



NEW SOUTH WALES  
**WROGAINING**  
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 96

March 2003



*'A SPORT FOR ALL THE FAMILY' - Stephen Pope at the Cooks River Metrogaine.*

This is the first issue following the Annual General Meeting and it is timely to thank those former Committee members who are taking a well earned rest from their roles. We newer Committee Members have a hard act to follow. Thanks guys. New blood is always warmly welcomed on the committee or as an event volunteer, so don't wait for the next AGM to volunteer. Do it now!!!

[www.nswrogaining.org](http://www.nswrogaining.org)



# 2003 NSW AND ACT ROGAINES

Date	Event	Location	Contact
Unfortunately the Barrington Tops 24 hour event scheduled for 25-26 <sup>th</sup> April has been CANCELLED due to unresolvable land usage issues.			
10-11 <sup>th</sup> May	ACT Champs 24 hour	ACT	(02) 6251 6908
15 <sup>th</sup> June	Paddy Pallin Winter 6 hour	North of Hornsby	Andy Mein (02) 9477 4645
5-6 <sup>th</sup> July	NavShield '03	TBA	Organised independently by Bushwalkers Wilderness Rescue
23 <sup>rd</sup> August	6 / 12 hour	Lake Macquarie	Bert van Netten (02) 4975 3693
31 <sup>st</sup> August	ACT 6 hour Cyclegaine	ACT	(02) 6251 6908
11-12 <sup>th</sup> October	NSW 24 hour Champs	South Coast	Trevor Gollan (02) 4226 5544
23 <sup>rd</sup> November	Socialgaine	TBA	Rollie Burford

Are you aware of any other events that may be of interest to your fellow rogainers?

Please let me know so we can publish it in the newsletter.

All articles, photographs, etc will be warmly welcomed.

Email to  
> titianj@bigpond.com <



**Our new President taking care of the future of our sport.**

"You've got the right pedigree and if you listen to me and continue the way you are going, I think you'll be state champion by about 2020.

What do you think?

Talk to Mum and Dad about it. Okay!!"

**Editor.**

*Shaun Pope on his first event.*



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## THE PRESIDENT'S WELCOME ~ March 2003

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Welcome to the second newsletter for 2003. The year has started well with a good turn-out for this years Metrogaine despite the intermittent heavy rain. I certainly enjoyed the chance to sample various Turkish, Lebanese, and Greek bakeries as my wife and I navigated our way around the southern suburbs of Sydney. I can't recall a past event where aircraft literally shook the ground as they roared a mere 10 metres over my head, or where my wife teased me about turning the "street directory" upside-down as I orientated the map ( "... so it's OK in the bush is it!"). Many thanks go to Richard Sage and Nihal Danis, and their team, for organising the event.

Richard retired from his role as President of the Association, as of the Annual General Meeting held at the conclusion of the Metrogaine. Our thanks once again go to Richard for his efforts over the last two years keeping our sport alive and growing in New South Wales.

While the AGM is a necessary formality of our Association, it is the formation of the new committee at the beginning of each year that is the greatest significance to the sport. Many of the same faces have remained to continue their good work. Julian Ledger, continues his long time involvement as the Public Officer, and has handed his dual role as Publicity Coordinator to the combined team of Nihal Danis and Bronwyn Batten. Mike Hotchkis continues his all important role as the Event Manager, and as the NSW representative to the Australian Rogaining Association. Tony Maloney continues his grasp on the Association's cheque book as the Treasurer. Alan Mansfield has moved to the role of Secretary, with Andrew Pope taking on Alan's previous role as Vice-President. The Membership Secretary role of which Andrew job shared with wife Belinda, has been taken on by one of our new faces, Ian Almond. The Newsletter Editorship I have handed to the other welcomed new face to the committee, Julie Bacon. Welcome to you both. The important role of Webmaster has been taken on by Graeme Cooper. We all thank the past webmasters, Stephen and Rhonda Castle for their many years in the role. Sue Clarke has relieved herself of a specific role on the committee and remains as a general committee member. The role of President has been handed from Richard Sage, who remains in the role of Safety Officer, to myself. And from this new and reformed team the work will continue as we build upon the past years of continued growth of the sport of Rogaining in New South Wales.

