



N. S. W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

NEWSLETTER No. 16

FEBRUARY, 1988

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BERT'S BANTER

Welcome to Rogaining 1988! This year will see a few changes for the NSWRA. These include:

- an extra 12h rogaine
- a 6h Paddy Pallin event
- incorporation.

If you have any comments regarding any of the above, or if you have any other ideas or suggestions, please write to me (Lot 2 Cessnock Rd, Freemans Waterhole 2323) or our newsletter editor. We need to know what our members want. (You don't need any encouragement to tell us what you don't want! - Ed)

Our first rogaine this year will be in late March and the venue north of Newcastle; the area is well worth the drive. Navigationally, the area is quite challenging and the terrain will test your fitness; but then have you ever been to a rogaine which didn't? If you are like the rest of us, you complete each rogaine with a promise to start a fitness programme as soon as you recover. This promise comes after you have decided that this was your last rogaine! Nevertheless, most of us front up for the next one. **ENTRIES CLOSE ON MONDAY 14th MARCH - i.e. VERY SOON!** (Ed's been away - sorry)

The venue for this autumn rogaine has the added attraction of being quite close to the vineyards as well as the Timor Caves which are well worth a visit.

The last newsletter included an appeal for helpers to assist in the winter 12h rogaine. Ian Dempsey, who has already put a mammoth amount of work into the association, has offered to assist any members willing to take on the task of organising this event in July. There are several areas west of Sydney which could be suitable venues. (Peter has a bit more to say about this topic in the next section. - Ed)

Are you considering competing in the Australian 24 hour Championships in Victoria in May? If it is anything like their last Australian Championships in 1985 then it will be well worth the trip. If enough people are interested then we could consider hiring a bus. Let me know (by March) if you would be interested in travelling by bus and, if so, an indication of when you would like to go, and when you'd like to return.

-2.

There are plans to extend this year's Paddy Pallin event to 6h. Hopefully, this will attract more rogainers. Now that the NSWRA is organising the event we felt that extending it to 6h would bring it closer to rogaining event time limits. This move may also encourage novices who have previously been daunted by the idea of throwing themselves into a 12h or 24h rogaine. A 6h event will offer a taste of what rogaining is like. Of course they miss out on the wondrous experience of night navigation which is a classic part of a true rogaine. The Association feels that making it a 6h event is a good move. How do you feel?

Plans for the incorporation are well in hand and should be completed soon. Being incorporated offers every member a degree of safety in the, hopefully unlikely, event that the association is sued!

See you in March,
Bert

SECRETARIAL SUGGESTIONS
(otherwise known as **PETER PATER**)

1987 proved to be a most successful year for the NSWRA. The 1987 Australian Championships were successfully run and the year saw a substantial increase in membership. Naturally, we wish to keep the momentum going!

This year we will see an additional 12 hour event and an upgrading of the Paddy Pallin event to 6 hours. These improvements will not be possible unless members volunteer to help at events. If every member took a turn your number would not come up again for 10 year ! And who knows, you may actually enjoy the experience as others have. So if you have been rogaining for a few years please give this some consideration as we don't want to cancel any events due to apathy. A large commitment is not necessary; you can offer to assist in course setting, vetting, catering, placing/returning controls, administration or coordinating at the July 2 12h Winter Rogaine. Volunteers can phone me at home anytime - I'll wait by the phone! (02) 525 4865

Bert is organising a bus to the Australian Champs in Victoria on May 28/29. An all up cost will include accommodation. Remember, there will be no event entry fee for us as interstate competitors so costs will be reasonable. Why not come along for an enjoyable few days? Social rogainers are especially welcome. ("Thanks", from Ed) Contact Bert or myself (phone numbers on front page) with any enquiries. Propective competitors without (rogaining) partners may apply and we will endeavour to find a partner.

This offer applies to any event. If you wish to participate but don't have a partner then give me a call before the event - preferably not the night before!

Peter Wherry

PADDY PALLIN ROGAINE

As Bert mentioned the NSWRA has taken over responsibility for the organisation of this event. For those who aren't familiar with the history of this event, it has been held for over 24 years under the guidance of Paddy Pallin and his family and staff, with Robert Pallin continuing the enthusiastic support for the event. Peter Tuft wrote a history of the event for The Australian Orienteer in 1986 (April/May); it makes good reading and I'll probably reproduce it with the Paddy Pallin publicity if Peter doesn't mind.

It was decided that it be called the "Paddy Pallin Rogaine", even though it is only a 6 hour event, due to its status as one of the longest running cross-country navigational events.

Also while the decision to extend it to 6 hours is a good one, should we offer the traditional 3 1/2 hour event? I know that there are a few people, and some novices, who would prefer it.

This year's event will be held on 19th June somewhere along the Putty Rd. Ian Dempsey is at the helm coordinating the event, Terry Sharp will display his skills in the field and the boys from Worrimi will sustain us with their catering expertise. It should be a great event whatever we call it!

HELLO SLACKOS!

I thought that that might get your attention. If it weren't for Bert's and Peter's contributions and a bit of info from Ian this newsletter would be a great deal lighter. Wouldn't it be nice to read articles on rogaining such as event reports, pointers on night navigation, physiological reasons for "why am I so stuffed just when darkness comes and why does it affect my judgement?", how to minimise these effects, safety considerations (how about "Russian Roulette Rogaining" as a title?), how to use preparation time effectively (simple; arrive early!), more on catering, course setting theories (and practice?), locating markers correctly, responsibilities of organisers, basic rogaining techniques (yes, they do exist!) ? I thought so.

