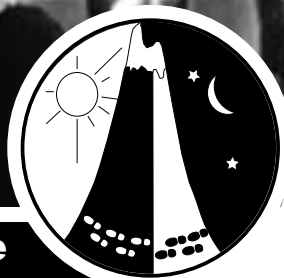
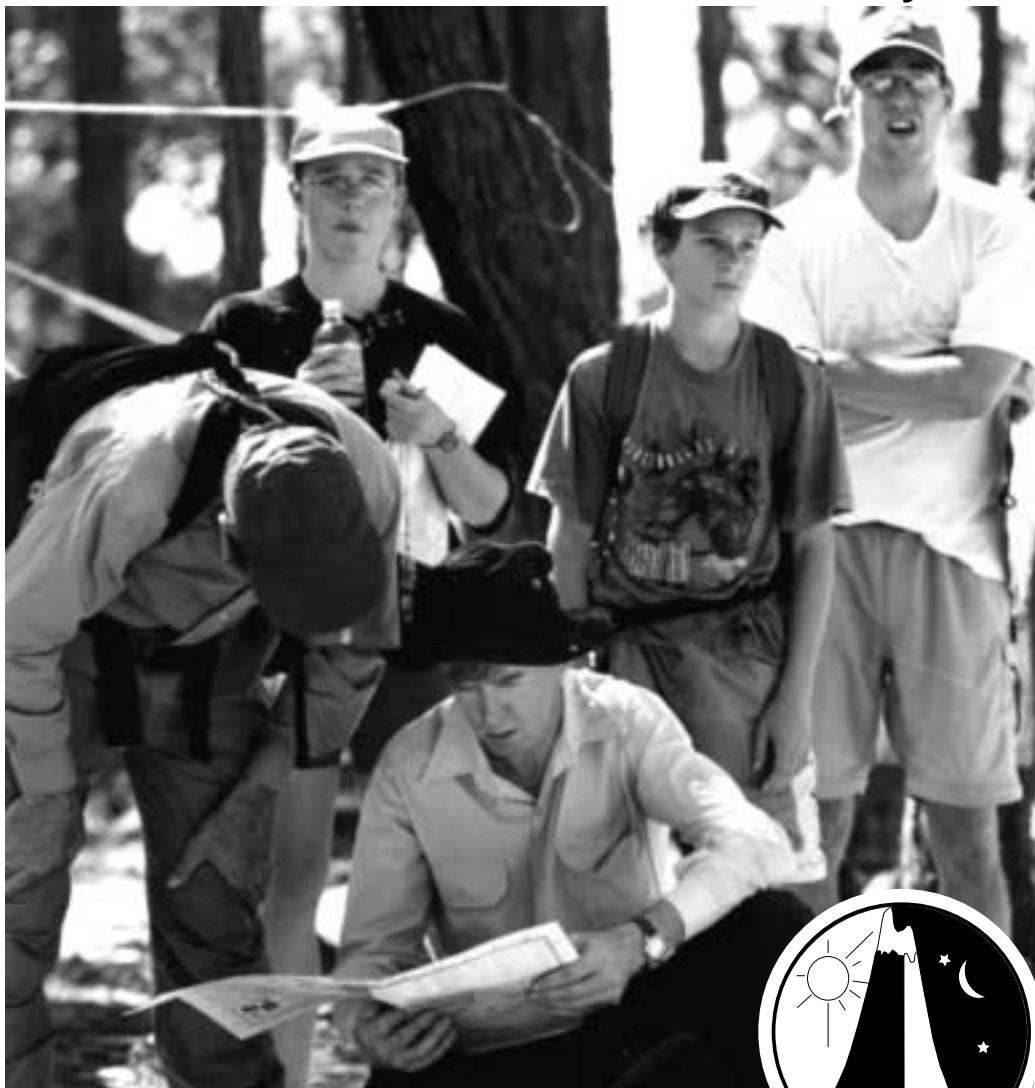


# NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION  
Issue 83

January 2001



[www.speakandbyte.com.au/rogaine](http://www.speakandbyte.com.au/rogaine)

