

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 94

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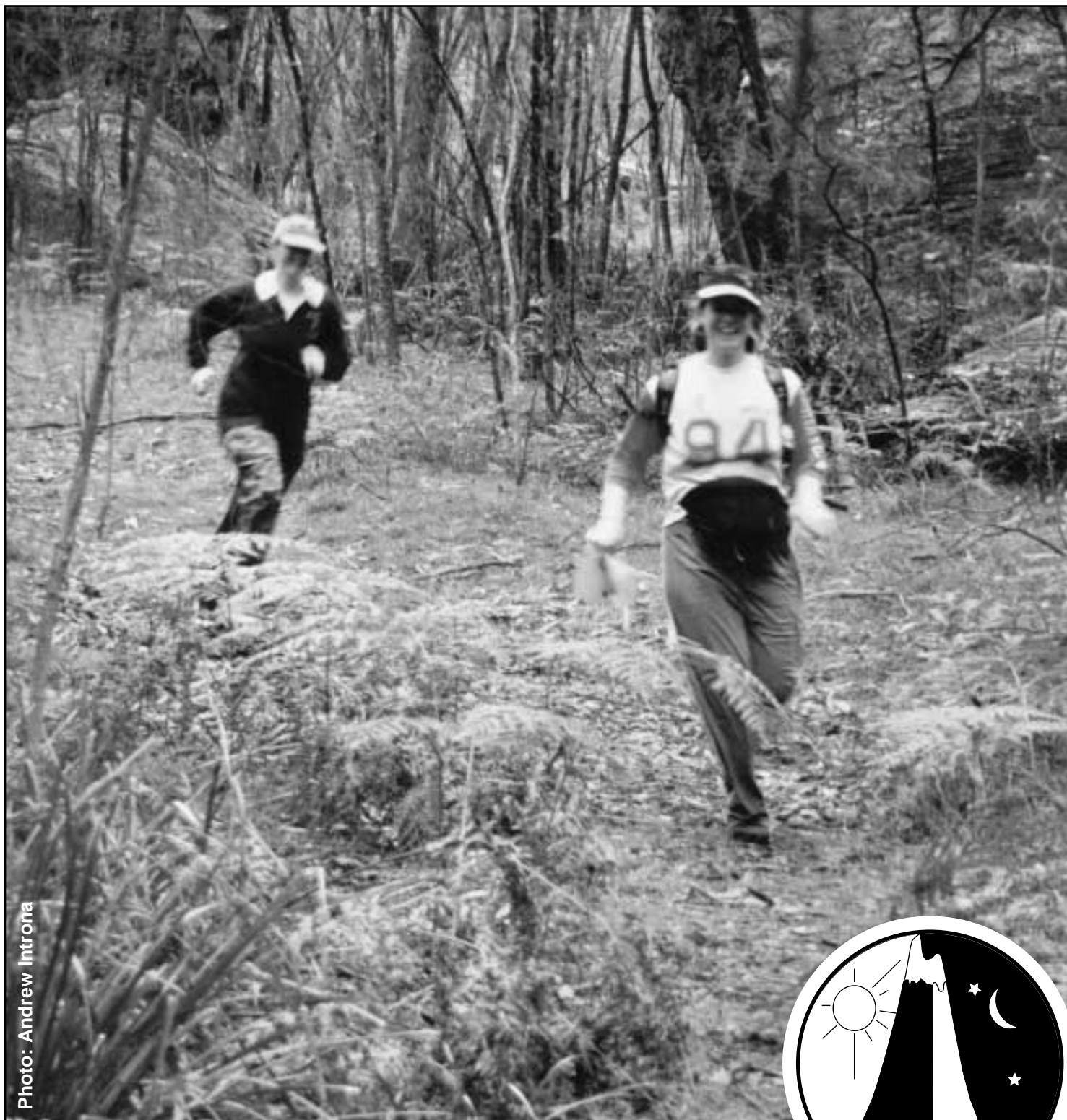
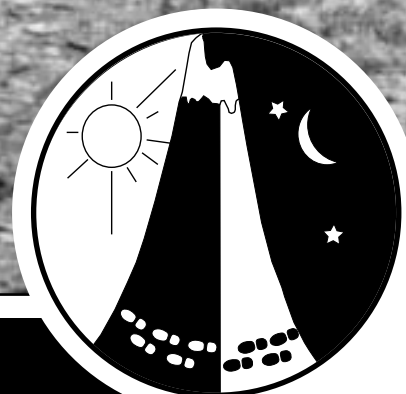


Photo: Andrew Introna



www.nswrogaining.org

2002 / 2003 New South Wales & ACT Rogaines

	Date	Event	Location	Contact
	16-17th November	ACT Champs 6/12/24 Hour	ACT	(02) 6251 6908
NSW	24th November	Socialgaine 6 Hour	North Shore	Ian McKenzie (02) 9439 7804
NSW	23rd February	Metrogaine	Cook's River	Nihal Danis (02) 9564 2126
	23 or 30th March (date to be confirmed)	Paddy Pallin 6 hour	ACT	(02) 6251 6908
NSW	April (date to be confirmed)	24 hour	TBA	ORGANISER REQUIRED
	May (date to be confirmed)	ACT Champs 8/24 Hour	ACT	(02) 6251 6908
NSW	15th June	Paddy Pallin Winter 6hr	TBA	CO-ORDINATOR REQUIRED
NSW	July (date to be confirmed)	NavShield'03	TBA	Organised independently by Bushwalkers Wilderness Rescue
NSW	August (date to be confirmed)	6 / 12 Hour	Lake Macquarie	TBA
	September (date to be confirmed)	6hr Cyclegaine	ACT	(02) 6251 6908
NSW	October (date to be confirmed)	NSW Champs	TBA	ORGANISER REQUIRED

Rogaining in other States

Date	State	Event	Location	Contact
16th November	South Australia	3 hour 'Mini-gaine'	TBA	(08) 8271 2712
7th December	Victoria	6 hour Bush 'Bi-gaine'	TBA	(03) 9438 6626

Tasmania is hosting the 2003 Australian Champs on the 18-19th January

Rogaining Tasmania (RT) is proud to be hosting the 24th Australian Rogaining Championships. The event is to be held near the town of Ross, which is 80k south of Launceston and 120k north of Hobart. The competition area is covered by undulating dry sclerophyll forest with areas of open farmland around the perimeter. Details available on the RT website: www.verdant.com.au/rt

[Vice] President's Piece:

Firstly congratulations to those who participated in and organised the NSW Rogaining Championships at Nowendoc, a particular thanks to Graeme Cooper for the course setting and organising, Vicki Cooper for the Catering, Richard Sage and Nihal Danis for the vetting and Nicole and Andrew Haigh for the administration. Surprisingly considering the heat most of you seem to have enjoyed the event. At the start I thought to myself it is the only time, when not competing, that I was glad not to be doing so with a westerly blowing and 35 degrees of heat.

