

central orienteering club

OCTOBER NEWSLETTER 1983

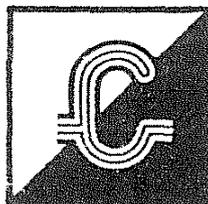
PRESIDENT:

Selwyn Palmer
5 Aramutu Rd,
Hillsborough,
Auckland 4.

Tel: 657-798

TREASURER:

PHIL BRODIE



SECRETARY:

Briar Gregory
13 Buckley Road,
Royal Oak,
Auckland 3.

Tel: 656-508

NEWSLETTER:

Martin Newton

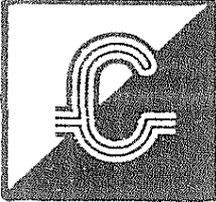
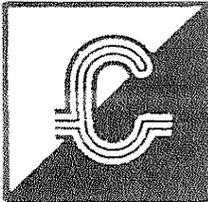
COMING EVENTS

October:

- | | | |
|-------|----|---|
| 1 | C | Woodhill Forest: AOA Night Championships on Ye Olde Woodhill map. Details in August newsletter. Entries closed |
| 2 | | Entries close A.O.A. Champs |
| 2 | NW | Woodhill Forest: Training, Promotion event. A long course, a score event and something for beginners. Entry via Rimmers Rd, 8 km north of Forest Headquarters entrance. |
| 5 | C | Club Meeting. Ray Baker's: 11B, Mongorry Place, Mt Roskill. |
| 9 | R | Kawerau: CDOA Championships on Te Haehaenga map used for NZ Champs 1982. Details and entry form in July newsletter. Entries closed. Badge Event. |
| | C | Western Springs. Setter: Tony Nicholls |
| 16 | SA | Waiuku Forest: AOA OY9 on Waiuku No 3 map. |
| 20 | NW | Primary School Championships |
| 22 | T | Taupo: NZ Relay Championships on new forest/farm Poihipi map. Details in August newsletter. Entries closed |
| 23/24 | HB | Hawkes Bay: 2-day Badge event; Day 1 NZ Trial on Esk Forest map; Day 2 on Gwavas map. Details in August newsletter. Entries closed. |

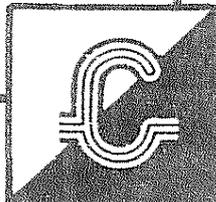
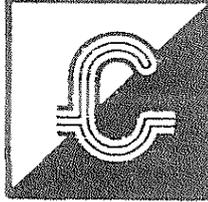
COMING EVENTS

- 30 SA Waiuku: Auckland Championships on new map. Details in last newsletter. Badge event.
Trophy Holders:- Trophies to Geoff Pilbrow before the event please.
- November:
- 5/6 D Dunedin: South Island Championships. Badge event.
- 6 NW Woodhill Forest: Auckland Relay Championships on Puketapu Road map. Details p:7
Entries close 16 October.
- 12 T Taupo: CDOA Relay Championships
- 13 T Taupo: Long 'O' event over several maps.
- 13 C Dingle Dell: Closing Day Event/Social/AGM see p. 2.
- 20 NW Moire Park: Promotion event
- H Hamilton: CDOA OY7 on new Te Miro map
- 27 SA Awhitu: Promotion event
- W Upper Hutt: Wellington Championships. Badge event



CENTRAL CLUB AGM/SOCIAL/CLOSING DAY EVENT

Dingle Dell Nov 13th.
 Event begins 10.00 - will be very enjoyable!
 AGM begins 12.30 at Wallace Bottomley's home which is adjacent to Dingle Dell.
 Bring your own food and drink.
 Don't feel you will end up with a job if you attend the AGM: most of the present committee are willing to stand again, but if you are keen to be involved then your services can certainly be used. (Perhaps give Selwyn a ring about this before the meeting if you are keen to get involved.)





NEWS

With Geoff's departure to Australia (see p.6) two changes on the committee have been made. Phil Brodie has taken over the job of treasurer from Geoff, and Ron Wright has joined the committee as the new Equipment officer. (Shrewd timing Ron - to wait until the new campmatic had been bought and organised)

A.O.A. OY SERIES

Well done Darren Ashmore (M12), Robert Jessop (M15), Leon McGivern (M35B), Tom Clendon (M43B), Rosemary Brodie (W35B), Hilary Weeks (W43A), Heather Clendon (W43B) for having won your grades in this years O.Y. series.

