

NSW ROGAINING NEWSLETTER

NUMBER 41

SEP 1993

Maurice 534 6293 (H)

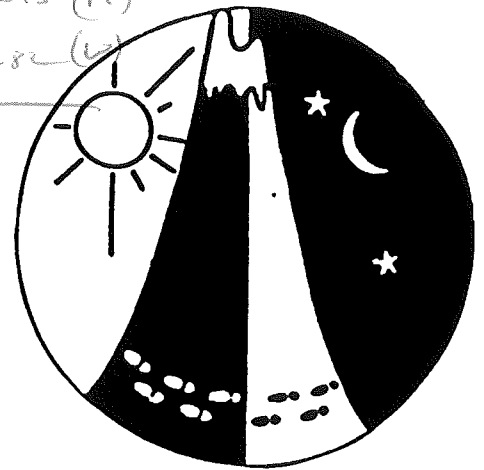
717 3482 (W)

IN THIS ISSUE:

- RESULTS:** . NSW Championships
- ARTICLES:** . Help Wanted
 . More Recollections - Early Rogaining in NSW
 . Snake Bite Treatment
 . Letter to the Editor
 . NSW Championship Reports

1993 CALENDAR

- ENTRY FORMS:** . Lake Macquarie 12 Hour Rogaine
 . ACT 12 Hour Rogaine



Sarah White

03 826 8482

HELP WANTED

by WARWICK MARSDEN

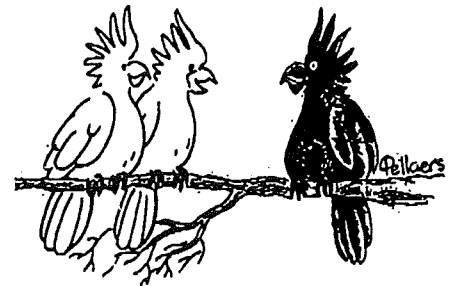
Even though there are still two rogaines to go in 1993 the calendar for 1994 has already been planned. It includes another Metrogaine and two extra events to start out and end off the year. This expanded calendar and increasing numbers at events means that we will need more of you to help run events next year.

Each event requires course setting, administration and catering - the bigger the event the more help that is needed but generally between 8 to 20 people per event. The 12 and 24 hour events usually have a creche which is run by rogaining parents.

Why not have a chat to some of your rogaining and non-rogaining friends and form a small team to support the more experienced organisers at one of the events below. If you have been in more than five or six rogaines and have yet to help out then you will probably receive a letter with some more positive encouragement in the next few weeks!

For more information, or simply to reserve your place, give Warwick Marsden (Event Co-ordinator) or one of the other committee members a call on (049) 516 797.

THANKS!



"You've been spending the day in the big smoke again"

DATE	HOURS	EVENT	LOCATION	ORGANIZERS / HELPERS
✓ 27 FEB 94	6/12 HOUR	UPSIDE DOWN	SOUTHERN HIGHLANDS	ANDREW WISNIEWSKI 02644 ROLLIE BURFORD 1316
✓ 10 APR 94	6 HOUR	METROGAINE	SYDNEY	ALAN MANSFIELD 02665 SONIA KUPINA 4925
✓ 22/23 MAY 94	8/24 HOUR	NSW CHAMPS	NORTH OF NEWCASTLE UPPER HUNTER	GRAEME COOPER 067 VICKI COOPER IAN DEMPSEY 72 3584
✓ 19 JUN 94	6 HOUR	PADDY PALLIN	WEST	JULIAN LEDGER SUE CLARKE 02 888 1954
27? To be confirmed	6/12 HOUR	LAKE MACQUARIE	HUNTER VALLEY	BERT VAN NETTEN 049 75 7693
✓ 15/16 OCT 94	24 HOUR	AUST CHAMPS	SOUTH WEST	PETER WATTERSON - 042 TREVOR GOLLAN 85 WARWICK MARSDEN 4053 JOHN KEATS
26 NOV 94	8 HOUR	XMAS SOCIAL	BLUE MOUNTAINS WEST	T.B.A.

COMMITTEE MEMBERS

PRESIDENT	Alan Mansfield	4/68 St. Thomas St, CLOVELLY 2031	02 665 4925
SECRETARY	Trevor Gollan	39 Greenslopes Ave, MT OUSLEY 2519	042 85 4053
TREASURER	Tony Maloney	2/8A Gillies Ave, WOLLSTONECRAFT 2065	02 959 3322
EDITORS	Sonia Kupina	4/68 St. Thomas St, CLOVELLY 2031	02 665 4925
	Marnie Holmes	11/10 May St, EASTWOOD 2122	02 874 0226
EVENT ORGANISER	Warwick Marsden	34 The Glen Cres, SPRINGWOOD 2777	047 51 6797
PUBLICITY	Julian Ledger	108 Cressy Rd, EAST RYDE 2112	02 888 1954
CRECHE ORGANISER	Anne Francis	62A Delmar Pde, DEE WHY 2099	02 982 4836
EQUIPMENT	John Keats	109 Mississippi Rd, SEVEN HILLS 2147	02 636 2364
ARA REP.	Peter Watterson	13 Driver St, DENISTONE 2114	02 804 6091
COMMITTEE	Graeme Cooper	Cluny Rd MSF2005, ARMIDALE 2350	067 72 3584
	David Sigley	7 Keith Street, PEAKHURST 2210	02 53 9937

MORE RECOLLECTIONS - EARLY ROGAINING IN NSW

by PETER TUFT

I first heard of the sport now known as rogaining when some others in the University of NSW Bushwalking and Mountaineering Club went off to an Interschool orienteering event (the "IV") in the New England area in 1972. They returned with amazing tales of finding their way (and getting lost) in the bush at night. This seemed a pretty radical concept at the time.

The following year I found myself in the UNSW team competing near Yea in Victoria, and then in 1974, based on the Yea experience, UNSW was the host for the IV. This event was held in the Hartley area and was pretty successful by the standards of that time. One of the more novel features of that event was the use of army trucks driven by the UNSW Regiment (part of the Army Reserve) to carry competitors from the campus to the hash house. Some competitors found that crossing the Blue Mountains in August in canvas-covered, open-backed trucks was a little chilly.

A couple of years later, after some more IV experience in Victoria, I became quite keen to see rogaining develop a wider following in NSW. Because my introduction to the sport had been through a bushwalking club I assumed that other bushwalkers may be interested too - after all, rogaining is just a specialized form of bushwalking. As I was very active in the Federation of Bushwalking Clubs at the time I called a meeting under the auspices of the Federation to discuss the development of the sport. After waiting alone at the meeting venue for an hour I realised that bushwalkers did not seem to be very interested in this particular variation on their pastime.

A few years later in August 1978 UNSW was again the IV host and chose the

Wollombi area as an interesting and challenging location. I was still keen for the sport to develop in NSW (other than as Interschool competition) and we opened the event to the public. However, not many non-university teams entered - from memory I think there were only two or three.

Having done all the hard work in contacting landowners and setting a course the UNSW organising team thought that it would be a waste to use it only once, so in October the next year (1979) we ran an event billed as the "1st NSW Rogaining Event". This used two-thirds of the Interschool course (which had turned out to be too big to be fully covered in 24 hours). The event was promoted again mainly to bushwalking clubs with orienteers also being advised. The attendance was small but quite enough to make the organisation of the event a worthwhile exercise. A significant number of those attending were orienteers.

Those of us involved in setting and running the two Wollombi events remain very fond of the area (in fact one couple later bought 40 acres and built a cottage in one of the remote gullies). To us it seemed ideal rogaining country, with a network of long, narrow open valleys providing easy access to some fairly complex ridge country. On the whole the scrub was pretty mild, but some teams managed to spend a lot of time in the few thick bits and had some fairly critical comments.

Rogaining in NSW was then dormant for a while and those of us involved in the Wollombi exercise were beginning to think that we might have failed to successfully sow the seed of rogaining in this state. However, in 1981 the Sutherland Bushwalking Club picked up

the idea and organised an event at Wingello in November. The information sheets for this rogaine called it the "2nd NSW Rogaine", thereby acknowledging the 1979 Wollombi event as the first.

