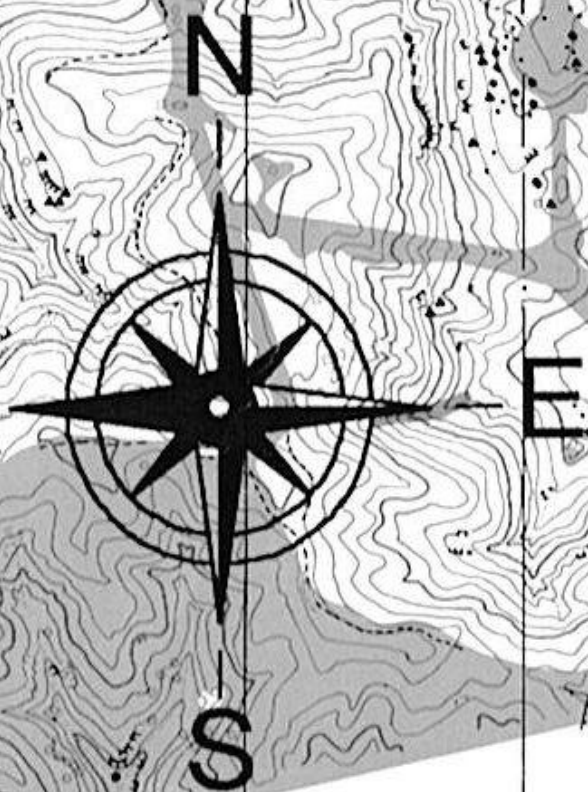




**COMPASS**

**POINTS**



**ORIENTEERING: FOR PEOPLE WHO KNOW HOW TO GET THERE**

PHOTOGRAMME

Stewart F

- courtesy

FIELDWORK

Brian Cray

Maurice L

CARTOGRAPHY

Brian Cray

## DECEMBER 1999

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## HAWKES BAY ORIENTEERING CLUB COMMITTEE

<u>PRESIDENT</u> <u>LANDOWNER LIAISON</u>	Alan Berry	(06) 877 7223
<u>SECRETARY</u>	Rob McDonald	(06) 876 0146
<u>TREASURER / PUBLICITY</u>	Pamela Morrison	(06) 8774870
<u>CLUB CAPTAIN</u>	Geoff Morrison	(06) 877 4870
<u>FIXTURES</u>	Derek Morrison	(06) 877 8261
<u>EQUIPMENT</u> <u>DEPUTY CLUB CAPTAIN</u>	Richard Lynn	(06) 843 7511
<u>STATISTICIAN</u>	Tim Jowett	(06) 835 4498
<u>NEWSLETTER</u>	Terry Russell	(06) 873 4138

**Please forward newsletter contributions to:**

**Terry Russell  
809 Matai St  
Hastings**

**or e-mail:- [tsruss@pop.ihug.co.nz](mailto:tsruss@pop.ihug.co.nz)**

**Please forward all other correspondence to:**

**The secretary, Rob McDonald  
907 Ebbett St  
Hastings**

## EDITORIAL

Well this is officially the last Compass Points of the Millennium even though you're reading it at the beginning of the new one. A couple of small y2k bugs have delayed publication but I hope it's worth the wait.

I hope all that attended the Xmas dinner, prize giving & AGM had an enjoyable and relaxing time. Those that attended will be able to verify that the club is in good shape both financially and most other ways. Membership continues to grow, we have a good number of juniors, and some very dedicated and hardworking people on the committee. We also have had more than our share of successes in major events around the country.

I would like to take this opportunity to thank those on the committee for all their efforts over the year, our financial position is in no small way due to the efforts of our outgoing treasurer Alan Berry, thanks for all your work Alan. Thanks must also go to our outgoing President Geoff who has put in an enormous effort on behalf of the club over the last few years. And I know Geoff is looking forward to putting in no less effort in the newly created role of Club captain. Likewise Pam has worked tirelessly as secretary and is now taking over the treasurer's role.

Thanks must go to the other committee members whose efforts contribute to the success and smooth running of what is, as sports go, a fairly labour intensive sport. We should also welcome on to the committee our new secretary Rob McDonald - Welcome Rob. Nor would this big round of thank - you's be complete without thanking all the course setters and veters over the year, a great job with very few mistakes, good effort people.

Of course a list of thank - you's is never complete someone is inevitably forgotten or omitted so please consider yourself thanked if you feel you deserve it.

Of course with a growing & thriving club it does mean slightly more work so if you feel you might have something to offer, or may be able to help out in some way don't hesitate to offer, most, if not all offers will be gratefully accepted.

On a lighter note keep your eyes peeled for the upcoming STREET SERIES starting in early February. Those that participated last year really enjoyed the relaxed fun atmosphere of some early season training. A good way to work off some of that Xmas pudding, so see you there or be square. Details will be in the Preview, coming out in January.

Till next time remember; - if at first you do not succeed, try not to look astonished.

## **NZOF NEWS - NZOF NEWS - NZOF NEWS - NZOF NEWS**

Following the NZOF Council meeting on the 27 November the following were discussed

Council feels that the management of the NZOF should be altered to have a paid General Manager instead of a Secretary and a Treasurer. This will also involve an elected position of Vice President. A remit and background to this will be circulated to Clubs, and published in "NZ Orienteering" for voting on at the NZOF AGM.

Also a paid position of development Officer should be formed to promote the sport of orienteering and increase the participant base. Again a remit and background information will be circulated.

For NZOF affiliation purposes Junior membership was clarified as being 20 years and under at the end of the calendar year with no affiliation for those aged 10 and under.

Family membership was defined as "two adults and any children (juniors not earning an income) who look to at least one of the adults as a parent"

NZOF will pay for the engraving for any trophies won at the National Championships and the National Secondary School Championships. Payment will be made on presentation of a receipt.

NZOF Council is considering whether to buy the electronic punching system being used at the World Masters O Champs out of WMOC profits. As this is a large expense all Clubs will have background information circulated to them for their input.

There was concern that while the number of orienteers overall was not decreasing the percentage between local and affiliated was changing with less orienteers affiliating. While providing more benefits, such as the National magazine free, to affiliated orienteers may help, this would require an increase in affiliation fees (self defeating) or an increase in the event levy. No decision was made and this subject was to be discussed at a workshop in conjunction with the National championships in 2000.

