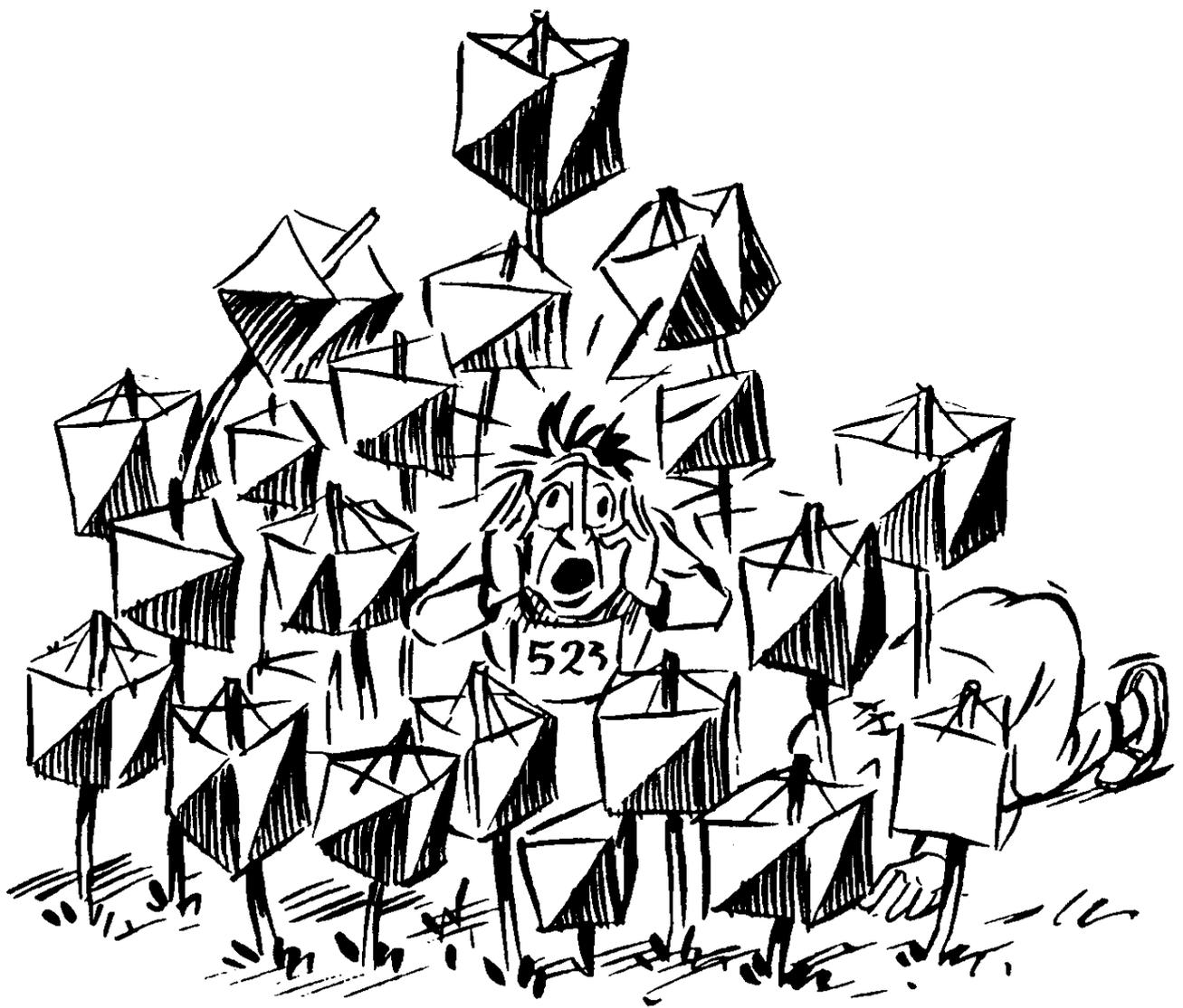


The AUCKLAND ORIENTEER



APRIL 1991

EDITORIAL

Hi folks

Easter is on us already and I hope those competing at the 4 day have a great time. The magazine should be out by then.

There are a couple of letters to the editor this month, one continuing the discussions on the format of the National Champs. I wonder when final decisions will be made. I personally would not have thought that the recent proposals would necessarily mean that families would be completely put off. There is still plenty of scope for families to participate in any of the events. With the short-O being introduced into the World Champs, there is surely a place for it in our National Championship weekend.

Michael Hood suggests a later starting time for the O season, to allow summer sports to finish first. What does everyone else think?

What about some event reports? The Easter 4 day should provide a good opportunity for all the scribes amongst you. All contributions are very welcome.

