

Issue 15 - November 1987

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Bert's Banter

The rogaining season is over for another year. It has been a successful year for rogaining in NSW, 1987 having seen:

1. increased interest in course setting
2. increased membership
3. more members willing to take offices
4. the Australian Championships
5. a healthier bank balance

Next year we are looking to hold two 12 hour rogaines (instead of one), a 24 hour event plus the Paddy Pallin event which will be a 6 hour event. Anyone who would like to gain some experience in course setting and event organising should contact me.

Judging from the feedback (oral and written) which I have received from the Aus' Champ competitors I feel reassured that it was a successful event. This is very gratifying! Thanks to those rogainers who took the time to write a letter of thanks. It was very pleasing to have so many interstate competitors. My apologies to those Victorians who expected to find Indian temples in the middle of our farmlands. I now realise that "pagoda" is not a commonly used rogaining term!

When reading the last VRA newsletter I noted, with interest, that the Victorians are giving some serious thought to personal safety during and after rogaines. We have had an amazing lack of serious injury considering the nature of the sport. This, I feel, has led to complacency - myself included. Do you:

1. carry basic medical supplies and a whistle,
2. fill in the marker sheets accurately,
3. avoid dangerous out-of-bounds areas,
4. take unnecessary risks in attempting to achieve the shortest and most direct route, and
5. arrange a driver for the trip home?

Give the safety issue some thought. I'm sure we all want to maintain our, so far, good track record.

Happy, safe rogaining!

Editorial

Well as you might have read in the last newsletter, and as Bert mentioned above, there are some new faces (and bodies) participating in the running of the NSWRA. But don't despair, the old faces (and bodies) are still there to make sure that the new chums maintain the high standards they have set.

Those of us who have been rogaining for a few years will be well aware of the fantastic job that the trio from Newcastle have been doing (note the use of the tense) . For those who are newcomers I'm referring to Bert and Dianne van Netten and Ian Dempsey. The fact that there is now a strong and growing rogaining community in NSW is due almost entirely to their enthusiasm and efforts. So on behalf of that rogaining community I'd like to say THANK YOU. (If anyone would like to dissent from these remarks, I'll be happy to let you organise a rogaïne later in the year!)

Bert has still ended up as President (after a "back room" deal with Greg Harrington) while Dianne and Ian are Publicity Officer and Paddy Pallin Organiser respectively. It's now up to us to carry on their good work and ensure that the rogaining community continues to grow. We've still got a long way to go before we can run twelve events annually as the do in Victoria or even six as in WA.

Ed

Australian Championships Roundup

From the caterers:

What on earth is suitable food for 230 rogainers at an Australian Championships? For months, Terry and I tried many recipes in an attempt to answer the question.

One we rejected out of hand as entirely unpractical was Camel and Rabbit Stew. Who was going to provide the humped beast? I certainly was not prepared to donate my newly acquired furry friends, and anyway, the recipe suggested that it took several months to prepare and cook and wasn't nutritionally beneficial.

After much deliberation, we settled for 'Pumpkin Soup', from a Heart Foundation booklet, 'Mexican Beans', a dish devised by Dianne van Netten, nutritionist, 'Vegetable and Lentil Casserole' and 'Chick Pea and Tomato Salad', from the Australian Womens Weekly Oriental Dinner Party Cookbook. The fresh fruit salad completed the vegetarian fare.

Carnivores managed to devour all the sausages and patties, 600 of them, by 11.55am on Sunday. The teams who had been out for the whole rogaïne were, thankfully, mostly vegetarian. There was, however, an audible sigh from one competitor when he learned the news. Obviously he had kept on running with the vision of barbequed sausages at the finish line. Oh, the disappointment!

What do rogaïne cooks do when the competition is over? Clean up and go home? Not quite. We managed to relax in a hot bath, have a peaceful night's sleep without the whirr of the food blender (more pumpkin soup), and than go out for a leisurely stroll to retrieve four controls on the splendid course. And we talked.