It was decided to recommend the NZOF affiliation fees remain the same for 2000. These have remained unchanged since 1994.

The Strategic and Management plans were discussed and will need revising for the current year.

The following appointments were confirmed:

Director of Coaching -	Jean Cory-Wright
National Squad Manager -	Rob Crawford
National Squad Coach -	Jean Cory-Wright
Development Squad Manager -	Les Warren
Development Squad Coach -	Michael Wood
ANZ Challenge Manager -	John Doolan
JWOC Manager (No Applicant) -	(These two posts to become responsibility
JWOC Coach (No Applicant) -	(of National Squad

NZOF AGM will be on Saturday 22nd April at 5.00pm Venue to be announced. Seminars will take place on Friday between 4-5 and 7-9.30 subjects will be notified to clubs. Travel equalisation for delegates at the AGM will apply regardless of the fact that it is held in conjunction with the Nationals.

NZOF appreciates the financial support from the Hillary Commission, NZ Sports Foundation, SILVA (Ampro sales Ltd), the MAPsport shop(who provide a contribution based on numbers of J alas shoes sold) and Air New Zealand.

Dear Editor

Further to information sent recently could you please publish the following in your newsletter or magazine

"NZOF would like to acknowledge the support of the MAPsport shop with a further contribution of \$220.00 to bring their contribution to \$650.00 for the 1999 year. This contribution is under the J alas sponsorship agreement where NZOF receives a proportion of all sales of J alas shoes from the MAPsport shop. Thank you Michael Wood and the MAPsport shop"

Regards

Bruce Collins

# COMMITTEE NEWS...COMMITTEE NEWS...COMMI

## Mapping

- Merriwa Forest - this area has been discounted for mapping as the good areas are fragmented by large gorges. Blackberry in existence.
- Maraetotara "plateau" area has been visited. Some extensive native bush areas, some rocks & some interesting contours. More investigation of bush areas required.

## Other

- Equipment has been made available for loan to Wairarapa Club who are hosting the 2000 Nationals.
- Both red & violet pens to be made available for map marking.
- Alan Berry has been nominated as HB's representative to WOA.

• Appointments	Fixtures	Derek Morrison
	Publicity	Pamela Morrison
	Statistician	Tim Jowett
	Social	<i>Club Captain</i>
	Mapping	no appointment made
	Equipment	Richard Lynn
	Newsletter	Terry Russell
	Club Captain	Geoff Morrison
	Deputy Club Captain	Richard Lynn
	Landowner Liaison	Alan Berry
	Coaching	<i>Club Captain</i>

- Map fees for 2000 - to continue at current levels - members \$4, family max \$10, non-members \$7, family max \$14, B&W maps \$1.
- Protest procedures - there was no support for a formal protest procedure to be available for club events (OY's & Club champs). In extraordinary circumstances (eg. a control stolen), then the committee has the power to make a ruling after the event.
- Night classes - member rates for map fees will apply to participants over the duration of the course.
- OY competition - no changes for 2000.
- Club championships - to continue with same format with 2 grade changes- M/W50 grades on Red Short to M/W55. The M50B grade is deleted from Orange Long.



## NEW MEMBERS

We welcome the following new members to the club. We look forward to seeing you at future events.

- Phillip Hurring

## PREVIEW 2000



LOOK OUT FOR IT IN YOUR POSTBOX IN  
JANUARY

## AGM PRESIDENT'S REPORT

The most pleasant thing about the year was the continuation of the growth of the club. Relaxed and enjoyable club events, good publicity, a variety of maps and good course-setting have all contributed towards this. The input by so many club-members into the running of the club has been most gratifying.

The Kaweka Challenge, Wellington Champs 3-day, and the Rogaine, all creating much work, were successfully staged with aplomb. Even the unfortunate loss of the first day of the 3-day did not unduly affect the organisation of the event. Thank you to everyone who were involved in the running of those events, especially Phillip Mardon (Kaweka) and Pamela Morrison who co-ordinated it all. A special thanks to Sharon Mardon who is stepping down from the Kaweka committee after 10 years.

It was a tremendous year for running on new maps, with Rochfort, Te Awanga and Havelock Hills all used for the first time, and Pukeora Hill and Stoney Creek Ranch remapped and installed on OCAD. As well as that, the Street series held at the beginning of the year also had remaps of Frimley and Anderson Parks, as well as the new Hastings East map. Farndon Park was also mapped. This has only arisen because of enthusiastic efforts by keen mappers and OCADers. Thank you all.

We have Photogrammetry for areas in a) Anaroa Road, and b) Waimarama Road, that are ready for field-checking, and we are also looking at an area out at Maraetotara. Stewart Hyslop's efforts in tracking down good areas are much appreciated. Must be good for business.

Notable happenings during the year were 1) the Street Series, organised by Terry Russell on a Wednesday evening during day-light saving, to raise money for the Secondary Students traveling to their major events. Though these were as not as well patronised as hoped, they were enjoyed by all that took part. 2) night classes held by Stewart Hyslop on Tuesday evenings at Hastings BHS, in which he tutored his "pupils" on a vast array of points in the orienteering repertoire. He must've been proud of his protégés performances during the year. 3) the increased number of people wearing the clubs colours at events. This is due in no small way to the sterling work by Richard Lynn in encouraging to purchase one. Club unity prevails!

Our sport once again received good publicity from the local regional newspaper, with club results always printed, and regular write-ups, particularly on success at a national level. We now get orienteering in the main sports draws on a Wednesday night which is great. Our 'Preview' booklets were again snaffled up, with people obviously enjoying receiving it and having all club information before them.

The club now have nearly all Primary, Intermediate and Secondary schools on a Fax file, so information is easy to distribute. Napier BHS have used pupils to 'advertise' their schools and 2 such pupils were Ross Morrison and Matthew Wood. Both had their orienteering feats at the top of the list. It makes life a bit easier when their Headmaster stands up at the school assembly and tells the boys that they all should do the sport! There were 12 sporting 'blues' at Hastings GHS, of which 2 were for orienteering, Mikaela Harker and Jenny Russell. Once again we held a school championship, slowly gaining in size. Ross, Matthew and Mikaela all won at the NISS Champs, and Napier BHS won the relay. Bryn Davies won the Intermediate Championship at the NZSS Champs. We now have 19 secondary school students members of the club. Continued access into secondary schools is vital for this trend to mushroom. With 35 members between the ages of 7 and 13, it will be easier to keep the momentum rolling.

