

NSW ROGAINING NEWSLETTER

Number 76

July 1999

TIME TO GET COMPETITIVE!

OZ Champs

**23 / 24
October**

**near
Wodonga,
Victoria**



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**World
Champs**

**15 / 16
January**

**New
Zealand**

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Paddy Pallin Rogaine

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NSW Championships Lake Macquarie	

WHAT'S ON IN 1999/2000

Event/Coordinator	Course Setters (4) Vettors (2)	Administration	Hash House
NSW EVENTS			
NSW 1999 Championships Brickmans Backyard 28-29th August Bert van Netten (02) 4975-3693	Bert van Netten Andrew Haigh (Vettor) Arthur Kingsland (Vettor)	Nicole Dynon Ian Deck	Bankstown Bushwalking & Social
Lake Macquarie Rogaine 18th September Bert van Netten (02) 4975-3693	Robert Vincent Robert Preston (Vettor)	Albie Arnott Sharon Arnott Nick Greenhalgh	Joanna Parr
Socialgaine 5th December Hawkesbury River Sue Clarke (02) 9816-2508	'Chippy' Le Carpenter	Peter Leroyd Herb Lippmann	
INTERSTATE/OVERSEAS EVENTS			
Northern Territory Litchfield National Park 6/24hr 31st July/1 August David Palmer (08) 8985 0000 (w) Andy Black (08) 8922 8888 (w)	—	—	—
Snowy Rail Australian Rogaining Championships 23rd-24th October Leigh Privett (02) 6025 4959	Chas Farran John Cox Tony Perrott (Vettor)	Chas Farran (02) 6041 2639	Val Privett & friends plus AWOC
4th World Rogaining Championships Canterbury, New Zealand 15-16th January 2000 Website & E-mail: www.chch.school.nz/dhs/ rogaine2000 rogaine2000@hotmail.com	—	—	—

*Join in the fun of working behind the scenes
HELP always needed, contact :*

**Vicki Cooper Phone: 02-6772-3584 (h)
Cluny Rd, Armidale NSW 2350**

No experience is necessary - detailed instructions are supplied.

COMING ATTRACTIONS

BRICKMAN'S BACKYARD - YENGO NATIONAL PARK



Another reminder about the **Brickman's Backyard Rogaine (NSW Champs)**, near Wollombi (1½ hrs north of Sydney). The Rogaine is a **24hr event** with the option of a **12 in 24 hour event**.

The Rogaine is mostly in Yengo National Park with **spectacular wilderness** scenery, which we have taken advantage of when setting checkpoints. A wild expanse of bushland between Wisemans Ferry and the Hunter Valley can be reached by either Wisemans Ferry, St Albanys area, Putty Rd or George Downes Drive. Yengo NP includes **rainforests, tall open forest, woodlands and swamps** in which you will encounter an **abundance of wildlife** including wombats, koalas, gliders and maybe one of the many hundreds of **aboriginal sites** scattered across the park. Legend says Mount Yengo is a mythological place where Biamie de-

parted to the skies after finishing his creative tasks during the dream time. The mountain top was flattened after he stepped on it.

The **Hash House** will be on an ideal **grassy area by the river** with plenty of room for camping. The wilderness nature of the area does not facilitate water drops and **drinking water is scarce** in the area and so participants are advised to **carry plenty of drinking water** with them on the course. For those who like a bit more luxury, there are quite a few guest houses in the area. For more information contact Cessnock Visitors Centre on (02) 49904477, and ask for accommodation in the Broke/Wollombi area. They are very willing to send out information.

The final stage of course vetting is happening, with the Rogaine only a few weeks away. The closing date for entries is Friday, 13th August.

ENTRIES CLOSE Friday 13th, August

OZ CHAMPIONSHIPS TRANSPORT INFORMATION

There is no need to drive all the way to Victoria!

Join in the camaraderie of the bus down to the Australian Championships!



Details

Friday 22nd:

- 4pm: Depart Strathfield Station
- 7:30-8:30: Dinner stop at Yass & pick up for Canberra people.
- 12:30am: Arrive at the Hash House

Sunday 24th:

- 2pm: Depart after the event

Cost:

- ex Sydney: \$40
- ex Yass: \$25

1999 COMMITTEE

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Ken Smith
Daniel Marlay

ARA Representative: Mike Hotchkis
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mah@atom.ansto.gov.au

Volunteer Co-ordinator: Vicki Cooper
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gcooper@metz.une.edu.au

DON'T GET OFF THE BEATEN 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.

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- Historic map reproductions
- Geographic names gazetteer
- Special publication including: 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.

CONTACT



Surveyor-General's Department
New South Wales

SURVEYOR-GENERALS DEPARTMENT Panorama Ave, Bathurst 2795
Phone (02) 63 328 200

Please send me YES NO

Send to: Name: _____
Address: _____

P/Code: _____
Phone No: _____

Application for Membership or Renewal of Membership

I/We the undersigned, who live at the address given below, hereby apply to become members / renew membership of the above named incorporated association. In the event of my/our admission as members I/we agree to be bound by the rules of the association for the time being in force.

