

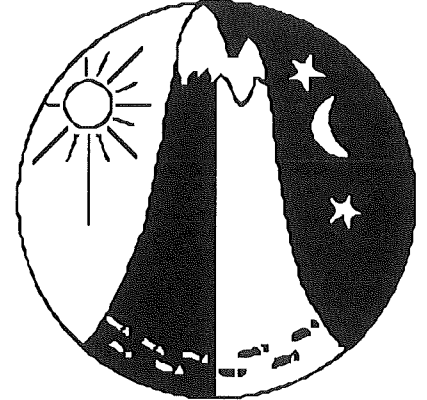
NSW ROGAINING NEWSLETTER

NUMBER 56

FEBRUARY 1996

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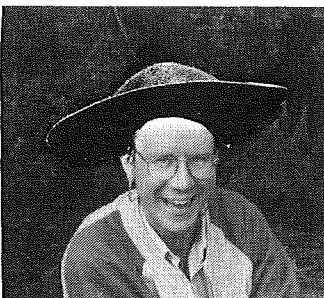


PRESIDENTIAL SEX MUTILATION

[Good, now that I have your attention, all ears open and mouths shut. Your President is about to speak...]

The NSWRA Annual General Meeting will be held at 7 pm, Saturday 9th March at the Hash House for the Upside-Down Event. The primary agenda item is to elect a committee for 1996. If you would like to volunteer or nominate someone for a position as listed at the bottom of this page (including back-bench committee members) please call or post me beforehand or just front up. Most existing members have indicated that they won't mind serving again but some would happily step back for enthusiastic new blood. People especially needed are: someone with artistic or journalistic flair to help with publicity; and someone to act as equipment officer and look after our trailer. If you want to attend the meeting but not the event, call the organisers for its location.

On your behalf, let me thank those on the 1995 committee who were in a portfolio actually requiring some work. Ooroo!



Peter Watterson

WISE GEORGE AT ALBURY

Quite a few NSW rogainers ventured to Albury in mid-November to participate in the Wise George's rogaine, organised by the Albury Wodonga Orienteering Club on the northern side of Lake Hume.

A relay competition was introduced, where the team could interchange team members as often as desired, so long as it was at the hash house. A team of four speedsters, with night and day specialists, managed to just beat the top individual team of David Rowlands, Andy Kromar & Nigel Aylott ... a compliment to the skills of both teams.

Victoria (11 points) defeated NSW/ACT (7 points) in the interstate challenge. Results for the 24-hour, and selected NSW teams in the 6-hour, are reported on page 6.

1996 AUSTRALIAN CHAMPIONSHIPS

The hash house was just near the Cradle mountain turnoff on the Link road at ~800m altitude. The course included Mt Beecroft and parts of the Black Bluff and Bonds ranges as well as the Vale of Belvoir and Lake Lea. Terrain was fairly open, from regrowth logged areas, open grasslands, rainforest through to buttongrass. The buttongrass grows in very thick, lumpy tussocks and is generally very wet, even flowing, between clumps. Nasty on ankles and not really runnable. Neil Smith, who vetted the course, described it at the briefing as "steadily ploddable". The leeches were enjoyed by all, and a few teams had fun with river crossings.

The weather could have been better - it was pretty cold, and misty and raining in the

morning, but it was clear enough for a fair bit of moonlight. The results were interesting ... the two leading teams were a long way clear of the rest, but had only 10 points between them. The total score for the course was about 2300.

Selected results were:

Points	Team	State	Placing
1690	Darryl Smith, Bernard Walker	Tas	1st Men
1680	David Rowlands, Nigel Aylott	Vic	2nd
1370	Ron Weibrecht, Glen Bridgart	Vic	3rd
1330	Andrew McComb, Peter McComb	SA	4th
1310	Patrick Killalea, Andrew Grimes	Tas	5th
1300	Mike Hotchkis, Walter Kelemann	NSW/Qld	6th
1240	Jeff Butt, Sarah Boyle	Tas	8th, 1st Mixed
1210	Allan Woodbury, Alex Tarr	Tas/Vic	9th, 1st Vet
1100	Anthony Darr, Shane Trotter	NSW	14th
1020	Ian Cameron, Sue Kurlle	NSW	16th, 3rd Mixed, 1st Mixed Vet
910	Kelly Paynter, Naomi Jarman	Tas	22nd, 1st Women
470	Alf Britton, Bert van Netten	NSW	49th
410	Peter Gordon, Rachel Williams	NSW	55th
220	Sally Coltheart, Debbie Hotchkis, Gillian Miller	Tas/NSW	63rd

Darryl Smith and Bernard Walker are orienteers and local rogaine stars, having won most (not all) of the local rogaines. As far as I know, they've not competed in rogaines outside the state. The winners of the Womens and Mixed are all bushwalkers. The Mens and Mixed winners were from Hobart, the Womens from Launceston.

Rogaining in Tassie (apart from a one-off years ago) has been going for about four years. We finally formed a state association at the end of '95 (Rogaining Tasmania), initially to host the Auschamps but also to encourage the growth of the sport. We hope to hold two events a year.