Now I realise that we're not all Ernest Hemingways (did I hear the conservationists breathe a sigh of relief?) so I've got an offer for those of you who have a "few ideas". If you jot those ideas down - they need not be coherent but they must be legible - I'll prepare an article (nominate a level of humour), send it to you for checking and then it'll be included under your byline, nom-de-plume or anonymously. So go to it.

LOST MEMBERS

I'm refering to members of the NSWRA of course; a discussion of the other possibility will come in the article on Russian Roulette Rogaining.

Ed loves to receive mail but he had little joy when some eight of his first newsletters were returned. So if any of you know the whereabouts of J. Edwards, M. Pollock, J. Ekerick, A. Pearce, R. Matthews, P. King, (G. Foley/A. Burgess), L. Bristow or R. Morwitzer please let Peter know - phone number on front page. (G. Foley's correct address was actually found below the 1988 Calender!)

REMINDER CALENDAR

(for those who lost the one in their last issue.)

26 March	NSW Autumn 12h	NSWRA*
7 May	ACT 12h CATI	ACTRA*
28/29 May	AUSTRALIAN CHAMPIONSHIPS	VRA
19 June	Paddy Pallin Rogaine	NSWRA
2 July	NSW Winter 12h	NSWRA
27/28 August	ACT Championships	ACTRA
24/25 September	NSW Championships	NSWRA

* - entry forms for these events are somewhere in this newsletter!

AUTUMN 12 HOUR ROGAINE - 26th March 1988

A 12h and a 6h ROGAINE will be held approximately 2 hours drive north of Newcastle on Saturday 26th March, commencing at noon.

The TERRAIN will be mainly open farmland with light forest similar to Murrurundi in 1983 for those who were fortunate enough to be there.

The MAP will be 1:25000 with 10m contours

<u>COST per person</u>	<u>12 hour</u>	<u>6hour</u>
Member of a Rogaining Assoc'n	\$14	\$12
Non member (including membership)	\$22	\$20

ENCLOSE a stamped, self-addressed envelope for final instructions.

ENTRIES close on 14th March 1988. (LATE entries add \$2 per person)

ROGAINING T-SHIRTS (Bonds or similar quality) will be on sale so bring some \$\$\$\$s

----- CUT HERE -----

NSW AUTUMN ROGAINE - 26th MARCH, 1988

ENTRIES to: NSW Rogaine,
17 Harrington St,
FENNELL BAY 2283
(Tel: (049) 596544)

CHEQUES payable to "NSW Rogaine".

TEAM CONTACT: _____ Telephone: _____

EVENT: 12 hour 6 hour

DIVISION: Open Junior (all under 18) Veteran (over 40)

Mens Women Mixed

NAMES

ADDRESSES

FEES

TOTAL FEE = \$



THIS IS IT!
THE AUSTRALIAN
BICENTENNIAL AUTHORITY -
COME AND TRY ROGAINING
IN 1988.



SPORT 88

SATURDAY MAY 7
BUNGENDORE AREA

ROGAINING
THE ALL NIGHT SPORT

A combined 6 and 12 hour rogaine is being held approximately 60 minutes drive east of Canberra in the Tallanganda State Forest on Saturday May 7. START 12.00 noon FINISH 6.00 pm or MIDNIGHT Saturday. Vegetation is a mixture of eucalypt forest and pine trees with an extensive track network. Terrain varies from steep to flat (doesn't it always?!). The event will cater for all those wishing to try rogaining for the first time as well as providing a challenge for seasoned campaigners. Camping is possible adjacent to the Hash House. The evening meal and breakfast will be provided. However, competitors should provide their own utensils; cup, plate, sleeping gear and Saturday lunch. And the cost is only \$5!

COST: \$5.00 per person (teams of 2 to 4).

MAP: 1:50,000 colour.

SECTIONS: MEN, WOMEN AND MIXED in either junior (all under 19), open and veterans sections. There is also a NOVICE section.

ENTRIES CLOSE: Tuesday April 19th.

LATE ENTRIES: NO THANK YOU (unless you want to pick up some controls on Sunday).

ORGANISER: Phil Creaser (414604 [h] or 467236[w])

SEND ENTRIES TO: Mr P. Creaser, 3 Paroo Place, KALEEN, ACT 2617

FOR FINAL INSTRUCTIONS: Please enclose a stamped, self-addressed envelope.

ENTRY FORM COME AND TRY ROGAINE MAY 7

TEAM CONTACT: _____ PHONE: _____

COURSE: 6 HOUR/12 HOUR IWILL/WILLNOT BE STAYING FOR BREAKFAST

SECTION: MEN WOMEN MIXED JUNIOR OPEN VETERAN OR NOVICE GROUP
(circle one of the first three and one of the next three if you are not a novice)

<u>NAME</u>	<u>ADDRESS</u>	<u>FEE</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL		_____

- * MAKE CHEQUES PAYABLE TO - ACT ROGAINING CHAMPIONSHIPS.
- * REGULAR ROGAINERS NEED TO BE A MEMBER OF A ROGAINING ASSOCIATION-(MEMBERSHIP FEES FOR THE ACTRA ARE \$4.00 FOR 1988)
- * DON'T FORGET THE STAMPED SELF ADDRESSED ENVELOPE.

