



# The Auckland Orienteer



December 2006



## Cover

*The cartoon on the cover is a pictorial metaphor for the last issue this year - that is me at the finish and the feet poking out from under the first aid tent are Madeleine's who is in recovery mode. The cartoon is part of an A3 poster of orienteering cartoons used for advertising a three day Central Club event in the Lake Kereta area of Woodhill forest as part of APOC 1994.*

## Orienteering on the Web

NWOC	<a href="http://geocities.com/nwocnz">geocities.com/nwocnz</a>
AOC	<a href="http://orienteeringauckland.org.nz">orienteeringauckland.org.nz</a>
CMOC	<a href="http://cmoc.co.nz">cmoc.co.nz</a>
Results	club websites
Orienteering news	<a href="http://maptalk.co.nz">maptalk.co.nz</a>
NZOF Homepage	<a href="http://nzorienteering.com">nzorienteering.com</a>
MTB orienteering	<a href="http://mapsport.co.nz/mtbo/mtbo.html">mapsport.co.nz/mtbo/mtbo.html</a>
Rogaining	<a href="http://mapsport.co.nz/rog/rogaine.html">mapsport.co.nz/rog/rogaine.html</a>
Ski orienteering	<a href="http://mapsport.co.nz/skio/skio.html">mapsport.co.nz/skio/skio.html</a>

The Auckland Orienteer is the magazine of the Auckland Orienteering Association and incorporates articles from the Auckland Orienteering Club Inc., the North West Orienteering Club Inc. and the Counties-Manukau Orienteering Club.

It is produced monthly and is available online from the NWOC homepage.

Other orienteering related publications are welcome to draw material from the magazine although credit is asked for both the author, if stated, and the magazine.

## Editorial

Features in this issue are the complete record of OY points for the year and a reprint of an article on dehydration by Rob Crawford. The latter is timely given that we are heading into summer and warns against assuming that dehydration is not possible in cool conditions. It provides important information in an entertaining manner so make sure you read it.

The end of the year and a new editor seems an appropriate time to review the operation of this magazine. I have, therefore, included a survey to obtain your opinion on some matters of interest to me and to provide an opportunity for you to comment on any other aspects of the magazine.

Thanks to all the contributors to the magazine throughout the year and particularly to the recently resigned editor Madeleine Collins. The following list is the cast that brought you your monthly read this year in order of appearance: Gay Ambler, Craig Pearce, Thomas Reynolds, John Powell, Neil Kerrison, Michael Wood, Martin Peat, Mel Wise, Peter Godfrey, Simon Jager, Shaun Collins, Greta Knarston, Mark Lawson, Jill Dalton, Selwyn Palmer and Lesley Stone.

The next issue is in February next year. Best wishes for the Xmas and New Year.

John

## Editorial Bits

### Next Issue: February 2007

Please send your contributions to John Powell at [rae.jon@pl.net](mailto:rae.jon@pl.net) to arrive by January 20

### Distribution

If you change your address and still wish to receive this magazine please contact your club membership officer or Stephen Reynolds at 09 358 8549, [stephen.reynolds@roar.net.nz](mailto:stephen.reynolds@roar.net.nz)

**Sender:** Auckland Orienteering Association, 23a Fernleigh Avenue, Royal Oak, AUCKLAND

## Notices

### Waitangi Four Day

February 3-6, 2007

#### Taupo

Organised by Macnut Northerners and the Taupo Orienteering Club  
[www.nzorienteeing.com/waitangi/](http://www.nzorienteeing.com/waitangi/)

Sat	Long
Sun	Middle (am) Sprint (pm)
Mon	Middle (am) Regional relay (midday) Sprint (pm)
Tue	Loop race



Entry forms were not available at the time of the magazine going to print and you will have to apply before the next issue so keep checking the website.

### Coaching Forum

This is some advanced warning of an NZOF Coaching Forum organised by Darren Ashmore which will be held on the weekend of 27/28 January 2007. The location will be somewhere in central Auckland on the 27<sup>th</sup> and then out in a forest near Auckland on the 28<sup>th</sup>. Details of times, where, what...etc are still being confirmed. Assume the times will be roughly 9-5 on both days.

A brief overview of what will be covered –

- Club coaching programmes – getting a coaching structure in place that will suit your club and its members
- Developing orienteering in schools – why, how, who...
- Training activities and techniques for all levels
- Lunch, maps, resources...etc will be provided on both days.

The forum is open to anyone interested in coaching and the NZOF will be covering the costs, including petrol, of one person from each club to attend. Ideally this person is the club coaching co-ordinator or a senior level coach, but is open to all those interested.

Consult your club secretary if interested in participating.

## NZOF NEWS – SEPTEMBER 2006



**New Zealand Orienteering Federation**  
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ph: 64 - 3 - 337 2275 email: nzof@nzorienteering.com  
**Orienteering On-line at [www.nzorienteering.com](http://www.nzorienteering.com)**

### *CHANGE OF VICE PRESIDENT*

Following his decision in July to stand down as President, Rob Crawford has now resigned from the NZOF Council in full. At its meeting this month, the Council co-opted Graham Fortune (Wellington) as Vice-President to Paul Dalton.

The NZOF thanks Rob for the sterling service he has given to our sport in his lengthy term on the NZOF Executive.

### *FUTURE OF THE TECHNICAL COMMITTEE*

The NZOF Council has decided to re-organise the administration of technical matters in our sport. Accordingly, from the beginning of 2007, the Technical Committee is to be replaced by a part-time contract Technical Director, assisted by a volunteer advisory panel.

### *JWOC 2007*

The NZOF Council approved a change to the JWOC selection policy for 2007. The date for final selection of the 2007 team has been extended past 28 February to within two weeks following Easter.

### *NATIONAL EVENTS DATABASE*

The NZOF has adopted the national events database, developed on the maptalk website, as an official event calendar. An agreement has been signed with Fraser Mills, owner of the maptalk website. Clubs will be contacted separately regarding using the events database ([www.maptalk.co.nz](http://www.maptalk.co.nz)) for 2007 and beyond.

### *CLUB AFFILIATION LEVIES FOR 2007*

In line with the policy set by the 2001 AGM that club affiliation levies are to be "inflation linked", the total levy across all clubs for 2007 will be \$14,100 (up from \$13,600 this year).

### *COMPETITION RULE CHANGES*

The following rule changes, recommended by the Technical Committee, have been endorsed.

- That for the national inter-club relay championships, each team must contain at least one woman.
- That the controller accreditation process be primarily based on a "buddy system".
- That event reporting be by the controller rather than the coordinator.

Changes involving course structure (including an additional course for older classes and changes to expected winning times) will be circulated for further discussion.

### *NATIONAL MTBO CHAMPIONSHIPS*

A record entry competed in this year's NZ Mountain Bike Orienteering Championships hosted by Peninsula and Plains Orienteers at Hanmer Springs, 2-3 September. Well done to PAPO and in particular Roz and Andy Clayton and Graham Frith.

### *ACKNOWLEDGMENT*

The NZOF acknowledges, with appreciation, a grant from the **New Zealand Community Trust** to assist the NZ Schools team's tour to Australia for the Australian Schools Championships. The team competes against the eight Australian states for the Southern Cross Challenge Trophy on October 3<sup>rd</sup> and 4<sup>th</sup>.

