

Prize Giving between 2pm and 3 pm on Sunday
Any Enquires about Cross Country Skiing ,please contact Allan or Annie Grant, Ph 03 488 3254 Email Agrant @clear.net.nz
Entries with \$5 map fee to:
45 Flower St, Dunedin
Entries must be in by 24 July
Late entries will be accepted

Trail fees special \$20 per day
Ski hire Adult \$20
Child \$10 Pay on the day to the Snowfarm

ENDURANCE EVENTS COMING UP

If you're tough, or would like to be tough...

Heights Of Winter Rogaine

This popular annual event will be run near Waipara in North Canterbury on 22 June. Deadline for entering is 8 June so you should just have time to get your entry in on the website www.rogaine.org.nz. Looks like it is being run by the NZ Rogaining Association "with permission from Peninsula and Plains Orienteers".

Wairarapa Winter Classic 2002

The 2002 Winter Classic will be on 21 July at the Halcione map. The Winter Classic is an endurance event that is both physically and mentally demanding. The event will be as a BLODSLITET event; it is like a relay except you do all the legs yourself!

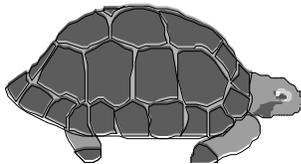
If you went to the 2000 Nationals or the 2001 Wellington Champs you will know that Halcione will be a Classic Winter Classic map, one not to be missed.

For more information and entry form please email jim.barr@xtra.co.nz or phone 06 372 5779. Entries by 5 July, please.

The Raggedy EPIC

24 August (to be confirmed) – location near Ophir, central Otago – organiser Bruce McLeod. Watch this space for more details or see www.rogaine.org.nz

TRAINING EVENT COMING UP



Don't be slow. Register your interest for the Waikouaiti instruction and training camp now!

Anyone interested in going to Waikouaiti for the camp being held 5/6/7 July needs to let Jan Davies know pretty smartly so the appropriate food and coaching can be organised. She is also keen to hear from anyone who wants to use the camp to improve their own coaching skills and/or certification.

Ace Orienteer and local girl, Rachel Smith, will be the chief coach and will make sure it is a great weekend. You will learn new Orienteering skills and hone existing ones, as well as get a chance to know some of your fellow Orienteers better.

The camp is suitable for anyone secondary school age or older. Women's training exercises will be separate, but accommodation and meals will be mixed. The cost for a catered weekend staying at Sidey Lodge in Waikouaiti will be between \$80 and \$90 depending on numbers.

Registration deadline for the camp is **14 June**. Please send details of your grade/colour of courses as well as contact address and phone information to Jan Davies (email jan.ian@clear.net.nz or ph 03 312 6475). More details will be sent to those registered as they become available.

EDITORIAL

As temporary editor, this is my chance to put in my two bob's worth. I'm very pleased to see the way coaching is going in the club at present. My former role as coaching coordinator has been taken over by Nick Mortimer, a very well organised chap who has excellent associations with the family aspect of the sport. And Jamie Stewart, a nationally-ranked elite bloke, has become the red-level coach and brought his skills and experience back to Dunedin after some time away with the PAPO club in Christchurch. I went to one of Jamie's training exercises in the North Island and found it super helpful (I discovered why I often used to run off to the right of my compass bearing). Jamie has already come up with some excellent ideas about training runs, and Nick is helping Jan Davies, the national coaching coordinator, organise a camp to be run here in July (see notice elsewhere).

But there is even more to coaching than this. Any orienteer can coach another to some extent and it doesn't have to be in a formal situation. And we have some very experienced and nationally-competitive (and internationally-competitive) members in our club who are happy to share their skills with the rest of us. I have had lots of fun running around with Ian Holden (i.e. trying to keep up with him) and travelling to distant events with Bunny Rathbone over the past few years. If you want to improve your skills, if you feel you could do better but you're not sure how, ask someone you admire to help you find the way, or ask the committee to match you up with a mentor. I guarantee you'll get more out of the sport.

Jane Forsyth

PRESIDENT'S COMMENTS

Margaret Tagg

Otago Orienteering Championships and a South Island Challenge event were held on 27-28 April. These were events that had been postponed because of snow last winter so Planners and Controllers had done the work twice! Wet conditions made it all an added challenge for them and the Organizers. Thank you to Bob C and Judy W and Graeme H for Gladbrook, to Richard T and George McL for Matarae, and to Nick M and Lyn F and Claire J for organizing. I found the orienteering a lot of fun and appreciate all the many hours of work involved. Presentation of trophies wasn't possible in the rain but the Committee will organize a suitable occasion soon.

