are many potential causes of the luck factor; try to predict them, even though it's not easy.

Controls must be easily visible when the orienteer is at the feature. When she reaches the centre of the circle, she should not have to search for the control - not for one second.

Never hide a control behind a tree or in long grass. If necessary, change the control site, move the control by a few metres, or remove whatever is blocking it from view.

Orienteering is all about how to get from one control site to the next. It is the navigation en route that makes the sport unique.

So check the routes open to the orienteer. Is each route more or less as the map says? If inaccurate or out-of-date mapping makes one potential route unfair, change the leg or use a map correction.

Checking the mapping

Check the mapping in the vicinity of the control, especially between any obvious attack points and the control. If the map is faulty, move the control. It's conventional not to solve this problem with a map correction, which may obscure the control feature or confuse the orienteer.

Watch out for parallel features near the control. They must also be well mapped. And avoid

doglegs - sensible route choices that mean the runner may enter and exit by the same route, telegraphing the presence of the control to the next runner.

Avoid controls on minor point features in otherwise featureless or vague terrain. It's bound to be a bingo control, because not even the most skilled and careful orienteer will be able to find it reliably.

Checking and double-checking

The control must be in the right place. We can spend hours improving other aspects of the course and the event, but a misplaced control is a disaster. So Controllers should never ever assume that the Setter chose the right spot, or planted the control in the right spot, or put the right control code on it, or got the description right. Check everything - and double check.

And whenever the Controller selects a site or plants a control or whatever, then the two swap roles so that the Setter can play Devil's Advocate and look for any problems.

Check each master map, and pre-printed copies too, and the descriptions, and double-check that they are in the right box. Everything!!

If you are ever unsure about the level of difficulty or fairness of a control site or a leg, always err on the side of easiness or prudence. It's the Controller's task to listen to complaints after the event, and no-one ever complained about a course that was too easy or too short; need I say more?

Purpose of a control

Every control is there for a reason. Usually the purpose is to begin or end a good leg, full of map reading, route choice, and navigational problems.

Sometimes a control may be needed for a short "re-locating" leg, to set up the next good leg, or avoid a bad leg or a dogleg.

So examine every control. What happens if it is removed? Will the quality of the course suffer? Perhaps it will improve. Sometimes we fall into the trap of setting very regular legs with similar length and difficulty. Removal of an unnecessary control can change the picture. And it cuts down on the amount of work you must do!

Legs

Now examine every leg. Does it provide an appropriate challenge? Minimise "dead" running - long, boring runs to the next attack point or catching feature.

Remember that one orienteer's navigational problem may be boring to another, so always consider appropriateness for the grades on the course.

Aim at a reasonably consistent technical level for all legs on a course. Although you can throw in an easy one on a long course, never put in a tough leg on an easy course. The inexperienced orienteer will not spot the change, and then you've lost her.

Control sites

Never use a feature merely because it is interesting, exciting or pretty. The design of the leg should determine the position of the control.

But within an area that might be quite large, almost any specific site would be appropriate for a given leg. That's why it's best not to choose control features at home, but to identify a rough area and then go and find a well mapped feature in a clear area. If you arrive with a precise circle already on your draft control map, it's tempting to stick to it even though it's not the best available.

Although orienteering is a test of navigation between controls, not finding controls in the thicket, avoid making the control so very obvious that navigation ceased before the orienteer enters the control circle.

Ambiguity

Avoid controls on similar features close together, or with similar codes.

Strictly the rules say the second control should not be inside the circle from the first. But a better rule of thumb is to avoid overlapping control circles entirely, no matter what course they are on. There is always another control site available. And it makes setting easier.

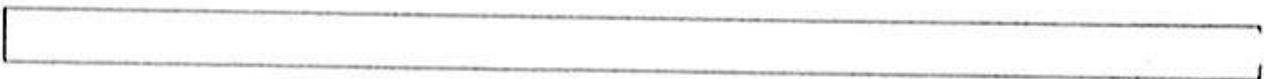
Don't put a control on or very near to a map correction. It's too easy to get wrong or introduce confusion.

Every control should be on a definite mapped feature, which is described on the map in the same way that a reasonable orienteer would describe what is to be seen on the ground. (Mappers aren't perfect)

Tricks of the trade

Make navigation more demanding (A grade) by placing controls away from handrails, collecting features or attack points. Make it averagely demanding (B grade) by placing controls near to these. Make is less demanding (C grade) by placing controls on or alongside these features.

Many forest/farm maps have a series of regular sized compartments bounded by roads or fences. If you put a control in the middle of the block, the first section of the next leg will be a dead run to the road. So typically a leg will cross much of the block to reach a control. Unfortunately, this makes courses on these maps very regular - all of the legs are the same.



Parallel features, typically linear terrain features like spurs or valleys, can lead an orienteer astray - which can be good or bad. Look for these possibilities.

