

The 42nd Paddy Pallin Winter 6 hour

Sunday 19th June 2005

ROGAINE

Welcome to the 42nd Annual Paddy Pallin Winter 6hr Rogaine. The following information has been assembled to ensure you and your team get the most out of your experience.

Included in this package are the following documents:

- **Event instructions** (you are reading it!) - Forward or make additional copies for all your team members.
- **Event Rules** - Ensure all your team members are aware of these.
- **Disclaimer / Waiver** - Ensure all your team members read and understand this document, and, if they accept the risks, sign it. This is to be presented **with team number and car rego included** at the administration tent when you register at the event. Unfortunately without a signed waiver we cannot allow entrants to participate, so their entry will be refunded in full.
- **Control Card** – you need to cut out the card **write your team number and members on the card**, protect it with contact adhesive and present it to administration when you register at the event.

The following items will be available at the event:

- **Saturday night meal tickets** - If you have ordered (and paid for) meal tickets these can be picked up at the event on Saturday night after 5pm. (A limited number may be available at the Admin tent for \$11 pp).

Where: The event is situated in the Blue Mountains at Newnes Plateau (not Newnes Township) with our hash house based at Cockatoo Hill. It's an area at around 1000 metres altitude with a mix of native forest and pine plantations. There is an extensive track network for novice teams whilst the wilder parts of the course which should keep the strongest teams occupied. Those reaching the perimeter will be rewarded with big views. There are many kangaroos and wombats.

It's a good 2.5 – 3 hour drive from Sydney to the hash house.

How to Get There:

From Richmond:

From Sydney go to Windsor and then Richmond and take the Bells Line of Road across the Blue Mountains. Pass through the settlement at Bell and after 8 kilometres turn right at the **Zig Zag Railway** turn off, turn right again immediately, follow the dirt road round to the left across the railway line (give way). **Drive carefully on the dirt road which has been recently graded but which is slippery.** After 4.3km bear right at an intersection and then after 4.2km turn right at the T junction onto the Glowworm Tunnel Road. Travel north on this road for 2.1 km before passing the Nine Mile Pine Plantation picnic area of Newnes State Forest on your right. Watch out for dirt bikes and kangaroos. After a further 9 km look out for an abrupt right turn with a rogaïne sign. Turn right taking care as you cross a parallel track and the Hash House is 250 meters ahead on Cockatoo Hill.

From the Lithgow:

From Lithgow take Mort Street through town (Bells Line of

Road), turn left at the traffic lights next to the Court House into Cooina Street and first right into Inch Street. Follow this and take the third left onto Atkinson Street. This then winds out of town and becomes the dirt Glowworm Tunnel Road. Watch out for the Nine Mile Picnic area and then follow directions as above.

Nearby Accommodation: The Blue Mountains on the Great Western Hwy and Lithgow have a range of accommodation with the latter having better availability on Saturday night. Check out <http://lisp.com.au/~lithtour/>

It's also the weekend of the Winter Magic Festival centred in Katoomba with heaps of live music happening on Saturday – <http://www.wintermagic.com.au/>. If driving up on Saturday via the Bells Line of Road pull over and buy some fruit from the Bilpin orchards – they will be closed by the time you return Sunday.

Camping: To avoid a very very early start on Sunday morning, we recommend arriving on Saturday afternoon. There is plenty of space to pitch a tent. Saturday night dinner is available from 6.30 to 8.30pm for those of you who have pre-purchased tickets. Remember your own plate, cup, and cutlery. You should be self sufficient for Sunday breakfast. No water is available at the site. We suggest you provide 20 litres per person.

Registration: Will be available from 7pm to 9pm Saturday, and from 7am Sunday morning. Maps, checkpoint descriptions, and course setters notes will also be available from 7am Sunday morning. There will be three tables for registration - one for teams with team changes and/or outstanding monies; one for teams with no changes; and a 'Maps Only' table for those who registered on Saturday.

Pre-Start Briefings: will be held at 8.15am for novices, and 8.45am for all competitors. **ALL** participants **MUST** attend the final briefing after having lodged their team's route intention sheet with the Admin. We regret that no sheet = no start. If you or any of your team is unsure of any aspect of how the sport works, please ask one of the event staff. We are happy to give you some advice for a few minutes after the start of the event to help you on your way.