Planning is underway for the NZOF Coaching Camp to be held July 5-7 at Waikouaiti. This promises to be an excellent opportunity to work on orienteering skills and have a good time together. Sidey Lodge accommodation is excellent and NZOF Coach Jan Davies is planning a

great programme. Don't be shy about coming - there will be something for everyone!

The email Members Discussion Group is giving DOC people a chance to exchange opinions about orienteering issues. Thanks Peter W for suggesting this and setting it up.

No final details about the O suits are available but will be in the July DOCument.

Southland people sometimes turn up at our Club events and it is appreciated that they travel to take part. SOC has events at Sandy Point South on June 16 and Sandy Point North on July 21 so if anyone is looking for more orienteering.....

Apologies that mention of the DOC Relay success at the Easter Nationals Champs was accidentally left out of results in the May DOCument. The Big Mac Combo team of Bruce McLeod, George McLeod and Ciaran Thayer won the Mixed long relay cheered on by DOC members wearing blue and gold clothing and waving flags. Well done.

WELCOME

To new (actually returning) members Graeme Hardy and Janette Anderson. We look forward to seeing more of you.

CONGRATULATIONS

Penny Kane, winner of the W21E classic championship at the recent Nationals, has been added to the national squad. Todd Oates, down from Hawkes Bay this year to study at Otago, has been named in the team to compete in Junior World Orienteering Championships in Spain, 8-13 July. Good work you two and good luck!

FROM THE COMMITTEE

REMUNERATION



It's worthwhile reiterating the current policy on what remuneration DOC offers to its members who help at events. The Planner and Controller are reimbursed the cost of three round trips to the event site from Dunedin. Whoever tows the caravan to the event is reimbursed the cost of a one way trip, the same applies to whoever tows it back to Andersons Bay. The current rate is \$0.25/km and distances from Dunedin are given on the club's web site <http://doc.sites.cc> on the "Courses & Maps" page. Additionally, for a two day event the

Planner, Organiser and Controller can all get a free run (for a one day event, only the Organiser gets a free run).

White courses - it was decided at a recent meeting that white courses are essential for building the confidence of children and that the recruitment of children to the sport is essential for the continued growth of the sport. Several ideas were discussed to ease the burden on planners. These included the recycling of old white courses, the use of separate planners with specific white course experience and the use of simpler control equipment. Any event planners who feel they have a problem with setting a white course should contact Myles Thayer as soon as possible.

Map quality - the committee is reviewing the colour definitions used in our maps. We are having a sample done with different colours and line thicknesses (both IOF standards and variations on this) and we will decide which will be used and this will be applied to all maps. Sometimes it is just not practical to fit legends on a map due to keeping to a certain paper size or trying to cut down the amount of work if a partial map has to be made out of a larger original. Once we have decided on a consistent standard set of colours symbols and line thicknesses, separate legends that are accurate can be printed and distributed if they are not on maps.

Water on courses - Controllers are reminded that even in winter, the provision of some water on the longer courses is essential for safety reasons.

Maps for events - Planners are asked to ensure they get their map requirements sorted and printed well in advance of their event. This relieves some of the pressure on the OCAD operators within the club and allows a careful review of the maps before the event. It is important to avoid mapping or printing errors for the credibility of our sport and it is fairly straightforward with modern technology so long as there is sufficient time available.

Club booklets - the planners and organisers booklets are already on the club website and can easily be read or downloaded. The controllers booklet will also be there shortly. These booklets are our club's instructions on what to do for an event. If you see anything that needs changed or added please let a committee member know. One of the advantages of using the website is that these documents are always current and can be continually reviewed.

MAPPER REQUIRED
FOR NEW MAP

The club has been granted permission to map the Cuttance Block. This is

LETTER TO THE EDITOR

21 May 2002

Dear Editor

I was extremely disappointed in the coverage of the Nationals results in the last issue of DOCument. Apart from Peter's account of his experiences as a first timer the results were confined to (some of) the bare placings and stuck at the back of the magazine. Relay results weren't even shown and we won! I would like to expand slightly on the bare facts even though its at a rather late stage.

