NSW ROGAINING ASSOCIATION INC

(the sport of cross country navigation)



Newsletter #17 - August 1988





Complementary

1987/88

1988/89

copy

MEMBERSHIP STATUS

(a red cross means that your membership is overdue - see p5)

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GREG'S GOSSIP

I remember when Dianne van Netten presented the trophies at the Mellong Rogaine in 1986; she commented that everyone who competed, and not just the winners, should be proud of their achievements and deserved congratulations.

I want to start my first article as President by echoing Dianne's words, because what can sound so simple as using a map and compass is quite a challenge when extended over 6, 8, 12 or 24-hours, through creeks and mountains, and in the day and night - not to mention wind and rain, blackberries and leeches, tired muscles and aching limbs!

It is well to note that at that time Dianne occupied at least three positions in the NSW Rogaining Association: Secretary, Treasurer & Newsletter Editor. Her husband, Bert, occupied a couple more and together with Ian Dempsey and Peter Tuft, they formed the executive. In the organisation of the NSW Rogaining Association, and as a consequence the organising of the rogaines, has been left to these four and a few others; these people deserve our sincere thanks!

But this situation must change; our Association needs to expand!

Why? Because unless we expand and build this great sport into a truely self-supporting activity with an inertia independent of a few dedicated individuals, rogaining in NSW will never be as good as it should be. Other states have been amazed at our ability to survive despite our low numbers. We should be able to get numbers similar to the role up at the Paddy Pallin Rogaine to all rogaines.

To achieve this end the executive has launched rogaining in NSW into a new phase with four rogaines each year and with incorporation of the NSWRA. Even though we are a voluntary, non-profit making, organisation, we have have been incorporated to give the Association the advantage of being a legal entity. Alas this means that there are stricter obligations with regards to membership, meetings and accounting but these are to be expected with any growth in the Association. We also have more people on the executive and are trying to spread the administrative load as well as providing new blood with new ideas and initiatives. We are endeavouring to expand our publicity as well as organising events which will attract more participants into the sport.

However, there are still ways that you can help; here are two for starters:

First, try to involve as many people as possible in events (friends, relatives, workmates etc) to give them a taste of the good life of rogaining! We enjoy it so why won't they? (Just remember that when you're next in leech-infested blackberries at 4am on a cold, rainy morning!) Don't expect them to do 12 or 24 hours at their first event. Let them try 6 or 8 hours with a good sleep afterwards; if they like it they'll come back for more. Or perhaps you could expand your team from two to three? How about putting up some ad hoc notices and entry forms around work, uni, school or the neighbourhood?

Second, members must see the benefits in supporting the regaining movement by helping with events. This doesn't mean that you have to be an organiser first up. Try helping someone else and learn the ropes that way. Get a group of friends and plan visits to possible areas as a bushwalking weekend! There are a number of books, articles and post-regaine reports to help you; contact any member of the executive if you'd like more information about these. Perhaps you'd even like to come along to an executive meeting to see what a friendly lot we really are?

van Netten on the birth of the first child, Kim, and Peter and who attended and enjoyed the event; two even found it so Robyn Tuft on their second, Colin. I would also like to thank Ian enjoyable that they stayed on the course for an extra 10 hours! Dempsey and his helpers for organising the two highly All is forgiven regarding the map Phil (failure is merely an successful regaines since I became President - the Paddy Pallin obstacle in the pathway to success?) but next time why don't and Yetholme 12 hour Rogaines - as well as the Paddy Pallin you try 'photoeliminating' the leeches? organisation, Robert Pallin, Terry Sharpe and the gang from Worimi for their efforts.

Remember, in rogaining, getting there Paddy Pallin Rogaine is only half the fun; the rest is in the hash house afterwards!

HAPPY ROGAINING, Greg Harrigan

(While we're discussing regainers of the future Liz and Geoff Morley are now the proud parents of Kate. In getting Kate from Korea they gave up the chance to give Bert and Co a run for their money at Paddy's!)

EVENT REPORTS

ACT Bicentennial Come-and-try-it Event

Dear Editor.

