

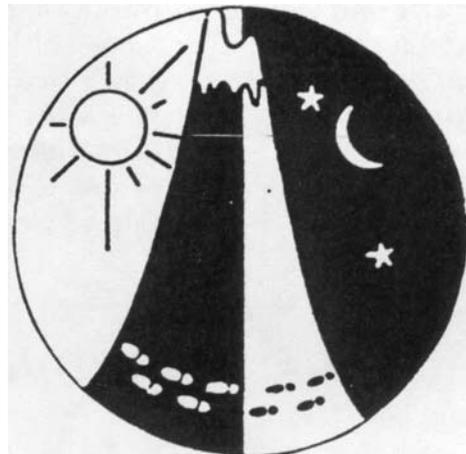
# NSW ROGAINING NEWSLETTER

NUMBER 40

JULY 1993

## ***IN THIS ISSUE:***

- RESULTS: *30th Paddy Pal/in Rogaine*
- ARTICLES: *How can I improve my navigation?  
Questionnaire Conclusions*
- PADDY PALLIN REPORTS: *What to do with the Paddy Pallin  
when I get my memory back?  
Paddy Pallin Course Setting Jo  
Parr's and Simon George's 30th  
Paddy Pallin Rogaine Only  
Temporarily Lost*
- 1993 CALENDAR
- ENTRY FORMS: *NSW Championships  
Lake Macquarie 12 hour Rogaine*



## **EDITORIAL**

by SONIA KUPINA

I recall my first exposure to the sport of rogaining was in 1987 when, as a secretary working with Dianne Van Netten, I was asked to type up an edition of the newsletter because the regular typist was not available. My instructions were simple - use up as little paper as possible to keep the costs of reproduction down. I am sure the newsletter covered only two pages by the time I was finished - how the newsletter has grown. After reading only one edition of the newsletter I was intrigued by this unusual sport. Why not try passing a copy of your newsletter on to your friends, you never know who might be interested.

Thank you to the people who have contributed articles - you make my job an easy one, and there must be someone out there who -flfts early memories of the sport of rogaining back in the days when you had to plot your own checkpoints using grid references~ when there was no hash house as we know it today and long before the Trevor Gollan Amendment was ever introduced. I'd love to hear from you.

The NSW "coastal" Rogaining Championships are coming up soon and promise to be a very scenic and hence memorable event. You will have the pleasure of a hot shower during/after the event as well as an "all night" cafe on the course, so if it is a nice night you won't have to come back to the hash house at all!

Following the lead set by the VICRA we will attempt to run a bus to every 24 hour event. i\lake use of it and eelax and enjoy the trip and company home.

The "dash for cash" 12 hour Lake Macquarie Rogaine is also coming up in October so get your training programme organized and be in the running for the money or just in the mood for a good day and night out.



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## HOW CAN I IMPROVE MY NAVIGATION?

by WARWICK MARSDEN

I am often asked this question by newcomers and people who rogain with more competent navigators than themselves - or at least they think they are more competent!

The book "Cross Country Navigation", which is on sale at events, gives you the theory but the only way to improve your navigation is to do it! However, with only a few events each year, a small number of checkpoints, and partners who hog the navigation and drag you off just as you are coming to grips with the map, rogaines really are not a good time to practise.

Apart from just taking a map out into the bush (take care that you do not end up as "map obsessed" as many of your fellow rogainers), I see orienteering as by far the best way to develop your navigational skills for the following reasons:

There are events almost every weekend (February to November) in, or close to, Sydney.

Courses on offer are of varied length and navigational difficulty. You are on your own (you can take a friend until you build up your confidence).

The course will only take an hour or so in which time you will have to concentrate on your navigation more than you would in a rogame.

There are usually helpful people around to assist you in a post mortem.

NEVER EVER GIVE UP



Do not worry about the speedsters who may zoom past you; you will probably be surprised by the number of people walking, particularly at the local Sydney events. For details of forthcoming events contact the Orienteering Association Secretary, Dave Lotty, (tell him you are a rogainer) on (02) 660 2067 or Warwick Marsden on (047) 516 797.

