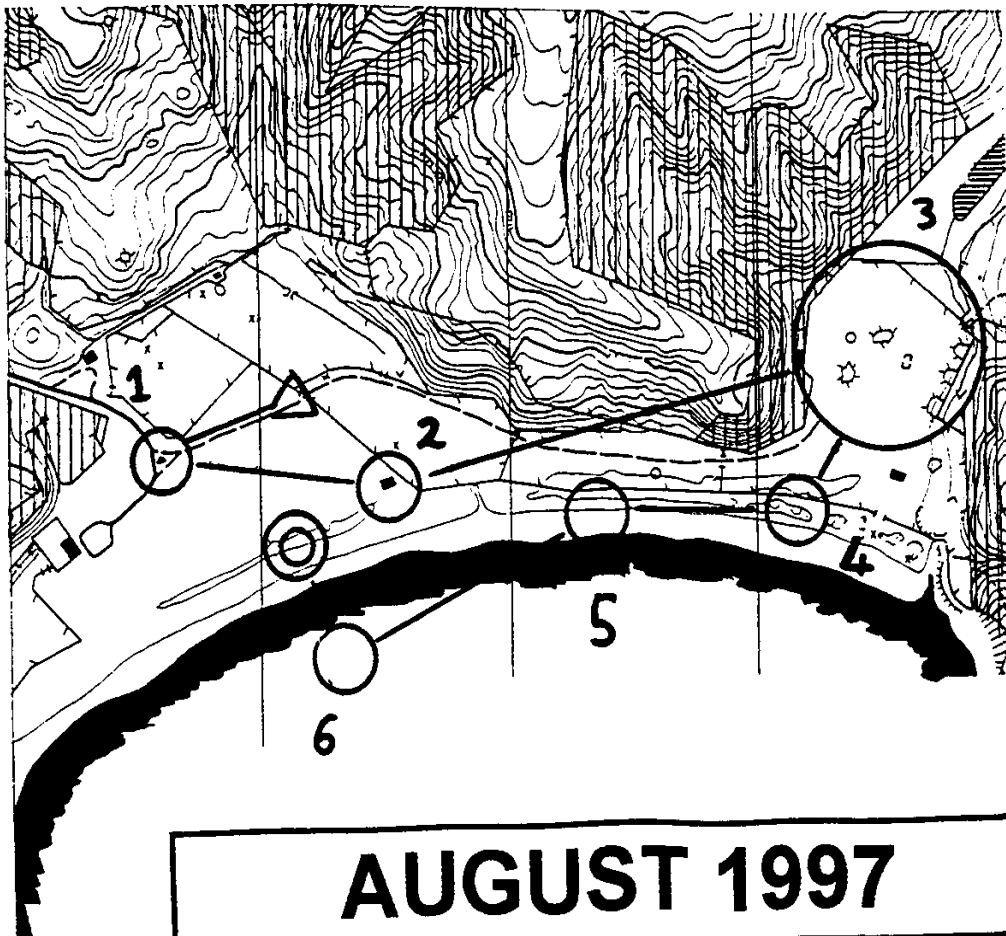


The AUCKLAND ORIENTEER

Mid Winter Special 1.7 km

- | | | |
|----|---------------------|---|
| 1. | boulder, sth side | Follow instructions on control |
| 2. | building, SE corner | Your control number is 696 |
| 3. | fence corner | Somewhere in side the control circle. |
| 4. | depression | A 'normal' control |
| 5. | on the beach | This control has two legs, and it keeps |
| 6. | pond, very large. | on moving. |

navigate or swim to finish 50 m



AUGUST 1997

CALENDAR

Please call Club Secretaries for final confirmation of these details: (A) Auckland: Rae Powell 624 1513 (CM) Counties-Manukau: Linda Brighthouse 09 298 8380 (E) Egmont: Jay Paterson 06 751 3589 (H) Hamilton: Jim Barr 07 856 9501 (NW) NorthWest: Ann Fettes 827 5358 (P) Pinelands: Chris Jackson 07 886 5313 (R) Rotorua: Mark McKenna (07) 345 3318 (T) Taupo: Alison Menseh 07 378 0577 (WACO) Waikato and Auckland Universities: Shaun Collins 631 0204 (Wh) Whangarei: David Nevin 09 435 2415.

AUGUST 1997

- Sun 3rd A **Beautiful Hills**, Woodhill Forest, self-start / self-finish.
The seldom-used "not very white" southwest corner of this map. 4 courses (2 red, 1 orange, 1 yellow/white) Signs from Forest Headquarters on SH16 half way to Helensville. Starts 10:00-11:30 \$4 each \$5 non-members Results in newsletter.
- Wed 6th A Auckland Club meeting, 19:30, Powell residence, 23A Fernleigh Avenue, Epsom
- CM Counties-Manukau Club meeting, 19:30, Brighthouse residence, 27 Coulthard Terrace
Papakura; all CMOC members welcome.
- Sun 10th R Jackson Park, Springfield Road, Rotorua, 11:00-13:00
- T Wharewaka, short training event, details Jocelyn Reeve 07 372 8178, 11:00-13:00
- Wh Pompallier, 11:00-13:00
- Thu 14th NW Club meeting, 19:30, Mead residence, 10b Patuone, Devonport **NEW VENUE!**
- Sun 17th H Forest Lake, 11:00-13:00
- NW **Spring Series Handicap, Beautiful Hills**, 10:00-12:30
Setter Les Paver, Controller Geoff Mead, signposted SH16 northwest of Auckland
- Sun 24th E CDOA OY5, Mangamahoe, Taranaki, 11:00-13:00 (?)
- A **Churchill Park / West Tamaki Streets BRAND NEW MAP**
Streets / reserves, a large black & white street map with detailed colour map areas. Setter/controller Joanna & Alistair Stewart. 10:00-12:30 Details this issue
- Sun 31st CM **Spring Series Handicap, Waiuku Forest**
10:00-12:30, signposted from Waiuku, west of Pukekohe

SEPTEMBER 1997

- Wed 3rd A Club meeting, 19:30, Selwyn Palmer's residence, 1/5 Aramutu Road, Mt Roskill
- Sun 7th NW **Spring Series Handicap, Muriwai North**

10:00-12:30, setter Roel Michels, vetter Martin Girling

T Raroa (?) contact Kathleen Lonsdale 07 378 0818, 11:00-13:00

Thu 11th NW Club meeting, 19:30, Garden/Gelderman residence, 23 Nixon Road, Henderson

Sun 14th R CDOA OY6, Peka Block, 11:00-13:00

WACO Training event, details unknown

Sun 21st H Pakaroa, 11:00-13:00

A **Spring Series, Beautiful Hills or Velvet Downs**
Signs at Forest Headquarters, Restall Road; 10:00-12:30

Wh Tangiteroria, 11:00-13:00

Entries close Hamilton Labour Weekend 3 day, Kallamey & Kawhia, entry this issue

Sat 27th Entries close Auckland Champs 18/19 October, entry July *AUCKLAND ORIENTEER*

