NSW ROGAINING NEWSLETTER

Number 67

October 1997

IN THIS ISSUE

ARTICLES:

Lake Macquarie Reports and Results

ENTRY FORMS:

Socialgaine

15 November 97

Daylight Saving Mini Rogaines October 97 - March 98



Impressions of a First Time Rogainer

A week before the event I received a copy of the team leader's letter and it hit me. I was about to compete in my first Rogaine and a 12 hour one at that. I was to team up with Robert Vincent who I heard was a local 'legend' in the sport. The fact that we had not met before was never a problem. Both our records in endurance events was proven and a natural bond seemed to develop almost immediately as we adopted a committed approach to our task.

Arriving at Wakefield early on Saturday morning, I was yet to finalise my daypack. Early showers were experienced through Friday and Saturday, with the threat of a storm later that afternoon. Clearer skies and sunshine, though, greeted all on arrival at the small clearing used for the Assembly Area, resulting in thermals being placed at the bottom of the pack, while extra water and sunscreen became the priority.

Registration came and it was our first look at the course. Originally we hoped to make our way along the Eastern foothills quickly and clean up everything we could before dark. On the way back we would pick and choose the high pointers in steeper terrain. It would all depend on however were feeling at the time. In the end we decided to do all the steeper sections first and allow a less physical night section. The southern end of the Range was our first goal.

Only a few minutes down the track Rob suddenly veered right and dived through the bush. Following immediately behind I spotted my first checkpoint. How easy it would be to miss a small triangular box hanging off the side of a tree out here. As the hours rolled by, I learnt to appreciate the sight of each control, carefully punching the card and comparing the number of 'punched' to 'vacant' squares remaining.

Our intended course meant following The Great North Walk to the top of the Sugarloaf Range, collecting a number of checkpoints on the way. Reaching the top revealed a great view but there was no time to enjoy it. Rob had disappeared headlong down a valley in search of checkpoint 60 and I was in pursuit. We hit the watercourse right at control 60 and I realised as the day went on that this was no fluke ... Rob knew what he was doing.

Our course took us along the Range taking in Mt. Vincent and Summit Point, where the chance to refill the water bottles and take in the view was much needed. Heading for control 42 the storm predicted was gathering force to the south. I was glad to be getting off the mountain.

We located all controls along the northwest to northeastern perimeters and began the ascent to Mt. Sugarloaf. Earlier, we had been surprised to see Robbie Preston and Andrew Hill at the furthest boarder of the course, having set out in an anticlockwise direction. They must have been travelling really well (they came second overall only 10 points behind!) Having found controls 44 and 37, we rested at Mt. Sugarloaf carpark while taking in our last reliable water supply. It was 6pm now and getting dark. I could not help thinking the '6 hour' competitors would be sitting at the Hash House with their feet up. By this stage it sounded pretty

The run down Sugarloaf was okay. Rob kept locating checkpoints and I kept an eye on those blank spaces on the control card. We made our way southeast to control 39, then proceeded back up the Range to locate 65 through to 31 and 30.

Things were still going well, but I was tiring and feeling the pain.

Only a handful of controls left, but we still had some climbing to do. Checkpoint 62 was found, however our search for control 50 saw us slightly off course and scaling an escarpment with not much more than an hour to finish. We ended above 32 and followed the now worn trail to control 50. Our last chance for points came at control 10, when after becoming disorientated in dense lantana, we stumbled upon the checkpoint, punched the card and headed for home.

The sight of the Hash House was the greatest relief and it was not long before stories were being told of fortunes good and bad. In the end, we had missed only two controls (10 and 20 points respectively), covered 56 kilometres and climbed 2270 metres. To have won the Rogaine on a first attempt was great and something I will always remember. However, to have been shown the skills of Rogaining and experience the enthusiasm of the teams and organisers who take part, was equally rewarding. Thanks must go to Bert Van Netten and Bill Pigram for putting together such a challenging course and to the many volunteers and the Event Sponsors who support Rogaining.

Event Highlights: clinging to a rock face in the middle of the night and asking myself "what am I doing here?", the scenery and teaming up with Rob.

Event Lowlights: waking early on Sunday morning cramped and sore from sleeping in the back of the car.

