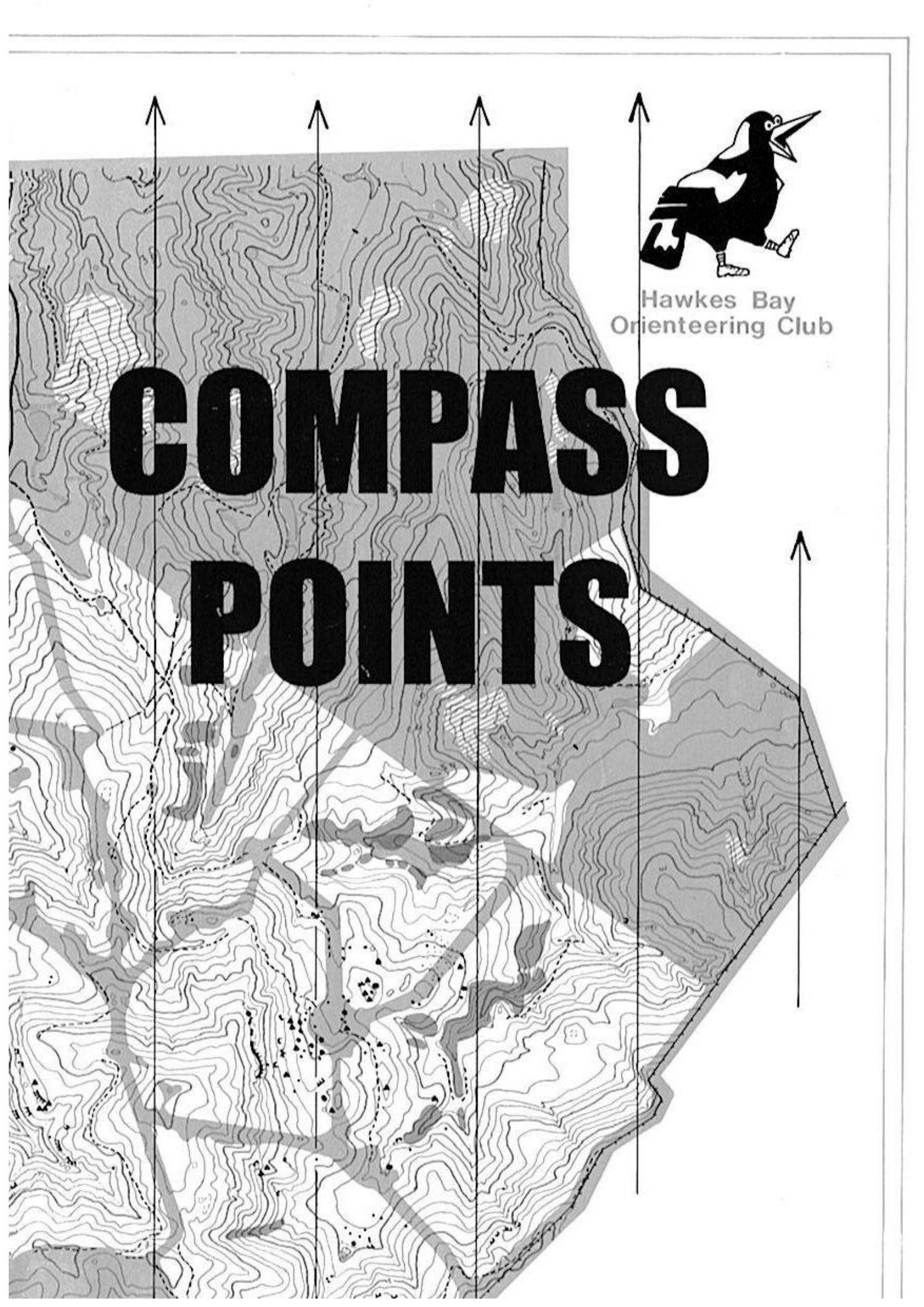


Hawkes Bay
Orienteering Club

COMPASS POINTS



AUGUST 1999

President	Geoff Morrison	(06) 877 4870
Secretary/Publicity	Pamela Morrison	(06) 877 4870
Treasurer	Alan Berry	(06) 877 7223
Committee		
Fixtures	Derek Morrison	(06) 877 8261
Mapping	Ken Holst	(06) 879 5046
Equipment	Richard Lynn	(06) 843 4076
Statistician	Tim Jowett	(06) 835 3765
Newsletter	Terry Russell	(06) 873 4138

Page	Contents
2	Editorial
3	Presidents report
4	Eye in the Sky
5	Committee News
6	Junior Report
7	The Opportunity
8	North Island Secondary Champs
9	Frank Smith Trophy
10	Those Dirty Red Kiwis
12	Armchair Orienteering
15	Mangarara Report
17	Havelock Hills Report
20	Bluff Hill Results
21	Whirinaki Results
22	1999 OY Standings
23	Fixtures List
24	Club Fixtures

Please forward newsletter contributions to:

Terry Russell
809 Matai Street
Hastings
or e-mail: tsruss@pop.ihug.co.nz

Please forward all other correspondence to :

The Secretary, Pamela Morrison
27 Margaret Avenue
Havelock North
or e-mail pamela.m@extra.co.nz

EDITORIAL

Well it's time for that world famous publication again, (world famous in Hawkes Bay that is) from my point of view it seems to roll around pretty quickly. Here I was sitting back thinking I'll just put off publication a bit as I've been that busy the last couple of months I needed a bit of breathing space. But no some person comes along and says you need to have it out by the end of the month so people will have the necessary entry forms so they will not be putting in late entries to events. So there went my couple of days respite, Thanks Geoff.

Consequently I thought this issue may have to be a little skinny on content, but no, thanks to some industrious and literary club members we still have a reasonable publication. Thanks to those who have diligently written their event reports. There are a couple of reports missing this time, apologies but that is my tardiness, and Whirinaki was only five days ago.

Well that's enough claptrap for now! What a great bus trip we had to the Red Kiwi Challenge, there was a great club spirit. Especially on the way home, I never knew one cake of chocolate could be responsible for so much rowdy and larrikous behaviour. I've been on quieter Rugby trips, I think we'll have to keep an eye on that Tony Wynands fella, we may have to sit him up the front next time! A pity we couldn't bring home the trophy but never mind we'll take it back next year.

With this in mind book your seat on the next Bus to the Wairarapa to defend the Frank Smith Trophy. (Details later in this issue) This promises to be a worthwhile trip and the Wairarapa club can always be relied on for good courses and great hospitality, and we **absolutely positively** wouldn't want to lose the Trophy to those city slickers from the Wellington club. So be quick and put your name down- sorry but I think the back seat has already gone.

OK I think that's enough from me for now, remember all contributions are to this publication are gratefully accepted, they don't even have to be strictly Orienteering related but remember it's a family publication so be careful with those anagrams eh!

See you next time.

PRESIDENTS REPORT

All you serious orienteers out there, forget your lawns, or painting the house, the season is starting to heat up. With the Auckland, CD (in Taupo), and New Zealand (Auckland) Champs all coming up, as well as the Frank Smith, WOA relays, our OY series climaxing and our club champs, things will be hectic. For everyone else, just enjoy the rest of the club season, there is still a plenty more of it, and could you just pop around and mow the lawns please on those spare weekends while we're away.

Speaking of club events, haven't they been great the last month. I worked with Rob at Havelock Hills, and he put in a great effort to do 8 courses on his first attempt. The relays are a difficult event to set to try and get equal finish times, and he ended up doing a very good job. The Bluff Hill event was one of the best score events I've done, with obviously a lot of thought going in from Tim Jowett in his second attempt at setting. The venue at Napier Intermediate was ideal, with Doug Matheson able to set 2 white courses around the school. Then Scotty Smith in his first attempt at setting at Whirinaki, confronted us with contour only maps for the red courses at the event. Thankfully, it is all worthwhile when you get good numbers turning out to these events. There were 60 at Havelock Hills, 40 at Bluff Hill and 56 at Whirinaki. Thanks to the setters for a job well done.