Could I just say thank you to all NSW Rogainers who "came to try it* on May 7th in the Tallaganda State Forest. On behalf of myself, I wish to say "sorry" about the quality of the map, the abundance of leeches and assure people that No 33 was there and in the right place - I do concede it was very difficult at night though! I also wish to advise NSW Rogainers that the ACT Champs (3/4 September) will be a CMA 1:25,000 map and leech free. See you there, I have tried to give the NSWRA a good plug in the Daily Mirror and Sydney Morning Herald and enclose cuttings from the Canberra Times.

Phil Creaser

'Come and try', a run-away success

More than 200 rogainers in 82 teams competed in the "Come and Try Rogaining in 1988" event held on Saturday 7 May in the Tallaganda State Forest between Bungendore and Captain's Flat. The event was part of the Sport 88 program of the Australian Bicentennial Authority.

The event attracted a wide range of experienced and novice rogainers with many local and interstate competitors. The winners of the various classes were mainly local orienteers and bushwalkers who were victorious over strong teams from Sydney, Newcastle and Wollongong. Other teams to do well were those representing Campbell and Lyneham High Schools and the ANU Canberra competitors are expected to do well in forthcoming rogaines in NSW and Victoria, before the ACT Rogaining Champion-ships which will be held on 3 and 4 September. Following the success of the event, a record number of entries are expected at this year's championships which includes the 1988 Intervarsity Championship.

In conclusion, I'd like to publicly congratulate Dianne and Bert I'd like to say a big thanks on behalf of all the NSW Rogainers

It was the 25th year of the Paddy Pallin event but the first year that the NSWRA has been involved in its organisation. Ian Dempsey and Terry Sharp set about reestablishing it as one of NSW's premier outdoor events with an increase in the event time, increased publicity, categories for women and scouts, preentry, a light meal after the event (to encourage participants-to swap yarns afterwards) and a mass start.

By whatever yardstick you use to judge the success of the event it was a ripper - 188 participants in 78 teams, three teams got all checkpoints and there was a general buzz of contentment around the Hash House. The only minor criticism was the placement of #3 - which I didn't go to so I wouldn't know!

On behalf of all those who participated I would like to thank Robert Pallin and the Paddy Pallin Organisation for their support, not only for this event but for the sport as a whole you can usually find information on rogaining on their notice board. And thanks also to the gang from Newcastle, lan, Terry and the boys from Worimi; they continue to be a great asset to our sport. And of course thanks to the 188 who came along!

If you misseed it this year mark it on your calender for next year!!

Congratulations to Terry Farrell and Arthur Kingsland who finished the course with 45 minutes to spare. Someone asked how they could possibly keep up that sort of pace for six hours? Someone else replied that they only kept it up for five and a quarter hours! Can we keep them out there for six hours next year?

Yetholme (as seen by an organiser)

Thankfully the Yeti, and the snow, failed to show and the event in the southern part of the Sunny Comer State Forest was held in fine weather with lots of sun and a light cloud cover in the evening to keep things mild (0°C) and permit the moon to be of some use.

Peter Watterson and Kath Smith set the 'tone' for what was to be a friendly, relaxed event when they left with Peter wearing a bow tie, white shirt (ironed!) and golfing cap, and with a bottle of champagne in his pack. We'd expected teams to start coming back after about 6pm but by 9pm there were only two teams back - they'd all fallen in love with the fabulous views, open eucalypt forest and beautiful creeks . . . or they were all lost! The only team to get back before dark (5.30pm) were David, Debbie and Amy Sledge - Amy at 5 years might be our youngest rogainer?

continued on p3 ...

As the course was relatively short (and relatively steep) we knew that it would be possible to get all 24 checkpoints but knew that it would take a fair effort . . . until Paul Rand and David Booth turned up. When they were seen on the home stretch at 9pm with only a few of the easier checkpoints to go we were in fear of considerable embarrassment. When they hadn't returned by midnight our concern went in a different direction. Ten minutes later they were in the comfort (and I mean comfort!) of the hash house with a tale of missing a checkpoint after folding the map and deciding to go back (3km each way and a few hundred metres climb - along trails fortunately) for it and the satisfaction of getting 'the lot'. Well done fellas.