The club enjoyed many competitions outside the area, with 5 relay teams heading to Taupo for the night relays and an evening in the 'Koru Lounge'. Though failed to succeed in the race itself, we



did manage to win a 'Silva' headlamp for the best supported team. Once again Richard was to the fore, and with the help of Craig Tuohy, kept up an unwavering barrage of support long into the evening. A 40-seat coach was taken to Sanson for the Red Kiwi challenge, but though beaten put up a fine showing. Red Kiwis seemed to have dragged out a few birds that I thought were extinct. We lost 5 members on the morning who were suffering various forms of sickness and injury, which was unfortunate, for it probably tilted the scales in their favour. Not to be outdone again we filled a 50-seater to go to Masterton for the Frank Smith Challenge. Some went in cars as well. This time there was no mistake. Hawkes Bay 1<sup>st</sup>, daylight second. Thank you to everyone who supported these events.

Individually, it was another excellent year. The Nationals produced 4 A grade champions, plus 3 B grade winners in the Classic. Another 4 A grade and 2 B grade winners in the Short O, plus the winner in the Mixed Long Relay and runner-up in the mixed short. This would be the most successful National Champs ever by the club. The most heartening thing was the fact that we came within 1 second of winning 50% of the junior grades. Other badge events up and down the country were always peppered with Hawkes Bay names and every success was savoured. Peter Watson took part in the World Masters in Denmark in hot competition, as well as competing in Sweden and Scotland.

Due to the hectic nature of the year, we only had 2 junior coaching sessions, both well attended, with adults attending as well. Hopefully we can improve on that next year. 2 members took part in the National Development squad camp at Taupo at the beginning of the year, and 6 will take part in the junior camp at Foxton next week. The club shows its continued support in the development of young orienteers by paying half the camp costs.

A change to the Sport HB junior coordinator will hopefully see more in-house services for Primary school teachers in the coming year. I have spoken to her, and she is keen to resume contact after the lapse. David Smith continues to extend his files on school maps.

Next year looks to be a quieter year for the club, with just the Kaweka Challenge to organise. Individuals will have plenty to do, with the World Masters Champs in the new year, Nationals in Wairarapa in April, and APOC in Queensland in July. Good luck to everybody taking part in these events.

I would also like to convey a special thanks to Alan Berry who is stepping down as Treasurer after years and Pamela Morrison as secretary, for the sterling work they have put in.

I've decided to stand down from President this year, so I am going to take this opportunity to thank everybody for the support I've received over the last 3 years, work and support that has enabled the Hawkes Bay Orienteering Club to become one of the strongest clubs in the country.

Geoff Morrison

## **Sharon Mardon - Life Member**

Life membership is something that is not to be taken lightly. With orienteering such a work related sport, there will always be candidates to be one. Our club is very lucky that we have a pool of people who have seen the club progress from near its inception. As a committee, made up of "newer" members, we have to be careful that we don't lose sight of the amount of work done by our predecessors. At the moment we have 4 life-members, George Graham (instigator of the club), Ted Sapsford, Brian Crawford and David Smith. The committee have decided it is an appropriate time to add another name to this list.

She (that is a giveaway), joined the club in 1980, and was soon coerced to go on the committee in 1982. There she spent the next 14 years, never reaching the giddy heights of an executive post, but dealt with equipment and social positions, and the agony of sitting through 168 meetings with a variety of Presidents. The club equipment has continued to reside in the shed on their property.

Her forte though, was coordinating and organising major events. The National Relays in 1987, and the Nationals of 1991 were only a fore-runner to her stint involving the Kaweka Challenge. From the initial event in 1990 until the latest event in 1999, she has been in charge of entries. For anyone that doesn't know, this is one of the most wicked jobs going. The pressure builds constantly in the lead up to the event, and there are a tremendous amount of associated jobs that go with it. Yes, in a way, she has been the hub of this event. For the club, it has been a continued fund-raiser, which has put us in a financially good heart.

Often, when visiting her place before the event, her lounge floor would be covered with race-packs, prizes and other administration. Occasionally, if let down by co-helpers, she has set about doing all the race-packs herself, this is in between answering numerous phone calls with all sorts of requests that have to be seen to. The continued success of the event has been due, in many respects, to her hard work in the background. This usually coincides with the beginning of the apple season, so things become fairly hectic.

Other strings to her bow are that she set the courses for the New Zealand Secondary School Championship Relays in 1997, being involved in making flags for the club, and her home is available for the orienteering 'homestays' that are advertised throughout the orienteering world. Whenever there is a working bee and something to be done, she is always available to help in some way.

I am honoured, as my last gesture as President, on behalf of the committee, to present Sharon Mardon life-membership to the Hawkes Bay Orienteering Club.

# EYE IN THE SKY

BY THE MAGPIE

- Sean Morrison had a bit of a problem with a smelly, slimy, green cowpat at Maraetotara. It didn't look or smell too pleasant with it dripping off him from head to toe.
- Richard couldn't believe his luck at the Rogaine. Terry had carefully erected the showers, and while everyone was away, Richard decided to test them out. Being a bit of a softy, he decided to use a 'solar-shower', once completed, being the noble creature that he is, offered Esther the shower bag as she was readying herself for a shower in the next cubicle. As he was attempting to hang it up for her, it slipped, crashed through polythene partition to the ground. Nobody knows who got the biggest shock!
- Mikaela Harker is carrying on a bit of a tradition at Hastings GHS. She is head girl next year, following on from Naomi Schumacher. Must be either the orienteering or the water out Otane way.
- Don't lend your compass to Jason Russell. At the junior camp he broke two! Surely Dad was impressed.
- Mark was supposed to be shifting but sneaked over to the club champs while Debbie did all the hard work. She's a good lass is Debbie.
- It was great viewing at Pukeora Hill, especially when a large crowd watched as a father lead his son right off the map! The conversation went a bit like this; Son "where too Dad?", Father "stick your map in your pocket son and follow me, I know where the next one is!!". The short leg control was found 15 minutes later.
- The Farquhars transferred from Rotorua to Hastings, but 2 days after buying a house, they learnt that Aerial Mapping were re-locating to Auckland. Tough call!
- Ross Morrison ran a very well at the NZSS Athletic Champs. He came 8<sup>th</sup> in the Junior road-race out of about 250. He is still a junior next year.
- James and Emma Watson both represented Central Hawkes Bay at hockey this year. James at the Hatch Cup and Emma the Collier Cup. These are national primary school competitions.
- Esther is back! Former or honorary club-member, she arrived unannounced in the Morrison kitchen one evening a few weeks ago. To all members who don't know her, she was here as an exchange student 3 years ago, adding her Swiss culture to the people of Bridge Pa and Hastings GHS. She loved us so much, she came back!!
- Conal Boland-Bristow noted that it took just an hour to score more points travelling in a vehicle collecting controls, than it had taken them the day before in 4 hours walking, after the rogaine.

