

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 127 – Final Printed NSWRA Newsletter May 2008



HOME FOR THIS YEARS PADDY PALLIN ROGAINE, NOW IN ITS 45TH YEAR.

www.nswrogaining.org

2008 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
15 June 2008	Paddy Pallin	West of Sydney	www.nswrogaining.org
16-17 August 2008	Australian Champs	Copeton Dam	www.nswrogaining.org
11 October 2008	Spring 6/12 hr	Lake Macquarie	www.nswrogaining.org
ACT Events			
17-18 May 2008	State Championship	ACT	act.rogaine.asn.au
29 June 2008	Cycle and Foot	ACT	act.rogaine.asn.au
3 August 2008	Metrogaine	ACT	act.rogaine.asn.au
Other Events			
16-17 Aug 2008	Australian Champs	NSW	www.nswrogaining.org

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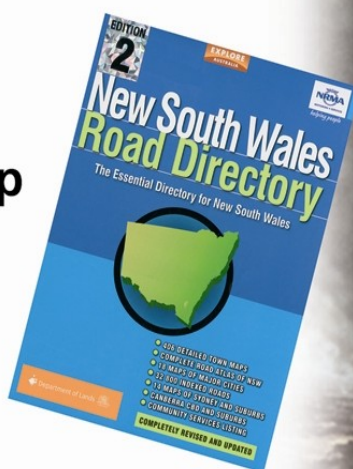
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Equipment Officer – vacant

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President's Piece

Greetings again everyone! The first thing I would like to do in this edition of the President's Piece is to thank Trevor Gollan, Phil Whitten and their crew for a smoothly run NSW Championships event on a great course down at Bendalong on the south coast recently. I personally enjoyed the event a great deal (well, except for when I was hammering my way through shrubbery). There was fabulous coastline and some great ferny gullies, although the extensive track network meant we had to keep running, which is cruel... Their course really spread people out in terms of both directions traveled and points scored – with Dave Baldwin and Julie Quinn from the ACT managing to clear the course (the swines) with 30 minutes to spare. There were a few creepy-crawlies out there on the course, but only one NSWRA Committee member has so far reported having to remove a leech from their private parts, so that's not too bad, I reckon!



The next event coming up in the general vicinity is the ACT 8/24-h Champs on 17-18 May, and hopefully we will see a good number of NSW rogainers there flying the flag. After all, if those ACT people are going to come in and pinch our trophies, it seems only fair that we reciprocate. The event is being held east of Canberra, at Tallaganda, and it sounds like it will be an event with some tricky navigation and plenty of cross-country legs to be done.

After that, attention will turn to what has become the largest event on the Australian rogaining calendar – the NSW Paddy Pallin event – which promises to live up to the high standards that have been set in the past. Hopefully, we won't be flooded out of half of the course this year, and we can push those fast boys (and girls) for the full six hours! Make sure you get your entry in for the event (Sunday 15 June) and polish up that compass. If you can help out at all on the day for this event, Ian Almond would love to hear from you (ian.almond@tpg.com.au) – the size of the event means we need more volunteers than usual. Maybe your other half who isn't competing in the event might be prepared to come up and lend a hand?

The next item on the agenda is to remind everyone that if you have any ideas for events – great places to hold them, different formats, or otherwise – please get in contact with us – we would love to hear from you! You can talk to us at events or drop us a line through the email link on the web page. The ACT and Victorian people have had a number of cycle-gaine and canoe-gaine events, so maybe we can think a bit more about options for slightly different events (skateboard-gaine?). We would love it even more if you were willing to organize the event too, but we are still just happy to get ideas, comments and feedback. The email address to use is nswrasecretary@gmail.com.

