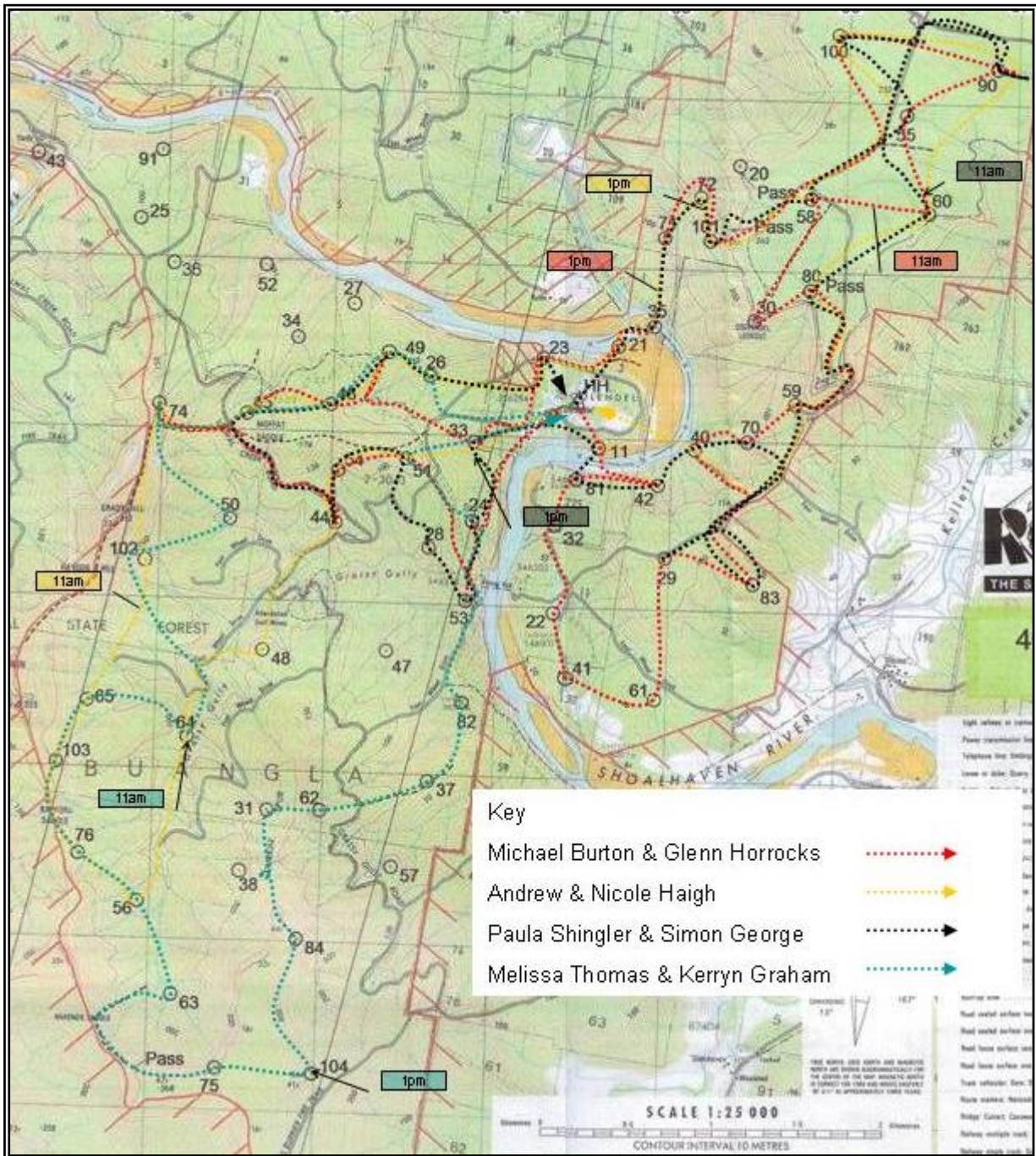


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## APPROX ROUTE FOR SOME OF THE TOP TEAMS



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Just a quick email to say thanks for a lovely day to everyone who organised the Coolendel rogaine. It was the first time we had done anything like this and we had a really good day. Definitely a highlight of the day was "zapping" our wrist tags at the control points, and once the point was in sight there was quite a race amongst the kids to see who would be able to zap their tag first.

