

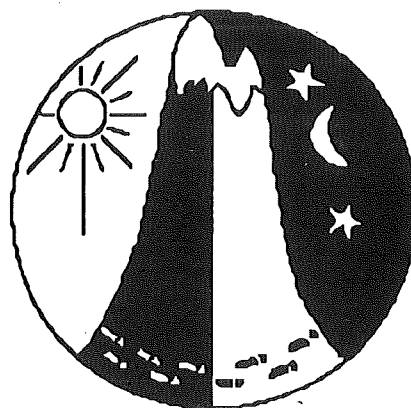
NSW ROGAINING NEWSLETTER

NUMBER 53

AUGUST 1995

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LAKE MACQUARIE REPORTS

JUST ONE MORE BOWL OF STEW PLEASE

The Lake Macquarie 12hr was only my second rogaine (this years Paddy Pallin was my first) and given my age of 35+ I guess that makes me a late starter! My excuse is I'm only out of the UK 4 years and only heard about rogaining 6 months ago.

When I heard about rogaining I thought to myself that that sounded like the perfect "relaxed" way to hone my navigation skills, maintain a level of fitness and get out into new areas of the great Australian bush.

The Watagans is certainly a great example of some beautiful bush. As only my 2nd rogaine and first 12-hour I was looking forward to testing my navigation & stamina, especially after nightfall. I have to say I was a little disappointed before the start to find out each control was worth the same 10 points. In the Paddy Pallin I had enjoyed working out a strategy to get the most points, plus the point values gave me, as a novice, an indication of how hard the course setter thought a control was to get to. So with equal points per control we just designed a route to get the most controls in the time.

At first I was also a little disappointed in the lack of difficulty in locating the controls - mainly a case of following a road, path or creek bed with no real navigation required. However after nightfall I didn't mind that so much! That was my first time out map navigating after dark and it was lots of fun. I felt the extra \$10 for the Halogen bulb in my Petzel head light was money very well spent.

At 16:30 we made it to the "Tea & Damper" stop. What an excellent idea, though it did persuade us to miss a couple of southern controls so we could make it before the 17:00 deadline!

On returning to the Hash House at the end I made very good use of the excellent food. "Just one more bowl of stew please." "Well I've got to try everything." "It'd be such a shame to waste anything!"

We came in fairly early and it was very good to watch other teams come in and tell their tales of the event. I was talking to Shane for a while. How could he have "bagged" all the controls in 8hrs:37mins! Perhaps his regime of 90 minutes per day running training had something to do with it!

To sum up: a very good weekend. I'm looking forward to trying my

first 24-hour at the NSW Championships on 9-10 September.

Nick Quinsey

LIFE'S MYSTERIES

The Lake Mac event was very enjoyable as it has been in the past. Mark and I set off towards the south and collected all the southern controls by the time it got dark. The intention was to do the NE corner then a loop around the NW. This didn't quite happen as fatigue definitely set in ... for me anyway. We cut it short and headed back through the three 50's to the HH. I was pleased to discover that I can still find controls in thick jungle in the dark even after such a long time away from night events.

We were amazed by the performance of the winners who scored all the controls in less than 9 hours. I would love to see how they can run full throttle through the jungle with lawyer vines around the chest and ankles...one of life's great mysteries. Thanks to Arthur and helpers for a great event.

Lindsay Young

[Results and more reports page 9]

NSWRA COMMITTEE

PRESIDENT	Peter Watterson	13 Driver St, DENISTONE 2114	02 804 6091
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	Anne Francis	62A Delmar Pde, DEE WHY 2099	02 982 4836
	David Sigley	34 Howard Rd, PADSTOW 2211	02 773 0868
	Debbie Cox	7/104 Pacific Pde, DEE WHY 2099	02 981 1795

NSW & ACT CALENDAR

DATE	EVENT	CO-ORDINATOR	COURSESETTER	VETTER	ADMINISTRATION	HASHHOUSE
3 Sep 95	NTOC 6-hour North of Tamworth	John & Gillian Woodward 067 72 5799				
9-10 Sep 95	NSW Champs Capertee	Gareth Prosser 02 330 3579 (wk) 02 808 5061 (hm)	Gareth Prosser		Andrew Wisniewski	Bankstown Bushwalkers
7 Oct 95	ACT 12-hour Canberra	Gordon Nightingale 06 291 8097			David Singleton	
11-12 Nov 95	24-hour Interstate Challenge Albury	Tony Perrott 060 208 654	Tony Perrott Leigh Privett		Liz Wood Robin Cameron	Val Privett
25 Nov 95	4-hour Socialgaine	Trevor Gollan 042 26 5544				
9 Mar 96	12-hour Upside- Downgaine West of Lithgow	Sue Clarke 02 816 2508 John Le Carpentier			Tony	
Mar-Apr 96	Metrogaine Sydney South	Lindsay Young 02 525 6403				
1 Jun 96	6-hour Paddy Pallin	Steve				
3-4 Aug 96	24-hour South Coast	Trevor Gollan 042 26 5544				12 hour
28 Sep 96	Lake Macquarie 12-hour	Bert van Netten Ian Dempsey				
26-27 Oct 96	NSW Champs Nowendoc	Graeme Cooper 067 72 3584				
24 Nov 96	Socialgaine					



NTOC 6-HOUR 3 September

The Northern Tablelands Orienteering Club run a 6-hour rogaine every other year. This is late notice, but if you are interested, ring the organisers and you may get a start. Experienced over-18-year-olds can go alone, others in pairs.

Time: Sunday 3rd Sep, start 10am.

Entry Fee: \$6 for B&W map, \$8 for colour map.

Location: 35km north of Tamworth.

Terrain: Open farmland & steep granite forest.

Facilities: Toilets, water, soup after event, camp at site Saturday night.

Ring John & Gillian Woodward 067 72 5799 or Graeme Cooper 067 72 3584.



NSW CHAMPS 9-10 September

There is still time to enter this event if you haven't already done so. Entries will now be accepted up until Wednesday 30 August - see the entry form in this newsletter. DON'T MISS OUT - ACT NOW!

This year's NSW Champs is being held in the newly proclaimed Gardens of Stone National Park, a unique area of open eucalypt forest held within the rugged confines of the greater Capertee Valley.

The course straddles the Great Dividing Range north of Lithgow and features a mix of pleasant farmland around the Hash House and the much more challenging bushland stretching east to the Wollemi wilderness. The Hash House will be located in the middle of the small town of Capertee, on the Mudgee Road. Friday night camping is available at the Hash House for those wishing to travel the day before the event.

We are encouraging competitors to travel by public transport to the Hashhouse, although this is not compulsory - you can still drive to the event if you wish. A NSWRA bus will take competitors from Lithgow train station to the Hashhouse on Saturday morning (arriving at least one hour before the start), returning Sunday afternoon. Maps will be issued on the train from Sydney, giving competitors lots of time to plan their course. All events start at 1pm, an hour later than usual, so as to make the train/bus option more attractive.

Three events are being offered - an 8-hour, 15-hour and 24-hour. These times refer to how long you choose to enjoy the course, not how long you must walk for! There will be food, drink and warmth around the Hash House all night for those who have not experienced a 24-hour rogaine before.

If you are keen to enter but cannot find a team to walk with, you can enter on your own and we will try to match you with a partner of appropriate standard. If you enjoy a bushwalk with some terrific views, or you enjoy a challenge with map and compass, then you will certainly enjoy this rogaine. But entries close very soon!

Gareth Prosser

WARNING! WARNING!

Local government elections are to be held in NSW on Saturday, September 9th and voting is compulsory.

Since absentee voting is not possible, entrants in the NSW Championships should make arrangements for a postal or pre-poll vote.

WARNING! WARNING!



ACT CHAMPS 7 October

The ACT Rogaining Association invites you to enter the 1995 ACT Rogaining Championships to be run as a 12-hour event.

Very close to southern Canberra, a scenic open course in typical Canberra hilly farmland including some tracks on a prominent local ridge.

The Entry Form is enclosed with this Newsletter.

EDITORIAL

All this year we have known that the 2nd World Rogaining Championships are to be held in Western Australia on the 31st August 1996. The bulletin included in this issue gives much finer detail of the event, including exactly where it will be held, access and entry information. Our committee is considering ways to financially assist NSW rogainers to participate in WRCII. If you are keen to compete or have any suggestions, talk to one of the committee members.