DOC orienteers won both of the elite classes in the classic race. This is a huge achievement and congratulations of the highest order must go to Bruce McLeod and Penny Kane. Bruce also went on to win the short O the next day to confirm his status as top male orienteer in the country (which DOC people already knew!). Penny couldn't keep up with Saturday's performance but still performed creditably to come 4th on Sunday.

Ciaran Thayer was another to have a huge weekend. He won his M18A class on Saturday, and again on Sunday. Then on Monday he was last runner in "DOC's Big Mac Combo" team of Bruce McLeod and George McLeod and brought the team home to a fine win in the National Champs relays.

Bunny Rathbone won W60A on both Saturday and Sunday. People may expect Bunny to win nowadays but she was running down a grade (again) and it is still a very competitive grade.

These are tremendous achievements! They are National Championships remember. Get excited people!!!!

Classic

Past Editor Jamie Stewart won the M21A class and another winner was Mathew Radford in M14A. Mathew did very well and is showing a lot of promise for the future as is Brendan Thayer who was 3rd in M14A.

Aaron Searle came 3rd in M20A, behind two of the best orienteers in the country, which was another great result. Dave Browning was 4th in the very competitive M50A class and Fran Cunninghame was 2nd in W21A with Julie Grant 4th. Well done! Ian Holden just missed out in winning M65A and Eunice was 3rd in a large W55A field. Life member Judy Wilson was 4th in W60A and Jane Cloete won W50B ahead of Majorie Spittle and Ev Smith to make a quinella in that grade. David Grant won his M16B grade easily (as he was the only one in it!) but his time was the 3rd fastest of all 18 people on that course. Another good achievement. And last but not least Amanda Batt came 2nd in W21C behind a DOC in-law.

Short O

Apart from those already mentioned above Judy Browning won her W55A class with Eunice 3rd. Fran Cunninghame name was missed from the results but she won her W21A class with two consistent runs. Maria Smith won the morning race but couldn't maintain it in the afternoon and had to settle for 4th overall (I know what that feels like Maria! It's worse when you drop to last overall though!).

Willie Flockton in M21A was another to win the morning race but had to settle for 2nd overall, still a very good result. Dave Browning was 3rd in M50A, one of the larger classes, and Grant Hudson was 4th in M40AS. In M60A George McLeod was 3rd and Ian Holden claimed his second 2nd of the weekend in M65A. Judy Wilson was 4th again in W60A.

Another DOC winner was Jeremy Elrick in M21B with Owen Cambridge also winning in M50B. The quinella operated again in W50A with Jane Cloete winning ahead of Majorie Spittle and Ev Smith. The M14A course had to be decided on the morning race as a control was missing in the afternoon and Mathew Radford was 2nd just 11 seconds ahead on Brendon Thayer. And last to be mentioned again is Amanda Batt who turned the tables and won her W21C. Great results.

And on to the relays.....

We won!! Have I mentioned it before? Yes I'm still excited and you should be too! As I said before "DOC's Big Mac Combo" team won the Mixed Long race by 59 seconds. This was out of 56 teams of the best orienteers in the country and we won! Bruce was running well all weekend but George had been having a poor weekend by his standards. Nevertheless he kept up with runners many years younger to hand over to Ciaran who just had keep his head together and gain a minute. Easy peasy!

"DOC's Lively lads" of Jamie Stewart, Ian Holden and Dave Browning also had a great team run and came 8th. Yes that's 8th out 56 and gave us two teams in the top 10. The only other club to achieve this was PAPO with 3rd and 10th. SI power!! Our other teams all did well with placings of 27th, 28th, 29th and 37th. The teams who were 28th and 29th were leading and waited at the line for the 27th placed team to catch up so they could go across the line together but it didn't quite work out that way. Remember it's a cutthroat world out there girls!!

In the Mixed Short relay we also did very well with our teams coming 6th, 9th and 12th out of the 23 teams entered.

If you think I was excited by the relay results you should have seen me on the day as DOC supporter!

Well done everyone mentioned and also the ones not mentioned who weren't as successful. There were 53 DOC'ers entered which was a great turnout.

Regards
Bruce Collins

NEWS FROM OTHER CLUBS.

Hawkes Bay are trying out a new system for collecting the controls after events. They are going to have a roster with 4 collectors for each event, which could mean each person does the job 2 or 3 times a year. They have noticed that it is always the same 1 or 2 people volunteering to collect controls.

Wellington area clubs are having a blitz on "closing the gate" after a landowner refused to let them hold any more events. Their rule is now "the person who opens the gate closes it, no exceptions". The problem has

apparently been convoys of cars going through and the message getting lost by the end of the group.

