

# NSW ROGAINING NEWSLETTER

Number 75

May 1999

## PRESIDENT'S REPORT

So far this year we have already had the fun of the 6 our sprint round Campbelltown, otherwise known as the Metro-gaine. Then there was the NSW 24 hour event planned, organised, set and in the end, even catered by Daniel Marlay and his team from UNSW - thanks a lot guys, it was a fantastic event, especially once it stopped raining. Next up from the NSWRA is the Paddy Pallin, this year being held on the Shoalhaven River. The only thing wrong with it is that I can't be there - only the second Paddy I will have missed since my arrival in the Land of Oz over 12 years ago. Same pitiful excuse both times too, of overseas travel. But that's no excuse for the rest of you, especially with the NSW Long-O, this year incorporating a 3 hour team score event, as a warm up 2 weeks earlier. I'll be in that, so hope to see you there.

After the Paddy comes the 11th Australian Wilderness Rescue Navigation Shield - not run by the Rogaining Association, but as the name implies by Wilderness Rescue, the remote area search and rescue group of the New South Wales Volunteer Rescue Association. I did it last year, and it was even more fun than I expected (at least it is now, from this safe retrospective distance). So much fun, in fact, that I have just sent in my entry for this year. With the same partner too!

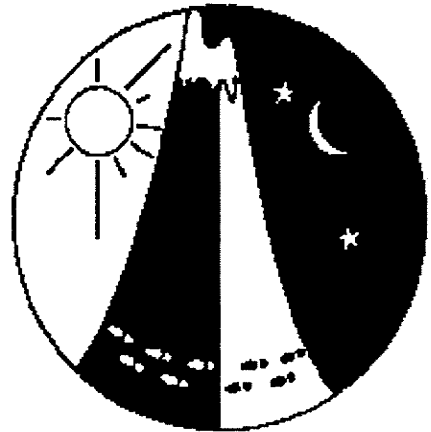
Following that is the NSW Champs in August, courtesy of Bert Van Netten

and his team, so watch out for rocks appearing in your pack half way round. Then comes the annual Lake Macquarie 12 hours, from Rob Vincent, previously better known as an orienteer than a ro-gainer, but better late than never t the fold. Finally wind down the year in the far north of Sydney at November Socialgaine. A 6 hour fun event master-minded by my erstwhile partner-in-crime, Chippy. We promise you lots of spiders webs and ice lolly stops - don't forget to bring some spending money along.

Look forward to seeing you at any and all of these events, and don't forget, we are *your* committee, so if you have any strong feelings about the way things are run, or suggestions for future events, any one of us will be only too happy to hear your views.

I feel it is really important for the sport to get new people involved in the organisation and running, and, like most things, the more you get involved the more interesting and enjoyable life is.

*Sue Clarke*



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### Entry Forms:

6 Hr Paddy Pallin  
Nav Search & Rescue  
Northern Territory  
NSW Champs  
Lake Macquarie

## 4<sup>th</sup> World Rogaining Championships.

*Canterbury, New Zealand.*

*15-16 January 2000*

Come and see the wonderful hills and river valleys of the  
**South Island of New Zealand**

We have a great Hash House Area with plenty  
of flat camping space before and after the event.

For further details view our website at  
[www.chch.school.nz/dhs/rogaine2000](http://www.chch.school.nz/dhs/rogaine2000)  
or e-mail us at: [rogaine2000@hotmail.com](mailto:rogaine2000@hotmail.com)  
An entry form is enclosed in this newsletter.

## WHAT'S ON IN 1999

Event/Coordinator	Course Setters (4) Vettors (2)	Administration	Hash House
ACT Championships 1/2 <sup>nd</sup> May	—	—	—
1999 Paddy Pallin Rogaine Shoalhaven 20 <sup>th</sup> June Julian Ledger (02) 9416-6423	Ted Booth Phil Allen Bob Bartle John Guilly Trevor Gollan (Vettor)	Jennifer Borell John Keats John Bishop	1st Waitara Scouts
Nav Sheild Event/ Search & Rescue 3/4 <sup>th</sup> July	—	—	—
NSW 1999 Championships Brickmans Backyard 28-29 <sup>th</sup> August Bert van Netten (02) 4975-3693	Bert van Netten  Andrew Haigh (Vettor) Arthur Kingsland (Vettor)	Nicole Dynon Ian Deck	Bankstown Bushwalking & Social
Lake Macquarie Rogaine 18 <sup>th</sup> September Bert van Netten (02) 4975-3693	Robert Vincent  Robert Preston (Vettor)	Albie Arnott Sharon Arnott Nick Greenhalgh	Joanna Parr
Socialgaine 5 <sup>th</sup> December Hawkesbury River Sue Clarke (02) 9816-2508	'Chippy' Le Carpenter	Peter Leroyd Herb Lippmann	

*Join in the fun of working behind the scenes  
HELP always needed, contact :*

**Vicki Cooper Phone: 02-6772-3584 (h)  
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**No experience is necessary - detailed instructions are supplied.**

## COMING ATTRACTIONS

### PADDY PALLIN 6 HOUR - JUNE 20

The Paddy Pallin Rogaine is the most popular on the calendar. In 1998 a record number of participants had a great day in bright sunny weather on some of the highest points of the Blue Mountains. This year its the 36<sup>th</sup> Paddy Pallin Rogaine and a very different area with the Hash House at a scenic spot on the banks of the Shoalhaven River. Those who have read Paddy's autobiography 'Never Truly Lost' may remember that he and wife May went on an epic canoe trip down the Shoalhaven when that literally meant canoeing off the map into uncharted territory.

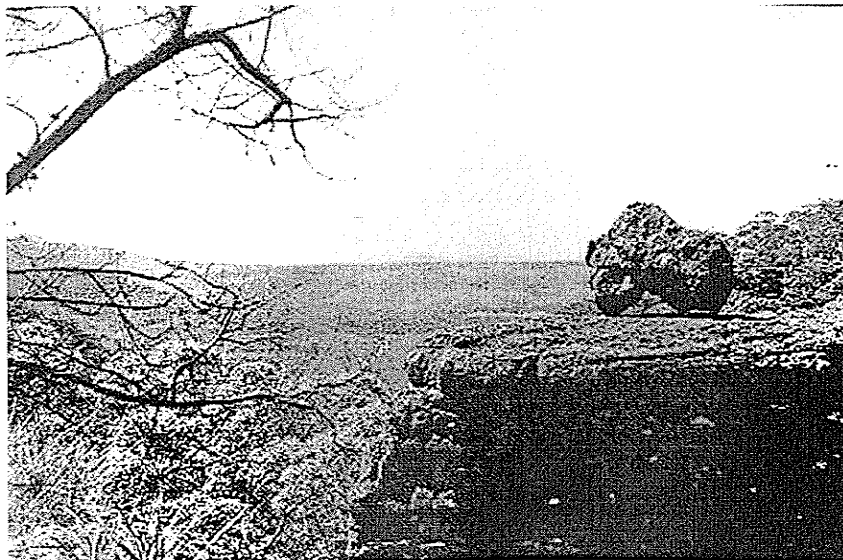
The Rogaine this year promises to be a good one and I had an enjoyable weekend helping course setters Ted Booth and Trevor Gollan and friends find some good spots to hang the control flags. The course features the river valley, abandoned goldmines, hilly country and lookouts with some interesting scrambles, track walking, open forest and some trickier stuff. The relative elevation is only 300 metres, not difficult for the novice to tackle (sorry Graeme). The Hash House has good facilities with hot showers, toilets (flushing) etc and is a beaut place for overnight camping. Catering is again being done by our friends from 1<sup>st</sup> Waitara Scouts who put on a fantastic spread both on the evening before and after the event.

Camping on the Saturday night is recommended as the drive from Sydney is more than three hours and the start is at 9.00am on the Sunday morning with maps available from 7.30am. Pre registration will also be open on Saturday evening to avoid a queue in the morning. Alternatively there is a YHA hostel in Gerringong Ph 02 4234 1249 or a small backpackers hostel in Kiama 02 4232 1881.

The Winter Solstice – the shortest day of the year (21<sup>st</sup> June), traditionally is a time of dreariness, so kick off those winter blues and come join us in a night of fun and laughter with our **Trivia Night** – Rogaining style. To be held on the Saturday 19th June.

The entry form is enclosed with this newsletter with closing date 7<sup>th</sup> June. Every year people miss out because they enter too late. Organise your team today and get that entry in. Rogaines need entries in advance because there needs to be time to process all the forms and return instructions, maps must be printed and catering quantities purchased. Help us to run another great event by getting your entry in to us in good time.

*Julian Ledger*



*Lookout – over the Shoalhaven River – 1999 Paddy Pallin*

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## COMING ATTRACTIONS

### THE CROC & ROCK ROGAINE

31st July, 1999

#### *Be part of the first Rogaine in the Northern Territory*

Help us to take the sport where it has never existed before. Take this opportunity to experience the beauty of northern Australia at the best time of the year - the nights are cool the skies are clear, many woodland species are in flower and the humidity has dropped. Explore Kakadu, Katherine Gorge, or the Kimberley. Visit the World Heritage wetlands and come face to face with the unique flora and fauna including the renowned crocodile (NOT while actually Rogaining). Litchfield National Park itself is known for its many waterfalls off the escarpment draining the Tabletop Range.

This first Rogaine will be a 6 & 24 hour event. It is to be held in Litchfield National Park, about 2 hours drive south of Darwin. The course is mostly open forest, with areas of rocky outcrops and streams. The ubiquitous speargrass, 2m high in the wet season is traditionally burnt by July. The altitude extremes are 50 and 250m. There is no history of development on the course, apart from park management, offering challenging navigation and sensational scenery. The course map of 1:25,000 scale has 5m contours (discontinuous in parts

where only 25 m index contours are shown) and with premarked controls. The Hash House will provide culinary delicacies as in all quality Rogaine's.

We are enjoying a particularly wet wet season which bodes well for a well irrigated course with swimming holes included. Camping is available at the Hash House on Friday/Saturday nights and other campsites around Litchfield N.P.. A 4WD is not required to reach most of Litchfield, including the Hash House.

