

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 110

July 2005



**NEWSLETTER ENVELOPE STUFFERS – WITHOUT WHOM
THERE'D JUST BE A PILE OF PAPER AT THE PRINTERS**

www.nswrogaining.org

2005 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
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

INTERSTATE AND OVERSEAS ROGAINES

DATE	EVENT	LOCATION	CONTACT
8 October 2005	Tasmanian Champs	Deddington, Tas	www.rt.asn.au
4 March 2006	8 hour Tasmanian	Mt Wellington	www.rt.asn.au

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MESSAGE FROM MIKE (OUR 2005 PRESIDENT)

Paddy Pallin 6 hour rogain

Close to 700 participants! As explained in the organiser's report, entries came in early and exceeded the capacity of the course. The organiser was left with no option but to close entries early. This meant a lot of disappointed people with entries returned. While we're delighted so many people wanted to participate, unfortunately limits must be imposed to maintain the quality of the event and meet property managers' requirements. We hope that those who weren't able to participate this time will consider entering one of our other events later in the year.

After a beautiful sunny Saturday, the weather on the day of the Paddy Pallin was very Scottish – it reminded me of my country of birth. Howling gale, mist and intermittent rain. I spent many happy weekends in my youth wandering Scottish hills in similar conditions. I honed my navigational skills in thick mists in the Cairngorms. Ah, those were the days.

Actually, once out on the course, the conditions were quite pleasant, mostly in the shelter of the forest, and it was a really enjoyable event. I just felt a bit sorry for the organisers and all the helpers, as the hashhouse location was a bit exposed to the weather!

24 hours – or not quite

A week after the Paddy Pallin, we were off to Tarlo River National Park for the ACT Championships. Same location as the Cookbundoon Rogaine which I set, back in 1998. Again I was teamed up with my wife Debbie, in a 24 hour event this time. But 24 hours doesn't mean you have to be crazy 'sleep monsters'. We did this one the civilised way. We went out to the north first, in a loop which took us 7½ hours. We came in with many of the 8 hour event teams. We had a relaxed dinner, sat around the campfire, then retired at an early hour. Slept longer than I would at home. Got up, had a pleasant cooked breakfast – something I wouldn't have at home. Then out we went again, to the west for another look at the Tarlo River. Clocked up just enough points for a respectable score and returned to the hash house with the other 24 hour teams in time for another feed. We didn't feature among the prize-winners (26th out of 32 teams) but we had a good time. I think we slept more, and ate more, than any other team.

If you haven't done a 24 hour event yet, give it a try. I've heard that the NSW Champs in October will be in a spectacular setting on the western side of the Blue Mountains. Go for it!

'Over the Border' and back again

In May, I and quite a few other NSW rogainers went up north for the Australian Rogaining Champs. The 'Over the Border Rogaine' was organised by the Queenslanders, in granite country NE of Stanthorpe, and the course straddled the NSW-Qld border.

"Partner with the best" is the management buzz-phrase I keep hearing at work these days. When it comes to rogaining, I reckoned I couldn't do much better than team up with David Rowlands, 9 times Australian Champion between 1979 and 1998, and thrice world champion. We had a successful practice run at the ANZAC Rogaine back in April but were expecting some tough competition in Queensland. See results and report in this newsletter.

Quote of the month

Two roads diverged in a wood, and I-- I took the one less travelled by,
And that has made all the difference. *Robert Frost (1874-1963), The Road Not Taken*

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

RESULTS FOR THE AUSTRALIAN ROGAINING CHAMPIONSHIPS 2005

“Over the Border Rogaine”, SE Queensland, 21-22 May

Results shown for top 5 teams plus all NSW entrants.

Place	Score	Names	Category	Top placings	State
1	4000	David Rowlands, Mike Hotchkis	MV	1 st MO, 1 st MV	VIC/NSW
2	3640	Tom LandonSmith, Alina McMaster	XO	1 st XO	ACT
3	3600	David Baldwin, Adrian Sheppard	MO	2 nd MO	ACT
4	3520	Ted van Geldermalsen, Derek Morris	MV	3 rd MO, 2 nd MV	VIC
5	3510	Ricky Thackray, Mark Dowley	MO		WA
11	3000	Shane Trotter, Robert Vincent	MO		NSW
14	2860	Andrew Smith, Darren Smith	MO		NSW
27	2530	Ian Brown, Tony Garbellini, Parrish Robbins	MV		NSW
31	2500	Greig Scott, Jenny Scott	XO		NSW
32	2490	Andrew Haigh, Nicole Haigh	XO		NSW
34	2370	Chris Cowie, Wil Desain, Ian Dempsey	MV		NSW
44	2070	Edwina Hatch, Brendan Byrne, Malcolm Bradley	XO		NSW
45	2030	Martin Krause, Mark Freeman	MO		NSW
53	1820	Bert van Netten, Jamie van Netten	MOF	1 st Family	NSW
63	1630	Peter Tuft, Katherine Tuft, Colin Tuft	XOF	2 nd Family	NSW
68	1560	John Anderson, David Dash	MSV		NSW
70	1540	Julian Ledger, Gary Smith, Greg Tom	MV		NSW
73	1400	Melanie Simpson, Sebastian Dunne	XO		NSW
80	1230	Richard Sage, Nihal Danis, Paula Stuart	XV		NSW
82	1140	Christine Quigley, Lisa Perrett	WO		NSW
88	900	Greg Davies, Lucy, Davies, Elin Davies	XO		NSW
90	840	Belinda Ferris, Graeme Ferris	XO		NSW

The Perfect Rogaine – Australian Rogaining Championships 2005

Optimum strategy, perfectly executed. Does it ever happen? In winning this year's Australian Championships, David Rowlands and I seemed to come close to that ideal. So here's how we did it.