John Rix, Penny Clendon, Karen Windross: we shall be looking for a special run from you at O.Y.9 so you can win your grades.... extra training for the next few weeks. John if you want a few tips.....

Dogs at events: problems remain. Would event co-ordinators pass on the relevant information about whether dogs are allowed at particular events well in advance. We need this for newsletter publication.

Dog owners: we rely on the goodwill of landowners and the forest service. Permission to use areas for events is often given only on the understanding that dogs are not allowed in the area, or must be kept on a lead. Your co-operation is vital. We can't hold events if permission to use an area is refused because of dog problems at past events.

WM RAFFLE

\$7,000 was raised for distribution to W.M. team members by the raffle. Thanks very much to all of you who helped to sell tickets - not everyone's favourite activity we know. Our Club's share of the profits has been returned, to be added to the total fund as team members still had a substantial amount of money to pay themselves.

If you have any suggestions regarding fund raising and raffles, or want more info. about the Training Squad and its plans for 1984 contact John Rix.

TONY NICHOLLS: thank's very much for your article last month on the history of Central Club. I know how much time you spent on it (and the volumes of material you went through preparing it!). I'd like to add my own appreciation for all the work you put in on the article, and also pass on the thanks of a dozen people who have spoken to me saying how much they enjoyed it (-even my non-orienteeing typist said how interesting the article was, so I knew it was a winner from the word go...)



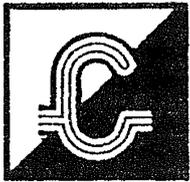
Central's relay teams for Taupo have been arranged as follows:

A.	<u>"Brodie's Blind Bats"</u> (M35) 1. Phil Brodie 2. John Gregory 3. Tony Nicholls	<u>"The Better 'Alves"</u> (W35) 1. Margaret Nicholls 2. Jill Brewis 3. Hilary Weeks	F.
B.	<u>"Rothmans Invitation Team"</u> (Mixed A) 1. Selwyn Palmer L 2. Ron Wright M 3. Tom Clendon S	<u>"Sugar and Lemon"</u> (Mixed B) 1. Andrew Brewis L 2. Guy Cory-Wright M 3. Penny Clendon S	G.
C.	<u>"Good Keen Men"</u> (M21A) 1. John Rix 2. Simon Clendon 3. Paul Dalton	<u>"Generation Gap"</u> (Mixed B) 1. Viv Wright L 2. Kirsten Nicholls M 3. Heather Clendon S	H.
D.	<u>"Jaws"</u> (under 14) 1. Jillian Clendon 2. Andrew Brodie 3. Warren Young	<u>"Central's Bouquet"</u> (W35) 1. Rosemary Brodie 2. Briar Greogry 3. Viv Rix	I.
E.	<u>"Rats"</u> (Junior 15-18) 1. Robert Brewis 2. Alistair Cory-Wright 3. Tanya Nicholls	<u>"Brain and Brawn"</u> (Jnr 15-18) 1. Robert Jessop 2. James Brewis 3. Robert Crawford	J.
K.	1. Athol Lonsdale L 2. Andrew Upsall S 3. M		

Thanks Robert for all of your team organising. Relays are one of the few events where we can compete as a Club, and give support to our fellow club competitors. I hope you enjoy your own runs, but as one who is remaining in Auckland over Labour Weekend, I am hoping and expecting great things from our teams don't let me down.

Ed.

New Areas, New Maps: Things look promising for 1984. Two or three new maps in Woodhill seem likely, plus the first true farmland area for the Club. Selwyn has put a great deal of time in on the farm area: obtaining permission, assessing suitability and looks to have come up with a beauty. Photogrammetry is being ordered and field work organised. It may seem early days, but this kind of preparation is vital if our busy club programme of events next year is to be a success (includes the running of our first 3-day event at Labour weekend 1984, and the Auckland Championships).



- A discussion on winning times for B and C grades was held at the last club meeting. Some recommendations from the AOA or NZOF are likely in the near future.

- The Club has purchased an Orienteering Instruction Kit - good for instructing groups of children especially - contact Ron Wright if you wish to borrow it (PHONE 8188965)

N.Z. - AUSTRALIA CHALLENGE 1984: Prospective team Members: remember to return your nomination form by Oct. 7th. If you do not have a copy of the form contact Briar urgently (Ph. 656508).



