

D

COMPASS POINTS



APRIL 1998

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PRESIDENTS REPORT

The last 3 weeks, I've spent in the South Island attending the Nationals, Development Squad training camp, NZOF AGM, and the NISS orienteering champs on the way home. In that time I have spent a lot of time observing, discussing, and thinking about the sport. Hopefully, some of that learnt will be put into practice over the next few months. I think we are very fortunate that we have a setup in place which enables us to treat the sport seriously. Credit must go to a lot of people who have helped build the club into one of the most strongest in the country in terms of numbers, equipment, and finances.

The most pressing problem is probably in the coaching of our seniors, especially the 'intermediates', those who have moved up a grade in the last few months. This is about to be addressed shortly.

Mapping is moving ahead in leaps and bounds, with photogrammetry on 3 areas on its way. It is an opportunity for anyone who wishes to learn about mapping, whether on computer or in the field to come forward. Areas under way, or close to being so are;

Havelock parks, reserves and schools (60% fieldworked)

Te Mata Park, field checked so can be installed on OCAD.

Te Awanga, basemap ready.

Arborfield, (up the Tukituki valley), basemap ready for fieldwork.

Rochefort Rd, basemap ready in May for Alan and Brian.

Lower Tukituki, being field checked ready for OCAD.

Hapua,(Church forest block up the Tukituki we have aerial photos of but has to be checked for suitability on foot).

On top of these, Smedley Station is in urgent need of being extended and re-field checked so we can put it on OCAD. We've also checked a nice farm area with native trees up Anaru Road.

The Nationals were very successful for HB participants who went. We numbered 10, and our strike rate was excellent. Congratulations to Peter Watson (M40 classic and short) and Kath Berry (W65) on their classic

titles, keeping up the tradition of dual winners.. Short course champs were Emma Watson (W12), Amber Morrison (W14), Peter, and Alan Berry (M60). Our Mixed short relay teams made it a quinella when the “What Suns”, of Emma, James, and Peter, defeated the “Berry Hot Suns”, of Amber, Alan, and Pamela.

Another large turnout took part in the night relays, where we had 2 long and 3 short teams taking part. Though not as competitive as recent years, we certainly enjoyed the experience. We are not interested in turning up with lots of guns and sliding them into ill-fitting legs. Our problem is that we have too many young ones and novices, and they all have to fit somewhere, long may the problem continue.

Its good to see such an influx of newcomers joining the club. Some old hands are doing a good job around the caravan, especially Eric, and that’s great. Most of the newcomers will be unknown to you, so introduce yourself and see how they are getting on.

Congratulations to James Wood on coming 2nd in the Senior Boys novice at the NISS champs.

See you all at the next orienteering event,

GM



EYE IN THE SKY

BY THE MAGPIE

- Woodford House were having a training day on Te Mata Park, with controls set up for the day. It was upset when an over-zealous clubmember, who often trains on the Peak, spotted a flag, swooped on it and took it home, thinking that he had done his good deed for the day. Meanwhile, the organiser, who had just put the flags out, couldn't believe it when the 1st finishers arrived back, claiming that there was a control missing. Fuming at the light-fingerness of humans, he drove home, very much dissatisfied with the world. 24 hours later, the mystery was resolved when the culprit was found—his brother!!
- Have heard of some horsey tales, but this one takes the cake. The yellow course had some problems at Maraetotara, when a control had disappeared from its control site. The setter, a bit dismayed, went looking for it, and found it lying in rocks some distance away. With little chance of human interference, the only logical explanation was that it was moved by the sole inhabitant of the paddock, the horse.
- Some of our Juniors are making waves in other fields other than orienteering. Naomi is headgirl at Hastings GHS, Robert Hunt made the finals of the single sculls at the Maadi Cup, and is also in the 1st XV at St Johns, David Costigan is President of the Student Council at HN Intermediate, and Ross came 5th in the 1500m, at the NISS athletic champs.
- A lot of people had a shocking start to their courses at Te Mata literally. The start triangle was actually sitting on an electric fence, that was going! Unfortunately, the course-setter had pressed the wrong switch, when he went and turned the fence off.
- Auckland O club had to borrow a junior from us to lead off their night relay team. Duncan was the man, and though the smallest and youngest competitor, was not deterred by the downpour, and lightning which occurred while he was out.
- Fairplay award of the century must go to Alan after the national relays in Dunedin. The 2 HB teams were fighting it out for victory and during the 2nd leg Alan and James were battling to get the edge, when Alan noticed James about to clip the wrong control. A quick call, got him back on track, and in affect, handed James' team victory at his own expense. A ploy not many would've employed.
- The scouts at Smedley thought the start area was great. They caught a couple of eels in the stream.
- The Russells had a nightmare of a day at Smedley. Terry struggled to find the 1st control and decided to DNF, as did Jenny. Terry in the meantime decided to go and look for Jenny. Jenny returned to the caravan eventually, then waited for Terry. He finally returns and admits he was hoping to see the Hurricanes on TV but would miss it. To complete his day, the Hurricanes lost.

PETER'S NATIONALS

Peter Watson got the result he'd worked so hard to get when he clinched his hattrick at the recent Nationals in Dunedin. This was his 1st Classic victory, and was thoroughly deserved after putting in a tremendous amount of training in the last 8 weeks.

Results;

Peter Watson (M40) 1st classic, 1st short, 1st mx short relay
Kath Berry (W65) 1st classic
Emma Watson (W12) 2nd classic, 1st short, 1st mx short relay
Amber Morrison (W14) 2nd classic, 1st short, 2nd mx short relay
Alan Berry (M60) 2nd classic, 1st short, 2nd mx short relay
James Watson (M12) 3rd classic, 1st mx short relay
Pamela Morrison (W35) 3rd classic, 2nd mx short relay
Derek Morrison (M45) 3rd= short

The classic map was run on a gully/spur map, forested with quite good runnability. The short and relay were run on fast open country with a ton of rocks, though not as difficult as Maraetotara. In fact so fast, that in the relays, the elites were doing under 4 min/km.

Ashmore anchors relay win

By Alistair McMurrin

Darren Ashmore finally picked up a win at the New Zealand orienteering championships as a member of the Auckland long-course relay team in Middlemarch yesterday.

Ashmore (26), an international since 1993 and the defending national champion going into these championships, had been pipped by Queenstown surveyor Bruce McLeod in the elite men's classic

Orienteering

and Short-O events over the weekend.

He was again pipped by McLeod for the fastest time honours on the long leg, but teammates Terry Nuthall and Alistair Stewart recorded good times earlier to carry Auckland to the title in 1hr 6min 1sec.

Auckland was followed home by teams from the Peninsula and Plains club of Christchurch.

Second were Jamie Stewart, Michael Adams and Kevin McGlinchy in 1hr 6min 46sec and third was Ray Pratt, Paul Frith and David McCarthy in 1hr 7min 54sec.

The short-course relay was dominated by the Watson family team from Hawkes Bay. They won in 47min 56sec from the fellow Hawkes Bay team of Amber Morrison, Alan Berry and Pam Morrison in 55min 17sec.

The MacManus family team from Southland was third in 1hr 3min 5sec.

THE TEN COMMANDMENTS

After my success at the Nationals I would like to thank several people who have helped me along the way in the form of my ten commandments:

1. ***IE*** There is no such word.
2. ***ERRORS*** You will always make them and it is a matter of reducing them rather than eliminating them. If you are not making small errors you are not going fast enough.
3. ***RACE FIT*** This is a much higher level than being fit and will enable you to think clearly at the end of your course rather than only for two-thirds of it.

You need a running coach like Maurice Lloyd to achieve this and a 13 year old speedster like Ross Morrison to motivate you.