If nothing else you will have better "discussions" with your rogaining partners.

*As described by Eric Metzke, think of orienteering as "battery hens" and rogaining as "free range"*

# QUESTIONNAIRE CONCLUSIONS *by*

NARELLE CLAYTON

Thanks to all the rogainers who completed the questionnaire at the Bugs Bunny Rogaine. Unfortunately, some teams did not turn the sheet over so completed only one half of the questionnaire.

Of the 34 teams, 31 responded but four teams failed to answer both sides of the questionnaire (a fault in presentation?). The number of respondents to the various questions ranged from 56 to 70.

From the results it would appear the typical rogaier is between the ages of 21 and 40, tertiary educated and working for wages. While there were marginally more males than females, there were more females attending to our needs in administration and at the hash house.

Personal invitation is certainly the most important way of introducing others to rogaing and it was good to see ten first timers. As Trevor Gollan pointed out perhaps the question of what length event is preferred was unfair as only a 24 hour event was on offer but, as the answers indicated, people have the choice of what they as individual teams will do. The question of v, here to hold a rogaie, as far as distance is concerned, does affect participation but so long as they continue to be spread around the state as much as possible I am sure we will all benefit. Once again thanks to the organizers of the Bugs Bunny Rogaine and to those who answered the questionnaire .

SEX:				IS IT YOUR FIRST ROGA.INE?		
Males	32	5-1.2 %		Yes	10	14.7%
Females	27	-15.8 %		No	58	85.3 %
AGE:				No. OF YEARS INVOLVED		
< 15	0			< 1	6	10.7%
15 - 20	3	5.1 %		1	6	10.7%
21 - 30	18	30.5 %		1.5	2	3.6 %
31 - 40	22	37.3 %		2	11	19.6%
41 - 50	10	16.9%		3	13	23.2 %
51 - 60	6	10.2%		4	3	5.4 %
61+	0			5	5	8.9 %
HIGHEST EDUCATION				6	1	1.8 %
QUALIFICATION COMPLETED:				8	2	3.6 %
Primary	1	1.7 %		10	3	5.4 %
Secondary In tJSC	6	10.2%		13	2	3.6%
Secondary LCIHSC	4	6.8%		16	1	1.8 %
Trade	0			INTRODUCTION TO ROGAING:		
Tertiary	48	81.4 %		<i>[70 responded to this qllestion]</i>		
OCCUPATION:				Orienteering	14	20 %
Student	8	13.6 %		Bushwalking	3	4.3 %
Unemployed	2	3.4 %		Personal Invitation	42	60 %
Self Employed	3	5.1 %		Sporting Club	0	
Working for Wages	-16	78 %		Other	11	15.8 %
Retin:d	0			WHY ROGAINE::		
METHOD OF TRAVELLING TO				Adventure	20	13.7%
THE ROGA.INE:				Challenge	46	31.5 %
Motor Vehicle	36	61 %		Competition	15	10.3 %
- dri ver				Risk	0	
- passenger	23	39 %		Enjoymnt	55	37.7 %
Molor Cycle	0			Other	10	6.8%
Bus	1	part way only		PREFERRED LENGTH-I OF EVENT		
DOES THE LOCATION OF A				<i>[many responded with more than one time and are recorded separately]</i>		
ROGA.INE WITHIN THE STATE				6 hours	6	9.8%
AFFECT YOUR PARTICIPATION:				8 hours	7	11.5 %
Yes	42	61.8 %		10 hours	1	1.6 %
No	26	38.2 %		12 hours	20	32.8 %
				16 hours	5	8.2 %
				24 hours	22	36.1 %

# WHAT TO DO WITH THE PADDY PALLIN WHEN I GET MY MEMORY BACK?

by *WARWICK MARSDEN*

Did you see the fantastic sunset on your way home from the Paddy Pallin Rogaine? I got to see it as I was on my way along the fire trail towards #61 to rescue our roving photographer, Philip Chen, (he has taken some great photos) who had managed to put a hole in his car's transmission! As I watched the sunset (and the road) I began to reflect on the weekend: the words of appreciation from so many of you and all the things I had forgotten to do and say.