Full Name	Date of Birth	Fee (\$)	Renew (Y/N)	Signature

My/Our address (for delivery of one copy of each newsletter) is:

Name:

Address:

Town: Postcode:

E-mail:

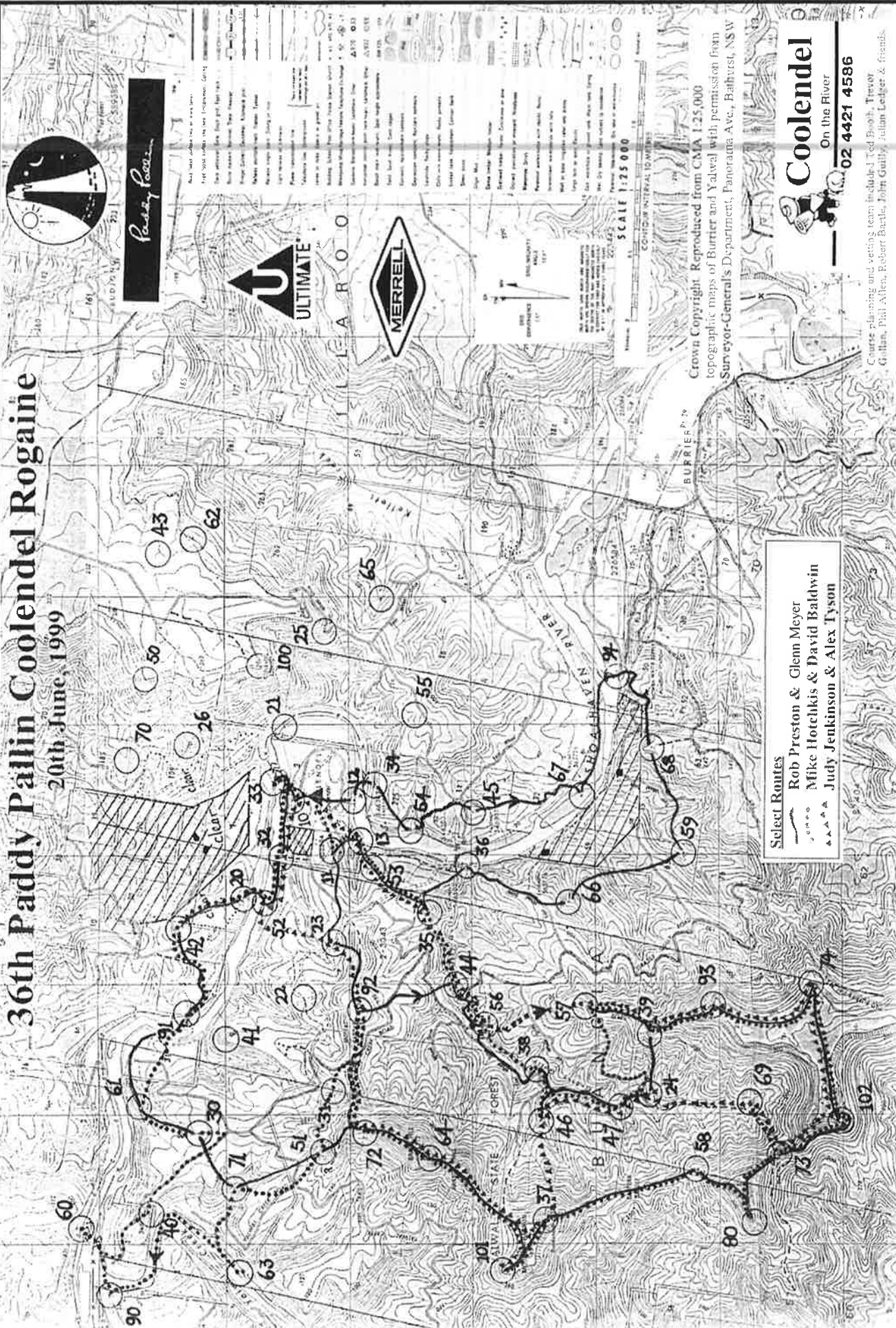
Phone: (home) (work)..... (fax).....

The fee per annum is \$12 for the first person on this form and \$3 for each additional person. The maximum fee for a family is \$15. The membership year starts on 1st January. A family is defined as one or two adults plus any number of dependant children each of who looks to one or both of the adults as a parent and who all live at the same address.

Please send this form together with a cheque payable to "NSW Rogaining Association" to:
Membership Secretary NSWRA, Graeme Cooper, Cluny Road, ARMIDALE 2350

36th Paddy Pallin Coolendel Rogaine

20th June, 1999



Select Routes
 Rob Preston & Glenn Meyer
 Mike Hotchkis & David Baldwin
 Judy Jenkinson & Alex Tyson

Coolendel
 On the River
 02 4421 4586

Course planning and vetting team include Ted Booth, Trevor Gullan, Paul Ahern, Robert Bartle, John Gully, Julian Ledger & friends.

