



TOP OF THE SOUTH Orienteering

October 1991

CLUB

Number Six

=====

THE NEXT EVENT ! !

SUNDAY 20TH OCTOBER

AT

RABBIT ISLAND

It had been hoped that many of us could have travelled a bit further afield and visit Hanmer Springs for an event there on 19/20 October. It did not turn out as expected as the Hanmer events proved to be for night orienteering and mountain bikes only, no doubt quite interesting and a change for Christchurch orienteers but not so appealing for us.

At Rabbit Island the start area will be changed from the last time and will now be in the vicinity of the changing shed.

Rabbit Island was very popular for the two events held there last autumn. Now the spring weather is with us it is a very enjoyable spot. A few of the pines have been cut down and replaced with natives near the old start area and a few more cut out further west but 95% remains unchanged. Maybe it is still a bit cold for a swim after your run but it is a lovely area for a stroll or just relax with a cup of tea.

THE 1991 WORLD CHAMPIONSHIPS

The results from the Marianske Lanske Forest in Czechoslovakia were even better than we thought. The results for the Classic Long Course were for the A final which means that Katie Fettes of the Auckland North-West club came home an outstanding 10th in the woman's final.

Katie, timed at 87min 13sec for the 10.52km course was within seven minutes of the winner, Katarina Olah of Hungary. She was placed the second highest non-European of all time, superceded only by Carol McNeil of England, who was seventh in the 1979 world championships in Finland.

Every country is permitted to enter a maximum of four, and Katie beat the four best from Finland, Denmark, Switzerland and the Soviet Union, some of the most powerful orienteering nations in the world.

On the first leg of the relays Katie perhaps did even better, finishing a brilliant second, and only 6sec behind Marie Bois of France and 9sec ahead of Arja Hannus of Sweden the 1987 World Champion.

The men's team did not do so bad either, Alistair Landels and Greg Barbour both finished in the the top forty to be ahead of the Australian pair. Then in the relays finishing 11th after being ranked 24th

COMING CLUB EVENTS

- Sun 20 Oct RABBIT ISLAND Start area near Changing Sheds
Planner: Ian Blackman 544 8670
- Sun 17 Nov ROTOITI we are going back to where we started in
April, start times maybe different, details next
newsletter
- Sun 8 Dec WAKEFIELD new map lovely little area. Bring a
picnic. A fun event
- START TIMES Between 10am and 2pm at Club events unless
otherwise advised
- HELPERS Members are expected to help about every third
event for 2 hours either before or after you
compete. Ring planner about 7 days before.

EVENTS OUTSIDE NELSON

- 19/20 Oct HANMER SPRINGS Only night and mountain bike
events. No ordinary orienteering (sad)
- 26/28 Oct HAWKES BAY Entries closed 10 Sep, if anyone has
entered let Secretary know NOW
- Sat 16 Nov PARAMATA/HUTT VALLEY WOA Championships Entries
close 27 Oct
- 23/24 Nov CANTERBURY FOOTHILLS (Porters Pass) Canterbury
Championships, a great opportunity to enter your
first 'badge' or premium quality event. Details
elsewhere in this newsletter. Entries close 15 Nov
- 8/9 Feb DUNEDIN - MASTERS Entry forms from Secretary now
- 15/16 Feb GORE South Island Champs
- 14/15 Mar CHRISTCHURCH South Island Champs
- 17/20 Apr WELLINGTON Easter 4 days
- 24/26 Oct CANTERBURY 1992 **National Champs**

OTHER HAPPENINGS

- Wed 30 Oct NELSON 1 - 4pm Kiwisport Orienteering for
teachers/parents/junior coaches/senior college
students and interested adults
- 13/20 Dec RANFURLY Training Camp details on another page
- Mon 4 Nov Committee meeting 7.30pm at the Stantons
- Mon 11 Nov WAKEFIELD SCHOOL 12.30pm - 14.30pm Field Day
- Wed 15 Nov MOTUEKA 4 - 6PM Kiwisport as for 30 Oct

