

# NSW ROGAINING NEWSLETTER

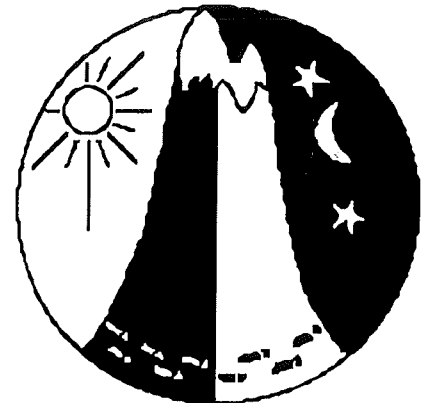
NUMBER 51

MAY 1995

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**RESULTS:** Metrogaine  
**ENTRY FORMS:** Paddy Pallin 4/06/95  
*GET IN QUICK. PADDY PALLIN*  
*ENTRIES RECEIVED AFTER THURSDAY*  
*27TH MAY WILL NOT BE ACCEPTED*  
Lake Macquarie 12/08/95

**ALSO ATTACHED:** International Rogaining Bulletin #3



## METROGAINE ROUNDUP

### Julian Ledger (the Co-ordinator)

Congratulations to Ian Cameron and Sue Cave who not only won the Mixed Veterans class but also the 1995 Metrogaine, narrowly beating the noted speedsters, Arthur Kingsland and Shane Trotter. Winners of the other categories were Ross Barr and Ron Junghans in the Veterans, Peter and Dawn Hinds in the Mixed and Meg Thornton and Lynn Williams in the Womens. The Meyer family, Peter, Glenn, Ian and David, won the Families whilst Juniors went to Adam Rayment, Jamie Wilkinson, Steven Klepzig and David Williamson.

Other winners were all 320 people who took part. The weather was dry and after getting warm at midday cooled off as the afternoon progressed. Thanks go to all those who helped make the event a success, not all of whom got a mention on the day. Anne Francis did the administration efficiently and coped with growing numbers as entries poured in after the closing date. Our President, Peter Watterson, vetted half the course (his notes ran to 26 pages) and even sent his parents out to test control clues for comprehensibility. Superintendent Marnie Holmes vetted the other half, gave good advice and helped act as course patroller (Holmes and Watt's son ... gettit?) Rollin Burford checked clues in the Lane Cove National Park and, with Jitka Kopriva, helped with the Admin. Catering was courtesy of Bernie and friends from East Ryde Scouts who were able to raise \$600 for new

buoyancy vests, for white-water canoeing.

At 3:30 Bernie was wondering whether we were really having an event - only five teams were back. Then from 3:45 90 teams arrived back within 20 minutes at a rate of more than one team every 15 seconds - a hectic time for Admin. Two of the first teams back were the Kingsland team and the fourth team overall - Sue Clarke, John Le Carpentier and Tina Campbell. Another team which might have won had their timing been better were Mike Hotchkis and Andrew Thin - 25 minutes late and failed to find the correct answer to #90.

A couple of controls gave trouble - #14 where the street sign saying 'Word Perfect' had disappeared. Points were given for answers which included any of the signs at the junction. The clue for #30, rarely visited except by top teams (despite being very close to the Hash House it was across the river) gave difficulties and on reviewing all answers, points were given to all those who had attempted it. The merry-go-round at #61 created controversy. Most got the correct answer of it being out of balance in a W or NW direction. Others claimed it was out of balance clockwise? Others claimed it had been fixed, some drew it, and others looked for cryptic meaning in the question. All were judged correct. Generosity was also shown for the compass bearing on the

bridge at #60 even though some teams may not have read the question properly.

Team 7, Bill and Sam Gribble and Leslie Steinhouse, owned up to returning by taxi and had to be judged non-finishers. One womens team took a guess at the partner of Jerry at #90 as being Tom but most others found the manhole cover with Mick's name on it. Sue Le Carpentier wanted bonus points for providing four answers at #56 when 'Bush Regeneration' was sufficient. One team owned up to losing time at McDonalds.

Everyone was complimentary about the area and a surprisingly large proportion of teams made the trek to the northern part of the course in the National Park where there was a concentration of points. Setting the course was a pleasure, particularly being very close to home and offering plenty of variety. Undoubtedly there are many other great opportunities for Metrogaines in Sydney, plus Newcastle, Wollongong and Canberra. Hints for course-setters are to allow sufficient time, choose clues carefully and have them vetted thoroughly and independently.

My tip for the 1995 Paddy Pallin event - a team comprising David Dash, Andrew Thin, Shane Trotter and Alan Champion!