1999 PADDY PALLIN

6 Hour Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
65 Glenn Meyer, Robert Preston	2150	14.56	1	1								
143 David Baldwin, Mike Hotchkis	2030	14.56	2	2								
186 Ian Cameron, David Lyle	1690	14.56	3	3			1	1				
115 Michael Burton, Arthur Kingsland	1660	14.58	4	4								
172 Ian Brown, Tony Garbellini, Geoff Luscombe	1610	14.56	5	5			2	2				
53 Ben Buchler, Jeremy Dore	1590	14.49	6	6								
101 Ian Dempsey, Bert van Netten	1470	14.59	7	7			3	3				
114 Andrew Haigh, Nicole Haigh	1450	14.58	8			1						
40 Andy Mein, Chris Mein, Andrew Pope	1430	14.51	9	8								
100 Tom Landon-Smith, Alina McMaster	1410	14.59	10			2						
190 John Hodsdon, Val Hodsdon	1400	14.58	11			3	4			1		
111 John Barnes, Andrew Perry, Rohan Prowse	1390	15.01	12	9								
45 Stuart McWilliam, Michael Slade	1370	14.54	13	10								
81 Cameron Osborne, Gareth Prosser, Andrew Wisniewski	1340	14.56	14	11								
106 Melvyn Cox, Gordon Wilson	1340	14.58	15	12			5	4				
72 Ian McKenzie, Peter Shepherd	1330	14.55	16	13			6	5				
119 Judy Jenkinson, Alexandra Tyson	1320	14.57	17		1							
118 David Dash, Peter Tamsett, Stewart Tamsett	1310	14.59	18	14								
29 Alan Duus, Ian Kenny, Bernie Millett	1300	14.59	19	15			7	6				
32 Andrew Jones, Rowena Morris	1290	14.57	20			4						
125 Bruce Fenton, Peter Paddon, Andrew Woodall	1280	14.49	21	16								
66 Bruce Cook, Will de Sain	1260	14.57	22	17								
136 Peter Gordon, Peter Learoyd	1260	14.57	23	18								
122 Adrian Sheppard, David Singleton	1250	15.07	24	19								
27 Claudia Barduhn, Glenn Bridgart	1230	14.47	25			5	8			2		
41 David Green, Timothy Morris	1230	14.53	26	20								
161 Lisa Cutfield, Glen Peters	1220	14.58	27			6						
152 Kevin Moore, Julie Quinn	1210	14.47	28			7						
103 Martin Liiv, Rob Paterson	1200	14.53	29	21			9	7				
162 Carol Osborne, Joanna Parr	1200	14.54	30		2							
88 Meagan Enticknap-Smith, Morten Pedersen, Drew Smith	1180	14.50	31			8						
139 Ricky Campbell-Allen, Barbara Campbell-Allen, Paul Campbell-Allen	1180	14.58	32			9	10			3		
21 David Jones, Warren Jones	1170	14.52	33	22								1
8 Dean Martin, Glenn Schwarzel, Mark Schwarzel	1150	14.58	34	23								
19 Bruce Chessman, Carl Chessman	1110	14.42	35	24								2
47 Colin Tuft, Katherine Tuft, Peter Tuft	1110	14.58	36			10						3
184 Paul Veldkamp, Gillian Whiting	1100	14.56	37			11						
93 David Drew, Kevin Lloyd	1070	14.49	38	25								
154 Mike Aylott, Andrew Gibbs	1060	14.55	39	26								
144 Robert Loader, Paul Van Wyk	1050	14.56	40	27								
193 Nikki Fredsall, Sabina Hamaty	1040	14.51	41		3							
194 Karen Darby, Tony Murphy	1040	14.56	42			12						
148 Wayne Davis, Reddall Leslie	1040	14.58	43	28			11	8				
74 Neil Chappell, David Lilley, Michael Lilley	1030	14.58	44	29								
97 Steven Halpin, Mary Ann Kulh	1030	14.58	45			13						
15 Christine Curtin, Alison Curtin	1030	14.59	46		4							
91 Scott Finlayson, Mark Powell	1020	14.58	47	30								
37 Michael Cross, Richard Neville, Simon Peisker, Ivan Sykes	1010	14.58	48	31								
64 Stephen Deppeler, Damien Johnson, Theo Maes, Kevin Tinker	1010	14.58	49	32								
105 Kathy Herrmann, Kristiane Herrmann	1010	14.58	50		5		12		1			
3 Lian Mack, Shane Woonton	990	14.49	51	33								
54 Julie Avakian, Michael Avakian	980	14.54	52			14						
198 Nihal Danis, Richard Sage	970	14.57	53			15	13			4		
17 Peter Hou Hansen, Moninya Raghan	960	14.47	54			16						
129 Melissa Casimir, Robert Casmir, Rob Parbery	960	14.52	55			17						
120 David Clark, Peter Leppert	940	14.59	56	34			14	9				
30 Piers Giorgione, Julian Humphrey	930	14.43	57	35								
50 Trevor Cupitt, Merv English, David Seaton	920	14.58	58	36			15	10				
58 Mitchell Coleman, Rye Coleman,												

(Continued on page 7)

1999 PADDY PALLIN

(Continued from page 6)

