

President's Piece

Well, thanks go to **Mike Hotchkis** and his large and willing crew of helpers for the **Cookbundoon 24/12 Hour Rogaine** which went off very successfully and was much appreciated by the 200 who made it along. **David Singleton** and **Adrian Sheppard** from the ACT put in an impressive effort to complete the course with ample time to spare. Not to mention **Tom Landon-Smith**, **Alina McMaster** and **Novak Thompson** who were not far behind. The Hash House was in a great spot and the course offered interesting challenges in particular due to the bonus points to be gained for teams which made it to all four trig points. An idea Mike was inspired to try after entering the 50 Hour event in Victoria a year or two ago which included a similar incentive. Helpers were kept busy replenishing water drops in the parched conditions and also overnight, aiding people with injuries - a reminder that the sport does include some risks and competitors/participants should treat it with respect and always carry a simple first aid kit.

The **Paddy Pallin 6 Hour** is coming up soon (Sunday June 14) and is rumoured to be located at a Blue Mountain somewhere near this city. Course setter **John Barnes** and friends have been doing the hard yards and a good time is guaranteed for all - don't leave your entry until the last minute as people have missed out in the past. Entries close June 1st.

Congratulations to all those re-elected to the committee. If you did not make it to the well attended AGM (under a tree out of the sun at Cookbundoon) or were asleep at the time then *look for your name in the list* elsewhere in this issue! Members please do not hesitate to contact myself or any other member of the Committee if you want to raise any issue or better **volunteer your services for a future event**. This year we welcome to the Committee **Daniel Marlay** from the Uni of NSW whose first role is to bring down the average age! I am pleased to have the opportunity to serve a second year as your President - we have much to do - but at least in this great

State plenty of places to do it in. In the long standing tradition of the club I will stand down at the end of the year to give someone else a go. [Ed: Does that go for me too?]

One name missing from the Committee this year for the first time in so many is that of **Trevor Gollan** and this should not go unannounced and he not congratulated. Trev, or **BIG TREV** to his friends has been a cornerstone of Rogaining for ten years. He was the first winner of the Warwick Marsden award for an outstanding contribution to the sport. Setting, administering, running the Hash House - eg at Cookbundoon, coordinating events, Membership Secretary (fully computerised with help from Uni of Wollongong), newsletter editor for at least a couple of seasons - he did it all and probably more than I am too young to know about. Whilst family responsibilities and a new house keep him busy he has promised we will see him from time to time and he is only a phone call away when we need guidance (may be help with an event?!). On behalf of the very many who have enjoyed your events, your writings and the benefits of your time - Thanks **TREV**, Kay and the kids.

At the AGM, it was announced that **Graeme Cooper** would not be standing again as Membership Secretary. Thanks go to the three people who came up to me after the meeting to volunteer their services - **Bronwyn Monahan**, **Sonia Kupina** and **Jennie Bond**. For the time being Graeme has agreed to keep the role going while we look at the options for how it can be best organised - possibly as Graeme has suggested as a team effort combined with a centralised event entry function.

On the first weekend of May it rained solidly and where were a number of enthusiastic Rogainers? At Homebush competing in the fourth **TAB 24 hour relay**. This involved a 2.3 km lap for each person. My legs still feel like lead from our efforts but impressive we were and certainly brought Rogaining to the attention of a lot of likely candidates out of the 2000 people there. Thanks to **Sue Clarke** for energy, enthusiasm, team coordination and keeping us going through the night.

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NSW Championship	8/9 August
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WHAT'S ON IN 1998

Event / Coordinator	Course Setters (4) Vectors (2); Entries (1)	Admin (Total of 7 needed)	Hash House (Total of 10 needed)
Paddy Pallin 6hr Blue Mountains 14 June Stephen Castle Ph: 02-9557-7101 (h)	John Barnes	Julian Ledger	1 st Waitara Scouts (Richard Lovegrove)
	Andrew Parry	Stephen Castle	
		Rhonda Monahan	
		Maureen Caviil	
		Denise Green	
	Marnie Holmes		
	Paddy Pallin		
Long - O Upper Lane Cove 5 July Bryan Cox Ph: 02-9869-1581	An orienteering event allowing teams and a mass start (like Rogaining). Drinks and nibbles supplied. Map 1:15,000 In the area of the 1997 Metrogaine.		
World Rogaining Championships Karnloops, Canada 4-5 August	The event of the year. Combined with many other orienteering events. Why not take a holiday to Canada this year and stay on a Ranch?		
NSW Champs 24hr North of Maitland 8/9 August Alan Mansfield Ph: 02-9797-6773	Nihal Danis	Anne Frances	Vicki Cooper
	Richard Sage	Russell Swanson	Margaret Hughes
	Sonia Kunipa		Jack Sinden
			Marley Sinden
			Nick Quinsey
	Graeme Cooper		
	Anne Frances		
Lake Macquarie 12hr 5 September Bert Van Netten Ph: 02-4975-3693	Bert Van Netton	Bill Pigram	(under discussion)
	Bill Pigram		
	Bill Pigram		
Upside-Down 12hr 8 November Help!	<Course Wanted!>		
	<i>This event will not be run if you don't volunteer! Serious.</i>		

Please add your name by contacting: Vicki Cooper phone: 02-6772-3584 (h)
 Clunly Rd MSF2005, Armidale NSW 2350

No experience is necessary - detailed instructions are supplied. *Join in the fun of working behind the scenes!*

The Paddy Pallin CLOSING DATE is

MONDAY 1st June

MAIL YOUR ENTRY TODAY!



Paddy Pallin 6 hr 14 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 John Barnes and friends.

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 classes of participant. There's a lot of easy bush controls for novices, youngsters and families to discover, and the course must be large enough to disperse the crowd and challenge the fittest competitors.

This year we venture back to the Blue Mountains - with dramatic views over the escarpment, plus (the possibility of) a little bit of a Metrogaine



Lake Macquarie 6 / 12 hr 5 September

This will be the seventh annual 12-hour Rogaine run in conjunction with the Lake Macquarie City Games and including \$1,000 in prize money.

You don't just have to be in the top three to get a prize - no cash prizes are awarded in each category - donated by Coast Camping and Camping World.

Bert van Netton and Bill Pigram return as the main course setters this year. As usual the Lake Macquarie terrain they'll be taking us to comprises of panoramic viewing ridges, some escarpments, picturesque creeks and extensive roads and tracks.

A 6 hour event will be offered in conjunction with the usual 12 hour event. Come and give it a go!

WHAT'S ON IN 1998



NSW Champs
12/24 hr
8-9 August

The course setters Richard Sage, Nihal Danis and Sonia Kupina have visited the NSW Rogaining Championship site six times since our first visit in June, 1997. Forty one controls have been set, 6 checked with about another 20 controls to be set before Graham Cooper vets the course in early July.

The organisers have had interesting and rewarding time visiting the thirty five or so land owners that are on the course. Some live on the land or on other properties elsewhere. Others live in the nearby towns. Some of the families in the area have associations with this valley or the Hunter Region going back to the 1840's. Their hospitality in giving us access to their land is greatly appreciated.

The course is set on farmland, cattle and dairy mainly, containing a large body of water, and it straddles the Patterson river. A complex series of ridges and 'Australian Mountains (hills!)' crisscross the course. The bones of the land can be seen in a continuous panorama from the any of the ridges, watercourses and hills on the course. We have been told that you can see Newcastle, Singleton and Barrington Tops from other parts.

The rock strata of the land is nearly flat which gives the course two distinctive features. Depending on the elevation gain and length, of water courses or slopes. There is usually a rock ledge or water fall surrounded by remnant stands of rainforest containing some substantial fig trees. One control is surrounded by copse of small trees covering about a hectare with an under story containing only "maiden hair" ferns. The other feature is the narrow horizontal bands of rock strata that stand out on most of the hills and ridges early and late in the day.

There are many old fruit trees along watercourses. Also there are large stands of the original forest along watercourses, in the heads of valleys and in three corners of the map.

Route choice will require you to consider carefully your teams strengths and weakness. The setters are trying to set controls in the most navigation-

ally, challenging places the map will allow us to set them whilst remaining fair. It is our intention not to correct the map. The map may be corrected only where lack of information would make a control a bingo affair from one or more directions. In that case we will look elsewhere on the map for a check point location. Our philosophy is that with accurately set and described controls a team should be able to use an off the shelf map.

It will take you about three and half to four hours to drive to the event site. We would prefer you to either make use of the bus we will run from Newcastle (more details in July's newsletter) or travel with someone who is not going out for all of the 24 hour event. A any 12 hours, in 24 hour event will be run with the event

Something else I would like to say is please consider helping to set a Rogaining course. You do not have to be an expert navigator or a strong walker/runner to do this. It is a wonderful experience to meet the land owners. And walk slowly (run if you must) and thoughtfully on land you do not normally have the chance to access. It will improve your navigation substantially if you do this. I have not thrown a map away mid discussion, mid night and amid the wreckage of a master plan since!!!