4. ***EXCUSES*** As Susan Devoy has stated, there are none. This has taken me years to learn.
5. ***HAVE A PLAN*** [Aiden Boswell] For every control you should have a plan. If you reflect back on your errors you will conclude no plan equals error. I still haven't learnt this one.
6. ***SLOW DOWN*** [Rob Garden] As the master states, you need to slow down or stop if necessary in the control circle. Only recently learnt this one.
7. ***COMMITMENT*** The difference probably between being well placed for 10 years as I was, and winning. Thanks to Caroline and family for putting up with the necessary evil of eight weeks of training. Also thanks to Derek for showing me what real commitment is.

8. BELIEVING YOU CAN WIN This is something that is a step process and I was close to accepting that second was my lot in life until my unexpected win in the 1997 club champs. This completely changed my philosophy as I thought if I can win only being partially fit what could I achieve if I was fully race fit. It is also a change from hope to expectation.
9. SECOND IS NOWHERE [1995 WORLD RUGBY CUP FINAL]
I know this is not politically correct but I believe it is better to risk a good placing and win than to settle for second.
10. TAKING THE BAD WITH THE GOOD [Geoff Morrison]
I will probably never learn to do this well as I have to go away and sulk after a bad run. Geoff has shown me how to handle it better.

PETER WATSON.

The truth of the matter . . .

When calculating the lengths of the courses that you are busy planning, you will need to allow for the fact that the olds are not really up to running quite as fast as they used to. **Right.**

And the kids too. With their little legs, they can't run very fast either. **WRONG!**

Look at these times for the relays at the Nationals at Dunedin over Easter. The country was just beautiful. Open and free running, with heaps of rocks and a few gentle bumps.

Emma Watson (age 10), 6.1 mins / km Amber Morrison (age 11), 6.1 mins / km
James Watson (age 11), 6.4 mins / km

Compare that with the big people: Geoff (M40) 5.0, Derek (M45) 5.1, Peter (M40) 5.1
Alan (don't ask) 6.5, Pamela (W35) 7.1 and Asa (W18 but not feeling too well) 9.5 mins / km

If the little feet are pointed in the right direction, they are very hard to keep up with!

AB

COACHING EVENING (AND POT LUCK DINNER)

WHEN: SATURDAY 23RD MAY AT 6.00PM

WHERE: HASTINGS SURF LIFESAVING
CLUB

WINDSOR PARK

FORMAT: A POTLUCK DINNER WILL PRECEDE THE
COACHING

THE COACHING SESSION WILL BE DESIGNED FOR ALL THOSE WHO ARE NEW TO THE CLUB, AND THOSE WHO ARE MOVING UP A GRADE THIS YEAR. THERE WILL BE DISCUSSION, EXERCISES AND INSTRUCTION. IT IS A CHANCE FOR YOU TO COME AND MIX WITH THE CLUBS MORE EXPERIENCED ORIENTEERS, AND PICK THEIR BRAINS.

WE WILL LOOK INTO THE VAGARIES OF SIMPLIFICATION, CARE, AND RELOCATION. LEARNING A SOUND TECHNIQUE WILL DRASTICALLY IMPROVE YOUR TIMES WITHOUT TOO MUCH EFFORT.

LET ME KNOW IF YOU ARE COMING.

GEOFF

COACHING DAY

AT ROWE ROAD,
10.30AM ON SUNDAY, 24TH OF MAY

NOW ITS TIME TO PUT THAT THEORY INTO PRACTICE.
THIS WILL BE A 2 HOUR SESSION, WITH THE POSSIBILITY
OF ONE ON ONE COACHING AVAILABLE. VARIOUS
EXERCISES WILL BE AVAILABLE IN AN ATTEMPT TO
PRACTICE WHAT HAD BEEN LEARNT THE NIGHT
BEFORE.

THIS IS ALSO A JUNIOR COACHING DAY, SO I WOULD LIKE
AS MANY EXPERIENCED ORIENTEERS AVAILABLE AS
POSSIBLE TO HELP, AS THERE MAYBE QUITE A FEW
PEOPLE THERE.

NEW MEMBERS

A big welcome to the new members who
have joined this year.

Tim Jowett

Jim Taylor

Tannis Waugh

David Unwin

Hugo Beamish

McDonald family (Scott,Fay,Robert,Cara,Christopher)

Schumacher family (Richard,Gemma,Naomi,Hana)

Dever family (Bill,Brett,Teresa)

Wood/Hill family (Rob,James,Mathew,)(Briar,Rhian,Thomas)

SCORCHER AT RARETU - 8 MAR 98

This was the club's 2nd event of the year. We were fortunate to have a beautiful almost cloudless day with temperature around the mid 30's. phew! I'm sweating thinking about it. This was my first attempt at setting a course and with the able guidance of Ken Holst managed to put together a challenging event (as many of our keen orienteers found out).

I was lucky to attend a training night on course setting in mid 1997, this helped me a great deal with setting this course. I thoroughly recommend all new members to attend the next one, it also enlightens you on why we have different grades, why controls are put where they are and much more. A must attend training session if you have not set courses or are new to orienteering.

Raretu is mostly open farmland situated on very hilly terrain. A small area was covered in tall, dry, dead, very prickly thistles which I just had to make use of for the Yellow, Orange and Red courses. And for the Red course, they had the added challenge of their event being a memory course. This, coupled with the high temperatures, led to a higher than usual incidence of 'DNF', most DNFees missed out the last control (which was situated in a small strip of pines not far from the finish).

This was also not a day to go out without any water, something which orienteers should think of carrying with them for long runs in high temperatures. If you have to set a course for the first time don't hesitate to ask for help from club members, I received a lot of helpful advice when planning this course. When looking for maps, check with the club secretary as there are a lot of maps available which are not held in the shed at the Mardons.

Finally, I'd like to thank the Mardons and Ken Holst for their help when they were very busy with the apple harvesting season and the club members who helped me pack up and bring in all the controls on the day. Much appreciated.

I look forward to setting the next course.

Craig Tuohy

HB Orienteering Club
Results -Raretu - Sunday, 8 March, 1998

Setter: Craig Tuohy

Red memory (4.5km)

Geoff Morrison	67.14
Derek Morrison	67.14
Peter Watson	74.45
Richard Lynn	99.00
Tom Fargher	DNF
Terry Russell	DNF
Bruce Perry	DNF
Pamela Morrison	DNF
David Fisher	DNF
Brian Wardle	DNF
Gordon Rodgers	DNF

String

Duncan Morrison	5.23
Brianna Macks	16.44

Red Short memory (3.2km)

Brian Crawford	DNF
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Orange (3.0km)

Doug Matheson	43.29
Tim Jowett	66.29
Jenni Macks	70.47
Sharon Mardon	71.15
Emma & Peter Watson	73.52
Beryl & Scotty Smith	95.52
Tannis Waugh & David Unwin	103.32
Bill Dever	109.43
Mac & Ngaire Fisher	129.35
Jenny Russell	DNF

Yellow (2.2km)

Amber Morrison	58.49
Max McEwan	65.33
Marlena Rogers	70.03
Scott & Robert MacDonald	70.52
Fay, Cara & Christopher Macdonald	77.56

White (1.0km)

Duncan Morrison	30.59
Anneka Perry	36.00
Oliver Morrison	36.56
Kate Morrison	47.40

SMEDLEY STATION - OY1

SUNDAY 22nd MARCH 1998

We decided to use a start area at the south west corner of the map to enable the orienteers that usually run on shorter courses to experience that end of the map and it is a very scenic area.

The downside is the gorge area was never mapped that well and 15 years of changes have also added to the confusion.

