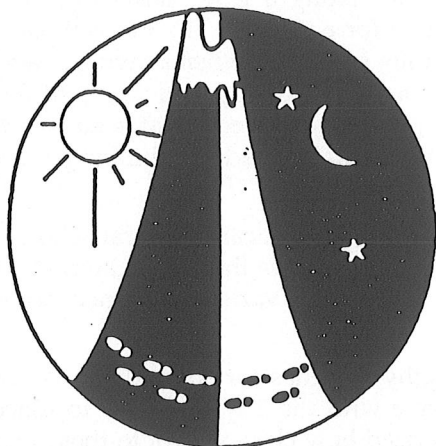


NSW ROGAINING NEWSLETTER

Number 33

May 1992



In this issue:

The Battle of Wuuluman - Reports and all the results
Michael Burton ponders the future of rogaining
World Championships - It's time to enter!
Dave Sutton provides some good practical advice
The AGM Report
And news of coming events

FRIENDS, FURRY SOCKS AND FLAT TYRES ***The NSW Championships, 25th-26th April, 1992***

It was all a mistake that I was course-setter for the 1992 Championships! When Trevor Gollan asked my sister Marnie if we would consider setting a course, she replied enthusiastically - 'Of course we will!'. Notice the plural. She then took off overseas.

So there I was left to do the work. Choosing an area was quite simple. Thinking back nostalgically to the first few rogaines I went on, I remembered wonderful open farmland for those night stretches. So ... only a few miles from home, as the crow flies (or the rogainer walks) there was some wonderful open farmland nicely interspersed with a few rugged ridges. Yes, some of the farmland was pretty rugged too - but rogainers like a challenge, don't they? There were two other features that made it ideal. Many of the landowners were our friends, so getting permission would not be a problem and there were no feral pine trees - those detestable denizens of so many rogaines that maliciously hide shallow gullies and deliberately throw blackberry vines at weary people.

Yes I know it was a large course but I had originally planned it even larger! Warwick persuaded me that it was not necessary so I reluctantly let the rest go. At least it meant I didn't have to approach one particular land owner. 'Make sure you talk to Jack', I was warned. 'Betty shouts on sight!' (Real names have not been used!). And after the first day of setting controls, when three of us spent 8 hours and set less than half of them, I conceded that Warwick was right and that no-one could possibly finish the course.

Permission to use the land was readily and even enthusiastically granted. One landholder, just off the north of the map, was most disappointed that we couldn't fit a control on his place. There was, however, one most decidedly queer family who did cause problems. On ringing the number in the phone book I was told to write to an address in town. On visiting the address, I was told that the man I should contact lived out at the place I'd rung! The elderly lady at the town address then claimed that she owned the property in question but that her husband said it was terribly dangerous and that they would have to know exactly where the controls would be located. A further visit with the map still resulted in an impasse so, in desperation, I took Warwick along to meet them.

Instant response! All sunshine and light and 'Was there anything else we could help with?' And it wasn't Warwick's silver tongue but just the husband's relief to find that a man was in charge! I later found out that their two middle-aged bachelor sons live out at the property. It's rumoured that they don't speak to each other or to women and duck below the windowsill if a female drives past the house!

The biggest difficulty was choosing a date. Full moon over Easter, May already claimed by the ACTRA and March too early and too hot. The weekend before full moon in April was the Royal Easter Show so that left the Anzac Day weekend. The second biggest difficulty was all the flat tyres. Three from three trips to Wuuluman! It got to the stage where I was regularly stopping to check them! But eventually

everything was well in train for the great Wuuluman rogaine with occasional prodding and lots of assistance from Warwick and Tony.



There are some great compensations to be enjoyed as a result of setting a course. Picking a checkpoint location purely by an evocative name on the map - Sally's Dream Hill, Moontop. Being able to wander along a ridge admiring the view. Having the time to choose the prettiest place for a control. The marvellous feeling of being by yourself under a huge sky. That hot cup of tea when arriving at a friend's place after dark, having run the last 4 km in the fading light. Hearing all the local gossip over more cups of tea. And then, if you find the checkpoint is not where you thought it was, you can change it on the map instead of climbing back that incredibly steep hill to find it!

When the course was originally set, it had been very dry and so the bony vertical rock strata showed. But it rained enough in February to have most of the high ridges and knolls where the sheep camped covered in weeds, thistles and burrs. Enjoy them, Bert? Not to mention all those varieties of grass seeds that prickled the socks!