# COMING SOON...

## STREET SERIES

Yes it's on again, your chance for a some light training with a map in your hand, before the serious stuff starts. Come along and soak up the atmosphere, courses for everyone including a white course for the younguns & beginners.

Just as those who participated last year to find out how much fun was had by everyone.

Starts will be 6:00 - 7:00pm. The first one in early February.

Date.	Venue	Start
2/2/00	Frimley	Lyndhurst Rd
9/2/00	Anderson Park	T.B.A
16/2/00	Havelock Nth	T.B.A
23/2/00	Bluff Hill/ ?	T.B.A
2/3/00	Hastings East	T.B.A

Enquiries to Terry Russell (06) 873 4138

# HAWKES BAY ORIENTEERING CLUB

## 1999 TROPHY AND CERTIFICATE WINNERS

### Proficiency certificates

(For children who completed three courses by themselves during the year.)

Sarah Berry, Erika Boland-Bristow, Conal Boland-Bristow, Cara McDonald, Scott McDonald, Christopher McDonald, Katie Wynands, Anthony Wynands, Oliver Watson

### Orienteer of the Year

White	Women	Cara McDonald
	Men	Scott McDonald
Yellow	Women	Helen Watson
	Men	Stan Holland
Orange	Women	Amber Morrison
	Men	Jason Russell
Red short	Women	Caroline Watson
	Men	Tim Jowett
Red medium	Women	Pamela Morrison
	Men	Terry Russell
Red long	Men	Peter Watson

### Club Championship

W12 Cara McDonald	M12 James Watson
W14 Emma Watson	M14 no award
W16 Amber Morrison	M16 Jason Russell
WopenB Faye McDonald	MopenB Karl Baker
W50+ Kath Berry	M50+ Ken Holst
W40 Caroline Watson	M40 Rob McDonald
Wopen Jenny Russell	Mopen Geoff Morrison

### Clipper Challenge Trophy

Most points scored at badge events  
Derek Morrison  
Amber Morrison

### Heather Mardon Trophy

Most meritorious performance - women  
Erica Hobbs  
(winning W21B class at Auckland, CD & National Champs)

### Mark Hyslop Trophy

Most meritorious performance - men  
Peter Watson  
(winning M40 classic at Nationals)

### Junior Cup - men

Most meritorious performance - junior men  
Ross Morrison  
(winning M18A classic & short-o and part of winning relay team at National Champs)

Merit certificate - Jason Russell (winning first leg in NISS relay)

**Junior Cup - women**

Most meritorious performance - junior women Amber Morrison  
(winning W16 at CD Champs - first time in this grade on a very technical course)

Merit certificates - Cara McDonald (winning W12 at Wellington Champs at first badge event)  
- Emma Watson (winning W12 classic & W14 short-o at Nationals)

**Charles Dook Cup**

Services to the Club Richard Lynn  
(maintenance of club equipment over the last 2 years)

**Lloyd Cup**

Ladies Open Grade Champion Jenny Russell

**Nicholson Cup**

Mens Open Grade Champion Geoff Morrison

**Watson Trophy**

Ladies Open Grade OY Winner Pamela Morrison

**Bee Trophy**

Mens Open Grade OY Winner Peter Watson

**Robbie Smith Cup**

Day Relay Champions Duncan Morrison  
Jenny & Graeme Barrett  
Derek Morrison

**Night Relay Shield**

Night Relay Champions (no award)

**Score Event - Men**

Peter Watson

**Score Event - Women**

Pamela Morrison

**Life Membership**

Sharon Mardon



	CLIPPER CUP 1999					Total
	Queen's B'day	Auckland Champs	CD Champs	NZ Champs (Classic)	NZ Champs (Short-O)	
Amber Morrison	10	10	10	10	10	50
Erica Hobbs		10	10	10	10	40
Debbie Rose		10	10	10	10	40
Emma Watson	10		6	10	10	36
Helen Watson	6		2	8	10	26
Kate Morrison	10		10	4		24
Caroline Watson	10		10			20
Cara McDonald	10			4	4	18
Pamela Morrison			6	8	4	18
Linda Lloyd	6			10		16
Mikaela Harker				4	8	12
Gemma Lucas	10					10
Diane Lucas			10			10
Faye McDonald				4	6	10
Jenny Russell	4					4
Sharon Mardon	4					4
Sophie Fargher				4		4
Kath Berry				2		2
<hr/>						
Derek Morrison	10	10	10	10	10	50
Ross Morrison	10	10	8	10	10	48
James Watson	10		8	10	10	38
Peter Watson	6		10	10	8	34
Richard Lynn	4	6	4	4	6	24
Mark Hudson	2	4	8	4	10	24
Geoff Morrison			8	6	10	24
David Costigan			10	2	10	22
Norris Cox	10		10			20
Ken Holst	6		6	8		20
Tom Fargher	10			6	4	20
Duncan Morrison	6	4		4	6	20
Alan Berry			10	4	6	20
David Fisher	8		8			16
Scott McDonald	4			4	8	16
Tim Jowett	4		10			14
Rob McDonald	4			6	4	14
Brendan Lloyd			2	10		12
Oliver Watson	4		2	4		10
Max Kerrison			6	4		10
Jason Russell	8					8
Maurice Lloyd			4	4		8
Chris Howell	6					6
Brian Wardle	6					6
Terry Russell	4					4
Stewart Hyslop	4					4
David Smith	4					4
Grant Bicknell	4					4
Chris McDonald				4		4
Anthony Lloyd				2		2

#### 1999 CLIPPER CUP AWARD

This trophy is awarded each year to encourage members to take part in competitive "badge" level events around the country.

