



# N.S.W. ROGAINING ASSOCIATION

(24 HOUR CROSS COUNTRY NAVIGATION)

NEWSLETTER No. 17

APRIL, 1988

PRESIDENT: Bert van Netten (049) 59 5935  
SECRETARY: Peter Wherry (02) 525 4865  
EDITOR: c/- PO Box 271, Kensington 2033

## BERT'S BANTER

I find it hard to believe that my time as president is drawing to a close. Thanks to all who have supported me both in the Rogaining Association and behind the scenes. The NSWRA is becoming Stronger every year! We now have more people willing to give time helping out at events and in course setting. Even so, more involvement is needed. Don't let the thought that you are inexperienced stop you from offering to help. The AGM is coming up on May 7th and we would welcome fresh ideas and new faces.

The Wingen rogaine in March seemed to be enjoyed by all, including the organisers, helpers and let's not forget the competitors! There was the usual strong support from the Worimi boys and their leaders. Also there were quite a few first time rogainers, including some triathletes who showed great potential. Well, I suppose triathelons are as crazy as rogainers. We also had some first time caterers who feverishly fed our famished and frazzled fraternity! Finally the landowners deserve a special mention for their cooperation and willingness to assist if we use the area again.

The Paddy Pallin event is next. This is a good one to get a taste of what rogaining is like even though you miss out on the joys on night-time navigation. And don't forget the 12 hour event early in July. Shortly after you get this there'll be the ACT come-and-try-it event on May 7th. You can always depend on the ACT to put on well run events. Ian Dempsey and I will be there to offer a challenge.

Again I would like to say that I am pleased to have been President for a year and I feel confident that the next President will also enjoy the position.

See you soon,  
Bert

## NSWRA ANNUAL GENERAL MEETING

The Association's AGM will be held prior to the ACT CATI event on May 7th at Bungendore. It will start at 9am and will cover a number of topics:

- Paddy Pallin Rogaine
- Winter 12h Rogaine
- Finances/Insurance/Incorporation etc
- Election of office bearers for 1988/89
- 1989 programme of events
- publicity/Terry's comments

## MEMBERSHIP FEES NOW DUE!

Yes it's that time of the year again but on the brighter side there are few organisations that offer you so much for a mere \$8. The increase this year was brought about by the need to raise the \$300 plus to incorporate the Association and will offset the cost of the public liability policy due for renewal soon.

If you're not going to the July 2nd Rogaine then slip a cheque into the mail, payable to the "NSW Rogaining Association" and addressed to Peter Wherry, 2 Biloela Pl, Gympie 2227.

### REPORTS FROM WINGEN

Well the Rogaining Year got off to a good start with the Autumn 12 hour event at Wingen, 20km north of Scone. About 50 rogainers in 21 teams showed up with the weather looking threatening. But the rain stopped and the afternoon was quite humid with the cloud cover providing the material for a spectacular sunset. Bert's course setting provided a dress circle view as participants climbed steadily to get increasingly better views which were well worth the effort.

Bert also provided another form of "diversion" by placing a number of controls in amongst the nettles. While he claims that this was "completely unintentional" I would like to use my power as Ed to christen him Bert van Nettle!! (He and Dianne have their first baby due around the Paddy Pallin event so perhaps the offspring will be known in rogaining circles as Paddy van Nettle? And while mentioning "future" rogainers, Robyn and Peter Tuft have a baby due around the same time. Should we have a family category?)

A couple of other incidents stick in my mind from the rogaïne. First there was the cry of "ROCK" from above (a familiar sound from other activities but a first for rogaining). Later we found ourselves being spied on by a curious kangaroo who stood upright on an exposed ridge. This was just before our encounter with Arthur and Brad who, while completely outclassing the field, had enough time to engage in a friendly chat before heading off into the distance - such encounters seldom occur in orienteering!

Once again, well done Bert and his enthusiastic helpers!!! But now on with the show. First off there's an article by Geoff Morley which I received just in time to get it into this newsletter. Geoff wins a "free" entry to the next rogaïne so that he and Liz can continue where they left off at Wingen!

**Wingen Rogaine** - "What's new about that?" you may ask. Every participant does some "whingin'" in a rogaïne. Wingen (or should that be whingin'?) for us usually includes phrases such as: "I can't go any further, I'll have to stay here and die", "I'm so thirsty I'll have to drink four litres when we get back", "I'm never doing another one of these", "I can't go down there because it's steep and dark and dangerous", "why didn't the 'criminally negligent' organiser put some water out?", "why didn't we choose a route which didn't include cliffs?", "why does it have to rain?" and "Bert is only doing this to us so we won't go in the Paddy Pallin and beat him again. The list of whinges could, of course take up all of this report so I'll limit it to the above sample and get on with it.

Wingen was, in fact, the interesting geological location for the 6/12 hour rogaïne organised by Bert. Being the weekend before Easter, attendance was quite small but, as usual, Bert had set a quality course. As we only competed in the 6 hour section we cannot comment on what it was like navigating in the dark - Arthur Kingsland can tell you!

