

# ROGAINING

NEW SOUTH WALES

THE SPORT

OF CROSS-COUNTRY NAVIGATION

Issue 99

September 2003



[www.nswrogaining.org](http://www.nswrogaining.org)

## 2003/2004 NSW AND ACT ROGAINES

Date	Event	Location	Contact
11-12 <sup>th</sup> October	NSW 24 hour Champs	South Coast	Trevor Gollan (02) 4226 5544
8 <sup>th</sup> November (date to be confirmed)	Spring 6/12hr	ACT	(02) 6251 6908
23 <sup>rd</sup> November	'Socialgaine'	South of Sydney	Mike Hotchkis (02) 4294 1363
22 <sup>nd</sup> February	'Metrogaine'	TBA	Bronwyn Batten
March / April (date to be confirmed)	ACT Paddy Pallin 6hr	ACT	(02) 6251 6908
April (date to be confirmed)	24hr	TBA	TBA

## 2003 INTERSTATE ROGAINES

Date	Event	State	Contact
11-12 <sup>th</sup> October	24hr Champs	Victoria	(03) 9438 6626
11 <sup>th</sup> October	12hr	Western Australia	(08) 9342 9213
19 <sup>th</sup> October	Metrogaine	Queensland	(07) 3369 1641
8-9 <sup>th</sup> November	8hr Upside-Down	Queensland	(07) 5497 9261



## THE PRESIDENT'S REPORT ~ Sept. 2003

Congratulations and many thanks to all those involved in the Lake Macquarie event. By all accounts, as we have come to expect over the last 12 years, it was a success. A little wet, but still a success.

In the previous issue I reported of the large increase (250%) in the Australia-wide public liability insurance premium for our sport. An increase in the cost of participation in the sport was reported as being inevitable. Accepting that the Association must in some way absorb this large increase in costs, the NSWRA committee discussed the matter at length at the last general meeting in early August. While the membership fees primarily cover the cost of this insurance (and the cost of the six newsletters) for a twelve month period, initial discussions centred on the membership fee absorbing the entire increase. As many members may only enjoy one or two events a year, while others participate in the entire years events, and pay the same membership fee, a fairer option was to distribute the increase between the membership fees and the event entry fees. The decision was made that the 12 month membership fees will increase from \$17 per individual to \$20 and that the fee for additional member/s (either residing at the same address or as the second adult in a family membership) would increase from \$5 to \$10. This membership fee increase was effective at the conclusion of the Lake Macquarie event. Event entry fees will also increase commencing as of the NSW Champs in October. While each event in the calendar differs in its entry fees (due to site and duration specific costs), you will notice an increase in comparison to the fees for the same event previously (with the exception of the Paddy Pallin event).

In coming editions of this newsletter you will see some changes. The decision has been made to produce an electronic newsletter. For those who choose not to receive an 'E-newsletter', a paper version will still be available. In a letter accompanying the next newsletter you will be asked to choose one of the two options (ie: electronic or paper). For those who choose electronic you will be asked to supply your email address. This decision has been made by your committee, in part as cost reduction to help absorb the increased insurance costs, although primarily in an effort to reduce the many hours of work by the handful of volunteers who produce, print and fold, and mail-out up to 1200 newsletters every two months. More details in the next newsletter.

The next issue of this newsletter is the 100<sup>th</sup>. So as a celebration of this milestone, and that of the 20<sup>th</sup> anniversary of the NSWRA that has quietly slipped by unmarked, the next newsletter will be a special issue. Twenty years worth of articles, cartoon and assorted written or drawn pieces will be selectively condensed into one bumper issue. If you have a particular item from a past newsletter or would like to write a reflection on your past years rogaining for the 100<sup>th</sup> edition, please contact myself or Alan Mansfield prior to the end of October. (See committee listing overleaf for details).

As a final note, see you all at the Champs on the South Coast in less than a month. It will be the best Championship event we have seen for some years. I am particularly looking forward to it, as in my opinion it is situated on some of the best coastline in New South Wales. See you there.....

