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Valuable Lessons from the Metrogaine = PP Victory

(Continued on page 3)

track but it ended at a huge cliff line. So, all the way to 34 we went and then onto the right track. By this stage we were putting a lot of pressure on ourselves to get all of the controls - with just half an hour to collect 8 controls. So we sped up punching controls 32, 40, 20, 21, 10, 11 without any trouble but wasted 2-3 minutes on 13 because the control had fallen and been thrown into the bush. By the time we punched it we had 1 minute to get back punching 12 along the way. In the end we ended up, I think, 3 minutes late with only ourselves to blame for so many errors but still we enjoyed the Rogaine immensely.

From the Metrogaine we had learnt that we get tired early and tend to lose concentration, so at the Paddy Pallin Rogaine we were determined not to make these errors. Going into the Paddy Pallin we were both injured, both being advised to rest up, but we couldn't let this get in the way of our favourite Rogaine of the year. For once we were glad to have the area slow and thick as both of us were restricted in running. We set out to 16 & 18 in a huge group of people but then separated as we got 45, 34, 27, 37, 29, 84, 46 without too much trouble. The tek between 46 and 120 was very thick, luckily a team found a better way down the rocks than us so they ended up making a small path through the jungle for us and probably every other team that went to 120. So if you followed a small track through the jungle between 46 and 120 you have Mark Freeman's team to thank for doing most of the hard work. The next two 100 pointers we found all right and started to descent through 83 but half way down we just thought "No

which ran down to 35. We ran down this unmarked track running parallel to the track the check-point we mistakenly followed an No. 34, kept our run of mistakes in fact as we hit the wrong intersection. When we found the oval with just an hour left to collect the rest, then decided to have our second rest at an bottom taking the long route around. We up the hill but somehow ended up at the it, then at 33 we were supposed to go straight 30, we overshoot, so we had to come back for the other team ended up. The next control, good way out of the scrub, so I wonder where We were lucky to find a reasonably ended up on a road 1.5km from our destination. We knew we were in the jungle and eventually we separated in the same boat as us. The 2 teams which had ventured through the tunnel were where we were on the map. Another team deep in the creek and very wet. It was a jungle on the other side and we didn't know to the other end and found we were knee was not a good sign especially when we got black, we were treading in deeper water. This By the middle of the tunnel it was pitch been 20m long with water flowing through it. right through a huge tunnel which must have unknowingly we crossed the creek diverting junction. The track diverted to the left, 50 we followed a track which crossed a creek control. 31, started our horror finish. From The next few controls (42, 51, 41, 50) we started to feel a little tired and at the next time we eventually found the engraved letter. had to come back to 52 anyway at which 52 so we decided then to go to 70 because we 37 and couldn't find the letter on the post at driveways. We then got controls 53, 38, 36, scale map the circle can cover quite a few which driveway to go down - on a 1:25,000

It had been almost a year since we had done a Rogaine, so this year's Metrogaine was much anticipated. This was the first Rogaine we had ever arrived early for, so we were well prepared and for once had our route choice fully made before we started. As the stating firework went off, we headed towards 14, 15, 24, 23, 22, 27, 26, 25 and up the hill through the bush to 43 which we knew from local knowledge, was open. We then picked up the next 5 controls (39, 29, 28, 44, 55) just over the first hour. The next control No. 46 underneath the M2 we were hesitant about which route we would take, because we knew from previous experience on Otten- teering maps that these areas had a lot of dark green which meant VERY THICK vegetation. When we arrived at the bush we were right about the vegetation but luckily we found an indistinct track down to the creek just leaving a short bush bash up to the control. Local knowledge helped us through the next few controls from 45, through the Uni. Collecting 57, 58, 49 and 47. We knew where the high fences were at Marsfield Park and the hole in the fence down to 47, as a lot of Otten-teers may have discovered from previous efforts at these maps. Our first rest was at a tap at Macquarie Uni. (I didn't bring any water, only 2 Power Gels which lasted about 2 minutes and soon after was taste absolutely horrible). This break only followed by our first mistake - we accidently got control 48 before 56 which meant an uphill climb and a bit of backtracking. We then accelerated to No. 80 only because we originally had planned to be there in 3 hours. Our planning turned out to almost perfect as we were only a matter of seconds from the mark. Control 71 we found all right and then 54 we had a bit of trouble finding exactly

STOP PRESS: The Upside-Down Rogaine is back!

WHAT'S ON IN 1997

DATE	EVENT	CO-ORDINATOR	COURSESETTER	ADMIN	HASH HOUSE
23/24 Aug	Upside-Down 12hr Lower Blue Mtns	Andrew Wisniewski (02) 9978-9575 (w)	Tony Maloney (02) 9978-9181	Help	Help
14 Sep	ACT Cyclegaine	Malcolm Leslie (06) 247 3873	-	-	-
20 Sep	Lake Macquarie 12-hr	Bert Van Netten (049) 753 693	Bert Van Netten	Bill Pigram	Graeme & Vicki Cooper
11 Oct	ACT Snogaine Snowy Mountains	Brian Evans (064) 562 242 (w)	-	-	-
10/11-12 Oct	Bushwalkers 24/50 Budawangs	Geoff Silburn (042) 284 084	George Takacs, Geoff Bailey	Geoff Silburn	
15 Nov	NSW Socialgaine Newcastle	Arthur Kingsland (049) 555 701		Help	Help
30 Nov	ACT 12-hour	David Singleton (06) 248 7142			

*This is the last newsletter before the Upside-Down Rogaine and the Lake Macquarie Rogaine.
Put your entry form in NOW!*



Upside Down 23/24 August

What's an Upside-Down Rogaine? Well its starts at Midnight (yes, that's a night) and finishes at Midday. "But I am afraid of the dark!", you whimper. Well why not start at 5am? You'll get a little bit of darkness to explore plus, you'll get to experience the eerie feeling of it getting brighter when your Rogaining trained brain is saying that it should be getting darker!

This event was originally scrapped from the 1997 calendar due to a lapse in organising all the people necessary to run it - probably too much chocolate cake over the Christmas break... A last minute effort has been made by Andrew Wisniewski and Tony Maloney to resurrect it. Your participation will help keep this event going for many years to come.

The event will be held entirely within the Blue Mountains National Park, and this will offer YOU some interesting logistical challenges. These being:

1. A \$7.50 park entry fee, and
2. The access gate will be closed between 6pm and 8am.

Some options are:

1. Arrive before 6pm (maps are available from 6pm);
2. Park outside the gate and join the half-hourly car shuttle to the hash house.

HELP: Volunteers are required to help out with the catering and on the day admin. We will have experts to guide you so no special experience is required.



Lake Macquarie 20 September

This will be the sixth annual 12-hour Rogaine run in conjunction with the Lake Macquarie City Games and including \$1000 prize money.

The terrain comprises ridges, escarpments, picturesque creekline and extensive track networks. The vegetation is natural eucalypt forest managed by the NSW Forestry Commission. Pockets of rainforest, a wide variety of wildlife, and at times, challenging ground cover will ensure another classic event.



Bushwalkers 24 & 50 hr

Because we have such a large course planned, in some of the best bushwalking country in NSW, we are offering a 50-hour option in the October Rogaine. This will have none of the complexities witnessed in the Victorian 50-hour Endurogaine earlier this year. 50-hour teams will start at 10am on the Friday and will be self-sufficient for most of the event, carrying their own food and equipment.

The 24-hour will be the primary, competitive Rogaine and the hash house will be available from 5pm Saturday. We expect most 50-hour participants will camp Friday and Saturday nights out on the course, maybe establish a base camp from which to mount an expedition to the furthest corner of the course. We'll recommend a couple of campsites where teams may congregate for a social evening, or camping caves if the weather is threatening - pleasant spots to show-off your cappuccino makers.



Socialgaine 15 November

You thought the bi-centennial was over!! Well, New South Wales' poor cousin, Newcastle, was not long after Sydney in its establishment. 1997 marks Newcastle's bicentenary celebrations, although there is a substantial body of opinion that with the closure of BHP, with record unemployment, with the ascendancy of the Hunter Area Health Service and the University of Newcastle as the major employers of the region that all is lost. The Bob Carrs don't care for that safe labor seat up north...

One lecturer at the University of Newcastle has decided that to salve his conscience for the great benefits enjoyed as a sprint specialist in Rogaining circles he should organise yet another event. Originally Arthur put in a bid for the Metrogaine but was pipped at the post by Ian Cameron and Sue Kurlle. (Mind you, Arthur was in the winning team in the first two Metrogaines, only to be pipped by no less than Ian Cameron and Sue Kurlle in the third!)

The Socialgaine in 1997 will be an event similar to this year's Metrogaine - a combination of bush with markers and punches, and complex street work visiting many historical features as control sites. There will be some (non-fight) cross country legs allowing utilisation of navigation skills.

Arthur will be contacting as many Newcastle Rogainers to establish a team of helpers at this event. If you are a Newcastle local, please volunteer if you have not already done so! (Lake Macquarie Rogaine organisers are exempt as they have contributed enough already!)

Metrogaine Coordinators Report

I swear that in the future when I enter an event, I will write legibly, make sure that the money is correct, remember the stamped addressed envelope, and most especially get my entry in on time!

I never would have experienced the trials (and fun) of an event organiser had I not made an offhand comment at a previous Metrogaine in the Lane Cove River Valley that you could run another good event further up the Valley. Two years later and I was in the hot seat! With Robin and Peter Tuft vetting, Ian Cameron took on the task of setting a course that would test the speedy rogainers and yet also provide a satisfying, scenic and enjoyable event for everyone else. He succeeded admirably with the Young Turks team of Hill and Preston getting all the checkpoints (but incurring a time penalty) and the more mature team of Hotchkis and Kingsland getting all but two of the checkpoints, and winning the event. The rest of the 135 teams collected between one and forty

five checkpoints and by all accounts had a reasonably enjoyable time.