Speaking of numbers, our membership continues to rise. At last count, we have 133 active members of which 53 are under the age of 18. There are a few more on top of that who still are too young to be doing courses. The rebuilding process that we started 5 years ago with the advent of junior coaching and the targeting of secondary schools is starting to come to fruition. It certainly makes for good competition, and makes the setting of white and yellow courses very important.

Anyone who took part in the 2 social events in the last month must've surely enjoyed themselves. The evening at Pernel had a good turnout, and an opportunity for some of the older members to meet the new. The games Pamela devised were fun but still pertinent to orienteering, and I'm sure everybody got something out of them. The bus trip to Sanson was a lot of fun, despite losing the trophy to the Red Kiwis. The opportunity to relax and picnic on a beautiful day more than made up for the loss. This is always a great opportunity for the inexperienced to try orienteering in a different area on foreign terrain.

One thing I noticed was the number of club-members who now wear the club colours. It was quite impressive, the black, white and green throng of people standing on a knoll waiting to start at Pukepuke. Isn't great to flash those colours at away events.

Good luck to everyone at the Nationals. The last 4 years we have had 2 winners of the classic at each attempt, a bucketful of short-o winners, and the last 2 mixed short relay titles. Lets hope we continue the trend.

GM

EYE IN THE SKY

BY THE MAGPIE

- the toilet at Mangarara was a bit breezy. No tent to stop the southerly blowing up your backside.
- poor Richard was a bit worried when Tim borrowed his car to collect controls and took an eternity to return. Rumour has it that Tim thought that the 4-wheel drive could go ANYWHERE.
- Max McEwan was so shocked at his performance in the club relays that he even took a photo of the results. His reaction to the fact that he, Stewart Hyslop and Katie Wynands were leading at that stage was to comment that "there was no justice in this world!!".
- all the male members of the club are looking to get start times near Debbie Rose next time. Whisper has it she had her top ripped off while climbing through a fence at Havelock Hills.
- when Rob McDonald was putting out controls at Havelock Hills, the householders nearby wondered if the standards were sub-division pegs.
- the club should buy the pile of sawdust at Whirinaki and take it to all the events. It looked the best crèche invented.
- the suntans paraded at Whirinaki were a bit over the top. Peter, Alan and Kath were showing off the fact that they had been holidaying in the Northern Hemisphere. Though 22 days of orienteering by Peter probably doesn't constitute a holiday- or does it? Rumour has it that Ken, after hearing about the apple prices, mightn't be coming back and there is no worry that Stewart will get a suntan, he is in England.
- our young orienteers certainly gain favour with the Press. Every week it seems, a photo or 2 appear. Latest to appear are Jenny and Jessica in the combined HGHS/Lindisfarne orchestra, Hana taking part in a week long programme at Auckland University for advanced students where she studied a language (Russian?), and Ross and Matthew promoting the reason why you should send your boy to Napier BHS. It was nice to see orienteering prominent beside both their names.



ROSS MORRISON

1st Nth Island Senior Boys Orienteering,
1st Jnr Boys IIB/Gisborne Cross Country,
12th National Cross Country Secondary
Schools, NZ Jnr Orienteering Team,
NBHS 4th Form Accelerate Programme.



MATTHEW WOOD

1st Orienteering Senior Boys Standard
in Nth Island. Big A1/Sound Of Music.
Debating 'A' Team. Choir Singing
Scindians. Academic Colours '98
Achieving 97% in SC English

COMMITTEE NEWS...COMMITTEE NEWS...COMMITTEE

Mapping

- Another area at Maraetotara is being investigated for a new map.
- An additional licence for OCAD7 has been acquired.

Fixtures

- Rogaine - permission has been obtained from 12 landowners. Entry form is being prepared.

Equipment

- Richard Lynn has fitted some baskets into the caravan for storing plastic bags.
- 10 new metal standards are being purchased as replacements and spares.

Other

- The following club members are representing the club on the Kaweka Challenge committee: Alan Berry, Max Kerrison (chairman), Kath Berry (treasurer), David Fisher (data processing) and Doug Matheson (entries).



NEW MEMBERS

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

- * Eames Family (Jon, Jo, Sophie, Sam & Katie)
- * Fisher Family (Mark, Marilyn & Sarah)
- * Debbie Rose

ORIENTEERING - OUTSIDE THE CLUB

The following members have been involved in the organisation of orienteering events outside the club. This valuable contribution is acknowledged, as these events are an excellent promotion of our sport.

July 1999 - Hastings Harriers - Hastings - Derek Morrison

September 1999 - Girl Guide Leaders - Stoney Creek Ranch - Chris Howell

JUNIOR COACHING

Havelock Hills provided the venue for the coaching day on August 14. 14 juniors took part, plus 8 adults. Map interpretation was the theme of the day, with Derek taking the more advanced in a group to look at contours and usable features used while running. Geoff had the white group, and the time was spent trying to relate what they could see, and where it was on the map and vice-versa. Pamela had the yellow group, and they discussed the difference between a white and a yellow course. Most of these were experienced white course runners.

Everyone tried out their newly acquired knowledge on short courses, and all seemed to comfortably negotiate their way round without too much trouble.

This is the last session for the year, because from now to Christmas things start to get really serious. Unfortunately, I haven't organised as many sessions this year as I would've liked but you can't beat that key ingredient- time.

Congratulations to those who went to the North Island SS Champs. A great effort. Interestingly enough, 7 out of the 8 who attended had their first taste of orienteering at one of these coaching sessions!

GM

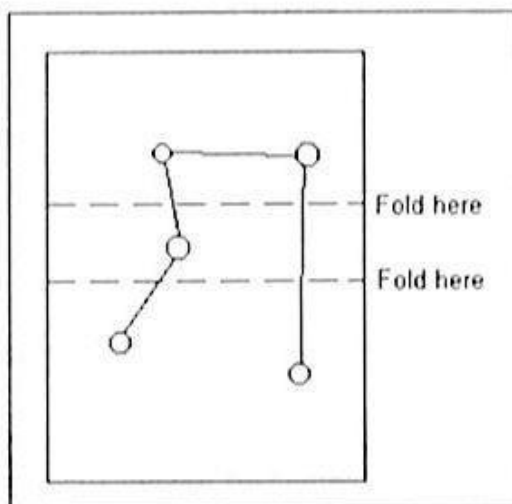
Orienteering Hints & Tips

Practical ideas which can help your orienteering
(straight from the experts)

How to fold your map (from Jean Cory-Wright, national squad coach)

When you first pick up your map, take 2 seconds to make two folds in it, as shown on the right. Then fold the map along one of them so that the route to number one is shown. As you run around the map, and you get near the edge of the fold, quickly unfold the map and refold it using the other fold. This will stop you from running off the "edge of the fold", which can often be a problem.

If you find this tricky to understand, try drawing a course as shown to the right on a blank piece of paper, and work through it.



Reading the control description (from John Robinson, former national squad coach)

When you read the control description for a control, don't limit yourself to just what is written on the control description sheet. Instead, read this basic description, then use the map to add a bit more detail to the description.

On the map to the right, both control descriptions would read "Reentrant". After reading this description for the first control, you should then look at the map and say "Reentrant, with a long thin hill beside it". For the second control, you would say "Reentrant, with a clearing just to the south west".

By giving yourself this extra detail about the control placement, you make it much easier to find the control site in the forest, because you have a better picture in your mind of what it will look like.



The Opportunity you have all been waiting for!