My first rogaine was the Fortress Ridge Paddy Pallin event in 1998, and I have not missed many events since. The sport appealed to the little boy within. Growing up surrounded by urban bushland had provided me with many opportunities for adventuring around the "wildernesses" of suburbia as a child, and rogaining continued that adventuring. I also sensed an air of community and a common sense of enjoyment amongst the participants, which also appealed. While I have enjoyed many rogaines in my short involvement in the sport, the most rewarding aspect has been in the organisational side of the sport and events. In 1999 I gathered together a crew of friends and organised my first event – the 2000 New South Wales Champs. From there I was coerced onto the Association's committee. Two years as newsletter editor and organising last years Paddy Pallin event have kept me busy and involved. While it was and is at times, work, it continues to be very rewarding. The Paddy Pallin event is coming together once again for June this year under my care, and the role of President will no doubt challenge me.

To my mind the most important challenge of the President and the committee is ensuring that the events continue to be the focus of all discussions and decisions made by the committee. Our primary role should be to ensure that each of the organisers of the six events each year are well supported in all the aspects that make a successful event, and that all the supporting functions of the Association such as the website, the newsletter, and the continued promotion of the sport are effective.

I look forward to seeing you all at the next event.

Andy Mein

## THE BARRINGTON TOPS 24 HOUR Friday 25<sup>th</sup> – Saturday 26<sup>th</sup> April 2003

### *A great introduction to 24 hour Rogaining!*

This event is designed to be mostly track navigation in one of Australia's best bushwalking areas. Overnight camping is encouraged. The event will be at Paddy Pallin which is just north of the centre of the map. There will be easy access off tracks to most controls. There will also be a small percentage of navigational challenging control sites. Estimated maximum course length will be 70-80 kms. The Bush House (at Paddy Pallin) will only be open for a tea and damper.

# CANCELLED

**Suggested alternative 24 hour event is the ACT Champs  
(see enclosed brochure)**

Note the change of dates -- i.e. NOT Easter weekend.

Bert van Netten

## THE 40<sup>th</sup> ANNUAL PADDYPALLIN WINTER 6 HOUR Sunday 15<sup>th</sup> June 2003



It is now less than 3 months to the premier navigational event of our calendar. This year we will be travelling north of the Hawkesbury River, and thankfully not the three hours plus travel of the last few years.

While it is always our objective to create a course to suit the newcomers to sport for this event, it is not always possible. This year should be ideal as the course is set in a unique bushland area surrounded by farmlets and major roads, so there is no need to be concerned about becoming geographically challenged.

We once again are lucky to have 1<sup>st</sup> Waitara Scouts continuing their catering at the event, so you can hopefully expect another roast dinner 'al-a-outdoors' on the Saturday night (if you chose to join us camping on the Saturday night).

Again we are lucky to have the support of *Paddy Pallin Outdoor Equipment* as the primary sponsor. Event prizes, including 'lucky entrant' draws, are kindly being provided by ULTIMATE (hydration packs) and BLACK DIAMOND (head torches). Last year we had to turn away almost 75 hopeful participants as the event fills up quickly. The limit is 600 this year, so be quick.

Andy Mein

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# 2003 COOK'S RIVER METROGAINE WRAP-UP:

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## FROM THE ORGANISERS / COURSE SETTERS:

Held under threatening skies and the occasional shower, the 2003 Metrogaine was well attended with more than 300 entrants. During the course setting we had been conscious of the dry prevailing conditions and the need to provide shade at the finish. As it turned out, we happily take the credit for breaking the drought in NSW!

One of the benefits of setting a course "in your own back yard" is that you discover many new places that you can and will go back to. Like most rogainers, our record of revisiting attractive rogaining territory is not good. In the Cooks River event, we tried to visit most of the public open space in the area. It is a useful reminder of just how little there is in the inner west and how broken up and dissected by transport arteries it has become.

