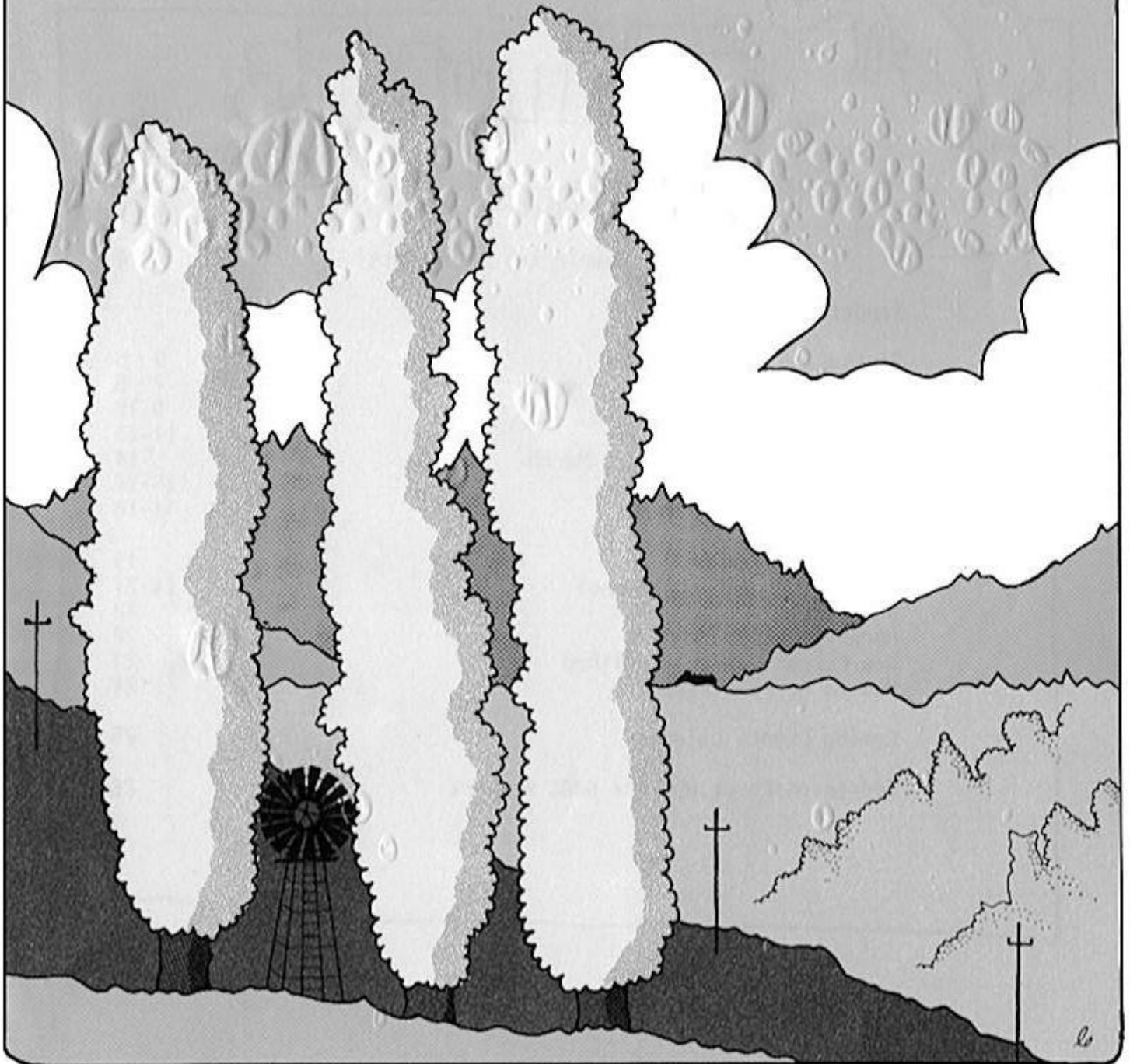




# COMPASS POINTS



# VOLUME III - MAY 1995

REFER BACK PAGE FOR ADDRESSES AND PHONE NUMBERS:

President: Peter Watson  
Secretary: Dave Fisher  
Treasurer: Alan Berry

Committee: Peter Hill - Fixtures  
Pamela Morrison - Publicity/Promotion  
Ken Holst - Mapping/Coaching  
David Hellowell - Equipment

Robyn Hellowell - Newsletter Co-ord.  
Kath Berry - Library



★ ★  
★ ★  
**NEXT ISSUE - 23rd July 1995**  
★ ★  
★ ★  
Contributions to Robyn Hellowell

## CONTENTS

President's Report	2
A Word from the Editor	2
Eye in the Sky	3
What sort of people are Orienteers?	4

### Reports and Results:

Raretu - 5 February	5-6
Katoa Po (Night Relays, Taupo)	7-8
Te Mata - 12 March	9-10
The Slump - 26 March	11-13
Coaching Weekend - 25/26 March	14
Mangarara - 9 April	15-16
Te Mata Park - 30 April	17-18

OY Points up-date	19
National Champs (Pukekohe)	20-21
New Book	22
Murphy's Lore	22
New Course Colours outlined	23
Mamaku Re-re-visited	24

Coming Events Calendar	25
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Addresses/Phone Numbers HBOC members	26
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Congratulations to all our club members who performed well at the National Championships with titles being won by Brian Crawford (M65A) and Ross Morrison (M14A) in the Classic and Geoff Morrison (M40AL), Kath Berry (W60A), Ross Morrison (M14A) and Pamela Morrison (W21AS) in the Short 'O'. It would seem the number of Short 'O's we run has helped everyone's performance.

Aidan Boswell, who organised the recent coaching weekend, has been selected for the World Champs team.

My thanks to Bill Walsh for his efforts in putting the club magazine together in the past, and Caroline for putting together this magazine. The future publication dates will be 23 July, 1 October and 10 December.

My thanks also to Ross Berry, Alan and Kath Berry, Brian Crawford and Sharon Mardon for the work they have done in respect of the Macpac Kaweka Challenge. Alan is taking over the reins for next year's event.

The club has agreed to host the 1997 National Secondary School Champs with Peter Hill being the co-ordinator.

The HB Roadshow gets back in gear for Queen's Birthday at Wellington and although entries are closed you may wish to make a late entry by phoning Liz Nicholson (04) 563-7818.

With kind permission of my long-suffering wife I am travelling to Denmark, Sweden and Scotland in July to see if I can last, competing in 14 days of orienteering over a period of 16 days.

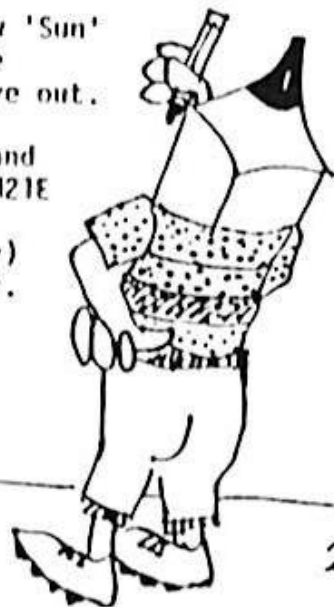
A WORD FROM THE EDITOR

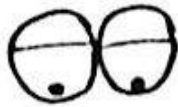
HIS WIFE ..

