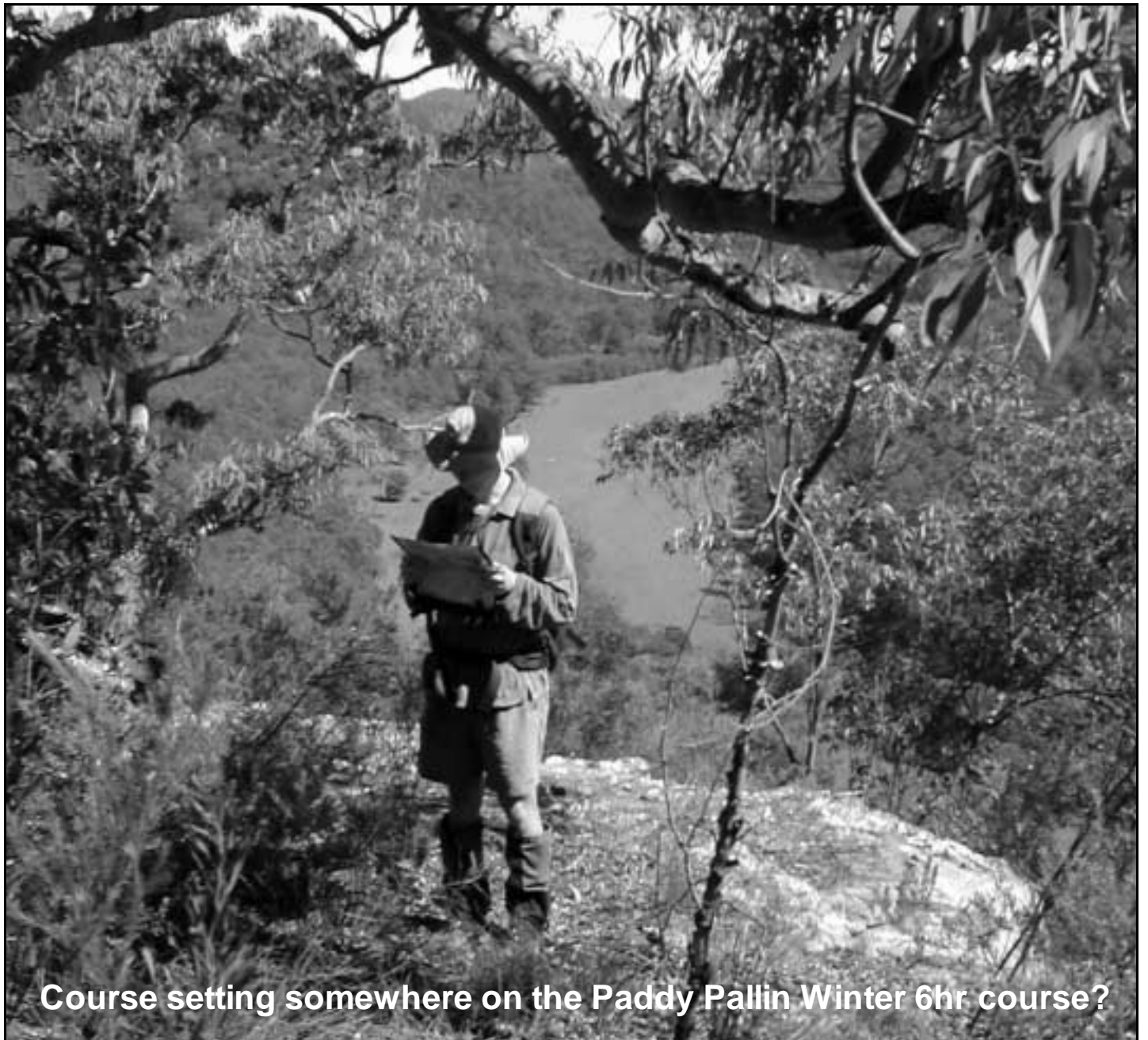




NEW SOUTH WALES
ROGAINING
THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 97

May 2003



Course setting somewhere on the Paddy Pallin Winter 6hr course?

