

The Auckland



Orienteer

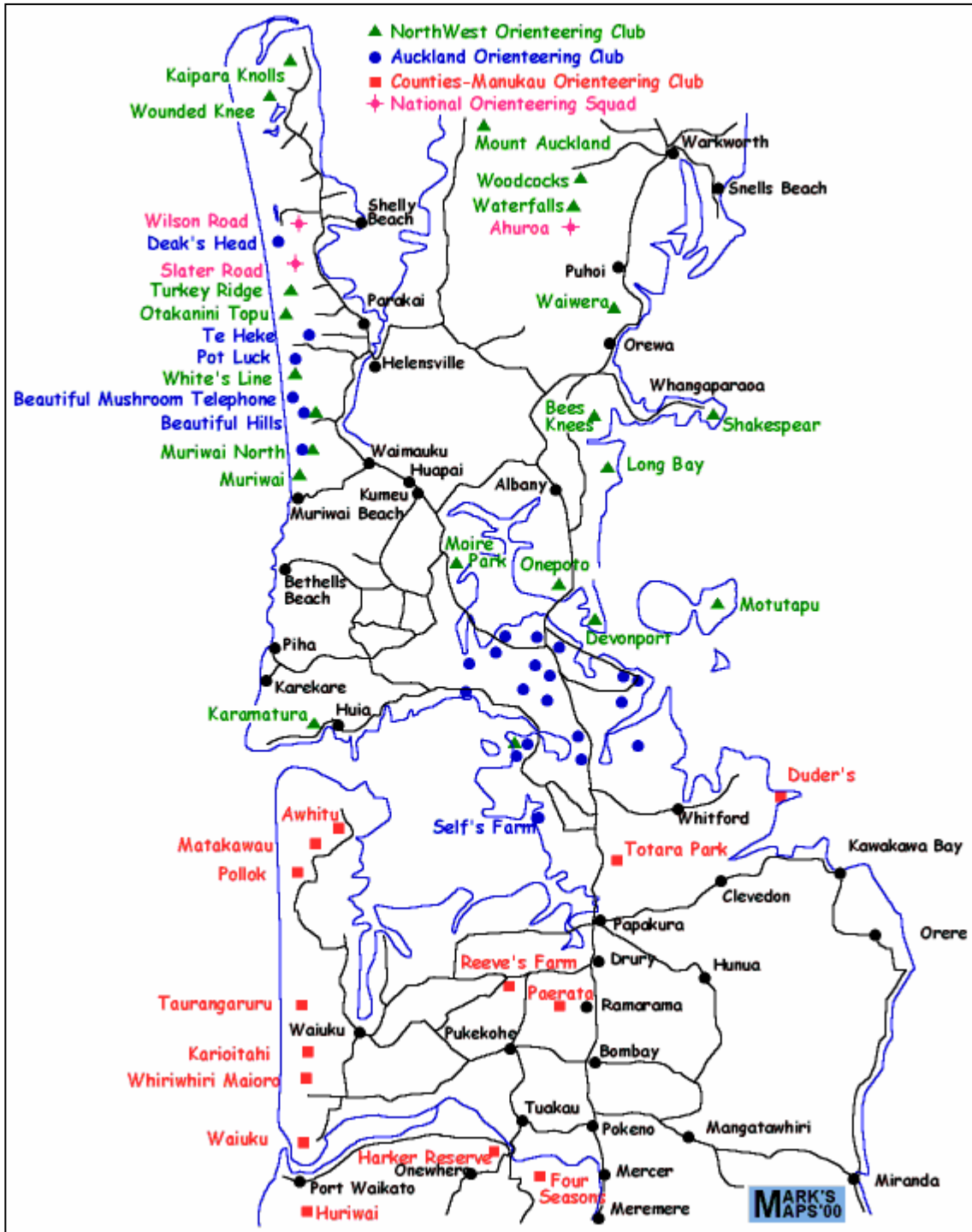
April 2002



◆ AOC Winners of the OWL Trophy ◆ Training
Tips ◆ Kidz Kontrol! ◆ Club News ◆ Punch Lines
◆ Nationals Results

www.nzorienteering.com

Auckland Region Orienteering Maps



Auckland Orienteering on the Web

NWOC. Even newer and better than last month. Moved to Geocities where the ads are (slightly) less intrusive. <http://www.geocities.com/nwocnz>



AOC <http://members.tripod.com/~auckoc/index.htm>
 OY results <http://homepages.paradise.net.nz/pebble/orienteering/>
 Orienteering news <http://www.maptalk.co.nz/>
 NZOF Homepage www.nzorienteering.com
 Sports photos <http://communities.msn.co.nz/actionsshotz>

Editorial

Silva Awards are Gold

Too often the efforts of those who work long hours in the interests of their sport – our sport – of orienteering go unrecognised or even unnoticed. I took an enormous amount of pride from the success of Jill Smithies as the Silva Administrator of the Year, and from Rob Garden's Silva Service award. They are both wonderful contributors, and fully deserving of the accolades. But there are many others who do much for their clubs and should be similarly applauded. And what does it take for this to happen? It is simple really. We all need to take responsibility to ensure the efforts are brought to the attention of the national federation or the appropriate organisation (such as the regional sports awards).

It is no good assuming that 'someone else will do it', or that 'maybe the effort won't measure up against some bigger name sport'. As they say in the advertisement: Just do it. You will feel better for having supported a hard working friend, and they potentially receive credit where credit is due. And at the same time orienteering is brought into the

spotlight.

Cognitive Orienteering

It is not often that a scientific article focuses purely on orienteering, and the one reprinted in this edition on cognitive orienteering makes interesting reading. Some of us saw (heard) the Australians training prior to the ANZ Challenge using the talking out loud method of interpreting the map, and anticipating those danger times when things don't seem to fit. Perhaps there is a lesson for us all; I think we can all identify with this excerpt: "...see if this is correct, this is a bit strange, here is the path, the path against the little cabin, follows that, what is this, no, [curse], this isn't, damn it, damn it, this is not right..." Read the Training Tips article and make your own judgement!

Cover: No doubt about that one... the AOC Dream Team dealt to the competition to win the Katoa Po Owl Trophy – last seen north of the Bombays in 1998.

[Photo: AOC official]

Event Calendar

Please call Club Secretaries for final confirmation of these details:

A Auckland. Nicola Kinzett 09 636 6224
<http://auckoc.tripod.com/>
 CM Counties-Manukau. Hilary Isles

09 235 2941

E Egmont. Suzanne Scott 06 758 4468**H** Hamilton. Mike Baldwin 07 856 3887**NW** North West. Jill Smithies 09 838 7388**P** Pinelands.**R** Rotorua. Peter Fitchett 07 345 6786**T** Taupo. Alison Mensen 07 378 0577**WACO** Waikato and Auckland Campus.

Melissa Edwards 09 634 8104

Wh Whangarei. Dick Rankin 09 434 6499**NOS** National Orienteering Squad. Rob Crawford 09 574 5997

Unless otherwise stated, start times are 10 am to 12 midday.

April

Sun 14 CM

Promotion Event – Maioro

Follow the signs from Waiuku

Sun 21 NW

Score Series 3 – Pulpit Rock

11am mass start (map issue 10.50)

Setter/Controller: Mark Lawson and Rob Garden

Using the southern end of the map, unused since 1993. Mostly open running and not too steep.

Access via Muiwai – Gates close at 10 45 and will be closed until after the prize giving (approx 1230). Please come early.



Sun 28 CM

Promotion Event – Reeves Farm Forest Run

Ostrich Rd, Patumahoe

May

Sun 5 NW

Score Series 4 – Wilson Road

11am mass start (map issue 10.50)

Setter/Controller: Gary Farquhar and Neil Kerrison

20 minutes north from the Parakai roundabout. Follow the signs.



Sun 5 T

CDOY – Waihora

Sun 12 CM

Promotion Event – Waiuku Forest

Sun 12

REMINDER: Closing date for Queen's Birthday 3 Day

Thu 16 A

Intermediate Champs

Sun 19 NW

Score Series 5 – Turkey Ridge/Beautiful Hills (to be confirmed)

Setter/Controller: Penny Brothers and Lisa Mead



Sun 26 NOS

Adidas Woodhill Forest Run

National Orienteering Squad fundraiser

Enquiries to Phil Wood on 09 634 8104 or

woodhillforestrun@hotmail.com

Sun 26 A

QB Warm-up – Kaipara Knolls

5 courses, 4 red, 1 orange. No yellow or white, sorry.

Signposted from Parakai, drive 35 minutes north along South Head Road.

June

- 1 - 3 NW **Queen's Birthday 3 Day – Woodhill Forest**
 A Level Multi Day Badge Event
 Entry via Forest HQ off State Highway 16.
 Pre entry event, entries close 12 May. Contact Lesley Stone for more information or entry forms Tel (09) 424 2640 Email pebble@paradise.net.nz
 Coordinators: Rob Ambler/Phil Johansen
- Sat 1 NW **Race 1 – Classic Distance**
 Setter: Rob Garden Controller: Chris Gelderman
- Sun 2 NW **Race 2 – Classic Distance (Short for M21E and W21E)**
 Setter: Mike Beveridge Controller: Marquita Gelderman
- Mon 3 NW **Race 3 – Classic Distance**
 Setter: Rob Garden Controller: Marquita Gelderman
- Sun 16 CM **OY1 – Map to be confirmed**
- Sun 30 A **OY2 – Woodhill Forest**
 Controller: John Powell
 Setter Tim Renton and Rob Jessop
 Coordinator: Edward Mains (probably)
 Signposted from Restall Road about 6km North of Waimauku on SH16. Follow Restall Road to the manned gate where there will likely be an event info sheet to collect. Continue down Restall Road and follow the O signs.
 Please park sensibly. A parking area near the event centre will be set aside for families with young children and for the workers. Otherwise, please join the end of the parking queue on the side of the road on arrival.
 The gate will be open from about 9.15am, map sales from 9.30am.
 Starts 10.00 –12.30. Full body clothing recommended for orange and red courses.
 Members: senior \$12, junior \$6, family \$24
 Non Members: senior \$14, junior \$7, family \$28

July

- Sun 7 **Training on OY Map**
- Sun 14 CM **Onewhero**
- 19 - 21 **CDOA Silva Secondary School Championships**
- Sun 28 NW **OY 4 – Turkey Ridge/Beautiful Hills (to be confirmed)**

August

- Sun 4 NW **Training on OY map**
- Sun 11 A **OY 5 – Woodhill Forest**
- Sun 18 A **Training on OY map**
- Sun 25 NW **OY 6 - Pulpit Rock**

September

Sun 1 NW **Training on OY map**
 Sun 8 W **OY 7**
 14 - 15 CM **Auckland Championships**



Sausages, cold drinks and chocolate bars available at the event.

North West News



Well done!

The April column is in danger of becoming something of a skite fest, as we have had so many positive results and successes, both as a club and as individuals in the past month.

Several individuals have received national recognition for their outstanding contributions to orienteering, while others have had the satisfaction of hard training (and no doubt natural brilliance and aptitude as well!) coming to fruition with national titles for 2002 on the Mainland at Easter.

Our special congratulations go to:

Jill Smithies – NZOF Silva Administrator of the year.