David and I discussed doing this event together back in March. David admitted that he had been looking around for a younger partner (when we did last year's Champs together, the difference in our fitness had shown up in the last 6 hours of the event, and we had had to settle for 3rd place). However, I was determined to get my fitness to a higher level, and I could see from the descriptions of the event location that it was going to be my kind of country. David agreed to team up – no youthful partners had emerged anyway. David came up from Melbourne for the ANZAC rogaine, for a practice run together. It went well. We used it mainly for navigational practice, rather than going all-out. To win a major rogaine, you need endurance fitness, good navigation skills and be well prepared. In regard to these, we were roughly on a par with the other top teams. But I believe it was strategy that won this event for us, so that's what I'll concentrate on here. The event was organised by the Queensland Rogaining Association, and held in granite country NE of Stanthorpe. It was called the “Over the Border Rogaine”, as the course straddled the border.

Planning

A quick, rough calculation showed that the course would be about 110km total including all checkpoints (see formula in last newsletter). Generally the map looked hilly, with a fair proportion of open country, and the notes indicated that we should expect the bush to be reasonably open. Completing the course seemed unlikely but not beyond the bounds of possibility. We had to plan accordingly.

At first David and I ‘joined the dots’ in different parts of the course, generally starting from corners of the map.

A route through the north section emerged, although it was not obvious how to connect it into the hash house. Finding a route that would include controls in the middle (62, 85 – see map), with the high-scoring ones on the east side (89, 101) seemed tricky. It was obvious from the map that this north section, which was the most open and relatively flat, was going to be the fastest country.



Along the NSW-Qld border there is a 2.5m high ‘rabbit-proof’ fence. This divided off the SE portion of the map, with only three permitted crossing points. It was easy to link together the checkpoints on the NSW side, and evident that we would not be using the central crossing-point if we were to cover most of them. The checkpoints on the west side of the map seemed to connect together logically, and flow into (or from?) the north section. Also it connected readily to/from the NSW section through the gate at W3.

Aussie Champs (Continued)

But what about the middle of the map, just south of the hash house? It was evidently the toughest country on the map. Being close to the hash house, the natural inclination would be to go there last, so as to be close to the HH as time was running out. But there was a problem. There were many high scoring checkpoints spread across that area. We would not want to be forced to 'cut and run' from this area.



My inclination was to go there first, and get through it while we were fresh. It was David who came up with the plan which we ended up settling for, as shown on the attached map. It connected all the high-scoring checkpoints in the rough terrain in the middle, and looped north to take in 101 which we had been struggling to find a place for on our planned routes. Then head into NSW. I immediately liked the plan, but David continued to ponder alternatives until the start time. His main worry was that we would find the rough terrain slow, get behind schedule, and then have no time to reach the top scoring checkpoints in the 'easy' north section.

Execution

The rough terrain was indeed hard going. We were straight into it at the start. But at least we were fresh and could put our best effort into it. We cut checkpoint 24 from our planned route, on the basis that we could get it later from the west. If you're going to complete your plan for a 24 hour course, you need to cover a minimum of 1/3 of it in the first 6 hours. At 6pm, we were well into the NSW section, and we had punched 20 checkpoints out of a total of 70. Clearly behind schedule for course completion. From here on, we had to pick carefully the checkpoints for omission. First we settled on deferring 48 and 27. If we found the night easier than expected (unlikely!) then we could pick them up later, from 67. At 10pm we were at 103. We were barely managing 2 checkpoints per hour at night. Our aim was to reach 92 by 6am, to allow time for the vital north section. This looked unachievable without cutting checkpoints, so we opted to cut 50. Also, we could forget about 48 and 27. These were the 3 lowest scoring checkpoints in the NSW section. From here on, we were committed to not completing the course.

We crossed the border north at midnight. I had a strong feeling that every step we took, it was getting easier. We had the open north section to look forward to later. I felt quite elated. The truth was we were drifting further behind schedule. David was worried.

Checkpoint 64 was unfamiliar, vague and flat terrain. We missed it first time, had to find a new attack point, and lost a few minutes. 94 we also missed first time and had to retrace our steps from the fence to the west. It appeared to be hung higher up the gully than marked. Lost 10 minutes. Short rest and recuperation at W4. We followed a narrow-gauge railway between 71 and 93 – a conveniently flat route, with trestle bridges over the gullies.

The country was getting easier. At 92, we were 30 minutes behind that original schedule. We stopped and counted back from the finish: 85 at 11am, 66 at 10am, 81 at 9am, etc, based on 3 per hour in daylight. It didn't match up, even assuming we skip low-scoring checkpoints. We needed to get checkpoint 100, in the far north. Our rivals had no doubt gone there already on Saturday afternoon. Let's not think about it, let's just run... We ran. It was daylight, it was so much easier, open and almost flat. We found ourselves clocking up 4 checkpoints per hour. It did match up. Checkpoint 100 was in our grasp. Forget about low-scoring checkpoints, they didn't matter. We cut 53, 30, 22. We counted up and found we were on course for 4000 points. Then there was a group of low-scoring ones around the HH, we didn't need them or even want them. We finished with 16 minutes to spare. We got 60 checkpoints out of a total of 70. The average score for the missed checkpoints was 30 points. The average for the course was 60. We had collected every checkpoint scoring 60 and greater. Perfect.