See ya there, big ears.
Alan Mansfield

We are on the Web!

<http://rogaine.asn.au>
then click on the state of NSW.

Look here for:

- Results (2 weeks after each event)
- Extra Photos
- Articles as they arrive
- Rogaining sites around the world

(well that's the aim - I don't have all the time in the world ...)

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Foot & Ferry Metrogaine, 6 hr, 8 March

Thoughts After a First Rogaine

I was sitting there trying to recover from the day's event with a member of the team when we were approached and asked if one of us would like to submit an article for this newsletter. During the conversation I happen to mention it was my first attempt at Rogaining. My team 'mate' immediately seized upon the opportunity to suggest that an article from a first timer's point of view would be a good idea so what follows is my attempt to outline the highs and lows of the gentle stroll

controls based on estimated time available, the progressive points score and the need to finish at the starting point. With minutes to go before the start we were given another important document called the Clue sheet. This document was entrusted to Peter who was told to guard it with his life.

The 'gun' went at 10:00 am and the mad scramble began. We set off at a cracking pace and those tactics that we carefully planned changed at the first control. We were going to leave out point 10 but as

wasn't long before another junction and another team meeting and another encounter with our lady. By this time I think she thought us mad. This occurred all the way until the Taronga Park Ferry Wharf.

So far my legs were holding up OK. We arrived at wharf ahead of schedule and so an unplanned control added to our bounty. After the pleasant ferry ride with other Rogainer's we alighted at Circular Quay. The old leg muscles began to cool down during the ferry ride so when we took off to our next control I realised maybe I not done enough training and the legs began to feel like lead.

Peter was guarding the clue sheet with his life and doing a fine job. We visited the control in the Botanical Gardens and began a brisk walk to Lady Macquarie's Chair. Suddenly there was a cry of dismay from Peter as he had misplaced the clue sheet. Panic set in (Peter could see himself swimming in the Gardens pond) we back tracked to find it thinking that the wind could be carrying this important document to the farthest reaches of Sydney. As we began our search a joyful shout was heard as Peter had located the sheet - in his pocket!

As we completed the controls on the southern side we began to cross the Coat Hanger and tactics changed again to include more controls as we were ahead of schedule. My legs by this time were dragging and wishing the finish line was around the next corner. At last the time has come to head for the finish and rest those legs.

When we had returned and replenished those lost calories with food the wait began to find out how we had fared. What a surprise we came first in the veterans category.

This article was supposed to be about my impressions as a first timer but so many things happened along the way I had to include them. As I write this with legs that are barely able to move I had a really enjoyable time from working out the tactics to travelling around and enjoying the various sights of Sydney. Hopefully my team will invite me to compete next time for as they say "I'll be back"

Ian Rothery.



Mens Vets Winners: Peter Tamsett, Ian Rothery, David Dash (Maureen Cavi)

around the sights of Sydney.

To begin with I was asked to become a member of a team with two experienced Rogainers in David Dash and Peter Tamsett. Feeling a need to do some physical activity on a Sunday instead of having a relaxing day I agreed. So as not to let the team down I went into training for a couple of weeks.

Sunday 8 March came around rather quickly but I was raring to go. My first introduction to Rogaining was when I received the map and notes. I was told by my team that the first thing we had to do was cover the map in contact as this a most important document and if it got wet it would fall apart. After this was accomplished we set about organising the route and tactics to be employed. These tactics involved getting the most points with the least amount of effort. These tactics changed a number of times as there was an iterative process of adding and subtracting

we saw where other people were running to we decided to pick it up first.

Things were going great until about our third control when the name of the painter decorator seemed to have disappeared. Confusion changed to sanity when after a discussion we decided the painting job had finished and the sign removed after the control had been set. I was feeling good and thinking the training had paid off. At this stage we were ahead of schedule and looking good.

Tactics changed again to include more controls and I am learning what making decisions on the run means. After running the streets we moved into the bush. On the track a young lady moved out of the way of these three mad man jogging through the bush. However, not far after this occurrence we came across a junction where a team meeting was held to decide the direction we would take. While this discussion was taking place the young lady who was walking at a leisurely pace came upon this confusion and overtook us. After making a decision the team took off again and passed the lady. It

Foot & Ferry Metrogaine, 6 hr, 8 March

Fluro Pens? Scissors? Slippery Dips? Back to Kindy?!

Brrriing!! Mmmph... groan ... ¼ to 6 already?! The sacrifices we Newcastle Rogainers make! Looking a bit wet out there – hope it doesn't rain – don't think I can fit a jacket in my bum-bag.

Quick stop around the corner to pick up Pete's team-mate Nick and we're heading for the freeway. Got a sneaking suspicion that piece of paper I grabbed as I ran out the door should have been pink not yellow – oh well – I suppose there'll be spare indemnity forms when we get there.

Some thoughtful soul had left us a park directly opposite the Hash House and with Margaret and maps located it was back to kindy, complete with fluoro pens, scissors and sticky plastic stuff. Hmm this ferry stuff is going to be tricky – but necessary? It looks a long way out to the west – the 90 pointer definitely off the cards. The competition's on today, with Pete slowed to a walk by a calf injury and teamed up with my partner from the last event in Newcastle.

The pack split very early and Margaret and I were soon on our own. It looked like a lot were heading straight for the bridge/ferry. Over the pedestrian bridge to 10 and we were off to the coffee shop at 68. Was there something in the briefing about it not being open? - whoops – does this mean no clue? Our first encounter of several with Mike Hotchkis and partner - guess our route choice can't be too bad then! We had to laugh though, as Mike peered into the depths of the shop, half covering the large sign on the window that was the answer to the clue!

Pity there was no time to try that slippery dip at 80 – what a beauty. Round through the lovely little hideaway parks at 56 and 28 and the time's looking good. Uh-oh, where's the Y intersection for 55? That earlier turn-off to the Maritime Research building had us puzzled for a bit. Second 80 pointer and going strong - off to the railway bridge - don't think we'd quite intended to go under the railway line first, but presumably there's the same number of steps on both sides of the bridge. Lucky break at 38. The signs' at the South gate on Union St. There couldn't be two Day Cen-

tres..... could there?

Round the point from 100 and we caught up with the papoose brigade. But where's little Parr? Ah – neatly snuggled in front of Mum. Oi! Isn't it supposed to be a maximum of 5 per team?! Along the boardwalk, past The Face...How far



How many teeth? (photo: Maureen Cavil)

back upstream do we have to go here before we can get onto the bridge!? Its almost worth heading for 46 but the threat of a 1 hr wait between ferries keeps us going.

Clutching the official control sheet for dear life in the howling gale across the Harbour. I must have done something right with the hat as it stuck firmly. An encounter with friends of Margaret's coming the other way. What's that? The bridge has collapsed in the middle? I don't know – the lengths people will go to distract the competition!!

Margaret has inside info about a tunnel, which will take us under the bridge on the far side, and yes – here it is. A quick water stop at the Observatory and a bit of muddling and backtracking through The Rocks' alleyways sees us battling our way through the crowds at Circular Quay to buy ferry tickets in readiness for our re-

turn dash onto the ferry. 11.40 and looks like we won't have time to get 101 and the 1.00 ferry - but hang on – next ferry at 12.40? Hey – they go every 20mins!! 101 here we come. Running even! And there's that Hotchkis fella again. Are they following us?

The Taronga Ferry left ~10 min late so, time to stuff down a somewhat soggy banana, and have a leg stretch, plus a strategic rethink with 2 hours to go. Decided to leave Bradley Head and just follow the coast around. A bit of running along the way and we realised we'd selected the scenic option over the most productive route choice, but ... we were here to enjoy the day as well. Margaret was on the job from the moment we left the ferry and spotted the plaque at 20 and the bin way down on the beach at 50. Counting steps in the ladder down the cliff face at 70 did wonders to re-focus my mind, as the wind tried to knock me off.

Mmmmm!- reckon I could get used to living in one of these secluded waterfront hideaways without too much trouble! – Ra-ther!

Quick! We're going to be back early. What else can we get? Not many options. 46, yes, 47 could be pushing it. 12? No. Messy to get out and back. 24? – Yeah, lets go for it. Double the points and a lot more accessible. Many puzzled looks as we headed past the incoming hordes from N of the hash house but soon turned to join them as the tower was easily visible without having to cross the Expressway.

Check the adding up. Yes, that looks right. Some time later, hey look, that's us on the top block in the women's class! Well, there's a lot more to go up yet but maybe we'll be in the top 3.... Wow! They're all up and we're still there! Way to go team!

A great ending to an extremely enjoyable day. Many thanks to the organisers and the course setters for putting together such an interesting and scenic event.

