

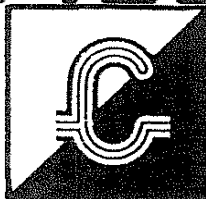
central orienteering club

MARCH NEWSLETTER 1985

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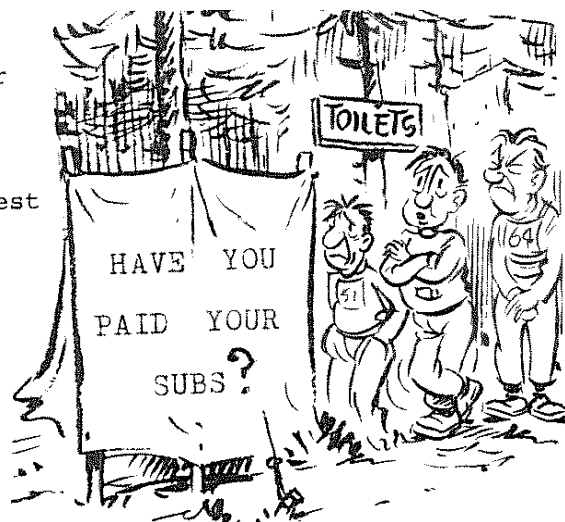
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COMING EVENTS



| | <u>Club</u> | <u>Event/Location</u> |
|-----------|-------------|--|
| March 17 | E * | NZOF Trial and Badge Event - New Plymouth |
| 24 | NW | Promotion Event - Long Bay |
| 31 | SA | Promotion Event - Waiuku South |
| April 6-8 | NW* | Easter 3 day - Mangawhai Forest |
| 14 | C | Promotion Event - Auckland Domain |
| 17 | SA* | Secondary 'Cool' Championship |
| 21 | HV* | Trial and Badge Event - Stronvar |
| 28 | SA | OY Event No.2 - Awhitu |
| May 5 | NW | Promotion Event - Riverhead Forest |
| 11 | RK* | NZOF Champs - Waitarere North |
| 12 | W * | NZOF Relays |
| 19 | SA | Promotion Event - Duders Beach |
| 26 | | |
| June -3 | KH* | Queens Birthday 3 da |
| 9 | C | OY Event No.3 - Mushroom Rd, Woodhill |
| 16 | NW | Long "O" Forest Event |
| 22 | SA* | AOA Night Champs, Waharoa |
| 23 | SA | Promotion Event - Waharoa |
| 30 | NW | OY Event No.4 - Mission Coast Rd, Woodhill |



* indicates pre-entry event

Don't forget, next Committee Meeting - 7.30 p.m. Monday 15 April,
30 Epsom Ave Mt Eden



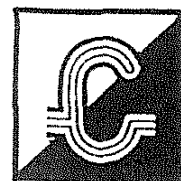
BULLETIN BOARD

TEE-SHIRTS & CAR-STICKERS

The club has Tee-Shirts for sale with the club logo on them. Contact Phil Creagh Ph.586-481 or the club secretary Jill Roberts, Ph 884-375. Jill also has car-stickers for sale.

WOCARN '85

Would members wishing to travel to Australia please contact Eddie Reddish for brief details of a proposed (it is actually all on) group tour. This differs from the one advertised in the last newsletter. Be quick as final arrangements have to be completed very soon. Official entries close 30 April 1985. Eddie is prepared to co-ordinate relay entries for the greater Auckland area. Let him know what grade you want to run and he'll endeavour to fit you into an 'Auckland Team'.



MEMBERSHIP

I wish to make an apology for the poor copy of my column in last months newsletter. I have now purchased a new ribbon for the printer so you should be able to read this.

NEW MEMBERS

The Club welcomes the following 28 new members into the club and hopes that they will enjoy this challenging sport with us.

Anne Abernethy; Chris, Helen & Richard Bolt; Andrew Douglas; George & Sue Elder; John Everett; Colin, Jan, Sam & Sarah Giffney; Murray Holdaway; Heidi Mehrtens; Bill, Chris, Jill & Tony Mellow; Tony Newman; Beatrice, Fiona, Stephen & Timothy Nuthall, Simon Rea; David Shannon; Vanessa Shaw; Shaun Wilkinson; Ken Young.

