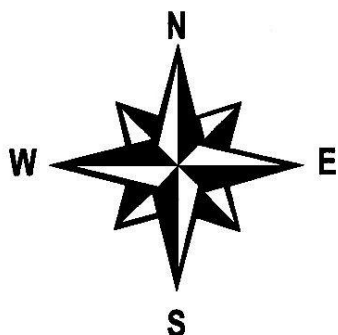


JANUARY – FEBRUARY 2003

COMPASS POINTS



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

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From the Editors

Hi fellow club members. Firstly, Faye and I wish to record our thanks to Linda Patterson, the magazine's previous editor. In assembling our first magazine we now have a better idea how much work she has done on our behalf over the last two years. We wish her and Bob well on their great O.E. We also now realise how reliant we are on all you for copy and would like to gently remind everyone that one of the chores/pleasures of setting an event is to write a report for the magazine. If you forget we will ring and give you a reminder. You do not have to be a great writer, although many of you are, all that is needed is an honest effort. Please also feel free to give us any suggestions or copy that you think would go down well in the magazine. In this regard we would like to thank Brian Crawford for his contribution on George Graham, the founder of our club.

Have an enjoyable year orienteering.

Rob McD

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COMING EVENTS MARCH – APRIL 2003



MARK YOUR CALENDARS NOW

MARCH

- 8th Katoa Po All Night Interclub Relays in Taupo – new map – Whakaroa. Pre-entry should have been made by Feb 28th.
- 9th Following the night relays run CD OY1 at 199 Gullies. Start times 10.30 – 12.30.
- 16th HBOC OY1 at The Slump – One of the most interesting and challenging farm maps.
- 30th HBOC OY2 at Maraetotara – Superb rock-strewn map. Recently remapped.

APRIL

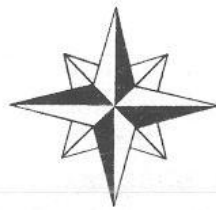
- 6th Mohaka Challenge, Whakaipo Bay, Taupo. This is the annual interclub challenge with Taupo. We need to defend our title so please make yourself available. A great club trip. You do not have to be a champ.
- 12/13th NI Secondary School Champs, Hamilton – information available through schools or contact Geoff Morrison.
- 12th Colonial Rogaine, Wellington. See information this issue.
- 13th Club event at Te Mata Park
- 19 – 27th Easter – Anzac Carnival. This includes the Nationals hosted by the Auckland Orienteering Club in the Woodhill Forest (entries close 21st March). The Anzac events are in the Weiti and Woodhill Forests and are being hosted by North West. (see NZOF website for information)



- Todd Oates finally flew out from Napier on his trip to England, but not before he managed to add to Alan's array of grey hairs. Alan had told Todd that he was to be ready, bags packed, when Alan arrived home to pick him up to take him to the airport. This exercise was to be mounted with military precision. After racing home from work, there was Todd, reclining in a lounge chair in nothing but a pair of boxers, eating rice-bubbles while watching TV. Annoyed, Alan threw his partially packed gear into the vehicle, and proceeded to take Todd, still only in his boxers, to the airport where he finally got himself dressed and finished packing.
- It was a blood-stained Gordon Rodgers, who finished the seemingly innocuous event at Havelock North High School. Gordon had brushed past a bush to go to a control when he felt something in his head. He felt around and pulled out a thorn that had sunk 30cm into the top of his head. Of course when he pulled it out, it was like taking a plug out, and blood gushed all over the place. Guess it is one way of putting fear into your opponents.
- Steve Armon came up with some "interesting" control descriptions. None more-so than 'stump', which was found in the practice cricket nets!
- WHO set off the burglar alarm at Hastings GHS? How many of you darted through the open doorway, regardless?
- Spectator controls took on a new meaning at Napier BHS. Was it anything to do with a number of W18's and W16's running that the hostel boys thought that this was the evenings entertainment as they made themselves comfortable sitting around the controls? It was rather extreme when one rather large chap took it upon himself to actually hold a control and clip the cards himself. By his physique, he probably would have been better attuned holding up the opposition's front row for the 1st XV.
- Katie Eames did well at the NZ age-group swimming champs. She came 6th in the 100 metres butterfly.
- We seem to be having more and more young members heading off to University as our bubble of juniors move up in the world. On top of Mikaela Harker (Otago), Jess Fargher (Canterbury), Karl Baker (Victoria), Todd Oates (was Otago, now England) and Jenny Russell (Massey), this year Ross Morrison is off to Canterbury, Jason Russell and Ramon Steenson and Bevan Callaghan to Victoria.
- Todd Oates and Ross Morrison have again been named to go to JWOC in Estonia this year. The interesting thing is Bryn Davies and Claire Paterson (both Red Kiwis) have also been named, and they are both ancillary members of HBOC. Does that mean we've supplied 80% of the team this year?!

Results

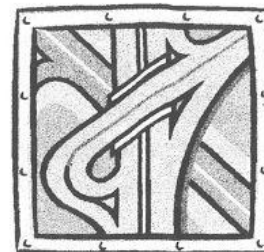
- 1. Street Series*
- 2. Smedley Coaching Day*
- 3. Southern Traverse*





Street Series

2003



FRIMLEY - STREET SERIES #1

Setter: Faye McDonald Vetter: Rob McDonald

I must confess I don't enjoy setting ordinary club events, but I happily volunteered to set Frimley, the first of our street series for 2003. I enjoy the summer street series. It's a chance to catch up with people after the Christmas break, get some exercise and do some low key orienteering in the cool of the evening. Plus, being able to set courses on a map only a few kilometres from home is a real advantage!

Weather-wise it was a great night and we had a good turn out of over 50, including the 19 juniors at camp. Thanks to Hamish who turned up early and helped set things up, and of course Rob and Chris who had an afternoon of helping out. Sorry for those who had to wait at the mapping tables – I figured people could draw their map in two minutes but there were hold ups at times.

I tried to avoid any misunderstanding that involved Lindisfarne's boundary fences, after the last Frimley event which had people mis-read their maps then try to climb the fence between Lindisfarne and the park, much to the wrath of Lindisfarne house masters. This time round many people didn't notice the impassable fence between Lindisfarne and Girls High and tried to climb between the two schools – luckily this time unobserved by Lindisfarne staff!

A few people new to the street series format were caught out, or nearly caught out, by not reading the instructions – collect controls in any order. It's OK Louise, Cara wasn't actually cheating going from 4 to 7, it was just a better route choice than 4, 5, 6, then 7!

Thanks to Rob, Chris and David Tait who collected controls and to Terry who brought those incredibly large plums that I mistook for apples!! I enjoyed the evening, I hope you did too.

Faye McDonald

FRIMLEY – STREET SERIES # 1 22ND JANUARY

Long Score

Hamish Goodwin	38.52
Peter Watson	39.41
Terry Russell	40.53
Chris Howell	41.20
Geoff Morrison	46.15
Pamela Morrison	47.51
Ken Holst	52.16
Jenny Russell	54.32
David Tait	55.40
Craig Tuohy	57.01
Tim Wilkins	57.44
Alan Berry	63.40
Steve Armon	63.58
Jim Eagle	67.22

Richard Lynn	71.33
Helen, Rachel and Kate	75.48
Rachael and Dean	95.55

Short Score

Stephen Dodd	23.40
Paul Smith	28.30
Cara McDonald	32.11
Jack Vincent	32.18
Jennie Barrett	33.08
Scott McDonald	33.44
Aari Barrett	34.01
Caroline Watson	34.17
Aiden Ellmers	34.32
Sam Eames	34.54
Duncan Morrison	35.37

Short (cont.)		Berrys	60.46
Conal Boland Bristow	36.25	Oliver Watson	62.08
David Fisher	37.02	Jaime and Katie	65.26
Sharon Mardon	38.02	Rosemary Wood	73.36
Erika Boland Bristow	38.06	James Watson	DNF
Philip Baker	38.41		
Graeme Barrett	38.45	<u>White</u>	
Caroline Vincent	44.42	Chris McDonald	19.38
Ruth Vincent	46.14	Jay Barrett	20.40
Lyn Bowcock	48.57	Edmonds Family	29.20
Nic H – M	51.51	Sean Morrison*	29.29
Katie Brigham Watson	53.27	Shaun Reay	37.30
Paul Steeds	54.39	Abraham	40.00
Sophie Eames	54.41	Helen and Caroline Howell*	52.01
Ann Sapsford	55.14	Elsa Vincent	52.07

NAPIER BOYS – STREET SERIES #2

The Treasure Hunt

Setter: David Tait Vetter: David Fisher

Well one thing is for certain; I will always remember my first time as a setter. It all seemed all too easy, at first! The brief was to set a street course or maybe a School map, but why not combine both? Though things soon went a little pear shaped due to certain factors (for example big trees small chains, long distances & miscommunications) and as a result some control placements produced an event that resembled a treasure hunt. Then there was the famous tunnel on the long course, good idea at the time, though it would have helped if it had been in the correct place on the map, maybe? Then there were the high school students who had “much fun” hiding controls. It appeared that everyone had a story that needed to be shared at the finisher’s table.

