

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

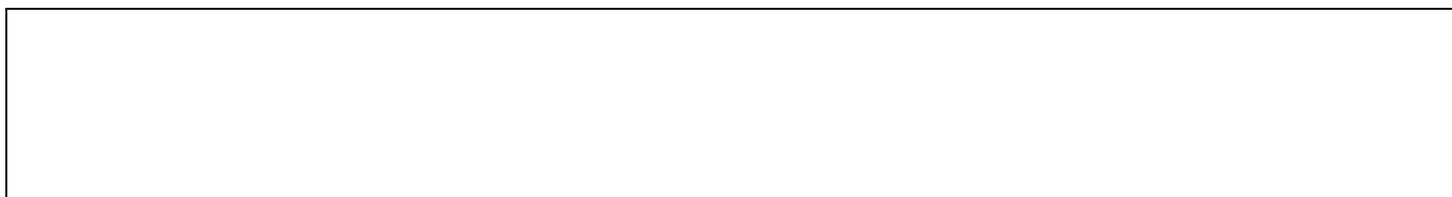
Issue 116

July 2006



“DUDE, WHERE’S MY CARD?”

THE 298 CONTROL CARDS AT THE START OF THE 2006 PADDY PALLIN — ARGUABLY THE WORLDS LARGEST ROGAINE, WITH 784 COMPETITORS.



2006 ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
19 August 2006	Lake Macquarie 6/12 hour	Lake Macquarie	Bert van Netten
13-14 October	World Rogaining Championships	Coonabarabran NSW	Alan Mansfield 9797 6773
19 November 06	Socialgaine 6 hour	Newcastle	Rob Vincent 4956 7018
25 February 2007	Metrogaine 6 hour	Your choice – let us know where you'd like to go!	Tba

ACT Events

6 August 2006	Metrogaine 5 hours	Canberra	act.rogaine.asn.au
2/3 September 2006	Women's Navigation Workshop	Canberra	leonejan@hotmail.com
18 November 2006	Socialgaine	ACT	act.rogaine.asn.au

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 Department of Lands



MESSAGE FROM NSWRA PRESIDENT

Paddy Pallin 6 hour

18th June 2006: nearly 800 people converged on Wingello State Forest in the Southern Highlands, for our biggest event ever. Arguably the world's largest rogaining event! The Victorians also get large numbers but they split their 6 hour event over two days. In my own straw poll of participants, I found none who thought the numbers had detracted from the quality of the event. If readers have any comments on this (or any other) event, please let us know. Email the newsletter editor, or the organiser, or me (contact details within).

ACT Championships

This event was held in Bournda National Park, on the far south coast between Tathra and Merimbula a couple of weeks ago.

This was another opportunity for me to visit another national park I'd never heard of before and get to know it as only rogainers get to know an area, like our State Championships at Goobang. The most memorable moment: visiting what the course setters called 'Smuggler's Cove'. It was early evening and the moon was bright. The surf was breaking through the 10m wide entrance to the cove, between the cliffs, and sweeping up the sandy beach. We punched the checkpoint and retreated into the gloomy forest. Yes that was the punch line – what else did you expect?

Talking of punches – this event used an electronic punching system developed specially for rogaines by kiwi Peter Squires. It's coming to an event near you, probably sooner than you expect...

The big event of 2006

The World Rogaining Championships, near Coonabarabran, NSW, 13-14 October 2006 .

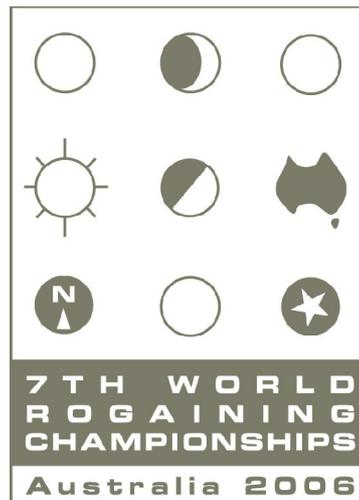
Early in June we reached our target number of 500 entrants – months before the expected closing date for entries. But the entries just kept coming in!

As a result we reached agreement with the Warrumbungle National Park to increase entry numbers to 700. That's a lot of people for a 24 hour event. In fact it will be the biggest 24 hour rogaine ever, anywhere.

The hash-house site will be busy and a tight squeeze. But the course is large and well able to 'absorb' all those teams.