SNIPPETS

A very warm welcome to new members

Basil	ATKINSON	M13	10 Cherry Rd	Nelson	547 5055
Neville	BENNETT	M40	53 Roto St	Nelson	548 6588
Rene	BENNETT	M12	" "		
Nick	BILLOWES	M40	62 Brooklands Rd	Nelson	545 1397
Vivienne	BILLOWES	W35	" "		
Matthew	BILLOWES	M12	" "		
Rebekah	BILLOWES	W12	" "		
Gwenda	BROOM	W60	4/463 Waimea Rd	Nelson	547 5036
Jeremy	D'HERVILLE	M15	67 Golf Rd	Nelson	548 6189
Garry	PETTERSSON	M40	6 Griffin St	Richmond	544 5135

The membership drive finished very well, we aimed at 60 for the first six months and we almost got there at 58. Congratulations everyone, didn't you do well! Although we will continue to encourage as many as possible to turn up and try orienteering, it is suggested potential members may now like to wait to January and the start of the new financial year before actually becoming members. However if somebody really wants to support the club we will not refuse to let them join any time.

I think it has been a combination of factors which has encouraged people to join. The enjoyment of orienteering, encouragement of friends or acquaintances, newspaper information, the telephone call from the club, and hopefully the friendly atmosphere at events. You can help improve the club for newcomers by acting yourself or making suggestions to your committee

All members are welcome to come to any of our activities, if you would like to learn or assist at a school field day or perhaps a teacher in service Kiwisport afternoon give a ring to Doug 548 9314 who will put you in touch with the organiser

Before you think of buying any orienteering gear like compasses have a look at the price lists and brochures held by the secretary, he takes them to most events.

Christine Mackintosh has donated a digital battery clock with seconds to the club. Thank you Christine, it is appreciated.

Thanks as well to Gillian Partridge and all the Harringtons for helping Tim at the last event. Gillian had quite a job, with five minute intervals between starts it was almost continuous activity with only two gaps of ten minutes from 10am to 2pm. We shall have to seriously consider having a separate finish and start in future.

Entry forms for the Masters Games at Dunedin 3 - 9 Feb 1992 are held by the Secretary. Orienteering is on 8/9 Feb and at this stage we do not know if there are events for the under 35yrs being held at the same time. The South Island Champs will be held the next weekend at Gore, just down the road from Dunedin. Accommodation at Dunedin 3 - 9 Feb could be tight with 3,000 expected for the Games. The entry form contains a lot of extra information so if you are curious pick one up from Doug

TOP OF THE SOUTH ORIENTEERING CLUB

RESULTS - TAHUNANUI BEACH - 22 SEPTEMBER 1991

ORANGE 18 controls 4.1 km	GREEN 25 controls 6.3 km
Doug Mackintosh M55 34.08	Rob Kay M35 46.56
Callum Cockerell M17 42.16	Graeme Andrews M35 67.23
Paul Harrington M15 45.36	Michael Brewer 71.04
Garry Pettersson M40 49.11	James Upton 82.55
N Wilkinson 56.09	Allan Marshall Gp 105.05
Jackson Family Gp 56.15	Chris Mackintosh W40 108.27
Ian Paterson M40 56.42	Christine Gregory Gp 118.17
Mason Family Gp 58.51	Ian Blackman M40 122.12
Michael Wright (C) 59.30	Lackner Family Gp 131.45
Jo Kay W21 63.33	Gary Renwick M35 136.25
Graeme Martyn M40 63.38	Gwenda Broom Gp 154.08
Sarah Brewer 63.43	Edna McNabb W60 CTC
Richard McGlashen(C) 64.30	J Western M1C
Fran Andrews W21 67.38	Kevan Gregory M35 M1C
Martin Etherington Gp 69.42	Kevin Hasson Gp DNF
Sheena Hadler Gp 69.42	Soppit Family Gp 83.40 (17c)
Pickering Gp 69.42	Lars Hansson DNF
Carol Hulse Gp 69.42	
Bennett Group Gp 70.09	YELLOW 14 controls 1.8 km
Bellowes Gp 70.48	D.Taylor (C) 21.14
Coshan 71.21	David Burgess (C) 22.13
A & T Ricketts Gp 75.11	Chris Harrington 22.19
Van Hargis 77.22	Cale Paterson Gp 26.15
Allie & Mark Mitchell 80.28	N & R Bennett Gp 27.38#
Frances Hasson W35 81.41	Joel Newman Gp 27.48
Anne Stanton W45 85.25	Patsy Newman Gp 27.48
Prebble Family Gp 85.36	R Stewart (C) 27.58
Betty MacGillivray Gp 87.08	Soppit Family Gp 28.36
Famie MacGillivray Gp 87.08	Kellie Paterson Gp 29.00
Sheena MacGillivray Gp 87.08	J & P Mitchell Gp 32.57
Cathy Harrington W40 94.46	Ricketts Family Gp 33.02
Andrew Harrington M12 110.58	B Atkinson 33.18
K Bolwell 115.45	Postles Family Gp 37.27
B Burke 1CW	Coe Family Gp 38.48
J Burke 1CW	Sally Price 41.26
Dyer 1CW	Linley Hargis 41.40
NewLove & Ferry M1C	Kinraid Family Gp 41.57
Lynda Western M2C	Smith Family Gp 47.00
D.Taylor (C) DNF #	Michael Wright(C) 52.05
Thomas Upton M12 DNF	Studer Family Gp 57.16
Alistair Upton M12 DNF	Julie Reid W35 61.34
Mitchel (B) Gp DNF	Lloyd & Jacqui H Gp 63.33
Scott Stanton M12 DNF	Mrs Coull M2C
Kit Stanton M12 DNF	Raewyn Martyn W12 DNF
Stewart & Burgess (C) DNF #	Hamish Kay M4 DNF
	R McGlashen (C) DNF #

