



NEW SOUTH WALES
ROGAINING
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 105

September 2004



JUST A SMALL GLIMPSE OF WHAT GUNDY HAS TO OFFER AT THE NSW CHAMPIONSHIP

www.nswrogaining.org

2004 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
23-24 October 04	NSW Champs 24hr	Gundy	Graeme Cooper 02 6772 3584
21 November 04	Socialgaine	Terrigal	John Barnes
27 February 05	Metrogaine	?	
April 2005	Autumn 12 hour	?	
19 June 2005	Paddy Pallin	?	

INTERSTATE AND OVERSEAS ROGAINES

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



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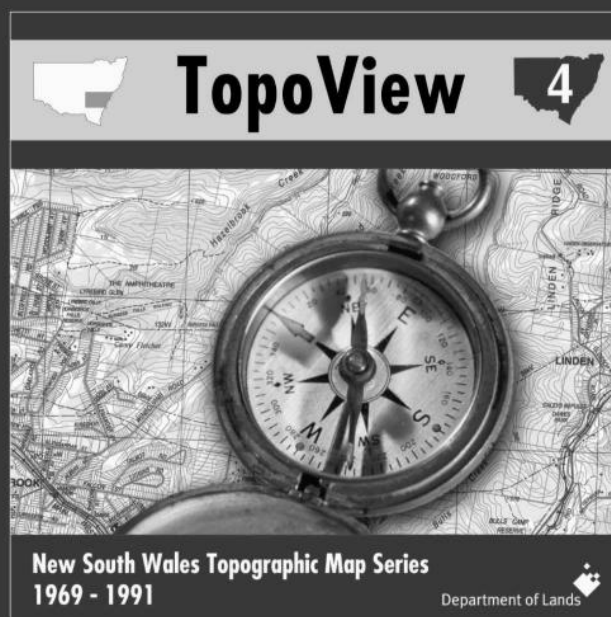
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MESSAGE FROM MIKE (OUR 2004 PRESIDENT)

The next event is the NSW Rogaining Championships. It's a traditional 24 hour event.

What was your first rogaining event? Perhaps you are new to rogaining and you have recently started with one of our 12 or 6 hour events. My first event was back in 1991, and it was a 24 hour event. I went straight in at the deep end. Why not? After all, you choose how long you stay out for. With a noon start time, there are many ways to enjoy a 24 hour event. If you're not so confident with night navigation, return to the hashhouse before dark (take a torch just in case!), have a good feed, relax, sleep, and then go out again in the morning. Or if you feel you need your beauty sleep, as most rogainers do, you might take sleeping bags out with you, have a nap on the course, perhaps at the 'All Night Café'. The choice is yours. Hope to see you there!

Sadly I couldn't make it to the Lake Macquarie rogain this year. However I saw the photos on the website. Couldn't see any evidence of the usual rain and mud that has made that event so memorable over the years. I just hope you were able to enjoy yourselves all the same.

Should we / shouldn't we go for that one last control? Could it make the difference between winning and second place? Or if we go for it, will we just end up late and lose more in penalty points? Such are the agonising questions that frequently exercise the minds of competitive rogainers, as they find themselves on the home straight at the end of a rogain.

A couple of weeks ago I did the ACT Cyclegaine. A 6 hour event on mountain bikes, in pine forest just outside Canberra. With less than 15 minutes left on the clock, my partners were keen to go for just one more. I steadfastly refused to consider a quick dash for this 30-pointer way off our route to one side. I was worn out, happy to finish with a few minutes to spare.

My worst fear was realised when the results came up. In Mens Vets, we were in second place on 2020 points, beaten by a margin of just 20 points!

Quote of the month: From *Alice's Adventures in Wonderland* by Lewis Carroll

"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to", said the Cat.

"I don't much care where—", said Alice.

"Then it doesn't matter which way you go", said the Cat

"So long as I get somewhere", Alice added as an explanation.

"Oh, you're sure to do that", said the Cat, "if you only walk long enough."

New members section



Welcome to our youngest association member, Alexander Edward Batten. And congratulations to the proud parents, Bronwyn and Paul. Alexander was born on 13th September. Paul and Bronwyn organised this year's Metrogain. Bronwyn served on the committee until earlier this year, and Paul is currently the NSWRA archivist.

Mike Hotchkis (m_d.hotchkis@optusnet.com.au).

