

ROGAINING

NEW SOUTH WALES

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 119

January 2007



BOB GILBERT, ORGANISER OF THE LAKE MACQUARIE ROGAINE, PRESENTS A DONATION FOR THE HUNTER WESTPAC RESCUE HELICOPTER SERVICE

www.nswrogaining.org

2007 ROGAINING CALENDAR

| DATE | EVENT | LOCATION | CONTACT |
|---------------------|--------------------------|---------------|--|
| 25 February 2007 | Metrogaine - 6 hour | Manly | metrogaine2007@tolwong.com |
| 28-29 April 2007 | Autumn Rogaine 8/24 hour | Capertee | www.nswrogaining.org |
| 17 June 2007 | Paddy Pallin - 6 hour | | www.nswrogaining.org |
| ACT Events | | | |
| 4 March 2007 | Paddy Pallin – 6hour | ACT | act.rogaine.asn.au |
| 6 May 2007 | Cycle Rogaine – 6 hr | ACT | act.rogaine.asn.au |
| 26-27 May 2007 | ACT champs – 8/24 hour | ACT | act.rogaine.asn.au |
| Other Events | | | |
| 28-29 July 2007 | Australian Champs | Alice Springs | http://nt.rogaine.asn.au |

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and plan your next getaway

The Sydney Map Shop

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SYDNEY NSW 2000

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F (02) 9221 5980

www.lands.nsw.gov.au



 Department of Lands



New South Wales Government

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

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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

COVER PHOTO

Bob Gilbert (third from left), organiser of the Lake Macquarie rogaine, presents a cheque for \$500 to Phil Williams (second from left), Business Manager of the Hunter Westpac Rescue Helicopter service. The donation is made each year from the Lake Macquarie Rogaine in appreciation of the service provided, and the hope that we never have to use it. A bbq was held at the helicopter base, for the volunteers who assisted at the Lake Macquarie Rogaine. The function also included a tour of the facility and an informative and interesting explanation of the work done by the service and the community support to maintain the operation.

COMING EVENTS

2007 METROGAINES

'The Silvertail Rollercoaster'



The 2007 Metrogaine is to be held on 25th February centred on the Manly area and covering parts of adjoining suburbs and bush areas. The Hash House will be at a public school in the district.

Being a Metrogaine, navigation should not be too challenging

and it will be the usual multiple-choice question format, rather than “pot-hunting”. The course caters for all levels of fitness and ages – from the flat of Manly Corso to the heights of Manly Dam Reserve –so families with children or with strollers should be able to find a course suitable for them.

Swimming may not be a mandatory part of this event, but you’ll have to try hard not to go near water at some point and if the water is as nice as it currently is, you’d be crazy not to swim – so be prepared.

As well as maybe bringing your swimmers, a camera is also recommended as there are some great locations/views – hopefully even some that are new to the locals among you.

On-line entry is now available and entry forms are also included with this newsletter.

For further details, contact *Peter McConaghy*, : metrogaime2007@tolwong.com



Turon Gold Rush 8/24 Hour Rogaine NSWRA Autumn 2007

Course Setters: Alexa McAuley, Belinda Bright and Philip Whitten

NSWRA Autumn Rogaine for 2007 will be held in the surroundings of the Turon River in the NSW central tablelands. The Rogaine will be held on the weekend of 28-29 April, just three days after Anzac day. The Turon River is located 12 km west of Capertee, about a 3 drive west from Sydney.

The Turon Gold Rush will consist of an 8 and a 24 hour event. The 8 hour event has proved to be popular in other states of Australia, being similar in length to a 6 hour event, but with the bonus of a small amount of night time navigation. The 24 hour event will be the traditional format with entrants choosing to spend as little or as much of the 24 hours on the course as they wish.

Despite the proximity to previous Rogaines and the Gardens of Stone National Park, the course does not contain any sandstone pagoda country, nor any heath or scrub. The Turon River bisects the hilly course, with the vegetation consisting of open eucalypt forests on the slopes, casurinas along the banks and flats of the Turon River and some grazed farm land.

