

NEW SOUTH WALES

R GAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 103

May 2004



www.nswrogaining.org

2004 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
20th June	Paddy Pallin 6hr	Northwest of Sydney	Trevor Gollan 02 4226 5544
3-4th July	Nav 04	NSW	Organised independently by Bushwalkers Wilderness Rescue
8th August	Metrogaine 5hr	ACT	Ian Booth 02 6248 0133
28th August	Lake Macquarie 6/12 hour	<i>(To be advised)</i>	Bob Gilbert 02 49521967
12th September	Cyclegaine 6hr	ACT	02 6251 6908
23-24th October	NSW Champs 24hr	Gundy	Graeme Cooper 02 6772 3584
21st November	Socialgaine	Terrigal	John Barnes

2004 INTERSTATE ROGAINES

DATE	EVENT	LOCATION	CONTACT
5 th June	6hr / 12hr	Queensland	(07) 3369 1641
5-6 th June	24hr	Western Australia	(08) 9342 9213
20 & 21 st June	2 x 6hr	Victoria	(03) 9438 6626
26 th June	Mid Year 8 / 15hr	Northern Territory	(08) 89411059
3-4 th July	Aust.24hr Champs	South Australia	(08) 8271 2712

PRESIDENT'S WELCOME ~ May 2004:

In every rogaine, someone's got to come last. In the Flaming Quads 12 hour, I had the unaccustomed experience of taking this honour, through disqualification. Debbie and I had a pleasant walk around the southern section of the course. On the way back, we had a few kilometres track-bash to return along the Black Range, with plenty of time to spare. On account of Debbie's knee being a little sore, we accepted the organiser's kind offer of a lift. Well who wouldn't? There was plenty of room in the car, once we had persuaded Caesar that he'd be comfortable in the boot.

Unfortunately, there's a rule somewhere about teams accepting assistance, and the organisers seemed inclined to enforce it. In spite of my elevated position in our esteemed association. No exceptions, not even for the president and his consort. What's the world coming to?

While I think of it: if you think I write a load of tosh, please write and tell our newsletter editor, Julie Bacon. She will be happy to hear from you. In fact, she will print anything you care to send her.

Back to the Flaming Quads. It was a beautiful bright weekend. Nice varied course, with a few 100-pointers to lure teams out to the edges. Starry, starry night. Who needs the moon on a rogaine, when there are that many stars in the sky? Come Sunday morning, there was just a touch of frost on the ground, to remind us that winter is around the corner.

I was called on in the morning to adjudicate a problem some teams had. They couldn't find checkpoint 90. That was because it was in the wrong place. Walter and I established this fact beyond reasonable doubt. If you did find it, you must have been seriously lost! The vetter was made to eat humble pie, and other leftovers. 98% of checkpoints correctly set isn't bad, but our setters and veters do strive for perfection.

Just goes to show, if you can't find a checkpoint, either you're lost or it was hung in the wrong place. I always assume the latter!

6th World Rogaining Champs, Arizona, 8-9 May 2004:

Results have just appeared on the organiser's website (<http://rogaine.tucsonorienteeing.org>). The Mens and Womens sections were won by Americans, but Australian pair David Baldwin and Julie Quinn are bringing home the Mixed trophy. David and Julie live in Canberra and would be known to many of our members. They were placed 8th overall. We hope to get more news of the event for next newsletter. In the meantime, well done Julie and David!

Quote of the month:

From Lao-tzu, founder of Taoism: *To be worn out is to be renewed.*

(If you don't see the connection between this and rogaining, don't worry, it just means you're not a masochist).

NSWRA Committee:

Debbie and Paul Stein have kindly offered to take on the job of equipment officer. This means that our much-loved trailer finally has a place to call home. Thanks, Debbie and Paul. I'm sure our trailer will be happy in your company.