The idea for this event had evolved over a long period, but little did I realise that to provide an event with extensive camping facilities, a dinner and bush dance, a huge course with 60 controls, unlimited entries with a late closing date (to remove my guilt for turning away so many in 1991 and 1992) and then to openly invite people to make last minute changes, would be an administrative nightmare. It was little wonder that I was plagued by memory loss throughout the weekend! (Fortunately my ability to spell WORLD backwards and subtract 7 sequentially from 100 showed that I wasn't suffering from the onset of dementia - the joys of having medical students in the administrative team<sup>1</sup>)

While there were glitches in the organisation (sorry for the women's cold showers, slowness in getting up some results and being short with campers about fires and parking, etc!), these were minor. The overall smoothness of the event was due to the enthusiastic and capable support given by Julian Ledger (now in his fourth year as second-in-charge), Jason Hughes (as the Paddy Pallin delegate), John Barnes (who needed little guidance in setting such a superb course) and Betty Chen; the virtually worry-free catering thanks to the fantastic efforts of the 1st Waitara and 2nd Seven Hills Scout Groups, the staff and facilities of the Cataract Scout Park and extensive help from Andrew Perry and Therese Lavender, Dave Sigley, Phil Chen, Debbie Byers, Rob O'Connor, Eri~ Barbara and Richard Barnes, Rex Cox, Steve Turner, Trevor Gollan, Jan and Darren and competitors Rohan and Trevor Prowse, Adrienne Lambert, Claire Bellis, Kathy Herrmann and Tony Maloney. Your enthusiastic applause for the Strike A Light bush band (who gave their services at a reduced rate) showed how much you appreciated their contribution - they can be booked! And the Paddy Pallin organisation (Camperdown staff) who provided not only the very generous prizes but also administrative support in processing your entries. Phew! But now before I forget again, the ultimate success of the event was only possible THANKS TO YOU, THE PARTICIPANTS!

My initial reaction after the event was to plan next year's event so that it would attract less people and be easier to administer. I am not sure whether it was the sunset, Betty's calming words or the realisation that in my desire to keep the presentation as brief as possible so you could get home, I had forgotten to thank the most important people, YOU, or maybe the spirit of Paddy through Rex Cox's words; anyway it was pretty clear that The Paddy Pallin has a reputation for being both a terrific competition as well as an event for everybody especially families and novices. (Only eight teams thought that there were TOO MANY teams, while 40 said that the number was JUST RIGHT and 14 DIDN'T NOTICE.) As such we should be looking to build on its success and to look to ways of keeping its friendly atmosphere while smoothing out the administrative problems.

So what do we do next year? I tend to favour a two day event with a more competitive event on the Saturday (11 am to 5 pm?) followed by an event for families and novices on the Sunday (9 am to ?pm). What do you think? Also we need a venue; and a course setter. The Cataract Scout Park came from a suggestion by the Unwins. Drop me a line with your ideas and thoughts while the event is fresh in your minds: Warwick Marsden, 34 The Glen Crescent, Springwood 2777.

Otherwise, see you next year!

# PADDY PALLIN COURSE SETTING *by*

*JOHN BARNES*

Once upon a time, I decided I wanted to set the course for the Paddy Pallin Rogaine. The search for the perfect rogaining site began - a dry site, rather than a rainy one at the end of a rainbow. One potential site had no parking, although maybe there is treasure nearby for another year. Other sites along Bell's Line had too little area to search for treasure.

January, Warwick and I journeyed to Cataract, liked what we saw, and decided this was the place. Through January and February Neptune supplied me with wind and waves so there was no treasure hunting. March saw a single trip to get a feel for the place.

