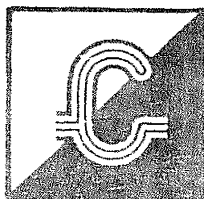


central orienteering club

AUGUST NEWSLETTER

PRESIDENT

Selwyn Palmer
5 Aramutu Road
Hillsborough
AUCKLAND 4



SECRETARY

Briar Gregory
13 Buckley Road
Royal Oak
AUCKLAND 3

TREASURER : Phil Brodie Ph : 276-4285

EQUIPMENT : Ron Wright Ph : 8188965

MEMBERSHIP: Mike Ashmore Ph : 566-850

EVENTS CO-
ORDINATOR: Tony Nicholls Ph : 697-792

LIBRARIAN: Robert Crawford Ph : 686-580

MAPPING : Martin Newton Ph : 8362873

PUBLICITY: Bill Bruce Ph : 583-672

NEWSLETTER EDITOR

Ray Baker
11B Mongoroy Place
Mount Roskill
AUCKLAND 4

CONTENTS

Page	
2	Coming Events
3	Bulletin Board
4	Centrals Celebrities
5	NZOF News
7	Snippets
8	Medical Memos
10	Training Tips
11	Creativity Test - Part 2
12	Course Setting Competition
13	Major Events
14	Labour Weekend
15	Entry Forms



COMING EVENTS



<u>Date</u>	<u>Club</u>	<u>Event</u>
August 19	NW	Mission Coast Rd (New Map); OY No 7 Woodhill Forest
26	C	Auckland Championships, Woodhill Forest (Pre - entry only)
Sept. 1-2	CD	Central Districts OY, and Interclub Relays
9	SA	Waiuku Forest North; OY No 8
16	SA	Waiuku Forest North; Promotion/Training
16		National Relay Championships (Teams Coordinator M. Ashmore)
23	C	One Tree Hill
30	SA	Omana Regional Park
30	Rotorua	North Island Championships Tikitere Forest Farm
Oct. 6	NW	Auckland <u>Night</u> Champs; Woodhill Forest (Pre-entry only)
7	NW	Onewa Domain, Takapuna
20-22	C	Labour Weekend Three Day Event, Woodhill Forest
28	NW	Birkdale Domain
Nov. 4	CD	CDOA Champs
11	SA	Auckland Relay Championships
17-18	NW	Training Camp, Woodhill Forest
25	C	Mushroom Rd, OY No 9, Woodhill Forest
Dec. 9	C	Totara Park Promotion Event/AGM

5 September Committee Meeting at Tony & Margaret Nicholls place,
12A Princes Street Mt Roskill.

PLEASE NOTE A L L W E L C O M E Time 7.30pm

R E L A Y S

For all relay events send entries to Tony Nicholls, with cheques made out to Central Orienteering Club.

A P O C POSTERS

If you missed out on getting one these brilliant orienteering posters, rush \$2 plus 50cents postage to Briar Gregory.

Bulletin Board

PHYLS O' SUITS



\$26. 0 per suit

\$14.00 trousers only

Colours Available :

Black, Brown, Bottle Green, Emerald Green, Burgandy, Navy.

O' SUIT

OLD STOCK FOR SALE

\$10.00 per suit - Trousers only \$7.00.

Starting August 5th - Waiuku Forest

August 12th - Woodhill Forest

Sizes Left

6 M Tops

7 Sm Tops

7 M Trousers

6 Sm Trousers

3 OS Tops

NATIONAL O MAGAZINE

The first edition of the New Zealand Orienteering magazine arrived with the results from Hawkes Bay. It was sent only to those who competed, (the price was included in the entry fee). Borrow one from someone who went. It is interesting reading. The next edition will come with the results from the Wellington Champs .. again only to those who enter except if you fill in a form requesting a copy and paying your \$1. Unfortunately, the form is in the first edition!!!!

Don't panic!! Here it is.

