

# NSW ROGAINING NEWSLETTER

NUMBER 61

OCTOBER 1996

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## IT WAS TWENTY YEARS AGO TODAY...

Well perhaps not today, but it was twenty years ago this year that the first rogaine was conducted. It was the 4th of December 1976, the inaugural Victorian Rogaining Championships won by Jacque Rand and Wayne Maher, organised by Rod Phillips.

24-hour walks had been in existence since the 1940s (organised by clubs such as the Melbourne University Mountaineering Club, Adelaide University Mountaineering Club, and Surrey Thomas Rovers) but the 1976 event can be officially proclaimed the first rogaine because:

- it was the first event to be known as a "rogaine" - the word had just been formalised, and
- it was the first event organised by the Victorian Rogaining Association, created in May 1976 with just four members.

The rogaine was located at Tallarook - a forested granite plateau with a steep slope leading down to surrounding foothills. With a base camp just off the south of the plateau, the 165 competitors were faced with a steep 800 metre descent for a meal.

The first rogaine was a little different to the current format. There was an initial loop that all competitors had to complete. The starting point for this loop was not located at the Hash House so car shuffles were arranged to get teams from the Hash House to the nominated start location. The initial loop of ten checkpoints, which had to be collected in a defined sequence, ended at the Hash House. The ten checkpoints were removed from the course at midnight. From the hash house there were two loops of checkpoints that could be completed in any order.

Checkpoints were also different then. They were marked with red, yellow and white tape and a coffee jar. Inside the coffee jar was a raffle ticket book upon which competitors had to sign their name, team number, time etc. on both ticket stubs. One stub was left in the coffee jar and the tear-off stub kept by the team and handed to Admin upon returning to the Hash House.

The Victorian Rogaining Association are celebrating 20 years of rogaining by conducting their Championships this year at the same site, at the same time of year, using the same checkpoint locations where possible. There won't be the same mandatory loop at the remote start point, nor the coffee

jars.

A couple of questions occurred to me on the origins of the sport, so I went to Rod and Neil Phillips for clarification:

Trev: Tell us about your first 24-hour walk?

Neil: 1972 mid-winter MUMC with Shane Tanner. We got a few controls but no record breaking effort. I was impressed at how cold the Yarra Glen area could get, and was overwhelmed by the fantastic organization of the buses, the event, the hash house and the organizer Tony Kerr. We just had to run an event of our own.

Rod: I had organised three with STR before competing in an event run by Neil at Mt Caroline in 1976. My partner was John Berwick, also his first event though he too had organised some. That event taught me a lot, most poignantly when we navigated carefully to a checkpoint at three in the morning, found it, called out to one another "Here it is" and found another team nearby jump up and say 'thanks'. They had been waiting for us for an hour because they couldn't find it. Both teams went on to get all the checkpoints, but they beat us back in.

Trev: Who were the original four members of the VRA?

Neil: Gail Phillips, John Berwick, Rod and myself.

Trev: We are aware of Rod and Neil Phillips, but where is Gail now?

Neil: Gail is married with three kids, living in New Zealand, and regularly returning to Victoria. She set the first Tassie rogaine. Her 10 year old son was in the 6-hour rogaine last month.

You are cordially invited to join in the celebration rogaine, on November 23-24. Contact Tineke Sydekum (03 9890 4352, uwe@melbpc.org.au) for entry details.

Trevor Gollan

(Source: VRA Newsletter 1996 and the "Rogaining", 1986 book)



## 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 10km<sup>2</sup> 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.

**HOW TO GET THERE:** Since this edition of the newsletter will be received so close to the event, here are the directions for finding us: go to the roundabout in the centre of Scone; turn west to Merriwa; proceed to the next roundabout and turn right; 11km from Scone, turn right into Upper Dartbrook Road then follow the "R" signs.

Graeme Cooper

**PUBLIC TRANSPORT:** We are not running a bus to the event, however we will convey any train travellers to/from the station. Unfortunately the timetable isn't very suitable. The Northern Tablelands Explorer from Sydney & Newcastle arrives in Scone at 3pm, so you can start late or, better still, travel up on Friday. The return departs Scone at 12:57pm, which means a very unreasonable rush at the finish of the event or, better still, that you stay over Sunday night and return on Monday. Please notify the organisers if you need to be collected.

Trevor Gollan

## NSWRA COMMITTEE

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	Debbie Cox	7/104 Pacific Pde, DEE WHY 2099	02 981 1795	
	Sue Clarke	173 Pittwater Road, BORONIA PARK 2111	02 816 2508	sclarke@efs.mq.edu.au

# WHAT'S ON

DATE	EVENT	CO-ORDINATOR	COURSESETTING	ADMINISTRATION	HASHHOUSE
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, Jo Parr (02) 487 4287	Neil Prosser, Peter Garran		Anne Francis, Carol & Cameron Osborne
23 Nov 96	ACT 12-hour East of Canberra	Anna, Jane, Lynn & Tim Pulford (06) 281 1035			
<b>1997</b>					
15 Feb 97	Upside Down 12-hour				
1-2 Mar 97	ACT Champs	Alex Tyson, Geoff Mercer (06) 295 6019	Mark Leonard		
6 Apr 97	ACT 6-hour	Will Keogh (06) 249 4914			
25-26 Apr 97	NSW Champs South of Oberon	Rollie Burford, Jitka Kopriva			
18 or 25 May	Metrogaine Sydney, north	Sue Cave			
15 Jun 97	Paddy Pallin 6-hour	Stephen Castle	Trevor Gollan		
16 Aug 97	Lake Macquarie 12-hr Watagan Mtns	Albie Arnott			
14 Sep 97	ACT Cyclegaine	Mal Leslie, Geoff Farrar (06) 247 3873			
11 Oct 97	Snogaine Snowy Mountains	Brian Evans (064) 562 242 (wk)			
12-13 Oct 97	24-hour				
16 Nov 97	Socialgaine 6-hour Newcastle bicentenary	Arthur Kingsland			
30 Nov 97	ACT 12-hour	David Singleton (06) 248 7142			



## SOCIALGAINES 6-hour, 16 Nov

The socialgaine this year will be held in Yengo NP on Saturday 16th November, in a very scenic area north of Wisemans Ferry. The hashhouse will be located on a camping area, with plenty of space if you wish to stay for Saturday night (toilets, but no showers). The area is pleasant and predominantly open Sydney Bush, burnt out in parts ... some large cliffs and spectacular views. Although we can't offer you a roving icecream van this year, there is a pub on the course.

So polish up your portable capuccino-maker; come and wind down the rogaining season with a friendly and convivial event, the sociable socialgaine.

*Simon & Jo*



## ACT 12&6-Hour 23 Nov

The ACT Rogaining Association invites you to our final event for 1996 - the Spring 6-12hr Rogaine! From 10am-10pm Saturday 23rd November 1996, one and a half hours drive east of Canberra.

This event has been lovingly crafted, using only the finest natural materials and local expertise, to be the most scenic and fun event this year. The rogaine comes in both 12-hour and 6-hour sizes, to suit everyone from the most hardened competitors to the more casual, socially-oriented bushwalkers.

Set in a beautiful area of native bushland, our rogaine boasts open vegetation, ranging from wet and dry eucalypt forests to heath and grasslands, and interesting and prominent geology including limestone and conglomerate features, as well as a few magnetic rocks!

Free camping will be available to participants for both the Friday night before the event and the Saturday night after the event. The Hash House will provide heaps of great food afterwards.