27-4 Veteran World Championships, Minnesota, USA

Sun 28th **WACO Training event, details unknown**

P Redwoods, north of Tokoroa, 11:00-13:00

October 1997

4-5 D Senior Training, Naseby
5 CM Spring Series Handicap, Waiuku Forest
R Crater Block
6-10 Squad Dev Squad Camp TBC Rotorua
10-12 Women's Camp, Taupo
12 T CDOA OY7, Opepe
Waco Training event
Wh Mair Park
16 AOA Meeting
18/19 NW Auckland Championships
Uren Road, Kaipara Knolls
19 P Greenpeaks, SH1 S of Tokoroa
25/27 H Labour Weekend 3 Day
Kallamey Lake, Kawhia
PAPO South Island Champs 3 Day
Dalethorpe, Acheron, Canterbury

November 1997

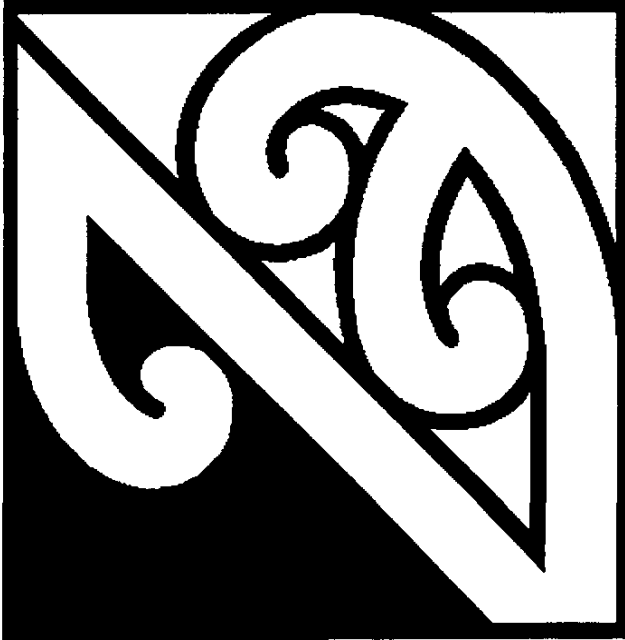
2 CM AOA Relays, Whiriwhiri Maioro
6 CM Auckland Primary Schools Champs

8/9 E CDOA Championships,
Tuahoki & Hurworth, New Plymouth
9-16 All National O-Week: Permanent courses!
16 H Four Brothers
Wh Mangawhai
21 Deadline Junior Camp 15-20 December
22-23 Lactic Turkey Rock
23 R Okere Falls
29/30 Wellington Championships

December 1997

1 HB Rogaine, Smedley
3 H Rose Gardens
7 R Okawa Bay
Wh TBA
10 H Waikato University
15-20 Junior Camp, Muriwai
17 H Hamilton Lake
? Oz 5 day, Canberra

NORTHWEST NEWSHOUND



It has been a low key month for orienteering locally but the NWOC mid-winter madness event at Shakespear Regional Park, set by Mark Lawson and Geoff Mead was a great day for rekindling enthusiasm for the forthcoming Spring O series in August.

While the orienteering was easy, the pace was fast and furious as around 45 people dashed around the sprint-O, puffed and wheezed (with the exception of Phil Wood who ascended the hills as if he had turbo boosters in his shoes), up the NW hill climb challenge, and deciphered unusual instructions to eventually brave the final obstacle of the day - the floating control bobbing in the chilly waters of the Hauraki Gulf!

The wet ending did not dampen the very positive response to this fun event and a few die-hards even went out to run a 4th "normal" course. Phil Wood warmed up for the events by cycling from Riverhead, and then proceeded to win all the races.

While the club event was at Shakespear, several NW orienteers ran excellent races at the NZ secondary schools championships in Hawkes Bay. Congratulations to senior girls, Michelle Nash (1st) and Natalie Rouse (2nd) of Birkenhead College, intermediate girls: Fiona

Monks (1st) of Kelston GHS and junior girls 2nd place-getter H Thompson of Birkenhead College.

Birkenhead College also did particularly well in the relays at Seaford Road forest : Senior Girls - 1st; Intermediate Boys - 1st; Junior Boys - 2nd; Junior Girls - 3rd. The school also won the inter-school competitions in both boys and girls categories.

Rob Garden has just returned from managing the JWOC teams in Europe and commented on the very fast winning times posted over there. It seems that we Kiwis need more sprint training.

Sasha Middleton is now following the world champs events in Europe / Norway and plans to walk round courses (back injury precludes running) and soak up the atmosphere.

Next club meeting

Contrary to the information in the July newsletter, the August club meeting will be held at 19:30 on Thursday 14th August at the Mead home, 10b Patuone Avenue, Devonport.

The September meeting will be held at 19:30 on Thursday 11th September at the home of Rob Garden and Marquita Gelderman, 23 Nixon Road, RD2, Henderson. All NorthWest club members are most welcome.

LISA MEAD 445 4555

AUCKLAND APPARENTLY

Next club meeting

The August club meeting will be at 19:30 on Wednesday 6th at the Powell residence, 23A Fernleigh Avenue, Epsom.

The September club meeting will be at 19:30 on Wednesday 3rd at the Palmer residence, 1/5 Aramutu, Mt Roskill.

MARK ROBERTS 520 5993

COUNTIES- MANUKAU NEWS

Club meetings

The August meeting will be held at 19:30 on Wednesday 6th August at the Brighthouse residence, 27 Coulthard Terrace, Papakura.

All Counties-Manukau Club members are welcome.

MARGARET BRIFFETT 294 7613

DODGY DESCRIPTIONS

My first event in 1976 contained a control description simply : "hillside".

We didn't use IOF symbols then, just English phrases. The control was on a broad, bland and featureless French Creek hillside. It was about halfway up a 500 meter long, 500 meter wide spur, and turned out to be about 100 meters off the centreline of the spur. Still a classic.

About 1979, an event I attended used a common control for several courses, the description for which was "where the troll lives". Again, English only descriptions. Those of Scandinavian origin, or who'd read Billy Goat Gruff knew that meant "under the bridge".

No one else did, and the control was invisible unless you actually went under the small dark stone bridge. The poor course setter heard about that from many politely irate folks - for years.

I set a training event once, about 1982, in Pennsylvania in which I used a pit, 3 meters deep about 3 meters across, putting the control in the very bottom of the pit. Apparently no one in PA had ever encountered a control in the bottom of a pit before and they really let me know about it.

That didn't stop me from putting a control at the bottom of an 8 meter deep, 20 meter wide, steep sided sinkhole depression at our Florida class "A" event in '95. I thought it would be fun. They thought otherwise. I'll be more careful (I'm told) in the future.

Then there was the time I put a control on a "saddle" which was apparently so subtle I was the only human who could detect even the presence of the saddle, much less the precise location of its defining crest. Everyone, and I mean everyone,

told me about that.

Then there was the time I was responsible for a 'hidden' control. This control was placed in the hollow of a mapped rootstock having a portion of the tree trunk still sticking up. The description said 'east side' and it was visible from the east, but I had placed it within the cavity so that it was only visible from exactly due east. Very bad.

Then there was the time I forgot to put out a Green course #7 control altogether.

All such things are learning opportunities, of course. I'm quite certain I'm perfect, now.

BOB PUTNAM [FLORIDA] ON O-NET

DODGY EVENTS

I was at the French 5-Day in Dijon last week running in M50 and thought I would pass on a few comments:

One of the joys of orienteering in a country other than your own is that you don't have the slightest sense of responsibility for how well it is organised. Naturally you prefer that everything go smoothly, but if there are some hitches, at least people aren't complaining to you.

