

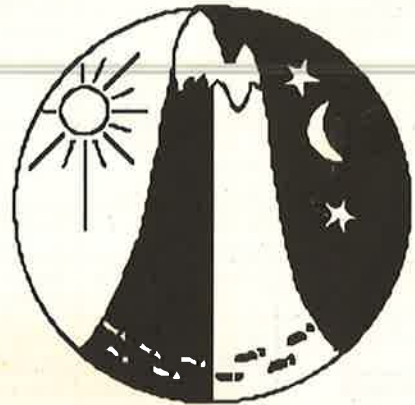
NSW ROGAINING NEWSLETTER

NUMBER 55

JANUARY 1996

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1995 in REVIEW

The Rogaines

In February, Alan Mansfield and Sonia Kupina delivered Blue Mountain walking under a warm, full moon in our second Upside-down Rogaine, on the Newnes plateau [1, on the map below]. The midnight start is not everyone's choice, but 130 participants certainly appreciated the 1000 metre altitude and spectacular views. A favourite was from #43, with its splendid view of the waterfall leaping into Carnes Creek canyon. The event was won by Anthony Darr and Shane Trotter.

In April, Julian Ledger offered the Lane Cove River [2] and environs; a pleasant diversity and happy day. The three metro-gaines that have now been held have really highlighted how special Sydney, and especially Sydney's waterways, can be. 330 participants; won by Sue Cave and Ian Cameron.

May was the Australian Champs in the Budawang Mountains [3]. We didn't organise a second NSW 24-hour in '95 because we reckoned the ACT were doing it for us, and it was closer than the previous Aus Champs that NSW had organised! A mighty thunderstorm lashed competitors for the first 9 hours of the event, damaging many spirits and reputations. Shane Trotter and Anthony Darr were narrow winners.

June saw the largest roll-up ever in NSW rogaining, enticed by Stephen Castle to a little-known area in the lower Blue Mountains. Buralow [4] is a swampy valley nestled to the west of Kurrarajong Heights. 601 participants, won by Arthur Kingsland, Shane Trotter and Mike Burton.

The last weekend in June is always the venue for the Search and Rescue 30-hour rogaine, this year sited in a rugged area between Colo Heights [5] and Wisemans Ferry.

August saw Bert van Netten and Arthur Kingsland deliver the 4th annual Lake Macquarie 12-hour in the Watagan Mountains [6]. Highlights included the spectacular lookouts and the Tea and Damper Stop. 290 participants, won by Shane Trotter and Mike Burton.

September was the NSW Championships, in a glorious location. Capertee [7], between Lithgow and Mudgee, offered regular vistas across the Capertee Valley, to Pantoneys Crown and Genowlan Mountain. The post-event applause and correspondence resound with praise for the event, and compliments to Gareth Prosser. 320 participants, won by Bert van Netten and Alf Britton. Bert has been one of the stalwarts of rogaining in NSW so his win was especially satisfying. (Given his role in incorporating the Association in 1983, perhaps he could be dubbed the "Henry Parkes" of NSW rogaining.)

The last Saturday in November was reserved for the Socialgaine, at Stanwell Park [8]. Trevor Gollan's team delivered an astounding area of beaches, cliffs, waterfalls and tunnels. 255 participants, won by Stephen Thompson, Bruce Fenton, Craig and Dan Paull.

And if you also include the ACT rogaines, (a 6-hour Paddy Pallin [10], a 12-hour [9] and a cyclegaine[11]), the Queensland Champs in the Border Ranges [12], and the Albury 24-hour near Lake Hume [13], then we've had an abundance of interesting, diverse events. We hope you were part of it.

Conclusions

Perhaps the outstanding feature from the previous summary is that NSW has such wonderful terrain and exciting, varietal walking. As a rogaining venue, Hawkesbury Sandstone countryside is regularly maligned, yet it seems our course setters have adapted to the conditions, taking advantage of the topographical diversity that is available.

- **Competitiveness** - Anthony and Shane deserve full credit for winning the 1995 Australian Champs. They have certainly proven to be the best team in NSW over the last two years. But it should be noted that many NSW teams are now highly rated, especially Jo Parr and Simon George, Netta and Marnie Holmes. Robbie Preston, David Shepherd and Andrew Hill are emerging as strong, young prospects (they were only 130 points behind the winners at the NSW Champs). Perhaps NSW can improve its standing at the next World Champs.

- **Support** - it has been pleasing to see many members helping in the organisation of events. All rogaines in '96 except the Socialgaine have a co-ordinator, and offers have already been accepted to run two of the events in '97.

- **Weather** - remarkably, all NSWRA rogaines in '95 were free of rain, snow and fire.

To sum up, 1995 has been a successful year for NSWRA, with more people enjoying the sport and no serious injuries.

One sad blow in 1995 was Warwick Marsden's death. Warwick's warmth and friendliness shone through all the events he organised. At his packed funeral service, Trevor Gollan gave a speech from the heart and Peter Garran played the flute with inspiration. As Warwick had requested, in lieu of flowers, NSWRA made a donation to the Salvation Army.

