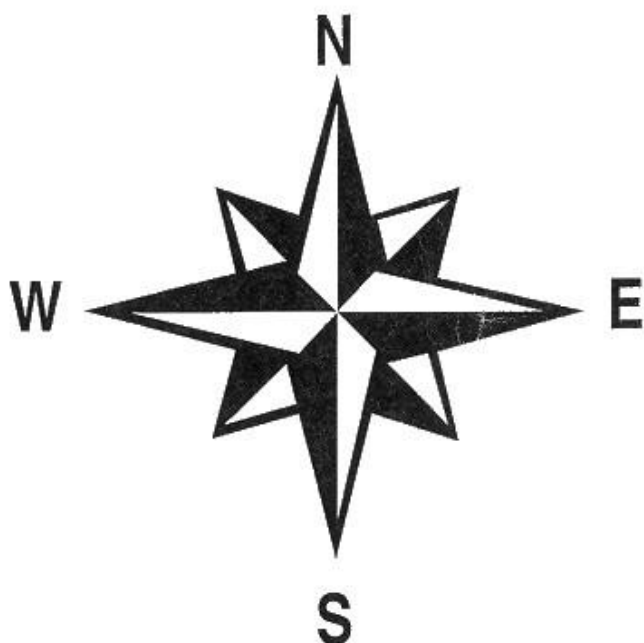


MAY – JUNE 2002

COMPASS POINTS



*Compass Points is the bimonthly magazine of the
Hawke's Bay Orienteering Club*

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COMPASS POINTS: MAY – JUNE 2002
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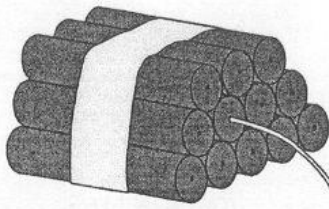
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Black Green & White

we are DYNAMITE!!

Well another two months has rolled by, yet again too fast. Although we're heading into the quiet time of the year a little bit of action has been going on, unfortunately not all of it good.

I'm sure it was a shock to all of us to hear of Geoff's accident. (*Ed. in late June Geoff fell from a roof, suffering injuries that resulted in his being sent to Burwood Spinal Unit in Christchurch.*) And I'm just as sure that all the club members join me in wishing that he will make a good and full recovery. We know that it will be a long process but with his physical fitness and his indomitable spirit we know Geoff has what it takes to get through. Our thoughts and support also go out to Pamela and Sean and I'm sure Pam knows that any help she needs she just has to ask.

To me it's also a reflection of the caliber of people in Orienteering that Geoff has already had visitors from our fellow members of the PAPO club.

On a brighter note in the last two months the club has had a couple of interclub challenges. Firstly the Frank Smith Trophy held down in the Wairarapa and just last weekend the Red Kiwis challenge. Due to a good showing - d especially by some of the juniors in the club - we managed to win both these events. Well done team!

Let's hope that the Red Kiwis can organize the return event as close to a pub - still it would have been nice if they'd invited us to join them for a drink afterwards. It was good to see they've cottoned on to the idea of travelling by bus.

Although things might be quieting down for most of us, it's the opposite for some club members who will be enjoying some international orienteering. Todd and Ross of course have been selected to represent New Zealand in the Junior World Orienteering Championships (JWOC). They both left last week and I'm sure all the club wishes them the best in their endeavours - may they represent their country and themselves as well.

Then there are the likes of the Watsons, Alan Berry, Richard Lynn and Mr Fisher, who have all left for Canada to compete in Asia Pacific Orienteering Carnival (APOC) and we wish them all the best in their endeavours.

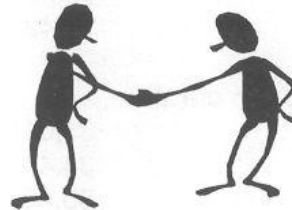
For the rest of us, we will have to be satisfied with the local offering - of course at this time of the year we slow down a lot and run a few park/street events. Of course for the braver of you there is the Winter Classic in the Wairarapa, an endurance event run like a relay but you do all of the legs yourself. Great fun!

Also for the more mature audience there is a Veterans' (M/W 35+) training weekend being held in the Manawatu region. It certainly sounds like a great weekend and I for one am off to it (yes I know I need it), so look for further details in the magazine or contact me.

Well that's about enough from me - I seem to be writing like an orienteer (all over the place), so until next time may all your contours be easy.

Terry

Club President.



NEW MEMBERS

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

- Mary McVicar
- David Tait

Good luck to all those club members travelling away to events this month....

- *SILVA NZ Secondary School Champs in South Auckland*
- *Asia-Pacific Orienteering Carnival (APOC) in Canada*
- *Junior World Orienteering Champs (JWOC) in Spain*

A special ***congratulations*** to the students from the ***Taikura Rudolf Steiner school***, who excelled at the Wellington Secondary School Champs in June. Timothy Cox and Charlotte Chevalier both got first place in their grades, and Ingrid Chevalier Jacob Osborne each got third place. For more details of their results, look on the Wellington Orienteering site at <http://homepages.paradise.net.nz/ingham/sschools/sschamps.htm>.

Well done!

OVER THE HILL – 12 May, 2002 (Club)

Setter: Erica Hobbs

Vetter: Alan Berry / Pamela Morrison

* Accompanied

Red Long 4.4km 175m climb

| | |
|----------------|-------|
| Hamish Goodwin | 39.25 |
| Derek Morrison | 40.00 |
| Peter Watson | 42.48 |
| Geoff Morrison | 43.56 |
| Richard Lynn | 49.15 |
| Wayne Hosking | 53.44 |
| David Fisher | 56.33 |
| Max Kerrison | 59.53 |
| Josie Boland | 62.34 |
| Fiona Giles | 66.42 |
| David Tait | 69.20 |
| Greg Bristow | 71.43 |
| Wayne Lee | 75.50 |
| Alan Berry | 76.42 |

Red Short 3.475km 120m climb

| | |
|-----------------------|-------|
| Bruce Perry | 31.01 |
| Alan Oates | 34.41 |
| Bob Pocknall | 35.06 |
| Stewart Hyslop | 46.41 |
| Craig Tuohy | 52.31 |
| Philip Baker | 58.32 |
| Beryll & Scotty Smith | 62.45 |
| Dave Smith | 67.32 |
| Brian Crawford | 76.35 |
| Cathryn Lee | 81.35 |
| Jack & Ruth | 83.33 |
| Caroline Watson | DNF |

Orange Long 4.4km 175m climb

| | |
|----------------|--------|
| Dean Roughton | 79.18 |
| Deborah Turner | 96.36 |
| Steve Armon | 109.53 |

Orange Short 3.475km 120m climb

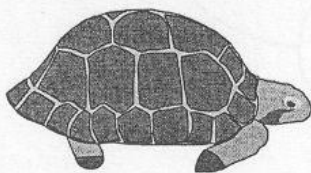
| | |
|---------------|-------|
| Tim Wilkins | 51.33 |
| Michael Smith | 62.40 |

Yellow 3.05km 125m climb

| | |
|----------------------|--------|
| Pauline Klay | 44.51 |
| Karen Marshall | 49.37 |
| Rachael Ferguson | 54.42 |
| Conal Boland Bristow | 55.01 |
| Emma Jaime Rachel | 66.37 |
| Nikki Harrington | 70.36 |
| Lyn Bowcock | 71.27 |
| Mary McVicar | 92.43 |
| Woods & Co | 108.50 |
| Helena McKeever | 119.01 |
| Elsa & Emily | DNF |

White 2.05km 65m climb

| | |
|-----------------|--------|
| Luke McGarvie | 40.22 |
| Brickell Family | 45.34 |
| Logan Family | 46.55 |
| Anneka Perry | 47.44 |
| Sean Morrison | 55.46* |
| Biss Family | 66.35 |



Don't be slow, register your interest for the Auckland women's instruction and training camp now!

Anyone interested in going to Henderson for the camp being held 26/27/28 July needs to let Jan Davies know pretty smartly (email jan.ian@clear.net.nz or ph 03 312 6475) so the appropriate food and coaching can be organised.

Ace Orienteers Marquita Gelderman and Rebecca Smith will be the chief coaches and will make sure it is a great weekend. You will learn new Orienteering skills and hone existing ones, as well as get a chance to know some of your fellow Orienteers better.