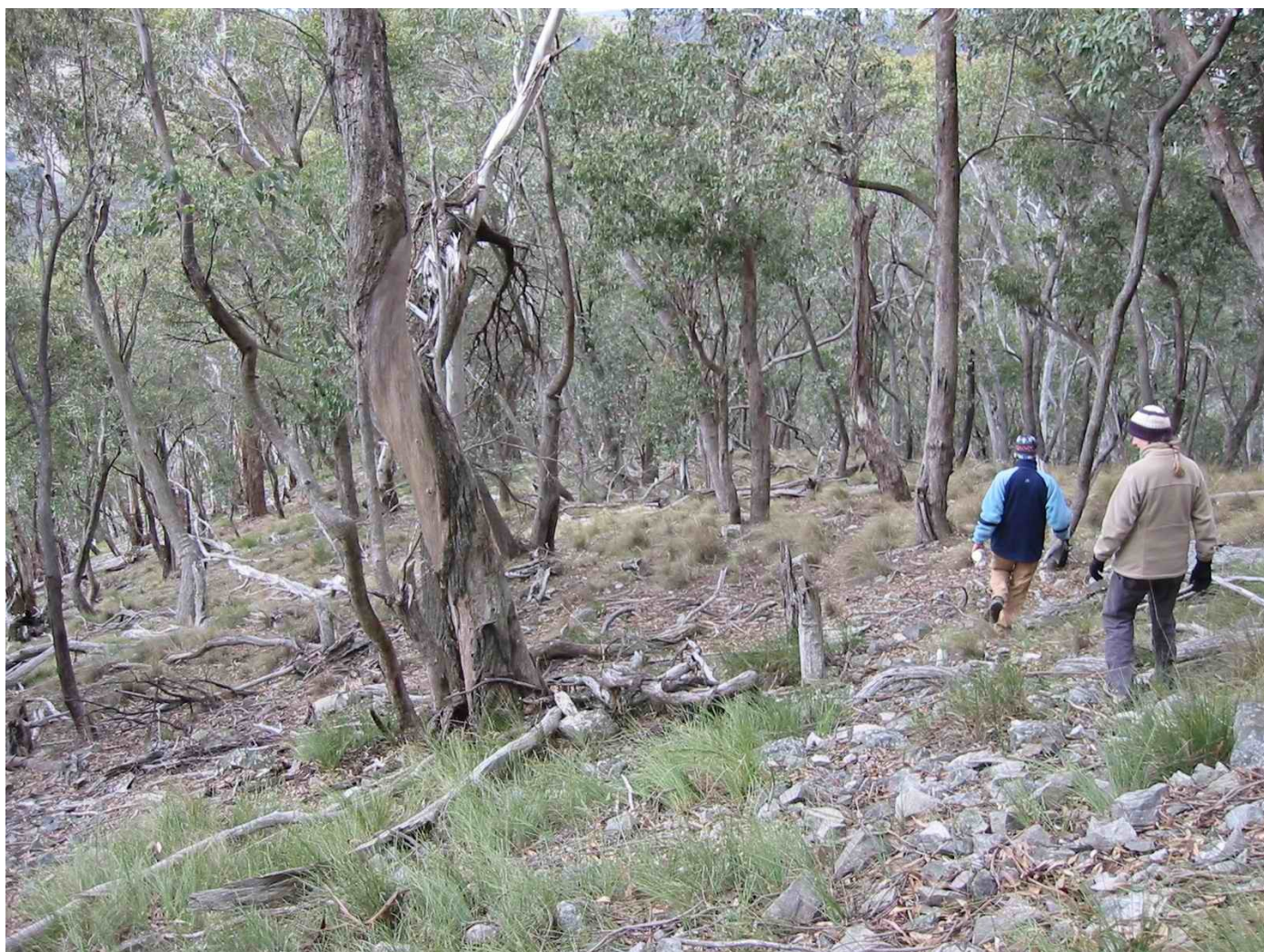
Travel on foot is fast relative to many NSW rogaines, with some loose rock and hilly areas to slow entrants down. Several roads and firetrails lead to the Hash house. The map will be a 1:25000 premarked topographic map with 10 m contours. Night time navigation should be a pleasure as the features are generally distinct, and the vegetation open.