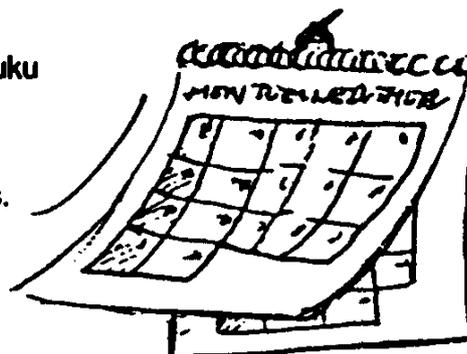
Rowena Grenfell



COMING EVENTS

APRIL

- | | | | |
|----|-----|----|--|
| 7 | Sun | SA | OY2. Pollock. 15–20km north of Waiuku (turn right at Waiuku for Awhitu Peninsular). |
| 11 | Thu | C | Auckland Secondary School Champs. Surprise location. |
| 14 | Sun | NW | Promotion. Moire Park. |
| 21 | Sun | C | Promotion. Western Springs. |
| 21 | Sun | T | CDOA OY2. Note change of venue! New Rogue Bore map. Access is from Poihipi Road between Oruanui Road and Taupo. Unfortunately the forest maps are not suitable because of the pruning and felling operations being carried out. |
| 28 | Sun | | North West offers a do-it-yourself training day, 10am–2pm, in North Woodhill. Controls will be out either on 16 mile or on Otakanini Topu (yet to be determined). Signposted from Rimmer Road. North West members wanting individual coaching should contact Lesley Stone on 478 8224. |



MAY

- | | | | |
|-------|---------|----------|--------------------------------------|
| 4/5 | Sat/Sun | D | NZ Secondary School Champs, Dunedin. |
| 5 | Sun | | WOC Squad
Woodhill Forest Run |
| 11/26 | Sat/Sun | Auck/Ham | ANZ Challenge & 'O' Carnival |

JUNE

- 1/3 Sat/Mon Hawkes Bay
9 Sun NW OY3 Mt Auckland. Off SH16 north of Kaukapakapa.
16 Sun SA Promotion event. Paerata Farm
23 Sun P CDOA OY3
23 Sun NW Promotion event. Otakanini Topu. Signed from Rimmer Road.

START TIMES

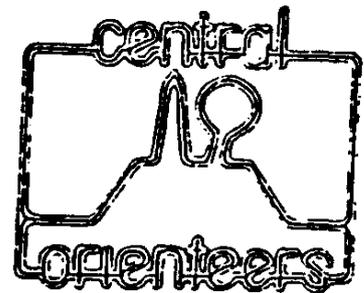
For all Auckland events you can start any time from 10am to 12.30pm. Central Districts club events vary from area to area but their OY's have start times from 11am to 1pm.

DEADLINES FOR NEXT ISSUES

Please send all contributions for the May issue to reach the editor (50 Konini Road, One Tree Hill) by Wednesday 24th April.

Deadline for June issue is Wednesday 29 May

THE CENTRAL SPY REPORT



* Our club (with one honorary member) did very well at the recent "Katoa Po" All Night Relay at Kinlock, Taupo. With the help of a "borrowed" junior from Northwest (Sasha Middleton) to set a cracking pace on the first leg, Tom Clendon, Eddie Reddish, Stewart Young, Damien Reddish, Robert Jessop and Tony Reddish finished second to a stacked team from Egmont. Both Damien and Robert had fastest times on their legs whilst Tony almost beat a WOC squad member. Other club members to compete were Rudy Hlawatsch (ran for Hutt Valley) and Mervyn Paistry (composite team).

Later on, after some sleep, the usual fun event was held. This proved to be a 4 person team, memory score event and was held at Whakaipo Bay (between Taupo and Kinlock). This unusual event featured 23 controls to be visited within 45 minutes. Each team was given one map, two clip cards and 10 minutes to plot strategy before the mass start. The map was to remain at the start. Each team member had to run out to visit controls a minimum of three times. All the controls were numbered on the map (1 to 23 - same number as available on the clip card) and these numbers did not bear any resemblance to the codes actually attached to the control flags out in the terrain. Two members were allowed to be out visiting different controls at the same time but they were not allowed to write down or carry with them any description of the controls they were proposing to visit. On visiting a control one had to punch the appropriate square on the clip card, visit other control sites (if you could still remember where they were and their clip card numbers) before returning to the start and handing over the clip card to the next team member. A club team consisting of Damien, Tony, Stewart and Eddie finished second in this event with 9 minutes to spare.

* A recent spying session disclosed that only two Central Club members entered the 1990 Course Setting Competition. With over 140 members in our club that's just not good enough! Come on all you would-be course setters our club can do better than that. Don't just sit there and criticise the setters of courses you have run. Put your abilities to the test by competing in the 1991 Course Setting Competition. This will be coming up later in the year so look out for it, enter and get some critical appraisal and maybe even win a prize for your efforts at setting the best course on the given map.

