

## Comments from some of the participants in the High'n Dry Rogaine

PHIL WHITTEN's two teams collected a combined score of 2,440 points. Phil, Joel Mackay and Jonathan Worswick returned to the HH at 4pm after Joel badly rolled his foot near #53 – though it didn't stop them jogging 10km back or Joel helping in the hash house for the rest of the event. Phil & Jonathan restarted and did a full loop of the course.



ALEXA McAULEY and Gill Fowler have been highly competitive for a few years, notably winning the Joadja 12-hour and an equal-second at Lake Macquarie... they're in good form. They came a close second at the Aus Champs this year, and Gill a strong 7<sup>th</sup> placing at last year's Aus Champs in WA. We wish them speed and strength in the World Champs in New Zealand next month (20-21 Nov. <http://wrc2010.org.nz/>).

MIKE HOTCHKIS was the course setter for the High'n Dry rogaine. He also set the 2006 World Champs in the Warrumbungles, has many NSW and Australian championship wins to his credit and has a long involvement with, and commitment to, the NSWRA Committee. Mike won last year's NSW Champs at Mt Werong, teamed with Jonathan Worswick.



MARTIN LEFMANN and Pete Thomas won the 15-hour event, utilising all but two minutes of their available time. Martin and Pete ran 7<sup>th</sup> at last year's NSW Champs, and in 2008 Martin was 7<sup>th</sup> at the Aus Champs at Copeton Dam and 3<sup>rd</sup> at Bendalong NSW Champs.

JASON TSUI and Paul Barton finished 6<sup>th</sup> in the 15-hour with 890 points. Thanks to his GPS monitor we know that Jason walked for 8½ hours, climbed 1,628m over 39.23km, burned 3,392 calories, and his average heart rate was 101bpm.

DAVID BALDWIN and Julie Quinn were overall winners in the High'n Dry, after winning the Victorian Champs the previous weekend at Stuart Mill, north-west of Ballarat. Since 2005 they have entered eight out of the ten NSW 24-hour rogaines, won six times, plus Julie was second at Dunns Swamp.



DARREN FRANCIS and Matt Scott finished 8<sup>th</sup> in the 24-hour, with 1270 points. They also competed at the Snowy Aus Champs this year and Copeton Dam and Bendalong in 2008.

MICHAEL HARRAP and Marg Harrap scored 1150 points. As Mixed-Veterans they finished 10<sup>th</sup> overall in the 24-hour.

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Here's the questions and comments that I posed to the people above:

### **Did you plan to get all the controls? How ambitious were you?**

ALEXA: We never aimed to "get the lot", but we did expect to move faster and cover more ground than we did. This probably simply reflects the fact that we're ambitious and optimistic! As per usual, we made a few short cuts from our original plan.

PHIL: No.

DAVID: It was a refreshing change to have a course where from the first look we knew it wasn't going to be possible to get them all. We weren't sure how we'd hold up after doing

nearly 100km in the Vic Champs the previous weekend. We did get all the outer ring though. Missed a few 50s but otherwise only lower controls, mostly SW of HH.

DARREN: We've done a half dozen events together so we know generally how far in a given terrain we can go or are willing to commit. We aimed for a 45km hike with a dash of downhill trotting. We also gave ourselves three options to extend if things went better than expected. We also had an early exit option if we weren't coping. So on balance I'd say we were 7.5/10 competitive. Plan execution was spot on until about 4am when the go-slows hit; no energy and over climbing hills. So we modified the route home to drop a big descent and climb back out in preference for going a bit further near the end on flatter going which replaced the lost points value. I could have done another control but I didn't complain when my team mate wasn't so keen. I've plotted our route on MapMyRun. Here's the link - hope it works:

<http://www.mapmyrun.com/hike/australia/abercrombie-national-park/650128565896461032>

MICHAEL: Our plan worked out fairly well. We had a number of return options depending on our progress. Our main goals were to navigate well in the dark, not get cold (ie put our warm clothes on early enough) and try to stay out for the 24 hours.

### **Mike, did you think anyone would get them all?**

MIKE: I was hoping they'd get about 75-80%. From past experience in this kind of terrain, it's hard to cover more than 80km, and that's about what they did.

