

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 123

September 2007



THE 2007 NSW CHAMPIONSHIP ROGAINE WILL BE HELD IN THE GOULBURN RIVER NATIONAL PARK. BE THERE !!!!!

www.nswrogaining.org

2007 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
20 October 2007	NSW Championship	Mudgee	www.nswrogaining.org
18 November 2007	Socialgaine	Port Stephens	www.nswrogaining.org
24 February 2008	Metrogaine	TBA	www.nswrogaining.org
ACT Events			
22 September 2007	Nightgaine	ACT	act.rogaine.asn.au
3 November 2007	Spring Rogaine	ACT	act.rogaine.asn.au
Other Events			
16-17 August 2008	Australian Champs	NSW	www.nswrogaining.org

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 Department of Lands



New South Wales Government

THE 2007 NSWRA COMMITTEE

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THIS IS YOUR NEWSLETTER ! ! ! !

I rely on members to provide me with its content, so please email me stories of the events you have competed in, photos from events or other things that will be of interest to rogainers (or even just of interest to you).

President's piece

It's with great sadness that I record here that Dianne van Netten passed away on 4th September after a lengthy battle with cancer. Dianne was one of the founders of the NSW Rogaining Association back in 1983. Since then, Dianne has been one of the most active supporters of rogaining in NSW, as volunteer, competitor, committee member and past president of the association. Her friendly face will be sorely missed by us all. Ian Dempsey has provided a tribute to Dianne in this newsletter.

Australian Rogaining Championships...

A good number of NSW teams headed for Alice Springs for this year's Australian Championships, organised by the Northern Territory Rogaining Association. And the new Australian Champions (Men's category, and overall winners) were Joel Mackay and Phillip Whitten from NSW (photo on right).. Congratulations!



... and the Australian Inter-varsity Championships...

This competition was held in conjunction with the Australian Championships, for the first time in many years. Financial support was provided for one team from each state and territory, through the generosity of the Nigel Aylott Memorial Sports Foundation. The team selected for NSW was Shelley Bambrook and Stewart Johnston, students at the University of New South Wales. Shelley and Stewart came in a creditable 4th in the Inter-varsity Champs, missing out on a placing by only 10 points.

Both our overall winning team and our university team have provided accounts of their experiences at what sounds like a memorable rogaïne in the Red Centre. As well as the great scenery, it seems the spinifex made quite an impression. I'm not sure if these accounts will be included in this newsletter – if not, see our website.

Lake Macquarie Rogaine

By all accounts this event was another in a series of successful Lake Macquarie rogaines. I regret I wasn't able to make it myself this year. Find the results within. Thanks are due to Bob Gilbert and all his team!

NSW Champs

Our next event is the NSW Championships in Goulburn River National Park, somewhere between Mudgee and Merriwa. I believe this is a fantastic area for a rogaïne and we are in for a treat. The Goulburn River wends its way through wild bush country with just a few tracks. Trevor Gollan and I made a brief foray into the area about 3 years ago while prospecting sites for the World Champs. Certainly made it to our shortlist of sites. The hills are not so fearsome as the Warrumbungle Mountains but the bush is beautiful.

This newsletter which arrived in your mailbox...

At our meeting in August, the NSWRA committee took the decision to discontinue offering the option of a printed newsletter with membership. For some of us, including your president, it is not without some regret that we took this decision. Newsletters will continue to be distributed until current subscriptions run out. Since the newsletter became 'optional', the take-up of newsletter subscriptions has settled at around 20% of memberships. The committee feels we should concentrate on electronic communication with our membership, through the website and email list. Most clubs and associations now operate in this way.

Reminder

We encourage all members to sign up to our email list. This is an important way for rogainers to keep in touch and know what's going on. Sign up and you can be sure you won't miss the next event entry deadline. Visit our website to sign up: www.nswrogaining.org.

Mike Hotchkis

NSWRA LOSES A FOUNDING MEMBER



Dianne VanNetten, one of the founders of rogaining in NSW, has recently passed away after an extended illness.