'New Members Kits' will be posted to you when further copies are to hand. These contain explanations of orienteering terms and advice to new orienteers.

MEMBERSHIP SUBSCRIPTIONS

WHO HASN'T RENEWED THEIR SUBSCRIPTION YET? Whose newsletter labels state 'UNFINANCIAL'? Members are reminded that subscriptions are now OVERDUE. According to the records there are 107 of you out there that have not renewed subscriptions. A renewal form is placed elsewhere in this newsletter and awaits your attention. It costs money to continue to send newsletters. This newsletter is your LAST until you renew your membership.

DON'T FORGET TO ENTER THE OY COMPETITION: Although you possibly have missed entry into the first OY, which was held on the March 10th, it is still not too late to beat the heap as the results are decided on the best five of the seven OY's this year. This competition enables you to see how BAD (or good) your fellows competitors really are. It makes for exciting orienteering throughout the competition period. Entry fee is \$1.00 per family. Details are given on the membership renewal form. For those of you that have paid subscription only and now wish to enter the OY competition send your \$1.00 to me with the Grade that you wish to compete in, and do it soon.

If you wish to receive a direct mailing of progressive OY results, send three (3) stamped, self-addressed envelopes direct to the OY Statistician:

Keith Stone
8 Agathis Ave,
Mairangi Bay,
Auckland 10.

If you have any questions regarding membership please contact the Treasurer/Membership Officer.

Eddie Reddish, 569-147

(My wife will be pleased to talk to you!!!!)

ALL AOA MEMBERS---HELP!!

1985 WINSTONE FUN RUN

Once again the Winstone Forest Run will be held in Woodhill Forest on the 5th of May 1985 and will be organised by a group of World Championship Training Squad members with the proceeds going to the Squad to help with costs involved in going to training camps in Australia and NZ and of course to the actual Champs. in Aug/Sept. Approx. total costs of this = \$50,000.

As in past years we are asking for volunteers from the 3 AOA clubs to assist us with the on the day administration. Although we usually get enough people to help the response rate to this ad. in the past has been low and we have had to approach people personally. This is a timely exercise so we would appreciate and welcome your notification to help on the form below.

I am prepared to help at the 1985 Winstone Fun Run on Sunday 5th of May.

Name _____ Club _____ Address _____ Ph. _____

Job preference _____ (can't guarantee)

Send to/pass to or phone Ross Brighthouse. Ph.085 59518
R.D.3
Waiuku.

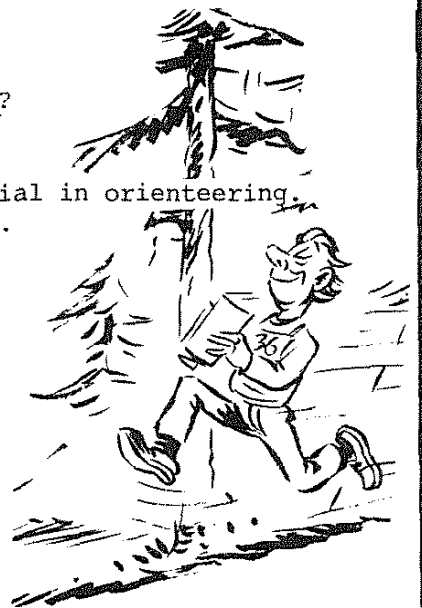
Reply by 21/3/85.

SO JUST HOW GOOD AN ORIENTEER DO YOU THINK YOU ARE?

Adapted from "Compass Sport"

A lighthearted quiz to enable you to assess your true potential in orienteering. The starting whistle goes and you're on your way to No 1.....

1. At your first orienteering event you spend an hour looking for the third control and eventually you stumble out of the forest into the car park. You decide to cut your losses and immediately drive home for a well-deserved bath. Later that evening four dishevelled, tired and wet persons whom you recognise as being organisers of the mornings event call at your home. Do you assume:
 - a) They could not find control number 3 either?
 - b) They desperately want you to join their club?
 - c) You drove home in the wrong car?



