

NSW ROGAINING ASSOCIATION

(the sport of cross country navigation)

Newsletter #18 - November 1988

President: Greg Harrigan

Secretary: Peter Wherry

Vice President: Bert van Netten

Treasurer: John Keats

Editor: Warwick Marsden (Ed)

(see inside for a full list of committee members and their phone numbers.)

GREG'S GOSSIP

With the end of the rogaining year it is appropriate for me to thank very sincerely all those people who have made the year for the NSW Rogaining Association such a success.

Firstly, many thanks go out to all those organizers, setters, vettors, cooks, bottle-washers, etc, etc, who made the following events such a success and a pleasure to participate in. (I have included a few key people in brackets):-

- . Wingen 12 hr (especially Bert van Netten and Ian Dempsey)
- . Paddy Pallin 6 hr (Terry Sharpe, the gang from Worrimi, Ian Dempsey and Robert Pallin)
- . Yetholme 12 hr (Ian Dempsey, Warwick Marsden and Trevor Gollan)
- . Jenolan 24 hr (Warwick Marsden and the rest of Big Foot)

In anticipation, I would like to thank all those who have already volunteered to help with the events for 1989. It is only with this solid support and commitment that the sport will continue to prosper. (To any others who still wish to volunteer there are plenty of vacancies left!)

Thanks also to the executive who have kept the organization alive and put their time into such activities as organizing the finances, membership lists, newsletters, and so on.

Finally, I would like to thank all you who participated in the our NSW events. As I have said before you all deserve congratulations and should be proud of your achievements. Without your support we would not be able to run the events. We hope you all enjoyed them.

As a reflection on the year I will repeat (paraphrase) some "Words of Wisdom" from Neil Phillips, a rogaining Founding Father, that were published in the November issue of the Western Australian Rogaining Association "Rogainews". He wrote about some characteristics of a well organized rogaine that made it enjoyable for him. As well he indicated some action imperatives to be considered by course organizers/setters to achieve these characteristics. His points were:-

. Rogaining is about walking across country, so the walking should be pleasant - or, as an organizer's imperative, - If it is enjoyable setting the course, it is probably going to be enjoyable competing, and vice versa.

. Rogaining is about navigating accurately and hitting the difficult checkpoints "spot-on" - or, as an organizer's imperative, - If the setter is having any hesitations or indecisions in the setting of the course during the day and with no time pressures then there is a fair chance the rogainer will have problems under more difficult circumstances (e.g. at 2 a.m. in the rain).

. Rogaining is about friendship and the exchange of experiences and feeling part of the sport - or, as an organizer's imperative - Give plenty of opportunity for welcoming people, talking about the sport and running an enjoyable base camp with plenty of opportunities for people to converse and socialize and generally feel good.

. Rogaining is about feeling you have participated in a well-organized, efficient, fair, satisfying, "professional" event - or, as an organizer's imperative, - Advertizing, entry form handling, catering, administration, etc. are all very important.

I believe in 1988 as in other years the events organized in NSW have all scored highly in these categories.

However, I urge you all to think about what you find enjoyable in rogaining and then decide on how we can organize events that give this enjoyment. Feed this back into your organization and we will build an even more fulfilling sport.

As this is the last newsletter for 1988 I wish you and your families a happy and peaceful Christmas and I welcome you all to participate in the many facets of rogaining in 1989.

Greg Harrigan

1989 NSWRA/ACTRA EVENTS CALENDER

<u>Dates</u>	<u>Event</u>	<u>Venue</u>	<u>Coordinator</u>	<u>Setter</u>	<u>Administration</u>	<u>Catering</u>	<u>Full moon</u>
31/3-1/4	ACT Champs	Kiandra	Andrew Calder	ACT Rogaining Association			23 March
13 May	NSW Autumn 12h	North	A Kingsland/G	Morley/B	Van Netten	?	21 May
18 June	Paddy Pallin 6h	South	W Marsden	A Aitken	?	?	
23 July	NSW Winter 12h	S. Highlands	P Wherry	G Prosser	G Harrigan /J Keats		19 July
23/7-24/7	NTOC 6h	New England	Graeme & Vicky Cooper				
19-20/8	AUST Champs	WA	WARA				
16-17/9	NSW Champs	?	T Gollan	?	?	?	15 Sept
14 Oct	ACT spring 12h	?	ACT Rogaining Association				15 Oct
6/5/90	Aust Champs	ACT					

