



TOP OF THE SOUTH Orienteering

August 1991

CLUB

Number

4

THE NEXT EVENT ! !

SUNDAY 25th AUGUST

AT

WAAHI TAAKARO NELSON

Travel along Maitai Valley Road in Nelson, keep your eyes open from Branford Park for our start tent. If you get to the golf course you have gone too far! It will be the same general area as we used in June, however the courses and the course planner will be different. Some orienteers believe they can work out how the courses will be set by knowing who the course planner is, now is your chance to find out if you can. No doubt we all have our favourite methods and course planners are no different. We are using this event and the next one in September to encourage new members to join the club, so if you see someone new who looks a bit bemused by it all, give them a friendly helping hand. As a guide give any hints you can in the registration area, but once they start their course, tell them where they are on the map if they want to know, but let them work out where the next control is.

We should have received a large stock of the proper clip cards. They were at a bargain price we could not turn down, because the only fault was that the printing appears a bit faint in poor light such as in the bush. If you want to, trace over the clipper square lines and numbers in biro before you start. Most orienteers secure the card to a wrist with a piece of elastic tape, others safety pin it to the front of the shirt just above the waist, a few staple it to the back of the map but this forces you to punch through the bag and lets the water in.

The other change we are introducing is aimed at providing a choice to have timed or untimed events. A large number of those who enjoy orienteering are not interested in running at top speed, but wish to accept the challenge of navigation and enjoyment of the journey at their own speed, perhaps taking time to appreciate the sights and smells of nature on the way or in keeping company with youngsters. From now on at club events you will choose to either enter a timed section where the finish times will be published, or untimed where the finish time will not be taken and if your clips are all correct recorded as 'completed the course' (CTC). If you prefer not to be timed simply place a line through both 'Finish' blocks on your clip card. (All will be made clear at the event)

LOOKING FORWARD TO SEEING YOU AND BRING A FRIEND (OR AN ENEMY)

COMING EVENTS

- Sun 25 Aug WAAHI TAAKARO Near Branford Park on the Maitai Valley Road. Planner: Doug Mackintosh 548 9314
- Sun 22 Sep TAHUNA BEACH Start area to be advised in next newsletter. Planner: Tim Harrington 548 8801
- Sun 20 Oct RICHMOND HILLS A new map on the south edge of town. Planner: Ian Blackman 544 8670
- 26/28 Oct HAWKES BAY The National Championships. Brochure enclosed

START TIMES Between 10am and 2pm at all club events

HELPERS Members are expected to help about every third event for 2 hours. Volunteer your name to the planner about a week before

OTHER HAPPENINGS

- Sat ²⁴~~17~~ Aug Working Bee 1pm at Stanton's 547 9947
- Mon 2 Sep Committee meeting 7.30pm 230 Collingwood St
- Sun 8 Sep WAKEFIELD 9am to 1pm Intro to mapping fieldwork, see another page for more information
Doug Mackintosh 548 9314
- Thu 12 Sep 230 Collingwood St 7.30pm - 9pm Intro to drawing up map as above Doug Mackintosh 548 9314
- Mon 16 Sep 230 Collingwood St 7.30pm - The first of midway between events evening meetings, see another page for more informaion

WHY I COULDN'T GO ORIENTEERING

Last Sunday I couldn't go orienteering because I had to play rep soccer against Marlborough. All my family came to watch me so they couldn't go either. We had two games, the first we won five nil and the second game seven nil. I really enjoyed the games but wish there weren't two things on the same day. When we travel over to Blenheim to play on their field I hope we don't strike another orienteering day.

When the soccer was over we all went up to the Mackintosh's house where the club members had been invited for drinks. On the the way dad showed me the park where the courses were started from. It looked a really good area. Mr Mackintosh showed us the maps people had followed and I thought the yellow course looked really easy. I hope I have a chance to try it sometime soon.

by Scott Stanton (10 yrs)

MEMBERSHIP DRIVE

Since the formation of the club at Rotoiti less than four months ago we have come a long way. At the time of going to print we have 42 members which is good, however now is not the time to sit back and relax. The more members we have the less the workload on us all, the jobs can get shared around and will come up less often. We have just reduced by half the membership fees for the last half of the year and this should be a sufficient carrot to encourage others to join us. The goal is to reach a total strength of 60 before the end of September and 90 by mid April of next year. If you enjoy orienteering don't be selfish encourage someone else to have a go too, and point out that at events it is three times cheaper if you are a member. Use the membership form enclosed and take more xerox copies if you need them. We have two events in which to achieve the first part of our goal.