I was introduced to rogaining by Dianne and Bert VanNetten in the early 1980s. Up to that time, rogaines were held on an intermittent basis in NSW (usually once a year or less) and were often staged as Intervarsity events.

Dianne and Bert had been travelling to Victoria for several years to get their rogaining 'fix' on a more regular basis. An active Victorian ro-gainer, Jeremy Challacombe, moved to NSW in 1982 and so the four of us established a rogaining association in NSW in the following year.

Dianne served variously as president, secretary and treasurer in NSWRA's fledgling years and helped to place the Association in the healthy position it is in today.

In life, Dianne was humble, unassuming and blessed with a gift to make everyone feel comfortable in her presence. My life, and the life of many other rogainers has been enriched by knowing her.

Ian Dempsey

Lake Macquarie Rogaine 2007 REPORT

WOW ! What a difference a day makes. Twenty four hours after the event, which was held in very favourable conditions, the heavens opened and the rain came bucketing down on the Watagan Mountains, about 100mm.

Although the number of entries was down considerably this year those who did compete enjoyed the experience and were rewarded with a first class map (produced by Ian Dempsey), challenging courses for both novices and experienced rogainers and good food from both the T & D and Hash House.

The philosophy of the Lake Macquarie Rogaine is that it caters for all levels of ability, from the novice to the experienced competitor and allows competitors to develop skills and confidence in progressing from a 6hr event to night navigation in a 12 hr event.

Thirty eight teams competed in the 12 hr event with the winning team of Scott Hamilton and Warwick Dougherty only missing 2 CP in scoring 1280 points. They were closely followed by Patrick Mickan and Martin Lefmann on 1240 points and Tyson Brooks and Malcolm Roberts third with 1170 points. An outstanding effort by the first placed women's team of Claire Doherty and Nikki Brown, with a score of 1170 points, put them in fourth place overall.



The 6 hr winners of Paul Stein and Mat Cooper scored a very credible 900 points with Matthew Everson, Anthony Kelshaw and James Matthews in second place with 780 points and third was Joel Mackay and Jacqui Matthews with 750 points.

Although the navlight system was used and allowed results to be processed quickly an error in the setting up didn't allow split times to be displayed (apologies to those who like to analyse their performances with these statistics).

Once this system is perfected (by the operators) I'm sure competitors will appreciate comparing and analysing their's and other team's performances.

An innovation this year was the introduction of a Split Challenge where teams competed for the fastest split between 2 CP. The winners of this split between CP 25 to 64 and return, was Paul Stein and Mat Cooper in 21m 03sec.

Our thanks to those teams who interrupted their course to assist members of other teams who suffered injuries. Fortunately one of our SES crews was in the vicinity and was able to organise assistance to transport the competitor to hospital for precautionary examination.

The Hash House this year was staffed by the Cardiff scouts, who normally run that now famous and popular T & D. They maintained the high standard of food and service usually provided by the junior orienteering squad who this year were responsible for the T & D. This is the first time, in the 16 yrs of the lake Macquarie Rogaine that Diane Van Netten, together with her husband Bert, have not been organising the hash house. Diane is currently undergoing treatment for a health condition and I'm sure all in the rogaining fraternity would wish her all the best during this period.

Events such as this don't happen without the support of many volunteers, many of whom sacrifice competing on the day to assist in the administration. I appreciated their efforts in allowing the event to run smoothly and efficiently from the time of registration to the presentations. Those who assisted were: Geoff & Margaret Peel, Harry & Merle Goyen, Bob Montgomery, Neil Chappell, Greg Scott, Lou & Nick Vaccari and Jim Hubbard.

Ian Dempsey was again produced a high quality map with course set by Bert Van Netten, vetted by Bob & Pam Montgomery and Andrew & Nicole Haigh.



Flag retrieval is not the most popular tasks but thanks to Robert Vincent, Stephen & Eva Thompson, Malcolm Roberts, Martin Roylance, Max Coates, Greg Rowe and Bob Montgomery for assisting in this matter.