The food at the end took their minds off their tired little legs, and I was very happy to eat the curry and pasta instead of a sausage - very civilised alternative!

It was very well organised and we hope we can do a few more in future, as the kids were still keen at the end of the day. I think we learned something more about navigation with every point we found!

Sue McKinnon (Team 209, Tom & Jim Clark, Ben & Alison McKinnon, 400 points)

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It was a most excellent rogaine, we both enjoyed it very much. It was very well organised, and the controls were mostly perfect. We strayed out of bounds on 83 by running too fast down the wrong spur on a logging track (sorry!!). We also messed up 90. Otherwise quite clean, although I would say we were a bit lucky on 71 and 72 which were challenging controls, way more gullies on map, hard to pick which was which. Think they were right though. Route to 101 was very hard, we eventually scrambled up to a ledge and got up through a wide cleft. Some massive holes between boulders in there! Terrain around 100 and 90 was dodgy, and hard controls to find with confidence.



The river was going fast, that made it challenging, especially for the smaller of us.

Near the end we should have been a bit more adventurous and tried for a few more, either 74 or 34. Would have been worth pushing for, and at least one was achievable. We finished too early.

Simon George (Team 70, with Paula Shingler, 1530 points, 3<sup>rd</sup> Overall & 1<sup>st</sup> Vets)

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I attended the rogaine over the weekend and had a ball. I was just wondering if you guys do refunds or transfer if team mates couldn't attend. We had one person who couldn't get there and was just wondering if it's possible to get a refund or even use the money for another event?

Stef Jandl (Team 222)

Sorry Stef, our policy is:

- . full refund if organisers are advised prior to cut-off date
- . half refund if organisers are advised prior to event day
- . else no refund

Reason is that there is commitment to resources (food, access fees, maps, etc.) that are purchased whether the person turns up or not. Now it wouldn't matter if I set an

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exception for just one person - obviously our budget could handle that - but if 50 people were to not show up and want refund then it becomes unmanageable.

Trevor Gollan

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Kerryn Graham & Melissa Thomas

We had a great weekend!

We thought we were in the right place for #102 and found a tree taped with both red electrical tape and yellow and green striped electrical tape (which we wrote our team name on!) however never actually found the control! We're really intrigued as to where the control was, as we noticed in the results that some teams found it - we'd love to find out the story as to why the tape was there and the control wasn't! Afterwards we noticed that the taped trees and control were always together. We also attempted #38, but couldn't see it down the spur and just didn't think it was worth it to go all the way down the hill and have to climb back up for just 30 points!

We certainly got away from the crowd. By the time we got to our first control there were only a few other teams. After control #45 we didn't see any other teams until we were on our way up the hill to control #75! As we got to control #56 we weren't sure if we had time to head up to the 'look-out controls', as the terrain had been pretty thick and rough going (we're still picking little black prickles out of our hands and legs!) but decided it looked like fun. We were really happy with the decision as the views were spectacular and definitely worth hiking up the hill for!! (I remember Kerryn saying she didn't care if we were back late and we lost all our points - it was worth it just for the view.)

We really enjoyed the event, as we used to do quite a bit of rogaining, but haven't in a long time. We would also like to say a huge thankyou to the organisers who let us enjoy the scout dinner on Saturday night (we hadn't booked as we didn't think it would be so far from Nowra). Very enjoyable - and we're happy to report that we're already planning our next rogaine - down in Victoria this time.

Melissa Thomas (Team 48, with Kerryn Graham, 1260 points, 11<sup>th</sup> Overall & 1<sup>st</sup> Women)

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I just wanted to thank you very much for a very successful and enjoyable time on Sunday.

I invited a few 'never rogained before' friends to participate and they all thought that it was really well organised... before, during and after the event. Good organisation makes for a really satisfying experience.... so thanks!

I think a particular high point is the superb results page on the web site.... not only can we see the details of our own (sadly dismal!) performance, but we can see how the experts plotted and executed their routes, and thus also learn something for future competitions!