POST TO : Bryan Teahan, 32 Knowles Street, Palmerston North

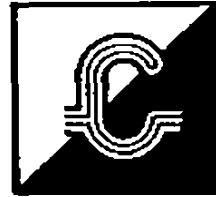
Sorry I cannot make it to Lismore, so please send me
_____ copies of the Second Edition of the NZ National Orienteering
Magazine at \$1 each. \$: enclosed.

NAME : _____

ADDRESS : _____

CENTRAL'S CELEBRITIES

Celebrity : John Rix



If you haven't heard of John Rix, either you haven't been orienteering for long, or you are new to the New Zealand orienteering scene. As well as being one of the most consistently successful M21 orienteers in the country, John is so heavily involved in the organisation and administration of orienteering that you can't help but wonder how he finds time to teach at King's College as well.

At 36 years of age, having first started orienteering in 1965 with names like Piri, Brasher and Disley; John first ran in the British Senior O champs in 1967. After four years of track athletics he returned to Britain in 1975 to find a dramatic change in O standards. His competitive experience includes winning the NZ Champs in 1979 and 1982, with impressive records of 5th in Australia versus New Zealand 1977, 1st in 1979, 5th in Australia 1980, 3rd in 1981 and 1983, and 1st New Zealander in the 1981 Swiss World Champs in 1981. (61st overall).

On the administration side John took over as Club president in the Central Club's crisis of 1978, remaining president until 1981. Within the NZOF he was vice chairman from 1979-1981, has been on the technical subcommittee 1977-83 and has been involved in World Champs training squads from 1980 onwards. From 1981 - 1984 John was ADA Chairman, and was a key organiser of the four Woodhill forest runs to date and the 1983 Mountain Marathon.

The social side of multi day events is one of the most pleasureable sides of orienteering, along with the camaraderie at training camps, says John. Also contouring at speed, competing as an M21 grade orienteer, and just being fit are other enjoyable facets.

There are some frustrations in orienteering though, according to John. For example, talking about the NZOF constitution, imprecise control descriptions, stunted pine trees (cuts down the stride, doesn't it?). Other aggravations are holes in map-bags and getting old.

Apart from orienteering, John enjoys being with his family, teaching and travelling.



NZOF News

22 July, 1984.

Property

Prices have changed for the hiring of Films and Videos. New prices are - films \$7.50: videos \$5.00: training videos \$2.50. Property would prefer people to hire the videos as they are cheaper to post and less likely to be damaged in transit. Video number 4 is missing. This video contains "Sport for Swedes" and "Teacher takes Orienteering". Could Clubs check their equipment to see if they have it. If located please return to Leo Pomes, 10 Raroa Road, Wellington, 5.

Fixtures

Yapiti Havoc will now be hosting the Queens Birthday in 1985. Trial events are to be held by Egmont Club on 17 March, 1985 (warm-up on the Saturday) and on 21 April, 1985 by Hutt Valley Club. Approval has been given in principle for the holding of a 7-Day event in May, 1986. Application has now been made to the I.O.F. for classification as an "International B Event".

affiliation Fees

Some Clubs still seem to be unsure of just what is required. Payment of these is required at the end of April, July, and October each year. Payment is to be accompanied by a list of members, including those under 12, together with their appropriate ages. Our treasurer John Doolan looks forward to these promptly in the future.

Insurance Claim

As those of you who attended the Easter 4 day event will be aware problems were experienced on the second day with stock being present within the competition area. The executive feels that we should all learn from South Auckland's misfortune in that despite everyone's good in-

NZOF News

2

tentions problems do occur. It is important that wherever possible areas should be free of stock.

In this particular incident an Insurance Claim for \$2750 has been lodged to cover loss of stock, drafting and damage to fencing at this stage it is not certain just to what extent the goodwill of the property owner has been affected.

Change of Grades for 1985

This is reminder to all Clubs that grades from 1 January 1985 will be in accordance with IOF groupings. The changed grades are as follows:-

M 35-39	W 35-39
M 40-44	W 40-44
M 45-49	W 45-49
M 50-54	W 50+
M 55+	

All other grade remain unchanged. Would all Clubs please bring these changes to the attention of their members.

