



NEW SOUTH WALES  
**ROGAINING**  
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 104

July 2004

*And now it's beautiful Lake Macquarie  
where we'll all be heading !*



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

# 2004 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
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

# INTERSTATE AND OVERSEAS ROGAINES

DATE	EVENT	LOCATION	CONTACT
21-25 May 2005	Australian Champs	New South Wales	Qld Rogaining



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# MESSAGE FROM MIKE (OUR 2004 PRESIDENT)

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I hope you all enjoyed the Paddy Pallin 6 hour rogaine on 20<sup>th</sup> June. All 660 of you! Great turnout, good course, nice country, fine weather, pleasant campsite, delicious food. Given that most of our readers were there, what more can I say, except a big thank you to organiser Trevor Gollan and ALL his team. See reports, results and pictures inside, and on our website.

Two weeks afterwards, several of our members took part in the 2004 Wilderness Rescue Navigation Shield – for those in the two day event that meant 29 hours out in the bush. I understand it was held up at the north end of Wollemi National Park. As well as several teams in the 'Rogaine' class, there were a number of our members competing for the Navigation Shield in Class 1. Usually there is a tussle for first place between Newcastle Bushwalking Club (led by Wil de Sain) and Sutherland Bushwalkers (Peter Wherry and friends). But I got a surprise when I looked at the results and saw neither in first place. Instead it was won by NPWS Blue Mountains – team led by rogaier Tony Garbellini – okay, not such a surprise then!

I look forward to hearing more about that event from you guys in due course. After competing a couple of times myself, I know there's always a story to tell. This year, I had a good excuse for not being there: on that same weekend, I was off to South Australia for the BIG event in the Australian rogaining calendar, the 2004 Australian Rogaining Championships. More about that later.

## **Quote of the month:**

This month, a poem. To me, the image it conjures matches my experience last weekend at the Australian Rogaining Champs. Think Flinders Ranges. Extract from Wandering on Mt Chung-nan by Meng Chiao (751-814)

*South Mountain stuffs all heaven and earth,*

*Sun and moon grow up from its stones,  
The high peak at night holds back the sun,*

*The deep vales are never bright by day  
Natural for mountain people to grow straight:*

*Where paths are steep the mind levels.*

*A long wind drives the pines and cypresses*

*With a sound which sweeps the thousand hollows clean.*

## **NSWRA matters**

We welcome another new member to the committee, Graham Millar, who is taking on the task of publicity coordinator. Graham will work with the committee and event organisers to promote rogaining. We need to maintain freshness and vitality in the sport by bringing in new faces. Also, media visibility gives us an opportunity to acknowledge the contribution of our supporters, such as the landholders, whose cooperation we depend on.

Alan Mansfield and I attended the Australian Rogaining Association AGM, held prior to the Australian Rogaining Champs in SA. I will just mention two issues which were discussed (I am happy to provide full details to anyone who is interested). First, the ARA Treasurer, Richard Robinson, has been successful in getting a much better deal for us for insurance. Last year's big increase in premium was a shock to our finances; but now a more reasonable premium has been negotiated. Second, I am chairing the ARA Technical Subcommittee, which is charged with conducting a review of the rules and technical standards over the next few months.

Please, if you have any comments or suggestions on these matters, let me know ([m\\_d.hotchkis@optusnet.com.au](mailto:m_d.hotchkis@optusnet.com.au)).

**Mike Hotchkis**

# The NSW Rogaining Association Committee

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**President** - Mike Hotchkis, 4294 1363 (home), [m\\_dhotchkis@optusnet.com.au](mailto: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](mailto:julian@yhansw.org.au)

**Secretary** – Alan Mansfield, 9797 6773 (home), [soniaamansfield@optus.com.au](mailto:soniaamansfield@optus.com.au)

**Treasurer** – Tony Maloney, 9978 9181 (work) [Anthony\\_maloney@promina.com.au](mailto: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](mailto:almond@tpgi.com.au)

**Newsletter Editor** – Julie Bacon 4681 9537 (home) [titianj@bigpond.com](mailto:titianj@bigpond.com)

**Webmaster** – Graeme Cooper 6772 3584 (home), [Graeme\\_cooper@bluepin.net.au](mailto:Graeme_cooper@bluepin.net.au)

**Publicity Co-ordinator** - Graham Millar 9975 4240 [gmillar@ozemail.com.au](mailto:gmillar@ozemail.com.au)

**Safety Officer** – Richard Sage, 9564 2126 (home), [danis-sage@bigpond.com](mailto:danis-sage@bigpond.com)

**ARA Representative** – Alan Mansfield, 9797 6773 (home), [soniaamansfield@optus.com.au](mailto:soniaamansfield@optus.com.au)

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

**Equipment Officer** – Paul and Deb Stein, 54 Campsie Street, Wilton 4630 9545, 0419641002; [pauldeb@bocnet.com.au](mailto:pauldeb@bocnet.com.au)

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

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**Lake Macquarie is calling –  
Get your entry in now,  
it's a great event and  
you'll be really sorry if  
you miss out.**



# Volunteers Corner

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Many thanks to those members who helped out with the running of the Flaming Quads and the recent Paddy Pallin event. Also a big thank-you to those members who have volunteered for future rogaines.

A list of upcoming events and unallocated jobs appears in this newsletter. It is hoped this list will assist members considering volunteering to choose the events and jobs that suit their needs and skills.

For more information please contact the volunteer coordinator, Philip Groom,

Ph: 4578 2278 (H) or 4570 1249 (W)  
[p.groom@uws.edu.au](mailto:p.groom@uws.edu.au)).

Any help at a rogaïne is greatly appreciated.

At the moment we need more ...

- Administration Assistants
- Caterers
- Hash House Team Staff
- Site Staff

for many of this year's events. We also need to consider next years Metrogaïne.

***Philip Groom, Volunteer co-ordinator***

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A brief summary of each job is given below:

- Administration Assistants – assist at the event with registering teams, distributing maps, record finish times and, at the conclusion, assist with score calculation and place allocation.
- Caterers – devise a menu and prepare food for the event. Caterers supervise the cooking and presentation of food and drinks at the event.
- Hash House Staff – assist the caterer, particularly with the cooking and presentation of food and drinks. Staff help with the setting up the hash house and the cleaning of hash house utensils after hash house closes.
- Site Staff – act a gate attendants, provide car parking and camping directions, maintain toilets, the fire and general site maintenance.

## Volunteers required for upcoming NSWRA Rogaines

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To add your name to the list below, please contact the volunteer coordinator,  
Philip Groom, Ph: 4578 2278 (H), [p.groom@uws.edu.au](mailto:p.groom@uws.edu.au)

<b>Lake Macquarie</b>	<b>NSW Champs</b>	<b>Socialgaine</b>	<b>Metrogaine</b>
6/12 hour 28 August 2004	24 hour 23-24 October 2004	6 hour 21 November 2004	6 hour
<b>Organiser</b>	<b>Organiser</b>	<b>Organiser</b>	<b>Organiser</b>
Bert van Netten	Graeme Cooper	John Barnes, Mardi Beat	
<b>Administrator</b>	<b>Administrator</b>	<b>Administrator</b>	<b>Administrator</b>
Bob Gilbert	Vicki Cooper		
<b>Admin Assistants</b>	<b>Admin Assistants</b>	<b>Admin Assistants</b>	<b>Admin Assistants</b>
Ian Dempsey	John & Marly Sinden	Eric, Barbara & Linden Barnes	
	Joy Thomson	Trish Beat	
	Philip Groom		
(3-4 people)	(3-4 people)	(3-4 people)	(3-4 people)
<b>Course Setters</b>	<b>Course Setters</b>	<b>Course Setters</b>	<b>Course Setters</b>
Rob Vincent	Graeme Cooper	John Barnes	Rollie Burford
	Barry Brandon	Mardi Beat	Jitka Kopriva
<b>Vetters</b>	<b>Vetters</b>	<b>Vetters</b>	<b>Vetters</b>
Neil Chapman, Ian Dempsey & Bert van Netten	Tony Maloney	Andrew Perry	
<b>Flag Retrieval</b>	<b>Flag Retrieval</b>	<b>Flag Retrieval</b>	<b>Flag Retrieval</b>
Hugh Flower	David Dash		N/A
<b>Caterers</b>	<b>Caterers</b>	<b>Caterers</b>	<b>Caterers</b>
Junior O Squad		2 <sup>nd</sup> Gordon Scouts	
<b>Hash House Team</b>	<b>Hash House Team</b>	<b>Hash House Team</b>	<b>Hash House Team</b>
Junior O Squad		2 <sup>nd</sup> Gordon Scouts	
<b>Site Staff</b>	<b>Site Staff</b>	<b>Site Staff</b>	<b>Site Staff</b>
<b>Photographer</b>	<b>Photographer</b>	<b>Photographer</b>	<b>Photographer</b>
Bob Montgomery			

