

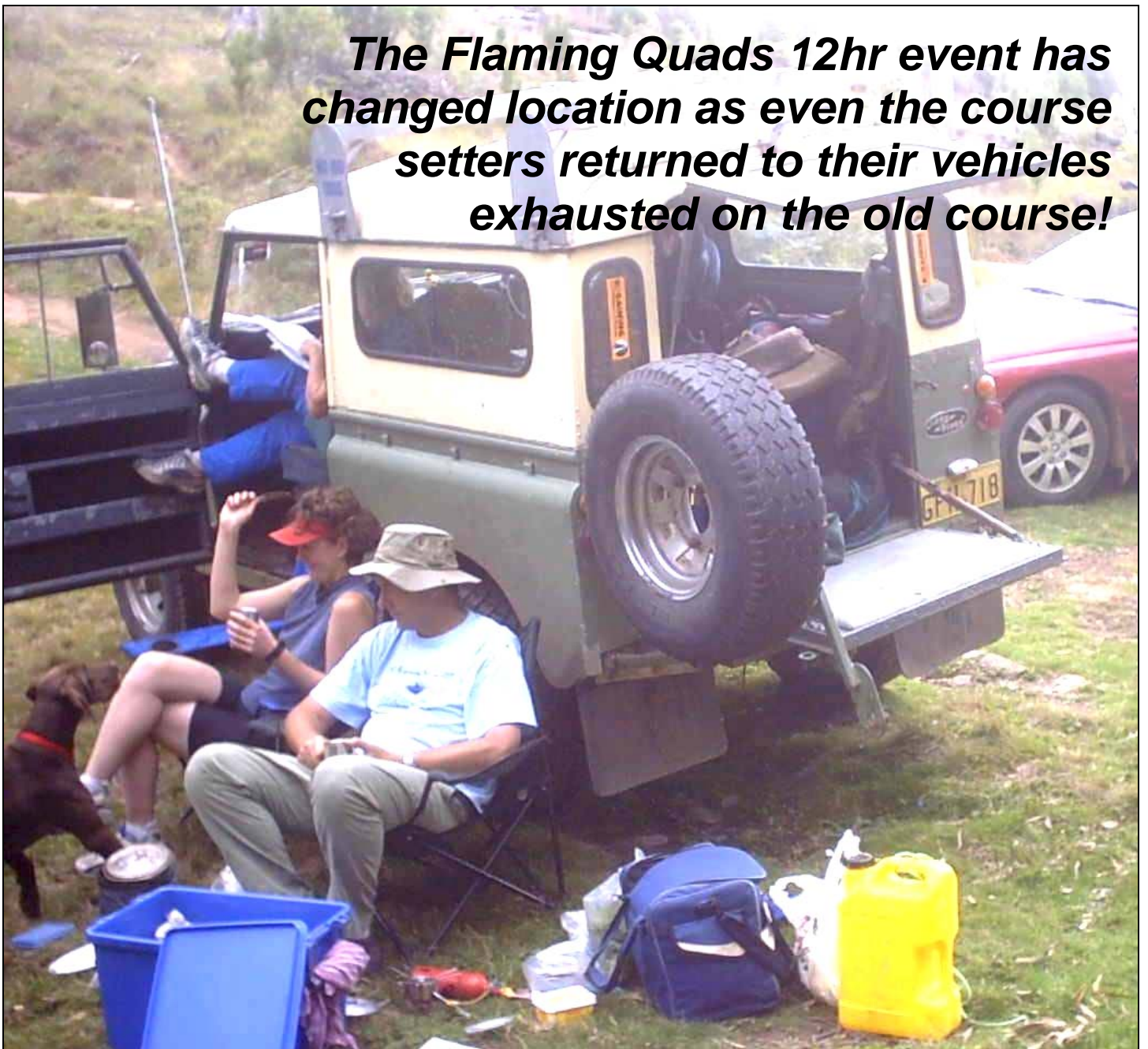
NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 102

March 2004

The Flaming Quads 12hr event has changed location as even the course setters returned to their vehicles exhausted on the old course!