We were blessed with a beautiful autumn day and a good venue in Pennant Hills Park. The 320 or so competitors were started by the Mayor of Hornsby launching a recyclable rocket, and people headed in all directions. We settled down in the sun for a sleep! However late arrivals (and early finishers) kept us active during the "quiet" hours, and then the mad rush of the final half hour started. We got each team to add up their own score but there has to be an easier way to check control cards and get the results up quickly. While we were sorting through result cards, participants were enjoying plenty of soup and sausage sandwiches from the 1st Waitara Scouts.

By presentation time, 45 minutes after the finish, there were three teams unaccounted for - an organisers nightmare! One team arrived during the presentation, but two were still missing, so we called for volunteers. The

first place to search was the car park (thank goodness for car registration on the indemnity form). There was no sign of one team's car anywhere in Pennant Hills Park, so we crossed them off the missing list. The remaining team was a Junior team, and one mother was becoming very anxious particularly as by now it was quite dark. The map was sectored and Peter Tuft was the first searcher to head off. A few minutes later the team in question appeared across the hockey field. Sighs of relief all round! A quick mobile phone call and Peter returned. With everyone accounted for, it was a case of packing up and heading home. Thanks to everyone who made it a fun day.

Sue Kurrle

... and from the Course Setter

The course was set to make as much use of the bushland as possible. The controls were on or near roads, tracks and paths to minimise damage to the bush. I aimed for a course length of about 50 kms as I felt that a team or two could get close to this. I did not anticipate a team actually getting all the controls! After review by the vetters, Robyn and Peter Tuft I added a few more controls which proved definitely necessary.

I know the area very well from running and orienteering. I had a "best" route working out which was designed to minimise distance and climb. Mike Hotchkis and Arthur Kingsland took a similar route to my prediction but there were differences in the central area. They visited all but two controls and thereby hangs a tale.

Andrew Hill and Rob Preston's route is a very interesting contrast to Mike and Arthur's and is quite different to my expect-

ation. It seems a route of a strong team with plenty of raw power. The hills don't seem to make a difference and they were happy to take long dog-legs and wide routes to some controls. They covered more kilometres (about 5km in total) than the "ideal" route. Andrew and Rob visited all controls. Unfortunately for them the marker for lucky control 13 had been pulled from the tree late in the day. They found it in the surrounding bush but in doing so came in several minutes late leaving Mike and Arthur with a win by ten points!

Again we have seen a highly competitive 6 hour event with a wide range of teams out for enjoyment as well as competition.

Ian Cameron

Odds & Sods

At this years NSW Champs (Mt Werong) there was a notable number of long distance trips that people undertook just to participate. Of course the Coopers from Armidale graced us once again - despite the distance they provided our accommodation and costumes. Liz Wood and Tony Perrott from Albury are regular attendees at our 24-hour Rogaines. Nigel Aylott, from Melbourne, showed us a clean set of quality heels. More impressive was James McFarlane's trip, on holidays from Groote Eylandt - he moved there a couple of years ago but has retained NSWRA membership. But most impressive was Marnie Holmes who flew in from Denmark the day before and headed back soon after.

Trevor Gollan

Lessons from the Metrogaine - PP Victory (cont)

(Continued from page 1)

Way" and ran back to the track where we had been 10 minutes before. After control 35 came the thickest part of the map to control 82 and then 51. Teams who ventured into that part of the gorge would have encountered the worst, slipperiest jungle of their lives, it was a slog. We tried to motivate ourselves by thinking of what the course setter would have to go through and by saying to ourselves "Well at least everyone has to do this". From 51 we altered our original plan by going to 33, 25 and

another fight to 80 when we saw the marker at the bottom of the cliff and wondered just how to punch this control. Teams marking the control were saying its 100 metres further round the cliff end so - we jumped! Any bad fall would leave us landing in the water which isn't bad. Then straight back up the cliff with the help of some trees. The next sequence of controls (24, 32, 22, 61, 41, 21, 31, 23, 12, 13) we got into the last hour, trying to concentrate hard attempting to avoid any mistakes at all. So 6 hours later we had one our first Rogaine overall, with hundreds of scratches

and bruises and as sore as ever but well worth it - especially for the great prizes thanks to Paddy Pallin, Macpac, Ultimate Direction and others.

Andrew Hill

Metrogaine 25 May

Metrogaine Results

Team	Score	Time	O	M	W	X	V	J	F
32 Mike Hotchkis, Arthur Kingsland	1660	15.59	1	1					
51 , Andrew Hill, Robert Preston	1650	16.03	2	2				1	
56 John Le Carpentier, Karl Spackman	1470	15.44	3	3			1		
38 Simon George, Joanna Parr	1460	15.57	4			1			
13 Peter Hinds, Cameron Osborne	1450	15.43	5	4					
101 Peter Bruc Gordon,									
Peter Gran Learoyd, Geoff Peel	1360	15.58	6	5					
19 Ian McKenzie, Gordon Wilson	1350	15.58	7	6			2		
24 Mark Freeman, Martin Krause,									
John Morris	1330	15.56	8	7					
95 Annette Billinghamurst,									
Michael Billinghamurst	1310	15.46	9			2			
96 John Barnes, Wendy Tweedale	1290	15.56	10			3			
92 Kelley Gra Blackert,									
Stephen Thompson	1250	15.52	11	8					
97 Andrew Perry, Rohan Prowse	1240	16.01	12	9					
93 Bruce Chessman, Carl Chessman	1240	16.05	13	10					
58 Sue Clarke, Sue Le Carpentier	1200	16.00	14		1		3		
110 Nick Barker, Pete Flynn,,	1190	15.58	15	11					
47 David Dash, Peter Tamsett	1150	15.49	16	12				4	
66 Brent Crowle, Michael Korompay	1140	15.52	17	13					
29 Simon Barr, Richard Peterson	1080	15.58	18	14					
83 Warren Broadbent, Dave Lilley,									
Bert van Netten	1080	16.08	19	15			5		
73 Glenn Meyer, Ian Meyer	1070	15.21	20	16					
84 Istvan Grubits, John Langmar,									
Gabor Vasarhelyi	1070	16.04	21	17					
9 Geoff Bailey, John Booth,									
Kate Malfroy	1050	15.59	22			4			
98 Barbara Barnes, Richard Barnes	1050	16.04	23			5			
94 , Scott Daniel, Peter Kovac	1020	15.57	24	18					
33 Merv English, Anne Francis	1010	15.46	25			6	6		
72 David Meyer, Peter Meyer	1010	16.07	26	19					1
89 Bruce Fenton, Malinda Halley,									
Peter Paddon, Craig Paull	1000	15.54	27			7			
57 David Le Carpentier,									
Peter Le Carpentier	1000	15.57	28	20				2	
49 Ron Dilger, Grant Morgan,									
Matt Murphy, Andrew O'Neill	1000	15.58	29	21					
30 Richard Connors, David Green	990	15.42	30	22					
81 John Bowles, Roger Catchlove,									
Chris Stevenson	980	15.44	31	23					
103 Sonia Kupina, Alan Mansfield	970	15.57	32			8			
10 Barry Drake, Nick Quinsey,									
Russell Taylor	960	15.55	33	24					
115 Chris Cutliffe, Andrew Pope,									
Belinda Pope	950	15.53	34			9			
44 Deborah Byers, Andrew Lumsden	910	15.57	35			10			
42 John Herb, Frank Herb, John Linch	900	15.38	36	25					
14 Paula Hawtin, Dawn Hinds,									
Carol Osborne	890	15.51	37		2				
8 , Michael Hanratty, Alf Torrissi	890	15.53	38			11			
74 Drew Hughes, Brent Hughes,									
Luke Hughes, Brian Hughes	880	15.43	39	26					2
113 Nihal Danis, Richard Sage	880	15.52	40			12			
79 Emma Roberts, Henry Roberts,									
John Roberts	880	15.57	41			13			
107 Brooke Abbott, Clinton Alver,									
Chris Reidy, Matt Seldon	880	15.58	42			14			
69 Simon Suters, John Suters,									
Mark Suters	880	16.03	43	27					
12 Melinda Hunt, Anthony Hunt	860	16.04	44			15			
4 Amber Barr, Andrew Hassall	840	15.32	45			16			
86 Tomas Karolyi, Peter Ilovsay,									
Attila Peter, Zoli Szabo,									
Andras Torok	840	15.58	46	28				3	
106 Garry Ferris, Marilyn Ferris	830	15.57	47			17	7		
17 Lynda Le Vaillant, Scott Smith	830	16.03	48			18			
75 Philip Allen, Bob Bartle,									
John Gully	820	15.55	49	29			8		
78 Alison Kean, Fred Nygren,									
Sarah Nygren, Philip Wheen	820	15.56	50			19			
68 Rosemary Seberry, Joanne Vanderstok	780	15.48	51		3				
105 Wal Mills, Bill Pigram	780	15.57	52	30			9		
55 Matthew Smith, Nicholas Smith	780	16.09	53	31				4	
80 Matthew Jefferson, Peter Sheath	760	15.41	54	32					
87 Glenn Downey, Cynthia Webster	750	15.58	55			20			
45 Christine Cordingley,									
Tom Cordingley	730	15.41	56			21	10		
7 Allan Ramsay, Mike Ramsay	730	15.57	57	33					3
104 Ross Innes, Stewart White	730	16.01	58	34					
48 Nathan ODonnell, Michael Rueger,									
Scott Simpson	720	15.38	59	35					
100 Judy Young, Lindsay Young	700	15.48	60			22	11		
21 Guy Jarvi, Peter Ragg	700	15.57	61	36					
35 Bill Gribble, Leslie Steinhaus	680	15.54	62	37			12		
118 Cian Leggett, Greg Wicking,									
Geoffrey Wood	680	16.05	63	38				5	
111 Mark Schaefer, Heiko, Ken Schaefer	670	15.35	64	39					
119 Nenagh Kemp, Chris Aiken,									
Marton Hidas, Carolina Roman,									
James Southwell	670	15.51	65			23			
52 Christophe Ball, Breena Bojdak,									
Nicholas Bojdak	660	15.54	66			24		6	
54 Anne Smith, Graham Smith,									
Heather Smith, Lachlan Smith	660	15.55	67			25			4
102 Alan Scott, Stuart Scott	650	15.26	68	40					5
28 Erin Barr, Sarah Tarran	650	15.53	69		4			7	
31 Debbie Hotchkis, Margaret Peel,									
Rachel Williams	640	15.53	70		5				

A Long Time Between Victories

Rogainers might be wondering how it is that they took part in the 34th Annual Paddy Pallin Rogaine when ro-gaining was only invented 21 years ago by a bunch of hyperactive Victorians. The answer is that for most of its history the Paddy Pallin Rogaine was actually run as an orienteering event and was only taken over by the NSW Rogaining Association in the late 1980's. Since then it has gone from strength to strength and is now one of the most popular rogaines in Australia

Last year I made my return to the Paddy Pallin Rogaine after an absence of 25 years. Back in 1971 it was an orienteering contest, but not too much else has changed. Back in 1971 I was in the winning mixed team. Last year at Patonga with my 12 year old son Peter, we lasted 5 hours in the rain but were keen to return and were one of the first back at the hash house.