N.Z.O.F. Executive Meeting

Notice is hereby given that there will be an Executive Meeting of the N.Z.O.F. on Saturday, 1 September, 1984 at 5.00 p.m. The venue is Forest View High School, Baird Road, Tokoroa. Baird Road is at the North end of town. Contact is John Davies if in doubt.

Agenda will be circulated closer to the date of the meeting.

SNIP ETS



Did you hear about the orienteer who went out on his bicycle to put out control markers? Coming to a place where he had to leave the track he carefully hid his bike in the bushes and headed out on his mission.

When he came back his bike was gone!

As there were bulldozer tracks all over the place, he reckoned the bulldozer driver must have pinched it, especially as the place where it had been hidden could only have been seen by someone looking down from well above ground level (sights from a bulldozer seat). Muttering lots of blankety-blanks, he went and reported its theft to the police.

A couple of days later he went out to place more markers in the area and - guess what! Yes, there was his bike, exactly as he had left it, exactly where he had left it, with NO bulldozer tracks anywhere.

It must be embarrassing to be unable to find your way back to where you started when you have set the course yourself.

It is almost impossible for a compass to give an incorrect reading, say manufacturers Silva of Sweden. Nor should it deteriorate with age.

This was demonstrated when a bomber plane was fished out of the Baltic near Harnosand, Sweden. The wreck had been on the sea-bottom for 30 years yet its compass was in perfect working condition.

Even an ordinary orienteering compass is a small precision instrument with a tolerance of less than one degree.

A LA CARTE

Orienteering

Beginners Course

1. Bar, W side (Drinks)
2. Hors d'oeuvres, tray (2cm x 2cm)

Line Event (5m, 0 climb, 1000 calories)

1. Plate (Summit)
2. Ham (side cutting)
3. Chicken (Breast)
4. Salad, (Veg. boundary)
5. Table, (Drinks)

Course 3

1. Dessert (Fresh)
2. Cheese and biscuits
3. Coffee and mints (boulder field)

Memory Event

1. Car, outside (Navigate carefully)
2. Home (Follow tapes??)

MEDICAL MEMOS

YOUR PULSE - THE INBUILT TRAINING TOOL

Every athlete strives to gain maximum benefit from training.

Top athletes might spend eighteen hours a week in training. No wonder they are always searching for more efficient and safer ways to achieve maximum fitness with minimum effort.

The fact is often overlooked that we all carry what is perhaps the most sensitive and accurate instrument ever devised : this is the ability to read our PULSE.

Asbjorn Gjersteth of Norway's High School for Sports has constructed the following table after accurate and painstaking work :

Type of Training	Degree of Intensity (Scale of 10)		PULSE Beats less than max
Jogging	Low	1-2	55 - 80
Long Distance	Moderate	3-5	25 - 55
Various Intervals	High	6-7	10 - 35
Fast Distance	High	6-8	0 - 25
Tempo Training	Max.	9-10	can be maximum
Sprints Training	Max.	9-10	

How to Calculate Maximum Pulse Rate

A simple way to establish your maximum pulse rate ("max-pulse") is by subtracting your age from 220.

For example, a 20 year old would have a max-pulse of approximately 200, while a 45 year old would have only 175.

Your max-pulse is fixed and cannot be increased with intensified training.

Your resting pulse rate, on the other hand, is not fixed but can be reduced through training.

The best time to measure your resting pulse rate is first thing in the morning. Ultrafit athletes normally have a resting pulse rate of 35-40 beats per minute.

Recommended Training

The following training methods are recommended :

Long Distance

Continuous workload over long periods. Low intensity - a pulse rate of around 25-55 beats below max-pulse for 30 min-3 hours.

Fast Distance

Continuous work load with similar intensity to that of competitions. Pulse rate of 0-25 beats below max-pulse. Training time similar to competition time or slightly less.

Natural Interval.

Continuous workload in terrain offering uphill/downhill running. On uphill and through rough terrain, the pulse should be around 25-35 below max-pulse with the downhills providing the recovery. Time - around 30-90 minutes.

Fartlek

Very similar to Natural Intervals but your efforts should be more adjusted to how you feel at the time.