There was a further period of inactivity until May 1983 when the Temi (Murrurundi) event was run by the Van Nettens, Jeremy Challacombe and Ian Dempsey as described by Ian in the last newsletter. The brainwave that accompanied this event was the formation of the NSWRA, with membership consisting of everyone who had entered the event. Robyn and I enthusiastically attended the first meeting of the new association to find that we were the only new faces in addition to Bert, Dianne, Jeremy and Ian. Nevertheless the organisation grew.

Interestingly the Murrurundi event seems to have been conceived quite independently of the earlier NSW rogaining activity. Whether our early efforts contributed effectively to the eventual establishment of rogaining in NSW is anybody's guess. Notwithstanding, organising the Wollombi events was a very great pleasure for all of us who were part of the team.

The Hartley and Wollombi events, as well as the 1984 Australian Championships at Bungonia, were organised by essentially the same team who originated from the UNSW Bushwalking and Mountaineering Club. It is not possible to name everybody who helped at every event, but the stalwarts included Ross and Linda Vining, John and Rosalie Meadow, William Blunt and Meg Thornton, Bruce Spry and Peter Pavlov.

SNAKE BITE TREATMENT

Thirty years ago the standard practice for treating snakebite was to apply an arterial tourniquet, cut open the wound, suck it, clean it, bathe it with Condy's Crystals, then walk the victim around "to stop them falling asleep".

All of those supposedly tried and true measures are now regarded as being wrong!

The circulatory system may receive more harm from a tourniquet than from the bite itself. Walking the victim around speeds up the circulation of the venom through the body: quite the opposite of what snakebite treatment should be aiming to achieve!

Venom is usually injected deeply, so very little venom can be removed by incision or suction. Cutting the wound may simply open the venom an extra route into the bloodstream; sucking it puts the sucker at risk; cleaning it may remove evidence that would help in later identification. A new detection kit available in hospitals now makes it possible to select an appropriate treatment by taking a swab of the venom left on the victim's skin. The snake does not have to be captured or even identified.

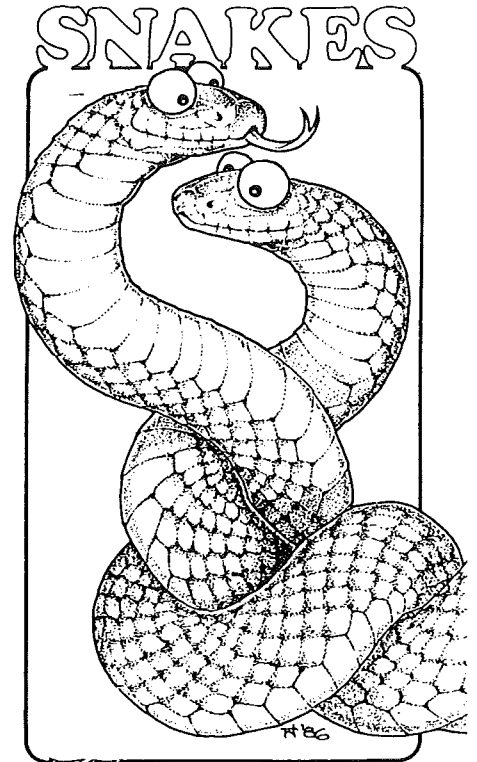
If one of your party is bitten by a snake:

1. Do not try to catch or kill the snake - such heroes and herpetologists are the two categories of people most often killed by

Australian snakes. (Of a few hundred snakebites each year, between five and ten prove fatal.)

2. Keep the victim calm and still.
3. Firmly apply a broad bandage to the whole of the affected limb. The ideal bandage for this is about 15cms wide and is applied firmly enough to compress tissue but not so firmly that it restricts the flow of blood to the limb. The bandage should cover the bite and as much of the limb as possible - ideally down to the fingers or toes then up to the armpit or groin.
4. Immobilise the limb by binding on some form of splint.
5. Wherever possible, transport should be brought to the patient rather than the patient moved to transport.
6. Leave the bandages on until the patient has reached medical care. The venom will move into the bloodstream very quickly once they have been removed. Let removal of bandages be the doctor's responsibility.

Regularly monitor breathing, and take steps to maintain breathing if necessary. Immediately after being bitten the victim may show no outward signs of distress. If the above steps are *not* taken, then in a time which could vary from a few minutes up to



about two hours these symptoms could appear: headache, double vision, faintness, nausea, diarrhoea, pain in chest or abdomen, breathing difficulties, pain, swelling, reddening, bruising of affected limb.

If someone is bitten, do not wait for the symptoms before beginning treatment!

LETTER TO THE EDITOR

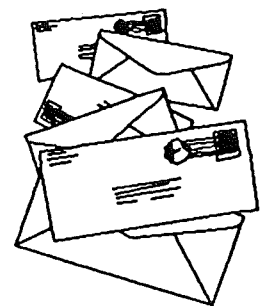
By *TREVOR GOLLAN*

The criterion for a 'junior' team is, traditionally, one where all team members are under 18-years-old. Since the rules of rogaining affirm that a team with a member under 14-years-old must also include a member over 18, basic algebraic logic says that junior team members must all be between 15 and 17-years-old. No wonder we receive so few junior teams!

It seems to me that rogaining is an old person's sport. Just look at the results. Veteran teams often win rogaines, regularly win championship events, Fred and his mate from the USA did darn'd well at the World Championships last year. If you look at the winners of any rogaine they are all wizened, wiry and wrinkled characters, the hat on the head to buffer the balding scalp, do not need sleep to replenish the brain cells, heavy glasses protecting the eyes in the thick bush. And the men are worse.

Let's face it...rogaining, like all ultra-distance sports, is not intrinsically appealing to the young, innocent, carefree spirits, they who are inspired by rapid results, instant replays, fast-food, etc. Sure the youngsters are fast and fit, their eyes are better, their short-term concentration is shorter, their fast-twitch muscles are faster. But pit them against a 45-year-old-timer at 3 o'clock in the morning in head-high lawyer vine and I know where I will put my money thankyou.

Orienteering is more suited to the 16-30 age group, with its lesser distance and time, closely spaced controls providing ready gratification, ample apres-competition socialising at the local. There's the sport for the youth and fitness to come to the fore. Not that there isn't a place for the youngsters in rogaining. As long as there isn't any scary darkness, the time limit is less than six hours



and there is a bush dance on the previous evening we will have 'em hammering at the door.

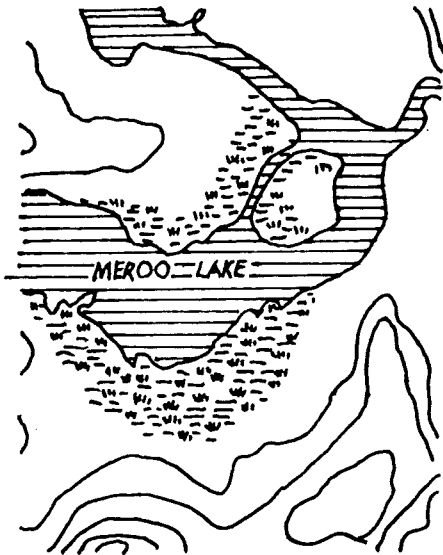
We do not get many junior teams in the major (longer) rogaines and we won't while the current limitations apply. So here is my proposal. Let us say that a team with all members under 30 years is a 'junior' team. The serious competition can be for 30-50-year-olds and the veterans can take the over 50 age barrier.

BEACHES, BUSH and BACK AGAIN

by ANDREW BLAKERS

Trevor Gollan and his team organized a great NSW Championship event at Lake Tabourie on 28/29 August. Highlights included a dozen kilometres of beach walking, four lakes, some wonderful coastal dune vegetation, banksias and pimelias in flower and many large eucalypts.

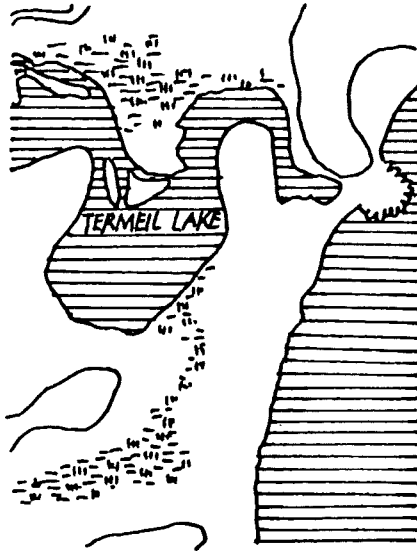
After looking at the map David Singleton and I decided to go anticlockwise around the outer loop. We thought that there was some chance that we would collect all the controls, so we wanted to put off having to decide whether or not to pick up outlying 10 or 20 pointers until late in the event. There were traffic jams on the climb up Tabourie Point. From the top we could see teams like ants kilometres south along the beach already. Going north we had the place to ourselves, more or less.



