

NSW ROGAINING NEWSLETTER

NUMBER 60

SEPTEMBER 1996

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2ND WORLD ROGAINING CHAMPS

After three years of planning it finally came the weekend for the Fruit n Veg 2nd World Rogaining Championships. Nearly 700 people entered the rogaine and, despite blisters and sore feet, I think that everyone enjoyed the Everlasting Rogaine. The weather was good for rogaining with clear skies for most of the night and maximum daytime temperatures around 20°C. Even a shower just after the start did not dampen the enthusiasm too much.

The rain over the weeks leading up to the event was enough to cause the tracks to the planned Hash House site to be too soft to get all the vehicles in, so the Hash House was moved some eight kilometres north-west. This, for the top teams, made the route planning more difficult than with the original Hash House site. For the more recreational teams, the planned concentration of controls close to the Hash House were no longer available and the scores were low.

Nearly half the teams set off, through the carpet of wildflowers that surrounded the Hash House, to climb directly up Mt. Singleton, 350m above the start. A heavy shower of rain made the steep rocks slippery and the views were all lost in the mist. Many teams regretted this choice as they used too much energy climbing to the summit and the rugged slopes that were crossed to descend to the controls on the far side were slow going.

Later in the night there were three hours between sunset and moonrise and quite a few teams found themselves in difficult terrain and decided to make the long walk back to the Hash House for very few points. The teams that had missed Mt. Singleton at the beginning of the course were able to reach some of the easier controls at the south-west end of the map as darkness arrived.

When dawn arrived most of the fancied teams were still out on the course. There was little opportunity for teams to plan a competitive route that included a stop at the Hash House. At the finish only a couple of teams were late but many of the best arrived within the last ten minutes.

The section placegetters, the top ten teams, plus all NSW participants were:

1st	1st MO	2980	David Rowlands, James Russell (VIC)
2nd	2nd MO	2810	Allan Stradeski, Peter Mair (Canada)
3rd	3rd MO 1st MV	2770	Geoff Lawford (ACT), Rod Gray (QLD)
4th		2760	Andrew McComb, Peter McComb (SA)
5th	2nd MV	2730	Peter Merrotsy, Richard Robinson (QLD)
6th		2680	Iiro Kakko, Ossi Autio (Finland)
7th	3rd MV	2510	Leigh Privett, Rob Taylor (VIC)
8th		2490	Peter Taylor (SA), Geoff Mercer (ACT)
9th		2380	Chip Lundstrom, Martin McNiff (WA)
10th	1st XO	2370	David Ellis, John Nitschke, Vanessa Walker (SA)
14th		2310	Mike Hotchkis (NSW), Walter Kelemen (Qld)
16th	2nd XO	2300	Gary Carroll, Dianne Challen, John Tonai-Moore (WA)
20th	3rd XO	2230	Simon George, Joanna Parr (NSW)
21st	1st XV	2200	Ian Maley, Peta Kelsy (WA)
22nd	1st WO	2190	Christine O'Keefe, Jenny Casonova (SA)
25th	2nd XV	2120	Phil Dufty, Penny Dufty (WA)
28th	3rd XV	2010	Bob Northey, Lesley Northey (VIC)
31st	2nd WO 1st XW	1990	Bev Lockley, Patty Nathan (WA)
36th	1st MSV	1960	Gordon Birch, John Supanz (WA)
40th	3rd WO	1900	Cora Wolswinkel, Kate Hodge (VIC)
50th		1750	Andrew Cagney (NSW), Bett Koch (NSW)
52nd		1740	Marnie Holmes (NSW), Netta Holmes (NSW)
55th		1700	Sue Kurrle (NSW), Ian Cameron (NSW)
60th	1st MJ	1600	Andrew Jenkins, Daniel Towers (WA)
64th		1540	Margaret Peel (NSW), Geoff Peel (NSW)
67th	2nd MJ	1520	Russell Honeybun, Henry Wong, David Murray (WA)
69th		1490	Gareth Prosser (NSW), Nic Plunkett-Cole (NSW), Andrew Wisniewski (NSW)
84th		1350	Peter Gordon (NSW), Rachel Williams (NSW)
86th	2nd MSV	1200	Dick Mountstevens, Ian Rannard (NSW)
91st		1290	Meg Thornton (NSW), Robyn Tuft (NSW), Peter Tuft (NSW)
95th	3rd MJ	1220	David Elderfield, Ryan Lamp (WA)
97th	1st WJ	1200	Cassandra Wade, Josephine Lockley, Breanne English (WA)
98th	1st XSV	1190	Marjo Hill, Ian Chambers (VIC)
108th		1090	Paul Setchell (WA), Rob Gates (WA), Julian Ledger (NSW)
111th	3rd MSV	1050	Barrie Thompsett, Robert Fergie (WA)
117th	2nd WJ	1010	Theresa Klass, Elizabeth McCutcheon, Jemina Toia (WA)
123rd	2nd XSV	980	Peter Hamilton, Kathy Hamilton (WA)
130th		890	Frank Rosser (NSW), Russell Taylor (NSW)
136th	2nd WV	820	Theresa Howe, Lois West (WA)
140th	3rd XSV	800	John Kirke, Lorraine Kirke, Dan Hugo, Heather Hugo (WA)
141st	3rd WV	800	Kristiane Herrmann (ACT), Kathy Herrmann (NSW)
173rd		580	Maggie Jones (WA), Judy Scott (Qld), Debbie Hotchkis (NSW)
207th		460	James McFarlane (NSW), Rod Nashall (NSW), David McFarlane (NSW)
208th	3rd WJ	460	Jackie Porter, Lauree Hastie (WA)
233rd	1st WSV	380	Joyce Pitfield, Patsy Roche (WA)
260th	2nd WSV	160	Jo Hiller, Beryl Walter (WA)



Many thankyou messages are needed to congratulate all the efforts that went to make the event a success and I would particularly like to record my thanks to:

The station owners Don and Leah Bell who helped from the very first visit to the station when they drove me around and proudly showed off their home, to the event days when they drove out on motorbikes to parts of the map that we could not reach to help put out controls and water drops.

