



NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 112

November 2005



ALL ROADS LEAD TO THE ILLAWARRA

www.nswrogaining.org

2005 NSW AND ACT ROGAINES

DATE	EVENT	LOCATION	CONTACT
12 Nov 2005	6/12 hour Spring	ACT	act.rogaine.asn.au
20 November	6 hour Socialgaine	Wollongong	Ian Almond 4271 7465
26 Feb 2006	6 hour Metrogaine	Sydney Hills District	Janet Morris 9872 2914
8-9 April 2006	NSW Championships 24 Hour	Central West Goobang NP	Graeme Cooper 6772 3584
13-14 May 2006	Aus Championships	Victoria	vra.rogaine.asn.au
18 June 2006	Paddy Pallin 6 hour		
19 August	Lake Macquarie 6/12 hour		
13-14 October	World Rogaining Championships	Western NSW	Alan Mansfield 9797 6773
12Nov 2005	6/12 hour Spring	ACT	act.rogaine.asn.au

Grab a map...

and plan your next getaway

The Sydney Map Shop

1 Prince Albert Road
SYDNEY NSW 2000

T (02) 9236 7720

F (02) 9221 5980

www.lands.nsw.gov.au



 Department of Lands



MESSAGE FROM MIKE (OUR 2005 PRESIDENT)

Techno-rogaining

At the Australian Championships in May this year, we used electronic punching, for the first time in Australia. We are not leading the world in this. In Estonia, rogaines always use electronic punching. There they use the 'Sportident' system familiar to orienteers. And our friends across the Tasman have electronic punching, using a system developed by Peter Squires (former Australian Rogaining Champion and occasional attendee at NSW events). Peter lent his system to the Queensland Rogaining Association for the Australian Champs this year. This is how it worked. Each team carried a tag, about the size of a wristwatch, strapped to the wrist of one of the team with a plastic strap like those used for tickets to open-air events (once on, you can't take it off without cutting the strap). At each checkpoint, there was an electronic punch, about the size of a marker pen. When pointed at your tag, the time and checkpoint number were transferred onto the recording medium in the tag. A red LED on the punch flashed to indicate that you had tagged successfully.

As this was the first time in Australia, we also used conventional punches. In fact the old card system was considered to be the official record, as our rules are based on this, but in practice it was only used to settle any problems with the electronic system. Actually I'm not sure if any problems were encountered. I heard no complaints about the duplication of effort in using both punches. Especially no complaints at the finish, where the magic of the system revealed itself. Within one minute of finishing, we were handed a print-out showing our final score and a complete list of time-splits for every checkpoint visited. Instant results! Talking of technological matters, our association is slowly dragging itself into the twenty-first century. We are soon to re-start on-line entries. Most entrants now download their pre-event information. We are planning further changes, as time and volunteer effort permit.

Rogaining around the world

Were you surprised to read above that rogaines happen in Estonia? Where else, you may well ask. An event was held recently near Nagano (Japan). Rogaines are organised regularly near Perm (Ural Mts in Russia), in Ireland, and in the Czech Republic and other eastern European countries. Similar style events happen in the UK, usually called mountain marathons. But still most rogaines are held in the New World – US, Canada, NZ and here. None as yet in Latin America. Think about rogaining if you're planning an overseas trip! Find links to overseas associations at www.rogaining.com

NSW Rogaining Championships

This event took us to Dunn's Swamp, one of my favourite spots in NSW. Also known as Kandos Weir, it lies on the western side of Wollemi National Park, east of Kandos. The map showed several mountains, some flat areas around swampy creeks, and many areas of curly contours in between. What the map didn't show was cliffs and bare rock areas. Just as well it didn't. It might have put people off! It is a truly spectacular area. All the more so when you get out there and walk through it. For every curly contour, there were cliffs or 'pagodas'. Sometimes just 5-10m high, these would appear abruptly in front of you in the bush, and you would need to find a route around or through the rocks. In other places, high cliffs, looming over the creeks, with little canyons where the map showed gullies. It made for interesting navigation, especially in the dark. Thanks go to Bert van Netten and Ian Dempsey for choosing such a beautiful spot to set a course in, and to Alan Mansfield, David Coysh and their helpers for organising.

