



# NSW ROGAINING ASSOCIATION INCORPORATED

(the sport of cross country navigation)

Newsletter #26 - October 1990

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## DIANNE's DELIVERANCE \*

Rogaining is a sport which unavoidably involves travelling in order to get to the venue. This is because of the large areas of bushland required for an event. The distances and travelling arrangements are probably one reason for people choosing not to compete in some events. So, what did you think of the idea of hiring a bus to take competitors to the NSW Champs near Inverell? For \$35 (\$30 from Newcastle) you could avoid the hassles of driving, particularly after the event when you should have been tired. The NSWRA subsidised the bus quite heavily, more so because it was only two-thirds full. (*For the record the subsidy was about \$1300.*) However, it was a great idea and will hopefully be continued if patronage is good. Even if only viewed from a safety perspective it is well worth it.

There has been much favourable feedback regarding the NSW Championships organised by Graeme and Vicki Cooper and the Northern Tablelands Orienteering Club. Graeme and Vicki have been coming along to events for years and felt that they would like to try their hand at organising an event; the NSWRA was delighted!! Hopefully more members will follow their lead and partake of the joys of organising an event.

The organisation of the NSW Champs was tops. A couple of competitors commented on the idea of having coded numbers on the metal stands in case the flags went missing - a constant worry for both course setters and competitors. The course was well set in a very interesting area and stories about the food suggest that it hit the spot - all-in-all a successful event and an enjoyable weekend.

Just think about rogaining; it really does provide an inexpensive weekend. See Australia in the rain! (You know what I mean.) Hearty meals supplied. Sightseeing coupled with healthy exercise. Contact with vibrant motivated people just like yourselves. Conversation value for weeks after the event. I'll bet you never realised there were so many good reasons for making the effort. Why not write a list of reasons on your hand so that you'll remember to tell others!

See you all in 1991!!

Dianne Van Netten

\* - Dianne (and Bert) are due to have their second child in about 4 weeks so we wish them all well in their attempts to guarantee that rogaining has a future in NSW!



# WHEN THE SUN GOES DOWN

by Julian Ledger

At the 1990 Australian championships held high in the rugged Brindabella range outside Canberra night fell at about 6pm. My partner commented that the atmosphere had completely changed – and not for the better! However once we settled into the completely different style of Rogaining required for the dark we fared quite well.

Probably Rogaining's most unusual feature is the prospect of night navigation. "What in the bush? – you must be joking." But even novices usually find themselves intentionally or otherwise out there in the dark pretty early in their career.

Everyone who has been on a few Rogaines has had the experience of a steady day of finding controls without too much trouble which after dark disintegrates into confusion, an impossible control, loss of confidence and team morale and often a long hike back to the Hash House.

On the other hand with skill and a bit of luck those orange and white markers can be found even on the most moonless nights and this brings great satisfaction and some of those magic moments that make Rogaining so special!

## DUSK

When the light starts failing it's tempting to take a break. This is usually a mistake as navigation then has to resume in the very different night time environment.

Try to arrange your route so that around dusk you leave the forest for some cleared land. Night navigation is easier when it is from fence line to dam to copse of trees to knoll to track junction. Keep going as darkness comes and steadily get used to it. If you are travelling in the bush, particularly note how much you are slowing down. Once you have got at least one control in the dark then have a break.

## TORCHES

A reliable torch is a must even if you have every intention of returning before dark. Because torches are prone to breakdown check yours is in good order. Simpler torches are quite adequate but avoid the real cheapies. A straightforward \$10 model taking two D batteries and a 2.4 volt 0.5 amp bulb (Everready #1404) is ideal.



Batteries should be brand new and reversed in the torch to avoid accidental switching on. A spare set is necessary if more than two or three hours in the dark is anticipated. A rechargeable torch might be better and more ecologically sound but I haven't come across anything suitable.



Every team member must have their own torch as a person without is pretty helpless and handicapped in the bush and on rough ground, cannot participate in map reading and will soon lose interest. For the same reason each team member should carry a spare bulb. A head torch which leaves the hands free can be useful for those with pliable necks (for looking for controls). Ensure batteries are built in rather than on a lead down on the waist. However most people favour a hand held torch.

## NIGHT NAVIGATION

The compass becomes more important at night because of course natural features can often not be identified. Whilst it is quite possible to follow a compass bearing for 1km or so and walk straight into (spike) a control this requires some luck. The thing about night navigation is to reduce risk, uncertainty and margin for error.