Our thanks also to the Cooranbong SES and Doug Floyd from the Bushwalkers Wilderness Rescue Squad who act as our safety team and compile our safety report for the event.

Once again we would like to acknowledge the support of State Forest NSW and National Parks & Wildlife Services who as landowners cooperate with us in allowing this event to proceed.

Finally to Lake Macquarie City Council who support this event each year with printing, medals, various equipment, promotion and include the event as part of the Lake Macquarie Games

Congratulations to everyone for being such keen and appreciative supporters of this event

We hope to see you again next year for the 17 Lake Macquarie Rogaine

Bob Gilbert
Adminstrator

FOUND PROPERTY

A watch was found during the 2007 Lake Macquarie Rogaine and has been handed in to Bob Gilbert. If you lost a watch during the event please ring Bob (phone 49521967), and if you can describe it will be returned to you.

OUR NEXT EVENT

Location: This year's event is being held in the magnificent Goulburn River National Park. Closest town to the event is Mudgee, several hours drive from Sydney and Newcastle.

Terrain: I've found very little scrub in the event area and it will be marked on the map. Terrain is best described as mixed, but generally the going is quite good. There's some open farmland, very open forest along the river and major watercourses, and average going through the remainder.



The scenery along the river is spectacular, there are clear linear features such as the river and roads for novices, and some of the more remote sections have challenging gully detail. In short, I think that there's something for everyone at this event.

Map: Specially produced map using OCAD with a scale around 1:25000.

When: All events will commence with a mass start at 12 midday Saturday 20 October. The six hour event will finish at 6pm on Saturday. Competitors in the 15 in 24 hour event must give evidence through the Navlight system that they've spent at least 9 hours at the hash house during the 24 hour period. The 24 hour event will finish 12 noon on Sunday 21 October.

Hash House: The hash house will operate from 5pm Saturday until 1pm Sunday.

Who can Enter: Anyone can enter, although you must be a member of an Australian Rogaining Association. If you are not a member please include the membership fee with your entry.



Any enquiries should be made to the event administrator, Ian Dempsey, on 49435790 before 9pm.

Don't Grab a Tree Fern by the Trunk: Impressions of an Australian Rogaine

I had my first experience with an Australian rogaine at the Lake Macquarie Rogaine on August 18, and it was quite an adventure! But let me back up...

I'm from New York state (USA), about an hour southeast of Rochester, NY in an area known as the Finger Lakes region. It's a rural area full of farms, forests, and lakes.

I'm an avid orienteer, and when I found out that I'd be spending 10 weeks in Australia, I was determined to find some orienteering to do. I started doing rogaines not too long after I started orienteering. I think a friend talked me into the first one; I mostly just remember wearing shorts and getting very scratched up by thorns, then going through wet waist-high grass the next day. (I got long pants before the next year!)

I've now done over a dozen (most of which were 24-hour events), along with a collection of other rogainestyle events (three 24-hour rogainestyle relays dubbed "regaines", a 16-hour snowgaine spread over two days, and several 5-8 hour solo score-0 events). All of these events have been in the northeastern US, except for one which was north of Montreal, Canada.

I teamed up with Peter Cox for the Lake Macquarie Rogaine, after he found himself in need of a teammate at the last minute. The first six hours were pretty successful, though I slowed him down a bit through the bush; after dark we had some problems with unmapped tracks and ended up doing a long bailout. In retrospect we probably should have given up on the track and just tried to hit the creek we were looking for, but, feeling tired and faced with a long trek back to base (combined with the darkness and the ruggedness of the terrain), I was definitely in favor of the easier option.

What struck me as different about this rogain? A few things -

Rogaining associations, and the number of people who do rogaines. I found out about the rogain by accident, as most rogaines in the US are put on by orienteering clubs and I had been looking at orienteering club websites. The number of other teams we ran into in the woods was also impressive.