The actual placing of the markers was fun. Despite a few lengthy searches for some dubious placings called Marnie's Mistake, all were correct for the event! The drive with the Taylor family to place #31, #52, #81, #61 and the water was hair-raising. You would be surprised how close we got to those locations on 4 wheels (and occasionally on three!)

And then, quite suddenly, the rogaine was over. It felt strange to have been at an event and still be able to run up the stairs at the woolshed! The runners-up in the Novice section of the 8-hour event combined competing with checking their boundary fences and the state of their pasture. And the 8 hour winners proved that extreme fitness (and a vet on the team) can outweigh lack of experience.

Maybe I'll do it again ... or maybe it's Marnie's turn!

Netta Holmes

WUULUMAN ROGAINE NSW CHAMPIONSHIPS 25-26 April, 1992					24 Hour Event							
Team	Score	O	M	W	X	V	J	N				
62 Trevor Gollan, Peter Watterson	1260	1	1									
17 Gordon Howitt, David Erbacher	1220	2	2				1					
34 Bert Van Netten, Dianne Van Netten, Phil Creaser	1180	3				1						
61 Sue Clarke, John LeCarpentier	1010	4				2						
77 Mike Hotchkis, Ron Hutchings	1000	5	3									
76 Ian Kentwell, Ken Anderson, Ken Simons	990	6	4				2					
33 Val Hodsdon, John Hodsdon	940	7				3	3					
3 Joanna Parr, Simon George	930	8				4						
43 Geoff Ibister, Geoff Tweedale	870	9	5									
1 Robert Collins, George Collins	780	10	6									
7 Kate Greenway, John Turley	740	11				5	4					
9 Graham Payn, Steve Smith	710	12	7									
11 Alan Mansfield, Sonia Kupina	660	13				6						
23 Stephen Hamlet, Vince Alberts	640	14	8									
90 Damian Welbourne, Stephen Myers	600	15	9							1		
70 Kathy Saw, Sue Quayle	570	16			1		5					
54 Don Sansom, Jason Bartlett	550	17	10					1				
74 Geoff Bailey, Kate Malfroy	550	18				7						
88 Jennifer Borrell, Greg Dunstone	540	19				8						
47 Ian Rank, David Rank	540	20	11							2		
21 Rollin Burford, Jitka Kopriva	510	21				9						
31 Karl Schubert, Michael Nelson	490	22	12									
79 Susan Kitchener, Andrew Wisniewski	480	23				10						
84 Peter Whitfield, Kevin Jones, Adrian Purnell	440	24	13									
32 Stuart Inman, Chris Rehberg	310	25	14					2				
81 Thea Seabrook, James Seabrook	250	26				11	6					
35 Carolyn Simpson, Graeme Cooper, Vicky Cooper, Sarah Tibbey	180	27				12						
42 Daniel Moses, Robert O'Conner, Jeremy Henson	220	dnf										

WUULUMAN ROGAINE NSW CHAMPIONSHIPS 25-26 April, 1992 16 Hour Event

Team	Score	O	M	W	X	V	J	N
4 Ian McKenzie, Ian Cameron	1190	1	1					
85 David Griffith, Peter Duguid	960	2	2					
78 Mike Billingham, Cameron Osborne	900	3	3					
69 John Barnes, Trevor Prowse, Rohan Prowse	880	4	4					
46 Andrew Hill, Graeme Hill, Paul Baker	830	5	5					
14 Gareth Prosser, Nic Plunket-Cole	780	6			1			
82 Bryan Smith, Andrew Smith	690	7	6					
25 Kate Black, Andrew Black, Peter Black	610	8			2			
56 Gordon Johnson, Elvis Dates	600	9	7					
5 Judy Micklewright, Deborah Cox	600	10		1				
64 Lindsay Young, Judith Young	470	11			3			
89 Richard McNeill, Kristin Young	470	12			4			
57 Wayne Paulson, Jason Baker, Jason Holt	450	13	8					
37 Anthony Clark, Vaughan Clayton	450	14	9					
72 Jon Gittoes, Lynne Dunbar	440	15			5			
96 Peter Beresford, Bernadette Walsh, Sharon Oxenbridge, John May, Julie Mitchell, Peter Teasdale	410	16			6			
28 Dawn Baker, Peter Hinds	400	17			7			
18 Harry Cotton, Robert Cotton, Thomas Cotton	380	18	10					
75 Helen Watts, Bruce Cooper, Raymond Robinson, Sharon Rixon	350	19			8			
86 Gail Roland, Roz Atkins, Renate Griffith	350	20		2				
38 John Dennison, Jean-Marc Biram, Kellie Murphy, Melanie Mill	350	21			9			
12 Stephen Castle, Anthony Dunk	340	22	11					
63 Hazel Sawyer, Betty Chen, Darren Blanch	340	22			10			
97 Steven March, Carsteden Marshall, Michael Piza, Malcolm Patterson,	330	24	12					1
52 Pauline Godfrey, Damien Green, Michael Godfrey, Matthew Wotten, Brian Hooper	310	25			11			
55 Mark Welsh, John Waddell	310	26	13					
2 Steve Currell, Lesley Currell	300	27			12			
95 Glenn Dawson, Kerry Gilmore	300	28			13			
36 David Clayton, Narelle Clayton	290	29			14	1		
71 Rodney Avery, Francis Rosser	260	30	14					
60 Clare Bellis, Connie McNamee	220	31		3				
100 Andrew Perry, Theresa Lavender	830	dnf						
58 David Sigley, Stephen Holland, John Backhouse		dnf						