Next event: Socialgaine, 6 hour event based at Bulli. See you there!

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

THE COMMITTEE - 2005

President - Mike Hotchkis, 4294 1363 (home), m_d.hotchkis@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 - Phillip Groom, 4570 1249 (work), 4578 2278 (home) p.groom@uws.edu.au

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

NORTHWEST HILLS METROGAIN ADVANCE NOTICE

The next Metrogain is to be held on the Northwest outskirts of Sydney on Sunday, February 26. It will include some attractive bushland areas, as well as a tangle of streets and parks. There will be distant views and a little bit of history.

Planning of the course is already under way with a pleasant bushland hash house site under consideration.

The entry form will accompany the next newsletter and there will be only a short time in which to send in your entry. So – put the date in your diary now.

More help is urgently needed for this event. The course setting and administration (entries, registration, information and finish) are already being taken care of, but we need a volunteer to coordinate the event setup, equipment and organisation of the food on the day.

Graeme Cooper (6772 3584), Janet Morris (9872 2914) or Melvyn Cox (9817 3077) are contact phone numbers.

PLEASE HELP!!

VOLUNTEERS FOR UPCOMING NSWRA ROGAINES

As always there is a need for people to help with the running of events. Some of the jobs only require a commitment to work on the day of the event. The Socialgaine in November has a nearly full crew but after that there are still plenty of vacant slots for next year's events. Please give some thought to how you can help your rogaining association. Have a look at the job descriptions after the table below for inspiration.

To add your name to the list below, please contact the Volunteer Co-ordinator,
Graeme Cooper, Ph: 6772 3584 or email graeme_cooper@northnet.com.au

Socialgaine 6 hour 20 November	Metrogaine 6 hour 26 February 2006	NSW Championships 24 Hour 8-9 April 2006	Paddy Pallin 6 hour 18 June 2006	Lake Macquarie 6/12 hour 19 August 2006
Organiser	Organiser	Organiser	Organiser	Organiser
Ian Almond		Graeme & Vicki Cooper		
Administrator	Administrator	Administrator	Administrator	Administrator
Lucy Temple-Smith	Melvyn Cox	Belinda & Andrew Pope		
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
Chris Moore Greg Knight Elouise Peach Bronwyn Wilson				
Course Setters	Course Setters	Course Setters	Course Setters	Course Setters
Trevor Gollan Philip Whitten Ted Booth Phillip Allen Bob Bartle John Guilly	Janet Morris	Graeme Cooper Barry Brandon	Michael Watts Nigel McDonald Nicole Sellin.	
Veters	Veters	Veters	Veters	Veters
Trevor Gollan				
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
John Anderson	Not required			
Caterer	Caterer	Caterer	Caterer	Caterer
Andrew Palmisano			1 st Waitara Scouts	

Socialgaine 6 hour 20 November	Metrogaine 6 hour 26 February 2006	NSW Championships 24 Hour 8-9 April 2006	Paddy Pallin 6 hour 18 June 2006	Lake Macquarie 6/12 hour 19 August
Hash House Team	Hash House Team	Hash House Team	Hash House Team	Hash House Team
David Green Dayle Green Richard Connors Rob Watson				
Site Staff	Site Staff	Site Staff	Site Staff	Site Staff
Colin Taylor Ted Booth Phillip Allen Bob Bartle John Guilly				
Photographer	Photographer	Photographer	Photographer	Photographer
Colin Taylor		Vicki Cooper		
Safety Officer	Safety Officer	Safety Officer	Safety Officer	Safety Officer
Rod Doyle				

JOB DESCRIPTIONS

Organiser. To act as overall coordinator and see that all the other jobs are being done.

Administrator. To prepare the entry form, accept and process entries. To record and bank entry and membership fees received. To provide information to competitors before, during and after the event. To register teams, distribute maps etc at the registration desk on the day of the event. To record arrivals and departures, calculate scores and allocate placings. To compile a result list. This job does require computer skills.