I'd forgotten how hard it is to prise articles out of people! Thank you contributors for this edition. Keep up the good work. You may not think you could write anything others would enjoy reading but you'd be surprised. Think of all those stories and reports you've enjoyed reading in the past. Somebody had to write them. A magazine with just results would be pretty boring wouldn't it?

Did you spot the Morrison who's who photo in the new 'Sun' newspaper, April 27? Good one Morrisons. I believe Brian Crawford will also feature soon. Keep your eye out.

They're all coming out of the woodwork now.. Geoff and Derek inform me that Kevin Ireland who was the top M21E runner when the Watsons first started orienteering (and who surfaced at Mamaku for a nostalgic run only) is a cousin, no less; be it once removed or whatever. Orienteering in the genes, ah?





## EYE IN THE SKY

(by the Magpie)

- \* A certain club-member, checking clip-cards after the OY at The Slump, was heard to cry "What the heck has this person done?" Then there was silence, after they turned it over and discovered it was their own!
- \* The best ice-creams, so far this year on O-travels, were at the Eketahuna Dairy (Main Street). \$1 for an enormous 3-scoop treat. No wonder the store had a 'For Sale' sign in the window.
- \* The string course at The Slump was popular. Holly Lucas did it 6 times! Gemma Lucas and Emma Watson 5 times each and Brendon Lloyd 4 times!!
- \* Peter W. and Derek M. must've been seriously racing at Jollies Bush. Neither of them bothered with the fine array of beverages at the drink control. Beer, wine, champagne, whisky and water, all on a table at the control site - in the living-room of a dis-used homestead!
- \* The HB club could have held an AGM at one of the controls at CDOY 2 at Tyger Country. There were a few of them seagulling around but it's not as if the setter had put the control in the wrong place - it actually wasn't there at all!
- \* A club-member was seen after the Mangarara OY, returning after collecting controls, with their clip-card still pinned to their front. A tactical approach which even Aidan Boswell's coaching never touched on?



## WHAT SORT OF PEOPLE ARE ORIENTEERS?

A recent survey undertaken by the OFA reveals the social and lifestyle characteristics of the *Australian* orienteer. Some of the more interesting results are summarised below:

- \* Most respondents (68%) were introduced to orienteering by friends or family. Only 1.1% were introduced by displays.
- \* The majority of orienteers are employed in professional or managerial/administrative occupations. Teachers top the list, followed by engineers and scientists. The income range of orienteers is well above the average.
- \* Most orienteers have a university degree with 27% of those over 24 having post-graduate qualifications.
- \* The main other activities listed included bush walking and running. Team sports were not popular, except with students.
- \* Over a quarter of orienteers travel overseas to pursue their sport.
- \* Orienteers are more healthy than the average. More orienteers are in the *acceptable* weight range than the average, this is due to better eating habits, exercise and very low smoking rates (3%).
- \* Only 20% of respondents didn't own a personal computer.

## APOC 1998 AND 2000

Queensland was appointed as organising state for APOC 2000. Australia will also apply for APOC 1998 if no else does.

\*\*\*JOIN THE HB TRAVELLING ROADSHOW\*\*\*

- \* South Island Champs
- \* Christchurch area
- \* Labour weekend, October 21-23



If interested, please give name to Pamela Morrison so possible interest can be gauged.

At this stage, the plan is to fly down and hire a mini-bus for the weekend.

## RARETU - 5 February 1995

This was Dave's and my first "alone" go at course setting. A couple of hours were spent at home pondering over the map.

The next activity was a trip out to the area to check start sites... Yes we changed our minds 3 times.

Back home and Dave spent a few hours with the map and a piece of string working out distance and suitable control sites.

Armed with a spray can, clip board, lunch and water we spent a day walking the the courses and marking the control sites this proved to be a long but enjoyable day.

There were a couple of controls that required a second opinion so one night Dereck Morrison kindly went with Dave to check our work. On this expedition Dave very cleverly sprained his ankle (I'm sure it was done so I had to put the water out on the courses the morning of the event!!!!)

Friday before the event Dave and I had another days outing putting the controls out. Dave found this very difficult with his newly sprained ankle.

Finally the day of the event , we could not believe that so many keen orienteer's actually started their runs at 10.30 sharp fortunately we were organised.

Generally every one appeared to enjoy their courses there where of course some good excuses for not finishing like...Ken My shoe disintegrated Holst!!! (There is always an original!!)

I need to apologies to those people that could not find the hidden control but that's one thing I learnt....not to hide controls I honestly thought that was the done thing...may be its just my own orienteering ability that made me think that all controls on courses I have run on, are hidden on purpose!!!!

Finally thanks to Dave for teaching me every thing I know!! and to all the kind people who brought in controls for us..

Robyn Hellawell

Raretu - 5.2.95  
 Course setters:

Robyn & David Hellowell

A course

Norris Cox	89.33
Tim Barnsley	110.31
Dave Fisher	117.42
Ted Sapsford	151.56
Wayne Lee	161.00
Diane Lucas	DNF
Ken Holst	DNF

B Course

Brian Crawford	103.17
Martin Glass	111.03
Catherine Lee	118.54

C Course

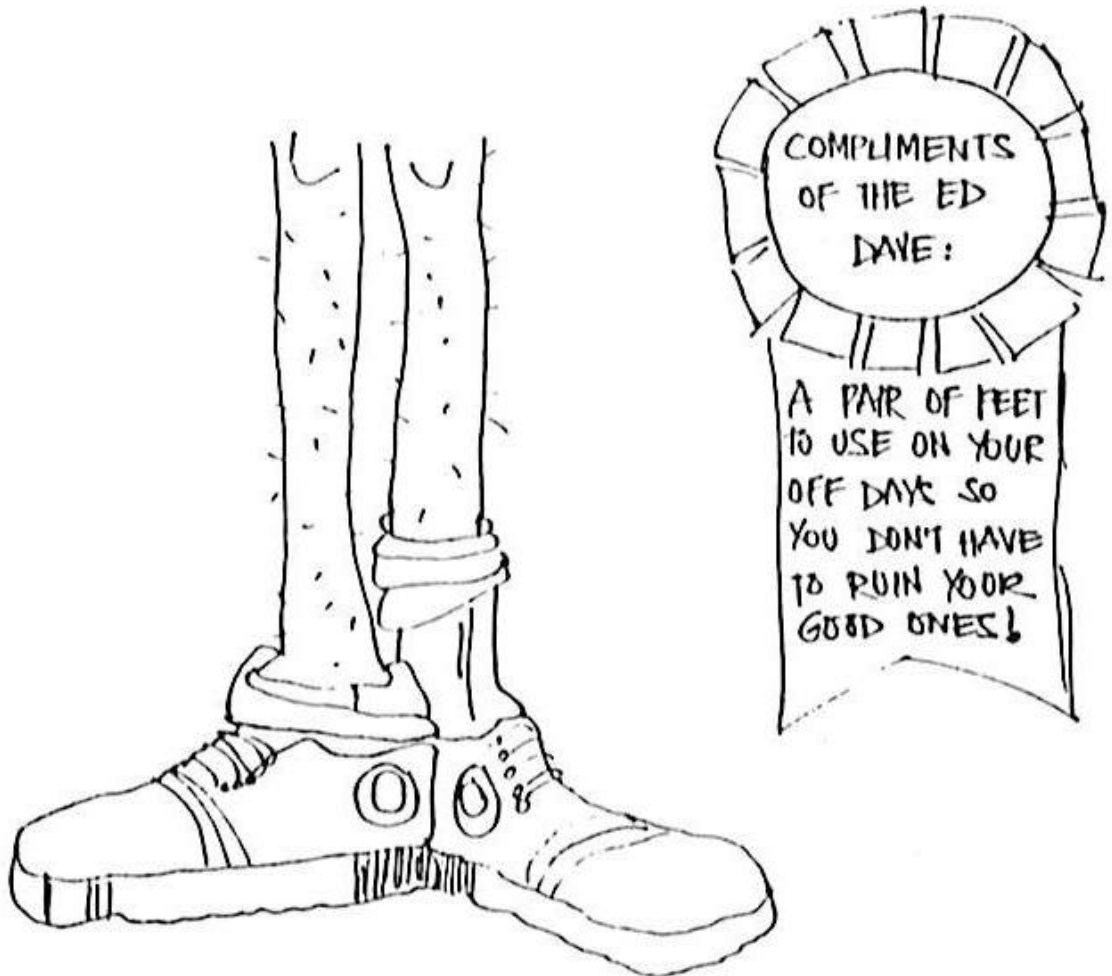
Sharon Harden	73.14
C & J Laverty	84.58
Mac & Ngairé Fisher	91.37
Margot Young & Max McEwan	96.17
Anne Sapsford	104.55
Charles Martin	177.46
Kay Holst	121.28 m1
Ben Lee	70.24 m3
Deon Niethe	105.59 m3