Nelson has a new logo featuring “NOC” with a yellow sun, and they are looking at getting club t-shirts made.

Southland’s April magazine looks very spiffy with a colour insert showing various SOCs at the nationals, at the South Island champs and at the Alexandra Goldrush multisport event.

PAPO now has 249 members. However one of their long-time members, Graham Frith, is moving to Auckland. Michael Adams, their club coach, is running training evenings at Bottle Lake and about 15 people have been turning up. He has organised time trials over a 3 km distance for people to get an idea of their physical progression (or regression). For the winter evenings he will run some technique training based on Jean Cory-Wright’s “little book of O techniques”.

“WHAT MAKES A CHAMPION?”

PROFILING FOUR ELITE ORIENTEERS AT THE COACHING CONFERENCE 2002

A one-day coaching session was held in April this year between the Nationals and the Naseby events. Most of the speakers were well-known NZ orienteers and the day included practical exercises, formal speakers and group discussions.

“What makes a champion?”. We got the chance to ask some international champions (Bunny Rathbone, Jean Cory-Wright, Trish Aspin and Roz Clayton) their secrets of success. Jean’s comments included: healthy diet (she seldom eats junk food), enjoying the sport and having a balance between job and study and sport, and knowing her strengths and weaknesses. In a race she is never just running but predicting what is going to happen next and thinking about techniques all the time. Jean commented that she was never a naturally fast runner but made the England team for many years because of her strength on hills and tough terrain. She did not try to compete internationally at O every year, but had time off doing other things like mountain running, which kept her mentally fresh as well as fit.

Bunny endorsed the healthy diet, and the idea of using all sorts of features and skills out on the run, not just one skill or one type of feature. She enjoys looking at maps, a form of mental training, and keeps fit by way of tramping, yoga and gardening (if you saw the size and steepness of her garden you would understand this!). She puts in some extra running on

terrain before a major event. Calmness, forgetting about other people and distractions, and mental discipline and focus are key factors for her during a race. Positive thinking includes planning to win.

Trish Aspin spoke of having a goal being the number 1 factor in her success, and being satisfied with only the best performance possible. From this flow the other factors, committing time and resources (effectively organising her lifestyle) to do the necessary training and preparation. She trains physically 5-6 days a week and uses maps, visualisation, verbalisation etc. out on the run to make the training more focussed on orienteering. Trish also finds making O maps an excellent form of mental training. Other mental skills she has learned include recovering from injury, setbacks and disappointment, and the ability to be cool and calm under pressure.

Roz spoke of believing in herself, keeping her techniques up to scratch and fitness training using a diary and a programme. During a race she keeps in map contact and keeps her focus all the time – but commented that this may be more of a women’s technique, and that men tend to run full tilt then relocate. When seeing others during a race she does not let them put her off but uses them where it’s helpful. She felt that a big factor in success is selfishness – the ability and willingness to subordinate the rest of your life to this goal. In conversation afterwards, I asked her whether she was going to compete for more world titles, and she was undecided whether to put so much of her life and energy into such a goal again.

Wayne Aspin, in introducing these four speakers, drew a distinction between different levels of champions. An area champ needs excellent fitness and technical skills; a national champ need to have these and also to peak at the right time. A world champion needs “something else” to get past all those other area and national champions. From the discussion, it seems to me that the “something else” is a drive, ambition and determination, what Roz termed selfishness, to put your goals first in your life and make everything else fit around that. Having said that, none of these people are the cold, ruthless, intimidating types that such words conjure up. I don’t know Trish personally, as she lives in the North Island and our paths don’t usually cross. But the other three speakers, who are South Islanders, I have found to be more than willing to help and comment after a run and to share their knowledge with me.

Next month I’ll talk about some of the other things we covered at this most interesting conference.

Jane Forsyth

NZOF NEWS

ANNUAL AWARD WINNERS

Congratulations to the winners of the annual awards announced at the AGM. These were as follows:

- Silva Service Award: Rob Garden (North West) for 25 years service to orienteering in NZ.
- Silva International Performance of the Year: Edge Orienteering (**RACHEL BARTON, BRUCE MCLEOD, PAUL ROGERS, ANTHONY WHITE – DUNEDIN**), winners of the 2001 international Southern Traverse.
- Silva Administrator of the Year: Jill Smithies (North West), secretary of NWOC and secretary/treasurer of the Auckland Area Association.
- Ampro Sales Compass Award for club growth: Counties Manukau, for 35% growth in affiliated membership in 2001.
- Silva Coach of the Year: **JANE FORSYTH (DUNEDIN)**.
- Silva Magazine of the Year: The Auckland Orienteer, editor Paul Gilkison.