The New Zealand Orienteering Federation awards badge credits - gold, silver, bronze and iron, according to performance. Our club has slightly more relaxed rules as to the way in which the credits are awarded and applies them to all grades and classes, even though some are not eligible for NZOF badge status.



## **National Mountain Bike Orienteering Championships**

So your mountain Biking skills are pretty hot, your navigation is pretty much on the mark, and you and your mate were competitive at this years Cyclic Saga. Maybe you're keen to take part in one of these multi day multi skilled events and need a training opportunity, or perhaps you're just looking for a new challenge. Here it is. The first Mountain Bike Orienteering Championships are to be held in Hanmer Springs in September 2000.

2002 sees the first World Championships in France, so now is the time for New Zealand to come into step with international trend, and where better than the foothills and forests of Hanmer Springs.

So what is this Mountain Bike Orienteering? Basically it's just an orienteering event on a Mountain Bike, so how hard can that be? Events are planned so that the winner takes between 80 and 120 minutes to navigate their way around a set of controls, normally over a network of tracks of varying rideability. The trick is to be able to plan your course to suit your cycling skills, and thus visit the control sites as fast as you can.

These first Championships will be held over two days, September 30th and October 1st, with two separate competitions. Day One will be a point to point race. Competitors will be set off individually at four or five minute intervals. They must visit the controls on their map in numerical order, punching a clip card at each control to prove they have visited the correct site. They must visit all control sites and cross the finish line to be registered as finishers. All controls will be situated in positions that can be reached on your Mountain Bike. The winner is the person to have visited all control site in the quickest time.

Day Two will be a score type event. Once again you will compete individually, but this time you will need to accumulate a certain number of points. To do this you will need to plan your route carefully, as some controls may be of different points value, and there will be more points available than you need to collect. Today's winner is the person who collects the required number of points in the fastest time.

A purpose made map is being drawn for the event. As well as contours to indicate the steepness of the terrain, the map will show the rideability of the tracks. Thus the skilful map reader will be able to distinguish between a four wheel drive track and a rough single track.

Three grades of competition will be catered for. It is proposed to have an Under 18 grade, an 18-40 years grade, and an over 40s grade, for both men and women.

Many Orienteering clubs up and down the country are already planning Mountain Bike Orienteering Events, alongside their regular foot Orienteering events. For more details check the Orienteering Web site at [www.nzorienteering.com](http://www.nzorienteering.com).

Already there is discussion about who this event will favour. Does the Foot Orienteer have an advantage over the Mountain Biker? Will the many skills of a multi sporter be enough to win over a top map reader?

And what a fantastic venue to hold the inaugural event. Hanmer Springs, with its beautiful mountain setting, Hot Thermal pools, Restaurants, and top class accommodation. Make a note in your 2000 diary now and watch for entry forms in your favourite magazines.

**SYDNEY** — Stretching to loosen up muscles before exercising is a waste of time in preventing injury, say Australian physiotherapists.

Trials on Army recruits found no evidence that stretching prevented injury.

"We were able to rule out even a quite small effect of stretching," said Rod Pope, an Army physiotherapist.

He told *New Scientist* magazine that stretching was assumed to prevent injury, "but there is no evidence to suggest it did."

Mr Pope and researchers at the University of Sydney and Charles Sturt University in Wagga Wagga studied more than 2600 recruits over a year.

Some stretched before exercising and others did not. The researchers said there was no difference in injury rates between the groups.

Mr Pope suggested that stretching after exercising could be helpful or if muscles were particularly tight.

— REUTERS

RESULTS - OY 6 - MARAETOTARA - 31 OCTOBER, 1999

Setter: Mark Hudson

Vetter: Alan Berry

**Red Long (8.3km, 350m)**

Jason Markham (RK)	68.49
Derek Morrison	73.02
Peter Watson	81.23
Ross Morrison	82.59
Geoff Morrison	89.23

**Yellow (3.1km, 135m)**

Phillip Hurring	37.00
Max McEwan	131.17
Phillips Group	170.37
Helen Watson	DNF
Brendan Lloyd	DNF

**Red Medium (5.3km, 230m)**

Maurice Lloyd	64.53
Chris Howell	74.11
Max Kerrison	74.29
Tom Fargher	77.12
Terry Russell	79.31
Rob McDonald	79.34
Richard Lynn	81.57
Ross Berry	82.52
David Fisher	88.24
Pamela Morrison	90.17
Doug Matheson	93.17

**White (1.8km, 105m)**

Scott McDonald	23.06
Duncan Morrison	23.51
Cara McDonald	30.04
Conal Boland-Bristow	31.18
Sophie Fargher	32.08
David Wynands*	35.19
Kate Morrison	37.54
Anthony Wynands	40.06
Katie Wynands	43.36
Sarah Berry	48.29
Lesley & Diane	48.30
Linda & Ann	58.06
Diana & Sue	63.20
Erika Boland-Bristow	64.48
Helen Watson (2 <sup>nd</sup> course)	25.59

**Red Short (2.8km, 175m)**

Caroline Watson	47.04
Stewart Hyslop	53.28
Tim Jowell	58.16
Brian Crawford	62.57
Mikaela Harker	77.47
Dave Smith	88.52
Diane Lucas	90.37
Catherine Lee	145.24
Linda Lloyd	DNF
Brian Wardle	DNF
Val Morrison	DSQ

**String**

Oliver Watson	5.27
Katrina Berry	9.21

**Orange (4.0km, 205m)**

David Costigan	57.42
Anthony Lloyd	60.09
Josie Boland	61.33
Jason Russell	62.07
Joshua Wynands	64.00
Amber Morrison	64.42
Faye McDonald	69.33
Erica Hobbs	71.13
Tony Wynands	74.38
Paul Steeds	75.37
James Watson	78.22
Robyn Berry	83.36
Greg Bristow	95.07
Phillip Hurring & Jason Russell (2 <sup>nd</sup> course)	55.52

## SOARING WITH THE TURKEY'S AT ROCHFORD ROAD - 14 Nov 99

What an honour to be chosen to set the course for the 1999 club champs. And given the added bonus to use the Rochment Road Map. A great piece of Turf, all sorts of features from flat grassy plains to hilly blackberry floored forests. Also very pleasing to have the assistance of Max Kerrison as the Vetter. (Max Thanks for your help and suggestions) Hope this was a useful warmup to your setting a course for the masters Max!?