A richly deserved award for Jill, who has served for years as NWOC secretary and as a representative/ administrator for the Auckland Orienteering Association in its various guises. Prior to moving to Auckland, Jill was very active in Southland administration, and we hope that she won't simply rest on her laurels, but will continue to keep club affairs in order. Our thanks also go to her very supportive husband, Alistair.

Rob Garden – Silva Service award.

Rob has been an enthusiastic mover and shaker in orienteering circles for years, even to the extent of buying up bits of forest and farm for new maps and employing elite orienteers at MacNut farms, within spitting distance of training heaven in Woodhill forest. Rob's initiation and support of the Score event series, introduced in 2001 to much acclaim, contributed to this award, as, I'm sure, have the many training and coaching events he has instigated over the years.

"The Auckland Orienteer" and Paul Gilkison – Silva award for best magazine.

A great result for Paul, who took over the

editorship of this magazine less than a year ago and has juggled full time study (2001), job seeking (mission accomplished) and presidency of NWOC. With consummate efficiency and skills honed by a 20+ years naval career, Paul has produced an excellent and timely (I, for one, dare not miss his copy deadline dates) magazine and mouthpiece for Auckland orienteering.

It has been a good year so far for Lisa Frith, who has received a Prime Minister's scholarship, which will consist of a cash grant and payment of tuition fees for one year. Lisa has also been named in the National O squad, together with Marquita, Mark Lawson and Neil Kerrison.

Katoa Po Night relays

"B" team success - or Bert picks a winner!

With several "younger and elite runners otherwise engaged at a wedding down country, we were never going to have the talent to win the 7-person Katoa Po relay. However, club captain Bert Chapman, picked some great combinations to ensure a North West win in the 5-person category (also 2nd place) and 3rd place in the 7-person teams.

The Owl trophy went to Nick Mead (fastest Leg 1)/Mary Moen/Pip Poole/Rob Garden/Lisa Frith.

Our 7-person team of Sarah Gilkison/Terje Moen/Stam Foster/Paul Gilkison/Marquita Gelderman/Geoff Mead/Mark Lawson placed third behind a logistically unbeatable Auckland O Club team.

We made our presence at Taupo well known with our "men at work" theme, most enthusiastically supported by the large contingent of younger orienteers, decked out in construction helmets and reflective clothing, shovels and road cones. Many thanks to Trevor Carswell for his impressive collection of clothing and equipment.

Unfortunately not even our detour signs could stop Hawkes Bay winning the club award – yet again...

Bert was very pleased to accept (and quaff) the Early Bird award for the club with the earliest entries.

As always Katoa Po produced a great atmosphere of fun coupled with serious orienteering and 199 Gullies (Sunday OY event) mixed adverse weather and intricate, difficult orienteering. I wasn't the only one to spend time field working some of those gullies...

Score Series 1- Weiti

Thank you to Geoff Mead and Paul Gilkison for an excellent event, apart from the deluge around noon... and thanks to those who patiently forgave our less than perfect administration, with last minute queues at registration and some confusion over categories and results. We'll get it right next time at Slater Road!

Madeleine and Shaun Collins orchestrated pre-event training for hordes of students and it was great to see several new faces, including some impressively fit multi-sport racers.

National Champs 2002

Congratulations to our new champions for 2002. My sources report that club members had a great time down South and enjoyed magnificent facilities at the Tekapo army camp, experiencing the onset of Autumn, with snow falls on the surrounding hills and icy flurries chasing them out of the camp on Easter Monday.

The open, matagouri studded classic event terrain suited Peter Godfrey, who had a great win in M65, as did Judy Martin (W65) and Ralph King (M75).

Marquita came second in W21E, but retained her title in the Short O, and Laurie Baxter picked up the M75 short-O title.

Success also to the Michels family members of Melanie, Diane and Roel who all won top-three placings in their respective grades.

The club team of Mark Lawson, Dave Middleton and Marquita Gelderman did well to place 4th in the national relays, where the changeover area was something of an icy wind tunnel.

A&E report

Don't ignore those nasty prickles, lumps and bumps! – We are pleased to report that Dave Middleton has now recovered from surgery to his leg and is fighting fit again.

This is not the case for Peter King, who, in making an attempt to return to a full orienteering season, fractured his fibula (heel bone?) at Weiti Station and is now immobilised in a plaster cast.

Best wishes go to Nic Foster, who recently completed a building apprenticeship, and is now awaiting open heart surgery to correct damage sustained to his heart from an infection.

Vicky Hood: The Club would like to express its sincere sympathy to Charlotte, Alex and Fiona Hood on the recent death (late January) of their mother, Vicky Hood. I am sure many of us will have fond memories of Vicky's and Michael's years with NWOC.

General: Subscriptions are now due – please post to treasurer Shaun Collins, or contact him at an event soon.

Library magazines – we subscribe to CompassSport (UK) and the Australian Orienteer. As there are only a few new copies of each of these magazines a year, please ensure that you read them quickly and pass them on to another club member, so that they keep circulating. Contact Lisa Mead if you wish to be added to the circulation list.

Lisa Mead

STOP PRESS

Slater Road Score Event 2

The score series event held at Slater Road on Sunday 7 April was set by Mark Lawson and controlled by Rob Garden. The event was physical and challenging, and started from the western side of the map. The steep terrain and suitably dispersed control sites made certain that only the best orienteers would have an outside chance to collect them all. The day's winner, David Stewart, managed 77 points out of 81 possible with Fraser Mills close behind on 75. They should be concerned that Geoff Mead scored 71...

Marquita Gelderman topped the women's section with 67 – even though she was feeling 'a bit tired'.

Special thanks to the duty co-ordinators Robin and Gay Ambler and all the willing helpers on the day (especially Tristan Ware

who does a great job helping with the sausages).

Not mentioned at the event was the generous support of Robin and Gay in sponsoring the major spot prize for the series – a \$1,000

mountain bike from the Bike Barn in Takapuna. See the Bulletin Board for contact details.

Auckland Chatter



Unforeseen Obstacles at the Nationals

The greatest challenge faced by some competitors at the Nationals over Easter was not mentioned in the event book. We were warned about the matagouri and speargrass, the changeable mountain weather, the idiosyncrasies of the maps.

What we weren't warned about was the technicalities of getting into bed at night. Here we were 160 fit and happy orienteers staying at Tekapo Military Camp. Military bases are designed for the military – stiff upper lip, out in all weather, fit as buck rabbits military. This means cold cabins on an icy hillside.

And in those cabins are bunks. Two bottom bunks and two top bunks. The bottom bunks are designed to allow ample space for big soldiers to sit upright and play cards without banging their heads. The top bunks are designed to hug the sloping fibreboard ceilings, with the wirewoves and mattresses at a level above my shoulders, perhaps above my head. There have neither ladders nor hand-holds. They are certainly above the gymnastic abilities of W 65-ers – and I know that at least three W65-ers copped the top bunks.

In our cabin the four of us had a combined age of 265 (no, that's not a mistake). The girls would have had a lower bunk if the boys

had not grabbed them first – they found plenty of reasons for this, including the likelihood of having to go walkabout in the night. So this left two super-vet women to hit the top bunks.

The best technique and route choice went like this. First find a chair (not usually provided in army cabins) and place it near a window. Stand on chair, open the window, grip the outside window ledge (there was no inside ledge) and dive upwards. In this way one knee can (usually) come into contact with the top mattress. Keep diving upwards and your whole body follows. Whew!

This left just one other major challenge. This was getting down from the top bunk. Here the best route choice was to crawl to the foot of the bunk, grip the wooden slat holding the mattress in, lean out full stretch across the cabin to reach the opposite wooden slat, grip it tightly and swing down between the bunks. With luck you find the floor down there before your ankles, knees and/or hips jammed.

After three nights training we had become elite top bunkers. Piece of cake getting in and out. And so I'm back from the Nationals with a third place in the classic, great memories of the beautiful landscape around the Tekapo and Pukaki lakes, and new skills at overcoming heights. Watch out, Mt Auckland and any other forest on the side of a hill. The super vets have been training.

Jill Brewis

CMOC Champions



This month seems to be the month of champions! Who, you ask? Well, keep reading and you will find out. But I warn you, there

are several! If you are not a CMOC member, you may experience some feelings of envy. These feelings are not hazardous to your health; in fact they may be beneficial to your running speed ☺.

Firstly, congratulations to the Auckland Orienteer for winning the Silva Magazine of the Year award this year. You are doing a great job Paul! (even if you are from NW ;-P)

Watch out world, here comes Counties! CMOC are set to make our presence felt on the orienteering scene now, having just won the Silva Club Award for Club growth. Congrats and thanks to those who have been active in encouraging and inspiring new members.

It seems appropriate to now welcome our new members so far this year, Judith Burnie of Papakura and Penny Webster of Thames. Also, may I take this opportunity to remind the

rest of you that your membership renewal is due to be paid. You will have all received the booklet by now, contact someone if you haven't.

Congratulations also to Wayne Aspin, winner of the Brighthouse Trophy for consistent outstanding performances at National and Regional champs last year.

Also, we have some new National Champions in our club! Congratulations to Wayne and Trish Aspin, Ciaran and Emily Murphy, and Jayne Shuker on their National titles, and the following on their outstanding results.

Tricia Aspin	W50A	1st Classic & Short O
Wayne Aspin	M55A	1st Classic, 2nd Short O
Ian Currie	M55A	3rd Classic
Jayne Shuker	W18A	1st Classic
Marijke Currie	W18A	2nd Classic, 2nd Short O
Emily Murphy	W12A	1st Classic, 3rd Short O
Cieran Murphy	M14A	2nd Classic, 1st Short O
John Robinson	M60A	2nd Classic, 2nd Short O
Val Robinson	W60A	3rd Classic, 3rd Short O
Martin Peat	M18A	2nd Short O
George Iles	M45AS	3rd Short O

Way back before the Nationals, we held our first promotional forest event of the season on 24th March. Thanks to those who supported the event (despite the clash with Round the Bays – I went to both, and I can say it was far more peaceful in the forest!) Those on Course 1 who were cursing me as they slogged up the escarpment on the new Waiuku map would have been thanking me when they saw the hills at Craigmore in the National Relay champs! What a beautiful day it was in the forest, I hope the rest of you all enjoyed your courses as much as I enjoyed

setting them.

Coming Events: 14 April – Maioro (Signposted from Waiuku)

12 May – Waiuku Forest (for those who missed out last time!)

I will leave you with this thought for the month...

The person at the top of the mountain did not fall there

Natalie Rouse

Training Tips

"Thinking Out Loud" about Cognition in Orienteering

Bjørn Tore Johansen, Agder College, Norway

Coaches and scientists usually focus on movement execution and neglect the

tactical decisions that precede them. What are athletes actually thinking about and reacting to, while making decisions on the field? Is there a way to record the athletes' thoughts? Ask the average athlete after a game and you'll get a blank stare. Is there a better way? Doctoral candidate Bjorn Tore Johansen discusses his "think out loud" technique for studying cognition in orienteering, and speculates on ways the method may be useful in training for other sports as well.

Background

First as an orienteer, then as a coach, and now as a scientist, I have been asking myself the same basic questions: How does an orienteer experience orienteering? How does an orienteer use the map and the terrain in orienteering? What does it take to read a map? What do they really think about running out there in the forest? Is it possible to "measure" their thoughts, and would there be any advantage from doing so?