James Watson
(Aus Champs coursesetter)

NSWRA COMMITTEE

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	Anne Francis	62A Delmar Pde, DEE WHY 2099	02 982 4836	
	David Sigley	34 Howard Rd, PADSTOW 2211	02 773 0868	
	Debbie Cox	7/104 Pacific Pde, DEE WHY 2099	02 981 1795	

COMING EVENTS...

DATE	EVENT	CO-ORDINATOR	COURSESETTER	ADMINISTRATION	HASHHOUSE
10 Mar 96	Upside-Downgaine Lithgow-Bathurst	Tony Maloney 02 499 2369	Sue Clarke 02 816 2508 John Le Carpentier	Graeme Cooper 067 72 3584 Rowan Wiltshire	John Keats
24 Mar 96	ACT Paddy Pallin South of Canberra	Ian Booth 06 248 0133			
28 Apr 96	Metrogaine Sydney South	Lindsay Young 02 525 6403	Mark Hill	George Collins 02 521 4342	Caringbah Scouts
4-5 May	ACT Championships South of Canberra	Paul Fischer 06 253 2318			
16 Jun 96	6-hour Paddy Pallin Sydney-Newcastle	Stephen Castle 02 557 7101			
29-30 Jun 96	Nav96 Blue Mountains	John Tonitto 02 258 4108			
3-4 Aug 96	24-hour Nowra-Batemans Bay	Trevor Gollan 042 26 5544	Geoff Silburn Steve Cliffe		
31-Aug-1 Sep	2nd World Champs West Australia	Ian Thomsett 09 275 4734			
15 Sep 96	ACT Cyclegaine	Mal Leslie 06 247 3873			
28 Sep 96	Lake Macquarie 12-hr Watagan Mntns	Peter Coventry 049 574 386	Albie & Sharon Amott	Peter Coventry 049 574 386	
26-27 Oct 96	NSW Champs Hunter-New England	Graeme Cooper 067 72 3584			
17 Nov 96	ACT 12-hour	Pulford family 06 281 1035			
23 Nov 96	Socialgaine North of Sydney	Simon George 02 487 4287	Joanna Parr		

«NOTE: date for Socialgaine has changed since last newsletter (from 24 Nov.)»



UPSIDE-DOWN 9 March

In order to whet your appetite, let me point out that the pub on the map near the Hash House just happens to close at the start (midnight) and re-open as the event finishes, so there is no excuse for not going out for the full 12 hours. Then again that might be the wrong sort of w(h)etting?

And if I say a river is waist deep, I guess no-one should get any wetter than that, although we are trying to discourage that route choice! There will be lots of checkpoints in the flatish State Forest nearest the HH (and pub) for those who don't want to stray too far, and some nice challenging country for those who do.

Sue Clarke



ACT Paddy Pallin 24 March

The ACT Paddy Pallin 6-Hour Rogaine is to be held less than 30 minutes drive south of Canberra on Sunday 24 March. The area is a mix of rugged bush (near Canberra's water catchment areas), eucalyptus forest, pine plantations, monumental rock formations and the occasional wonderful view. All NSWRA members are welcome. The entry form is distributed with this newsletter.

Enquiries to Ian Booth (06) 248 0133.



METROGAINE 28 April

The 1996 Metrogaine promises to be an exciting event and good fun too, catering to all levels of competitiveness. This is achieved by having a large enough course that the top runners will have to plan their route very carefully for maximum points. It is highly unlikely that any team will complete the whole course. There will be a good selection of controls relatively close to the HH with about 6

different controls to choose from at the start. This should disperse the expected 350 competitors fairly quickly.

The course takes in some of the prettiest parts of the Sutherland Shire, with beaches, the Hacking River and parkland being major features. As a variation on previous years, there will be a number of controls with flags and punches. We expect that there will be many teams who have never rogained before so it should give them a little taste of what the traditional events are like. Entries close 15th April.

Feel free to tune in to the WWW page <http://www.dap.csiro.au/~ljj/> for updates on Metro-g 96.

Lindsay Young



WRC II 31 Aug-1 Sept

The entry form for the 2nd World Rogaining Championships is attached to this newsletter.

The NSWRA committee has decided to pay entry fees for all NSW participants at WRC II, and would like to reduce the travel costs by organising a group booking if possible. So we need to know how many people are contemplating the trip. You should send your WRC entry to the West Australians and advise (a.s.a.p.) Peter Watterson or Marnie Holmes of your interest in the group travel. Your entry fee will be reimbursed after the event.

Julian identified travel options in Newsletter #54, page 3. The cost for a return air flight was \$529-\$644, though you can obviously spend more!

The picture of Mount Singleton in the last newsletter failed, unfortunately, to convey the intended image, but perhaps you can peruse the slide-show yourself on the WARA World Wide Web site at <http://scorpion.cowan.edu.au/wara/wrcii.html>.

JENNIFER'S FIRST ROGAINE

[In recent newsletters there has been a couple of references to the Victorian 12-hour at Clonbinane in May 1983, because it holds the record for the most participants at a rogaïne ... nearly 650.]