The White, Yellow and Red Long courses were arguably the hardest for the respective grades, with Red Long, of course, being the ultimate hard course. The Orienteers competing on the Red Long course had to cover all aspects of the Maps terrain and cover a long distance. The sun burnt the low cloud out by 12, so those caught out after that time suffered from the suddenly higher temperature. Truly the Orienteers who won their events would be Club Champs.

1<sup>st</sup> Problem. It had been used this year for the 3 day events over Queens birthday weekend. Had to make sure that the controls weren't in the same spots as that event (had to make sure Peter Watson didn't get any unfair advantage on the Red Long).

2<sup>nd</sup> Problem. Massive 6-7 foot high thistles, and almost as solid as trees. Hmmm! Not a problem, Orienteers are swift footed creatures and should be able to avoid these massive spiky obstacles with ease as they flit from control to control (except perhaps at the southern edge, there were whole forests of these thistles).

Was amazed at the number of Turkey's in this area, they were everywhere. Several times they gave me a heart attack by suddenly flying off in front off me. Seemed a strange sight watching these big birds glide down hills to land and then land to perch on Pine trees.

The big day dawned nice and cool (and overcast) and off I went to set up bright and early, still had a few controls to put up and clear a few paths thru the thistles for the White and Yellow courses. Set up the Caravan and Max got things started, lots of early starters. I couldn't work out why people didn't take me seriously when I warned them of the 6 foot high thistles? Ken Holst finished in good time, even with copious bleeding from a deep gash. The Thistles had scored their first victory!

Max didn't trust one of the positions of a control in the Red course and moved it. Everyone who ran past it correctly deducted it was now in the wrong position, except Pam (how can we apologise? sorry!).

This gave Jenny Russell the opening to lead in the Womens open.

My apologies for only putting out only 1.5L water on the Red Long, there was 2L on the Red Medium course (which had fewer people use it) not that far away, if only you knew!!! Orienteers should consider carrying water with them in summertime.

I regret my daughter was performing in a major dance production in the afternoon so I was not able to greet in most of the runners from their courses or help pack up, so many thanks to those who helped Max clean up. And thanks to Tom Fargher who, at short notice, helped in the caravan for the initial rush and to all the others who helped us out.

Craig Tuohy

### 16/11/99 **Russell, Morrison surprise winners**

Geoff Morrison and Jenny Russell were surprise winners of the Hawke's Bay Orienteering Club's open grade championships on the Rochfort Map yesterday. Morrison led home his brother, Derek, and last year's champion, Peter Watson, by two minutes to take the men's title while Hastings Girls' High's Russell had a four-minute buffer over fellow student, Mikaela Harker, in the women's race.

**RESULTS - CLUB CHAMPS - ROCHFORD - 14 NOVEMBER, 1999**

**Setter: Craig Tuohy**

**Vetter: Max Kerrison**

**Red Long (6.6km)**

**M OPEN**

Geoff Morrison	76.36
Derek Morrison	78.20
Peter Watson	78.45
Ross Morrison	82.39
Mark Hudson	84.40
Terry Russell	102.44
Bryn Davies	111.01
Richard Lynn	114.15
Chris Howell	124.51
James Wood	133.17
Tim Jowett	148.27

**Red Medium (5.3km)**

**W OPEN**

Jenny Russell	116.03
Mikaela Harker	120.32
Pamela Morrison	131.45

**M40**

Grant Davidson (Taupo)	77.57
Rob McDonald	95.37
David Fisher	119.01
Wayne Lee	136.51
Scotty & Beryl Smith	185.02

**Red Short (3.0km)**

**W40**

Caroline Watson	58.13
Diane Lucas	111.37
Catherine Lee	126.32

**W50**

Kathleen Lonsdale (Taupo)	75.02
Kath Berry	96.39
Robyn Davidson	105.27

**M50**

Ken Holst	44.00
Alan Berry	49.33
Athol Lonsdale (Taupo)	50.03
Stewart Hyslop	59.19
Brian Crawford	78.26
Dave Smith	104.50

**OTHER**

Doug Matheson	86.21
James Watson (2 <sup>nd</sup> course)	DNF

**Orange Long (3.9km)**

**M16**

Jason Russell	67.05
Phillip Hurring	70.38
Cameron Smith	DNF

**M OPEN B**

James Anderson	65.30
Karl Baker	69.02
Greg Bristow	78.19
Ross Davies	80.13
Tony Wynands	80.44

**OTHER**

Sarah Moodie (Taupo)	75.35
Fiona Anderson	108.02

**Orange Short (2.5km)**

**W16**

Amber Morrison	53.32
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**W OPEN B**

Faye McDonald	43.22
Erica Hobbs	50.18
Josie Boland	58.46
Pat Larsen (RK)	83.06
Anne Sapsford	118.19

**Yellow (2.6km)**

**W14**

Emma Watson	54.00
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**OTHER**

Philip & Rachel Baker	45.59
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**White (2.3km)**

**W12**

Cara McDonald	25.40
Erika Boland-Bristow	29.25
Sophie Fargher	33.05
Helen Watson	33.28
Katie Wynands	38.01
Kate Morrison	38.47
Amanda Aldridge	41.06
Kristen Clothier	68.30

**M12**

James Watson	24.59
Duncan Morrison	29.57

Scott McDonald	31.52
Conal Boland-Bristow	39.56
Anthony Wynands	40.28
Rhian Hill	82.38

**String**

Christopher McDonald	7.32
Amanda Aldridge	10.37
Helen Davies	12.55
Tom Hill	13.00
Sean Morrison	13.26

# RESULTS - STONEY CREEK RANCH, 28 NOVEMBER, 1999

Setter: Pamela Morrison

Vetter: Geoff Morrison

## Orange Long (3.91km)

Derek Morrison	23.29
Peter Watson	24.42
Chris Howell	28.49
Terry Russell	29.50
David Fisher	30.48
Tim Jowett	31.13
Alan Berry	31.59
Richard Lynn	32.52
Tony Wynands	33.13
David Costigan	33.57
Brian Wardle	36.39
Greg Bristow	37.18
Erica Hobbs	37.22
Josie Boland	38.24
Doug Matheson	46.35
Jason Russell	DNF

After answering an SOS to set this event, I thought it would be nice to go somewhere completely different where the event could really be a bit of fun - even if it did mean creating a new map!