The camp is suitable for all women over 16.

The cost for a catered weekend staying at Otimai in Oratia will be between \$120 and \$140 depending on numbers.

More details will be sent to those registered as they become available.

ROCHFORD ROAD – 26 May, 2002 (OY3)

Setter: Greg Bristow Vetter: Geoff Morrison

* Accompanied

Red Long 6.81km Climb 340m

| | |
|----------------|---------------------|
| Ross Morrison | 85.53 |
| Derek Morrison | 88.14 |
| Chris Howell | 99.19 |
| Hamish Goodwin | 107.23 |
| Peter Watson | 148.16 (Unofficial) |
| David Tait | 217.54 |
| G & D Paget | 230.51 |
| Ramon Steenson | DNF |

Red Medium 4.35km Climb 225m

| | |
|-----------------|--------|
| Ken Holst | 75.04 |
| Max Kerrison | 84.00 |
| Bruce Perry | 89.31 |
| David Fisher | 91.29 |
| Erica Hobbs | 91.52 |
| Richard Lynn | 93.54 |
| Pamela Morrison | 103.21 |
| Amber Morrison | 105.49 |
| Tom Fargher | 112.33 |
| Josie Boland | 118.43 |
| Wayne Lee | 122.45 |

Red Short 2.92km Climb 125m

| | |
|-----------------|--------------------|
| Alan Berry | 48.53 |
| James Watson | 48.56 |
| Graeme Barrett | 58.16 |
| Caroline Watson | 60.24 |
| Mark Cooper | 62.30 |
| Keith Vincent | 62.45 |
| Jason Weeks | 63.09 |
| Stewart Hyslop | 70.04 |
| Diane Lucas | 72.57 |
| Robert Weeks | 73.24 |
| Alan Oates | 74.56 |
| Dean Roughton | 76.01 |
| Sharon Mardon | 88.05 |
| Philip Baker | 88.52 |
| Cathryn Lee | 90.17 |
| Brian Crawford | 94.50 |
| Dave Smith | 121.17 |
| Peter Watson | 35.51 (Unofficial) |

Orange 3.53km

| | |
|---------------|-------|
| Bob Pocknall | 45.20 |
| Aiden Ellmers | 47.34 |
| Peter Spall | 53.22 |
| Jack Vincent | 55.39 |
| Helen Watson | 57.18 |
| Michael Smith | 59.01 |
| Hayley Oates | 62.13 |
| Kane Green | 64.12 |
| Steve Armon | 66.39 |

Orange (continued)

| | |
|-------------------------|--------|
| Marcus Harrison | 66.52 |
| Paul Smith | 68.14 |
| Jim Spall | 68.21 |
| Karen Marshall | 69.49 |
| Pauline Klay | 72.15 |
| George Niblett-Rakuraku | 73.19 |
| Chris Chevalier | 73.25 |
| Erika Boland Bristow | 78.42 |
| Louise Goodwin | 80.00 |
| Gemma & Paul | 107.59 |
| Bodean Strachan | 109.29 |

Yellow 2.7km

| | |
|----------------------|---------------------------|
| Aari Barrett | 34.19 |
| Stephen Dodd | 43.02 |
| Conal Boland Bristow | 43.26 |
| Adam Scott | 43.27 |
| Emma Watson | 50.35 |
| Duncan Morrison | 51.18 |
| Robert Spall | 51.32 |
| Rachel Goodwin | 55.08 |
| Josh Hand | 57.35 |
| Catherine Howell | 58.12 |
| Ropiha Callaghan | 58.59 (2 nd C) |
| Kate Morrison | 59.46 |
| Daniel Knox | 60.33 |
| Lyn Bowcock | 61.01 |
| Aiden Raroa | 61.56 (2 nd C) |
| Caroline Vincent | 64.01 |
| Joseph Kitney | 64.59 (2 nd C) |
| Rachael Ferguson | 65.36 |
| Michael Barnett | 69.26 |
| Renee Chevalier | 80.15 |
| Bob/Linda/Pete | 80.53 |
| Clayton Hayman | 87.31 (2 nd C) |
| Rangi Woodmass | 90.30 (2 nd C) |
| Joseph Royal | 93.31 (2 nd C) |
| Ann Sapsford | 96.03 |
| Helena McKeever | 124.09 |
| Mary McVicar | 126.49 |
| Max McEwan | 134.28 |
| Josh Nicholls | DNF |
| Logan Family | DNF |

White 1.99km

| | |
|-------------------|-------|
| Rangi Woodmass | 21.37 |
| Sophie Fargher | 21.42 |
| Clayton Hayman | 21.53 |
| Joseph Royal | 22.33 |
| Tim Cox | 24.57 |
| Charlie Chevalier | 25.03 |
| Aiden Raroa | 25.23 |

White (continued)

| | |
|------------------|--------|
| Ropiha Callaghan | 25.55 |
| Jaime Goodwin | 26.15 |
| Jay Barrett | 26.47 |
| Joseph Kitney | 28.45 |
| Oliver Watson | 36.00* |
| Cam Barrett | 37.11* |
| K. Campbell | 41.46 |
| L. MacKenzie | 44.12 |
| Lottie Perry | 46.34 |
| Muirclan | 47.52 |

Daniel Gregory-Campbell

48.41

Elsa Vincent

52.39

White (continued)

| | |
|--------------|-------|
| Buck Team | 58.29 |
| Hannah Smith | 67.22 |

String

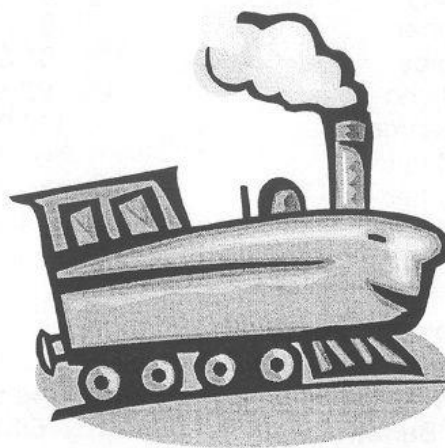
| | |
|---------------|-------|
| Charlotte | 4.05 |
| Sean Morrison | 9.55 |
| Nicholas Cox | 12.58 |
| Helen Howell | 18.30 |

VETERAN'S TRAINING WEEKEND

Jan Davies, the Coaching Director of the NZ Orienteering Federation is organising an orienteering training weekend for veteran orienteers (35+ both men and women) in the Manawatu over the weekend of 16-18 August.

This training weekend is designed for both red and orange level orienteers. The timing is planned as preparation for those heading off to Australia in late September, but all orienteers are welcome, including newer orienteers at orange level who want to work on their skills.

The accommodation base is the Feilding Holiday Park which I have checked out and find to be ideal for such a get-together. It has plenty of OK cabins and on-site caravans and a suitable meeting room for our indoor training sessions. It's out in the country just out of Feilding and we should have the place pretty much to ourselves in mid August. We'll be training on some of our best RK sand dune forest maps.



This is a rare opportunity for us to receive coaching from a team of national coaches including Jean Cory-Wright and Ray Pratt.

Please keep this weekend free and watch for more information to come.

**Regards
Royce Mills
Red Kiwis Club Captain**

MARAETOTARA – 9 June, 2002 (OY4)

Setter: Hamish Goodwin Vetter: Stewart Hyslop

* Accompanied

MAP OF A MILLION CONTROL SITES

Or

How I Walked All Day With A Coast To Coaster

What a fantastic place – Maraetotara. They could have filmed “Lord of the Rings” there.

We search all over Hawke’s Bay looking for areas with just a tiny fraction of the control sites available on this map. While setting courses, and in particular walking over the ground, you can actually feel guilty passing by all that fantastic detail.

Good to see Ross Frechtling and family there on the day. Ross was one of the original fieldworkers on this map in 1983, and he did the cartography.

I would also offer apologies for the length of the Red Medium. I could see it was going to be too long, but I didn’t think it would be that long. Having said that, I think a revision of the winning times has merit. I would suggest 55-60 minutes for red medium, and 45 minutes for red short.