Second Course (C) Nelson College DNF Did not Finish
 1CW One control wrong M1C Missed one control
 CTC Completed the course, time not taken 17c FIRST 17 CONTROLS ONLY

89 Registrations plus 52 more in groups less 6 on two courses makes a total of 125 took part. A busy day.

Next event at Rabbit Island on Sunday 20th October 10am to 2pm
 Enquiries to Secretary 548 9314

Planner's Report on the Event at Tahunanui, 22 September 1991

As a promotional event, this proved to be a successful day, with at least 125 people taking part. It was gratifying to note that many were first timers, and many others on their second or third venture. A more disturbing feature was the number of control markers that were interfered with in some way, no doubt to some extent caused by the "public" nature of the courses. We lost 4 clippers, and two control markers, one of these was removed twice during the event!

The results certainly show the value of experience, with Rob Kay literally streets ahead of the field in the Green course, and Doug Mackintosh well ahead in the Orange course. Doug was feeling quite pleased with himself for slowing down and walking when things got a bit tricky, and only goes again to prove that going as directly as possible to each control is more valuable than sheer speed.

The Yellow course was set by Paul Harrington (M15) so any complaints about that should be directed to him. It was an ideal course for first-timers and those with young families. Clearly, the map of Tahunanui has many limitations, not the least of which is its size (or lack of it), and the total absence of contours makes navigation, and course setting, difficult. However it is a handy location for many of us, and particularly good for a promotional event like this one.

TIM HARRINGTON

A turnout of over 125 was excellent and bodes well for the future of the club. Our financial membership is now 57 after only six months, if the attendance keeps up we should be able to expect a good increase in the new year. It would be hard to define the ideal numbers in a club, perhaps somewhere between 90 and 180. It should be big enough to spread the workload yet small enough so you know everyone to make it friendly.

There are many ways to increase membership, you were asked to bring your friends to events and tell people about our sport. Obviously you did by the numbers that turned up at Tahunanui. Another way which works well, is to contact all people who came to the last event, a few days before the next one to make sure they know when and where it is.

Sue Martyn our 'membership' representative on the committee looks after our contact system by recording the names of all people who come to events or show interest in other ways and then ensuring they are contacted in the week before the event (is that the reason you joined?). Sue has had a small team who has been doing this for the last six months and who should now be changed around. Please ring Sue on 544 4728 if you would like to help. It takes about half an hour if four people ring in the week before an event (you don't need to ring club members as they get a newsletter). The calls seem to be appreciated, and even if they don't all turn up the first time, some come to a later event. If you are not able to organise an event at this stage you could perhaps do something for the club in this way.

