



NEW SOUTH WALES
ROGAINING
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 109

May 2005



THANK YOU ANZAC WEEKEND COURSE SETTERS

www.nswrogaining.org

ROGAINE CALENDAR

DATE	EVENT	LOCATION	CONTACT
19 June 2005	Paddy Pallin	2 hours west of Sydney	Julian Ledger 9416 6423
2-3 July 2005	NavShield 2005	5 hours NW of Sydney	www.bwrs.org.au/navshield
20 August 2005	6/12 hour	Lake Macquarie	Bert van Netten 4975 3693
15-16 October	NSW Championships	west	Bert van Netten
20 November	6 hour Socialgaine	south	Ian Almond 4271 7465
26 February 2006	6 hour Metrogaine		Janet Morris

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MESSAGE FROM MIKE (OUR 2005 PRESIDENT)

Events

There was a great turnout for the Anzac Rogaine, about 140 teams, perhaps because you had a good choice of course durations. It was a pleasant weekend, warm and somewhat humid. We were warned about mosquitos and certainly they were out in force. A great incentive to keep moving, no fun hanging around. Makes you wonder, what do they feed on in between rogaines?

My partner David Rowlands came from Melbourne for the event, as we are in training for the Australian Championships in May. We couldn't quite clean up the course but we had a go at it. David has a very long history in rogaining and we had the advantage that he had rogained in the area before – in 1979, a few years before NSWRA was formed.

The course provided us with a few navigational problems as well as a good 24 hour 'run'. There were issues with a couple of checkpoint locations, in particular 81, which we concluded was mis-located. It was not an easy area, especially tricky at night as the visibility was limited in some areas by the vegetation. Plenty of tracks to provide relief from the sometimes unfriendly vegetation. We were warned in the notes that there were many additional unmarked tracks – often these were useful, provided they went the right way!

Course setting credits are due to Ross Duker, Marilyn Ferris and Lesley Taylor. Great hashhouse, I'm not sure who thanks are due to but I believe Chris Cowie and David Sigley had a lot to do with it. The all-night-café was great too, centrally located and well patronised. We stopped there twice, much Milo was consumed. My thanks to everyone involved in this event.

By the time this newsletter hits your mailboxes, the Australian Championships will have come and gone. Good to see a few familiar NSW names on the entry list. David and I are looking forward to the competition.

Don't forget to get your Paddy Pallin 6 hour entry in as soon as possible – it's always popular and numbers may need to be limited.

QUOTE OF THE MONTH -

From the French novelist Colette (1873-1954):

The true traveller is he who goes on foot, and even then, he sits down a lot of the time.

[perhaps rogainers shouldn't qualify as true travellers?]

Mike Hotchkis (m_d.hotchkis@optusnet.com.au).

THE COMMITTEE - 2005

President - Mike Hotchkis, 4294 1363 (home), m_d.hotchkis@optusnet.com.au

Vice President – *This position is currently vacant and seeking a volunteer*

Public Officer – Julian Ledger, 9261 1111 (work) julian@yhansw.org.au

Secretary – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Treasurer – Tony Maloney, 9978 9181 (work) Anthony_maloney@promina.com.au

Event Manager - Phillip Groom, 4570 1249 (work), 4578 2278 (home) p.groom@uws.edu.au

Membership Secretary – Ian Almond, 220 Cordeaux Road, Mt Kembla NSW 2526 4271 7465 (Home) 4275 4105 (work), almondir@tpgi.com.au

Newsletter Editor – Julie Bacon, 4681 9537 (home) titianj@bigpond.com

Webmaster – Graeme Cooper, 6772 3584 (home), Graeme_cooper@bluepin.net.au

Publicity Co-ordinator - Graham Millar 9975 4240 gmillar@ozemail.com.au

Safety Officer – Richard Sage, 9564 2126 (home), danis-sage@bigpond.com

ARA Representative – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Volunteer Co-ordinator – Graeme Cooper 6772 3584 (home), Graeme_cooper@bluepin.net.au

Equipment Officer – Paul and Deb Stein, 54 Campsie Street, Wilton 4630 9545, 0419641002; pauldeb@bocnet.com.au

General Committee – *Two positions are currently vacant and seeking volunteers*

NSWRA Committee

At our most recent NSWRA meeting we discussed possible changes to our membership structure and the benefits of membership. Currently a significant part of the membership fee is used to pay for newsletter production and mailout. Some states have recently ceased to provide a printed newsletter and only provide news, results, entry forms, etc. on-line.