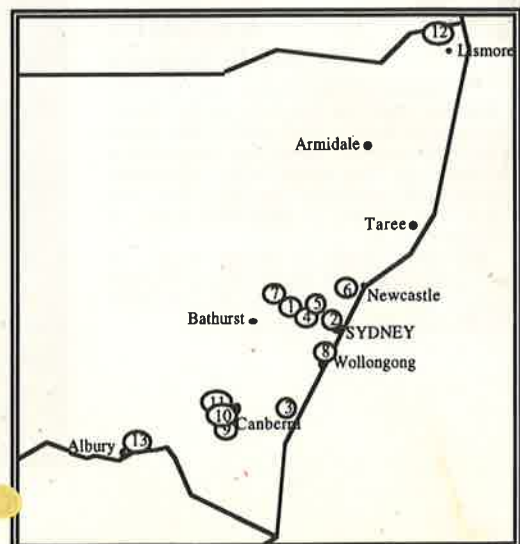
Peter Watterson

EDITORIAL

"It was a pleasure to see so many healthy Australians enjoying themselves" commented a landowner that I met while collecting flags after the NSW Championships at Capertee. Presumably she didn't notice the zombies passing pre-dawn, but it did make me think. This sport is definitely Australian; it attracts healthy, strong people, both physically and mentally; and it is encouraging that an independent observer was so positive. It is an image that we should actively pursue, because it enhances our sport and, so long as we do the right thing by the landholders, it will make it easier for us to return to Capertee in a few years time.

The NSW schematic map on this page shows the strong locational bias around Sydney. Pity our country members, who are obliged to travel such long distances for most events. People such as the Coopers and Claytons in New England, Reddall Leslie in Orange, Rowan Compagnoni and Carlo Botto from Cooma have persisted, but many people from the country have participated in one or two rogaines then faded due to lack of available events. Surely there is an opportunity to work with regional orienteering clubs, such as the recent, successful initiative by the Albury-Wodonga group, or the biennial events organised by Graeme Cooper.

Trevor Gollan



1996 CALENDAR

DATE	EVENT	CO-ORDINATOR	COURSESETTER	ADMINISTRATION	HASHHOUSE
27-28 Jan 96	High-O Kiandra	Andrew Calder (058) 830 212 night		Kathy Saw (06) 286 3641	
3-4 Feb 96	Australian Champs Northern Tasmania	Ken Young	Heather Ashcroft, James Watson, Neil Smith		
10 Mar 96	12-hour Upside- Downogaine West of Lithgow	Tony Maloney 02 499 2369	Sue Clarke 02 816 2508 John Le Carpentier	Rowan Wiltshire	John Keats
28 Apr 96	Metrogaine Sydney South	Lindsay Young 02 525 6403	Mark Hill	George Collins	Caringbah Scouts
16 Jun 96	6-hour Paddy Pallin	Stephen Castle 02 557 7101			
3-4 Aug 96	24-hour South Coast	Trevor Gollan 042 26 5544	Geoff Silburn		
28 Sep 96	Lake Macquarie 12-hour	Bert van Netten Ian Dempsey			
26-27 Oct 96	NSW Champs	Graeme Cooper 067 72 3584			
24 Nov 96	Socialgaine				

««NOTE: dates for Metrogaine and Paddy Pallin have changed since last newsletter. ««



HIGH-O, KIANDRA 27-28 January

The High-O is a two-day cumulative time orienteering event, using the specially prepared "Kiandra District" map. Course A is about 18kms per day; Course B is about 13kms per day; Course C is about 10kms per day. For safety reasons you must enter as a team of two or more and stay together at all times. There will also be a 3-hour rogaine.

The entry form is included with this newsletter. Note entries close 12th January.



UPSIDE-DOWN 9 March

Another dose of nocturnal lunacy, this time in high country west of Lithgow. The West Australians are trialling an Upside-Down this year, starting at 8pm, but we are staying with the midnight start., to finish at noon. A good way to rogaine during the summer and to practise (and enjoy) night-time navigation.



1996 AUS CHAMPS 3-4 February

The Australian Champs are early in 1996, so that they won't be too close to the World Champs in the Spring. They will be held within 100km of Devonport. Given that the terrain is described as "sub-alpine open undulating country with rainforest patches" one can deduce the location is somewhat south of Devonport.

For entry forms or further details on TasRogaine please call Ken Young or Heather Ashcroft (003) 31153 or James Watson (003) 319336 (james@anfi.tas.gov.au).

Full details and updates, including approximate bus times, are available on the event World Wide Web page <http://www.tas.gov.au/dpif/jww/ara96.html>. It's a good excuse for a holiday in Tasmania. Entries close 19th January so don't dawdle. I have 20 copies of the glossy, colour entry form.

Trevor Gollan



WRC II 31 August-1 Sept

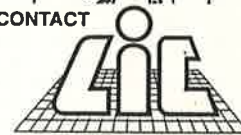
The entry form for the 2nd World Rogaining Championships is due. The event has strong appeal, if you can organise the trip to Mt Singleton, 400km north-east of Perth.

The West Australians have established a World Wide Web site containing news and photos of the course ... a dry, rugged, rocky landscape (like the photo below) and flat expanses covered with flowers.