This year after considering the map our plan was to first head south leaving the controls around W1 until the end. Our advisor, Bert Van Netten, said you would have to get the 100's to have a chance. From the start we joined the leading group jogging for 16, then 18, 34, 45, 27, 37, and 29. It was along the gas pipeline and track to 84 . I was glad to spike 46 then 120, 101 and 100. We started for 83 but backed out after 200mtrs. We wanted time for 80 and 43. Onto 35, 82, 51 and out to the road, 33, 25, return to the road. After the heavy going along the Bargo River around 82 we did not have time or the energy for 80 and 43 so we moved onto 11 and the water at W1. Out with my piece of string . No time for 24. Continued to 10, 31,23,12,13,15, then to the finish with ten minutes to spare.

I calculate that we did about 27kms, a good effort for a 13 year old. But it was the senior partner who felt it most the next day.

Robert Preston

Metrogaine Reflections

Let me start by thanking three groups: the organisers/setters, particularly Ian Cameron, Sue Kurre, Meg Thornton, Robyn and Peter Tuft; the many helpers on the day; and the caterers - 1st Waitara Scouts! All contributed to a wonderful event. Apologies to other not specifically mentioned. Your anonymous support continues to make our sport work.

At the assembly area immediately before an event you can distinguish the teams who think they might have a chance... listen to the discussion: "My hamstring is not 100%...", "I'm still recovering from the flu...", "I'm only training about 40 km per week now because of the long term injury..."! Others who participate at a lower level or even participate just for the enjoyment will have similar excuses, but these are usually kept private - the prospect of enjoying a new area is more important than posturing and making excuses in advance.

I suspect that my credibility may now be completely shot to pieces following the recent Metrogaine. Prior to the event I emailed my partner, Mike Hotchkis, signalling that my injuries were little better than the previous event and not to expect too much! Yes, my training is restricted to 40 km per week, and yes, I may have reached the magical age of 40, and yes, I am still debilitated by a deep hamstring injury, but give me a daylight six-hour event mainly on roads and tracks and you set up my ideal event. Many rogainers rightly aim for the NSW 24 hour championship or the Australian Champs, but my favourite event in any year is the Metrogaine, followed closely by the Paddy Pallin (in both NSW and ACT flavours).

Mike and I spent considerable time pondering our course. The outside controls fell into place. The trick appeared to be how to order the controls in the middle of the map, when to pick them up, which direction to go, where could we cut short the route if time was running out, etc. In the end we decided on a basically anti-clockwise route that required finishing with a substantial route in the north west corner at the end. This last loop would be an all or nothing endeavour.

With high points in the south and west we quickly cleaned up the area immediately to the south then headed south of the freeway through Macquarie University. We cut corners to swim the Lane Cove River and fought vines to reach the sandy beach at 56. The western leg brought us past Peter Wherry's place (15 km). The water was nice, but I suspect Mike was looking for pain killers - the bitumen road running was beginning to aggravate his long-term knee injuries. Moving north through 47, 53 and 60 I suspected Mike had finally cracked when he suggested (demanded) we go cross country to 52. As usual Mike was right (!) - the burnt out scrub proved speedy going and the steep climb up to the track around to 52 was a small sacri-

fice. I had trouble judging the distance to 70 and was thinking we had missed it, but when we arrived there it was extremely obvious!

From 51 we went to 50 thence to 41. Mike didn't fancy running back up the road so a cross country route was attempted. This was some climb, but certainly saved us time: it wasn't fight and had little effect on our progress. While resting and replenishing at 41 (23 km) I heard voices I would recognise even in the dark (and you know how little I like the dark!). Di van Netten, Kim and Jamie happened into view. Kim asked how many controls we had. I was extremely tired and didn't have a clue! "26!" (Any answer would suffice! Funny, when we were climbing The Comenarra Parkway I counted them - exactly 26!)

After this steep climb we continued south through South Turramurra. Arthur took control making sure no controls were missed leading back through North Epping and Wood Street Reserve. The climb out of 35 towards 34 knocked a lot of stuffing out (of Arthur, at least!). The cobble road was unkind, but worth experiencing as a feature of the area. A small, but critical mistake after 40 saw us on the wrong spur in the Lane Cove State Recreation Area. Back in the lead Mike backtracked quickly to put us on the right track to the lookout. Rather amazing to see Centrepoint framed by the ragged and rugged Banksia and Eucalypt bush! (38 km)

Fatigue (particularly in Arthur) and confusion (Arthur again?) forced us to drop 20 (aided by advice by a local resident as to which road we actually were on!) and think specifically about getting back regardless of controls. Fortunately we came out near 10 (number of rows of seats in the grandstand), and quickly passed 11 and 12 to arrive back with only a minute to spare. (My estimate 40.5 km!)

The net result was all controls except 20 and 13. The final placing would depend on Robert Preston and Andrew Hill's finish time. In the final count they collected all controls, but visiting 13 at the end (when it had probably been moved into the bush???) lost them valuable minutes. They finished 4 minutes late (i.e. 40 points dropped) compared to our uncollected 30 points! For us luck certainly helped, for Robert and Andrew it certainly hindered their overall placing.

On the way home Robert remarked that he had hoped it would be the event that marked the ascendancy of the new breed (???) versus the has-beens (???). I can only suggest that Robbie used the wrong event. As a long distance runner for 28 years the Metrogaine has to be set up as my prime event. I suspect that the Paddy Pallin event could see Robert and Andrew finally in the ultimate position - overall winners!

P.S. Sue Kerrle suggested at the presentation

that her money was on Mike and Arthur. This has to be an increasingly risky venture as time takes its toll. One day the August 1996 suggestion that Arthur might down after turning 40 will come true. Arthur is renewing an old acquaintance with Ian McKenzie for the Paddy Pallin event. Unfortunately my performance at the Metrogaine has Ian worried - am I much fitter than I will admit? What has he taken on? Both of us have already started totting out the 'old age' and 'injury' excuses... Let's see who outdoes the other!

Arthur Kingsland

We are on the Web!

<http://rogaine.asn.au>

then follow the NSW link

Mailbag

Vary Those Articles

Dear Editor,

I have been going through the Rogaining homepages for a couple of years now and at last to my pleasant surprise one appears for the NSWRA.

As we live off the beaten track a bit, sometimes the mail can be problematic - particularly getting those last directions on how to get to the event in time or when we are away from home in the week before an event.

As all on the NSWRA put in a lot of effort its not easy to find things to suggest. The only one that comes to mind is having a little less emphasis on the competitive (and repetitive) winners and a little on families and juniors, vets, super vets, etc. I am sure there are some inspirational stories out there amongst rogainers in these categories that are worth telling that will get others in these groups out rogaining.

Once again congratulations and best wishes.

Steve Garlick, Rosemary Austen, Peter Garlick

Metrogaine 25 May

Metrogaine Results (cont)

(Continued from page 4)