The presence of 20 scouts created a bit of pressure at the start but everyone managed to cope.

In reviewing the courses we agree that Control 1 on the Orange Course may have been too technical and an easier intermediate control was warranted. We were lulled into a false sense of security by the times put up by the orange men the year before, but they have moved up in the world.

Derek and Geoff showed good form on the Red Long course with Derek winning by 3.31minutes (or 1.29 OY points).

Wins were also recorded by Ross, Mikaela, Caroline and Amber. Emma let the scouts get the better of her on the White Course after overlooking drawing her last three controls on her map but still managed to find them from her control descriptions.

We would also comment that you are eligible to compete on any colour you choose regardless of age.

Tom Fargher and Peter Watson

HB Orienteering Club

Results - OY 1 - Smedley Station - Sunday, 22 March, 1998

Setter: Tom Fargher

Vetter: Peter Watson

RK = Red Kiwis (Palmerston North)

Red long (7.6km, 285m)

Derek Morrison	64.23
Geoff Morrison	67.54
Maurice Lloyd	83.24
Craig Tuohy	132.59
Gordon Rogers	DNF

Red medium (5.5km, 205m)

Ross Morrison	53.55
Ken Holst	77.13
Pamela Morrison	84.44
Eric Dunbar	87.10
Doug Matheson	88.40
David Fisher	92.13
Richard Lynn	110.36
Terry Russell	DNF

Red short (3.5km, 110m)

Caroline Watson	62.10
Sharon Mardon	70.08
Robyn Davidson (RK)	77.55
Brian Crawford	88.13
Naomi Schumacher	104.39
Pat Larsen (RK)	111.38
George Davies (RK)	116.36
Linda Lloyd	ml DNF
Dave Smith	DNF

Orange (4.0km, 165m)

Mikaela Harker	133.00
Jessica Fargher	148.08
Jenny Russell	DNF

Yellow (3.0km, 125m)

Amber Morrison	36.32
Ramon Steenson	41.30
James Watson	42.00
Gemma Schumacher	52.05
Mac Fisher	83.49

White (2.0km, 100m)

Robert Ferguson & Guy Higginson	31.30
Shelley Thompson	31.46
Harley Ellmers	36.21
Oliver Davidson (RK)	37.03
Emma Watson	39.42
G & K Ellmers	41.15
Aiden Ellmers & John Thomson	41.32
Bradley Joll	41.47
VJ Cooper	44.21
Helen Watson	44.28
Murray Howarth & Hugh Harrison & Barry Ellmers	45.03
Rachael Ellmers & Desa Thomson	48.19
Caleb Stephenson	50.31
Kate Morrison	59.29
Brendon Lloyd	73.19
Duncan Morrison	73.31
Chris Harrison & Stephen Howarth	73.33
John Howarth & Scott Higginson & Duncan Harrison	74.57
Miranda Corby	90.54

String

Duncan Morrison	11.00
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Course Setters Report: Maraetotara O.Y.2

Date: March 29th

“Thanks for the day”, said Max (McEwan), in a youthful, heartfelt way. Thus deified, I responded, God-like, “I’ll arrange for it to be fine to-morrow, if you like.”

I don’t think he heard me, but the weather certainly was ‘one out of the box’, and a far cry from the previous day’s gale which threatened to tear the flags from the control standards overnight.

I imagine the great turnout had more to do with the sun than the reputation of the course setter, but it sure is encouraging to be setting courses that each have a good number of runners. It helps make that workload a little more tolerable.

There is also relief for the organisers as the first competitor from each course returns safely, verifying that all the controls are still present in the right places. Alas, there was no such relief on the Yellow Course. Control no.3 had disappeared overnight, and despite the posse led by Bruce Perry could not be rounded up, thus leading to the invalidation of the Course. For a time it was felt that brother Geoff had gained revenge for my ‘good Samaritan’ act earlier in the week, which I am sure will rate a passing mention elsewhere in the magazine. My apologies are extended to the 7 competitors. It seems that the culprit was a horse. The landowner returned the Control in a semi-mangled state two days later after finding it some distance from the original spot.

Peter Watson completed his build-up for the Nationals with an impressive victory on the top course over visitors Mark Hudson (just moved from Dunedin) and Dave Persson (Red Kiwis). Geoff Morrison and Maurice Lloyd were off the pace. Maurice was not helped by the ongaonga, though an earlier missed control would have ruled him out of contention anyway. Nobody fell for the setter’s bluff of using a string course control, especially just after running through the start/finish area - well done.

There was plenty of interest in Red Medium as the wilier runners took on some of the freshly promoted Orange Coursers. Experience held sway on this technical map as Ken Holst took out Max Kerrison and Bruce Perry. Pamela Morrison was next and first woman home with a creditable run, while Tom Fargher continues to improve. Brian Wardle had difficulty expressing his frustrations in English after a DNF caused, in part, by a broken compass, and partly by the need to exit early.

The women prevailed in Red Short, with Caroline Watson narrowly denying Linda Lloyd a comeback victory. Kath Berry made light of her mobility problems to post a good time, ahead of the first of the men, Brian Crawford. Most seemed to enjoy the ‘rock on top of the cliff’ control.

Orange featured a good deal of 'young blood'. Newcomers, Matthew and James Wood comfortably led the others, and it was great to see Brett Taylor back and running well. Tim Jowett looks promising, too, and with a little coaching should make further improvement. Jessica Fargher had a good dress rehearsal for the Secondary School Champs, and I'm sure Jenny Russell learnt something from her time out on the course!

We've dealt with Yellow. White had 13 entrants, I know. I had decided to draw all the White courses for them expecting the usual number of, say, 6 or 7. How wrong! This Course was a little longer than is recommended, but this was done to make sure there was an interesting run (walk). Nobody complained about the distance, but my Kate showed bravery? after suffering a bee sting at the penultimate control, to get it removed at the caravan, and with little persuasion to go back and finish the course. Rhian Hill was first, but only just ahead of Sophie Fargher. The Pratley family went well, and Hugo Beamish looks to be good potential.

Sixteen kids tackled the string course at least once, which must be some sort of record. Thanks Eric for the assistance here. I don't know who had the more fun - the kids or the setters! They all seemed to enjoy scrambling under the big rocks and cliffs, rendered onga-free thanks to Ted Sapsford's trusty machete.

Mention must be made of Ted's contribution as Vetter. Ted responded to a late call for assistance, and checked all control sites even after darkness fell, thanks to his foresight to include a torch in his pack. He did not place the missing control, but did note its position. In fact, when I dropped off his machete on Sunday after the event, he was able to recall the control number! Great memory, Ted.

Special thanks, too, to those people who could see the pressure of dealing with so many starters and newcomers and readily lent a hand: Samantha Russell did an excellent job the caravan, made more noteworthy because she is a non-orienteer, as yet, as did Amber and Pamela. Eric and Bruce I've mentioned, while control collection was handled voluntarily by Maurice and Linda Lloyd, David Unwin and Tanis Waugh, The Watson family, David Costigan, and Richard Lynn. Alan and Kath Berry helped with the posting of results. Geoff helped with the posting of signs.

In all, 53 maps were taken out, which must be one of our better days. Add that to the 16 string courses and we get around 70 people enjoying the Autumn sunshine, which was not really my doing, Max, but it's great that you have that sort of faith in the course setters.