Administration Assistant. To assist the Administrator, particularly on the day of the event.

Course Setter. To design and mark out the position of all check points and prepare the map.

Vetter. To inspect the whole course looking for any unwanted problems that it will present to competitors. To check the accuracy of every checkpoint location, water point, base camp and any other location that is specified.

Flag Hanging. To put out the flags and intention boards before the event.

Flag Retrieval. To collect the flags and intention boards after the event.

Caterer. To prepare a menu and divide up amongst the members of your team the task of purchasing the materials and bringing them to the event. To supervise the cooking and presentation of the food and drinks at the event. To keep track of all costs, submit a claim to the treasurer and see that your team is reimbursed.

Hash House Team Member. To assist the caterer before, during and after the event.

Site Staff. To act as a gate attendant, give car parking and camping directions, maintain toilets, the fire and water supply.

Photographer. To take photographs at the event for printing in the newsletter. For this job it is probably best that you actually compete in the event but be prepared to give up some time particularly at the start and finish.

AN ALTERNATE SOURCE OF YOUR EVENT INFORMATION PACK

Are you going to enter an event? Will you be using the web to obtain the "Event Information Package" in the week before the event? If so please take note that these packages will from now on be placed on two web sites. If you have trouble with our own web site, "www.nswrogainiq.org", try "<http://ntoc.asn.au>". On the NTOC site look for a link on the left side of the home page."

Graeme Cooper

SIX HOUR SOCIALGAINIE – 20 NOVEMBER 2005, WOLLONGONG

As usual, the Illawarra provides plenty of "Mountain and Sea" exploration opportunities. Our course setters have enjoyed the beaches, bush and suburban oddities, and hope participants in the Socialgainie experience some or all of the same.

If it's hot there will be plenty of swimming opportunities, if cool then the mountain challenge beckons. Our hash house has plenty of space to relax afterwards, and the train station is only a few hundred metres away.

We know that rogainers have various goals and team dynamics so we'll try to reflect those different styles with bonuses if you visit your chosen theme controls, such as Family, Extreme and Cappuccino.

It's subtitled "Sublime to the Ridiculous" Socialgainie. We've found the Sublime and forever seek the ridiculous.



NSW CHAMPIONSHIPS FROM A NOVICE'S POINT OF VIEW

Since it was our first Rogaine we were pretty excited, so during the night before my mate must have thought about the event already because I heard him talking in his sleep "we'll be all right".

When we got our map next morning we were even more excited. We discussed different routes and came to the conclusion we will almost get all of the checkpoints. We even made a height profile of our route just to check if we are able to do our route within the given time. But it turned out different.

The first four points we were running and found the checkpoints very quickly. Then we kept on running, but we took the wrong spur and we got lost for the first time. After searching for half an hour for the checkpoint on the wrong spot we decided to skip that point and to move on. Eventually we hit the track and we were able to find three other points leaving our packs on the track and running to the bush directly to the point. By that time our shins were already hurting because we did not bring any gaiters and were running around in short trousers.

After losing another hour by taking the wrong gully we finally found the next one. When we now compared our scheduled time with real life we were already three hours late and we saw that we will not be able to get that many points as we were planning in the beginning. And since our navigation skills were not as good as we expected we thought we would not find any points during night. So we decided to take some more points during the daylight and then headed back to the hash house.

At the next checkpoint we met a friendly competitor who really showed us how to stay on a bearing. Now we were more confident finding some points during the night. Many thanks to the innominate. But now we were really dried out and had no water left so we had to go back to the water support post. It was there where we found out that I had forgotten my torch at the hash house, so we had to change plans again and go to get my torch. On the stroll back we tried to find three points during night with only one torch – we found them!

After we filled up our reservoirs at the hash house and got the information that one point was meant to be stolen we went back into the bush. We now were brimming over with enthusiasm for clearing all those points along the track.

After a brave climb over a rock face we managed to find another one right in the saddle and we walked back out on the track on a flat bit. On that occasion we saw that it is also necessary to plan clever ahead from which direction to head to a checkpoint. At the cave we had half an hour rest just before it got light again and we even found the checkpoint which was meant to be stolen because we got a hint from another team that it was just at a slightly different position. Of course we shared this information with every team we met after we found it.

