

NSW ROGAINING NEWSLETTER

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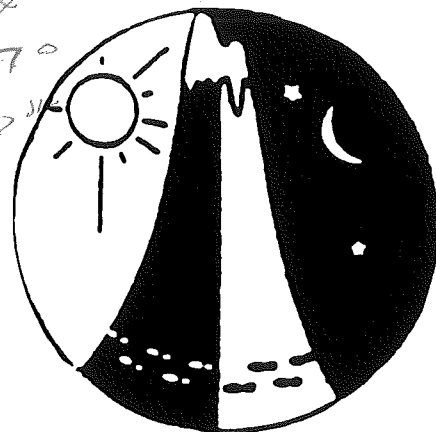
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EDITORIAL

Recent events have included the Metrogaine, the UpsideDown Rogaine and the ACT 24 Hour Championships. Each has had its own particular peculiarities. Some of these are remembered in the various articles in this Newsletter. Also included this time is an article about Hypothermia. Many of us may have suffered mildly from hypothermia, and with the onset of colder weather and forthcoming events such as the NSW 24 Hour Championships in May, it is important that everyone is fully aware of the prevention and treatment of the problem. Please note the closing date for entries for the NSW Championships and get them in the mail soon. We look forward to receiving your comments on Rosemary Seberry's suggestions (see the Letter to the Editors) about alternative start times.

METROGAINE MEMORIES

This was our second attempt at the family prize, having narrowly missed out at Homebush last year. A quick examination of the map showed two alternatives: a zig-zag route to the west or a narrow loop out to South Head and back. We decided on the latter because it was more scenic and the controls looked closer together. We chose an anti-clockwise direction starting with #7 and #11 because it would bring us back to the centre of the course late in the afternoon, so that we could easily jog back to the finish if time got short.

The outward trip went smoothly, with lane-ways not marked on the map always seeming to pop up where we expected/hoped they would be. We were disappointed at #37 that the president of the NSWRA wasn't there for us to time him sliding down the slippery-dip. #45 gave us a bit of trouble until the penny dropped that we were supposed to be looking at the southernmost cliff line visible, not the southernmost part of the one we were on. Edward Barton's grave (#66) brought back memories of Ledger's plot in Rookwood Cemetery - the control that was hardest to find in 1993.

Julia (9), Carl (16) and Bruce (43) Chessman

The spectacular views of Sydney Harbour and the ocean around #27 spurred us on towards South Head, with occasional interruptions by people stopping us to ask where to get those attractive looking maps. After a much needed ice block at Camp Cove and rounding Lady Bay (an educational experience for Julia) we reached South Head at 1:15. We'd have to hurry on the way back.

A close-up view of the lobster salads as we passed Doyle's rather took the gloss of our packed lunch of cheese sandwiches, except for Julia who hates seafood. As we zig-zagged through Vacluse, time dictated that we abandon plans to visit Bottle Glass Rocks, and after one look at the slope up Bayview Hill Road east of #44, control #20 was also scratched from the list. Back onto familiar territory on Heartbreak Hill and a loop around the golf clubs brought us back to Bondi and the expected dash to the finish was on, from #35 via #6 and #4. Thanks to cross-country training we made it with one minute to spare. (Is there a lesson here for Julian Ledger, I wonder? - M.)

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NINE AND A HALF

Alex Tyson, Geoff Mercer, Mark Leonard

Nine and a half months ago at the NSW Champs when rumours first circulated that Andrew Blakers had a scheme for an alternative style rogaine our major concern was how to keep track of which of the 120 controls you had visited. With over 6×10^{198} possible route choices we anticipated that route planning would be a real challenge. The generous 3 hours of planning time would hardly be enough time even if the supercomputer was on line. On the day we solved the issue of which controls to miss out by the bold plan of visiting all controls and seeing how far we got. The course setters estimate of 80km to cover the course encouraged us to attempt the grand slam. In hindsight we estimate we travelled about 70km, they must have come back to the Hash House in their plan.

The concept of using orienteering maps for a rogaine recalled last years heated orienteering vs rogaining debate (see Australian Orienteer and the International Rogaining Bulletin). Not knowing the course setters stance on this issue we weren't sure which side of the electric fence we would be running on. Once on the course the "over detailed" map led to the disconcerting situation of always knowing where we were - is this rogaining? What happened to the stumbling around in the dark and thick scrub cursing the map?

Most successful sporting performances are based on careful planning and preparation. Stopping en route to the event site for contact, light globes and food are all part of this preparation. Discovery there are only two compasses for 3 team members 19 (9 1/2 X 2) minutes before the start is not generally part of the preparation. Thank you Andrew for the loan of your lucky compass (companion at the NSW Champs last year).

We calculated that 1 minute spent punching the control card and setting up for the next control would equate to 2 hours of event time. Therefore we aimed for a 9 1/2 second punch ritual.

ACT CHAMPIONSHIPS 1994

After the first 15 minutes we had 3 controls, and in 1 hour we had 13 controls. Our puncher was getting RSI so we started rotating the chore on an hourly basis. The usual between control rogaine chit-chat never started due to the unrelenting flow of controls requiring constant fine navigation.

We headed North first to tackle the steeper and rocky terrain while we were fresh, anticipating this to be the more difficult area. At darkness we had finished the northern maps not tempted by the Hash House a mere 800m away. The sliver of a moon soon set unnoticed. The open southern country made for easy progress in the dark - is this a rogaine? At 9 1/2 hours Mulloon Creek proved to be a major obstacle to retaining dry feet. In true team spirit Geoff volunteered to carry the rest of the team across. Not so supportive was Mark's guarantee that the electric fence was not active! Fortunately only one of us believed him.

By midnight the cold has set in and a 19 minute food stop at the southern water (33WS) was 4 3/4 minutes too long and it took a few controls to warm back up. In the wee hours of the morning somewhere near the southern end of the map we realised we could achieve the grand slam and be back for breakfast and a sleep. Dawn saw us with only 9 1/2 controls to get. Drawing on the remains of the nights muesli bars we picked up the pace to finish at 7.22 am. Pancake bacon and egg butties were a unique and welcome experience.

Completing the course in 19 1/2 hours we averaged 9 1/2 minutes between controls - this is faster than we usually orienteer! Many thanks to all the course setters, hash house and other helpers for your considerable efforts. We all enjoyed the different challenge that this rogaine provided. May rogaines continue to be unique and adaptable.

METROGAINING HAZARDS

Warwick Marsden

I thought that over the years I'd encountered just about every obstacle that a rogaine has to offer: flooded rivers, horizontal tea-tree scrub, blackberries, cliffs, cliffs at night, torrential rain, electrical storms, leeches, disinterested partners, exhausted partners, the smell from the distant hash house and even the tide at Lake Tabourie last year.

So, as Carmel, Peter (noone else wanted him - why?) and I set out on the Metrogaine, I was confident that I could handle anything this city course could dish up. We were even prepared for the siren-like attraction of the coffee shops. We safely negotiated the Wairoa coffee shop, had a play in the egg (#10), a chuckle at the whale of a vane (#53) and a slippery dip ride (#37) before finding out what the CSIRO had been up to at #40.

was just after #40 that we had to help Peter negotiate the first of these strange obstacles. Then a bit of manhole cover reading (#43), abseilers at Diamond Bay (#21) and a superb view south from #45 - and what's a metrogaïne without a visit to the cemetery (#66)? The Doggie Dunny (#58) followed by a sit to enjoy the view before heading west for ice creams at Parsley Bay (#75). But another "obstacle" lured Peter from his main task near #22.

Peter was rapt at being able to "swim" to #48 from the beach at Parsley Bay but this did nothing to help him past the third skip near Billie Wentworth's final resting place (#47). We dodged the couples out for a quiet picnic at Neilsen Park

(#68) before tucking in to a yummy chicken and carrot pie at the Kiosk (#23). Hunger satisfied, we took in the delights of Sydney Harbour as we checked out some graffiti (#46), argued about the geology at #67 and then another cemetery (#44). We didn't see any condoms or syringes as we crossed the mud flats but Carmel's eagle eye did well to spot the vibrator. It was only the lure of a cappuccino at Grandfather's Moustache that allowed us to distract Pete's attention.

Time was getting on so we picked up the pace past Lyne Park (#64) and the footy oval (#72) and we cruised into Wellington Street with the Hash House almost in sight.

CATASTROPHE! I began to understand why Peter had been standing partnerless at the start. His wife Lynn had known. She'd even tried to warn me. I should've seen the signs as we'd encountered the skips at the building sites. *Peter "Steptoe" Watterson is a garage sale junkie!* Wellington Street was having a municipal clean up. Almost every house had a pile of "treasure" for Peter to sift through. How I longed for the challenge of a cliff on a dark rainy night! The precious minutes ticked away as he picked up a painting, an electrical device, some pots... "No, Pete, we can't carry the wardrobe!"