www.nswrogaining.org

2004 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
17 April 2004	Flamin Quads	Blue Mountains	Melvyn Cox 02 9817 3077
1-2 May 2004	ACT Champs 24hr	ACT	02 6251 6908
22 May 2004	Nightgaine 5hr	ACT	Ian Booth 02 6248 0133
20 June 2004	Paddy Pallin 6hr	<i>(To be advised)</i>	Trevor Gollan
3-4 July 2004	Nav 04	NSW	Organised independently by Bushwalkers Wilderness Rescue
8 August 2004	Metrogaine 5hr	ACT	Ian Booth
28 August 2004	Lake Macquarie 6/12 hour	<i>(To be advised)</i>	02 9797 6773
12 September 04	Cyclegaine 6hr	ACT	02 6251 6908
23-24 October 04	NSW Champs 24hr	Gundy	Graeme Cooper 02 6772 3584
21 November 04	Socialgaine	Terrigal	John Barnes

2004 INTERSTATE AND OVERSEAS ROGAINES

DATE	EVENT	LOCATION	CONTACT
3-4 July 2004	Aust Champs 24hr	South Australia	08 8399 5198
8-9 May 2004	6 th World Champs	Arizona USA	Gordon Birch

The ACT Paddy Pallin 6hr event is on 28 March 2004,
there is a late entry fee but you can still enter on line at:
<http://act.rogaine.asn.au/EVENTS/04PP6hr/entryform>

FIRST MESSAGE FROM OUR NEW PRESIDENT

Since being elected as President at our Annual General Meeting, held at the finish of the Metrogaine, I have moved in to the presidential palace. Very nice it is too. Actually remarkably similar to where I was living before. Except, of course, now I have a staff of 800-odd members working for me.

The Metrogaine went off really well, thanks to Bronwyn and Paul Batten, Ellie the Dog and all their helpers. For me, it was again an opportunity to explore another part of Sydney I had never visited before. Until then I never knew there was a Lake Parramatta. Or that Parramatta is protected by strange flood-control dams such as at 201. I enjoyed the pizza at the finish – the organisers took the opportunity of trying a different catering format than usual and it worked well.

The next event is The Flaming Quads 12 hour, over on the west side of the Blue Mountains. Another event being set and vetted with canine assistance. See details in this newsletter.

I've just come back from the Polaris Challenge, a two day mountain bike event very much in the style of a rogaïne. The map covered no less than 450sq km, and was based at Pretty Beach on the South Coast. The course included the area of last year's NSW Champs and a lot more besides. It was a very wet weekend. If you think you've ever got muddy in a rogaïne, it's nothing compared to MTB in the wet! Delightful.

Teams separating and The Rules

Madeleine Schultz's article in the last newsletter 'Two trips and a whinge' drew out a couple of responses which are printed in this newsletter. I strongly encourage members to contribute to debates on such issues.

It leads me to ponder the question: Is rogaïning a sport or a recreational activity? I would hazard a guess that if we polled our members one third would say 'sport' and two-thirds recreational activity. It's clear to me that many people enjoy the informality of rogaïning. With this informality comes the idea that rules are not too important, or only apply to competitive people. This attitude has its attractions and perhaps fits in with the idea of rogaïning as a bush activity – an exploration in the bush, where people only go as far they want to go.

However, from the event organiser's point of view, it is problematic. First there is the safety issue. As we all know, things don't always go according to plan in rogaïnes. Even a brief separation can escalate into a real problem. Fortunately we have had few serious incidents in rogaïnes. But it would only take one really serious incident to put an end to rogaïning. Refusal of insurance would do that. Also it would cause real stress to those involved, including our volunteer event organisers.

Secondly, of course, for those in it for the competition, there is the competitive aspect, where teams can get an advantage by separating. Clearly this is cheating. In the absence of a referee to blow the whistle, we are dependent on (i) honesty and (ii) other teams reporting cheating. We have to encourage both.