I remember Clonbinane well. It was my first rogaïne. To say the least I was a reluctant starter. I belonged to a bushwalking club and more and more of the members had been enticed into entering rogaines. I listened to their stories of spending hours in the dark in vegetation choked creekbeds and thanked my good sense that I had not gone too.

However, one of these mad rogainers actually worked in the same library as I did. He managed to persuade the boyfriend (another member of staff to enter the Clonbinane event. The question then was, what would Sue, the girlfriend, do for 12 hours on Saturday. (It was a 12 hour event not 24 hour, I still have the map.) I was targeted as a suitable partner. After some pressure had been applied I agreed but only on condition that we wouldn't run and we would be back at the hash house by dark.

It seemed as though we were not meant to go to the event. A car came through a red light and hit us before we had even left the Melbourne suburbs. We caught a taxi after seeing my car towed away to get another car to travel up the Hume Highway to Clonbinane. We saw the other 600 for the first and only time as we arrived at the hash right on midday. Fortunately the map was pre-marked, a very rare event in those days, so it was not long before we were out on the course. We soon had our first checkpoint and the rest as they say is history. In fact it was not long before Saturday rosters became quite a problem at Frankston City Library when there was a rogaïne being held, so many staff got hooked on the sport

Jennifer Borrell

PS. We did stay out after dark.

FIRST AID - ANKLE SPRAINS

Sprains are caused when tendons or ligaments are torn or ripped off their bony attachments. Tendons are the muscle attachments to bone. Ligaments hold bony joints together and have some elasticity. ("Strains" occur when a muscle is overstretched, resulting in a sore, tender muscle with no joint instability.)

There are large ligaments on both sides of the ankle - the medial and lateral ligaments - preventing the ankle from rolling inwards or outwards. These are the most commonly injured ankle ligaments. The injury occurs when the joint is stretched too far inwards or outwards. Usually the injury is not severe. The worst scenario is severe damage leading to suspicion of a fracture, which is often associated with ligament damage on both sides of the ankle.

The sprain will cause pain, swelling and later discolouration, especially if there is considerable small blood vessel damage with internal bleeding (it will never be enough to be life threatening!)

In the ideal situation treatment consists of RICE: Rest, Ice, Compression and Elevation. Not always possible in a rogaine!

Rest and Elevation allow more rapid absorption of blood and swelling. Ice or cold packs applied immediately after the injury reduce haemorrhage and swelling. On the course, you may be able to use a creek or river for this purpose, in a cycle of 20 minutes in and 20 minutes out. This treatment may continue for up to 24 hours. Circumferential **Compression** using an elastic bandage speeds swelling reduction. Movement of, and weight-bearing on, the ankle will only speed healing when the primary swelling and haemorrhage have subsided and healing has already begun spontaneously.

So, you are in the middle of a rogaine and you sprain your ankle...! In mild cases you may feel like continuing - only the

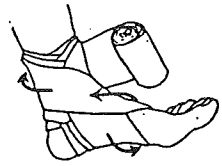
casualty can judge the level of her/his agony! The severity of the pain caused by a fractured bone would usually preclude one's ability to weight-bear.

A walking boot with a high cuff is supportive to an injured ankle, but a jogging shoe is definitely not. In the interests of continuing, it would be best to remove the shoe quickly before swelling commences (within minutes!) and to apply a firm figure-of-eight bandage with the foot held perpendicular to the leg. Then replace the shoe.

The bandage should **not** be so firm as to cut off circulation. If the foot feels numb, cold and useless the bandage is too tight. This figure-of-eight can also be made from 5-8cm wide Elastoplast strapping for more permanence. By continuing to use the ankle, healing will be delayed and obviously the ankle, being less stable than normal, will be susceptible to further damage.

If waiting for stretcher help, use elevation, cold therapy if possible and medication for pain (ie. panadol, panadeine). Apply RICE principles fully as soon as possible.

The swelling, bruising and tenderness of a badly sprained ankle can often take 7-10 days to settle down. The leg should be elevated whenever possible



Annie Whybourne
[from QRA Newsletter, August 1995]

DON'T GET OFF THE BEATEN TRACK

Services

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

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

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



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
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WARWICK'S FIRST ROGAINE

[The following is an article that Warwick Marsden penned after his first rogaïne, the 1985 NSW Championships at Howes Valley. It details a significant event in Warwick's life, to be explained later...]

As I have been orienteering for a few years and bushwalking off and on as long as I can remember, I knew that it was only a matter of time before I tried rogaïne. So when Andrew asked if I'd like to form a team for the NSW Rogaining Championships I replied, "Why not?"

I wondered what I was getting myself into as I drove up the Putty Road towards Howes Valley with the window wipers beating away. The assembly point, known in rogaïne as the "Hash House", was an old hall, which by the time I arrived was a hive of activity. I greeted a girl I knew from orienteering who told me that a 24-hour rogaïne left you feeling like you'd run a marathon. Thanks!

My two partners (conveniently both named Andrew so they'll be indistinguishable) arrived so we went into the Hash House to register. The scene was one of organised chaos! All participants were given a map and a list of 40 checkpoints each having a six-digit map reference, feature description and points value between 10 and 60. The more difficult the location and

navigation required to reach a checkpoint, the higher its points value.

