

NSW ROGAINING NEWSLETTER

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Tactics of Mistake

REPORTS and RESULTS: *Australian Championships - 15-16.10.94*

ENTRY FORMS:

X-mas Social Rogaine



MIXED REVIEW - OZ CHAMPS

by LIZ WOOD and TONY PERROTT

We arrived at the event at 9.30 am. It is going to be hot! Semi-panic when we saw the length of the line at the Administration tent and the time needed to collect the map. We used every minute of two and a half hours to prepare. Tony and I changed into matching O clothes (to look the part and give protection from the sun and the undergrowth). We started getting our new packs ready (purchased recently after much market research and use of borrowed versions). In went the windproof jacket, thermals, headlamps, first aid kit, fruit cake, chocolate, lollies, six rounds of sandwiches and fluid replacement powder. No need for jumper and spare socks (no water out there to get wet feet and suffer waterlogged "prune" feet as we did in the Vic rogaine). We decided to drink "to the eyeballs" before the event and only carry two 500ml water bottles each, one was straight and the other was the "green solution".

We did not plan to return to hash during the event, but I set up the tent while Tony did his maths on the map. About 70-75km was our limit and Tony roughed out an optimistic course taking in 1800 points. He reckoned 25 points per km was good. The controls north of the railway look inviting but were not good value. An obvious route down the east side of the map emerged although a long leg is needed either into or out of the Sisters.

We only had time to say Hi to friends and rivals before the rush to the "clothesline". At first many other teams were going the same way (21, 35) including an Albury rival Leigh and mate Rob. They pipped us at our last two rogaines and usually cover 10-15kms more. Would the slow but clever tortoise win in the heat? Saw opposition mixed teams ahead including Nigel and friend. We are always edgy to start with and argued about route choice. A few teams were still with us near 36 but we lost them on the way to 54. Counting knolls and gullies to 74 got us used to the map scale, where we met another team already 50 points up. Continued in the shade of the forest to 46 and 50, then over dry and hot paddocks to 43. Replenished water bottles in dam, drank one litre and soaked head and clothes. Pleased we approached 62 from the west as it was a very steep descent on the east to 42. Drinks again and a rest at 45 were much needed and met a team from Melbourne who have made a 3km detour to get water. Followed the creek around to the delightful waterfall 71 and were greeted by a group with ghetto blaster. 72 took a little bit of looking for then up the track to 51. Rescued a goat entangled in blackberry on route to 55 in the twilight. Jogged down to the road in the dark for sandwiches and a rest [23 km, 7 hours, 710 points].

All uphill to 63 and quite pleased with progress to 39 via knoll, fence and gully. Another ten minutes rest, drinks and fruit at W4 but getting cold. We got a bit confused with tracks to the south. The

map was inadequate in showing detail of the steep rocky gully on the way to 67. It was a long haul up a beautiful rocky gully, mostly in the gully so we would not miss the turn off and made sure we found the right small gully. Got it (78)! Over the ridge and down the spur, passed Rowlands and friend going the other way (11pm). They did not stop for a chat! Tony was extremely tired. I worried about the climb up the Sisters - we wanted to be there by midnight. Collected our reward of lollies under the witch's hat at 12.30am. No sign of Leigh (team 99) who had planned a course anticlockwise and should have been overlapping our course about here! Could we possibly have been doing better?

A long way to 77 with a new fence going NW. Then the first major blunder: tired, went searching for open land to the east, followed a fence, crossed another then picked up creek SE of 65 and followed upstream looking for bend. Ah, this looked good - lots of Cootamundra wattles. Where was the control? Something was dreadfully wrong. Realised the creek we were following was running north and downhill! Thought we were north of the control. Retraced our steps and hit a fence and somehow (did not know how) worked out we were half a km wrong! Went straight to the control then (lost almost one hour). It was freezing cold at W3. Trevor was checking the water supply (thanks for the bananas). We wanted to rest, but it was getting light (5.30am) [1200 points].

Started making lots of little mistakes: wrong knoll at 58! (Tony had only just been complaining about knoll controls - "they are too easy - anyone can just keep going up until there is no more up!"). Looked too early for 57; got confused on fences before 37; tired! Knoll hopping, searching for 56 too soon again. 59 OK, but climb up to 64 had us again looking too early in unmarked, thick and scrubby gullies. Time was getting away. Tony reckoned we would have to run a bit to get back in time. The next deadline was W2 by 10.30am. Nothing better to stir me up. Getting hotter and needed water. We decided to leave out 76 and 75, it was too far up the mountain. No more mistakes to 38, 48 W2 just on schedule, 47 and 53 specky rocks. No energy, little time, straight to hash without doing 73 or 44 (a lot of km for no points). Hash with five minutes to spare! [70km, 1650 points].

Well, we did not do too badly after all! Good control placements. I enjoyed the good food at the finish (even though Tony was not feeling well enough to eat anything until we were half way home). Thanks for the event.

P.S.: Hope to see everyone next year in November at the Interstate Challenge 24 hour Rogaine near Albury.

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A KIWI IN THE LAND OF OZ (OOOH LOOK: A KANGAROO!!)

by ROSS WAKELIN

When I saw the entry form I knew I would have to do this event - just had to have the t-shirt! By coincidence, the annual 24-hour walk in Christchurch, NZ this year also had the Wizard of Oz as its theme (watches set to Green Witch Mean time), but obviously the name fitted an Australian event just that much better.

Working on the basis that an over-organised holiday is no more relaxing than a week at the grindstone I adopted a laissez-faire approach. Unable to entice any other Kiwis to come (the keen ones have no money and the employed ones have no leave) I relied on there being at least one other unallocated rogainer at the start - a bit of a gamble since I had not figured on the vast distances from the major cities to the event centre.

However, travelling to rogain events is a great form of tourism. It gives access to parts of the countryside that would otherwise be very difficult to reach and you meet several hundred friendly, like-minded people - a lot more than I bumped into in a day of wandering around the tourist traps of Sydney. Basically, even if my holiday consisted of just travelling to the event and watching the action from the hash house it would be a worthwhile expedition. Given the heat, the obvious presence of snakes and the absence of any sort of physical activity (let alone training) in the last few months, that seemed like a very attractive option.