David Turner

WHAT'S ON IN 1997 / 1998



DATE	EVENT	CO-ORDINATOR	COURSETTER	ADMIN	HASH HOUSE		
15 November	Socialgaine 6hr Newcastle	Arthur Kingsland (049) 555 701	Arthur Kingsland	Geoff & Margaret Peel	Hmmm.		
8 March 98	Metrogaine 6hr Sydney Metro	Sue Clarke	John Le Carpenter				
4 April 98	Autumn 12/24hr		Mike Hotchkis, George Collins				
14 June 98	Paddy Pallin 6hr Southern Highlands	Stephen Castle	John Barnes	Julian Ledger	1st Waitara Scouts		
8/9 Aug 98	NSW Champs N of Maitland	Alan Mansfield	Nihal Danis, Richard Sage	Anne Frances, Russell Swanson	Vicki Cooper		
5 Sept 98	Lake Macquarie	Bert Van Netten					
8 Nov 98	Upside-Down	Ross Barr					

This is the last newsletter before the Socialgaine.

Entries close 31 October. Put your entry form in NOW!



Socialgaine 15 November

You thought the bi-centennial was over!! Well, New South Wales' poor cousin, Newcastle, was not long after Sydney in its establishment. 1997 marks Newcastle's bicentenary celebrations, although there is a substantial body of opinion that with the closure of BHP, with record unemployment, with the ascendancy of the Hunter Area Health Service and the University of Newcastle as the major employers of the region that all is lost. The Bob Carrs don't care for that safe labor seat up north...

One lecturer at the University of Newcastle has decided that to salve his conscience for the great benefits enjoyed as a sprint specialist in Rogaining circles he should organise yet another event. Originally Arthur put in a bid for the Metrogaine but was pipped at the post by Ian Cameron and Sue Kurrle. (Mind you, Arthur was in the winning team in the first two Metrogaines, only to be pipped by no less than Ian Cameron and Sue Kurrle in the third!)

The Socialgaine in 1997 will be an event similar to this year's Metrogaine - a combination of bush with markers and punches, and complex street work visiting many historical features as control sites. There will be some (non-fight) cross country legs allowing utilisation of navigation skills.



Mini Rogaines Oct 97 - Mar 98

The hugely popular daylight saving series of score events is set for further expansion this summer with a total of 18 events planned. The programme begins on the last Wednesday in October at Allambie Heights and continues with only a short Christmas / New Year break until mid March.

Many of our favourite venues are back for more action with two new maps to look forward to. Big Foot's 'St Ignatius College' revives an old area and should be a very popular addition to the programme and Garingals new 'Field of Mars' in North Ryde, an expansion of the popular Boronia Park map, adds areas to the North and West (including Macquarie Hospital grounds). This should also be a ripper.

We have retained our pre Christmas run at 'Clifton Gardens' and WHO are adding an outing on the 'Graveyard' map at Castle Hill in March. Other changes this season include 'Westleigh' and 'Whale Rock' giving way to 'Pennant Hills Park' and 'South Turramurra' - the latter being the first 'O' event of 1998 with Uncle Ron at the controls. On the remap front, Bennelong are extending the very popular 'Wollstonecraft' map further west and the perennial 'Balls Head' is being redone on Ocad by Garingal. The two beach events also return by popular request.

All in all it promises to be a great programme.

As with last years series there will be a progressive point score competition - now in six categories - open women and men (to 39 years), veteran women and men (from 40 to 54 years) and the super veterans (55+ years). Graeme Hill is once again manning the calculator and spread sheet with prizes and cloth badges for the winners and placegetters, all part of the fun. Again this year, the best eight results will count over the series of 18 events.

Competition rules have been reviewed and sent to all organisers so that a consistent series can be enjoyed.

For any more details about the series call Ross Bar 02-9489-4154(h).

Come along to the last NSW Rogaining Event for the year

THE 1997 SOCIALGAINE 6 HOUR

The hash house is only 400m from the train station, and about the same distance to the beach!

Check out many Historical street control sites. Get lost in the urban bushland of Newcastle.

Enter Today!

Family First Time Rogaining

Everyone would have their own story of introduction to Rogaining. For me, I pointed to the T-shirt of an unnamed friend / work colleague / editor of this Newsletter and asked "What's that?"

From his brief description, it sounded like an activity I could enjoy with my 11 year old son, who gained an interest in bushwalking during the short time he spent in the Cub Scouts. The other two family members (wife and 10 year old son) did not show much interest when I first raised the subject at home. On reading a few articles in one of the Newsletters, and hearing a bit more about it, I decided it would be worth trying in the 6 hour option, and the Lake Macquarie Rogaine on the 20 September was the first suitable date. As the condition of our 20+ year old hiking tent was unknown, we did not wish to stay overnight which fitted in with the 6 hour event.