The maps were then being sealed in plastic bags or covered with clear Contact, the latter appearing to be a ritual for most rogaïners. One guy seemed to be short of Contact so he cut his map into a strange shape to suit the amount of Contact he had.

Then it was time to get serious. The aim is to organise your time (24 hours in this case) to obtain as many points as possible. As we were not in the super-fit league, we decided to be "socially competitive" and attack the competition in two stages: from the start (midday) until about 10pm on the eastern side of the Putty Road and then, after a sleep, pick up as many checkpoints as we could on the western side before the finish. The organisers appeared to want people to finish on time as a late penalty of ten points a minute was imposed!

The organisers, whose efforts in arranging such an event cannot be praised too highly, called us all together at 10 minutes to midday to give us our final instructions. As they did, the skies opened up but the thought of spending 24 hours in drenching rain didn't seem to deter anybody. The rain stopped half an hour later, so any worry would have been wasted.

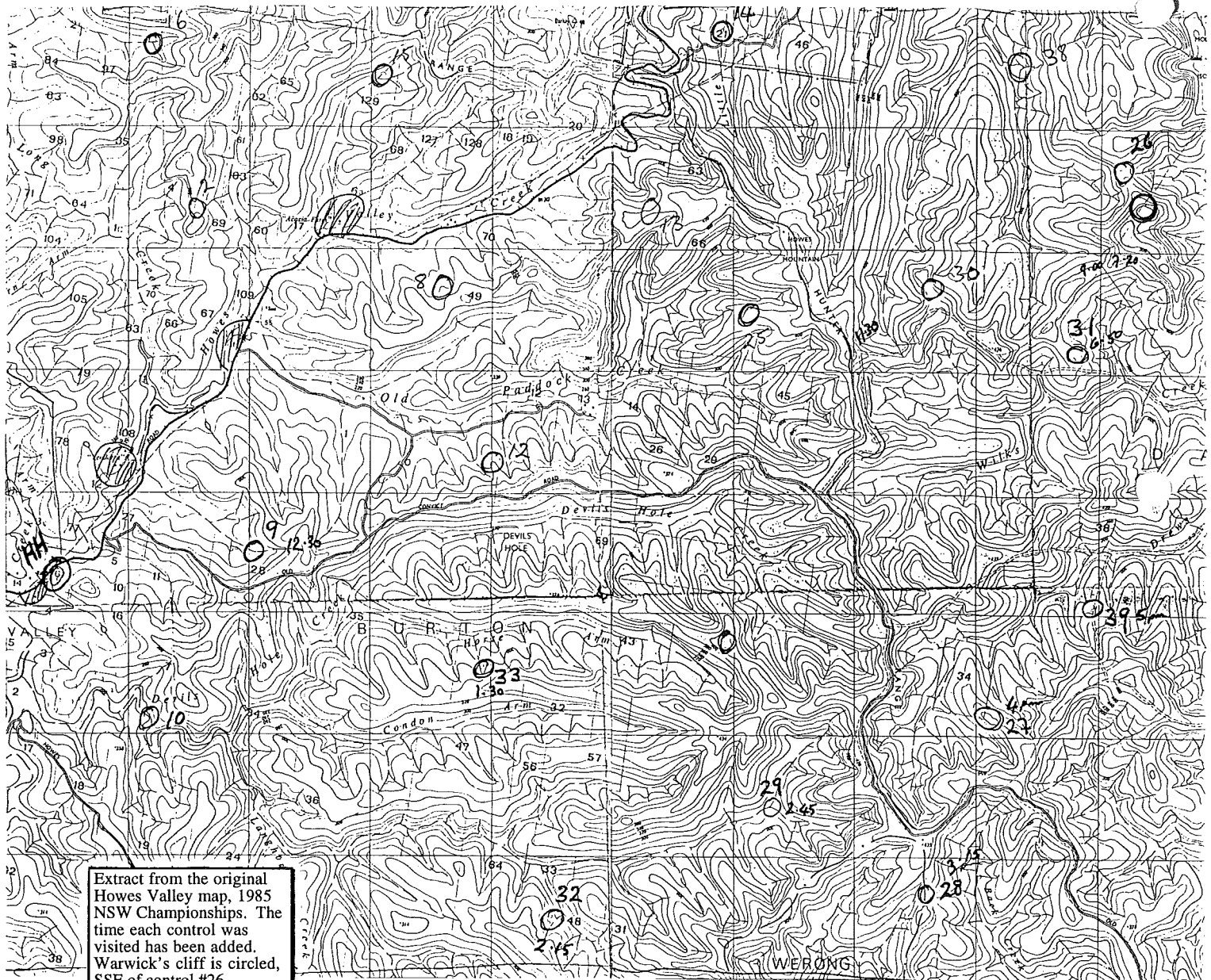
We set off north along the Putty Road

with a number of other teams. We'd figured that if we made good time, we should be able to pick up six or seven of the higher value checkpoints before dark and then, depending on how we were feeling, find a couple more of the harder checkpoints using torches and then perhaps a couple of easier ones on our way back to the Hash House. "The best laid plans of mice and men..."