The NSW calendar (tentative) for 1996 is shown on page 2. For people who wish to compete at WRCII there is, as usual, a wide choice of training events on offer, though none in the arid terrain that can be expected in WA. With the NSW Champs in September, Interstate Challenge in November and the Australian Champs next February, you have plenty of choice. We will also hold an event a few weeks prior to WRCII, for final training.

The family category has been confused at rogaines ever since it was introduced. Since so many families do participate in NSW the committee has reviewed the definition to be one that contains members of a nuclear

family and spans a generation gap. Thus age is no barrier ... you can compete with your child, your parent or your grandparent.

It is strange how adversity diminishes with the perspective of time. Perhaps as a result of negative comments in the last newsletter, several people have reported their enjoyment and appreciation of the Budawang experience. After the dust has settled and the socks have dried, there is a satisfaction associated with such an adventure.

Adventure is a most appropriate word. A feature of our activity is that each rogaïne is an event ... something special. Each rogaïne has a uniqueness, unlike orienteering or fun-run outings which tend to blur with time in my memory. Perhaps it is, in part, because each team chooses a separate path rather than following the leader, thus encountering different terrain and situations.

The dictionary equates "adventure" with such pursuits as "peril", "jeopardy" and even "danger". These are the elements that are being endangered by our fear of litigation and by the calls for fair contests.

The Australian Championships, and now the World Championships,

have a problem. People expend large amounts of time, effort and money to attend such an event. As the focus for elite competition, there is a requirement for a fair contest and a responsibility to give people their money's worth. The delivery of a fair playing field threatens the excitement and adventure that should be part of such an occasion.

This is one reason for keeping the precise location of the course a secret. I disagree with Peter Taylor's proposal for full disclosure and embargoes of a rogaïne area. The suspense is part of the excitement of the occasion. I was one who had to backtrack to Beechworth at the first World Championships but bear the organisers no malice whatsoever. Early release of full details about terrain is of minor importance in that a team should be prepared for any contingencies, such as whether to return to the hash-house or to carry extra gear.

The derivation of the word "rogaïne" is *not* a "Rugged Outdoor Game of Adventure Involving Navigation and Endurance", but it could be. Let's keep the adventure in rogaïne.

Trevor Gollan



ANOTHER UNFAIR CONTROL

OBITUARY - WARWICK MARSDEN

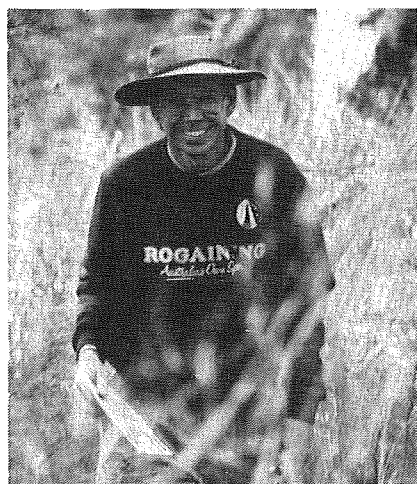
1952-1995

Warwick Marsden was a remarkable man, loved and appreciated by many. His life was shorter than most but he packed an inordinate amount of energy, enthusiasm and achievement into his allotted time.

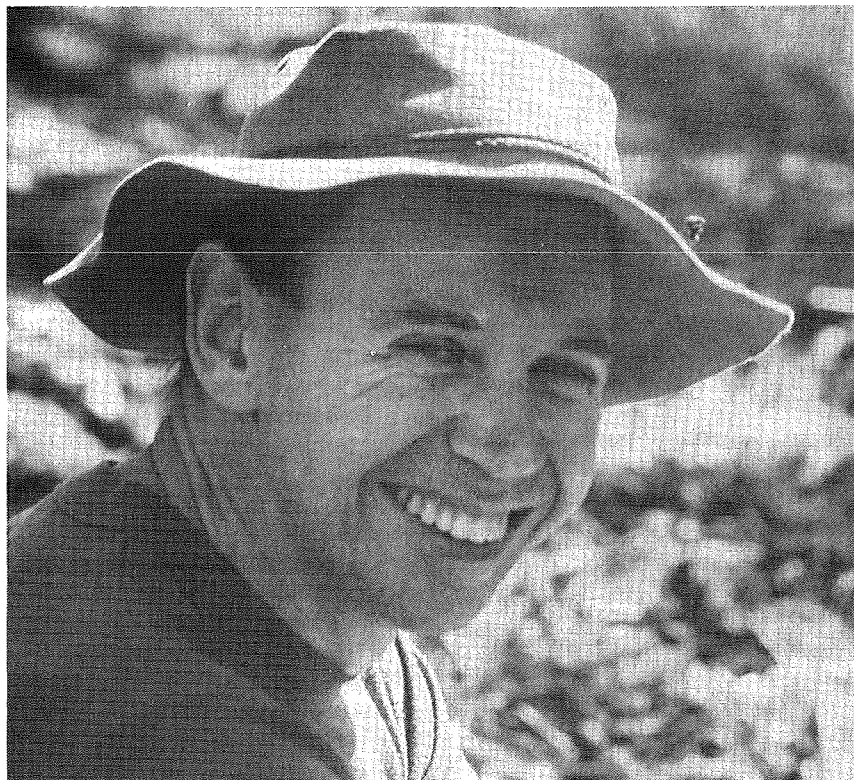
In 1977 he was diagnosed with an inoperable cancer of the bowel. The massive doses of radiotherapy won the battle at the time, and almost doubled his life, but they were probably responsible for the recurrence that finally killed him on the 15th July.

Warwick revealed that his first victory over cancer had a major impact on his life. Initially negative, ("I'd put so much into that fight that I'd lost my direction and zest for life.") he reversed his attitude and lived life to its fullest. He was aware that his time was more limited than most and was very grateful for the bonus eighteen years that were provided.

An immediate resolution was to gain fitness, including three City to Surf's, a marathon and more bushwalking. He adopted orienteering as a sport and a social activity, especially through the Big Foot Club of which he was a founding member - a club which started with a very youthful and vibrant approach and Warwick as its senior member, in body if not in mind. He further applied himself to his studies, culminating in a PhD in Biochemistry



In May 1985 Warwick participated in his first rogaine, the NSW Championships at Howes Valley. It was a typical "first-rogaine" where his team scored well in the first seven hours and scored nothing in the next seven-and-a-half



11x11

hours including a 14-kilometre road bash to the hash house. Regardless, he wrote, "I've been left with the feeling of having achieved something."

He joined the committee of the NSW Rogaining Association at the 1987 Annual General Meeting and assumed the Editor's role. His newsletter overflowed with news of people, ideas, detail, gossip and humour. Pages of Warwick the wordsmith churned out with prodigious speed and efficiency from his Apple Mac, including some lively exchanges in Orienteer magazine on the relative merits of the two sports.

From thereon it was difficult to hold him back. He had a restless intellect that was interested in exploring where rogaining could go and what could be achieved. He used the Paddy Pallin 6-hour to raise funds for five different organisations that Paddy himself had supported in his lifetime, experimented with using Scout groups to do the catering on contract, ran bushdances before an event, wrote a strategic plan and structure for NSW Rogaining that will see the Association through to 2010.

Events that he organised, or played a major role, were:

- Yetholme 12-hr, 2/07/88

- Jenolan, NSW Championships, 16-17/09/88
- Wingello, PaddyP, 18/06/89
- Tianjara, PaddyP, 17/06/90
- Glenbrook, PaddyP, 16/06/91
- Wuuluman, NSW Champ'ships, 25-26/04/92
- Mangrove Mtn, PaddyP, 14/06/92
- Cataract, PaddyP, 11/07/93
- Hellcat Mtn, PaddyP, 19/06/94

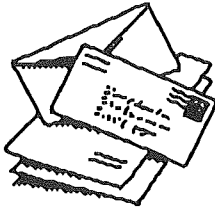
Now that list brings back some good memories...

Warwick's approach was totally inclusive and infectious. For him rogaining was above all fun and friendship. That was how he set his courses, that was how he ran his events, and it was how he lived his life. Workmates, family, neighbours, girlfriends, people who rang up with an enquiry ... he roped them all in without them minding and they ended up having a great time. Course setters, vetters, caterers, administrators became Warwick's gang for each event.