Highlights of the course include abundant wildlife and frequent signs of past gold mining. Setting the course we have seen many kangaroos, wallabies, snakes (these should be less noticeable at the end of April), echidnas and wombats, as well as horses, sheep, goats and pigs.

The Turon River is also well known for its platypus, with some rumoured to reside close to the Hash House. There are scattered gold mining diggings along most of the main creeklines. The ruins of water races and old houses also remain from the Turon gold rushes that were in full swing 150 years ago.

Fantastic vistas over the Gardens of Stone National park may tempt many competitors to the high ridgelines and hills on the course. In contrast, the serene banks of the Turon River offer many great spots to take a break.

The Hash House is situated at a private camping area adjacent to the Turon River. Entry fees will include camping on the Friday and Saturday nights. There is luxury cabin accommodation close to the Hash House for those entrants who prefer not to camp. Due to the Rogaine being held just three days after Anzac day the cabins may book out well in advance of the Rogaine. To book a cabin, phone (02) 99693818 or learn more at <http://www.turongates.com>.



Online entry should be available soon at the NSWRA association web page (<http://www.nswrogaining.org/>), and entry forms will be included with the next newsletter.

We are still in need of some volunteers to help run this event. We are lucky to have Trevor Gollan and friends looking after food at the Hash House, whilst Graeme Cooper is heading the Administration team, and Michael Watts will lead the course vetting. We still need volunteers for: another course vetter, people willing to run an all night café, flag retrieval and site staff. Please remember that you can enter the Rogaine and still volunteer for flag retrieval.



Pictured above is a photo taken from the Turon River in NSW

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.

At this stage it appears that there will not be enough volunteers to feed competitors after the Metrogaine, it may well be our first "bring your own food event".

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

More about snake bites!

An entrant was bitten by an eastern brown snake at the WRC in October and recently a child died in the Sydney area following a snake bite. Mike Hotchkis wrote of it in the last president's piece of October 2006.

I felt it was important to reprint the information provided to WRC entrants. Thank you to Rod Phillips, IRF Secretary for this version.

"As the organisers-WRC- have said, the risk of snakebite is extremely low. I am unaware of any snakebite in any Australian rogaine ever. Even if bitten, you are likely to have a good outcome if you manage it appropriately.

Do not follow advice given for USA snakebites. All the advice I could find on North American websites for snakebite treatment is out-of-date or wrong for Australian snakes."

FIRST AID FOR AN AUSTRALIAN SNAKE BITE (carry at least three crepe bandages per rogaining team or when setting, vetting or other wise helping with a rogaine out on the course.)

1. The bitten person should lie still. Do not move the limb. Do not walk back to the Hash House. Do not wash the bite site. Do not cut the bite site. Just lay still.
2. Apply crepe bandages firmly to the entire limb, starting at the toes or fingers and working up to the body, particularly over the bite site. Not too tight, about as firm as a bandage for a sprained ankle. Do not remove this bandage. (If the bite is on the head, neck or back, apply constant firm pressure if possible.)
3. Immobilise the limb with a splint.
4. Get help. Bring help to the bitten person. Attract another team by blowing your whistle. Repeated blasts of three whistles, is the accepted distress signal on a rogaine.

Extra information on pressure immobilisation first aid for those who are interested. Pressure immobilisation first aid for venomous bites and stings was developed in Australia in the 1970s by Professor Struan Sutherland, who was head of immunology research at the Commonwealth Serum Laboratories (CSL). Venom is spread via the lymph system, so

applying a bandage (as tightly as you would strap a sprained ankle) slows the movement of venom from the bite site into the lymphatic system. Immobilisation - with a splint, e.g. a piece of wood/timber to the limb - also slows lymphatic drainage. This gives the bitten person more time to reach hospital and medical care, although obviously the situation is still an emergency.

