



NEW SOUTH WALES
ROGAINING
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 107

January 2005



ANZAC WEEKEND COURSE SETTERS

www.nswrogaining.org

2005 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
27 February 05	Metrogaine	Como/Georges River	Nicole Sellin 9484 4403
March 2005	ACT Paddy Pallin	??	
23-24 April 2005	Autumn 12 hour	North of Sydney	Ross Duker
May 2005	ACT Championships	??	
19 June 2005	Paddy Pallin	To be advised	Julian Ledger
20 August 2005	6/12 hour	Lake Macquarie	Bert Van Netten
15-16 October	NSW Championships	??	Bert Van Netten

INTERSTATE AND OVERSEAS ROGAINES

DATE	EVENT	LOCATION	CONTACT
21-25 May 2005	Australian Champs	Northern NSW	Qld Rogaining



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MESSAGE FROM MIKE (OUR 2004 PRESIDENT)

The Rules

Juniors! Are there any of you out there? If you're reading this I want to hear from you. There is a move to change the Junior age category, and extend it to age 21. Right now it is ages 14 to 17 inclusive. Extending the age to 21 could make this a much more competitive category. Also much more difficult for younger rogainers to win.

Please let me know your opinion - m_d.hotchkis@optusnet.com.au or text 0427 315 245.

The rules of rogaining, including such things as age categories, are agreed at the national level by the Australian Rogaining Association. I am your representative on the ARA's Technical Committee. I am also Chair of that committee, but that doesn't mean I get it all my way! First I need to know your opinions, we discuss the issues at NSWRA committee meetings, and then I have to argue the case with the other states.

If you are wondering what the rules of rogaining are, download them from the ARA website at <http://rogaine.asn.au/aradocs/docs/index.html>. Or ask for a copy at any event.

Our Association

It's that time of year again. Time for our Annual General Meeting. See notice in this newsletter. Please consider volunteering for a committee role. We need new committee members to refresh the committee and to relieve long-standing members.

We have a calendar of six events for this year, as has been our standard format for several years. If you're able to help out at one of these, please let volunteer coordinator Phil Groom know (contact details inside).

The next event is the Metrogaine, six hours around the parks, bush and streets of Como and surrounding suburbs of southern Sydney. Plenty of water views. See details within. Don't miss it.

World Rogaining Championships 2006

As if you didn't know already – we are hosting the World Rogaining Champs in October 2006. We have promised the International Rogaining Federation that we will organise the Best Rogaine Ever. It will be a true bush event, making the best of what NSW has to offer. It will be a great occasion for us and I'm sure all of you will want to be involved, either helping out or competing. We are going to welcome the world and put on the best event ever.

Just like the Olympics in 2000, but without the politicians.

We have a sub-group of the NSWRA committee in charge of this event, under the leadership of Alan Mansfield.

See inside this newsletter, more details from Alan about how you can get involved.

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

| "The race is not always to the swift - but to those who keep on running"

THE COMMITTEE - 2004

President - Mike Hotchkis, 4294 1363 (home), m_dhotchkis@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 - *This position is currently vacant and seeking a volunteer*

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

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

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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 – Phillip Groom, 4570 1249 (work), 4578 2278 (home)
p.groom@uws.edu.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 Corner

When you next visit the NSWRA website, remember to click on the 'Current Vacancies' link on the main page to view the volunteering roles required to be filled for upcoming events [The direct link is <http://www.nswrogain.org/AboutEvents/Workers/Volunteers.htm>]. PLEASE consider helping out at rogain events.

Volunteers are always needed.

Again, a big thank you to everybody who volunteered in 2004. All help at a rogain is greatly appreciated.

For more information please contact Philip Groom on Ph: 4578 2278 (H) or 4570 1249 (W) or email.

Philip Groom, Volunteer Co-ordinator p.groom@uws.edu.au

Volunteers required for upcoming NSWRA Rogaines

To add your name to the list below, please contact the Volunteer Co-ordinator Philip Groom, Ph: 4578 2278 (H), p.groom@uws.edu.au

Metrogaine 6 hour 27 February 2005	Autumn 12 hour April 2005	Paddy Pallin 6 hour 19 June 2004	Lake Macquarie 12 hour 20 August 2004
Organiser	Organiser	Organiser	Organiser
		Julian Ledger	Bert Van Netten
Administrator	Administrator	Administrator	Administrator
Nigel McDonald Nicole Sellin	Graeme Cooper	Ian Almond	
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
Geoff Ritchie	Vicki Cooper		
	Lesley Taylor		
	Hisako Shiraishi		
(3-4 people)	Vaughan Clayton		
Course Setters	Course Setters	Course Setters	Course Setters
Rollie Burford	Ross Duker	Michael Watts	
Jitka Kopriva	Lesley Taylor Marilyn Ferris	Paul Stein	
Vetters	Vetters	Vetters	Vetters
	Andrew Haigh Nicole Haigh		Andrew Haigh Nicole Haigh
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
Not required			
Caterer	Caterer	Caterer	Caterer
		1 st Waitara Scouts	
Hash House Team	Hash House Team	Hash House Team	
	Graham & Phillipa Millar		
	Sally & John Kell		
	Richard Smythe		
Site Staff	Site Staff	Site Staff	
Photographer	Photographer	Photographer	

Last updated 16 January 2005

Many thanks to those who have volunteered

A NOVICE'S POINT OF VIEW -

TERRORISING TERRIGAL

On Sunday, November 21st, I had the great experience of my first ever rogaine – introduced to the sport by Bob Kimbrey. We enthusiastically arrived at Terrigal by 7am, having misjudged the time it would take from Wollongong (but Bob is so keen I think he always arrives early). I'd helped out in the hash-house at Gundy a few weeks earlier so I had some idea of what happens, and although it was a real eye-opener, I suspect doing a Socialgaine first was a gentle lead-in to the sport.