If you have some spare time on your hands and your web browser open (and you are tired of reading the same old articles about Tom and Katy in the SMH online), you could pop over to the International Rogaining Federation's web site (www.rogaining.com) – a random browse through their newsletters (.../newsletters/) provides some distraction. For example, where else can you learn that Estonia probably has the highest number of rogainers per capita? An interesting point in this regard is that the membership of NSWRA has been reasonably constant for at least the last 10 years – hovering

around the 1000-1200 mark (which you discover by browsing one of the 1996 newsletters!). Given the recent rise of adventure racing as a sport, I hope that we will see some crossover of people into rogaining who have tried adventure races (coming from a different background) and now start to think "Gee – I wouldn't mind being the one that navigates in the adventure race – how can I get some practice...?". If nothing else, rogaines are competitively priced compared to adventure races, because they are volunteer-driven. Did I say volunteer? That reminds me...

The other thing that you learn from the IRF's web site is some of the timings of other events around the world – if you happen to be traveling to Europe this summer for example, you can choose from 24-h events in Ireland (their first 24-h event ever!), Switzerland (ditto), Czech/Germany, Latvia, Finland, Sweden and Russia. How about that for variety?

Finally, if you haven't already signed up for the NSWRA email list, I strongly urge you to do so – this is and will continue to be our main method of communicating with members, together with the web site.

Happy rogaining – hope to see you out there on a course soon!

Joel MacKay
President – NSW Rogaining Association

OUR NEXT EVENT – THE 45TH PADDY PALLIN ROGAINE



The 45th Paddy Pallin Rogaine, '**PAGODAS, PINES AND PUNISHMENT**' will be held approximately 2 hours west of Sydney on Sunday 15 June 2008.

Don't let the name deter you. A mix of plantation pine forest and native bush with spectacular rocky pagodas and gullies is beckoning you along many marked roads, as well as many unmarked trail bike tracks. The course is set at elevations between 1000 and 1200 metres, so you won't have to be a mountain goat to have a good day out and you won't be punished by thick scrub either.

A larger than typical course has been set to offer plenty of choices and diversity for those wishing to roam without feeling too much like baa baa black sheep after contestants disperse in all directions. It promises to be a course for the fabulously fit and family funsters alike. Expect a moderately fast pace within the open pine forests and on tracks, with light scrub for those seeking the challenge and rewards of the adjoining bushland.

A number of geographically imposed boundaries and some deceptively fiendishly placed checkpoints should keep the mind busy during course setting and raise the bar for the experienced, although overall the course is set to be welcoming to novices.

Paddy Pallin have provided lots of Lucky 'door' prizes that will be drawn at the end of the event, while shoveling down the meal provided by our seasoned 1st Waitara Scouts hash house team. An order of good weather has been placed, with downpours in the days and weeks before the event not expected to cause any complications – as the setters can vouch for after a wet Easter weekend.

With the traditional large crowds expected for the Paddy Pallin event, we encourage car sharing – your wallet will thank you. A large camping area has been set aside, separate from a large day parking area, so come along and be part of the village.

Access to the Hash House (where we start, finish and generally be merry) will be readily achievable for 2WD vehicles that are pothole aware.

We promise pretty pagodas and pleasant pines. How much you punish yourself on the day is up to you, and might just be your business alone...

Entries for this event are now open.

VOLUNTEERS ARE NEEDED

Everyone who has ever done a rogaïne will understand that there is a need for volunteers at every event. Assistance is needed with the planning and organising, with the setting and vetting of the course, with the placement and retrieval of checkpoints before and after the event. Volunteers also help in the kitchen for the well earned food after an event, and many other thankless tasks.

The committee asks that everyone who competes in our sport offers to be a volunteer at one event each year. Ultimately, **no volunteers means no events**.

PLEASE BE A VOLUNTEER AT AN EVENT EACH YEAR

SOME REPORTS FROM PARTICIPANTS AT THE BENDALONG ROGAÏNE

Trevor Gollan asked several teams for feedback on the rogaïne. Here's a record of interview with Mal Gamble and Paul Monks followed by edited reports from other participants. Mal and Paul scored 2,050 points, placed 12th overall.

Trev: Congratulations on your effort. 2050 points puts you into the serious section of the competition. Did you ever think you'd get all the controls?