Contacts: Telephone numbers for the NSW coordinators can be found in the list of committee members somewhere (?) in this newsletter. ACT events - Phil Creaser, 3 Paroo Pl, Kaleen 2617 (062 414 604)

MOUNTAIN MARATHON/ACT CHAMPIONSHIPS

Kiandra - Kosciusko National Park

This is one **not to be missed**. Andrew Calder has not been seen for months and has apparently been setting courses to suit a number of events and a wide range of abilities. So make sure that you keep the Friday and Saturday after Easter (31st March and 1st April) free. Entry forms will be sent with the first newsletter in 1989 (February). Don't bother Andy with needless questions but if you do need information you can get him on (062) 910 239, or try Phil Creaser.

VICTORIAN AND WESTERN AUSTRALIAN EVENTS - 1989

VRA

25/2	Metrogaine
19/3	Autumn 6h
22/4	Autumn 12h
20-21/5	Autumn 8h/24h
24/6	Winter 6h
12/8	Snogaine
16/9	Spring 12h
14-15/10	Spring 8h/24h
19/11	Cyclogaine
9-10/12	STR 24h

WA

22/4	Autumn 12h
17/6	24h State Champs
19-20/8	AUST CHAMPS
14/10	Spring 12h

VRA Secretary: Joan Ryan (03) 347 4261

WARA Secretary: Maggie Jones (09) 381 8608

NORTH AMERICAN EVENTS

Canada held two successful rogaines in 1988 and are planning one for beautiful British Columbia sometime in 1989. If you're passing through Calgary say Hi to Andrew Nelson (604) 282 5235.

And our American friends have finally realised that there's a new sport on offer and will be holding the first US Rogaine on May 13-14 in the Eastern Cascade Mountains in Washington State. We wish you well and know that you will come to love the sport as we do! If you're over that way contact Bob Reddick (206) 581 0009.

DAYLIGHT SAVINGS EVENT ???

Would anyone like to organise a short event in the 1989/90 off season? A 4h or 6h event from 4 or 5pm somewhere near Sydney and preferably near water. Maybe even BYO food to keep the organisation to a minimum. If you've got any ideas call Peter Wherry and we'll put it on the calendar.

EDITORIAL

Those of you who've been around long enough to have received the last two newsletters will (hopefully) have read the first two parts of the series on "Organising a Rogaine"; Part III is included in this issue. Coming from an academic environment I know there's nothing more infuriating than somebody who's **read and talked about** something setting themselves up as an expert without having ever **done** anything! (If you haven't heard it: "x" is an unknown quantity, "spirt" is a drip under pressure.) So I decided to do a bit of investigative journalism, helping Ian up at Yetholme and then organising the NSW Champs at Hampton/Jenolan. To say that I enjoyed both and felt great satisfaction would be a gross understatement; I certainly learnt a lot.

During the organisation of the Hampton rogaine I made what might be seen as two big mistakes: (i) I didn't delegate tasks until it was obvious that I didn't have the time to do them properly (and was fortunate in having a willing group of capable helpers to assist) and; (ii) I didn't call on the wealth of experience of other members of the NSWRA who'd "been-there-done-that".

The lack of delegation resulted from my not knowing what was actually involved (it's hard to tell somebody to do something without clear instructions), my desire to learn so that I could write an "informed" series of articles and an inherent masochistic streak. In the two weeks before the event I became aware of "the bus syndrome"; ie if I'd been hit by the proverbial bus it may well have jeopardised the event, simply because I hadn't involved enough people to know what had to be done; that would not have been fair to those who looked forward to the event. Fortunately (for both the participants and myself) the bus missed.