Mid - To Long Intervals

Alternate uphill running and rest periods (see table). Run for 1 - 10 minutes followed by recovery. Total training time 20 - 60 minutes. Pulse rate 25 - 35 beats below max-pulse.

Example									Total
Run for (min)	2	3	5	3	2	3	4		22
Rest for (min)	2	2	3	2	1	2	2		14
Total Training Time									36 minutes

Cycle Test

In conclusion, it should be stated that the safest method of determining your maximum pulse rate is by undertaking an ergometer cycle test under proper medical supervision.

THIS IS A STORY ABOUT FOUR PEOPLE.

Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and
 Everbody was asked to do it.
 Everbody was sure that Somebody would do it.
 Anybody could have done it but
 Nobody did it.
 Somebody got angry about that because it was
 Everbody's job.
 Everbody thought that
 Anybody could do it and
 Nobody realised that
 Everbody wouldn't do it. It ended up that
 Everbody blamed
 Somebody when actually
 Nobody blamed Anybody.

Does this sound familiar?

TRAINING TIPS

In the following notes on training, taken from a W.O.C. squad newsletter, John Rix reflects on the importance of background and long-term training plans. Background is important before you make training comparisons or inflict sessions on people. I have run for over 20 years with serious track and cross country training and racing from 1963 - 71. I have tended towards marathon type training but have never averaged much over 70 miles a week for more than a few months at a time due to some combination of (a) lack of time, (b) injury or, I suppose, (c) motivation.

I do think a continuous training background of many years gives you some advantages over someone younger or with less background, and I also think a background in competitive running is a tremendous asset in top class orienteering.

Since 1976 I have put orienteering first and have enjoyed being able to train less intensively though I consciously "peak" more for orienteering than I did for track where I had to maintain form for months on end.

I take a long time to get fit and lose fitness quickly so prefer to keep a steady background and use several hard months to build up before a competitive period of 6 - 8 weeks of quality training or racing. For APOC I began hard work in July '83.

Sept 5 1 1/2 hours hard
 6 1 hr incl 4 x 1000m hilly, hard
 7 1 3/4 hrs steady
 8 1 3/4 hrs incl 4 x 2 miles in spikes hard
 9 1 1/2 hrs easy
 10 1 hr easy
 11 2 1/2 hours hard especially hills

In November and December I ran more shorter interval type sessions though tempered with long slow runs as I was preparing for the mountain marathon.

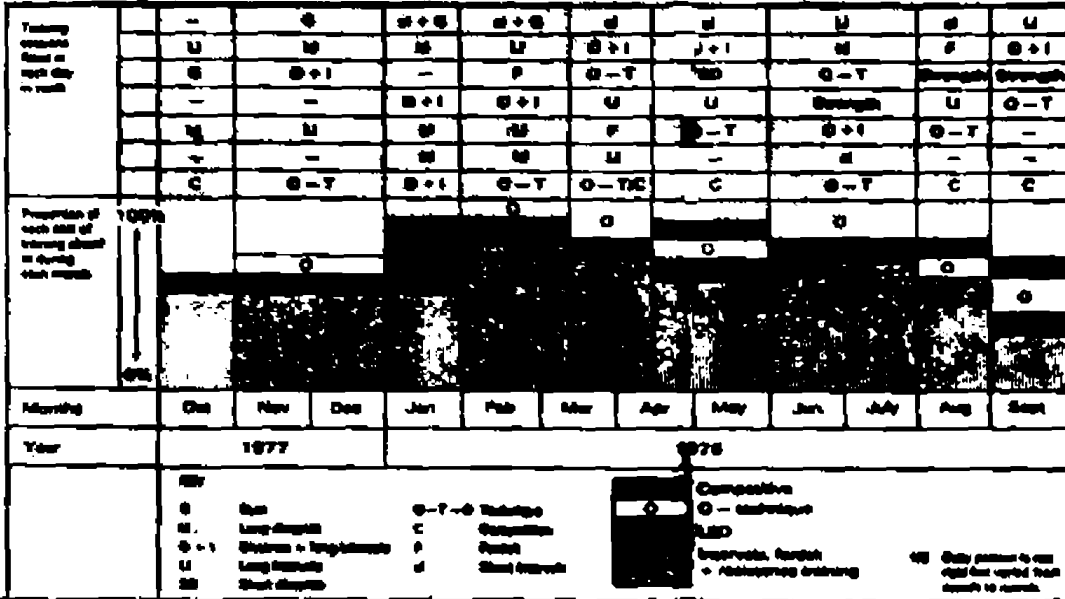
Dec 18: 1 hour 50 with 10lb pack in Tongariro National Park.
 19: - travel
 20: 20 min warm up 4 x golf course (12 mins each).
 2 1/2 min rest, 10 min jog home = 1 1/2 hours.