The remainder of this report concerns the Planning Forum run at Ramsgate, Sydney on the 3rd November 2002.

"This is the first time at least for some years that the Association has convened a meeting in order to discuss how rogaining should be in NSW in the future.....Next year we will be celebrating the 20th Anniversary of the first rogaine held in NSW back in 1983. I will also be celebrating the 20th anniversary of my first rogaine which was in WA in 1983. From that first 12 hour event of which we only did about 8 hours and which I still remember vividly, I was hooked. With a love of mountain climbing, trekking, navigation and a bit of running this sport contained everything I wanted. Today 20 years on my passion for it is unabated and I remain as excited as I was on that first event about the sport and its possibilities." Julian Ledger

The group discussed the objective of the NSWRA and considers it to be the organising of rogaining events with in NSW to the standard required to run the Australian Championships when invited by the Australian Rogaining Association and to run that event and the NSW Championships to the technical standards required. This requires the NSWRA to foster and develop a capable organisation and volunteers able to run the events with freedom within that specification, to run Socialgaines with bonus points, the 48 hour Bushwalkers Rogaine of October 1997, metrogaines, the Ecogaine of 2002 and Upsidedown Rogaines.

"In 1989 I did my first event in NSW - the Paddy Pallin Rogaine which had been taken over from the Orienteering Federation and was organised by Warwick Marsden. It was great apart from horrendous gullies but there were not many people there. Another event that year at Belanglo organised by Peter Wherry was also good but very under patronised. I wrote to him saying we ought to be able to get more along to get a better return for the enormous work of course setting. That was how I became involved as more than just a participant.....In NSW we can be proud of many things that have been achieved in recent years. For example the 2000 ARA Championships held at Gundy on a very highly regarded course, the quality of our newsletter and also our good safety record.....Whilst Australians are considered being sport obsessed in reality....

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- Socialgaine entry form
- Metrogaine entry form

Are they talking about rogaining?

“

*You are never
a loser
until you
quit trying.*

- Mike Ditka

”

'Socialgaine':

Event name: **The 'Other Side' Socialgaine**
Date: **24th November**
Location: **Lower North Shore**
Event length: **6 hours**

The Guringai aborigines gave to the North Shore of Sydney the name 'Warung' meaning "the other side". Similarly, the inconvenience of a harbour crossing to the "other side" shaped the pattern of early European settlement. The first bridge link - the Fig Tree Bridge in 1885 - and the development of the North Shore railway in 1890-93 were major influences prior to the opening of the Harbour Bridge in 1932.

This rogaine provides you with the opportunity to discover the historic and scenic delights of the Lower North Shore. The checkpoint sites will take you through headland, bushland, parks and waterfront suburbs, including spectacular harbour views; historic streetscapes; aboriginal art sites; locations of historical significance in European settlement; pockets of urban bushland; Federation homes and sandstone mansions; and sites of early industry and military activity. At the same time, the event will provide a rich navigational challenge with a high density of checkpoints and constant route choice and course planning adjustment opportunities.

So please join us for the last event of 2002, as we re-discover Sydney's 'other side'.

Ian McKenzie



'Metrogaine':

Event name: **The 'Cooks River' 6hr Metrogaine**
Date: **23rd February 2003**
Location: **Southern Sydney**
Event length: **6 hour**

Traditionally the first event of the each new year is a Metrogaine. For those new to the sport, a 'metrogaine' is a short, friendly, no-fuss, daylight rogaine based around a metropolitan area. Using 'treasure-hunt' type questions the relaxed event allows us all to explore and discover new districts.

This year we will be discovering the lower Cooks River region, amongst the southern suburbs of Sydney, discovering Wolli Creek, Cup & Saucer Creek and the Alexandra Canal/Sheas Creek tributaries. Captain James Cook is believed to have rowed up Cooks River to Tempe in May 1770. The River has its source at Chullora, 23 km upstream from Botany Bay. The remnant vegetation of the Cooks River valley, the wetlands and features of historical interest are some of the highlights of the course.

Enjoy the diverse scenery, from riverside parks, through suburban residential and heavy industrial precincts, including the remnant Cooks River woodland and wetlands.

Nihal Danis & Richard Sage

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[Vice] President's Piece: ...continued from page 2

... for most that means watching but not doing it. We're a nation of Norms with the health problems to go with it. Most sports put you on the non competitive scrap heap at a relatively early age. This one however is a genuine sport for life. So long as you can walk you can enjoy it. The cunning that comes with age and experience is very useful. Even at the most competitive level the age range spans perhaps 30 years - late teens to late forties which I would think is unique. World champions in their 40's.....The essence of this sport combines navigational challenge, skillful planning, team work, resourcefulness and flexibility in the face of adversity with a strong physical element and endurance. Therein lies its appeal. Because the sport is still new, organisers have creatively kept pushing the boundaries of what rogaining might include in a way that has kept astonishing me. From the traditional 24 hour event has come the 12 hour and the six hour, the 12 or 15 hour out of 24 hour,.... the upside down rogaine, search and rescue rogaines,...cycle rogaines, paddle gains, snow-gaine.....All kinds of course types have been tried - easy and hard, large or small, big points on the outside of the course or big in the middle, widespread controls or a tight grid of controls, bush or open, mountain or flat. Maps of courses vary typically between 1:25,000 and 1:50,000 but there have been others. What is included on the map has some flexibility. Scoring systems have been experimented with, incentive controls, bonus points, points for starting later than the start time. Experiments with times of year, on course hash houses, size of events - the list goes on.....The essence of the sport especially at a championship level is now well defined through a set of rules and technical regulations. However, otherwise what we do is really only bounded by our imagination. When the history of the sport is written this time will be seen still only as about 10 past 12. That is still very near the beginning of the sport's development into what it will become in the future. This is what makes being involved in rogaining exciting.....I've heard one person say that the best thing for the sport is the 12 or 15 in 24 hour type event. Skillful and best use of the time available, over 24 hours but still some use to your employer on Monday. Another person said to me on Friday that the one thing that should not be encouraged was precisely this type of event - detracts from the...