N.Z.O.F. TRAINING SQUAD 1983/4 - JUNIOR COACHING

All Juniors (under 21) who are keen enough to:

- a. set goals for the future
- b. plan a training schedule
- c. complete the training
- d. do regular post-race analyses and send them for comment

are invited to complete the section below and return it with a stamped addressed envelope to:

John Rix, 29 Middlemore Rd, Otahuhu Auckland 6.

The Juniors will be allocated to an experienced senior who will comment by post or in person on their plans and performance.

to: John Rix, 29 Middlemore Rd, Otahuhu Auckland 6

NAME: _____ Grade this year: _____
(1983)
CLUB: _____ Grade next year _____
ADDRESS: _____

I wish to receive coaching advice and agree to train regularly and send event analyses for comment.

Signed: _____

Date: _____

GOODBYE GEOFF

This month I received a rather unwelcome letter - the resignation of our Treasurer, Geoff Bendall. Geoff has accepted a job transfer to Surfers Paradise and he will be leaving New Zealand in October.

Geoff was first attracted to an Orienteering event 5 years ago, when his son became interested in the sport. When we first met Geoff, he looked somewhat different to the fit fellow we're accustomed to seeing. In fact, some people wondered how he could manage to negotiate the course, as he was a couple of stone heavier, smoked and didn't do any strenuous exercise.

Although his son soon lost interest, Geoff became hooked on the sport, and before long began to feature in the placings of the results lists. In addition to improving his own performance, he began to make his presence felt in COC. He began setting courses, and in 1981 became Club Treasurer, and has skillfully handled the finances ever since.

On a competitive level Geoff has won OY awards, represented N.Z. in the Australia - New Zealand challenge, here and in Australia, won the N.Z. champs, but perhaps his greatest achievement was to be the inaugural recipient of the NZ OY Brighthouse Trophy, in 1981. In addition, he has worked as team manager, for the N.Z. team.

A few years ago, Geoff started to toss around an idea he had - to run an Orienteering event at Mt Ruapehu, a real Mountain Marathon. He found that others had had the same dream, but Geoff's enthusiasm was infectious, and culminated this year in the Hallmark Mountain Marathon, of which he was co-organiser.

Geoff spent many hours working on the Mountain Marathon, and this epitomises his commitment to orienteering in N.Z. Despite recurring knee problems, he has persisted in his interest and enthusiasm for the sport. Our club owes him a good deal for his contribution in terms of time, and efforts to promote it.

We're all going to miss Geoff and Patricia, but our warmest good wishes go with them, to Australia, and wherever they may be, for the future.

BRIAR GREGORY



* MIKE ASHMORE WILL CO-ORDINATE CENTRAL TEAMS: IF YOU WISH TO RUN
SEND YOUR ENTRY + FEE TO MIKE: 40, REELICK AVE, PAKURANGA
(PH. 566850). LET HIM KNOW YOUR GRADE AND COURSE PREFERENCE.

AUCKLAND RELAY CHAMPIONSHIPS 1983

DATE: Sunday 7 November 1983

ORGANISERS: North West Orienteering Club
Course Planner: Keith Stone
Controller: John Ranson
Co-ordinator: John Fettes

VENUE: Puketapu Road Map, Woodhill Forest. Revised 1:10000
2.5m contours map. Signposted from Forest Headquarters.

COURSES: Teams of 3 runners-

Open Men	7km approx
Open Women	5km approx
Veteran Men (M43 plus)	4km approx
Veteran Women (W35 plus)	4km approx
Junior 15-18 (mixed allowed)	4km approx
Junior 14 & under (mixed allowed)	2.5km approx
Mixed A (One M21A allowed)	5km, 4km, 3km
Mixed B (No M21A allowed)	4km, 3km, 2.5km

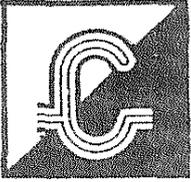
ENTRY FEES: \$3.00 each Senior team member
\$2.00 each Junior team member
Fees must accompany entries
Late entry fee \$2.00 per team member. Late entries may only be accepted at the discretion of the organisers and must be accompanied by the additional fees.

START TIMES: First start times will be at 10.30am, with mass starts for each grade following at intervals of 5 minutes

CLOSING DATE: 16 OCTOBER 1983

Send entries to John Fettes, 1/127 Hurstmere Road,
Takapuna, Auckland 9.