We enthusiastically planned our route so that we could get to 50 checkpoints and we actually achieved our goal. We started off heading north, picked up a few around the school in light drizzle, and then headed up along the beach. After about half an hour, the rain had stopped and we were heating up. The beaches were beautiful but there wasn't much time to admire them. Answering questions along the way added a new dimension for the old-timers (well, mine anyway). Walking up and down Hilltop Road, on the way to No. 69 was exciting as the slippery road meant that I ended up flat on my backside at one stage. Finding the bath in the trailer there was one of the trickier checkpoints. Along the way we met lots of locals who wanted to know what we were all doing (especially when they had hundreds of people counting their verandahs or peering into their gardens looking for gnomes). Heading back along a few streets and picking up 20, 34 & 56, made me realise what a boring letter-box I have. 102 was a very welcome checkpoint and I'm sure everyone was really pleased to see the wonderful Barnes family with their delicious scones and tea and coffee.

From there we set off up the beach once more and enjoyed a spot of cliff climbing at the end. The local threatened species was definitely NOT bitou bush or lantana and I found out what a chamfered seat is. Then we headed away from the beach and picked up a few between the main road and Wamberal Lagoon before heading up into the bush. The bush was just beautiful, even the hills. It was great having tracks to follow and we picked up 55, 64, 71, 82, 70 and all the way up to 50, which was a lovely sky-blue house set in the middle of the bush – location, location. Loved the bell-birds that were chiming constantly. Amazingly, we found a marsh at the top of the mountain at No. 71. Then back to 61, 51 and the gallery at 100. I'm sure the photographs were lovely but by this stage, there was no time to look, only to ask about Ken's signing dates and keep on. I think we all provided the most fun the gallery staff and patrons had had in a long time! At this stage, the spirit was still very willing but the knees felt like they were in danger of popping a tendon or two. Came back down and picked up 52 and 53, then 72, 90, 42 and 43. From there, it was time to high-tail it for home, just picking up what we could on the way back. On the way back we ran into a family of about six kids who were amazingly still full of questions and not one grizzler amongst them. We made it back with about four minutes to spare – which by that stage, was my main goal.

What a welcome sight was the "Terrigal Public School" sign, with only minutes left. Sitting down to add up the scores was a major mistake because it took a while to get up again. The hot soup and sausage sizzle were the best I've ever had and I'd like to thank all the people who put the effort into preparing the food. Thanks also to everyone who planned and organised the whole event. Deriving the questions must have taken a lot of work but it made the event fun for all the families. I had a great time and with Bob's encouragement and cajoling and bribery, we even managed to come in fourth in the mixed vets. Next time I will definitely get into some training beforehand, and I'm sure there will be a next time, once I'm walking normally again.

Kerry Ayre

Editor's Note – It is great to hear from someone who is new to Rogaining, but obviously will be seen at many more events. I think this article also demonstrates how easy it is to become hooked on this very different, but extremely enjoyable sport. And speaking of hooked ...

HOOKED

Rogaining is such a sport - you try it once and it hooks and reels you in. You need to go back for more and more. The Socialgaine in Terrigal may be an event with the emphasis on the social side, and an introductory event, but I saw many many people who needed no introduction. These were die-hard rogaine addicts who probably attend all rogaine events on offer. I'm becoming one of them. I'm hooked - but more of that later.

Congratulations to the organisers of this event - it is a fun, challenging and enjoyable one. The concept of multiple choice answers at the checkpoints does work, even though some may argue that it's a bit strange when there's no real confirmation that you've actually found 'it'. Oftentimes you leave the control wondering and worrying that maybe, just maybe, you got it wrong. Ah well - just another of the many challenges of rogaining. Spare a thought for John and Mardi who set the course. How many of those controls did they define, only to be left wondering - "do you think they'll get this one?" OK, there were one or two questionable ones, but in general - a very good job! Thanks.

How did I and my team fare? Well that's one of the beauties of any rogaining event - the post-mortem. We chose to go north, do the 'mountain' bits first when we were fresh, then drop down to the beach for the sand experience, and then finish with the 'inner-city' experience surrounding the hash house. Pretty sensible choice, and it worked well for us. It being the first experience of a rogaine for one of our team members - Gary, and about the fourth for myself and my usual partner (in all respects), Margaret.

We really enjoyed the bush part up in the mountains above the gallery, and seemed to accumulate quite a few above-60 pointers there. We then had hoped to drop down to the northern beaches part of the course and head southwards. Part of the plan was to swim/ford/walk-on-water across the river after the silver car, but we took a look at the water and balked. "What if there're saltwater crocodiles in there?" No really, we just wimped out and went around on the road.