..... continued on page 11

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4 Additional Members: Nihal Danis / Bronwyn Lawton

The 'Wild Cattle' NSW Champs in Review:



24hr vet team planning their winning course.

Photo: Andrew & Nicole Haigh

Does some alien power take a sadistic interest in our rogaines? It seems to me they attract more than their fair share of extreme weather. Maybe it is just one of those things that anyone who understands the mathematics of probability can easily prove to be false. Whatever, the 2002 NSW Championships coincided with a day that the Armidale local papers trumpeted as being the hottest October day on record. The temperature on the course, which I'm told ranged from 35 degrees on Saturday afternoon to near zero overnight was undoubtedly the most notable feature of an otherwise quiet event.

The thing most of us want to see after an event is the route taken by the high scoring teams. It is of particular interest to the course setters.

For this event, I haven't yet been able to do anything like a complete analysis as 20 of the intention boards, mostly in the western section, are still out there. What I can say is that all of the ten or so teams that visited the southern controls did so early on meaning they went around the course in a clockwise direction. The winners, William Landers and Richard Wood have provided me with the following report.

"Here is a list of the controls we visited. Those checkpoints we intended to visit but had to leave out are in [brackets] : 20, 43, 70, 72, 60, 75, 65, 42, 37, 36, 77, 71, 69, 64 (it got dark somewhere around here), 80, 54, 44, [78], 74, 83, 53, 81, 90, 79, 63, [73], 67, 66, 39 (got here at 3am, ate and left at 3:20min), 48, 74, 82, [57], [62], [58], 56, [68], [52], 55, 30, 76, 10, 59, 61, 50, 23, 51, 35, 33, 22, 31, [34], 45, 32, 41, 46, [49], 40, [38], 21, HH (with 10 minutes to spare). We were very tempted to get 49 but we probably would've gone over the time limit if we had. In hindsight we should've left 20, 43 & 70 and gotten more in the middle instead - you live you learn. Thanks for a really interesting rogaïne, especially the middle section (77 -- 64 etc we knew we'd left the ridge when we were forced to start crawling!). - William & Richard" (See page 10 for a marked up map of their route choice).



24hr Open Winners - William Landers and Richard Wood.

Photo: Andrew & Nicole Haigh

Like all successful rogaines, this one happened because a lot of people offered their time and energy to make it possible. With the course setting I was helped by Barry Brandon, John McKay and Charlie Thomson. The vettors were Richard Sage and Nihal Danis. All of these people also helped at the event in the Hash House or 'All Night Café' and other essential tasks. The administration ran smoothly thanks to Nicole and Andrew Haigh. They were assisted by Peter & Christine Kay, Brock Smith and Kate Kay. The catering was organised by Vicki Cooper. She was assisted by Narelle Clayton, Sue le Carpentier, Jack & Marly Sinden, Scott Finlayson, Andrew Johnstone, Stuart & Carolyn Thomson, Felicia, Bill Gribble, Mick Lo Monaco, Brett Higgins and Brian & Yvonne Forbes. Brett is one of the land owners. He also provided a valuable "test run" of a lot of the course. Brian & Yvonne are the owners of the "All Night Café". The use of this facility was a tremendous bonus to the event.



Graeme sharing his vast experience at the novice briefing.

Photo: Andrew & Nicole Haigh

Alan Mansfield drove the bus, Richard Sage drew up the safety plan, while flag retrieval has so far been done by Pam & Rob Montgomery, Barry Brandon & me. First aid was provided by Charlie Thomson and logo design by Roslyn Thomson. The washing and toilet water was provided by the local Rural Fire.....



24hr Womens Winners -
Lisa Perrett and
Christine Quigley.
Photo: Andrew & Nicole Haigh

... Service volunteers while the drinking water was a valuable donation by the owners of the Nowendoc Country Motel, Lynne Henderson & Heather Stackman. George Lyon, a landowner, sent "the boy" around to mow the Hash House site before the event. Erecting small tents before this happened would have been well nigh impossible. If I've missed anyone else in this listing, my apologies, it's just my poor memory/record keeping.

The landowners who generously allowed us use of their land were Jack & Bettina Blencowe, George & Suzanne Lyon, Allan & Cath Morris, Brett & Sharon Higgins, Ron & Nola Nicholson, Stan Madden, Eric Smoothy and Peter & Greg Axisa. A large part of the course was State Forest and the newly proclaimed Nowendoc National Park.

Thank you to all concerned.

Graeme Cooper

Event Co-ordinator.

Hottest Rogaine Ever:

This was by far the hottest (temperature wise) rogaine we have contested. During the very warm 2000 LMR we were confined to the Hash house area as part of the organising team. Now we know what it must have been like that day. Usually, in an effort to keep down pack weight, we carry 2 X 600 ml plastic drink bottles each, (400 ml less than the recommended 2 litres per person). This time we actually carried 2.4 litres each, double our usual ration. While at no time did we ever look like running out, the enticement of crystal clear creek water easily outweighed our fear of Giardia. Within an hour of the start we had emptied our by now hot bottled water and replaced it with the cool waters of a flowing creek. It tasted great and our only fear of any sort of contamination arose when we noticed John Barnes swimming upstream. So far even "Barnes' germs" haven't affected us!



