



N.S.W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

VOL. 8 NO. 9

JUNE, 1986

OFFICE BEARERS

President: Ian Dempsey, 5 Richley St., Kahibah (049) 435790.

Vice President: Peter Tuft, 6 The Comenarra P'way, Pymble (02) 441325.

Secretary/Treasurer: Dianne van Netten, 17 Harrington St., Fennell Bay
(049) 595935 (between 6 p.m. and 8 p.m.).

COMING EVENTS

- NSW 12 Hour Rogaine 16th August
See attached entry form
- AUSTRALIAN CHAMPIONSHIPS W.A. 20/21 September
Enquiries to Jim Walter, 8 Sheila St., Mosman Park, 6012.
- A.C.T. 12 Hour Rogaine 18th October
Details in next newsletter.

OTHER EVENTS OF INTEREST

- Paddy Pallin 3½ hour 15th June
Orienteering Contest
Contact : Peter Tuft (02) 441325
Venue: Mellong, Putty Road, west side. Approx. 70 km north of Windsor, 4.0 km north of the public phone, then follow the signs. Approx. 100 km south of Singleton, immediately south of Gibba swamp.
Start: Massed start at 10.00 a.m.
- ARMIDALE 6 Hour Event 3rd August (tentative date)
Contact : Graeme Cooper (067) 723584

FIND A PARTNER (or MEET YOUR MATCH)

No, it isn't a lonely hearts club. It is a brand new service, being offered by the NSWRA, which will enable partnerless rogainers to enter events.

On a few occasions we have had rogainers comment to us that they would have liked to have participated in certain events but could not because they could not find anyone as crazy as themselves to form a team.

Well, Peter Wherry has kindly offered to provide a liason service. If you would like to enter an event but have no partner then you can supply Peter with your name, address, age, sex and any other relevant details (e.g. fitness level). Peter will then attempt to match you with a suitable partner from a list of other partnerless rogainers.

Contact: Peter Wherry
2 Biloela Place
Gynea. 2227
Phone (02) 5254865

LEND A HAND

** If you can think of any way to help the functioning of the NSWRA, as Peter has, please let us know. We need more involvement from our members. This brings me to the A.G.M.

ANNUAL GENERAL MEETING

IMPORTANT : Please note that the date of the AGM has been changed to -
Saturday the 28th of June, 1986
Time : 7.30 p.m.
Venue : Peter and Robyn Tuft's residence
6 The Comenarra P'kway,
Pymble. (02) 441325
(see map in April Newsletter)

If you have something to say then come and say it at the AGM.

AGENDA

- 1) Basis for assigning scores to controls
- 2) Preferred terrain and vegetation
- 3) Course design
- 4) Degree of navigational complexity
- 5) Inclusion of events shorter than 12 hours
- 6) Ideas for publicising rogaining.

MEMBERSHIP

If a star appears beside your name on the address label then this means you are unfinancial and will receive no further newsletters until you "come good with the cash" (i.e. \$5.00).

AUSTRALIAN CHAMPIONSHIPS 1986

To be held in Western Australia in September.

If you are planning on competing in this event and you will be travelling more than 2000 kms to get there, then you are eligible for a \$50.00 travel subsidy from the Australian Rogaining Association.

If you would like to apply for this subsidy send me (Dianne van Netten) your name and address by the 11th of July and I will pass it on to the A.R.A.

SURVEY RESULTS

There were 25 responses to the survey which appeared in the January 1986 newsletter. This number is inadequate to perform any significant statistics on, however, it is enough to indicate general trends.

Most rogainers considered that good quality catering is important. Apparently the amount of vegetarian food is adequate (4 rogainers considered that it is not). The comforts of a hash house are obviously well appreciated. Proximity to public transport was not thought to be necessary.

15 rogainers prefer terrain to be both physically demanding and navigationally difficult. Open eucalypt was the preferred vegetation. Spring and autumn won, hands down, as the most popular seasons.

14 rogainers feel that the presence of a full moon is vital while 11 rogainers believe it is helpful but not necessary.

It seems that rogainers firmly believe that a clear idea of fitness level is very important.

Opinion regarding the social value of rogaines was divided, most responders being unsure of its value. I wonder what this means.

Only 3 rogainers said they were uninterested in helping with organisation of rogaines. The most popular area regarding giving assistance was course setting.

The number of rogaines competed in ranged from 1 to 15.

The distance rogainers are prepared to travel to an event ranged from 200 km to anywhere within the continent.

WHAT DO YOU GET OUT OF ROGAINING?

Rogainers rogaine for a variety of reasons. The following is a summary of what can be derived from participating in a rogaine.

- 1) Chance to test:- fitness level
navigational skills
route selection
event timing
ability to work in a team.
- 2) A challenge which does not necessarily demand competitiveness.
- 3) Enjoyment of bushlands and being outdoors.
- 4) Achievement and satisfaction on a personal level.
- 5) Fitness training.
- 6) Mental exercise.
- 7) Masochistic pleasure.
- 8) A good weeks worth of kilometers.
- 9) Provides a break from the weekly routine.

A few of my favourite responses were:-

- 10) Enables appreciation of scenery at different times of the day.
- 11) Caters to a spirit of adventure.
- 12) Provides "an opportunity to do something unusual in the company of others" (well I guess we all have our little idiosyncrasies).

COMMENTS

I was very appreciative of the comments and suggestions made. It helps to know what you, as rogainers, want from your sport.