With hindsight I’m not happy with the early point [re-entrant junction]. It was in the correct place, but the map didn’t show the trees. We shouldn’t have used it.

Putting out the controls was quite an experience. I usually do my fair share, but not with Hamish. By the time I had chatted to the local fencer, I barely placed a quarter!!!

..... Stewart

Red Long 7.22km Climb 345m

| | |
|--------------------------|--------|
| Derek Morrison | 74.41 |
| Geoff Morrison | 77.57 |
| Ross Morrison | 83.06 |
| Chris Howell | 88.27 |
| Ramon Steenson | 114.15 |
| Pagets | 163.38 |
| David Tait | 191.25 |
| Peter Watson(unofficial) | 75.17 |

Red Medium 5.6km Climb 250m

| | |
|-------------------------|--------|
| Bruce Perry | 71.35 |
| Ken Holst | 71.21 |
| Amber Morrison | 75.03 |
| Royce Mills | 77.44 |
| Terry Russell | 78.19 |
| Richard Lynn | 81.09 |
| Pamela Morrison | 86.12 |
| David Fisher | 91.36 |
| Erica Hobbs | 98.42 |
| Robyn Davidson | 121.32 |
| Max Kerrison(missed #7) | DNF |

Red Short 3.1km Climb 140m

| | |
|--------------------------------------|--------|
| David Costigan | 47.03 |
| Caroline Watson | 48.21 |
| Alan Berry | 50.53 |
| Alan Oates | 51.03 |
| Jon Eames | 55.46 |
| Robert Weeks | 56.00 |
| James Watson | 61.12 |
| Diane Lucas | 62.07 |
| Jennie Barrett | 63.04 |
| Matt McGovern | 64.58 |
| Colin Jones | 66.51 |
| Philip Baker | 69.53 |
| Mark Cooper/Ross Frechtling | 72.39 |
| Sharon Mardon | 73.51 |
| Dean Roughton | 80.14 |
| Graeme Barrett | 87.12 |
| Philip Mardon | 96.20 |
| Dave Smith | 125.57 |
| Peter Watson (unofficial) | 32.29 |
| Emma Watson (2 nd course) | 49.00 |
| Jason Weeks | DNF |

Orange 3.87km Climb 150m

| | |
|---------------------------|--------|
| Jason Russell | 57.06 |
| Jack Vincent | 64.08 |
| Hayley Oates | 73.33 |
| Helen Watson | 73.43 |
| Bob Pocknall | 76.28 |
| Chris & Eric | 77.37 |
| Aiden Ellmers | 82.49 |
| Marcus Harrison | 85.49 |
| Caitlyn Mackenzie | 87.42 |
| Sam Clark | 87.56 |
| Frechtlings | 93.50 |
| Ruth Vincent | 94.05 |
| Steve Armon | 98.59 |
| Marama Anderson | 110.23 |
| Wendy McHardy | 112.46 |
| Deborah Turner | 132.16 |
| Kevin Osborne (missed#15) | DNF |
| Terry McGovern | DNF |
| Pauline Klay | DNF |
| Jonathan McGovern | DSQ |

Yellow 2.96km Climb 120m

| | |
|------------------|-------|
| Emma Watson | 39.19 |
| Sam Eames | 43.37 |
| Kane Green | 44.01 |
| Aari Barrett | 46.42 |
| Sophie Eames | 47.45 |
| Karen Marshall | 49.16 |
| Michael Barnett | 49.43 |
| Stephen Dodd | 53.02 |
| Jeremy Jones | 54.08 |
| Duncan Morrison | 56.09 |
| Rachael Ferguson | 56.51 |
| Kevin Clark | 57.08 |
| Kate Morrison | 57.11 |
| Simon Griggs | 58.57 |

Yellow (continued)

| | |
|---------------------|-------|
| Caroline Vincent | 60.40 |
| Lyn Bowcock | 62.38 |
| Daniel Knox | 62.57 |
| Catherine Howell | 65.20 |
| Anneka Perry | 72.22 |
| Mark & Kelly Cooper | 83.43 |
| Sue & Dave Halliday | 92.32 |
| Sandy & Keith | 94.46 |
| Bill Walch | 96.46 |

White 1.9km*** accompanied**

| | |
|--------------------|--------|
| Josh Nicholls | 21.48 |
| Angus Mackenzie | 24.44 |
| Lewis Knauf | 26.06 |
| K. Campbell | 48.20 |
| Willy Glass | 48.42 |
| Lottie Perry | 49.44 |
| Jay Barrett | 51.25 |
| Renee Chevalier | 51.31 |
| Daniel GC | 52.47 |
| Sue & Carl Knauf | 36.18* |
| Ivan & Lance Knauf | 37.09* |
| Oliver Watson | 41.48* |
| Tim Cox | 42.36* |
| Ingrid Chevalier | 42.56* |
| Sarah Frechtling | 43.52* |
| Luke McGarvie | 55.35* |
| Monty Morgan | 55.39* |
| Rhys Knauf | DSQ |

String

| | |
|-----------------|------|
| Johannes | 3.51 |
| Sam Box | 3.52 |
| Philippe Groube | 4.42 |
| Sean Morrison | 4.54 |
| Nicholas Cox | 8.42 |

Stewart and I decided to use an area of the map which had not been used much for some years and I think everyone would agree it was great to cover some 'new' ground, even if Red Long and Medium still had to climb those big faces.

Being my first OY setting I spent a lot of time deliberating over the maps. I took my ideas to Stewart who told me my courses were too long – I shortened them but obviously not enough (especially Red Medium who always seem to get clobbered!). Next we checked the control sites, some of which we moved – it's amazing how much different things look out in the field.

On the day, thankfully fine, we had to put out a couple of controls, check a few sites and move some cattle that could have been trouble. Over 100 people turned up, most seemed happy judging by the feedback and everything ran smoothly due largely to Stewart's careful attention to detail.

On The Courses

Red Long – An amazing run by Ross after returning to the start to get the correct control descriptions.

Red Medium – Another close contest between Max (later DNFed), Ken and Bruce showing how even they all are. A great run by Amber very close to the Men's times.

Red Short – Caroline's time was exceptional in that she beat all but one man and had 14 minutes on her closest competitor.

Orange – Jason Russell put up a very smart time particularly after having a lengthy break from orienteering. Jack Vincent's effort was really good for someone still at intermediate and likewise for Helen Watson who is putting in some good times on Orange courses this year.


Yellow – Sam Eames showed no ill effects from his bee encounter to be first home out of the boys.

White – Josh Nicholls was one of only 3 who went under 48 minutes and he did it in 21minutes!

My thanks go to Stewart for all the effort he put into preparing for, and on the day; to Chris, Richard, Alan, Bob and Marcus for control collection; to Graeme and Rachael for running the caravan; to Aari, Jennie, Diane and Nicholas for taking down the string course and retrieving tape; and to Geoff for helping with results.

.....Hamish

Orienteering - The Basics



Here's refresher on some of the most basic rules of orienteering for those of you who are new to the sport (or those who just missed out on something along the way!).

1. The first place you have to go after leaving the map table is to **THE START TRIANGLE**.
2. You must visit **ALL** of the controls **IN ORDER** (unless the event rules state otherwise).
3. You must do your course **WITHOUT HELP** - do not ask other people for their advice unless you're really lost.
4. **YOU MUST NOT MOVE CONTROLS** on a course - if you believe a control is in the wrong place, tell the course setter or vetter.

Every rule on this list has been broken by someone at sometime or another, often leading to a poor result, or even a disqualification. If there are any other orienteering "basics" that you have seen trip up beginners, let me know.

Linda

SHOULD I RUN WITH A COLD?

by Peter Mellow, Senior Lecturer in the Department of Sport and Health Science of the Auckland University of Technology.

Most every winter all of us succumb to a cold or the flu once or twice. And in this time of sickness our mind may play tricks on us. We may start feeling guilty about not doing our regular workout and show concern about losing all of that hard earned fitness we have gained over the previous few months.

Or we may have just got back into a regular fitness routine and are afraid that if we stop now for that cold we may not start up with exercise again for some time. Others swear that an exercise session in the gym will help us 'sweat it out' and make us recover from that infection faster. What does the latest medical research say?