### *AGM 2007*

The 2007 Annual General Meeting of the NZOF will be held on Friday 6 April at Wesley College, Pukekohe.

### *NZOF VACANCIES 2007*

The following national volunteer positions are currently vacant for 2007.

- National Squad Coaching Coordinator
- Development Squad Coaching Coordinator
- Editor, *NZ Orienteering*
- Media Officer
- Selection Panel (one position, applicants must be nominated by a club)
- Ampro Liaison Officer.

If you are interested in any of these positions, please contact the General Manager for a job description.

<b>The NZOF acknowledges the support of</b>	
<b>Sport &amp; Recreation New Zealand</b>	<b>Oxford Sports Trust</b>
<b>SILVA</b>	<b>Pub Charity Inc.</b>
<b>David Melrose Design</b>	<b>McNally Valuation Ltd</b>
<b>The MAPsport Shop</b>	<b>Access Immigration NZ Ltd</b>
<b>New Zealand Community Trust</b>	<b>Trillian Trust</b>
<b>The Lion Foundation</b>	

(The NZOF NEWS is published periodically and is also available on its web site.)

## Event Calendar

Details of events may change between the publication in this newsletter and the date of the event. Check on club websites. Phone club secretaries, if necessary, for confirmation.

**AOC:** Selwyn Palmer, 625 7798, selwyn@quicksilver.net.nz

**CMOC:** Hilary Iles, 235 2941, hilaryiles@paradise.net.nz

**NWOC:** Jill Smithies, 838 7388, smifam@ihug.co.nz

The websites [mapsport.co.nz](http://mapsport.co.nz) and [nzorienteeing.com](http://nzorienteeing.com) contain a more comprehensive listing of national and international event listings than listed below.

Events are signposted from the named street or highway.

### Auckland Area Events

#### December 2006

Tue 5	A	Park event, Panmure Basin, Ireland Road, Panmure, 5.30-6.45pm
Wed 13	A	Park event, Churchill Park, Kinsale Avenue, Glendowie, 5.30-6.45pm
Sat 16	NW	Mountain Bike Rogaine, 6 and 3 hour - Ahuroa, north of Kaukapakapa. Email <a href="mailto:makaraumadness@hotmail.com">makaraumadness@hotmail.com</a> for details

#### January 2007

Tue 16	A	Park event, Michaels Avenue, Ellerslie, 5.30-6.45pm
Tue 23	A	Park event, Unitec, Carrington Road, Mt Albert, 5.30-6.45pm
Wed 31	A	Park event, Lloyd Elsmore Park, Bells Road, Pakuranga, 5.30-6.45pm

#### February 2007

Thur 8	A	Park event, Western Springs, Stadium Road, 5.30-6.45pm
Sun 11	NW	Park/Sprint event, Massey University, Albany Highway, Albany, start 1-3pm. Park courses as for summer series except course 1.
Wed 14	A	Park event, Mt Richmond, Great South Road, Otahuhu, 5.30-6.45pm
Sun 18	CM	Park promotional event, Roosevill Park, East Street, Pukekohe
Tue 20	A	Farm event, Self's Farm, Tidal Road, Mangere, 5.30-6.45pm
Sat 24	A	<b>Night park event, 8.15pm start</b> , Ambury Park, Ambury Road, Mangere Bridge
Sun 25	NW	Score event, Weiti forest, East Coast Rd between Silverdale and North Shore City, massed start 11am, briefing likely at 10.50am, get there by 10.30am to avoid a last minute panic.
Wed 28	A	Park event, Alexander Park, Campbell Crescent, One Tree Hill, 5.30-6.45pm

#### March 2007

Sun 4	NW	Park/sprint event, Rangitoto College
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Tue 6	A	Park event, Ambury Park, 5.30-6.45pm
Thu 8	A	<b>Night park event, 8.15pm start</b> , Craigavon Park, Connaught Rd, Green Bay
Thu 15	A	Park event, Cornwall Park/One Tree Hill, Manukau Rd, Royal Oak, 5.30-6.45pm
Sun 18	CM	Park event, Totara Park, Hill Road, Manurewa, 10.00am-12.30pm
Sun 25	NW	Forest event, Weiti forest, East Coast Rd between Silverdale and North Shore City, 10.00am-12.30pm

## Counties Chit Chat

By Greta Knarston

Summer is almost here! Not that we would have known it at Wellington Champs. The small Counties contingent that tramped down to Wanganui were drenched on two of the three days but still managed some very impressive results.

I made a good choice in catching a ride down with Nicola and Martin Peat. Our accommodation, their horse float, enabled Nicola and I to go back to bed once we arrived at the event in time for Martin's start times. I may invest in something similar in the future as this idea really appealed to me but I might add in four wheel drive and surround sound.

### Wellington Champs 06

- 
- M20A- 3<sup>rd</sup> Alastair Long
- W20A- 1<sup>st</sup> Greta Knarston,
  - o 2<sup>nd</sup> Nicola Peat
- W50A- 1<sup>st</sup> Patricia Aspin
- W18B- 1<sup>st</sup> Chevelle Sands

### AOA OY Series

- M14A- 1<sup>st</sup> Scott Mackenzie
- M18A- 1<sup>st</sup> Jourdan Harvey
- M40A- 2<sup>nd</sup> Wayne Aspin
- M60A- 3<sup>rd</sup> Neil Lewis
- W18A- 2<sup>nd</sup> Greta Knarston
- W21B- 1<sup>st</sup> Chevelle Sands
- W21C- 1<sup>st</sup> Adrienne Lovell
  - o 2<sup>nd</sup> Shannon Farge
- W40A- 1<sup>st</sup> Patricia Aspin

Well done also to the Orienteering finalists for the ASB Young Sportsperson Awards. The two winners were the very deserving Nicola Peat and Thomas Reynolds. Tom also won the mountain-biking category and was nominated for the Sportsman of the Year award and is one of about seven nominees for the most prestigious award at secondary school level. He and Simon Jager were also both awarded dux of their respective schools. I'm very proud to be able to call myself an orienteer with those kind of accolades in the sport.

The club AGM is coming up on Sunday 3<sup>rd</sup> of December

- 3pm Orienteering at Roosevelt Park
- 4.30pm AGM at A&P Showgrounds building
- 5.30pm Potluck dinner (bring a plate) and WOC/JWOC presentations by Tania, James and Alastair
- Finish 6pm

Good luck to all those sitting exams, hopefully you are a little better prepared than I am feeling at the moment.

## North West News

By Lesley Stone

The year is now winding down with the finish of the OYs and championship events. Plenty of park and summer events to go to if you feel withdrawal symptoms starting.

### Results

Well done to Mark Lawson who won the first Urban Rogaine from Devonport to Milford; held in miserable weather. Mark took part in the 4 hour event and missed only 4 of the 45 controls on offer.

Dianne Taylor and Yett Gelderman tied for 3<sup>rd</sup> in the women's 2 hour rogaine,. Phil White and Anne Mortimer won the 2hr team event while young guns Gene Beveridge and Matthew Ogden were 3<sup>rd</sup>. These guys are going to be worth watching as the years progress - unless of course they discover the social scene and girls!!!

