



# N.S.W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

N.S.W.R.A. NEWSLETTER

Vol. 7, No: 8.

April, 1986.

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

Vice President: Peter Tuft, 6 The Comenarra P'way  
PYMBLE (02) 441325.

Secretary/Treasurer: Dianne van Netten, 17 Harrington St.,  
FENNELL BAY. (049) 59 6544.

## DEMPSEY'S DIALOGUE

If you have recently joined N.S.W.R.A., a warm welcome to you from all members. Whether you're in this category or are a long standing member, I am sure the memories of sore legs and scratches from the Darkes Forest event are fading. In my case they are being replaced by some reminiscences of delightful views along the main creeks.

On this point, it is probably worth making mention of Bob Freetr's semi-definitive roganing glossary (appearing in W.A.R.A.'s March newsletter). The following entries may be of interest.

EVENT : immediately after an event Rogainers vow most vehemently never to participate in another event.

EVENT(the next) : two days after an event, Rogainers start asking when is the next event to be held, and proceed to spend months planning for it.

All I can say is that A.C.T.R.A. is staging it's inaugural 24Hr Championships, in conjunction with the intervarsity Competition, on May 17/18. Perhaps we'll see you there.

Ian Dempsey.

POSITIONS VACANT

N.S.W.R.A. has been granted the honour of staging the 1987 Australian Rogaining Championships. While we already have the basis of an organisational team, there are still many area's of responsibility to be allocated. Some of these are:-

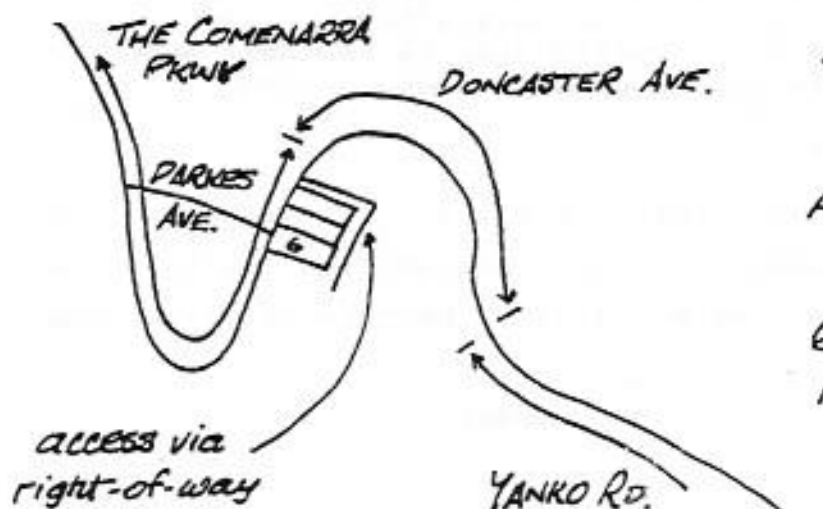
- selection of an area
- field checking
- administration
- equipment coordination
- help over the competition weekend

If you would like to be involved with the highlight of the rogaining calendar in 1987, then contact the event coordinator, Bert van Netten, 17 Harrington Street, Fennell Bay. 2283. (049) 59 5935 or 59 6544.

NOTICEANNUAL GENERAL MEETING

Date: Saturday, July 21. 7:30 pm

Venue: Robyn and Peter Tuff's residence,  
6 The Comenarra Parkway,  
Pymble. (02) 44 1325



21-7-86 . 7.30 pm.

HOW TO GET TO THE  
ANNUAL GENERAL  
MEETING.

6 THE COMENARRA PKWY.,  
PYMBLE.

LEAVE YOUR CAR  
IN PARKES AVE.

1986 NATIONAL CALENDER

<u>EVENT</u>	<u>DATE</u>
ACT 24hr Championship (plus 8hr event) See enclosed entry form	17/18 May
VICTORIAN 24hr Championship Enquires to Nick Hoogenraad (03) 43 71693	24/25 May
N.S.W. 12hr Rogaine Details in next Newsletter	16 August
AUSTRALIAN CHAMPIONSHIPS W.A. Enquires to Jim Walter 8 Sheila St, Mosman Park. 6012.	20/21 September
ACT 12hr Rogaine Details in future newsletter.	18 October

OTHER EVENTS OF INTEREST

PADDY PALLIN 3½ hr Orienteering Contest. Contact Peter Tuff (02) 44 1325	15 June
ARMIDALE 6hr event Contact Graeme Cooper (067) 72 3584	(Tentative Date) 3 August

ACT 24HR CHAMPIONSHIPS

Going on past efforts of the ACT rogaining organisers, this is an event not to be missed.