Last updated 22 June 2004

Many thanks to those who have volunteered

# ***THE BLACK HILL – AUSTRALIAN ROGAINING CHAMPIONSHIPS 2004, SE FLINDERS RANGES, SOUTH AUSTRALIA***

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Dusk on the jagged Black Range. When we reach the highest point, Black Hill, we have the final glimpse of sunset. A pink, orange and blue mackerel sky hangs directly over distant St Mary's Peak, on the main range of the Flinders Ranges. A keen wind penetrates our light clothing.

Much, much later that night finds us in totally different country. Bare rounded hills, bathed in a diffuse grey light. The full moon is obscured by clouds now, leaving a view with no contrast, no shadows, no perspective at all. A distant hill and a nearby knoll appear indistinguishable, as if there are two hills where the map shows only one. We are wearing a few extra layers now against that cold breeze.

Morning sees us jogging again, along gravelly dry creek beds, or stepping through close-packed pines on the creek banks, or crossing broad open hillsides. The cloud has long gone and the sun warms us. The hours become minutes as we endeavour to clock up one more checkpoint before heading home.

Spinifex, or porcupine grass, covered some areas, and left more than just memories. Several days later I was still removing thorns from my hands.

Those were some impressions left after a great rogaine. The Championships were held this year at Holowilena Station, about 450 km north of Adelaide. The course covered 200 sq km, 48 well-spaced checkpoints, on a 1:50 000 map with 10m contour interval. The terrain varied from broad, flat, open country, to steep and jagged mountains.

I was teamed up with David Rowlands from Victoria, past winner of more championships than anyone else in rogaining, and 2<sup>nd</sup> in the recent world champs. 'If you can't beat them, join them', was my thought. However there seems to be a generation of somewhat younger rogainers, now with a wealth of accumulated experience, and they proved more than a match for us veterans. But I think we kept them honest – it was a very close result for the top places, see table below. The top two teams cleaned up the course. Sadly we had to drop two checkpoints, having lost time on navigational errors. It was a tricky course so I think all teams had some share of problems.

Remarkably, ACT rogainers took out top honours in all three open classes. They won the Interstate Challenge trophy too.

It's a shame that so many of you missed out on this event. I know rogaining is great in NSW but really you must broaden your horizons! Also I need a bit of support if we are ever going to make an impact in the Interstate Challenge. Having half of one team eligible for points is never going to be enough...

The latest news is that the next Australian champs WILL be in NSW. Actually it's being organised by the Queensland Rogaining Association, but I have heard that it will be on our side of the border, in some magnificent granite country, perhaps near Tenterfield. The date is 21-22 May 2005. Put it in your diary now.

***Mike Hotchkis***

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## 2004 Australian Rogaining Championships –Selected Event Results

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The top 5, plus category winners and all NSW entrants are listed here. Full results and photos are available on the SARA website (go to <http://rogaine.asn.au/> and follow links).

V=veterans (over 40), SV=supervets (over 55)

Overall	Class	Score	Time	Team Members
1	1 <sup>st</sup> M	2670	23:27:28	David Baldwin, Adrian Sheppard, Trevor Jacobs (ACT)
2	1 <sup>st</sup> X	2670	23:54:47	Tom Landon-Smith, Alina McMaster (ACT)
3	1 <sup>st</sup> MV	2600	23:51:02	David Rowlands (Vic), Mike Hotchkis (NSW)
4	3 <sup>rd</sup> M	2470	23:57:15	Nigel Aylott, Darren Clarke (Vic)
5	1 <sup>st</sup> W	2380	23:28:59	Julie Quinn, Emma Murray (ACT)
8	1 <sup>st</sup> XV	2130	23:35:36	Richard Robinson (Qld), Vivienne Prince (Tas)
16	1 <sup>st</sup> XSV	1860	23:13:10	Bill Kennedy, Peter Squires, Anne Kennedy (NZ)
17	1 <sup>st</sup> MSV	1800	23:59:38	Jim Langford, Chip Lundstrom (WA)
59	1 <sup>st</sup> WV	1120	23:09:43	Michelle Chamalaun, Robin Uppill (SA)
92	1 <sup>st</sup> Fam	810	23:49:24	John Soden, Zara Soden, Leith Soden (SA)
96	19 <sup>th</sup> XV	770	23:09:23	Richard Sage, Nihal Danis (NSW)
141	1 <sup>st</sup> WSV	140	04:23:12	Jan Hillyard, Ros Schofield, Sue Weckert (SA)
143	1 <sup>st</sup> XJ	110	22:28:52	Liam McComb, Cathy Harris (SA)
144	3 <sup>rd</sup> Fam	100	23:42:55	Alan Mansfield, Sonia Kupina, Louis Mansfield, Sophia Mansfield (NSW)

### Mike Hotchkis

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## World Rogaine Championships 2004

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After some dilemma about trying to find a competitive women's team to defend the title Kay Haarsma and I had won in Czech 2 years ago, I teamed up with David because it was less hassle for both of us. We didn't know much about the area in Arizona except the important detail that the rogaine was to be held at 9,000 ft (about 2,700m) which, when you live at 600m can feel quite high. So, the initial plan was to allow enough of our holiday to occur prior to the rogaine to acclimatise in an area that was reasonably high. A few days at the Grand Canyon and rambling across northern Arizona visiting National Parks and Monuments fitted this purpose ideally as well as providing an opportunity to stretch the legs with a trip down the Grand Canyon.

After travelling across the desert area of Arizona, we climbed up a hill towards the rogaine area and into what felt more European than Arizonan with pine trees and tussocky meadows. The campground that was the Hash House was tucked away in the pines near Big Lake (a trout fishing lake) complete with mosquitos to feel well out of the desert. We arrived mid-day on Friday, which made for a very relaxing afternoon preparing food, bags and catching up with Mathew, an old friend from Canberra who now lives in the US.

Because Arizona is the only southwestern State not to observe daylight savings, the rogaine started at 11 am instead of the usual midday. This meant for a bit of an earlier start than usual to be ready by map give-out at 8 am. Fortunately for Mathew, Rochelle and Kieran (our other friends) had turned up and they joined us at a picnic table for the planning. After some discussion, David and I started to pretty much join the dots in obvious areas. A quick add of the points and look at the terrain indicated that the SE corner was slim pickings in comparison to other parts of the course, while the NE corner was too good to miss out on. Initially, it also looked a bit like an "onion ring" course – that is, the biggest points around the outside, but a bit more study and we realised there was

the possibility of multiple loops from the hash house without sacrificing points. This was to be our strategy because I can run much better unencumbered by a pack. So, a big loop out east and north was planned initially with the intention of coming back past the Hash House about dark to pick up our bags and sweep the western half of the course by about dawn, then a third loop out to the SE corner to clean up what we had missed.

10.45 saw us down at the Hash House ready to go. A quick check of the map to make sure we ran off in the right direction (a slalom back through the campground) and I hung to one side while David picked up the control card. David chatted to Greg Barbour and pointed me out as a partner – a quick eyeing up and Greg decided I looked fit enough for David! 11 am and off we went. A few teams followed us through the campground but they must have been heading to the 70 pointer on the tower to the SE while we were heading to what Greg described as one of the more vague controls east of the Hash House. As usual, it took a while to get a feel for the scale of the map and we were also sussing out what tracks were marked and vegetation boundaries. After a short while we realised any major track would be marked and the vegetation boundaries were fantastic (privilege of having an orienteer spend 5 weeks doing the mapping for the course). We started picking off controls at a steady rate. I wasn't keen to run too hard so it was a conservative start but this paid off well later in the event with me still feeling reasonably strong 80 km later. David was happy enough to go along with the pace.