Rachel Williams

Foot & Ferry Metrogaine, 6 hr, 8 March

Pitfalls of the Foot & Ferry Metrogaine



On the face of it Metrogaining appears far simpler than its big sister events in the bush, but it does have a few dangers all of its own. How many course setters, having picked out a suitable spur, have returned a week or so later to find that it is in the process of being rebuilt, like my original playground control for #30, or worse still, discovered on the day of the competition that the saddle has upped stakes and moved, like the painter who lived at #59 until the week before the event?

And for the competitors there are additional risks too - could you really see if the metal box at #66 was green or grey from the ferry or the next headland? (No, but that didn't stop several teams from taking a gamble.) And those metal rungs on the ladder to the lighthouse at #70 - count them from the ferry and hope its low tide, or play safe and check them out? As for the sprinters dashing past #25 without spotting the cute little baby whale swimming over mum's back outside the child care centre, well I even had one admit it was all his own fault (but Ian did you admit it to Sue?). And who would have guessed that you could still get a cappuccino for \$1 in North Sydney? One or two teams did guess otherwise though..... Although I did think you would all be able to recognise the carving in the fence at #45 as a flower. Indeed a well-known pair of Rogaining sisters would have expected you to identify it as a tulip. At least no-one got caught out with the bodies that were only 4 feet under instead of 6 at #48, unlike the chancers who saw the lamppost behind #46, and failed to get close enough to find the stone monument in the centre. And we would all have to feel a little (but not too much) sympathy for the team who were sure they would be able to see the teeth at Luna Park from the footpath over the Bridge.

But I was pleased to see the Orienteers who knew Paul Kotala had a dental surgery in Harbour Street were distrustful enough of me to go there and check out his competitor up the road, although there was at least one team who appeared to know the answer to the animal over the zoo sign at #52, as they missed every other control in the area.

As for the most popular controls, #11 was a runaway favourite being visited by 99 of the 112 teams, with #46 a poor second with 74 hits. The least visited was #67, Kathy & Spot (my pet redback) on her boat at Balmoral Beach. Hardly surprising though, as they had to leave early to race around the Harbour in the afternoon. Only Mike & Netti took the trouble to visit #33 on its own, narrowly missing Spot, but perhaps that was all part of their Cunning Plan, their being quite well acquainted with Spot to start with.

The ferries seemed quite a hit, offering a welcome rest to weary legs, no doubt, with 78 of the 112 teams crossing the Harbour to the city, most using the ferry in at least one direction. Must try them out myself some time, although I did have the pleasure of being sailed round from Middle Harbour on #67 a couple of weeks earlier to check out the best location.

Finally, thanks again to all those who gave their time to help with this event - Netti for taking care of the entries, and presenting us with such a well-organised system on the day that despite my best efforts the admin went utterly smoothly. Chippy for being my accomplice in plotting & scheming. Deslee, PK & Sue Le C for help course-setting. Simon-the-Thin-Controller for all his help & advice, including finding the control I had drawn at the end of the wrong street on his map! Anne Francis for finding and contacting our excellent caterers. Julian & Graeme for transporting & re-packing the Rogaining trailer. Vicki Cooper for helping out with the manual corrections to the control cards the night before, (write out 400 times "12 14 16") and the huge team of

Photo: Maureen Cavill

people who helped out on the day, including Netti, Deslee, Sue Le C, Kathy (& Spot), Ken Smith, Eric Barnes, David Sigley, Cameron Osborne, Mike Billo, Paula Hawtin (sulking 'cos her team-mates from last year said she wasn't qualified to join the Papoose Brigade), Matthew Chamberlain and his unnamed crew from UNSW, and everyone else who helped in any way to make the day run smoothly. Oops - and I nearly forgot to thank the donators of prizes - Mike Pawley Sports, Macquarie University Pharmacy, John Brain for the prize maps, and Taronga Zoo.

Sue Clarke

Parks and Snapshots

Kathleen (aged 8) and I took the scenic foreshore / parks-with-swings route.

The Route was south to #11; #82 where we tested the see-saws and snapped a shot with fellow junior-gainers. Ferry across the Harbour; past the shops, stalls, tourists, Opera House; #65; #63; #101; a few climbs on the sandstone near Mrs M's Chair; a wander around the "castle" (Govt House); obligatory ice cream; #34; #73 admired the view and climbed the checkpoint (tut-tut); up and along the Harbour Bridge; #53. We enjoyed walking along the Bridge, a first for us both. Kathleen discovered why everyone walking towards us were carrying their hats. #14, with a promise to return to the park. #44 to count the teeth. Kathleen had been waiting all day for this and was very disappointed that the gates were locked. We did a slow 360 around the fences to take it all in, plus backtracked for a swing and slide at the park. Around the bay (sidetracking another park) to #100, though we were 99% sure we knew the answer. Lots of Japanese weddings! A chocolate milk and apple pastry; Nth Sydney; #10; back with a minute to spare.

An enjoyable day! Thanks to the organisers and helpers.