As the night went on, so did the learning... Lessons Learnt about Setting a Street Course! Write these down!

1. Pick small trees
2. Place your own controls.
3. Have your Vetter confirm placements.
4. Practices using the timer ‘before’ runners arrive.
5. Ensure that the timer ‘works’.
6. Make sure a good White Course is set, as this is where our future orienteers will come from, so don’t get them lost first time.
7. Make the white course easy and completely on defined handrails with the decision points at the controls.
8. This one is a good one. When placing controls, remember that kids are really short!

So at about 9.30pm I was heading home, reflecting on my night of learning, a night that also included a couple of moments of stress, including a \$40 parking ticket. But it was the wise words of one of the clubs pillars that stuck in my head. “Thank you for your effort as it is the effort that counts.” I want to finish by saying thank you to every one that competed on the night. You are a strange bunch because as you all appeared to be having fun, guess I did too.

David Tait

NAPIER BOYS HIGH SCHOOL – STREET SERIES # 2 29TH JANUARY

Setter: David Tait Vetter: David Fisher

Long Score

Todd Oates	47.32	Louise Goodwin	28.23
Chris Howell	53.16	Cara McDonald	29.07
Hamish Goodwin	54.01	Ruth Vincent	29.15
Terry Russell	54.38	Duncan Morrison	29.26
Hayley Oates	58.18*	Caroline Vincent	29.38
Amber Morrison	58.18*	Paul Steeds	30.42
Geoff Morrison	63.51	Angus Mackenzie	30.48
Josie Boland	67.00	Sharon Mardon	32.42
Alan Oates	67.42	Lyn Bowcock	33.00
Craig Tuohy	67.57	Philip Baker	33.21
Tim Eagle	69.00	Kate Morrison	36.59
Jenny Russell	70.45	Caitlyn Mackenzie	37.21
Jo Eames	74.53	Rosemary Wood	42.15
Richard Lynn	78.59	Jaime Goodwin	44.25
Tim Wilkins	80.20	Cath Howell	45.26
Ross Morrison	DNF	Katie Eames	46.36
Ramon Steenson	DNF	Bob Pocknall	DNF
Rob McDonald	DNF	Emma & Courtney	DNF
Ken Holst	DNF	Paul Smith	DSQ
GT Rogers	DNF		
Colin Jones	DNF		
Deborah Turner	DNF		

Short Score

Graeme Barrett	19.55	<u>White</u>	
Jon Eames	20.22	Jack Vincent	19.55
Scott McDonald	21.37	Cam & Grant Edmonds	18.48
Faye McDonald	23.18	Harty Family	21.31
Steve Armon	24.09	L Mackenzie	21.34
Pamela Morrison	24.32	Jules Double	21.40
Greg Tuohy	24.55	Elouise & Sue Edmonds	21.40
Aari Barrett	25.04	Jay Barrett	22.23
Sophie Eames	25.50	Elsa Vincent	27.44
Sam Eames	26.46	Sean Morrison	36.36
		Caroline Howell	42.50
		Lockley Family	42.54
		Helen Howell	44.09



HAVELOCK NORTH HIGH SCHOOL – STREET SERIES # 3 5TH FEBRUARY

Setter: Steve Armon Vetter: Ross Morrison

Long Score

Peter Watson	45.22	Sophie Eames	36.32
Hamish Goodwin	51.14	Philip Baker	37.16
Todd Oates	54.38	Paul Steeds	37.44
Ramon Steenson	55.48	Rachel Goodwin	37.44
Richard Lynn	55.50	Rachael Tuohy	39.48
Tim Wilkins	55.54	Rachael Ferguson	40.04
Chris Howell	57.06	Laura Vernon	41.47
Pamela Morrison	57.42	Hannah Smith	43.49
Terry Russell	63.37	Harty Family	44.19
Alan Berry	66.17	Lyn Bowcock	45.55
Amber Morrison	67.50	Helen Watson	46.10
Hayley Oates	68.48	Caroline Vincent	47.05
Emma Watson	69.22	Brian Crawford	50.36
John Aitken	69.42	Louise Goodwin	51.14
Rob McDonald	73.12	Dave Smith	53.22
Craig Tuohy	74.46	Gary Bowcock	57.12
Josie Boland	79.18	Jaime Goodwin	61.18
David Tait	82.48	Jack Vincent	DNF
Gordon Rogers	missed 1 DNF	Daniel Kelly	DNF
David Fisher	DNF	Greg Tuohy	DNF
Duncan Morrison	DNF		
Geoff Morrison	DSQ		

Short Score

Jon Eames	28.58	<u>White</u>	
Cara McDonald	29.58	Grant Soeberg	16.04
Jennie Barrett	30.36	Steven Reay	17.08
Faye McDonald	31.05	Elsa Vincent	19.04
Aari Barrett	31.44	Cam Barrett	19.24
Scott & Ethan	32.59	Jay Barrett	20.48
James Watson	33.57	Monique Reay	21.44
Jo Eames	34.04	Lockley	23.14
Ruth Vincent	35.16	Lockley	23.45
Kate Morrison	35.48	Lockley	23.47
		Abraham Family	29.34
		Sean Morrison	33.47

I cruise steadily along the tree line. The control description is stump. Should be straight forward; they probably chopped down one of this row. Ah, missed it. I'll just work back and find it. Nothing! It's probably in the hedgerow. No! Perhaps its in the overgrown section behind the hedge. A neighbour watches suspiciously as I try and convince myself that every little bump is actually a tree stump. Nothing here. I wander back out on to the school's field having wasted three minutes. Hayley Oates comes striding up and straight into the cricket nets. Before I can tell her there is some mistake, she clips the control chained to the **cricket** stump. Steve, you cunning, devious bugger. The event was a treasure hunt as well as an orienteering event but the usual culprits came out on top. It was great fun and I loved it. Thanks Steve and Ross (and I hear Derek as well).

A Competitor

ANDERSON PARK – STREET SERIES #4

(Home of the "distinct tree".)

Setter: Gary and Lynne Bowcock Vetter: Richard Lynn

For us, setting a course was a huge learning of the rules and regulations, what we needed and who to ask. We didn't even know what we didn't know! Lucky for us Richard led us in the right direction. The white course had to be easy enough. Richard said "Every kid had to be able to finish" and the long course had to be hard enough, "Try to give them something to think about." In preparation for setting the courses, we had a couple of very pleasant walks around the park, mingling with the dog school, the walkers, the skateboarders and the train enthusiasts.

Comments from participants:

"What's the new control numbering system?"

"Did anyone jump the creek?"

"Who buried control 32?"

All of the white course finished so it was easy enough. The comments indicated there was some thinking going on. Thanks to Richard and others who helped and offered on the day.

Lyn and Gary Bowcock

STREET SERIES #4 ANDERSON PARK 12TH FEBRUARY

Long Score

Hamish Goodwin	38.19
Ramon Steenson	41.15
Amber Morrison	42.04
Geoff Morrison	42.15
Terry Russell	45.56
Pamela Morrison	47.03
Steve Armon	48.05
Josie Boland	49.35
David Fisher	50.18
Hayley Oates	52.13
David Tait	56.27
Alan Oates	60.07
Deborah Turner	70.14
Rob & Chris McDonald	72.45
Duncan Morrison	DNF
Neil Kerrison	DSQ

Short Score

Faye McDonald	20.04
Cara McDonald	21.24
Jack Vincent	21.47
Greg Bristow	21.54
Paul Smith	22.04
Laura Vernon	26.32
Caroline Vincent	26.38

Frank Nuhaj	26.59
Caitlyn Mackenzie	27.35
Philip Baker	29.36
Cameron H	30.30
Hannah S	31.32
Ruth Vincent	32.05
Paul Steeds	32.54
Angus Mackenzie	35.11
Bevan Waayer	42.00
Brian Crawford	43.15
Shaun Reay	45.05
Sue & Dave	56.51
Bull McIntosh	59.51
Helanie Pocknall	65.29
Sharon Mardon	DNF
Scott McDonald	DNF
Nic & Ethan	DSQ

White

Duncan Morrison	14.58
Edmonds Family	20.11
Lockley	25.13
Leppard Family	29.14
Lockley	29.22
Sean Morrison	35.54

SMEDLEY COACHING DAY

40 keen participants took part in a 'self-service' coaching day. It was designed for all, with many taking the opportunity to help others, often not possible at a normal event. Peter and Caroline brought a bunch from CHB College and were able to spend time with them, while others mixed and matched or alternatively put themselves under pressure.

When Sharon returned very red-faced from her first exercise, I was glad that I had made them short. This also enabled people to drink plenty of water, for the day was very hot.

Using contour only maps was not as onerous as people first envisaged, and there was much comment on how easy it was afterwards. Making use of contours is an absolute must when doing red courses, and by stripping away everything else on your map, it forced you to rely totally on them.