Exercise definitely affects the immune system which is fighting whatever viral infection you have. High intensity exercise (such as heavy weight lifting or high heart rate cardiovascular training like cycling, rowing, running & aerobics) has been linked with suppressing the immune system. Which means that if you workout at a high intensity you may actually be making things worse!

The good news is that low intensity exercise (very light weights and low aerobic heart rate training) MAY stimulate the immune system. So if you workout at all with a cold, make it a VERY light workout.

The Americans follow a 'neck check' rule for exercise with a cold. If the flu symptoms you have are ABOVE the NECK such as runny or stuffy nose, sneezing, or a light soreness in the throat; proceed with CAUTION with your exercise schedule starting at half of the regular intensity. IF after 10 minutes your head is clearing and you feel a bit better you can continue. IF though your head pounds and you feel worse, stop and give up on exercise for that day and rest.

If the symptoms you have are 'below the neck' such as aching muscles and a hacking cough, diarrhoea, vomiting or chest congestion DO NOT workout that day and rest up. Working out places stress on the lungs and heart. If the heart and lungs are already under stress through an infection then exercise will just stress the body more and may actually lengthen the time it takes to recover from that cold.

Similar advice comes in from across the Tasman where Richard Telford, a doctor at the Australian Institute of Sport says "if one of our athletes has a mild sore throat, we postpone the hard session they may have been going to do and do a light workout instead. Sometimes the day after the light workout the person is feeling better, but if we had gone on with the hard workout, almost every time the person gets worse, and misses more training."

So if you have a cold, you won't lose very much or any fitness at all if you rest for a week or so, and the best exercise for a cold may be REST!

References

1. *AIDS and Exercise*. *Runners World*. January 1993 page 26
2. *Infection, immunity and exercise*. E. Randy Eichner MD *The Physician & Sportsmedicine* Vol. 21 No. 1 January 1993 page 125-133.
3. Dick Telford. *Elite Coaches Seminar Video* AIS 1988.

This article first appeared on Peter Mellow's NZ Fitness web site and is reproduced by permission of the author.

MANGARARA – 23 June, 2002 (Red Kiwis Challenge)

Setter: Peter Watson

It was pleasing to see another good turnout of club members to do battle with the Red Kiwis.

The Mangarara map was done in 1989 and Bruce Perry, Stewart Hyslop and I were three of the six fieldworkers on the map. The map is pretty good for a 13-year-old map, with the usual growth in vegetation and rounding of contours.

I thought I was being helpful by mentioning a patch of unmapped trees was runnable but unfortunately the implication was that all other parts of the map were accurate. Runnable on HB maps means that you can get through the blackberry reasonably easily but you still must avoid it.

HB continued their good form with a 107 to 68 point victory with the Higham's good wins on the Red Medium and White courses stopping the clean sweep of grades.

At 6.5km the Red Medium was too long (but everyone was too polite to say anything) and Ross Morrison was outstanding in winning the 7.1 km Red Long course in 53.47.

The early participants on the Yellow Course were disadvantaged by the brain dead course setter not putting a flag on one of the controls, but Jack Vincent still had an excellent win.

Thanks to Bruce Perry and Geoff Paget, my co-setters, for their indulgence, especially Geoff as his motorbike was somewhat dirtier after I had finished with it.

Peter Watson

| | | HB | RK | Place |
|-------------------|--------|----|----|-------|
| Red Long | | | | |
| Ross Morrison | 53.47 | 10 | | 1 |
| Derek Morrison | 71.41 | 6 | | 2 |
| Ramon Steenson | 85.05 | 4 | | 3 |
| Richard Lynn | 90.16 | 3 | | 4 |
| Todd Oates | 93.35 | 2 | | 5 |
| Red Medium | | | | |
| Russell Higham | 74.08 | | 10 | 1 |
| Terry Russell | 79.54 | 8 | | 2 |
| Amber Morrison | 81.14 | 10 | | 1 |
| Ken Holst | 81.19 | 6 | | 3 |
| Erica Hobbs | 84.19 | 9 | | 2 |
| Ross Davies | 86.42 | | 5 | 4 |
| Max Kerrison | 86.49 | 4 | | 5 |
| Wayne Hosking | 88.06 | 4 | | 6 |
| Ngairie Davies | 92.01 | | 6 | 3 |
| Jenny Russell | 99.54 | 5 | | 4 |
| Tony Paterson | 104.35 | | 3 | 7 |

| <i>Red Medium continued...</i> | | HB | RK | Place |
|--------------------------------|--------|----|----|-------|
| Dave Fisher | 112.15 | 2 | | 8 |
| Wayne Lee | 116.39 | 2 | | 9 |
| Josie Boland | 127.30 | 2 | | 5 |
| Greg Bristow | 135.11 | 2 | | 10 |

Red Short

| | | | | |
|-----------------|-------|----|---|---|
| Caroline Watson | 35.16 | 10 | | 1 |
| Stewart Hyslop | 36.55 | 10 | | 1 |
| Alan Berry | 40.21 | 8 | | 2 |
| Robyn Davidson | 41.56 | | 7 | 2 |
| Royce Mills | 42.59 | | 6 | 3 |
| Graeme Flyger | 44.41 | | 6 | 3 |
| Alan Oates | 45.01 | 5 | | 4 |
| Sharon Mardon | 46.19 | 4 | | 4 |
| Diane Lucas | 56.54 | 2 | | 5 |
| Catherine Lee | 63.15 | 2 | | 6 |
| Dave Smith | 77.13 | 1 | | 5 |
| Joyce Dawe(DNF) | | | | |

Orange Long

| | | | | |
|---------------------|--------|----|---|----|
| James Watson | 47.53 | 10 | | 1 |
| Robert Paterson | 50.43 | | 9 | 2 |
| Bob Pocknall | 51.57 | 7 | | 3 |
| Jason Weeks | 54.23 | 6 | | 4 |
| Neville Berendt | 66.03 | | 3 | 5 |
| Paul Smith | 67.57 | 3 | | 6 |
| Jack Vincent(UNOFF) | 69.53 | | | |
| Aiden Ellmers | 74.17 | 2 | | 7 |
| Steve Armon | 78.25 | 2 | | 8 |
| Ted Sapsford | 81.12 | 2 | | 9 |
| David Tait | 94.59 | 2 | | 10 |
| Chris Chevalier | 107.31 | 1 | | 11 |
| Kevin Osborne | 107.53 | 1 | | 12 |

Orange Short

| | | | | |
|----------------------|--------|----|---|---|
| Emma Watson | 41.52 | 10 | | 1 |
| Hayley Oates | 46.06 | 8 | | 2 |
| Mark Cooper | 47.01 | | | |
| Pauline Klay | 48.24 | 6 | | 3 |
| Erika Boland-Bristow | 49.28 | 5 | | 4 |
| Stella Berendt | 56.57 | | 3 | 5 |
| Dean Roughton | 61.39 | | | |
| Ruth & Karen | 62.20 | | | |
| Carole Flyger | 64.21 | | 2 | 6 |
| Deborah Turner | 92.55 | 1 | | 7 |
| Anne Sapsford | 122.56 | 1 | | 8 |

| <i>Yellow</i> | | HB | RK | Place |
|---------------------------------|--------|----|----|-------|
| Jack Vincent* | 26.37 | 10 | | 1 |
| Amber Morison & Emma Watson | 26.39 | | | |
| Stephen Dodd* | 34.02 | 6 | | 2 |
| Conal Boland-Bristow | 36.55 | 5 | | 3 |
| Helen Watson* | 40.47 | 10 | | 1 |
| Josh Nicholls(NBHS)* | 42.42 | | | |
| Angus Mackenzie | 47.18 | 3 | | 4 |
| Kate Morrison* | 48.52 | 7 | | 2 |
| Duncan Morrison* | 50.53 | 2 | | 5 |
| Daniel Frechtling & Dad* | 51.15 | | | |
| Jules Double | 57.48 | 1 | | 6 |
| Katie Brigham-Watson(UNOFF) | 65.42 | | | |
| Suzy(UNOFF) | 70.53 | | | |
| Terry & Jan Hart | 74.23 | | | |
| Lyn Bowcock* | 75.14 | 4 | | 3 |
| Rachael Fergusson | 100.59 | 2 | | 4 |
| Denleigh O'Keefe & Kelly Cooper | 102.14 | | | |
| Sue Halliday | 103.09 | | | |
| Sandy & Keith | 106.15 | | | |
| Mary McVicar* | 118.05 | | | |
| Elsa & Toni | 123.13 | | | |