Our worst decision of the whole event, probably, was to walk the long trek on the beach sand south. It was tough and unpleasant. We took our shoes off and tried to walk close to the water, but the tide was high and the sand still soft. Maybe walking barefoot is harder without the angle the shoe heel normally provides to the foot. There were no controls along this part of the beach either. Bad decision. With about an hour and a quarter left, the last part of our plan was set to come together. We were doing the final sandy bit before crossing the beach towards the hash house for our last points accumulating binge, and our final rush to the finish. That is, providing our legs and tiring bodies could handle it. Mine especially!

The moment of failure was when we went up the beach to look for control 5B - you had to answer "Which of the following are not found: a) gnome, b) bore sign, c) bell?" Margaret and Gary were walking ahead peering into the garden at the assorted gnomes and such things trying to figure out what wasn't there. I was walking behind and as I walked onto the grassy patch between the seashore sand and the houses I felt a tug at my calf and a sharp spiking pain. I thought it was a burr or spiky piece of grass, an everyday rogaining experience. Normal for me during these events. In fact, after the Watagans rogaine, I'd purchased shin protectors, but didn't feel they were necessary for the Socialgaine.

Well, about 20 steps after feeling the pricking pain, the piece of grass was still stuck to the hair on the back of my leg so I decided to reach down and brush it off. Shock and horror! The reason it was still tenaciously hanging onto the back of my leg was that it wasn't a grass spike at all - it was a rusty fish hook! I'd been hooked. Literally



Anyway as with all fish hooks - it was doing exactly what it was designed to do - staying hooked. Despite being rusty and old, the barb seemed to be in good working order and with my first attempts to rip it free, it didn't budge. I did flinch a little I must confess. We decided that maybe the best course of action was to be a little bit careful, leave it in, and head back to the hash house where they'd have a more substantial medical kit than the one in our Camelback. Of course we just happened to pass and collect two controls on the way home, with me insisting we should continue, and Margaret and Gary insisting that we'd better get the thing. And besides, I'd probably need an anti-tetanus injection with all the rust and stuff in

my leg. Later on, that's what actually happened at the medical centre not far down the road in Terrigal. Local anaesthetic, small scalpel, two stitches, a plaster, and an anti-tet in the shoulder. But our event was over after 5 hours. And despite cutting short we were reasonably happy with how it all went overall.

Lastly, in the hash house prior, thanks to Andrew for trying. For bringing me the pliers, hacksaw and axe, (only joking - but he did bring pliers!), and to all the others at the hash house who were sympathetic to my plight. Also thanks to Mardi for pointing us in the direction of the very nice medical centre. One criticism I do have for the event organisers: please make information about places like hospitals, medical centres and fire stations available at the event headquarters. Mine was a minor problem, but you never know....

Rowan Bouttell.

BEGINNER'S LUCK? (GUNDY 2004)

Rogaining *is* special, eh? What other sport can offer the likelihood of sunburn, dehydration, hypothermia, headaches, exhaustion, lacerations, nausea, chafing, blisters, plant stings, flagellation, blood-sucking invertebrates—and even electrocution—all in one event? Not to mention anger and joy and both the sweet thrill of success and the crushing bitterness of failure—perhaps only a few minutes apart.

I knew it was going to hurt. But I didn't know it was going to hurt so much, or so soon. Parrish is strolling up the steep slope above with hands in pockets, sniffing flowers and gazing at the sunset. I'm scrabbling along behind in quiet desperation, slower and slower. Parrish, a seasoned bushwalker, is cruising on his first rogaine and navigating really well (well, he does teach the bloody stuff). I'm usually right in there relishing the thick of the hunt, but now I was suffering the indignity of passenger mode. Well, I did want to be extended, and I knew Parrish would oblige (even though he claimed to be 'off the couch' with very little training).

Just before dark can be the worst time for me in a 24 hour event, but I know from past experience that once into the night (and usually slower travelling) I can rally and survive to the end. Now vague waves of nausea combined with a frightening lack of energy make me wonder if I'm even going to make the top of the first big climb—500m past 82 to 81.

I recall that at sunset four years ago during the Oz Champs, our team was just across the way, quixotically trudging up an even bigger climb towards the summit of Black Mountain. We thrashed our guts out in that one (quite literally for some), ascending nearly 4500m, but got trounced by nine other teams—including a mixed trio of supervet Kiwis (and super they were). The winners somehow got away with only a little more climbing than we did but 700 more points. Where did we go wrong?

Older and more infirm (but a little more cunning), I decided to try and look at this map three dimensionally, by linking controls at similar levels and minimising big climbs—to paraphrase an old bushwalking adage: take care of the metres and the kilometres will take care of themselves. On first look the course appeared hopelessly random, with constantly difficult choices (well done Graeme, an excellent technical championship!), but closer examination revealed some nice sweeps and subtle links.

Clockwise we decided, like nearly everyone else—not only because it got some high points early and left plenty of easy options, big and small, for the homeward leg, but because we could use the bridge over the river to avoid wet feet at the start! Our strategy aimed for about 2600, which seemed outrageous but strangely feasible. Even though Parrish was hopelessly unfit.