*Andy Mein*

**PLEASE NOTE:** As of 24<sup>th</sup> August 2003 all memberships fees have increased. See President's Report above for details. The new 12 monthly membership fees are as follows:

**Individuals \$20.00**

**Additional members \$10.00**

(residing at the same postal address as an existing member)

**Family \$30.00**

(\$20 + \$10 for second adult with all children residing at the same address free)

## 2003 COMMITTEE LISTING:

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[ POSITION VACANT – volunteer required ]

**Equipment Officer:**

[ POSITION VACANT – volunteer required ]

**General Committee:** *Sue Clarke*

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## VOLUNTEER REQUIREMENTS:

### 2003 NSW Champs

The success of all rogaie events is dependant on support from volunteers. Remember the age-old adage: 'many hands make light work'.

So if you are not participating and would still like to be involved, please consider volunteering as a valued event staff member. Below is a brief list of some of the roles that may be required.

If you are able to help for all or part of the event please contact Trevor Gollan via email at [tgollan@uow.edu.au](mailto:tgollan@uow.edu.au) if you are able to assist:

#### Volunteer Role & Required Tasks:

##### Admin. Assistants:

- ◆ Registering teams
- ◆ Distribution of maps
- ◆ Control card hanging
- ◆ Record finish times
- ◆ Checking control cards
- ◆ Displaying results

##### Site Staff:

- ◆ Gate attendant
- ◆ Car parking
- ◆ Camping directions
- ◆ Up-keep of toilets
- ◆ Fire attendant
- ◆ Water re-supply

##### Safety car / water drop:

- ◆ Drive safety sweep car
- ◆ Establish and replenish water drop

##### Flag retrieval:

- ◆ To retrieve all flags from course in your own time over the two weeks post-event

# THE 2003 NEW SOUTH WALES ROGAINING CHAMPIONSHIPS

Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> October 2003



The NSW Championships return to the South Coast with plenty of beach strolling, pleasant forest and ferns, and a beachside camping area for our hash-house site. Or you may follow the path of blade-grass thickets, impenetrable heath and leech-infested swamps. It's good to have choice! We have conducted two beachside rogaines on the South Coast, Lake Tabourie in 1993 and Pretty Beach in 1996. Each was memorable, and fun to explore. As to fine detail, all I will say about location is "between Nowra and Batemans Bay". Yes, we will run a bus between the train terminus at Bomaderry and the rogaïne. And yes, there will be a 15-hour event on offer for those who are daunted by the spectre of 24-hours. As I sweltered through the heat of Nowendoc at last years Champs, my poor fuzzled brain visualised a cool, wave-lapped beach ... salt water licked and healed at my wounds as I plunged through an effervescent wave-wash ..... I floated painless, chilled, refreshed ... This year that can be the reality. I hope to see you there.

## THE 2003 SOCIALGAIN

Sunday 23<sup>rd</sup> November 2003



Come and enjoy a relaxed 6 hour event not far from Sydney somewhere in the Southern Highlands!

It's back into the bush for this year's Socialgaine. There is pleasant eucalyptus forest and some pine plantation, plenty of tracks, and a few sandstone cliffs to provide viewpoints. The course will be designed to suit a variety of skill and fitness levels.

See entry form in our next newsletter, or visit the website in coming weeks.

# 12<sup>th</sup> ANNUAL LAKE MACQUARIE ROGAINE REPORT:

The 12<sup>th</sup> Annual Lake Macquarie offered the choice of six or twelve hour events and attracted 347 rogainers (139 teams) to the Watagans, just west of Cooranbong. There was a mass start at noon on Saturday the 23<sup>rd</sup> of August with 60% (220 participants in 85 teams) entering the six hour event.

The forecast was for coastal showers and the weather bureau was 100% correct with the area receiving one shower from 2.00pm Saturday until about 2.00am Sunday morning. Most participants were well prepared for wet weather and appeared more concerned about the volunteers at the hash-house and tea and damper stops than their own comfort.