The reason why contours are vital for orienteering is that they contain so much information. They tell you if you are to go up or down, or they give you a handrail, or they can give you an attack point, or they can tell you if it is steep or flat, complex or mundane. Within the forest of Seafield Road or the rocks and boulders of Maraetotara, they are the one feature on the map that you will continually use.

The line course had 6 controls on it, with most getting it right. It is quite hard to copy the line from the master, and the chances are, that if you pass within 50 metres of a control, it is yours.

The day finished with a handicap short-o. With the nationals coming up, relays and short-o's often have many people about on your course, and it is very difficult to focus on the job in hand. Under pressure, basic mistakes are easily made. The course was only 1.9km, with Derek cutting it out in 14 minutes, but not quick enough to catch Duncan and Conal who had had too much of a start. It was obvious at the finish that everyone had worked hard, and from the feedback, had really enjoyed the exercise. The fact that 28 had finished within 5 minutes of each other had made it very frenetic.

By the positive feedback, it sounded if more of these types of days should be held during the year. It was encouraging that people felt that they had learnt something during the day. But the success can only be achieved by having the effort put in by the participants. As the old saying goes, "you get out what you put in".

GM

Yellow

Rosemary Wood	46.37
Oliver Watson	51.24
Chris McDonald	57.38
Rebecca McNutt	?

White

Sean Morrison	39.25
Rebecca McNutt	45.59
Helen Howell	52.00

Shoot Out

<u>Name</u>	<u>Time</u>	<u>Handicap</u>	<u>Corrected Time</u>
Duncan Morrison	25.01	16.00	9.01
Conal Boland Bristow	25.14	16.00	9.14

Greg Bristow	26.28	14.00	12.28
Rachel Goodwin	27.29	15.00	12.29
Liz McNutt	30.46	18.00	12.46
Pamela Morrison	20.55	8.00	12.55
Bob Pocknall	21.55	9.00	12.55
Alan Oates	19.59	7.00	12.59
Stephen Dodd	19.14	6.00	13.14
Hayley Oates	24.16	11.00	13.16
David Fisher	21.48	8.00	13.48
Derek Morrison	14.26	0.00	14.26
Hamish Goodwin	14.31	0.00	14.31
Scott McDonald	25.10	10.00	15.10
Emma Watson	24.46	9.00	15.46
Peter Watson	15.48	0.00	15.48
Caroline Watson	21.52	6.00	15.52
Philip Baker	31.12	15.00	16.12
Aiden Ellmers	23.00	6.00	17.00
Juls Dodd	35.21	18.00	17.21
Chris Howell	17.28	0.00	17.28
Faye McDonald	27.42	10.00	17.42
Richard Lynn	23.03	5.00	18.03
John Aitken	25.09	7.00	18.09
Josie Boland	28.11	10.00	18.11
Erika Boland Bristow	29.42	11.00	18.42
Rob McDonald	36.42	18.00	18.42
Sharon Mardon	36.42	18.00	18.42
James Watson	24.10	5.00	19.10
Cara McDonald	30.13	11.00	19.13
Helen Watson	38.26	11.00	27.26
Colin Jones	41.38	9.00	32.38

OROGLYPHICS

Lost

I felt like the ∇ 's and a feeling of $\ominus \Delta$ ed to \circ up. Thoughts of the \odot
 \updownarrow ed me on as I $\tilde{\circ}$ ered the s \parallel (part) that would be \square ed if I was late. I
was off \nearrow and in \cup trouble again. I was torn \equiv \backslash ing it all or \equiv alling
my strength and \odot ing. \otimes (et); \smile and f ω y or \blacktriangle (er) and \square all
obstacles. Time would tell.

I know what a lot of your brains are like. See what sort of puzzle you can come up with for the next magazine based on the orienteering symbols. Prize – free trip to exotic Te Mata Park with the editor of your choice.

Hawke's Bay Adventure Racers Up with the Best

The Southern Traverse has a reputation of being one of the worlds toughest adventure races and the 2002 race in Marlborough was rated by many racers as a week of hell for the 180 competitors who travelled by foot, kayak and cycled 534 km over the stunning landscape. The often-extreme terrain pushed the teams to their limits but provided them with the experience of a lifetime. The leading teams, including sportzhub.com and Kathmandu/Merrell who had Hawkes Bay members Tim Wilkins & George Christison, went without sleep for most of the race, catching 30 mins here and there, and an hour or two very rarely. Out of the 45 teams that started, one was disqualified and three did not finish. 21 teams finished a short/experience/adventure course and 19 completed the full course.

Seagate.com (NZ) crossed the line first and Kathmandu/Merrell arrived in second place after an interesting last paddle section that had them walking to the finish line from a different direction to that expected, only 15 minutes ahead of UK team Lythgoe. Sportzhub.com, who had been fighting Seagate.com for the lead for much of the race, came in 4th. Team captain Steve Knowles said he had had a really awesome race, and really enjoyed racing so closely with Seagate.com. "We thought they'd have a three hour lead from the start and be 'uncatchable', so it was really great being able to race them". He said the team have had some of the most amazing experiences during the race, especially on the Richmond Ranges where they saw stunning sunrises and sunsets.

The hospitality of the Marlborough people was also outstanding and added to the week of adventure for all teams including Hawke's Bay first timers Team Berocca (Kevin Osborne, Lyn Helliwell, David Tait & Damien Reynolds) who finished in a creditable 19th place. Their placing and completion was due to their fantastic support crew who, like the teams, slept very little. Though finishing a day after the winners on the shorter 483km course on the Saturday, Team Berocca were jubilant to finish their adventure. In short it was teamwork that got them to the line after they suffered major health issues and mechanical breakdowns not to mention an extremely challenging course set to test even the experts and changeable weather that brought both snow and scorching heat.

David Tait



Walkers... Trampers... Orienteers... Runners... Adventure Racers

Announcing the

COLONIAL ROGAINE

5 AND 10HR ROGAINE, SAT 12 APRIL 03

**A unique Physical and Mental Challenge,
where Brain can Triumph over Brawn!**

To be held over a 100sq.km area from Makara to Titahi Bay, and between Takarau Gorge/Ohariu Valley and Wellington's wild west coast. Mainly farmland with spectacular views to the South Island, and some interesting tracks through pine forest and native bush near the start.

Orienteering Hutt Valley has pioneered rogaining in New Zealand, running over half of the 52 events since the first one in Belmont Regional Park in 1991. You can be assured of a great event.

What is a Rogaine???

A rogaime is a challenge of your physical endurance, navigation, and route choice skills. You visit (on foot) as many control points as you can in a given time. Those further away are worth more points. You lose points if you return over-time. The team with the highest score is the winner.

They are held in scenic, bush or rural areas. We give you an updated topo map. The points you have to visit are marked by circles, and are all on prominent features. But you do need to read the map and this makes it excellent training for adventure races and for safety in the bush. To make a level playing field GPS and altimeters are not allowed. Bring a compass.

The time allowed for a rogaime ranges from three hours up to the classic length of 24 hours. The Colonial Rogaine will be 10 hours, with a 5-hour option. It will be held in daylight.

Where is it???

The area is between Makara and Titahi Bay, next to the wild west coast! The start and finish will be near Porirua only 30 minutes from downtown Wellington, but you could be 100 miles from civilisation!

The area is farmland with some scrub, pine forest and native bush, mostly below 300m. At the northern end it rises to Colonial Knob, 458m. Travel in the bush will be best by tracks and other routes which will be shown on the map.

How Long is it???

*** 10-hour event starts 7am, finishes 5pm. The top teams will travel south to Makara and perhaps beyond, but may also reach Titahi Bay in the north. There may well be a checkpoint on top of Colonial Knob!**

*** 5-hour event, starts midday, finishes 5pm. You won't get as far as Makara, but you'll have to choose between checkpoints in the north and south, and climbing the Knob!**

Note that you don't have to stay out for the whole time. You get a result no matter how many or how few controls you visit.

How Do I Enter???

Rogaines are for teams of 2-5, with 2 persons most common. Pre-entry is required to get a map with the control points and additional tracks marked on it, one map per person. Limited spare maps for on-the-day entries.

What Happens on the Day??

Find the event from the Porirua City Centre by following orienteering signs. There will be more precise directions on the internet from the beginning of April. No camping onsite, the nearest is Camp Elsdon Ph 04 237 8987. Plenty of other options throughout the greater Wellington area.

You can collect your map, control list, score card and sheet of final instructions an hour ahead of your start time. You are free to plan your route before the start time. There is a briefing 15 minutes before, then GO!!!

Control points are prominent features such as track junctions, farm dams or huts. Each one will be marked with a distinctive tape with a code letter, which you record to prove your visit. There will be no tricky navigation or cryptic questions - the winners will be those with the best combination of fitness and choice of route.

You return by 5pm. Late returners will have points deducted. We do a quick count-up and declare the results within a few minutes. We'll also post on the internet the complete results and analysis of the most popular controls.

One of the nice things about a rogaïne is that everyone finishes at the same time, you can compare your routes. We'll have a BBQ-type meal for you, and some small prizes. The event is not sponsored, we put all our effort into the organisation!!