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# NSW & ACT CALENDAR

DATE	HOURS	EVENT	LOCATION	ORGANISERS	PHONE
4 Jun 95	6 Hour	Paddy Pallin	North-west of Sydney	Stephen Castle	02 667 4491
24 Jun 95	24+ Hour	S&R Nav 95	Blue Mountains	John Tonitto	02 789 2527
12 Aug 95	12 Hour	Lake Macquarie	Watagan Mountains	Bert van Netten Arthur Kingsland	049 753 693 049 526 278
9-10 Sep 95	24 Hour	NSW Champs	Lithgow	Gareth Prosser	02 797 7437
7 Oct 95	12 Hour	ACT Spring	to be announced	Gordon Nightingale	06 291 8097
11-12 Nov 95	24 Hour	Interstate Challenge	Albury	Tony Perrott	060 208 654
25 Nov 95	6 Hour	Socialgaine	to be decided	Trevor Gollan	042 26 5544



## THE PADDY PALLIN 6HR 4th June

It's one of the worlds most popular rogaines ... the annual Paddy Pallin 6-hour. Features will again include the best of NSW's winter weather, a great atmosphere and catering, prizes courtesy of the Paddy Pallin organisation, not to mention the course - this year being set by Stephen Castle and friends. This year's location is north-west of Sydney and not too far. That is, a little bit long way ... just like the next control! See you there.

*Julian Ledger*

## NAV95 24-25th June

The NSW Emergency Services Wilderness Navigation Shield (to give it its full title) is usually the toughest rogainer around. It's intended as a tough training exercise for Search & Rescue personnel hence the use of some of the wildest wilderness available. Scheduling the event (always) on the last weekend of June ensures maximum night-time and winter weather. Nav95 will be held within 2 hours drive, north-west of Sydney.

Last year it was held on the Kanangra-Boyd plateau, south of Jenolan Caves. The previous year it was held on the Newnes Forest plateau, in the same area as the Upside-Down rogainer this year. Whereas our considerate organisers avoided the canyons (they obligingly marked the nasty bits on our maps so we wouldn't venture there) the S&R people seem to positively pursue the most rugged sections of the countryside.

So be warned ... the entry form advises that the course "is a mixture of sandstone ridges and gullies with the normal amount of very prickly and slightly prickly bush." There isn't a cosy hash-house dolloping hearty sustenance through the night, though you can obtain a meal after the event. It starts at 8:45am on Saturday and continues until 7:30pm Saturday (if you choose the easy One Day option) or until 2:00pm Sunday (the Two Day option). Yes, that equates to a 29.25 hour outing if you want the full-on experience!

Then why go in it? Because participation in this event entitles you to experience some wonderful wilderness; country that people rarely encounter. You can assert a form of mastery of that wildness using your navigation skills and physical abilities. Also, it would be satisfying to show those S&R boffins how real rogainers can do it.

I have a copy of the 7-page entry form. If you want to enter, let me know, or you call John Tonitto (02) 789 2527, fax (02) 718 7272.

*Trevor Gollan*



## LAKE MACQUARIE 6 & 12HR 12th August

The Lake Macquarie rogainer is progressing well. Some very scenic areas, three dramatic, well appointed lookouts (and many other points providing expansive views), extensive use of the Great North Walk, and much more...

Bert, Ian and myself are plotting to bring a true Australian bush flavour to the event.

*Arthur Kingsland*

## EDITORIAL

Included with this newsletter mail-out is International Rogaining Bulletin #3. The first two editions were limited releases, directed primarily to participants in the World Rogaining Championships (Beechworth Vic, 1992) and overseas disciples. IRB#1 was printed on the back of a World Champs map; the map itself showed winners routes and the back was packed with interesting, thoughtful information. Now the Bulletin will be distributed to all rogainers. It's a good read ... may David Rowlands' apostolic fervour not diminish.

In the last NSW newsletter (#50) Neil Melville prayed that rogainer be driven "from our proud island nation just as we repelled the Hun and Jason Donovan before". Sadly, IRB#3 reports that the first UK rogainer was indeed repelled, due to lack of participants. It's not easy to embrace the concept of a 24-hour rogainer and the venture in Galloway was perhaps overly

ambitious. In Australia, rogainer has evolved from the 24-hour walk. Without that historical perspective, it may be more appropriate to introduce people to the sport via shorter events ... the 6 and 12-hour styles. New Zealand is an example of just this approach.

This edition contains many reports on the recent Metrogaine, and I thank all the contributors. They highlight the diversity of the sport ... the various types of participant (family, veterans, walkers, runners), the various attitudes that can be adopted (training run, competitive, personal challenge, ramble), and the various experiences that are encountered. An emerging challenge with this "treasure-hunt" type of course is to set interesting controls yet maintain clear, unambiguous questions. They are good fun. Compliments and thankyou to Julian and friends for their efforts.

*Trevor Gollan.*



# ALL IN THE FAMILY

George Collins

Sunday morning, April 24th 1995, Blackman Park, Lane Cove West. Spread out over the carpark, the ovals and the grass, the teams are planning their strategies. In hushed voices, with the scent of Dencorub wafting in the air, routes are proposed and modified. How to maximise the points to get to the most scenic spots? Will there be a milk bar somewhere up in East Ryde? Yes, HH-30-55 does give us a high scoring start; only problem is that the map should show the blue of a river that would have to be crossed twice! How many points will we need to beat the Gollan team? How many Hutchings teams are there?

We are entered in the newest of rogaining competitive categories - the families. For Christopher (11) it's his 6th rogain and for Elodie (8) her 2nd. We had fun in the 6 hour at Lake Macquarie last year so everyone was keen to go again. Chris is a little wary though - it was pretty hot on the Homebush Metrogain and his memories of trudging across Ryde Bridge around midday are not too pleasant. Given the constraints of crossing Fig Tree Bridge and the footbridge at #42, Chris and Elodie decide on a conservative route that allows us to pick up a few extra controls if we're feeling fit.

