

NSW ROGAINING NEWSLETTER

NUMBER 47

SEP 1994

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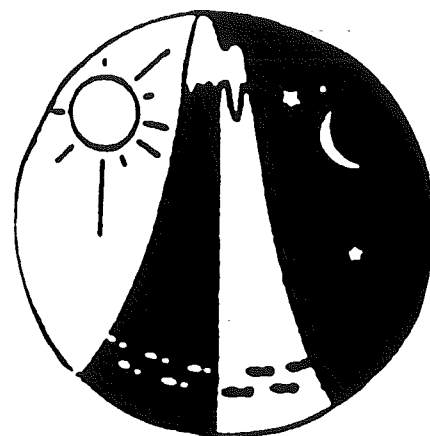
Lake Macquarie Rogaine - 20.8.94
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RESULTS:

Lake Macquarie Rogaine - 20.8.94

ENTRY FORMS:

Australian Rogaining Championship
Xmas Social Rogaine



ALL IN A DAY'S ROGAINE

by GREG and SUE CAVE

Although coming from a background of bushwalking and longer endurance events we like the 6 hour events because they fit well with child care arrangements and busy working lives. Leaving the kids for only a day lessens the guilt and imposition on others. 6 hour events do not require extra endurance training and they require little recovery time, so work and parental responsibilities can go on as usual after the event without the 'flat' feeling that long endurance events leave. Let's have more please as they are also an ideal entry level course.

The Lake Macquarie 12.00md start enabled a leisurely start to the day by dropping kids off at family and friends to be taken to their respective sporting events. A leisurely morning tea could be eaten on the way to the event and registration and pre-event organisation were similarly relaxed.

A check of the map and distances involved indicated to us a clockwise route that took in about two thirds of the checkpoints and gave us flexibility to either shorten or lengthen the course.

Our selected route was quite popular and a lot of teams headed south to collect the obvious sequence of 51, 36, 90, 65 and 89. There was an interesting slide down a tree at the bottom of the cliff near 36 and then a delightful creek walk along to 90. The bash up to 65 was not as pleasant and the crowd disappeared behind. A couple of burly fellows broke the trail and one marked the trail with a fair amount of blood. Past 89 we were very much alone - good for us busy married couples who only seem to have time to talk to each other on the phone or on a run together! We met a bit of a crowd as we were returning from 23 but these people were not seen again.

The next hour from 45 round to 47 was spent at a gentle jog interspersed with walking on the steep sections. A quick dash out to 26 (where we slightly overshot the turn off - female intuition should be more respected!) was followed by a trundle down to 17 via 47 and 16. The descent made us aware that our knees and quads were not as well trained, or as young, as they used to be. A quad burning climb between the road switch backs and too much talking and forgetting to pace count meant we headed up to 13 a gully too soon, but we soon corrected and did a quick sidle to the correct gully. Then it was up to 82 and another long road bash through the middle of the map.

We were completely on our time target through 46, 41 and 60. We then did 15 which in retrospect proved a mistake. It seemed so close but following the track added too much time and we should have gone straight up. Darkness was falling and we rushed on to 24 with the inevitable result that we did not follow the map closely enough and wasted five minutes finding it. 68 was straight forward and we very reluctantly bypassed 70 because of the time limit and our being unwilling to take the chance of a time penalty.

We finished with four minutes to spare - right on target. (Our experience at the Paddy Rogaine last year at Cataract had made us cautious of the final dash home. There we had picked up one last checkpoint and headed down across a creek before the finish. We then met with an impenetrable wall of scrub and sword grass - the only way through was for one of us to throw ourselves onto it and the other to walk across their back. We heard the finish hooter just as we emerged from this hell).

It was wonderful to tuck into the delicious food that was provided at the hash house and even the rain could not dampen the satisfaction that people were feeling. We were home to a hot bath with the children picked up before the 12 hour event was even finished! Thanks to Ian for running the event and adding the 6 hour option, and to Bert for setting the course. Roll on next year!

OZ CHAMPS NEWS

**PLEASE NOTE
NEW ADDRESS FOR
OZ CHAMPS ENTRIES**
Instead of as indicated on
entry form please send
entries to:

Tony Maloney
25 Kiparra Street
WEST PYMBLE
PH: (02)499 2369

DON'T MISS THE BUS

Please get in early to reserve your seat on the bus to the OZ champs.

If you leave it until the week before the event it could be too late.

If we know numbers in advance we can arrange a second bus for overflow passengers if required.

Please indicate on your entry form whether you would like to take the bus.

For further details contact
John Keats on 02 636 2364.

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A FLAT ROGAINE - QUEENSLAND [20-21 August 1994]

"Saturday one day, Sunday the next"

by MARNIE HOLMES

When Netta first suggested going north to the Queensland 'A Flat Rogaine', I thought she was joking. However, from the midst of a fairly cold NSW winter, the so-called 'beautiful one day, perfect the next' weather of Queensland seemed rather attractive. So, it was decided - we were going! Eric Andrews kindly met us at the airport and together with Liz and Karly we travelled to Manumbar, (northwest of Brisbane, west of The Big Pineapple) on Friday night. The weather was perfect - in the bright moonlight the countryside had that surreal character which is one of the particularly beautiful aspects of night rogaing.

After a chat around the campfire we turned in for an early night with every intention of sleeping in! Our neighbours obviously had other ideas and the dawn magpie chorus was rivalled by the conversations of the people next to us making noisy preparations at a most uncivilized hour!

As the start time approached we tried to predict the weather - would we need our thermals, and what about the rain gear? Thinking of the hazards of hypothermia, I decided to carry one set with us - just in case. Rain jackets were stuffed in the bottom of both day packs. The weather turned out to be very mild. As we stood around with the others in the showground waiting for Vince to deliver the final instructions, we despaired about the prospect of having to climb the steps to the starter's box when we came back to the Hash House at the end of the event!