# 2001 New South Wales & ACT Rogaines

	Date	Event	Location	Contact
<b>NSW</b>	25th February	<b>Metrogaine</b> 6 hour	<b>Northern Beaches</b>	<b>Anne Newman</b> (02) 9982 4836
	1st April	<b>ACT Paddy Pallin</b> 6 Hour	<b>ACT</b>	<b>(02) 6247 5334</b>
<b>NSW</b>	7-8th April	<b>12 / 24 hour</b>	<b>Western Blue Mts.</b>	<b>Sue Clarke</b> (02) 9816 2508
	4-5th May	<b>ACT Champs</b> 24 Hour	<b>ACT</b>	<b>(02) 6247 5334</b>
<b>NSW</b>	17th June	<b>Paddy Pallin</b> 6 Hour	<b>Lithgow</b>	<b>Julian Ledger</b> (02) 9261 1111
<b>NSW</b>	7-8th July	<b>NAV '01</b>	<b>TBA</b>	Organised independently by Bushwalkers Wilderness Rescue
<b>NSW</b>	25th August	<b>6 / 12 hour</b>	<b>Lake Macquarie</b>	<b>Rob Vincent</b> (02) 4956 7018
	9th September	<b>Cyclegaine</b>	<b>ACT</b>	<b>(02) 6247 5334</b>
<b>NSW</b>	27-28th October	<b>NSW Champs</b> 12 / 24 hour	<b>Southern Highlands</b>	<b>Mike Hotchkis</b> (02) 4294 1363
<b>NSW</b>	25th November	<b>Socialgaine</b> 6 hour	<b>South of Newcastle</b>	<b>Ian Dempsey</b> (02) 4943 5790
	1st December	<b>Spring</b> 6 / 12 Hour	<b>ACT</b>	<b>(02) 6247 5334</b>

## Rogaining in other States

Date	State	Event	Location	Contact
10-11th February	Western Australia	12 hr UpsideDown	TBA	(08) 9342 9213
11th February	Victoria	Canoegaine	TBA	(03) 9438 6626
10-11th March	Queensland	12 hr UpsideDown	TBA	(07) 3351 6563
10-11th March	Tasmania	6/12/24 Hour	TBA	(03) 6229 3280
4-5th August	Western Australia	<b>Oz Champs</b>	<b>TBA</b>	<b>(08) 9342 9213</b>

**Next World Championships**

25-28th July 2002 Czech Republic

# President's Welcome:

Welcome to the real start of the new millennium, Rogaining in 2001 and (do I hear a sigh of relief ?) my last Presidential ramblings. As advertised elsewhere in this newsletter, the AGM will be held at the Metrogaine in February and a new committee elected.

2000 was a good year for NSW rogaining, with a host of newcomers being introduced to the sport. This is the way our sport gains most - by current members bringing along their friends and letting them enjoy the experience for themselves. Any one can enjoy a rogain so long as they have compatible team members.

I would like to thank all of you who contributed to running our sport in the last year. Our sport is run by volunteers and all those who have helped at events have found it to be a surprisingly rewarding experience. So if you have been rogaining for a while and feel you have not made your contribution to the sport, just make us an offer of help and we will find a suitable way for you to join in.

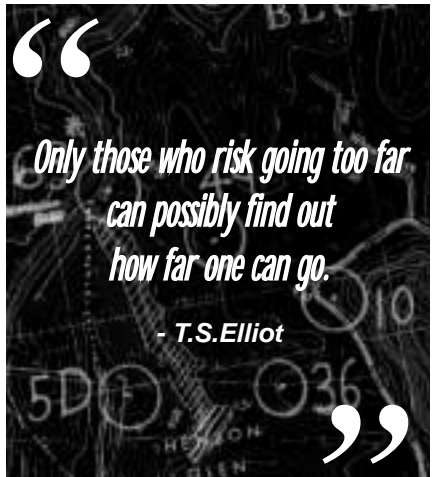
We have a whole swag of events lined up for this year, starting with the aforementioned Metrogaine on the Northern Beaches. I know Anne and Merv have been putting a lot of effort into the planning of this event, and I for one am certainly looking forward to it. It's also a great way to introduce your friends to rogaining - the thrill of the chase without the long drive out of town or the unknown of a real bush rogain. And once they are hooked you can bring them along to our next event, and the next..!

