

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 91

May 2002



www.nswrogaining.org

2002 / 2003 New South Wales & ACT Rogaines

| | Date | Event | Location | Contact |
|-----------------------------|---|--|---------------------------|--|
| NSW | 16th June | Paddy Pallin 6 Hour | Western Blue Mountains | Andy Mein (02) 9879 4464 |
| | 6-7th July | NavShield '02 | TBA | Organised independently by Bushwalkers Wilderness Rescue |
| World Championships: | | 25-28th July - Czech Republic http://top.cz/wrc2002 | | |
| NSW | 24th August | 6 / 12 Hour | Lake Macquarie | Bert van Netten (02) 4975 3693 |
| | 1st or 8th September (to be confirmed) | Cyclegain | ACT | (02) 6251 6908 |
| NSW | 19-20th October | NSW Champs 12/24 Hour | Nowendoc | Graeme Cooper (02) 6772 3584 |
| | 16-17th November | ACT Champs 6/12/24 Hour | ACT | (02) 6251 6908 |
| NSW | 24th November | Socialgain 6 Hour | North Shore | (02) 9439 7804 |
| | December (date to be confirmed) | Spring 6/12 Hour | ACT | (02) 6251 6908 |
| NSW | 23rd February | Metrogain | Cook's River | (02) 9564 2126 |
| | March (date to be confirmed) | Paddy Pallin 6 hour | ACT | (02) 6251 6908 |

Rogaining in other States

| | Date | State | Event | Location | Contact |
|--|--------------|--------------------|----------------|----------|----------------|
| | 25-26th May | South Australia | 12 / 24 hr | TBA | (08) 8271 2712 |
| | 25-26th May | Victoria | 12 / 24 hr | TBA | (03) 9438 6626 |
| | 15-16th June | Victoria | 2 x 6hr | TBA | (03) 9438 6626 |
| | 22-23rd June | Western Australia | Winter 24 hr | TBA | (08) 9342 9213 |
| | 22-23rd June | Northern Territory | 24hr NT Champs | TBA | (08) 8941 1059 |

President's Piece :

The inaugural Ecogaine was held 23/24 March in beautiful weather with a great Hash House site. A swim in the dam finished of a thoroughly enjoyable event for me. Paul Batten and Bronwyn Lawton successfully challenged Rogainers to talk to, and share information with other teams in a friendly social atmosphere. The '15 in 24 hour' format proved popular, allowing a wide range of choice in day / night navigation, and good opportunities to socialise at the Hash House. My verdict: definitely worth repeating.

The ARA Championships, held in Namadgi National Park in the ACT was a memorable event in many ways. Well attended (192 teams), a great course and a thoroughly well organised event. The weather was superb - frosts overnight and warm days. The only downbeat note to the whole event - the NSW bus suffered mechanical failure, delaying arrival until 3.45am!

Competition was intense with "Former world champ beats current world champ by 10 points" - Nigel Aylott (Vic) and Kevin Humphry (Vic) seizing first place from Rob Vincent (NSW) and David Rowlands (Vic) by the smallest of margins, but taking an extra 25 minutes to do it. Mike Hotchkis (NSW) and Richard Robinson (WA) were 3rd overall. Mike has now been in the top 3 teams in each of the last 3 ARA Champs. Other significant NSW results were Nicole and Andrew Haigh - 3rd in the mixed category. The NZ supervets Bill Kennedy, Peter Squires and Anne Kennedy again performed strongly, winning the XV and XSV categories. NSW was 3rd in the Interstate Challenge, with ACT winning and Victoria second. Sydney Uni were overall winners in the Australian Universities Championships, with 50 students entering from 6 eastern universities. Few sports allow open entry for competitors of all standards on a course challenging to elite competitors and enjoyable for novices. The lack of segregation between competitors of differing standards is one of the great joys of these events. Check out all the results on the ACTRA website: <<http://act.rogaine.asn.au/>>.

At the last committee meeting Andy Mein raised the idea of a 'Volunteer Encouragement Scheme'. The basic idea being proposed was a reward scheme to encourage more volunteers to help out with events. Organisers and helpers who contribute significantly to an event could be given free entry to another event, or other encouragement. The idea was considered worthy of further debate. What is your view? Would a reward scheme, or other encouragement motivate you more? Let us know.

The new combined Entry/Membership form (have you noticed?) was again under review. Your comments would be appreciated.

Members of the committee involved in the 2002 Paddy Pallin event have been preparing a written 'Recovery Plan'. The Paddy is our largest event, and probably has more novice competitors than any other. The Recovery Plan describes procedures and responses for the most likely 'gone wrong' situations (eg a team not returning). It will be dynamic and will be modified for individual events. The Association has a fine record when it comes to event safety. However we must not only plan events to avoid accidents, but be actively prepared for 'foreseeable' incidents.

The Paddy Pallin in June is our next event. See you all there!

Richard Sage

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Inserts:

- Paddy Pallin entry form
- Lake Macquarie entry form
- NavShield entry form
- Rogaining Sticker

Are they talking about rogaining?

“
One man's way may be as good as another, but we all like our own best.
”

- Jane Austin

'Paddy Pallin':

Event name: **39th Annual Paddy Pallin Winter 6hr**
Date: **16th June**
Location: **Western Blue Mountains**
Event length: **6 hours**

This years Winter 6hr event is once again supported by leading outdoor equipment suppliers, Paddy Pallin - lending their name to what is the premier event on the New South Wales rogaining calendar. The events 6hr format attracts newcomers and veterans alike, and if last years participation numbers are any indication, this years event will fill very quickly. And understandably so, as we have once again secured a special area in the Western Blue Mountains. Thanks to the National Parks and Wildlife Service for allowing us to enjoy this spectacular area. The course and the Hash-house / camping area are entirely within a National Park. The course area has much to share both in its physical environment and its history. More on that in your course notes once you've entered!