The event showed that you don't need hundreds of participants to have a successful event. There was a good mixture of experience and new blood (no leeches though) and a area which offered all standards the chance to test their skills and enjoy not only the rogaine but some beautiful scenery as well Thanks to all who decided to challenge the power of the Yeti in Julyand reaped the rewards!

It was the third rogaine this year in which Ian Dempsey has played a major role in the organisation; hopefully his apprentices, Trevor Gollan, Maurice Ripley and Warwick Marsden, will benefit from his knowledge and go on to organise equally successful events. Thanks also to Kathy Herrmann who lent a very useful hand.

Е	lace	Points	Section
1	David Booth, Paul Rand	820	M - 1
2	Peter Tuft, Reddall Leslie, Peter Pavlov	680	M - 2
3	Dave Sutton, Ann Baylis	670	X - 1
4	Greg Harrigan, Peter Wherry,	660	M - 3
	Murray Johnstone		
5	Jennifer Borrell, Greg Dunstone	580	X - 2
6	Stephan Wagner, Ron O'Connor,	570	M - 4
	Bob Bunbury		
7	Elizabeth Seidl, Sue Clark	520	W - 1
8	lan Taylor, Bill Miller	500	M - 5
9	Allan Hill, John Keats, Matthew Hill	500	M - 6
10	Chris Lukey, Nick Gianiotis	460	M - 7
11	Kate Hawkins, Robert Small	420	X - 3
12	Richard Bassett, April Mills, Youdi Yan	420	X - 4
13	David Underdown, Charles Barren	380	M - 8
119.00	Rod Hopkins, Bronwyn Rodden	360	X - 5
	Peter Watterson, Kath Smith	330	X - 6
	Lindsay Young, John Miedziejewski	330	X - 7
	Wendy Moore, Matt White		
17	5 <u></u>	290	W - 2
18		290	X - 8
	Heather Ferguson		
19	John Bishop, Karen Hunt	170	X - 9
20	David, Debbie & Amy Sledge	130	X - 10

(M - men, W - women, X - mixed)

Well we didn't really manage to get our dates right this year (1989 is better organised as the calender below shows), and we have the Northern Tablelands Orienteering Club's 6h daylight score event and the ACT Champs/ Intervarsity on the same weekend. The former is near Armidale and the latter near Yass so take your pick! And then three weeks later there's the NSW Champs/Introgaine near Lithgow and that's it for rogaining in NSW for 1988 so make sure you get to at least one of these events!

THE ENTRY FORM FOR THE NORTHERN TABLELANDS EVENT IS ON REVERSE OF THE ENTRY FORM FOR THE ACT ROGAINE - and vice versa!

NTOC Six Hour Score Event (entry form enclosed)

The NTOC have been running this event for a number of years and it has alaways been popular amongst the locals and with those regainers and orienteers prepared to make the journey to Armidale. As the introduction on the entry form (same sheet as ACT event) indicates it's a friendly event catering for novices and experienced participants. If you haven't experienced the beauty of the New England region why not make this your first trip; it won't be your last!

ACT Champs/Intervarsity (entry form enclosed)

Ann Baylis is enthusiastic about the area and promises waterfalls, open forest and grazing land, and a shearing shed as the Hash House - shades of Chatsbury 1987! If nothing else it should provide good training for the NSW Champs three weeks later and for those of us who've been to previous ACTRA events we know that it'll be a beauty. (The entry form is on the same sheet as that for the NTOC 6h event.)

NSW Champs/Introgaine (entry form enclosed)

Following the success of the Paddy Pallin, and smaller Wingen and Yetholme events, and with the publicity we've received, these events should top off a great year for rogaining in NSW. The area around the Hash House is mainly pine with the associated network of tracks but beyond this there will be lots of open eucalypt forest, farmland and some spectacular views. The Introgaine is designed to attract novices who might be daunted by the thought of night navigation at their first event; hopefully, they'll hang around for long enough to be around when the 8h rogainers finish and tell them how easy it is! Also, after seeing a few youngsters at the Paddy event, and little Amy Sledge at Yetholme, I think that there's a place for an event in which parents can take the kids if they want to.