Luckily a partner materialised in the form of Alex McGregor and the complete event experience was able to be sampled - with the bonus of a very knowledgeable and informative guide to the flora and fauna. Common features that I guess the locals did not even notice make the event exotic and exciting for a Kiwi - like real wild kangaroos, the weird calls of crows and kookaburras and the different type of landscape, forest and undergrowth.

So I did not just see a shingleback, but also the inside of its mouth at close quarters, a touch of its scales (while Alex held it) and a description of its habits. The rapidly receding rear-ends of snakes were identified and ranked according to personality and toxicity. The orchids all had names and propagation details. The highlight though would have to be the echidna near the control on Mt Ulandra at 1.00 am. This was way better than a wildlife park!! Is there a marketing opportunity in adventure tourism for rogaining?

As far as our checkpoint collecting went, we had an early taste of the density of the bush on #50 and #46, after which our plan changed to attacking controls from the open land and dropping the ones in the interior. Sunset found us lounging at the W3 water drop, which was very welcome - the efforts of the organisers were much appreciated!! The weather was amazingly good, but we looked forward to the

cooler night time temperatures. We spent some time discussing routes from here, eventually deciding on the western map edge, since it would have us back to the HH earlier than the eastern edge.

After the excitement of the echidna on Mt Ulandra we took a long road walk to the W2 water drop, skipping the infamous #75 on the basis of rumours of frustration. A quick kip, then a debate about the correct point to leave the road - luckily I lost!! We were now on the homeward stretch - a little later than we had anticipated, but reasonably happy with the progress. The control on the dam proved tricky for its value but by 5.00 am we were back at the hash house.

I enjoyed my first experience of hash house cuisine and lazed out around the fire, watching the predawn glow and the stirring wildlife. Alex finally got his scheduled sleep, but the lure of reaching 1000 points was sufficient for him to limit this to a couple of hours and we were underway again at 8.00 am. We abandoned #70 after finding the scrub along the cliff edge handrail too slow - it was time to head for home and our planned circle was shrunk to fit the time, with a leisurely arrival back at the HH, safely inside time.

I thoroughly enjoyed the whole experience - from the sightseeing and botanising, the friendly people, the challenge of the course and another chance to observe and learn Australian-style navigational techniques. Lots of thanks to Peter Trev and Alan for arranging things in a 'no problem' way, especially the transport to the event - and the whole event itself.

It would be good to see some Aussies across for the New Zealand event in January 1995. I do not know what wildlife is being organised by Ken - presumably just the usual moa, wapiti and keas. The area is ideally located for a wide range of other forms of outdoor recreation to pad out your trip, and the event will give you a taste of a different type of terrain. Although I live at the wrong end of the country. Rotorua is another tourist trap with lots of outdoor recreation opportunities and any Aussie rogainers are more than welcome to drop in. I will be heading to the South Island from 23 December 1994 and might end up with transport down there. My address is:

28 Larcy Road, ROTORUA
PH: 64-7- 345 4677

or in the long term:

c/- PAPRO, NZ FRI, Private Bag 3020, ROTORUA
PH: 64-7-347 5899

Thanks to the organisers, and to Alex for letting me sample a great event, hope to see some of y'all this summer.

**MANY THANKS to the LAND INFORMATION CENTRE
for providing maps for the OZ Championships.
Your support is very much appreciated.**

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THE "LAND OF OZ" ROGAINE - BETHUNGRA NSW, 15-16 OCTOBER 1994

ORGANISERS' POSTSCRIPT

by PETER WATTERSON and TREVOR GOLLAN

Firstly, to all competitors of the 1994 Australian Rogaining Championships, thanks for your thanks! We too enjoyed setting the course in that ideal area. It could have been nicer still with greener grass and flowing creeks, but most of NSW is even worse off (poor farmers). At least we had Lake Bethungra for a cooling dip afterwards. Contrary to earlier statements, it was not the hottest October day in history, but it was hot. The Weather Bureau have confirmed that Cootamundra recorded 29°C on the Saturday and Sunday's range was 7-32°C.

Set in and around the Ulandra Nature Reserve, between Cootamundra and Wagga Wagga on the south-west slopes of New South Wales, the course included the loved/loathed Gardiners Lookout orienteering map (though that accounted for only 10% of the entire area), expansive granite tors and boulder fields, majestic views, oodles of barbed wire fences, and a pub. Mount Ulandra (758m) is a little-known peak towering 500 metres above the western wheat-growing plains. It is covered in dense callitris pine and Cootamundra wattle interspersed with variously sized granite boulders. The summit looms even higher because of the 170m TV transmission mast on the top. There is a sign on the tower that says "Beware Falling Ice". Though several rogainers wished, no ice fell!

Wildlife reports reflected the hot conditions: brown snakes, goannas, shingleback lizards, and ant-eating echidnas. Alex Gollan (aged 4) reported the first snake within two minutes of arriving at the hash-house on Friday.

You were very kind in not lynching us over control 75 - it was we who were fooled by the Wicked Witch of the West! After re-examining the site, we conclude that the flag was 70-100m (horizontally) further down the spur than the dot on the map, unfortunately, through some thick cypress forest. Another slip on our part was not to warn you that control 35 was 'inside' the tin shed. Initially the clue included 'inside', but we removed it after finding the shed locked on one visit, thus anticipating we would have to place it outside.

At the prize-giving we neglected to acknowledge the competitors in the Family category. Well supported in NSW (more so in shorter rogaines) Family is not an official category within the Aus Champs, hence there is no trophy. Bruce and Carl Chessman are dedicated rogainers, and their effort at Bethungra was up to their normal standards. The Family category is attractive in that it spans age barriers. It matches the friendly spirit of the sport.

A quality control procedure we trialed and can recommend (even though control 75 slipped through) is to record all details about each control (primarily - distances and bearings to distinct map features) on its own "history sheet", an A4 page slipped into a plastic cover and stored sequentially in a ring binder. It is a good way to pass on messages to later checkers/hangers, and can save much time in helping find a checkpoint (even for flag collection). Phone PW (02)804 6091 if you would like an example form.