The specific tasks (as outlined in Part I) in organising a rogaine are clearly defined and so the list of 1989 events (above) has columns for four separate people which is incomplete (and non binding!) as a guide. If you'd like to carry out one of the jobs call the coordinator, or if you'd like more info on what may be involved call Peter Wherry or Warwick Marsden. For those organisers who might be looking for helpers at the event Warwick has the names of a few non-rogainers who would love to help but have no desire to partake in the "lunacy".

As for my failure to call on the experience of previous organisers some would point to a major flaw in my personality ("I Did It My Way") but I felt that I'd learnt enough from Ian at Yetholme to know what was required. It's a feature of rogaines that each one has its own "character" which is a wonderful blend of the area, the course, the participants, the weather, the hash house, the food and the organisers; two organisers given the same area would probably end up organising two quite different events. This "character" is one of the rogainers' greatest strengths!! Provided the basics of properly placed checkpoints, safety, adequate food and shelter, and smooth administration are met there is great scope for innovation in course setting, menus, novelties and the like.

However, now that the NSWRA boasts eight to ten people with organising experience it should be possible to include at least one of these people in each organising team to ensure that the basics are met.

Finally, we're hoping to run a similar number of events in 1990 and to date have only one offer from a willing organiser, so if you've been on a few rogaines why not it a go? Two rogaines ago I was a complete novice as an organiser and had only competed in about five rogaines.

Ed

HAMPTON EVENT

Well it's hard from my somewhat biased position of organiser to give you an objective report on what appears to have been a pretty good event, but I'll try!

The area: was on the Hampton 1:25000 map and included large tracts of the Jenolan and Hampton State pine forests, open eucalypt forests and farmlands stretching as far east as the Cox's River. There were spectacular views from various spots looking back towards the Blue Mountains escarpment, down into the beautiful Kanimbla Valley and across towards Bathurst. Some of the Rock formations near #38 were interesting, pockets of ferns abounded, an old mud hut ruin was used as a checkpoint and for a fortunate (some didn't see it that way) few there were some eye-catching waterfalls. Throw in a bit a scrub, the occasional set of (very?) close contours, a sprig or two of nettle and a couple of fast flowing creeks and you end up with a fabulous area which lent itself to ...

the course: which was set by a relative novice who hadn't managed to finish his only attempt at a 24h rogaine! The location of the hash house presented two problems: a restricted (and relatively uninteresting) area for the Introgaine and a long way for the 24h competitors to come for a feed. But the facilities offered by the Forestry Camp were too good to refuse so we made do.

I set the course in two halves and was surprised at the resulting route choices taken at the event. I set the twelve checkpoints for the Introgaine first and, while they appeared on the map, I ignored them while I set the course for the major events thinking that teams would only pick up one or two of them on their way to the higher value checkpoints. I reasoned that the 8h teams would head east, across the Caves Rd while the 24h teams would get the eastern points on Saturday and the northern points on the Sunday. To make it worth their while I made sure that the northern checkpoints were well weighted with points (and Minties). I also tried to weight the checkpoints on the farmland down in the valley so that it would be worth the effort for teams to make the climb out.

However, with most of the Introgaine checkpoints being on the western side of Caves Rd along with the attractive points of the northern checkpoints about half of the 8h teams headed north towards the Hampton State forest. Also as it turned out the winning team (Maurice Ripley and Peter Watterson) chose not to venture into the Kanimbla Valley while the majority of the competitive 24h teams did and paid the (unintended) penalty. The winning 8h team (Chris Lukey, Mark and Vicky Bonwick) had chosen a northern circuit. Surprised though I may have been, it meant a good spread across the course. All checkpoints had multiple visits except #56 whose sole visit was from Fred Bassett and Ken Wilson during the night when the spectacular views were not so apparent.

Hash House: The Forest Camp was wonderful from an organiser's point of view with its bunks, showers, electricity, fabulous kitchen, barbeque and camping area. Alas, it didn't provide much shelter from the crisp westerly breeze that sprang up on Saturday evening and so a bit of the ambience, when tales were stretched and stomachs filled, was lost. For those who stayed the warm, sunny morning made up for the night.

For those 24h competitors who ventured far and wide (and for two 8h teams who ventured far!) the warmth of the Big Foot All Night Diner was there to greet them amongst the pine trees. It will become a legend in the Big Foot Orienteering Club that the three club members sent to man (they were all male) the lonely diner ate more than the fourteen active rogainers who visited it!