### **Phil, how did you manage your plan after returning Joel to the HH?**

PHIL: Very casually. I wanted to return to our original route, Jonathan wanted to go East and see the country side. Jonathan won. Basically we wanted to take a look at the course and planned a route to go around the outside, not much thought went into route choice for points. We were not aiming for a competitive score, but after a successful night run we *did* become curious about where we would stand.

### **After you've dropped a team member at the HH should you have to start as a new team?**

PHIL: I like the rules as they are – nice and simple. Perhaps the change would be worthwhile for introducing more novices to the long events? I mean, you could convince some friends, if they became tired, drop them off, have some food and continue – then again it sort of breaks the team feeling. The current rules are probably designed to prevent people being sacrificial mules?

MIKE: If you have to 'return' an injured team member that sounds fair enough. But, in terms of rules, how is that different from doing a first loop with 3, then dropping off the weakest and doing a second loop, as part of a planned strategy?

### **Were the NSW Champs good preparation for the World Champs in NZ?**

PHIL: For me I have only started running again regularly. The World champs are for fun (don't tell Joel this though.) I think the hills were great preparation for NZ. [Trev: No worries, we won't tell Joel.]

ALEXA: We are going to the world champs and saw this event as good preparation. It remains to be seen how good!! We suspect that the Worlds will be similar in terms of being open, fast-moving country, and will involve a big course area, however word has it that what we really need is practice crossing electric fences. Didn't get much of that :)

MIKE: Should have been good fitness preparation, plenty of contours! I've always thought course setting sharpens up your navigation. I feel like my brain is fit (navigation-wise) -- not so sure about physical fitness and determination! I spoke to Joel after the event and suggested if he wasn't fully recovered from injury we could do a partner swap -- ie we could let Phil and Jonathan go full steam ahead and Joel and I could be more leisurely. [Trev: No worries, we won't tell Phil.]

MARTIN: The event was an excellent workout in preparation for the worlds (Martin) and for the Great North 100 (Pete).

DAVID: We have been training all year for the worlds in NZ. NSW champs were excellent preparation - we expect the worlds course to be similarly large, even more so, and lots of hills.

### **How was the course setting?**

PHIL: Excellent. The trickiest course that I can remember for route selection. Positioning the controls so far down the spurs and gullies was a bit cruel – some of the climbing was unnecessary in my mind.

ALEXA: Course setting was fantastic - controls were accurate and we didn't find any funny spots on the map. The controls took us to some really lovely spots. The checkpoint locations presented us with plenty of difficult route choice decisions - there was no obvious way to clean up.

MARTIN: Clever course setting as it made us have to choose a long challenging first loop to maximise points knowing that there would then be less time for day travel on the Sunday - no clear winner for an obvious loop or direction from start.

JASON: The course was great, controls were accurate and map was good. Vegetation was not detailed on most of it but the going was so easy that it was not required, unlike some past events where the going was much harder. Can't have asked for a better more open course, really.

DAVID: Course was a bit different - fairly sparse distribution, less route choice around the edges, fairly flat point allocation. Locations were well chosen and accurate. The map contour detail was excellent - it is a real shame that the quality of recent edition maps is so much poorer. Rogaine setters should scan and archive away the high quality old maps before they are no longer obtainable. We had the same issue with this year's Aus Champs map, falling back to the far superior 1<sup>st</sup> edition.

DARREN: Spot on.

MICHAEL: The course setting was very good in that it presented no simple solution. We only decided on our plan about 30 mins before the start. All the controls we visited were well placed.

### **Were the controls accurate – any suggestions for improvement?**

PHIL: Controls and map were very accurate. Suggestions for improvement – well I don't think it was necessary to notify entrants of the map changes at the start. Sure, the location of the two controls that were not precise was good. But all the extra tracks? It's nice to know where they are but everybody had a level footing, so I don't think it was necessary.