Team	Score	Time	O	M	W	X	V	J	F
63 Charles Brennan, Grant Brennan	630	15.59	71	41					
18 Robyn Cole, Andrew Farr	620	15.27	72			26			
116 Pam Findlay, Sandra Kemp, Ailsa Mackenzie	620	15.57	73		6				
88 Stephen Gr Jackett, Steve Lloyd	620	16.25	74	42			13		
41 Rodger Austen, Robin Austen	600	15.48	75			27	14		
71 Rick Adams, Kalvis Duckmanton	590	15.36	76	43					
124 Warwick Williams, Jocelyn Williams, Alistair Williams, Lyn Williams	590	15.36	77			28			6
6 Andrew Baxter, Graeme Baxter, John Cole	590	15.48	78	44					
23 Bob McNairn, Lynne McNairn	590	15.59	79			29			
64 Rosemary Austen, Peter Garlick, Steve Garlick	590	16.09	80			30			
121 Pascal De Souza Drumond, Emma Murray, Wendy Yau	580	15.53	81		7				
22 Colleen Palmisano, David Palmisano, Liz Rood	560	15.38	82			31			
25 Judy Chapman, Ken Chapman	550	15.50	83			32	15		
60 Roger Lewis, Joshua Lewis	550	16.06	84	45					7
132 Christophe Aiden, Lyn Cirulis	540	15.44	85			33			
11 Audrey Wilson, Michael Wilson	520	15.35	86			34	16		
108 Pat Giles, Allan Hird, Wendy Hird	510	15.02	87			35			
39 Jenny Scobie, David Scobie, Peter Scobie, Ben Scobie	510	15.50	88			36			8
82 Dianne van Netten, Jamie van Netten, Kim van Netten	510	15.52	89			37			9
65 Stephen Castle, Darlene Cramer, Anthony Dunk, Sarah Lam, Robert Loader	510	15.58	90			38			
53 Joy Ball, Mick Ball, George Bojdak, Cheryl Bojdak	480	16.28	91			39	17		
26 Rose Annand, Graeme Robinson	470	15.32	92			40	18		
109 Rebecca Drury, Sarah Drury, Susie Holt	470	15.53	93		8				
128 Frances Collis, Judith Willee	470	15.56	94		9				
129 Tina Mannion, Hugh McGuinness	470	16.18	95			41			
117 Jenna Edward, Tess Leggett, Sue Ellen Tilaji	460	15.26	96		10			8	
16 Theresa Cullen, Geoff Silburn, Ellise Stanton	460	15.49	97			42			
85 Csilla Cserhalmi, Tunde Peter, Petra Torok	450	15.49	98		11				9
99 Kirsten Linneman, Janet Steel	440	15.49	99		12				
91 Nick Coppins, Marian Coppins	440	15.51	100			43			
130 Herb Lippmann, Natalie Lippmann, Fred Zettele	430	16.22	101			44			10
2 Susan Bellamy, Terry Gainey, David Rose	420	15.19	102			45			
90 Leigh Tristram, Ruth Tristram	420	15.33	103			46			
122 Janci Butler, Catherine Palmer, Shona Smith, Jenny Van Gorda, Pam Watson	420	15.54	104		13				
50 Ray Duncan, Meredith McNeill	410	14.27	105			47			
20 Julie Gray, Peter Gray, Mardi Silburn	410	15.25	106			48			
61 Helen Lewis, Alaric Lewis	410	15.43	107			49			11
140 Pippa Cave, Katherine Tuft	380	15.18	108		14			10	
131 Gabi Beke, Panni Gerecs, Krisztina Remai, Erika Remai	380	15.36	109		15			11	
37 Helen Bishop, Mark Bishop, John Bishop, Karen Hunt	380	15.43	110			50			12
112 Julie Hall, Anne Troth	380	15.50	111		16				
1 Helen Kolupacev, Betty Stewart	360	15.47	112		17				
123 Michael Hooper, Claire OBrien	340	15.54	113			51			
43 David Brooks, Sarah Brooks, Naomi Brooks, Lisa Brooks	330	14.13	114			52			13
120 Debbie Buck, Shae Greenwood, Judy Greenwood, Kyeema McPherson	320	15.43	115		18				
27 Jim Crabb, Sarah Heath	290	13.16	116			53			
114 Karen Breckenridge, Stephen Breckenridge	290	15.42	117			54	19		
76 Kathleen Cavill, Maureen Cavill	280	15.22	118		19				14
62 Laurie Bore, Margaret Bore	250	15.41	119			55	20		
77 Bob Cavill, Patricia Cavill	240	15.22	120			56			15
70 Luke Ledger, Akiko Ledger, Julian Ledger, Selena Ledger,	50	12.58	121			57			16
15 Mika Miura	40	16.06	122			58			
Julian Radom, Suzanne Schamschua									

More Mail!

Pensioner Concessions?

Dear Editor,

As a sixty year old member, living on savings until retirement age, I note that some Rogaine events offer a concession rate for unemployed, which I consider my wife and myself to be.

BUT many events do not offer this concession. I am looking at the entry forms for the Upside Down Rogaine and the Lake Macquarie Rogaine where the concession is for under 18's and full time students only.

As I usually enter my wife and myself in the mixed veterans, it will cost me \$46 and \$50 respectively, to enter the above events. This amount may tip the balance as to whether I enter or not.

I think it is about time the concession was standardised, hopefully including the unemployed. This would probably require a recommendation from the committee to all event organisers.

What do other members think about this?

Malcolm Hughes

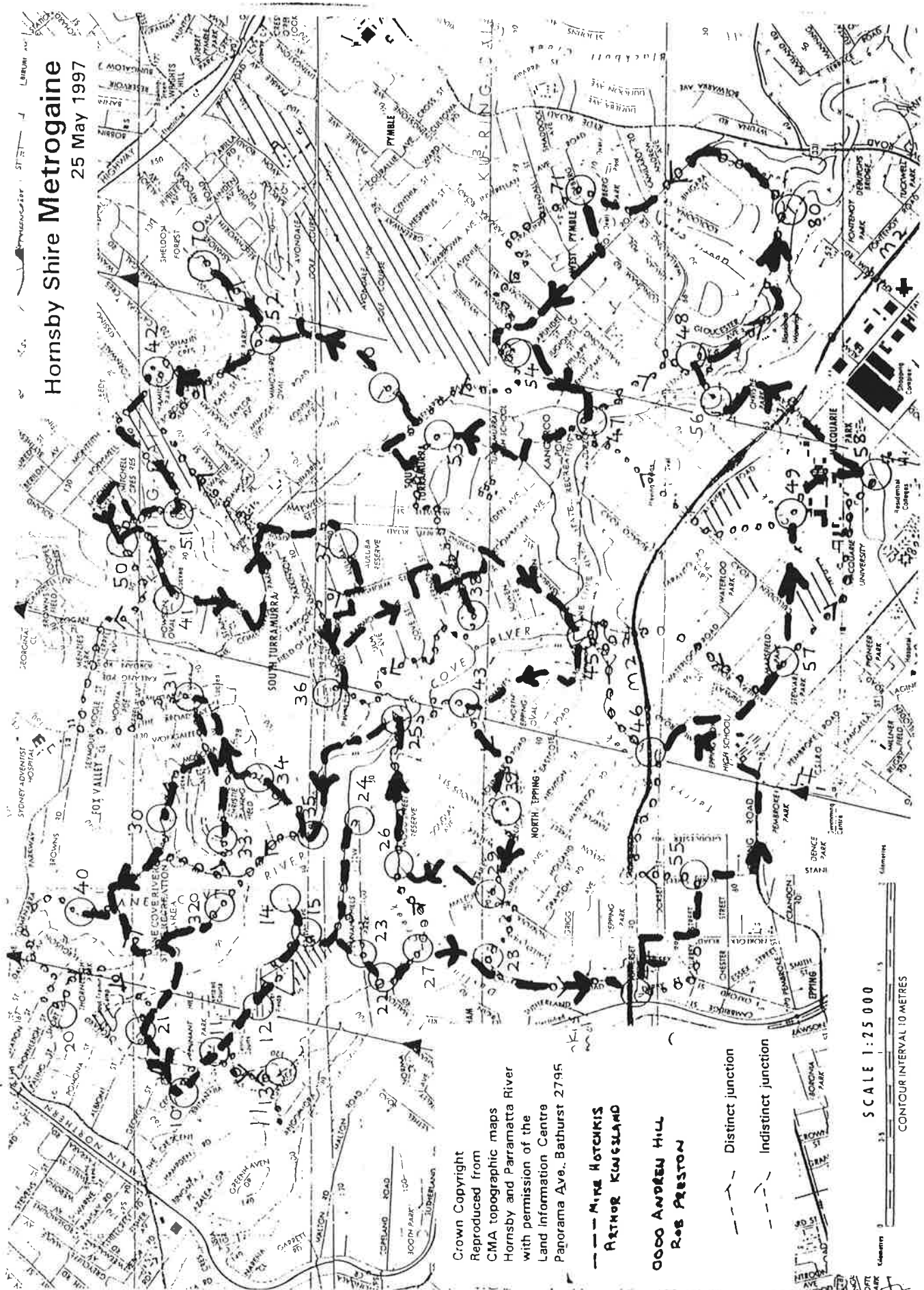
Editor's Note:

The committee's *intention* was that the "Concession" on the entry form covers students, those under 18, unemployed, pensioners and other groups that get a concession card from the government.

This is not stated on any of our entry forms to date - probably due to oversight and the cramped nature of the entry form itself.

We will endeavour to rectify this for the next round of entry form printing.

Hornsby Shire Metrogaine 25 May 1997



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President's Piece

Since the last newsletter there have been some enjoyable Rogaines with lots of people taking part and best of all good conditions. First came the 5th Annual Metrogaine where we explored the upper Lane Cove valley and got to see more of the Sydney's extensive bushland. Ian Cameron set the event in an area he knew very well and his careful addition of numerous tracks to the map was appreciated by all. The start with a rocket set off by the mayor of Hornsby was a novelty and it was the first time for a Rogaining crowd to be transfixed instead of showing a clean pair of heels for the first control. The results for the event were as tight as they come with the second place team losing their lead due to arriving back 3 minutes late after wasting time at their last control where the flag was on the ground. Thanks for the well organised event go to coordinator Sue Kurle, Ian and all their team.

Then in June we went to Bargo for the Paddy Pallin 6 hour where competitors battled cold but dry weather and some thick scrub. The bush dance was a big success with great enthusiasm evident and even some technique, the hash house facilities palatial, the race track an interesting diversion, and the course? Well, I wasn't out there but it was obvious that the lure of the high pointers, the lack of time and the off course hash house combined to ensure a record number of late returning teams. Congratulations go to the winning team of Andrew Hill and Rob Preston. These "enfant terrible" seem unstoppable having collected all the controls but missing out on the win due to the a late penalty. We look forward to them progressing to the longer events in the future. On a serious note one team had an accident - a broken wrist. Bert Van Netten helped his partner. David Lilley, to walk back to the freeway where they were able to flag a car down and return to the hash house where an ambulance was called. David had to spend a few days in hospital. This accident, which I think may have been the most serious we have had in NSW, is reminder of the potential hazards of Rogaining especially when scrambling is involved.

In the admin, myself and coordinator Stephen Castle each turned up with our written ideas of how things should be done. The admin team paid some attention to this but then worked systems ~~out their own way~~ in the best Rogaining tradition. Given the size of the event we were fortunate to have plenty of help from some experienced people. I'll leave it to Steve to say the thank you's except I must mention Mark Buckle and all his people from 1st Waitara Scouts who again did a superb job of the catering and so soon after also looking after us at the Metrogaine.

The Search and Rescue Rogaine is a sort of training exercise for the emergency services - it has its own big following. We must distribute entry forms with the newsletter next year to let more members have a go at this slightly different event. By all accounts Nav 97 at the end of June was well worth going

to.

Your new Committee has got stuck into its tasks with gusto. A draft program for 1998 is now complete. Our bid for the 4th World Rogaining Championships to be held in NSW in July 2000 has been lodged with the embryonic International Rogaining Federation - see our web site for details. Otherwise the Committee is focused on its main strategy which is simply to ensure we **run good events**.