Malcolm: Firstly, thanks very much for hosting the NSW Champs, we both really enjoyed it and were proud of our result.

Paul will probably be better qualified to answer some of the technical questions, but we never planned to clear the entire course. Paul's route selection was particularly impressive on this event, thanks to the aid of his Lego blocks (yes, you read that right!) We have a kind of Manhattan skyscraper 3-D visual thing going on with pre-event mapping and the course eventually jumps out at us like finally seeing one of those 'magic-eye' things.

We were far from fresh going in to the event. Paul, for example raced an epic Victorian Alps High Country Ultra 100mile only 2 weeks prior to the NSW Champs and I raced Oxfam Melbourne Trailwalker 100kms only the weekend prior. So not ideal preparation, but we still like to try to fit it all in.

Paul: I've got a thing for data visualisation and the Lego helps us see what controls are simply not worth going for and establishing an efficient route in the large, before working out the specific path in the small.

Like Mal said, we weren't planning on getting all the controls – congratulations to the team that did, that was an amazing effort! We were going for about 400 more points than we ended up getting. We dropped a few due to the rain and general slowness.

Mal's probably understating just how tired we were going in to the event. I did 145km up and down the five highest peaks in Victoria, over 6000 metres of ascent, in 30 hours on my feet (plus a few

hours sleep). Mal's Trailwalker team came third (by only a minute) and the team that came first set a new record. So we've both been pushing it pretty hard lately.

Trev: I noted your addresses in Melbourne. Did you travel up just for the rogaïne? or part of a larger scheme?

Malcolm: We travelled up specifically for the event and actually have just returned late last night from South Australia / Flinders Ranges where we did the rogaïne state champs there also after a long drive across. So a bit of a road trip with Paul and his partner Nicole and 11 month old Jackson.

Paul: Anything south of Sydney is a comfortable day drive. Likewise in the other direction. Especially now your state has exhausted all its tunnel PPP opportunities and is finally making the Hume in NSW a real road. ☺ Anything north or east of Melbourne would be easy for Sydney or Canberra residents to get to. I think Victoria's October 24hr will be held out that way. It would be good to see some of you there.

Trev: What's your rogaïne pedigree? How many rogaïnes have you done and how do you keep fit for this sport?

Malcolm: As to our rogaïne backgrounds, well we are both relative newcomers with this our 2nd year although Paul is much better equipped with a solid background in serious hiking and navigation, I come from a running background. We both met last year running Cradle Mt Ultra and have been racing ultra marathons since (perhaps overdoing these to the detriment of our rogaïne results!) We keep saying to each other that one day we will come into a rogaïne event fresh, uninjured and perhaps even tapered... well, one day.

I should note that this was the first 24 hour rogaïne Paul and I have actually successfully completed after our failed Victorian / Kinglake Champs last year. So a monkey off our backs.

Paul: Yeah, at the Kinglake event I ended up sleeping in a gutter 2km from the hash house I was so tired. I really prefer rogaïne to ultras and will chose them over ultras. There is a lot more thinking involved. A lot more decisions to be made, rather than just, do I eat/drink now?

Keeping fit for me is about hiking (with my son on my back nowadays), bike commuting to work, weights, step aerobics, and a little bit of running for good measure. Though I think Malcolm mostly does running.

Trev: What problems did you encounter on the rogaïne? Were the control placements OK? (Always a question we course-setters ask.) Did you tend to go cross-country or round via the roads?

Paul: The control placements were great. The only bit we were genuinely confused by was approaching 64 from 54. There was a gully in between that didn't seem as prominent on the map as on the ground.

We went cross country for almost all of the daylight. Our original route was basically an anti-clockwise loop. We came through 63 just on sunset and switched our course to a figure eight by going to 21 instead of 50. We then did mostly road through the night.

Our biggest problem was when the rain was at its heaviest. The night before was really nice and mild. We weren't expecting anything more than light showers. We both had rain jackets, but neither was lined and we both had about one layer too little. Still, it was okay while we were moving. Then just before we headed into the bush for 71 from the north, my headtorch stopped suddenly. We had to stop and change the batteries and we both started shivering quite badly.