Apologies to David Griffith and Peter Duiguid. Their second place in the 16 hour event was not recognised at the presentations after the event.

WUULUMAN ROGAINE NSW CHAMPIONSHIPS 25 April, 1992 8 Hour Event

Team	Score	O	M	W	X	V	J	N
91 Mark Sturman, Barbara Williams, Geoff Holman, Peter Cosgrove	550	1			1			
22 Ian Carr, Kevin Rogers	480	2	1					
15 Peter Coventry, Kevin Tighe, Phil Buchan	480	3	2					
59 Lynn Morris, Stephen Cliffe	440	4			2			
67 Carol Baglin, Ed Castro, Alan McLennan	390	5			3			
92 Gavin Jeffries, Paul Naske	390	6	3					
66 George Liepens, Mark Porter, Andrew Mesmer	360	7	4					
29 Philip Smith-Hill, Robyn Arthur	350	8			4			
26 Ross Hamilton, Noelene Marmont, Tony Cass	340	9			5			
65 Peter Willis, Guy Bright	340	10	5					
45 Cameron Hunt, Kristen Neville, Stuart Sayers	320	11			6			
27 Peter Harvey, Louise Harvey	310	12			7			1
68 Janet Stubbs, Vince Heffernan	300	13			8			
8 Nicky Styles, Mark Nicholls	300	14			9			
93 Hugh Blake, Peter Blake, Robert Blake	280	15	6					2
83 Robert Coulston, Martin Patfield	260	16	7					

Team	Score	O	M	W	X	V	J	N
13 Marguerite Neuhaus, Ian Neuhaus	260	17			10			3
20 Graeme Robinson, Bill Pigram, Mark Pigram	250	18	8					
6 Paul Forster, Bernard Bell	210	19	9			1		
19 Regina Torrisi, Alf Torrisi	210	20			11			
44 Juliet Kaye, James Genge, Jason Wenderoth, Angela Jennings	200	21			12			
94 Jeanette Harrison, Peter Harrison	200	22			13			4
53 Michael Hanratty, Lucy Hanratty	190	23			14			
24 Bryce Jamieson, Nathan Jamieson, Wal Mills	150	24	10					
39 Joanne Vanderstok, Rosemary Seberry	150	25		1				
49 Trish Lewins, Peter Tomkins	150	26			15			
40 Glenn Frame, Jennifer Haviland	140	27			16			
48 Jennie Bond, Tony Bond	120	28			17			
50 Kitty Harrison, Steve Harrison	110	29			18			
41 Greg Ostini, Fiona Ostini	70	30			19			

O - Overall Placing

M - Men's Division

W - Women's Division

X - Mixed Division

V - Veteran's Division

J - Junior Division

N - Novice Division

ONE WAY AROUND WUULUMAN

Trev Gollan and I eventually decided on a route to the NE, where the contours were red and very, very wiggly. For fear of the unknown, Trev wanted to tackle this region during the daylight.

Our first checkpoint, #46, taught us a lot about 1:50,000 maps. We skirted around the spur looking for the small gully, until we realised that everyone else was punching their cards at the bottom of the valley. We were extra diligent on the next string of checkpoints, both of us applying compass and stopwatch (aids Trev used to shun).