* Did you hear the one about the competitor who got off to a really bad start at Paehoka OY1 event. Ran to the start triangle, then returned to the starter 5 minutes later and complained that there were no master maps. (The start line was at an open wooden farm gate and the master maps were on a ground sheet, around the other side of the gate, under a high tent fly, and fully visible from the start line.)

* A great big welcome to our newest members: Shane Blackett; Jenny Webster; Kevin Brown; John Murray and Vivienne Leigh.

* Sad to report that Vickie Lowrie has hung up her o'socks for personal reasons. She wishes the club every success for the future.

* Here's a repeat of last month's plea for help for assistance at The Auckland Secondary Schools Orienteering Champs. These are to be hosted by our club on Thursday, 11th April. Junior members - please make sure that your school has entered. Senior members - helpers are wanted for this midweek event. If you will be free on this day please contact Leon Mc Givern (Ph 576-4567). He will be grateful of any help you can offer. Volunteers from other clubs would also be greatly appreciated.

* The El Presidente (Peter) and/or his minder (Tom) will be contacting members shortly to request the aid in fulfilling various duties during the O' Festival. Please give as much assistance as you can in order to make this a thoroughly enjoyable experience for us all.

* The survey forms are trickling in. Thanks for the helpful comments. More on this later after the committee has discussed them.

* The next club meeting will be on Wednesday 3rd April at Margaret & Tony Nicholls's place, 170 Campbell Road, One Tree Hill beginning at 7.30 pm. May's meeting will be on 1st May at Heather & Tom Clendon's place, 18a Irirangi Rd, Greenlane beginning at 7.30pm. All club members are welcome and encouraged to come along to these meetings.

* The summer series is now over with the last event being held at Temu Road on Sunday 17th March. I spied many newcomers at Temu Road and on questioning them discovered that not a few of them were trying orienteering for the first time ever (how did they miss all those earlier park events?). What a successful series it has been. With a couple of early exceptions the weather has been kind to us. Many thanks to all those who readily gave of their time, tried their hand at setting courses and assisting in the running of the events. A special thanks to the ladies who manned ... er personed the registration tent throughout the series and also to Mike, Mervyn and Tony for keeping every body on their toes.

NORTH WEST NEWS



- Sally Pearson has not rejoined the club this year, but instead accepted a position in Saudi Arabia. Orienteering through minefields probably requires new techniques and certainly adds a whole new dimension to our sport. Hope you're a quick learner Sally!
- Please remember to bring your membership card to OY events to qualify for a discount. Belonging to a club has to have some perks. Your card also entitles you to a discount at Canvas City stores — need a Swannndri for winter or a new compass?
- A number of North Westers travelled to Taupo for the All Night Relays recently; in fact we were able to lend some of our talent to other clubs to make up their teams. Our team was doing really well, in first place by quite a way, when a certain runner took the wrong map and did the longest course instead of his own shorter one. Not knowing what had happened, the following team member also took the map with the longest course on it. In spite of that the team of Peter Ambler, Alison Stone, Rob Ambler, Christer Abrahamsson, Barry Hanlon, Terje Moen and Dave Middleton still managed fifth place and an enjoyable weekend was had by everyone. As suitable penance Barry has agreed to run all seven legs by himself next year!
- Ann Fettes, Brian Teahan, Christer Abrahamsson, Stan Foster and Alison Stone represented North West in a 10-pin bowling event held by the North Harbour Sports Foundation. Quite a number of different sports codes and clubs took part and participants were well mixed into teams in order to socialise and compete. These part-social, part-sport occasions will probably take place at various times during the year and I understand Lorri O'Brien is setting a small course at Onepoto for the next one. I wonder how the rugby players and tennis clubs will handle orienteering.
- Congratulations Geoff Mead, M35A South Island Champion. Geoff and Lisa travelled to Christchurch to take part in this two-day event on March 10th. That performance will make the selectors sit up and take notice Geoff.
- Instead of sitting around suffering withdrawal symptoms this Queens Birthday weekend a number of club members are considering a 3 or 4 day tramp in the Whirinaki Forest. If you could be interested give Ann Fettes (875358) or Lorrie or Chris O'Brien (415 8932) a ring and find out more.
- Lesley Stone wishes to make known that **NO** she is not the person of the same name from Greenpeace so please don't ask!
- Hello and welcome to several new club members: Geraint Rees-Jones of Rothesay Bay, Richard Cross — Mt Eden, Michael Davies — Devonport, Kevin Jose — Mt Albert, Debbie van Hall — Te Atatu, Sonya Bastin — Te Atatu and Bert Chapman. Good to see that most of you have taken part in several events already. Do come to the social occasions as well and enjoy the company of fellow control seekers.
- The next two club meetings are at Stones House, 8 Agathis Ave, Mairangi Bay on Thursday 4th April and Thursday 2nd May at 7.30pm. You could find yourself bagging maps for the North Island Champs if planning doesn't run according to timetable!
- Have you entered the big May event yet? Come on everyone, a big international right on your doorstep. Be in. You don't have to enter all the days, just as many days as you would like. You don't have to be a good orienteer either, there are courses for B and C graders

as well. Quite a number of South Islanders have entered. We don't want to be out-numbered do we?