24hr Mixed Winners - Conny
Warn and Bruce Fenton.
Photo: Andrew & Nicole Haigh



24hr Mixed Vet Winners -
Sue Clarke and
Walter Kelemen.
Photo: Andrew & Nicole Haigh

Unfortunately, our lack of fitness finally caught up with us. Generally we do OK on the back of experience, reasonably good navigation and the ability to formulate a viable route to match our capabilities. This time our plan was flawed, we struggled physically and we made a couple of navigational errors that cost us way too much time and energy. While this event was far from our finest performance, and therefore not our most enjoyable, I would like to pass on our thanks to all involved in its organisation.

Special thanks to Graeme Cooper for his course-setting and map-work. I know some traditionalists prefer using standard maps but if it is to be a true measure of navigational planning and implementation (as well as physical stamina) then a more accurate map lessens the involvement of luck. Coming from an orienteering background, I appreciate the map being a reasonably close representation of the terrain, such that any errors on course are self generated ones.

Graeme set a challenging course that offered many different route choices, ...

Results



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Team	24 hr Championship	Score	Time	Overall	Men	Women	Mixed	Vet	Men Vet	Women Vet	Mixed Vet	Super Vet	Junior	Family
5	William Landers, Richard Wood	2480	11.52	1	1									
1	Ian Dempsey, Wil de Sain, Bert van Netten	2370	11.42	2	2			1	1					
63	Michael Calleja, Robert Embery, Michael Van Der Vlist	2200	11.28	3	3									
57	Jordan Lefmann, Martin Lefmann	2110	11.45	4	4									
23	Bruce Fenton, Conny Warn	2020	11.3	5			1							
43	Andrew Kennedy, Christophe Ryan	1870	11.3	6	5									
58	Alexander Chew, Carwyn Davies, Scott Mills	1850	11.57	7	6									
61	Sue Clarke, Walter Kelemen	1790	10.37	8			2	2			1			
27	Gregory Knight, Paul Knight, Johnathon Thompson	1730	11.55	9	7									
13	Peter Dunn, Geoff Luscombe	1680	11.3	10	8			3	2					
62	Christine Curtin, Gordon Wilson	1650	11.14	11			3							
46	Alex Debond, Benjamin Kong	1580	11.48	12	9									
64	Joel Mackay, Jacqui Matthews	1570	11.45	13			4							
30	David Coysh, Greg Rowe	1530	11.34	14	10			4	3					
69	Geoff Peel, Margaret Peel	1480	10.52	15			5							
78	Ron Hutchings, Robert Hutchings	1470	11.35	16	11									
40	Paul Batten, Bronwyn Lawton	1440	11.31	17			6							
82	Trevor Gollan, Andrew Maris	1390	10.57	18	12									
66	Warwick Dougherty, Edda Keskula, Sandra Thomas	1350	11.31	19			7							
28	Martin Graham, Kelly Stephens	1350	11.43	20			8							
73	Matt de Berlin, Michael Meryment	1330	10.23	21	13									
42	Barbara Campbell-Allen, Paul Campbell-Allen	1270	11.31	22			9	5			2			
79	Lisa Perrett, Christine Quigley	1190	11.35	23		1								
29	Raffaella Cavadini, Oscar Clarke, Paula Stuart	1180	11.24	24			10							
9	Marilyn Ferris, Lesley Taylor	1180	11.27	25		2		6		1				
14	Jeff Paul, Steven Joh Taylor	1040	11.33	26	14			7	4					
22	Rodger Austen, Steve Garlick	940	10.54	27	15			8	5					
4	David Clayton, Vaughan Clayton	900	10.13	28	16									
24	Marcelle Gannon, Siobhan Toohill	850	11.53	29		3								
18	Anthony Dynon, Heather Dynon	820	11.3	30			11	9			3	1		
67	Owen Thoma Reynolds, Stephen Ro Reynolds	800	11.31	31	17									1
25	Tom Mactier, Christian Peckham, Cameron Schmelitschek	760	4.1	32	18									
15	Barry Hanlon, Janet Morris	740	11.25	33			12	10			4	2		
51	Ian Almond, Bronwyn Wilson	720	11.44	34			13	11			5			
60	Peter Dubbelaar, Ross Pointer	710	1.1	35	19									
72	Peter Hynd, Sonia Lansberg, Darren Walker	600	10.24	36			14							
36	Pam Montgomery, Robert Montgomery	590	8.07	37			15	12			6			
26	Stacey Ly, Hisako Shiraishi	440	7.17	38		4								

Team	15 in 24 hr Event	Score	Time	Overall	Men	Women	Mixed	Vet	Men Vet	Women Vet	Mixed Vet	Super Vet	Junior	Family
54	John Barnes, Andrew Pope, Carolin Storey	1290	14.49	1			1							
10	David Griffith, Christophe Waring, Robert Watson	1220	14.25	2	1			1	1					
39	Brendan Berghout, Stephen Fityus	1220	14.53	3	2									
56	Rick Mumford, Craig Stewart	1210	14.46	4	3									
74	Martin Cousins, Andrew McLeod	1190	14.41	5	4									
48	Peter Day, Philip Gibbs	1180	14.37	6	5									
19	Lyn Jones, Andrew Lumsden	1140	14.34	7			2	2			1			