After much prior discussion about meeting bears, wolves, mountain lions etc our biggest fright was early on when David nearly stepped on a snake and we both levitated in different directions – could have been Australia! The only wildlife encountered were turkeys and many deer eyes in the night. We heard Coyotes howling just before dawn but not the privilege of seeing them.

After about 5 controls, we realised that we had been a bit ambitious with our first loop and that it was likely to be nearly midnight before we got back to the Hash House if we completed everything. Some discussion later, we decided to drop a loop in the southeast which had some long legs and lower points in the main. We also tentatively planned to drop a couple of controls on the way back into the Hash House if required (we did). I was feeling the altitude running around at this time so had started to walk anything that was uphill. I did a quick count of my pulse going up one hill and it was over 190 – that's bordering on anaerobic which is pretty high for a rogaïne, especially when we had been given advice that it was difficult to recover at altitude from "going lactic". Perhaps I ought to take the hills a little easier, not that any of them were particularly big. The map looks a bit daunting but with 6 m contours on a 1:40,000 it's not really that bad.

For the first 12 controls or so, we had only seen 2 other teams and were wondering where everyone had gone. As we hit the northern controls on the course we worked it out. They were all sweeping the big points on the northern fringe of the course and coming the opposite way to us. For a while we saw lots of people, including Nigel Aylott of whom we had been wondering who he had teamed up with, after turning up to the rogaïne without a partner. We met them as we were trotting down a track and stopped briefly for a handshake, which seemed very odd in the middle of a rogaïne.

Our first taste of the open country made us realise that it was quite rough underfoot with stony ground and lumpy tussocks making running hard work. This turned out to be even more so during the night with poor vision slowing us to a walk for most of the night travel in the open. The rest of our pre-night loop went without drama and saw us back at the Hash House right on the time we needed torches. After some debate about whether we really could afford the time to get anything from the Hash House (I was being rather keen about swinging through as fast as

possible), we dropped into the catering tent on our way to the car. In good American fashion, they had disposable cups so we each grabbed a hot coffee and headed up to the car. Pre-made pasta, coffee and a quick change of clothes made for an effective "transition" to night. We trotted out 20 minutes later feeling quite good. The first control in the dark was easy but we eyed off the second one with a little trepidation (not that the navigation was at all complex with such a good map). It was located in a forest clearing on the top of a flat hill. A careful bearing and pace counting off a track bend put us within 20 m of the control. Not bad we thought!

The next challenge was the major creek that runs through the southwest corner of the course. It was not very wide and did not look very deep at all but I had kept my feet dry for nearly 12 hours so wasn't keen to dampen them now. We took our shoes and socks off (shame if you're a Kiwi like me!) and crossed. A blunder into a swamp several hours later in the dark wet them but for now they were dry. With the good vegetation boundaries, the controls in the next area were relatively easy to find in the dark. The moon was due to rise late so we were going totally off torches at this time. A herd of deer gave me a fright when they stopped to stare and I didn't know what all the shining eyes looking at me were until David laughed. Since we left the Hash House we had only seen one team early on so were guessing we'd done another different route choice again...was it the right one? A few slow controls later and we hit the water drop near the open and started seeing teams again (we actually weren't that far from the Hash House at this time). Next was a traverse of the open area and this required lots of clothes, as we seemed to be in a cold air drainage line from the big snow clad mountain to the west. At this time I was grateful I hadn't ditched most of my clothes like I had been tempted to. We passed one team with a guy looking very sore (and saw them still going again in the morning!) and followed the little lighthouses of people resting onto the next control. They just didn't get it when I suggested that they had led us onto the control!

About 4:10 am saw the first light in the east. I was dubious as to whether this could actually be the start of dawn but sure enough it was light enough by about 4:50 to put our torches away and start the morning slog. So much for us being back at the Hash House at dawn. We were at the north westernmost control with six more to go before we got back. Another 20-minute break at the water control to eat some breakfast and have a rest (I was starting to get pretty sore and stuffed) didn't hasten us to the Hash House. Soon after, we hit a road and I was able to break into a trot, which gradually eased the aching muscles (not the tiredness). At the next control we encountered a team that had us in laughter – the second guy was being towed along with a bungy strap to the first guy. What made us laugh was the look on the guy's face, together with the fact he was being towed downhill! To give them credit, they actually did quite well in the end but I'd hate to be literally towed all around a course!

As we swung south towards the Hash House, we started encountering more and more teams, many of which were heading in the opposite way to us – obviously out for their morning loop. I was feeling decidedly envious of their sleep at this time. We hit the Hash House about 9 am and were glad to dump our packs. It was clear that cleaning the southeast corner was a dream! We weren't too sure what we could achieve but decided that at least the 70 pointer on the Tower was a must. A

### ***Julie Quinn***

Congratulations Julie and David, what a great effort!!

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bit of map gazing on the way up to it made us decide that controls 61 and 42 was being pretty ambitious and might make us late back so we went for 42 only. We took the short, steep way down from the tower and this popped us into a lovely grassy gully with great downhill running a good way towards the control. Once again, like the control after dark, our last one was a vague flat area with a clearing in the forest – but again it was very obvious once we got there. A trot back to the campground saw us running (if you could call a slow hobble of a run that) towards the finish about 45 minutes early. Had we done enough? We didn't think so to win but thought we'd done ok. I'd given it everything and was feeling exhausted so didn't feel like I could have done more.

Because we had got in early, we had the pleasure of watching all the teams come in, including our friends Rochelle, Kieran and Mathew (looking a bit sore) and Nigel Aylott (an hour late - oops!). Eventually, the presentations started and we were a bit disappointed that the organisers had not gone to much fuss. They stood on the edge of the road above the area everyone had gathered in and proceeded to confuse people by reading out place getters by score not category. It took a while to work out who had won what but soon we realised we had placed and exchanged grins. Then they read out second and it wasn't us – that got the biggest grin I've seen from David! We'd won!!!

Did the previous article inspire you to greater things then how about entering -

## **THE 2004 NSW ROGAINING CHAMPIONSHIPS**

### **23 - 24 October, Gundy, 24 hours with 15 in 24 hour option**

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We are going back to Gundy - the scene of the successful YHA 2000 Australian Rogaining Championships. The nearest big town, Scone, is on the New England Highway three hours drive north of Sydney.

The course area, which overlaps a large part of that used for the 2000 event, is set on private properties which are mainly used for grazing. The elevation ranges from 300m to 1000m. You will find an area that has fairly complex topography overall with lots of spur/gully constructs. As a bonus, the best "handrails" you can find anywhere, high voltage power lines, march across the course. The vegetation will hardly ever be a problem, consisting of a mix of open land through to medium forest.



Advantage has been taken of GPS and CAD technology to check the accuracy of the map around each control and make the necessary corrections to the map. There has also been extensive field checking of features such as roads, dams and buildings. The result should be a challenging course without the frustrations that were the inevitable part of a course set by traditional methods and using "off the shelf" maps.

Camping is at the Gundy Recreation area. It's level and has a very new building with flush toilets, hot showers, kitchen sinks and electricity. . All camping fees will be included in the entry fee. A bus will run from Newcastle to arrive at the event at around 11pm on Friday. City rail provides regular services from Sydney to Newcastle. The bus will return to Newcastle on the Sunday afternoon.

We need a complete Hash House Team. Vicki and her usual helpers have "spat the dummy" and are trying out their new-found skills in the administration arena.



These two pictures are of Spur Gully and The Towers – to see them up close you'll need to get to the NSW Championships in October

More information and photos are on the NSWRA web site [www.nswrogaining.org](http://www.nswrogaining.org).

# PLANNING YOUR ROGAINE

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Everyone has their own way of filling the three hours between 'maps' and 'Go'. We all know we have to hydrate, carbo load, rest, pack and repack six times, debate how much water and thermal gear to carry, go to the loo six times, compare weights of packs and sneak a look at other people routes but how do you actually go about the main task which is route planning? This is a way that works for me.