It is not often that members get the chance to become the club's *TREASURER*. The last two hung on to the job for fourteen years between them. Alan has finally been tempted to retire by an offer he could not refuse - the standard Public Service compensation of three years' honorarium (*nil*) as voluntary severance pay! So get your CV's dusted off and in to President Geoff in good time before the annual meeting in December.

There is nothing to the job really. Just collect the club monies, write the receipts, do the bankings, write the cheques, write up the cashbook, reconcile it with the bank, prepare monthly financial statements for the committee meetings, write up the end of year books and do the annual financial statements (help available with this if necessary), manage the club's investments, maintain the membership records, send out subscription accounts, prepare membership lists, calculate and pay the affiliation fees to NZOF and WOA and attend to finance related correspondence. Not to mention the rest of the jobs - we wouldn't like to put anyone off.

A computer and email are just about compulsory these days.

Go for it!

North Island Secondary School Championships

8 students from 3 Hawkes Bay schools took part in this event held in Woodhill forest, north of Auckland. Though disappointingly small, this group did themselves proud by turning on an outstanding performance.

From the time Mikaela Harker finished in what seemed a very good time, with the ensuing wait while her competition had all finished to find out if she had won, until the end, when there was a wait to see if Ross Morrison could get back under the required time, it seemed the whole day had been script written for the HB schools.

Outstanding was Ross. Not for the fact that he won the senior championship whilst still a junior, but the way that he eclipsed the field by 5 minutes, amongst the vanquished, the NZSS champion, Matthew Wood and Mikaela, not to be outdone by Ross, also tasted victory by taking out their respective senior standard (novice) grades. This meant we had a 75% success rate at senior level! Hastings GHS have had a lot of success at senior level in the last 3 years with Esther Hegglin (1st NI Champ), Tanya Dillon (2nd NI Std), Naomi Schumacher (2nd NZ Std) and now Mikaela.

Full Individual results;

Ross Morrison (NBHS) 1st Senior Boys Championship
Matthew Wood (NBHS) 1st Senior Boys Standard
Karl Baker (NBHS) 5th Senior Boys Standard
Mikaela Harker (HGHS) 1st Senior Girls Standard
Bryn Davies (PNBHS) 2nd Intermediate Boys Championship
Jenny Russell (HGHS) 7th Intermediate Girls Championship
Liam Hale (NBHS) 3rd Junior Boys Championship
Joshua Wynands (StJ) 7th Junior Boys Championship
Jason Russell (StJ) 15th Junior Boys Championship

The 2nd day were the relays. The decision was made to have the race as mixed grades. NBHS were able to field a team, St Johns with only 2, picked up Karl from NBHS, and HGHS, with just the 2, had a Kelston girl fill the junior spot.

The girls mass start was first, the boys followed. Things looked a bit ominous for St. Johns with Jason tailing the field over the hill. Then there was the wait. The peering into the distance, sign of movement, more wait. Finally the first girl was sighted, then another, and then Jenny. 3rd at the changeover to Mikaela. More girls began trickling in, but the wait was for the first of the boys. Surely it would be Matthew after his success the day before. All of a sudden there were 6 boys, racing towards the finish but no Matthew, but hang on, there is the distinct maroon singlet of St. Johns out in front. Jason, making up for the day before, had led in the 1st leg in an excellent performance. Matthew arrived 2 minutes behind in 7th.

Mikaela ran solidly to be 5th at the end of her run, then Ross came into view taking NBHS from 7th to 1st with a 40 second advantage. He was quite surprised to be leading after thinking he'd blown it on his run. Liam was so anxious to get his tracksuit top off he ripped off his number as well. With his little lead, we were all quietly confident he would hang on which he duly did. Napier BHS recorded Hawkes Bay schools 1st relay victory in a major event.

Napier BHS (Matthew Wood, Ross Morrison and Liam Hale) 1st.
St. Johns/NBHS (Jason Russell, Karl Baker and Joshua Wynands) 6th.
Hastings GHS/Kelston (Jenny Russell, Mikaela Harker and Jessica Cathro) 5th.

FRANK SMITH TROPHY

What is it? This is a Wellington region inter-club competition.

Where is it? This year it is at a map called "Riverside", which is north of Masterton.

When is it? It is on October 17.

HB are the current holders of the trophy - we won it last year with a home advantage.

So, we need as many members as possible to make the trip south on the 17th. Everyone is eligible and the courses will be suitable for all levels. Everyone who completes a course earns valuable points for the club.

The club will be subsidising a bus (or 2, if we need it) - we need as many people as possible to out-run the strong Wellington club.

Say "YES" when you're asked!!!

" O " SO CRYPTIC:

If "Old West action" is Clint Eastwood and "Occasional nude income" is none other than Madonna Louise Ciccone (*I kid you not - that is her real name*), then who are these (almost as) famous HBOC members?

Was shy plotter
Harsh frog meat
Fancy old dame
Fawn car or bird?
Mad fish driver
A mouldy relic
I'm a moral person

Very apt really
Probably because of the whiskers?
This is a bit unkind for a W35
Flying low!
Rounding them up on his wind surfer?
Surely not, at only M45?
Nothing more to say

STEWART HYSLOP
THOMAS FARBER
FAYE A-DONARD
BRIAN CRAWFORD
MR DAVID FISTER
MAURICE LLOYD
PADELA DORRISON

Red Kiwis do the dirty

The dated gear, dusty shoes and the smell of mothballs hinted that the Red Kiwi club had found a few people that had been tucked away in the closet for some time when they snuck out and ambushed us in the annual challenge this year. Things would have been OK if not for the misfortune of losing 4 team-members through sickness and injury in the last 12 hours before we left. But nevertheless, we put up a brave defence on enemy territory on the Pukepuke map.

It was 8am when the Nimons bus pulled out of the depot in Havelock North. Never has a finer bunch of athletes graced this coachlines buses. The 2.5 hour bus trip didn't seem to take long, and it wasn't long before the team were warming up. The majority resplendent in their Hawkes Bay colours.

Winning performances came from Greg Tuohy (white), Amber Morrison (yellow), Tony Wynands (orange short), Faye McDonald (orange short), Maurice Lloyd (red medium) and Pamela Morrison (red long). There were lots of other very notable efforts, especially on the white course. Everyone finished, all earning points, which was the basic necessity.

Everyone was then able to relax, and have a picnic lunch, on what was a superb day (for the Manawatu), discuss their courses and compare wounds (blackberry scratches). In the mean time, a quick tot up of points confirmed that we had been "nuttred" on the line. Being noble people that we are, we handed over the trophy to the victors without argument. It was a close go, and I think that most people were satisfied with their efforts. Congratulations to Red Kiwis.

The bus trip home for the weary troops was punctuated with a stop in Woodville for an ice-cream, notable for Duncan Morrison's sizable cone. We have found the rulers of the "back seat", the Wynand family. Tony and Mary-Lou entertained the troops and had quite an audience. Jenny rushed around doing surveys and before we knew it we were home.

What an enjoyable club day it was. If you missed out this time, book your seat for our October 17 trip to the Wairarapa.