Team	15 in 24 hr Event	Score	Time	Overall	Men	Women	Mixed	Vet	Men Vet	Women Vet	Mixed Vet	Super Vet	Junior	Family
6	Angela Falzarano, John Rijvers	1070	13.53	8			3	3			2			
12	Carol de Sain, Robert Joh Preston	1000	10.14	9			4							
84	Robin Buckley, Heather Cook	1000	13.3	10			5							
68	Gillian Woodward, John Woodward	1000	14.47	11			6	4			3			
34	Tom Dawes, John Le Carpentier	930	10.21	12	6			5	2			1		
7	Graham Hus Millar, Richard B Smyth	930	11.59	13	7			6	3			2		
76	Jo Gifkins, Joel Stewart	910	13.54	14			7							
80	Andrew Cottrill, Kenneth Hargreaves	900	14.32	15	8									
32	Steve Rampant, Nigel Thompson	900	14.4	16	9									
52	John Brayan, Paul Ettema, Carolyn Haupt	830	14.42	17			8							
38	Ken Bright, Craig d'Arcy	810	12.27	18	10									
86	Phil Holman, Annemarie Murphy	760	14.15	19			9							
31	Maxwell Be Bradshaw, Maxwell Sy Coates, Gayle Pershouse	740	14.34	20			10	7			4			
44	Christophe Braddock, Jono Miller	720	12.26	21	11									
17	Matt Blundell, Jason Wilson	690	8.26	22	12									
47	David McFarlane, Jenny Starling	660	12.37	23			11							
35	Warwick Burton, Martin ODonnell, Sean Richardson, Morgan Small	610	13.05	24	13									
77	Carl Chessman, John Reid	570	10.24	25	14									
71	Douglas Farrell, Jason Tsui	520	10.49	26	15									
8	Fiona, Joshua, Lauren and Tony Merritt	480	10.42	27			12							1
33	Mark Hall, Kerry Hall, Blake Hall, Jaden Hall	480	10.42	27			12							1
45	Janet Deane, Ann Kw an, Chu Wai Liew , Wendy Y ung	440	12.15	29		1								
37	John Biddiscombe, John Bishop	430	11.2	30	16			8	4					
50	Symeon Bourd, Robert Morgan	380	9.56	31	17									
21	Rosemary Seberry, Joanne Vanderstok	330	7.37	32		2								
75	Ione McLean, Juliet Spagnolo	310	5.04	33		3								
65	Penny Field, Tom Thomas	240	8.46	34			14	9			5			
11	Andrew Cole, John Cole	220	3.48	35	18									
83	Timothy Heasman, Jason Kilpatrick, Sam Wilson	70	9.06	36			15							
49	Gavin Hill, Sue Humphrey	20	4.4	37			16							



Hottest Rogaine Ever: ...continued from page 6

... while still allowing a considerable overlap of commonly visited controls. To me this should be the aim of Rogaine setting (even though I've never set one). I dislike events that are so big that most teams only see half the course. In these cases picking one side of the course may be advantageous even though this may not be obvious from the map detail. (i.e. one side of the course is crappier vegetation even though both were marked with the same vegetation feasibility.) Again many will disagree, but to me it's like having two different marathon courses. Before the start, competitors choose between the two, both with the same distance and climb. Halfway through the race one course suffers from a headwind while the other is advantaged by a tail wind. Seem fair?

Also thanks to the hash house team and the Haigh's for their organisational skills and quick publication of results on the web site. Special mention to the landowners that spent time meeting and helping Nihal feed teams at the 'All Night Cafe'.

Geoff & Margaret Peel

Team 69

Owen's Journal Entry:

On the weekend my dad and I went to the N.S.W. Rogaining Championships that were held near Nowendoc, which is about 70 km north of Gloucester. We were picked up from Hornsby Station at 18:15 hrs by a minibus. We got there at 24:00 hrs on Friday and then we had to put up our tent and get ready.

In the morning we got our map from the admin tent and for about an hour we chose a suitable route, one for Saturday and one for Sunday. Then at about 11:45 we went to the general Briefing and then at 12:00 it started.

It was an easy route for Saturday. At one point my dad saw a black snake whilst we were walking. I did some of the navigating and route choice. On Saturday we got 370 points which was pretty good. We got back on Saturday at about 17:30 hrs and had some dinner then went to bed at around 18:30 hrs.

On Sunday we got up at 01:30 hrs and had leftover dinner for breakfast, we had a big day ahead of us. We were out of the Hash House (the Hash House is the event headquarters) at 02:30 hrs and into the night we went. Until 05:45 hrs we did a lot of night navigation and then we just did normal navigation. Early in the morning we saw the moon setting on one side of the sky and the sun rising on the other side. On Sunday we saw a wombat that was really cute but boy could he run! We also saw a lot of cows and horses. Sundays route was a bit harder than Saturday but we got 430 points and all the checkpoints were hard to find. This was the day we had trouble, we were heading for the track, well we found the track but it was impenetrable (meaning you can't get through) so we had to go back to the checkpoint and on my suggestion, take a bearing up to a knoll (which is a small hill) and then walk down a spur (a spur being a projection from a mountain or mountain range) to the track just after the impenetrable forest then we were on our way back to the Hash House via our last checkpoint. We walked about 27 km during the event, some of it on easy tracks, some of it through thick bush.

After that at 13:00 hrs there was the presentation and we won the family competition!! We also beat two or three of the adult mens teams. I was very happy!! On the way back in the minibus almost everyone fell asleep.

When we got home I was nackered.