While orienteering is definitely a physically demanding sport, to the extent that a comparison is meaningful, the cognitive demands may be even more demanding. Finding one's way through unknown terrain at maximal speed with the help of only map and compass involves a number of cognitive processes: planning, thinking, remembering, recognition, to mention only a few. Various aspects of cognition in orienteering have been studied, and there have been about 20 studies published in English.

Ottosson (1996) claims that almost without exception, the published studies have adopted a cognitive-psychology or information-processing perspective. In most of the studies the method used concentrated on external behavior. In my studies of cognition in orienteering I have chosen an alternative, non-dualistic theoretical approach based on approaches that are provided by, for example, ecological psychology (Gibson, 1979), phenomenological studies of thinking (Aanstoos, 1986), and map-reading and way-finding in orienteering (Ottosson, 1987, 1996). The methodological approach I have used is the so-called *think-aloud* technique, where subjects are requested to verbalize their exact thoughts during an activity. This

method has not been used in orienteering, or in sport psychology generally, to any significant extent. My master thesis in 1990 was based on developing this method for empirical studies in orienteering (Johansen, 1991), and I have expanded on that foundation more recently in my doctoral research.

My objectives were (a) to determine the applicability of the "think-aloud" data collection method in practical terms, (b) to determine whether the data obtained could contribute to our knowledge of the complex mental activity and experience patterns in orienteering, and (c) by using orienteering as a model, to create more knowledge about complex cognitive activity in other sports for answering questions about tactics and *peak-performance* or *flow* experiences. Why and how do such experiences occur in sports? Is it possible to explain the athlete's thinking in these situations? Often we describe the knowledge demonstrated in these peak-performance situations as tacit knowledge. How tacit, or unaware, is this knowledge?

Methods and Some Results

My doctoral thesis includes two different studies where I employed the think-aloud technique for collecting data. Study 1 included 20 subjects, and Study 2 included 10 subjects. In Study 2 I also used a post-race interview. All subjects were highly skilled orienteers (junior and senior national team runners). The test situations in both studies were carried out as a race simulation. In Study 2, I attempted to gain more information by secretly altering the subjects' maps (adding or subtracting map objects). I did this to ensure I obtained data about what kind of coping strategies orienteers use in a situation where they are lost. Here, I am only discussing the results of the first study.

After transcribing the think-aloud tapes into verbatim transcripts, the data were analyzed using well-specified phenomenological procedures, where the results are achieved by *bracketing*, *intuiting*, and *describing*. In order to understand the subject's intentional world of lived experience, one must first arrive at it by a suspension, or bracketing, of all presumptive constructs. The next step was to grasp the essential psychological meanings of the subject's verbal reports. At the last step, the structural meanings

achieved were organized into a systematic structural description in order to grasp the relations of the essential meanings through their coherence.

An example

What follows is a brief transcript from one subject's verbal report recorded during a standard section of the course. Subjects wore an audio recorder secured to their backs;

"...follow now the path until a marsh is coming up, then just move to the left, it is probably best to move ahead of the marsh and then left, there comes the marsh, runs a little bit ahead, and then up left, I'm doing that now, run up the hill a bit, can see the boulder, there it is [the control]..."

The data from this study indicate that the task in orienteering is pre-experienced by a period of map reading. During this period of map reading the orienteers extract and focus on specific information from the information-dense map. In the example above, we see the subject focuses on the marsh and its position in the terrain relative to the path and the final target (the control). This transcript exemplifies a recurring theme: orienteers are highly focused on certain terrain details. When the orienteers have a *focal awareness* at certain details they have built up an *expectation* of what they are going to meet. The subject above is focused on the marsh and is expecting it to appear in a short time. This expectation, or a *pre-experienced* version of the terrain, is the basis for which way the orienteers decide on the movement between two controls.

However, this expectation has no real meaning for the orienteers until, during the movement through the terrain, they can attune it with the perceptually experienced version of the terrain. Only because the orienteers are focally aware of specific terrain details or structures are they able to make a direct perception of these details in the terrain. What the orienteers perceive and perceive directly, without anything that could be called processing, can be looked upon as *affordances* (Gibson, 1979), meaning what a setting, an object, or an event affords in terms of possible actions (Ottosson, 1996). So when the marsh appears, the orienteer can confirm the location and thereby his or her accurate position in the terrain. Then the orienteer continues towards the final target, in

this case the boulder where the control is placed.

Harmony (flow experience)

In the example above, the subject's pre-experienced version of the terrain melts together with his perceptually experienced version of the terrain during movement. The two versions harmonize with each other and throughout the entire performance the subject's expectation is dynamically developed for further movement towards the final target (the control). In this stage of *harmony* the orienteers have a perceived certainty of their own location in relation to their interpretation of the whole situation. They experience a kind of flow that I believe is similar to flow experience or peak performance situations in other sports.

"When Flow Stops" (break down experience)

The results reveal also that some orienteers experience a stage of *non-harmony* during running. These orienteers have, according to their verbal report, a less focal awareness on certain terrain details and therefore a less accurate expectation. They experience uncertainty during movement. A non-harmony stage appears when the orienteer's perceptually experienced version of the terrain gives no meaning, or at least in the beginning very little meaning. They are not able to make an exact location of their present position in the terrain. They now experience a *break down* and loss of performance time. Following break down we see *reflection* and through additional map-reading they start thematizing information for a location of their accurate position.

Another example

This out-take is from the same subject but in another place in the course. It illustrates a break down experience followed by reflection and reorientation.

"...here is the big path coming in front of you, checking the direction, hey, what is this, move a little bit further here, see if this is correct, this is a bit strange, here is the path, the path against the little cabin, follows that, what is this, no, [curse], this isn't, damn it, damn it, this is not right, what is wrong, back to where I came from, stand in the cross, triangle cross, yeah right, running now in the right direction..."

Other Characterisations

I found minor differences between female and male orienteers. The females are more accurate in their map-reading, and they build up a more detailed expectation. However, when the task is experienced as difficult, the females become more passive and defensive in their running than the males. Recordings of females include phrases like; "...there are few details to go by, this is going to be difficult..." At the same leg in the course males report phrases like; "...here I have to use the compass, be accurate with the direction...". In certain situations the male orienteers show more offensive and active tactics in their running.

Implications for Other Sports

My results suggest that the think-aloud method can be a viable research technique when it is paired with a phenomenological procedure of data analysis for describing cognition in orienteering. Hopefully it will also prove useful as a powerful method for collecting data for analyses of other complex sports activities. Focal awareness of specific details, rapid matching of expectation and perception, and execution of appropriate physical movement might serve as a generic cognition-centred description of the court mastery of Michael Jordan or Larry Bird, the dominance of Anja Andersen in handball, or the field vision of Eric Cantona in soccer. If we understood what they are *thinking* (focusing on and perceiving?) during a game, could we use the information to "teach" the flow experience?

I will consider the example of soccer in a little more detail. Today it is commonly accepted that a football goal-keeper reaches peak game performance near age 30, because it takes years to acquire sufficient tactical experience rather than the physical skills. Despite this excessive development period, few appear to be questioning the overall training methods for young goal-keepers, at least in Norway. To accelerate the learning curve in the future, instead of focusing training on strength and technique acquisition, we may need to focus more on processes that constitute aspects of cognition--planning, decision-making, and problem-solving--to obtain the right actions in the different tactical situations during a game

of football.

In training young goal-keepers to improve their tactical experience it is possible to focus more on the following:

1. Studying relevant situations on video and guide the young athletes by giving them tasks of different character. For example, you could stop the video in a certain situation and let them predict what happens next, or let them decide a goal-keeper's next relevant move or appropriate action.
2. Practicing the same tactical training by creating overloads situations where, for example, six forwards play against three defenders. This is much more relevant to goal keeping in real games than repeated practice with one shooter approaching the goal.
3. Combining live overload situations created in practice with the think-aloud technique while video recording the goal-keeper. By combining video analysis with simultaneous "think-aloud" recording the coach and athlete together can better recognise the tactical mistakes that proceed unsuccessful movement solutions. If a coach can hear the thoughts that preceded the athlete's tactical actions, the coach might have a better chance of correcting the technique problem at its source.

Finally I want to emphasise that I have presented only a glimpse of the results from my studies of cognition in orienteering. The whole investigation will be published as a doctoral thesis in 1997.

References

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www.sportsci.org

What's

Hot Hot Hot

- The score events are still good. Seeing lots of students competing.
- Shaun's new version of the NWOC website. Make sure to visit <http://www.geocities.com/nwocnz>
- The commitment to using electronic punching at the NZ Championships 2003
- Shaun and Mad's coaching clinic.



What's losing its edge?

- Are we paying too much for events?
- Do spot prizes make a difference?



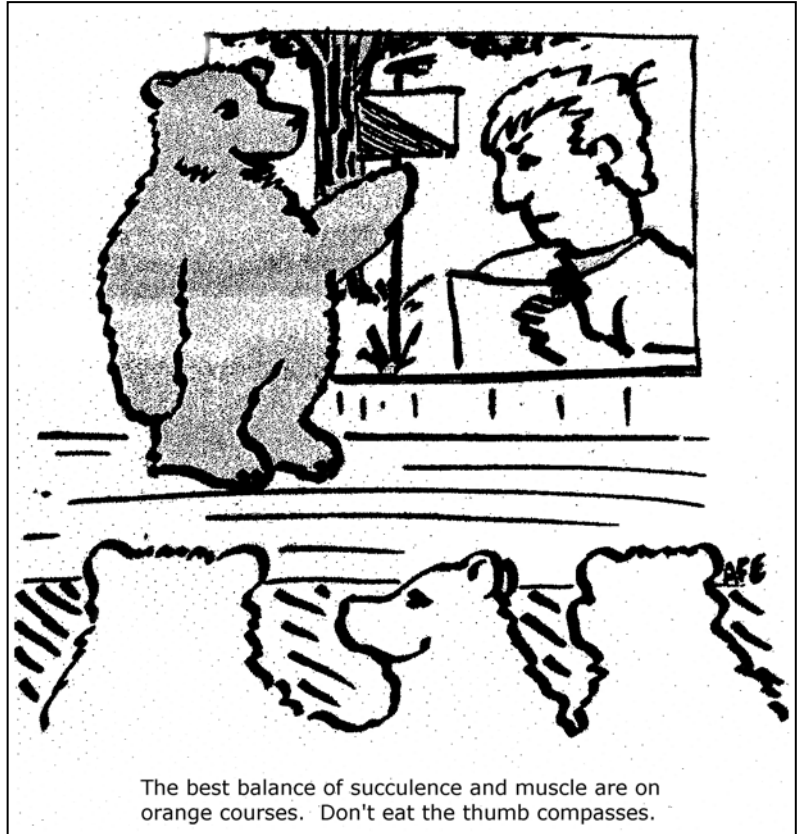
Punch Lines



Caption Competition

'Lyndsay proves Darwin's theory of evolution.'

(Name withheld by special request!)



The best balance of succulence and muscle are on orange courses. Don't eat the thumb compasses.