The terrain and vegetation - the never-ending slippery rocks along the creek gullies, and all those vines! Getting through it all was much more of a full-body workout than I'm used to - the forests at home are generally much more walkable/runnable, unless you get into a thicket of chest-high greenbriars or raspberries or run into a recently-logged area.

No reflectors, though I have to say that the lack of reflectors on controls wasn't actually a problem. Overall I think the navigation was generally easier than in other rogaines I've done; in those I have been very glad about having reflectors on the more challenging controls.

Tea and Damper. While we didn't actually make it there, I think it is definitely an idea that needs to be exported. Overall, I had a great time and hope to do another one sometime.

Stina Brigdeman

Results of 2007 Lake Macquarie held on 18/08/2007

6 hour Course

Team	Score	Time	O	M	W	X	V	S	J	N	F
72 Mat Cooper, Paul Stein	900	5:59	1	1							
66 Matthew Everson, Anthony Kelshaw, Jamews Matthews	780	5:43	2	2							
48 Joel Mackay, Jacqui Matthews	750	5:30	3		1						
83 Brendan Hatton, Warwick Selby	750	5:56	4	3							
49 Roland Cziferszky, Stewart Johnston	630	6:01	5	4							
19 Alicson Anderson, Shane Anderson	620	5:46	6		2	1					
26 Debbie Cook, Robbie MacKillop	600	5:48	7		3	2					
36 Alexander Cameron, Robin Cameron, Michael Minehan, Jim Phimister	590	6:05	8		4	3					
10 Kris Todkill, Geoff Todkill	580	6:01	9		5						
8 Alice Moore, Matthew Westwood	570	5:32	10		6						
16 Chris Delaney, Michelle Delaney	560	-8:-1	11		7			1			
24 Alex Head, Ann-Marie Mullingan	560	5:32	12		8						
74 Amy Von Huban, Mark Von Huben	560	5:46	13		9						
37 Ann-Maree Carruthers, Lucy Condon, Andrew McKenzie	550	5:46	14		10						
38 Julia Condon, Adam Joy, David Longman	550	5:46	15		11						
60 Liza Cubeddu, Roland Gamsjaeger	530	5:31	16		12						
12 Michael Maher, Aaron Sherwood	530	5:46	17	5							
77 Grant Campbell, Shayne Connell, Marty Middlebrook, Simon Edds	530	6:00	18	6							
57 Ben Khan, Les Robinson	510	5:54	19	7							
4 Tom Schipilith, Andrew Stanford, Adrian Watson	490	5:38	20	8							
54 Kay Downing, melanie Howe, Sonia Kelly, Andrew Lewis	470	5:32	21		13			2			
20 Rowan Bisshop, Thomas Bisshop, Alison Myee	460	5:32	22		14				1		
28 Terry Henry, Eric Smith	450	-8:-1	23	9		4	1				
80 Katie Feeney, Emmanuel Rossi, Jamison Sharpley, Heather Voaden, Neil Webb	450	5:29	24		15						
84 Graeme Malpass, Angela Malpass	450	5:29	25		16						
62 Edda Keskula, Aili Randoja	430	5:47	26	1							
61 Roger Braunton, Andrew Power, Roger Reece	420	5:42	27	10		5		3			
53 Ruth Ellen, James McQuillan, Sarah Unwin, Trevor Unwin	420	5:57	28		17						
46 Janelle Brown, Christopher Marcant	410	5:39	29		18						
79 Ekaterine Alekseeva, Chung Chay Taing, Edwin Effendi, Freddy Salvador, Alok Vyas	410	5:47	30		19						