www.nswrogaining.org



2003 NSW AND ACT ROGAINES

| Date | Event | Location | Contact |
|-------------------------------------|---------------------------------|------------------|--|
| 15 th June | Paddy Pallin Winter 6 hour | North of Hornsby | Andy Mein (02) 9477 4645 |
| 5-6 th July | NavShield '03 | TBA | Organised independently by Bushwalkers Wilderness Rescue |
| 23 rd August | 6 / 12 hour | Lake Macquarie | Bert van Netten (02) 4975 3693 |
| 31 st August | ACT 6 hour Cyclegain | ACT | (02) 6251 6908 |
| 11-12 th October | NSW 24 hour Champs | South Coast | Trevor Gollan (02) 4226 5544 |
| September (date to be confirmed) | Upside-Down (midnight - 8am) | ACT | (02) 6251 6908 |
| 23 rd November | Socialgain | TBA | Rollie Burford |

2003 INTERSTATE ROGAINES

| Date | Event | State | Contact |
|--------------------------|------------------|----------------|----------------|
| 14-15 th June | 24hr Champs | West Australia | (08) 9342 9213 |
| 29 th June | 3hr MTB Rogaine | Queensland | (07) 4033 0908 |
| 12 th July | 8hr event | Queensland | (07) 3369 1641 |
| 20 th July | Metro/Cycle-gain | Victoria | (03) 9438 6626 |



THE PRESIDENT'S REPORT ~ May 2003

Many of you are no doubt keen for the next event, particularly after the demise of our scheduled April event. Some of you may have ventured south to participate in the ACT Champs near Cooma, as suggested in the last newsletter as an alternative to our cancelled event. Results from that event are available on the ACTRA website, via the link on our site. For the rest of us, myself included (for different reasons!), the next eagerly awaited event is the 40th Annual *Paddy Pallin* 6hr Winter navigational challenge on the weekend of the 15th June.

The April Barrington Tops event was intended to be an introduction to 24hr rogaining in one of New South Wales' most spectacular bushwalking regions. While disappointing, the decision to cancel the event was unavoidable. The reason the committee had to make this decision was due in part to environmental impact concerns the National Parks & Wildlife Service had with our requested area of usage, and the short period of time we had to recover should the NPWS concerns be unresolved. The request for consent to make use of the NPWS managed land for the upcoming *Paddy Pallin* event was made in early February of this year, and was only finalised on the last days of April. While the participant numbers involved in the PP event are considerable in terms of their impacts on the Park, and therefore require much consideration and consultation, it is not something the NPWS can or are able to process quickly. This is no reflection on the Service, as its primary function is to ensure the preservation of the natural environments and cultural heritage contained within the State's network of protected areas. Catering to the requirements of recreational user groups, such as Rogainers, is a secondary (although identified) role. As displayed in the *Paddy Pallin* example, the requests to the NPWS for consent need to be made many months prior to the event. In defence of the organisers of the April Barrington Tops event, they did not become involved until a few days prior to the first newsletter of the year in late January. Prior to their volunteering we (the committee) had accepted that we were going to be one event less on the 2003 calendar than previous years. We learnt from the experience, and it once again reinforces the need for more volunteers to come forward, to ensure we do not have to reduce the number of events per year in the future.

We are in the process of rebuilding the Association website to provide a more useful central location of communication for all NSW Rogainers, and as a first time introduction point for newcomers. Part of this 'rebuild' is a change in our approach for online entries. We are installing a Bpay system, similar to that of the ACTRA. It was intended that this new system would be operational to accept online entries for the *Paddy Pallin* event. Unfortunately this is not to be the case, as it is still some weeks off completion. The Lake Macquarie event will hopefully be the first event to trial the new system. Once it is operational we will inform you all on how simple it is in an upcoming newsletter.

The *Paddy's* event is next on the calendar, and it will be the 40th annual event in an unbroken line since 1964. A brief history of the event appears later in this newsletter. I encourage you all to be involved either as a participant, or as a volunteer on the day. Further details overleaf. I thank you all for your patience with the lack of online entries, and encourage you all to once more use the 'old school' paper entry method, by using the form contained in the event brochure you would have received with this newsletter. Remember there are limited places available and the closing date for entries is the 2nd June (less than 2 weeks away). And it is only an hour (and a bit) from Hornsby! See you all there.

Andy Mein

Interested in participating in the 2003 NavShield organised independently by Bushwalkers Wilderness Rescue and scheduled for the weekend of 5-6th July?

