

MAY - JUNE 2000



Haynes Bay
Orienteering Club

COMPASS

POINTS



ORIENTEERING: FOR PEOPLE WHO KNOW HOW TO GET THERE

COMPASS POINTS ~~MARCH - APRIL 2000~~

HAWKES BAY ORIENTEERING CLUB COMMITTEE

<u>PRESIDENT</u>		
<u>LANDOWNER LIAISON</u>	Alan Berry	(06) 877 7223
<u>SECRETARY</u>	Rob McDonald	(06) 876 0146
<u>TREASURER / PUBLICITY</u>	Pamela Morrison	(06) 8774870
<u>CLUB CAPTAIN</u>	Geoff Morrison	(06) 877 4870
<u>FIXTURES</u>	Derek Morrison	(06) 877 8261
<u>MAPPING</u>	Ken Holst	(06) 845 2686
<u>EQUIPMENT</u>		
<u>DEPUTY CLUB CAPTAIN</u>	Richard Lynn	(06) 843 7511
<u>STATISTICIAN</u>	Tim Jowett	(06) 835 4498
<u>NEWSLETTER</u>	Terry Russell	(06) 873 4138

Please forward newsletter contributions to:

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

All other correspondence to:

The Secretary
Rob McDonald
907 Ebbett St
Hastings
or e-mail:- rfmed@ihug.co.nz

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EDITORIAL

Welcome to another edition of Compass Points, as we go to press several of our number are in Australia competing in the Asia Pacific Orienteering Championships. Some are representing New Zealand in the Australia - New Zealand Challenge. We wish them well in their endeavours.

Locally the OY series is hotting up there's a few new names appearing nearer the top of the lists nowadays. Especially that Chris Howell, who seems to have produced a performance enhancing vintage this year. It was certainly a treat to run on a completely new map at Rochfort.

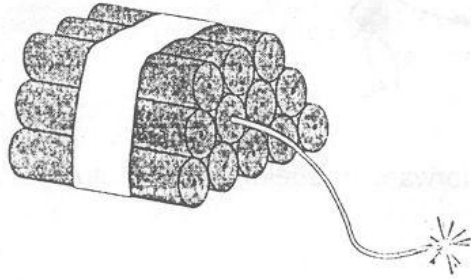
Enclosed in this Magazine you'll find a copy of Jean Cory-Wright's "The Little Book Of Orienteering Techniques" We've enclosed a copy for everyone to keep at home and refer to when you feel the need. Jean is the NZOF Coaching director. So put it in a safe place and enjoy. OOPS sorry Chris I seem to have misplaced yours.

You'll also see in this issue some rantings and ravings of the jealously inclined from PAPO. There is obviously more than smog in the air in Christchurch as Stuart Payne fails miserably to try and cover up their poor performance at the nationals as compared to Hawkes Bay. I haven't seen so much propaganda since the Turkeys at the night relays. Never mind Stuart we look forward to the next nationals down south, you'd better watch out we may even come by the busload!!

The next few events are a bit more low key while the farmers get through their lambing but they are always good fun so hope to see you all there. And don't forget the Course Setting evening for everyone on Friday 21 July, hope to see you all there as well.

See you over the hill.

Black Green & White



we are DYNAMITE!!

It is the New Zealand Orienteering team's turn this time. May they blow the Ockers into the mulga bushes at the Australia - New Zealand Challenge next week . . . after the unkind things that they did to our netball ladies, and our rugby players, and our swimmers, and a few others I could mention. I am sure that our chances are heightened by the inclusion of some Hawkes Bay members in the team - Derek in the M50, Geoff in the M45, Peter in the M40 and Ross is the M16. We wish them all good running and the best of luck. And may those who missed out on the NZ team have a great time at APOC anyway.

Have a good look at the invitation to the Course Setting evening, coming up on Friday 21 July, at the Mardons' Pernel Fruitworld. Our club sets 20 - 25 events every year, plus a multi-day event every couple of years. Setting and vetting so many events is a huge job. Every adult member can expect to be asked to help out with setting courses, once they have gained a couple of years' experience in the sport. Setting courses is demanding work and takes time. But it is exciting and stimulating. It helps to improve our understanding of why and how courses are put together and therefore adds to our own orienteering performance. We hope everyone will come along, even if you have only recently started in the sport and just want to learn more about what makes it all happen.

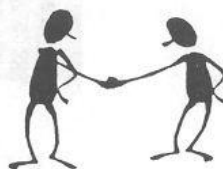
We have had some great events lately and seem to have managed to dodge the rain so far. It was great to see so many "O" friends from distant parts, at the Rochfort event a couple of weeks ago. And throngs of new members as well.

New-born lambs and orienteering do not go too well together, so we are now entering our non-farm orienteering season, concentrating on forests and street events. Farm, forest or street, they are all different, yet all the same. The primary orienteering skills of map-reading and concentration on the job at hand still apply. You will enjoy them all.

May winter stay on the ranges. The skiers can have our share.

Alan

Pres



NEW MEMBERS

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

- * Jim, Christine, Peter, Robert, Stuart & Duncan Spall
- * Jenny Milne, Scott, Todd & Lee Ballinger
- * Duncan, Kay & Conor McKay
- * Jacqui Campbell
- * Suzanne, Robert, Jason & Daniel Weeks
- * Hamish, Louise, Rachel & Jaime Goodwin
- * Shaun Gilbert & Alison Goodwin
- * Aiden Ellmers
- * Tineal McDonald

EXPERIENCE TE MATA PARK – *with a difference!*

The club has 23 permanent orienteering controls set up at Te Mata Park. Map packs are available from Peak House Restaurant for \$5 each.

Take your visitors, tell your friends and work-mates or if you just want a bit of extra O practise, then make use of the Permanent course at Te Mata Park.

Don't forget to bookmark our club website

http://www.geocities.com/mark_a_hudson.geo/

If you have any suggestions or contributions then send these to Mark Hudson (markh@rds.co.nz).

A PLEA FROM THE CLIPCARD CHECKERS

PLEASE DO NOT STAPLE CONTROL DESCRIPTIONS ON THE BACK OF YOUR CLIPCARD – IT CAN MAKE THE PUNCH MARKS VERY DIFFICULT TO READ IN THE BOXES WHERE THE STAPLES ARE INSERTED.