The WWW page is <http://scorpion.cowan.edu.au/wara/wrcii.html>.

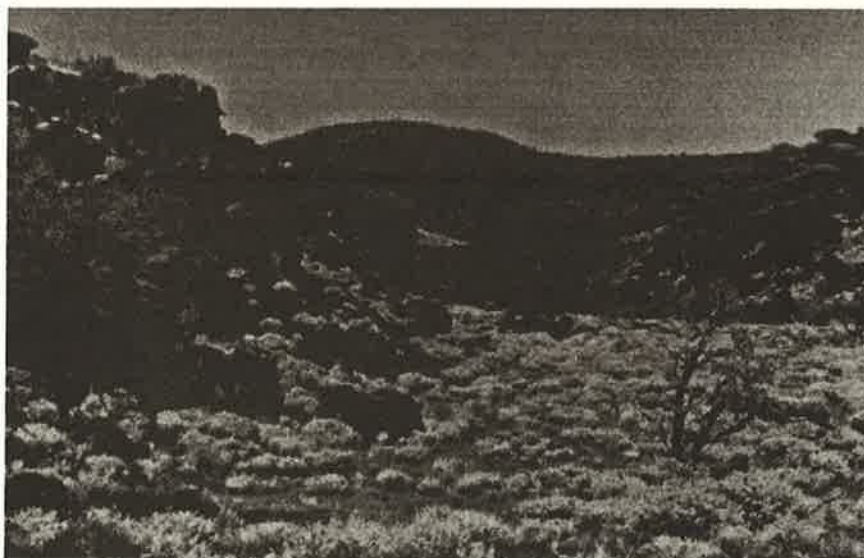


CONTACT



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BATHURST NSW 2795
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Mount Singleton, part of the WRC II course.

SOCIALGAINE REPORTS

STANWELL PARK, 25 November 1995

Co-ordinator's Comments

I really enjoyed the Socialgaine; a great area to explore and a quality team sharing the workload.

A special thankyou to the helpers... Geoff Silburn, George Takacs and Steve Cliffe for course setting. Geoff spent extensive time exploring the southern section of the course, much of which became out-of-bounds when we were denied access. George is the only person to visit all the course. Steve also controlled the event administration. Geoff Bailey and Kate Malfroy organised our no-fuss hashhouse. Other help was willingly delivered by Rod Napier, Kay Gollan, Karen Martin, Steve Harrison, John Keats, Phil Simmons and David Sigley. A special thankyou to Kay for putting up with me.



Who Needs a Café?

Further evidence of the hedonistic nature of NSW rogaining is hereby revealed. Our erstwhile president, Peter Watterson (above) decided to join the cappuccino brigade and, just in case there wasn't a handy café, brought his own machine (a mere \$20 from your local garage sale). It's that shiny space-modular thing

sitting on the Gaz burner, complete with knobs, handles, spouts and all...

Peter's hardy team-mates (below, seated from left, Maurice Ripley, Mark Radcliffe and Greg Storr) were tough enough to wait for the great spot above the waterfall, near #63, and were also generous enough to share some of the Pantone cake with passing rogainers, in this case Mike Burton (standing) and Connie McNamee (behind Mike).

[Even more on this subject on page 7]

North from above Stony Batter Hill. #100 is the rocky outcrop, 220m above Hell Hole beach.

The old railway tunnel, through which we walked under Bald Hill, was indeed closed by State Rail the day after the rogaïne. It was fortunate that George was hanging the flags in the tunnel on the day they were to seal the southern end, and that George was smooth-tongued enough to persuade the one-day postponement. I suggest that #51 in the tunnel is the first legitimate control ever to be totally within an out-of-bounds zone. The trick was that it was 80m *underneath* the OOB.

The diversity and activity on the course ensured interest and surprise. Panoramic views from the clifftops, the cliff-edge pool, ice cream van, two 40+m waterfalls, rainforest streams, the 1 1/2 km railway tunnel, a train trip, canyon, Wishing Tree, beaches and rock platforms, coffee shop, and innumerable iridescent hang-gliders fluttering by.

Only the private land near the conference centre (between #33 and #63), plus the railway tunnel are now inaccessible. So feel free to re-visit the area.

Trevor Gollan



SOCIALGAINE REPORTS

STANWELL PARK, 25 November 1995

We always define a control site, while setting the course, with electrical tape. My habit has been to use red tape though Gareth used green tape with a yellow stripe at Capertee, and that may be more effective, given that red poses a problem for people who are colour blind.

When I set my first rogaine, we fastidiously collected the tape as we hung the flags, to keep the site as neat as possible. Experience has taught us to leave the tape as well as the flag. If someone steals the flag (or eats it, as did the hereford bull at Jaunter) they seem to disregard the tape. We clean up the tape as we collect the flags.

Rule 29 of the official Rules of Rogaining says, in part, that "full points shall be awarded if a team can satisfy the organisers that they have visited the correct site of a misplaced or missing checkpoint". Some of the complexities and frustrations of this have been aired before.

In your case, with the sportsfield at Stanwell Tops, the electrical tape confirmed the correct location of the control. It was a trivial task to satisfy the organisers of your visit, besides which, we know how honest rogainers are and trust your word ... aided by the fact that every second team had reported the flag stolen (incidentally, not reported early enough for us to hang a replacement flag).

