## **ROGAINING**?

s many checkpoints as they of 6, 8 and 12 hours. Most n foot and held in attractive s (Cyclegaines). Rogaining some events are held in metropolitan areas (Metrogaines) or on bikes (Cyclegaines). events are held within two to three hours travelling time of Sydney.

### 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.

you and your team members. There are no set routes and you don't have to spend he "Hash House" at any time for hot food and a rest around the campfire, or a sleep, whole time on the course. before heading out again,

9

entirely

parts of the

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

### WHAT DO YOU NEED?

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

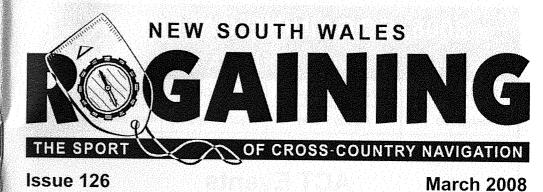
## WHAT DOES IT COST?

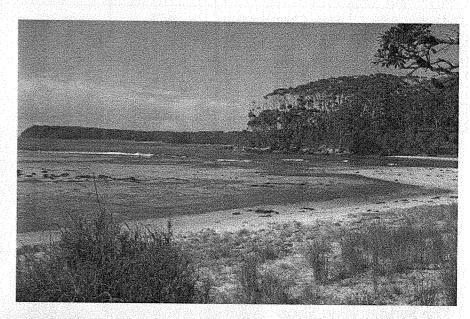
covers hot food during the event, your map, t. This covers how adult entry fees. In New South Wales the entry fees vary from \$30 to \$70 depending on the event. information sheets and facilities at the hash house. Family teams need only pay two

# 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.

julianledger@optusnet.com.au nswrasecretary@gmail.com 9460 3514 NSWRA Public Officer – Julian Ledg NSWRA Secretary – Alexa McAuley:





BENDALONG IS THE SITE OF THE NSW 2008 ROGAINING CHAMPIONSHIPS, MAKE SURE YOU ARE THERE !!!

www.nswrogaining.org

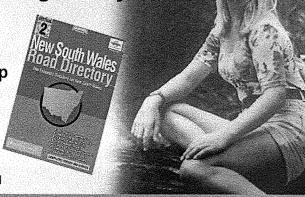
2008	ROGAININ	IG CALE	NDAR
DATE	EVENT	LOCATION	CONTACT
19/20 April 2008	NSW Champs	South Coast	www.nswrogaining.org
15 June 2008	Paddy Pallin	West of Sydney	www.nswrogaining.org
16-17 August 2008	Australian Champs	Copeton Dam	www.nswrogaining.org
6 April 2008	ACT E	vents ACT	act.rogaine.asn.au
17-18 May 2008	State Championship	ACT	act.rogaine.asn.au
29 June 2008	Cycle and Foot	ACT	act.rogaine.asn.au
	Other E	vents	
16-17 Aug 2008	Australian Champs	NSW	www.nswrogaining.org

### Grab a map...

and plan your next getaway

The Sydney Map Shop

1 Prince Albert Road SYDNEY NSW 2000 T (02) 9236 7720 F (02) 9221 5980 www.lands.nsw.gov.au





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Webmaster - Graeme Cooper

Email: graeme\_cooper@northnet.com.au 02 6772 3584

Volunteer Co-ordinator - Phil Whitten

Email: nswravc@gmail.com 02 4284 5018

Safety Officer - vacant

Equipment Officer - vacant

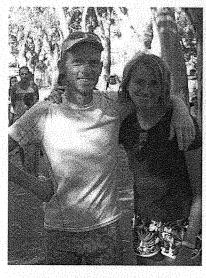
Archivist - vacant

### **President's Piece**

A new year and a new president! I would like to thank Mike Hotchkis for all the work he has done over the last few years to run NSWRA (with the able assistance of a committed committee of course!). He certainly put in an effort far beyond the call of duty and I am particularly grateful that he will be staying on in the role of Vice-President, to provide continuity and prevent the power going to my head (Bwa-ha-ha).