Maureen Cavill

Foot & Ferry Metrogaine, 6 hr, 8 March

Results

Team	Who	Class	Score	Pos	M	W	X	MV	WV	XV	MSV	MRV	MXV	F	J
24	Arthur Kingsland/Alan Garde	M	2580	1	1										
21	Ian Cameron/Sue Kurrle	X	2270	2			1			1					
56	Brent Crowle/Michael Korompay	M	1990	3	2										
49	Anne Francis/Julian Ledger/Merv English	X	1980	4			2			2					
1	Mike & Annette Billingham	X	1960	5			3								
94	Geoff Peel/Peter Learoyd	M	1910	6	3										
31	David Green/David Tow	M	1790	7	3										
66	Ross Barr/Ron Junghans	M	1760	8	6			2							
15	David Dash/Ian Rothery/Peter Tamsett	M	1760	9	5			1							
76	Mike Hotchkis/Geoff Silburn	M	1740	10	7										
81	John Barnes/Trevor/Kate Prouse	X	1720	11			4								
113	Paul Campbell-Allen/?	M	1700	12	8										
20	John Clancy/David Richards/Chris/Dianne StaX	X	1660	13			5								
119	Bill James/?	M	1650	14	9			3							
105	Nicholas Alsop/Peter Gordon	M	1590	15	10										
16	Dick Mountstphens/Ian Rannard	M	SV 1580	16	11			8			1				
80	Barbara/Richard Barnes	X	1550	17			6								
116	Paola Ramirez/Chris Alken/Jan Pralits	X	1540	18			7								
91	Geoff Murphy/James Rankin/Vaughn Sheridan	M	1510	19	12										
74	Cameron Osborne/Peter Garan	M	1480	20	13										
101	Pat Bright/Trevor Dirckze/Tony Hine/Chris HoM	M	1480	21	14										
42	John Herb/John Linich	M	1460	22	15										
58	Margaret Peel/Rachel Williams	M	1430	23			1								
5	Lynn Dobby/Kevin Williams	X	V 1410	24			8			3					
27	Andrew Lumsden/Debbie Evers	X	V 1410	25			9			4					
29	Marilyn Ferris/Lesley Taylor	W	1360	26			2								
71	Ken Anderson/Ian Kentwell/Noel Luff/Ken SimoM	V	1360	27	16			4							
73	Nihal Danis/Richard Sage	X	1340	28			10								
107	Kinsey Cotton/Wesley Nel	M	J 1330	29	17									1	
88	Bill Gribble/Leslie Steinhaus	M	V 1310	30	18			5							
44	Richard Connors/Andrew Palmisano	M	1300	31	19										
70	Kathryn & Melville Cox	X	1290	32			11								
9	Lyn Berg/Alan Garner etc	X	1280	33			12								
30	Grant Hazels/Tracy Mitchell	X	1280	34			13								
7	Pat Elliot/Taran Young	X	V 1260	35			14			5					
68	Andrew Forsyth/Aimi Theobald	X	1240	36			15								
55	Ian & Peter Meyer	M	F 1240	37	20									1	
23	Lynn Gatt/Gail Siccardi	W	V 1230	38			3			1					
93	Dan Crosby/Cath Rousch	X	1220	39			16								
95	Stewart Foulcher/Stewart White	M	1220	40	21										
6	Williams Family	X	F 1200	41			17							2	
87	Richard Adams/Kalvis Duckmanton/Tom Yeager	M	1190	42	22										
98	Tony Maloney/Violetta	X	1180	43			19								
83	Atholk Lynda Le Vaillant	X	1180	44			18								
112	Margaret Duguid/Maradith Verge	W	1160	45			4								
14	Jenifer Borrell/Bronwyn Monahan	W	V 1130	46			5			2					
59	Terry & Jasmin Funk	W	1130	47			6								
63	Herb & Natalie Lippman/Fred Zettele	X	1120	48			20								
61	Nick Greenhalgh/Janet/John/Richard Savage	X	1100	49			21								
72	Wall Mills/Bill Pigram	M	V 1100	50	23			6							
25	Allan/Michael Ramsey	M	F 1070	51	24										
17	Tufts	X	F 1060	52			22							4	
48	Coleen/David Palmisano/Liz Rood	X	1060	53			23								
96	Tina Manion/Hugh McGuinness	X	1040	54			24								
33	Noelene Harcourt/John Worth	X	V 1030	55			26			6					
12	Lisa Lampe/Mark Wright	X	1030	56			25								
34	Phil Allen/Bob Bartle/John Guilly	M	1030	57	25										
65	Ellen Foulcher/Rosemary Saberry/Joane VanderW	W	1020	58			7								
89	Scobie Family	X	F 1010	59			27							5	
18	Bert/Garth Lancaster	M	1010	60	26										
82	Lisa-Jane Garland/Rob Smalley	X	980	61			29								
22	Mitchell Cawthorne/Jeanette Deaves	X	980	62			28								
8	Jennie Bond/Judy Micklewright	W	V 960	63			8			3					
28	Debbie Hotchkis/Katsue Kikuchi	W	960	64			9								
84	Sonia Kuprius/Alan Mansfield	X	950	65			30								
100	Doug Catchpole/Karen Tatlor/Katrina Edwards/X	X	920	66			31								
92	Brad Cole/David Newling	X	900	67			33								
47	Alf/Regina Torrisi	X	900	68			32								
90	John Ravasini/Peter Ryan	M	900	69	27										
50	Michael Hanratty/Theresa Oakley	X	890	70			34								
13	Brian/Tammy Holz	X	SV 870	71			35			9			1		
85	Stephen Castle/Robert Loader/Rhonda Moahan	X	860	72			36								
54	Rebecca/Sarah Drury/Lisa Willit	W	860	73			10								
106	Mathew Pavesy/Deborah Turvey/Danielle CampbX	X	850	74			38								
60	Lynne McNairn/Martin Robinson	X	V 850	75			37			7					
51	Anne/Heather/Lachlan Smith	X	F 830	76			39							6	
79	Niccol Plunkett-Cole/Gareth Prosser	X	830	77			40								
52	Mathew/Nicholas Smith	M	J 830	78	28										2
104	Paula Stapleton/Peter Stevenson	X	800	79			41								
64	Maria/Nick Coppins/Nina Sole	X	780	80			42								
78	Cynthia Coleman/Elizabeth Melville	W	F 780	81			11							7	
35	Ian McNichel/M Wilson	M	V 780	82	29			7							
69	Andrew Eckhold/Ida/Philip Strickland	X	760	83			43								
75	Jo/Carol/Nicky/Dawn	W	740	84			12								
99	Hunt family	X	F 720	85			44							8	
10	Penny Field/Melissa/William Grant	X	680	86			45								
11	Geoff Ritchie/Tom Thomas/Stuart Walker	M	680	87	30										
40	Susan Bellamy/Terry Gainey	X	670	88			46								
86	Brendan/Judy/Thomas Young	X	F 660	89			47							9	
117	Paul Harvey/TingTingLiu/Brenda Tay/Robert HaX	X	640	90			48								
4	Helen Kolupacev/Elizabeth Stewart	W	630	91			13								
53	John Bowlea/Margo Gross	X	V 620	92			49			8					
103	Sarah Newlands/John Warburton	X	620	93			50							1	
45	Laurie/Margaret Bore	W	SV 620	94			15			4					
36	Kathleen/Maureen Cavill	W	F 620	95			14							10	
57	Diane Jaworski/Ashley Woods	W	610	96			16								
19	Leigh/Rith Tristram	X	600	97			51								
2	Graeme & Vicki Cooper	X	SV 590	98			52			10				2	
32	Karen Hunt/John Bishop	X	F 580	99			53								11
115	Carolina Roman/Marko Furschke	X	570	100			54								
38	Ian Vrackenthorpe/Julie/Peter Gray	X	560	101			55								
108	Emily/Jonathan D'Arcy	X	F 560	102			56								12
77	Bob/Scott McNairn/David Smith	M	540	103	31										
62	Michael Hooper/Guinevere Litchfird/Jane StaX	X	530	104			57								
97	Yager family	X	F 500	105			58								13
111	Guy Sader/Marshall Brentnall/Nicole ferrarisX	X	490	106			59								
41	Harrison Family	X	F 480	107			60								14
109	M/S Porter	X	480	108			61								
118	Apama Roa/Joji Mori/Davia Poole/Jaie ThomsonX	X	440	109			62								
26	Ossington Family	X	F 370	109			63								15

Total Teams = 112

President's Piece (cont)

(Continued from page 1)

See her piece on the relay in this issue. Next year we should be there again and with more notice get lots more people involved. First weekend in May every year they reckon.

This issue would not be complete without a mention of our member **Ian Brown** who at the beginning of the year completed an **Antarctic Walk** from Patriot Hills 1400km to the South Pole. He was accompanied by Peter Treseder and Keith Williams. The trio walked unassisted for two months hauling very heavy sledges and averaging 25 km per day in tem-

peratures of typically -20C. Ian suffered frost bitten thighs but was able to complete the expedition. We hope to catch up with Ian at the Paddy Pallin where he will be on his home turf being employed by National Parks and Wildlife.

A local gym sent their leaflet through my letter box the other day inviting me to part with a lot of money to join up. They advertised - Individually designed program, Free weights, Aerobic circuits, Free safe car parking, Weight loss, Easy to use steppers and treadmills, Cardio theatre entertainment.....And I thought as Rogainers we've got it all already, out there in the bush, and the air is fresh, it

costs very little and the views extend for ever. Invite a friend along to the Paddy Pallin Rogaine for their first time at our wonderful sport and extend horizons over the gym walls. See you there, cheers,

*Julian Ledger
President*

events 1999 events 1999 events 1999 events 1999

metrogaine autumn 24 paddy pallin

The committee wants event sites for 1999 and for the following years.

Have you got an area you think might be suitable for a Rogaining event?

We can find Rogainers interested in running and assisting in running Rogaines.
But first we need to find suitable event sites.

Contact Alan Mansfield on 02-9797-6773 or one of the committee members.

nsw championship lake macquarie upside-down

events 1999 events 1999 events 1999 events 1999



Yes, the control was on the boat. Kathy Herrman had to mark your card to say that you had been there (in fact she drew a Black Widow on it) It was:

#67 The floating control: a blue 12ft sailing dinghy with a large redback spider up the mast. The whole team must go to the control Present your card to Kathy at the control.

Sue Kurrle waist deep in the water (she said it was refreshing!), with Kathy Herrman and Ian Cameron

THANKYOU HELPERS!

Metrogaine

Course Setting:

Chippy Le Carpentier, Paul Kotala, Deslee Whitford

Vetting: Simon George

Entries: Annette Billingham

Organising catering: Anne Francis

Catering itself: Mick and his team

Help on the day:

Chippy Le Carpentier, Annette Billingham, Deslee Whitford, Sue Le Carpentier, Ken Smith, David Sigley, Eric Barnes, Mike Billingham, Cameron Osborne, Simon George, Kathy Herrman, Paula Hawtin, Matthew Chamberlain & the UNSW crew

Floating control:

Kathy Herrman & Spot the redback spider

Trailer: Julian Ledger, Graeme Cooper

Cookbundoon

Course setters and vettors:

Mike Hotchkis, George Collins, Trevor Gollan, Geoff Silburn, George Takacs.

Entries: Debbie Hotchkis

Hash House:

Trevor Gollan and family, Michael and Audrey Wilson, Joy Cauchi, Diana, Steve Cliffe, George Takacs, Elena Martinez, George Collins, Julian Ledger.

Help on the day:

Debbie Hotchkis, Bronwyn Monahan, Rachel Williams, Peter Gordon, Tony and Jennie Bond.

Flag collecting:

Some of the above + Jim Meek and Ken Smith (who collected 51, on Sunday afternoon after competing in the event!).

Send:

Letters to the Editor
Event Reports
Gear / Food Reports
Photos
Humour

To:

Stephen Castle
121 / 362 Mitchell Rd,
Alexandria NSW 2015
Ph: (02) 9557-7101 (h)
Fax: (02) 9557-7102 (h)
Email: stephen@cscd.toshiba.com.au

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The Cookbundoon, 12/24hr, 4-5 April

Caution: Students with Maps

At last, the first 24 hour rogaine of 1998.

There was the usual "I know it's only the day before, but can I go on that rogaine?", and the "oh sorry, but I'm now going to the Metallica concert instead that weekend", and then the final negotiations with the organisers Mike and Debbie. But after it all the bushwalkers from the University of New South Wales were able to enter a varied assortment of 7 teams.

The most successful uni team was Paola, Chris and Jan (collectively known as the 'Blue Footed Boobies' for reasons best known to themselves - but I believe it has something to do with bright blue socks and a rather deep puddle around Mt Werong). The BFB's used a strategy of matching chequered shirts to mesmerise their opponents to win the 12 hour mixed event. This was a particularly good effort considering this time last year they were still working which end was north on the compass.

