

1988 - 89 Events - Numbers.

Course setting.

10<sup>th</sup> November?



# NSW ROGAINING ASSOCIATION INCORPORATED

(the sport of cross country navigation)

Newsletter #21 - August 1989

**BUMPER EDITION!**

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## \* \* NSW ROGAINING CHAMPIONSHIPS - 16/17 SEPTEMBER \* \*

The NSW Championships are being held 16-17th September in a wonderful area, somewhat to the south-east of Mudgee. I have never seen better country for a rogaine! The camping hash house will be centrally located on part of a huge grazing property that occupies the core of an ancient volcano. The ring of peaks offers a great background, as well as challenging terrain for you would-be navigators.

The variety of landform is superb, with open pastures, broad river flats, clean forest, thick bush, and rugged cliffs up to 100 metres tall. The fauna is equally diverse, and the wildflowers are already showing their cute little buds. Sounds too good to be true doesn't it?

The course will be a true championship course, entertaining and challenging. You will need to travel 100km to do it all. Half the controls will be located in the pastoral country, a quarter in the medium forest and the other quarter in the tough country. So you can take your pick.

The negative point is the distance from major population centres, about 4 hours drive from Parramatta. But then I hope the Newcastle and Armidale connections appreciate, and take advantage, of the proximity. For our Canberra connections it really is a long way, but then many of us Sydney-siders made the trek to Kiandra and we didn't complain much did we? Except for the rain...

And that brings me to another point. The average September rainfall for this region is 50mm, as opposed to Kiandra with 150mm. Rather than hope, we can actually expect a no rain rogaine. The drier climate also means the bush is less lush (say "the bush is less lush" three times quickly!) and you won't have to contend with any leaches, blackberries or lawyer vine, just prickly pear and thistles.

So fill in that entry form attached to this newsletter - I hope to see you there.

## NSWRA/ACTRA EVENTS CALENDER

<u>Dates</u>	<u>Event</u>	<u>Venue</u>	<u>Coordinator</u>	<u>Full moon</u>
13 Aug	NTOC 6h	New England	Eric Baker (067) 711070	
(NB - not the 20th as previously advertised!)				
19-20 Aug	AUST Champs	WA	WARA	
27 Aug	Bert's Intro to Cycle/Rogaining	Cessnock	Bert van Netten	
16-17 Sept	NSW Champs	Rylstone	T Gollan	15 Sept
14 Oct	ACT spring 12h	Namadgi	Ken Anderson (062) 86 2073	15 Oct
6/5/90	Aust Champs	ACT		

ACT Contact: Phil Creaser, 3 Paroo Pl, Kaleen 2617 (062) 414 604

Victorian Events: 24/6 (6h), 12/8 (Snogaine), 16/9 (12h), 14-15/10 (24h), 19/11 (Cyclogaine), 9-10/12 (24h). Contact: Joan Ryan - (03) 347 4261

WA Events: 19-20/8 (Aust Champs), 14/10 (12h). Contact: Maggie Jones (09) 381 8608

### NORTHERN TABLELANDS OC SIX HOUR EVENT - 13th AUGUST

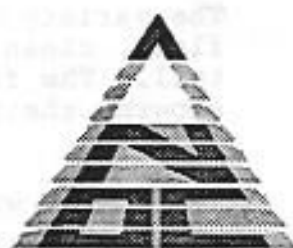
- Date: 13th August (Note: This event was originally advertised for 20th August)
- Place: "Pinnacle West", Bundarra Rd, 20km west of Armidale. Follow the Inverell, Bundarra signs from Armidale. (Warwick has a few locality maps for those interested - 399 7814)
- Terrain: From hilly grazed open eucalypt forest to denser eucalypt and ti-tree forest with number of gorges and waterfalls in steep rocky country at the head of the Gwydir River.
- Map: Competitors have the choice of a B/W (\$1) or colour (\$6) premarked map conveniently covered for you!
- Contact: Eric Baker, 166 Jessie St, Armidale (067) 711070 so that he can order the colour photocopies a few days beforehand

**AND YET ANOTHER (nettle-free?) BERT EVENT!!**



## Bert's Introduction to Cycle/Rogaining

**27th August, 1989**  
**3 Hour Score event**



Bert van Netten is organising a 3 hour score event open to cyclists, rogainers, orienteers, bush walkers ... and in fact to anyone who is interested in a leisurely event in the bush testing their navigation using a basic topographic map. This event to be held on Sunday, 27th August, 1989 in the Cessnock region will use copies of a 1:25000 topographic map of the area. Start times are available any time between 9:00 a.m. and 10:00 a.m. The same course is to be used by cyclists and pedestretrains (approximately 40 km on bush tracks for the cyclists completing the whole course).

To get to the start head south out of Cessnock towards the Racecourse (look for "Racecourse" signs). Several kilometers out of town (5 km ? ) you will come across orienteering signs indicating the start.