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
Robert Walker, Mathew Walker	920	15.03	59	37								
146 Ron Junghans, James Lithgow	920	15.06	60	38			16	11				
167 Alex Roose, Paul Rustomji	900	14.50	61	39								
31 Lyndall Hatch, Kathy Saw	880	14.51	62		6		17		2			
52 Peter Boyce, Mark Nolde, Mark Sliwinski	870	14.56	63	40								
63 Carol Harding, John Harding	860	14.50	64			18						
135 Rosemary Garlick, Steve Garlick	860	14.56	65			19	18			5		
25 Robert De Jong, Monique DeJong, Yasmin Funk	860	14.59	66			20						
131 Daryl Kay, Stephen Mar, Matt Reilly	860	15.02	67	41								
212 David Cannings, Catherine Harrop	850	14.59	68			21						
121 James Clarke, Owen Harrod	830	14.38	69	42							1	
187 Anne Francis, Lynne Trappel	830	14.56	70		7		19		3			
199 David Gillies, Nic Kenter	820	14.49	71	43								
200 Darren Bentley, Derrig Scott	820	14.49	72	44								
62 Myee Allison, John Fuller, Ray Lidgard	820	14.53	73			22						
213 David Kneeshaw, Grahame Price	810	14.58	74	45								
75 Malcolm Hughes, Ryan Lovett	790	14.44	75	46								
156 Dianne Kitcher, Lance Kitcher	790	14.48	76			23						
12 Darren Postill, Steve Sargeant	790	14.55	77	47								
7 Craig Day, Erica McConnell, Michelle Summer, Mark Wood	780	14.00	78			24						
60 Ben Austen, Nick Howell, Dave Sharp Mark Sistro	780	14.48	79	48							2	
112 Sandra Kemp, Iain Martin, Tony McLeod	780	14.51	80			25						
99 Carol Baglin, Ed Castro, Elizabeth Lynch, Adam Smith	780	14.52	81			26						
141 Rodger Austen, Martin Howell, Colin Sharp	780	14.59	82	49			20	12				
28 Nathan Carroll, Anitra Kenny	770	14.55	83			27						
203 D Benfield, Peter Curtis, Lynne Rymer, B Tucker, D Welsman	770	14.59	84			28						
128 John Bowles, Chris Stevenson, Dianne Stevenson	770	15.06	85			29						
166 John Davies, regina Kimmich	760	14.51	86			30						
59 Richard Hall, Noel Walton	760	15.18	87	50								
165 Jane Andrew, Joshua Conroy, Shane Dilley, Jason Irving, Michelle McCann	750	14.55	88			31						
46 Carol Jacobson, Ken Jacobson	750	14.56	89			32						
150 Geoff Silburn, Bob Smith, Ashleigh Smith	750	14.56	90			33						
185 Scott Bartho, James Plummer	750	14.56	91	51								
89 Lisa Phillips, Dick Walker	750	14.59	92			34						
179 Dianne Gordon, Grant McClory, Darryn Welham	740	14.43	93			35						
155 John Stewart, Jim Wade	740	14.50	94	52			21	13				
95 David Waddell, John Waddell	740	14.52	95	53			22	14				
13 Lynda Paju, Kim Rossington	740	14.55	96		8							
159 Peter Wherry, Paul Wherry	730	14.37	97	54								
195 Bronwyn Hardy, Liz Hardy, Peter Hardy	730	14.46	98			36						
117 Jitka Kopriva, Henry Roda	720	14.48	99			37						
23 Stewart Amery, David Brooks	720	14.56	100	55								
67 Clancy Clarke, Oscar Clarke, Paula Clarke, Ry Clarke	720	14.57	101			38						4
127 George Kriflik, Lynda Kriflik	720	14.58	102			39	23			6		
113 Patrick Murphy, Terry Murphy	710	14.55	103	56			24	15				
36 Jodie Burnell-Jones, Didier Dejean, John Duffers, Grant Morgan, Matt Murphy	710	14.57	104			40						
201 Meredith Simms, Hal Simms, Nathan Smith	710	15.07	105			41						
76 Steve Burns, John Menyhart	700	14.51	106	57			25	16				
126 Roslyn Atkins, Kerry Gilmore	700	14.53	107		9		26		4			
207 Bill Broughton, Richard Foster	700	14.54	108	58			27	17				
204 Glenn Alford, Stephen Borg, Amanda Lennon, Ron Van Grootell	700	14.55	109			42						
169 Alex Perry, Rebecca Stoeckel	700	14.57	110			43						
171 Jane Pulford, Carolyn Roberts, Kerry Vinall	690	14.52	111		10							
192 Lisa Lampe, Mark Wright	690	14.56	112			44						
48 Meg Thornton, Robyn Tuft	690	14.58	113		11		28		5			

(Continued on page 8)

1999 PADDY PALLIN

(Continued from page 7)

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
73 Rachael Crompton, Judy Micklewright	680	14.39	114		12							
18 Miranda Kossen, Andrew Smith	680	14.54	115			45						
168 Tania Baxter, John Baxter, Jack Baxter, Michael Frater	680	14.54	116			46					5	
181 Bill Gribble, Leslie Steinhaus	670	14.40	117	59			29	18				
6 Tony Gellert, Rob Lang, Jeff Welch	660	14.47	118	60								
35 Lisa Cottingham, Daniel Shiels	660	14.47	119			47						
196 Clyde Crawford, David Glas, Rachel Howe, Alex Rusanov, Matthew Wright	660	14.59	120			48						
71 Jenny Wilbow, Scott Wilbow	650	14.52	121			49						
116 Ian Hawkes, Melanie Mill	650	14.52	122			50						
173 Maureen Cavill, Denise Green, Margaret McKenzie	650	14.58	123		13		30		6			
90 Richard Connors, David Palmisano	640	14.28	124	61								
38 Belinda Pope, Stephanie Seaton	640	14.48	125		14							
102 Dianne van Netten, Jamie van Netten Kim van Netten	640	14.51	126			51					6	
210 Julie Mathews, Allan Mathews	640	14.55	127			52	31			7		
9 Michael Cohen, Simon Shaw	630	14.49	128	62								
92 Neil Gulvin, Paul Toohey	620	14.50	129	63								
177 David Bere, Leonie Clarke, Karen Rogers	620	14.53	130			53						
175 Natasha Lees, Jenny Wood	620	14.57	131		15							
44 Gilda Hiebler, Debbie Stein, Paul Stein	610	14.40	132			54					7	
77 John Butcher, Sallyanne Butcher, Bryony Cox, Timothy Cox	610	14.49	133			55						

(Continued on page 10)

COOLENDEL - CO ORDINATORS REPORT

Congratulations to the 500 Rogainers, including many first timers, who took part in the 36th Paddy Pallin Rogaine. Special words to all trophy winners and the youthful overall winners Robert Preston and Glen Meyer who just nudged Mike Hotchkis and David Baldwin into second place. Both teams had outstanding scores.