He has affected and inspired all who know him, with his intellect, his enthusiasm and zest, his organisational prowess, his wonderful, welcoming grin, and most importantly, his love and empathy for other people.

Julian Ledger & Trevor Gollan

LETTERS TO THE EDITOR



TO BE OR NOT KT

Years ago rogaining and blisters seemed to come together. If you did one you got the other. Then along came the KT26 jogging shoe. With its enormous jagged rubber profile it cushioned the heel and toes from even the longest event whilst its very modest price attracted even the stingiest rogainer. Early models came in a choice of blue and white or blue and white and at events the ubiquitous KT26 seemed to be everywhere.

It was agreed that the shoes did not last that well - but for the price who could complain. Three major rogaines and the odd bit of jogging in between and that was about it. Usually some devious piece of rock or timber would pierce one of the side panels and create a terminal problem. Since rogaines tended to destroy *any* footwear and life expectancy was particularly shortened by wet events, KT26's generally did very well. The only time a pair nearly let me down was at the world championships in Beechworth where after roaring around the course trying to keep up with Steve Keenlyside for 23 hours my KT's (no doubt on their fourth event) disintegrated.

A bit of planning allowed one to have best KT's for going out, second best for road jogging or the odd City to Surf, third best for rogaines and a pair beyond repair for digging the garden. Dunlop meanwhile had branched out and KT's were being manufactured in almost every South East Asian country in yellows, reds, purples and black. An even cheaper but also lighter version appeared which I never tried. Even the soles came in a colour. Design changed and some of the later ones had weaker stitching and modified lacing up systems. However the shoe still did the job and made venturing into specialist shops and paying four or five times the price unnecessary.

The last time I went searching for KT's I got frustrated. In a shopping centre of 200 retailers there were none to be found. Big W had sold out of size 9, at the techno-jargon

specialist fashion item store the colour-coordinated staff sneered. The following week I was in Perth and hiked through the city centre around about eight shops to no avail. The following morning, fearing a shoe manufacturers conspiracy to part me with more money, I got on the phone and finally bought the last two size 9's in a warehouse somewhere north of Wanneroo.

Has anyone else had these problems? Is it related to the persistent rumours that the canyons favourite, the Dunlop Volley, may be discontinued? Can anyone put me on to a reliable supplier? I promise to maintain my habit.

Julian Ledger

INCORRECTLY POSITIONED CONTROLS

It is inevitable that occasionally a control will be positioned wrongly. This letter is not a criticism of mistakes by course setters. Instead, we suggest that a set procedure should be followed when this does happen.

Control 60 at the 1995 Paddy Pallin was not correctly located on "The Spur". Many teams looked for it and didn't find it. We walked down the spur, got to the saddle, went up the knoll on the other side to confirm that we had gone far enough, retraced our steps and walked back up the spur. Three other teams were in the area when we were there and none of us found it. In fact, it was on "A Spur", some distance to the south off the main spur. Maybe 150m away, on the edge of the control circle. One team found it by luck, because whilst they were in the area someone shouted out "here's the control". We wonder if this control was subjected to vetting.

We approached the setter to let him know that we believed that we had been to the right location and he wrote our complaint in a book. But later it transpired that no credit was going to be given for teams who had been in the right place.

This is patently unfair and also against the Rogaining Association rules, as ratified by the ARA 30/07/93:

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.

In this instance all teams which could say that they had been on the rocky spur above the saddle should have been awarded the points. Indeed, there is a school of thought that to give 60pts to people who had punched the incorrectly positioned control is unfair, as they have not proved that they have been to the correct location as marked on the map. However (d) above does cover this eventuality. The simplest solution in these unfortunate cases is to be generous with giving 60pts to those teams who say they were there. If there is doubt, examine which controls elsewhere on the map they have been to eliminate any teams who were never anywhere near that area from getting the extra points. A simple statement at the hash house that "a control was wrongly placed (without saying which one), come and tell us the control number and description if you want the points" would be sufficient.

If this approach is not followed, rogaining will continue to have a bad reputation as a "hit and miss, good as a non-competitive walk but with too much luck involved for a serious sport" tag. This attitude is particularly prevalent amongst orienteers who judge the two sports on a similar technical basis. Wrongly positioned controls are unfortunate, but do occur from time to time, and there has to be a set procedure for dealing with the

LETTERS TO THE EDITOR

consequences. At the Australian Champs at Bethungra last year, control 75 on "the top of a 4m boulder on The Spur" was wrongly positioned (by about the same amount as in this year's Paddy?) and people who could describe the rock where it should have been were offered points. However in this case you had to specify a particular (mushroom?) shaped characteristic of the rock which was too tightly defined to be fair and was in fact a description of a completely different rock in the area. It would be much simpler to just believe everybody who said they were there. That time we were lucky and came on the control by accident as we attacked the control position as marked.

If it is inevitable that this sort of mistake is going to happen, let's know how to deal with it. There should be a consistent approach from organisers. Sixty or seventy points does matter on a rogaine, it influences places.

*Simon George & Joanna Parr
North Ryde*

WHAT'S ALL THIS ABOUT WORLD RECORDS?

[Prompted by Stephen and Peter's suggestion in Newsletter #52 of "world record crowds" at this year's Paddy Pallin 6-hour, I sought clarification from Nigel Aylott, President of the Victorian Rogaining Association. Ed]

Our biggest event was in May 1983 at Clonbinane where we got about 720 entries and knocked back about 100. After that we established limits of about 400 competitors for 12 and 24-hour events and 260 for 6-hour events (with the exception of the World Champs). We have exceeded these limits on a couple of occasions, but generally only when there is good access in and out of the hashhouse and plenty of diverse routes to choose from - otherwise teams end up just following the team in front.

When we have done quick surveys of what people think about the numbers, these seem to be about right - of course the fast teams don't notice the numbers, but when you approach the limits the middle of the pack teams start finding that there are too many people about.

We plan to run a 6-hour event next year on both the Saturday and the Sunday as separate events but on the same course - maybe you could do the same with your Paddy Pallin event.

Nigel Aylott

The "Volley" Ball



It's on again - the annual Confederation Ball (well, bush dance really). This year's theme celebrates the quashing of the rumour that our most popular footwear is going to be extinct.

Come along and be part of our great tradition which goes back to 1932. Get your club together and make up a party.

Friday 22 September, 8pm

Petersham Town Hall

Band - The Currency Lads

Bring your own sustenance

Dress: Casual. But wear your best Volleys, of course!

Prizes for best table, dress, and so on. Bribery and corruption encouraged.

Bookings not necessary - pay at the door \$10 or \$25 for families

BUSHWALKERS WILDERNESS RESCUE

On behalf of the Confederation of Bushwalking Clubs NSW Inc. and particularly its rescue section, "Bushwalkers Wilderness Rescue", I would like to thank the organisers of The Paddy Pallin Rogaine for their generous donation of \$1,000.

Bushwalkers Wilderness Rescue performs a number of roles. Our active role started in 1936 and continues as an accredited land search and rescue group of volunteers able to go out in all weather into any wilderness terrain to locate or assist injured persons. In this role we act

under the direction of the NSW Police who have the charter for life and limb. For general searching we use skilled bushwalkers from our member clubs with a radio network of a base and field portable radios; one radio per search team. This allows rapid redirection of search teams as events unfold and gives us greater efficiency. Our Rock Rescue Squad is a subgroup of 20 men and women who enjoy canyoning. Bushwalkers Wilderness Rescue performs its role at no charge to the community and is available at any time.

Last year there were eight call-outs and nine alerts (where our Committee was on standby but did not need to go into the field as the incident was quickly resolved).

Our passive role is essentially education in many guises. We strongly encourage safe bushwalking, especially leaving route details and the names of trip members with a responsible adult. We provide a cheap St Johns First Aid Certificate course twice a year. A more advanced certificate, the Remote Area First Aid Certificate, is also available on demand. Bush safety instruction is often associated with our three rescue training weekends each year. In particular, our major event "The NSW Emergency Services Wilderness Navigation Shield" provide an opportunity for bushwalking clubs and emergency services personnel to practise their bush navigation in either a one day or two day event. This year there were over 330 participants.

Once again many thanks for your donation. Bushwalkers Wilderness Rescue has just purchased replacement field radios. Your donation will be used to mostly cover the cost of setting these radios to our frequency and supplying aerials.

*Keith Maxwell
Director, Bushwalkers Wilderness
Rescue Group*

Do not go gentle into the night,
Rage, Rage against the dying of the
light.