<u>Cost:</u>	<u>Newcastle Orienteering Club members</u>	<u>Others</u>
Senior	\$3.00	\$4.00
Junior	\$2.00	\$3.00

If you wish to compete in this event please contact Bert van Netten before the event on (049) 595935 between 7 and 8 p.m. any Monday or Wednesday night, or write to him at Lot 2 Cessnock Road, Freeman's Waterholes, N.S.W., 2323. This will allow him time to prepare sufficient maps for the event.

## AUSTRALIAN ROGAINING CHAMPIONSHIPS - BULL ANT ROGAINE, 19/20 Sept

This will probably go down as one of those events that we would all love to attend but few will be able to. If you are able to go and want more info, Warwick (02 399 7814) has some entry forms or contact Maggie Jones (09 381 8608) or Richard Mathews (09 381 3703). Unfortunately the timing of this newsletter doesn't give you much time to get organised!!

## LAST ACT/NSW EVENT for 1989 - NAMADGI ACT Saturday 14th October

If all goes according to plan there'll be an entry form in this newsletter but as things seldom do this event will be held about an hour's drive south of Canberra with camping available on Friday and Saturday nights. Ken Anderson (062 862073) aims to take you into some interesting areas of the park and to offer a good menu!! So note down the date - **14th October**.

## EVENT REPORTS

### 1. WOLLOMBI

I gave you a brief report on this event but here are the results, Geoff and Liz's view and a few comments from competitors. Results can be found on a separate page - somewhere!

#### Anonymous (ACTRA Newsletter)

Well known local identities Phil Creaser, Paul Rand and David Booth, also known as the **abominable slow men**, won the recent Wolombi Prickle Rogaine organised by Bert van Nettle (I knew that the name would stick! Ed) and the NSW bush lawyer vines. The winning time was 8 hours 49 minutes for the twelve hour event! The NSW officials are considering loading ACT team packs with bricks in future events.

#### Meanwhile, for those who have experienced the boredom of a Hash House:

The event was well attended by 93 teams, with 23 teams in the 12 hour and 15 teams in the 6 hour. There were many first timers who seemed to enjoy themselves. The nature of rogaining is such that, because people usually have to push themselves beyond their usual limits, they tend to feel better if they complain after the torture is over. Thus we received the usual range of complaints which we didn't take to heart because if we did we'd have to hold rogaines on flat, floodlit fields, and that's definitely not what rogaining's about!

We particularly warned the 6 hour competitors that the southern part of the map was **thick** (Ed's emphasis; other descriptions I heard included impenetrable, \*\*\*\*\* awful and Bertish), but we were amazed at the number of teams that ventured there. More amazing was that they had the nerve to complain when they returned! However, after a meal most revelled in the usual after event discussions. Let's face it, a rogaine only lasts for 6, 12 or 24 hours but the discussions last for years! This is one of the reasons for trying again. Another is that enduring a rogaine is good for self-confidence and independence.

Warwick wasn't at the event (should I be thankful? Ed) but must have had his contacts well placed as his scoop in the last newsletter showed. There were a couple of crises that didn't make the headlines though.

The first was only witnessed by two fellow organisers and three competitors; it also happened as the sun came out for a guest appearance! As the wood was a bit wet Bert tried to help the fire with the assistance of petrol from a plastic bottle: an already present spark ignited and the flame travelled to the container that Bert was holding. With flames coming from his chest and hair, Bert ran away from the fire, dropping the flaming container in the process. Scott and Malcolm (from Worimi) fresh from their latest educational experience, a first aid course!, quickly tackled him and rolled him in the grass to extinguish the flames. Bert's main worry was that Dianne would find out. Arthur and I saw it as great chance for blackmail but he told her a few days later. Dianne actually thought that Bert had had a haircut (close shave more like it! Ed) and was in fashion with a spiky fringe!

(When I read this I was tempted not to print it, because while it has a lighter side the outcome could've been very different. So have a laugh, give thanks that Bert is here to lead us into more burrs, brambles and blackberries and, then make sure you never attempt such a bloody stupid act! Ed)

The second crisis occurred when Malcolm, cum chef, opened the carton containing the sausages only to find that they were big ones; only six, two pressed chicken, two devon and two ham - a labelling error had occurred and someone else had our sausages! He was told to keep quite! After the initial panic we decided to have "ham"burgers and chicken burgers; the devon was sent back.

Geoff and Liz Morley

(Geoff also provide a more sober report which will help us in the NSWRA to help organisers in the future. Thanks Geoff!)

### A winning perspective

It couldn't be 24 wet weekends in a row! It rained heavily in the morning but cleared up for the Wollombi event although the creeks were up.