As is the custom, a portion of the entry fee will go to assisting one of the organisations Paddy Pallin, the man, was involved in in his lifetime. In this, the International Year of Mountains, we have decided upon the 'Kosciusko Huts Association', to aid their work retaining the heritage of the remaining high country huts.

Post your entry form or enter online NOW to secure your place in another great event.

Andy Mein

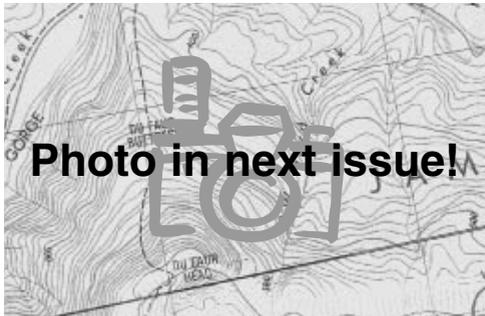


'Lake Macquarie':

Event name: **'Wot-a-gaine' Annual Lake Macquarie**
Date: **24th August**
Location: **Watagans**
Event length: **6 or 12 hours**

The Lake Macquarie Rogaine is in its 11th year. An institution on the New South Wales calendar. This years event is being held in the historical Watagans, with its beautiful rainforest creeks, situated on the west side of the largest coastal salt water lake in Australia - Lake Macquarie. The Watagans are crisscrossed with the legacy of the early 'timbergetters' in the form of their old roads, an old mill site here and there, and you can still see how they cut railway sleepers and posts. The forest has its fair share of beautiful flora and fauna. Lyre birds can be seen in all parts (sit quietly a while and enjoy their song). You will no doubt see a Wallaby or two, and you may if you're very lucky spot a quoll. The creeks have many small rock pools surrounded with moss covered walls. Birds Nest ferns feature in many trees and rockeries, as do many orchids and colourful fungi. Of course there are some nasties! - Lawyer Vine and leeches - although the forest makes up for those ten-fold. Looking forward to see you all there!

Harry Goyen



Best & worst maps of all time!:

At a Committee get-together earlier this year aspiring members were invited to enter the "rogaine test". Crossing a very narrow pole stretched across a 'creek' (swimming pool). We are pleased to report that all passed with flying colours although some on second attempt and some seemed more balanced after a few drinks.

On the same occasion billed as a "Map Party" guests were invited to bring along their best and worst maps. Some of the entrants were as follows:

Best:

Blue Mountains and Burratorang 1937, 2 miles: 1 inch, huge and hand drawn, showing a now long closed road from Wentworth Falls to Warragamba River (no dam in those days). *Greame Cooper.*

Middle Earth, The Lord of the Rings, JRR Tolkein, Watch out for Mirkwood and Mordor. *Mike Hotchkis.*

'Cross Your Rubicon' 50 Hour Endurogaine Cathedral SF/Goulburn Valley/Mt Torbreck, Victoria. Featured bonus points for being first up remote peaks on the far corners of the map. Not too many participants! *Mike Hotchkis.*

Dudh Kosi, down stream from Namche Bazaar and the Solu Khumbu region of Nepal. 1:50,000, 40m contours, beautifully produced and shaded by Erwin Shneider. Shows every dwelling. One of a series of the Everest region. *Alan Mansfield.*

Stirling Range National Park, WA, 1st ed 1966, 3rd 1972, GA Dean, 1:63,360 (1 inch:1 mile). The first map of the Stirling Range, finely drafted with selected contours and information for bushwalkers. *Julian Ledger.*

Worst:

Amadeus, Central Australia, 1:250,000, in one part of the map, comfortably large enough to hold a 24 hour rogaine, there are absolutely no details, no contours and nothing but grid lines. *Greame Cooper.*

Murrumbo, Hunter Valley, 24 hr rogaine in 1989, 1:37,500, map was a colour photocopy of a copy and some detail dropped out. Alignment problems with map pieces and one hill not marked at all on base map. *Trevor Gollan.*

..... continued on page 9

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Ecogaine Coordinators Review:

The first ever Ecogaine was a huge success! Thanks to all those who participated (277 - a terrific number for a non-championship two day event), and to the volunteers (well over 50!! Thank you to all of you, I wish I had enough space to list all of you), without whom the event just would not have happened. I want to jump quickly into some of my highlights from the event:

I am super proud of our catering (especially comparing it to the good, but not in the same ball park catering at the Oz Champs just recently). Anytime I can eat pizza, I am happy ☺. Thank you to those involved in this. This is especially remarkable as our catering coordinator could not attend because of flu.



I still get goose bumps thinking about the really awe-inspiring locations of Marramarra National Park. Sure there is a price (the scrub!), but I think we were compensated. The river landscapes between CP105 & 51 are sublime. The views of the water in the east. It was only when I was retrieving the flag that I fully comprehended the views at CP75 - they are cathartic. The forest areas in the south of the course were really lovely (e.g. near CP84 & 54). The landscape formations across the whole of the course are beautiful and, and I should know as landscape study is what I do when I am not setting rogaines!

The appreciation of people getting to control 62 near the river to find mosquito repellent. We knew what you were going through.

The fact that there was a large marijuana crop found the other day to be within only 1.5km of the Hash House!!!! Is that funny, or is that funny. Nobody found it during the event, or at least they kept it to themselves. Hmmm.

The camaraderie shown by participants. This is exactly what I wanted of the event. Thanks.

The totally committed and professional job that Bronwyn & her team (Myee, Penny, Katja) did with the administration. It was such a relief to have "perfect" support. Again, this is remarkable considering that Bronwyn learnt that her father had cancer in the fortnight leading up to the event.