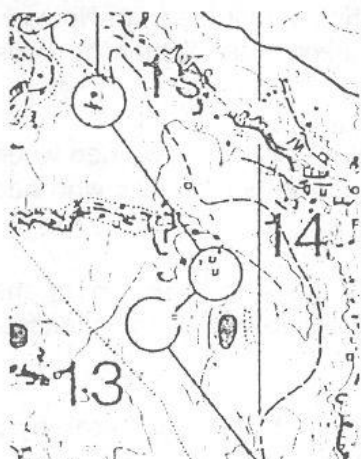
GOOD PUNCH MARKS ARE ESSENTIAL TO PROVE THAT YOU HAVE VISITED A CONTROL. ☺

EYE IN THE SKY

BY THE MAGPIE

- The photographers were out in force at the school Champs at "McNeil" and it was great to see so the 'Dominion' and 'Hawkes Bay Today' give our sport so much publicity. There were some great photo's of the kids in action, but in amongst these was one rear view photo of someone who was definitely much more "developed" than your average female student. Apparently, she claims, she slid around the other side of the hill in an attempt to avoid him, but alas, she was shot. Nice photo Catherine.
- Terry had a great start to the OY at Maraetotara. He drew the wrong course on his map. The occasion must've got to him, or was it the spectrum of Chris creating angst.
- We all know that the runnability and underfoot conditions at Maraetotara are superb, but there was no need for Ross Berry to go overboard and do his course bare-foot. Rumour has it that he blamed Sarah for not putting his shoes in the car.
- The new HBOC website looks superb, and it seems that the most hits onto it are from Norway. Asle's father reckons that he is finding out more about his sons exploits on it than he does from his son! At least he knows he is still in New Zealand.
- For all those people out there who were studying the butts at "McNeil", and were worried when the results of the contest went missing, we can finally disclose who the person was who had everything, including the winning butt, Robyn Berry.
- Conal's abilities not only lie on the orienteering course. There he was featuring in the gymnastics results. A sport very useful for orienteering, having the skill to vault electric fences, run along high wires and tumble.
- The last 2 results in the Red Long OY series have been very close. Mark beat Derek by 3 seconds at 'Maraetotara' and Peter beat Geoff at 'Rochfort' by 9 seconds.
- Hands up all of those people who thought that the last control at 'Rochfort' was in the wrong place. Well you were right.
- There were quite a few excuses for not running at the HB school champs, but Rachel Baker surely had the best. She stood on a hockey ball and broke her ankle!
- Questions were asked when Jon and Jo arrived late for the event at Maraetotara, despite the fact that they had off-loaded their kids for the week-end.
- See what happens when you give up a promising career as an orienteer. You become a lead singer in a band and try and bite the tops off microphones. Ben Lee of "Benny and the Fets".
- Suzanne Weeks didn't seem to have too much problem dragging the in-laws along to "Rochfort". They just happen to be Roger and Hilary. Hilary has won numerous New Zealand and Australian orienteering age-group championships, for those that don't know.
- Cam Smith has taken on a novel technique for orienteering. What you do is lie down by one of your controls until the next orienteer comes along and then leap up and follow them to the next control, then rest until the next runner comes along! Repeat the process. Not flawless or recommended.
- Mikaela hasn't been seen recently at events because she seems to be leading quite a hectic life lately. 10 days on the "Spirit of Adventure" as well as taking part in the school production.
- Those apples are great at the finish of the events lately. Thanks to Terry who brings a truckful to each event.

- Anyone thinking of outrunning Ross Morrison, think again. After winning the HB-PB junior boys cross-country champs he headed off to Christchurch to run in the NZSS champs. An outstanding result of 5th in a field of nearly 400 resulted, running his 4km in under 14 minutes!
- Graeme and Jennie headed for Taupo for a weekend but struck lousy weather. By staying in, they got to know their neighbours, the Cory-Wrights. It just happens that Jean is the National coach and they didn't realise.



COURSE SETTING FOR EVERYONE

**Pernel Fruitworld Restaurant
1412 Pakowhai Road, Hastings**

Friday 21 July, 7.30 pm.

Orienteering is a very labour intensive sport. We need a big pool of course setters and vettors to set our 20 - 25 events every year. Setting quality courses takes skill, experience and knowledge of the rules of the sport. But these can be learned. We all started somewhere, guided by more experienced members.

Every member is invited to attend this training evening for course setters. Even if you are not yet ready to tackle the setting of courses, just come along and learn something about this demanding but very interesting aspect of the sport. The more you learn about courses and the way they are put together, the faster you will improve in your own orienteering.

Discussion - examples - rules of the trade - practical exercises.

And SUPPER!

JUNIOR NEWS

The school teams are all looking forward to the NZSS Champs in Auckland, and after the results at the NISS, they are every reason to feel quietly confident. At this stage, it seems HB schools will be represented by about 35 students.

The HB school champs went off really well, despite the odd hiccup, but our numbers are ever increasing which is positive. Quite a few club-members put in a fair bit of effort promoting the event to particular schools and that resulted in good turnouts from those schools. Hopefully the results ensured good publicity within those schools and they will be keen to return next time. A big thank – you to those people for their efforts.

Congratulations to Ross Morrison who has been included in the NZ M16 team for the ANZ challenge. Interestingly, he was first picked for this team 4 years ago at the age of 11!

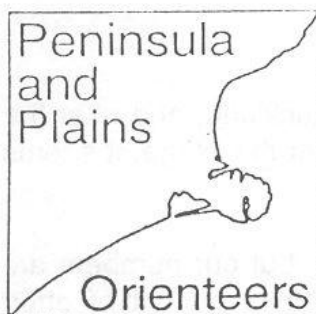
There seems a lot more interest within the SS to do orienteering in their syllabus. Jennie Barrett is working with a group of 6th formers at Woodford, and Pamela has taken a class at both Tamatea and Havelock North. Graeme Barrett is looking to take it as an option for 5th formers next term at Hastings BHS and Central HB often use Pukeora.

We have Napier BHS, Hastings GHS, Lindisfarne, Woodford House, Iona College, Napier GHS and St Johns (?), all colour mapped at the moment. We have been fortunate to have received funds from the Hillary Commission to assist with this project and enable us to provide class sets of these maps to schools at no cost.

Schools also go on camps and it seems orienteering is often part of these. Often this is the source of interest for budding stars, so it is important that we produce good maps of these areas as well. The success of Napier BHS seems to bear this out.

Good luck to all those students running at the NZSSC.