With "thinking-cap" on I pondered the possibilities. My wish list was for - short grass, trees for shade for picnics, not too hilly and maybe something to amuse the under 15's in the club.

I completed a 3-page application form in pursuit of my first idea - The Showgrounds. Ideal, I thought, quite central for most people and I could just upgrade the black & white map in our archives. That idea died though, as I'm still waiting for a reply after nearly 3 months.

## Orange Short (2.45km)

Faye McDonald	26.32
Phillip Hurring	29.08
Brian Crawford	34.05
Amber Morrison	36.51
Kath Berry	43.23

After a quick phone call, the Stoney Creek Ranch deal was arranged and as a bonus we will provide them with the colour map for their school camp use.

## Yellow (1.82km)

Kate Morrison	47.55
Max McEwan & Margot Young	51.59
Duncan Morrison	59.53
Stan Holland	DNF

After a few trips down SH50, the 1999 map version started to take shape. (Handy Hint #1 - 2 ½ year-olds don't make good mapping companions.)

## White (1.52km)

Katie Wynands	18.21
David Wynands	23.11
Anthony Wynands	29.20

The course setting was fun and I almost managed to extract a 25 minute winning time out of a postage-stamp sized map for the OL course.

## String

Chris Howell	1.33
Terry Russell	1.39
Phillip Hurring	1.40
Peter Watson	1.40
Derek Morrison	1.40
Richard Lynn	1.45
David Fisher	1.48
Conal Boland-Bristow	1.49
Tim Jowett	1.55
Erika Boland-Bristow	2.09
Amber Morrison	2.09
Josie Boland	2.10
Duncan Morrison	3.04
Kate Morrison	2.41
Cara McDonald	2.50
Doug Matheson	4.18

Unfortunately, the big trees weren't needed for picnic shade, as most competitors only escaped from the comforts of their car to run their course. However, the under 15's still took advantage of the obstacle course and some unplanned amusements - big puddles!

Thanks to everyone who made the effort to get to this event - it was a pity that the weather was so bad.

Pamela.M

## Omakere Rogaine

The most time consuming thing when organising a rogaine is the socialising with the farmers when discussing your plan on the upcoming event. Cups of tea whilst discussing the history of the farm, the direction of farming and the trend of their children's education were frequent topics of conversation. It took us some 3 trips to visit all 13 landowners plus the 3 lifestyle blockers. Their friendly, helpful nature made the job quite pleasurable.

Richard was also able to test out the ability of his 4WD Subaru, and it passed with flying colours. Driving to the top of both Omakere and Rangitapu was a feat in itself. The views from atop were magnificent. The coastline also was very impressive, especially where it had all eroded away to form quite an outstanding land form. One team, amazing enough, scrambled up through this area which included mostly razor-back spurs.

Richard and I both felt the effects of putting all the controls out on the day before, and were in a state of exhaustion at days end. We had planned to put some controls out the evening before, but were interrupted by the arrival of Esther in our kitchen just as we were about to leave to go out to Omakere. That put an end to that.

Quite a few club-members took part, and all did very well, especially Emma Watson, Josh and Anthony Wynands, and Conal and Erika Boland-Bristow. All of whom probably would have done better had they not spent their time urging their parents on.

The showers that Terry set up were appreciated by all those that had them and the meal afterwards was absolutely devoured. Even the desert! Kath's efforts were well received. Though beer was selling cheap that weekend, not much seemed to be quaffed afterwards. The weary bodies looked more intent on seizing up in their sleeping bags. Competitors flaked out everywhere, in the woolshed, their tents, in the haybarn and even on the ground beside their cars!

Sunday dawned fine, 20 degrees by 7, and it was a nice feeling as everyone headed for home except those hardy ones who helped collect up the controls. Special thanks to Miles Bartkus, Stu Barr and Fraser Mills who helped here, as well as the Boland-Bristow family, Esther, Pamela, Alan, the Wynands family, and Richard. While doing this, Kath was tidying up at the Woolshed. Amazingly, we were all complete by 12.30.

It was very gratifying to see that people had enjoyed the event, for Richard and I both enjoyed planning it and we felt that club-members that missed out on partaking were the unlucky ones. We will have another, so don't miss out next time!

Once again, thanks to everyone involved in all facets of the organisation, as well as all those that took part in the event.

Geoff

## OMAKERE ROGAINE - 4 DECEMBER 1999

### Official Results:

#### 12 HOUR

Tony Gazley / Chris Tait	M	1540
Mike Sheridan / Alan Stowell	M	1480
Ted van Geldermalsen / Ray Pratt	M	1400
Rebecca Smith / Rachel Smith	W	1390
Alistair Cory-Wright / Guy Cory-Wright	M	1360
Michael Wood / Derek Morrison	M	1360
Harriette Carr / Stuart Palmer	X	1210
Neil Higgins / Tony Ahern / John Middleton	M	1040
Tim Jowett / Peter Ward	M	900
Linda Mead / Derek Mead	X	850
Malcolm Mack / Brian Bakalich	M	830
Michael Lowrie / Alan Lowrie	M	520
Phil Wood	UNOF	1660
David King / Mark Copeland	UNOF	1390
Seppo Kuusisto	UNOF	1000
Miles Bartkus	UNOF	640

#### 8 HOUR

Ann Kempster / Phil Kendon	X	910
Andrew McLellan / Jo McKenzie	X	870
Terry Russell / Rob McDonald	M	840
Pamela Morrison / Alan Berry	X	780
Annie Sanderson / Jay Paterson	W	680
Grant Christian / Kerry Elston	M	670
Newton Frewin / Nola Higgins	X	530
Hilary Frewin / Sharon Adamson	W	450
Patricia Larsen / Robyn Davidson	W	400
Bryn Davies / Ruvan Mendis	M	350

#### 4 HOUR

Jamie Stewart / Darren Ashmore	M	680
Karl Dravitzki / Neil Kerrison	M	680
Peter Watson / Doug Matheson / Emma Watson	X	570
Mark Hudson / Andrew Thompson	M	550
Aidan Nelson / Emma Nelson / Janie Sanders	X	550
Fraser Mills / Stuart Barr	M	470
Geoff Paget / Darryl Paget	X	280
Josie Boland / Greg Bristow / Erika B-B / Conal B-B	X	260
David Fisher / Brian Crawford	M	200
Tony Wynands / Joshua Wynands / Anthony Wynands	M	170
Philip Mardon / Judy McBride / Sue Lopdell / Christine Hardie	X	150