So it was with a certain sense of detachment that I stood in the crowd at the starting line the first day, a crowd that was getting somewhat more agitated as it got closer and closer to the first start at 9:00 o'clock and all one could see of the officials was that they were in a small huddle having their own agitated discussion.

My start was 9:02, so I was a somewhat interested party in this. At about 8:55 one of the officials came over and opened up the clock (the one that beeps a few times every minute, but had so far been quite silent). He fiddled with the insides a bit, then started turning the knob to change the time. The start will be a bit late, I assumed.

Except that, when he closed the clock back up, it seemed that he had advanced it an hour, for it now read 9:57. A second digital clock read 8:57. Not to worry, at least the first clock was now beeping every minute.

8:58 / 9:58 arrives, the 9:00 starters who are supposed to move up one line are getting very agitated. The officials are still conferring. Finally, about 9:05, they call up the 9:00 starters (all this

in French, which at most a quarter of the participants understand), very slowly check off each one's number, let them move up a line... and then wait a minute before repeating the process with the 9:01 group.

So the 9:01 folks start 2 minutes after the 9:00 crowd, my group at 9:02 starts 2 minutes after the 9:01 group, the 9:03 group starts at... but see I'm already gone, and I'm in another country so I don't feel embarrassed for the officials, and I figure it's *not my problem and I get on with my orienteering*. And so, in the midst of a nice little bit of chaos, I'm having fun.

And the map is fine and the terrain is interesting and the course is good, and maybe the results take a couple of hours to go up, but the sun is shining and the food is good and life could be a lot worse.

On day 2 I could complain about the fact that my 5.5 km course had 400 meters of climb, but again the map was fine and the course was interesting.

Day 3 was obviously too flat; we had about 7 km with 40 meters of climb and hardly a rock to be seen.

Day 4 was way too rocky, enough said about that.

Day 5's map, mostly yellow and green, was at 1:10,000 for everyone, but that just seemed to offer the mapper a chance to squeeze in even more detail.

In one of my control circles I can count 5 u-shaped depressions, regular depressions, a knoll, several re-entrants, 18 thickets (I kid you not!), and a single tree.

So every day had something to complain about if you felt so inclined. But if you looked at the whole package, you had a wide variety of terrain, and a demand for varying speeds and varying skills. To me that is one of the pleasures of multi-day events.

PETER GAGARIN [USA] ON O-NET

MENINGITIS

Dear Mark

While I do not wish to downplay the seriousness of meningococcal disease, there is no evidence that it is spread by sharing common drink containers.

Until evidence is available as to how the disease is transmitted, panic and scare-mongering should be avoided.

RICHARD RANKIN [WHOC]

Dear Mark

I don't claim to be an expert on Meningococcal disease, but am fairly heavily involved in several studies involving it at present, including a case control study to try and establish the risk factors. The reason that such a study has been funded in a tight monetary environment is that no-one really knows the risk factors.

There has been overseas research that has indicated that close contact with others (living in close contact, social gatherings) increase the risk, and also body fluid contact (eg kissing.) There was also a study done by CDC in the States which implicated sharing of cocktail glasses among students.

The general wisdom is that sharing a drinking utensil is probably a risk factor - I repeat, there is no clear proof as to what increases the risk. I have just spoken to Professor Diana Lennon, an infectious disease expert here with whom I work closely and her comment was that there is proof that the bug is present in the nasal pharyngeal passages and that commonsense would therefore say that it can be transmitted from here via a shared drinking container. It has certainly been considered worth while including a question on drink sharing in the questionnaire for the case control study.

The reasons for development of the disease are poorly understood. It is likely to be a combination of host, disease strain and environmental factors. What we do know is that at present, although the risk of any particular individual developing the disease is still very low, the carriage rate is high in the population. Therefore there would be a very high probability of some individual at an orienteering event being a carrier, and it is possible that the poorly understood combination of factors needed to result in a case of the disease could also be present. Unfortunately the consequences of this can be catastrophic.

In summary, Richard is probably right - there is no absolute proof that sharing drink containers is risky, but there definitely is no proof that it is not, and the evidence would point to the fact that it is a likely contributor. We may know more at the completion of the case control study!

JOANNA STEWART [AOC]
CONSULTANT BIostatisticIAN
DEPARTMENT OF COMMUNITY HEALTH
AUCKLAND MEDICAL SCHOOL

AOA

Trophies

Many AOA Trophies are in poor condition and the AOA is considering presenting medallions and certificates instead of trophies. Some of the advantages in doing this are:

- The winner of a trophy will not have to pay for the cost of engraving
- There will no longer be the difficulties associated with getting trophies returned
- The administration is much easier
- Winners will be presented with a medallion they can keep
- Medals can be presented on the day of the competition.

It is proposed that winners will also receive a certificate which includes the names of previous winners of the grade. The major trophies would be retained.

Fees

A maximum fee of \$8 has been set for the 1998 OY events. Clubs of course may charge less than this should they wish to.

The future structure of the AOA

There was unanimous agreement that the structure of the AOA should be reviewed. Clubs are to nominate one delegate to attend a meeting to set objectives and draft a proposal which will then be put to the Clubs.

Map copyright

Maps should not be photocopied without prior permission of the Club owning the map. Maps are considered to be a capital asset of the club and it is reasonable to expect that a charge be made for copyright.

AOA Championship trophies

Holders of AOA Championship trophies are requested to return these to Ann Fettes at the

Spring Series event on 17th August, or the following one, or hand them in to registration, or phone Ann at (09) 827 5358 for alternative arrangements.

We want to check them thoroughly prior to the championships. Prior to returning trophies it would be appreciated if you would have them engraved with your name and also give them a polish up.

Next meeting

Next AOA meeting 16th October - or earlier if required. Venue to be advised.

JAN SMITHIES [NWOC]

NORTH ISLAND JUNIOR TRAINING CAMP

**Houghtons Bush Camp, Muriwai,
Auckland, 15 - 20 December 1997**

This camp is for Juniors 13-16 years old. The approximate cost \$120.

Application forms available from your local club secretary or contact:

Joanna Stewart phone (09) 575-5695

Closing date for applications 21st November 1997.

SILVA NATIONAL SECONDARY SCHOOL CHAMPS

There was a great turnout of juniors from the Auckland clubs at this event held at Napier in July. The terrain for both the classic and the relays was pine-covered gully spur, and was physically very demanding. A most enjoyable event was helped by the excellent Hawkes Bay weather.

The Classic had great spectator interest as all competitors had to pass through an open pylon

strip just up from the finish, part way through their course. This area was dotted with controls as all courses had a control somewhere in the area, leading to great viewing.

The event centre for the relay, although a hike from the cars, was most picturesque, being on the side of a hill in open pine forest on a grassy base. The steep downhill finish led to some spectacular sprints to the line, especially in some tightly contested races.

The most spectacular was the race for first and second in the Intermediate Girls where Macleans last runner (Antoinette Fotherby) just managed to hold out the chasing Amy Holden from Newlands. In the effort to catch up, Amy got a fraction too close to the side of the track, lost her footing, and much to the horror of the watching crowd, disappeared from view down the bank. However, while we were still staring in amazement Amy popped back up, none the worse, and crossed under the banner only seconds behind.