GM



Peninsula and Plains Orienteers

PO Box 824
Christchurch

Secretary: Stuart Payne
ph: 03 337 2275
or 374 8798

29 May 2000

Editor, *Compass Points*
809 Matai Street
Hastings

Dear Terry Russell

I read your report (March-April issue) "Who is New Zealand's Top Orienteering Club?" and agree Hawkes Bay results from this year's nationals are impressive. I humbly congratulate you on your achievements. When I reflected, however, on the "one answer" to your question, the words stuck in my throat. Surely this cannot be, I pondered. Is there not a club in the south equal to the raucous might of the Bay?

A true test of any team, I countered, is a home and away series. So how, I asked, did Hawkes Bay, and more to the point, PAPO, perform two years ago when the nationals were in the South Island? And what did I find? Most individual titles (classic & short-O) won at Otago in 1998

were:	PAPO	15
	North West	11
	Dunedin	10
	Wellington	9

Southland and Counties-Manakau, both 7.

In the relays that year, PAPO entered a stunning total of 13 teams (out of 57) in the Mixed Long, placing 2nd, 3rd and 6th. (They could have come first but Stuart Payne didn't get the selections right the selector was caught out by the variable form of certain members.)

Ah but, here you say, that was then, this is now. And I acknowledge your perceptiveness. So may I humbly inform you that with just 11 competitors at this year's nationals PAPO took 4 titles, and even with two members on duty at the World Cup in Canberra, still managed 4 placings alone in the men's and women's elite grades. In the relays we had just two official teams. The No. 2 team placed 6th, after the No. 1 team was disqualified when Jamie Stewart mispunched. Which leads me, in the true spirit of friendly rivalry, to indulge in some information sharing between our two great clubs. Generously I offer *Compass Points* an exclusive with some breaking news. Rumour has that Jamie Stewart received a matching fixing fee to mispunch from a highly successful North Island club with which he has previously been associated.

Yours in and out of the re-entrant

Stuart Payne
for PAPO

ADVICE FOR BEGINNERS

BY MARK ROBERTS, AUCKLAND ORIENTEERING CLUB

I'VE TAUGHT A NUMBER OF BEGINNERS IN THE LAST FEW YEARS, AND HERE IS WHAT I FOUND MYSELF BANGING ON ABOUT:

- Get good advice, even if that only means sitting down after each event with an experienced orienteer and going over your course together.
- Get good gear, especially shoes, as soon as you've decided that O is something you want to commit to, get real O shoes (don't make do with touch shoes), gaiters, an O suit and a compass. You won't regret it. For preference, get the genuine club O suit- it will improve your social life (you change from "that anonymous person" to that anonymous person who's a member of the same club as me).
- Go to the big away events. If you can spare the time, multi day events are enormous fun, and you get the chance to discover completely different O terrain and find out at how bad you are at navigating on it.
- Eat and drink properly. Get some carbohydrate inside you before you go to the event, and tank up with water before and after. Bananas! Lots of them!!
- Learn the basics. For a start, learn about handrails, attack points, heading off, traffic lighting, practice them, and use them at events.
- Learn the map. Take the time to walk calmly around on a map, and see how the mapper has interpreted the terrain, what she's missed out, what she's put in, the mistakes, and what exactly those vertical green stripes mean.
- Aim low until you know what you are capable of, always do the slightly shorter course, the long difficult courses will always be there later. You'll learn nothing on a 3-hour nightmare slog. Be especially careful in an unfamiliar terrain type, which you are bound to find more difficult.
- Don't start your run flustered by arriving late. Sound obvious? Tell that to everyone who's arrived at an event without their shoes, or walked to the start without their compass, or not allowed enough time to walk to the start.
- Run the first leg slowly and carefully. There's nothing worse than blowing the first control, and it's far too easy to do on an unfamiliar map in unfamiliar terrain.
- Get a thumb compass. If you really want to use a bezel compass, strap it to your wrist, and hold it on top of your map at all times.
- Orientate the map. It's unnatural at first, but it's the only sensible way to use an O map.
- Take it easy. Stay close to the map, be sure where you are at all times.
- Learn about route choice. Ask a crusty old ie to lend you some old maps, decide how you would run each leg, and ask him to show you how he would run it, and why.
- Get involved with setting and mapping. The best way to understand orienteering courses is to design a few yourself, with a crusty old controller to show you how. The best way to truly understand maps is to do some fieldwork or field checking, with a crusty old mapper to show you how.

And finally a personal note

Red wine and Curry on a Saturday night is a really bad idea.

MERRIWA

6th August 2000

This event is a tad different to our normal Club outings, so we thought some information in our award winning magazine would be of assistance.

Like, where is it man????

On the Puketitiri Road, Merriwa Forest is on the right hand side approximately 9 kms past the Omatua Girl Guide Camp at Rissington. You must have seen it and wondered if it would be suitable for Orienteering?

Eight of our Club had a picnic there in the summer, and checked it out. Like the Parsons egg, it was good in parts, but it was thought to be too steep, too much blackberry, and very difficult to cross the gullies. These were the main reasons for not taking it any further.

However, the owners have their own 1:10 000 map of the area, and have kindly consented to us using their map and forest for an event.

Now you have to realise this map is not specially made for orienteering, and will be markedly different to what you have used before. It will be black and white, with none of the usual symbols. The contours are at ten metre intervals.

We will organise it as a score event. We might have a mass start, watch this space!!! There will be a parallel event using a 1 : 5000 map for those who normally run a white or yellow course.

So come along. It should be lots of fun, a good test of your map reading skills, and your lateral thinking ability.

Stewart Hyslop and Paul Steeds
879 8078 874 8844

Hawkes Bay Schools Orienteering Championships.

McNeil -7th May

The Hawkes Bay schools orienteering championships, along with a club event was held on the McNeil map at Rissington on the 7th of May. Thanks to the great promotional work of Pam and Geoff we had over 70 school competitors competing on the 5 courses. As well as the school runners there were also 40 club members running on the day. Next year because of the numbers, the school champs may have to be run as a separate event. We also had both Dominion and Hawkes Bay Today Photographers on site. Many thanks to Maurice, who manned the start, Alan on the finish, Pam, Geoff and all the control collectors.

HOW McNEIL GOT IT'S NAME.

In it's day the largest sheep station in Hawkes Bay was Rissington covering 75 000 acres. It extended from the Mangaone almost to the Kaweka foothills. It's first owners were Sir George Whitmore and Sir John McNeil, two army officers who formed a partnership. Sir John returned to England and Sir George took over his share but Mount McNeil still commemorates his association with the district.

This little snippet was kindly researched and submitted by our intrepid roving reporter Brian Crawford. - Thanks Brian.