The Dry is the most popular time to visit the Territory. Events of interest include - Darwin Marathon/Half-marathon 10K 11/7/99, Katherine Show 16-18/7/99, Darwin Show 22-24/7/99, Darwin Beer Can Regatta 8/8/99 and Katherine Gorge Triathlon 14/8/99.

Join us for what promises to be an exceptional event. Meet local and interstate Rogainers and defeat them on neutral ground

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### BRICKMAN'S BACKYARD

28<sup>th</sup> - 29<sup>th</sup> August

The Brickman's Backyard Rogaine is this years NSW Championships. It is a 24 hour event with the option of a 12 in 24 hour for the less adventurous or those with more sense (depending on your point of view).

The Rogaine is in Yengo National Park, near Wollombi, about 1½ hrs north of Sydney

There are quite a few guest houses in the area and the well known Wollombi Tavern, home of Dr Jurd's Jungle Juice - apparently very good for helping relieve those post-Rogaine aches and pains, celebrating all your great efforts or forgetting about the frustration of missed checkpoints. If you are considering a guest house, rather than a tent or the back of the car, Cessnock Visitors Centre will send out information packs or give you info over the phone. They are contactable on (02) 4990 4477 and you are asking for accommodation in the Wollombi / Broke area.

The terrain is open ridge country with sandstone caps and limited tracks. There are lots of gullies and usually dry creeks, so participants will need to bring their own drinking water.

Arthur Kingsland, a course vetter, has said of Bert's course: "It's a good running course", and I would like to suggest that it is also a good walking course.

Hope to see you there.

*Nicole Haigh.*

is given to the terrain and scrub conditions. Emergency services have no choice where they do real-life searches. First requirement is a base site big enough for 400+. Second, good ground water, as the competitors are expected to be self-sufficient throughout the event. Third, a big enough area for a course.

Usually NAV courses have fewer and more widely dispersed controls than a standard rogaine and it is not uncommon for lies between controls to exceed two kms which can lead to greater navigation challenges. Self-sufficiency and an emphasis on controls off-track.

The administration behind the event is well established, the event is well established, with growing interstate and even overseas interest among Emergency services. This year it will be held approx 2 hours S-W of Sydney.

### S&R NAVIGATION SHIELD 3-4 July

For those of you desperate to do a mid-winter Rogaine, there's always the S&R Nav Shield or, to use it's formal name, the "Emergency Services Nav Shield". But then, if one enters in the Rogaine class, one isn't actually competing in the Nav shield event, just sort of using the course along with the Nav Shield event. Why let a laid out challenging Rogaine course go to waste? Well, some competitors from NAV98 would no doubt be willing to supply reasons for doing so but one appreciative entrant said "great, that was the first Rogaine on which I've ever needed to use my compass".

The event is not organised by the NSWRA but by the Widemess Rescue Group, a specialist VRA squad that is run by the Confederation of Bush Walking Clubs (NSW). This gives the event a certain flavour. For many years WRG was known as BW S&R and the event is conducted as a training event for the various Emergency Services, giving them "searching" practice - searching for controls, an activity we know as Rogaining. Running the event is an exercise for the WRG, using its radio network to maintain radio checkpoints which take the place of

intention sheets. Competing in the event is an exercise for the emergency services groups - Armed forces, Bush-fire brigades, SES, Police and Ambulance, and bushwalking clubs.

It might only be a Rogaine, but now in its 11th year it regularly draws over 400 competitors. And back in 1996, near Woodford, the then Minister for Emergency Services, Bob Debus presented the Nav Shield award and Phil Koperberg presented the Bush-fire brigade award.

Rogainers now get a class of their own, and although the competitors in this class are not eligible to win the Nav shield, they only have to abide by rogaining rules, not the more stringent Nav shield equipment rules. Last year Mike Hotchkiss and Ian Currie did receive a small award for topping the Rogaining class. (No mention was made that they had piped the Shield winning team by 10 points - but then the Shield winners (from Sutherland Bushwalkers) had carried full bushwalking packs for the 29 hours.)

Because the event is considered training for the emergency services, little consideration

**The X files - Case No. 0399 Encounter near Yarraboo.**

The case reads: Don't read this if you have a fear of lovely country roads at night...

It was a humid summer evening and I had the car window open. Out there in the darie forest a silence brewed. In the distance some lightning lit the clouds, a storm which had been receding as I drove down the coast. It had been some time since I passed the last few scattered farmhouses outside Milton. The forest road winds endlessly. No-one comes this way late on a weekday evening. I seemed to be completely alone. Not so far to go; I had passed the Pigeon House turn-off.

Imagine my surprise, and how my flesh crept, when a voice called out from the bush. A voice close at hand, calling, "Stop... wait... please stop!" I was just rounding a spur and the voice called from the bush above the road. I pulled up and peered into the darkness. The voice came again: "Vich vay is it to Milton?" in a central European accent. I checked my watch. It was not Friday the 13th. I shouted back, "it's back the way I've come..."

There was some scratching about in the bush behind. I clicked the central locking switch, and kept the engine running. Then this figure, this apparition, appeared in the light of my brake lights. I relaxed slightly, there was no bloodied axe in his hand, this was not gothic horror. Monty Python, more likely. He had a dirty white

towel round his waist. Nothing else. No shoes. Unshaven, late fifties. He repeated his question, and asked, "how far is it?", as if walking to Milton in this state, in the dark, and taking a short-cut through the bush without a torch, should not surprise me.

"Back that way, maybe 25 kilometers..."

Would I be going back tomorrow? He would pay me, if I would take him and we could find a cash machine there. But I was not going back until Sunday, I was meeting people to do some bushwalking (I decided against explaining to him about ro-gaines, setting and checking courses -- he might think I was crazy).

Then he told me his story. He was camping down at Blue Gum Flat, at the end of a dead-end road. He had seen no-one for 4 days. He had put his back out and could not even cook the food he had. Finally that morning his back was not so bad, so he left most of his gear and started walking. He had got caught out in the thunderstorm, but he had a small tent and a blanket and was sleeping there above the road when he heard my car. An odd place to erect a tent, I thought, on a steeply sloping spur.

Did he need to get to a doctor, I asked, but no, he had had trouble with his back before, and he would return to recover his gear "next year". He was looking forward to fish and chips in Milton as soon as he could get

there. Then he would return to Sydney, where he lived in Waverley.

Like the ancient mariner, he gripped my arm, and told me about Blue Gum Flat, and how the Aborigines hold a corroboree there each January, dozens of didgeridoos playing, he had been several times. Fact or fertile imagination, I wondered. I said I needed to get going, I was sure some cars would come by the next day, he would not be stuck. I gave him a packet of biscuits to keep him going.

"Do you know", he said, "the best thing that happened these last four days? I ran out of tobacco. For years I have been trying to give up, now I've finally kicked the habit!"

Mike Hotchkis



**Application for Membership or Renewal of Membership**

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, ARMIDALE 2350

## HOT TIPS

In an earlier newsletter we talked about route planning in general. One aspect of this is being able to accurately predict the terrain before you get stuck in it, which is the subject of this newsletter's "hot tips".

**Terrain Prediction:** Knowing the distribution of the thicker and thinner parts of the bush is invaluable when you are walking or running through it. Orienteering maps are carefully marked with vegetation "runnability", but Rogaine's are generally run using standard survey maps, with no modification for thickness of vegetation. Thus the ability to be able to predict vegetation is an important skill for Rogainers. Other terrain properties that can also be predicted are steepness and rockiness.

**Vegetation:** It helps to know the regional characteristics of vegetation where a Rogaine is being held. For example, the following applies to areas on the coastal side of the Great Dividing Range in NSW:

- Ridges and spurs are often more open and therefore faster than gullies, due to hotter and more

frequent fires,

- Gullies may be full of rainforest vegetation, beware!
- South-facing slopes are often thicker than other orientated slopes. Some "open" areas (such as heathland) are slower than forest due to undergrowth.

Some of this can only be learnt from experience! As you drive into the area of the Rogaine, note vegetation and consider how you would go travelling through it. Do likewise around the hash-house before the start. A Rogaine in a new and unfamiliar area is likely to be a learning experience, so use what has happened and what you have seen on previous legs to make predictions about future legs. There will be at least some vegetation type information on the map. Commonly, there is separation of terrain into white (open) or green (forest). Sometimes there may even be two shades of green, for dense and medium timber. Don't rely on the marked vegetation boundaries for navigation! Orchards and plantations may be marked differently, but again be careful, the in-

formation is likely to reflect the status when the map was made, maybe 20 years ago. Look out for marshes on the map, marked with blue dashes: these can sometimes be virtually impassable!

**Steepness and rockiness:** Contours on the map are obviously the best guide to this. It is much slower walking along steep sided hills, so plan routes accordingly. Look out for where contours come very close together, as this represents a cliff. Rockiness is a harder one to predict, unless you happen to be a geologist (!). Some rock types are more prone to producing annoying, small boulders that trip you up in the dark and which can very much slow progress. Metamorphic rocks such as schists and slates (but not gneisses [I wanted to get that in just so I could prove that I could spell it]) are particularly bad for the ankles as they weather into nasty, angular shapes.