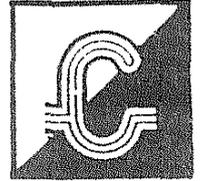
THOUGHTS OF A BALDING M35B NEWCOMER
OY 8 - THE WOODHILL 16 MILE MAP

Today would be my third serious (I must be mad) attempt at orienteering on my own. Previous attempts were all made holding my small son's hand so that I wouldn't get lost. After all, the 9 year old has had the most experience. He was the one who led me into this game - he learnt it at primary school.

First, a warm up. I achieve this by following 9 year old son around the M12 course in 30 minutes 54 seconds. (He came second.) Feel nicely warm. T-shirt soaked. New sweat shirt. Pin on number 12. Proceed once more to the start, ready to show the world how a M35B course should be run. Course today is Course 4, 5.5 kilometres, 12 controls. Look quite impressive in my new green (so I can't readily be followed) nylon longs. Forgot whistle. Too close to start time to retrieve it from the car. I'm not going to break my leg anyway so I don't tell anyone and start without it.

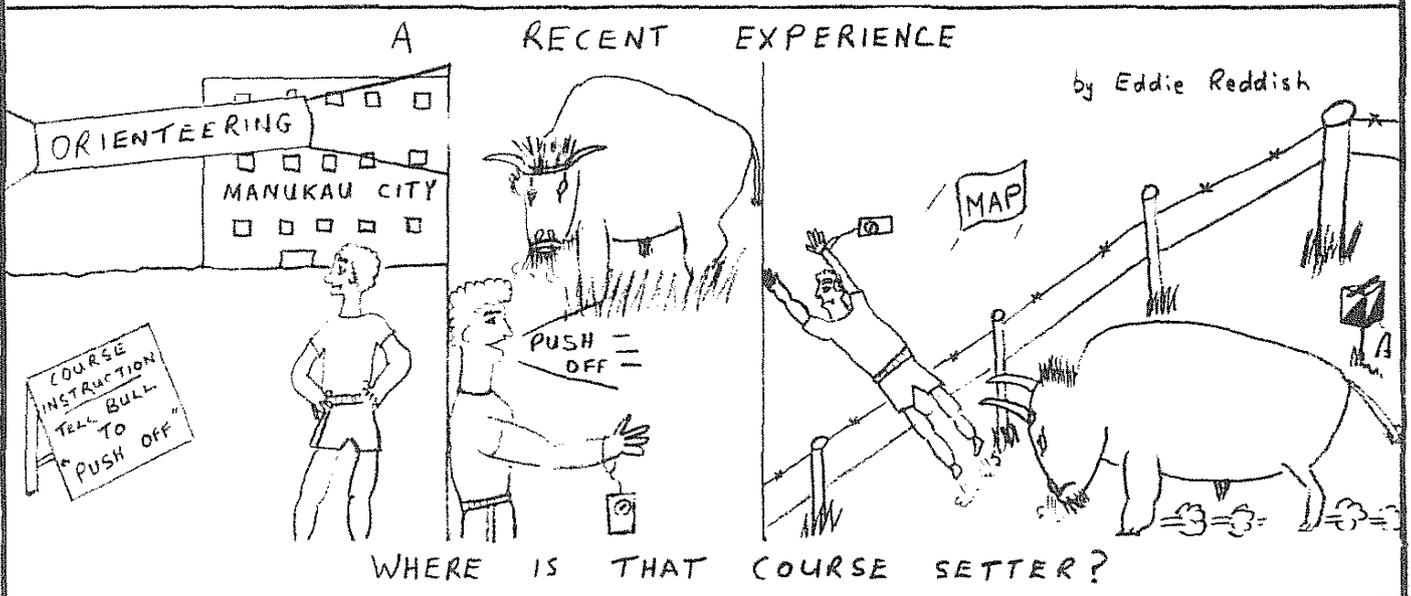
11.18 a.m. and I'm off up the hill to mark my map. Can't get lost - I've been there before. Find Map 4 (so far so good) and remembering the foul-up I made two weeks ago so carefully mark map. Check scale, measure distance, 130 metres, not far. Set compass for Control 1 and I'm off at a fast gallop. Find svelte young woman heading in roughly the same direction. Decide to follow. She leads me to Control 1. Rapidly clip card and decide to impress her by leading her to Control 2, only 125 metres away. After 30 metres realise she is not following me. So much for male chauvinism. Look for her. She has gone. Control should be a spur foot. See numerous knolls that look like spurs. Randomly search the feet of all of them. No control. Look at map for the first time and see a road not too far to the west. Decide to attack from there. Found road. Look for depression. Success. Charge into trees. 10 minutes later relocate to the road and try again. Realise now that I am not covering the ground with the speed of my dreams. Find depression again and into the trees once more. Look for footprints. Find some. Give up that idea. Most of them are probably mine. Stumble over Control 2. Check path from 2 to Control 3. I remember the Woodhill event 2 weeks ago and give up any thought of going direct. I'll go via the track, road and that other track before entering the trees. Only 1100 metres distance that way versus 650 metres direct. At least half an hour. Control