The Start: The event starts promptly at 9am Sunday.

The Course: map is an A3 size sheet, with all checkpoints pre-marked, at 1:25,000 scale with 20 metre contours. There are areas catering to those rogainers looking for a challenge, and options for those simply enjoying for a great day out in the bush. Many tracks have been added to the base map which is thirty years old. The absence of a 10 metre contour interval creates challenges.

The Finish: The event finishes promptly at 3pm. Remember points are deducted for late returns (See "Important Rules."). Return with your whole team who will be checked off and then **one member of your team will take the control card to the Admin to receive your finish time which will this year be recorded on the computer system not your control card.** You will then need to add up your score on the card and return it to the admin desk. There will be a large crowd of teams finishing over a very short period of time. Please move away from the admin to allow the queue to keep moving and be patient during the process as it is a hectic time for the volunteer event staff.

Lunch is available from 2.30pm, so you can enjoy a good feed and a chat (or groan) about your experiences with your fellow rogainers. Presentations will take place after 3.30pm. There will be spot prizes provided by the event sponsors (see opposite), but you must be there to collect them.

The Weather: While we all hope for good weather, the event is at 1km altitude in the middle of winter. **You must come prepared for cold and wet conditions out in the bush.** The weather can change quickly, so be prepared! Snow is not impossible.

What You Must Bring:

At the campsite:

- Completed Disclaimer / Waiver
- Control card covered in contact
- Pens and pencils, etc. for map work
- Map case or plastic contact adhesive to protect your map
- Plate, mug and cutlery
- Camping gear
- **Change of clothes**
- Water - be self-sufficient (20 litres per person)

On the course (PER TEAM MEMBER):

- Sensible shoes and clothing, wet weather gear and warm clothing.
- Gaiters and long pants are advised.
- Compass, watch, pen / pencil and a whistle.
- Water bottle - 2 litres per person recommended.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), a thermal blanket and waterproof matches.
- Food to keep you going while out on the course.
- Sunscreen + sun-hat/beanie.
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Items for Sale/Hire:

- First Aid kits containing the minimum requirements as noted previously are available for \$15 each.
- Limited numbers of thermal blankets and waterproof matches also available individually.
- Whistles are \$3 each.
- The definitive book on the sport 'Rogaining - Cross Country Navigation' will also be on sale for \$25.
- And if you're in need of a compass we have a very limited number for hire, available for \$5 for the day.
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Important Rules to Remember:

- Team members must be within earshot of each other at all times. No splitting up.
- All team members must get to within 20 metres of, and within sight of, each checkpoint visited.
- Teams must not rest within one hundred metres of a checkpoint.
- The use of any other navigational aids other than the provided map, a magnetic compass, and a watch, is prohibited.
- Teams finishing early must return their control card to the Admin. A team can retire a member at the Hash House, finishing that team's event. A new team can form but they start with zero score.
- Late finish penalty is severe, 10 points per minute or part thereof. More than 30 minutes and your team records no score and is recorded as LATE.
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For complete set of rules see the enclosed sheet.

Event Sponsors:

This year we thank the following sponsors for their support of the sport of Rogaining and this event:

PADDY PALLIN - The leading outdoor equipment and clothing suppliers in Australia. **Berghouse** and **Ultimax**.

For Further Information:

- If you have any general questions contact the **Event Coordinator, Julian Ledger** on 9416 6423 (7 -9pm) or email julianledger@optusnet.com.au
- If you have any team changes we prefer you make them before the day by contacting the **Event Administrator, Ian Almond** via email almondir@tpgi.com.au

A Brief History of the Paddy Pallin Event

(Reproduced and adapted in part from Peter Tuft's history of the event written for The Australian Orienteer in 1986).