The successful implementation of:

- ◆ The 15 in 24 hour "for everyone" rogain format in NSW. I think there should be one a year.
- ◆ The outdoor cafes "with card hand in". Is anyone seeing a pattern here. I think rogain should be about enjoyment, which is not necessarily walking incessantly.
- ◆ The youth category (25 and under). There were 13 youth teams, in comparison to 2 junior teams (!!) and 6 super veteran teams.
- ◆ The environmental theme. Hopefully this will be continued in events to come. Part of this was the "recycled" trophies/silver goblets. I reckon they were so cool!

That we raised over \$1000 for an environmental project on the course area. That's a nice legacy.

I thought that the infrastructure we had at the event was very good. The 10 St John first aiders and their caravan were comforting, the kick-ass lights provided by Hornsby SES (& Lee Lowe), the Macq. Uni 'walkie talkies' & tents & tables & chairs, and the National Hire marquees.

It is accurate to say that Sue & Walter were one of the factors in this event getting together. Ta! I was really happy that Caeser, Sue & Walter's cool dog, could join us at the rogain.

Andrew Perry and John Barnes were thoroughly deserved winners. It should be pointed out that after their big effort on the park, they put in over 5 hours of help cleaning up after the event! I have heard they got good use of their \$125 gift voucher at Eastwood Camping Centre, and I am happy.

Only a few complaints (sorry about no water at NE water drop between 4pm & 5pm & coffee absence at outdoor cafes and between 4am & 5.30am at HH). I got lots of nice comments though, thanks.

That no one got seriously injured during the event. That is a credit to all of the participant's safety standards (but do not rest on your laurels - every event stay together as teams!).

Finally, I was stoked that participants got into strategy and course selection. I will talk more on this. Before I share my thoughts on the Ecogaine course, I'd like to point out that I have put an image of the course map on www.clubs.mq.edu.au/macbushwalk/rogaining/ecogaine.htm & that I have started a chat about the course on the NSW Rogaining website discussion forum.

I think it was interesting that almost all of the higher placed teams cleaned up the NE of the course during the first day. This was different to what I thought - I would have been sucked into the points going all the way along the SE track (right up 75), 'cause that would be quick. I would have then tried to get across the mid eastern section before night fall, and picked off some of the controls around the NE road in the evening. The winners of the event linked the NE track with the SE track via the shortest possible non-HH route, in the period leading up to dark. That was a similar concept to what I thought of, but with a completely different implementation. The fact that they chose that particular crossing (44-71-64) was probably the edge that gave them the prize. As you can read in their article (see page 8), in the evening they got some track controls, utilised the card hand in at the outdoor café, and also headed across to the SW controls in the morning. I am stoked that the café hand ins were a hit, & not just for them, and also that they and some other teams partook in the adventurous journey that was the valley crossing to the SW. These two elements capture what the Ecogaine was about, a wild experience but with some nice creature comforts.

I would like to finish by saying: "go on - help out at an event, it is really rewarding"!!

Paul Batten

| Team | ECOGAINE | Category | Overall | Score | Category Placing |
|------|--|----------|---------|-------|------------------|
| 38 | Andrew Perry, John Barnes | MO | 1 | 1850 | 1 MO |
| 87 | David Cave, Anthony Barnes | MY | 2 | 1630 | 1 MY, 2 MO |
| 61 | Nicole Haigh, Andrew Haigh | XO | 3 | 1630 | 1 XO |
| 62 | Susan Kunnle, Ian Cameron | XV | 4 | 1530 | 1 XV, 2 XO |
| 46 | Michael Devey, Adrian Smith, Roland Thomas | MY | 5 | 1520 | 2 MY, 3 MO |
| 75 | Damon Ward, Mark Agnew | MO | 6 | 1480 | 4 MO |
| 58 | Robyn Tuft, Peter Tuft | XV | 7 | 1460 | 2 XV, 3 XO |
| 74 | Emma Murray, Brad Walters | XO | 8 | 1460 | 4 XO |
| 12 | Peter Gordon, Rachel O'Leary | XO | 9 | 1450 | 5 XO |
| 77 | Martin Lefmann, Jordan Lefmann | MO | 10 | 1430 | 5 MO |
| 86 | Mark Freeman, Martin Krause | MO | 11 | 1395 | 6 MO |
| 20 | Asbjorn Frisvoll, Robert de Jong | MO | 12 | 1370 | 7 MO |
| 82 | Joel Mackay, David Gell | MO | 13 | 1370 | 8 MO |
| 7 | Gary Ferris, Peter Dow | MV | 14 | 1310 | 1 MV, 9 MO |
| 65 | Reddall Leslie, David Leslie | XV | 15 | 1280 | 2 XV, 6 XO |
| 111 | Peter McConaghy, Wendy McConaghy, Jacqui Cochrane | XO | 16 | 1250 | 7 XO |
| 32 | John Leard, Tim Leard | MY | 17 | 1190 | 3 MY, 10 MO |
| 43 | Bert van Netten, Wendy Scott, Neil Chappel, Kenneth Bright | XV | 18 | 1190 | 2 XV, 8 XO |
| 55 | Angela Falzarano, Steve Griffiths, John Rivers | XV | 19 | 1190 | 3 XV, 9 XO |
| 40 | Stephen Thompson, Eva Wong, Aaron Hawkins | XO | 20 | 1170 | 10 XO |
| 93 | Jacqui Mathew s., Jeremy Turner, Graeme Cuthbert | XO | 21 | 1170 | 11 XO |
| 112 | David Green, Paul Greenhalgh | MO | 22 | 1135 | 11 MO |



