

NEW SOUTH WALES

RGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 115

May 2006



“I’LL BE CROSS IF YOU DON’T COME TO WINGELLO”

PADDY PALLIN 6 HOUR 18 JUNE 2006

www.nswrogaining.org

2006 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
18 June 2006	Paddy Pallin 6 hour	South West past Mittagong	Michael Watts 9568 3016
8-9 July 2006	ACT Championships 8/24 hour	ACT	act.rogaine.asn.au
19 August 2006	Lake Macquarie 6/12 hour	Lake Macquarie	Bert van Netten
13-14 October	World Rogaining Championships	Western NSW	Alan Mansfield 9797 6773
19 November 06	Socialgaine 6 hour	Newcastle	Rob Vincent 4956 7018
25 February 2007	Metrogaine 6 hour	your choice – let us know where you'd like to go!	tba

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 Department of Lands



MESSAGE FROM NSWRA PRESIDENT

NSW Championships

For this event, Graeme Cooper enticed us to travel farther west than usual, and get to know a seldom-visited national park: Goobang National Park, near Peak Hill. According to the stumpy-tailed skink, who seemed to be the event's mascot on our website, "it's a green wonderland with open forest and fast walking conditions". All a question of perspective I suppose – I found myself wishing I had longer legs to help me step over all those burnt sticks, remanent of a bushfire a few years back.

It was pleasing to see a good turn-out in spite of the longer travel time for most of us. Those who went were rewarded with a challenging course set in an interesting new location. Weather was perfect, clear but not too hot, nor too cold at night.

Congratulations are due to overall winners, Julie Quinn and David Baldwin -- they're current world champions and ones to watch for this October's big event. They had a clear win over the old guys, Rob Vincent and I. Winners of the women's trophy, Leanne Wilkinson and Carolyn Haupt, were not far behind.

Thanks Graeme and all your helpers for another great event.



The big event of 2006

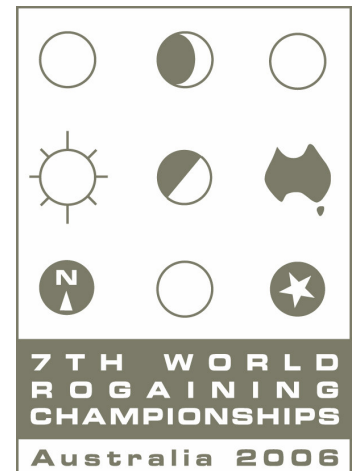
This could be your final reminder: get your entry in for the World Rogaining Championships as soon as possible!

It's in October, it's in New South Wales, and it could be your only opportunity to participate in a world championship. Date: 13-14 October 2006 (Friday-Saturday).

The location is the Warrumbungle National Park and surroundings near Coonabarabran. It's a fantastic place and promises to be a really memorable event.

Entries are open now and places are filling up fast.

See the event website at <http://www.rogaine2006.com.au>.



But first – the Paddy Pallin 6 hour

It's on again, 18th June (the Sunday after the long weekend). We can look forward to a compact course, at Wingello State Forest in the Southern Highlands. As usual, there will be a nice mix, suitable for all standards, competitive types, novices, and those who set their own goals.

This event is always popular and places sometimes fill up even before the official entry deadline is reached. Enter early to be sure of a place. On-line entry is available now via our website <http://rogaine.asn.au/>.

Email list

We encourage all members to sign up to our new email list. This an important way for rogainers to keep in touch and know what's going on. Sign up and you can be sure you won't miss the next event entry deadline. Visit our website to sign up.

NSWRA committee

Sadly our newsletter editor, Julie Bacon, has had to resign due to health problems. Thank you Julie for producing many a bright and bouncy newsletter over the last couple of years. We wish you a speedy recovery and return to rogaining.

We're urgently seeking a member willing to take over this job, either short or long term. The job can be done from home as the template exists and arrangements are in place with the printer for electronic submission. The address lists and mail-out are currently done by other volunteers. Please contact me if you can help out.