### From the better late than never file

Dave Melrose and Tania Robinson (CMOC) have been making headlines at various design awards ceremonies for their Waiwera Infinity Water packaging. Earlier in the year their plastic bottle

won Gold in the USA and more recently their glass bottle beat over 135 entries to win the Design Awards Competition held in Italy. Congratulations- no wonder we haven't seen you out in the forest recently Dave.

### Awards and grants

At a very swept up ceremony on the North Shore last month, awards and cash grants were presented to young talent in the arts, sports and education fields. Thomas Reynolds was a joint winner in the Emerging Talent in Education category. What wonderful recognition. Thomas along with Matthew Ng Wai Shing also received cash grants for Top Auckland Scholars earlier in October.

Not to be outdone the North West prize-giving and dinner is on December 3<sup>rd</sup>. A chance for us lesser mortals to shine! Next year I shall be scouting for news for this column, so if you see me advancing on you pen and paper in hand don't be shy. If you have any snippets of news share them with us.

Meanwhile until next year have a relaxing holiday break.

**Age group:** A group of people 4 years younger, twice as lean and 25cm taller than you.

**Ankle:** Foolproof excuse for a poor performance as in 'Oh, I did an ankle' or 'Ankle's playing up again'.

**Athletes:** Mystical beings rumoured to train. Attack point Stage one is at when followed by another while competing.

**Badges:** Black and white burrowing animals.

**Bearing:** What Scandinavian orienteers do in full view after competing.

## Auckland Chatter

Congratulations to Simon Jager who is the 2006 Dux of Mt Roskill Grammar school. His sporting achievements were taken into account when the decision about this award was made.

Simon is the 2<sup>nd</sup> member of the club this year to have been awarded the school dux. Imogene Scott was awarded this at the Auckland International College earlier in the year.

The summer series is in full swing. We have been impressed by the numbers of people who have been attending these events. The first event in the domain was a record for us. The queue for buying a season ticket was much longer than we had expected. A large number of people chose to buy a season ticket and they will find that getting a map will be much easier for all other future events. While we apologise to those who waited longer than they would have liked, the wait, I am sure, will prove to have been worth it.

For next year we hope to have further improvements to the Summer Series organisation. There are a couple of ideas we have been thinking about:

- ordering and possibly paying for your season pass online.

- using SPORTident for determining the total time while still using clip cards. This would make getting results out a quicker affair and mean that there would be no need for competitors to demonstrate their ability to subtract one number from another in base 60, that is, work out their own times.

The Summer Series also attracts new people to the sport. So far the following people have become members since the summer series began:

Tania Dixon, Megan McGregor, Anna Wilson, Cath Heppelthwaite, Mel Hughes, Alan Verry, Fiona Mayhill, Shane & Carolyn Blackett, the Greaves family, Richard Christine & Carol Diamond, the Spencer Edgar family, the Davis Warriner family, Mathew Reynolds, Evelyn Body, and the Kestle family

I would also like to welcome the following people to the club who have become members while we had a break in the publishing of the magazine: Rose Crozier and Marcus Lundagards. Marcus will be with us until mid 2007 while he furthers his studies.

On the other side of the ledger we say farewell to Steve Hardy & Karen Vines who have returned to the UK.

As the summer draws to an end next year I hope see you all in the forest. Running in the parks of the city is quite fun but the real challenge of this sport begins when you enter the forest. Feel free to ask advice from the old hands in the sport. A little encouragement and know-how will take you a long way

The AGM will have been held by the time you get to read this. An exciting time ahead to those who become committee members.

I am retiring as president this year and thank this year's committee for all the hard work they have undertaken for the good of the sport and for the benefit of all our members.

To everyone, I wish you a Merry Christmas and a happy New Year.

## Dehydration

By Rob Crawford

(Reprint from note to NZOF D Squad, 1996)

As summer approaches, it is timely to remember to ensure you get sufficient fluid into your system during the day, especially if you are training hard.

I had a slightly unnerving experience at the Tasmanian Championships which gave me a sharp reminder that you can only race well with a sufficiently hydrated body. A dehydrated body is opening yourself up for trouble and your body only needs 2% less than normal before you get into problems.

The day of the Tasmanian Championships was cold, grey and wet. The temperature was about 10 degrees and my main worry was should I wear a polyprop top or not - in the end I did which in hindsight turned out to be wise. I certainly wasn't worried about fluids - after all, it wasn't hot was it?

My other worry was running with a half cast on my right arm, having badly cut my hand 10 days previously (how is another story) and damaging the nerves in my thumb.

### The race

The race started off like any other race - into the groove, picked up the guy 2 minutes in front of me at 2 which was nice - ran more or less together to 10 (a drinks stop). Here I was presented with a dilemma - to have a drink would require me putting my map and compass down and unscrewing a bottle with my left and only available, hand.

As I didn't feel thirsty and the day wasn't hot, I didn't bother.

Made a mistake on the way to 11 and got picked up by the guy 4 minutes behind, and then Darren two-thirds of the way around. It was here I started to feel not quite right, but I shook it off as the effects of not having trained properly for the previous week and a half.

### Hills

Then I came to a hill and didn't have the energy to run up it. I looked at my watch - 65 minutes into the race - surely I haven't run out of puff already? Convinced myself I was OK at the top and ran down a spur into the open where we had a couple of controls. Came to the next hill and was absolutely stuffed, and I had also started to cramp in the hamstrings. As there were only 5 controls to go, I decided to carry on (a mistake), and walking in the open into a biting wind, I started to feel very cold very quickly.

Managed to run into the forest on the last longish leg - although about 10 degrees off course - still don't know how I picked up the mistake as I remember finding it very difficult to concentrate.

### Collapse

Then on the next leg I remember feeling like passing out, so walked the last 2 legs home before jogging down the finish chute feeling very much the worse for wear. As I was very cold and unsteady on my feet, I asked a guy to walk with me back to the car (some 500 metres away). After a couple of minutes

I felt my legs buckle underneath and he supported me the rest of the way. Back at the car I was thankful my travelling companions Dr. Weeks and Nurse Dalton were there, and by the time I was changed and wrapped up in anything we could find in the back seat I was shivering uncontrollably.

Time to rehydrate - some water, then a litre and a half of Gatorade, followed by a litre of pumpkin soup and more water. On the way home I bought a litre and a half of soft drink and that was mostly gone by the time the hour's journey was finished. No, nothing had come out the other end and nothing did until the evening by which time I estimate I had drunk well over 4 litres of fluid.

### **The lessons**

I hadn't drunk enough in the 2-3 days prior to the race - I didn't trust the water

where we staying and I wasn't drinking enough of anything else. I had also had some alcohol in the 2-3 days prior, which also dehydrates you.

It wasn't a hot day, so fluid wasn't as important, right? WRONG! Being thirsty is not an indicator of dehydration - I got fooled by this. Being a little out of condition due to the previous 10 days meant that the race was harder on my system than usual, which made fluid intake even more important, but got ignored.

So, make sure you don't suffer the same fate, especially in a race that is important to you. I fell victim to a combination of circumstances, and it has taught me that you have to be conscious about your fluid intake all the time.

Happy drinking (water that is).