The competition

Our rivals had gone north first, and gone out fast. They collected all the low-scoring ones, as it all seemed easy for them in the first few hours. But as time went on, it got harder and harder for them. Finally they had to cut and run from that valuable section south of the HH. They were forced to skip high-scoring checkpoints.

Congratulations

Notable achievements from NSW teams also included first and second place in the Family category, to the van Netten and Tuff teams respectively. The next generation is emerging. And perhaps already leaving the older generation behind, judging by the weary look on Bert's face at the finish!

Full results are available at <http://www.qldrogaine.asn.au/>.

Mike Hotchkiss (with grateful thanks to Glen Singleton for the photographs)

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), almond@tpgi.com.au

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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*



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

As you can see there is still plenty of room for more volunteers. Contact Graeme or see the website for more details.

THE 42ND PADDY PALLIN WINTER 6 HOUR ROGAINE

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

VERSION 1

Newnes Forest on June 19 was a damp, rather cold and windy place. At 9.00am gusts of mist blew across the start and a crowd of 670 rugged up rogainers congregated on Cockatoo Hill for the 42nd Paddy Pallin Rogaine. Team control cards hung numbered from 1 to 274 but with a few gaps due to attrition in numbers with the conditions.

However, non-starters missed out on a classic event. There were 59 controls spread out on the plateau in a mix of pine and native forest. Out at the course edges the ground fell rapidly down from 1000 metres into rugged canyons. An extensive track network helped the novices whilst also favouring teams with strong runners at the pointy end of the competition.

Congratulations went to all the category winners and especially outright winners Andrew Hill and Robbie Preston with 1860 points and 110 ahead of second place getters Peter Preston and Ben Rattray. In third and 90 points further back were adventure racers Toby Cogley, Matt Blundell, Kris Clausen and Con Stewart whilst in 4th and first in the mixed category well known adventure racers and rogainers Tom Landon-Smith and Alina McMaster. Final scores are up on the website. Thanks go to our ever efficient administrators for reviewing all control cards after the day and making necessary adjustments.

Course setter, Michael Watts, had a philosophy that all teams should be able to reach some high pointers and so control numbering reflected a mix of high and low through the map. More than 200 teams got over 500 points, 100 teams over 780 points and 50 teams over 1000 points – huge effort guys! The course was pretty well balanced and teams headed out in every direction. By all accounts the area was not congested despite the big numbers. An analysis of the % of teams visiting each control can be found on the website.

Early back, unfortunately, were Michael Burton and Connie McNamee with Connie suffering a damaged bone in her heel and being treated by Phillip and Jack of St John Ambulance. Very few other teams were home early with the exception of some of those with little kids who reappeared back out of the cloud with rosy cheeks. The Hash House stayed chilly all day however out in the forest the course was less exposed and teams reported comfortable walking/running conditions.

After the finish most teams ate and then headed to the warmth and sanctity of their cars meaning that many missed the award presentations and the big thank yous to all the helpers.

1st Waitara who now have many years experience catering for this event again came up trumps. Phil Wood and his big team feeding 200 overnight campers a three course meal on Saturday evening and then the whole crowd a sausage and soup lunch at the event end.

Course vettors Joel Mackay and David Gell, had done a great job and we received excellent feedback on the accuracy of control placement. The two big challenges for Course Setter, Michael, were finding strong enough features amidst all the shallow gullies and secondly to know when to stop drawing in the map corrections of extra tracks. Joel and David also helped Michael hang flags along with Chris Stevenson and myself. Joel was there again on the day driving the tracks along with Safety Officer, Richard Sage whose experience was valued along with his willingness to tell the odd trail bikes to slow down.

Paddy Pallin the Company, again sponsored the event helping with printing and some great lucky dip prizes organised by Toby Cogley for those still there for the awards presentations.

President, Mike Hotchkis, helped with delivering the trailer and Equipment Officer, Paul Stein, was invaluable at the end helping pack it up and get it home. Ian Almond, Membership Secretary extraordinaire set up excellent admin systems and was assisted both before/after and on the day by his wife Jennifer, daughter Jessica, sister Bronwyn and brother in law Graham. Cathy Watts, helped by zippy runners Jessica Almond and Luke Ledger, took care of hanging the results. Meanwhile on computers and supplying his own new electrical generator was Graeme Cooper whose software NSWRA gratefully relies upon. At this event, I think for the first time in NSW, team finish times were recorded straight into the system. For the future control cards may be dispensed with but that's another story.

Thanks also went to flag picker upper Ian Rank who had assistance from Andrew Perry, Joel #2 and the Almonds. Michael Watts enjoyed the course setting and is already keen to do another. The 2006 Paddy Pallin Rogaine bigger again? Well the World Rogaining Championships are to be held in NSW in October next year so it will be a time for some serious training.

Post script – on the Sunday evening back on the Bells Line of Road after dark in the ute that had been in the course all day I looked at the petrol gauge for the first time – empty! However gravity helped more than nail biting and managed to coast all the way down the mountains to reach fuel in Kurrajong. Back home all the event bills are now paid, the Paddy Pallin inbox has nearly 300 emails, time to close the folder.

Julian Ledger, Co-ordinator

VERSION 2

No sooner had I sent in our entry to the 2005 Paddy Pallin than my partner announced he was going home to mum for a while. As mum lives in Hungary it seemed rather a long way to come back for a mere 6 hours, so I got on the phone to my old mate Chippy. We had happily Paddied together for a dozen or more years through the end of the last century, winning a few water bottles here and there, but never managing to beat our arch rivals Jo Parr and Simon George. Oh, we came close, sometimes winning the Mixed, then later the Mixed Vets, and on one notable occasion the entire event, but never did we beat the Parr-George team.