Research with snake venom has shown that very little venom reaches the bloodstream if firm pressure is applied over the bitten area and the limb is immobilised. It is currently recommended for most life-threatening venomous bites and stings in which the venom travels by the lymph system, for example, funnel web spider bites, snakebites and blue-ringed octopus and cone snail envenomations.

Alan Mansfield with thanks to Rod Phillips

Eastern Brown Snakes

The Eastern Brown Snake is one of Australia's most dangerous reptiles. It is fast-moving and aggressive. However, like most snakes, it is most likely to retreat. The Eastern Brown Snake was probably once widespread in the Sydney region, but it has not been recorded in the inner urban areas around the harbour for more than 50 years, and nearly all recent records (25 years or less) have been from bushland in the upper reaches of the harbour's northern tributaries.

The name 'Brown Snake' is a bit misleading. Colours are variable and range from tan through dark brown, russet-orange to almost black, with a cream or white belly. Juveniles have black bands. In some individuals, the bands cover the entire body while others have bands only to the head.

Both variations may be born in the same clutch. The black bands fade with age but may still be evident in some adults.

The Eastern Brown Snake lays eggs and feeds on lizards, frogs, small mammals and birds.



Volunteers for upcoming NSWRA Rogaines - 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

| | | | | |
|---|--|---|--|---|
| Metrogaine - 6 hour 25 February 2007 | Autumn – 8/24 hour 28-29 April 2007 | Paddy Pallin - 6 hour 17 June 2007 | Lake Macquarie - 12 / 6 hour 18 August 2007 | NSW Championships 20-21 Oct 2007 |
| Organiser | Organiser | Organiser | Organiser | Organiser |
| Richard Green | Philip Whitten | Andrew Pope | Bert van Netten | Bert van Netten |
| Administrator | Administrator | Administrator | Administrator | Administrator |
| Peter & Wendy McConaghy | Graeme Cooper | Belinda Pope | Bob Gilbert | |
| Admin Assistants | Admin Assistants | Admin Assistants | Admin Assistants | Admin Assistants |
| | Belinda Bright | Graeme Cooper | | |
| Course Setters | Course Setters | Course Setters | Course Setters | Course Setters |
| Andrew Harford Richard Green | Philip Whitten Alexa McAuley | Ian Brown | Bert van Netten | Bert van Netten |
| Vetters | Vetters | Vetters | Vetters | Vetters |
| | Michael Watts | | | |
| Flag Retrieval | Flag Retrieval | Flag Retrieval | Flag Retrieval | Flag Retrieval |
| | | | | |
| Caterer | Caterer | Caterer | Caterer | Caterer |
| | Trevor Gollan | 1st Waitara Scouts | Junior Orienteering Squad | Local Group |
| Hash House Team | Hash House Team | Hash House Team | Hash House Team | Hash House Team |
| Kerry Gilmore | | not required | | |
| Site Staff | Site Staff | Site Staff | Site Staff | Site Staff |
| | | | | |
| Photographer | Photographer | Photographer | Photographer | Photographer |
| | | | | |

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| Safety Officer | Safety Officer | Safety Officer | Safety Officer | Safety Officer |
| | | | | |