You may have noticed the new look newsletter - we have a new editor in Andy Mein, - the lanky guy with the cheerful grin who ran such an excellent but tough NSW Champs event last year at Six Brothers. Andy brings his printers expertise, his enthusiasm and his ideas to the task. The proof is in this - his excellent first creation, and it looks like he is out to prove something [??? - Ed.]. Many thanks and congratulations to our retiring editors,

(Continued on page 5)

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# Metrogaine:

Event name: **'Pelican's Roost'**  
Date: **Sunday 25th February 2001**  
Location: **Sydney's Northern Beaches**  
Event length: **6 hour**

Six hours of breathtaking scenery, wonderful beaches and local history, awaits you on this first ever Metrogaine on the spectacular Northern beaches. Sunday 25th February should already be on your calendar as the event that you're been waiting for. As usual, the event will cater for all comers, from beginners and families to the elite runners, orienteers and the serious and not so serious 'cappuccino' rogainers.

A variety of terrain is there to suit all tastes from local parks and beaches, where you can have a quick or leisurely dip, to the bush tracks along the magnificent coastline and also catering for those getting in some extra training for "The Six-foot Track" run the following week-end.

So whether you go out for six hours or just one or two hours, we're sure you'll be talking about the first Northern Beaches Metrogaine for a long time to come.

Anne & Merv



# 12/24 Hour:

Event name: **'Wolgan Wander'**  
Date: **7 - 8th April 2001**  
Location: **Western Blue Mountains**  
Event length: **24 hour with a 12 hour option**

This event has it all - views, magnificent rocky outcrops to scramble over, tracks down most of the spurs to give you a rest from bush-bashing, beautiful spiders webs, and the occasional wallow holes well used on those hot Christmas/New Year days out course-setting.

The area is almost all native forest, with some magnificent views from the many rocky outcrops on which we just couldn't resist hanging our flags. Caesar (the course-setting dog) enjoyed developing his rock climbing skills, though they are not necessary to reach any of the controls. Look out for the sneak preview photos at 'Pelican's Roost'.

The hardest part has been keeping the beer cold for the end of the day, and dragging ourselves back to the city at the end of the weekend. So fill out the entry form that came with this newsletter and send it off today. Or maybe tomorrow if you need time to finalise your team.

Walter, Sue & Caesar



# AGM Notification:

The 2001 Annual General Meeting of the New South Wales Rogaining Association will be held at 3.45pm on Sunday 25th February (at the Hash House after the 'Pelican's Roost' Metrogaine on Sydney's Northern Beaches).

## Agenda

Adoption of Minutes of the 2000 AGM

President's Report - Sue Clarke

Treasurer's Report - Tony Maloney

Adoption of Reports  
(including 2000 Financial Statements)

Election of Office Bearers/Committee Members

General Business

All Committee positions are up for election and new members are always welcome. Contact President Sue or another Committee member if you are interested in making a contribution to the running of an even better Rogaining in New South Wales in 2001.

*Julian Ledger*

Secretary - NSWRA



## Suggestions:

We would appreciate your suggestions on how we can improve the experience of Rogaining in New South Wales. Send your thoughts to our Secretary via email. All suggestions will be considered at the next meeting.

2000

# Committee

### President:

Sue Clarke  
02-9816 2508  
sclarke@efs.mq.edu.au

### Vice President:

Richard Sage  
02-9564 2126  
pkarch@marrickville.nsw.gov.au

### Secretary/Public Officer:

Julian Ledger  
02-9261 1111 (w)  
julianl@yhansw.org.au

### Treasurer:

Tony Maloney  
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Anthony\_Maloney@royalsun.com.au

### Newsletter Editor/Publicity Co-ordinator:

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### Membership Secretary:

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PO Box 584, Chatswood NSW 2057  
02-9808 4021  
smik@idx.com.au

### Equipment Officer:

Graeme Cooper  
02-6772 3584  
graeme\_cooper@bluepin.net.au

### Volunteer Co-ordinator:

Vacant

### Committee:

Stephen Castle  
Nihal Danis  
Alan Mansfield  
Daniel Marlay  
Rhonda Monahan

## President's Welcome: *Continued from page 2*

..... Stephen and Rhonda, who stay on as masters of our website, in between getting married and taking a well-earned honeymoon. Their big day is 18th March when they are heading bush (or at least out Dural way) before what sounds like a mega world trip. Thanks for having edited this newsletter for the past few years - a big job very well done on time and over many late nights. Besides collecting all the material there was also enlisting a lot of friends to help with folding, collating, inserting and posting.