This year Rob Vincent, 1<sup>st</sup> Cardiff Scouts and the Watagan Wanderers provided not one but two tea and damper stops, assisted with event administration, and provided the Hash House tarp. We were pleased to make a donation to the Westpac Helicopter service on behalf of the "Wanderers".

The event organiser, Bert Van Netten set the course with assistance from Neil Chappell and Alan Wright. Feedback from competitors was all positive, especially on the use of tape to mark a route through some rugged vegetation in the middle of the course.

The short course was won by Arthur Kingsland and Malcolm Roberts with the very impressive score of 1710 points. While it was Malcoms' first rogaing he did admit to previous orienteering experience.

At 9.29 pm, team 133 consisting of Toby Cogley, William Landers and Ian Stewart jogged in having collected every control, only to discover that team 88 (Mike Hotchkis and Shane Trotter) had preceded them by 48 minutes and also collected all 2160 points. The third team overall, Matt DeBelin and Michael Meryment were only one thirty point control behind while Andrew and Nicole Haigh, the first mixed team, collected 2110 points.

Cooranbong SES provided First Aid and emergency response, while they had to treat one torn muscle and a twisted ankle; fortunately no-one had to be rescued. Our safety and resupply team of Harry Goyen, Doug McCubben, Simon Williams and Tracey Colley did regular patrols of the roads while Peter and Wendy McConaghy moved from resupply to Hash House to assist the catering team from the Junior Orienteering Squad.

Dianne Van Netten co-ordinated the catering and was ably assisted by Kathy and Joshua Roberts, Kim and Jamie Van Netten, Bob Montgomery and Bruce Prince while Cheryl Todkill and Nettie Floyd spent many hours preparing food beforehand. The administration team of Fay Smith, Geoff and Margaret Peel, Greg Rowe, Ian Gilmore, Merle Goyen, Pat McCubben and Heather and Tony Dynon did a great job. Ian Gilmore also provided the photographs.



We would like to acknowledge the support and assistance received from Lake Macquarie Council and also State Forests and National Parks on whose land the event was conducted.

By *Bert Van Netten* (Organiser) and *David Coysh* (Administration)

Team No.	12 <sup>TH</sup> LAKE MACQUARIE 12 Hour Event	Score	Time	Overall	Men	Women	Mixed	Veterans	Mens Vet	Womens Vet	Mixed Vets	Super Vets	Junior	Family
88	Mike Hotchkis, Shane Trotter	2160	20.41	1	1									
133	Toby Cogley, William Landers, Ian Stewart	2160	21.29	2	2									
61	Matt DeBelin, Michael Meryment	2130	23.54	3	3									
72	Andrew Haigh, Nicole Haigh	2110	23.30	4			1							
91	John Barnes, Andrew Perry	2070	0.02	5	4									
95	Rob Kimbrey, Greg Matthews, Rod Tracey	2040	23.48	6	5			1	1					
32	Simon George, Carol Osborne	1920	23.29	7			2	2			1			
141	Stuart Adams, ?	1790	23.03	8	6									
58	Ken Bright, Greg Scott	1760	23.56	9	7			3	2					
108	Brendan Berghout, Stephen Fityus	1730	23.37	10	8									
51	Ian Dempsey, Steve Guy, Dom Isberg, Wendy Scott	1670	23.29	11			3	4			2			
89	Daryl Hunter, Nigel Thompson	1610	0.03	12	9			5	3					
82	Tony Garbellini, Geoff Luscombe	1580	23.39	13	10									
125	Mike Devey, Kelvin Proctor, Adrian Smith	1560	23.37	14	11									
24	Marilyn Ferris, Lesley Taylor	1440	22.30	15		1		6		1				
62	David Hawthorn, Morgan Small	1440	23.02	16	12									
92	Sue Clarke, Walter Kelemen	1430	23.50	17			4	7			3			
68	Peter Dunn, Gary Ferris	1430	23.51	18	13			8	4					
112	Rob Hogan, Daryl Kay, Matt Seldon	1420	23.41	19	14									
46	Colleen Mock, Colin Mock	1420	23.48	20			5	9			4			

Please note: Whilst every effort is made to ensure these results are correct, errors or omissions may occur.

