

NSW ROGAINING NEWSLETTER

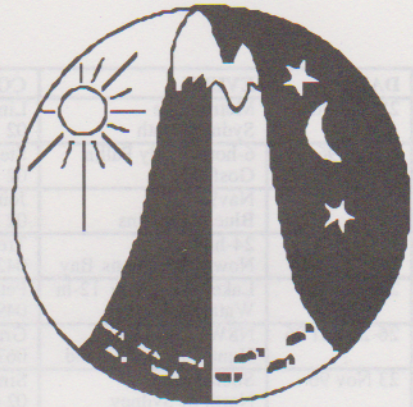
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APRIL 1996

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PRESIDENTIAL PETE'S PIECE

Hello again! At the recent AGM, your committee was returned with a huge mandate. Our first decision is to change the name of Rogaining (because of confusion with the hair restorative) to Pestmatotralgrjualing. April Fool, HaHa.

Actually, we did discuss some serious issues at the first committee meeting, one of which was how to stop teams **splitting up**. It can be tempting for a tired member to rest while another goes there and back to a control. But that's cheating - all members must get to within 20m of the control. Also, what does the advance scout do if they can't find the control - hunt across in the next gully? Then if the tardy person proceeds on? The safety implications were highlighted at the Upside-Down event when a separated team member turned up back at the hashhouse after 5 hours alone. Bushwalking in a team is a fun and safe sport - if someone falls or approaches hypothermia (as they have in rogaining) then team members can get help. But not if the team has split up. Always stick within earshot of each other! Teams spotted breaking this rule should be reported and may be disqualified.

Still on safety, starting from the August 24-hour rogaine, it will be **compulsory for each team member to carry:**

- a compass,
- a first aid kit containing at least
 - whistle,
 - elasticised roll bandage,
 - thermal shock ("space") blanket.

A space blanket is small and light, and one day or night you might be grateful for it. Cheap first aid kits including the above will be available for purchase at the next few events. You should add things like elastoplast and a needle for blisters. Before each event, a list of other strongly recommended items will be provided, such as a torch (which you should take even if you plan to get back before dark), a rain jacket, water, food, etc.

I hope I haven't put anyone off! We just have to minimise our risks, as forewarned by past events. Those who still have newsletter

#53 might like to re-read Arthur Kingsland's experiences as a competitor and organiser, including safety lessons: one space blanket between two isn't enough; don't split up; take a whistle, torches and cold weather gear.

I'm sure it will be another great year for NSWRA. Over 200 just attended the fanatics' event, the Upside-Down. We have two friendlier 6-hour events coming up (enter now for the Metrogaine!). The two 24-hour event co-ordinators are very excited about their venues, and positive rumours are spreading about the 12-hour Lake Macquarie.

Membership has been growing by almost 50% per year, to about 1150 people at the end of 1995, and the average attendance for our 6 events last year was 315. Rogaining will soon be more popular than rugby league.

Pete Watterson

A WALK ON THE WET SIDE

Aus Champs 96, Tasmania

Horizontal rain and mist blew across the road. Stark eucalypts against a grey, saturated landscape.

We passed the Cradle Mt turn-off... not far to the hashhouse. A shadowy figure, wrapped in an inadequate poncho, was trudging along the roadside. Ah, my partner!

"Come on, Walter, hop in!"
"It has rained for the last 3 days here," he responds, "I'm freezing, I was hoping you wouldn't turn up..."

Certainly it was the worst we had seen in two weeks on the island. A short time later, I struggled to erect a tent.

Says Walter: "Why do you bother, Mike? We will stay out all night. It's miserable in a tent in this weather."

"Yes, of course, how silly of me!"
The map showed mainly open country, with green eucalypt and dark green patches of rainforest. There were warnings about tea-tree and button-grass. Checkpoints were sparse... 2-3 km apart... few near the hashhouse.

The Black Bluff Range tempted us with high points scores. The weather calmed a little before the start. The land was like a wet sponge, the creeks brimmed full. There were

some spectacular waterfalls, and a narrow plank bridge, with no handrail, across the raging Vale River. The rainforest areas were mossy and dark, sometimes clear, easy walking, more often branches everywhere. After two hours I carefully removed a leech with salt. Two hours later we stopped to flick or pull off as many as we could. After that, we didn't bother. Live and let live.

When night came, moonlight lent an eerie glow to the fog that settled over the Range. Great mountains loomed ahead, only to turn out to be small crags when approached.

An unwise change to our original plan took us round the north of Lake Lea. The lake drains to the north hence a 10m wide swirling mass of deep, brown water lay in our path. We followed it a little way. If I understood his accent correctly, Walter was muttering about finding a branch and vaulting across. I was thinking of the 7km walk back round, past controls we had already visited. Then, out of the darkness, in the midst of an open flood-plain, there appeared a massive fallen tree, conveniently straddling the river!