Ring Sue now on 544 4728

MORE SNIPPETS

Working Bee - Sat 19 Oct 0930 -1200hrs at the Stanton's,
6 Freyberg Av STOKE. To work on standards and controls

Notes from the Oct Committee Meeting :-

\$20 worth of nuts and bolts purchased to finish off the standards.

We will try using plastic cut from icecream carton lids for the control numbers instead of cattle ID tags

Broadgreen Intermediate sent us a thankyou letter and a \$15 cheque to replace clippers pinched at their event

The NZOF is starting on the next three year plan for orienteering in New Zealand. Progress will be reported. The secretary is holding the first report

The O afternoon plotted for an over 50s camp at Kaiteriteri 16 Oct is cancelled due to lack of interest for the camp

Rob Kay is looking at producing a map of Rough Island (south of Rabbit Island) for January

Hein Kolff a teacher of Hampden St school and Kathy Harrington are running some Kiwisport Orienteering for the pupils

The camper trailer given to us by the PAPO (Christchurch) club was brought up by Don Tindale and is now in Nelson. In good condition but will need some work on it

Graeme West of Royal Insurance will sponsor the Rabbit Island map Ten more clippers will be ordered to replace those lost

24 items of correspondence received and 7 sent

We need a dozen icecream cartons and lids, please bring to Working Bee, or give to Ian or Doug, or bring to event

Graeme Andrews is in Australia for a few weeks, he took a list of orienteering club secretaries with him in case he got a chance of attending an event, maybe our first international rep?

Do you want to improve your orienteering standards and also be a tremendous asset to the club? If you can spare a week in 13-16 Dec why not learn coaching on the job at one of the Junior Training Camps. Some of the cost is borne by the Hilary Commission. More details on the Junior Training Camp pages

On 23/24 November the Canterbury Orienteering Champs are being held at two locations just off the main Christchurch - Arthurs Pass road. More detailed information is given on another page.

As in almost all orienteering events there will be courses to suit all ages and experience, nearly all age grades have a B course which would be suitable for people in their first year of orienteering. If you want to see what orienteering is like in other parts of the country this will be a good opportunity.

There are several alternatives for accommodation from staying in Christchurch to camping very close.

Event areas are mostly open hillsides so navigation is perhaps easier than in the forest however care will still be required.

Both areas have been mapped in colour which could be confusing to those who have not used a coloured orienteering map before. Doug and Chris have been there and have copies of the map. Those who are thinking of going contact Doug who can organise a get together to go over the map and make suggestions on where to stay

CANTERBURY ORIENTEERING CHAMPIONSHIPS

23 - 24 NOV '91

DAY ONE APOLLO HILL Sat 23 Nov 1991 Starts 11am - 1 pm

Map: Colour, old copies held by TOP secretary

Terrain: Moderately steep farmland with patches of scrub and some areas of native bush. Rocky features. Irregularly dissected by complex valleys.

Planner: Alex Cook Controller: Jo Guest

Directions: 60+ mins from Christchurch on SH73

(Between Christchurch and Arthurs Pass, about 15min west of Springfield)

DAY TWO FLOCK HILL Sun 24 Nov 1991 Starts 9am - 11 am

Map: Colour, old copies held by TOP Secretary

Terrain: Intricate limestone country. Numerous limestone escarpments and individual boulders. Moderately steep to steep tussock country.

Planner: Greg Waite Controller: Graham Frith

Directions: 90 minutes west of Christchurch on SH73

(On same road as Apollo Hill but further on and past Porters Pass, 30 minutes closer to Arthurs Pass)

GRADES AND COURSES

Course 1	M21	
Course 2	M19a, M35a	W21a
Course 3	M17a, M40a	
Course 4	M45a	W19a, W35a
Course 5	M50a	W17a, W40a
Course 6	M55a	W45a, W50a
Course 7	M15a, M21b, M35b	
Course 8	M13a, M40+b, M17-20b	W13a, W15a, W21b, W35+b, W17-20b
Course 9	M12a, M13-16b	W12a, W13-16b

ENTRY FEES

	One Day	Two Days
Senior	\$12	\$20
Junior (u/19)	\$6	\$10
Family Maximum	\$30	\$50

ENTRIES CLOSE 1 Nov '91LATE ENTRIES close 15 Nov 91 and cost an additional 50%ENTRY FORMS AND ENQUIRIES ring Doug 548 9314ACCOMMODATION Feasible to stay in Christchurch or

camp near event at Brooksdale Station or

'free camping' at Lake Lyndon or

Springfield Camp - Hot showers, toilets, no kitchen, no cabins.