Team	Score	Time	O	M	W	X	V	S	J	N	F
30 Craig Troy, Michael Ward, John Williams	400	5:47	31	11							
52 Michael Robinson, Paul Stanley	400	6:12	32	12							
32 Melvyn Cox, Michaela Kupcakova	390	-8:-1	33		20						
15 Jenny Clark, Graeme Pattison, Peter Tuckwell	390	5:36	34		21	6					
89 David Frazer, Paul Heaton	390	5:51	35	13							
76 Oliver Bock, Alan Roberts	370	5:59	36	14							
91 Steven Roberts, Callum Roberts, Angus Roberts	360	5:40	37	15						2	
88 Lewis Benham, Phil Brammer, Edward Kong, Robert Svensson	350	5:44	38	16							
6 Carol Phillips, Mark Phillips	350	6:00	39		22	7					
3 Robert Moiler, Craig Moiler, David MOILER	320	5:46	40	17						3	
50 Mandy Lowe, Nathan Lowe, Lee Lowe	280	5:51	41		23						
51 Laura Dunkel, Julie Stanley	260	5:33	42	2							
18 Chris Welbourne, Helen Welbourne	240	5:28	43		24	8	2				
43 Elizabeth Bryan, Tracy Bryan, Scott Cohen	230	6:06	44		25	9					
14 Mario Giacomazzi, Giancarlo Giacomazzi, Alan Scott, Manuel Velarde	210	-8:-1	45	18							
2 Dave Bennett, Lisa Bennett, Nathan Bennett, Jessi Bennett	190	5:42	46		26				4		
73 Katy Mooney, Thomas Mooney, Hugh Mooney	190	5:42	47		27				5		
34 Emily Ward, Stephen Ward, Tracy Anne Ward	180	-8:-1	48		28				6		

Results of 2007 Lake Macquarie held on 18/08/2007

12 hour Course

Team	Score	Time	O	M	W	X	V	S	J	N	F
92 Warwick Dougherty, Scott Hamilton	1280	11:38	1	1							
1 Martin Lefmann, Patrick Mickan	1240	11:44	2	2							
17 Tyson Brooks, Malcolm Roberts	1180	11:20	3	3							
9 Nikki Brown, Claire Doherty	1170	11:52	4		1						
29 Stuart Adams, Matthew Bacon	1150	11:31	5	4							
86 Matthew Parsons, Libby Punch, Aaron Radford, Matt Travis	1090	11:58	6		1						
35 Jason Hollard, Brett McFayden, Andrew Powell	1090	12:02	7	5							

Volunteers for upcoming NSWRA Rogaines - To add your name to the list below, please contact the Volunteer Co-ordinator, **Graeme Cooper**, Ph: 6772 3584 or email graeme_cooper@northnet.com.au

NSW Championships 20-21 Oct 2007	Socialgaine 6 hour 18 November 2007	Metrogaine 6 hour 24 February 2008	Autumn 24 hour 19/20 April 2008	Paddy Pallin 6 hour 15 June 2008	Aust Champs 24 hour 16/17 Aug 2008	Lake Macquarie 6/12 hr 13 Sept. 2008
Organiser	Organiser	Organiser	Organiser	Organiser	Organiser	Organiser
Ian Dempsey	Greig Scott					
Administrator	Administrator	Administrator	Administrator	Administrator	Administrator	Administrator
Janette Dempsey	Peter McConaghy					
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
Michael Watts Graeme Cooper						
Course Setters	Course Setters	Course Setters	Course Setters	Course Setters	Course Setters	Course Setters
Bert van Netten Ian Dempsey	Greig Scott					
Vetters	Vetters	Vetters	Vetters	Vetters	Vetters	Vetters
Robert Vincent Will de Sain	Mick Driscoll					
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
David Dash John Anderson						
Caterer	Caterer	Caterer	Caterer	Caterer	Caterer	Caterer
	Tomaree High canteen staff					
Hash House Team	Hash House Team	Hash House Team	Hash House Team	Hash House Team	Hash House Team	Hash House Team
	Tomaree High canteen staff					
Site Staff	Site Staff	Site Staff	Site Staff	Site Staff	Site Staff	Site Staff

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 \$70 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.

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) julianledger@optusnet.com.au

NSWRA Secretary – Alexa McAuley: 9460 3514 nswrasecretary@gmail.com