*Simon George*

# 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



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## HOW ETHICAL ARE YOU? DARE TO TAKE OUR WINTER QUIZ OF ROGAINING ETHICS

1. Event instructions arrive in the mail. Do you
  - A) Work out where the hash house is, go and buy the relevant topographical map and study it intently 10 pts
  - B) Ask your partner(s) if they have bushwalked in the area ..... 5 pts
  - C) Forget the instructions and get lost en route ..... 0 pts
  
2. You arrive the night before to take part in a 24 hour event. Do you
  - A) Finish a bottle of Penfolds Port ..... 0 pts
  - B) Hang around the course setters waiting hopefully for course hints..... 10 pts
  - C) Try out your compass by orienteering around the hash house environs ..... 5 pts
  
3. The Admin tent has partially blown over in the night. Do you
  - A) Queue up for your map, after all you've paid to participate not help ..... 10 pts
  - B) Offer gratuitous advice on how to erect marquees in storms ..... 5 pts
  - C) Give up valuable course planning time to help put the tent back up..... 0 pts
  
4. The organisers say that a first aid kit is essential and you've left yours at home. Do you
  - A) Keep quiet - nothing like that has ever happened to you ..... 10 pts
  - B) Buy another NSWRA first aid kit for \$6 ..... 0 pts
  - C) Scrounge a whistle, bandage and space blanket from another team that has two kits for three members 5 pts
  
5. After the start you come across a novice team having difficulty with their compass who look hopefully at you. Do you
  - A) Show them that N is for North and then catch up your team ..... 5 pts
  - B) Explain the difference between true and grid north and do some practice bearings ..... 0 pts
  - C) Cruise past. They should have worked it out earlier ..... 10 pts
  
6. At 4pm its 30 C and you are trailing your partner(s) for the 5<sup>th</sup> Control "Top of steep summit". Do you
  - A) Climb to within 20 metres of the flag as per rogain rules ..... 0 Pts
  - B) Take a breather when you think you can see the flag - they have to come down again this way anyway 10 Pts
  - C) Stop within 20 vertical metres of the summit ..... 5 pts
  
7. You meet another team and they have run out of water. You probably have enough to share but it will limit your future route choice. Do you
  - A) Give them a drink but don't let go of the bottle..... 5 pts
  - B) Advise the shortest route to the next water drop..... 10 pts
  - C) Share generously..... 0 pts
  
8. Course setter Ray Venge has set Control "On the vague spur" and put the flag in the middle of a lantana and blackberry thicket. Finally you find it in the dark and then just after leaving meet a team who you know to be in your category. You say
  - A) Had any luck over there? ..... 10 pts
  - B) You're getting close..... 5 pts
  - C) Its 40 metres on 175 Degrees..... 0 pts
  
9. At an "in off the track and back out again" Control you see the backpacks of a team including a veteran rogainer known for his odd practical joke. Do you
  - A) Surreptitiously put a couple of small rocks in his backpack ..... 10 pts
  - B) Add your packs to the pile ..... 5 pts
  - C) Leave a goodwill gift of minties ..... 0 pts
  
10. You meet your friends Arthur and Martha who have been exactly where you are going. Do you?
  - A) Ignore the "thou shalt not accept assistance or collaborate with another team rule" and ask for precise details of attack points, map corrections and any other information ..... 10 pts
  - B) Exchange a few comments about the lie of the land ahead ..... 5 pts
  - C) Tell them the joke about the Irishman the Scotsman and the Rogainer ..... 0 pts

(Continued on page 8)

## HOW ETHICAL ARE YOU? DARE TO TAKE OUR WINTER QUIZ OF ROGAINING

(Continued from page 7)

11. Its getting very late and you are very sleepy and just want to curl up at the side of the track for some shuteye. Due to some over optimistic route planning you are still miles away from the hash house and your three partners are fired up to keep going - each offers something to assist. Do you accept
- A) A brew of coffee ..... 0 pts
  - B) Some chocolate covered caffeine beans..... 5 pts
  - C) Some tablets called 'NoDoze' from the Uni chemist..... 10 pts
12. Early morning you come to some farm land and the direct route crosses one of two paddocks. Do you
- A) Cross the paddock with the new born lambs..... 5 pts
  - B) Cross the paddock with the newly planted crop..... 10 pts
  - C) Take a 500m detour around both paddocks ..... 0 pts
13. The end is almost in sight. Your feet feel like one big blister, your pack like a filing cabinet on your shoulders. Do you
- A) Hide the pack behind a bush for picking up on the drive out ..... 5 pts
  - B) Trudge on despite the pain - rogaining is fun or at least character building ..... 0 pts
  - C) Empty contents into your partner Anthony's (I'm 50 metres ahead) pack..... 10 pts

### HOW DID YOU RATE?

0 pts to 40 pts - You don't need a torch, your halo will do. You may be a cappuccino rogainer.

45 pts to 65 pts -If you fall into the lower end of this group then we might call you ethical. If the higher then just watch out for the short slippery path to dissolution.

70 pts and over - You are unethical! Book yourself into a course at the St James Ethics Centre Ph 9241 2799. However we admire your competitive spirit. The next World Rogaining Championships are in S Island, New Zealand, mid Jan 2000.

WRC 4 NZ — PLANNERS UPDATE	BLUE MOONS
<p>Well, the weather has been kind to us over Easter here in Canterbury and we have been able to complete the field-work before winter. We have visited and marked all 54 control sites and confirmed the control descriptions for each. It has been really enjoyable visiting all the different limestone ridges, winding stream beds, eroded gullies, beech forests, intricate knolls saddles and open pastures. We're sure you will also enjoy the terrain next January. The areas around the controls have been checked and any additions and alterations recorded. Some additional farm tracks will be added. We are hopeful that we will soon have the map area in digital data so that we can easily make alterations and additions to it. We are anticipating a map as good as the Canadian Douglas Lake map in 1997.</p> <p>The 18 landowners are very supportive and some even keen to participate during part of the event. Catering is being arranged by a local group and there will be food available from 4pm on Saturday afternoon through to late on Sunday morning. A lunch will be served to all competitors at 12.30pm on the Sunday, before the prize giving. The closest shops are 16km away.</p> <p>A good water supply is available at the Hash House area and 6 water stations will be set up around the course area. A large marquee will be erected at the Hash House site for shelter from the blazing sun and there is a large flat paddock for camping on. Eight portaloos have been booked as well as the 2 existing toilets so there shouldn't be too long a queue at any one time.</p> <p style="text-align: center;">Keep up the training, Cheers</p> <p style="text-align: right;"><i>Dave Laurie</i> <i>April 1999</i></p>	<p>Despite the much-touted 'two blue moons' of January and March, for us it wasn't so. We in Eastern Australia didn't get two blue moons this year, but we will get one - in May.</p> <p>Although the moon appeared full on the 31st January, the actual full moon was on February 1st at 2:06 AM, and again the apparent full moon on the 31st March wasn't until April 1st at 8:49 AM. Obviously other parts of the world, anywhere less than two hours ahead of GMT, did get their two blue moons. However we get a 'blue moon' in May, when the two full moons are May 1st at 12.55 AM and 30th May at 4.40 PM. Does that mean we get two Rogaines in the month?</p> <p style="text-align: right;"><i>Ken Smith</i></p>





**Macarthur Country Metrogaine**

**Sunday 28 February, 1999**



Map reproduced from CMA 1:25 000 Topographic Map, Campbelltown 9029-H  
(Map Printing 1983)  
Source: © SURVEY GENERAL DEPARTMENT  
Rensselaer Avenue, Bathurst 2785

SCALE 1:25 000

CONTINENTAL UNITS

Course Setting, Checking, Visiting and map checking by:  
John Barron, Bob Atkinson, Bob McInnes, Doug, Jan, Emma & Joshua  
Morodith, Roban Prosser, Trevor Prosser, Paul Shaly, & Fred Zahra

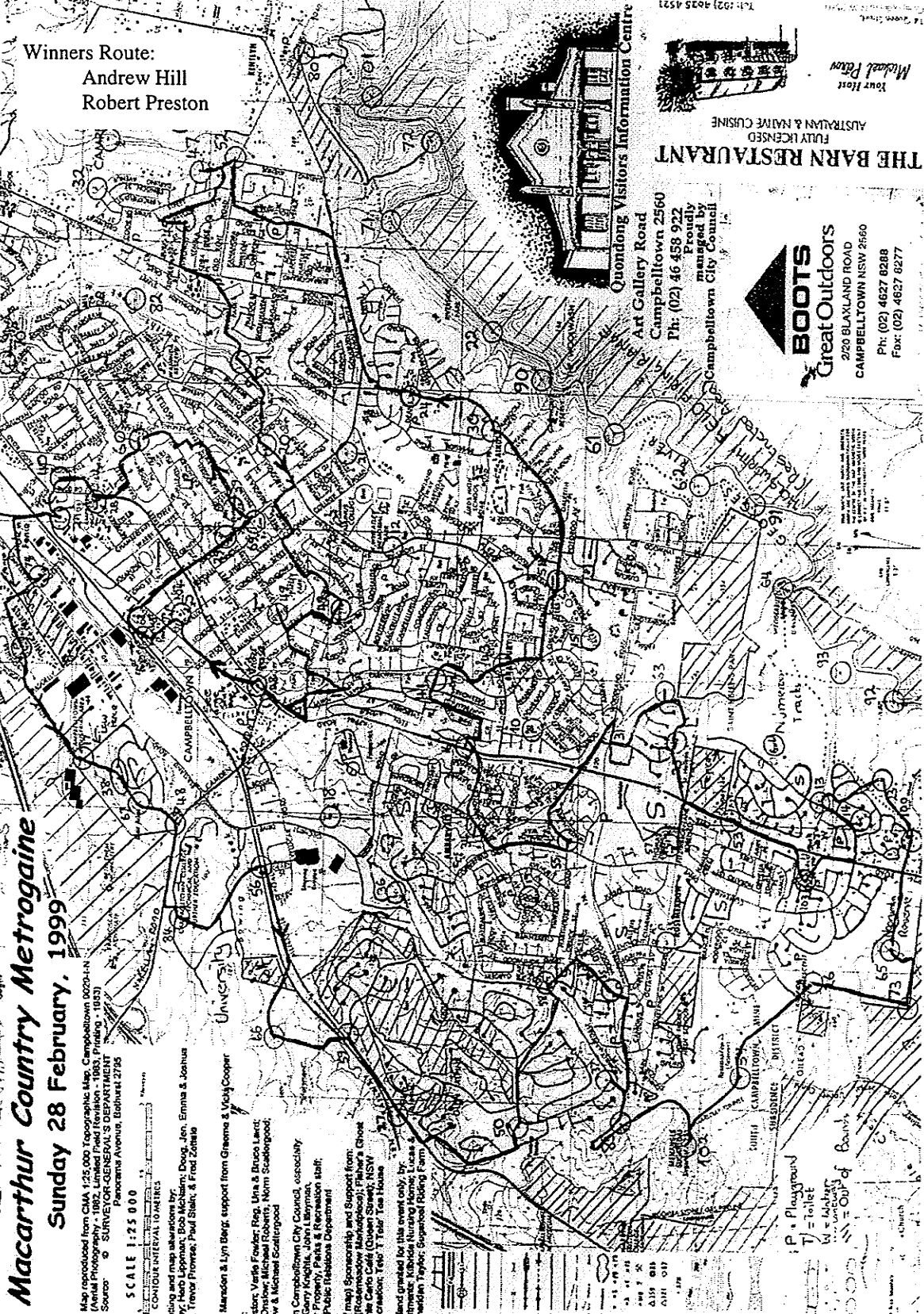
Event Administration:  
Jennie & Tony Bond; Jon Marsden & Lyn Berg; support from Graeme & Vicki Cooper

