



# N.S.W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

N.S.W.R.A. Newsletter

Volume 2, Number 3

September, 1984

## ANNUAL GENERAL MEETING

At the A.G.M. held in July at the Tuft residence the following office bearers for 1984-85 were elected -

President : Ian Dempsey. 5 Richley St., Kahibah, 2290  
(049) 435790

Vice President : Dianne van Netten. 42 Charles St., Edgeworth, 2285  
(049) 595935

Secretary : Dianne van Netten

Treasurer : Dianne van Netten

Committee : Peter Tuft, Robyn Tuft, Andrew Lumsden,  
Andrew Blakers, Bert van Netten, Dianne van Netten,  
Ian Dempsey.

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## A FEW WORDS FROM OUR PRESIDENT

With the staging of the 1984 Australian Rogaining Championships in August, rogaining has been given quite a boost in N.S.W. It was indeed an honour to organise the national championships just 15 months after the N.S.W.R.A. held its first event.

However, the most pleasing aspect of the August championships was the large number of people introduced to rogaining through participating in the event. By whatever means you developed an interest in the sport, on behalf of all N.S.W.R.A. members, welcome to rogaining in N.S.W.

In our first year the Association managed to organise two events; by the end of this year three more rogaines will have been staged.

As for next year?

Two people have expressed interest in organising events next year, but for us to rise to bigger and better things in 1985 we require the involvement of more than just the "fanatical few". Even though the level of your involvement may be limited, if you can assist in any way, I would encourage you to contact Dianne van Netten (049) 595935 or Peter Tuft (02) 441325, now.

IAN DEMPSEY.

MEMBERSHIP

Are you financial? A word of warning, this year's secretary/treasurer can get pretty tough!

N.S.W.R.A. membership is \$2.00 per year.

If a blue cross appears in the box then you are unfinancial. Unfinancial members should fill in the membership renewal at the end of the newsletter and send it along with \$2.00 to the following address:

Dianne van Netten,  
42 Charles St,  
Edgeworth, 2285.



Are you planning on changing your address? If so, please let the secretary know.

COMING EVENTS

1st ACT Rogaining Championships. 6 hour/12 hour rogaine to be held on the 3rd/4th of November. See details attached.

Apology

The 12 hour rogaine set down for the 29th September in the Lithgow/Bathurst area will not be held.

VICTORIA

- 13th/14th October - 24 hour/8 hour rogaine  
- venue has not yet been revealed.
- 8th/9th December - 24 hour Surrey Thomas Rover Rogaine  
- venue unrevealed.

Victorian contact : Paul Sharp - ph. (03) 3862020.

ROGAINERS' GOLD - ENERGY

BY N.S.W.R.A. Dietitian

During a rogaine energy stores are more valuable than gold. It is worth giving some thought to your diet before and during the event. Your food intake is not likely to make a noticeable difference to your speed however, it can help regarding how comfortable you feel during the rogaine, i.e., by avoiding the fatigue (physical and mental) caused by low blood glucose. So, you may find that you can keep moving for longer periods.

There are four sources of fuel, available to us, in our food supply. These are:-

|              |                  |
|--------------|------------------|
| carbohydrate | (16 KJ per gram) |
| fat          | (37 KJ per gram) |
| protein      | (17 KJ per gram) |
| alcohol      | (29 KJ per gram) |

Alcohol on a rogaine? Well, alcohol might make you very happy while clawing your way up mountain sides on a dark, cold, windy night, however it is not a sensible idea for obvious reasons. Alcohol will impair map reading ability, affect concentration level and destroy certain B vitamins necessary to energy metabolism. You may think that nobody would drink alcohol during a rogaine anyway. Well, competitors have used this "evil fluid" (e.g. in efforts to gain that warm inner glow) so it is worth mentioning the adverse side effects.

Fat is also a source of energy. In fact, it is the most energy dense source, however, as a nutritionist it is against my principles to recommend a high fat diet. Fatty foods during a rogaine are not a good idea as they delay gastric emptying and are slowly digested and absorbed. If fatty foods are to be eaten then it should be before the rogaine as they are not readily available sources of energy. Raw nuts and seeds are excellent sources of unsaturated fat.