There's a good chance that there'll be T-shirts to commemorate the event, maybe even "print-your-own". There's also the "Team Name" competition to add even more interest to the proceedings! (Names such as "Sado-masochists", "Didgeridoodlers" and "Night strollers" have been reserved and "Why the hell are we doing this?" is too long.) I also believe that the organisers have another couple of surprises to keep you on your (big) toes?

	PADDY PALLIN RESULT	r <u>s</u>	W	OMEN	1
PLA	Œ	POINTS	1	Berry, Bolinger, Simes, Croft	
0	PEN		2	Tuft, Cave	
U	EN		3	Van Netten, Classen, Williams, Stevens	
1	Farrell, Kingsland	59	м	IXED	
2	McKenzie, Moore, Calder	57			
3	Watterson, Ripley	52	1	Saw, Van Netten, Ellis	
4	Hodsdon, Junghans	45	2	Clarke, Le Carpentier	
5	Hislop, Aitken	43	3	Wade, Herrmann	
6	Wilmott, Ivison	40	4	Finn, Spackman	
7	Hill, Bowditch	34	5	Suprano, Van Netten, Preston	
3	Hunt, Bach	29	6	Seidl, Blanks	3
)	Marsden, Jarvi	29	7	Kupina, Mansfield	
0	Wells, Cordingly	28	8	Austen, Austen	
1	Hure, Wong	27	9	Pryor, Spencer, Brown	
2	Lukey, Berry	26	10		
3	Cave, Tuft	24	11		
4	Johnson and Co	23	12		
5	Hill, Hill	23		THE STORES AND STATE OF THE PROPERTY OF THE STATE OF THE	
6	Morris, Morris	23	13		
7	Ruoff, Willis, Cox	22	14		
3	Seabrook and Co		15		
9	Kane, Mitchell	20	16	The state of the s	
)	Leslie, Sanders	20	17		
1	McMichael, Ditchfield	20	18	- 55, - 55	
2	Bright, Taylor	20	19	A (C) () () () () () () () () (
3		19	20	Hulme, Puay Cheh, Poh Tzan	
•	Wisniewski, Marmara	18	21	Consadine, Borrell	
;	Biddiscombe, McNichol	17	22	Bannon, Bannon	
	Harrigan, Harrigan	17	23	Gerrard, McCaskil	
	Sands, Vivers	16	24	D'Arcy, Pain, Melick	
100	Wood, Wischusen	15	25		
	Nathan, King, Warmington	15	26		
	Williams, Murphy, Gardiner, Darr	14	27	Laurie, Castle	
	Smith, Leef	13	28	Rodden, Hopkins	
	Keats, Keats	11	29	Bourke, Bourke	
	McEvoy, Kirby, Golden	11		The second secon	
	Stanaway, Hadjakis, Kouvaris	8	SC	DUTS	
	Morton, Gogerly	7	0.000		
	McDonald, Miller	6	1	Baker, James, Perry, Barnes	
3	Johnson, Shield	3	2	Williamson, Metzke, Metzke	
1	Lamond, Miller	0	3	Cubis, King	
	Collins, White	0	4		
4	Jackman, Thomas, Johnson	ŏ	5	Roberts, O'Brien, Roberts	
	Cockcroft, Defina, Moore, Overton	ő	5	Howarth, Buckley, Harvey	
-	Maund, Parker	0			2550000
		v	(Not	e that points have been deducted for late	finishe
	APPLICATION FOR MEMPERSU	ID OF THE NO.		CANNING ACCOCIATION TO	
	APPLICATION FOR MEMBERSH	IF OF THE N.S.	W. HOC	AMINING ASSOCIATION INC.	

	(full name of applicant)
of	
	(address)
	horoby apply to become a mount of the state of

hereby apply to become a member of the abovenamed

(occupation)

incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force.