Results



| | | | | | |
|-----|---|----|----|------|-------------------|
| 3 | Nihal Danis, Richard Sage | XV | 23 | 1130 | 4 XV, 12 XO |
| 21 | Malcolm Hughes, Andrew Cairns | MS | 24 | 1130 | 1 MS, 2 MV, 12 MO |
| 39 | Julian Ledger, Ron Lockley | MV | 25 | 1110 | 2 MV, 13 MO |
| 80 | Ross Duker, Eric Smith | MV | 26 | 1080 | 3 MV, 14 MO |
| 94 | Christopher Jenkins, Mic O'Flynn | MO | 27 | 1070 | 15 MO |
| 100 | Luke Baker, Aaron Tait | MY | 28 | 1070 | 4 MY, 16 MO |
| 19 | Andrew Scott, Jennifer Bodkin, Beth Frost, Marck Norret | XO | 29 | 1060 | 13 XO |
| 5 | Damien O'Meara, Jen Smith, Andrew Smith, Richard Smith | XO | 30 | 1050 | 14 XO |
| 6 | Marilyn Ferris, Lesley Taylor | WV | 31 | 1050 | 1 WV, 1 WO |
| 53 | Phil Allen, Ted Booth, Bob Bartle | MV | 32 | 1050 | 4 MV, 17 MO |
| 97 | Scott Mills, Lorien Vecellio | MY | 33 | 1020 | 5 MY, 18 MO |
| 107 | Chris Ryan, Tom Ryan | F | 34 | 1020 | 1 F, 19 MO |
| 37 | Lynda Kriflik, George Kriflik | XO | 35 | 990 | 15 XO |
| 109 | Roland Handel, Aaron Ng | MY | 36 | 990 | 6 MY, 20 MO |
| 60 | John Le Carpentier, Tom Dawes | MS | 37 | 985 | 2 MS, 5 MV, 21 MO |
| 41 | David Bere, Troy Smolenaars, Matt Piper | MO | 38 | 975 | 22 MO |
| 42 | Steve Cliffe, David McDonald, Nathan Leicht | MO | 39 | 975 | 23 MO |
| 50 | Bruce Thomas, Graeme Ferris | MO | 40 | 955 | 24 MO |
| 72 | Jamie Cunningham, Brooke Cunningham | XO | 41 | 950 | 16 XO |
| 30 | Gayle Pershouse, Gregory Rowe, David Coysh, Steven Rampant | XV | 42 | 940 | 5 XV, 17 XO |
| 90 | Rob Parberry, Robert Casimir | MO | 43 | 930 | 25 MO |
| 102 | Chris Schulten, Mick Lo Monaco | MY | 44 | 930 | 7 MY, 26 MO |
| 13 | Carolina Roman, Stephan Adler | XO | 45 | 910 | 18 XO |
| 81 | Richard Stone, Dana Pascovici | XO | 46 | 905 | 19 XO |
| 56 | Jennifer Borrell, John Keats | XS | 47 | 900 | 1 XS, 6 XV, 20 XO |
| 79 | Alexandra Heath, Geoffrey Shuetrim | XO | 48 | 900 | 21 XO |
| 67 | Andrew Cobb, Stephen Parker | MO | 49 | 870 | 27 MO |
| 73 | Robert Watson, Gabrielle Watson | XV | 50 | 865 | 6 XV, 22 XO |
| 4 | Tony Dynon, Heather Dynon | XS | 51 | 860 | 2 XS, 7 XV, 23 XO |
| 18 | Lee Lowe, Rodger Austen | XV | 52 | 860 | 8 XV, 24 XO |
| 45 | Richard Smyth, Graham Millar | MS | 53 | 860 | 3 MS, 4 MV, 28 MO |
| 85 | David, Renate, Emma, & Thomas Griffith with Clare Watson | F | 54 | 860 | 2 F, 25 XO |
| 105 | Chris, Julie, Miles & Grace Waring | F | 55 | 860 | 3 F, 26 XO |
| 29 | Trent Oliver, Jeff Ayres, Carl Mistler | MJ | 56 | 850 | 1 MJ, 7 MY, 29 MO |
| 98 | Tim Holden, Andrew Matison | MO | 57 | 850 | 30 MO |
| 23 | Michael Watts, Louise Oliver | XV | 58 | 840 | 9 XV, 27 XO |
| 99 | Stuart James, Maxine Groves | XO | 59 | 840 | 28 XO |
| 57 | Ben Kong, Marcelle Gannon | XY | 60 | 790 | 1 XY, 29 XO |
| 68 | Danny O'Connell, Peter Figiel, Isabelle Bore | XO | 61 | 760 | 30 XO |
| 17 | Raymond Hand, David Ireland | MO | 62 | 730 | 31 MO |
| 116 | Wendy Yung, Janet Deane, Ann Kwan | WO | 63 | 720 | 2 WO |
| 88 | Jan Sargood, Mandy Sargood, Garnett Sarah | WV | 64 | 715 | 2 WV, 3 WO |
| 8 | Clinton Killen, Ray Killen | MO | 65 | 710 | 32 MO |
| 54 | Duncan Cross, Loina Cross, Arw in Cross, Elw in Cross | F | 66 | 710 | 4 F, 31 XO |
| 66 | Martin Bastian, Said Hrelja | MO | 67 | 710 | 33 MO |
| 84 | Nicole Delbridge, Esther Burge | WO | 68 | 710 | 4 WO |
| 10 | Sandra Kemp, Iain Martin, Anna George | XO | 69 | 700 | 32 XO |
| 71 | Hisako Shiraiishi, Thushara Dibley, David Seaton, Nikolas Orr | XO | 70 | 700 | 33 XO |
| 69 | Simon McCartney, Ken Cromwell | MV | 71 | 685 | 5 MV, 34 MO |
| 34 | Nigel McDonald, Nicole Sellin, Peter Washington, Paul Norris | XO | 72 | 680 | 34 XO |
| 59 | Sharon Phillips, Andy Walters | XO | 73 | 675 | 35 XO |
| 35 | Jenny Starling, James McFarlane | XO | 74 | 670 | 36 XO |
| 51 | Geoff Peel, Margaret Peel | XO | 75 | 670 | 37 XO |
| 76 | Kym Eley, Sarah Newlands, Paul Marsh | XO | 76 | 655 | 38 XO |
| 91 | Trish Palmer, Cathy Taylor, Jonathan Watkinson | XO | 77 | 655 | 39 XO |
| 11 | Bill Knox, Alesa Heysmand | XV | 78 | 615 | 10 XV, 40 XO |
| 83 | Jo Giffins, Joel Stewart, Anna Stewart | XY | 79 | 595 | 2 XY, 41 XO |
| 119 | John Ku, Bronwyn Andrew, Bhavin Patel | XO | 80 | 580 | 42 XO |
| 89 | Ian, Jenny, Peter & Jessica Almond, Bronwyn Wilson | F | 81 | 570 | 5 F, 43 XO |