The walk along the Wairo Beach was delightful. We carefully kept sand and water out of our shoes until control 37, which was on the other side of the swamp. The good thing about this was that we were not afraid to walk through water for the rest of the event. We dropped our packs and trotted to 35, where we discovered the three members of an 8 hour team clustered around the lolly supply. I must admit I did not like any of the logs available for getting to 52, and used the lake bottom to support myself instead. A small community of rogainers developed as we headed west across the top of the course. For most, however, control 71 was the turning back point. We felt like pioneers as we headed north west to 38 in the gathering dusk. Four magnificent horses accompanied us - if only we could catch and ride them!

We could see that 100 was apparently out in the middle of nowhere. We were

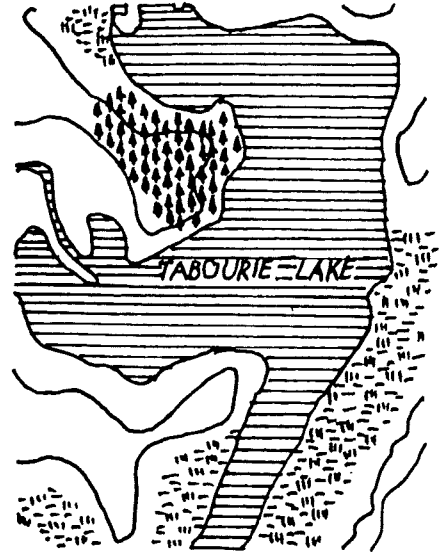
getting cunning by this stage, and realised that there were many unmarked forest roads which the organisers must have used in setting out the course. The question to be asked was - where is the most likely place for it? Like magic a road materialised from 55 to 100 along the ridge top. Unfortunately we were wrong about its ultimate destination, or



we might have avoided the rather slow bush bash to 83.

The next few controls went smoothly. The scrub was fairly thick, but not unduly so. We met George Collins and Maurice Ripley at 82, they said they liked the creek so much that they had spent an hour there exploring. We rolled into the western hash house at 0015 with 990 points to our credit. Hot soup and bread around a fire was delightful - certainly better than cold noodles in a drizzle. People were trying to sleep in the tent, but some kept wriggling around and making a racket in a space blanket. Netta and Marnie Holmes made an appearance. After accumulating a very large number of points, problems with their feet and knees appeared. They would have won the event if they had continued at their previous pace.

After soup we decided to take the view from Monkey Mountain (54). Certainly the breakers on the beach sounded nice, even if the outlook was a bit dark. It was a bit of a steep climb to 64 - we were lucky not to get caught under cliffs. At 84 we met a party coming out, who told us it was diabolical. Actually, it was less scrubby than the northern controls, and we thought that they were in for a rude shock as they progressed north. Unmarked and inaccurately mapped roads at 61 and 80 confused us and we lost 40-50 minutes, by far our biggest time loss.



Termeil at 0630 hours is an ugly place. However, the lakes and beaches of the SE part of the course are lovely. We quickened the pace in order to get most of the controls in the SE corner. Lots of mud, leaches and water were to be found, as well as a stunning banksia serrata forest to the east of Termeil Lake (45). We were mostly running now to get a few last controls. We thought we had time to detour to 21, and cunningly followed a host of footprints up into the dunes. It turned out to be a public access to the beach rather than the control, which we found 100m north. We could see Tabourie Point only a kilometre away - nearly home. We topped the last sand dunes, only to see that the lagoon lay between us and the finish. Panic - quick, back to the beach and around to the east and north. We made it home with three minutes to spare.

According to our calculations we walked 80kms, ate 5-6kgs of food, accumulated 1820 points and got 12 itchy leach bites, one tick and the 'boot'. We also had a good time on a lovely course. Thank you to the organisers.

ADVERTISING

The NSWRA is now offering advertising in its newsletter at the rate of \$100 per ½ page

Classified advertising is also available - rates to be negotiated.

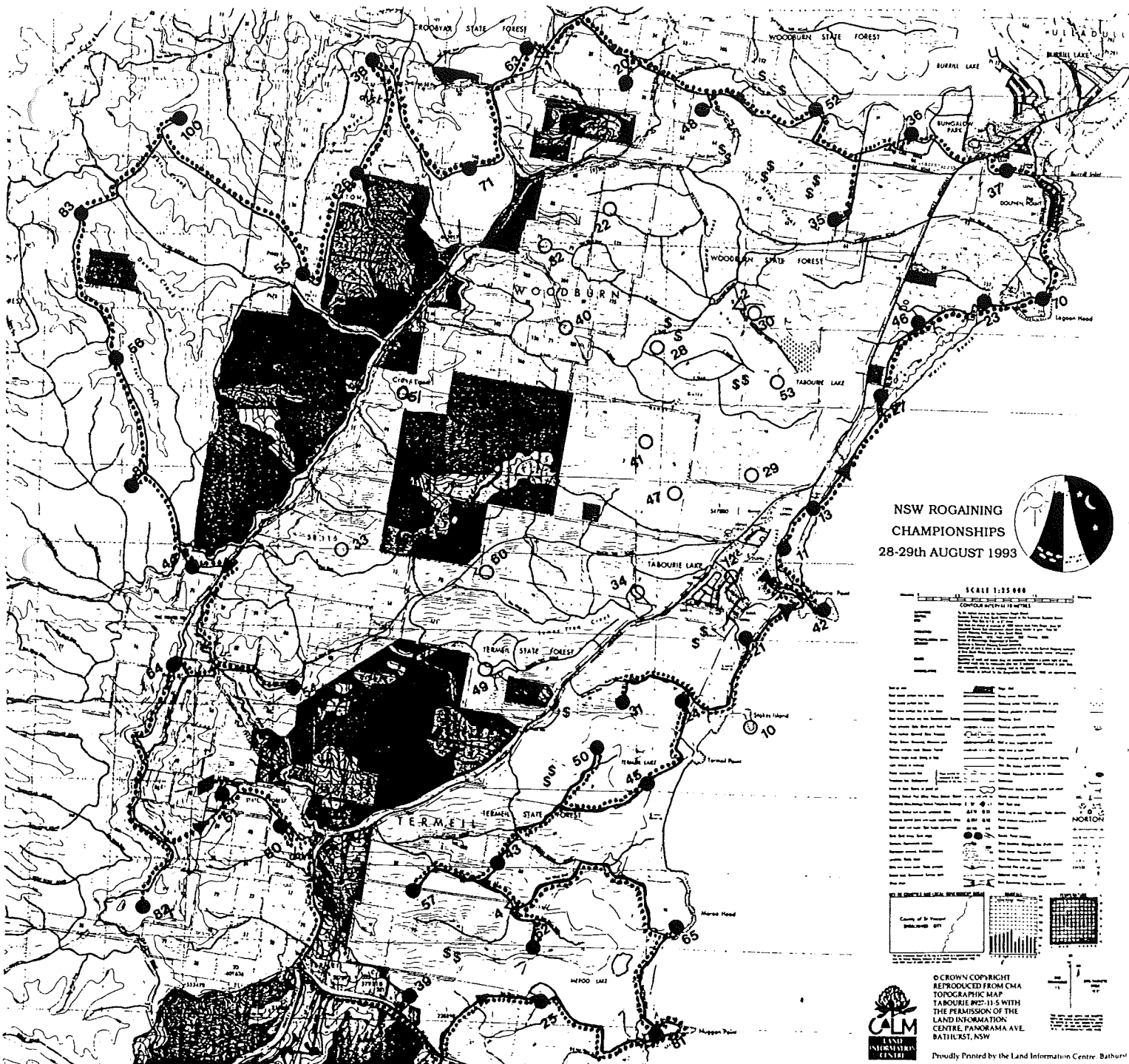


ROUTE SELECTED BY WINNING 24 HOUR TEAM:

Andrew BLAKERS

David SINGLETON

42 11 13 27 46 23 70 37 36 35 52 48 20 63
 71 38 26 55 100 83 56 82 44 54 64 84 61 80
 39 25 81 65 62 57 43 50 45 24 31 21



SHE LIVES ON THE COAST AND SHE'S FASTER THAN MOST

by PHIL CREASER

I had intended to write to the Editor(ess) after the Paddy Pallin rogaine saying how much I/we (Kathy Saw) enjoyed the event, the terrain and the excellent course. I am not a great fan of Sydney sandstone country - it is often very thick, very slow and not enjoyable. However, the Cataract area was none of the above and it was a first class event. I was also going to send in a copy of a map showing the Saw/Creaser route choice but an unexpected trip to England for a conference meant I missed the deadline for the newsletter. I confess I almost missed the deadline for this one but a very gentle reminder from Sonia spurred me into action to honour my promise to her to write a few words about the NSW Champs.