We left the road and most of the other teams after half a kilometre and followed an open valley to my first rogaïne checkpoint. Number 9, a watercourse, worth 20 points. It all seemed so easy!

The years of orienteering had impaired my ability to use a topographical map, but by the time we reached our third checkpoint I'd become used to correcting for the magnetic deviation again, as well as the smaller scale and lack of detail. However (at least as far as my legs were concerned), it was the change from five-metre contour intervals commonly used in orienteering to the 20-metre ones on the topographical map that required the greatest adjustment.

The going, while steep, had been made quite easy as a result of recent bushfires that had cleared the undergrowth. The wide, flat and dry creekbeds were a blessing at this stage, too. So by three o'clock, thanks largely to excellent navigating by the two



WARWICK'S FIRST ROGAINE

Andrews, we'd found four checkpoints for a total of 160 points.

After the fourth checkpoint the vegetation became very scrubby and navigation more difficult, but we still managed to pick up two more checkpoints (40 points each) in the next hour. The seventh checkpoint was worth 60 points and we felt that we'd earned every point as finding it had required some difficult navigation, with constant checking and re-checking of our position, and a deal of bush bashing.

As the sun began to set we were feeling pretty good with 300 points already and the chance of another 200 or 250 before returning to the Hash House. We made the most of the last throes of daylight before stopping in the pitch darkness for a well-earned rest. In the darkness I began to understand rogainers' preoccupation with having events coincide with a full moon; it has nothing to do with the mental state required to enter a rogaïne. This particular weekend didn't happen to coincide with a full moon!

With the aid of some water purification tablets we drank our fill from one of the still pools in a creek bed, which we were later assured was safe to drink. It had been raining for the past few days, so I'd neglected to bring my water bottle, choosing to rely on a couple of cartons of juice and what I thought would be an abundance of creek water. Fortunately, the others had water bottles which we filled before setting off on our night conquests.

I'd like to say that it was superb navigation that led us to the next checkpoint but, as it appeared unexpectedly out of the darkness, I have to put it down to serendipity. I can still see the orange and white marker, the last we were to find, tied to the geebung tree in the gully. This fortuitous event boosted our confidence even further and with two checkpoints worth a total of 100 points in our sights we climbed onto the ridge that was to be our highway to checkpoint No. 26.

The ridge was typical of sandstone terrain with rocky outcrops and eroded sandstone caps. So far, we hadn't encountered much of this type of terrain as we'd been in creeks and lower areas. We negotiated the first kilometre or so without difficulty but then were faced with a classic route choice: to go up and over a mountain with a climb of 80 metres or go around where the contours were close and where finding the correct spur would be difficult in the dark. After a lengthy discussion we opted for the navigationally easier first route despite the prospect of a sandstone cap.

The cap appeared soon enough but we were able to find a relatively easy way to the top. The vegetation on the top had been burnt out and was in the process of regenerating so we covered the half-a-kilometre to the other end easily, only to be confronted by a much larger drop than the one we'd climbed to get on to the mountain. We searched with great care for a way down for about half-an-hour. Our care in not going too close to the edge probably saved me from becoming a Sunday morning news item when a rock I was using to steady myself came away and I tumbled a few metres or so towards the drop.

After a drink and a break, we decided to get down the way we'd come up. Even that took a long time to find in the dark.

Undaunted by our first significant setback, we continued around the base of the sandstone cap. We noticed, but didn't pay much attention to, a rocky outcrop which appeared in the corner of our torchlight to the left as we followed the cliff on our right. The ground was sloping gently upwards and after ten minutes the cliff faded out and we found ourselves in an open area with vegetation regenerating after a bushfire. We had just successfully climbed back on to the top of the

sandstone cap that we'd had so much trouble getting off!

It was well after 9pm and, given our increasing tiredness and capacity for making mistakes, we decided to return to the Hash House. To do this, we had to follow a ridge three kilometres to a fire trail, and then the fire trail and the Putty Road back to the Hash House.

Looking at the map as I write, I see that the navigation wasn't easy: the ridge took four sharp turns with a number of spurs going off the sides, not to mention a number of small sandstone caps which had to be negotiated. (One of these spurs led a mere 200 metres to a checkpoint, but at this stage we weren't interested!) However, it was our tiredness, compounded I suspect by slight dehydration, that was our big problem. While we had a goal, we'd been able to suppress our tiredness, but once we decided to call it a day, our tiredness became very apparent.

We made very slow progress along the ridge, stopping frequently to check and double check our navigation. Quite subconsciously, two of the team took it in turns to lead and navigate with the third member "resting". As we approached the last turn, only a few hundred metres from the fire trail, Andrew, who was supposedly "resting", caught us up and asked, "What are you guys up to? You just did a 180° turn". We maintained, of course, that we were just checking to see if he was awake, but it did help us to reconcile our position with the map, which we were having trouble doing at the time!

