



NSW ROGAINING ASSOCIATION INCORPORATED

(the sport of cross country navigation)

Newsletter #22 - November 1989

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NSWRA/ACTRA EVENTS CALENDER - 1990

<u>Dates</u>	<u>Event</u>	<u>Coordinator/Course Setter/Admin/Catering</u>	<u>Full moon</u>
26/27 Jan	High-O	Andy Calder (ACTRA)	
24 March	Autumn 6/12h	B van Netten/ - /Rosemary Austen/Paula Hayes	11 March
5/6 May	Aust Champs	Phil Creaser (ACTRA)	9 May
17 June	Paddy Pallin 6h	Warwick Marsden/ - / - /Big Foot OC	
23/24 June	S & R Rogaine	Bob Cavill (NSW Search and Rescue)	8 July
5 August	Winter 12h	Trevor Gollan/ - / - / -	6 August
2/3 Sept	NSW Champs	Graeme Cooper and the NTOC	5 Sept
26 Oct	ACT 12h	ACTRA	2 Nov

ACTRA Contact: Phil Creaser, 3 Paroo Pl, Kaleen 2617 (062) 414 604

Victorian Events: (provisional) 3/3 (8h), 7-8/4 (8/24h), 2/6 (12h), 8/7 (6h), 11/8 (snogaine), 6-7/10 (Vic Champs), 3-4/11 (24h with SARA), 18/11 (cyclogaine)

VRA Contact: Joan Ryan (03) 347 4261

WA Events: (next issue), WARA Contact: Maggie Jones (09) 381 8608

SA Events: 21-22/4 (6/12/maybe 24h). This event will be in the Flinders Ranges the weekend after Easter. SARA Contact: Phil Hazell (08) 363 1145

1989 IN RETROSPECT

For the second year running the NSWRA ran four events (the 24h Championships, two twelve hour events and the 6h Paddy Pallin rogaine) with the ACTRA staging both their 24h Championships and a 12h. As well the NSW Search and Rescue ran their second event while the Northern Tablelands Orienteering Club (NTOC) ran their annual 6h event and Bert van Netten and the Newcastle OC held a 3h Intro/Cyclogaine. But let's expand a bit more in case we've forgotten:

Few of those who began the year with ACT event at **Kiandra** will ever forget this event. It was cold, wet and windy but the country was spectacular and well worth the discomfort. If you missed it, the **High-O** is being held there over the Australia Day weekend in January (entry form enclosed).

Next up was the **Wollombi** event. As the rain stopped just before the event this one had to find something else to make it memorable, so Bert van Netten planted lots of lawyer vine and prickly scrub. The boys from Canberra "got the lot" in less than nine hours while others took almost as long to get back to the hash house.

The **Paddy Pallin** event moved to the Southern Highlands at **Wingello**. A magnificent setting and a mixture of pine and eucalypt, and easy and hard checkpoints provided rewards for newcomers and old hands alike.

The S&R rogaine was held in the **Morton National Park** and saw the bushwalkers dominate the services in this event which required teams of four and full packs! With the amount of rain that fell while the course was being set the Volunteer Coastal Patrol were at short odds!

A specially prepared map was used for the **Belanglo** event. Being the home of orienteering in NSW a number of "hot" teams of orienteers entered the 6h event while most of us enjoyed the challenge offered by the sandstone outcrops and pine forests at a more leisurely pace in the 12h event. The fire at the hash house was more than welcome in July.

The NTOC turned off the water for their annual 6h event which attracted a strong field of locals and a sprinkling of Queenslanders to the spectacular venue at **Pinnacle West**. (see report inside)

Bert gave the Newcastle mob the chance to try rogaining - on their bikes if they desired - with an **Introgaine** at **Cessnock**! There were about 40 people there for the fun including a few Sydneysiders. And I believe that the "feet" beat the "bikes".

Then it was time for the Main Event, the NSW Championships at **Murrumbo**. "Classic rogaining country" we were promised and those who made the trip were certainly not disappointed. With the hash house in the middle of an old volcano there was no shortage of heat and good food. Dianne van Netten became the first female to win a NSW Open Championship. (see report inside)

If it hadn't been such a great year I'd be tempted to say that the Hash House Harriers from Canberra saved the best for last: **Namadgi**, with its big granite tors, spectacular views and big campfire.