- A social evening will be held at the Middleton's place, 24 Shanaway Rise, Glenfield on Friday April 12. There will be orienteering videos. Bring your maps from Easter and a plate for supper. Festivities begin at 7pm.

North West Newshound

SOUTH AUCKLAND NEWS

- Welcome back to John Strachan — a year off with injury, and to Keith Hatwell and family.
- Congratulations to Jackie Shuker — head girl at Waiuku College and to Mary-Claire Tremain — deputy head girl at Rosehill College.
- Good luck to Rachel Shuker, Tony Tremain, Daniel Steven and Daniel Sander who will be competing at the NZ Secondary School Champs in Dunedin.
- Great to see everybody at the 1st OY and so many South Aucklanders doing so well. Remember to volunteer to help at the OY2 at Pollock. Ring the Shukers 085 59828.
- Val needs help to organise the Franklin Primary School Champs on Wed 8th May. Ring 085 86911.
- Murray Tremain ran an enjoyable event around the streets of Pahurehure, followed a week later by an event on the Brighthouse Farm organised by Bryce. More support by club members would be nice at these promotion events.
- April meeting now on April 8th at Lewis', followed by May 6th at 7.45pm at Shuker's. All members welcome.



Unni Lewis

ANZ CHALLENGE AND "O" CARNIVAL

TRANSPORT COORDINATION

If you have a spare seat you can offer to Kawhia, Mamaku or Phoebe's Lake or if you are looking for a ride to these events please ring me at 656-508 (evenings).

I will try to match up all offers and requests.

John Gregory

SPOT PRIZES

I have been asked to coordinate spot prizes for the Australia - New Zealand Challenge. I would like to hear from any Auckland Orienteers who can come up with spot prizes. We would appreciate anything at all eg. Bags of fruit, free passes to venues, bikes, picture frames, games.

Gay Ambler

LETTERS TO THE EDITOR



Dear Editor

As you and your members know I have been pursuing changes to our national championship format and would like to share one particular club's reply on the subject:-

"Our Club cannot support your proposal to make the NZOF championship weekend an entirely elite event. We object strongly to this idea and this philosophy for both short term and long term reasons. In the short term such a weekend would strongly discourage families supporting the NZOF championships as there would be no incentive for any but the most competitive to turn up. The rest of the family not competing would have nothing to do and would quickly boycott such events. In the medium term the one or two competitive family members would be discouraged from turning up at future events and in the long term the sport would die completely as no youngsters would be encouraged into it by the enjoyment of competing in family events and the example of watching their elders in more elite events. Elite single club members should remember that their own competitive future is bound up intimately with the health of NZOF and that NZOF financial is built strongly on family subscriptions. (Many say families pay too much.) Lose the support of families and NZOF is immediately financially poorer, and in the longer term as mentioned above has its very existence threatened."

I could pick many holes in the above but would like to hear them from your readers. One point to remember though, we are talking about one annual event only, our "National Championships". What I will say is, that if the above reply was the attitude of the sports administrators as a whole then I could only see the demise of orienteering as a competitive sport in New Zealand. Gladly the above attitude is not held by the majority although from some of the correspondence received I can now understand why this sport will languish as an entity on the sporting scene.

Do you think words like pessimistic, negative and narrow minded would be appropriate in describing such a reply? Oh well, I've blown it again, there's one club's vote lost!

Mike Ashmore

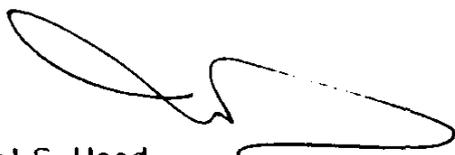
PS The above reply did not come from any of the AOA, CD or SI clubs.

Dear Rowena,

Whatever date is chosen for an AOY event will certainly not suit someone. However given that orienteering in New Zealand is a winter sport I wonder if there is a case for starting the OY season just two or three weeks later so that the summer sports can finish their seasons first.

OYI this year is on the same day as the last of the Auckland Nipper Carnivals (the only point scoring one, moreover), and the second last Auckland Sea Scout Regatta. Perhaps next year this could be avoided with a slight delay until say the autumnal equinox.