We were fortunate to have a special area with heaps of variety plus perfect weather and very good facilities at the Coolendel Hash House site. Thanks go to the owners Arthur and Rhonda (who rescued me and the trailer when I broke down en route), Mitchell and Merla, Brian and Kerry and their onsite managers Jeff and Pam who were all more than accommodating. Thanks also to the primary course setters Ted Booth and Trevor Gollan who managed to spread out the big crowd pretty well (see Trevor's interesting article, Page 10).

The Paddy Pallin organisation arranged prizes and provided their name, their promotional resources and not least the indefatigable Jason Hughes who processed all the entries and had a few staff teams there on the day. Prizes were provided by sponsors Ultimate and Merrell. Thanks also to Ric Lovegrove and all our friends from Ist Waitara Scouts



Julian Ledger & Ted Booth

who entirely with volunteer helpers catered for a record 200+ on Saturday night and the whole crowd on Sunday afternoon. The Admin team was ravaged by flu but the survivors managed. Thanks Jennifer Borrell, John Bishop, Joce Booth, Margaret Hughes, Eric Barnes, Herb Lipmann, Leah Deene and especially Terry Funk who handled her rapid promotion to chief admin person

with aplomb, drove back to Gerringong to try to rescue me off the highway and was still driving me home at 11pm Sunday. It was not a weekend for vehicles as we broke the hire ute replacing my vehicle and also on the way out the Rogaine trailer which had to be rescued by welders mid week - all ended well however.

The event would not have been possible without the cooperation of landowners including NPWS, State Forests and private owners. Each year the Paddy Pallin Rogaine makes a donation to an organisation which Paddy, the man, supported in his lifetime. This year the National Parks Association were the beneficiaries of a cheque for \$500. They will use it to continue their work of campaigning for the extension of the national park system.

The event was the tenth I have helped run. I started helping because competing in the 1989 event was such hard work! Next year it might be time to take part again. We hope to be heading for a location just west of the Blue Mountains.

By Julian Ledger



Noel Walton, Sasha Chatter, Richard Hall, Anthony Chatter, Brian Bates, Rye Coleman, Mitchell Coleman, Matthew and Robert Walker at the Rogaining event at Coolendel.

Coolendel invaded by Rogainers

What and who are rogainers?

Rogaining is a fun way of enjoying the bush and testing your navigational skills.

In essence, rogaining is a sport of long distance cross country navigation.

The 480 who enjoyed the wonderful weekend weather and Coolendel bush and mountain scenery came from as far away as Melbourne and all over NSW.

All were first time visitors to Coolendel and many first time to Shoalhaven so it was a most successful public relations exercise with promise of further visitations to our area.

Participants had six hours to register at as many of the 63 check points scattered over

the area surrounding Coolendel and stretching from Yalwal in west to Burrier in the east, south to Durkin Spur and north to Lower Budgong.

Each check point carried points with value from 10 to 100.

The winning team scored over 2000 points.

Catering for the weekend was in the capable hands of 1st Waitara Scout Group who prepared three course baked dinner on

Saturday night for 260 people and then three course lunch on Sunday.

The shelter shed and its facilities was ideal for the preparation and presentation of the meals and the group was most impressed with it and the very modern amenities at the camp.

Winter is ideal for these bush activities and even those who like a leisurely walk can come up to Coolendel and try some of the many walks along the

river or up to Gradys Mountain to enjoy the view to Jervis Bay in the east and the Shoalhaven Gorge in the west.

The road has been improved by great work of the Council engineering staff, new bridges and removal of corners, bitumen sections in narrow sections, now an interesting and scenic drive and only 30kms from Nowra.

Phone 4421 4586 for details.

controls were above 300 metres and the climbs would involve considerable effort. This caused a rethink and plan 2 was a clockwise route to the east of the river stopping short of controls 93 and 102.

The route finally taken started with control 11, over to 13, up to 53 and down the track to 36. Back up the spur to 35, staying high across side creek then down to 44. Round the creek to 56. Looked an interesting mine but no time to explore. Crossed the creek to locate the fire trail to 38. Expected the track to be more defined and spent a few minutes searching away from the creek. 38 came up quickly and we overshot it on the track. Up the spur to 57 and around the ridge to 39 wandering to the right

and checking out the first spur. This was to have been our turning point but feeling good we climbed to 93 and admired the view. Round the plateau to 74 across to 102, luckily seeing a team about to descend the track to 73. The start of the track was quite close to the lookout. Down the formed track to 73 wondering when and why it was ever constructed. Down and back from 73, up the short climb to 80, back across and down through the boulders to 58. Along the ridge to 37, across to 101 and glad to be going down and not up the steep crack through the cliff line. Starting to tire and Hanson hill on the way to 64 seemed much higher. Punched 64, off the ridge to 72 and down the spur to 51. Climbed up out of the steep gully