Dec 21 1 hour 30 steady
 22: 1 hour 20 min on forest tracks, hills hard.
 23: 10 min warm up 4 x 3 mins hard - 2 1/2 min rest
 25 min steady - 1 1/2 hours.
 24: 3 hours 20 min with pack in heat of the day.
 25: 55 min with 1000 climb, steady.

The speed sessions I prefer are: 4 x 2 miles on a golf course, hilly repetitions such as round Mangere Mountain (up to 10), 6 x 3 mins round a park or 12 - 20 by 200 or 400m on grass. I used to make a point of doing fartlek type training when I was young but not I am old and cranky I prefer to set myself a fixed target and carry it through. If I trained with a partner I would probably do more mixed speed running.

My long term planning for '85 looks like this...

1984	Mar		1985	Feb	Physical Build Up
	April	Physical build	Mar		
	May	Up	April	Hardest Training & Australian Camp	
	June		May	Trials - peaking	
	July	Hardest training	June		
	August	Major Races	July	Hardest training - hold O form	
	Sept	"O" peaking	Aug		
	Oct		Sept	O Peaking	
	Nov				
1985	Dec	Distance			
	Jan				



This diagram shows an example of a long-term program taken from the EOP coaching book for a #19 orienteer training for the 1977/78 W.O.C.

CREATIVITY TEST II

My POPART request news is the second installment of the Creativity Test published in the July Newsletter. As before, Jill Roberts (254-375) has the answers, but don't give up too easily.

Instructions: Each question below contains the initials of words that will solve it correct. Find the missing words.

Examples: 10 = O in the P. Answer: Ounces in the pound.

- 1. 6 = L's on an O
- 2. 3 = B M (S H T R)
- 3. 4 = C's in a G
- 4. 24 = H's in a D
- 5. 1 = W on a U
- 6. 57 = R V's
- 7. 11 = P's in a P T
- 8. 1000 = W's that a P is V
- 9. 29 = D's in P in a L Y
- 10. 64 = S's on a C H
- 11. 40 = D's and W's of the G P
- 12. 206 = B's in the B
- 13. 7 = A's of M

Good Luck!



1984



COURSE SETTING COMPETITION

Have you ever wondered how courses are set? If you are interested in learning, or in having your efforts evaluated by the experts, read on.

Course setting is an interesting and enjoyable way to improve your O-skills. We will provide a comprehensive guide to course setting principles, and three copies of a map. You set 2 courses (from your armchair) and return them to us. All courses will be pre-judged and commented on by experienced Hutt Valley orienteers, and the best will be judged by an international orienteer. Entries are judged in two categories:

Open competition (open to all)
Junior competition (18 and under).

The winner of the Open section will hold the Silva Trophy for a year (donated by Tisdalls, NZ distributors for Silva compasses). The best junior entry will receive a prize donated by Living Simply (tops for all your camping, tramping and skiing gear).

The map to be used is "Whitemans Valley", a moderately steep farm area with about 30% native bush. With increasing difficulty in finding useable forest, this is typical of current orienteering areas.

Applications are now open to all members of orienteering clubs. The basic entry fee of \$5 (open or junior) covers the guide, rules, entry form and 3 maps. Additional people at the same address can enter and receive the whole lot for \$5, or just entry form and maps for \$3. Extra maps (for practising on) are available at 75c each. We recommend you apply by 31 July in order to allow time to receive your material, work on your entry and forward it by the closing date of 31 August. Results will be announced at Labour weekend.