#35, #6 and #4 are a blur but we made it! Great work Alan, Sonia and Co. For next year's Metrogaine I'll either choose my partner more carefully or, better still, quiz the organisers about any unusual "obstacles". Excuse me while I adjust my new painting. Thanks Pete!



LETTER TO THE EDITORS

UpsideDown Comment

Dear Sonia and Marnie, 11th April 1994

I would like to suggest an idea for consideration by other members. At the recent UpsideDown Rogaine, I discovered that I enjoyed starting the rogaïne in the dark because I was relatively fresh (as fresh as you can be after two hours sleep) and therefore found the night navigation really interesting. In past 12 hour events, by the time the sun sets my team mates and I are usually tired. Navigation falls down, conversation drops off and patience is a thing of the past. In the UpsideDown Rogaine, we got a new burst of enthusiasm when the sun rose and were keen to continue on till the time limit.

My suggestion therefore, is that the starting time for events that include an 8, 12 and 24 hour category have optional starting times. For example, starting times could be as follows:

12 noon - 8, 12 and 24 hour events
6 pm - 12 hour event

12 midnight - 8 and 12 hour events

I see the advantages as:

- * People who work on Saturday morning are not precluded from entering the event because they can choose a later starting time.
- * People who prefer to rogain in the dark can do so by going from 6pm-6am.
- * If you want to do the dark hours when you are fresh you can, by starting at midnight.
- * Pre-event administration is staggered, making life easier for the organisers.
- * The inevitable "sheep" trooping to the first two or three checkpoints is reduced.

I tried to think of some disadvantages, but could only come up with administrative problems that could be solved with some creative thinking. As for people giving away clues to those who haven't started yet... I've discovered that rogainers are a very competitive and secretive bunch - getting a clue from another team is almost impossible!

I am keen to hear what other rogainers think.

Rosemary Seberry

The Polish Postage Stamp Event, ACT CHAMPIONSHIPS '94

Marnie Holmes

When Netta and I arrived at the Hash House on Saturday morning after a very scenic drive through an area where I used to collect grasshoppers some years ago, we were rather taken aback to see that the couple earnestly studying their maps beside us had no less than FOUR of them - each! And the scale was 1:15 000.

We had never before used orienteering maps, so it was some surprise to find that even the termite mounds were marked (entomologically very sound...) With an uncharacteristic lack of hurry, we calculated a route through the northern section for the afternoon, back to the Hash House for some good hot tucker, before heading out south in the middle of the night. We watched the multitudes stream away from the start while we were still packing - deciding whether it was going to rain, how many sandwiches we would carry, to take a spare pair of socks or not...

After the peak hour rush was over we leisurely set off along the fence line to #12 and came upon it sooner than expected. Our normal navigational style is by topographical feature, but we soon realised that the oh-so-short legs on this course would be better handled by taking and following compass bearings. Our course through the northern section picked up every checkpoint to the north of the Hash House except #8 which somehow was invisible on my map when I was planning the route!

We enjoyed the views across to Lake George, wondered why the checkpoint at Mt Twynam was not at the top of the tower and were almost as startled as them when we disturbed a stag, doe and fawn between #79 and #38.

Hot food at 9:30 pm was very welcome, but had I been thinking a little faster, I wouldn't have chosen that time to come in to the pleasant environs of the Hash House. Netta found pleasant company to chat with and developed an incredible inertia for someone of her size!

Finally we set off again about 11:30pm to take on the southern section, out to #95 first. After #19 we did a long trek down the fenceline to #63 and then the other points in the open area. On consideration, perhaps we should have collected #60, #103 and #102 on the way out to leave more high score options on the way home... Between #73 and #32 I was sleeping on my feet and we decided to take a short nap. It is only in events like these that you realise the real luxury features of a five-star Eucalyptus tree butt - self-massaging

back support, textured cast bark underlay, 360° surround soothing New Age sound... Fifteen minutes later I woke, ready to run, even take on the unexpectedly steep slope down to the next checkpoint.

At sunrise we were looking down into the still, dark, steaming waters of the creek near #115. We stopped briefly to appreciate the pink rays of new sunshine piercing through the mist, highlighting the deep blue shadows of the hills. What a wonderful time to be out!

As we strode across the dewy open flats and shivered through the water at #31 we were very glad to be facing only another five hours of wet soggy socks! After a night-time of surprisingly seeing almost no-one, as we turned for home heading up through the high number controls in the hilly central section of the Mulloon Creek map, we were suddenly back in some kind of civilisation, meeting and greeting quite a few teams still on their way south. Glad it wasn't us! The lure of real food again was calling strongly!

At the outset of the event Netta had been warning me that she'd been poorly recently and not to expect too much of a convalescent. Imagine my surprise then, when she began to run down that nice open gully from #57 towards #18! It soon gave out but we managed a sore-footed attempt at a trot into the Hash House - just for show!

On reflection, to us the rogaine, which we had light-heartedly referred to as the Polish Postage Stamp Event, was quite a novelty, due mainly to the large scale and the short distances between controls. The latter, combined with the large number of checkpoints close to the Hash House, is ideal to encourage beginners to the sport because there is plenty of positive feed-back and even in the dark, it is not a long way to go if they want to pull out of the night navigation caper!

We enjoyed the event, particularly the sunrise, checkpoints were hung accurately and we really refined our compass reading skills, thanks Andy! However we were concerned at the lack of visibility of some checkpoints such as #57 which was on the ground behind a log - discernable from only one direction. Perhaps this is standard orienteering practice but we prefer the ?rogaining convention that controls are clearly visible from at least five metres in any direction. Thanks to all organisers and helpers!

HYPOTHERMIA *by Keith Thomas (ACT Rogaining Association)*

Hypothermia is a decrease in the core temperature of the body which becomes significant when muscular and cerebral functions are impaired. It can strike any member of any party, but is more likely to occur when the weather is cool, wet and windy.

Hypothermia is always a hazard during rogaining because of the chance of cold, wet weather and the often fatigued state of body. Many teams do not consume enough food with the result that the body's energy reserves may be insufficient to compensate for heat losses. Many teams do not take adequate clothing for normal event conditions let alone for the possibility that a team member may suffer an injury or be otherwise incapacitated, and one or more members of the team may be forced to move slowly or


stop. As help may be many hours away, this is sheer recklessness. All rogaining teams should carry enough food and equipment to be self-sufficient for the duration of the event and for all likely conditions to be encountered during the event. A team cannot rely on the possibility that another party may happen to pass their way.

This article on hypothermia is largely extracted from the 3rd edition of the book *Medicine for Mountaineering* published in 1985 by The Mountaineers. It is necessarily lengthy, but all rogainers should have a thorough understanding of the dangers, prevention, recognition and treatment of hypothermia.

PREVENTION OF HYPOTHERMIA

Preventing hypothermia requires food, water and protection from the cold.

FOOD is needed to replenish the body energy essential for physical activity and heat production. Eating small amounts of food at frequent intervals rather than two or three large meals is most effective.

WATER is needed to replace losses through the kidneys, skin and lungs. Failure to replace the water results in dehydration, which decreases the blood volume and, in a cold environment, handicaps efforts to produce heat by exercise. Dehydration can also be accompanied by weakness, fatigue, dizziness, and even a tendency to faint when standing. Thirst  is not experienced or is greatly diminished in the presence of dehydration, and a conscious effort to consume adequate fluids is needed. An adequate fluid intake is indicated by urine that has a light yellow colour and a volume of at least one litre every 24 hours.

Rogainers must have **CLOTHING** that not only protects them from the cold but also can be modified to compensate for changes in temperature. The best system for coping with these changes is to use multiple layers of clothing. The outer layers can be opened or removed when the environmental temperature or heat production increases; more layers can be added as the temperature falls or the person becomes inactive.

Each layer must be larger than the one beneath to allow an air space of about 6 mm. If the layers are all the same size, the outer layers compress the inner layers and reduce their insulation value. The outer layer should be windproof. Sweating must be avoided as much as possible because it moistens the clothing, greatly reducing its insulation value. The outer layers must be opened or

taken off as soon as activity begins, not after the individual has become hot and begun to perspire. The outer layers must be put back on or closed as soon as activity ceases, not after the individual has become cold and requires more heat to be rewarmed.

Wool, is the oldest and still one of the best insulating materials for cold weather clothing. It is one of the few materials that maintains its insulating properties when wet. Its only disadvantage is its somewhat greater weight. Down, although an excellent insulating material when dry, mats together when wet and loses almost all of its insulating value. Polypropylene is often used in a variety of garments, particularly underwear. It provides a sensation of warmth because it "wicks" moisture from the skin to the surface of the fabric where it evaporates without cooling the skin. This material also retains most of its insulating properties when wet.