The first six locality or feature names we came to were Wuuluman. This was the battleground, but where were the enemy? We saw no-one for many hours. It became clear that the ground itself was the battle. I wished I'd heeded the grass-seed warnings, as I stopped to extract tiny rhinoceros heads from my ankles. Once socks were completely full of seeds, however, the jabs of pain became less frequent (or was that an effect of the acupuncture dulling the senses?).

Come dark we realised we weren't all that fit, and our minds filled with images of TV news and dinner. Trev started meandering off the line, while I lost all sense of length. I tried repeatedly to calculate sums like: if we are walking at 2.5 kph, how long will 400 m take? Usually I took the simpler option of pace counting, only counting every second pace, reckoning each trudging step to be about 0.5 m. This must have been pessimistic as we overshot a few times. We ended up on a completely unintended ridge between #64 and #63, and control #65, under a small weeping boree, took 30 minutes to backtrack to. Near home, I was relieved to walk straight up to #23, the small dam on a large gradual slope, and we got in at 5.40 a.m., having completed 46-29-37-59-(great arch)-48-66-45-W-55-90-82-54-64-63-35-72-W-47-39-65-38-58-34-23.

Our legs revived with hot food and a fireside rest, and we surprised ourselves by managing a short but sweet circuit of the Dickerton Ridge on Sunday morning: #57, native cypress along the creek to #100 (which we found low in the third gully we searched, along with tape high in the second gully), fine views to #50, then #21 and #12 to home. Our slow but persistent pace was just enough to win (and thankfully worth more than the 16 hours).

Thanks and admiration to Netta, Warwick, Tony and co. for setting such an epic course, allowing great scope for route choice.

Peter Watterson

And meanwhile, back at the hash house

The creche got off to a 'screaming' success! We had 4 families who took up the challenge of leaving their offspring with a complete stranger for 8-9 hours. But realising that this was the only way that they would be able to compete, the challenge was met and both babysitter (me) and children (9 of them, ranging from 18 months up to 9 years) survived, hopefully to see out future rogaines! The children were entertained, changed and fed and facilities were made for sleeping if needed.

NSW ROGAINING CHAMPIONSHIPS

'BATTLE of WUULUMAN'

ANZAC WEEKEND - 25/26 APRIL 1992

CROWN COPYRIGHT. REPRODUCED FROM CMA TOPOGRAPHIC MAP OF GOOLMA AND BURENDONG WITH PERMISSION OF THE LAND INFORMATION CENTRE, PANORAMA AVENUE, BATHURST.





Since this was the first time that childminding had been offered at a rogaine, the attendance was not high and I was 'sort-of' able to handle the demands of 9 pairs of hands, 9 pairs of feet, and 9 mouths 'almost' on my own. Hopefully attendance at the creche will grow at future events and help from several 'insane' adults will be required.

The success of the creche depends on other parents helping out at future rogaines. All the parents who used the creche at Wuuluman have offered their services. That's what we wanted to hear and it means that creche facilities can be offered at each event so that partners can both participate, knowing that their children can enjoy camping and being in the bush along with everyone else.

Anne Francis

Reader's Comment - WITHER ROGAINING?

Is Rogaining just a recreational activity, albeit an arduous and adventurous one, or is it a competitive sport as well? I pose this question as I see Rogaining reaching a turning point in its development. For long it has thrived as the former but, as the first world championships approach, more and more people will be looking at it from the latter viewpoint. Whether such a perspective is actually desirable is a subject of debate, but it is an inevitable change driven by the circumstances that have led to the hosting of a world championship. For many the appeal in Rogaining lies in its informal nature and the absence of the competitive element from the ranks of the participants. I suspect that many would like it to retain this flavour, but the very existence of a world championship is going to change this forever. A new breed of Rogainer will enter the scene, who sees the challenge not just as traversing and navigating through unknown bushland for an extended period, but of doing so as fast as possible and even by running much of the way. I must admit that I am of the latter category, and it is with the thought of the world champs in the back of my mind that I have taken up the sport.

The issue is brought to a head by the selection criteria published by the NSW Rogaining Association for entry to the championships, and highlighted by Ian McKenzie's letter in the March newsletter. Selection will be based on contribution to the sport over a number of years. A worthy motive in itself, but completely out of keeping with the spirit and purpose of a world championship, which seeks to determine the best competitors and not the most valuable contributor to the cause.