Tell Your Friends!!

We're sure this challenge will appeal to adventure runners and trampers as well as orienteers, and ask you to pass on this advertisement.

Further information from the course planner Tony Gazley, Ph 04 478 3491, or Michael Wood Ph 04 566 2645. Additional info will be posted on the RogaineNZ website which also has lots of useful background. The address: www.mapsport.co.nz/rog/rogaine.html

Entry Form for Colonial Rogaine, 12 April 03

Team or Leader Name			
Rogained before? Yes No			
Address			
Phone			
Email			
Circle one option: 5-hour or 10-hour?			
Circle if you qualify for: All-Women Team, Mixed Team, All-College Team			
Person #1	<input type="checkbox"/> Club	U21?	\$
Person #2	<input type="checkbox"/> Club	U21?	\$
Person #3	<input type="checkbox"/> Club	U21?	\$
Person #4	<input type="checkbox"/> Club	U21?	\$
Person #5	<input type="checkbox"/> Club	U21?	\$
Printed Results (available for free on the web)			\$
Total enclosed			\$

Entry Fees:

\$25 per person 10hr event

\$5 discount for 5hr event

\$5 discount for orienteering club members

\$5 discount for students under 21 on the day of the event

You can apply all the discounts you are eligible for!

Late Entries (received after 5 Apr) \$5 extra per person

We don't plan to acknowledge entries, and we'll use the RogaineNZ website www.mapsport.co.nz/rog/rogaine.html to publish results. If you would like a printed copy, enclose a stamped addressed envelope and another \$5.

Cheques to "Hutt Valley Orienteering Club".

Send to arrive by Saturday 5 April to

"Colonial Rogaine", P. O. Box 30398, Lower Hutt

Safety

In bad weather the usual risk of sprained ankles may be compounded by hypothermia. If necessary, we may reduce the length of the courses by delaying the start, advancing the finish, and/or declaring some of the control points out of the event, or any other steps to minimise risks.

The most important safety feature is your team, and team-mates must stay in verbal contact except to obtain help for injury. Teams should carry polyprop top and bottom, hat, gloves, parkas and whistle (each), a basic first aid kit, survival blanket and torch. If you have a cellphone, please bring it.

Backgrounding Rogaines

The Colonial will be Orienteering Hutt Valley's 26th rogaine. We enjoyed the area so much five years ago that we decided to go back, with a different start location.

A rogaine is essentially a "treasure hunt" over a wide area. You are given a map with a large number of "control points" marked on it. You have to make your way to as many of them and back as you can in a set time. How much "treasure" - in this case points - that you actually get is determined by time, physical ability, and "canniness". (Translation: the ability to pick the best route to get the most treasure for the least possible physical exertion.)

The time allowed ranges from three hours up to the classic rogaine length of 24 hours. Dunedin rogainers organised the NZ's first 24-hour event in January 95, and kiwis have taken part in all five World Championships. In fact New Zealander Greg Barbour with Australian David Rowland is the current World Champion, decided last year in the Czech Republic. New Zealand has championships too, the 2003 one a 24-hr event at Roxburgh on 15/16 March.

In a "classic" 24 hour rogaine, route choice decisions are of paramount importance. Teams usually return to base (where food is provided by the organisers) at least once during the 24 hours. Some teams then carry on, perhaps having left easier controls to visit in the darkness. Others prefer to snatch some sleep, in the hope that they will be able to go faster in the morning. The beauty of the sport is that you can visit as many or as few controls as you feel like, and still figure in the results.

Rogaines have been held by Orienteering Hutt Valley since 1991, when the first one of 4 hours was held in Belmont Regional Park. Events since then have gradually built up to 12-hour events held in the Karapoti area, Terawhiti Station, Makara coast, and Rimutaka Forest Park. At the same time, low-key after-work "shoestring" rogaines have been run over just 3 hours, as a way of getting practice particularly in night navigation. Navigation classes have also been put on.

Don't imagine that this will be a "runners' event" - even in the World Championship you don't see much running. Those who have tried this type of "mapsport" have found that planning your route to gain the highest score, and being able to modify it as the deadline approaches, are just as important as physical strength. Teams have missed out on a win by a couple of minutes' lateness!

The Colonial Rogaine is designed to cater for all levels of fitness - first-timers can get a taste of this excellent sport, and more experienced rogainers have an opportunity to test their strategies once again. We look forward to seeing you on the day!

The Colonial will be held on Saturday 12 April. Pre-entries from teams of 2-5 people will be required, so we can prepare a special version of the 1:50,000 Topo map for you. Further information from Tony Gazley, Ph 04 478 3491, or Michael Wood, Ph 04 566 2645, or the RogaineNZ website www.mapsport.co.nz/rog/rogaine.html

Classes

Estimated winning times will be:

- for the National Championships – Classic event 100%
- for the National Championships – Short event 60%
- for the National Championships – Ultra Short 12-15 mins
- for the ANZAC 4 Day event 70-90%

Course	Men	Women	Relative length of the course	Difficulty
1	M21E (open)		100%	Red
2	M-20A, M21A (open), M35-A	W21E (open)	60%	Red
3	M-18A, M40-A, M45-A		47%	Red
4	M50-A	W-20A, W21A (open), W35-A	41%	Red
5	M55-A, M21-AS (open)	W40-A, W45-A	37%	Red
6	M60-A, M40-AS	W-18A, W50-A	36%	Red
7	M65-A	W55-A, W21-AS (open)	28%	Red
8	M70-A, M75-A, M80-A	W40-AS, W60-A, W65-A, W70-A	18%	Red
9	M-16A, M21B (open)		36%	Orange
10	M-20B, M40-B	W-18A, W21B (open)	29%	Orange
11	M60-B	W-20B, W40-B, W50-B	23%	Orange
12	M-14A, M-18B, M21C (open)	W-14A, W-18B, W21C (open)	3.5-4.5km	Yellow
13	M-12, M-14B	W-12, W-14B	2-3km	White

- 100% relative length is based on an M21E winning a classic distance course in 105 minutes.
- Some classes/courses may be combined if entry numbers are small.

Classes for Ultrashort event

M14, M18, M21, M35, M45, M55 W14, W18, W21, W35, W45, W55

Note:

M/W21 includes M/W20, M/W21E and M/W21A

M/W18 includes M/W16

M/W14 includes M/W12

Classes for Relay event

The National Interclub Relays will be contested between Club based teams.

Class	Restrictions	Win time	Difficulty
Mixed Long			
Leg 1	Open	35 mins	Orange
Leg 2	No M18A-M50A, No W20A-W35A, No E classes	20 mins	Orange
Leg 3	No M21E, M21AL, M20A, M35A, W21E	25 mins	Orange
Mixed Short			
Leg 1	No M21A-35A, No E classes	30 mins	Orange
Leg 2	No M18+, No W18+	15 mins	White
Leg 3	No M18A-50A, No W18A-40A, No E classes	20 mins	Yellow

Age Restrictions

Competitors aged 20, or younger, belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21. Competitors aged 21, or older, belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

Entry Fees

EASTER	Warm-Up	Classic	Short	Park	Relay	All 5 Events
Senior	\$10	\$28	\$20	\$10	\$15	\$75
Junior	\$5	\$14	\$10	\$5	\$8	\$38
Super Senior	\$8	\$24	\$17	\$8	\$13	\$64
Family	\$25	\$70	\$50	\$25	\$38	\$188

ANZAC	Day 1	Day 2	Day 3	Day 4	All 4 Days
Senior	\$24	\$24	\$24	\$24	\$80
Junior	\$15	\$15	\$15	\$15	\$50
Super Senior	\$20	\$20	\$20	\$20	\$65
Family	\$63	\$63	\$63	\$63	\$210

- Family is up to two seniors living at the same address and any number of juniors that look to at least one of these seniors as a parent.
- Junior is anyone eligible to compete in M20 / W20 or younger.
- Super Senior is anyone eligible to compete in M65 / W65 or older.

Start time requests

Please note that with block starting of classes, requests for separate start times to accommodate young children must accompany entries. No other changes to start times will be allowed.

SportIdent

Please enter the No of your SportIdent Card on the entry form. If you don't own a card you may either purchase a card @\$50 or hire one @\$3/day (Maximum hire cost \$18).

Australian Entries

We accept payments by cheque in Australian Dollars. Conversion 1NZ\$ = 0.90A\$

Late Entry

Late entries and changes of class after closing date may be accepted at the discretion of the organisers.

Closing date

Closing Date for entries: postmarked no later than Friday 21 March 2003

CANTERBURY ORIENTEERING CHAMPIONSHIPS 2003
5 -6 April, 2003

Day 1 - Canterbury Championships
 (and South Island Challenge 3)
Day 2 - South Island Challenge 4

Competitors must be affiliated to NZOF or an equivalent overseas body.
Pre-entry is required for both days.
Entries close 14th March

Day 1 Saturday 5th April "Parimanui" Craigmore North

Remapped for the 2001 Canterbury Championships. Not used since. The map adjoins "The Gorge", Craigmore, (used for the 2002 National relay championships.)