For the hands, mittens are much warmer than gloves because of the reduced surface area. The head is a major source of heat loss. Effective headgear, such as wool caps, is essential. Balaclavas, which cover the neck and part of the face, are desirable for severe conditions and these can be rolled up to form a cap for less severe conditions. Hooded parkas do not fit closely enough to provide effective insulation but do provide additional protection when worn over caps, and do prevent wind from penetrating the headgear.

RECOGNITION OF HYPOTHERMIA

Awareness of its causes and the rapidity with which it can develop is essential if hypothermia is to be diagnosed at a time when it can be corrected promptly and effectively. Every member of a party is responsible for recognising mild hypothermia in other members. The two keys to early recognition are awareness of the possibility of hypothermia and the speed with which it can develop, and close observation of each other by members of the group.

Hypothermia can arbitrarily be divided into two forms: mild and severe. People with mild hypothermia have a

MILD HYPOTHERMIA

37°-35° Shivering begins.

A feeling of chilliness is the most typical early symptom. A person who feels chilled when physically active and generating heat will become colder when that activity ceases unless protected from the environment. They can not produce enough heat to warm themselves and must have more clothing. Shelter, a sweater, head covering, or windproof jacket may be all that is needed to prevent more severe hypothermia. There may be minor impairment in muscular performance.

35°-34° Stumbling, confusion and apathy

If the body temperature continues to fall, the victim begins to lose muscular co-ordination and typically is unable to perform fine movements with the hands, but if walking and not using the hands, such loss may be undetectable. The first sign of incoordination may be slowing of pace or stumbling, particularly when crossing rough ground or loose rocks. As hypothermia becomes more severe, stumbling becomes worse and the individual may fall. Characteristically the victim lags behind, which should provide an unmistakable warning for the rest of the group.

34°-32° Frequent stumbling, slow thought and speech

The intellect is also impaired as hypothermia develops. A common early sign is refusal to admit that anything is wrong. Subsequently victims become apathetic and are often unconcerned about their deteriorating condition. Mental sluggishness may be manifested by slow thought and speech. Confusion and retrograde amnesia subsequently appear and indicate a greater decline in body temperature.

At this point the presence of hypothermia should be obvious, unless the other members of the group are hypothermic also. Failure to take corrective measures could be expected to result in progression to severe hypothermia.

low body temperature but can stand or walk without assistance. Victims with severe hypothermia are either unconscious or so disabled that they cannot walk and must be evacuated.

The stages of hypothermia are listed below. Although given, the body temperatures are not significant for field use because of the difficulties of accurately measuring the core body temperature without unnecessarily disturbing the patient. Note also that the onset of severe hypothermia may vary by several degrees.

SEVERE HYPOTHERMIA

32°-30° Shivering stops, inability to walk

Shivering gradually disappears which indicates severe hypothermia. Muscular incoordination is severe, and the victim usually cannot walk without assistance. As the body temperature drops further, support will be required for standing.

Intellectual impairment is also greater. A common and important sign of severe hypothermia is neglect or carelessness about protection from the cold. Clothes are left unzipped; hoods are not pulled up; caps or mittens are not worn. Sleeping bags or blankets are not snuggled up around the head. However, mental impairment may be quite subtle. Individuals who seemed to be acting quite sensibly have made gross errors of judgement which have caused problems for the entire group.

30°-28° Semi-consciousness

Eventually confusion and irrationality progress to incoherence and semiconsciousness. Finally, the victim loses consciousness entirely and, as the body temperature continues to drop, becomes totally comatose and does not respond to any stimulus. As victims begin to lose consciousness, they may develop a sensation of extreme warmth and, if unattended, may actually remove clothing or climb out of a sleeping bag.

Below 28° Unconsciousness, death

As the victim's mental function deteriorates, other body functions also slow down drastically. Breathing may be so slow and shallow that it appears absent. The heart rate also slows dramatically and can become so weak that it cannot be detected. No hypothermic individual should be pronounced dead while the body is cold. Only after warming can death be certain.

No one should be considered cold and dead until they have been warm and dead!

TREATMENT OF HYPOTHERMIA

MILD HYPOTHERMIA

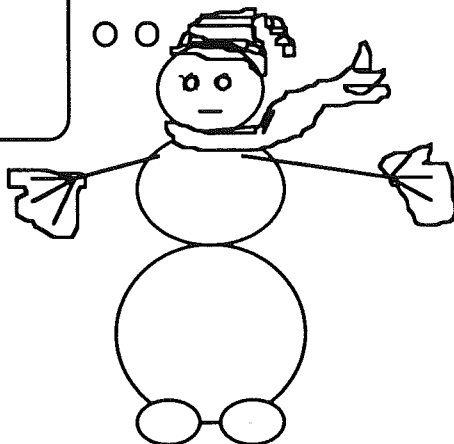
The treatment of mild hypothermia is relatively simple and easy. Recognising its presence is usually the most critical aspect. Once an individual has been determined to be hypothermic, a variety of effective corrective measures are usually available. These measures fall into two categories: decreasing heat loss and increasing heat production.

Decreasing heat loss can be achieved by putting on more clothing: sweaters, caps, mittens, jackets, parkas, wind pants, or whatever is available. Replacing wet clothing with dry clothing restores insulation and reduces evaporative heat loss. Protection from the wind by jackets and wind pants, rocks or trees, natural shelters such as caves reduces "wind chill". The warmer environment provided by a fire will also reduce heat loss, although the time and effort required to get a fire started under difficult weather conditions may result in further unaffordable body heat loss.

Heat production is increased by exercise. Vigorous activity that employs large muscles such as those in the legs is most effective. However, food must also be consumed if increased heat production is to be maintained effectively for more than a few minutes.

Once hypothermia has been corrected, measures to prevent its recurrence are essential. It should be obvious that thrusting the affected individual back into the same environment with no additional protection would have the same result. Hypothermia would probably recur even faster since the victim's energy stores would have been depleted.

*Scarf, mittens,
beanie...
And I'M STILL
FREEZING!*



SEVERE HYPOTHERMIA

Severe hypothermia is a much more complex problem for which the simple measures used for mild hypothermia are largely ineffective. The main difficulty is the inability of victims to generate enough heat to rewarm themselves. Such individuals are so incapacitated that they require assistance just to stand upright and are not capable of the vigorous exercise required for internal rewarming.

However, rapidly rewarming a severely hypothermic individual with external heat is hazardous. When the body is cooled the blood vessels in the extremities (arms and legs) constrict and circulation of blood falls to very slow rates so that heat can be conserved for the central organs. The stagnant blood in the cold extremities becomes even colder, its oxygen content falls to very low levels and lactic acid and other products of metabolism accumulate.

If heat is applied to the extremities, the blood vessels dilate, blood circulation accelerates, and the cold, acidotic blood is returned to the central part of the body. If the central organs, particularly the heart, have not been previously rewarmed, the effects can be disastrous. The cold blood from the extremities further reduces the temperature of the heart while subjecting it to an acid bath and in such circumstances ventricular fibrillation is quite common. In a severely hypothermic individual this event is almost always fatal. Ventricular fibrillation may also be brought on by rough handling of a severely hypothermic victim.

In most cases of severe hypothermia, further heat loss from the patient should be minimised and evacuation attempted at the first opportunity.

External heat sources, such as hot water bottles or padded, heated stones, should be placed against the sides of the neck, chest and abdomen. Body to body contact is not a particularly good source of heat and tends to warm the entire body. Arms and legs should be insulated but not warmed. They must not be rubbed to promote the flow of blood. If patients become conscious enough to do so safely, they should be encouraged to drink fluids particularly warm fluids.

In spite of informed, conscientious efforts, most severe hypothermia victims cannot be effectively cared for in the wilderness. Many do not survive even when hospitalised.

MISSING THREE MINUTES

Julian Ledger

(We regret that we were unable to include this article in the last newsletter - it missed the deadline by three days...)

The inaugural UpsideDown Rogaine was a great event. A well-set course and a perfect moon-lit night. After the 1 am start the temperature was perfect and visibility excellent. In the morning however, it got hot HOT HOT but at least we were back by 1 pm - well nearly.

Somewhere we lost a valuable three minutes. Thinking back, there are quite a few contenders for the missing moments.