ANOTHER 18 PAID UP MEMBERS BY 30 SEPTEMBER

EVENING MEETINGS

It seems a long time between the monthly day events so midway we are going to have an evening meeting as well. For a start we will have a programme starting at 7.30pm with an Orienteering video, followed by a 30 minute talk on one or two aspects of our sport and finishing up with a general discussion on any orienteering matter. The videos will come from the library of the Coaching Director, some are quite good and were made in the home of Orienteering in Scandinavia, Britain and here. So if you want to learn a bit more about orienteering or meet other orienteers roll up. Please ring the organiser a few days before so we know who is coming.

7.30PM MONDAY 16 SEPTEMBER, 230 Collingwood St 548 9314

MAKING MAPS

There are two essential elements to orienteering, first is you and secondly a map. The maps you can buy in a shop are simply not suitable, the scale is too small and even if they were enlarged they would not contain a lot of the information we require. To most people producing a map is a mystery and thought to be some highly technical process which the ordinary person would take years to learn. Nothing could be further from the truth, the basics can be mastered in an hour or so, and after that you can look forward to producing your map or part of one. Many experienced orienteers believe that if you know how the map is made it improves your navigation by quite a margin.

We are going to make a map at Wakefield on Sunday 8 September, if you want learn how its done come along at 9.30am and bring along a picnic if you want to, the area is fine for children. Bring a board about 38cm x 30cm smaller will do, a pencil HB 1H or 2H, a rubber and a compass if you have one. Cover the board with white paper or better still graph paper if you have it. Give Doug a ring about a week before.

After producing the field map it is then drawn up ready for xeroxing. Some of those who do the field work can have a go at drawing it up at 7.30pm Thursday 12 September, again ring Doug

FAIRFIELD EVENT - 21 JULY 1991

ORANGE 12 controls 5.1 km

Kevin, Duncan Hasson	TOP Gp	48
Philappa Dawson	Gp	50
Viv Cruikshank	W	50
Frances, Lloyd Hasson	TOP Gp	59
Jo Kay	TOP W21	59
Cathy Harrington	TOP W40	61
Sean, Chris Riddell	Gp	65
Brian Dobson	M	69

GREEN 15 CONTROLS 7.6 km

Graeme Andrews	TOP M35	40
Eric Verstappen	M35	40
Rob Kay	TOP M35	41
Tim Harrington	TOP M40	41
Martin Doyle	M	46
Herman van Gessel	TOP M35	49
Michael Brewer	M	53
Paul, Jer Harrington	TOP Gp	56

Alison Paton	W40	81
Billowes family	Gp	91
Neville Bennett	Gp	100
Christine Gregory	TOP Gp	101
Julie Read	W35	146
Jer, Paul Harrington	TOP Gp	48#
Andrew, Jo Harrington	TOP Gp	54#

Don Tindale	TOP M40	60
Gayl Harrhy	W	65
Kevan Gregory	TOP Gp	65
Ian Blackman	TOP M40	67
Renwick, Walls	TOP Gp	69
Edna McNabb	TOP W60	106
Gwenda Broom	TOP Gp	113
Noel McNabb	M	135

YELLOW 9 controls 2.4 km

Andrews family	TOP Gp	31
Heather Verstappen	W35	35
Mason Group II	Gp	40
Noel, Joan Newlove	Gp	43
McGettigan family	TOP Gp	49
Mason Group I	Gp	58
Tim Cruikshank	M	64
Stallard family	gp	72

Wright, Jensen	Gp	32
Julian Kinraid	M12	37
Stacey Tighe-Umbers	Gp	42
Megan Clemance	Gp	49
Gill Partridge	W	50
K Elliot	Gp	58
Sara Joyce	Gp	67
Andrew, Jo Harrington	Gp	75

Planning courses on a map you have drawn yourself is always a bit easier because you are make the map with the thought of where the courses could possibly go. A street map makes it very difficult to design good courses with most legs between controls having no reasonable alternative routes and trying to make the orienteer navigate not just run, technically it was probably too easy for the Orange and Green courses and a bit rough on the Yellow.

Fortunately Nelson has many parks and the foot of the Grampians provided some change to the streets.