A great year and a BIG vote of THANKS to all those who helped to bring these events to us!!!

For the **NSWRA** it's been a year of consolidation. Numbers at the events were slightly up on last year as is the membership of the Association (about 150). While the growth might not be as rapid as we'd like, it is worth remembering that it is only the second year with four rogaines and that the membership figure is distorted by the need for participants to be members of the NSWRA (ie. there has been a fairly low renewal rate from first timers). The "renewal rate" has been improving which means that more of you are coming back and that's what's important. Next year non-members will be allowed to enter, with a member, for \$5 extra without the need to join.

Several members of the Committee deserve special mention. Probably the most active have been **John Keats** and **Peter Wherry** who have worked behind the scenes, and at events to ensure that you're not just numbers. John has organised the finances of the Association and events in a fashion that would put most accountants to shame (John's an engineer); he's even conceded that despite a doubling of the ARA levy we can hold our membership fees at \$10 (individual) and \$15 (family) for 1990. Peter has looked after the administration (your name is on his file!!) for the third year running despite the pressures of starting up his own business (if you need any electrical work his number's on page one). Another one of the "if-you-want-something-done-give-it-to-a-busy-man" brigade is **Greg Harrigan** who made time from his hectic job (RTA) and family commitments to come to meetings and, with Peter, to run the Belanglo rogaine. Sadly, both Peter and Greg will be standing aside from their executive positions next year. **Trevor Gollan** did a great job in organising the Murrumbo rogaine and has been contributing to the running of the NSWRA. The list wouldn't be complete without thanking **Bert and Dianne Van Netten** who could well be termed **Mrs** and **Mr** Rogaining in NSW. And I've enjoyed bringing you this newsletter for another year!

1990? ... and 1991?

Well you've seen the calender for next year starting with the psuedo-rogaïne, the **High-O**, in January and then a steady flow of events in NSW and the ACT until the end of October including the **Australian Championships** nearby in the ACT in early May.

There was considerable discussion about the decision to hold the **NSW Championships** north of Armidale but there were four factors which outweighed the obvious disadvantage of distance from Sydney (and the ACT); ie. the chance to get into some new terrain; the Northern Tablelands Orienteering Club have given good support to the rogaining over a very long period and were keen to hold the event; there are a number of Queenslanders who will be more than willing to make the trip as Queensland as yet doesn't hold regular rogaines and; there is an active group of rogainers based in Newcastle. It is up to we "city slickers" to get organised and perhaps hire a bus and show that we are in fact the NSWRA and not the SydneyRA!

In order to build on the successes of previous years we need to keep providing quality events and to do this we need people who are prepared to give whatever time they can. I don't mean that we all have to be elite course setters. While good courses are important there's a lot more to rogaining than courses: events need administration, registration, catering, publicity etc. And the NSWRA committee would welcome more input from its members; do any of you know of areas which could be used for rogaines? do any of you have any ideas about sponsorship for events? publicity? other ideas?

We have tended to go from year to year in organising our calender which has usually meant a rush around this time of the year (and the ever-reliable Bert organising the first event!). To avoid this problem we're going to try to get teams of organisers arranged a year in advance so we'll be canvassing for people to help out in 1991 over the next few months. If you would like to commit yourself, or better still a group of friends or a club, to do a 1991 event give either Peter Wherry or Warwick Marsden a call ... or we might call you!

There'll also be an AGM early in the year and with the departure (from the committee) of Peter Wherry and Greg Harrigan we'll be looking for some able-bodied (and able-minded) individuals. With only four events and a half a dozen meetings the demands aren't too great.

EVENT REPORTS and RESULTSWellombi Rogaine - 14th May

I'll bet you'd almost forgotten about this one and thought you'd seen the results - you had! However, I omitted the most important results: the **team name competition**; they aren't sorted so choose your own winner!