RESULTS - HB/RK CHALLENGE - PUKEPUKE - AUGUST 1, 1999

RED LONG		RED MEDIUM		RED SHORT		ORANGE LONG	
Karl Dravitzki	EOC 45.36	Maurice Lloyd	HB 48.54	John Doolan	RK 40.22	Garan Sinclair	EOC 36.43
Dave Persson	RK 46.42	Geoff Morrison	HB 52.58	Kevin Pearce	RK 41.20	Jason Russell	HB 42.16
Derek Morrison	HB 48.17	Tom Fargher	HB 68.42	Alan Berry	HB 46.34	Chris Wigglesworth	RK 43.47
Fraser Mills	RK 50.44	Suzanne Scott	EOC 68.55	Rob McDonald	HB 47.23	Stephen Pantling	RK 44.07
Mark Hudson	HB 51.07	Tony Paterson	RK 70.17	David Fisher	HB 50.00	Tim Jowett	HB 45.49
Rob Newbrooke	EOC 57.09	Paul Anderson	RK 71.07	Claire Paterson	RK 52.29	Neil Anderson	RK 46.15
Don Paterson	EOC 58.58	Jay Paterson	EOC 72.14	Ngairi Davies	RK 52.53	Brian Wardle	HB 48.28
Carey Martin	EOC 59.10	Carol Ramsden	RK 73.31	Barnie Eccles	RK 56.20	Andy Martin	RK 49.11
Terry Russell	HB 74.27	Annie Sanderson	EOC 76	Neil Sinclair	EOC 57.35	Caroline Berendt	RK 49.29
Richard Lynn	HB 90.13	Ted Thomson	EOC 76.3	Peter Ramsden	RK 59.40	Jenny Russell	HB 50.22
Pamela Morrison	HB 91.34	Raewyn Persson	RK 79.26	J Brandon	EOC 62.48	Robyn Galloway	RK 55.08
Craig Tuohy	HB 98.40	Jacqui Sinclair	EOC 87.03	Sharon Mardon	HB 64.12	Peter Wood	EOC 60.21
Mark Pritchard	RK DNF	Mikaela Harker	HB 87.21	Robyn Davidson	RK 75.12	Neville Berendt	RK 83.47
				Dave Smith	HB 92.22		

ORANGE SHORT		YELLOW		WHITE	
Tony Wynands	HB 28.39	Amber Morrison	HB 19.33	Greg Tuohy	HB 15.32
Graeme Flyger	RK 32.29	Joshua Wynands	HB 27.02	Tristan Davies	RK 17.00
Blake Sinclair	EOC 36.06	Mitchell Ramsden	RK 27.11	Anthony Wynard	HB 17.19
Faye McDonald	HB 36.42	Debbie Rose	HB 37.03	Duncan Morrison	HB 17.39
David Cronin	RK 38.11	Mary-Lou Wynand	HB 37.24	Ashly Wiggleswo	RK 17.41
Stella Berendt	RK 42.05	Connie Edmond	RK 37.48	Tessa Ramsden	RK 18.35
Dave Edmond	RK 43.25	Catherine Pantling	RK 38.03	Hayden Wigglesw	RK 18.40
Carole Flyger	RK 47.13			Rachael Tuohy	HB 18.44
Patricia Larsen	RK 49.07			Kate Morrison	HB 18.46
Joyce Dawe	RK 57.23			Cara McDonald	HB 19.22
Val Morrison	HB 62.59			Robert Paterson	RK 20.14
Lenka Martinova	RK 65.07			Katie Wynands	HB 20.21
Des Dawe	RK 81.39			Sophie Fargher	HB 22.37
				Scott McDonald	HB 24.27
				Jamie Pantling	RK 24.35
				Georgia Ramoder	RK 25.54
				Deborah Pantling	RK 27.35
				Megan Stace-Dai	RK 30.02
				Chris McDonald	HB 32.22
				Jennifer Edmond	RK 52.55
				Brendan Lloyd	HB 56.27

Points Summary

TOTALS	RK	1937
	HB	1678
	RK	2568
	EOC	543

Armchair Orienteering

A set of exercises you can do at home to improve your navigation skills

When you go orienteering, how much time do you lose through navigational errors? Would you like to reduce this time loss?

Often we spend several hours each week training our bodies to be able to run faster, but we tend to neglect the mental side of our sport, training it only when we go orienteering at the weekend. If you set aside 15 minutes a couple of times a week to do exercises to help the mental side, you will find your orienteering times improve rapidly.

Here's a few exercises to try. The only things you will need are a few old maps, pens, paper and a table to work on. Each exercise will require a small amount of preparation. It is a good idea to do this several days in advance, so your mind forgets what the map looked like. Alternatively, get a friend to do this bit for you.

I. Simplification

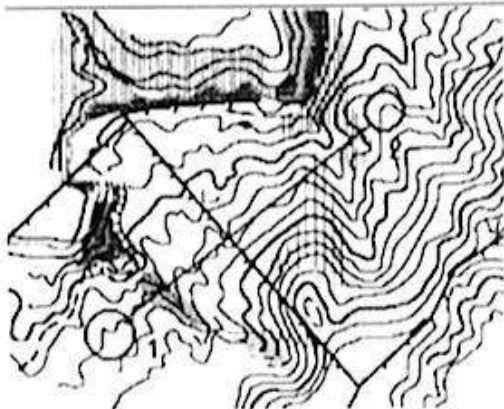
In orienteering you do not have to read every feature on the map, only the ones which you need to get you to the next control. Simplification is the skill of being able to pick out those features, usually the big ones, and using only them to navigate between controls. By not reading every feature you will find yourself orienteering faster. This exercise helps you practise simplification, and it will also improve your ability to interpret the map quickly and accurately.

Preparation: Take an old map, and draw up a course on it. It doesn't really matter where the course goes, but make all the legs around 5-6cm long (later you can use longer legs). Now take a blank piece of paper, and trace the locations of the circles from your course.

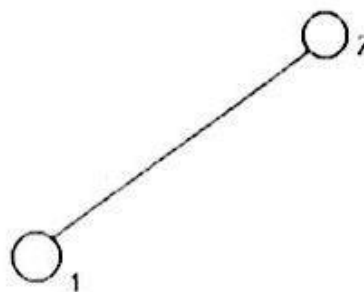
Exercise: For each leg, study the map for a length of time. Start with around 30 seconds per leg (use the countdown timer on your watch if it has one). When you look at the map, look for the big features on the leg which would be easy to navigate off. When the time is up, go to your blank course, and draw just these features onto the map. Try not to look back at the original map while you are doing are this. Don't be too precise - the idea is to simplify - so for a hill you might draw a couple of circular contours.

Do this for each leg, and then review the course you have drawn on the new map. What you should be trying to have is enough detail on your new map that you could use it to roughly navigate your way to the control area. Not necessarily the control site itself, but to the area around it.

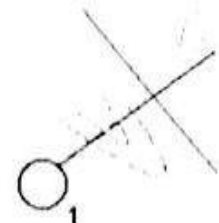
As you practise this more, try reducing the time you spend looking at each leg. If the map is a local map, you could try going out and running the course using your simplified map to do the bulk of the navigating. This will show you whether or not you are simplifying the right details.



Step 1 - draw course on map



Step 2 - trace onto blank paper



Step 3 - Simplify

2. Visualisation (part 1)

The ability to look at a map, and then convert this into an image in your mind of how it will look on the ground is very important in orienteering. Then when you run into an area, you will already know what it should look like, and if this image is correct, it should match the landscape in front of you.

Practising this skill will help you to:

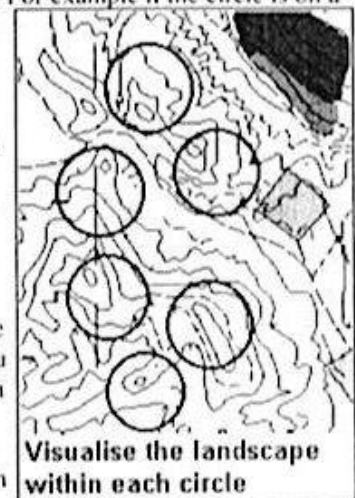
- Learn to do it faster
- Learn to do it more accurately
- Learn to do it for a larger map area
- Learn to do it on more complex maps

Preparation: On your old map, draw a number of circles, as shown on the map below. Try drawing about 10 circles on the first map, each about 1 - 1.5cm across.