Thanks go to Oskar and Paula Clarke for vetting, Sema Danis for Admin and Ry Clarke for assisting on the day.

Catering was by Ian Almond and the Mt. Kembla Scout Group. Many thanks guys.

Richard Sage & Nihal Danis



**Where will next years  
Metrogaine be held?**



**'Watch this space'**

Team No.	THE 2003 'COOKS RIVER' 6 HOUR METROGAINE	Score	Time	Overall	Men	Women	Mixed	Vets	Mens Vets	Women Vets	Mixed Vets	Super Vets	Junior	Family
80	Michael Burton, Arthur Kingsland	3750	14.51	1	1			1	1					
7	Bronwyn Batten, Paul Batten	3430	14.59	2			1							
95	Matt Blundell, Jason Wilson	3390	14.55	3	2									
92	Joel Mackay, Jacqui Matthews	3180	14.58	4			2							
13	Ian Cameron, James Lithgow	3170	14.49	5	3			2	2					
115	Mike Hotchkis, Walter Kelemen	3160	15.01	6	4			3	3					
9	Ross Barr, Ian McKenzie	3050	15.14	7	5			4	4					
103	John Barnes, Mardi Beat, Andrew Perry	3040	14.58	8			3							
70	Andrew Haigh, Nicole Haigh	2990	14.58	9			4							
100	Andrew Crawley, Michael Gillan	2840	15.01	10	6									
121	Geoff Peel, Margaret Peel	2800	15.02	11			5							
122	Bruce Fenton, Conry Gissel	2730	14.49	12			6							
22	Neil Chappell, David Lilley	2670	14.53	13	7			5	5			1		
71	Richard Connors, David Green	2590	14.56	14	8									
38	Ian Dempsey, Wendy Scott	2590	14.58	15			7	6			1			
104	Richard Barnes, Leigh Sullivan	2560	14.56	16			8	7			2			
94	Max Clayton, Roderick Smith	2530	14.56	17	9									
21	Ross Duker, Eric Smith	2510	14.56	18	10			8	6					
78	M.Cantwell, P.Marshall, J.McLean, A.Walters	2370	14.54	19	11									
117	Dennis Sparling, Russell Taylor	2360	15.06	20	12									
46	Tom Dawes, John Le Carpentier	2330	14.57	21	13									
18	Deborah Byers, Andrew Lumsden	2330	14.59	22			9	9			3			
4	Michael Elliot, Allison Lilley, Michael Lilley	2300	14.57	23			10							
79	D. Hunter, S. Rampart, N. Thompson	2280	14.57	24	14			10	7					
60	Serren Callister, Fiona Mayhill	2280	14.59	25		1								
90	David Carter, Martin Graham, Kelly Stephens	2260	14.47	26			11							
52	John Anderson, David Dash	2260	14.59	27	15			11	8			2		
72	Iris Good, Peter Good	2250	14.53	28			12	12			4			
16	Anne Newman, Lynne Trappel	2250	14.54	29		2		13		1				
36	Michael Avakian, Julie Avakian	2250	14.54	30			13	14			5			
24	Bert, Dianne, Jamie & Kim van Netten	2240	14.56	31			14							1
89	Matt DeBellin, Michael Meryment	2240	14.58	32	16									
59	Keryn Scott, Greg Scott	2180	14.53	33			15							
53	Anthony Dynon, Heather Dynon	2120	14.55	34			16	15			6	3		
3	Judy Young, Lindsay Young	2040	14.52	35			17	16			7			
58	Peta Forder, Peter Forder, Adriana Kirby	2020	14.36	36			18							
23	David Brown, Peter Hamer, John Moore	2020	14.56	37	17									
54	Alex Des, David Perkins, Bryan Smith	1940	14.45	38	18									
120	Mukul Agarawal, Rob Parbey	1940	14.48	39	19									
127	Eric Barnes, Philip Groom, Jonathan Starks	1940	14.54	40	20									
105	Alun Coppack, Drew Fryer, Adam Kent	1920	14.48	41	21									
102	J. Nathan, D.Rytsk, H. Shiraishi	1920	14.58	42			19							
76	Kym Esey, Sharon Phillips	1880	14.58	43		3								
30	D.Bere, S.Cliffe, A.Davis, M.Dwyer, T.Smolenarrs	1880	15.02	44			20							
48	Brian Johnson, Beverley Johnson	1870	15.03	45			21							
110	N.Berger, L.Roberts-Thomson, T.Walker	1860	14.59	46			22							
107	Anna Park, Kylie Smith, Louise Wilkinson	1850	15.02	47		4								
61	Nick, Alex, & Richard Heath, Geoff Shuetrim	1770	14.43	48			23							
109	M. Holmes, S. Holm Kaner, M. Thornton	1770	14.56	49		5								
6	Sue Clarke, Debbie Hotchkis	1730	14.55	50		6		17		2				
97	A.Maloney, C.Murre, R.van Bernebeek	1700	14.14	51			24							
124	.Truninger, A.Truninger, R.White	1700	14.54	52		7								
31	W.Hird, K.Irvine, J.Jeffcoat, J.Vanderstok	1700	14.59	53		8								
15	Jennifer Borrell, John Keats	1680	14.47	54			25	18			8	4		
33	Barry Hanlon, Janet Morris	1670	14.55	55			26	19			9	5		