And while I am handing out honourable mentions, shame on Ian Brown who has brought down the good name of rogaining! Here we have been ten years telling the world through promotional brochures that rogaining is easy and fun, only happens on sunny days and involves a loving caring relationship with your team-mates! Now Ian has written a shocking expose published in the Feb/Mar edition of *Outdoor Australia* magazine which describes in graphic detail some of the more challenging moments of 24 hour competitive rogaining. Moral of the story - if you think your team-mates are tough, make sure they think they are tough too, and what's more that they want you to think they are tough, and don't expect any sympathy when they are feeling the effort. And expect them to feel the same way about you!

On a separate (but not totally unrelated?) matter, we desperately need a volunteer to review our first aid supplies which are taken to every event. Contents of box need to be checked against stock list and for expiry dates and new supplies purchased. You may also like to consider any worthwhile additions. If you are able to help with this task please give Julian Ledger a ring on 02-9261 1111(w).

And finally all memberships expired as of 31st December 2000, so to keep receiving this newsletter, entry forms and your invitation to the wonderful world of Rogaining in 2001 you need to renew. Either renew with your entry to the Metrogaine, or if you really can't make it to that event, then fill in the form at the back of the newsletter and send it off before you forget.

I'll now leave you to enjoy your reading, and look forward to seeing you all at the 'Pelican's Roost' Metrogaine on Sydney's Northern Beaches very soon.

*Sue Clarke*

President - NSWRA

Travelling  
interstate - want to catch an  
event? Visit the ARA website for the  
full 2001 Australian event calender:  
**<http://rogaine.asn.au>**

# Daniel's *umogəpɪsdŋ* Debrief:

It seemed like a long way off when I put my hand up for organising another rogaine, but like always these things snuck up on me. Before I knew it it was 3 months before the event was due to be run, and I had to get started on the organisation of it all. Those three months seemed to fly by, particularly with a busy schedule at work, and soon it was the day of the event, and I was running around getting the last two or three control flags hanging, trying to work out where the trailer was and buying the food for the event.

The hash house was located at the forest headquarters for Wingello State Forest, a grassy clearing in amongst the pine trees. Over the course of the afternoon the competitors arrived, and set up camp. As this was an 'UpsideDown' rogaine, which started at midnight and went through until midday on the Sunday, some of the competitors headed to bed early to be fully rested when the start came at midnight. Others took part in the training course that was being run in the afternoon, taking the opportunity to brush up on their navigation skills and discuss route planning. The start was a bit of an anticlimax, with about half of the competitors opting for a slightly later start (and picking up their 100 points for staying an hour at the hash house in the process).

Throughout the night we ran patrols around the network of dirt roads through the forest, but we never did see too many people around. Back at the hash house our army of UNSW volunteers were plying food into any competitors who had wandered back to the hash house. As is usually the case when organising these things, estimating the amount of food for catering is quite difficult, and I'd arranged a bit too much food.

Sunday morning grew quite hot, and most teams made it back to the hash house before midday. The latest teams coming in just after midday. I was rather glad of that as we'd had to go out searching for a lost team at the end of the last rogaine I'd organised.

Lunch was had under the shade of the large trees at the back of the hash house, but we still had way too much food left over. By four o'clock, most of the teams had headed back, and by five we'd managed to clean up the hash house, and wander back to Sydney to sleep.

I'd like to thank the following people for making it possible for me to run this rogaine. Ken Wilson, Stuart Moin, Andrew Taylor, Chris Ernst, Owain Williams and Mike Hotchkis for their assistance in setting the course. Maureen Campbell and Denise Green for their fantastic work doing the Admin. on the day. They took over from the mess that was my pre-event organisation and left me with little to do after the event. Peter Kirievsky, Rick Hocking, Daniella Pelz, Cath Buckle, James Southwell, Tom Sobey and Chris Ernst for their help in running the hash house. Sue Clarke, Chippy LeCarpentier, Walter Kelemen and Mike Hotchkis for collecting most of the controls for me the following weekend. I'd like to thank Mike Hotchkis in particular for being there to answer any questions I had and remind about things that needed doing.

