

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 rogain is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most New South Wales events are held within two to three 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 50 kilometres 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 \$30 to \$70 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.

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.

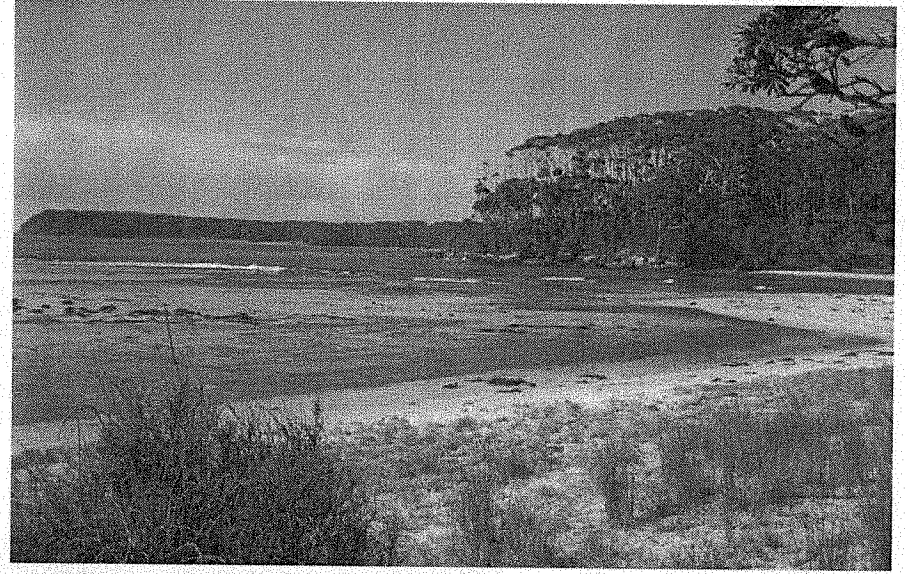
NSWRA Public Officer – Julian Ledger. 9261 1111 (work) julianledger@optusnet.com.au
NSWRA Secretary – Alexa McAuley. 9460 3514 nswrasecretary@gmail.com

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 126

March 2008



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

www.nswrogaining.org

2008 ROGAINING CALENDAR

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
ACT Events			
6 April 2008	Paddy Pallin 6 hr	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 Events			
16-17 Aug 2008	Australian Champs	NSW	www.nswrogaining.org

Grab a map...
and plan your next getaway

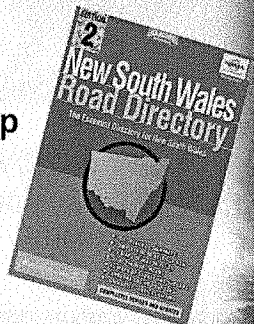
The Sydney Map Shop

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 Department of Lands



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Safety Officer - vacant

Equipment Officer - vacant

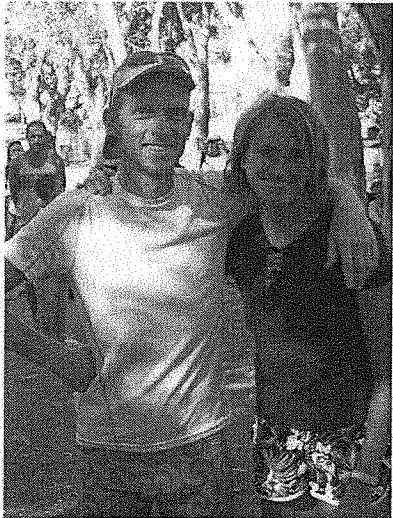
Archivist - vacant

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.



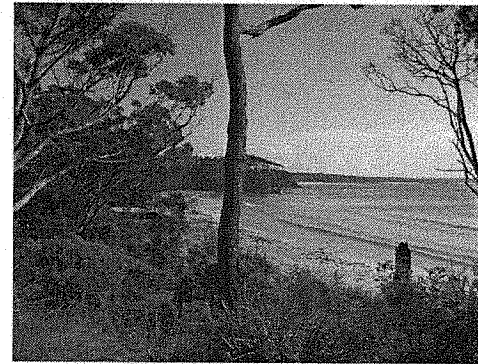
Our new president is more than just a pretty face, together with Sarina Tomchin they were the overall winners of the 2008 Metrogaine held at Mona Vale.