The sponsors, Healthway, Wilderness Equipment and ARA who provide financial support for the event, keeping the costs down to normal rogaine levels when the expenses were higher than normal.

The donors of spot prizes; Wilderness Equipment, MacPac, Big Country and Ultimate Direction. The tremendous support of these outdoor manufacturers and shops was much appreciated by the lucky winners.

Henning Lenz, the Western Australian Orienteering Association and the Scouts who loaned extra Hash House equipment

Of the many people in WARA that put in many hours to make it all work so well I would like to highlight:

- Bryan Hardy and Andrew Thomas; the setters
- Jane Robley; Treasurer, Bus Co-ordinator and Event Administrator.
- Maggie Jones; Event Secretary
- Gary Carrol; Communications and Event Booklet
- Nicole Davis; Event Entry Form and Social
- Craig Dufty; my co-vetter
- Lois Allen and Yvonne Smith; Hash House Organisers
- Vince Harding; WARA President and Truck Driver
- Warren Smith; WARA Volunteer Co-ordinator and Flag Man!
- Ken Martin; Truck Driver
- Alistar Honeybun; World Wide Web Site
- Adrian Day; Cartographer
- David Stephens; Press coverage

Also many thanks to all the other people who worked on Admin and Hash House over the weekend as well as the Dunny Diggers, Control Collectors, Truck Loaders and general clearing up that everyone lent a hand with.

Last but not least the rogainers - who came and said nice things at the end when they were tired and really were not sure after 24 hours of stumbling over rocks, fighting off the wild emus, getting stuck in endless spider's webs and marvelling at the display of wildflowers if rogaining really is FUN.

Yes it is - see you in Kamloops

Richard Matthews
Co-ordinator WRC II

WHAT'S ON...

DATE	EVENT	CO-ORDINATOR	COURSESETTING	ADMINISTRATION	HASHHOUSE
28 Sep 96	Lake Macquarie 12-hr Watagan Mntns	Peter Coventry 049 574 386	Albie & Sharon Arnott	Bill Pigram 049 906 987	
26-27 Oct 96	NSW Champs Upper Hunter Valley	Graeme Cooper 067 72 3584	Charlie Thomson, Tony Dale, Russell Swanson		Vicki Cooper
16 Nov 96	Socialgaine North of Sydney	Simon George 02 487 4287	Neil Prosser, Peter Garran	Joanna Parr	Anne Francis, Carol & Cameron Osborne
23 Nov 96	ACT 12-hour East of Canberra	Jane Pulford (06) 247 5970			



5th LAKE MACQUARIE 12-hour, 28 Sept

*Once more unto the breach, dear friends,
once more... (King Henry V)*

Once more to the Watagan State Forests for twelve hours of rogaining. To quote from NSW Newsletter #53, Truth in Advertising, the course will include the following: breathtaking scenery, scenic views, undulating, featureless, gaiters should be worn, open forest, runnable, plenty of tracks, and user friendly fun-packed rogaining.

I have been asked by Bert van Netten to set this years Lake Macquarie and I hope I have prepared a course that will prove challenging and interesting to most teams.

I've only a couple of years of rogainie participation but I did conduct and control a few interesting "field trips" whilst in the Army. By the commencement of this rogainie each control will have been visited by at least three different groups of veters, as well as myself, from alternate directions, by day and night. I am a stickler for accuracy and accessibility in controls.

The area is similar to last year in that it lies west of the Lake, and up ... from 180 to 465m altitude. There are natural eucalypt forests in various stages of growth, harvest and re-growth by the local Forestry workers. There are pockets of rainforest with many varieties of ground ferns, tree ferns, bracken, fungi, you name it ... if it grows in a southern

rainforest, it's in there somewhere. But so are the nasties, so adequate leg covering is recommended.

The forests abound with wildlife, other than rogainers that is. Lyrebirds, wallabies, monitor lizards, wombats, scrub turkeys, many varieties of finches, wrens and parrots, and, for those that dare to venture out after dark, eastern tiger quoll are present. We have only sighted them on two occasions so far in five years, but they're there.

The course will offer a multitude of route options to allow passage through areas of personal choice rather than necessity. The camera is a must, though I do suggest a fast film as under the canopy and in the creeks it can get quite dim, even during the day.

I would also suggest that those who were considering only entering the six-hour event rethink their choice. This year opt for the 12-hour. It costs no more and you are under no obligation to stay out for the duration. Entry to the longer event affords you far greater flexibility. You may still elect for a six hour "on course" timeframe but you can spread it over two 3-hour periods, with a rest and refreshment break in between. The on and off course time combinations are yours to make, as is the route selection, and there is the opportunity to travel further out into the course.

For the novices the 12-hour will allow time for hands-on navigation practice. Also if you have yet to attempt night rogaining then perhaps this is the course to try it. The area is very much user-friendly in that if you do become geographically embarrassed (lost)

you need only to travel up until reaching a ridge to relocate yourself. All ridges and most spurlines in the Watagans have tracks of some description on them due to the timber gathering. Tracks or dozer scrapes on minor spurs may be indistinct but if you continue up you will reach a track or road.

