

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 117

September 2006



Photo courtesy of NPWS

**“24 HOURS IN THE MOMENT”
7TH WORLD ROGAINING CHAMPIONSHIP
WARRUMBUNGLER NATIONAL PARK**



2006 - 7 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
13-14 October	World Rogaining Championships	Coonabarabran NSW	Alan Mansfield 9797 6773
19 November 06	Socialgaine 6 hour	Newcastle	Rob Vincent 4956 7018
25 February 2007	Metrogaine 6 hour	your choice – let us know where you'd like to go!	An organising team is required for this event to be held
28-29 April 2007	Autumn Rogaine		
ACT Events			
4 November 2006	Spring Rogaine	ACT	act.rogaine.asn.au
18 November 2006	Socialgaine	ACT	act.rogaine.asn.au
Other Events			
28-29 July 2007	Australian Champs	Alice Springs	http://nt.rogaine.asn.au

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New South Wales Government

MESSAGE FROM NSWRA PRESIDENT

What? No Metrogaine next year?

Is that possible? Yes, it seems likely that there will be no Metrogaine next year.

But it's not too late to change this. We just need volunteers to come forward and organise this event. It's been a standard on our calendar for over ten years. It's also the easiest kind of event to organise. Course setting just involves a bit of exploration, possibly around your own backyard or any of your favourite haunts.

Lake Macquarie Rogaine and electronic scoring

I'm afraid I missed this event. But I heard that the Navlight electronic scoring system was used for the first time in NSW and it all went smoothly. I'm sure participants would have appreciated the instant results print-out. That's a change from being expected to add up your own score just after you've fallen exhausted over the finish line.

NSWRA has the electronic scoring system on loan for the World Championships. In future we will be considering buying a system for use at most of our events. It's a big investment for us but will ease the burden on event administrators. Also the experience with a number of events in Australia and NZ is that participants like it. Quick results and complete time splits for every leg of your route.

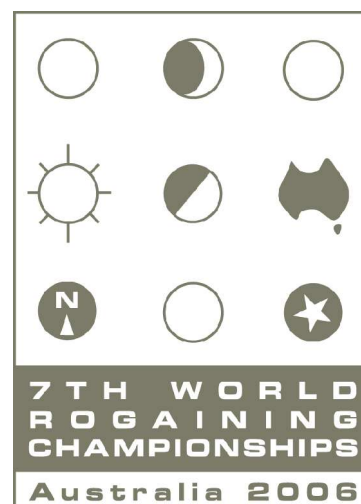
Lake Macquarie event results are inside this newsletter. I notice a few 'hot' teams there, getting in a bit of training in advance of the World Championships.

The big event of 2006

World Rogaining Championships, near Coonabarabran, NSW, 13-14 October 2006.

Competitors should be aiming to reach peak fitness over the next few weeks.

Keep an eye on the event website (<http://www.rogaine2006.com.au>) for information updates.



Quote of the month

This time a short poem for you scholars out. The natural choice for the coming big event.

When I heard the learn'd astronomer,

When the proofs, the figures, were ranged in columns before me,

When I was shown the charts and diagrams, to add, divide, and measure them,

When I sitting heard the astronomer where he lectured with much applause in the lecture-room,

How soon unaccountable I became tired and sick,

Till rising and gliding out I wander'd off by myself,

In the mystical moist night-air, and from time to time,

Look'd up in perfect silence at the stars.

Walt Whitman (1819-1892).

The message is: break free from your normal existence, get out there and take in a dose of reality.

THE NSWRA COMMITTEE

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Equipment Officer – Bert van Netten

General Committee – David Sigley

COMING EVENTS

SOCIALGAIN – 19TH NOVEMBER 2006 – “THE AWABAKAL AMBLE”

The “Awabakal Amble” will be held on Sunday 19th November in the Newcastle / Lake Macquarie area. The Hash House is the Senior Citizens Hall at Dudley, a 100yr old plus place adjacent to two old pubs (from the coalmining days) and a soccer field.



Participants will have much opportunity to traverse bushland, coastal strips and pause at small shopping villages for a cool drink, or coffee and pastry! Part of the course includes the Great North Walk, a 250km walking trail that joins Sydney and Newcastle. Also included are rock platforms, clifflines, oceanviews, nature reserves with rainforest and banksias, old coal railway line and suburbia.

catering for this event.

Contact for this event is Rob Vincent (phone 4956 7018).