Finally, to all those competitors who didn't make it out to controls 100 and 82, you missed out on some fantastic views.

Daniel Marlay

Team #	12 Hr UpsideDown Socialgaine Results 25th November 2000	score	Time	overall	men's	women's	mixed	men's vet	mixed vet	family	junior	super vet
21	Ian Brown, Tony Garbellini	1150	12:02	1	1			1				
51	Glen Meyer, Lael Luxford, Enoch Grace	1120	11:37	2	2							
16	Chris Mein, Andy Mein	1060	11:48	3	3							
10	Melissa Thomas, Orla Murray	990	11:40	4		1						
6	Chippy Le Carpentier, Sue Clarke, Walter Kelemen	980	11:46	5			1		1			1
26	Trevor Gollan, George Collins	930	11:53	6	4			2				
30	Geoff Peel, Margaret Peel, Rob Smalley	880	11:46	7			2					
19	Paula Stuart, Oscar Clarke	760	11:13	8			3					
14	Paul & Barbara Campbell-Allen	740	11:50	9			4		2			
29	Chris Ryan, Andrew Kennedy	740	11:51	10			5					
1	Lynn Dabbs, Kevin Williams	720	11:34	11			6		3			
11	Max Coates, Greg Rowe, David Coysh	710	11:41	12	5			3				
45	Christopher Jenkins, Christopher Smithers, Dalton Harvey	710	11:55	13	6							
12	Bert, Dianne, Jamie and Kim van Netten	660	12:01	14			7			1		
39	Andy Cairns, Malcom Hughes	650	11:08	15	7		8					2
38	Jim Meek, Phil Carter	630	11:35	16	8							
36	Chris Waring, Julie Waring	600	11:29	17			9		4			
22	John Keats, Jennifer Borrell	590	11:17	18			10		5			3
27	Peter McConaghy, Anna Clarke	590	11:17	19			11					
28	Joel Haasdyk, Caroline Blake	590	11:44	20			12					
4	David Lilley, Neil Chappell	580	11:05	21	9			4				
24	Richard Sage, Nihal Danis	570	11:28	22			13		6			
35	Stephen Reynolds, Janelle White	570	11:28	23			14					
3	Rosemary Austen, Steve Garlick	560	11:28	24			15		7			
50	John Waddell, David Waddell	520	11:47	25	10			5				4
25	Ian & Matthew Almond, Bronwyn & Gavin Wilson	510	11:23	26			16					
2	Maggie Hart, Richard Smyth	500	11:20	27			17		8			5
34	Mark Powell, Scott Finlayson	500	11:50	28	11							
32	Katherine & Neil Lenehan, Naomi Goosen, Phillip Holman	480	11:45	29			18					
31	Mark Nolde, Ilana Inder	470	10:15	30			19					
48	Joel Stewart, Joe Gibkins	460	11:25	31			20					
9	Bob Bartle, Philip Allen, John cully	450	11:53	32	12			6				
41	Hal Benson, Leif Martisilin, Jason Finlay	450	12:00	33	13							
5	Jack Palmer, Pam Christealsen	430	10:52	34			21		9			6
49	Merv English, Anne Newman	430	11:32	35			22		10			
7	Harry Goyen, Sari Leois, Dianne MacKenzie	420	10:33	36			23		11			
42	Terry Murphy, Pat Murphy	380	11:42	37			24		12			
44	Catherine Murphy, Damien Murphy	380	11:42	38			25				1	
18	Robert Bradley, Maureen Fitzpatrick	370	11:11	39			26		13			
17	Bill Gribble, Leslie Steinhaus, Francis Bereczki	360	11:42	40	14			7				
8	Elwin, Arwen, Loina and Duncan Cross	340	10:48	41			27			2		
13	Thais Turner, Colin Fennine	340	11:41	42			28					
37	Steve Harrison, Glen Harrison	340	11:52	43						3		
33	Sabina Hamaty, David Hamaty	320	06:59	44			29					
23	Maurice Ripley, Sarah Fitzherbert, Claire & Jane Ripley	230	11:52	45			30			4		
43	Clare Murphy, Peter Murphy	200	11:35	46			31				2	



# Ten great reasons for teams to split up

.....and ten even better reasons not to!