The Paddy Pallin Orienteering Contest was first held in 1964. Occasional orienteering-type events had been held in Australia before this date, but Paddy's event is almost certainly the longest established event that bore the name 'orienteering' in this country. The first event was held in the Euroka area, in the lower Blue Mountains. Paddy's aim for the event was to provide a means for improving the navigational skills of bushwalkers, many of whom were more interested in enjoying the bush than in accurate navigation. However, a lack of interest in navigation can lead to varying degrees of inconvenience, not least to the search parties who may be called out in extreme cases. Hence when Paddy read of the Scandinavian sport of Orienteering he decided that it was just what was needed in Australia.

Not having any detailed information on the way the sport was run overseas, Paddy invented the rules to suit the conditions. They evolved over the years as experience was gained and feedback was received from competitors. The first event was a cross-country event, similar in principle to the standard form of orienteering today. However difficulties with teams following each other led first to a type of event in which all controls had to be visited, but the order was not fixed, and then to a fixed duration score event.

The Paddy's Orienteering event was not associated with organised orienteering in NSW, but was run privately by Paddy and his family and friends. While this meant it did not achieve a prominent place in the orienteering calendar of the day, it did continue to attract bushwalkers and rogainers, many of whom did not perceive it as yet another elite event for fanatical runners (as orienteers can sometimes be seen in those circles).

For the first 15 years or so the format of the annual event did not change significantly. It was a 3-hour score event with about 20 or so controls. Competitors used to be assigned individual start times, but eventually a mass start was found to be just as satisfactory, and certainly simplified the administration. Originally there were only two entry classes: open (mostly men) and mixed. The map was always one of the standard topographic series. In the early days old army maps at a scale of one inch to the mile (1:63,360) were used. This had the potential to cause some difficulty for less experienced orienteers who may have had trouble adapting to the relative lack of detail. However, it was also a valuable experience in fine navigation in the real world, as opposed to the somewhat artificial level of detail on orienteering maps. While the format changed little over the years, the style of the course was eventually brought into line with modern orienteering and rogaining practice.

Right up into his mid-eighties, Paddy was active in setting out controls. The main organisation was done by Paddy's son Robert, with help from his wife Nancy, and various friends who volunteered from time to time.

Chronology of Paddy's Orienteering events:

1st	1964	Euroka
2nd	1965	Euroka
3rd	1966	Euroka
4th	1967	Euroka
5th	1968	Long Angle Gully
6th	1969	St Albans
7th	1970	Mellong
8th	1971	Wheeny Creek
9th	1972	New Yards
10th	1973	New Yards
11th	1974	Lawson Ridge
12th	1975	Lawson Ridge
13th	1976	Grose Road, Faulconbridge Ridge
14th	1977	Mt Hay Road, North Katoomba
15th	1978	Chapman Road, Faulconbridge
16th	1979	North Katoomba
17th	1980	Linden Ridge
18th	1981	Colo Heights, west of Putty Road
19th	1982	Colo Heights, east of Putty Road
20th	1983	Culoul Range/Tari Creek
21st	1984	Colo Heights, east of Putty Road
22nd	1985	Mellong Swamps
23rd	1986	Mellong, Putty Road
24th	1987	Howes Valley, Putty Road

The last 15 years of 'Paddy Pallin' events organised by NSW Rogaining :

25th	1988	Putty Road
26th	1989	Wingello
27th	1990	Tianjara
28th	1991	Euroka Clearing
29th	1992	Mangrove Mountain
30th	1993	Cataract
31st	1994	Hampton State Forest
32nd	1995	Bilpin
33rd	1996	Patonga
34th	1997	Bargo
35th	1998	Fortress Ridge
36th	1999	Coolendel
37th	2000	Capertee
38th	2001	Ben Bullen
39th	2002	Newnes
40th	2003	Propran NP
41st	2004	Upper Colo

(This list to 1985 was reconstructed from memory during discussion between Paddy and Robert Pallin, with Peter Tuft, so there is a little uncertainty about some of the locations).

The NSW Rogaining Association took over responsibility for the event for the 25th event in 1988. It was decided then that it be called the 'Paddy Pallin Rogaine', even though it was only a 6 hour event, due to its status as one of the longest running cross-country navigational events. The event as a rogaine has continued to flourish and grow into the success it is today, due in part to its accessibility to novice participants, something that remains true to Paddy's original intent.