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

THE NSWRA COMMITTEE

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

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

Newsletter Editor – *This position is currently vacant and seeking a volunteer*

Webmaster – Graeme Cooper, 6772 3584 (home), graeme_cooper@northnet.com.au

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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@northnet.com.au

Equipment Officer – Bert van Netten

General Committee – David Sigley

NSW Rogaining Champions 2006

Carolyn Haupt and Leanne
Wilkinson

Results, report and more photos in
this newsletter



COMING EVENTS

PADDY PALLIN 2006

18 JUNE 2006

The 2006 Paddy Pallin Rogaine (NSW) is an annual event aimed at welcoming novices to the sport, in addition to providing a worthy challenge to experienced rogainers. You need not be a member of the NSWRA to participate in this event, but you'll want to be after you try it!

To be held in the Southern Highlands, south of Wollongong, this year's course will include a mixture of farmland, plantation forest and native bushland. Terrain is varied from large level areas through to steep ravines, and the mix of checkpoint locations will suit the full range of fitness and navigation proficiency.



You (are) will be here



You could work up a 'ravinous' appetite out on the course

The course setters have seen plenty of wildlife including wallabies, kangaroos, reptiles, lyrebirds, flocks of black cockatoos and numerous other birds in addition to a moo moo here, and a nay nay there. And, as a special treat on one busy course setting weekend, hordes of little green men working their way across a landscape not from this earth?

The course duration is up to 6 hours, commencing at 9am.

A large level area embedded within a forest has been secured for the hash house, and there will be ample provision for camping on the Saturday evening before the event. The location is easily accessible from Sydney, Canberra and the Illawarra as a day trip, but why not enjoy the extra sleep in? As always, meals are included back at the start/finish area.

Numbers will be capped, so make sure you enter early to avoid disappointment.

Organiser: Michael Watts
phone: 02 9568 3016
email: MWatts@fp.fairfax.com.au

COMING EVENTS

2006 ACT CHAMPS

8-9 JULY 2006

SOUTH COAST MAGIC

An area of lovely beaches, lakes and lagoons, coastal scrub and open bush with a dash of rainforest in the Bournda National Park and Nature Reserve between Merimbula and Tathra on the South Coast of NSW. Take a peek at the pre-event teaser photos on our website - you'll be Bourndagain!

8 and 24 hour events start noon Saturday. Hash House is at Hobart Beach Campground. Entry fee includes camping Saturday night, catering during and after the event, and even a hot shower if you want one! There will be a bus to the event from Canberra.

More details and enter online at <http://act.rogaine.asn.au>



Bournda

Bourndagain



COMING EVENTS

LAKE MACQUARIE ANNUAL ROGAINE

19 AUGUST 2006

The Lake Macquarie Rogaine, run in conjunction with the Lake Macquarie Games, is on again in August. You will have the choice of a 12 hour or 6 hour duration. Each placegetter in the 12 hr event will receive a medallion as will the open placegetters in the 6 hr event. Both events start at 12 noon on the Saturday.

You can fill in an entry form now and post it with your cheque or money order, or wait a while till on-line entry using credit card payment becomes available.

This year the Lake Macquarie Rogaine will be held in the Watagan National Park which is the northern part of the Watagan Forest. The area is to the west of Australia's largest coastal salt-water lake and with its beautiful rainforest, pristine creeks and friendly fauna is only two hours north of Sydney. An extensive track network on the map will allow competitors the option of avoiding some of the navigation through dense vegetation.

Camping is available at the area and competitors doing the 12 hr event are encouraged to camp overnight to reduce the chances of fatigue induced car accidents on the way home. Breakfast will be provided on Sunday morning

<i>Organiser:</i>	<i>For entry related matters contact</i>
Bert van Netten	Bob Gilbert
Phone: 02 4975 3693	Phone: 02 4952 1967
Email: van_netten@idl.net.au	Fax: 02 4957 6049
	Email: bgilbert@hunterlink.net.au

7TH WORLD ROGAINING CHAMPIONSHIP WARRUMBUNGLES AUSTRALIA 2006 **FRIDAY THE 13TH AND SATURDAY THE 14TH OF OCTOBER 2006**

Just one more reminder: entries are open now and places are filling up fast. Get your entry in asap!