Now we were on an open field searching for a big grassy terrace and I felt like being at home in the Austrian Alps with all the cow paddocks around me. Unfortunately time was running out and we had to almost run back to the hash house. With all the injuries my mate got already (two fallen off toe nails and a sore bum) I really appreciate that he could manage to run that fast. So we got back to the hash house in time extremely tired and worn out.

But we liked it and it was great fun being out there. So we are looking forward to the next one. Also many thanks to the Organising Team which made it possible that I could take part, since I just got to Australia one month ago and was not able to find a partner on my own that quickly!

Roland Cziferszky, Team 129, Partner of Alan Robb

RESULTS OF 2005 NSW CHAMPIONSHIPS HELD ON 15-16 OCTOBER 2005

24 Hour Course

Team	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
116	Shane Trotter, Robert Vincent	1530	20:23	1	1					
124	Julie Quinn, Karl Strode-Penny	1530	23:02	2		1				
49	Christophe Cowie, Wil de Sain	1400	23:33	3	2		1			
69	Ian Brown, Tony Garbellini	1360	0:02	4	3		2			
63	Jeff Bendeich, Bruce Fenton, Conny Gissel	1300	23:45	5		2				
11	William Landers, Patrick Mickan	1300	23:55	6	4					
44	Belinda Bright, Alexa McAuley, Philip Whitten	1290	23:50	7		3				
61	Simon George, Joanna Parr	1270	23:47	8		4	3			
99	Stuart Adams, Chad Singleton	1260	23:25	9	5					
84	Gary Ferris, Mark Garret	1260	23:36	10	6					
120	Alex Debono, Andrew Mitchell	1250	23:47	11	7					
33	Cliff Harris, Greg Mitchell	1230	20:57	12	8		4			
6	Carolyn Haupt, Leanne Wilkinson	1230	23:37	13		1				
105	Tristan Blakers, Karin Sorlie	1200	23:54	14		5				
42	Lisa Perrett, Christine Quigley	1130	23:58	15		2				
41	Shelley Bambrook, Stacey Chesworth	1100	22:55	16		3				
123	John McGrath, Nick Simpson	1060	23:25	17	9					
77	Jean Douglass, Ron Simpson	1030	21:08	18		6	5			
55	Jerry Argyriou, Kerensa Argyriou, Tim Sindle	1000	23:33	19		7				
34	Benita Sommerville, Celia Thompson	920	22:45	20		4				
57	Michael McLean, Belinda Thorne	920	23:20	21		8				
12	John Anderson, David Dash	910	23:22	22	10		6	1		
50	Matt DeBelin, Myf Lawrance	890	22:40	23		9				
79	Sue Clarke, Walter Kelemen	880	23:54	24		10	7			
56	Alexander Chew, Jonas Gaversjo, Scott Mills	860	23:53	25	11					
58	Anna, David Kricker	840	21:16	26		11				
68	Marilyn Ferris, Lesley Taylor	820	23:36	27		5	8			
129	Roland Cziferszky, Alan Robb	770	23:12	28	12					
89	Jesse Luscombe, Geoff Luscombe	730	22:40	29	13					1
115	Scott, Lisa Taylor	680	20:52	30		12				
66	Thomas Lenzenhofer, Steve Tancred	670	19:12	31	14					
70	Yale Carden, Lachlan Sutherland	670	23:39	32	15					
76	Nicolas Hohn, Andrea Kneen	660	22:37	33		13				
88	Nihal Danis, Richard Sage	630	23:36	34		14	9			
96	Trevor Gollan, Peter Watterson	600	23:53	35	16		10			
15	Greg Bacon, Gina Hetherington, Danny Ma	570	21:54	36		15				
46	Kelvin Proctor, Robert Reid	560	23:40	37	17					

RESULTS OF 2005 NSW CHAMPIONSHIPS HELD ON 15-16 OCTOBER 2005 (CONTINUED)