Yours



Michael S. Hood

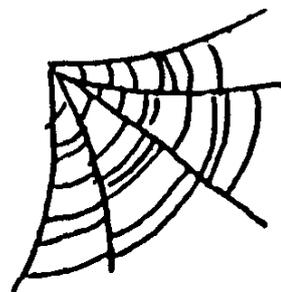
FROM THE ARCHIVES

The New Zealand team to meet Australia in Woodhill and Taupo was announced (However, there were some surprises from "Non Selections" in the results)

The major event of the month was the Easter 3 day held on Reeves Farm, Matakawa and day 3 on Waiuku No.3 mapped by Steve Key and used for the first time.

The Auckland Secondary Schools Champs were held at Rangitoto College with King's College taking the senior boys and Papakura High the senior girls. We can guess who the team members were (now some of NZ's top orienteers) and credit must be given to John Rix and Jill Bell who encouraged them in our sport 10 years ago.

From Ken Browne



Women— W21: C. Hatwell (SA); P. Aspin (SA), A. Dowling (D); P. Snedden (SA); R. Moore (NW); reserve, S. Denize (SA). W35: E. Brighthouse (T); R. Davies (P); K. Fortune (W); L. Stone (NW); reserve, J. Bell (SA). W43: L. Feder (BOP); B. Laurent (SA); B. Ryder (SA); A. Fettes (NW); reserve, H. Moffat (P). W17-20: C. Fettes (NW); V. Froggat (P); R. Dahm (P); J. Iles (W); reserve, A. Syben (P). W13-16: L. Aspin (SA); J. Fortune (W); M. Rolfe (NW); J. Davies (P); reserve, J. Fettes (NW).

Men— M21: J. Rix (C); K. Ireland (P); L. Shuker (SA); D. Melrose (NW); R. Brighous (SA); reserve, G. Teahan (T). M35: T. Brighthouse (T); W. Aspin (SA); B. Shuker (SA); G. Fortune (W); reserve J. Stronach (P). M43: D. Mackintosh (HV); D. Rolfe (NW); G. Bendall (C); G. Peters (P); reserve, T. Nicholls (C). M50: B. Murphy (SA); K. Browne (SA); L. Baxter (NW); P. Mellso (SA); reserve, C. Dahm (P). M17-20: M. Murphy (SA); R. Smith (HB); N. Brown (HV); P. Dalton (H) reserve, W. Hines (SA). M13-16: S. Clendon (C); M. Brighthouse (T); M. Syben (P); P. Ireland (P); reserve, A. Smith (KH).

Team manager: Mr G. Bendall (C).

WOODHILL — PLEASE NOTE

The area of Woodhill Forest between Puketapu Road and Mission Road is OUT-OF-BOUNDS until after May 26.

ANKLE INJURIES

FROM TAUPO NEWSLETTER — JANUARY 1991

Remember what it feels like when you go over on your ankle? OUCH! And the bad news is, having done the damage you're more likely to have a repeat. After three times I decided to take preventative exercises seriously. This article covers some things you can do if your ankles feel a bit vulnerable.

Three things are important - strengthening and stretching the muscles involved plus improving proprioception. This means the muscles reflexes which catch the ankle before it goes beyond the normal range. Try balancing on one foot - feel the foot and ankle muscles working to keep you balanced. I think this is the most important exercise for orienteers. When you can balance with your arms folded - eyes closed - in bare feet - on carpet - after a tiring run - consider your reflexes pretty good!

If you have time for nothing else, do this balancing on each foot before you go orienteering or running on rough ground. Its a good habit to form when youre getting your gear ready because once at the event its easy to forget.

In my experience any ankle sprain that isn't gone the next day is serious, so the next piece of advice is - see a physiotherapist early! Don't put it off. Ankles are very strong joints so when they do get pushed around the damage is serious and takes a long time to heal.

If you do more training or need to strengthen weak ankles these exercises are more thorough.

1. Strengthen the supporting muscles by pushing the foot outwards then upwards, against a tyre tube (or perhaps against your other foot in a quiet moment at work). 3 sets of 15 pushing the foot through its full range of movement.
2. Balancing on one foot, as already described.
3. 'Fartlek' - practice running over rough ground at varying paces. Try tight figure-eights and sudden changes of direction too.
4. Stretches if ankle is damaged. In running shoes put one shoe against the inside of the other and roll the foot out - hold 30 seconds, rest and repeat. In serious cases you may need to improve mobility ie., if kneeling with toes behind you makes the ankle sore, but a physiotherapist is the best advice here.
5. Taping the ankle. I think this is advisable if you want to run hard over long, tiring, courses - inevitably these are times when your mind isn't on your feet.

MORAL OF THE STORY

It's much better to enjoy your running regularly by finding time for preventative exercises, than to spend a month or three dealing with an injury.

New Zealand Orienteering Federation (Inc.)

NEWS FROM THE SELECTORS

14 February 1991

As the A/NZ Challenge 1991 is in New Zealand the selectors are presuming that everyone who participates in at least one of the two series of trials will be available for selection.