The sun is gone and in fading light we sidle across to 82. Not a minute too soon, as I was slowly grinding to an uphill halt. Six hours gone: 720 points, 21 kilometres and 1600m of climbing behind us. Plus a few nav blunders on my part that cost about half an hour. Of course I blame the heat. But even with lost time, the point acquisition rate says cleaning the course before we turn into dehydrated pumpkins at high noon tomorrow is a mathematical certainty ha ha.

"Do you reckon we can get to 56 before dark?", I ask Parrish. He's dubious, no doubt wondering if I'm going to blow out completely. "Maybe, at very last light", he says.

More climbing, but gently, takes us onto the ridge at 970m—the high point of the course and the low point for me. The altitude and cool breeze are heavenly. The thick, hot air of the valleys can be tough on us mountain-dwellers. We scoot down to 81 then I lead a neat direct route to the obvious 56 flag on a dam. Not dark yet. We've begun a long winding sweep down the mountainside through 5 controls and 340 points—one of the most elegant bits of our route and adequate reward for the punishing climb.

Hurrying across to a road we see fireflies flashing through the dusky bush. I've yet to complete a night rogaine without something interesting happening. Last time here it was a grunting koala on top of Black Mountain (yes Pat, there is koalas). And I love navigating in the dark because of the focus required, where every successful flag is a thrill—but its important to use daylight to get as far as possible first! By twilight's last gleaming we pull out the torches and drop down to 100. Always nice to bag a biggie. A couple of hours after dark we're getting hungry and roll into the shed at 35, our water long gone and expecting hot food. Doesn't pay to misread the notes. We tuck into our own grub. Sitting on the mattresses, trying to rehydrate, we watch other teams come and go. All are quiet and seem knocked by the heat. When you're doing it tough, its good to know that everyone else is facing the same challenges too. I add more tape to some blisters.

Midnight: the witching time begins. We run into the Bert van Netten legend and his daughter Kim near 67. Top of the course and the turning point. They're looking good and go on to get 1710 points and the family trophy. Kim had the map by the throat when we parted—the next generation breathing down our necks. Lagoon Mountain is another horror climb, but it had to be done. Night performance is so important, but its all becoming a blur. We see no-one else for four hours. I begin hallucinating back to scenes from the 2000 event. We drop 55 as a bad joke—the 'Hotchkis point' we like to call those loose and lonely controls hanging off the side of the course like a sailor washed overboard, that only someone going for the lot would even contemplate. But then again, with hindsight, maybe we should've....

Dawn comes too soon and finds us fumbling for 76 then a blessed breakfast at 24 (thanks boys!). Still so early, but the basin that leads us on is already like an oven, raising waves of dread over the heat to come. I wonder if we'll burn out. You can only do what you can do, but if you give up you're gone. Last time in the same valley there was heavy frost after a bitterly cold night. Trudging just a shave faster, we catch the incredibly consistent Haighs at 57 and plod on to the top of the hill. They went downhill to take the mixed category. The committee should start a special Family Values Award for any marriage that can handle regular quality rogaining.

Parrish begins to feel the strain on the baking climb to 71. At last. Then the rising heat is leavened by altitude and cooler air from the east, and I begin to think that we might just make our quota. With three hours left we get onto the easier going towards home. Over-excited, I overshoot a turn in the easy ridge to 70. Rapid discussion. Parrish suggests a left-field solution and takes off jogging to claw back time. Zooming through perambulating ridges (no more mistakes!), we grab 32 on the fly. I'm out of water so we buddy-drink from Parrish's fatter bladder (don't ask).

One hour to go with another four controls on the list. But we're on the scent now and push painfully up the small hills and across paddocks dotted with thousands of purple fringed lilies (I love to see nature resisting). Three flags down and I'm out of it. I just want it over. Sixteen minutes left. One kilometre direct or two through 37—can we do it? Parrish has the killer in him and takes the lead again. Can't mess this one. He hits right on the flag. Eight minutes. Parrish punches while I run down the spur, a beeline for the hash house. Blisters and dodgy knees can't stop us now. Parrish quickly catches up. "Why does it always end like this?" I squeak. We hit the river at a cliff. Early finishers are wallowing down there in the cool water. We've been dreaming of that. Bouncing down a gully we can't find an easy crossing. So we leap right in off the bank, waist-deep. What a finish. At 11.58 I'm flat on my back like a beached fish, heaving and dripping, while Parrish tries to figure out the scoring procedure.

Regrets? There's but a few. If Parrish had done a bit more training and pointed out a couple of minor route tweakings we might have cleaned the course in just six extra kilometres. That would have been lovely. It was another great rogaine. I usually prefer bush courses but this was really interesting and varied terrain with a good number of subtle controls. And fences. Congratulations and thank you to Graeme, Vicki, Barry, Tony and all the other helpers. And thanks Parrish. I'll consider letting you come some other time but you'll have to lift your game (and carry all my water).

Ian Brown, November 2004

13 MARCH WALK AGAINST WANT

Locations all over New South Wales, Registrations Open 25 January call 1800 034 034. For further information on workplace and school involvement Kelly Mapleston 02 8204 3906. Victoria Park, Glebe – Breakfast at 8.30am, Race commences 10.00am 5km or 15km option. Help make a difference to poverty and injustice. www.oxfam.org.au/walk.

METROGAIN 2005 “GEORGES GANDER” - 27 FEBRUARY

The Hash House (start/finish) will be easily accessible by train from the Illawarra Line and the event organisers can recommend access by rail.