Dylan Thomas

LETTERS TO THE EDITOR

BUNDEMEER BURN, 17TH JUNE

The Queensland Rogaine Association recently held a 12-hour event in some rugged granite and traprock country west of Stanthorpe. The base maps were 1:100,000 & 1:50,000 with 20m contours. These had been joined and expanded to 1:33,333 (30mm = 1km).

The course covered just 40 sq km, 10 of which was semi-open grazing country bordered by a 2m high dingo fence. The rest was cypress and eucalypt forest. The organisers constructed ladders at strategic points for you to scale the dingo fence. I must say that if I'd looked at running a rogain there I would have written the area off, considering the fence an impossible barrier. Two major gullies ran south across the course to the Severn River which formed the southern boundary. In between was a bewildering pattern of wriggly brown lines. Controls were placed fairly evenly over the area. You would seldom have to go more than 1km to the next, but there were a lot of them ... 64 altogether totalling 3220 points. The winning score was 1800 which shows that given the right topography you can fit a big event onto a small area.

In planning where to go, the one thing that stood out clearly to me was the cleared area. There were lots of controls there and the points looked just as good as in the forest so that's where Vicki and I spent most of our time. The other teams from northern NSW, Charlie Thomson & Russell Swanson from Gunnedah and Narelle & David Clayton from Armidale, both went into the forest and found it difficult going.

We got a lot of satisfaction from this event. Despite the limitations of the map the course presented a real challenge in route choice, not in the orienteering sense of how you get from one control to the next, but rather the order in which you go to the controls. I think this is the essence of a good rogain. It's one you can come back to and spend time looking at the map, working out routes you could have taken and speculating on the score you might have achieved. I've been doing this since we got back. In fact the morning before we left Charlie suggested we walk up to a 50-point

control which was on knoll just 500m from the start. None of us went there but with hindsight it was an obvious first control. It was easy to get to and gave you a good view of a lot of the course. I was surprised that only 13 teams went there.

Congratulations Queensland on a well organised and interesting rogain. We are looking forward to the next one.

Graeme Cooper

THANKYOU

A big thankyou to all those people who knew Warwick and sampled his sense of humour. His family and I wish to express our appreciation for all your support and kind thoughts over the last year.

Warwick loved the bush and loved to share it with others. I hope you may have enjoyed some of that with him.

Betty Chen

IN DEFENCE OF THE BUDAWANGS

In the last NSWRA newsletter it was suggested by some that areas such as the Budawangs are not suitable for rogain. In particular, Dave Rowlands said of the Budawangs 'is it fit for rogain? I do not think rogaines should be held in jungle and I prefer rogaines where navigation is a necessary skill.' There seems to be three issues, all related, which need to be addressed here and I shall address them in order.

I would like to offer the view, from the perspective of a bushwalker, that the area was fit for rogain. The course in the Budawangs provided the sorts of navigational challenges which typically confront the bushwalker, on terrain and through the types of vegetation they would normally expect to encounter. Controls were located in camping caves, up picturesque gullies, near waterfalls (which perhaps only flow in the weather conditions which prevailed during the event) and above cliffs offering great views (of lightning bolts). These are the sorts of places walkers seek out and a rogain course should have some controls in such locations. I think many people would stop rogain if all controls were simply placed in locations that offered nothing more than a navigational challenge. The

eastern line of controls, which Dave Rowlands would like to have seen removed, were for me a highlight of the course. If I am ever in the area again, I now know that it is not worth the trouble to bash up to Styles Cave, better to camp down at the creek of the same name or over in Hidden Valley.

With reference to the comment about jungle, well perhaps nobody thinks rogaines should be held in jungle, but that is irrelevant because the event in question was not held in jungle. Sure, the vegetation was thick in some places but the majority of the course was clear. Peter Taylor, in another letter from the same issue, asks 'I don't think anyone ... enjoys bashing through endless tangled vegetation, so why set an event in an area where this is necessary?'. The Budawangs course was not such an area. It was not jungle and it was not endless tangled vegetation. Admittedly, there were places where the thick vegetation may have *seemed* endless. In particular controls 61, 46 and 37 spring to mind. Leaving each of these controls my partner, Steve Wallace, and I asked ourselves how much we really wanted to continue. Many other competitors no doubt asked themselves the same question. Some decided to quit. This is one of the reasons why there should be sufficient thick vegetation on the course ... to ensure that most competitors will have to go through some of it. Rogaining should test the competitors ability to persevere through adverse conditions and this becomes difficult to do if courses are only set in farmland or open forest.

As an inexperienced rogainer I am in no position to argue with someone like Dave Rowlands about the navigational difficulty of the course. In fact, I found the navigation easier than in my two previous rogaines (while of course still making numerous errors). However, we did speak with several teams that did have difficulty and saw many teams out on the course having trouble. We even came across one very experienced team (who placed highly in this event) who left a control as we arrived and walked almost a full circle to return to within twenty metres of the control just as we were leaving several minutes later. Most of the highly placed teams appeared to be ones

LETTERS TO THE EDITOR

which always do well so perhaps navigation was a necessary skill on this course and Dave was fortunate enough only to visit the easier controls.

Peter Taylor asked that people write in about any issues they consider important and I consider it important that some rogaines, even

championships, be held in areas such as the Budawangs. The course was not a jungle and did offer some challenging navigation in addition to the physical beauty of some areas. If rogaines were only to be held in areas where all the walking (or running) is easy while the navigation is difficult then it is only a small step to indoor

rogaining centres and virtual rogaines (technogaines). Here is your map, put on the headset, jump on the treadmill and away you go. What, you didn't bring a raincoat - hey Joe, turn on the sprinkler and lets give this sucker hypothermia.

George Takacs

TRUTH IN ADVERTISING

I was wondering how many other readers, like myself, eagerly scan every edition of the newsletter for upcoming events which might be suitable for our tastes and abilities and, on finding an event we think we can manage, quickly get in our entry forms, anxiously await the 'big day', then, having competed in the event (and not scoring quite as well as we thought we should have), come away with some small sense of disappointment that the event wasn't exactly what we expected?

Experienced rogainers, of course, know how to interpret the wording of rogaïne advertisements accurately but we novices often get caught out because of the colourful descriptions applied to the types of terrain expected to be found on various rogaines. I therefore request that rogaïne organisers, in future, be more specific about what can be expected to be encountered during the course of a particular event.

Typically, of course, event organisers like to see high turnouts at rogaines so I don't expect that this request will be heeded. Consequently, in an attempt to provide some assistance to fellow novices, I have compiled a list of some of the terms I have seen used in rogaïne advertisements together with their 'real' meanings.

What they say...	What they mean is...
Breathtaking scenery	This is actually fairly honest wording. Expect steep climbs of 250-300 metres which will leave you completely out of breath. How the scenery can be enjoyed while one is on hands and knees, gasping for air, is still to be determined.
Scenic views	Expect to have to negotiate at least one chasm with sheer drops of about 20 metres on either side while crossing a watercourse.
Farmland	Expect some shocking encounters with electric fences. Also consider the possibility that you may need to be able to outrun large horned quadrupeds or, failing that, at least be able to outrun your partner(s)...
Undulating	Hilly
Gently undulating	Hilly. Note: negative inductive inference also applies, ie. if the word 'undulating' is <i>not</i> used in the course description, it can safely be assumed that the course is <i>very</i> hilly.
Flat	Until recently, this term was not defined in rogaining vocabulary since it doesn't apply to traditional rogaines. However, with the recent evolution of a class of aquagaines, the word may be used with caution on a calm day. It means 'having little or no undulation'.
Featureless	Flat. Usually applies to watercourse junctions where the control has been located in a maze of two metre high regrowth.
Gaiters should be worn	Expect severe skin lacerations from a variety of three metre high prickly bushes where the only way through is to follow a tortuous network of wallaby trails.
Gaiters not required	... but make sure your first-aid kit is well stocked with band-aids.
Open forest	There is only a moderate amount of prickly regrowth to be negotiated. Note: negative inductive inference is also applicable here. If the word 'open' is not used with the word 'forest', mentally insert the adjective 'impenetrable'.
Runnable	... for as long as you can run up hills.
Plenty of tracks	... some of which are marked on the map.
Distance records will be broken	Controls are a long way apart.
User-friendly	A platitude. Just ignore this term.