The trials are:

South Island Champs March 9-10

and

Days 2,3,4 of the Easter 4 day event at Central Districts.

Australia (as the traveling nation) has opted for the minimum range of classes:

M & W 13-16

M & W 17-20

M & W 21E

M & W 35

M & W 45

M 55

Anyone not in the above grades but considers themselves good enough to be a contender for a particular grade, should then run in that grade, remembering that there will be only three in each grade and they will be the best.

The selectors reserve the right to select anyone from a different group provided they are eligible.

Wayne Aspin

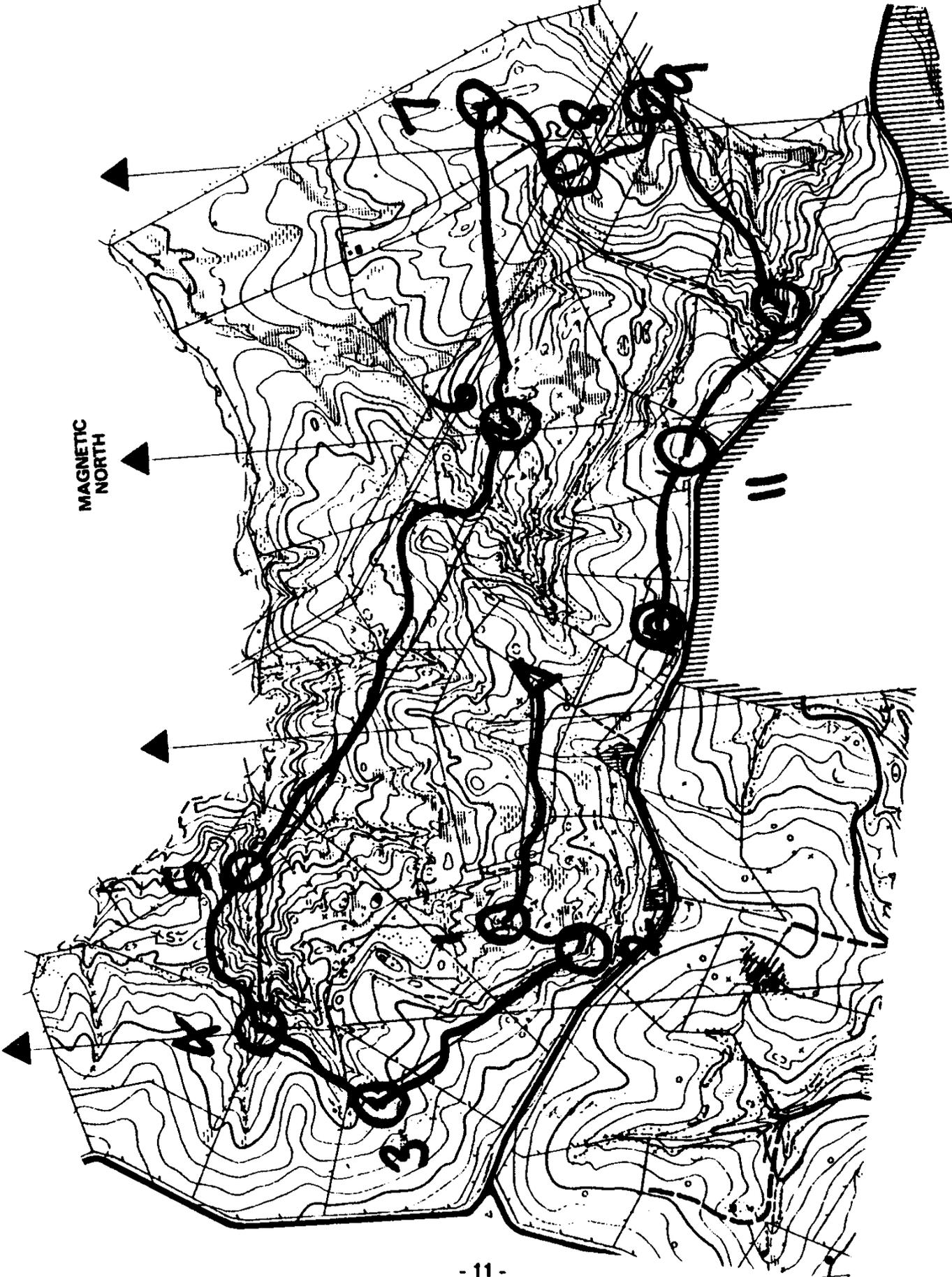
Convenor of Selectors.

Trialists must be registered orienteers. (1991 affiliations paid to NZOF.) Any competitors unavailable for selection please notify the selectors by 1 April 1991 by which date the team will be selected.

CLUBS PLEASE PUBLISH IN YOUR MAGAZINE/NEWSLETTER.

