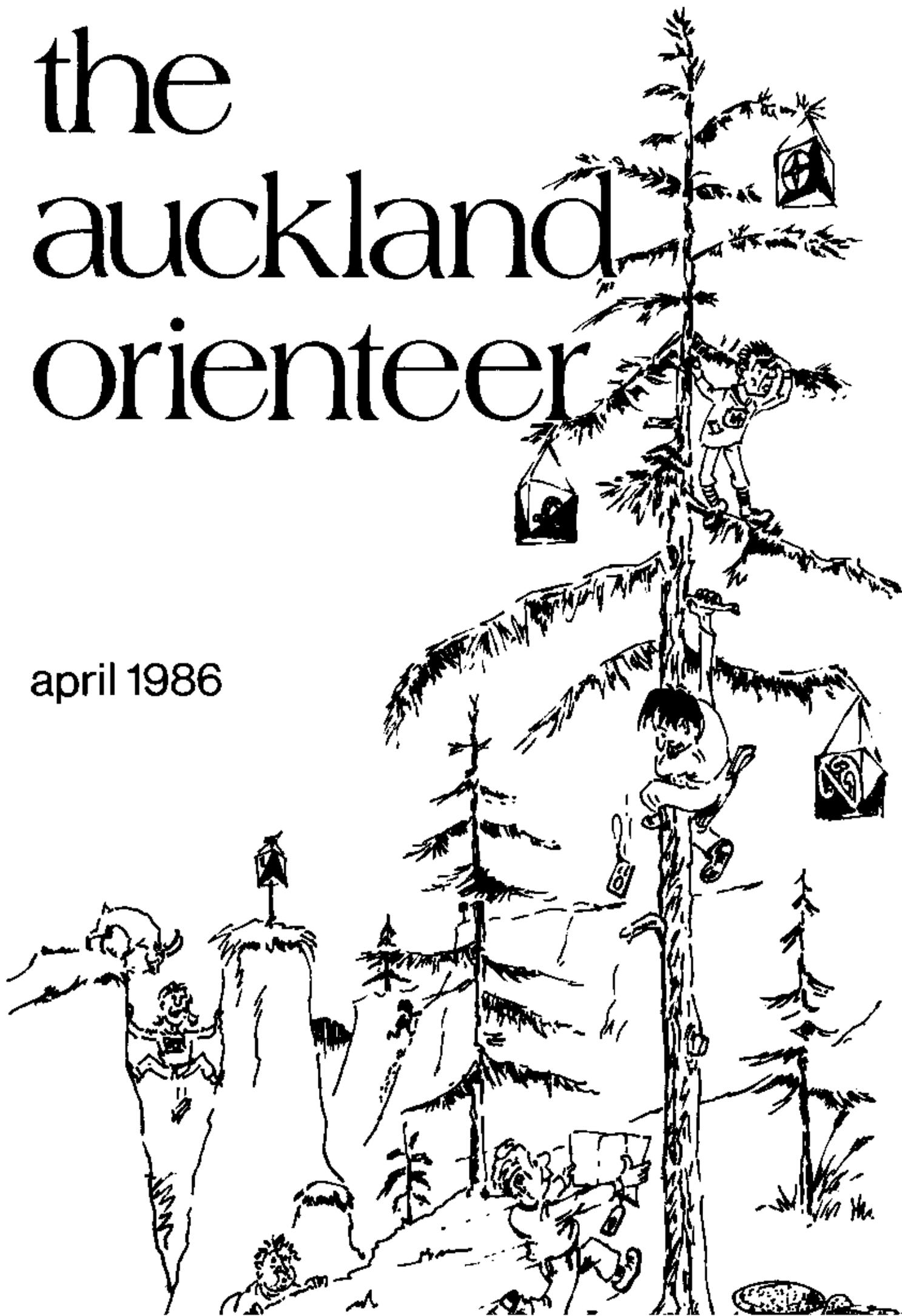


the auckland orienteer

april 1986



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INSERTS

Enrolment Form for Queens Birthday Workshop. Return by 19 May
Winstone Forest Run Entry Form

CLUB SECRETARIES

Central: Jill Roberts
182 Methuen Road, Avondale, 7 Phone 884-375

North West: Paul Kearney
105 Moire Road, Massey, 8 Phone WEI-7111

South Auckland: Bev Laurent
Smiths Road, R D 2, Waiuku Phone WKU-58939



COMING EVENTS

APRIL

- 6 SA Port Waikato: ADA QY1 on Ngapuriri map. Refer last month's magazine for details.
- 13 SA Huiuku Forest: Technique training day. Various exercises will be set up for you to practice your orienteering techniques. There will also be a course set with the intention of experienced orienteers taking beginners round with them.
- 13 P Tokoroa: CDOA QY2 on Te Whetu map. Small but very detailed map of hilly forest surrounding dis-used air strip. Turn left off S.H.1 at Puriri Road midway between Putaruru and Tokoroa. Start times 11.00am to 1.00pm.
- 20 NW Weiti Station: ADA QY2 on farm/forest map. See page 24 for more information.
- 25/27 W/HV Wellington/Masterton: Anzac Weekend event. Details in last month's magazine.
- 27 SA Ahitu Peninsula: ADA QY3 on Matakawau map. See page 24 for more details.

MAY

- 1 C Secondary Schools Championships. Pre-entry by schools.
- 4 Woodhill Forest Run: 5km and 10km fun runs through the forest organised by the Training Squad. Details on page 8 and entry form enclosed.
- 10 SA Ahitu Peninsula : Milo 7-Day event, Day 1.)
- 11 C Woodhill Forest: Milo 7-Day event, Day 2.)
- 12 NW Mount Auckland: Milo 7-Day event, Day 3.) Entries
- 14 H Hamilton: Milo 7-Day event, Day 4.) closed
- 16 P Tokoroa: Milo 7-Day event, Day 5.) 31 March
- 17 T Taupo: Milo 7-Day event, Day 6.)
- 18 R Rotorua: Milo 7-Day event, Day 7.)
- 31/2 HB Havelock North: National Orienteering Workshop.
- 31 NW Woodhill Forest: First day of Queen's Birthday 3-day on Puketapu Road map.

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START TIMES

Events usually have start times between 10.00am and 1.00pm unless otherwise advised.

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ENTRY CLOSING DATES

APRIL 12 Anzac Weekend event. Send entries to :
J.Rutledge, 11 Farm Road, Northland, Wellington

APRIL 18 Winstone Forest Run. Entries to :
R.Wagner, 12 Parkway Drive, Mairangi Bay

LETTERS TO THE EDITOR

Dear Editor,

In issue one of "The Auckland Orienteer", Paul Dalton asked the question "Do we want orienteering to grow?", some good answers were given and some problems outlined.

But there is one problem which I do not think was covered. If you turn to page 13 of issue one and look at the recommendations of the AOA Technical Officer you will see what I mean. What I am referring to is the length, and maybe more so, the degree of difficulty of the men's and women's 21B and 21C grades.