Each control should be approached from an 'attack point' as close as possible. A 'handrail' feature such as a creek or ridge line to follow is very helpful as is a catching feature to tell you have gone too far – for example a hill or a track behind the control. Some types of controls are inherently easier to find at night than others eg 'the summit' and 'the creek junction' rather than 'a low saddle' or 'a watercourse'. All of the above factors are taken into account in the decision whether to attempt a particular control or not. In many cases it may be better to stick to the easier controls.

## MEASURING DISTANCE

Distances at night can be very elusive and it is very common to start looking for a control far too early. Concentration and experience help whilst tiredness is your main enemy. This is where pace counting to estimate distance travelled comes in. It takes a little preparation. Thus in my case I know that on level reasonably open ground I take 110 paces to 100 meters. This figure is then adjusted upwards to compensate for tiredness, or hilly or thick ground. On my compass I have a small circular counter which can be clicked on each 110 paces (actually counting 55 right paces). This allows for distances, typically of 300 to 600 metres, to be counted whilst reducing the risk of getting muddled.

## ENJOY IT

Once Rogaining ceases to be enjoyable for any member of the party then the team effort rapidly disintegrates. Successful teams at night are the ones which keep their morale together, involve all members in planning and route choices and travel comfortably at the speed of the slowest. Whoever is walking best uses the extra time to take more care in checking on present position.

Finally the happy night navigator is someone who is always warm and well fed – bring a beanie and some tasty high energy munchies



## BRING ON 1991 ...

If you're desperate to find some of those elusive little red and white things early in 1991 the High-O will be held in Victoria's high country on the Long Weekend in January. Call Warwick for more details.

Otherwise you'll have to wait until **Saturday April 28th** when the ACTRA holds their 12 hour event.

The curtain rises on NSW events on **Saturday 18th May** but I'll leave it to Robyn Arthur to tell you more:

Bankstown Bushwalking



and Social Club

MAY 18, 1991

A DATE TO REMEMBER

If you want a weekend of fun, excitement and challenge don't miss the inaugural Bankstown Bushwalking and Social Club Rogaine, Saturday May 18, 1991.

We hope to tempt your fascination of the art of navigation with a challenging and delightful course in the picturesque Lower Hunter Valley, just North West of Newcastle, set for a 6 and 12 hour Rogaine.

BANKSTOWN BUSHWALKING AND SOCIAL CLUB have banded together to create an event suitable for all rogainers, from novice to experienced alike. It will be set in a lush eucalypt forest, hills to 300 metres, with a good cross section of terrain and vegetation. (Just as you like it!!!)

We hope to make the Hash as welcoming as possible, a place to drop in, eat, talk and relax in the company of our band of happy helpers.

Surrounding the Hash will be a comfortable (altho' rather basic) area for those wishing to Base Camp for the weekend and this is what we would like to emphasise to you competitors out there. It will be a weekend to include family and friends to come and join in the hospitality of the BANKSTOWN BUSHWALKING AND SOCIAL CLUB.

We hope this has whet your appetite for our event next year, enough at least for you to diarise the date now, come one, come all, come and join us on the day.

Robyn Arthur

**The Australian Championships** will be held in South Australia on **25/26th May**.

The 6 hour daylight Paddy Pallin event will again be held on the South Coast (weather permitting?) on **Sunday June 16th**.

Ian Dempsey and Bert Van Netten will be teaming up to bring us a 12 hour event somewhere in the Hunter region on **Saturday 27th July**.

After the preliminaries the two 24 hour events will be held on **24/25th August** (NSW Champs, South West and in dry warm conditions - if not Trevor Gollan will give up organising!) and late **October** (ACT Championships).