That the State association can consider such a policy certainly speaks volumes for their attitude to the sport, and their desire to retain the informal nature that we all know and love so well. It would indeed be a pity if Rogaining were to go the way of Orienteering. A new page has now, however, been irreversibly turned in the history of the sport, and a selection policy in keeping with a true world championship simply has to be adopted. Ability must be a primary criterion as such, though in keeping with the spirit, perhaps half the places could be allocated on merit and the other half on service to the sport?

This leads to the next issue, how to choose a State team? Ideally a selection policy would be announced, nominating a number of races where performance would be judged, and a selection panel convened to choose a team. Time though, is running out for implementing such a plan. Perhaps what is for best now is simply to judge on "all known form" but to place particular weight on the recent NSW champs. Having said that, I may be ruling myself out as a contender since the State champs happened to clash with the Australian Mountain Running Champs, an event of related nature to those competitively minded amongst us! But leaving aside personal considerations, the point is that we must recognise that sport is changing, even if the process will be slow and gradual. In keeping with this change, if it is ever necessary to select teams to compete in an event, at whatever level, it is also necessary to apply selection criteria based on ability. To do otherwise is to hinder the development of the sport and, in particular, to make a mockery of the coming 'World Championships'.

Michael Burton

This Newsletter is produced by the NSW Rogaining Association. It is edited by George Collins and printed by the University of Wollongong Printery. Contributions are always welcome and should be sent to 20 Viburnum Road, Loftus NSW 2232. Wordprocessor text files on diskette will save us retyping your article. Both IBM and Macintosh formats are acceptable. Alternatively, you could try electronic mail to gcz@nucleus.ansto.gov.au.

1ST WORLD ROGAINING CHAMPIONSHIPS

9th-10th October, 1992

Entry Procedure

Enclosed with this newsletter is the entry for the World Rogaining Championships. This will be a 24-hour event, starting at 2pm on Friday 9th October, sited near Benalla, central Victoria.

We expect that there will be many more NSW people wishing to compete in the WRCs than the expected quota (25-30) that will be imposed on NSW entries. The NSWRA committee will have to submit a list of NSW entrants (who will be guaranteed entry), plus a ranked list of other entries who may be accepted if places are available. Your placement will be confirmed in the first week in August.

Traditionally, in NSW we have a low level of participation in 24-hour rogaines, although I'm glad to say that has improved in the last 2-3 years. You should identify your best-ever placing in a 24-hour event as well as your best result since February 1991. Preference will be given to people who have proven themselves in the 24-hour (or 16-hour) event.

We don't know how many people will wish to enter the WRCs. If you are keen to participate, get your team organised, complete the Entry Form, and mail it with your entry fee to the NSW Secretary. Fees will be refunded in August if your application is not accepted.

Trevor Gollan

Report from the event co-ordinator

Preparations are progressing well for the 1st World Rogaining Championships and a number of milestones either have been or are about to be achieved:

- course set by Dave Rowlands
- first stage of vetting complete
- map production commenced
- entry form issued

Other major tasks are on schedule.

There are many people involved in the preparation of the Championships. There is much more work involved in this event than for any other rogaïne. My thanks to the hard working WRC Committee and to all the other people who have offered to assist in many of the jobs to be done before and/or during the event.

Note that your Entry Applications close on 15th June and that screening and selection will be complete by the end of July.

Geoff Hook, WRC Co-ordinator

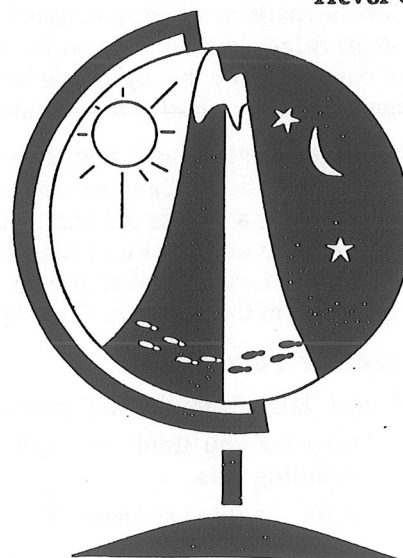
Notes on the terrain and course

Elevation varies from 300 to 1 000 metres. Mostly forested terrain, little farmland. Generally very open forest with many tracks. The course area shows considerable variation and may be categorised into three types:

- granite country - flat to undulating plateau, with very steep edges, complex gully system, large granite boulders, very fast running in most parts.
- ridge-spur-gully country - undulating to very steep, well defined gullies and spurs, evidence of past gold mining activity, some thickets of blackberry infestation, generally good runability. Fantastic views from some vantage points.
- pine forest - extensive track network, infestation of impenetrable blackberry in the gullies, varies from open mature pine to logged areas.