## **From the archives**

By John Powell

The December 1996 magazine had an unusually large number of letters. Stan Foster had three - one on anomalies in the OY competition, another on an apparent anomaly in the Northern Regional League points and a complaint about the 1997 programme. Forming a NWOC complaint trifecta, Lorrie O'Brien and Lesley Stone complained about the lack of detail and poor production quality of the Auckland Championships programme and results booklet.

Annemarie Jutel gave a spirited response to Michael Wood's criticism of the statements in her book suggesting that if you do not stretch now and you are not injured, then do not bother stretching at all.

WHO had a three course event in the Mangawhai coastal pine and sand dune forest. Summer series events were held at the Auckland Domain, Mt Eden and Western Springs.

Central club changed its name to Auckland at its AGM. The incoming AOC committee was Clare Codling, Tom Davies, Leon McGivern, Terry Nuthall, Selwyn Palmer, John and Rae Powell.

The incoming NWOC committee was Ann Fettes, Marquita Gelderman, Mark Lawson, Geoff Mead, Dave Middleton, Lesley Stone and Rolf Wagner.

## Survey

From the editor

The end of the year with a new editor seems appropriate timing for a review of the operation of this magazine. I would appreciate it if you would complete the survey below and email your responses to me at [rae.jon@pl.net](mailto:rae.jon@pl.net) or by mail to 23A Fernleigh Avenue, Royal Oak if you wish to remain anonymous. I will report the results in the February magazine so you should get your response to me by January 15.

Club committees could also provide feedback from the point of view of club administrators rather than individual orienteers if that seems appropriate and worthwhile.

1. Do you think that having an Auckland area magazine is:  
(a) essential (b) worthwhile (c) OK (d) not worthwhile.
2. What print size would you prefer:  
(a) 10pt (b) 11pt (c) 12pt
3. Do you think that the magazine should be produced:  
(a) monthly except January (the current practice) (b) two monthly (c) quarterly  
(d) some other frequency  
If you answered (d) please write in your preferred frequency of publication.
5. How important to you is it to have coloured photographs in the magazine rather than black and white?  
(a) Very important (b) Quite important (c) Of little importance (d) Not important
6. How important to you is it to have coloured maps in the magazine rather than black and white?  
(a) Very important (b) Quite important (c) Of little importance (d) Not important
7. How many more dollars extra would you be prepared to pay in your annual subscription for (a) coloured maps (b) coloured photographs.
4. Choose the frequency of publication using the scale below for each of the magazine items listed below.:  
EI – every issue; MI– most issues; SI – occasionally; NO – never
  - (a) A location map of orienteering maps (inside the front cover but not in this issue)
  - (b) A contents listing (not included in the last issue or this one)
  - (d) An international events calendar
  - (e) Start times information for a local event
  - (f) Signposting information for a local event
  - (l) Club news
  - (p) “Cook-O”
  - (r) Coaching articles
8. Any other comment?

## Cook –O -Tofu and Veg Burgers

100g (4oz) broccoli florets (or other greens)  
 15g (1/2 oz) butter  
 200g (7oz) mushrooms, roughly chopped  
 1 clove garlic, crushed  
 1x285g packet firm tofu  
 100g unsalted cashew nuts

3 spring onions finely sliced  
 1 med carrot finely grated  
 100g fresh breadcrumbs  
 1 tbsp oyster sauce  
 1 tbsp honey  
 salt and fresh ground black pepper  
 flour for coating  
 veg oil

Blanch broccoli in lightly salted boiling water or microwave with a tablespoon water until tender. Melt butter in the frying pan and saute the mushroom and garlic until softened (3-4 minutes). Transfer to food processor with the broccoli and all the other burger ingredients. Process until mixed and season with salt and pepper. I might add some chopped fresh coriander, a bit

of Chinese five-spice and perhaps a bit of grated ginger.

Form into 8 burgers, coat in flour and saute over a medium heat until golden (2-3 minutes on each side).

This is a very simple recipe and I made a sauce by cooking red lentils with cumin. Hope you enjoy.

## Major NZ Events

Feb 3-6	NOS/Taupo	Waitangi 4-Day
March 3-4	NZRA	NZ Rogaining Championships, Marlborough
March 10-11	Taupo	All night relay, Katoa Po
March 17-18	Dunedin	Otago championships
April 6-9	CMOC	NZ championships North Island Secondary School
April 21-22	Egmont	Championships
June 2-4	?	Undecided
July 13-14	PAPO	NZ Secondary School Championships
July ?	Dunedin	National Ski-O
Sept 16	PAPO	South Island Secondary School Champs
Sept 22-23	AOC	Auckland Area Championships
Oct 20-23	WOA/CDOA	WOA and CDOA Area Championships
Nov 17-18	Nelson-Marlb	South Island Area Championships

**Compass:** Small plastic ornament found in either hand used to confirm one is heading in the wrong direction.

**Control:** What orienteers try to remain in.

**Cooldown:** Usually 100% accomplished while waiting for your start as the clock is 90 minutes slow to allow people to crawl backwards while blindfolded to the start

## 2006 OY Points

By Peter Godfrey as AOA Statistician

*The winner of each senior class receives a certificate, provided that (s)/he has run in a minimum of four events, or has earned more points than the others in the grade who HAVE run in four events. Junior competitors qualify after THREE events.*

<b>Class</b>	<b>Orienteer of the Year*</b>	<b>Points</b>	<b>Runner-Up</b>	<b>Points</b>
W10	Tessa Boyd (A)	74.5	Nikita Mahe (A)	36.8
W12A	-			
W14A	Kate Smirnova (A)	94.4	Renee Beveridge (NW)	76.7
W16A	-			
W18A	Alina Smirnova (A)	85.6	Greta Knarston (CM)	60.0
W21A	-			
W21AS	Iryna Smirnova (A)	90.1	Melvina Wise (A)	89.7
W21B	Chevelle Sands (Cm)	91.2	Megan Oficer (NW)	85.2
W21C	Adrienne Lovell (Cm)	83.2	Shannon Farge (CM)	55.5
<b>W21E</b>	-			
W40A	Patricia Aspin (Cm)	100.0	Lisa Mead (NW)	91.8
W40AS	Annette Orchard (A)	97.9	-	
W50A	Mary Moen (Nw)	84.1	Jill Dalton (NW)	80.0
W50AS	Heather Whelan (Nw)	60.0	-	
W60A	Lesley Stone (Nw)	94.6	Rae Powell (A)	72.9
W70A	-			
M10	Alex Boyd (A)	59.6	-	
M12A	Jonty Oram (A)	60.0	-	
M14A	Scott Mackenzie (Cm)	80.0	Benjamin Reynolds (NW)	76.1
M16A	Matthew Ogden (Nw)	99.3	Gene Beveridge (NW)	95.3
M18A	Jourdan Harvey (Cm)	99.0	Matthew Ng-Wai Shing (NW)	37.2
M21A	Dave Crofts (A)	98.4	Allan Janes (NW)	60.2
M21AS	Nick Monteith (A)	63.7	Ellis Lam (A)	58.6
M21B	Scott Clark (A)	80.0	-	
M21C	-			
<b>M21E</b>	<b>Mark Lawson (Nw)</b>	96.1	Nick Harris (NW)	86.1
M40A	Peter Swanson (A)	100.0	Wayne Aspin (CM)	90.6
M40AS	Rolf Wagner (Nw)	97.4	John Barrett (NW)	93.3
M50A	Dave Middleton (Nw)	98.8	Alistair Stewart (A)	86.5
M50AS	Russell Howard (A)	73.2	-	
M60A	Chris Gelderman (Nw)	84.8	Ken Taylor (NW)	81.1
M70A	Peter Godfrey (Nw)	95.5	Bert Chapman (NW)	94.1
M80A	-			