*The following article was recently published in the Victorian Rogaining Association's newsletter. It is a timely reminder to us all as the Australian Rogaining Association plans to crack down on those teams that do not 'play fair' at this year's Australian Championship event. Whether your team splits up unintentionally or otherwise, there is no excuse. It's about fair competition.*

## 1. "We're novices. We didn't know".

We try and make sure all novices are aware of the rules of rogaining. We often point these particular rules out at the start of rogaines. We almost always write them on the event information sheet distributed to all team contacts before an event. Lists of the rules of rogaining are available from administration on the day. But it is always possible that first-timers do not realise that they cannot split up. So in case you don't know, here are the relevant rules:-

**R10:** *Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.*

**R11:** *A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.*

**R15:** *All team members shall simultaneously approach to within 20 metres, and within sight, of each checkpoint for which points are claimed.*

## 2. "The rest of my team are novices. Stop ruining their day!"

Obviously we do not want to discourage people from participating in rogaines, especially if this is their first time. If you've done an event before then please be aware of the rules, and ensure that any novice team mates know what they are.

## 3. "We fanned out to find the checkpoint. My team member is over there somewhere."

Fair enough. Fanning out is a legitimate technique for finding the checkpoint. But are your team members in unaided verbal contact of you? If not then you have split up. So remember that when you're fanning out.

## 4. "It's quicker if you split - Less in and out!"

Yes, we know. But it's even quicker if you go by car to the other end of the course. Or perhaps you could hide an ultra-light aircraft a kilometre or so from the hash house, and use that to secretly get from checkpoint to checkpoint. That'd be quicker still! However, all these strategies are against the rules.

### **5. "It's not like we're going to win or anything."**

That may well be the case, but you're still breaking the rules. Would you be happy to race off up the hill alone to visit a checkpoint and not punch your control card? After all, it's not like you're going to win or anything, so you don't really need to collect the points, do you?

More importantly though, splitting the team is a dangerous exercise. If a team member goes off alone into the bush to punch the control card, who's going to get help when that person falls down a mine shaft and is knocked unconscious? How are they going to be located? Rogaining has an excellent track record for health and safety. However, there are inherent risks in travelling through the bush, especially at night, and the rules are designed to minimise such risks. This is one of the reasons that you cannot enter a rogaïne as a team of one.

### **6. "It won't make any difference to the final placings".**

Well this is just not true. Obviously your team will gain an advantage over other teams by not all travelling to each checkpoint. And while it may not make any difference to you whether you come 50th or 60th, there are other teams out there who are trying their hardest to get into the top 60 teams, perhaps for the first time ever. Your splitting up may deny them of that achievement, even though they may have rightly earned it. Again ask yourself, if it's not going to make any difference, would you be happy to split up so that some team members reach a checkpoint and then not punch your control card?

### **7. "We were all close enough to the checkpoint."**

Were you all simultaneously within 20 metres and line-of-sight contact of the checkpoint? If so then yes, you were all close enough to the checkpoint. If not, then you weren't. It's unlikely that a committee member or event official or other team will question you about this unless you obviously weren't all close enough to the checkpoint.

### **8. "Other teams do it, so why shouldn't we?"**

Um ..... because it's against the rules? Rogaining is a team sport. It's not about a bunch of people all going off in different directions getting different checkpoints. It's about getting all team members to every checkpoint that the team claims points for. If you see other teams splitting up, get their team number from them and have them disqualified. Believe me I know this is not a lot of fun, but it is both your right and your responsibility to report teams that cheat.

### **9. "My team mate isn't feeling too good, so I've just nipped up to get the checkpoint."**

If a team member is tired, organise a rest stop, give them food and keep them warm. If they're more than just tired you may need to arrange medical assistance. If you need help, blow on your whistle to attract the attention of another team. Under no circumstances should you leave the unwell person alone in the bush, while you go off and find a control marker. Their health is more important than a few lousy points!

## 10. "My team mate is too \*%\$&% lazy to come up and get the thing!"

It is important when forming a team that all team members are of similar fitness, or else have similar and realistic expectations of the team's performance. You have to work as a team to maximise your score within the limitations of that team. Don't team up with someone you know isn't as fast as you and plan to go on ahead and get the checkpoints without them. Instead, work with that person to get the most out of the event together. Alternatively, look for a different partner. If you don't know anyone who is as fit as you, why not try using the Partner Finding Service?