Entry forms are available in this newsletter, through the ACTRA Home Page on the World Wide Web:  
<<http://www.ma.adfa.oz.au/~gnm/Rog/actra.h>

tml>, or from Tim Pulford on (06) 2811035(h), (06) 2506964(w).

*Jane Pulford*

## EDITORIAL

One of the added attractions of rogaining is that it entices us to new and varied locations around the country, and now even the world.

Each event is a reflection of the course-setters' interests and experiences, leading to wonderfully diverse terrain such as the high-altitude forest at Rydal, bays and mansions at Caringbah, heath, rock and mangroves at Patonga, rainforest in the Watagans. The reports in this newsletter express the appreciation for different scenery and conditions at the recent World Championships in Western Australia.

It requires considerably more effort to negotiate access to private land but the rewards are great. Local geographical highlights can be discussed with the farmer over a cup of tea. Once you are acknowledged as being a sensible, responsible person, the majority of country folk are most welcoming. Help is offered in many guises, like the water tanker at Bethungra, the shearing shed at Wuuluman, the pleasant camp site in the north paddock.

The access to private land also delivers unusual and interesting geographical features that would otherwise be denied to the general populace. The rock outcrops and rare plants at Wuuluman, the flowers and rocks at Mt Singleton come to mind. The Ulandra Nature Reserve near Bethungra is totally surrounded by private land, hence is inaccessible to most people. My favourite was the limestone cave at Jaunter, carefully cherished by its speleolander.

We have huge areas of public land available to us ... State Forests, National Parks, crown land. Apart from the wildest places (imagine a 24-hour in the Wollangambe Wilderness!) we can utilise most public lands. But we have **huge** amounts of private land available. This years NSW Championships is, apart from a small nature reserve and stock route, all upon private lands.

For the future of our sport there are several attitudes that we must adopt. We must act responsibly in our use of the land, leaving no rubbish or damage, shutting gates,

avoiding livestock, etc. We must have a reputation as a responsible organisation, ensuring our members follow the appropriate standards of behaviour when rogaining.

We need to be sensitive and considerate to country issues, social and political ... to place a paddock out of bounds due to lambs, to avoid the dirt road in the wet, to sympathise about that bloody great power line that is being constructed across their property.

We need the landowners to recommend us to their friends, and to welcome us back.

We should also appreciate the extra effort by the course setters in establishing contact with the local community. They are the ones who deliver the unique places and experiences that make each rogaine truly an event.

I was saddened, as were Albie and Sharon, that absolutely no-one visited #90 at Lake Macquarie. I sincerely hope that you did not avoid the site because of its picture in the last newsletter. Really... truly... it was a fold in the original photo, not a power line that spanned the waterfall! It was (and still is) an absolutely "magical" place.

*Trevor Gollan*

# LAKE MACQUARIE 6&12-HOUR

WATAGAN MOUNTAINS, 28 September 1996

12-Hour	Score	Time	O	M	W	X	V	J	F
Tom Landon-Smith, Alina McMaster	1300	23:51	1						
Paul Mooney, George Takacs	1230	23:51	2	1					
Peter Gordon, Mike Hotchkis, Arthur Kingsland	1220	0:06	3	2					
Andrew Black, Gareth Prosser	1130	0:06	4	3					
Bruce Fenton, Stephen Thompson	1080	23:57	5	4					
Debbie Stuart, Jeremy Welbourne	840	23:33	6				2		
Walter Kelemen, Julian Ledger	830	23:20	7	5					
Simon Fountain, Robert Hopkinson, John Rae-Smith, James Woodrow	810	23:39	8	6					
John Barnes, Andrew Perry	790	23:57	9	7					
Ross Barr, Ron Junghans	770	22:19	10	8				1	
Anna Clarke, Peter McConaghy	740	21:51	11					3	
Geoff Peel, Margaret Peel	740	23:20	12					4	
John Learoyd, Peter Learoyd	700	0:00	13	9					
Rosemary Austen, Peter Garlick, Steve Garlick	630	23:47	14					5	1
Aleks Strikis, Markus Zarins	590	20:39	15						
Peter Dunn, Garry Ferris	590	22:54	16	11				2	
Nihal Danis, Richard Sage	570	0:14	17					6	
Michael Hutchings, Ron Hutchings, Tom Hutchings	550	21:42	18	12					2
Ian Carr, Graeme Cooper	530	21:44	19	13				3	
Marilyn Ferris, Lesley Taylor	510	22:56	20		1				
Mick Reading, Stuart Thomson	500	22:22	21	14					
Malcolm Hughes, Margaret Hughes	480	22:09	22					7	4
Gavin Ay, Neil Gascoyne, Ian Hodgins	470	20:19	23	15					
Julian Keane, Neil Kitchen, Derek Van Dyk, Jeff Welch	450	21:06	24	16					
Phillip Allen, John Guilly	450	21:42	25	17				5	
John Biddiscombe, John Bishop	440	20:14	26	18				6	
Neil Chappell, Michael Lilley, David Lilley	430	20:26	27	19					
Henry Roberts, John W. Roberts	420	20:36	28	20					3
Eric Metzke, Linda Robinson	400	19:08	29				8	7	
Brad Newcombe, Paul Ross	400	21:24	30	21					
Philip Atkinson, Margaret Covi, Robert Cox, Esme Leson	390	22:06	31				9	8	
Martin Mansfield, David Noble	370	23:51	32	22					
Robert Embery, Geoffrey Price	340	17:46	33	23				9	
Jennie Bond, Tony Bond, Judy Micklewright	320	18:18	34					10	10
David Clayton, Narelle Clayton	310	19:10	35					11	11
Nick Bertos, Alison Clegg, Ken Smith	310	19:19	36					12	
Merv English, Anne Francis	310	20:56	37					13	12
Clinton Alver, Kirsten Linnemann, Alison Maher, Matt Seidon, Janet Steel	310	23:48	38					14	
Sonia Kupina, Alan Mansfield	290	18:21	39					15	
Alex Fahey, Richard First	290	19:09	40	24					
Helen Jackson, Grahame Marriott	280	18:08	41					16	
Daniel Gullotta, Ben Langdon	280	19:28	42	25					
Stephen Castle, Darlene Cramer, Anthony Dunk	270	17:31	43					17	
Wendy Culshaw, Cathy Gleeson, John Kennett, Robert Loader, Julie Minday, Tony Rood	270	17:32	44					18	
Steve Lloyd, Sarah Lloyd	250	19:24	45					19	4
Luke Greenhalgh, Nick Greenhalgh, Rodney Sandell, Peter Sandell	240	18:51	46	26					5
Sue Goe, Janet McLachlan	240	18:56	47			2			
Trevor Flewin, Gabriel MacKenzie	230	18:20	48					20	
Roz Atkins, Frances Phillips	220	19:48	49			3			
Gail Roland, Joel Roland	210	19:29	50					21	6
Barry Hanlon, Janet Morris	180	15:56	51					22	13
Adrienne Hunt, Lance Kitcher, Dianne Kitcher, Graham Wackett	180	19:08	52					23	
Judith Chapman, Ken Chapman	170	17:24	53					24	14
Sue Thorvaldson, Tom Thorvaldson, Erik Thorvaldson, Diana Williams	170	17:41	54					25	
Nic Evans, Reggie Hart	160	14:16	55					26	
Laurie Bore, Margaret Bore	150	19:05	56					27	15
Russell Cail, Roman Lichacz, Ingmar Ploeman	140	17:49	57	27					
Manfred Mackenzie, Janet Sculfer	100	15:55	58					28	16
Linda Vincent, Lewis Vincent, Phoebe Vincent, Robert Vincent	40	17:19	59					29	7
David Newling, Adam Ravment, Jamie Wilkinson	20	15:35	60	28					1

## CO-ORDINATORS REPORT

It could have been worse!  
The day following the event we had hail to go with the rain, cold and fog. There were also patches of sunlight which aided in the pack-up of the circus, so who's complaining. I was pleasantly surprised with the attendance and determination of those who challenged the Watagans. We had chosen areas of special importance to us, views, pockets of deep dark rainforest, and special places like the glowworms of "Sharon Gorge" near 90. There was eight months of route selections and lead-ins, pre-site checks for compliance with standards, whilst at all times maintaining an element of adventure. Thank you to all the lion-hearted competitors who braved the day, and the night.