I was moved to write a short piece because I can still recall some words from Andy Calder on the second or third rogaine we did back in 1984. It was about 3.30 am, it was raining, there was no moon and even though we were hitting the controls well, it was really tough going. Andy thought that it would be really good to do a 24 hour rogaine where you had a leisurely walk for six hours, had a good evening meal, a short night time stroll for an hour or so to pick up some 10 pointers, a good night's sleep, a hearty breakfast, another leisurely walk then back for lunch. I agreed with him and so did Paul Rand. Unfortunately, we never did this at any event we competed in, and I never did this in any subsequent event with Bert and Dianne. My problem (and possibly my partner's problems) is that I tend to be "competitive" and once the map hits my hand, I am possessed. Having competed in 29 events in ten years (as well as organising a few!) there have only been three events where I have not come back the hash house completely and utterly stuffed. Even in these three events, there was a reason for 'taking it easy' - viz. injuries.

Anyway, back to the coast. I must admit I was fascinated when I heard there was to be a coastal rogaine. I wondered what freak meteorological condition Trevor could produce for the event - a tsunami perhaps? I was really looking forward to it and what made it even better was that I was teaming up with Bert and Di again for the first time since the World Championships at Beechworth.

Unfortunately, what was going to be another 'give it all you've got' effort, did not eventuate. Dianne was still recovering from an injury and could not run, and on the Friday I was struck down with a virus. I headed down to the coast hoping that I

would have recovered but no such luck. I had to tell Bert that I could not run and that I could only walk slowly for a few hours. Bert, like the gentleman he is, took my bad news very well and we headed off. Bert kindly put up with my very slow pace and we ambled between controls enjoying the scenery. After reaching the checkpoint in the far south east at dusk, I told Bert I had had enough. Could we return, I asked. OK, said Bert and we headed back along the beach in the moonlight. How different I thought, not a mad dash running 3kms in 25 minutes to get back in time. We arrived back at about 7.25pm, I had a shower and proceeded to have a very relaxed and enjoyable evening meal before I slept and slept only to be awakened by Bert, who told me they were heading home as young Jamie had been sick all night. After bidding the Van Netten family farewell, I enjoyed a great breakfast, a stroll along the beach and

after another shower, I lent a hand for a while. I realised then that I had finally done what I had thought about almost ten years ago and I was reminded of it when a number of haggard and weary teams came in with only a few minutes to go. I now know how I must look when I finish a 24 hour rogaine.

I will have some very happy memories of the coastal rogaine. Magnificent scenery, hot showers, terrific food and a chance to chat with a number of people that I normally do not have time to talk to (I am always in a rush!). The area, organisation and course were first class and I would be quite happy to return another day. However, much as I did enjoy it, I would prefer to be well and to be competitive and to come back knowing that I had given it 110%. However, second thoughts, I could get used to the more relaxed approach!!



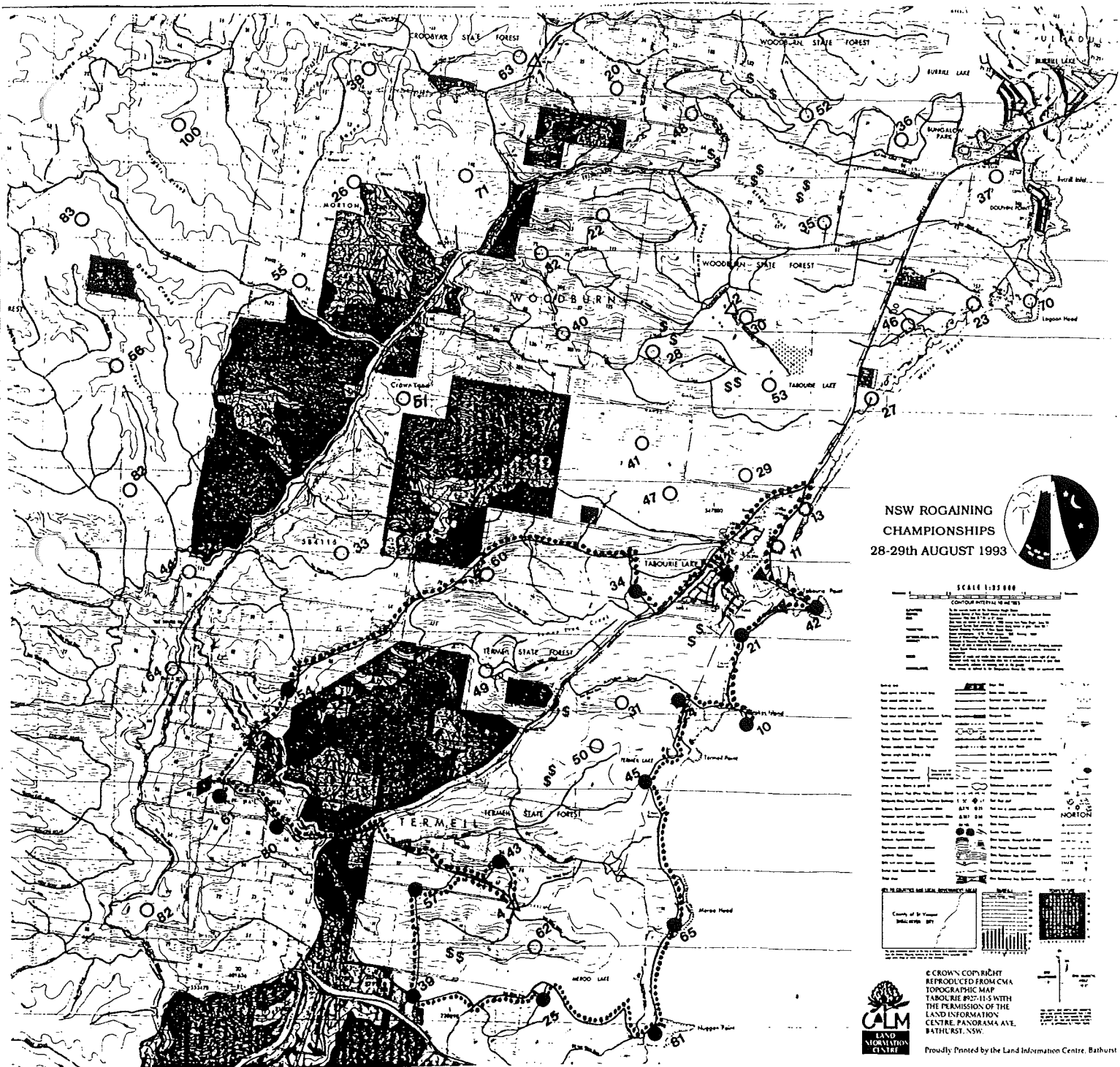
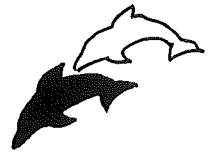
GENTLEMEN ROGAINERS?

BERT VAN NETTEN (left) and PHIL CREASER (right)

ROUTE SELECTED BY WINNING 8 HOUR TEAM:

- Cameron SHORTER
- Peter LAWRENCE
- Damon SHORTER

42 21 10 24 45 65 81 25
 39 57 43 80 61 54 34 12



NSW ROGAINE
 CHAMPIONSHIPS
 28-29th AUGUST 1993



SCALE 1:50,000
 CONTOUR INTERVAL 40 METRES

LEGEND

Contour lines	Spot heights
Water features	Boundaries
Vegetation	Other symbols

© CROWN COPYRIGHT
 REPRODUCED FROM CMA
 TOPOGRAPHIC MAP
 TAROURIE 805-115 WITH
 THE PERMISSION OF THE
 LAND INFORMATION
 CENTRE, PANORAMA AVE,
 BATHURST, NSW.