## **Step 1. Mark up the map- course corrections, course setters notes and highlights.**

I find that highlighting the controls makes it easier to plan, however you may actually cover some vegetation colouring by doing this. You can avoid that to some extent by marking the number rather than the control. I definitely highlight the water drops because they are hard to find easy to miss in the planning and in the dark. I try to put the important notes from the course setter on the face of the map, eg. if he says this control must be approached from the west I may put an arrow on the map or if there is thick vegetation east of the watercourse I may put an arrow and a bubble message on the map.

## **Step 2. Join and cover the map, notes and control descriptions on the back.**

Before doing major planning I like to join the sheets and cover the map, putting the control descriptions on the back. Some times course setters notes can go on too but if they go over one page there may not be room. Sometimes I get my partner to put one page on his map and I put the other page on. I use cheap covering because it goes on better, because it is thinner and less sticky. If you tape the map to the board or the car bonnet it makes it easier. Cut the sheet to the right size, (2cm oversize) then start it along the short edge and don't stretch the sheet sideways as you start it. Smooth it out from the middle with a handkerchief.

## **Step 3. Get the big picture by looking for major high ground and water courses**

I like to get a good overall picture in my mind. Some people are really quick at this and others struggle. If you mark with a 'white board marker' the main river system(s) and the main high ground(s), it can give you a good feel for the general shape of the course. \* If you then look at the controls in the major areas you can get a feel for the overall pattern eg. 'There is high ground to the north east with quite a few high point controls but lots of big climbs... the South is open forest and farms and there seems to be reasonable points but on average about 2km between controls... The north looks confusing for navigation and the vegetation is unpredictable being national park.' \* using a white board marker on your contacted map allows you to easily rub it out and try various options.

## **Step 4. Mark obvious routes starting at the edges**

Before you make any decisions, mark any obvious grouping of controls. These are usually found round the edges of the map. Your reasoning should be, 'If I am going to that one then I have to have come from here and therefore I must go there next' or 'While I'm there It makes sense to get that one and that one'. Other obvious routes are on the high ground and the low ground, minimising climbing and descending. Always look for routes that connect controls of similar altitude. Don't make the mistake of spending a lot of time at this stage working out the best route between '47' and '52' That small detail should be worked out later.

### **Step 5. Have a close look at routes-in and routes-out of HH**

Your route home has to have flexibility. There are basically two ways to do this: straight in along a feature with optional side trips to controls or the wheel route with the option to cut down a spoke to HH at each control. Each method allows you to recalculate your run to home after each control and gives you the option of shortening the distance. Remember that to get maximum efficiency you need to be scoring points all the way. It is no good to have a direct route home for 8km with no time for any side trips to controls. This means that you have walked that 8km for nothing!

### **Step 6. Join up the obvious routes to minimise altitude changes**

Now is the time to start making decisions. Start by joining the obvious routes. Mark in alternatives. I find that this is good time to start consulting with partner. He or she will have some alternatives and some route segments that you will have missed. You can discuss possibilities and come to agreement, hopefully!

### **Step 7. Estimate total distance and reasonable limit for the team**

This step is about selecting the most efficient part of the course to suit your ability. You should estimate how far you reckon your team can walk in the time. Top teams can cover up to 90km on an open 24 hr course but the average for a good team is probably about 50-60. This means that you will walk on a good day at about 2km/h. (including stops) This is likely to be more like 3km/hr in day and 1km/hr at night.

Obviously this increases with the openness of the course and the number of tracks available and your capability. Using the estimate of the distance you are capable

of, select the route segments that match this and maximise your points.

### **Step 8. Refine routes based on points per km, check water intervals**

You can also now use the points per km formula to decide whether it is worth going to a particular control. If you decide you can do 50km, and if the route you have selected is 2000 pts then your planned rate is 40 pts per km(2000/50) or 80 pts per hr (2000/24). Therefore if you have to travel over 2km or 1 hr to get an 80 pt control you are on the limits of effectiveness. Check that you have enough water capacity to get between water drops. Don't get too fussy now or you'll run out of time for that last banana and yogurt milkshake. The hard work is done.

### **Step 9. Permanent pen the map and fill out the intentions sheet.**

I then mark the map with a 1 cm long thin line with a permanent texta, slightly to the side of the direct route between each control and rubout the white board marker marks. The alternative is to make a route list of controls on the back or side of the map. All that is left to do is work out the plan to the first control or two and try to convince your rivals that they've got it all wrong!

### **Dave Jones**

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David has been rogaining for over ten years and his long time rogaining partner is Glenn Bridgart from ACT. Dave confesses to being 52 and accuses Glenn of being 55, he thinks!! They have won both ACT and NSW Veterans Championships together. He has offered up this article to share his opinions on how he approaches our sport. Hopefully, this will spark some interest from other competitors willing to share their secrets to successful rogaining.

# A DAY IN THE LIFE OF A COURSE SETTER ....

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I wake and realise it is daylight. My clock tells me it is a quarter to seven, fairly early for me. I'm not an early riser. I'm warm under a doona in a Scone Hostel bunk and don't fancy the next few hours before the day warms up.

Breakfast over I tackle the preparations for another day of searching for control sites. This is my fourth day this trip. One job is to fix a dressing of sorts on a biggish graze on my left arm. Some time ago I had a bright idea that I would get a motor bike to take me up the 4WD tracks that lead deep into the properties that make up the course area for this year's NSW Championships. I knew about these tracks after setting the course on this same area for the 2000 Australian Championships. I also remembered how much time and energy could be expended "getting in and getting out" from the more distant sections. So round to the local dealer and after a wait of only a week they come up with a Honda "Postie Bike" in the agricultural model that has an extra set of gears. Just what I needed. I used it successfully on a previous trip and on the first day of this trip.

The second day I went up a track I had walked recently. Going up was OK. Coming down was different. The combination of a steep slope, gravel, stones and my inexperience led to a broken brake lever and the grazed arm.

Among the more mundane hazards faced by all rogainers are grass and weed seeds. There hasn't been any rain worth mentioning for three months in this area. It is only lightly grazed so there is plenty of long dry grass and the seeds that go with them. Despite all the protective armour I have been wearing they still get in to stab me in all sorts of places and have to be labouriously plucked from clothes and shoes. I make a mental note to improve my armour before the next trip.

I had decided the previous evening to continue to work in the same area this day so my map was ready to go. Check out



the other gear like marker plates and wire and off I go, this time in the Camry. The Honda can have a rest for a while. I work by first doing an "armchair" set where I try to pick out likely looking control sites spaced out just so. My first one of these today is one of the group of three or four controls that will be the first visited by the competitors on the day of the event. These controls need to be placed to try and get a fan out of the teams immediately after the start. I've picked a spot which the map shows as having an unusual gully structure. As is so often the case however, when I get there the reality is very different. The actual structure lacks the detail the map shows. However a look around the general area does show up a very promising parallel gully structure that the map doesn't show properly.

A reading from my GPS at the top and bottom of each gully and I soon have an accurate watercourse pattern drawn on my

mylar. The contours can be corrected later. This is only lightly timbered cattle country so about the only place that a flag would not be seen for 500m in most directions is in one of the deeper gullies. The other problem is finding a suitable tree or shrub from which the flag can be hung. Luckily one gully had a tree with a well placed branch.

This event is all on private property and today my planned route will take me for part of the way along the boundary between two properties. Setting an event on private property against a State Forest or National Park introduces some interesting factors for a course setter. You first have to obtain "Property Maps" that show the extent of each property and then get the permission of each owner to include their block. It is at this stage that you find out that most owners are not at all certain just where their boundaries are on a map. They can take you out there and point to fences which they accept as being the boundary but when you show them the property map they will usually be unable to relate it to their fences. There is a very good reason for this.