Exercise: Now look at each circle in turn. Try to imagine how this will look in the forest. For example if the circle is on a small hill, imagine exactly how the hill will look. If there is a track next to it, try and see this as well. Spend about 30-40 seconds on each circle, then move on to the next one.

As you get better at this, try using a timer to limit how long you have to look at each circle. Try increasing the size of the circle slightly (but not too big, or it will just become too complex). Try using a more complex map, maybe start with a local farm, and move onto a detailed forest area. Try visualising the same circle from 2 different directions (as if you were standing on both sides of the circle).

At your next orienteering event, try linking these two exercises together. At the start of each leg, simplify it. Run the leg using just the big features you have picked out. Because you are navigating off the bigger features, you should find that while you are running you have time to look at the control circle, and the area just around it. Visualise how this area will look. If you have been practising this at home then this should be relatively easy. Work out where the control will be in this area. Then when you get to the control circle, what you are seeing should match your mental image, so you should be able to just run in and clip the control.



Sounds easy, but it will happen.

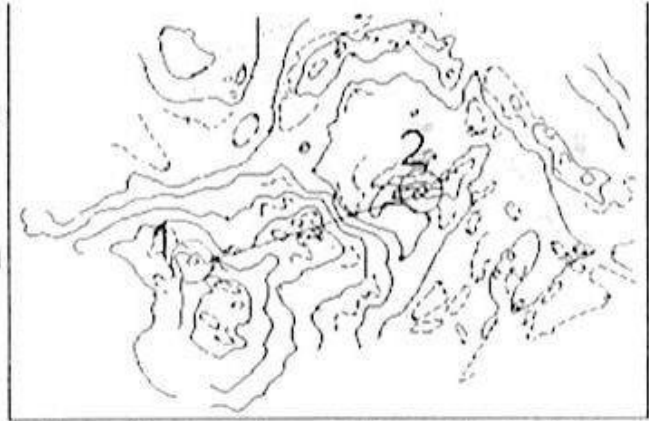
3. Visualisation (part 2)

This exercise is a more advanced visualisation. It is similar to the previous exercise, but instead of concentrating on just a small area, you visualise the terrain along a leg on a course. Make sure you are comfortable being able to visualise the terrain in the previous exercise before you move on to this exercise.

Preparation: For this exercise you will need a course drawn on a map. Any course will do, as long as it's not one you've run on before.

Exercise: Take each leg in turn, and imagine your way through the course. Imagine you run to the start triangle and pick up the map. Plan your route to the first control. Now pretend you are running this chosen route. What techniques do you use (e.g. compass bearing)? What do you see along the way?

Have a look at the following example leg. When you are visualising the route from 1 to 2, you should imagine yourself leaving the knoll at control one, and running along the left hand edge of the large ridge which runs under the red line. Think about how it might look on your right. Then you run up on to it, and through the detailed area. Think of how this will look, and then imagine yourself running down the steeper slope (the 3 contours close together). Now imagine yourself running along the edge of the small ridge the control is on, and then running up to clip the control.



There is no need to shut your eyes, just think about how the ground will look. Remember to always visualise yourself spiking the control. If you use techniques when you are orienteering such as planning ahead, then you could incorporate this into the exercise by pretending to plan ahead during the easier parts of the course.

This exercise will help you in several ways.

- It helps improve your map interpretation
- It helps you practise doing a complete course, selecting techniques where appropriate, without having to actually go and run the course
- In an actual event, before you get to an area on the map, it helps to know what it will look like. This exercise practises that skill.

If you do a programme of stretching your muscles, this is something you can do while you are stretching. It will help to make it more interesting. You can also practise it on a normal training run if you want, which will help your map reading.

4. Route Choice

If you have problems with selecting the correct route to use on a leg, this exercise may be of some help. It works on the two main components of route choice: identifying alternative routes, and evaluating which is the best

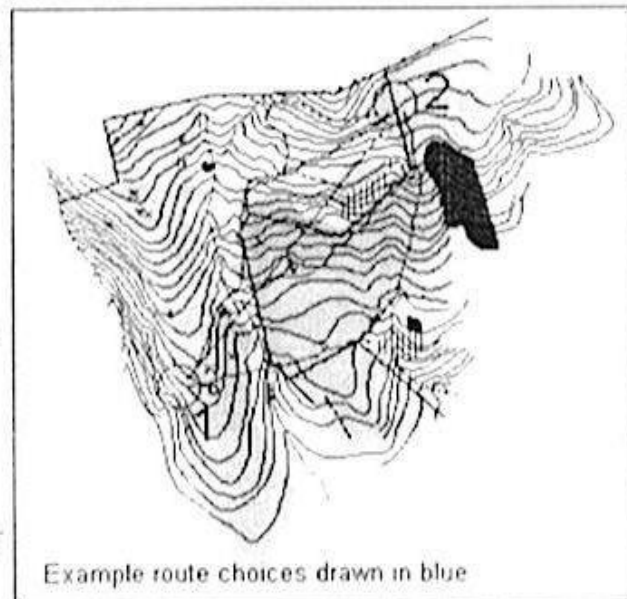
Preparation: For this you will need a course planned out on a map. The legs do not have to be planned specifically for route choice, however it will help if they are reasonably long (6cm - 10cm). It is OK to use a course you have run on before.

Exercise: Using a timer set for around 30-45 seconds, look at each leg in turn. For each leg, draw on to the map at least 3 separate route choices (this is why you don't want short legs, where usually the only route is to go straight). Don't worry at this stage about which is the best route - the important skill here is to be able to identify possible route choices.

Once you have been through the course identifying all the possible route choices, work through each leg again. This time around give yourself around 30-45 seconds to evaluate which route choice is the best on each leg. This will improve your ability to evaluate the route choices. Obviously you can't actually go out and run the legs to check if your choice is correct. However the important thing is to be practising evaluating the trade offs between

- distance travelled
- height climbed
- ease of navigation / ability to plan ahead during the leg
- type of terrain you are running through - green or white?

When you select the map for this, remember that in general hilly maps, or maps with lots of green, are harder to select route choices on. So maybe save these for when you have practised this a few times. Also as you get better, give yourself less time to make the decisions on what routes are possible, and also which routes are the best



Example route choices drawn in blue

MANGARARA Club oy 4

Setter Tom Fargher

Vetter Derek

Morrison

Well ,here I go again.

I was feeling sorry for myself, 4 days spent setting an OY
.Drawing fences onto the map, planning courses, and all the rest. Derek vetting on
Saturday ,into the dark. (missing out on going out) or so I was told.

I turned up early on Sunday, started to put up the awning, Brian & friend ? Turned
up and helped. As others arrived they helped to, THANKS.
After digging a hole and placing the seat Brian was unable to put up the tent, who had
the poles ? (we know!) We tried to put up the tunnel tent, the poles were there, but not
the tent!

So on with the show. Derek arrived with the correct control descriptions and I
finished the master maps , Val manned ? The caravan, I then ran around in circles
,people started, were away for different lengths off time and then came back. (we
wont tell any tales).

It didn't rain although it was cold and it was said to be wet under foot but everybody
found their controls ,except for one late starter who went to the control sites to find
the controls collected. He found it a bit harder.

I was told about the time spent mapping, setting, vetting and controlling the Queens
Birthday events by many people so I now feel a little guilty about my moaning about
setting a little OY without giving myself plenty of time.

Thank you all for your help.

I hope you all enjoyed your runs?

**Please next time can I use a map with the fences on and can it be in
the summer.**

Tom Fargher.