Undoubtedly, most people were affected by the heat and dehydration. The two obvious exceptions were the Alan Garde and Andrew Wisniewski teams who tried to prove that the optimal route incorporated a happy hour (or two?) at the Bethungra pub. One of the sadder sights was a depleted Anthony Darr crumpled by the tap next to the pub ... no cash ... just imagination of the ice-cold liquids nearby. We were refilling the hash house water tanker at the time so we shouted him and Shane a Coke. Someone around the campfire related a similar yarn - no cash, so they pawned a watch with the publican.

Tony Rice, the Bethungra policeman, took a keen interest in our event. He insisted on us having a mobile phone so that competitors in trouble could stop at a farmhouse and call us. He also arranged for

Vern Lyles, a freelance cameraman from Cootamundra, to shoot some film for the local television station. We have yet to see the results but Vern reckoned it would make the news sometime during the following week. Tony and Vern followed Watto to the eastern water drops to take some night footage. The three teams who were in trouble and waiting at W3 got to ride home in the back of his paddy-wagon. (Tony's son proudly relates how his dad captured an escaped convict amid the rocks at Gardiners Lookout - we wonder whether Frank Gardiner would appreciate that irony.)

Anyone interested in water usage on a hot day? By 3.30 pm, about 90 visitors to W2 (those 37 teams who had visited control 47) had used 100 litres. By 10.00 pm, 130 litres had been taken from W3 and about 460 litres from all drops. Only 100 litres was taken from then until 5.00 am, and another 200 litres from 5.00 am until noon - in all about 760 litres. Pub consumption not known. With 266 competitors that meant the average usage was only 3 litres, which surprised us. Perhaps the most salient lesson was the high usage rate in the first 8 hours, when everyone was on the course and the heat was at its most extreme. We had a scientific plan to maintain the water supplies, and we adjusted it because of the weather - but only just avoided dry-outs at W2 and W3. Replenishing the water was an arduous task. Given that the course had no through-road we had to circumnavigate it each time, a 3-hour trip of dirt roads and many gates.

The inevitable array of lost property has evolved to Trev's garage. If you have a claim, give him a call - compasses, Dolphin torch, a patterned jumper, first aid kit (in an old glasses bag?), Monash t-shirt, plenty of cutlery, mugs etc.

Finally, let us record our thanks to the many helpers who were not named at the event. Workers in/around the Hash House were (alphabetically): Peter Beresford, Joy Cauchi, Steve Cliffe, Merv English, Kay, Kristen and Lucia Gollan, Rachel and Michael Hutchings, Lynne Jolliffe, John Keats, Helen and Jim Meek, Sharon Oxenbridge, Ian Payne, Geoff Silburn, Bernadette Teasdale. Others assisting before and/or after the event (course, admin, tents etc.) were: Geoff Bailey, Vicki and Graeme Cooper, Lynne Dunbar, Arthur Kingsland, Julian Ledger, Andrew Lumsden, Kate Malfroy, Tony Maloney, Alan Mansfield, Warwick Marsden, Anthony Scott, Nicki Taws and Ross Wakelin. All can feel satisfied to have contributed to another great bushwalking festival, which is rogaining.



Cow poetry

THE FAR SIDE

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By GARY LARSON

2500

This chart attempts to portray competitive progress at Bethungra. Points gained after each hour are charted for most of the top teams. It's difficult to glean any complete stories from the mish-mash at the start or the morass in the middle, but the tussle at the top was noteworthy - David Rowlands and Mal Grimmett just pipping Geoff Lawford & Rod Gray at the post, perhaps because Geoff & Rod had run out of accessible points near the hash-house? Alex Tyson and Dru Patkin did well on Sunday to keep ahead of Netta & Marnie Holmes. Richard Robinson and Peter Merrotsy passed the pack during the night, though they faded in the morning to be bettered by the fast-finishing Andrew & Peter McComb.

2000

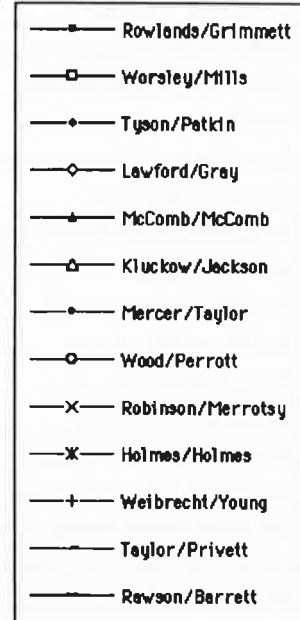
1500

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12:00 14:00 16:00 18:00 20:00 22:00 0:00 2:00 4:00 6:00 8:00 10:00 12:00