Bert warned us that we would have double the amount of teams entering after the cut-off date; there were in fact six times the pre-date total. 121 brave and hearty teams entered, six withdrew prior to the snap, ten other teams did not compete. This gave me great pleasure to see such a dedicated roll-up in such atrocious conditions. A special mention to the 17 family teams who started; these are our rogaining future stock and they did themselves proud. I particularly enjoyed seeing the dad and son-in-backpack combination strolling north ten minutes after the hordes had departed, umbrella up of course.

It is very reassuring at a start to see the pack divide in a three way split. This led me to assume that the start at least offered some variation of route selection. This was to be confirmed later when collecting the markers. I found that the route variation was to continue at six other key positions; 76, 27, 21, 82, 37 and 104 were to reveal smart and sometimes radically aggressive route changes. The jewel in the crown, number 90, complete with glowworm grotto was to remain unvisited, perhaps a victim of the weather slowing the pace. 61 was troubled by one team only, team 110, well done Gav & Co. (the very keen team from Coast Camping).

Some of the travel speeds between checkpoints were blistering, with the winning team (Tom and Alina) recording a 16 minute scramble late at night from 76 to 71. No mean feat when I surveyed the fingernail scratch-marks down some of the rocks, the muddy bogs and impact areas and the remnants of a shirt sleeve on a vine all present along that very scenic stretch. Well done to all who bested that run.

*continued next page...*



A soggy, foggy start.

# LAKE MACQUARIE 6&12-HOUR

WATAGAN MOUNTAINS, 28 September 1996

(continued from page 3)

6-Hour	Score	Time	O	M	W	X	V	J	F
David Le Carpentier, John Le Carpentier	510	17:48	1	1					1
Rob Fletcher, Anthony Fletcher	480	17:40	2	2					2
Stuart Kane, Jeff Kane, John Wheen, Steven Wheen, Philip Wheen	460	17:56	3	3					
Phillip Evans, Graeme Evans, David Evans	440	17:43	4	4					
Barbara Barnes, Richard Barnes	380	17:51	5			1			
Ken Gray, Graeme Woodward	350	18:01	6	5					
Nicole Dynon, Andrew Haigh	350	18:07	7			2			
Gary Stuart, Virginia Stuart, Kerri Stuart, Colin Stuart, James Stuart	310	17:35	8			3			3
Michael Brown, Dianne Hardy, Peter Hardy, Simon Lee	290	17:29	9			4			
Ian MacDougal, Alan Scott, Stuart Scott	280	17:39	10	6					
Lyn Gett, Gail Siccardi, Helena Smith	280	17:51	11				1		
Bob Leys, Gary Spring, Thais Turner	250	16:54	12	7	1				
Francine Adams, Maggie Hart	220	17:11	13		2		2		
Brian Holz, Tammy Holz	220	17:55	14			5	3		
Chris Doyle, Ulla Ovaskainen	210	15:38	15			6			
Kathy McMorrow, Andrew Wilson	200	17:49	16			7			
Matt Bekier, Andrew Grant, Guy Jarvi, Peter Ragg	200	18:21	17	8					
David Palmisano, Coleen van Dyken	190	16:42	18			8			
Landon Arthur, Carl Arthur	190	18:01	19	9					4
David James, Paul Wrightson	190	18:02	20	10					
Michael Rennie, Chris Wicking, Greg Wicking	180	17:34	21	11				1	
Carol Genssen, David Green, Dayle Green	170	16:21	22			9			
Catherine Lipsett, Bianca Smith, Ron Smith, Peter Tomkins	170	17:15	23			10			
Bob McNair, Catherine McNair	160	17:51	24			11			5
Amber Barr, Andrew Hassall	150	15:56	25			12			
Luana Ferrara, Elizabeth Kiernan, Sarah Newlands	150	16:48	26		3				
Denis Cummins, Will D'Arcy, Harry Lamerton, Jenny Peet	140	16:56	27			13	4		
Melissa Harvey, Karen Jury	140	17:50	28		4				
Maihas Brand, Kanda Brand, Manuela Crank, Robert Penfold, Doug Williamson	140	17:52	29			14			
Jayne Wheen, Rebecca Kane, Rosemary Wheen, Robert Wheen	140	17:55	30			15			6
Chris Mill, Anita Scherrer	120	15:52	31			16			
Richard Connors, Andrew Palmisano	110	15:45	32	12					
Nick Coppins, Michael Hooper, David Johnson, Robert Monckton	110	15:50	33	13					
Mary Flynn, Noelene Marmont, John Worth	110	16:29	34			17			
Brendan Young, Lindsay Young, Thomas Young	110	17:22	35	14					7
Jeanette Deaves, Dominic Porter	100	16:49	36			18			
Catherine Adams, Stephanie Porter	100	17:06	37			5			
Ellie Cave, Mark Porter	90	16:12	38			19			
Maureen Cavill, Patricia Vettoretti	80	14:45	39		6				
Audrey Wilson, Michael Wilson	80	15:30	40			20	5		
Bill Gribble, Leslie Steinhaus	70	16:10	41	15					
Peter Le Carpentier, Sue Le Carpentier	70	17:33	42			21			8
Julian Radom, Suzanne Schamschulf	60	15:43	43			22			
Allan Ramsay, Michael Ramsay	60	16:30	44	16					9
Ben Scobie, David Scobie, Jenny Scobie, Peter Scobie	10	13:00	45			23			10
Calum McLeod, Frank Stewart	-20	18:30	46	17					
Bev Giles, Debbie Hotchkis	Late	19:04							

Well done to the outright winners and place-getters. This was not an easy rogain, without the added hindrance of rain and fog. First were Team 11, Tom Landon-Smith and Alina McMaster with 1300 points; second was team 55, Paul Mooney and George Takacs with 1230 points; and third was Team 96, Peter Gordon, Mike Hotchkis and Arthur Kingsland with a creditable 1220 points. As well as their gold, silver and bronze medallions, and the respective purse of \$600, \$300 and \$100, (all courtesy of the Lake Macquarie City Games/Council) the winners received a great Fairydown backpack each for first place, Fairydown thermal drinking mugs for second, and caps for third place. These prizes were courtesy of Coast Camping (Newcastle).