1989 NSWRA/ACTRA EVENTS CALENDER

<u>Date</u> 31/3-1/4 13 May	Event ACT Champs/Mountain Marathon NSW Autumn 12h (cyclogaine?)	<u>Venue</u> Kiandra S. Highlands	Full moon 23 March 21 May
18 June 23 July	Paddy Pallin 6h NSW Winter 12h NTOC 6h Score Event	South North New England	19 July
? 16/17 Sept 14 October	NSW Champs ACT spring 12h	?	15 Sept 15 Oct

Contacts:

NSW - Peter Wherry, 2 Biloela Pl, Gymea 2227 (525 4865) ACT - Phil Creaser, 3 Paroo Pl, Kaleen 2617 (062 414 604)

MEMBERSHIP

newsletter indicating your membership status. If you're items of relevance were discussed: membership is due (as at 1/7/88) or if you'd like to join, you can add the \$8 to your entry fee at the NSW Championships or send it to Peter Wherry, 2 Biloela Pl, Gymea 2227 along with the membership form at the bottom of Page 3.

We're in the process of tidying up the membership list and are sad to say that unless you've renewed your membership by the NSW Champs then you'll be 'deleted' (Zap!). If you don't want to renew, but might sometime in the future, keep the 1989 Calender and list of NSWRA Committee members. Also if we've been mispelling your name etc give Peter or Warwick an abusive phonecall - they might enjoy it!!?

NSWRA - Incorporation and Meetings

Well we're incorporated, as of 1/7/88!!! The need to incorporate was to provide cover for all NSWRA members and we are indebted to Bert van Netten (yet again) for organising) incorporation - a thankless task.

As Greg's message shows the NSWRA is going from strength to strength in terms of numbers of events, numbers of entrants and the willingness of rogainers to help out with organising events and administering the sport - broken arms of the past have been replaced by Chinese burns! The AGM at the Tallaganda event was short and sweet and leech free with the following people forming an enthusiatic committee:

Gregory Harrigan - President Bert van Netten - Vice President Peter Wherry - Secretary John Keats - Treasurer Terry Collins)	(02) 50 6762 (049) 59 5935 (02) 525 4865 (02) 636 2364 (046) 27 2186
Wendy Davies) Ian Dempsey	(049) 43 5960
Trever Gollan Warwick Marsden Peter and Robyn Tuft Dianne van Netten	(02) 399 7814 (02) 44 1325

ou'll hopefully have noticed the red crosses at the top of the A subsequent meeting was held at the Tufts' and the following

- 1. The checkpoint sheets used by the VRA will be used for future events and participants instructed to record their Team No and Time of Arrival for safety purposes. The recording of the team's next control will be encouraged but will not necessarily be compulsory. Penalties for failure to comply were discussed with deduction of the points for the checkpoint(s) being the favoured penalty!
- The membership list needs to be tidied up as there are many non-financial members still receiving newsletters. As newsletters are the Association's largest recurrent expense after insurance it was reluctantly agreed that we get tough in this newsletter and get some quality into our membership rather than quantity! We trust you'll understand and see yourself as a "quality member"!
- With incorporation, membership will have to be applied for using the rather official looking form and will have to be approved by the executive; if you're between one and a hundred and are male or female - or anything in between - you'll be OK! Also the books will be subject to auditing, so if you spend any money on behalf of the NSWRA keep a receipt or a record
- 4. Purchase of items of equipment was discussed with water containers and a first aid kit being given the highest priority.
- Organisers of events should liase with the treasurer well before an event to avoid accounting problems after the event.

There were a number of other topics discussed (Ed takes poor notes!) in a positive way - your Association is in good hands! If there are matters which you think we should consider at future meetings feel free to come along or give Peter Wherry a call and put it onto the agenda.

HINTS AND TIPS

Pallin event about unmarked tracks and cliffs. The tracks first! The fieldwork for the maps used in regaining was often completed over ten years ago, and in some cases as long as twenty years ago. Man made features such as roads and fences may have come and gone, or been constructed or rerouted since then. As a result such features (with the exception of obvious roads, dams, power lines etc) can only be used as a guide and should be used in conjunction with the major navigational features provided by the more reliable contours.