2. You are running the first National Event of 1985, starting six minutes behind the top ranked orienteer in your age group. When, overjoyed you see him/her just 100metres ahead of you on the run in, do you assume:
 - a) He/she has had a bad run?
 - b) You have had a good run?
 - c) You could well have overlooked the map exchange?

3. You are studying your map during an event when another orienteer (obviously lost) approaches and asks if you know where you are. Do you reply:
 - a) Woodhill Forest (wittily)?
 - b) "Yes thankyou!" (laconically)?
 - c) "No, but they said the master maps were down here somewhere..." (optimistically)?

4. You run off the map at Waiuku North Forest. You take a drink at what you hope is the stream source you are seeking until you stand up and see a notice saying "Sellafield Waste Overflow' Do you:

- a) Try and relocate, carefully counting your paces?
- b) Try not to panic, carefully counting your feet?
- c) Watch for symptoms of fast breeding?

5. You have been orienteering for a month when a young man presents himself at your front door and announces that he is a Droober. Would you:

- a) Let him marry your daughter?
- b) Suggest an ointment?
- c) Give generously?

6. The most recent Vinestock is:

- a) A French control description?
- b) An unpretentious Reisling amusing in its impertinence?
- c) A miscellany of amusing orienteering anecdotes?

7. Arsunda OK is/are:

- a) Latvian graffitti?
- b) A pair of Saville Row O-Trousers?
- c) Swedish winners of the Harvester Relay Trophy in 1983?

8. Wish Gdula is:

- a) A n gr m
- b) An anachronism?
- c) Organiser of OAH K86?

9. Hafodgwellian is:

- a) A friend of Wish Gdula?
- b) An anagram?
- c) A Welsh forest?

10. Vegetation change means:

- a) There are no line features in this area?
- b) "The asparagus is off, sir!?"
- c) Autumn?

11. Your M15 son fills in an Availabilty Form and is selected to train with the Junior Squad. Do You:

- a) Devise 50 p w k g schedule and offer to act as his coach?
- b) Fill in an Availabilty Form for the National Senior School?
- c) Leave home?

12 You are Squad orienteer having a brilliant run in a Ranking event, when searching for your penultimate control, you come across five controls in quick succession - but none of them is yours. Do you:

- a) Refuse to panic?
- b) Relocate at the soonest opportunity?
- c) Burst into tears?

13. Your new club O-suits arrive. The colours are horrendously dazzling and not quite what you had anticipated. Do you:

- a) Ignore the jibes and pretend to wear your suit with pride?
- b) "Accidentally" slip some dark dye into the wash?
- c) Transfer club?

14. When training do you like to take with you:

- a) Old O-maps to improve your map reading?
- b) Other orienteers for companionship?
- c) 50 cents for the fare home?



15. You arrive back from a training run at Cornwall Park to find a University orienteering club camped one side of you, and a singing group of Norwegians on the other. Would you:

- a) Tear up your control cards and obtain instead tickets for all the week's social functions?
- b) Leave the camp site?
- c) Leave the country?

16. You are invited to run in a training event for the Pacific Orienteering Championships on a beautiful tropical island. You arrive at the Start suitably attired in a grass skirt. Are you:

- a) Honoured at being the islanders' guest of honour at the 10 course banquet afterwards?
- b) Disqualified for not wearing full leg cover?
- c) Honoured at being the islanders' main course at the 10 course banquet afterwards?

17. You've had an almost error-free run, and with one control left you try too hard, overshoot, and spend 15 minutes looking for the easiest control on the course. Do you blame:

- a) Yourself?
- b) The guy who introduced you to orienteering?
- c) The mapper, the stereoplotter, the aircraft camera-operator, the planner, the controller, the organiser, the orange-juice dispenser, the wife, the kids and grandma?

18. It's a freezing winter morning and you have just completed the Brown course at your club's Colour Coded event in driving rain and knee-deep mud. The organiser is looking for volunteers to collect in controls. Do you:

- a) Put on your wellies and offer to collect the lot in?
- b) Slip off to the pub?
- c) Pretend you were out walking the dog?