Amongst our first-timers were teams with Pia + Pete, and Stefan + Jakob, who discovered that navigating isn't quite so straight forward once the sun goes down. Stefan and Jakob had the right idea in planning to return to the hash house for a break during the night, only that some 'technicalities' meant the daybreak beat them back.

Another team of first-timers (Chris and Hede) missed their first control, which for them should've been the shuttle bus at Marulan train station. Despite this, they reputedly showed up later on the Saturday and started the event only to discover that washing machines aren't very kind to compass needles, not if you like north end pointing to the right way anyway.

Daniel and Emma almost couldn't make it to the event due to a rock hunting expedition on the Saturday. However, they were able to enter their own do-it-yourself upside-down event by starting the course around midnight and going for the final 12 hours.

The 2 other teams were Carolina + James

+ Andrew, and Paul + myself, who both entered the 24 hour. C+J+A were still going hard for controls - and successfully - in the last hours of the event, so I would say that they had a good time.

As for Paul and myself, we had thought that we were going well when at the half way mark (midnight) we had collected about half of the available controls. Then with this feeling of satisfaction, we then went to sleep for 4-5 hours. This meant that the next day there was little time to do anything more than the primary objective, which was to collect the 2 remaining bonus controls. Maybe next time...

Thanks go the organisers and the course setters for picking an area that didn't tear the flesh away from your legs. The bonus controls were a good incentive to go out to each corner of the course. (I'm sure the course setters were grinning when they set a 50 control on top of the biggest hill.)

Matt Chamberlain

Family Perspective

The only trouble with setting up camp on "Rogaine Heights" was that I felt I had about 200 witnesses to my struggle to turn a few square metres of flapping blue plastic into a tent. The good part about it was being perfectly placed to pick up all the tempting aromas from the Hash House.

With our camp set up we familiarised ourselves with the map and the controls. When the start hooter went off, we felt a little like a rowboat at the start of the Sydney-Hobart yacht race, rocking around in the wake of the "major contenders". Our lack of competitive spirit at the start irritated Katherine, who, being a runner, likes a quick getaway, but after mum faltered at the first fence and collected a handful of prickles we all accepted the "race" part was not really our scene. We set off leisurely, and the climbing got more difficult with the amazing amount of dead wood, with sharp ends, underfoot. Lincoln found it hard initially, climbing hills and dodging all the "sheep poo", but by the end he took it all in his stride. Children are so adaptable.

Judy and I, with support from Katherine (13) and Lincoln (7) took part in the Family Category. I was the nominal navigator, but everyone put in their two cents worth when they thought I was a few degrees off course. This happened more than I would have liked, as my old compass has a sticky card which means you have to know pretty well where north is before trusting it for the finer points. Fortunately, that most reliable of navigational instruments, the sun, stayed out all day!

We covered around 10 km in 5 hours on the first day, and a further 6km in 3 1/2 hours on the following morning, with a total of 360 points. We were well pleased with our efforts, and above all had really enjoyed the total experience. Our highlights included relaxing in the bed of casuarinas needles along the dry Chain-of-Ponds creek bed (the kids christened it Never Never Land), marvelling at nature's art, like the steep edges of the eroded gullies, meeting some local wildlife, including a quite curious wombat, and finding a Sixty Pointer(!). We may not have set a cracking pace, but we did get plenty of exercise while having a lot of family fun.

The adventure was made all the more enjoyable by the friendliness of the other rogainers and the hard work of the ever-smiling gourmet "hash-housers". If word had spread, I'm sure the Goulburn McDonalds would have gone out of business over the weekend!

Having the campfire as a social focus on Saturday night was a real bonus, given the local fire ban. The children played around in its warm glow, making new friends under the stars, playing "Farmers and Bunnies" in the tussock grass.

What we really liked was being in the bush, doing some exercise, combined with a purpose and plenty of challenge. When the time came to wrap up the event and dismantle the tent it was with some hesitation that we all climbed aboard for the faster form of transport which would take us back to a much different pace in the city. Being in the fresh country air, and having all the meals cooked for us had been a wonderful break, and we felt re-energised as we headed home.

We look forward to doing at least one rogaine a year as a family!

Mark Hall

The Cookbundoon, 12/24hr, 4-5 April

Coordinators Report

The first time we went down to a pool on the Tarlo River, we heard a splash as an unseen creature slipped into the murky water. In the notes about Tarlo River National Park it is mentioned as a platypus habitat. A giant leap of faith and the platypus became the event logo. A few more visits and several more splashes, but still we had no confirmed sightings. Well, I thought, get 200 Rogainers out there and surely someone will see one!

The Course

The course included the southern part of Tarlo River NP and adjoining grazing properties. The Tarlo winds its way down into a gorge below the Cookbundoon Range. The Park is not easily accessible to the public because of the surrounding private land; participants in the event had the privilege of seeing one of NSW lesser known parks, one which abounds in wildlife.

By setting a smaller course than usual (about 65km), the challenge for the top dozen teams was not what to do, but rather what to leave out, if anything. Robert Embery and Geoffrey Price (3rd overall) took a risk by skipping some part way round, but had their timing well worked out by the finish. Matt Chamberlain and Paul Harvey (5th) bagged all the top scoring checkpoints but ran out of time and cut out the low-scoring ones in the south. Less ambitious teams, and those on the split 12 hour course, had a wide choice of routes and several high-scoring checkpoints within easy range of the hash house.

There were some grumbles from tired competitors about 'gratuitous hills'. Well I admit to one entirely gratuitous hill: that was the 50-point checkpoint up at Cowper Trig, 300m above the Tarlo River. Of course you didn't *have* to go there, unless, that is, you were trying to win! As for other hills: the map was pretty much covered in contours, so you were bound to go up and down, but I'm sure those same contours helped with your navigation - made it too easy maybe?

There was also the small matter of bonus points for visiting Trig stations: 200 for all 4, 100 for 3 and 50 for 2. I think I had a few of you hooked by this scheme, and maybe not all so

wisely. And some of you (notably Sonia Kupina and Alan Mansfield) obviously just liked the challenge posed by the bonus. Zac Zaharias and Peter Lambert (the 12 hour winners) went to three, including Barry trig, the most distant checkpoint from the hash house.

The Dramas

There were four cases of injuries reported to us during the event. Two of these were gashes which required stitches. The teams concerned acted promptly in applying first aid, and in one case sought assistance from other teams and the organisers. Two people with sprains also required some assistance. These cases emphasise the need for all Rogainers (a) to carry first aid kits (b) to know how to use them and (c) to be self-reliant -- help is usually not close at hand in these events. I am happy to say all teams were well prepared and I thank all those who assisted.

In another rescue, Peter Gordon and Rachel Williams hauled a stranded sheep out of a muddy dam, earning approving bleats from the rest of the flock!

Cookbundoon 2?

Those of you who went up to the NW corner of the map would have appreciated the magnificent views of the course and indeed right across the Southern Highlands. The landowner up there, Trevor Menzies, who normally lives in Goulburn, was intrigued by our sport, so he spent the weekend in his hut on the ridge above checkpoint 57. He saw the first 'professional-looking' competitors jog-

ging past before dark, then watched the torchlights in the evening, on his grazing land and out along the Cookbundoon Range. The last team passed by his place at 7.30am.

Trevor was fascinated and will be disappointed if we don't go back again soon. We could use his property, along with the bushland further north. Just for old time's sake, we can have checkpoints again at Ross and Barry Trig stations. Who will be in it?

Mike Hotchkis

Don't Rubbish Rogaining

There were two instances of rubbish left on the course at Cookbundoon. In one case the culprits were identified and the rubbish removed during the event. The other was a bag of rubbish left hanging in a tree at a water drop (W3). This was brought to my attention by the property manager of the land to the NE of the event area, who had very kindly gone out and collected our water containers after the event. This is NOT good for our reputation with landholders. He left the bag out there for me to collect on foot. If you can carry a can of creamy rice that far, I'm sure you could easily have carried the empty can back with you...



Winners are grinners: Adrian Sheppard and David Singleton completed the full course by 9:35am on Sunday! (photo: Trevor Gollan)

The Cookbundoon, 12/24hr, 4-5 April

Trig Assault

Over the weekend of 4/5 April, Bob Embery and Geoffrey Price pitted their navigation skills against the dry hills and gullies of the Cookbundoon Rogaine. Weather for the event was hot and dry, conditions in the country at that time a real eye opener to any city folk. How rural families can survive I don't know.

We arrived early enough to have a prepared cooked meal, plan a route, and set way points prior to departure. The consensus of opinion among other competitors appeared to be that the distant and high check point Cowper trig, even though worth bonus points, was just not worth the effort. Time spent getting this check point would be more productive elsewhere. Incidentally all these rogainers we spoke to did visit Cowper!

The consensus of opinion among other competitors appeared to be ... Cowper trig station was not worth the effort.