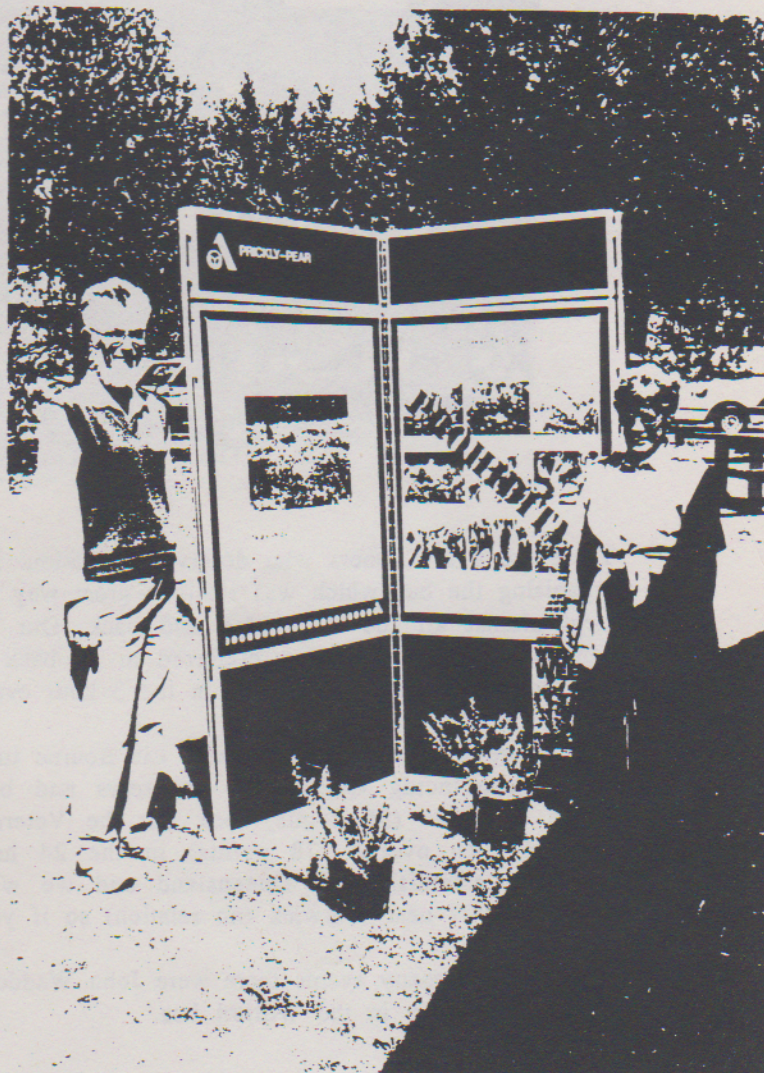


## NSW ROGAINING CHAMPIONSHIPS- INVERELL - 8/9 September

I've written about lots of events over the years and, with the high standard of organisation we've become used to in NSW, it's often hard to find new words and phrases to give an event and the people involved the credit that is their due without the report on each event looking like all the others. So how do I do justice to the superb event organised by Graeme and Vicki Cooper and their willing band of helpers from up Armidale way? Graeme approached the NSWRA two years ago and asked if the Northern Tablelands Orienteering Club (NTOC) could stage the NSW Champs in 1990. After considerable discussion we agreed but were concerned that with the seven hour drive that the numbers would down as low as thirty or forty competitors - it's history now that more than 110 people enjoyed a truly wonderful event.

The Hash House was at Copeton Dam, complete with hot showers and flush loos (all included in the event fee of \$22). Looking out from there the terrain seemed very friendly. An English "veteran" of the Oz Champs Campaign was heard to say, "at least it won't be as steep as Dingo Dell." What he didn't know was that just beyond those gently rolling hills was the wilderness of the Gwydir River and climbs of up to 300 metres - it was every bit as steep as Dingo Dell! The Gwydir has cut its way through the granite in the region exposing huge areas of open granite (one expanse of which we were lucky enough to see as the sun set on Control # ) and forming massive granite boulders enough to challenge the fitness and navigation skills of the merry band that had gathered.

The forest was open and friendly with little in the way of undergrowth and few burrs and grass seeds in the open but there was the **tiger pear** which is so nasty it was recommended that all teams take a **pair of pliers** with them to extract the nasty spikes. The little blighters did prove difficult to extract but there were no major incidents that I am aware of. (The picture shows Graeme and Vicki beside a "Prickly Pear" display supplied for the Event.)