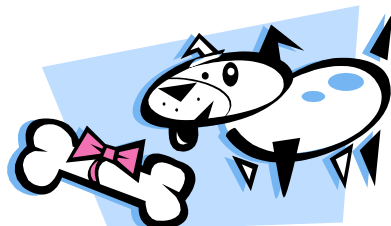
With thanks to the SOC Magazine



Caption Competition - April

Do we really want to know what Bert is up to?!

Suggestions please...



MARINES STORM ASHORE - IN THE WRONG COUNTRY

This was the headline in a British daily, as a detachment of Royal Marines got their map reading wrong and accidentally invaded Spain. The twenty commandos had been aiming, of course, for British soil, a few hundred yards away in Gibraltar, but arrived in La Linea and fanned across the beach adopting firing positions. Two local policemen managed to repel the invasion by pointing out the most obvious point of orientation (the Rock).

The Royal Marines display only one battle honour on their cap badges - Gibraltar. Having successfully found it in 1704, 1800 marines stormed the Rock, which was ceded to Britain by the Treaty of Utrecht in 1713. Britain is currently in negotiations with Spain on a form of co-sovereignty but both governments are making light of the incident, blaming it on bad weather.

Compassport

Kidz Kontrol!

Hi everyone

Hope you are all having a good Easter, and a fun holiday. Not so good that we have to go back to school. This month I've drawn a picture for you to colour in. Adults are allowed to give it a go too.

It's really hard to keep a magazine going if there isn't anything from the kids that I'm writing for. I have only got one email from anyone so far, and that was from a teacher. I

think we juniors need to say more about what we want. Like if we want a training camp that includes white course runners, why not ask for it?

You can contact me at 12 Albert Rd Devonport Auckland, or by email at funkstar66@hotmail.com

Sarah



Letter

✉ **Dear O-friends,**

I would like to invite you to competitions organised by our club - Sportcentrum Jicin.

This year, 31st July - 4th August we are organising the popular 5 days O Jicin competition in the Czech Republic again. It will be in beautiful rocky terrain near the town of Doksy.

You have a great chance to spend a nice orienteering week during summer.

We are organising a world ranking event in the same terrain at the end of May 2002.

If you are interested, please see our web page <http://objicin.tpc.cz> or contact me on kala@razdva.cz. Best regards, Tomas Kalensky, Sportcentrum Jicin

Results

2002 New Zealand Orienteering Champs

Classic Results: 'Irishman Creek'

M21E	Course 1			Alistair Cory-Wright	PAPO	56:43	G
Bruce McLeod	DOC	86:52	G	Jeff Greenwood	AK	64:40	S
Jason Markham	PAPO	87:23	G	Darren Scott	SOC	67:42	S
Karl Dravitzki	EOC	87:24	G	Simon Faulkner	WOC	82:29	I
Mark Lawson	NWOC	92:20	G	M40A	Course 3		
Alistair Landels	AK	93:18	G	Sergey Kokorin	PAPO	49:40	G
Aaron Prince	PAPO	94:17	G	Paul Dalton	WAI	55:04	G
Chris Forne	PAPO	95:45	G	Scott Vennell	AK	58:15	G
Michael Adams	PAPO	97:01	G	Alister Metherell	PAPO	59:32	S
Rob Jessop	AK	97:59	G	Grant Davidson	TOC	63:34	S
Brent Edwards	CM	99:40	S	Alan Horn	WOC	66:33	B
Stuart Barr	WOC	103:04	S	David King	HVOC	67:51	B
Andrew McCarthy	HVOC	107:31	S	Wayne Gray	NOC	71:05	B
Ove Oksvold	SWE	111:18	B	Andrew McNeill	EOC	72:23	I
Mark Hudson	HBOC	116:25	B	Dave Armstrong	PAPO	72:56	I
Steve Gurney	PAPO	132:08	I	Hamish Goodwin	HBOC	80:07	I
Michael Tagg	DOC	133:29	I	M45A	Course 3		
Steve John	PAPO	150:50	I	Malcolm Ingham	WOC	53:17	G
Neil Kerrison	EOC	DNS		Peter Watson	HBOC	55:41	G
M20A	Course 2			Ray Pratt	PAPO	58:51	G
Greg Flynn	HOC	57:58	G	Bruce Meder	PAPO	65:39	S
Ross Morrison	HBOC	59:47	G	Mark McKenna	ROC	65:40	S
Aaron Searle	DOC	62:47	G	Hans Kunzi	NOC	66:39	S
Michael Smithson	PAPO	63:25	G	Dick Dinsdale	WOC	67:00	S
David Stewart	AK	64:42	G	Evan France	SOC	68:00	S
James Bradshaw	WOC	67:50	S	Geoff Morrison	HBOC	68:14	B
Todd Oates	HBOC	71:55	S	Paul Horner	SOC	71:34	B
Bryn Davies	RK	75:02	B	Rob Kay	NOC	71:34	B
Johannes Zachrau	GER	79:26	B	Allan Grant	DOC	74:36	B
Tim Edmonds	WOC	92:04	I	Rob Miller	PAPO	75:12	I
M21A	Course 2			Dave Laurie	PAPO	75:21	I
Jamie Stewart	DOC	53:35	G	Andrew McGowan	PAPO	78:43	I
Steve Holden	WOC	70:13	S	Robert Whittle	PAPO	93:16	I
Mick Finn	HVOC	77:45	B	Mark Grover	PAPO	99:24	I
William Flockton	DOC	80:29	B	Greg Smithson	PAPO	111:14	I
Rob Batt	DOC	82:05	B	Myles Thayer	DOC	DNS	
Michael Croxford	NOC	83:57	B	M21AS	Course 4		
Julian Maclaren	PAPO	84:55	B	Michael Wood (UNOF)	HVOC	43:18	
Dave Barr	DOC	86:09	I	Ian Sydenham	AK	49:57	G
Paul Rogers	DOC	97:10	I	William Power	WOC	50:37	G
Kev Knowles	DOC	DNF		Benjamin Balmforth	AK	57:06	S
W21E	Course 2			David Fisher	HBOC	60:11	S
Penny Kane	DOC	63:10	G	Nic Gorman	HVOC	65:03	B
Marquita Gelderman	NWOC	65:58	G	Ian Harrison	PAPO	68:21	B
Rachel Smith	PAPO	69:39	G	Tony Roger	PAPO	69:08	B
Lara Prince	PAPO	71:41	G	Peter Bakos	HVOC	74:16	I
Natalie Rouse	CM	81:04	B	James Shulmeister	PAPO	74:19	I
Oksana Isavnina	PAPO	88:08	B	Tim Jowett	HBOC	77:40	I
Antonia Wood	HVOC	DNF		Peter Murphy	CM	91:46	I
M18A	Course 3			John Gibson	PAPO	117:55	I
Ciaran Thayer	DOC	59:08	G	Tom McGirr	PAPO	151:15	I
Tim Renton	AK	61:47	G	M50A	Course 4		
Bryan Stokes	PAPO	65:56	G	Joe Sherriff	SOC	40:55	G
Andrew Whiteford	WOC	74:21	S	Derek Morrison	HBOC	42:55	G
Dion Kennedy	SOC	79:08	B	Alistair Stewart	AK	47:13	S
Tane Cambridge	DOC	83:17	I	Dave Browning	DOC	48:19	S
Martin Peat	CM	89:08	I	Stuart Payne	PAPO	48:45	S
Jesse Robertson	DOC	105:37	I	Simon Swaffield	PAPO	49:00	S
Peter Wilson	DOC	116:03	I	Pat Bodger	PAPO	49:51	S
Jason van Dyk	HVOC	119:28	I	Lindsay Smith	DOC	55:00	B
M35A	Course 2			Alan Foote	SOC	56:13	B
Bill Edwards	HVOC	56:00	G	Roel Michels	NWOC	56:37	B
				Neil Kane	WOC	56:53	B

Stan Foster	NWOC	58:00	I	Lorri O'Brien	NWOC	71:45	I
George Elliott	PAPO	60:38	I	Jenny Maclaren	PAPO	73:10	I
Richard English	PAPO	61:29	I	Annie Grant	DOC	75:23	I
Piers Maclaren	PAPO	61:32	I	Jennifer Hudson	DOC	76:03	I
Bruce Collins	DOC	67:33	I	Helen Carman	DOC	76:21	I
David Pugh-Williams	PAPO	67:34	I	Christine Whiteford	WOC	77:17	I
Phillip Johansen	NWOC	70:21	I	Barbara Barr	WAI	78:10	I
Rob Garden	NWOC	70:22	I	Sheryl Collins	DOC	114:39	I
Stuart Melville	DOC	73:30	I	Mary Mackintosh	PAPO	129:36	I
Mike Reid	ROC	76:09	I				
Bob Cunningham	DOC	79:25	I				
W20A	Course 4			M55A	Course 5b		
Kate Bodger	PAPO	46:03	G	Wayne Aspin	CM	41:44	G
Monika Faessler	SWI	50:10	G	Dave Middleton	NWOC	42:04	G
Claire Paterson	RK	55:38	G	Ian Currie	CM	48:44	S
				Terje Moen	NWOC	49:51	S
W21A	Course 4			Richard Rankin	WHO	49:51	S
Anna Pulford	WOC	55:21	G	Peter Fitchett	ROC	51:03	S
Francesca	DOC	58:01	G	Lyndsay Shuker	CM	51:13	S
Kathryn Rankin	WHO	61:38	G	Jim Barr	WAI	56:32	B
Julie Grant	DOC	62:30	G	Bruce Henderson	HVOC	64:42	I
Kathy Perreau	WOC	65:23	S	Gavin Craw	DOC	66:48	I
Iona Powell	PAPO	73:13	B	Bruce Spittle	DOC	75:58	I
Sarah Underwood	WOC	74:10	B	David Edmonds	WOC	80:07	I
Maria Smith	DOC	83:30	I	Robert Sampson	PAPO	111:19	I
				W18A	Course 5b		
W35A	Course 4			Jayne Shuker	CM	55:13	G
Jean Cory-Wright	PAPO	56:08	G	Marijke Currie	CM	73:35	S
Michelle Metherell	PAPO	58:49	G	Frances Bodger	PAPO	84:08	B
Kate Kingston	PAPO	60:12	G	Kelly Fogden	WHO	84:53	B
Jan Davies	PAPO	72:21	B	Jenie Iles	CM	85:36	B
Pamela Morrison	HBOC	74:57	B	Emma Watson	HBOC	112:06	I
Katrina Wilke	PAPO	80:39	I				
Nicola Kinzett	AK	82:47	I	W45A	Course 5b		
Lisa Pilkington	PAPO	83:39	I	Roz Clayton	PAPO	45:38	G
				Gillian Ingham	WOC	47:02	G
W40A	Course 4			Ngaira Davies	RK	50:52	G
Linda Mead	HVOC	67:58	G	Joy Talbot	PAPO	53:12	S
Jo Wilson	SOC	70:44	G	Val Rogers	PAPO	63:00	B
Lynne John	PAPO	115:44	I	Janet Dobbie	WOC	69:24	I
Liz Nicholson	WAI	DNS		Pam Whitla	PAPO	69:30	I
				Jane Forsyth	DOC	71:33	I
M40AS	Course 5a			Hilary Iles	CM	83:57	I
William MacManus	PAPO	55:53	G	Josie Boland	HBOC	85:00	I
Ross Davies	RK	58:24	G	Raewyn Bennett	AK	120:54	I
Graeme Barrett	HBOC	58:45	G				
Tony Paterson	RK	59:29	G	M65A	Course 6		
Grant Hudson	DOC	59:34	G	Peter Godfrey	NWOC	42:56	G
Graham Allan	PAPO	63:09	G	Ian Holden	DOC	44:42	G
David McDiarmid	SOC	67:16	S	Svend Pedersen	SOC	50:24	S
Alan Carman	DOC	81:07	I	Tom Clendon	AK	56:12	B
Lance Andrewes	WOC	85:03	I	Bert Chapman	NWOC	57:53	B
Andy Clayton	PAPO	100:27	I	Andrew Brewis	AK	59:00	B
Greg Bristow	HBOC	109:54	I				
George Iles	CM	1WC		W21AS	Course 6		
				Erica Hobbs	HBOC	57:54	G
M60A	Course 5a			Claire Rankin	WHO	58:35	G
Graham Fortune	WOC	41:48	G	Belinda Sydenham	AK	64:29	G
John Robinson	CM	47:39	G	Helen Sharpe	WOC	70:18	S
Kevin McGlinchy	PAPO	51:05	S	Alison Comer	AK	DNS	
Don Fraser	NOC	55:42	S				
George McLeod	DOC	56:00	B	W40AS	Course 6		
Alex Cook	PAPO	59:21	B	Caroline Watson	HBOC	44:17	G
Gavin Scott	HVOC	61:33	I	Dianne Michels	NWOC	52:27	G
Terry Nuthall	AK	72:46	I	Pat McKenna	ROC	55:59	S
John Powell	AK	M1C		Penny Wright	PAPO	72:40	I
				Beverley Holder	WOC	73:21	I
W50A	Course 5a			Jo Kay	NOC	79:39	I
Patricia Aspin	CM	45:05	G	Paula McDiarmid	SOC	89:29	I
Royce Mills	RK	46:15	G	Kathryn Edmonds	WOC	1WC	
Lisbeth Hornell	NWOC	53:15	S				
Chrissie Williams	PAPO	54:43	S	W55A	Course 6		
Mary Moen	NWOC	55:05	S	Jill Dalton	WACO	37:58	G
Doesjka Currie	CM	56:47	S	Pauline Abblett	SOC	40:37	G
Kathrin Mueller	PAPO	56:50	S	Eunice McLeod	DOC	40:51	G
Joanna Stewart	AK	65:41	I	Kate Fortune	WOC	42:43	G
Dorothy Kane	WOC	67:50	I	Judy Browning	DOC	52:11	B
Bev Shuker	CM	71:40	I	Pat Taylor	DOC	54:51	I
				Philippa Henderson	HVOC	60:10	I