We have had some feedback that our membership fee is a disincentive to occasional rogainers, who may attend only one event a year, yet still pay the full membership fee. One alternative would be to make membership optional – however, the event entry fees would then need to increase to cover insurance costs, which are also paid at the moment out of the membership fee. Another alternative is to make receipt of a printed newsletter optional – offer a discount for members who opt out.

These sort of alternatives are on the table. As always, we welcome your comments on such issues. I'm particularly interested in people's attitudes towards this newsletter of ours. When television arrived, and then more recently with the internet, people predicted the demise of the daily newspaper. But still newspapers are popular, especially the weekend editions. All those different segments seem to spread themselves around the house in a matter of hours, to be picked up and read at random during idle moments. In paper form, it is so much more friendly and accessible than a computer or TV screen. Is it the same with our newsletter?

Mike Hotchkis

Volunteers Corner

It is pleasing to report that I had a great response to my call for volunteers for the Anzac Rogaine. From the organiser, Ross Duker, the Course Setters Ross, Lesley Taylor and Marilyn Ferris, the caterer Chris Cowie down to the card checkers in Administration and the potato peelers in the Hash House you all did a great job. I hope you will tell all your rogaining friends and acquaintances just how much enjoyment and satisfaction you got from a job well done.

We need you to do this because there are still not enough names in some spaces in the Volunteers Table on the next page. There are even blanks which must be filled. The Paddy Pallin 6 hour event next month puts a big demand on the Administration Team at the finish of the event. Consider giving up a small amount of your time to this event.

To get an up to date list at any time and one that shows the next five events, visit the NSWRA website and click on the 'Current Vacancies' link on the main page. Once there, to see a brief description of each volunteering role, click on the "Job Descriptions" link at the top of the page.

Remember, volunteers are always needed. No volunteers, no rogaines!

To offer your services to the cause, please contact me on Ph: 02 6772 3584 or email graeme_cooper@bluepin.net.au.

Graeme Cooper, Volunteer Co-ordinator

Volunteers for upcoming NSWRA Rogaines

To add your name to the list below, please contact the Volunteer Co-ordinator Graeme Cooper, Ph: 6772 3584, graeme_cooper@bluepin.net.au

Paddy Pallin 6 hour 19 June 2004	LakeMacquarie 12 hour 20 August 2004	NSW Championships 15-16 October	Socialgaine 6 hour 20 November 2005
Organiser	Organiser	Organiser	Organiser
Julian Ledger	Bert van Netten		Ian Almond
Administrator	Administrator	Administrator	Administrator
Ian Almond	Bob Gilbert	David Coysh	Phil Allen
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
Bronwyn Wilson, Jennifer & Jessica Almond, Phillip Groom	Steve Guy		
Course Setters	Course Setters	Course Setters	Course Setters
Michael Watts Paul Stein Louise & Trent Oliver	Bert van Netten Peter Charlton	Bert van Netten Ian Dempsey Rob Vincent	Ian Almond
Vetters	Vetters	Vetters	Vetters
Joel Mackay David Gell	Neil Chappell Alan Wright		Greg Knight
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
Ian Rank	Terry Durnin Simon Houston Thomas Lenzenhofer		John Anderson
Caterer	Caterer	Caterer	Caterer
1 st Waitara Scouts	Cardiff Scouts		
Hash House Team	Hash House Team	Hash House Team	Hash House Team
	Junior Orienteering Squad		David Green Richard Connors Andrew Palmisano
Site Staff	Site Staff	Site Staff	Site Staff
Photographer	Photographer	Photographer	Photographer

Last updated 17 May 2005

MANY THANKS TO THOSE WHO HAVE VOLUNTEERED

THE 42ND PADDY PALLIN WINTER 6 HOUR ROGAINE

Sunday, 19 June 2005 - 6 hour event with a mass 9am start

The Paddy Pallin sticks in your Editor's mind as the first rogaime I ever attended and the largest I have seen to date. It is always extremely popular and if you are late getting your entry in, you will definitely miss out. The mass start is quite a site to see and a joy to be part of.

The 2005 Paddy Pallin is back in the high country less than two hours west of Sydney and averaging 1000 metres above sea level. Set amongst State Forest, it will feature bush and track walking whilst challenging your navigational skills across a variety of terrain. The course design will include areas of easier navigation for novices and the less adventurous, whilst experienced teams can challenge themselves running to the outer limits.