Running Strummers	Veteran Rogues	Abominable Slowmen
Gaddafi and Boy Wonder	8 Minutes Late	What Marker?
The Jolly Green Gobs	The Lost Great Trackers	Lost and Found
Reserved Rogainers	The Rogue Gainers	Three Blind Mice - See how they go?
Dabbawallahs	Used Carr	Lost, Where Is That?
One + One	Get Lost	Anaphalactic Shock
Steady Ramblers	Bankstown Two	Mission Impossible
The Navigators	Pooh Goes For a Walk	Bicentenary Breeders
Floccinaucipilifiers	Hamilton Ness Monsters	Smith and Son

NTOC 6h - Pinnacle West, 13th August (from the NTOC newsletter; thanks Graeme Cooper)

The annual event was held in perfect weather, a sunny 13°C with a light breeze which was a welcome change after four weeks of wet weather which had all creeks and waterfalls flowing and the ground soft underfoot, except the rocks. The carefully laid out course (thanks Eric Baker) turned out faster than expected with a ten degree improvement in the temperature and a metre drop in the Gwydir River from the previous weekend.

The optimal route was 25km with 1050 metre climb. Keith Power (4:52) and Maurice Anker (5:19) both got all 30 markers while Terry Cooke, Gareth Prosser and the team of Eric Andrews and Liz Bourne ended up with 29. But as with most events of this nature everyone competed at their own level

and managed to get enough controls to make it all worthwhile. The 6h format is the longest orienteering event (yes, it's not a real rogaine) in which an individual can orienteer alone and as such has developed its own set of tactics, the two most important being careful route planning and food selection. Keith's winning food mix this year consisted of confectionary (read lollies!), fruit and a bread roll. Starting to eat early in the event probably also helps.

Unfortunately (for the locals, but fortunately for many of us) there will probably be no 6h event next year because the club will be running the NSW Rogaining Championships near Inverell on 2nd and 3rd September 1990.

NSW Rogaining Championships - Murrumbidgee, 16/17 September

Trevor Gollan and his merry band of helpers proved that if you're prepared to go just a little bit further from Sydney there's some magnificent rogaining country in the offing. I will long remember setting off on the Sunday morning with the moon setting amongst some light clouds tinted pink by the sun about to rise over the opposite side of the old volcano. It was enough to make us hurry to the highest valued checkpoint, on a hill only a kilometre from the hash house but over 100 metres higher! (From what I read in the IRF Newsletter (see under "Course Setting Manuals") such weighting of points is frowned upon in some circles. What do you think?)

Trev also add fuel to the fiery debate which is raging about the length of rogaines by instituting a 16h event. He indicated his preference by giving all 24h teams a bottle of Saxonvale port, a pretty good drop. (I had to taste some before I made that comment.)

(and the Womens Weekly Card System!)

And by popular demand Kay_z has allowed me to publish the recipe for the vegie burgers. Little did the owners of Murrumbidgee, a beef and lamb growing property, know but they had a big bunch of vegie converts in their midsts!

Trevor passed on a letter from Jason Miller for inclusion:

"I am writing this letter on behalf of us rogainers here at Worimi to thank you for all your time and effort in setting up the State Championships and also to thank you for the delicious meals you had prepared. We all enjoyed it and are looking forward to the next one."

(Boys from Worimi, a Youth and Community Services home near Newcastle, have been attending events from many years under the supervision of John "We haven't lost one yet" Waddell and Terry "We'll keep trying" Sharpe. It's been a two way thing: we've enjoy having them and they enjoy the opportunity to come rogaining.)

VEGETABLE BURGERS

1/2 cup brown rice	1/2 cup salted peanuts
3 tablespoons chopped parsley	90 g (3 oz.) cheddar cheese
1 carrot	vegetable salt
1 clove garlic	coarse wholemeal flour (No. 2
4 shallots	wholemeal)
2 eggs	oil for shallow-frying

Gradually add rice to large saucepan of boiling salted water, boil uncovered 30 to 35 minutes or until tender; drain. Combine rice, parsley, grated carrot, chopped shallots, crushed garlic, lightly beaten eggs, chopped peanuts, grated cheese and salt; mix well. Take heaped tablespoonfuls of mixture, coat with the wholemeal flour, press firmly into round patties. Heat oil in pan, add burgers, cook on both sides until golden brown.

Makes approximately 8.