- 1st control - #26 - discussion about adjustment for magnetic north- it was partner Tim's first rogain.
- 2nd control - #51 - nearly tripped over rogain voyeur groupies damn smack in the middle of the block. Believed to be associated with the organisers!
- 5th - #41 - circumnavigated wrong swamp (*us too! M.*)
- 6th - #34 - doubted position on spur and started searching too soon.
- 7th - #14 - There ought to be a rogain law about putting controls in ravines!
- 9th - #32 - Attacked from above - below would have been smarter.
- 13th - #100 - Reached just on dawn as per rogain masterplan - three minute self congratulation.
- 14th - #61 - Had breakfast. There ought to be a law about putting controls in places with such good views!
- 17th - #23 - Dodgy feature. Lots of wandering people to talk to.
- 18th - #91 - Contoured and contoured. Geographically embarrassed. Met Peter Wherry. We all started looking too far west. Remembered First Rule of Rogaining - Don't get distracted by other teams. Found control and met Netta and Marnie. Discussed rogain fashion, routes and tactics.
- 19th - #22 - Forgot First Rule of Rogaining - followed Netta and Marnie up the wrong spur. Met Trevor and Warwick who set us right. Remet Netta and Marnie at control who had worked it out for themselves. (*Of course. -M.*)
- 20th - #36 - Dehydrated. Three minute discussion about wisdom of drinking from Bull Point Gully. Drank.
- 21st - #80 - This was not a good control to be at about midday - thick, steep and devious.
- 22nd - #20 - Bush-bashed up hill. After the control erred on caution and hit track late. Water.
- HH - Less than thirty minutes and five km to go. 6 minutes per km. More drinks at second water drop. Hills. Heat. Running together. If we are going to be late it ain't going to be by much. It was three minutes.

THE SECOND ATTEMPT

Anne Francis

Coming in second place in the mixed section last year prompted us to have another go this year. After discussing ten different route choices, we decided on one and set off at 10 am, hot on the heels of Arthur and Mike.

After the first control we went the opposite way to Arthur, thought maybe one of the other nine choices may have been better, but kept to our zig-zag route anyhow and sped off.

I'm sure #8 control was misprinted and meant to be #88, or was it just that we attacked it from the wrong side? The watermelon drop was a great idea but Merv has since learnt to take a small piece if you have to eat and run.

Being the dedicated rogainer that I am, I took my compass. Sonia told me I wouldn't need it, and my two team members laughed at me, but when Debbie went east and Merv went west, both supposedly heading for the same control, out came the trusty compass. Merv won.

We met very friendly neighbours who were eager to help, and some not so friendly people who demanded money for running out of the gate at Wentworth Oval.

After many hills, the older team member lagging behind, and 35 kms later, we dashed into the Hash House with 15 minutes to spare. A good course set by Alan and Sonia, but it's a pity that Bondi and Rose Bay etc are not in the bush, as running on the road hurts the knees.

Long live the metrogainers!

Three men, an Australian, an American and a Siberian had been stranded on a deserted island for fifteen years when one day, they kicked a lamp on the beach. Out popped a genie who offered them three wishes, one each.

The American very quickly said that he missed the States so much he wanted to be transported straight back to his home in Florida. The genie granted his wish immediately. The Australian then quickly chimed in and said that he was pining for his home in Queensland and before he could say "Now don't you worry about that" he was whisked off by the genie.

When she asked the Siberian what his wish would be, he thought for a moment and said, "It's getting pretty lonely here. I wish my mates were back!"

WHO WAS N.N. DE MIKLOUHO-MACLAY

by ALAN MANSFIELD

I first looked at this course with a view to using a 1:10,000 orthophoto map and planned to cover a considerably larger area - Coogee in the south, to South Head in the north and the Botanic Gardens and Moore Park to the west. This made the course double its final size but after referring to the Homebush 1993 Metrogain map it was reduced. In the end this suited my late decision to use A3 colour photocopies of maps from the Sydways Street Directory. The clue list had originally grown to 90 checkpoints, and probably even more, but after discussing this with Neil and Gareth Prosser, the course vetters, and with my partner, Sonia, this was reduced to 75 checkpoints.

The clues and sites were selected by just poking around the course, the philosophy being to provide an enjoyable day out with great views and interesting places to visit and I knew for those looking for a challenge the course would be sufficiently long. I had the marathon distance of 42kms in mind for the winners since the 1st and 2nd place getters in the 1993 Metrogain ran 44kms and 40kms respectively. In the end the winners of this years event, Arthur Kingsland and Michael Burton, did

very well and covered 47kms over a considerably hillier course.

I would like to thank all the people who made this day enjoyable: Betty Chen, Jeremy Henson, Otlie Took, Rob O'Connor, Andy Black, Natalie Vu, Neil and Ross Mansfield, Donna Fleming and Julian Ledger. This team of volunteers helped on the day in all areas including first aid station, food drops, administration, catering and scoring. I would also like to thank Neil and Gareth Prosser for vetting the course and their advice on course setting, and Gareth also helped out on the day. Thanks also to the Sydney Harbour National Park, Waverley Council and the Centennial Park Trust for allowing us access to their parks.

Now to some points of trivia. The slippery dip question was originally planned as a guessing competition the winner being the team who guessed the closest to my estimated time, N.B. I weigh 83kgs and it was raining when I slide down the slippery dip at #37 hence my slow time and (for the teams who did not know who the NSWRA President was) yes, I did fit down the slippery dip, it was not a trick question.

A question from the organizer concerning #59 - who is NN de Miklouho-Maclay?

The winners of the spot prizes which were drawn after the event (because we forgot to do it earlier) were:

BONDI T-SHIRT

Team 57 J. Waddell
I. Turner

BOOK - "SUMMER MOSAIC"

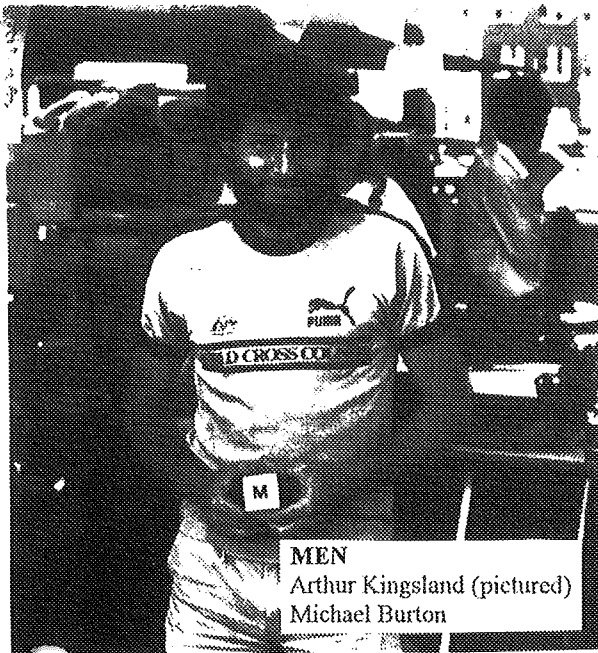
Team 66 P. Langdon
J. McFarlane

Sonia and I returned to the Metrogain course on the weekend after the event to try and determine how some teams had obtained their answers. Listed below are the answers we accepted. Where additional graffiti had appeared since the course was set and vetted and we felt our clue was quite specific only our original answer was accepted. Also where dashes ("- - - -") were used in a question to indicate the number of letters in a word no other answer was accepted. Where the question may not have been clear enough additional answers were accepted where more than one team had that answer.

- | | |
|--|---|
| 1. 1931 | 39. Danbury |
| 2. 1906 | 40. radioastronomy |
| 3. Lachlan Swamp | 41. blue / yellow |
| 4. none / three / eight / six fingers, two thumbs, no toes, no claws [any version of the above was accepted] | 42. two park benches |
| 5. 13 / 105 to 108 [depending on the chain] | 43. WSB 211 |
| 6. horse | 44. Eva Mary Ross |
| 7. kite | 45. sewerage vent tower / chimney / tower / obelisk, etc. |
| 8. 1936 | 46. Joey |
| 9. one | 47. Mansfield brothers |
| 10. egg shape | 48. seven / six / six waterfront and one behind |
| 11. 1935 | 49. cabbage tree palm |
| 12. No. 357 | 50. No. 15 |
| 13. No. 408 | 51. To the god [or cod] invisible / Tui Wilson Keitaniora |
| 14. nine or eight | 52. Cooper |
| 15. light post / path / bench / wall | 53. whale |
| 16. Clive Evatt | 54. willow tree |
| 17. 3.16 seconds [nearest time recorded was 3 seconds] | 55. basketball hoop |
| 18. Honour to the Brave | 56. 015-21 3144 / 018 24 8798 |
| 19. No. 849 | 57. 1992/1993 |
| 20. private driveway | 58. dog dunny |
| 21. Durham 7 Hills | 59. NN de Miklouho-Maclay |
| 22. No. 19 | 60. 30.1.65 |
| 23. William A. Notting | 61. 11.45 pm Sunday / 1.04 am Monday |
| 24. No. 50 | 62. Underground Resistance |
| 25. Bellona | 63. No. 19825 |
| 26. 21 | 64. 1938 |
| 27. 1910 | 65. two pontoons / four showers |
| 28. No. 2685 (Firths Steel) | 66. Jean Mason |
| 29. X | 67. granite / rock / stone, etc. |
| 30. sandstone blocks | 68. three, red |
| 31. 235 tons | 70. contaminated water / do not enter stormwater drain |
| 32. nine / ten / nine + base level | 71. cricket pitch / cement strip / concrete path |
| 33. 1684 / 1791 | 72. George S. Grimley Pavillon |
| 34. sandstone | 73. Caution Narrow Lane |
| 35. bamboo | 74. Goose |
| 36. 4.8 seconds [nearest time recorded was 5 seconds] | 75. tables |
| 37. 1927 | 80. Motley Crue |
| | 81. Harry Rickards / Charles Mary Bones |
| | 82. 1858 |