The latest news is a report from the course setting team. See the event website at <http://www.rogaime2006.com.au>.



Crater Bluff, Warrumbungles National Park

VOLUNTEERS FOR UPCOMING NSWRA ROGAINES

Please contact the Volunteer Co-ordinator, Graeme Cooper, phone 02 6772 3584 or email graeme_cooper@northnet.com.au with your offer to fill one of the vacancies below.

	Goobang 6/15/24 Hour 8-9 April 2006	Paddy Pallin 6 Hour 18 June 2006	Lake Macquarie 6/12 Hour 19 August 2006	World Rogaining Championships 13-14 October 2006	Socialgaine 6 Hour 19 November 2006
Organiser	Graeme & Vicki Cooper	Michael Watts	Bert van Netten	Alan Mansfield	
Administrator	Belinda & Andrew Pope	Carolyn Haupt	Bob Gilbert	Ian Almond	Jacqui Matthews
Admin. Assistants	Andrew Introna Andrew Kennedy	Peta Forder, Bob Morgan Andy Walters, Graeme Cooper, Julie Bacon		Deb Stein, Kerry Ayre, Bronwyn Wilson, Jenny Almond, Jessica Almond, Graeme Cooper	Julie & Michael Avakian
Course Setters	Graeme Cooper Barry Brandon	Nigel McDonald Nicole Sellin	Bert van Netten Kim van Netten	Mike Hotchkis, John Barnes, Mardi Beat, Trevor Gollan, George Collins, Dave Griffith, Chris Waring	Rob Vincent
Vetter	Reddall Leslie			Tony Maloney Julian Ledger	
Flag Retrieval	Ian Brown David Dash	Alexa Troedson Andy Simpson			
Hash House Leader	Debbie and Paul Stein	1 st Waitara Scouts	Junior Orienteering Squad	1 st Waitara Scouts John Keats	
HH Assistants	Kerry, Barbara Chapman, Liz Marvin, Therese Kennedy, John McKay, Barry Brandon, Russell Swanson	Not required			
Site Staff	Charlie Thomson David Sigley			David Sigley Andy Mein	
Photographer	Charlie Thomson, John Mackay, Andrew Introna				
Safety Officer	Graeme Cooper				
	<i>A big 'thank-you' to all the above!!</i>				

NSW Rogaining Championships 2006

Results: 24 hour course

Team#	Name	Score	Time	Open	Men	Women	Mixed	Under23	Veteran	Super Vet	Novice	Family
64	David Baldwin, Julie Quinn	2100	23:48	1			1					
87	Mike Hotchkis, Robert Vincent	1960	23:57	2	1				1			
9	Carolyn Haupt, Leanne Wilkinson	1680	24:00	3		1						
74	Christine Butzer, Mark Leonard	1610	23:53	4			2					
62	Alexa McAuley, Duncan Sinclair, Philip Whitten	1550	23:51	5			3					
20	Matt Dowle, Matt Ryan	1420	23:27	6	2							
39	Ian Brown, Parrish Robbins	1400	18:57	7	3				2			
17	Christopher Cowie, Ian Dempsey, Danielle Kock	1400	23:20	8			4					
56	William Landers, Richard Wood	1390	23:50	9	4							
31	Mat Cooper, Paul Stein	1380	23:45	10	5							
38	Melanie Simpson, Damian Welbourne	1300	23:10	11			5					
26	Sue Clarke, Walter Kelemen	1260	23:42	12			6		3			
3	Glenn Bridgart, Benita Sommerville	1250	23:36	13			7					
15	Shelley Bambrook, Mark Smith	1220	23:48	14			8	1				
19	Gregory Knight, Paul Knight	1190	23:23	15	6							
54	Martin Lefmann, Patrick Mickan	1160	23:03	16	7							
80	Jasmine Elson, Craig Mottershead	1030	23:29	17			9					
10	Bob Kimbrey, Bert van Netten	1020	23:50	18	8				4	1		
101	Michael McLean, Belinda Thorne	970	23:43	19			10	2				
14	Bruce Fenton, Conny Gissel	900	19:12	20			11					
7	John Anderson, David Dash	890	23:33	21	9				5	2		
33	Malcolm Bradley, Wendy Stevenson	840	23:39	22			12		6			
92	Stacey Chesworth, Duncan McCauley, Brandon Wilson	810	24:01	23			13					
55	Trevor Gollan, Scott Hamilton	750	23:46	24	10							
28	Roland Cziferszky, James Southwell	740	22:32	25	11							
23	Nihal Danis, Richard Sage	730	21:06	26			14		7			
69	Oscar Clarke, Paula Stuart	730	23:49	27			15					
90	Ben Biddington, Nic Bye	690	22:57	28	12							
96	Hugh Cover, Daniel Howe	690	23:34	29	13			3				
59	Adrian Brugger, Miriam Defraime, Shane Greenup, Rob Luikens	630	22:31	30			16				1	
16	Jean Douglass, Ron Simpson	620	21:45	31			17		8			
48	Ben Scott, Todd Stafford, Kim Stokeld	580	22:56	32			18					
63	Lisa Perrett, Christine Quigley	580	23:59	33		2						
2	Ian Rank, Nicholai Rank	560	23:42	34	14							1
11	Graham Millar, Richard Smyth	550	23:10	35	15				9	3		
91	Glen Auld, Chris Hardy	530	23:44	36	16							
12	Marilyn Ferris, Lesley Taylor	500	23:45	37		3			10			
98	Bronwyn Carr, Sarah Eddowes	470	23:46	38		4					2	