MIKE: Good map, good terrain. With experienced course setters we were unlikely to go far wrong. In most areas, eg South Coast or Blue Mountains, you couldn't depend on the setting and checking going so easily. Cookbundoon and Bungonia were similar to this one. In such good areas you can set the course before visiting the area and be reasonably sure it's going to work. Incidentally, when I was hanging flags I was really glad almost everything had been checked. It made it possible to do the hanging quickly, with confidence, and at the last minute (as was necessitated by my extended overseas trip).

MARTIN: Yes, no problems

JASON: We got all the controls we aimed for.

### **How long did it take to put the numbers on your map? (pity about that – some problem with a layer not being printed)**

PHIL: 5-10 minutes – not sure – the numbers were easy, trying to mark tracks was more difficult.

ALEXA: It only took ~15 mins to put the numbers on the map; the map corrections were more painful because there was only one copy to look at and it was difficult to get a spot at the table.

MARTIN: 10-15 minutes, not long.

DARREN: 15-20min tops. One of us read out the numbers while the other wrote them down. Worked east to west in 1km rows (ie within the grid boxes in rows).

MICHAEL: I think it took us about ½ an hour. Even then, we discovered we had made mistakes - fortunately the flight plan alerted us to our errors. I guess the lesson here is to get a proof copy done first?

### **Martin, what was your plan?**

MARTIN: When we collected the maps without the numbers plus various corrections I wasn't too concerned. Particularly given the fact we were doing the 15-hour option as I figured we could start 10-15 minutes late and still be on the course for the whole period without penalty. This was to become a small area for negotiation when we eventually did leave the hash house at about 12:10 as there was an assumption that all teams would start at 12:00. From the start we chose to go in a westerly direction towards W1 and then a southerly direction towards the larger controls in the south-west corner. Quite a few controls were not on our agenda as we wanted to get to the south-west part of the course asap picking up the bigger numbers as we came through. The initial hope was for a 9-10 hour walk/jog Saturday followed by the difference on Sunday. However the course didn't really lend itself to this as it would take a more lengthy route to head to the southwest corner and back to the hash house for a decent 'pick-me-up'. We ended up doing the first loop in 12½ hours leaving only a small push for Sunday morning. Pete and I were a touch concerned that other teams would make better use of the daylight but at least we had made use of a significant track network on the southern boundaries of the course via our Saturday effort. Our Sunday morning shift only commenced at about 8:30 after a sleep-in and began with a full head of steam in a south-easterly direction but quickly deteriorated with some silly mistakes. We just got back in time having only collected around 250 points for our mornings' effort.

### **Did you use any water drops? Did you use natural creek supply?**

PHIL: We started using water drops, but for the last 8-10 hours only used the creeks – just the small creeks that were running clear.

ALEXA: We used the water drops and the fruit and lollies were a nice addition. Usually when bushwalking I'd drink from creeks (if I can see the catchment on the map and understand what's in it) but when the body is under stress on a rogaine I don't think it's such a good idea. A lot of people got sick at the Aus champs earlier this year, possibly from creek water.

MARTIN: We made use of most of the water/food drops and particularly enjoyed the sour/sweet red snakes although maybe had a few too many! We didn't need to use creeks as water drops were good but would have been happy to.

JASON: We carried enough water for both days (3L each per day).

DAVID: We used all the water drops except W3, and picked up a bit of water near #58 from Silent Creek. The fruit at water drops is as much the attraction as the water.

DARREN: Yep - 3 of them I think. Nil creek water.

MICHAEL: We used 3 water drops and didn't need any other water.

### **What were your highlights?**

ALEXA: Open spurs, pretty creeks, beautiful big trees, sunrise on Bald Hill.

MARTIN: Successful navigational challenges, traversing open bushland – beautiful. Pete and I will always enjoy reminiscing about the perfect vista we were lucky enough to encounter on a ridge just north of 103 at sunset - a small grassy knoll full of wildflowers, with 360 degree views.

JASON: Seeing an emu nest with eggs. Otherwise only saw some wallabies.

DARREN: Spot on nav - water drops with fruit and nice tasting water - river crossings - the ridge down into the Retreat river - a new backpack and map case (nice to have the proper gear now). Yeah - roads are the way to go when buggered.

MICHAEL: The highlight for us was the night navigation which we were pleased with.