There were some very commendable achievements in the other categories as well. Whilst the computer programme results do not indicate all the categories (eg. mixed vet) the scores will indicate the tenacity of competition within the classes. Some categories were dropped due to insufficient teams. A reminder to all that there needs to be at least three teams to make a category. Winners and place-getters in these classes all received medallions in both 6 and 12 hour events, whilst the 12 hour event was very generously supported by Camping World (Warners Bay) with prizes such as bumpacks for the winners, compasses and first aid books for minor placings. We also thank them for the very welcome weather protection under their expo marquee and the caps for the crew to wear. Newcastle City Council came on board this year with the donation of very colourful hard-covered photographic studies of Newcastle and the Hunter District for the family teams and minor placings. There were also free Newcastle badges - a unique and novel idea for the district promotion.

I will take this opportunity to thank all of our sponsors this year. The media let us down by getting lost but I am sure the word will spread of their generous support. Thank you again.

continued next page...

## MAKE SURE YOU STAY ON THE RIGHT TRACK

### Services

**Surveying:** Control surveys for natural resource and construction projects, Global Positioning System surveys and services. Project management, geodetic and mapping control surveys as well as survey control information.

**Graphics:** Design, planning, layout and proofing, electronic publishing (Macintosh and IBM), image scanning, camera contacts, dylines, printing, bookbinding, planmounting and framing services are all provided for in-house and contract work.

**Scanning and Digitising:** collection of digital information from source data. Production of working copies from original documents. Data conversion and reformatting.

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**Thematic Mapping:** Thematic maps for any purpose using the Centre's base mapping or Client-supplied base.

**Image Processing:** Digital image processing analysis, Landsat sales.

**Information Systems:** Advisory services in information management and systems development

### TRACK



### CONTACT



LAND INFORMATION CENTRE

To: LAND INFORMATION CENTRE, Panorama Ave., Bathurst 2795  
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- Tourist maps
- Historic map reproductions
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  - Official Road Directory of NSW
  - Map Reading Guide
  - Atlas of NSW
- 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.

# LAKE MACQUARIE 6&12-HOUR

WATAGAN MOUNTAINS, 28 September 1996

## CO-ORDINATOR CONTINUES...

I recommend to any event organiser that they make use of the resources offered by having SES in attendance. The team included a paramedic plus four others all fully equipped and ready to instigate any Search and Rescue as required. There was also a back-up team on standby down the mountain. They are a professional organisation and were well led by Terry Parsons. SES Teams can be available at any event in NSW by co-ordinating with Warren Hicks (049771325 - after 17:30hrs). Our donation for their service was \$200, roughly 50 cents a head. A small price to pay for the peace of mind they offer by being on site. They are also a great help in the Hash House when things get a bit hectic.

Whilst I am throwing bouquets around I must commend the Van Netten family for their tireless efforts at the Tea and Damper stand. Bert somehow managed to keep a welcome fire going, as well as the billy and the food. Di organised the tent but I have a feeling that the hostess with the mostess was daughter Kim, who was constantly fussing over teams as they wandered in. Their son Jamie managed to maintain a constant supply of firewood from somewhere - well done all. They enjoyed it so much that they have already all put their hands up for next years event. Bert even managed to find a view at that damp and dismal crossroads, even if it was in the form of postcards that Robyn Fried handed him. She had intended to fix them to the trees around the T & D but the weather put paid to that idea. A nice thought on Robyn's part.

Congrats on a super effort by Robyn Fried. Not only did she vet the course with Ian Dempsey, but she was OIC car-parking, in the rain and mud, kitchen roustabout and food prep hand, and chief leech remover for the course. One poor soul managed a leech under her eyelid ... I've not seen one there before. The leech died, the patient survived.

The Admin team led by Bill Pigram was worth their salt. Bill's daughter Kate did a

sterling job under pressure and I'd welcome her back at any event. She was a gem. As, of course, was my wife who doubled up duties as co-course setter with admin, a job I cannot even think of doing. Well done Sharon. Bill's professionalism should also be acknowledged in the manner with which he produced and distributed all literature and notes prior to and at the event. One feat worth recognising is the way he managed to ensure that all cheques and payments were available on the day. Great effort Bill, I hope that you also put your hand up for next years event.

The co-ord and catering hats were worn by Peter Coventry, whilst his wife Cathy I believe was OIC kitchen. I heard no complaints from the Mess tent and the one meal I managed was great. Peter was also responsible for organising the production of the maps. I will admit here that I doubted that printed maps would be better than photocopied maps but I was proved very wrong. After toiling over the original for so long I was voiced to comment my doubts. Pete, the maps great and I will go for printed maps any time, especially on the paper you selected. Thanks for persevering, and thanks to all who helped in the hash house. A thankless job on the day but well thought of later.

I must also thank State Forests of NSW, Ranger Ross for his attendance on the day, and support with the clean up. The HQ crew at Morisset who helped with info and permits, and the foresters I bumped into around the course over the last nine months, for their input and advice. State Forests cop a lot of flak from splinter groups and other factions - I support their efforts and their industry. Remember if they don't harvest and maintain the forests we would have few places to rogain. Some of the areas that the course ran through have been harvested 15 times yet they can still afford and support plant and animal life that some people only dream of seeing. The creeks and rivers remain sacred forest areas and are proof that co-existence is possible.

To those who didn't notice, the bulk of the dry area at the hash house was provided by

Graeme Cooper and his ever-improving supply of tents, tarps and lightweight overhead protection. Graeme is as reliable as ever and his tent supply should be considered at every rogain for the professional service and appearance it provides. Loved that shirt Graeme.

We have put our hands up for setting next years rogain. Forestry have already come to the party with a promise of site preparation, at an area I have chosen, with a good blue metal road access. We will have sole use of this area. SES are again ready to support and Lake Macquarie Games are with us yet again. There will be the same system of multi-choice route option and the same varied point score format. At this stage we are pencilling it in for August, supposedly a drier month - ha!

Some quick anecdotes from this years event:

- reported lost property were a Silva Compass and, wait for it, a pedometer.
- Sympathy to the father and son team that retired after 104. The father was heard to say that he had removed 20+ leeches from his son. Murphy's Law - not a leech in sight all year whilst setting, come the day - come the leeches.
- The master map and notice board were well received and will become a permanent inclusion. The Novice Info section will be enlarged.
- "Anti-fog" should be included in your kit for rogaining in humid weather whilst wearing glasses.
- Intention sheets should be at the hashhouse and the tea and damper site. They will be next time. My view ... intention sheets and first checkpoint indication should be mandatory at all rogaines.
- My courage award goes to team 72. In at 23:48, score 310. Well done Clinton, Kirsten, Alison, Matt and Janet.
- There must be a warm fire arranged at the hash house, and a brew to welcome arrivals on the Friday night. Next year!

*continued next page...*



Bill Pigram, Graeme Cooper and Peter Coventry demonstrate the teamwork



# LAKE MACQUARIE 6&12-HOUR

WATAGAN MOUNTAINS, 28 September 1996

(from previous page)

- Note to all teams - not all tapes in a working State Forest indicate checkpoints. Remember to look for code numbers and "RA" initials.
- Thank-you to the well meaning team that left the pot of very healthy "pot" plants behind checkpoint 30. A word of advice though ... the policy I endorse for action on accidentally finding pot plants whilst competing in a rogaine is to give them a wide berth. There are reported incidents of "booby trapping" by the owners, so steer clear.
- The Safety Bonus proved a roaring success with most teams indicating compliance with the new code of safety gear. Others were to purchase on site and then qualify for the ten points. Having a checkpoint complete at the HH made familiarisation easier for the Novices.
- Next Lake Mac I am working on a plan to use a plastic or laminated waterproof control card. Murphy's Law: it won't rain then.