A formidable team of abominable slow men considered the map. A course of about 25km to get the lot in 12 hours? We agreed that 2km per hour could easily be achieved, even in Sydney sandstone - but we didn't allow for the prickles! Chain mail armour and machetes were required for the southern section of the map which we did first, fortunately. The controls were all "spot on" and we made few errors. The creeks were waist deep ( three crossings) and knee deep (one) and we had most of the controls before the fog set in. On the last control we were put off by a 30m cliff ( a weak torch beam could have spelt disaster) and after a minor deviation we were back at the Hash House before 9pm. It's a good feeling to finish early.

What a surprise to come across a siniging group in the Wollombi fog singing La Bamba as the Abominable Slow Men emerged from the fog. This is the stuff that rogaining legends are made from ... thanks to the organisers Bert, Arthur, Geoff and your crew for a good event.

David Booth (from the ACTRA Newsletter)

## 2. PADDY PALLIN - WINGELLO

As organiser I will have to admit to editorial bias when I say that this was a fantastic event. However, once I thank Andrew Aitken and Rod Hislop for setting the course, Robert Pallin and the Paddy Pallin organisation and their friends for their support and name, Anthony Scott and fellow Big Feet & Co for the catering, the 201 people who entered in 84 teams (only 192 actually competed) and the weather I can't really claim much credit!

Andrew and Rod were asked to make the course challenging but with a number of more straight forward checkpoints for novices. The length was to be such that the top teams could be expected to "get the lot" with not too much time to spare. A look at the course and the results shows that they fulfilled their brief splendidly: most of the checkpoints beyond the pine required reasonable navigation and the checkpoints were placed so that the cross country route choice was slightly faster than back on to the tracks; the checkpoints in the pine helped ease the novices into the sport while their overall position on the course made route selection tricky for the experienced rogainers and; the winners got the lot with twenty minutes spare while second and third were one checkpoint short.

Robert and I got together well before the event to plan preevent publicity and organisation and the number of entrants indicates that we did something right. Trophies for Scouts and Women were also provided using mulga wood specially selected from a tree 230km from Ayers Rock on a bearing of 321°! We also decided that while the "competition" was important so was the "participation" and rather than rewarding 1st, 2nd and 3rd, only 1st place getters in each class were given prizes while a number of draw prizes were given in lieu of minor places. The one exception to this was in the open (mens) in which the top three teams all did so well that we felt that they'd all earned a prizes.

It wasn't really until I was sharing a beer with Andrew, Rod, Rob & Co on the night before the event that I came to fully realise what a wonderfully unique event we had inherited from Paddy. It has a history of some twenty six years and was called an "orienteering event" before organised orienteering took hold in Sydney and now even though it's called a "rogaine" it doesn't include any night navigation. Its position between these two activities and its longevity means that there is great scope for innovation and making this a truly "classic" event. So note down the Sunday after the June long weekend next year as we've got a few ideas ....?!

## PADDY PALLIN RESULTS

### OPEN

### MIXED

Points	Team Members
800	Matthew Cull, Ian Cameron (2.42)
790	Bruce Graham, Benni Schilling (2.57)
750	Mark Wilmott, Ian McKenzie (2.44)
680	Cameron Osborne, Andy Simpson (2.57)
680	Terry Bluett, Grant Bluett (2.58)
680	Mike Worsley, Max Offer (2.58)
620	Graeme Mitchell, Ron Junghans, John Hodsdon
580	Mark Freeman, Stuart Carmichael, Anthony Hunt
570	John Morris, Bob Morris
550	Paul Prudhoe, Nick Dent
530	Alan Garde, Timothy Tew (2.30)
530	Keith Thomas, Dave Sutton, John Street (2.55)
510	Andrew Wisniewski, Anthony Maloney
500	Julian Ledger, Robert Spry
490	Michael Aked, Andrew Meares (2.52)
490	Arthur Watson, Robert Marshall (2.54)
470	Stephen Currell, John McDonald
460	Dan Rogers, Richard Walker
450	David Browning, Doug Worrall (2.46)
450	Ken Anderson, Noel Luff, Graeme Hearley (2.51)
440	Jef Byrne, Drew Collins
430	David Palmer, Ron O'Connor (2.31)
430	Ross Judd, John Higgins (2.47)
390	Chris Stimson, Paul Davis, Neil Gannon
380	Adam Hastings, Jason Price (2.53)
380	Ken Simmons, Ian Kentwell, Peter Stenhouse (2.57)
360	Jonathon D'Arcy, Leslie Millist
310	Alex McMichael, Brett Ditchfield
290	Alan McKay, Geoffrey Williams, Wally (3.10, -100)
230	Stuart Whan, Michael Middleton (2.00)
230	Jeremy Platt, Michael Meehan (2.54)
220	John Bishop, John Biddiscombe, Ian McNichol
220	John Keats, Alan Keats, Neil Keats (2.55)
210	Michael Parkinson, John Meehan, Phil Roberts (3.10, -100)
190	Mark Legge, Joe Monforte
170	Francis Rosser, Daniel Cibej (3.10, -100)