METROGAINE RESULTS (BONDI BEACH - 10 APRIL 1994)

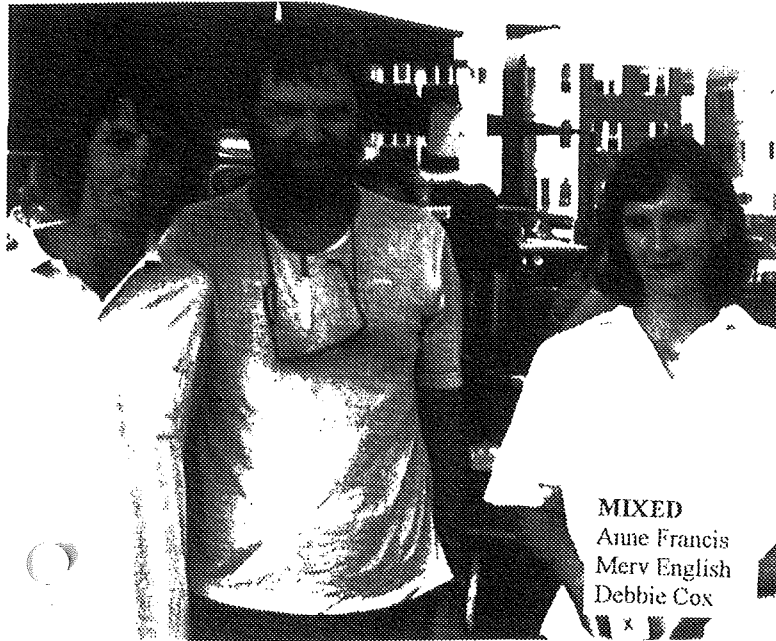
TEAM	MEMBERS	TIME	SCORE	O	M	W	X	V	F	J
12	Arthur KINGSLAND, Michael BURTON	15.39	1610	1	1					
30	Sue CLARKE, John LE CARPENTIER	15.51	1200	2				1		
3	Mark WARD, Andrew LUMSDEN	15.57	1150	3	2					
38	David PALMISANO, David GREEN	15.52	1120	4	3					
45	Peter GARRAN, Rod HASLAM	15.57	1070	5	4					
9	Merv ENGLISH, Anne FRANCIS, Debbie COX	15.45	1060	6				1		
42	Angela ELY, Peter ADAM	15.56	1000	7				2		
71	Lindsay YOUNG, Judy YOUNG	15.56	940	8				3		
31	N. GREENHALGH, Andrew and John ARMITSTEAD, C. SAVAGE	15.58	930	9				4		
54	John KEATS, David SIGLEY, John TOOKE	15.55	920	10	5					
39	Grant MAIZELS, Richard CONNORS, Andrew PALMISANO	15.56	850	11	6					
41	Dan CROSBY, Lynne WAREING, Patrick LOLLBACK	15.55	840	12				5		
26	Michael HANRATTY, Lucy HANRATTY	15.56	830	13				6		
75	Tony MALONEY, Violeta PHILLIPS	15.56	820	14				7		
34	Alf TORRISI, Regina TORRISI	15.50	810	15				8		
69	Jitka KOPRIVA, Rollin BURFORD	15.58	810	16					2	
16	Bruce, Carl and Julie CHESSMAN	15.59	800	17						1
62	Maureen CAVILL, Heather WHITE	15.50	790	18		1				
67	Leanne and Kathryn LANGDON	15.58	770	19		2				
32	Sarah TIBBEY, Guy JARVI	15.59	770	20			9			
60	Terry SHARPE, Clayton BOLT	15.19	760	21	7					
66	Peter LANGDON, James McFARLANE	15.56	740	22	8					
40	Richard PALMER, Tracey-Ann PALMER	15.56	740	22			10			
76	Mary Ann GRAHAM, Geoff REID	15.56	730	24			11			
1	Bill GRIBBLE, Leslie STEINHAUS	15.57	730	25				3		
6	Grahame WALKER, Rosemary WALKER	15.46	710	26				4		
5	Graeme BAXTER, John COLE	15.48	710	27	9					
27	John OAKLEY, Therese MOYLAN, Symeon BOURD	15.55	710	28			12			
20	John BISHOP, Ian McNICHOL	15.57	700	29				5		
19	Stephen CASTLE, Vikki COGGAN, Mark VAN DER BOER	15.47	690	30			13			
64	Anita SCHERRER, Chris MILL	15.50	690	31			14			
28	Steven YOUNG, Matthew ROSS, Richard ADAMS	15.53	680	32	10					
77	Jessica ROACH, Robert JASON	15.13	670	33			15			
63	Geoff SILBURN, Lynne JOLLIFFE	15.56	670	34			16			
59	Smilye MORGAN, Brad MORRIS	15.19	650	35						1
25	Rosemary and Mark SEBERRY, Alison McGIBBON	15.49	650	36			17			
49	Warwick MARSDEN, Carmel LAXTON, Peter WATTERSON	15.52	650	37			18			
8	Sam MACRI, Bronwyn DEWAR	15.53	640	38			19			
37	Ross INNES, Kerin KNUCKLEY, Kellie COLLINS, Stephen CLIFFE	15.36	630	39			20			
22	Jo JEFFCOAT, Maurice DEARN	15.51	630	40			21			
65	Nila SARMA, P. THIND, R. WOOD, J. and C. TRUSZEWSKI	-	630	41			22			
73	Robert, Julie, Jordan, Davina RODGERS	15.56	620	42					2	
13	Lisa LAMPE, Mark WRIGHT	15.40	610	43			23			
56	Ewan McQUEEN, Nicola SMITH	15.50	610	44			24			
57	John WADDELL, Ian TURNER	15.13	590	45	11					
70	Peter ARMITSTEAD, Kirsty BRECKENRIDGE	15.45	580	46			25			
48	Sharon OXENBRIDGE, Peter BERESFORD, P. and B. TEASDALE	15.52	560	47			26			
50	Peter, Robyn, Katherine and Colin TUFT	15.57	560	48					3	
79	Graham, Anne, Nicholas, Matthew, Heather and Lachlan SMITH	15.56	550	49					4	
29	Leanne CAUCHI, Greg SOSTER	15.39	530	50			27			
24	Graeme ROBINSON, Kate and Jane SIMPSON	15.08	520	51			28			
17	Martin BOWMAN, Milton LAI	15.40	520	52				6		
11	Vicki and Graeme COOPER	15.54	510	53				7		
10	Phil, Joy, Benjamin, Amy and Edwin SPARKE	15.57	510	54						5
7	Julie and Peter GRAY, Ian PENBOSS, Bronwyn MONAHAN	15.22	500	55			29			
15	Jillian McDONALD, Margaret JAMES, Kim SHIN	15.48	500	56		3				
36	Stewart WHITE, Wendy HIRD, Jenny HAVILAND and A. OLIVER	15.59	490	57			30			
61	Wayne HODGETTS, Marcel BURNS	14.36	440	58						2
4	Glenda JOHNSON, Robyn REID	15.52	430	59		4				
58	Jhai COLEMAN, Darrell CHENERY	14.29	420	60						3
55	Sue, Robert, Rachel, Tom HUTCHINGS and Sarah KEEVIL	15.50	400	61					6	
35	Kitty, Steve, Glen, Gillian and May HARRISON	15.49	380	62					7	
2	Lyn GETT, Peter, Melisa and Neil TOMKINS	15.27	370	63					8	
52	Kristy GANT, Alan KEATS, Michael THOMAS, Neil KEATS	15.53	370	64			31			
23	Sue MATYSEK, Helen ZAMMIT, C. GIBBS and Susan NAYLOR	16.01	300	65		5				
53	Ian, Annette, Stephanie and Lachlan PAYNE	15.57	260	66					9	
43	Jim, Helen, Christian, Bronwyn, Marg and Ben MEEK	15.11	250	67					10	
44	James and Ruaridh WILLIAMSON, Shantha DAVID	14.56	210	68					11	
68	Robert, Kerrie, Paul, Lisa and Phillip GIRDO	12.45	100	69					12	