It took us longer than it should have to get 71. It was very early in the morning, the coldest part of the event, it was pouring with rain and we were underdressed. Actually maybe our time from the attack point was okay given the conditions. Anyway, right after we got the control my headtorch died. I had to use Mal's backup headtorch. I discovered my headtorch had a very fine crack in the plastic housing. With all the rain and wet scrub it had consumed a few millilitres of water and short circuited. Oh and one other point, I think we scored 2150, not 2050. 31 and 73 didn't get recorded by our navlight. 31 was inaccessible when we arrived (i tried, waves reached my knees) and 73 the punch

didn't work (flat battery?). Actually I mind losing the time on 31 more than the points. We tried approaching from both sides and it cost us almost half an hour all up - for 30 points! :(

Trev: As to your lost points, I expect we can change results. #73 failed for most people and we credited points; I ran out of time in building protection for the navlights and suspect Joe Public played with it. It worked for our early visiting teams, not for anyone who visited later. #31 surprised me - we obviously didn't visit it at high tide!

Trev: What were the highlights for you?

Malcolm: A highlight Paul and I noted and passed on directly to Phil Whitten was the quality of the mapping. We were staggered as to its comprehensiveness and accuracy even to the degree of vegetation density. There was obviously many hours of detailed work put into this crucial area of the event.

Another plus was the hash-house location and the associated supporting literature. I am about to embark on a long-service leave road trip heading up North and will probably call into Bendalong Caravan Park en-route.

Paul: The map was great – six different grades of track!

In terms of controls, 40 – Barbeque in the middle of nowhere was hilarious. Hitting 90 and 91 directly in almost pitch black (well, 90 with a slight overshoot).

The wide variety of vegetation throughout the course was also a highlight. As a Victorian I noticed it was a lot more humid than the coast environs I'm used to and that was really obvious in the vegetation in the gullies.

The overall highlight of event was that we kept scoring well right to the end.

Trev: Were you affected by the All Night Cafe fire?

Paul: We did hear from a couple of people that we passed that it wasn't there anymore, that it had burned down. We were jogging on the road in the opposite direction at the time, so didn't stop to find out what that meant. We spent much of the next hour trying to work out if we had heard them correctly!

Trev: Anything we as rogaine organisers can do to improve the event?

Paul: Something I think we can all do is get more people actively involved in the sport. It would be great to see the numbers that Europe gets, especially in the longer rogaines. So keep sharing your passion with people and giving them a great introduction to the sport.

From Roland Cifersky:

Firstly, it was a great course! and we really did well until we got into the heavy rain at control #71. We made the stupid decision at the start that with 1 to 5 mm forecast we would not need our Goretex jackets. So we took only the light-weight Windstopper jackets. We both were shivering once we got out on a track close to #71. We wrapped our space blankets around our body directly on the skin because everything else was already totally wet.

You guys did a wonderfully job and I can't think of anything what you could have done differently to prevent Stewart's health problem.

The only thing you could stress again is that you need to feed your body with sufficient and nutritious food all through the course to prevent the muscles from degradation.

Volunteers for upcoming NSWRA Rogaines - To add your name to the list below, please contact the Volunteer Co-ordinator, **Phil Whitten**, on 02 4284 5018 or email nswravc@gmail.com

Event	Organiser	Administrator	Course Setter	Vetter	Hash House Leader	Site Staff	Photographer
		Assistants	Assistants	Flag Retrieval	Team		Safety Officer
Paddy Pallin 6 hour 15 June 2008	Nicole Sellin	Ian Almond & family	Nicole Sellin	Joel Mackay	1st Waitara		
		Peter Cox	Nigel McDonald	Warwick Dougherty Blue Mountains TAFE	Scouts		
Aust Champs 24 hour 15 -16 August 2008	Michael Watts	Andrew & Belinda Pope	Graeme Cooper	Michael Watts	Vicki Cooper		
Lake Macquarie 6/12 hour 11 October 2008		Bob Gilbert					
Socialgaine 6 hour 16 November 2008	Alexa McAuley		Gill Fowler				