The countryside was mostly undulating with a pleasant variety of open farmland, forest and impassable jungle (marked on the map as such). Apart from the jungle, the general feel of the area is similar to that of the Wuuluman (Wellington, NSW) event of a few years ago. We planned the most logical route - down to the southern section first, back to the Hash House for a feed before going out to pick up the remainder of the checkpoints in the northern section in the morning. But when we set out on our anticlockwise southern loop we were surprised at how quickly the crowd thinned. During the whole rogaire we only saw five teams (more than 50 entered), and three of those were too far away to even shout hello! Everyone else seemed to do the clockwise loop.

After getting used to the 1:50 000 scale we made good time and kept to our schedule. On dark we were just where we planned to be. At a water drop we met a team who talked about how far we had to go to get back to the Hash House. As they were heading further south and we were on our way north we thought our path was slightly the shorter. That was before strange things

began to happen to our sense of direction. I guess we were tired, but there certainly seemed to be something in the south-west corner of the map that repeatedly had us heading that way. Not once, not twice but **three** times! What a geographical embarrassment!

But with the lure of good tucker to fill the emptiness in our stomachs in a way that Minties, and cheese and pickle sandwiches can't, we continued back to the Hash House. The moon struggled to break through the clouds; we struggled to break through the pain barrier of the worst blisters that we have each ever had. We passed through one section which had very recently been burnt, for hazard reduction purposes we assumed, the sparks of the still-smouldering logs reminded me of the stories of the Min-Min Lights.

When we finally trudged into the showground, we had to battle with those steps up to deliver our control card to Vince. And then the long anticipated food. We were not disappointed. Many thanks to the people who provided the food. Not so many thanks to the man with the camera who wanted to take shots of us in our most tired and glazed-eye poses....!!

It was a very easy decision to stay at the Hash House in the morning to nurse our sore feet and talk to other rogainers - to learn about the hi-tech training methods and foods that some of the Queenslanders swear by! We enjoyed the event, especially the pleasant surprise of moist fruit cake at the water drops. Congratulations to the organizers and helpers and I would recommend making the effort to head north but perhaps rogaire dates can be co-ordinated a little better between NSW and Queensland!

NEWSLETTER FOLDING NIGHT

Our next newsletter folding night will be on Tuesday, 8 November 1994 at 7.00 pm at Croydon Park.

If you are free on that night and live in the area please contact Sonia on 797 6773.

Pizzas and drinks provided.

All offers accepted.
No references required.

LAKE MACQUARIE REPORTS

compiled by **TREVOR GOLLAN** - EMAIL: t.gollan@uow.edu.au

LINDSAY YOUNG

Judy and I did the Lake Macquarie 6-hour rogaine and really enjoyed it. As usual, there was little real navigation to do. Lots of tracks and some very severe bush waiting for those who ventured off the tracks. We tried to do an anticlockwise loop starting off roughly NW and finishing through the cluster of five down to the south. We managed all except the clustered ones...just ran out of time. I have only one good excuse for being slower than usual - at about half time I jumped from a rock and damaged my knee in the process. The language was terrible but after a while I could walk on it again and was all right until about 30 minutes before the end of the event when it started to seize up. We got back with just a few minutes to spare. A good outing.

GRAEME COOPER

Vicki and I went to the Lake Macquarie event. We both had a cold and were feeling crook but had to go as we had agreed to supply the tents and lighting. We got there at midday on Friday. The HH site was ideal with plenty of room for camping in amongst the trees, a big enough space for the admin/HH tents, National Park style dunnies and a water tank. Bert helped us set up the tents then went home. We had a pleasant evening chatting to the folk from Wollongong who came up that night. On Saturday I could not coax Vicki out onto the course so we spent the day helping around the HH.

I did study the map and listened to a lot of stories. One interesting comment was something like "They don't set rogaining courses like they used to. They are all too easy these days". Now we know that this is true, but I understand how someone who was selecting events just to minimize their travelling from Sydney could come to this conclusion since the 24-hour events are more likely to be the distant ones. I think it is a good thing to have events of varying standards and styles for a number of reasons, however, the difference needs to be made clear to someone who is reading the event calendar as a basis for selecting the events

they will enter. I wonder if we should look at having a grading system something like the orienteers with their colour coding of courses.

STEPHEN CASTLE [with help from NILA SARMA]

The team - Stephen Castle, Nila Sarma, Paramvir Thind, Mark Woodley. We entered the 6-hour event. Our outlook: take it nice and easy.

The planning - 10.00am. I was ready to grab a map as soon as they became available. Unfortunately, the rest of my team had not arrived. Not to worry I knew they would soon arrive, in the meantime I looked over the shoulder of the other competitors.

11.00am. Where was my team? The course looked fairly simple, plenty of roads. This also meant that it was going to be won by the team who could run the longest! My initial choice of checkpoints was: 51-36-90-65-89-55-23-57-20-(82-13)-42-41-60-15-46-18-24-68-70. If I was with my usual rogaining partner, Robert Loader, I am sure he would have kept my pace up to cover all these (and more?). However, I wanted a more relaxed rogaine this time, where walking was the norm and running was banned!

11.30am. Mark arrived. Where was Nila and Paramvir? [ANSWER: They were squeezing as much as they possibly could into the morning as they believed this was the ideal preparation for the time management techniques that are necessary for a successful rogaine - Nila].

11.50am. Still had not arrived! How come the people who live the closest always arrive the latest?

11.55am. Phew! Paramvir came running down the track with the checkpoint card and indemnity form. We got our maps at last! [We made it to the hash house five minutes before the start - this was a practice run for

the end of the rogaine - back at the hash house 5.58pm. What perfect timing! - Nila].

12.00md. Off we went, following "all" of the rogainers to checkpoint 51.