HB SCHOOLS ORIENTEERING CHAMPIONSHIPS

"McNeil" – 7 May, 2000

INTERSCHOOL COMPETITIONS

GIRLS		BOYS	
PRIMARY			
1. Havelock North Primary	56	1. Havelock North Primary	38
2. Waipukurau	0	2. Raureka	27
		3. Puketapu	24
		4. Port Ahuriri	23
		5. Waipukurau	5
INTERMEDIATE			
1. Waipukurau	29	1. Heretaunga	49
2. Woodford House	26		
3. Puketapu	17		
4. Heretaunga	16		
5. Pukehou	11		
6. Havelock North Intermediate	8		
SECONDARY JUNIOR			
		1. Napier Boys'	49
		2. Central HB	10
		3. Lindisfarne	0
SECONDARY INTERMEDIATE			
1. Napier Girls'	36	1. Napier Boys'	39
		2. Lindisfarne	20
		3. St John's	11
SECONDARY SENIOR			
1. Hastings Girls'	29	1. Napier Boys'	33
2. Napier Girls'	20	2. Tamatea	16
		3. Central HB	11

HB SCHOOLS ORIENTEERING CHAMPIONSHIPS

"McNeil" – 7 May, 2000

	<i>School</i>	<i>Time</i>	
PRIMARY NOVICE GIRLS			
1. Katrina Berry	<i>Havelock North P</i>	15.45	
2. Katie Eames	<i>Havelock North P</i>	15.45	missed 1
3. Holly Morrison	<i>Pukehou</i>	15.42	missed 3
PRIMARY NOVICE BOYS			
1. Jay Barrett	<i>Havelock North P</i>	18.39	missed 2
Jareth Russell	<i>St Mary's</i>	DNF	
PRIMARY GIRLS			
1. Kate Morrison	<i>Havelock North P</i>	22.58	
2. Sarah Berry	<i>Havelock North P</i>	43.53	
Helen Watson	<i>Waipukurau</i>	DNF	
PRIMARY BOYS			
1. Aari Barrett	<i>Havelock North P</i>	18.40	
2. Scott McDonald	<i>Raureka</i>	22.59	
3. Conal Boland-Bristow	<i>Port Ahuriri</i>	26.53	
4. Sam Eames	<i>Havelock North P</i>	27.53	
5. Kieran Callaghan	<i>Port Ahuriri</i>	28.47	
6. Aidan Smith	<i>Puketapu</i>	29.38	
7. Glenn Holmes	<i>Puketapu</i>	35.08	
8. Mark Chapman	<i>Puketapu</i>	35.32	
9. Duncan Morrison	<i>Havelock North P</i>	38.49	
10. Anthony Wynands	<i>Puketapu</i>	43.47	
11. Chris McDonald	<i>Raureka</i>	47.03	
12. Dean Goodall	<i>Raureka</i>	64.47	
13. Oliver Watson	<i>Waipukurau</i>	69.13	
David Wynands	<i>Puketapu</i>	DNF	
Tait Eddington	<i>Puketapu</i>	DNF	
Dean Hampton	<i>Puketapu</i>	DNF	
INTERMEDIATE GIRLS			
1. Emma Watson	<i>Waipukurau</i>	22.53	
2. Cara McDonald	<i>Heretaunga</i>	31.29	
3. Erika Boland-Bristow	<i>Woodford</i>	35.58	
4. Sophie Fargher	<i>Pukehou</i>	38.20	
5. Erin Smith	<i>Puketapu</i>	45.30	
6. Jacqui Campbell	<i>Waipukurau</i>	48.12	
7. Sophie Eames	<i>Havelock North I</i>	48.20	
8. Abby Napier	<i>Woodford</i>	59.43	
9. Katie Wynands	<i>Puketapu</i>	60.27	
10. Sara Pearce	<i>Woodford</i>	64.22	
Amanda Aldridge	<i>Pukehou</i>	DNF	

INTERMEDIATE BOYS

1. Russell Kale	<i>Heretaunga</i>	43.22
2. Cain Soole	<i>Heretaunga</i>	51.42
3. Bryce Fergusson	<i>Heretaunga</i>	75.36

SECONDARY JUNIOR BOYS

1. Peter Spall	<i>Napier Boys'</i>	29.33
2. Freddie Kennedy	<i>Napier Boys'</i>	35.57
3. Gerard Freeman	<i>Napier Boys'</i>	52.10
4. Nicholas Fargher	<i>Napier Boys'</i>	52.50
5. Aiden Ellmers	<i>Central HB</i>	53.06
6. Daniel Keegan	<i>Napier Boys'</i>	59.18
7. Kieran Hale	<i>Napier Boys'</i>	63.27
8. Lance McLean	<i>Napier Boys'</i>	64.27
Keith Nicoll	<i>Lindisfarne</i>	DNF

SECONDARY INTERMEDIATE GIRLS

1. Philippa George	<i>Napier Girls'</i>	73.44
2. Gemma Lucas	<i>Napier Girls'</i>	93.52

SECONDARY INTERMEDIATE BOYS

1. David Costigan	<i>Lindisfarne</i>	33.25
2. Michael Podjurski	<i>Napier Boys'</i>	40.14
3. Liam Hale	<i>Napier Boys'</i>	49.40
4. Jason Russell	<i>St John's</i>	55.17
5. Bevan Callaghan	<i>Napier Boys'</i>	56.52
Joshua Wynands	<i>St John's</i>	DNF
Luke Dromgool	<i>St John's</i>	DNF
Grant Bicknell	<i>Napier Boys'</i>	DSQ

SECONDARY SENIOR GIRLS

1. Amber Morrison	<i>Napier Girls'</i>	75.52
2. Jenny Russell	<i>Hastings Girls'</i>	80.56
3. Mikaela Harker	<i>Hastings Girls'</i>	106.15

SECONDARY SENIOR BOYS

1. Ross Morrison	<i>Napier Boys'</i>	52.19
2. Todd Oates	<i>Tamatea</i>	59.49
3. Asle Vaskinn	<i>Napier Boys'</i>	77.16
4. James Watson	<i>Central HB</i>	103.46
Cameron Smith	<i>Napier Boys'</i>	DNF

McNEIL – 7 MAY, 2000

Setter: Doug Matheson

Red Long (5,500m)	
Peter Watson	59.18
Mark Hudson	65.08
Derek Morrison	66.40
Ken Holst	76.35
Terry Russell	83.56
Rob McDonald	89.07
David Fisher	92.51
Tom Fargher	93.45
Wayne Lee	107.27