Your (difficult) decision is to back your skills and not waste extra time and effort searching.

There was a counter experience at the Socialgaine that should be reported, to assist course setters in the future. The flag for number 101, in Gills Gully, was hung an extra 20m upstream from the electrical tape, because we feared the flag was too visible from the nearby track. A couple of teams reported that it was missing. I didn't appreciate the problem until I collected the flag. Perhaps those teams

On the beach near #32



reached the tape, the flag wasn't there, so they assumed the flag was stolen. That was our mistake.

2. As for the thick bush, my feeble response is "I told you!" In the course-setters notes was the advice "Stay on the tracks when below the 200m contour" followed by the advice that "Leg protection was not necessary (if you followed the previous advice)". I repeated this in the final briefing.

We had originally set a control at the

watercourse junction mid way between 30 and 21, but later decided that the bush was unsavoury and relocated to the easy spot next to the track. So one small consolation I can offer is that you weren't the only ones to tangle with that lantana.

Beyond that, it's difficult to offer any definitive advice. Your route choice would have been quite reasonable in drier terrain. In general, creeks are more likely to be choked with vegetation than spurs. You need to consider all the parameters, and make the right decisions. Good luck!

Trevor Gollan

Put your best hand forward...



Tunnel Vision

Thanks for an excellent rogaine! I've been to Stanwell Tops before but had no idea of how interesting the surrounding area was. The really long walk through the railway tunnel was an unexpected bonus. Looking over your shoulder at the snake of torches following you, you could easily imagine you were at a speleological meet. Too bad the batteries in our torches were half flat and we missed one of the checkpoints ...

The walk/scramble along the coast from Otford Gap to the nudist beach was very worthwhile. We passed a pebbly beach with a healthy stand of sea grass - and nearly passed another checkpoint. In fact that was the only problem with this rogaine - the scenery was so interesting we sometimes forgot to look for the flags.

To top off our outward journey, we passed through some really nice coastal rainforest and climbed to the hundred pointer above Hell Hole. Just as we were punching our control card, a strange noise alerted us to the hang-glider that was swooping down toward us.

This was really the rogaine that had it all! Thanks to the organisers for putting together a truly enjoyable and yet challenging rogaine.

Anthony Dunk

SOCIALGAINЕ RESULTS

STANWELL PARK, 25 November 1995

6-Hour

	Score	Finish	O	M	W	X	V	F	J	SV
Stephen Thompson, Bruce Fenton, Craig & Dan Paull	1360	20:58	1	1						
Ian Dempsey, Mike Hotchkis	1210	21:05	2	2						
Simon George, Jo Parr	1200	20:59	3			1				
Shane Trotter, Debbie Stuart	1170	20:57	4			2				
Rachel Williams, Peter Gordon	1110	20:57	5			3				
Sue Clarke, Ross Barr	1100	20:47	6			4	1			
Kalle Dalin, Daniel Makinen	1080	20:52	7	3					1	
Malcolm Stewart, Mark Burnside	1080	20:53	8	4						
Dave Cullen, Paul Davey	1000	20:50	9	5						
Markus Zarins, Kevin & Laura Power, Aleks Strikis, Steven Lobley	980	20:59	10			5				
John & Val Hodsdon	970	20:25	11			6	2			
Robyn & Fiona Fried	940	20:50	12		1					
David Dash, Peter Tamsett	930	20:52	13	6			3			
Julie Calder, Ryan Dudley	920	20:34	14			7				
Anne Francis, Merv English	910	20:47	15			8				
Heiko, Ken & Mark Schaefer	900	20:09	16	7				1		
Mark Simons, Ailsa MacKenzie, Jason Szozerbanik, Pam Findlay	900	20:32	17			9				
Shaun Dore, Stephen Dettennin	900	20:53	18	8						
Chippy & David le Carpentier	870	20:47	19	9				2		
Peter McConaghy, Anna Clarke, Quentin Smith	870	20:56	20			10				
Peter Charlton, Peter Learoyd	860	20:59	21	10						
Sharon Govenlock, M Chamberlain	850	20:59	22			11				
Geoff Peel, Margaret McColl	800	20:53	23			12				
Peter, Glenn & Ian Meyer	800	20:54	24	11				3		
Carl & Graham Marning	790	20:55	25	12						
Maurice Ripley, Greg Storr, Peter Watterson, Mark Radcliffe	790	20:59	26	13						
Peter & Paul Wherry	780	20:47	27	14				4		
Peter & Stacey Paddon, Predrag Vucetic	760	20:53	28			13				
Chris Stevenson, John Bowles	760	20:53	29	15						
Bradley Newcombe, Jeremy Welbourne	760	20:59	30	16						
Jitka Kopriva, Rollie Burford	730	20:57	31			14	4			
Matthew Tinning, Angela Durie	720	20:26	32			15				
Peter & Bernadette Teasdale	720	20:40	33			16				
Matthew Kortekaas, Karen Boyes, Detric Lam	710	20:44	34			17				
Peter & Dixie Erlandsen	690	20:49	35			18				
Steve & Peter Garlick	690	21:06	36	17				5		
Warren Price, Alison Nicholas, Fiona Lippey	680	20:43	37			19				
Robert Loader, Anthony Dunk	680	20:45	38	18						
Connie McNamee, Michael Burton	680	20:51	39			20				
Andrew Brownlee, Jason Price, Murray Gunn	640	20:53	40	19						
Phillip Allen, Mia Ivanhoe, Wayne Learmouth, Jeff Thurecht	630	20:19	41			21				
Melissa Matheson, William Grant, Tom Thomas	630	20:49	42			22				
Malcolm & Anne Stewart	620	20:45	43			23			1	
Jeff & Greg Welch, Gary Williams	610	20:58	44	20						
Paul & Julie Harvey	600	20:21	45			24				
Bill & Kate Pigram	600	20:40	46			25		6		
Graeme Cooper, Ian Carr	600	20:50	47	21			5			
Mark & John Suters	600	20:59	48	22						
Terry & Yasmin Funk	580	20:39	49		2			7		
Amber Barr, Andrew Hassall	580	20:46	50			26				
Bob, Catherine & Melinda McNairn	580	20:56	51			27		8		
Doug Williamson, Rosemary Saul, Hazel & Dirk Milburn	580	20:59	52			28				
Jennie Neil-Smith, Henry Freiburg	570	20:30	53			29				
Richard Sage, Nihal Danis	570	20:54	54			30				
Gail & Joel Roland	570	20:56	55			31		9		
Geoffrey Sutton, Tim Hebron, Colin Neate	560	20:39	56	23						
Klime & Amanda Zengoski	560	20:53	57			32				
Phil Bates, Owen Tang, Chi-Yu Wong, Michael Kerklaan	560	21:00	58	24						
Gary Brown, Ingrid Coburn, David Cairns	550	20:47	59			33				
Philip Randall, Andrew Warner	550	20:52	60	25						
Karryl-Anne & Simon Suters	550	20:52	61			34				