Mike Hotchkis



UPCOMING EVENTS:

The 41st Paddy Pallin Winter 6hr Rogaine

20th June 2004

6 hr event with a mass 9am start

This year's Paddy Pallin 6 hour rogaine will be held in a river valley less than two hours North West of Sydney. The course is mainly set in National Park together with some adjacent farm land. It offers a challenge for experienced rogainers but has enough easy controls to satisfy the in-experienced (or less masochistic). The bush areas are relatively open and the course contains numerous low sandstone cliffs, a few fire trails and some good walking tracks. There are also a number of excellent view spots on the course.

A good level camping area is available for participants for Saturday night. However, there is no potable water at the camping ground, so competitors wishing to camp the night should bring their own drinking water. The access road is sealed except for last 2-3 kilometres. The last section of the road is graded and in excellent condition, suitable for all conventional vehicles. There are fees for camping on Saturday night these are: \$5.00 per adult \$3.00 per child (12 years and under). These are on top of the normal entry fee.

Come along and enjoy a great rogaine with good friends, good views and some unique country.



Just as a teaser these images are taken on and around this years Paddy Pallin 6hr course.



The Annual Lake Macquarie Rogaine

28th August 2004

6 and 12 hour event with a mass 12 noon start

Organiser: *Bert van Netten*

Course setter: *Robert Vincent*

Administration: *Bob Gilbert and Ian Dempsey*

Vettors: *Neil Chappell, Ian Dempsey, Bert van Netten*

Includes sections of The Great North Walk. Most ridges have tracks. In rainforest gullies you may see glow worms. Terrific views. Food at Hash House and Tea and damper will be of it's usual high standard. Information: Bob Gilbert: (02) 49521967 Email: bgilbert@hunterlink.net.au **An entry form will be available soon.** Closing date: Entries must be post marked Friday 10th August.

EVENT REPORT: *The Flaming Quads Extinguished...*

Three weeks later and practically our first weekend at home this year, we hardly know what to do with ourselves. We didn't go cold turkey though – the weekend after the event we went back to collect the last of the flags, a job made easy by the number of others who had already brought in many of them. And just to share the spirit with our competitors we set out to collect at 5pm, giving us a single hour of daylight and many more of darkness. Caesar was impressed by the extended “walkies” in the dark, but not by missing out on supper time. 1am is at least 6 hours late according to him.

So what did we think of the event ? Firstly, according to you guys it was an area well worth visiting – we've never had so many positive comments before. Or maybe that was in response to Caesar and Ruby's advice when you initially complained to them ? No-one even got visibly upset about #90, which we readily admit, was in completely the wrong place, a fact which came to light when Walter took *El Presidente* Mike “Sniff-Em-Out” Hotchkis to collect it on Sunday afternoon. As Mike merrily headed off down the spur marked on the map Walter called him back to the spur it was actually hung on. Oops. And sorry too, but we never said we were perfect, (and certainly nobody else ever did).



Caesar rounding up stragglers for the start of the Flaming Quads.

Congratulations to all those who enjoyed themselves, and you all told us you did whenever we met you out there, including the self-titled “Gastro-Boy” who was so sick we had to ferry him home around 10pm, but was out there at the ACT Champs last weekend, happily trucking around in the wee small hours of the morning. And Caesar particularly sends his congrats to Jesse, who tells him she would have done a damn sight better if she hadn't had to keep waiting around for those humans of hers. He knows the feeling only too well.

Of course, none of this would have happened without our buddies – Richard, Nihal & Ruby who were there every planning weekend with us, sharing in the trials and tribulations of changed venues (Jenolan was our third attempt), not to mention the multicultural gastric delights that a Pom, a Turk, a Kiwi and a Hun can conjure up around the camp fire. Well OK, so the Pom cheated and used what she had learned from the Huns, but then Pommie food alone is a good enough reason for self-transportation to just about anywhere, isn't it ?

Also Chippy for being there to plot'n'scheme when work allowed, and driving his 2WD to places it was never meant to go (and getting out of them again too, with far less trouble than certain other course-setters), John Bames and Mardi for helping to hang flags in some of the deepest and steepest gullies we could find for them, and coming back on the event weekend, along with their mate Craig, to help cook and pick up flags, although the most valuable work they ended up doing was helping to re-pack the trailer, a major accomplishment as anyone who has ever tried it well knows.

continued on following page...