Food: Pumpkin soup tenderly mashed by nymphs in gum boots, chile con carne which raised one's temperature to ward off the chill of the night, hamburgers prepared in a baby bath, lentils which threatened the strength of the sturdiest of loos and a Sunday banquet good enough to allow forgiveness for the misplacement of #66; need I say more? Breakfast of the smoothest of porridge complete with brown sugar, scrambled eggs, bacon and sausages ... If you went hungry then I'm sorry.

Participants: One of the few disappointments faced by most organisers is that they don't get enough time to hear the stories the competitors tell of the "could've, would've and should've". So it was with me; I probably only spoke at length to a quarter of the 160 of those who took part but it was enough to know that there were some characters present. Like the two eight hour teams who made it to the All Night Diner and nominated one person to hitch back to the Hash House to get a car - they had a ball, and a good feed and I had a good laugh and they got zero points!!! As did a 24h team who timed their return so that they lost all the points they'd gained; "We came with nothing and we left with nothing!" My favorite was seeing Dianne van Netten with babe breast feeding under one arm and a sandwich in her mouth grab her map as she took off for the morning effort with fellow feeding mum, Robyn Tuft. No doubt as those who took part read this you'll recall more memorable incidents.

The Introgainers all seemed to enjoy themselves and many were fiercely competitive. Hopefully we'll see most of them taking the plunge and joining in the 6, 12 and 24h events next year.

Helpers: The "tone" of the event was a reflection of the rollicking, fun loving style of the Big Foot Orienteering Club whose members who for the most part had no idea what the club had let itself in for. The course setting and checkpoint placement found five of us subjected firstly to a fierce hailstorm and two weeks later an equally violent electrical storm - thanks to Graham Turner, Anthony Scott (who is looking for a 24h partner prepared to run for 2h and eat for 22h), Andrew Lumsden and Gary Kane (who was also responsible for the team name comp, the trivia at the checkpoints and the lollies!). Kathy Herrmann and Heather Ferguson also gave up a weekend to help. Some of these also helped bring in the checkpoints along with Mick Finn, Mal Stewart, Cameron Osborne and Elizabeth Seidl, and non-members April Mills, Gerdette Rooney, Lindsay Brice, Lyn Elliott and Ans Streng most of whom

had stayed back after competing. The presence of Greg Harrigan, Keith Thomas and Peter Tuft (rogaining widower), sidelined regulars, proved invaluable in helping newcomers, looking after the All Night Diner while Big Foot celebrated a couple of birthdays (a club tradition), assisting in the kitchen and also collecting checkpoints.

The "engine house" was no place for the faint hearted or weak stomached as the team of Barbara Hawkesley, Rosemary Austen and Melissa Harvey, ably led by Heather Ferguson and Paula Haynes whipped up a feast for dinner, a gourmet breakfast and a banquet for lunch. And they'd all love to do it again!!

Non Rogaining Assistance: The Forestry Camp, which proved to be such a great hash house, was provided by the Oberon District of the Forestry Commission with a minimum of fuss and no red tape; they also made sure that there was lots of fire wood by the barbeque. I've got the feeling that we'll be back there one day!

The landowners in the district (there were about ten properties used) were friendly and cooperative and hopefully we left them with the knowledge of what rogaining is and that we are a responsible lot - we rely on the goodwill of such people and must earn the reputation as a responsible activity amongst the many unwelcome intrusions onto their land.

Finally, "home" for me on the many visits I made to the area was the Hampton Road House where Amanda, Melinda, Daniel and Co always had a cup of hot chocolate and a plate of chips or piece of chicken pie ready in front of the log fire. If you're passing through on the way to Oberon or Jenolan Caves drop in and say "Hi" and treat yourself to a devonshire tea!

Advertisement: If you liked the Big Foot style and want to join an orienteering club then give Warwick Marsden a call.