Dob A Trotter

When Trevor was giving out the prizes he said that a few noble souls, who would normally sprint around the course, had taken it upon themselves to slow down and WALK for the socialgaine, for the benefit of their new team-mates, us lesser mortals, and so that they could stop for an ice cream.

Well we did see Arthur Kingsland walking (and Julia said she enjoyed the event), but we have to tell you that Shane Trotter RAN. We know because he and Debbie kept trotting up behind us wherever we went!

We decided the southern part of the map offered good options (including hidden ones - a great idea for such a long stringy map!), and plenty to do in the middle on the way back. Probably it didn't matter. We knew as we drove DOWN into Stanwell Park, that we'd probably be walking back UP again ... and we were right! What a slog up to 60 and on to 42. But once you were up - what views! The countryside was surprisingly beautiful - sandstone escarpments with little bits of rainforest tucked away in the gullies, excellent rogaining countryside. Things got a little tricky around 102 at dusk, but with a little luck we regained control and headed for the road.

The way down from Bald Hill was precipitous, especially when you couldn't find the path in the dark! We saw cars in the gloom at the bottom and thought that they must be on the road. But no, it was where the stolen ones, which had been rolled off the top, came to rest in thick bushes! We cursed our way through the thick undergrowth crawling through the lantana until we peered over a cliff onto the control. We had spiked #28, but we were on top of the tunnel portal and it was at the bottom! After that little episode anything was possible - even running along the beach seemed bearable!

The event was very sociable. There was even a steam train laid on across the viaduct! We like the idea of starting a 6 hour event at 3pm. It means that you can have a pleasant evening back at the hash house. It would be nice to be somewhere you could camp though. Driving back through Sydney late that night was not fun. Thanks to the organisers for a great SOCIALgaine!

Jo Parr

Keep Your Long Pants On

Although it wasn't surprising, knowing the geography of the area (everything is up from Stanwell Beach), I thought that it was moderately rough going (at least where we roamed) for a socialgaine. Not a Saturday evening amble, anyway.

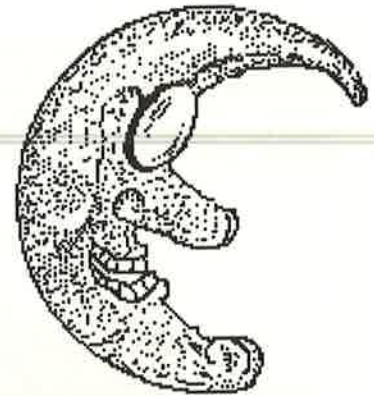
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SOCIALGAINES RESULTS