Our plan was to circle through the southern end of the course, cross to the west, work northwards, then back down the centre to the hash house for a meal around 10 PM. Following a short rest, proceed up the eastern side of the map, cross to the north west then back down the west centre for the finish. An advantage of this final phase was that by utilising the track from the Tarlo River near check point seventy, we could discard some check points if necessary to adjust our finish time.

Starting with points' thirty-two and fifty-four then Meadow trig, we moved over to the eastern side and harvested controls at a rate of three to

four an hour. After exhausting the light stuff, we got down to real hard core ro-gaining.

The far western side of the course provided lots of up; principally to locations like Cowper trig. Our track to this location was from well down the valley at check point forty-three, so we conserved energy by working up and around the head of a deep gully thereby avoiding many of the steeper sections. This check point was at the highest point and provided great views. However it was now very late in the day and our objective was to work back down a very narrow spur to the river below before night fall. We did not quite achieve this and found ourselves picking our way down the rocks with steep drop offs into the blackness on each side.

We ... found ourselves picking our way down the rocks with steep drop offs into the blackness on each side.

From Myrtle Creek we ducked up the river and onto a track towards home picking up check points along the way. The hash house hove into sight at 10.30 PM, where we paused for a mini feeding frenzy and short rest (sleep?). With a healthy eight hundred and ninety points on the card we set off to attack the remainder of the map.

The assault of check point sixty-one, another Geodetic Trig point again provided lots of up and loose rocks. A feature of this rogaine was the dry ground cover principally made up of small loose rocks that made for slow going when descending steep hills.

A consequence of not being more than usually cautious in that country could result in a short hospital visit.

A feature of this rogaine was the dry ground cover principally made up of small loose rocks.

Dawn broke with us crossing the Tarlo River and trudging up another long spur line near Still House creek, the thought of a long hot dry day forever on our minds. At least throughout the night we could conserve our meagre water supplies, as the four water stations were the only available healthy water on the course.

The north western corner proved to be quite easy although the long distances between check points were time consuming. Sand was running low in the hour glass as we recrossed the Tarlo River to join the yellow brick road back to the hash house. Following our plan to drop check points if necessary, forty four was deleted and got us back to the hash house with heaps of time to spare.

Geoffrey Price

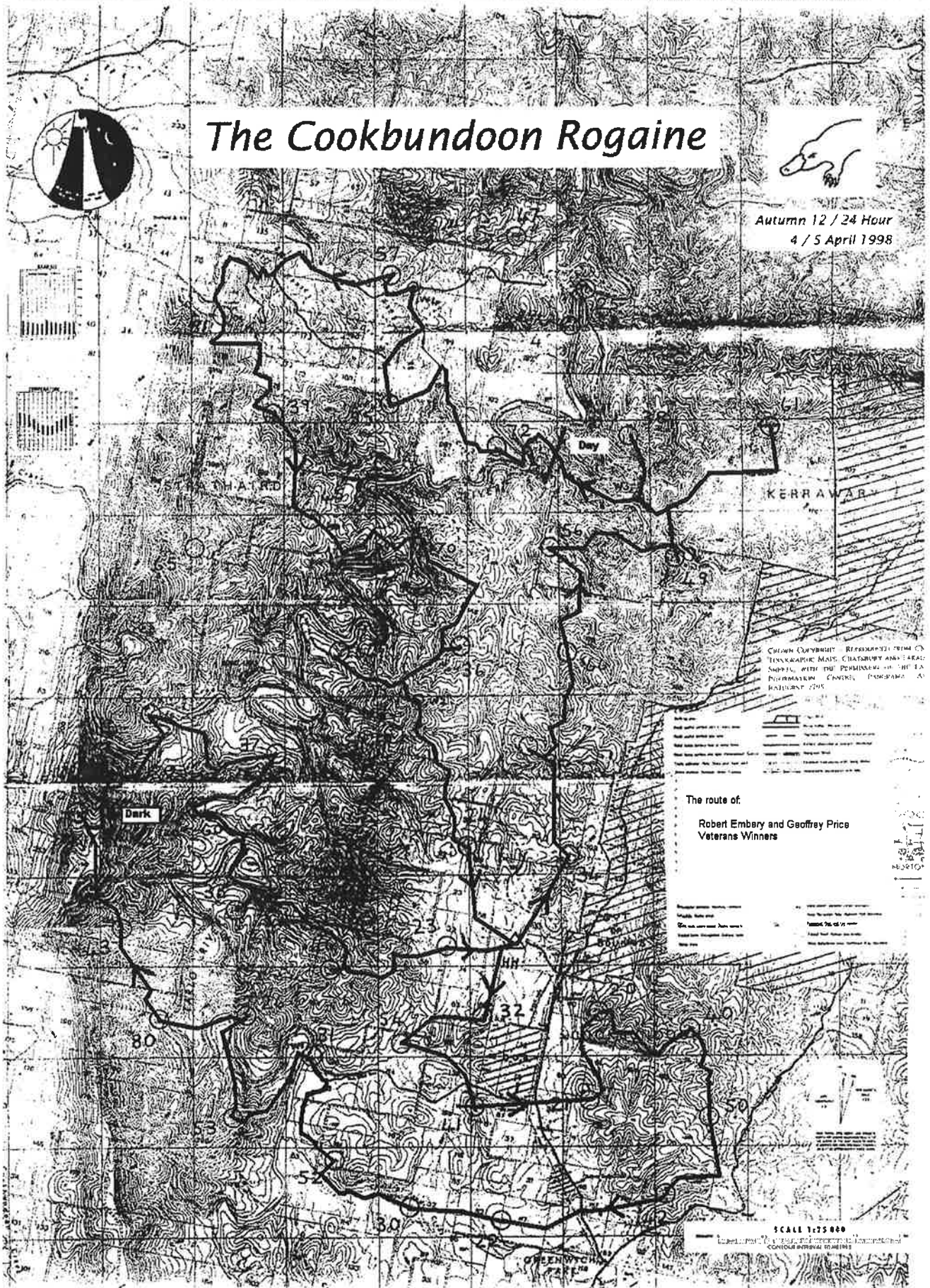
Geoffrey Price & Robert Embery's route appears on the next page.



The start of the Cookbundoon. Mike Hotchkis is on top of the trailer.

(photo: Trevor Gollan)

The Cookbundoon, 12/24hr, 4-5 April



The Cookbundoon, 12/24hr, 4-5 April

Navigating on a Map Fold

I still see Rogaining as bushwalking with a challenge. The concept of being in the bush at night seems foreign. Therefore a 12-hour Rogaine that could be done in daylight appealed.

We decided on a western loop. Our only misadventure that afternoon was in finding control 60 when we thought we were at control 63 - both checkpoints were in creek beds and on roughly parallel positions on the map. The drought meant we could walk along creek beds which, in other years, would have been flowing strongly. This made for fast travel! We returned to the hash house at 6:15pm just as it was getting dark.

We then enjoyed the good food, having a rest and receiving pointers from other teams who had been in the northern part of the course.

We created some mirth at the administration tent the next morning as we timed our exit to leave precisely at 6:15am. We were aware that the loop we had chosen was slightly long but we thought we could ditch some of the 30 pointers at the end if time became short. Things progressed well. It was nice to get two 70 pointers in a short period of time. However, things then went wrong! We followed what we thought was a creek and therefore marked on the map, but it turned out to be a gully, which was not

marked. Hence control 66 was no where to be seen! We then became tired and headed back down the creek bed, following it along. We then tried another gully, which again was wrong. The laminated fold in our map added to our confusion.

After some time we realised we were way off course and that we would be hard pressed to make it back to the hash house by noon! We then adopted a very brisk pace to try and make it back in time. We did not get any controls from 10:30am to noon! It seemed most unfair that the road which would have been fast and pleasant on which to run was out of bounds and that we had to continue in the bush. 11:59am came and the hash house was in sight but appeared to be a mile away! We therefore commenced running. The last incline to the admin tent was a killer. We arrived at 12:03 and lost 30 points. We were disappointed with our latter performance and also with coming in late. However, we were cheered to find when the results were released we had come second in the mixed open and fifth overall. We had a great 2 days. The hash house was located on a great site, the weather was good and those port-a-loos beat pit toilets any day!

Ann Northcote.