Visit the event website: www.bwrs.org.au/navshield

2003 COMMITTEE LISTING:

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Volunteer Coordinator:

[POSITION VACANT]

Equipment Officer:

[POSITION VACANT]

General Committee: *Sue Clarke*

9816 2508 (home) sclarke@efs.mq.edu.au

VOLUNTEER REQUIREMENTS:

Paddy Pallin 6hr Rogaine

Without the volunteers we cannot and will not have any events. Remember the age-old adage: 'many hands make light work' and this is particularly so with the upcoming Paddy Pallin event. It is only a one-day commitment and this year is not too far north of Sydney. And as a thank you each volunteer will be given a specially produced event T-shirt. So if you are not participating and would still like to be involved, please consider one of the roles listed below, and contact Andy Mein (details listed to left) if you are able to assist:

| Volunteer Role & Required Tasks: | Volunteers: |
|--|---|
| Admin. Assistants: <ul style="list-style-type: none"> ◆ Registering teams ◆ Distribution of maps ◆ Control card hanging ◆ Record finish times ◆ Checking control cards ◆ Displaying results | <p>6 to 8 people required</p> |
| Site Staff: <ul style="list-style-type: none"> ◆ Gate attendant ◆ Car parking ◆ Camping directions ◆ Up-keep of toilets ◆ Fire attendant ◆ Water re-supply | <p>4 to 6 people required</p> |
| Course Marshals: <ul style="list-style-type: none"> ◆ To staff designated checkpoints on course to monitor safety and movements of participants throughout event | <p>3 teams of 2 people required</p> |
| Safety car / water drop: <ul style="list-style-type: none"> ◆ Drive safety sweep car ◆ Establish and replenish water drop | <p>2 people required</p> |
| Flag retrieval: <ul style="list-style-type: none"> ◆ To retrieve all flags from course in your own time over the two weeks post-event | <p>Marcelle Gannon and friends</p> |



THE 40TH ANNUAL 'PADDY PALLIN' WINTER 6 HOUR Sunday 15th June 2003



It is less than a month to the event! And less than two weeks to the closing date for entries. Last year we had to turn away many hopeful participants, so be quick.

The course is complete. It will challenge the more competitive teams, and will provide spectacular views and a great day out bush for the less gung-ho. The views in and around the Hash-House site are stunning. A great deal of effort has gone into creating this event, so I encourage you all to join us. It's only an hour from Hornsby by road, so that's the closest event to Sydney for some years.

The event sponsors once again are providing some quality products as prizes, and this year, in the true spirit of the event, all prizes will be awarded to the average competitor. This will be done by a random draw at the conclusion of the event, so make sure you are there at the end.

Unfortunately the new online entry system will not be operational for this event, so please use the entry form included in this newsletter.

THE 12TH ANNUAL 'LAKE MACQUARIE' 6 / 12 HOUR Saturday 23rd August 2003



Once again the Lake Macquarie Rogaine will be held in the Watagans, to the west of Australia's largest coastal salt-water lake. With its beautiful rainforest, pristine creeks and friendly fauna only two hours north of Sydney, this is a Rogaine not to be missed. There is either a 6 or 12 hour option commencing with a mass start at 12 noon Saturday. The 12 hour option will give you a good introduction to night navigation.

The Watagans are criss-crossed with the legacy of the early 'timbergetters' in the form of their old roads, old dams and many giant trees they dropped and left. Timber trucks still use the area so be careful. There are beautiful rock pools surrounded by moss covered walls, rocks and trees. Tree and rock orchids abound as do Lyre birds, Quills and Wallabies.

For more details see enclosed entry brochure.

A BRIEF HISTORY OF THE PADDY PALLIN EVENT:

(Reproduced and adapted in part from Peter Tuft's history of the event written for The Australian Orienteer in 1986).

The Paddy Pallin Orienteering Contest was first held in 1964. Occasional orienteering-type events had been held in Australia before this date, but Paddy's event is almost certainly the longest established event that bore the name 'orienteering' in this country. The first event was held in the Euroka area, in the lower Blue Mountains. Paddy's aim for the event was to provide a means for improving the navigational skills of bushwalkers, many of whom were more interested in enjoying the bush than in accurate navigation. However, a lack of interest in navigation can lead to varying degrees of inconvenience, not least to the search parties who may be called out in extreme cases. Hence when Paddy read of the Scandinavian sport of Orienteering he decided that it was just what was needed in Australia.