The course - 1:50 000 map with 10 m contours. Large areas out-of-bounds. Widely spaced controls. 'Expedition' style course requiring a great deal of pre-planning. Very difficult navigation.

Dave Rowlands, WRC Course-setter



ROGAINING - HOW I'VE MANAGED TO KEEP ON SMILING

In this article I'll run through your mind some things that run through mine before and during an event. A good place to start is with some of my one eyed opinions and preferences (we all have 'em don't we?).

One eyed opinions

1. **Torches.** Some people might string me up from a control for saying this, but I find small simple hand held torches the best (for example, the red plastic ones that Eveready sell along with batteries in hardware shops). Head torches are great, but I keep on hearing stories about them having problems. High powered lights are OK - if you don't believe in night vision. They also weigh more. I think a lot of people use their torches too much. On a moonlit night on a road or in clear country I switch my torch OFF. I usually take two torches - one running on 2 D cells and the other running on 2 AA (penlight) cells. The latter I use for reading maps - doesn't blind you at close range - and you can easily hold it in yer teeth!

2. **Stopping at dusk.** A great way to make mistakes is when you rush and try to squeeze in one more control before dark and ... I prefer to stop at dusk for 20-30 minutes, sit down and eat a nice carbohydrate(?) meal of sandwiches, etc. This avoids "hitting the (carbo) wall" later at night, gives you a chance to review your route planning and, when you start again, it is dark and you are totally in night mode.

3. **After Dark.** After dark I prefer to be either in country that has lots of roads or in steep country (you can navigate/count the steep ridges/gullies even in the dark). Open, undulating farm country may be lightning fast during the day, but navigation can be ghastly there after dark.

4. **Stopping at night.** On 24 hour events I prefer to come back to the Hash house at say 2am, eat and sleep in a decent tent and sleeping bag for a couple of hours, and then get going again at 5-6 am. For me at least, I find that the 2-3 hours taken out for this is well and truly recovered by being more alert etc. when you get going in the morning. (Yes, getting up is HELL, but...)



Who's afraid of the dark?

Before the event

1. Have a "talk session" with the others in your team a few days before the event. Talk about
 - how far you think you will go. Having records from previous rogaines is **INVALUABLE** for deciding this.
 - route planning strategy. For example a group of runners would probably prefer to stick to roads as much as possible, even if a greater distance is covered. On the other hand a team with a bushwalking background would tend to choose shorter but rougher cross country routes
 - are you going to stop at night and, if so, when/how long for?
 - how are you going to handle that control you cannot find?
 - what sort of terrain you would prefer to be in after dark?

During an event is no time to discover that team members have different ideas on these matters!

2. If you don't know already, go bush with a good map and work out how many paces you take to cover 100 meters running on a road, walking on a road and through the rough. I have these values scratched into my compass for easy reference - but remember they can vary a bit according to personal fitness and terrain, etc.

3. Find out what time it gets dark.

Before the start (on the day)

1. I always seem to be in a rush when it comes to getting ready and marking the map etc. For a 24 hour event, I like to be at the start 2 hours before the maps are handed out. This gives plenty of time to set up tents, get dressed, eat, relax, gossip, etc.

2. For map marking I use

- A large sheet of plywood to which I tape the map. It often seems to be windy at the start for some reason or other. Cut the map down to the smallest size possible, but **DON'T** lose the magnetic variation information in the process (I did, just once!)

- A small folding seat to sit on.
 - A tent big enough to mark maps inside of (if its raining).
 - A graduated scale for measuring off grid references QUICKLY. Previous newsletters have described how to make one of these.
 - Coloured highlighters for colour coding controls according to their value (a graphic display folks).
 - Spare paper, contact plastic, whiteboard marker and a permanent ("Texta") marker.
3. I like to write the magnetic variation information on my map, the point value of the colours used for marking controls, and how many paces it takes me to cover 100 metres. Some people like to stick their clue sheet there too. Cover the map with contact AFTER you have checked your control marking.
4. Make up a sheet to write the control visited, the time of the visit, and other supplementary information. (for example, I write in the 5k, 10k, 15k distances).