19. It's your club's annual New Years Eve fancy dress party. You arrive dressed as a tree. Suddenly you spot somebody dressed as a woodman and wielding a chopper. Do you:

- a) Vehemently deny the rumour going around that you are suffering from dutch elm disease?
- b) Vehemently deny the rumour that you were at the Welsh 2 Days?
- c) Suggest that in your afterlife you would prefer to come back as a telegraph pole rather than a packet of Swan vestas?

20. After the National Championships in the forest Ned Ray (Newsletter Editor) approaches you with a map and asks if you would draw in the actual route you took. Do you assume:

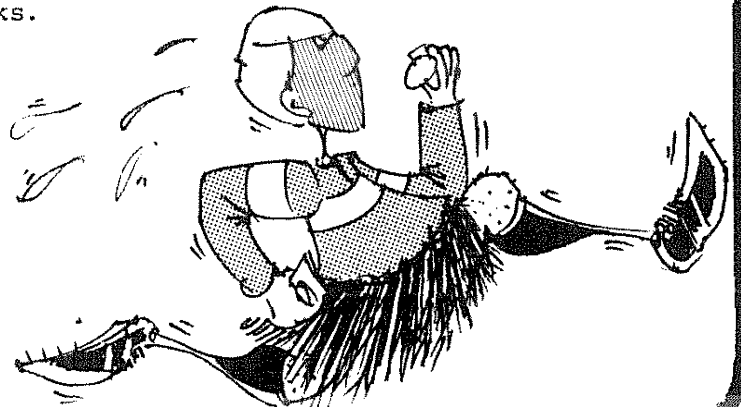
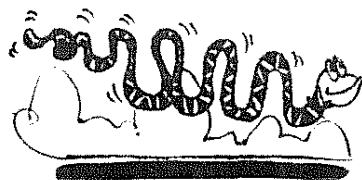
- a) You really are a good orienteer?
- b) He has never been more desperate for copy?
- c) He has made a mistake?

HOW TO SCORE

(1) Mostly A's and B's. You obviously take this game of orienteering far too seriously and should slow down in consideration to others.

(2) More C's than A's or B's. You are probably taken to orienteering events by your wife, children, husband, dog etc. You would prefer to be home by the fire.

(3) More C's than A's and B's combined: You should give up orienteering immediately and take up a real sport like tiddleywinks.

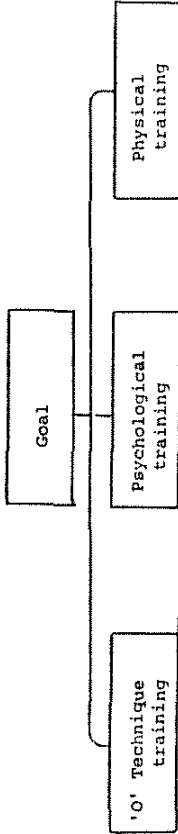


PSYCHOLOGICAL PREPARATION FOR ORIENTEERING

If the goal is too easy or possibly out of reach than motivation is lacking. If you wait at the start of the Championships knowing that this is the race you have planned to win, and you are confident in your preparation, then you are most likely to be nervous which at the right level is a good thing for helping to concentrate. Similarly if a Badge Event is the last one for gaining a "Gold" standard in your class then you are keyed up for it as you want to do well.

On these occasions adrenalin is released into the blood stream and if this can be controlled then the level of concentration can be improved and held throughout a race resulting in a good performance.

To achieve your goal you must develop three aspects of your performance: 'O' technique training, physical training and psychological training.



The following table shows the three main headings into which psychological preparation can be divided.

| | | |
|----------------------|-------------------------------|------------------------------------|
| 1. Event Preparation | 2. Feeling right at the start | 3. Ability to Concentrate |
| Mental Form Analysis | Motivation | Alertness in applying 'O' skills |
| Rehearsal events | Confidence | Awareness of possible Distractions |
| | Agression | Relaxation |
| | Positive Attitude | Mental Rehearsal |
| | | Concentration Training |

For most orienteers, navigation is the main attraction of the sport. Applying the right technique at the right time and navigating skilfully and successfully makes demands only on the capacity of the runner. To do this confidently and fast is the ambition of all aspiring orienteers.