Meanwhile I read that a new tallest tree has recently been discovered in NSW replacing the former champ, 76 metre Grandis, near Bulahdelah. The new numero uno is a *Eucalyptus nobilis* in the Styx river forest management area east of Armidale and comes in at 79.2 metres. Maybe we can persuade Graeme Cooper to set an event there one day so that we can see for ourselves. Access to the tree is by a 1.5 hour climb in steep and rocky terrain - sounds like "A very big tree - 100 points" to me.

Meanwhile a ranger in Wollemi National Park has estimated that there are at least 200 canyons that no human being has ever entered. Wollemi is of course highly inaccessible and this claim is not surprising. It has also been good news for the Wollemi pine which has been allowed to grow undisturbed in its couple of pockets for so long. I must say there has been more than one Rogaine where crawling down some dark wet ravine, up a side gully of the main gully which was in itself a short cut from some weird route we never should have attempted I have wondered **could it be that I am the first here?** Clearly the setter did his setting from the roads on either side and the vetter had much more sense than to attempt this gully. Then spying the fingernail scratches down the damp green moss on a 60 degree smooth slab I am reassured that there is someone else mad enough to be doing the same as me - my partner! Sydneysiders are fortunate to have so much challenging and pristine bush on their doorstep and it makes our sport all the more exciting as well as giving us environmental responsibilities to make sure we look after it all.

Happy Rogaining and see you at the two 12 hour events coming up and with entry forms in this newsletter - the Upsidedown Rogaine and the Lake Macquarie - remember that all events are open to all members and that novices should not be afraid of the dark. Tips are to always head out with a torch even if you have no intention of getting back after dark, use the dark to return to the hash house along tracks and build up confidence by ducking off and getting a control or two near the track. Night events are nearly always held near the full moon and on a good night moonlight is all you need.

Julian Ledger

Your "Perfect Rogaine"

Having just read of Julian Ledger's exploits in the Gurnang Gallop on the excellent NSWRA pages, my interest was peaked by his comment "Perfect Rogaine".

This term is an excellent piece of short hand because it instantly conveys the idea that the author loved every aspect of the event.

It has occurred to me, though, that people will have individual ideas of what makes a "Perfect Rogaine".

I would enjoy hearing from subscribers to the Rogaine Net as to what they consider to be important ingredients for a "Perfect Rogaine". To get the ball rolling I have listed below my ingredients:

Ian's recipe for a perfect Rogaine.

1. A 24 hour format.
2. A full moon which rises 1 hour before sunset so that it is high enough in the sky to provide illumination after the sunlight has gone.
3. Mild temperatures both day and night.
4. A cloudy day for protection from the sun and clear night to allow full effect of the full moon.
5. Terrain which consists of a mix of 70% forest and 30% farmland and gently rolling hills with interesting granite outcrops and intricate gully spur features.
6. No parrot bush!
7. Lots of interesting wild life to see along the way.
8. No feral pigs (I've seen more than my fair share thanks very much).
9. No live electric fences (dead ones I don't mind)
10. Accurately and fairly placed controls.
11. Water stops at reasonably spaced intervals which don't run dry and always have bananas and other fruit available.
12. A hash house with lots of hot soup and vanilla slices at the finish for those of us silly enough to go for the whole 24 hours.
13. Port and jelly baby controls strategically placed to be reached by your team in the dead of night.
14. A hash house set up on Friday afternoon with a big communal fire and toilets dug already.

I could go on. We might be able to decide on a top ten list of essential ingredients.

Ian Thomsett

Where ever have you been?

Two and a half hours late, we arrived at the Hash House hall in the dark. The lights were out and everyone but the organisers had gone. All that was left was a litre of luke warm alphabet soup, a loaf of bread and some cold sausages glazed with onion rings and grease. How did it happen?

The 6-hour Paddy Pallin event seemed ideal - not too far from Sydney, not too long for a partner with dubious ankles and short enough to deflect most of the disparaging comments from those who don't understand the thrill of the 24 hour classic event.

On the way Virginia firmly taped both ankles to reduce lateral movement and we discussed the spectre of thick and scratchy. We planned a route through the middle of the course then south. The runners surged past - we walked. One and a half km, one control and 10 points into the event, we stopped while Virginia loosened the tape on her ankles - too tight for warm feet.

We approached #33, described as Top of a cliff - a stunning view across the rugged sliced sandstone walls with the Bargo River so far below. Our next checkpoint was down there, in the gorge. We scrambled between the rocks, down the ridge of a spur to #51 and then over the last steep drop to the river. We battled through thick ferns draped with dodda, that thin vine that wraps round your knees. Virginia turned her ankle and we slowed from our planned 4 km per hour to less than two. I knew we'd have to hurry on the flat on the way home if we were not to run late...

The lure of the three high value checkpoints in the SW of the map was irresistible. Approaching the halfway point of our planned route near #100, we crossed paths with teams going in the opposite direction. We pushed through the thick and scratchy bush to #100, missed it, returned to the track, relocated and tried

again. Thick and scratchy is not fun!

As we pushed out of #100 towards #101, we passed a magnificent grey towering eucalypt adorned with the writings of the scribbly gum moth. After punching #101 and now heading home, we met a team going in to the checkpoint and we thought they would be late.

As we approached the end of the track towards #120, a young man stepped out of the bush and onto the track, compass round his neck but no map in hand. He was waiting for his partner to return from punching the control at #120 and asked to look at our maps to work out where he was. He'd lost his map, he explained. Yes, he and his partner had been rogaining before. They planned to use their whistles to meet up again.

I wondered at this team's disregard: firstly for safety and secondly for the rules of the sport. I was concerned about leaving one person alone without a map but he assured us he was fine. As we headed further down the hill we came across the young man's partner, blowing his whistle and calling his name. We worked across the ridge to him and described where we'd left his partner.

As we left #120 I knew we would be late back to the Hash House - for the first time in my rogaining career (though in other events there have been some rather harrowing last half hours with four or five km still to run!). But my calculations were in minutes, not hours - I wasn't reckoning on the thickness of the scrub as we crossed the Bargo River for a second time. Worse still was the agony of wending our way round the base of the cliffs to the creek junction below Fire Road No P2B.

We searched for the creek junction but it was either very indistinct or entered over a waterfall and we missed it. We struggled on - tired, aching from the anklebreaking angle of the ground, and frustrated with climbing under and over fallen timber and retracing steps to go round huge rocks. At last we decided to go

straight up the hill and head west to hit a fire trail or the highway. We chewed red leathery fruit bars tasting like plastic and battled upwards. It was 3pm as we emerged onto the firetrail - P2B - Pleasure 2 Behold, perhaps?

We walked along the track towards water drop W2 - a likely route for a search party to cover. In the late afternoon sunshine it was a very pleasant walk - if only we weren't so late! I knew exactly where we were and where we had to go - it was just getting there that took the time!

We drank at W2, glad that the water containers were still there and not empty. A vehicle approached - the SES folk searching for the twenty or so teams who were significantly late. They offered us a lift but we walked in while they continued searching for others who may have been in real difficulties.

I thought about the worry of the organisers concerned over the teams who hadn't returned. At committee meetings we had discussed running a practice search - but I never wanted it to be for real or myself as subject!

It was pitch dark when we arrived at the finish. I was surprised that no one had come looking for us a second time when it had taken us so long - what if we had no torch or had suffered a mishap?

So why were we so late? The real reasons - bad ankles, thick scrub therefore slower progress than expected, delay and concern over the separated team, lack of options for an earlier return across the Bargo River, a missed creek junction, slow progress in the darkness...

My preferred excuse however - the course was so good, we thought that it deserved much more than only 6 hours!

Marnie Holmes

Course Setter's Perspective

The general reaction I received from people out on the day was they were enjoying themselves - which was pleasing in an area that held mixed promise. The really pretty areas of the course were sometimes separated by very scungy bush, thick and scratchy, where we tried not to send teams if possible. The river gorge, for the most part, was difficult and slow, hence the out-of-bounds which covered both cliffs and scrub on the banks - I'm sure most Rogainer's would not have appreciated that the OOB was because of such harsh terrain.

There were some spots that I'd visit again. We lunched at #41, and spent half an hour at the rock shelf crossing just east of #80,

watching teams emerge from both east and west, then tackle the control. I know how hard #80 was, having hung the flag.

However, even at these two controls, it was obvious that some teams had either not read or chosen to ignore the course setters notes and control clues. Having spent time in the area, the setters understood how rugged it actually was, and when we said approach #80 from the west, we weren't joking. I saw one team skirt above the cliff to the east, then drop 2m to the control. How he climbed back out from there is a mystery, but it certainly placed this particular team in unnecessary danger.

Another team came down the creek directly from #43. I had climbed part way up that creek

to get out of the gorge, but also came east up the spur from the river. This team could have read the clue and made their route much less difficult.

Another point that needs to be stressed is that teams are to stay together. At #41, at least one team had people stay on the vehicle track, while others went to the control. One of the rules of Rogaining is that all team members get to within 20m of each control that they visit. This is a not just a safety issue, it also invokes fairness and social courtesy.