If you were lucky enough to have your entry accepted, we suggest you watch the event website (<http://www.rogaine2006.com.au>) for information updates.

We are still seeking volunteers to fill a number of roles. If interested, please contact the organiser, Alan Mansfield (info@rogaine2006.com.au). You might like to plan to take a few days at the event site so you have time to get out and see the area – it's well worth it.



NSWRA committee business

We welcome Peter Cox to the committee as our new newsletter editor. Thanks Peter for stepping forward! This newsletter is his first for NSWRA, but he has prior experience doing the newsletter for another club he's involved in.

Email list

We encourage all members to sign up to our new email list. This an important way for rogainers to keep in touch and know what's going on. Sign up and you can be sure you won't miss the next event entry deadline. Visit our website to sign up.

Mike Hotchkis

President

THE NSWRA COMMITTEE

President - Mike Hotchkis, 4294 1363 (home), m_d.hotchkis@optusnet.com.au

Vice President – *This position is currently vacant and seeking a volunteer*

Public Officer – Julian Ledger, 9261 1111 (work) julian@yhansw.org.au

Secretary – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Treasurer – Tony Maloney, 9978 9181 (work) Anthony_maloney@promina.com.au

Event Manager - Paul and Deb Stein, 54 Campsie Street, Wilton 4630 9545, 0419641002; pauldeb@bocnet.com.au

Membership Secretary – Ian Almond, 220 Cordeaux Road, Mt Kembla NSW 2526 4271 7465 (Home) 4275 4105 (work), almondir@tpgi.com.au

Newsletter Editor – Peter Cox, 4981 7505 (home), cox1pet@police.nsw.gov.au

Webmaster – Graeme Cooper, 6772 3584 (home), graeme_cooper@northnet.com.au

Publicity Co-ordinator - Graham Millar 9975 4240 gmillar@ozemail.com.au

Safety Officer – Richard Sage, 9564 2126 (home), danis-sage@bigpond.com

ARA Representative – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Volunteer Co-ordinator – Graeme Cooper 6772 3584 (home), graeme_cooper@northnet.com.au

Equipment Officer – Bert van Netten

General Committee – David Sigley

A message from Simon George, Organiser of the Northwest Hills Metrogaine, held on 26 February 2006.

My thanks on behalf of all competitors to Janet Morris for setting a fine course that took people into beautiful bush as well as the local roads. Many thanks also to her team of vetters: Neil Schafer, Ian Miller, Kevin Williams, Lynn Dabbs, Ted Mulherin, Barry Hanlon and Paul and Bronwyn Batten.

Entries were efficiently handled by Melvyn Cox, with help from Kathy and on the day from Hisako Shiraishi. Thanks to Jo, Rebecca and Alastair for keeping the car park in order. The great food in the hash house was coordinated by Chris Cowie with his many assistants: David Sigley, Rodney Davies, Alexa McAuley, David Perkins, Neil Chappell, Phil Gibbs, and Carol and Bronwen Gill. Fran Robertson arrived in Australia from Scotland for the first time that morning, and for the first 8 hours of her holiday also helped in the hash house (good antidote to jet-lag?). To all, many thanks for your contribution.

We would like to thank Garingal Orienteering Club for help with maps for the setting, and Big Foot Orienteering Club for the loan of some of the gear. Also many thanks to Paul and Deb Stein for making sure the trailer arrived on time.

Thanks to Kathleen Hellmann of NSW NPWS for friendly and professional assistance, and Sally Kelly at the Department of Environment and Conservation for stepping into the breach when nobody else was left to push through the activity agreement (which incidentally was quite onerous).

Lost Property: * Sea to Summit map bag (very flash).

 * Suunto baseplate compass

Phone Simon George with description to claim (9487 4287)

COMING EVENTS

LAKE MACQUARIE ANNUAL ROGAINE

19 AUGUST 2006

The Lake Macquarie Rogaine, run in conjunction with the Lake Macquarie Games, is on again in August. You will have the choice of 12 hour or 6 hour duration. Each placegetter in the 12 hr event will receive a medallion, as will the open placegetters in the 6 hr event. Both events start at 12 noon on the Saturday.