Andrew Perry, Theresa Lavender and I detoured into the area while returning from canoeing the Shoalhaven at Easter. (We had been paddling by the full moon rather than rogaining). Unfortunately, we didn't have the map, so Andrew and I had interesting discussions about the quickest route to the car. Both of us were wrong.

Serious treasure hunting began in May with visits to the area on four of the five weekends.

By the June long weekend, most of the course was set. On Saturday Andrew, Theresa, Trevor and I helped Rohan Prowse with extensions to his Campbellton palace. On Sunday the checking of the course began. I suggested two routes with about a dozen checkpoints to each and then spent a pleasant day cycling and walking around Appin and the scout camp. Doubts arose in my mind when I returned to the car. Nobody rushed to greet me. Rohan and Trevor had

parently set #42 and #44 and had then been unable to find #46 and #43 before finishing with #56 and #41. Meanwhile, Andrew and Theresa had done the loop #57, #65, #69, #66 #102 and #85 but without being able to find my tape on the very flat knoll (apart from the craters) at #69.

Most of Sunday's controversies were resolved on Monday. At #69, the tape had disappeared (that's my story). Rohan and Trevor decided that they'd followed the wrong spur from #42, which was why they didn't find #46 and #43. (At first when we revisited #43 I thought it was wrong, while Rohan and Trevor thought it was right). Monday also brought a few more controversies. Is #36. and the track through it, marked one creek too far west? Andrew thought so and without  
ving returned to it, still remains unconvinced. I'd placed #45 in a banksia thicket which I thought was a creek, and wasn't convinced until the day before the Rogaine that there was no creek running through the thicket.

The next Sunday (D-day -3 weeks) saw the final course setting. Warwick and I drew up the treasure chart over the next few days. Then I left treasure hunting behind to go on holidays.

To my relief, when I returned, (D-day -6 days), Warwick, Betty and her brother had successfully placed all the markers, except a few near the scout camp and the dam. No problems, other than Betty deciding #83 should go where my original tape was, and not being able to find Warwick's revised tape. Warwick has volunteered to pick up this marker!

(D-day -1 day) Warwick, Julian and I placed the remaining markers. I left the dam ones until after it was closed to the public, perhaps until a bit too late but enjoyed a nice sunset. I decided #39 (the Museum) was marked 2mm too far north on the map, but it was too late to change anything. After the days running and cycling, the dance wrecked me. so I was glad there was no running for me the next day.

It was very satisfying on Sunday morning to see groups go in all directions. Did anybody fall in the mud at #22? Did anybody miss #52 because the shopkeeper forgot to hang it outside until he saw a group of people looking for it?

Driving out to replenish the water drop was very decadent. It was pleasing to see quite a few groups pass through there. but I was surprised that one group was planning to head NE at 1.00 pm.

Back at the hash house, I wondered at 2.45 pm if everybody was lost. Then the hoards arrived - a successful treasure hunt.

S.: At the final briefing, I forgot to mention all the help I have received. Warwick has probably visited every checkpoint, and has always been appreciative of my efforts. Andrew Perry was almost always right in his navigation, and has hopefully taught Theresa to navigate. Rohan and Trevor did a great job checking markers after a disastrous start. while Nerolie and Peter also did a fine job checking. Tarran Pch's navigation was perfect, even if he always holds his map with north at the top. regardless of the direction he is going. -GCoff Tweedale helped with the transition from general scouting to actual checkpoint taping, while Julian Ledger showed that new babies do not affect your rogaining skills.

# ONLY TEMPORARILY LOST

by PETER WATTERSON

By the Editor's request (I'm not bragging), here are a few notes on Ian Dempsey's and my time at this year's Paddy Pallin Rogaine. The accompanying map shows our route, along with the little notes I made to remind me of the course. At "shin" I dislodged a small granite rock, then fell down onto it with my shin. My cheap hockey shin pads probably saved me an injury.