The course - I think the best part of the course (well the bit I saw) was in the area of checkpoints 51-36-90. A cool forest, with mossy logs and lots of leaf litter. It also presented us with our first challenge: getting down a 5-10m drop. After checking out the creek access on either side we decided to slither down a log, while holding on to a vine - Indiana Jones style. Looked hard, but quite simple.

From what we saw of the course all the marked roads were accurate. Of course, there were reports from others such as Ian Hawkes and Mel Mill who told us that the roads to the north of checkpoint 89 were dead ends and do not go to the Tank Stand Point as shown. When asked why they chose that route we got excuses and some red faces. This couple likes being navigationally challenged.

The next challenge for us was at checkpoint 57. We had just picked up 23 and decided to approach it from the west rather than the obvious north (too far to walk, besides we wanted to get off the roads for a bit). Big mistake! The undergrowth and vines were too thick! When my heroes Mark and Paramvir gave up (on the grounds that they wanted to keep some blood in their bodies) we abandoned and went back to the roads.

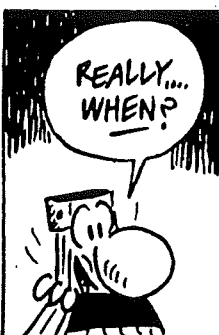
After that it was pretty much plain sailing, with virtually all the checkpoints being on "the track" or at "the track junction". Even the ones at the "the creek junction" were not very far from the road. Too easy I think.

At around 5.30pm it started to sprinkle, and it was beginning to get dark. We were fairly close to the Hash House, one last checkpoint to go (#70). We passed Anthony Dunk and Karina Shorter on the way. Anthony's

continued....

THE WIZARD OF ID

by Parker and Hart



....continued

navigation is usually good so it made us worried when he was searching the bush in what looked to us the wrong spot. Luckily, we trusted our own navigation and did not stop. A little further down the road we found the right creek (marked by a large muddy puddle on the road) and the checkpoint.

THE FAR SIDE

By GARY LARSON



"Uh, let's see ... I'll try the mammoth."

[Stephen felt left out because Mark and Paramvir had big scars and blood oozing out of them so he bumped into a thorny vine and emerged from the bushes with a bigger, better bloodier scar than both of them - what a hero! That should get him lots of attention with the girls back at the hash house - Nila].

All that was left was for a fast walk (up a long hill) to the Hash House. We arrived at 5.58pm. Plenty of seconds to spare. The checkpoints we collected: 51-36-90-65-89-55-23-[57]-20-46-18-24-68-70. Less than I originally intended, but then I did not run the whole day!

The Hash House - The food at the Hash House was up to its usual good standard (though, of course, not as good as the Upside Down Rogaine - not just because I was a helper there). Luckily the organizers had put up tents, because it rained steadily after 6.30pm. They had also put lights in the tents, run from car batteries - a very good idea.

It was nice to enjoy the food, in a dry, lit, tent and watch as the 12-hour entrants came in sopping wet! I was surprised Cameron Shorter's team came in so early (10.00pm). I was even more surprised to hear Cameron admit that he was having trouble keeping up with his team members!! Surely, I must have been mistaken?! I think his mind was elsewhere - he and Mel Hope have just announced that they are to be married in November.

The scoring system - The only thing my friends and I did not like about the Rogaine was the scoring system. We do not like all the checkpoints having the same value. The route choice becomes "how many checkpoints can we pick up - a running race (especially with so many roads)" rather than "how can I best navigate to the highest scoring checkpoints - a thinking rogaine."

I know that our route choice would have been different if the checkpoints were not worth 10 points. We would have probably stayed out of the eucalypt forest and gone for the higher pointers to the west of the map. However, when they are worth the same amount there is no incentive to visit the more challenging areas of the course.

The bugs - *[There weren't any! No snakes, no ticks, and there were no leeches in the wet bits either - Nila]*

Overall, a very relaxed (for me) and enjoyable rogaine.

WET IN THE WATAGANS

by JULIAN LEDGER

Congratulations to BERT and IAN for another great Lake Macquarie Rogaine - the third in adjoining areas east of Morisset. The record numbers entered in this year's event were a testimony to previous course setting and event organization.

The controls were again, in general, not difficult and at or very close to good attack points. The 6 hour event in pleasant conditions was an ideal novices' event. For those of us unwise enough to keep going, darkness brought the rain and then the mud and then the thunder and the mist and the 'where the hell is my partner?'

The rain was unrelenting, it got cold and to keep going with numb fingers, soggy batteries and the occasional lawyer vine was a challenge. I have never been quite so glad to see the Hash House at the end of an event where Graeme's excellent tent arrangements kept everybody dry.

Favourite memory - the start when about 50% of the teams set off for the obvious loop

concentration of controls which happened to involve a cliff between the first and second which we rolled over lemming like. Gradually the field thinned out, but it was not until dark that we got that 'is there anybody else out there' feeling. Indeed, with one other team we played tag for no less than 27 controls (is this a record) with first one team and then the other getting ahead and only one significant route variation between us. Congratulations to Madelaine and Josh and thanks for all the good humour - but didn't anybody tell you that for your first event you are supposed to take it easy and spend lots of time drinking port around the camp fire.

My partner, Debbie, kept up an excellent pace and her navigation was spot on and she even warned me that I was heading up the wrong gully to look for number 13 - didn't listen.

Finally, guys we know that arithmetic may not be your strong point, but this business of all the controls with the same value...its like

golf with every hole the same par, or snooker with every ball a red one, or ten with no games just points. So how about it guys, next year could we just have a little variation - say 10 and 20 pointers! Thanks again for the event and thanks also to the rest of the team including the catering squad who did us proud.

WARWICK ON THE MEND

If your phone has not rung recently urging you to organize, set, vet, cater, or run a creche for a rogaine next year you may not know the reason, i.e.

rogaining's favourite son and master co-ordinator, Warwick Marsden, has been laid low recuperating from an operation at Royal North Shore Hospital.