Run into area of thinnings. This is not right. Command legs to stop. Too far. Turn around. Hey, I must be close to Control 5. Shall I cheat and get there first? No, righteousness prevails. I'll play the proper game. Now how do I find the end of that path again? Eventually sum... upon it half way along its length... Wine sweat, look at map. Uh oh, the depression is on the north side of the path not at the end. Go there. Clip card. Memo to Ed, "WIPE SWEAT FROM EYES BEFORE READING MAP". Find number 5 with no trouble. Three others also close to the control. Where is Control 6? Gee, it's a long way away even for a crow to fly. Remember forest too difficult to run through. I'll have to run via the roads. Why do all roads and tracks go uphill. 1.8 kilometres of road to reach attack point. The three others burst out of trees in front of me and sprint away down, sorry I mean up, the road ahead. The distance between us increases. Think that when I was their ages I dreamt I could run that fast. Reach attack point, WALK, hold compass so needle doesn't swing. See others I've not seen before looking for something. Boy, these compasses do work. Crouch down. Don't give the control away. Clip. Carefully set the compass and see if I can repeat my success. Creep out. Find number 7. Look at map and realise Control 8 is the same control that my son led me to about one and a half hours earlier. It's at the other end of a long rectangle of old thinnings overgrown with lupins. Difficult to run through. Run in forest around the edge of the thinnings. Good handrail. (See, I'm even getting to know the orienteering language). Clip number 8. Control 9 is in the middle of a 3.6 square kilometre tract of VERY LOW forest. Run down track, until depression. Attack from there. Remember WALK. Only 230 to go. Trees in nice rows leading to the right direction. Walk 300 metres. Move three rows to the west and walk back. Discover some orienteers I'd seen at controls 3 and 6 trying out what must be called 'Fine Orienteering'. They were lying prone on the ground, heads twisting this way and that looking for something. Pass by. See the control two tree rows over. Clip. Decision time. Do I run back to the track and attack Control 10 from there or do I go direct? Direct is about half the distance. Take bull by the horns and go direct - walking. Find gully and follow it. There is number 10. Oh no, Control 11 is in the middle of another tract of the horrid low forest. First thing to do is to get back to that track. Run without thinking straight up a 15 metre spur only to run 15 metres down the other side. Would have been much easier to have run around. Take another memo Ed, "READ MAP BEFORE MOVING FEET". Run up track towards the road. After 300 metres run out of breath. Look at map and realise that it would have been shorter to have run the other way towards that other road. That other road had a better attack point too - a nice bend. Too late now, I'm committed to make my attack from a straight piece of highway. Reddish's Law is reinforced: "ALL TRACKS AND ROADS GO UPHILL". This sweat shirt is aptly named. Must weight an extra 5 kilograms by now. Look for two pits off the road on the right. Find one. If I am in the right position it is only 120 metres to the control on the knoll. Trees nicely spaced but rows go across. Can't see any further than three rows. Hold compass steady. Look for rising terrain. There it is. Must remember to kiss Mr Silva. Control 12 is next to the road so turn around and reverse course. Run up road and number 12 is exactly where son showed me earlier. Clip.



Easy from here. Hey, this road goes DOWNHILL. Must think of a corollary to my law. Yell, "Time" and hand sweat-dotted card in. One hour forty minutes. See, I knew I could do it. No less broken. Hand sweat-soaked number in. Wonder if they ever wash those things. Pity the person who has to take number 12 home. Stagger to the result board to check time against other competitors. What, no other M35B's? Gee, I must be the only one. I AM A WINNER. Swagger to the car to boast of expertise to my family. Kids not there - they had trooped off somewhere. Tell wife and grandma, anyway. I'd like to think they were impressed. Hear wife say that she had volunteered me to write an article for a newsletter. Limp protest that I can't spell. Heavy artillery in the form of the Editor arrives. No avail. Have lunch. Check result board again. I'm eighth out of twelve. Never mind, there is always next time to show them all how it should be done.