PHIL: Control 44 was beautiful.





#44 A very tiny knoll

**What problems did you encounter?**

PHIL: None at all. Well, I fell over in the river and consequently got rather cold and wet. Some blisters near the end – but no problems – perfect weather. The spot was great – although there was nothing to test navigation. Even when controls are on subtle features there were very distinct features adjacent.

MARTIN: the odd navigational mistake

MICHAEL: We had to stop and rest 4 or 5 times because I had stomach problems. If anyone knows how to combat this I'd like to know!

**Michael & Marg, I noted that you covered most of the north-west of the course, and I like the way you picked the high-pointers. Is there a story about your 4-hour trip between 100 & 101?**

MICHAEL: Yep, that was an epic leg. We planned to simply cross the Retreat at the ford and follow it around to the track - thinking people generally make tracks along the easiest routes... Unfortunately we realised the initial part of the track couldn't be there due to the steepness of the valley so we decided to climb straight up from the ford and pick up the track on top. When we got there - no track! We knew it would be indistinct but after searching for maybe 20 mins we gave it away and replanned the leg from there. This meant we had to traverse an extra gully system - this coupled with a sleep led to the 4 hours. We were really pleased to get there in the end though! We later figured out the missing marked track was a fence line.

**Any interesting animals?**

PHIL: The most possums I have seen on a rogaine. The first 5 to 10 were interesting, but then they became repetitive – just shine your torch and there they were – beautiful.



ALEXA: Gill almost got bowled over by a kangaroo! It came hurtling down on a collision course and luckily Gill caught sight of it in the corner of her eye, paused momentarily and it flew by just in front of her, whacking her with its tail.

MARTIN: Just goats.

DARREN: Only a handful of roos. Saw a bunch of deer footprints and where the pigs had been digging along the river but that was it. Not surprising really as we weren't exactly sneaking around.

DAVID: The frogs were awesome - so many different calls. We only actually saw one - a pobblebonk. We saw two echidnas dug in next to each other on the spur up from #54 - possibly interrupted by a stream of passing teams from making more echidnas. Heard a few lyrebirds.



**Mike warned about aggressive pigs, emus & snakes, which I thought excessive... did you encounter any aggression on the course?**

MICHAEL: None at all - not even a mozzie. Having been attacked by European Wasps during the Australian Champs earlier this year we were on the lookout!

MIKE: I was being cautious with warnings. I've been told pigs can be aggressive but I've only ever seen them running away! Didn't see any snakes but I suppose that Spring is the time that they can be more of a problem, and certainly the weather was warming up. In reality, compared to other events, I was stretched to find anything significant to say about safety. There were a few things out there which Work Cover would call 'trip hazards' but even those were much fewer than most rogaines!!

PHIL: Yes, one team we passed in the night were not talking politely with each other.

### **What was the prettiest control or locale you encountered?**

PHIL: Climbing the great ridge on the Western edge out of the River.

MIKE: I liked 70, the spur above Retreat River, and 68, a little knoll in a nice stretch of Silent Creek, and 47, an airy spot on the edge of Bald Hill. There was nothing really pretty or special, these ones just had a nice feel to them.

DARREN: I really like the rugged bit going down to and across the Retreat River, literally breath-taking crossing the river thigh deep in the middle of the night.

JASON: Little Bald Hill was a nice grassy place to rest up after seeing the emu nest.

MICHAEL: We really like the narrow spur going down to 70 which we reached just on dusk. It was easy to mix that one up with the spur just to the west.

MIKE: One problem with setting the course in minimum time was the possibility that we'd miss interesting features. Actually I asked Ian Brown about this – he said it's nice bush but wasn't aware of anything remarkable. And the only remarkable thing I came across was that emu nest, complete with emu! And then three more emu nests were reported, amazing. If we'd had more time for course setting it would have been nice to explore more, especially along the Retreat River and Licking Hole Creek, looking for nice spots.

### **Where did you laugh? and cry?**

PHIL: We were pretty happy between about 8 pm and 1 am – just very nice country and very enjoyable company.