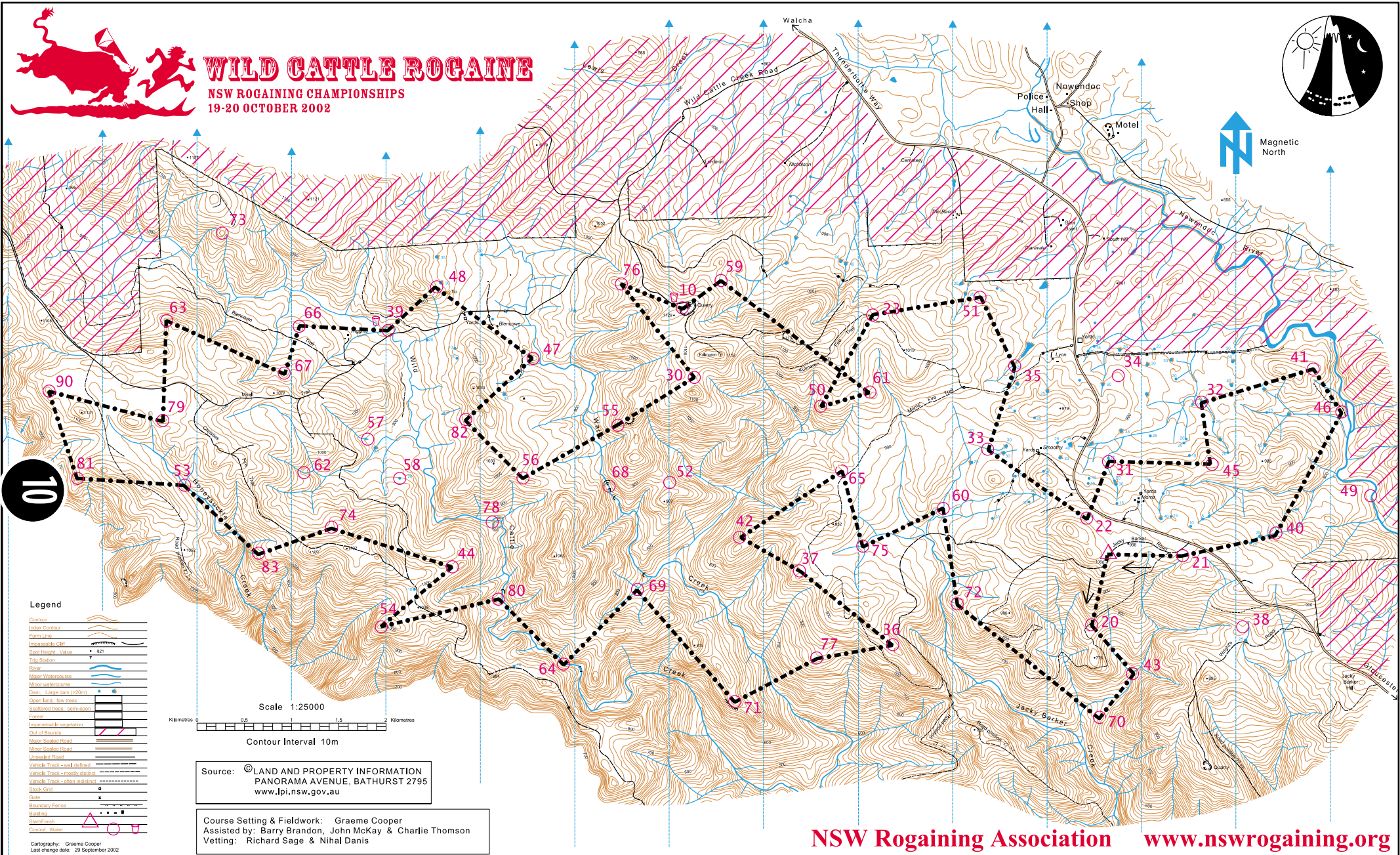
Owen Reynolds

*Team 67
(with his Father Stephen Reynolds)*





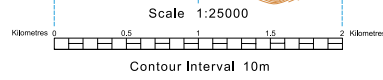
WILD CATTLE ROGAINE
NSW ROGAING CHAMPIONSHIPS
19-20 OCTOBER 2002



10

Legend

- Contour
- Index Contour
- Form Line
- Inaccessible Cliff
- Spot Height, Vague
- Tra Station
- River
- Major Watercourse
- Minor watercourse
- Dam - concrete (20m)
- Dam - Iron - low stone
- Scattered trees, semopen
- Forest
- Impenetrable vegetation
- Out of Bounds
- Major Sealed Road
- Minor Sealed Road
- Unsealed Road
- Vehicle Track - well defined
- Vehicle Track - muddy surface
- Vehicle Track - often indistinct
- Stock Grid
- Gate
- Boundary Fence
- Building
- Shed/Praxis
- Control Water



Source: © LAND AND PROPERTY INFORMATION
PANORAMA AVENUE, BATHURST 2795
www.lpi.nsw.gov.au

Course Setting & Fieldwork: Graeme Cooper
Assisted by: Barry Brandon, John McKay & Charlie Thomson
Vetting: Richard Sage & Nihal Danis


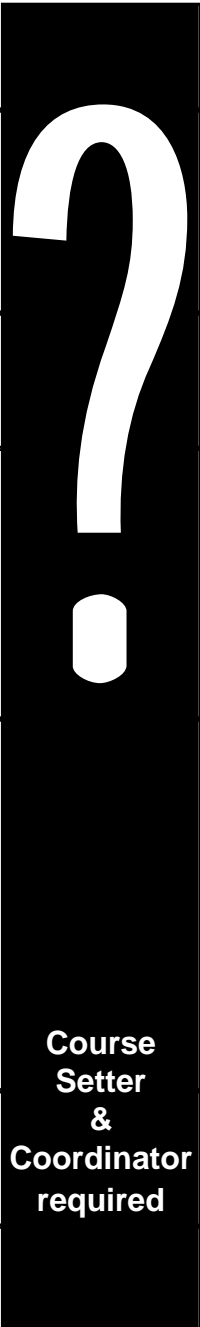
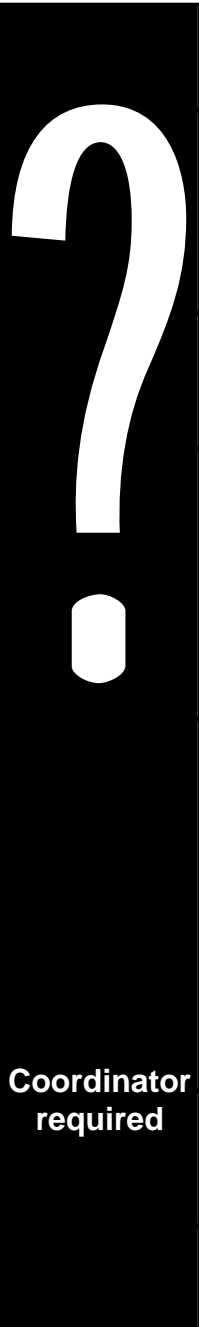
Cartography: Graeme Cooper
Last change date: 29 September 2002

NSW Rogaining Association www.nswrogaining.org

The Winners Route: Above is the route taken by William Landers and Richard Wood to win this years NSW Champs (once again after winning the 12hr Lake Macquarie event in August). Look back at your own route choices and at the ground covered during the event and make a comparison to the winning route. What can you learn from their choices and how could you have improved your teams score?