D course

Chris & Amanda Barnsley	43.46
-------------------------	-------

E Course

Louise Barnsley	26.28
Dave Smith / Aaron Avery	37.31
Gemma & Parents Laverty	45.20



## KATOA PO 1995

Even though it was only a slither of moon, hence a dark night, the sky was clear, making camping, waiting and night orienteering not unpleasant. 18 teams, (plus 5 more in the juniors) made it quite a parade of who's who of North Island orienteering.

Our team, we thought, had possibilities to do well, with a solid look about it, but in the end our later runners found it hard to foot it with the 'stars'. But, when it came down to it, at least we had all our team in the right classes, with no foreign imports or other 'temporary transfers'. We were all 'true blue' sub-paying Hawkes Bay club members.

Ross Morrison got us off to a flyer, lying 4th, just a minute from the lead and Pamela Morrison consolidated, 3rd fastest time, to bring us into a comfortable 3rd. Dave Fisher maintained 3rd, but had the Teahans breathing down his neck. Maurice Lloyd did well and was only a second down on Bryan Teahan at the next change-over.

Geoff Morrison had quite a rotten run, but when the baton was handed over and the smoke had cleared, the HB team was still 3rd. (Funny thing this orienteering!) Peter Watson had the unfortunate luck of a non-punched control, which he found incomprehensible, consequently a 15 minute penalty! Also, at this stage the competition was pretty tough, with a couple of 'foreign names' and a few of the NZ training squad on the same course. At this stage we'd dropped to 7th, and Derek Morrison, with the incentive of getting around before 3am, did very well against the rest of the NZ squad (and foreigners) maintaining our 7th overall placing.

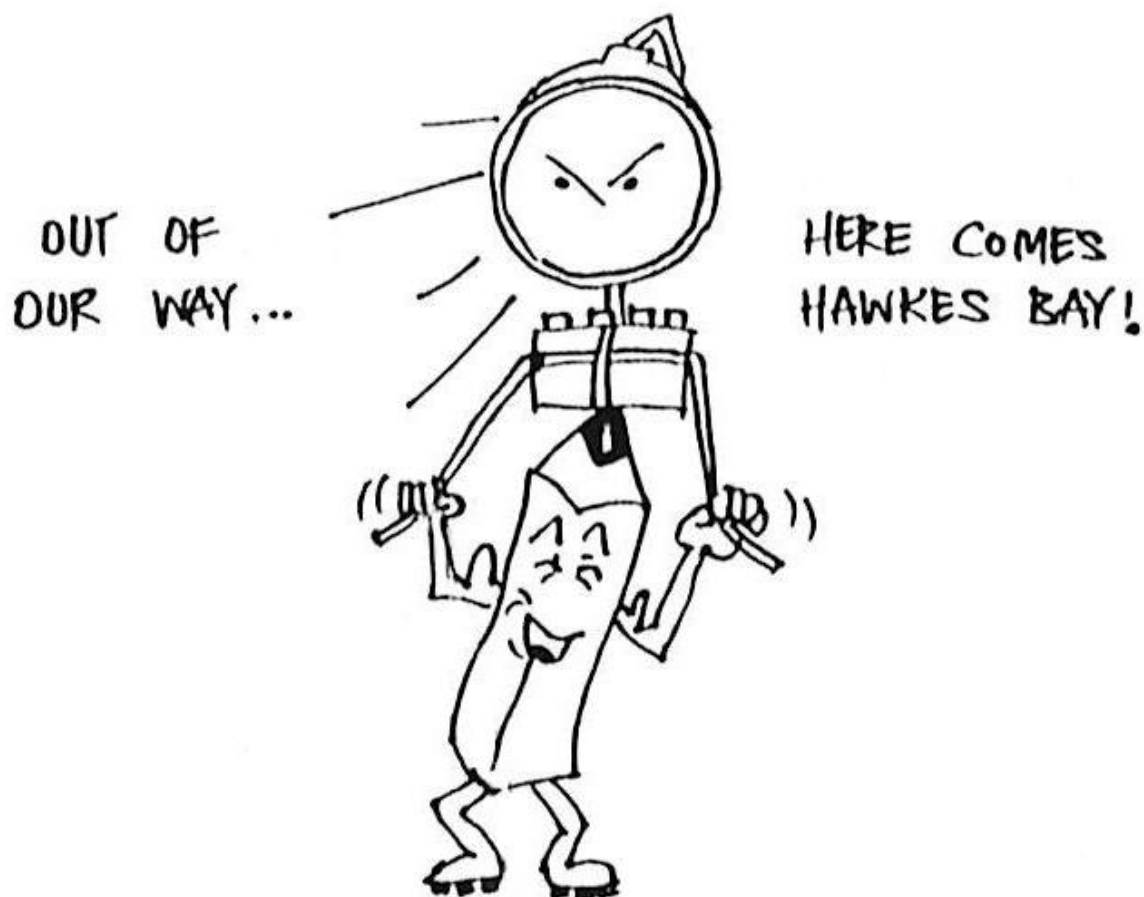
Ken Holst ran well for Rotorua and is earmarked for next years team after he was 5th fastest on his course.

Our torches were sub-standard and in the conditions we met were not in the same stratasphere as the powerful headlamps of some of our competitors. Perhaps the Club could perhaps consider the purchase of 2 or 3 sets for use at future events.



Egmont Club had 2 teams plus a short course -junior- team so perhaps HB could try and match this for next year. It's a wonderful format, a very enjoyable event to compete in and the more we get there, the more fun to be had!

Now more on the contracts with the elite Finns we're bringing over.....



TE MATA, 12 MARCH 1995

The kite day, cricket test, apples, holidays and lack of publicity within the club were major reasons for a small turnout at Te Mata. Fortunately, we set just 4 courses, which is probably all that is needed at club level for non-OY events.