**Top 20 teams only shown – For the full results visit [www.nswrogaining.org](http://www.nswrogaining.org)**

Team No.	12 <sup>TH</sup> LAKE MACQUARIE 6 Hour Event	Score	Time	Overall	Men	Women	Mixed	Veterans	Mens Vet	Womens Vet	Mixed Vets	Super Vets	Junior	Family
85	Arthur Kingsland, Malcolm Roberts	1710	17.49	1	1			1	1					
100	Marty Jones, Clinton Russell	1540	17.49	2	2									
144	David Cannings, Joy West, Edward West	1330	17.58	3			1	2			1			
139	Danielle Kock, Darren Smith	1310	17.46	4			2							
129	Ken Gray, Graeme Woodward	1300	17.30	5	3									
54	Terry Bluett, Melvyn Cox	1290	17.44	6	4			3	2					
81	Chris Jones, Peter Marshall, Jim McLean, Andy Walters	1210	17.48	7	5									
53	Tom Brennan, Gill Fowler, Matt Ryan	1190	17.06	8			3							
103	Matthew Jewell, Adrian Johnston	1170	17.40	9	6									
40	Rachel Bentley, Jared Bentley	1150	17.47	10			4							
11	David Bray, Paul Jeffress	1140	17.38	11	7									
12	Glen Charlton, Peter Charlton	1100	17.00	12	8									1
74	Jacqui Matthews, Louise Walker	1100	17.53	13		1								
33	David Dash, Peter Tamsett	1080	17.38	14	9			4	3					
101	Lisa Perrett, Kirrilee Russell	1080	17.46	15		2								
73	David Gell, Joel Mackay	1080	17.52	16	10									
86	Chris Bentham, Michael Cairney, Nick Kaczorowski, William Pullin	1060	17.43	17	11									
140	Matthew Acheson, Lan Truong	1060	17.44	18			5							
106	Peter Figiel, Danny O'Connell	1050	17.53	19	12									
36	Matt Costin, Chris Elphick, David Massa, Will Roden	1040	17.58	20	13									

Please note: Whilst every effort is made to ensure these results are correct, errors or omissions may occur.

## “LAKE MACQUARIE RUNAROUND” - By Mike Hotchkis

It was an interesting map, several little groups of tightly-bunched checkpoints down the east side, while on the west side you could either pick off some from the main road, or take the bull by the horns and dive down into those deep Watagans creeks to get the high point scores. Or combine them and get the lot. My partner, Shane Trotter, has been out of rogaining for a few years, but was reputed to be as fit as ever. 44 checkpoints on a single A4 sheet certainly looked possible. Really the only question was when to get no. 61, which was inconveniently sitting in the centre of the map.

For us, starting with the east side seemed the better option. That would allow us to find all those fiddly close checkpoints in daylight. As for the deep creeks on the west side, they're so deep and dense and dark, you can't tell if its day or night anyway, so we could do them in the evening.

Somehow we didn't get off very quickly at the start – I blame Bert, the devil, distracting my partner so he didn't hear the hooter! So we joined the main mob, heading for 45 and 34, and had to queue up to punch the card.

Back on the road from 34, and we were out and running. We found ourselves with several other teams of runners, following German Point Road. Diving into the bush for 20, then 21, 30, 31, jostling the others to punch first. At 40 we made a lucky choice, taking the track a little further down, while the other teams cut through the bush and got themselves ensnared in lantana. We were back out on the track ahead of them, and just in time to see our arch-rivals disappearing around the next corner ahead of us.

I think young Shane was worried that an old chap like me was running too fast too early. But I knew that Arthur Kingsland is even older, so I was damned if I was going to let him and his partner Malcolm Roberts get away from us! We kept up a good pace, and the steep hill between 60 and 70 allowed us to close the gap. For the next 3 hours we were swapping lead with them every other checkpoint.