Constable Peter Watterson calls us all to attention for Julian's last-minute instructions. Why is he so worried about everyone taking the same route out of the park? We're off and I get my answer straightaway as some poor local resident out for a walk faces the prospect of 150 rogainers steam-rolling him down on the track from #11. We're at the back of the pack and by the time we reach him, he's built up enough courage to stop us. 'I know it's called a rogain - but what is it?' We show him the map and try to explain. 'They won't hurt the flowers will they?' is his concern and then he tells us to watch for some little pink ones that are just appearing. The kids are champing at the bit, they can see everyone else disappearing. We're only two minutes into the event and Dad's already stopped for a chat!

Up the track to #22 (lots of people look for the sign at the edge of the circle), through the streets and down to #21. The Hutchings are on their way up. We scramble up the slope using a rope some locals have left for the purpose into Cope St, and wonder if there's any way straight through into Ludowici reserve. We get part of the way on unmarked right-of-ways, then lose our nerve and go around the streets and down to #50. Chris, following our route on the map, has already walked into two telegraph poles much to his sister's amusement.

By now, Elodie has decided that answering the clues is her job while Chris chooses our route. Dad gets to carry the pack. This is a good strategy because I miscount the number of E's. Luckily, Elodie feels a special affinity to the letter E so we're on our way down Tannery Creek, under the surprisingly smelly sewer to #10 and our first stop for a quick bite to eat. I try and remember if it's possible to get onto the footbridge from Burns Bay Rd. Fortunately it is, though the plaque is on the opposite side. Across Fig Tree Bridge and we realise that there's no way of going round the waterfront and up to #38. On our way through the leafy streets of Hunter's Hill, we're close to #37 and divert slightly to Joey's. Now our honesty is really tested. The motto is emblazoned on every gate we can see. We resist the temptation to cheat and go round to the marked gate. This far around, I suggest continuing down to #81. The route planners had originally decided against that but Dad thinks it's worth fighting for and convinces them so we head down, across and then up Tarban Creek.

It's not so nice among the lantana as a couple of the fast teams overtake us having picked up the Lane Cove and Tambourine Bay controls. A friendly dog joins us as we have a mini-pause in the very pleasant reserve on the way up to #24. Controversy at the pipes - not only are there 5 crossing the creek but there's 4 on the edge of the bridge and 1 underneath it. How many you can see depends exactly where you stand and how high you are! A couple of teams join our deliberations, then with dog in tow we head up the hill to count the light poles at Boronia Park Oval. Heading down to the waterfront we decide we'd better shoo our unregistered team-member home. At #54 (the dry waterfall) there's some topological discussion on the shape of the pool so we draw it. It looks quicker to go through the streets but, like most teams, we opt for the scenic route along the Great North Walk, following the riverbank round to #55.

We're approaching lunch and Elodie and Chris decide it's time to run. We race each other into Buffalo Creek Reserve and across the raised walkway to #25. Is red or maroon a better description of the colour? We take our lunch on the rocks above #25 and debate whether to duck down to #30. This time, Dad is over-ruled, so we return to the reserve and the ice-cream van. Choc-tops in hand we head up into the surprisingly pleasant Field of Mars Wildlife refuge, picking up #62, #26 and (when ice creams are finished) running on to #56. Up past the cemetery and into the pretty gully of #44. Our last pause and then up past the

Wildlife reserve at the southeastern end of Hicks Park. Another surprise but I guess it makes up for the housing development at the northwestern end!

Now our engineering skills are really put to the test as we try and discover which way the merry-go-round at #61 runs out of balance. We spin it both ways, load it up with kids, spin it again. Another team joins us in experimenting. Having forgotten our theodolites, we try and use the bubble in the compass to see if it is really out-of-level and eventually detect an ever so slight tilt towards the gully. Tough clue Julian! Up on Cox's Road we're looking for an open milkbar but run into Constable Watterson again. Spurred on by his encouraging words, we jog down to the two bridges at #27 and then cut through Pryor Park and the reserve behind the houses to the savage dogs at #39 in Brereton Park. Down the steep hill to #17 where Chris, the artist on the team, does a reproduction of the Comalco emblem worthy of framing.

Things are looking good for our run home so we add #16 and #70 after crossing the river at #42. We do a time trial on the 100m track at Chatswood Athletic Field (22s, but I think the track is actually longer than 100m) before using the spikes and cut footholes to traverse around #70. The bush looks OK, so we head straight up to Avian Cres where we get some mighty mean stares from some of the local kids. Up past Mowbray Rd Primary School and down under Epping Rd to count the arches at #33. Down the track to #34 we meet lots of other teams and finally on the road into the industrial estate, catch up with the Hutchings. They're looking a little weary so our hopes are high as they head off to #14 while we opt for the banjo playing frogs at #31, more drawing at #12 (this time by Elodie) and a run home with 10 minutes to spare.

Chris and Elodie are pretty excited when our score of 940 leads the family section for nearly half-an-hour. This gives them so much joy that they're not too disappointed when we're eventually pushed back to third place. Soup and sausage sandwiches go down well. It's good to talk to Warwick. Hutchings and Gollans have been beaten (though Trev and Kristen only went out for 4 hours so the challenge is still open). It's an excited team that heads home after a very enjoyable event. Even dad, whose rogaining efforts in the last few years have hardly set the world alight, has got the competitive buzz again. Can we go in the Paddy's, Dad? How can I refuse!