The very popular Tea and Damper stop, that Sharon and I hosted last year, will exist again this year.

For the keen, hard-playing teams I will endeavour to set you a greater challenge this year. To that end I have included an interesting problem mid-course. To best the course will require not only fitness but a reasonable degree of navigational skill and route selection. As the Watagans are so user-friendly in a navigational sense, I have spread the more difficult controls in such a way that night navigation will include a keen patch whichever way your teams starts out. You will get reward from this course in proportion to the effort you expend; as it should be. Controls this year will be variably valued, to conform with championship rogaining.

One final note on safety: Everyone MUST carry a whistle, crepe bandage and at least one litre of water. If playing at night then ALL require an adequate torch or lighting device with backup batteries and globes.

The last four "Lake Macs" were well prepared and co-ordinated. I am positive that this years rogainie will be as good if not better.

Albie Arnott



View upstream from a control on this years Lake Macquarie 12-hour



NSW CHAMPS 8/24-hour, 26-27 Oct

It's time again for the Cooper's biennial rogaine. This time we have something different to offer - GRASS! Now hang on, don't go away! I didn't say anything about it being flat! At least not all of it. The central area around the hash house is rolling country with scattered trees and forest patches and an elevation range of 300m. Over in one corner there's about 10 sq km shaded dark green with lots of wriggly brown lines but you will get by without your leather underpants.

To cover the whole course you're in for a 700m climb to an area of fast open eucalypt forest with lots of fast pigs and deer. Points of interest are a xanthorrhoea forest, and an unusual inland rainforest complete with tiger leeches, giant stinging trees, parma wallabies, pademelons and lyrebirds.

For those who rely heavily on their compass we have arranged some special areas where your sightings on that hill 1km away will be in error by up to 18 degrees. (Bert van Netten will be on hand at Lake Macquarie to give advice on how to rogain after leaving your compass at home.)

The hash house will offer the usual range of mouth-watering delicacies. I hear there might even be turkey on the menu.

The map will be pre-marked 1:25,000 with 10m contours. Most of it will have been

retraced with OCAD so all that annoying cadastral information will be gone. The detail around many of the control sites will be enhanced and the vegetation for about half of the course much more accurate than the base map. It will even show you where some of the fences are, but not all. We don't want to make it too easy!

Graeme Cooper

DAYLIGHT SAVING MINI-ROGAINES

Something different to try over the summer months. Garingal Orienteering club are co-ordinating an increasingly popular series of score events on Wednesday evenings around Sydney suburban park, beach and bush areas.

In effect these are mini rogaines - but with a time limit of only 1/2 or 3/4 hour (you choose) instead of 6, 12 or 24 hours!

As in classic rogain, control point values vary with the distance and standard of the features - with a maximum of 600 points available per event. A progressive scoring system will be conducted with prizes for winners in various age categories.

An ideal after-work activity for rogainers to keep active over the summer. See the flyer enclosed with this issue for venue details.

Ross Barr

BY THE WAY

WRC II TUCKER

Julian Ledger reported on the dinkum Aussie tucker at the World Champs hash house. When he returned for Saturday night dinner, he had the choice on the BBQ of emu, crocodile or kangaroo steaks.

JUST MARRIED

Simon George and Jo Parr sought the ideal preparation for the World Champs by going to the UK to get married. Being rather upside down sort of people though, they took a three week holiday first, followed by the wedding on the Friday, off to a 3-day orienteering event Saturday to Monday (the White Rose, in Yorkshire), flew back to Sydney on Tuesday, arrived Thursday, over to Perth on Friday for WRC II, then back to Sydney on the Sunday red-eye special.

Perhaps that's the way to do well in a 24-hour event ... get so jet-lagged that 2am seems like the middle of the day to you??

MAKE SURE YOU STAY ON THE RIGHT TRACK

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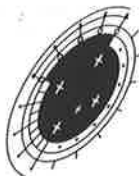
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- Special use maps including: NSW base maps
Aboriginal map of NSW
Lord Howe Island Colour Photomap
NSW Local Government Areas map
Sydney CBD colour photomap
- Digital boundaries such as local government, suburb, electoral etc.