The good secondary school lead-up competition which is held in Auckland from February probably contributed to the great results for our local Juniors. In the senior girls Michelle Nash reversed the tables from the Auckland SS Championships on sister Jonine, taking out the title from Natalie Rouse in second with Jonine finishing a creditable 5th, and in the tough competition of senior boys it was great to see Nic Foster come in 4th.

Intermediate girls was a clean sweep to Auckland, Fiona Monks having a great run ahead of Antoinette Fotherby and Sarah Phelps, with Beth Tilton not far behind in 5th. David Stewart took the Intermediate boys title in a closely contested field with Craig Wilson coming in 5th.

With fields within each grade numbering in the thirties for the championship grades these results, and those of the other Aucklanders present, were a credit to the Auckland Juniors. The depth showing in the fact that Birkenhead took out both the boys and girls awards, with Kelston also featuring in the girls competition.

Congratulations to all the competitors - perhaps the good form can flow on to the next junior challenge for the Blossom trophy so that we may see Auckland putting in a good challenge to Hawkes Bay and Wellington.

JOANNA STEWART [AOC]

TIMING OF THE NATIONAL CHAMPIONSHIPS

Yes I know this subject has been thrashed to death over the last year or three, but it's an important subject to many orienteers as evidenced by the strength and diversity of opinions. The subject reared its head again at this year's NZOF AGM, as two clubs put forward (conflicting) remits as to the future.

The remits were dealt with by the NZOF agreeing to form a working party to come to a consensus on the timing of the National Championships. This working party has now been formed and deliberately picked to represent diverse interests (geographically as well as otherwise):

- Malcolm Ingham (Wellington) - convenor
- Rob Crawford (Auckland)
- Royce Mills (Palmerston North)
- Derek Morrison (Hawkes Bay)
- Stuart Payne (Christchurch)

As the only representative from this part of the country, I welcome the views of ANY orienteer on the subject. However I would prefer your views in writing, and if necessary, I can then contact you to discuss them. Please send them to me either by email or post to the addresses below.

You should be aware that the current NZOF rules state that the Nationals shall be held on a weekend before (or at?) Labour Weekend. The NorthWest club I believe are applying for the 1999 Nationals and wish to do so on an ordinary weekend in November, so this issue does have a bearing for Auckland orienteers in the near future.

I would particularly like to hear from secondary and tertiary students, as the timing of exams may have changed since I sat them and I would appreciate their views on whether trying to study for exams and orienteer at the same time is a good idea. Or are tertiary courses mainly internally assessed now?

I am also interested in people's views as to whether the Nationals have to be held on a long weekend. Please don't be shy. While some of you may be utterly sick of the subject, I hope that won't prevent you putting your views onto paper

(it doesn't have to be an epistle) and sending them to me. As I have to provide my thoughts and those I have discussed the issue with by the end of August, please write to me BY 20 AUGUST.

Rob Crawford, Email: robc@voyager.co.nz
59c Triangle Road, Massey, Auckland 8

FROM ROB J

The centre for the Sorlandsgaloppen competition was a small town called Stavern on the coast near Larvik, several hours south of Oslo. We camped in a school and surrounds with many other people and caught up with lots of friends.

Our group consisted of Rob, Darren, Greg, Aidan, Kirsten, Jo, Tania, Antonia, Rob Walter (Australian team), Mark Wilmot (Australian coach), a bunch of Brits, a trio of Canadians, a handful of Irish, several van-loads of Swiss, and of course many hundreds of others.

The first two days were on the same map which was of mixed accuracy in parts. I had trouble with vegetation interpretation while others struggled with rock and cliff sizes. Darren lead the way on the first day followed by Aidan, Rob and Greg. The terrain was generally junky with lots of younger plantations and felled areas.

We were a little wiser the next day although Aidan still had problems. It is interesting to note that even in a big international competition major cock-ups still happen. Our course for the first day was listed as 8km but was barely over 5. A case of the course setter mixing up his scales and measuring as if for 1:15000 when all the maps were 1:10000. We weren't told either!

Day three saw a major change of terrain type. We moved into very linear terrain. Oval shaped hills had lines of cliffs along the edges and formed roughly a grid-work of features. The tops of the hills were open forest with much bare rock while down in the gullies between the cliffs the terrain was greener although often there was a track leading through the gaps between the cliffs. Route choice played a major role.

Typically a leg involved some track running then up through cliffs, out of the green, onto the tops of the hills where there was often considerable contour detail. I had a good run after a slow start and was just behind Darren who also had a very

good run. The third day was a short day and this was followed by a rest day.

My rest day involved a 2 hour 20 minute, 1000m+ climb, run in the mountains with a Dane and Rob Walter. The others did various long walks or runs with of course WOC being our goal not Sorlandsgaloppen. A memorable moment was seeing a Norwegian snake on the track next to my foot as I avoided stepping on it! Now this snake was no 50m movie animation, or even a 2m Aussie slitherer, but rather a 30cm 'worm' that could hardly be bothered moving even when prodded with a stick.

Day 4 was a long race on the day three map. I had one of those days when after starting well things just keep getting worse. Darren clearly showed what fine form he is in with a superior run to anything the rest of us could muster.

Day 5 and we were back into the junk. The terrain was a mixture of the first two but with considerable green and bushy areas. I bounced back to very narrowly beat Darren while Greg started to find some form. Unfortunately I rolled my ankle moderately at the last control and reduced my ability to race hard on the last day.

Perhaps the last day belonged to a quickly improving Greg who was just behind Darren. I managed to go steadily for two thirds of the race but then tired ankles and a loss of concentration saw me make two costly errors.

Overall nobody could match Darren's consistency and he clearly was the best of our group. Despite having several good runs, my result was hampered by inconsistency and too many errors (one and a half legs on the last day also didn't help). Things were improving and hopefully I can match Darren's form after a similar build-up period. Greg improved greatly over the week and is his usual hard self. Sadly Aidan, after a strong start, faded towards the end. His recent arrival and a lingering cold probably didn't help and I'm sure he will be back to his best after a rest and some steady training.

Compared to the other nations that were competing, we held our own. Several of the Swiss and Austrians were going well but we generally had the better of the Aussie, Irish, Canadians and Germans. We have the potential to do OK at WOC if we orienteer steadily as that is the key here rather than going madly flat out.

ROB JESSOP [AOC]

EVENTS

South Island Championships Labour Weekend

Club Secretaries now have entry forms for the South Island and Canterbury Championships, to be held at Labour Weekend 25th-27th October 1997, near Christchurch. PAPO are offering 3 days of orienteering on the Dalethorpe and Acheron maps west of Christchurch. Entries close 26th September, contact Dave Evans 03 366 0628 for details.

Tamaki Streets / Churchill Park: a new type of street / reserve event Sunday 24th August 1997

The first of a new style of event from Auckland OC - a combination of a brand new B&W contoured street map with additional detailed colour maps of parks and reserves.

We will be starting at Churchill Park, and the short courses (suitable for all comers) will stay inside this interesting detailed area, with streams, lots of tree cover, and a reasonable amount of contour detail. At this time of the year you can expect plenty of mud, but none of the ankle-breaking rock-hard pugged turf we see at Churchill Park in summer.

But the longer courses, which you may complete on foot, on wheels, by horse or by helicopter, will leave Churchill Park, and via streets and reserves take in a couple of other colour maps. Dingle Dell is a likely contender, but we also hope to have available brand new maps of a couple of other large open areas.