Results of An Awabakal Amble - 2006 Socialgaine held on 19/11/2006

| Team# | Name | Score | Time | Open | Men | Women | Mixed | Veteran | Super Vet | Junior | Novice | Family |
|-------|---|-------|------|------|-----|-------|-------|---------|-----------|--------|--------|--------|
| 81 | stu adams, scott wevers | 880 | 5:58 | 1 | 1 | | | | | | | |
| 111 | Matt de Belin, Michael Meryment, Matt Shields | 820 | 5:53 | 2 | 2 | | | | | | | |
| 62 | Shaun Atchinson, Richard Green | 810 | 5:58 | 3 | 3 | | | | | | | |
| 72 | Glen Peters, Tony Welbourne | 770 | 5:45 | 4 | 4 | | | | | | | |
| 95 | Joanna Mimica, Melanie Simpson | 770 | 5:57 | 5 | | 1 | | | | | | |
| 49 | Relene Fenrich, Jeremy Welbourne | 740 | 5:51 | 6 | | | 1 | | | | | |
| 55 | Gill Fowler, Alexa McAuley | 740 | 5:58 | 7 | | 2 | | | | | | |
| 37 | Andrew Haigh, Nicole Haigh | 720 | 5:41 | 8 | | | 2 | | | | | |
| 90 | Malcolm Bradley, Wendy Stephenson | 710 | 5:36 | 9 | | | 3 | 1 | | | | |
| 56 | Mick Driscoll, Greig Scott | 700 | 5:53 | 10 | 5 | | | 2 | | | | |
| 60 | Sue Clarke, Walter Kelemen | 690 | 5:56 | 11 | | | 4 | 3 | | | | |
| 102 | pat hughes, bert van netten | 670 | 5:56 | 12 | 6 | | | 4 | 1 | | | |
| 33 | Sonia Brown, Nikki Brown, Claire Doherty | 660 | 5:54 | 13 | | 3 | | | | | | |
| 34 | John Barnes, Mardi Barnes | 660 | 5:59 | 14 | | | 5 | | | | | |
| 24 | Graeme Hill, Julian Ledger, Anne Newman | 650 | 5:51 | 15 | | | 6 | 5 | | | | |
| 106 | Jeremy Charles, Garry Sundin | 650 | 5:58 | 16 | 7 | | | | | | | |
| 107 | Daniel Orr, Josh Roberts | 640 | 5:45 | 17 | 8 | | | | | | | |
| 67 | Alex Massey, Damian Welbourne | 640 | 5:53 | 18 | 9 | | | | | | | 1 |
| 119 | David Lilley, Michael Lilley | 620 | 5:57 | 19 | 10 | | | | | | | |
| 53 | Jason Hollard, Lucy Hollard | 600 | 5:36 | 20 | | | 7 | | | | | |
| 47 | David Dash, Peter Tamsett | 590 | 5:37 | 21 | 11 | | | 6 | 2 | | | |
| 64 | Ron Junghans, Warwick Selby | 590 | 5:51 | 22 | 12 | | | 7 | 3 | | | |
| 42 | Amy Von Huben, Mark Von | 590 | 5:55 | 23 | | | 8 | | | | | |