To anyone who helped or assisted that I may have overlooked, thank you for your support. To those who competed I hope that you achieved what you set out to do. Remember if you managed a good time, in good company then the resultant score is immaterial.

Graeme's next with the NSW Championships, a 24-hour event with some very special map preparation.

See you all there.

Albie Arnott

## SPONTANEOUS HAEMORRHAGING

The most notable thing for me about the Lake Mac event this year was the humidity. I've been in lots of wet rogaines now - the Aus Champs last year for instance turned on much heavier rain - but I've never had so much trouble trying to keep my glasses dry. I gave up for most of the time, took them off and just followed my partner Ian Carr. (I can't read the map without them.) We got to the Tea & Damper stop just before dark and was it a welcome sight! I realized then that something had gone wrong with one of my eyes - I could see OK but I was told it was all red. Robyn Fried at the HH looked at it and I've been to my own doc since and they both say it was just "spontaneous haemorrhaging". It's getting better now. I guess I must have whacked it with something. There was plenty of green tangled jungle to push through and even at one point climb over the top of.

As soon as we stepped out of the T&D tent we realized we had a new problem - fog. Visibility was about 50m. Walking along the main forest road back to the HH it was difficult to pick up even the side roads. When you got down off the ridge into a gully it was not too bad. I was pretty tired what with the extra effort of walking with wet clothing and having spent the previous days course-setting at Scone so we just picked up what we could close to the road on the way back. We got back at 10pm and there were lots of others who had given up by then - I think about  $\frac{2}{3}$  of the teams.

The event was well prepared in all respects. The weather just wrecked it. Sharon told me they had trouble giving away all the prizes as so few people were still holding up for the presentation. I chickened out and went to bed as I knew I was faced with packing up wet gear the next day plus the drive home. Luckily the rain stopped about 9am on Sunday and it remained dry till a storm

struck about 1pm just as we were finishing up. I got home about 11pm to find Armidale had been clobbered by hail. Our house only has minor damage but the fibre glass panels in the roof of my shed are punched full of little holes. So the wet tents are now spread out to dry in a leaking shed!

It was a good test for my new HH roof. It worked well - gave a big enough area to have everything in under the one cover and kept the rain off.

Graeme Cooper

## GIVE IT A GO...

I was one of the vetters for the Lake Macquarie Rogaine and thought I'd write in about my experiences with the view to showing others that it is really worthwhile and fun; apart from the fact (fairly obviously) that rogaing cannot continue unless we all help out now and again.

Vetting was immensely valuable for me as it gave me a good opportunity to work out where my navigational skills were up to, unimpeded by the pressures of competition. I ended up going out alone and found it much better doing it this way as I was very much aware of how I was thinking, instead of the contribution of team mates. I am now much more conscious of my strengths (and limitations).

I also found it to be an extremely good way to enjoy the venue in a way that I can't when my brain goes into "competition mode". I was lucky because there were so many pretty spots in this area, especially in the creeks where I could linger when I wanted and absorb the ambience, the tranquillity. This is much rarer on a rogaine when I form one of the many stampeding elephants. It was also a great chance to see some wildlife - an echidna struggling to get up a road bank, a marsupial mouse, dingo, lyrebirds, scrub turkeys and the occasional friendly leech

brimming with friendship and my blood! Also, being surrounded by a huge stand of waratahs when "geographically embarrassed" ... though I was far happier there than at the control I was attempting to find.

I realise that going into the bush alone is not particularly sensible as a rule; but in this circumstance it was safe and a golden opportunity for me as the course setters knew which controls I was chasing and where to look for me if I did not phone in by a given time. Not often you get a chance like this!

One other thing I also gained is a greater understanding of how a course is laid out and the terminology involved. Particularly a feature preceded by "the" in the control descriptions, eg. "the creek" is clearly and unambiguously marked on the map, whereas "a creek" is one that is not explicitly shown or not apparent on the map, but is on the ground. Also, if the control location is "70m east of the creek junction" the circle on the map is on the geographical feature (ie. creek junction) so you find this and then navigate 70 metres east. Apologies here to the International Rogaining Federation Organiser's Manual which I first laid eyes on as a vetter. I think it is worthwhile reading this through at some stage for a few clues.

Vetting also gave me an even healthier respect as to the work that goes into organising a rogaine. The hours, over many months, that course setters put in thinking about the event and then being in the bush and sorting it all out is truly awesome! This is on top of all the administrative grind that others are doing. From what I've heard the administrators for the "Lake Mac" have yet to get out on the course; that will be post-event when life slows down again.

So vetting ... give it a go ... definitely recommended. I put in about 16 hours of time and would certainly do it again.

Robyn Fried



Thag Anderson becomes the first fatality as a result of falling asleep at the wheel.

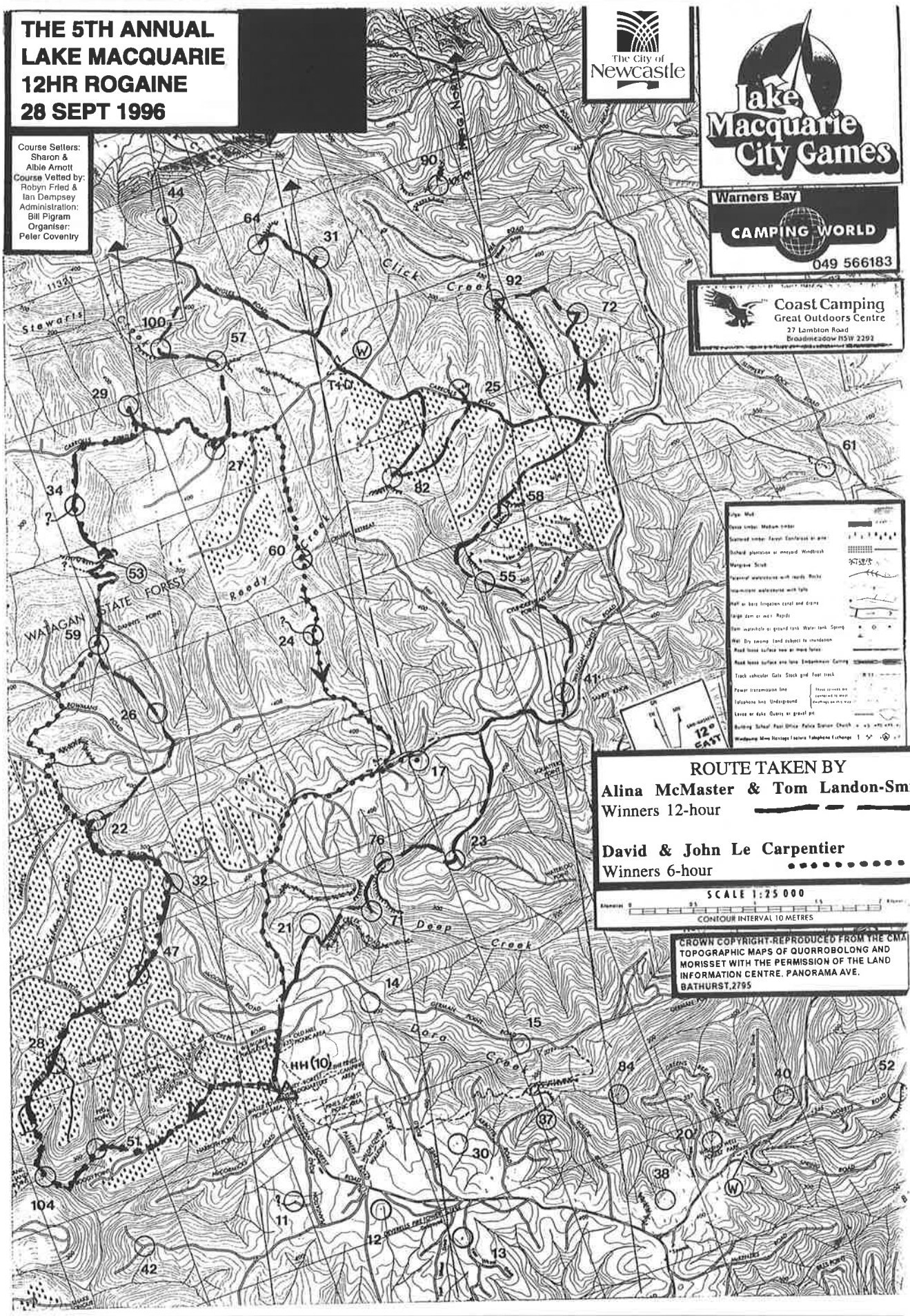
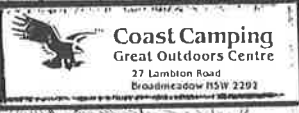
**DON'T YOU BE THE NEXT! HAVE A SLEEP (IN YOUR TENT) AFTER THE NSW CHAMPS, CARRY A FRESH DRIVER WITH YOU, OR CATCH THE TRAIN HOME ON MONDAY**