My own personal experience with bush navigation was divided in some proportion between the two classes: "inadequate" and "rusty". Consequently, I was a little reluctant to enter just as "father and son" without another adult. When I explained the safety reasoning at home, we decided that we would all enter as a family.

We scrounged up four backpacks from the garage which ranged from a 75 litre L-Frame unit to a small nylon pack barely big enough for raincoat, water bottle and jumper. Three of the four were 20 to 25 years old. However, participation of all the team members is more important than looks, and the big pack was useful for some extra water, lunches, toilet paper and first aid kit (although half the size would have been better).

When we arrived at the Rogaine, we picked up our map and course setters notes and pencilled out a proposed route. It was a bit of a guess as to how far we could get, so we allowed time to pick up a couple of checkpoints near the end (if time allowed) and also time to bypass a few if we were running late. Our aim was to try out the sport (and ourselves) rather than to "compete" on the first one. This probably put us about a grade or so below the "cappuccino rogainer". We asked about the beginners briefing (which was to be before the main briefing),

and for this one of the organisers took us aside to look over our proposed route. He advised that our proposed route was down too steep a side of the hill, suggested an alternative, and also suggested that we leave a couple of our early checkpoints until the end of the route. We altered our plan to follow his suggestions.

When the starting whistle went, we picked up our control card from the clothesline and followed the mob to our first checkpoint, no 10 on a watercourse near a dam. We then headed cross country to pick up a firetrail with the intention of following underground pipeline markers (near the freeway). After walking some way along the firetrail and thinking we had gone too far south and missed the turn-off point, we saw people streaming off the trail down the side of the hill. Figuring that there was a checkpoint there, we followed them. This was no 40, the third on our plan and not the one we had been looking for. We decided it was not worth going back for the 10 pointer and pressed on for no 60. By this time we the "crowd" had thinned out to only a few teams and we felt that we should start to rely on our own skills to find the checkpoint. No 60 required following a branch off the firetrail and then leaving this at the appropriate point and heading down a gully (about 90 vertical metres). It was one of those slops that gets steeper as you go down, so we decided we would follow the example of others and leave our backpacks (most people left them at the top, [Ed: AHHH!] but we were now halfway down) taking note of features (and putting the bright red pack in a prominent position). We continued down until we found the checkpoint.

We spotted the red backpack on the way back up (it was easier than recognising the features) and continued back to the main fire trail. We stopped for lunch and a rest then continued on. As our next planned point was no 63 (about 60 vertical metres down a track and then 100 vertical metres down a gully) we decided to skip this (remembering the climb back from 60) and move on to the easier ones instead.

We pressed on along the firetrail (coaxing some of the team along on the uphill bits), bypassed the turn off to no 32 (more people leaving the track) and headed out for no 33, stopping at the Tea and Damper stop on the way back. We made our way back to 32 (which was also the recommended way down from the ridge), then

went carefully down towards No 50 which was almost a scramble in parts (we were glad it was still daylight). We kept to the top of the spur out past the checkpoint until we intersected the track. Having found both 32 and 50 by ourselves and were starting to feel more confident.

We followed the track to the sharp bend marked on the map, then took a bearing off for checkpoint 20. As it looked pretty scrubby we picked out some distinguishable trees along the bearing and headed for them. We noted another target from the trees and continued along the bearing. This was necessary as by now we were zigzagging around lantana clumps. Eventually one of the team noticed that the land was rising so we headed upwards and found checkpoint 20. From 20 we took another bearing to meet up with the road that would lead us to No 11 (near the dam).

By this time the team were fairly tired, so, even though it was only 4:30pm, we decided to call it a day and headed back to Administration. We were the first ones in and scored 250 points from our 8 checkpoints and all team members are planning to front up to the next one.

David Fallon

Where's your daypack?!

Let me just get onto my soap box.