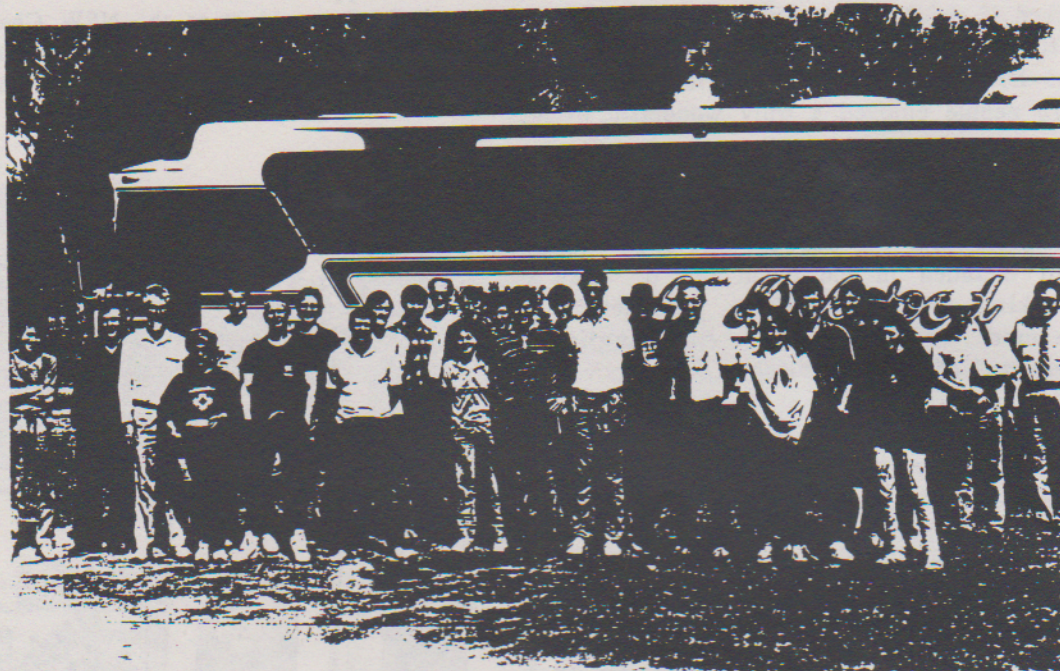


The course itself was truly a Championship course reflecting the expertise of the NTOC, in particular Eric Baker, Maurice Anker and Graeme Cooper. A great deal of thought was required to choose a route which minimised the amount of climbing required and which found you in the friendlier terrain come nightfall. The placement of the checkpoints also reflected the skill of the course setters and the efforts taken to vet the course - all were spot on and in addition had metallic markers in case the flags were taken, blown away or eaten by goats. Graeme took a month of his long service leave to ensure that everything was in order for the event.

The 24 hour contest was won convincingly by Ian Dempsey and Peter Watterson (148 points) well clear of Bert van Netten, with yet another partner in Julian Ledger, (104 points). Ian and Peter **walked** the entire time and proved, yet again, that it's planning and good navigation along with a reasonable level of fitness rather than super-fitness and speed that you need to be competitive in rogaining. The full results, complete with your "exam results" (questions about navigation and rogaining placed at controls), can be found further on. And hopefully by the time this goes to press I'll have a copy of Ian and Peter's route so you'll know how to do it next time!



6.  
And if the rogaining wasn't satisfying enough there was the Hash House (and hot showers) where the folk from Armidale, led by Vicki, provided fare which suggested that they thought they were entering their goodies into the competition at the Royal Easter Show. Never have I had the choice of five homemade soups, three stews, salads, homemade apple pie etc etc that faced me at 11pm on Saturday night. And if I wasn't impressed enough by that I had to face the products of the "Armidale Bakeoff" as I enjoyed basking in the midday sun after the Sunday morning effort. All I can say is **magnificent!**



There are a few others who deserve a mention. John Keats and Trevor Gollan did a superb job in organising the bus which was really a great way to travel to an event - at least I think it was as I slept almost all the way there and back. Our driver Ron did a great job driving and nudging kangaroos off the road but preferred to go back to his hotel to sleep and watch the footie rather than accept our invitation to go in the 3 hour event.

Eric Andrews (who teamed up with Liz Bourne to blitz the 8 hour event with 48 points) did a great job in convincing Queensland orienteers and bushwalkers to make the trip. Don Bajenoff and Bryan Coolahan (56 points) took out the Veteran Class while Scott Simson and Chris Coombes finished fifth overall (78 points) in the 24 hour event. Eric is single-handedly trying to get rogaining established in Queensland and we wish him every success. He's planning their first event in 1991 near Warwick (no relation) so if you've got friends up north let them know.

And as in so many events there were John Waddell, Gordon Johnson and the boys from Worimi who made the journey in the Worimi bus.

### 1990 in Review

Well that's it for 1990 - after this year it will be a long time before I'll be able to say anything about rain at ACT events! The "rogaining" year in ACT/NSW began in January with the High-O (a line event over two days) held in superb conditions in Kosciusko National Park. The first NSW rogaine was organised by Bert Van Netten, Rosemary Austen, Warwick Marsden and friends "Up the Putty Rd" in the spectacular sandstone country to the east of the Colo Wilderness. We thought it rained a lot at the time but . .