\$2 per person per night.

This is a rare chance to attend a badge (high quality) event. The map is of good quality and both planners and controllers are very experienced.

VISIT by LAURIE BAXTER and JUDY MARTIN

Many club members will remember Laurie and Judy as that hard working pair from Auckland way, who visited here in Feb/Apr this year introducing over 4000 schoolchildren to KIWISPORT ORIENTEERING. In the process they indoctrinated a number of teachers into the sport and ran a number of 'come and try it' events culminating in the weekend at Rotoiti where our club was formed on 13 April of this year.

Laurie and Judy are down in our area again. 17 - 22 September they were in Blenheim spreading the word which included a 'come and try it' just outside the town.

After Blenheim they dropped in and had a long chat with our Secretary before pushing on to make new maps at Kaiteriteri and Totaranui then to St Arnaud. They hope to call in and see us on 20 October at the Rabbit Island event.

Notes from the Visit:-

1. They donated to our club five orienteering books or precis
 - a. 'Orienteering' by John Disley - For some time this was the leading reference for British orienteering, it is a bit dated but still very readable with plenty of hints.
 - b. 'Modern Orienteering Training' by Wilfred Holloway advanced techniques for those with several years experience and aimed at people with aspirations of achieving the highest level
 - c. 'Course Planning' by Gawelin and Nordstrom translated from the Swedish, simply the best. For planning courses for under 12s, beginners, intermediate to World Champ levels
 - d. 'Course Planning Tech Sheets No 4 & 5 (UK)' Just two or three pages, quite useful, needs a bit of adapting for NZ today
- All these items are now in our library and available for loan. This was a very kind and thoughtful gift, I suspect many clubs do not have access to some of them, they are high quality and are an asset. We were able to give them a copy of 'Simple Maps' a recent (1990) IOF authority on making high quality black and white maps.

2. They also gave us the master maps for Tahunanui, Rabbit Island, and Lake Rotoiti (Judy's)

3. They recommended the following pens for mapping

- a. Pilot (Japan) - Whitcouls
- b. Staedtler Mars Graphic Pigment Liner
- c. Artline 220 spirit based

All throw-away types and \$4-6, 3 sizes required

Colour Maps, Laser Print - \$5 (\$3 in Nelson)

Colour Photo-copy - \$1.50 (not located in Nelson,
does anyone know where it can be done?)

Letratone - notes kept by Secretary

4. Kiwisport, notes kept by Secretary

5. String Courses, recommended for 4 - 8yrs? (has anyone 200m or more of tape, string or plastic strip?)

6. Rotoiti, will possibly finish improved map by mid November

7. They will be going to the National Champs over Labour weekend in Hawkes Bay

8. Inservice Teachers Kiwisport Course, notes kept by Secretary

9. Blenheim interest. Chris and Anne Allen of Blenheim 578 6871 keen to attend more orienteering, in particular Rotoiti

Anyone interested is welcome to discuss the notes kept by Secretary

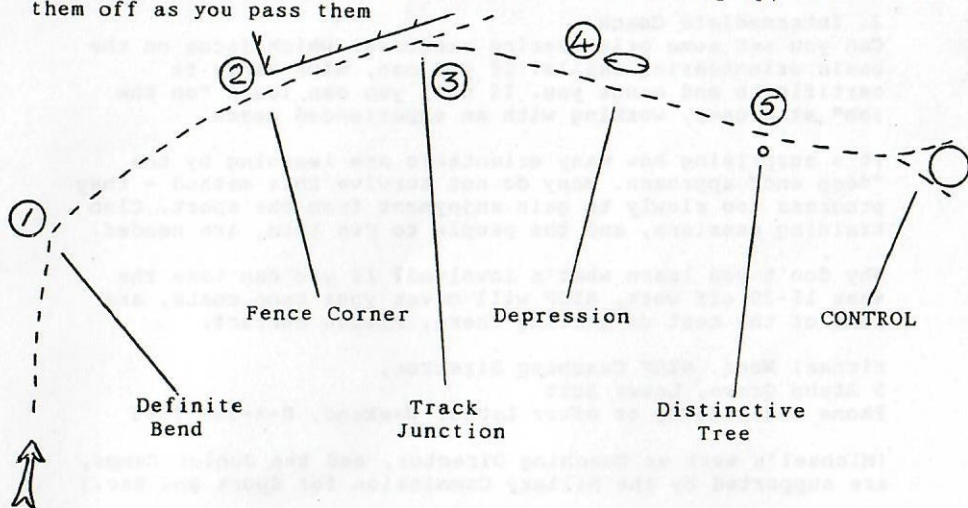
OH WHY DID I GO SO FAR?