The NZOF thanks Silva, through Ampro Sales, for the ongoing sponsorship of these awards.

The President's Award for outstanding volunteer contribution at club level went to Trish Faulkner (PAPO) and the Brighthouse Trophy for the best performance at the 2001 Nationals and Area Championships went to Wayne Aspin (Counties Manukau) in the M55A grade. Rob Crawford and Pamela Morrison were re-elected as President and Vice-President respectively.

CONTROLLER'S REPORT - GLADBROOK APRIL 27TH OTAGO CHAMIONSIPS

As Gladbrook had been used for several events previously and had a predictable landscape with its lines of rocks, planner Bob Cunninghame had a challenging task to find 9 courses with several of them at the red level. The most challenging courses were the men's elite, getting the length and some technical challenge, and getting enough line features for the yellow and white courses.

As I was unable to be present on the day, Graeme Hardy stepped into the breach and took control. We both enjoyed controlling the courses for several weekends before and also were lucky enough to have dry, warm days.

On the day, the weather was not ideal orienteering weather and the dullness of the day made map reading a challenge to some. The height of some rocks was queried but otherwise most competitors were pleased with their courses.

There was one protest about the quality of the map. This was examined by the protest committee and was not upheld.

Thanks to Bob Cunninghame and his helpers for planning a challenging event and to Nick Mortimer and family and Lyn Foote for carrying out the numerous tasks involved with organisation.

I also would like to thank Graeme Hardy for helping with the controlling and welcome him back into the DOC fold. (He has paid his sub!)

Judy Wilson
Controller (in absentia)

PLANNERS REPORT – MATARAE 2001/02

From a planner's perspective, this event must rank up there with those events that take a long time to come to fruition. Way back in February (I think) 2001, I started the ball rolling with the obtaining of maps from Barrie F and making contact with the then controller Bruce McLeod. For the next 2-3 months, things went along as normally as one would expect with planning an 'O' event. One of Bruce's excellent recommendations early on, was to cut the number of control sites from around 70, down to 45. This proved to be a godsend during the dual 'bring-in of controls'. It was about this stage that Bruce had to delegate his controlling responsibilities to another more-than-capable controller, his Dad.

It was during the initial process that the priority of providing decent *legs* rather than trying to provide bingo-type or so-called interesting control *sites* came to mind. Comments received after the event reinforced this (thanks to those competitors).

Most will know that this event (along with the Gladbrook event) had to be postponed due to untypical inclement Otago weather on one weekend about the same time last year. Thankyou to all those who were determined to get to see Matarae again. To those who couldn't come along, you missed out on some slightly damp conditions. And to Bruce – I trust that you enjoyed the Rockburn area as I have in the past.

I did not hear any complaints after the event from the competitors. Was this because they were too wet and cold to bother? No. I believe it was because there was sufficient route choice to provide interest, and that the courses were shorter (and quicker) than those of the day before, giving people the opportunity to do their course, then head off to a warm home.

In summary, thanks to all competitors, Lyn and Claire and all their helpers on the day, and to George for giving all the helpful advice.

Richard Thum

PS.

And to the person(s) out there somewhere who found amusement in taking away (stealing) one of the club's signs on the Saturday night before the event – may someone with the same sense of humour as you, find the inclination in the future to steal your gravestone!

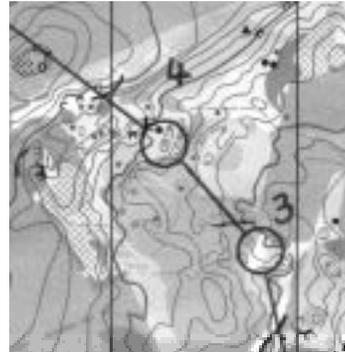
PLANNER'S REPORT. SEACLIFF 19 May 2002

Nick Mortimer

Prior to Seacliff, I had only planned one event – at Waikouaiti last year. In April, armed with the DOC Planner's Guide and Bruce Collins's "How to Plan Club Events" booklet (both available from the "Download Pubs" page on the DOC website), I sharpened my pencil and sat down to plan.