Please note that entries post marked after the 2nd of May are considered late and are subject to the \$2 penalty. This does not leave you much time to get your team together, however, it would be greatly appreciated by the organisers if you could avoid late entries.

LATE ENTRIES

Competitors entering events after the given closing dates will suffer the following, immediately prior to the event:-

- 1) Torches will be confiscated
- 2) Food withdrawn
- 3) Packs filled with rocks
- 4) Shoes replaced with wooden clogs
- 5) Water bottles filled with mayonnaise

So, it isn't worth being late, OR is it? Rogainers do tend to have masochistic qualities. The above measures would probably add to the pain (or is it pleasure) of the rogaine.

ARE YOU FINANCIAL?

Membership fees are now \$5

You are financial if:-

- 1) you have paid your \$5 by mail since January 1, 1986
- OR
- 2) you competed in the N.S.W. Championships and paid the \$5 membership fee, as part of the entry fee.

If you have complied with either of the above, then you are financial until June 30, 1987.

If you have not done either of the above, then you are unfinancial as of June 30, 1986.

Fees can be mailed to the secretary.

SURVEY RESULTS

Thank's to those interested bodies who responded to the survey in the January Newsletter. I am still waiting on promised responses and so the results are not ready for this newsletter.

If you have not completed the survey questionnaire it is not too late. We would love to hear from you. Completed questionnaires can be mailed to the secretary.



N.S.W. REGAINING CHAMPIONSHIPS 22-23 MARCH 1986  
O'HARES CREEK CATCHMENT, DARKES FOREST

RESULTS AND ORGANISERS REPORT

Final Results - 24 Hour

Overall Team			Position in					Total
Pos'n	No	Names	M	W	X	J	V	Points
1	37	Andrew Calder, David Booth	1					140
2	40	James Johnson, Keith Uebel	2					138
3	15	Ian Dempsey, John Weir	3					124
4	1	Bert & Dianne van Netten				1		111
5	39	Adrian Plaskitt, Andrew Krockenberger	4					104
5	36	Peter Wherry, Gareth Prosser, D.McKenna	4					104
7	20	Bruce Spry, Peter Tuft, Peter Pavlov	6					96
8	18	Reddal Leslie, Andrew Layland	7					89
9	2	Geof Connor, Noelene Shepherd					1	84
10	7	Peter Edwards, John Edwards, Peter King	8					73
11	3e	Darren Seabrook, M.McDonald					1	67
12	31	Bob Cavill, Don Pardy	9					66
13	30	Geoff Bibley, Jacques Khoury					2	62
14	3b	Gordon Johnson, M.Flores, P.Spencer	10					56
15	3f	P.Emmerton, M.Mork, P.Castles					3	49
16	28	Terry Collins, Wendy Davies					2	48
17	3c	John Waddell, J.Clark, T.Dunn	11					39
18	49	James West, Karl Winkler	12					38
18	38	T.Daniel, S.Prince, A.Kaiko, J.Ekerick					3	38
20	10	Robert & Pam Montgomery					4	33
21	47	Patrick Crittenden, Gabrielle Proud					5	29
?	13	John Tooke, John Keats	?					Lost card

The winning team covered 60 controls and 60 km in 24 hours, averaging 24 minutes per control. This can be compared to the performance of the shorter event winners.

Final Results - 8 Hour

1	14	Geoff & Elizabeth Morley, Peter Duguid					1	66
2	54	Peter Watterson, Trevor Gollan	1					65
3	27	Ian Gillott, Robyn Magrath					2	63
4	9	Stephen Wagner, Ron O'Connor	2					63
5	19	Stephen Warr, Andrew Lumsden	3					61
6	32	Peter Shepherd, Robert Mifsud, Philip Bellis	4					55
7	3a	R.Clark, D.Clark, Terry Sharp	5					51
8	24	Marwick Marsden, Rosemary & Roger Austen					3	49
9	22	Craig Scott, Doug Mayor	6					48
10	26	Michael & Graham Cassells					4	45
11	35	Maurice Ripley, Bill Dowsley	7					44
12	16	R.A.Mackender, Darryl & Danielle Mackender					5	43
13	55	Lisa Harvey, P.Harvey, R.Herbert					6	37
14	12	R. & K.Bailey					7	35
15	5	Karen O'Mullane, Lynda Bristow, Phillip Harrison					8	35
17	46	Rohan Bradney, Peter Jeans, Alex Lobry	8					31
18	53	Roy Carter, Maryanne Ofner					8	25
19	51	Chris Kinsella, Michael Hughes, Prue & Mauricio Mesa					9	23
20	8	Peter Tierney, Nigel Blacklock, John ?	9					10
21	43	Gray Southon, Adrian Berry, Adam Spencer					1	-15
22	44	Tim Murdoch, John Chapman					1	-15
U 34		Ken Wilson, Margot Simpson (Unofficial)					U	51