Team separation was particularly evident at the timekeeper's desk. The team that had

(Continued on page 10)

Paddy Pallin 6hr 15 June

Paddy Pallin Results

Team	Score	Time	O	M	W	X	V	J	F
25 Andrew Hill, Robert Preston	1190	14.52	1	1					
33 Alan Garde, Arthur Kingsland	1110	14.52	2	2					
17 Geoff Mercer, David Singleton	1050	14.57	3	3					
146 Peter Cook, Mark Freeman, Martin Krause	1040	14.58	4	4					
180 Ian Cameron, David Lyle	1030	14.57	5	5					
161 Paul Darvodelsky, Paula Hawtin	1010	14.50	6				1		
72 Simon George, Joanna Parr	980	14.47	7				2		
48 David Baldwin, David Shepherd	960	14.56	8	6					
39 Anton Beardmore, Toby Cogley	930	14.57	9	7					
101 Sue Clarke, John Le Carpentier	920	14.46	10				3	2	
26 Peter Preston, Robert snr Preston	910	14.50	11	8					1
106 Glenn Flack, Peter Shepherd	910	14.52	12	9				3	
148 Adam Peters, Stephen Thompson	910	14.54	13	10					
142 Matt Hely, Glenn Meyer	900	14.53	14	11					
155 Melvyn Cox, Geoff Peel	900	14.57	15	12					
185 Thomas Bunn, Ian Dempsey	880	14.57	16	13					
88 Anthony Hunt, Gary Stalgis	860	15.03	17	14					
120 Bruce Penton, Ian Morris, Donna Morris	840	14.54	18						
67 Cameron Osborne, Alan Woods	840	14.59	19	15			4		
11 Bruce Chessman, Carl Chessman	840	15.03	20	16					2
49 Andrew MacDonald, Malcolm Stewart	820	14.54	21	17					
97 Peter Dunn, Garry Ferris	790	14.53	22	18					
110 Will De Sain, Craig De Sain	790	14.59	23	19					3
103 Annette Billinghamurst, Michael Billinghamurst	760	14.40	24				5		
64 George Collins, Start Ford	760	15.02	25	20					
16 Geoff Bailey, Robin Handley	740	14.59	26				6	5	
170 Ryan Downey, Richard Wood	740	15.01	27	21					1
44 Susanna Holt, Bill Proctor	700	15.04	28				7		
87 Nick Quinsey, Russell Taylor	680	14.55	29	22					
112 Karen Darby, Tony Murphy, Carsten Schmitz-Peiffer	680	15.08	30				8		
162 Cheryl Bluett, Terry Bluett	660	14.56	31				9	6	
55 Dick Mountstephens, Ian Rannard	660	14.57	32	23				7	
171 Peter Gale, Ken Gray, Darren Postill, Graeme Woodward	660	15.01	33	24					
136 Alan Bell, Eric Metzke	660	15.03	34	25				8	
116 David Dash, Peter Tamsett	650	14.57	35	26				9	
156 Malcolm Hughes, Ian Quigg	640	14.40	36	27					
31 Trevor Cupitt, Merv English, Richard Sage	630	14.55	37	28					
68 Dawn Hinds, Carol Osborne	620	15.01	38		1				
179 Sue Kurrle, Robyn Tuft	620	15.10	39		2				
145 Simon Anderson, Kelly Osborne	600	15.00	40				10	10	
46 John Hellstrom, Erica Hendy	600	15.09	41				11		
118 Reggie Hart, Meg Woodward	590	15.00	42			3			
4 Peter McConaghy, Andrew Sims	570	14.58	43	29					
124 David Clark, Peter Leppert	570	15.14	44	30				11	
66 Dave Bourne, Geoff Davis	560	15.08	45	31				2	
198 Christophe Stewart, John Stewart	550	14.59	46	32					4
111 Kerry Baxter, Glenn Baxter, Tim Brown	530	14.52	47						
178 Colin Tuft, Katherine Tuft, Peter Tuft	520	14.56	48						
40 Geoff Murphy, Ken Smith	510	14.54	49	33					5
32 Meg Thornton, Lyn Williams	510	14.57	50			4		12	
94 Sonia Kupina, Alan Mansfield	510	15.02	51				14		
74 Margaret Peel, Rachel Williams	510	15.09	52				5		
114 Marilyn Ferris, Lesley Taylor	500	15.02	53				6		
10 Michael Colebourne, Daryl Kay, Ben Livissianis, Stephen Mar, Daniel Toole	500	15.05	54	34					
71 Neil Glick, Peter Morris	490	14.58	55	35					13
86 Peter Booth, Dean Martin, Glenn Schwarzel, Mark Schwarzel	490	15.03	56	36					
138 Lisa Phillips, Richard Walker	490	15.05	57				15		
2 Hazel Beever, Anna Booth, Ian Booth	490	15.09	58				16	14	
151 Noelen Marmont, John Worth	480	14.54	59				17	15	
115 Brian Chapman, Liz Chapman, Karen Hanselmann, Peter Hanselmann, Alan Michie	460	14.55	60						18
143 David Meyer, Ian Meyer, Peter Meyer	450	14.51	61	37					6
93 Stephen Jackett, Steve Lloyd	440	14.40	62	38					16
152 Bill Gribble, Leslie Steinhaus	440	14.49	63				19	17	
119 Graham Payn, Bryan Smith	430	14.51	64	39					
69 Roz Atkins, Kerry Gilmore	430	14.54	65						
137 Jamie Darwen, Malcolm Peake, Ian Rath, Heidi Viereckel	430	15.03	66			7			
53 David Carr, Peter Keary, Richard Stevens	430	15.12	67	40					
96 Didier Dejean, Grant Morgan, Michael Rueger	430	15.21	68	41					
166 Denis Cummins, William D'Arcy, Jeff Knox, Jenny Peet	400	15.11	69						21
73 Bruce Lord, Andrew Lumsden, Martin Mansfield, David Noble	390	14.58	70	42					
107 Lynda Le Vaillant, Scott Smith	380	14.53	71						22
45 Rob Kimbrey, Gary Ward	380	15.22	72	43					18
54 Wal Mills, Bill Pigram	370	14.50	73	44					19
3 Daniel Crosby, Catherine Rousch	370	14.52	74						23
135 John Bowles, Chris Stevenson	360	14.55	75	45					
200 Jim Bartle, Bob Bartle	350	14.54	76	46					
38 Belinda Foster, George Foster, Debbie Stein, Paul Stein	350	15.00	77						
63 David Green, Coleen Palmisano,									24

(Continued on page 11)

Course Setter (cont)

(Continued from page 9)

strung out because one had "stopped for a poo" had to wait before they received their time. They were late already, and I can only assume that they thought they'd go faster afterwards.

The course was obviously deceptive in it's size for a 6-hour Rogaine, and the complications of the river gorge. We hoped that most teams that attempted to cross the gorge realised that we'd either placed controls at the crossings, or made logical loops through controls and into a crossing. The navigation was clear for most of the course, with enough features to prevent people from getting (too) lost.

Geoff Silburn

Your Comments

Trevor Gollan (co-coursetter):

One of the pleasures of being a course-setter is receiving the (good and bad) reports from people as they return. This time we was preoccupied accounting for the large number of late finishers so heard very little news. Regardless, several people have since had their say:

Alan Garde:

The course was fun. The hundred pointers down south made it obvious that the top teams would go that way. There were interesting challenges in deciding exactly which ones to do though. This shows in the fact that Arthur and I were 70 points ahead of Robbie and Andy until 2pm - we just didn't have the energy to run as fast as them in the last hour.

Some of the control sites were challenging as we had difficulty maintaining bearings through thick bush - this is a test of the Rogainer and thus I am not complaining about the sighting of the controls. The other controls we went to were in the correct place and the ones we had trouble with could be found if you were careful enough, so all was fair.

The only specific complaint we had was that #13 seemed to be more than 140m off the track bend (more like 200m). This didn't cause anyone a problem among those who I talked to, so it wasn't unfair. We just had to go further into the bush.

The area was thicker than we would ideally like. It was a good mixture though - we could run on tracks and in

(Continued on page 11)

Paddy Pallin 6hr 15 June

Paddy Pallin Results (cont)

(Continued from page 10)

Team	Score	Time	O	M	W	X	V	J	F
David Palmisano	340	14.49	78				25		
188 Daniel Marlay, James Southwell	330	14.53	79	47					
153 Stuart Bragg, Elizabeth Court	330	15.04	80				26		
41 Mark Broadbent, Iain Martin, Tony McLeod	330	15.15	81	48					
28 David Bell, Lynda Paju, Mike Robinson	320	14.51	82				27		
30 Sarah Campbell, Beth Cooke, Jodie Walker	320	14.54	83			8			
85 Brent Crowle, Michael Korompay	310	13.31	84	49					
82 Susan Bellamy, Terry Gainey	310	15.00	85				28		
132 Martin Gilbert, Lincoln Hunter, Lynn Theo	310	15.00	86				29		
59 Ann Ingwersen, Frank Ingwersen	310	15.08	87				30	20	
197 Manda Croker, Stephen Crowfoot, Jenni Martin, Anthony Paine	310	15.19	88				31		
122 Fiona Dyer, Ben Dyer	300	14.39	89				32		
172 Chas Reid, Rob Stammers, Geoff Streeter, Ken Woodward	300	14.49	90	50				21	
158 Lyn Berg, Tony Bond, Jon Marsden	300	14.52	91				33		
8 Sonya Knapman, Kirsten Linnemann, Karen Maher, Janet Steel	300	14.55	92			9			
7 Michele Fietz, Wayne Fietz, Veronica Morahan, Keith Royle	300	14.58	93				34		
52 Bishi Leatham, Katherine Ruiz-Auila, Simon Stringer	300	14.58	94				35		
80 Matthew Smith, Nicholas Smith	300	14.58	95	51				3	
154 Lynn Dabbs, Kevin Williams	290	13.52	96				36	22	
174 Barbara Junghans, Ron Junghans	290	14.32	97				37	23	
75 Christine Cordingley, Tom Cordingley	290	14.46	98				38	24	
77 Rachael Benton-Doyle, Gavin Doyle, Jonathon Rainey	280	14.49	99				39		
100 Rod Hopkins, Andrew Paul, John Segaeert	280	14.49	100	52				25	
79 Wendy Bedwin, Marian Coppins, Gordon K, Robyn Leeder, Jania Nouri	280	14.50	101				40	26	
164 David Griffith, Emma Griffith, Renate Griffith, Thomas Griffith	280	14.54	102				41		8

(Continued on page 12)

Your Comments

(Continued from page 10)

the open bush. The thick and steep parts made it necessary to think hard about route choice. All these are elements of a good Rogaine.

7 If you look at the maps used for Paddy Pallins they seem to be getting greener (orienteering term that means "thicker and slower", like you Trev!) every year. This makes it a tough six hour event, so the top teams have to go really hard.

Overall, I thought the course was well set. We saw some beautiful country (which we would never venture into otherwise) and we all had a lot of fun (if you can call running for six hours "fun").