24 Hour Course (Continued)

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
43	Joseph Hortense, Karl Spackman	550	23:32	38	18						
48	David Bray, Jim Loong, Brad Simmons	540	20:56	39	19						
111	Dominic Yager, Luke Yager,										
	Peter Yager	460	23:52	40	20						2
17	Margaret Bouttell, Rowan Bouttell	420	19:42	41			16				
40	Roslyn Hiscox, Gordon McKeown	410	23:10	42			17	11			
32	Melinda Boden, Matthew Parsons,										
	Libby Punch, Nicholas Robinson	390	21:55	43			18				
106	Patty Correll, Barry Drake	380	15:42	44			19				
67	Dave Naylor, Mark Phillips	360	19:49	45	21			12			
82	David Noble, Rebecca Noble	360	23:13	46			20				3
52	Pam Montgomery, Robert Montgomery	350	23:52	47			21	13	2		
13	Sam Nicoll, Daniel Ramage	340	22:35	48	22						
54	Graeme Cooper, Russell Swanson	310	11:48	49	23			14	3		
83	Craig Moiler, David Moiler	180	9:57	50	24						4
3	Stephen Jackson, Joel Mackay	22	6:24	51	25						
20	Brendan Byrne, Edwina Hatch	Withd									
94	Jim Clody, Wayne Cotton, Nick Milis	Withd									

15 in 24 Hour Course

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
39	Andrew Haigh, Nicole Haigh	1260	0:00	1			1				
119	Relene Fenrich, Jeremy Welbourne	1050	0:00	2			2				
53	Brett Davis, Colin Taylor	1020	0:00	3	1			1			
21	Wayne Davis, Reddall Leslie	820	0:00	4	2			2			
28	Peter Charlton, Robyn Charlton	730	12:57	5			3				1
90	Andy Mein, Andrew Pope	700	13:36	6	3						
72	Melvyn Cox, Andrew Lumsden	670	13:26	7	4			3			
9	Hugh Cover, Daniel Howe	660	14:52	8	5						
8	Alicson Anderson, Shane Anderson, Stuart Brown	650	13:59	9			4				
101	Ian Almond, Rod Doyle	610	14:24	10	6			4			
74	David Griffith, Thomas Griffith	570	13:18	11	7						2
30	Jackie Fitzgerald,										
	Anthony Hutchings	550	0:00	12			5				
85	Karen Davis, Kynie Evison, Sandra Kelley	540	0:00	13		1		5			
86	Christophe Waring, Julie Suza Waring	530	13:46	14			6	6			
65	Graham Millar, Richard Smyth	480	0:00	15	8			7	1		

RESULTS OF 2005 NSW CHAMPIONSHIPS HELD ON 15-16 OCTOBER 2005 (CONTINUED)

15 in 24 Hour Course (Continued)

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
10	Angela Falzarano, John Rijvers	480	10:34	16			7	8			
38	Rachel Gale, Jost Preis	480	14:19	17			8				
103	Belinda Ferris, Graeme Ferris	460	8:32	18			9				
1	Ian Rank, Nicholai Rank	440	10:05	19	9						3
7	Sue Ashley, Simon Skirrow	410	13:26	20			10				
47	Emma Blackwood, Rachel Blackwood	410	13:59	21		2					
131	Debbie Hotchkis, Mike Hotchkis	400	0:00	22			11	9			
97	Mark Bestwick, Matthew Scott	380	14:28	23	10					1	
104	John Brayan, Paul Ettema	380	14:48	24	11			10			
102	Lucy Temple-Smith, Bronwyn Wilson	330	0:00	25		3					
62	Peter Wherry, Paul Wherry	310	0:00	26	12						
95	Roslyn Atkins, Gail Roland	310	9:07	27		4		11			
23	John Mickan, Megan Oaten, Rebecca Rees	290	14:09	28			12				
22	Peter Figiel, Sebastian Kopel, Danny OConnell	280	14:44	29	13						
59	Jim Hubbard, Bob McNairn	200	0:00	30	14			12	2		
45	Matt Parry, Creel Price	200	9:18	31	15						
128	Colin Stuart, James Stuart, Daniel Wood	190	11:57	32	16						
75	Judy Shea, Paul Shea	130	0:00	33			13	13	3		
100	Makisa Hoang, Damien Tampling	130	0:00	34			14				
29	Nigel McDonald, Nicole Sellin	100	4:54	35			15				