Onwards, in pursuit / being pursued, 41, 50, 32, back up German Ck Rd, then down along the cliff above 71. We missed the 'fissure' described in the setter's notes, and continued on across Dora Ck and doubled back to pick up 33, then back up the creek again to get 71. A team of young guns had also missed the fissure and were taking a shortcut down the cliff – sliding down a tree trunk!

According to the setter's notes, there were streamers to follow to 44. The streamers were occasional tiny pieces of dirty yellow cord. Not so much to guide the uncertain – more to re-assure those lucky enough to brush past one and notice it. On to 80. Next we fought our way straight up the hill towards 43. If we'd taken the time to read the notes properly, we would have gone downstream and found the streamers -- real streamers, as it turned out. But no, we preferred to push through the vines and lantana. I may have been leading, but don't blame me, I was being pushed from behind!

We galloped on along Greens Break Road. Crossing a gully, Malcolm, the less experienced navigator, said 'isn't this it?' 'No', we three experienced navigators said in unison, 'next one...' and charged ahead. Round the next bend and we all pulled up. Doesn't look right. Back we go, 'Malcolm, okay, so you were right!' and there was 42 in the gully, only just out of sight of the road. Round to 51, up and over the hill, then the drop down to the Wishing Well on the main road. 72 and 32 then back up for our first Tea and damper at 22. We were a little early (2.30pm) but we didn't stop long. 47 beckoned. At 52 it was goodbye to Arthur and Malcolm. They seemed to be of the opinion that being in the 6 hour event meant they could bail out of any checkpoint there wasn't a track to. Meanwhile, for Shane and I, it was down into the depths of Blarney Ck for 81. Back up to the track. Without Arthur and Malcolm to pursue / in pursuit, we could relax a little. But not too much. We wanted to make the best of the daylight.

We headed along the road picking up 42 and on to the second tea and damper stop. From here on we were on our way home, and it wasn't 4 o'clock yet. Time for cups of tea, and sample the food, which included some very tempting home baking. A light rain was beginning to fall. Descending to 90 we met Andrew and Nicole Haigh going the other way. Bang on 4pm. They were going anticlockwise, we were going clockwise. The halfway point? Could we match their pace and finish in 8 hours? – unlikely, as daylight was running out.

It was all up and down now for the next couple of hours. Down to 90, back up over the ridge, down to 66 and 83, up to 65, down to 64 and 73, up to 56. Down to the deep dark creek at 82 and we needed to get our torches out. Back up again and we had just one more deep creek, to collect 63 and 62. We hoped to catch the track on the spur up to 53, but it had long since disappeared in the undergrowth. From here on, we were on tracks or the road, about 10km to go. Picking up 54 and 55, we went out and back for 61. On the road we started seeing more people. It was getting cooler and wetter, and hard to see with our torch beams reflected back off the mist. Plenty cars on the road: 6 hour teams were finished and heading for home. And we were homing in on the finish. But first, it was out and back on the track for 57 – why? just to punish us a little, I think. I imagined the course-setter thinking: 'if some smart-arse team thinks they're going to get the lot, well, they're going to have to go all the way out and back on this pointless dead-end track. Sensible teams who are out for the fun of it can skip this one.' (I know how course-setters think, I have done it too!)



Crossing the main road, we headed down into a maze of tracks to pick up the final two points. That was okay, but when we emerged into the extensive Pines camping areas, the myriad lights of various campers – non-rogainers – had us quite confused. Where the hell was the hashhouse in all this? Well, it wasn't there at all. We had to believe the compass, head north away from the lights, and find another group of lights just a little further on. Running in, we were happy to find we were the first team in with a full scorecard.

We changed and went over to the hashhouse for a feed. It was quiet, just a few people who had decided to call it a day early. The rain was getting wetter, and the wind windier. After a little while, a team of three young fit runners came bounding in. Oh, the disappointment on their faces when they realised that we had already cleaned up the course.