Derek Morrison

HB Orienteering Club

Results - OY 2 - Maraetotara - Sunday, 5 April, 1998

Setter: Derek Morrison

Vetter: Ted Sapsford

RK = Red Kiwis (Palmerston North)

Red long (8.8km, 350m)

Peter Watson	76.03
Mark Hudson (RK)	84.18
Dave Persson (RK)	88.25
Geoff Morrison	92.30
Maurice Lloyd	m1 DNF

Red medium (5.4km, 185m)

Ken Holst	47.01
Max Kerrison	50.28
Bruce Perry	55.54
Pamela Morrison	59.41
Tom Fargher	62.12
David Fisher	70.15
Eric Dunbar	71.10
Alan Berry	72.23
Ross Berry	80.21
Craig Tuohy	85.23
Richard Lynn	100.03
Brian Wardle	DNF

Red short (3.16km, 85m)

Caroline Watson	49.12
Linda Lloyd	50.35
Raewyn Persson	57.05
Kath Berry	57.52
Brian Crawford	61.41
Sharon Mardon	66.00
Dave Smith	70.24
Max McEwan & Margot Young	90.09
Mac Fisher	94.10

Orange (4.085km, 110m)

Mathew Wood	41.46
James Wood	43.40
Brett Taylor	52.50
Tim Jowett	60.13
Jessica Fargher	72.35
Tannis Waugh & David Unwin	100.25
Jenny Russell	105.20

Yellow (2.725km, 85m)

(Course invalidated, control missing)

Amber Morrison
James Watson
David Costigan

Emma Watson

R. Stane

Rob & Scott McDonald

Robertson Grp

White (2.7km, 90m)

Rhian Hill	34.29
Sophie Fargher	34.43
Pratley Family	42.10
Hugo Beamish	48.29
Barrett & Berry	50.35
Fay, Cara & Christopher McDonald	50.42
Helen Watson	53.45
Brendon Lloyd	55.23
Kate Morrison	56.39
Emily Waaka	61.40
Duncan Morrison	64.15
Frank Spencer	72.46
Spencer Family	(M8) DNF
Anneka Perry	DNF

String

Hugo Beamish	9.00
Duncan Morrison	9.26
Oliver Watson	9.30
Anneka Perry	9.31
Kate Morrison	9.52
Emily Waaka	10.40
Helen Watson	10.41
Sarah Berry & Aari Barrett	11.06
Cara McDonald	11.21
Sophie Fargher	11.22
Scott McDonald	11.23
Christopher McDonald	11.24
Jay Barrett & Katrina Berry	14.18
Lottie Perry	35.00

JUNIOR REPORT

Amber, Emma, James, and Åsa all took part in the Nationals in Dunedin with much success. Unfortunately Åsa was unwell and did not do herself justice, though recovered during the week to run 2nd in the Great Naseby event on course 3, to show what might have been. Emma and James were part of the winning relay team, and Emma and Amber both won their grades in the Short O. The classic saw Emma (W12), and Amber(W14), both 2nd, and James (M12) 3rd.

10 HB students took part in the NISS champs run at QE2 Park in Paekakariki. Notable performances came from;

James Wood (NBHS) 2nd Senior Boys Novice

Ross Morrison (NBHS) 4th Senior Boys Championship

Grant Bicknell (NBHS) 4th Junior Boys Novice

Mikaela Harker (HGHS) 4th Intermediate Girls Chsp (but DSQ for not clipping last control with 2 minutes up her sleeve).

Charissa A? (HGHS) 6th Senior Girls Novice (in her 1st attempt!, orange course too)

The next day were the relays on a new map just out of Wellington. Ross lead for a 66% NBHS team by over 3 minutes at the end of the 1st leg, and James did a pretty good job in pulling them back to 2nd at one stage before a common relay mistake (misreading the clipcard) saw them slip to 5th. Grant and Ramon Steenson (HNHS) were part of a composite team that finished 2nd in the Juniors. The HGHS Intermediate finished 5th, just 5 minutes from 2nd (Jessica, Melissa, and Jenny) and the Senior Girls DNF'd after Charissa twisted her ankle. It was a shame because both Mikaela and Naomi had solid runs.

29 March we had a training event on Te Mata Park. Despite an OY in PN the same day we still had 16 attending. Also there to coach were Bruce, Tom and Craig. We did map interpretation, and discussed attack points and route choice on our way around a small course. Each coach had 3 or 4 juniors to work with at various levels. We finished up with a short course to end the session.

The next coaching session is on May 24, at Rowe Road, at 10.30, available to everyone to improve their levels. Coaching help required.

GM

Development Squad Camp

The week after the Nationals, I was lucky enough to observe the coaching of the Development squad, plus selected Regional orienteers. Åsa was the only Hawkes Bay representative amongst the 37 participants. My title was of trainee coach. My role was a mixture of watching, coaching, and being coached. It was a relatively laid back week, but the agenda was still of full days.

The 8 coaches paired off, and were responsible for organising a day each. They concentrated on various aspects of orienteering, with most emphasis on simplifying the map. The evenings were spent in discussion, doing map exercises, and making a movie.

Highlights for me were;

- revisiting the Nationals map, and confirming what I had thought after I had finished about the map, and control placement.*
- looking at the scene of the protest on the M21E course and being mystified at how it had been dismissed.*
- seeing the promise of the South Island juniors.*
- watching drivers struggle with column change rental vans.*
- the concoctions conjured up for dinner by the various chefs.*
- the amount of acting talent available for the movie that Dave Farquhar put together.*
- the naïve thought by some, thinking of going to JWOK, that it was there if you could afford to go. Some made themselves available, even though they don't train.*
- Ralph King being the oldest ever Development Squad member.*
- the way in which everyone, despite being from different regions and being of different age groups and ability, worked together.*
- Michaels mikr-O.*

I very much enjoyed the week, enjoying the company of the cream of New Zealand Orienteering. Actually, the opportunity to pick peoples brains was, for me the best form learning.

Geoff Morrison

MIKE R-O

Michael Wood's orienteering answer to one-day cricket

During the development camp in the South Island, everyone participated in what was a prototype version of this event.

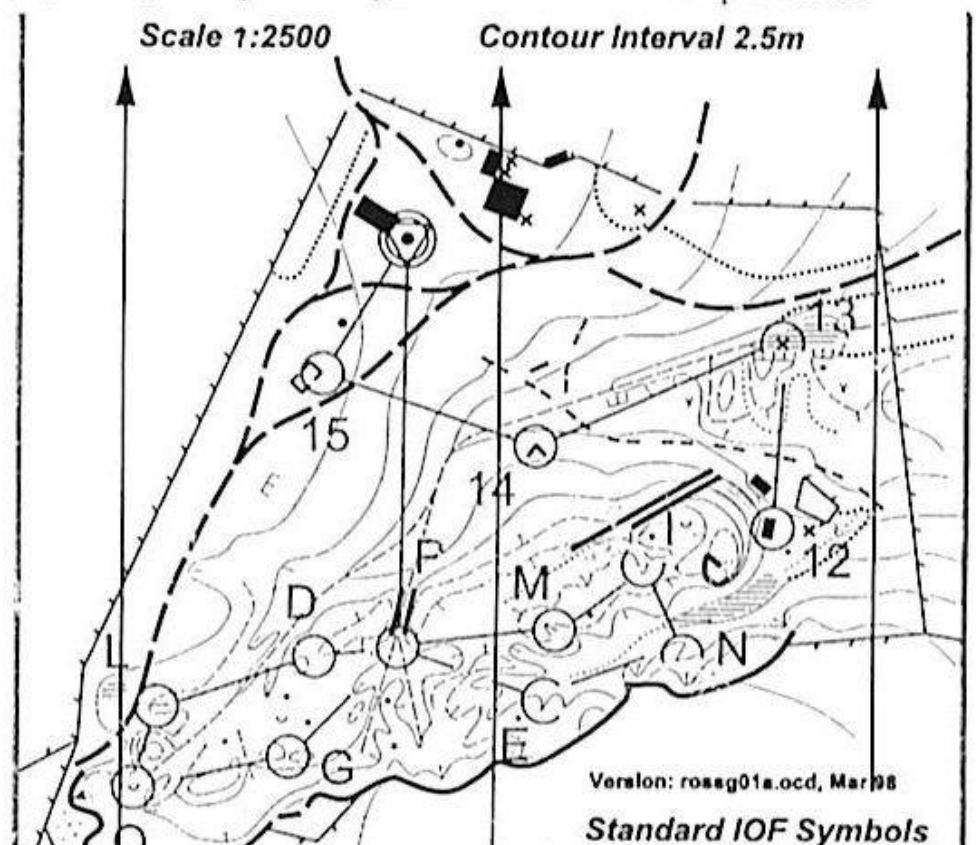
Michael picked an intricate gold mining area, with spectator viewing from the cliffs above. He printed the maps at 1:2500, and we as guinea pigs were set to go. With stereo wound up, bell clanging, and rattler rattling, the scene was set.