24 Hour NSW Championships

<u>Points</u>	<u>Team Name</u>	<u>Team Members</u>	<u>Sect Place</u>
1 1450	MAGNETIC DEVIANTS	Peter WATTERSON, Maurice RIPLEY	O - 1
2 1270	HASH HOUSE HILLMEN	Mike WORSLEY, Max OFFER	O - 2
3 1240	LOS TINDERBUSH	Trevor GOLLAN, George COLLINS	O - 3
4 920		Dave SUTTON, Arthur WATSON, Kathy SAW	M - 1
5 860	D.V.8's	Peter WHERRY, Johanna EKSTROM	M - 2
6 840	WET, COLD AND LOST	Graham HEINSON, Richard DOYLE, Chris FERRAIRE	O - 4
7 800	GULLYHEAD & ROCKFACE	Hugh CAMERON, Robyn CAMERON	M - 3
8 790	THE FARKARWIE	Ken WILSON, Fred BASSETT	O - 5
9 640	THE MYOPIC MACROPODS	Alison STREET, Rene DAVIES	W - 1
10 570	THE HELARWI	Geof CONNOR, Joanne WINSTANLEY	M - 4
11 460	MUMSIES	Dianne Van NETTEN, Robyn TUFT	W - 2
12 380	VETERAN ROGUES	Graeme COOPER, Vicki COOPER	V - 1
13 340	NO PAIN RO GAINE	David ROBINSON, Bruce POWELL	O - 6
14 0	(220)	Bruce WANNAN and Co	M - 5
15 0	BERT'S BATTLERS	Bert Van NETTEN, Ross DIXON,	O - 7
(600)		Rob WHITELAW, Peter WHITELAW	

Team Name winners: 24h - "No Pain Ro Gain"; 8h - "Bastard Squad"; Introgaine - "Still Finishing"

HAMPTON INTROGAINERS

Unless you are already a member then this is a complimentary copy of our newsletter. If you'd like to join our wonderful Association (and we'd love to have you) fill in the form on Page and send it with \$8 to Peter Wherry, 2 Biloela Place, Gympie 2227. This will give you membership until June 1990 and as membership is required for entry to most events you'll be getting you money's worth.

INTROGAINÉ

1	250	WORSLEY WONDAWALKERS	John WORSLEY, Andrew WORSLEY
2	250	SOMETHING ORDINARY	Phil SMITH-HILL, Robyn ARTHUR
3	250		Chris CHAPMAN, Nick RUTLEDGE
4	240	HANZEL ET GRETZEL	Pascal CARRIVE, Isabelle MEYER, Prisca SALVI
5	240	LEARN OR LOST	Andrew COX, Michael RUOFF, Garry DAY
6	210	CONTOURS GALORE	Rosemary AUSTEN, Alison AUSTEN, David McKEAGUE
7	210		Youdi YAN, Lilly LUAN
8	200	ROBERTS 1ST WAITARA	John ROBERTS, Emma ROBERTS, John-Henry ROBERTS
9	200	LOST AND FOUND	P PETHER, F COOKSON
10	200	THE WALKERS	Paul WALKER, Klaus VEIL, (Tristan WALKER, Lindsay CALTON)
11	216	HIPPY, HOPPY & BOPPY	Min TUCKER, Robbert BRATT, Cherrie ABNETT
12	190	STILL FINISHING	Michael HANRATTY, Lucy HANRATTY
13	180	AND AMY MAKES THREE	David SLEDGE, Debbie SLEDGE, (Amy SLEDGE)
14	170	THE BUSY DITCHES	Cristina RICCI, Jackie JIMENEZ, Kristina CAIRITIS, Anya ROCHE
15	150	ADVENTURERS	Lyn ELLIOTT, Ans STRENG
16	120	IF LOST CALL 511148	Mark CROWLEY, Rosalie CROWLEY, (Matthew CROWLEY)
17	100		Reddall LESLIE, D LESLIE, (Alexandra, David & Julian LESLIE, David LAYLAND)
18	50		Peter TUFT, (Katherine & Colin TUFT)