Thanks to David and all the organising team for a great event, and to all the helpers who kept us fed and watered. And thanks to Bert, for a course just the right length, so that Shane and I could get back before the weather turned too nasty!



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## “ALMOST EVERYTHING” – By John Barnes

Our original plan was to pick up all the points apart from those in the valleys west of the Watagan Forest Road, and apart from Tea and Damper 2 and 90 at the south east extremity. 18km or so on the north side out to 48 seemed a reasonable daylight target and then 14km back. At first we planned a counter-clockwise loop, with the high scoring road based north east clump late in the evening, but then decided to grab it early for 2 reasons. Firstly to make sure we did reach them, and secondly because much of the delay in night time navigation is in finding points only a few metres from where you are, rather than actually moving between points.

After warning David and Alison in their first rogaine together that things always take longer than planned, and the usual rush to be ready in time, we set off. Not surprisingly, there was a large crowd heading the same way.

45-34-20-21. Past the lone camper who was had received the first wave of rogainers past his campsite. 30 came up quickly – glad for daylight to see off the road. We had a chance to say Hi to Gill, Matt & Tom (5hour competitors with a dinner in Sydney) as they backtracked to it. Down to 31. More down past 40, almost 300m down from the Hash House. Up the streams from 60 to 70. 41-50-32. The beautiful waterfall near 71. 33 a little further up from Dora Creek than expected, but you can't argue with a creek junction's position. The scenic walk along the base of the cliffs to 44. Down to 80. Up to 43. Time for an orange on the road, messing up my navigation. We initially headed too low for 42, but enjoyed a nice log slide down a little crevice. 51. The plaintive cries between a lone rogaier near 72 and his distant partner were a big punishment for any stretching of the keeping within earshot rule. 36.

Tea and Damper 1 was fantastic. Damper, vanilla slice, chocolate slice, coconut slice and a friendly chat. I tried them all, and I think they were the main thing which kept me going for the event. At 3:30, we were running about an hour ahead of our plans.

47-52. The first major off track part of our route, down and up to 81. Rohan's optometrist entertained us as we made a track up the hill for him and his team mates. We met Andrew and Nicole at this point. They'd completed the southern half of the course, while we'd done the northern half. This suggested the vegetation around the south west controls was not too thick – perhaps the whole course was achievable. I thought they had probably done the harder half.

48. Extending our original route and out to Tea and Damper 2. Still feeling pretty full from Tea and Damper 1, but had the walk through service with a smile, a tea and a homemade caramel slice. Hopefully we amused the onlookers as we spent a few minutes finding the track down to 90. Up to Woodward's Point Road. We realised the transmission lines crossing the road made a good reference point, so headed from there aiming to hit the

creek above 66. The creek was very pretty, but nevertheless we thought we were walking too far. We were saved by hitting 83. Luckily Andrew read the number! Back up to 66 and then back down to 83 – lucky it was a pretty creek. Only 5:30 but already too dark to see contours. Light again up at 65.

Andrew says the first checkpoint in the dark is the hardest and he is right. We headed down the creek to 64, and kept going and going. On the other hand distances always seem further in the dark. The rain falling sounded a few times to my hopeful ears like a creek coming from the side. Eventually we reached a big creek junction and found an orienteering bucket hanging from the tree. Snacks for the intrepid rogainers was my thought. But then we could find no flag. We had a good look! Andrew walked a few metres upstream so we could look at each other's torches through the rain and determine the creek direction. It had lots of flow. Eventually we decided we were probably on the main creek, about twice as far from the road as we should have been. But how had we missed the marker? Had we come down the wrong side creek? We decided to head back up, and were glad to find the marker near the base of a cliff which we'd skirted around (we'd been on the opposite creek in the V to what we had thought). I was scared at the thick vegetation between 64 and 73 promised in the setters' notes but Andrew led off and it wasn't too bad behind him. Along the creek was pleasant. Unfortunately we didn't realise until we were half way up from 73 that Andrew had dropped his map. A bit more pressure as I prefer not to laminate my map so I can highlight changes in our planned route midway through the event, and my map case isn't completely waterproof! We had a good look at the map so we could remember how to get out to the main roads if we lost my map too.