Warwick is now on the mend and is hoping to be out in two or three weeks.

Drop him a line at home and wish him a speedy recovery.

THE LAKE MACQUARIE "Dash for Cash" and the lottery tickets

by ANTHONY DARR

My team came together after some serious negotiation and compromising. Originally Arthur and Shane were going to pair up. Arthur's usual partner, Michael Burton, being overseas at the time of the event. In the meantime, I managed to arrange a small sponsorship deal with Fairlydown and Coast Camping in Newcastle which meant that Shane and myself were a 'team' (it was not difficult to get Shane to agree to this arrangement as he has been borrowing gear from everyone else all year). Arthur could not find a partner and was considering not entering at all and so I agreed to let him tag along with us. My only worry now was whether or not I would be able to keep up with him and Shane.

Our plan of attack was formed rather quickly and we estimated that it would take us about nine and half hours. On that basis I agreed to a bet with Bert for eleven hours (two ten dollar lottery tickets - double or nothing of the bet that I lost up at Nowendoc - that's another story). Our only concern now was actually winning. There were several serious looking teams parading around the start area (including, to my surprise one team of four sponsored by an outdoor gear shop in Sydney - it seems to be the season for sponsoring rogainers!).

Time to get on with it - we started well and won the race to be first to reach the first control. 51, 36, 90, 65, 89, 55, 23. The sun was still out and conditions were reasonably warm. I found myself drenched in perspiration and was very conscious of drinking frequently. Jogging on flat and downhill sections was agreed to and this is how we proceeded for about the first five hours. We meticulously picked off controls: 45, 43, 69, 56, 48, 66, 84 skirting the sides of Mount Warrawolong sometime just after 2.00pm and voiced our thanks to Bert for not forcing us to climb over this ugly lump (this sentiment was reversed later).

The track wound on in front of us: 83, 26, 47. My legs were starting to feel the strain of jogging on and off for three and a half hours, but I was still feeling mentally alert. Shane on the other hand claimed repeatedly (as an excuse for any mistakes) that he had not woken up yet! We were glad that we did not have to climb up the track which we followed north from 16. The descent was torturous on tired knees. 17 had us tricked for a couple of minutes, but we were soon on our way again. The climb up to 13 put a stop to any thoughts of jogging for a little while.

By this stage we were trying to estimate where we would be (wanted to be) by dark. 101 said Shane. Arthur and I agreed but as long as we reached 54 before dark we would

be happy: 82, 20, 42, 63, 14, 22, 11, 76, 54, 21. As it turned out we pulled out our lights at 61 and reached 101 fairly close to 6.00pm. We were somewhere between these two points when it began to rain. Light enough at first that I decided not to put my gortex coat on; then heavier and I was too wet to be bothered.

We then overshot 29 by about two hundred metres - this was perhaps the only mistake we made. Of course, it was Shane's fault. He was in front. He was the only one with a torch on. He should have been looking for the minor track. Maybe he still was not awake properly yet??? For someone who claimed to be asleep he certainly talked a lot.

Now there were only ten controls to get and five hours to beat Bert's bet (say that a few times after three schooners). Things were looking pretty good. These ten controls were picked up by taking a small loop back out, within the loop that we had just completed: 25, 15, 60, 41, 46, 57, 31, 18, 68, 70. One of these proved to be the most interesting of the course. The climb up to 15 had become a slippery dip in the pouring rain. Shane was wearing shoes with spikes and charged up while Arthur and I tentatively picked our way up the greased rocky track.

We expected 57 to be a little tougher than most of the other controls. It was a gully which was likely to be overgrown and wild and it was dark and pouring rain. Lets try to stay confident about this. Using our (illegal?) navigational aid, Shane, we pace counted down from the junction of Caters Road and Wollombi Forest Road about three hundred metres. Then we left the track and headed straight into the watercourse. It was overgrown and wild (the language was wild too). Arthur made amends to the above mentioned praise of Bert's course setting as we struggled through vines and fallen timber.

The flag was found, but Shane and I still do not understand exactly what we did just before the flag. A 180 degree turn-around was suggested? To add to the confusion Arthur was raving about a track which led off to the south. We thought that he had finally lost it, believing that this track was just Forest Road heading up to the north of the control. We checked our compasses and ...well we just agreed with him and followed the track. We knew he would be there when we needed him.

The final three controls were straight forward and *almost* uneventful. After descending the spur south of 68 we reached

the top of the embankment above Creek Road about one hundred metres south east of the control. This close to home the three of us negotiated the embankment in various manners, all of which very nearly prevented us from making it back to the HH by midnight. After laughing at ourselves and each other for a minute or so we went through the formalities and headed home.

The Hash House was a welcome relief for me except that I had not thought to bring a change of clothes or shoes with me. I removed my soaked top and put on my polar fleece jacket which I had left in the car and dried out near the fire. The food was wonderful as usual and I did not waste any time thinking about what to eat. The (cash) reward for our efforts was pretty good too.

Thanks to everyone involved with another first class event. Too bad about the rain. I did not hear any grumbles at the Hash House though - Rogainers just accept whatever mother nature (and course setters) throw at them I suppose. See you all at the Australian Championships.

WATAGAN WIND UP LAKE MACQUARIE 1994

by BERT VAN NETTEN

I always enjoy setting the Lake Macquarie rogaïne. Thanks to all those who helped out. Ian Dempsey did a tremendous job of administration plus map preparation. Thanks to all the workers who helped with catering [Anne, Evonne and Jack Van Netten, Vicki and Graeme Cooper, Michael and Lucy Hanratty, Alf and Regina Torrisi, Ian and Meg Neuhaus] and creche [Phil and Joyce Sparke]. Jack Van Netten did a great job in helping with ordering and organising food for the menu. Graeme and Vicki Cooper added their expertise and help with gear.