Our target was to keep the courses as flat as possible to make the event an enjoyable Sunday run. Electric fences were kept to a minimum, unless you were a masochist, and only the odd jolt was recorded.

We decided to start away from the finish area, a gentle stroll up the hill to the start area being preferable to a grunt up to the triangle with time ticking by. As well, we pinned up control descriptions on the fence so people could copy them onto their clip-cards at a table - saves on a heap of little photocopied pieces of paper, which people copy onto their clip-cards anyway!

We strung the string course through the Redwoods - around trees, woodpiles, a stream and through bush. The kids that did it thoroughly enjoyed it and showed they like a bit of adventure. Even though they're only aged between 3 and 7, let's not bore them early.

Good to see a couple of new faces - Tim Hay, who is an experienced orienteer returning to the area, and John & Paul Allen, who thoroughly enjoyed their first "O" experience.

So, if they return, as with all new people, let's go out of our way to make them feel welcome. Check how they went on their courses and offer to give them a few basic tips. Remember, they are prospective members, so let's do our best not to lose them.

Geoff Morrison

## RESULTS - THE MATA

### Course 1

Difficult(now red),long

Derek Morrison	67.35
Ken Holst	73.08
Alan Berry	92.48
Peter Hill	104.43
Ross Morrison	106.43
Tim Hay	115.16
Ted Sapsford	143.24

### Course 2

Difficult(now red),shortish

Bruce Perry	43.15
Diane Lucas	67.31
Brian Crawford	79.19
Kath Berry	81.56
Sharon Marden	97.53
Max McEwan	120.07
Max & Ngaire Fisher	123.05
Charles Martin	217.06

### Course 3

Medium(now yellow),short

Rosalie Adlam	32.15
Anne Sapsford	49.49
Brian Wardle	55.00

### Course 4

Easy(now white),short

Amber Morrison	31.24
John & Paul Allen	31.43

### String Course

Anneka Perry  
Kate & Duncan Morrison  
Gemma Lucas & friend



What a pleasure, having the opportunity to set courses on such an interesting map. And the weather on each day we checked control sites was magnificent – fresh air, swans (white and black) on the lake, no electric fences – idyllic. Surely, we thought, Murphy's Law would prevail and the event day would be miserable.

However, the day dawned dry but overcast – almost perfect for running with a firm, fast farmland section.

Winners on the A and B Courses responded by running within two minutes of the target times, which made the setters feel smug. That smugness was quickly dispelled as the other courses proved harder to predict.

It was gratifying to see the good turnout, particularly from outside clubs, (nine) with 45 competitors overall. (That's counting Peter Hill's platoon of Indians as one entrant)

The biggest decision to be made during planning was the start/finish area. After trying three different spots we decided to separate the start from the finish, relieving the congestion round the caravan. In retrospect we feel we got the balance right.

Another, lesser problem was the number of variations to the map – preliminary armchair routes had to be drastically revised due to the proliferation of blackberry (in places), new tracks, and the occasional mapping error, especially that gaping depression shown as a large hill

The decision to hold a club training session on the map the day before the O.Y. added another dimension to the setters' challenge.

Pam's offer of assistance was gratefully accepted with only about ten days to go. We still managed to check and analyse all control sites (just!) by nightfall on the Saturday.

We threw in as much route choice and as many direction changes as we could, even on the short legs. (The course's not ours!) We attended Ken Holst's seminar on course setting and applied his recommendations – no unfair controls, and especially no legs directly down hill! Our hired coach, Aidan Boswell, put theory into practice by winning the A Course, though Peter Watson acquitted himself well, edging out Aidan's brother, Rolf, for second. Aidan commented that the map and course demanded full concentration throughout – which is as it should be. It is to be noted that all the training we gave him must have worked as he has been included in the NZ World Cup team – we wish him well.

Ken Holst just had to approve of the B Course, heading home Bruce Perry and a strong group of M40's by 5 minutes. On the same course Caroline Watson led the women comfortably and all but three of the men.

Judy Martin of Taupo was fastest on the C Course ahead of Brian Crawford who was tuning up for his National title 3 weeks later.

Ross Morrison lost some time on a couple of controls but still had plenty to spare on Course D while Anthony Lloyd had a good run on the E Course after a slight 'glitch' on leg 1. (wrong way from the start!)

The F Course was handled well by all starters and James Watson completed a good day for the family by being fastest. Only 10 minutes covered the field which pleased the setters. One of our objectives was to get all these novices around without losing them.

The String Course doesn't usually rate a mention, but brother Geoff's assistance in setting this course was welcome. Naturally he used his inside knowledge to beat the kids round (including Peter W.). Holly Lucas enjoyed herself so much she did the Course 7 times and Emma Watson 6 times. The culvert was a hit, and the whole circuit a great spectator event!

Thanks to all who helped gather in controls including Dave Fisher, Alan Berry, the Watsons and Tim Hay. Thanks too to Pamela for her constructive suggestions and organisation of the control descriptions, caravan and results etc

We must also mention the generous and understanding farmers Hartree who allow us use of their interesting properties. If ever they decide to plant trees on this area we'll have an even greater challenge!

Thanks, too, to all you keen competitors whose lack of complaints helped make the day a success, and it was good to see you back at Mangatara, Diane, after such a forgettable run on The Slump.

Course Setters: Derek and Pamela Morrison.





THE SLUMP - O.Y.1 - 26.3.95  
 =====



Course setters: Derek Morrison & Pamela Morrison

A Course M17-39  
 RED Long 7.57km, 400m climb

Aidan Boswell (Waco)	68.44
Peter Watson	72.27
Rolf Boswell (Taupo)	72.50
Geoff Morrison	95.33
Tim Hay	150.10
Maurice Lloyd	114.53 m1

B Course W17-39, M40+  
 RED Medium 4.65km, 300m

Ken Holst	51.58
Bruce Perry	57.09
David Fisher	64.34
Caroline Watson	69.31
Peter Hill	74.45
Wayne Lee	78.58
Eric Dunbar	79.42
Ross Berry	80.15
Alan Berry	91.59
Linda Lloyd	100.25
Diane Lucas	188.45
Philip Hardon	131.50 m1
Aidan Boswell	43.35 2nd
Ross Morrison	76.53 2nd

C Course W40+, M Short A  
 RED Short 3.04km, 220m

Judy Martin (Taupo)	57.45
Brian Crawford	59.27
Craig Scott (Taupo)	64.46
Laurie Baxter (Taupo)	67.45
Sharon Hardon	76.20
Rosalie Adlam	84.40
Andrew Dunbar	89.05
Catherine Lee	91.15
Kath Berry	98.15
Martin Glass	122.00
Max McEwan & Margot Young	127.03

D Course MW13-16, MW B  
 Orange 2.68km, 130m

Ross Morrison	48.51
Dave Smith	67.20
Theo Mensen (Taupo)	91.38
John Allen	95.57
Alison Mensen (Taupo)	96.38
Anita Lloyd	112.39
Ben Lee	76.55 m3
Paul Singh	72.25 2nd

E Course MW12  
 Yellow 1.69km

Anthony Lloyd	35.18
Ross & Robyn Berry	39.00
Greg Newton	44.17
Paul Singh	52.16

F Course MW10  
 White 1.77km

James Watson	32.07
Gemma Lucas	40.18
Linda Gordon (Gisb.)	41.36
Ursula Mensen	42.30
Holly Lucas	42.48

String Course

Geoff Morrison	2.01
Ross Morrison	2.22
Peter Watson	2.23
Anthony Lloyd	2.45
Paul Allen	3.22
Holly Lucas	3.28
Gemma Lucas	4.33
James Watson	4.38
Emma Watson	4.45
Ursula Mensen	5.59
Brendon Lloyd	6.15
Sebastian Mensen	8.20
Anneka Perry	10.18
Sarah Berry	10.46

This successful weekend started Friday night with 27 people attending the technical session at the Lees.