MICHAEL: We laughed when we found a 'disused' suspension bridge across the Retreat - which meant we didn't have to get our feet wet again :)

### **We only had 150-odd entrants, which is one of the smallest NSW rogaines for several years. Is that a problem?**

PHIL: No. I suppose there's a question of sustainability. The volunteer to entrant ratio must have been around 15% which is very high. I think the Rogaine could have been marketed a whole lot better. Committee members were buzzing with enthusiasm many months out, but the notices on the web page were rather late and the enthusiasm did not surface. There is a lot of competition for events in Spring. On the same weekend there was the inaugural race on the Coast track in the Royal National Park, and there was the trail race organised by Running Wild, a group which is headed by a rogainer – these events probably ate into the entry list. I fear the current direction of the association is towards more mini events close to Sydney – they get large numbers but are not really attracting the bush rogainers. Perhaps it is a bit silly to try to enter these new markets if it means forgetting the origins.

ALEXA: Small is no problem from my perspective - we need to be sustainable, so we can't make a loss on \*every\* event, but I don't see a strong need to grow bigger.

MIKE: As a helper at the event, it doesn't really bother me. As a rogainer, it's disappointing that more people aren't attracted to doing full 24hr events (too many people in the 15hr!). I think charity-run events like trailwalker (there seems to be new ones springing up all the time) may be drawing away people who might have done a 24hr rogainer in the past as a sort of one-off challenge. We don't have the well-oiled publicity machine that these charities seem to have.

MARTIN: We were very impressed with this event and surprised at how few people attended. It's hard to believe that just a 'stone throw' away, in a city of 5 million, there are not more participants in such a challenging sport.

JASON: Having a small number of people was really enjoyable actually, not to have to follow people around the course or bump into lots of groups as sometimes happens.

DAVID: Always disappointing when numbers are below what you're hoping, especially when it's such a great area.

MICHAEL: The small numbers must have been disappointing for the organisers given the work that went in. We didn't see anyone all night apart from 2 teams' lights in the distance. That was enjoyable and added to the adventure.

**It probably means the event will run at a loss.**

PHIL: The association is full of cash. I think the bush events should be subsidised anyway – so I am all for it running at a loss.

**I assume there weren't many people in the back-blocks overnight?**

PHIL: It was very busy between controls 103 and 104 – a bit surprising. Otherwise very nice.

ALEXA: We had a quiet time overnight, but still met several teams over the wee hours. These days they are mostly familiar faces and it was fun catching up with people all over the course at all hours of the night.

DAVID: We tended to come across teams in blocks - quite a few at the start, then a bunch coming the other way from #71-#101-#50. A few #70-#100, one at #102 we passed again near #104. Phil and Jonathan near W5. None between #104 and #74 then a few back to HH from there. Apart from Aus champs or Worlds, it's rare to encounter lots of teams all night.

DARREN: Hardly saw anyone else after we got away from the second control right up until we got back to the HH.

JASON: We only saw two other teams in the 12 hours we were out. Seemed a shame not more people turned out for this one, they really missed out. I can only guess there were lots of sports on TV and the Sydney Marathon the week before.

**It made the HH easier having a small number of entrants. Originally Mike wanted an All-Night-Cafe, given the HH was on edge of the map. I pretty much said No, because it imposes much more effort and splits the catering team, because of our bad experience at Bendalong, and because I think it strongly influences team routes.**

**What do you think?**

PHIL: I agree with you Trev. All-night-café's can be a burden, and are not always necessary. The food at the water drops was a surprise and a nice touch.

ALEXA: No ANC was fine - one less thing to worry about and who needs a cafe anyway...

MIKE: From a competitor's point of view, an ANC is always nice, but not really necessary. I mean, either a team is going to do one loop (24hr) or they're going to do 2 loops with a sleep at the HH. I'm not sure that an ANC changes people's decisions on this. I suppose there's a few teams who have a sleep at the ANC instead of returning to the HH, but very few like this. One of the disadvantages of having the HH on the edge of the course, with a big course like this, it means that there's a significant part of the course that's realistically only accessible to about 20% of competitors. A lot of course setting effort, and a lot of nice country, not used by the great majority.