MEN
Arthur Kingsland (pictured)
Michael Burton



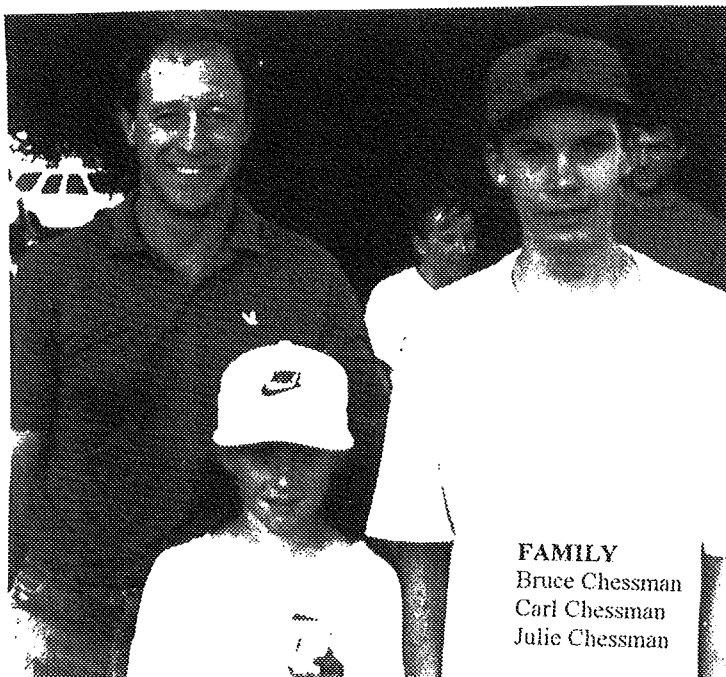
VETERAN - men
Bill Gribble
Leslie Steinhaus



MIXED
Anne Francis
Merv English
Debbie Cox



WOMEN
Maureen Cavill
Heather White



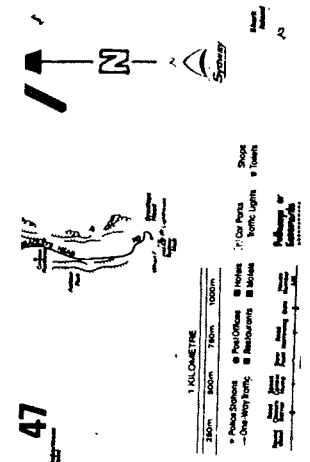
FAMILY
Bruce Chessman
Carl Chessman
Julie Chessman



VETERAN - mixed
Sue Clarke
John Le Carpentier

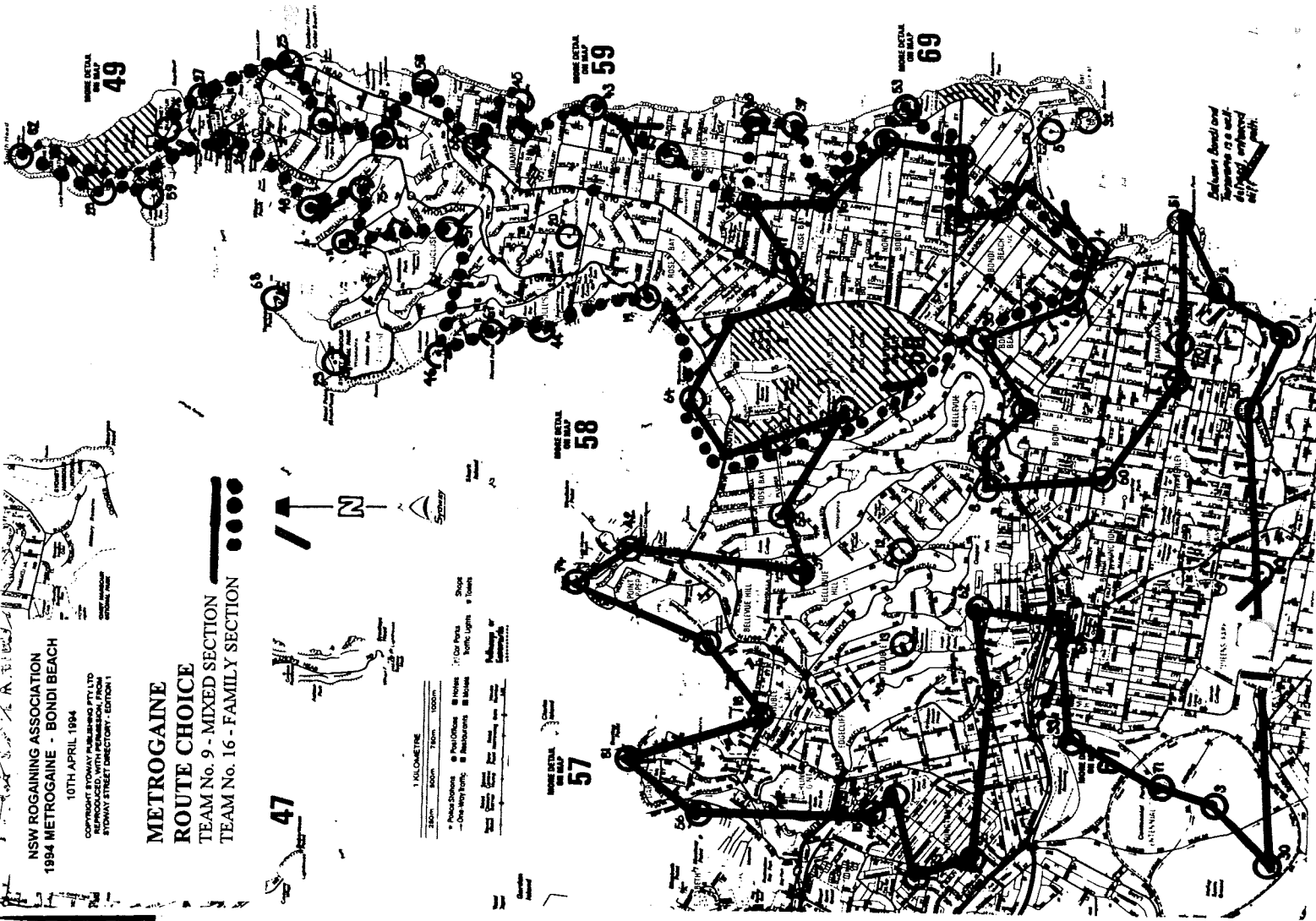
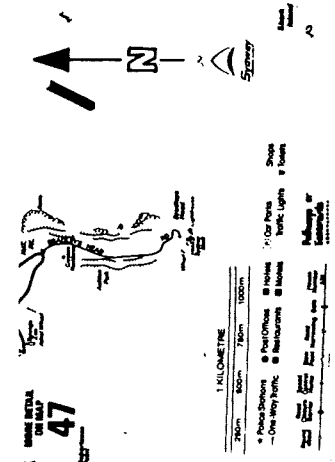
NSW ROGAINING ASSOCIATION
1984 METROGAINE - BONDI BEACH
10TH APRIL 1984
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METROGAINE
ROUTE CHOICE
TEAM No. 9 - MIXED SECTION
TEAM No. 16 - FAMILY SECTION



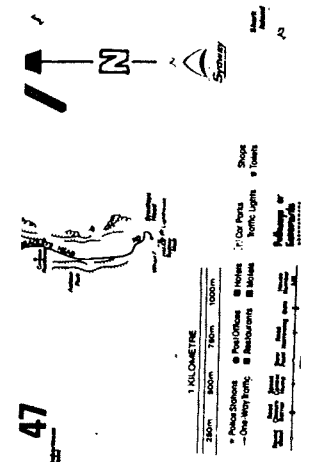
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1984 METROGAINE - BONDI BEACH
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METROGAINE
ROUTE CHOICE
TEAM No. 12 - OVERALL WINNER



NSW ROGAINING ASSOCIATION
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METROGAINE
ROUTE CHOICE
TEAM No. 9 - MIXED SECTION
TEAM No. 16 - FAMILY SECTION



Questionnaire – ACT Rogaining Championships, Timbertops, April 1994

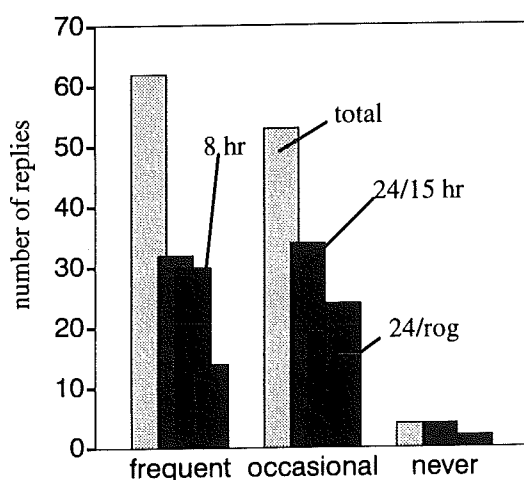
The 1994 ACT Championships were held at Timbertops on 16/17 April, on a 'postage stamp' sized course of 32 km². There were 300 contestants in 120 teams. The weather was kind, and the comments from the competitors were generally favourable. There were a number of unusual features of this rogaine, including the use of 1:15,000 orienteering maps; closely spaced controls (average 560 m); a large number of checkpoints near the hash house (30 within 2 km) and a small checkpoint value range (factor of 2). We asked each team to fill out a questionnaire as it finished to guide future organisers. Virtually every team returned the questionnaire, so the results are a good cross-section of opinion among participants.