PRETTY BEACH 12/24-Hour

3-4 August 1996

24-Hour	Score	Time	O	M	W	X	V	J	F
Mike Hotchkis, Walter Kelemen	1700	11:56	1	1					
Sue Clarke, George Takacs	1460	11:52	2			1			
Robert Embery, Geoffrey Price	1320	11:33	3	2			1		
Keith Conley, Gavin Owen	1310	11:05	4	3					
Andrew Stone, Hugh Stone, Richard Stone	1270	11:38	5	4					
Tony Maloney, Andrew Wisniewski	1190	11:57	6	5					
John Barnes, Wendy Tweeddale	1170	11:32	7				2		
John Hodsdon, Val Hodsdon	1170	11:50	8				3	2	
Andrew Cagney, Bett Koch	1160	11:37	9				4		
Marmie Holmes, Neil Holmes	1120	11:29	10		1				
David Green, David Palmisano	1120	11:50	11	6					
Russell Anderson, Glenn Bridgart	1080	11:08	12	7				3	
Chris Ernst, Daniel Marlay	1060	11:50	13	8					
Rosemary Austen, Steve Garlick	1050	11:19	14			5	4		
Dick Mountstephens, Ian Rannard	1050	11:53	15	9			5		
Christophe Baudry, Paul Fisher	1020	10:16	16	10					
Russell Swanson, Charlie Thomson	1020	11:55	17	11				6	
Robert Kenderes, Ros Woolley	1000	11:53	18			6			
Merv English, Anne Francis	990	11:27	19			7	7		
Guy Jarvi, Andrew Lumsden, Annette Stewart	980	11:00	20			8			
Jennifer Borrell, Terry Funk	970	11:37	21		2		8		
Anthony Hunt, Gary Staglis	930	5:35	22	12					
John Carver, David Griffith	890	11:50	23	13					
Lynn Dabbs, Kevin Williams	880	11:12	24			9	9		
Jono Miller, Stuart Thomson	860	11:53	25	14					
Lisa Phillips, Richard Walker	850	10:00	26			10			
Michael Israel, Matthew Jefferson, Craig Williams	850	11:49	27	15					
Simon Fountain, Robert Hopkinson	830	11:44	28	16					
Nick Quinsey, Russell Taylor	810	11:42	29	17					
Peter Fletcher, Andrew Pope, Belinda Pope	790	11:38	30			11			
Sandra Chapman, Kerry Gilmore, Kitty	760	11:17	31		3				
Richard Connors, Andrew Palmisano	740	10:55	32	18					
Dianne Kitcher, Lance Kitcher	720	11:48	33			12			
John Keats, Ian Payne	700	9:34	34	19			10		
Jenny Horsfield, Dianne McLennan	670	11:30	35		4				
Sonia Kupina, Alan Mansfield	670	11:48	36			13			
Graeme Cooper, Vicki Cooper	660	11:24	37			14	11		
Maureen Cavill, Denise Green	650	11:50	38			5			
Fiona Henderson, Iain Wilson	630	11:10	39			15			
Marty Enright, Rod Napier, Michael Smith	600	10:45	40	20					
Geoff Clitheroe, John Hellstrom	590	0:32	41	21					
Olivia Humphries, Sharon Tan	580	11:15	42			6		12	
Audrey Wilson, Michael Wilson	530	11:29	43				16	12	
Peter Garlick, Anthony Goonan, Anne Goonan, Bernard Goonan	520	11:42	44				17		1
Danielle Cole, Judy Greenwood, Kyana McPherson	520	11:44	45		7				
Janiki Amin, Jeffrey Amin, Kate Beardmore, Sarah Lam, Stuart Terry	500	12:00	46			18			
Gabriel Mackenzie, Manfred Mackenzie, Janet Sculfer	490	11:36	47			19			2
Judy Chapman, Ken Chapman	490	11:37	48			20	13		
Yasmin Funk, Helen Schube	470	9:45	49			8		1	
Gilly Katsir, James Southwell	400	11:51	50	22					
Amy Spark, Benjamin Spark, Edwin Spark, Laura Spark, Joy Spark, Phil Spark	400	11:54	51			21			3
Michelle Martin, Danny Mortensen	280	19:25	52			22			
Danny Perazollo, Lauretta Wilson	260	10:24	53			23			
Kathy McMorrow, Andrew Wilson	260	19:30	54			24			
Junichi Kidokoro, Julian Ledger, Luke Ledger, Selena Ledger	170	15:56	55			25			4

because we wanted people to enjoy the beaches and Murramarang Range. (Of the hinterland, Julian Ledger commented that "the paucity of decent scoring controls needs a royal commission to investigate.")

In the end, the course was set, checked and flags hung with a miserly 13 person-days of effort. Assisted by our choice of clear, straightforward features I was most confident and satisfied that all flags were correct. We aimed for people to enjoy their walk ... no reason to try to trick them ... that's what darkness is for!

My favourite memories of the course? The first was the track along Ryans Creek, in the south west, through some gorgeous temperate rainforest. Another was the control on the island, just 800m from the hash house. I still marvel (puzzle?) at the three teams who punched the flag at the start of the event, regardless of the high tide. The hash house marquee was sited at the back of the beach, visible for several kilometres southwards along the coast, especially with Jim's party lights beaconing through the night.

Our support team were exemplary. It was most comforting to hand administration to Roz Atkins, and catering to Frances Phillips, Gail and Joel (Mr Memory) Roland then luxuriate in their dedication, keenness and order. Jim Meek helped with absolutely everything. Other devotees were Helen Atkins (including delicious home-made fruit preserves and chutneys!), Steve & Kitty Harrison, Helen Carter, Joy Cauchi, Albie Arnott (champion tick-remover and enthusiast), David Sigley, Phillipa and Stewart Amery (creche). Kitty from Holland helped before the start; Phillip Randall & Mark Suters helped in the HH after their six hour stroll; Ted Booth, Phil Allen, Bob Bartle & John Gully helped on the Sunday morning after competing in the 12-hour. And, as usual, my family did more than their share.

Special thanks to Geoff Silburn, Steve Cliffe and Steve Thompson for setting the course and helping everywhere about the hash house. Geoff co-ordinated the flag collection, with Jim, Albie, SteveH, plus Rosemary and Steve Garlick, so that the course was clean by the Monday night. Well done all.

Part of the attraction of such a large, useful team is the broad skillbase that comes with it. Which brings me back to the bushfire... Steve Cliffe is a vital part of our State Emergency Services unit, so he was dispatched to investigate the fire and evaluate our response. He figured there was insufficient fuel (and the heavy rains a week previous had assisted) for the fire to become dangerous. So he climbed Durras Mountain to notify Bushfire HQ on his mobile phone, and we continued the rogaine without incident, and the fire fizzled.

A successful event, with very positive, appreciative comments from the participants ... perhaps it's time to head inland for my 1997 rogaine!?