Rae Powell	AK	61:52	I	Robyn Reid	ROC	89:08	I
Margaret Tagg	DOC	71:14	I	Pam Thayer	DOC	DNS	
Barbara Rankin	WHO	81:16	I				
M70A	Course 7			M14A	Course 11		
Keith Dobbie	ROC	49:04	I	Matthew Radford	DOC	31:49	G
M75A	Course 7			Ciaran Murphy	CM	32:10	G
Ralph King	NWOC	57:36	I	Brendan Thayer	DOC	37:37	S
Laurie Baxter	NWOC	82:47	I	Huw John	PAPO	40:18	B
W60A	Course 7			Conal Boland-Bristow	HBOC	53:01	I
Bunny Rathbone	DOC	39:22	G	Bernie Homes	WOC	71:36	I
Trish Faulkner	PAPO	42:34	G				
Val Robinson	CM	43:25	G	M16B	Course 11		
Judy Wilson	DOC	75:35	I	David Grant	DOC	34:26	I
Pat Ehrhardt	DOC	121:13	I				
W65A	Course 7			M21C	Course 11		
Judy Martin	NWOC	40:20	G	Tony van Dyk	HVOC	59:25	I
Ann Scott	SOC	41:55	G				
Jill Brewis	AK	58:41	I	W14A	Course 11		
Ann Fettes	PAPO	63:00	I	Josie Grover	PAPO	40:35	G
Heather Clendon	AK	72:50	I	Melanie Michels	NWOC	40:49	G
W70A	Course 7			Nicola Henderson	PAPO	43:19	G
Ann McCarthy	SOC	76:09	I	Claire Dinsdale	WOC	54:42	B
M16A	Course 8			Jennifer McGowan	PAPO	55:45	B
Simon Addison	HOC	36:42	G	Helen Watson	HBOC	64:36	I
Hamish Kay	NOC	42:53	G				
Rhys John	PAPO	48:55	S	W16B	Course 11		
James Watson	HBOC	49:38	S	Megan Platt	PAPO	58:04	I
Robert Paterson	RK	53:29	B				
James Sherriff	SOC	57:56	I	W21C	Course 11		
David McCarthy	HVOC	64:20	I	Debbie Hudson	HBOC	54:52	I
David Knowles	HVOC	76:30	I	Amanda Batt	DOC	61:15	I
M21B	Course 8			Lynnette Dobbie	ROC	DNF	
Gerard MacManus	PAPO	69:35	G				
Jonny Rogers	PAPO	71:46	G	M12	Course 12		
Jeremy Elrick	DOC	117:55	I	Aari Barrett	HBOC	20:10	G
Edward Pilbrow	PAPO	128:21	I	Simon Kunzi	NOC	21:33	G
M20B	Course 9			Martin Swaffield	PAPO	24:12	S
Heng Zhang	PAPO	62:22	I	Duncan Morrison	HBOC	24:27	S
Barry Wing-Kei Chan	PAPO	DNF		Robbie McGowan	PAPO	24:30	S
M40B	Course 9			Jack Edmonds	WOC	27:07	B
Seppo Kuusisto	PAPO	40:07	I	Lawrence Elliott	PAPO	30:42	I
Richard Hensby	PAPO	93:22	I	Jeremy Metherell	PAPO	30:46	I
W16A	Course 9			David Wright	PAPO	30:54	I
Rita Homes	WOC	34:03	G	Mathias Kunzi	NOC	32:12	I
Sarah Gray	NOC	36:23	G	Oliver Watson	HBOC	32:13	I
Amber Morrison	HBOC	38:58	G	Owain John	PAPO	36:13	I
Georgia Whittle	PAPO	40:57	S	Michael Kay	NOC	38:38	I
Lizzie Ingham	WOC	52:27	I	Alex Bennett	AK	72:36	I
Erika Boland-Bristow	HBOC	66:02	I				
Rhonda Thayer	DOC	77:03	I	M14B	Course 12		
Erin Whittle	PAPO	84:35	I	Nigel Michels	NWOC	DNS	
Katie Brigham-Watson	HBOC	109:46	I				
W21B	Course 9			W12	Course 12		
Sia Svendsen	PAPO	64:57	I	Emily Murphy	CM	24:37	G
Ket Bradshaw	PAPO	76:01	I	Selena Metherell	PAPO	29:42	G
M50B	Course 10			Rachel Goodwin	HBOC	29:53	G
Owen Cambridge	DOC	1WC		Kate Morrison	HBOC	30:51	S
W40B	Course 10			Rachel Allan	PAPO	36:13	B
Linley Earnshaw	PAPO	34:46	G	Sarah Wright	PAPO	42:55	I
Heather Pugh-Williams	PAPO	59:34	B	Emily Dinsdale	WOC	46:09	I
Susan McGowan	PAPO	61:07	B				
Kathy Grover	PAPO	68:33	I				
Cynthia Sampson	PAPO	73:57	I				
Nicky Bodger	PAPO	118:38	I				
W50B	Course 10						
Jane Cloete	DOC	43:28	G				
Marjorie Spittle	DOC	54:59	B				
Evlynn Smith	DOC	55:00	B				

Short-O Results: 'Tekapo'