The key points to emerge are as follows:

- orienteering maps were popular;
- average control spacing of about 1 km is favoured;
- many controls should be placed near the hash house;
- the value of the highest point control should be about 5 times the value of the lowest point control

Questions, results and comments are presented below. The label 24/rog refers to 24 hr teams who are members of a rogaining association, and probably represent the backbone of the sport.

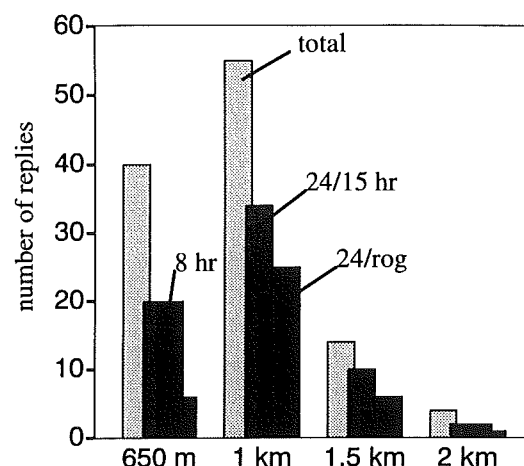
1. *Do you think that orienteering maps should be used in future rogaining events?*



Comment: There was a favourable response to the use of orienteering maps for rogaines, at least on an occasional basis. 8 hr competitors were more strongly in favour than 24/15 hr competitors or 24/rog teams. We were fortunate in that we found a place with 4 adjoining orienteering maps with a net area of 32 km². This type of rogaine would not be possible on a regular basis due to the small number of sets of connected orienteering maps. A rogaine could be run using a 1:25,000 topographic map with several orienteering map inserts, allowing the use of neighbouring but disconnected orienteering maps. One comment made by several experienced rogainers was that the orienteering maps made navigation easy. This course was almost scrub free, and visibility in the forest was several hundred metres. On other orienteering maps this is not the case. In retrospect we might have taken more care to ensure that higher value controls were only visible from 5 m away or less.

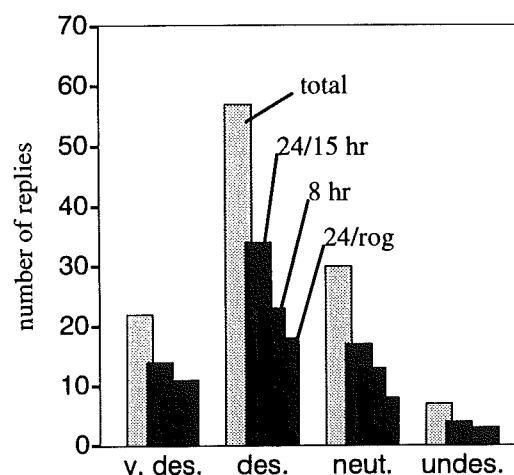
Comments from inexperienced teams were strongly in favour of the high level of map detail.

2. *In this event control spacing averaged 650 m, compared with about 1,500 to 2,500 m in most other rogaines. What do you think is the optimum control spacing?*



Comment: The results show a consensus from all classes of competitors for an average control spacing of about 1 km. This is about half that of a traditional rogaine. We had available only a small area (32 km²). In order to get a reasonable course length (70 km) we used 120 closely spaced controls, which averaged 560 m apart (650 m as stated in the question was in error). This had advantages, included lots of positive feedback for inexperienced teams; almost complete elimination of road walking; and continual attention to navigation being required of teams. A disadvantage was that there was less opportunity to get lost between controls. There was no support for the World Rogaining Championships style of an average of 4 km between controls.

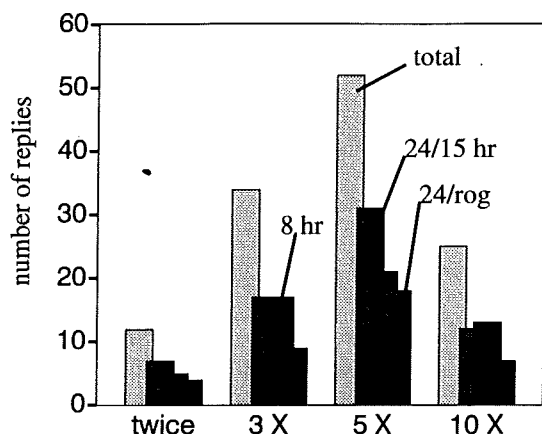
3. *Should there be many controls close to the hash house? (there were 30 controls within 2 km in this event) (very desirable, desirable, neutral, undesirable, very undesirable)*



Comment: Most rogaines have only a few low value controls close to the hash house. This has meant that competitive teams often do not return to the hash house. There were many close-in controls in this event. As a result virtually

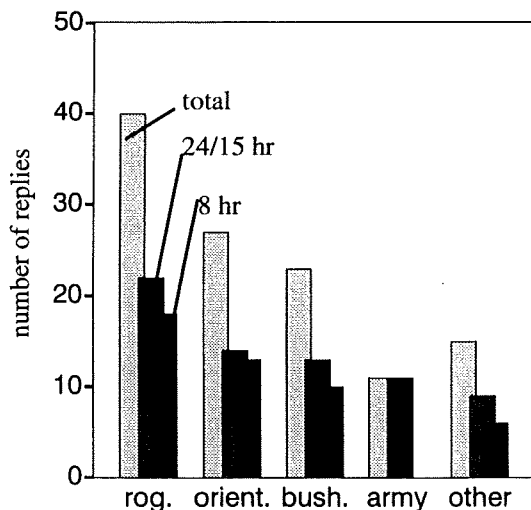
every team found it worthwhile to return to the hash house at some time. In addition, inexperienced and non-competitive teams ended up getting 40 or more controls. These teams obviously enjoyed collecting controls frequently. Two teams with kids around 4 years old found 10 controls, while a team with a 9 year old found over 60 controls. Inexperienced and family teams thought that having many controls close in was very desirable, while stronger teams thought that this was desirable or were neutral.

4. *In most rogaines the most valuable control is worth 10 times more than the least valuable control, while in this event it was only twice as valuable. How large do you think the range of values should be?*



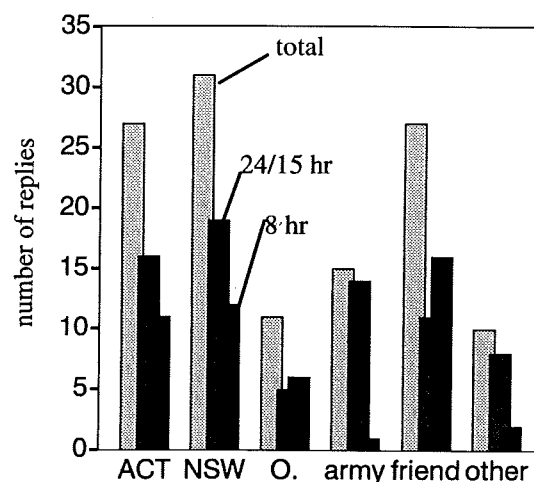
Comment: A range of about 5 for checkpoint values was preferred by most teams.

5. *How would you best summarise your preparation and background for this rogaïne? (rogaining, orienteering, bushwalking, army, other)*



Comment: As expected, rogainers were in the majority. However, the number of teams was significantly boosted by orienteers and members of the armed forces. The orienteering maps attracted orienteers who would not normally enter a rogaïne. It is interesting that the army teams were almost unanimously in favour of orienteering maps – perhaps as a change from the topographic maps that they use in training.

6. *How did you first hear about this event? (ACTRA, NSWRA, Orienteering newsletter, army, friend, other)*



Comment: We succeeded in attracting many teams from NSW. We deliberately chose an area between Sydney and Canberra to achieve this, in order to minimise travelling time from both cities. Teams also came from further afield, including one from Qld, two from Vic and 3 from WA. We notified the Vic, SA and WA rogaining associations, and it seems to have paid off. Clearly word-of-mouth is an effective advertising strategy. However, it can backfire – one team crossed out the word 'friend' and substituted the word 'enemy'!