The NSW Junior Orienteering Squad will be doing the

7th World Rogaining Championships

Warrumbungle Australia

13th to 14th October 2006

Four weeks to go!

The Russians, the Finns, the Latvians, the Estonians, the Japanese, the Canadians, the Czechs, the New Zealanders, the South Africans, the Swedes, the Dutch, the Ukrainians, the Americans, the British and the Papua New Guineans are coming as are teams from all of the states and territories of Australia (though I don't think anybody is coming from the Antarctic Territories). Currently we have 690 people in 309 teams.

Some teams have had to withdraw and we would like to thank them for contacting us early so that some of those very patient teams on the waiting list can put their training to good use.

Those teams from the reserves list as well as those already entered will need all off their skill and endurance to perform well at the World Championship. The course is a course that befits the title World Championship. Long, tough and complex navigational challenges abound.

The course setting team has one last trip to make to the course before finalising the map. I saw a draft copy of the map this week and the course will be a puzzle and a challenge. The map scale has been set at 1:33 333 – 100 metres = 3mm. There are enough challenges for the entrants without having to puzzle over a strange scale like 1:40000 or 1:45000!

Richard and Nancy Neuburger of Lenexa, Kansa, United States have offered to help out at the Warrumbungle Rogaine. If you would like to assist before, at or after the World Rogaining Championships we would be pleased to hear from you.

Warrumbungle National Park and Warrumbungle Shire though their respective visitor centres have been providing assistance and support for this event. Whether you have entered or helping with this event you should consider putting the Warrumbungles / Coonabarabran on your places to visit list. Besides the Warrumbungle National Park and Siding Springs Observatory you might consider a visit to the Pilliga Scrub an expanse of Brigalow forest.

Paddy Pallin, a long time supporter of Rogaining in NSW, has joined the event in recent days.

Thank you to all who have contributed to the event so far!

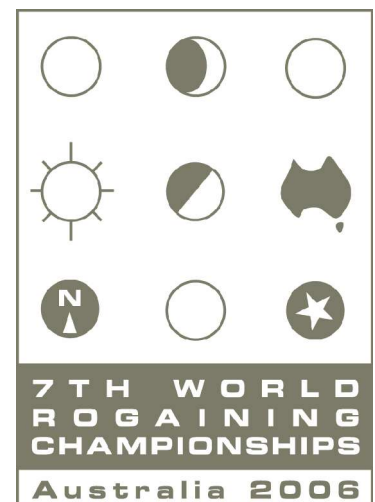
Alan Mansfield
Coordinator
7WRC 2006
8th September 2006

For information about –
Warrumbungle National Park

<http://www.nationalparks.nsw.gov.au/parks.nsf/parkContent/N0035?OpenDocument&ParkKey=N0035&Type=Xo>

Coonabarabran and Warrumbungle Shire <http://www.warrumbungle.nsw.gov.au/>

Paddy Pallin <http://www.paddypallin.com.au/page.asp?partid=290>



TECHNICAL ROGAINING

The application of technology to rogaining advanced another step at the recent Lake Macquarie rogaine with the use of NavLight electronic punching and a map drawn using the OCAD mapping program.

Ian Dempsey is the man to thank for putting in the long hours at a computer doing the drafting of this map. I'm sure you will all agree with Ian and I that it was worth the effort. One of the obvious benefits to the rogainer of an OCAD'd map is the absence of extraneous clutter such as cadastral information. Another comes from us being able to take advantage of the years of experience of the orienteering world at map making by changing the colour scheme used in the standard issue topographical maps to a simplified version of their IOF standard. The end result is a much more informative and readable map.

Ian tells me that all future Lake Macquarie maps will be produced this way.

For the past few years at some NSW events, teams have been provided with a printout giving a list of the controls they visited and their score. Obtaining these prints is a labour intensive operation, as the data has to be keyed in to the NSWRA database after reading the punch cards.



A scene from the Warrumbungles...courtesy of NPSW

The use of NavLight at Lake Macquarie meant that within minutes of finishing each team got a printed sheet showing not only the controls they visited and their score, but the actual time of each visit. Their "split times", the time taken between each control was also on the printout.

Without NavLight the time of each visit to a control by a team can't be known unless someone in the team records this on their way around the course. The winners at the Goobang Rogaine, David Baldwin and Julie Quinn did this. Using these figures after the event they were able to not only provide the usual map of their route but also a number of tables and graphs. The graph which was of particular interest as a course setter was the one which related their cumulative points to time on the course.