Entries can either be through the post it with your cheque or money order, or completed on-line. The Lake Macquarie Rogaine will be held in the north western end of the Watagan Range. The rogaire is in a physically challenging area, however, most route choice should not involve much bush bashing. Nevertheless, it is ideal for anyone who wants to try rogaining for the first time (lots of tracks). Most markers are on or near tracks. For the more experienced competitor, there are some challenging rainforest gullies typical of the Watagans.



There will be electronic punching of controls. This will act as a trial run for the World Champs in October. Competitors will also carry a punch card. Competitors may take a GPS if they wish. This could be useful, for those interested, as it will enable them to retrospectively study route choice and distance covered. It is unlikely that a GPS will be of help with route choice or relocation, as the map has no grid lines.

There will be the usual fully catered Hash House run by the NSW Junior squad and their parents, plus some other loyal helpers. Also, there will be a tea and damper out on the course run by the Cardiff Scouts.

Camping is available at the area and competitors doing the 12 hr event are encouraged to camp overnight to reduce the chances of fatigue induced car accidents on the way home. Breakfast will be provided on Sunday morning.

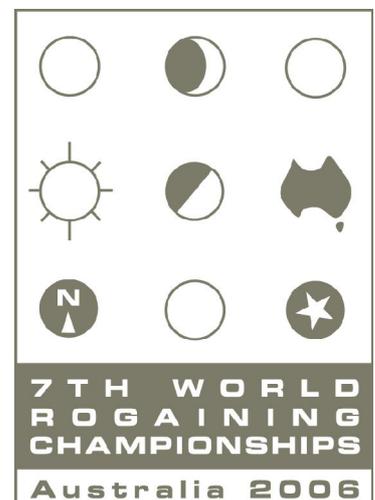
<i>Organiser:</i>	<i>For entry related matters contact</i>
Bert van Netten	Bob Gilbert
Phone: 02 4975 3693	Phone: 02 4952 1967
	Fax: 02 4957 6049
Email: van_netten@idl.net.au	Email: bgilbert@hunterlink.net.au

7TH WORLD ROGAINE CHAMPIONSHIP

13-14 OCTOBER 2006

Entries are now closed for the event to be held in the Warrumbungle Mountains, near Coonabarabran. At the time of printing it is only 12 weeks to the start of the event, so I hope all competitors (and volunteers) are getting ready. A total of 656 competitors in 293 teams have been accepted, including entries from Canada, Estonia, Russia, Sweden, USA, UK, Japan and a number of other countries. All competitors should regularly check the web site for the event, www.rogaine2006.com.au, for updates and further information about the rogaire itself and other events that are being held in and around Coonabarabran.

Volunteers in both minor and major roles are still sought, those who can assist should contact Alan Mansfield (info@rogaine2006.com.au).



Three trips to the Warrumbungles - Dry, Hot and Wet

or How To Plan A World Championship Course - By Julian Ledger



Years ago many visits were made to the Warrumbungles and over time the idea of a rogaine was sown by a few rogainers, but not germinated. A remarkable area, but a long way from Sydney, and there was a lot of other choice of rogaine sites nearer at hand. Bert Van Netten, one of the founders of rogaining in NSW and a frequent event coordinator, mentioned the area as a possibility. On a 1997 visit I hired a light aircraft and together with our then tiny kids went for a flight over the volcanic spikes known as the Grand High Tops. The place had an amazing potential. It took the opportunity to host the World Championships in 2006 to galvanise NSWRA into examining it in detail.

In May 2005 the Australian Rogaining championships were held on the NSW/Queensland border. Afterwards, Mike Hotchkis and I took the opportunity to drive down through the Northern Tablelands and what is now known as the Heart of New South Wales, to examine the Warrumbungles. Mike had just won the Australian Championships and seemed amazingly fresh for it. He had also taken on the responsibility of course setter for the 7th World Championships. He had talked to the Regional Manager of National Parks and Wildlife responsible for the Warrumbungles National Park and the initial response had been promising.

Dry

We drove south for a day and a half through the drought conditions at the time and one speeding ticket later reached the Imperial Hotel in Coonabarabran to spend the night. At our morning meeting with National Parks they were very helpful. We then drove out to check the lie of the land and in particular the potential Hash House area – it looked great. There were kangaroos everywhere kept company by emus. That'll be interesting for the international competitors! The area was parched, the camping very dusty, the leaves on even the biggest gums hung limply stressed through drought. Brenda, the Teacher's Aide at the Environmental Education Centre told us the creek had not run for four years.