It was seven years ago when I competed in my first rogaine – the 24-h event down south in Bungonia Gorge. I had no real idea about taking bearings or reading the contours of a map and only a very sketchy appreciation of the Australian countryside. Hailing originally from NZ, I had the standard Kiwi mindset that you would have to be absolutely off your rocker to go bushwalking in Australia, let alone plunging headlong \*through\* the bush.

Fortunately, my teammate was a hardened Yorkshireman (Dave Gell) with excellent map-reading skills and a never-say-die attitude. I remember that we were quite close to saying die though, when it was 1 am and we were walking back to the hash-house for what seemed like an eternity on a tarmac road after a tough day (and evening) in the saddle. I was falling asleep as I was walking along, waking up to find myself veering into one or the other ditch on the edges of the road. We got back in the end, had a kip, nabbed a few more checkpoints in the morning and were hooked. It was the perfect combination of getting "out there", running, thinking and eating vast quantities of food. What more could you want in a sport? Dave and I have competed in quite a few events since then, and I have learned a lot about navigation from him. Often I even find the checkpoints I am looking for now.



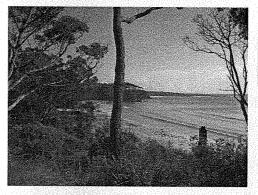
Our new president is more than just a pretty face, together with Sarina Tomchin they were the overall winners of the 2008 Metrogaine held at Mona Vale.

What are the other things that make rogaining special? (1) You have no real idea how you are doing until the end. I find this removes almost all of the pressure that you normally experience if you are competing in a sporting event where you know if people are overtaking you or scoring more points than you etc. (2) You really get to see places that you would almost never see otherwise, because of the hard work of the course setters in gaining access to private land and in scouring the area for great spots. (3) You can go as hard or as easy as you like, and you never have a feeling that you are doing too much or too little, even when you are

sitting by the roaring fire at midnight on a cold night, tucking into some great hash house grub (the frankfurter casserole I had at one event sticks in my mind as an all time favourite!). (4) Everyone gets to compete in the same event – young and old, novices and world champions, hard core 24-h hammers and teams kicking back with a picnic at the scenic checkpoint on top of a cliff. I think it makes for a great sense of camaraderie out on the course.

Of course I am preaching to the converted, by extolling the qualities of the sport. It is interesting to note that the level of participation at events has overall fairly static for the last 10 years, with the notable exception of the Paddy Pallin 6-h event, which has grown like a weed to over 800 people. I would like to encourage Paddy Pallin attendees to try out one of the longer events — as I say, you don't have to go like maniac for 24 hours, just because it is called a 24-h event. You will find plenty of other people planning two-loop courses, coming back into the hash house for a good feed and a sleep, then heading out for a brisk walk in the morning to gather a few more points.

You get plenty of daytime rogaining, a bit of night-time adventure and a great evening, invariably with some interesting people to talk to. Go on – give it a go! And tell some friends about the sport – with the increasing popularity of adventure racing, I have no doubt there are plenty more people out there who would enjoy a rogaine. You have the perfect opportunity coming up in only a few weeks with the NSW championships only a few short hours south of Sydney. Phil Whitten is setting the course (with Trevor Gollan organizing), so if the Turon Gates event in 2007 is anything to go by, it should be a cracker (no pressure Phil).



The 2008 NSW Championships will not quite be our usual "bush" rogaine.

Both of our urban events over the summer were a great success – the Socialgaine at Port Stephens involved some fabulous coastal scenery, and I know some people have already been back there and used the map for a bit of subsequent exploration. The recent Metrogaine on the northern beaches also took in some stunning views up and down the Sydney coast and revealed some hidden treasures on the bushland front – how many people knew beforehand about that gorgeous waterfall at 102? Both of these events were superbly organized from start to finish and are a great way to step up from the Sydney Summer Series orienteering events to something a bit longer.

Finally, I would like to reiterate my call at the AGM this year for people to volunteer to help at an event occasionally. There are big jobs, small jobs and in between jobs, and we really do need your help to put these events on. If everyone helped out only once every couple of years, we would have more help than we would know what to do with. You don't need any experience to help out an event — we provide on the job training! Have a look at the volunteers' page on the NSWRA website and see whether you might be able to spare a bit of time to help out at an event in 2008. It \*is\* rewarding and there is a good chance you will pick up some handy tips for your next event...