56. Down Jiffy Point Rd to 82 and back. Round the roads to 61. Still time up our sleeves. Fortunate in going straight to 55 and 54. 53. We're not quite sure how we managed to mess up 62 and 63 so badly. From the map, it looked as though the track headed down the spur, stopping not too far from the creek junction. All we had to do was fall into the V formed by the 2 creeks. I suspect we thought we were at the end of the track well before the end of the track marked on the map. In the dark, we probably headed a bit west of our planned south. When we came to a gully, I suggested our track might have done a final kink to the east, and so suggested we were heading across a gully leading into the eastern creek. Instead we must have been heading across the western creek. We decided to keep heading south despite our uncertainty, and then dropped into the creek we were heading beside, and walked a long way along it. Finally we reached a junction. I was surprised to see the creek coming in from the left, and that it was 63. Still not sure of what we had done we walked back to 62 and back up to the road.

Time was running short but we were tantalised by the thought of collecting the final 3 controls to complete the course. We decided to run the downhill out to 57, reaching it at 11:20 and then back to the main Watagan Forest road by 11:30. I changed batteries in my torch and it stopped working, so switched to Andrew's hand torch. Then it was the maze of tracks to 35 and 46. Unfortunately we couldn't find the dam at 35, and almost killed ourselves with exhaustion running back to the HH, 2 minutes late.

With most competitors in bed we had very personal and friendly service at the HH from Bert, Diane and family. We weren't surprised that other teams had completed the course, or that Andrew and Nicole had only missed one.

I'd dug out the Lake Macquarie rogaïne maps from last year and 1996, which had had the same HH (in 1996 the HH was just a few hundred metres south) and Andrew and I had amused ourselves looking at them over Friday night's dinner before putting them away for the event. The course in 2002 was generally out to the west so had no overlap. In 96 in the rain we had managed to walk past a major road junction and get quite confused at a road junction with only 20 minutes to the finish, before spotting another group and deciding to follow them. There was more overlap with 96 but we hadn't done the overlapping sections. 71 and 80 had been used previously (the track near 71 had been drawn better previously) but that was about it. For teams with bad memories like ours, reuse of areas doesn't seem an issue. There is an advantage in knowledge of the general area but you get that from rogaines in the same region and the vegetation changes with time.

Trevor Gollan told me I'd been to one checkpoint 3 times – in two South Coast rogaines and then picking up the marker. It hadn't helped. Will I go to the same spot again in the NSW Champs?

One of the beauties of rogaïning is the variety of events with different locations and course setters. Thanks to the organisers and setters for the first event where we could almost do everything.

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## “WHAT I TAKE ON A ROGAÏNE” - by Philip Groom


I recently moved over 'east' from Western Australia, and although I haven't yet competed in a NSW rogaïne I have been rogaïning since 1998. I have been experimenting with various clothing and ways to carry my gear which I have also put to use whilst at work (I am a plant ecologist). Below is a description of what I take on a rogaïne - hopefully this article might encourage other rogainers to write about their own gear in future newsletters. Please keep in mind that the gear mentioned below reflects my Western Australian experiences.

Firstly lets start with the clothing. I prefer to wear a cotton, long-sleeved shirt with collar, as it is light-weight, and provides good sun protection. The long-sleeves are a must particular if you are walking through dense prickly vegetation. The choice of colour was also important, particularly if it is a warm day, and I have settled on light-green shirt. My rogaining trousers are, according to the tag, 'heavyweight premium quality drill' and are 100% cotton. They are also light in colour (light grey - although they were just 'grey' when I bought them). When walking through dense scrub I find the heavy drill provides adequate leg protection. Like most rogainers I wear gaiters (I think they're canvas) for extra lower leg protection and wear two sets of socks (thin and thick pair). I prefer wearing boots rather than 'trainers'. My hat is a wrap-around or 'Araphat' type - think of it as a hat peak with some material attached to it. I also wear fingerless gloves which I find invaluable for crossing barbed-wire fences. My favourite pair are paintball gloves because they have tough leather palms. When I first started rogaining I walked with a daypack to carry my water, first aid, snacks etc, but I found it uncomfortable.