6 Hour Course

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
122	Mark Freeman, John Morris	400	5:59	1	1						
125	Ron Avery, Marie Summersgill	380	5:29	2			1				
36	Louise Dearnley, Martin Dearnley	360	5:59	3			2				1
14	Bill Chalmers, Carolyn Chalmers	350	5:45	4			3	1	1		
4	Gavin Wright, Jason Wright	350	5:53	5	2						
5	Leon Whittle, Sean Wright	330	6:00	6	3						
109	Sandy Logie, Helen Logie, Heather Logie	300	5:49	7			4				
73	Lisa Harvey, Therese Powell	270	5:55	8		1		2			
27	Cathy Wilson, Nick Wilson	270	5:58	9			5				
108	Keith Jebb, James Stuart, Bobby Tucker	270	5:58	10	4			3			
117	Toby Corlette, Megan Dimozantos	250	5:52	11			6				
24	Mick Ferris, Suzanne Ferris, Debbie Henneker, Nicole Miller	220	5:25	12			7				

RESULTS OF 2005 NSW CHAMPIONSHIPS HELD ON 15-16 OCTOBER 2005 (CONTINUED)

6 Hour Course (Continued)

Team	Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
81	Kate Brackenre, Mark Brackenreg, Rachael Brackenreg	220	5:56	13		8				2
37	Denis Cummins, Ben Cummins, Matthew Cummins, Liam Garrett	210	5:11	14	5					
112	Robyn Kulmar, Michael Minogie, Anne Widmer	180	5:57	15		9	4			
113	Barbara Chapman, Kim Gibbs	180	5:57	16		2	5			
98	Sarah Attenborough, Karen Martin, Jacqueline Spurway	170	5:37	17		3				
118	Chris Welbourne, Helen Welbourne	170	5:39	18		10	6	2		
78	Garry Thong, Alex Urejola, Steven Wyatt	170	5:47	19	6					
35	John Cameron, Robin Cameron	170	6:07	20		11	7			
130	Terrence Danne, Glenn Strkalj	140	5:55	21	7					
107	Tian Liang, John Murby, Li Xue	120	5:24	22		12				3
2	Anna Moore, Russell Moore	120	5:28	23		13				
92	Chris Brown, Wanda Melfo	120	5:57	24		14				
114	Jenny Minogue, Joel Pringle	80	5:37	25		15				
19	Luke Pisto, Matthew Pisto, Robert Pisto	70	4:29	26	8					4
31	Georg Hauswirth, Kevin Lloyd	30	1:32	27	9		8			

I would love to be inserting a photograph or two of our fabulous winners in this spot, but unfortunately none are to hand. If you ever take photographs on a rogaine, especially of yourself competing in same, or of the hard working officials without whom there would be no events at all, please don't be shy, send it to your newsletter editor for publication.

Whilst we are talking about helping out with things, a gentle reminder. The Annual General Meeting is only a matter of months away and I have heard on the grapevine that a couple of our hardworking committee members would like a well earned rest in 2006. So please think about putting your name forward for a position on the Committee.

If someone else appears to be well entrenched in a position you would like to have a go at, don't let that stop you. They may be more than willing to change to another position on the committee. A change is as good as a holiday they say. New faces and ideas are always welcome. So start thinking about this now.

7TH WRC AUSTRALIA 2006 FRIDAY THE 13TH AND SATURDAY THE 14TH OF OCTOBER 2006

The World Championships website is now online at <http://www.rogaine2006.com.au/>

The organising team plan to open entries in early 2006. You are welcome to contact us with suggestions or if you would like to contribute to the event in any way.