Post applications with fee (cheques payable to Hutt Valley Orienteering Club) to

M Parker
4 Howard Rd
Point Howard
Eastbourne.

Any enquiries to this address or phone (04) 686657.



O - PHOTO COMPETITION

This is a reminder to dust off those lenses and get snapping. Who knows - we may have a budding Lord Lionfield in our midst? The competition closes on 6th October, 1984, and entries should be sent to:-
O-Photo Competition, c/- Jonathan Roberts,
102 Methuen Road, Avondale, Auckland 7.
Full details were in the July Newsletter, otherwise telephone AK.684-375.

PINELANDS ORIENTEERING CLUB'S

SPRINGTIME 2 DAYS of ORIENTEERING

incorporating the 1984 N.Z. INTER CLUB RELAY CHAMPIONSHIPS

TWO NEW FOREST MAPS

"Te Whatu" - 20km NE of Tokoroa, 5 colour, 1:15000

"Okama Rd" - 10km west of Atiamuri, 40km NW of Taupo, 5 colour, 1:10000
Fieldwork: Pinelands Club members. Cartography: Paul Ireland.

SATURDAY, 1st SEPTEMBER

CENTRAL DISTRICTS ORIENTEER OF THE YEAR EVENT

Courses for all grades and ages, but shortened with winning times as for multi-day event. Start times from midday.

Pre-entry - Entry fees must accompany entries - Senior \$3.00
Juniors (18yrs and under) \$2.00
Family maximum \$8.00

SUNDAY, 2nd SEPTEMBER

NATIONAL RELAY CHAMPIONSHIPS

Team Grades

	<u>Leg lengths (approx)</u>
Open M21A (Men only)	7.00km
Open W21A (women only)	5.00km
M35 and Over (men only)	5.00km
W35 and over (women only)	4.00km
Junior 15-18 (mixed allowed)	4.00km
Junior 14 and Under (mixed allowed)	2.5km
Mixed A (maximum of one M21A)	Long 5km, medium 4km, short 3km
Mixed B (no M21A allowed)	Long 4km, medium 3km, short 2.5km

The running order will be as received on Entry Form. For Mixed teams, runner 1 will have the long leg, runner 2 the medium and runner 3 the shortest leg.

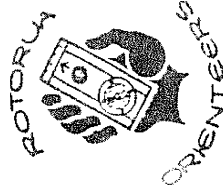
Entry fees must accompany entries - no money no entry!

\$4.00 each Senior team member, \$2.50 each Junior team member (18yrs and under)

Late entry fee for each day - \$2.00 per person. Late entries will only be accepted at the discretion of the organisers and they must be accompanied by the Late Fee.

Closing date for both events July 31st Please make cheques payable to Pinelands Orienteering Club, and send to:

Rave Browning,
73 Kauri St.
Tokoroa.



NORTH ISLAND ORIENTEERING

CHAMPIONSHIPS 1984

ROTORUA

30 SEPTEMBER 1984

VENUE : TIKITERE FOREST FARM

18 km East of Rotorua on SH 30 (Rotorua-Whakatane Highway)

MAP : 1:15,000; 5 m; 6 colour; New Map

TERRAIN : Gently rolling to steep. Forest age varies from 2 to 30 years
- generally 15 to 20 year (high pruned).

GRADES : The current selectors have requested that this event be run with the new grading system to assist with selection of the New Zealand team for the 1985 New Zealand -v- Aust alia challenge.

Hence Grades will be as follows :

M12, M13-14, M15-16, M17-18, M19-20, M21E, M21, M21B, M21C,

M35A, M35B, M40, M45, M50, M55,

W12, W13-14, W15-16, W17-18, W19-20, W21E, W21A, W21B, W21C,

W35A, W35B, W40, W45, W50.