Results of 2008 NSW Rogaining Championship – Bendalong 19-20 April 2008 – 24hr Event

Team#	Name	Score	Time	Open	Men	Women	Mixed	Vet	Super Vet	Junior	Novice	Family
18	David Baldwin, Julie Quinn	3170	23:26	1			1					
64	Wayne Eliot, Matt Webster	2770	23:52	2	1							
33	Jordan Lefmann, Martin Lefmann	2670	23:45	3	2							
53	Andrew Black, Joel Mackay, Jonathan Worswick	2520	23:33	4	3							
13	Mat Cooper, Paul Stein	2360	23:53	5	4							
14	Melisah Feeney, Jonathan Miller	2280	23:47	6			2	1				
79	Neil Hawthorne, Alaster Meehan	2240	23:43	7	5							
35	Jean Douglass, Ron Simpson	2230	23:48	8			3	2				
36	Gillian Fowler, Alexa McAuley	2140	23:50	9		1						
74	Glenn Bridgart, David Jones	2120	23:48	10	6			3	1			
27	stu adams, adrian peden	2090	23:20	11	7							
67	Malcolm Gamble, Paul Monks	2050	23:58	12	8							
5	John Barnes, Mardi Barnes	1960	23:44	13			4					
3	Andrew Baker, Peter Thomas	1940	23:43	14	9							
73	Brad Davis, Scott Wells	1910	23:49	15	10							
9	John Anderson, David Dash	1880	23:33	16	11			4	2			
72	Wally de Ruyter, Cliff Harris, Gordon McKeown	1800	22:35	17	12			5				
38	Richard Bosdyk, Brett Davis	1790	23:35	18	13			6				

89	alex head, rob tyson	1740	23:42	19	14							
Team#	Name	Score	Time	Open	Men	Women	Mixed	Vet	Super Vet	Junior	Novice	Family
25	Roland Cziferszky, Stewart Johnston	1720	23:31	20	15							
32	Darren Francis, Matt Scott, Ben Yuen	1600	23:37	21	16							
22	Reddall Leslie, Peter Pavlov, David Sanders	1580	23:18	22	17			7	3			
44	Jessica Hudspeth, Daniel James	1580	23:55	23			5					
57	Stuart Bouveng, Josh Brock, Dave Edwards-Davis, Lachlan Rose	1550	13:39	24	18							
26	Kelvin Proctor, Olivier Vallee	1500	23:44	25	19							
47	Peter Charlton, Robyn Charlton	1490	21:06	26			6					1
83	Nikolai Dontschuk, Jason Lee	1470	23:21	27	20							
16	Harding Phillip, Thomas Sandra	1410	23:16	28	21			8				
15	Alexander Cameron, Robin Cameron, Michael Minehan	1400	23:44	29			7	9				
52	Scott Mills, ALASTAIR USSHER	1380	22:47	30	22							
46	adam halstead, kirsty young	1360	21:47	31			8					
17	Duncan Sinclair, Joanna Sinclair	1350	17:21	32			9					
87	Jeff Darwin, Colin Mock	1280	23:54	33	23			10	4			
51	Alicson Anderson, Shane Anderson	1270	23:37	34			10	11				
42	John Brayan, Paul Ettema	1200	23:11	35	24			12				
68	David Craig, Brad Simmons	1180	22:48	36	25			13				
55	Anna Hutchison, Jessie Hutchison	1150	22:57	37		2						