### SCOUTS

460	John Barnes, Andrew Perry
260	Eric Metzke, John Metzke, Diane Merryfull
210	John Roberts, Chris Williamson, Greg Seiffert
190	John-Henry Roberts, Michael Rampe
160	Richard Kurz, David Wam Lum, Penny Godfrey

Points	Team Members
600	Dianne van Neften, Phil Creaser (2.59)
590	Bert van Netten, Kathy Saw, John Ellis (2.53)
560	Sue Clarke, John Le Carpentier (2.59)
520	Ian Dempsey, Kaye Thomas, Arthur Kingsland
510	Elizabeth Seidl, Nicky Styles, Paul Kotala
490	Kathy Herrmann, Ron Wade
450	Katrina Bunbury, Bob Bunbury
410	Trevor Gollan, Kay Nethery
380	Lindsay Young, Judy Young
370	Alan Mansfield, Sonia Kupina (2.47)
370	Mike Cassells, Judy Cassells (3.03, -30)
310	Audrey Irving, Nick Waite, Peter Marmara, Julia Jamieson
300	Wil de Sain, Bronwyn Roberts (2.38)
300	Diana Simes, Andrew Sands (2.39)
300	Mike Robinson, Ross Hamilton, Norwin Zatschler, Karen Scott (2.40)
300	Warren McLaren, Melinda Haywood,
300	Nora Stewart, Cathy Donnelly (2.49) Stephen Lyons, Jennifer Potts,
300	Serena Hyslop, Martin O'Brien (2.51)
300	Dawn Purdue, Pete Lewis (2.53)
290	Peter Diegutis, Victor Poulos, Jennifer Kent, John Kettell (2.48)
290	Kristiana Herrmann, Nico Klijn (2.57)
270	Gordon Newell, Alf Zawadski, Heike Behrbohm (2.53) Lindsay Brice, Brian Smith,
270	Sandra Stretton, Deborah Cuneen (3.03, -30)
260	Janet McKean, David Murphy (3.04, -40)
240	Peter Willis, Robyn Arthur
210	T. Nolan, B. Trotter
190	Michael Hanratty, Lucy Hanratty
160	Michael Godfrey, Beth Hannan, Wesley Griuas
110	David Ingham, Larissa Ingham, Shelley Cameron
90	Trish Moran, Boyd Willis (3.06, -60)
-70	Guy Jarvi, Sarah Tibbey, Julian Radon (3.24, -240)

### WOMEN

390	Gayle Pershouse, Merette Christensen
320	Pam Bleakley, Anne Sawkins
310	Cathy McMichael, Debbie Keldoulis
300	Jennifer Borrell, Terry Funk
280	Rosemary Austen, Jan Eriksson, Marion Loughnan
170	Lyn Elliott, Ans Streng
70	Gerdette Rooney, April Mills

P.S. I've picked up a few mistakes in the typing while getting this newsletter ready for printing. So if your name has been mispelt in the results.....!

## WOLLOMBI RESULTS

### SIX HOUR EVENT

Points	Team members	Section place
430	I Carr, I Dempsey	Open 1
340	J Brake, A Garde	Mixed 1
200	S Kupina, A Mansfield	M 2
180	E Morley, K Thomas, J Porter	Women 1
180	A Lumsden, D Noble	O 2
150	D Chen, L D'Abreo	W 2
120	J Bishop, J Biddiscombe	O 3
120	R Hamilton, N Zatschler	M 3
	M Robinson, H Wright	
80	M & L Hanratty	M 4
40	M Ryan, P. Louw, B Whitty	O 4
	S Karra	
20	D Mitchell, C Vockler	M 5
-30	D Murphy, J McKean	M 6
-80	B Kilshaw, J Ellis	M 7
-80	B & P Ness	M 8
-250	D van Netten, I McKenzie	M 9
-1020	P Willis, R Arthur, K Scott	M 10
-2030	J Borrell, P Consadine	M 11

### TWELVE HOUR EVENT

Points	Team Members	Section Place
590	D Booth, P Rand, P Creaser	Veteran 1
590	T Gollan, L Young, P Waterson	O 1
450	D Poland, M Croker, G Sutton	O 2
330	J Waddell plus 2	O 3
310	G Johnson plus 2	O 4
300	J Kent, P Diegitis, V Poulos	M 1
290	A Wizniewski, M Finn	O 5
260	R Austen, E Metzke, R Austen	M 2
240	P & R Montgomery	M 3
230	D Cox, N Harrigan, P Smith	W 1
180	S Gagen, R Rutherford, B Carton	O 6
170	P Marmara, D Cibe, F Rosser	O 7
160	P Durrant, C Davies	Junior 1
150	G Jarvi, D Campagnaro	O 8
100	A & Y van Netten	W 2
100	A Mills, G Rooney, D Robinson	M 4
70	T Sharp plus 2	O 9
-240	V & G Cooper	V 2
-290	G Pershouse, M Christensen	W 3
-3000	J Keats, A Hill	V 3

(NB - Scores have been recorrected for lateness at 10 points per minute.)