Protein is used, by the body, as a source of fuel when carbohydrate and fat are in short supply. Protein is not a recommended source of energy as it is comparatively expensive (money-wise), relatively slow to digest, requires the body to work harder to convert it to energy and also increases the need for fluids in order to flush out the resulting waste products.

That leaves us with carbohydrate, the ideal energy source for endurance athletes. Carbohydrate is an efficient, readily available fuel source. Carbohydrate foods fall into 2 categories:-

- 1) complex e.g. wholegrain breads, cereal grain products, dried peas and beans.
- 2) simple e.g. glucose, honey, sugar, confectionery and fructose in fruit.

Complex carbohydrates are digested and absorbed more slowly than simple carbohydrates. For example, the energy gained from eating rice will not be available to the body for a few hours whereas the energy liberated from sweets could be available within an hour. Fruit juices are even more rapid sources of energy. So, it is a good idea to combine complex and simple carbohydrates in order to provide yourself with some long term and some short term sources of energy. Cake, slice or biscuits made with wholemeal flour, honey or sugar and lots of dried fruit is reasonably nutritious high energy tucker providing long and short term energy sources.

Also, it is a good idea to begin stocking up your body's energy stores a couple of days before the big event. Increased consumption of complex carbohydrates is the recommended way to do this as they also provide essential nutrients. Also, vitally important, is to eat high energy foods (as nutritious as is possible, e.g. toasted musleii bars) at regular intervals during the rogaine in order to prevent depletion of energy levels. Don't forget fluids!

The psychological aspect of food is also important. If you believe, strongly enough, that a certain food will enhance your

performance then there is a large chance that it will. Choose foods which you are familiar with and like. It is not a wise idea to decide to consume the same diet as the winners of the last rogaïne you were in. Diet is just one of the many factors in rogaïne success stories. One of the most significant factors is how successful you are at rogaïneing is how much of a masochist you are!



This is what fatigue can do to you!

## THE AUSTRALIAN CHAMPIONSHIPS

## A Competitors Point of View

The lazy, little township of Bungonia has never seen so much action as it did on the weekend of the Australian Championships (11th/12th August). It was a great event which I am sure was enjoyed by all who entered. Congratulations to the organisers who must have donated a vast amount of time and effort to the running of this event just so we, the competitors, could torture our bodies to our heart's delight. Observation of the torn, tattered, tired bodies at the end confirmed that this is exactly what did happen.

An excellent choice was made regarding the area. The terrain varied from undulating to moderately steep. The vegetation consisted mainly of grasslands and open eucalypt. The weather was nippy and a cold wind blew however it remained dry for the duration of the event. Rain did threaten during the night but failed to daunt all of those stout spirited rogainers so fizzled out. The markers were accurately placed. Nevertheless, some were very tricky to find at night.

During the event I discovered what true love is. It is when your partner (with a sprained foot) carries you across creeks in the middle of the night. By the way, we are a husband and wife team.

Many welcomes to the new members. Rogaining is a challenging and satisfying sport in which you do not have to win to feel that you have achieved. Although, sometimes I wish I had taken on a sport which is easier to explain to sedentary friends!

*Dianne van Netten*

ORGANISERS' REPORT

From the organisers' point of view the Bungonia Championships were very successful. We attracted about 155 competitors (67 teams), of whom 25 (10 teams) entered the 8 hour event with the rest in the 24 hour Championship. Over 90 competitors were new to rogaining.

The winning team, Dave Rowlands and Ken Miller of Victoria, scored 165 out of a possible 182 points (46 out of 50 controls), covering about 95 km (straight-line estimate). This was not only an excellent performance, but gratifying to the course setters in that the course was just the right length.

The winning womens team, Cathy Crock, Christine Arnold and Wendy Orams, very nobly forfeited their last couple of controls, instead bringing back to the base camp a young grey kangaroo that was caught in a fence.

Administration of the event went smoothly except at the finish, when some forethought and preparation could have led to results being available sooner than 1½ hours after the finish.

Catering seemed to be universally acclaimed, judging by the questionnaires returned after the finish. Although hardly of 5-star restaurant standard it was pleasing that the variety and quantity of food seemed to exceed most people's expectations. The quantity also exceeded our expectations and some of us are still eating sausages and mince weeks after the event.