24hr Event Results

24 hour Course											
Team	(bonus)	Score	Time	O	M	W	X	V	J	F	
78 Adrian Sheppard, David Singleton	(200)	2160	9.32	1	1						
25 Tom Landon-Smith, Alina McMaster, Novak Thompson	(200)	2160	10.36	2			1				
44 Robert Embery, Geoffrey Price	(200)	1900	11.52	3	2			1			
72 Keith Conley, Mark Wood	(200)	1840	11.36	4	3						
64 Walter Kelemen, Ian Nerrie	(200)	1840	11.43	5	4						
11 Sue Clarke, Tony Maloney	(200)	1710	11.47	6			2				
53 Matt Chamberlain, Paul Harvey	(200)	1700	11.52	7	5						
66 Ian Halbisch, Alexa McCauley, Gavin Whitten, Philip Whitten	(100)	1440	11.41	8			3				
6 Annette Billinghamurst, Michael Billinghamurst	(100)	1380	11.28	9			4				
14 David Dash, Peter Dash, Ian Deck, Bert van Netten	(100)	1360	10.50	10	6						
48 George Foster, Bob Kimbrey, Paul Stein	(100)	1350	11.30	11	7						
73 Andrew Jacob, Rochelle O'Hagan, Jane Pulford, Annina Vaccarella	(100)	1240	11.31	12			5				
8 Jennifer Borrell, Greg Dunstone	(50)	1210	11.50	13			6	2			
84 Richard Holgate, Kylee Woods	(100)	1200	11.38	14			7				
49 Peter Duguid, David Griffith	(100)	1170	11.20	15	8			3			
15 Peter Dunn, Garry Ferris	(50)	1070	11.41	16	9			4			
68 Dave Bourne, Geoff Davis	(100)	1070	11.49	17	10				1		
24 Malcolm Hughes, Ken Smith	(100)	1060	10.42	18	11			5			
17 Tony Dale, Patrick Elliot	(100)	1050	11.27	19	12			6			
75 Sonia Kupina, Alan Mansfield	(200)	1030	11.23	20			8				
18 Marilyn Ferris, Lesley Taylor	(50)	1020	11.05	21		1					
70 Joanne Carol, Kylie Jonasson	(50)	1010	11.45	22		2					
40 Peter Wherry, Paul Wherry		980	11.19	23	13					1	
19 Merv English, Anne Francis		980	11.24	24				9	7		
37 Nick Quinsey, Russell Taylor	(100)	900	10.36	25	14						
3 Rodger Austen, Rosemary Austen, Steve Garlick		900	11.42	26			10	8			
76 Mark Simons, Jason Szczerbanik	(100)	890	11.40	27	15						
39 Jono Miller, Stuart Thomson		880	11.23	28	16						
54 Carolina Roman, James Southwell, Andrew Wong		870	11.42	29			11				
35 Nihal Danis, Richard Sage, Philip Strickland		800	11.43	30			12				
27 Martin Liedvogel, Adrian Plaskitt		780	10.19	31	17						
41 Glenn Bridgart, David Jones	(50)	770*	22.30	32	18				9		
80 Stephan Adler, Jakob Graichen	(100)	740	11.39	33	19						
28 Jillian Body, Theo De Malmanche		700	10.51	34			13				
12 Peter Cook, Andrew McFaden	(50)	680	23.14	35	20						
26 George Hauswirth, Kevin Lloyd		670	7.20	36	21			10			
65 Julee Hamilton, John W. Roberts, Mark Rosenbaum, Melinda Stocker	(50)	570	11.42	37			14				
42 Sandra Kemp, Ailsa MacKenzie, Iain Martin		520	11.09	38			15				
10 Stephen Castle, Rhonda Monahan		520	11.47	39			16				
60 Clinton Alver, Alison Maher, Matt Seldon, Janet Steel		450*	0.22	40			17				
13 Marie Dale, Coke Pollitt		300	11.36	41		3		11			
20 Maureen Cavill, Denise Green		180*	17.18	43		4		12			
82 Karsci Gaal, Tomas Karolyi, Botond Por, Zoltan Szabo, Andras Torok		disq	11.59								

This is your last newsletter

Unless you have renewed your membership, of course!

The membership renewal slip is on page 17. Don't wait for an event - send it in today!

The Cookbundoon, 12/24hr, 4-5 April

12hr Event Results

* retired due to injury

Split	12 hour Course	(bonus)	Score	Time	O	M	W	X	V	J	F
71	Peter Lambert, Zac Zaharias	(100)	1130	11.55	1	1			1		
30	Andrew MacDonald, Malcolm Stewart		1100	11.54	2	2					
23	John Gan, Ian Hawkes, Glen Wallace		960	11.47	3	3					
55	Chris Aiken, Jan Pralits, Paola Ramirez		950	11.50	4			1			
58	Roger Northcote, Ann Northcote		850	12.03	5			2			
43	Mike Aylott, Paul Cheeseman, Andrew Gibbs		840	11.30	6	4					
33	Daryl Kay, Karen Maher		830	10.55	7			3			
2	Philip Allen, Bob Bartle, Ted Booth		800	11.25	8	5			2		
4	Ben Austen, Peter Garlick		800	11.52	9	6				1	
67	Diane Jaworski, Michael Korompay, Ashley Woods		780	11.40	10			4			
50	Roz Atkins, Margaret Duguid, Renate Griffith		760	11.23	11		1		3		
22	Betty Chen, Lara Dabreo, Melanie Mill, Phil Smyth		720	11.32	12			5			
1	Charles Allan, Lisa Allan		700	11.35	13			6			
79	Daniel Marlay, Emma Murray		700	11.51	14			7			
61	Peter Morris, Karen Ward	(50)	640	11.14	15			8			
59	David Green, Dayle Green		630	10.33	16			9			
38	Gavin Casswell, Geoff Ritchie, Tom Thomas, Stuart Walker		620	10.41	17	7					
32	Kirsten Linnemann, Ben Livissianis		560	11.50	18			10			
7	John Bishop, Ian McNichol		550	10.49	19	8			4		
5	Geoff Bailey, Kate Malfroy		510	8.43	20			11			
63	Lisa Lampe, Mark Wright		510	11.57	21			12			
47	Cynthia Coleman, Lizzie Melville		470	9.55	22		2				1
56	Pia Berthelsen, Peter Boyce		470	10.16	23			13			
45	Steve Harrison, Jim Meek		470	11.08	24	9					
34	Didier Dejean, Grant Morgan, Matt Murphy, Nick Pratt		440	9.17	25	10					
69	Penny Field, Melissa Grant, Bill Grant		420	9.31	26			14			
51	Peter Comino, Paul Immergluck, David Johnson		420	11.16	27	11					
52	C Benjamin, F Blackman, T Comino, N Webb		420	11.16	28	12				2	
21	Mark Hall, Judy Hall, Katherine Hall, Lincoln Hall		360	8.14	29			15			2
62	John Clancy, Chris Stevenson, Dianne Stevenson		360	9.20	30			16			
74	Brendan Young, Lindsay Young		350	8.35	31	13					3
29	Herb Lippmann, Natalie Lippmann		330	9.51	32			17			4
36	Manfred Mackenzie, Janet Sculfer		310	9.18	33			18	5		
57	Chris Dooley, Hideaki Takusagawa		190	11.29	34	14					
81	Julian Radom, Suzanne Schamschulf		140	6.51	35			19			

MIKE GOES WEST

When Mike, from Helensburgh, set out in search of rogaine sites, He little realised that he would spend so many days (and nights) Consulting with the landowners, and the NPWS Exploring new locations, and moving further west.

With George, he found a perfect site, north-west of Mittagong; Sub-alpine forests, grassy glades, the hills alive with song. So they visited the landowners, the country they crisscrossed 'Til the central one, the biggest lot, advised them to "Get Lost!"

Undaunted, Mike and George looked west to country slightly burnt, Maps unfurled and studied, in pursuit of an alternate. "We'll try that country there - just across the Wollondilly, The properties are larger, and the hills are not too hilly."

So they visited the landowners. It seemed a perfect option. Then alas, the central property went on sale. "It's to be auctioned On the same day as the rogaine. This is getting somewhat stressful. We don't want it bought by Rogainers 'cause they twiddled with their Petzel."

It was westward, further westward that our stalwarts had to go,

Beyond Big Hill until they reached the valley of the Tarlo. Where they visited the landowners. Is there a message here? We must search for grand horizons - else remain an orienteer.

Thus it went. A classic rogaine site defined by our coursesetters. They met the friendly country folk; cuppas with McWhirters. The rogaine throng assembled, then dispersed through fence and bushes, Found wombats, roos, a flag or two ... dunno about platypuses.

Now Mike reviews his efforts for the Cookbundoon rogaine, And you wonder if he'd ever contemplate the task again. It's perverse, but those who've set a course should probably have guessed, He's already planning access with the farmers, further west.

Trevor Gollan

The TAB 24hr Relay

..... or how we had a fun day out and didn't even run off the map!

Last year we talked of entering the TAB 24 Hour Relay at Homebush, but there was a full moon or something, so we had to defer. This year it was timed perfectly - one week before the Aust Champs, just the time for a warm up without the need to travel out of town.

So Julian rang me and we got together and plotted 'n schemed till we thought we had the minimum 15 runners to enter a team. (Well actually Julian entered the team when he & I were the only confirmed participants, but he put my name down as Captain, so that let him off the hook.)