Then 8 years ago they started production of the future generation of rogainers, and did not appear together since - until this year. There in the starting list was Team ??, Jo Parr & Simon George. Well, being Team 1 for this outing we weren't fazed a bit. So confident were we that on the Saturday night we established the rules of engagement for this event. "Been doing much?" "Not so's you'd notice" "Good, we'll just go out and have fun"

The wee small hours of Sunday morning found us on the road to Newnes Plateau, where it started raining just as we arrived at the Hash House. A quick dash to collect maps, and back to huddle in the car and study the map. First Plan A: South east to the lookout at 100, then back west to 101 and head north until we run out of time and sprint¹ for home. Next Plan A2: add in a preliminary loop to pick up 70-53-14 then on to 26 and Plan A.

Looks good. But then again there's Plan B: reverse the starter loop then head east. Turn north at 63 and make our way to 92 before joining Plan A for the home sprint¹.

A few quick sums established that Plan B gave us more points for the same distance. No contest. B it is.

Off to the portables for a final pre-race visit (must be nerves) where a chat with the Team Van Netten results in Plan C, whereby we add in a circuit to the south of the HH before joining Plan B at 26. (Thanks Bert).

Its cold and wet at the start so we set off at a jog². Besides, it looks good and freaks out the opposition. Pick up 70-53-23 as planned, then pick up the wrong track to 101. That is, the track that goes to 19 instead. Which is where all those years of experience come in. Instead of panicking like the youngsters (eg Jo and Simon) might do, we nonchalantly jog on our merry way as if it had always been part of the Master Plan.

Then 101-61-62 (how did it get that steep ?)-26-43-52-64-80-10-45-51-63-91 (The Dunny , how could we resist ?)-16-42-15-28. A spot of bother finding the track to 72, but we're old hands and it couldn't hide for long -72-36, where Di Van Netten is swearing to take up croquet next year-22-46. Forty four minutes to go and mature experience overcomes youthful enthusiasm. And the Master Plan. On to 92-54. Joined by Andrew and Nicole Haigh for 34, plus Kathy & Kristianna Herrman for 11. Now there's just the sprint¹ finish through the car park – elbows out, you never know who might have equal points, and the welcome sight of the finish team.

So what did we think about on the way home? How could we have planned/run/trained better? Should we have carried more/less/alternative gear? None of these. There was one topic of conversation only: which was the sweetest victory - beating Jo and Simon after all these years? For Chippy beating all those veteran men (you know who you are) who have accused him of slowing down in recent years? Beating the Haighs on time ? – they really did have the same points as us. Or maybe just having a great day out in the forest on a good course with good company. Sorry, but no. Its definitely beating Jo and Simon for me.

Thanks guys, it was a great event, fantastic location & course-setting, you even arranged a pine forest for us to shelter under at the finish. Just wait till I grow up and we come back to take the Supervets by storm!

¹ A rogaining term meaning to move at a pace slightly faster than a shuffle. Used in the later stages of an event.

² A rogaining term meaning to move at a pace slightly faster than a shuffle. Used in the early stages of an event.

Sue Clarke, Newsletter Stuffing Co-ordinator and Rogainer Extraordinaire.

Paddy Pallins are always popular, but don't forget the Socialgaine's can be just as much fun. With the 2005 Socialgaine being held in the beautiful Wollongong area, it would be a crime to miss it.

Pictured below are some unknown competitors in the Australia Championships. We would love to see some more familiar faces in the newsletter, so please submit your photographs to the newsletter editor. They will be gratefully received and definitely published.



Results of 2005 Paddy Pallin 6 hour rogaine held on 19/06/2005

Date of Printing: 30/06/2005

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
161	Andrew Hill, Rob Preston	1860	05:56	1	1							
159	Peter Preston, Ben Rattray	1750	05:55	2	2							
272	Matt Blundell, Kris Clausen, Toby Cogley, Ian Stewart	1660	05:56	3	3							
219	Tom Landon-Smith, Alina McMaster	1620	06:02	4			1					
86	Shane Trotter, Robert Vincent	1520	05:58	5	4							
5	Mark Freeman, Martin Krause	1490	05:57	6	5							
253	Patrick Mickan, Pete Thomas	1300	05:55	7	6							
244	John Barnes, Mardi Beat	1300	05:58	8			2					
1	Sue Clarke, Chippy Le Carpentier	1290	05:51	9			3	1				
128	Andrew Haigh, Nicole Haigh	1290	05:52	10			4					
142	Andrew Black, Neil Prosser	1270	05:52	11	7							
217	Lee Glanzman, Riah Goeldi	1270	05:56	12	8							
38	Ian Cameron, David Lyle	1250	05:49	13	9			2				
96	Bruce Cook, Wil de Sain	1230	05:57	14	10			3	1			
44	Simon George, Joanna Parr	1230	06:00	15			5	4				
48	Ken Bright, Mick Driscoll, Greig Scott	1200	05:59	16	11			5				
202	Peter Marshall, Jim McLean, Andrew Walters	1180	05:57	17	12			6				
8	Terry Bluett, Melvyn Cox	1180	05:58	18	13			7				
131	Glenn Schwarzel, Mark Schwarzel	1170	05:48	19	14			8				
145	James Johnson, Hunter Southwick	1170	05:49	20	15			9				
222	Liam Banyer, James Green, James Hanekroot	1160	05:54	21	16						1	
180	Matt Dowle, Matt Faulkner, Duncan Sinclair	1160	05:58	22	17							
123	Gill Fowler, Megan Gamble, Kate O'Brien	1120	05:51	23			1					
84	Lucy Condon, Andrew Wisniewski	1120	05:57	24			6					
45	Ron Junghans, James Lithgow	1110	05:58	25	18			10				
242	Sue Ashley, Richard Robinson, Simon Skirrow	1100	05:47	26			7					
201	Sarah Delaney, Olivia Hickey	1100	05:48	27			2				2	
194	Thomas Lenzenhofer, Steve Tancred	1100	05:58	28	19							
160	Grace Elson, Mace Neve	1090	05:59	29			3					
11	Nick Earl, Rebecca Wilkins	1080	05:49	30				8				
111	James Hayward, Jessica Hayward	1080	05:50	31				9				
61	Wayne Davis, Reddall Leslie	1080	05:56	32	20			11				