Assistance from volunteers is essential to the sport.

No experience is necessary - detailed instructions are supplied.

 Volunteer Requirements	Socialgaine 24th November	Metrogaine 23rd February	24 Hour April 2003	Paddy Pallin Winter 6 hr 15th June
Event Co-ordinator	Ian McKenzie	Nihal Danis Richard Sage		
Course Setter/s	Ian McKenzie	Nihal Danis Richard Sage		
Course Vetter/s	Ian Cameron	???		
Administration Team leader plus 5 - 6 others Team Leader indicated in bold	David & Jo McFarlane ???	???		
Hash-House Team leader plus 6 - 12 others Team Leader indicated in bold	???	???		
Flag Retrieval	???	???		
Contact Details	Ian McKenzie 9439 7804	Nihal Danis / Richard Sage (02) 9564 2126		



If you are interested in organising your own event please contact our Event Manager, Mike Hotchkis (see committee contact listing), or if you are able to help on an existing event please contact the event organisers noted above.

classic 24 hour. If you want a 12 hour then run a 12 hour. This diversity of opinion is good and healthy, leaves the committee with challenges but plenty of scope to cater for varying tastes.....Looking back on those early and now rather cruddy looking maps with few controls, quite often rather dodgy, and obvious routes from one to another.....I have it on good authority, that this years Socialgaine will have over 100 controls with massive route choice and a lot of very interesting historical and other features. When people set off with their maps they are going into a puzzle created by someone - Ian Mackenzie - who is both a successful rogainer of many years and also an experienced orienteer nationally and internationally.....NSW Rogaining has settled down in recent years into a pattern each year of around three 6 hour events - metrogaine, paddy pallin and socialgaine, one 12 hour event - the Lake Macquarie and two 24 hour events usually including shorter 12 hour options. One of the 24 hour events is the championship. In addition we have the Search and Rescue Rogaine plus quite easy access to another few events in the ACT. This year including the chilly (-7 degrees) Australian Championships." J.L.3/11/2002

The group discussed the calendar, identified the popularity of shorter events and considered the calendar is fundamentally sound however the committee should encourage organisers of future Paddy Pallins to split it over two days. That the socialgaine should be reviewed to consider whether it has become a normal rogaine and not the original concept of a simple 3 hour rogaine where everyone could socialise at the end of the rogaining year. The '12 in 24' or '15 in 24 hour' rogaines or variations to that effect should be the only type of event run with the 24 hour NSW Championships.

The position of NSWRA in the market place of orienteering, search and rescue rogaines, community rogaines, Polaris bicycle events, corporate rogaines/team building/personal development rogaines for profit and multi sport endurance events was discussed. The group recognised that the NSWRA should protect and promote its brand, that is 'rogaining', where appropriate and also recognise the opportunities for promoting rogaining that these events may provide.

"Rogaining is organised entirely on a voluntary basis. It is time intensive. Particularly for the course setters/vetters and then closer to the event for the admin people and the caterers. For the key people an event takes over your life at considerable risk to other relationships - eg with your partner or your employer. And then we have the work needed to keep the Association going - in particular the big jobs - president, event manager, newsletter editor, membership secretary, treasurer, secretary and increasingly the webmaster. People volunteer for no monetary reward and by definition do it because they want to do it. The satisfaction gained from a hobby like taking on a role with Rogaining can be very rewarding. Making a contribution, putting something back, seeing the fruits of your efforts, friendships with kindred spirits. On the other hand, the work, the responsibility, the time required can be a great challenge - particularly if people stay on after they have stopped enjoying it. Also most of the Committee roles require not the sudden bursts of energy that most of us seem to like to give but an ongoing commitment which means doing things promptly and a continuous basis.....When I started rogaining the organising looked impressive and out of reach. Eg complex and not something I would take on. That is public speaking, precise map preparation and course setting work, organising food all night for hundreds of people in the bush etc. Today we know that all these tasks are done by us and we are all pretty ordinary! Our task is to enthuse, invite, attract and retain more and newer people to assist with rogaining in NSW and suggest to them that they, with appropriate support from experienced rogaine volunteers also have what it takes to make a contribution." J.L.3/11/2002

Active membership is a concept the group began to explore, and this is something for the committee to refine and communicate to the membership. Some options considered are that once you have participated a number of times then you would be obliged to assist or alternatively the NSWRA could develop a dual membership. Tasks that can reasonably be expected to be done within an active membership scheme should be identified and specified. Roles such as vettor, course setter must have a job...

specification produced and that more experienced rogainers mentor, develop and encourage people to take on these roles. This would require the committee to clearly define tasks and develop job specifications for the significant roles within the organisation.

Incentives should be offered to volunteers such as acknowledgement in the newsletter, invite them to a annual dinner, provide a meal or barbeque at the hash house site after the event for removal of flags as an example and other options. Though the most important thing committee members could do is to take a leadership role in engaging and encouraging members to volunteer. The first such event will be held at the Korean BBQ Restaurant, 10 Bridge Street Epping at 19:00 on the 12/1/2003. Reasonably limited numbers, so please RSVP to **pbatten@els.mq.edu.au** or phone 0416 217 225.

Mike Hotchkis offered to take on the role of volunteer coordinator, a role that has existed previously, however it is to be reinvigorated. This role that must be supported by the committee to build our base of volunteers. A review will be done of the memberships database and to identify natural regions within the database, ie Hunter, Illawarra, north of the Harbour - Sydney. We will then be looking for members who are not currently active on the committee to become a volunteer coordinator for that region. The region would primarily be the supplier of volunteers for any events run in that area acknowledging that it is not just location but also when that effects a person's attendance at an event.

There will be vacant positions for at least the President, Newsletter Editor and Memberships Secretary within the committee. Thank you to Richard Sage, Belinda Pope, Andrew Pope and Andy Mein.