Take the M21 beginner; he has just taken the plunge from Novice, where he has spent 3 months or so, and entered M21C. He has to cope with an increase from about 1.5km to 3-3.5km and from very easy orienteering to easy/medium difficulty, usually more medium (or worse) than easy. Shouldn't this course still be basic o'ing? This course may not be too bad, but there is worse to come for those who survive, because the next step to M21B is not a nice graduation!! It is a giant leap, something like attempting to climb Mt Cook just after learning to climb One Tree Hill. Yes, the new M21B runners are faced with a course of 4.5-5.5km, not that bad really, but the degree of difficulty goes not to medium (which it should be), but to HARD. So here we have an aspiring orienteer out for some weekend enjoyment, still really learning the basics, faced with a long hard course, even getting common controls with the Elite; he gets lost, depressed and doesn't come back! OK, imagine he sticks at it, survives and becomes pretty good and wants to move up another step to M21A. What does he get, a step of one course, 1.5km longer and no difficulty increase. No challenge whatsoever just when he is looking for one.

For the ladies it is not quite as bad. W21C is pretty well right, but once again to get to W21B there is a 5 course, 1.5-2.0km increase! At least the difficulty only goes from easy to medium. Once over this hurdle the next step to W21A is only 1 course and 1km.

Surely the steps between these grades can be more evenly spaced so that the challenge is there all the way, and the courses are more manageable to new orienteers. So I say to the AOA Technical Officer, the AOA and the NZOF (their recommendations are as bad), let us not drive these beginners away! Let us revise the grade combinations and have something sensible ready for the first OY at Ngapuriri.

Concerned South Aucklander

Unfortunately, Concerned South Aucklander, it is impossible to have the correct degree of length and difficulty for all grades without having almost a different course for each one. Some compromises have to be made. From what you say I assume you would prefer M21B to be on course 5 for the OY series. What do other M21B competitors think?

I think it really depends on the type of map and terrain. In a difficult forest area course 4 should be more Medium than Hard and certainly should not be sharing common controls with courses 1 and 2. This is perhaps not so important in an easy open area.

The Editor

Dear Editor,

Decisions, decisions! To be, or not to be fifty - that is the question.

After campaigning for years for the older age grades to be represented in the NZ/Aust Challenge, I now find myself in the position to run in such an older grade. Also it seems that if all NZ veterans had volunteered for their correct age grade in the NZ trials (Elite & World teams excepted) NZ might have had a better chance of defeating the Aussies in at least a few of the older grades in the last few Challenges.

But I now find that I do not want to run up a grade unless I can persuade all other Half-Centurians to do likewise, and the courses in NZ are lengthened to suit - there might be a risk of "Pot-Hunting" accusations too!

So please may I make a plea through your pages to all veteran orienteers to seriously consider running in their correct age grades - especially in NZ trials. This would result in longer and more challenging courses for older grades (accompanied by suitable B grades, especially 50B) and it would also give relatively younger competitors more of a chance in their own grade without being overshadowed by the old hands. It works OK in Veteran running and Track & Field events - why not in Orienteering?

But principles are principles so I sign myself reluctantly,

Ex-Peter Pan

Dear Editor,

Orienteering seems to be full of Peter Pans; those who having passed the magic age continue to run in a lower age group. While resembling Peter Pan in their wish to stay young, they do not resemble him in their devotion to duty (for he was a thing of duty as well as a boy for ever).

Unless orienteers run in their true age groups the standards in the older ones will remain artificially depressed, thus continuing to ruin our chances in international age-group competition. Rising youngsters will be discouraged and selectors perplexed.

Perhaps course-setters could help by increasing the standard in older age-groups and by encouraging B-grade courses for those who don't feel up to A-grade ones. The main action however, must ultimately come from ourselves, as we reach our magic birthdays, grit our teeth, and step through to where we truly belong.

Peter Pan Too

Dear Editor,

I have been reading with interest the ideas on park events - namely to encourage more people to our sport. I remember attending only one or two local events at the most when I started, and then it was off to Woodhill or Waiuku to see what the sport was really about. I say, if people are not prepared to use their initiative and travel to where the events are, then forget them. I for one have better things to do than molly-coddle people wanting a day's stroll in the park.

For me orienteering is being alone in a forest or the bush, and I can still feel content even if I'm last in the results. Now it is becoming less enjoyable for me, with rutted farm paddocks and soggy marshes. If I wanted cross-country running I would have joined a harrier club. I realise that orienteering skills still apply to both forest and farm, but the atmosphere is different. Personally I would be happier with a well-used forest map than a new farmland or park map.

I now await with interest the screams of horror triggered by my opinion.

Lesley Stone

At the risk of arousing matrimonial disharmony your Editor can't publish the above letter without making his own thoughts on the subject known.

I would probably have never tried orienteering if it were not for park events, as it was at such an event at Rangitoto College that I first had a go at this sport. Certainly, we had very few park maps in those days - my second event was on a black & white map of Churchill Park and then it was into the forest. I found it quite difficult to map-read at first (it's not much easier now) and if I had had a map such as One Tree Hill to learn on I'm sure it would have helped. However, because I'm such a stubborn person, I persevered, but over the years I have seen many, many others come and go.

Whether these people would have stayed orienteering if there had been more park events I don't know. However I do believe that the success of Central Club's Summer Series is obvious proof of the demand for such events and I would like to see them held all year round, maybe once a month in winter and twice a month in summer. What does it matter if the map has been used a hundred times before? There will always be someone who is trying it for the first time; maybe they will come back again. For those of us who know the area, we can use it for a training run or take the opportunity to do a course with a beginner.

I am, of course, a self confessed orienteering addict (I even like maps like Awhitu and Matakawau) but must confess that I prefer the challenges provided by forest maps. Ideally, I would like to see a mixture of each type of terrain each month, say one park, one farmland and two forest events per month. How about that?

The Editor

* * * * *

JUNIOR TRAINING

At the training day in Maiuku Forest on 13 April, as well as technical exercises for all age grades, there will be special activities for the junior training squad. If you are aged 13 to 16 and want to be included in this training group, contact Phyl Snedden on (085)-59609. These special activities are not suitable for beginners.

☐ OF WISHBONES, JAWBONES & THINGS

With 20/20 hindsight it is premature to suggest that if clubs want to get above subsistence membership levels they need to change the way orienteering is run to appeal to a wider share of the population. Mainly because current club members don't want any changes to the way things are run, and are not prepared to put the resources into 'park' events away from traditional forest events.

Perhaps this conclusion is a bit strong, but certainly actions seem to support it.

Question: How many park events are there in the four months from 9 March to 6 July 1986 in the current calendar?

Well - four months is a long time, but to save you looking the answer is NONE. Now tell me how many new orienteers we will get from the summer series if they don't want to start in OY's?

The reason is simple - the 1986 calendar is so full of major events that there is no room for park events unless two events are held on the same day.

