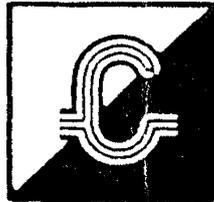


central orienteering club

OCTOBER NEWSLETTER

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13 Buckley Road,
Royal Oak,
Auckland. 3.
Tel: 656-508



Secretary:

Wallace Bottomley,
24 Dingle Road,
St. Heliers,
Auckland. 5.
Tel: 556-383

Treasurer:

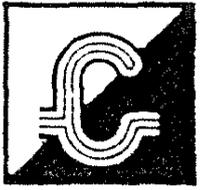
Geoff Bendall

Newsletter:

Martin Newton

COMING EVENTS

- | | | |
|-----------|------|--|
| Oct 19 | | A.O.A. Executive Meeting. Peart House, Kings College 8.00 p.m. (see P.11). |
| Oct 23-25 | R/H | Warm-up, Nationals, National Relays. Entries closed. |
| Nov 3 | | Club Meeting, Geoff Bendalls 7.30. All welcome |
| Nov 7 | C | AOA Relays. Woodhill 81 map. Enter via Forest H.Q. Entries close Tues Oct 26. Entry forms in Sept. Newsletter. |
| | RK | WOA OY 6. Hokio |
| Nov 14 | P/H | CDOA Individual and Relays (on same day) Kaahu. See P.14 for details. |
| Nov 21 | PAP0 | South Island Champs, near Christchurch |
| Nov 28 | | WOA OY 7, Battle Hill |
| Dec 5 | HB | Te Mata Park (surely this must be N.Z.'s most used 'O' venue!) |
| Jan 18 | C | One Tree Hill. First of the summer promotion series. More details next month. |



NEWS

Hawkes Bay Club have advised that Esk Forest, venue for next year's international against Australia, is out of bounds to all orienteers prior to this event.

The NZOF wants to know our thoughts about 'elite' courses (see article in July Newsletter). Geoff Bendall's comments are on p.3. Any other views?

At the last club night Mike Ashmore showed us some samples of the new control flags he is making - Great effort Mike, my hope is that they will be easier to find than the old ones.

The two club training days on the Ye Olde Woodhille map were a real success. An idea well worth repeating next year. Thanks Phil, Mike and Leon

Taupo will be holding another all-night relay over the anniversary weekend in late January.

CENTRAL RELAY TEAMS:

Mike (Ashmore) and Phil (Brodie) have these eight teams entered for the National Relays:

- Central's Goodies - Mixed B
 - R. Weeks (M43B)
 - N. Clendon (W43)
 - J. Brewis (W43)
- Central's Crawlers - Mixed B
 - J. Newton (W21B)
 - T. Clendon (M43B)
 - K. Welsh (M35A)
- Central's Cowboys - Jnrs 15-18
 - J. Brewis (M15)
 - S. Clendon (M17-18)
 - R. Crawford (M17-18)
- Central's Arsenal - Mixed A
 - W. Bruce (M19-20)
 - A. Brewis (M43)
 - M. Newton (M21A)
- Central's Go'ers - Mixed A
 - T. Garbolino (M35B)
 - C. Giffney (M21C)
 - R. Wright (M21B)
- Central's Urchins - Jnr 14 + under
 - P. Clendon (W12)
 - D. Ashmore (M12)
 - A. Brodie (M12)
- Central's Wanderers - Mixed B
 - R. Brodie (W35B)
 - L. Ashmore (W21C)
 - J. Clendon (W13-14)
- Central's Weird Mob - Mixed A
 - P. Brodie (M21C)
 - M. Ashmore (M35B)
 - L. McGivern (M35B)

ELITE COURSES

John Rix's article in the July Newsletter raised some important points which were highlighted with some force during the recent NZ team tour in Australia.

There is no doubt that an improvement in the overall standards of New Zealand Orienteering is necessary to facilitate the growth of the sport, to attract new blood and to enable us to compete internationally on more even terms.