The winning Men's team collected 34 controls to average 14 minutes per control. Unfortunately they came in 10 minutes late, resulting in 2nd place overall. The winning team overall collected 31 controls to average 15 minutes per control.

Final Results - 3 Hour

1	23	Jim Merchant, Gerry Wong	1					31
2	29	Dorothy Crouch, Robert Evans					1	28
3	50	Graeme Moulton, Barry Henderson, Scott Humphries	2					27
4	21	Linda Spry, Robyn Tuft					1	15
5	48	Jan Haling, Diana Sines					2	10
6	56	Pete McKelvy, Margaret Bolliger					2	2
7	45	Michael Pollock, R.Crawford	3					1
8	41	Anthony Hunt, Scott MacGibbon	4					-6
9	11	Debbie & Ross Reichardt, Sue Walters					3	-6
10	6	Pat Young, Pam Wray					4	-20
11	42	Martin Krause, Brad Simmons	5					-24

The winning team collected 17 controls to average 11 minutes per control, but lost points when they came in 8 minutes late.



## BACKGROUND

In July 1985 Peter Tuft asked Andrew Blakers if he would organise the 1986 N.S.W. Rogaining Championships. Andrew (fool) promptly agreed, enlisted Adrian as a co organiser (a bigger fool), and set about choosing an area.

Efforts to use the Royal National Park foundered when NP&WS required \$5 million public liability insurance. Even if it were possible for a single event (which it isn't), it would have been prohibitively expensive.

A request to the MWS&DB to use the Moronora Catchment was denied, but 2 alternative waterboard areas were suggested. O'Hares Creek Catchment was chosen in late November 1985, although written permission was held off until 21.1.86, by when organisation was well under way.

The waterboard rangers gave invaluable help. On 14.12.85 Jack Mulligan drove us through the area, and on 23.2.86 we met George Williams who was able to generally describe scrubby areas, give names and rundowns on local landholders, and indicate potential hazards. Subsequently he informed the Wollongong Shire Council, army, police and ambulance of the event. During the event George carried out most of the roadpatrols, and was even seen handling a pair of tongs at the barbecue.

Permission to use the Darkes Forest Community Hall as a hashhouse was given on a fieldtrip in late November 1985, although a mixup did result in the hall being doublebooked, just a week before the event!

Many private landholdings near the hall stretched to Madders Creek, and on 23.2.86 a morning was spent visiting local landholders to obtain permission to cross the bottom of their landholdings, or merely to inform them of the event. Most landowners were receptive, and only a horse trail riding ranch was declared out of bounds.

## PUBLICITY

The importance of publicity cannot be emphasised enough, although ultimately we were disappointed in the results.

5000 A5 entry forms were printed off on 24.12.85 and subsequently distributed:

Orienteering Association	500
Rogaining Association	300
Canberra Rogaine entrants	300
incl. in St George Area Scout News	1100
Bushwalking Clubs, NPA, Army	600
Sydney City & Suburban, Newcastle, Canberra camping shops;	
YHA, Scout & Guide shops	600
Other eg Friends, Theatres, Sport & Rec, Uni Orientation week	600
On hand at end - poor planning?	1000
	<u>5000</u>

Friends were prevailed upon to put up notices (including A3 photocopy blowups) at their places of work, on Army noticeboards, on public noticeboards, shop windows, city traffic lights etc.

Articles were written and published in St George Area Scout News (for \$100 - the only advertising we paid for); in Cumberland, North Metropolitan, Manly Warringah, Hume and Central Area Scout Bulletins; SMH Metro Free Listings (3 weeks) and Stay in Touch (too small, too late); Wild Magazine (too late); Army Bulletin; MWS&DB & DMF Staff Newsletters; Federation of BNC Newsletter (too late).