Variation

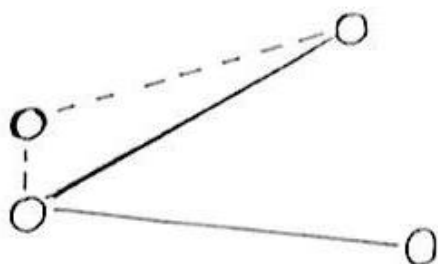
Try to vary leg direction, leg length, types of sites, terrain, and navigational challenges. It all makes the course more interesting.

You can vary the specific skills being tested, by varying the nature of the legs and parts of the legs. Look for:

- slow run/careful navigation followed by fast run/rough compass
- pacing on bearing, distance estimation
- heading off
- over or round
- contour navigation
- avoiding parallels
- reading fine detail around the control

Doglegs

Avoid doglegs, or controls with very sharp angles between the entry and exit legs. Watching a runner enter and exit a control gives the next guy a lucky break.



The usual solution to a sharp angle between legs is a short right-angled leg created by an extra control.

Don't tempt the orienteer to cheat

Avoid tempting runners with cross-overs or controls from different parts of the course close together.

Avoid legs with route choices that cross out-of-bound areas. The runner may be tired, or tempted, or may not be able to distinguish where the out of bounds is on the ground, or may not be familiar with the symbol.

Fight or flight?

Physical difficulty NEVER compensates for technical challenge. Orienteering is a navigational test, not a steeplechase.

Avoid climb. The runner won't thank you for it.

If you have to set a steep uphill leg, break it up by putting in an extra control or two, which will introduce a navigational challenge too. Make them zigzag up the slope instead of a long grunt straight up.

Drawing the course

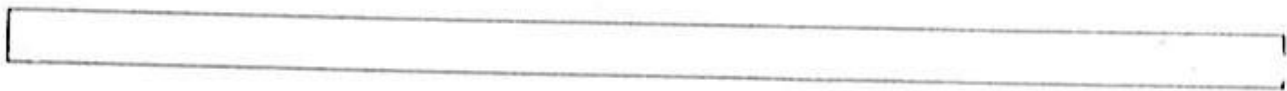
Draw any corrections onto the master maps, as well as the map correction copies. On correction copies, state which courses they relate to.

Provide plenty of master maps. Beginners take much longer to draw courses (and so do some experienced runners, copying long courses!)

Ensure that the pens are red, and that they work. Provide a blue one nearby for those colour blind on red! Even a master map in blue if you know that your club has such members.

Circle size should be 5 or 6mm. Never put a dot on the feature; if you feel you must, go find another feature. Make sure your circles don't obscure anything important.

More next month!



WHAT'S THE ODDS? by Amicus

The 26 lower case letters a to z stand for the 26 odd numbers from 3 to 53 (inclusive) in some order. The usual mathematical notation is used and no light starts with zero.

ACROSS

- 1. $(b + d + q + r)(e + l + w)^2$
- 7. $v^2 + z^2$
- 8. c^2
- 10. f
- 11. $f(d+r)(o+t)$
- 12. y^2
- * 14. $j + z \quad (jtz)$
- 16. $q^3 - gi$
- 18. $ry(t + y^2)$
- 19. $g^4 + i + s + x$
- 20. $ilox + q + s$
- 24. f^4
- 27. $dy + s^3$
- 28. $qsx - (k + y)$
- * 29. ~~ku~~ ku
- 30. $b^4 - ci$
- 31. c
- 32. $g(c + v)$
- 34. ay^3
- 36. h^3q

DOWN

- 1. $j - o$
- 2. eit
- 3. $rsx - u$
- 4. $j^3 + jr$
- 5. $d^3 + q^2 - (p + y)$
- 6. $s - o$
- 7. $f^3 - nt$
- 9. eh
- 10. gn^3
- * 13. $n^3x - v^3c$
- 15. 28 across + 17 down
- 17. $b^3 + m^3$
- 21. fgy
- 22. j^2p
- 23. l^2n
- 24. ax^3
- 25. $(am)^2 + e$
- 26. iks
- 33. g
- 35. w

		1	2	3	4	5	6	7	8				
	7	3	8	9	8		8	1	5	2	9		
10	1	7		4	6	0	0	0		12	13		
14	3	3	8	2	5		16	1	9	4	1	0	
18	4	8	6	5	4		19	2	8	6	3	4	
9			3						2			2	
20	6	4	3	22	23		24	8	3	5	26	1	
27	9	1	3	8	6		28	4	0	0	8	3	
29	9	3		10	4	9	8	0	6		31	3	9
		32	33	1	9	6		34	3	6	35	4	5
			36	3	1	7	6	5	2	3			

New Zealand Orienteering T-Shirts

Waikato Campus Orienteers (WACO) is proud to give you the opportunity to purchase a fine orienteering t-shirt.

Great for: Gifts.
Spot Prizes.
Promotion of the sport, remembering of course that National Orienteering Week is coming up.
Training in.
Racing in.

These fine t-shirts will be white with two colours on the front and one colour on the back.
The price is a mere \$25.13 per shirt.

A Bargain !!!!