The letters in this issue make me wonder if we should modify the style of our courses, to better suit the variety of abilities of our participants. Perhaps we need a few more easy checkpoints on or near tracks. We all know what it's like, in the last couple of hours of an event, tired but finally on the return journey: one team member wants to pick up more points, but the other doesn't fancy that scramble through the bush down to some steep creek junction, and back up another 5 contours or whatever. It's worth thinking about this and I welcome people's suggestions.

Celebrity rogaïning

Can you imagine Triple J's Adam Spencer doing a 24 hour rogaïne? Well, one of our members, by the name of Sarah, has challenged Adam to do the NSW Champs with her. It's now on Adam's list of Ten Things To Do in 2004. Great publicity for our sport. And Adam might find he meets another ABC broadcaster and supporter of rogaïning out there – Phillip Adams. I understand the Olympic cyclist Kathy Watt has rogaïned in Victoria. What other celebrities could we see taking up such a challenge? Perhaps some action heroes from the movies. How would Russell Crowe look if he really had to 'get his hands dirty', I mean, without the help of make-up artists!?

NSWRA Committee

We welcome Philip Groom to the committee, as volunteer coordinator. Philip has recently moved over from WA where he has rogained for a number of years. You may hear from him through the year. If you've done a few rogaines but haven't yet helped out, please consider volunteering.

At the AGM several committee members retired. I'd like to thank Nihal Danis, Bronwyn Batten, Sue Clarke and Andrew Pope for their efforts over the years, it has been greatly appreciated. And I know we will see them all again at some time in the future. In fact Sue and Nihal are involved in a big way at our very next event!

Last but not least, a special thank you to Andy Mein, my predecessor as President. He brought great energy and enthusiasm to the many tasks he took on in recent years – on the committee and organising several events. For me the most memorable was Andy's Paddy Pallin rogaïne in the spectacular surroundings of the Wolgan Valley, a very special place. Andy's taking a break from rogaïning this year but we'll see him back again in the not too distant future.

The new committee is listed with their contact details elsewhere in this newsletter. While we have filled the key positions, there are some vacancies which we would like to fill. There is only the one special qualification required to join the committee – a love of our sport, rogaïning.

Mike Hotchkis

The Flaming Quads have moved!!!!!!!



Acting on advice from the course veters, (their quads flamed just a little too much on a scorching hot day when we took them to see the place) **The Flaming Quads** 12 hour event in April has been relocated to the western Blue Mtns. Other than that little, has changed – it is still 12 hours, it is still on the 17 April, and your quads will still have ample opportunity to flame.

We have now spent the last three weekends on the area, and setters, veters and the drovers' dogs are all very excited about it. There will be thrills, spills (well almost – Walter just avoided rolling his "new" LandRover in the mud) and fun for all. The area is a mixture of steep native forest and relatively flat plantation softwood, with little undergrowth on the whole. And no need to worry about the blackberries – Nihal and Ruby will have eaten them all by the time you get there.

The event is now only two and a half hours from Sydney, but we still strongly encourage you to join us camping over Saturday night and maybe even help us pick up some controls on Sunday. Remember this sport is run by volunteers and the more people who help out the better it is for everyone.

Sue, Walter & Caesar

INTRODUCING THE NEW 2004 COMMITTEE

President - Mike Hotchkis, 4294 1363 (home), m_dhotchkis@optusnet.com.au

Vice President – *This position is currently vacant and seeking a volunteer*

Public Officer – Julian Ledger, 9261 1111 (work) julian@yhansw.org.au

Secretary – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Treasurer – Tony Maloney, 9978 9181 (work) Anthony_maloney@promina.com.au

Event Manager - *This position is currently vacant and seeking a volunteer*

Membership Secretary – Ian Almond, 220 Cordeaux Road, Mt Kembla NSW 2526
4271 7465 (Home) 4275 4105 (work), almond@tpgi.com.au

Newsletter Editor – Julie Bacon, 54 Bell Street, Thirlmere NSW 2572, 4681 9537 (home)
titianj@bigpond.com

Webmaster – Graeme Cooper 6772 3584 (home), Graeme_cooper@bluepin.net.au

Publicity Co-ordinator - *This position is currently vacant and seeking a volunteer*

Safety Officer – Richard Sage, 9564 2126 (home), danis-sage@bigpond.com

ARA Representative – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Volunteer Co-ordinator – Phillip Groom, 4570 1249 (work), 4578 2278 (home)
p.groom@uws.edu.au

Equipment Officer - *This position is currently vacant and seeking a volunteer*

General Committee – *Two positions are currently vacant and seeking volunteers*

THINKING ABOUT VOLUNTEERING?