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
172	Sharon Eliot, Wayne Eliot	1070	05:21	33			10					
134	Angela Falzarano, John Rijvers	1070	05:50	34			11	12				
221	Troy Skaleskog, Benita Sommerville	1070	05:50	35			12					
171	Jeff Bendeich, Conny Gissel	1070	05:54	36			13					
138	David Cameron, Robin Cameron, John Cameron	1060	05:54	37			14				3	
233	Jason Lowry, Jacqui Matthews	1060	05:55	38			15					
42	Margaret Bouttell, Sharon Phillips	1050	05:49	39		4						
37	Alan Bradley, Ian Dempsey, Steve Guy, Wendy Scott	1050	05:53	40			16	13				
250	Bruce Fenton, Catherine Lee	1050	05:55	41			17					
90	Ross Duker, Ernest Windschuttel	1030	06:02	42	21			14	2			
135	Jarryd Barton, Peter Hanselmann, Graeme Woodward	1020	05:50	43	22							
151	Jemima Trappel, Ray Trappel, Zac Trappel	1020	05:51	44			18					1
71	Colin Tuft, Peter Tuft	1020	05:56	45	23							2
87	Ron Avery, Rick Pinnock, Phil Yates	1010	05:43	46	24							
19	John Anderson, Peter Tamsett	1010	05:52	47	25			15	3			
100	Chris Cowie, Georg Hauswirth, John Holland, Kevin Lloyd	1010	05:57	48	26			16				
248	Jason Adams, Martin Parmenter	1010	05:57	49	27							
97	Neil Chappell, Louis Commins	1000	05:53	50	28			17	4			
60	Christine Curtin, Stephen Darby	1000	05:55	51			19					
216	Mark Agnew, Martin Pfeil, Damon Ward	990	05:49	52	29							
33	Amy Von Huben, Mark Von Huben	990	05:56	53			20					
104	Angela Etheridge, Michael Handley	970	05:43	54			21					
193	Thomas Bruin, Alex Vaughan, Owen Vaughan	960	05:48	55	30					1		
182	William Landers, Megan Oaten	960	05:50	56			22					
211	Emily Prudhoe, Paul Prudhoe	960	05:59	57			23					3
54	Karen Darby, Tony Murphy	950	05:37	58			24	18				
246	Barbara Barnes, Richard Barnes	950	05:48	59			25	19				
264	Matt DeBelin, Myf Lawrence	950	05:56	60			26					
119	Belinda Ferris, Graeme Ferris	940	05:48	61			27					
236	Stewart Johnston, Mark Smith	940	05:53	62	31							
21	Joseph Hortense, Karl Spackman	940	05:55	63	32							
220	Lisa Perrett, Christine Quigley	940	06:01	64		5						
28	Duncan Cross, Julie Gardner	920	05:43	65			28	20				
103	Paul Carruthers, David Longman	920	05:57	66	33						4	

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
41	Alicson Anderson, Shane Anderson, Stuart Brown	910	05:44	67			29					
196	Bill Broughton, Malcolm Griffiths	900	05:53	68	34			21				
267	Tim Coghlan, Tom Schipilith, Andrew Stanford, Adrian Watson	890	05:48	69	35						5	
176	John Brayan, Paul Ettema, Carolyn Haupt	890	05:49	70			30					
20	Bert van Netten, Dianne van Netten, Jamie van Netten, Kim van Netten	890	05:53	71			31					4
237	Carol Jacobson, Ken Jacobson	880	05:47	72			32	22	5			
238	Eoin Burke, Phil Thomson, Ted Toussaint	880	05:51	73			33					
72	Ria Deamer, Sue Kurre	880	05:53	74		6		23				
234	Margret, Joy Burgess, James Stuart, Bob Tucker	880	05:55	75			34					
92	Ray Overdijk, Oliver Sieur	880	05:59	76	36							
155	Richard Connors, David Green, Andrew Palmisano	870	05:58	77	37			24				
108	Glen Auld, Hal Simms	870	06:01	78	38							
118	Ben Austen, Laura Hohnen, Lisa Keating	860	05:41	79			35					
158	Chloe Rose, Alison Thomas	860	05:41	80		7						
2	Megan Jackson, Stephen Jackson	860	05:43	81			36					
199	Susan Donaldson, Lars Fischer, Raquel Hallam	830	05:44	82			37					
36	Kathy Herrmann, Kristiane Herrmann	830	05:52	83		8		25				
117	Anne Newman, Lynne Trappel	830	05:57	84		9		26				
162	Selwyn Butt, David Gwillim, Scott Robertson	830	05:59	85	39							
189	Sarah Pavlich, Toby Trappel	830	06:01	86			38					
101	Peter Fricker, Tony Last, Graeme Wearne	820	05:59	87	40			27				
181	Dom Dos Remedios, Matt Forrest, Brendon Hall, Andrew Laery	810	05:50	88	41							
154	Matthew Almond, Alex Natelanko	810	05:56	89	42							
178	Myee Allison, Thomas Bisshop	800	05:50	90			39	28				
81	Nigel McDonald, Nicole Sellin, Peter Washington	800	05:51	91			40					
129	Sieger de Vries, Maarinke Van der Meulen, Campbell Wills	800	05:59	92			41					