# FOUR PLAYGROUNDS AND A FUNERAL

The opportunity to participate in a rogaine in our own backyard was too good to forgo, so at 8:30 am on Sunday 24th April two "mixed veterans" duly collected their maps from the Metrogaine hash house on the banks of the Lane Cove River. We had entered the Aussie Champs and so were treating this as a bit of a training run. Some work with highlighters and string indicated a big anticlockwise circuit of the map was likely to get us maximum points with minimum (ha!) effort. We had included swimming goggles in our regaining paraphernalia, but removed them after hearing about the chemical and bacterial inhabitants of the river ... never mind the sharks, mud etc.

At the siren we headed off with lots of other teams for the gate with the Lockwood padlock. Then suddenly we were on our own, in playground no.1 (the green bench). From here the big circuit started, past the revolting looking pool, the big overhang and natural bridge in the south east corner of the map, then on up to River Road and the Lane Cove shops. Our sweaty lycra-clad bodies got a few amused looks from a passing police car and shoppers, and drivers looked on with amazement as we lined up the middle TV tower for the overhead bridge. From here it was on to playground no.2 and the disbelieving looks of some children as we ran around counting the number of tyres (do two halves really make a whole?). Some street running brought us to the pleasant wander through Ferndale Park to the shelter rock. After this a quick scrub bash cut off some distance and we were soon on Fullers Road, heading for Blue Gum Park. The track was rough in parts and we were anxious to keep on the sewer-line. How do you explain to a non-rogainer that you are looking for a sewer trap named Jerry?

Once out of the scrub a pleasant run through to Lane Cove Park, to the chimes at Playground number 3, then to the 100 pointer at Fiddens Wharf Road. Almost to the top of the map now and still on schedule. A small bridge then the big De Burghs bridge where we met up with Ron and Ross (more veterans!) going in the opposite direction. We headed for the old piggery (#45) giving #28 a miss because the scrub was pretty terrible. A couple of fences were no barrier for our suddenly acquired climbing prowess (thank goodness there was no barbed wire) and we collected #51. Sharp eyes detected a gap between Out Of Bounds areas and we found ourselves in the middle of the Northern Suburbs cemetery. Here we encountered our funeral, which we carefully skirted in order to scale the fence behind the mausoleums. A longish road run led us to the start of an unmarked overgrown track down to

Fairyland and then along towards Epping Road Bridge. The fast aquatic route to #70 was tempting but common sense prevailed. From there it was back across the river via the footbridge and through three more checkpoints to playground no. 4 - the roundabout in Macquarie Hospital. Here our esteemed President Watterson was keeping watch and after a whirl on the roundabout he signed our control card and sent us on our way.

Fatigue was setting in by this stage but wine gums and dates led to a partial recovery and it was on round the cemetery and along to the Great North Walk. Decision time, less than 30 minutes to go - do we head for home or risk #81? Needless to say 80 points was too tempting and after the St Joseph's Latin motto for 30 points it was down the hill to count the steps at the footbridge. With 15 minutes and 2-3km to go it was into overdrive to Fig

*Sue Cave and Ian Cameron*  
Tree Bridge. We scaled yet another fence beside the road (we were getting quite proficient now) and took off up Burns Bay Road to the overhead bridge. Another kilometre and we searched for the short cut home - 4 minutes and 800 metres to go. Collecting 20 points at the footbridge eased the panic somewhat and it was a Cliff Young shuffle sprint towards the finish. Ian was heading for the sausage queue when we realised the finish was actually at the tables. In a perfectly timed finish he banged the control card down just as the siren began to sound!

Several other speedy teams had been in for a while and some high scores were already up. However our more ambitious (crazy??) route choice paid off with 1910 points and amazingly the overall winning score. A bit of a triumph for the old men and women (which is most appropriate as we are both geriatricians).