In the vicinity of #53, a simple creek junction, we got completely bewildered, i.e. lost. We went too far along before dropping down to it (I think), then the bearing of the creek fooled me into thinking we had not gone far enough.

Ian was out in front most of the way and navigated as well as ever, even though his compass never left his back pocket. At the finish though he nearly made a fatal decision - I might have killed him if he hadn't changed his mind. As we ran in, with about nine minutes to spare, he stubbornly refused to risk the time to get #22. We handed in our card, then he stopped to look at his map. Oh, he thought I had meant #33. Out we ran again, to scramble up the obstacle course tower (a unique control) and back. I am the first to admit, we were bloody lucky to win, by just ten points.

To top off a great day, John Keats threw my previous pair of Hitech Triathlons at me, which got lost a Beechworth last year and somehow ended up in his car.

Thanks to Warwick Marsden, John Barnes and co. the efficient caterers, and unpredictable Keats.

# MAKE SURE YOU STAY ON THE RIGHT TRACK

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Surveying: Control surveys for natural resource and construction projects, Global Positioning System surveys and services. Project management, geodetic and mapping control surveys as well as survey control information.

Graphics: Design, planning, layout and proofing, electronic publishing (Macintosh and IBM), image scanning, camera contacts, dylines, printing, bookbinding, plan mounting and framing services are all provided for in-house and contract work.

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# (,ALM

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## Products

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- \*Digitally derived cadastral map products
- \*Aerial photography coverage of NSW
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- \*NSW display map
- \*Special publication including:
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  - Map Reading Guide
  - Atlas of NSW
- \*Special use maps including:
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  - Lord Howe Island Colour Photomap
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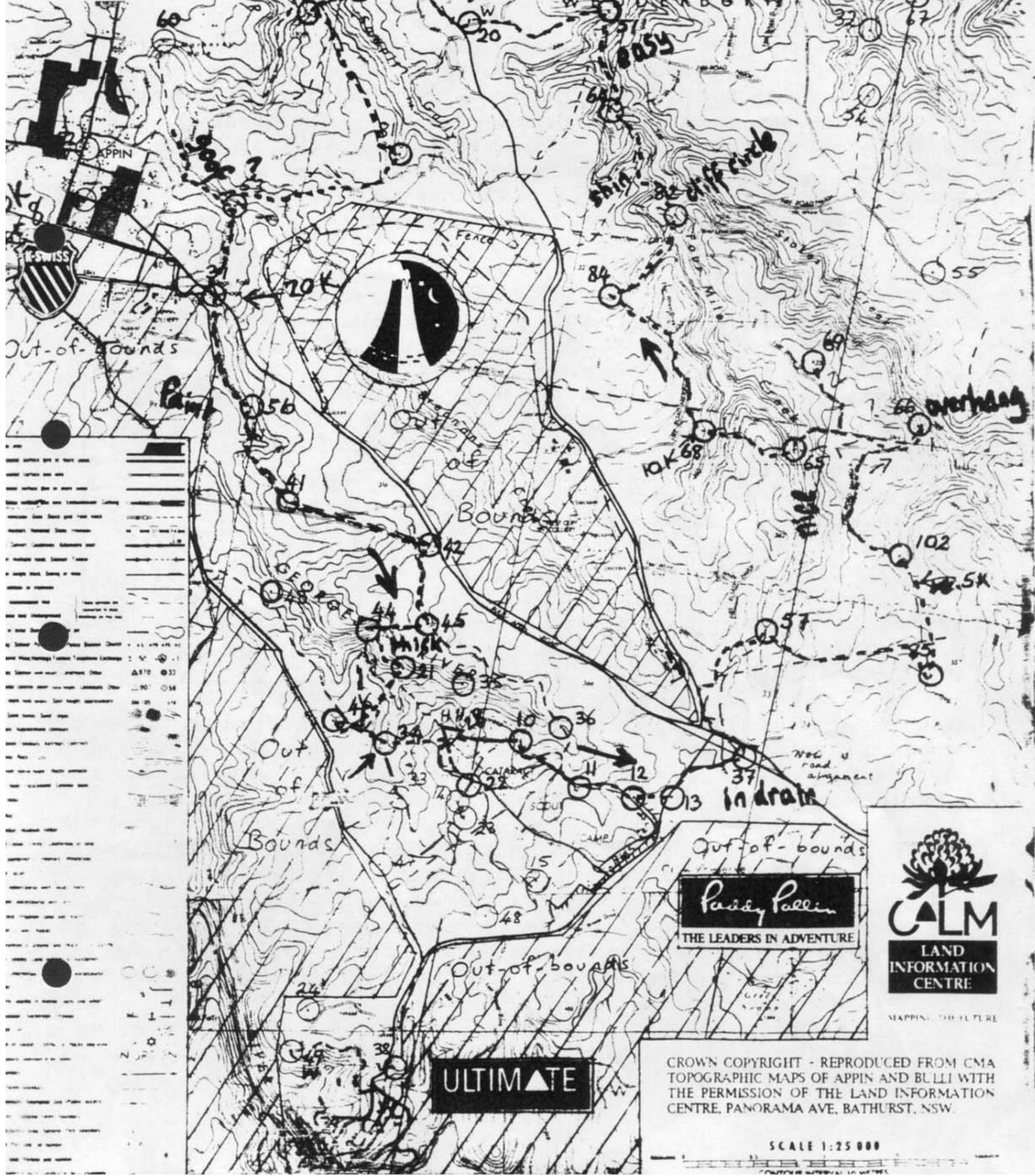
AlijJ,  
~