I then decided to experiment with other ways of carrying gear. First I tried a 'bumbag' with space for two small water bottles on either side of the bag, but this didn't suit my needs. I then tried the army style webbing with belt, pouches and harness. This worked quite well as the harness supported the webbing and was adjustable. However I didn't like having the two water bottles attached to the webbing. As luck would have just I was experimenting with a entirely different approach (chest webbing) hydration systems were becoming popular. So I went out and bought a 2 litre water bladder and a custom made backpack, which I still use. I am now a big fan of these 'hands-free' systems for all outdoor activities. My current rogaining 'rig' is the army-style webbing system, consisting of four pouches. One pouch holds my head torch, a smaller spare torch, pencil and whistle. A larger pouch holds a waterproof poncho, polartec 100 pullover top, thermal top, beanie, thermal gloves, spare socks and something to eat whilst on the course. The third pouch contains a first aid and survival kit, incorporating a space blanket, elastic bandage (for sprains) and triangular bandage. Band-aids, tweezers and other small items are all packed into a plastic bag and stuffed into a soap container. In addition I carry a water proof first aid and 'what to do in an emergency' guide provided by the Western Australian Rogaining Association. The last pouch contains snacks (nuts, jelly beans) to be consumed 'on the run' (or should that be 'on the walk'?) and is located to be easily accessible. Add the hydration system and my map bag (which I carry around my neck) and this is my current rogaining gear.

Whether or not I retain this system, depends on how it copes with New South Wales conditions.

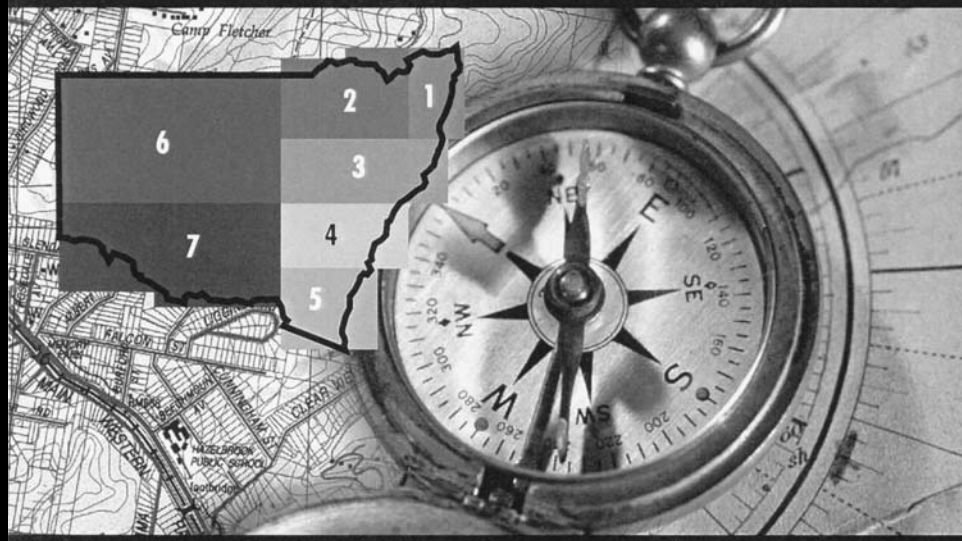




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## **What is Rogaining?**

*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 50km 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 \$30 to \$50 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.*

*An annual membership fee is required to cover insurance costs and a regular bi-monthly newsletter. Membership fees are currently \$20 per individual. A family / household membership is also available where all members share the same address. In this instance there is an additional \$10 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:*

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