As always the planner is on tenterhooks until the first person is back from each course hopefully proving there was no mistake in putting out the controls. We were unlucky that the control in Melrose was taken by someone unknown and is still missing, and the one by Willow walk also went but turned up two days later, this is always a danger when we have an event in a public area. The controls were quickly replaced and I hope those affected did not have their day spoilt too much. I had four willing volunteers in Herman v G, Don T, Gary R and Chris M, many thanks for helping so efficiently. Penny Wright of the Nelson Council was a welcome visitor who made out she knew nothing about maps but finished in a creditable time of 32 minutes on the Yellow.

It was an excellent turnout for a winter's day and I think most people enjoyed themselves. I certainly did. Welcome to new member Gillian Partridge, who I believe orienteered for the first time and joined on the same day.

MY THOUGHTS ON THE FAIRFIELD EVENT

I had been looking forward to this month's Orienteering for a long time because it was around my area of living. In addition to this, Jeremy D'Herville, one of my friends was going to do the courses with me. He had done the intermediate course with me last time at the Maitai, and somehow managed to finish it with me after I led him into gorse, electric fences and slippery mud while the rain washed away our clue card and 90% of our map!

This time the weather looked very gloomy in the earlier morning but it held back to give a great 'Not too hot' sort of a day. When we got to Fairfield Park, we decided to do the more difficult Green Course and we set to getting ready. The first control proved very easy - this was probably due to it being in my own back drive! But on arrival of the second one my legs were giving hints of dislike. So it was on through my own college and down through the Nelson City. By the time we arrived at the Botanic, I was feeling pretty Stuffed! So I sent the ever seemingly fit Jeremy off across the playing fields to punch the holes. When he returned, I was still catching my breath but I managed to stumble off to the next marker. At one of the markers in the Grampians, my 'Fluke of The Day' occurred. We needed to get to the 'Fence Corner' and I took a short cut straight through some bush and it turned out to be right target!

We finished the Green Course in what we thought to be pretty good time and decided to do the Orange (Middle) course. For some strange reason, both Jeremy and I had both lost the physical ability to run. Our legs just would NOT do it! So we settled for walking it - all except for a downhill run through Nelson College and Ngatiawa Street. At the end of this run Jeremy developed a bad cramp in his calf muscle causing him to nearly crumple up! So I did the last bit over the park to the finish.

Five minutes later we were home and peeling off steamy socks and soaking shoes and stiffly "Walking" to the nearest seat!

Thanks to all the people who set the course, helped on the day and all the mapping - which I'm sure takes more than a while!
PAUL HARRINGTON (M15)

(Ed: Obviously these two types are into long distance running, if they went by the most direct route all the way it would have been a total of 12.7 km which is considered pretty long for M21 at National level! Their average speed of 7.4 mpk for the Green and 9.4 mpk for the Orange was excellent as anything under 10 minutes per kilometre is considered good for most grades on orienteering courses. It looks like they need a more technically demanding course)

Kiwisport for 50 St Joseph's pupils on 24 July went off OK

Copying your course from the mastermap is done AFTER your start

Thank you Scott, Paul and Robb for your articles, the hints and different attitudes make interesting reading

Deadline for the next newsletter will be 9 September

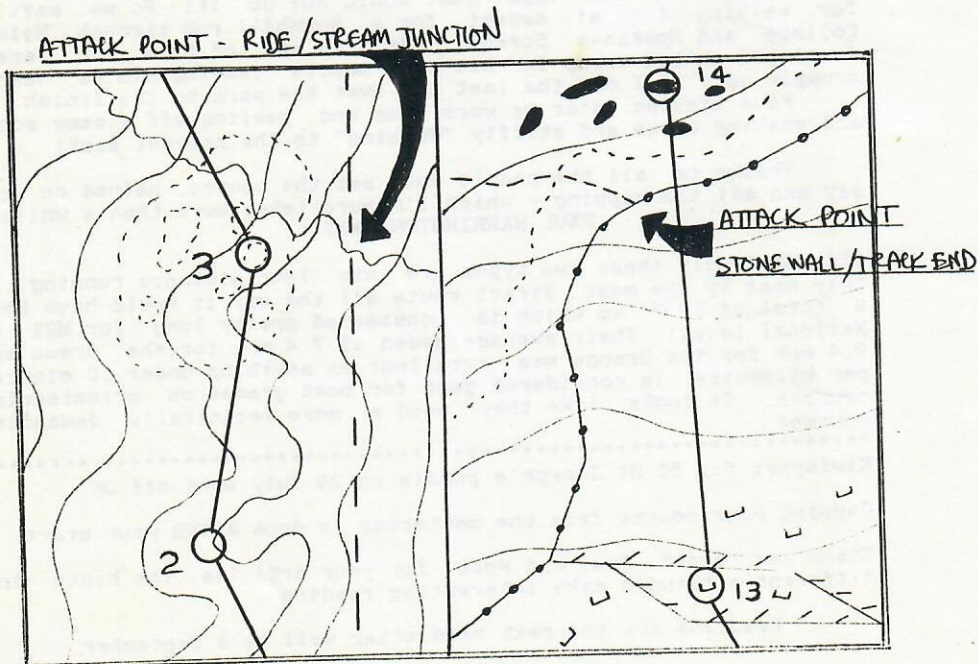
Quick and Dirty Techniques for Fast Travel Between Controls
Number 1, The ATTACK POINT