Proudly Printed by the Land Information Centre, Bathurst

THE CO-ORDINATOR'S PICTURE

by TREVOR GOLLAN

THE SCENE

The last weekend of winter. The NSW Rogaining Championships, after many months in a melting pot, have just erupted upon the sleepy little south coast township called Tabourie Lake, near Ulladulla. A seaside resort about to be trampled and torched by 250-odd rampant rogainers bearing compass and map case, punching and plundering through the countryside. None of them aware of how much blood will flow.

THE SCREENPLAY

Heavy rain Friday night, slide show and open fire...where is everybody? They slowly arrive, culminating in the 10.00 am map release, rain continues intermittently.

Noon and they are off (via laundry block clothes' line) across the beach to the island before the tide comes in. Why is the sand always soft when you are hurrying? The hash house is quiet, except for the 13 ankle-biters abusing Kitty and Steve. When will this rain stop? It soon does. Contemplate the distant dramas... people in sand dunes following the wrong footsteps, the stolen control, the good, bad and indifferent decisions. We test radio contact with Flat Rock Cafe. Damn, who put that hill in the way?

Arthur and Ian, always odds-on favourite over the shorter distance, are back early. In trouble. Arthur's bandage swathed

arm, punctured on a tree branch south of Meroo Lake, will require four stitches at Milton Hospital. Ian and Arthur's dash is done, this time. Hash house caterers vigorously slice and dice vegetables.

Evening. The rescue squads scurry off to replace #50, replenish water drops and hang a punch on #12. (#50 is found, much later, about 200 metres along the lakefront from its original location). The expeditions start to return. We put enough vegetables in them to muffle the complaints, proffer trophies and prizes to maintain their placidity then send them to the showers. The sago doesn't go.

Midnight. Steve arrives from the Flat Rock Cafe. Out of water and the bread slices are being rationed (put menu designer's hand in boiling oil for under calculating quantities). Threatened with more minestrone, Steve hastily returns to the misty mountain to tender the lost and lonely. David cleans the blood from the showers.

The horrors of the night fade with the dawn. Those that slept are bright, cheery and desperately seeking adventure. The sleepless, the blood-sucked are puffy eyed, silent, relentless, trying to maintain intelligent thought, trying to invigorate failing muscle, the vision locked on that 12 noon deadline. Those final few fours always pass so quickly.

Another high tide, #42 is again inaccessible, and our footprints gently wash away.

CREDITS

DIRECTOR	Trevor Gollan
PRODUCER	Sonia Kupina
SET DESIGN	Peter Watterson Graham Payn
ARTWORK	Sonia Kupina Jim Meek
MENU DESIGN	Peter Watterson
FLAT ROCK CAFE	Steve Cliffe Ruth Everingham
ACTOR SUSTENANCE	Debbie Hotchkis Joy Cauchi Peter Watterson David Sigley Lucy Hanratty Graham Payn Judy Young Lindsay Young
CRECHE	Kitty Harrison Steve Harrison
GAFFER	Phil Creaser
TRANSPORT	Steve Cliffe Graham Payn
FLAG COLLECTION	John Barnes The Young Family Geoff Silburn Lynne Jolliffe Jim Meek
MOST OF THE ABOVE	Alan Mansfield

MAKE SURE YOU STAY ON THE RIGHT TRACK

Services

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, dyelines, printing, bookbinding, planmounting and framing services are all provided for in-house and contract work.

Scanning and Digitising: collection of digital information from source data. Production of working copies from original documents.

Aerial Photography: State-wide Photographic coverage, photomosaics and special purpose aerial photography.

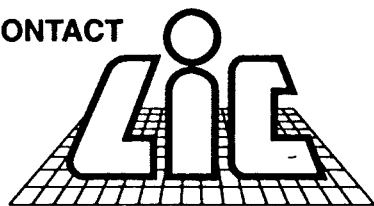
Thematic Mapping: Thematic maps for any purpose using the Centre's base mapping or Client-supplied base.

Image Processing: Digital image processing analysis, Landsat sales.

Information Systems: Advisory services in information management and systems development.



CONTACT



LAND INFORMATION CENTRE
DEPARTMENT OF CONSERVATION
AND LAND MANAGEMENT

PANORAMA AVENUE
BATHURST NSW 2795
TELEPHONE 063 328 200
FAX 063 318 095

Products

- *Digital cadastral information for NSW
- *Digitally derived cadastral map products
- *Aerial photography coverage of NSW
- *Topographic maps covering NSW
- *Parish and county maps covering NSW
- *Orthophoto maps
- *Property maps
- *Touring maps
- *Tourist maps
- *Historic map reproductions
- *Geographic names gazetteer
- *NSW display map
- *Special publication including:
Official Road Directory of NSW
Map Reading Guide
Atlas of NSW
- *Special use maps including:
NSW base maps
Aboriginal map of NSW
Lord Howe Island Colour Photomap
NSW Local Government Areas map
Sydney CBD colour photomap
- *Survey information covering NSW

RESULTS

NSW ROGAINING CHAMPIONSHIPS
TABOURIE LAKE
28 / 29 AUGUST 1993

8-HOUR

Team	Members	Finish	Score	O	M	W	X	V	F	P
63	Cameron SHORTER, Peter LAWRENCE, Debra SHORTER	19:52	680	1	1					
18	Glen WALLACE, John GAN, Dan WILSON	19:53	580	2	2					
84	Peter ADAM, Anthony DUNK, Duane SELMAN	19:56	550	3	3					
65	Peter HARVEY, Kathy COVENTRY	19:52	530	4	1					
72	Peter HARVEY, Louise HARVEY	19:53	510	5	2					
90	Irene DAVIES, Keith THOMAS	20:02	480 [500]	6	3	1				
7	Karen DARBY, Tony MURPHY, Chris BLUNSDEN	19:54	470	7	4					
64	Melanie HOPE, Sandy ROBERTSON	19:44	460	8	5					
62	Maurice SMITH, Jeff LOCKYER	19:51	460	9	4					
82	Lindsay YOUNG, Judy YOUNG	19:46	450	10	6					
81	John ROBERTS, Henry ROBERTS	19:54	450	11	5					
28	Carol CASTRO, Ed CASTRO, Terry BAUDOIN	18:33	430	12	7	2				
16	John BACCHUS, David MORFAT	19:12	430	13	6					
51	Kevia WILLIAMS, Steve LLOYD	19:35	430	14	7					
20	Kristian SANDS, Alan NORTHCOOTE	19:41	430	15	1	3				
102	Richard SAGE, Nihal DANIS	19:51	430	16	8					
17	Jitka KOPRIVA, Rollin BURFORD	19:53	420	17	9	4				
47	Rosana COMPAGNONI, Carlo BOTTO	20:27	420 [690]	18	8					
99	Lara D'ABREO, Melanie MILL, Mark WOODLEY	19:34	410	19	10					
83	Robert LEE, Christine CLIFTON, Peter CLIFTON, Rod NAPIER	19:44	400	20	11					
95	Sean JONES, Ians GARNER, Rod GOUGH	19:16	380	21	12					
40	Penelope GRIFFITH, John BREMNER, Susan BREMNER	19:15	370	22	13					
76	John DENNISON, Noel BLOMELEY	19:49	350	23	9					
71	Allison MCGIBBON, Salli PELTON, Christopher HAUSERMAN	19:53	350	24	14					
106	Mark APRILOVIC, Anita SCHERRER	19:55	350	25	15					
105	John STEWART, John FRANKLIN	19:37	310	26	10	5				
119	Ian WILSON, Kathy SAVCHENKA	19:57	310	27	16					
33	Ian HAWKES, Nils SARMA, Penamair THIND	19:52	290	28	17					
36	Miles HANRATTY, John OAKLEY	17:32	280	29	11					
115	James WILLIAMSON, Sharrida DAVID	18:25	280	30	18					
58	Stephen HOWELL, John BEVIN	18:20	270	31	12					
46	Jim MEEK, Helen MEEK	18:53	260	32	19					
3	Stuart BOUVENG, Tania SULAN	19:55	260	33	20					
11	Mark DUNK, Felicity DUNK, Peter DOOLAN, Carol WILSON	19:30	220	34	21					
116	Quentin NAPIER, Jane NAPIER	19:11	210	35	22					
88	Rosemary AUSTEN, Steve GARLICK	20:11	210 [320]	36	23					
89	Ann, Anthony, Peter, Matthew & Bernard GOONAN	17:21	190	37	24	1				
21	Amanda PAYNE, Stephanie PAYNE, Lachlan PAYNE	17:04	150	38	25	2				
4	Peter TOMKINS, Lyn GEIT	20:28	150 [490]	39	26					
111	Gillian WHITING, Kate COORAN, Nicki MACKAY-SIM	20:26	10 [270]	40	27					
103	Jacqui BRIDGE, Jack REDFERN, Rebecca DRURY	21:29	0 [260]	41						
12	Ian MCKENZIE, Arthur KINGSLAND	1:54:00	dnf [360]	42						