14B Mixed) (14 and Under)

W18B, M18B) Only if required (18 and Under)

40B)

Plus N vice

FEES : Senior \$5.00 Junior \$3.00 Family Maximum \$13.00

Cheques payable to : Rotorua Orienteering Club

CLOSING DATE : Postmarked not later than : 1 September 1984.

LATE ENTRIES AT DOUBLE ENTRY FEES

CENTRAL ORIENTEERING CLUB invites you to a
WOODHILL STATE FOREST '3 DAY' ORIENTEERING BADGE EVENT.

LABOUR WEEKEND 1984

COST : Senior \$15, Junior \$8, Family max. \$38. (Senior 19 years and over).

CLOSING DATE :

Last day for entry - 25 September 1984.

ACCOMMODATION :

Houghtons Bush Camp - we have prebooked this all weather modern camp at Muriwai (nestled into the side of the Woodhill Forest). It consists of 13 rooms (6 persons per room). The kitchen has up to the minute facilities, plenty of electrical heated hot water, drying room, and hot showers. The camp can only accommodate 80 persons. \$3.25 per person per night.

OR Book yourself into a motel or camping ground at :

Parakai, Helensville, Muriwai. (All are within 10-15 minutes of the Woodhill Forest H.Q.).

LATE ENTRIES :

A late entry fee of \$5.00 to those entries received after the closing date will be charged.
Any change of grade after closing date, considered a late entry.

SOCIAL FUNCTIONS :

Afternoon tea function on the Saturday, and a social event on the Sunday evening (nominal charge).

T SHIRTS :

T Shirts will be available in the following sizes :
10, 12, 14, M, OS, XOS.

ENTRIES TO :

Leon McGivern
46 Hope Farm Avenue
Pakuranga
AUCKLAND

Telephone : Auckland 564-567

DATES :

- Day 1 Saturday, 20 October, 1.00 p.m. start.
- Day 2 Sunday, 21 October, 10.00 a.m. start.
- Day 3 Monday, 22 October, 9.30 a.m. start.

VENUE : Woodhill State Forest, approximately 40 minutes north of Auckland.

MAPS : Newly mapped areas. Five colour, 1:1000 Photogrammetry - Sven Bakken.

TERRAIN: Clear, mature pine forest.

- GRADES : W12, W13-14, W15-16, W17-18, W19-20, W21 (A,B,C), W35 (A,B), W43 (A,B), W50.
M12, M13-14, M15-16, M17-18, M19-20, M21 (A,B,C), M35 (A,B), M43 (A,B), M50, M56.

WAYFARERS AND NOVICES

There will be a course for wayfarers and novices on all three days with entry and payment on the day.

DISTANCES :

Distance and winning times as per NZOF multiple events.

START TIMES :

Forwarded to all competitors prior to the event.

ENTRY FORM, WOODHILL 3 DAY, LABOUR WEEKEND

SURNAME	FIRST NAME	CLUB	YEAR OF BIRTH	GRADE	ENTRY FEE
SUB TOTAL					

Accommodation
 Please reserve places for people at \$3.25 each at
 Houghtons Bush Camp

T Shirts
 Number Required at \$10.00 each
 Sizes : TOTAL

(Make cheques to CENTRAL ORIENTEERING CLUB)

Address for mailings : _____

 PHONE _____

(PLEASE PRINT CLEARLY)

ENTRY FORM: TE NHETU ORIENTEER OF THE YEAR EVENT.

Surname	First name	Club	Year of birth	Class/Grade	Entry Fee
TOTAL					

ADDRESS & PHONE NUMBER (for return of information)

ENTRY FORM: NATIONAL RELAY CHAMPIONSHIPS

Team Name	Runner Name of runner	Club	Runner's Class	Team Category	Fee
	1				
	2				
	3				
TOTAL					