There is a large area for camping on the Saturday night at no additional cost and a great evening meal is again on offer from 1st Waitara Scouts for only an extra \$11. The access road is dirt but in fairly good condition. Bring your best winter woolly gear because being right on the shortest day and 1km above Sydney it is going to be a crisp night and morning.

Come along and enjoy another great rogaime in the Paddy Pallin tradition with good friends and the great Aussie bush.



INTERNATIONAL ROGAING NEWS

The second European Rogaining Championships will be in Estonia on 11-12 June 2005. Rogaining started in Estonia in 1999, they have run 24 hour rogaines over the last couple of years, they regularly send teams to the World Rogaining Championships, and they attract several hundred participants to their major rogaines. Influencing the award of this event to Estonia was the strong positive comments from rogainers from other European countries who had attended previous Estonian rogaines. Gordon Birch (WARA) is liaising with the Estonian organising team on behalf of the IRF.

Further details of the championships are available through the Estonian website (in English): <http://www.orion.ee/rogain/en/>

International Rogaining Federation Inc. www.rogaining.com

BETTER LATE THAN NEVER

Due to my nearest and dearest's illness in March, our President took up the dual role of Preso and Newsletter Editor at a moment's notice. I thank him for this, my mind was occupied with worrying over medical matters at the time, but I never like to let the side down and it was good to know the good old newsletter would still get to the publisher. So thanks Mike for taking over. A friend offered to email Mike what I'd prepared, but the system broke down and it didn't happen.

So a few articles missed out on publication in the last newsletter. They might be a bit old now, but hopefully they haven't lost their sparkle. So here they are -

METROGAINE 2005 "GEORGES GANDER"- 27 FEBRUARY

Your Editor can tell you from personal experience that this event was blessed with ideal weather in a lovely area and a really interesting course. I would personally like to thank Debbie Hotchkis for getting out of her sick bed to honour her promise to partner me in this event. Debbie soldiered on for over four hours, despite being far from well and I am grateful for her determination to help me compete in my first rogaine in far too long a time. I enjoyed her company and it was great to be out and about on the rogaining circuit, even if the time and distance was a little less than planned.

Obviously we didn't get that many points, but Debbie certainly got lots of points in my eyes. Rogaining is a personal challenge and on this occasion Debbie proved to me that you do not have to get the most points in an event to be a winner. Thank you Debbie.

Julie Bacon, Newsletter Editor and Rusty Rogainer

AND FROM A NOVICE JUNIOR COMPETITOR

The 2005 Metrogaine was my first taste of a rogaine. I took along two oldies, namely Kerry Ayre and Bob Kimbrey, figuring it would be good for them to get out a bit. It was a struggle keeping them going, but they did well for five and a half hours. I bribed them along the way, four more checkpoints and they could have an ice cream. The hardest place we found had a lot of steps - Bob counted 1,052.

It was a great first experience and I'm sure I'll be back, but next time I'd like to do it at my own pace. Thanks very much to the organisers and to the hardworking people who provided the very welcome lunch afterwards.

Kirsten Ayre (10 yrs)

Isn't it great to hear from one of our youngest competitors, and a novice at that.

I would love to hear from any, or all, of our current rogainers. The committee knows what they think about the sport, but would like to know what everyone else has to say.

What do you enjoy most on a rogaine?

Is there anything that could be added (or removed) to make the experience more enjoyable from your point of view. Let us know. Or just give a summary of the last rogaine you competed in, share your rogaine experience with us.