THE COMMITTEE - 2004

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 4681 9537 (home) titianj@bigpond.com

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

Publicity Co-ordinator - Graham Millar 9975 4240 gmillar@ozemail.com.au

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 – Paul and Deb Stein, 54 Campsie Street, Wilton 4630 9545, 0419641002;
pauldeb@bocnet.com.au

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

Volunteers Corner

Many thanks to those members who helped out with the running of the Lake Macquaire event.

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.

***** URGENT*******

We need people to set and vet next year's events, as well as the usual jobs at the event.

If you haven't volunteered in 2004, please seriously consider volunteering in 2005. Rogaines don't just run by themselves.

For more information please contact the volunteer coordinator (Phillip Groom, Ph: 4578 2278 (H) or 4570 1249 (W); p.groom@uws.edu.au). Any help at rogaines is greatly appreciated.

Phillip Groom, Volunteer Co-ordinator

Volunteers required for upcoming NSWRA Rogaines

To add your name to the list below, please contact the Volunteer Co-ordinator Philip Groom, Ph: 4578 2278 (H), p.groom@uws.edu.au

NSW Champs 24 hour 23-24 October 2004	Socialgaine 6 hour 21 November 2004	Metrogaine 6 hour 27 February 2005	Autumn 12 hour April 2005	Paddy Pallin 6 hour 19 June 2004
Organiser	Organiser	Organiser		
Graeme Cooper	John Barnes Mardi Beat			
Administrator	Administrator	Administrator		
Vicki Cooper				
Admin Assistants	Admin Assistants	Admin Assistants		
John & Marly Sinden	Eric, Barbara & Linden Barnes			
Joy Thomson	Trish Beat			
Philip Groom, Leanne Olrich				
	(3-4 people)	(3-4 people)		
Course Setters	Course Setters	Course Setters		
Graeme Cooper	John Barnes	Rollie Burford		
Barry Brandon	Mardi Beat	Jitka Kopriva		
Vetters	Vetters	Vetters		
Tony Maloney	Andrew Perry			
Flag Retrieval	Flag Retrieval	Flag Retrieval		
David Dash		N/A		
Hash House Team	Hash House Team	Hash House Team		
John Keats (caterer)	1st Waitara Scouts			
Brian Haebich				
Stephen & Tracy Ward				
Site Staff	Site Staff	Site Staff		
Charlie Thomson				
John Mackay				
Photographer	Photographer	Photographer		

Many thanks to those who have volunteered

Last updated 16 Sept 2004

INSURANCE – AN ESSENTIAL REQUIREMENT OR A NECESSARY EVIL?

Most members would be aware that the world insurance market has become quite difficult over recent years. A combination of an increasing litigious society (too much American television?) and disenfranchised minorities trying to get a message across (eg September 11) has significantly increased claims which in turn has put a lot of upward pressure on premiums. This has its implications for rogaining as it does for everyone else. We have all seen stories in the papers about community events needing to close down after decades due to an inability to secure insurance. In 2003, rogaining was not too far from this situation. Fortunately this situation has now stabilised and we are able to look forward with some reasonable surety.

Provision of Public Liability Insurance for all sanctioned rogaining events was taken over from the various State associations by the Australian Rogaining Association Inc (ARA) in the early 1990's, albeit some states continued to hold their own cover until the late 90's. At the time, such cover was both cheap and easy to procure. The ARA used the same Broker and Underwriter as the Orienteering Federation of Australia Inc (now Orienteering Australia) and there were no difficulties.

However, as the market tightened things became more fraught. A premium of around \$1.50/member in the late 90's became \$2.50 and then \$3.50. In April 2003 the Underwriter quoted a rate of \$4-50/member but after renewal sent us a new policy which effectively provided no cover. Rogaining in Australia was in serious danger of collapse. Fast work by ARA President Phil Holman saw rogaining secure an alternative policy from a different Underwriter using a different Broker, the same Broker and Underwriter to whom Orienteering Australia had switched a few years previously. But, it came at a cost, \$12.00/member to be exact with an additional premium required for any events involving the use of snow skis, bicycles or water craft. It included a Professional Indemnity and Personal Injury cover (neither of which we wanted but which we had no choice about) as well as the Public Liability cover, but it hurt the States significantly.