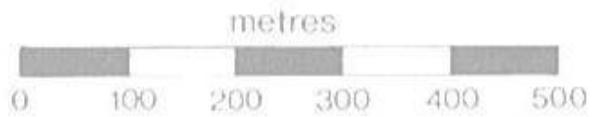


Two guys are walking through the woods and come across this big deep hole.  
 "Wow...that looks deep." "Sure does... toss a few pebbles in there and see how deep it is."  
 They pick up a few pebbles and throw them in and wait... no noise.  
 "Jeez. That is REALLY deep... here.. throw one of these great big rocks down there.  
 Those should make a noise." They pick up a couple football-sized rocks and toss them  
 into the hole and wait... and wait. Nothing.  
 They look at each other in amazement. One gets a determined look on his face and says,  
 "Hey...over here in the weeds, there's a railroad tie. Help me carry it over here.  
 When we toss THAT sucker in, it's GOTTA make some noise."  
 The two drag the heavy tie over to the hole and heave it in. Not a sound comes from the hole.  
 Suddenly, out of the nearby woods, a goat appears, running like the wind.  
 It rushes toward the two men, then right past them, running as fast as it's legs will carry it.  
 Suddenly it leaps in the air and into the hole.  
 The two men are astonished with what they've just seen...  
 Then, out of the woods comes a farmer who spots the men and ambles over.  
 "Hey... you two guys seen my goat out here?"  
 "You bet we did! Craziest thing I ever seen! It came running like  
 crazy and just jumped into this hole!"  
 "Nah", says the farmer, "That couldn't have been MY goat.  
 My goat was chained to a railroad tie."

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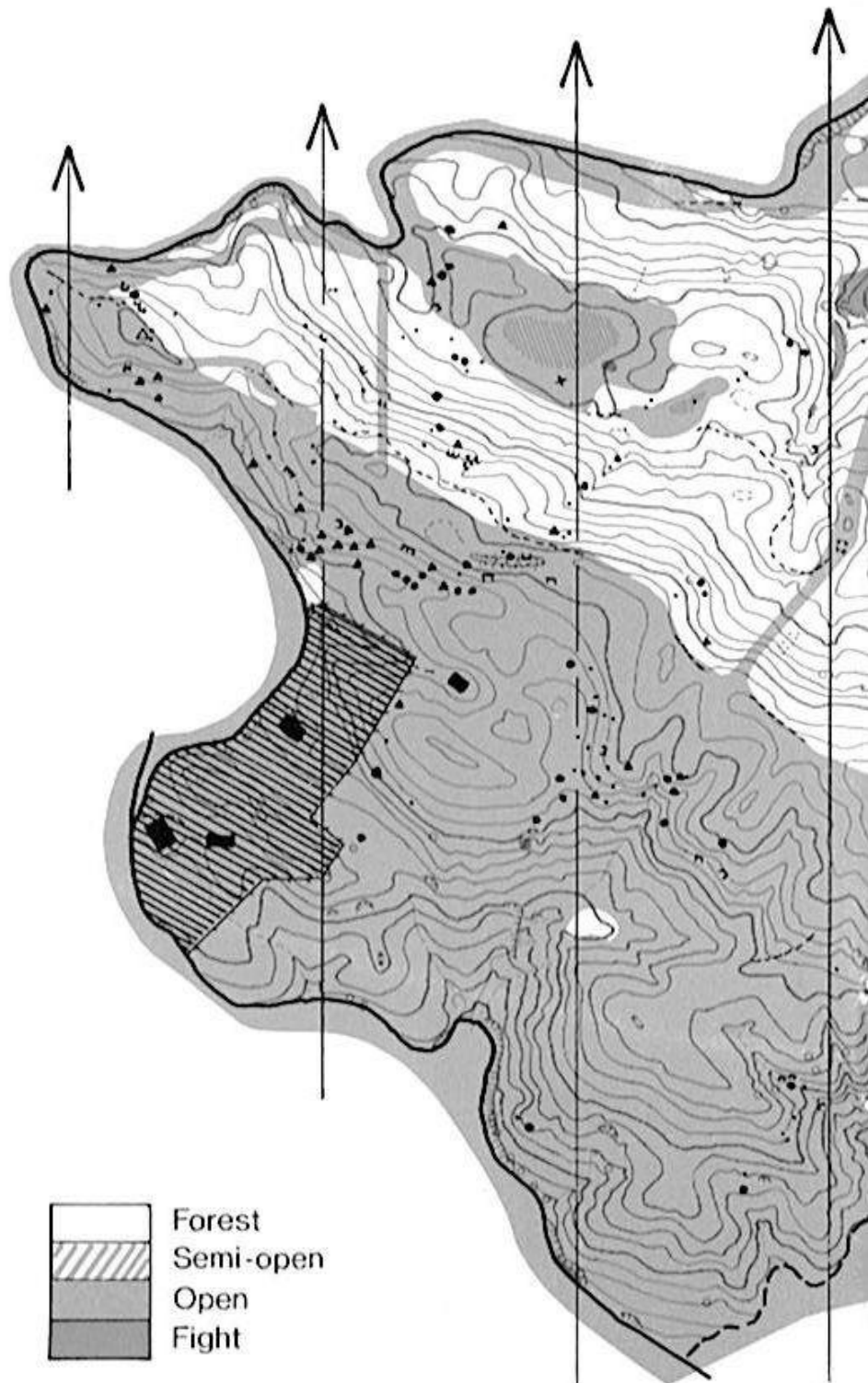
If you would like to be added (or deleted) from this list, please contact Pamela Morrison (pamela.m@xtra.co.nz). E-mail is great for distributing results and club messages quickly and efficiently.



### Legend

	Road, sealed
	Track
	Indistinct track
	Cliff
	Boulders
	Group of boulders
	Rocky ground
	Fence (not all shown)
	Building
	Ruin
	Trig point
	Man-made object
	Out of bounds
	Contours 6m
	Form line
	Knolls
	Earth bank, slip
	Erosion gully
	Depression
	Pit
	Watercourse
	Stream
	Marsh
	Pond
	Water trough
	Tank
	Distinct tree, stump
	Ride

	Forest
	Semi-open
	Open
	Fight



Forest runability not shown  
due to ongoing thinning