Wingen is quite famous in NSW as the site of the famous Burning Mountain but we were left to experience only the steepness of the terrain. For our 6 hour effort we elected to complete the northerly loop of controls. The pre-event map marking arguments between Liz and I were avoided this time because our new recruit, Alan Garde, and I decided we would mark our maps and then let Liz "check" them as she copied her's out. Those of you who experienced our map marking mayhem at last year's Paddy's event can appreciate the relief felt by other competitors. They didn't escape completely, however, as there was still the contact covering "discussion" to endure. "How did we get a new team recruit?" you might ask. Easy! He hadn't heard Liz and I in duet. Will he come with us again?

Amazingly, it wasn't raining for the 12 o'clock start and a number of teams started in the same direction as us. After a road walk through the out-of-bounds area (we had to remind Terry Sharpe where this finished!), we could see the first control (#11) high above us on the knoll. Reaching it was not too easy and we didn't realise then that this was only the first of many steep climbs. After punching #11 we avoided another climb by contouring through a saddle and then along a steep slippery slope, the likes of which we would also experience several times again. Navigationally, we had no troubles with #15 and then began our assault on Gately's Mountain. By this time we seemed to have lost everyone else so we were happy not to be in a follow-the-leader situation. After climbing around some cliffs we were confronted with the twin tops of the ridge north-west of Gately's. Common sense told us to contour, but Alan convinced us that up-and-over would be quicker. This did have the advantage of making the scramble up the rock-strewn Gately's seem a little easier. Also the views from the high points were stunning! Another whinge; too hard for 10 points!

So far we'd had no navigational problems and we did a few (relatively) downwards and flat legs before reaching #36; after 3 hours, our half way mark. We gave Bert's swimming hole a miss although Liz did find his bunny sox in the trunk of the tree from which the control was hanging. (Funny, all we found near controls were nettles, Ed.) Liz was also a little concerned about a bull which failed to move away when she called it a cow.

From #36 we went up again and could see teams on the road to #36 below us. We kept to the eastern side of the ridge, where possible, on the way to #29 to be cooled by the southerly breeze. The terrain near #29 was not what we'd expected from the contours but we found it quite easily and began the long steep climb to #30, noting an enormous fig tree on the way. Still no navigational problems except for a little hesitation near #30.

The major whinge of the event now became dominant: burrs!! They made my legs, knees, thighs and crutch prickle. My socks carried more burrs than I've ever seen in one place at the same time. The thought of the farmers' weed control problems was overwhelming.

We met another team who warned us that #26 and #17 were difficult. The unmapped gullies near #26 were a bit confusing but we located it all right. Great; only 19, 18 and 17 to go! Just contour around Wallaby Rock, climb down the steep section and pick up #19. Sounds easy? Wrong! The steep section turned out to be cliffs broken only by a steep, slippery gully. Our original plan (subjected to a bout of Liz's loud wingen) was revised. We contoured north and found a way down the first steep section but couldn't find the marker as we were still too high. Alan wanted to go down (he's younger than us) but in the wrong direction. I didn't want to go down because I might have to come back up! A compromise was reached; I pointed in the right direction and Alan went down. He saw the marker so then we followed. Alas, precious time was lost and so Liz started whinging that we'd have to miss #17 as she didn't want to have to run back to the finish. A short duet ensued after which we continued down to the road and over the saddle to #18. But it wasn't there! Alan's sharp eyes spotted it on the next creek junction, 150m downstream. Oh no! Two and a half kilometres and only 20 minutes left. Liz was right - again. #17 was out and we'd have to run in as well. Thankfully, it was a track and fairly flat and we made it with 5 minutes to spare. Liz had run well - in her usual position, 50m behind.

Our thanks go to all who helped make the rogaine a success: Bert, the setter; Ian, the vetter; Jack and Jenny, the caterers; Yvonne, the calculator and the Wingen Hotel for the luxury of a free hot shower ... and, whoever it was that made sure it didn't rain.

We'll see you all at the Paddy Pallin Rogaine which Bert has changed to 6 hours because he knows that Liz and Alan and I can would have beaten him over 3 1/2 hours, especially if he uses the same timekeeper as he did last year.

## RESULTS:

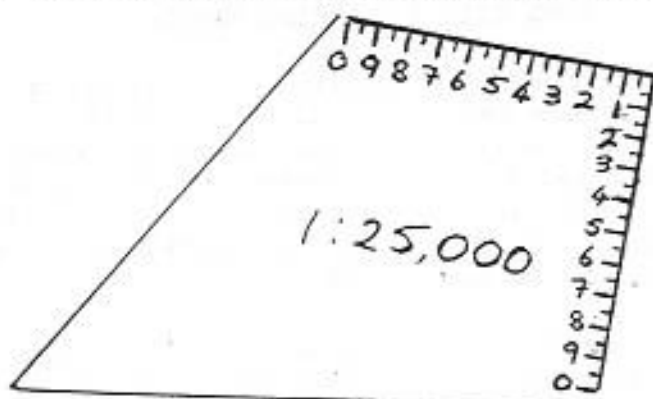
	Section	Team Members	Points	Section Place	Overall Place
12 hour	Men	Arthur Kingsland *	500	1	1
		Brad Maund			
		Ross Parker	335	2	2
		Ken Scardon			
		Chris Lukey	310	3	3
		Nick Giannotis *			
		Peter Wherry	290	4	5
		Malcolm Carr			
		Gordon Johnson +	265	5	6
		Darren Seabrook +	255	6	7
		Ric Condon +	245	7	8
		Terry Sharp +	235	8	9
		John Tooke	235	9	11
		Byron Robinson			
		Terry Mazzer			
	Mixed	John Waddell +	235	10	12
		Mick Finn	300	1	4
		Janelle Spackman *			
		Rosemary Austen	215	2	13
		Warwick Marsden			
		Terry Collins	180	3	14
		Wendy Davies			
		Ken Wells	145	4	15
		Karen Wells			
		Yvonne van Netten	20	1	16
6 hour	Women	Anna van Netten *			
		Marlow McDonald +	235	1	10
		Doug Preston	180	1	2
		Emilo Suprano *			
		John Bishop	110	2	3
		John Biddiscombe *			
		Geoff Morley	235	1	1
		Liz Morley			
		Alan Garde *			
		Stephan Lyons	90	2	4
	Mixed	Jennifer Potts *			
		Christopher Oliver *			
		Sally Biddiscombe *	75	1	5
	Women	Sue Clarke *			