SUMMARY

- 1) Good idea to combine 8, 12 and 24 hour events for all standards.
- 2) More accurate pre-event information needed, especially concerning terrain and water availability.
- 3) More water controls needed.
- 4) All participants should stay after the event for prize giving and speeches.
- 5) Contests should cater for fit people but not competitive athletes.
- 6) There should be closer links with orienteering associations.
- 7) Appreciation of the amount of organisation which goes into organising an event.
- 8) One rogaier claims that he/she finds other competitors to be very unsociable both during and after events.

WRITE AN ARTICLE

If ever you feel the urge to write a letter or article for inclusion in the newsletter then please don't suppress it. Let that urge flow free! Send any submissions to Dianne van Netten.

A.C.T. ROGAINING CHAMPIONSHIPS 1986

The organisers have asked me to pass on their thanks to all NSW Rogainers who travelled to Whinstone Valley to compete. Rogaine organising takes a lot of work and it is very gratifying to have people travel long distances to participate.

A.C.T. ROGAINING CHAMPIONSHIPS 1986 RESULTS

Category	Score	Team No.	Competitors
24hr IV MEN	84	28	D. Baker, P. Roberts
	73	12	P. Kinny, G. Downey
	55	41	M. Leonard, S. Goggs
	42	44	P. Thomas, N. Aylott
	25	43	A. Stecher, T. Sattler
	22	6	J. Hunt, J. Fowler
24hr IV MIXED	82	21	N. Holmes, J. Myerscoug
	40	8	R. Hitchings, M. Dinan
	21	40	P. Taylor, C. O'Keefe, K. Densley
24hr IV WOMEN	39	19	C. Curry, K. Lawrence
24hr JUN	60	26	G. Cassels, A. Saw
24hr MEN	97	1	D. Booth, P. Creaser, P. Frylink
	96	25	J. Whittington, A. Bennett
	81	33	T. Gollan, P. Watterson
	64	20	J. Robinson, G. Mackie
	52	35	A. Hughes, G. McVean
	50	51	A. Kaiko, T. Rigby, T. Daniel
	47	34	K. Uebel, J. Johnson
	40	48	R. Stone, A. Stone, S. Ling, B. Roukema
	26	22	J. Truscott, Z. Zaharias
	26	32	G. Dunstone, M. Johnson, P. Shevil
	23	14	A. Hunt, J. Stuart, M. Hedley, G. Underwood
	25	36	P. Cooke, S. Morris, S. Compton, M. Krause
	18	3	J. Keats, J. Tooke
	14	47	P. McEwan, R. Chadwick, R. Gyergyack
24hr MIXED	54	2	B. van Netten, D. van Netten
	36	42	K. Hennessy, D. Close
	36	37	C. Ferreira, F. MacMillian, I. Wilson
	34	24	T. Bezzobs, T. Woolford
24hr MVET	56	13	A. Watson, B. Marshall
24hr WVET	40	4	A. Sawkins, K. Saw
8hr MEN	40	27	G. Moon, D. Just
	39	10	T. Falkland, T. Daniell, G. Harrigan
	29	11	P. Mara, R. Leslie
	29	16	W. Deck, P. Deck, T. Jones
	25	50	A. Egan, G. Thompson
	13	46	A. Lobry, P. Jeans, R. Bradney, D. Elazar
8hr MIXED	50	7	A. Baylis, H. Burmester, K. Thomas
	44	5	G. Lawford, J. Bourne
	27	17	W. Marsden, R. Austen
	10	23	K. Taylor, T. Vickers
	9	52	J. Palmer, H. Palmer
	5	31	P. Wilson, C. Peterson
8hr MVET	43	15	M. Cassels, K. Paine
	23	29	K. Anderson, N. Luff, G. Hearley
8hr WOMEN	18	18	M. Gould, J. Goddard
	1	30	E. Dunstone, K. Pendreigh

12 HOUR ROGAINE

August 16th 1986.

Rogaining is a sport which may be described as competitive bushwalking or marathon orienteering. It is a sport of long distance cross country navigation in which teams of 2 to 4 members visit as many check points as possible in an allotted period. On this weekend there will be simultaneous 12 hour and 6 hour events.

The popularity of the sport stems from its emphasis on participation rather than competition, with entrants using rogaining as a means of developing navigational self reliance and personal fitness. Courses are designed to encourage an appreciation of the environment with many participants deriving great satisfaction from this alone. Bushwalkers have been catered for in this event by the allocation of a number of markers with a suggested walking time.

Teams will travel entirely on foot through beautiful sandstone country. Contour interval will be 20 metres on a topographic map. There are virtually no public roads or private landholdings. A Hash house (base camp), will provide meals for all competitors.

WHEN August 16th 1986.
STARTS 12 noon. 16 August 1986.
WHERE North west of Sydney.
TEAMS 2,3 OR 4 people.
TRANSPORT By car 1½ hours from Sydney.
TERRAIN Sandstone country some cliffs, not too much scrub. Maximum relief 200 metres.
CLOSING Entries close Post marked 1 August

----- CUT ----- CUT -----

ENTRY FORM

Name	Address & Phone	Fee	Membership	Total
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____

SECTION (Please circle one).

Mens Women Mixed Junior Veteran

COURSE (Please circle one).

12 hours 6 hours

FEEES

12hr and 6hr \$10.00

All entrants must be members of
a State Rogaining Association.

NSWRA membership till June 1987. \$ 5.00

Late entries \$ 2.00

Make cheques payable to NSWRA.

CONTACT PERSON

(do not ring unless strictly necessary)

Bert van Netten (049) 59 6544 OR 59 5935.

Send entry form and SAE to:

(SAE = stamped addressed envelope)

12 hour Rogaine 17 Harrington St, Fennell Bay, 2283.