41	T. Glode-Sivier, G. Rowe, S. Williams	1660	14.31	56			27												
14	George Kriflik, Lynda Kriflik	1660	14.49	57			28	20				10							
73	Barbara Junghans, Ron Junghans	1630	15.08	58			29	21				11							
20	J.& S.Kell, G. & P.Millar, R. Smyth	1620	14.4	59			30												
50	Nigel Trev Jones, Helen Zammit	1600	14.5	60			31	22				12							
112	Marcelle Gannon, Siobhan Toohill	1600	14.58	61		9													
119	Colin Carfield, Martine Robin	1580	14.52	62			32												
28	L. Cooke, A.Dennelly, N.Leicht, B.Morrison	1540	14.35	63			33												
128	Jeff Cheam, Valerie Fong, Alfred Leung	1540	14.54	64			34												
134	Bob Bartle, John Guilly	1510	14.59	65	22			23	9										
114	Scott Jones, Hamish McDonald	1500	14.55	66	23														
17	The Noble Family	1490	14.58	67			35												2
88	Paul Berry, Alison Molyneux	1440	14.4	68			36												
98	Tanya Chivers, Andy Mein	1440	14.5	69			37												
51	Philip Allen, Julie Bacon	1440	14.52	70			38	24				13							
64	Lesley Buckley, Jim Hubbard, Bob McNairn	1420	14.51	71			39												
82	A.Almond, L.Temple-Smith, B.Wilson, R.Young	1410	14.41	72		10													
133	Nola Baker, Barbara Cowan	1400	14.48	73		11													
49	Kirk Bendall, John Clancy	1400	14.53	74	24			25	10										
129	Kelly Fong, Joyce Lau, Simon Lee	1380	14.52	75			40												
111	Tim Robinson, Chris Stewart, Kerry Wood	1360	14.48	76	25														
84	Jennifer Vaccari, Lou Vaccari	1340	14.56	77			41												3
86	Matthew Ke Fowler, Nick Vaccari	1340	14.56	78	26													1	
83	Juliette Fowler, Andrew Fowler	1340	14.57	79			42												4
85	Jo Fowler, Margot Vaccari	1340	14.58	80		12		26		3									
55	Devatha Nanga, Gillian Perkins, Iain Wilson	1330	14.53	81			43												
19	Lee Lowe, Susan Moore	1310	14.26	82		13		27		4									
39	Ann, Pam, & Robert Montgomery	1300	15.01	83			44												
62	Ian Crakanthorp, Julie Gray, Peter Gray	1290	14.23	84			45												
77	Nicole Delbridge, P.Skagal	1290	14.49	85		14													
69	Gillian, Glen, & Stephen Harrison	1270	14.58	86			46												5
126	Y. Burgess, M. Nazloomian, A. Stewart	1260	14.34	87		15													
113	A. Hordicek, J. Hordicek, Deanna Marland	1230	14.54	88		16													
8	Gerard Hogan, Amanda Hogan	1190	14.31	89			47												
1	Lynette Gett, Ron McMillan	1160	14.48	90			48	28				14							
56	Patrick Murphy, Terry Murphy	1150	12.53	91	27														6
75	Penny Field, Geoff Ritchie, Tom Thomas	1110	14.49	92			49												
131	B.Cheam, P.Fai Ip, I.Leung, M.Leung	1090	14.52	93	28													2	
26	Jane Greenop, Jenny Jenkins, Ray Jenkins	1090	14.59	94			50												7
66	David, Joann, & James McFarlane, C. & J. Starlin	1070	14.25	95			51												
44	B.Barnett, D.Bush, J.Farrell, B.Green, C.Sidler	1060	14.44	96		17													
81	Jennie Bond, Tony Bond	1040	14.22	97			52	29				15	6						
29	L. Bere, L. Goodin, J. Street-Smith	1040	14.46	98		18													
11	Christoph, Joshua, Lisa, & Timothy Whicker	1030	14.26	99			53												8
37	Hannah Cole, John Cole, Sophie Cole	990	14.11	100			54												
47	Peter Morrison, Lyn Berg, Jon Marsden	980	14.22	101			55												
43	Judy Shea, Paul Shea	970	14.43	102			56	30				16	7						
130	P.Fan, J.Kuan, K.Leung, C.Lui, J.Zeng	920	14.49	103	29														
40	David Coysh, Nikki Edney, Carl Trindorfer	860	14.16	104			57												
27	R.Harding-Smith, A.Hooper, L.Orr	860	15.16	105	30														
67	Nejdet Danis, Petrea Stuart	830	14.41	106			58	31				17							
108	Phillip Holman, Francine Hudson	830	14.59	107			59												
116	S.Jiang, A.Lau, V.Wang, D.Yang, E.Zhou	750	14.53	108			60												
99	Andrew, Belinda, Stephen, & Shaun Pope	690	14.43	109			61												9
10	Lynn Dabbs, Kevin Williams	680	11.32	110	31			32	11										
2	Herb Lippmann, Yu Hua Liu	590	12.36	111			62	33				18							
63	M. Costin, C. Elphick, D. Massa, W. Roden	390	11.37	112	32														
68	Anna Pesten, Michael Smith	290	14.59	113			63	34				19							
91	Sonia, Sophia, Alan, & Louis Mansfield	270	14.52	114			64												10