At basic level fitness should be the first consideration. Any orienteer who is competitive and aspires to NZ selection must achieve and maintain a high level of fitness. John's comment on the ability to gain NZ selection with a minimum of fitness was amply demonstrated on the recent tour when, incredibly, fewer than 50% of the team admitted to training for more than 3 hours per week!

An attempt to hold club training runs this year met with only partial success with the best attendance at any one run being a muster of 7 (plus 2 dogs). Perhaps the day and time selected were not suitable but the idea is worth persevering with. Perhaps too, training in O technique could be included, say once a month, to help beginners and those interested in coming to terms with the finer aspects of the sport.

To cater for all these fit and skilled O'ers, Clubs must take up the challenge and provide A grade courses of a length and technical standard to require 100% fitness and to fully test O skills. I think that this can best be achieved within the existing grading system, rather than by the introduction of Elite grades in the Open classes only, although these are the classes wherein the highest level of attainment should be sought. Greater use of B and C grades can provide for beginner, the less fit and the less competitive. And rather than seek only to improve the standards in the Open grades, let's try for improvement in all. There is a mistaken belief among NZ O-ers that the M and W 21C grades are for first year orienteers only and that, thereafter C graders must move up to B or A grades in their age group. NZOF rules contain no such direction. There is no reason why runners cannot remain in this grade or, indeed, why C grades could not be introduced to other age groups (e.g. M35) where numbers and a wide range of ability so warrant.

An effect of these proposals is the need for clubs to insist on the highest standards in planning and vetting of courses. Major events (OY and above) should be allocated to competent planners and capable controllers. These officials must meet sufficiently early and regularly to discuss plans and to ensure that controls are set out in sufficient time to allow for adequate and thorough vetting of all aspects of the event. These tasks cannot be left until the last minute and be done with any degree of competence, as has been demonstrated, unfortunately, during the past season.

In theory then we need demanding longer courses to test the A grader to the utmost. If his interest and/or ability wane he can step down to a lower grade and compete on level terms there. The aspirant for championship and/or representative honours can work his way through the grades as fitness and skill allow.

To institute much changes require commitment and effort by Club officials. We are all busy with our jobs, other interests and responsibilities and find it difficult to give even more to this fascinating sport.

Nevertheless, the challenge for 1983 is there. Let's take it up.

GEOFF BENDALL

ELITE COURSES

Ken Holst from Rotorua O.C. had these thoughts about John Rix's article:

"I am in total agreement that there should be an elite grade and mainly for selfish reasons.

Personally I would not run in a B grade just to qualify for a medal. Therefore I will probably never qualify for anything other than an iron badge - simply because I cannot run fast enough. On the courses where I do reasonably well (for me) I find that I am following either J. Rix's route or Ross Brighthouse's route and if I make no mistakes and hesitate the minimum number of times, these two still beat me by about 20 minutes.

How many others are there like me who love the sport, train as hard as they can, enter any and every event for experience and yet are constantly aware of a niggling frustration that they will never get any recognition, because there is a small group ahead of them who are always going to do better. Looking at it on a National basis, obviously it would make a considerable difference if you were to make a direct comparison with athletics. For example, you wouldn't pick a 5000 m specialist to run for an olympic medal in the marathon. Therefore it is obvious that if we wish to be competitive internationally then we must have an elite grade which constantly runs on courses which are more demanding physically and mentally. Even when the courses are demanding physically, they do not tend to be so mentally, or vice versa. However, even with my relative inexperience I have never had to really think about a route choice - it has always been relatively straight forward. This may be due to the fact that I am a poor runner and therefore the more direct route is always better for me, but I doubt it.

Having read a fair few accounts of World Champs and seen W! maps with the routes shown on them, it appears that the courses and decision of route choice etc are generally considerably more demanding.

I'm all for Elite Grades!"

THE ASIA / PACIFIC ORIENTEERING CHAMPIONSHIPS 1984

5.