As a result of the problem, the ARA formed an Insurance Subcommittee comprising; Warren Smith, a rogaining administrator since forever from WARA, as Chair, Tony Kelly, a Lawyer with an interest in the subject from VRA and Annette Miller, a professional Insurance Broker from QRA. They reviewed the situation, the market and the policy and provided a comprehensive report to the ARA Council and guidance and direction to the ARA Executive. The outcome was a meeting with the Broker in November 2003 and the preparation of a comprehensive package of data to seek insurance renewals in March/April 2004.

The renewal was a very tedious process because the ARA wanted to take the opportunity to fully test the market. The outcome, whilst not ideal, has left us in a much better position than we were since the last renewal in June 2003. The key elements of the new policy are: The total premium is \$7.00/member; Events involving snow skis, bicycles or water craft are now included within the base premium; The maximum (death) benefit under the Personal Injury portion of the policy is \$10,000. Negligence by landholders is NOT covered. This was covered pre-2003 but no Underwriter will now consider this

For the average rogainer the change doesn't mean much except that the future of the sport has been secured. Also, it is important to understand that the Personal Injury cover is really essentially useless. It ranges from \$10,000 for death during a rogain to \$100 if you lose a toe during an event. Pity it's not toenails or the writer could be wealthy! Rogaine participants should not rely on this insurance for anything other than Public Liability cover. Full details of the ARA's insurance policy are available on the ARA website which can be found by the links from you own State website.

Richard Robinson, ARA Treasurer

THE 2004 NSW ROGAINING CHAMPIONSHIPS

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

The course setting is complete and the countryside is taking on the fresh look of spring following some welcome rain. The village of Gundy, scene of the successful YHA 2000 Australian Rogaining Championships is waiting for you to send in your entry so you can come and take part in this year's NSW Championship Rogaine. Gundy is 20km from Scone. 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. The vegetation will hardly ever be a problem, consisting of a mix of open land through to medium forest.

The map has been drawn using OCAD. This, combined with GPS technology, now makes it possible to correct the features around each control where necessary. There has also been extensive field checking of features such as roads, dams and buildings. While all this may be seen by some traditionalists as removing the "black art" element of rogaining, I believe this will be a rogaine that will both challenge the experienced team and provide a great introduction to the sport for anyone making this their first event. There will be 14 controls within 4km of the Hash House all in idyllic easy walking country. If your navigation is still shaky, here's the chance to do some careful route planning and know that you won't be thwarted by unexpected obstacles like nasty vegetation. Have the thrill of 'spiking' each of the close in controls. Come back to the Hash House for a feed and rest then off again to tackle the more distant controls.

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 Broadmeadow to arrive at the event at around 11pm on Friday. City rail provides regular services from Sydney to Broadmeadow. The bus will return to Broadmeadow on the Sunday afternoon. The entry form contains more details.

More information and photos are on the NSWRA web site www.nswrogaining.org.



**Don't be a
Gumby –
Come on up
to Gundy.**

**This is a real
ROGAINE!!**

**24 hours of
personal
challenge**

2004 LAKE MACQUARIE 12 HOUR RESULTS (Continued -2)

Team	Name	Score	Time	Open	M/W	X	Vet	MV	WV	XV	SV	Jun	Fam
162	Sue Clarke, Walter Kelemen	750	23.41	35			15	8			2		
156	Natalie Ennighorst, Chris Jenkins, Catherine Ryan	720	23.25	36			16						
128	Mike Devey, Adrian Smith	720	23.36	37	19								
105	Christophe Montgomery, Pam Montgomery	710	22.44	38			17						1
109	Carolien Murre, Roel van Bernebeek	690	20.03	39			18						
125	Lance Rea, Sylvia Rea	680	23.50	40			19						
142	Dan Crosby, John Dalton, Peter Hanselmann, Arthur Tooth, Graeme Woodwar	670	23.42	41	20								
154	Jonas Lemnan, Belinda Pursey	670	23.51	42			20						
130	Richard A Bettles, Michael J Sumner	650	17.59	43	21								6
131	Alison Tree, Richard Wolf	630	21.29	44			21						
137	Emily Grommek, Jon Hull, Cristian Orellana, BenStone	630	23.32	45			22						
157	Russell Bartley, Lucky Buhagiar, Adreas Mross, Corey Spink	630	23.47	46			23						
133	Bob Bartle, John Guilly	620	23.19	47	22		9	6			2		
114	Kathy Herrmann, Kristiane Herrmann	600	21.29	48		3	10	9	2				
138	Lyndell Landers, Megan Oaten, Rochelle Staples	600	22.55	49		4							
103	Simon Blake, Rob Higloy, Jack Jamieson, Graham Hus Millar, Richard B Smyth	590	19.46	50	23								
116	Cathryn Grant, Rob Walker	590	20.13	51			24						
139	Anthony Hunt, Justin Hunt, Melinda Hunt	580	21.45	52			25						2
141	Craig Deveney, Stephen Deveney, Kirstie Vane, Phil Vane	560	23.03	53			26						
136	Catherine Ellis, Nick Wilson	550	23./35	54			27						
167	Murray Gill, Matthew Perram	540	0.30	55	24								1
121	Bronwyn Meek, Helen Meek, Jim Meek	520	22.28	56			28						3
148	Ian Almond, Lynette Paans, Bronwyn Wilson	500	22.45	57			29	11		3			
120	Jim Hubbard, Bob McNairn	470	23.37	58	25		12	7					
112	Brian Haebich, Stephen Ward, Tracy Anne Ward	420	21.48	59			30						
115	Sharon Cunningham, Jeremy Henson	400	0.30	60			31						
102	Clare Loui Fasching, John Warburton	80	14.45	61			32						