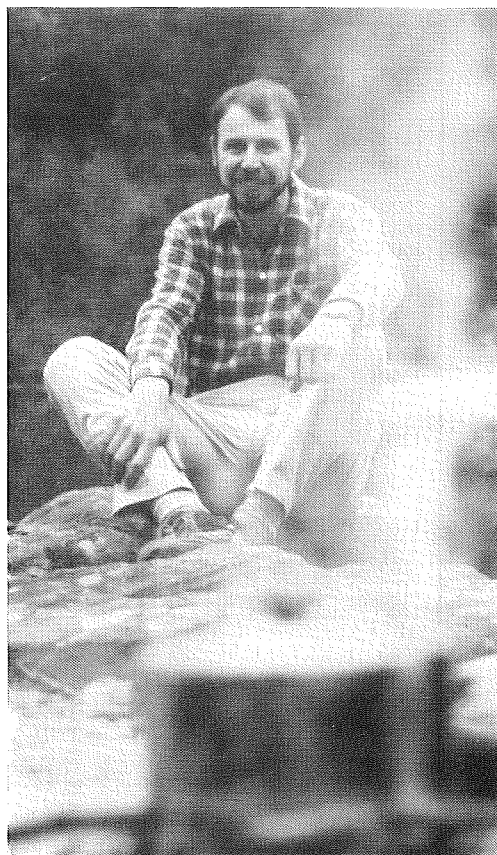
Reaching the fire trail, we had the choice of a 10-kilometre or 14-kilometre walk back to the Hash House. We chose the longer route as there was water available along the way. Detail of the events of the evening faded into anecdotes on the long haul back, but I've been left with the feeling of having achieved something. While I'd enjoyed the seven hours of the rogaïne in which we'd scored an impressive 350 points, I will remember my first rogaïne for the experiences and lessons of the seven-and-a-half hours in which we scored no points.

To those who have had no contact with the outdoors fraternity, the scene at the Hash House (a quiet old hall on the Putty Road) when we arrived at 2:40am would probably seem bizarre, but to three tired rogainers the huge log fire, the warm cheery faces of the organisers and recently returned participants and the endless supply of hot and cold drinks and freshly cooked food (the variety of which would make the menus of many restaurants pale into insignificance), it was like an oasis. Inside, the hall was littered with bodies catching some sleep before heading out the next morning; well over half the teams having returned before midnight.

We surfaced at about seven o'clock to find the Hash House deserted except for the organisers and another team who'd had a rough night. The activities of the previous night had left us stiff (a euphemism for our inability to walk properly), so we decided to get an early start back to Sydney.

Rogaining is one of those activities in which you can choose your own level of involvement and I would certainly recommend it to all bushwalkers who want to improve their navigation skills. Don't be put off by the thought of a 24-hour rogaïne, as there are more civilised three, six and 12-hour events, although to be officially called a rogaïne, I believe an event must be at least 12 hours.

Warwick Marsden



Postscript

By some strange twist of fate, on the 25th May last, I happened to be skimming through a back issue of the rogaïne newsletter and noticed that the Howes Valley rogaïne was held on exactly the same date, ten years previously. Aware of the significance I made an immediate phonecall: "Hello Warwick, what were you doing exactly ten years ago?" It was a pleasant surprise that, with little hesitation, he knew the answer.

It seemed that several of his family and friends were also aware of the significance. Warwick always considered he had had a close call when he fell down that small cliff, aware of the nearby void. And he also felt that Howes Valley 1985 had been a part of his regeneration after a negative period recovering from his first bout with cancer.

After Warwick died on July 15th that distant sandstone cliff was the obvious site to spread his ashes.

So a fortnight after his funeral, on a crystal clear Saturday morning, about 30 friends collected by the Putty Road, where it crosses the Hunter Range, and walked the eight kilometres into the bush, to celebrate Warwick's life, love for the bush, and his friendship.

There is little point in a detailed account of our excursion. Without doubt, the untracked ridgeline from the Hunter Range to Warwick's cliff is rugged and twisty. It is not a trivial navigational exercise in daylight so we were impressed that it had been traversed in darkness.

The cliff is not as threatening in daylight as it would have been in the dark. It does provide a glorious view, especially on that sparkling winter day that we visited, with Mount Isobel in the foreground and the panorama stretching from the Brokenback Range in the east, to Barrington Tops in the north, then Mounts Monundilla, Coriaday & Coricudgy to the west, and Tayan Peak and Gaspers Mountain in the south-west.

Rest in peace Warwick.