Please note: Whilst every effort is made to ensure these results are correct, errors or omissions may occur.

## “GAINING IN TODDLER TIME” - By Belinda Pope

Despite our best intentions of trying to get to the Metrogaine on time, we arrive half-a-hour late after failing the first navigational challenge of the day... trying to get to Mahoney Memorial Reserve in Marrickville (it is the inner city after all). Andrew and I plus our two kids Stephen (3) and Shaun (13 months) set off armed with a double three-wheeler pram (complete with flat tires), all the paraphernalia needed for the kids, wet weather gear, maps, control descriptions and control card.

It looks like its clearing so we head off on a hopefully pram friendly route, across Illawarra Rd into Steele Park despatch 21, 25, 81 and 12 at a reasonable pace. So far so good! Stephen decides to walk for a while so the pace slows to toddler time as we trundle through Mackay Park to Tempe Railway station where we hoped we could pick up some “adult munchies”... no such luck. Oh well looks like a quarter of a peanut butter sandwich to keep us going. We cross Cooks River and go past the Canterbury Velodrome to the communication tower at number 24. Stevie is still walking and Shaun decides to join him. Shaun walks quite well except it's consistently in the wrong direction. After many failed attempts to get him to walk in the right direction and the onset of rain, we bundle both of them into the pram, cover with a rain cover and once again pick up some pace.