We need more volunteers for upcoming rogaines.

Please contact our new Volunteer Co-ordinator, Philip Groom (4570 1249 or 4578 2278 p.groom@uws.edu.au) if you would like to help out (specifying a particular event or job would be greatly appreciated), or for more information.

It is planned to have a list of essential jobs, and vacant positions for upcoming events on the website and as a regular feature in the newsletter. This will help you decide which events, and jobs, that you would be interested in assisting. Any help at a rogain is greatly appreciated.

We require more volunteers for the April rogain, particularly caterers.

Please contact Sue Clarke (sclarke@efx.mq.edu.au) or Melvyn Cox 9817 3077 for more information.

Philip Groom

LETTERS TO THE EDITOR...

I would like to take issue with the letter (Madeleine Schultz Jan04) re "cheating" in events. For some time, I have felt that there is a case for further categories among the entrants. Much effort is being expended to present these sports (incl orienteering) as attractive to families including older participants and cognisance should be given to those who wish to participate with their more fit and enthusiastic family members, rather than limit participation to those with such a strong competitive bent that they would prefer to ditch their partner and "rogaine with someone else". If Ms Schultz had experienced breaking her leg in bush 7 hours away from help and had either tendonitis or knee problems, she might understand reluctance to scramble in steep and muddy situations and be sufficiently compassionate not to suggest they "find another sport". Perhaps the answer is a non-competitive category....for those happy to be involved....

Jan Kricker

I've just got to respond to Madeleine Schultz's "whinge" regarding the "practice (that) seems to be to leave the girlfriend/child waiting at the trail while the (presumably faster) team member leaves the trail and goes to punch the control. She says if one partner is too slow "they should Rogaine with someone else". She also makes the point that the person left on the track "is not going to learn navigation and be empowered".

Yes, Madeleine is perfectly correct that it is against the rules and yes, she is right about possible safety issues concerning partners being separated.

However, I would like to point out to Madeleine that not all participants of a Rogaine share her obsessive concern about point scoring & "cheating". For some people a Rogaine is an excuse to go for a (challenging) walk in the bush and enjoy the scenery in the company of family and friends. I for one have attempted to "empower" two of my daughters by taking them on a number of Rogaines where I hoped they would develop a love of the bush and the sense of resourcefulness that comes from learning how to navigate with a compass. As it turns out they would rather watch a video. I intend doing a number of things the next time I see a child or girlfriend sitting on a track waiting for their partner:

- think how great it is that two people a sharing a great experience over the hours of a Rogaine that they spend together.
- Hope that the less enthusiastic partner will start to develop a more willing and genuine interest in Rogaining & discover something that they will come to love (even within the rules). They might even get to prefer it to a video.
- Spend a few extra moments with the person on the track just to make sure they're all right. After all I'm in no hurry and its good just to slow down and enjoy the surroundings.

In short Madeleine, just lighten up and enjoy your experience with the Rogaine because I can guarantee that not a lot of people are going to care whether your score is more or less than theirs.

David Brooks.