The problem then is how to attract new blood to take over from the current crop of administrators when they come to take a well-earned break. Unfortunately the pattern is one which most people have seen before, where clubs concentrate their efforts on top level events which require intense efforts from a small band of die-hard workers who then say 'forget it' or leave. The club then goes into a virtual recess while they try to build up membership from a neglected local level. Some survive, some don't. From my own background in Central Districts I have seen Hamilton, Pinelands, Taupo and Bay of Plenty (still in recess) go through these crises.

The answers must really come at club level, as in the short term the AOA will not change it's role, mainly due to a shortage of manpower in an organisation not designed to undertake work itself. The clubs need to think hard on such topics as helping new people start, social activities, training, publicity etc.

This is not to say that I don't hope to see the AOA develop as in my previous article - rather it will take time and effort to achieve. For 1986 I would like to set objectives of:

- * Ensure "The Auckland Orienteer" magazine is successful and fully supported. Get as much sponsorship as possible for it.
- * Raise sufficient money for the AOA itself to operate in a more businesslike manner.
- * Set up a permanent course in Woodhill and at least one park.
- * Co-ordinate training days for the three clubs.
- * Co-ordinate publicity and promotional material and give a real boost to the sport in this vital area.

As a possible move for 1987 it could be worth testing the success of having two events in a weekend - a park event plus a major event.

The ADA will ultimately decide the fate of these objectives but I am hopeful at this stage there will be sufficient support. In the meantime I think it is worthwhile reiterating Bruce Henderson's request from last month - if you have a suggestion on a change or improvement - mention it! The Editor's address is 8 Agathis Avenue, Mairangi Bay and he is waiting to hear from you.

Paul Dalton
12/3/86

* * * * *

■ A.P.O.C. 1986

Without knowing what is available one probably wouldn't choose to go orienteering in Hong Kong if you had a choice of the various terrains of the South Pacific. So it was with some trepidation that we journeyed to that area, the trip being a combined visit to friends and an orienteering adventure. In fact we were kept so busy and exhausted by the orienteering that we did not have much time for anything else.

The first myth to dispel is that there is nowhere to go in Hong Kong - there are plenty of park areas - and the second myth is that Hong Kong is always nice and warm - at Christmas it was sometimes very cold.

The first two days were devoted to practice runs of which we had a choice of short, medium or long courses. I thought I would try and run further in practice than for the main events, so had entered the long course. This turned into a survival exercise for me, particularly on the second day. The first day's event was held on Hong Kong Island over relatively clear ground, but extremely steep in places, and a network of paths. The next day we ran on an army reserve area to the west of Kowloon. This involved the usual very early start by bus from the centre of Kowloon and then a trip in army trucks to the area. This area was typical of that seen over the whole period - clear patches, a multitude of tracks and large areas of very rough scrub, some negotiable with difficulty, others impenetrable. No forest areas as we know them. We were warned not to wear ~~like~~ or stud shoes but use normal running shoes with rubber soles. This certainly avoided the jarring on the very dry and rocky ground but we later decided that studs were better, simply to be able to stand up on the downhill parts. It became obvious the more one orienteered in Hong Kong that tracks had to be used and were much quicker generally, but then the difficulty was finding them as sometimes they were very indistinct at their start and you had to be very precise about pacing to turn-offs or you never saw them.

The third day was the first of three in the National Park area to the NE of Kowloon. This is a beautiful park with entry restricted to permit holders only, and while a public bus service does run through the park, no private cars are allowed in. We thought it rather strange that such a huge recreational area had such a restricted entry. Most people on the third day, the Model Event, just walked around the area and rested for the big event the next day. The mapping of this and the other two areas for the main event and the relays was all done by the same team using identical legends.

So to the main event. This was most enjoyable, really well plotted, with a couple of legs on my course being between 1 and 1.5 km long with a huge amount of route choice. I had aimed to finish about midway in such elite company in my grade, which had an entry of some 33 competitors, so was pleased to finish 13th. Angela was second in the W17-18 grade and won the silver medal, so we were very satisfied with a great day's orienteering.

The bulk of the competitors came from Japan and Australia, both countries having very big contingents, but there were entries from all over the world, including the World Champion. I think some 20 countries were represented.

While the organisation was excellent in almost all respects, and results on the day were out very quickly, it was disappointing that in the practice events, full results for the previous day were not available, and indeed now, some two months later, I have still not received any full results.

The relays were held the next day and were very enjoyable, particularly since I was in a team with two British Army members whom I never knew before, and we managed to get a silver medal. I am not really sure how the classes were worked out; in the end the M45 group had something like 15 teams in it which seemed to cover from M40 to M60. Anyway we were all genuine M45+!

That finished the Hong Kong events but an informal one was organised in China two days later. So we set off for the first international event to be held in China. Big hassles were a feature of getting in and out of China - 1 1/2 hours of mucking about each way at the border Customs. Still it was all worth it. A fascinating experience of running from the base at an army barracks outside Shenzhen all through a relatively open area with villages, vegetable fields, woods, brick factories and pig farms en route, and the villagers lining the route! Unfortunately as an event it was spoilt by the locals removing a good number of the controls but somehow that did not matter at all once we had got over the initial frustration, it made it all the more informal. What was intriguing was the Swedes and Norwegians reaction to such a situation - they would first visit the spot where the control should be then keep going - never start looking around the area.

A grand prizegiving took place at a very flash hotel to which all the Chinese competitors came also, and there were many. They had been chosen to represent China from a very wide area of the country. Somehow, despite the missing controls, results were produced and the Chinese got a fair few of the prizes - I think they must be used to no controls!

So ended a memorable visit. Next A.P.O.C. is in Tasmania, January 1988. I hope we will be there.

Rhys Thompson (M45A) / Angela Thompson (W17A)

P.S. Ingrid Svensson sends her regards to all her friends in New Zealand

▣ OBITUARY

It was a great shock to hear the other day that Michael Sheldon had died suddenly as the result of an accident. Michael was 18 years old.

Those of us who have been orienteering a few years will all know the Sheldon Family, who were popular members of the South Auckland Club prior to their moving to Melbourne, Australia. Michael was always ready to help others and impressed them with his pleasant and friendly manner.

Our sympathies go to Ray, Jackie and Karen, whose loss we all share.

* * * * *

▣ WINSTONE FOREST RUN

On the opposite page are details of the sixth Winstone Forest Run being held on Sunday 4 May in Woodhill Forest. The two fun runs, 5km and 10km, are organised by members of the NZOF World Championships Training Squad to raise funds. In the past the money raised has been used to pay travel expenses for the team to go to the World Champs and to develop training for juniors.

To organise a run with over 2700 runners takes a lot of manpower - hence this message. The Squad needs HELP from as many orienteers as possible for such jobs as course marshalls, drink stops, late entries, drink sales, packing up, and many, many more. If you want to run, it can be arranged so that you can help before or afterwards. Some liquid refreshments will be supplied when it's all over.

So, if you can help please contact Ross Brighthouse,
RD3,
Waiuku.

Either telephone Ross on Waiuku 59-518 or send him the following form.