8 Hour Event

	<u>Points</u>	<u>Team Name</u>	<u>Team Members</u>	<u>Sect Place</u>
1	520	TEAM 42	Chris LUKEY, Mark BONWICK, Vicky BONWICK	M - 1
2	450	WHINGERS MINUS ONE	Alan GARDE, Geoff MORLEY, Tim BOHLSÉN	O - 1
3	380	SYDNEY STRIDERS	Jon MARSDEN, Tina CAMPBELL	M - 2
4	350		Lindsay YOUNG, Mathew WHITE	O - 2
5	330	CONTOUR CONSCRIPTS	Alan HILL, John KEATS	O - 3
6	320	"ON ON"	David UNDERDOWN, Charles BARRON, Brian JONES, Harry O'DONOVAN	O - 4
7	310	STEADY AND BUST	Elizabeth SEIDL, Cameron OSBORNE	M - 3
8	310	K.R.A.F.T.Y.	Stuart LUDOWICI, Ghislaine SAMWAYS, Mark PESCU, Jennifer KENT, Lorrae SEARLE	M - 4
9	260		Andrew MATTES, Chris MORRIS	O - 5
10	260	THE PINE EARRINGS	Louise McDONALD, Rosemarie CULLINAN, Dave MITCHELL	M - 5
11	260	MARSUPIAL SNAIL	John BISHOP, Karen HUNT, Ian McNICHOL	M - 6
12	260	GONE TO GOWINGS	Sonia KUPINA, Alan MANSFIELD (270)	M - 7
13	250	THE JELLY LEGS	Peter CROFTS, Jane CATCHPOLE, Jim NESKI-NUMI(360)	M - 8
14	250	UN POCO TARDE	Guy JARVI, David CAMPAGNARO	O - 6
15	250	BASTARD SQUAD	Peter MARMARA, Michael RYAN, Tony MALONEY, Brendon CARTON	O - 7
16	240 (320)		Rodger AUSTEN, Eric METZKE	O - 8
17	220	DISLOCATIONS	Peter WILLIS, Paul VIVERS	O - 9
18	200	BAFFLED BIMBOS	Julia JAMIESON, Dodie GREEN, Guy NIGHTINGALE, Shauna CARLTON	M - 9
19	180		Bob MORRIS, Richard MORRIS	O - 10
20	180	WALK 'N HUNT 'N FIND	Maureen CAVILL, Sarala SEENIVASAGAM, Lisa PERFECT	W - 1
21	180	HOT TAMARLI	George POULOS, Susan JAMIESON, Mike ROSSI, Georgina HUBBARD	M - 10
22	160	TALLY HO	April MILLS, Gerdette ROONEY, Lindsay BRICE	M - 11
23	110	KATE AND ROB	Kate HAWKINS, Rob SMALL, Arthur DAY (220)	M - 12
24	90	ANSTO ROGUES	Stephen CRAIG, Kim CHICK (210)	O - 11
25	40	RAMBLING WOMBATS	Peta SMITH, Caroline BOTHROYD, Julie-Anne LACKO, Nicole HARRIGAN (170)	W - 2
26	0		Mick BANNON, Robyn BANNON, Annette BEVERN, Brian MURPHY (200)	M - 13
27	0		Greg HUGH, Mandy HU, Peter O'LEARY, Bei LEE (160)	M - 14

ORGANISING A ROGAINE

Part III - COURSE SETTING

"Accurate checkpoints should be a major aim of every organiser."

Wise words from Neil and Rod Phillips to open the section on "Checkpoints" in their book, "Rogaining: Cross-Country Navigation". This is probably the only rule in course setting and all I will attempt to offer here are suggestions and guidelines. I would also recommend that prospective course setters read the rest of the section. (As the book is now out of print I'll lend a copy to anyone who may be interested until the next edition is released.)

In a recent conversation, a very experienced orienteering organiser/course setter expressed concern that they didn't know what was required in setting a rogaining course. Their concern surprised me but on reflection reinforced the differences between orienteering and rogaining, particularly the area covered, the scoring system used in rogaining and the planning required by competitors.