Like most NSW rogaines, I am using a 1:25000 topographic map as my base map. You can buy them at your local newsagent or outdoor store. If you look at one you will see that as well as the contours, watercourses, roads and other features needed to navigate by, it contains "cadastral" information. The map is showing the small "portions" into which most of NSW was subdivided between 1860 and 1880. This big burst of subdivision was a consequence of the Robertson Land Laws of 1861. This was a grand plan to make Crown Land available to the rapidly growing number of free settlers. For one pound per acre they could select a block anywhere out of town of between 40 and 320 acres. It seems there were two ways this happened. You either picked your portion from a plan in a Sydney Government Office or you went to an area that was up for grabs and picked a likely looking block on the spot.

This process led to these people being called "Selectors".



*Editor's Note:*

*I'll bet you didn't see any sights like this way back then. The bike just doesn't belong in this picture.*



Either way they often arrived ahead of the government surveyors and disputes arose between themselves and the squatters who were already there as to who owned what. The surveyors were faced with an almost impossible task keeping up with the demand to peg out all these small portions. One interesting trick of their trade was to align most of the blocks to magnetic north-south and east-west and so greatly reduce time spent on calculations. Ignoring the small drift in the earth's magnetic field since around 1880, these cadastral lines give you handy magnetic north lines if you are using a map with them still on. For my events I make it even easier for you by rotating the map to magnetic north-south and deleting the clutter of the cadastral data.

While the objective of the Robertson Act of having tens of thousands of happy farmers each with their 100 acre block may have been admirable, the reality of course was that it was an impossible dream. Even in a good grazing area such as that in which I am working, it is hard enough to make a living with 10 thousand acres. The selectors soon found you could not support a family on 100 acres. The only way to do it was to rob your richer neighbours and so the act became largely responsible for the big increase in bushranging over this period. The Kelly family is a well known example of selectors who took up bushranging.

After battling against the odds, towards the end of the 19th century the selectors gave up and either sold out to adjoining land owners or had their blocks resumed by the banks to whom they were in debt. The Parish Maps of the time give a graphic display of the situation. The end result of this shake up is the more realistic sized properties of today. The only visible legacy of the selectors blocks is the jagged edges of these present day properties that zig-zag their way across the landscape. I often come across the remnants of old fences that line up with the dashed purple lines on my map that mark the legal boundaries. These remnants show that the early owners had the boundaries accurately surveyed and fenced. To hell with the

creeks and hills that got in the way. Somewhere near the middle of the 20th century when these first fences needed replacing, it is apparent there was a widespread agreement between adjoining landowners to 'adjust' the fence lines so they were easier to construct and maintain. It was done on the basis of you can have that bit of mine if I can fence in that bit of yours.

The makers of these deals have mostly long since departed the properties or died leaving current owners who, as I said earlier, can point to where the boundary fence runs along that ridge over there but can seldom point to where this is on a map or where the legal boundaries lies. What you do find out when you talk to them is they would like to know. Not surprisingly they are interested in whose ahead in the "a bit of yours for a bit of mine" deals of bygone years. So I have taken to plotting in fences wherever I go. The 10m accuracy of a hand held GPS fits comfortably with the 1mm = 25m scale of the map. Nowhere near survey accuracy but plenty good enough for rogaining purposes and for giving the landowners something to peruse.

My plotting today shows a typical situation where the fence it suits me to follow runs along a ridge, cutting across the zig-zag dashed purple lines on my map. The fence runs out onto a large relatively flat area and onto a "purple" corner. It then actually runs for about 100m along the purple line! I think about making the corner post a control point. The description could be "The Cadastral Corner". It's a pity the fences won't be on the map you get when you enter the event. So after an enjoyable lunch break I push on to the next "armchair" site.

This one is a spur. Spurs present their own set of problems. In this country the light vegetation often means a flag could be seen for miles around. Another is deciding just where you are. Contour lines can often show a significant change in the slope of the centre line of the spur at a particular point. The setter and the competitor can use this to locate by. Today I've found a

good one with just the right trees and shrubs to hang the flag without it being too visible. There is also a change in slope perhaps even more pronounced than the map indicates. A short consultation with the Garmin Oracle confirms the position. A slight adjustment of the contours and I've got another one set.

By the time I reach the next potential site it is getting late. This is late May and the days are short. I've learnt from past experience to be wary of "Sundowner" controls. You are anxious to get another one done before you give up and head back but being tired and in a hurry can lead to errors which you have to come back later and fix. This spot has a useful set of small but deep gullies running into a bigger watercourse. There are a number of good control sites. I pick on one and make a

mark where I think I am on the map. A walk up and down parallel to the main gully shows as is often the case that there are more side gullies than the map shows. This is a similar situation to my first control today except that this is open forest and not so steep. You can't see the gullies till you are near them. Having an accurate mapping of each one and how they line up with ones on the opposite side of the main gully is important.

I've just got time to achieve this before dark. I have my headlamp with me and know I'm not far from a road. An hour's steady walk brings me back to the Camry and another 20 minutes back to the hostel and a welcome hot drink. A meal, a write up of the day's events and that's another very enjoyable day over.

**Graeme Cooper**

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## 2004 PADDY PALLIN RESULTS

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
256	Andrew Hill, Rob Preston	1760	14.51	1	1								
239	Tom Landon-Smith, Alina McMaster	1650	15.01	2			1						
233	Matt Archison, Matt Blundell, Jay Wilson	1600	14.57	3	2								
15	Mark Freeman, Martin Krause	1510	14.58	4	3								
187	Richard Green, William Landers	1450	14.55	5	4								
143	Joel Mackay, Martin Matthews, Lance White	1410	15.08	6	5								
80	John Barnes, Mardi Beat, Andrew Perry	1400	14.56	7			2						
98	Peter Annettes, Chris Schulz	1370	14.52	8	6								
8	Ian Cameron, David Lyle	1340	14.47	9	7			1	1				
161	Mike Hotchkis, Christophe Waring	1310	14.56	10	8			2	2				
41	Andrew Haigh, Nicole Haigh	1300	14.58	11			3						
108	Joanna Parr, Nick Wilkinson	1250	15.01	12			4						
237	Damon Goerke, Fleur Grose	1240	14.56	13			5						
62	Colin Tuft, Peter Tuft	1230	14.54	14	9								1
144	Peter Dubbelaar, Ross Pointer	1220	14.47	15	10								
26	Bruce Cook, Wil de Sain	1210	14.57	16	11			3	3				
257	Bob Kimbrey, Rod Tracey	1200	14.52	17	12			4	4				
153	Wilf Finn, Sean Henderson, Jamel Potter, Beau Riley	1190	14.49	18	13								
56	Stephen Thompson, Eva Wong	1190	14.53	19			6						
146	Stuart Adams, John Nixon	1190	15.08	20	14								
182	Ken Anderson, Christina Bedard, Toby Cogley, Robert Drysdale, Julie Hatfield	1180	14.51	21			7						
107	Terry Bluett, Melvyn Cox	1170	14.57	22	15			5	5				
95	Sue Clarke, Walter Kelemen	1160	14.58	23			8	6			1		
252	Joel Donney, Jennifer Scott	1130	14.58	24			9						
140	Jamie Darwen, Rob Parbery	1120	14.55	25	16								
241	Casey Luscombe, Geoff Luscombe	1120	15.15	26	17								2
42	Greg Barton, Bruce Macaulay, John Patterson	1090	14.49	27	18								
32	Alan Bradley, Ian Dempsey, Dee Duncan, Steve Guy	1080	15.05	28			10	7			2		
104	Joanna Boyd, Christian Peckham	1070	14.52	29			11						
117	Alexia Fischer, David Fischer, Clare Watson, Robert Watson	1070	14.54	30			12						3
33	Lewis Commins, Robert Lewin	1070	14.55	31	19			8	6				
171	James Hayward, Jessica Hayward	1060	14.57	32			13						4
54	Bert & Dianne van Netten, Jamie van Netten, Kim van Netten	1060	15.00	33			14						5