## BELANGLO RESULTS

### 12 HOUR

Points	Team Members	Section place
1420	P Creaser, D & B Van Nettle	Mixed 1
1380	A Garde, I Dempsey	Men 1
990	J Ledger, A Francis	X 2
980	R Austen, E Metzke	M 2
960	J Borrell, T Funk	Women 1*
950	A Maloney, A Wisniewski	X 3
	S Bailey	
930	R & H Cameron	X 4*
890	L Young, M White	M 3
760	R Austen, J Eriksson,	W 2
	M Loughnan	
740	J Kent, P Diegitis	X 5
720	P Watterson, L Dunbar	X 6
700	M Ripley, S Fitzherbert	X 7
690	G Jarvi, S Tibbey	X 8
660	S David, W Marsden	X 9
630	B Chen, L D'Abreo, J Henson	X 10
500	A Day, D Lammemetz van Buren	X 11
80	J & N Keats, P Wherry	M 4

Points	Team Members	Class Place
680	K Rommel, J Platt, N Lawrence	M 6
670	S Clarke, I Diamond	X 1
630	M & J Cassells	X 2*
610	T Gollan, P Falconer, A Barnett	M 7
590	G & E Collins	X 3
590	J Bishop, J Biddiscombe,	M 8*
	I McNichol	
570	B Cavill, M Lee	M 9
530	T & A Bourke	X 4
490	S Lamond, P Wood, N Lamerton	M 10
450	D Murphy, A Mills, J McKean	X 5
440	D Simes, A Sands, K McPherson	X 6
410	M Duguid, K Banwell, A Gilroy	W 1
370	G Torr, K Brown	X 7
330	J D'Arcy, L Millist	M 11
300	B, D & K Bunbury	X 8
290	B Roberts, D Younger	X 9
260	T Collins, W Davies	X 10
260	L Brice, A Zawadski,	M 12
	J McLaughlin	
230	M, J & B Hall	X 11
210	F Rosser, D Cibe, R Avery	M 13
140	J H Roberts, M Rampe	X 12
130	L & M Hanratty	X 13
120	M Cavill, S Seenivasagam,	W 2
	K Hunter	

### SIX HOUR

Points	Team Members	Section place
1260	I Mackenzie, G Bluett,	M 1
	B Heffernan	
1230	A Scoot, S Craig, M Darvodelsky	M 2
1030	A Simpson, C Osborne, M Finn	M 3
920	J Markham, J Blake	M 4
890	P Duguid, G Lockyer	M 5

An event like Paddys is a catering nightmare: its shortness means that almost all teams finish within fifteen minutes of the finish time and want to be fed! So I take the calculated risk and subcontracted the catering to the infamous Big Foot Orienteering Club who wanted to raise some money to help send members of the Australian team to Sweden for the World Championships. They were given clear instructions as to what was expected (and the threat that their toes would be clamped if they blew it!) and in Big Foot style they did a wonderful job, even if the "pinch" of cayenne pepper in the pumpkin soup turned out to be "tablespoon". So for those future organisers who see catering as a problem why not consider using scout groups, bushwalking and orienteering clubs or other similar groups under a similar arrangement.

Finally, I'd like to thank Hewie for the weather (particularly the bright big moon) and Wally who found the glasses that I'd lost while vetting the course!

### 3. BELANGLO

#### The Trying Trio - by Bert van Netten

Our route choice was made in record time. Not having to mark up our maps avoided that scattering of neurones in the brain that results from the overload of trying to accurately place what seems like hundreds of markers. This needs to be done in a relaxed frame of mind; however, at the same time another part of your brain, and your body, are panicking about time, food, clothes, weather and rival teams!

Fully sane and confident, Phil, Di and I decided to head into the north-east section of the map. Our first markers were 12,15&13 with 50 being the obvious next choice as it was worth 100 points. At this stage we were going across country and using tracks as attack points. Next, we collected 46,31,47, 27&30.

We were all feeling secure with the feeling that the markers were accurately placed. When entering the night it is nice to know that the markers will be there (even if you don't find them!). Our next marker was 38. Phil decided that we would be better off using the track and running rather than taking our chances along the cliff line which was Di's and my choice; a later conversation with Arthur Kingsland revealed that the track was the better choice.