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
34	David Loong, James Loong, Brad Simmons, David Wood	800	06:00	93	43							
112	Hisako Shiraishi, Tony Williamson	800	06:04	94			42					
207	Mary, Tom Poyner, Daniel Prendergast, Sam Wade, Rohan Walker	800	06:08	95			43					
195	Paul Knight, Troy Sanders	790	05:42	96	44							
210	Tony Martin, Terry Murphy	790	05:42	97	45			29	6			
144	Chris Gordon, Mark Howell, Garry Sundin	780	05:16	98	46						6	
247	Nigel Holland, Vanessa Richardson, Mark Thompson	780	05:43	99			44				7	
153	Rachel Jewell, Chris Jewell, Liam Jewell	780	05:49	100			45					5
226	Tony Bond, Jackie Grealy, Mathew Wilk	780	05:51	101			46					
206	Julie Avakian, Michael Avakian, Meg Croft	780	05:54	102			47	30				
124	Natalie Heon, Winston Wade	780	05:57	103			48				8	
125	Robert Spry, Ron Wade	780	05:58	104	47			31				
269	David Coysh, Darren Stocks, Ken Stocks	770	05:35	105	48							6
13	Russell Bartley, Kylie Fell, John MacAulay, Meredith MacAulay	770	05:56	106			49					
239	Danielle Kock, Eric Smith	770	05:56	107			50					
224	Brad Adrian, Glen Baker, Graham Bothma, Simon Crisp	770	05:59	108	49							
74	Elisa Idris, Samantha Tong, Phil Von Huben, Josie Walker, Jeremy Wang	760	05:34	109			51				9	
17	Bill Chalmers, Carolyn Chalmers	760	05:49	110			52	32	7			
241	Kath Grant, Lyn Jones, Annette Stewart	760	05:53	111		10		33				
227	Peter McConaghy, Wendy McConaghy	750	04:28	112			53					
190	Rachel Gale, Jost Preis, Ulrich Trog	750	05:53	113			54					
76	Stephen Burns, Bianca McPherson, Warren Seal, John Young	740	05:43	114			55					
198	Debbie Hotchkis, Mike Hotchkis	740	05:45	115			56	34				
95	Robbie Booth, Ted Booth	740	05:55	116	50							
183	Charles Bowden, David Perkins, Bryan Smith	740	05:59	117	51			35				

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
165	Hugh Cover, Daniel Howe	740	06:16	118	52							
141	John Cullity, Peter Overton	720	05:54	119	53			36				
208	Caroline Best, David Catterall, Joan Tulett	710	05:45	120			57					
209	Jeremy Charles, Ben Power, Bill Taylor, Emily Twyford-Jones	710	05:46	121			58					
16	Karen Coughlin-Hall, Peter Holz, Andrew Isberg, Dom Isberg	710	05:51	122			59					7
83	Phillip Harding, Anne McGuire, Greg McGuire, Therese Powell	710	05:52	123			60					
115	Peter Figiel, Sebastian Kopec, Danny O'Connell	710	05:53	124	54							
229	Martin Mansfield, David Noble	710	06:00	125	55			37				
107	Jeff Ayres, Carl Mistler, Trent Oliver	690	05:37	126	56							
235	Richard Crebbin, Peter Morris, Monika Simpson	690	05:47	127			61	38				
188	Judy Young, Lindsay Young	690	05:50	128			62	39				
192	Tsalina Phang, Luke Su	690	06:00	129			63					
187	Stephen Grossman, Amanda Hughes, Pow Chuan Lee	680	05:09	130			64					
106	Maggie Hart, Richard Smyth	680	05:38	131			65	40	8			
230	Chris Deller, Annette Dowd, Richard Pope	680	05:43	132			66					
249	Mark Coppock, Adam Hart, David Hart, Paul Michels	680	05:44	133	57							
163	Bronwyn Fitzgerald, Peter Fitzgerald	680	05:48	134			67					
164	Lisa Butt, Craig Dunn	680	05:48	135			68					
126	Elsa Glanville, Katherine Tuft, Isaac Tyson	680	05:56	136			69					
268	Graham Bannerman, Matthew Forkin	680	05:58	137	58							
156	Darren Collins, Mark Constable, David Johnsun	670	05:39	138	59							
240	Jackie Fitzgerald, Anthony Hutchings	670	06:00	139			70					
30	Amber King, Jarrah Turton, Lowan Turton	660	05:33	140			71					
136	Emma Roberts, John Roberts, Sushila Thomas	660	05:43	141			72					
274	Stephen Allport, Robbie Drysdale, Andrew Kelly	660	05:44	142	60							