- Scale:** 1:10 000 for Courses 1-8, 1: 7,500 for Courses 9 and 10.
 Contour interval 5 m.
- Terrain:** Rolling to steep farmland with limestone rock, pockets of native bush and scattered vegetation.
- Location:** Pareora Gorge Road, 30 minutes south-west of Timaru
- Planner:** Jenni Adams
- Controller:** Carsten Jorgensen
- Starts:** From 12 noon

Day 2 Sunday 6th April "Tekapo"

Remapped for the 2002 Nationals Short-Orienteering Championship

- Scale:** 1:10 000 for Courses 1-8, 1: 7,500 for Courses 9 and 10.
 Contour interval 5 m.
- Terrain:** Forested glacial landscape.
- Location:** The SouthEast shore of lake Tekapo, adjacent to Tekapo township
- Planner:** John Davies
- Controller:** Stuart Payne
- Starts:** From 10:30 am

Course and Grade Combinations for both days

Course	Classification	Men's Grades	Women's Grades
1	Red	M21E(open)	
2	Red	M20A ,M21A (open), M35A	W21E(open)
3	Red	M18A, M40A , M45A,	W20A, W21A(open), W35A,
4	Red	M50A, M55A, M21AS	W18A, W40A , W45A,
5	Red	M40AS, M60A, M65A	W21AS, W50A, W55A,
6	Red		W40AS , W60A, W65A
7	Orange	M16A, M21B* (* ages 17-39)	
8	Orange	M40B	W16A, W21B*, W40B (* ages 17-39)
9	Yellow	M14A, M16B	W14A, W16B
10	White	M12A, M14B	W12A, W14B

- ◆ **Certificates** will be presented for 1st, 2nd, and 3rd in all grades. on Day 1 only. Canterbury Champion certificate will be presented (to PAPO members) in E and Long A grades only.
- ◆ A **Creche** tent will be available.
- ◆ Fairlie is central to the events and offers a range of **accommodation**, as do Timaru and Tekapo.

	Entry fees		
	Day 1	Day 2	Both days
Senior	\$20	\$20	\$35
Junior	\$10	\$10	\$18
Family	\$50	\$50	\$88

Late entries will be accepted up to 21st March, on payment of an additional 50% of the standard entry fee. Entries received after then will only be accepted at the discretion of the co-ordinator, and pre-marked maps will not be guaranteed.

Entries close: Friday 14th March

"Family" is up to two seniors living at the same address and any number of juniors that look to at least one of these seniors as parent.

"Junior" is anyone eligible to compete in M20/W20 or younger.

Entry form for Canterbury Champs 2003

Name	Club	Year born	Day 1 Parimānui		Day 2 Tekapo		Fees
			Course	Grade	Course	Grade	
						Total fees	\$

Make cheques out to: PAPO

Contact name:

Address:

.....

.....

Phone:

Email:

Request for start times (for those with young children only.)

.....

.....

For inquiries contact:
Co-ordinator
 Robert Whittle
 phone: 03 342 9015
 email: rwhittle@xtra.co.nz

Post to:
 Canterbury Champs
 PO Box 824
 Christchurch

HBOC; 20 Years Ago

“Pernel Orchard event. Courses were set by the Mardons on a hand coloured map prepared by the Mardons. A barbeque followed the run, which was preceded by a swim in the pool.

The same evening on another new map, this time at Flaxmere, a night street event was held. Names were drawn by lot to determine the pairings, with only Brian Crawford game to tackle the dark streets on his own.” *(Familiar names appearing among the results included six Mardons, four Sapsfords, three Smiths and two Lloyds. M12 Russell Mardon won both events)*

There was also a report from Brian Crawford on the Hawkes Bay members' experiences in a 16km mountain marathon run in the Wairarapa.

“We finally got trapped on a steep slope, cliffs above, loose scree ahead and bracken fight below. The only safe way was down, so down we went. The bracken gave way to blackberry which soon was up to my head and I added another way to Dave Holt's bush bashing. Just hold on to the pine branches above, climb the bramble with your feet, get your balance and let go. Down you go and if you are lucky you can reach the next pine. *(Brian and Dave lost their map in the struggle and retired to the finish.)* Only Ted Sapsford and Brian Thom stuck it out, hour after hour, climb after climb until they finally made it and received their coveted yellow certificate for the magnificent time of 7 hours 55 minutes and 15 seconds.”

OUR CLUB FOUNDER

On my recent stay in Palmerston North I went to visit George Graham. Few current members have met George, but those of you who looked down the membership list in the September/October Compass Points may have noticed him as being one of the four without an email address.

George is listed as Mr. G.G.Graham, but in my opinion this should be Sir George Graham, as he is the founder of our very own successful club. Unfortunately knighthoods have now gone out of fashion so he will just have to retain the Mr.

George came to Napier as the District Adviser for the H.B.Education Board in 1975, having served his time at Ardmore Teachers College and elsewhere. About 1976 he was introduced to Orienteering at a course he attended in Auckland and was so intrigued by it, like all of us, he decided to join the local club when he returned to Hawkes Bay. But there was no local club, so not to be outdone, George started one.

It took about a year to set it all up. The first map was a black and white one drawn by George from a map of Te Mata Park supplied by Mr. Chambers. The controls were plastic buckets with string on the handles to tie them to branches, fences etc. Pens and a piece of wood inscribed with a single letter were attached to the handle and contestants had to write the letters on the control card, which was part of the map. The courses were called blue, red and green, and had similar coloured buckets. They were not graded for difficulty or length, so in time we learnt to avoid the green course as the buckets were much harder to spot. Our second map was Pakowhai, the area under the Chesterhope bridge and between the river and the current park. Being flat there were no contour lines and it was often used for school score events.

Events were held on the first Sunday in the month and George did all the planning and running of them for the first two years, with some help from Eric Hogge, who was his assistant at work. (He could have done with Stewart to arrange the bucket collection after events!)

George had been a fitness runner until 1971 when he had a knee operation and has been unable to run since then. So he has never been able to compete as an Orienteer - is it any wonder I think he should be called "Sir George".

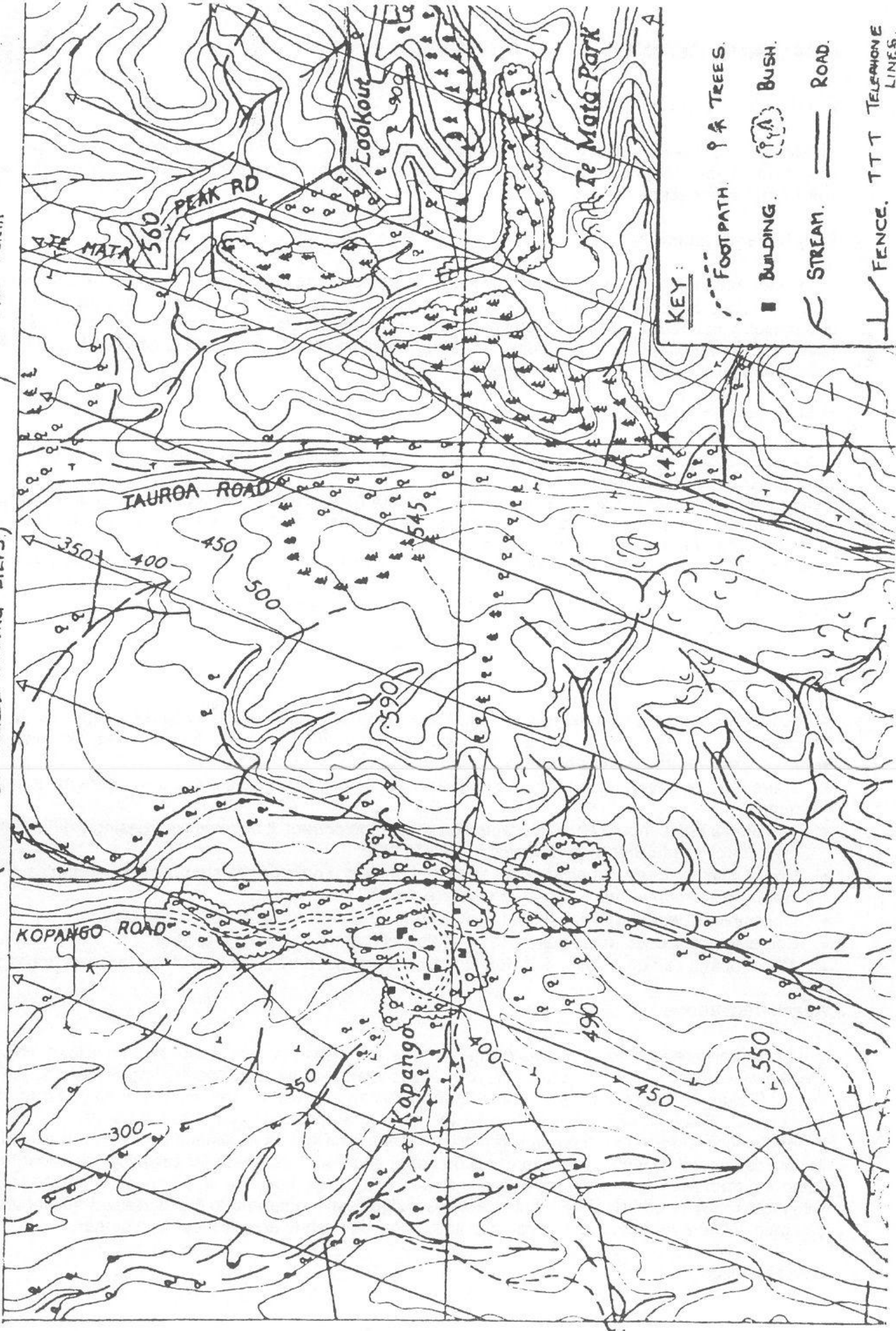
Although he retired to Palmerston North a few years ago, George is still fighting the old H.B.Power Board for overcharging the Napier inner city residents when it took over the Napier City Council Electricity Department. If he wins this one perhaps we could do something about his title!