EDDIE REDDISH



WAIRARAPA ORIENTEERING CLUB

TRIPLE M

TRIPLE M

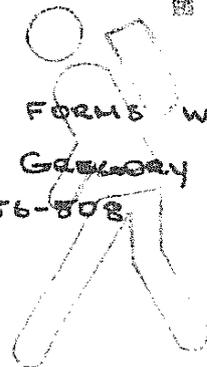
MINI MOUNTAIN MARATHON

ENTRY FORMS WITH
BRIAR GREGORY
PH 656-808

SUNDAY 11 DECEMBER 1983

MT HOLDSWORTH

WARM UP TO NASEBY MOUNTAIN MARATHON



R.W.T.'s and all that

11.

The newsletter editor ("NED" hereafter) says he is always keen to publish letters and opinion so here's my contribution to keep Tasman workers employed and some comments on the Recommended Winning Times saga ("RWT's). Text for the day:

"To achieve an RWT is more good luck than good course setting" (Aug newsletter, article by Robert Crawford)

I feel Robert completely underplays the importance of the course setter doing his "homework", averaging previous km rates on the same map or in similar terrain and using these figures plus experience and commonsense to predict the correct distance. Analyse the results of OY7 or last year's AO Relays, to quote two events I have been associated with recently, for proof that this works.

Experience and commonsense come in when judging which grade was strong in the previous year(s) and likely to be weaker this time, assuming the weather will be poorer in winter and often linked with this will be that numbers and hence the standard is down, knowing certain stars are ill or overseas, studying the technical difficulty of the previous course set, comparing the "feasibility" of the parts of the map to be used with those previously used ... etc. Maybe this makes prediction an art not a science, but if it can be done successfully for eg. the world tennis rankings comparing completely different sets of results in different parts of the world then it should work for us: there's more than just "good luck" in it. Of course, individuals or individual grades will produce odd results, when for example three or fewer run a grade or a particular star is absent, but we should be talking about trends across the whole event.

The rules regarding RWT's as I see them are quite simple: the planner and controller should ensure to the best of their abilities the WT will be as close as possible to that laid down by the NZOF (or AOA). If that isn't the case, ie the planner and controller don't do their "homework" or they base their times on different figures, then the rule is being broken. It is not up to particular event officials to change rules, if we don't agree with certain RWT's then put a proposal to the AOA (in the first instance).

The reason for the absence of RWT's for B and C grades in the last four years is quite simple. No-one has put any forward or asked to have it done so who is the AOA or NZOF if it is not you and me? Demand your rights in our true orienteering democracy.

Does it matter if people choose a course length that suits them rather than a grade? Yes, because at present the whole scheme is based on the OY competition (148 entered in 1983) and if they switch around it causes chaos for the statistician and makes a nonsense of the competition. I would propose additionally that the reason people run up a grade at present is more that they want better opposition rather than just longer courses so increasing lengths across the board or in a particular grade won't solve anything even if it were within the rules.

Perhaps the key to all this is sound "controlling", the days of the "vetter" who turned up the day before to see if the flags were still there are long past, this job starts months earlier.

(Robert will be pleased to know that, coincidentally, I had sent circulated RWT's for B and C grades to clubs for discussion just before the newsletter was published.)

JOHN RIX

'NED' wonders if this 'homework' for successfully predicting winning times could be the answer to his problems at the T.A.B. If it works for orienteers and tennis players, surely horses should be 'dead certs'...

ASIA/PACIFIC ORIENTEERING CHAMPIONSHIPS 1984

UPDATE NEWS

P.O. BOX 1585
DUNEDIN
NEW ZEALAND

Entries for the 1984 Asia/Pacific Orienteering Championships close September 30. Although some late entries will be accepted, we would prefer to know entry numbers as early as possible.

The event organization is proceeding steadily and with the announcement of the grant of \$6000 from the Ministry of Recreation and Sport, plus a \$5000 guarantee against loss, a great deal of the financial burden has been lifted. Our thanks though to clubs and area associations who by their loans have helped us through a difficult period.

The map is now being finally checked by the mapping committee with a tight security screen over the whole operation. However, the scribing of the map has been very successful and it is assured that 'the map' will be of international quality.