Trevor Gollan

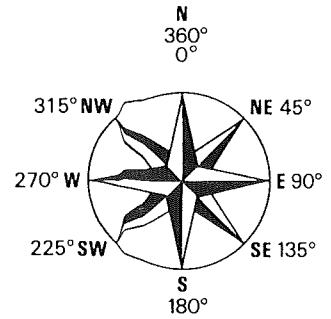
RESULTS: WISE GEORGE'S 24hr/6hr

SCORE	24 HOUR TEAMS	FINISH TIME	STATE	O	M	W	X	MV	WV	XV	N
2420	David Rowlands, Andy Kromar, Nigel Aylott	11.31	Vic	1	1						
2050	Michael Hotchkiss, Walter Kelemann	11.44	NSW/Q	2	2						
1810	Glenn Bridgart, David Jones	11.26	ACT	3	3			1			
1810	Marnie Holmes, Sue Clarke	11.50	NSW	4		1					
1730	Peter Grover, Denise Pike	11.47	Vic	5			1			1	
1690	David Maher, Gerard Secombe	11.00	Vic	6	4						
1630	Marcus Zarins, Kevin Power	11.57	NSW	7	5						
1600	Neville Poustie, Alan Roberts, Daryl Fleay	11.28	Vic	8	6			2			
1600	Rowan Compagnoni, Carlo Botto	11.52	NSW	9	7						
1410	Bob Sayers, Don Sayers, Cliff Smith	11.58	Vic	10	8			3			
1400	Geoff Kelly, Marianne Driver	11.54	Vic	11			2			2	
1390	Patricia Miller, Allan Miller	11.32	Vic	12			3			3	
1350	Cheryl Taylor, Ron Wescott	11.42	Vic	13			4			4	
1280	Bill Keating, Peter Franks, Jerry Keating	10.21	ACT	14	9						
1280	Dick Mountstephens, Ian Rannard	11.57	NSW	15	10			4			
1270	Peter Cole, Doug Ferres	11.41	Vic	16	11						
1220	Peter Earlandson, Don Johnstone, Anton Kapel	11.53	NSW	17	12						
1180	Phillip Holman, Simon Treadwell, Geoff Mackay	11.41	Vic	18	13						
1160	Bruce Chessman, Carl Chessman	11.27	NSW	19	14						
1100	Robert East, Rod Clarke	11.29	Vic	20	15						
1100	Paul Carroll, Graham Anderson, Graeme Hellyer	11.46	Vic	21	16						
1080	Ivana Cicchelli, Cora Wolswinkel	11.49	Vic	22		2					
1070	Bruce Fenton, Steve Thompson, Peter Paddon	11.30	NSW	23	17						
1040	Alan Clarke, Gina Hopkins	11.26	Vic	24			5			5	
950	Jopie Bodegraven, Jennifer Ann Flood	11.46	Vic	25			6			6	
860	Andrew Selby-Smith, Mark Rewi	11.32	Vic	26	18						1
860	Richard Sage, Nihal Danis	11.57	NSW	27			7				
830	John Sheahan, Jenny Sheahan	11.41	Vic	28			8				7
830	Steve Garlick, Rosemary Austen, P Garlick	11.56	NSW	29			9				
810	Helen Alexander, Jim Alexander	11.54	Vic	30			10				8
800	Miha Pakusch, Neil Hooke	12.02	Vic	31			11				
790	Trevor Wilson, Shao-shan Zheng	3.00	Vic	32	19						
770	Anne Williams, David Scott	11.33	Vic	33			12				
770	Kristina Sands, Karen Edwards	11.53	ACT	34		3					
730	Chris Solnordal, Andrew Maxwell	11.48	Vic	35	20						
700	Tom Robertson, Stephen Muller	10.48	NSW	36	21						
660	Frances Phillips, Roslyn Atkins, Renatta Griffith, Helen Atkins	11.42	NSW	37	4						
630	Christina Harry, Philip Mcaleese	11.48	Vic	38			13				2
620	Dale Ann Gordon, Judy Swan	11.28	Vic	39	5				1		
590	Leanne Haupt, Kim Hazeldine	10.53	Vic	40	6						
570	Hugh Saddler, Roger Stuart	7.11	ACT	41	22			5			
550	Catherine Weir, Margaret Page	11.11	Vic	42	7				2		
500	Joy Robertson, Rodney Robertson	9.50	Vic	43	14						
470	David Mitchell, John Dawson		Vic	44	23						
470	John Keats, Ian Payne	0.02	NSW	45	24			6			
450	Lisa Hannan, Tim Hannan	6.47	Vic	46			15				
440	Gavin Owen, Chris Browning	11.51	ACT	47	25						
410	Gary Kuss, Patti Kuss, Valerie Vandersay	10.26	Vic	48			16				
410	Aris Wolswinkel, Aletta Wolswinkel	11.09	Vic	49			17				9
370	Caroline Perrett, Tracey Brough	5.35	Vic	50	8						
340	Steven Wild, Jennene Wild	12.25	Vic	51			18				
320	Vuong Pham, Chris Hughes	11.05	Vic	52	26						
290	Dan Rowley, Debra Rowley	11.50	Vic	53			19				
270	Lex Johnson, Greg Johnson	8.04	Vic	54	27						
140	Liam Hammer, Erica Johnon, Natalie Reid, Michael Hammer, Jeremy Sinclair	10.48	Vic	55			20				
140	Jenny Fox, Naomi Gruneklee, Rebecca Nolan, Sineaid Hammer	10.48	Vic	56	9						
140	Rory Hammer, Mathew Goldthorpe, Glen Smayle, Brett Robinson	10.48	Vic	57	28						

SCORE	NSW 6 HOUR TEAMS	FINISH TIME	STATE	O	M	W	X	MV	WV	XV	N
550	Grant Smith, Rose Palmer	5.30	Vic	1			1				
550	Rick Armstrong, Jacinta Armstrong, Peter Taitoko	5.48	NSW	2			2				1
290	Malcolm Hughes, Margaret Hughes	5.25	NSW	9			8			4	
270	Ben Dynan, Neil Kelly	6.04	NSW	11	2						2
220	Scott Johnston, James Murray, Sam Murray	6.00	NSW	16	4						4
30	Emma Fogharty, Linda Groover	5.07	NSW	21	3						
0	Betty Carrason, Jane Sutherland	6.11	NSW	22	4				2		

BASIC NAVIGATION

(extracted from "Map Reading Guide", published by Central Mapping Authority, 1984)



BEARINGS

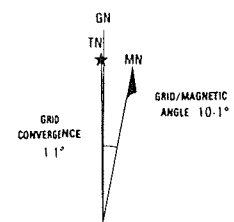
Direction Finding

TRUE NORTH is the direction towards the Earth's geographic North Pole.