Brian Crawford.

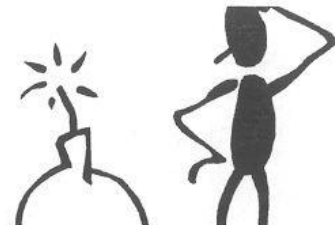
The map opposite is the club's first map as described above. Is Peak House where it says 'Lookout' or am I totally confused?

SCALE - 10 MM = 100 M (ABOUT 50 DOUBLE RUNNING STEPS)

MAGNETIC NORTH



N



What is an attack point?

An attack point is used to simplify the complexities that a map throws up at you when you are planning how to get to your next control. A distinct, easily found feature, no further than 200 metres from the control makes the ideal attack point.

Why have an attack point?

For speed and accuracy. By using several stepping stones to get to your attack point, you can avoid the costly time-loss of studying the intricacies of the map during your run. When planning your route, all the information you need to store to get to your attack point can be along the lines of, *saddle, clearing, hilltop*. Once reaching your attack point, i.e. *hilltop*, the time saved can be put to good use, getting from your attack point to the control accurately.

Who needs an attack point?

White course runners don't need an attack point because controls are on obvious sites and the routes between controls follow linear features.

Yellow course competitors will use what would normally be a white course control site as an attack point. Junctions and bends are common attack points. Obvious point features that are on linear features are also used, e.g., boulder, clearing, cliff, etc.

Orange course runners also can use linear feature points as attack points, but however, are more likely to have terrain features such as large point features, e.g ponds, hilltops, a block of trees, etc.

Red course runners skill levels allow them to take a more direct route, using a variety of smaller, though still distinct, features.

What makes a good attack point?

A good attack point is a feature you can find easily and from which you can find the control easily. As described above, the features themselves are different for different skill levels. Good attack points share some common characteristics however.

- There may be several good attack points near the control. Choose the one that offers the safest route.
- The attack point should be as close as possible to the control. It becomes increasingly difficult to find the control, the further away the attack point feature.
- Use distinct features. Small features such as boulders, knolls or pits are not good examples, but if there are a group of them, it can be a different story.
- If possible, select attack points that can give the best view of the terrain to the control.
- Sometimes the best attack point can be a distinct feature beyond the control.
- Attack points can be small, easily found features preceded by distinct catching features or handrails.

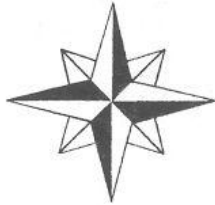
Attack from above

When controls are located on slopes or sides of hills, the best approach is usually from above. This gives you the widest field of vision, something you always want to achieve in orienteering. You'll see the control feature and the features around it better. You can also usually pick out the route you travel to the next control. Catching sight of another orienteer at or near the control is an added bonus.

When you come down to the control, you are fresher than if you have climbed up to it. Your execution of the precision work to locate the control will be better and your head clear for selecting your next route. Attacking from above is not limited to steep slopes or hillsides, however. It is also used in rolling terrain with moderately sized hills. The fatigue factor is insignificant compared to the increased field of vision you gain. Whenever possible, put yourself in the best position to see as much as you can.

Geoff Morrison

Reports



PRESIDENT'S REPORT

Well another year rolls around and I for one am looking forward to getting into some orienteering again. The street series kicked the year off nicely and thanks to those who organized these events I think I speak for everyone when I say they were all enjoyable events and a great low key way to start off the year.

The more serious stuff gets underway from now on with the night relays happening on the 8th March, a really good fun event to participate in so make sure you get your torch all polished up and get your name to Geoff so as you can be a part of great event. And to top it off there is a CD OY on the next day on one of Taupo's great maps (99 Gullies). See you there!

We've already had the very successful Kaweka Challenge last weekend which by all accounts was a roaring success with a couple of race records being toppled. Sounds as though the weather was great for the event, despite being a little cold in the mornings! Well done to Max and all the team for the effort they put into making this event as successful as it is.

Recently we held a mapping meeting where it was proposed that the club should consider paying members for producing maps. This would be done under the jurisdiction of a mapping sub committee which will prioritize maps to be completed work out the price for each map and ensure the maps are produced to the required standard. The consensus of the meeting was that we should pay for our mapping to be done as it is to greater task to ask people to volunteer their time to produce maps to the standard we have come to expect these days. Plus current and past members have worked hard over the years to build up a fund for mapping work and what more fitting reward to have nice new maps to run on. Personally I am in favour of this idea as there has been a bit of a gap in our mapping programme lately and we are in need of new maps if we are to run major events in the future. We must also bear in mind that holding a major event on a map will go some way towards funding the cost of producing it. Also stocks of some of our existing offset printed maps are running low and these require re-fieldworking and o-cading, some of them such as The Slump may well be suitable for a major event again. Despite all this no member will be discouraged from producing a map for the club voluntarily so don't hold back and many thanks to those members past and present who produced the maps we currently run on.

Well that's probably enough from me, here's to a good year for the club.

Terry.

COMMITTEE NEWS

SUBS Oops.....apologies to those who were confused by the entry in the last newsletter over Subs. Please pay as per the agreed amount at the AGM and listed in the PREVIEW.

MAPPING SUBCOMMITTEE After a successful mapping meeting and ratification through the main committee, it was decided to regroup a mapping Subcommittee to focus on keeping the new maps being produced. They will recommend priorities, expenditure and timeframes. The group will be Alan Berry, Pam Morrison, Stewart Hyslop and Ken Holst.

EVENTS After the event has been held, please ensure that the list of competitors is left in the caravan. This helps the treasurer to reconcile the monies received.

PAM FOR VICE PRESIDENT Pamela Morrison has again offered her considerable knowledge to help the running of NZOF. We have forwarded her nomination and wish her continuing success.

Mapping Meeting

A meeting was held on Feb. 4th of club members interested in mapping. The aim was to look at where the club is heading in terms of future mapping. The following are some of the proposals and rationales that are to be presented for consideration, by the club's committee, at its next meeting.

- We believe that the time has come for the club to adopt a policy of paying for fieldwork and cartography undertaken by members of the club.
- The club has several members with considerable current fieldworking experience. We also have members with the necessary OCAD skills, to do all of our own cartography. Several other members are interested in learning mapping skills. All we need is the time to do the work.
- The club has funds available for mapping. Many members have worked hard over the years, to build up these funds. The best way of returning benefits to members is to provide them with quality new maps and quality re-drawing of existing maps.
- We believe that the days are past when people are going to be able to undertake the fieldwork, in particular, for a large map, in their spare time. The jobs are just too big to get through in a reasonable time. One should question why they should be expected to do so, anyway. The members who are doing the mapping, both fieldwork and cartography, are people who have already contributed a great deal to the club in the past and are continuing to do so.
- This means that the fieldwork for major maps has to be done by members who are retired, or by members who are prepared to give up wages to do the work during the week. We cannot expect members to give up wage-earning time to do mapping work for the club on a voluntary basis.
- If the club needed a map to be fieldworked, it would be quite prepared to pay an outside contractor to do the job. We have the people within the club who can do the work and we should therefore establish a basis on which they can afford to take time off from waged work, to undertake mapping assignments.
- We recognise that all mapping will not necessarily be paid for. Members may wish to work on a voluntary or reduced basis, and trainee mappers will wish to learn the skills under the guidance of an experienced member.
- The club is slipping behind in the creation of new maps and the re-mapping of older maps. We believe that the adoption of these proposals will allow us to move forward in this important area of club development.
- There are a number of mapping jobs to be undertaken in the near or medium-term future, both fieldwork and cartography. These include possible new maps on Eland, Titiokura, Puketitiri, Taheke and Wairunga and the re-mapping of Smedley, Tauroa, Mangarara and The Slump. In addition, there will always be new local "club" maps coming forward.