Next came 39,40&45. So far we had been bumping into Arthur and Alan Garde at many of the markers. I enjoyed it most when we saw them as we were leaving a marker; I preferred to ignore them if it was vice versa! At 45 a highly non-unanimous decision was made to go cross-country to 35. Arthur and Alan went back to the track and on to 41. We met them again as we were leaving 35. At 36 our route choice finally separated the two teams.

Our next markers were 41,23,43,21,17,16&42. Darkness had come crashing down by the time we found 21 and time was wasted locating 16, so before heading for 42 we stopped and rehydrated at the water stop. After 42 we headed for 32,33,34,48&29.

We arrived at Brethen Point Rd at 11.12pm and had a road run back to the Hash House. Marker 11 was collected on the way. We were set to run into the Hash House when Phil couldn't resist the idea of just one more marker, 10. This meant that we arrived at the finish right on midnight but because I straggled and was 3 seconds late we lost ten points. We weren't really disappointed at coming in second as we were pleased with our effort. However, on the way home Arthur worked out that we'd scored more than the organisers had calculated. Winning did add a little extra something to our feeling of satisfaction!!

Thanks Bert

(I also had a letter from Phil Creaser about how we've been numbering our checkpoints but space limitations prevent full disclosure! We hear you Phil and will discuss what you have to say at our next meeting.)

The results can be found on the page with the Wollombi results. Also Greg Harrigan has worked out a sheet of "who went where" and these have been included in the individual newsletters. Thanks to Greg, Peter and Gareth for a great event as well as to Fay, Christine, Paula, Clare & Co for their efforts in the Hash House.

## ENDURANCE EDIBLES

by Dianne van Netten, Nutritionist (Extraordinaire?)

The food you eat just before a rogaine is not as important as the food you have eaten well before the event. "Does this mean we should carbohydrate load for years before an event?" Yes!

### 1. Carbohydrate, glucose and glycogen

Carbohydrate (starch and sugar) is converted, by the body, to glucose, the body's preferred and most efficient source of energy. Glucose is stored as glycogen in liver and muscle cells. Glycogen stored in the liver is used mainly to replenish the blood glucose level. A well maintained blood glucose is important to the brain which relies on glucose as its energy source.

Glycogen stored in muscle cells is used for fuel. Muscle fatigue sets in when glycogen supplies are depleted. Exercise increases the capacity of muscle cells to store glycogen. Therefore, a person who exercises regularly and has a diet rich in complex carbohydrates (see below) will have well stacked muscle cells.

Of course, before any endurance event (and what could be more enduring than a rogaine?) it does help to top up your glycogen supplies for a day or two before the event. Glycogen is stored with water, therefore plenty of fluids should be taken as well. This stored water is released to the tissues as glycogen is used (another reason for having ample glycogen reserves). Regular aerobic training also has the result of making the body's cells more efficient at using fat for energy, hence sparing valuable muscle glycogen.

### 2. Complex carbohydrates

Complex carbohydrates are the body's preferred source of energy and they contain the vitamins and minerals necessary for their metabolism. Simple carbohydrates (highly sugared foods) are usually low or deficient in vitamins and minerals.

Examples of complex carbohydrate: fruit and vegetables, legumes (peas - split and chick, lentils, beans - kidney, baked, pinto, soya, navy and salad), grains and grain products (bread, bread rolls, Lebanese bread, pita bread, fruit loaf, crispbreads, muffins, rock cakes, crumpets and other low-sugar baked products), pasta and noodles, rice, tabouli, millet, corn, breakfast cereals, oats and oat bran.

### 3. Sugar and insulin

It is not wise to eat simple carbohydrates (sugary foods) just before any sporting event. Sugar does not give quick energy. In fact, sugar can hinder performance. The reason for this is increased insulin production. Insulin helps glucose pass from the bloodstream into muscle cells. When sugar is eaten the body makes extra insulin in order to remove the resulting glucose from the blood. The result is a drop in the blood glucose level. This can be disastrous to the brain which depends on blood glucose. When the blood glucose is low:

- (i) reaction times falter
- (ii) ability to make decisions suffers
- (iii) tiredness sets in.

Also, too much circulating insulin interferes with the body's ability to use fat as a source of energy. As well as this, sugar in the stomach draws valuable water from the body cells.

So far it seems that the only good thing about sugar is the taste. Well, sugary foods can play a useful role. Once you begin to exercise the amount of insulin produced is regulated by the exercise itself. Therefore during a rogaine, sugary foods can safely be eaten in order to replenish the blood glucose level. However, any muscle glycogen replenishment will only occur while the body is at rest.

### 4. Summary

To achieve optimal performance (training or competing) take note of the following:

- (i) have a daily diet which is mainly complex carbohydrate with moderate amounts of protein and limited fat;



- (ii) for two days before a rogaine eat extra carbohydrates (preferably complex) to top up glycogen supplies;
- (iii) avoid heavy meals just before an event;
- (iv) avoid highly sugared foods in the hours prior to the event;
- (v) sugary foods can be used once you're on the move;
- (vi) drink extra water for at least a day before the event;
- (vii) perform aerobic exercise regularly (running, walking, swimming); and
- (viii) get plenty of sleep.