Pre-controller, Les Homes, recently spent a weekend with the course planning team including a day at Naseby and expressed satisfaction with all aspects of the operation. Controller, Dick Carmichael (Burbidge), has also been finalizing his plans and we are looking forward to seeing him back in New Zealand.



Auckland Orienteering Association Inc.

What is AOA	As its name suggests, the Auckland Orienteering Association embraces all those interested in orienteering within the Auckland Regional Authority area, say, between Maramarua and Kaipara.
Why have AOA	Its function is to fixture all major events in and around Auckland and to Coordinate Clubs activities in their Technical and Publicity functions. It acts as a forum for many aspects of policy common to all clubs.
Who belongs	Both Clubs and their members belong to AOA Incorporated. Its constitution even allows groups such as Schools, Scouts and others to be affiliated.
How does it function	An Executive Committee of four persons together with 3 delegates from each club, meet about six times a year.
Powers	Sometimes individuals are appointed to an AOA subcommittee for specific purposes, e.g. W Bruce is convenor of Publicity. AOA has very wide powers to advance the interests of Orienteering. AOA does not act by itself; rather it rosters Clubs to run various events e.g. Schools Championships and functions, e.g. welcome to Auckland for APOC visitors.
Relationship to NZOF	AOA is subject to NZOF rules. AOA does not come between NZOF and Clubs and its members. (Separate Affiliation fees are paid out of members subscriptions by Clubs to NZOF and to AOA).
Affiliation fee	Seniors pay \$1.00 and juniors 50 cents.
Annual General Meeting	29 November 1983 at 8 pm at Kings College, Peart House. Nominations for Executive Committee and Remits should be sent to the Secretary by 18 October 1983. All members should make an attempt to attend <u>their</u> meeting.



Secretary: Wallace Bottomley, 24 Dingle Road,
Phone: 556383, St Heliers, 5.

ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Auckland Orienteering Association Incorporated will be held as follows:

Place : Kings College, Pearl House
Time : Tuesday 29 November 1983 at 8pm

Business

1. Minutes of the previous meeting.
2. Receive the Annual Report.
3. Receive the Financial Statement for the Year ended 30th September 1983.
4. Receive subcommittee reports:
 - a) Technical
 - b) Fixtures
 - c) Publicity
5. Election of officers:
 - a) Chairman
 - b) Vice-Chairman
 - c) Secretary
 - d) Treasurer
6. Election of Auditors
7. Remits:
8. General Business

Secretary's Note:

1. Remits and Nominations must be in the Secretary's hand by 18/10/83.
2. A quorum of 13 is required at the meeting.
3. No proxies are permitted.

THE MT IDA MOUNTAIN MARATHON 1984

10th/11th January

Below are some details about the mountain marathon following APOC '84. Entry forms will be sent out as soon as we have confirmed a sponsor, hopefully within the next few weeks.

This event, for teams of two, will be a tough test of mountain navigation, endurance and the safe traverse of unknown hill country. All competitors are expected to be physically fit.

The Ida Range of hills lies to the north of Naseby overlooking the Naseby State Forest. Summit heights are in the region of 3000' - 5000' with drops of 1000' - 2500' into the valleys. Sparse tussock covering will make the going good.

A special 4-colour map is being prepared with the help of the Lands and Survey at a scale of 1:50,000 with 100' contours.

Provisional Courses:-

- A 2 days with overnight camp. Both team members must be 18 or over.
Total distance about 60k.
- B 2 days with overnight camp. Both team members must be 16 or over.
Total distance about 50k.
- C 2 separate one-day courses. Return to base overnight. Both team members must be 16 or over. Total distance about 35k. The first day's course, about 18k, may be entered separately.
- D 1 day course, Tuesday 10th January. Total distance about 25k.
- E 1 day course, Tuesday, 10th January. Total distance about 10k.

Courses A and B require an overnight in the mountains and competitors will need to be completely self-sufficient for 2 days. For courses D and E teams may have 2 or more members.

Entry Fee:- \$20 per team on courses A, B and C
\$14 per team on courses D and E and the first day of course C

The entry fee includes two maps. Additional maps will be available to buy. Entries will close 30 November 1983. Late entries will be accepted between 6 - 9 January 1984, at Naseby for an additional \$5 per team.

More extensive details will be sent out with the entry form, which will be sent out on receipt of a sae at the address below;

Mountain Marathon
22 Campbells Road
Dunedin

Telephone 738 557