## 2004 PADDY PALLIN RESULTS (Continued -2)

Team	Name	Score	Time	Open	MW	X	Vet	MV	WV	XV	SV	Jun	Fam
9	Gretchen Hart, Martin Parmenter, Julian Thompson	1060	15.05	34			15						
165	Monique De Jong, Robert De Jong, Andrew Halliday, Olivier Valee	1050	15.11	35			16						
244	Marta Ceislinski, Andrew Scott	1040	14.58	36			17						
151	Danielle Haase, Derek Williamson	1020	14.56	37			18						
116	Martin Mahoney, Peter Marshall, Jim McLean	1020	14.57	38	20			9	7				
50	Peter Day, Philip Gibbs	1010	14.55	39	21								
38	Andy Simpson, Alexa Troedson	1010	15.16	40			19						
6	Bill Chalmers, Neil Chappell, David Lilley	980	14.44	41	22			10	8			1	
20	Cameron Osborne, Carol Osborne	980	14.56	42			20	11			3		
128	David Griffith, Thomas Griffith	980	14.58	43	23								6
89	Selwyn Butt, Craig Dunn	970	15.01	44	24								
55	Lee Alfrey, Derryn Harrison	960	14.55	45	25								
46	Gregory King, Luke King	960	14.57	46	26								
47	Mike Keith, Keith McPherson, Mike Pola	950	14.55	47	27								
45	John Cullity, Peter Overton	940	14.56	48	28			12	9				
85	Lynn Dabbs, Kevin Williams	930	14.49	49			21	13			4		
130	Gill Fowler, Alex Kingston, Matt Ryan	920	14.52	50			22						
103	Christine Curtin, Stephen Darby	920	14.54	51			23						
110	Peter Booth, Glenn Schwarzel, Mark Schwarzel	920	14.56	52	29			14	10				
215	Bill Dowsley, Maurice Ripley	910	15.01	53	30			15	11				
71	Matt Costin, Chris Elphick, Alex Grime, David Massa, Will Roden	900	14.58	54	31								
23	David Hawthorn, Andy Mackereth, Morgan Small, Simon Smith	890	14.55	55	32								
155	Sue Kurrle, Katja Richter	880	14.49	56		1							
19	Julie Avakian, Michael Avakian, Kate Everett, Michael McCort, Yvoine McCort	880	15.00	57			24	16			5		
188	Lyndell Landers, Rochelle Staples	870	14.45	58		2							
119	Michael Burton, Connie McNamee	870	14.55	59			25	17			6		
1	John Anderson, David Dash, Peter Tamsett	870	14.58	60	33			18	12			2	
242	Tony Garbellini, Fiona Mandelc	860	15.02	61			26	19			7		
157	Peter Gordon, Pili Vazquez	860	15.07	62			27						
44	Jackie Fitzgerald, Anthony Hutchings	840	14.56	63			28						

## 2004 PADDY PALLIN RESULTS (Continued - 3)

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
69	Philip Allen, Bob Bartle, Ted Booth	840	14.56	64	34		20	13			3		
154	Sarah Pavlich, Toby Trappel	840	15.00	65		29							
251	Brendan Clissold, John Evans	830	14.44	66	35								
2	Oscar Clarke, Paula Stuart, Nihal Danis, Richard Sage	830	14.51	67		30							
152	Michael Sliwka, Roderick Smith	830	15.11	68	36								
137	Paul Barry, Kate Golder	830	15.12	69		31							Fam
174	George Collins, Stuart Ford	820	14.57	70	37								
40	Bernadette Becher, Darlene Chainey, Vanessa Freeman	810	14.45	71		3							
35	Karen Darby, Tony Murphy	810	14.52	72		32							
164	Richard Connors, David Green, Andrew Palmisano	800	14.50	73	38								
7	Phillip Keaton, Benita Sommerville	790	14.51	74		33							3
11	Ray Overdijk, Oliver Sienn	790	14.55	75	39								
67	Derek Anderson, Mark Eggers	790	14.56	76	40								4
70	Meredith Dodds, Marcelle Gannon, Samara Lewis, Eva Mak	790	14.58	77		4							
221	Andrew Wisniewski, Rhys Wisniewski	790	14.58	78	41								
234	Mark Coppock, Adam Hart, David Hart	790	15.00	79	42								
63	Katherine Tuft, Robyn Tuft	790	15.05	80		5							
14	John Hodsdon, Val Hodsdon	780	14.51	81		34	21			8	4		
201	Tonino Falzarano, Steven Griffiths, John Rijvers	780	14.55	82	43		22	14					
58	Kristi Bryant, Paul Bryant, Kate O'Brien	780	14.56	83		35							
123	Murray Russell, Shane Russell	780	14.58	84	44								
168	Murray Gill, Greg Muddle, Matt Perram	750	15.04	85	45								
52	Duncan Cross, Cameron McDonald	750	15.07	86	46		23	15					
17	Bill Rookyard, Rusty Worsman	750	15.15	87	47		24	16					
210	Stephen Huang, Colleen Mock, Colin Mock	740	14.54	88		36	25			9			
49	Ross Duker, Eric Smith	740	15.06	89	48		26	17					
21	Wayne Davis, David Leslie, Reddall Leslie	740	15.29	90	49								
250	Andrew Ellis, Jonathan Fullerton, Sam Kirk, Aaron van der Jagt, Daniel Wise	730	15.05	91	50							1	
16	Garry Thong, Amy Thorburn, Chris Vik, Mark Von Huben	710	15.02	92		37							
162	Judee Fuller, Joanne Gould	700	14.49	93		6							5
86	Sue Casburn, Arran Gordon	700	14.54	94		38							
167	Ben Power, Joan Tulett, Emily Twyford-Jones	700	14.57	95		39							
177	Liz Olsson, Bill Taylor, Richard Wood	700	14.57	96		40							

## 2004 PADDY PALLIN RESULTS (Continued – 4)

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
172	David Perkins, Bryan Smith	690	14.51	97	51		27	18					
231	Jason Bell, Jamie Bonnefin, Nigel McDonald, Nicole Sellin	690	14.57	98		41							
240	Steve Clancy, Peter Washington	690	14.57	99	52								
169	Roger Crawford, Peter Crowe, Alan Jones	690	15.07	100	53								
82	Barbara Barnes, Richard Barnes	690	15.12	101		42	28			10			
208	Judy Young, Lindsay Young	680	14.38	102		43	29			11			
97	Peter Hanselmann, Tom Hanselmann, Ann-Louise Johanson, Graeme Woodward	680	14.49	103		44							
230	Gail Finlayson, Scott Finlayson, Andrew Johnstone	670	14.57	104		45							
39	Ken Bright, Greg Scott	660	14.54	105	54		30	19					
125	Jeff Ayres, Carl Mistler, Melanie Oliver, Trent Oliver	660	15.01	106		46							
166	Adrian Clarke, Carolina Roman, Lachlan Rowe	650	14.16	107		47							
202	Bryony Cox, Timothy Cox	650	14.41	108		48	31			12	5		
192	Peter Morris, Monika Simpson	650	14.51	109		49	32			13			
199	John Hefko, Gregory Knight, Paul Knight, Kathryn Mortimer	650	14.56	110		50							
92	Michael Wu, Susie Wu	640	14.18	111		51							
102	Katherine Dynon, Elise Ring	640	14.44	112		7							
73	Kathy Herrmann, Kristiane Herrmann	640	14.47	113		8	33		1				
37	Lyndal Maloney, Elouise Peach	640	14.52	114		9							
29	Naomi Ahdallah, Jarryd Barton, Cara Hill	640	14.57	115		52							
78	Diana Charlton, Glen Charlton, Peter Charlton, Robyn Charlton, Scott Charlton	640	14.57	116		53							7
122	Rochelle Derriman, Anthea Whitlam	630	14.53	117		10							2
243	Amber Richmond, Chloe Rose	630	14.53	118		11							3
248	Scott Bedingfield, Nicole Delbridge, Karen Dower	630	14.59	119		54							8
83	Jemima Trappel, Ray Trappel, Zac Trappel	620	14.26	120		55							9
135	Hannah Randall, Chloe Vaughan, Jim Vaughan, Owen Vaughan	620	14.45	121		56							
114	Linda Egginton, Terry Egginton	620	14.56	122		57							
77	Julian Leslie, Matthew Toffolon	620	14.59	123	55								
99	Anna Kricker, David Kricker, Duncan Robertson	620	15.13	124		58							
65	Carolien Murre, Roel van Bernebeek	610	14.15	125		59							
163	Maxwell Sy Coates, Gayle Pershouse, Greg Rowe	600	14.33	126		60	34			14			
148	Kath Grant, Lyn Jones, Annette Stewart	600	14.54	127		12	35		2				