Have a good year everyone - see you out on a course some time!

Joel Mackay President, NSW Rogaining Association

### **VOLUNTEERS ARE NEEDED**

Everyone who has ever done a rogaine will understand that there is a need for volunteers at every event. Assistance is needed with the planning and organising, with the setting and vetting of the course, with the placement and retrieval of checkpoints before and after the event. Volunteers also help in the kitchen for the well earned food after an event, and many other thankless tasks. The committee asks that everyone who competes in our sport offers to be a volunteer at one event each year. Ultimately, **no volunteers means no events**.

### PLEASE BE A VOLUNTEER AT AN EVENT EACH YEAR

Three of the volunteers making sure that the 2008 Metrogaine ran smoothly.





The Hash House at the Metrogaine feeds the weary masses.

### **OUR NEXT EVENT**

The next event on the NSW Rogaining calendar is the NSW Championships. This year the event is being held at Bendalong on the South Coast, some 2.5 hours south of Sydney. Bendalong is a seaside retreat 55km south of Nowra, 15km off the Princes Highway. Our Hash House is the "Overflow" within the Bendalong Point Tourist Park (BPTP).





Some of the locals don't care what a rogaine is !!!

Your entry fee includes standard camping, including hot showers. If you would like a higher class of accommodation in BPTP (cabins or powered sites for camping/caravans) you should book separately, at: <a href="mailto:bendalong@shoalhaven.nsw.gov.au">bendalong@shoalhaven.nsw.gov.au</a>, ph 1300733025, or <a href="mailto:www.holidayhaven.com.au">www.holidayhaven.com.au</a>

A part refund will be given at the event for people who stay separately in BPTP. Note the rogaine is mid school holidays so bookings may be limited.



Phil Whitten has taken over administration of the event, with overall control by Trevor Gollan.

There is a 6-hour event where people can start at any time they choose, from the normal start at noon Saturday up until 6AM on Sunday morning. It will allow people to get there later on Saturday, or even early Sunday if they wish. Results will be announced with the Championship results on Sunday afternoon.

Commemorative T-shirts are being produced for the event, they are a wonderful memento and also help promote our sport. At \$10 they are also good value. There is a bus available for only \$5 return from Bomaderry station, so people might be wish to use this option rather than drive home when they're sleepy after the event.

Scott Hamilton has offered to organise the catering. I know he's vego but I'll sneak a few hundred snags into the esky. Some good people have offered to help with the hash-house but we could do with extras, including the all-night cafe.

The course is finally taking shape and I'm feeling good about it. The beaches, lakes and headlands are the obvious highlights and the water should still be warm in mid-April. Wonder if we should have a barefoot, or at least thongs, category! The forest is a mix between great and yuk. It's a bit unfair that we course-setters have to fight the nasty stuff and not set control points there, just so the competitors don't have to experience it at night. Unless they're lost! We tried the lake-crossing on Saturday and it's barely waist-deep at high tide, so that can remain as a possible route.





There will be lots of things to look at in the quiet times

The hash-house and camping plans are finalised with The Overflow part of the campground reserved for the rogaine. The showers are hot! People can book separately if they want more swanky conditions, like electricity or cabins, though bookings might be a bit hard to get because it's the middle of school holidays. I contemplated changing the weekend to avoid that clash but it fits with the full moon, and families may appreciate having the rogaine at that time.