This pleasant area of suburban Auckland is crammed with parks, reserves, council gardens, alleyways, and winding streets. It's challenging and interesting orienteering, and you may even expect to make route choices depending upon contours - this area is far from flat!

Starts are from 10:00-12:30, the event is being organised by Joanna and Alistair Stewart, and the maps drawn by Mark Roberts from fieldwork by the Stewarts.

MARK ROBERTS [AOC]

THE AUCKLAND ORIENTEER

The AUCKLAND ORIENTEER...

...is the monthly newsletter of the Auckland Orienteering Association, combining the Auckland, Counties-Manukau and NorthWest Orienteering Clubs. It is edited by Mark Roberts, AOC (520 5993) and distributed by Marquita Gelderman, NWOC (412 8879) and published at the beginning of every month except January.

Next Issue: September 1997

Mail your contributions to Box 99612 Newmarket, or deliver to 23a Shore Road, Remuera, or fax 263 4794 or 520 5993, or call me or my machine at home on 520 5993, or call me at work on 263 4793, or email mark@kiwiplan.co.nz or nmr@iprolink.co.nz

The deadline for contributions for the September AUCKLAND ORIENTEER is Friday 22nd August.

Disks or email please, if you can; ASCII text with no hard returns, or Microsoft Word, on DOS 3.5" disks for preference. Please don't format your document with spaces or tabs, it takes me ages to get rid of them all.

I would prefer not to have to return your disk, but just ask and I will give you as many disks as you want, I have hundreds of them.

If you can't supply on disk, and the article is fairly long, please supply as camera-ready copy, on A4 with a 16mm border all round (265mm x 178mm), and font size at 11 points. Careful! This border is smaller than your WP or typewriter would normally be set up for, and the font size is bigger.

I am prepared to type contributions if necessary.

Distribution

If you change your address, please contact your club membership officer or Marquita Gelderman on 412 8879. If you want a back issue of *The AUCKLAND ORIENTEER*, please contact your club membership person, or Marquita, or me.

Credits

The New Zealand Orienteering Federation gratefully acknowledges the support of the Hillary Commission.

MARK ROBERTS 520 5993

1997 ORIENTEER OF THE YEAR RESULTS

		OY1	OY2	OY3	OY4	OY5	Total
W12A							
Jayne Shuker	CM		20.0		20.0	20.0	60.0
Hilary Smale	NW	15.4	11.4	0.0	13.6	15.3	55.7
Louise Wilson	AK		0.0	20.0	15.6	0.0	35.6
Melanie Michels	NW	20.0	0.0	0.0	0.0	0.0	20.0
W14A							
Emma Nelson	CM	20.0	20.0	20.0	20.0	0.0	80.0
Marijke Currie	CM	18.9	17.4	0.0	0.0	20.0	56.3
W16A							
Beth Tilton	NW		18.4	20.0	20.0	0.0	58.4
Lindsay Smale	NW	20.0	0.0	0.0	17.2	20.0	57.2
Sarah Phelps	CM		20.0	17.1	18.7	0.0	55.8
Sarah Beaumont	AK	15.9	13.3	0.0	0.0	0.0	29.2
Antoinette Fotherby	AK	18.4	0.0	0.0	0.0	0.0	18.4
Katherine Bolt	AK	12.6	0.0	0.0	0.0	0.0	12.6
W18A							
Fiona Monks	NW	19.1	18.5	18.6	19.1	17.0	75.3
Lise Moen	NW	17.7	17.9	19.5	18.1	15.3	73.2
Jonine Nash	NW	20.0	19.1	0.0	15.8	14.6	69.5
Paulette Ashmore	AK	12.6	15.2	16.4	0.0	20.0	64.2
Nicky Smithies	NW	13.7	0.0	15.4	11.9	16.3	57.3
Michelle Nash	NW	15.2	20.0	0.0	20.0	0.0	55.2
Claire Rankin	WH	11.0	0.0	20.0	0.0	17.6	48.6
Rowena Humphrey	HM		14.7		14.7	18.6	48.0
W21E							
Marquita Gelderman	NW	17.5	20.0	18.6	18.1	20.0	76.7
Rachel Smith	WC	18.0	16.1	17.4	15.2	16.7	68.2
Tania Robinson	CM	18.7	0.0	20.0	20.0	0.0	58.7
Katie Fettes	NW	20.0	0.0	19.3	0.0	18.9	58.2
Melissa Edwards	WC	15.7	17.3	0.0	0.0	0.0	33.0
Madeline Barr	WC	12.6	0.0	0.0	0.0	0.0	12.6
W21A							
Lisa Mead	NW	20.0	20.0	18.7	17.2	19.1	77.8
Lyn Stanton	AK		17.1	13.8	14.4	15.1	60.4
Charlotte Marra	NW		17.9	14.8	0.0	15.7	48.4
Ineke Currie	CM	15.4	15.0	0.0	0.0	13.1	43.5
Fiona Humphrey	HM		14.1	0.0	15.1	11.9	41.1
Jean Cory-Wright	AK		0.0	0.0	20.0	20.0	40.0
Angela Levet	WH		0.0	16.0	0.0	16.8	32.8
Rebecca Smith	WC		0.0	20.0	0.0	0.0	20.0
Dianne Michels	NW	13.1	0.0	0.0	0.0	0.0	13.1

		OY1	OY2	OY3	OY4	OY5	Total
W21AS							
Bridgit Lewis	NW	13.1	0.0	20.0	18.8	0.0	51.9
Phillippa Poole	NW	20.0	0.0	0.0	20.0	0.0	40.0
Marit Moen	NW	16.6	0.0	0.0	18.0	0.0	34.6
Clare Codling	AK		20.0			0.0	20.0
Alison Carswell	NW		0.0	18.3	0.0	0.0	18.3
W21B							
Margaret Briffett	CM	20.0	20.0	0.0	20.0	0.0	60.0
W40A							
Patricia Aspin	CM	20.0	20.0	20.0	20.0	20.0	80.0
Lorri O'Brien	NW		16.2	17.2	14.4	12.5	60.3
Rosemary Gatland	CM		14.2	13.5	12.5	15.8	56.0
Mary Moen	NW	12.4	10.5	15.3	10.9	10.6	49.2
Penny Brothers	NW		17.1		13.8	16.8	47.7
Joanna Stewart	AK		12.6		8.7	10.0	31.3
Doesjka Currie	CM	15.2	0.0	0.0	0.0	14.5	29.7
Jill Dalton	AK	11.2	0.0	0.0	0.0	17.6	28.8
Jill Smithies	NW	8.0	0.0	10.6	0.0	0.0	18.6
Phyl Snedden	CM		11.9			0.0	11.9
Anne Humphrey	HM		9.5			0.0	9.5
Sheryl Collins	HM		0.0		7.1	0.0	7.1
W40AS							
Helen Bolt	AK	20.0	0.0	17.9	16.5	19.1	73.5
Lynn Ashmore	AK	15.4	14.0	20.0	12.8	0.0	62.2
Gay Ambler	NW		10.6	18.9	15.7	15.8	61.0
Bev Shuker	CM		19.1		18.0	20.0	57.1
Linda Brighthouse	CM		20.0		20.0	16.7	56.7
Ewa Glowacka	NW		0.0		17.3	11.0	28.3
Debbie Beveridge	NW	17.9	0.0	0.0	0.0	0.0	17.9
Christine Munro	AK		0.0	14.2	0.0	0.0	14.2
Doreen Oldfield	CM		8.0			0.0	8.0
W50A							
Janice Cyprian	AK	19.0	20.0	17.9	14.7	19.3	76.2
Val Robinson	CM	18.5	14.8	20.0	17.2	20.0	75.7
Lesley Stone	NW	20.0	0.0	16.6	19.2	17.5	73.3
Asta Wistrand	NW	15.2	13.2	15.4	20.0	18.2	68.8
Glen Middleton	NW		12.7	18.5	16.0	14.8	62.0
Rae Powell	AK	13.2	0.0	8.4	18.6	12.4	52.6
Ann Fettes	NW	11.8	0.0	9.3	10.6	14.2	45.9
Jill Brewis	AK	9.7	7.5	11.7	7.3	17.0	45.9
Judy Martin	NW		17.2		16.6	0.0	33.8
Christine Crate	NW	17.4	0.0	0.0	13.4	0.0	30.8
Heather Clendon	AK		0.0	10.0	11.9	0.0	21.9
12 Barbara Rankin	WH		0.0	7.9	0.0	8.1	16.0