OY1 PAEHOKA 10 MARCH 1991

DAVID O'BRIEN — M17 WINNER



the

MAPsport SHOP



Formerly the Wellington Orienteering Shop

WHY THE NAME CHANGE?

After 40 months, it was time for a change of logo. Rather than emphasising where we live, we have adopted a name which captures the essence of our activity: sport and MAPS.

Another change, and it is a reluctant one, is the ending of the automatic donation of 50% of the income from the shop to orienteering training. We have moved away from a no-capital operation and have invested in quite a bit of stock. We need a return on that investment, because it's our money at risk; and we will probably lose a proportion of it because we cannot forecast the market perfectly. That doesn't mean we won't be supporting orienteering training; just that we don't feel it can be automatic any more.

WHAT ELSE IS NEW?

- "Cunning Running" bumper stickers \$1
- New improved strapping tape - Leuko brand, at lower price of \$12 per 14m roll.
- Small 2-D self-adhesive controls, suitable for school use. Sheet of 35 for \$3
- Synthetic paper controls, tiny ones suitable novelties, large ones suitable park or school use, or raw materials to make your own.
- "Orienteering The Skills of the Game", general O book by Carol McNeill. On order, expected price \$30.
- "The O Gang" and "Cunning Running", two books suitable for 7-19 year olds. On order, expected price \$12 and \$8
- Right-handed Thumb Compass housing, takes normal needle, \$20

ANOTHER OVERSEAS SOURCE OF ORIENTEERING ITEMS

As well as links with Ultrasport and Harveys in Britain, we can now order from Orienteering Service of Australia. They have some books and equipment not available from Britain, including the "Lactona" head-mounted magnifier, for those who have trouble with map detail. Your club secretary now has the OSA colour catalogue, in addition to the Ultrasport and Harveys catalogues. Or have a browse through our copy at events.

Remember we have our own Price List of compasses, watches, books, pre-owned shoes, tee-shirts, O jewellery, sports med items, etc. Just send a stamped, addressed envelope, preferably the 10 by 22cm size.

HOW TO ORDER BY MAIL

For items from the MAPsport Shop list, please send your cheque for the price plus \$1 per item for postage. We will mail the item promptly.

For OSA, Ultrasport or Harveys items convert to NZ dollars at the rate of \$4 to the Pound, or \$2 to the Australian dollar. Enclose a deposit of 10% with your order. Before sending off the order we will check against the latest prices and exchange rate and contact you if there has been significant movement - which would add more than 25% to the price. We'll bill you the remainder on delivery.

MORE INFORMATION

All enquiries to Michael, Philip or Antonia Wood. You can also phone us at (04) 662645, or write to 5 Atahu Grove, Lower Hutt.



1991 CANTERBURY MOUNTAIN MARATHON

The 10th Annual Canterbury Mountain Marathon will be held on Banks Peninsula near Gebbies Pass on Sunday 28th April 1991.

The Mountain Marathon is a one day test of navigation and fitness, similar to a long orienteering event. It is becoming increasingly popular with runners, trampers and serious triathletes who want a new challenge.

In the last two years, well known Coast-to Coasters Steve Gurney and Russell Prince have both been beaten, by orienteering fanatics Don Bruce and Rick McGregor from Dunedin in 1990, and Keith Brockway and Steve Harvey from Christchurch in 1989.

This year's course is being set by veteran orienteers Dave Laurie and Andy Buchanan who finished second in 1990. They warn that the 1991 event will be as tough as ever, with challenging route choices around the rim of an extinct volcano, plus the usual battles with steep terrain and tough undergrowth.

Competitors enter in teams of two or more. They must navigate their way to twelve or more control sites (marked by flags) where they punch their control cards. The skill comes in deciding the choice of route from a standard 1:50,000 topographical map.

There will be four courses ranging from Novice to Elite, to suit all ages and abilities. You can run walk or crawl, but may not fly, ride, or glide. Depending on the course, finish times will range from 3 to 7 hours, or more if you select a course beyond your ability.

The major sponsor is again the Macpac Wilderness Equipment Company who will be providing generous prizes. Organization is by the Peninsula and Plains Orienteering Club.

Entry forms are available from Christchurch sports shops, or from Dave Laurie (332-4455) or Andy Buchanan (338-1651).

AUSTRALIA

January 5th—11th 1992

The 1992 Veterans' World Cup

The Veterans' World Cup is a major event, sanctioned by the International Orienteering Federation, comprising two qualifying races and A and B finals. The Orienteering Association of Tasmania, hosts for the event, have arranged a programme of events with courses to cater not only for veterans but for orienteers of all ages and all standards. The programme provides 8 events, including the Model Event and VWC Final, over 11 days to make your visit to Tasmania worthwhile and rewarding.