At most events I like to have a gossip with people after they have finished their courses. At these 'post-mortems' the same problem seems to be cropping up frequently with first year orienteers. A typical comment is "I got onto this track, and it seemed so simple, all I had to do was follow it, BUT I WENT FAR TO FAR, AND BEFORE I REALISED IT I WAS MILES PAST IT" How to rectify this? I searched through my coaching manuals, but the problem did not seem to be so clearly recognised. One answer is use techniques to measure how far you have come, but I was not satisfied, I believe the answer is more simple.

Once you get onto a line feature like a track or fence which is EASY to follow, you are inclined to mentally relax and forget everything else except racing along this very clear feature.

I believe the answer to the problem is to KNOW WHERE YOU ARE AT ALL TIMES, this is done by carefully studying the map (on the run if you can) to pick up all features coming up that you should see on either side of your route and tick them off as you pass them. This will help you know when you are getting close to your control and that is the time to slow down and take it carefully. This last part is called traffic lights, for most of the way between legs run GREEN or fast (but still ticking off features on the way) then when approaching the circle slow down and trot ORANGE, then when almost on top of the control maybe walk RED looking very carefully.

In brief:- When following an easy path or fence, look at the map and find features you should be able to see coming up, then tick them off as you pass them



JUNIOR TRAINING

This summer, there will be TWO junior camps catering for 13-16 year orienteers, both in the last whole week before Xmas.

South Island Junior Camp, based at Ranfurly.

This is also offered to people outside this age group who want to improve their skills. Bunny Rathbone of Dunedin is the key organiser, and she is advertising within the SI.

North Island Junior Camp, in the Manawatu or Wairarapa.

Julia Fraser (W) and Ann Humphrey (RK) are the organisers of this one, and the venue is presently being finalised.

These camps include a mixture of orienteering and other FUN activities - just ask anyone who's been on one!

COACH TRAINING

Who me? Yes, you!

Coaching at the level we need it most is not high-tech! And both of these camps provide ways to learn "on the job". To explain, here's the first two rungs of the NZOF "Coaching Ladder":

1. Beginner Coach.

If you can help a newcomer at an event, and put on a beginner course for a class or scout group, you are already at "Beginner Coach" Level. If you have done both these things, NZOF wants to give you a certificate (and in the process count you). Please contact the Coaching Director.

2. Intermediate Coach

Can you set some orienteering exercises which focus on the basic orienteering skills? If you can, NZOF wants to certificate and count you. If not, you can learn "on the job" at a camp, working with an experienced coach.

It's surprising how many orienteers are learning by the "deep end" approach. Many do not survive this method - they progress too slowly to gain enjoyment from the sport. Club training sessions, and the people to run them, are needed.

Why don't you learn what's involved? If you can take the week 16-20 off work, NZOF will cover your camp costs, and some of the cost of getting there. Please contact:

Michael Wood, NZOF Coaching Director,
5 Atahu Grove, Lower Hutt
Phone 0-4-662645, or after Labour Weekend, 0-4-566 2645

(Michael's work as Coaching Director, and the Junior Camps, are supported by the Hillary Commission for Sport and Rec.)

SOUTH ISLAND JUNIOR TRAINING CAMP 1991

Orienteering training with experienced coaches offered, plus other outdoor activities.