| | | | | | |
|-----|---|----|-----|-----|--------------------|
| 70 | Fiona Christie, Natasha and Nick Mooney, Jennifer Foster, Sam Boyle | XO | 82 | 565 | 44 XO |
| 44 | Pam Montgomery, Robert Montgomery | XV | 83 | 545 | 11 XV, 45 XO |
| 33 | Bill Gribble, Leslie Steinhaus | MV | 84 | 535 | 6 MV, 35 MO |
| 47 | Anna Park, Mathenge Mwangi | XO | 85 | 535 | 46 XO |
| 96 | Robert Bradley, Ann Banham | XO | 86 | 495 | 47 XO |
| 14 | Phil Gibbs, Peter Day | MO | 87 | 470 | 36 MO |
| 113 | Dayle Green, Carol Genssen | WO | 88 | 465 | 5 WO |
| 117 | Mark Greenfield, Cameron Barton | MO | 89 | 455 | 37 MO |
| 106 | Tom Thomas, Penny Field, Geoff Richie | XV | 90 | 445 | 12 XV, 48 XO |
| 118 | Zuzu Burford, Jitka Kopriva | XV | 91 | 445 | 13 XV, 49 XO |
| 48 | Louise Wilkinson, Tim Robinson | XY | 92 | 440 | 3 XY, 50 XO |
| 78 | Luke Alexander, Ben Maher, Kirsty Mills | XJ | 93 | 435 | 1 XJ, 4 XY, 51 XO |
| 64 | Lynne Hill, Bruce Hill, Ryan Hill | F | 94 | 425 | 6 F, 52 XO |
| 52 | Sonia McManus, Chris Wallace | XO | 95 | 390 | 53 XO |
| 36 | Tony Bond, Jennie Bond | XV | 96 | 345 | 14 XV, 54 XO |
| 114 | Tim Heasman, Daniel Buckingham, Robert Bishop, Ryan Cox | MY | 97 | 320 | 8 MY, 38 MO |
| 101 | David Pettit, Crystal Pettit, Priscilla Pettit | F | 98 | 305 | 7 F, 55 XO |
| 108 | Maureen Fitzpatrick, Barbara Gardiner | WV | 99 | 305 | 3 WV, 6 WO |
| 115 | Andrew Sims, Natalie Sims | XO | 100 | 305 | 56 XO |
| 22 | Lyn Berg, Rob Lucas, Jon Marsden | XV | 101 | 285 | 15 XV, 57 XO |
| 9 | Gabriel Mackenzie, Tim Cowdery | XO | 102 | 275 | 58 XO |
| 120 | Sarah Newlands, Paul Marsh | XO | 103 | 250 | 59 XO |
| 110 | Paul Shea, Judy Shea | XS | 104 | 225 | 3 XS, 16 XV, 60 XO |
| 16 | Wayne Laycock, Michael Murphy | MV | 105 | 180 | 6 MV, 39 MO |
| 28 | Elizabeth Collins, Ying Cao | XO | 106 | 180 | 61 XO |
| 26 | Kylie Bower, Katherine Baran | WY | 107 | 160 | 1 WY, 7 WO |
| 15 | Di Laycock, Kim Gibbs, Wendy Day, Sue Low | WO | 108 | 140 | 8 WO |
| 63 | Michael Smith, Anna Pesten | XV | 109 | 120 | 17 XV, 62 XO |
| 25 | Jeremy Henson, Ze Huai Zhong | MO | 110 | DQ | 40 MO |
| 27 | Thomas Kischlat, Sara Cole | XO | 111 | DQ | 63 XO |
| 103 | M.Patterson, A.Shepard, J.Simpson, J.Mitchell, M.Cardoso | XO | 112 | DQ | 64 XO |



'Gaining Eco-style:

Our general plan was to collect the rich pickings from the south-eastern road after dark, and have a long time-free stop at the eastern outdoor café (a great innovation!). Before that, our aim was to pick up as many of the points in the eastern half of the course as we could. Based on a 5km/h track speed and 3km/h in the bush, some quick rough calculations showed that after heading NE and picking up all the controls there that it would probably be about 6pm at 44, and we'd need to head straight to the south-eastern road via 71 and 64, skipping all the SE bush checkpoints. Nevertheless, this seemed the most profitable route, with scope to visit the café after dark but before the 9pm closing time, and pick up all the points back from it. And before we got too worried about the points, Andrew pointed out that this was a fun route. We foresaw that the cluster of points at the end of the SE road, while high scoring, would use up too much of our time.

