

NSW ROGAINING NEWSLETTER

Number 79

May 2000

PRESIDENTS SAYINGS

Congratulations to those of you elected on to the Committee for the year 2000. As the details are included in the Pres Report for last year, I won't reiterate them here, except to thank retiring Committee member Simon George for all his efforts over the time he has served and to welcome Andy Mein to the ranks. I hope to (re)introduce the members to you all next time.

Whilst Andy is the only new blood on the Committee so far this year, if there is anyone else out there who would like to contribute to the running of our sport we would be delighted to hear from you and welcome you onto the Committee. As someone famous once said "If you think you are too small to be effective you have never been in bed with a mosquito." Or maybe a leech would be more appropriate in this case.

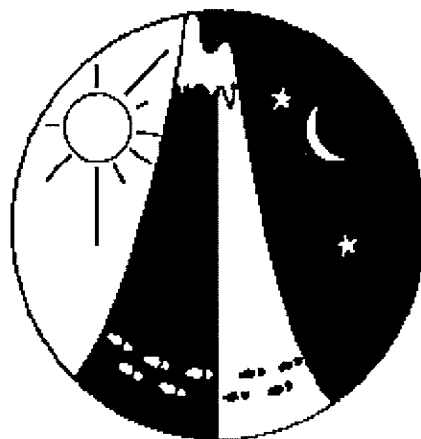
Our most recent event was the NSW Championships up the Putty Road, which featured a tough course set by Andy Mein and his friends. They put a lot of work into that event, including the production of a considerable

amount of signage that future course-setters will benefit from. Maybe the course was a bit hard going in parts (OK, most parts, I was there too) with a lot of cliffs hidden by the 20m contours, but it produced some challenging navigation too. And the food at the Hash House certainly made all the hard work worth while.

Our next event is the Paddy Pallin 6 hours, at Capertee, the scene of the magnificent Gardens of Stone event a few years ago. Further from Sydney than most Paddy Pallins, but having been at the G of S I am sure it will be well worth the travel time. The entry form is enclosed with this newsletter, so no excuses. Fill it in today!

Following that is the Australian Championships in the Hunter Valley, courtesy of veteran course-setter Graeme Cooper. The entry form enclosed with this newsletter is certainly enticing, and I am assured that the bush is pretty easy going on most of the course. Hopefully this will make up for the rather steep

(Continued on page 7)



CONTENTS

What's On In 2000 Calendar	2
WANTED – Equipment Officer	8
Membership Form	12

From the President

Presidents Sayings	7
NSWRA Presidential Report	17

Mail Bag

12 in 24 hour Yuk	3
42 Peaks in 24 hrs	3
Women Winning	16

Metrogaine

Review	4
Results	5

NSW Championship

6 Brothers Revenge	7
6 Brothers Review	8
Map	9
Results (24hr)	10
Results (12 in 24hr)	11

4th World Championship

Review	14
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Australian Champs

Course Setters Preview	13
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Entry Forms:

Paddy Pallin
Australian Championship
Search and Rescue

37th Paddy Pallin GARDENS OF STONE – CAPERTEE Sunday 18th June 2000

PADDY PALLIN 6 HOUR OVER THE YEARS - WERE YOU THERE?

- 1988 Wingello, Southern Highlands
- 1989 Tianjara, South Coast
- 1990 Euroka Clearing, Glenbrook NP, Lower Blue Mountains
- 1991 Mangrove Mountain
- 1992 Cararact Scout Park
- 1993 Hellcat Mountain, Jenolan
- 1994 Burralow Creek, Lower Blue Mountains
- 1995 Patonga Beach, Brisbane Waters NP
- 1996 Bargo, Southern Highlands
- 1997 Fortress Ridge, Blue Mountains
- 1998 Coolendel, Shoalhaven River
- 1999 Capertee, Gardens of Stone NP – BE THERE!!

WHAT'S ON IN 2000

Event/Coordinator	Course Setters (4) Vettors (2)	Administration	Hash House
EVENT CALENDAR – NSW & ACT			
5th March 2000 Metrogaine – 6hrs Homebush	Ian Cameron (02 9482 2454) Sue Kurrle	Simon George (02 9487 4287)	
18-19 March 2000 ACT 24hr Championships	Dick Walker (02 6454 3118)		
15-16 April NSW Championships Colo	Andrew Pope(Course Setter) Andy Mein(Co-ordinator) (02 9980 8670) Alan Mansfield (Vettor)	Belinda Pope Jenny Wood	Stephanie Seaton Stuart Roberttson
30th April 6hr ACT Paddy Palin	Geoff Mercer (02 6295 6019)		
18th June 6 hr Paddy Pallin Capertee	Ian Brown (02 4787 1420) Tony Garbellini Geoff Luscombe	Stephen Castle Rhonda Monahan	
1-2nd July 29hr Serach & Rescue Nav Shield 2000	John Tonitto (02 9789 2527 work)		
15-16th July 24hr Australian Championships Upper Hunter	Graeme Cooper (02 6772 3584) Peter Waterson	Richard Sage Alan Mansfield Julian Ledger	
10th September ACT Cyclegaine	Geoff Mercer (02 6295 6019)		
7th October Lake Macquarie	Robert Vincent (02 4956 7018)		
11 November 6/12hr event – ACT	Geoff Mercer (02 6295 6019)		
25-26th November 6/12hr Socialgaine	Daniel Marlay (02 9969 9167)		

Join in the fun of working behind the scenes

HELP always needed, contact:

Vicki Cooper

Phone: (02) 6772-3584 (h)

Cluny Rd, Armidale NSW 2350

No experience is necessary - detailed instructions are supplied.

LETTER TO THE EDITORS & OTHER ADVENTURES!!

12 in 24 Yuk!!

I simply love rogaining. I especially love the 6 and 12 hour events but I don't like the 12 in 24 hour events. In a normal 12 hour event you get the chance to go home after 12 hours and spend the rest of Sunday recovering, washing for Monday, catching up with friends or watching the idiot box. After a 24 hour event I am lucky if, at work on Monday, I can pronounce my own name, know where I am, or stand up. (My first event was the 24 hour at Bethungra a few years ago where we got lost at 2.00am and spent a cold and miserable night sleeping on some god forsaken rock until daylight came and we could work out where we were). I now fancy myself as a reasonably good rogainer and with my wife, Dianne, we have recorded a few

top 10 finishes in the 6 and 12 hour events. (Poor Di, I make her come along because it is easier to do well as a mixed team rather than as a men's team.)

In order to be competitive in a 12 in 24 event I find that I really need to rogain mostly in the daylight hours which means I will still be going

- No chance to catch up with friends
- An uncomfortable night spent in a tent
- Slurring, yawning and crippled on Monday

In fact the 12 in 24 format is enough to drive me back into the 24 hour events. So if you happen to trip over

Di and me cold, lost and hungry in the wee hours of a Sunday morning during 24 hour event you will know why.

Chris Stevenson

Di's Last Word

I really do enjoy rogaining and at least I know Chris needs me. I've been into and, more importantly, out of some amazing places especially for

someone who can't use a compass or map.

2001 events up for grabs!

Why not get a few friends together and organise a rogain -- you'll find its great fun! The Association will provide you with all the support you need.

Perhaps you have a favourite spot which you think would be ideal for a rogain. Why not let us know about it.

How to really stretch your navigation skills: find checkpoints which aren't there! Course setters have to do this the first time they go out. It's a great challenge and everyone who's ever helped set a rogain course knows they have ended up a much better navigator for the experience. If course setting sounds a daunting prospect, remember that every checkpoint will be set, checked and vetted independently: you will be part of a team. The Association will make sure you have the necessary experienced back-up.

We have several volunteers already for next year: please let me know soon if you'd like to get involved. Book early for 2001!

*Mike Hotchkis - Events Manager
Tel 4294 1363*

close to midday Sunday. This has the following consequences:

- Smelly clothes for Monday

42 PEAKS – ATTEMPT PLANNED FOR 2002 BEFORE WORLD CHAMPS – Julian Ledger

After the fourth World Rogaining Championships recently held in New Zealand there is a break of over two years until the fifth – to be held in the Czech Republic in July or August 2002. Last year I had the opportunity to check (sorry) out the lie of the land and meet the organisers of the planned event in the fantastic baroque city of Prague. Possible maps were produced over large beers and whilst the rogaining will be very different from Oz with much cultivated land it promises to be in beautiful countryside, culturally interesting and no doubt with plenty of European competition. The Czech Republic is well known for running great Orienteering events.