The meeting was attended by Pamela and Geoff Morrison, Chris Howell, Derek Morrison, Ruth Vincent, Rob McDonald, Terry Russell, Alan Berry, Stewart Hyslop, Bob Pocknall, Hamish Goodwin, Paul Steeds and Brian Crawford, (apologies and written submissions from Ken Holst and David Fisher)

New Zealand Orienteering Federation (Inc)

GENERAL MANAGER: Stuart Payne, 171A Fifiield Tce, Christchurch 8002, NEW ZEALAND
ph/fax: 64 - 3 - 337 2275 email: nzof@nzorienteering.com
Orienteering On-line at www.nzorienteering.com

NZOF NEWS – JANUARY 2003

BEST WISHES TO GRAHAM TEAHAN

NZOF wishes immediate past NZOF president Graham Teahan a speedy recovery. Graham recently underwent major surgery and is now recovering at home.

CONGRATULATIONS

Congratulations to Stu Barr, Kate Bodger, Lisa Frith, Penny Kane and Lara Prince, recipients of Prime Minister's athlete scholarships for 2003.

THANK YOU

Thank you to Malcolm and Gillian Ingham for coordinating a very successful NZOF Junior Training Camp at Wanganui in December. The camp was a "sell out".

APPOINTMENTS

At its November meeting, the Council confirmed the following new appointments for 2003:

- D-Squad Manager: Hazel Oates.
- JWOC Coach: Ray Pratt.
- JWOC Manager: Symon Mitchell.

The Council also re-contracted Stuart Payne as General Manager for a further two years.

RESIGNATION

David Nevin is standing down from the Technical Committee in 2003 because he will be working in China. NZOF thanks David for his time on the committee.

VACANCIES

The following positions remain vacant for 2003:

- Coaching Director
A contract appointment, remunerated for approximately one-day a week, for which the primary role is to identify the needs and priorities of orienteering coaching within New Zealand. A dedicated "coaching" email address is provided.
- Primary School Coordinator.
The main role of this position is to foster and promote the Kiwisport orienteering programme in primary and intermediate schools. The emphasis is on establishing and maintaining a network of people who will train teachers to implement the programme.
- Technical Committee.
One position, in lieu of David Nevin. Communication is by email and applicant is required to be nominated by a club.

Job descriptions available from the General Manager.

OCEANIA CHAMPIONSHIPS & ANZ ELITE TEST SERIES

The NZOF and Orienteering Australia have proposed to the IOF that the ANZ Challenge be the basis for a recognised regional championship and be renamed the Oceania Championships. The two federations have also agreed to inaugurate a regular Trans-Tasman test series between our respective elite teams (M&W21E) with the first to be held in Australia in May.

NATIONAL SQUAD FOR 2003

WOMEN: Jenni Adams (PAPO), Kate Bodger (PAPO), Lisa Frith (NW), Penny Kane (D), Lara Prince (PAPO), Tania Robinson (CM), Natalie Rouse (CM), Rachael Smith (PAPO), Rebecca Smith (A).

MEN: Michael Adams (PAPO), Darren Ashmore (A), Greg Barbour (E –o/s), Stuart Barr (W), James Bradshaw (W), Alistair Cory-Wright (PAPO), Bryn Davies (RK), Karl Dravitzki (E), Brent Edwards (CM), Greg Flynn (H), Michal Glowacki (WACO – o/s), Robert Jessop (A), Neil Kerrison (E), Alistair Landels (A – o/s), Mark Lawson (NW), Jason Markham (PAPO), Aaron Prince (PAPO), David Stewart (A), Jamie Stewart (D), Phillip Wood (WACO).

INTERIM JWOC SQUAD

The interim squad for the 2003 Junior World Orienteering Championships to be held in Estonia, 6 – 13 July is: Women: Claire Paterson (RK). Men: Bryn Davies (RK), Ross Morrison (HB), Todd Oates (HB), Tim Renton (A), Bryan Stokes (PAPO). The selectors advise that Todd, Tim and Bryan are required to trial in order to confirm their place in the team.

NZOF BADGE SCHEME BECOMES AWARD SCHEME

The NZOF Badge scheme is to be renamed the NZOF Award Scheme. Badges will be replaced with certificates and will be awarded automatically, rather than having to be applied for as previously. All A-level events will automatically be included. B-level events can be granted Award status upon application by the organisers and approval by the Technical Committee. Credits for the scheme will be calculated by the NZOF Statistician, Bryan Teahan. It is event organisers responsibility to ensure results are sent to Bryan. The new scheme will be operative from 1 January 2003.

GOVERNMENT POLICY ON VOLUNTEERING

Because of the vital contribution volunteers make to social development, the economy and the environment, the government has endorsed a policy on volunteering. The NZOF also endorses the policy, which you can find on the nzof website.

HEALTH AND SAFETY IN EMPLOYMENT AMENDMENT BILL

The initial draft of this bill appeared to sweep volunteers and sports clubs into employer/employee relationships with consequent exacting health and safety obligations. Following submissions by national sports organisations (NSOs), including the NZOF, SPARC lobbied on behalf of NSOs for changes to the legislation. The result is that volunteers who assist with sport and recreation for a sports club will not be covered by the Act. There will, however, be a general duty of care covering all volunteers excluded from the enforceable provisions but this duty will not be enforceable.

AGM 2003

The NZOF Annual General Meeting will be held on Friday 18 April at 7:30pm in Auckland.

Two remits have been received for discussion.

Policy remit (from PAPO): "That the 25% NZOF event levy be capped at \$1000 per event and that for multi-day carnivals the cap be applicable in total across the carnival as \$1000 times the number of days. The cap to be reviewed annually at the general meeting of the NZOF."

Constitutional remit (from NZOF Council): "That the current constitution of the New Zealand Orienteering Federation be repealed and replaced with the constitution as appended."

Your club secretary has more details.

The NZOF Council is also recommending to the meeting that to mark the 30th anniversary of the incorporation of the NZOF that Bruce Collins, John Robinson, Graham Teahan and Michael Wood be made life members of the federation.

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

HBOC JUNIOR CAMP

JANUARY 21 – 24, 2003

19 junior orienteers between the ages of 10 and 16 took part in the HBOC junior camp over 4 days between January 21st and 24th. This was the same number as last year, with 12 returning. 2 that were at last years camp were taking part in the Development Squad camp running at the same time, this year.

The hope that Stu Barr would again be coach was prevented by work commitments, so fortunately we were able to employ Lisa Frith as a replacement. Lisa gained confidence as the week wore on, and like Stu, found the experience of coaching high-level skills into juniors so young, invigorating.

The theme for the week was contours: understanding and using them to advantage. The enthusiasm and willingness of the participants to learn makes it a pleasure organising this event on our programme. The fruits of this labour were borne out last year by the collective success of the group that had taken part. Hopefully, there will be a continuation this year.

After meeting Lisa on the first day, we all headed out to Horseshoe Bend for our first exercise. That is all except the Watsons, whom had had car problems on the way, but nevertheless made it to the map in time. A contour only map greeted the participants first up which blew some of them away initially. They adapted very well and completed the exercises with relative ease. That evening, after Lisa talked to them, there was a control-drawing relay. Each had to copy the control site from the master to their team map. Once again, it was the slowest team (like last year), that proved the most accurate with Katie BW, Helen, Erika and Rachel's team being the victor.

It was a big day at Rochfort and fortunately all in the forest as it was also HOT. Exercises, which included a line course, relocation and work with a compass, were held before lunch. The star relay after lunch proved very competitive with the team of Aiden, Sophie and Jaime coming out on top. Afterwards, a clipping shoot-out proved fast and furious with Scott ousting Paul in the boys final and Erika over Sophie in the girls. Erika struck a blow for the girls by winning the trans-gender grand final. The contest was notable for the performances of Jaime and Oliver who both made the semi-finals. That evening, we all attended the park event at Frimley, with Stephen making a dramatic entry to the camp by winning the short course.

It was time to check their skills on the tricky Maraetotara map. After a map discussion, the group were separated into 4 groups. There was a verbalisation exercise and a red course with a difference. There were controls on the various stepping stones en route. After lunch it was off to the beach. That evening, Lisa gave another talk which included having a symbol quiz. Paul, Helen, Jaime, Duncan and Stephen proved the superior team here. Then it was on to the night relay, always an exciting event. The 'pen' needed great policing and decibel levels reached great heights. Rachel, Katie, Scott, Stephen and Paul triumphed, though, if using strict NZOF rules, all four teams would have been disqualified! Duncan, Rachel and Conal made use of the twilight by having the fastest times.

On the final morning, after an excellent team effort cleaning up, it was off to the final exercise. A proper course, pre-marked maps, a start draw, all to be done on Seafield Road. These were planned to try and get participants to use most of the skills they had learnt during the week. We called, what was effectively a red course 'Brutal', and the yellow 'Demon'. The yellow course was the same one the Intermediate boys ran at the NZSS champs held in HB in 1997. James proved that there is no substitute for experience by having the fastest time on the Brutal course, but only 29 seconds in front of Aiden, both around 52 minutes. Erika was leading girl, 5 minutes later. As expected, some found it very difficult, but that was what it was supposed to be. It was good to gauge the levels of each

individual. Jaime headed off Oliver in the 'Demon' course. Both should be proud of themselves for their efforts. For all, with the exception of James, this was probably the toughest event they had done. What augers well for the future was that 6 pre-SS kids completed a red course. Of those, 3 of them are still eligible to run white! Well done Aari, Scott and Kate.