Dates: December 14 (Arrival day)
December 20 (Departure day)

Venue: Naseby Forest and Gladbrook

Accommodation: Ranfurly - at the Maniototo Area School

WHO FOR:

Juniors aged 13 -17 years, but any junior, older university student or adult who feels they may benefit by attending the camp is welcome.

COST:

Camp Fee: \$70.00 - bring with you to the camp.
Transport Cost: \$20.00 - for transport from Dunedin/Ranfurly return if needed.

WHAT TO BRING:

Details sent after November 30, 1991.

ENTRY FORM:

Send to : SIJC '91
C/- Bunny Rathbone
107 Glenelg Street
Bradford, DUNEDIN Ph: 453-6887

ENTRIES CLOSE: November 30, 1991

ENTRY FORM FOR SOUTH ISLAND JUNIOR TRAINING CAMP 1991

NAME: _____ (First Name) _____ (Surname)

ADDRESS: _____

PHONE NUMBER: _____ **AGE:** _____

ORIENTEERING EXPERIENCE

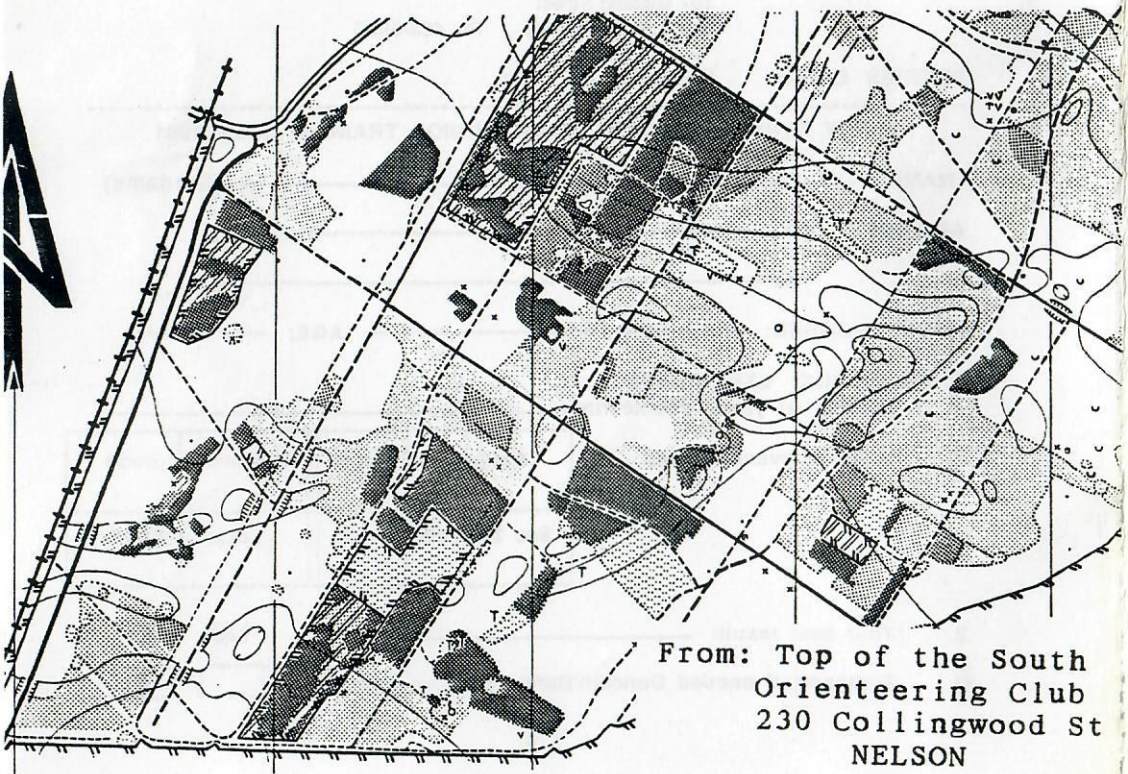
1. Number of years orienteering: _____

2. Level of event entered

National	Grade	Regional	Grade
Sec Schools	Grade	Local	Grade

3. Your best result: _____ Yes No

4. Transport if needed Dunedin/Ranfurly return (tick box)



From: Top of the South
Orienteering Club
230 Collingwood St
NELSON