Team#	Name	Score	Time	Open	Men	Women	Mixed	Under23	Veteran	Super Vet	Novice	Family
18	Ian Almond, Bronwyn Wilson	440	23:01	39			19		11			
76	Matt Green, Colin Stuart, James Stuart, Stephen Sutton, Daniel Wood	380	21:20	40	17							
94	Alice Lang, Matthew Perrett	330	22:07	41			20	4				
88	Sophie Bettington, David Frazer	230	22:32	42			21					

15 in 24 hour course

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	SuperVet	Novice	Family
47	John Barnes, Mardi Barnes	1050	14:58	1			1				
93	Marta Cieslinski, Andrew Scott	980	14:45	2			2				
82	Belinda Ferris, Graeme Ferris	860	14:24	3			3				
5	Alicson Anderson, Shane Anderson	860	14:47	4			4	1			
36	Jim Dutton, Matthew Scott	780	13:55	5	1						
58	Melvyn Cox, Andrew Lumsden	770	14:51	6	2			2			
44	Mathew Forsyth, James Loong, Brad Simmons	710	14:10	7	3						
41	Dan Ogden, Mal Roberts	700	14:14	8	4						
71	Peter Cox, Darren McDevitt, Andreas Ross	650	14:46	9	5						
61	Richard Connors, David Green, Andrew Palmisano	650	14:48	10	6			3			
86	Erin Beal, Clare Davey	640	14:50	11		1					
78	Phil Harding, Ellen Lynga, Therese Powell	610	14:45	12			5				
104	Steve Martin, Cooe Mutton, Andrew Price	610	14:53	13	7						
45	John Brayan, Paul Ettema	570	14:33	14	8			4			
8	Michael Harrap, Margaret Harrap	540	14:54	15			6	5			
66	Alan Fien, Georgianna Fien	490	12:08	16			7	6			
6	Peter Figiel, Sebastian Kopec, Danny Oconnell	490	13:03	17	9						
53	Jocelyn Booth, Ted Booth	480	13:13	18			8	7	1		
51	Terry Durnin, Thomas Lenzenhofer	470	15:06	19	10						
22	Amy Von Huben, Mark Von Huben	400	14:58	20			9				
46	Brett Bensley, Sue Bensley	380	11:48	21			10	8			
81	Gavin Wright, Sean Wright	380	12:53	22	11						
97	Wei-Yan R Chow, Amy Stepniewski	350	14:49	23		2				1	
49	Kynie Evison, Bronwyn Wood	340	13:16	24		3		9			
89	Doug Floyd, Robert Smythe	340	13:45	25	12			10	2		
13	Greg Rowe, Simon Williams	340	14:00	26	13						
30	Andrew Kennedy, Hollie Kennedy, William Kennedy	340	14:09	27			11				1
99	Moses Lo, Gabriel Tang	340	14:35	28	14					2	
102	Sandra Parker, Hisako Shiraishi	300	13:55	29		4					
100	Alana Forster, Sarah Jane Zardawi	300	14:25	30		5					
65	Roslyn Atkins, Kerry Gilmore, Gail Roland	270	12:56	31		6		11			
27	Paul Power, Matthew Power	240	9:32	32	15						2
83	Stephen Ward, Tracy Anne Ward	210	6:03	33			12				