The success of the camp was due in no small part to the support from parents. There was no lack in food, with plenty for everyone. Thanks to Jo, Faye and Lou for making the meals all happen. Also much appreciated were the efforts of Caroline, Hamish, Lou and Greg (on the last night) who stayed at the camp, provided transport and helped with the coaching. Plus, thanks to Jenni and Jules who also provided transport.

Finally, a big thank-you to the participants whose efforts make the camp seem all worthwhile. While I have the support from both you and your parents, I cannot see why this camp cannot become an annual event. It is cheap, constructive and fun.

Participants this year were: Katie Brigham-Watson, James, Helen and Oliver Watson, Paul Smith, Stephen Dodd, Erika and Conal Boland-Bristow, Aiden Ellmers, Aari Barrett, Cara and Scott McDonald, Sophie, Sam, and Katie Eames, Kate and Duncan Morrison, and Rachel and Jaime Goodwin.

Geoff Morrison

A PARTICIPANT'S VIEW

For the second year in a row Hawke's Bay Orienteering Club ran a junior camp in the summer holidays for us to build and practise our 'O' skills. This year there were 19 participants, the same number as last year and the camp was again held at Moore Road by the Tukituki River. Our coaches this year were Lisa Frith and Geoff Morrison, plus some parents that helped out.

On our first day we set ourselves up at camp then went to Horseshoe Bend and did a line and normal course on a contour only map, a first for most. Back at camp in the evening we had some team exercises in the hall.

The next day was held at Rochfort and it was SWELTERING!!! We did a line course, a star relay, a relocation bearing exercise and the highlight of the afternoon was the 'clipper challenge' with some very surprising wins such as Oliver beating Aidan. The boys and girls champs emerged as Scott McDonald and Erika Boland-Bristow, then there was a battle of the champs which Erika won, to the disgust of many of the boys! That evening, after a swim in the river, we went down to Frimley Park for the first of the Street Series, which saw an excellent performance by Stephen.

On Thursday we were out at Maraetotara for another boiling morning. With the incentive of a swim in the afternoon, everyone raced around their course and route choice exercise so we could get down to Waimarama for an afternoon at the beach. That night we had the junior camp night relays; very exciting and lots of team spirit. After last years episode when Stu Barr bet everyone \$50 that his team, made up of adults, would win (they did!) some people were a little disappointed that Lisa didn't bet us any money. In the end most teams had at least one wrong clip but the winners were the team of Rachel, Katie, Scott, Stephen and Paul.

The next morning we went to Seafield Road and tried out our skills on a really tough course. On behalf of all the participants I would like to thank Geoff for organising everything and making it happen, to Lisa for her coaching, to the parents who helped and to the HBOC committee who subsidised the cost for the camp. Can we have another camp next year please?

Cara McDonald

NEW ZEALAND DEVELOPMENT SQUAD CAMP

WANGANUI – JANUARY 2003

Coached by Ray Pratt, Micheal Wood, James Bradshaw, Greg Flynn & Jamie Stewart

DAY ONE, JAN 22nd

Hayley, Emma, Hazel and myself all navigated to the cake tin in Wellington (the NZ Academy of Sport) to start the day with a talk from a sports nutritionist. She talked for an hour and gave out tips on healthy diets for athletes. Then the strength trainer took us for a session of lunges, swiss ball exercises and all those kinds of exercises that you feel the next day. After lunch there was a talk about drug testing in orienteering, then a very inspiring talk from a sports psychologist. Although he had never done orienteering he made a good effort of researching it; you would swear he had been competing for years. Later that night we all went to Les Mills Gym where we all participated in a Body Balance class that is a mix of yoga, Tai Chi and Pilates. It proved to work when we all felt our muscles stiffen that night, or perhaps that was the effect of bolting upright in bed every time the motor camp donkey had a screaming fit.

DAY TWO, JAN 23rd

Everyone had a very early start because we had an aqua session booked at the NZ Police Academy in Porirua. It is what they do with their trainees whilst they are injured. One section was swimming normally then doing press ups and sit-ups at the sides of the pool (a lot harder than it sounds!) The other section was aqua jogging, which explains itself. At about 9am everyone headed off to Wanganui to stay at Scoutlands. Camp Champs were to be held at around 2pm, which eventually turned into 5pm. These were also a JWOC selection race from which Ross Morrison and Todd Oates were selected. In the W18 grade Emma Watson was placed 2nd and Hayley Oates 4th.

DAY THREE, JAN 24th

Today was filled with coaching. From 10am until 12.30 we had a talk from Ray in which we were asked to contribute ideas for what we thought Ray could give us as a coach. In the afternoon we all took part in a line exercise, a verbalisation exercise (which is when one person doesn't have a map and their partner tells them where they must go). A park race around the camp and a night relay; amazing how many teams got disqualified.

DAY FOUR, JAN 25th

Training at Harekeke. We did a partner exercise which is when the leader has the map and they take their partner somewhere near the control, then hand over the map and their partner must relocate themselves. This was followed by a bearing and pace counting exercise in low visibility terrain, which proved how reliable your compass really is. We also did an exercise where your partner sketches on a piece of paper where you go and that is all you have to work with. That afternoon we all had a star relay on the 'What Point' map. There was a social outing to the movies that night then back to camp and in bed by 10.30 pm.

DAY FIVE, JAN 26th

We headed out to Marangi for a window exercise, where you only have the bits of your map with your control circle region. Then it was a camp wind down where Ray asked what we thought could be improved for next time. Overall it was a good week with a lot of things to learn and skills to use.

Amber Morrison

HAWKES BAY ORIENTEERING CLUB

EVENTS FOR 2003

DATE	EVENT	MAP	SETTER	VETTER	Assistant
22/01/2003	Street Series	Frimley	Faye McDonald	Rob McDonald	McDonald clan
29/01/2003	Street Series	Napier Boys Highschool	David Tait	Dave Fisher	Paul Smith
5/02/2003	Street Series	Havelock North	Steve Armon	Ross Morrison	Amber Morrison
9/02/2003	Club (Coaching)	Smedley	Geoff Morrison		Club
12/02/2003	Street Series	Anderson Park	Gary & Lyn Bowcock	Richard Lynn	
22-23/02/03	Kaweka Challenge	Kaweka Ranges			
2/03/2003	Club	Over The Hill	Ruth Vincent	Sharon Mardon	Erica Hobbs
8/03/2003	Katoa PO night relays	Taupo			
16/03/2003	Club OY 1	The Slump	Hamish Goodwin	Stewart Hyslop	Louise Goodwin
30/03/2003	Club OY 2	Maraetotora	Wayne Hosking	Geoff Morrison	Pauline Klay
6/04/2003	Mohaka Challenge	Whakaroa	Annual Interclub challenge with Taupo Club.		
13/04/2003	Club	Te Mata Park	Jon Eames	Wayne Lee	Catherine Lee
19-20/04/03	National Champs	Auckland			
11/05/2003	Club OY 3	Rochfort	Bruce Perry	Alan Berry	Racheal Fergusson
25/05/2003	H.B Schools Champs/Club	Te Awanga	Greg Bristow	Chris Howell	Club
8/06/2003	Club OY 4	Mission	Rob McDonald	Ken Holst	Cara McDonald
22/06/2003	Club Points Champs	Mangarara	Erica Hobbs	Mark Hudson	Debbie Hudson
6/07/2003	Club	Guthrie Smith	Bob Pocknall	Max Kerrison	Hayley Oates
27/07/2003	Club	Bluff Hill	Josie Boland	Richard Lynn	Erika Boland-Bristow
10/08/2003	Club	Park Island	Craig Tuohy	Gordon Rodgers	Catherine Lee
24/08/2003	Club (Night Event)	Havelock Hills	Cara McDonald	Pamela Morrison	Faye Mcdonald
7/09/2003	Club OY 5	Seafield Road	Alan Oates	Max Kerrison	Deborah Turner
14/09/2003	WOA Relays				
21/09/2003	Club	Pukeora	Peter Watson	Peter Watson	Watson family
5/10/2003	Club	Horseshoe Bend	Graeme Barrett	Terry Russell	Barretts
19/10/2003	Club OY 6	Arborfield	Pamela Morrison	Dave Fisher	Amber Morrison
8-9/11/03	WOA Champs	E-Land & Maraetotara?	Alan Berry & Hamish Goodwin	Jim Barr? & Ken Holst	Club
23/11/2003	Club Champs	Anaroa Rd	Paul Steeds	Geoff Morrison	Keith Vincent



Sport & Recreation New Zealand

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

ORIENTEERING ON THE WEB

<http://www.nzorienteering.com>

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