Red Short (4,000m)	
Richard Lynn	56.07
Caroline Watson	60.08
Ross Berry	60.22
Tim Jowett	63.59
Alan Berry	70.01
Faye McDonald	71.48
Diane Lucas	90.53
Catherine Lee	108.11
Sharon Mardon	134.52

Orange Long (5,500m)	
Martin Windling (SWE)	74.10
Greg Bristow	113.58
Josie Boland	162.33
Paul Steeds	168.14

Orange Short (4,000m)	
Jon Eames	70.25
Erica Hobbs	81.06
Jo Eames	109.18
Emma Watson & Jacqui Campbell	143.00
Anne Sapsford	DNF
Jennie Barrett	DNF

Yellow Long (2,770m)	
Mike Abraham	80.59
Milne Group	DNF

Yellow Short (2,370m)	
Linda Gordon & Rolf Boswell	73.54

White Long (2,670m)	
Jim Spall	40.24

White Medium (2,340m)	
Robert Spall	70.53
Brooke Soole	DNF

Vetter: Geoff Morrison

White Short (1,900m)	
Stuart Spall	43.04
Jay Barrett	46.10
Ryan Smith & Ryan Woolley	55.08
April Woodhead	75.43
Katie Eames & Katrina Berry	DNF

String	
April Woodhead	20.40
Yvonne & Campbell	14.15



MARAETOTARA - 21st May 2000
RED KIWIS CHALLENGE

The favourable weather conditions no doubt helped the FB turnout, and to a convincing victory in the Red Kiwis Challenge.

The secret to navigating on this map is to ignore the rocks and concentrate on the contours. Dave and I were very careful to give accurate control descriptions, which you could use to your advantage by attacking the control feature from the "control" side.

As to the "competitions", Mark had his first (of many!) wins in the Red Long but the master Derek was only two seconds behind and favourite to win the series.

In the Red Medium, Ken's win has lifted him to first place ahead of Chris and Terry.

Stuart and Alan are locked in a tight contest in the Red Short with James having his best result to date.

Pamela's, Amber's and Faye's wins in the Red Medium, Red Short and Orange respectively is making no race of their competitions.

Dave would like me to thank:

Richard Lynn, Doug Matheson, Pamela Morrison, Peter Watson, James Watson, Rob McDonald, Rob McDonald and Scott McDonald for collecting controls:

Geoff Morrison for picking up two controls after the cattle knocked them over:

Dave Fisher for putting out controls, that the cattle could knock over:

Peter Watson for checking the controls that Dave Fisher put out, that the cattle knocked over:

Pamela Morrison for setting up the A4 map and photocopying the maps without the wastage-well, just one red course map at the end of the day. Oh, and for ringing him up on Monday and telling him how to fix the Coude's english descriptions for 'path' and 'well' even though they couldn't work it out:

Chris Howell for the dunny digging and running the caravan:

Val Morrison, Geoff Morrison and Pamela Morrison for the results:

Peter Watson for running the start:

Dave Fisher, Alan Berry and others for running the finish (except for missing Doug when he finished):

Emma Watson for cutting up the control descriptions:

Assorted club members, past and present, for creating the map:

The landowners for access to the properties:

The county council for building the road that gave us access to the region:

Captain Cook for discovering, or was that, rediscovering New Zealand:

George Speight for not having a coup in New Zealand:

The AA for giving us road signs from which we can hang our O signs:

and last but not least, I would like to offer grateful thanks to Dave's parents for having him.

Peter Watson

A Quick Quiz.

A quick test of intelligence. Don't cheat! Because if you did, the test would be no fun. Promise, there are no tricks to the test.

Read the following sentence:

FINISHED FILES ARE THE RESULT OF YEARS OF
SCIENTIFIC STUDY COMBINED
WITH THE EXPERIENCE OF YEARS.

Now count the 'F's in that sentence. Count them ONLY ONCE!! Do not go back and count them again. Look on last page to see how you have done.

Answer - Page 19, But no cheating!!!

MARAETOTARA - OY3 - 21 MAY, 2000
HB v Red Kiwis Interclub Challenge

Setter: David Fisher

Vetter: Peter Watson

Red Long (9,000m, 270m climb)

Mark Hudson	68.18
Derek Morrison	68.20
Ross Morrison	73.38
Dave Persson (RK)	83.41
Todd Oates	84.56
Fraser Mills (RK)	86.02
Asle Vaskinn	86.43
Geoff Morrison	89.55
Graham Teahan (RK)	98.15
Maurice Lloyd	114.46

Red Medium (5,950m, 215m climb)

Ken Holst	59.27
Chris Howell	65.11
Bryn Davies (RK)	70.09
Pamela Morrison	72.48
Terry Russell	74.39
John Doolan (RK)	75.56
Russell Higham (RK)	76.51
Richard Lynn	77.20
Rob McDonald	77.52
Royce Mills (RK)	82.34
Tom Fargher	83.23
Jenny Russell	85.32
Wayne Lee	91.33
Doug Matheson	94.30
Caroline Watson	98.21
Ross Berry	103.24
Ngaire Davies (RK)	105.56
Tim Jowett	DNF
Brian Craig (HV)	DNF

Red Short (3,200m, 120m climb)

Stewart Hyslop	46.49
Alan Berry	49.03
James Watson	55.41
Amber Morrison	56.01
Raewyn Persson (RK)	58.42
Denise Vruink (RK)	63.34
Sharon Mardon	71.19
Emma Watson	77.25
David Cronin (RK)	79.38
Diane Lucas	80.52
Catherine Lee	84.24
Kath Berry	90.21
Philip Mardon	DNF
Dave Smith	DNF

Orange (3,910m, 90m climb)

Jason Russell	34.44
Phillip Hurring	43.34
Jon Eames	44.09
Graeme Barrett	45.45
Faye McDonald	52.06

Tony Wynands	54.47
Carole Flyger (RK)	57.00
Jennie Barrett	60.27
Jo Eames	72.21
Patricia Larsen (RK)	75.57
Gilbert Family	83.10
Robyn Berry	85.57
Paul Steeds	161.55

Yellow (2,960m, 95m climb)