Yes - I am willing to help with the Forest Run
Name :
Address :
Telephone :
Preferred Job :
I am entered in the 5K <input type="checkbox"/> 10K <input type="checkbox"/> neither <input type="checkbox"/>

Time: 5 km Fun Run 10.30 am
10 km Fun Run 11.15 am

LATE ENTRY Registration Closes 20 minutes before each race

Place: WOODHILL STATE FOREST

To avoid congestion and fully utilize large parking areas, entry through the forest to the race centre will be from two directions (see map).

Take N.W. Motorway (Highway 16) to Waimauku — approx. 40 mins from city — and follow directions sent in race information pack.

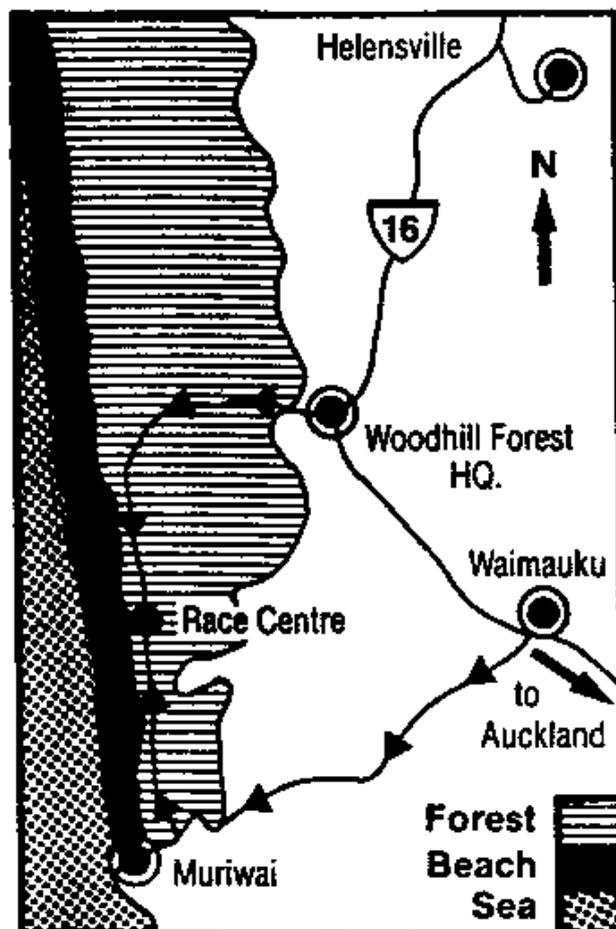
Allow sufficient time to reach start area.

Late entries are to enter via Forest HQ.

Race Information Pack:

Will be sent to entrants 1 week before the race and will contain:

- Directions on which entry route to take
- Race details and course plan
- Official race identification



Prizes: OVER \$6000 WORTH OF PRIZES. All Spot Prizes

All entrants completing their run will receive certificates. Major spot prizes will be drawn from place numbers on the certificates. Minor spot prizes will be won by the presentation of those race certificates bearing lucky markers. There will be a special spot prize this year worth over \$1300. Over 200 prizes in all.

T-Shirt: An attractive V-neck Hanes T-shirt will be available at \$12, Order with entry. Sizes available — 28, 30, 32, 34, SM, M, OS, XOS, XXOS

Entry: Entries Close Friday 18 April

\$6, 16 and over,
\$3, under 16 on race day

LATE ENTRIES: \$9, 16 and over, \$5 under 16

Further entry forms from
Mrs P. Snedden, N.Z. Orienteering Federation,
Box 26 Waiuku. Ph (085) 59609

Macbeth at Tayside

OR THE ALTERNATIVE SCOTTISH 6-DAYS

The discovery of this remarkable early draft of "Macbeth" in a hydro-electric tunnel near Pitlochry adds weight to the theory that Shakespeare's plays were in reality written by the infamous co-author of the Hitler Diaries, Ivan O'Essmapp.



"When shall we three meet again in thunder,
lightning and rain? When the hurlyburly's
done, when Day Two is lost and won?"

SCENE 1: CLUNIE

A steep bleak area of highly unlikely contour detail and waist-high heather. There is a thunderclap, and it is raining very heavily. Three witches are prancing around a boulder.

Witches: When shall we three meet again
in thunder, lightning and rain?

1st Witch: When the hurlyburly's done,
When Day Two is lost and won!

2nd W: Where the place?

1st W: At Drummond Hill,
There to meet, for good or ill
With bold Macbeth.

All: Double, double toil and trouble,
Contours cross and marshes bubble!
Aas-aa-ehahahaa-sal
(*Exeunt, cackling and shrieking*)

Enter Macbeth, in tartan lightweight nylon kit with patent O-sporen.

Macb: On complex map-and-compass work I thrive,
So I have come to Tayside '85.
I read maps well, and have such nimble feet
That I shall win H21 elite.
So well I cross terrain of every kind
That everybody else toils far behind.
There's only one who worries me a wee:
Macduff is improving steadily.
This thought distracts me from my present plight
The knoll, code 202, is not in sight.
My mind in this damp drizzle doesn't function —
Where is my attack-point, contour junction?
(*Exit, confused, in ever-increasing circles*)

SCENE 2: DRUMMOND HILL, THE ENQUIRIES TENT

The information desk is manned — or should I say, personned — by the Three Witches. Enter Bonnie Prince Charlie.

BPC: Now prithee tell me, Witches three, how I
Might best escape across the sea to Skye?

2nd W: By Tummel and Loch Rannoch and Lochaber,
Then catch the 12.10 train to Mallaig Harbour.
Godspeed! — and do remember us to Floral

BPC: I will, and thanks! (*Aside*) I really do adore 'er!
(*Exit*)

Deep and vulgar burp offstage. Enter Sir Toby Belch.

Sir T.B.: Forsooth, fair maids, on quenching thirst I'm bent.
Pray tell me (*hiccoughs sharply*), where is the
refreshment tent?

1st W: You can't be thirsty, Fatso, for you reek
As though you have been boozing all the week!

2nd W: We cannot tell you, Sir!

Sir T.B.: Then tell me, where is the enquiries tent,
And I'll ask there?

Enter Macbeth, and Sir T.B. waddles out.

Macb: Hello! Please gaze into your crystal ball
And tell me — am I winning overall?

1st W: She hath no crystal ball; but do not shoot her,
She only needs consult this 'ere computer.

3rd Witch taps computer keyboard and consults the screen display.

3rd W: Provisional results after Day Two?
Macduff is two places up on you.

Macb (*agitated*) Macduff beating me? The Thane of Fife?
However shall I break that to my wife?

3rd W: Calm down, no need to panic! Save your breath!
Not one of woman born shall beat Macbeth!

1st W: Macbeth shall never vanquished be until
Great Birnam Wood to high Dunsinane Hill
Shall come against him! Do not fear defeat,
How can you lose H21 elite?

The witches vanish. Enter Lady Macbeth with Malvolio-O and Spot the Dalmatian.

Lady M: So there you are! Now tell me why Macduff
Has beat you. Aren't you made of stronger stuff?