## All events

*A person is eligible for a placing provided that (s)/he has run in a minimum of four events if a senior or has earned more points than the others in the grade who HAVE run in four events. Junior competitors qualify after THREE events.*

				Total	OY1	OY2	OY3	OY4	OY5	OY6
<b>M10</b>										
1	Alex Boyd	A	59.6	10.1	0.0	20.0	9.5	20.0		
	Hiraku Walley	CM	40.0					20.0	20.0	
	Thomas Stolberger	NW	37.7	17.7			20.0			
	James Sydenham	A	35.7	20.0	15.7					
	Matthew Turner	W	20.0		20.0					
	Liam Stolberger	NW	16.6				16.6			
	Thomas Clark	A	0.0				0.0			
<b>M12A</b>										
1	Jonty Oram	A	60.0	0.0		0.0	20.0	20.0	20.0	
	Tristan Ware	NW	20.0			20.0				
	Hamish Simmonds	CM	14.2					14.2		
	William Linkhorn	A	0.0	0.0						
<b>M14A</b>										
1	Scott Mackenzie	CM	80.0		20.0	20.0	20.0	20.0		
2	Benjamin Reynolds	NW	76.1	20.0	19.2	16.9				20.0
	Kaito Walley	CM	31.5					16.1	15.4	
<b>M16A</b>										
1	Matthew Ogden	NW	99.3	20.0	20.0	19.3	14.3	20.0	20.0	
2	Gene Beveridge	NW	95.3	18.1	18.5	20.0	20.0	18.7	17.4	
3	Tyler Elliott	NW	42.1		16.0	14.5	11.6			
	Nick Mead	NW	34.4					17.6	16.8	
	Ben Ng-Wai Shing	NW	31.9	14.5	17.4					
	Toby Scott	A	18.9	18.9						
<b>M18A</b>										
1	Jourdan Harvey	CM	99.0	20.0	20.0	20.0	19.0	20.0	16.9	
	Ciaran Murphy	CM	38.3				20.0		18.3	
2	MatthewNg-Waishing	NW	37.2	0.0	18.8	18.4				
	Andrew Peat	CM	20.0						20.0	
	Nick Mead	NW	19.5	19.5						
	Andrew Riddell	NW	12.1				12.1			
<b>M21A</b>										
1	Dave Crofts	A	98.4	20.0		19.4	20.0	20.0	19.0	
2	Allan Janes	NW	60.2	0.0	12.7	12.7*	12.2	11.0	11.6	
3	Ionel Popovici	A	57.3			18.1	11.0	13.9	14.3	
	Robert Kingston	A	51.4			16.4		17.2	17.8	
	Aiden Ellmers	A	40.2			12.5		17.8	9.9	
	Thomas Reynolds	NW	40.0		20.0				20.0	
	Alastair Long	CM	35.0				17.5		17.5	
	Marlon Gevaert	NW	28.0	11.8					16.2	
	Claude Dabaliz	A	20.4	10.2	10.2					
	Phil Wood	NW	20.0			20.0				
	Sam McNally	R	20.0				20.0			
	Martin Peat	CM	18.9		18.9					
	Martin Freeman	NW	16.3					16.3		
	Andrew Peat	CM	16.2				16.2			

<b>M21 AS</b>									
1	Nick Monteith	A	63.7	13.1	9.0	9.4	18.2		14.0
	Andrew Bell	NW	60.0	20.0				20.0	20.0
2	Ellis Lam	A	58.6		8.5	8.5	12.2	17.2	12.2
	Martin Peat	CM	40.0			20.0		20.0	
	Mike Murphy	CM	20.0				20.0		
	Phil Wood	NW	20.0		20.0				
	Graeme Hattie	CM	18.8						18.8
	Bruce Peat	CM	18.1						18.1
	Martin Freeman	NW	10.1			10.1			
	David Wright	PO	9.8		9.8				
	Roger Woodroofe	A	8.0		8.0				
	Mark Wilson	A	8.0			8.0			
	Pedro Pasion	NW	0.0						0.0
<b>M21B</b>									
1	Scott Clark	A	80.0	0.0		20.0	20.0	20.0	20.0
	Malcolm Gawn	A	18.4			18.4			
	Jack Walley	CM	14.3						14.3
	Roger Woodroofe	A	13.3						13.3
	Chris Mills	CM	9.9					9.9	
<b>M21C</b>									
	P C Turner	W	20.0		20.0				
	Jack Walley	CM	20.0					20.0	
<b>M21E</b>									
1	Mark Lawson	NW	96.1	20.0	20.0	19.0	17.1		20.0
2	Nick Harris	NW	86.1	17.2	15.0	16.4	14.1	20.0	17.5
3	Simon Jager	A	71.7		18.3	15.9	19.3		18.2
4	Jeff Greenwood	A	67.9			14.3	15.6	19.3	18.7
5	Dougal Harding	A	66.2		10.0	15.4	9.4	15.8	15.6
	Darren Ashmore	A	58.1		19.3	20.0	18.8		
	James Bradshaw	CM	40.0	20.0			20.0		
	Neil Kerrison	NW	35.8			17.6	18.2		
	Michael Adams	PA	31.9	18.3			13.6		
	David Stewart	A	31.2	13.2				18.0	
	Phil Wood	NW	19.3						19.3
	Martin Peat	CM	15.0						15.0
	Marcus Lundagards	A	14.5		14.5				
	Tony Cooper	A	14.3					8.0	6.3
	Guy Cory-Wright	A	14.0	14.0					
	Tim Renton	A	10.3	10.3					
	Andrew Bell	NW	9.0			9.0			
<b>M40A</b>									
1	Peter Swanson	A	100	19.1	20.0	20.0	20.0	20.0	20.0
2	Wayne Aspin	CM	90.6	17.3	18.9	18.4	17.1	18.9	17.1
3	Geoff Mead	NW	89.8	17.8	18.1	15.8	18.1	17.7	18.1
4	Rudy Hlawatsch	A	78.0	12.2	16.2	17.7		17.1	14.8
5	Stan Foster	NW	75.4	16.0	13.0	13.7	15.7	16.2	13.8
6	Scott Vennell	A	64.8	11.2	12.4	15.1	13.7	0.0	12.4
7	Bruce Peat	CM	63.0	14.4	15.6		16.5	16.5	
	Phil White	NW	45.6		17.0	12.5			16.1
	Guy Cory-Wright	A	41.3		14.9		14.9		11.5
	Ian Sydenham	A	27.4		13.7		13.7		
	Craig Pearce	A	26.4	5.0	10.4	11.0			
	Darren Gosse	NW	26.1		14.4	11.7			