Area: As mentioned in Part II the area will depend on a number of factors. The chosen area may be small, steep, varied etc and this will affect the number of checkpoints and the distance between them. In a small, steep area a larger number of close-placed checkpoints may be used while an area with large tracts of undulating farmland may require fewer more-distant ones. I find it better to use time to measure the distance between checkpoints with checkpoints being "on average" thirty minutes apart. By this I mean that faster teams may take fifteen to twenty minutes and that some checkpoints may only be fifteen minutes apart and others forty. (An exception to this may be one or two red (and white) herrings with high points value placed in out of the way locations.) It is unreasonable to expect teams who navigate well and move at a reasonable pace to spend more than forty minutes between checkpoints. So an "average" course will have about 24 checkpoints for a 12h event and 48 for a 24h event.

Scoring: This is one of the areas where rogainers can become technical - bordering on academic. The two current theories are the "Equivalence Theory" and the "What-you-see-is-what-you-get Theory". The Equivalence Theory holds that two teams of similar navigational abilities moving at a similar pace should score the same number of points in any area on the map while the WYSIWYG Theory maintains that all teams are aware of the points and should be able to use their planning skills to maximise their points in the given time. A good course will often combine the two but as a general rule, time, navigational difficulty and physical effort should all be rewarded. If there are special features in the area such as views, ruins, waterfalls etc a points incentive can be used to encourage a visit.

Distribution: The greatest challenge to the course setter is to distribute the checkpoints so that there are no obvious loops or routes; the test of this comes at the event when you will find that participants won't always see the course with your experience of the area. In "Rogaining", the authors suggest using a number of loops at first, and the adding a few more checkpoints to disguise the loops as well as a few more around the hash house to scatter the teams at the start.

Not all the teams will be competitive and it is a good idea to give the non-competitive and novice teams a selection of close controls to ensure that they too are catered for; this may increase the average number by five or six but will also provide the scattering mentioned above.

Finally, a fear of course setters is that teams will get all the checkpoints. Provided these are few in number and only return with an hour or so spare this can be an indication of an efficiently set course. Also the knowledge that it is possible to get all the checkpoints will put that extra bit of pressure onto the top teams and heighten the competition.

Next time I'll discuss the proper placement of checkpoints, vetting and coordinate plotting. Until then why not get out a map and start planning your first course!

LOST MEMBERS

Peter, John and Warwick have done a good job in tidying up the membership lists but may have made one or two mistakes in the process, so if your address is wrong (you probably won't receive this) or name is spelt incorrectly let us know. Also we have a number of addressless members so if you know who or where the following can be located please let us know:

Annette Bevern	Brendon Carton	Jim Keski-numi	Bei Lee
B Mazzer	Bryan Murphy	J Tooke	

GET TOGETHER - MACQUARIE UNI - 5th FEBRUARY

If you'd like to join members of the committee for an **Off Season Get Together** then come along to Culloden Rd, Marsfield between 12 noon and 3pm on Sunday 5th February after the orienteering event. If you haven't tried the "short sport" then come along an hour or so earlier. You'll find the rogainers near Warwick's red Colt (MLR 840). For more info call Warwick or Peter Wherry.

1988/89 COMMITTEE

If you've got any ideas for the improvement of our marvellous sport or would like to contribute in any way give one of us a call - or we may have to call you!

Greg Harrigan	(02) 50 6762	Bert & Dianne van Netten	(049) 59 5935
Peter Wherry	(02) 525 4865	John Keats	(02) 636 2364
Ian Dempsey	(049) 43 5790	Warwick Marsden	(02) 399 7814
Peter & Robyn Tuft	(02) 44 1325	Terry Collins & Wendy Davies	(046) 27 2186
Trevor Gollan	(047) 74 8865		

APPLICATION FOR MEMBERSHIP OF THE N.S.W. ROGAINING ASSOCIATION INC.

I, _____
(full name of applicant)

of _____
(address)

_____ hereby apply to become a member of the abovenamed
(occupation)

incorporated 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 of applicant)

(Date)

AND FINALLY: AN APOLOGY

I was asked to include a notice advertising an information night put on by the Friends of the Kimberleys on November 16th. As you can see that date passed; I had intended bringing this newsletter out in October! I will be pleased to include such notices in future newsletters provided they're short and of interest to members (as seen by Ed!!) and you give my enough time. Sorry April!

May your Christmas presents be easier to find than some of this year's checkpoints!!! See you all next year.