RESULTS : AUSTRALIAN CHAMPIONSHIPS - 15-16 OCTOBER 1994

	FINISH										VET	VET	VET		
SCORE	TIME	RAW	TEAMLIST	STATE	CLASS	OPEN	MEN	WOM.	MIX	MEN	WOM.	MIX	JUN.	FAM.	
2060	11:39		David Rowlands, Mal Grimmett	V	M	1	1								
2030	11:08		Geoff Lawford, Rod Gray	A,Q	M	2	2								
1830	11:50		Andrew McComb, Peter McComb	S	M	3	3								
1770	11:20		Richard Robinson, Peter Merrotsy	Q	M	4	4								
1760	11:39		Rob Taylor, Leigh Privett	V,V\N	MV	5	5			1					
1700	11:46		Geoff Mercer, Peter Taylor	A,S	M	6	6								
1650	11:55		Liz Wood, Tony Perrott	V	X	7			1						
1570	11:45		Ian Kluckow, Martin Jackson	V	M	8	7								
1540	11:38		Mike Worsley, Bob Mills	A	MV	9	8			2					
1490	11:19		Ron Weibrecht, Ken Young	V,T	M	10	9								
1490	11:53		Craig Rawson, Cameron Barrett	V	M	11	10								
1480	11:27		Alexandra Tyson, Drusilla Patkin	A,S	W	12		1							
1470	11:18		Wolfgang Effenberg, Alan Roberts	V	MV	13	11			3					
1440	11:17		Marnie Holmes, Netta Holmes	N	W	14		2							
1420	11:19		Mike Hotchkis, Denis O'Brien	N,V	M	15	12								
1410	11:43		George Collins, Maurice Ripley	N	M	16	13								
1410	11:53		Andrew Blakers, David Singleton, Hugh Jorgensen	A	M	17	14								
1360	11:51		Gareth Prosser, Nic Plunkett-Cole, Peter Garra	N	X	18			2						
1330	11:52		Simon George, Joanna Parr	N	X	19			3						
1270	10:54		Mick Webster, Bob Daley	V	M	20	15								
1210	11:24		Gary Jackson, David Nicholson	A	M	21	16								
1210	11:45		Rod Costigan, Steve Hassall	V	M	22	17								
1200	11:20		Mark Chircop, David Cole, David van der Koogh	V	M	23	18								
1200	11:21		Bert van Netten, Robert Preston	N	MV	24	19			4					
1200	11:27		John Le Carpentier, Mike Billingham	N	M	25	20								
1200	11:50		Eric Andrews, Liz Bourne	Q	XV	26			4			1			
1170	11:44		Ian Cameron, Sue Cave	N	XV	27			5			2			
1150	10:36		Graham Anderson, Graeme Hellyer, Viktor Svarcs	V	M	28	21								
1150	11:39		Julian Ledger, Anthony Maloney	N	M	29	22								
1140	11:22		Carlo Botto, Rowan Compagnoni	A	M	30	23								
1130	11:31		Cora Wolswinkel, Jenny Wolswinkel	V	W	31		3							
1130	11:43		Phil Creaser, Sue Quayle	A	XV	32			6			3			
1110	11:09		David Green, David Palmisano	N	M	33	24								
1110	11:24		Ian Carr, Paul Carter	N	MV	34	25			5					
1080	11:19		Ross Wakelin, Alex McGregor	Z,A	M	35	26								
1060	10:08		Brad Maund, Peter Learoyd	N	M	36	27								
1060			Bryan Coolahan, Phil Scott	Q	MV	37	28			6					
1040	11:41		Kathy Saw, Anne Sawkins	A	WV	38		4			1				
1020	11:45		Bruce Chessman, Carl Chessman	N	MF	39	29							1	
1010	11:18		June Tickell, Joanne van Leeuwen	V	WV	40		5			2				
970	11:51		Zoe Wilson, Duncan MacIntyre, Geir Hovland	A	X	41			7						
960	11:36		Andrew Wisniewski, Rowan Wiltshire	N	M	42	30								
930	10:03		Madeleine Schultz, Terry Frankcombe	N	X	43			8						
920	10:44		Steve Jackett, Steve Lloyd	N	MV	44	31			7					
910	10:44		Jeremy Welbourne, Damian Welbourne	N	M	45	32								
900	11:35		Bill Pigram, Peter Coventry	N	M	46	33								
890	11:27		Robyn Tuft, Peter Tuft	N	XV	47			9			4			
890	11:42		Judy Jenkinson, Helen Thompson	A	W	48		6							
880	11:52		Noel Luff, Mathew Luff, Gary Caitcheon, Joe Carnduff	A	M	49	34								
850	11:41		Jitka Kopriva, Rolie Burford	N	XV	50			10			5			
830	11:23		Meg Thornton, Terry Funk	N	W	51		7							

830	12:04	870	Alan Mansfield, Sonia Kupina	N	X	52			11					
810	3:05		Ian Dempsey, Peter Shepherd	N	MV	53	35		8					
810	7:51		Arthur Kingsland, Michael Burton	N	M	54	36							
790	11:18		Mark van Gorp, Brian Scarborough, Mark Scarborough	S,S,A	M	55	37							
790	11:26		Hugh Moore, Anne McNeill	A	XV	56		12			6			
770	1:15		Glenn Bridgart, David Jones	V,N	MV	57	38		9					
770	7:51		Andrew Warner, George Takacs, Mark Suters	N	M	58	39							
760	11:48		David Stavely, Brian Campbell	V	M	59	40							
740	11:52		Carl Marning, Matt Jones	A	M	60	41							
730	11:13		Neil Roberts, Will van der Lugt, Chris James	V	M	61	42							
730	11:44		Ian Rank, Swee Rank	N	X	62		13						
730			Robin Buckley, Rod Hutchinson, Bill Keating, Doug Miller	A	M	63	43							
710	9:02		Denise Pike, Peter Grover	V	XV	64		14			7			
700	10:36		Ron Hutchings, Robert Hutchings	N	MF	65	44							2
700	11:23		Annette Billingham, Sue Clarke	N	W	66		8						
700	11:33		Sherry Mayo, Mark Bown	A	X	67		15						
700	11:49		Kristina Sands, Karen Edwards	A	W	68		9						
690	11:41		Tony Woolford, Helen O'Callaghan	A	X	69		16						
690	22:33		Anthony Darr, Shane Trotter	N	M	70	45							
660	11:57		Robert Kenderes, Anne Gripper, Malcolm Wilson	A	X	71		17						
650	8:11		John Bowles, Chris Stephenson, Richard Davis	A,N,N	M	72	46							
650	10:56		Gavin Owen, Pete Merry	A	M	73	47							
650	11:04		Chris Burns, Mark Johnson	N	MJ	74	48						1	
640	11:18		Nihal Danis, Richard Sage	N	X	75		18						
610	2:36		Philip Dunne, Chris Holly	A	M	76	49							
610	11:06		John Stewart, Ted Booth	A,N	MV	77	50		10					
590	10:43		Ian Booth, David Grainger, Clive Catton	A	MV	78	51		11					
580	10:57		David Clayton, Narelle Clayton	N	XV	79		19			8			
570	11:04		Phil Allen, Bob Bartle, John Guilly	N	MV	80	52		12					
550	1:50		Damon Shorter, Torsten Brammer, Michael Matthieson, Justin Barrasch	A	M	81	53							
550	11:24		Gary Bagwell, Ross Ellen	A,N	M	82	54							
540	9:55		Catherine Weir, Margaret Page	V	WV	83		10			3			
540	11:12		William McLaughlin, Julie Sarll	V,A	XV	84		20			9			
540	11:44		Roz Atkins, Frances Martin, Kerry Gilmore, Helen Atkins	N	W	85		11						
520	11:51		Steve Garlick, Peter Garlick, Anne Goonan	A	XF	86		21						3
480	11:37		Jenni Marsh, Jim Croft	A	XV	87		22			10			
480	21:00		Alan Garde, Stephen Palmer, Ray Palmer, David Evans	N	M	88	55							
470	10:50		John Oakley, Michael Hanratty	N	M	89	56							
470	11:19		Vicki Cooper, Graeme Cooper	N	XV	90		23			11			
450	1:56		Ian Hawkes, Melanie Mill	N	X	91		24						
450	11:35		Martin Nickolas, Stephen Ant	N	M	92	57							
450	11:35		Tim Booth, Paul Wooton	N	MJ	93	58						2	
440	10:58		Ryan Chreist, Nathan Toothman, Adam Sexton	N	M	94	59							
400	11:48		Michelle Karas, Norm Schram	A	X	95		25						
390	22:40		Gordon Johnson, Peter Schrader	N	M	96	60							
370	11:38		Scott Smith, Chris Mlynerik, Lynda Le Vaillant	N	X	97		26						
350	9:46		Daniel Browne, Michael Smith	N	MJ	98	61						3	
350	9:51		John Waddell, Robert Richards	N	M	99	62							
320	11:48		Erica Sturman-Davis, Steve Davis, Linda Carter, John Carter	N	X	100		27						
290	11:29		Graeme Robinson, Kate Simpson, Aleisha Handley	N	X	101		28						
280	11:48		Richard Doyle, Martin Enright	N	M	102	63							
270	0:00		Danny Rowley, Debbie Netov	A	X	103		29						
250	9:47		Gavin Dowdell, Brandon Duff	N	MJ	104	64						4	
240	11:39		Sue Taggart, Sally Taggart, Bill Young, Melissa Hook	A,N,N,N	X	105		30						
230	12:35	580	Frank Rosser, Michael Ryan	N	M	106	65							