(* Affected by missing Flag at #7)

White

| | | | | |
|------------------------------|-------|----|----|---|
| Kyle Higham | 22.53 | | 10 | 1 |
| Charlie Chevalier | 28.20 | 7 | | 2 |
| Otilie,Zoe Wilson & Dad | 31.34 | | | |
| Daniel Frechtling & Dad | 31.42 | | | |
| Sarah,Karen Frechtling & Mum | 33.41 | | | |
| Kristen Clothier | 40.29 | 10 | | 1 |
| K Campbell(UNOFF) | 42.39 | | | |
| D. Gregory-Campbell | 47.30 | 3 | | 3 |
| Oliver Watson | 56.02 | 2 | | 4 |
| Ingrid Chevalier | 56.23 | 6 | | 2 |
| Lottie Perry | 58.22 | 5 | | 3 |
| Hart Family | 76.31 | | | |

| | HB | RK | Placing |
|---------------------|------|------|---------|
| Total Points | 67 | 17 | |
| Best 11 | 107 | 68 | |
| Average | 4.84 | 5.67 | |

NOTE: Bob Pocknall found a sum of money in the car-parking area at the Mangarara event. If you think this money is yours, please contact Bob on (06) 844 2420.

HBOC OY POINTS 2002

| GRADE | NAME | OY1 | OY2 | OY3 | OY4 | Total |
|----------------------------|---------------------------|-----------------|------------|------------|------------|--------------|
| Red Long - Male | Derek Morrison | 25.00 | 25.00 | 24.33 | 25.00 | 99.33 |
| | Ross Morrison | 23.91 | 24.13 | 25.00 | 22.47 | 95.51 |
| | Geoff Morrison | 25.00 | 21.31 | 25.00 | 23.95 | 95.26 |
| | Hamish Goodwin | 24.02 | 19.53 | 19.99 | 24.02 | 87.56 |
| | Chris Howell | 22.65 | 17.82 | 21.62 | 21.11 | 83.20 |
| | Ramon Steenson | 20.11 | 16.20 | | 16.34 | 52.65 |
| | Peter Watson | 21.36 | 21.91 | | | 43.27 |
| | Bryn Davies | 21.91 | | | | 21.91 |
| Red Medium - Female | Amber Morrison | 25.00 | 25.00 | 21.70 | 25.00 | 96.70 |
| | Erica Hobbs | 22.92 | 20.64 | 25.00 | 19.01 | 87.57 |
| | Pamela Morrison | 18.70 | 23.08 | 22.22 | 21.77 | 85.77 |
| | Josie Boland | 19.98 | 24.44 | 19.35 | | 63.77 |
| | Royce Mills | | | | 24.14 | 24.14 |
| | Ngairé Davies | 21.72 | | | | 21.72 |
| | Jenny Russell | 15.98 | | | | 15.98 |
| | Robyn Davidson | | | | 15.44 | 15.44 |
| Red Medium - Male | Richard Lynn | 19.58 | 21.98 | 19.99 | 21.98 | 83.53 |
| | David Fisher | 19.93 | 20.51 | 20.51 | 19.47 | 80.42 |
| | Ken Holst | 22.35 | | 25.00 | 25.00 | 72.35 |
| | Bruce Perry | | 24.73 | 20.96 | 24.92 | 70.61 |
| | Tom Fargher | 22.20 | 17.62 | 16.67 | | 56.49 |
| | Greg Bristow | 17.98 | 17.74 | 17.98 | | 53.70 |
| | Wayne Hosking | 25.00 | 24.75 | | | 49.75 |
| | Max Kerrison | | 25.00 | 22.34 | | 47.34 |
| | David Costigan | 23.84 | 23.17 | | | 47.01 |
| | Terry Russell | | 20.91 | | 22.78 | 43.69 |
| | Wayne Lee | 14.79 | | 15.29 | | 30.08 |
| | Norris Cox | | 24.34 | | | 24.34 |
| | Ross Davies | 16.24 | | | | 16.24 |
| | Colin Jones | 15.96 | | | | 15.96 |
| | Red Short - Female | Caroline Watson | 24.25 | 22.82 | 25.00 | 25.00 |
| Diane Lucas | | 19.59 | 25.00 | 20.70 | 19.46 | 84.75 |
| Sharon Mardon | | 19.83 | 20.26 | 17.14 | 16.37 | 73.60 |
| Jennie Barrett | | 20.52 | 23.27 | | 19.17 | 62.96 |
| Catherine Lee | | 25.00 | | 16.73 | | 41.73 |
| Red Short - Male | Alan Berry | 25.00 | 17.17 | 25.00 | 25.00 | 92.17 |
| | Stewart Hyslop | 22.29 | 15.57 | 17.44 | 22.29 | 77.59 |
| | James Watson | | 25.00 | 24.97 | 20.79 | 70.76 |
| | Robert Weeks | | 22.55 | 16.65 | 22.72 | 61.92 |
| | Alan Oates | | 15.85 | 16.31 | 24.92 | 57.08 |
| | Philip Baker | | 14.99 | 13.75 | 18.20 | 46.94 |
| | Brian Crawford | 14.30 | 17.16 | 12.89 | | 44.35 |
| | Jon Eames | 17.04 | | | 22.81 | 39.85 |
| | Jason Weeks | | 20.30 | 19.35 | | 39.65 |
| | Graeme Barrett | | | 20.97 | 14.59 | 35.56 |
| | David Smith | | 11.30 | 10.08 | 10.10 | 31.48 |
| | Paul Steeds | 21.87 | | | | 21.87 |
| | Matthew MCGovern | | | | 19.58 | 19.58 |
| | Mark Cooper | | | 19.55 | | 19.55 |
| | Keith Vincent | | | 19.48 | | 19.48 |
| | Colin Jones | | | | 19.03 | 19.03 |
| | Philip Mardon | | | | 13.21 | 13.21 |