MARTIN: For the 15 hour it didn't have an impact.

DARREN: Food has been a major sore point with us in the past. Getting to an ANC at 3am that's got no food left, no hot water or soup that looks like and tastes like rinse water burnt us bad. Three times in a row. So now - if there is an ANC we plan to get there before 9pm even if this is a less ideal route. The food at this event was absolutely tops. Our last control was 2k's downwind from the BBQ. Every waft of sausage was fabulous. I don't recall the Bendalong ANC food as an issue apart from BBQing the equipment. I agree that the ANC does strongly influence route choice so I'd prefer to have a single good quality food source like you guys put together the other weekend.

MICHAEL: When we first looked at the map we thought there should have been a Cafe - given the Hash was on one corner of the course. In retrospect, it didn't make any difference to us - we had plenty of food.

**Did you keep High'n Dry?**

PHIL: Did not keep dry.

MARTIN: Bit wet in the south-west corner crossing one of the major creeks (up to ankle only).

DAVID: Apart from the low wet river crossings we did! We were amused to encounter one team who'd carefully kept their socks and shoes dry tiptoeing across the river. I estimate it



would have cost at least 20 minutes to do that for both crossings. We just charged through and disappeared into the night. Our feet dried out within half an hour each. Thanks for a great event! Only wish we'd had a chance to sample more of the HH food!

DARREN: Hmm - 2 river crossings. Water temp was "refreshing" but not half as cold as when I sort of fell into the Eucambene earlier this year.

JASON: There was a lot of up and down, which made for good fitness. Luckily the going was so easy that we could navigate map to ground. Keeping high and dry on the ridges was certainly something we kept in mind! See you November for the St George Socialgaine!

MICHAEL: Well we certainly kept high for a lot of the course!

MIKE: High -- felt positive about the way the event went without anything to smoke. Dry -- well no, actually I had a beer on Saturday evening.

Thanks to all who responded, thoughtful & entertaining,  
Trevor Gollan 8-Oct-10

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Finally, some personal observations.

**HIGH 'N DRY.** We were fortunate with the weather. I proposed the moniker of High'nDry after my first day course setting in the centre-west of the course. Though the ground was moist there was no flow in the creeks and the forest had a dry-ish feel about it, like the Harvey Range and the Warrumbungles where we have rogained in the last few years. The Abercrombie had less undergrowth than those other regions.

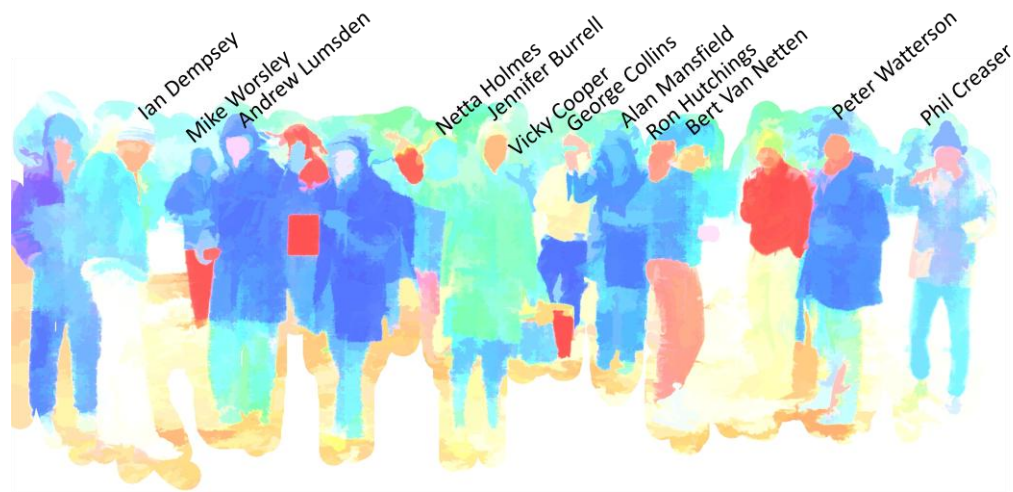
The Mike's weren't so convinced of the Dry bit, since they'd had rain every time they'd been there previously and had crossed creeks running strongly. It *has* been a wet season. After Maurice and I spent a day checking controls in bleak drizzle, with heavy snowfall at night, even I became a bit sceptical.