Prior to the event I have plans to have a go at a long held objective in

the English Lake District. This is a walk/run known as the 42 Peaks comprising that number of Lake District fells which teams aim to traverse within the space of 24 hours. The start and finish is in the town of Keswick and the route takes in 42 peaks and some of the most beautiful scenery to be found anywhere in the world. Whilst the valleys are wooded the hills above about 400 metres are open and have only bracken and grass. The peaks are 1000 metres max but are craggy and challenging and there are a lot of them in a series of ridges. Lake views are everywhere.

Route finding is a challenge and I envisage a couple of weeks of walks to learn the lie of the land. Successful attempts usually have pacers to help with navigation and support

and so the more the merrier for the attempt. Night navigation would use all rogaining skills although at this time of year one benefit is that there is only about 7 hours of darkness. I don't have high expectations of success personally but just want a good excuse to spend time in the area.

The route is also known as the Bob Graham Round after the man who first completed it back in 1932 at the age of – you guessed it – 42. His record stood for 28 years but by 1972 nine people had done it and by 1987 500 people and checking a website recently the total has now reached 1000. Anyone interested catch me at a Rogaine or contact me on 9416 6423 or julianl@yhansw.org.au

METROGAINE REVIEW

As we both enjoy Orienteering, Felicity and I thought we'd give Rogaining a go - the Pre Olympic Metrogaine being the perfect opportunity to start.

At first the thought of a six hour course was a bit daunting, but as it turned out we quite enjoyed ourselves.

We set out with another team (friends from orienteering) and made our way around the olympic site. After passing quite a few other teams and some inquisitive tourists we left the Homebush site at the Southern end and headed south east along Underwood Road. We visited most of the controls around the Strathfield and Concord area and apart from disrupting somebody's golf game and finding we had to jump a 2 meter high fence, everything went well.

As time was quickly running out we decided against the Silverwater Bridge and chose to take the ferry across to Putney. Alas we found we had barely enough time to

make the punt on the southern side, so the four of us, with maps in hand and packs on backs, were forced to sprint all the way up the road to make it with two or three minutes to spare! Having been out for over two hours, we were all feeling quite tired and well in need of a rest - the ferry ride provided an opportunity to do so.

Once off the ferry, we pushed on, our egos taking a battering when we caught sight of two middle aged men contently jogging along. They would pass us on the way to a control and before we were anywhere near the site, they would jog straight back past us. Taking a lesson from these men, we decided the next rogaïne we go on we'll ditch the backpacks and switch to using a bumbag, which looked a lot easier to run with.

We strolled across Ryde Bridge, then made our way through the back streets of Concord West. Having realised we were running short on time, we picked up the pace and ran under the railway bridge and entered

Bicentennial Park. With only two more controls to visit, our spirits rose and we made it back to the finish with two minutes to spare.

Tired out and happy that we had finally finished, we were definitely grateful for the meal that was provided.

Overall, it was an excellent event and very well planned - thanks to the organisers for putting on such a fun event that was enjoyed by many.

Alice Prudhoe

(Central Coast Orienteers)

PRIZES PRIZES PRIZES!!

The 37th Paddy Pallin Six Hour on Sunday 18 June will be another ripper. Located on spectacular terrain near Capertee on the western edge of the Blue Mountains, the Hash House can be reached in two and a half to three hours from Sydney. Participants can arrive the day before and camp in the large grassy clearing in a great setting or travel up early on the day. Please bring your own water supplies. A sausage sizzle will be provided at the end of the event and a meal on Saturday evening is also available for campers (see entry form).

As usual, the course will cater for all comers from beginners and families to the sleekest competitors, with a variety of terrain to suit all tastes. Magnificent views, beautiful creek-lines, colourful cliffs and dramatic rock formations are features of the course, but no technical skills are required. Well tracked areas with easy navigation are mixed with

mostly open bushland, some challenging ridge and gully navigation and a variable range of elevation depending on your mood!

Being the middle of winter, the higher parts of the course could be quite cold and windy, so participants should be prepared for a range of weather conditions. Come along for a great weekend in a great part of the world!

Oh, did we mention the random prize draw at the end of the event? This years prizes come from Ultimate and Gore Wind Stopper, via our friends at Paddy Pallin.

Paddy Pallin
Sunday 18th June

RESULTS

Team	2000 Metrogaine 6 hour, 5/3/2000	Score	Time	O	M	W	X	V	MV	WV	XV	J	F	SV
23	Sue Clarke, Mark Shingler	1720	2.55	1			1							
62	Arthur Kingsland, Robert Vincent	1690	3.00	2	1			1	1					
30	Peter Gordon, Andrew McLeod	1640	3.01	3	2									
3	Anne Newman, Graeme Hill, Doug Lam	1630	2.52	4			2	2			1			
13	Ross Barr, Ron Junghans	1310	2.58	5	3			3	2					
61	Ian Dempsey, Geoff Peel, Margaret Peel	1280	2.49	6			3							
55	John Herb, John Linich	1210	2.50	7	4			4	3					
7	Marilyn Ferris, Lesley Taylor	1210	2.52	8		1		5		1				
31	Stuart McWilliam, Eric Smith	1160	2.55	9	5			6	4					
11	Tony Lavis, Kelly Zyla	1130	2.46	10			4							
70	Neil Lefevre, Geoff Smith	1100	2.59	11	6									
34	Damien Murphy, Catherine Murphy	1090	2.50	12			5					1		
67	Carol Osborne, Joanna Parr	1040	2.39	13		2								
65	Felicity Brown, Alice Prudhoe	1040	2.50	14		3						2		
36	Anne Burke, Helen Murphy, Angela Murray	1030	2.51	15		4								
6	Bert, Dianne, Kim and Jamie van Netten	1030	2.52	16			6						1	
15	Karin Hefftner, Larry Weiss	1030	2.56	17			7	7			2			
12	Frank Henrick, Alison Pearson, Roderick Smith	1030	3.01	18			8							
78	Elizabeth Bunn, Thomas Bunn, Kate Morley	1010	2.48	19			9						2	
86	Chris Aiken, Paola Ramirez	960	3.01	20			10							
64	Mel Johnston, Teresa Murphy	950	2.58	21		5								
35	Patrick Murphy, Terry Murphy	930	2.49	22	7			8	5					
75	Michael Hanratty, John Oakley	920	2.58	23	8									
44	Richard Connors, Andrew Palmisano	910	2.54	24	9									
39	Penny Hopley, Kylie Hopley	890	2.49	25		6						3		
82	Daniel Marlay, James Southwell	890	3.07	26	10									
19	Bill Gribble, Leslie Steinhaus	880	2.50	27	11			9	6					
57	Julia Preston, Robert Preston	870	2.36	28			11	10			3			
43	Sonia Kupina, Alan Mansfield	870	2.54	29			12							
72	Mark Heinrich, Rohan Prowse	870	2.55	30	12									
46	David Green, David Palmisano	860	2.48	31	13									
5	Debbie Hotchkis, Mike Hotchkis	860	3.00	32			13	11			4			
48	Maureen Cavill, Denise Green	850	2.57	33		7		12		2				
54	Jennifer Borrell, John Keats	850	2.58	34			14	13			5			1
32	Anna Pesten, Michael Smith	840	2.23	35			15	14			6			
51	Ben Geddes Danis, Nihal Danis, Sema Danis, Richard Sage	840	2.49	36			16						3	
2	Lisa Lampe, Mark Wright	820	2.59	37			17							
45	Adam Wells, Kylie Cooper, Wendy Smith,	810	2.20	38			18							
85	Michelle Foulcher, Lucy Hanratty, Lisa Pozzobow	810	2.47	39		8								
79	Stephen Castle, Rhonda Monahan	800	2.59	40			19							
47	Michael Forsythe, Katy Forsythe	790	2.17	41			20					4		
29	Max Clayton, Jeanette Clayton	790	2.19	42			21							
53	Paula Stuart, Peter Miller, Katrina Roser	790	2.37	43			22	15			7			
56	Rob Smalley, Barbara Townsend	790	2.57	44			23							
80	Fiona Dodds, Peta Young	780	2.31	45		9								
68	Neil Chappell, Thais Turner	780	2.50	46			24							
50	Wal Mills, Bill Pigram	760	2.20	47	14			16	7					

[illegible][illegible]

NSW Champs – Colo

6 BROTHERS REVENGE

Now lets get one thing straight before I start I do enjoy Rogaining and have enjoyed every event I have competed in.