We struggled and pushed and pulled our way up onto the Bond Range, through dense tea-tree. At the top I looked at the map. We had just passed through a 'stippled-green' patch, meaning "totally impenetrable", according to the course setter's notes. But had he been to the Budawang's?

Dawn came, and with it a slight drizzle. Now came the 'easy' part of the course, mainly tracks. We tried to pick off the higher scoring checkpoints, and left ourselves with a 6km jog in to the HH along the road.

The next day, we had a relaxed lunch at a winery overlooking the Tamar River, in brilliant sunshine. The contrast could not have been more complete.

Mike Hotchkis

NSWRA COMMITTEE

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	Debbie Cox	7/104 Pacific Pde, DEE WHY 2099	02 981 1795	

NSW CALENDAR

DATE	EVENT	CO-ORDINATOR	COURSESETTING	ADMINISTRATION	HASHHOUSE
28 Apr 96	Metrogaine Sydney South	Lindsay Young 02 525 6403	Mark Hill	George Collins 02 521 4342	Caringbah Scouts
16 Jun 96	6-hour Paddy Pallin Gosford	Stephen Castle 02 557 7101	Anthony Dunk Robert Loader	Paddy Pallin Pty Ltd	1st Waitara Scouts
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	Steve Cliffe Geoff Silburn		
28 Sep 96	Lake Macquarie 12-hr Watagan Mntns	Peter Coventry 049 574 386	Albie & Sharon Arnott	Peter Coventry 049 574 386	
26-27 Oct 96	NSW Champs Hunter-New England	Graeme Cooper 067 72 3584	Charlie Thomson, Tony Dale, Russell Swanson		Vicki Cooper
23 Nov 96	Socialgaine North of Sydney	Simon George 02 487 4287	Joanna Parr		



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 six 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 so enter now!

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

Lindsay Young



ACT CHAMPS 4-5 May

The ACT Rogaining Association invites you to the 1996 Championships, to be held in the southern part of the ACT in an area never used for a rogain before. Highlights include great views, a meteor shower and guaranteed kangaroo sightings.



PADDY PALLIN 6-Hr 16 June

Just 1 1/2 hours drive north of Sydney, in a picturesque combination of heath and forest. Witness breath taking [and we all know what that means, don't we?] ocean views from the ridges or explore the many intimate gullies. A good track network exists providing easy navigation for the novices. The further reaches offer challenging navigation for experienced rogainers. Camping on Saturday night is available.

The Paddy Pallin always seems to be a happy day, regardless of weather and terrain, because we get a large crowd and the course is designed to satisfy all class of participant. There's a lot of easy bush controls for novices, youngsters, families and scouts to discover and the course must be large enough to disperse the crowd and challenge the fittest competitors.



WRC II 31 Aug-1 Sept

The Entry Form for the 2nd World Championships was released with the last newsletter. I have spare copies and will ensure spares are available at each NSW rogain prior to August 9th, the closing date.

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.

EDITORS NOTE

This small edition of the newsletter is issued primarily to present you with an entry form for the Metrogaine and ACT Championships. Results for the UpsideDown have been held over for a bumper edition in mid-May.

As always, I welcome contributions on any rogain-related subjects. It can become difficult developing varied, pertinent articles based on a single theme.

But you are such a diverse bunch. If you see interesting newspaper snippets, hear some hot gossip, construct a cartoon... pass it on and let's share the wealth. If you are short of original inspiration, I have always found a rogain road-bash is an appropriately rich time for developing thoughts and themes.

The above comment is not a complaint, rather prompted merely because this is such a small edition. My problem has been fitting all contributions into the allotted 12-14 pages, and thanks to all people who have responded in the last year. I hope that, together, we can continue to entertain, inform and educate.

Please note my new address on page 1.

Trevor Gollan

MAP SCALES "LARGE AND SMALL"

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

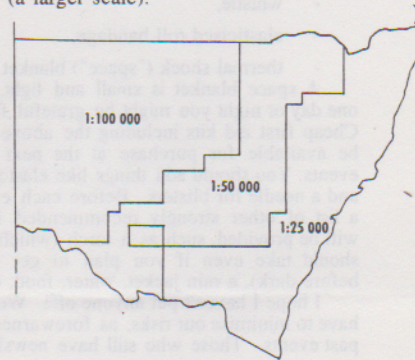
The words "large" and "small" when used to describe map scales are a source of confusion to many people.

A common misunderstanding is that a large scale map covers a large area and a small scale map a small area.

If you were to look at two maps of the same area but at different scales, the map on which the features appeared larger would be the larger scale map of the two.

Scale is the ratio of the size of a feature as it appears on a map to its actual size. This ratio is known as the representative fraction, for example 1:100,000 (one to one hundred thousand) is a smaller fraction than 1:50,000. Thus a 1:100,000 map is a smaller scale map than a 1:50,000 map.

At 1:250,000 (a smaller scale) it takes 544 maps to cover Australia, but it would take about 50,000 maps to cover the same area at 1:25,000 (a larger scale).