To Melvyn & Kathy Cox for the seamless running of the admin, including full results, with controls visited both by team and by control, within two days of the event being over. Mel also managed to compete in the event, teaming up with a desperate-and-dateless entrant, though I gather his Sunday morning golf left a bit to be desired.



The cooks hard at work in the Hash House.

The Hash House management was a delight to watch (and taste), with those Captains of Catering John Keats and Jennifer Borrel at the helm. If you don't know them or didn't notice them its no real surprise – when they cater all you see is the food. On time and on your plate. They also had some pretty decent kitchen staff - Sue and John Le Carpentier, who you most likely know simply as Chippy, Paul Kotala, who was paying for the pleasure of staying with us, and Alan Mansfield and Sonia Kupina who also spent Easter with us combining some flag hanging with inducting the next generation into the delights of rogaining. Just ask Louis (4) and Sophia (1) how they went.

This was all followed up by Ian Rankin pitching up at 8am Sunday morning to collect a whole heap of flags (some of which he really should not have tried to drive to without a LandRover), and Marcelle Gannon and her mob of Sydney Uni bushwalkers who went collecting the following weekend.

Add to these people Julian Ledger for minding the trailer, and making it ready for us to collect, Andy Mein for printing the maps and also shedding light on the admin tent with his gas lamp, Graeme Cooper for flag maintenance and updating the website at a moment's notice, Gary the State Forest ranger who was so helpful and welcoming, and you begin to see how important it is to volunteer to keep our sport going. All you have to do is contact any committee member and they will find you a fun and exciting role to play in the event of your choice.

And finally some financials. We are not a profit making organisation, so why does it cost you so much to enter these events ? Well, we spent your \$46 entry fee like this:

Food	\$11.00
Other catering	\$1.00
Toilets	\$5.00
Marquees	\$6.00
Printing	\$3.00
State Forest	\$2.20
Water	\$1.00
Admin	\$1.00
Maps	\$0.50
Setters' costs ^	\$3.00
Phone etc	\$0.50
NSWRA Overheads *	\$10.00
Other stuff +	\$1.80

^ mainly petrol for course-setters & veters, and the Land Rover runs on cheap gas too!

* trailer and other equipment maintenance, including rego and insurance, web site, on-going admin stuff to keep us legal etc

+ subsidy to junior/family entrants, plus lots of other little costs that we incur, and which incredibly just happens to add up to this neatly balancing amount.

Which all adds up to a mighty \$46.

Sue, Walter & Caesar

EVENT RESULTS:

Team	<i>The Flaming Quads 12hr</i>	Score	Time	Open	Men	Women	Mixed	Veteran	Mens Vets	Womens Vet	Mixed Vets	Super Vets	Family
15	David Gell, Joel Mackay	1470	23.57	1	1								
50	Andrew Haigh, Nicole Haigh	1410	23.35	2			1						
56	Ian Brown, Geoff Luscombe	1410	23.37	3	2			1	1				
10	Gill Fowler, Matt Ryan	1220	23.52	4			2						
11	Joel Donney, Greig Scott, Jennifer Scott	1140	23.56	5			3						
42	Nick Hudson, Andrew Pope	1130	23.07	6	3								
70	William Landers, Michael Sliwka, Roderick Smith	1120	23.45	7	4								
79	Wayne Cotton, Paul Davis, Freya Scollay	1110	23.18	8			4						
47	Peter McConaghy, Wendy McConaghy	1070	23.58	9			5						
75	Gary Farebrother, Andrew Hamer	1040	23.46	10	5								
24	Neil Chappell, Robert Embery	1030	0.05	11	6			2	2			1	
68	Mark Freeman, Vanessa Freeman	980	23.54	12			6						
38	Louise Cherry, Melanie Simpson	940	20.21	13		1							
76	John Anderson, David Dash, Peter Tamsett	930	22.44	14	7			3	3			2	
55	Mike Keith, Mike Pola	930	23.53	15	8								
39	David Leslie, Julian Leslie, Reddall Leslie	920	23.02	16	9								
22	Phillip Keaton, Benita Sommerville	910	23.39	17			7						
78	Todd Stafford, Katrina Stewart	900	23.17	18			8						
57	George Collins, Greg Roger	890	22.39	19	10			4	4				
34	Andrew Browne, Sam Wade, Rohan T R Walker	880	23.43	20	11								
23	Max Coates, David Coysh, Gayle Pershouse, Greg Rowe	880	23.46	21			9	5			1		
40	Matt De Belin, Hugh Flower, Michael Meryment	870	20.48	22	12								
66	Bob Kimbrey, Paul Stein	850	21.22	23	13								
52	Peter Gordon, Linn T Thuv	830	21.3	24			10						
2	Brett Davis, Karen Davis	830	23.24	25			11	6			2		
62	Jacqueline Fitzgerald, Anthony Hutchings	820	23.52	26			12						
3	Morgan Small, Simon Smith	810	23.44	27	14								
26	John Brayan, Paul Ettema, Carolyn Haupt	800	22.3	28			13						
74	Franco Cazzolli, Melvyn Cox	780	20.05	29	15								
45	Julie Avakian, Michael Avakian	760	22.2	30			14	7			3		
72	Stephen Thompson, Eva Wong	750	20.28	31			15						
19	Andrew Kennedy, Kate O'Brien	750	23.36	32			16						
29	Molly Clifton, Jacqui Matthews	740	23.21	33		2							
65	Chris Jenkins, Catherine Ryan	730	22.29	34			17						
71	Peter Cullen, Tony Falzarano, John Rijvers	720	23.23	35	16			8	5				
60	Basil Baldwin, Jean Baldwin	710	22.02	36			18	9			4	3	
61	David Griffith, Emma Griffith, Thomas Griffith	710	22.52	37			19						1
48	Chris Cowie, Kim Wherry, Peter Wherry	690	23.09	38			20						
5	Marilyn Ferris, Lesley Taylor	690	23.48	39		3		10		1			
33	Ian Almond, Matthew Almond, Peter Almond	660	20.58	40	17								2
16	Anthony Dyonon, Heather Dyonon	630	21.43	41			21	11			5	4	
25	Kath Grant, Lyn Jones, Annette Stewart	630	23.36	42		4		12		2			
73	Alan Deering, Terry Durnin	620	23.1	43	18								
35	Greg Knight, Kathryn Mortimer	620	23.25	44			22	13			6		
32	Thomas Lenzenhofer, David Pettit	580	20.33	45	19								
4	Carolien Murre, Roel Van Bernebeek	570	20.05	46			23						
53	Lyndal Maloney, Nick Miall	570	21.29	47			24						

Team	The Flaming Quads 12hr (continued)	Score	Time	Open	Men	Women	Mixed	Veteran	Mens Vets	Womens Vet	Mixed Vets	Super Vets	Family
7	Peter Figiel, Danny O'Connell	560	22.1	48	20								
17	Neil Gascoyne, Steve Johnston	560	22.58	49	21								
20	Graham Millar, Richard Smyth	550	20.38	50	22			14	6			5	
51	Kim Rosa, Chad Singleton	550	20.49	51			25						
49	N.Bradbury, S.Clancy, N.McDonald, N.Sellin, P.Washington	520	21.49	52			26						
41	L.Buhagiar, A.Mross, S.Mross, M.Pattison, C.Spink	500	21.55	53			27						
54	Brian Haebich, Stephen Ward, Tracy Ward	490	21.42	54			28						
9	Myee Allison, Rowan Bisshop, Thomas Bisshop	480	19.53	55			29						3
37	Lyndell Landers, Rochelle Staples	480	21.45	56		5							
31	Ann Kwan, Fiona Loughlin, Wendy Yung	480	21.47	57		6							
21	Tony Last, Wayne Rowe, Graeme Wearne	480	23.58	58	23			15	7				
64	Amanda Cleife, David Lloyd	460	20.22	59			30						
77	Chris Jewell, Liam Jewell	440	22.24	60	24								4
36	Chris Moore, Lucy Temple-Smith, Bronwyn Wilson	390	19.32	61			31						
18	Kylie Bower, Sara Cole, Clare Fasching	390	21.1	62		7							
27	Jim Hubbard, Bob McNaim	390	23.18	63	25			16	8				
43	Wendy Hird, Karen Irvine	330	20.36	64		8							
13	Penny Field, Geoff Ritchie	290	21.39	65			32	17			7		
12	Anne Newman, Lynne Trappel	280	19.21	66		9		18		3			
63	Naomi Andriessen, Angela Boyd	270	21.02	67		10							
1	Pam Montgomery, Robert Montgomery	260	19.14	68			33	19			8	6	
69	Ian Wilson, Stuart Wilson	250	19.03	69	26								
30	Chu Wai Liew, Yun-Si Lim, Jason Lowry	250	23.16	70			34						
6	Clare Bellis, Bill Evans	180	17.47	71			35	20			9		
8	Debbie Hotchkis, Mike Hotchkis	0	20.46	72			36	21			10		
28	Alex Been, David Kricker, Duncan Robertson	0	0	73	27								
44	Daniel Conlan, Belinda Pursey	Late	0	74			37						