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
27	Nicolas Hohn, Andrea Kneen	660	05:45	143			73					
143	Gary Barnard, Sandra Kreckler, Helen Simpson	660	05:54	144			74					
40	Garry Thong, Alex Urrejola, Steven Wyatt	650	05:40	145	61							
29	Arwen Cross, James McElvenny	650	05:44	146			75					
213	Dave Anthony, Lucy Buhagiar, Andreas Mross, Mithra Pattison, Corey Spink	650	05:49	147			76					
62	Stephen Allen, Philip Allen	650	05:50	148	62							
130	Tim Eggington, Linda Eggington, Terry Eggington	650	05:52	149			77					
214	Thomas Lau, Les Lee, Andrew Lee	650	05:55	150	63						10	
255	Phillip Keaton, Debbie Saunders	650	05:58	151			78					
148	Keith Marriott, Svend Stuebe	650	05:59	152	64							
259	Brian Allen, Malcolm Casswell, Kerry Kelson	640	05:35	153			79				11	
200	Kim Wherry, Peter Wherry	640	05:55	154			80					
15	Andy Cairns, Marion Cairns, Owen Holmwood	640	05:58	155			81	41	9			
185	Chloe Vaughan, Jim Vaughan, Kerrie Vaughan	630	05:42	156			82					8
150	Jason Hollard, Sebastian Hollard	630	05:46	157	65							9
205	Laura Coffey, Marcelle Gannon	630	05:54	158			11					
59	Steve Henry, Blaz Kristo, Michael Robbins, Linda White	620	05:23	159			83				12	
270	John Kell, Sally Kell, Graham Millar, Phillipa Millar	620	05:37	160			84	42				
258	Steve Baker, Bob Mudge, Steve Rolley	620	05:46	161	66			43				
260	Christian Casswell, Bruce Haley	620	05:52	162	67						13	
91	Anne Callaghan, Tim Lade, Shawn Russell, Ben Spragge	620	05:54	163			85					
82	Pam Montgomery, Robert Montgomery	620	05:55	164			86	44	10			
105	Meredith Dodds, Svetlana Gez, Yves Kerdroan, Ben Kong, Tom Mactier	620	06:00	165			87					
55	Dick Buckle, Peter Buckle, Jenny Clark, Lee Tuckwell	610	05:53	166			88					10
186	Matthew Bulbert, Alison Trowbridge	600	05:48	167			89					
139	Rodger Austen, Rochelle Derriman, Sarah Newey	590	05:31	168			90					

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
204	Colin Fenning, Geoff Morschel, John Murby	590	05:49	169	68			45				
46	Diana Charlton, Glen Charlton, Peter Charlton, Robyn Charlton, Scott Charlton	580	05:31	170			91					11
102	Richard Filc, Phil Foster, Mike Zikan	580	05:32	171	69			46	11			
271	Marg Baily, Steve Cliffe, Judy Dikic, Nathan Leicht, Begonia Palominos	580	05:46	172			92					
212	Lyndell Landers, Rochelle Staples, Arun Thagarajan	580	05:47	173			93					
80	Nihal Danis, Nejdet Danis, Poppy Danis	580	05:55	174			94					12
69	Lyndal Maloney, Nick Miall, Elouise Peach, Joel Penson	570	05:34	175			95					
25	Hannah Cole, John Cole, Sophie Cole	570	05:44	176			96					13
35	Andrew Cole, Leah Cole	570	05:44	177			97					
231	Dyann Dixon, Peter Gordon, Jim Macarthur, Pili Vazquez	570	05:55	178			98					
121	Mark Brackenreg, Nicole Brackenreg	560	05:30	179			99					14
12	Tony Egan, Dominic Egan, Matthew Pisto, Robert Pisto	560	05:36	180	70							15
228	Matthew Fried, Emma Mansfield, Deborah Noble, Rebecca Noble	560	05:59	181			100			2		
266	Ron Hutchings, Sue Hutchings	550	05:26	182			101	47				
93	Alethea White, Nicholas White	550	05:39	183			102					
78	Lisa Chew, Gordon Nirnby	550	05:45	184			103				14	
79	Carolyn Atkinson, Rebecca McKelvie, Stuart Nolan, Stephen Roos, Lana Roos	550	05:45	185			104				15	
133	Steve Cohen, Mick Ferris, Wayne Miller	550	05:54	186	71							
263	Chris Moore, Lucy Temple-Smith	540	05:15	187			105					
256	Emmanuel Rossi, Simon Shaw	540	05:50	188	72							
225	Sean Cale, Amanda Seymour, Martin Seymour	530	05:33	189			106					
89	Gail Siccardi, John Siccardi	530	05:35	190			107	48	12			
191	Chris Brown, Wanda Melfo	530	05:46	191			108					
63	Robert Allen, Chris Allen, Mai Linda Jackson,											
	Vanessa Robinson	530	06:13	192			109					