Analysis of Entry forms and Questionnaire results showed:

	Entrants	Teams	Found out about the event through:					
			Rogaine Assoc	Orienteer Assoc	Friend	Shop	B.W.Club	Scouts, NPA, Metro
24 Hour	52	21	80%	10%		5%	5%	
8 Hour	55	22	65%	15%	5%		5%	10%
3 Hour	24	11	50%	10%	10%			30%
	<u>131</u>	<u>55</u>						

In other words, the Rogaining and Orienteering Association newsletters and members contacting friends accounted for most participants, the conclusion also reached after the Australian Championships at Bungonia in August 1984. That Rogaine attracted 155 people, the largest held in N.S.W. All our hard work to publicise the event resulted in only a few newcomers participating in the 3 and 8 hour events, although we do see that publicity as an investment in the future. The name of the sport is relatively unknown, and will require continuing publicity before it becomes half as well known as Orienteering.

Particularly disappointing was the response of the Bushwalking Clubs (2 teams), Scouts (2 teams) and Army (2 teams), although the latter is probably due to the fact that most regular and reserve army units in the Sydney region had been on their annual 2 to 4 weeks camps up to a week before the event. A number of orienteers chose not to participate in order to conserve their energy for the Easter 3 day event in Victoria a week after our event.

We include the rate at which entries were received to help prospective organisers:

	Days prior to the event					2 days	Competed	
	35 days	21 days	13 days	12 days	2 days			
Cumulative entries- This event	22	37	85	107	130	131	Only 4 didn't show-fine day	
Bungonia	30	73	113	136	174	155	10% didn't show-cold, windy	

As one can see there is a spurt of entries the Monday after the Friday close.

### COURSE AND SETTING

We wished to organise an "efficient" Rogaine by minimising our organising time, and involving as few people as possible so as to reduce co-ordinating time and not to deplete actual participants.

- The O'Hares Creek catchment was chosen due to
  - a) its proximity to Sydney and the organisers. This reduced travelling time, logistical support on the weekend itself and we hoped would encourage a greater number of beginners than in fact entered.
  - b) permission to use the area was obtained with 2 letters, reducing the usual fieldwork by a third from the outset.
  - c) its scenic beauty, availability of water and lack of public roads through the area.

- The checkpoint numbers were doubled to
  - a) encourage beginners by providing quicker and more frequent positive responses than in past.
  - b) compensate for the fact that the total Rogaine area of 50 sq.km was a third of that used in many past events.

- Changes from checkpoint scoring in past events were to
  - a) provide a high value checkpoint at the hashhouse (7 points) during the specified hours to compensate and encourage those who returned in the night. One point was awarded for completion of a team questionnaire to ensure a response.
  - b) not weight checkpoint values according to their distance from the hashhouse, but to make distant areas attractive by grouping checkpoints. All field checkpoints were worth 2, 3 or 4 points according to navigational difficulty and scrub.

Our first reconnaissance of the area was on 14.12.85 with the Waterboard Ranger, and checkpoint setting started on 10.2.86 in 35°C heat. The first couple of days of checkpoint setting were disappointing as they concentrated on areas west of 10B firetrail and were characterised by thick scrub or fairly boring scenery. As we became more familiar with the area we altered the course drastically. The first couple of days checkpoint setting were in fact never used.

We enlisted Mike and Julie Drew, Mike McCluskey, Ken Wilson and Anita Rickli to help with checkpoint setting and verifying, but did most by ourselves using one car and elaborate plans to co ordinate setting by areas.

Time started to run out as a number of helpers reneged on offers to help, and the accuracy of some helpers became suspect. Finally we were obliged to take a day off work on 18.3.86 and flagged many checkpoints as we went. While this is a frowned upon practice (each checkpoint should normally be visited twice), we were confident of our navigation.

Of the total 80 checkpoints set, 68 were set or flagged by the 2 organisers, 4 set by helpers could not be found or were considered doubtful and not used, and 8 set by helpers were not visited by us. The only substantiated misplacements were in 2 of the latter, resulting in all teams who attempted to find checkpoint 70 being credited with its points plus an extra point. Fortunately the other misplaced checkpoint was not visited by any team.