210	11:13		Kitty Harrison, Steve Harrison, Glen Harrison, Gillian Harrison	N	XF	107			31					4
180			Alan Garde, David Evans	N	M	108	66							
140	12:19	330	Nathan Carroll, Robyn Shephard	A	X	109			32					
90	12:35	440	T. Kesby-Smith, H. Lamerton, P. Lamerton, D. Cummins, G. Freeman	N	M	110	67							
80	11:31		John Lackenby, Andrew Craig	N	MJ	111	68							5
80	21:28		Michael Weller, Iman Iskander-Weller	N	X	112			33					
Withdraw		570	Greg Dunstone, Jennifer Borrel, Peter Wilson	A,N,A	XV	113			34			12		
Withdraw		470	Kerry Gigante, Nigel Aylott	V	X	114			35					
Withdraw		350	Jack Dowling, Karen Dowling	W,A	XF	115			36					5
Withdraw		340	Ben Hall, Hal Simms	N	M	116	69							

Notes:

Raw = score prior to penalty

State = NSW, ACT, VIC, QLD, SA, WA, TAS, NT.

Class = Men, Women, mixed, Veteran, Junior, Family



THE WINNERS

Mal Grimmett and David Rowlands



THE ORGANIZERS

Peter Watteson and Trevor Gollan

LETTER TO THE EDITOR

Dear Sonia

I am probably speaking for the majority of NSWRA members when I thank you for the great job you (and your little helpers) have done in producing the NSWRA Newsletter over the past two years.

While the NSWRA continues to run successful events it is the newsletter that gives rogainers a sense of "belonging to a community" between events - as well as being a good read!

I would also like to thank all the rogainers who have sent cards, flowers and good vibes or who have visited or called during my three months here in hospital. The "get well card" from the Oz Champs was fantastic - a 200 x 80 cm banner (7 x 2ft in the old currency). It hangs proudly above my hospital bed. I am hoping to be out soon and will see you at the November event - Believe it or not!!