\* - first timers



## HINTS AND TIPS

Rogaining is similar to bushwalking in many ways not the least of which are the many items of gear and procedures improvised or tailored to meet a particular need. This section will hopefully become a regular one with items supplied by you. I'll start by giving you all a freeby - your own eight figure coordinate plotter for a 1:25,000 map. Simply cut it out, paste it on a piece of cardboard and then work out how to use it. And don't forget that the eight figure coordinate gives the SW corner the square and not its centre.



If you're sick of correcting for the magnetic deviation when using bearings (and making mistakes when you're tired) why not rule some lines across the map to indicate magnetic north? These will usually be about 11° east of the vertical.

### PADDY PALLIN ROGAINES - SUNDAY, JUNE 19th

This event promises to become a permanent fixture in the rogaining calendar with its 6 hour daylight format backed by the promotional talents of the Paddy Pallin Organisation. You'll find the orange (yellow?) entry form somewhere in this newsletter. It will be a great first event for novices so feel free to copy the entry form for your friends. See you there!!!!

### WINTER 12 HOUR ROGAINES - SATURDAY, JULY 2nd

And only two weeks after the Paddy event, this 12 hour event will be held in an area about 30 minutes drive west of Lithgow which offers a delightful blend of eucalypt and pine forest as well as some open farmland. There are a reasonable number of tracks to help you through the steep sections but the two greatest attractions of this rogaine are the use of premarked maps and the Hash House which will ensure that there'll be a lot of early finishers - it might be a long way, in kilometres, from The Regent but its a lot closer to it in comfort and amenities.

### A NEW ROGAINING BOOK

We've received a note from Neil Phillips who, along with his brother Rod, wrote the excellent book "Rogaining - Cross Country Navigation" which has been unavailable for a few years. He's currently preparing a new book called "Cross Country Navigation in Australia" which will have a large section on rogaining but which will covers all types of cross country navigation. Neil says that we will probably be able to purchase copies at a prepublication rate. We look forward to its release!

### LOST MEMBERS

Yes we've lost a few more! It must say something about rogainers that they are capable of great fetes of navigation in the bush but seem to get lost when they get back to civilisation. This issues list includes J.West, A.Layland, R.Evans, G.Davies and D.Crouch. If you know where they are then let us know!

A big THANK YOU goes to Armidale's Cooper's Missing Person Bureau for giving us the whereabouts of Adrian Pearce. Thanks Graeme!

And while thanking Graeme I'd like to give a big **plug** to the **Northern Tablelands 6 hour event** which will be held near Mt Yarrowyck on September 4th, so keep that date in mind. Further details will be given in the next newsletter.

#### SOME THINGS TO THINK ABOUT...

Well my plea for articles yielded a thought provoking 5 pages from Terry Collins and Wendy Davies ("Caterers Extraordinaire") who took a critical look at the expansion of rogaining and the prospects for continued growth. I'm going to cheat and divide it into three parts (1. Beginners and Keeping Them; 2. Training; 3. Advertising) spread over three newsletters. I would be delighted to include responses to each part in the following newsletter as I feel that the points raised deserve to be considered and debated.

**BEGINNERS:** It cannot be doubted that we, as the NSWRA, adequately cater for the competitive rogainer right up to national level. we just have to look at the Australian Championships at Chatsbury. The best rogainers were kept running for the full 24 hours.

However, we think that the NSWRA needs to look a little more at the lesser skilled rogainers and specifically at new rogainers. We need courses that are designed for beginners. Their location, ease of access, skill level etc is basic. What about a 3 hour event in the Castlereagh State Forest at Penrith, or at Glenbrook in the National Park, or around Thirlmere Lakes?

We realise that it might be difficult to differentiate between orienteering and beginning rogaining, but we have to do it. This is a basic difference between orienteering and rogaining in that we choose our route while theirs is chosen by a course setter. Rogaining is a team activity, not a loner event.

Arrange some hand holders. Line up the better rogainers to show them how to organise a course and to walk around with them. A few gimmicks mightn't hurt either. A jelly bean for every minute that they come in under three hours, or half price entry to the next event if they complete their course. How about a moving checkpoint which is at certain locations between certain times? Perhaps they can get a cup of tea or coffee at that checkpoint. later on we can explain how all these little courses can be turned into proper events for the better rogainer.