Would you like to go to the NSW Championships but don't have a partner. Try ringing the Organisers Graham and Vicki Cooper 6772 3584 or email Graeme_cooper@bluepin.net.au as they already have one person chasing a partner.

This is a service we hope to re-introduce as I know from personal experience it is sometimes difficult to find a partner to go to events. Even if you have a regular partner, why not help out a beginner in a Socialgaine or Metrogaine.

2004 LAKE MACQUARIE RESULTS (Continued - 3) – 6 HOUR COURSE

Team	Name	Score	Time	Open	MW	X	Vet	MV	WV	XV	SV	Jun	Fam
212	Joshua Roberts, Malcolm Roberts	830	17.28	1	1								1
216	Chris Jones, Peter Marshall, Jim McLean, Andy Walters	790	17.52	2	2								
235	Adam Carter, Ewan Holland, Jason Wright	760	17.21	3	3								
244	Tristan Imber, Eri Leong	760	17.47	4			1						
234	Alex Bergman, Barry Drake	750	17.56	5	4								
222	David Dash, Peter Tamsett	720	17.54	6	5			1	1			1	
219	Linda Egginton, Terry Egginton	720	18.01	7	35		2	2			1		
163	Luke Chesworth, Stacey Chesworth	700	17.43	8			3						
208	Peter Charlton, Robyn Charlton	670	17.48	9	36		4						2
237	Gretchen Hart, Annalisa McKay	640	17.41	10		1							
226	Wayne Goss, Mike Webb	630	17.44	11	6								
261	Peter Gordon, Pili Vazquez	610	17.53	12			5						
204	Paul Bocska, Ray Overdijk	600	17.54	13	7								
256	Ross Duker, Eric Smith	570	17.27	14	8			3	2				
243	Richard Connors, David Green, Andrew Palmisano	570	17.54	15	9								
209	Shane Anderson, Alison Anderson	570	17.54	16			6						
223	Geff Harper, Caireen Urquhart	570	17.55	17			7						
250	Julia Slotwinski, Marek Slotwinski, Lena Young, Paul Young	560	17.55	18			8						
253	Matt Fong, Frank Lee, Robert Meldrum, Ashley Wong	560	17.55	19	19								
205	Jason Hollard, Sebastian Hollard	530	17.35	20	11								3
218	Michael Lilley, Rick McCann, Neil Winterborn	520	17.42	21	12								
240	Sean Lee, Edwin Mak, Eva Mak, Maryann Mak	520	17.57	22			9						
248	John Brayan, Paul Ettema	500	17.45	23	123			4	3				
265	Margaret Bouttell, Rowan Bouttell	490	17.02	24			10						
242	Peter Morris, Monica Simpson	490	17.07	25			11	5			2		
252	Jude Baxter, Ken Cheung, Richard Lio, Sylvester Siu, Aushen Young	480	17.52	26	14								
258	Annette Dowd, Enid Mahomudally	470	17.39	27		2							
266	Yvonne Dash, Stewart Tamsett	460	17.37	28			12						
221	Scott Flannagan, Natalie Rainger, Biarta Rhys-Jones, Shawn Russell	460	17.46	29			13						
251	Katherine Dynon, Elise Ring	450	17.27	30		3							