Navigation may not be as challenging as a bush event however selecting a route around the waterways whilst fitting in the essential ice cream and coffee stops will bring some challenges. Like all Metrogaines it will be an event for those with ambitions to win and willing to run 40 plus kilometres and those taking children out for some fun and every one in between.

The Association's Annual General Meeting will be held immediately after the event usually whilst the scorers are doing their thing with the Metrogaine results.

See you there.

Alan Mansfield

2005 AUSTRALIAN ROGAINING CHAMPIONSHIPS-SOUTH EAST QUEENSLAND 21st and 22nd of May 2005

NSWRA Bus to the 2005 Australian Championships has been cancelled.

With the early release of event information the NSWRA has decided not to run a bus to the 2005 Australian Championships in Queensland. It was a considerable financial risk for the NSWRA.

See information here <http://www.qldrogaine.asn.au/qraonline/> the QRA are organising a bus at \$25.00 per person. Departing at 18:00 from Brisbane Airport on Friday the 20th of May and returning to Brisbane Airport at approximately 17:00 on Sunday the 22nd of May. Check the QRA website for exact details. On the 13th of January a return airfare to Brisbane from Sydney could be purchased from \$188.00 online.

Alan Mansfield, Secretary NSWRA nswrogaining@optusnet.com.au

INTERNATIONAL ROGAINING 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

ANZAC ROGAINE 23-24 APRIL 2005

6 hour or 15/24 hour or 24 hour, your choice

An ANZAC Weekend Rogaine has been set for the 23/24 April 2005. For the first time we are offering three courses of various durations 24 hour, 15 of 24 hour and a 6 hour, your choice. All courses start on Saturday 23 April at noon.. The hash house is an easy 2 and half hour drive from Sydney's north on the F3, a tarred road all the way to the Hash House entrance. The 6 hour has a reduced entry fee.

Can you go from the watercourse to that knoll by transversing the contours, by following that gully, by taking a bearing, scrambling up that rocky slope, or walk/run on that forestry track? A moonlight Saturday night awaits us on this weekend will you accept the challenge with a group of your friends in teams of 2 to 5 If you need team partners(s) contact the administrator Graeme Cooper on 02 6772 3584.

Find some exclusive spots of the lower mid-north coast and enjoy the peace and tame wildlife in this great Australian outdoors environment on this 90th anniversary in the tradition of ANZAC. Hone your team skills for the forthcoming Australian Champs.

Before or after the event why not stay a while and camp at the hash house site - plenty of grassed camping space. The weekend is a long holiday weekend so come and join in the fun. Bulahdelah is less than 10 kms away if you wish to stay in more comfortable surrounds. Rogaining can be as competitive or relaxing as your team members desire.

Your entry fee includes a pre-marked map, checkpoint clues and tucker for at the completion of your course. The Hash House will operate from 5pm Saturday to about 1pm Sunday

What to bring - eats while on the course, sun-screen, water, weather protection gear, headlight or torch and humour. A detailed list will be issued one week before the event. There is no water at the HH site so we are asking everyone to save your two litre bottles and bring at least 10 litres of water for the weekend.

Entry form is on the NSW Rogaine website www.nswrogaining.org or through the post if you are a Rogaine member.

Ross Duker, Lesley Taylor and Marilyn Ferris setters.



THE COURSE SETTERS CONTEMPLATING THE POSSIBILITIES

WORLD ROGAINING CHAMPIONSHIPS 2006 (WRC2006)

TO COMPETE OR NOT TO COMPETE - we understand the dilemma.

If you would like to compete in WRC2006 and would like to volunteer to assist with organising WRC2006, then we can help.

COMPETING IN WRC2006

Including WRC2006, the NSWRA will be hosting the normal number of events in 2006. If you want to compete in WRC2006, assisting in organising any one of the 2006 events by taking on one of the key roles or assisting on the weekend of an event would be considered a contribution to WRC2006. The NSWRA's 2006 calendar is located on www.nswrogaining.org

NOT COMPETING IN WRC2006

Would you like to take on a key role or assist with the hosting of WRC2006? WRC2006 is not just a normal rogaine – There will be the traditional roles:

- Co-ordinator
- Course Setter
- Vetter
- Administrator
- Caterer

There will also be some new roles to ensure WRC2006 reaches the highest standard and is widely publicised. These roles may include:

- Competition (course) Manager
- Landowner contact and liaison
- Event Site (Hash House Manager)
- Water Master
- Webmaster (WRC2006 website and web pages)
- Publicity
- Media
- Sponsorship
- WRC2006 Volunteer Co-ordinator
- IT
- News and Photographs @The Event
- Social and Presentations
- Logistics
- Model (pre) Event Co-ordinator
- Reception Event Co-ordinator
- Risk and Safety Manager
- Event Treasurer
- Transport Co-ordinator
- Travel Contact
- Billeting Co-ordinator
- Team Finder
- WRC2006 blogger

Mike Hotchkis, WRC2006 Course Setter, has already spoken to some NSWRA members about their desire to help with WRC2006. We intend to contact more of you who we think might like to help, however, we do not know all of our members and of your skills and interests so if you think you have something to contribute please do not hesitate to contact us on nswrogaining@optusnet.com.au

A source of volunteers we would like to explore are students or other groups who may have skills or are developing skills that could take a task as fundraising activity for the their organisation or as a practical project for their students. The provision of event catering by 1st Waitara Scouts is an example, other examples could be a four wheel drive group placing water drops upon the course; a student or student acting as webmaster; marketing the event; providing first aid; producing news material online and traditional. Contact me if you have any ideas or organisations in mind. The NSWRA works with local and volunteer groups to organise events and would wish to do so with this event.