THE NSW ROGAINING CHAMPIONSHIPS – 8-9 APRIL 2006

The NSWRA's autumn rogaine for 2006 was held in the Goobang National Park in the central west of NSW. Goobang National Park is situated on the eastern side of the Newell Highway near Peak Hill. This event included the NSW Championships.

The map was 1:50000 scale with 20m contours. There were 61 controls with a total points value of 2620. The shortest "as the crow flies" distance around the controls was approximately 80km.

Photographs

You can view a lot of photos taken at the event on our website <http://rogaine.asn.au/>.



Winning family team Ian and Nicholai Rank in the 24 hr event – what a great effort!

Overall Winners Report ...

Julie and I teamed up for the NSW rogaine champs last weekend. It was our first rogaine together since the worlds in Arizona nearly 2 years ago when we won the mixed title. After a lot of to-ing and fro-ing trying to organize a bus in the week before the rogaine, it finally all collapsed in a heap and we ended up driving up with Jean and Ron - lucky they had a roof basket for all our combined gear! We got away about 4:30pm and after a pretty smooth run through Cowra and Parkes arrived at the event camp in Goobang National Park around 9pm, set up tents, had a hot choccie and went to bed. It was a warm fine evening, with conditions forecast to improve further, so we would be able to travel light overnight in the event.

Saturday dawned fine and clear. People kept telling me it was cold as I wandered around in my running shorts. Julie tried to talk me into taping my ankles, but after putting lots of tape over my hairy legs the pain was unbearable even to walk around, so I pulled it all off again. Maps were to be handed out at 9, so we got everything else organized. After XPD, this was hardly a big deal - making sure we didn't take too much food or clothing was the main thing (still took too much as it turned out). Caught up with a few people around the camp including Mike Hotchkis who was part of the team that would be our main competition - he was teamed with Rob Vincent, a combination that has walked away with the trophy at least 4 times. He joked he was worried that there was no men's trophy separate from the overall winner's trophy if Julie and I won, but I reassured him that at least there would be the veteran's trophy as a consolation, not that I thought we'd have much of a chance of taking them down.

At 9am we got our maps and started planning our course. First the obligatory colouring in - orange for the 70s and 80s, yellow for the 50s and 60s, pink for 30s and 40s and green for 10s and 20s. The orange circles were mostly at the far south end of the map with most of the yellow mixed in, but still 8 yellow and an orange in the north which shouldn't be ignored. The HH (start/finish) was on the NE edge, so an All-Night Cafe (ANC) was positioned in the south to compensate. There were only 2 other water drops on the course and no water in the creeks. The main feature was a large plateau running north-south dropping around 250m over a steep escarpment on each side and dissected by creeks in the north. We decided on a route which took us up to the central water drop on the plateau after only 5 controls where we would drop Julie's pack with spare food to pick up later. Julie would carry a camelbak only in the south part of the course. A loop of 15 controls down the east side and back up onto the plateau to the ANC for some food and a water refill, then another 12 controls off the western escarpment and back up to the central water drop and pick up Julie's pack again would leave us mopping up in the north to finish. We calculated distances and some time cut-offs at each water drop to make sure we stayed on track for the important controls of each section. I didn't want to repeat the mistake of last year's Australian champs where we spent too much time early on bagging low scoring controls before realizing we didn't have time to visit all the higher-scoring ones. At that event Mike's team had executed a brilliant plan that eliminated low scoring controls until later in the course when it would be clear whether there was time to visit them or not - they finished clear winners. Our planning complete, we made final preparations for the start at noon. Mike wandered by and glanced at our planned route - he said theirs was similar but with a few differences.