# RESULTS: METROGAINE

## LANE COVE RIVER - 23 APRIL 1995

Team	Score	Finish	O	M	W	X	V	XV	J	F
12	Ian Cameron, Sue Cave	1910	16.00	1						1
8	Arthur Kingsland, Shane Trotter	1900	15.37	2	1					
32	Alan Garde, David Cullen, Peter Gordon	1770	15.49	3	2					
58	Sue Clarke, John Le Carpentier, Tina Campbell	1760	15.35	4						2
85	Shaun Dore, Geoff Peel	1690	15.54	5	3					
13	Ross Barr, Ron Junghans	1690	15.57	6				1		
140	Peter Hinds, Dawn Hinds	1650	15.58	7			1			
62	Mike Hotchkis, Andrew Thin	1570	16.25	8	4					
61	Steve Thompson, Bruce Fenton, Mark Piercy, Adam Peters, Kelley Blackert	1490	15.58	9	5					
82	Cameron Osborne, Carol Osborne, Peter Rudowski	1450	15.50	10				2		
122	Kate Malfroy, Geoff Bailey	1410	15.59	11				3		
66	David Palmisano, David Green	1390	15.50	12	6					
30	Peter Erlandsan, David Harris	1390	15.56	13	7					
31	Don Johnstone, Michael Cant	1380	15.55	14	8					
124	Tony Maloney, Violeta Phillips	1360	16.01	15				4		
56	Glen Wallace, Don Wilson	1330	15.56	16	9					
131	Alan Champion, Simon Fountain	1330	15.57	17	10					
60	Rohan Prowse, John Barnes, Wendy Tweeddale	1320	15.59	18				5		
136	Robin Rishworth, Belinda Phillips	1310	15.47	19				6		
106	Alfred Britton, Bert van Netten	1250	15.58	20	11					
120	Dianne Stevenson, Chris Stevenson	1230	16.01	21				7		
29	Frank Stewart, Calum McLeod, Frazer Batts	1230	16.02	22	12					
125	Dean Morison, Craig Wheeler, Jamie Richardson	1220	15.58	23	13					
135	Jim Croft, Robin Buckley	1200	15.49	24	14					
44	Peter Meyer, Glenn Meyer, Ian Meyer, David Meyer	1190	15.58	25						1
14	Amber Barr, Andrew Hassall	1180	15.50	26				8		
102	Anita Scherrer, Chris Mill	1150	15.51	27				9		
111	Bruce Chessman, Carl Chessman, Julia Chessman	1150	16.02	28						2
101	Peter Learoyd, David Learoyd	1140	15.56	29	15					
26	Lindsay Young, Mark Hill	1140	15.58	30				2		
39	John Keats, Jennifer Borrell	1130	16.02	31					3	
18	Adam Rayment, Jamie Wilkinson, Steven Klepzig, David Williamson	1090	15.46	32						1
33	Meg Thornton, Lynn Williams	1080	15.54	33		1				
50	Richard Adams, Matthew Ross, Kalvis Duckmanton	1060	15.59	34	16					
89	Ken Smith, Bob Horder	1060	16.01	35				3		
65	Peter Brandis, Ian Fryer	1060	16.23	36	17					
134	Sonia Kupina, Alan Mansfield	1050	15.45	37				10		
24	Phil Allen, Bob Bartle, John Guilly	1050	16.02	38					4	
91	Russell Taylor, Andrew Taylor	1030	15.35	39	18					
71	Darren Seabrook, Darren Biggs	1030	15.47	40	19					
138	Bob Holmes, Chris Visser	1010	16.14	41	20					
67	Andrew Palmisano, Richard Connors	990	15.55	42	21					
48	Maureen Cavill, Heather White	980	15.56	43		2				
78	Mark Suters, Philip Randall, Andrew Warner	970	15.59	44	22					
73	Troy Ridgeway, Shaun Conn	960	15.47	45						2
28	George Collins, Chris Collins, Elodie Collins	940	15.48	46						3
20	Lyn Morris, Geoff Silburn	940	15.49	47				11		
47	Mary Ann Graham, Tomiko Barrett, Anna Bray	910	15.43	48		3				
127	Daniel Morlay, Gilly Katsir	900	15.49	49	23					
70	Gordon Johnson, Scott Johnson, Jessica Roach	890	15.39	50				12		
69	John Waddell, Wayne Paulson	890	15.45	51	24					
104	John Oakley, Therese Moylan	890	15.54	52				13		
64	Maurie Bloom, Barbara Allis	890	16.19	53						4
59	Richard Barnes, Barbara Barnes	890	16.46	54				14		
68	Grant Maizels, Tracey Mitchell, Graham West	880	15.50	55				15		
128	Russell Thiering, Brian Mubarak, Maziar Palhang	870	15.38	56	25					
19	Lisa Lampe, Nicola Smith, Ewan McQueen	870	15.47	57				16		
42	Geoffrey Morley, Elizabeth Morley, Kate Morley	870	15.57	58						4
77	Steve Garlick, Rosemary Garlick, Peter Garlick	850	16.05	59						5
90	James McFarlane, Janette Quinn, Jocelyn Rickard, David McFarlane	830	15.57	60				17		
51	Stewart White, Jo Anne Vanderstock, Ross Innes, Kellie Collins	820	15.51	61				18		
108	Geoffrey Sutton, Tim Hebron	820	15.57	62	26					
76	Jennifer Neil-Smith, Cherylanne Miles, Steven Christie, Mark Humphreys	810	15.48	63				19		
52	Bill Pigram, Kate Pigram, Cailah Scobie	810	15.54	64				20		
22	John Bishop, Ian McNichol	770	15.53	65				5		
119	Marian Coppins, Nick Coppins	760	15.54	66				21		
17	Helen Zammitt, Bryan Smith	750	15.39	67						5
118	Kirsty & Karen Breckenridge, Peter, Stephen & Andrew Armistead	750	15.56	68				22		
88	Lynda Le Vaillant, Scott Smith	750	15.57	69				23		
121	Paul Jennings, Paloma Llamazares	720	15.56	70				24		
35	Russell Cail, Gary Williams, Robert Penfold, Karen Vincent, Steven Hooper	720	15.59	71				25		