Local Knowledge provided by:  
Mira Brookman, Graham Easton, Verle Fowler, Rep. Una & Bruce Lacro;  
Lady Dorothy Macarthur-Onslow, Michael Roberts, Norm Scoblewood;  
John, Liz, Niruban, Matthew & Michael Scoblewood

Sponsorship and Support from Campbelltown City Council, especially:  
Steve King (Chairman); Gary Knight, John Lennon,  
Wren Hutchinson and other Property, Parks & Recreation staff;  
Robyn Moore (Painting); Public Relations Department

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Mr. John Scott, Manager, National Nursing Home, Lucas &  
Tair; John Scoblewood, Bathurst; Taylor, Supervisor, Riding Centre



Winners Route:  
Andrew Hill  
Robert Preston

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## Macarthur Country Metrogaine

### 6 Hour Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
68 Andy Hill, Robert Preston	2770	14.57	1	1								
47 Ross Barr, Ian McKenzie	2110	14.57	2	2			1	1				
15 Sue Clarke, John Le Carpentier	1995	14.53	3			1	2			1		
46 Dawn Hinds, Joanna Parr	1800	15.00	4		1							
31 Ron Junghans, Stuart McWilliam	1730	14.56	5	3			3	2				
51 Peter Gordon, Rachel Williams	1660	14.57	6			2						
60 Bruce Chessman, Julia Chessman	1500	14.50	7			3						1
8 Deborah Byers, Andrew Lumsden	1495	15.03	8			4	4			2		
20 Craig Moxey, Glen Sussman, Rod Tracey	1480	14.56	9	4								
21 Max Clayton, Tony Lavis, Roderick Smith, Andrew Thompson	1470	14.48	10	5								
10 T Bunn, David Lilley, Bert van Netten	1440	14.53	11	6			5	3				
52 Ian McCracken, Rob Smalley, Barbara Townsend	1420	14.59	12			5						
38 Peter Meyer, John Russell	1400	14.59	13	7			6	4				
50 Glen Meyer, Ian Meyer	1370	14.21	14	8								
53 Michael Avakian, Julie Avakian	1360	14.52	15			6						
63 Chris Stevenson, Dianne Stevenson	1360	14.57	16			7						
2 Barbara Barnes, Richard Barnes	1345	14.57	17			8						
3 Merv English, Anne Francis	1315	14.52	18			9	7			3		
65 Jo Anne Danne, J Foster	1310	14.58	19		2							
25 Richard Connors, Andrew Palmisano	1230	14.53	20	9								
75 Peter Garlick, Stephan Wagner	1230	15.01	21	10								
40 Anthony Maloney, Violeta Phillips	1180	14.17	22			10						
27 Dayle Green, David Green	1180	14.22	23			11						
24 Michael Hanratty, John Oakley	1175	14.58	24	11								
32 Nihal Danis, Lynda Kriflik, George Kriflik, Richard Sage	1155	14.51	25			12	8			4		
44 Wal Mills, Bill Pigram, Graeme Robinson	1150	14.48	26	12			9	5				
12 Michael Course, Malcolm Hughes	1130	14.28	27	13			10	6				
22 Patrick Murphy, Terry Murphy	1070	14.46	28	14			11	7				
55 Athol Le Vaillant, Lynda Le Vaillant, Patrick Van Dyk, Cathy Van Dyk, Joe Van Dyk	1050	14.55	29			13						
59 Gillian Woodward, John Woodward	1050	14.56	30			14	12			5		
61 Carl Chessman, Paul Wright	1040	14.40	31	15								
13 Paul Bourke, Bert Lancaster, Peter McIntosh	1020	14.34	32	16								
43 Lisa Lampe, Mark Wright	1015	14.55	33			15						
5 Bill Gribble, Leslie Steinhaus	1010	14.44	34	17			13	8				
14 Patrick Elliott, Taren Young	1000	14.39	35			16	14			6		
48 Alexi Collins, Evelyn Collins, George Collins	1000	14.54	36			17						2
34 Debbie Hotchkis, Mike Hotchkis	990	14.56	37			18						
36 Terry Funk, Yasmin Funk, Wiebke Wieland, Matthew Wright	970	14.37	38			19						
69 Stephen Grenfell, Catherine Grenfell	970	14.54	39			20						
37 Sarah Newlands, John Warburton	955	14.43	40			21						
66 Andrew Forsyth, Aimi Theobald	930	14.48	41			22						
71 Ann Dukes, Sue Le Carpentier	920	14.51	42		3		15		1			
39 Jocelyn Booth, Ted Booth	890	14.50	43			23	16			7		
4 Anna Pesten, Michael Smith	890	15.00	44			24	17			8		
78 Daniel Marlay, Emma Murray	885	14.57	45			25						
18 Ben Cummins, Denis Cummins	850	14.50	46	18								
17 William D'Arcy, Harry Lamerton, Peter Lamerton, Jenny Peet	850	14.51	47			26						
16 Anthony Fallon, David Fallon, Daniel Fallon, Helen Fallon	840	13.54	48			27						3
6 Ian McNichol, M Wilson	790	14.51	49			28	18			9		

(Continued on page 13)

## Metrogaining in Macarthur Country

A couple of years ago I began to think it would be good to organise a rogaine in my "backyard" - it would get me to know more about it, and enable others to discover this part of the world that I reckon is a great place to call home! So I volunteered for the '99 Metrogaine - the Macarthur Country Metrogaine.

Sorting out the map area was fairly easy - the picturesque and quite rugged Georges River became the eastern boundary (beyond it is the Holsworthy Military zone - someone afterwards suggested that if I'd been bolder, we might have got access to use some of the military zone over the river ... another rogaine?); the south-western freeway became the western boundary (getting rogainers across it didn't seem a good idea); I wanted my house in the course, and I live in the very southern part of Campbelltown, so that became virtually the southern boundary; and the northern boundary just became where an A3 map stretched to.

Although we called it "Macarthur Country", Lady Dorothy Macarthur-Onslow, who came and started the event for us, told me that the "best" Macarthur country, where John Macarthur had his merino rams is all south of the Nepean River. The Nepean River is just in the south-west corner of the map. Maybe we could have called it the "Between Two Rivers" Metrogaine (the Aboriginal mosaic outside the Art Gallery has this name), since the area lay between the Nepean and Georges Rivers. Interestingly, these 2 rivers might be very close here - rain at my house flows to the Georges; rain 200 m away flows to the Nepean - but they then end up a long way apart - the Georges flowing into Botany Bay and the Nepean into Broken Bay.

Alternatively we could have called it the 2560 Metrogaine, since it just so happened that the whole course ended

up being contained within the 14 suburbs with this Postcode.

Or maybe "The South-Western Fringe of Sydney" Metrogaine, given we were right on the edge. We actually had a control (worth 100 points) that we claimed as the most southerly point of Sydney. No one challenged us on this - but IF Waterfall is taken as part of Sydney, then it may be marginally more southerly.

Harder was determining what map to use - what do you do when you have a 1983 topographic map that doesn't even show your own house or whole suburbs - and you're organising a Metrogaine? Many hours were spent discuss-



*William D'Arcy, Harry Lamerton, Jenny Peet, Dave Tracey, Ben Cummins, Dennis Cummins*

ing and debating computer mapping, and topographic versus street maps etc. In the end we hand drew all of the changes, and I personally was happy with what we produced - what did those who participated think?

The course hopefully provided a bit of something for everyone, with various loops possible that meant you could focus mainly on one aspect such as the "green" (non-street) controls, or the historic controls, or the "playground crawl" for the young or young at heart (Campbelltown has a total of 365 reserves - visit 1 each day of the year ...) or the "socio-economic" controls to compare the wide variety of housing types and sizes etc.

Two-thirds of the teams made use of the "large-scale" city centre map provided. This was particularly popular with the history buffs and young families who were able to pick up a considerable number of points within easy range of the hash house, including a 100 pointer What year was Campbelltown named? (if you didn't participate and don't know this - 1816, 1820 or 1823 - it is control 104 on the map printed in the newsletter - come for a drive and discover the riches of Campbelltown City and the Macarthur Region ...).

Although not a coffee drinker myself, I made a special effort for Stephen Castle in particular, to find the coffee shops selling cappuccinos - and then he didn't

come! Fortunately these efforts were not in vain, as many other rogainers availed themselves of these options, and I got to meet a few more locals in the process.

The Devonshire Tea stop at my house, together with 100 points, proved very popular (and possibly partly made up for a badly set control nearby - see

below!)

One of the fun things about organising a Metrogaine is that not only do you get to determine the area to use, but also the questions to ask. We went multiple choice so that it was "clear" what the answer was - avoiding the "is it 10 or 11 steps?" kind of scenario. We tried hard to make the questions hard to guess. I started off trying to come up with "sensible" alternatives for the other options, such as other historic figures. Then I suddenly decided that I might as well include a lot of the main helpers and my friends (I also managed to include a number of friends' houses as controls) in the clues.

Other interesting experiences we had included being chased by Rottweilers (on Lady Dorothy's property), and a couple of the course setters wandering up O'Hares Creek from the Woolwash into the military zone. There are actually people in Campbelltown who claim that O'Hares Creek is really the Georges River, rather than the part that starts down near Cataract Scout Park at Appin. Whatever, it is great bush!

The exciting and satisfying things about organising a rogaine are:

*(Continued on page 13)*



*The Hash House*

## Metrogaining in Macarthur Country

*(Continued from page 12)*

When people come and having had a great time, tell you how much they enjoyed it;

Seeing people discover a new area that they didn't really know existed;

Seeing people take on new jobs and give it their best - particularly Jennie & Tony Bond, Lyn Berg and Jon Marsden with the administration (Jennie was determined to master Graeme Cooper's rogaining software - and she did!); and John Barnes who organised all of the catering.