Beginners courses are also good for new course setters. How many rogainers are capable of organising a full 24 hour course? How many a 12 hour course? A lot of people could spare the time to organise a 3 hour course, particularly with the guidance of an experienced course setter. They would learn on an easy job and gain skills for the harder courses.

**KEEPING THEM:** Part of our thoughts are that we need to have courses that people can complete. Bluntly, cater for people's need to achieve. People can then go home and say, "I completed the Wingen Rogaine." (Without whingen'? Ed)

This means something to people. Look at the large number of people who enter triathlons just to finish; stuff their times or the place they gained. The fact that they completed the course is what it's all about.

Self competition is fine for keen people. Let them go home and work out that they gained 60% of the possible points and that that put them in the 85-90% range of competitors.

7.  
Give people a definite goal to aim for by completing a course. Design courses that the average rogainer could do in 3, 6, 12 or 24 hours. Looking at the Chatsbury point score, most people scored less than half the possible points. Put on courses so that 50, 60 or 75% can complete the course!

This also makes it easier for a new course setter and opens up a lot more areas closer to the population. Less travel, more people. Wider choice of sites, less scrub, more people.

Another point that is dear to our hearts is food. where food is provided, it is equally as important as the course. A course setter can only choose the location and set the course. The weather is God's choice and if you have bad weather the food, good food can make everyone think that it was the best course ever. It doesn't matter how bad the weather, if competitors know that once they get back to the hash house they can get a beautiful feed then they'll be happy. this results in a higher motivation and higher level of competition. Good basic food and plenty of it.

The opportunity to socialise will be important for some competitors. Wherever possible, organisers should provide shelter (tent, fly or hall) where competitors can sit and chat before during and after an event. This is particularly important in encouraging the young, single (unmarried) competitors, which if successfully done will ensure many participants in future generations. (The mind fairly boggles! Ed) THANKS Terry and Wendy. More in the next newsletter ....

### ORGANISING A ROGAINE

OK, so you'd like to organise an event but haven't got a clue how to go about it! Hopefully after you've read this series of articles, which comes courtesy of Ian Dempsey, Neil and Rod Phillip's book on Rogaining and Ed, you'll be all fired up to organise or assist in organising your rogaïne!

For ease of discussion of the organisation it is useful to divide the tasks involved into six areas:

- (i) Coordination
- (ii) Course setting
- (iii) Vetting
- (iv) Pre-event administration, publicity etc.
- (v) Administration during the event
- (vi) Catering

For smaller rogaines such as 6h and 12h events a team of four or five friends could handle all these areas while on other occasions the six areas might be handled by three groups with one looking after 1, 2 & 3, another 4 & 5, and a third the catering. The only restriction would be in championship events when the setting and vetting should be given to separate people.

In this issue I'll look at "Coordination" with the remaining areas being covered in subsequent newsletters. (As this edition was going to press I received a draft copy of the VRA "Co-ordinators Manual". It is not my into intention to "redesign the wheel" (or whatever) but will try to present a concise and readable series of articles. If you decide that you'd like to organise a rogaïne I would certainly recommend that you get a copy from Peter Wherry as there is a wealth of information from an Association who has had considerably more experience than the NSWRA.)

#### 1. Coordination

This area should be given to one, easily contactable, person with considerable rogaïne experience (let's say three rogaines?). He/she will be responsible for the following tasks:



The date. This will often have been decided beforehand but if not a weekend as close to a full moon as possible should be chosen; the Sydney Observatory can give you these dates. Wherever possible the date shouldn't coincide with other related events such as major rogaines in adjacent states, major orienteering events (call the OANSW on (02) 27 7520) and the City to Surf. But remember there will always be something else on somewhere!

The checklist. A complete list of tasks must be prepared under the headings given above or similar. This list should be checked thoroughly - need I say why? Hopefully, if I don't leave anything out of this series of articles you'll be able to use them to prepare your list. So if you spot any serious omissions please let me know!

The timetable. Using the checklist, a timetable for completion of these tasks can be drawn up with sufficient gaps to allow for inevitable delays. The greatest delays are usually involved in choosing the area and delineating the boundaries for the rogaïne. If using a "known" area, two months is probably sufficient time to begin organising, otherwise anything from three to six months is not unreasonable.

The team. In conjunction with preparing the timetable, the task areas should be assigned to those who will be responsible for them. The number of active rogainers should be kept to a minimum to allow for maximum participation. The pre-event administration would not preclude someone from participating or alternatively this area could be looked after by someone who isn't free one the day of the event. Catering can often be looked after by friends and family; you might be surprised be how much they enjoy it! Don't make the mistake of using too few people as this can result in a shambles at the Hash House and detract from an otherwise successful event.

The area. In most cases the organiser will be involved in the course setting and/or vetting; the latter being particularly appropriate if the course setters are first timers. As such he/she will probably be involved in the selection of the area and Hash House site (which will be discussed in the next issue). If the course setting/vetting is left to others the organiser must ensure that they know what is required and visit the area on at least one occasion prior to the event.