"Macduff beating me? The Thane of Fife?
However shall I break that to my wife?"

Macb: Yes darling, but I made one small mistake in one re-entrant, not far from the lake. My map, methought then, did not have that valley on — I relocated half way up Schiehallion, and then my run was trouble-free.

Lady M: You WHAT?!? You WHAT?!

Spot: Wool Wool! Bark bark! Growl growl!

Lady M: (Shooing the dog away) Out! Out, damned Spot! (Exit dog). (To Macb) Did you not see Loch Tay, a catching feature? Wherefore no wonder that Macduffo beat yer!

Macb: (meekly) I'm sorry, Sweetheart, I'll use every means to try to win tomorrow up at Queen's.

Lady M: We'll see to that! Here is Malvoli-O who has a plan — it is a secret, though!

(To Malv) Explain!

Malv: Tomorrow at a certain knoll I have to man a critical control, and each control-card have to punch and check, should I perchance mispunch, then I could wreck Macduffo's run. Controller would decide that he would have to be disqualified.

Macb: What dirty tactical! Really, that's not nice! Now all we have to do's agree your price. (Curtain).

SCENE 3: QUEEN'S FOREST, THE FINISH FIELD

Crowds around the refreshment tent, sales cart, finish tapes, etc, with applause for each finisher. Enter Macbeth down the finish tunnel. Lady Macbeth meets him.

Lady M: (Excitedly) Macduffo's been disqualified, and you have run your course in under 52! (Handing him a cup of strong tea, with tealeaves floating in it) Did you go well, dear?

Macb: Yes, although it rained. (Macbeth sips the tea, and promptly chokes on it) The quality of this tea is not strained! (Spitters, and tips the tea away).

Enter King Richard III, a sales rep. for Regnly Camping Gear.

R III: We ran a competition, with a prize, to write a slogan tents to advertise. To make the presentation I've been sent — Now here's the winner of our discount tent! Presents a tent to Lady Macbeth. General applause. Enter Mark Anthony, organiser of Day 4. (addressing the crowd) Friends, roamers of countryside, lend me your ears! Tomorrow you've a day off, so three cheers! For those who want their fitness not to sag The permanent O-course at Abbey Craig in Stirling is available; but careful — For many folk have disappeared up there. Their silly navigational mistakes The Wallace Monument commemorates. On Thursday, then, the competition will be, not as advertised, on Birmam Hill! But, just a few miles down a nearby lane We're holding it instead at Dunsinane, And just to make the forest really good We'll move the brushings there from Birmam Wood.

Macbeth looks startled.

Macb: Accused be the tongue that brings such news, For if that witch was right, then I could lose! He hurts his soggy sweatband at Mark Anthony, who collapses with the stench. (Curtain)

SCENE 4: BALUAIN, A WOODED SPUR

It is Day 5. Malvoli-O is partly concealed behind a convenient larch-stump. He appears to be taking photographs. A control is on the spur. The sun shines. Enter Macbeth towards control.

Macb: Macduffo in the backside is a pain For yesterday he beat me yet again. These last two days are critical, they say;

BITS & PIECES

Noticed in some recent issues of Compass Sport -

- * Britain's newest orienteering club is Cyfeiriadwyr Eryri, based at Plas y Brenin, the Sport's Council's National Mountain Centre at Capel Curig, North Wales. The club was formed following the highly successful Spring Tuesday Evening Series of local orienteering events. (If you want to know how to pronounce it's name ask Chris O'Brien, not me).
- * An event in which the W35A course of 6.0km had 350m of climb. (IDF maximum for men is 40m climb per kilometre of course length).
- * Norman Harris, one-time Aucklander, marathon runner, and author of several books on running and sport, now a journalist for the Sunday Times in London, surprised the orienteering world when he won the M45 title at the British Orienteering Championships. In an article he wrote for Compass Sport, Harris argued a good case for training less and resting more.
- * Anne Salisbury, who spent some time in New Zealand before returning to Britain, came 5th in the 1984/85 BDF Course Setting competition. Ken Holst of Rotorua, came 6th.



"Macduff clearly goes into the lead
He's followed if I do believe my ears
By half a dozen other orienteers"

A good job that I'm going well today!
(Meets Malvolfo, who emerges)
Malv: (Slyly) No need to fear the others in your class;
For, though your map is stapled in with brass,
We used steel staples for the rest today.
That ought to send their compasses astray!
Macb: For those glad tidings — thanks, Malvolfo-O!
I might be chosen yet for Bendigo!
(Punches and hurries on)

Exit Malvolfo-O as Macduff enters.
Macd: Today when packing, I forgot to take
My Norcompass. How stupid a mistake!
A good job that the sun shines overhead —
The shadows help me navigate instead.
I like this open runnable terrain.
Duke Athol's larchwoods here at Baluan.
Macbeth's start was before mine, Banquo-O said,
I wonder if he's very far ahead? (Punches; exit).

SCENE 5: A MAKE SHIFT BRIDGE ACROSS THE RIVER TUMMEL

Banquo-O, an Event Official, has a CB radio transmitter/receiver.
It is Day 6.

Banquo-O: Hello! Is that the finish? I see none
Of the elite lads on H21
Their chasing start was 7k from here,
The leaders any moment might appear.

Enter Macbeth, fast and fit.
B: And here's the leading man appeared at last!
It is Macbeth; he's moving really fast.
(To M) Go carefully o'er the bridge, and keep your
head.

Macb: I will (To himself) "Not one," the ugly witches said,
"Of woman born will beat me." I can't lose!
(Slips slightly on bridge) My goodness, these are
rather slipp'ry shoes . . .

Enter the Three Witches cunningly disguised as sheep-ticks.
They crowd up underneath his Ultrasport spörran and latch on
where really they shouldn't.

Macb: Ooooh! Ouch! (Scratching violently) I've suddenly a
dreadful itch . . . (Wobbles, overbalances, and falls
into the river to be carried away by the current). He-e-
ELP!

B (Into radio) . . . and now there has been a slight
hitch . . .

Enter Macduff, crossing bridge swiftly and safely.
B: Macbeth is going fishing; while at speed
Macduff clearly goes into the lead.
(Footsteps offstage)

He's followed, if I do believe my ears
By half a dozen other orienteers.

Enter in rapid succession, Othello, Julius Caesar, Cleopatra,
King Lear, and Sir Toby Belch. All cross the bridge safely and
exit.

Enter Third Sheeptick.

3rd Sh: Macbeth won't win today. He loses not
To one of woman born, but to the lot! (Cackles
naughty)

(Curtain)

SCENE 6: AN EARTH BANK IN A RE-ENTRANT, NEAR THE RAPIDS KNOWN AS THE LINN OF TUMMEL

Still Day 6. Control 2B is beside the earthbank.
Enter Macbeth . . . dripping wet, obviously looking for a
control.

Macb: The Linn was cold and wet — ooh, how I shi-shiver.
I'm glad those sheep-ticks drowned, though, in the
river. Just two controls left. Time is getting late.
I wish I could find earthbank 2B.
(He spots the earthbank and the marker)
Is this an earthbank that I see before me?
Yes, but the code is wrong.