| GRADE | NAME | OY1 | OY2 | OY3 | OY4 | Total |
|------------------------|----------------------|---------------|------------|------------|------------|--------------|
| Orange - Female | Helen Watson | 25.00 | 25.00 | 25.00 | 24.94 | 99.94 |
| | Hayley Oates | 21.48 | 20.13 | 23.02 | 25.00 | 89.63 |
| | Caitlyn Mackenzie | 22.25 | 18.64 | | 20.97 | 61.86 |
| | Erika Boland-bristow | 23.92 | 18.96 | 18.20 | | 61.08 |
| | Ruth Vincent | 20.25 | 19.86 | | 19.54 | 59.65 |
| | Deborah Turner | 21.58 | 20.72 | | 13.90 | 56.20 |
| | Louise Goodwin | | 16.96 | 17.91 | | 34.87 |
| | Cara Mcdonald | 24.85 | | | | 24.85 |
| | Katie Brigham-Watson | 21.18 | | | | 21.18 |
| | Karen Marshall | | | 20.52 | | 20.52 |
| | Rachel Baker | | 20.12 | | | 20.12 |
| | Pauline Klay | | | 19.83 | | 19.83 |
| | Anne Sapsford | 19.46 | | | | 19.46 |
| | Orange - Male | Bob Pocknall | 25.00 | 25.00 | 25.00 | 18.67 |
| Jack Vincent | | 23.47 | 19.06 | 20.37 | 22.26 | 85.16 |
| Aiden Ellmers | | 21.49 | 20.29 | 23.83 | 17.24 | 82.85 |
| Paul Smith | | 18.93 | 14.82 | 16.61 | | 50.36 |
| Steve Armon | | | 15.08 | 17.00 | 14.42 | 46.50 |
| Peter Spall | | 20.45 | | 21.24 | | 41.69 |
| Jim Spall | | 19.08 | | 16.58 | | 35.66 |
| Kane Green | | | 14.84 | 17.65 | | 32.49 |
| Jason Russell | | | | | 25.00 | 25.00 |
| Scott Mcdonald | | 21.55 | | | | 21.55 |
| Matthew Mcgovern | | | 21.25 | | | 21.25 |
| Gary Bowcock | | 18.80 | | | | 18.80 |
| Ted Sapsford | | 15.82 | | | | 15.82 |
| Jonathan Mcgovern | | | 15.59 | | | 15.59 |
| Chris Chevalier | | | | 15.44 | | 15.44 |
| Kevin Osborne | | 14.96 | | | | 14.96 |
| Yellow - Female | | Kate Morrison | 25.00 | 18.80 | 21.16 | 17.19 |
| | Emma Watson | | 25.00 | 25.00 | 25.00 | 75.00 |
| | Catherine Howell | 20.31 | 13.44 | 21.73 | 15.04 | 70.52 |
| | Caroline Vincent | 19.36 | 12.25 | 19.75 | 16.20 | 67.56 |
| | Lyn Bowcock | 22.47 | 8.59 | 20.73 | 15.69 | 67.48 |
| | Rachel Goodwin | 23.18 | 14.80 | 22.94 | | 60.92 |
| | Sophie Eames | 19.30 | 16.93 | | 20.58 | 56.81 |
| | Rachael Ferguson | | 13.91 | 19.28 | 17.29 | 50.48 |
| | Sophie Fargher | 20.51 | 16.40 | | | 36.91 |
| | Laura Vernon | 21.83 | 15.01 | | | 36.84 |
| | Linda Patterson | 22.30 | | | | 22.30 |
| | Karen Marshall | | | | 19.95 | 19.95 |
| | Anneka Perry | | | | 13.58 | 13.58 |
| | Anne Sapsford | | | 13.17 | | 13.17 |
| | Rosemary Wood | | 7.51 | | | 7.51 |
| Yellow - Male | Aari Barrett | 25.00 | 25.00 | 25.00 | 23.35 | 98.35 |
| | Duncan Morrison | 20.94 | 19.93 | 16.72 | 19.42 | 77.01 |
| | Sam Eames | 18.48 | 21.33 | | 25.00 | 64.81 |
| | Stephen Dodd | | 18.88 | 19.94 | 20.56 | 59.38 |
| | Conal Boland-Bristow | 17.77 | 13.24 | 19.75 | | 50.76 |
| | Robert Spall | 15.81 | | 16.65 | | 32.46 |
| | Scott Bicknell | 15.88 | 16.18 | | | 32.06 |
| | Daniel Weeks | | 14.95 | | | 14.95 |
| | Max Mcewan | | | 6.38 | | 6.38 |

| GRADE | NAME | OY1 | OY2 | OY3 | OY4 | Total |
|-------------------------|---------------------|-----------------|------------|------------|------------|--------------|
| White - Female | Jaime Goodwin | 25.00 | 25.00 | 23.86 | | 73.86 |
| | Karen Campbell | | | 14.99 | 25.00 | 39.99 |
| | Lorraine Mackenzie | 24.26 | | 14.17 | | 38.43 |
| | Lottie Perry | | | 13.45 | 24.30 | 37.75 |
| | Elsa Vincent | 14.97 | 9.70 | 11.89 | | 36.56 |
| | Charlotte Chevalier | | | 25.00 | | 25.00 |
| | Katie Eames | 17.06 | | | | 17.06 |
| | Kimberley Dodd | 15.48 | | | | 15.48 |
| | Christine Spall | 15.10 | | | | 15.10 |
| | White - Male | Angus Mackenzie | 18.06 | 19.47 | | 25.00 |
| Jay Barrett | | | 25.00 | 25.00 | 12.03 | 62.03 |
| Daniel Gregory-Campbell | | | | 13.75 | 11.71 | 25.46 |
| Christopher McDonald | | 25.00 | | | | 25.00 |
| Stuart Spall | | 17.49 | | | | 17.49 |
| Jules Double | | | 16.25 | | | 16.25 |
| Daniel Weeks | | 14.72 | | | | 14.72 |

The OY series is over 6 events during the year. The lowest scoring event will be dropped where a member takes part in all 6 events, otherwise all results count.

DNF/DSQ = 0 points

Once a member has run 2 events in a grade, he/she can not score points in any other grade.

If you believe any of these points are wrong, please contact Linda Patterson.

These points are also available on the HBOC website at www.hborienteering.org.nz.

AUCKLAND

ORIENTEERING

CHAMPIONSHIPS

2002

Saturday 14th and Sunday 15th September 2002

New map on the beautiful Awhitu Peninsula

Day 1 Classic

Day 2 Medium
A grade events

Pre entry is required for both events.

Closing Day for entries Friday 30th August

For entry forms, visit www.hborienteering.org.nz
OR contact Linda Patterson

Course and Grade combinations

| Course | Difficulty | Men's grades | Women's Grades | Relative length |
|--------|------------|-------------------|--------------------------|-----------------|
| 1 | Red | M21E | | 100% |
| 2 | Red | M20A M21A M35A | | 70% |
| 3 | Red | M18A M40A M45A | W21E | 61% |
| 4 | Red | M50A M21 AS | W20A W21A W35A | 44% |
| 5 | Red | M40AS M55A | W18A W40A W45A | 40% |
| 6 | Red | M60A M65A | W50A W55A W21AS W40AS | 29% |
| 7 | Red | M70A M75A | W60A W65A W70A | 21% |
| 8 | Orange | M16A M21B | | 49% |
| 9 | Orange | M20B M40B | W16A W21B | 34% |
| 10 | Orange | M50B | W40B W50B | 25% |
| 11 | Yellow | M14A M16B M21C | W14A W16B W21C | 27% |
| 12 | White | M12 M14B | W12 W14B | 21% |

Day 1 Sat 14th Sept. Kelland Rd

Scale 1:10,000 Contour Intervals 5m

Terrain – Intricate coastal sand dunes on open, rolling to steep country

Planner – Bob Hattie

Controller - Wayne Aspin

Day 2 Sun 15th Sept. Kelland Rd

Scale – 1:10,000 Contour Intervals 5 m.

Terrain – Intricate coastal sand dunes on open, rolling to steep country

Planner – Bryce Brighthouse

Controller – Wayne Aspin

⇒Certificates and Medals for winners

⇒Unmanned Crèche Tent available

⇒Accommodation

Waiuku

Waiuku Motor Lodge 09 2358785

Sandspit Motor Camp 09 2359913

Waiuku Motel 09 2359237

Awhitu Church Camp 09 2351045 – Jo Hanson

Pukekohe

Blue Gum Motel 09 2387205

Counties Motor Lodge 09 2385969

Parkview Motor Inn 09 2354068

Pukekohe Motel 09 2389211

⇒Food

There are lots of places to eat out in Waiuku –India, Japanese, Pizzas, and Takeaways etc.

PRIME MINISTER'S SCHOLARSHIP

NZOF is pleased to announce the award of a Prime Minister's Scholarship to Ray Pratt (PAPO). The scholarship from the New Zealand Academy of Sport is for coach development and goes to Ray in his role as Coaching Coordinator of the Development Squad. Ray will use the award to travel to Australia in September/October to develop his coaching with members of the Squad and will also attend the ACT Academy of Sport.

CONGRATULATIONS

Well done to Rachel Smith (PAPO) who has been awarded a national university blue by University Sport NZ. Notable among Rachel's achievements in 2001 was being the only NZ team member to make the World Orienteering Championship short-O finals.

APPOINTMENTS

The NZOF is pleased to announce the following appointments:

- Bruce Henderson (Hutt Valley) as Convenor of the Technical Committee.
- Dick Dinsdale (Wellington) to the Technical Committee.
- Mark Copeland (Auckland) as Convenor of RogaineNZ (NZOF Rogaine Committee).

THANK YOU

Bruce Henderson and Dick Dinsdale's appointments are consequent on Michael Wood standing down from the Technical Committee. NZOF thanks Michael for his lengthy term on the committee including, for part of that time, convenor of the committee.

D-SQUAD MANAGER

The hard-working Development Squad Coaching Coordinator, Ray Pratt, is in URGENT need of a Squad manager to relieve him of the admin and to allow him to focus on coaching. And a manager is especially needed to organise the trip to Australia in September/October. (See above under PM Scholarships for the significance of this trip.) If you are interested in the position of **Development Squad Manager** then please contact the General Manager for a job description.