We had a fast start to the event, running the first few hundred metres so I could catch up on news with Mark Freeman. This was our only running apart from 15 min in the final hour, but kept us ahead of most of the crowd thru 13-25-45-23.

A friendly chat with the Wilderness Society inspector near the N Outdoor Café, who gave us the answers to a few questions after we gave him a few snacks. I eagerly anticipated forcing the top running teams to give us the quiz answers at the end of the event. On to CP62.

Glad to have swum at the start and wet my hat at a few spots on the way as we climbed to 85. Andrew stopped me from wandering aimlessly about the shallow saddle here. Spot onto the checkpoint at 92, on a beautiful little stream. Great views on the ridge to 102, where we met the 2 teams ahead of us. They missed the slightly hidden checkpoint on the creek at 81, so we had our name at the top of the intention board (the only time). (I think looking at your progress relative to other teams on the intention board is fun, and was glad to see in the rules that filling in the boards was compulsory). Warmed up going up to 63.

Round the ridge from 63 to 73 was our thickest bush, but great views awaited. We could see the groups heading along the rocky skyline to 94, so headed thru the valley to the great views.

We enjoyed the road and some company to 44, a bit unsure about the map correction ("circle on map should be 100m @ 245 degrees"). Amazingly compared to usual we were ahead of time at this stage. We made a track across the swamp, and felt pretty weary after our climb to 71. Fortunately that was our last major climb for the day. A smaller climb to 64 & tracks.

With little daylight left we focussed on picking up the navigationally more difficult checkpoints out to the café, together with noting the track turnoffs to the easier ones. We picked up 54 at sunset (7pm), glad for the track made by earlier teams, and 31 just before dark. Along the road we entertained ourselves asking the half dozen or so returning teams about the pick of the cafe menu.

It was great to reach the café at 7:45, sit back, slip off shoes, and eat. Andrew had started to cramp at 54 and was glad to have the rest. We met another Span outdoor team there (Sarah, Paul & Kym) and persuaded them to linger a while with us. I had a couple of oranges, a few pieces of bread and many chicken crackers. Andrew devoured the peanut butter. We had fun hassling the US students running the café, who couldn't tell me any great sights to see in their home state of New Jersey, as I'm visiting for a day or two for work in June. We persuaded about half a dozen other teams to stay till 9 with us. Julian told us we were well placed. Nobody was too worried about the food or water running out, as a phone call to the Paul had fresh supplies by 9pm. All too soon Andrew told me it was a few minutes to 9, and time to race around packing up and putting on shoes.

As usual, the first checkpoint after the start or a stop almost ended in disaster, as we were too casual about it, not measuring our distance down the wide spur to 103. Fortunately we stumbled on the checkpoint.

Back along the road and down and around the circuitous track to 22. A pleasant meeting with Sue and Walter driving along the road with bananas and fruit for us. Out and back the tracks to 41 and 14. We were amazed at our luck in coming across 84 (25m @ 50 degrees from the stream junction) from the north-east even before we had reached the creek junction.

We decided that as we would be heading south along the road from the Hash House the next day it would be better not to also do it on our trip in, but instead to go via 24, 34 and 72. The track to 72 was a bit difficult to follow at midnight, but crossing the valley to the HH was fine. (Being crazy, we ignored the dire predictions made earlier by another group at the Café when we announced this possibility). Back to the HH at 1:10, having used 11:50 of our 15 hours. The faithful admin person was waiting for us, along with the kitchen staff, but not too many competitors! We were glad to have some soup and to not need to get up too early the next day.

We were up at 8, for cereal and bacon and egg rolls, took a few oranges and made a few rolls to carry with us. It was the usual rush to put sunscreen on, have a swim, put on sandals and make our 8:50

Assistance from volunteers is essential to the sport.

No experience is necessary - detailed instructions are supplied.

|  Volunteer Requirements | Paddy Pallin 16th June | Lake Macquarie 24th August | NSW Champs 19-20th October | Socialgaine 24th November |
|--|--|--------------------------------------|---|---|
| Event Co-ordinator | Andy Mein | Harry Goyen | Graeme Cooper | ??? |
| Course Setter/s | Andrew Pope | Bert van Netten | Graeme Cooper | Ian McKenzie |
| Course Vetter/s | Phil Holman | ??? | Richard Sage Nihal Danis | Ian Cameron |
| Administration Team leader plus 5 - 6 others Team Leader indicated in bold | Belinda Pope Tanya Chivers Jennie Bond ??? | Dianne van Netten ??? | Nicole Haigh Andrew Haigh ??? | ??? |
| Hash-House Team leader plus 6 - 12 others Team Leader indicated in bold | 1st. Waitara Scouts | ??? | Vicki Cooper ??? | Australian Orienteering Junior Squad |
| Flag Retrieval | ??? | Neil Chappell | ??? | ??? |
| Contact Details | Andy Mein 9879 4464 | Harry Goyen 4973 3012 | Graeme Cooper 6772 3584 | Ian McKenzie 9439 7804 |



If you are interested in organising your own event please contact our Event Manager, Mike Hotchkis (see committee contact listing), or if you are able to help on an existing event please contact the event organisers noted above.

start, which we did with a run across the field. We met the girls we'd been breakfasting with at 11 (a bit harder than the usual see it from the road 10 pointer), and followed the fresh tracks to 55. Up to the road and down the spur towards 53. I thought Andrew was suffering from rogaine weariness when he claimed we were climbing the wrong spur, and tensions rose, but he was right, so we had another beautiful little canyon to cross. We almost took a log bridge a few metres above the canyon, but chickened out when we saw that it was easy enough to get down and up. Around to 53, guided by another team who had just found it and were still at the flag. Reminded by them that time was running short. To 101, a bit further up than we'd thought relative to a track bend (we probably had the wrong one), but correctly placed on the creek junction. Glad we didn't try to find this one in the dark, as it was well hidden by vegetation. Half our morning time gone and as far away from the HH as possible. We obviously weren't going to do all the SW up to 35 to 32 and 61 as we'd planned overnight (again blame rogaine weariness for bad plans).