*A Fax from a
friend! →*

Upjohn's new US Rogaine campaign

In another move to encourage consumer awareness of treatments for hair loss, Upjohn has launched a "brand-specific" advertising campaign in leading US newspapers and magazines in support of Rogaine, its topical minoxidil product for male pattern baldness. The programme, the company's first direct-to-consumer campaign which mentions the name of a prescription product, is being seen as an effort to boost lower than expected sales (*Scrip* No 1395, p 27).

The new advertisements, which include full prescribing information, are designed to "drive home the point that Rogaine is the only product recognised by the US FDA as an effective and safe treatment for male pattern baldness". Recently, the FDA took action against cosmetic products which make claims for promoting hair growth and/or preventing hair loss (*Scrip* No 1431, p 15). The headline of the new advertisement states: "The good news is there's one product that's proven to grow hair. Rogaine". The copy also states that "more than two million men have started using Rogaine". A new television campaign, which does not mention the product by name, is also being planned (*Scrip* No 1418, p 29).

NSW Championships, Murrumbidgee, 16-17th September 1989

The NSW Championships ran successfully last month at Murrumbidgee, near Bylong, in the upper Goulburn Valley. I hope the 97 participants can look back at the event fondly, bear no malice, and look forward to next years Rogaining calendar. Congratulations to the winners as well as the others. It seems that a rogaine of any duration is a major challenge. You know you've deserved that warm inner glow of satisfaction that emerges a few days after your tootsies have ceased their protestations. The final results are:-

Pts		<u>24 Hour</u>
151	Open mixed	Dianne Van Netten & Phil Creaser
145	Open Men	Peter Watterson & Ron Hutchings
142	Open Men	Mike Worsley & Graham Hearley
136	Open mixed	Bert Van Netten, Kathy Saw & John Ellis
103	Vetn Men	Ken Anderson & Noel Luffy
98	Open Women	Gayle Pershouse & Merette Christensen
96	Open Women	Netta Holmes & Marnie Holmes
4	Open Men	Steven Carrick & Nick Medderson
2	Open Men	Lindsay Young, Mathew White & Arthur Day
84	Open Men	Rodger Austen & Eric Netzke
58	Open mixed	Jennifer Kent & Peter Diegutis
56	Junr mixed	Ros Barton & Nigel Grothkopp

In the 24 hour event Dianne and Phil were worthy winners, by a moderate margin - not as large as other teams were predicting at the hash house at 5am. Dianne has the distinction of being the first woman to win the NSW Championships. It was notable that they also took a 4 hour break at the hash house.

Gayle and Merette just won in the women's division. If we ever retrieve the women's trophy that went over to Perth after the Greenwich Park event in '87 then their names will be inscribed. The Canberra connection put in a fine effort - first, third and fifth to be precise.

		<u>16 Hour</u>
114	Open Men	Warwick Marsden & Andrew Lumsden
9	Open Men	Stephen Currell & John McDonald
7	Open mixed	Gordon Johnson, Bernice Morcombe, Darryl Riley & Jason Miller
73	Open mixed	Anthony Maloney, Andrew Misniewski, Sheralee Bailey & Andrew Bramill
72	Open Men	Chris Lukey & Nick Giannotis
59	Open Women	Rosemary Austen, Jan Eriksson & Marion Loughan
59	Open mixed	Andrew Sands, Diana Simes & Clare Croft
58	Open Men	John Waddell, Paul Peattie & David Thompson
46	Vetn mixed	Graeme Cooper & Vicki Cooper
45	Open Women	Fiona Cox & Debbie Cox
45	Open Men	Robert Scope, Shane Connell, Jamie Paulson & Michael Treble
40	Open mixed	Gary Kane, Jo-anne Bragg, John Donvito & Peter Gdrran
23	Open mixed	April Mills & David Robinson

The 16-hour was an experiment, to induce people to make the most of the weekend away. We weren't inundated with teams trying to sneak away before the compulsory 8-hour rest was complete. There has been very little feedback on the 16-hour concept ... my opinion is that people should go in the 24-hour and, if they want to, take a long break. What do you think?