Alan Mansfield, Coordinator, 7 WRC Sydney 2006

DUNN'S SWAMP ROGAINE 2005 NSW ROGAINING CHAMPIONSHIPS 15TH AND 16TH OF OCTOBER 2006

"It is full of pagoda's", with apologies to Arthur C Clarke.

"Dear Alan,

I participated in your excellent Rogaine in the Wollemi National Park. I really enjoyed the landscape out there and the navigation required in that country taught me some new things (pagodas!!)

Cheers,

Celia Thompson"

The NSW Championships have been run on some of the most complex and challenging terrain that a rogaine is ever likely to be held upon in NSW. Ian Dempsey and Bert Van Netten set a course in the Wollemi National Park and Nullo State Forest that maybe well remembered by those participated.

"Hi Alan

Thanks for a great event over the weekend. Its nice to benchmark ourselves." Jerry Argyriou"

Two teams visited all of the controls! Rob Vincent and Shane Trotter finished by 0823 Sunday morning just in time for breakfast. Julie Quinn and Karl Perry-Strode finished at 1102 Sunday morning. Congratulations to them and everybody else who entered. We hope you had an adventure to remember.

"Alan, I would like to thank you and your team for a wonderful event yesterday. My husband and I really appreciate all the effort that goes into the organisation of these events, and all the work that goes in once the event is finished. This was our second attempt at an event and we look forward to many more. We did the Paddy Palin with Richard Robinson and fared much better at that one, surprise surprise!!" Regards Sue Ashley/Simon Skirrow

Thanks must be extended to Kim van Netten, Jamie van Netten, Di van Netten and Bert van Netten for hosting the Tea and Damper stop in the north of the map as well as their contribution to the course setting organising and general conduct of the event. Thanks also to Ian Dempsey for course setting, organising and map production amongst other activities; to the members of the Olinda Community Association for the Hash House, to First Waitara Scouts for their contribution to the Hash House; to Chris Pavich and Matt De Jong of National Parks and State Forests respectively for their contribution and assistance with public land access; to David Coysh for his admirable administrative skills assisted by Ken Stocks, Darren Stocks and Denise Clarke.

Lastly thank you to the private land owners Michael Suttor, Betty Keech, Chris Brierly, Mel Cavalero, and particularly to Rod and Kym Leffley who kindly provided the Hash House site. Thanks to you all.

Lost property we have the following:

- a walking pole
- a grey bottle

Missing contact us if you found the following:

- a black rechargeable lithium-ion battery (for a Solaris Black Diamond head torch)
- a set of house keys consisting of a number of bi lock (they have a double parallel blade) keys.

Alan Mansfield, Co organiser, 2005 NSW Rogaining Championships

THE LEAGUE OF GENTLEMEN

There comes a moment for a competitive 24 hour rogainer where the event can take on a demanding intensity that requires a certain kind of perseverance. Take the recent NSW Championships, about 4.30am, been on your feet say 15+ hours, dog tired, started raining, cold and getting colder, no moon, half way up a slope verging on cliff, sodden vegetation, finger nail and toe holds, geographically uncertain, partner in the mist and dark with hood up, determined, incommunicado. At last dawn breaks, only six hours to that finish tent.

What sort of people keep coming back to take part in 24 hour event after event? Rambos, Die harders, Raiders of lost arks? This article will just look at some the guys. It leaves the tough women of rogaining for another newsletter! More specific than that, it will focus on some of those who have been so inspired by rogaining that they have taken on a role on the Rogaining Committee and help organise the sport for others. You might think “extreme competitive drive”, “obsessive compulsive personality”, “success driven”, “fitness freak”. The truth is rather different – read on.

Mike Hotchkis: NSWRA President, a Scot from St Andrews, scientist at ANSTO (Australian National Nuclear Research and Development Organisation). Mike is quietly spoken with a pleasant manner which conceals an exceptional talent for rogaining. He moves very fast through the bush (suits NSW conditions), has great stamina and is current Australian Rogaining champion. Is course setter for the 2006 World Rogaining Championships.

Richard Sage: the Association’s Safety Officer and a former President. A Kiwi. Head of trees, parks, landscaping and things for an inner city Council. Congenial and wise. Has a long stride for dealing with on and off course obstacles. Can usually be found at rogaines with partner in life Nihal Danis.