May heralded in the Oz Champs organised by the merry people from the ACT at Dingo Dell - beautiful country and weather, and a fabulous course - steep and challenging!

Meanwhile back in NSW Warwick Marsden and Trevor Gollan were pioneering new areas and weather patterns by taking the Paddy Pallin 6 hour event to the South Coast and the Budawang. The true beauty of the area unfortunately couldn't be appreciated due to the abysmal conditions. Hey, why don't we use the same course next year if it's dry; it'd be like using a totally new area!



7.  
If Trev thought that it couldn't possibly rain any more he was wrong! He assembled his usual keen group of helpers, **George Collins, Matt White and Co**, up at Evans Crown near Bathurst after the district had experienced its worst floods in years. That the event, in an abbreviated form, went ahead is a credit to all involved - maybe we'll get to see Evans Crown and the other half of the course in another event!

It was left to **Graeme Cooper and the NTOC** to "dry out" NSW rogaining and they did so wonderfully up at Copeton Dam with the NSW Champs being held in almost perfect conditions : cool and dry!

This newsletter will be coming out on the weekend of this year's last event - the ACT 12 hour Championships to be held SE of Braidwood, a wet area to be sure. **Keith Thomas** is in charge of this one in an area far enough east of Canberra and close enough to the coast to provide some very different terrain.

Meanwhile the NSWRA has been working hard to develop rogaining in NSW. The **Van Nettens** continue to serve us with **Dianne** taking on the job of President while producing a future rogainer and **Bert** setting yet another (almost scunge-free) course up on the Putty Rd. **Trevor Gollan** has applied his computational and organisational skills as Secretary - there's little info about the NSWRA that Trev hasn't got at his fingertips. He also found time to course set and/or organise two "fine" events as well as working with Kay to produce a rogainer of the future in Alex. **John Keats** has looked after the books for a third year and his thoroughness has meant that we have slowly accumulated equipment and had enough left over to subsidise the bus to the NSW Champs. **Julian Ledger**, a relative newcomer, has made his presence felt with an enthusiastic, dare I say "professional" approach to publicising rogaining - you'll enjoy his article on Night Rogaining on Page . **Ian Dempsey and Peter Watterson** have been looking after our relationship with the ARA which are better than they've been for years. And I remain **Ed**, although a recent change in jobs has meant that it's not so easy to produce the words so if anyone has the facilities and wouldn't mind typing four newsletters next year (I'll assemble the material and arrange the printing!) I'd REALLY appreciate a call - Warwick on 399 7814.

#### OH \*\*\*\*. I'VE LOST MY PARTNER!

The \*\*\*\* can be replaced with "dear", "gosh", "damn" or a wide range of four letter words depending on the circumstances.

I had only finished telling my new partners how their really isn't any excuse for members of a team becoming separated when I turned around to find that one of them, who'd been there a minute ago, wasn't there any more. It only took a couple of minutes and hearty yells to locate him on the other side of a gully I'd crossed 200 metres behind - he'd stopped for a leak!

I've had my enjoyment of two events this year, one as an organiser and the other as a participant who came upon the hapless team, lessened by two separations in very poor conditions and potentially nasty terrain. Both had happy endings but not before a considerable period of concern and inconvenience.

In the first, one team member was fitter and had simply "walked away" from his partner, unable to hear his call to slow down because of the weather; his map had also become unreadable in the rain. In the second, the team had separated to find the best way around a large rock outcrop; one had fallen into a small crevasse and twisted his ankle - again the weather, and the rock, prevented verbal communication and even whistles were hard to hear. At least they had them and in the end they did the trick.

On reflection I do know how easy it is to get separated and in canvassing the subject most experienced rogainers had had their periods of loneliness.

While the rule that team members must not separate makes for fair competition it is primarily there for reasons of safety so (i) How do you avoid those unwanted periods of despair ? and (ii) when , despite the best attempts, they do occur what should you do about them?

Well, I'm sorry, but I don't have all the answers. Have a good think about it and drop me a line (Ed, PO Box 271, Kensington 2033). I'll publish them next issue along with my answers; I'll probably award a prize too, so go to it!