No significant complaints about the course were substantiated, although there was a little quibbling from some quarters about 20m here or there and a couple of missing punches. Despite the fact that some vulnerable controls were checked during the morning before the start (and one cow-mutilated marker replaced) a couple of punches had disappeared. One of these was replaced at 11 pm after several teams had reported it missing. Checkpoints were placed 2 to 5 weeks before the event, so the occasional missing punch or animal damage was not altogether surprising.

Despite the good attendance the event was not a financial bonanza. The break-even point was budgetted to be 200 competitors, which was a reasonable expectation considering that 5000 entry forms were distributed. The NSWRA will not however make a loss, as the organisers elected to reduce their petrol reimbursements to the point where the budget balanced. It will be fair to expect, though, that the entry fee for future major rogaines will be more than \$12.

The organising team was: Overall coordination and course setting - Peter Tuft; catering planning and coordination - Robyn Tuft; promotion - William Blunt; administration and registration - Linda Vining; transport coordination - Meg Thornton; fieldwork and/or kitchen duty (in addition to those above) - Richard Basset, Andrew Blakers, Robert Jung, Charles and Judy Morris, Peter and Irene Pavlov, Anita Rickli, Adrian Spragg, Bruce and Linda Spry, Helen Storey, Ross Vining, Ken Wilson.

AUSTRALIAN CHAMPIONSHIPS RESULTS (24 HOUR)

(Possible Maximum Points - 182)

| <u>MENS</u>  | <u>POINTS</u> |
|--|---------------|
| 1. D. Rowlands, K. Miller  | 165           |
| 2. P. Creaser, A. Calder, P. Rand                                | 147           |
| 3. S. Law, D. Church   | 134           |
| 4. B. Greaves, J. Armstrong, D. Pascoe                           | 101           |
| 5. P. Kinny, G. Downey   | 96            |
| 6. D. Gillot, R. Hill  | 96            |
| 7. J. Weir, J. Davis   | 91            |
| 8. D. Morris, N. Hooper  | 85            |
| 9. R. Hutchinson, M. Job   | 84            |
| 10. B. Simmons, P. Cooke, S. Morris                              | 81            |
| 11. S. Allsopp, T. Thomas, P. Ward                               | 79            |
| 12. T. O'Halloran, B. Pullman                                    | 62            |
| 13. T. and E. Gollan   | 62            |
| 14. G. Johnson, B. Roberts, R. O'Reiley                          | 61            |
| 15. M. Krause, J. Benhan   | 54            |
| 16. J. Merchant, K. Osborn                                       | 52            |
| 17. J. Woddell, C. Afflick, J. Crothkopp, P. Jenkins,<br>A. Boag | 50            |
| 18. P. Sharp, N. Hallebone                                       | 50            |
| 19. D. Booth, J. Stanhope, A. Cox                                | 49            |
| 20. P. Kuestler, B. Wannan                                       | 45            |
| 21. A. Cunningham, P. Jones                                      | 45            |
| 22. D. Stewart, R. McNair  | 45            |
| 23. G. Claridge, T. McGulloch                                    | 42            |
| 24. T. Fern, D. Kennedy, P. Edwards                              | 42            |
| 25. R. Shepard, M. Marey   | 40            |
| 26. P. Craig, A. Lucena  | 40            |
| 27. G. Harrigan, D. Skellern                                     | 40            |
| 28. P. Hackett, M. Finn  | 37            |
| 29. B. Campigli, D. Clayton                                      | 35            |
| 30. J. Harding, A. Smith   | 34            |
| 31. D. Seabrook, R. Smith, C. Fogg, A. Simon                     | 29            |
| 32. G. Threlfo, R. Evertt, M. Flanders                           | 14            |
| 33. D. Lill, D. Mayer  | 3             |

WOMENS

- |                                  |    |
|----------------------------------|----|
| 1. C. Crock, C. Arnold, W. Orams | 56 |
| 2. M. Myerscough, N. Holmes      | 50 |