The starters could only see 2 controls out of the 15 set out, and only after you had finished could you go to the spectator area where you could watch all the action below.

The course was of just 1km, and competitors started at 4 at a time. This brought in the race factor. The pivot control was visited 3 times on a figure 8 course, but it was only the third time that you knew where you were in relation to the others. 4 on the figure 8 meant that everyone had a different variation. Once reaching the pivot for the 3rd time, then it was 4 controls to go, all common.

Michael had seeded the 4's and the times got progressively quicker, until the 4 elites had last crack. Darren Ashmore was fastest in 4.29, and Rachel Smith fastest woman in in 6.32. And me? I was up against Rachel, Melissa Edwards and Phil Collins, won my heat in a time of 6.21

The verdict. Great fun (especially for spectators), and had the thumbs up from the elites.



TE MATA

19 April

Well, the rain held off, but in any case we were prepared for it. The tunnel tent is an experience to put up, the more hands the easier.

Apart from some electric fences not being turned off (not my fault), everything else seemed to go smoothly. With the Nationals having just been held, we were short of a few Morrisons, and low on club Member participation. But this was made up with a lot of newcomers and families with one person joining the club that afternoon.

We had some visitors from Dunedin, the Hudson family, who had a good day, coming in 1st, 3rd, and 4th on their respective courses. Another newcomer, Graham Harre tried the orange course, scorching around in 27 minutes, next best being 49 minutes. In between coughing and spluttering, he told me how much he enjoyed it, and decided to do the red short course, finishing in 26 minutes, next best being 54 minutes. Someone to keep an eye on, if you can keep up with him!

Everyone seemed to enjoy their day out, thank you again to Brian Crawford and all the other helpers during the day.

My view, from around the bend,
Richard Lynn

Results - Te Mata -Sunday 19th April

Course Setter : Richard Lynn

Vetter: Brian Crawford

Red Long (4.1km)

Mark Hudson (RK)	43.36
Ken Holst	57.22
Ross Morrison	63.50
Alan Berry	74.02
Kyle Brennan & Damian	78.10

Red Medium (3.2km)

Peter & Caroline Watson	41.59
Terry Russell	64.08
Grant Hudson (Dun)	66.29
Jennifer Hudson (Dun)	67.57
Beryl & Scotty Smith	87.19

Red Short (2.4km)

Graham Harre (2nd)	26.17
James, Emma, and Peter	57.37
Brian Wardle	59.29
Kath Berry	60.47
Anne Sapsford	86.57
Dave Fisher	89.03
Mac & Ngaire Fisher	94.08

Orange (2.8km)

Graham Harre	27.58
Tim Jowett	44.48
James Wood	46.38
Jim Taylor	46.40
Brett Taylor	49.29
Jenny Russell	52.16
Neil Mora & Rachael	70.02
Carla	71.34

Yellow (1.7km)

Melissa Mikaere	49.51
Rob, Cara & Scott McDonald	55.17

White (1.6km)

Ramon Steenson	13.32
Aari Barrett	24.17
Faye & Christopher McDonald	26.13
Helen Watson	28.56
Cara McDonald	29.13
Oliver Watson	31.01
Brett Dever	32.21
McGlashan family	49.59
Brendon Lloyd	62.30
Duncan Morrison	DNF

String

Ross Morrison	3.33
Cara McDonald	6.42
Scott McDonald	7.31
Aari Barrett	9.39
Christopher McDonald	15.04

Are You Getting the Most from your Map?

In the first of a series, Michael Wood discusses some of the symbols on the orienteering map. As Coaching Director and a mapmaker, Michael's advice will help you use the information which is there. He suggests you get out a few of your old maps to refer to while you are reading this.

In this issue: Vegetation

Forest: easy running

Often a surprise to the new orienteer, the colour white is used for "good" forest with few obstacles. The reasoning is that since this is the ideal orienteering terrain, the greater part of most maps should be this colour, as a background colour would just reduce readability.

There are international specifications for the colours, and they define "good" forest as 80-100% of full speed. This means that if you can jog at 8 min/km in the best forest, the vegetation would have to slow you to 10 min/km before it would be shown as some shade of green.

So white usually means mature trees with plenty of space between them, and you can see a long way. But sometimes there are small plants which cut down the visibility but not the speed, such as the head-high ferns on parts of Mt Eliza near Hamilton. This will also be shown as white, unfortunately there is no special symbol for this.

Forest: slow running

The lightest shade of green is used where the trees reduce speed to 50-80% of flat out. Referring to our 8 min/km jogger, this means 10 to 16 min/km, or down to half speed. The mapper develops a sense of these speeds by "feel", but may in cases of disagreement do some test runs of a measured distance. The mapper also tries to "average out" the colour changes unless they are very distinct - I like to leave the decision until I have checked out everything else.

The vegetation usually reduces visibility as well as speed. Because you always travel with a certain error margin, this increases the chance that you will miss your target, or mistake one feature for another. *Any travel in light green should therefore be with greater care.* Consider a longer route to use handrails or a bigger attack point.

Sometimes low undergrowth or pine forest thinnings reduce speed while you can still see for miles. In this case the green is shown by widely spaced green lines instead of the fine green dots; and it's called "Undergrowth: slow running". Although you can easily see the big hills, I find it hard to relate to the small contour details when they are covered with branches, so take care close to a control in green lines.

Forest: difficult to run

This is a medium shade of green and is used for speeds of 10-50%. Our 8 min/km jogger would be taking anywhere between 16 and 80 minutes to do a kilometre. *This can only be described as "bingo" territory,* and unless the features are unusually well defined should not be used for controls. It should not even be an option on a leg, since an orienteer going around the green patch would be going at 8 min/km, another going through the green might travel at 17 min/km, while a third who chose a different route through the green could take an hour and a quarter per kilometre. That's hardly fair!

Controllers should ensure this doesn't happen. However if you do

strike medium green, you've got to deal with it. The visibility will probably be quite low, and your alarm bells should be ringing. You need an unmissable attack point, and a rock-solid route to it. Look on your map for similar features which might mislead you. Consider going right past and attacking the control from the other side.

If the vegetation allows good visibility (thinnings) the green is shown by closely spaced lines and is called "Undergrowth: difficult to run". You'll be stepping over obstacles, but you can use the extra time to make sure your direction is good.

Vegetation: very difficult to run, impassable.

This is such a mouthful that it is commonly called "fight". Shown by the darkest shade of green, this is forest which reduces speed below 10%, or impassable undergrowth such as low gorse or blackberry.

You may be tempted to try to get through "fight" because earlier mapping standards had it as 0-20% speed. The changeover to 0-10% was in 1990. Our 8km/min jogger will take at least one hour 20 minutes to do a kilometre, and maybe considerably more!