Location

The Veterans' World Cup Event Centre will be at St. Helens on Tasmania's East Coast, approximately 240 km from Hobart and 170 km from Launceston. St. Helens is a fishing port, service centre and the major tourist resort on the 'Sun Coast', where Tasmanians and visitors enjoy a traditional Australian summer holiday of sun, surf and sand. St. Helens and nearby towns offer every facility for the visitor and a variety of types of accommodation. **However, as the event takes place in the peak holiday season you are advised to book accommodation as soon as possible.**

Maps

An expert team, including fieldworkers and cartographers who produced the 1988 Asia Pacific Championship and World Cup Heat 2 maps, will guarantee world class maps for the championships.

Maps for the VWC events will be 5-colour, scale 1:10000, with contour interval 2.5 metres and 5 metres.

Terrain

The Tasmanian Sun Coast offers a variety of terrain which will provide very pleasant and moderately fast running in the open *Eucalypt* forests. Navigational challenges will be greatest in areas of detailed granite rock outcrops, which are widespread, and in extensive areas of com-

plex, abandoned and eroded alluvial tin mine workings. The Finals area will feature an interesting mix of granite and mining detail made even more challenging by the low visibility *Casuarina* groves over some of the area.

VWC Entries

Orienteers competing in the Veterans' World Cup must enter the two Qualifying Races. Performances on these two races will determine the orienteer's placement in either the A or B Final, with the 80 competitors having the fastest cumulative times on the two Qualifying Races entering the A Final. All remaining runners will race in the B Final.

The Tasmanian 'Sun Coast' 4-Day

This event will be run concurrently with the VWC and will include the two Public Races and the two Qualifying Races. Placings will be determined on cumulative times over the four races. The Tasmanian 4-Day is open to orienteers in all age classes, with non-veteran competitors starting last.

Course Lengths

Course lengths will be in keeping with I.O.F. guidelines.

Coaching Symposium

A coaching symposium will be held at St. Helens during the week of the competition. Please indicate on the entry form if you wish to attend. People wishing to present a paper please contact: Tasmanian Director of Coaching, P.O. Box 2110, Launceston, Tasmania 7250, Australia.

Programme

No.	Date	Event	Location
1	Friday 3rd	Pre-Event	Hobart Area
2	Sunday 5th	Public Race	Sun Coast*
3	Monday 6th	Model Event & Opening Ceremony	St. Helens
4	Tuesday 7th	Qualifying Race 1	Sun Coast*
5	Wednesday 8th	Qualifying Race 2	Sun Coast*
	Thursday 9th	Rest day	
6	Friday 10th	'A' & 'B' Finals	Sun Coast§
7	Saturday 11th	Public Race	Sun Coast*
8	Monday 13th	Post Race	Launceston

* Tasmanian Sun Coast 4-Day Event

§ Veterans only

Age Classes (Age is taken at 31 December, 1992)

Veterans' World Cup Classes (Available on all days)

H35 H40 H45 H50 H55 H60 H65 H70 H75 H80 H85
D35 D40 D45 D50 D55 D60 D65 D70 D75 D80 D85

Other Classes Available (For all days except VWC Finals day)

H10 H11-12 H13-14 H15-16 H17 H19 H21 E/A/B
D10 D11-12 D13-14 D15-16 D17 D19 D21 E/A/B

B classes in Veterans age groups are also available for those not wishing to enter the World Cup.

Entries close 30 September 1991.

TIMES SQUARE

OY1, PAEHOKA
MARCH 1991

Course 6	
	M45B
	PG
M/MA/PA	4.46
S/TRI	1.04
1	2.28
2	3.52
3	2.46
4	4.05
5	13.03
6	6.37
7	8.37
8	3.12
FINISH	1.18
	<hr/>
	51.48



"Wail! Wail! Here's another one . . . the screams of a man lost in the woods."

WANTED

1. ORIENTEERING PHOTOS

I urgently need photos for a promotional display at the forthcoming Woodhill Forest run on 5 May. All photos have potential - action photos, social photos, fun photos, anything depicting all aspects of the sport would be appreciated.

Please send to me, or bring them along to the next series of events.

2. TO ORIENTEERS NOT COMPETING IN THE FOREST RUN, there will be orienteering courses available at this event on the day. (Not advertised in the AOA Events Programme.)

Course 1 - Long and technically hard.

2 - Medium length, technically hard.

3 - Medium length, technically easy

4 - Short length, technically easy

I would also appreciate any 'on the day' helpers (from any club) to assist with the promotion and running of the 'O' event. Please advise me if you can help.

Mike Ashmore

PS If you intend running a course at this event I would advise you to arrive extra early as there will be 1500-2000 competitors taking part in the Forest Run itself.

Auckland Orienteer

Editor:

Rowena Grenfell

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One Tree Hill

Auckland

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