ANZAC ROGAINÉ 24 HOUR EVENT – 23 APRIL 2005

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Junior	Novice	Family
95	Mike Hotchkis, David Rowlands	3180	23:47	1	1			1				
109	Ian Brown, Tony Garbellini, Parrish Robbins	2630	23:47	2	2			2				
40	Jordan Lefmann, Martin Lefmann, Patrick Mickan	2440	23.51	3	3							
19	Matthew Bacon, Anthony Michell	2150	23.50	4	4							
78	William Landers, Richard Wood	2120	20:24	5	5							
46	Tristan Blakers, Julie Jacoboski	1910	23:57	6			1					
102	Terry Durnin, Steve Tancred	1870	22:47	7	6							
110	Simon Houston, Thomas Lenzenhofer	1870	22:47	8	7							
103	Jim Clody, Paul Davis, Nick Millis	1840	23:23	9	8							
107	Sue Clarke, Walter Kelemen	1790	23:26	10			2	3				
38	Matt DeBelin, Michael Meryment	1770	21:55	11	9							
80	Amanda Bates, Duncan Macaulay	1720	22:42	12			3					
126	Malcolm Bradley, Edwina Hatch	1700	23:39	13			4					
47	Alexander Chew, Scott Mills	1610	23:36	14	10							
119	Joel Donney, Jenny Scott	1610	23:55	15			5					
32	Nihal Danis, Nejdet Danis, Richard Sage	1530	23:34	16			6	4				
62	Adam Carter, Geff Harper, Ewan Holland, Jason Wright	1520	22:14	17	11							
15	Chris Schulz, Laurent Varlet	1490	23:54	18	12							
94	Stewart Johnston, Mark Smith	1470	23:53	19	13							
116	Eoin Burke, Ben Talbot, Ted Toussaint	1450	21:40	20			7					
3	Jason Hollard, Brett McFayden, Glen Murphy	1420	20:00	21	14							
27	John Anderson, Peter Tamsett	1350	23:48	22	15			5	1			
132	Jerry Argyriou, Kerensa Argyriou	1320	18:47	23			8					
57	Amy Gibbens, Belinda Thorne	1290	22:55	24		1						
75	Glen Auld, Hal Simms	1170	22:43	25	16							

ANZAC ROGAINE 24 HOUR EVENT – 23 APRIL 2005 (CONTINUED)

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Junior	Novice	Family
45	Malcolm Bates, Steve Johnston, Barron Gow, Simon Williams	1060	23:02	276	187						1	
22	Rob Smalley, David Williams	1040	15:08	28	19							
73	Samuel Byrne, Joel McLeay, Lindsay Smith, Adam Vergos	950	24:28	29	20						2	
99	Michael Fantin, Trevor Kloeden, Todd Stafford, Kim Stokeld	910	18:28	30			9					
83	Ron Avery, Paul Flemons, Karen Maher, Phil Yates	900	22:28	31			10	6			3	
96	Clinton Killen, Jake Turner	790	23:13	32	21							
48	Shane Peak, Michael Wu	780	15:33	33	22							
140	Brad Deane, Lars Fischer	760	19:24	34	23							
69	Tim Hoar, Colin Stuart, James Stuart	740	22:10	35	24							
82	Jon Hull, Ben Stone	700	19:14	36	25							
129	Rachel Gale, Dave Humphries, Jost Preis, Lisa Taylor	650	23:17	37			11					
100	Vaughan Haines, Matthew Howard, John Larkin	640	12:21	38	26							
13	Pam Montgomery, Robert Montgomery	550	24:11	39			12	7	2			
139	Tom Dawes, Chippy Le Carpentier	480	7:54	40	27			8	3			

Our very modest President, Mike Hotchkis neglected to mention that he and his partner, David Rowlands won the 24 hour event.

Congratulations guys, not bad for a training run. We hope they are just as successful at the Australian Championships next month.

Show those Queenslanders a clean pair of heels fellas – Go the Southerners!!

ANZAC ROGAINE 15 IN 24 HOUR EVENT – 23 APRIL 2005

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Junior	Novice	Family
115	John Barnes, Mardi Beat	1680	14:50	1			1					
97	Roland Gamsjaeger, Joel Mackay	1570	14:53	2	1							
35	Philip Allen, Ted Booth	1470	14:52	3	2			1	1			
61	Damon Goerke, Fleur Grose	1430	14:39	4			2					
54	Julie Avakian, Michael Avakian	1330	13:42	5			3	2				
24	Richard Connors, David Green, Andrew Palmisano	1270	14:15	6	3			3				
81	Mike Devey, Adrian Smith	1260	14:28	7	4							
98	Jason Lowry, Jacqui Matthews	1230	14:55	8			4					
112	Phil Harding, Andrew Perry	1200	14:43	9	5							
142	Greg Bacon, Freya Scollay	1190	14:30	10			5					
53	Hugh Cover, Daniel Howe	1170	14:18	11	6						1	
36	Bob Bartle, John Guilly	1130	14:33	12	7			4	2			
12	Alicson Anderson, Shane Anderson, Stuart Brown	1120	13:32	13			6					
71	Hamish Kerr, Paul Knight	1100	15:17	14	8							
50	David Coysh, Rose Coysh	1090	14:43	15			7					1
130	Stuart Adams, Chad Singleton	1090	14:55	16	9							
55	Gill Fowler, Megan Gamble, Matt Ryan	1080	14:32	17			8					
89	Barry Drake, Terry Eggington	1010	14:34	18	10							
111	Janet Deane, Stephen C Graham	990	14:23	19			9					
56	Linda Eggington, Jenny Wood	980	14:40	20		1						
108	John Brayan, Paul Ettema	970	14:58	21	11			5				
59	Nicolas Hohn, Andrea Kneen	960	13:37	22			10					
90	Ian Almond, Rod Doyle	960	14:26	23	12			6				
125	Paul Lambie, Chris O'Neill	950	13:58	24			11					
86	Michael Cairney, Louise Cherry	930	14:49	25			12					
33	Stephen Fityus, Harvey Mitchell	920	15:16	26	13							
5	Arwen Cross, Duncan Cross, James McElvenny	890	14:48	27			13					
6	Nigel McDonald, Nicole Sellin	870	11:09	28			14					