Gareth Denyer (Team 204)

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I participated in my first rogaine yesterday with my two sons Angus aged 6 and William 8 while their Dad was in a faster team. We won a prize for participation and unfortunately I had just ducked away from the award ceremony with my youngest when it was announced. William collected it on our team's behalf.

I just wanted to thank you for the prize and let you know that it meant a lot for us to receive it. The boys worked solidly for the 6 hours and our 100 points was hard-earned by them. We probably would have achieved a higher score if their mum had made some more appropriate choices. Our unsuccessful deviation to checkpoint 82 for example, ate up a couple of hours in the end.

The boys were thrilled to receive the prize and I was thrilled that they received acknowledgement for their efforts.

We look forward to visiting Coolendel with our free camping weekend coupon, and the boys are taking it in turns to wear the hat from Paddy Pallin!

There was a really good atmosphere and it was a great event. We will be back for the next one.

Nicole Goodwin (Team 194)

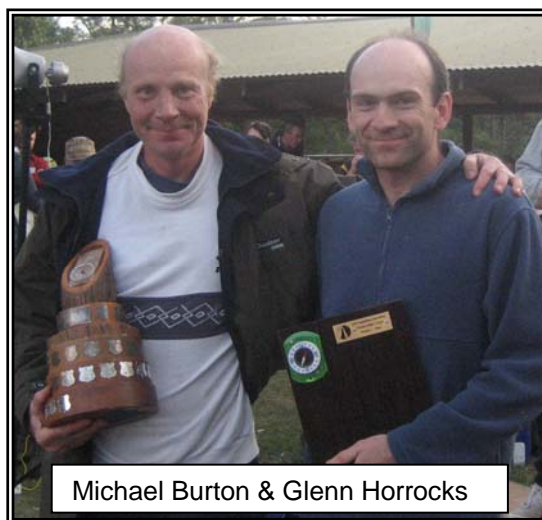
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Thanks for a great event, Michael and I had a great day.

We made a minor blue at 61 for a few minutes, spent maybe 10 minutes at 100 looking at other vague knolls to the W of the control and maybe 15 minutes finding 101 amongst the boulder fields. We never found 72 and spent some time looking for it unfortunately. We then changed strategy and focussed on the mid-value but very easy checkpoints near the hash house. 74 seemed to be a fair way down the watercourse, not at the head as the description said and 53 was tricky to read on the map as the control circle had obscured one watercourse which made it less obvious that the control was on the side creek.

We stopped at 30 for about 10 seconds to admire the view. We refilled our water bottles at 23 and stopped for no more than 2 minutes. So I guess we were pretty much moving just about all the time. We ran all roads except when they were very steep uphill and ran a little of the cross country stuff (but not much).

Michael suggested we do the NE first and, as we arrived late, I was still rushing to get my stuff together for the start. It looked like they could be strung together in a logical route and had enough roads and big features to make it safe navigation. The checkpoints in the S and SW looked much riskier as many of those legs were purely cross country.



Michael Burton & Glenn Horrocks

Glenn Horrocks (Team 127, with Mike Burton, 1670 points, 1st Overall)

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Another good rogaine was had by the Warings - my comments about the depth of the water at the river crossings was not meant as a personal criticism, but a self-deprecating anecdote

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about the official photographer getting some amusing shots of several people negotiating the course. I will definitely wear black knickers next time!

Tom and Grace both commented how much better the food tastes when you have done the work to earn it.

Julie Waring (Team 162)

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Brad Simmons & Mark Freeman. Team split on way to presentation, so Marty missed the photo.

We had a great weekend - the camping was fantastic, the event, as always, was terrific and we were happy with our performance.

We crossed the river directly downstream from control 70 - at this point it was about a 60 metre swim in what felt like 14 degree water. This led to some cramping which definitely slowed me down for the final hour.

We tried to get control 60 but overshot it and had to abandon the attempt. We thought control 90 was actually a bit higher on the creek than it was marked, but otherwise had no major navigational problems and felt that the controls were all well placed.

The main highlight was the view from control 30 with the lowlight being several tangles with lantana.

Thanks for organizing such a great event!!!