Having previously run two Orange courses on the Seacliff map I was aware that it was all basically on a hill, very rich in topographic detail and with patches of native bush. Given the time of year, I selected the Truby King Reserve at the bottom of the hill as the most convenient start/finish area. Sheryl, my Controller, reminded me that running speeds for Seacliff could be slower than other courses, particularly in wet weather. All this meant that I eventually ended up cutting back the course lengths by some 20% over my initial ideas. In the end this seemed a good decision, with most of the finish times for the Long Red (6.4km) being 55-80mins, Short Red (4.2km) 50-90mins and Orange (4.1km) 40-90mins. It seems like nobody was short-changed on a decent trot. In terms of basic course structure, I put out 47 controls for the five courses. Long Red used all the Short Red controls bar the first, and had a loop to three extra controls on the Kilmog side of the ridge to add the distance. White and Yellow shared one control, there were three drinks stations. I did my best to plan a diversity of legs in terms of length and terrain and, did you notice, everyone got a downhill stretch towards the finish. It was satisfying to see so many people there, 51 red-orange and 11 yellow-white competitors. We almost ran out of red/orange maps; the last two competitors had to use pre-marked master ones. It is certainly true that more people are running red courses this year, compared with white.

By the time the sausages were ready I had begun to bring in some controls, so didn't get to chat with as many people about the courses as I would have wanted. But most of you seemed in good spirits and, I think, got sufficient challenge from the day. The Red 2-3 and 4 legs caused a lot of discussion (the figure the Long Red course). The easiest attack for Red 3 was from the knoll top to the SE control (obscured by the control circle), the alternative was to flounder through some bog to the NE! Navigating through native bush between 3 and 4 required reading of compass and contours as Red 4 a depression perched 15 m up a steep slope through 200m of difficult-to-run forest. In my planning and control collecting I never did manage to beat a straight line between 3 and 4, and used the presence of the impassable cliff in the forest (to the NW, again partly overwritten by the control circle) as a catching feature. On the Red 3-4 leg, some people dog-legged out to the open (darker grey under the number 3) then re-entered the forest; I did not foresee this but it was probably a good alternative to staying in the forest [well it would have been if you did it right – ed].



Red 3-
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What's the main thing I would do differently next time? Perhaps put in more controls to shorten a couple of the more open red legs, probably put legends on the red/orange maps, and definitely allow more time for the whole planning process. I must thank Bruce Collins for the late breaking OCAD map updates, my Controller Sheryl Collins for suggesting numerous improvements, the Brownings for their efficient Organising and Andrew Kelly and Don Bruce for helping get controls in. It'll be interesting to see what Don Bruce comes up with for the next Seacliff event on 18 August.

CONTROLLER'S REPORT – SEACLIFF

Sheryl Collins

As expected, having Nick as the Planner and Dave and Judy as Organisers my job of Controller was an easy one. Thank you all.

Nick's courses were great with variety in length, direction and terrain. Whilst those uphill and bush controls in the first half of the Red Courses demanded effort and concentration the lovely downhill legs in the second half over open farmland allowed the runners among us to make up some time. The Orange and Yellow Course, while not venturing into the bush still had their share of climb and both had opportunity for route choice. The

white Course had a lovely route through the Enchanted Forest before venturing out into farmland and even they were not protected from wet feet.

Nick did not have an easy job with control placement because of the urgent need of a remap and the final map he received was far different from his original one. Thanks must go to Bruce for the two long days he put in remapping around our control sites.

Seacliff is never easy and the vegetation in the bush areas, the many fences (especially those well-maintained tight ones!), and marshes were still there to try people. At least the lovely weather provided one less trial.

With everything running so smoothly at this event I took the opportunity to discuss the route choices to and from those tricky bush controls. This was invaluable and I strongly recommend that Planners and Controller take this opportunity. It is amazing the various reasons people have for taking a particular route. A few being; runnability, local knowledge, previous experience in that area, confidence (or lack of) in the mapping, easiest approach to next control.

Highlights:

- Pat Taylor's smile on mastering Seacliff for the first time.
- Matt Radford's great run on the Orange Course.
- The enjoyment expressed by two newer Orienteers on getting their moneys worth on the Orange Course.
- The excitement of Don Melville as he realised he had beaten brother Stuart.
- Finally achieving, close to or dead on the recommended times at Seacliff for all but the Short Red. (Do the Short Red want a run less than 4 km!)
- Nick's delight as our members thanked him and complimented him on his courses.