74 beckons up a rather steep hill made doubly hard by the extra 40+kg to push. Puffing and panting we find 74 and continue to number 18 onto 73 and down a very very steep walkway to Wolli Creek Nature reserve.

The rain at this stage had set in and 65 is not very pram friendly (i.e. at the top of one of the few naturally vegetated hills). Shaun is asleep and we'd like to keep it that way....So we try our luck and go for number 96. Unfortunately the easy green walking strip turns into a bushwalking track very pram unfriendly.



Decide to cut our losses and go back into suburbia and find No. 75, a little playground. We make our way to where we hope to find some shops for lunch. We stop at the fish and chippy. Happy to get inside for a while we dry off a little. We finally find a petrol station and pump up the pram tyres .... ahhh much better for pushing.



With the sun shining and food in our bellies we continue on at Stevie pace for number 95. Picking up the pace again we head for 13 and 93.

Take some pictures of the Advance Australia monument and then on to 11, 89, 33 and back to the Hash house by 2.30pm.

Despite raining as we walk into the hash house area...the sun comes out and greets the new arrivals for a very enjoyable late lunch catered by the 1<sup>st</sup>. Mt Kembla Scouts.

In usual rogain style the AGM was dispatched in quick time and it was time to go home before the rain started again! – An enjoyable day. ■

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## “SWIMMING ONCE AGAIN” - By John Barnes

Andrew and I swam between checkpoints in the last 2 metrogaines, across Narrabeen Lake and across the entrance to Wollongong Harbour. This year all teams would have swum through the pouring rain between checkpoints. Our team this year also included rogain novice Mardi, who has appropriately been wet (windsurfing, kayaking, surfing, canyoning etc.) every day I have seen her. We thought the rain was great, keeping us cool on a summer's day, but fining up for the Hash House at the end of the event (even the grass was dry)! However, the flow in the creeks and stormwater drains was never fast enough to swim down rather than walk.

... continued next page



There were a surprising number of laneways not marked on the base map. From 39 to 76 we hoped for laneways approaching from the west, but at least found 39's lane was not a dead end, then that the road under the checkpoint 76 writing did go through and finally a laneway from the north. As experienced cavers, we looked briefly but unsuccessfully for a drain under the East Hills railway as we went from 105 to 86, but at least found a pathway cutting off part of the corner.

The best access bonus was our approach to 82, at about 2:20pm, where we were able to walk down the stormwater drain, (there was still a dry section in it), climbing out on a steel rung ladder right beside the checkpoint. Buoyed by this success, we decided to head out to the skateboard bowl in the centre of the railway triangle (91), hoping that the course setters had kindly given the almost adjacent checkpoint 51 high points to indicate an access point, rather than to reflect difficulty accessing the triangle. The latter applied, but luckily we still had the energy to run around the triangle to access 91.

Do Nihal and Richard complete cryptic crosswords? 62 – A “lounge room” by a “fire place”. In the article by Scott Tucker, how many experts? On the map, this was in the middle of a solid yellow block, so we wondered which way we should approach the house in question. It turned out to be newspaper extracts on the walls of a large model of a lounge room, in the middle of a park filling most of the block (so much for the yellow shading). Another neat clue was 66 – A playground. What is ‘for sale’ at the ‘shop counter’? We went looking for the tuckshop adjoining the playground, only to find the playground equipment itself had toy shop counters.

Thanks course setters, organisers and hash house helpers. Mardi (former novice, now the pro) is enthused to set her own Metrogaine! ■

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## “VETERANS - HA!” – By Fiona Mayhill (nee Dodds)

It seems that we (the young fellas) invented the category of "veterans" to get the old fellas out of our way. How many events are there, worldwide, and across the spectrum of all sporting events, where the veterans seem to make a habit of beating the "Open" categories?

Last time I won an event, Paddy Pallin 2000 with Peta Young, we were stunned and overjoyed to be the winning team in the Open Women's category, and gleefully collected our trophy from Robert Pallin [as per photo]. Sadly we were stripped of our trophy, only to hand it over to those darn veterans. In fact if memory serves I think we were beaten by the entire field of 7 Women Veteran teams!