DEVELOPMENT FUNDING

The NZOF priorities for development spending include permanent courses, successful clubs mentoring neighbouring clubs, generic promotional material (including web resources), orienteering in schools and new forms of orienteering (eg, MTBO, rogaining, park/sprint-O). Clubs are encouraged to apply for funding for suitable projects. Two recently approved projects have been:

- to the Nelson club for a new permanent orienteering course in Nelson, and
- to the Dunedin club for a new MTBO map at Waikouaiti.

All clubs were sent revised guidelines in April (ask your club secretary) or check the nzof website.

FIRST WORLD MTBO CHAMPIONSHIPS

New Zealand will have a team of one at the first world Mountain-Bike Orienteering Championships in France, 1-7 July. National Squad member, Greg Barbour, will be doing the riding.

Trevor Knowles (Hutt Valley) will also be at the championships, competing in associated masters' events.

INTERNATIONAL DEBUT

Following Orienteering Australia's acceptance of a New Zealand team as part of their annual National Orienteering League, Jason Markham (PAPO) became the first Kiwi to officially compete in the league when he raced in the Cooma Classic on 5 April.

NATIONAL SQUAD MEMBERS COMPETE IN WORLD CUP RACES

Seven members of the National Squad are competing in World Cup races in Europe during our winter. Greg Barbour, Jason Markham, Michal Glowacki, Greg Flynn, Tania Robinson and Jenni Adams have already raced in Belgium (2 & 3 June) and, with the exception of Jenni, in Switzerland (7 & 9 June). Alistair Landels, Jason Markham, Michal Glowacki and Greg Flynn have just raced a race in Norway (30 June & 1 July) and will race again in Sweden (5 & 7 July).

Best results in the first four events have been by Tania Robinson (Counties Manukau) with A-final placings of 25th and 31st in Belgium and 26th in the first of the Swiss races.

SUBSCRIBING TO "NZ ORIENTEERING"

Do you subscribe to the national magazine? The May issue is 48 glossy pages of news, views, photos, major event results, coaching tips, secondary school orienteering, events calendar and more. The subscription for four issues is \$16.80 mailed direct to your letterbox. Try and find better value at your local bookshop. Remember, to survive, "New Zealand Orienteering" needs your subscription.

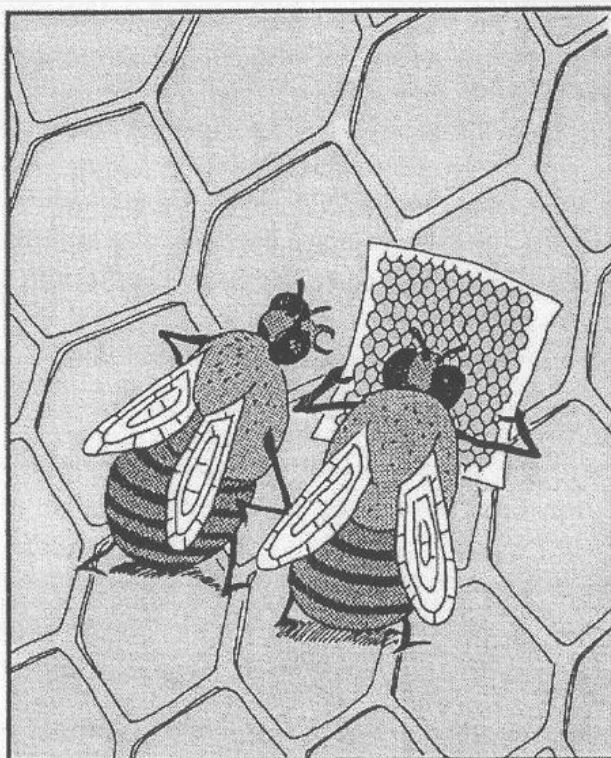
OUTBACK ORIENTEERING CARNIVAL: CORRECTION

The fax number for entries on the entry form to the Outback Orienteering Carnival South Australia, 28 September – 5 October, is incorrect. The correct fax number is 618 8356 9523.

LOOKING AHEAD

Although this year's ANZ Challenge is still fresh in our minds, it is not too soon for clubs to begin thinking about the next challenge to be held in New Zealand. Clubs are invited to express their interest in hosting the 2005 ANZ Challenge, set down for January 2005.

This issue of NZOF NEWS is also available at www.nzorienteering.com



So, Where are we exactly?

PARK ISLAND RESERVE

Brian Crawford recently mapped out one of HBOC's newest maps, Park Island in Napier, and has unearthed some historical information on the site...



The three hills at the foot of the Wharerangi Cemetery – now known as Te Umuroimata, Park Island, and Western Hills – were islands before the 1931 earthquake and were included in the 1851 Ahuriri Purchase from the local Maori.

Te Umuroimata is the smallest, and not very noticeable. It is to the northwest of Park Island and across the Taipo stream, and therefore not included in the orienteering map. It was a fortified pa and before the 1931 earthquake, had a fresh-water spring on its south side.

Park Island is the middle hill, and was named after the principal surveyor of the Ahuriri Purchase, Robert Park. He tried to buy the island in the subsequent subdivision, but 101 acres – including the three islands – were granted to George Hart of Wellington. In 1905 the Napier Borough Council bought Park Island for £700 (\$1400) for a future cemetery, as the one on Napier Hill was limited, but the first burials were not made until 1917.

Western Hills has been known by various names. In the early days it was called Balmoral Island, but later was known as Park Island (during this period the middle hill was known as Park Island Cemetery – very confusing!). The first building was a quarantine station built in 1874. The only known time it was used was in 1878 when immigrants from the ship “Renfrewshire” were placed there for a week.

In 1905, an Old People’s Home was built of brick on Western Hills for the Charitable Aid Board. A farm was established and the Home became remarkably self-sufficient, with cows, pigs, hens, vegetables, and fruit from trees that had been previously planted there. Most of the labour was supplied by the residents. There was also a large glasshouse full of grapes. Fresh water came from an aquifer well in the surrounding saltwater lagoon, and the Home even generated its own electricity.



The 1931 earthquake completely destroyed the Home, and fifteen residents were killed. Ninety year old James Collins was pulled out of the debris three days later and survived. The brick remains were bulldozed over the eastern side of Western Hills and the rubble can still be seen in

places. However some of this rubble is reputed to be squatters' shelters built in the late 1800s and destroyed by the Borough Council.

Prior to the earthquake, the tides washed into Wharerangi Road each day, and the shallow mud flats around the three islands were a great source of pipis, larger shellfish, and eels, as well as herrings and flounder. At different periods the Taipo stream flowed into the estuary between each of the islands, and even to the east of them before the causeway linking Western Hills to Wharerangi Road (later called Park Island Road) was built in about 1885. This road was recently dug up on making the playing fields, but can still be tracked part of the way.

In 1980, different parts of the Reserve were owned by the Harbour Board, the Hospital Board, and the Napier City Council. It was due to the efforts of Mayor Clyde Jeffery that it was all combined under the City Council to create the excellent sports and recreational area we know have.



Have you ever done a course where you turn up at the start button, navigate to the first control panel, only to find that you have lost your clip board? No, you're not on undulating country somewhere, you're on the Internet. To make electronic life a little easier and to promote our club, we now have our revamped club website up and running.

Just point your internet browser at www.hborienteeing.org.nz.

You will find the latest results, information about upcoming events (home and away), information about our maps and courses and more. Remember, this web site is for us so if you have anything you would like to add to it, go ahead and email it to me. Contact details are on the site if you can't remember the place to send them when the urge strikes.

Of course, you can also use the website as a marketing tool when introducing new people to this great sport. Just casually mention the website (with its easy to remember name!) and watch them run off and find out more. If you have problems accessing the site, contact me after hours on (06) 843 - 6697.

Bob Brown – bob.b@clear.net.nz

Wairarapa Orienteering Club

Invite you to our annual Winter Classic

Sunday 21 July 2002

The Winter Classic is an endurance event that is both physically and mentally demanding. The event will be as a BLODSLITET event; it is like a relay except you do all the legs yourself!