Supervision. Rogainers are a pretty capable bunch and can be expected to do a job well provided they are given sufficient information and encouragement. The main role of the organiser, besides completing the tasks assigned to him/herself, is to ensure that tasks are completed according to the timetable before the event and that everything runs smoothly at the event .... and then to enjoy the rogaïne!

#### REMINDER CALENDAR

28/29 May	AUSTRALIAN CHAMPIONSHIPS	Graeme Foley	(03) 578 0480
19 June	* Paddy Pallin Rogaine 6h	Ian Dempsey	(049) 435 790
2 July	* NSW Winter 6h/12h	Ian Dempsey	"
27/28 August	ACT Championships 12h/24h	Phil Creaser	(062) 414 604
4 September	Northern Tablelands 6h	Graeme Cooper	(067) 723 584
24/25 September	NSW Championships 12h/24h	Warwick Marsden	(02) 399 7814

\* - entry forms for these events are somewhere in this newsletter!

**Stop press:** Rogaining has been exported with Canadian events being held in British Columbia on 21/22 May and Alberta on 18/19 June. If you want details for yourself or friends contact Peter Wherry.



# AUSTRALIAN ROGAINING REPORT

Issue no.1  
February, 1988

Report of the  
Australian  
Rogaining Association

Produced for your state  
Rogaining Association newsletter  
by the Australian Rogaining Association



## PRESIDENT'S INTRODUCTION

An introduction by the President of the Australian Rogaining Association, Rod Phillips:

Hello. Rogaining is entering a fascinating period in its history. If we consider 1976 as the beginning of rogaining as a sport then the first five years were a period of extraordinary growth. This period culminated in events with four hundred entrants in W.A. and one with seven hundred entrants in Victoria.

The next five years have seen a consolidation phase with regular events in three states and with numbers being limited on many events. Over this time there was some expansion into events such as snogaines, cyclogaines and metroaines but the calendar for the mainstream twenty-four and twelve hour events has been fairly constant.

Now we have clearly entered a second period of rapid change. Over the last year or so, rogaining associations have been set up in the ACT and South Australia and regular events are being organized. There is also a possibility of a Queensland event this year. We have also received some details of the first rogaine to be run outside Australia.

However, at the same time, there has been a downturn in the number of entrants at Victorian events. Until now the popularity of rogaining has been such that no attempt to seek publicity has been needed. Maybe now we will have to identify interested community groups and direct more attention to them.

This is the first report that the ARA has sent to all rogainers in Australia. Until now, we have communicated directly with the states and they in turn have kept you informed of rogaines and other happenings. This arrangement will continue but so many members asked for a national letter that we felt the expense was justified.

At this stage we are uncertain how frequently this report will be produced. One option is for it to be an annual report produced early each year (February?) summarizing happenings in the previous calendar year. This is the format we have adopted for this first report.

Finally, to those of you who have been on many events and to those who are just beginning, the ARA executive wishes you all the best for an enjoyable year's rogaining.

Rod Phillips,  
President

## ROLE OF THE ARA

The aims of the ARA are:

1. to promote and foster the sport of rogaining at a national and international level;
2. to encourage the spread of rogaining within Australia;
3. to set and maintain standards and rules for the sport;
4. to support communication between the various state associations;
5. to identify common needs amongst the state rogaining associations and assist in meeting these needs; and
6. to oversee the running of the National Rogaining Championships.

I will discuss each of these aims in turn.

1. Internationally we have corresponded with many bodies such as national orienteering associations and have sent promotional material to relevant people. We have also provided support and advice to groups such as the one that recently organized Canada's first rogaine.

2. Within Australia, the ARA has provided assistance to each of the state associations in their fledgling years (except VRA and WARA). This assistance has been by the provision of materials, the publication of newsletters and results, by providing financial help and so on. We also encourage the development of new rogaining associations.

## ARA STRUCTURE

The Australian Rogaining Association has only five members, namely the Victorian, Western Australian, New South Wales, Australian Capital Territory and South Australian rogaining associations. It does not have any individuals as members. The decision-making power of the ARA is vested in the ARA Council, a body of about twelve rogainers. The ARA Council consists of two delegates from each member association plus a few additional people co-opted on to the council. These extra people generally represent areas where there is no state association.

The day to day running of the ARA is done by the three person executive (president, secretary, and treasurer). More formal matters are dealt with by the ARA Council by mail or phone. At the Australian Championships each year the ARA holds its annual general meeting.

Rogainers wishing to have matters considered by the ARA should usually submit them to their state association first. However, the ARA Council welcomes involvement by people interested in matters being considered by the ARA. In particular, all rogainers are invited to the AGM.

3. Much of our recent labour has been directed towards ensuring that all states use the same rules at championship events and that organizers adopt similar guidelines for event organization. All states accept this in principle but it requires constant vigilance to maintain.

4. To support communication between rogaining bodies within Australia we have two main policies. Together these account for a large proportion of our budget. Thus we have ensured that no rogaier travelling interstate to an event (except between Sydney and Canberra) needs to pay an entry fee. We also provide a travel subsidy to all rogainers travelling 2000 km to an event and a subsidy to assist delegates to meet each year.

5. Ideally the ARA would be involved in the production of guidelines to help event co-ordinators, course setters, vetters, caterers, administrators and the like.