The ability to make quick and multiple decisions, to ignore other runners, to be able to concentrate for a long period of time are just a few of the qualities needed by a good orienteer.

Having the ability to be confident and to perform well (maintaining concentration) for a particular race are further qualities which may be suited to certain personalities but can be developed by careful preparation and training.

Concentration during a race must be left up to the individual. He should be able to apply himself to the problems which are presented to him, and be aware of situations which could cause him to make a mistake. He should know when to apply greater concentration to enable him to maintain the balance between speed and accuracy.

The following article is taken from the BOF "Orienteering - Training and Coaching" publication, and will be presented in a four part serial form.

Part 1 - Event Preparation

A preparation programme for a specific competition starts years or months before the day of the competition. Following a well-planned physical and technical preparation plan is essential as it helps in the whole build up of feeling confident and relaxed on the day.

1. Motivation

Motivation and performance are closely linked and determined by aims. You and your coach must decide on realistic goals. You are then able to put all your energies into trying to achieve these goals, whether it be winning your class in the National Championships, getting selected for the NZ Team or winning a medal at the World Championships.

Psychological training complements the physical and technical training. Following the recommendations given for general preparation for an event helps in the whole build-up of feeling confident and relaxed on the day.

Factors which will improve confidence are:-

1. Clean as much information about the event as possible - terrain, map scale, course lengths, possible weather, start time etc.
2. Look at and run with maps of similar areas of country.
3. Run in similar terrain.
4. Follow a pre-tested routine the week before.
5. Think about all aspects of the race and a successful performance - keep your thoughts positive.

If you know that a well tried routine you follow the week before a big event usually leads to a good result then it can contribute to confidence and reduce your level of nervousness for future events.

To help formulate a routine it is useful to make a record of your preparations the week before several big events and also how you feel before the start.

2. Mental Form Analysis

The page opposite shows a sample of a form used by the British National Squad.

3. Rehearsal Events

What sort of training should you do the week before the World Championships? Everyone in the British team will be able to tell you the type of sessions they have planned for the final 7-14 days; some might even tell you what they will eat. The important point here is that they all have a routine which has been tested and works.

Select two or three fairly major competitions which you will use to try out a routine which you think will work. This will include thinking about these races and looking at maps of similar areas - make them important for yourself even if it is only a good standard Badge event.

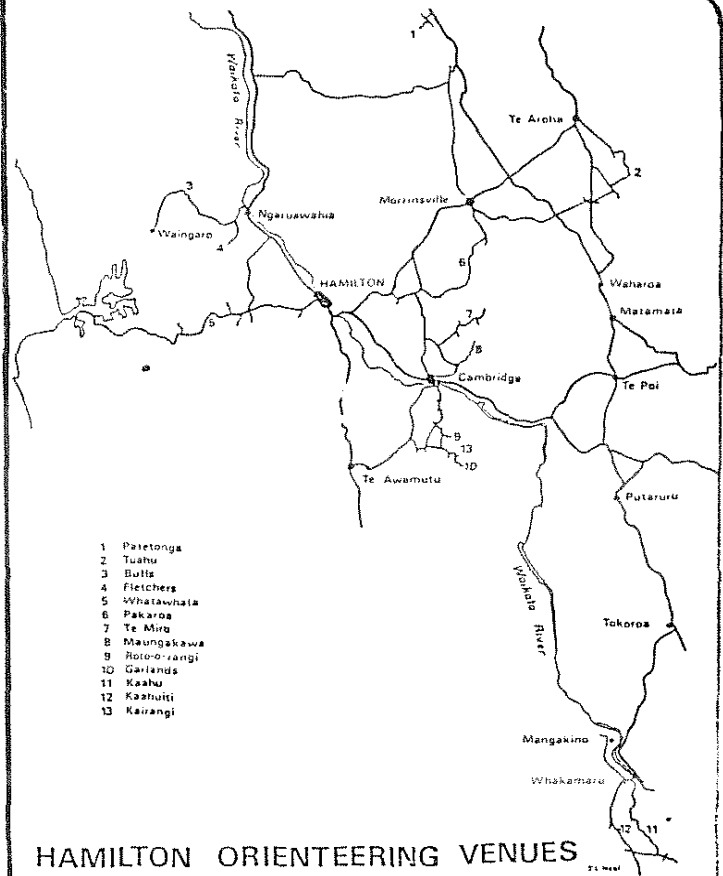
Only use one of these 'rehearsal' events to prepare in all aspects, and then only adjust your training for 4-6 days before. Two weeks of light training early in the season will usually upset your overall schedule.