But really this has to stop.

I thought the 1998 NSW champs was pretty tough (Remember that bit of rain we had just prior to the event), Tough enough for me to suggest that I would never Rogaine again. In fact to avoid having to compete in the 1999 champs Nicole and I volunteered to take care of Course vetting and administration of the event (Smart move we thought) Unfortunately Bert decided to set a challenging course with no tracks to aid vetting. Bert may enjoy wandering around in the scratchy bush weekend after weekend without a compass and only a small roll of black sticky tape (Yes black – Vetting is not easy when you are looking for a single turn of black tape round a 1" diameter branch.) But I think most course vettors would agree that after 4 or 5 trips to the area you have just about had enough.

Anyway getting to the point. It appears that this year's crew decided that the previous two champs have just not been quite hard enough or perhaps they just wanted to punish the organisers of last years event. So what did they do?

1. Find the most remote piece of bush possible.

2. Make sure there where no tracks in the area.

3. Make sure there where no cleared sections.

4. Lay out an enormous 8k by 12K course.

5. Set out 46 Controls

(I must congratulate the poor vettors – imagine having to visit them all. At least the course setter did seem to be equipped with a large quantity of reflective tape.)

Fortunately we pre-empted the difficulty and opted for the 12 in 24 hour event. A sensible move as it turned out. We found the course was challenging enough during the daylight hours. More importantly it gave us more time to enjoy the best food ever served at a Rogaine.

Does anybody else feel that this event gets harder every year?

May I appeal to the organisers of the 2001 champs? How about some level areas, cleared areas and areas with reliable tracks for night time navigation.

You may think I'm whingeing a bit,

but what do you expect, I am a pom!

The course.

This was our first 12 in 24 event (and may not be our last). I spent at least 90 minutes examining the map. I found route choice was very difficult which I guess is the sign of a good course. We decided on two loops 73 through the creek to 34 (We just couldn't resist seeing how deep it was!), 72, 42, 82, 90, 60, 100, 74, 31 (640 Points) finishing at 7:15 pm. We then enjoyed a magnificent feast. Bed at 10 for a full 8 hours sleep. Then in the morning 86 no time for 68 then 84, 51, 64, 33 and 87 no time for 45 (380 points) finishing at 11:51.

Congratulations to the organisers, who put together a wonderful event, don't be offended by my comments. And to all of you out there who agree with me. Well you know what to do offer your services to organise an event, I would be lying if I said it was easy but the rewards are high and it is a fantastic insight into what goes on behind the scenes.

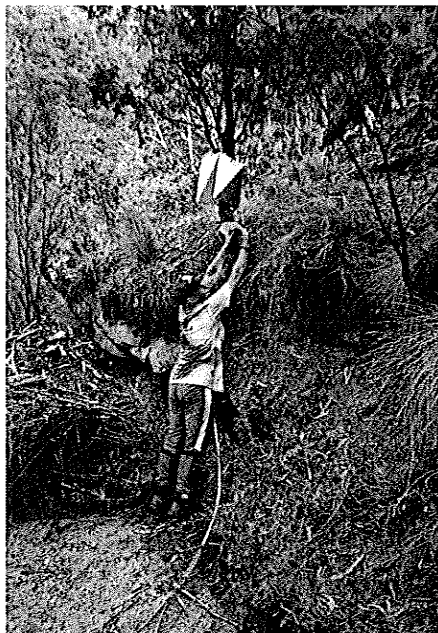
Andrew Haigh.

PRESIDENTS SAYINGS

(Continued from page 1)

hills that we are promised. I took the advice Graeme offers on the website, thought hyperbolic cosines, and am now off for some hill training.

Finally congratulations to all rogainers who ran the Host City Marathon the other week. Among the rogainers I spotted in the results were Mike Hotchkis, Ann Neuman, Mark Shingler, Graeme Hill and Alan Mansfield, although it wouldn't surprise me to find there were many more. (And it probably wouldn't surprise many of you to hear that four out of the five of them have had the (mis)-fortune to drag me round at least one rogaine. You'd better watch out Alan.) I had no interest in doing it until I spoke to Ann on the Sunday afternoon and she told me how much she had enjoyed it. Having since spoken to other successful marathoners only serves to reinforce my view of



'We definitely need lower checkpoints or taller presidents'

ACT Champs

life - in the long run its only the things you don't try that you regret.

On that note I will away and send in my entries for the above events. See you all out there.

Sue Clarke

President NSWRA

6 BROTHERS ROGAINE

Due to family responsibilities I have not competed in a 24 hour rogainie for 7 years and so when Sue suggested we enter as women's team I was little nervous. Had I realized how "out of practice" I had become with a map of that caliber I would have been extremely nervous. The Six Brothers Rogaine was certainly a challenge. This rogainie well and truly reminded me of how frustrating the vegetation can be, how daunting the cliff lines can look, how dehydrated you can get and how soul destroyed you can feel when you have worked so hard (and spent so much time) looking for a marker and can't find it.

Sue was the ideal partner. She was at all times positive, understanding and enthusiastic. Even when we felt we had surely lost all hope of achieving a respectable score Sue remained philosophical. All rogainers should keep in mind Sue's philosophy which is this: "in some rogainies all goes well and you score lots of points and other rogainies to be thought of as an adventure?". The Six Brothers Rogaine for us was an adventure. I guess you never really know how to classify an event until you see how you perform.

We decided to start with the west side of the map. Our first marker was 31 and then on to 73, so far all was well, even pleasant. We next headed to 43 where poor map reading on my part cost us some time. Next markers were 30, 72 and then 34 where we found the Gollan family carrying a large bottle of cola (or was it creek water). Trevor commented on Sue's grubbiness (most insensitive of him!!!) Sue's grubbiness was quite mild at that stage of the event compared to its intensity later on. After 34 we went to 41, 50, 71, 80 then 70 by this time it was well and truly dark and we were disastrously behind our over

ambitious plan of progress. By now it had become painfully obvious to me how much map reading had suffered during my years of not competing. Our next marker was 81. Sue's indoor rock wall climbing proved itself here and my years of experience with Bert paid off. It was while we were making our way up the cliff line on the way to 81 that I decided that rogainers must be very responsible people given the potential for injury, especially during the night (or maybe they're incredibly lucky).

It was our efforts to locate marker 82 that made our rogaining wheels very shaky but we did not allow those wheels to fall off. From 81 we decided to go to the road and come into 82 from the road. What made us do this? Our hope that the ridges would allow faster progress and there might even be a track. How wrong we were. By now those little rogaining gremlins that sneak into your mind during the night even made us doubt our ability to even find the road again! As we trudged down the road light began to appear. About 6am we came across the Sages, the first sign, since nightfall, that there were other humans on this even. Richard told us about their bad experience looking for control 90. This gave us a little hope. Maybe we weren't the only ones doing it tough! We filled our