RESULTS - OY 4 - MANGARARA - 4 JULY, 1999

Setter: Tom Fargher Vetter: Derek Morrison

RK = Red Kiwis (Palmerston North), T = Taupo, WACO = Auckland

Red Long (8.6km, 370m climb)

Peter Watson 73.01
 Ross Morrison 78.40
 Geoff Morrison 83.13
 Maurice Lloyd 86.42
 Tim Hay 116.17

Erica Hobbs 49.31
 Faye McDonald 51.51
 James Watson 64.09
 Sarah Moodie (T) 64.11
 Emma Watson 66.00
 Anthony Lloyd 90.24

Red Medium (5.6km, 190m climb)

Fraser Mills (WACO) 54.24
 Mark Hudson 59.24
 Grant Davidson (T) 62.54
 Dominic Teahan (RK) 63.27
 Terry Russell 72.10
 Max Kerrison 74.31
 Pamela Morrison 82.53
 Richard Lynn 84.38
 Chris Howell 91.08
 Norris Cox 94.47
 David Fisher 94.51
 Rob McDonald 98.23
 Alan Berry 103.12
 Doug Matheson 122.00

Yellow (2.55km, 70m climb) * = accompanied

Liam Hale (2nd course) 27.10
 Jennie Barrett 39.01
 Sam Eames * 42.41
 Helen Watson 52.58
 N Hamelink 60.13
 Kate Morrison (2nd course) 63.38

Red Short (2.9km, 120m climb)

Brian Wardle 40.35
 Tim Jowett 44.23
 Mikaela Harker 49.03
 Stewart Hyslop 49.27
 Caroline Watson 58.21
 Sharon Mardon 64.46

White (1.4km, 45m climb) * = accompanied

Liam Hale 14.39
 Kate Morrison 21.59
 Duncan Morrison 22.25
 Sophie Eames 25.00
 Aari Barrett* 26.01
 Sam Eames* 26.08
 Katie Eames & Jay Barrett* 26.46
 Chris McDonald* 28.28
 Brendan Lloyd 33.05
 Oliver Watson 50.38
 Scott McDonald (missed 1) 19.36
 Cara McDonald (missed 1) 23.20

Orange (3.5km, 85m climb)

Amber Morrison 42.36
 Graeme Barrett & Jon Eames 45.36
 Jason Russell 47.22

String

Jay Barrett 6.25
 Katie Eames 6.25

Club Teams Event: Havelock Hills: July 25, 1999

Setter - Rob McDonald

Vettor - Geoff Morrison

For me, setting the course for the teams event on the new Havelock Hills' map was a learning experience. It was my first effort and here is what I learned.

1. Everything took at least twice as long as I expected. Losing all my preliminary maps one evening at Keirunga Gardens and finding them a soggy pulp the next morning did not help.
2. It is difficult to correctly draw master maps. I had to hide an embarrassingly large pile of ruined maps from Geoff.
3. Electric fences can be tested using a piece of grass rather than my method of grabbing hold of them and hoping.
4. Orienteering is so easy (when you have set the course yourself). How does anyone ever get lost?
5. Controls are difficult to put out in the dark at 7 pm on a winter's evening. Even when I fell down the earth bank we were looking for, I did not recognise it.
6. Red Long competitors are not supermen. 4.3 kms in 30 minutes was asking too much.
7. I now know where everything goes in the caravan. Most important after Richard's speech.
8. Havelock North has some lovely parks and an amazing number of native birds.
9. Havelock North soil has a hard pan. This was learned while digging what turned out to be a very shallow toilet hole.
10. Geoff and Pamela make a huge contribution to events such as these. A couple of planning sessions finished very late at night and they never looked at their watches once.

On the day the weather was superb, a good crowd of 60-70 turned up, and although the Red Long and Red Medium courses were a bit too long the competition was reasonably tight.

Congratulations to the winning team of Derek and Duncan Morrison and Graeme and Jenni Barrett. A special mention must be made of the second placed team of Stewart Hyslop, Max McEwan and Katie and Anthony Wynands. Max was sighted photographing the results as proof of his success. Well done!

The commitment of everyone to do well by their team mates and to support others was tremendous. Particular highlights for me were, Mark Hudson hurdling the fence in front of the caravan at full speed, Erica Hobbs finishing so fast she almost came through the caravan window and young Shaun Morrison's loud cries of "Come on Brian Wardle!" Thanks to those who collected controls afterwards and again a special thanks to Geoff as vettor and to Pamela also. I learned a lot and really enjoyed it. I hope those of you who were there did too.

Rob McDonald

RESULTS - TEAMS EVENT - HAVELOCK HILLS - 25 JULY, 1999

Setter: Rob McDonald

Vetter: Geoff Morrison

RK = Red Kiwis (Palmerston North), WACO = Auckland

INDIVIDUAL RESULTS:

Red Long (4.3km, 210m climb)

Fraser Mills (WACO)	41.23
Mark Hudson	44.12
Ross Morrison	47.30
Derek Morrison	49.35
Dominic Teahan (RK)	58.35
David Fisher	85.03
Doug Matheson	85.21

Red Medium (3.0km, 150m climb)

Pamela Morrison	44.02
Norris Cox	44.32
Chris Howell	46.12
Craig Tuohy	48.09
Richard Lynn	49.15
Terry Russell	52.00
Alan Berry	59.09
Tom Fargher	59.11
Wayne Lee	67.53
Heather Dobson	74.25

Red Short (1.9km, 105m climb)

Stewart Hyslop	34.10
Gordon Rogers	39.04
Kath Berry	47.13
Sharon Mardon	47.43
Tim Jowett	50.20
Dave Smith	50.39
Brian Crawford	53.15
Brian Wardle	57.15
Catherine Lee	62.33

Orange (2.5km, 95m climb)

Graeme & Jenni Barrett	33.44
Jenny Russell	36.27
Erica Hobbs	36.39
Mikaela Harker	37.23
Greg Bristow	38.06
Faye McDonald	46.48
Phillip Mardon	55.12
Tony Wynands	57.04

Yellow Long (2.50km, 105m climb)

Jason Russell	34.20
Amber Morrison	50.12
Josie Boland	63.21
Joshua Wynands	69.55
Carla Van den Hout	98.29
Barbara & John Phillips	105.45
Chapman-Olsen Family	107.54
Fisher Family	155.02

Yellow Short (1.70km, 90m)

Gemma Lucas	33.49
Debbie Rose	36.15
Max McEwan	42.44
Stan Holland	116.51

White Long (2.2km, 100m climb)

Cara McDonald	30.05
Sophie Fargher	36.29
Erika Boland-Bristow	38.01
Conal Boland-Bristow	52.20
Scott McDonald	58.10

White Short (1.7km, 70m)

Duncan Morrison	21.23
Kate Morrison	24.58
Aari Barrett*	25.40
Katie & Anthony Wynands	34.22
Mary-Lou & David Wynands	35.08
Chris McDonald*	35.40

String

Jay Barrett	7.06
Anthony Wynands	7.21

RESULTS - CLUB TEAMS EVENT - HAVELOCK HILLS - JULY 25, 1999

Setter: Rob McDonald

Vetter: Geoff Morrison

TEAM RESULTS:

1. Derek Morrison (RL)	49.35	Graeme & Jenni Barrett (O)	33.44	Duncan Morrison (WS)	21.23	104.42
2. Stewart Hyslop (RS)	34.10	Max McEwan (YS)	42.44	Katie & Anthony Wynands (WS)	34.22	111.16
3. Pamela Morrison (RM)	44.02	Faye McDonald (O)	46.48	Cara McDonald (WL)	30.05	120.55
4. Ross Morrison (RL)	47.30	Amber Morrison (YL)	50.12	Kate Morrison (WS)	24.58	122.40
5. Terry Russell (RM)	52.00	Jenny Russell (O)	36.27	Jason Russell (YL)	34.20	122.47
6. Mark Hudson (RL)	44.12	Dave Smith (RS)	50.39	Debbie Rose (YS)	36.15	131.06
7. Norris Cox (RM)	44.32	Brian Crawford (RS)	53.15	Gemma Lucas (YS)	33.49	131.35
8. Tom Fargher (RM)	59.11	Mikaela Harker (O)	37.23	Sophie Fargher (WL)	36.29	133.03
9. Greg Bristow (O)	38.06	Josie Boland (YL)	63.21	Erika Boland-Bristow (WL)	38.01	139.28
10. Richard Lynn (RM)	49.15	Brian Wardle (RS)	57.15	Erica Hobbs (O)	36.39	143.09
11. Chris Howell (RM)	46.12	Tim Jowett (RS)	50.20	Scott McDonald (WL)	58.10	154.42
12. Tony Wynands (O)	57.04	Joshua Wynands (YL)	69.55	Mary-Lou & David Wynands (WS)	35.08	162.07
13. Heather Dobson (RM)	74.25	Sharon Mardon (RS)	47.43	Phillip Mardon (O)	55.12	177.20
14. Doug Matheson (RL)	85.21	Alan Berry (RM)	59.09	Kath Berry (RS)	47.13	191.43
15. Craig Tuohy (RM)	48.09	Gordon Rogers (RS)	39.04	Stan Holland (YS)	116.51	204.01
16. David Fisher (RL)	85.03	Wayne Lee (RM)	67.53	Catherine Lee (RS)	62.33	215.29

RESULTS - BLUFF HILL - 8 AUGUST, 1999

Setters: Tim Jowett & Doug Matheson

STREET MAP SCORE EVENT (maximum 54 points)

	Score	Penalty	Total
LONG - 70 minutes			
Geoff Morrison	42	0	42
Derek Morrison	41	0	41
Norris Cox	37	0	37
Richard Lynn	37	2	35
Josie Boland	35	2	33
Tom Fargher	33	0	33
David Fisher	31	0	31
Sharon Mardon	23	0	23
Reece Barker (bike)	54	49	5
Kevin Wilkins	8	17	-9
Phillips Group	23	109	-86

SHORT - 40 minutes

Pamela Morrison	22	2	20
Jenni Barrett	20	2	18
Erica Hobbs & Graham	17	0	17
Brian Wardle	16	0	16
Tony Wynands	13	0	13
Greg Bristow	23	12	11
Jill & Gary Affleck	7	0	7
Rob, Scott & Chris McDonald	8	2	6
Brian Crawford	13	9	4
Joshua Wynands	10	6	4

NAPIER INTERMEDIATE SCHOOL MAP

WHITE LONG

Erica Boland-Bristow	11.54
Harley Tabernukle	12.02
Aari Barrett	14.34
Cara McDonald & Sophie Fargher	15.16
Conal Boland-Bristow	16.15
Duncan Morrison	16.25
Kate Morrison	17.00
Quintin & Robert	22.17
Daphne & Alana	28.54

WHITE SHORT

Harley Tabernukle	7.21
Conal Boland-Bristow	7.34
Quinton & Robert	8.21
Erica Boland-Bristow	8.44
Sophie Fargher	10.09
Anthony Wynands	16.58
Duncan & Sean Morrison	17.10
Katie Wynands	17.13
Daphne & Alana	22.52
David Wynands	32.16

RESULTS - CLUB EVENT - WHIRINAKI - 22 AUGUST, 1999

Setter: Scotty Smith

Red Long (4.8km contours only map)

Peter Watson	42.43
Derek Morrison	45.20
Geoff Morrison	46.18
Tom Fargher	70.21
Alan Berry	75.55

Red Short (3.1km contours only map)

Tim Jowett	57.25
Brian Wardle (colour map)	64.05
Rob McDonald	65.37
Pamela Morrison	70.27
Brian Crawford	79.50
Kath Berry	80.26
Sharon Mardon	101.26
Jon McDougall	129.36
Linda Lloyd	DNF

Orange (3.0km)

Karl Baker	49.19
Greg Bristow	52.04
Jo Eames	61.13
David Costigan	62.33
Graeme Barrett	69.27
Lyn Gentry	70.29
Paul Harkes	78.07
Paul Steeds	82.38
Faye McDonald	83.54
Jon Eames	85.46
James Watson	87.57
Erica Hobbs	95.44
Josie Boland	109.09
Jenni Barrett	DNF

Vetter: David Fisher

Yellow (2.4km)

Tony Wynands	38.18
Joshua Wynands	52.44
Philip & Rachel Baker	57.04
Terry & Catherine Pratley	60.53
Milne-Ballinger Group (2 nd course)	61.39
Max McEwan	69.17
Kate Morrison	76.23
Duncan Morrison	86.30
Kevin Wilkins	90.32
Bruce Gordon	96.20
Barbara & John Phillips	101.33
Fisher Family	115.07
Stan Holland	DNF

White (1.7km)

Erika Boland-Bristow	21.16
Sam Eames	23.31
Milne-Ballinger Group	24.56
Scott McDonald	25.55
Conal Boland-Bristow	27.39
Connagh Pratley	29.59
Jay Barrett*	30.45
Sophie Eames	38.54
Katie Eames*	39.40
Solfrid Gillman*	41.12
Anthony Wynands	47.10
Chris McDonald*	47.12
Katie Wynands	50.03
Oliver Watson	91.57
Aari Barrett	DNF