6. The National Championships are allocated each year by the ARA after we have received applications from the states wishing to host the event. The ARA has a policy of requiring the co-ordinator to have a proven record in rogaine organization.

R.P.



Current Australian Women Champions, Margie McGarr and Ann Lockley, display their trophies on their return to Perth.  
A report on the 1987 Championships can be found over page.

## Your delegates to the ARA:

ACTRA	
Phil Creaser	(062) 414 604
Andrew Calder	
NSWRA	
Ian Dempsey	(049) 435 790
Bert van Notten	(049) 595 935

## SARA

Neil Smith	1081 269 7286
VRA	
Tony Walsh	(01) 528 1769
WARA	
Fred Abbott	(09) 447 7120
Jane Robley	(09) 444 3206

## Executive:

President :	Rod Phillips (03) 572 2425
Secretary :	Richard Matthews (09) 272 5022 (RH)
Treasurer :	Andrew Rothfield (03) 347 5241

## New South Wales

1967 has been a year of transition for N.S.W.A. Several changes have occurred that are innovative and augur well for the future of triathlon in the state.

Since the establishment of a governing association in N.S.W.A. in 1963 there has been a modest annual increase in membership and two to three triathlons have been staged each year. While event standards have been more than adequate the growth of triathlon has been frustratingly slow and has certainly not paralleled the situation in some other states. Nevertheless, two changes this year may have created the circumstances necessary for more rapid expansion.

One of the "old guard" and still active within the association, but there are also several new faces on the committee this year. The new committee members are all experienced triathletes with a variety of skills to offer. The injection of new ideas and enthusiasm has been timely and will assist in the development of the sport here.

The other change to mention is the involvement of N.S.W.A. with the organisation of the annual Paddy Ballis event. The event has been regularly staged since the mid '60's and had undergone some changes in that time. However, the event has always had closer affiliations with the concept of triathlon than, for example, triathlon. It is not surprising then, that N.S.W.A. has now assumed responsibility for its organisation. In future, it will be seen as the Paddy Ballis triathlon and it will be a triathlon event. Both the triathlon organisation and N.S.W.A. are committed to seeing the event become more attractive to a much wider range of competitors than in the past and so we will both be actively involved in its promotion and publicity.

Don Stephens

## South Australia

1967 saw the formation of the South Australian Triathlon Association, at the instigation of Marla Rilland (ex-USA) and Neil Smith.

The inaugural event (a 12-hour triathlon) was held in May on the Flinders Peninsula north of Adelaide. The map, on 1:50,000, was specially prepared by Neil and Marla.

150 people in 45 teams took on the electric buses and sticky heat in high spirits and in flawless clear weather. The organisers were pleased to attract such

large numbers to their first event. It appeared that most competitors came from the triathlon community, with a sprinkling from Adelaide University Mountain Club.

On the morning after the event, N.S.W.A. was officially born, and a committee elected. It was decided to accept incorporation immediately, and the certificate was duly issued by the Corporate Affairs Commission on 15th June.

In July, the Out Backers Club conducted their twenty-sixth consecutive annual "24-hour triathlon", this year's event being at Mirramara (the furthest from Adelaide it has so far been held). Despite heavy rain on Saturday afternoon and Sunday morning, and not to mention, the event was as usual a great success, with five competitors in most sections.

SA's second event was somewhat disappointing as that only 38 competitors in 21 teams turned out. A most agreeable fact for next year is a dynamic publicity officer to spread the good word. To cap things off, October 1st turned out to be the hottest October day in Adelaide for 45 years! The temperature at the time (near 100) must have been 40 degrees on each day of the 24-hour event, and was probably instrumental in keeping a further five teams who had signed up, at home.

Despite all this, "triathlon" was rated as excellent, even by some of those taking part. Two after team reported actually enjoying running around the rocky hillsides in the semi-like conditions. The map was again specially made for the event, this time by laser, showing a full-colour map and printed by four-colour process. And we attracted the expected 150 to 200 spectators this would have been welcome - as it turned out we were "down the drain" and S.A.T.A.'s present financial position is not good.

But to look on the bright side - triathlon is truly alive in S.A. We have been course setters for the next event (10th April 1968). This is presently planned as a 12-hour, but could get into a 24.

Neil Smith

## Australian Capital Territory

On 1 January 1967, the ACTA formally became part of the Australian Triathlon Association.

The first event for the year was held on the Canberra Day long weekend (March 18/19). The organisers had selected "The Endurance" as the event for the 10/10 team event which was also the A.C.T. Championships. The area, which is in the

Western National Park, features spectacular landscape scenery. In short, it was a truly remarkable venue - the weather, the organisation, the area. It's fair to say that participants will long remember this event. The second event was held on 11 July near "Thompson's" and close to the Shalaburra River some 30 km N.E. of Canberra. Although only some 40 km from the bushland, the terrain was completely different. Apart from the few sq. km. around Mount Stromboli, the area was mostly flat with a lot of scrubby vegetation. It is a credit to both teams of organisers that they arranged for race-free events with laughs of fun!

Two events are scheduled for 1968. The International (one and two days) in 1968 event will be held on 1 May with a generous grant of 10% from the Australian Triathlon Association and the A.C.T. Championships (12/13 hour event) will be held on 14 September. The championships will also include the 1967 International Challenge.