Not having any detailed information on the way the sport was run overseas, Paddy invented the rules to suit the conditions. They evolved over the years as experience was gained and feedback was received from competitors. The first event was a cross-country event, similar in principle to the standard form of orienteering today. However difficulties with teams following each other led first to a type of event in which all controls had to be visited, but the order was not fixed, and then to a fixed-duration score event.

The Paddy's Orienteering event was not associated with organised orienteering in NSW, but was run privately by Paddy and his family and friends. While this meant it did not achieve a prominent place in the orienteering calendar of the day, it did continue to attract bushwalkers and rogainers, many of whom did not perceive it as yet another elite event for fanatical runners (as orienteers can sometimes be seen in those circles).

For the first 15 years or so the format of the annual event did not change significantly. It was a 3-hour score event with about 20 or so controls. Competitors used to be assigned individual start times, but eventually a mass start was found to be just as satisfactory, and certainly simplified the administration. Originally there were only two entry classes: open (mostly men) and mixed. The map was always one of the standard topographic series. In the early days old army maps at a scale of one inch to the mile (1:63,360) were used. This had the potential to cause some difficulty for less experienced orienteers who may have had trouble adapting to the relative lack of detail. However, it was also a valuable experience in fine navigation in the real world, as opposed to the somewhat artificial level of detail on orienteering maps. While the format changed little over the years, the style of the course was eventually brought into line with modern orienteering and rogaining practice.

Right up into his mid-eighties, Paddy was active in setting out controls. The main organisation was done by Paddy's son Robert, with help from his wife Nancy, and various friends who volunteered from time to time.

Chronology of Paddy's Orienteering events:

| | | | | | |
|------|------|---------------------------------|------|------|----------------------------------|
| 1st | 1964 | Euroka | 15th | 1978 | Chapman Road, Faulconbridge |
| 2nd | 1965 | Euroka | 16th | 1979 | North Katoomba |
| 3rd | 1966 | Euroka | 17th | 1980 | Linden Ridge |
| 4th | 1967 | Euroka | 18th | 1981 | Colo Heights, west of Putty Road |
| 5th | 1968 | Long Angle Gully | 19th | 1982 | Colo Heights, east of Putty Road |
| 6th | 1969 | St Albans | 20th | 1983 | Culoul Range/Tari Creek |
| 7th | 1970 | Mellong | 21st | 1984 | Colo Heights, east of Putty Road |
| 8th | 1971 | Wheeny Creek | 22nd | 1985 | Mellong Swamps |
| 9th | 1972 | New Yards | 23rd | 1986 | Mellong, Putty Road |
| 10th | 1973 | New Yards | 24th | 1987 | Howes Valley, Putty Road |
| 11th | 1974 | Lawson Ridge | | | |
| 12th | 1975 | Lawson Ridge | | | |
| 13th | 1976 | Grose Road, Faulconbridge Ridge | | | |
| 14th | 1977 | Mt Hay Road, North Katoomba | | | |

(This list to 1985 was reconstructed from memory during discussion between Paddy and Robert Pallin, with Peter Tuft, so there is a little uncertainty about some of the locations).


The last 15 years of 'Paddy Pallin' events organised by NSW Rogaining :

| | | |
|------|------|----------------------|
| 25th | 1988 | Putty Road |
| 26th | 1989 | Wingello |
| 27th | 1990 | Tianjara |
| 28th | 1991 | Euroka Clearing |
| 29th | 1992 | Mangrove Mountain |
| 30th | 1993 | Cataract |
| 31st | 1994 | Hampton State Forest |
| 32nd | 1995 | Bilpin |
| 33rd | 1996 | Patonga |
| 34th | 1997 | Bargo |
| 35th | 1998 | Fortress Ridge |
| 36th | 1999 | Coolendel |
| 37th | 2000 | Capertee |
| 38th | 2001 | Ben Bullen |
| 39th | 2002 | Newnes |


The NSW Rogaining Association took over responsibility for the event for the 25th event in 1988. It was decided then that it be called the 'Paddy Pallin Rogaine', even though it was only a 6 hour event, due to its status as one of the longest running cross-country navigational events. The event as a rogaine has continued to flourish and grow into the success it is today, due in part to its accessibility to novice participants, something that remains true to Paddy's original intent.

And the location of the 40th Annual Paddy Pallin navigational challenge – well that's still a mystery!





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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

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