Brad Simmons (Team 74, with Mark Freeman & Marty Krause, 1480 points, 4th Overall, 1st Mens Vets)

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Yes, #104 was definitely worth getting to. the views from up there breath taking. to get from 57 to 104 we followed the road until we met a hairpin turn. we then followed a creek bed up a steep hill until we reached the road. this road lead us to the bottom of the cliffs that the marker was on top of, then headed straight up again towards the marker. we walked up in-between the rocks and over the back to pop up 5m away from the marker. I think it took us around 40 minutes to climb from 57 to 104. nice views though.

This was one of the best rogaines we have done so far. one of the best things of the day was finally reaching the 104 marker and then straight after one of the worst things was realising that we could see where we had come from and that we still had to get back on time. a small let down was that the flying fox was out of action. although we didn't plan to use it, it was still a small let down. over all we all had a great time.



Sam Perkins, Jordan Jones, Shannon Jones

Shannon Jones (Team 53, with Sam Perkins & Jordan Jones, 690 points, 1st Junior)

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[from Mum] Thanks so much for a great weekend. We have been doing this for a few years and I would have to say that I thought this was one of the better ones as well. I did miss the pine forest though. I'm glad our boys enjoy this so much. It has helped them with their Duke of Ed and many more things. This year they will be starting their gold and hope to become leaders for future duke of ed .

From a proud Mum, Sue Jones

[from Dad] The boys started doing the Paddy Pallin rogaine with us about four years ago. They became really keen enthusiasts when we let them compete with Sam as a team two years ago. The rogaine environment is a unique opportunity to let teenage boys loose in the bush with little concern for their safety. They have relished the opportunity. What a great way for families to get together.

Gus Jones

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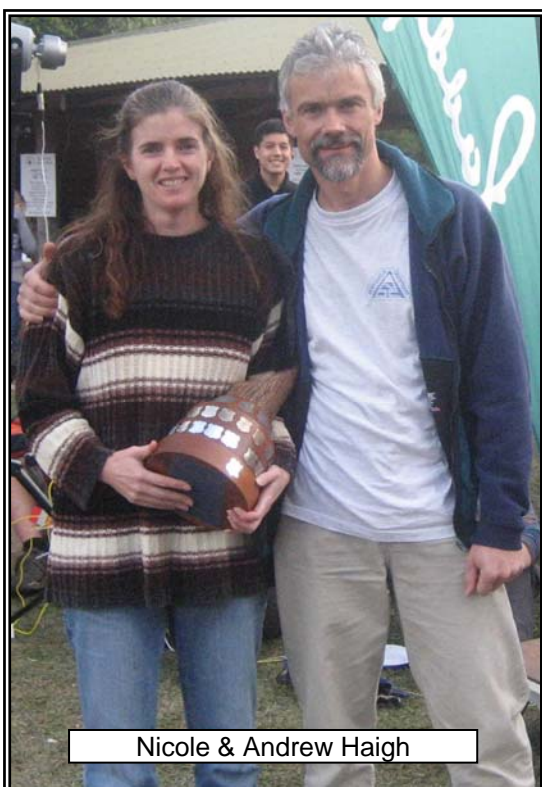
Thanks for organising such a great rogaine down at Coolendel. We had a lot of fun. I went onto the website to check our points and unfortunately our team is listed as nfp [Not For Publication].

Don't recall ticking any nfp box but oops if i did. I think it is nice to have people's names up there. Mum and Dad didn't do too bad with 230 points too.

Katherine Hall (Team 31, with Michael Baker, 830 points)

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It looked like a perfect day for rogaing, cool but not cold, dry and clear skies and no risk of rain. I hate the pre-race nerves, even after 50 odd rogaines - it makes me wonder why I want to compete?



Nicole & Andrew Haigh

We set off with 600-odd other competitors, and managed to not find the first control (33). We went in very early so not sure how we missed it. By the time we arrived at the second control we were by ourselves; where did those 600 people go?

The next two hours we plodded along through slowish bush, with few tracks, and had no real trouble with navigation. At 11am we met a particularly helpful team who yelled to us that they were on 102. We had stopped a little early on an unmapped gully. We lost a couple of minutes heading towards 74, then headed back towards the start in order to cross the river to gather good points that were on the other side of the wide, cold river. The river was about knee-deep and flowing fairly fast in places, we had to cling to each other to avoid getting a soaking if we slipped.