To Order: send money, size and quantity wanted to
WACO T-Shirt
C/o Shaun Collins
17 Hogan Street
Hamilton

Make Cheques payable to WACO

Please Note if insufficient numbers are ordered money will be refunded in full



orienteering /o:nen'tiəri:n/
n. 1 a sport in which people race on foot over a course consisting of checkpoints found with the aid of a map and compass. 2 the favourite pastime of a wide range of people who like to run, jog or walk insanely through the undergrowth and over fields in a frenzy.

FRONT

NEW ZEALAND
ORIENTEERING

Supported by

MAPsport
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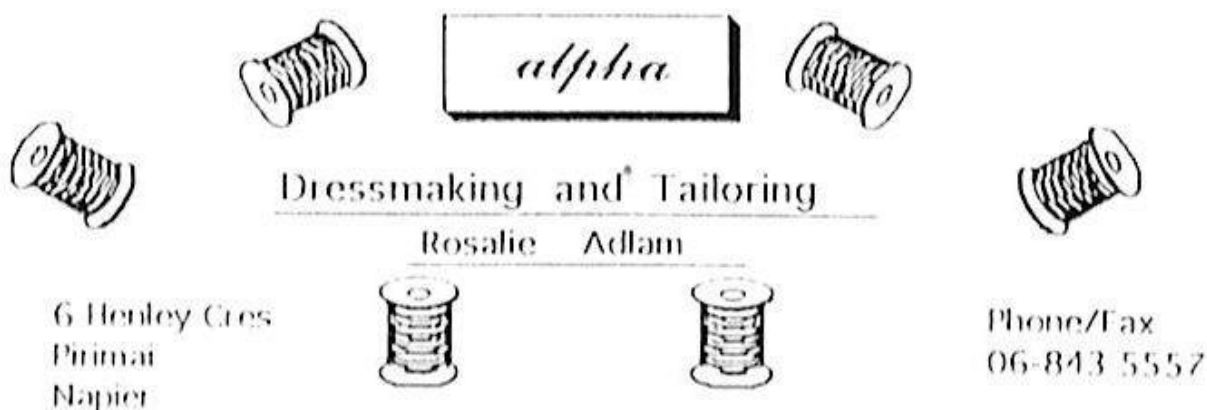
BACK

COURSE SETTING SEMINAR

All those people selling courses this year,
and anyone else who is interested,
are invited to attend a training course on
COURSE SETTING

TIME: 7.30PM
DATE: 17 MARCH 1995
VENUE: TWYFORD SCHOOL
CONTACT PERSON: KEN HOLST
PHONE: 879 5046 (AFTER 6.30PM)

NOTE: ESSENTIAL FOR COURSE SETTERS,
HELPFUL FOR ALL OTHERS.



alpha

Dressmaking and Tailoring
Rosalie Adlam

6 Henley Cres
Pirimai
Napier

Phone/Fax
06-843 5557

'O' Shirts in Hawke's Bay Club Colours

Make sure your new seasons "O" shirt is in the Club colours.

Order Now!

The colours are Fluoro Green with Black and White.

I am making these to individual order but prefer to do batches of at least four shirts. The sooner you place your order, the sooner you will be able to wear these *DYNAMIC* colours and be part of the *SPIRIT* of the Hawke's Bay Orienteering Club.

Cost - Adult shirts \$30.00 each. Price for little people is negotiable.

Contact Rosalie to place your order. Phone 843-5557.

COMING EVENTS

March 4	Night Relays	Taupo	-
March 5	Club Event	To Mata	?
March 12	Club Event	To Mata Park	-
March 17	Course Setting Seminar	<i>Details - Page 2</i>	
March 19	WOA OY#1	Wellington	-
March 19	HB Secondary School Champs		-
March 24	Technical Briefing	Lee's Res.	-
March 25	Coaching Seminar	<i>Details - Page 18</i>	
March 26	HBOC OY#1	Slump	D Morrison
April 2	WOA OY#2	Wellington	-
April 9	HBOC OY#2	Mangarara	B Perry
April 14-17	NZ ORIENTEERING CHAMPS	Auckland	-
April 30	Club Event	?	?
May 14	Club Event	?	?
May 28	HBOC OY#3	Maraetotara	K Holst
June 11	Short O #1	?	P Hill
June 25	Club Event	?	?
July 9	HBOC OY#4	McNeil	P Watson
July 23	Club Event	?	?
August 6	Club Event	Te Mata	B Crawford
August 20	Short O #2	Gwavas	?
September 3	Club Event	?	?
September 17	Club Event	?	?
October 1	HBOC OY#5	?	S Mardon
October 15	Club Event	?	?
October 20 - 23	LABOUR WEEKEND	Dargaville	
October 29	Short O #3	?	?
November 12	Frank Smith Trophy	Wellington	
November 19	HBOC OY#6 Champs	?	?
November 26	WOA CHAMPS	Wellington	
November 28	AGM	-	-
December 10	Christmas Event	Horse Shoe	P Hill

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ORIENTEERING, THE THOUGHT SPORT

MARCH 1995