Trevor Gollan

CO-ORDINATOR'S REPORT

I've set several rogaines over the years and, in the process, seem to have acquired some perverse relationship with natural disasters. The cold front that struck at Tianjara was minor compared to the record floods that bisected our Tarana 12-hour in 1991. Then the Spring snow that obliterated Jaunter (1992) and the heatwave at Bethungra (1994) convinced me to stay within coo-ee of the ocean, always aware of alternate threats such as tidal waves and cyclones. Lake Tabourie (1993) and Stanwell Park (1995) ratified my decision.

This year we selected another pleasant locale, between Batemans Bay and Ulladulla on the NSW South Coast. The course boasted 20 kilometres of coastline, 19 beaches, two lakes, a mountain range, island, massive forests with a mixture of burrawang understorey and rainforest, and the best site for a hash house that I've seen.

But when a team rushed in after dark to report the bushfire near #80, fanned by a frantic westerly wind ... with 250 people on foot in the forest and we in the hash house a mere five kilometres directly downwind ... well, my stomach turned.

This course had a strange gestation. We had planned a completely different area but abandoned it, because of the lack of a hash house site. With barely six weeks until the event, I fell back to this area that we'd noted adjacent to the Lake Tabourie rogaine. Geoff & I plotted a course with many coastal controls and few in the forest,



The view south from the hash house, to the control on O'Hara's Island

PRETTY BEACH 12/24-Hour

3-4 August 1996

12-Hour	Score	Time	O	M	W	X	V	J	F
Debbie Stuart, Jeremy Welbourne	890	23:30	1				1		
David Dash, Peter Tamsett	890	23:54	2	1				1	
Rowan Compagnoni, Joe Doherty	870	22:46	3	2					
Douglas Jay, Ken Mills	840	23:13	4	3					
Gary Caitcheon, Greg Dunstone	830	23:43	5	4				2	
Stephen Jackett, Steve Lloyd	770	22:38	6	5				3	
Peter Gordon, Rachel Williams	700	23:20	7				2		
Colin Stuart, James Stuart	680	22:20	8	6					
Vic Giniunas, Kevin Lloyd	680	0:05	9	7					
Anna Booth, Ian Booth, Julia Booth, David Grainger	660	23:44	10				3		1
Geoff Bailey, Robin Hanley	620	21:41	11	8				4	
Brad Newcombe, Paul Ross	620	21:49	12	9					
Malcolm Hughes, Margaret Hughes	620	23:31	13				4	5	
Anthony Dunk, Robert Loader	610	22:47	14	10					
Eric Metzke, Linda Robinson	580	22:44	15				5	6	
Ted Booth, John Guilly	570	23:48	16	11				7	
Anna Clarke, Peter McConaghy	550	23:54	17				6		
Karen Darby, Tony Murphy	540	22:09	18				7		
Martin Baker, Daniel Egger, Glenn Strkalj	530	23:19	19	12					
Janine Conway, Andrew Keen	520	20:45	20				8		
Margaret Duguid, Renate Griffith, Debbie Hotchkis	520	21:30	21			1			
Louise Mitchell, Gabe Mullen	520	22:39	22			2			
Phillip Allen, Bob Barle	520	23:24	23	13				8	
Didier Dejean, Michael Rueger	520	23:52	24	14					
Henry Roberts, John W. Roberts, Meg Thornton	500	19:45	25				9		2
Ian Neuhaus, Alf Torrisi	470	22:27	26	15					
Dave Price, Dave Skinner, Pete Thompson, Jason West	460	18:28	27	16					
Brian Pearson, Susan Pearson	460	19:45	28				10		
Michael Hanratty, John Oakley, Richard Palmer	460	20:03	29	17					
David Bailey, Martin Way	450	19:26	30	18					
Kathryn Coventry, Peter Coventry	440	23:20	31				11		
John Bowles, Chris Stevenson	440	0:29	32	19					
Wayne Duroux, Culin Lewis	420	19:00	33	20					
Phillip Randall, Mark Suters	410	18:05	34	21					
John Carter, Linda Carter, Steve Davis, Erica Sturman-Davis	410	18:24	35				12		
Peter Hardy, John Zavone	390	22:14	36	22					
Laura Eadie, Michelle Haywood, David Pryor	360	21:51	37				13		
Chris Amison, Charles Brennan, Warwick Brennan, Gillian Brown, Peter Prendergast	350	23:58	38				14		
Nick Chartorsky, Jutta Hamilton, Sally Reader, Malcolm Ricketts	330	18:00	39				15		
Andrew Walker, Tracy Walker	320	20:02	40				16		
Penny Adams, Janet McLachlan	100	23:08	41			3			

She thought it was a great joke, despite being after sunset.

2/ Helping the two RAAF guys at the ANU Research Centre ... they were going the wrong way along Moores Rd to get to #61.

3/ Obeying instructions and approaching #41 from the road, having been on the beach beforehand. We did see an echidna, besides lots of thick bush.

4/ Being asked by one of the Mixed Vet teams, worried that we were choosing similar routes, whether we were veterans. Wendy's 21!

Thanks again,

John Barnes

COASTAL CRUISING

The Pretty Beach rogaine was not just pretty, but really wonderful scenery and we had a fabulous time. As my staying-power doesn't make more than 6 hours at a time realistic and as I HATE the dark, our route choice was based around doing two 6-hour loops, the first on Saturday afternoon and the second from about 6am Sunday. This worked really well for us and we had a hot shower, warm dinner and lovely eight hour sleep inbetween.

We chose to go south along the coast first and were rewarded with magnificent scenery and bright, warm sunlight as a great start to the rogaine. Another bonus from this choice was the sight of several teams braving the high tide, chest deep in the ocean to get #54. I believe one team member faithfully assured her team-mate that it was actually LOW tide and this was as shallow as it would get!!!