Co-ordinator, Phil below, please contact the Volunteer the list 0 add your name Volunteers for upcoming NSWRA Rogaines - To add yo Whitten, on 02 4284 5018 or email nswravc@gmail.com

Event	Organiser	Administrator	Course Setter	Vetter	Hash House Leader	Site Staff	Photographer
	princes con con	Assistants	Assistants	Flag Retrieval Team	Team		Safety Officer
NSW Championships 24 hour 19 - 20 April 2008	Trevor Gollan	Phil Whitten	Trevor Gollan, Phil Whitten, Belinda Bright, Stephen & Eva Thompson	Mike Hotchkis	Scott Hamilton, Kerry Gilmore, Ros Atkins, Gail Roland, Lyn Dabbs, Kevin Williams	Stephen Thompson	
Paddy Pallin 6 hour 15 June 2008			Nicole Sellin Nigel McDonald				
Aust Champs 24 hour 15 -16 August 2008	Michael Watts	Andrew & Belinda Pope	Graeme Cooper Michael Watts Vicki Cooper	Michael Watts	Vicki Cooper		
Lake Macquarie 6/12 hour 11 October 2008		Bob Gilbert					
Socialgaine 6 hour 16 November 2008			Gill Fowler				

Results of 2008 Metrogaine - Mona Vale - 24 February 2008

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30	Matt Ryan, Kate Wingrove	1930	5:54	45	oniu-inia		23		and the state of t				
27	Graeme Malpass, Ann- Marie Mulligan, Heather Voaden	1910	5:56	8 9	Company of the second string to a fee		24	The state of the s				All Control of Control	
<del>2</del>	Jason Bower, Kylie Pearson, Michael Pearson	1870	5:59	47	\$-11-7 mm dr +1 1 (20 fg +		25			And to it can be a fact of the second			
Đ	Rainer Hoft, Marty Middlebrook	1870	6:19	48	8			ini ordinava je vije kolitinava je	party processing Commence of the Commence of t	mary posterior construction of the constructio		ere er even (Street Contraction)	
92	Debbie Byers, Kath Grant, Lyn Jones, Andrew Lumsden	1860	9:00	49			26	14					
45	Anthony Darr, Kylie Hoffman	1850	5:47	50			27			and the second s	The state of the s	de hits of Personal Department of the State	
29	Raymond Daly, Kit Craig	1850	5:53	51	<u>0</u>			15	Commence of the Commence of th			3	
750	Mim Schulz, Armand Schulz, Chris Schulz	1840	5.54	52	**************************************		28	and an interest of photograph and an analysis of the angular graphs.					m
Transport (Constitute of Constitute press	Dominian med Ziladon belande in Stranschier men en der bestehne des en Klimet opstationenselen	A contraction of the contraction	Same and the same of the same of	Anthonio in the second	and the second s	Antonio de la Companio de La Compani	and the second second second second	Section of the sectio	Section of the sectio	The party and the party and the party of the	The second secon	and the second second second	and desired assessment of the second

property of special section (see	Someone de acome construir de se de poste de construir de		en e	Contraction of the Contraction o	Season of the se	Confedital for the signal of the second section of the second second second second second second second second	dianosigalis da que nos sincidados de la compa	and the second s	ent sitistemphilippensones	- Annie A	-	Section of the sectio	Samoonia
Team#	Name	Score	Time	Open	Men	Score Time Open Men Women Mixed Veteran	Mixed		Super Vet	Under 23	Junior	Junior Novice	Family
73	Nicola Clancy, Steve Clancy	1830	5:53	53		With the state of	29	Parameter State Communication of the					
53	Peter Brack, Katy Brack, lan Randall	1830	5:56	54			30						Contraction of the Contraction o
44	Dennis Sparling, Ernest Windschuttel	1820	6:05	55	20			16	2				
103	Alison Darcy, Landon Halladay, Maninder Kaur, Cameron Newman	1780	5:54	26			듄						
52	Julie Avakian, Michael Avakian	1750	5:42	22			32	17					
124	Mark Leslie, Len Sharp	1740	5:51	58	21							The second secon	and the same of th
85	Helen Jessup, lan Jessup, Amelia Jones	1730	5:48	59	Annie de la companie		33		(Second Control of Con				
58	Angela Cziferszky, Roland Cziferszky, Barbara Stillner	1720	5:57	09		manufacture (professional professional profe	34						m. tarida a dan adan ya
17	Eric Barnes, Trish Beat	1690	5:46	61		The state of the s	35	18	9			And the second s	
51	Terry Henry, Eric Smith	1680	5:33	62	22			19	7				The second secon
33	Mark Barnes, Kristy Donaldson	1660	5:37	63			36						
18	Adrian Anderson, David Deall	1650	5:41	64	23					2		And the second s	
74	rebecca kalmar, paul kalmar, addye kalmar	1630	5:46	65	The control of the co		37					4	
54	Kim Lazenby, David Lazenby	1580	5:53	99			38					2	