I hope that this short list will better prepare your readership for some of the ordeals in store.

Uwe Sydekum

[Reprinted from the VRA Newsletter, August 1995]

LAKE MACQUARIE RESULTS

WATAGAN MOUNTAINS, 12 AUGUST 1995

12-hour

Team	Score	Finish	O	M	W	X	V	S
6 Michael Burton, Shane Trotter	450	8.37	1	1				
57 Peter Gordon, Rob Vincent	450	10.49	2	2				
28 Simon George, Joanna Parr	430	11.26	3			1		
46 Bruce Fenton, Craig Paull, Stephen Thompson	420	11.20	4	3				
21 Kevin Power, Markus Zarins	420	11.38	5	4				
58 Marnie Holmes, Netta Holmes	390	11.32	6		1			
63 Shaun Dore, Geoff Peel	390	11.46	7	5				
8 Darren Hall, Ian James	370	11.37	8	6				
119 Symeon Bourd, Eric Metzke	360	11.03	9	7				
66 Joshua Conroy, Tony Ryan, Madeleine Schultz	360	11.43	10			2		
26 Jennifer Borrell, Greg Dunstone	360	11.44	11			3	1	
1 David Dash, Ian Deck, Peter Tamsett	340	9.53	12	8			2	
2 David Hamaty, Sabina Hamaty, Andrew Bovis	340	11.43	13			4		
14 Peter Charlton, Robyn Fried, Mark Milne	330	10.33	14			5		
103 David Leslie, Reddall Leslie	330	11.17	15	9				
125 Rod Napier, Michael Smith, Marvin Enright	330	11.40	16	10				
25 Stephen Jackett, Steve Lloyd	330	11.42	17				3	
78 John Barnes, Rohan Prowse	330	11.44	18	11				
35 Peter Learoyd, Kenneth Skardon	320	11.50	19	12				
16 Ian Carr, Paul Carter	310	8.17	20				4	
74 Mark Suters, George Takacs, Andrew Warner	310	9.36	21	13				
85 Peter Eden, Phil Jenkins, Ian Morgan, John Shaw	300	11.37	22	14				
7 Rosemary Austen, Peter Garlick, Steve Garlick	300	11.38	23			6		
67 Ron Hutchings, Tom Hutchings	290	10.24	24	15				
43 Janelle Deck, Andrew Duncan, Richard Sager	290	11.21	25			7		
106 P Dunn, Garry Ferris	290	11.24	26				5	
60 John Carver, David Griffith	290	11.55	27	16				
111 Mark Hill, Lindsay Young	280	11.45	28				6	
17 Brendan Berghout, Tricia Truelove	270	9.12	29			8		
68 Michael Hutchings, Robert Hutchings	270	9.53	30	17				1
101 Antoinette Abraham, Julian Keane, Ingrid Coburn	270	10.17	31			9		
115 Julian Lee, Heath Cook	270	10.47	32	18				
83 John Keats, Ian Payne	270	11.35	33				7	
52 Christopher Collins, George Collins	260	8.43	34	19				
72 Stephen Castle, Anthony Dunk	260	8.38	35	20				
10 David Clayton, Narelle Clayton, Vaughan Clayton	260	9.41	36			10		
90 Henry Roberts, John Roberts	260	9.43	37					2
75 David McFarlane, James McFarlane	260	10.38	38	21				
40 Frazer Batts, Calum McLeod, Frank Stewart	260	11.52	39	22				
118 John Waddell, Joseph Seidler, Kevin Trotter, Neil Chappell	250	7.54	40	23				
110 Andrew Pope, Belinda Pope	250	9.25	41			11		
54 Barry Hanlon, Janet Morris	250	11.23	42			12	8	
44 Margaret Covi, Robert Cox	250	11.31	43			13	9	
70 Karen Darby, Tony Murphy	240	8.38	44	24				
89 Steve Burns, Russell Cail, Doug Williamson	230	10.23	45	25				
5 Russell Taylor, Nick Quinsey	220	8.38	46	26				
22 Henry Freiburg, Jennifer Neil-Smith	220	9.02	47			14		
105 Debbie Hotchkis, Mike Hotchkis	220	10.34	48			15		
34 Roz Atkins, Frances Phillips, Gail Roland	220	11.27	49		2			
100 Cindy Brown, Gary Brown, Sean Duncan, Robert Penfold	210	10.17	50			16		
20 Nigel Hanna, Kathleen Turner	210	10.52	51			17		
128 Peter Prendergast, Cathie Savage, Carolyn Van Noort	210	11.21	52			18		
11 Barb Marshall, Wal Mills	200	10.58	53			19		
81 Andrew Cagney, Bett Koch	200	11.44	54			20		
77 Bob Kenderes, Rebekah Knight, Craig Knight	180	7.45	55			21		
107 Robert Montgomery, Pam Montgomery, Tracy Montgomery	180	7.52	56			22		
47 Rollin Burford, Jitka Kopriva	170	7.12	57			23	10	
124 Peter Davey, Peter Battista, Joanne Flack	170	7.43	58			24		
99 Greg Welch, Jeff Welch	160	9.46	59	27				
121 Robert Coulston, Geoff Rickard	120	6.50	60	28				
42 Graeme Cooper, Vicki Cooper	120	10.23	61			25	11	
120 Guy Jarvi, Tony Maloney	110	4.57	62	29				
73 Bronwyn Meek, Jim Meek	60	???	63			26		
88 John Bowles, Chris Stevenson	0	12.31	64	30				

LAKE MACQUARIE RESULTS

WATAGAN MOUNTAINS, 12 AUGUST 1995

6 hour

Team	Score	Time	O	M	W	X	V	S
113 David Green, David Palmisano	260	5.42	1	1				
9 Margaret Fletcher, Lindel Gass	260	5.44	2		1			
12 Malcolm Hughes, Margaret Hughes	230	5.40	3			1		
53 Andrew Black, Betty Chen, Melanie Mill	200	5.51	4			2		
31 Carl Arthur, Landon Arthur	190	5.43	5	2				
98 Keith Brama, Tim Maloney	190	5.53	6	3				
37 R Cole, C Dyet, James Orpe, S Traverse	180	5.43	7	4				1
71 Gillian Eales, Mary Ann Graham, Peter Morris	180	5.44	8			3		
76 Al Cartwright, John Stewart	180	5.51	9	5			1	
41 Bill Gribble, Sam Gribble, Jason Round, Leslie Steinhaus	170	5.42	10	6			2	
126 Greg Wicking, Chris Boli, Tim Shand	170	5.42	10	6				2
24 Judy Chapman, Ken Chapman	160	5.14	12			4		
112 Allan Ramsay, Michael Ramsay	160	5.41	13	8				3
56 Tim Hebron, Geoffrey Sutton, Carl Jennings	160	5.45	14	9				
104 Brian Pearson, Susan Pearson	160	5.50	15			5		
49 Ruth Johnstone, Don Johnstone, Matt Croker	160	5.58	16			6		
96 Lidija Nedeska, Raf Martin, Tim Matthews, Ernie Ziebert	150	5.13	17			7		
95 Julie Ross, Ravena Semple, Mark Thompson, Pete Thompson	150	5.14	18			8		
97 Matthew McVey, Elissa Pinkerton	150	5.14	19			9		
93 Gail Barr, Judy Dutton	150	5.24	20		2		3	
23 Christine Cordingley, Tom Cordingley	150	5.25	21			10		
69 Anna Bray, Neil Glick	150	5.33	22			11		
116 Brian Holz, Tammy Holz	150	5.39	23			12	4	
32 Peter Blanch, Steven Forbes, Vicky James	150	5.51	24			13		
51 Nick Coppins, Gareth Sole	150	5.52	25	10				
4 Murray Gunn, Jason Price	150	6.02	26	11				
33 Nick Chartorisky, Jutta Hamilton, Malcolm Ricketts	140	5.43	27			14		
86 Kathryn Darr, Trudi Eden, Tracey Morgan, Nandina Vines, Leane Young	140	5.44	28		3			
87 John Poole, Vicki Poole, Jenny Scobie	140	5.54	29			15		
127 Roderick Ross, Peter Lloyd	140	6.05	30	12				
45 Karen Gillott, Esme Leeson	130	5.13	31		4		5	
38 David Evans, Helen Palmer, Stephen Palmer, Sally Richard	130	5.21	32			16		
79 David Johnson, Peter Scobie	130	5.54	33	13				
92 Cathy Beardsley, Annette Deal, Jackie Rothwell	120	5.53	34		5			
13 Robyn Cole, Rae Jacobs	110	5.14	35		6			
84 Catherine Palmer, Shona Smith, Jennifer Van Gorder, Jean Baikie, Marjory Hornibrook	110	5.35	36		7			
61 Manfred Mackenzie, Janet Sculfer	110	5.40	37			17	6	
109 Catherine Adams, Garry Humphries, Mark Porter	90	4.42	38			18		
50 Marian Coppins, Marg Harrison, Sandy Kitchen, Nina Sole	90	5.28	39		8		7	
65 Darko Doranic, Monika Steinhaus	80	5.42	40			19		
108 Barbara Nudd, David Nudd, Alan Sambrooke, Amy Sambrooke	70	4.30	41			20		
19 Melanie Charalambous, David Dowling, Nancy Meglio	70	5.21	42			21		
48 Michele de Vries, Alison Moh, Bob Morgan	70	5.21	43			22		
59 Kerry Fair, Jeff Fair, Terry Welsh	70	5.31	44			23	8	
117 Kim Atkinson, Letitia Plume	40	5.14	45		9			
64 Erin Barr, Skye Dutton	0	6.14	46	14				4
36 Peter Belic, David Keech, Hugh Mooney	0	6.38	47	15				5
3 Lisa Lampe, Mark Wright	0	6.59	48			24		
18 Matt Cleary, Aleks Strikis	0	7.03	49	16				
114 Angela Durie, Brenda Durie, Ken Durie, Rhonda McEwan	DNF							