THE PROGRAM

- Social Event (run, meal, score event) on the weekend before or weekdays prior to the event.
- Model Event (to be confirmed) 10-12 October 2006.
- WRC2006 starts at 12noon,13 October 2006 and finishes at 12.00noon,14 October 2006
- Post event social and presentation 14 October 2006

THE TEAM SO FAR

- | | |
|----------------------------|--------------------------------|
| - Course Setter | Mike Hotchkis |
| - Assistant Course Setters | Trevor Gollan, George Collins |
| - Vetter | Tony Maloney |
| - Sponsorship | Julian Ledger |
| - Catering (event) | 1 st Waitara Scouts |
| - Catering Information | John Keats |

CURRENT NEWS

The course setting team have compared and discussed prospective course locations. They have driven to a number of locations. This is helping to clarify the style of the event i.e. bush based or village based, (bush is most likely) and the style of the supporting activities for the event. Mike Hotchkis, the Course Setter, has a shortlist of courses for consideration. Don't hesitate to contact him if you have a suggestion for course location.

OTHER REQUESTS

If you have photographs taken during events of other teams in action particularly at night we would be interested in using them on the website, in news items and in publicity materials.

IN CONCLUSION, BEYOND 2006 AND WRC2006

In 2008 the NSWRA are scheduled to host the Australian Rogaining Championships, by then a newer generation of rogainers, not necessarily younger rogainers, should consider taking on the major roles in that project. I know that seems a long time off however it requires experience.

For WRC2006 we hope that the benefits for rogaining in New South Wales and Australia will include a raised profile for the sport, an improved organisation with improved systems and equipment that allows volunteers to use their time more effectively so that they can get out into the bush more often and provides better rogaining events for participants in New South Wales.

For the World Championships our objective is to host a fair, physically challenging and navigationally challenging bush event that draws the best competitors from rogaining and attracts other competitors and participants from orienteering, adventure racing, ultra running, running and outdoor sports together in competition and socially. This will be an event that draws upon the best of sporting and rogaining traditions in blending competition with participation. Those with competitive desires may earn the right to say they once won a World Rogaining Championship in New South Wales in 2006. For all who participate and assist with the event they may come away having enjoyed the challenge, the travel, the sport and the camaraderie that rogaining has to offer in New South Wales and in Australia.

Yours, Alan Mansfield, WRC2006 Coordinator

2004 SOCIALGAIN – TERRIGAL – 21 NOVEMBER – 6 HOUR COURSE

Team	Name	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVt	Junior	Family
215	David Cannings, Richard Green	3480	16.02	1	1						
136	Jenny Christensson, Mattis Nilsson	3310	15.54	2			1				
150	Greg Scott, Jenny Scott	3240	15.55	3			2				
208	Kathie Dent, Martin Dent, Heather Logie, Susie Sprague	3150	15.59	4			3				
170	Andrew Haigh, Nicole Haigh	3060	15.56	5			4				
128	Alan Bradley, Ian Dempsey, Steve Guy, Wendy Scott	3040	15.50	6			5	1			
135	Graeme Hill, Anne Newman	3020	15.57	7			6	2			
175	Russell Taylor, Larry Weiss	2960	15.54	8	2			3			
212	Terry Durnin, Steve Tancred	2950	15.55	9	3						
225	Caroline Murre, Roel van Bernebeek	2890	15.54	10			7				
121	Melvyn Cox, Bruce Mackenzie	2880	15.55	11	4			4			
127	Michael Salmon, Dennis Wylie	2870	15.51	12	5						1
217	Jim McLean, Andy Walters	2860	15.58	13	6			5			
226	Craig Stafford, Todd Stafford	2830	15.58	14	7						
173	Jeff Bendeich, Conny Gissel, Paul Knight	2810	15.57	15			8				
110	Bert van Netten, Jamie van Netten	2790	15.55	16	8						2
204	Nihal Danis, Richard Sage	2780	15.51	17			9	6			
233	Scott Finlayson, Andrew Johnstone, Sharon Norris	2780	15.54	18			10				
179	Tsauna Phang, Luke Su	2770	15.53	19			11				
166	Alison Curtin, Kelly Mapleston	2760	15.54	20		1					
111	Dianne van Netten, Kim van Netten	2750	15.54	21		2					3
211	Peter Gordon, Pili Vazquez	2750	15.58	22			12				
224	Annalisa McKay, Michael Meryment	2720	15.55	23			13				
104	Andy Simpson, Alexa Troedson	2710	15.58	24			14				
221	Geoff Harper, Caireen Urquhart, Joel Wright	2660	15.03	25			15				
117	Stephen Bruggeman, Phillip Harding, Craig Johnson	2630	15.49	26	9						
220	Allison Lilley, Michael Lilley, Sebastian Warmerdam	2620	15.52	27			16				
102	Neil Chappell, David Lilley	2610	15.58	28	10			7	1		
174	Richard Connors, David Green, Andrew Palmisano	2590	15.52	29	11						
126	Ross Barr, Ron Junghans	2580	15.57	30	12			8	2		
108	Kerry Ayre, Bob Kimbrey	2560	15.55	31			17	9			
197	Nick Earl, Mark Von Huben, Rebecca Wilkins	2500	15.46	32			18				
130	Ross Duker, Eric Smith	2500	15.55	33	13			10			