M21E	Course 1	Race 1	Race	Total		M18A	Course 3	Race 1	Race	Total			
Bruce McLeod	DOC	34:15	----	34:15	G	Ciaran Thayer	DOC	37:21	29:26	66:47	G		
Jason Markham	PAPO	37:56	----	37:56	G	Martin Peat	CM	43:20	25:09	68:29	G		
Bill Edwards	HVOC	38:19	----	38:19	G	Dion Kennedy	SOC	39:30	29:02	68:32	G		
Alistair Landels	AK	38:39	----	38:39	G	Andrew	WOC	31:58	36:58	68:56	G		
Mark Lawson	NWOC	38:47	----	38:47	G	Whiteford							
Michael Adams	PAPO	39:13	----	39:13	G	Tim Renton	AK	45:38	27:08	72:46	G		
Aaron Prince	PAPO	39:21	----	39:21	G	Tane	DOC	42:45	37:08	79:53	S		
Brent Edwards	CM	39:47	----	39:47	G	Cambridge							
Ross Morrison	HBOC	40:51	----	40:51	S	Jason van Dyk	HVOC	48:00	36:18	84:18	S		
Greg Flynn	HOC	41:49	----	41:49	S	Bryan Stokes	PAPO	46:40	37:55	84:35	B		
Jamie Stewart	DOC	42:57	----	42:57	S	Peter Wilson	DOC	46:56	64:04	111:00	I		
Bryn Davies	RK	44:08	----	44:08	S	Jesse	DOC	80:11	41:58	122:09	I		
Alistair Cory-Wright	PAPO	44:18	----	44:18	S	Robertson							
Karl Dravitzki	EOC	46:21	----	46:21	B	M40A	Course 3	Race 1	Race	Total			
Mark Hudson	HBOC	46:27	----	46:27	B	Sergey Kokorin	PAPO	32:27	23:07	55:34	G		
Chris Forne	PAPO	48:33	----	48:33	B	Paul Dalton	WAI	33:26	27:29	60:55	G		
Rob Jessop	AK	49:03	----	49:03	B	Alister Metherell	PAPO	35:31	26:56	62:27	G		
Michael Tagg	DOC	50:05	----	50:05	I	Scott Vennell	AK	33:57	28:58	62:55	G		
Steve Gurney	PAPO	62:19	----	62:19	I	Dave Armstrong	PAPO	32:40	30:19	62:59	G		
Andrew	HVOC	64:47	----	64:47	I	Grant Davidson	TOC	38:17	30:43	69:00	S		
McCarthy						David King	HVOC	45:54	33:40	79:34	B		
Steve John	PAPO	66:30	----	66:30	I	Hamish	HBOC	51:54	41:46	93:40	I		
Paul Rogers	DOC	89:35	----	89:35	I	Goodwin							
Stuart Barr	WOC	DNF	----	DNF		Andrew McNeill	EOC	48:37	46:53	95:30	I		
Ove Oksvold	SWE	DNF	----	DNF		Wayne Gray	NOC	54:41	45:55	100:36	I		
Neil Kerrison	EOC	DNS	----	DNS		Graeme Barrett	HBOC	68:59	53:36	122:35	I		
M20A	Course 2	Race 1	Race	Total		M45A	Course 3	Race 1	Race	Total			
David Stewart	AK	38:41	32:41	71:22	G	Peter Watson	HBOC	35:08	25:30	60:38	G		
James Bradshaw	WOC	46:23	29:03	75:26	G	Geoff Morrison	HBOC	33:15	29:21	62:36	G		
Tim Edmonds	WOC	41:48	35:25	77:13	G	Evan France	SOC	32:55	30:40	63:35	G		
Todd Oates	HBOC	52:35	31:05	83:40	S	Hans Kunzi	NOC	42:00	30:34	72:34	S		
Michael	PAPO	47:51	35:54	83:45	S	Ray Pratt	PAPO	41:26	31:17	72:43	S		
Smithson						Dick Dinsdale	WOC	36:49	36:25	73:14	S		
Johannes	GER	50:36	33:58	84:34	S	Rob Kay	NOC	37:01	36:33	73:34	S		
Zachrau						Rob Miller	PAPO	38:27	47:10	85:37	I		
Aaron Searle	DOC	56:46	38:25	95:11	B	Robert Whittle	PAPO	51:55	35:25	87:20	I		
Robert Iles	unatta	60:47	43:04	103:51	I	Dave Laurie	PAPO	51:04	36:25	87:29	I		
M21A	Course 2	Race 1	Race	Total		Ross Davies	RK	50:22	37:38	88:00	I		
Steve Holden	WOC	45:09	30:26	75:35	G	Andrew	PAPO	52:37	39:36	92:13	I		
William Flockton	DOC	44:25	40:20	84:45	G	McGowan							
Michael	NOC	47:20	40:55	88:15	G	Paul Horner	SOC	48:12	44:50	93:02	I		
Croxford						Allan Grant	DOC	57:24	69:44	127:08	I		
Julian Maclaren	PAPO	59:58	44:07	104:05	B	Malcolm	WOC	35:40	DNS	DSQ			
Rob Batt	DOC	48:03	56:58	105:01	B	Ingham							
Dave Barr	DOC	DNS	DNS	DNS		Bruce Meder	PAPO	43:44	DNF	DNF			
Kev Knowles	DOC	DNS	DNS	DNS		Myles Thayer	DOC	DNS	DNS	DNS			
M35A	Course 2	Race 1	Race	Total		M21AS	Course 4	Race 1	Race	Total			
Darren Scott	SOC	40:45	32:53	73:38	G	Benjamin	AK	34:27	30:37	65:04	G		
Jeff Greenwood	AK	44:37	33:07	77:44	G	Balmforth							
Alan Horn	WOC	43:12	40:27	83:39	S	William Power	WOC	34:16	32:50	67:06	G		
Simon Faulkner	WOC	50:44	45:28	96:12	B	Ian Sydenham	AK	36:02	32:13	68:15	G		
Mark McKenna	ROC	49:01	DNS	DSQ		Nic Gorman	HVOC	38:32	34:06	72:38	G		
James	PAPO	M1C	DNS	DSQ		Robert Paterson	RK	42:52	34:19	77:11	S		
Shulmeister						Peter Bakos	HVOC	43:11	36:49	80:00	S		
W21E	Course 2	Race 1	Race	Total		Ian Harrison	PAPO	44:00	37:03	81:03	S		
Marquita	NWOC	38:53	----	38:53	G	David Fisher	HBOC	50:53	34:37	85:30	B		
Gelderman						Tim Jowett	HBOC	49:37	38:45	88:22	B		
Lara Prince	PAPO	48:21	----	48:21	G	Tony Roger	PAPO	48:37	40:25	89:02	B		
Oksana	PAPO	48:50	----	48:50	G	John Gibson	PAPO	48:33	40:55	89:28	B		
Isavnina						Tom McGirr	PAPO	52:32	46:32	99:04	I		
Penny Kane	DOC	51:10	----	51:10	S	Peter Murphy	CM	DNS	DNS	DNS			
Jean Cory-Wright	PAPO	51:30	----	51:30	S	M50A	Course 4	Race 1	Race	Total			
Natalie Rouse	CM	53:12	----	53:12	S	Roel Michels	NWOC	28:42	26:40	55:22	G		
Rachel Smith	PAPO	70:22	----	70:22	I	Stuart Payne	PAPO	30:47	29:11	59:58	G		
Antonia Wood	HVOC	DNF	----	DNF		Dave Browning	DOC	31:52	30:40	62:32	G		
						Rob Garden	NWOC	27:13	38:33	65:46	S		
						George Elliott	PAPO	34:06	32:46	66:52	S		
						Neil Kane	WOC	37:29	30:57	68:26	S		
						Pat Bodger	PAPO	34:45	33:50	68:35	S		
						Alistair Stewart	AK	37:41	33:44	71:25	S		
						Alan Foote	SOC	36:31	37:41	74:12	B		

David Pugh-Williams	PAPO	41:51	36:15	78:06	B	M60A	Course 5	Race 1	Race	Total	
Stan Foster	NWOC	48:01	33:12	81:13	I	Graham Fortune	WOC	22:53	21:22	44:15	G
Piers Maclaren	PAPO	45:06	39:37	84:43	I	John Robinson	CM	24:24	22:38	47:02	G
Bruce Collins	DOC	52:56	49:55	102:51	I	George McLeod	DOC	27:31	27:51	55:22	S
Richard English	PAPO	50:28	52:57	103:25	I	Gavin Scott	HVOC	27:58	28:22	56:20	S
Tony Paterson	RK	65:48	43:07	108:55	I	Terry Nuthall	AK	31:13	30:06	61:19	B
Phillip Johansen	NWOC	58:20	DNS	DSQ		John Powell	AK	37:23	30:32	67:55	I
Stuart Melville	DOC	65:31	DNS	DSQ		Don Fraser	NOC	43:44	38:17	82:01	I
Derek Morrison	HBOC	37:53	1WC	1WC		John Davies	PAPO	DNS	46:38	DSQ	
Mike Reid	ROC	58:44	DNS	DSQ		W18A	Course 5	Race 1	Race	Total	
Joe Sherriff	SOC	1WC	29:01	1WC		Amber Morrison	HBOC	22:58	21:07	44:05	G
Lindsay Smith	DOC	M1C	38:13	M1C		Marijke Currie	CM	26:53	23:32	50:25	G
W20A	Course 4	Race 1	Race	Total		Kelly Fogden	WHO	31:21	24:23	55:44	S
Kate Bodger	PAPO	38:59	30:15	69:14	G	Jenie Iles	CM	31:15	25:17	56:32	S
Claire Paterson	RK	38:36	31:22	69:58	G	Frances Bodger	PAPO	35:19	28:53	64:12	B
Monika Faessler	SWI	52:54	29:17	82:11	S	Jayne Shuker	CM	46:13	26:47	73:00	I
W21A	Course 4	Race 1	Race	Total		W45A	Course 5	Race 1	Race	Total	
Francesca	DOC	41:03	28:19	69:22	G	Roz Clayton	PAPO	22:43	21:15	43:58	G
Kathryn Rankin	WHO	41:48	31:40	73:28	G	Joy Talbot	PAPO	24:05	24:45	48:50	G
Anna Pulford	WOC	46:43	28:09	74:52	G	Val Rogers	PAPO	27:06	34:02	61:08	B
Maria Smith	DOC	40:27	37:38	78:05	G	Hilary Iles	CM	40:19	27:42	68:01	I
Iona Powell	PAPO	46:02	44:13	90:15	B	Pam Whitla	PAPO	36:05	35:51	71:56	I
Julie Grant	DOC	56:36	39:47	96:23	B	Janet Dobbie	WOC	38:38	39:26	78:04	I
Sarah Underwood	WOC	58:56	49:21	108:17	I	Jane Forsyth	DOC	43:49	35:11	79:00	I
Kathy Perreau	WOC	63:50	53:48	117:38	I	Penny Wright	PAPO	44:26	37:07	81:33	I
W35A	Course 4	Race 1	Race	Total		Ngairie Davies	RK	54:22	30:45	85:07	I
Pamela Morrison	HBOC	38:59	31:16	70:15	G	Josie Boland	HBOC	58:27	38:49	97:16	I
Michelle Metherell	PAPO	41:44	36:17	78:01	G	Raewyn Bennett	AK	69:31	53:33	123:04	I
Kate Kingston	PAPO	42:28	39:02	81:30	G	W50A	Course 5	Race 1	Race	Total	
Lisa Pilkington	PAPO	50:59	38:28	89:27	S	Patricia Aspin	CM	24:31	22:37	47:08	G
Jan Davies	PAPO	53:58	37:11	91:09	S	Royce Mills	RK	25:50	24:32	50:22	G
Katrina Wilke	PAPO	45:37	46:25	92:02	S	Dorothy Kane	WOC	31:18	29:54	61:12	B
Nicola Kinzett	AK	69:30	51:54	121:24	I	Lisbeth Hornell	NWOC	35:09	29:10	64:19	B
W40A	Course 4	Race 1	Race	Total		Jill Dalton	WACO	36:58	27:37	64:35	B
Gillian Ingham	WOC	37:26	27:32	64:58	G	Chrissie Williams	PAPO	30:58	33:37	64:35	B
Linda Mead	HVOC	39:42	32:18	72:00	G	Joanna Stewart	AK	31:07	33:40	64:47	B
Jo Wilson	SOC	41:21	38:55	80:16	S	Doesjka Currie	CM	35:11	30:38	65:49	B
Lynne John	PAPO	58:13	53:01	111:14	I	Lorri O'Brien	NWOC	29:24	37:56	67:20	I
Jenny Biddulph	PAPO	69:45	44:14	113:59	I	Mary Moen	NWOC	38:24	32:25	70:49	I
Liz Nicholson	WAI	DNS	DNS	DNS		Barbara Barr	WAI	41:55	34:16	76:11	I
M40AS	Course 5	Race 1	Race	Total		Bev Shuker	CM	45:59	33:26	79:25	I
William MacManus	PAPO	31:07	25:38	56:45	G	Annie Grant	DOC	46:09	33:36	79:45	I
David McDiarmid	SOC	29:14	30:33	59:47	G	Christine Whiteford	WOC	48:54	45:48	94:42	I
George Iles	CM	34:28	28:42	63:10	G	Stella Berendt	RK	51:29	43:59	95:28	I
Grant Hudson	DOC	36:45	39:04	75:49	B	Jennifer Hudson	DOC	47:58	49:29	97:27	I
Lance Andrewes	WOC	48:39	48:17	96:56	I	Sheryl Collins	DOC	46:11	51:35	97:46	I
Greg Bristow	HBOC	64:57	40:51	105:48	I	Mary Mackintosh	PAPO	98:18	65:06	163:24	I
Alan Carman	DOC	DNS	DNS	DNS		Helen Carman	DOC	DNS	DNS	DNS	
M55A	Course 5	Race 1	Race	Total		M65A	Course 6	Race 1	Race	Total	
Michael Wood	HVOC	21:53	20:16	42:09	G	Svend Pedersen	SOC	26:49	30:09	56:58	G
Wayne Aspin	CM	22:00	20:17	42:17	G	Ian Holden	DOC	42:06	26:47	68:53	G
Dave Middleton	NWOC	21:56	20:44	42:40	G	Andrew Brewis	AK	44:47	35:06	79:53	B
Peter Fitchett	ROC	27:55	22:22	50:17	S	Bert Chapman	NWOC	43:10	42:07	85:17	B
Richard Rankin	WHO	28:22	27:27	55:49	B	Tom Clendon	AK	43:16	42:56	86:12	B
Terje Moen	NWOC	33:42	22:57	56:39	B	Peter Godfrey	NWOC	70:37	51:55	122:32	I
Bruce Henderson	HVOC	29:33	27:34	57:07	B	W21AS	Course 6	Race 1	Race	Total	
Jim Barr	WAI	35:46	24:45	60:31	I	Claire Rankin	WHO	22:26	21:21	43:47	G
Lyndsay Shuker	CM	28:13	32:53	61:06	I	Erica Hobbs	HBOC	25:53	34:24	60:17	I
Ian Currie	CM	39:52	23:47	63:39	I	Alison Comer	AK	34:04	38:11	72:15	I
David Edmonds	WOC	34:03	34:01	68:04	I	Helen Sharpe	WOC	52:07	36:15	88:22	I
Bruce Spittle	DOC	34:43	40:50	75:33	I	Belinda Sydenham	AK	M1C	43:13	M1C	
Robert Sampson	PAPO	52:41	M1C	M1C		W40AS	Course 6	Race 1	Race	Total	
						Dianne Michels	NWOC	29:42	30:36	60:18	G
						Caroline	HBOC	36:34	23:53	60:27	G