Notes: O-Open, M-Men, W-Women, X-Mixed, V-Veteran, P-Family, J-Juvenile
 *person withdrew from team, [] score prior to penalty

24-HOUR

Team	Members	Finish	Score	O	M	W	X	V	F	P
42	Andrew BLAKERS, David SINGLETON	11:57	1840	1						
29	Tony PERROTT, Leigh PRIVETT	11:38	1690	2						
22	Alex TYSON, Geoff MERCER, Mark LEONARD	11:39	1670	3	1					
24	Julian LEDGER, Tony MALONEY	11:53	1540	4	3					
37	Liz WOOD, Mick WEBSTER	11:00	1520	5	2					
1	Dave JONES, Glenn BRIDGART	11:24	1420	6	4	1				
70	Neta HOLMES, Marnie HOLMES	11:05	1300	7	1					
25	Simon GEORGE, Joanne Parr, Ian CARR	11:48	1280	8	3					
27	George COLLINS, Marnie RIPLEY	11:48	1250	9	5					
100	Stephen KEENEYSIDE, Carol LAYTON, Nera O'DONOVAN	9:19	1230	10	4					
56	Carew PROSSER, Nicola FLUNKETT-COLE	11:57	1210	11	5					
23	Peter TUFT, Robyn TUFT	11:45	1200	12	6					
19	Selwyn GILLING, Mark FREEMAN	11:51	1200	13	6					
101	Ron HUTCHINGS, Mike HOTCHKES, Harry MOSS	11:56	1150	14	7					
96	John BARNES, Doug MCBREIDITH	11:56	1140	15	8					
78	Andrew BLACK, Peter BLACK	11:53	1040	16	9					
34	Miles WORSLEY, Orenda NIGHTINGALE	11:57	1020	17	10	2				
104	Geoff BAILEY, Kate MALLFROY	11:53	1010	18	7					
75	Breice CHESSMAN, Carl CHESSMAN	11:19	970	19	11					
45	June WORNER, Sarah BREUSCH, John ALLEN, Paul FISCHER	10:12	960	20	11					
77	Rowan WILTSHIRE, Peter MARMARA, Andrew WISNIEWSKI	11:05	930	21	12					
67	Jo TAYLOR, John TAYLOR	11:54	930	22	13					
55	Ken ANDERSON, Noel LUFF	11:08	920	23	13	3				
10	Warwick MARSDEN, Betty CHEN	11:56	890	24	10					
66	Maree CAVILL, Peter WHERRY	11:56	860	25	11					
13	Breice COOPER, Ray ROBINSON	11:52	840	26	14					
73	Aileen KENNY, Alex MCGREGOR	12:07	840 [910]	27	12					
94	John KEATS, Jan PAYNE	7:01	820	28	15	5				
59	Jenny KENT, Jonathan BURNETT, Tina KRISTENSEN	11:53	740	29	13					
9	Jim CAMPBELL, Niki CAMPBELL	8:38	720	30	14					
8	Mery ENGLISH, Anne FRANCIS	11:30	720	31	15					
110	James DEBLACKI, Warwick SMITH	0:50	690	32	16					
54	Jan RANK, Steve RANK	10:59	690	33	16					
26	Richard KENDERES, Robert KENDERES	11:46	690	34	17					
39	Michael & Julie RYAN, Sarah NOLAN, Rod MEGAHEY, Dean HAWES	11:51	690	35	17					
114	Julian LEE, Michael LAWRENCE, Peter CUMMINS, Michael SHIN	11:48	670	36	18					
86	John WADDELL, Ric CONDON	11:07	640	37	19					
69	Roz ATKINS, Gail ROLAND, Frances MARTIN	11:27	640	38	2					
91	Peter LANGDON, Roger BOWMAN	11:46	640	39	20					
92	Rod SNASHALL, James MCFARLANE	11:47	640	40	21					
97	Robert PROWSE, Neil CLIFTON	7:30	630	41	22					
57	Carol RIDDERBEKS, Chris PAUL	11:35	620	42	18					
98	Alan MCKAY, G.WILLIAMS, A.KEE, Sue MELLODY	11:49	620	43	19					
80	Francis ROSSER, Russell TAYLOR	11:06	610	44	23					
53	David PALMSANO, Grant MAIZELS	11:54	580	45	24					
44	Jeremy HENSON, Danny SEKEL, Geoff TWEEDALE	11:42	570	46	25					
74	Peter BERESFORD, Sharon OXENBRIDGE	11:55	550	47	20					
107	Bernadette TEASDALE, Peter TEASDALE	11:57	550	48	21					
48	Stephen CASTLE, Megan JOHNSTONE, Richard NORLING	10:53	540	49	22					
117	Sarah LAM, Nicholas LAM	11:54	540	50	23					
5	David HAMMAY, Sabina HAMMAY	4:50	520	51	24					
43	Tim CARROLL, Heather STEWART	10:59	520	52	25					
49	Lynne JOLIFFE, Geoff SILBURN	11:37	520	53	26					
35	Phil CREASER, Bert VAN NEITEN	21:00	510	54	26	6				
60	Roger BICK, Nicola JOYCE*, Jim RAMSEY	11:37	490	55	27					
93	Natalie YU, Oshie TOKIK	11:38	490	56	3					
41	Chris MENZIES, Sue CAMERON	10:01	480	57	28					
32	Bill PIGRAM, Mark PIGRAM	10:30	480	58	27	1				
85	Adam EVERBRUGHAM, Nathan YOUNG	9:32	400	59	28					
6	Tony BOND, Kerrie BOND	10:18	390	60	29					
68	Sonye BAILEY, Kinsey BRACKENRIDGE, Sarah BAGLEY	11:25	380	61	4					
87	Anthony COEN, Allan HADDOW	10:52	360	62	29					
118	Michael BAGLEY, Sharon SIMON, Gavin DOWDELL	11:08	310	63	30					
50	Phil, Joy, Benjamin, Edwin & Amy SPARK	11:28	260	64	30	2				

STAY IN TOUCH - E-MAIL REPORTS

by TREVOR GOLLAN

Thanks to the marvels of modern computer technology, I am able to easily communicate with associates via electronic mail. After the Lake Tabourie Championships there were several communiques worth sharing...From a couple of my old rogaining partners came the following:

Trev, I wasn't angry with you after the rogainé just disappointed with our performance. At 8.30 on Saturday night when we hit the Flat Rock Cafe we were going great. 800 points and on schedule. But when we hit the tough (and I meant TOUGH) stuff in the NW corner the wheels fell off. Took us just so long to move through the bush. Then we shouldn't have gone for 100 but did and didn't find it (our efforts there were pretty awful). Decided to cut our losses to avoid a long pointless run home.

Spent most of Sunday morning, despite picking up the controls along the way, moaning about what could have been!

But then this is what the sport is all about. It was a great course, but I wish we had done it more justice. Thanks for organising it. I do reckon the course setter's notes could've mentioned how tough the bush was around those NW controls. It would've affected our route choice and we would've gone round anticlockwise. Our problem (excluding #100) wasn't navigation it was just getting through the rotten stuff.

Thanks again, GEORGE COLLINS

Maurice Ripley provided some extra insight:

Dear Trev, George explains very well why we were so pissed off at the end of the event.