Regarding the newsletter, the group considered the purpose of the newsletter is to inform members of upcoming events, the results of events, news about rogaining and opinions about rogaining. It was decided to reduce the future number of newsletters to two a year, to produce a magnet backed calendar similar to the one produced for 2001 and to introduce an electronic newsletter that is emailed regularly to all members who have supplied their email address to the NSWRA. The reduction in newsletter costs would enable promotional entry forms to be produced for distribution in out door shops etc.

To start this process we would like to gather the email addresses of all interested members. Please forward a message to **the_bovine@bigpond.com** , Alan Mansfield, with the subject line "*please send me an electronic newsletter in 2003.*"

The changes to the newsletter will mean increased reliance upon the website. The website should include the organisations contact details - postal and phone number - as well as electronic, updated information for coming events, a message board including a moderator, results, on line entry, capacity for a deputy web master to run the website, links to other sites, PDF entry forms, routine updates, merchant card facilities and Bpay facilities.

Thank you to Julian Ledger for his opening remarks that are included in this report, to Nihal Danis for facilitating, Richard Sage for helping with organising the forum and Ian Almond, Mike Hotchkis, Graeme Cooper, Walter Kellerman, Sue Clarke, Bronwyn Lawton, Paul Batten, and Tony Maloney. Also to Andrew Haigh, Bert van Netten, John Barnes, David McFarlane, Jeremy Henson and Rob Vincent for your phone calls, emails or posts to the website discussion board.

"I've always liked the culture of this sport - informal, unassuming, relaxed, ironic, but combined with the huge athletic and mental challenge of doing well in an event which might be twice as far and ten times longer in time than an olympic marathon. Our trick is to retain what we like about the atmosphere but also improve our systems to ensure things always work, that we are reliable and that we keep going forward." J.L. 3/11/2002.

Alan Mansfield

Vice President, NSWRA
3rd November 2002

\$500 Donation received with thanks to all NSW rogainers:

For many years the *Paddy Pallin* sponsored Winter 6hr event has made a donation to one of the many organisations that Paddy Pallin, the man, pioneered or promoted in his lifetime. There are five organisations of which the association alternates between, namely: Kosciusko Huts Association; Scouts Association, National Parks Association; Youth Hostels Association; and Bushwalkers Search & Rescue.

In this, the International Year of Mountains, it was decided that the *Kosciusko Huts Association* would be this years recipient, to aid their work retaining the heritage of the remaining high country huts.

The following is extracted from return correspondence with Kosciusko Huts Association:

Thanks for your letter enclosing a \$500 donation from your organisation towards a specific project of our choosing..... the donation [will] go towards the building of a hut to replace Broken Dam Hut.

Paddy Pallin loved the huts and Broken Dam Hut would have been one of his favourites. Paddy's son Robert is Patron of KHA, a role Paddy filled for many years.

May I again thank the NSW Rogaining Association and its members for their generous donation.

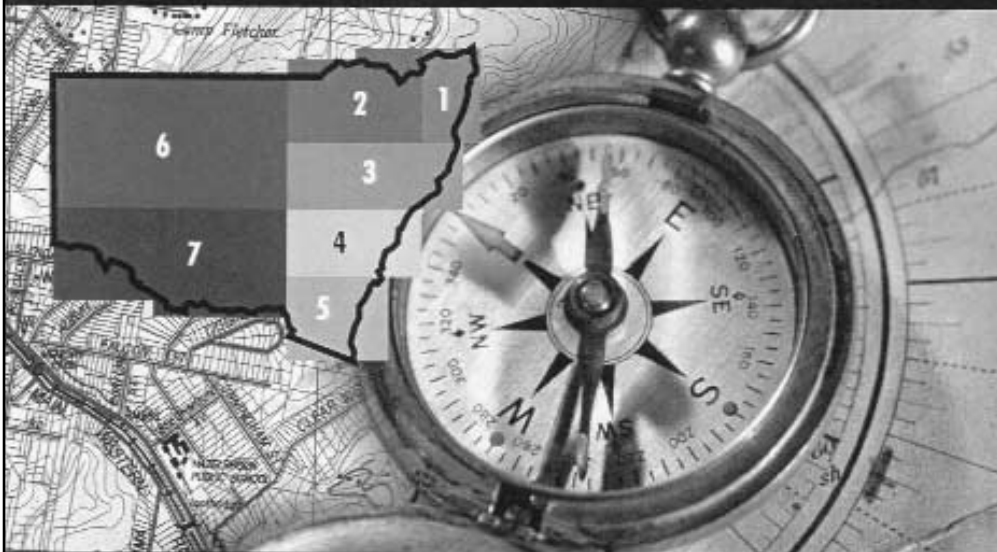
*Maurice Sexton
President - Kosciusko Huts Association
September 2002*



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What is Rogaining?

Rogaining is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most NSW events are held within 2/3 hours travelling time of Sydney.

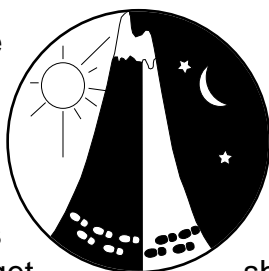
Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas ('metrogaines'), or on bikes ('cyclegaines'). Rogaining is a challenging adventure sport and is a lot of fun.

Who is it for?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "hash house" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 km in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.



What do you need?

Rogaining is good value for money; all you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the hash house.

What does it cost?

In New South Wales the entry fees vary from \$20 to \$40 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

A modest annual membership fee is charged to cover among other things a regular bi-monthly newsletter. Membership fees are currently \$13 for individuals and \$17 for a Family membership. A household membership is also available where all members share the same address. In this instance there is an additional \$4 for each person on top of the initial individual membership. You can join when you enter your first event.

Contact information:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event on the calendar.

NSWRA Voicemail 9990 3480

NSWRA Public Officer
Julian Ledger 9261 1111 (w)
julianl@yhansw.org.au

NSWRA Hon. Secretary
Sue Clarke 9816 2508
sclarke@efs.mq.edu.au

<http://www.nswrogaining.org>