String

Solfrid Gillman	4.01
Jay Barrett	4.23
Katie Eames	13.16

1999 OY SERIES									
	OY 1	OY 2	OY 3	OY 4	OY 5	OY 6	Total	Worst	Adjusted Total
Red long - men									
Peter Watson OY1*	25.00	25.00	22.78	25.00			97.78	22.78	75.00
Derek Morrison OY4†	23.29	24.48	25.00	25.00			97.75	23.29	74.46
Geoff Morrison	25.00	24.37	24.51	21.94			95.82	21.94	73.88
Ross Morrison	21.80	20.03	19.70	23.20			84.73	19.70	65.03
Mark Huston		24.67	24.61	0.00			49.28	0.00	49.28
Maurice Lloyd			10.00	21.05			31.05	0.00	31.05
Red medium - women									
Fanessa Morrison	25.00	25.00	25.00	25.00			100.00	25.00	75.00
Red medium - men									
Max Kerison	25.00	25.00	10.00	24.21			84.21	10.00	74.21
Terry Russel	21.16		24.02	25.00			70.18	0.00	70.18
Norma Cox OY3*	19.87	23.54	23.54	19.03			85.98	19.03	66.95
Richard Lynn OY2*		21.32	20.98	21.32			63.62	0.00	63.62
Tom Fagher OY4*	20.60		20.34	20.60			61.54	0.00	61.54
David Fisher OY2*	19.82	20.12	20.12	19.02			79.08	19.02	60.06
Alan Berry	13.23	20.35	20.76	17.48			71.84	13.23	58.61
Rob McDonald	14.11	16.79	23.03	18.34			72.27	14.11	58.16
Chris Howard		19.77	17.11	19.80			56.68	0.00	56.68
Doug Matheson	18.01	20.38	17.99	14.79			71.17	14.79	56.38
Ken Holt	19.44		25.00				44.44	0.00	44.44
Bryn Davies	18.94		24.04				42.98	0.00	42.98
Craig Turley		18.77					18.77	0.00	18.77
Red short - women									
Caroline Watson	25.00	25.00	24.61	21.02			95.63	21.02	74.61
Jenny Russel	22.34	20.99	25.00				68.33	0.00	68.33
Robyn Davidson	14.45	22.75	21.64				58.84	0.00	58.84
Sharon Marston	19.04	17.75	18.17	18.93			73.89	17.75	56.14
Mikaela Harter				25.00			25.00	0.00	25.00
Linda Lord			22.95				22.95	0.00	22.95
Dane Lucas		12.75					12.75	0.00	12.75
Anne Sapsford	10.00						10.00	0.00	10.00
Red short - men									
Stewart Hyslop	25.00	12.28	25.00	20.52			82.80	12.28	70.52
Brian Winde	18.61	25.00	19.19	25.00			87.80	18.61	69.19
Tim Jewell	22.10		23.73	22.86			68.69	0.00	68.69
Brian Crawford OY1*	16.44	16.44					32.88	0.00	32.88
Matthew Wood			10.00				10.00	0.00	10.00
Orange - women									
Faye McDonald	23.27	23.91	25.00	20.54			92.72	20.54	72.18
Anber Morrison	18.79	25.00	21.44	25.00			90.23	18.79	71.44
Emma Watson	22.54	20.80	22.04	16.14			81.52	16.14	65.38
Mikaela Harter	25.00						25.00	0.00	25.00
Erica Horob				21.51			21.51	0.00	21.51
Val Morrison	10.00	10.00					20.00	0.00	20.00
Jessica Fagher	17.84						17.84	0.00	17.84
Germa Schumacher	13.42						13.42	0.00	13.42
Orange - men									
Jason Russel	19.91	25.00		25.00			69.91	0.00	69.91
James Watson	19.61	21.66	25.00	18.46			84.73	18.46	66.27
Paul Steeds	15.39	19.85					35.24	0.00	35.24
David Cridgan	25.00						25.00	0.00	25.00
Don Gordon	20.03						20.03	0.00	20.03
Anthony Lloyd				13.10			13.10	0.00	13.10
Paul Emerson	13.02						13.02	0.00	13.02
Max McEwan	12.14						12.14	0.00	12.14
Tony Wynands			10.00				10.00	0.00	10.00
Joshua Wynands			10.00				10.00	0.00	10.00
Yellow - women									
Helen Watson		10.00	13.13	25.00			48.13	0.00	48.13
Hana Schumacher	25.00						25.00	0.00	25.00
Jose Boland			25.00				25.00	0.00	25.00
Yellow - men									
Glan Holford	25.00		20.51				45.51	0.00	45.51
Oliver Davidson		25.00					25.00	0.00	25.00
Max McEwan			25.00				25.00	0.00	25.00
White - women									
Cara McDonald	25.00	25.00	19.54	10.00			79.54	10.00	69.54
Kate Morrison	19.93	18.79	15.09	25.00			78.81	15.09	63.72
Sophie Fagher	24.63		17.06				41.69	0.00	41.69
Erica Boland-Bristow			25.00				25.00	0.00	25.00
Sofia Gilman	22.44*	22.25*	20.07				20.07	0.00	20.07
Sarah Berry	17.18						17.18	0.00	17.18
White - men									
Scott McDonald	25.00	24.35	19.95	10.00			79.30	10.00	69.30
Duncan Morrison	15.46	25.00	13.47	25.00			78.93	13.47	65.46
Thomas Gilman	22.53*	25.00*	25.00				25.00	0.00	25.00
Brendan Lloyd			10.65	16.94			27.59	0.00	27.59
Oliver Watson		10.00	10.00*	11.07			21.07	0.00	21.07
Rhian Hill			13.78				13.78	0.00	13.78
Christopher McDonald	10.10*			19.69*			0.00	0.00	0.00
David Wynands			19.69*				0.00	0.00	0.00
Conal Boland-Bristow			13.19*				0.00	0.00	0.00
The OY series is over 6 events during the year. The lowest scoring event may be dropped. Where a member does not take part in all 6 events, then all results count.									
* indicates winners and controllers, who score points equal to their best other event during the year.							25.00	22.76	
* accompanied - points do not count in total.									

FIXTURES LIST

Date	Event	Map	Club
1999			
5 Sep	Taupo Club	Karapiti	Taupo
12 Sep	HBOY5	Tangoio	
12 Sep	CDOY6/AOA OY8		Hamilton
18/19 Sep	Auckland Champs		Counties-Manukau
19 Sep	WOAOY6	Gordon Kear	Red Kiwis
26 Sep	Club	Pukeora	
2 Oct	WOA Relays	Hydrabad	Kapiti Havoc
3 Oct	WOAOY7	Kaikokopu	Wellington
9/10 Oct	CD Champs		Taupo
17 Oct	WOA Frank Smith Trophy	Riverside	Wairarapa
23/24/25 Oct	NZ Champs		North-West (Auck)
31 Oct	Club OY6	Maraetotara	
14 Nov	Club Champs	Rochfort	
28 Nov	Club Xmas	Surprise!	
28 Nov	CDOY7	Shirley Lakes	Rotorua
4 Dec	Omakere Rogaine	Central HB	
11/12 Dec	2 Day Event	Wanda/Watchtower	Hutt Valley
19 Dec	RK Club	Pukepuke	Red Kiwis
28 Dec	WMOC Warm-up		Auckland
29 Dec	WMOC Warm-up		Taupo
2000			
1 Jan	Millennium event		Feilding
2 Jan	Public Race WMOC		Manawatu
3 Jan	Model Event & Opening WMOC		Manawatu
4 Jan	WMOC Qualifying#1		Manawatu
5 Jan	WMOC Qualifying#2		Manawatu
7 Jan	WMOC Finals A,B&C		Manawatu
15/16 Jan	World Rogaine Champs		Christchurch
18 Mar	Katoa Po All night relays		Taupo
25/26 Mar	SI Champs		Nelson
8/9 Apr	NI Secondary Schools Champs		Red Kiwis
22/23/24 Apr	NZ Champs		Wairarapa
3/4/5 Jun	QB badge event		North-West (Auck)
30 Jun - 9 Jul	APOC & Aust Champs		Queensland
14/15 Jul	NZ Secondary School Champs		Auckland
7/8 Oct	Auckland Champs		
21/22/23 Oct	Central Districts Champs		Hamilton
4/5 Nov	Wellington Champs		RK & Wairarapa

CLUB FIXTURES

Date	Event	Map
1999		
12-Sep	Club OY5	Tangoio
26-Sep	Club	Pukeora
2-Oct	WOA Relays	Hydrabad
17-Oct	WOA Frank Smith Trophy	Riverside
31-Oct	Club OY6	Maraetotara
14-Nov	Club Champs	Rochfort
28-Nov	Club Xmas	Surprise!
4-Dec	Omakere Rogaine	Central HB
7-Dec	Club AGM	

You can start anytime between 10.30am and 1.30pm at these events. The courses will close at 3.00pm, which means controls will be removed from this time. If still on your course, please return to the finish.

For further details regarding events see the "Happenings" column in the Hastings Leader or Napier Courier on the Thursday prior to events, and the "Weekend Sports Draws" page in HB Today on the Wednesday prior to events.

CLUB 'O' TOPS

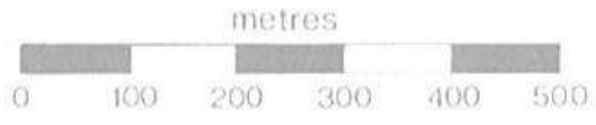
Have you ever cast a jealous eye over those other club members and said to yourself "I wish I had one of those great club orienteering tops, I know I could go faster then." Well you can, simply give your name and necessary dimensions to the ever so quiet RICHARD LYNN and for a paltry sum of \$30.00 you could also proudly sport the club colours. Great for intimidating the opposition when we travel away. And that's not all, oh no, with every shirt you buy you get free printing on the back. The club will cover this cost.

So hurry place your order now, the first ten people to order will get 12 mths free entry, yes that's 12 mths free entry to the string course at club events so ring Richard The Quiet One now.

EAFIELD ROAD

CONTOURS 6 METRES

SCALE 1:10000



August 1999