2004 SOCIALGAIN – TERRIGAL – 21 NOVEMBER – 6 HOUR COURSE

Team	Name	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVt	Junior	Family
198	Malcolm Bradley, Jodie Casey, Mike Vattaglia, Vanessa Yorke	2500	15.55	34			19				
129	Matt Dowle, Gill Fowler, Matt Ryan	2470	15.47	35			20				
137	Garry Thong, Steven Wyatt	2420	15.57	36	14						
206	Megan Dimozantos, Edwina Hatch	2400	15.45	37		3					
161	Katherine Dynon, Elise Ring	2350	15.55	38		4					
140	Linda Eggington, Terry Eggington	2350	15.56	39			21				
176	David Noble, Rebecca Noble	2350	15.59	40			22				4
207	Matthew Bulbert, Alison Trowbridge	2340	15.57	41			23				
113	Alex Bergman, Barry Drake	2300	15.55	42	15						
131	Marilyn Ferris, Lesley Taylor	2300	15.56	43		5		11			
164	Anthony Dynon, Heather Dynon	2260	15.57	44			24	12	3		
177	Graham Cassidy, Martin Mansfield	2250	15.57	45	16			13			
185	Margaret Bouttell, Rowan Bouttell, Gary Molam	2210	14.59	46			25				
189	David Perkins, Bryan Smith	2200	15.56	47	17			14			
106	Jennifer Vaccari, Lou Vaccari, Nick Vaccari	2180	15.54	48			26				
205	Tom Dawes, Chippy Le Carpentier, Sue Le Carpentier	2160	15.55	49			27	15	4		
143	David Brown, John Moore	2080	15.54	50	18			16			
158	Katherine Tuft, Peter Tuft, Robyn Tuft	2070	15.57	61			28				6
154	Sue Davis, Stuart Wilson	2020	15.57	52			29				
187	Chris Delle, Annette Dowd	2020	15.57	53		6					
156	Nicola Bradbury, Steve Clancy	2010	15.57	54			30				
235	Mariana Jablko, Laurent Varlet	2010	15.57	55			31				
228	Anne Doyle, Leslie Howatt, Amanda Jones	1990	15.50	56		7					
103	Lynn Dabbs, Kevin Williams	1960	15.51	57			32	17			
203	Terry Rogers, Samantha Wilson	1920	15.51	58			33				
133	Kirsten Hawkins, Stephen Thompson, Eva Wong	1890	15.43	59			34				
153	Myee Allison, Thomas Bishop	1880	15.55	60			35	18			
146	Lyn Jones, Andrew Lumsden	1880	15.57	61			36	19			
148	Bruce Fenton, Rosemary Seberry	1870	15.46	62			37	20			
139	Joanne Vanderstok, Geoff Warn	1820	15.50	63			38				
213	Hannah, Andrew, Hollie, Therese and William Kennedy	1810	15.55	64			39				7
201	Gillian Brotherston, Gary Ferris, Mark Garratt	1810	15.58	65			40				
229	Peta Brideson, Megan Epper, Kirsten Field	1810	15.58	66		8					
194	Ian Almond, Peter Almond, Marcella Barisic	1800	15.48	67			41				8
144	Franck Began, Joanne Kershaw, Tim Lade, Shawn Russell	1800	15.57	68			42				