Once across the points flowed well for a while, then the problems started, with about 1 hour 40 to go. We finally came to some tracks and started to run. The first three controls were good but then we failed to find

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90, and the minutes started ticking away, panic set in, only an hour to go and about 5k through bush to the finish. Nic wanted to head back to the road (common sense - I should listen to her more often) but I had plans of a 1k leg through scrub to a 60-pointer starting from a position lost somewhere near the control we couldn't find. After 10 minutes or so we came out onto a very well defined dirt road. Double panic. This didn't make any sense, we couldn't match the road with anything on the map! I made a snap decision to ignore the road and continue on my bearing. (If in doubt follow your compass. I'm always telling people this. It was time to put it into practice.)

200 metres further on we found the 60-pointer; finally we knew where we were. A glance at the watch revealed that we could still pull this off. We ran the last couple of k's down a steep track, hoping that I was not going to be struck down with cramps, struggled through the lantana on the river bank and the wide, cold river came into view. What was it that we had been told at the start, "there are only two safe places to cross the river"?

Bugger, we were midway between them. No time to think, we plunge into the icy, deep, water and start to swim. Perhaps only 50-60 metres, but so cold that I could feel my legs starting to cramp. I could hear Nic struggling behind me, I thought she wasn't going to make it. Finally we dragged ourselves ashore with a full nine minutes to complete the last 500 metres or so to the finish.

I felt that we would have had a good score if we hadn't fallen apart so badly in the last 90 minutes. Everybody I spoke to had stories of difficulties and slow terrain. I am still trying to come to terms with not finding that 90-pointer and it was with a very hollow and undeserving feeling that we took home the open mixed trophy.

You don't have to have a good day to win, you just need to have a better day than everybody else...

Andrew Haigh (Team 87, with Nicole Haigh, 1570 points, 2nd Overall & 1st Mixed)

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We enjoyed Coolendel as much, if not more, this time as the last Paddy 10 years ago. Thanks to all the organisers, setters, veters and cooks. We appreciated all the effort.

The route planning choice was very easy with 71, 72, & 101 so close together across the river and the remaining high points mostly on the flat plateau. We crossed easily at 21, 35, up the steep climb 71,72 & 101. It was good to get the climb over early. The pass above 101, while marked correctly, still required the effort to follow the turns to the top. We luckily picked up the faint track to 20, missing the thick scrub.

To 100 we each pace counted on a bearing from the high point on the road above 55. We stopped on the agreed distance but could not see the "larger scribbly gum". As the ground to the south appeared higher we turned that way and hit the control in 40m. Luckily the flag was facing our way as the tree did not appear any higher than the surrounding ones.

Control 90 was found by pace counting down the road from the junction and angling in on a bearing. We approached 70 by first walking down the road from 59. By 42 we were becoming tired and the climb up to 29 required a long stop half way.



John & Val Hodsdon receive trophy from Mike Hotchkis

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At 29 we decided that as we would not have enough time to get any controls around the HH we would use the roads to 61. Dropping down from 81 was a little hairy with falling rocks from the people climbing up. The river crossing point at 21 was deeper than at 11 but was a refreshing way to finish a great rogaine.

We walked the whole way, enjoyed the scenery, stopped for lunch, didn't make any navigational errors and were surprised to feature in the results.

Not bad for a mixed team with a combined age of 131.

Val and John Hodsdon (Team 39, Points, 8th Overall & 2nd Supervets)

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And a final word from the course setters...

We've cleared all the flags, and I hope to package off all controls and punches to Graeme this week. Shoalhaven Bushwalkers did the northern half of the course and Shoalhaven SES the south.

All Controls were found, as marked on the map with the following comments that may be of interest:

- #102 was correct by map and checked by GPS.
- Tape only was found at an earlier proposal for 102 (sorry). This was 130m away from 102, and on a different and much smaller spur. Five teams (48, 54, 204, 207 & 223) had written on the tape and three of these subsequently found the control.
- #74 was correct by map, but located a short distance down a defined gully which was not obvious from map.

Cheers, Cliff

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Thankyou to all who have contributed,  
Trevor Gollan 22-Jun-09