Out to 42. The valley looked deep. We didn't have much time so decided on heading straight across rather than taking a gamble via 15. At least we could see how to dodge the steep bits on the other side. Relieved to make it to track, and then to road. Road junction at 11:20.

I persuaded Andrew that we could run out to 15 and back in 10 minutes, and still have our planned 30 minutes to walk back along the roads. It was nice running, using different muscles and without a pack. After completing our run we realised we had 50 points dependent on finding the answers to the HH and NW Café questions, so decided we'd better run back to have time to find teams with answers to these questions. Fortunately near 11 we found a team with the answers, and so were able to walk back to the finish with a few minutes to spare, where we collapsed in the shade.

We were delighted to receive our St Vincent de Paul cups, Andrew particularly as he'd forgotten to bring his plate, cup and cutlery. Thanks to those who lent him gear at dinner and breakfast. It was amazing to finish a rogaine in which even with hindsight we would have made little change in route, and have only wasted about 10 minutes through mistakes. I think we were lucky not to have too many running teams competing, as such a team could probably have run round all the roads, getting nearby checkpoints and beaten our score. Thanks for setting a course with such good views and so close to home.

John Barnes

(Team 38 with Andrew Perry - Overall Winners)

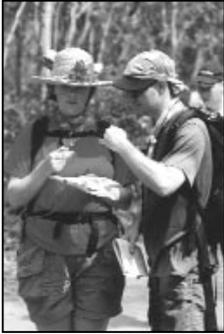
ECOGAINE WINNERS TRAINING SECRETS EXPOSED!!:

Congratulations to John Barnes and Andrew Perry for their well deserved win at the Ecogaine. When we saw them out on the course they were making it look easy. Finding controls quickly, no running, time for passers by, but a good quick pace. Then at the end organiser Paul reports that they put in a big effort to help pack up the extensive Hash House and the rogaine trailer. How do they do it? Natural talent or a secret training regime.

It has now come to light that Andrew spent his summer toughening up by successfully climbing large mountains in South America. John meanwhile who is fortunate to work right on the harbour in Ultimo has been windsurfing to work. So, you think, he probably lives in Balmain or Neutral Bay. Well no, he's actually in Narabeen on the northern beaches. He needs a north easter and then windsurfs lets say 12km down the coast before skirting North Head and on to pass under the Harbour Bridge. He admits to being a bit late when there is a wind shift!

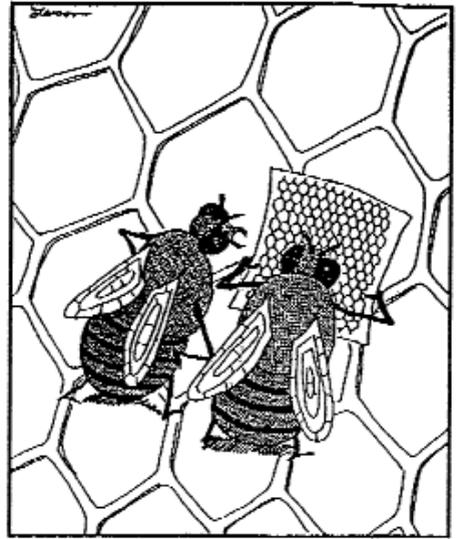
Julian Ledger

? Do you know the names of the two rogainers that featured on the cover of the last issue of this newsletter?



The photo was taken at the 'Wolgan Wander' 24hr event in April last year. If you know who these rogainers are, contact Rod Phillips, co-author of *Rogaining - Cross Country*

Navigation (the 'rogaining bible'), at >phillips@cryptic.rch.unimelb.edu.au< Rod is hoping to feature the image in the next edition of the book in coming years. **Thanks.**



"Face it, Fred—you're lost!"

☺ Thanks to regular rogainer, Thais Turner, for sharing this appropriate Gary Larson classic.

~ Partner Finding Service ~

Are you looking for a rogaining partner/s?

Maybe your old partner has called it a day or is not up to it anymore!
 Maybe you just have difficulty finding someone who is willing to go Rogaining on a regular basis.

Call Membership Secretary Belinda Pope 9484 1736 or email your request
ajbbpope@optusnet.com.au
 and Belinda will endeavor to help you find the partner/s to suit your level of enthusiasm and experience.

Newsletter contributions:

Remember to keep those contributions coming. Put pen to paper or snap a few photographs at your next event and share them with your fellow rogainers. Take note of the submission dates and send your contributions to newsletter Editor Andy Mein. Written word via email would be appreciated (PC Word or 'text' file). Original copies of your photographs would be preferred and will be returned. See Committee listing for contact details.

| Issue | Publication Date | Submissions Close |
|-------|------------------|-------------------|
| 92 | 24th July | 19th July |
| 93 | 11th September | 6th September |
| 94 | 6th November | 1st November |
| 95 | 22nd January | 17th January |

Give me a map to look at, and I am content. Give me a map of country I know, and I am comforted: I live my travels over again; step by step, I recall the journeys I have made; half-forgotten incidents spring vividly to mind, and again I can suffer and rejoice at experiences which are once more made very real.