The beaches were smooth walking, the rock platforms kept inviting me to stop and explore the nooks and crannies and the headlands offered great birds-eye views up and down the coast as we worked our way down via #44, #26 and #39. I would dearly love to have stopped and collected smooth stones on some of the beaches as they were so beautiful (rocks have always been one of my best things!)

continued next page

GOOD AND CRAZY

Thanks for a great rogaine. The coastal scenery was stunning and the island checkpoint the good dash of craziness. Food was really nice with the friendly atmosphere, helped by the large tent to eat in out of the wind and the party lights. The bus was really appreciated, coming down early to leave time for a civilized start and for a really restful trip home.

Some stories from our rogaine:

1/ Wendy going for a swim up to her neck in the lagoon near #52 as we short-cutted a few metres of its length. I managed to step across and only get knees wet.



Walter Kelemen, in planning mode, consults the locals

PRETTY BEACH 12/24-Hour

3-4 August 1996

We met a group of bushwalkers at #27 who were so interested in what rogaining was, how the map looked, where our controls were located and every other aspect of rogaine organisation that I was in trouble for gossiping after ten minutes, and we pushed on as far south as #47 and were amazed to see some dolphins frolicking in the shallows in the small bay there.

After that we made our way inland and up to #55 where we met the youngest competitor of the weekend asleep in her mother's scarf slung across her shoulder, but definitely approaching within 20m of the control, as the rules state!

We visited all the fabulous views along the ridge via #38, 101, 37, 45 & 53 and enjoyed the cooling breeze on the top!!! after building up quite a sweat climbing up there. In fact the breeze (OK truthfully, the gale) probably contributed to the air being so clear that we could see for miles in every direction.

We scrambled down the hill to the coast as the sun set and kept our feet perfectly dry as we got #54 then made our way along the rock platforms to #25. On the way back to the hash house, I discovered just how hard it is to tell the difference between flat rocks and a pool of salty water when the light is fading fast!

We were both almost too tired to eat dinner but a hot shower washed away some of the weariness and we had a great meal and slept the whole night to get up for a just-before-sunrise start. Sunday's loop was up to the top first so we could watch the sunrise on our way to #35. Kev was most impressed with the stone ruins at #61 and wants to know the history behind them [*allegedly, it's a fire lookout, constructed by a couple of retirees with lots of spare time. Ed*]. We visited a few more hilltops (#31 & #51) then made our way down to the beaches again to get #41, #52, #22, #33, #34 & #23.

As we walked around the headland to #33, we looked out over the crystal clear blue water with the sunlight dancing on the waves and Kev said, "Lets hurry up and clock off so we can come back here". So we did.

Worst things? The grid north line on the magnetic variation diagram didn't line up with the grid lines themselves, which were very faint. But the cut and paste was fun!

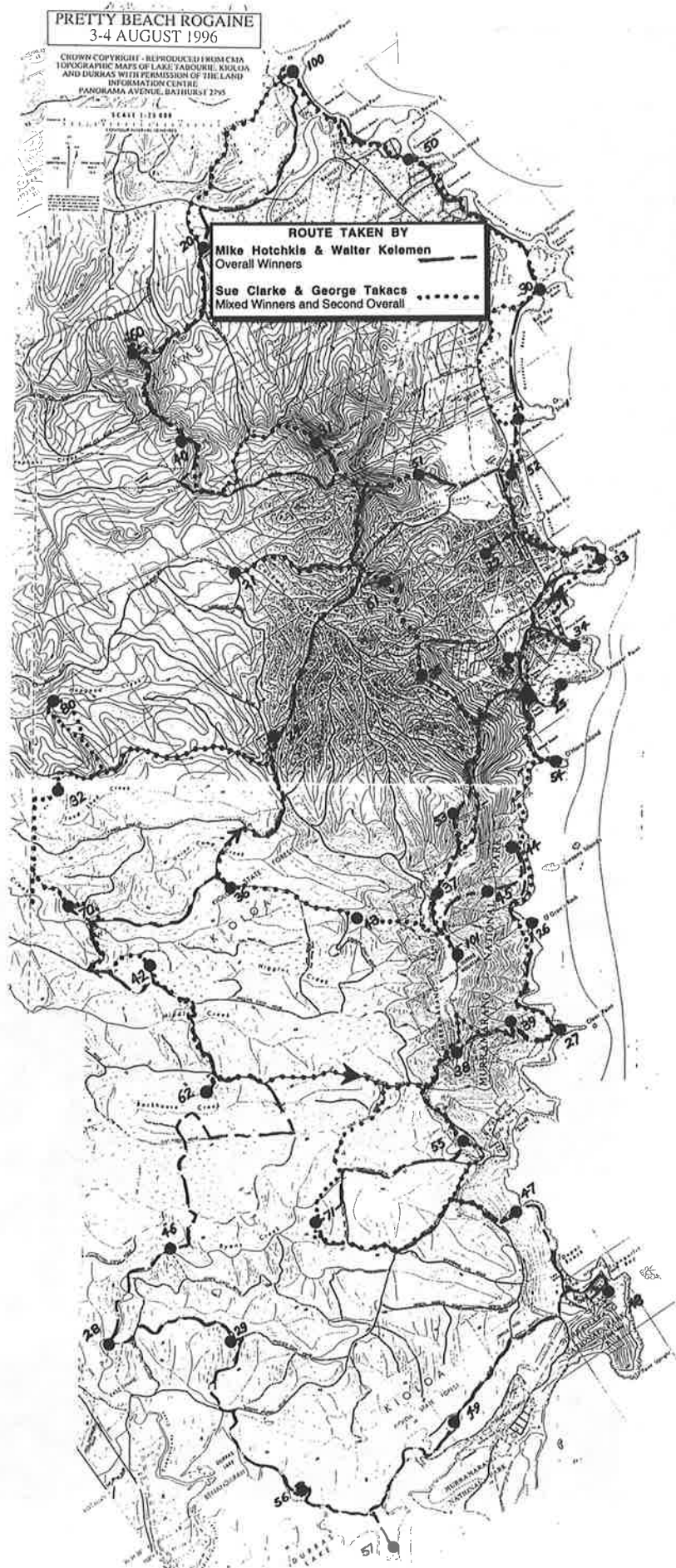
Best things? The scenery, the weather, the dolphins, the lyrebird feather I found, the hot showers, a track up every spur, all the controls near where we expected them to be and the thought that we can go on another rogaine again soon and do it all again.