Andrew Blakers, Judy Jenkinson and David Singleton

THE RULES OF ROGAINING (30/7/93)

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located in the rogain area within a specified time (twenty-four hours at championship rogaines). Checkpoints may be visited in any order.

Teams wishing to be regarded as competitive must abide by all of these Rules. Since rogain has a recreational as well as a competitive aspect, it is expected that a rogain course will also be open to people who are by virtue of one or more of these rules ineligible for a placing in the competition. Members of such teams must abide by rules 1, 2, 5, 6, 9, 10, 13, 14, 16, 18, 19, 20 and 21.

DEFINITION: "On the course" means anywhere a team travels during the time of the rogain but specifically excludes areas in the proximity of an administration area designated for competitors' use by the organisers, for example for parking or camping.

ENTRIES 1. A team shall consist of two, three, four or five members.

2. A team which has a member under fourteen years of age shall also have a member over eighteen years of age.

3. Competition placings may be awarded in several sections based for example on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.

4. No member of a team shall have been involved with the organisation of the rogain so as to have a prior familiarity with the rogain course or the fieldwork of the rogain map.

RESPECT FOR LAND AND PROPERTY 5. Competitors shall respect public and private property.

- (a) Competitors shall not cross newly sown ground, growing crops, or any area deemed out-of-bounds by the organisers.
- (b) Competitors shall keep a reasonable distance from dwellings and stock with young.
- (c) Competitors shall take all due care when crossing fences, crossing at corner posts or solid posts wherever possible. Each team shall leave gates in the same position as they were found.
- (d) Competitors shall not discard litter.
- (e) Competitors shall not light fires on the course. Fires may only be lit in administration areas if expressly allowed by the organisers.
- (f) Competitors shall not smoke on the course.
- (g) Competitors shall not unduly damage or disturb native flora or fauna.
- (h) Dogs and firearms are prohibited.

CONDUCT OF COMPETITORS 6. After obtaining map and checkpoint information, competitors shall not leave the start area until the official start is signalled.

7. The only navigational aids that may be carried on the course are compasses, watches and copies of the specified rogain map. The possession of other navigational aids on the course is prohibited, and the possession of relevant maps other than those expressly sanctioned by the organisers is prohibited at the event site.

8. Competitors shall travel only on foot unless specified otherwise by the organisers.

9. Members of a team shall at all times remain sufficiently close together that verbal contact is possible.

10. A team shall surrender its score card to any organiser on request.

11. A team shall not accept assistance from nor collaborate with other people, nor deliberately follow another team.

12. No food or equipment shall be left on the course for a team's use before the event, and no food or equipment shall be discarded on the course unless retrieved by the team before the team finishes the event.

13. Each competitor shall carry a whistle at all times.

14. Competitors shall abide by any further conditions specified by the organisers, which shall not be such as to change substantially the spirit of these rules, and which shall be approved by the organising association.

CHECKPOINTS 15. All team members shall approach to within twenty metres of and within sight of each checkpoint for which points are claimed.

16. A team shall record its visit to a checkpoint by punching a single sheet (normally the score card provided by the organisers) with the punch at the checkpoint marker and by filling in the intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.

17. A team may record punch marks on any single sheet and this will be accepted by the organisers in the event of the score card being lost, so long as the punch marks are discernable, and the team can inform the organisers of the checkpoint number for each of the punch marks.

18. Competitors shall not deliberately rest within one hundred metres of a checkpoint. The organisers may, however, waive this rule with respect to any particular checkpoints.

19. Competitors shall not interfere with a checkpoint, water drop or any other facility placed upon the course by the organisers.

ADMINISTRATION AREAS 20. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's score card. The team shall only collect its score card immediately prior to leaving the administration area.

21. A team shall finish by all of the members reporting together to an administration area and surrendering their score card. (Teams breaching this rule risk being responsible for a police search.)

22. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

23. A team shall not be eligible for a placing in the competition unless it finishes at the designated "finish" administration area.

PENALTIES AND PROTESTS 24. A team may protest in writing to the organisers within thirty minutes of the nominated finish about any team thought to have breached these rules.

25. The penalty for breaching these rules is disqualification, except for rules 16 and 18 for which the penalty is the loss of points for the checkpoint under consideration.

26. A team which is not satisfied with any decision of the organisers may appeal in writing to the committee of the organising association within seven days of the publication of the official results. This committee shall have the power to overrule the organisers and to amend the results accordingly.

SCORING 27. The event shall end at precisely the set number of hours after the actual starting time according to the organisers' clock. For a championship event, this shall be twenty four hours after the actual starting time. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as LATE.

28. A team's score shall be the value of the checkpoints visited less any penalties. The team with the greater score, or in the event of a tie, the team which finished earlier, shall be awarded the higher placing.

29. In the event of a damaged, misplaced or missing checkpoint, scoring shall be as follows:

- (a) If the intention sheet is missing or has no space left, full points shall be awarded for recording the correct punch mark.
- (b) If the punch is missing or damaged, full points shall be awarded for a correct record on the intention sheet.
- (c) If both (a) and (b) occur, then full points shall be awarded for a correct verbal description of the location of the checkpoint.
- (d) Full points shall be awarded for correctly recording a visit to a misplaced checkpoint.
- (e) Full points shall be awarded if a team can satisfy the organisers that they have visited the correct site of a misplaced or missing checkpoint.
- (f) Any other eventuality shall be scored at the organisers' discretion.

GENERAL 30. In the event of an emergency, a team shall give any assistance asked for. In such a case the assisting team shall not be penalised for breaking any rules in the course of giving assistance.

31. The organisers shall at all times be guided by a sense of fair play.

These rules were adopted by the Council of the Australian Rogaining Association on July 30, 1993, to take effect at all rogaining events in Australia from January 1, 1994. Typed by N. I. Smith on August 24, 1993.

1994 - EVENT CALENDAR

DATE	HOURS	EVENT	LOCATION	ORGANIZERS / HELPERS	
21/22 MAY 94	8/24 HOUR	NSW CHAMPS	NTH of NEWCASTLE	GRAEME COOPER IAN DEMPSEY SIMON GEORGE JO PARR BILL PRIGRAM WAL MILLS VICKI COOPER ---- ? ---- --- ? ---	SET/VET/ADMIN SET/VET SET/VET SET/VET SET/VET SET/VET CATERING CATERING HELP CRECHE
21/22 MAY 94	24 HOUR	VIC CHAMPS		VIC ROGAINING ASSOC	-- VIC --
18 JUN 94	6 HOUR			VIC ROGAINING ASSOC	-- VIC --
19 JUN 94	6 HOUR	PADDY PALLIN	? WEST of SYDNEY	WARWICK MARSDEN JULIAN LEDGER SUE CLARKE JOHN LE CARPENTIER IST WAITARA SCOUTS	ADMIN ADMIN SET/VET SET/VET CATERING
25/26 JUN 94	29 1/4 HOURS	SEARCH and RESCUE ROGAINE	WESTERN BLUE MOUNTAINS	CONTACT: J. TONITTO T. GOLLAN	02-789 2527 042-85 4053
17 JUL 94	?	METROGAINE		VIC ROGAINING ASSOC	-- VIC --
20 AUG 94	6/12 HOUR	LAKE MACQUARIE	HUNTER VALLEY	BERT VAN NETTEN ---- ? ---- ---- ? ---- LUCY HANRATTY ---- ? ----	SET/VET SET/VET CATERING CATERING HELP CRECHE
20/21 AUG 94	24 HOUR	QLD CHAMPS		QLD ROGAINING ASSOC	-- QLD --
20 AUG 94	?	SNOWGAINE		VIC ROGAINING ASSOC	-- VIC --
17 SEP 94	12 HOUR			ACT ROGAINING ASSOC	-- ACT --
17/18 SEP 94	24 HOUR			VIC ROGAINING ASSOC	-- VIC --
15/16 OCT 94	24 HOUR	AUST CHAMPS	SOUTH WEST NSW	PETER WATTERSON TREVOR GOLLAN GEOFF BAILEY WARWICK MARSDEN JOHN KEATS	SET/VET SET/VET SET/VET ADMIN CATERING
22 OCT 94	6 HOUR			VIC ROGAINING ASSOC	-- VIC --
12 NOV 94	12 HOUR			VIC ROGAINING ASSOC	-- VIC --
26 NOV 94	8 HOUR	XMAS SOCIAL	SUTHERLAND SHIRE - WORONORA	GEORGE COLLINS MAURICE RIPLEY	SET/VET/ADMIN SET/VET/ADMIN

INTERSTATE CONTACTS

ACT	PRESIDENT	Judy Jenkinson	06 248 7142
QLD	PRESIDENT	Eric Andrews	07 268 3338
VIC	SECRETARY	Phil Holman	03 690 0962

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