Well this time, with another rogaining buddy, Serren Callister, we won the 2003 Cooks River Metrogaine fair and square, beating veterans Ann Newman & Lynne Trappel by a whisker. But it was a different story for the men's competition. Our friends Matt Blundell & Jason Wilson, seemed to have won the Open Men category, only to be beaten rather convincingly by those old fellas Michael Burton & Arthur Kingsland (not to mention that they were also beaten by a Mixed team of Paul & Bronwyn Batten - go girl!) Gone are the days when the fit young men lead the field!

Which brings me to my suggestion. Maybe we should consider renaming these poor old veterans to ‘Masters’. The idea comes from my husband Roger, a "veteran" himself; he tells me that in skiing you become a Master not a Veteran. Sounds much more dignified, don't you think? Especially considering the awesome achievements of our own "old fellas", both male and female!

Of course, this would elevate to ‘Super-Masters’, the team of Terry Bluett and John Le Carpentier who bagged an impressive placing of 3rd overall for the 2002 Socialgaine (ahead of the not-quite-so-old fellas!). ■

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# 2003 AUSTRALIAN ROGAINING CHAMPS:

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## “HEAT AND DUST AT THE NATIONALS” - By Mike and Debbie Hotchkis

Flashback to February 1996: I wrote an article titled ‘A Walk on the Wet Side’. The occasion was the 1996 Australian Rogaining Championships, held in Tasmania. Ah, sweet memories of horizontal driving rain, mist, leeches, raging torrents!

Tasmania again, 18<sup>th</sup> - 19<sup>th</sup> January 2003. We were not so lucky this year. Drought, burning sun, parched throats, dust and sweat. And grass seeds, the kind with a barb, that penetrate socks, boots and gaiters; they go in one way and never come out again.

Okay, enough melodrama. But was it fun? We had a pleasant trip around the Apple Isle. Went kayaking on the Gordon River. Enjoyed the local produce, tasted the wines. Oh, the rogaine, was it fun? Well, mmm, let me see...

For the third Australian Championships in a row, I was with Richard Robinson, a Queenslander with long legs and unflinching determination. We met up at the pub at Ross, a little town of historic sandstone buildings, part way between Launceston and Hobart. The pub was full of rogainers, come from far and wide. A surprising number were staying at the pub for Friday night, even though the hash house was only 15km down the road. Mainly veterans who have gone soft in their old age. My wife Debbie thought the town very pretty and insisted we stay. I like to save my energy before big events, so I didn't argue.

The map was big, green and white, somewhat bumpy – typical rogaining country. The bumps had names like Hanging Sugarloaf, Burbury's Sugarloaf, Jacob's Sugarloaf. There were 67 checkpoints, well spaced over about 150sq km. Only three water drops. Therein lay a problem. Even before the start, the sun was beating down on us.

Four hours into the event, power-walking / jogging, it felt like 30 degree heat at least. The nearest water drop was still two hours away and on the other side of a big hill. We began to wilt. We struggled on. We just had to collect this 80-pointer at the top of the hill. Rehydrated as best we could at the water drop. Onward ever onward. At one point there was a big dam with just a puddle of muddy water in it. Further on, we stopped for a dinner break. Richard was having trouble eating anything. I had my usual tin of rice pudding, and even managed to persuade Richard to have some. Darkness brought some relief from the heat but the night was short. The heat stress early in the event sapped my willpower. Richard looked like death, but his unflinching determination lived on, so on we went. Come morning, my energy finally bounced back, but it was too late, as Richard's legs were no longer responding to his unflinching determination. We finished an hour early.