David Griffith:

We were in a fairly uncompetitive section of the Rogaine (family with under-10 children) but enjoyed it very much as a family event. We stayed in the north and didn't cross the river, and the scrub was quite good except in one patch. There were a lot of opportunities to go cross-country and I enjoyed very much NOT being confined to tracks for the whole event.

(Continued on page 12)

DON'T GET OFF THE BEATEN TRACK

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Paddy Pallin 6hr 15 June

Paddy Pallin Results (cont)

Your Comments

(Continued from page 11)

Team	Score	Time	O	M	W	X	V	J	F
81 Anne Smith, Graham Smith, Heather Smith, Lachlan Smith	280	14.58	103			42			9
169 John Higgins, Megan van Frank	280	15.00	104			43			
123 Phillip Cooper, Louise Mitchell, Lee-Ann Patterson	270	14.34	105			44			
129 Nathan Clegg, Simon Elliot, Joshua Smith	270	14.47	106	53				4	
191 Louise Denniss, Nathan Woods	270	14.48	107			45			
168 Anne Francis, Lynne Trappel	270	15.16	108		10		27		
163 Peter Overton, Mitchell Overton, Lauren Overton, Patrick Overton	260	14.54	109			46			10
181 Rebecca Drury, Sarah Drury	260	14.55	110		11				
108 Russell Cail, Melissa Harvey, Jeff Welch	260	14.58	111			47			
165 Helena Chan, Paul Rendell	260	15.09	112			48			
130 Philippe Grattelle, Peter McCue	260	15.10	113			49			
157 Nihal Danis, Louise Oliver	260	15.17	114		12				
60 Michael Hanratty, John Oakley, Richard Palmer	260	15.26	115	54					
50 Damien Hadfield, Paul Morgan, Paula Stratton, Kristin Young	250	14.49	116			50			
193 Matthew Derby, Heath Kilah, Aiden Lizotie, Damien Noyce	250	14.55	117			51		5	
159 Peter Garlick, Steve Garlick	250	14.57	118	55					11
1 John Considine, Alice Woodruff	230	14.42	119			52			
186 Chris Aiken, Marton Hidas, Nenagh Kemp, Paola Ramirez, Carolina Roman	230	14.58	120			53			
83 Chris Ball, Mick Ball, George Bojdak, Nicholas Bojdak	230	15.05	121	56					12
78 David Lilley, Bert van Netten	220	12.36	122	57			28		
128 Nick Coppins, Claire O'Brien	220	14.48	123			54			
99 Luke Ciardi, Michael Hegner, David Johnson	220	14.52	124	58					
76 Judith Chapman, Ken Chapman	210	14.28	125			55	29		
147 Michelle Martin, Danny Mortensen	210	14.29	126			56			
134 Audrey Wilson, Michael Wilson	210	14.40	127			57	30		
90 Julie Gray, Peter Gray, M Silburn, Milan Stanojevic	210	15.03	128			58			
91 Emma Meredith, Doug Meredith, Jenny Meredith	200	14.17	129			59			13
102 Karlene Hancock, Rebecca Kane, Jayne Wheen, Rosemary Wheen, Robert Wheen	200	14.44	130			60			
182 Melissa Brancato, Lou Brancato	200	14.50	131			61			
117 Ben Scobie, David Scobie, Jenny Scobie, Peter Scobie	200	14.51	132			62			14
133 Terry Hammerton, Terry jnr Hammerton, Scott Hammerton	200	14.56	133	59					
23 Michael Godfrey, Alan Murphy	200	14.57	134	60			31		15
35 Martin Allchurch, Ashley Brennan, Grant Brennan, Allison Penton	200	14.59	135			63			16
21 Philip Allen, John Guilly	200	15.11	136	61				32	
5 Anna Clarke, Tim Duke, Justine Lions	190	14.40	137			64			
57 Ellen Foulcher, Rosemary Seberry, Joanne Vanderstok	190	14.42	138		13				
127 Laurie Bore, Margaret Bore	190	14.58	139			65	33		
194 Brian De Jong, Cameron De Jong, Ruth Kilah, Sebastian Maisey, John Marshman, Keiran Perkins	180	14.58	140			66		6	
15 Ronald Perry, Rosalind Perry	180	15.01	141			67	34		
98 John Emerson, David Sigley	170	14.46	142	62					
199 Lynne McNairn, Martin Robinson	170	14.58	143			68			
14 Scott Bartho, Simon Royle	170	15.07	144	63					
160 Andrew Baxter, Graeme Baxter, Sharon Bolter	160	15.16	145			69			
125 Allan Ramsay, Michael Ramsay, Amy Sambrooke	150	14.17	146			70			17
192 Martin Gregory, Bradley Sheridan, Ana Valledor	150	14.36	147			71			
126 Peter Gordon, Mike Hotchkis	140	14.57	148	64					
150 William Grant, Melissa Matheson, Geoff Ritchie, Tom Thomas	140	15.19	149			72			
196 Alex Gollan, Kay Gollan, Kristen Gollan, Lucia Gollan	130	14.49	150			73			18
12 Michael Danieluk, Robert Irving, Lindsay Young	130	14.53	151	65				7	
13 Mitchell Barton, Ross Grove, Daine Raven	130	14.53	152			74			8
95 Bob McNairn, Natalie McNairn, Scott McNairn	130	14.59	153			75			
62 Kathleen Cavill, Maureen Cavill	130	15.04	154		14				19
104 Frances Phillips, Colin Rigby, Josie Rigby	120	14.33	155			76			20
65 Anna Biddiscombe, Helen Bishop, Karen Hunt, Sally Kelman	100	14.46	156		15				21
29 Neil Tomkins, Peter Tomkins	100	14.52	157	66					22
144 Pam Findlay, Sandra Kemp, Ailsa MacKenzie	100	15.13	158			77	35		23
183 Karen Breckenridge, Stephen Breckenridge	90	15.03	159						
61 Trisha Vettoretti, Michael Vettoretti	90	15.08	160			78			24

The kids enjoyed the level of off-track stuff, and Emma (8yo) learnt about following compass bearings. It was the best Rogaine we have had as a family, covering 15km, 14 checkpoints and 280 points - pretty good for a 6 year old, I thought. The high density of checkpoints was good for kids, because they need a reward fairly frequently. Tommy (6) was very keen, and took his map to school on Newsday and showed the class where he had gone. He still remembered been frozen/rained out of the last PP at Patonga, so his enthusiasm was doubly nice.

In fact Tommy was quite competitive about how many points we got and where we came - this leads to a suggestion to cater for such enthusiasm. There is only a single family category, and the likes of us must "compete" with father + teenagers on type combinations who can get close to 1000 points. Maybe there could be a family category for such as us, say with kids under 10, where the kids have a chance of getting a place or even a prize - it is very encouraging to them. In the end, the team is limited by its smallest member. I guess you don't want to proliferate classes too much (as in orienteering for example), but here there does genuinely seem to be a case.

Anyway, we had a good time. The bush-dance was good too. Well done all round.

Simon George

Jo and I enjoyed the course despite "taking it easy". I think the terrain was OK for a Rogaine, there were thick bits but other bits were quite open.

I think you loaded the south too much and that the course was too big. Because of the 3x100s, those who got there did well (mostly), those who went north were always 200-300pts behind the ball game. This negated the benefits from setting such a large course. We also found it slightly strange that two 100-pointers were so close together. Perhaps moving one of them further north would have created a route choice challenge.

We were with others at many controls but still found it a considerable navigational challenge. I guess it was always going to be a problem with Bargo River, but maybe having a smaller course and with the need to cross it only twice would have been better. One other thing: I reckon a 10pt control on each of the three roads out to the area would have made for more route choice on the way out/way back and provided something for the less fast teams and novices on the 2km drag.

Never got 120 points in one hit before! Thanks for all your efforts and a very enjoyable day.

Roz Atkins

I'm not a member of a "real" competitive team (although we do try our best!!) [Ed: Why are they making excuses for being non-

(Continued on page 13)

Paddy Pallin 6hr 15 June

Your Comments

(Continued from page 12)

(Continued from page 12)

competitive?? Cappuccino Rogainers unite!]- from our point of view the Rogaine was excellent:

We travelled to the north west and got about 430 points. After the first control we didn't see too many other teams until coming in at end of event - really good considering the number of teams involved.

The scenery was great - especially down at #80 (really beautiful) and up at #41.

Andrew Wizniewski

I don't think it was too bad for a normal Rogaine but in a Paddy Pallin there are a lot of teams going flat out all the time as well as some over-ambitious novices.

We were the last team back on time with 5 seconds to spare. Mind you we had to run the last 3km to make it.

The only thing that bothered me was the cold at the end of the event. I couldn't even stay around for the presentations.

Mike Hotchkis

Route choice it was a bit of a procession down the east side of the map as the competitive teams headed for the hundred-pointers. Before the start it is always hard to estimate just how much of the course can be covered. I guessed that we might get anywhere from 50% to 80% of it. Had I known we were not even going to make 50%, we would have taken a different route. But the distance involved in getting 80% was not prohibitive for the faster teams. The least risky way to try to get a large part of the course was with a clockwise circuit, as that allowed many possibilities for cutting it short. The southwest corner represented too much of a commitment to be left to the second half of the event.

Course size It was too big. Ideally, teams should be dispersed not by having a large course but by having a course with plenty of route choice. This is best achieved by (1) having a central hashhouse (2) getting the balance of points right and (3) avoiding a 'linear' map. I have been to the last two ACT Paddy Pallins and both suffered so much from being 'linear' that there was really no route choice except clockwise/anticlockwise! This years NSW Champs had the perfect layout but such areas must be few and far between.

Unsuitable for a Rogaine? Not intrinsically unsuitable. After all it had a mix of easy and difficult terrain. A lot of late teams is a bit of a worry at this time of year. The position of the HH must have had a lot to do with this.