STANWELL PARK, 25 November 1995

	Score	Finish	O	M	W	X	V	F	J	SV
Melanie Mill, Helle & Gary Margetson,	540	20:35	62			35				
Stephen Castle, Julie Hystek										
Sue Byleveld, Erik Thorvaldson	530	20:38	63			36				
Steve & Sarah Lloyd	520	20:17	64			37		10		
Brian & Susan Pearson, Pamela O'Harae	510	20:12	65			38				
Rosemary Austen, Benita & Anthea Kearney	510	20:52	66		3					
Bill Gribble & Leslie Steinhaus	500	20:28	67	26			6			
Rohan Prowse, Bruce Dawkins, Liz Baker	500	20:50	68			39				
Debbie Hotchkis, Bev Giles	500	20:57	69		4		7			
Mark & Yoke Feng Woodley	490	20:02	70			40				
Arthur Kingsland, Julia Smith	480	20:40	71			41				
Julie & Peter Gray, Bronwyn Monahan	460	19:43	72			42				
Roz Atkins, Frances Phillips, Chris McHarg	450	20:59	73			43		10		
Alan, Karen & Gavin Glozier	440	19:56	74			44		11		
Jenny, David, Ben & Peter Scobie	440	20:35	75			45		12		
Marian, Nick & Claire Coppins	440	20:35	76			46		13		
Jonathan & Benjamin D'Arcy	440	20:39	77	27		47		14		
Renate, David, Emma & Thomas Griffith	420	20:12	78			47		15		
Will & Christina D'Arcy, Jenny Peet, Denis Cummins	410	20:14	79			48				
Rachel & Simon Eagleton	410	20:54	80			49				
Sue & Peter le Carpentier	400	21:51	81			50		16		
Alan, Tania, Raymond & Chani Barrett	390	18:52	82			51		17		
Anne, Anthony, Matthew & Bernard Goonan, Colin & Sarah Williams	390	20:43	83			52		18		
Don & Amanda Johnstone	410	20:54	84			53				
Malcolm & Margaret Hughes	370	19:52	85			54	8			
David Stone, Darryn Fox, John Forrest	370		86	28						
Sharon Tan, Bobby Sattler, Bruce Mills	360	19:54	87			55				
Maureen & Kathleen Cavill, Patricia & Michael Vettoretti	350	21:16	88			56		19		
Roger, Helen, Joshua & Alaric Lewis	340	20:45	89			57		20		
David & James McFarlane, Janette Quinn, Jocelyn Rickard	340	20:59	90			58				
Phillipa Amery, Kerry Gilmore	310	20:34	91		5					
Lisa Lampe & Mark Wright	260	19:15	92			59				
Julian, Akiko, Selena & Luke Ledger	160	18:43	93			60		21		
Russell Cail, Steven Hooper	160	21:29	94	29			9			

Categories: Open, Men, Women, miXed, Veteran Men, Veteran Women, Veteran miXed, Juniors, Family



(... from previous page)

I ignored the advice that leg coverings were not necessary, and it was a good thing. Why do you say that? You never know where people might end up - and we didn't bush bash! The legs were preserved, and there were only a few scratches on the arms. (I can recall a previous event after which I had an atrocious case of rogainer's mosaic legs!)

The tunnel was interesting (eerie) and I'm glad we got to go in there before the end was closed. I believe that #31's positioning was a bit sus, but I'll leave that one with you.

Overall, a very enjoyable afternoon and beautiful scenery, never before experienced, only a short drive from home.

Julie Gray

LETTERS TO THE EDITOR



Cappuccino Conspiracy

I would like to comment on a trend that seems to have been developing during the 1995 rogaine season ... the emergence of the Cappuccino rogainer (see the previous Rogaining Newsletter for an article on their classification and another containing a confession of a Cappuccino rogainer). I am troubled by the behaviour of this small café society element (we know who you are) and how they are tarnishing the heroic reputation of the Rogaining Association. Over the years, rogainers have justly earned the distinction of being the bushwalker's bushwalker. A person that could endure wild weather, insidious insects, monstrous mountains, venomous vipers or clandestine controls. Now concessions are being made where a rogainer's greatest ordeal may be to endure cafés bereft of Belgium chocolates, the lack of lattes or erratic air-

conditioning. These changes are compromising the ideals of rogaining.

I must say that I was heartened by the recent Socialgaine briefing. Reports of leeches, ticks and death adders made me imagine that this was going to be a rogaine like those I fondly, and yet painfully, remember.

However my optimism was dashed when I discovered the Mr Whippy and Cappuccino controls! You could even catch the train if it was too far to walk!

Even the names of rogaines seem to be subtly changing, ie. Metrogaine, Socialgaine, Upside-down-Rogaine. What happened to the event names like The Paralyser, Abandon-all-hope, The Tormentor, Hell-on-Earth? What should we expect next, the Tim Tam Rogaine sponsored by Nescafe? Possibly Cafe bars at controls? Maybe a few comfy chairs as well?

Why in my day, rogaines were hard, painful and shattering experiences. Can you think of any other sport where you can find yourself alone, hungry and 1st in the dark (I don't like to use the "L" word). 300m up a 600m ridge, being soaked by frigid rain? Hands up those who have proudly displayed lacerated legs at work the Monday following a rogaine.

Some would call this masochistic, I would call it character building.

I've been on rogaines where the leeches have been so large that they dangled from my body like mobile phones, where the bush has been so thick that it has hidden several crashed WWII bombers and where the only food I carried during a Himalayan event was a single

Mars bar. Tell that to a Cappuccino rogainer today and they won't believe you!

Ray Ving-Luney

Bad News For Masochists: It Doesn't Have To Hurt!