In the questionnaires about half the teams thought there was too much scrub, although we had attempted to ameliorate this by removing checkpoints from the worst scrub and grouping. And you thought you had it bad! We were glad to see that a number of teams managed a swim through the day. Thankyou to all those who signed the petition to the Minister for Planning and Environment asking for the area to be protected from specified threats and that the expected Army use be with a strong plan of management.

### ORGANISATION

We believe we were able to run an "efficient" Rogaine by cutting down on the number of person days and helpers during organisation. We also had the benefit of a comprehensive file put together by Peter and Robyn Tuft after the 1984 Australian Rogaining Championships at Burgonia.

This was the first time that concessions and varying fees for each event were offered in N.S.W. Concessions were claimed by 8 in the 24 Hr event, 11 in 8hr and 3 in 3hr. It appears that the entry form was somewhat confusing, as many people failed to send the correct money (especially with respect to the Association joining or single event fee) or even addresses.

The success of the running of the event itself was due to our helpers. Thankyou to Margaret Piper and Tony Spragg for their capable administration. Results were announced within 30 to 45 minutes of the end of each event by having competitors self assess, with organisers checking the placegetters, and using Orienteering style team cards for sorting. The start would have been smoother if we had had lists of competitors drawn up before the morning of the event. This was not overlooked, but was due to too busy days leading up to the event. In hindsight, we would have been better starting the 3 hour event a full hour after the 8 and 24 hour mass start, and providing a map and compass instructional for those beginners who had come along.

Through the night 3 pairs of organisers served 3 hour shifts. Thankyou to Anita Rickli, Lyn and Evan Spragg, Margaret, Tony, George Williams, Robyn Tuft and Linda Spry for cooking et al. From the questionnaires it appears people were happy with the food, which was chosen to require a minimum of preparation. Other than bread and sausages there was not too much left over, and quickthinking helpers minimised the final deficit by selling off the excess largely at cost.

George, Anita, Linda and Lyn and Evan patrolled Firetrail 10B at 3 hour intervals through the night.

Noel Carr, a local, provided the hotplate for the fire, "Hakea" honey for prizes and took much of the rubbish after the event.

Only 10 people required transport from Helensburgh station (thankyou to those competitors who fetched them) and only one team took us up on the babysitting offer.

We were overjoyed when 68 of the 76 checkpoints were pulled in on the Sunday afternoon, leaving only 8 to be cleared by one of the organisers in a 2 hour operation later in the week. Thankyou to Linda and Robyn, Tony and Anita, Peter Matterson, Rohan Bradney and to Richard Bassett who cleared 18 on his trailbike!

Total person days spent were:

Fieldwork (of which Adrian & Andy spent 17)	23
Organisation (Adrian & Andy)	13
Event (spread over 11 people)	18
Wrap up organisation (Adrian & Andy)	5
Total Person days	<u>59</u>

The total loss for the event was only \$21. All costs including car running costs were fully covered. We are rather smug about our budgetting.

## FINANCIAL

		This Event		Bungonia - August 1984	
		\$	\$	\$	\$
Revenue -	3 Hour 24 people		720		
	8 Hour 55 people	(a)	669	8 Hour 25 people	
	24 Hour 52 people		229	24 Hour 130 people (a)	2135
	Morimi-payment in kind		230		200
			1848		2335
less Joining & Single Event fees to N.S.W.R.A.		(347)	1501		(186)
2149					
Fixed Overheads (b)					
Printing - 5000 A5 entry forms - Snap		(203)		5000 A5 entry forms	(230)
Hall hire - Darkes Forest Community		(100)		Bungonia school	(120)
Advertising - St George Area Scout News		(100)			
C.M.A. Copyright		(53)			
Petrol- 10c per km		(193)		25 1/2 trips x \$22 (c)	(560)
Postage & phonecalls		(54)			(75)
Circle Marker		(20)			
Hire of controls - Kareela Orienteering		(5)			
Organisers maps, aerial photo, test colour copy		(50)	(778)		(60)
(1045)					
Marginal Costs					
210 Colour copies - Canon		(268)		155 maps	(475)
Food and prize honey	(306)				(435)
Morimi food	(230)				(200)
less sold at end	60	(476)	(744)		54
Loss shared by Organisers			(21)	Profit to N.S.W.R.A. (c)	(581)
					(1056)
					\$48

a. Includes fees from competitors who did not turn up

b. Expenses not incurred by the organisers: Trophies; Printing of Final Instructions, Indemnities, this report etc

c. Bungonia event - organisers took reduced petrol subsidies to cover what would otherwise have been a loss. This subsidy was about 25 1/2 trips x \$3 = \$80