Paul Stevens

## Western Australia (12/13-14/15)

The October 1966 A.C.T. was the retirement after three years' service of our President, Richard Ballis. Under Richard's leadership, WAAS had grown from two events per year to three half marathons, a triathlon and a 100 km triathlon. Progress in the West was rapid and a great deal of quality for his initiative and enthusiastic participation in our sport.

Under the guidance of our new President, Fred Allen, the past year has been one of consolidation with special emphasis on improving the quality of our events.

Regular achievements have been the improvement of our facilities (the triathlon track and the purchase of a 100 km triathlon course). In addition, triathletes have been prepared to accept action and better triathlon opportunities and risk factor triathlons. This is an on-going project with the team being updated after each event.

As a form of publicity, we have also developed triathlon between our triathletes which we have sold to members throughout the year. "Triathlon - Australia's Own Sport" developed across our event is a very good conversation opener especially at sporting events where triathletes have heard of our sport.

WAAS members have enjoyed a particularly successful year at triathlon events. Richard and Brenda Ballis were 2nd runner up at the Victorian Championships and a

very creditable 5th overall. At the Aust. Champ. Ben Lockley and Jane Bailey were 2nd Mixed team and Ben Lockley and Marge Bailey won the women's triathlon.

Our membership numbers continue to grow each year and we are averaging 188 participants at each event. In 1968 our event numbers will grow with the addition of another 12 hour triathlon in the Spring.

Our year ended, as it had begun, with the retirement of a key member of the Association's operation. 21st March returned after four years as Treasurer and three years prior to that as Auditor. In recognition of his outstanding contribution, WAAS has made an honorary life member of WAAS at the 1967 AGM.

Norman Jones

## Victoria

The VAA has had a successful year with two events held during 1967. Our members have enjoyed some challenging events in some of the most scenic areas of Victoria.

The triathlon season opened in February with the Lakehouse triathlon in the hills of Melbourne's northern suburbs. This event is a great chance for families to compete, train and all. One hundred competitors took part, with the youngest nine weeks old.

The Victorian Championships, co-ordinated by Bruce Downall, at Cranbourne attracted 428 triathletes keenly competing for the coveted trophy. Another 120 people walked on to the scene for the triathlon at St. Kilda. Some 100 to be left out of the race, the triathlon Spring Carnival saw competition gallop over the starting line of the Spring Creek Racecourse for a Spring 10/10 triathlon.

A major disappointment was the cancellation of the popular Murray Thomas triathlon.

The committee of the VAA has also been active. A major problem has been to look after safety and insurance issues. Terry Davis has put a lot of time into finding a suitable insurance policy for the association while a safety committee has devised a mandatory minimum first aid kit, to be carried on events. As part of our safety program, members of the VAA are being approved first aid courses run by the VAA in return for their help at our events.

1967 was a successful year for the VAA only made possible by the hard work of our event organisers and volunteers throughout the year.

Kevin Ballis.

## Australian Championships

Report on the 1967 Aust. Champ.  
Oatlands, 5th & 6th September, 1967

Host Association:  
New South Wales Triathlon Association

### Area Selection

Two areas south of Sydney were visited when selecting a venue. One of these was chosen - in some detail before triathletes and shown as the best available. It was chosen as it offered a variety of scenic views, difficulty and terrain. Also, a variety of wildlife was present. These include wallabies, possums, wombats, platypus, waterfowl, eagles, falcons and parrots.

### Site

The course was selected on "Greenwich Park" (Oatlands) as an area bounded by the Taro and Murrumbidgee Rivers, approx. 15 km north of Oatlands, NSW.

### Terrain

The site was approximately 500 steep and forested, and 500 undulating to steep (mostly with scattered forest).

### Map

The course map was (approximately) 1:10,000 topographic published by the NSW Central Mapping Authority. Contour interval 10m. Checkpoints were marked by each competitor.

### Course Description

The course consisted of 30 checkpoints on a route of 30 to 40 points each, totalling 2100 points. Total course length in straight lines, approx. 100km. Lowest checkpoint: 60m above sea level. Highest checkpoint: 700m. Course area approx. 11,000 hectares. The winning time was 11:00:00.

### Host House

A large shelter was used. A few of the attractions included power, water, a large hot water area and flushing toilets. Also, the shelter had proved to be a house in that it provided shade, shelter, sleeping and sitting space. John Smith, the manager of the property, was extremely helpful.

### Comments

There was a lot of rain prior to the event and out-of-season areas were decided

on. Participants were advised again prior to the event.

### Conditions

The event began in a fine and warm afternoon. Light rain began to fall in late evening and continued intermittently until after dark. The remainder of the night was fine and cool.

### Experiences

Host triathletes were the usual mix of triathletes and triathletes. The most serious injury proved to be a sprained ankle. But minor injuries were few and far between. The first triathletes were in great demand.