Graeme Cooper: Webmaster, former Membership Secretary, Equipment Officer and too many other roles to count. Lives in Armidale with great rogainer supporter Vicki. Has set memorable rogaines mostly in the Upper Hunter area including Gundy x 2. Described by broadcaster Phillip Adams as having a face both gentle and charming (good for persuading landowners to allow rogainers onto their place). Graeme is an innovative inventor and his talents are responsible for both the NSWRA membership and event software and much of its equipment.

Ian Almond: Membership Secretary, lives in Wollongong, works in computing. Has brought his skills to the Rogaine membership database (around 1000 current records at any one time) and achieves both highly accurate record keeping and excellent analysis. Outstanding administrative work in recent years at one of Australia’s biggest rogaines – the Paddy Pallin six hour in June. Ian is also an unassuming and quietly spoken man with a talent for roping in all his family to help at Rogaines. Is the organiser of the forthcoming Socialgaine on 20 November.

Alan Mansfield: Secretary, another former President, husband to Sonia one time Editor of this newsletter. Knows all about industrial safety and these days teaches OH&S within the union movement. Two littlies and reduced match fitness have slowed down the rogaining but plays a sterling and congenial Committee role and is organiser of the 7th World Rogaining Championships to be held in NSW 13-14 Octobe 2006.

Tony Maloney: Treasurer, never been President, brought into the role by the legendary Warwick Marsden from the Big Foot school of Orienteering. A finance/computing person with a bias for insurance. Tony has set courses but these days is more likely found as a specialist vetter. Quiet manner disguises wry sense of humour. Likes receipts.

Space does not allow words about other Committee members including Event Manager Phillip Groom, one half of the Equipment Officer team, Paul Stein and Publicity Coordinator, Graham Millar. However like their colleagues above they too are unassuming guys who have what it takes to be good rogainers and also donate their time to make the NSWRA tick. Also of course are the ladies on our team, Deb Stein and Editor of this Newsletter, Julie Bacon.

The Committee works hard but all gain quiet satisfaction from their volunteer roles. Now you know more about them next time you come across one a word of appreciation goes a long way. Also of course new blood is always very welcome either in an office bearer role or an understudy. Contact Mike or any Committee member if you would like to join the league of gentlemen and women.

Next newsletter "What makes those winning women of rogaining?".

Julian Ledger

NOT A BAD SCORE, TREV – by Trevor Gollan

(Due to a shortage of space, I'll be turning this very interesting article into a serial, it will give our readers something to look forward to in the next newsletter)

When I entered the 1986 rogaine at Darkes Forest there was no intention to be part of every NSW Rogaining Championship for the next 20 years. It wasn't a conscious decision, though after 15 in a row I felt a good score building. Perhaps this is a new extended form of the sport, to get to as many Champs in one's allotted time limit. What follows here is some reminiscences of those 20 events.

NSW Champs have become a regular habit, a reflection of my personal health and lifestyle, much more affordable and attainable than Australian or World Champs. Also there's my purist predilection for New South Wales, given that it's the best place in the world for geographic diversity, hence ideal rogaining country.

I would have been in the 1st Champs if I'd known they were on. After competing at Wingello 1983 and Bungonia 1984 I was keen for more, but was unlisted on the brand new NSWRA mailing list. Hence the 1985 event at Temi passed without my knowledge and my first NSW Championship was:

1986, Darkes Forest. The ANSTO connection, still tenuously maintained by our President Mike Hotchkis, was locally handy for this event just south of Sydney. I was originally teamed with Maurice Ripley but a lonely Peter Watterson (ex-Victorian & Monash Uni) needed some company so he and I entered together. Thick swamp banksia, hakea, shorts, Andy Blaker controls 100-250 metres apart. We could've won the 8-hour except we were late, and we could've been exceedingly late except we chanced upon a control in the dark that let us know where we were... not really lost! Only time I took an 8-hour option.

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: 9797 6773 (home) soniaamansfield@optusnet.com.au