# RESULTS: METROGAINE

LANE COVE RIVER - 23 APRIL 1995

Team	Score	Finish	O	M	W	X	V	XV	J	F
1	Robyn Tuft, Peter Tuft, Katherine Tuft, Colin Tuft	710	15.56	72						6
86	Sue Le Carpentier, David Le Carpentier, Peter Le Carpentier	670	15.49	73						7
36	Jeff Welch, Karen Jury, Melissa Harvey, Jane Drummond	670	15.56	74			26			
96	Graham, Anne, Nicholas, Matthew, Heather & Lachlan Smith	670	15.58	75						8
87	Rodger Austen, Robin Austen, Ben Austen, Kate Austen	660	15.45	76						9
49	Nila Sarma, Rosalie Wood	660	15.50	77		4				
74	Paul Winfield, Glen Poulter	650	15.07	78						
10	Ted Booth, Jocelyn Booth, Michael Wilson, Audrey Wilson	650	15.48	79				6		3
95	Jonathon Moffatt, Susan Ley, Andrea Harrison	650	15.57	80			27			
4	Terry Gainey, Susan Bellamy, David Rose	650	16.01	81			28			
15	Gail Barr, Judy Dutton	650	16.02	82			29			
100	Rosemary Seberry, Debby Smith, Tilly Stooove	640	15.41	83		5				
93	Bernadette Baker, Ross Baker, James Baker	640	15.41	84						10
23	Leigh Tristram, Ruth Tristram	630	15.39	85			30			
6	Peter Gray, Julie Gray	630	15.39	86			31			
99	Tim Richardson, Elinor Boughton, Jane Southwell	630	15.44	87			32			
94	Chris Thompson, Wendy Thompson	630	15.46	88			33			
84	Sarah Lam, Merran Lindsay, Robert Pack	630	15.51	89			34			
37	Ron, Sue, Michael, Rachel & Tom Hutchings	610	15.48	90						11
130	Angela Ely, Matt Alfredson	600	15.43	91			35			
54	Herb Lippmann, Natalie Lippmann	600	15.45	92						12
103	John Truszewski, Carina Truszewski, Karl Truszewski	590	15.59	93						13
27	Iman Iskander-Weller, Michael Weller	580	14.17	94			36			
45	Sharon Oxenbridge, Peter Beresford	580	15.55	95			37			
55	Peter Teasdale, Bernadette Teasdale	580	15.55	96			38			
75	Mark Johnson, Jason White	570	15.24	97						4
107	Anthony Bice, Sarah Cooke-Russell, Simon Eagleton, Rachel Eagleton	570	15.49	98			39			
5	Sam Macri, Bronwyn Dewar	560	15.52	99			40			
34	Gail Roland, Joel Roland, Helen Atkins	560	15.53	100						14
83	Judy Micklewright, Jeanette Williams	540	15.54	101		6				
43	Peter Coventry, Kathy Coventry, Rachel Coventry	530	14.50	102						15
105	Kristen Gollan, Trevor Gollan, Danielle Cole	530	15.56	103			41			16
97	Colin & David Bell, Bob & Michael Brain, Petra & Christa Meierhofer	520	16.12	104			42			
132	Sue Taffel, Bob Taffel	480	15.34	105				7		
139	Jim Meek, Bronwyn Meek	390	15.53	106						17
137	Skye Dutton, Erin Barr	380	15.56	107		7				
40	Ben Meek, Margaret Meek	370	14.53	108				8		
41	Jim Meek, Helen Meek, Christian Meek, Bronwyn Meek, Bruce Porter	370	15.32	109						18
110	Geoff Williams, Alan McKay, Mary Johnson, Anne, Andrew & Chris Daubney	360	15.50	110						19
63	Alf Torrisi, Regina Torrisi	350	15.48	111			43			
81	Stephen, Kitty, Glen, Gillian & May Harrison	340	15.33	112						20
16	Dianne van Netten, Kim van Netten, Jamie van Netten	210	15.17	113						21
46	Lee Crossby, Denis Cummins, Jenny Peet, Will D'Arcy, Julie Pamaby	(140)	17.18	114			44			
7	Bill Gribble, Leslie Steinhaus, Sam Gribble (Returned by taxi)	(810)	15.47							

## MAKE SURE YOU STAY ON THE RIGHT

### 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.

## TRACK



CONTACT



DEPARTMENT OF CONSERVATION  
AND LAND MANAGEMENT

### 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

# MORE LANE COVE VIEWS...

## From Mike Hotchkis:

Andy and I really enjoyed the event. He was visiting from Scotland so it was his first experience of rogaining. He is a keen long-distance runner and certainly put me to the test!

As most of us know, careful planning is an essential part of rogaining: I succeeded in demonstrating its importance to my novice partner by failing abysmally to plan properly and we suffered the consequences... I think we visited more controls and certainly ran for a longer time (6hr 25min) than other teams but you don't get prizes for that!

Like the old IQ tests I was left wondering if there was some cultural bias in the clues. We found the manhole covers (no. 90 I think) but between us two NW-Europeans we could not make sense of the clue. Honest we did go there! *[valid point Mike, but in this case the course-setter is also an ex-Pom! Ed]* It was a pity the colour didn't come out better on the map. Otherwise it was good and it certainly helped having contours.

Thanks to Julian and his helpers for a great event.

## from Lindsay Young:

Mark and I had a good run/walk through the streets, collecting almost all the controls in the southern half of the map, up to the north-west then back down along Epping Rd. Roughly, we covered 40km and arrived back with 2 minutes to spare for 1050 points (hmmm, 40km sounds too much, I'll measure it again). It was always going

to be a challenge for me just to be able to keep up with Mark.