When people ring up and say they want to help - particular thanks to Paul Stein and Bob Kimbrey, a couple of Macarthur locals who helped with a lot of the course setting, and to others who did this such as Bob McNairn, Herb Lippman and Fred Zettele.

When your family help fill in lots of gaps - Jenny and Doug Meredith, with Emma (2) and Joshua (7 months), family-tested the course; Trevor and Kate Prowse helped with the course setting and ran the Devonshire Tea stop at my house; my mum, Lorraine Prowse, came on the day to help with catering - maybe next time she can come as a competitor?!

When people on the day just come along and want to help.

Discovering even more for yourself an area that is already special to you. You meet lots of great people in the process.

The support various members of the Association give you - Graeme and Vicki came a month before to "help" make it happen, Julian, Sue, Alan, Mike, Tony and others all contributed where needed.

I had many neighbours tell me they saw rogainers everywhere on the day ... hopefully a few of them will now be persuaded to have a go themselves.

The disappointing things are:

- When you realise as the event is underway, people returning point out that you've really mucked up a control (we had this one control, 73, that was going to be a punch, but I made a question about a windmill - the second oldest in Australia - I was concerned it would be too easy because you could see the windmill from everywhere - well, everywhere except for the very point I'd marked on the map! Sorry to all those who went wandering "off the course"

looking for it!)

- A couple of the controls with punches seemed to be harder to find than we'd expected. At least one was not where it was originally intended, although it probably was where it was on the map, if that makes any sense, and another we left a bit out of the clue. Also, at least one had the punch "stolen" during the day.
- When a lot of the entries actually come in after the closing date.

Thank you to all those who made it a great day by competing or helping in many different ways.

If you haven't organised a rogaine before, organising a Metrogaine is a fun way to start - discover your own backyard, then invite everyone else to do the same!

*Rohan Prowse*

*(Continued from page 11)*

41	Rebecca Noble, David Noble	780	14.52	50	29			
42	Emma Mansfield, Martin Mansfield	780	14.52	51	30			
28	Graeme Cooper, Vicki Cooper	770	14.48	52	31	19		10
57	Sonia Kupina, Alan Mansfield	760	13.34	53	32			
19	Anthony Hunt, April Hunt, Justin Hunt, Melinda Hunt	760	14.59	54	33			4
76	Lynne McNairn, Mark Robinson	750	14.48	55	34	20		11
23	Neil Glick, Bill Propert, Li Yang	740	14.52	56	35			
64	Matthew Jo Pawsey, Deborah Pawsey	730	13.43	57	36			
33	John Ravasini, Peter Ryan	730	14.40	58	19		21	9
72	Diane Jaworski, Dianne McHugh	720	14.30	59	4			
79	Christine Hurster, Kay Sidman, Linda Smith	720	14.57	60	5			
30	Judy Hall, Katherine Hall, Lincoln Hall, Mark Hall	710	14.53	61	37			5
35	Kathleen Cavill, Maureen Cavill, Patricia Cavill	685	15.04	62	6			
73	Henry Bedwell, Karen Bedwell, Cameron Bedwell, Emma Bedwell, Dale Henry	650	13.08	63	38			6
58	Steve Harrison, Kitty Harrison, Glen Harrison, Gillian Harrison, Paul Harrison	620	14.54	64	39			7
26	Melissa Grant, Tom Thomas	590	12.58	65	40			
77	Cynthia Coleman, Elizabeth Melville	585	14.15	66	7			8
29	Joan Ledger, Julian Ledger, Selena Ledger	580	14.21	67	41			9
9	Dianne van Netten, Jamie van Netten, Kim van Netten	560	14.45	68	42			10
67	Johanna Saltis, Vicki Saltis	370	14.53	69	8			
45	Angela Torrissi, Julia Torrissi, Alf Torrissi, Regina Torrissi	320	12.30	70	43			11
70	Gail Barr, Carmel Healey	300	14.57	71	9	22		2



## Winners Article - Metrogaine

At first glance of the map we thought what an epic, a total of 104 controls. This meant two things, the more controls the more fun the event is (as proven by the additional 1:4500 map subset). Also the large amount of controls meant that there would be lot of route choice involved and thankfully we went anticlockwise from the Hash House which turned out to be a wise decision to stay out of the George's River, where a few of the other teams had a little trouble.

The first stage of the 6 hours was the 1:4500 subset in the centre of Campbelltown. As the hooter went we raced off and by first glance of the map we had already past our intended first five controls. So we got our 6th control and back-tracked to collect the others. We got the first 25 controls on the larger scale map in the first half hour and then proceeded through to controls 29, 69, 39, 60, 2B, 40, 2A and into the Great Outdoors shop upstairs for No.74 then through paddocks to 94, 17, 38 and No.67 which the council had painted over the answer prior to the event. Then to controls 48, 84, 56 and a strategically

placed No.66 just out of reach over a dam so you get your feet wet or you can try to drag the punch closer with sticks which at least one other team managed to do.

It was back to suburban Campbelltown and collected controls 59, 27, 50, 58, 35 and 37. The next control, no.83 took a little while to find and then up Mt. Sugarloaf to 102 and then 54 and 26. We then accidentally overran No.73 right in the very South of the map and ended somewhere off the map, eventually after finding the windmill we were looking for we headed for the next control No.65 (off the map as well), after quickly relocating we got back onto the map and proceeded to 100, the most Southern suburban point in Sydney (The Last Frontier) Then to 23 and our first break for 5 minutes which turned out to be very badly timed. We then collected 13 and 14 and then 103 the 'Tea & Scone' stop at the Prowse household, just 10 minutes after our last stop. Anyway the scones were very welcomed and we sure have learnt our lesson as to next time to make sure we know exactly where the scones are.

At this stage we made some adjustments to our original route, opting to zig-zag along the streets instead of going down to George's River. So then it was through to controls 53, 57, 25, 63, 31, 55, 34, 16, 41 and 43. At this stage we really started running out of energy and stopped for 5 more minutes to fuel up for the last 1½ hours. So it was then to controls 51, 30, 44, 52, 47, 81, 20, 42, 49 and finally 11. A total of 80 controls.

The rogain turned out to be a lot of fun with the added variety of larger scale map of the centre of Campbelltown. Also visiting the historic sites of Campbelltown, running through some of Sydney's newer and most Southern suburbs, running through shops, paddocks and bushland made the experience all the more enjoyable. We would like to thank all the people that made the rogain possible especially Rohan Prowse who put a lot of work and effort into the event.

*Andy Hill & Robert Preson*

## Metrogaine Family & Friends Album



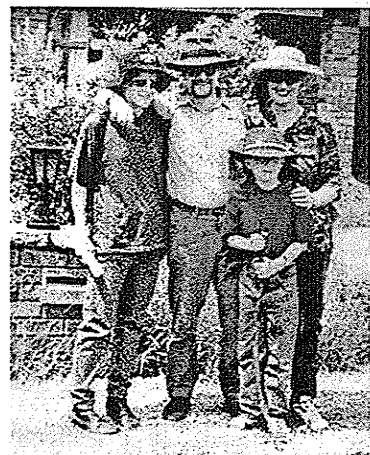
*Matthew, Wiebke, Terry, Yasmin*

*Torrisi Family*



*Hunt Family*

*Lisa Lampe & Mark Wright*



*Hall Family*

*Le Vallant & van Dyk Families*







## Yadrogaine Results

### 24 hour Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
82 Judy Jenkinson, David Singleton	2130	12.00	1			1						
6 Ian Dempsey, Bert van Netten	1650	12.00	2	1			1	1				
46 Joanne Carroll, Novak Thompson	1590	12.00	3			2						
18 Glenn Bridgart, David Jones	1580	12.00	4	2			2	2				
2 Sue Clarke, Julian Ledger	1440	12.00	5			3	3			1		
34 Rob Kimbrey, Paul Stein	1440	12.00	6	3								
28 Lisa Phillips, Dick Walker	1320	12.00	7			4						
53 Anna Welbourne, Damian Welbourne	1290	12.00	8			5						
64 Peter Dunn, Garry Ferris	1260	12.00	9	4			4	3				
4 Nihal Danis, Richard Sage	1190	12.00	10			6	5			2		
39 Andy Mein, Andrew Pope, Jenny Wood	1180	12.00	11			7						
73 Simon Angus, Ken Wilson	1120	12.00	12	5								
40 Wayne Davis, Reddall Leslie	1080	12.00	13	6								
1 Lisa Culfield, Rob McDonald, Michael Terkildsen	1070	12.00	14			8						
32 Darren Cathcart, Jacqui Johnson, Glen Peters	940	12.00	15			9						
37 Mark Lackenby, Cambell Webb, Philip Whitten	930	12.00	16	7								
76 Roland Dusek, Andres Stambuk	920	12.00	17	8								
41 Steve Rogers, Rob Smalley	900	12.00	18	9								
52 David Dash, Andrew Deck, Ian Deck	840	12.00	19	10								
21 Marilyn Ferris, Lesley Taylor	820	12.00	20		1		6		1			
38 Belinda Bright, Ian Halbisch, Clinton Wilson	720	12.00	21			10						
62 George Collins, Anthony Whitney	700	12.00	22	11								
51 Steven Halpin, Mary Ann Kulh	610	12.00	23			11						
79 Chris Harrison, Philip Henschte, Chris Kenschte, Gary Saywell	540	12.00	24	12								
55 Jim Meek, Cath Milne	530	12.00	25			12						
13 Maureen Cavill, Denise Green	520	12.00	26		2		7		2			
24 Dianne Kitcher, Lance Kitcher	470	12.00	27			13						
26 Daniel Field, Karen Field	470	12.00	28			14						
9 Philip Allen, Ted Booth	410	12.00	29	13			8	4				
22 Roz Atkins, Kerry Gilmore	380	12.00	30		3		9		3			
7 Margaret Duguid, Peter Duguid	360	12.00	31			15	10			3		
16 Merv English, Anne Francis	350	12.00	32			16	11			4		
5 Mark Corbett, Sarah Newlands, John Warburton	340	12.00	33			17						
57 Henry Roberts, John W. Roberts	340	12.00	34	14								
29 Rosemary Garlick, Steve Garlick	330	12.00	35			18						
71 Simone Beyer, Andre Hedlen, Bengt Pedlinger	300	12.00	36			19						
49 Clinton Killen, Sarah Sheridan	290	12.00	37			20						
31 Jennie Bond, Tony Bond	250	12.00	38			21	12			5		
43 Robert Kenderes, Danielle McCormack, Malcolm Wilson	240	12.00	39			22						
75 Jan Benhelm, Anke Frank	240	12.00	40			23						
45 David Green, Dayle Green	230	12.00	41			24						
56 Philippa Amery, Peter Amery, Rosalind Amery, Stewart Amery	160	12.00	42			25						1
78 Jane Brennan, Henry Dang, Angel Ng	110	12.00	43			26						
36 Liana McMillan, Kristin Muhlbauer, Brett Thompson, Gavin Whitten	30	12.00	44			27						
8 Melissa Grant, Tom Thomas	10	12.00	45			28						
25 Anthony Lloyd, Shane Lloyd, Justin Redmayne	0	12.00	46	15								
48 Michael Burton	0	12.00	47	16								
61	0	12.00										
69 Sonia Kupina, Alan Mansfield	0	12.00	48			30						
83 James Ammendr, Wes Kozak, Shannon Kozak, Love Nielsen, P. Whitfield	0	12.00	49			31						
84 Micheal Avakian, Julie Avakian	0	12.00	50			32						
85 David Klineberg, Emma MacDonald	0	12.00	51			33						