Remember, "Fight" effectively means impassable.

Difficult to run (sometimes called walk) means bingo!!

Open land

Cultivated land, paddocks, any ground without trees. Yellow (well it couldn't be white, that's taken!)

Rough open land

This is long grass or young trees up to 1m, and is shown as a paler shade of yellow. You often get this where fencing prevents stock from keeping the grass down, or perhaps tussock or heather is present.

Speed would have to be at least 80% of flat out however, so it's mainly a navigation feature. If the map doesn't have fences marked, you can sometimes guess where they are from the edge of the rough open.

Where speed is reduced to 50-80% the widely spaced green lines are printed over the top of the pale yellow. This could be thicker tussock, or scattered gorse or bracken. Where the speed is reduced to 10-50%, the closely spaced green lines are used over yellow. This could be areas where there is more gorse/blackberry than not, and you have to pick your way through. *Yes, it's bingo territory, the controller shouldn't let the course go there!*

Open land with scattered trees

As the trees thin out, there is a point where you can't call it "forest". Large yellow dots are used to represent this. But where a small amount is surrounded by open land it is shown as white, to make it easier to see on the map.

It can be quite hard for the mapper deciding when "forest" becomes "scattered trees", and when scattered trees are so far apart that they should be shown as distinctive trees. So be prepared for different interpretations.

Distinctive Tree

A single tree which is distinctive is shown with a green circle. Most of these are single trees in open land, but in forest it could be a different type of tree, or a huge old tree among younger ones. One circle can sometimes mean two or three together, to avoid overlapping circles.

Apart from orchards and vineyards which are quite rare in NZ, these are all the categories the mapper is allowed to use. Even if the vegetation is gradually changing from thick to thin, the mapper has to choose a line where dark green becomes medium green, or light green becomes white. *You will not be able to see that line in the forest.*

Only if the colour change is picked out with black dots is the vegetation boundary going to be distinct and visible. Sometimes it will be a change from native to pine forest, sometimes the forest managers have only thinned up to a certain line and this is quite prominent. And of course the boundary between forest and open is usually distinct.

Conclusion

The vegetation allows you to make route choices, and also tells you the amount of care you should take with navigation.

There are lots of other subtleties, but we'll move next issue to another set of symbols, before eventually returning to vegetation

Thanks to Brenda Jackson for this article which appeared in Pinelands newsletter, November 1997.

CARBOHYDRATE AND FLUID NEEDED FOR ORIENTEERING

Carbohydrate supplies the energy that your muscles need to work and your brain needs to think! So it is important to have the right amount to perform at your best.

The body can store approximately 600g of Carbohydrate and you use between 2-10g/minute depending on the intensity. This means your stores will only last one hour at high intensity exercise and once you have used this your body will tend to burn up body protein rather than fat to give you energy.

Therefore it is important to take a supply of Carbohydrate with you on your run to help stop fatigue and all importantly BRAIN FADE. The best way to do this is in the form of sports drinks which will also replace your fluid loss.

Which sports drinks and how much?

The best sports drinks to use are those that contain Carbohydrate at 5-8%, glucose polymers; fructose, sucrose; and electrolytes Sodium (Na) and Potassium (K). You should only use sports drinks with Carbohydrate at 10% or above for recovery as they will tend to draw fluid into the gut and therefore you will add to dehydration on a run.

Drink freely before a run. Your optimum fluid absorption occurs if you fill your stomach up all at once. Therefore it is a good idea to drink 300-500mls quarter of an hour before your run. On your run you should be drinking at least one litre per hour split into three lots i.e., drink three lots of approximately 300ml.

HENCE YOU SHOULD BE TAKING SPORT DRINK WITH YOU ON YOUR RUN, ESPECIALLY THOSE OF YOU (AND ME) WHO TEND TO BE OUT OVER ONE HOUR AND SUFFER FROM BRAIN FADE REGULARLY !!!

The weather was fine, the forest was clean and everyone had a great day's orienteering. Sure, Seafield Road is a bit steepish here and there but look at it like this - unless there are a few hills to get in our way between controls, we will never get any practice at assessing the most efficient route choice. On the longer courses in particular, there were options galore on some legs. Down and then up, or up and then down, or around to the left, or to the right, or how about taking advantage of the tracks, even if they are a bit longer?

It is a mistake to assume that the red line represents the best route choice. One of the most important skills in orienteering is to be able to rapidly assess the most efficient route between one control and the next. Usually, it will be a little longer than the straight line, or maybe quite a good deal longer. But it will allow us to run at maximum speed, with a minimum of climb and with land forms or other features along the way to tell us exactly where we are on the map. Track running has an even greater advantage in steep country like Seafield Road, where sidling can be slow. This is how it worked out on the red long and red medium courses, where the runners took a wide range of options on the long legs. In almost every case, it proved faster to make a bigger loop but take in as much track running as possible.

It was a pleasure to see the large number of families out for the event, especially many of our newer members. We do not have many good forest maps in Hawkes Bay and in Seafield Road you will have seen forest orienteering at its best.

My special thanks to Pamela for her assistance and advice as controller, for helping to put out the controls and for looking after the start, to Kath for a very busy day in the caravan and to Richard, Derek, Terry, Jenny, Brian C and Geoff for collecting the controls.

Alan Berry



HB Orienteering Club**Results - OY 3 - Seafield Road - May 3, 1998**

Setter: Alan Berry

Vetter: Pamela Morrison

Red long (6.6km, 390m)

Peter Watson	67.45
Derek Morrison	70.05
Maurice Lloyd	71.36
Geoff Morrison	76.51
Max Kerrison	99.43
Norris Cox	121.20
James Wood	162.40

Red medium (4.3km, 280m)

Bruce Perry	52.24
Ross Morrison	55.08
Ken Holst	57.50
Terry Russell	82.14
Richard Lynn	84.46
Beryl & Scotty Smith	130.13

Red short (2.5km, 120m)

Caroline Watson	38.20
Brian Wardle	50.49
Naomi Schumacher	54.26
Robbie & Stacey Smith	58.20
Linda Lloyd	63.12
Sharon Mardon	64.12
Brian Crawford	68.59
Dave Smith	71.58
Philip Mardon	73.22
Anne Sapsford	137.21

Orange (2.8km, 140m)

Tim Jowett	53.22
Jenny Russell	57.33
Jim Taylor	70.00
Damien & Chris McGahan	76.50
Rob Poulgrain	102.23
Max McEwan	120.52
David Unwin	123.31
Mac & Ngaire Fisher	126.52

Yellow (2.5km, 145m)

David Costigan	34.03
James Watson	46.13
Amber Morrison	46.34
Diane & Gemma Lucas	70.56
McDonald Family	71.04
Kiki & Louise Balles	DNF
Nicolas & Rueban Balles	DNF

White (1.8km, 65m)

Hugo Beamish	21.40
Rhian Hill	22.02
Joy McMahon	30.15
Brett Dever	32.05
Kate Morrison	35.49
Juliet Wood	36.43
Brendon Lloyd	40.00
Anna Parker	43.00
Alister Poulgrain	43.15
Blade Runners	43.28
Duncan Morrison	48.00
Helen Watson	ml DNF

String

Hugo Beamish	5.00
Rhian Hill	5.00
Cara McDonald	6.00
Scott McDonald	7.00
Sarah Harding	7.00
Oliver Watson	7.00
Duncan Morrison	7.47
Anna Parker	11.00
Christopher McDonald	14.24
Tom Hill	20.00