An Orienteering Course comprises a series of tests of navigation between pairs of controls. Each of these legs has a number of common features that enable us to generalise some techniques to make life easier. The most important of these is the use of an **ATTACK POINT**. This is critical in the battle between course setter and competitor, enabling the competitor to greatly simplify the demands of the navigational task set. An **ATTACK POINT** is an easily found feature in the vicinity of the control to which we can navigate rough and fast. It is an obvious beacon we can run towards at great speed and know that when we reach it we are close to the control. The problem is then reduced to a short navigational exercise between the **ATTACK POINT** and the control. Examples of **ATTACK POINTS** would be:

- i/ The top of a knoll
- ii/ A path junction
- iii/ The corner of a vegetation boundary
- iv/ Buildings, watertanks and other man-made features

You should choose an **ATTACK POINT** as close as possible to the control site to minimise the difficulty of navigation. This section is where you must *be careful* and *go slow!* From the **ATTACK POINT** orient your map and move in a straight line if possible to the control site. If you pace count you will know when you are about to trip over the control. When you do it is called a **SPIKE!**

Give it a go, Regards, Rob.



TOP OF THE SOUTH ORIENTEERING CLUB MEMBERSHIP LIST AS AT 03 AUG 91

Graeme	ANDREWS	M35	2/10 King St	N	83719
Ian	BLACKMAN	M40	32 Selbourne Av	R	48670 Pres
Kevan	GREGORY	M35	102 Tosswill Rd	N	64 555
Christine	GREGORY	W35	" "		
Michael	GREGORY	M12	" "		
Stephen	GREGORY	M12	" "		
Nicola	GREGORY	W12	" "		
Tim	HARRINGTON	M40	7 Ngatiawa St	N	88801 Mem
Cathy	HARRINGTON	W40	" "		
Chris	HARRINGTON	M18	" "		
Paul	HARRINGTON	M15	" "		
Andrew	HARRINGTON	M12	" "		
Frances	HASSON	W35	456 Main Rd	S	77221
Kevin	HASSON	M40	" "		
Duncan	HASSON	M12	" "		
Lloyd	HASSON	M12	" "		
Jacqui	HASSON	W12	" "		
Rob	KAY	M35	19 Martin St Monaco	S	77524
Jo	KAY	W21	" "		
Dan	McGETTIGAN	M40	41 The Ridgeway	S	79745
Edna	McNABB	W60	45a Domett St	N	82262
Doug	MACKINTOSH	M55	230 Collingwood St	N	89314 Sec
Christine	MACKINTOSH	W40	" "		
Sue	MARTYN	W40	6 Surrey Rd	R	44728 Memb
Raewyn	MARTYN	W12	" "		
Philip	MARTYN	M12	" "		
Graeme	MARTYN	M40	" "		
Gillian	PARTRIDGE	W50	9 Barrington Way	N	68111
Sandy	PATERSON	W35	Staff Tahuna Camp	N	64100 Trea
Ian	PATERSON	M40	" "		Mem
Cale	PATERSON	M13	" "		
Kellie	PATERSON	W13	" "		
Alison	PATON	W40	161 Songer St	S	73726 VP
Gary	RENWICK	M35	170 Quebec Rd	N	67037
Tony	STALLARD	M35	43 Alton St	N	82947
Wendy	BARKER	W35	" "		
Anne	STANTON	W45	6 Freyberg Av	S	79947 Pub
Don	STANTON	M40	" "		Eqpt
Scott	STANTON	M12	" "		
Kit	STANTON	M12	" "		
Don	TINDALE	M40	5 Rochfort Dr	R	45302
Herman	Van GESSEL	M35	466 Atawai Dr	N	520539