Course setting poses a number of challenges. The first and obvious one is picking out good control sites. Each course setter will develop their own techniques. I have written about some aspects of mine in a section on course setting in the "Resources" section of the web site, which will be made public very soon. Briefly, after selecting and visiting the area to use for the event, I come home and spread the map out under a good light and do an "armchair" set. I then go back to the site and start checking out the spots I have picked. My experience has been that at best about half of the spots I have picked are usable. Common reasons a site proves unusable are too much or not enough vegetation and errors in the map.

What does happen however is that you 'find' what often turn out to be the best sites during the days spent walking the area. Many of these will be unusable even with a "The" description because of lack of detail or errors in the map. Some extra time with a map board and a GPS in the field followed afterwards by an OCAD session will soon fix this problem. It is a time consuming but satisfying task.

Once you start to accumulate sites the next thing to consider is the layout or distribution of the controls and the overall size of the course. To obtain a good layout you need a good area. An irregular outline, out of bounds areas and extended physical features that restrict or bar progress all detract from the quality of a course. The best areas are ones where the controls can be evenly distributed with the spacing gradually increasing with distance from the Start/Finish. You will of course be able to 'see' how you are progressing by just looking at the map. What is not so easy is to decide when the course is big enough. You naturally don't want a team coming back long before the finish time with a full card and asking "Is that all?". On the other hand it is a waste of time and effort making the course bigger than necessary. The rules also have something to say about this.

A really useful tool that is available to check the size of a course is the Paul Shield's Route Calculator. Enter your control data into the NSWRA database and it will generate the input required by the router. Copy the result onto your map and then look for obvious 'bad' route choices. The better your layout the fewer there will be of these. Make any necessary alterations and add the extra distance to the route calculator's figure. To decide if the course is big enough it is then just a matter of estimating the likely average speed of the winning team. This will be a function of the vegetation and topography. A knowledge of the results of previous events on similar terrain helps here.

The last stage of course setting is the allocation of points. The software tools built into the NSWRA database have been developed to help make this job easy and accurate. As with the earlier stages copy the results onto your map and make any necessary adjustments.

At this point let me return to the data and graphs that the use of computer software and electronic punching is making available. I find split times to be of very limited interest as teams will all have different capacities which means their speed will vary as will their route choice . Of much greater interest is the graph of their accumulated points versus time.

These graphs are the test of a course setter's layout and point allocation. A straight line indicates the team accumulated points at a constant rate and that the course design was good. It is also a good measure of a team's performance. An important part of rogaining strategy is setting a pace which can be maintained. If the course setter got it right then the graph becomes a performance indicator.

Apart from the one isolated case of the winners at Goobang I have not been able to apply or test any of this theory to the events I have set. All this is about to change however as all future NSW bush events will be using NavLight electronic punching.

If you are still reading, maybe I have sparked sufficient interest to make you consider joining a course setting team. Nearly all events are a team effort because of the time it takes. Very few people are able or willing to do the whole job themselves. Have a look at the Volunteers Table and at the Coming Events pages on the web site and get in touch with one of the team leaders listed there.

Graeme Cooper
Phone 02 6772 3584



The vetting team for the World Rogaine Championships

Lake Macquarie 12hr 2006

This is an account from team 150 of a very satisfying rogaine where most things went to plan and we were able to enjoy the beautiful Lake Macquarie area.

It was a rather tired start to the day as Matt and I met up in Liverpool and headed north up the freeway. The early mornings are not always that welcome (esp. on a weekend). But we soon were getting fired up as we thought about what we should carry with us and wondering what the terrain would be like. I'd done six 12hrs previously, mostly in the Watagan area and knew we would be running a fair bit of the time with the extensive track network. Matt is always adaptable and I knew he would enjoy whatever was dished up.

The Hash House area was superb, but as we looked around the only way was up. The map looked fantastic (well done Ian!) and gave us a few route choices. We didn't want to get stuck in the 70's at night so looked to get them early. Our initial planning had us skirting around the tracks to the south-east and then heading north to the 70's. But after a coffee, double choc muffin and further perusal went decided to head north from 45 to 62 and attack the 70's from the north. Once we had this in our planning the rest of the route choice seemed pretty straight forward.