In New South Wales we are blessed with an abundance of quality large scale maps. Queenslanders are suffering from a dearth of such maps, and the possibility that traditional topographical maps will be phased out, to be replaced by "enhanced" aerial photographs.

The Land Information Centre

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BATHURST NSW 2795
Phone (063) 328200
Fax (063) 318 095



23-33 Bridge Street
SYDNEY NSW 2000
Phone (02) 228 6111
Fax (02) 221 5980

NATIONAL CALENDAR (AND BEYOND)

31 Aug-1 Sep 96, World Champs

20 Apr 96, 12-hour
1-2 Jun, WARA Champs
26 Oct, 12-hour

20 Apr 96, 6-hour
mid-96, Metrogaine
28 Sep 96, 12-hour

25 Apr 96, Cyclogaine
4-5 May 96, 24-hour
29-30 Jun 96, SA Champs
26 Oct 96, 12-hour

4-5 May 96, 24-hour
1 Jun 96, 6-hour
14 Jul 96, Metrogaine
3 Aug 96, Snogaine
22 Sep 96, 6-hour
26 Oct, 12-hour
23-24 Nov, Vic Champs

4-5 May 96, Qld Champs
3 Aug 96, 12-hour
17 Nov 96, Metrogaine

28 Apr 96, Metrogaine
16 Jun, Paddy Pallin 6-hour
29-30 Jun, Nav96 30-hour
3-4 Aug, 24-hour
28 Sep, Lake Macquarie 12-hour
26-27 Oct, NSW Champs
24 Nov, Socialgaine 6-hour

4-5 May 96, ACT Champs
14 Sep 96, Cyclogaine
16 Nov 96, 12-hour

Late Nov 96, 12-hour

20-21 Jul 96, Nth American Champs, NY USA
1-2 Mar 97, Nth American Champs, AZ USA

8 Dec 96, 12-hour
Spring 96, 6-hour
Jan 97, NZ Champs

INTERSTATE CONTACTS

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 Qld Phil Scott 07 369 1641
 SA Ben Cazzolato 08 268 8732
 Tas Sarah Boyle 002 238 620
 Vic Tineke Sydekum 03 9890 4352
 WA Ian Thomssett 09 275 4734

B.C.



MEMBERSHIP 1996

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.



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.

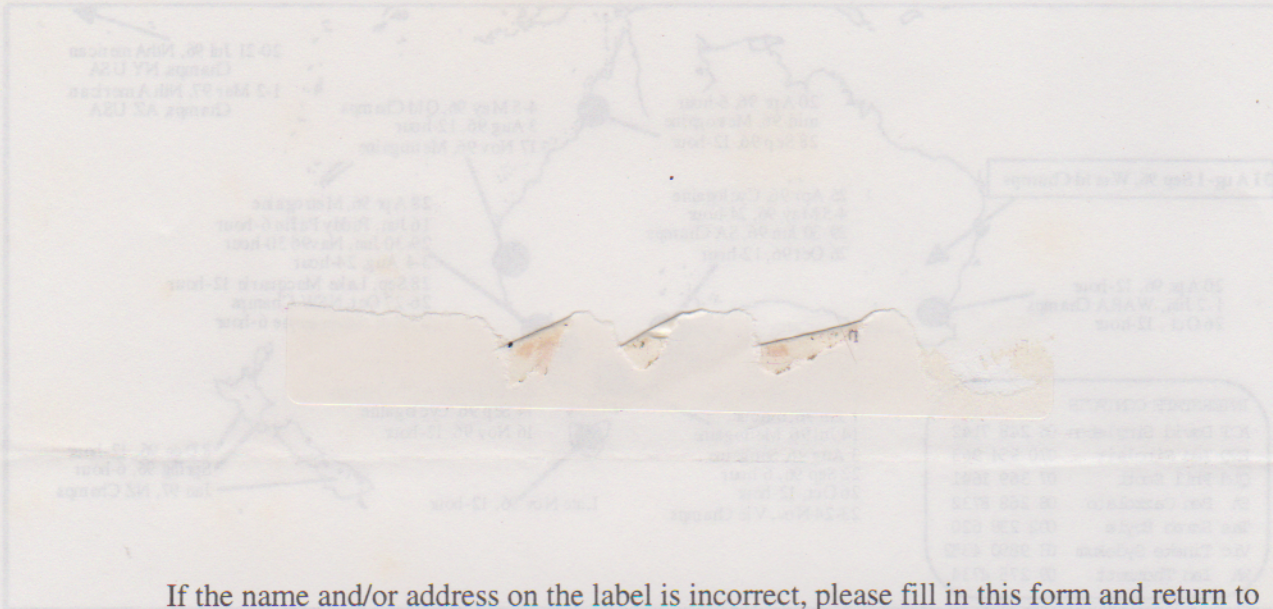
4. 5. 6.

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

NATIONAL CALENDAR (AND BEYOND)



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 / E-MAIL: _____

OLD ADDRESS: _____

PLEASE DO NOT TEAR THE WRAPPER!



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