227	Patty Correll, Leeanne Dwyer, Jenny Wood	450	17.42	31		4							
224	Kym Elsey, Sharon Phillips	440	17.44	32		5							
2004 LAKE MACQUARIE RESULTS (Continued - 4) – 6 HOUR COURSE													
Team	Name	Score	Time	Open	MW	X	Vet	MV	WV	XV	SV	Jun	Fam
255	Mick Cooper, Tom Hanselmann	430	17.39	33	15								
206	Carolyn Chalmers, David Lilley	420	17.04	34			14	6			3	2	
236	Peter Aubourg Malcolm Loder, Donna O'Rourke, Denise Roodnick	410	17.52	35			15	7			4		
246	John Hefko, Gregory Knight, Kathryn Mortimer	410	17.52	36			16	8			5		
214	Peter Evans, Bill Evans	410	17.52	37	16								
241	Garry Thon, Steven Wyatt	400	17.29	38	17								
203	Fiona Merritt, Joshua Merritt, Lauren Merrit, Tony Merritt	400	17.43	39			17						4
270	Nicole den Drijver, Sam Wilson	400	17.50	40		6							
215	Sam & Graeme Evans, Marththew McKee, Peter & Karl Wetzler	390	17.36	41	18								
249	Glen Auld, Rebecca Auld, Katherine Bell, Hal Simms	380	17.09	42			18						
254	Virginia Mumford, Elaine Prior, Stephanie Seaton	380	17.36	43		7		9		1			
220	Jessica Stuart, James Stuart	380	17.37	44			19						
231	Tristan Pankhurst, Ben Pankhurst, Danny Roberts-Clark	380	17.41	45	19								1
257	Craig Campbell, Jo Campbell	350	17.27	46			20						
213	David Chambers, John Cole	340	17.44	47	20			10	4				
262	Susan Davidson, Warren Davidson, Ella Davidson	330	18.00	48			21						
210	Penny Allen, Marie Kibble	330	16.44	49		8		11		2		3	
268	Mandy Argul, Uwe Dombrowski	330	18.00	50			22						
232	Jesena Brce, Sabrina Cascio, Anja Hutschenreuter	310	17.43	51		9							
267	Jackson Rampant, Perry Rampant, Steve Rampant	300	17.23	52	21								6
229	Greg Bacon, Kerry Bacon	290	17.33	53			23	12			6		7
247	Alan Scott, Manuel Velarde	290	18.09	54	22			13	5				
202	Georgina Castle, Matt Castle, Rosie Castle, Tim Castle	280	17.47	55			24						8
245	Barry Hanlon, Janet Morris	260	17.33	56			25	14			7	4	
239	Nathan Leicht, Belinda Morrison	250	17.00	57			26						
228	Simon McDonell, Julie Morrison	204	16.44	58			27						
239	Lynne McNairn, R Robinson	220	17.09	59			28	15			8		
201	Niels Gebauer, Jane Mathews	200	16.35	60			29	16			9		
260	Lorin Booth, Anna Reading, Nick Winwood	190	17.38	61			30						
217	Alex Heath, Ellie Shuetrim, Geoff Shuetrim	150	16.24	62			31						9
230	Sue Davis, David Klineberg, Doug Moore, Stuart Wilson	110	18.19	63			32						
264	Lee Lowe, Susan Moore	70	18.30	64		10		17		3			
233	Judy Shea, Paul Shea	-40	18.17	65			33	18			10	5	

WHAT IS ROGAINING?

Rogaining is the sport of long distance cross country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most New South Wales events are held within two to three hours travelling time of Sydney.

Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas (Metrogaines) or on bikes (Cyclegaines). Rogaining is a challenging adventure sport and is a lot of fun.

WHO IS IT FOR?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "Hash House" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 kilometres in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.

WHAT DO YOU NEED?

Rogaining is good value for money. All you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the Hash House.

WHAT DOES IT COST?

In New South Wales the entry fees vary from \$30 to \$50 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

An annual membership fee is required to cover insurance costs and a regular bi-monthly newsletter. Membership fees are currently \$20 per individual. Family membership – First adult \$20, \$10 for second adult and dependant children free. Household membership is \$20 for first person, \$10 for each additional where all members share the same address.

You can join when you enter your first event.

CONTACT INFORMATION:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event.

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

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