## Yadborogaine Results

### 12 hour Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
65 James Johnson, Stuart Robertson, Hunter Southwick	1080	0.00	1	1								
63 Peter Gordon, Rachel Williams	900	0.00	2			1						
66 Asbjorn Frisvoll, Anthony Knittel, James Southwell	700	0.00	3	2								
19 Malcolm Hughes, Ken Smith	600	0.00	4	3			1	1				
27 Jeremy Henson, Timothy Rochford	600	0.00	5	4								
47 Martin Groth, Paul Sillato	550	0.00	6	5								
12 Ben Austen, Nick Howell, Dave Sharp	540	0.00	7	6							1	
30 John Clancy, Chris Stevenson, Dianne Stevenson	530	0.00	8				2					
58 Kirsten Linnemann, Janet Steel	520	0.00	9		1							
14 Roger Austin, Douglas Catchpole, Andrew Forsyth	500	0.00	10	7								
20 Anna Clarke, Melissa Johnston, Clare Roediger, Tim Roediger	470	0.00	11			3						
42 Ian McCracken, Barbara Rose	470	0.00	12			4						
11 Jeremy Manton, Lucienne Manton	460	0.00	13			5						
33 Michael Hanratty, John Oakley	390	0.00	14	8								
50 Stephen Castle, Rhonda Monahan	380	0.00	16			6						
81 Natalie Chan, Chris Hatherly	310	0.00	17			7						
15 Jonathon Cross, Lee Lowe, Scott Taylor	280	0.00	18			8						
60 Anthony Hunt, Melinda Hunt	240	0.00	19			9						
17 Ian Hawkes, Melanie Mill	230	0.00	20			10						
35 Audrey Wilson, Michael Wilson	230	0.00	21			11	2			1		
72 Sally Chapman, Tina Hsu, Ben Tsang	200	0.00	22			12						
59 Dominic Yager, Peter Yager	120	0.00	23	9								1
10 Gary Browne, Sarah Lam	90	0.00	24			13						
23 Betty Chen, Kevin Murphy	90	0.00	25			14						
77 Remi Morawski, Olivia Roman	70	0.00	26			15						
67 Michelle Hemsin, Anita Ng, Julie Plagenhoef	30	0.00	27		2							

## ADVENTURE, GOOD STORIES, MORE GOOD FRIENDS

It's Sunday evening as I sit down to write that Rogaine newsletter article that I said I'd do. The deadline's tomorrow, just like that uni lab report that I haven't completed yet. It's reassuring to know that life is in its usual state of affairs. The Yadboro Rogaine seems a long time ago now. When I think about it, a few images get conjured up in my mind. Rain, yes that was definitely there, about on par with my previous Rogaine experience at Lostock. Leaches, copious quantities of them, good to see my memory is on track. Exhaustion, the memories are flooding back now. An absolutely fantastic time with a great bunch of friends, ah yes, the picture is complete.

After a childhood of bushwalking, camping, and generally adventurous stuff, I was introduced to Rogaine at Lostock in August last year. While my team mate Anna and I hardly blitzed the field, it was heaps of fun, and I was hooked. Thus there was great excitement in the air on that Saturday morning as I piled my stuff in the car, yeah, hooray, time for another Rogaine. On this occasion I was in a team of four. Anna was back again, a veteran of so many Rogaines that she's lost count. Mel came along for her first Rogaine experience, previously an avid bushwalker, now an avid Rogainer. My sixteen year old sister, Clare, also a first timer, rounded out the team. We all expected her to last the longest, (being a long distance runner with a few medals under her belt) however the rigors of a Rogaine proved her to be human too.

We arrived at Yadboro flat with plenty of

time to set up the tents, and plan our route. We were in the twelve-hour event, and I was keen to try a rather ambitious loop. Fortunately the others conspired against me and gave the team a more realistic target.

From the start we followed the giant trail of people going to 52. It wasn't all that easy to find, but with fifty pairs of eyes looking for it, the task was accomplished rather quickly. We moved on to 32, and then 81, by the river. At this point we were hitting a control every half hour, a very pleasant surprise, even if it didn't last much longer. From here we shied away from climbing hills, and walked along the river through 72, 63, and 91. For those who didn't walk the river it was a beautiful trip. Deep swimming holes, lined by mossy cliffs, showed up at regular intervals. Despite the inviting scene, and slippery rocks, no one took a dip. It wouldn't have changed much anyway, the rain had already done quite an effective job of creating that damp feeling.

By this time, the members of the team who hadn't met before had become quite friendly. Conversation flowed something like this: 'So, Mel, you work as a teacher, just a second, I've got to get this leach of my leg', or, 'So this is your second Rogaine Tim, say, you've got a leach on the back of your neck. Would you like me to get it off?' In one of the quieter moments, Anna managed to get that old Presidents of the United States of America song, Peaches, in her head. However she replaced the word 'Peach' with the word 'Leach', resulting in a chorus something like this:

"Millions of leaches,  
"Leaches for me."

From 91 we attempted to follow the 'Indistinct Track' marked on the map up the hill. I'm of the opinion that 'Indistinct track' is actually Rogaine code for 'A plausible route that may have been a track some centuries ago.' Anyway, we go to the top of the hill, and the Long Gully Road. We walked south west along to road planning to pick up 34. However, due to the freak occurrence of two bends in the road having identical geometry, we walked straight past. Shrugging our shoulders, we walked on to 73. At this point darkness had set in, we were feeling very damp, and Anna had aggravated an old injury. The decision was made to head for the hash house. We walked along the Western Distributor, stopping to consider going to controls such as 47, 74, and 82, but decided against it. Instead we turned lamps off, and had a beautiful stroll along the road, even spotting the moon a few times as it poked out from between the clouds. We did make the small detour to 24, to bring us to a final score of some thing or other. Our score turned out to be good enough for third place in the open 12h mixed, a nice surprise, but the hot dinner was even nicer.

Another Rogaine, another adventure, some more good stories, and some more good friends. See you at the next one.

Now, time to start on that Lab report.

Tim Roediger

## Yaborogaine – Co ordinators' Report

Well I guess it all began at the Lake Macquarie 12 hour event in 1998. As I was helping out with the Hash House, I began to think that maybe I (or more correctly we, you can't organise a ro-gaine on your own) might be able to do something similar. Not being ones to pass up the opportunity to get more people involved in running rogaines, the Coopers suggested that I actually organise one, and that is how I managed to get myself, and my friends from the UNSW Bushwalking and Mountaineering Club (UNSWBMC) roped into organising a ro-gaine.

It turned out that there was a gap in the NSWRA calendar at the beginning of 1999, and so we were allocated the task of running the first 24 hour event in the NSWRA calendar. Now I for one think that this was a big leap of faith on the part of the Rogaining Association. The UNSWBMC has a history of entering rogaines at a late stage -- a very late stage (like on the day of the event), so if we can't get ourselves organised into teams in time for a ro-gaine, how the hell could we get an entire ro-gaine to run on time? Well, I like to think that the running of the event, which wasn't without its fair share of glitches, has vindicated the decision of the ro-gaining association to let us run a ro-gaine.

A bit of scouting around in some areas suggested to us by Trevor Golan led us to the area of the Yaboro State Forest, a beautiful area surrounded by the mountains of the Budawangs. We had some concerns about the density and scratchiness of the scrub, but a couple of short ventures into the area led us to the conclusion that it was 'navigable'. Incidentally, as some people may have noticed, just because some areas of the course are navigable, doesn't mean that the other areas will be.

There then followed a period of course design, and finally the huge process of setting, hanging and vetting the course. This process is probably the most time consuming aspect of organising a ro-gaine. Each control needs to be visited at least twice, and preferably 3 times before it can be included in the course. This process took about 2 months to complete, and wouldn't have been possible without the expert vetting, and course setting advice provided by Mike Hotchkis.

We should have anticipated the effort involved on our first course setting

weekend. Carolina and myself were due back at the car by 7:00pm. When we finally arrived back at the car it was 1:00am in the morning. We were really glad we packed our torches on that trip.

Aside from the main task of preparing a course, there were the numerous subsidiary items which needed to be attended too, organising Port-a-loos, catering for 200 entrants, dealing with the entries as they came in and all the other aspects that make a successful ro-gaine. In all these aspects I had a great deal of help from the other members of the UNSWBMC.

The final day of preparation on Friday 26th March saw a number of amusing events. The one that struck me as most amusing, was the claim from the guy at Park Hire, that there was no way we'd be able to get the marquee in the back of my Subaru stationwagon, along with



Winners Veteran Mens – Bert van Netten & Ian Dempsey

the bike, the sombrero and our four large packs. Half an hour later he was impressed with the way we'd managed to cram it all into the Subaru. With all the poles for the marquee lashed to the roof, I thought that the car ended up looking rather like a mobile rocket launching vehicle.