Lynn Dabbs

WINNING WAYS

Saturday, 3rd August, Pretty Beach campground. Weather: perfect. Looking south, sandy beaches, rocky headlands, bush-covered hills. A rogainer's dream. Thank you, organisers.

We assembled the jigsaw puzzle map. The main strategic problem appeared to be how to cover the controls along the top of the Murramarang Range, those along the adjacent coast, and the widely separated ones to the west of the range. Looking from the hash-house, the hills and coast beckoned us. It had to be south first, but not to #54; I wasn't ready for a swim! So we headed up towards #53 where we encountered our first lawyer vine in a gully before reaching the first control. Clearly



PRETTY BEACH 12/24-Hour

3-4 August 1996

PRETTY BEACH ROGAINE

*Wind in the canopy -
The cool light of the forest
Gives a softness to the colours.
Twigs and leaves crisp underfoot,
The earth soft and yielding beneath.
Creepers catch at bare arms and faces
As we squeeze between saplings.
Then cycads in the open space
Between the spotted gums;
Ragged heaps of earth,
The scratchings of lyre birds.*

*In some parts of the forest,
The ground is strewn
With the leavings of the timber getters.
When, years ago, they passed this way.
Now we clamber over damp, mossy trunks,
Rotting slowly back into the earth.
Up the rise, above the creek,
The older trees are blackened by fire.
At the base of some,
Fire has worked an arch for shelter.*

*Passing a stand of Blackbutt,
Orange strips of bark, urn shaped nuts,
Litter the ground.
I find a leech above my ankle
I never felt, supping my blood,
Clings - smooth, black, and elastic.
Moving on through low scrub -
Banksia and eucalypt saplings,
Spindly casuarina beyond.
Down into swampy ground beside a creek -
Rushes, young Cabbage Tree palms,
Tree ferns, dead fronds hanging onto the ground.
Along an old overgrown loggers' track,
Meeting pockets of balmy air
Where the sunlight filters through.*

*So the afternoon passes,
Shadows lengthen and the air cools,
The last of the sun, orange
In the leaves of the canopy.
The light is fading,
I can no longer see to write -
Only to think, as I plod on,
Into dusk and darkness.*

Robin Handley

this rogaine was a case of using tracks wherever feasible.

In the optimistic light of the early part of a rogaine, all possibilities must be considered, that is, including ALL controls. So, two ascents of the Murramarang Range seemed inevitable, and we followed what we thought the most efficient way of including the coastal controls and those halfway up/down. At 55, we made our first alteration to the original plan. We were afraid 71 would be difficult in the dark, especially from the west, so we bagged it from 55 instead, using tracks, while the sun was still up.

We reached 48 before needing to get the torches out. We were ahead of schedule (our 'schedule' required us to get 100 points per hour during daylight and 60 per hour in the dark). After 49 we stopped for dinner. Steak and macaroni (Kids Cuisine), followed by strawberry yoghurt and biscuits, washed down with gatorade. Yummy!

The tide seemed to be high on Durras Lake, if not in the ocean, so we got our feet a bit wet going to the next controls. Missed 56 first time round, relocated and tried again. Just as I was saying "haven't we already been here?", there it was. Must have walked right past it before.

We followed a succession of old overgrown forest tracks to the next few controls, then took a NE bearing from a track junction towards 62. We just had to go down a hill; cross a creek; up a hill; if we missed the control (knoll) we would hit a track. Well, we did all that, and struggled mightily with thick bush along the way. But there was something wrong. The road we found ran NW-SE as expected but we had approached it FROM the NE! It had to be another road -- or the one we had come from! Well, I blame the fold of the map. To be absolutely sure we followed the track 1km SE (away from the control) to relocate at a recognisable junction. Then we followed the tracks around and finally reached the control. It was 12.30am. Now we were way behind schedule. At the water drop near 71, we stopped to consider. The out-of-bounds area in the northern part of the course defined a large loop which could not be cut short, so we had to be sure of getting around it in good time. Plan: cut out 80 + other lesser controls, head north as fast as possible on tracks, and do the loop.

It was a very mild night but the wind was blowing hard. We stuck to the tracks, dropping our packs several times to go in to controls. Walked right past 31, but soon realised. Can't NSWRA afford some nice new shiny controls? They're hard to see in the dark, hanging there limp and faded! Dawn came. Of the two possible tracks from 22 to 100, we chose the low-lying, flat route. The track turned out to be under a foot of murky foul-smelling water. Yuk!

Breakfast by the beach after 100; spot on our revised schedule. Much revived, it was time to start jogging. We had a few controls to pick up, and Walter was absolutely determined to get to 54 (O'Hara Island), come hell or high water, so to speak. It was a pleasant morning's work, jogging along beaches, rock platforms, over grassy headlands. Thank you, course setters.