1998 OY SERIES

	OY 1	OY 2	OY 3	OY 4	OY 5	OY 6	Total	Best 2#
Red long - men								
Derek Morrison OY2*	25.00	25.00	24.17				74.17	50.00
Peter Watson OY1*	25.00	25.00	25.00				75.00	50.00
Geoff Morrison	23.71	20.55	22.04				66.30	45.75
Maurice Lloyd	19.30	10.00	23.66				52.96	42.96
Max Kerrison			16.99				16.99	16.99
Norris Cox			13.96				13.96	13.96
Craig Tuohy	12.10						12.10	12.10
James Wood			10.41				10.41	10.41
Gordon Rogers	10.00						10.00	10.00
Red medium - women								
Pamela Morrison OY3*	25.00	25.00	25.00				75.00	50.00
Red medium - men								
Ross Morrison	25.00		23.76				48.76	48.76
Ken Holst	17.46	25.00	22.65				65.11	47.65
Bruce Perry		21.03	25.00				46.03	46.03
Tom Fargher OY1*	18.90	18.90					37.80	37.80
Alan Berry OY3*		16.24	16.24				32.48	32.48
Eric Dunbar	15.46	16.52					31.98	31.98
David Fisher	14.62	16.73					31.35	31.35
Richard Lynn	12.19	11.75	15.45				39.39	27.64
Terry Russell	10.00		15.93				25.93	25.93
Max Kerrison		23.29					23.29	23.29
Doug Matheson	15.20						15.20	15.20
Ross Berry		14.63					14.63	14.63
Craig Tuohy		13.77					13.77	13.77
Brian Wardle		10.00					10.00	10.00
Red short - women								
Caroline Watson	25.00	25.00	25.00				75.00	50.00
Sharon Mardon	22.16	18.64	14.93				55.73	40.80
Linda Lloyd	10.00	24.32	15.16				49.48	39.48
Naomi Schumacher	14.85		17.61				32.46	32.46
Kath Berry		21.26					21.26	21.26
Anne Sapsford			10.00				10.00	10.00
Red short - men								
Brian Crawford	25.00	25.00	18.42				68.42	50.00
David Smith	10.00	21.90	17.65				49.55	39.55
Brian Wardle			25.00				25.00	25.00
Philip Mardon			17.32				17.32	17.32
Orange - women								
Jessica Fargher	25.00	25.00					50.00	50.00
Jenny Russell	10.00	17.23	25.00				52.23	42.23

Orange - men						
Tim Jowell		17.34	25.00		42.34	42.34
Mathew Wood		25.00			25.00	25.00
James Wood		23.91			23.91	23.91
Jim Taylor			19.06		19.06	19.06
Rob Poulgrain			13.03		13.03	13.03
Max McEwan			11.04		11.04	11.04
David Unwin			10.80		10.80	10.80
Yellow - women						
Amber Morrison	25.00	\$	25.00		50.00	50.00
Gemma Schumacher	17.54				17.54	17.54
Emma Watson		\$			0.00	0.00
Yellow - men						
James Watson	25.00	\$	18.42		43.42	43.42
David Costigan		\$	25.00		25.00	25.00
White - women						
Kate Morrison	16.69	15.32	25.00		57.01	41.69
Helen Watson	22.32	16.15	10.00		48.47	38.47
Sophie Fargher		25.00			25.00	25.00
Emma Watson	25.00				25.00	25.00
Anneka Perry		10.00			10.00	10.00
White - men						
Rhian Hill		25.00	24.58		49.58	49.58
Hugo Beamish		17.78	25.00		42.78	42.78
Brendan Lloyd	25.00	15.57	13.54		54.11	40.57
Brett Dever			16.88		16.88	16.88
Alister Poulgrain			12.52		12.52	12.52

The OY series is over 6 events during the year. The lowest scoring event may be dropped. Where a member does not take part in all 6 events, then all results count.

* indicates setters and controllers, who score points equal to their best other event during the series

total for year, if less than three events

\$ yellow course at Maraetotara invalidated because of missing control

THE GREAT NASEBY EVENT

18km in the gold diggings around Naseby seemed an awful long way, especially after a 9 straight days of orienteering. Sean doing his wind sprints and testing his lungs at 2 and 4 in the morning wasn't ideal preparation either. But there I was, standing on the start line, under blue skies, but in a big frost at 8 o'clock in the morning, ready to go.

After the initial huffing and puffing of a mass start, things settle into a pattern, where competitors keep popping up where you least expect them. People that you've passed way back are now ahead of you and vice versa.

The 1st loop went relatively quickly, and I was surprised at how many good orienteers were still about. The 2nd loop was a lot longer, and even though it went into open country, little was seen of anyone else other than the 3 around me. Here I started to have a problem, when the sole of my shoe started to peel away. This created a new running style which meant lifting my right foot higher than my left. With still 5km back to the start of the 3rd loop, it was something I had to endure.

My shoe was taped up with elastioplast and I was set to tackle the last 4km leg, but not before I'd noticed Bruce McLeod casually hanging about the finish. Hey, hadn't he run. Yes, he had, and he'd finished. It looked as if he'd just run around the block.

The elastioplast lasted 5 minutes and it was back to that running style again. 2 controls to go Derek slid past me, but must've slipped up because when I got to the finish he wasn't there. That was the nature of the race.

3 1/2 hours, no cramp and a lot of fun, though I was pretty tired when I camped in Duntroon that night. Åsa was happy to have come 2nd in course, 3 and Derek was chewing the fat over his major mistake. All in all, a great day on a great map.

GM

Kaweka Challenge by Åsa Johansson

Well, a challenge all depends on what you compare it with, and I was thinking that it couldn't be THAT bad....., it wasn't....., it was worse.

That sunny Saturday morning when it all began, I was still an innocent W18. When the weekend was over, I was going to be the new superwoman.

We started – Penny and I were going to do course 4, the 30 kilometre over-night one. The first 800 metres along the road went just perfectly. Then it was a mountain, and another mountain, and another mountain, and another..... Because we had entered as juniors, we were thinking about having a relaxing and enjoyable trip, without too much blood, sweat, and blisters. Yeah, right.

The hours went past, the sun was shining, the scenery was beautiful, those 'small' Hawkes Bay hills, a little bit steep, the packs quite heavy, my legs tired..... When the first control appeared, the sky at once looked heaps bluer. After two and a half minutes break, the struggle continued. Because we were doing pretty well, we wanted to keep up the speed. My toes didn't want to. The downhills are really no good for your feet. Ask my blue-black toe-nail and THAT blister! When we finally reached the MacIntosh Hut, about 5 hours and 7 minutes had passed. It was now we realised that we should have entered as women instead of juniors, but never mind.

After some food, and a primitive wash - bedtime. When you're really tired, its not very nice to wake up in about an hour and a half, and discover that the tent is wet, and - whats worse - the sleeping bag is not exactly dry either. This was the only time we used our weather-proof parkas (and I bet it was because I said it was not likely to rain at this time of the year). It was surprisingly easy to fall back to sleep again, even if it was a bit scary thinking about the big alien-opossums which could put their huge teeth into our soft baby-skin.

The morning came, and off we went. I don't know why, but I thought that it wouldn't be that hard, hilly and steep today. Don't ask me where I got it from (the map?!). The only thing you could do was to put your legs on automatic, and just go. It worked all the way – almost. You sort of got a bit of a fright when you saw IT. In this case, IT means "The Wall". All the things you've heard about it was true. It could give even the fittest person nightmares and murdering ideas.

Well, we reached the top of that hill too, it was the way down that was a little bit complicated. Maybe because I hadn't tried abseiling before that. You need a bit of experience when you're climbing down those ropes.