Categories: Open, Men, Women, miXed, Veterans, Scouts

PACIFIC VIEWS

Let me say from the off that I don't like the format of the Lake Macquarie. It forces people to troop along one after another so that you lose the challenge of route selection and navigation. This is my second time in the 12-hour, though, and on

reflection I'd have to admit that it probably is the only format possible in the Watagans - the scrub is just too horrible for a normal off-track event.

OK, gripe mode off. Karen and I weren't too fit, so we selected a route with the intention of minimising the crowds, rather than maximising our

score! We headed out east as quick as we could, via controls 41, 58, 57, and 56 (I think - I don't have the map in front of me.) After the first control we were on our own, and the first to each control for the next three hours - great! We were also first to the damper stop, and took full advantage of it - the tea and damper

LAKE MACQUARIE REPORTS

was wonderful! I reckon this is a seriously excellent idea!

Heading north from the damper stop we passed quite a bit of blackened and smoking bush. It was never a problem but was a little disconcerting none the less. We did the controls in the north-east corner of the map, and the creeks here were absolutely magical. To me this is a more rewarding part of rogaining than the competitive aspects - getting into some beautiful bits of bush that I would never see on a bushwalk that I organised myself.

Somewhere down here we finally ran into the crowd coming the other way. It was just amazing - we must have passed thirty or more people pretty much in one big group. They thinned out fairly quickly, and by the time it was getting dark and we were heading back along the Great North Walk we were seeing people only occasionally.

About this time we realised the full mistake of our grand plan - we had fuelled up on egg and bacon rolls at the Caltex roadhouse, and Karen copped a dose of food poisoning! The last couple of hours on the course weren't much fun, and we packed it in about 8:30, and headed home shortly after. All in all a most enjoyable day out. I think we'll be back next year, though I suspect we will again select a course for peace and quiet rather than for points!

Tony Murphy

SAFETY IN NUMBERS

Arthur Kingsland

Lake Macquarie Course Setter

A couple of incidents in the last two years have finally prompted me to put pen to paper and raise some important issues.



Link the Waterstops, or Link the Controls?

The Australian Championships in 1994 (Bethungra) were held in very warm conditions. We had been warned before the event of the need to carry large quantities of water.

In the past I had got away with one 500ml water bottle, although this was far from adequate. For this event I had an excellent new pack ('Deception' by FairyDown - free plug, not sponsored, unlike some of my partners in recent events!) able to carry two water bottles. I carried 2

litres of water and thought this should be sufficient to get me through to each waterstop. How wrong I was!

It turned out that there were a number of things wrong with our assumptions. The first was that the mental challenge being presented with the scattering of controls was to connect together as many as possible within the limits of each team's capabilities. WRONG! The actual puzzle to be solved was how to string together the waterstops at a sufficient frequency to remain hydrated.

In my case I had gone through 1½ litres within 2 hours, and realised that it was going to be a long haul until the next waterstop. This was combined with the need to have water with the energy food I was using, therefore I also restricted my intake resulting in longer term problems with performance and concentration. We were collecting controls at a remarkable rate, but did not arrive at our first water replenishment point until 6:30-6:45pm. As they say: a long time between drinks!

My assumptions may be completely off beam but I think that this lack of water and lack of energy replacement food, continually from the start, caused us to make our mistakes from around 9:00pm onwards.

To the real heart of this article...



Safety in Numbers at the Oz Champs

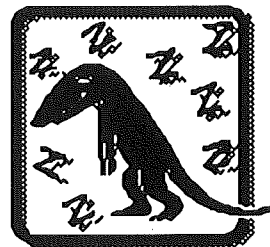
Rule 13 (or whatever) says that: "teams shall remain within earshot at all times, and must all be within 20m of each control"

In the aforementioned Australian Championships we had more or less abandoned the event by 10:30pm. We were about as far from the hashhouse as we ever planned to be. My partner was asleep on his feet and I was making navigational errors. At one point we had to stop to regain enough energy to climb a high fence. Despite spending half an hour looking at the map I wasn't certain where we were and my partner didn't care.

We continued on, passing another checkpoint (helping us determine where we were) then becoming more confident as we passed into open farmland again. One small navigation misjudgment could have resulted in very severe results. We

took what I had planned to be a 400m shortcut across a paddock to cross from one road to another. In hindsight we must have taken a 600-700m shortcut and ended up on the correct road, but at a point past where I thought we would hit it. From then on every turn, intersection and farm entrance could be made to fit the map. In a few places it didn't look right, but the warning bells weren't ringing. We were on a main dirt road so were happy to keep going.

Now it was 3am. My partner was walking slower and slower, and kept falling off the side of the road. We had stopped for 30 minutes while he had a sleep. I put my pack on my front and shivered. Another warning bell malfunction was the very long straight we had spent considerable time on which didn't match the map at all. I put it down to our exceptionally slow progress. (Have you ever walked with someone who is 90-95% asleep?)



I realised that we had a real problem. I didn't have enough clothes to stop ... my partner didn't have the ability to go on! We were on the road where the waterdrop was to be replenished, but not for about four or five hours. One space-blanket between two and my thermals didn't provide enough warmth. At this time I formulated my brilliant plan:

Split up ... leave my partner at a known point with the space blanket wrapped around him, and I will continue on to the hashhouse to get the car.

How lucky we were that I didn't implement this plan. At one point we considered the geometry of the road. My partner pointed out that the road was heading east, but according to the map should have been heading north. (Those of you who know my orienteering ability would know that I don't let small errors like this worry me, but five hours walking in a rogaine creates slightly larger margins!) We were actually 2+ km further east than we had intended. A sign on a farm did tell us exactly

LAKE MACQUARIE REPORTS

where we were on the road, but we were on a different branch!

The rub is that if we had split up I wouldn't have noticed the error in our navigation and would have walked straight off the map! I was already severely distressed without needing that.



Safety in Numbers at the Lake Macquarie Rogaine.

Unfortunately our organiser (Ian Dempsey) for this event was severely affected by the flu and left the on-the-day organisation to me. This was exacerbated by a shortfall in the number of maps printed by the printer, not discovered until 5:30 the day before the event. The best offer I could manage from the Newcastle printers was: "I could scan in the work on the colour scanner then use the bubble jet printer..." Not really a viable option. Our solution was to use the University's photocopier to produce black and white copies.

A few other mistakes and misunderstandings plus a high proportion of team changes, long queues and a general fear of having made some major error or omission didn't allow me to prepare properly for the final briefing. Despite having approximately four minutes to spare at the end of the briefing, I had forgotten a few "minor" points. Let me state them here:

- all team members should carry whistles;
- all teams should fill in the intention sheets at all controls to indicate when they were at the control, and where they intend to go next;
- all teams (and preferably all team members) should carry a first aid kit; and
- teams must not split up.