### Finally:

The basic point is, there's no excuse for splitting up! So next time someone asks you how many people are in your team, where they all are, or what team number you are, please politely let them know. It's their right to ask, and you are obliged to tell them. And if you suspect someone's team has split up, please invoke your right to call them on it.

And remember, we're only trying to make for a fair competition. Would you really have it any other way?

Chris Solnordal

## Newsletter contributions:

The newsletters are an invaluable communication of forthcoming or related events, results from previous events, and important issues within the sport. They also provide us all with a forum for sharing our personal experiences either as participants or as part of the organising teams. So lets see more of the following in future newsletters:



Articles:

Pen some of your experiences at a past event; compose a comic spiel on becoming geographically challenged; offer some healthy advice to newcomers; or a letter to the editor.



Photographs:

Remember the age-old adage: 'a picture tells a thousand words'. If you have a worthy photo depicting our sport we'd like to see it in the newsletter or perhaps on the next front cover.

Send your contributions to newsletter Editor Andy Mein. Written word via email would be appreciated (PC Word '95 or 'text' file). Original copies of your photographs would be preferred and can be returned if requested. See Committee listing for Andy's contact details.

## Newsletters in 2001

Issue	Publication Date	Submissions Close Date
83	24th January	17th January
84	7th March	3rd March
85	16th May	9th May
86	18th July	11th July
87	19th September	12th September
88	7th November	2nd November



## Volunteer Requirements

	<b>Metrogaine</b> 25th February	<b>12/24 Hour</b> 7-8th April	<b>Paddy Pallin</b> 6 Hour 17th June	<b>Lake Macquarie</b> 6/12 Hour 25th August
<b>Event Co-ordinator</b>	Anne Newman	Sue Clarke	Julian Ledger	Rob Vincent
<b>Course Setter/s</b> Team leader plus 1 - 5 others  Team Leader indicated in <b>bold</b>	Anne Newman Merv English	Walter Kelemen Sue Clarke	Ross Barr	
<b>Course Vetter/s</b> Team Leader indicated in <b>bold</b>	Jenny Bond Tony Bond	Andrew Pope Andy Mein	Bill MacLean	
<b>Administration</b> Team leader plus 5 - 6 others  Team Leader indicated in <b>bold</b>	<b>Merv English</b> & team	<b>Trevor Golan</b>  ???	<b>Ross Barr</b>  ???	
<b>Hash-House</b> Team leader plus 6 - 12 others  Team Leader indicated in <b>bold</b>	Michael & team	???	1st. Waitara Scouts	
<b>Flag Retrieval</b>	Not Required	???	???	
<b>Contact Details</b>	Anne Newman 9982 4836	Sue Clarke 9816 2508	Julian Ledger 9261 1111(w)	Rob Vincent 4956 7018

Assistance from volunteers is essential to the sport. No experience is necessary - detailed instructions are supplied.

### Contact our Event Manager:

Mike Hotchkis (02) 4294 1363

mah@atom.ansto.gov.au

# A Question of Balance

How safe is rogaining? What are the responsibilities on event organisers, course setters, participants? Certainly to the general public it doesn't sound too safe - "you roam around in rugged bush - sometimes all night - even in mid winter?!?! - what are you on??" The sport definitely falls into the perilous adventure category.

Rogaining actually has a pretty good track record and a measure of accidents per 1000 participant rogaîne hours would still be a very small fraction. You would probably be at more risk staying at home and finding yourself outside many a Sydney drinking spot at 1.00am on Saturday night or for that matter driving across the centre lane of the Harbour Bridge. When rogaining you are certainly at unacceptable risk if you drive home after a rogaîne when physically tired and sleep deprived.