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
265	Trevor Cupitt, Merv English	520	04:29	193	73							
132	Michael Corfe, Sarah Corfe,											
	Tracey Jenson, Michelle Maisano	520	05:31	194			110					
51	Karen Martin, Jackie Spurway	520	05:51	195		12						
152	Hans Mistler, Sue Mistler	520	05:51	196			111	49			16	
23	Dave Treacy, Sarah Treacy	510	05:16	197			112					
66	Kathy Beckenham, Jenny Gould,											
	John Gould, Leigh Johnston	510	05:30	198			113	50				
75	Rowena Eadie, Laura Eadie,											
	Dane Muldoon, Alyse Muldoon,											
	Mark Webster	510	05:39	199			114					
232	Roland Gamsjaeger, Ann Kwan	510	05:56	200			115					
114	Sue Jones, Shannon Jones,											
	Jordan Jones, Mitchell Jones,											
	Gus Jones	500	05:19	201			116					16
197	Shelley Barlin, Angie Bulic,											
	Rebecca Freeman	500	05:20	202		13				3	17	
146	Paul Rupil, Tyrone Thorn,											
	Jenny Wood	500	05:39	203			117					
99	Jan Craven, Steve Craven, Matt Ryan	500	05:54	204			118					
173	Sylvia Attard, Wallace Chu	500	05:57	205			119					
9	Gregory Chan, Rebecca Chan,											
	Anthony Wong, Christina Wong	480	05:52	206			120				18	
67	Yvonne Dash, Stewart Tamsett,											
	Sarah Tamsett	470	04:39	207			121					
120	Adam Johnston, Kathryn Tamsett	460	04:38	208			122					
223	Janelle Baker, Sara Carter,											
	Karly Robinson	450	05:27	209		14						
98	Stephen Ward, Tracy Ward	440	05:31	210			123					
56	David Noble, Tim Shorten,											
	Kyle Tuckwell, Peter Tuckwell	440	05:38	211	74						19	17
64	Trudy Bielby, Nicole Cardillo,											
	Sam Hamad, Belinda Scott	440	05:46	212			124					
169	Jim Hubbard, Bob McNairn	440	05:47	213	75			51	13			
168	Jo-Anne Buckley, Lesley Buckley	440	05:48	214		15						
166	John Hutchison, Victoria Hutchison,											
	Laura Williams	430	05:54	215			125				20	
6	Georgie Castle, Matt Castle,											
	Rosie Castle, Tim Castle	420	05:36	216			126					18
203	Lauren Sarjeant, Stephen Sarjeant,											
	Theresa Sarjeant	420	05:36	217			127					19
47	Judy Shea, Paul Shea	420	05:38	218			128	52	14			

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
127	Graeme Thorburn, Phillipa Thorburn, Ursula Von Huben	410	05:14	219			129	53	15			
245	Eric Barnes, Trish Beat	410	05:44	220			130	54	16			
175	Svetlana Kuznetsov, Alex Kuznetsov	410	06:09	221			131					
257	Ashley Brennan, Grant Brennan, Natalie Brennan, Alison Fenton	400	05:27	222			132					20
251	Brad Deane, Sandie Ibrahim, Alicia Lyon, Scott White, Trish White	400	06:15	223			133					
179	Makisa Hoang, Megan Morris, Victoria Morris	360	05:33	224		16					21	
174	Thomas Chen, Joanne Cheung, Chi Kai Lai, Pedro Leung, Kini Yip	350	05:17	225			134				22	
116	Lynne Pritchard, Alex Reeve, Anne Sherwood, Bob Smythe	350	05:58	226			135					
218	Craig Dokter, Matthew Hackett, Chris Tran	350	06:06	227	76							
10	Edward Li, Ghris Li, William Tang, Shirley Tang	340	03:52	228			136	55			23	
24	Wing Cheng, Po Cheng, Hayley Cheng, Heilok Cheng	340	03:52	229			137				24	21
177	Ingrid Flemons, Paul Flemons, Annaliese Maher, Karen Maher	310	04:09	230			138					22
273	Sharon, David Auhl	290	05:15	231			139				25	
157	Andy Mein, Andrew Pope, Belinda Pope, Nicholas Pope, Stephen Pope	280	04:24	232			140					23
14	Patricia Forbes, Edwin Levack, Hamish Malcolm, Jason van Ritten	280	05:19	233			141					
88	Penny Field, Geoff Ritchie	270	05:57	234			142	56				
65	Anthony Dynon, Heather Dynon	260	02:51	235			143	57	17			
113	Kyra Sumner, Micheal Sumner	260	03:21	236			144					24
7	Erik Thorvaldson, Ian Thorvaldson, Katrina Thorvaldson, Sue Thorvaldson	250	05:07	237			145					25
122	Ellen Brackenreg, Kate Brackenreg, Rachael Brackenreg	240	03:03	238		17						26
261	Trish Hamilton, Julie Meissner	230	03:51	239		18						
68	Ishbel Cullen, Jenny Cullen	200	05:01	240		19						27

Team	Names	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Novice	Family
58	Melissa Anderson, Boyd Attewell, Lisa Corbett-Jones, Asha & Shona Forsyth,	200	05:02	241			146					28
53	Michael Burton, Connie McNamee	170	01:41	242			147	58				
3	Sonia Kupina, Alan Mansfield, Louis Mansfield, Sophia Mansfield	80	03:39	243			148					29
43	Cassandra Stein, Debbie Stein, Jade Stein, Paul Stein	80	05:41	244			149					30
109	Lynn Dabbs, Kevin Williams	0	01:57	245			150	59				

SOUTH FOR THE SOCIALGAIN – SUNDAY 20 NOVEMBER



Our last event for 2005 will be the Socialgaine to be held on Sunday 20 November. This event will be 1½ hours south of Sydney CBD with the hash house easily accessible from the South Coast rail line.

Come and experience some of Wollongong's beautiful beaches and spectacular views from the Illawarra Escarpment.

As with all rogaines, you decide where, how far and how fast you want to travel. The course will include suburban streets, beaches, bushland and some steep climbs to choose from.

Why not make a weekend of it and enjoy the surrounding area on the Saturday. Nearby accommodation options range from basic beach side camping to luxury five star hotels.

The entry form will be available on the NSWRA web site soon.

Contact: Ian Almond – 4271 7465

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