This was a serious omission as many novice teams enter the Lake Macquarie rogaie and may not be aware of the need for these safety requirements. In this case one member of a 6-hour team arrived at the hashhouse quite late asking for "advice". His team of four (plus one) had split up. He had walked back the long route via the roads, but the other part of the group had decided to take a shortcut including the toughest navigation on the course. The

missing party consisted of a male adult and an 8-year-old boy. This was at 4:30pm with about 1 1/4 hours of daylight left. They hadn't arrived by 7pm or so. The missing party had no torches, no cold weather gear, and were lost in one of the thickest parts of the Watagans.

Bert went out with the person who had returned, but they had a light with a short attention span (=life). Bert didn't return. Albie went out to find Bert, work out what action was intended, then to come back. Albie didn't return! Albie had two Petzel torches, both of which failed! I wanted to go out and help, but was persuaded that I may be searching when the party was already back at the hash house, or that I may be covering ground already tracked by others. I was also aware that my head-mounted torch was using old batteries, and my rechargeable would last for only around 40 minutes then die in seconds with no warning. On the positive side the area in which they were lost was less than 2.5km by 2.5km bounded by roads and the Great North Walk track, however it did contain bush that I warned rogainers to keep out of even in daylight.

An additional worry for me was that I didn't get full details before the search was started and didn't have a record of the exact constitution of the team. It turned out that one member had withdrawn before the event and had been replaced by another. The mix of males and females didn't equate with the information we had, therefore I wasn't even sure who was out there.

In the event the party was found - safe and without major mishap. The 8-year-old was even in very good spirits, commenting that this was a great adventure.

As a postscript I would like to express my sincere thanks to Ian Carr and Paul Carter who abandoned their course for about 3 hours to join in the search, and to Bert van Netten and Albie Arnott who didn't hesitate to set up a search procedure.



Outcomes

I think the warnings from this are:

- that organisers should prepare the pre-event briefing well beforehand and get a second opinion about its adequacy;
- that organisers should have some idea of what they are going to do in the event of teams unprepared for night navigation becoming lost at night; and
- that teams should not split up even if it means a large negative score is incurred to take a longer, safer route.

I have certainly learned a lot from this and noted the major inadequacies in the pre-event briefing, and a lack of fallback procedures to handle emergencies. I also suggest that the Rogaining Association invest in several walkie-talkies and have these available at events to help coordinate activities.

Thankyou to all the competitors who expressed their appreciation for the event, Bert van Netten for his advice and help in organising and setting, Peter Coventry, Albie and Sharon Arnott for vetting and other help (including providing the tea and damper stop at Heatons Lookout), Bill Pigram and Ross Barr for organisational help on the day, and of course, the tireless catering crew who kept us well fed.

WINNING WARNINGS

Things you really shouldn't do in a Rogaine:

1. Leave all your carefully prepared food behind at home.
2. Lose your compass while talking to the course setter (on the course!).
3. Be spotted looking for your compass without your partner and then be reported for having split up.
4. Discover your headlight is broken just when you need it.
5. Run the City to Surf the day after.

All these mishaps happened to me. If it wasn't for Shane's exceptional abilities the Lake Macquarie Rogaine could have had a different winner.

Michael Burton

[Regardless, Mike still ran the City-to-Surf under 50 minutes. Ed]

BULLETIN: THE EVERLASTING ROGAINE WORLD CHAMPIONSHIPS II

The second World Rogaining Championships will be held near Perth, Western Australia, on the 31st August and 1st of September 1996. Both social and competitive rogainers and orienteers are welcome to attend this world class event, organised by the Western Australian Rogaining Association (WARA) on behalf of the International Rogaining Federation.

The location has now been selected. The event site is Mount Singleton which is approximately 400 km north of Perth. This area is world renowned for its unique native flora which will be in full bloom at the time of the event. Of particular note are the displays of Everlasting flowers that are found throughout the area. It is a semi-arid environment with dry woodland and scrub vegetation. Most areas are very open, but some areas are not. There is no farmland and tracks are scarce.

If you are looking for Mt Singleton in an atlas it is located at approximately 29° 36' South, 117° 24' East, which is 40km south-west of Paynes Find. Mt Singleton is 678m high and has about 350m relief relative to the surrounding plain.

Mt Singleton has never been used for a rogaïne or orienteering event

before, and is now an embargoed area for competitors. The venue is unusual for a WARA event as it will be held in an "outback" area instead of the forests near Perth. There will be no advantage for the locals.

The course will be set by Bryan Hardy who is WARA's most experienced setter, having set the Australian Championships in 1993 and four other state rogaines. The event will be co-ordinated by Richard Matthews who is a former President of WARA and ARA. Richard will also be the principal vetter for the rogaïne. He is a past Australian champion and several time Western Australian champion, and was the main setter of an Australian Championship rogaïne in 1989.

In 1980 Western Australia became the second state to form a rogaining association. The Everlasting Rogaine will be WARA's 50th event. Over the last 16 years WARA has developed considerable skill at organising great rogaines. WARA holds four rogaines a year that normally reach their limit of 400 competitors, and they are renowned for their social atmosphere and quality hash house food. This event will be no exception.

Accommodation at the site will be available as normal bush camping. Ninghan Station, which covers the major part of the course, has a caravan/camping site plus some accommodation in shearing sheds and station houses. WARA will be negotiating with the station owners for the use of these facilities.

For interstate and international visitors that require it, billet accommodation in Perth is being arranged with WARA members. As the site is some distance from Perth, WARA will be organising bus transportation to the event.

The Orienteering Association of Western Australia will be holding a "Winter Classic" event on the weekend prior to WRC II.

Entry for international and interstate teams will be open in November 1995. Entry for WARA members will be open in May 1996. Entries will close on the 1st of August 1996 and there are no qualifications required to enter. There will be a limit of 600 competitors and entries will be accepted on a first-come first-served basis. Preference will be given to interstate and overseas rogainers via the early entry. The cost of the event will be approximately \$25 per team member.

INTERSTATE CHALLENGE November 11-12, 1995

Tony Perrott, Leigh Privett and the Albury/Wodonga Orienteers are organising this event, to be held just north of the border, in "native state forest and farmland to the edge of Lake Hume, steep in parts, abundant bird life and animals." John Keats checked-out the area when he was working at Albury last year and rates the locale most highly.

For many years the ACT people have been filching lovely NSW countryside for their rogaines. Now the Victorians are following suit! Of course the proximity to Melbourne does lead Albury-ites (Alburians?) towards the Victorian rogaines, though Tony, Leigh, Liz *et al* have been regular attendees at NSW events over the last few years.

This will also be an interstate competition where the points of the top two teams for each State, within each category, will be totalled. So we need good representation from all

classes of NSW rogainers. The NSWRA will provide subsidised bus transport to the event.

The Entry Form will be included in the next newsletter, due early-October.

ROGAINE STORY

[from the Internet, May 1995]

I'm returning to the world of orienteering and wanted to meet more people in my town who share my interest... So, when I saw in the sports section that there was going to be a short talk given for anyone interested in learning more about rogaïne, I rsvp'd.

I didn't think twice that it was being held at a local hospital - this one is fairly well known for it's high standard for sports injury diagnosis and treatment - all the local professional sport teams send their players there.

When I got there I noticed that I was the only woman - not so strange, especially for this sport. But no less than two minutes into

the lecture I realised that I was definitely in the wrong lecture. The talk was on ROGAINE - THE DRUG. You know -- the one to help ease the symptom of male patterned baldness! Boy oh boy, no wonder I was getting a lot of stares.