It was his first rogaine (first of many I hope) and he enjoyed it for its novelty. It's rather like a fun run but with variety and some added challenge. Keep metrogaines in the program. I'd like to organise one myself.

My only negative comment is that, if you misread or misunderstand the question at a control, it's the same as not having made the effort to get there. At one control we were asked about the state of balance of a playground merry-go-round. I treated this as a trick question and merely sketched the shape of the merry-go-round to prove that we had been there. In fact I don't know if we were marked right or wrong for this but it does highlight the need for simple, unambiguous questions.

## from Arthur Kingsland:

I really enjoyed the Metrogaine this year ... let's be honest, I've enjoyed *all* the Metrogaines. The bush areas around Lane Cove provided a very scenic outlook even though, at times, we were only metres from suburbia, eg. near 23, 50, 52, 90. I heartily congratulate the organising team, and especially Julian for the interesting control sites.

In planning a route Shane and I took a rough measurement and decided to try for the lot, albeit with the option of leaving some out if the going was not conducive to a clean sweep. We chose to pick up some central & east markers, clean out the northern section, sweep back down the centre and west, and finally a loop in the south-eastern section of the map.

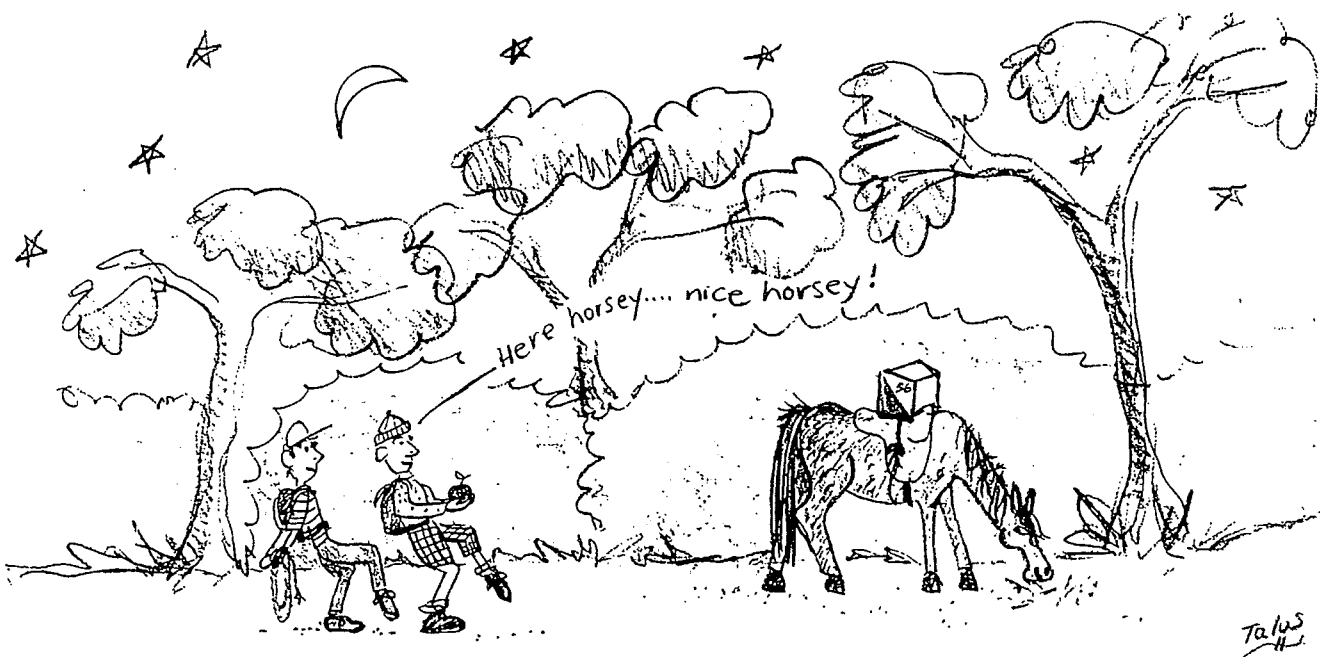
Our biggest mistake was coming from 47 to 57 cross country. We failed to recognise the changed conditions and got as far as Epping Road having gone straight past the control site. I even remember looking at the bridge on the way past and thinking it was a sad relic of a past traffic route! By this point Shane was starting to feel the pace. Perhaps the general anaesthetic he had on the previous Tuesday affected him, though he didn't experience any specific pain from his wisdom teeth operation.

We decided to abandon 29 (not worth it) and worked our way south down the Lane Cove River cutting out quite a few controls on the slightly higher ground. By the time we reached the Fig Tree Bridge we had approximately one hour left, but Shane was really feeling bad. I wasn't looking too well myself, but was at least able to keep up some semblance of speed.

The motto I have used in this event, and generally adopt when in a highly competitive team is "we will go as hard as possible for as long as we can. If we still get beaten then the other teams will have put in very good performances." Both Shane and I really felt the effects of a fast initial pace in this event and had to bow to a team with a better game plan.

## from Geoff Silburn:

A thoroughly enjoyable day. A topographic map is better than the UBD/Gregorys street map as it shows where the hills are, for route planning etc. I'll certainly do more metrogaines if they are organised.