		OY1	OY2	OY3	OY4	OY5	Total
W50A (continued)							
Vivienne Leigh	AK		0.0	5.0	0.0	0.0	5.0
M12A							
Samuel Murphy	NW	11.9	20.0	20.0	15.7	20.0	75.7
Alistair Briffett	CM	20.0	9.0	0.0	11.2	0.0	40.2
Kerin Nelson	CM		18.6		20.0	0.0	38.6
Ben Hattie	CM		8.5			13.9	22.4
M16A							
Graeme Hattie	CM		18.2	20.0	20.0	17.8	76.0
James Currie	CM	18.5	13.9	0.0	0.0	20.0	52.4
Philip Murray	HM	20.0	20.0	0.0	0.0	0.0	40.0
Daniel Rowe	CM		13.2			14.7	27.9
M18A							
Craig Wilson	AK		0.0	16.7	17.8	20.0	54.5
Jamie Munro	AK	17.1	0.0	15.2	20.0	0.0	52.3
Nicholas Foster	NW	20.0	0.0	20.0	0.0	0.0	40.0
Stuart Wilson	AK		0.0	8.5	11.5	0.0	20.0
David Stewart	AK	16.5	0.0	0.0	0.0	0.0	16.5
M21E							
Darren Ashmore	AK	18.7	20.0	20.0	20.0	16.0	78.7
Robert Crawford	WC	13.7	17.9	17.2	18.3	0.0	67.1
Bryan Teahan	NW		15.5	16.5	14.1	17.2	63.3
Miki Glowacki	NW	13.1	0.0	14.4	13.5	15.5	56.5
Shaun Collins	WC	16.6	0.0	0.0	16.9	18.1	51.6
Alistair Cory-Wright	AK		18.5		15.8	14.3	48.6
Shane Phillips	CM		16.1	18.4	11.8	0.0	46.3
Fraser Mills	WC		0.0	17.9	12.7	13.0	43.6
Robert Jessop	AK	20.0	0.0	0.0	0.0	20.0	40.0
Richard Bolt	AK	12.3	0.0	15.2	0.0	12.4	39.9
Phil Wood	WC	15.2	0.0	15.9	0.0	0.0	31.1
Michael Hood	WC	6.0	7.5	5.5	5.0	6.0	25.0
Mark Mclean	AK		0.0		14.7	0.0	14.7
Matt Tuck	WC		0.0	13.8	0.0	0.0	13.8
Dave Melrose	NW	10.9	0.0	0.0	0.0	0.0	10.9
Ross Brighthouse	CM		0.0		10.3	0.0	10.3
M21A							
Mark Lawson	NW	20.0	13.0	19.1	20.0	19.1	78.2
Stuart Middleton	NW	14.9	19.0	20.0	18.6	0.0	72.5
Phil Collins	WH	11.5	14.1	9.2	14.2	14.5	54.3
Tony Cooper	AK	12.3	7.0	13.6	15.0	8.0	48.9
Mark Stewart	AK	16.1	7.7	0.0	7.9	16.2	47.9
Neil Ferguson	WC	0.0	20.0	17.3	0.0	0.0	37.3
Dave Crofts	AK	0.0	18.2	16.2	0.0	0.0	34.4

		OY1	OY2	OY3	OY4	OY5	Total
M21A (continued)							
Steve Poole	WH	0.0	0.0	12.9	16.7	0.0	29.6
Simon Teahan	WC		0.0			20.0	20.0
M21AS							
Robert Murphy	NW		19.4	18.4	20.0	18.1	75.9
Patrick Murphy	NW	17.8	17.1	16.4	16.6	20.0	71.5
Scott Vennell	AK	19.5	20.0	19.1	0.0	10.2	68.8
Rolf Wagner	NW	16.8	0.0	14.8	17.4	16.2	65.2
Paul Smale	NW	14.7	15.1	0.0	14.0	17.3	61.1
Grant Unkovich	WC	20.0	0.0	17.3	0.0	18.9	56.2
Shaun Bowler	NW		0.0	20.0	13.3	12.3	45.6
Steve Oram	AK	16.0	0.0	0.0	11.3	16.7	44.0
Matthew Crozier	NW		18.4			15.1	33.5
Wayne Hosking	WH		13.2	9.2	9.5	0.0	31.9
Selwyn Palmer	AK		14.0		12.6	0.0	26.6
Chris Gelderman	NW		0.0	15.8	0.0	0.0	15.8
Christopher Paice	NW	13.4	0.0	0.0	0.0	0.0	13.4
M21B							
Allan Janes	NW		18.3	20.0	20.0	17.5	75.8
Edward Main	AK	16.6	0.0	12.7	15.5	0.0	44.8
Doug Phelps	CM		20.0		18.6	0.0	38.6
Rob Scott	AK		16.7			20.0	36.7
Bryce Mowll	CM	20.0	0.0	0.0	0.0	0.0	20.0
Bryan Bakalich	WH	9.0	0.0	0.0	0.0	0.0	9.0
M21C							
Phillip Barber	CM	20.0	0.0	0.0	0.0	0.0	20.0
M40A							
Rob Garden	NW		20.0	20.0	20.0	19.1	79.1
Wayne Aspin	CM	16.7	18.8	17.7	18.1	20.0	74.6
Dave Middleton	NW	18.1	18.0	18.6	18.7	17.5	73.4
Geoff Mead	NW	20.0	17.4	17.7	17.2	16.8	72.3
Stan Foster	NW	18.8	14.2	13.7	7.7	18.3	65.0
Mike Beveridge	NW	6.8	15.4	15.0	13.2	16.0	59.6
Terje Moen	NW	14.4	10.0	14.4	16.2	14.6	59.6
Alistair Stewart	AK	13.3	12.8	0.0	15.5	10.1	51.7
Trevor Murray	HM	10.2	7.9	0.0	8.9	13.3	40.3
Peter King	AK	15.9	0.0	15.6	0.0	0.0	31.5
David Nevin	WH	9.6	0.0	0.0	11.9	9.5	31.0
Les Warren	HM	12.3	0.0	0.0	14.8	0.0	27.1
Phil Johansen	NW		0.0	9.6	5.6	11.8	27.0
Mike Marra	NW		11.9	12.2	0.0	0.0	24.1
Mark Roberts	AK	8.2	0.0	13.0	0.0	0.0	21.2
David Godfrey	NW		0.0	19.5	0.0	0.0	19.5
Bruce Collins	HM	11.6	0.0	0.0	0.0	0.0	11.6

