

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 121

May 2007



PRESENTATION FOLLOWING THE 2007 TURON GOLD RUSH
ROGAINE

www.nswrogaining.org

2007 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
17 June 2007	Paddy Pallin - 6 hour	Lithgow	www.nswrogaining.org
18 August 2007	Lake Macquarie	Lake Macquarie	www.nswrogaining.org
20 October 2007	NSW Championship		www.nswrogaining.org

ACT Events

5 August 2007	Metrogaine	ACT	act.rogaine.asn.au
22 September 2007	Nightgaine	ACT	act.rogaine.asn.au
3 November 2007	Spring Rogaine	ACT	act.rogaine.asn.au

Other Events

28-29 July 2007	Australian Champs	Alice Springs	http://nt.rogaine.asn.au
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Grab a map...
and plan your next getaway

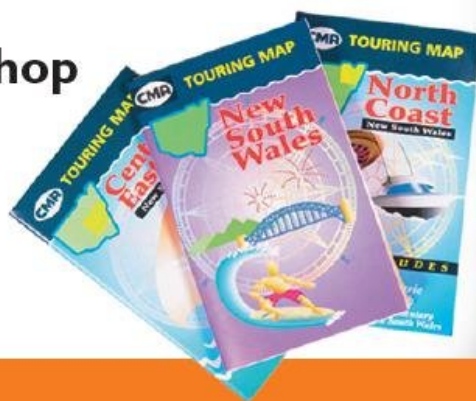
The Sydney Map Shop

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Department of Lands



New South Wales Government

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

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THIS IS YOUR NEWSLETTER ! ! ! ! !

I rely on members to provide me with its content, so please email me stories of the events you have competed in, photos from events or other things that will be of interest to rogainers (or even just of interest to you). If not, you are likely to be bombarded with stories and photos from the Cox family (BORING).

Peter Cox (Newsletter Editor)

UPCOMING EVENTS

The 2007 Paddy Pallin Rogaine will be the 44th annual event. It is a 6 hour event will be held about 15 minutes west of Lithgow on Sunday 17 June. The Paddy Pallin has a limited number of competitors and is usually over subscribed. Last year more than 700 people participated. The course is an interesting mix of some pine forest and mostly native bush, with a little cleared country. The going is generally open and there is quite a mix of cultural relics! Plenty of tracks close in, but the more remote parts have few tracks and bigger hills (maximum relief of 400 metres). This course will suit all comers from raw beginners to the fleet of foot.

The hash house is positively "luxurious" with a huge area for camping, flushing dunnies and town water.

An entry form has been posted out to most competitors, but further details can be obtained from the NSW Rogaine website, or to the Event Coordinators, Andrew and Belinda Pope on 94841736 to 9pm, or email to absspoke@optusnet.com.au



The hash house team at the Turon Gold Rush Rogaine were some of the most popular people at the event.

VOLUNTEERS ARE NEEDED

Everyone who has ever done a rogaine will understand that there is a need for volunteers at every event. Assistance is needed with the planning and organising, with the setting and vetting of the course, with the placement and retrieval of checkpoints before and after the event. Volunteers also help in the kitchen for the well earned food after an event, and many other thankless tasks. The committee asks that everyone who competes in our sport offers to be a volunteer at one event each year. Ultimately, **no volunteers means no events.**

PLEASE BE A VOLUNTEER AT AN EVENT THIS YEAR

The crew at the All Night Café provided many weary rogainers with toasties and other treats.



**The following section provides details of the
YEPERENYE YAW – 2007 AUSTRALIAN ROGAINING CHAMPIONSHIPS
If you ever needed an excuse to go to the Red Centre, here it is!!!**

The name

Yeperenye – from the traditional Yeperenye caterpillar dreaming of the MacDonnell ranges.

Yaw – to deviate temporarily from a straight line.

The site

This area in the Eastern MacDonnell Ranges was chosen for its typically Centralian, rugged beauty, its diverse, variable terrain and the superb, desert fringe rogaining weather at that time of year. Add to that the excellent tourism opportunities for entrants and officials, before and after the event, and this makes for a unique site on which to host an Ozchamps.

The Hash House

The event centre and Hash House will be at the Ross River Resort campground, approximately 85 kms via good bitumen from the Alice Springs town centre. The campground features a large, well watered lawned area with multi-roomed bunkhouse, powered and unpowered sites. There are roomy male and female toilet/hot shower blocks with ample shower and toilet cubicles in each.

Permanent admin and kitchen facilities are already on site.