| | Huben | | | | | | | | | | | |
|-------|--|-------|------|------|-----|-------|-------|---------|-----------|--------|--------|--------|
| 39 | Karin Hefftner, Larry Weiss | 580 | 6:01 | 24 | | | 9 | 8 | | | | |
| 19 | Joel Mackay, Sarina Tomchin | 570 | 6:21 | 25 | | | 10 | | | | | |
| | | | | | | | | | | | | |
| Team# | Name | Score | Time | Open | Men | Women | Mixed | Veteran | Super Vet | Junior | Novice | Family |
| 126 | Greg Bacon, Kerry Bacon, Matthew Bacon, sarah hartwig | 560 | 5:34 | 26 | | | 11 | | | | | |
| 91 | Grant Campbell, Shayne Connell, Marty Middlebrook | 560 | 5:48 | 27 | 13 | | | | | | | |
| 124 | Steve Clarke, Loren Edema, Beth O'Shea, Graeme Woodward | 560 | 5:55 | 28 | | | 12 | | | | | |
| 48 | Karen Coughlin-Hall, Peter Holz, Dom Isberg, Wendy Scott | 540 | 5:59 | 29 | | | 13 | | | | | |
| 122 | Anna Kricker, David Kricker | 540 | 6:01 | 30 | | | 14 | | | | | |
| 44 | Brad Shaw, Eric Smith | 530 | 5:40 | 31 | 14 | | | | | | | |
| 92 | Glen Arnold, Gareth Chandler, Ben Fehlberg | 530 | 5:42 | 32 | 15 | | | | | | | |
| 18 | Nihal Danis, Eileen Peck, Richard Sage, Paula Stuart | 530 | 5:44 | 33 | | | 15 | 9 | | | | |
| 94 | Byron Biffin, Ineke Kuiper | 530 | 5:54 | 34 | | | 16 | | | | | |
| 73 | Geoff Barnes, Mark Barnes | 520 | 5:54 | 35 | 16 | | | | | | 1 | |
| 58 | Matthew Bulbert, Alison Trowbridge | 510 | 5:42 | 36 | | | 17 | | | | | |
| 123 | simon edds, trevor wakeman | 510 | 5:43 | 37 | 17 | | | | | | 2 | |
| 71 | Nicolas Hohn, Andrea Kneen, Chris Mellen | 510 | 5:49 | 38 | | | 18 | | | | | |
| 79 | John Gilmour, Jim Phimister | 510 | 5:53 | 39 | 18 | | | 10 | | | | |
| 108 | Sarah Antill, Martin Lefmann, Patrick Mickan | 510 | 6:02 | 40 | | | 19 | | | | | |
| 77 | Liza Cubeddu, Roland Gamsjaeger | 500 | 5:48 | 41 | | | 20 | | | | | |
| 15 | Brett Golledge, Louise Hayes, Anthony Hayes | 500 | 5:59 | 42 | | | 21 | 11 | | | | |
| 98 | James McQuillan, Nerise McQuillan | 490 | 6:03 | 43 | | | 22 | | | | | |
| 88 | Colleen Mock, Colin Mock | 490 | 6:07 | 44 | | | 23 | 12 | 4 | | | |

| 41 | Jo-Anne Evans, Michelle Jandl, Melissa Moseley | 480 | 5:42 | 45 | | 4 | | | | | | |
|-------|---|-------|------|------|-----|-------|-------|---------|--------------|--------|--------|--------|
| 36 | Barbara Barnes, Richard Barnes | 480 | 6:06 | 46 | | | 24 | 13 | | | | |
| | | | | | | | | | | | | |
| Team# | Name | Score | Time | Open | Men | Women | Mixed | Veteran | Super Vet | Junior | Novice | Family |
| 82 | debbie Atchison, david clark, denise clark | 470 | 5:37 | 47 | | | 25 | | | | | 2 |
| 51 | Shelley Bambrook, Melanie Bloos | 470 | 5:52 | 48 | | 5 | | | | | | |
| 43 | Chris Calwell, Christopher Mottram, Meagan Mottram | 460 | 5:31 | 49 | | | 26 | | | | | |
| 38 | Michael Cairney, Aaron Foote | 460 | 5:38 | 50 | 19 | | | | | | | |
| 8 | Lyn Corrigan, Jeff Paul | 460 | 5:43 | 51 | | | 27 | 14 | | | | |
| 10 | Lynn Dabbs, Kevin Williams | 460 | 5:45 | 52 | 20 | | | 15 | | | | |
| 59 | David Bowerman, Ernest Windschuttel | 460 | 5:45 | 53 | 21 | | | 16 | 5 | | | |
| 50 | carolyn hamilton, kishore sanghi | 460 | 5:52 | 54 | | | 28 | | | | | |
| 97 | David Carmichael, Imke Zenker | 460 | 5:54 | 55 | | | 29 | | | | | |
| 87 | Ugo Cario, Russell Swanson, Charles Thomson | 460 | 5:55 | 56 | 22 | | | 17 | | | | |
| 28 | Carol Phillips, Mark Phillips | 450 | 5:30 | 57 | | | 30 | 18 | | | | |
| 117 | Marcia Dawson, Ian Howson, Brett Sewell, Darren Slattery, Robin Stacey | 450 | 5:35 | 58 | | | 31 | | | | | |
| 118 | Michele Dawson, Graeme Dawson | 450 | 5:37 | 59 | | | 32 | | | | | 3 |
| 96 | Liz Bunn, Thomas Bunn | 450 | 5:56 | 60 | | | 33 | 19 | | | | |
| 30 | Andrew Corrigan, Grace Corrigan, Lisa Corrigan, Maggie Corrigan, Wayne Corrigan | 440 | 5:39 | 61 | | | 34 | | | | | 4 |
| 120 | Myee Allison, Thomas Bisshop | 440 | 5:44 | 62 | | | 35 | 20 | | | | |
| 69 | Michael Roylance, Richard Roylance | 440 | 5:46 | 63 | 23 | | | | | | | 5 |
| 40 | Wendy Boyce, Nina Gallo, Matt Ryan | 440 | 5:48 | 64 | | | 36 | | | | | |
| 52 | John Clancy, Chris Stevenson | 440 | 5:53 | 65 | 24 | | | 21 | | | | |
| 83 | David Noble, Rebecca Noble | 440 | 6:06 | 66 | | | 37 | | | | | 6 |