For the first time in an Australian Rogaining Championships, the overall winners were a mixed team, Tom Landon-Smith and Alina McMaster. They told me they took water from that muddy puddle, added puritabs, and survived! For the third year in a row, Richard and I came third, some consolation for the pain and suffering. We regained the vets trophy this time. There were just a select few NSW rogainers. Kathy Herrmann and sister Kristiane collected the Women's vets trophy. Newlyweds Paul and Bronwyn Batten were there too, and Kevin Williams and Lynn Dabbs. Maybe one or two others who I've forgotten. Former New South Welshman Rohan Prowse, now a Taswegian. And I should mention here Tom and Alina, who maintained their NSWRA membership while living the last few years in Mt Isa. This helped NSW to its best showing in the Interstate Challenge for a while, 5<sup>th</sup> place, way ahead of Queensland and WA!

Sunday night I slept for 14 hours. On Monday Debbie and I went for a stroll around Cataract Gorge in Launceston. Then, like seven years previously, we went for a decadent, all-afternoon style lunch, at a vineyard overlooking the Tamar River. Why do people go rogaining? Mainly for the food!

■

# POSITION VACANT: ARA Publicity Officer

The Australian Rogaining Association (ARA) is the umbrella organisation for the sport of rogaining in Australia. Its charter is to "promote the sport of Rogaining, encourage the development of state rogaining bodies, and foster the running of the Australian Rogaining Championships." It is also responsible for maintaining the rules and technical standards and co-ordinates the national public liability insurance policy. There are approximately 5,000 rogaining members nationwide.

The ARA has a position vacant for a volunteer Publicity Officer. Like all volunteer positions, the job description is dependent on the enthusiasm and skills of the appointed person. But as a guide, duties can include:


- Compiling a national calendar of events.
- Providing the calendar of events to publications such as 'Wild' magazine and the ARA web site.
- Promotion of the sport nationally.
- Maintaining a list of state contacts for queries about events from interstate.
- Managing an annual budget of approximately \$2,000. In the past this has been spent on projects such as rogaining bumper stickers and colour publicity brochures.
- Preparing a sponsorship policy.
- Assisting member associations to promote the Australian Rogaining Championships. Provide results to national daily newspapers and other media.
- Co-ordinating and assisting, where necessary, the publicity activities of the state and territory rogaining associations.

Queries about the role can be directed to the ARA President, Phillip Holman.


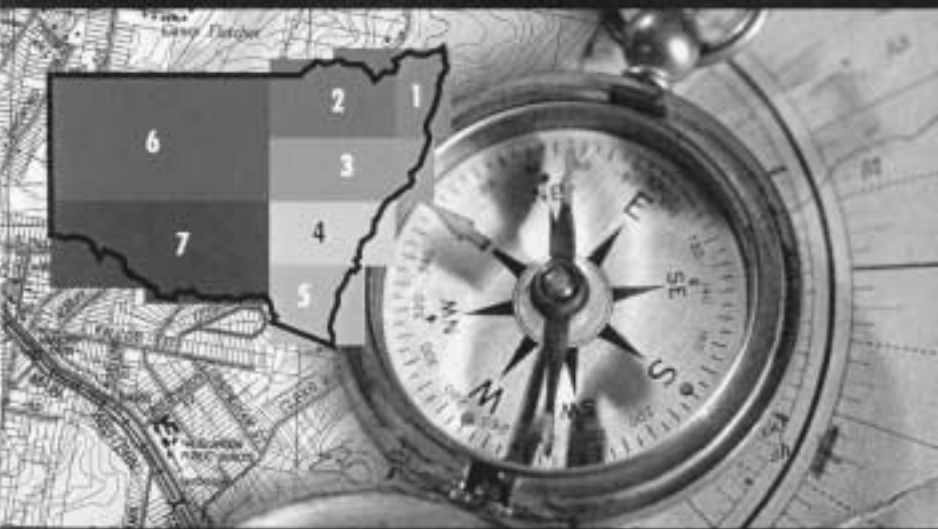
Email: [pholman@ozemail.com.au](mailto:pholman@ozemail.com.au)

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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 25 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 50km 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 \$17 per individual. A household membership is also available where all members share the same address. In this instance there is an additional \$5 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:*

**NSW Voicemail** 9990 3480

**NSWRA Public Officer**

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

**NSWRA Honorary Secretary**

Alan Mansfield 9797 6773  
the\_bovine@bigpond.com