There are also 29 air conditioned cabins at the resort 400 metres away (they will fill quickly, so early booking is the go – 0889569711).

Add to this a shaded swimming pool, wood fire heated restaurant, bar and AGM room and you have what we believe are the ideal Hash House requirements, with typically friendly NT hospitality from resort hosts, John and Heather.

The Terrain

The course has been set on traditional aboriginal country of some significance, and this feeling is strong as one walks across what is arguably the most ancient landscape on the planet.

Long, steep, rocky ridges feature throughout the map with regular gorges and low saddles which allow connection between associated gullies and valley complexes and offer a sensible argument against taking the direct, steep, and sometimes dangerous, route.

Most of the steeper slopes are covered with small to large scree with thick spinifex in some areas. There are several large, dry, wide sand and rock bottomed rivers/creeks winding across the course, featuring large stands of Centralian River Red and Ghost gums, the latter (*Eucalyptus Papuana*) outstanding against the multicoloured rocky background.

Vegetation is, for the most part, sparse except for patches of varied Acacia, Mallee, Gidgee (*Acacia cambagei*) and of course, Spinifex (*Triodia pungens*).

For those with a leaning towards geology, the number of different and varied rock and mineral formations evident in such a small area should test your knowledge.

Smooth desert-like plains will make for very quick leg times in contrast to the spinifexed areas where a carefully selected route is the go.

In contrast to previous ARC's, tracks are few, except for those used by the organisers for safety runs and water drops.

The Map

The official map is still a work in progress, 50% of which had to be drawn from scratch as there was zero data available for the Eastern side. The final item will be the result of photogrammetry from Chris Wilmott, with Eric Andrews responsible for cartography.

At this stage the plan is for 1:40000 with 10 metre contours but this may change to 1:33333 once we see the map in its completed form. More in final competitor notes.

Fauna

Wildlife likely to be encountered include kangaroos, rock wallabies (keep a keen eye on the top of high, rocky ridges as you walk the gullies between), dingoes, eagles, whistling kites, thieving Noisy Miners, crows, Port Lincoln parrots, garbage disposal units (disguised as the odd draught horse or two), a multitude of large, un-pretty camels of questionable appearance and similarly, the occasional safety car driver.

Snakes are not an issue at that time of year in the Red Centre, being deep in their nooks and crannies stacking ZZZ's.

Apparel

Central Australian weather in July can vary from -5°C at night to 25°C in the day so warm clothing is a reasonable idea. To combat the areas of spinifex and rocky ground, strong walking shoes with no open webbing, good knee-length gaiters and long daks are strongly recommended.

Buses

There will be a bus service from Alice Springs Airport and Alice Springs Civic Centre twice on Friday, 27th July, 2007 and once, early Saturday 28th July from the same departure points.

These services will run from the hash house to Alice at the same drop off points once on Sunday afternoon 29th July and once on Monday morning 30th July.

Details and any final changes (depending on flight arrival and departure times) will be published in competitor notes issued on receipt of entries.

The Weather

Bloody brilliant.

Clear skies day and night; stars the size of floodlights.

Cool breezes.

Astronomical

Sunset: 17.38

End of civil twilight: 18.02

Begin civil twilight: 06.15

Sunrise: 06.39

Moonrise: 15.48

Moonset: 05.58

99% of moon visible

Hire cars

Thrifty Alice Springs will supply discounted hire cars to all accredited ARC competitors and officials. ID cards will be issued on entry.

The vetters said:-

The event site is most impressive central Australian landscape. Magnificent coloured rock escarpments of mountain ridges cut across the flat plains, providing gorges and mountain plateaus to traverse. The expectation that one might come upon some ancient aboriginal rock art is always there. Many padded paths of the camels, stock and native animals wend their way through the dry creek beds, giving a welcome respite to the often rocky terrain. The howl of the dingo, and solitary cry of the crow reminds one of just how remote and expansive the area is. The misty multi coloured landscape viewed from high ridges is indeed a privilege to experience.

For more information: Phone – 0889411059 Email - Spartacus@internode.on.net

University students – win a trip to the Northern Territory!!

One lucky team from a NSW university will have their travel expenses paid to attend this year's Australian Rogaining Championships in the Northern Territory in July.

The Australian Rogaining Championships this year will also be the inaugural Australian Universities Rogaining Champs for 2007.

The Nigel Aylott Memorial Sports Foundation has agreed to pay expenses for one university team from each of the states and territories to attend this event and also for future University Championships. Nigel Aylott was one of Australia's most accomplished rogainers and endurance athlete par excellence, until his untimely death in 2004.