SOUTH PADDY PALLIN ROGAINE  
SUNDAY 11TH JULY 1993

CATARACT  
SCOUT PARK

ROUTE SELECTED BY  
WINNING TEAM:

Ian Dempsey  
Peter Watterson



*Paddy Pallin*  
THE LEADERS IN ADVENTURE



MAPPING THE FUTURE

CROWN COPYRIGHT - REPRODUCED FROM CMA  
TOPOGRAPHIC MAPS OF APPIN AND BULLI WITH  
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SCALE 1:25 000

# JO PARR's and SIMON GEORGE's 30TH PADDY PALLIN ROGAINE

CONTROLS: HH-1 0-11-12-13-37-57-85-102-66-69-65-68-84-82-64-81-1 0 1-63-60-52-30-31-56-41-42-45-35-I-II-I =  
1370 points

Our first thought after picking up the map was that the controls in the far NE of the area were not on: too distant and not high scoring enough for us. Further counting showed that the controls near the hash house and down to the dam, although being closely spaced, would only yield about 450 points, so we had to go further afield. That left a trip around the colliery and our decision was to go anticlockwise, as the controls around Appin seemed easier and also could be picked up or dropped, depending on time constraints.

We had a fast start through the 10 pointers, studiously ignoring #36 which we considered a red herring. Better to pick up an extra 80 points near the end rather than low scoring controls near the start. We were the first team under the road at #37 (no footprints) but then wasted about five minutes hunting for #57 at a swamp end too far south. We were a bit slow up the hill towards #85 and when we hit the new track we saw a few teams nearby. The terrain most of the way to #102 was easy, although the control seemed a long way in from the stream junction attack point. Our second (and probably worst) mistake of the day was to take the direct route to #66 rather than the tracks. We ended coming up most of the hill because of horribly thick banksia and rock and probably lost ten minutes. From then on we were more wary and used the tracks wherever possible.

After collecting #69 and dropping in and out of Four Mile Creek for #65, we had some food at the two hour mark and assessed the situation. Not doing badly, but we didn't know how many controls we

would have time for around Appin. We spiked #68 on the spur, after a little rock climbing, then picked up #84 and #82 with no hassle. The leg down the creek from #82 and #64 was the hardest terrain for us, partially avoided by wading down the shallower sections. We drew the line at swimming. Strange how it always seems more open on the opposite side of any creek! We had bananas on a beach and recovered somewhat. The first team we met going the opposite way around the colliery was a mixed Big Foot team (who will remain nameless); they said they were doing fine. Unfortunately, they didn't find any more controls after that because they wandered completely off the map: we must have had a bad influence on them!