ANZAC ROGAINE 6 HOUR EVENT – 23 APRIL 2005

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Junior	Novice	Family
52	Peter McConaghy, Wendy McConaghy	690	5:52	1			1					
84	Amy Von Huben, Mark Von Huben, Rebecca Wilkins	600	5:52	2			2					
92	Kylie Bower, Brendan Hooton, Raelee Locking	590	5:52	3			3					
8	Julie Stanley, Paul Stanley	590	6:04	4			4					
127	Martin Dearnley, David Dearnley, Louise Dearnley, Karen Jameyson, Tristan White	550	5:40	5			5				1	1
20	Jordan Richardson, Maurice Richardson, Nathan Richardson	540	5:20	6	1							2
42	Graham Millar, Richard Smyth	530	5:44	7	2			1	1			
67	Peter Gordon, Pili Vazquez	530	5:50	8			6					
63	Annette Dowd, Enid Mahomudally	520	6:13	9		1						
120	Margaret Bouttell, Sharon Phillips, Andy Walters	510	5:44	10			7					
143	Brendan Byrne, Megan Dimozantos	490	5:28	11			8					
91	Catherine Wilson, Nick Wilson	480	5:52	12			9					
124	Hamish Fitzhardinge, Kylie Henry	470	6:08	13			10					
60	Nicola Bradbury, Steve Clancy	460	5:51	14			11					
128	Merv English, Anne Newman	450	4:47	15			12	2				
121	Ashley Brennan, Grant Brennan, Natalie Brennan, Alison Fenton	450	5:25	16			13					3
26	Jennifer Vaccari, Lou Vaccari, Nick Vaccari	440	5:41	17			14					4
29	Tracy Bryan, Scott Cohen	430	5:49	18			15					
118	Florian Dirscherl, Angelika Hofbeck, Nikolay Nikolaev	420	5:28	19			16				2	

ANZAC ROGAINE 6 HOUR EVENT – 23 APRIL 2005 (CONTINUED)

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Junior	Novice	Family
138	Serren Callister, Iain Pigott	Late										
64	Rainer Hoft, Brooke Matthews, Marty Middlebrook, Tania Ritchie	Late										
16	Daniel Zavone, John Zavone	Late										
141	Jim Loong, David Wood	Late										

Thank you to everyone who competed and especially to everyone who made this very successful rogaie possible.



WHAT IS ROGAINING?

Rogaining is the sport of long distance cross country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most New South Wales events are held within two to three hours travelling time of Sydney.

Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas (Metrogaines) or on bikes (Cyclegaines). Rogaining is a challenging adventure sport and is a lot of fun.

WHO IS IT FOR?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "Hash House" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 kilometres in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.

WHAT DO YOU NEED?

Rogaining is good value for money. All you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the Hash House.

WHAT DOES IT COST?

In New South Wales the entry fees vary from \$30 to \$50 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

An annual membership fee is required to cover insurance costs and a regular bi-monthly newsletter. Membership fees are currently \$20 per individual. Family membership – First adult \$20, \$10 for second adult and dependant children free. Household membership is \$20 for first person, \$10 for each additional where all members share the same address.

You can join when you enter your first event.

CONTACT INFORMATION:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event.

NSWRA Public Officer – Julian Ledger: 9261 1111 (work) julianl@yhansw.org.au

NSWRA Secretary – Alan Mansfield: 0707 6773 (home) soniaamansfield@optusnet.com.au