Team#	Name	Score	Time	Open	Men	Open Men Women Mixed Veteran	Mixed		Super Vet	Under 23	in in the second	Junior Novice	Family
	Charles McMahon, Henry McMahon	1520	5:56	29	24								
102	Neerav Bhatt, Craig Heal, Donna Mckenzie	1510	5:41	68			39						
Section (Section )	Adam Kent, Anna Park, Nalini Prasad	1500	5:52	69			40						
	Daniel Atkins, Amy Atkins	1500	5:54	70			41		The state of the s	3			
	Barbara Barnes, Richard Barnes	1500	5:59	Z			42	50				A gardinary and a supplied of the supplied to the supplied of	
	Graham Millar, Richard Smyth	1490	4:52	72	25			21	Φ				
106	Jeff Ayres, Carl Mistler, Trent Oliver	1480	5:49	73	26								
	Michael Hanratty, John Oakley, Thomas Oakley	1460	5:48	7.	27								4
	Mark Hurry, Stephan Wagner	1440	5:43	75	28			22					
	Megan Gamble, Heather Smith, Alex Thompson	1410	5:28	9/		9							
	Patrick Kelly, Grainne McGuire, Kellie Miller	1380	5:32	Ľ.			<del>.</del> 43						
	Daniel Cater, Michelle Cater	1370	5:26	8/			4					မှ	
	Debbie Hotchkis, Mike Hotchkis	1350	5.55	79			45	23				e control of the cont	

Secondarion of the second second	Services of one of the contract of the contrac	Section of the sectio	de propriété des Alpado de Septembro de la constante de la con	discount of the second second	designation of the same	-	- Special and Company of the Company	imagenous amen's is in a second to provide the second	Samuel Control of the	gangement and delivery of the contract of	Section of the section of the section of	the soldent management of the soldent of	-
eam#	Team# Name	Score	Time		Men	Open Men Women Mixed Veteran	Mixed		Super Vet	Under 23	Junior	Junior Novice	Family
115	Helen McAuley, lan McAuley	1340	5:53	80		Protection to the Property of the Protection of	46	24	6			The state of the s	
122	Nicole Delbridge, Michelle Howard, Gavin Howard	1330	5:06	8			47						
105	pamela montgomery, robert montgomery	1320	5:35	82			48	25	0				
119	John Boyce, claire landon, natalie sing, deborah wilson	1320	5:55	83			9 <b>4</b>	3					
7	Penny Allen, Marie Kibble	1310	5;45	84		7		26	11	The state of the s			
91	BARBARA CHAPMAN, KIM GIBBS	1290	5;41	85		8	The second secon	27			The state of the s	and the confidence of the conf	
88	Kaye Johnson, Peter Morrison, Patrick Webb	1250	5:42	96			50	28					
4	Georgina McMahon, Robert McMahon	1250	5:47	87			51			4		7	
70	Alan Lowe, Lee Lowe	1230	5:52	88			52	29				Secretary and second	arcaning filmet the river of consistence
66	Alison Lyon, Catharina Muller, Wen Ju Pan, Faye Xu	1210	5;43	88			53						
116	Annette Malicki, Jo McCormack	1180	5:56	06			54						
31	Belinda Rothery, lan Rothery	1150	5:17	20		The state of the s	55						
48	John Bishop, Karen Hunt	1150	5,46	95	arasta lagaran Banggayan		56	30					
						et estere			losson la				