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!

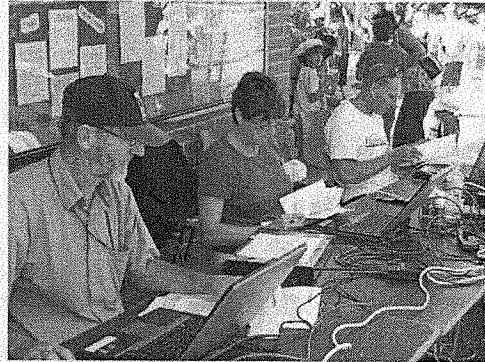
Joel Mackay
President, NSW Rogaining Association

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.

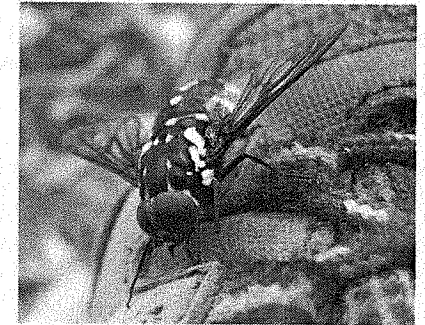


The Hash House at the Metrogaine feeds the weary masses.



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: bendalong@shoalhaven.nsw.gov.au, ph 1300733025, or www.holidayhaven.com.au

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.

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

Event	Organiser	Administrator		Course Setter		Vetter	Hash House Leader		Site Staff	Photographer	
		Assistants	Assistants	Assistants	Assistants		Team	Team		Safety Officer	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						
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

6 hour Course

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
69	Joel Mackay, Sarina Tomchin	3760	5:59	1			1	1					
84	Richard Green, Jonathan Worswick	3600	6:03	2	1								
65	Tim Austin, Warwick Selby	3460	6:01	3	2								
23	Duncan Sinclair, Joanna Sinclair	3330	5:55	4			2						
43	Gill Fowler, Andrew Glover	3330	6:07	5			3						
63	Peter Caine, Joel Wright	3290	5:53	6	3								
24	Judi Barton, Peter Young	3280	5:51	7			4						
96	Andrew Haigh, Nicole Haigh	3200	5:59	8			5						
3	Malcolm Bradley, Keith Mearns	3100	5:53	9	4								
64	Richard Lauder, Jacqui Matthews	3010	5:59	10			6						
15	John Barnes, Mardi Barnes	2950	6:00	11			7						
28	Robin Cameron, Susan Login	2900	5:53	12	1			2					
36	Alex Massey, Damian Welbourne	2730	5:56	13	5								1

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
86	Ross Barr, Richard Berling, Ron Junghans	2720	6:01	14	6			3	1				
29	John Anderson, David Dash	2710	5:58	15	7			4	2				
107	Ben Fehlberg, Aran Lankow, James McQuillan	2710	5:59	16	8								
80	Sandra Oliver, David Oliver	2690	5:48	17			8						
98	Belinda Kinneally, Igor Neumann, Daniel Smith	2610	5:58	18			9						
5	Steve Lewis, Michael Sawyer	2520	5:27	19	9								
92	Mat Everson, Anthony Kelshaw	2420	5:44	20	10								
83	Thomas Schipilliti, Andrew Stanford, Adrian Watson	2410	5:41	21	11								
10	Neil Chappell, Peter Cox	2410	5:55	22	12			5					
79	Tim Coghlan, Daniel Weatherhead, Chris Wyatt	2380	5:50	23	13								
112	Eloise Aschberger, Derryn Harrison	2290	5:56	24			10						
35	Dianna Hall, Edwina Hatch	2270	6:00	25		2							
104	Melissa Selby, Vicki Shipley	2220	5:54	26		3							
68	Jason Darwin, parissa poulis	2190	5:57	27			11						