There are six trophies for various grades, including the handsome 'Wayne Cretney Memorial' cup. You are free to compete on any course and survive a Winter Classic! There will be the usual great spot prizes and hot soup!

| Trophies | | | |
|----------|------------------------|-----------|----------|
| | Wayne Cretney Memorial | M40 | Course 2 |
| | Open men | M21 | Course 1 |
| | Open women | W21 | Course 2 |
| | Junior | M/W18 | Course 3 |
| | Veteran men & women | M50 & W40 | Course 3 |

| | |
|----------------|--|
| Map | 'Halcione', 1:10,000, 5m contour Used only twice before: National Championships 2000; Wellington Championships 2001. Very varied terrain, contour ranges from flat to steep, large areas of regenerating bush, many water features, and includes an intricate slumped area. |
| Directions | From Masterton travel north for 6.2km; turn right towards Mauriceville for 12.8km; turn left into South Road, signposted Mauriceville West, follow South Road for 3.2km; turn left into West Road; follow signs to event centre. Allow 25 minutes from Masterton. From the North: From Eketahuna travel south on SH2 for 4.6km; turn left into Falkners Road, signposted Hastwell, for 3.3km; turn left into Opaki Kaiparoro Road, signposted Hastwell, Mauriceville for 4km; turn right into North Road signposted Mauriceville West for 4.3km; continue straight ahead into West Road by Settlers Monument; follow signs to event centre. |
| Event Centre | Barr's building site!? |
| Registration | From 9 a.m. on the day |
| Briefing | 9:45 a.m. |
| Start | Mass start at 10 a.m. (all maps pre-marked) |
| Course closure | 2 p.m. |
| Entries close | 5 July 2002. This event is PRE-ENTRY NOTE: JIM BARR HAS AGREED TO EXTEND THIS DATE TO NO LATER THAN THURSDAY EVENING, 11 JULY |
| Setter | Jim Barr |

| | | | | |
|-------------|----------|------|---------------|---------------------|
| ENTRY FEES: | Course 1 | \$20 | Enquiries to: | Jim Barr |
| | Course 2 | \$20 | Phone: | 06 372 5779 |
| | Course 3 | \$15 | email: | jim.barr@xtra.co.nz |
| | Course 4 | \$15 | | |

Banking of your cheque is confirmation of entry. No further confirmation of entry will be sent. Please retain this part of entry form for event location and timing details.

Entries Close 5 July 2002

Entries Close 5 July 2002

...EXTENDED TO NO LATER THAN THURSDAY 11 JULY

| Course | Estimated winning time | Grades |
|--------|------------------------|-------------------------|
| 1 | 150+ minutes | M21 |
| 2 | 120-150 minutes | M40, W21 |
| 3 | 90-120 minutes | M50, W40, M/W18 |
| 4 | 70-90 minutes | (Winter Classic taster) |



Selected from inside the back cover of Wainwright's guide to the Pennine Way. At the end of the Winter Classic you may feel better than our hero above, or you may feel worse. At the end of the Pennine Way I felt better, but when I left the pub at Kirk Yetholm I felt worse!

Jim Barr

For your entry form, contact Linda Patterson (06) 843-6697
OR you can download it from www.hborienteering.org.nz.

MAKING MISTAKES

Jane Forsyth (co-editor of DOCument) gives a run-down of the one of the highlights from the coaching day at Timaru after the Nationals.

Ray Pratt from PAPO gave half-hour presentation on the subject of MISTAKES. As many of you know, once you have reasonable fitness, it is by eliminating or minimising errors that you can make big improvements in results. "Making a ten-minute improvement on this side of your orienteering is eminently possible, and far less sweat than improving your basic running speed" (Wilfred Holloway).

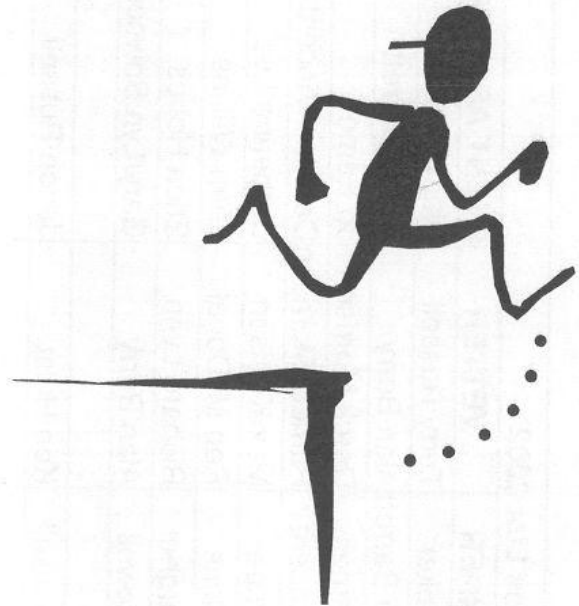
The session made us focus on our own mistakes by asking "List 3 mistakes you made during the Nationals". What only 3? "Have you made these mistakes before?" Well, yes actually. "Are these mistakes preventable, or able to be minimised?" Of course they are. Now the crunch: "What are you going to do to practise preventing or minimising these mistakes?" In my case, master pace counting along roads and tracks to prevent overshooting, use all the features on the map not just one type of feature (e.g. distinct trees), envisage things you will see along the way so you hear alarm bells early if you drift off course, and never ever start off without a plan:

- Know where you are now
- Know where you want to go
- Know how you are going to get there
- Know how you will know when you have arrived

Once you have identified your own types of errors, the next step is to focus on one or two of them, until the big errors become little ones. Then work on the next biggest ones until they become small (hopefully the first lot did not come back while you were concentrating on the second lot).



Part of Ray's handout was a list of about 30 commonly made errors. All my recent ones were on there! But it was encouraging to see that there were some that I used to make but don't do any more – not using the compass, 180 degree error, stopping to retie laces, following others and making the same mistake etc. So it seems you can progressively reduce errors. And some are so simple to fix, like losing the clipcard, illegible punching, or not checking the number on the control. Not following the rules and instructions – e.g. taking controls out of order, not visiting the start triangle, not getting card checked at manned control – generally result from not reading or listening to the instructions at the start. It is definitely worth taking a fraction of a second to sort out mistakes that result in a DNF or DSQ – otherwise all your hard work is for nothing!



From DOCument (Dunedin Orienteering Club magazine), July 2002

Hawke's Bay Orienteering Club Fixtures List 2002

| DATE | EVENT | MAP | TYPE | PLANNER | VETTER | EVENT ASSISTANT |
|-------------|-------------|---------------------|--------------------|-----------------|------------------|------------------|
| 7/07/2002 | Club | Park Island | Points ? | Philip Baker | Terry Russell | Dianne Lucas |
| 28/07/2002 | Club | Havelock Nith Hills | | Graeme Barrett | Alan Berry | Jenny Barrett |
| 11/08/2002 | Club | Te Mata Park | Fun event-Points ? | John Eames | Derek Morrison | Jo Eames |
| 25/08/2002 | Club | Pukeora | Teams Event | Keith Vincent | Pamela Morrison | Caroline Vincent |
| 8/09/2002 | Club OY 5 | Seafield Road | 6 Courses | Wayne Lee | Max Kerrison | Catherine Lee |
| 22/09/2002 | Club | Tangoio | Club Points Champs | Tim Wilkins | Rob McDonald | Leah Wilkins |
| 6/10/2002 | Club | Smedley | Tom's Special | Tom Fargher | Richard Lynn | Erica Hobbs |
| 20/10/2002 | Club OY 6 | Rowe Road | 6 Courses | Chris Howell | Alan Berry | Gary/Lyn Bowcock |
| 26-27/10/02 | WOA Champs | WOC | Classic/Short O | | | |
| 3/11/2002 | Club Champs | Arborfield | 7 Courses | Terry Russell | Ken Holst | Jason Russell |
| 17/11/2002 | WOA Relays | RKOC | Relays | | | |
| 24/11/2002 | Club | Lower Tukituki | Xmas | <i>R. Cooks</i> | <i>D. Fisher</i> | |
| 7/12/2002 | Rogaine | | | Geoff Morrison | Richard Lynn | |

Do YOU know where your cat is right now?...





Hawke's Bay Orienteering Club thanks SPARC for supporting orienteering!

ORIENTEERING ON THE WEB

<http://www.nzorienteering.com>

<http://www.hborienteering.org.nz>