A possible plan would be:-

Major Race-British Championships - May

Rehearsal events: 1. Jan Kjellstrom - last 6 days, full preparation
 2. Scottish Championships - last 2 days, on the day routine, warm up, etc
 3. Southern Championships - last 2 days, on the day routine etc - work on creating the right feeling e.g. being aggressive, more relaxed, or more nervous.

TO BE CONTINUED





TRIAL AND BADGE EVENT

STRONVÅR

- 3 events in one:**
- TRIAL for NZ team for 1985 World Championships
 - TRIAL for NZ team for 1985 NZ/Australia challenge
 - BADGE EVENT

21 APRIL 1985



Event Information:

The event is one of three trials to select NZ teams to compete in Australia in September 1985.

Location:

Stronvar, 35 km east of Masterton.

Map:

Farmland with areas of pine forest and native bush.

Area: 12 km²

Scale: 1:15,000

Contours: 5 metre

Photogrammetry: Ackerfeldt Photogrammetry Ltd

Cartography: Claes Gustafsson

Courses:

Courses are offered for all NZOF classes. Lengths will be in accordance with the NZOF rules for NZ orienteering events, except for elite grades which will be longer. Competitors times will be recorded at every control on elite courses, enabling split times to be calculated for each leg.

Enquiries to:

Ted van Geldermalsen ph (04) 698 373

Start Times

H21E and D21E Classes: 1200 — 1330 hrs

All other classes: 0800 — 1030 hrs

Wayfarers (enter on the day): 1030 — 1130 hrs

There will be a spectator control on the H21E and D21E courses so competitors in other classes will be able to watch how the experts do it after they've finished their own courses.

Officials:

NZOF Controller: Keith Dobbie

Co-ordinator: Ted van Geldermalsen

Course Setters: Michael and Linda Parker

Accommodation:

Hutt Valley Orienteering Club has booked the cabins at Masterton motorcamp for Saturday night, 20 April.

Beds in 3-star cabins (fridge and cooking utensils) are available at \$7.50 for adults and \$3.50 for children. For 2-star cabins the charges are \$6.50 for adults and \$3.00 for children.

Only 70 beds are available. Some cabins sleep six and the rest, four.

Payment must be included with your entry to reserve a cabin. Camping sites are also available for hardy types.

| CHRISTIAN AND SURNAME | CLUB | GRADE | ENTRY FEE |
|-----------------------|------|-------|-----------|
| ELITE GRADES | | | |
| OTHER GRADES | | | |

ADDRESS:

ENTRY FEES SUB TOTAL: \$ _____

PHONE NO.

ACCOMODATION:

_____ Adults @ \$ _____ and
 _____ children @ \$ _____ = \$ _____

CALCULATE TOTAL FEE:

1. Enter family maximum, or entry fees sub total, whichever is less: \$ _____
 2. NZOF levy: _____ competitors \times 50c = \$ _____
 3. Late entry fee: _____ competitors \times \$5 = \$ _____
 4. Accomodation total. \$ _____
- Enclose cheque for TOTAL \$ _____

**Entry Information:**

Read carefully before choosing your grade and calculating your entry fee.