Copeton Rogaine - 8/9 Sept 1990 - 24 Hour Event - NSW Championships									
Team # Members		Section Finish Points Penalty Score Place Exam							
6	Deepsey Watterson	Ian Peter	Open Men	6	148	0	148	1	0
16	van Netten Ledger	Bert Julian	Open Men	8	104	0	104	2	0
36	McNeill Gray	Richard Anne	Open Mixed	1	85	0	85	3	0
13	Stewart Barker Cooke	Jim Don Terry	Open Men	16	78	0	78	4	0
28	Combes Simon	Christopher Scott	Open Men	7	78	0	78	5	0
35	Norris Wall	Vol Julian	Open Men	5	77	0	77	6	0
39	Stone Stone	Richard Andrew Paskall	Open Men	35	75	0	75	7	0
4	Holmes Holmes	Harnie Netta	Open Women	26	64	0	64	8	6
37	Ripley Moss	Maurice Harry	Open Men	35	59	0	59	9	0
23	Worswick Cunningham	Jonathan Sean	Open Men	24	59	0	59	10	0
30	Spencer Currell	David Steven	Open Men	12	59	0	59	11	9
34	Bajenoff Coolahan	Don Bryan	Veteran Men	65	56	0	56	12	0
19	Roberts Johnson	Adam Gordon	Open Men	36	53	0	53	13	0
26	Golan Meek May	Trevor Jim Peter	Open Men	6	50	0	50	14	11
27	Simson Cordwell	Robin Keith	Veteran Men	13	47	0	47	15	6
11	Haraden Loughan	Harwick Harion	Open Mixed	7	44	0	44	16	0
32	Kalecinaki Cherry	Roy Peter	Open Men	5	42***	0	42	17	0
3	Hansfield Kupina	Alan Sonia	Open Mixed	16	39	0	39	18	0
25	Woodward Woodward	John Gillian	Open Mixed	12	36	0	36	19	0
7	Harvey Hamlet	John Steven	Open Men	25	35	0	35	20	0
18	Haddell Holdum Kim	John Wayne Chris	Open Men	70	31	0	31	21	0
20	Stone Clarke	Gary Jeff	Open Men	130	29	0	29	22	0
15	Jarvis Tibbey Hodgson	Guy Sarah Dan	Open Mixed	13	27	0	27	23	0
21	Rea Clarke Baker	Jason James Jason	Junior Men	75	0	0	13	24	0

Copeton Rogaine - 8/9 Sept 1990 - 8 Hour Event								
Team #	Members	Section	Finish	Points	Penalty	Score	Place	Exam
2	Andrewa Bourne	Open Mixed	-1	48	1	47	1	0
38	Sauer Koster	Open Mixed	55	27	0	27	2	0
1	Bourne Jeffcoat	Veteran Men	21	22	0	22	3	8
29	Hughes Brandon Harris Whitman Whitman	Veteran Mixed	28	17	0	17	4	0
9	Payn Smith	Open Men	2	17	0	17	5	9
10	de Sain Smidt	Open Mixed	-3	17	3	14	6	0
8	Rogers Hatch	Open Men	38	13	0	13	7	0
41	Hanson Kachel Daley	Open Men	13	9	0	9	8	0

Copeton Rogaine - 8/9 Sept 1990 - 3 Hour Event								
Team #	Members	Section	Finish	Points	Penalty	Score	Place	Exam
12	Smith Cerlenizza Hourigan	Open Women	1	22	0	22	1	0
40	Hughes Brandon Harris	Veteran Mixed	17	11	0	11	2	0
45	Clayton Clayton Clayton	Open Mixed	13	10	0	10	3	0
43	Knirach Grantz	Open Women	5	7	0	7	4	0
44	Roach Gilroy Aspinall	Open Mixed	37	5	0	5	5	0
33	Knirach Grantz	Open Women	11	5	0	5	6	0
14	Clayton Clayton Clayton	Open Mixed	-6	11	6	5	7	0
44	Lavson Lavson Clayton Hottensen	Open Men	4	4	0	4	8	0
2	Rosch Gilroy Aspinall	Open Mixed	-8	11	8	3	9	0

Notes: a) \*\*\* = unofficial

b) Finish = minutes before finish time

) There were 2 teams who handed in examination papers that we failed to write the exam number on. If you let us know, we will send you a correct certificate.

Notes: a) \*\*\* = unofficial b) Finish = minutes before finish time  
c) There were teams who handed in examination papers that we failed to write the team number on. If you let us know, we will send you a correct certificate.







Change of address:

If the name and/or address on the label is incorrect, please fill in this form and return it to Trevor Gollan, 39 Greenslopes Ave, Mount Ousley 2519.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Old address: \_\_\_\_\_

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