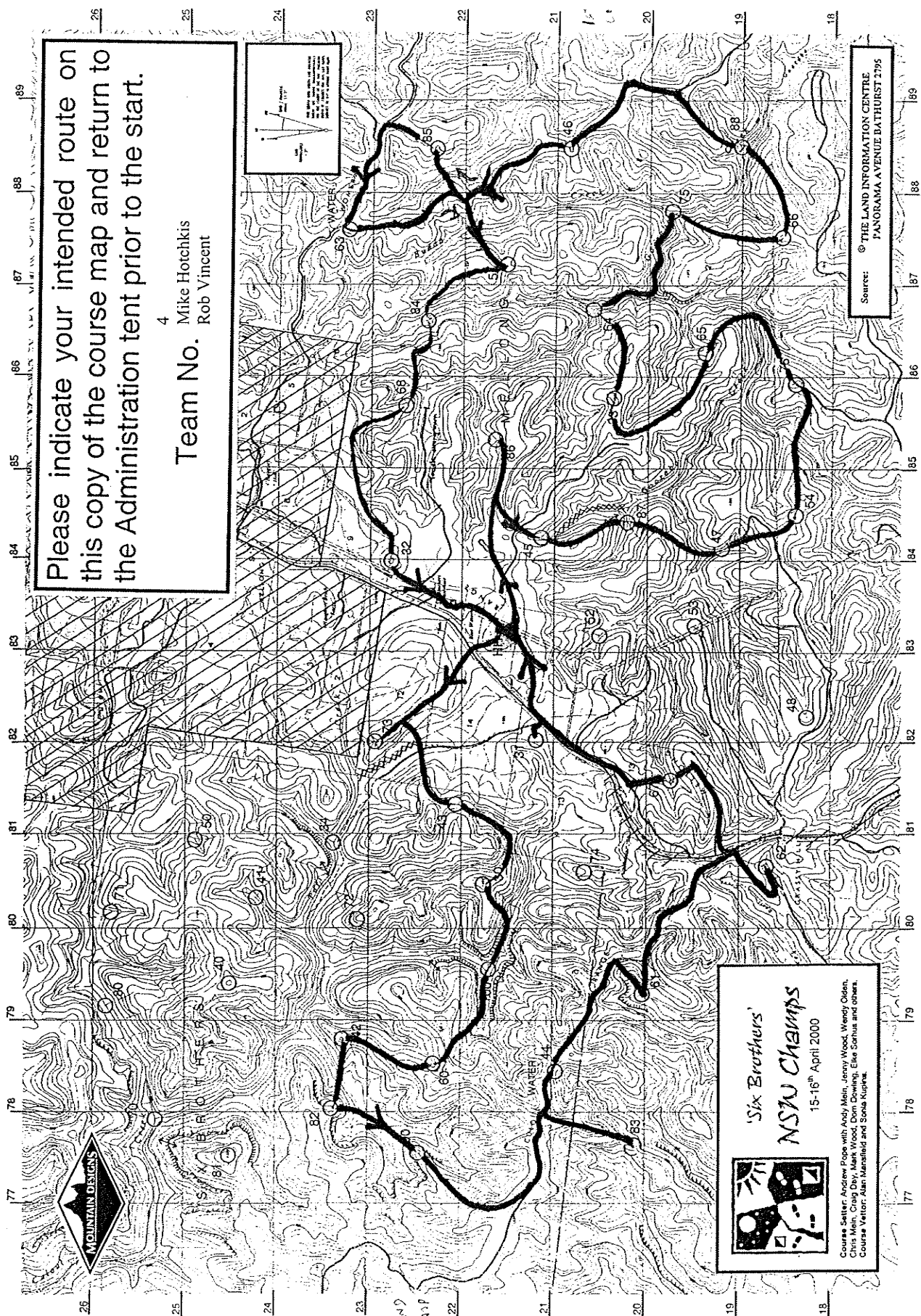
drink bottles with 'cola' at marker 44 and made our way to 83, 61 and 62. As we were leaving we passed Mike Hotchkis and Robert Vincent looking fresh as a daisy, as usual. After 62 we tried to find 67, which looked quite straightforward. We didn't find it and we still don't know why. Our only realistic option now was to head for the Hash house. Joe Parr and Rebecca accompanied us for the final few hundred meters.

Rebecca informed us that her dad was still in the jungle. After spending many hours fighting those pesky (we used worse words at 2am) lawyer vines, we agreed that "jungle" was an apt description. At the end of the event Allan Mansfield made the statement the competitors seemed unable to refer to lawyer vines without preceding it with an adjective.

The enjoyable aspect of this rogainie, for me, was Sue's entertaining company. Her spirit and determination are admirable. This event will remain memorable as I am going to use Sue's philosophy and put it into that classification of adventure.


Dianne van Netten

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 ☆ **WANTED!** ☆
 ☆
 ☆ Equipment Officer for the Rogaining Association ☆
 ☆ Duties include keeping track of the Association's equipment which ☆
 ☆ is mostly stored in the NSWRA trailer - a customised unit which ☆
 ☆ allows a lot to be fitted into a small space. If possible the Equip- ☆
 ☆ ment Officer should host the trailer at their home and have a vehi- ☆
 ☆ cle suitable for towing it - however this is not essential as there is ☆
 ☆ are other vehicles available. ☆
 ☆ Main regular task is to ensure gas bottles refilled between events. ☆
 ☆ Interested in helping the Assoc in this way? Please call President ☆
 ☆ Sue Clarke or Secretary Julian Ledger. ☆
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Please indicate your intended route on this copy of the course map and return to the Administration tent prior to the start.

Team No. ⁴ Mike Hotchkis
Rob Vincent



'Six Brothers'
NSAU Champs
15-16th April 2000

Course Setter: Andrew Pope with Andy Mein, Jenny Wood, Wendy Olden, Chris Mein, Craig Davy, Mark Wood, Don Dowling, Elle Sarnus and others.
Course Visitor: Alan Mansfield and Sonia Kuperla.

RESULTS

2000 NSW Championships

15/04/2000

24 hour Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
4 Mike Hotchkis, Robert Vincent	1960	11.47	1	1			1	1				
19 Ian Brown, Tony Garbellini, Geoff Luscombe	1730	11.34	2	2			2	2				
64 John Barnes, Andrew Perry	1460	11.34	3	3								
16 Will de Sain, Shane Hansen	1420	11.40	4	4								
81 Simon Angus, Matt Chamberlain	1280	11.44	5	5								
7 Ian Dempsey, Simon George, Bert van Netten	1240	11.53	6	6								
76 James Johnson, Andrew Peacock, Hunter Southwick	970	5.02	7	7								
62 George Collins, Maurice Ripley	940	5.52	8	8			3	3				
6 Nihal Danis, Richard Sage	920	11.50	9			1	4			1		
3 Sue Clarke, Dianne van Netten	900	11.27	10		1		5		1			
14 Julian Ledger, Tony Maloney	900	11.40	11	9								
59 David Griffith, Chris Waring	890	11.53	12	10			6	4				
11 Peter Dunn, Garry Ferris	830	11.35	13	11			7	5				
30 Peter Charlton, Peter Learoyd	770	11.10	14	12								
72 Andrew Bish, Michael Terkildsen	740	11.33	15	13								
10 Marilyn Ferris, Lesley Taylor	710	11.04	16		2		8		2			
31 Rosemary Austen, Steve Garlick	700	11.02	17			2	9			2		
87 Marton Hidas, Emma Murray	690	10.54	18			3						
29 Jesse Clarke, Oscar Clarke, Paula Stuart	680	11.35	19			4						
49 Michael Benson, Neil Chappell, Mick Ferris, Belinda Ryan	660	11.47	20			5						
27 Graeme Hunter, Neil Lefevre	630	10.52	21	14								
22 Mark Freeman, John Morris	610	1.54	22	15								
20 Jennifer Borrell, John Keats	540	11.24	23			6	10			3		
46 Adele Morrison, Scott Morrison	500	11.20	24			7						
51 Simon Cooper, Stuart Douglas, Julian Leslie, Reddall Leslie	480	11.40	25	16								
52 Margaret Covi, Robert Cox	470	11.08	26			8	11			4		
77 Alice Owen, Leisa Ridges	430	11.26	27		3							
58 Mark Adams, Bruce Franklin	410	11.50	28	17			12	6				
9 Dominic Yager, Peter Yager	370	11.50	29	18								1
88 Belinda Bright, Sandra Thomas	350	4.36	30		4							
82 Markus Planmo, Helle Rasmussen, Niklas Wenersson	290	11.32	31	19								
75 Clinton Alver, Matt Seldon	270	11.08	32	20								
53 Kate Andrews, Ben Henley, Amy Love, Ben Mahony	250	11.17	33			9						
8 Dianne Kitcher, Lance Kitcher	230	6.09	34			10						
15 Keith Brama, Drew Collins	200	7.13	35	21								
41 Colin Fenning, Thais Turner	200	10.50	36			11						
70 Penny Field, Suzy Field, Geoff Ritchie, Tom Thomas	200	11.28	37			12	13			5		
89 Chris Jenkins, John Ku, Bhavin Patel, Philipp Prapp	180	11.40	38	22								
79 Helene Forsythe, Michael Forsythe	130	11.51	39			13						2