Post entry to: Stronvar Orienteering Event
 207 Dowse Drive
 Lower Hutt

Make Cheques payable to:
 "Hutt Valley Orienteering Club"

Closing Date: 5pm, 21 March 1985

Grades

| Men | Women |
|----------|----------|
| * H21E | * D21E |
| M -12 | W -12 |
| M13-14 | W13-14 |
| * M -16 | * W -16 |
| M17-18 | W17-18 |
| * M17-20 | * W17-20 |
| M21A | W21A |
| M21B | W21B |
| * M35A | * W35A |
| M35B | W35B |
| M40A | W40A |
| M40B | W40B |
| * M45A | * W45A |
| M45B | W45B |
| M50 | W50 |
| * M55 | W55 |
| M60 | |

*The selectors will be watching the grades marked with an asterisk.

- Fees:**
1. Entry fee: Elite (H21E, D21E) \$10.00
 Other Senior grades \$ 6.00
 Junior (under 19) \$ 3.00
 2. Family maximum entry fees:
 If family includes 1 or more entrants in elite grades \$19.00 + NZOF levies
 If no family members entered in elite grades: \$15.00 + NZOF levies
 3. NZOF levy: 50 cents per competitor.

Late Entries:

Late entries will be accepted at the organiser's discretion. The late entry fee is \$5.00 per competitor. This will be charged on all entries postmarked after the closing date and will be strictly enforced. Please include the payment with your late entry. Any change of grade after the closing date will be considered a late entry.

Notes on choosing your grade.

1. Orienteers wishing to be considered for the World Championships team must enter H21E or D21E. Estimated winning times for these courses will be 100 - 110 minutes for H21E and 75 - 80 minutes for D21E, and course lengths may be up to 15km and 10km respectively.
2. Orienteers wishing to be considered for the NZ/Australia Challenge must enter in a grade marked by an asterisk as these are the grades in which teams will be selected.
3. The course lengths and winning times for M, W-16 and M, W17-20 trial grades will be in accordance with NZOF recommendations for 15-16 and 19-20 grades respectively.
4. No C grade courses are offered for M21 and W21. However B grade courses in these classes will be slightly easier than usual.



N.Z. CHAMPIONSHIPS

sponsored by



Tasman Forestry
Limited

- Event organised by Red Kiwis Orienteering Club. Inc.
- Event will be held in Waitarere Forest.
- New Zealand Trial and N.Z.O.F. Badge event.
- A new five colour map. Scale 1:15000. Contour interval 4m. Mainly open mature forest situated on detailed sand dunes. Flat to rolling.
- National Relay champs held on Sunday, the day after the champs and organised by Wellington O.C. Entry form sent by organising club.



Saturday 11 May 1985

This Forest out of bounds until event.

CLASSES

M12A,B M13-14A,B M15-16 M17-18 M19-20
 M21E,A,B,C M35A,B M40A,B M45A,B M50 M55
 W12A,B W13-14A,B W15-16 W17-18 W19-20
 W21E,A,B,C W35A,B W40A,B W45A,B W50
 (Ages as at 31st December, 1985)

Organisers reserve the right to combine grades.

ENTRY FEES

Closing date 1st April, 1985

Late entries accepted at double entry fee.

Seniors \$6
 Juniors \$3
 Family Maximum \$15

WARM UP

Friday 11th May on old Waitarere map.

FOR THE ELITE GRADES

NOW 1 MAP ONLY

M21E expected winning time 100-110 mins

W21E expected winning time 75-80 mins

Due to a request by the W.O.C Squad to have longer courses, the M21E & W21E grades will have two timed sections – the first section only will count for the New Zealand title and those who want to compete in the trial carry on in the second section.

CONTROL DESCRIPTIONS

Pictorial ones only.

ACCOMMODATION

Waitarere Beach Motor Camp – Cabin & Van sites.
 Park Avenue, Waitarere, Levin
 Ph. 88-732

Hydrabad – Cabin, Van & Tent sites.
 P.O. Box 563, Levin
 Ph. 84-941

Foxton Beach Motor Camp.
 Holben Pde, Foxton
 Ph. 8211

ENTRY FORM

| SURNAME | FIRST NAME | GRADE | CLUB | DATE OF BIRTH | ENTRY FEE |
|---------|------------|-------|------|---------------|-----------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

TOTAL ENCLOSED \$ _____

ADDRESS:

.....