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
2	Christopher Mottram, Meagan Mottram	2150	5:44	28			12						
25	Katie Feeney, Angela Malpass, Jamison Sharpley	2120	5:53	29			13						
114	Lou Vaccari, Nick Vaccari	2120	5:57	30	14								
8	Lynn Dabbs, Kevin Williams	2120	6:00	31			14	6	3				
21	Richard Connors, David Green, Andrew Palmisano	2090	5:52	32	15		7						
47	Gavin Wright, Jason Wright	2080	5:55	33	16								
93	Anne McGuire, Therese Powell	2070	5:53	34		4		8					
95	Margaret Cook, Merridy Huxley	2070	5:55	35		5		9			1		
34	Colin Tuft, Peter Tuft, Robyn Tuft	2050	5:58	36			15						
109	Linton Cable, Aaron Hill, Brock Mitchell, Brendan Morgan	2000	5:52	37	17					1		2	
50	Steve Guy, Trish Guy, Wendy Scott	2000	5:54	38			16	10					
41	Myee Allison, Thomas Bisshop	1990	5:51	39			17	11					

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
117	Matthew Bulbert, Alison Trowbridge	1990	5:58	40			18						
77	Louise Dearnley, Martin Dearnley	1980	5:52	41			19						2
4	Elizabeth Barnes, Geoffrey Barnes	1980	5:55	42			20	12					
67	Alexa McAuley, John Zvonar	1980	5:56	43			21						
62	Colleen Mock, Colin Mock	1950	5:47	44			22	13	4				
30	Matt Ryan, Kate Wingrove	1930	5:54	45			23						
27	Graeme Malpass, Ann-Marie Mulligan, Heather Voaden	1910	5:56	46			24						
118	Jason Bower, Kylie Pearson, Michael Pearson	1870	5:59	47			25						
101	Rainer Hoft, Marty Middlebrook	1870	6:19	48	18								
76	Debbie Byers, Kath Grant, Lyn Jones, Andrew Lumsden	1860	6:00	49			26	14					
45	Anthony Darr, Kylie Hoffman	1850	5:47	50			27						
59	Raymond Daly, Kit Craig	1850	5:53	51	19			15			3		
120	Mim Schulz, Armand Schulz, Chris Schulz	1840	5:54	52			28						3

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
73	Nicola Clancy, Steve Clancy	1830	5:53	53			29						
53	Peter Brack, Katy Brack, Ian Randall	1830	5:56	54			30						
44	Dennis Spurling, Ernest Windschittel	1820	6:05	55	20			16	5				
103	Alison Darcy, Landon Halladay, Maninder Kaur, Cameron Newman	1780	5:54	56			31						
52	Julie Avakian, Michael Avakian	1750	5:42	57			32	17					
124	Mark Leslie, Len Sharp	1740	5:51	58	21								
85	Helen Jessup, Ian Jessup, Amelia Jones	1730	5:48	59			33						
58	Angela Cziferszky, Roland Cziferszky, Barbara Stillner	1720	5:57	60			34						
17	Eric Barnes, Trish Beat	1690	5:46	61			35	18	6				
51	Terry Henry, Eric Smith	1680	5:33	62	22			19	7				
33	Mark Barnes, Kristy Donaldson	1660	5:37	63			36						
18	Adrian Anderson, David Deall	1650	5:41	64	23					2			
71	rebecca kalmar, paul kalmar, addye kalmar	1630	5:46	65			37					4	
54	Kim Lazenby, David Lazenby	1580	5:53	66			38					5	

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
13	Charles McMahon, Henry McMahon	1520	5:56	67	24						1		
102	Neerav Bhatt, Craig Heal, Donna Mckenzie	1510	5:41	68			39						
75	Adam Kent, Anna Park, Nalini Prasad	1500	5:52	69			40						
19	Daniel Atkins, Amy Atkins	1500	5:54	70			41			3			
16	Barbara Barnes, Richard Barnes	1500	5:59	71			42	20					
11	Graham Millar, Richard Smyth	1490	4:52	72	25			21	8				
106	Jeff Ayres, Carl Mistler, Trent Oliver	1480	5:49	73	26								
72	Michael Hanratty, John Oakley, Thomas Oakley	1460	5:48	74	27								4
22	Mark Hurry, Stephan Wagner	1440	5:43	75	28			22					
60	Megan Gamble, Heather Smith, Alex Thompson	1410	5:28	76		6							
87	Patrick Kelly, Grainne McGuire, Kellie Miller	1380	5:32	77			43						
32	Daniel Cater, Michelle Cater	1370	5:26	78			44					6	
81	Debbie Hotchkis, Mike Hotchkis	1350	5:55	79			45	23					