But then contours, particularly twenty metre ones, provide their own challengel With ten metre contours and the more recent maps, significant cliffs and cliff lines are marked or easily detected. With twenty metre contours it's possible to hide some pretty big cliffs. There are no hard and fast rules other than to stress that where contours are very close there is always the chance of a cliff; the chance will be greater in reas such as the sandstone regions close to Sydney.

Back to those roads; I find the main problem with roads, marked or otherwise, is that there is a tendency to relax and believe that they'll take you where you want to go. While it is often a relief to use a road for a while (weren't they great at Paddy's?) you must be careful to maintain map contact and to know exactly where you are. It's often wiser, and more pleasant, to follow other well defined features such as ridges, spurs and creeks. (I'll have more to say about these next time.)

I also heard a few favorable comments about the aid for plotting coordinates included in the last newsletter, so with the next two rogaines using unmarked maps and fifty or so checkpoints I'll include it again after the table on page 7.

Leech treatment - courtesy of Greg Harrigan.

Leeches are probably more unaesthetic than they are harmful. However, it is disconcerting to take off your shoe to find your nck blood stained by some fellow traveller endeavouring to get free lunch - or dinner or breakfast; meals which can be up to seven years apart for these little blighters.

I have found a 100% personally effective preventative measure which initially came from an NP&WS ranger; before I put my socks on I rub RID (a creamy, perfumed (that helps laterl) insect repellent) onto my feet and legs. I have heard that soap works as well and so might other insect repellents.

A warning! RID dissolves some plastics, so be careful with it on clothes such as nylons, compasses etc. I add this warning in case you're tempted to apply it to the outside of your O-pants!!

Thanks Greg! There's always space for other "Hints and Tips".

Not so much a hint or tip as a suggestion - If you've ever felt that you'd really like to express your appreciation to the organisers after an event then offer to pick even one or two checkpoints. It may only take half an hour but means that the organisers will get home half an hour earlier!!

ORIENTEERING

It was interesting to listen to the comments after the Paddy About half of the members of the NSWRA are also crienteers and the Orienteering Administration and a number of clubs have willingly assisted us on a number of occasions by inserting entry forms in the Association mailout and ads in the Australian Orienteer, organising events and lending us gear. I'd like to take this chance to formally acknowledge our thanks and to invite any rogainers who haven't tried "the other thought sport" (or as the ACTRA chose to call it, "the short sport" - thanks David) to come along. You can get information on coming events from Dave Lotty at the OANSW office (02) 27 7520 or pick up a "Coming Events" sheet at the NSW Rogaining Champs in September.

ORGANISING A ROGAINE - II - Choosing an area

So you've been rogaining for a few years and have decided that 'It's Time' you course set for a rogaine. Where do you begin? If you don't have a favourite area then there are a number of starting points:

- previous course setters and experienced rogainers will often know of areas they've considered but for reasons other than unsuitabilty have not used:
- areas which have been used previously could be reused for 6h and 12h events after a few years. (To give you some idea of where rogaines have been held and who's organised them a table of previous events is given below. I apologise for any errors and the failure to list people who helped in the organisation. "IV" means that the event was an intervarsity but I'm not sure which events after 1982 were IV. Thanks to Peter Tuft who provided more detailed information on the early events which I'll keep on file for future reference. Also thanks to Peter Wherry who keeps a file of NSWRA events along with most master maps. All maps have been 1:25,000 to the best of my knowledge with the Darkes Forest, Hilltop and Yetholme events using colour photocopies at that scale.);
- State Forestry Maps (1:125,000) can be very useful as they show tracts of state forest and crown land which can provide excellent rogaining terrain;
- similarly Natmap 1:100,000 maps can give an indication of suitable areas.

Once you've got an area in mind grab some maps. It's often worth a visit to the Lands Dept map shop (Bridge St) to see their range, or get them from other regainers initially; they often have a large supply of old maps. (I often pick up maps on sale 'for future reference'.)

Now it's time to see if the area fits the bill. In deciding whether a site is suitable there are at least six things which should be