1	Danny Prendergast, Ben Robinson	1100	23:31	38	26							
76	Marty Middlebrook, Andreas Pedersen, Christian Sax	1090	23:44	39	27							
Team#	Name	Score	Time	Open	Men	Women	Mixed	Vet	Super Vet	Junior	Novice	Family
20	Nihal Danis, Richard Sage	1060	23:00	40			11	14				
39	Ian Almond, Jessica Almond	1010	23:39	41			12					2
69	Colleen Mock, Parissa Poulis	990	23:35	42		3		15	5			
12	graeme hill, anne newman	980	23:29	43			13	16				
82	LISA ANTILL, Rachel Eckersley, Ali Parsyar, ALEX Spurzem	980	23:51	44			14					
34	Michael Derricott, Andrew Styants	970	23:44	45	28						1	
11	David Green, Andrew Palmisano	960	23:48	46	29			17				
49	Nicholas Rose, Mike Walloscheck	950	17:54	47	30							
19	Graham Millar, Richard Smyth	930	23:50	48	31			18	6			
93	Kylie Gaffel, Callum Shearer	920	23:46	49			15					
84	Margaret Cook, Anne McGuire, Therese Powell	890	23:13	50		4		19				
10	Pam Montgomery, Robert Montgomery	870	23:46	51			16	20	7			
66	Xanthe Kalmar, Adrienne Kalmar, Liesl Rennert	860	22:50	52		5						
50	Jack Palmer, Helen Palmer	860	23:24	53	32			21	8			3
2	Peter Brady, Tessa Robson	850	20:55	54			17					
31	Phil Allen, Ted Booth	840	23:57	55	33			22	9			
54	Jasper Baillie, Felicity Canham	820	23:50	56			18				2	

Results of 2008 NSW Rogaining Championship – Bendalong 19-20 April 2008 – 6hr Event

Team#	Name	Score	Time	Open	Men	Women	Mixed	Vet	Super Vet	Junior	Novice	Family
96	Alex Ramsey, Selina Stoute	930	5:56	1			1					
41	Patrick Mickan, Ada Yu	740	5:45	2			2					
8	Lynn Dabbs, Kevin Williams	710	5:39	3			3	1	1			
70	Tania Goodrich, Nicole Sellin	590	5:47	4		1						
7	Terry Buckett, Tony Last, Ian Noffs, Graham Wearne	550	5:50	5	1			2	2			
85	Angela Malpass, Graeme Malpass, Ann-Marie Mulligan	550	5:51	6			4					
48	Alice Moore, Matt Westwood	540	5:36	7			5					
81	Katie Feeney, Jamison Sharpley	520	5:51	8			6					
97	Geoff Barnes, Mark Barnes	484	6:07	9	2							
90	Joseph Carolan, Vincent Carolan	440	5:16	10	3							
4	Hannah Cole, John Cole, Sophie Cole	440	5:32	11			7					1
63	Nichola McCann, Rowan McMurray	440	5:58	12			8				1	
56	Cath Bennett, Karen Davis, Lani Imhof	440	6:13	13		2		3				
21	Gibbs Kim Christine, Philip Gibbs	430	6:05	14			9	4				
62	Oliver Bock, Peter Burn, Nadine Darling	410	6:00	15			10					
23	Justin Broome, Kynie Evison	400	5:58	16			11					
40	James McQuillan, Nerise McQuillan	380	6:00	17			12					
95	Anthony Campbell, Bertrand Frechede, Trevor	350	6:06	18	4							

	Savage											
Team#	Name	Score	Time	Open	Men	Women	Mixed	Vet	Super Vet	Junior	Novice	Family
58	Jenny Clark, Graeme Pattison, Lee Tuckwell, Peter Tuckwell	330	5:55	19			13					
43	Deirdre Leslie, Rosita Sanders	320	5:40	20		3		5				
37	kim wherry, peter wherry, paul wherry	310	5:41	21			14					
88	Mark MacLellan, Keryn MacLellan	280	5:51	22			15					
92	David Harmer, Siobhan Harmer-Knight, Samantha Knight	240	3:30	23			16				2	2
78	Janelle Brown, Mathilde Longueville, Christoph Marcant, Frederick Viaut	210	5:57	24			17					
77	Chantal Hooper, Maninder Kuar, Merrillee Millar, Cameron Newman	100	6:16	25			18					

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