We decided to go for all the high scorers around Appin and moved quickly on the tracks before accidentally going up the gully to the NW of #101. We managed to correct ourselves fairly quickly when it didn't head in the right direction. Between #63 and #60 Simon concentrated on planning the remaining route after the Appin, whilst I navigated. The water in Appin was welcome as we had drunk a lot of the two litres we had taken with us. We dropped #53 from the route, fuffed a bit at #56 (because of all the rock) before getting high enough, then got the heads down on the tracks. Going by the path and then direct from #56 to #41 turned out to be lucky as another team contoured round the gully and got caught in the thick vegetation - they lost 13 minutes on us there. We had only 20 minutes left at #42 and even less after getting caught above a seemingly endless crag line on the way down into the Georges River. With some pushing we made it to #35 and with only a couple of minutes left staggered back up the hill towards the hash house. We got back with 20 seconds to spare! Phew!

We thought that the course was very well set and the controls were hung well and high - nothing is worse than being within 20m of a control yet still not seeing it. Our thanks to the setter, organisers, and helpers: you did a great job!

## WINNERS



### MEN

*Ian Dempsey  
Peter Watterson*



### WOMEN

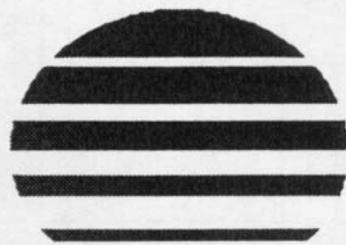
*Kathy Herrmann  
Kristiane Herrmann*



### SCOUTS

*Chris Elphick  
David Kneeshaw*

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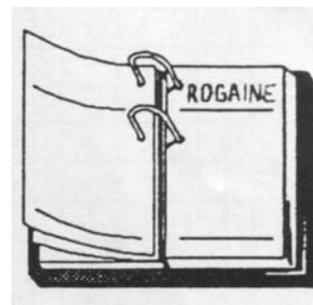
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Information and a selection of products will be available on the Sunday of the NSW Championships.

CAROLYN BROWN  
*Health Consultant*  
99 Cabbage Tree Lane  
Fairy Meadow NSW 2519  
Phone: (042) 837 041

# WHAT'S LEFT FOR 1993

|       |          |                     |                  |
|-------|----------|---------------------|------------------|
| 7/8   | AUGUST   | QLD CHAMPIONSHIPS   | BUNDABERG        |
| 28/29 | AUGUST   | NSW CHAMPIONSHIPS   | SOUTH COAST      |
| 30/27 | OCTOBER  | NSW 12 HOUR ROGAINE | LAKE MACQUARIE   |
|       | NOVEMBER | ACT 12 HOUR ROGAINE | EAST OF CANBERRA |



## NSW CHAMPIONSHIPS

*by Trevor Gollan*

A seaside saunter is available for your pleasure if you care to journey to the NSW South Coast on the last weekend in August - both an 8 hour and 24 hour event will be available. Hash house comforts will be bounteous at the low altitude camping area, resplendent with hot and cold running showers, toilets and laundry. You can even book one of the on-site cabins and watch TV while you recuperate between your Saturday evening and Sunday morning excursions.



We have changed the policy for the bus. In order to promote its use the fare will now be \$20 rather than \$40 as advertised on the previous entry form. The bus will leave Strathfield station at 6.00 am on Saturday to arrive at the hash house by 9.30 am. Pickups can be arranged through Sutherland, Wollongong and Nowra. The return trip will depart at 2.00 pm on Sunday.