Scott McDonald	33.00
Cara McDonald	34.48
Joshua Wynands	35.28
Helen Watson	37.29
Gemma Lucas	38.16
Rowena Macdonald	43.38
Linda Patterson	45.29
Jenny Teahan (RK)	45.53
Mary-Lou Wynands	57.02
Duncan McKay & family	71.28
Ray Edward & Joy Mintorn	76.17
Max McEwan	77.52
Mark & Sarah Fisher	99.00
Mark Napier (2 nd course)	32.21
Jacqui Campbell (2 nd course)	58.05
Brendan Lloyd	DNF

White (2,150m, 110m climb)

Aari Barrett	20.59
Mark Napier	21.37
Duncan Morrison	25.17
Milne – Ballinger Group	25.27
Katie Wynands	26.30
Kate Morrison	26.43
Jacqui Campbell	29.14
Christopher McDonald	29.42
Sarah Berry	34.37
Anthony Wynands	34.58
Abbie Napier	35.08
Dean & Robyn Napier	36.32
Kyle Higham (RK)	38.30
David Wynands	39.34
Ara Persson (RK)	40.01
Caelum Persson (RK)	46.50

String

Emma Watson	3.07
Jacqui Campbell	3.42
Todd Ballinger	3.48
Dean Napier	4.10
Lee Ballinger	4.27
Kyle Higham (RK)	4.52
Katrina Berry	7.10

Interclub Challenge Points

Hawkes Bay

Red Kiwis

3528

935

QUICK QUIZ

THE ANSWER

I got this quiz out of the NZ Orienteering magazine. it was sent To Jim Barr (the editor) by Peter Haynes Reporoa, a member of the Toupo Orienteering Club. He had seen it in his local rag "the Reporoa Roundabout" (yes there is a roundabout in Reporoa).

The Reporoa Roundabout said. " The answer is: There are six Fs in the sentence. A person of average intelligence finds three of them. If you spotted four of them you're above average. If you got five, you can turn your nose up at most anybody. If you caught six you're a genius. There is no catch. Many people forget Fs in the OFs. The human brain tends to see them as Vs and not Fs. Pretty weird, huh?"

Rowe Road 4th June 2000

Sharon Mardon setter

Ross Berry vetter

Because half of the Rowe Road map is deer fenced it is the smallest map we have and therefore poses quite a problem to set satisfactory courses. There is really only one white course so it is just as well that our young folk don't keep doing white courses for ever! The yellow course doesn't present to many problems as there are quite a lot of control sites to use that are not too far from the linear features. The orange course is easy as the map is open and so gives plenty of route choice and the opportunity to use one or two harder controls. The red courses pose more of a problem, it is especially difficult to plan a reasonable long course without using two maps. After much discussion Ross and I decided to scatter fifteen controls through the "slumped" area and another five in the open hill part of the map. The idea was that the red short would get the ones from the "slumped" area and the red long would get all twenty controls. We didn't put a time limit on it and in which order you clipped the controls was up to you - in other words plan your own course.

Listening to the forecast for the weekend I thought we would be putting the controls out in the rain but we started early enough on Saturday morning and got the job done just before the first drops fell. Sunday was not supposed to be a fine day either but the gods smiled on us and most folk came early and so stayed dry.

For a holiday weekend the attendance was absolutely great and from the feedback we got from those who did the red courses the idea of not having a time limit on a score event was a very popular decision. It also saved us a lot of work as the winners were decided on time and not points.

A big thank you to Kath Berry who manned the caravan and to those who collected the controls, Alan, Dave & Derek.

Sharon

ROWE ROAD – CLUB EVENT – 4 JUNE, 2000

Setter: Sharon Mardon

Vetter: Ross Berry

Red Long (20 controls)

Derek Morrison	(pre-marked map)	35.05
Peter Watson		37.30
Ross Morrison		38.58
Geoff Morrison		41.04
Asle Vaskinn		42.32
Terry Russell		44.13
Chris Howell		46.08
David Fisher		57.12
Pamela Morrison		57.39
Rob McDonald		58.41
Richard Lynn		65.03
Alan Berry		70.23
James Watson		71.36
Eric Dunbar		73.42
Wayne Lee		80.52

Red Short (15 controls)

Caroline Watson		38.09
Doug Matheson	(pre-marked map)	44.07
Shaun Gilbert		48.30
Emma Watson		59.10
Amber Morrison		62.26
Catherine Lee		64.08
Helen Watson		DSQ

Orange (2,900m)

Hamish Goodwin		28.42
Greg Bristow		35.40
Liam Hale		37.40
Josie Boland		39.18
Ramon Steenson		41.27
Cameron Smith		47.40
Faye McDonald		49.54
Philip Baker		51.58
Erica Hobbs		53.14
Tony Wynands		DSQ

Yellow (2,000m)

Bevan Callaghan		24.07
Rachel Baker		36.42
Kieran Hale		49.31
Weeks Family		53.16
Duncan Morrison		53.58
Kate Morrison		58.16
Barbara & John Phillips		73.24
Erika Boland-Bristow		89.59

White (2,400m)

Cara McDonald	21.00
Jacqui Campbell	25.02
David Wynands	25.21
Kieran Callaghan	29.11
Rachel Goodwin	30.02
Katie Wynands	30.31
Sarah Berry, Lydia & Jeff Phillips	40.06
Rosemary Wood	41.05
Conal Boland-Bristow	47.04
Tineal McDonald	DSQ

String

Jacqui Campbell	3.58
David Wynands	6.10
Katrina Berry	7.53
Sean Morrison	12.40
Helen Howell	15.39

ROCHFORD, OY5: 18 June 2000

We have been working away at the Rochfort map for a couple of years now and it is finally finished. Well, as finished as a map can ever be, until a new fence appears, or some trees are felled, or any of the hundred things that happen to maps does happen.

The map is a biggie, covering 11,300,000 square metres, or 11.3 square kilometres. This is how maps are going these days, very large total areas, but able to be cut up into smaller maps to suit the needs of each event. This time we used the "Gruinard" section of the map, at the southern end. No member had ever run on this part of the overall Rochfort map before and very few had even set eyes on the country covered by most of the courses. This made OY4 a very fair test for all members. "Gruinard" is a wonderful map to run on, a mixture of fast free-running country and intricate spur-gully forest, some of it young and very tight.

The men's red long finish was very close, just nine seconds separating Peter Watson and Geoff Morrison. Pamela Morrison's serious fitness work in preparation for APOC paid dividends on the red medium and she headed off most of the gentlemen, as well as the ladies. But she couldn't catch Chris Howell, who showed real speed in taking out the red medium for men, two minutes ahead of wily campaigner Max Kerrison. The boys and girls on the red short are snapping at the heels of the oldies and as always, there was huge competition in the orange, yellow and white grades.