By the end of Friday night we had the campsite looking vaguely like a ro-gaine should. There was a big marquee for the food, a smaller tent for the administration, vast quantities of food, ready to be cooked up over the weekend and a smattering of those hard-core bush dwellers that we call ro-gainers.

Saturday, the day of judgement, well... maybe not. Nevertheless, you always have a few questions in the back of your mind, like, will they all turn up? Is there enough room for cars and tents if they all turn up? I wonder if any more of the controls will get pinched?

Probably the most impressive performance that morning was from the bus

(rally) driver, who managed to get a rather long bus to turn in a fairly small space. You've really got to admire someone who has the art of 20 point turns totally honed.

Probably the most disappointing aspect of the Saturday was the light to heavy drizzle which started just after the start of the event, and continued on and off through out most of the night. While a few teams made use of the rain as a good excuse to spend more time in the hash house, there were many teams who stayed out in the wet and managed to clock up some decent scores.

For those who weren't there, a bit of a description of the course is necessary. The entire course was composed of moderately steep, well defined ridges and creeks of various size. The largest watercourses on the map (Clyde River, Yaboro River, and Belowra Creek) are fairly flat, and have numerous good swimming holes. Some of the other creeks are relatively free of scrub and hence make good paths through the course, while others are really scrubby, and not at all nice to follow. The scrub is generally not too thick, but a tad scratchy. However there are some locations on the course where the scrub is considerably worse.

We held a prize giving ceremony for the 12 hour competitors early the next morning, with the winners receiving beautiful brass paper weight compasses as prizes. These prizes were donated by the UNSW Sports Association as part of their UNSW 50th Anniversary celebrations.

After the damp weather of Saturday, Sunday provided an absolutely beautiful day. Those teams who were still out, or who headed out again on the Sunday were rewarded with almost perfect conditions for ro-gaining. The outer walls of Monolith Valley, the Castle and Byangee walls were visible from many parts of the course and looked splendid in the morning sun. The Hash House site took on a new appearance with the cliffs of Byangee walls in the background and the beautiful Clyde River running past the side of the camp.

The event finished with more of a trickling in of competitors, rather than the usual rush of people 5 minutes before the end. Once again a prize ceremony was held for the winners, this time of the 24 hour event. The prizes

(Continued on page 19)

## Yaborogaine – Co ordinators' Report

(Continued from page 18)

for the 24 hour event consisted of ornamental brass compasses in dark varnished wooden boxes, once again supplied by the UNSW Sports Association.

It would have been nice if it all ended there, but there was still one more surprise left in the day. There was one team, which we hadn't registered as being still out on the course. When one of our helpers went out to collect the jerry cans from the water drops he found one of the members of this team of three. He had become separated from them in an area containing many creeks and spurs. He had made his own way back up to the road, after being unable to find the other two team members. Unfortunately, he had through some chance ended up with all the team maps. We were left with two people in a

few square kilometers of the course, with no maps and only a few hours until sunset.

We started off by searching the roads surrounding the area we expected them to be in, and then when that turned out to be unsuccessful, we searched the area for an hour with four search parties. When we met up again after the hour of searching, they had been found on a subsequent trip around one of the roads.

While this incident had a safe outcome, there are a number of things that were done wrong, that should have been done differently:

We, the organisers had not kept track of the fact that that team was still out on the course. This highlights the importance of having a strict record keeping procedure in the administration tent, and sticking to it.

The team in question had allowed themselves to become separated. Aside from being well and truly against the rules of rogaining, this is always a very stupid thing to allow to happen. When you are in a team, you MUST travel at the speed of your slowest member, and always stick together.

The team had also allowed one person to have all of the teams' maps. It is with good reason that we give each team member a map of the course. If each member of this team had had a copy of the map, then the separation would have been much less consequential.

In the end the 1999 Yaborogaine was an enjoyable and successful event, apart from some dreary weather on Saturday. As with anything, we learn from our mistakes. The organising team has learnt a

few things while organising this rogaine, and let's hope that we can all learn from the unfortunate incident at the end to help avoid it happening again.

### Helpers

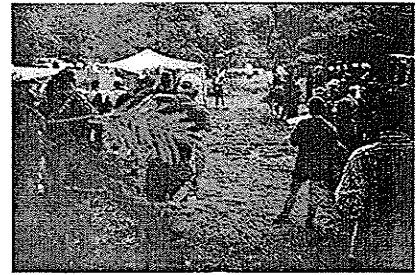
It is impossible to organise any large rogaine without a large number of people to help you. I would like to thank the following volunteers, without whose help, this rogaine would never have happened.

Daniel Marlay	Co-ordinator
Emma Murray	Head Course Setter
Carolina Roman	Administrator
Jan Janmaat	Administrator
Mike Hotchkis	Course Vetter
Joanna Leake	course setting
James Southwell	course setting, retrieval and general helper
Asbjorn Frisvoll	general helper
Ken Wilson	course setting and retrieval
Matt Chamberlain	course setting
Owain Williams	course setting and general helper
Rowan Prowse	general helper
Peter Dunn	official photographer
Debbie Hotchkis	hash house helper
Debbie Stein	hash house helper
Margaret Hughes	hash house helper
Melissa Grant	hash house helper
William Grant	hash house helper
Bill Gribble	hash house helper
Anne Field	hash house helper

Without the help of all of these people, the Yaborogaine would not have been the success that it was. My deepest thanks to all of these people who helped out.

Finally I would like to thank the UNSW Sports Association, 50th Anniversary Committee for their generous donation of the prize for this event.

*Daniel Marlay*



Yaborogaine Briefing



Mixed Vet Winners –  
Sue Clarke & Julian Ledger



2nd Place Winners – Open Mens  
Glen Bridget & David Jones



Winners – Open Mixed  
Judy Jenkinson & David Singleton



# ACT - Paddy Pallin 6 hour Rogaine - 21st March 1999

O=Open V=Veteran(40+) S=SuperVeteran(55+) J=Junior(<21) F=Family (<15 + >21)  
 Time is in hours and minutes from start

Over	Mens				Mixed				Womens				F	Score	Time	Names
-all	O	J	V	S	O	J	V	S	O	J	V	S				
1	1													2470	5.50	Adrian Sheppard, David Singleton
2	2													2280	5.51	Mike Hotchkis, Arthur Kinsland
3	3													2180	5.47	Keith Conley, Tristram Miller
4	4													1920	5.57	Mark Wood, Brett Graham
5	5													1890	5.54	Bob Hawkins, Peter Gordon
6	6	1												1890	5.56	Zac Zaharias, Peter Lambert
7	7													1860	5.52	Sigleif Steinsvag, Sigurd BJORKE
8	8	2												1800	5.51	Sandy Clugston, David Jenkins
9					1									1770	5.50	Novak Thomson, Joanne Carroll
10	9													1710	5.47	Denis Vanzella, Colin Hayhoe
11	10	3												1650	5.56	Phil Creaser, Ian Booth
12	11													1640	5.52	Andrew Butterfield, Stuart Anderson
13	12													1630	5.51	Anthony Hunt, Gary Roberts
14					2									1620	5.47	Judy Jenkinson, Gary Ayton, Ajay Limaye
15	13	4												1610	5.59	Hugh Saddler, Brian Aarons, Bob Beatty
16									1	1				1570	6.01	Jenny Bourne, Jane Saye
17					3									1560	5.50	Sue Brown, John Brown
18	14	5												1540	5.50	John Harding, Hannu Mannering
19	15													1540	5.53	Klaus Pinkas, Stephen Smith
20	16											1		1510	5.24	John Scown, Darel Scown
21	17													1500	5.29	Duncan Thomson, Greg Cork, Paul Fischer
22	18													1480	5.20	Andy D'Crus, Chris Parks, Mick Banks, Peter ?
23	19	6												1470	5.58	David Clark, Chris Lee
24									2	2				1460	5.49	Jenny Hawkins, Anna Booth
25	20	7	1											1450	5.48	John Foster, Gordon Quantock
26					4									1450	5.54	Gill Whiting, Paul Veldkamp
27	21													1440	5.18	Peter Higgins, Brian Hart
28	22													1390	5.20	Mike Aylott, Paul Cheeseman
29	23													1350	5.11	John Fox, Jon Kable
30	24				5									1350	5.46	David Matthews, Melissa Dobbie
31					6									1340	5.42	Fiona Dyer, Ben Dyer
32					7									1340	5.43	Sandy Collin, Stephen Mattingly
33					8	1								1330	5.49	Tim Pulford, Lynn Pulford
34	25													1320	3.15	Darren Southwell, Andrew Blakers
35	26													1310	5.55	Mal Jones, Luke Frohling, Nick Harrison
36					9									1300	5.19	Lyndall Adams, Glenn Bridgart
37					10	2	1							1290	5.56	John Sutton, Ann Sutton
38	27													1280	5.20	Martyn Robinson, Richard Sayer
39									3	3	1			1270	5.37	Anne Sawkins, Kathy Saw, Lyndall Hatch
40					11									1260	5.38	S Costello, K Thorne, S Marshall, D Costello
41					12							2		1260	5.53	Dane Evans, Rhys Evans, Ruth Evans, Brian Evans
42					13									1250	5.47	Pete Crosthwaite, Anne Baynes
43					14	3								1230	5.57	Ian Crellin, Noel Beynon, Lois Hunt
44					15	1								1220	5.48	Jo Vanzella, James Obrien
45					16									1210	5.54	Alan Mansfield, Sonia Kupina
46					17									1200	5.37	Dick Walker, Lisa Phillips
47									4					1200	5.56	Jane Pulford, Sue Wood, Carolyn Roberts
48					18									1190	5.51	Ian McCracken, Barbara Rose
49	28	8												1190	5.55	John Waddell, David Waddell
50					19									1160	5.40	B Clarke, E Clarke, D Parris, M Parris
51	29													1160	5.42	J H, G Geeves, S McDonald, R Webster
52					20							3		1140	5.44	Valerie Barker, James Barker
53	30													1140	5.46	Nick Pratt, Grant Morgan, Didier Dejan
54					21	4								1140	5.49	C Coleman, T Melville, N Sheather
55									5					1110	5.50	Erica Hendy, Bronwyn Wilkes
56									6					1100	5.44	Annette Dowd, Akiko Yoshida
57	31	9												1100	5.51	Kevin Lloyd, Vic Geniunis
58					22	5								1090	5.31	Nihal Davis, Richard Sage
59	32													1090	5.55	Rob Lavis, Richard Adams, Jeromey Temple
60	33													1080	5.48	Craig Dunn, Selwyn Butt
61					23	6								1060	5.29	Stewart Murray, Colin Ward, Leena Ward
62	34													1060	5.47	Bert Lancaster, Anton Lewis, David McCalliou
=63					=24									1030	5.28	Scott Smith, Christine Wright, Jenny Langridge
=63					=24									1030	5.28	H Stagg, A Gilchrist, D Clemontine, A Dewar
65					26									1020	5.32	Rob Smalley, Helen Stockdale
66					27									990	5.32	Andrew Hassell, Elinor McKone
67	35													980	5.36	Richard Neville, Simon Peisker