Route planning

1. Three things I find very helpful here
 - a piece of string with 1km intervals marked on it (high tech strikes again).
 - a calculator.
 - a whiteboard marker (it writes well on contact, but can be readily rubbed off).
2. If you had that team meeting a few days ago you will have already agreed on how far you plan to go, when/if you are coming back to the hash house, where you want to be after dark, etc.
3. Try and divide the map into 3 or 4 "equal" parts (this is sometimes easier said than done!). If the hash house is in the centre of the map you will probably quarter the map. Work out where the points are concentrated (use calculator to save time). See if there are areas that are good/bad to be in at night.
4. Use the whiteboard marker to draw in a rough route. See if this route is within the distance limits that you have all agreed to. Talk about route choices as you do this - it's amazing how many bad route choices can be eliminated at this stage. Try and design the route to have pre-arranged extra controls that you can pick up if you are going faster than expected. Also decide at this stage which controls you will drop if things start going badly (but that doesn't happen very often does it??)
5. When you have designed the route, write the control points on the sheet that you made earlier. I think it is also a good idea to also write down the 5k, 10k, 15k etc. points on the sheet, and the time that you think you will be getting to those points. Mark the control that you think you will be getting to at dusk. Note that this all requires you to know/guess how fast you will be going - this information is best obtained from sheets like this one that you have kept from PREVIOUS Rogaines. That's why making and keeping these sheets is important (assuming you are coming back to another rogaine).
6. You might also like to mark your route on the map with a permanent marker (the whiteboard marker will wear off the contact surface pretty quickly).

Out there at last

If your planning has gone well you should find the actual event quite relaxing (even if it is physically strenuous!) Don't forget to record the time that you visit each control and DON'T forget to punch yer card (don't laugh - it sometimes happens!). Check your actual progress against the anticipated arrival times that you wrote on that sheet of yours - and lengthen or shorten your route accordingly - BUT IN A PLANNED FASHION. Sit down and use that magic piece of string again if necessary.

Before it gets dark, calibrate your pace counting on roads and in the rough - it keeps you amused and every bit will help later in the dark. Be careful on roads. It is so easy to put away the compass, turn off the brain, get chatty, go flat out and overshoot your point something shocking. Pace counting can be a good cross check here - even if it is a bit of a conversation killer.

After dark trust your compass and your pace counting ahead of your feelings and intuition. It is quite easy to lose your "navigational nerve". Don't forget to ENJOY IT...

Dave Sutton

WHAT'S ON THE CALENDAR

Paddy Pallin Rogaine, 14th June, 1992

Too late! Entries are closed. It promises to be a great day with 400 competitors.

Search and Rescue Rogaine, 27th-28th June, 1992

Trev Gollan has entry forms for the Emergency Services Wilderness Navigation Shield, an 11-hour or 27-hour event to be held in the Nattai Valley, near Mittagong, on the 27-28th June. This is an annual event aimed at the Emergency Services personnel, but there is a category specifically for rogainers. It's appealing to have a rogaïne so close to Sydney, and in such a rugged and attractive locale. Good training for the World Champs too. Entries close 19th June. Call Trev for the entry form (042 842 293) or contact the organiser, John Tonitto (02 789 2527 wk, 02 528 6174 hm.)

The Plum Pudding 12 Hour Rogaine, 18th July, 1992

The winter 12 hour rogaïne (entry form enclosed), to be held on 18th July, is being organised by members of the Gunnedah Bushwalking Club. The course covers almost equal areas of forest and semi open grazing country. Local relief is up to 500 m and there are many striking rock features that provide vantage points high above a picturesque river. The forest ranges from dry sclerophyll to eucalypt woodland and has very few roads or tracks. The grazing country has complex relief and gives plenty of scope for careful route choice to avoid long climbs. There has been little clearing in recent years which has resulted in a patchwork of open, lightly timbered and thick scrub areas.



The vetting of the course has been done by two members of the Northern Tablelands Orienteering Club and they agree that this event will provide both challenge for the experienced competitor and satisfaction for the novice. There are more controls than is usual for a 12 hour event. Eleven of these are within 1.5 km of the Hash House which is near the edge of the semi open country.