WARWICK MARSDEN



NOTICE - OZ CHAMPS BUS PASSENGERS

Donation made to

FARMERS' DROUGHT RELIEF CAMPAIGN

with money left over after
dinner in Bowral



1994 LAND INFORMATION CENTRE
AUSTRALIAN ROGAINING CHAMPIONSHIPS

The Land of Oz Rogaine

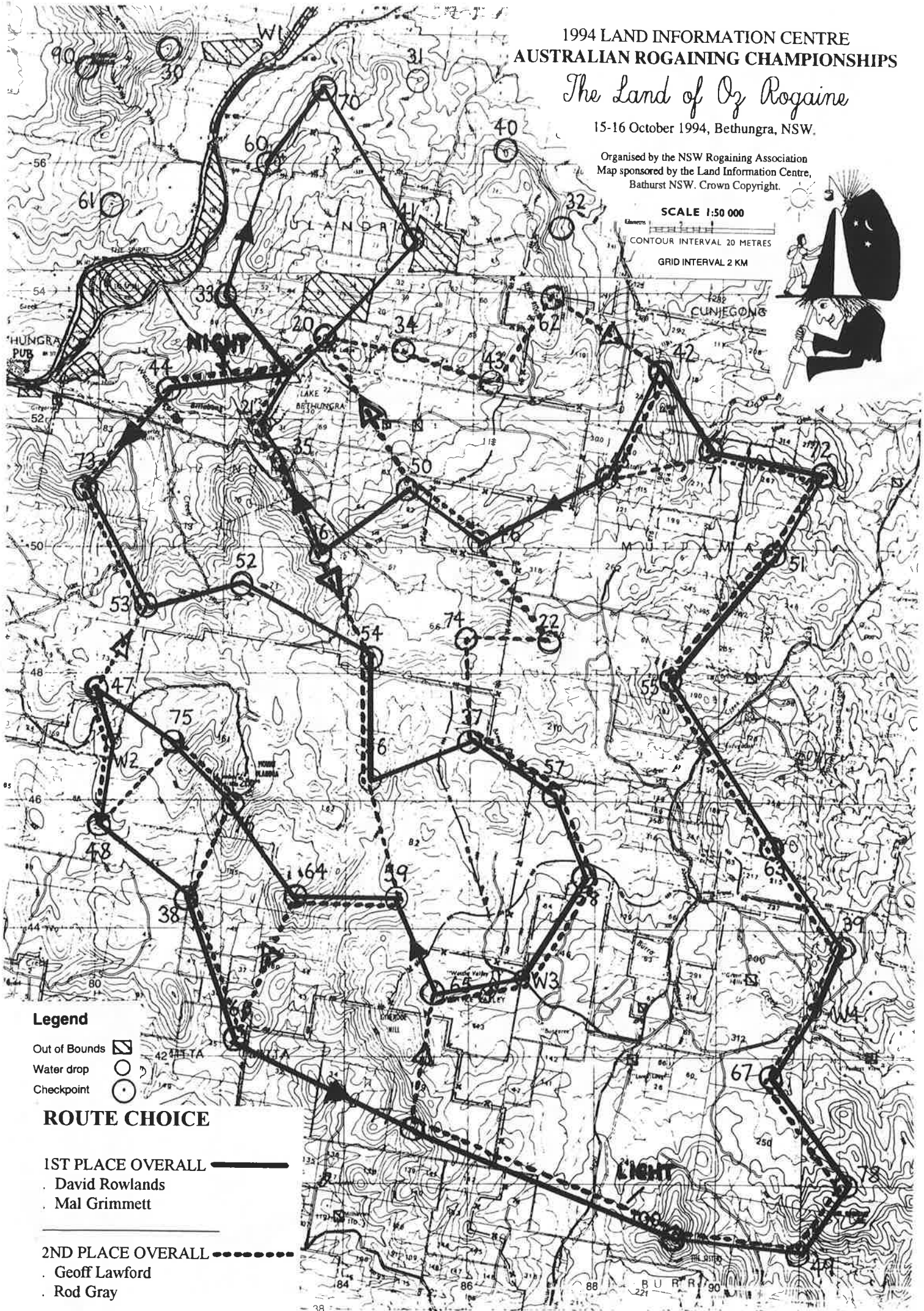
15-16 October 1994, Bethungra, NSW.

Organised by the NSW Rogaining Association
Map sponsored by the Land Information Centre,
Bathurst NSW. Crown Copyright.

SCALE 1:50 000

CONTOUR INTERVAL 20 METRES

GRID INTERVAL 2 KM



Legend

- Out of Bounds
- Water drop
- Checkpoint

ROUTE CHOICE

1ST PLACE OVERALL

- David Rowlands
- Mal Grimmett

2ND PLACE OVERALL

- Geoff Lawford
- Rod Gray

1994 LAND INFORMATION CENTRE
AUSTRALIAN ROGAINING CHAMPIONSHIPS

The Land of Oz Rogaine

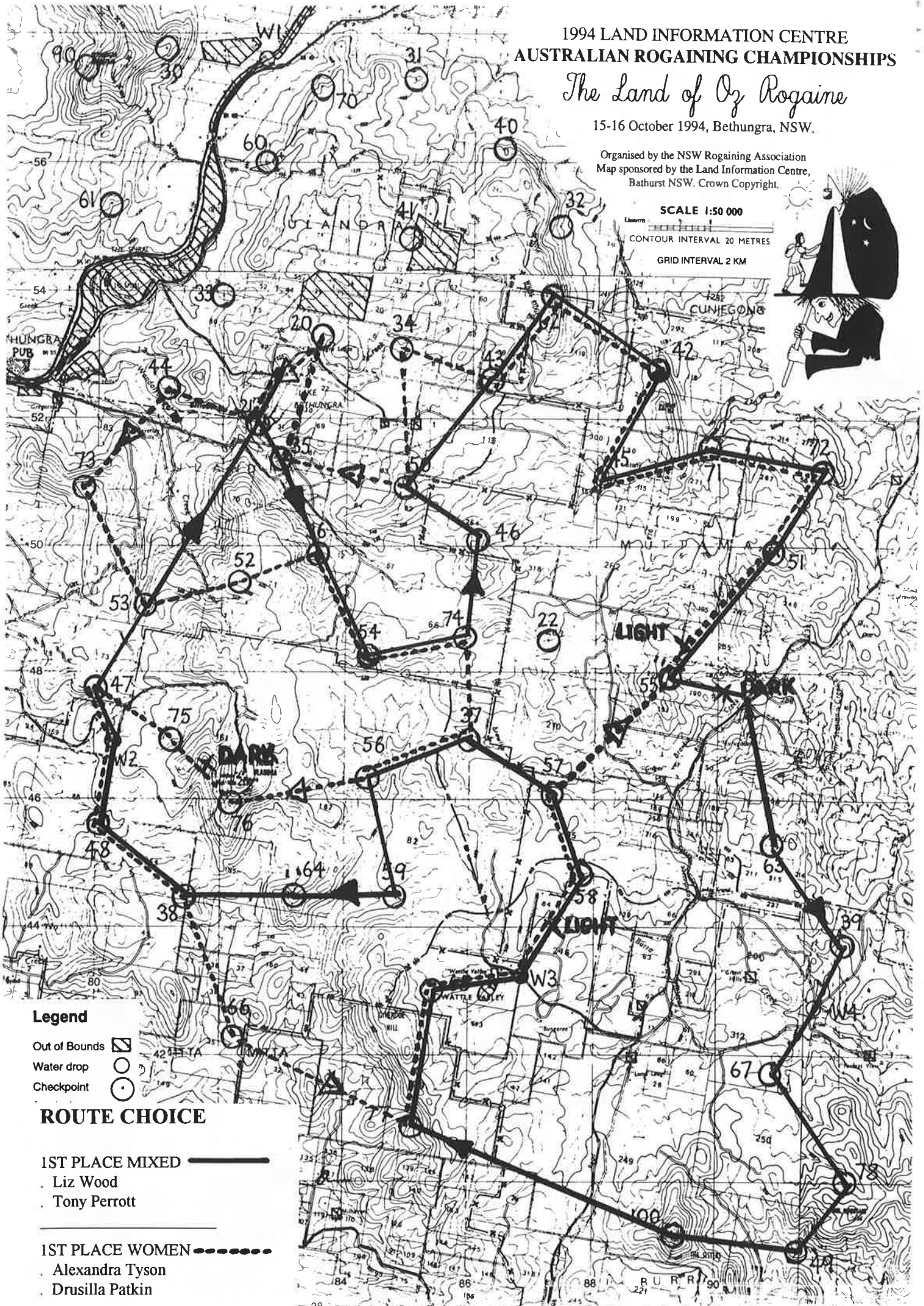
15-16 October 1994, Bethungra, NSW.