## FOUND

1x Swiss Army Knife

1x small blue Silva compass near Checkpoint 67

Call Adrian on 02/90.7970 to claim these

Andrew

The Organisers - Andrew Blakers

Adrian



Adrian Spragg

## Rogaining in N.S.W.: A Competitor's Report - by Peter Watterson

Rogaining is a lot easier in Victoria. Whereas 12 hours rambling across the grasslands north of Melbourne is considered a social event, even an hour in the bush of the Sydney sandstone region bears resemblance to an endurance test. A patch of hakea (short for hack-into-ya) can reduce shirt sleeves to tatters and turn unprotected thighs into works of art. In the swamps Banksias with branches like steel tubing stand concealed amongst the reeds, waiting to do battle with walkers shins. And in the valleys there are fields of chest high fern matted with vines through which one can only advance by falling forwards.

How grateful my partner and I were that we had only elected to enter the 8 hour event in the recent N.S.W. Championships. By 8pm we were still clawing our way up a cliff face, on a straight line bearing to the hashhouse. About then my glasses must have fallen off, but in my delirious state of mind I didn't even notice. And yet ..... after litres of cordial and a good meal at the hashhouse ..... there we were making plans to get down to Carbetra for the A.C.T. Championships.

Why do we do it?

Congratulations to all those who survived the full 24 hours measure in Darkes Forest, and thanks to the organisers, Andrew and Adrian, who completed the same course some 3 times.

.....and another from James Johnson

I remember two of the pearls dropped by Andy Blakers at the beginning of the Darkes Forest Rogaine. "Heat exhaustion is not an accident - have a drink at every creek you cross". It turned out that there was an abundance of water on the course and after the first hour we had to stop drinking at every creek; I was starting to roll with the beer gut.

"There is some fairly thick scrub in places, but just remember, everybody else has to go through the same." It became perfectly obvious even to the casual observer that this was an understatement and that the isolated patches of light were something of a local curiosity.

At least it was comforting to discover that the Armed Forces were present in full force, faces blackened, rifles ready. They were threshing up one road, when we ran down past them. They were strung out over a couple of hundred metres in various states of discomfort. (One was heard to say "I dislove the smell of dencorub in the morning".) One anxious soul swung a rifle at us; another didn't have the energy to do so, but looked at us as though we needed shooting. (I later heard stories that Ken Wilson had been shot at, saved only by the bullet striking his compass, which hung around his neck).

It's been said before, but thanks again to the organisers for a great course, although there might have been the occasional grunted snarl about the marked position of a road or powerline. I'm sure this was in the heat exhaustion of the moment. There was an abundance of food and it was great to have the course so close to Sydney.

Even now while reclining in a padded armchair at my desk, basking in the fluorescents, the latticework of fine scabs from the myriad of tiny scratches have almost gone, and Rogaining doesn't seem as stupid as it did at the time.



1986 N.S.W. 24hr Rogianing ChampionshipsDARKES FOREST

As Reported By Bert and Dianne van Netten

We arrived 10 minutes before the official start with nothing prepared, least of all our brains. As Bert wandered around being sociable, I threw a few things in our packs and crumpled our maps between sheets of contact.

Our rapidly devised plan was to pick up as many markers as possible around the Hash house and then head west. We were hoping to be at marker 55 by night fall. Of course our plans were not realised. We left quite a few of the markers close to the Hash house for Sunday morning (a dangerous thing to do). At night fall we were at marker 61, after a disappointing search for 62. At 1 am we bedded down for 2 hours slumber (between markers 53 & 51). Torches make great pillows! At 3am we woke but it took a little while for our brains to start functioning again. Brains can be stubborn when they want to sleep, and you want them to concentrate.

It was around this time that we ran into the eventual winners, Andrew Calder and David Booth. I always find it comforting to meet up with other Rogainers in the dead of night. I then realised that there really are other humans in the world.

On Sunday morning we dined on musleii bars and butterscotch. We then had to move fast if we wanted to visit all of the markers we had planned to collect before reaching the Hash house. We arrived at the finish with a few minutes to spare but without all of the markers we had planned on (sound familiar?).

The area was beautiful but thick and scrubby. We came back with scratches and scapes on parts of the body that we didn't even know we had. It was a rogain\*which will "stick" in our minds.

Bert & Dianne