## 2004 PADDY PALLIN RESULTS (Continued – 5)

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
212	Adrian Brown, John Neville	600	14.55	128	56		36	20					
185	Kyle Redgrove, Miles Rowston, Wade Rowston	600	14.59	129	57								11
246	David Sanders, Lawrence Sanders, Rosita Sanders, Stewart Sanders	590	14.46	130		61							12
121	Brad Adrian, Sara Carter, Simon Crisp, Nicole Trapnell	580	14.48	131		62							
213	Emily Prudhoe, Julia Prudhoe, Paul Prudhoe	580	14.51	132		63							13
60	Kai Budd, Kim Chew, Jenny Fredrickson, Alice Jones, Angas Weingot	580	14.55	133		64							
75	Carol Jacobson, Ken Jacobson	570	14.48	134		65	37			15	6		
84	Judy Richardson, Lynne Trappel	570	14.56	135		13	38		3				
178	Julia Preston, Robert Joh Preston	560	14.34	136		66	39			16			
158	Matt Adams, Cyril Bartlett, Bronwen Gill, Mark Russell-Jones, Alison Thomas	560	14.40	137		67						4	
53	Arwen Cross, Elwin Cross, Julie Gardner, Bryn Loftus, Merinda Turton	560	14.56	138		68							
160	Peter Figar, Scott Hamilton, Alex Rachlewicz	560	15.00	139	58								
31	Gary Barnard, Gail Siccardi, Kathleen Wilson	560	15.11	140		69	40			17			
13	Mark Brackenreg, Nicole Brackenreg, Rebekah Day, Steve Day	550	14.48	141		70							14
180	David Bere, Teresa Latimer, Angela Shoobridge, Ryan Sikk, Julie Street-Smith	550	14.59	142		71							
179	Nathan Leicht, David McDonald, Angela Mendola, Belinda Leicht	550	15.00	143		72							
34	Phil Foster, John Siccardi, Mike Zexen	550	15.29	144	59		41	21			7		
129	David Treacy, Sarah Treacy	540	14.53	145		73							
198	Brandon Church, Steve Church, Colin Neate, Geoffrey Sutton	540	14.53	146	60								15
18	Kathie Boller, Anne Doyle, Kirsten Field, Sharon Moss, Diane Westaway	540	14.58	147		14							
184	Marianna Kucic, Amanda Seymour, Amanda Thompson-Iainy, Carolyn Whitten	540	15.12	148		15							
111	Margaret Bouttell, Roisan Bouttell	520	14.44	149		74							
101	Anthony Dynon, Heather Dynon	520	14.47	150		75	42			18	8		
4	Jason Hollard, Sebastian Hollard	520	15.15	151	61								16
195	Alison Tree, Richard Wolf	510	15.02	152		76							
209	Ray Perry, Lesley Lei Sullivan	500	14.46	153		77							
226	Martin Mansfield, David Noble	500	14.54	154	62		43	22					

## 2004 PADDY PALLIN RESULTS (Continued 6)

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
206	Darren Collins, Mark Constable, Paul Davis, Iain McDonald, Fernando Romero	490	14.46	155	63								
88	Clare Bellis, Bill Evans	490	14.49	156		78	44			19			
175	Patty Correll, Barry Drake	490	15.08	157		79							
90	Lisa Butt, David Gwillim	480	15.02	158		80							
134	Leah O'Callaghan, Kerrie Vaughan	480	15.22	159		16							
181	Cathryn Grant, Rob Walker	470	14.31	160		81							
203	Charles Bowden, Len Sharp, Annette Sudan	470	14.54	161		82	45			20			
149	Anne McGuire, Greg McGuire, Therese Powell	460	14.56	162		83	46			21			
81	Eric Barnes, Trish Beat	460	15.08	163		84	47			22	9		
109	Sylvia Attaro, Wallace Chu, Leon Egorin, Alex Kuznetsov	440	14.50	164		85							
207	B Hopkinson, R Hopkinson, T Hopkinson	440	14.50	165		86							17
48	Chris Moore, Lucy Temple-Smith	440	15.12	166		87							
87	Jordan Richardson, Maurice Richardson	430	14.54	167	64								18
57	Andrew Kennedy, William Kennedy	420	14.42	168	65								19
74	Joanne Kershaw, Shawn Russell, Belinda Scott	420	14.43	169		88							
113	Denise Black, Wit Cieslik	420	14.54	170		89	48			23			
59	Belinda Crane, Mel Crane, Jill Dewey	420	14.58	171		17							
12	Jeremy Salmon, Michael Salmon, Rowena Salmon	410	14.36	172		90							20
235	Ross Douglas, Brendan Saritschniy	410	14.44	173	66								
22	Philippa Reynolds, James Rooney, Kevin Walton	410	14.56	174		91							
214	Chris Buykx, Lisa Justice	410	15.00	175		92							
5	Penny Field, Geoff Ritchie	410	15.09	176		93	49			24			
124	Krissi Brewster, Christine Logan	400	14.47	177		18							
25	Pam Montgomery, Robert Montgomery	400	14.52	178		94	50			25	10		
132	Geoff Bovard, Mark Farac, Thais Turner	400	14.52	179		95							
27	Penny Allen, Marie Kibble	400	14.53	180		19	51		4		11		
193	Steve Dowlan, Adam B Hunter	390	11.46	181	67								
120	John Bishop, Karen Hunt	390	14.49	182		96	52			26			
126	Louise Oliver, Clare Watts, Laura Watts, Michael Watts	390	14.53	183		97							21
245	Chris Jewell, Liam Jewell	390	14.55	184	68								
131	Leeanne Dwyer, Stephanie Seaton, Jenny Wood	390	14.56	185		20							
222	Georgina Castle, Matt Castle, Rosie Castle, Tim Castle	390	15.08	186		98							



## 2004 PADDY PALLIN RESULTS (Continued – 7)

Team	Name	Score	Time	Open	MW	X	Vet	MV	WV	XV	SV	Jun	Fam
106	Kathy Beckenham, Wayne Beckenham, Jennifer Gould, John Gould, Leigh Johnston	380	14.39	187			99	53		27			
254	Lyn Gett, Ron McMillan	380	14.45	188			100	54		28			
159	Carol Gill, Emily Gill, Lynette Wright	380	14.57	189		21							22
127	Clare Loui Fasching, Doug Saxby	380	15.11	190			101						
194	Helena Chan, Paul Rendell	380	15.19	191			102	55		29			
189	Crystal Pettit, Dave Pettit, Priscilla Pettit	370	14.50	192			103						23
255	Jo Lehrer, Mark Skrzypiec	370	14.50	193			104						
66	Martin Liiv, Madeline Liiv, Rob Paterson	370	15.00	194			105						24
24	Tracy Bryan, Scott Cohen	370	15.12	195			106						
217	Andy Cairns, Marion Cairns	370	15.16	196			107	56		30	12		
191	Ian Marx, Julian Radom, Sandra Thomas	360	14.52	197			108						
112	Katrina Beringer, Jesena Bree, Sabrina Cascio	360	14.56	198		22							
196	David Bell, Lucy Bell	350	14.23	199			109	57		31			
64	Yvonne Dash, Adam Johnston, Kathryn Tamsett, Stewart Tamsett, Sarah Tamsett	350	14.30	200			110						
28	Sarah Garnett, Bronwyn Steele	350	14.55	201		23							
145	Alexander Mach, Markus Ostermaier, Moritz Zimmerman	350	14.59	202	69								
68	Thea Richardson, Jan Sargood	350	15.00	203		24							25
211	Graham Harivel, Marg Harivel, Chris Hatcher	340	14.47	204			111						
105	Judy Shea, Paul Shea	330	14.31	205			112	58		32	13		
96	Jocelyn Bradley, Paul Lock, Julia Slotwinski, Marek Slotwinski	320	14.53	206			113						
115	Rebecca Down, Max Tong	310	14.41	207			114						
141	Ember Sweeney, Hunter Sweeney, India Sweeney, Kaye Sweeney, Matthew Sweeney	310	14.50	208			115						26
142	Claudia Robinson, Cliff Robinson, Julia Robinson, Kate Robinson	310	14.50	209			116						27
100	Barbara Chapman, Kim Gibbs, Anne Widmer	310	14.56	210		25		59		5			
136	Debbie Bush, Jenni Farrell, Heather West	310	15.07	211		26		60		6			
93	Niels Gebauer, Bert Lancaster, Jane Mathews	300	14.22	212			117	61		33			
227	Emma Mansfield, Deborah Noble, Rebecca Noble	290	14.52	213		27							5
229	Stuart Wilson, Stephen Woo	270	14.43	214	70								
223	Renate Griffith, Debbie Hotchkis	270	14.54	215		28		62		7			
205	Alexander Robinson, James Robinson, Neal Robinson	270	15.10	216	71								28