ASIAN PACIFIC "O" CARNIVAL JANUARY 1984

31st December (Saturday)	Competition Woodhill Forest, 45 minutes North West Auckland. Re-map of 1981 National Map. Very complex fast sandhill map.
1st January	Free day or travel to Waikato area.
2nd January (Monday)	Competition Kaahu, 30 minutes from Taupo and 50 minutes from Rotorua. Very detailed farm/forest/rock area near Tokoroa.
3rd January	Travel day to Christchurch. Suggest direct flight Rotorua - Christchurch.
4th January (Wednesday)	Competition Banks Peninsula, 30 - 40 minutes from Christchurch city. New 5 colour map.
5th January	Travel day. Christchurch to Alexandra or Dunedin.
6th January (Friday)	Model day - Competition - Naseby.
7th January (Saturday)	Competition Pacific Championship Individual. Naseby is 120km north west of Dunedin. Accommodation at Queenstown, Alexandra.
8th January	Competition Pacific Relays, Naseby Forest.

Mecca Guide

NZPA-BPA London

A British-based company has solved one of the major problems facing hundreds of millions of Moslems around the world who have to pray facing Mecca every day. A special Moslem prayer compass has been developed by Silva (UK) Ltd for use anywhere in the world to find Mecca quickly.

Part 2 of the article based on a talk given by John Rix to the W.M. 1983 squad.

PART 2:Motivation to Train

Look at overseas results! Run Harriers in the winter. You should try and get in the top 10 or 20 in your region. Run 5000 - 10000 m on the track - having a time of judgment, gives you something to train for, and you can see if you are getting fitter. With care go for the marathon but out of the chief "O" season. Run with someone if it suits you, usually both of you will try harder.

Avoid Injury

Some of us may not practice what we preach here - the best rule is to increase training slowly not jump straight into 100 miles a week, it may take 3 months to reach half of this.

- don't run too much on the road, partly because of the need for terrain training, partly to avoid the stress fracture type of injury.
- do run in decent shoes, it's worth shopping around and getting the make and model that fit you best even if it costs a few dollars more (or try and get them bought overseas).
- experience alone will tell you which injuries you can run with, which you can't; those that will come right in a few days and those that need longer off. If you ask most doctors, except at sports clinics, they will simply tell you to take x weeks off, till it stops hurting - (don't say I didn't tell you).
- get plenty of sleep, good diet etc.
- don't train hard when you're developing a cold, flu or have a temperature - you won't feel like it anyway and a few days off then is well justified.
- don't do too much interval training, its mentally and physically very demanding. Ok with a background of distance and experience and if you are practising "peaking", but once a week should be plenty.

SOME ORIENTEERING TIPS, particularly for the up and coming

1. Junior men run M21A courses, M21A's run twice round, particularly if its the last few months before a trip. Women run M21A or course 2 (and run to win). Junior women naturally go for W21A. Don't do these things until you are physically fit and orienteering fit or you will just make mistakes and get despondent, but certainly if you are going to be in the top 40 in the W in your twenties you should be giving any senior a run for his or her money by the time you're 16 or 17 (assuming you've had a few years' experience).

2. Don't take track routes, you usually learn very little in doing so, particularly bearing in mind how little time we spend in the forest per year. Exceptions: championship courses and specific training exercises.
3. **TOTALLY CONCENTRATE ON YOUR COURSES.** Don't talk to anyone, or even look up to see who a nearby figure is, and don't let your mind wander. This goes for any race major or minor. Think how few are run a year, practice what you've got to do overseas - totally concentrate.
If you're making the same old mistakes on the same old maps, it's probably largely because you're not concentrating 100%.
4. Do an "error analysis" after each race.
5. **RUN WITHIN YOUR LIMITS**
Until you're up to Scandinavian Standards it's better to run within your limits rather than take chances, i.e. learn to anticipate the danger signs (no clear features near the control, no handrails on a 1 km leg, lactic acid overload, etc.) Slow down and stop if necessary to read your way in, not just "run and hope" and lose say 5 mins, that's a hell of a lot of time to make up on running speed alone. Most of us are guilty of not running within our limits at times, and may even have got away with it, but you can still win virtually any N.Z. Champs. grade by a steady but error-free run. Until you've developed the ability to concentrate totally, adjust techniques to suit the situation (Course 0, fine 0, constant map contact etc) and minimise errors - Don't take chances - you'll blow it.
Once you've got super fit and have learnt to minimise errors you can worry about "peaking" but that's another story.