By race day we had a few more, both maybes and wouldn't-miss-it-for-anys. Julian rocked up at 9am to place the banner in a prominent spot, then went for some kip. I followed at 10.30, made camp behind the banner, went to the skippers' briefing, and at 11.45 prepared to run a one-person relay (which makes a lot more sense than solo synchronised swimming). But Julian was on his way, and by 11.50 it was clear that I could rest on every second lap. Midday, the race was on, and when I got back ten minutes later, Melvyn & Kathy Cox were there. The Gang of Four was all ready to take Homebush by storm. Ten laps later, and trusty Kathy Herrman (remember the floating control at the Metrogaine?) was there to join in.

This was the catalyst for more reinforcements to arrive - Paula Hawtin, closely followed by Paul Darvo, put in a few heavy laps before taking off to dine out. Meanwhile Jenny Borrel pitched up for a few an hours, and around 6pm Netti arrived for the long haul. Using the short termers while they were there, the old faithfuls took it easy till the youngsters left and it was back down to the serious stuff. Sue, Julian, Mel, Kathy C, Kathy H, Netti. Sue, Julian, Mel,

Then Kathy H's friend Michael showed up, shamed into an appearance despite the rain, and was put to good use. Then the strain began to tell: Kathy C had to retire hurt, although still offering to hop round if needed, and Michael remembered he had a home to go to. Even Kathy H had to retire around 1am, due to a sailing race later that day. But hey, we're rogainers, not fly-(home)-by-night orienteers, and as the witching hour approached so did the troops. Alan Mansfield, John Keats, Watto, and Paul Kotala all loomed up out of the mist and you had to fight for the right to run. Julian succumbed to a well-known failing of his, and headed off for a nap, and while Mel nodded off in his seat, Sue & Netti took a time out to cook up on the trusty Trangia in the grandstand, while the new blood kept the control card going round. But as the dark departed, so did they, leaving Sue, Netti, Julian, Mel & Alan to hold it together. 7am, and we were doing it tough (but still doing it mind - Julian had seen to that when entering us as "Rogainers Go All Night"). 8am and

Mike Billo arrives to pick up Netti, but is sent out on a lap instead. He's scarcely back and Neil returns with fresh legs (still don't know where he managed to trade in the old ones). They are both sent out as often as can be persuaded, then at 9am the Cavalry arrives - little Rebecca Parr-George, with Mum at the helm. Off goes Jo - can we send Beccy out yet? Well maybe 4 months is a little young, although she is already a veteran of the Metrogaine. Now we are storming home, building up to the big finish. Two easy laps to go, and suddenly they change the rules. If we work at it we can get three in. Call for volunteers among the fresh legs, and some inspiring captaining has the whole team straining at the leash to run their legs off for the cause. Mike, Jo & Neil are selected as the latest arrivals, and in true Rogaining style make it with seconds to spare. The whole team take to the track, headlamps, maps and all, for a final lap (a great sport - its laps started by 11.53 that count, and you don't even have to finish the last one) All there is left to say is "congratulations" to all who took part, and "you don't know what you missed" to all who didn't.

Sue Clarke

Some Statistics (well that's what you get for letting an actuary into the club)

Laps Who

		6 hour splits	Laps run	Mean lap time
16	Sue, Julian			
14	Mel	midday - 5.57pm	31	11.31 mins
11	Netti	5.57pm - 12.02am	31	11.47 mins
9	Alan	12.02am - 604am	32	11.41 mins
8	Kathy H	6.04am - 11.53am	32	10.54 mins
7	Neil			
6	Mike Billo			
5	Watto, Kathy C, John, Michael			
4	Pauls, Paul Kotala, Jo			
3	Paul Darvo			
1	The Team			
126	TOTAL			

Survey – Preliminary Results

Thank you all for sending in your surveys on what you like (and don't like) about Rogaines. So far we have processed 140 replies, with another dozen sitting on desk. One thing that come out very strongly in the survey is that Rogainers are severely chronologically challenged! A "use by" date of March 13 clearly means any time this year will do. Now if only the organisers of the 1996 World Rogaining Championships had taken the same attitude when we returned 35 minutes late

We will be doing our best to take into account your likes and dislikes, but just to be going on with here are a few facts & figures:

The "typical" Rogainer who responded to the survey is 2/3 male 1/3 female, 40 years old, with a prefer-

ence for 6 hour events. They will travel up to 4 hours for an event, and cannot even begin to make up their minds about 12 hour events starting at 10am. They like rugged terrain, (unless accompanied by family) think soup and fruit are the most important food provided by the Hash House, with pasta and hot veggie stuff close behind. And toilets are very important at the HH too.

The vast majority think transport should be arranged, but not subsidised, to events, and whilst only a quarter have used organised transport in the past, half would use it in the future. Lack of a partner has prevented 40% from entering an event in the past, and 2/3rds say they would use a dating service in the future.

There is too much of absolutely nothing in the newsletter, with gear reports and navigation tips being the most lacking.

But remember, its your newsletter, and we can only publish the stuff you send us.

Finally, its now way past anybody's deadline, and if I don't send this off to the Editor immediately it will never get published, so watch this space for the in-depth analysis next time!

Sue Clarke

Application for Membership or Renewal of Membership

The NSW Rogaining Association Incorporated

I/We the undersigned, who live at the address given below, hereby apply to become members / renew membership of the above named incorporated association. In the event of my/our admission as members I/we agree to be bound by the rules of the association for the time being in force.

Full Name	Date of Birth	Fee (\$)	Renew (Y/N)	Signature

My/Our address (for delivery of one copy of each newsletter) is:

Name:

Address:

Town: Postcode:

E-mail:

Phone: (home) (work) (fax)

The fee per annum is \$12 for the first person on this form and \$3 for each additional person. The maximum fee for a family is \$15. The membership year starts on 1st January. A family is defined as one or two adults plus any number of dependant children each of who looks to one or both of the adults as a parent and who all live at the same address.

Please send this form together with a cheque payable to "NSW Rogaining Association" to:

Membership Secretary NSWRA
Graeme Cooper
Cluny Road, MSF2005,
ARMIDALE 2350

Where Does Your Money Go?

Members of the Association pay fees in two ways, annual memberships and event entries.

In simple terms, outgoings are directed to: -

- the national body, the ARA,
- servicing our members with Newsletters
- general overheads such as equipment, promotion etc and
- event specific costs.

At a committee level we are constantly reviewing the fee levels to ensure the load is spread evenly, the Association remains financially viable, and the cost for the first timer is not too onerous.

For 1998, we have set our membership fees at \$12. Each subsequent person attached to the membership, attracts an additional \$3 levy. There is a direct correlation between what we charge and the costs incurred to service the membership.

For the \$12, the member receives 6 Newsletters (our production and distribution cost is approximately \$9.60), we pay the ARA levy of \$1 per person, and our public liability insurance of \$1.80 per person. Subsequent members are also subject to the levy and insurance cost, thus the additional \$3 charge.

General overheads are met by an event levy imposed on each entry. This money is used for: -

- equipment including the trailer, flags etc,
- promotion including brochures and some advertising, and
- committee expenses

This levy has been included in your event entry fees for a number of years, and remains at \$4 per person per event.

Lastly, our event fees. We have a complicated formula that allows fees to be set taking into account things like: -

- the expected numbers (and this varies considerably depending on many factors including advertising, distance from Sydney)
- costs associated with each entry like the event levy,

food, map, access fee

- fixed costs like entry forms, course setting (petrol, maps, tape etc), feeding all the helpers, tent hire etc that have to be spread over the final number of entries, and
- subsidies for concessions (juniors, students, unemployed)

all of which need to be estimated up to 4 months in advance of the event for the entry form printing and distribution.

By way of example, a typical 24 hour event might include (but is not restricted to) costs like: -

- per person - levy \$4, food \$10, map \$3.5, access to property \$2
- fixed costs - entry forms \$100, prizes \$100, food for helpers \$200, tent hire \$200, course setting expenses \$150, plus all petrol costs @20cents/km, transport subsidy \$500

If you have any questions, or would like further information, please contact the editor, and we will respond in a subsequent newsletter

AJ Maloney
Treasurer

NSWRA 1997 Annual Return

Prepared by A.J. Maloney
Treasurer

	Opening Balance	\$7,956.17
	1996 Expenses	(\$2,874.96)
Income	Memberships	\$5,427.20
	Events	\$6,502.61
Expenses	Trailer	\$2,485.17
	Equipment	\$651.93
	Newsletters	\$6,088.70
	Executive	\$3,376.49
	Promotion	\$600.99
	Stock	\$596.70
	Result (a loss for 1997)	(\$2,069.07)
	Closing Balance	\$3,010.24

Send Me an Article!

Deadline for Articles: 1 July 1998

I'm interested in:

- Participant Reports
- Photos
- Gear / Food / Anything really!

All contributions are most welcome

If you thought it was interesting - then its highly likely others will too! Send it in to me.

(see page 9)