Oxfam Community Aid Abroad

CALL TO ALL ROGAINERS

Oxfam Community Aid Abroad needs your assistance as a volunteer during the weekend of their premier outdoor event - **TRAILWALKER**. The event is a significant community fundraising event involving over 1500 walkers and 600 volunteers. For those rogainers not participating a number of the vital volunteer support roles are suited to their skills and interests. These include the following:

Sweep Teams – In small teams these volunteers tail the last teams on each leg of the event to ensure that all the walkers have made it safely to their next checkpoint. The trail legs range in distance from 8 to 16 km, and follow sections of 'The Great North Walk' and the 'Hawkesbury to Harbour Walk'. We are seeking teams to commit themselves to a minimum of one of the eight legs of the trail.

Marshals – Many marshal positions need to be filled by volunteers. The marshal locations are scattered throughout the events overall route. The majority of the marshal positions are at locations on the route within suburban areas, such as road crossings. Some are located at significant points along the trail, such as vital track intersections and areas of concern (such as clifflines).

If you can help or are interested to know more please contact Andy Mein (OCAA Trailwalker Operations Coordinator) on 8204 3917 or via email andym@oxfam.org.au. Alternatively visit the events website as noted on the advertisement to the right. ■

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2004 NSWRA 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), almondir@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*

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VOLUNTEERS FOR NSWRA ROGAINES

The sport of Rogaining is run entirely by volunteers, so to put it simply:
no volunteers = no events

If you would like to ensure the future of the sport please contact the NSWRA Volunteer Co-ordinator, Philip Groom, via phone on 4570 1249 or 4578 2278, or email at p.groom@uws.edu.au with your offer to fill one of the vacancies below.

Paddy Pallin 6 hour 20-Jun-04	Lake Macquarie 6/12 hour 28-Aug-04	NSW Champs 24 hour 23/24-Oct 04	Socialgaine 6 hour 21-Nov
Organiser	Organiser	Organiser	Organiser
Trevor Gollan	Bert van Netten	Graeme Cooper	John Barnes
Administrator	Administrator	Administrator	Administrator
Ian Almond		Vicki Cooper	
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
Kirk Bendall Cathy Watts		John & Marly Sinden Joy Thomson	
Course Setters	Course Setters	Course Setters	Course Setters
Chris Stevenson John Clancy	Rob Vincent	Graeme Cooper Barry Brandon	
Vetters	Vetters	Vetters	Vetters
Julian Ledger Anne Newman Trevor Gollan	Robert, Alan, Bert & Neil	Tony Maloney	
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
Matt Ryan		David Dash	
Caterer	Caterer	Caterer	Caterer
1st Waitara Scouts			
Hash House Team	Hash House Team	Hash House Team	Hash House Team
	Junior O squad		
Site Staff	Site Staff	Site Staff	Site Staff
Photographer	Photographer	Photographer	Photographer
Matt Ryan			

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 (Cydegaines). 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