2004 SOCIALGAIN – TERRIGAL – 21 NOVEMBER – 6 HOUR COURSE

Team	Name	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVt	Junior	Family
165	John Hartigan, Kathleen Hartigan, Patrick Hartigan, David Kricker	1780	15.56	69			43				9
115	Mark Freeman, Vanessa Freeman	1770	15.59	70			44				10
214	Sarah Anthill, Martin Lefmann, Patrick Mickan, Ada Yu	1770	16.13	71			45				
180	Ray Overdijk, Oliver Sieur	1760	15.59	72	19						
178	Alyssa Cassidy, Emma Mansfield	1750	15.58	73		9				1	
167	Peter, Luke and Linda Burden, Oscar Clarke, Paula Stuart	1740	15.54	74			46				
160	Clare Bellis, Bill Evans	1740	15.55	75			47	21			
218	Robert Hartwell, Christine Innes, Sharon Phillips	1740	15.58	76			48				
155	Wendy Hird, Karen Irvine, Janet Oakley	1720	15.55	77		10					
169	Michael Hanratty, John Oakley	1710	15.34	78	20			22			
196	Amy Thornburn, Kerry Tozer, Carmel Wilkinson	1700	15.57	79		11					
140	Kaye Johnson, Peter Morrison	1670	15.44	80			49				
122	David Bowerman, Dennis Sparling, Jim Wells	1640	15.58	81	21			23			
114	Lisa Butt, Craig Dunn	1620	15.11	82			50				
188	Gillian Perkins, Iain Wilson	1620	15.34	83			51	24			
124	Jennifer Borrell, John Keats	1620	15.55	84			52	25	5		
118	John Kell, Sally Kell, Graham Millar, Phillipa Millar	1580	15.36	85			53	26			
216	Amanda Hughes, Pow-Chuan Lee	1560	15.47	86		12					
181	Nicholas Butler, Phaedra Parkins	1560	15.55	87			54				
193	Amy Doyle, Rod Doyle	1560	15.56	88			55				
105	Sven Dowideit, Pam Duffy, Niels Gebauer, Bert Lancaster	1530	15.17	89			56				
182	Johanna Lynch, Ben Pankhurst, Danny Roberts-Clark	1520	15.36	90			57			2	
120	Andrew, Grace, Maggie and Wayne Corrigan	1520	15.38	91			58				
186	Ella, Susan and Warren Davidson, John Yarrington	1490	15.43	92			59				
190	Crystal Ossolinski, Anna Park	1490	15.48	93		13					
234	Meredith James, Marika Kahle, Pierre Kuhn, Mark Worsfold	1480	15.55	94			60				
195	Boyd Attewell, Shona Forsyth, Asha Forsyth, Alyssa Marshall, Sophie Peet	1470	15.54	95			61				12
222	Emmie Collins, Hugh Dixon, Per & Soren Tinberg, Jesse Vick	1470	15.54	96			62				13
209	Brian Haebick, Stephen Ward, Tracy Anne Ward	1440	15.54	97			63				
171	George Kriflik, Lynda Kriflik	1420	15.51	98			64	27			
219	Denise Black, Wit Cieslik	1410	15.41	99			65				
141	Crystal Pettit, Dave Pettit	1400	15.27	100			66				14
138	Jesena Brce, Sabrina Cascio, Anja Hutschenreuter	1380	16.07	101		14					
151	Fiona Johnson, Diana Scott	1360	15.46	102		15		28			

2004 SOCIALGAIN – TERRIGAL – 21 NOVEMBER – 6 HOUR COURSE

Team	Name	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVt	Junior	Family
163	John Hefko, Gregory Knight, Kathryn Mortimer	1360	15.49	103			67	29			
119	Pam Montgomery, Robert Montgomery	1360	16.08	104			68	30	6		
123	Niki Frampton, Hisako Shiraishi	1350	15.37	105		16					
232	Debbie Hotchkis, Mike Hotchkis	1310	15.55	106			69	31			
227	Kelly Books, Wendy Charlesworth, Justine Douthwaite	1310	15.59	107		17					
101	Julia Slotwinski, Marek Slotwinski, Lena Young, Paul Young	1280	15.27	108			70				
191	Lucy Buhagiar, Endreas Mross, Sarah Mross, Mithra Pattison, Corey Spink	1260	15.54	109			71				
112	Patty Corvell, Lin Donevska, Leeanne Dwyer, Stephanie Seaton	1210	15.47	110		18					
109	Penny Allen, Marie Kibble	1200	15.56	111		19		32	7		
134	Penny Field, Geoff Ritchie	1190	15.51	112			72	33			
132	Judy Shea, Paul Shea	1170	15.47	113			73	34	8		
184	Samara Lewis, Nicole Wong	1170	15.50	114		20					
162	John Bishop, Karen Hunt	1130	14.30	115			74	35			
183	Adam Fahey, Anita Frisic, Bradley Gibson, Krystina Warren, Peter Warren	1130	16.00	116			75				
200	Judy Young, Lindsay Young	1110	15.48	117			76	36			
230	Barbara Company, Liz Noble, Eileen Robberos, Diane Westaway	1110	15.59	118		21					
199	Lesley Buckley, Jim Hubbard	1100	15.16	119			77	37	9		
100	Alex Batten, Paul Batten, Bronwyn Batten	1080	15.41	120			78				15
192	Jessica and Jennifer Almond, Pauline Doyle, Bronwyn Wilson	1050	15.42	121	22						16
107	Lyn Corrigan, Jeff Paul	1030	15.49	122			79	38			
152	Helen Meek, Jim Meek	920	15.47	123			80	39			17
116	Katrina, Erik, Sue and Ian Thorvaldson	900	15.51	124			81				18
142	Andrew, Belinda, Nicholas, Stephen and Shaun Pope	870	15.21	125			82				19
125	Glenn McCarthy, Karen McCarthy, William McCarthy	770	15.30	126			83				20
210	Lynda, Kyra, Michael J and Michaela Sumner	730	15.20	127			84				21
168	Cassandra, Debbie, Jade and Paul Stein	710	15.28	128			85				22
159	Rachelle, Joshua, Meg and Chris Elphick	650	15.57	129			86				23
147	Sarah, Naomi, Luke and Davidd Massa	650	15.58	130			87				24
145	Sonia Kupina, Alan, Louis and Sophia Mansfield	580	15.46	131			88				25
157	Anthony Pettit, Betty Pettit	540	15.03	132			89	40	10		
172	Sandra Parker, Julian Radom	330	15.56	133			90				
202	David McFarlane, Joanne McFarlane, Craig and Jenny Starling	260	14.00	134			91				
223	Hamish Fitzhardinge, Kylie Henry	1	16.00	135			92				
231	Mandy Argue, Uwe Dombrowski	1	16.00	136			93				

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