## 2004 PADDY PALLIN RESULTS (Continued – 8)

Team	Name	Score	Time	Open	MW	X	Vet	MV	WV	XV	SV	Jun	Fam
3	John Kell, Sally Kell, Graham Millar, Phillipa Chaffey-Millar, Richard B Smyth	260	14.24	217			118	63			34		
224	Dennis Byrne, Sue Byrne, Skye Byrne	260	15.18	218			119						
61	Peter Figiel, Danny O'Connell	240	14.27	219	72								
247	Daniel Buckingham, Sam Wilson	240	14.44	220			120						
43	Brian Haebich, Stephen Ward, Tracy Anne Ward	240	15.11	221			121						
219	Shane Jones, Ben Pankhurst, Danny Roberts-Clark, Ken Stocks	220	14.53	222	73							6	
249	Nick Bennell, John Elder, Brad Love, Nathan Lynch, Sam Margin	220	15.02	223	74							7	
190	Yves Kerdroan, Tom Mactier, Cameron Schmelitschek	220	15.19	224	75								
173	Gillian Perkins, Iain Wilson	210	13.57	225			122	64			35		
79	Anthony Pettit, Betty Pettit	210	14.26	226			123	65			36	14	
118	Hannah Cole, John Cole, Sophie Cole	210	14.31	227			124						29
225	Jennifer Noble, Rachael Noble	210	14.56	228		29							30
156	Colin Fenning, Geoff Morschel, Rebecca O'Brien, Francis Padjan, Geoff Thurtel	200	15.08	229			125						
204	Brad Eastwood, Stuart McGregor	170	15.10	230	76								
138	Jenny Cullen, Shona Forsyth	140	14.55	231		30							
139	Melissa Anderson, Boyd Attewell, Lisa Corbett-Jones, Ishbel Cullen, Asha Forsyth	140	14.56	232			126						31
147	Corey Ryan, Michael Ryan, Peter Ryan	130	15.22	233	77								32
170	Belinda Pope, Nicholas Pope, Stephen Pope, Deanna Robinson, Stuart Robinson	120	14.56	234			127						33
238	Micheal J Sumner, Michaela Sumner	100	13.56	235			128						34
197	Steve Deveney, Kirstie Vane, Phil Vane	100	15.19	236			129						
150	Cassandra Stein, Debbie Stein, Jade Stein, Paul Stein	20	13.55	237			130						35
176	Sonia Kupina, Alan Mansfield, Louis Mansfield, Sophia Mansfield	10	11.59	238			131						36
51	Robert Greenwood, Bob Smythe	Late											
220	David Coysh, Rose Coysh, Brenton Pumpa	Late											
216	Juliette Bal, Julien Buntoux	Late											
91	Barbara Junghans, Ron Junghans	Late											

# 41<sup>ST</sup> PADDY PALLIN ROGAINE, CO-ORDINATOR'S REPORT

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Check the photos on the NSWRA website and you'll get a good feel for the area; a big valley with a flat, sandy river and 200 metre climbs to the dissected plateau. Lots of rock, but the cliffs weren't too hard to skirt or sidle around and they offered almost continuous lookouts and lookdowns. Our hashhouse site was close to ideal, with easy access from Sydney, oodles of space, flush toilets, friendly resident Ranger, cricket pitch and even covered workspace for our caterers.

Setters Chris Stevenson and John Clancy were able to create an expansive course, probably the biggest in the history of the event and certainly the most challenging. After a wet, south-westerly change that whooshed by on Saturday afternoon the night was clear with a touch of morning frost leading to a near-perfect winter day. To the above mixture add 700 keen and friendly people and we had all the necessary ingredients for another (the 41st) successful Paddy Pallin Rogaine.

Many regular names appeared at the elite end of the scoresheet, with Andrew Hill & Rob Preston the overall winners, 90 points clear of Tom Landon-Smith & Alina McMaster. Matt Archison, Matt Blundell & Jay Wilson were 3rd, 50 points behind Tom & Alina, Ian Cameron & David Lyle topped the veterans (over 40) class, Peter & Colin Tuft headed the other families, Sue Kurrle & Katja Richter were the top women, while Bill Chalmers, Neil Chappell & David Lilley led the superveterans (over 55) brigade.

But the results fail to show the important less-competitive elements of the event, especially the new-timers who hadn't rogained before and the kids, such as the Broughton College outdoor ed students and the East Maitland scout troop, and the youngsters who had to be carried after an hour or two, or were carried from the start in papooses or backpacks. These are the people who were pleased to find one, or maybe three, controls in the bush

As casual co-ordinator my thoughts were mostly on problems, like the mischief who

kept reversing the arrow on the sign near the Putty Road thus directing arrivals to Lower rather than Upper Colo, Chris & John's rapid response to the stolen flag and water bottles, reinstating porta-loos, Noel from St John deftly and patiently releasing the keys locked in the Ford and, with Vanessa, carefully treating the few injuries that arose (a couple of sprained ankles, a shin puncture).

Which doesn't detract from the good things... the pleasure on coursesetter Chris' face was obvious as he watched the 242 teams scatter in all directions, some towards chilly feet on the first Colo River crossing, others moving up and down the valley to easy controls prior to climbing to the high country. There were the consistently positive vibes of the teams I encountered on a quick recon to W3, and the throng of happy, weary rogainers returning for food, rest and a chat with friends new and old.

Of course there is lots of work associated with producing such an event. Our main protagonists were: Chris Stevenson and John Clancy, who organised and set the course, visited the landowners, constructed the map and did a lot of everything at the event site. Ian Almond looked after administration, including collecting and collating entries, communicating with and tracking teams throughout the event, and collating results. Julian Ledger was Mr Everywhere, with course vetting, equipment procurement, event promotion, water supply, site operations and sage advice. Phillip Wood & Waitara Scouts continue to impress with their organisation and convivial spirit in catering for such a large crowd. Their convoy of helpers and laden trailers arrived on Saturday about noon, survived the south-westerly change mid-arvo and delivered hearty, healthy dinner for 150 and Sunday lunch for 700. Quite an achievement!

And the many others who put in:  
Bronwyn Wilson, Jenny, Peter & Jessica  
Almond: administration before, during (and probably after) the event.  
Anne Newman: vetting  
John Bowles, Kirk Bendall & Chris Cowrie:  
general roustabouts on the weekend  
Michael Watts: entered team details into the event database  
Kevin Cox: access and facilities in Upper Colo Reserve  
Noel & Vanessa: from St John, had some first aid to dispense but fortunately not a lot  
Bob & Shane Kimbery: delivered the NSWRA trailer  
Paul & Debbie Stein: signage and equipment  
Dianne & Matthew Stevenson: coursesetter support

Julie, Miles & Grace Waring: the busy time at the finish  
Toby Cogley: promotion and prizes  
Chris, JohnC, Julian, JohnB, Ian & Bronwyn hung the flags  
Matt Ryan, a regular rogainer and Upper Colo resident, helped with access and is retrieving the flags

To all of the above, on behalf of the throng who benefited from your efforts, I say thanks for your time and energy.

By the way, the official number of participants was 661. When it comes to maximum number of rogainers in an event, this must be close to the most.

**Trevor Gollan**

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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 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](mailto:julianl@yhansw.org.au)

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