Also, thanks to the Forestry Commission and, in particular, the Lake Macquarie Council for their support.

Arthur tells me that next year's course will be set in much the same fashion, however, the winning team will not return before midnight.

I hope that competitors enjoyed the event and hello to the new team members.

Hope to see you next year.

1995 LAKE MACQUARIE ROGAÏNE

COURSE SETTER:	Arthur Kingsland
ADMINISTRATION:	Ian Dempsey
CONTROLLER/VETTER:	Bert Van Netten

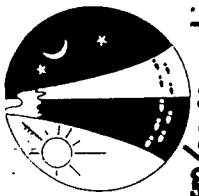
12 hour Event

Team	Score	Time	O	M	W	X	V	J	P
80 ANTHONY DARR, ARTHUR KINGSLAND, SHANE TROTTER	430	9.54	1	1					
82 PAUL FRYLINK, MIKE WORSLEY	400	11.51	2	2					
64 DEBORAH COX, JULIAN LEDGER	390	11.54	3			1			
100 JULIAN ALLPORT, ANTON BEARDMORE, JOHN CAMPBELL, TOBY OGLEY	380	11.38	4	3					
106 PETER ARMITSTEAD, BOB KENDERES	370	11.00	5	4					
70 GEOFF BAILEY, KATE MALPROY	360	11.48	6			2			
87 JOSHUA CONROY, MADELAINE SCHULTE	350	10.44	7			3			
34 IAN CARR, PAUL CARTER	350	11.37	8	5			1		
4 STEVE JACKETT, STEVE LLOYD	330	10.43	9	6			2		
53 PETER CHARLTON, KEN GRAY, BRAD MAUND	320	10.52	10	7					
109 JORIS CLAEYS, CHRIS VISSER	320	11.52	11	8					
79 BRENDAN BERGHOUT, ANGELA DURIE	310	11.01	12			4			
39 PETER EDEN, PHILIP JENKINS, IAN MORGAN, DARREN PATEMAN, PETER PULIK	300	11.14	13	9					
5 DAVID HAMATY, SABINA HAMATY	300	11.18	14			5			
61 TOM CORDINGLEY, KEN SKARDON	290	9.08	15	10					
12 DAVID GREEN, DAVID PALMISANO	290	9.14	16	11					
123 PETER LEAROYD, JOHN LEAROYD	290	11.48	17	12					
38 IAN DECK, JANELLE DECK, BRAD TUCKERMAN	280	9.04	18			6			
95 PETER ADAM, IAN HUMPHRIES, CAMERON SHORTER	270	8.17	19	13					
55 FRANK ROSSER, MICHAEL RYAN, COREY RYAN	270	11.21	20	14					
91 ANDREW ARMITSTEAD, NICK GREENHALGH, CATHERINE SAVAGE	260	10.17	21			7			
48 PETER BATTISTA, LATHE JONES	260	11.23	22	15					
44 STEVEN FORBES, DARREN HALL, IAN JAMES	250	9.57	23	16					
84 STEVEN GRIFFITHS, ANDREW GRIFFITHS	240	11.08	24	17					
18 MARTY ENRIGHT, ROD WAPIER, TIM PLATER	230	7.48	25	18					
45 SUSAN BERRY, JUDY COTTERIL, RICHARD LEE, LYMDA WHITE	230	11.24	26			8			
37 RON HUTCHINGS, TONY HUTCHINGS	220	7.46	27	19					
15 IAN HAWKES, MELANIE HILL	220	9.03	28			9			
81 WAL MILLS, PAUL SANDY	220	9.32	29	20					
19 ROZ ATKINS, FRANCES MARTIN, GAIL ROLAND	210	11.31	30		1				
7 DEBRA NETOV, DAN ROWLEY	200	8.31	31			10			
49 TIM HEBRON, CARL JENNINGS, COLIN NEATE, GEOFFREY SUTTON	190	9.33	32	21					
116 ERIC METEKE, LINDA ROBINSON	180	7.21	33			11			
121 JOHN ANDERSON, VICKI SNEELSON, KATY SNEELSON, DEREK VAN DYK	180	8.30	34			12			
14 MARGARET COVI, ROBERT COX	170	12.00	35			13		3	
41 GEOFF MORLEY, MARK PORTER	160	5.43	36	22				4	
25 ROSEMARY AUSTEN, STEVE GARLICK, PETER GARLICK	160	10.05	37			14			
96 JOHN KEATS, LEIGH PATINSON	150	11.56	38	23			5		
10 JENNIFER BORRELL, TERRY FUNK	150	12.08	39		2		6		
111 ANA DROSCOSKI, MELISSA HENRY, JOCHEN	140	5.54	40			15			
9 JOSEPH DIMAURO, SUE MATYSEK	140	7.19	41			16			
65 PETER BROWN, CHRIS MILL, ANITA SCHERRER	140	8.10	42			17			
3 ALBIE ARNOTT, SHARON ARNOTT	140	8.35	43			18		7	
28 STEVE FILMER, CHRISTINE FILMER	140	10.18	44			19			
29 RAYNA BARTSCH, STUART BARTSCH, KAREN SOUTHWELL	130	10.18	45			20			
117 BEN NOLAN, BARBARA O'REILLY, TIM SHAND	120	8.30	46			21			
56 CHERYL DOBLE, ROSEMARY SEBERRY, JOANNE VANDERSTOCK	120	8.41	47		3				
6 TONY BOND, JENNIE BOND	110	7.16	48			22		8	
83 JENNY BLUE, JONATHAN BURNETT, JENNY KENT	110	7.56	49			23			
54 ROBYN FRIED, NARELLE LEAROYD, CHERYL LEAROYD, KAREN MAUND	100	5.59	50		4				
112 BECKY BRYANT, JAMIE DEVLIN, JEN URSO	100	6.41	51		5				
102 RUSSELL CAIL, SOHLBIT JIIVIRIYABOONGA, AMPHAN SRIMEKANOND, WANDEF YANPAISAM	90	6.51	52			24			
103 ANTIONETTE ABRAHAM, MELISSA HARVEY, PING SU, JEFF WELCH, GARY WILLIAMS	90	8.23	53			25			
104 ROBERT PENFOLD, LUKE VANLEEUEWEN, JODIE VARNAI, KAREN VINCENT, YUWADEE WATANAPOKASIN	90	8.23	54			26			
17 JENNIFER HATTON, MARIA MARZELLA, FELICITY NELSON	80	5.35	55		6				
118 ERIN BARR	70	5.35	56			27			
42 DOMINIC PORTER, ROSS VICKERS	70	5.47	57	24				1	
86 DAVE CARLIN, FRANK MIKULIC	70	8.22	58	25					