Co-ordinator: 1 Neil Smith  
Course-setter: 1 Neil Smith  
Referee: 1 Peter and Marge (1st)  
Caterers: 1 Terry Collins and Marge

Participation: 100 - 22 teams (47 athletes)  
VIC - 11 teams (15 athletes)  
ACT - 11 teams (15 athletes)  
NSW - 11 teams (15 athletes)  
SA - 10 triathletes  
Mixed triathletes - 2 teams  
TOTAL: 72 teams (154 athletes)

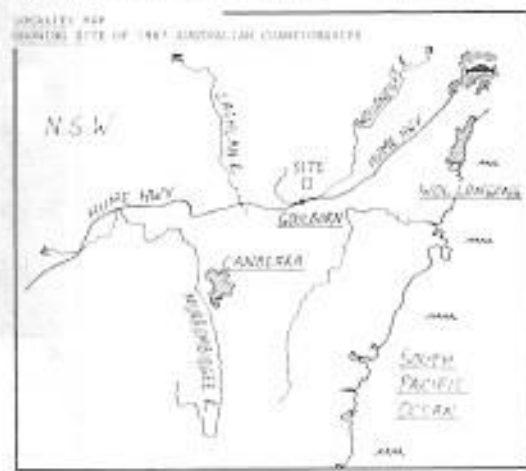
The AAT wishes to thank the NSWAA and in particular Neil and Marge for a fine event.

Thanks to Neil and Marge for information included above.

## 1968 Oz Change

The 1968 Championships are now being prepared and will be held on May 18th/19th. The course is being set in the vicinity of Melbourne.

Look out for more details about 1968 triathlon. See your AAT delegate about



## 1968 CALENDAR

Being to space limitations, it has not been possible to include the full national calendar as planned. Most state triathletes have a full calendar of information. Otherwise contact an AAT delegate from the state/territory in question.

## EDITOR'S NOTE

It is hoped that future editions of this publication will contain general interest articles and news from overseas in addition to the basic information section here. The editor apologises for the space issue which has been reduced because of lack of

limitations necessarily imposed on the first edition. This edition of the Australian Triathlon Report was edited by Paul Stephens (NSW), 1710 Silverdale Road, Mordialloc, VIC, 3113. Phone: 1933 818 2719

# THE PADDY PALLIN ROGAINE



## WHAT IS ROGAINING?

Rogaining is a fun way of enjoying the bush and testing your navigation skills. In essence rogaining is a sport of long distance cross country navigation. Teams of two to five members visit as many checkpoints as possible in an allocated period. You do not have to train or be a super athlete. The main thing is to join in the challenge of the terrain and travel at your own pace.

## THE PADDY PALLIN ROGAINE - JUNE 19, 1988

This rogaine is open to all-comers and is suitable for beginners or experienced teams. It is a six hour mass start event. Beginning this year a special perpetual trophy will be presented for the best team composed of current members of the Scout Association.

DATE: Sunday June 19, 1988

VENUE: On the Putty Road - about 1 & 1/2 hours drive from Sydney

START: 9am FINISH: 3pm

ENTRY FEE: \$8 per person - Includes Map and Sausage Sizzle/Soup.

Teams must consist of at least two people

## THE PADDY PALLIN ROGAINE TEAM ENTRY FORM

NAMES: 1 .....  
2 .....  
3 .....  
4 .....

DETAILS OF TEAM LEADER: NAME.....

ADDRESS .....

.....POSTCODE.....

PHONE:(.....).....

MIXED ☐ OPEN ☐ WOMEN ☐ (PLEASE TICK ONE ONLY)

IS THIS TEAM FULLY COMPOSED OF CURRENT SCOUT ASSOCIATION MEMBERS?  
YES ☐ NO ☐ (TICK ONE)

Include a stamped self-addressed envelope for final instructions.  
Closing date: June 6, 1988

Post this form, cheque (payable to NSW Rogaining Association) and self addressed envelope by June 3 to: Ian Dempsey  
5 Richley Street  
Kahibah 2290

Late entries: \$8 per person, no map will be supplied. Ring (049) 435 790 for final instructions.

*Paddy Pallin*

THE LEADERS IN ADVENTURE



A 12 hour rogaie will be held approximately 2 hours drive west of Sydney, in the Lithgow area, on July 2. The venue will include pine forest and an extensive track network.

Transport will be available from Lithgow Railway Station to the event area, and return. Please indicate on the entry form below if you wish to make use of this service.

Start: 12 noon      Finish: 12 midnight

Cost: \$14 per person (member of a Rogaining Association)

\$22 per person (non-members, includes membership)

Sections: MEN      WOMEN      MIXED      JUNIOR (all under 18)

VETERAN (all over 40)

Map: 1:25 000 topographic PRE-MARKED

Entries Close: Friday, June 17

Late Entries: Cost as above, however, organisers will not supply maps. Telephone (049) 435790 for final instructions.

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ENTRY FORM

WINTER 12 HOUR ROGAINE

JULY 2, 1988

Team Contact: ..... Phone: .....

Transport from Lithgow Station: ..... (number of persons)

Section Entered: MEN      WOMEN      MIXED      JUNIOR      VETERAN

<u>Name</u>	<u>Address</u>	<u>Fee</u>
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Cheques payable to N.S.W.R.A.

Send entries to: Warwick Marsden, P.O. Box 271, Kensington 2033

Include a stamped, self-addressed envelope for final instructions

Enquiries: Ian Dempsey (049) 435790