RESULTS

2000 NSW Championships

15/04/2000

12 in 24hr Course

Team	Score	Time	O	M	W	X	V	MV	WV	XV	J	F
13 Andrew Haigh, Nicole Haigh	1020	11.52	1			1						
33 Anton Weller, Kelly Zyla	880	11.43	2			2						
80 Asbjorn Frisvoll, James Southwell	800	11.00	3	1								
37 Barbara & Paul Campbell-Allen	770	11.16	4			3	1			1		
50 R Swanson, Charlie & Stuart Thomson	700	11.53	5	2								
55 Greg Langton, D McAndrew, Joel Penson	680	11.49	6	3								
68 Jace Hutchison, Paul McDowell	610	11.37	7	4								
28 Jules Bros, Liz Phelps, Diewee Reyner, Vanessa Richardson	550	11.05	8		1							
86 Philip Allen, Ted Booth	520	11.43	9	5			2	1				
67 Robert Casimir, Rob Parbery	500	9.04	10	6								
45 Piers Giorgione, Natasha Goodwin, Julian Humphrey	500	11.19	11			4						
25 Ian Deck, Richard Deck	480	10.18	12	7								1
42 Max Clayton, Roderick Smith	480	11.41	13	8								
66 Michael Drok, Nick Heather S Lubke	470	11.27	14	9								
65 Rachel Haywood, W Holver, S Warren	470	11.28	15			5						
44 Douglas Catchpole, Andrew Forsyth, Scott Palmer	460	11.37	16	10								
43 Tony Dale, Marie Dale	450	11.03	17			6	3			2		
83 Ross Barr, Ian McKenzie	430	6.08	18	11			4	2				
78 Ricky Campbell-Allen, Graeme Edgerton	430	11.52	19			7						
32 Liz Hardy, Peter Hardy	420	11.38	20			8						
12 John Biddiscombe, John Bishop	390	10.15	21	12			5	3				
35 Scott Finlayson, Andrew Johnstone, Mark Powell	390	10.48	22	13								
47 David Hamaty, Sabina Hamaty	380	11.23	23			9						
17 Merv English, ANNE NEWMAN	350	9.59	24			10	6			3		
56 Jo Gifkins, Mick Lo Monaco, Ian Smith	340	11.08	25			11						
5 Jim Meek, Catherine Milne	330	9.51	26			12						
73 Alex Gollan, Kay Gollan, Maddie Gollan, Trevor Gollan, Alistair Perry	320	11.34	27			13						2
26 Bob Bartle, John Guilly	300	10.16	28	14			7	4				
24 John Le Carpentier, Sue Le Carpentier	280	6.07	29			14	8			4		
63 Ann Banham, Robert Bradley, Maureen Fitzpatrick, Barbara Ross	280	11.29	30			15						
61 Ian Almond, Matthew Almond, Peter Almond, Gavin Wilson	280	11.45	31	15								3
2 Karen Darby, Tony Murphy	270	8.42	32			16						
39 Adam Coy, Josh Everson, Jeff Geiger Stewart McMaster	260	11.15	33	16								
36 Sandra Kemp, Iain Martin, Carole Williams	250	9.45	34			17						
60 Alison Almond, Stuart Almond, Bronwyn Wilson	230	11.48	35			18						4
21 Stephen Castle, Rhonda Monahan	210	11.14	36			19						
34 Ian Hawkes, Melanie Mill	170	6.32	37			20						
40 Maureen Cavill, Denise Green, Margaret McKenzie	160	12.20	38		2		9		1			
71 Ronald Perry, Rosalind Perry	150	11.34	39			21						5
1 David Chambers, John Cole	130	5.45	40	17								
69 Melissa Grant, William Grant	130	6.07	41			22						
54 Peter Sharrock, Robin Sharrock	120	11.41	42			23	10			5		
48 Judy Hall, Katherine Hall, Lincoln Hall, Mark Hall	90	10.58	43			24						6
23 Lynda VAN DYK, Patrick Van Dyk	60	11.08	44			25						
57 Vicki Chadban, Amelia Jones, Janet Steel	30	6.22	45		3							
18 Terry Bucket, Kevin Lloyd	Late	20.04										

DON'T GET OFF THE BEATEN TRACK

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

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CONTACT



Surveyor-General's Department
New South Wales

SURVEYOR-GENERALS DEPARTMENT Panorama Ave., Bathurst 2795
 Phone (02) 63 328 200

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 - Map Reading Guide
 - Atlas of NSW
- 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.

Application for Membership or Renewal of Membership

I/We the undersigned, who live at the address given below, hereby apply to become members / renew membership of the above named incorporated association. In the event of my/our admission as members I/we agree to be bound by the rules of the association for the time being in force.

Full Name	Date of Birth	Fee (\$)	Renew (Y/N)	Signature

My/Our address (for delivery of one copy of each newsletter) is:

Name:

Address:

Town: Postcode:

E-mail:

Phone: (home)..... (work)..... (fax).....

The fee per annum is \$12 for the first person on this form and \$3 for each additional person. The maximum fee for a family is \$15. The membership year starts on 1st January. A family is defined as one or two adults plus any number of dependant children each of who looks to one or both of the adults as a parent and who all live at the same address.

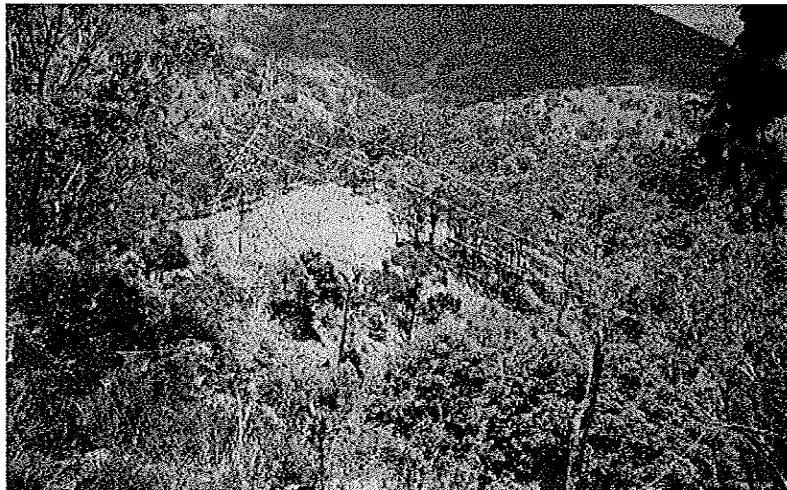
Please send this form together with a cheque payable to "NSW Rogaining Association" to:

Membership Secretary NSWRA, PO Box 584, Chatswood NSW 2057

Bach in 24 hours

The event is being held near Scone in the Upper Hunter Valley. For those of you who remember the 'Cedar Brush Rogaine' in 1996, the terrain for this years event is similar. There is lots of very open country which means easy walking or 'fast' in orienteering terms. There are generous patches of medium timber thrown in but there would be very little that you couldn't move through easily. One thing you won't see much of is flat ground. The challenge will be to pick a route to minimize your climbing. There are some gullies that will leave you in no doubt as to which is easier, across or around.

The outline of the course is smooth with the controls fairly evenly distributed on an average spacing of about 1km. There are no roads that penetrate the course area other than 4WD



We have provided some fairly distinctive objects to help you relocate if you happen to get a tad confused. They are mostly conveniently located on hilltops, but tend to be well spaced out, in fact up to 1.2km apart. If you know anything about hyperbolic cosines this will tell you something about the topography

spaced out on the perimeter. One will be serving a full hot menu, the other hot drinks, soup and bread and butter

For those of you, like me, who have no hope of getting to even half the controls in one of these events, you have the chance with this one to make a trip around the perimeter. The tough stuff is mostly in the middle. You can get a view of it from all sides as you go around!



We have even provided some guidance so you can avoid getting your shoes wet or muddy!

farm tracks and very few of these. This has meant the Hash House has to be on the perimeter. To compensate for this there will be two 'All Night Cafes'

take in 27 controls, including the ANCs. The ANCs are controls. You'll get points for going to them. The 'straight line' distance is about 38km which gives

1.4km average between controls. The climb would be a measly 750m.