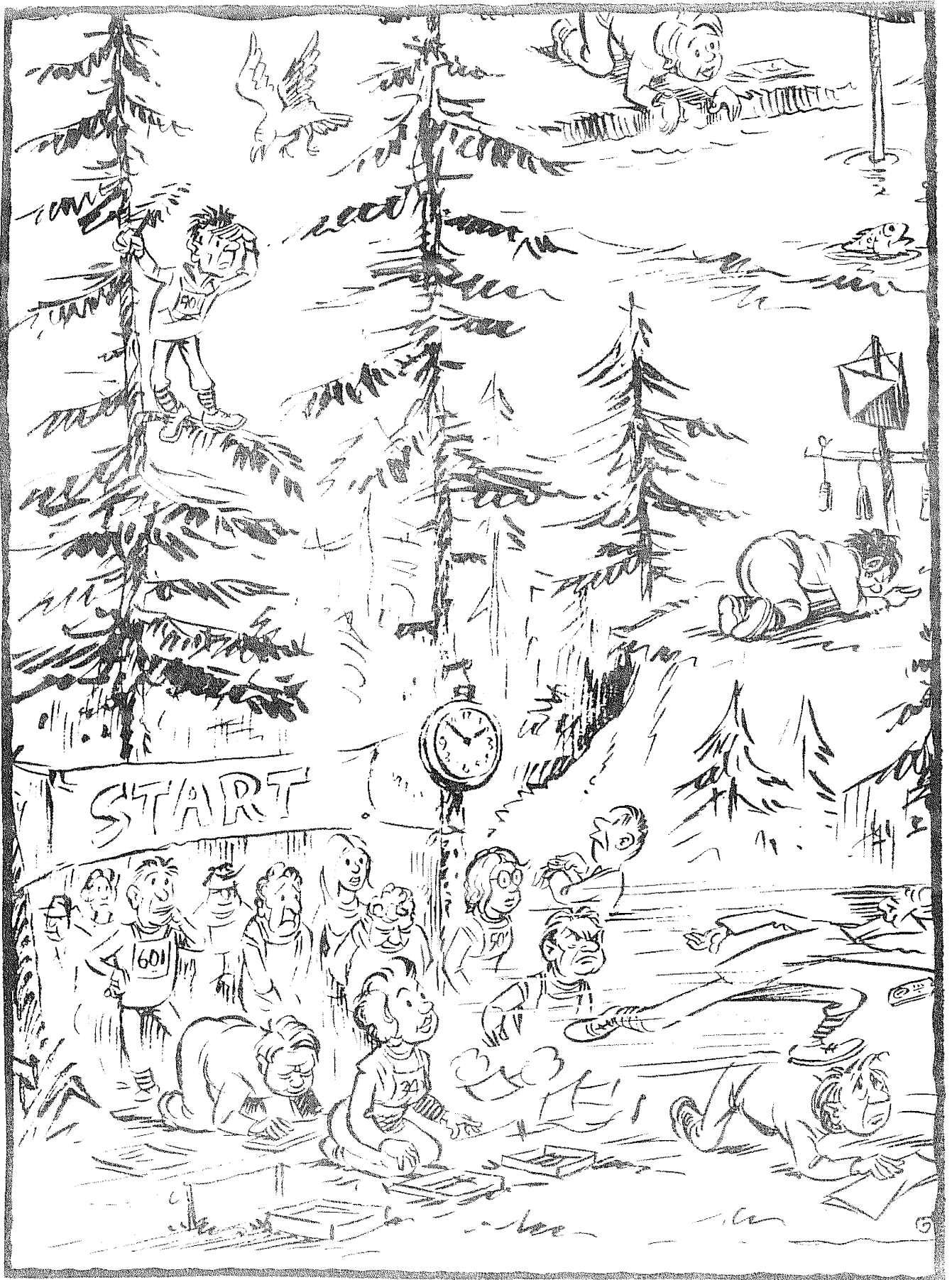
ADDRESS & PHONE NUMBER (for return of information)

ALL FORMS must be returned to Dave Browning, by July 31st 1984
 73 Kauri St,
 Tokoroa.

NORTH ISLAND CHAMPS ENTRY FORM

SURNAME	FIRST NAME	CLUB	GRADE	FEE \$
ADDRESS				\$

Send to : Rotorua Orienteering Club
 C/- J Harrie
 5 Miranda Place
 ROTORUA



This magazine supported by
TONY'S MOWING SERVICE
Ph 697-792
all large areas and commercial