| | | | | | | | | | | | | |
|-------|---|-------|------|------|-----|-------|-------|---------|--------------|--------|--------|--------|
| 20 | Ray Pickering, Paul Scells, Allayne Woodford | 430 | 5:39 | 67 | | | 38 | | | | 3 | |
| 45 | Annalisa McKay, Neil McKay | 430 | 5:50 | 68 | | | 39 | | | | | |
| 65 | Zuzu Burford, Jitka Kopriva | 420 | 5:56 | 69 | | | 40 | 22 | 6 | | | |
| Team# | Name | Score | Time | Open | Men | Women | Mixed | Veteran | Super Vet | Junior | Novice | Family |
| 121 | Rahul Gurjar, Jeremy Leung, Robert Lim, Terry Tam | 420 | 6:00 | 70 | 25 | | | | | | 4 | |
| 84 | Peter Orr, Maria Orr | 410 | 5:34 | 71 | | | 41 | 23 | | | 5 | |
| 4 | Doug Floyd, Beth Symonds, Thais Turner | 410 | 5:54 | 72 | | | 42 | 24 | | | | |
| 63 | Alex Lehmann, Rhys Lehmann, Grace Maguire, William Maguire, Kate Sullivan | 410 | 5:58 | 73 | | | 43 | | | | | |
| 7 | Fiona Merritt, Joshua Merritt, Lauren Merritt, Tony Merritt | 400 | 5:47 | 74 | | | 44 | | | | | 7 |
| 25 | Jenny Clark, Peter Tuckwell | 390 | 5:47 | 75 | | | 45 | 25 | | | | |
| 57 | John Anderson, Kath Anderson | 390 | 5:51 | 76 | | | 46 | 26 | 7 | | | |
| 114 | Lucy Condon, Brian Vowels | 390 | 5:55 | 77 | | | 47 | | | | | |
| 115 | Ann-Maree Carruthers, Paul Carruthers | 390 | 5:59 | 78 | | | 48 | | | | | |
| 29 | Deborah Byers, Kath Grant, Andrew Lumsden | 360 | 5:41 | 79 | | | 49 | 27 | | | | |
| 17 | David Chambers, John Cole | 350 | 5:10 | 80 | 26 | | | 28 | | | | |
| 23 | Alec Noble, Liz Noble | 350 | 5:33 | 81 | | | 50 | | | | | 8 |
| 27 | Penny Field, Geoff Ritchie | 350 | 5:46 | 82 | | | 51 | 29 | | | | |
| 9 | Alan Lowe, Lee Lowe | 350 | 5:47 | 83 | | | 52 | 30 | | | | |
| 66 | Sarah Maddock, Erik Ojong, Joel Pringle | 350 | 5:47 | 84 | | | 53 | | | | 6 | |
| 11 | Dennis Sparling, Jim Wells | 350 | 6:03 | 85 | 27 | | | 31 | 8 | | | |
| 93 | Michael Incze, Phil Reeves | 340 | 5:33 | 86 | 28 | | | | | | 7 | |
| 2 | Chris Welbourne, Helen Welbourne | 340 | 5:50 | 87 | | | 54 | 32 | 9 | | | |
| 100 | Ian Almond, Jennifer Almond | 340 | 5:51 | 88 | | | 55 | 33 | | | | |
| 21 | Pam Montgomery, Robert Montgomery | 340 | 6:00 | 89 | | | 56 | 34 | 10 | | | |
| 76 | Wendy Driscoll, Fiona Johnson, | 330 | 5:41 | 90 | | 6 | | 35 | | | | |