It's Monday. Covered 70km at the weekend in a 24-hour rogaine. No-one at work commented today, because I have been walking around like normal, no limping, no gingerly stepping up and down the stairs! Okay, I'm not going for a run today, but then I don't go every day anyway. Tomorrow I have my weekly tennis game and on Wednesday a regular run -- should be no problem.

Does this sound a little unreal or unfamiliar to you? Do you cancel all physical activities for a week after every rogaine? Do you eat sandwiches at your desk on Monday to avoid walking to the canteen? Well, read on. That pleasant feeling of total physical exhaustion which comes over you on Sunday evening: it doesn't need to be marred by the raw burning sensation of having blisters on your feet!

I believe the answer is to wear a good solid pair of comfortable boots. I don't see many other rogainers wearing them. When I was a young lad being initiated into the rigours of walking in the Scottish Highlands, it was impressed on us all that boots were indispensable, for the following reasons: (i) a much more sure grip on rock, loose stones, wet

SOCIALGAINERS RESULTS

STANWELL PARK, 25 November 1995

grass etc. (ii) protection from ankle sprains; (iii) protection of the soles of the feet and ankles from sharp stones etc.; and (iv) warm and maybe dry. The Scottish mountain rescue would leave you to crawl home if they found you wearing shoes -- the accident would have been considered your own fault!



The same logic applies to rogaines. A basic problem with running shoes is that your feet can move around in them, even if they are the correct size and correctly laced. This doesn't matter on a two-hour run. But after many hours, combined perhaps with wet socks, the constant movement causes blisters and bruises the toes. Yes, you know the feeling. Boots have much stronger uppers and provided they are the correct size, they should neither squash your feet nor allow any movement. As with shoes, it is necessary to adjust the lacing and your socks at times for maximum comfort.

In the last 15 years walking boots have changed beyond recognition, making them a much more attractive option; they are well padded and comfortable, and don't have to be broken in like the old leather boots of my earlier years. I have two pairs: a light pair for short events, which with the addition of sorbothane in-soles are fine for running (I have used them orienteering and for bush runs) and a medium weight pair which I use for 12 and 24-hour rogaines.

At the 1994 Oz Champs it was hot so I opted for old running shoes. After hopping over 1001 fences my feet were pretty sore, so when we visited the hash house I changed to boots -- it was like putting on a new pair of feet. The advocates of the 'disposable' rogainer shoe (KT26's) must be resigned to sore feet or else they're just good old fashioned masochists. Boots may cost three times as much but they save your feet and last much longer. My medium weight pair are still as good as new after several intensive events -- and so are my feet!

AND ANOTHER SUBJECT I FEEL STRONGLY ABOUT

Yes, age classes. Veterans are among the top place-getters at every event. Aren't veterans supposed to be past it? And isn't "veteran" an odd choice of word? War veterans are people who have given up going to war. They don't go out and have separate wars with veterans from other countries. Veterans class creates a problem for the likes of me, trying to find a partner: 'Love to, Mike, only I was hoping to win the Vets this year!' Let's scrap vets classes. We could introduce a new class OD (Old and Decrepit); no age limit, just let people tick that box if they feel like it, and give them walking frames as prizes!

Mike Hotchkis (<40)

Gudgenby Scramble

[Marnie Holmes reports on the ACT 12-hour, October 1995]

As we drove up the valley towards the site of the rogaïne, Netta and I remembered the last event that we had done in the area. One of our most vivid memories was that of pushing up through very thick bush in a creek. We would keep that in mind this time, we said, and stay out of the scrubby creeks. We planned an ambitious route that would net us most controls by 2am or give us 8km to run in the last hour! We revised our plans for the first time. And during each hour of the event we revised again to cut out another checkpoint or five!

From #10 we pushed through the brush to the track. It was a bad decision. However the pleasant stroll through 31, 46, 64 and 40 started to lull us into a false purr of enjoyment. As we sloshed through Nursery Swamp we could see the main kangaroo tracks through the tussocky grass. Half an hour later they were indistinct with a series of rogainer tracks criss-crossing in all directions.

As we approached #53 by tightrope walking over the top of some scrubby bush, we noticed that it was actually an unusual Grevillea. Netta slipped a crushed twig in her pack so she could identify it when she got home. As we left #53 we spoke briefly with a team that reported they had just taken an hour to travel the #80-#53 leg. Well, we thought confidently, it won't take us that long... Oh foolish thought! By the time we pushed and scrambled and lurched our way along the ridge to #80 we were intimately acquainted with the Grevillea and many other species of impenetrable native barrier as well.

From #80 to #32 a men's team tumbled down the steep slope ahead of us. We judged our own route from the shouts and groans that filtered up to us from their passage. We avoided the rocks that caused the loudest of shouts and teutonic exclamations! They reported seeing a snake but most wildlife would have had plenty of time to make away before our coming. Not so the furious bull-ant that latched its inch-long red body to my finger and wouldn't let go. Ten days later my finger was still swollen to twice its normal size!

When we got to the campground beside the river, the tents and barbeques of the campers were very tempting. We were very short of water and decided to risk the water in the tank that was labelled "Boil before use". Dehydration was a more imminent threat.