	Jeff Greenwood	A	<b>20.0</b>	20.0					
	Kingsley NgWaishing	NW	<b>16.9</b>	6.9		10.0	0.0		
	Tony Cooper	A	<b>16.4</b>	5.5	5.5	5.4			
	Mark Wilson	A	<b>6.5</b>				6.5		
	Malcolm Gawn	A	<b>0.0</b>	0.0					
<b>M40AS</b>									
1	Rolf Wagner	NW	<b>97.4</b>	20.0	17.9	19.2	20.0	19.0	19.2
2	John Barrett	NW	<b>93.3</b>	20.0	20.0		17.0	20.0	16.3
3	Steve Oram	A	<b>91.4</b>	19.4	18.4	20.0	15.1	17.9	15.7
4	Trevor Carswell	NW	<b>85.6</b>	18.6	14.1	18.5	19.3	15.1	
5	Tony Hawkes	CM	<b>55.7</b>		13.6	12.0	13.0	17.1	
	Selwyn Palmer	A	<b>46.2</b>				18.1	8.1	20.0
	Stephen Reynolds	NW	<b>44.5</b>	13.3	12.7				18.5
6	Mervyn Paitry	A	<b>38.2</b>	12.3	10.1			5.5	10.3
	Owen Means	NW	<b>36.3</b>					18.5	17.8
	Clive Bolt	NW	<b>25.3</b>					11.8	13.5
	Kerry Linkhorn	A	<b>17.8</b>	17.8					
	Robert Van Stam	NW	<b>12.6</b>					12.6	0.0
	Mike Murphy	CM	<b>7.0</b>		7.0				
<b>M50A</b>									
1	Dave Middleton	NW	<b>98.8</b>	20.0	20.0	0.0	20.0	20.0	18.8
2	Alistair Stewart	A	<b>86.5</b>		16.1	19.4	15.8	17.5	17.7
3	Mike Beveridge	NW	<b>86.1</b>	17.5	17.7	0.0	18.6	16.3	16.0
4	Terje Moen	NW	<b>67.6</b>		12.2	17.2	13.9	13.8	10.5
5	Nicholas Oram	A	<b>61.1</b>	13.1	6.4	15.7	0.0	12.9	13.0
6	Phillip Johansen	NW	<b>60.9</b>	12.3	12.7	10.3	12.4	12.1	11.4
7	David Godfrey	NW	<b>58.7</b>	14.7		0.0	17.5	9.8	16.7
8	Robin Ambler	NW	<b>56.2</b>	16.1	15.3		0.0	10.8	14.0
	Brian Long	CM	<b>44.1</b>		14.7		14.7		14.7
	Ross Brighthouse	CM	<b>39.4</b>					19.4	20.0
	Rob Garden	NW	<b>36.8</b>			20.0	16.8		
	Malcolm Mack	NW	<b>33.5</b>	10.3	10.7	12.5			
9	Lindsay Wood	CM	<b>32.6</b>	6.5	7.5	11.2			7.4
10	Norm Jager	A	<b>29.8</b>		8.4	6.8	7.8		6.8
	David Nevin	NW	<b>28.0</b>	0.0		14.8	13.2		
	Roel Michels	NW	<b>22.6</b>			11.3*	11.3		
	Mark Struthers	NW	<b>12.4</b>						12.4
	John Mackay	A	<b>12.2</b>		4.5	7.7	0.0		
	Wayne Munro	A	<b>11.0</b>	6.0	0.0	5.0			
<b>M50AS</b>									
1	Russell Howard	A	<b>73.2</b>	20.0		16.0	20.0		17.2
	Glenn Clark	CM	<b>40.0</b>		20.0				20.0
	Gary Elliott	NW	<b>29.4</b>		16.6	12.8			
	Stephen Reynolds	NW	<b>20.0</b>			20.0			
	Leon Mcgivern	A	<b>17.8</b>				17.8		
<b>M60A</b>									
1	Chris Gelderman	NW	<b>84.8</b>	13.4	20.0	19.1	13.8	11.9	18.5
2	Ken Taylor	NW	<b>81.1</b>	18.4		18.2	12.2	15.4	16.9
3	Neil Lewis	CM	<b>69.5</b>	20.0	18.7	16.3	14.5		
4	John Powell	A	<b>60.9</b>	15.9		12.7	7.6	10.6	14.1
	John Robinson	CM	<b>60.0</b>				20.0	20.0	20.0
5	Rhys Thompson	NW	<b>54.3</b>	17.1	8.8	15.3	13.1		
	Terry Nuthall	A	<b>52.3</b>			20.0	16.2	16.1	
6	Les Paver	NW	<b>49.6</b>	15.3	16.6	11.7	6.0		

7	Dave Bliss	NW	47.8	8.3	13.8	8.7	6.6	7.0	10.0
	Lyndsay Shuker	CM	17.9					17.9	
	Keith Stone	NW	14.7	14.7		0.0	0.0		
<b>M70A</b>									
1	Peter Godfrey	NW	95.5	18.9	20.0	18.0	16.0	18.6	20.0
2	Bert Chapman	NW	94.1	20.0	19.2	20.0	18.5	16.4	12.7
3	Tom Clendon	A	73.6			18.8	20.0	20.0	14.8
4	Phil Mellsop	NW	59.7	16.3	0.0	14.5		17.6	11.3
<b>W10</b>									
1	Tessa Boyd	A	74.5	8.5	19.4	13.6	17.1	15.9	
	Erika Mahe	A	40.0		20.0	20.0			
	Heidi Stolberger	NW	39.2	19.2			20.0		
2	Nikita Mahe	A	36.8	20.0	0.0	16.8			
	Anna Cory-Wright	A	19.2	10.2			9.0		
<b>W12A</b>									
	Jemma Simmonds	CM	20.0					20.0	
<b>W14A</b>									
1	Kate Smirnova	A	94.4	20.0	20.0	20.0	18.6		15.8
2	Renee Beveridge	NW	76.7	16.7			20.0	20.0	20.0
3	Merryn Ng-Waishing	NW	42.0	0.0	17.4	15.6	9.0		
	Alison Sydenham	A	12.3	12.3					
<b>W16A</b>									
	Katherine Reynolds	NW	40.0	20.0	20.0				
<b>W18A</b>									
1	Alina Smirnova	A	85.6	20.0	13.8	20.0	11.8		20.0
2	Greta Knarston	CM	60.0		20.0		20.0	20.0	
	Emily Murphy	CM	0.0				0.0		
<b>W21A</b>									
	Marquita Gelderman	NW	60.0			20.0	20.0		20.0
	Nicola Peat	CM	40.0	20.0				20.0	
	Sirkka Haase	NW	24.8	11.4	0.0	13.4			
	Kirsty Turner	W	20.0		20.0				
	Victoria Fitzpatrick	A	13.3	13.3					
	Elke Haag	NW	0.0			0.0			
<b>W21AS</b>									
1	Iryna Smirnova	A	90.1	17.3	16.8	20.0	17.2		18.8
2	Melvina Wise	A	89.7	18.7	18.9	16.0	16.1	20.0	
3	Alison Carswell	NW	85.2	20.0	14.4	14.5	20.0	16.3	
4	Robyn Oldfield	A	72.7	19.3		0.0	18.7	14.7	20.0
	Jane Simmonds	NW	37.7	14.1	12.4		11.2		
	Victoria Fitzpatric	A	35.1		18.2	0.0			16.9
	Christina Freeman	NW	33.7			17.9		15.8	
	Judith Burnie	CM	26.5				12.8	13.7	
	Catherine Crofts	A	26.4		0.0		15.3	11.1	
	Jennifer Trinick	A	22.2		8.3	13.9			
	Elke Haag	NW	20.0		20.0				
	Jayne Shuker	CM	19.5					19.5	
	Sandra Toppin	A	12.7	12.7	0.0				
	Suzanne Stolberger	NW	9.0	9.0					