## ACT - Paddy Pallin 6 hour Rogaine - 21st March 1999

68	36			960	5.57	J Medcraft, T Powell, D Kelly, O Mewett
69			7	920	5.39	J Horsefield, A Chilcott, D McLennon, A Krunk
70		28		4	900	5.30 H Fallon, D Fallon, A Fallon, Daniel Fallon
71	37			780	5.47	Steve Church, Col Neate, Tim Herron
72			8	4	770	5.41 S Caitcheon, E Dunstone, J Cameron
73		29			760	5.15 R Hodges, B Morton, M Moorcroft
74		30			750	5.24 Rosemary Austin, Peter Garlick
75			9		740	5.33 Sarah Murphy Dale Forrest
76			10		740	5.52 Liz Ryan, Junko Kondo
77			11	1	690	5.22 Lisa Perrett, Claire Sim, Ineke Redmond
78		31	7		680	5.34 Anne Peston, Michael Smith
79	38				670	5.34 Sam Gray, Eric Klein, Tom Sutherland
80		32			670	5.43 Miranda Sherley, Patrick Sherley
81				12	650	5.41 Amelia Witheridge, Linda Meisel
82		33	8		610	5.52 Greg Baker, Margaret Mitchell
83	39				580	6.01 James Willcocks, Andrew Sprott
84				13	490	5.26 Linda Ashton, Jacinta Lester
						unofficial David Baldwin (all controls)

### WANTED!

#### Equipment Officer for the Rogaining Association

Duties include keeping track of the Association's equipment which is mostly stored in the NSWRA trailer - a customised unit which allows a lot to be fitted into a small space. If possible the Equipment Officer should host the trailer at their home and have a vehicle suitable for towing it - however this is not essential as there are other vehicles available.

Main regular task is to ensure gas bottles refilled between events.

Interested in helping the Assoc in this way? Please call President Sue Clarke or Secretary Julian Ledger.

### The Mixed Vets View - ACT Paddy Pallin 1999

The ACT Paddy Pallin Rogaine is over for 1999 and I have been pressured by the editor of the Rogaine Newsletter for ACT (she is related) to write a few words how Tim and I tackled this event.

Our usual technique is to have Plans A, B and C.

Plan A is the optimistic route. It includes lots of controls that we intend to spike.

Plan B includes less controls and is put into operation if the terrain is rougher than we thought or the controls are more elusive.

Plan C is what we do if we get truly lost...

We only run when we see people we know, especially if they have a camera. We like routes without too much climb but can't resist taking detours to look at interesting things on the map.

You will be pleased to know this year we achieved Plan A.

The magic moments of this years ACT Paddy Pallin for us where:

The little queue of Rogainers who made their first stop at the deluxe loos on the way to 75

Seeing the lunch box full of little quiches that Linda and Amelia carried for when they got hungry

Plodding up to 80 with Val and James - with James talking 20-to-a-dozen all the way up and all the way down. The lad has such stamina!

Spotting 57 on the fence

Observing some neat fence crossing skills on the way to 91 involving a log, a team and a great deal of balance

Trying the great food at the Hash House

And I must say the Mixed Vets trophy looks just great at our place!

Thanks to all concerned for an excellent Rogaine.

*Lynn Pulford*



#### 50% Subsidy for First Aid Training

We invite you along to participate in a St Johns Ambulance (Customised) First Aid Course.

The subsidy is available to volunteers e.g.: Admin/Cater/ Course Setters/Coordinators etc., to act as First Aid Officers for future Rogaine events.

#### Contact:

Sue Clarke - President

Phone: 02 9816 2508

Email: sclarke@efs.mq.edu.au

## COMO METROGAINE REPORT (Dec 5, 1998)

My first experience of Rogaining was the 1998 Lake Macquarie 6 hr course, an event as firmly stuck in my mind as my boots were stuck in the mud. I recall someone saying if I came back for more after that I was either hooked or stupid (some might say there's little difference!) and so it was with mixed feelings that I filled in Captain Cynthia's form for the mini-metrogaine on December 5<sup>th</sup> at Como Park.

Organising transport for three people from Menai to Como should have been the least of our problems, but somehow we managed to end up in a two car convoy for the 20 minute trip – not an auspicious beginning – but in plenty of time to get organised and plan the “walk in the park”. The area split logically into four sections – north and south of the Georges River, east and west of the railway line. The railway added an extra dimension to the planning – not only were there limited crossing points, but you had to meet intermediate deadlines in order to take full advantage of the few weekend trains that stopped at the three minor stations. Be too adventurous, miss the train and either wait half an hour (quelle heureux!) for the next train or cross the bridge on foot with no additional points to find. Be too cautious and arrive at the station with plenty of time to buy an ice-cream and contemplate how many points you sacrificed.

We eventually decided to walk north over the river, pick up some easy ones on the east side of the railway before crossing to the

### BUS TO OZ CHAMPS

Albury Oct 23-24

As you all know, any actuary can tell you how many people will die this year, but only a Sicilian actuary can give you their names and addresses in advance.

Well I'm not a Sicilian actuary, so help me to keep guessing by joining me on the NSW bus to the Oz Champs near Wodonga in October. We will leave from Strathfield station at about 2pm, stop for dinner in Yass (and to pick up any ACT folks who want to join us) and arrive relaxed and refreshed at the Hash House late Friday night, having totally psyched out the opposition along the way. Then on Sunday you can mull over all the “what ifs” and “if onlys” - unit you fall asleep, that is, about five minutes down the road.

And for those of you who still persist in thinking that driving home is a good idea, here is a graph showing the number annual number of Australian road deaths by the day of the week. And that's before allowing for the full moon!

Details on the entry form, or contact me on (02) 9816 2508 or [sue.clarke@mq.edu.au](mailto:sue.clarke@mq.edu.au)

west and doing Oatley and the Steamroller Park circuit, heading back to Oatley station for the 3:46 train to Como (Good point, Batgirl - remember to take the train fare!) and doing west of Janalli before legging it back to Como Park. If we're early enough, pick up an extra mark in the south east quadrant. At all costs, avoid Bonnet Bay with its steep hills and winding roads!

Bronwyn was helping Mike with registration duties, so we had a 5 minute grace period after the official start – enough time it seemed for everyone to disappear and leave us to find our own clues! A pleasant stroll across the bridge in very fair conditions drove all thoughts of serious competition from our minds, until we missed the footpath access off the bridge and had to “bash some bush” to find the first clue. Not little orange triangles this time; more like treasure hunt clues – sort of “find the date this sign was removed”.

After that all went pretty much to plan – we decided against doing a high-wire act across the shark net and walked around the pool in Jew Fish Bay. We marvelled at the different views to be had of an area we have lived in for years, just by changing the viewpoint from car to foot. We enjoyed the occasional animated discussion about whether or not we had passed the next clue and wondered often why the road builders did not seem able to build according to the map.....

It was a bit of a scamper to make the train; stop panting long enough to put the coins in the ticket machine; watch the train pulling in; jump on; sit and wait ... and wait ... oops, wrong train; wrong platform! jump off; jump on (I thought this was supposed to be easier than walking?). There was quite a huddle of perspiring people in the carriage; it may have been a Christmas social event, but nobody wanted to swap clues!!!

The second half took us along Soldiers Road and Woronora Crescent, where a number of houses (and unfortunately, lives too) were lost in the '94 bush fires. Although the area looks to have shaken off its scars, no doubt the memories linger on. More debate about roads and maps and map readers not being totally in sync, and then we were heading for

the finish. Reaching the park with a safe margin, we set out for the “bonus points” identified in our initial game plan. This took us to another reserve next to a house where a friend of mine had held her wedding reception some years ago – she was actually married in Como Park – although I had no idea where it was at the time (just some trivia to demonstrate the unforeseen benefits of ro-gaining!).

Heading back to the finish, Cynthia must have been spurred on by memories of Lake Macquarie as she suggested we could take a short cut across the mud flats of Scylla Bay. The tide was out and only a few rivulets and lots of crabs separated us from our destination. Oh, and several feet of mud. Cynthia's long-suffering joggers, which should rightfully have been given a comfortable retirement after Lake Macquarie, only just managed to make it back still attached to her feet. It was a heavier trudge back to the Park!

Having checked in we headed for the picnic table, downed several cups of orange juice and a plate of apple pie and mince slice – just right after an afternoon's walk in the park – and swapped stories with other teams; those who waited for a train that didn't turn up; those that ran and got twice as many points as us, and those who strolled around with babies on their backs.

Thanks to Mike and Debbie Hotchkis for an interesting and entertaining afternoon. Having discovered some new places to visit in my own backyard, I have returned since to enjoy them some more. Thanks to my intrepid teammates Cynthia and Bronwyn for introducing me to the sport, and for still indulging me while I rush ahead to find the mark in a newcomers enthusiasm, leaving them to struggle over pipelines and under dead branches (I did say we missed the foot-path!).

Where did we finish? Sort of in the middle, but who cares - I may be stupid, but I'm also hooked.

Jon Bell

% of annual deaths