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• ON SALE AT CENTRAL CLUB EVENTS •

FEATURE AUSTRALIAN TOUR

Australia - the land of brown grass, Toohey's and King's Cross ...

- the land which 80 Kiwis invaded with an obsession to beat some Aussie Orienteers on their home turf whilst enjoying themselves at the same time. Certainly for the first two nights the emphasis was towards the latter as we explored/revisited King's Cross. One junior showed a certain affinity for the Aussie race; some involuntary plastic surgery was just avoided on 2 occasions.

Saturday saw us leave Sydney and head across the Blue Mountains to Lithgow for lunch where some seniors displayed their infantile instincts by infiltrating a children's playground. Our first event was in Lidsdale State Forest, a steep area used for the 1981 N.S.W. Champs. I went on a noice course, and promptly went down the wrong spur to No.1 - a great way to start. After that it went fairly smoothly. On the A course, I DNF'd by making a parallel error caused by the unfamiliar 1:20000 scale. After hearing so much about Australian conditions, it was a relief to find out for myself what the terrain was really like and the techniques needed to handle such terrain. We headed to Oberon where 5-star accommodation awaited us: 2 sheds at the Showgrounds. It would have been bearable, but it was bitterly cold (snowflakes and a temperature of -3C greeted us one morning), and Shed No. 2 hogged the heaters from Shed No. 1 for one night.

To the Kanangra Walls National Park Sunday morning for competition at "The Boyd", venue for their 1979 National Champs. This area was meant to have similar rock features to the big event at Stanthorpe. I took it slow as this was our only chance to compete on rocky terrain before Stanthorpe. Back to the Hilton and up to the Oberon Golf Club where I met and talked with an ex-Australian rugby International, and where Cathy Hatwell displayed her remarkable talents (on the poker machines).

The week quickly went by with accommodation bunkhouse style at Morpeth and Armidale, and competitions in fast areas of Belford Forest and Booroolong Forest. Some Australians were following us, and some (junior) members of the N.Z. team needed disciplinary action from the team manager for conversing with the enemy until 12.30 a.m. Also memorable in Armidale was a BBQ and dance in the kitchen, where Athol Lonsdale displayed his versatility on the dance floor (and with a guitar). My versatility(?) was also recognised by a "super" birthday present given to me from someone in the team (wait 'till your birthday Geoff!!).

We travelled to Stanthorpe and arrived for lunch. I wandered off and got attacked by a magpie.

Australians displayed underarm tactics by pinching our accommodation at Storm King Dam, 10 km out of Stanthorpe. The unfortunate results was that we had to travel to Warwick for accommodation, which was an hour's drive from the event centre. This meant a 6. a.m. rising time for the relay after getting back from the individual presentation (in Stanthorpe) around 11.30 p.m.

The 1982 Australian Champs was most memorable - masses of people, excellent food cooked by a country woman's club, excellent courses, and area, near perfect organisation (although Tanya Nicholls might disagree). It was therefore surprising that the entry was only 560 - apparently many people from the southern states hadn't bothered to enter because of past poorly-run events in Queensland.

After rain for most of the week, the weekend was brilliantly fine and hot; the heat was something that affected me during the Individual. New Zealand was beaten in all grades, however there were some close results, especially amongst the juniors. James Brewis had a fine run in M15 to be top New Zealander and 4th overall, only 4 minutes behind the winner. Other Central club members performed with distinction.

The Relay was held in an adjacent area, and only the M50 team prevented another clean sweep by the Aussies.