Aidan Boswell, a Development Squad member, instructed us. A new and worthwhile approach for club members as it meant our experienced orienteers were able to participate in the exercises instead of run them.

Aidan's brief focused on what we wanted to get out of orienteering, as a sport, as a mental and physical exercise and even as a social event, and suggested that if we weren't getting what we'd hoped out of orienteering perhaps it was time we stopped to take a look at what we did want from the sport and take a different approach.

Aidan commented that the typical club orienteer enjoyed the sport more if they were reasonably fit. He focused on improving mental techniques to overcome the physical challenge and along these lines, outlined essential techniques i.e. reading the map using traffic lighting and simplification.

Saturday was exercises at the Slump using different skills: traffic lighting, smooth orienteering, relocation; and was attended by a good number of people.

Aidan did his fair share of kilometres as we ran round several controls with him in small groups, while he gave us a blow by blow account of what methods and features he was using from control to control.

Sunday was our Club OY2, and another successful day.

#### CONGRATULATIONS

#### COMMITTEE

The coaching weekend was a brilliant idea.

#### CONGRATULATIONS

also to Aidan for making the team to represent NZ in Germany at the World Champs.



The men's and women's teams are:

#### Men:

Alistair Landels	(C)
Greg Barbour	(Eg)
Rob Jessop	(C)
Darren Ashmore	(C)
Aidan Boswell	(CM)
David Farquhar	(R)

#### Women:

Marquita Gelderman	(C)
Tania Robinson	(CM)
Antonia Wood	(W)
Jenny Adams	(Papo)



MANGARARA - O.Y.2 - 9.4.95

A week prior to this event, Central Hawkes Bay was in the middle of a drought so a start area offering plenty of shade and a cool dip in the Tukituki seemed ideal. Courses crossing the dried up Mangarara Stream wouldn't be a problem this time either.

Tuesday it started raining - smiling farmers everywhere - and it didn't stop! I redrew the courses on Friday night to avoid stream crossings, historically difficult / dangerous whenever I set courses on Mangarara. On Saturday, the start area looked far enough away from the rising Tukituki, although the taped route to the triangle was now wet underfoot.

Sunday morning dawned fine but overnight our triangle feature had disappeared under a torrent of muddy water. Now, move the triangle up on to the hill, changed the taped route, changed the master maps and .....Aaah, Mangarara!!

Thank you to all those competitors who made all the frustration worthwhile and a special thanks to those enthusiastic enough to endure more rain to pull controls.

B.P.



HANGARARA - O.Y.2 - 9.4.95

\*\*\*\*\*

Course setters: Bruce Perry & Eric Dunbar

A Course H17-39  
RED Long 7.26km, 280m climb

Derek Morrison	73.19
Peter Watson	75.14
Geoff Morrison	85.40
Tim Hay	108.26
Derek Seow	108.46

B Course W17-39, H40+  
RED Medium 5.45km, 215m

Maurice Lloyd	66.04
Caroline Watson	88.37
Wayne Lee	92.28
David Fisher	93.14
Pam Morrison	97.37
Alan Berry	119.27
Diane Lucas	DNF

C Course W40+, H Short A  
RED Short 3.0km, 115m

Linda Lloyd	69.48
George Davies	70.20
Catherine Lee	88.12
Kath Berry	90.15
Sharon Hardon	99.36
Charles Martin	219.45
Ross & Grant	57.40 2nd
Robyn Davidson	DNF
Max McEwan	DNF

D Course MW13-16, HW B  
Orange 1.81km, 115m

Ross Morrison	36.16
Anita Lloyd	81.42
Anne Sapsford	81.56

E Course MW12  
Yellow 1.8km

Anthony Lloyd	65.10
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String Course

Brendon Lloyd	11.57
Anneka Perry	14.53

F Course MW10  
White 1.14km

Grant Bicknell	46.03
Amber Morrison	51.06
Anneka Perry	61.00
James Watson	77.22



Congratulations to Catherine Lee on her first course setting effort.

The hard part of course setting was done for us by Pamela who organised the 'bring-a-friend' promotion and by default solved the problem of deciding what type of courses to set on this map. The courses were all shorter than normal to allow you all to take a friend around the D course before running your own course. Some of the A course runners made life a little more intriguing by running the course with the control descriptions but no map.

There was a small hiccup with the results, there weren't any on the day. (Did anybody notice?) There are two possible reasons for this;

either it was too cold and we didn't want to leave the warmth of the caravan;

or we had trouble matching starters and finishers and there clipcards and butts.

(We seemed to end up with at least half the clipcards and butts having some, or in some cases all, of those 'silly little details' left blank. So the final results you see in the magazine have been put together after some careful detective work and a wee smidgin of imagination. It appears that some people finished without ever having started and that some who started have not yet finished!! but the carpark was empty.)

There was only one other hiccup to the organising of this event. While I was out planning things at the Lee's one evening somebody visited my house, forced open a window and stole the video recorder. If you are offered a cheap video just check the serial number isn't K3KK00005 before you buy.

Thanks to Geoff, Derek, Wayne, Alan and the Watson's for bringing in controls in the freezing rain, and Catherine for all the lovely meals.

Setter: Catherine Lee, Vetter: David Fisher.





# TE MATA PARK - 30.4.95

---

Course setters: Dave Fisher & Catherine Lee

A Course - 3.4km 360m climb

Derek Morrison	45.01
Bruce Perry	46.33
Geoff Morrison	48.42
Ken Holst	54.14
Caroline Watson	58.56
Ross & Craig	62.38
Tim Hay	62.48
Wayne Lee	64.32
Peter Watson	65.54
Alan Berry	67.59
Diane Lucas	112.11

B Course - 2.4km 250m climb

Ross Morrison	43.29
Ben Lee	52.33
Brian Crawford	63.16
Brian Wardle	70.10
Kath Berry	74.43
Dave Smith	84.15
Rick Bowker & Jan Hawke	105.59