My leech bites are still driving me crazy and have swollen up into nasty little red weeping sores - I think I will follow Ron Hutchings lead and take some salt next time. Apart from that I am feeling fine now with only minor sore spots and am itching to do another event [terrible joke Maurice]. The course was actually very special I think because of the lakes and beaches and coastal flora - I can't remember a rogainé like it. The forests were special too in that the trees were as big as any I've seen in NSW. What was forgettable was that rotten bush in the NW section which was as bad as I have ever had to bash through. It was so interminable and you

had to lift your feet so high and there were so many fallen logs and it was so dense and, andaarrrh!!

Thanks again for a great event. Peter did a good job with food as well I thought - Lynne's veggie curry was superb, and the Lebanese was a nice idea too. The hot showers and the bus to sleep on for the return journey made the aftermath much more bearable than for most rogaines. Basing the event at a camping ground is a great precedent for future events because it solves so many of the organisation problems - parking, toilets, showers, power for cooking and shelter for the organisers - it should be encouraged. I still think a central hash house works best, although having the all-night diner is a help when the hash house on the edge of the course is unavoidable. Cheers, MAURICE.

My response probably was not really very sympathetic.

Hi Maurice, I'm sorry about the leeches. They weren't that bad during the setting. I presume the heavy rain on the Friday night inspired such feverish, 'lecherous' activity. I scored only two, on the previous weekend, while spending two hours in and around #60. They were both inside my hat, probably because I took a rest and left my hat on a tree. I too have been scratching, on my forehead and the back of my scalp!

I'm sympathetic, but have no regrets, about the thick bush in the north west. I deliberately made the western section the most difficult, made extra difficult in that most people would tackle it in the dark. Because there were so many forestry tracks I felt the thick bush was acceptable (acknowledging that I never had to do it in the dark!!). Actually you can blame Andy Blakers for some of that...he was the one who criticized Jaunter because the navigation was too easy. I felt we should produce a more challenging championship course. George suggested that we should have warned about the bush in the north west, but there was also some thick stuff in the southwest. The southwest was different in that it was steep.

I also think the course was special, just because of the diversity. Apart from all the landowner visitation it was great fun to explore. I have been working on the area since Easter 1992 so I've got to know it pretty well by now. Regards, TREV.

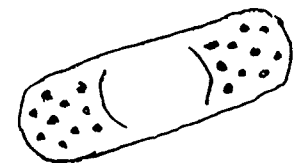
Finally, some compassion from course-setter Peter Watterson:

Poor old Maurice and George - too tough for em apparently. But that's not our fault - we didn't cultivate the vegetation!

Geoff Silburn and Lynne Jolliffe stayed and brought in a few flags on the Monday. Geoff also sent a note:

Thanks for organising a great rogainé. Lynne and I enjoyed ourselves immensely. We would be interested in collecting controls again, as it gave us an opportunity to see parts of the course (in daylight), that we would not have seen otherwise. It is also much easier to find the controls without time pressure! Ta. GPS [Geoff's initials suggest that he may be a very good course setter!]

If you have access to E-mail, say hello. It's a good way to communicate.



FIRST AID KITS

Each team member must carry a whistle and a snake bite bandage (hospital crepe bandage).

We recommend that a first aid kit also include a thermal accident blanket.

A basic first aid kit (comprising one 10cm hospital crepe bandage and a thermal accident blanket) will be available for sale at the Lake Macquarie 12 hour event for \$6

HAGAR THE HORRIBLE

by Dik Browne

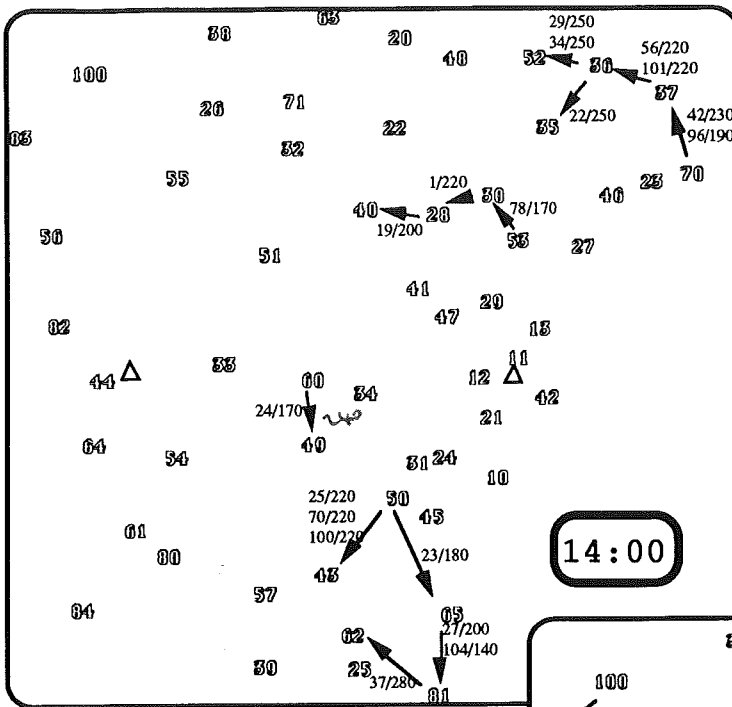


Progress Snapshots

Lake Tabourie

This is an attempt to represent the progress of the competition throughout the 24-hour rogaine at Lake Tabourie. Each diagram shows the approximate position of the top teams (those that scored 1000 or more points) at a certain time. Beside each arrow is two numbers. The first is the team number. The second, after the slash (/), shows the points gained by the team at the time of the snapshot.

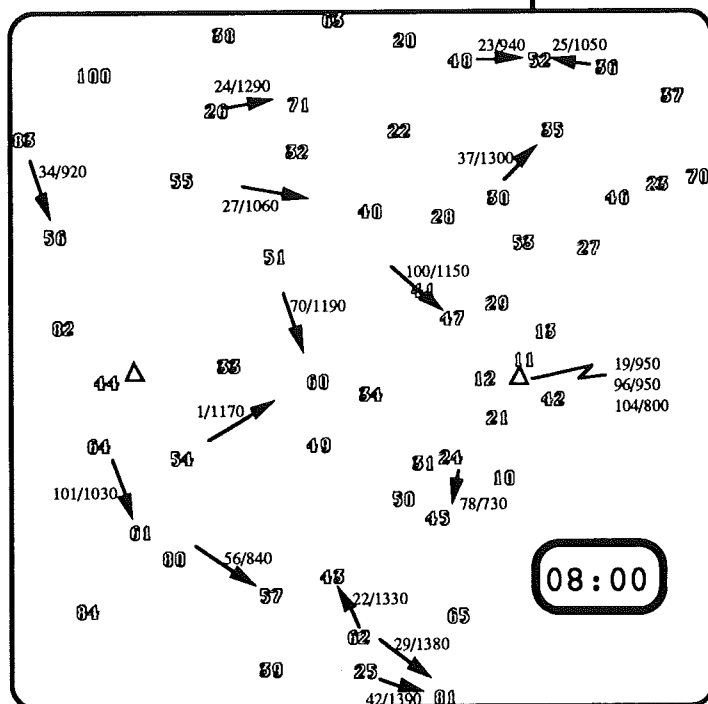
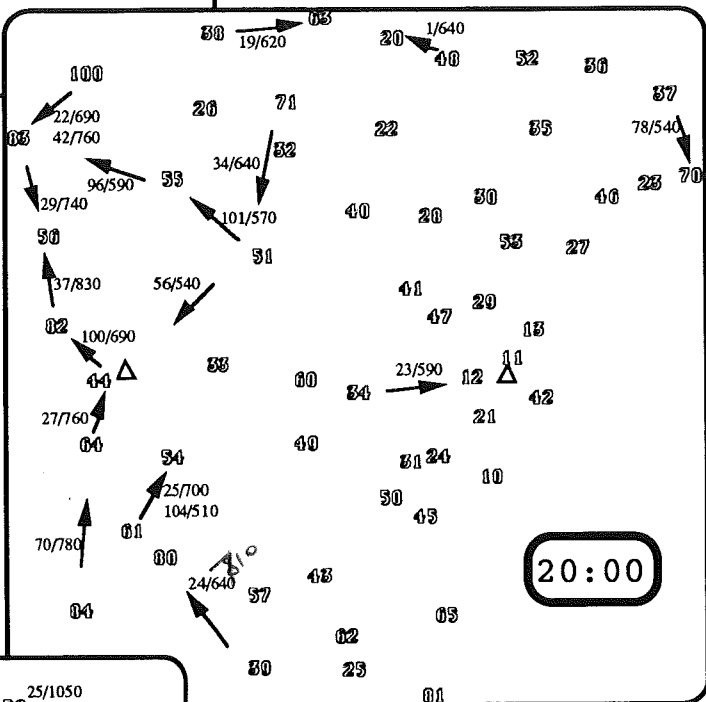
As an example, in the first diagram, after 2 hours, Liz Wood and Mick



Webster (team #37) were between controls 81 and 62. They had collected 280 points which was the top score at that time.