		OY1	OY2	OY3	OY4	OY5	Total
M40A (continued)							
Roel Michels	NW	10.8	0.0	0.0	0.0	0.0	10.8
Malcolm Mack	WH		0.0	5.6	0.0	0.0	5.6
Richard Rankin	WH		0.0		4.2	0.0	4.2
M40AS							
Robert Hattie	CM	20.0	8.6	20.0	20.0	17.1	77.1
Alastair Smithies	NW	10.9	20.0	18.8	17.3	13.4	69.5
Clive Bolt	AK	16.2	0.0	14.2	17.9	15.4	63.7
Michael Haydon	NW	15.6	0.0	13.0	12.3	20.0	60.9
Aiden Nelson	CM		18.1	9.5	19.3	0.0	46.9
Martin Barber	CM	12.1	13.0	0.0	6.0	14.7	45.8
Tomek Glowacki	NW	9.9	0.0	0.0	15.3	10.1	35.3
Mike Baldwin	HM	8.3	8.0	0.0	7.5	9.3	33.1
Russell Howard	AK	13.5	0.0	16.6	0.0	0.0	30.1
Leon Mcgivern	AK		0.0	15.4	9.9	0.0	25.3
Glenn Clark	CM		0.0	17.6	0.0	0.0	17.6
Wayne Munro	AK		0.0	10.2	0.0	0.0	10.2
John Everett	AK	6.5	0.0	0.0	0.0	0.0	6.5
M50A							
John Robinson	CM	20.0	0.0	20.0	18.7	19.3	78.0
Terry Nuthall	AK	14.8	19.5	19.3	20.0	18.2	77.0
Robin Ambler	NW		20.0	16.3	14.1	16.1	66.5
Les Paver	NW	9.9	15.9	13.4	10.5	14.4	54.2
Ian Currie	CM	16.8	17.9	0.0	0.0	17.2	51.9
John Powell	AK	15.5	0.0	0.0	13.3	13.5	42.3
Lyndsay Shuker	CM		0.0		17.4	20.0	37.4
Eddie Reddish	AK		17.0			11.9	28.9
John Briffett	CM	10.6	15.3	0.0	0.0	0.0	25.9
Rhys Thompson	WH		0.0		14.6	8.7	23.3
Chris Grove	AK		0.0	18.0	0.0	0.0	18.0
M60A							
Maurice Penney	NW	18.3	18.7	0.0	17.0	18.4	72.4
Andrew Brewis	AK	17.0	20.0	14.1	18.9	14.8	70.7
Bert Chapman	NW	20.0	12.9	20.0	11.9	16.0	68.9
Graham Peters	NW	15.8	17.1	0.0	15.4	20.0	68.3
Peter Godfrey	NW		17.7	18.0	20.0	9.4	65.1
Tom Clendon	AK	13.2	12.4	17.0	13.5	7.5	56.1
Phil Mellsop	NW		14.9		16.2	7.0	38.1
Ken Browne	CM	9.1	0.0	0.0	0.0	0.0	9.1
M70A							
Ralph King	NW	20.0	17.5	20.0	20.0	20.0	80.0
Ken Green	CM	18.4	0.0	0.0	19.5	10.9	48.8
Laurie Baxter	NW		20.0			0.0	20.0

SHAKESPEAR RESERVE, 20TH JULY 1997

These were fun events and as it has been impossible to check clip card punches the results are as finished on the day. We know that in the Mid Winter Special some didn't clip the correct control in the "forest of controls" and some didn't like the look of the "large pond" so took a short cut to the finish, - they will remain nameless

Event 1		Some unofficial		Event 2		Event 3	
Place	SPRINT O - 3.1km	Place	Times	HILL CLIMB - 2.2km	Place	MID WINTER SPECIAL - 1.7km	
1	Roel Michels	1	12:29	Phil Wood	1	Phil Wood	
2	Dave Middleton	2	14:23	Matt Tuck	2	Matt Tuck	
3	Terry Nuthall	3	14:24	Dave Middleton	3	Rob Garden	
4	Rob Garden	4	14:56	Wayne Aspin	4	Allan Janes	
5	Lisa Mead	5	15:02	Rob Garden	5	Wayne Aspin	
6	Scott Burnett	6	15:17	Scott Burnett	6	Lisa Mead	
7	Richard Rankin	7	15:20	Lisa Mead	7	John Robinson	
8	Matthew Crozier	8	15:23	Mark Watson	8	Richard Rankin	
9	Graeme Hattie	9	16:26	Roel Michels	9	Val Robinson	
10	Rob Hattie	10	17:01	Terry Nuthall	10	Trish Aspin	
11	Michael Hood	11	17:31	Phil Johansen	11	Tony Cooper	
12	Wayne Aspin	12	17:35	Mike Beveridge	12	Michael Hood	
13	Phil Johansen	13	17:36	Trish Aspin	13	Phil Johansen	
14	Martin Barber	14	18:09	Allan Janes	14	(lost card)	
15	Terje Moen	15		Graeme Hattie	15	Phil Collins	
16	David Nevin	16		John Robinson	16	Terje Moen	
17	Trish Aspin	17		Michael Hood	17	(no name)	
18	Mike Beveridge	18		Richard Rankin	18	Martin Barber	
19	Allan Janes	19		David Nevin	19	Les Paver	
20	Lyn Stanton	20		Terje Moen	20	Steve & Louise	
21	Phil Collins	21		Tony Cooper	21	Peter Godfrey	
22	Charlotte Marra	22		Martin Barber	22	Phillip Barber	
23	Peter Godfrey	23		Phil Collins	23	Charlotte Marra	
24	Mark Watson	24		Peter Godfrey	24	Andy Brewis	
25	Eddie Reddish	25		Les Paver	25	Eddie Reddish	
26	Di Michels	26		Bert Chapman	26	Wayne Munro	
27	Bert Chapman	27		Debbie Beveridge	27	Bert Chapman	
28	Lesley Stone	28		Di Michels	28	Tomek Glowacki	
29	Arnold Leigh	29		Steve & Louise	29	Melanie Michels	
30	Mary Moen	30		Arnold Leigh	30	Arnold Leigh	
31	Tomek Glowacki	31		Mary Moen	31	Di Michels	
32	(no name)	32		Wayne Munro	32	Lisa Brooks	
33	Rae Powell	33		Tomek Glowacki	33	Nicky Smithies	
34	Debbie Beveridge	34		Rae Powell	34	Ewa Glowacka	
35	Barbara Rankin	35		Ewa Glowacka	35	Barbara Rankin	
36	Ewa Glowacka			Vivienne Leigh	36	Nick Mead	
37	Ann Fettes			Alan Leenaerts	37	Jill Brewis	
38	Nicky Smithies				38	Vivienne Leigh	
39	Phillip Barber				39	Alan	
40	Asta Wistrand				40	Asta Wistrand	
41	Vivienne Leigh				41	Nigel Michels	
42	Alan Leenaerts						

SRINT O - Heat 2 for those who arrived later	
1	Phil Wood
2	John Robinson
3	Mark Roberts
4	Val Robinson
5	Steve & Louise
6	Jill Brewis

Unofficial Time	Event 4 Long Course
51:30	Tony Cooper

Unofficial Time	Event 4 Short Course
43:04	Richard Rankin
44:52	Allan Janes
48:32	Phil Collins
	Barbara Rankin

DO YOU HAVE ALL OF THE FOLLOWING:

- (1) A COMPUTER WITH ACCESS TO THE INTERNET?**
- (2) A COMPUTER WITH NETSCAPE?**
- (3) A KID (IE < 12) WHO LIKES MUCKING ABOUT ON THE COMPUTER?**
- (4) A KID WHO IS A BIT INTERESTED IN ORIENTEERING?**

Yes?