We drove back through Dubbo and Bathurst, which is the home of the Lands Department. There, for the first time, we were able to meet the guys behind the emails which gave us permission to reproduce the maps for rogaines. However on this occasion the map only went to 20 metre contours and because of the complexity of the topography and the fact that it was a world championships we needed 10 metre detail. The big decision was made to have an entirely new map drawn from the aerial photographs.



Hot

It seemed like a good idea to visit the course a year to the day before the event and this happened to almost coincide with the NSW Rogaining Championships. They were also being held west of Sydney and were on the way home. So it was that 12 October 2005 found me camped in the Warrumbungles. The spring months had been rainy and the growth was extraordinary. En route cattle had been almost obscured in the paddocks by the length of grass. Also the flies were numerous and very friendly. At the camp ground the long dry creek was actually running. On the first night it was a cool 8 degrees but it rapidly warmed up in the morning raising to 28 degrees along with considerable humidity. My mission was to reconnoitre a southern loop and look at some possible check point locations.

The map was a partially completed version with not all features shown. Seven hours and three litres of water later I felt the course had got the better of me as I made it back to camp hot and very thirsty. This was going to be a “rogainers rogaine” and a classic NSW event – eg challenging native bush, interesting navigation and with not too many tracks. Water drops would need to be well organised.

That night the minimum was a much warmer 16 degrees and the next day I completed only a more modest loop checking access up some steep sections and enjoying the scenery before visiting the mountain top Siding Springs Observatory and hitting the road.

Wet

On the June 2006 long weekend, course vetter Tony Malony, along with myself and John and Mardi Barnes as assistant vettors met in Sydney at 7am and 6.5 hours later arrived in Coonabarabran after travelling up via the new England Hwy, Scone and Quirindi. A feature of this rogaine is the number of different travel routes and debates about their merits. That afternoon we split into three parties and between us successfully vetted 7 control points in excellent conditions and enjoying some great views.

Being mid winter we stayed in a cabin in Coonabarabran and woke to the sound of heavy rain. Undeterred we headed in full weather gear to the northern side of the course where we were greeted by thick cloud and very poor conditions. Again we split into three with my route taking in six controls. Within half an hour I was drenched but the walking was great and included an encounter with an emu guarding his nest. One control tested me and I took time to visit the site from extra directions. It was another seven km walk that saw me arrive at the rendezvous point in failing light.

The next day was just as wet but even colder with a strong wind. Tony took on an ambitious route whilst I had the more pleasant task of meeting Eileen Bell, Manager of the Park Information Centre and a ranger with event organiser Alan Mansfield. Later on I headed to a part of the course featuring more cleared land and covered about 8km in two hours. I met up with John and Mardi mid afternoon, both very cold, to join a cheerful church group huddled out of the weather. Tony arrived an hour later and had a complete change of clothes before we were able to get in the car and enjoy the heater.

Between us we had vetted the balance of the course and despite the conditions had a very enjoyable weekend in the Warrumbungles.



It is going to be a fantastic rogaine and my advice to all competitors is to talk to your boss and get some more time off. Having made the long trip, take some time to have a good look around this very interesting area. Meals are also available at the Hash House on the Thursday and Saturday evenings (event starts Friday noon).

Some of the organising team behind the 2006 World Rogaining Championships.
From left to right : Mike Hotchkis, Alan Mansfield, Julian Ledger, Trevor Gollan and George Collins.

The 2006 Paddy Pallin Rogaine Event Coordinator reports ...

With 784 participants in 298 teams starting (and, thankfully, safely finishing), the 43rd Paddy Pallin Rogaine held at Wingello State Forest has some pretensions to being the largest rogaining event ever held.

With the south-west of Sydney location, entries were noticeably stronger from the southern suburbs, Illawarra and Canberra. As usual for the Paddy Pallin, family entries were high and it was very pleasing to see the large number of novice entrants and, particularly, junior and novice teams.

The weather was very kind to us this year. The week prior was dry and the Sunday dawned clear and calm but cold. As the sun rose, it quickly warmed to the day's high of 19. With blue sky and some scattered clouds to the southwest, it really was terrific rogaining weather.