The map is a normal 1:25,000 with 10 m contours. It has the usual cartographic glitches like a watercourse that divides going down hill. I went looking for it but like the watercourse that ran along a contour line for 500 m on the Copeton Dam map it just didn't exist. Pity, it would have made a good novelty control. The land owners have been very generous and helpful. The Hash House will be at a hay and tool shed with a good area around it to congregate and enjoy the fire and the food after the event. (No prizes for guessing what's on for dessert. Just don't forget your spoon!) There is lots of room for camping close by. Come on the Friday before the event. We'll be there to welcome you. If you want to stay on afterwards, there is a NPWS camping area nearby. You could even go and bring in that flag you didn't quite have time to get to during the event.

Graeme Cooper

And for your diary

NSWRA Spring 12-hour, Newcastle, September 19th, 1992 and ACTRA 12-hour, November 7th, 1992.

Sad News - The passing of Rolf Adams

A number of people commented on the absence of Steve Keenlyside and Rolf Adams at the recent NSW Championships. Steve and Rolf first competed at Wambo last year, taking out the Novice division and putting us all on alert that their seventh place overall was only due to inexperience. This they proved by taking third place at last year's NSW Championships and only missing out on a perfect score by 2 points. Readers will remember Steve's article in last December's newsletter.

We were saddened to hear of Rolf's death just one week before the Wuuluman event. Rolf, bushwalker, caver, mountaineer and rogainer, had spent a few weeks in the US helping develop some new breathing apparatus for cave diving. Just before returning home to compete in the rogaïne he suffered an air embolism while diving in the 'Hole-in-the-Wall' Cave in Florida. We offer our condolences to his family and friends. We appreciated his enthusiasm for his new sport and we'll remember him whenever 'expedition strength' coffee is required!

George Collins

AGM Report

The AGM for our Association was held after the Wuuluman rogaie. A special thankyou to John Keats, Terry Collins and Wendy Davies for their efforts in 1991, and welcome to the new faces on the 1992 committee:-

President	Alan Mansfield	4/68 St Thomas St, Clovelly 2031	02 665 4925
Secretary	Trevor Gollan	39 Greenslopes Ave, Mt Ousley 2519	042 84 2293
Treasurer	Tony Maloney	22/10 Willandra St, Lane Cove 2066	02 428 3554
Editor	George Collins	20 Viburnum Rd, Loftus 2232	02 521 4342
Publicity	Julian Ledger	108 Cressy Rd, East Ryde 2112	02 888 1954
ARA Rep.	Ian Dempsey		049 67 6414
Committee	Graeme Cooper	Cluny Rd MSF2005, Armidale 2350	067 72 3584
	Anne Francis	62A Delmar Pde, Dee Why 2099	02 982 4836
	John Keats	109 Mississippi Rd, Seven Hills 2147	02 636 2364
	Sonia Kupina	4/68 St Thomas St, Clovelly 2031	02 665 4925
	Warwick Marsden	35 Grose Rd, Faulconbridge 2776	047 51 1892
	David Sigley	7 Keith St, Peakhurst 2210	02 53 9937
	Peter Watterson	13 Driver St, Denistone 2114	02 804 6091

If you have problems, queries, suggestions, please talk with someone on the committee. We hold 6 committee meetings each year where everyone is most welcome.

Trevor Gollan

Financial Summary

	<u>1991</u>	<u>1990</u>
Carried Forward	1,913.89	3,407.38
Income		
Membership fees	3,767.00	1,935.00
Rogaining events - surplus	4,819.24	1,072.23
Books, maps, sticker sales	187.00	304.00
Interest	93.20	123.29
	<hr/> 10,780.33	<hr/> 6,841.90
Expenditure		
Newsletters	1,230.27	634.79
Rogaining events - deficit		2,456.25
ARA affiliation		336.00
Public liability insurance	765.02	557.50
Bank fees, stamp duty, corporate affairs	53.96	28.26
Postage, stationery, phone calls	8.60	31.32
Publicity	282.05	41.30
Books, maps, stickers (for sale)	30.10	96.00
Equipment	750.34	746.59
NSW Bushwalking S&R	800.00	
Carried Forward	<hr/> 6,859.99	<hr/> 1,913.89
	10,780.33	6,841.90

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: _____

PLEASE DON'T TEAR THE WRAPPER!

NSW ROGAINING ASSOCIATION NEWSLETTER

Registered by Australia Post,

Publication No. NBH 7617

Return Address: P.O. Box 271,

Kensington 2033

SURFACE

MAIL

POSTAGE PAID

KENSINGTON