Organised by the NSW Rogaining Association
Map sponsored by the Land Information Centre,
Bathurst NSW. Crown Copyright.

SCALE 1:50 000

CONTOUR INTERVAL 20 METRES

GRID INTERVAL 2 KM



Legend

- Out of Bounds
- Water drop
- Checkpoint

ROUTE CHOICE

1ST PLACE MIXED ———

Liz Wood
Tony Perrott

1ST PLACE WOMEN - - - - -

Alexandra Tyson
Drusilla Patkin

ENJOY THE CHALLENGE OF YOUR NEXT

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, dylines, 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. Data conversion and reformatting.

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

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.

ROGAINE



Products

- *Digital cadastral information for NSW
- *Digitally derived cadastral map products
- *Digital topographic data
- *Aerial photography coverage of NSW
- *Satellite imagery 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
- *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
- *Digital boundaries such as local government, suburb, electoral etc.

CONTACT



DEPARTMENT OF CONSERVATION AND LAND MANAGEMENT

To: LAND INFORMATION CENTRE, Panorama Ave., Bathurst 2795
Phone (063) 328 200

Please send me:

☐ FREE Catalogue of NSW Maps
& Map Reading Guide

Send to:

Name:

Address:

P/code:

Phone No:



THE NEW SOUTH WALES GOVERNMENT
Putting people first by managing better.

SPORT OTAGO - 45° SOUTH ROGAINE

14-15 JANUARY 1995

PISA RANGE, NEAR WANAKA - NEW ZEALAND

Four cross country navigation courses to choose from. Come and enjoy a mid-summer weekend in the Pisa Range, New Zealand.

3 RECREATIONAL COURSES:

EXCURSION	12 hour in 24 rogaine (day time only)
ADVENTURER	12 hour day/night rogaine (full moon).
EXPEDITION	Trust Bank Classic 24 hour Rogaine

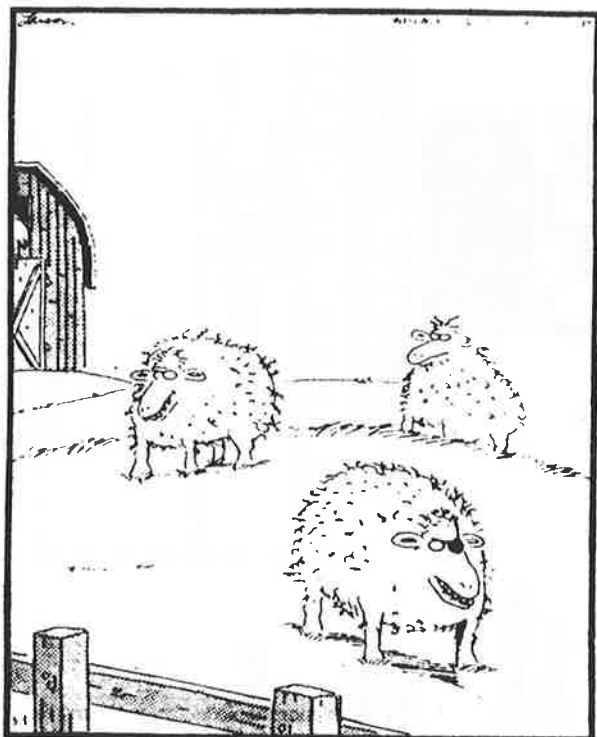
AND

ELITE Trust Bank NZ 24 hour Rogaine Championship

A special welcome to Australian rogainers. Your expertise and experience will be most welcome and should assist the intention of this event - to give impetus to rogaing in New Zealand. Those rogainers who are also orienteers might like to note that the Woodhill 3-DAYS is 6-8.1.95 (2 hours north of Auckland) and the North Island Orienteering Carnival comprising 3 multi-day events is 21.1.95 - 6.2.95 (lower central and lower west North Island).

THE FAR SIDE

By GARY LARSON



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It's a known fact that the sheep that give us steel wool have no natural enemies.

BRIEFING:

11.00 am on Saturday; map issue at noon; start at 2.00 pm. All courses.

TERRAIN:

No trees to speak of but mighty rock features spread throughout. Light tussock with occasional areas of speargrass (spaniard). Plateau bisected by two main stream gullies and many minor gullies off those. From highest point of 1964m, the land slopes to N, W, S to approximately 1350m. Old gold workings in one area. A few vehicle tracks.

VIEWS:

Of Mt Aspiring, Lakes Wanaka, Hawea and Dunstan and on a really clear day, Mount Cook!

MAP:

InfoMap 1:50,000 series, 20m contour interval, colour photocopied with corrections and checkpoints pre-marked and contours highlighted. Laminated. A3 size.

COMPULSORY CLOTHING AND EQUIPMENT

The following gear check guide will be issued to officials who will be checking your gear. ONLY gear that fully complies with this guide will be passed. No pass, no start. Weather can be anything from very hot to very cold, even snow!

PARKA OR ANORAK:

Must be weatherproof with a hood, not just showerproof.

GLOVES/MITTENS:

Must have two pairs. Socks are OK. Polypropylene or wool.

HAT:

Must be geothermal, fleece or wool. A sunhat is also recommended.

UPPER BODY CLOTHING:

1. inner layer of polypropylene or wool.
2. thermal layer of fleece (or similar) or woollen - may be bush shirt, jersey or jacket

LOWER BODY CLOTHING:

Polypropylene or wool - long johns or long pants. And windproof leggings.