I have heard people say. "Crikey. a Championship - that'll be too hard for me!". WRONG, WRONG, WRONG! Yes. the Championship is there for competitive rogainers to aim for, to make their mark in rogaining history, but anybody who can walk for a few hours can set goals appropriate to their skill, fitness and optimism. You may jog endlessly for a full 24 hours or you may comb a beach for an hour or three or, like nine out of ten teams that participate, you do something in between, to the best of your abilities. You explore new countryside, you make mistakes, you get fitter, you learn about navigation, you tire, you have a lot of fun. W

*ENTRY FORM ENCLOSED*

## LAKE MACQUARIE 12 HOUR ROGAINE

*by Bert van Netten*

I am pleased to be assisting the Bankstown Bushwalkers' Club in the organization of a 12 hour Rogaine to be held in the Cooranbong area on 30 October 1993. Will de Sain is the course setter and undoubtedly will cater for bushwalkers. I have been doing the field work and Ian Dempsey has been preparing a special edition map. The area is mainly forest with patches of rainforest and is traversed with many tracks. The catering will be organized by members of the Bankstown Bushwalkers' Club. If the food is similar to last year then it is worth entering just for the tucker. I enjoy working with the Bankstown Bushwalkers, they are a fun lot and this promises to be another great event.

*ENTRY FORM ENCLOSED*

## ACT 12 HOUR ROGAINE - The Ball and Chain Rogaine

The ACTRA will be holding a 12 hour Rogaine on the weekend of 27 and 28 November 1993 in an area within three hours drive east of Canberra and an hour's drive west of Nowra. The terrain is a plateau intersected with steep canyons. Wildflowers should be excellent at this time of the year, and the views spectacular. Normal hash house will be available including Sunday breakfast. Tent camping only. For further details contact Alex McGregor (06) 257 1872 (evenings) or Anitra Kenny (06) 266 6750 (day).

# REMEMBER NOT TO FORGET!!

## 1994 AUSTRALIAN CHAMPIONSHIPS

NSW is the host for the Australian Championships next year. Our intention is to select an area southwest of Sydney, i.e. between Sydney and Albury, convenient for our Victorian and South Australian associates. Reserve 15-16 October 1994 in your diaries now.

## 12 HOUR UPSIDE-DOWN'OGAINE

NSW will be the first state in Australia to hold an Upside-Down'ogaine. Note the 27 February 1994 date in your diary for what promises to be a unique event. What is an Upside-Down'ogaine? It will all be explained in a future edition of the newsletter. In the meantime keep guessing.

## MEMBERSHIP - 1993

If you are not a financial member of the NSWRA you ought to join. It is the way to keep in touch with rogaining. The letter on the top right hand corner of the address label for this newsletter indicates your current financial status:

- F FINANCIAL for current year
- N NON-FINANCIAL - your fees are due. Your membership pays for the newsletter. the best source of Rogaine news
- C COMPLIMENTARY COPY OF NEWSLETTER

|                        |      |                                                    |
|------------------------|------|----------------------------------------------------|
| 1993 schedule of fees: | \$15 | Individual                                         |
|                        | \$20 | Household                                          |
|                        | \$5  | Junior/Student                                     |
|                        | \$8  | Associate (first-timers, for the first event only) |

Please make cheque payable to the NSW Rogaining Association and send to Trevor Gollan, Secretary NSWRA, 39 Greenslopes Avenue. MT OUSLEY NSW 2519 - phone (042) 85 4053

## APPLICATION FOR MEMBERSHIP OF ASSOCIATION

N.S.W. Rogaining Association Incorporated

(incorporated under the Associations Incorporation Act, 1984)

I

(full name of applicant)

of ..... (address)

..... (town & post code )

..... (home phone) ..... (work phone)

hereby apply to become a member (or renew membership) of the abovenamed incorporated association. In the event of my admission as a member. I agree to be bound by the rules of the association for the time being in force

I also nominate the following persons. of the same address as mine. as Household members of the above named incorporated association.

1. ....

2. .... 5 .....

3. .... 6 .....

Signature of applicant .....

Date .....