Although the results have not improved since 1980, I think there is not a big difference between the overall standard of Australian and New Zealand Orienteering. I recall in the individual that Maurice Organia and I had a similar 1.2 km leg; we left roughly at the same time, took different route choices, and arrived at a clump of boulders 150 m. away from the control together. They are not that much faster in the forest; consistency and confidence in the control circle is where they pick up minutes on the Kiwis.

New Zealand had its moments. Kevin Ireland beat some top Australians in the relay, while encouraging results for the future include 2nd and 3rd in W15, and the M19 relay team being only 10 minutes down on their Australian counterparts at the finish.

The individual and Relay were on 2 consecutive days which was physically and mentally taxing. The main reason why I failed in the Relay was I wasn't, and couldn't be bothered, thinking. This may have been a factor in the dismal performance of M15 in the relays. I see with some concern that this is the format to be followed next year in New Zealand; even more alarming is that there will be a fair-sized journey between the two venues. Even in WM there is a rest day between individual and relay.

Sunday night saw a talent quest at Leslie Dam (where we were staying). Not only do Central have James "Chief Chunder" Brewis amongst their ranks, but Ken Browne scored a 1st in "the sexiest Orienteer in the N.Z. Team" competition with "Legs" Bendall 3rd.

We travelled for 14 hours to reach Sydney Monday night where women on the 2nd floor were shocked by "the Phantom Flasher". It was then back home to sunny Auckland the next day.

The coach tour was good, and Darren (the bus driver) fought a losing battle to convert the illiterate Kiwis who called his "coach" a "bus". The vast distances made travelling tiring, especially in the back seat. All in all, a worthwhile experience; I enjoyed myself and have come back a better Orienteer. For a holiday with a difference, don't miss out next time.

ROBERT CRAWFORD

- personal experience of Team Doctor Hilary Weeks

"Australia '82": This was a most exciting tour for me, a newly-fledged orienteer, who a year ago had eyes only for a black and white track suit. It dawned on me much later that I would eventually have to actually compete in a foreign land on maps with strange symbols - native cherry trees, termite mounds and 2-metre boulders (I never did learn to distinguish between boulders of 6' 3" and 6' 6").

Leaping kangaroos, rocky dry terrain, and the threat of snakes (magnified somewhat by our Australian competitors) added to the excitement. Having spent all year learning how to run while map-reading, I rapidly gave it up, when I had fallen three times in succession on the same right knee in the first event.

I thought the bus (sorry, coach) tour was really good value for money. However on one occasion, with my toes at -6° after a night on a wood shed floor, I found it a little difficult to keep a sense of perspective, but I cheered up considerably when the expected chilblains failed to occur. Dot, our cook, provided food under difficult conditions with unflinching unflappability (- possibly the provision of 300 calories more per day per person would be a good idea on the next tour, to reduce the amount of junk food to which many of us resorted). The young "Coach Captain" managed the bus with considerable expertise, despite the difficulty at times of being the only Aussie in the party.

Medically, I was relieved that there were no snake bites - at least, I don't think there were! I guessed that two holes in a certain foot did not contain snake venom as the owner was still alive and well, 30 minutes afterwards! A sore throat in one person at the start of the tour gradually spread to others until at least 18 people were affected. Antibiotics given to the earlier cases did not help, so aspirin seemed the only answer. I did not keep exact medical records because I could not always find my notebook in the exact area of consultation, e.g. in the showers, at the finishing line, or in my sleeping bag! However, for interest, the approximate tally was:

Viral pharyngitis	18 cases
Skin abrasions/infections	8 cases
Ankle injuries	6 cases
Knee injuries	3 cases
Blisters	2 cases
Insect bites	2 cases
? Snake bite	1 case
Toe injury	1 case (mine)

As far as I know, no one failed to compete because of injury, but two of the viral infections DNS'd and DNF'd in preliminary events.

On my long Greyhound coach journey from Sydney to Melbourne I wrote, in the heat of the moment, screeds on "how to beat the Aussies next time". Here is a short resumé, considerably edited, which could perhaps form a basis for discussion?