NEW SOUTH WALES TOPOGRAPHIC MAP SERIES 1969 - 1991

For mailing OR for more information on this product, or any product in our extensive range of CD-ROM Sets, Please contact:

Land and Property Information
PO Box 143, Bathurst NSW 2795
T: 02 6332 8123 F: 02 6332 8299

OR

The Sydney Map Shop
23-33 Bridge Street, Sydney NSW 2001
T: 02 9228 6465 F: 02 9221 5980

Available NOW on CD
www.lpi.nsw.gov.au

POWERED BY MrSID LIZARDTECH

Available NOW on CD
www.lpi.nsw.gov.au

Available NOW on CD
www.lpi.nsw.gov.au

A NAVIGATOR'S PARADISE –THE 2004 METROGAINE IN REVIEW

Well the 2004 Metrogaine has now come and gone. Amazingly (given the 45 degree temperatures at Penrith the day before, the event was held on an overcast, and sometimes drizzling day with top temperatures of about 29 degrees. For a summer rogaine you probably couldn't have asked for better weather conditions. The event was a great success. The mix of urban parkland and bush areas proved very popular and it seems that every single control on the course was visited by at least one team. Route choices were varied (so that you can compare notes we've put some of the routes on the NSW rogaing website and a blank JPEG for you to edit), with many going east to Pennant Hills Park, a lot going southwest to Lake Parramatta, and the remaining travelling around the state forests in the northwest. After expending many calories, a late lunch of pizza (we were after the hash house novel cuisine award), salad and lots of fruit and donuts was appreciated by all at the end. Many a family with toddlers or bubs in prams proved that it is quite possible and even enjoyable to take the kids out for a metrogaine. We even had Batman (how many of you noticed our caped crusader?) out on the course. The veterans and mixed categories were again particularly competitive. The mixed open team of Tom and Alina won the overall event with some funky route choice and some amazing fitness (they got to a fair whack of the east of the course and some of the big pointers in the west). The veteran mens team of James and Ian managed also to take out the open mens category in a close run event (from Wayne and Adam). This goes to show that the stereotypical ideas of age and sex don't necessarily apply in rogaings. All three of the top teams did a big loop out the east of the course (cleaning up the four 200 pointers out there), but each had a different extension of it (either south, west, and northwest). One admirable course was from the mixed vets of Larry and Karin who got a very high score (over 3000 pts), but without travelling to any of the 200 pointers.

A big thank you to the following people for making the event possible: Michael and Cathy Watts and their family for taking on the big task of the pre event administration; Janet Morris and Andrew Pope for not only being extensively involved with vetting but for helping out throughout the day with various administrative duties; Paul's and my parents and families for generously making salads and transporting food and tables; the helpers from the Macquarie University Bushwalking and Orienteering Club who helped with the course setting, at the registration desk and at the hash house. A big thank you also to Maureen Fitzpatrick for turning up on the day to help with anything and everything. Without volunteers like this a rogaing just doesn't happen. At the metrogaine we trialled asking people to bring their own bag to take home their own rubbish. We also had bags to give out to those who forgot. Not only does this make the clean up easier for the volunteers, hopefully fruit scraps and pizza boxes that otherwise may have been binned were instead composted or recycled. The trial was a huge success. Thanks to all the participants who helped leave the grounds practically spotless.

On a serious front we had a complaint of two teams separating from their teammates during the rogaing. One team was identified, but the other refused to reveal their team number to a fellow competitor who was enquiring after the other members. Regardless of whether you are participating in an urban or bush rogaing, for your own safety as well as fair competition, the rule that all team members must stay together is of vital importance. A nice note is that a man from West Pennant Hills was very appreciative that his wallet was found by one of the teams in the event. The gentleman had had his car broken into two days earlier; his wallet, digital camera and other articles stolen. Though it no longer contained any cash all his cards and license were there. So thanks to that team for your thoughtfulness in picking the wallet up. The biggest thanks is saved for last. To my wonderful husband Paul for doing a lot more work on the rogaing than he necessarily expected. I took on the job of course setting the rogaing which somewhere along the way evolved into organising the whole thing. Paul put down as willing and able to do the hash house. He ended up doing far more than this though as I was quite ill in the weeks leading up to the 22nd. I think that his involvement really created the great event we had – perhaps the biggest map for a metrogaine we've seen (but one that provided a lot of fun course choices), a novel taste experience for lunch at the hash house and a great atmosphere all round.