However, over the years there have been accidents and tiddlywinks our sport ain't. I remember a case of hypothermia in Kosciuszko National park which immobilised the competitor who had to be carried out the next morning. A celebrated fall down a mine shaft at Beechworth at the first World Rogaining Championships where rescuers found the rogaîner with fortunately only a cut on his forehead. There was a gashed shin requiring stitches at Cookbundoon, a badly broken arm at the Paddy Pallin at Bargo, a nasty scald which ended a team's rogaîne at one of the all night Hash Houses at last year's Aussie Champs at Gundy. Most recently heat distress at the very hot 2000 Lake Macquarie event. In Orienteering too accidents happen - last August Cassie Trewin damaged her spine jumping off a high wall at a European event prompting some questions within the administration of that sport as to what was acceptable in course design.



Rogainers, like everyone who ventures into the bush, accept an element of risk. With common sense it can be managed and placed well within the bounds of acceptability. If we listened too much to people like Bill Bryson and their paranoia of things that slither and crawl, we would never go even close to the end of the garden let alone some of the wild and wonderful places we find ourselves on rogaînes.

However, there have been some non rogaîne accidents this summer which have reminded me of the particular risks of falling whilst rogaining. Over a couple of days there were two fatal fall incidents in the Blue Mountains. In both cases the victim was beyond the safety rail at well known look-outs. It was rogaîner Geoff Luscombe, who as his day job heads up the Blue Mountains National Park, that had to front up to the TV cameras and no doubt appeal for the public to take more care and responsibility.

Rogaining in NSW necessarily involves a lot of rocky steep terrain. Particularly because Sydney is surrounded by Sydney sandstone - that warm colourful rock with the great grip but also many cliffs - many more I would think than any other popular rogaining terrain anywhere in the world.

Take the year 2000. We scrambled all day around the cliff lines at the Lake Macquarie 12 Hour including a tricky hectic nighttime descent off Monkey Mt below control 27. The ground was so dry that the accumulated leaf litter created some very slippery slopes. At the Paddy Pallin Rogaine in June, the pagodas of the Gardens of Stone National Park made for challenging navigation especially through the labyrinth of Genowlan Plateau. The pagodas themselves with their often convex slopes could trap the unwary into some exposed positions. Then earlier in the year was the NSW Championships at Six Brothers. The full 24 hours in challenging bush with plenty of climbing. At least the side of the course we went was a bit easier than the 1999 Championships at Wollombi - where one section which bothered me was the descent south off Mt Dalton - I believe there was an easier route than the one we found which certainly as climbers would say "had a few sporty moments". At least the course setter gave us no reason to climb Daltons Defense - rumoured to be impregnable.

No doubt every reader has their own memories of routes found and lost or won. The message is don't take risks, take responsibility for yourself, your team, and the least confident member. Take special care in wet conditions, in high winds, at night and when tired. Be particularly aware of childrens' needs. Never split up. Disorientation is common in steep, rocky or boulder terrain. Better to be late back than dead and late. Read the course setter's notes and take special heed of advice regarding access to or from a rocky control. If a pass is shown on the map don't go trying to look for your own shorter route. Ascending steep rock is easier and safer than descending the same route.

In the adrenalin and excitement of competition never forget it's safety first.

*Julian Ledger*



It's on again and heading for a third successful year, the *Oxfam Trailwalker Sydney 2001* takes place May 25-27th and registration is now open. With only 200 team places available, an early sign up is recommended.

The *Oxfam Trailwalker Sydney 2000* attracted 127 teams. 'Team Rogaine', with NSW member Paul Every as its leader, came in a solid second place in a time of 16 hours and 55 minutes, just behind the reigning Sydney champions, for the second year running, 'The Gurkha Team'.

The principle spirit of Trailwalker is you start as a team of four and you finish as a team of four, covering the 100km trail in under 48 hours. This year the trail follows 'The Great North Walk' from Hunter's Hill to Brooklyn.

To register a team or for more information call the Oxfam Trailwalker team on (02) 9264 1399 or register online at [www.caa.org.au/trailwalker](http://www.caa.org.au/trailwalker)

**Team Rogaine 2000** - Paul Every, Nigel Aylott, David Baldwin and Adrian Sheppard.





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# 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) .....

Interested in being a volunteer at an event this year? YES  NO

**The fee per annum is \$12 for the first person on this form and \$3 for each additional person.** The membership year starts 1<sup>st</sup> January. The maximum fee for a family is \$15. A family is defined as one or two adults plus any number of dependent children each of whom 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: **NSWRA Membership Secretary, 97 Norman Avenue, Thornleigh NSW 2120**