8 Hour

- 98 Open Men Ian McKenzie & Matthew Cull
- 47 Open Men Tim Fox & Wil de Sain
- 42 Open Men Andy Protter & Steven Warr
- 40 Open Men Bryan Smith, Mark Favaloro & Graham Payn
- 38 Open mixed Margaret Duguid, Karen Bonwell, Alison Gilroy, George Lockyer & Lucas Georgatis
- 36 Vetn Men John Bishop & John Biddiscombe
- 34 Open mixed Lindsay Brice, Michelle Smidt, Jenny Barlow & Dianne Durham
- 31 Open Men Frank Rosser & Rodney Avery
- 24 Open mixed Tom Marwick, Peter Sinclair & Jane Walker
- 23 Open mixed Betty Chen, Kellie Murphy & Darren Blanch
- 19 Open mixed Jeremy Henson, Alison Malloy & Andrew Cash
- 22 unofficial Bronwyn Roberts, Nick Goodman & Maggie James

In the 8-hour event, I was surprised at the number of teams who finished 10-12 minutes late, and the number of teams who didn't visit #70, the control with the top points and the top view only 15 minutes from the hash house. Matthew and Ian were very comfortable winners. A big thanks to Tim Fox and Wil de Sain. I had hoped someone might take the railway tunnel option from #54 to/from #66, an option somewhat akin to the hobbits passing through Moria? The puzzle is that Tim & Wil also punched #44, on top of the tunnel.

An apology is due to anyone who heeded my advice about light scrub versus bare knees. I did change that advice prior to the event but only truly appreciated the level of mis-information when I collected the control at #46. Unfortunately one of the last controls I visited was one of the first that participants found. There were a few teams who tramped boldly into the tough country and got so knocked up they didn't pursue the abundant controls in the easy country.

The Best-Ripped-Clothing award went to Ron Hutchings for his "total tatters" look although Nick Giannotis was a good second after his miscalculation at the final barbed wire fence.

Many thanks to the support team; George and Evelyn Collins for catering, transport, course-setting and worry-beads; John Keats for vetting and anything else; Alan Hill for vetting; Kay Nethery, Ros Croucher and Andy Calder for hash-housing; and Maurice Ripley for setting the toughest part of the course, the north-west frontier.

Namadgi 12 Hour, 14th October 1989

I would like to commend the chaps who ran the Namadgi event. The organisation and catering were first class, and the area was an absolute gem. Notably, it was the first (out of eight) ACTRA event that I've been to that was actually in the A.C.T. The memories that will persist for me are the gushing streams and waterfalls, views from Boboyan trig, kangaroos by the Naas, quince tree blossoms in the moonlight, circumambulations on the wrong spur a kilometre east of #46 and not enjoying it, peak hour regaining traffic along the Old Boboyan Road heading home, thigh-deep quickmud in the middle of same, and majestic Gudgenby overseeing. I would have liked 4-5 days and full bushwalking gear to visit all the controls at leisure.

Trevor Gollan

COURSE SETTING MANUALS

The following points were taken from Neil Phillip's IRF Newsletter which is discussed below.

"Both the IRF and ARA have recently recognised the need for updated manuals ... David Rowlands, Martin Hall and Neil Phillips collected and collated ideas on course setting from many people who were in Perth for the Australian Championships contact has been made with Rod Costigan who has already put together an extensive set of notes for course setters. We would like to integrate all this information into a soft bound book of 50 - 100 pages over the next 1 - 2 years.

"Benefits to Australian State Associations will be obvious - a manual to help train course setters and lift standards of setting. The other major benefit is to give us all a say in the direction rogaining develops as a sport: it lets us put forward the philosophy behind successful course setting and to suggest reasons for certain types of courses rather than others (line vs score; 6h vs 12h vs 24h; hidden controls vs "fair" controls; pleasant countryside vs "the ultimate nightmare"; a sport to enjoy vs a sport to win at all costs).

"As the manual will be slightly more formal, general and permanent than existing state associations' notes, it will be necessary for individual states to supplement the manual with a readily updateable small set of notes providing local hints (map purchasing, copying facilities, waterproof paper suppliers, bus companies, govt departments).