I was well reminded of a 24-hour rogaime we'd set at Jaunter in 1991, about 10km north-east of the High'n Dry hash house. Heavy snowfall on the Friday night, with threats of more snow on Saturday, obliged me to cancel that event. We served soup for the stalwarts who got to the site then everyone went home, and we subsequently ran the event in glorious October weather.



Soup kitchen, after abandoning Jaunter I, Aug-91

For the history buffs, I've identified those people I can recall, and tagged them on the following sketch.



**OBERON-TARALGA ROAD.** I've travelled this road quite a few times in the last 20 years but this rogaine lifted my appreciation of it's character. The Abercrombie Valley has become a favourite place, with sheep grazing on the southern rim, the road switch-backing up the big spur on the northern side of the river, and the expansive views from the north across cattle herds, valley and rolling highlands towards Crockwell. One very frosty morning Mike & I drove through an all-white Taralgan environment that exposed and exaggerated hill and valley contours, stark and beautiful. Driving home through heavy snowfall on a lonely Thursday evening, the lines on the road obscured by the snow, the heavy tree branches enclosed our passing.

It has become easier to drive now that all the road is sealed. I was greatly saddened by the carnage caused by people driving too fast in the dark. Crushed kangaroos, wombats and crimson rosellas lay numerous beside the road – I hit a jacky winter on the crest of a hill. If that doesn't sadden you listen to the beaver in Bernie Krause's Soundscape on the 18-Sep Science Show.

In the Shoalhaven, locally, there have been long-term calls to seal the road from Nowra to Braidwood, through Morton NP and Nerriga, and those works are now almost complete. I fear and regret the wildlife that will die by vehicles zooming through another wild, precious forest.

**HASH-HOUSE CATERING.** I especially want to thank the happy bunch who helped in the hash house at High'n Dry. It is great the way people pitch in. When I disappeared for 14 hours Saturday afternoon I nominated Ted to oversee the HH given we have done the catering a few times together, but he had little to do once Renate and Elizabeth took control. And I know Ted didn't mind in the least.

There are several less pleasant jobs. The shopping can be onerous... I spent all Friday collecting edibles and thank Ted & Phil and Aleks & Nat for their part in collecting meat and dairy on ice. The barbecue gets hot and greasy - thanks Phil for breakfast and Dave for the rest of Sunday. The second-worst job is packing everything up, but the worst job of all is cleaning the bottom of those big pots after the stews are firmly burnt in – thankyou Vicky and Renate.

**PLAYLIST.** This is the music I listened to while working on this rogaine:

| Name   | Artist   |
|--|--|
| Because I Got High   | Afroman  |
| Hit 'Em High (The Monstars' Anthem)                          | B Real, Busta Rhymes, Coolio, LL Cool J & Method Man |
| Beethoven : Symphony No.6 in F major Op.68, 'Pastoral' : ... | Berliner Staatskapelle & Daniel Barenboim            |
| How High the Moon  | Charlie Parker & Dizzy Gillespie                     |
| Tamalpais High (At About 3)                                  | David Crosby   |
| Ain't No Mountain High Enough (Edit Version)                 | Diana Ross   |
| High Hopes   | Frank Sinatra  |
| River Deep Mountain High                                     | Ike & Tina Turner                                    |
| High   | James Blunt  |
| Used to Get High   | John Butler Trio                                     |
| Rocky Mountain High  | John Denver  |
| High   | Lighthouse Family                                    |
| I Get High   | Lloyd Banks (feat. Snoop Dogg & 50 Cent)             |
| High Hopes   | Pink Floyd   |
| High and Dry   | <span>EXPLICIT</span> Radiohead                      |
| Higher Ground  | Red Hot Chili Peppers                                |
| You're Makin' Me High (Classic Edit)                         | Toni Braxton   |
| Back in the High Life Again                                  | Warren Zevon   |
| High All The Time  | 50 Cent  |

Trevor Gollan 5-Oct-10

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