# LAKE MACQUARIE 6&12-HOUR

WATAGAN MOUNTAINS, 28 September 1996

**THE 5TH ANNUAL  
LAKE MACQUARIE  
12HR ROGAINE  
28 SEPT 1996**

Course Setters:  
Sharon &  
Abbie Amott  
Course Vetted by:  
Robyn Fried &  
Ian Dempsey  
Administration:  
Bill Pigram  
Organiser:  
Peter Coventry



High Wall	[Symbol]
Open Under Medium Under	[Symbol]
Scattered Under - Open Under in area	[Symbol]
Shaded vegetation or merged Woodland	[Symbol]
Wetland Shrub	[Symbol]
Wetland vegetation with scrub Bush	[Symbol]
Wetland vegetation with light	[Symbol]
Wet in long irregular coral and dunes	[Symbol]
Wet dune or near Ripids	[Symbol]
Wet vegetation or ground rock Water tank Spring	[Symbol]
Wet Dry Swamp Land subject to inundation	[Symbol]
Road loose surface low or much lower	[Symbol]
Road loose surface low Sandstone Cutting	[Symbol]
Track vehicle Gate Stock and Foot track	[Symbol]
Power transmission line	[Symbol]
Telephone line Underground	[Symbol]
Level or dale Quarry or gravel pit	[Symbol]
Building School Post Office Police Station Church	[Symbol]
Wetland Mine Heritage Feature Telephone Exchange	[Symbol]

**ROUTE TAKEN BY**  
**Alina McMaster & Tom Landon-Smith**  
 Winners 12-hour

**David & John Le Carpentier**  
 Winners 6-hour



**CROWN COPYRIGHT-REPRODUCED FROM THE CMA  
 TOPOGRAPHIC MAPS OF QUORROBOLONG AND  
 MORISSET WITH THE PERMISSION OF THE LAND  
 INFORMATION CENTRE, PANORAMA AVE,  
 BATHURST, 2795**

# 2ND WORLD ROGAINING CHAMPS

MOUNT SINGLETON (WA), 31 August 1996

## IMPRESSIONS FROM MT SINGLETON FLORAL BOUQUETS

The overwhelming impression was of flowers.

Andrew Cagney reported that the hills, especially in the north and east, were bright yellow. He travelled through the area a few years back at the same time of year and reckons this year was much more impressive. On the counter-side, he also calculated that each flower held three teaspoons of water after the rain, so his legs were constantly wet from brushing against the masses of flowers. Marnie Holmes reported that, a month afterwards, her shoes still carried a pleasant floral bouquet.

Next impression was rocks. A large number of knee injuries occurred because of the constant stress and strain of balancing on the loose stones.

The hashhouse was greatly appreciated for its cuisine and hospitality; the international flags added festivity; the course was appropriately challenging; the map exemplary; the reading out of all teams at the finish was tedious; the computer scanning of the control cards and results collation was impressive. The biggest gripe was that Sue Clarke and Tony Maloney travelled so far and tried so hard, but didn't get in the results because they finished more than 30 minutes late.

Congratulations to all the people involved in the organisation of the event.

*Trevor Gollan*

## SILVERY (HONEY)MOON

We've found a sure cure for jet lag ... called rogaining! 40 hours travel from London to Mount Singleton (via Sydney where we swapped suitcases for rucksacks) might not have been good preparation for a rogaine, but the confused time zones meant that we stayed alert (kind of) for all 24 hours - although Simon did fall asleep with his breakfast muesli bar hanging from his mouth!

We planned, and just about stuck to, a clockwise loop of the map. Zig-zagging down the eastern side (#9, 21, 10, 31, 22, 26, 6, 36, 1) with some fabulous views over Lake Moore (#5, 17, 38). We were glad we didn't tackle Mt Singleton itself as it was shrouded in mist and looked fairly steep and slippery work!

We hit the thick scrub in the early night (#60, 37, (dusk) 4, 11, 40). Stupidly, we thought (coming from NSW) that the ridge would be easier going, but after 1 1/2 hours from 40 to 57 we decided that WA gullies were more friendly! We also decided to ditch 70 and head out into the clearer areas (#57, 63, 35, 16, 20, 58). Once the moon came up it was a beautiful night. The everlasting flowers looked like snow drifts which we waded through for the rest of the night in the SW corner (#61, 59, 48, 69, (dawn) 32, 72). Then a long hard slog back up the western side (#7, 55, 13). A hop, skip and jump later (I wish!), we hobbled back through #45, 67, 14 and 34 to the hash house.

Highlights were definitely the scenery - stunning meadows of yellow and cream everlasting flowers against red dirt and blue lakes, and being part of such a big event. It was well worth the effort and sure was a great way to finish a somewhat unusual honeymoon!

*Jo Parr*

No scrub, not many hills and the rocks didn't bother us too much as we weren't running at all. The wildflowers were sensational - carpets of the stuff everywhere, and lots of variety on closer inspection by Nic and Wiz (I prefer to look at the map). Lots of birds to see too, and even the weather was great, with a quick shower early on to cool us off.

Our team navigated and travelled well for the first eight hours (to the SW of the map) but miscalculated our loop back to the hash-house, arriving at 1am instead of the intended 10pm which would have been nice. We were so tired after being on the go for 13 hours that we weren't even going to go out again, but six hours sleep and a leisurely breakfast in the sun got us motivated for a final 3-hour fling. This turned out to be a good idea (hair of the dog?) as we all felt better at noon than we had at breakfast. Some especially nice gurgling streams to the west of the HH made for a relaxing Sunday morning.

The map was great, especially the accuracy of the contours, the course was interesting and checkpoint placements difficult enough. Some great views of the surrounding plains made us think what it would have been like exploring this country for the first time.

The organisers did a great job from what I could tell, especially in the way that they created a community atmosphere in the middle of the outback. What I remember from when we arrived late on Friday night was all the flags, the circle of marquees, and the many competitors tents spread out over a few hectares of wildflower meadow. The moon was out and the birds were still calling, even at midnight. The food turned out to be as good as ever, and the WARA offered a very friendly welcome.