.....

Telephone No.

Send entries to: Jenny Teahan 15 Coronation St

Enquiries: Ph. 38987 Feilding

All competitors please include a short biography.

Cheques to be made payable to Red Kiwis Orienteering Club Inc.

Entries to be received no later than 1st April, 1985.

NATIONAL CLUB RELAYS

ORIENTEERING CHAMPIONSHIPS

SUNDAY 12 MAY 1985 at PAUATAHANUI

REGISTRATION from 0900

START from 1000

PAUATAHANUI: is 30 km north of Wellington (and only about 75 km from the NZ Individual Championships on Saturday).

TERRAIN: is varied, comprising forest and farmland ranging from flat to steep. 1:15,000 6 metre contours

ORGANISED BY: Wellington Orienteering Club.

Coordinator: Ross Quayle

Course Setters: Brian Long

Charlie Stobert

Cartographer: Leo Homes

Controller: Graham Fortune

FEES:

\$13.50 per team.

However individuals may enter (at \$4.50 each) and the organisers will attempt to match these into suitable teams. If this is not possible the individuals will still start and have their results recorded.

CLASSES:

Open

Womens Open

Mens 35+

Womens 35+

Junior 15-18

Junior 14 and under

Mixed A (no more than one M21A)

Mixed B (no M21 who has ever run A grade)

Cross cheques, payable to "Wellington Orienteering Club"

ENTRIES: Close on 21 April 1985. Send to:

Ken Glew
12 Bloomsbury Grove
Wellington 4

LATE ENTRIES:

will be accepted up to 30 April if accompanied by double fees.

TEAM NAME _____

NAME & ADDRESS _____

CLASS _____

| ORDER | NAME | GRADE | CLUB |
|---------------|------|-------|------|
| 1 (or short)* | | | |
| 2 (or med)* | | | |
| 3 (or long)* | | | |

* Applies to mixed teams only. The starter will assign the final order which may differ from this sequence.

WOA


WELLINGTON AREA NIGHT CHAMPS

WESTS FARM

30.3.1985



NEW COLOUR MAP
NEW COLOUR MAP
NEW COLOUR MAP

Wellington Orienteering
Association. 

Send entries to- R. Sinclair
4 Marama Street
PARAPARAUMU

all cheques made payable to - KAPITI HAVOC

| | | | |
|----------------------|-------|-----|-----|
| <u>GRADES</u> : Mens | 12 | 21A | 40A |
| | 13-14 | 21B | 45A |
| | 15-16 | 35A | 45B |
| | 17-20 | 35B | 50A |
| Womene | 12 | 21A | 40A |
| | 13-14 | 21B | 45A |
| | 15-16 | 35A | 45B |
| | 17-20 | 35B | 50A |

ENTRIES : to be post-marked no later than 17 March 1985

FEES : Senior \$ 5.00 NOTE : Fees include supper
Junior \$ 3.00
Family Maximum \$12.00

LATE ENTRIES : Late entries will be accepted but competitors will have to mark their own map.

NOVICE COURSES will be available on the night.

DATE : 30 March 1985
TIME : 8 p.m.

LOCATION : Start will be from Raumati South School, as per above map. The event will be signposted from the Foglar Avenue turn-off on State Highway 1.

FACILITIES : The administration area will be inside the school with full changing facilities available, ideal for small children at race time.

THE MAP
WESTS FARM

Scale : 1:7,000 Contour Interval : 3 m
Terrain : Rolling sand dune, with patches of Manuka and Lupin.

CARTOGRAPHY : Ian Griger FIELDWORK #981 Roger Glannessfors
SETTER : Jan Berren Colin Greedus
WETTER : Rex Hayes Andrew Macfarlane
John Boccock
1985 Rex Hayes

Access courtesy John West & Pony Club
Raumati South School
Basemap/Photogrammetry
Kapiti Borough Council
Unauthorized access not permitted

| Surname | First Name | Club | Year Of Birth | Grade | Entry Fee |
|---------|------------|------|---------------|-------|-----------|
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Address _____ Total Enclosed \$ _____





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