We evaluated the whole process of catering for large groups, but most of all, we thought of all those helpers who volunteered their services. Thank you to Peter Tuft, Melissa Collins, Anthony, Brian and Andrew from the ACT, Eileen Christina, the Victorian policeman, the admin team of Yvonne, Jack and Michael and organisers Dianne and Bert - we would not have managed without your valuable assistance. Feedback from competitors was important too. It boosted our moral but it also helps us to assist you when you and your friends volunteer to cater for a rogaïne in 1988.

Wendy Davies

From the vettor:

As soon as Robyn and I saw that the area Bert and Dianne had chosen for the 1987 Australian Championships was just north of the Bungonia area we expected that it was going to be good. The first day of vetting confirmed our expectations. It was "classic" rogaining terrain: intermingled forest and farmland, beautiful open bush, and complex topography without excessive relief.

Bert did a magnificent job of almost single-handedly setting the entire course. As vettors our role was limited to verifying that the markers were correctly placed - we made very few significant alterations. The most significant change was due to the fact that rain had filled a dam, completely submerging the stump to which Bert had tied his preliminary marker tape. As there was nothing else suitable beside the dam, we had to relocate the control to a rocky slope 100m away.

The fact that there was not one complaint (that I am aware of) concerning the accuracy of the controls is testimony to Bert's work in setting the course.

The course was just the right length. One of the challenges for the course setters is to devise a course that will tempt elite teams to collect all controls, but which will pose them a serious challenge to do so. In this case the winning team of Walters and Russell got all controls with just five minutes to spare. Rowlands and Church missed just one control and came second, but were-at the finish thirty minutes early; with a different route choice.....?

Peter Tuft

Letter to the Editor

(How nice to take over as Ed with a letter already waiting! I should both encourage and warn you that I'll publish just about anything. - Ed)

16 Hour Rogaine

I think that a new division should be added to rogaines - a 16 hour event. Most 24 hour rogaines incorporate an associated 8 hour event. The 8 hour is attractive for people who have only Saturday free, or who do not wish to physically exhaust themselves as well as miss a night's sleep.

Many competitors in the 24 hour event enter with the intention of sleeping for six to eight hours. These competitors have no chance of winning the event, and this must remove some of the spice of rogaining. I propose that these people, as well as some of the 8 hour competitors,'be catered for with the introduction of a 16 hour event, as a replacement for, or in addition to the 8 hour event.. Competitors would start at noon on Saturday and finish at noon on Sunday. However, they would hand their control card to the organisers for a period of 8 hours at a time of their choosing (prior to 4am Sunday). For instance, a team might choose to walk from noon to 11pm Saturday, sleep for seven or eight hours and resume at 7am on Sunday. Alternatively, a team which couldn't start at noon on Saturday could start at 8pm. In practice, many teams would treat a 16 hour rogaïne as two modest rogaines separated by a good night's sleep.

I think that the 16 hour rogaïne would have a lot of appeal to our membership. If you like the idea, then please write a letter to the editor . (Thanks Andrew - Ed)

Andrew Blakers

Money Matters

As has been mentioned previously it is necessary in this increasingly litigious* society for the NSWRA to be "incorporated" and to take out a public liability policy . Apart from the obvious benefit of protecting organisers and participants from the lust of the legal profession (no apologies for the personal bias - Ed) it will also enable the organisers to use areas which have previously been excluded due to the lack of such a policy.

The cost of incorporation is about \$300 while the policy will cost another \$300 annually. We've discussed at length how best to get this money from you and have decided to increase membership fees to \$8 (which also includes four issues of this prestigious publication); a small price to pay for a good night's sleep if you happen to dislodge a rock and start an avalanche which kills a farmer's prize bull! As well there will be a surcharge of \$1 per entry per event. If you do you sums you will see that there could be a slight excess in years to come; this will hopefully allow the association to purchase some gear .

If any of you would like more information feel free to contact us or alternatively voice your opinion in the next newsletter.

* - a rough definition is "let's sort it out in court"!