(Continued on page 10)

On completion of our usual route planning exercise we initially decided to go anti clockwise through 92, south via 101 to the 102 group, and complete with a sweep to the north west crossing the river if time allowed. But this changed when a respected experienced Rogainer commented that the southern

1999 PADDY PALLIN

COOLENDEL - SHOALHAVEN

(Continued from page 9)

system and around to 31. 31 appeared to be a long way down the creek. Up to 92, down the ridge to 22. Do we have time to include 23? Yes if we jog. We jogged. Direct over the spur down through the lantana above the sand pit to 52. Do we have time for 20? Yes, if we run. We run to 20, back through 53, along the bank to 32. A bit thick, time running out, now question our visit to 20. Out of the trees onto the sand, to 33 across the river, struggle up the bank to 10, onto the finish with 2 minutes to spare. Great area, great day, great food and one of the great Rogaines.

One must be flexible and for the newer Rogainers we outline our approach to gaining that "well we could not have done better" feeling.

We think that our success is due to good planning, pacing and navigation.

Planning

The planning stage starts well before arriving at the event. The correct shoes, socks and clothing, the amount and choice of food are decided before hand. Every body's requirements are different

and it takes a bit of trial and error to get it right. It is no fun running on blood blisters or on water rations with only peanuts left. We have found dried fruit, jellybeans, and a little chocolate suit us.

On the day we try to collect our maps as soon as registration opens allowing maximum time for route planning. First we highlight the controls in different colours according to their value, e.g. over 70 yellow, 50-70 green etc. The high point controls stand out enabling easier route planing. If the map does not have magnetic grid lines draw them on. Decide how far you expect to travel (we vary between 22 and 25 km for a 6 hour event). Select a route and work out the distance and points gained. Plan so that at the two thirds mark various route options are available to reach the finish in time.

Pacing

Experience has shown that correct pacing makes for the most enjoyable and productive rogaime. Basically we walk fast, running only at the beginning, downhill, some flats and near the finish. Initially we used to try and run a lot of

the time but one of us would tire well before the end and question the point of it all. Now we go at an sensible pace, love the sport and seem to do as well as before.

Navigation

Good navigation is an essential ingredient of an enjoyable rogaime. Most lost problems start with a small lapse of concentration. If you are not sure, stop and work it out. Use all the map's features. At Coolendal we found the gullies a great help. Bushwalking and orienteering have enabled us to develop good navigation skills. While we still have periods of uncertainty they are short and lose little time. Also when you get very tired, remember errors can creep in.

By Val and John Hodsdon -
Mixed Veterans

(Continued from page 8)

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
183 Gavin Bowman, Stuart Ford	610	14.54	134	64								
26 Stephen Castle, Rhonda Monahan	600	14.56	135			56						
82 Ian Almond, Matthew Almond, Alsion Almond, Peter Almond, Stuart Almond	600	14.56	136			57					8	
208 Chris Arnison, Richard Smith	600	14.59	137	65								
42 Clinton Alver, Matt Seldon, Janet Steel	600	15.07	138			58						
110 Barbara Barnes, Richard Barnes	600	15.29	139			59						9
68 Paul Jubb, Gail Siccardi	590	14.41	140			60						
94 Kerri Purcell, Andrew Purcell, Naomi Thennig, Marcus Thennig	590	14.41	141			61						
133 Richard Doyle, Fiona Gayler, Marcus Hassall, Chris O'Donnell, Suzanne Shipard	590	15.12	142			62						
176 Julie Hamilton, Scott Robinson, Mark Rosenbaum	580	14.38	143			63						
104 Robert Crough, Colin Fenning, Danny O'Connell, Thais Turner	580	14.49	144	66								
197 Andrew Macdonald, Trish Van Epen	580	14.59	145			64	32			8		
149 Tom Bradbury, Paul Smith, John Toomey	580	15.03	146	67								
51 Stuart Bouveng, Ragni Mathew, Adam Morrison, Tania Sulan	570	14.55	147			65						
4 Michael Bradburn, Joanne Stoppa	560	14.57	148			66						
178 Kylie Boag, Martin Gregory	540	14.37	149			67						
10 Rebecca Chipman, Annette Dowd, Keith Porter	540	14.54	150			68						
211 Louise Hooper, Grant Reynolds, Stuart Robertson, David Scott	530	14.40	151			69						
188 David Chambers, John Cole	520	14.32	152	68								
85 Gavin Hoy, Christine Johnson, Ronald Perry	520	14.41	153			70						
34 Linda Ashton, Susie Richmond	520	14.55	154		16							

(Continued on page 16)

1999 PADDY PALLIN

GLAD YOU WAITED UP



Linda Meisel on Mount Barron

I'd just like to say, before I start, that at no time were we ever lost. We always knew exactly where we were. Then why did we get back an hour and a half late? Maybe we were a *little* over ambitious, but why Rogaine if you're not prepared to push yourself a bit. I should also mention that while we're not strictly novices, we're not exactly competitive. Two years and we've yet to crack 1,000 points (cumulative).

For the first time in our Rogaining career Linda and I actually plotted our course *before* we set out. We even highlighted the controls we planned to visit and had a plan B in case we ran short of time at the end. We were both very proud of ourselves! We probably should have paid more attention to those little red lines, or just chosen a picnic spot with a less spectacular view.