To qualify for this financial support, your team must consist of full-time students at a NSW university.

Final details of selection criteria are being worked out as this newsletter goes to press.

Even if not selected for this financial support, we encourage student teams from NSW to compete in this event, and bring back a trophy!

Please contact Bob Gilbert for further information, bgilbert@hunterlink.net.au.

Those who participated in the Turon Gold Rush Rogaine were probably aware that we “lost” a couple of teams. Richard Smyth explains how it all happened. Could it happen to you and what would you do in the same situation?

We, a team of 3 have been Rogaining for about 7 years, (but some of us bushwalking for many more) and this is the second or third time we have become “lost”. This time circumstances beat us and we did not get back in time. Perhaps it was the team number 13 that caused our problem. We learnt a lot and have decided to pass on our hindsight to help others, hopefully to avoid the same problems.

First we have to say thank you to the 3 people who found us (both missing teams) at about 6am, after being out all night looking for two teams. At that time, nearly first light we were packing up ready to back track to where we had gone off track and find our way back from there with the help of daylight. The rescuers showed us where we were, (about 500 metres ENE of CP 62) and out of bounds too. We also regret the concern we caused to all officials, but this is what happened, a rather embarrassing episode.



The Admin Area for the Turon Gold Rush Rogaine, Richard wishes he got back here about 11 hours earlier.

We had marked up a flight plan (with a few extras thrown in if we had spare time), but now realise it would have been better for those searching to have actually plotted just our base course. (The red markings on the course map were relatively heavy and made reading the contours and other features on the map difficult, especially at night).

It should have been possible for us to at least do our base course in the set time. We were on time with possible a bit of spare, until we hit the “track” (up the hill from 100) that ran from CP 60 down to 43. The “road” on the map turned out to be a gap in the bush along the ridge, but a very rough rocky course underfoot that one of our team found huge difficulty in coping with. Instead of the 30 minutes allowed in our course plotting it took over 90 minutes.

We exited the bush, rather demoralised, as the track had expired, and figured we were somewhere perhaps near to CP43, but exactly where we were not sure. Probably we did not spend enough time trying to work out where we were.

At the bottom of the track we met a young couple (Team 110) who compared to us were relatively inexperienced and who decided to travel with us. However at the end of the "road" not all members in the teams were involved in determining our location and while uncertain, we set off in what turned out to be initially a logical but eventually a wrong direction along a creek that turned out not to be the one on the map. We did not realise this until we had travelled for a while, and by then...

After coming to a junction of creek and river bed, we ended up in a river bed, not knowing exactly where we were so we climbed up onto a clear spur to try to work out where we were. From observations as we walked, from the map and topography silhouette we confirmed we had travelled north (instead of south) following the wrong creek, and we should back track south to where we had started from by retracing our steps following the creek line etc. However at that time (about 8.30pm) we all needed food and a rest.

An attempt was made from the ridge above the spur to phone the emergency number but there was no connection available on Vodafone. The rest of us had left our Telstra mobiles at base camp. Next time we will take them.

In one way we were lucky, the grass was still wet from the rain, and given we found bare ground under a tree, with rocks to make a fire place and enough wood to start a fire, (with the aid of the emergency candle and matches) we felt it was safe to light a fire to warm us up, heat the baked beans and to act as a beacon if anyone was looking for us. We were not short of food and had a good meal with enough left for another.

After the meal it was agreed we should sit/sleep the night out and then find our way back with the aid of daylight. We had found enough wood to keep the fire going all night, and we stoked it up in between intermittent sleeps. Through the night we could see lights flashing round the hills as others successfully navigated the course. We learnt that older of the cheap space blankets that 4 of us had, ripped very easily and would have been useless if it had rained or been very cold. We also learned that the more expensive space blankets caught fire easily.

We were lucky it was a relatively warm but windy night and it did not rain at all, otherwise we might have moved out earlier. It was unfortunate that the searchers did not know the teams were together until they found us all at 6am, finally attracted by our fire. Given they had been up all night, they were very generous to us and advised us to walk south past our start point to find the Hash House. It was easy in daylight and we got back about 11 hours late, but in time for a hot breakfast. It was interesting countryside, and overall a very well planned and organised event. We will be back for the next one, we will take more care, be better prepared, and will finish on time.

Finding somewhere dry to mark up maps for the Turon Gold Rush Rogaine called for some initiative, and unusual settings, such as a horse stable.



For the latest information on Volunteering and the results of the Turon Gold Rush Rogaine see the NSWRA web site.