6 hour Event

Team	Score	Time	O	M	W	X	V	J	F
85 GREG CAVE, SUE CAVE	270	5.56	1			1	1		
31 MICHAEL CANT, PETER ERLANDSEN, DON JOHNSTONE	230	5.57	2	1					
67 ANTHONY DUNK, KARINA SHORTER	220	5.55	3			2			
43 TIM CURRAN, GEOFF PEEL	210	5.58	4	2					
51 SHAUN DORE, PETER GORDON	200	5.43	5	3					
11 MERV ENGLISH, ANNE FRANCIS	170	5.17	6			3			
120 LINDSAY YOUNG, JUDY YOUNG	170	5.56	7			4			
68 ANGELA ELY, JAMI VANDER VEEN	160	5.32	8			5			
63 MEG THORNTON, LYN WILLIAMS	160	5.41	9		1				
35 JENNY GILL, CAROL ROSE	160	5.48	10		2				
2 GRAHAME WALKER, ROSEMARY WALKER	150	5.32	11			6	2		
78 CLAYTON BOLY, DARREN SEABROOK	140	5.21	12	4					
36 STEVE HARRISON, KITTY HARRISON	140	5.39	13			7			
101 GUY KRIPPNER, LORELY KRIPPNER, EWAN MCQUEEN	140	5.42	14			8			
26 ANNA BRAY, MARY ANN GRAHAM, KARIN JACOBI, ALISON SANDWITH	140	5.49	15		3				
93 GEORGE COLLINS, CHRIS COLLINS, ELSIE COLLINS	140	5.51	16			9			
74 TROY RIDGEWAY, TBA, JOHN WADDELL	140	5.52	17	5					
108 KATE CORCORAN, JUDY GREENWOOD	140	5.52	18		4				
75 BRANDON DUFF, MARK MCLAUGHLAN, TBA	140	5.56	19	6					
77 DANIEL BROWNEWOOD, NATHAN FLYNN	140	5.56	20	7				1	
58 TONY MALONEY, VIOLETTA PHILLIPS	130	5.06	21			10			
32 LYNDAL VALIANT, SCOTT SMITH, PETER WESTWOOD	130	5.37	22			11			
113 NIGEL SMITH, ASH SUNDAR	130	5.42	23	8					
13 STEPHEN CASTLE, NILA SARMA, PARAMUIR THIND, MARK WOODLEY	130	5.56	24			12			
62 MARK DRINKWATER, SARAH TIBBEY	130	5.59	25			13			
33 LISA LAMPE, MARK WRIGHT	120	5.59	26			14			
47 TONY CUSICK, BROWNYN DEWAR, SONIA KUPINA, SAM MACRI	120	6.00	27			15			
72 ALEISHA HANDLEY, GRAEME ROBINSON,	120	6.02	28			16			
99 SHERIDAN ARMSTRONG, ADAM HASTINGS	110	5.08	29			17			
16 SUSAN BELLAMY, TERRY GAINNEY, DAVID ROSE	110	5.30	30			18			
105 SANDRA CHAPMAN, KERRY GILMORE, TERRY WILDES	110	5.36	31			19			
57 KAREN BRECKENRIDGE, STEPHEN BRECKENRIDGE	100	5.33	32			20	3		
107 JULIE GOVENLOCK, ROS WALLACE	100	5.42	33		5				
94 DENIS CUMMINS, TERRY KESBY-SMITH, PAT MC GOOKIN, JENNY PEET, MOIRA PIRIE	100	5.53	34			21			
98 NOELENE SCOTT, ELENI TAYLOR-WOOD	100	6.01	35		6				
22 JULIE GRAY, PETER GRAY	90	4.37	36			22			
92 IMAN ISKANDER-WELLER, MICHAEL WELLER	90	5.17	37			23			
89 KELLIE COLLINS, MARTIAN WAY	90	5.25	38			24			
20 STEVEN CHRISTIE, MARK HUMPHREYS, CHERYLANNE MILES, JENNIFER NEIL-SMITH, SASHI SIVAGNANUM	90	5.33	39			25			
1 ROBBIE DICKENS, REONDA LIVINGSTONE	90	5.51	40			26			
21 TAMMY HOLE, JOAN PRICE,	90	5.51	41			27			
90 YASMINE FUNK, SARAH GARDNER	80	5.16	42		7			2	
40 KATHRYN DARR, TRUDI EDEN, MANDINA VINES, LEANE YOUNG	80	5.25	43		8				
30 JIM GURSEN, KAREN KNOWLES, SUE MELLOY, GEOFF O'ROURKE	80	5.55	44			28			
27 ROWAN WILTSHIRE, LUKE WILTSHIRE	50	2.44	45	9					
76 GAVIN DOWDELL, SHANE WEIR	50	3.53	46	10				3	
71 SYMEON BOURD, BOB MORGAN, CLAIRE SIMPFENDORFER	-10	6.16	47			29			
59 TED BOOTH, JOHN FRANKLIN, JOHN STEWART	Late	6.40							
110 NENENG ARANDIA, KRITKA SHEKHAR	Late	6.40							
8 BILL GRIBBLE, LESLIE STEINHAUS	Late	6.42							