Watson						Katie Brigham-Watson	HBOC	47:02	43:15	90:17	I
Beverley Holder	WOC	38:18	31:27	69:45	S						
Pat McKenna	ROC	40:17	29:40	69:57	S						
Paula	SOC	59:08	43:52	103:00	I	W21B	Course 9	Race 1	Race	Total	
McDiarmid						Ket Bradshaw	PAPO	31:23	25:32	56:55	I
Kathryn	WOC	84:09	43:43	127:52	I	Sia Svendsen	PAPO	27:17	45:18	72:35	I
Edmonds											
W55A	Course 6	Race 1	Race	Total		M50B	Course 10	Race 1	Race	Total	
Judy Browning	DOC	38:15	30:48	69:03	G	Owen	DOC	22:06	27:30	49:36	I
Kate Fortune	WOC	44:00	25:34	69:34	G	Cambridge					
Eunice McLeod	DOC	36:54	42:12	79:06	S	Neville Berendt	RK	25:58	29:25	55:23	I
Pauline Abblett	SOC	48:12	31:21	79:33	S	W40B	Course 10	Race 1	Race	Total	
Philippa	HVOC	48:19	31:34	79:53	S	Linley	PAPO	22:48	19:20	42:08	G
Henderson						Earnshaw					
Pat Taylor	DOC	62:07	25:03	87:10	B	Heather Pugh-Williams	PAPO	24:46	35:47	60:33	S
Rae Powell	AK	50:57	38:26	89:23	B	Susan	PAPO	34:37	28:38	63:15	S
Margaret Tagg	DOC	72:14	57:52	130:06	I	McGowan					
Barbara Rankin	WHO	88:42	43:26	132:08	I	Nicky Bodger	PAPO	28:44	43:45	72:29	I
						Cynthia	PAPO	41:53	45:18	87:11	I
						Sampson					
M70A	Course 7	Race 1	Race	Total		W50B	Course 10	Race 1	Race	Total	
Keith Dobbie	ROC	39:39	44:04	83:43	I	Jane Cloete	DOC	21:28	46:33	68:01	G
						Evlynn Smith	DOC	37:15	42:02	79:17	S
M75A	Course 7	Race 1	Race	Total		Marjorie Spittle	DOC	32:35	51:13	83:48	S
Laurie Baxter	NWOC	43:50	38:40	82:30	I	Pam Thayer	DOC	DNS	DNS	DNS	
Ralph King	NWOC	46:42	39:42	86:24	I						
						M14A	Course 11	Race 1	Race	Total	
W60A	Course 7	Race 1	Race	Total		Ciaran Murphy	CM	10:23	-----	10:23	G
Bunny	DOC	32:17	21:43	54:00	G	Matthew	DOC	12:17	-----	12:17	G
Rathbone						Radford					
Trish Faulkner	PAPO	28:38	30:42	59:20	G	Brendan Thayer	DOC	12:28	-----	12:28	G
Val Robinson	CM	50:42	52:02	102:44	I	Bernie Homes	WOC	15:37	-----	15:37	I
Judy Wilson	DOC	71:11	46:00	117:11	I	Huw John	PAPO	15:42	-----	15:42	I
Pat Ehrhardt	DOC	92:02	DNF	DNF		Conal Boland-Bristow	HBOC	19:52	-----	19:52	I
Robyn Davies	PAPO	DNS	DNS	DNS		Duncan	HBOC	20:17	-----	20:17	I
						Morrison					
W65A	Course 7	Race 1	Race	Total		M16B	Course 11	Race 1	Race	Total	
Ann Scott	SOC	27:59	27:53	55:52	G	David Grant	DOC	14:16	-----	14:16	I
Judy Martin	NWOC	31:37	29:27	61:04	G						
Ann Fettes	PAPO	31:27	38:16	69:43	S	M21C	Course 11	Race 1	Race	Total	
Heather	AK	43:39	47:09	90:48	I	Tony van Dyk	HVOC	22:30	-----	22:30	I
Clendon											
Jill Brewis	AK	44:29	51:27	95:56	I	W14A	Course 11	Race 1	Race	Total	
						Kate Morrison	HBOC	13:38	-----	13:38	G
W70A	Course 7	Race 1	Race	Total		Helen Watson	HBOC	15:56	-----	15:56	G
Ann McCarthy	SOC	53:58	42:28	96:26	I	Nicola	PAPO	16:35	-----	16:35	G
						Henderson					
M16A	Course 8	Race 1	Race	Total		Claire Dinsdale	WOC	16:48	-----	16:48	S
Simon Addison	HOC	17:42	17:32	35:14	G	Jennifer	PAPO	23:59	-----	23:59	I
Hamish Kay	NOC	19:58	23:23	43:21	G	McGowan					
David McCarthy	HVOC	22:00	27:20	49:20	B	Melanie Michels	NWOC	25:48	-----	25:48	I
James Sherriff	SOC	27:06	22:26	49:32	B						
James Watson	HBOC	25:48	35:29	61:17	I	W16B	Course 11	Race 1	Race	Total	
Rhys John	PAPO	43:05	24:03	67:08	I	Megan Platt	PAPO	50:20	-----	50:20	I
David Knowles	HVOC	45:25	53:53	99:18	I						
						W21C	Course 11	Race 1	Race	Total	
M21B	Course 8	Race 1	Race	Total		Amanda Batt	DOC	16:13	-----	16:13	I
Jeremy Elrick	DOC	29:47	29:38	59:25	G	Debbie Hudson	HBOC	19:36	-----	19:36	I
Edward Pilbrow	PAPO	23:18	42:03	65:21	G	Lynnette Dobbie	ROC	DNS	-----	DNS	
Jonny Rogers	PAPO	29:41	37:24	67:05	S						
Gerard	PAPO	32:38	34:36	67:14	S	M12	Course 12	Race 1	Race	Total	
MacManus						Aari Barrett	HBOC	7:20	6:46	14:06	G
Heng Zhang	PAPO	41:17	35:03	76:20	B	Robbie	PAPO	8:29	7:01	15:30	G
Barry Wing-Kei Chan	PAPO	66:26	58:27	124:53	I	McGowan					
						Simon Kunzi	NOC	10:41	7:44	18:25	S
M40B	Course 9	Race 1	Race	Total		Mathias Kunzi	NOC	9:42	9:03	18:45	B
Richard Hensby	PAPO	35:46	29:14	65:00	I	Jack Edmonds	WOC	8:46	10:10	18:56	B
						Lawrence Elliott	PAPO	10:56	8:24	19:20	B
W16A	Course 9	Race 1	Race	Total		Martin Swaffield	PAPO	11:14	8:15	19:29	B
Rita Homes	WOC	21:38	20:06	41:44	G	Jeremy	PAPO	11:53	7:40	19:33	B
Emma Watson	HBOC	20:42	21:12	41:54	G	Metherell					
Lizzie Ingham	WOC	23:34	21:51	45:25	G	David Wright	PAPO	10:54	8:53	19:47	B
Georgia Whitla	PAPO	27:04	18:46	45:50	G	Owain John	PAPO	12:24	8:18	20:42	I
Sarah Gray	NOC	20:34	25:44	46:18	G	Alex Bennett	AK	17:10	14:09	31:19	I
Erin Whitla	PAPO	26:02	23:42	49:44	S						
Rhonda Thayer	DOC	31:04	36:47	67:51	I						
Erika Boland-Bristow	HBOC	39:19	36:18	75:37	I						

Oliver Watson	HBOC	23:32	DNS	DSQ	Selena Metherell	PAPO	10:57	8:37	19:34	G
M14B	Course 12	Race 1	Race	Total	Emily Murphy	CM	12:12	7:40	19:52	G
Nigel Michels	NWOC	DNS	DNS	DNS	Sarah Wright	PAPO	16:36	10:57	27:33	I
W12	Course 12	Race 1	Race	Total	Emily Dinsdale	WOC	18:12	9:37	27:49	I
Rachel Goodwin	HBOC	8:29	7:20	15:49						G

Relay Results: 'The Gorge'