For the competitive teams out to "get the lot", Paul Shields' Route Calculator gives a distance of 75km. After making some adjustments to take the hills into account I came up with an answer of 84km and a climb of 2950m. It's interesting to see what technology like this has to offer and compare its result to the 'grey matter' result. I feel with a complex piece of terrain like this event, that the most practical routes will still come from just using your own nous.

Graeme Cooper

Coming Attraction

4TH WORLD ROGAIN- ING CHAMPIONSHIPS NEW ZEALAND 15/16 JAN. 2000

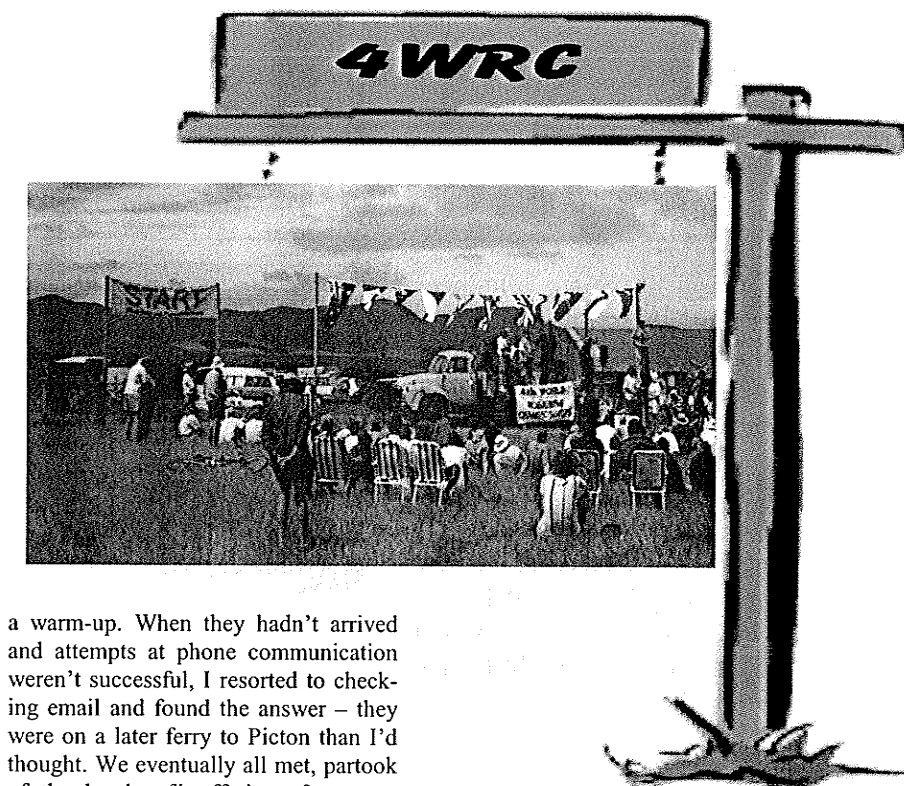
Having completed many rogaines during 1999, I was very keen to go to the 4WRC, especially as it was being held so close to us in New Zealand. What a good excuse for a holiday in beautiful NZ, centred around attending the ro-gaine, (pity it was peak season on air-fares).

Most of my experience has been in 6 hour rogaines over the past few years, but with a 29hr and a 24hr under my belt, I felt suitably prepared for staying out at least part of the time overnight. Fitness was being maintained by bush-walking, rockclimbing, and cycling and I planned a 3 day walk (camping) on the Abel Tasman coastal track in NZ's South Island just prior to the ro-gaine.

My team was determined late in No-vember after the organisers advertised through their email list for me and Peter Gordon from Newcastle answered. Peter's friend David from Adelaide also came over as part of our team. There were several people whose teams were only finalised on the morning of the event, so if you are keen to attend an event, put your entry in, a partner can be found and a team formed at the last minute. Often these teams do quite well, though I found it better to have been able to meet Peter beforehand and dis-cuss expectations.

There had been variable weather around the Hurunui district before the ro-gaine weekend but once you are in New Zealand you come to expect any weather conditions at any time and have to be prepared appropriately. During the weekend we had all extremes – cool, windy, misty, foggy, rain, sun, heat. Another constant is the steepness of the terrain, something we Aussies aren't quite prepared for. The area around Mt. Parnassus and the Waiau River is probably regarded by NZ standards to be quite low hills (mountains) so we were lucky. On my travels through the North and South Islands I saw plenty of taller, steeper terrain, quite a bit of it covered in horrible gorse, and was glad not to be ro-gaining in that.

Friday afternoon Peter had offered to collect me from the train at Kaikoura (the Whaleyway Station), he and David having spent the week driving through the North Island, doing the Tongariro Crossing and climbing Mt. Ruapehu as



a warm-up. When they hadn't arrived and attempts at phone communication weren't successful, I resorted to check-ing email and found the answer – they were on a later ferry to Picton than I'd thought. We eventually all met, partook of the local café offerings for suste-nance, and headed off to the Rogaine site, arriving after dark, setting up our tents on the large grassy paddock and having a quick feed from the wonderful food supplied. One thing about NZ which is good for rogaines is that it doesn't get dark till about 9.30pm.

When the maps (thoughtfully produced on plasticised paper with control de-scriptions printed on the back) were is-sued on Sat. morning we had to get used to the 1:50,000 scale with 20m contour interval, the incredibly steep hills we couldn't avoid if we wanted a decent score and the proliferation of streams on the course. We weren't keen to get our feet wet with 24 hours ahead of us but it soon became impossible to keep them dry, though the photo of Peter shows how to keep them less wet for the longest possible time. He "walked on water" like this many times in the first few hours! Also occurring with great regularity were barbed wire fences with electric cable running on the in-side. We became quite adept at climb-ing over these, as we also did the 2.5 m high deer fences, throughout the night time.

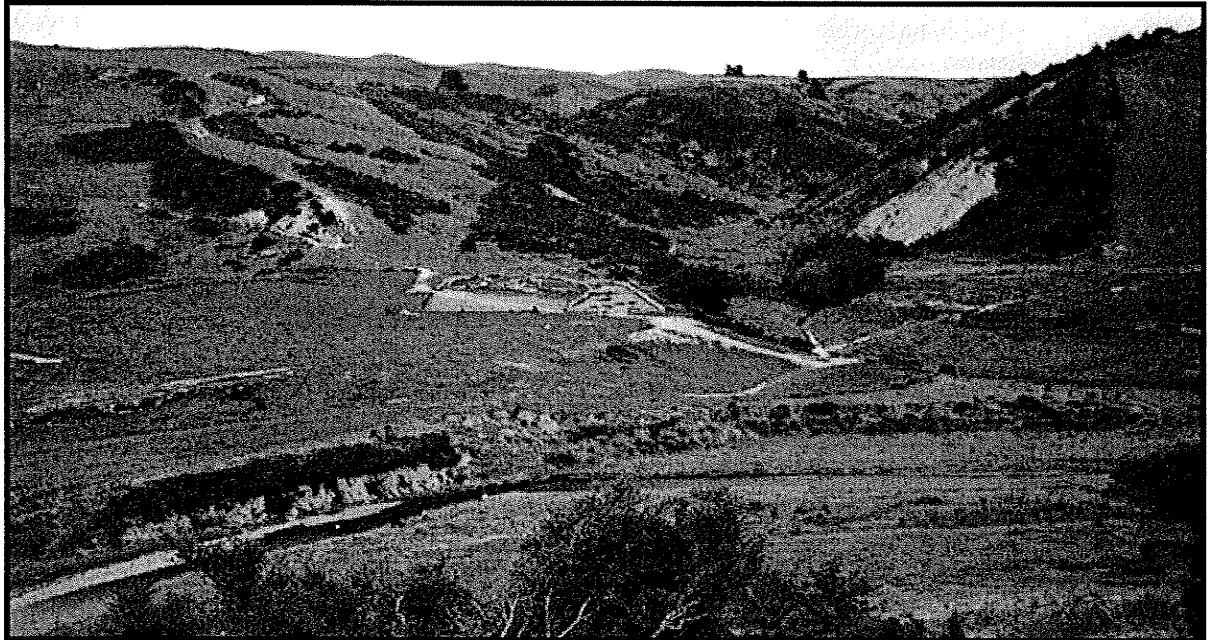
Our course covered the south western area of the map and was amongst some high pointers but also this meant moun-tainous terrain. We had one short water stop at control 24 in the farmyards that make up the town/property of Mt. Stew-art and a 30 min. meal break around 5.30pm just as the weather was turning nasty, beside the water tanks after con-

trol 40. No hope of using an almost full moon for navigation. We were scoring quite well and locating all planned con-trols. The hardest part was the 300m descent to the Anstey Stream and con-trol 91 on the Waiau River and the 600m ascent up the other side to control 76. This really tired us out, though David handled this part extremely well, and it was very misty and had turned dark before we got to 76 so we used deer fences for navigation and aban-doned any hope of getting either of the 80 pointers east or west of the ridgeline we were on. Peter did an excellent job of navigating, especially during the night hours, with a map that wasn't ex-actly easy to read, to get us back to the road where we had a 4km slog on tar and 6km slog on gravel back to the Hash House and our welcome tents. We had been out for 14 hours, and the food provided was very welcome at 2.30am in the morning!