C Course - 2.2km 140m climb

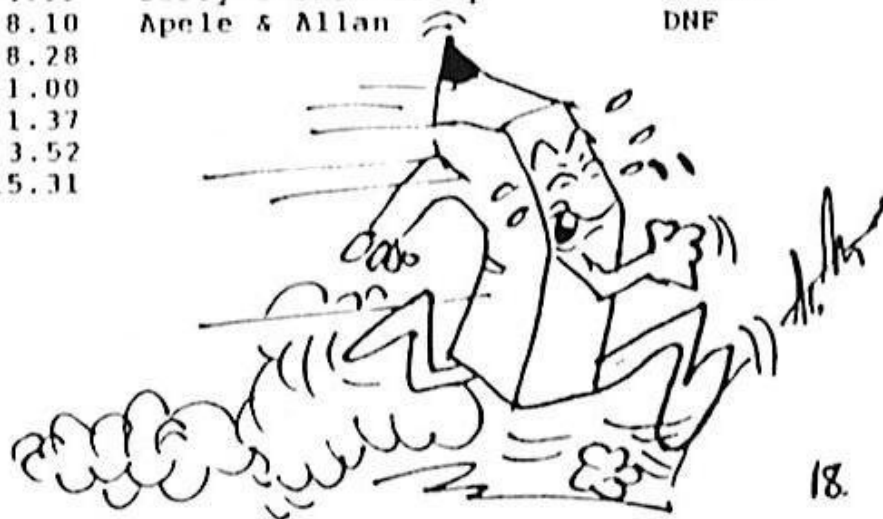
Janet & Hamish Walker	29.03
Eves	30.02
Richard Tichbourne	37.46
Paul Plowright	41.07
John Allen	44.25
Greg Newton	53.30
Anne Sapsford	57.48
Mac & Ngahre Fisher	60.32
Lynley Clothier	89.29

D Course - 0.8km 45m climb

Jared Eves	12.23
Ross Morrison	12.54
Eves Family	19.01
Bunty & Paul	19.33
Angie & Richard Tichbourne	21.39
John & Ella	24.04
Emma & Helen	26.41
Lynley Clothier	28.51
Paul Plowright	29.25
Andrew Field	33.34
Janet & Hamish Walker	33.42
Paul Allen	39.08
Logi & John	45.50
Daniel Blair & Andrew Sheppard	49.47
Flemming Family	53.24
Berry & Shaw Group	57.16
Apele & Allan	DNF

String Course

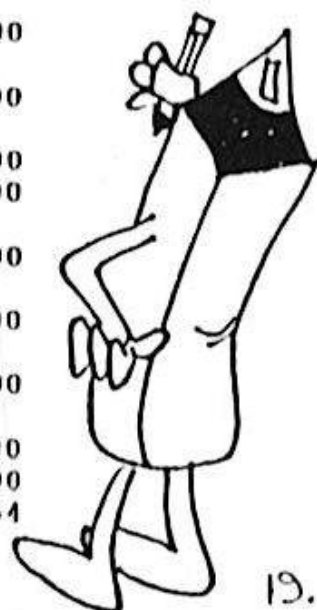
Reece	3.30
James Watson	3.45
Natalie	4.00
Emma Watson	4.59
Anneka Perry	8.10
Helen Watson	8.28
Jared Eves	11.00
Sarah Berry	11.37
Kristen Clothier	13.52
Duncan Morrison	15.31



O.Y.SERIES 1995

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	O.Y.1	O.Y.2	TOTAL
M17-39 Peter Watson	25.00	24.36	49.36
Geoff Morrison	17.98	21.40	39.38
Derek Morrison *	12.50	25.00	37.50
Tim Hay		16.90	16.90
Derek Seow		16.85	16.85
Maurice Lloyd	10.00		10.00
W17-39 Caroline Watson	25.00	25.00	50.00
Pam Morrison *	11.35	22.70	34.05
Diane Lucas	10.00	10.00	20.00
Linda Lloyd	17.31		17.31
M40+ David Fisher	20.12	17.72	37.84
Wayne Lee	16.45	17.86	34.31
Bruce Perry *	22.73	11.37	34.10
Alan Berry	14.12	13.83	27.95
Ken Holst	25.00		25.00
Maurice Lloyd		25.00	25.00
Eric Dunbar *	16.30	8.15	24.45
Peter Hill	17.38		17.38
Phillip Hardon	10.00		10.00
W40+ Sharon Hardon	25.00	17.52	42.52
Catherine Lee	20.91	19.78	40.69
Kath Berry	19.42	19.34	38.76
Linda Lloyd.		25.00	25.00
Rosalie Adlam	22.54		22.54
M Short Brian Crawford	25.00		25.00
Charles Martin		25.00	25.00
Andrew Dunbar	16.68		16.68
Martin Glass	12.18		12.18
Mens B David Smith	25.00		25.00
Womens Anne Sapsford		25.00	25.00
M13-16 Ross Morrison	25.00	25.00	50.00
Ben Lee	10.00		10.00
W13-16 Anita Lloyd	25.00	25.00	50.00
M12 Anthony Lloyd	25.00	25.00	50.00
M10 James Watson	25.00	25.00	50.00
W10 Gemma Lucas	25.00		25.00
Amber Morrison		25.00	25.00
Holly Lucas	23.54		23.54



# GUEST WRITER

EASTER NATIONALS 1995

Ross Morrison

When Dad asked me what grade I would like to run in I decided M14 because I wanted more of a challenge than M10 or M12 and my friends Ben Lee, Simon Robinson and David Stewart were going into M14's as well.

All the events were at Port Waikato. Day One I made a few little mistakes on a course with 16 controls. I had a lucky win of 25 minutes. David Stewart came second at 33 minutes.

Day Two was a bit different: lots of rocks and a 1.3km walk to the start. I won the 1.5km course 10 seconds ahead of Ben Lee.

Day Three was the Short 'O' Championships. The morning course went smoothly until I made a stupid mistake on number four and ended up a minutes and a half behind the leader but on the afternoon course things changed. The leader went the wrong way to the first control and the other two followed. I went straight to it so I got there first. The rest of the course was just a race until the second to last control. David and I were in the lead and we both took a different route choice to the last control. I got there first and then sprinted up the Finish chute to win by seven seconds over David.

\* \* \*

Thank you Ross for writing this contribution after a hard week at camp.

We had our usual magnificent turnout of HB members at the Nationals, claiming the Barnsleys for the last time no doubt.

It was a weekend of beautiful weather, a suitcase full of certificates for placings from many of us, those yummy Pot Luck dinners, good company, good music in the form of the Rolling Stones for some of us; marred only by the investation of wasps at some of the venues. Many people were stung; two runners ploughing straight into a wasp nest and sporting stings in three digit figures all over their head and back. Pretty horrific.

The Easter traffic was pretty horrific too but we all got to Pukekohe and back safely.

The Nationals isn't the only event to be well patronised by HB. There is a large group of members travelling to OY's all over the country. It's good fun, good practice and good company: the HB Travelling Roadshow - congregating at a venue near you. Join them!



It has always been my theory that the day you have a clean run but everyone else makes at least one error, that you will win. This has happened to me away back in 1982 at Kaahu - how many of you can remember that lovely clear running gumtree forest, northwest of Lake Taupo.

So after a reasonable first leg, if you ignore jumping over a competitor who fell flat on his face right in front of me, I blew it at Control 2 when I hit the creek too low and had to work my way back up to the tributary where the control was. However, it was a blessing in disguise as the local wasps took off after the bloke in front of me and I was able to punch in clear air. On to Control 3 which was the south point of a swamp. I stood on a spur just above the swamp and could not see it. Reluctantly I went down into the swamp and there it was, in the gorse, hidden (yes, Robbie - hidden!! Just as well I wasn't the controller).

Another minute down, so I helped a young lady in distress and ploughed on to the knoll in the swamp where I met Catherine Lee who had just rescued Jenny Teahan from another wasp attack. The next leg was kind to me and I found myself leading quite a crowd into the control. I just hope it was their control too.