| | Diana Scott | | | | | | | | | | | |
|-------|--|-------|------|------|-----|-------|-------|---------|-----------|--------|--------|--------|
| 12 | Angela Cziferszky, Roland Cziferszky, Barabara Stillner | 330 | 5:56 | 91 | | | 57 | | | | | |
| 14 | Maggie Hart, Richard Smyth | 320 | 5:10 | 92 | | | 58 | 36 | 11 | | | |
| Team# | Name | Score | Time | Open | Men | Women | Mixed | Veteran | Super Vet | Junior | Novice | Family |
| 46 | Nicole Boland, Samantha Wilson | 320 | 5:49 | 93 | | 7 | | | | | | |
| 75 | Peter Dennis, Lachlan Dennis, Melanie Dennis | 310 | 5:01 | 94 | | | 59 | | | | | 9 |
| 125 | MICHAEL BOWMAN, SUE BOWMAN, VALERIE DAVIES, GEORGE LEONG | 300 | 5:16 | 95 | | | 60 | 37 | | | | |
| 35 | Eric Barnes, Trish Beat | 300 | 5:37 | 96 | | | 61 | 38 | 12 | | | |
| 3 | Bruce O'Brien, Kelsey O'Brien | 300 | 5:52 | 97 | | | 62 | | | | | 10 |
| 61 | Sharyn Dearman, Amber Thompson | 280 | 5:12 | 98 | | 8 | | | | | | |
| 31 | Laurie Bore, Margaret Bore | 280 | 5:41 | 99 | | | 63 | 39 | 13 | | | |
| 85 | Nicola Robb, Stuart Robb, Kristin Tufts | 280 | 5:49 | 100 | | | 64 | | | | 8 | 11 |
| 86 | Bernice Lockard, Ryan Lockard, Steve Lockard | 280 | 5:49 | 101 | | | 65 | | | | 9 | 12 |
| 104 | Ellen Brackenreg, Kate Brackenreg, Mark Brackenreg, Rachael Brackenreg, Abby Pro | 270 | 5:11 | 102 | | | 66 | | | | | |
| 5 | Jim Hubbard, Bob McNairn | 270 | 5:59 | 103 | 29 | | | 40 | 14 | | | |
| 80 | Andy Simmonds, Roma Simmonds | 260 | 5:15 | 104 | | | 67 | 41 | | | | |
| 6 | Kaye Johnson, Peter Morrison | 260 | 5:49 | 105 | | | 68 | 42 | | | | |
| 105 | Jo-Anne Buckley, Lesley Buckley | 260 | 6:00 | 106 | | 9 | | | | | | |
| 116 | Niamh Delfendahl, Clare Delfendahl, Grace Delfendahl, Tricia Heffron | 250 | 5:55 | 107 | | 10 | | | | | 10 | 13 |
| 74 | Dino Andreatta, Guila Lo Grasso, Val Rose | 250 | 5:59 | 108 | | | 69 | 43 | | | | |
| 22 | Penny Allen, Marie Kibble | 240 | 5:11 | 109 | | 11 | | 44 | 15 | | | |
| 112 | lynne McNairn, Martyn Robinson | 220 | 5:16 | 110 | | | 70 | 45 | | | | |
| 54 | Jessie Chen, Karen Jones, Ann- | 180 | 5:18 | 111 | | 12 | | | | | | |

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.

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