- 11.
- 1 Our M21A runners spent nearly twice as long on their feet during races in Australia (and WM 1981 I believe) as they do in New Zealand. Longer "routine" courses in New Zealand for our best runners are therefore essential if we are to compete adequately internationally (see John Rix's article). If the provision of an "Elite" category causes problems, then how about a "long" and a "short" M21A course? If the provision of a "long" course is too difficult, then how about M21A being encouraged to run the M35A course followed immediately by the M21A course without a break. Also, really difficult controls in difficult terrain are needed towards the end of the race when fatigue is high.
 - 2 It seems (according to present results) that overall New Zealand would fare better against the Australians if our orienteers were to run in their correct age group, for relays at least, rather than down a grade. This would possibly ensure wins in the 35 and 43 grades, and would give more 21's the opportunity and experience of international competition, whereas at present many are unable to gain selection because our "over age" runners continue to compete in their grade.
 - 3 Training camps/events for all team members to be provided, and suitable training schedules to be made available to all team members as soon as the team is announced, (the Australians were definitely fitter and better trained than us).
 - 4 Finally, if a small country like New Zealand is ever going to beat a "big un" we need to do all we can to promote Orienteering and broaden our base. It seems a shame, therefore, that few, if any, reports of the tour appeared in the major New Zealand newspapers.

A.O.A. NEWS

RE: EXTRAORDINARY GENERAL MEETING ON 19 OCTOBER 1982

There has been some delay in the preparation of the draft of our new constitution. It appears that in order to be an effective document and to satisfy the requirements of the Registrar of Incorporated Societies, a few changes will be needed.

It is now proposed to hold a regular executive committee meeting on Tuesday 19 October. The draft of the new constitution will be posted to clubs before the meeting and it is proposed to discuss the constitution at this meeting.

The Annual General Meeting will now be held on Tuesday December 7th at 8.00 p.m. at Peart House Common Room, Kings College. It is proposed to adopt the new constitution at the A.G.M.

AUSTRALIAN AND N.Z. ORIENTEERING

12.

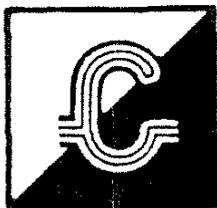
David Miller who represented Australia in the recent Australia - New Zealand challenge in the M.21 grade, has been spending time in N.Z. recently carrying out a lot of mapping. David has these comments when asked to compare orienteering in the two countries.

'Australian forests have much less undergrowth than N.Z. forests mainly due to the lower rainfall in Australia. Underfoot conditions in Australia are generally firmer than in N.Z. and may frequently be stony or rocky - such rocky areas are not farmed but left as native forest making them suitable orienteering areas. The ground detail in Australia is generally less fine than in N.Z. with broader gully-spur systems for example. There are very few sandhill or sanddune areas in Australia used for orienteering. Factors such as these help to explain the generally much faster running speed in Australia, many Australian forests are indeed faster than N.Z. farm areas.

Map making in Australia is generally made easier than it is in N.Z., because up-to-date photos taken with mature gum forest in place can be used in the photogrammetry-(in N.Z. the photos need to be ones taken before the forest was planted or in a young state, once mature the forest is too dense for any ground detail from aerial photos to show through).

Australian orienteering has advantages over N.Z. orienteering in three other ways. Firstly more European orienteers have and are visiting Australia than N.Z. - it is also easier for Australian orienteers to get to Europe for experience than it is for N.Z. orienteers. The second and third points are related: the population base for the sport in Australia is much greater than it is in N.Z. and there is far more money around in Australian orienteering, reflecting the greater numbers of participants, more sponsorship and government grants.'

RACING GUIDE



NATIONALS FORM GUIDE: CENTRAL RUNNERS

JAMES BREWIS M.15 Winner last year, just back from successful overseas campaign. Top chance.

ROBERT CRAWFORD M.17 Has had good form, but under exam pressure - could find this tough. Must be respected though.

COLIN GIFFNEY M21B Handicapped by lost clipcards in past events. Capable of a surprise

RAY BAKER M21B Speedy type, will find the distance no problem. Will need luck in the running in a big field though.