Finally, if there are any of the mums and dads with bubs who went around on the course, if you get a chance I'd love to hear about your experiences of rogaing family style in a newsletter and I'm sure others would too (maybe they haven't braved it yet and could do with some advice!). Paul and I are expecting our first bub if all goes well in late September this year so we might be joining the family rogaing scene in an upcoming metrogaine. The ins and outs of your experiences would be great to hear. We hope you all enjoyed the Metrogaine!

Bronwyn and Paul Batten (and Ellie the dog!)

Navigator's Paradise Metrogaine

Team	Name	Score	Time	Open	M	W	X	Vet	MV	WV	XV	SV	MSV	WSV	XSV	Jun	Fam	Nov
125	Tom Landon-Smith, Alina McMaster	4830	4:05	1			1											
15	Ian Cameron, James Lithgow	4230	3:52	2	1			1	1									
99	Wayne Edwards, Adam Richards	4080	3:57	3	2													
126	Martin Lefmann, Patrick Mickan, Sarah Antil	3970	3:57	4			2											
66	Matt DeBelin, Michael Meryment	3680	3:55	5	3													
11	Ross Barr, Ian McKenzie	3650	3:58	6	4			2	2									
76	Christine Curtin, Stephen Darby, Wayne Pepper	3550	3:53	7			3											
52	Graeme Hill, Julian Ledger, Anne Newman	3480	3:57	8			4	3			1							
65	Greg Scott, Jenny Scott	3370	3:56	9			5											
49	Andrew Robinson, Michael Salmon	3330	3:54	10	5													
71	Karen Blathcford, Russell Blatchford	3320	3:48	11			6											
112	Allison Curtin, Kelly Mapleston	3270	3:49	12		1												
48	Sue Clarke, Walter Kelemen	3270	3:52	13			7	4			2							
8	Ian Dempsey, Steve Guy, Wendy Scott	3230	3:55	14			8	5			3							
121	Matthew Blundell, Toby Cogley, Jason Wilson	3200	4:16	15	6													
79	David Gell, Joel Mackay	3180	3:59	16	7													
57	Bert Van Netten, Dianne Van Netten	3120	3:52	17			9	6			4							
46	John Barnes, Mardi Beat	3090	4:02	18			10											
67	Chris Elphick, Alex Grime, Will Roden	3070	3:58	19	8													
39	Karin Hefftner, Larry Weiss	3050	3:56	20			11	7			5							
86	Bruce Fenton, Conny Gissel	3010	3:56	21			12											
64	Peter Marshall, Jim McLean, Andy Walters	3000	3:57	22	9			8	3									
98	Peter Hanselmann, Graeme Woodward	2740	3:56	23	10													
72	Julie Avakian, Craig Johnson, Sandra Little	2730	3:54	24			13	9			6							
110	Andrew Allen, Peter McConaghy, Steve Rampant	2730	3:58	25	11													
129	Anna Kricker, David Kricker, Duncan Roberston	2720	3:48	26			14											
44	Barbara Barnes, Richard Barnes	2710	4:01	27			15	10			7							
104	Peter Annetts, Jarryd Barton	2640	3:57	28	12													
106	Anthony Dynon, Heather Dynon	2620	3:52	29			16	11			8				1			
94	Greg Minton, Christophe Ryan	2600	3:51	30	13													
85	Daryl Hunter, Nigel Thompson	2590	3:57	31	14			12	4									
62	Ross Duker, Eric Smith	2580	3:50	32	15			13	5									
130	Gregor Scott, Jenny Scott, Joel Donney	2540	3:57	33			17											
9	John Anderson, David Dash	2540	3:58	34	16			14	6					1				

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 New South Wales events are held within two to three 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 kilometres 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. Family membership – First adult \$20, \$10 for second adult and dependant children free. Household membership is \$20 for first person, \$10 for each additional where all members share the same address.

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.

NSWRA Public Officer – Julian Ledger: 9261 1111 (work) julianl@yhansw.org.au

NSWRA Secretary – Alan Mansfield: 0707 6773 (home) soniaamansfield@optusnet.com.au