MIXED

- |  |     |
|--|-----|
| 1. A. Davis, K. Watt                   | 101 |
| 2. B. and D. van Netten                | 84  |
| 3. M. Jenkins, N. Taws                 | 74  |
| 4. G. Connar, N. Shepherd              | 63  |
| 5. H. Asche, C. Job                    | 61  |
| 6. J. Larsen, L. Broad                 | 52  |
| 7. D. Backhouse, M. Stolorz            | 42  |
| 8. P. and J. Walker, H. Pask, D. Timms | 40  |
| 9. C. Sanxye, B. Fletcher              | 39  |
| 10. G. Smethurst, K. McKay             | 35  |
| 11. M. Dessens, T. Rogers              | 34  |
| 12. B. Carmel, M. Taws, H. Thomas      | 30  |
| 13. Y. and A. Lefébure, K. Simpson     | 28  |
| 14. P. Dudley, D. Patey                | 24  |

VETERAN

- |                         |    |
|-------------------------|----|
| 1. N. and J. Hoogenraud | 75 |
|-------------------------|----|

JUNIOR

- |                                     |    |
|-------------------------------------|----|
| 1. S. Treadwell, D. Donaldson       | 89 |
| 2. T. Johnson, A. Stewart           | 53 |
| 3. M. Weir, G. Marshall, S. Garrick | 29 |
| 4. D. Parkes, K. Walter, B. Bigelor | 20 |
| 5. S. Evans, J. Cunellis            | 14 |



RESULTS (8 HOUR)

|  | POINTS |
|--|--------|
| 1. D. Booth, J. Stanhope, A. Cox               | 49     |
| 2. M. and G. Cassells                          | 48     |
| 3. D. and B. Trewin                            | 45     |
| 4. A. Lefort, C. Cusack, V. Benwick            | 39     |
| 5. K. Paine, M. Merrany                        | 38     |
| 6. W. Gregson, P. Roberts, P. Quayle, I. Booth | 37     |
| 7. P. Frylink, B. Harvey                       | 37     |
| 8. V. and P. Mara, R. Leslie                   | 36     |
| 9. G. Quantock, J. Foster                      | 30     |
| 10. A. MacDonald, G. Moulton                   | 19     |
| 11. P. Robinson, P. Wherry                     | 15     |

LOST PROPERTY

Peter Tuft has a collection of articles left at Bungonia.  
 Mainly mittens, beanies and plates. Contact Peter if you think  
 you own any of these items.

MEMBERSHIP RENEWAL

Name: .....

Address: .....

Postcode: ..... Telephone: .....

Membership Fee Enclosed: .....

MAKE CHEQUES PAYABLE TO N.S.W.R.A.

1ST A.C.T. ROGAINING CHAMPIONSHIPS

BUNGENDORE AREA NOVEMBER 3/4 1pm to 1 am

A combined 6 and 12 hour rogaine is being held approximately 40 minutes drive north-east of Canberra, near Bungendore on November 3/4.

Vegetation is mainly open eucalypt forest with some open areas. Terrain varies from steep to gently undulating. The event will cater for the less experienced ( who may want to try the 6 hour event) as well as providing a challenge for seasoned campaigners. However, the actual championship will be based on the 12 hour course.

Camping is possible at the hash house. The evening meal and breakfast will be provided, however, competitors should provide their own utensils and sleeping gear.

COST: \$9.00 per person (teams of 2 to 4 only)

MAP: 1:50 000

SECTIONS: Mens, Womens, Mixed, Juniors (under 19), Veterans (over 40), Family

ENTRIES CLOSE: Tuesday October 23

LATE ENTRIES: To be avoided.

ORGANISER: Phil Creaser 414604 for enquiries

SEND ENTRIES TO: Mr P.Creaser, 3 Paroo Place, KALEEN, A.C.T. 2617.

FOR FINAL INSTRUCTIONS: Please enclose a stamped, self-addressed envelope.

.....  
ENTRY FORM                      A.C.T. ROGAINING CHAMPIONSHIPS                      NOVEMBER 3/4

TEAM CONTACT: \_\_\_\_\_ Phone \_\_\_\_\_

COURSE: 6 HOUR /12 HOUR

SECTION: MEN WOMEN MIXED JUNIORS VETERANS FAMILY

| <u>Name</u> | <u>Address</u> | <u>Fee</u>  |
|-------------|----------------|-------------|
| _____       | _____          | _____       |
| _____       | _____          | _____       |
| _____       | _____          | _____       |
| _____       | _____          | _____       |
|             |                | Total _____ |

Make cheques payable to  
A.C.T. ROGAINING CHAMPIONSHIPS.