A team must remain together at all times while on the course

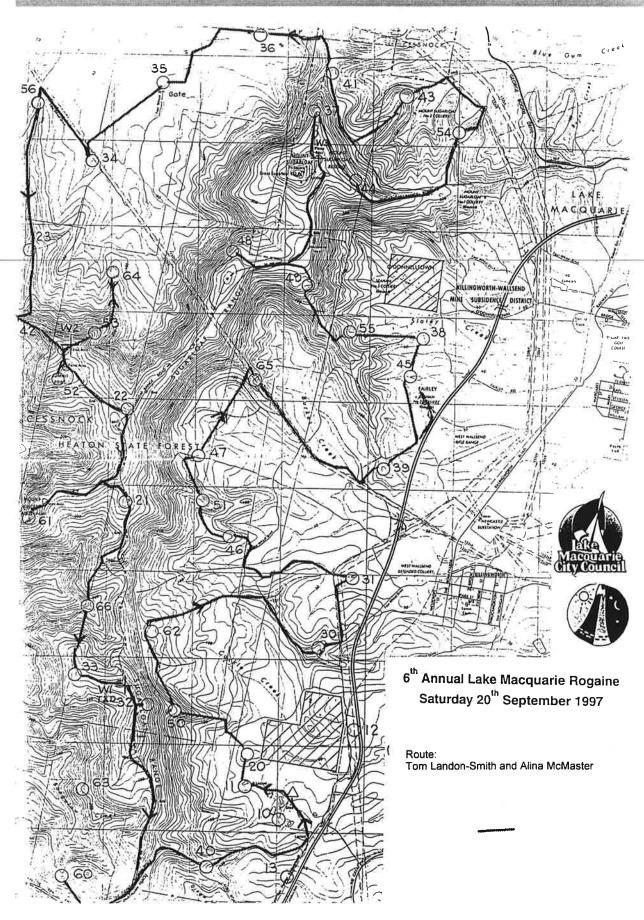
Let me translate via re-telling an event from the first Upside-Down Rogaine:

A team member left his fellow team members back at the track along with his daypack. "I'll Just nip into the control", he says.

A few hours later a search party finds him.

He had become disoriented at the control and since his compass and map were with his daypack, he had know way of knowing that he was walking parallel to the track!

Don't become the topic of a Newsletter Article - Stay together and always carry your pack!



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Mail!

Hirsutically [Ed: Go on look it up] challenged Rogainer's should note that Roagaine (NSW Rogaining Newsletter #66) is marketed as Regaine and Ralogaine in Australia. I cannot personally attest to its effectiveness although some may consider that I should have tried it. Studies show that it is of limited effectiveness and needs to be used constantly which is for years on end. Buying a hat is cheaper and more effective.

Ian Cameron

Send your mail to:

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email: stephen@csdc.toshiba.com.au

We are on the Web!

http://rogaine.asn.au then follow the NSW link

MAKE SURE YOU STAY ON THE RIGHT **TRACK**

Services

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.

Graphics: Design, planning, layout and machines: Design, planning, layout and proofing, electronic publishing (MacIntosh and IBM), image scanning, camera contacts, dyelines, printing, bookbinding, planmounting and framing services are all provided for in-house and contract work.

Scanning and Digitising: collection of digital information from source data. Production of working copies from original documents. Data conversion and reformatting.

Aerial Photography: State-wide Photographic coverage, photomosaics and special purpose aerial photography and digital imagery.

Thematic Mapping: Thematic maps for any purpose using the Centre's base mapping or Client-supplied base.

Image Processing: Digital Image processing analysis, Landsat sales.

Information Systems: Advisory services in information management and systems development



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	Please send me
	FFICE Catalogue of HillW Higgs
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- Special use maps including: NSW base maps Aboriginal map of NSW 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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World Rogaining Championships - 4 Aug 1998, Canada

Planning is well under way for the Third World Rogaining Championships at Douglas Lake Ranch in the heart of the high country in British Columbia, Canada. The map, as you can see from the sample, will be first class, with almost enough detail to orienteer on. Look forward to running a great course in a Super Natural setting.

Check out Douglas Lake's Web site. (http://www.douglaslake.com) They will be catering the food and their reputation for exceptional country dining will be ours to enjoy. Take time to view the site, and let them know you're planning to take them up on some of their great western hospitality. As you'll see, they're more than just the largest cattle ranch in Canada!

Our base of operations and Hash House, will provide all the basic needs during the event. As August is one of our warmest months, we will ensure that there is plenty of crystal clear "Canadian Springs" bottled water, both on and off the course. Portable toilets and washing facilities will also be provided. Tent and RV camping sites will

be available for the rogaine.

To help make your trip to "The Ranch" more interesting, pick up "Cattle Ranch", by Nina G. Woolliams or Carroll Campbell's, "Three Bar" the story of Douglas Lake.