MARGARET NICHOLLS W43 Form variable, can beat the best on her day. Each way bet

HILARY WEEKS W35A Has moved up a grade for this event, will appreciate the longer run. A chance in this class.

VIVIAN WRIGHT W21B Racing honestly, form improving, could surprise with a strong run on the day.

IAN BAMFORD M56 Has injury problems, but has good technique and will be suited by the short distance.

TOM CLENDON M43B Good steady type. Could surprise if the going is heavy.

VICKI LOWRIE W21B Good consistent form. Well prepared, should be there at the finish.

ANDREW BREWIS M43 In a tough field, but a determined type who is bound to battle home well.

JOHN RIX M21A Highly performed runner, has compiled impressive record in big events. Certain to be one of the favourites.

JOHN GREGORY M35A Resuming after a short spell. Seldom goes badly. Place chance.

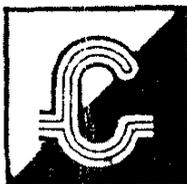
GEOFF BENDALL M43 Best form shown last season, if over injury problems should still be a threat.

WILLIAM BRUCE M19 Form variable, an honest type who must be a good prospect in this small field.

MIKE ASHMORE M35B Very keen type, recent form impressive, must be in with a chance.

KEVIN WELCH M35A Lightly raced this season. Bound to fight on well. Long shot in a tough field.

KIRSTIN NICHOLLS W15 Has run many useful races, with a good start should be prominent all the way.



CENTRAL DISTRICTS. O.A. CHAMPIONSHIPS and BADGE EVENT

KAHU FOREST - SUNDAY 14th NOV., 1982.

ORGANISERS:- 'Pinelands' -CO-ORDINATOR - Graham Peters.
COURSE PLANNERS - Kevin Ireland.
Derek Nellsopp.

MAP DETAILS :- 5 coloured - Scale 1:10.000 - Contours 5m
Courses - standard length & to I.O.F. standards.

GRADES:- W12- W13-14 W15-16 W17-20 W21A W21B W35A W35B W43 W50
M12- M13-14 M15-16 M17-18 M19-20 M21A M21B M21C M35A
M35B M43 M50 M56

NOTE:- Individual and Relays SAME DAY - 14th Nov.,
Individuals at KAHU - starting time 9-30 on.
Relays at KAHU - ITI - starting time 2-30 approx.

CLOSING DATE:- Monday 25th October.
Entries should be forwarded to Mr.G.Peters - 4 Belgravia Pl.
Tokoroa. - Cheques payable to 'Pinelands Orienteering Club.'

.....
C.D.O.A. RELAYS at KAHU-ITI. Start time 2-30 approx.

Organisers:- Hamilton Orienteering Club.

Team Grades:- Mixed A. (no more than one M21A)
Mixed B. (no M21A allowed)
Each team to consist of 3 runners. There will be a Long leg,
Medium leg and a Short leg. However general length will be
shortened due to the fact that you have also run in the badge
event that morning.

Certificates:- Will be awarded to all members of the first 3 C.D teams in each
grade, though teams outside the area are encouraged to enter.

Par/E/A: will follow the relays.

Closing Date:- As for the Badge Event. Entries to Mr. G.Peters - as above
but Cheques payable to Hamilton Orienteering Club.

ENTRY FORMS & FEES
ON NEXT PAGE

C.D.C.A. CHAMPIONSHIPS - INDIVIDUAL - KAHU - 14th Nov. 1982.

SURNAME	1st Name	Year Born	Club	Grade

ADDRESS:-

ENTRY FEE:- Adults...\$3.50 \$.....
 Jnrs -19.....\$2.50 \$.....
 Family Max \$10.00 \$.....

Total \$.....

Team Name	Name of each runner	Club	Grade	Team Grade	Leg L, M or S	Fee

Address:-

KAHU - ITI Total enclosed \$.....

FEES: SENIORS : \$ 2.00
 JUNIORS : \$ 1.00