Congratulations to the category winners and placegetters and also to each of you for your interest and efforts. Hopefully your experience has improved your bush navigation skills and encouraged you to continue with rogaining – that sometimes black art of matching wits with the course setters, the accuracy and completeness (or otherwise) of the map and interpretations of it, and the joy of finding those pesky orange and white triangles. 66 teams scored over 690 and 255 teams – more than 85% - scored over 345; showing the vast majority of teams had quite a few successes on the day.



Pictured left: Nicole Sellin giving competitors final instructions before the start

Robert Preston and Andrew Simpson scored a convincing win with 1380 points out of a possible 2160, 240 clear of second overall, veteran team Ian Cameron and David Lyle with 1140 and the mixed team of Mark Driscoll, Jenny Scott and Greig Scott third with 1070. This was Andy and Rob's second win in a row – you can see their chosen route on the NSWRA website.

The area designated for car-parking filled quickly – thank you for the efforts people made to car-pool – and by 8:00 we had to direct cars onto the lower road for overflow parking. In total there were approximately 400 vehicles on site for an instant village of nearly 900 people.

For those camping overnight on Saturday, everyone fitted into the available space, if a bit more snugly than usual. It did seem that there were quite a few people meeting old and new friends at a number of communal fires.

1st Waitara Scouts did their usual terrific job of catering, both for dinner and the end-of-event sausages, soup and salad. My daughter – not a keen fan of vegetables – had seconds of the vegetable soup and said it was the best she'd tasted, as well as devouring the roast! Having a water tanker stay on site was very useful, and thanks to Cross Roads Group from Moss Vale for making this possible by letting us keep their truck over the weekend at a very reasonable price.

By 6:45am the administration team was in full flow with overnight campers and early day-trippers lining up for registration and maps.

Course setters Nicole Sellin and Nigel McDonald set an excellent novice and extension course in a compact area. They had a philosophy that a 10 to 100 point range could not be reflected in the relative difficulty of controls, setting lower point limit than has been the case for previous Paddy Pallins. Most controls were placed at prominent locations, eg 14, 21, 12 and 23.

To keep things interesting there was a sprinkling of harder controls and associated route choices – physically and navigationally. Some controls were located on more subtle features – such as 48, 55, 41, 58 and 43; others required some effort to get to – but were repaid by spectacular locations as well as the points – the Nyes Creek controls 70 and 71; some required careful map reading and attention to terrain – 58, 53, 74. Control 35, with a number of unmarked tracks around it, gave some teams issues. The control was on the second bench down from the gully head. There was another cross track, not shown, through the first bench between the S of Spotted Gum Road and just to the N of the 6 on the 600m contour, but was 40 metres shallower and was missing the prominent gully from the NNE.

At the start, they were both relieved and pleased to see teams scattering pretty evenly to each of the four closer controls. From there teams spread out rapidly to the rest of the control as they were faced with plenty of route choices and, past the first half hour or so, congestion at controls wasn't a problem.

As the finish time approached, teams started returning in an increasing rush. In the last 20 minutes, 75% of teams finished. The admin team coped tremendously, dealing with the huge task of checking for missing teams, entering control cards and getting out individual team and overall event results.

Having a well earned rest at Check Point 72

Robert Pallin and Mike Hotchkiss did a fine job entertaining the crowd while the results were compiled and checked. They were helped by the Paddy Pallin stores having generously donated a desirable prize pool. As is traditional with the event, each year a donation is made to an organisation that Paddy Pallin, the man, supported in his lifetime. The National Parks Association of NSW received a \$500 donation, to continue their work of protecting natural areas, ensuring there is bush to walk in.



Thanks also to everyone for a good clean-up job at the hash house site. There was very little junk left to pick up on the Monday, and we got a good report from the State Forests ranger on how the area was left. This is quite important, both in having State Forests happy to host us again as well as positive feedback for hosts at other prospective rogain sites.

The St John Ambulance crew of Rhonda and Stuart Scott provided wonderful peace of mind. Fortunately they had only two customers – a gashed arm and a sprained ankle.

Finally, thanks from the organising group. Your participation allows us, too, to have a good time organising the event – well, with only the occasional hissy fit and dummy spit!

May the compass be with you! See you at the next event ... **Michael Watts**

For the results of the Paddy Pallin 6 hour rogaine please go to the “About Events” section of the web site and select “Past Events”.

For the latest Volunteers information, click on the “Current Vacancies” link in the left hand panel of the Home page.