Enter Macduff and Richard III.
Macb: Oh, please ignore me!
I tried place-counting from a nearby col
But can't find the penultimate control.
Macd: You too? We took a bearing from a gate
But cannot find the earthbank 2B.

Sudden rustling offstage, followed by the unmistakable sound
of rapid Scandinavian footsteps. Enter Hamlet who makes straight
for control.



"2B or not 2B, that is the question?"

R III: A Norse! A Norse! My goodness, it's a Norse!
Hamlet (Ignores them) 2B or not 2B, that is the question;
Yes, yes! (punches control card) Now just to find the
boulder, west 'un
And then the run-in (Exit northwards).

Macd: Goodness bless my feet!
We misread our control description sheet!
All three scramble for the punches, falling over each other and
the earthbank.

Enter Banquo-O with walkie-talkie.
Banquo-O: Let not your aspirations be diminished,
But now I hear that Hamlet has just finished.
As his start was an hour after yours,
He therefore is the winner of the course.
The moral of this tale you might have guessed:
The Scandinavians are always best.

FIN

Illustrated for CompassSport by Anne Cronin

WAIRARAPA MOUNTAIN MARATHON

Day One begins at 10km road race pace along the tracks to the first control. About two hours into the race we move into first place after passing a very pale, vomiting Bill Teahan who is lying in the tussock. We offer our condolences but my partner, ex-NWOC member Tom Barnfield, actually smiled for the first time that day. Tom was taking this event very seriously having been second in two previous Mountain Marathons.

On arrival at the overnight camp site we have 18 minutes lead on the well-performed team of John Rix and John Mote. We have an interesting night (I apparently snored and Tom produced some deadly silent smells) sharing one very thin sleeping bag - to save weight! I should perhaps mention we are both happily married (not to each other!).

We are first away the next day in the chasing start, with the other teams behind at five minute intervals. Four hours later we finish and discover we have won; much to Tom's relief. Rix And Mote made a forty minute 0-mistake on the way to control 3 sited in a creek. They were really up a creek - but the wrong one.

Hints on how to survive and finish a Mountain Marathon

I notice from the 1986 0-program that a Mountain Marathon is scheduled for 13/14 December. Now is the time to begin thinking about it.

A Mountain Marathon is basically a long (4-8 hours a day) orienteering event featuring easy orienteering over mountain / hill country.

Gear : Choice of equipment is governed by three factors. You can select your own order of importance.

- 1) The rules will specify certain minimum requirements for equipment to be carried.
- 2) What is necessary to survive the hazards of the mountains.
- 3) The level of comfort desired.

Polypropylene is the high-technology answer to outdoor clothing (long-johns, jersey, hats and gloves) - it does not absorb water, is warmer than wool, is light and cheap. The only disadvantage is that it absorbs body smells - not very pleasant after a day or two! Tom and I saved weight by halving our closed cell foam pads, sharing a sleeping bag etc.

In a two day event adequate food is crucial to maintain energy for the second day. We took about 3 pounds of food (dry weight) each and a small solid fuel army-style cooker provided the heating source for the evening meal of freeze-dried food. It is necessary to experiment beforehand to see what type of food you can tolerate / enjoy during strenuous exercise - dried fruit usually slips down easily.

For a two day event you should aim to keep pack weight to 10 pounds or less. You should try to train on realistic terrain - How about a few winter runs in the muddy Waitakeres.....?

Geoff Mead

TAUPO EASTER 3-DAY

Congratulations to the following Auckland orienteers, placegetters in the 3-day event held by the Taupo Club at Easter.

First Place

Brenda Stone	NW	W12	Aidin Boswell	SA	M13A
Tania Robinson	SA	W15A	Bjorn Lewis	SA	M13B
Carey Martin	NW	W21E	Tony Fraser	C	M21C
Lisa Mead	NW	W21A	John Briffett	SA	M35B
Melanie Kearney	NW	W21C	Tony Nicholls	C	M50A
Phyl Snedden	SA	W35A	Bob Murphy	SA	M55A
Hilary Weeks	C	W45A			
Bev Laurent	SA	W50A			

Second Place

Jeni Martin	NW	W15A	Bryce Brighthouse	SA	M12
Jill Dalton	SA	W35A	Robert Brewis	C	M17A
Lyn Ashmore	C	W35B	Jim Snedden	SA	M35B
Judy Martin	NW	W45A	Barry Tuck	C	M40B
Mavis Hatwell	SA	W50A	Keith Stone	NW	M45A
			John Fettes	NW	M50A

Third Place

Katie Tuck	C	W12	Geoff Pilbrow	SA	M35B
Jill Clendon	C	W19A	Terry Nuthall	C	M45A
Debbie Evans	SA	W21A			
Margaret Nicholls	C	W45A			

* * * * *

NORTH WEST NEWS

A social event for North West members will be held on Thursday 17 April at Birkdale Primary School, on the corner of Birkdale and Salisbury Rds, Birkdale, commencing at 7.30pm.

There will be some short activities to exercise your brain cells and a video or two to watch (hopefully including the 1985 World Champs video). Come along and have a chat with your other club members; new members will have the opportunity to ask any questions they may have. Please bring a little something to eat for supper, drinks will be provided.

* * * * *

BITS AND PIECES

* Some South Auckland members were noticeably absent from Taupo at Easter and it seems Sandy Denize was to blame, having chosen this weekend to get married. Congratulations Sandy.

* Did you recognise the photo of the Head Boy at Mt Albert Grammar amongst the "rogues gallery" in the Herald the other morning? Well done, Robert Jessop.

REFLECTIONS ON THE MOUNTAIN MARATHON

We joked on the way down the long interminable drive to the Wairarapa. We stuffed ourselves with pies and quiches, buns and pastries, Cokes and Fantas at every one of the frequent change-driver or gas-filling stops that punctuated the trip. We looked forward to our weekend away - our comfortable motel with swimming pool and spa and TV and video. Let's be honest, the whole thing was just an excuse for getting away from lawn-mowing, dishwashing or kids. This frolic over the local hills was just a minor interruption to a taste of leisure, Wairarapa steaks, a few beers and who-knows-what-else-might-turn-up. I mean, what's all the fuss about anyway? What's so wonderful about a romp in the Tararuas, a fun tramp at jog pace: haven't these cockies ever heard of the Waitaks?

We duly arrived - Eddie, Bas, and us two. Drove up and down Main St, Masterton about six times just to get noticed, found our motel which was hiding behind a hoarding with it's name on. Checked in, sneered at the trampoline and tried a few looseners on the beds instead. Then off again - to the registration among those gently rolling hills a few kilometres out of town. On the road towards the Start the landscape began to undulate prompting someone to comment, "Just like Shakespear".

"What's the big deal?" exclaimed Bas, with memories of tanking effortlessly over the alps of Matakawau. It reminded Eddie of Cornwall Park and he immediately felt homesick - or something.