At 6, I caught up with Ralph King who started three minutes ahead of me. Ralph is a much better orienteer than me and used to be much faster too. Alas, age has slowed us both down but it has also pushed him up to M70, even if we still run the same course.

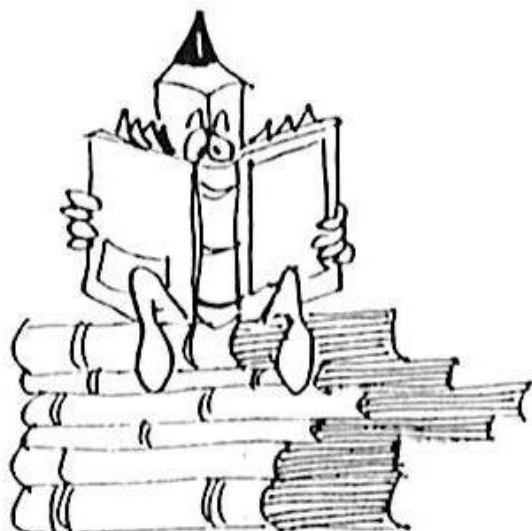
We took off in different directions but met on the final swoop to twin watercourses with Ralph just in front. I was certain he had overshot the east one which had the control but felt I had to cover him to prevent a Mighty Mary/Denis Connor slip up. Just how stupid can you get, but at least I knew what to do when no control showed up.

The next leg was across a green U of gorse. I was so cross I went straight through the first arm which included a barbed-wire fence right down the middle of it, but regained enough sense to swing round to the south of the second arm. Still feeling that Ralph was breathing down my neck, I set off along a sheep track at a thumping pace (for me!). Suddenly I spotted the starting grid across the valley and decided I had better use a bearing on it to find out where I was. Oh no, I was two contours below the control and 100m past it. On the way up and back I met Phil Mellisop, another old rival, coming out of it. Phil had started three minutes after me.

I did have a clean run to 9 but have no idea of how I sorted out the last 2 controls except I remember following a tape part way between them. Like most others I spoke to, I couldn't see why the course setter had included No 10 on our course. Still, I really did enjoy the run. The course was everything the Nationals ought to be, and I got that delightful kick out of solving all the problems that John Robinson threw at us.

But my theory is no longer valid. It seems you can still win no matter how much of a mess you make, provided everyone else blows it too.

Finally, a special thank you to Robbie and Crew for a top class event.



## LIBRARY

New Arrival: COURSE PLANNING

This is an excellent reference book. Everything you ever wanted to know about course planning.

Well worth getting hold of before you launch into the task at hand. Even better if you read the odd page!

Contact Kath Berry.

Derek wrote of Murphy's Lore for Course Setters. It is always good to remind runners of Murphy's Lore in orienteering:

- \* On a wet day there are only two grades of orienteer: those with glasses and those without.
- \* Do not try to solve all course problems at once - learn to dread each one as it comes.
- \* If there is going to be a misplaced control, it will be on your course.
- \* The day you win an event it will be declared a 'no-run'.
- \* When only an Act of God can prevent you winning, the good Lord will invariably oblige.
- \* If you lead a competitor into a control, you can be sure that he will not return the compliment.
- \* If you are making record time, you are travelling in the wrong direction.
- \* When you are certain of where you are, you are certainly off the map.
- \* Any route that appears easy is almost certainly a mistake.
- \* Any significant feature will occur at the juncture of two rain drops and a map fold.





# NEW COURSE LABELS

As laid down by the NZOF from 1 March, 1995 the following course labels will be in operation. The old terms "easy", "medium", and "hard" will become obsolete and should no longer be used.

These degrees of navigational difficulty are applicable to all events (Club, O.Y.'s, and Major Events as defined in NZOF Rules). They are briefly defined as follows:

**WHITE:** Course must follow drawn linear features (tracks, fences, etc.). A control site is needed at every turning point and all control markers must be visible from the approach side. Where the course has to deviate from the handrail feature (e.g. to cross through a forest block), the route must be marked all the way until a new handrail feature is reached.

Compass, if used, is limited to map orientation only. No route choice is offered. Doglegs are permitted.

Used for: M/W-12A, M/W-14B

**YELLOW:** Control sites must be on or near (<50 m) drawn linear man-made or water features, but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country (i.e. limited route choice). Short distances along large linear features that are not drawn (such as gullies, or well-defined spurs) may be used, but obvious catching features are essential. Control sites should be visible from the approach side by any reasonable route. Limited compass use for rough direction only.

Used for: M/W14A, M/W-16B, adult C grades

**ORANGE:** Course should have route choice with BIG attack points near the control sites and/or catching features less than 100 m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point. Exit from the control should not be the same as the entry (no doglegs permitted). Simple navigation by contours and rough compass with limited pace counting required. Use of a chain of prominent features as "stepping stones" to complete a leg.

Used for: M/W16A, M/W17-20B, adult B grades

**RED:** Navigation should be as difficult as possible with small contour and point features as preferred control sites (no obvious attack points, no handrails etc.). Control sites should be placed in areas rich in detail, and before, and not close to, a large catching feature.

Route choice should be an important element in most legs. No doglegs permitted.

Note: It may be impossible to set RED courses on some maps.

Used for: all other A grades including and above M/W18A (includes both long and short courses), Elite grades.

We had the good fortune (i.e. a babysitter) to attend an extra-curricular event on ANZAC day. That of a CDOA OY in Mamaku Forest, closest know civilization - Iokoroa.

For the longer affiliated club members, i.e. pre-1985? (where have all the .. oldies .. gone?) this forest must bring back memories - or in my case, goosebumps. I couldn't actually understand why I was making the pilgrimage at all, and it certainly was just that with a car trip of 300kms there, and worse, 300kms BACK! ☺ ☺

This is a forest, not unlike Gwayas (which I also hate!) of mature Douglas Fir planted closely together, with little undergrowth, which, when we first ran on it, had few roads and even fewer relocation points. I can recall having to detour via a clearing in order to read the fine detail on the map - not that it helped me much at the time..

Our first run on Mamaku was the Milo 7-Day, the first multi-day of more than 3-days NZ orienteering had organised. I was six weeks pregnant with James (see, it was a while ago) and had to drag myself to the start, suffering chronic morning sickness (thank you Dr Lloyd!), and that day couldn't find that elusive first control for some time. It was only a short distance from the start triangle .. (been there, done that?). I got my money's worth that day. ~~~

The second time (or as it has come to be referred to when you run Mamaku again - Mamaku re-visited) was, I think, a slightly different area, but the SAME forest.

Now that day I recall with horror. The forest swallowed me up and almost spat me out for pulp. I was so lost, I didn't know which direction to take as a safety bearing. Besides I had to GET to the road/track even if I had established a direction. I had no idea where I had come from and it certainly wasn't Grand Central Station out there. I did see one Elite orienteer in the distance at one stage (which proved a fact I had already managed to establish, and that was I was WAY off course!). That must have been as I sat (dejected little heap!) in a clearing with a little sun shining down on me preventing the sweat (and tears) from turning to ice. I even used my trusty orienteers whistle but to no avail. ↙ ↘

I don't really recall how I eventually managed to arrive back at the finish area that day. Must be one of those horrible experiences the brain blocks out so you're left with a greater percentage of happy occasions to remember in your lifetime. I do recall finally stumbling upon a small group of equally lost (well, almost!) orienteers - new to the game (I wonder if they're still orienteering?) and I think we must have drawn straws and gingerly made our way in a 'hopeful' direction.