Six hours later, you can see that most of the people were mixing it with the tough country in the west, although teams 23 and 78 were heading home for the night. Liz and Mick still had the top score, 50 points ahead of Netta and Marnie Holmes (team 70), but David Singleton and Andrew Blakers (team 42, the eventual winners) had just scored the hundred pointer to close the gap on the leaders.

The info is gleaned from the intention



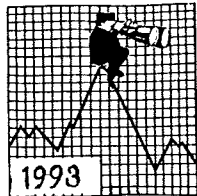
sheets and, by necessity, involves certain guesstimation.

By 8 o'clock on Sunday morning the final results were becoming apparent. Teams 42, 29 and 22, in the south-east corner, had all collected more than 1300 points. Teams 37 and 24, in the north weren't far behind. Team 34 was still way out west, with a lot of work to do if they were to get home by noon, while a few teams were still breakfasting at the hash house.

Andrew and David had the advantage in that they had the rich south-east corner to collect points in the final four hours, whereas the other teams had already visited most of them. It proved to be the winning advantage.

Trevor Gollan

WHAT'S LEFT FOR 1993



30 OCTOBER
20 NOVEMBER
27 NOVEMBER

NSW 12 HOUR ROGAINE
TAS 12 HOUR ROGAINE
ACT 12 HOUR ROGAINE

LAKE MACQUARIE
MARIA ISLAND
EAST OF CANBERRA

LAKE MACQUARIE 12 HOUR ROGAINE

by Bert Van Netten

A fast rogaine with many tracks and little bush bashing. This will probably please you and imagine how delighted the snakes will be. They do not like being disturbed. I have seen a few snakes during course setting and they definitely looked annoyed. Bring a snake bite kit. This should go without saying at this time of year.

The map is all state forest. There has been recent logging in some areas. You will receive a pre-marked photocopied map with most tracks marked.

Think of this course as a hugh orange orienteering course, i.e. much use of handrails such as tracks, gullies, spurs and fences, etc. CLUE: the course setter did not fight the bush to set the markers.

INTERSTATE / OVERSEAS NEWS

ACT [by PHIL CREASER]

Late 1993 and early 1994 will see a number of events in the ACT and southern NSW that will be of interest to all NSW rogainers. After our 12 hour event in November 1993 which will be inland from Nowra, we have the "High O" contest at Kiandra in late January.

For those orienteering rogainers I can recommend the "O'Gaine" (6 hour daylight event) on 13 February 1994 and the Paddy Pallin on 20 March 1994 if you want some good practice for the Australian 3-day orienteering event to be held in Canberra over Easter. This "season" climaxes with the ACT Champs on 17 April. See you there!

ACT CALENDAR 1994

DATE	EVENT	LOCATION
29/30 JAN	HIGH O	KIANDRA
13 FEB	O'GAINE 6 HOUR	NON-SMOKERS FLAT - STH OF ACT
20 MAR	P. PALLIN 6 HOUR	25 MIN FROM CANBERRA
17 APR	ACT CHAMPS 24 HOUR	? NE CANBERRA / STH GOULBURN
17 SEP	12 HOUR	?

AUSTRALIAN CHAMPS

The Australian Championship was held on 31 July/1 August 1993 in Western Australia (no NSW teams entered). The winners were:

- M Michael Walters
David Rowlands
- X Peta Kelsey
Ian Maley 7th overall
- V Vince Harding
Ron Lockley 6th overall
- W Helen Bailey
Christine O'Keefe 14th overall

(On the way to the Australian Championships David Rowlands also won the SA Champs with team mate Andrew McComb)

QUEENSLAND

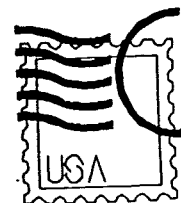
QLDRA held their first 24 hour rogaine on 7/8 August 1993. The event was won by Vince Alberts and Peter Merrotsy. A few NSW teams journeyed to Queensland for the event which was held near Bundaberg. The QLDRA is at present intending to incorporate.

VICTORIA

The VICRA will be holding the first Midnight to Noon event on 5 December 1993 called the "Summer 12 hour Rogaine"

TASMANIA

A 12 hour rogaine will be held in Tasmania on 20 November 1993 on Maria Island.



USA / CANADA

In the past year there have been 7 rogaines held in the USA and 2 rogaines held in Canada.

INTERNATIONAL ROGAINING FEDERATION

The International Rogaining Federation are interested in ideas for the next World Championships - how/where/when?

ACT ROGAINING ASSOCIATION

BALL AND CHAIN ROGAINE

SATURDAY 27 NOVEMBER 1993

A COMBINED 12 HOUR AND 6 HOUR ROGAINE IS BEING HELD AT A LOCATION APPROXIMATELY 2 HRS EAST OF CANBERRA AND THREE AND HALF HOURS SOUTH OF SYDNEY. THE TERRAIN FOR THIS EVENT IS A ROLLING SANDSTONE PLATEAU SURROUNDED BY DEEP GORGES ALL COVERED IN MODERATELY DENSE FOLIAGE. WILDFLOWERS WILL BE LOVELY AND THE VIEWS SPECTACULAR.

THE HASH HOUSE WILL BE OPEN FROM 5.00PM TILL LATE AND AGAIN FOR SUNDAY BREAKFAST. YOU SHOULD PROVIDE YOUR OWN SATURDAY LUNCH, CUP, PLATE, UTENSILS, CAMPING GEAR AND WATER.

DUE TO THE LOCATION WE CAN ONLY PROVIDE DRINKING WATER.

BOTH EVENTS START AT 12 NOON ON SATURDAY 27 NOVEMBER 1993.

ENQUIRES TO ALEX MCGREGOR (06) 2571872 (H) OR ANITRA KENNY (06) 2666808 (W)

ENTRY FORM BALL AND CHAIN ROGAINE

EVENT (CIRCLE ONE) 12 HOUR 6 HOUR

CATEGORY MEN WOMEN MIXED / JUNIOR OPEN VETERAN

NB: JUNIORS ARE 18 AND UNDER, VETERANS ARE 40 AND OVER ON 27 NOVEMBER 1993
NAMES:

TEAM LEADER ADDRESS AND CONTACT NUMBER

ENTRY FEES 12 HOUR EVENT		6 HOUR EVENT	
MEMBERS	\$17.00	MEMBERS	\$13.00
JUNIOR MEMBERS	\$15.00	JUNIOR MEMBERS	\$12.00
NON MEMBERS	\$20.00	NON MEMBERS	\$16.00

ENTRIES CLOSE: WEDNESDAY 10 NOVEMBER 1993
LATE ENTRIES CANNOT BE GUARANTEED A PREMARKED MAP

CHEQUES PAYABLE TO ACT ROGAINING ASSOCIATION

FOR FINAL INSTRUCTIONS PLEASE ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE.

SEND ENTRY FORM, MONEY AND SELF ADDRESSED ENVELOPE TO
ANITRA KENNY, RMB 406 PLUMMERS ROAD BURRA CREEK NSW 2620

If the name and/or address on the label is incorrect, please fill in this form and return to
Trevor Gollan, 39 Greenslopes Ave, MOUNT OUSLEY NSW 2519

NAME: _____

ADDRESS: _____

OLD ADDRESS: _____

PLEASE DO NOT TEAR THE WRAPPER!

Registered by Australia Post:
Publication No. NBH 7617

If undeliverable return to

**NSW Rogaining Association
39 Greenslopes Ave
MT OUSLEY NSW 2519**