At 8.30pm or thereabouts we came to a grinding halt amongst the sun baked yak pats. It must have been the right place - the road didn't go any further - it couldn't. Lots of cars there, and tents, and ruddy faces appearing out of multicoloured swandris: faces that seemed transfixed skywards and mouths that hung wide open. "Bloody hell," we gasped, as we tried to focus on the horizon a perpendicular mile away.

Little did we really know what lay ahead of us as the day dawned with clear blue skies and no hint of the rain that had threatened. Any semblance of fitness we thought we had was to dissipate in the first hour and the rest of that eleven hour ordeal was to be a combination of running, jogging and walking from memory. At the start area everyone appeared jaunty and jolly but deep down apprehension ruled the day. We watched in awe as the more hardy of us, those on courses one and two, headed into the distance, not to be seen again until Sunday afternoon. Ten minutes to study the map and make our route choice; contour lines too numerous to mention and 75% of the map coloured green.

One always looks back in hindsight to what you should and shouldn't have done, but any mistake here, as we found out, especially on route choice, was going to cost us dearly, nearly one and a half hours on day one and possibly more than two hours on day two. Time after time we passed competitors when leaving a control, only to see the same people, an hour later, departing from the next one ahead of us.

Many of the climbs were long laborious affairs where taking off from the bottom too fast meant our chances of making the top without a stop were

fairly slim. One of these ascents, early on day one, was a real killer with a climb of over 500 metres covering a distance of 2 kilometres. This stopped us in our tracks several times. It was also very important that you kept your eyes rivetted to the ground at all times as it was littered with tree roots and hollows every step of the way. The only bonus after such effort was the panoramic view from the top looking out across the Tararuas.

Becoming lost was always our greatest worry and trying to follow the many indistinct "Moa" tracks down the large spurs and ridges was an arduous task and we often tempted fate by dropping down into one of the many valleys leading into the main river, where hopefully we could at least relocate. This fear was eased when we finally realised that we had been using the grid lines as Magnetic North lines. Now at last we could make the map fit the terrain!

At no stage could we have said that it was physically enjoyable; however, suddenly falling upon a cool, clear, mountain stream after crashing about for several hours in the bush always meant welcome relief for our parched mouths and aching limbs. Many a time we felt reluctant to leave and continue our progress.

The long trip home was a soul searching affair; was it really worthwhile? and if so, could we do it again? The decision seemed to be yes, but next time leave the homeward journey until the day after. Getting back after such a weekend certainly leaves you out of sorts for several days.

Chris O'Brien and Mike Beveridge

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TEN TIPS TO WRITE GOOD

Here are a few clues for those of you who need a bit of help to write an article for "The Auckland Orienteer".

1. Use commas only when, needed.
2. Don't use no double negatives.
3. Prepositions are not to end sentences with.
4. Keep you're work neat and tidy.
5. Never abbrev.
6. Pronouns must agree with its antecedents.
7. Verbs has to agree with their subjects.
8. Use commas to separate words in a series parentheticals introductory clauses and the like.
9. Read over your work to make sure you have not out any words.
10. While a transcendent vocabulary is laudable, one must nonetheless keep incessant surveillance against such loquacious, effusive, voluble verbosity that the calculated objective of communications becomes ensconced in obscurity.

From Arizona Association News,
via The Australian Orienteer

WOC DOCUMENTARY

The following letter was sent to Robyn Davies of Pinelands Club by Peter Hicks Projects, 23 Moor Street, Fitzroy, Victoria, Australia.

Dear Robyn,

This is a follow up letter to one sent in December about a documentary on The World Orienteering Championships. Several New Zealand orienteers approached us when we were making the film, asking if and how they could see the finished product.

I have sent a preview copy to Barrie Parkin, who is Head of Programme Purchasing at Television New Zealand, in the hope that he would buy broadcast rights for the programme in New Zealand.

I'm sure that this course would be helped with a little lobbying from NZ orienteers so I'm hoping you will contact Barrie (Phone 666-969 Lower Hutt, Telex 3867, P.O. Box 30945 Lower Hutt) and encourage him to broadcast the programme entitled "A Sense of Direction" produced by Entertainment Media.

The film is also available on VHS cassette from Orienteering Service of Australia, 44 Alexandra Parade, Clifton Hill, 3068 Australia. The cost is A\$55.00 for delivery outside Australia, cheques payable to Orienteering Federation of Australia.

Many thanks for your trouble, Robyn.

Regards,

Peter Hicks

Here is a great opportunity to publicise orienteering in New Zealand and so we should all take the opportunity by putting pressure on TVNZ. I am told that this film is the same as the video available for hire from the N.Z.O.F.

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ORIENTEERING TIPS

TACTICS AFTER A MISTAKE

After searching actions, which can be physically and mentally trying, you must follow certain rules of conduct. By searching you have lost valuable time so a natural reaction is that during the coming leg you will try your best to eliminate the error by a special effort (world record). Speed and risk-taking are heavily increased and quite often such actions end once again in the bushes, which results in another concentrated effort on the subsequent leg and so on.

Searching becomes necessary when you misinterpret the map, work with too little concentration, take too great a chance etc. - everything does not 'run' smoothly, or something does not fit in. These mental weaknesses must be combatted and taken seriously.

ORIENTEERING HINT

After errors it pays to slow down and work on with increased care and as soon as possible 'get into the map' again in order to regain safety and self-assurance. Not until you have gained this should you think of increasing speed.

Swampsox

☐ "O" CAMP

On the 15th and 16th of March a junior training camp was held somewhere in the depths of Maiuku Forest. Rosehill College sent a small group of its braver orienteers to see if they could sort it all out, and I was asked to join these intrepid trailblazers.

It was probably somewhere in the vicinity of 10 o'clock in the morning that we all piled out of the minibus and pitched our tents on possibly the only flat, clear area in the forest. Proceedings were opened with a quick game of cricket. Orienteering occupied the main part of the day, with a number of controls spread around an area of perhaps a square kilometre. However our group soon ran into problems. Only a couple of us had actually run in the forest before and it totally 'pushed' us! Various techniques were tried out over the day and, I'm not sure, but some of us may have even learnt something!

That evening we went floundering on the beach and played cricket and spotlight back at the camp. The next morning was spent in a similar fashion to the first i.e. cricket followed by orienteering. Today we concentrated on map-reading accuracy. Result - half of us got lost. Before the morning was over we managed to get a short competition event in. Typically, out of 14 starters, only three finished!

We then retired back to camp and relaxed with a game of cricket, before Jacqui Shuker was awarded the trophy for the Most Deserving South Auckland Junior. We left camp at 12 o'clock on Sunday.

Many thanks to Ken Browne and the Robinsons and all those who helped organise the camp, for a wonderful time, and thanks also to our fellow campers for putting up with our noisy lot!

Matthew Todd, Rosehill College

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☐ WOODHILL STATE FOREST

Taking a walk or picnic in Woodhill State Forest, it's easy to believe there is no-one else in the world - only columns and columns of stately pine trees, narrow uninhabited roads, and silence. But more than 100,000 people a year visit Woodhill Forest.