"In a thoughtful contribution towards our course setters manual, Bob Reddick suggests that controls should be at least 1.5km apart, usually 2-3km and some up to 4km. This would stop teams collecting 25 to 40 controls in a 24 hour rogaïne. This scheme worked well in the Seattle rogaïne.

"Clearly Bob's suggestions are slightly at odds with recent trends in Australia to have 0.5-2km between many controls - this partly reflects forest conditions and a greater usage of tracks in North America - but may mean that we are drifting towards a new course formula? There are cases in rogaines in the last decade where 15 controls was a winning bag; are more controls better for our large number of beginners?

"The idea of randomly placing easy high scoring controls near the base camp is obviously not favoured by many. (Expletives deleted by Ed -the other one, Ed)"

There are a few points I'll personally be taking up (along the lines of the Editorial and section on "Course Setting" in NSWRA Newsletter #18, November, 1988) and if you'd like to have your say I suggest that you put your comments onto paper, either to me Ed, c/- PO Box 271, Kensington 2033 or the ARA, c/- PO Box 228, Cottesloe, WA 6011. It's obviously a book we'll all benefit from so let's make sure it has some input from all rogainers.

"CROSS-COUNTRY NAVIGATION"

You'll have found a flyer for this excellent book in with this newsletter. It is a much expanded version of "Rogaining", concentrating on navigation. It comprises three sections: Basic navigation (all you need to know never to be lost again -Does it come with a guarantee? Ed), Advanced navigation (including snow, desert, thick bush - or how to beat Bert at his own game! Ed - use of sun and stars) and Rogaining (including organising events). Also included are full moon dates, results of previous rogaines and sun navigation tables.

In case you've lost the flyer you can get a copy of this wonderful book by sending \$17.95 (including post and handling) to ORIA Book Offer, PO Box 228, Cottesloe, WA 6011; cheques payable to ORIA and don't forget to include your name and address!! Alternatively you can get a copy at the next NSWRA rogaïne for \$18. (We had been selling them for \$20 and will gladly refund \$2.05 to any rogainers who purchased them at this price and who feel cheated. Give Warwick Marsden a call on 399 7814.)

There's also a review in Wild magazine (Vol 34, p75).

THANKS TO OANSW (& ACTOA)

As many of you are aware there's a lot of rogaining-orienteers and orienteering-rogainers around. As the more junior association, the NSWRA has been given assistance by the OANSW in the form of listing on their events card, insertion of entry forms in their mailouts, articles in the Australian Orienteer (thanks to David Hogg, the editor) and the loan of gear from some orienteering clubs. We in the NSWRA would like you to know that we do appreciate the assistance. AND for any non-orienteering rogainers who would like to try the "short sport" give Dave Lotty a call on 27 7520 at the OANSW during business hours and he'll send you more info!

I'd personally like to thank both the OANSW and the ACTOA for their flexibility in avoiding a clash of events in May. As a rogainer I was looking forward to the Australian Champs in the ACT on May 5/6 and as an orienteer I was looking forward to helping organise Big Foot's NSW Night Champs and NSW Relays on May 5/6. I obviously wasn't communicating with myself as it took Phil Creaser's detective skills to show me that there was a clash! The Oz Champs were locked into the full moon and the NSW event had been allocated a year previously and could only be moved forward if the ACTOA were prepared to move a major event. Phil Creaser, as Secretary of both the ACTOA and the ACTRA, had a word with himself and a few phonecalls later the matter was resolved. So now many of us can enjoy both! Thanks Dave Lotty and Phil!

ROGAINING - INTERSTATE, NATIONAL and INTERNATIONAL

While most of us are happy enough to continue rogaining in NSW and the ACT there is a wider rogaining community across the borders. The home of rogaining is Victoria with some 1500 members (cf about 160 in NSW and 100 in the ACT) and eight to ten events each year; WA is also very strong with a similar membership to Victoria and six to eight events each year. SA has a much smaller community and holds one or two events annually. Tasmania and Queensland have held the occasional event (an event around Cradle Mountain is planned for 1991) but have no formal associations. I do my best to include dates for interstate rogaines and a contact number so if you're planning a trip and can take in an event I'm sure you'll be made most welcome.