After a short briefing at which the main message seemed to be that goats may have eaten the flags, we were on our way. Down track to the first 10-pointer, a mixed team rushed past to be first to the flag but then fumbled around with their card. We were first to the next couple of controls with some rough cross country travelling giving us a taste of what was to come, before Mike and Rob came steaming past. At the next

control #26 we noted their number (87) and that they were heading to a different control - south direct into the eastern loop, while we were grabbing a few others and dropping Julie's pack before heading that way. Out to a track and a slow jog up the hill with a diversion to #53 and then a quick stop at the water drop to top up our supplies and cache Julie's pack for later. As we started down the hill again I went over on my ankle - not too bad, but the pain lingered for a while. Maybe I should have persisted with the taping? Back down the hill past #55 and around to #43 before we picked up Mike and Rob's scent again at #69. They were taking a different route through 5 controls before our paths would converge again.



Overall winners Julie Quinn and David Baldwin from Canberra

We started to see a few teams here and there as we cruised through the flat terrain. It was mostly smooth underfoot, and the scrub wasn't too much of a problem to get through. The whole area had been burnt about 4 years ago - it was regenerating strongly but there were numerous places where old dead saplings were looped over or lying on the ground to slow progress. As we headed into the SE corner, team 87 were nearly 2 hours ahead of us. We lost a bit of time at #62 which was at the junction of a side creek with the main creek. We'd aimed off, but picked an unmarked side creek about 100m short of the control and headed downstream for about 5 mins before realizing our error. A short hop to #82 then a steep climb up the escarpment in the fading light to #74, then north along the ridge line. It was dark now, so we started pace-counting to be sure we stayed on top of the navigation. By the time we got to #67 we were pretty sure of our distances. We hit it dead-on, but the shallow gully was pretty vague and could have caused problems. With 20m contours and 1:50 000 scale, the setters had taken the liberty of mapping control features not in the original photogrammetry, but elsewhere there was no room for subtle interpretations! At last we hit the ANC just before 8pm.

Our schedule had a "worst-case" of 8:30pm to still clean the course, so we stuck to our guns and headed for #25 and #29 after a 15 min stop for soup and cheese toasties. After punching #29 we headed south along the ridge to #59 - a distance of nearly 2km, but with such horrendous scrub it took us nearly an hour! #42 was further in, and with a descent of the escarpment, so we headed east to the main track and took the long way around, adding nearly 3km more. Even so, it only took us 56 min since we could cruise along on the track. The escarpment track was very steep and eroded. At #42 we'd closed the gap to team 87 to a bit over 1 hour, and we made up a bit more ground as we headed up the west side to #80. The country was quick rough and slow going with lots of steep slopes, loose rock and patches of spinifex. My ankle was starting to get a bit sore, so I popped a couple of Nurofens which calmed it down.

After #80 we had a long 2.5km leg to #33 on a bearing across a featureless hillside to a knoll. We pace counted carefully until reaching a creek just before the control, but with the setting moon and a sparse tree cover we couldn't pick the knoll. After heading east for a while the slope started to climb, and after a while we realized we were at the foot of the main escarpment again, and well on our way to #44. It was now after 1:30am which was our "worst-case" time to be back at the water drop and still have a chance to clean the course. No point in going back for 30 points now - we headed on to #44 with some very steep and loose slopes to traverse before reaching the control on a saddle on a sharp ridge. The moon was set now, and the stars were blazing and lights of Peak Hill and a few other towns in sight on the plain.