Latisha, Jessica,
Tristan, Jade and
Cassie plan their route
at the 2006 Paddy
Pallin

Trying desperately to pack lightly as possible we were ready for the final briefing and siren. Off we trotted down the road to 20 where startled a goanna who quickly scaled a tree and watched all these silly people walking by. 63 slowed us a little then off 45.

Thank you to the kind person who carried my green gaiter all the way from around this point. I'd left them off give my legs some air whilst on the tracks. I may not do that again. My left shin was not too impressed. 62 wasn't too much of a problem but keeping up with Matt was as he skirted the cliff line with a little more confidence than I. We kept heading north and dropped down to 36 (maybe we should have got 37 too?) and then back to 50.

This was a lovely part of the course and perhaps where I unknowingly picked up a leach. He had a good feed and dropped off before we got back I think. Along to 71 and we were feeling good. We stuck to our plan and headed up to 73 and along to the track above 61. We dropped down to pick up this control and then down the boulder strewn creek to 70.



as
we
to

We seemed to find the best route to 72 as we moved quite swiftly and then up to 60. We picked up the track to the east and made our way to 46. Around to 65 then a brief but welcome stop to refill water supply. We were desperately hoping to still get 80 in the light, so off to 54 then back out and around the track to 51 and across to 80. We were aiming for the gap in the thick vegetation but headed too far north and were forced to move slowly through some nasty bush. We were very happy to pick up the 80 so early (about 5.30pm) and then headed north east to the track and ran out and around to 64, torches on and up the track to 52. A long jog around to 43, walking any significant incline, and then on to a massive spread of food at the T&D. I would have loved to stay longer but I could tell Matt was itching to get away, so one last big handful of cake and off we went. We had decided at the outset to leave the 50's to the north and we stuck to our plan and picked up controls 42, 35, 22, 34, 66 and 30 all with relative ease.



A scene from the Watagan Mountains in Lake Macquarie

We had considered down and back to 57 but time was marching on, so around the track and made what was probably our first major stuff up by running past the track to 32 and ended up closer to 33. We didn't go back for 32 which may have been a mistake, but we had plenty more controls still to focus on. Down the track to 31 and then across to 44. Down the track to 12 and then headed straight back up hill to find the track around to 38. The tracks seemed a little unclear around here but we seemed to find the correct track just to the west of 38.

When headed into the water course. We must have just below the control although we were sure we were above it. We headed south down the watercourse and convinced ourselves we were still approaching it. Doubt crept in as we continued to head south. Which watercourse were we in? We felt that we would eventually hit a fence line if we kept heading south.

We did, so we headed across to pick up the track and back up to 11. Confident of our whereabouts, we tried again for 38, this time on a bearing. It was just after 11pm so we gave ourselves 20 min maximum to find it, which we did, and began making our way back down past 11 and on to the skinny corridor between the out of bounds.

We would have loved to pick up 21, 10 and 40 but left ourselves just a little too short of time. Matt and I were very happy to finish at 11.47 on 1490 points and covering approx 45km. This was our 2nd rogaïne together and if I didn't hold up Matt too much perhaps he'll have me as a partner again soon. It certainly was a very enjoyable and satisfying event. Of course it doesn't stop there because as usual the catering was superb (thanks NSW Junior Orienteering squad) and the amount and quality of food was fantastic.

Well done Bert and all your team!

Paul Stein and Matt Cooper [a.k.a. Team Stoooper]

Ps Can you weed the Lawyer Vine for next year?

OTHER COMMENTS ABOUT THE LAKE MACQUARIE ROGAÏNE

Dear Bert

We raced off from the rogaïne on Saturday with happy but tired and chilly children – and didn't get a chance to say thanks. We had a great afternoon and really appreciate all the work that goes into making that possible. A huge thank you from all of us to you and all those who contributed

Cheers Tony, Fiona, Josh and Lauren Merritt

Dear Bert

I appear to have lost a Timex GPS device on Saturday (most probably during daylight hours in the Eastern part of the course) - a black box with arm strap~! It must have dropped out of my pack at some point.

Whilst not wanting to lose it, or contribute to littering the countryside, I'd be most appreciative if someone from another team spotted it and handed it in. Unlikely, but worth asking the question.
Kind Regards

Malcolm Bradley (Team 20)
Ph - Mob : 0415 251 774

The printed newsletter also contained the Volunteers Table and the results of the Lake Macquarie Rogaine.

For a copy of these please go to the relevant sections of the web site.