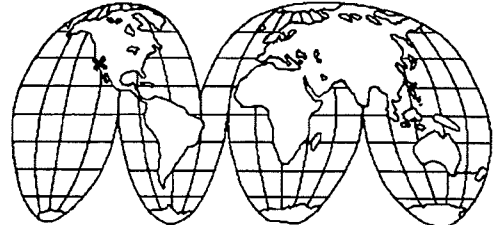


Difficult Controls  
#56 - 'A Saddle'

# IF YOU'RE TRAVELLING...

20 May 95	8 Hour		Vic
10-11 Jun 95	24 Hour	WA Champs	WA
17 Jun 95	6 Hour		Vic
17 Jun 95	6/12 Hour		Qld
15 Jul 95	8 Hour	Metrogaine	Vic
5-6 Aug 95	24 Hour	SA Champs	SA
12-13 Aug 95	24 Hour		WA
13 Aug 95	3 Hour	Maxi	Vic
19-20 Aug 95	24 Hours	N.American Champs	Wa, USA
19 Aug 95	5 Hour	Snogaine	Vic
9 Sep 95	12 Hour		Vic
7 Oct 95	12 Hour		WA
7-8 Oct 95	8/24 Hour	Old Champs	Qld
15 Oct 95	8 Hour		Vic
28 Oct 95	12 Hour		SA
31 Aug 96	24 Hour	World Champs	WA

Interstate Contacts		
ACT	David Singleton	06 248 7142
QLD	Eric Andrews	07 268 3338
VIC	Tineke Sydekum	03 890 4352
SA	Gary Jackson	08 258 5696
WA	Bryan Hardy	09 342 7692



The Bald Mountain Rogaine, in the beautiful Cascade Mountains of Washington State, about 30 miles east of the summit of Mt. Rainier. Both 24 hour 'Classic' and 12 hour 'Recreational' courses and 'hash house' featuring lots of excellent FOOD! What a good excuse for a holiday.

## MEMBERSHIP 1995

The address label for this newsletter indicates your current membership status. If the letter in the top right corner is:-

- "F" then you're financial for the current calendar year, thanks a lot.
- "N" then you are non-financial for the current calendar year; your fees are due. You can pay your membership at the next event, else send in the following form to keep receiving the newsletter.
- "C" then this is a complimentary newsletter.



### 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 & postcode)  
..... (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 members of the abovenamed incorporated association.

- |         |         |
|---------|---------|
| 1. .... | 2. .... |
| 3. .... | 4. .... |
| 5. .... | 6. .... |

Signature of applicant ..... Date .....

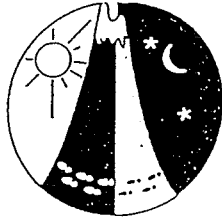
Make cheque of \$10 payable to NSW Rogaining Association and send to:

Membership Secretary NSWRA  
Graeme Cooper  
Cluny Rd MSF2005, ARMIDALE 2350



# LAKE MACQUARIE 12 HOUR ROGAINE

## Saturday, 12 August, 1995



The NSW Rogaining Association, Lake Macquarie City Council, and Southern Cross Equipment present the 1995 Lake Macquarie 12 Hour Rogaine.

**Venue:** The event is being staged in the Watagan Forests, approximately an hour's drive south-west of Newcastle, and one and a half hours north from Sydney. The terrain comprises the ridges, escarpments and plateau of the northern Watagan Range. The vegetation is natural eucalypt forest controlled by the NSW Forestry Commission. The event will start at noon on Saturday, and finish at midnight. A tea and damper stop will operate on the course for the 12 hour event. A 6 hour event will also be staged. Camping is available at the event site, and meals will be provided (included in entry fee) on Saturday evening and Sunday morning.

**Prizemoney** will be awarded to the three highest placed teams (1st - \$600, 2nd - \$300, 3rd - \$100).

**Entry fee:** \$20 per person, or \$13 for persons under 18 years of for full-time students.

For insurance reasons, all competitors must be a financial member of a rogaining association. If you are not a financial member, please add \$10 for individual or household membership, to the entry fee. To enter, complete the entry form and forward it with a cheque payable to the NSW Rogaining Association, and a stamped self-addressed envelope to:

IAN DEMPSEY  
138 TIRRIKI STREET  
CHARLESTOWN NSW 2290

**Closing date:** Monday 31 July.  
The organisers may receive later entries, but they cannot guarantee a map for you.



**Further information:**  
Ian Dempsey, tel. (049)435790  
Bert VanNetten, tel. (049)753693



### 1995 LAKE MACQUARIE 12 HOUR ROGAINE

NAME	ADDRESS	ENTRY FEE	MEMBERSHIP
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
TEAM LEADER'S PHONE: (.....).....		TOTAL	.....

*Tick one box in each row*

**EVENT**     12 hour                       6 hour  
**SECTION**  MEN     WOMEN     MIXED     VETERAN    JUNIOR     SCOUT  
all ≥ 40 yrs    all < 18 yrs    all Assoc members

1. Include stamped self-addressed envelope
2. Entries to Ian Dempsey, 138 Tirriki Street, Charlestown, 2290.

SIDE NSW 2113

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