We all belong to the **Australian Rogaining Association** who are charged with the job of promoting the sport and setting standards which will ensure that as the sport grows it will continue as the sport we all love except when it's pouring with rain, our arms and legs are being torn to pieces and we can't find the **** marker. A dollar or two of your membership fee goes towards the administration of the ARA.

And this year has seen the formation of the **International Rogaining Federation** and the first rogaines in the USA. Canada has held rogaines for about three years now and the sport is really catching on in North America. Again, I will include dates and contacts for these events so that if you find yourself "over there" you can wave the flag.

Neil Phillips, as President of the IRA, has done great job in getting the fledgling Federation off the ground and has sent me a very informative Newsletter. If anyone would like copy give Warwick a call on 399 7814, or write to the IRF c/- PO Box 228, Cottesloe, WA 6011. But for now here's a few excerpts:

* the US's second rogaïne, a mini rogaïne of 6 hours (*haven't they heard that rogaines have to be 24 hours plus?* Ed), was held in New York State in August. Forty teams sought to find 25 controls in mostly open forest with the winners covering 25km and climbing 1500 metres.

* the third, a *more respectable* 12 hour event was held in Pennsylvania/Virginia in September. Seventeen teams covered up to 80km mainly on trails. But I'm pleased to report that the main attraction was the Hash House with its chili, rice, blueberry muffins and fruit salad.

* not to be outdone the Canadians held a twelve hour event, 7am to 7pm, (they like the US had had a 24h event earlier in the year at Bragg Creek) near Calgary in August. Thirty five teams covered up to 35km and climbed 700 metres. (*I wonder if we should be concerned about this type of event which is an "all daylight" event. While I think that novices should be catered for I believe that night navigation should be seen as an essential part of rogaining.* Ed)

* the USOF has asked Bob Reddick (organiser of the first US rogaïne in Washington state in May this year) to form a "Rogaïne Committee" within the USOF.

* Plans are underway to hold the Inaugural World Rogaining Championships in Victoria in August 1992.

* And if you're going to be in Canada in August 1990 then you'd be crazy to miss what is being billed as **The Most Awesome Rogaine in the World** in Alberta. Numbers will be limited to 350, and as this is being held in conjunction with World Cup orienteering events I'd suggest you decide soon! Ring Warwick Marsden on (02) 399 7814 for a copy of the entry form.

THE "GREAT 24 HOUR DEBATE" CONTINUES...

There's little that pleases an editor more than seeing an issue generate debate (preferably informed but at times that's wishing for too much). So it was with the articles on the length of a rogaine in the last issue.

Phil Creaser writes: Firstly, may I congratulate the NSWRA on four superb rogaines this year. I enjoyed every one of them and I can assure you I will be back for more in 1990. Keep up the good work.

I would also like to congratulate you on your excellent article (*Phil's words, not mine, Ed*) on "the length of a rogaine". I am concerned that there is a view abroad (or at least in some quarters) that only the 24 hr event is a real rogaine. Like orienteering, I feel that the great thing about rogaining is that you can get out in the bush and enjoy yourself. The real competition is against yourself (*and occasionally your partner, Ed*). It is a test of your abilities to navigate, to plan and to think. To some extent it really does not matter if you are out there for 3,6,8,12,16 or 24 hours.

(*Don't be fooled into thinking that that was the main reason for Phil's letter - read on ...*) My only complaint with the last newsletter was the reference to the ACTRA's inability to provide a "no rain rogaine" (*Jerangle, Wee Jasper, Kiandra*). Unless my geography teacher was useless and my NRMA road map out of date, I was under the impression that Kiandra was in NSW!! Surely it is not too much to ask that if ACTRA organises the event you could provide some fine NSW weather! Seriously though, all the best to the NSWRA for 1990. I look forward to seeing fellow rogainers at the events.

Thanks Phil! I should point out that in the "Rogaining Rulebook", p3486, para 23 iv it is clearly stated that "The weather is the responsibility of the organisers". The NSWRA has run eight dry rogaines in 1988 and 1989!