Mike's team had headed north across the steep hillside to a 30 pointer, but we headed straight up the steep hill, scrambling up rocky outcrops until we reached the plateau again. Fortunately the scrub was pretty open here, and after 500m we came to a tower, trig station and track which led us straight to the water drop. A brief stop to refill here and eat some food. Unfortunately the water didn't taste too good, coming out of a fire hose on a fire truck. We headed on down the road for a bit, briefly meeting Jean and Ron who weren't having a good time, then dived off down the hillside on a bearing towards #61. We hit our attack point just as we saw torches wandering around. Who should it be but Mike and Rob! We followed our bearing to the flag, they'd just got away before we got there, and were heading up to the water. That would place them where they could get 3 controls we'd already got, but after that it would be lean pickings for them for a while - 20s, 30s and 40s. In contrast, 8 of the next 10 controls on our route were 50s, 60s and a 70! I was quietly confident we had them on wood, but we still had nearly 8 hours of work to do.

Down the creek to #60 then we headed north again and daylight found us at #63. The country was still pretty rough going, and each control was taking us around 40 mins. We were keeping a close eye on the time to

make sure we didn't over commit ourselves and get penalized for being late. Another 4 controls and 210 points, we decided we'd drop #50 and head for the water drop then back east towards the HH. We refilled with fresh water and took off our tights which had been keeping us warm but more importantly protecting us from the savage scrub. There was a fire trail to follow with #65 and #70 to pick up dropping off the hill and back up. There was even a small waterfall to negotiate on the way down to #65. Neither presented any difficulty, in fact we were picking up time. Now I was starting to wonder how many more controls we could fit in and whether we'd break 2000 points. We cut across some beautiful open forest past #21 then hit a fire trail again. This led to the HH, but we had time to drop down into the creek and pick up #20 and #10. A short run to the HH and we still had 20 mins, so dropped our packs and trotted out to #12 before finishing with 12 mins to spare - perfect!

We added up our score and were very pleased to get a total of 2100. A nice round figure. We cleaned our soot-blackened hands and faces then tucked into some food. Mike and Rob finished with a few minutes to spare, but hadn't got as far as #65 or #70. After a while the results were posted, and we were very pleased to see we'd come out on top! Mike and Rob scored 1960, Leanne Wilkinson and her sister Carolyn were 3rd overall, and Christine Butzer and Mark Leonard were 4th, so a great weekend for the ACT teams! I've got the usual spreadsheet of splits, distances, etc if anyone is interested.

David Baldwin

Statistics

The numbers of actual starters in the three event durations were:

24 hour Championship	93 entrants in 42 teams
15 in 24 hour	87 entrants in 39 teams
6 hour	49 entrants in 19 teams



15 in 24 hour women winners, Erin Beal and Clare Davey

NSW Rogaining Association

Application for Membership &/or Newsletter Subscription

Surname:

First Name:

Address:

Town:

Post Code:

Home Phone:

Work Phone:

email:

.....

Date of Birth:/...../..... (Day / Month / Year)

Gender: Male Female (circle one)

Tick box for membership application.

I hereby apply to become a member of the NSW Rogaining Association. In the event of my admission as a member I agree to be bound by the rules of the association for the time being in force.

Signature:

Date:/...../.....

This is a renewal: Yes No (circle one)

I am interested in being a volunteer at an event. Yes No (circle one)

Membership is now on an individual basis and a separate application is required for all those 18 years or over to enter NSWRA events.

The membership fee is \$10. Membership is for a rolling 12 monthly period commencing from the time of application unless this is a renewal being made within 6 months of the expiry date of a previous membership in which case the commencing date is that expiry date.

Tick box for newsletter subscription.

Please post me a copy of the NSWRA Newsletter for the next 12 months.

The Newsletter subscription fee is \$10.

Please send this form together with a cheque or money order payable to “**NSW Rogaining Association**” either to :-

NSWRA Membership Secretary
220 Cordeaux Road
Mt Kembla NSW 2526

or with your entry to a NSWRA event.

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 \$70 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.

If you are 18 years of age or over, to enter an NSWRA event you must be a current member of an Australian state rogaining association. In NSW the membership fee is \$10 per person and covers a 12 month period from the date of joining.

To join NSWRA fill out the form on the back of this page. Send it with the \$10 fee to the Membership Secretary or include it with your entry to an event. You can also take out a 12 month subscription to this newsletter at the same time.

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