A new and unmapped fence threw some of the orange course competitors off the scent. It was too late to alter the maps but sorry, I should have warned you of the unexpected feature.

The OY competition is hotting up as we head into the last two of the series. None of this "no winners or losers" stuff here. There are plenty of members who still have designs on the top slot in their grade and there are endless little "needle" matches further down the lists. The rest of the series promises some real excitement.

My special thanks to landowners Bruce and Jenny McGregor for their interest in our mapping work and for their enthusiastic support of our event. Thank you also to Mark Hudson for vetting and Erica Hobbs for a very big day in the caravan.

Alan

ROCHFORD – OY4 – 18 JUNE, 2000

Setter: Alan Berry

Vetter: Mark Hudson

HV = Hutt Valley, T = Taupo, A = Auckland

Red Long (8.1km, 450m climb)

Peter Watson	83.15
Geoff Morrison	83.24
Ted van Geldermalsen (HV)	86.57
Derek Morrison	95.40
Todd Oates	105.54
Chris Morris (T)	120.15
Hamish Goodwin	123.22
Pete Haynes (T)	151.59

Red Medium (5.2km, 200m climb)

Chris Howell	51.29
Max Kerrison	53.56
Maurice Lloyd	54.19
Terry Russell	59.18
Pamela Morrison	61.23
Rob McDonald	62.38
Ken Holst	63.56
Richard Lynn	64.15
David Fisher	67.28
Tom Fargher	67.29
Wayne Lee	67.49
Norris Cox	71.58
Ross Berry	72.34
Doug Matheson	74.29
Greg Bristow	74.41
Tim Jowett	77.59
Caroline Watson	78.35
Jenny Russell	87.58
Shaun Gilbert & Alison Goodwin	92.03

Red Short (3.1km, 105m climb)

Stewart Hyslop	42.36
James Watson	44.24
Hilary Weeks (A)	56.13
Robyn Davidson	57.46
Emma Watson	58.19
Linda Lloyd	61.41
Brian Crawford	64.19
Margi Freemantle (HV)	66.17
Catherine Lee	73.09
Graeme Barrett (2 nd course)	53.03
Roger Weeks (A)	DNF

Orange (4.1km, 165m climb)

Phillip Hurring	43.58
Jon Eames	44.22
Graeme Barrett	48.16
Grant Bicknell	54.47
Josie Boland	55.58
Faye McDonald	59.41
Jennie Barrett	60.46
Joanne Eames	61.07
Robyn Berry	68.41
Paul Steeds	68.52

Philip Baker	72.54
Terry Russell (2 nd course)	37.11

Yellow (3.1km)

Scott McDonald	34.39
Gemma Lucas	36.22
Cara McDonald	39.29
Aiden Ellmers	40.56
Freddie Kennedy	41.48
Helen Watson	43.54
Linda Patterson	44.07
Rachel Baker	46.33
Weeks Family	53.19
Martin Kennedy	55.00
Sarah Berry	58.07
Brendan Lloyd	82.52
Richard Jansson (2 nd course)	46.33
David Gore (2 nd course)	47.26
Aari Barrett (2 nd course)	49.29
Rachel Goodwin (2 nd course)	49.34

White (2.0km)

* = accompanied

Richard Jansson	19.57
Sophie Eames	21.20
Aari Barrett	22.25
Jacqui Campbell	22.58
Sophie Fargher	23.17
Sam Eames	24.46
Duncan Morrison	25.06
Katie Eames	*25.35
Kate Morrison	25.54
Conal Boland-Bristow	26.48
Jay Barrett	*28.38
Rachel Goodwin	*28.38
Christopher McDonald	29.46
Katie Brigham-Watson	31.18
Daniel Weeks	*31.25
David Gore	32.52
Tineal McDonald	33.48
Jason Weeks	*35.57
Stockill Group 1	39.22
Stockill Group 2	44.22
Olivia Pearce & Katrina Berry	*52.26
Helen Watson (2 nd course)	19.50
Erika Boland-Bristow	DNF

String

Jacqui Campbell	2.44
Helen Watson	3.06
Rachel Goodwin	3.50
Sophie & Emily	3.56
Josie Stockill	4.37
Jay Barrett	4.55

Billy Stockill	5.17
Erika Boland-Bristow	5.28
Olivia Pearce	5.30
Katrina Berry	5.30
Katie Eames	6.10
Sean Morrison	8.50
Cam Barrett	9.09
Helen Howell	13.41

Seems there's more to race tactics these days than just map reading and fitness as this intercepted e-mail from Ken to Chris shows.

Chris

My time will be very fast in relation to my ability, my lack of fitness, your lack of experience, the course setters lack of course setting skills, the adverse weather conditions, the number of fences I have to jump over, and any other excuss I can come up with. If you can beat all of those odds then you are welcome to the honours. I will however make the effort to ensure that you dont win, by getting any number of people to run interfearence, rigging the clocks, moving the controls, bribing the officials, and generally making myself obnoxious on the day.

I will also look forward to seeing your courses BEFORE you run so that I can make suitably derogatory remarks designed to upset you.

See you there.

18/06/00

I NEED MORE ENERGY!

You're in the middle of a long workout and you're wondering how in the world you're going to muster up enough energy to finish. We've all been there. It's as though someone unscrewed the cap and let all the fuel out of the tank. So what should you reach for to help you comfortably finish the workout.

Sports product manufacturers have come up with all sorts of new products to help you do just that. But are they really any better than the old standards: water, a banana or a bagel? Before we answer that question, a caveat: there is no single solution that works for everyone. Once you explore your options, you can determine which is best for your body's particular needs.

Choices, Choices, Choices

There are few things more essential to maintaining performance than staying hydrated throughout your workout. Water is an obvious first choice, but you may need extra energy in the form of carbohydrates to get through a particularly long or strenuous exercise session. If this is the case, energy bars or gels and sports drinks may be the answer to your depleted energy supply. What follows is a breakdown of the pros and cons of each.

Water

Water is a calorie free source of the fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every litre of sweat lost during exercise. This can occur in as little as thirty minutes of exercise depending upon the environment and your intensity. This increased heart rate combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heart illness as well.

Most experts recommend drinking at least one cup (200 - 250mls) of water every 15 minutes of exercise.

Sports Drinks

Activities lasting more than one hour can leave your body wanting more than just water. Sports drinks, which usually contain about 50 to 70 calories, plus vitamins are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity. Research shows that runners and cyclists who consume a sports drink during races not only finish more quickly, but rate their exertion levels lower than those who consumed a placebo beverage.