Amanda Connolly, McCutcheon Naomi Carrard, Joz Chong, Nick Florin, Linn, Kristy Pigram 37 Judy Shea, Paul Sl Charles Bowden, M Golestan, Amy Holl Wayne Lee, Marga Weiss Weiss Wendy Hird, Karen Janet Oakley Carol Genssen, Da Green	Amanda Connolly, Ally McCutcheon Naomi Carrard, Joanne Chong, Nick Florin, Alanna	Application of the same	Second and district									
	irrard, Joanne ick Florin, Alanna	1140	5:56	93	en francisco en		57					
	y rigialii	1130	5:24	<b>9</b> 4			28				æ	
	Judy Shea, Paul Shea	1100	5:12	95	enteretate dent		59	31	12			
Wendy Hi Janet Oal Carol Ger Green	Charles Bowden, Mehrdad Golestan, Amy Holtan, Wayne Lee, Margaret Weiss	1100	5:54	96	e e e e e e e e e e e e e e e e e e e		09					
Carol Ger Green	Wendy Hird, Karen Irvine, Janet Oakley	1100	5:58	26		<b>ර</b> ා		32				
	Carol Genssen, Dayle Green	1090	5:40	80		10		33				
110 Tian Liang Xue	Tian Liang, John Murby, Li Xue	1090	5:48	66			5					ટ
John May, Kelsey O'B Warburton	John May, Bruce O'Brien, Kelsey O'Brien, Carl Warburton	1090	5:57	100			62					
Hans Misi Mistler, Lo	Hans Mistler, Susan Mistler, Louise Oliver	1080	5:49	5	ing a ginaranyayin		63	34				
Ann-Kristin E Gillam, Dana Kim Murphy	Ann-Kristin Barue, Peter Gillam, Dana Gopffarth, Kim Murphy	1040	5:50	102			<b>6</b> 4				Ø	
Kenneth M McMahon McMahon	Kenneth McMahon, John McMahon, Susannah McMahon	1030	5:52	103			65					9

Team#	N Name	Score	Score Time	Open	Men	Open Men Women Mixed Veteran	Mixed	Veteran	Super Vet	Under 23	Junior	Junior Novice	Family
56	David Gwillim, Siena Gwillim, Tayler Gwillim	1010	5:28	104	State of the state	And the second of the second o	99	in the section of the					7
49	Lisa Butt, Craig Dunn, Casey Dunn, Mitchell Dunn	1010	5:28	105			29						8
57	Lynne McNairn, Martyn Robinson	1010	5:49	106			89				All property of the second sec		All months in the control of the con
55	Pam Campbell, Melanie Freer	1010	5:50	107	Spirite spirit	_		the particular contracts the second contracts to the second contract				10	
82	Kaitlin Birkett, Rick Elliott, Joshua Elliott, Sophie Peet	1000	5:54	108			69						
78	Jo-Anne Buckley, Jayne Jackson	910	5:17	109		12		and the state of t					
	Belinda Baccarini, Ingrid Van der Lee, Kristin Young	860	5:22	110	O CONTROL OF THE PARTY OF THE P	23		35					
8 6 8	John Crakanthorp, Janet Crakanthorp, Ian Crakanthorp, Julie Gray, Peter Gray	850	4:50	Section of the sectio			92	36					**************************************
121	Mathew Klassen, Tristan Rogers	830	6:23	112	29							-	
46	Rhett Henkel, Andrew Treloar, Margot Treloar, Arthur Treloar, Thomas Treloar	800	5.48	5.			F						6
42	Ellen Brackenreg, Kate Brackenreg, Mark Brackenreg, Rachael Brackenreg	780	4:32	4	Participant of the Control of the Co	The state of the s	72						10

Team#	Team# Name	Score	Time	Open	Men	Women	Mixed	Score Time Open Men Women Mixed Veteran Super Under	Super Vet	Under 23	Junior	Junior Novice Family	Family
40	Alec Noble, Liz Noble	550	5:55	115			73						_
06	Vanessa Lenzenhofer, Thomas Lenzenhofer	460	3:08 116	116			74						72
108	DINO ANDREATTA, GIULIA LOGRASSO, VAL ROSE	360	5:39 117	211			52	37	<u>6</u>				
46	Jim Hubbard, Bob McNairn -80	-80	6:08	6:08 118 30	30			38	44				
97	Katherine McNevin	Withd											-in
		The second second			- Commission	The state of the s							







Winners of the Female Veterans, Female, Male Veterans and Male categories at the 2008 Metrogaine.