The silence there belies the myriad of activities in progress - from picnics to motor sports, horse-riding to army exercises, orienteering to airforce aerial bombing training, terns nesting to deer hunting, logging to cattle grazing, and from school camps to metal quarrying. In fact avoiding conflicts between the different groups which use the forest is a key element in forest management.

After all, the forest's prime purpose is wood production. Revenue from stumpage and log sales is approximately \$4 million per year. At the same time, this 14,581 hectare exotic forest has become a popular recreation centre for Auckland's increasingly urbanised population.

Woodhill was first planted with pine trees in 1936, in order to stabilise the sand dunes, which were invading farmland and threatening to cut northern road and rail links. Now, 50 years later, the forest is an example of accumulated expertise in sand stabilisation, with more than 10,000 hectares planted, mainly in radiata pine. The forest does not have trouble from conservationists as it is itself a conservation project. Areas of indigenous forest that remained following destabilisation of the sand early in the century have been set aside as biological reserves. The sand stabilisation programme is based on the planting of marram grass and yellow tree lupin, which is an effective nitrogen fixer in sand, which is deficient in nitrogen.

By the year 2000 production from both Woodhill and Riverhead Forests is expected to double, from 130,000 cubic metres of sawn logs, poles and posts in the late 1980's to 260,000 cubic metres. Even when the planting boom of the 1960's comes on stream in the late 1990's the national shortage of timber will be over. But local forests will still be unable to supply the demand from the Auckland market.

Logged areas are replanted in winter, following felling. The trees are then managed on a labour-intensive silvicultural regime that involves pruning and thinning. These days pruning is done earlier than before and although it inhibits growth somewhat, it ensures clean, high-value, knot-free wood. (It also provides hurdles for orienteers).

Large areas of the forest are leased to cattle farmers as part of the multiple use concept, but also to keep down one of the forest's greatest pests, pampas grass. The pampas grass which has invaded the forest floor is a native of South America and similar to toitor, but with sharper, more abrasive leaves. It is believed the pampas grass reduces the growth of the pine trees by about 25%. A shortage of water prevents the whole of the production area from being grazed.

In a northern section of the forest the RNZAF carries out aerial bombing training and the NZ Army carries out helicopter exercises and general training in other parts of the forest. On the recreational side, ranger Russ Schofield arranges and co-ordinates activities for the public. Last year 2500 school children visited the forest for school picnics and camps. An international motor car rally of about 70 cars passed through the forest in June. The demand for deer hunting in the forest is so great that ballots are held under police supervision. Last year only 210 of the 796 people applying for licences were successful.

"People need to appreciate that with so many recreational activities going on, the forest does need to be managed because of the potential for conflict between the different user groups," says Mr Schofield. "You can't combine shooting and orienteering, pony club treks and trail bikes, aerial bombing and picnics."

People in the forest may believe they are the only ones there, but there are hundreds of others enjoying different types of recreation.

From the R&W Times, January 14 1986

1 9 8 6

HAWKE'S BAY ORIENTEERING WORKSHOP

QUEEN'S BIRTHDAY WEEKEND - MAY 31 TO JUNE 2

AIM: The Workshop should be a learning experience in which Club members can improve their knowledge and therefore their ability to run their Club more effectively.

VENUE: - Arataki Holiday Park,
Arataki Road, Havelock North, Hawke's Bay.

COST: - \$65-00 per person, includes accommodation, catering and conference fees.
Restricted to first 72 enrolments.

ACCOMMODATION: - A modern complex with 12 carpeted bedrooms each sleeping up to six people. Bottom sheet, pillow and pillow slip provided.
Please note that you may be required to share.

CATERING: - Full catering facilities including breakfast, lunch, dinner will be provided as well as morning and afternoon tea.

PROGRAMME DETAILS:- Attached is the timetable of events for the weekend.

ORIENTEERING RUN: - There will be an orienteering score event held on the Sunday morning on a 5 colour map handy to Havelock North. (New map)

OPEN FORUM: - Questions, suggestions, topics for the Open Forum MUST be handed in by 9 p.m. on the Saturday of the Workshop. A box will be provided at the venue.

SOCIAL: - This includes the Official N.Z. Premiere of the WOC '85 video with **** rating. Not to be missed. Refreshments will be supplied prior to and after the screening.

RECOMMENDED PRE-WORKSHOP READING: - Shona Thompson Report and the Iwitahi Conference Report 1983. Copies of these may be purchased from the Secretary of the N.Z.O.F., P.O. Box 90, Hastings.

CLOSING DATE: - Monday 19th May, 1986.

P R O G R A M M E

SATURDAY 31 MAY

- 10 - 12 noon - Registration and reading time
- 12 - 1 p.m. - Lunch
- 1 - 2 p.m. - Opening of Workshop by TERRY BRIGHOUSE, outlining Workshop
- 2 - 5 p.m. - Mapping - KEN HOLST Co-Ordinator
- 5 - 7 p.m. - Tea
- 7 - 9 p.m. - Visit to N.Z. Aerial Mapping - no children under 14 years, please.

SUNDAY 1 JUNE

- 7 - 8 a.m. - Breakfast
- 8 - 10 a.m. - Course Setting - MICHAEL WOOD
- 10 - 12 noon - Orientceering "Fun" Score Event, new 5 colour map, handy to Havelock North.
- 12 - 1 p.m. - Lunch
- 1 - 3 p.m. - Promotion/Publicity - JUDY MARTIN
- 3 - 5 p.m. - O/T in Schools - JOHN BOCOCK
- 5 - 7 p.m. - Tea
- 7 - 10 p.m. - Social, including video, drinks etc.

MONDAY 2 JUNE

- 7 - 8 a.m. - Breakfast
- 8 - 10 a.m. - Event Organisation - BRIAN CRAWFORD
- 10 - 12 noon - Coaching - LEO HOMES
- 12 - 1 p.m. - Lunch
- 1 - 3 p.m. - Open Forum

☐ **AOA OY2 EVENT**



Date : 20 April
Club : North West
Map : Weiti Station
Scale / Contour : 1:15000
Interval : / 5 metres
Terrain : Farm/Forest
Course Planners / Brent Hill /
Controllers : Geoff Mead
Location : Signposted from the East Coast Bays -
Silverdale Road, only 10 minutes north of
the North Shore

The Good News :
1) The access road has been improved, no bone-
shaking drive to the event.
2) All B-grade and easier courses will use the
south-western block of the map which has
never been used before. This block consists
of gentle hills, 1 m. high trees, very
little gorse and plenty of fences and roads
to serve as catching features.
3) There will be more drink stations than last
year.

* * * * *

☐ **AOA OY3 EVENT**



Date : 27 April
Club : South Auckland
Map : Matakawau
Scale / Contour : 1:15000
Interval : / 5 metres
Terrain : Farmland
Course Planner : Someone
Course Controller : Someone Else
Location : Awhitu Peninsula. Follow road north from
Waiuku for 25 kilometres