So it really was with trepidation that I stepped up to the start table this year. I took it so carefully I walked most of the course but with satisfaction I emerged 1:20 minutes later having conquered the great Mamaku! I felt like Hillary conquering Everest after two false starts. There are a lot more roads and clearings now which provide light relief but it is still a formidable forest in my books. ↻

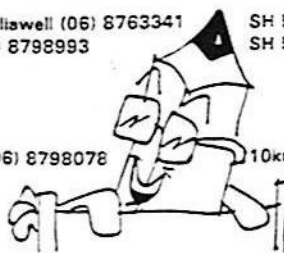
These little problems don't only apply to me either. This forest gets the guns as well: Peter created a first for himself - got lost between the last control and the finish. Took him over four minutes to do 150 metres - and I beat him!

Start time for all events is between 10.30am and 1.30pm. Courses close at 3.00pm.

**HAWKES BAY ORIENTEERING CLUB  
COMING EVENTS**

General enquiries to Dave Fisher (06) 8448282 or  
Geoff and Pamela Morrison (06) 8774870 or  
Peter and Caroline Watson (06) 8588208

DATE	EVENT	LOCATION/MAP	CONTACT PERSON	SIGNPOSTED FROM
May 28	HBOC OY#3	Maraetotara	Ken Holst (06) 8795046	Waimarama Road/Maraetotara Road
Jun 03-05	Queens Birthday 3 Day		Wairarapa	
Jun	HBOC Short O#1	Maraetotara	Peter Hill (06) 8798739	Waimarama Road/Maraetotara Road
	WOA OY#4		Wellington	
Jun 25	Club	Pukeora Hill	Eric Dunbar (06) 8587146	SH2, South Waipukurau
Jul 02	(WOA OY#5)	Knottingley	Red Kiwis	
	(Inter club challenge HB vs Red Kiwis)			
Jul 09	HBOC OY#4	McNeil	Peter Watson (06) 8588208	Soldier Settlement Road near Rissington
Jul 16	WOA Winter Classic		Wairarapa	
Jul 23	Club		Geoff and Pamela Morrison (06) 8774870	
Aug 06	Club	Te Mata	Brian Crawford (06) 8446125	Te Mata Road/Simia Avenue
	WOA OY#6			
Aug 20	HBOC Short O#2	Gwavas	Wayne Lee (06) 8776118	Salisbury Road/Kereru Road
Sep 03	Club	Drive 0 ?	Dave Smith (06) 8774583	
Sep 17	Club	Whirinaki	Diane Lucas (06) 8430095	SH 2/North SH5
	CDOA OY#5		Rotorua	
Sep 24	WOA OY#7	Duck Creek?	Wellington	
Oct 01	HBOC OY#5	Seafield Road	Sharon Maroon (06) 8768558	Puketitiri Road/Seafield Road
Oct 08	CDOA OY#6		Pinelands	
Oct 15	Club	Maraetotara	Maurice Lloyd (06) 8435251	Waimarama Road/Maraetotara Road
Oct 21-23	Labour Weekend 3 Day	Wnangarei		
	South Island Champs	Christchurch		
Oct 28	HBOC Short O#3	Smedley Station	Dave & Robyn Helliwell (06) 8763341	SH 50/Smedley Road
Oct 29	Smedley Long O	Smedley Station	Ted Sapstord (06) 8798993	SH 50/Smedley Road
Nov 03	WOA Rogaine		Hutt Valley	
Nov 04-05	CDOA Champs		Hamilton	
Nov 11-12	IWOA Relay		Hutt Valley	
	(Frank Smith Trophy)		Wellington	
Nov 19	(HBOC OY#6)	The Slump	Stewart Hyslop (06) 8798078	10kms from Dartmoor Road Bridge
	(HBOC Champs)			
Nov 25-26	IWOA Short O Champs	Gordon Kear	Red Kiwis	
	IWOA Champs		Wairarapa	
Nov 28	HBOC AGM			
Dec 10	Christmas event	Smedley Station	Rosalie Adiem (06) 8435557	SH 50/smedley Road



## HAWKES BAY ORIENTEERING CLUB - MAY 1995

ADLAM Rosalie	6 Henley Crescent	Pirimai	843 5557
BERRY Alan & Kath	10 Nimon Street	Havelock North	877 7223
BERRY Ross & Robyn	27 Hikurangi Drive	Havelock North	877 4436
BROWN Nigel	9 Selwyn Road	Havelock North	877 5468
COX Norris	23 Ormond Road	Napier	835 4129
CRAWFORD Brian	8 Tolara Street	Taradale	844 6125
DUNBAR Eric & Andrew	34 Jellicoe Street	Waipukurau	858 7146
EDMOND David	17 Karaka Street	Palmerston North	
FISHER David	26 Trent Street	Taradale	844 8282
FISHER Mac & Ngaire	23 Charles Street	Westshore	835 3773
GLASS Martin	13 Tanner Street	Havelock North	877 8748
HARRIS Bob	2/63 Latham Street	Napier	835 4162
HAY Tim	22 Lucknow Road	Havelock North	877 5804
HELLAWELL David & Robyn	500 Ellison Road	Hastings	876 3341
HILL Peter	Fernhill House, RD5	Hastings	879 8739
HOLST Ken & Kay	Twyford Road, RD5	Hastings	879 5046
HOWELL Chris	4 Goldsmith Terrace	Napier	835 8440
HYSLOP Stewart	Raukawa Road, RD4	Hastings	879 8078
JONES John & Margaret	22 Kaweka Place	Havelock North	877 5556
KYLE Diane	807 Anson Street	Hastings	876 9790
LAWRENCE Neil	PO Box 423	Waipukurau	844 8305
Le CHEMINANT Quinn	2 Nelson Street	Waipukurau	858 7228
LEE Wayne, Catherine & Ben	22 Franklin Terrace	Havelock North	877 6118
LLOYD Maurice & Linda & Family	90 Waverley Rd, RD3	Napier	843 5251
LUCAS Diane	16 Konini Avenue	Napier	843 0095
McEWAN Max	13 Emerald Hill	Havelock North	877 8421
MARDON Philip & Sharon	24 Evenden Road	Hastings	876 8558
MARSHALL Robert	C/- PO, Pakowhai	Napier	878 7968
MARTIN Charles	65 Milton Road	Napier	835 4110
MATHESON Doug	11 Harpham Street	Taradale	844 1410
MORRISON Derek, Val & Family	24 Tauroa Road	Havelock North	877 8261
MORRISON Geoff & Pamela	27 Margaret Avenue	Havelock North	877 4870
PERRY Bruce	12 Ruataniwha Street	Waipawa	857 8914
SAPSFORD Ted & Anne	3 Lorne Crescent	Flaxmere	879 8993
SEOW Derek	17 Parala Street	Palmerston North	
SMITH Dave	3 Everest Avenue	Havelock North	877 4583
WARDLE Brian & Lorraine	134 Napier Road	Havelock North	877 6660
WATSON Peter & Caroline	9 Nelson Street	Waipukurau	858 8208
YOUNG Margot	606 Terrace Road	Hastings	876 9741



HBOC Archives.

ORIENTEERING. THE THOUGHT SPORT

MAY 1995