Unfortunately, there are no foods which will improve navigational skills. However, a very low carbohydrate diet can affect brain function leading to silly mistakes. Neither is there a food which will guarantee ideal weather conditions.

### FINAL WORDS - Make it complex, not too simple

### ROGAINING ALL SET TO TERRORIZE THE WORLD

Somehow Neil Phillips managed to bypass the elaborate security networks in both Canada and the United States to link up with similar subversive elements and arrange the formation of yet another **IRA!** Don't be fooled by the seemingly tame title of the International Rogaining Association; this mob mean business! It was "born over a Chinese meal in Calgary" on 16th June 1989. (For some reason the name appears to have been changed to the International Rogaining Federation since the draft proposal in April. The Big Foot in me says that we should stick with the IRA!)

As our first true "Rogaining Ambassador" Neil managed to take in three rogaines in six weeks and talk himself hoarse about the virtues of rogaining and in so doing ensure that one of Australia's greatest exports continues to meet the high standards we have set Downunder. Well done Neil.

There will be an "international rogaine" in Alberta next August (1990) which is being billed as the "World's Most Awesome Rogaine". It will coincide with a number of major orienteering events, so if you're thinking of a holiday .....

And then the Inaugural World Rogaining Championships will be held in Australia in 1992!

#### 1990 EVENTS

Arms have yet to be broken to get people to assist in organising events for 1990 and the dates will not be finalised until next month but there'll be a similar number and timing as this year with one (or perhaps two) 24 hour (NSW Champs) events, two (or maybe only one) 12 hour events and the Paddy Pallin Rogaine. As we did this year the organisation will be broken into four parts to make the job easier so why not volunteer and spare a few arms. (\* Paula Haynes and Clare Wilson are two non-rogainers who love the Hash House environment but who have little desire to venture further. Do any of you have similar friends or family?)

<u>Date</u>	<u>Coordinator</u>	<u>Course setting</u>	<u>Administration</u>	<u>Catering</u>
10 March (12h)	-	-	Rosemary Austen	Paula* & Clare*
5/6 May	Australian Champs	ACT		
17 June	W Marsden	-		Big Foot
7/7 or 5/8 (12h or 24h)	-	-		
2/9 or 6/10 (24h)		Graeme Cooper		

## HOW LONG SHOULD WE ROGAINE?

by Rod Phillips, ARA President  
from the Australian Rogaining Association Newsletter

How long should rogaines be? On one level that is easy to answer. By definition, a rogaïne is a cross-country navigation event of at least 12 hours duration and a championship rogaïne is always 24 hours. In practice, there has been a push towards shorter events. Twelve hours replaced some twenty-fours, eight hour 'rogaines' were run in conjunction with 24 hour events. 6 hour mini-rogaines were run and soon became 6 hour rogaines. Even a three hour 'rogaïne' was held. This trend was fuelled because shorter events are easier to organize and they seemed to be heavily in demand. The time has come to reverse this trend.

I believe the demand for shorter events to be transient. I believe we are placing too much emphasis on these events because they are easy to market even though they are ultimately less popular. It takes a fair bit of explanation to convince a novice to enter a twenty four hour event. Yet with this explanation hundreds of novices were entering these events in the period 1976-1982. (...and still are in WA where mixed events do not occur ... EDITORS NOTE). They loved them and returned again. When eight hour events were offered in conjunction, most novices naturally chose these. It is virtually impossible to convince a novice to enter a 24 hour if an 8 hour is also on offer. Both we and they mistakenly saw short events as an introduction to the sport. They aren't, they are an extension of it.

The night navigation, the periods of solitude, the hash house atmosphere and the great intensity of achievement and companionship are all integral to 24 hour events. These are the aspects that set rogaining apart from triathlons, orienteering and the like. These features attracted novices back to rogaines but they are features that are largely lacking from short events. That in itself does not matter: short events have their place. What does matter is that the novices to whom we are marketing these short events compete once and do not return. They assume (and are not told otherwise) that 24 hour events are just more of the same.

The phobia of twenty four rogaines has become so pervasive that the organisers of the last Australian Championships were under much pressure to include an eight hour event for fear the event would not be a success otherwise. To their credit, they clearly demonstrated what history shows us - that twenty four hour events on their own are the foundation of the sport.

Well I feel that I should drop my persona of Ed and weigh in to the debate as myself (Warwick Marsden). I've reread Rod's article a number of times and am in basic agreement about the place of the 24 hour rogaïne as the premier rogaining event. However, from my limited experience as a rogaïne and from the development of rogaining in NSW I feel that I should counter a few of his comments.