On a more general note: In my view the Paddy Pallin, as well as being a fun Ro-

Team	Score	Time	O	M	W	X	V	J	F
190 David Bere, Kylie Boag, Leonie Clarke, Karen King	80	14.36	161				79		
20 Ilana Inder, Neil Kitchen, Mark Nolde	80	15.30	162			80			
202 Veronik Vechest, Adam Walters, Mark Walters	30	13.33	163				81		
109 Rose Annand, Graeme Robinson	0	15.00	164				82	36	
47 Anna Welbourne, Damian Welbourne, Jeremy Welbourne	Late	15.40							
84 Rollin Burford, Jitka Kopriva, David Trinder	Late	15.40							
201 Robert Edwards, Colin Woodward	Late	15.44							
34 Richard Doyle, Fiona Gayler, David Hunt, Siobhan Jenner	Late	15.47							
27 Stuart Kane, John Wheen	Late	15.49							
184 Stewart Amery, David Brooks	Late	15.50							
167 Lynette Gett, Thais Turner	Late	15.53							
113 Glen Sussman, Rod Tracey	Late	15.55							
187 Matt Chamberlain, Sue Mohony, Carolyn Willests	Late	15.55							
19 Julian Keane, Wob Lang, Andy Stathom	Late	16.00							
43 Klaus Pinkas, Denis Vanzella	Late	16.00							
92 Lisa Lampe, Mark Wright	Late	16.00							
121 Trent Oliver, Ray Trappel, Toby Trappel	Late	16.00							
140 John Barnes, Rohan Prowse	Late	16.00							
141 Barbara Barnes, Richard Barnes	Late	16.00							
51 Tina Mannion, Hugh McGuinness	Late	16.04							
24 Peter DeBoao, Campbell Johnson, Matt Seldon	Late	16.41							
176 Martin Lili, Gail Siccardi, John Siccardi	Late	16.54							
42 David Booth, Oscar Booth	Late	16.55							
149 Virginia Brunton, Marnie Holmes	Late	18.00							

gaine, serves two important purposes in our Rogaining calendar:

1. it's a 'come-and-try-it' event for novices and families; and
2. it's the premier competitive 6 hour Rogaine in NSW -- the event we should be using to promote Rogaining as a serious endurance sport.

Well, I did enjoy the event, but I'm not sure if it was that suitable for (1) or (2). Neither was last year's, at least not as a competitive event. I think 1995 and 1994 Paddy Pallins were better.

My feeling is that we (meaning the committee) should concentrate on making the Paddy Pallin 6hr and the NSW champs 24hr as our two premier events of the year, at the best possible locations, highest standards, etc. The other events need not be as serious like your 24hr last year at Pretty Beach - not really a championship location, but a most memorable and fun event.

David Singleton

Great event as usual. I guess Geoff and I don't particularly mind the shitty going (Canberra for "green") so we won't complain about it. Anything to stop Orienteers from winning Rogaines. Also it would be very boring if Rogaines were so uniform that you achieved the same average speed or the same number of points per hour in every event.

A bit of bush-bashing can actually enhance the camaraderie and satisfaction.

In hindsight, remembering that 6-hour events usually attract less experienced or competent entrants, the area was possibly a little dangerous but we didn't think so at the time.

I don't mind something novel on a Rogaine so a HH not actually on the course was interesting. The 96 ACT 12-hr had a "difficult to find"

HH on the side of the map (no tracks home) with similar "lateness" results. In that case you really had to navigate for 12 hours instead of 11 and a bit. In this case it was a matter of timing.

The size of the course was very deceptive - we thought we would see both the north and south end of the river. The added size makes route choice all the more important - you have to allow for the fact that you might only get half what you expected.

If organisers have the time to lay large courses it can only be good. The effort in getting down to the river and up again was what made the course "big" and that wasn't obvious from reading the map.

The three 100-pointers were a bit too easy. There was a bit of gunge to get down there but picking up 320 points in 40 minutes might have been a slightly excessive reward. The 80 pointers were also in the south. We appreciated the beaten track to #83.

The bush-dance was excellent - only injury for the weekend was a "heel-and-toe" calf cramp!

Thankyou

Course Setting:

Geoff Silburn, George Takacs, Steve Cliffe, Trevor Gollan.

Administration:

Julian Ledger, Robert Loader, Tony Maloney, Kathy Herrman, John Keats, Ellise Stanton, Andy Dickinson, Mark Burns, Kay & Lucia Gollan, Judy, Jason Hughes, Jennie Rush-Hunter

Catering & Hall: 1st Waitara Scouts (Mark Buckle), Bargo Sportsground (Rhonda Brew)

Paddy Pallin 6hr 15 June

15th June 1997

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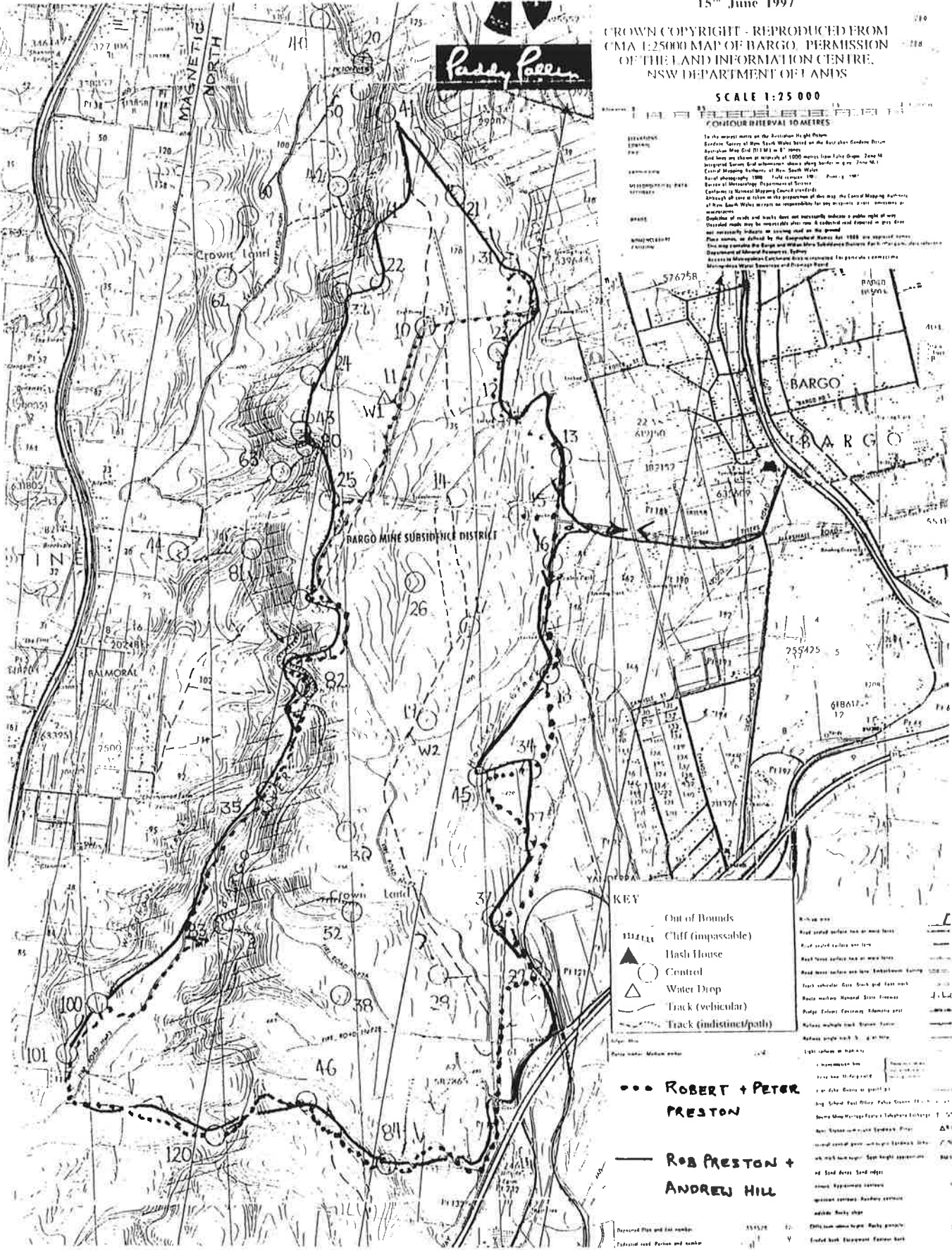
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 Grid lines are shown at intervals of 1000 metres from false origin. Zone 56
 projected Spheroid Grid coordinates shown along borders in grey. Zone 56
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 Metropolitan Water Sewerage and Drainage Board

KEY

- Out of Bounds
- Cliff (impassable)
- Hash House
- Control
- Water Drop
- Track (vehicular)
- Track (indistinct/path)

--- ROBERT + PETER PRESTON

— ROB PRESTON + ANDREW HILL



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Lost?

The course setters at the recent Paddy Pallin Rogaine managed to lose lots of things:

- Before leaving home Trev's six-week old pup went for an open-ended walk - it returned while he was at the Rogaine.
- Geoff lost his wallet in the bushdance and Trev his watch while collecting firewood - both were returned to the Admin desk (thanks to whoever returned them).
- Worst was the large number of teams who didn't return to the HH by the 3pm deadline. Eventually, all persons & objects were found and accounted, proving "most appropriately" that they were Never Truly Lost?!

MEMBERSHIP 1997

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, thank you.
"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.
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✂

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)
..... (h/m/phone) (w/k/phone) (fax/e-mail)

hereby apply to become a member (or renew membership) of the above-named 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 above-named 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

Next Newsletter

Deadline for Articles: 6 October 1997

Articles and Photos needed for this issue include:

- Upside-Down Rogaine participants reports
- Lake Macquarie Rogaine participants reports

All contributions are most welcome

If you thought it was interesting - then its highly likely others will too! Send it in to us.

Format: It is preferred that copy be submitted on 3½" PC formatted floppy disks or sent via email as text or attachments. Microsoft Word 6.0/95 format is preferred, then

RTF (Rich Text Format) , Word Perfect and plain text. Too high tech for you? We also accept typewritten or handwritten material submitted via mail or fax.

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