LAKE MACQUARIE 12 HOUR ROGAINE August 20, 1994

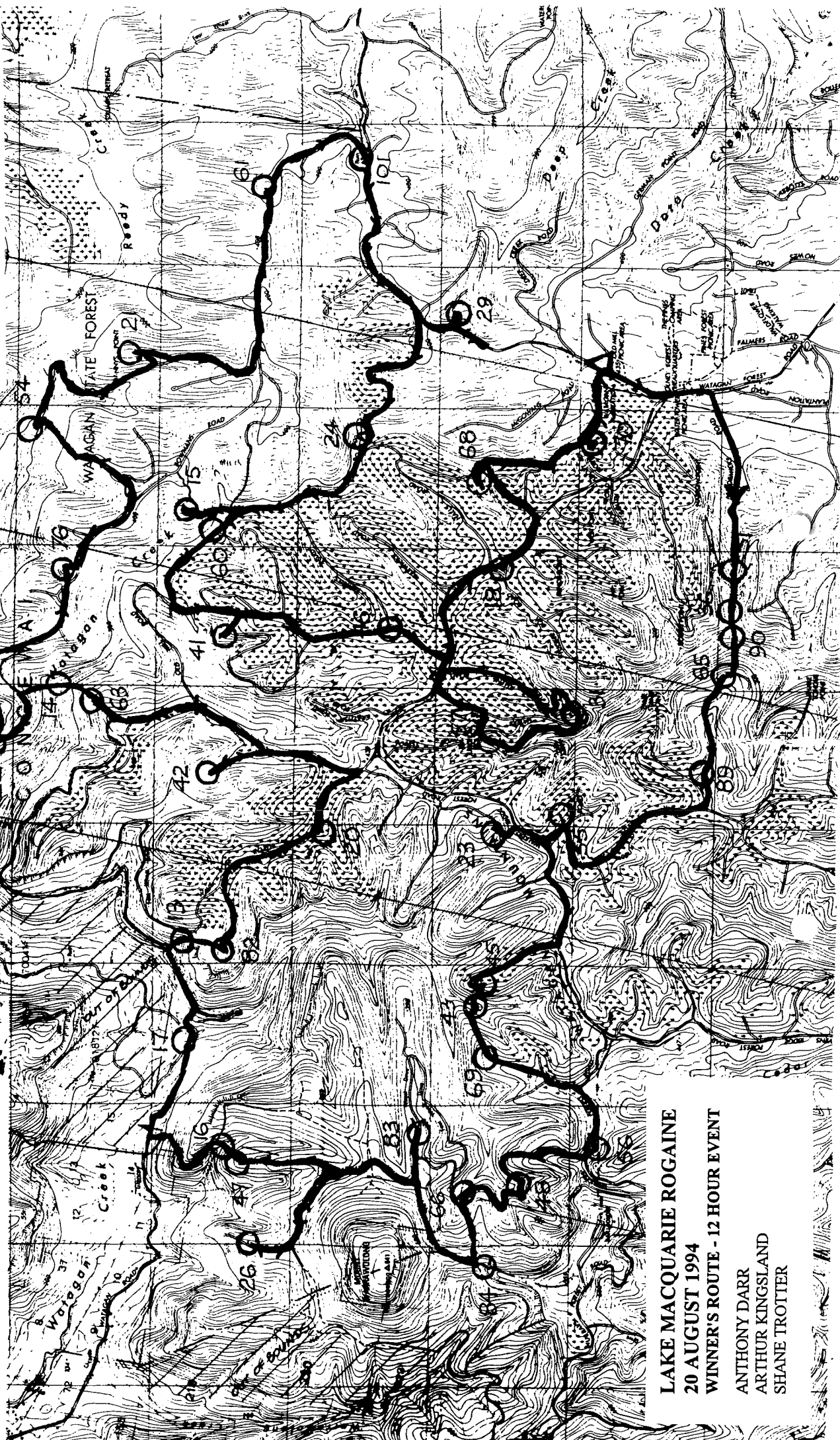


Lake
Macquarie
City Games

47

km/22.60 m climb/9:56

REPRODUCED FROM THE MORISSET
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LAKE MACQUARIE ROGAINE
20 AUGUST 1994
WINNER'S ROUTE - 12 HOUR EVENT