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
115	Helen McAuley, Ian McAuley	1340	5:53	80			46	24	9				
122	Nicole Delbridge, Michelle Howard, Gavin Howard	1330	5:06	81			47						
105	pamela montgomery, robert montgomery	1320	5:35	82			48	25	10				
119	John Boyce, claire landon, natalie sing, deborah wilson	1320	5:55	83			49						
7	Penny Allen, Marie Kibble	1310	5:45	84	7			26	11				
91	BARBARA CHAPMAN, KIM GIBBS	1290	5:41	85		8		27					
88	Kaye Johnson, Peter Morrison, Patrick Webb	1250	5:42	86			50	28					
14	Georgina McMahon, Robert McMahon	1250	5:47	87			51			4	7		
70	Alan Lowe, Lee Lowe	1230	5:52	88			52	29					
99	Alison Lyon, Catharina Muller, Wen Ju Pan, Faye Xu	1210	5:43	89			53						
116	Annette Malicki, Jo McCormack	1180	5:56	90			54						
31	Belinda Rothery, Ian Rothery	1150	5:17	91			55						
48	John Bishop, Karen Hunt	1150	5:46	92			56	30					

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
39	Amanda Connolly, Ally McCutcheon	1140	5:56	93			57						
61	Naomi Carrard, Joanne Chong, Nick Florin, Alanna Linn, Kristy Pigram	1130	5:24	94			58				8		
37	Judy Shea, Paul Shea	1100	5:12	95			59	31	12				
100	Charles Bowden, Mehrdad Golestan, Amy Holtan, Wayne Lee, Margaret Weiss	1100	5:54	96			60						
6	Wendy Hird, Karen Irvine, Janet Oakley	1100	5:58	97		9		32					
20	Carol Genssen, Dayle Green	1090	5:40	98		10		33					
110	Tian Liang, John Murby, Li Xue	1090	5:48	99			61					5	
9	John May, Bruce O'Brien, Kelsey O'Brien, Carl Warburton	1090	5:57	100			62						
74	Hans Mistler, Susan Mistler, Louise Oliver	1080	5:49	101			63	34					
66	Ann-Kristin Barue, Peter Gillam, Dana Gopffarth, Kim Murphy	1040	5:50	102			64					9	
12	Kenneth McMahon, John McMahon, Susannah McMahon	1030	5:52	103			65						6

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
56	David Gwillim, Siena Gwillim, Tayler Gwillim	1010	5:28	104			66						7
49	Lisa Butt, Craig Dunn, Casey Dunn, Mitchell Dunn	1010	5:28	105			67						8
57	Lynne McNairn, Martyn Robinson	1010	5:49	106			68						
55	Pam Campbell, Melanie Freer	1010	5:50	107		11						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							
1	Belinda Baccarini, Ingrid Van der Lee, Kristin Young	860	5:22	110		13		35					
89	John Crakanthorp, Janet Crakanthorp, Ian Crakanthorp, Julie Gray, Peter Gray	850	4:50	111			70	36					
121	Mathew Klassen, Tristan Rogers	830	6:23	112	29							11	
94	Rhett Henkel, Andrew Treloar, Margot Treloar, Arthur Treloar, Thomas Treloar	800	5:48	113			71						9
42	Ellen Brackenreg, Kate Brackenreg, Mark Brackenreg, Rachael Brackenreg	780	4:32	114			72						10

Team#	Name	Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Under 23	Junior	Novice	Family
40	Alec Noble, Liz Noble	550	5:55	115			73						11
90	Vanessa Lenzenhofer, Thomas Lenzenhofer	460	3:08	116			74						12
108	DINO ANDREATTA, GIULIA LOGRASSO, VAL ROSE	360	5:39	117			75	37	13				
46	Jim Hubbard, Bob McNairn	-80	6:08	118	30			38	14				
97	Katherine McNevin	Withd											



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