<b>W21B</b>									
1	Chevelle Sands	CM	91.2	20.0	17.5	20.0	14.8		18.9
2	Megan Officer	NW	85.2	0.0	13.4	17.7	14.1	20.0	20.0
3	Liz Pascal	A	52.7		7.0	10.6	7.5	13.6	14.0
	Joanne Mahe	A	38.5		20.0	18.5			
	Maggie Reynolds	NW	28.7		10.9				17.8
	Jackie Leech	NW	23.0			13.4	9.6		
	Kerryn Mclellan	A	20.0				20.0		
	Jennifer Seed	A	18.7	18.7					
	Lauren Turner	W	16.9		16.9				
	Alison Comer	A	16.9						16.9
	Jane Sweeney	NW	15.8				15.8		
	Mary Ho	A	11.8			0.0		11.8	
	Christine Munro	A	9.0		9.0	0.0			
	Adrienne Lovell	CM	0.0	0.0					
	Adele Forster	A	0.0			0.0			
<b>W21C</b>									
1	Adrienne Lovell	CM	83.2		16.1	20.0	20.0	10.4	16.7
2	Shannon Farge	CM	55.5	20.0	0.0			15.5	20.0
	Mari Kvasnickova	A	40.0		20.0			20.0	
	Mconie	CM	19.3		19.3				
	Camilla Raymond	W	17.4		17.4				
	Rowena Taylor	CM	15.8						15.8
	Doreen Oldfield	CM	9.8					9.8	
	Mary Ho	A	0.0						0.0
<b>W21E</b>									
	Rachel Smith	NW	60.0	20.0	20.0		20.0		
	Lise Moen	NW	51.4	14.6			16.8	20.0	
	Rebecca Smith	TP	35.6		16.8		18.8		
	Sofie Herremans	NW	20.0						20.0
	Tania Robinson	CM	17.5	17.5					
	Nicola Kinzett	A	0.0	0.0					
<b>W40A</b>									
1	Patricia Aspin	CM	100	20.0	20.0	20.0	20.0	20.0	20.0
2	Lisa Mead	NW	91.8	18.7	17.7	17.8	18.2	17.5	19.4
3	Lyn Stanton	A	50.9	12.4	12.7	15.6	10.2		
4	Mary Wadsworth	A	45.9	13.4		9.2	9.0		14.3
	Penny Brothers	NW	27.0			13.9	13.1		
	Nicola Kinzett	A	26.1		13.3	12.8			
	Dianne Michels	NW	15.8				15.8		
<b>W40AS</b>									
1	Annette Orchard	A	97.9	20.0	18.8	20.0	19.0	18.9	20.0
	Suzanne Stolberger	NW	37.3				17.3	20.0	
	Judith Burnie	CM	36.0		17.9	18.1			
	Debbie Bevins	NW	34.8		20.0	14.8			
	Belinda Sydenham	A	20.0				20.0		
	Raewyn Bennett	A	18.5	18.5					
	Annette Windross	NW	17.9						17.9
	Chris Jager	A	15.5				15.5		
	Debbie Beveridge	NW	8.7				8.7		
	Gay Ambler	NW	7.5				7.5		

<b>W50A</b>									
1	Mary Moen	NW	84.1	17.7	20.0	16.3	7.0	12.7	17.4
2	Jill Dalton	NW	80.0			20.0	20.0	20.0	20.0
3	Joanna Stewart	A	78.5		18.7	17.1	10.7	16.6	15.4
4	Janice Little	NW	74.0	17.0	10.8	17.9	6.5	15.3	13.0
5	Unni Lewis	CM	69.5	20.0	17.4	15.6	16.5		
6	Lorri O'Brien	NW	66.7	19.1	19.5	14.7	13.4		
7	Anne Humphrey	CM	47.3	0.0	14.5	13.4	12.3	7.1	
8	Glen Middleton	NW	33.6	0.0	12.3	9.7	11.6		
	Bev Shuker	CM	26.5					11.7	14.8
	Helen Bolt	A	21.4					10.7	10.7
	Debbie Beveridge	NW	7.0						7.0
	Kathleen Farquhar	NW	0.0	0.0		0.0			
<b>W50AS</b>									
1	Heather Whelan	NW	60.0	0.0	20.0	20.0	20.0		
	Bronwyn Holcombe	A	20.0	20.0					
	Raewyn Bennett	A	18.3		18.3				
<b>W60A</b>									
1	Lesley Stone	NW	94.6	0.0	20.0	20.0	17.2	18.5	18.9
2	Rae Powell	A	72.9	0.0	16.7	17.8	20.0	0.0	18.4
3	Heather Clendon	A	61.6			17.0	14.1	17.3	13.2
4	Yett Gelderman	NW	58.7	20.0	15.9			7.5	15.3
	Val Robinson	CM	42.1				16.2	9.2	16.7
5	Diane Taylor	NW	37.9	0.0			8.1	15.5	14.3
	Jill Brewis	A	37.2					20.0	17.2
	Glen Middleton	NW	20.0						20.0
<b>W70A</b>									
	Hilary Weeks	A	20.0				20.0		
	Doreen Oldfield	CM	0.0						0.0

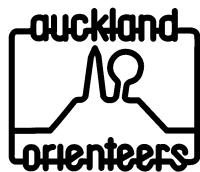
### OY Points Event 6 September 17, 2006 Kariotahi

Class	Name	Club	Time	Points
<b>M10</b>	<b>Course 9 ( 2.3 km )</b>			
1	Hiraku Walley	CM	31.55	20.0
<b>M12A</b>	<b>Course 8 ( 2.9 km )</b>			
1	Jonty Oram	A	44.57	20.0
<b>M14A</b>	<b>Course 7 ( 3.8 km )</b>			
1	Benjamin Reynolds	NW	35.55	20.0
2	Kaito Walley	CM	50.41	15.4
<b>M16A</b>	<b>Course 4 ( 5.0 km )</b>			
1	Matthew Ogden	NW	46.48	20.0
2	Gene Beveridge	NW	56.26	17.4
3	Nick Mead	NW	57.00	16.8
<b>M18A</b>	<b>Course 3 ( 5.9 km )</b>			
1	Andrew Peat	CM	47.20	20.0
2	Ciaran Murphy	CM	52.51	18.3
3	Jourdan Harvey	CM	57.25	16.9