Unfortunately the last 10km yielded no points. Luckily we didn't encounter any deer or wild pigs, though often wonder-ing which side of the fences they were on. We did encounter quite a few hedgehogs though, along the fenceline and later beside the Leader Road. The thistles were also quite notable for be-ing everywhere on the mountainsides, and there were some quite scrubby thickets in the gullies.

Overnight the very sore feet recovered sufficiently for us to spend a couple of
(Continued on page 15)

4th World Rogaine Champs



These just weren't any hills – they were Huge!

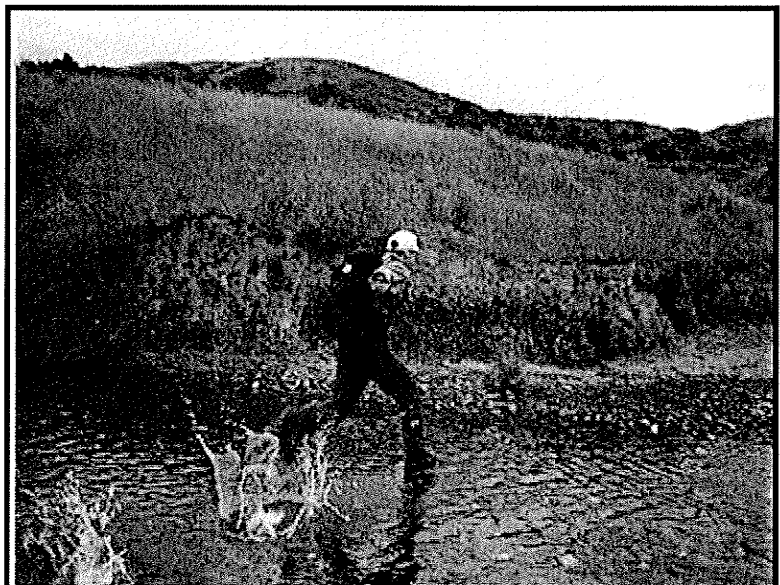
(Continued from page 14)

hours on the course on Sunday morning, after a mutually agreed late rise and a hearty breakfast. We crossed the Leader River and headed north for one control and a long run back to ensure we didn't lose any points for late arrival. Being a walker, not a runner, this wasn't easy and took some time to recover from as I'd been suffering from a pretty bad respiratory condition for the past week. Covering about 40kms was a pretty good effort for our team and showed us what can be done when we get a bit competitive. It honed my mountain climbing skills enough for my hike up to Mueller Hut in Mt. Cook National Park 3 days later, where I did see the full moon.

Overall we finished 138th from 193 teams from 12 countries, with a total of 620 points, 23rd from 29 teams in the Open Mixed category. For those with a map our route took in the following controls: 32, 66, 53, 20, 24, 52, 40, 54, 74, 91, 76, 36 and 47. I'd like to thank my team, Peter and David for such a great effort, and for bearing with me as I struggled up the steepest hills and as I took photos around the course. I'd rogaine again with you guys anytime! Also Jude Elliott from Peninsular and

Plains Orienteers in NZ who did such a fantastic job of organising things. The website connection was a great thing for keeping up to date with planning and the results afterwards. The food was also much appreciated, especially the feed after the event – no worries about carbo-loading by then! The presentations were held in the sun, on the back of a farmer's truck, and were just over when the heavens opened up again. What did I say about variable weather?!

By Thaïs Turner



Peter Gordon attempting to "Walk on water" no wet feet here – much!

WOMEN WINNING - SUE CLARKE ONLY THE FIRST OF MANY?

When Sue Clarke won the 2000 Metrogaine outright along with partner Mark Shingler, she beat some pretty damn good other teams. Always fit and never short of enthusiasm Sue makes a great competitor particularly in the veterans class in which she usually competes - at least if her partner is old enough!

This is not the first event President, Sue has won and her name appears on many a trophy. A living legend she makes an inspiring sight when usually the muddiest and most bedraggled of all she arrives back at the last possible moment. However your Newsletter wondered if Sue is in fact a one off or whether we can expect more women winners in rogaining. Consider the chart below from the Sydney Morning Herald which illustrates the narrowing mar-

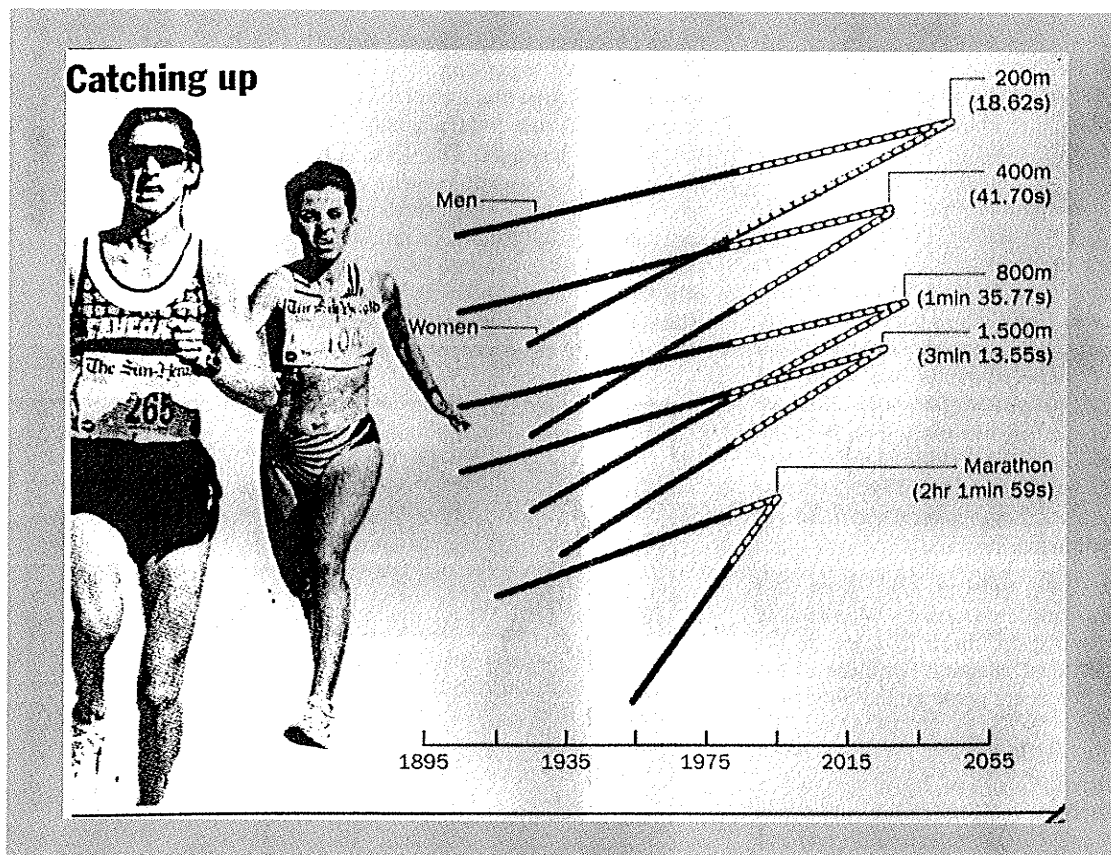
gins in world record times for running various distances. Most alarming for men is not just that women are catching up but the higher rate at which their times are improving.