Then we headed up the fenceline on the boundary of the National Park and the pleasurable part of the event began. It was very steep, unrelentingly so for more than 400 vertical metres, but all we had to do was put one foot after the other. We didn't have to push and lurch and scramble and struggle.

We watched the moon rise silver in the east as the last glow of the sunset faded gold in the west. The navigation of the next several hours was a doddle - put one hand on the fence and walk.

We had gradually pared our course down to return to the HH from #36 - we were tired and

beginning to run close to time. What a long long way down that winding 4WD track it was - legs turning to jelly and heels scrabbling for grip on the small round stones that tended to roll under our feet.

#17, which we punched without even turning on our torches, seemed difficult for another team that was fighting with blackberries only twenty metres away along the creek.

On the road, with our heads definitely turned for home we met up with several other teams, shared our thoughts of the thick southwest, agreed that the map was large enough to have suited a 24-hour event and the weather would have been perfect for it too. But we were looking forward to some hot food and plenty to drink.

Across the open farmland towards #15, we carefully counted the creeks and gullies, then spent a frustrating 20 minutes scouring the hillside for the control. Where we were just didn't feel right, but logic meant that the flag HAD to be there. When we gave up and set off down the road we suddenly realised just how geographically ambushed we had been.

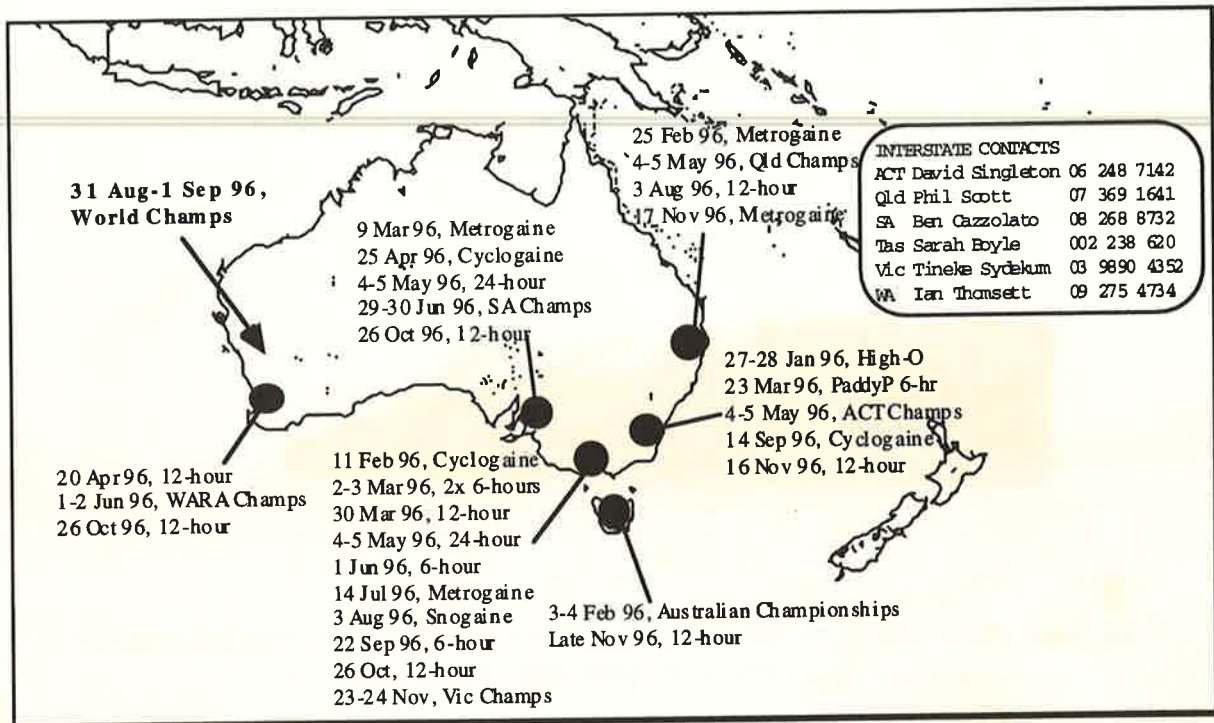
Time was short so we lengthened our stride and, when a team of lean runners in O-pants passed us at a jog, we felt brave enough to attempt a shuffle run which used different muscles and lifted the weight off the blisters on our heels - hey, we realised, it felt GREAT to run! What a shame the HH was so close.

Thank you to the organisers for a well run event and to the caterers for the food. I hope we'll be able to see more of the Namadji National Park in another event again soon.

Marnie Holmes



BEYOND NEW SOUTH WALES...



MEMBERSHIP 1996

Membership fees are now due. You must be a member of a rogaining association to participate in rogaines, and you ought to be a member in order to keep receiving this newsletter, the sure way to know about upcoming rogaines. The address label for this newsletter indicates your current membership status. If the letter in the top right corner is:-

- "F" then you are 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.

New members who paid their \$10 at the Socialgaine automatically receive 1996 membership.



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)

..... (hm/phone) (wk/phone) (fax/e-mail)

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

37 16 11 91
40 Nunda Rd
Wangi Wangi NSW 2267

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: _____
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