We started out pretty well, queued for controls 12, 13, 53 and 36 with everyone else, then headed off for 35. Not a problem; 100 points in the first hour, we were both warmed up and feeling confident. Perhaps if we'd done the maths a bit better we'd have reassessed our course. Our target was for 860 points. Less than 1/8th the points in 1/6th the time ... not fabulous!

We found 35 and 44 without much trouble, had elevenses, then turned left instead of right on the road and had to come at 56 from above, rather than below. Only a hundred and twenty points in an hour and a half, even less fabulous, but we could still do it. We set off along the road for 38.

Following the creek from 38 to 46 would have been the more logical option, but we'd left our bags at the road, so we backtracked and started to climb. When we got to the point where we had

intended to drop down to 46, we decided it wasn't an option. It was already midday and we still had to get to the top of Mount Barron for lunch.

Mount Barron! It was easy, sitting back at camp, to look at those little red lines getting closer and closer and say "it'll be hard, but we can do it". Anyway, there was a track wasn't there? How

steep can it be?

We made it to the top, eventually, picked up 37 and 101, and stopped for lunch. The view was totally spectacular, only marred by the two pimples in front of us - Hanson Hill and Grady Hill. We tried not to think about the fact that the track went over both, and decided that we didn't need to climb the cliff for 64, we'd just head straight for 72. Maybe I should give up smoking.

It began to dawn on us that there weren't many people around any more. We looked at the time. 1:45pm! An hour and a quarter to get back in, time to power home! We'd probably be a bit late, but if we hurried we wouldn't lose *all* our points. We started down the pass in the cliff face.

I wish I didn't have such a problem with heights. And I'm very glad that Linda has done some rock climbing and was so patient with me. I also wish my legs and arms were longer! We got down to the saddle, then up the first pimple and down to the next saddle. Grady Hill was just in front of us. It was nearly 2:30 and there was no way our legs were going to take us up there. Time to reassess our options.

We realised that just below us to the east was a water course that would take us back down to the four wheel drive track we'd come up on, only a kilometre away. From there it would be an easy walk back up Grassy Gully Road to the Hash House. It would be steep going at first, but there were plenty of trees to grab hold of on the way down, and we wouldn't need to worry about navigating. It looked like a piece of cake.

Thank God the water course was dry!

While a series of four meter waterfalls would have been very pretty, negotiating them would have been messy. As it was, I had a couple of frozen moments before Linda reminded me not to look down. We managed to get down the slope in a series of semi-controlled slides, either on our bums or on our fronts, cuddling the hillside in the absence of any sort of hand hold.

We hit the four wheel drive track nearly an hour and a half after we left the saddle. A bit over half an hour later we were back at the Hash House, having waved, smiled or nodded to nearly every other competitor as they headed home. We'd lost more than twice the number of points we'd managed to collect (380), there must be a record there, but we'd made it back in one piece. Overall I'd say we'd enjoyed ourselves. The area was lovely and I, for one, would like to go back for a more leisurely look.

This was our second Paddy Pallin 6 hour (although last year's doesn't really count because we weren't officially there). We've enjoyed both of them and will certainly be back next year.

By Amelia Witheridge



Linda at Control 56

Letters to the Editor and Notice Board

Many thanks to everyone at the NSWRA for a marvelous event. The venue was superb, with my children thinking all of those wombats were tremendous. The Hash House was great and we thoroughly enjoyed our 5hrs and 50mins out in the terrain. The views were splendid.

John Harding

Anagram Answers

1. KANGAROO
2. GALAH
3. ROGAINE FLAGS
4. EUCALYPTUS
5. KALLA BEARS
6. SHOALHAVEN RIVER
7. WOMBAT HOLE
8. LANTANA
9. TASMANIAN TIGER
10. MALCOLSON
11. EVERY CONTROL

Well done to the organisers of this year's Paddy Pallin 6 hour. The event had just about everything - perfect weather, a variety of terrain, magnificent views, cheery catering, and wombats. I have several lasting memories from the event. First, the sight of over 30 people in various states of repose scattered along the cliff top at checkpoint 101. It was a great place to stop, recharge the batteries, and to admire the views. Secondly, a walk of several kilometres along the Shoalhaven River also lingers in my mind. The river and its environs has attracted publicity in recent years thanks to the legacy of the painter, Arthur Boyd. To have an opportunity to experience it first-hand was special. I suspect that like me, the vast majority of competitors left the event in a happy state. Thanks for introducing us to Coolendel.

Ian Dempsey

Dear Sue,

Could you please pass on to the organizers of Sunday's PP our appreciation of their efforts for a great event, and for introducing us to a lovely spot.

Our pleasure in the event was very much enhanced by our son and his partner winning the Junior / Scouts event. (First out of two.) He hasn't won anything before and was over the moon. All the way home he was waving the trophy to the cars behind, showing it to people at the petrol stop (mainly to Rogainers who responded with enthusiasm) and engaging in conversations such as "Hey Dad, what does it feel like not to be a winner?" "Do you think

we'll get on the national news, or just the state news?" "Perhaps we should get it engraved for next year as well to save time."

Cheers,

David

WANTED!

Equipment Officer for the Rogaining Association

Duties include keeping track of the Association's equipment which is mostly stored in the NSWRA trailer - a customised unit which allows a lot to be fitted into a small space. If possible the Equipment Officer should host the trailer at their home and have a vehicle suitable for towing it - however this is not essential as there is are other vehicles available.