35 minutes to go as we passed the hash house on the way to 54. The tide was high (on schedule!), so we stripped off. We regretted taking our boots off; those rocks were jagged! Feeling we were making a spectacle of ourselves in full view of the hash house, I was relieved to find we were not alone: Sue Clarke and George followed us, splashing through the water. Time for a couple of photos, then into the water again. Back on dry land, we needed a run to get warm. There was just time to pick up 25, finishing with two minutes to spare. [For the statisticians: we succeeded in our objective of 100 points per hour in daylight, but only managed 40 per hour in the dark.]

Mike Hotchkis

PRETTY BEACH 12/24-Hour

3-4 August 1996



Walter Kelemen checks in at the island control



Many of the Helpers at Pretty Beach. From left: Steve Thompson, Phil Allen, Geoff Silburn, Steve Cliffe, Joy Cauchi, Albie Arnott, Steve Harrison, Frances Phillips, David Sigley, Phillipa Amery, Joel Roland, Jim Meek, Gail Roland, Roz Atkins, Helen Atkins.

HOW WE NEARLY BEAT ARTHUR AT PADDY PALLIN

[Rob and Andrew came 2nd at the Paddy Pallin this year. You may like to refer to the map in the last newsletter, #59. Ed.]

Our usual organisational skills were intact as we arrived just 20 minutes before the start of the 1996 Paddy Pallin rogaine. The torrential downpour signalled the start as we ventured out. We did a small route which enabled us to climb the steep hill once. Despite a minor mishap at the first, we found controls 22, 21, 44, 71, 33, 65 & 45 in the first hour and were surprised they came up so quickly. The rain disintegrated our maps so we were forced to navigate with one map a lot of the time and try to conserve one map for the latter parts of the rogaine.

After finding #34, 20 & 80 with ease we stopped momentarily at the waterstop. The next few controls caused no problem until #61. From #90 we started to contour but then decided to climb higher in search

of faster vegetation. We were then too cautious and started expecting the control too early. We were in fact 300-400 metres from the control and wasted about 15 minutes. The next control was OK but then we made our second mistake, ending up too far left of the control and wasting another five minutes.

The controls leading up to the first 100 pointer didn't trouble us though we felt our first signs of fatigue. Arthur Kingsland and Michael Burton passed us in the opposite direction on the road between #100 and #101 at 11:50am. We were confident we could complete the remainder of the course before they did!

We had a lot of trouble travelling up the creek to #101 because of the thick vegetation, and ended up literally swimming up the creek, taking 30 minutes to travel 500 metres. After stopping for our first snack (powerbar) we continued with renewed energy, collecting #41, 50, 51 & 32.

#52 caused some problem due to the inaccurate mapping of the tracks. #62 was OK but we again had trouble with #53. From the other ridge we saw a distinct creek and followed it to the junction. We

searched for 15 minutes before realising that, despite the creeks size, it was unmapped. We took a chance and headed downstream, finally finding the control in a smaller creek.

We were beginning to fatigue and wanted to finish as soon as possible. The climb to #72 was devastating and we travelled slowly to #23 and 10. Thoughts of the food at the finish helped us to run down the hill, collecting #24 and 11 and finishing strongly.

We were very happy to have collected all the controls as we intended, but not as quickly as Arthur and Mike. This was one of our most enjoyable rogaines to date. The views from many of the controls were great and running on the many rockfaces and patches of bare rock was enjoyable. Thank you to the organisers and course setters for a great event and the caterers for their terrific food, especially the chocolate cake.

Rob Preston & Andrew Hill

NATIONAL CALENDAR (AND BEYOND)

1-2 Mar 97, Nth American Champs, AZ USA →

17 Nov, Metrogaine
24 Feb 97, Metrogaine
24-25 May, Qld Champs
18 Oct 12-hour
16 Nov, Metrogaine

28 Sep 96, 12-hour

26 Oct 96, 12-hour
1997, Australian Champs

28 Sep, Lake Macquarie 12-hour
26-27 Oct, NSW Champs
16 Nov 96, Socialgaine 6-hour

26 Oct, 12-hour

22 Sep, 6-hour
26 Oct, 12-hour
23-24 Nov, Vic Champs

14 Sep 96, Cyclogaine
23 Nov 96, 12-hour

Late Nov 96, 12-hour

8 Dec 96, 12-hour
Spring 96, 6-hour

Jan 97, NZ Champs

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The address label for this newsletter indicates your current membership status. If the letter in the top right corner is:-

"F" then you are financial for the current calendar year, thanks a lot..

"N" then you are non-financial for the current calendar year; your fees are due. You can pay your membership at the next event, else send in the following form to keep receiving the newsletter.

"C" then this is a complimentary newsletter.



APPLICATION FOR MEMBERSHIP OF ASSOCIATION

N.S.W. Rogaining Association Incorporated (incorporated under the Associations Incorporation Act, 1984)

I,(full name of applicant)

of (address)

..... (town & postcode)

..... (hm/phone) (wk/phone) (fax/e-mail)

hereby apply to become a member (or renew membership) of the abovenamed 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.

I also nominate the following persons, of the same address as mine, as members of the abovenamed incorporated association.

1. 2. 3.

4. 5. 6.

Signature of applicant Date

Make cheque of \$10 payable to NSW Rogaining Association and send to:

Membership Secretary NSWRA
 Graeme Cooper
 Cluny Rd MSF2005, ARMIDALE 2350

If the name and/or address on the label is incorrect, please fill in this form and return to
Graeme Cooper, Cluny Rd MSF2005, ARMIDALE 2350

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