SURVIVAL BLANKET:

Genuine foil type.

WATER BOTTLE:

Minimum 1 litre capacity. Streams bisect the map but quality not known.

FIRST AID BASICS:

Plasters, crepe bandage, roll plaster, scissors or knife. Telfa dressings, triangular bandage, wound dressing.

TORCH:

To provide at least two hours of continuous light e.g. Maglite. Plus spare batteries.

FOOD:

A minimum of 1500 Kcal per person per day (Power Bars will be on sale).

COMPASS / WHISTLE / SUNBLOCK 15+

Compulsory gear must be carried throughout the event otherwise disqualification is mandatory. Gear check is redone when you finish.

Further enquiries to:

Sport Otago,
PO Box 6289,
Dunedin,
NEW ZEALAND
PH: 0011 64 3 477 6389,
FAX: 0011 64 3 479 2557.

Contact Sonia Kupina on 797 6773 for copy of entry form.

Tactics of Mistake

by BILL TEAHAN

You have heard that saying - "Learn from your mistakes". That is easier said than done, especially when sometimes it seems that you keep on repeating the same mistakes over and over again. Below is a four point game plan on how to really learn from your mistakes.

TACTIC 1 : Never make a mistake in the first place. This may seem like a crazy tactic, but it is the best one, and the one that works all the time. Always do it right in the first place, so you will not have to worry about making or correcting a mistake. Concentrate on the basics:

- Know where you are, and where you want to be.
- Look ahead, look all around, look at your map. Read the map and think ahead.
- Always plan your route first. Never leave a control or just keep running without having some idea of where you are going.
- Simplify. Break each leg up into parts. Sort out the big features you want to find along the way. Then choose your route between these two points, **one at a time**, unless you have time to look ahead. Never ever run without some idea of where you are going. Always plan ahead, even if it is only the next 100m.
- Understand the map. Do not ignore all those spaghetti patches because they are too hard to read. Do not ignore the contours because you cannot tell what is up and what is down. Try to understand them. Look for the big features that you know you can find. If you do not feel confident in reading certain terrain - practise. Set courses on difficult maps for yourself. Imagine running each leg **without a map to refer to**. Draw a "mind map" of the main features you memorised. Did you miss any important features? Would you feel safe using it? If not - try again. Draw the "mind map" on a piece of paper. Make a partner use it to locate where each control is on the map (both at home or out on the map itself). Read the map and the contours!

f. Concentrate. "Concentration is the secret of success". Never think a control is easy. You can make a mistake on an easy leg just as on a hard leg. Do not get bored. Treat every leg with the same caution. Every course and every leg poses a different problem. Beware.

TACTIC 2 : Expect the worst - you **will** make a mistake. Murphy's Law - "If anything can go wrong it will." You can make a mistake anywhere. You can be cruising along imaginatively fitting the map to where you aren't. Be prepared to admit that you have made a mistake. Do not continue ignoring a minor discrepancy such as an extra track or clearing hoping it will sort itself out later on. It will not. If you often miss important features leaving a control, learn to look for them. If you regularly miss seeing viable choices, deliberately check all options when deciding on a major route choice.

TACTIC 3 : Do not make the mistake worse than it is. Admit you have made a mistake. Do something about it. Do not ignore it. Choose the safest method of relocation. Do not keep running on without a plan or start a grid search. Run to the nearest major attack point or collecting feature or try to work out where you could be. Try to remember where you have been recently and where things did not start fitting. Look for places where you could have made an error such as parallel features.

TACTIC 4 : Learn from your mistakes. Do not repeat them. Look at your weaknesses - try not to repeat them. Consciously remind yourself of things you often do wrong while you are competing. Learn to recognise your mistakes earlier while you are doing them. Analyse your mistakes after each event. Keep a record of them. Try to get to the **real** reasons for your mistakes. A post mortem after each event is very important. Look for re-occurring problems, and keep them in mind at your next orienteering event.



1994 Canberra Cycles 6 Hr Cycle Rogaine

The ACT Rogaining Association, in conjunction with Canberra Cycles invite teams of bike & on-foot competitors of 2-4 to take part in the 1994 Canberra Cycles 6 Hr Cycle Rogaine on.....

Sunday November 20 1994 10am - 4pm

The event will be held in pine forest, approximately 45 minutes drive west of Canberra. A BBQ and associated refreshments will be provided after.

Once again the courses will be set with Cyclists in mind, although teams may compete on foot if they wish. Canberra Cycles have generously donated prizes for the placemen of each class, as well as some lucky draw prizes.

Entries close **Wednesday 8th November 1994**

Please send entries to: The Canberra Cycles Cyclegaine

PO Box 968
WODEN ACT 2606

Telephone Enquiries:
291 6970 or 292 2362 (alt)
David Baker Paul Frylink

Team Members - Minimum of two per team		Address	Telephone
1			
2			
3			
4			

Courses

Please indicate by ticking the appropriate box:

Bicycles
(Mountain Bike Highly Desirable)
On Foot

☐ ☐

Classes

Open ☐ Female ☐
Veteran 40+ ☐ Male ☐
Junior 17- ☐ Mixed ☐

Fees (Cheques payable to ACTRA Inc.)

☐ X Seniors @ \$12 each =
☐ X Juniors @ \$8 each =

Total Fee

Please ensure to enclose a stamped self-addressed envelope for final instructions.

Note: If there are less than three teams in any category it will be combined with another.

ACTRA is supported by Paddy Mallin - The Leader in Adventure & the ACT Office for Sport and Recreation.

If the name and/or address on the label is incorrect, please fill in this form and return to
Graeme Cooper, Cluny Road MSF2005, ARMIDALE NSW 2350

NAME: _____

ADDRESS: _____

PHONE / FAX/ EMAIL: _____

OLD ADDRESS: _____

PLEASE DO NOT TEAR THE WRAPPER!

If undeliverable return to:
NSW Rogaining Association
Cluny Road MSF2005
ARMIDALE NSW 2350

NSW Rogaining Newsletter

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