Consider the marathon, where women are now only around twenty minutes behind the men with the world womens' record dropping at an average of 2 min 47 sec per year compared with only 66 seconds per year for men. In fact it is in the endurance sports which don't rely on bursts of power that women have some advantages. Is there anybody male who can keep up with Susie Maroney and Shelley Taylor Smith on very long swims?

Nearly all sports separate the sexes. No doubt tradition and TV coverage requirements have more than a bit

to do with it. Some say that if competing with the men, womens' best performances would tumble even further. In Rogaining there are no constraints and it is often the mixed teams which do very well putting a further twist on the gender question. A recent scan of interstate results saw mixed teams take seven out of the top ten places in the first Victorian 12 hour event of the year. On the other hand it has often been remarked that women's teams are not only not very plentiful but also often do not score so highly. No doubt there are lots of theories on that one.....??

Julian Ledger



NSWRA President's Report to 2000 AGM

It is my pleasure to report on the Association's Activities over the past 12 months. NSWRA is a not for profit organisation, incorporated under the Associations Incorporation Act administered by the Department of Fair Trading. It is run entirely by volunteers for the benefit of its members and is self sufficient.

In 2000 the Association ran 6 events. These events and the key organisers were:

Campbelltown 6 Hr Metrogaine - Rohan Prouse
Yadborogaine 12/24 Hr - Daniel Marlay/Matt Chamberlain

Paddy Pallin Shoalhaven - Trev Gollan

Brickman's Backyard 12/24 Hr NSW Championships - Bert van Netten

Lake Macquarie 12 Hr - Rob Vincent

Mullo's Walks Socialgaine 6 Hr - Chippy Le Carpentier/Sue Clarke

As well as these events, in 1999 NSW Rogainers competed in the Search and Rescue Rogaine, events organised by the ACT, Tasmanian and Victorian Rogaining Associations, the inaugural Northern Territory 24hr Rogaine and the Australian Rogaining Champion-

ships in Victoria. We also competed in the NSW Long-O and the very successful Sydney Daylight Saving Series of 45 minute mini-rogaines organised by Ross Barr.

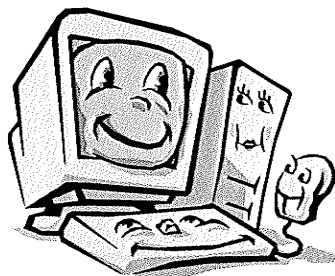
friends and family to try rogaining. In July this year we are running the ARA Championships in the Hunter Valley, and plan to put in a bid to host the 2004 World Championships. We also organised a well attended weekend First Aid course through St John Ambulance, which was put on specially for us with a strong emphasis on remote area first aid. This means that we will now have several qualified first aiders at all events.

Our congratulations went to Julian Ledger, who at the Hornsby Heights Socialgaine was presented with the 1999 Warwick Marsden Award for his continued contribution to Rogaining over very many years. Julian is one of the stalwarts of the NSWRA, who's tireless efforts over the years and in many different roles have ensured the continuing success of the Association.

Our Congratulations also went not only to all those who won their categories in events but also to all those others who rogained for the sheer enjoyment it brings them. It is these people who keep the sport going, and enable us all to enjoy the pleasures of the bush on a moonlit night, be it out on the course or

Vice President Richard Sage, Secretary Julian Ledger, Treasurer Tony Maloney, Newsletter Editors Stephen Castle and Rhonda Monahan, Event Coordinator and ARA Representative Mike Hotchkis, Membership Secretary Graeme Cooper, Publicity Officers Nihal Danis and Alan Mansfield, Volunteer Coordinator Vicky Cooper and other Committee members Simon George, Ken Smith, Daniel Marlay and Andy Mien, who is also the moving force behind this weekend's event. In particular I would like to thank Graeme Cooper, who after more years than I can remember, has decided to pass on the job of Membership Secretary, although we gratefully accept his offer to remain an active member of both the sport and the Committee.

My year as President has been made extremely enjoyable by the willing assistance of the very many rogainers who have contributed to the running of the sport. Not only the organisers, setters, vetters, administrators and caterers at events, but also their behind the scenes assistants, those who have stepped in at the last minute to fill some vital role, and those who have introduced the sport to others. It is always a pleasure



Join us on the web at:
www.speakandbyte.com.au/rogaine

ships in Victoria. We also competed in the NSW Long-O and the very successful Sydney Daylight Saving Series of 45 minute mini-rogaines organised by Ross Barr.

During the year the Association contributed to numerous discussions on the future of rogaining, both through the ARA and more directly through the international Rogaining Federation Steering Committee. My thanks to Mike Hotchkis for his patient attention to detail and pertinent summaries of many issues, and to Julian Ledger for his valuable input to all discussions.

Membership of the NSWRA remains healthy, although we all feel that our sport would be enhanced by increasing these numbers, and I urge you all to spread the good word and encourage

back at the Hash House, spinning a yarn and downing a drop of port around the fire.

In addition to those named above I must thank the army of people who helped set events, talked to landowners, vetted control locations, hung out and picked up control flags, planned the catering, did the cooking and the cleaning up, took entries, ran the administration at events, publicise rogaining, write up experiences for the newsletter, help collate the newsletter. Without you all and your friends and families who tolerated your enthusiasm for the great Australian sport of Rogaining it would not have happened, and happen it did most successfully.

Finally I must acknowledge and thank in particular the committee members:-

to work with enthusiastic and committed people, who often put in long hours for no financial reward. I myself attended all the NSW events apart from the Paddy Pallin (I was overseas at the time), together with events in other states, and can honestly say that I enjoyed them all. Each was different and memorable in its own way.

I urge you all to continue to support our Association and the great program of events we have lined up for the future.

Sue Clarke
14.4.2000

Saturday 1 July 2000 – Sunday 2 July 2000

29.0 Hr Starts at 8.45am in Saturday and concludes at 2pm on Sunday

10.5 Hr Starts at 8:45am on Saturday and concludes at 7:30pm

Although this event is the Emergency Services Navigation Shield, organised by the Wilderness Rescue group (a specialist VRA squad that is run by the Confederation of Bushwalking Clubs of NSW), members of Rogaining Associations are invited to enter in the Rogaining class which will be conducted in accordance with the Australian Rogaining Association rules. A limit on the number of entrants in the class might be imposed.

NAVIGATION SHIELD 2000

Note!

No Pre-marked maps

Standard unmarked maps (1:25,000/10m) will be supplied at registration along with clue sheets listing checkpoint descriptions and grid references
Only two maps supplied per team, additional maps are available @ \$5ea

No hash house

Catered meals must be pre-ordered

No numbers on control flags

Some control flags are blue/yellow

Moon

The moon will be a new moon

Terrain

State Forest, largely scrub free(!), and some National Park.

Pricing: Fees: • 10.5hr Event: \$20/person • 29hr Event: \$25/person
Meals: • Saturday Dinner: \$10 • Sunday Breakfast: \$4 • Sunday Lunch: \$6

Cancellations: Full refund if you cancel before the closing date, 50% refund if you cancel after the closing date but before the event, no refund if you cancel on the day of the event.

Closing Date: Entries must be post-marked no later then the 24th June.
Late entries incur a penalty of \$25/team

Questions: John Tonitto
Phone: (02) 9789-2527 (w) Fax: (02) 9718-7272
Mobile: 0418-277-111

✂

Send: • Completed entry • A cheque payable to "Wilderness Rescue" • A stamped, self-addressed, DL sized envelope (for final instructions) to: PO Box 22, Canterbury NSW 2193

Name (team contact first)	Address	Sex (M/F)	Age 1 Jul	Food D / B / L	T-Shirt / Cap	Entry \$	Total \$
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Fees: • 10.5hr Event: \$20/person • 29hr Event: \$25/person Meals: • Saturday Dinner: \$10 • Sunday Breakfast: \$4 • Sunday Lunch: \$6 Memorabilia: • T-Shirts: \$19 (M L XL) • Caps: \$9.50						TOTAL:	