Then it was up to Rod Phillips who initiated the debate to keep it going: I enjoyed your response to my article "How Long Should We Rogaine" and basically agree with your perspective of NSW rogaining. However, could I clear up one point, viz. the definition of rogaining. The definition I quoted, "at least twelve hour's duration and twenty-four hours for a championship event", is not mine. It was accepted at the first meeting of a rogaining association at the same time as the sport was named. For those interested in the history of the sport, I was not in favour of that definition at the time (although I am now), but it was proposed by Keith Anker and accepted by the meeting. Of course sports evolve in unforeseen directions and people can redefine the sport if they wish. As yet they haven't.

Thanks Rod. However, the powers that be choose to define it rogaining is still a great sport and will be enjoyed by many people who choose to rogaine for less than 12 hours!

While not on the subject of length, Rod's article did prompt a very thought provoking letter from Jonathon D'Arcy: The reprint of Rod Phillip's article & WM's comments prompts me to add a thought of my own on the use of topographical maps ("T/M").

The use of specifically prepared, premarked maps is undesirable, not only because it is superficially similar to other activities, but because, if followed to its logical conclusion, the true sense of cross-country navigation inherent in rogaining will be lost.

A standard T/M is all that should be used. If this incorporates inaccuracies then so be it - that's what navigation is all about. Likewise maps should not be premarked (this naturally follows if standard T/M's are used), as plotting controls is all part of good navigation. By all means have a

marked control map for safety if thought desirable.

It would be helpful if some debate over this issue could be generated through the newsletter or elsewhere so that a range of views would be available to the Committee.

Thanks Jonathon, I should warn you that there are a lot of people in favour of premarked maps; let's see if your letter brings them out of the woodwork! I'm not one of them and am in general agreement with your letter. There are, however, times when colour photocopying of maps is necessary (eg. when the area used covers two or more maps as at Yetholme, Kiandra, Belanglo and Murrumbidgee) and it is then very tempting to premark the maps. Only in extreme circumstances should corrections other than out-of-bounds and dangerous areas be made, mainly because once you start correcting, where do you stop.

Over to you readers! Letters can be sent to Ed, c/- PO Box 271, Kensington 2033.

Before I leave the mail bag there was another one from Phil Creaser: ... there are just two little constructive comments I wish to make. Please, please, please could organisers number the controls and the points they are worth in a "logical" manner. Instead of having control number 8, which has 47 on the marker worth 10 points why not have No. 47 worth 4 or 40 points. And the 20's can be worth 2 or 20, all the 30's, 3 or 30 and so on. (Has Phil unearthed an NSWRA plot to confused the Canberrians and slow them down? Ed.) You don't need to have a "control number". This method is easier for organisers and competitors alike. I strongly urge all organisers to use this method.

Secondly, when competitors have to copy control locations from a list of grid references onto their own map, could the organisers please arrange the grid references going from east to west, or north to south (as was done at the Kiandra and Namadgi events, Ed) rather than in numerical sequence or point sequence (which should be the same - see above). I'm not sure if this is any easier for the organiser but it is very very much quicker for the competitor. Again, I strongly recommend this. Keep up the good work NSW.

We hear you Phil and will do our best in the future.

SNIPPETS

* The recent Australian Champs were won by a veteran team, Vince Harding and Ron Lockley, and veteran women (no names given). WA's next rogaine was won by juniors, Craig Dufty and Cameron Nobbs. What other sport can offer a challenge which is so independent of age? You can have a meaningful contest with your parents and grandparents. (Neil Phillips)

* Heard from a visitor at the Australian Champs: "I understand you have problems getting helpers at some rogaines. Have you tried giving them more praise and/or recognition for the important work they do?" ... "Why not list the helpers on the info sheet sent out **before** the event? Name tags? And lists of competing teams on the info sheet?" (Neil Phillips)

* Well the Central Mapping Authority, or CMA, has jumped onto the name changing bandwagon and is now known as the **Land Information Centre**.

* And a good edito knows when to pinch things so I'll leave you with this bit of trivia (thanks Jennifer Borrell) from the VRA newsletter:

"Did you know that the averaged-sized person rogaing at a brisk walk will expend energy at a rate of

- 1.3 Marsbars or
- 6.5 Apples or
- 0.76 Big Macs or
- 2.9 Meusli bars **per hour !!!**

MERRY CHRISTMAS and we'll see you all in 1990!!