It was definitely worth the trip, to experience some different terrain. Maybe the NSWRA could extend its area of interest to our western desert, but I imagine the travel would take a heavy toll on organisers. Richard Matthews told us on the weekend that there are still checkpoints to be collected from WRC. Anyone interested?

*Gareth Prosser*

## WHAT WINNERS CARRIED AT WRC II

[from the Internet, September 1996]

Equipment list for D.Rowlands.

Compass Sport Magazine (UK) regularly publishes winners equipment list for the Karrimor Mountain Marathon. In that type of event it is particularly important to have ultra-light gear. Have not seen this done before in rogaining. I have trialled and perfected certain equipment and food combinations over the years and went to considerable trouble before WRC. Jim, however, is less scientific and relies on pure talent.

**Shoes:** Tiger Touch (grass sports) with sewn in reinforcement on the instep (Vaseline between toes beforehand, no blisters!)

**Socks:** Orienteering socks (long, thin, nylon), taped above calves with electricians tape

**Gaiters:** O-type, tie into shoe laces, tie above calves

**Pack:** Macpac Ultra Marathon (hybrid large bum bag-with shoulder straps) with 2 additional Ultimate Direction small bags (for food) attached to the front of the waist belt

**Compass:** Silva type 2 (luminous) (x2) with 1:50,000 sliding scale. Spare compass in case of breakage.

**Lights:** Petzl Zoom (x2), halogen globes (x4), Duracel 4.5v battery (x2). If you're going to take spare battery, then take the whole lot.

**Water:** Ultimate Direction Sport Tank water feeder (2 litre). How do you fill these things up in a 3inch deep puddle?

**Pants:** O-pants, heavy duty material

**Top:** Aussie Disposals (army style) long-sleeve shirt (with lots of pockets for rubbish, sunglasses, etc)

**Thermals:** Helle Hansen long sleeve thermal (polypropylene) (x2), Gloves (polypropylene), Beany (acrylic)

**Raincoat:** cheap Japara

**Head:** Legionnaires hat (face, neck protection), cheap Polaroid sunglasses

**Ankles:** McDavid Light ankle brace with outer metal strengtheners removed (x2). Ankle brace laces need to be double looped at the ankle to prevent over-tightening of the foot.

**Punch card:** European style O-punch card holder, secured with masking tape, string to wrist

**Other:** Large safety pin (needed because o-pants waist was too loose, but also in case of strap breakage), Roll of ankle tape (in case shoes fall apart!, for ankles if needed, other repairs), Very small pair of scissors

**Map:** Contact (heavy duty clear sticky plastic)

**Food:**

- Goulburn Valley plastic fruit packs (140g) (x6), with masking tape reinforcement.
- Muesli bars (3 fruits) (x4)
- Power Bars (x2)
- Cherry Ripe chocky bar - mini size (x4)
- Snickers chocky bar - mini size (x2)
- Leppin Squeezy (x10)
- Gatorade powder in 500ml narrow neck container (to supply water feeder)

*David Rowlands*

[prompting the following "conversation" ...]

Hello David, I noted a couple of absences from your gear list...

- your first aid kit was somewhat flimsy. OK - scissors and safety pin could be useful, and ankle tape could presumably be used for snakebite? But rules of rogaining stipulate a whistle, which wasn't on your list.
- do you wear a watch?

In the last NSW Newsletter there's a photo of a member of the winning team punching-in at a control at our recent 24-hour, on the NSW South Coast. His gear list at the time? Underpants and control card. Since his partner took the photo we can assume they were also carrying a camera. Now that's travelling light! Perhaps it explains why NSW rogainers weren't highly placed at WRC II?

*Trevor Gollan*

You got me there. We brought all sorts of gear to the event including whistles, and complete VRA 1st Aid Kit (which is compulsory in Victoria, but not in WA). Can't honestly be sure that the whistle went in the pack, but then it might have. (in WA this is known as the Carmen Lawrence defence).

In future I will have to put one on a string and tie it round my neck, to cover case of dropping the pack (for example to climb a hill and return) at some point in the event. Note: just about everyone needs to do this! Carried two watches in the team - and I think this is a minimum, in case of breakage or failure.

As for NSW rogainers - you're a weird bunch. By the way, you don't have to carry a control card if you don't want to, saving at least 10 grams (punch on the map instead). We trim down the size of the map and round the corners to reduce wind resistance. Then again, carrying a map and compass is not compulsory either!

regards, David.

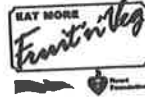


# 2ND WORLD ROGAINING CHAMPS

MOUNT SINGLETON (WA), 31 August 1996

## THE FRUIT 'N' VEG 2ND WORLD ROGAINING CHAMPIONSHIPS THE EVERLASTING ROGAINE

August 31 / September 1 1996  
Mt Singleton, Western Australia



**ULTIMATE<sup>®</sup>**  
DIRECTION

Acknowledgments: W.A.R.A. would like to thank Don & Leah Bell, Henning Lantz, Scouts of Australia, Orienteering Association of W.A. and AUSLUG for the use of their facilities to produce this map.

### LEGEND

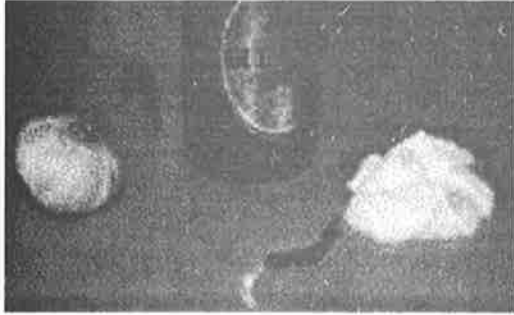
Sealed Road	———	APPROX VEGETATION:
Major Track	———	80% Thick
Minor Track	———	80% Open
Clearing Lines	.....	Rocky Ground
Fence	———	Lake
Major Stream	———	Windmill
Watercourse	———	Spring
Contours	———	Water Drop
Landing Ground	———	Hash House
Building	———	Control



Sponsors: Bryan Hardy  
Andrew Thomas  
Vetters: Richard Mathews  
Craig Duffy  
Cartography: Adrian Day

**ROUTE TAKEN BY**  
**Andrew Cagney & Bett Koch**  
50th Overall

## Effect of ale, garlic, and soured cream on the appetite of leeches



By Anders Baerheim and Hogne Sandvik (University of Bergen, Norway) who were awarded the prestigious Ig Nobel prize in biology for their scientific achievements. [The Sixth First Annual Ig Nobel Prize Ceremony was held on Thursday evening, October 3, 1996 (by the Gregorian calendar), at Harvard's Sanders Theatre. The ceremony honours individuals whose achievements "cannot or should not be reproduced".]

The Journal of the Norwegian Medical Association recently published an experimental study on the protective effect of garlic against vampires. Rather surprisingly, this study showed that garlic seems to have an attractive force on leeches (and probably also on vampires).

Leeches are used in microsurgery to prevent harmful swellings in replanted body parts. Sometimes however, the leeches refuse to do their job properly.

To stimulate the leeches' appetite several remedies have been used, such as immersing them in strong beer before application or smearing soured cream on the skin. The present study was designed to evaluate the

effect of these remedies (ale, garlic, and soured cream). It was published in the BMJ (British Medical Journal) 1994; 309: 1689.