Main regular task is to ensure gas bottles refilled between events.

Interested in helping the Assoc in this way? Please call President Sue Clarke or Secretary Julian Ledger.

NAVIGATION SHIELD '99

ORGANISERS REPORT

The 1999 Emergency Services Navigation Shield event organised by Confederation's Bushwalkers Wilderness Rescue was held in an area comprising Wingello State Forest, some of Morton National Park and some private properties, about two hours drive sws of Sydney and was a very successful event.

The base site (ie hash-house site) was at a disused landing strip in the pine forest section of Wingello State Forest with some easy controls in the pine forest and the mid-range of the course in the native forest sections of the State Forest, some cliff-edge controls having spectacular views into and over the Bundanoon Creek and Tallowa Gully. The higher scoring controls were in, and on the southern side of, Tallowa Gully in the Morton National Park with two overlooking the valley of the Shoalhaven River which in that area is Lake Yarrunga, formed by Tallowa Dam. In all, there were eight cliff-top controls of a total of 42 (plus three radio checkpoints) which was a bit of a luxury, but the spectacle was there to be shown off and enjoyed, so why not?

The map was a printed A2 composite 1:25000 of the corners of four sheets; Wingello, Bundanoon, Caoura, and Burrier. Total possible point-score was 2290.

The weather was perfect, clear days and nights although the nights were rather cold with moon-rise being about 9pm. At night the admin area was very adequately lit by a variation on the "moonlights" that came to prominence when used at the Thredbo landslide site.

A total of 116 teams, comprising about 450 competitors took place in the events. Although 13 rogaine-class teams entered some swapped into Nav Shield classes and at the start there were 6 rogaine teams in the "1-day" event, one of which didn't return until after midday on the second day, and 4 rogaine teams in the "2-day" event. It's a bit embarrassing having a long overdue team in an event being run by a search and rescue organisation but the consolation was that much of this State's (and some of Victoria's) rescue manpower and knowledge was on site.

The awards for the 1-day event were presented by the local Police Commander and the awards for the 2-day event were presented by Carmel Tebbutt, the Minister for Juvenile Justice,

representing the Premier.

Rogaine-class results

2-day event

Badlwin, Stone & Boyd	1510
Clarke & Keleman	1280
O'Hagan, Veldkamp & Whiting	450
Hardy, Hardy & Hardy	450

Nav shield Class-1 results (top three)

2-day event

Springwood Bushwalkers	1600
Shoalhaven Ambulance Team	1400
Kangaroo Valley Bushfire Brigade	1380

Rogaine-class results

1-day event

Dunn & Ferris	500
Bishop & Biddiscombe	350
Pope & Wood	340
Jacket & Irvine	320
Boyce, Bpyce & Nolde	70
Lippman & Deene	DNF

Nav shield class-1 results

(top three)

1-day event

Victorian SES Central	680
Wild Dogs Bushwalking Club	650
Berowra Bushwackers	630

Ken Smith

WINNERS REPORT

After last year's scrub bash extraordinaire, with its liberal sprinkling of dodgy controls on "edge of scrub patch" and the like, it was with some trepidation I decided to get a team together to return to the search and rescue Rogaine. The wilderness nature of the event is something to be savoured - it really is a great event for the more "bushwalking - inclined". There is safety in numbers, especially when it comes to searching, so a team of three sounded like a good idea. After a bit of e-mailing around I ended up convincing Marty Boyd and Andrew Stone to accompany me on this potentially epic adventure. Our plan as to travel light, returning to base for an overnight camp and a few hours sleep, then head out again Sunday.

Such a fine plan it was too!

The search and rescue rogaine starts on Friday night with the issuing of maps and control grid references, so it was important to get there early.

This year's event was based in Wingello State Forest near Bundanoon, about 2 hours from Canberra. A quick dash home, last minute packing and cooking up my favourite pasta for dinner and breakfast, then I jumped in my car to pop by Paddy's for last minute supplies of batteries, a lexan fork to eat my pasta with and a space blanket for Andrew. I picked up Andrew and headed down to Marty's place. He was still packing, but shortly we were on the road. A brief stop at Hungry Jack's in Marulan for a bit of fat-loading, then we turned onto the Tallong road. Along a rough gravel section under repair the car started making a terrible noise, so I stopped - flat tyre! Eventually I located the jack and we were soon underway again and arriving at event HQ about 9pm.

We picked up our maps and plotted the controls. A "concentric" point distribution meant the best strategy would be to head directly for the farthest reaches of the course, ignoring the nearby worthless controls. Satisfied with our plan we pitched the Taj and fell asleep. The morning left little time before the briefing. I was still stuffing gear into my pack when the siren went. Plenty of time though, an 8:20 start is fairly early in the day!

Soon we were trotting off down road towards 42. At the end of the track we cut back through scrub and outcrops and soon found our first control. So far so good. Down the rough gully we had to negotiate a slippery cliff in the gully before we reached 90, then it was easy travelling up the gorge alongside Tallowa creek. Very fine rain forest with creepers and mossy rocks a beaut area for a day walk or weekend trip! Clambering up the steep bank we soon reached 92 in a side gully. Back across the gorge, we were hoping to find a pass through the cliff, but it was a traverse of about 1km before a creek cut

(Continued on page 16)