I'm not sure which definition Rod is referring to as his own definition of a "rogaïne". found in "Cross-Country Navigation" (p166), is "a cross-country navigation event for teams where travel is on foot. The classic rogaïne is the twenty-four hour event."\* In the Macquarie Dictionary it is defined as the "sport of cross country navigation". I prefer to use the latter and to add those features that distinguish rogaining from other similar activities and which must be present to constitute a "proper" rogaïne. These are (i) teams of 2 to 5 persons, (ii) standard topographical maps (how far should we go towards preparing "special maps and premarking?), (iii) mass start, (iv) score event, (v) provision of food and social environment, and (vi) inclusion of some night navigation (the Paddy Pallin Rogaine discussed above predates modern rogaining and is called a rogaïne as it satisfies all of the other criteria). Provided all of these features are present I am happy for an event to be called a rogaïne.

I have only rogained in NSW and the ACT and have been in three 24 hour events (only this year did I actually finish one), six 12 hour and two 8's since 1985. I have taken nine novices in the shorter events at various times and all but one have come back for more, graduated to 24 hour events (two) and brought more people into the sport. I have enjoyed all the features Rod lists (and what a wonderful list it is!), "The night navigation, the periods of solitude, the hash house atmosphere and the great intensity of achievement and companionship", to a greater or lesser degree in all of these events.

From my perspective rogaining in NSW has essentially developed independently of Victoria and WA. We have been, and continue to be, thankful for their support and encouragement, and in particular for their striving to set and maintain standards. We have yet to experience the dramatic increase in numbers experienced in WA and Victoria and this would appear to be because we aren't attracting large numbers of bushwalkers and scouts. While rogaining grew out of, and I gather has continued to draw most its participants from, bushwalkers and scouts, in those states the same has not been the case in NSW. I have looked at the list of rogaines conducted in NSW and despite a predominance of 24 hour events prior to 1983 (eight since 1972), rogaining only became firmly established from that time with the formation of the NSWRA. These early rogaines were organised by bushwalkers (University based for the most part) but since then the majority of those prepared to give time to seeing the sport grow have had connections with orienteering, although most, like me, see bushwalking, orienteering and rogaining as three interrelated activities. While we have attracted a considerable number of orienteers to rogaining in this time we have also begun to draw on the bushwalking community for some participants. Hopefully, this trend will continue along with the attraction of more scouts.

The length of rogaines is a much discussed topic at NSWRA meetings, with the individual organisers left to make the final decision. Most have opted for a 6 hour event with a 12 hour, and an 8 hour with a 24 hour one, but some have remained "true" and had only 12 hour and 24 hour events. We are not attracting huge numbers to our "championship" 24 hour event each year but the numbers of people entering all events and coming back, albeit for shorter events, is steadily increasing. I have no doubt that our investment in providing quality events of whatever length will eventually see numbers entering the championship 24 hour event increase.

**Happy rogaining - for however long you choose to rogain!!**

\* - before I'm accused of distorting the facts, the same book goes on to say that "events are of at least twelve hours duration" under the definition for "rogainng". Nothing like a bit of healthy pedantry!

#### **MEMBERSHIP - TO BE OR NOT TO BE?**

This question is being asked more often nowadays, particularly by newcomers who find that they are faced by a surcharge of \$10 for their first event. The committee is sensitive to this issue and will certainly do something about a new policy for 1990 and would welcome your suggestions.

The historical reason for charging membership is not clear but was probably to ensure that we had newcomer's addresses so that they could be informed of future events and to offset some of the costs of the newsletter. Renewals were only carried out at events and renewal rates in our first few years were not good! Then in 1986/7 we were hit with public liability insurance as an annual cost and the one off cost of incorporation ... and the newsletters got bigger and more frequent ... and we were too scared to delete names from the mailing list "just in case ...". We did our sums (or rather John Keats, who's done a great job in getting the NSWRA into good shape, did them) and the cost of the insurance, newsletters, administration and ARA subs came to about \$11 per member, so we decided to charge you \$10. At about the same time there was a bit of slight-of-hand and the Rogaining/Calendar Year became the Rogaining/Financial Year in 1989.

If you're unfinancial (ie. haven't paid for 1989 .. or 1988!) and get a copy of this newsletter it's because you've been to a couple of rogaines and we'd like to see you at more; but it's your last!

**Any first timers who join at the Mudgee event will have automatic membership for 1990.**

The options for next year will be to charge non-members a surcharge half that of the cost of membership (possibly with the proviso that one member of the team is a member of the NSWRA) so that if you compete in two rogaines (and there are 3 NSW and 2 ACT events where membership is required) it'll be worth your while to be a member.

If you'd like to join the NSWRA send your details to John Keats, 109 Mississippi Rd, Seven Hills 2147 with \$10 for singles or \$15 for families.