Then you should help him/her to visit the following site:

<http://www.americangirl.com/ag/features/webotrek1/index.html>

I know, I know, it's a long string to type out without making any mistakes, but you're an adult and you can handle it. If you (like me) can't type that many letters without making a typo, try just going to:

<http://www.americangirl.com> and finding your way from there.

What you get is a set of orienteering courses in which you learn all sorts of things about the web and your computer. The first control on the white course teaches them how to re-set the wallpaper on your desktop, the second how to make a bookmark in Netscape, the third how to send email, and so on. Even adults may learn some things from these courses!

Derek Goring [PAPD] IN "CONTOUR LINES"

ORIENTEERING

New Zealand selection.— "It's not who is in but who has been left out," said Wayne Aspin, chairman of the New Zealand selection panel as he announced the team for the world championships.

Trials to decide the teams have just been completed in Norway and the selectors have been brave enough to consider current form and the future of the sport in leaving Alistair Landels (Auckland) out of the classic distance team and making Rob Jessop (Auckland) only a reserve for the short distance race.

Landels, who has been ranked as high as 13th in the world in the last five years, has not been in good form this year but it is still a courageous and possibly controversial decision by the selectors to leave such an experienced orienteer out.

Jessop, although third in the final trial, has an ankle injury and his form has not justified selection with the New Zealand men's champion Darren Ashmore (Auckland) and Bruce McLeod (Dunedin) beating him. He will be extremely disappointed as he has been ranked second to Landels for the last four or five years and seemed an automatic selection.

The young gun trio of Ashmore, McLeod and Aidan Boswell (Counties-Manukau) have had a quality lead-up to Norway, especially McLeod who came 11th overall in his class at the recent Swedish five-day event O-Ringen. Their fitness and form have pushed the two senior men out of

the team, leaving Greg Barbour to take the fourth spot for the classic distance race.

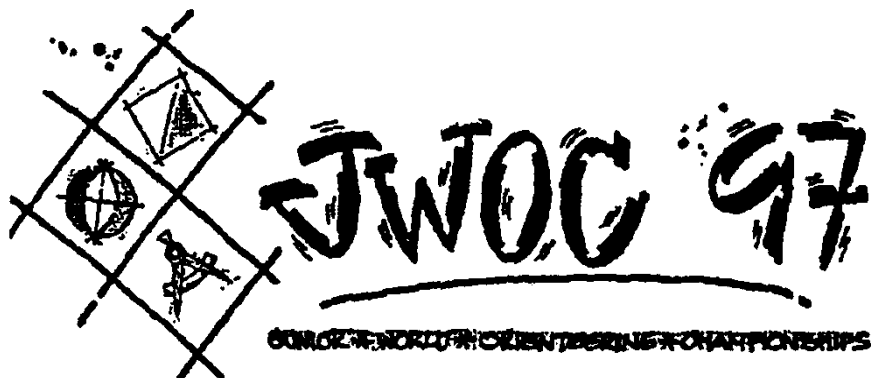
The women's teams have almost picked themselves with the injury to Marquita Gelderman at this year's nationals preventing her from travelling to Norway at all. New Zealand champion Tania Robinson has been quietly preparing for the world championships away from the rest of the squad but Antonia Wood, Jenni Adams and Rachael Smith have had satisfying competition at O-Ringen to confirm their form. Smith, particularly on her first European trip, has been rewarded with seventh overall at O-Ringen, which included a win on day five in her class.

The teams for the championships, with competition beginning on August 9 at Grimstad, Norway.—

Classic (long) distance — women: Jenni Adams (Christchurch), Tania Robinson (Counties-Manukau), Rachael Smith (Auckland), Antonia Wood (Hutt Valley). Reserve: Kirsten Ambler (Auckland). Men: Darren Ashmore (Auckland), Greg Barbour (New Plymouth), Aidan Boswell (Counties-Manukau), Bruce McLeod (Otago). Reserve: Shaun Collins (Hamilton).

Short distance — women: Jenni Adams, Kirsten Ambler, Tania Robinson, Antonia Wood. Reserve: Rachael Smith. Men: Darren Ashmore, Aidan Boswell, Bruce McLeod, Alistair Landels (Auckland). Reserve: Robert Jessop (Auckland).

Relay teams — women: Jenni Adams, Kirsten Ambler, Tania Robinson, Antonia Wood. Reserve: Rachael Smith. Men: Darren Ashmore, Greg Barbour, Alistair Landels, Bruce McLeod. Reserve: Aidan Boswell.



The Junior World Orienteering Championships were held in Leopoldsburg, Belgium, from the 7th - 13th of July. New Zealand sent a team of ten (six men and four women) to represent this great country of ours.

The **SHORT O** was held on the Wyervlakte Map, whose terrain consists almost exclusively of sand plains and dunes. The sand is mostly covered by vegetation, but some patches of open sand occur. The tree vegetation is predominantly open conifer, but deciduous trees occur, some places as young, dense stands. The ground vegetation is mostly sparse and short, but the runnability is very good. In some parts the sand dunes produce intricate contour detail, while other parts are almost flat. In all areas there are numerous paths, tracks and roads. Some parts have been or still are heavily used for military purposes, leaving paved tank roads, sandy tracks, trenches and pits.

SHORT O RESULTS:

MEN			WOMEN		
B. 4.9km	21. Brent Edwards	26.15	A. 4.2km	33. Rachel Smith	29.09
	35. Stuart Barr	28.42			
	39. Fraser Mills	29.35	B. 4.05km	22. Madeleine Barr	29.44
	48. Karl Dravitski	32.07		25. Rebecca Smith	30.02
C. 4.65km	7. Michal Glowacki	27.32	C. 3.8km	3. Andrea McDiarmid	33.14
	18. Mark Hudson	33.35			

The **CLASSIC** was held on the Gruitroderbos Map, a map of very similar terrain as Wyervlakte.

CLASSIC RESULTS

MEN		WOMEN	
91. Michal Glowacki	83.20	19. Rachel Smith	62.21
94. Fraser Mills	83.52	100. Rebecca Smith	82.27
124. Mark Hudson	94.23	116. Andrea McDiarmid	92.55
126. Brent Edwards	94.47	120. Madeleine Barr	100.17
136. Stuart Barr	101.27		
— Karl Dravitski	DNF		



Hechtel, 9 juli 1997
SHORT DISTANCE
QUALIFICATION

PHYSICAL LUNACY

Marlene Olver - Fitness Instructor *cfi*



- Fitness Assessments
- Personalized fitness programs
- One on one training sessions
- Sports massage

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