ANTHONY DARR
ARTHUR KINGSLAND
SHANE TROTTER

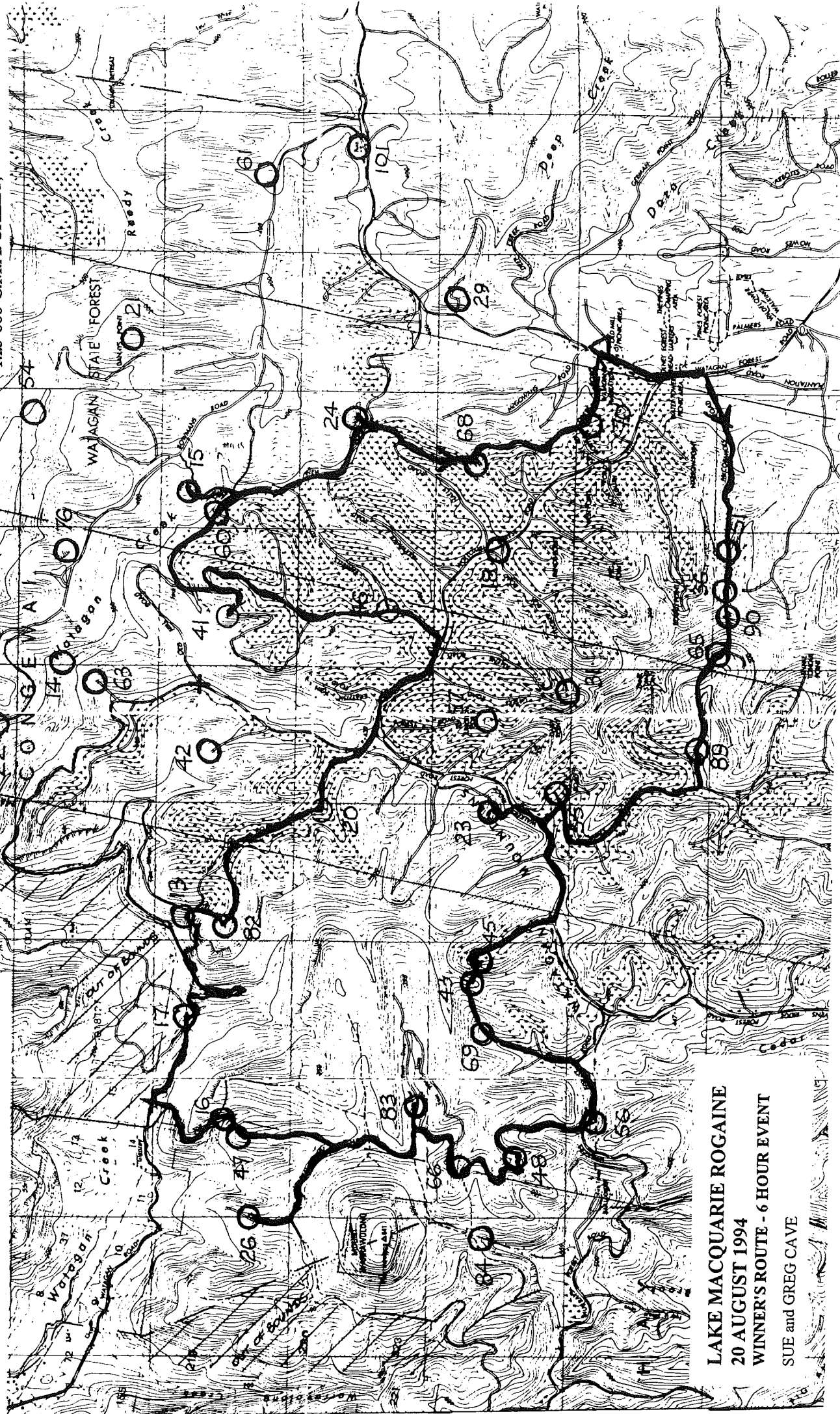
LAKE MACQUARIE 12 HOUR ROGAINE August 20, 1994

GREG + SUE CAVE - - - -



Lake
Macquarie
City Games

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LAKE MACQUARIE ROGAINE
20 AUGUST 1994
WINNER'S ROUTE - 6 HOUR EVENT
SUE and GREG CAVE

1994 - EVENT CALENDAR

DATE	HOURS	EVENT	LOCATION	ORGANIZERS / HELPERS	
17/18 SEP 94	24 HOUR			VIC ROGAINING ASSOC	-- VIC --
15/16 OCT 94	24 HOUR	AUST CHAMPS	SOUTH WEST NSW NEAR GUNDAGAI	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 CATERING

INTERSTATE CONTACTS

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

"OZ" CHAMPS INVITATION

15-16 October 1994 - near Gundagai NSW

The 1994 Australian Championship course is set and it looks great! The attractive countryside includes great views and granite features, with a roughly even mix of grazing land and native bush. Kangaroos abound (sorry) and the bird life is abundant. The Hash House is in a picturesque setting and several loops are possible, so even casual competitors should enjoy the event. Seasoned rogainers will appreciate the challenge of some navigationally tricky controls and few roads. Is it the "Land of Oz"? Leave your dog on the tuckerbox and find out!

For enquires contact (before 9.00pm):

- Trevor Gollan - (042) 26 5544
EMAIL: t.gollan@uow.edu.au
- Peter Watterson - (02) 804 6091

ENTRY FORMS along with a stamped addressed envelope should be **FORWARDED** to **TONY MALONEY** 25 KIPARRA STREET, WEST PYMBLE - ph (02) 499 2369 instead of Warwick Marsden as indicated on the entry form.

Anyone who can offer a billet to an interstate rogaier(s) please contact Trevor Gollan.

Competitors coming via Sydney might be interested in our permanent 6 hour Metrogaie courses, which use quiz question controls. Send your cheque for \$4 to cover cost of map and postage to:

- For **HOME BUSH** (which passes by the 2000 Olympic site and includes Parramatta River, Bicentennial Park, Rookwood Cemetery) to:

Peter Watterson
13 Driver Street
Denistone 2114

- For **BONDI** (encompassing the eastern suburbs and beaches up to South Head, plus Centennial Park) to:

Alan Mansfield
94 Greenhills Street
Croydon Park 2133

NEW ZEALAND CHAMPS

14-15 January 1995

The 45° South Rogaine, incorporating the New Zealand Rogaining Championships, will be held on the weekend of 14 and 15 January 1995 in the Pisa Range near Wanaka in the South Island.

We believe this is the first 24 hour Rogaine in New Zealand and it may be a great excuse to plan a holiday there.

Further information is available by contacting:

Ken Dowling
10 Barling Street
Macandrew Bay
DUNEDIN 9003
NEW ZEALAND

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Surveying: Control surveys for natural resource and construction projects, Global Positioning System surveys and services. Project management, geodetic and mapping control surveys as well as survey control information.

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Information Systems: Advisory services in information management and systems development.



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- *Special use maps including:
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Lord Howe Island Colour Photomap
NSW Local Government Areas map
Sydney CBD colour photomap
- *Digital boundaries such as local government, suburb, electoral etc.

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