Differences in willingness to bite were measured by median time from application on Hogne's forearm to biting him. Some leeches did not bite within the predefined time limit of 300s, but as the study was run according to the intention-to-bite principle, these incidences were registered with a time interval of 301s in the statistical analysis.

Six leeches were dipped briefly in one of two different types of beer (Guinness Stout or Hansa Bock) or in plain water (control) before being placed on the forearms. Each leech was, in random order, exposed three times to each liquid. As serotonin probably is involved in controlling feeding behaviour, we also measured the serotonin content of both beers (high-pressure liquid chromatography).

After having been exposed to beer, some of the leeches changed behaviour, swaying their forebodies, losing grip or falling on their backs. Leeches dipped in Guinness bit after 187s, those dipped in Hansa after 136s, and controls after 92s. The serotonin content was low, and similar for the two beers (0.1 ug/ml).

After having completed the first part of the study the leeches became lazy, their scientific enthusiasm diminished. Discipline failed, appointments were forgotten, some even ran away on their own.

In the next study part, six other leeches were therefore used. This time the left forearm was either smeared with soured cream or not prepared at all. Leeches exposed to soured cream were often seen sucking frantically on the wall of their container after they had been on the arm. While on the cream-smeared arm however they bit no sooner than the controls.

The other forearm was smeared with garlic. Two leeches placed on this arm started to wriggle and crawl without assuming the sucking position. They were placed in water, but their condition deteriorated. When placed on a bare arm they tried to initiate feeding, but did not manage to co-ordinate the process. Both died 2-3 hours after the exposure to garlic. For ethical reasons the garlic arm was abandoned at this point.

We believe this to be the first study showing lethal effect of garlic by skin absorption. Garlic has a definite force of attraction on leeches, but further research into this fatal attraction can only be performed by in-depth qualitative methods.

Let this study be a reminder of how medical beliefs may stand uncontradicted for decades. We should never forget the necessity of critical research on commonly accepted medical truths.



## RENDIJA ROGAINE

(from the Internet)

Yesterday, Sunday 9/15, we held the second annual Rendija Rogaine, in Los Alamos, NM. What's a rogaine? Here's what the announcement said:

"Are you willing to put your butt on the line to solve a real-life version of the classic traveling salesman problem? Come join us at the second annual Rendija Rogaine, and see how many of 15 checkpoints you can reach within six hours. As always in the New Mexico MTN RNR series, the format is no entry, no fees, no prizes. Checkpoints will be marked, but unmanned. Most will be in obvious locations on mesa tops, in saddles, or at stream confluences. Reaching them will require cross-country travel through the rugged canyon and mesa region north of Los Alamos. An effort will be made to place checkpoints so there is no single obvious visiting order or route. Water will be cached at four locations. You can stop after as many or as few points as you desire, subject to the six hour limit. Run if you can, walk if you choose. Due to its cross-country nature, this event is potentially dangerous. Route finding may be difficult for the topographically challenged. We'll come looking for you if you don't show up in the allotted time, but don't try it unless you can take care of yourself!"

We had beautiful weather for the run - blue skies and puffy white clouds, unlike Saturday, when it rained most of the time Dad and I were placing the checkpoints. It took the two of us, with a car, 5 1/2 hours of driving and running on muddy back roads and trails to lay out the checkpoints. The rain ensured that the substantial amount of cliff climbing would all be done on slippery, disintegrating volcanic tuff - the stuff that passes for rock around here. Luckily, there were no serious injuries.

Here are the results:

Blake Wood	15 checkpoints	5:40
Tom Garrison	8 checkpoints	6:03
Bob Green	7 checkpoints	7:15
Phil Wood	4 checkpoints	4:09

As evidence of the increasing popularity of such runs, note that we had twice as many entrants as in 1995.

As RD (*Race Director*), I had an unfair advantage, in that I knew exactly where all the checkpoints were, and the best approach routes up the cliffs.

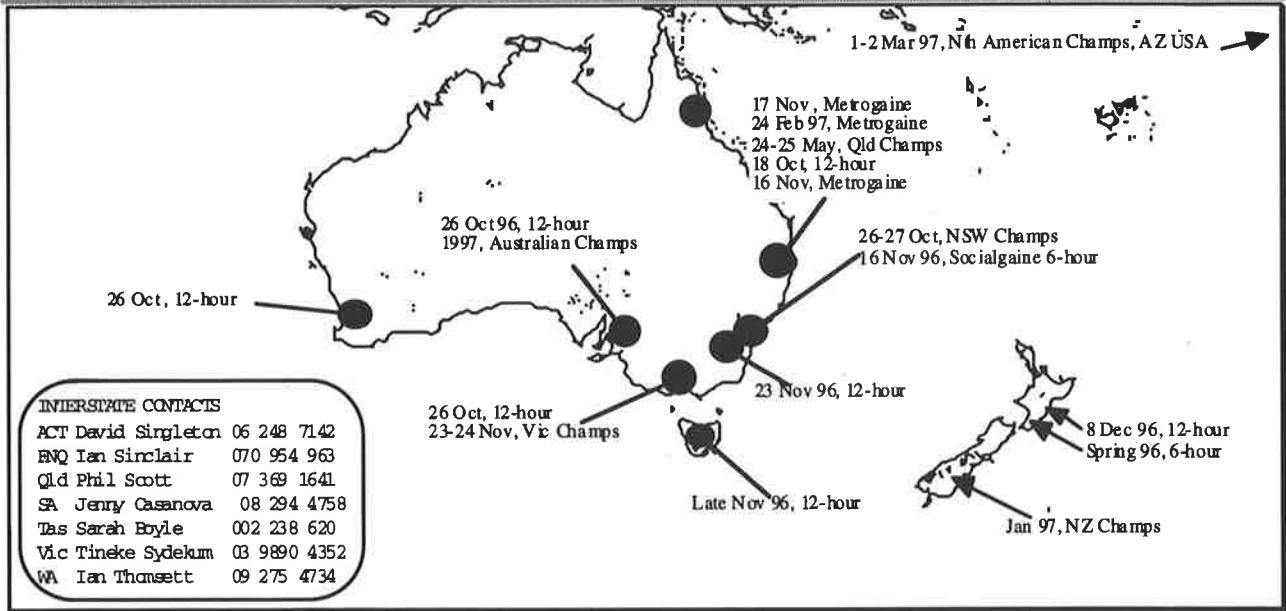
I suppose I ought to DQ (*disqualify*) Tom and Bob for busting the 6 hour limit, but that seems pointless, since they were the only other runners who showed up (one local runner politely responded to my invitation to participate with "I've recently been suffering from a severe case of sanity, so I'll have to decline.")

We ended up starting to search for Bob after he'd been out 7 hours, since he and Tom had been together until less than 30 minutes before Tom finished. Luckily, Bob showed up while we were out looking, having followed the wrong ridge back toward the finish.

Participants got to see a lot of backcountry, climb a few cliffs, explore some ancient Anasazi ruins, and take in some incredible views of this beautiful part of northern New Mexico. A fun time was had by all.

Blake P. Wood  
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# NATIONAL CALENDAR (AND BEYOND)



## MEMBERSHIP 1996

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

137 North Rocks  
North Rocks NSW 2151

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

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE / FAX / E-MAIL: \_\_\_\_\_  
OLD ADDRESS: \_\_\_\_\_

**PLEASE DO NOT TEAR THE WRAPPER!**

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Cluny Road MSF2005  
ARMIDALE NSW 2350

NSW Rogaining Newsletter

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