*Margott Weltin (with the thick, long brown hair and red face...)
Los Angeles, CA*

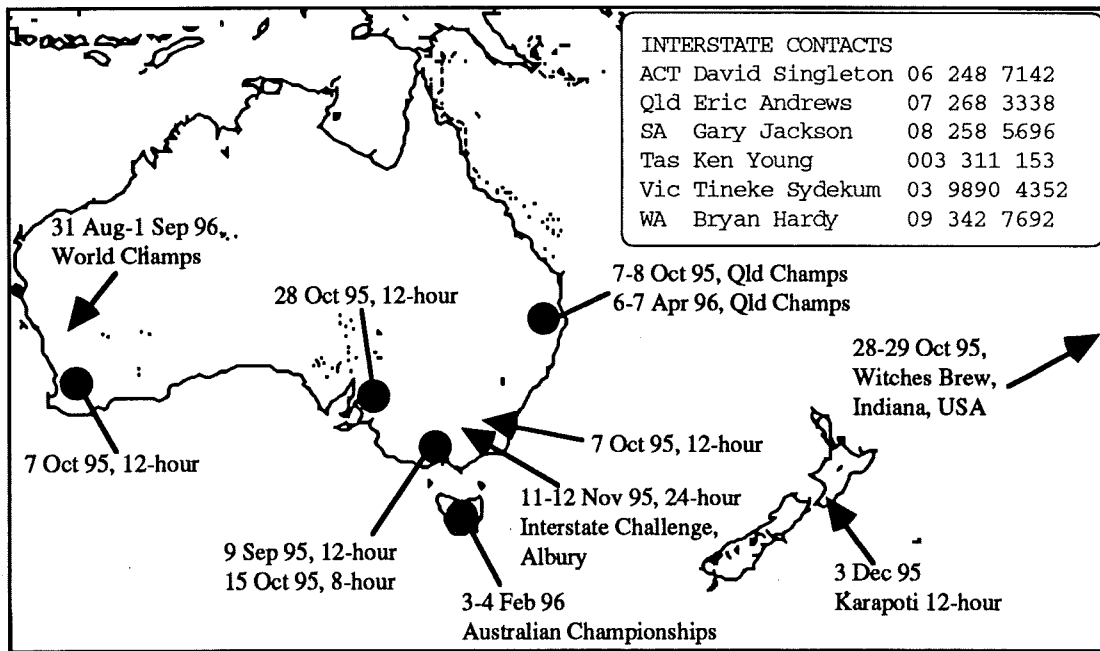
WITCHES BREW ROGAINE '95

October 28-29, 1995

8, 12 and 24-hour events set in Harrison-Crawford State Forest, Corydon, Indiana. Rugged unglaciated karst landscape of southern Indiana features many caves, springs, sink holes. A rugged impressively forested area. High limestone bluffs overlooking the Ohio River line the river banks cut in places with deep rugged ravines.

Jerry Greenlee, PO Box 20688,
Louisville, KY 40250-0688
(502) 456-9332
e-mail: jerryg@iglou.com

BEYOND THE NSW CALENDAR



KARAPOTI ROGAINE (NZ) 3rd December

The Wellington region's sixth rogaire will be the longest yet, and the first to include darkness. Competitors on the elite course (1:50,000 map) will have 12 hours to visit control points in the rugged area between the Akatarawa Valley and Battle Hill (scene of an early battle with Maori Chief Te Rauparaha).

A standard course of 8 hours and a "sprint" course of 4 hours will also be offered. Mountain bikers can choose 8 hours or 4 hours.

The area includes the famous Karapoti Classic MTB circuit off the Akatarawa Valley near Upper Hutt, acknowledged as NZ's toughest mountain bike race. Orienteers with long memories may remember "Hidden

Valley" as the site of the 1983 Wellington Championships.

The rogaire will be held on Sunday 3rd December. Further information from:

e-mail: Michael.Wood@wcs.co.nz
Phone: Jim Maxwell (04) 586 5124
or Michael Wood (04) 566 2645
Hutt Valley Orienteering Club, Box 30398, Lower Hutt, NZ

MEMBERSHIP 1995

The address label for this newsletter indicates your current membership status. If the letter in the top right corner is:-

"F" then you are financial for the current calendar year, thanks a lot.

"N" then you are non-financial for the current calendar year; your fees are due. You can pay your membership at the next event, else send in the following form to keep receiving the newsletter.

"C" then this is a complimentary newsletter.

APPLICATION FOR MEMBERSHIP OF ASSOCIATION

N.S.W. Rogaining Association Incorporated (incorporated under the Associations Incorporation Act, 1984)

I,(full name of applicant)

of (address)

..... (town & postcode)

..... (hm/phone) (wk/phone) (fax/e-mail)

hereby apply to become a member (or renew membership) of the abovenamed incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force.

I also nominate the following persons, of the same address as mine, as members of the abovenamed incorporated association.

1. 2. 3.
4. 5. 6.

Signature of applicant Date

Make cheque of \$10 payable to NSW Rogaining Association and send to:

Membership Secretary NSWRA
Graeme Cooper
Cluny Rd MSF2005, ARMIDALE 2350

“The Gigerline Gamble”

1995 ACT Rogaining Championships

Saturday October 7th

The ACT Rogaining Association invites you to enter the 1995 ACT Rogaining Championships to be run as a 12 hour event. This event is open to all and suitable for all standards of competitors — novices also have the option of a non-championship 6 hour event. Both events will begin at 12 noon.

VENUE: Close to southern Canberra. A scenic open course in typical Canberra region hilly farmland including some tracks on a prominent local ridge.

Maps will be standard 1:25000 topographic maps

TO ENTER: Send

- (i) the completed entry form
- (ii) a cheque payable to *ACT Rogaining Association Inc.*
- (iii) a stamped, self addressed (220x100mm) envelope (for final instructions)

to: *1995 ACTRA Championships*
6 Allport St
Downer, ACT, 2602

Membership: For insurance reasons, ALL participants must be a member of a Rogaining Association. For any non-members, include an event-only, associate membership fee of \$4 and indicate “event only” below.



INQUIRIES: To the event organizer, Gordon Nightingale: 06 291 8097 (home) 06 295 5214 (work)

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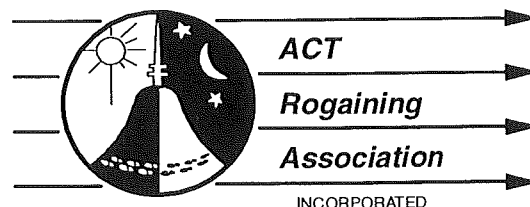
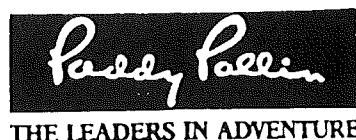
ENTRY FORM - 1995 ACTRA Championships and 6 hour event

Team Members	Phone	Rogain. Ass.	Fees(*)
(Team Leader)			
Address:			
(*) Please enter as (entry fee)+(event-only membership)+(late fee)			Total

Category (tick where appropriate):

- Event: ☐ 12 hour ☐ 6 hour
- Gender: ☐ women ☐ men ☐ mixed
- Age: ☐ open ☐ veteran ☐ jun/fam

NB: stamped, self addressed envelope + cheque



TEAM CATEGORIES:

- between 2 and 5 members
- veteran = all team members aged 40 or more on date of event
- junior = all team members aged 15-18
- family = at least one person over 21 and at least one person under 15.
- classes may be combined

ENTRY FEES:

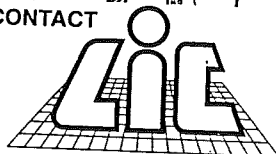
12 hour event - \$18 full, \$14 concession
 6 hour event - \$14 full, \$10 concession
 Concession = student, pensioner, unemployed
 Maximum entry fee for a family is \$40

CLOSING DATE: Friday September 22nd
 Late entries postmarked after then, add \$4 per person.

ENJOY THE CHALLENGE OF YOUR NEXT ROGAINE



CONTACT



LAND INFORMATION CENTRE
DEPARTMENT OF CONSERVATION
AND LAND MANAGEMENT

TELEPHONE 063 328 200
FAX 063 318 095

Products

- *Digital cadastral information for NSW
- *Digitally derived cadastral map products
- *Aerial photography coverage of NSW
- *Topographic maps covering NSW
- *Parish and county maps covering NSW
- *Orthophoto maps
- *Property maps
- *Touring maps
- *Tourist maps
- *Historic map reproductions
- *Geographic names gazetteer
- *NSW display map
- *Special publication including:
*Official Road Directory of NSW

Sydney CBD colour photomap
*Survey information covering NSW

If the name and/or address on the label is incorrect, please fill in this form and return to
Graeme Cooper, Cluny Rd MSF2005, ARMIDALE 2350

NAME: _____
ADDRESS: _____
PHONE / FAX / E-MAIL: _____
OLD ADDRESS: _____

PLEASE DO NOT TEAR THE WRAPPER!

If undeliverable return to:
NSW Rogaining Association
Cluny Road MSF2005
ARMIDALE NSW 2350

NSW Rogaining Newsletter

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