<b>M21A</b>	<b>Course 2 ( 7.2 km )</b>			
	1	Thomas Reynolds	NW	60.06 20.0
	2	Dave Crofts	A	63.08 19.0
	3	Robert Kingston	A	67.03 17.8
	4	Marlon Gevaert	NW	73.51 16.2
	5	Ionel Popovici	A	82.07 14.3
	6	Allan Janes	NW	95.26 11.6
	7	Aiden Ellmers	A	102.34 9.9
	<i>Setter:</i>	Alastair Long	CM	17.5
<b>M21AS</b>	<b>Course 3 ( 5.9 km )</b>			
	1	Andrew Bell	NW	53.53 20.0
	2	Graeme Hattie	CM	57.34 18.8
	3	Bruce Peat	CM	58.51 18.1
	4	Nick Monteith	A	78.19 14.0
	5	Ellis Lam	A	85.23 12.2
		Pedro Pasion	NW	mp 0.0
<b>M21B</b>	<b>Course 7 ( 3.8 km )</b>			
	1	Scott Clark	A	37.31 20.0
	2	Jack Walley	CM	57.00 14.3
	3	Roger Woodroofe	A	59.03 13.3
<b>M21E</b>	<b>Course 1 ( 11.4 km )</b>			
	1	Mark Lawson	NW	81.09 20.0
	2	Phil Wood	NW	82.34 19.3
	3	Jeff Greenwood	A	83.20 18.7
	4	Simon Jager	A	83.47 18.2
	5	Nick Harris	NW	85.22 17.5
	6	Dougal Harding	A	96.22 15.6
	7	Martin Peat	CM	97.17 15.0
	8	Aun Martimer		118.41 11.9
	9	Tony Cooper	A	159.46 6.3
<b>M40A</b>	<b>Course 2 ( 7.2 km )</b>			
	1	Peter Swanson	A	56.15 20.0
	2	Geoff Mead	NW	64.14 18.1
	3	Wayne Aspin	CM	67.09 17.1
	4	Phil White	NW	69.53 16.1
	5	Rudy Hlawatsch	A	74.10 14.8
	6	Stan Foster	NW	76.56 13.8
	7	Scott Vennell	A	81.59 12.4
	8	Guy Cory-Wright	A	84.16 11.5
<b>M40AS</b>	<b>Course 4 ( 5.0 km )</b>			
	1	Selwyn Palmer	A	56.37 20.0
	2	Rolf Wagner	NW	58.13 19.2
	3	Stephen Reynolds	NW	59.43 18.5
	4	Owen Means	NW	60.50 17.8
	5	John Barrett	NW	66.11 16.3
	6	Steve Oram	A	66.47 15.7
	7	Clive Bolt	NW	76.16 13.5
	8	Mervyn Paitry	A	91.56 10.3
		Robert van Stam	NW	mp 0.0
<b>M50A</b>	<b>Course 3 ( 5.9 km )</b>			
	1	Ross Brighthouse	CM	47.26 20.0
	2	Dave Middleton	NW	50.41 18.8
	3	Alistair Stewart	A	53.27 17.7
	4	David Godfrey	NW	55.53 16.7

5	Mike Beveridge	NW	57.03	16.0
6	Robin Ambler	NW	64.03	14.0
7	Nicholas Oram	A	66.14	13.0
8	Mark Struthers	NW	66.53	12.4
9	Phillip Johansen	NW	69.15	11.4
10	Terje Moen	NW	71.19	10.5
11	Lindsay Wood	CM	83.35	7.4
12	Norm Jager	A	83.53	6.8
<i>Controller:</i>	Brian Long	CM		14.7
<b>M50AS</b>	<b>Course 5 ( 4.2 km )</b>			
1	Glenn Clark	CM	57.05	20.0
2	Russell Howard	A	70.25	17.2
<b>M60A</b>	<b>Course 4 ( 5.0 km )</b>			
1	John Robinson	CM	54.03	20.0
2	Chris Gelderman	NW	59.39	18.5
3	Ken Taylor	NW	65.17	16.9
4	John Powell	A	77.36	14.1
5	Dave Bliss	NW	97.04	10.0
<b>M70A</b>	<b>Course 5 ( 4.2 km )</b>			
1	Peter Godfrey	NW	50.08	20.0
2	Tom Clendon	A	73.45	14.8
3	Bert Chapman	NW	81.48	12.7
4	Phil Mellsop	NW	86.15	11.3
<b>W14A</b>	<b>Course 7 ( 3.8 km )</b>			
1	Renee Beveridge	NW	40.41	20.0
2	Kate Smirnova	A	55.54	15.8
<b>W18A</b>	<b>Course 4 ( 5.0 km )</b>			
1	Alina Smirnova	A	95.38	20.0
<b>W21A</b>	<b>Course 3 ( 5.9 km )</b>			
1	Marquita Gelderman	NW	49.08	20.0
<b>W21AS</b>	<b>Course 4 ( 5.0 km )</b>			
1	Robyn Oldfield	A	84.14	20.0
2	Iryna Smirnova	A	90.26	18.8
3	Victoria Fitzpatric	A	102.13	16.9
<b>W21B</b>	<b>Course 7 ( 3.8 km )</b>			
1	Megan Officer	NW	54.32	20.0
2	Chevelle Sands	CM	57.57	18.9
3	Maggie Reynolds	NW	60.55	17.8
4	Alison Comer	A	63.30	16.9
5	Liz Pascal	A	76.27	14.0
<b>W21C</b>	<b>Course 8 ( 2.9 km )</b>			
1	Shannon Farge	CM	40.25	20.0
2	Adrienne Lovell	CM	51.44	16.7
3	Rowena Taylor	CM	53.28	15.8
	Mary Ho	A	mp	0.0
<b>W21E</b>	<b>Course 2 ( 7.2 km )</b>			
	Sofie Herremans	NW	78.09	20.0
<b>W40A</b>	<b>Course 3 ( 5.9 km )</b>			
1	Patricia Aspin	CM	54.20	20.0
2	Lisa Mead	NW	54.54	19.4
3	Mary Wadsworth	A	80.05	14.3

<b>W40AS</b>	<b>Course 5 ( 4.2 km )</b>			
	1 Annette Orchard	A	66.50	20.0
	2 Annette Windross	NW	77.21	17.9
<b>W50A</b>	<b>Course 4 ( 5.0 km )</b>			
	1 Jill Dalton	NW	60.41	20.0
	2 Mary Moen	NW	73.22	17.4
	3 Joanna Stewart	A	82.27	15.4
	4 Bev Shuker	CM	82.51	14.8
	5 Janice Little	NW	90.44	13.0
	6 Helen Bolt	A	102.10	10.7
	7 Debbie Beveridge	NW	147.25	7.0
<b>W60A</b>	<b>Course 5 ( 4.2 km )</b>			
	1 Glen Middleton	NW	70.49	20.0
	2 Lesley Stone	NW	74.44	18.9
	3 Rae Powell	A	75.13	18.4
	4 Jill Brewis	A	80.01	17.2
	5 Val Robinson	CM	80.12	16.7
	6 Yett Gelderman	NW	86.07	15.3
	7 Diane Taylor	NW	89.58	14.3
	8 Heather Clendon	A	94.23	13.2
<b>W70A</b>	<b>Course 6 ( 2.9 km )</b>			
	Doreen Oldfield	CM	mp	0.0





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The  
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