Anyway, after a while - on top of another hill - (really?!), we heard somebody (obviously crazy enough to have done this before), say it was only 5 more minutes to go. I used all the extra energy I didn't have, and ran the last bit. Was it nice to see the finish or what!

Unfortunately, we didn't do what we really wanted to do, we didn't make it under 8 hours. To be exact; 8.00.06. We got the medals anyway, which was good, because I wanted something to prove that I really had done it.

Now, a week afterwards, I can honestly (well....) say that when I come back to New Zealand sometime in the future, I would like to do it again. 'Cause the Kaweka was quite fun after all!!

WOA - OY - 1998
Now an Age-Grade Competition

It may not have been obvious from the OY Rules published in the February WOA Mag that the OY has had a fundamental change from previous years. Instead of earning OY points in any one of seven courses they are now awarded in age-grades. In order to be eligible for OY competition points you must compete in a grade you are entitled to enter. There are 21 grades in the new competition (11 for men and 10 for women - the women do not have a separate 60 years and over grade). **Please write your age-grade on your clip card, or, if running 'out of grade' put UNF for unofficial.**

Following the WOA AGM, a group appointed by each of the WOA clubs (including Hawkes Bay) consulted together over the Christmas holiday period via e-mail & fax. The first decision had already been made that at least men's and women's points would be calculated separately. After some discussion within the group, a clear consensus emerged that we should revert to an age-graded competition (as the OY was before the introduction of the 'Rainbow series').

The discussion then concentrated on what courses and grades should be offered. The possibility of including an extra red course was put forward. After considering the grades and possible course/grade combinations, we agreed to this additional course, provided the guidelines for the red-short course remained the same as previously (as a percentage of red-long). So the additional red course is in the form of a 'medium-short' red course. The advantages of this extra course are a better spread of grades over the red courses and, hopefully, shorter queues at events.

Course/Grade combinations for OY 1998:

	Red	Orange	Yellow	White
Long	100% M21A			
Medium	70% M-18A W21A M40-A	55% M-16A M21B		
Medium-Short	55% M50-A W-18A M21AS W40-A			
Short	40% M60-A W50-A W21AS	40% W-16A W21B	35% M-14A W-14A M-16B W-16B	25% M-12 W-12

% - are percentages of the length of the red-long course. -18 are for competitors up to and including 18 years old; 40- for competitors 40 years and older, etc. Ages taken as at 31 December 1998. The M & W21 grades are 'open' grades - the 21AS grades are 'open' short course grades.

Ian Basire
 WOA OY Coordinator
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1998 FIXTURES

DATE	CLUB	EVENT	MAP/PLACE
10/05/98	WAI	WOA OY	MATAHIWI
17/05/98	HB	CLUB	MCNEIL
17/05/98	EG	CDOA OY3	RATAPIHIPIHI
24/05/98	W	WOA OY	BAXTERS KNOB
30/05/98	CM	QB 3 DAY	COUNTIES
1/06/98	CM	QB 3 DAY	COUNTIES
2/06/98	CM	QB 3 DAY	COUNTIES
7/06/98	HB	HB SCHOOLS CHAMPS & CLUB	HORSESHOE BEND
21/06/98	HB	WOA OY & HB OY4	MANGARARA
5/07/98	W	WOA OY	MILL CREEK
12/07/98	HB	CLUB	LOWER TUKITUKI
17/07/98	EG	NZ SEC SCHOOL CHAMPS	TARANAKI
18/07/98	EG	NZ SEC SCHOOL CHAMPS	TARANAKI
19/07/98	WAI	WINTER CLASSIC	WAIPARAPA
26/07/98	HB	CLUB	TE MATA PARK
26/07/98	H	CDOA OY4	KALLARNEY LAKE
9/08/98	HB	CLUB	BLUFF HILL
9/08/98	RK	CLUB	WHIRIKINO
15/08/98	T	CLUB	PUKERIMU
16/08/98	R	CDOA OY5	NGAMOTU
23/08/98	HB	CLUB	HAVELOCK HILLS
6/09/98	HB	CLUB RELAYS	WHIRINAKI
13/09/98	P	CDOA OY6	
20/09/98	HB	CLUB - FRANK SMITH TROPHY	SEAFIELD ROAD
4/10/98	HB	CLUB OY5	TANGOIO
11/10/98	W	WOA RELAYS	JUDGEFORD
11/10/98	EG	CDOA OY7	HURWORTH
17/10/98	A	AUCKLAND CHAMPS	AUCKLAND
18/10/98	A	AUCKLAND CHAMPS	AUCKLAND
18/10/98	HB	CLUB	THE JUNCTION
24/10/98	RK	WELLINGTON CHAMPS	GORDON KEAR
25/10/98	KH	WELLINGTON CHAMPS	HYDRABAD
26/10/98	W	WELLINGTON CHAMPS	KAIKOKOPU
1/11/98	HB	CLUB OY6	THE SLUMP
7/11/98	R	CDOA CHAMPS	ROTORUA
8/11/98	R	CDOA CHAMPS	ROTORUA
15/11/98	HB	CLUB CHAMPS	MARAETOTARA
29/11/98	HB	CLUB	TE MATA PARK
8/12/98	HB	AGM	

1998 FIXTURES (local only)

DATE	EVENT	MAP/PLACE
17/05/98	CLUB	MCNEIL
7/06/98	HB SCHOOLS CHAMPS & CLUB	HORSESHOE BEND
21/06/98	WOA OY5 & HB OY4	MANGARARA
12/07/98	CLUB	LOWER TUKITUKI
26/07/98	CLUB	TE MATA PARK
9/08/98	CLUB	BLUFF HILL
23/08/98	CLUB	HAVELOCK HILLS
6/09/98	CLUB RELAYS	WHIRINAKI
20/09/98	CLUB - FRANK SMITH TROPHY	SEAFIELD ROAD
4/10/98	CLUB OY5	TANGOIO
18/10/98	CLUB	THE JUNCTION
1/11/98	CLUB OY6	THE SLUMP
15/11/98	CLUB CHAMPS	MARAETOTARA
29/11/98	CLUB	TE MATA PARK
8/12/98	AGM	
13/12/98	CLUB XMAS	HORSESHOE BEND

You can start anytime between 10.30am and 1.30pm at these events. The courses will close at 3.00pm, which means controls will be removed from this time. If still on your course, please return to the finish.

ATTENTION FIRST-AIDERS

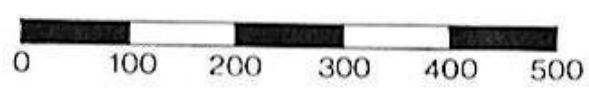
The club has applied for Hillary Commission funding to have a couple of volunteers trained as club first-aiders. If you would be interested in attending a course, please contact Pamela Morrison. Course dates to be decided.




















If you have current first-aid training, could you please let me know. The club needs to know what first-aid assistance it can call on in an emergency.

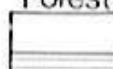
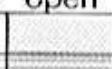
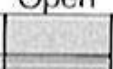
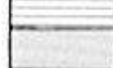


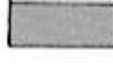
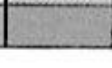
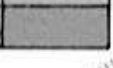



THE PROMISED LAND

ESK FOREST

Scale 1:10,000
Contours 6m



-  Road, metalled
-  Road, minor
-  Track
-  Track, indistinct
-  Ride
-  Cliff, uncrossable
-  Cliff, passable
-  Boulder
-  Contours 6m
-  Form Line
-  Knolls
-  Man-made Object
-  Lake
-  Marsh, uncrossable
-  Marsh, crossable
-  Linear marsh
-  Stream
-  Watercourse
-  Water Tank

	Forest	Semi open	Open
Fast			
Slow			
Walk			
Fight			

APRIL 1998