It is important to realise, however, that this was true only during longer-duration activities. You should be able to complete your thirty minute run or forty-five minute step class without the aid of extra carbohydrates.

Energy Gels and Bars

Energy gels are a relatively new alternative to traditional sports drinks or bars. They feel similar in texture to pudding and are easy to eat and easy for your stomach to digest. They typically contain about 70 to 100 calories and may also include caffeine and other ergogenic aids.

Energy bars have been around forever and are more often eaten as a snack than as energy replacement during exercise. Today the market is saturated with numerous flavours and types, each with a different ratio of fats, carbohydrates and protein. The key is to find the one that tastes good and doesn't upset your stomach. At 110 to 250 (or more) calories each, energy bars also provide extra vitamins, minerals and fibre which ups their nutritional value considerably. But eating an energy gel or bar is not enough. You must consume enough fluid to replace what's been lost as well as to help speed digestion.

How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient so long as you consume at least 200 to 250mls every 15 minutes.

This article was provided by ACE, the American Council on Exercise. (From Global Health & Fitness # 120)

I stole it From Turkey Talk, newsletter of the Egmont Orienteering Club. -ed

CLUB E-MAIL LIST - AS AT 20 JUNE, 2000

NAME	EMAIL
ROSALIE ADLAM	radlam@ihug.co.nz
BAKER FAMILY	pjkr.baker@xtra.co.nz
BARRETT FAMILY	gl.jl.barrett@clear.net.nz
ALAN & KATH BERRY	alan.berry@xtra.co.nz
ROSS & ROBYN BERRY	rmb@clear.net.nz
BOLAND - BRISTOW FAMILY	josie.boland@xtra.co.nz
ROLF BOSWELL	rolf.boswell@xtra.co.nz
NORRIS COX & DIANE LUCAS	norris.cox@clear.net.nz , diane.lucas@clear.net.nz
ROBYN DAVIDSON	robynd@xtra.co.nz
DAVIES FAMILY	n.m.davies@massey.ac.nz
EAMES FAMILY	j.eames@clear.net.nz
AIDEN ELLMERS	JamesAidenEmma@hotmail.com
FARGHER FAMILY	TSJS.Fargher@xtra.co.nz
DAVID FISHER	dmfisher@clear.net.nz
MAC & NGAIRE FISHER	macfisher@clear.net.nz
FISHER FAMILY	mms.fisher@xtra.co.nz
SHAUN GILBERT & ALISON GOODWIN	shaun.g@xtra.co.nz
HAMISH GOODWIN	hamish.lou@xtra.co.nz
MIKAELA HARKER	ohutu.harkers@xtra.co.nz
KEN HOLST	kaycee.holst@xtra.co.nz
CHRIS HOWELL	prospect.vineyard@paradise.net.nz
MARK HUDSON & DEBBIE ROSE	markh@rds.co.nz
PHILLIP HURRING	hurry-home@xtra.co.nz
STEWART HYSLOP	hyslops@hotmail.com
JEPSEN - GILLMAN FAMILY	gillman.jepsen@clear.net.nz
COLIN JONES	w&cjones@xtra.co.nz
TIM JOWETT	tim.jowett@clear.net.nz
MAX KERRISON	kerrison@inhb.co.nz
WAYNE & CATHERINE LEE	mcd162@xtra.co.nz
LLOYD FAMILY	mwlloyd@xtra.co.nz
RICHARD LYNN	boog@ihug.co.nz
PHILIP & SHARON MARDON	psmardon@xtra.co.nz
DOUG MATHESON	doug.matheson@xtra.co.nz
MCDONALD FAMILY	rfmcd@ihug.co.nz
DUNCAN MCKAY	dmckayos@xtra.co.nz
JENNY MILNE	jennym@globe.net.nz
NEIL MORA & RACHAEL CORRY	Neil.Mora@arllab.co.nz
MORRISON FAMILY	acwld@xtra.co.nz
GEOFF & PAMELA MORRISON	pamela.m@xtra.co.nz
TODD OATES	a.h.oates@xtra.co.nz
LINDA PATTERSON	loopy@clear.net.nz
BRUCE PERRY	rose.maree@xtra.co.nz
RUSSELL FAMILY	tsruss@icarus.ihug.co.nz
SCHUMACHER FAMILY	richard.schumacher@xtra.co.nz
BERYL & SCOTTY SMITH	s-smith@inhb.co.nz
SPALL FAMILY	spall@clear.net.nz
PAUL STEEDS	paulsteeds@xtra.co.nz
CRAIG TUOHY	craig.tuohy@clear.net.nz
CARLA VAN DEN HOUT	carlav@xtra.co.nz
KEITH VINCENT	digger@soils.co.nz
WATSON FAMILY	prwatson@xtra.co.nz
WEEKS FAMILY	Robertweeks@bigfoot.com

CLUB 2000 FIXTURES LIST

DATE	EVENT	MAP
02 -07-2000	Smith Special	Te Mata Park
23 -07-2000	Points ?	Bluff Hill
06 -08-2000	Fun - Event/Points	Merriwa
20 -08-2000	Memory	Havelock Hills
03 -09-2000	Club OY 5	Tangoio
17 -09-2000	Contour Only ?	Whirinaki
01 -10-2000	Club OY 6	Te Awanga
15 -10-2000	Teams event	Te Mata Park
29 -10-2000	Club Points Champs	Horseshoe Bend
04/05 -11-2000	Wellington Champs: Classic & Short 'O'	?
12 -11-2000	Club Champs	The Slump
25 -11-2000	Relays	Waitarere
26 -11-2000	Frank Smith Trophy	Wellington
03 -12-2000	Xmas: Any volunteers/ideas	Smedley

FIXTURES LIST - AWAY EVENTS

DATE	EVENT	MAP	CLUB
01-09-07-2000	Australia Champs,APOC, ANZ		
14/15-07-2000	NZ. Secondary Champs		Auckland
16-07-2000	Winter Classic		Wairarapa
10-09-2000	WOA OY 6	Glenroy	Wairarapa
23-09-2000	CD OY	Karapiti	Pinelands
24-00-2000	CD OY	99 hills	Toupo
07-08-10-2000	Auckland Champs		Auckland
15-10-2000	WOA OY 7	Spicer Forest	Wellington
21-23-10-2000	CD Champs		Hamilton

EAFIELD ROAD

CONTOURS 6 METRES

SCALE 1:10000