GRID NORTH is the direction of all the vertical grid lines on a topographical map. Grid north (and not True North) is normally used as the reference direction for the measurement of bearings (i.e. grid bearings) on a map. (The angular difference between Grid North and True North varies across the country but on maps with the Australian Map Grid it is always less than 2°).

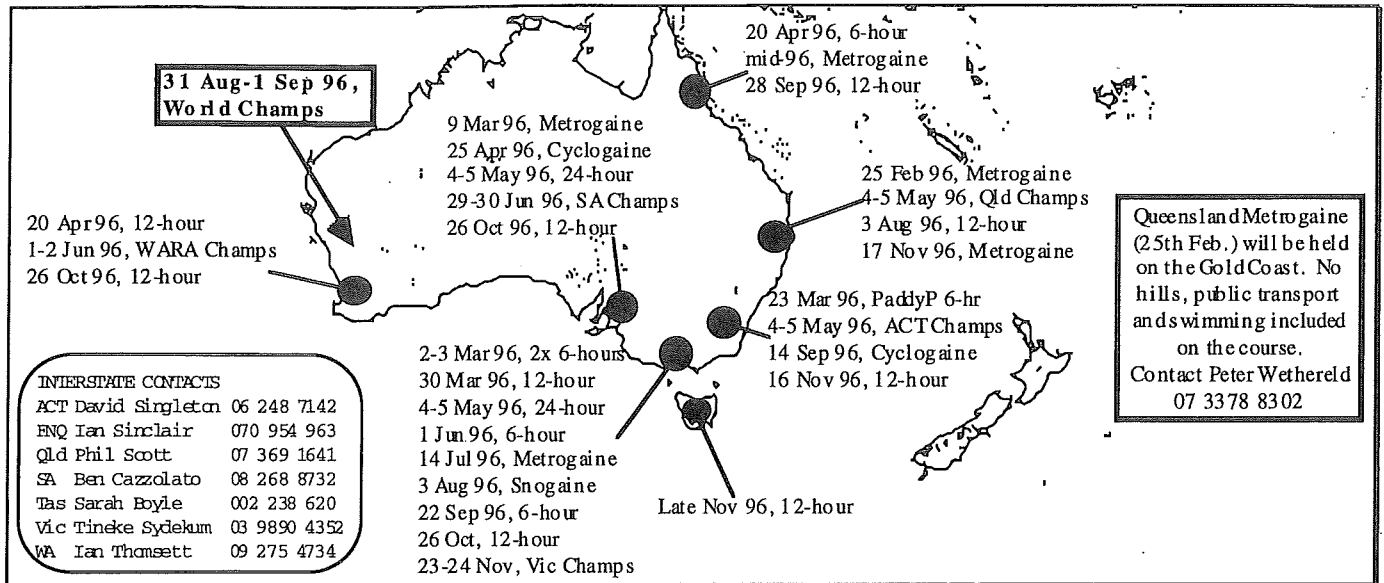
MAGNETIC NORTH is the direction in which the magnetic compass needle points, i.e. towards the north magnetic pole. Across Australia the direction of Magnetic North varies from about 5° west to about 15° east of Grid North.

The map border information will state the actual Grid-Magnetic (G-M) angle for the area covered by the map. The change in the G-M angle over the years (caused by the slight movement of the north magnetic pole) is also shown.



TRUE NORTH, GRID NORTH AND MAGNETIC NORTH ARE SHOWN DIAGRAMMATICALLY FOR THE CENTRE OF THE MAP. MAGNETIC NORTH IS CORRECT FOR 1975 AND MOVES EASTERLY BY 0.1° IN APPROX. THREE YEARS.

BEYOND NEW SOUTH WALES...



Far North Queensland News

- The first event of 1996 is planned for the northern tablelands area, on 20 April; a 6 hour rogainie, in granite country with forested valleys and gorges.
- The Koombooloomba area is planned as the venue on 28 September. Depending on response, this will have 6- and 12-hour categories. It will be held in the cooler part of the tablelands, near Ravenshoe.
- A metrogaine in Cairns is proposed for the middle of the year, but details and dates are to be confirmed.

from Brett Herbert and the QRA Newsletter (January 1996)

MEMBERSHIP 1996

Membership fees are now due. You must be a member of a rogainie association to participate in rogaines, and you ought to be a member in order to keep receiving the 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. **THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE UNTIL YOU TURN INTO AN "F"!** 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.