Additional pictures of the Kamloops area are

included at this time until we get some good field shots from Murray and Bernie. Most of the photos were taken during the field setting for the 6hr Dufferin Rogaine. (See WRC3 Photos)

Online registration should be available around the end of October. This should allow those who have made the decision to join us next year lots of time to register by

January 31,1998, for the early entry fees. Additional information is available in the Sage Stomp 98 one page brochure. (See WRC3 Brochure) We would like to forward hard copies to anyone interested in helping us distribute

(Continued on page 7)



EAM	TEAM MEMBERS	SCORE	TIIME	OPEN	-	ODEN	_	+	METERAL		_	FARRING	_	
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33	Peter Charlton & Dennis Mayo	1050	11:52	12	11	55		1						-
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54	Peter Armitstead, Andrew Armitstead													
	Sonya Bailey, Kirsty Breckenridge &													
58	Andrew Watson Phillip Allen & John Guilly	560 550	9:46 11:55	40	- 00	-	10	<u> </u>	_		_			_
18	Rosemary Austen, Peter Garlick &	550	11:55	41	29	+		6	-		-			_
	Steve Garlick	500	10:38	42			11				_	-	1	_
13	Lyn Berg, Tony Berg & Jon Marsden		8:29	43			12							
40	Debbie Buck, Manuela Crank &													
10	Judy Greenwood	490	11:55	44		3								
12 65	David Bonjer & Wal Mills Simon Geach & Karl Winkler	480	9:11	45	30	-		-	-		-			_
19	Stephen Castle, Anthony Dunk,	430	4:36	46	31			+	_		_	-		-
	Robert Loader & Rhonda Monahan	420	8:50	47			13	 			1			_
55	Eda Egger, Kirsty Holmes, Daryl Kay	&											-	
	Karen Maher	380	6:20	48			14							
49	Cynthia Coleman & Tony Melville	370	7:04	49		1	15							
31	Steve Knight & Benjamin Knight Andrew Duff, Sonia Kupina &	350	8:22	50	32			-	-		3			_
32	Alan Mansfield	320	6:17	51	_	-	16		_	_	_	_		-
38	Amanda Lloyd & Steve Lloyd	300	6:23	52		1	17						2	
50	Charles Allan & Lisa Allan	300	10:59	53			18						-	
47	Kathleen Cavill & Maureen Cavill	240	8:58	54		4						1		
48	Michael Vettoretti & Patricia Vettorett		8:58	55			19						3	
29	Steve Burns, Russell Call & Jeff Well Julian Radom & Suzanne Schamschi		5:10	56	33	-	- 00	-	_		-	1		-
57	Ben Livissianis, Chris Reidy & Janet		6:04	57 58	-	_	20	1	_		-	-		-
7	Jenniler Borrell & John Keats	Late	12:48	(59)	-		-21	t —		(3)				
66	Kinsey Cotton, Stephen Deveney &	2510		(20)			(22)			19/				
	Kevin Sibbernsen	Late	2:20	(60)	(34)									(1)
_						-		-	-		_	-		
	Number in each Category			60	24	3	16	6	0	3	2	1	- 7	
_				- 00	29	- 3	10	-	- 0	3	3	1	3	1

(Continued from page 6)

them to interested individuals! Contact SS98 through the following home page. Check out the OABC home page for progressive updates!

(http://ss98.oabc.bc.ca)

Other sites to visit:
Tourism British Columbia:
http://www.tbc.gov.bc.ca
Tourism Kamloops:
http://www.city.kamloops.bc.ca

Fee Schedule

Early entry (by January 31,1998): \$60/person Regular entry (by July 17, 1998): \$70/person Late entry (after July 17, 1998): \$80/person Entries will be accepted till August 2, 1998.

Murray Foubister, Course setter, WRC 3

Lost Property

A hat and raincoat were left at the Lake Macquarie event. They will be available for collection at the Socialgaine. Contact Bert Van Netten at home on (049) 753-693

Next Newsletter

Deadline for Articles: 8 December 1997

Articles and Photos needed for this issue include:

- Bushwalkers Rogaine participants reports
- Socialgaine participants reports

All contributions are most welcome

If you thought it was interesting - then its highly likely others will too! Send it in to us.

Format: It is preferred that copy be submitted on 3½" PC formatted floppy disks or sent via email as text or attachments. Microsoft Word 6.0/95 format is preferred, then RTF (Rich Text Format), Word Perfect and plain text. Too high tech for you? We also accept typewritten or handwrit-

ten material submitted via mail or fax.

Photos: We accept the original photo or its negative. We also accept scanned images, but only if they are scanned at a high resolution. Please indicate if you want the photo returned.

Send To:

Stephen Castle 121 / 362 Mitchell Rd, Alexandria NSW 2015

Ph: (02) 9557-7101 (h) Fax: (02) 9557-7102 (h)

Email: stephen@csdc.toshiba.com.au

If the second of the laber is incorrect, please this in this form and return to Graeme Cooper, Cluny Rd MSF2005, ARMIDALE 2350							
NAME:							
ADDRESS:	<u> </u>						
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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