Team	Club	Leg 1	Leg 2	Leg 3	Total
DOC's Big Mac Combo	DOC	Bruce McLeod 39:44	George McLeod 23:59	Ciaran Thayer 23:19	87:02
Karaka	WOC	Stuart Barr 40:11	Gillian Ingham 22:43	Malcolm Ingham 25:07	88:01
Michael's Racing Adventurers	PAPO	Michael Adams 40:21	Roz Clayton 24:47	Alister Metherell 26:46	91:54
NWOC 01	NWOC	Mark Lawson 39:54	Dave Middleton 23:36	Marquita Gelderman 29:16	92:46
Auckland 1	AK	Rob Jessop 40:06	Terry Nuthall 28:23	Tim Renton 25:33	94:02
Win By De Fault	HVOC	Bill Edwards 43:25	Michael Wood 23:11	David King 27:30	94:06
P.C.ays	CM	Brent Edwards 42:21	Patricia Aspin 24:52	Wayne Aspin 27:44	94:57
DOC's Lively Lads	DOC	Jamie Stewart 40:07	Ian Holden 26:46	Dave Browning 30:23	97:16
The Chiefs	HOC-ROC	Greg Flynn 44:25	Simon Addison 21:36	Peter Fitchett 34:30	100:31
Chris' Fight Dodgers	PAPO	Chris Forne 43:07	Frances Bodger 27:21	Dave Armstrong 30:58	101:26
Hotsuns	HBOC	Ross Morrison 49:37	Amber Morrison 26:44	Geoff Morrison 26:33	102:54
Houghton	WOC	James Bradshaw 45:59	Kate Fortune 29:11	Graham Fortune 29:46	104:56
Alistair's Prancing Kontroller	PAPO	Alistair Cory-Wright 41:42	Pam Whittle 31:37	Kate Bodger 34:40	107:59
Egmont-Wairarapa	EOC-WAI	Karl Dravitzki 38:45	Barbara Barr 35:33	Jim Barr 34:02	108:20
Aaron's Tricky Jumpers	PAPO	Aaron Prince 43:24	Tony Roger 31:21	Jean Cory-Wright 34:39	109:24
Ray's Lightning Bolters	PAPO	Ray Pratt 51:44	Lisa Pilkington 29:34	Bruce Meder 28:40	109:58
Auckland 3	AK	Jeff Greenwood 45:02	Joanna Stewart 38:15	Ian Sydenham 27:31	110:48
Steve's Matagouri Dashers	PAPO	Steve Gurney 51:30	Michelle Metherell 28:34	Dave Laurie 31:59	112:03
Counties Rouseabouts	CM	Natalie Rouse 58:13	Jayne Shuker 29:18	Martin Peat 25:23	112:54
Lara's Wily Planners	PAPO	Lara Prince 50:48	William MacManus 34:03	Pat Bodger 28:22	113:13
Awesuns	HBOC	Todd Oates 44:20	Josie Boland 30:53	Tim Jowett 38:14	113:27
Setting Suns	HBOC	Hamish Goodwin 46:43	Greg Bristow 28:45	David Fisher 38:11	113:39
Craig Less (UNOF) Left Overs	HVOC GER-CM	Mick Finn 50:41	Gavin Scott 28:40	Linda Mead 34:42	114:03
		Johannes Zachrau 50:29	Val Robinson 35:16	John Robinson 29:46	115:31
Evans	WOC	Steve Holden 50:53	Lizzie Ingham 34:56	Dick Dinsdale 31:16	117:05
Rob's Agile Rovers	PAPO	Rob Miller 56:56	Alex Cook 31:13	Robert Whittle 29:10	117:19
DOC's Searly Swifties	DOC	Aaron Searle 44:34	Jane Forsyth 32:47	Pat Taylor 41:21	118:42
DOC's Dangerous Damsels	DOC	Penny Kane 52:49	Eunice McLeod 32:30	Julie Grant 33:23	118:42
DOC's Top Tag Team	DOC	Michael Tagg 52:20	Bunny Rathbone 33:06	Francesca 33:17	118:43
Southland 2	SOC	Evan France 53:30	Ann Scott 34:43	Paul Horner 31:54	120:07
Auckland 2	AK	David Stewart 42:10	John Powell 49:36	Scott Vennell 29:47	121:33
D3	RK	Bryn Davies 45:16	Ngairie Davies 38:32	Ross Davies 39:58	123:46
Michael's Thicket Streakers	PAPO	Michael Smithson 64:33	Trish Faulkner 30:09	Stuart Payne 29:51	124:33
Breaker	WOC	Neil Kane 59:01	Christine Whiteford 37:27	William Power 31:32	128:00
Lyall	WOC	Tim Edmonds 58:00	David Edmonds 32:10	Janet Dobbie 37:52	128:02
Southland 3	SOC	Alan Foote 57:31	Pauline Abblett 36:13	Dion Kennedy 35:11	128:55
DOC's Beauty & the Beasts	DOC	Dave Barr 61:12	Judy Browning 39:08	Lindsay Smith 29:20	129:40
George's Jolly Athletes	PAPO	George Elliott 62:50	John Davies 33:11	Andrew McGowan 34:05	130:06
P3	RK	Claire Paterson 68:54	Robert Paterson 27:12	Tony Paterson 35:07	131:13
(UNOF) Sia's Hilly Reentrants	SWE-PAPO	Sara Wallen 53:01	Heng Zhang 35:15	Sia Svendsen 42:58	131:14
NWOC 02	NWOC	Stan Foster 60:44	Mary Moen 37:06	Terje Moen 35:25	133:15
Scorching	WOC	Alan Horn 62:59	Dorothy Kane 33:39	Rita Homes 37:03	133:41
(UNOF) Bryan's	PAPO-	Bryan Stokes 57:54	Penny Wright 36:07	Grant Hudson 42:59	137:00

Team	Club	Leg 1	Leg 2	Leg 3	Total			
Prickly	DOC							
The Bombay Curries	CM	Marijke Currie	66:30	Doesjka Currie	34:58	Ian Currie	40:45	142:13
Shelly	WOC	Anna Pulford	68:46	Kathryn Edmonds	49:24	Andrew Whiteford	30:09	148:19
NWOC 04	NWOC	Roel Michels	54:43	Ralph King	54:18	Dianne Michels	39:43	148:44
Nederbroodje	HVOC	Nic Gorman	66:44	Philippa Henderson	48:06	Jason van Dyk	36:13	151:03
B2+M	RK	Royce Mills	60:38	Stella Berendt	48:04	Neville Berendt	43:34	152:16
(UNOF) Mixed Combination	EOC-NWOC-NOC	Andrew McNeill	55:16	Bert Chapman	49:07	Don Fraser	49:04	153:27
Southland 4	SOC	Darren Scott	51:14	Ann McCarthy	57:36	Svend Pedersen	44:50	153:40
NWOC 03	NWOC	Phillip Johansen	68:34	Judy Martin	42:45	Peter Godfrey	42:22	153:41
Ian's Grass Joggers	PAPO	Ian Harrison	68:50	Gerard MacManus	42:19	Jan Davies	45:07	156:16
The Heat	HBOC	Mark Hudson	49:07	Erica Hobbs	32:47	Derek Morrison	M1C	M1C
Southland 1	SOC	Joe Sherriff	M1C	James Sherriff	30:29	Jo Wilson	33:26	M1C
Auckland 4	AK	Alistair Stewart	M1C	Alison Comer	42:21	Nicola Kinzett	43:11	M1C
Hungry Horse	HVOC	Andrew McCarthy	DNF	Bruce Henderson	30:21	Peter Bakos	34:41	DNF

Mixed Short

Team	Club	Leg 1	Leg 2	Leg 3	Total			
Second Is Nowhere	HBOC	Peter Watson	28:12	Emma Watson	11:04	James Watson	19:16	58:32
Iona's Resourceful Gallopers	PAPO	Iona Powell	36:23	Robbie McGowan	12:37	Georgia Whitla	18:28	67:28
Blazing Suns	HBOC	Graeme Barrett	36:33	Rachel Goodwin	14:10	Aari Barrett	18:17	69:00
(UNOF) Kaukau	WOC-PAPO	Sarah Underwood	37:46	Claire Dinsdale	13:08	Barry Wing-Kei Chan	18:29	69:23
Morris Suns	HBOC	Pamela Morrison	37:06	Kate Morrison	14:54	Duncan Morrison	20:51	72:51
DOC's M & M's	DOC	Maria Smith	40:14	Matthew Radford	11:16	Margaret Tagg	28:55	80:25
Tinakori	WOC	Kathy Perreau	40:32	Emily Dinsdale	18:13	Beverley Holder	23:22	82:07
Family Backup	HBOC	Caroline Watson	40:42	Oliver Watson	20:27	Helen Watson	21:02	82:11
DOC's Mixed Shorties	DOC	Bruce Spittle	46:48	Brendan Thayer	11:00	Rhonda Thayer	24:47	82:35
Erin's Junior Navigators	PAPO	Erin Whitla	39:53	Jeremy Metherell	21:24	Nicola Henderson	24:46	86:03
Victoria	WOC	Helen Sharpe	43:59	Jack Edmonds	16:10	Bernie Homes	28:50	88:59
(UNOF) DOC's Lovely Ladies	DOC	Jennifer Hudson	44:09	Marjorie Spittle	21:49	Evlynn Smith	35:17	101:15
(UNOF) Auckland A	SWI-AK	Monika Faessler	32:14	Alex Bennett	31:05	Raewyn Bennett	38:05	101:24
Rising Suns	HBOC	Erika Boland-Bristow	59:01	Conal Boland-	14:33	Katie Brigham-	33:07	106:41
Heather's Scorching Runners	PAPO	Heather Pugh-	60:03	Selena Metherell	17:06	Robyn Davies	34:40	111:49
(UNOF) Auckland B	AK	Andrew Brewis	63:50	Belinda Sydenham	19:28	Jill Brewis	31:54	115:12
(UNOF) Auckland C	AK	Tom Clendon	67:21	Heather Clendon	22:36	Rae Powell	29:49	119:46
Nicky's Dynamic Mappers	PAPO	Nicky Bodger	83:35	David Wright	15:05	Megan Platt	29:22	128:02
Nelson	NOC	Hans Kunzi	29:26	Mathias Kunzi	13:52	Simon Kunzi	1WC	1WC
NWOC Short	NWOC	Lorri O'Brien	42:34	Melanie Michels	14:35	Laurie Baxter	1WC	1WC
(UNOF) St Pats	HVOC-NOC	David McCarthy	1WC	David Knowles	12:50	Sarah Gray	18:08	1WC
Gone Wild	NOC							
(UNOF) Katrina Wilke	PAPO--	Katrina Wilke	38:51		----		----	----
(UNOF) Ket Bradshaw	PAPO--	Ket Bradshaw	40:52		----		----	----

...and just for the Amblers who thought we wouldn't find out why they weren't at the Nationals:

Australian 3 Day 2002; Goulburn NSW; Overall results

M55A (50)	14 Ambler Robin NW Z	52:27 (21)	51:20 (15)	42:02 (12)	145:49
W45+B (20)	8 Ambler Gay NW Z	73:19 (12)	48:45 (6)	64:19 (6)	186:23

Bulletin Board

YOUR MAGAZINE NEEDS YOU

The next edition deadline is April 30th

Please submit any photos, snippets, opinions, questions, full length articles, junior page ideas, also ran info, open forum content... you have the technology and orienteering in New Zealand would love to have your input - any age any grade any level - the magazine is yours - help keep it informative, interesting, and worthwhile reading.

Please send all contributions to the editors - any time before the 30th April. THANK YOU
Lindsay and Evlynn Smith

Joint Editors

nzOrienteering

orienteering@paradise.net.nz

ph/fax (03) 4811474



Flooring First Whangaparoa

621 Whangaparoa Rd

Ph 09 4241919 Fax 09 4241919 email

flooringfirstbc@paradise.net.nz

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Dear Orienteer

Graham Frith, father of Lisa and Paul, long time orienteer, one time South Auckland Club member, and 20+ year resident of the lovely South Island Alpine village of Hamner Springs, is moving to Auckland with his lovely new wife Juliet.

Juliet has accepted a position with St. Johns Ambulance in Auckland as from June 4th 2002. We are desperate for somewhere to live. Have you a House Sitting position, a Boat sitting idea, or a dog kennel without a leaking roof that we might look after for you?

Please let us know, or phone Lisa @ 09 631 0611.

Look forward to hearing from you.

Graham and Juliet

22 Bath St

Hamner Springs

Ph/Fax 03 315 7517

Email ju-grum@hotmail.com

More Photos Needed

Please! If you have photos that might be suitable for the magazine, please let me use them. Any format, any time.

Thanks, Ed

Last Bits


Next Issue: **May 2002**

Please send your editorial contributions to Paul Gilkison, 12 Albert Rd, Devonport, or email psquared@iconz.co.nz. tel 09 445 4306, **to arrive before 5 May.**

Distribution

If you change your address (and still wish to have this magazine reach you!), please contact your club membership officer or Andrew Bell on 09 411 7166 or email the.bells@xtra.co.nz.

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Not everything about Orienteering needs to be hard! Di Michels and Lesley Stone discussing a route choice at the NWOC AGM.



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