Old maps are old friends; understood only by the man with whom they have travelled the miles. Nobody could read my maps as I do. Lend a book to a friend and he can enjoy it and miss nothing of its story; lend him a map, and he cannot even begin to read the tale it has to tell. For maps are personal things which books are not.

The appeal of an old map is to the memory; an old map spread across my knees closes my eyes. The older, the more tattered it is, the greater my affection for it. I recall our adventures together in storm and sunshine; an occasion, perhaps, when it slipped from my pocket and I searched my tracks anxiously, as for a lost companion, until it was found; an occasion, perhaps, when the mist was thick and instinct and the map urged different ways, and I followed the map and came to safe ground again. Ah yes, maps are grand companions. I have thrown books away, but never a map.

Give me a map of country I do not know, even of country I shall never know, and it has the power to thrill and excite me. No book has such appeal to the imagination.

From 'WAINWRIGHT - The Biography'
by Hunter Davies (Published 1991)

Best & worst maps of all time! (continued from page 4)

Solomon's Throne, 4th World Rogaine Championships, New Zealand, Jan 2000. 1:50,000, Heavy shading on the map made reading tricky, area too steep! Setting could have been done to allow for more route choice. *Richard Sage*

Beechworth, 1st World Rogaining Championships, 1992, 1:50,000, massive map with approx 500sq.km, large distances between controls, mostly tracks. Not to mention rain, blackberries and mine shafts! *Julian Ledger*.

Kangaroo Flat on Hastings River near Port Macquarie. Got lost due to significant topographical features not shown. Returned later to use new edition and had not been corrected. *Andrew Pope*.

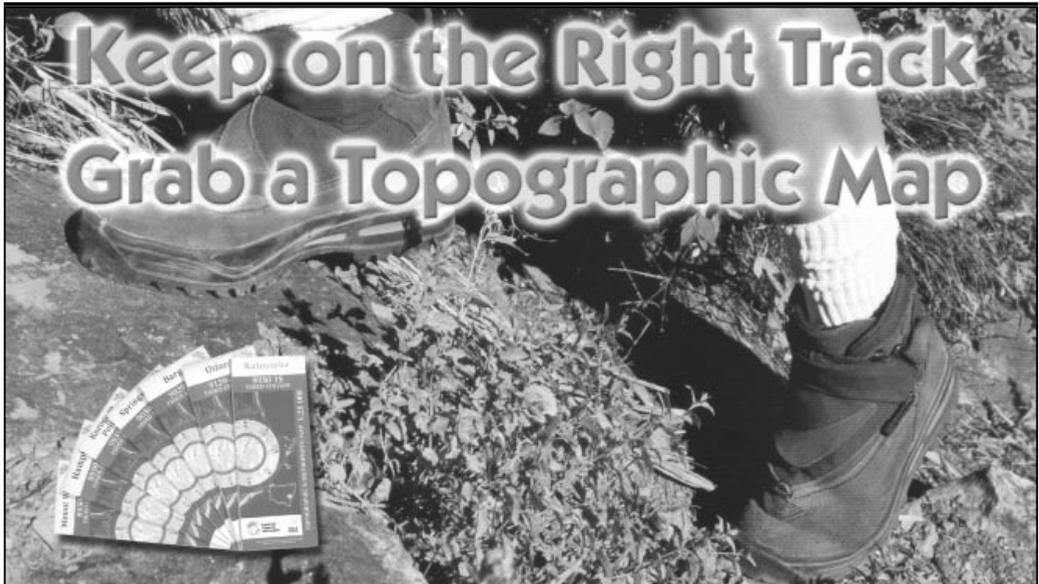
Quilty's Mountain, Australian Rogaining Championships, 1995 in Morton National Park. 1:25,000. Very thick vegetation and then monsoon conditions. Only contacted map on one side and eventually it disintegrated leaving map features transposed onto the contact. *Julian Ledger*.

Compiled by Julian Ledger

WANTED

~ Newsletter Editor ~

The newsletter is the primary contact for members of the New South Rogaining Association, informing of upcoming events, past results and providing a forum for us all to share experiences. The new editor can decide how he/she would like to produce the next series of newsletters to suit their abilities or available equipment. The current newsletter editor and the committee will offer assistance to get you started. There is no denying that it is a big job as we put out six issues a year, although it is a very rewarding opportunity to keep the sport in New South Wales flourishing. If you are interested please contact Andy Mein on 9869 4464 or <andy_mein@bigpond.com>



Land and
Property
Information

The Sydney Map Shop • 23 Bridge Street Sydney 2000
Phone: 9228 6315 • Fax: 9221 5980 • www.lpi.nsw.gov.au

What is Rogaining?

Rogaining is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most NSW events are held within 2/3 hours travelling time of Sydney.

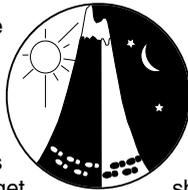
Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas ('metrogaines'), or on bikes ('cyclegaines'). Rogaining is a challenging adventure sport and is a lot of fun.

Who is it for?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "hash house" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 km in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.



What do you need?

Rogaining is good value for money; all you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the hash house.

What does it cost?

In New South Wales the entry fees vary from \$20 to \$40 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

A modest annual membership fee is charged to cover among other things a regular bi-monthly newsletter. Membership fees are currently \$13 for individuals and \$17 for a Family membership. A household membership is also available where all members share the same address. In this instance there is an additional \$4 for each person on top of the initial individual membership. You can join when you enter your first event.

Contact information:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event on the calendar.

NSWRA Voicemail 9990 3480

NSWRA Public Officer

Julian Ledger 9261 1111 (w)
julianl@yhansw.org.au

NSWRA Hon. Secretary

Sue Clarke 9816 2508
sclarke@efs.mq.edu.au

<http://www.nswrogaining.org>