

NEW SOUTH WALES

WROGAINING

THE SPORT

OF CROSS-COUNTRY NAVIGATION

Issue 93

September 2002



Photo: Andrew Introna



www.nswrogaining.org

2002 / 2003 New South Wales & ACT Rogaines

	Date	Event	Location	Contact
NSW	19-20th October	NSW Champs 12/24 Hour	Nowendoc	Graeme Cooper (02) 6772 3584
	16-17th November	ACT Champs 6/12/24 Hour	ACT	(02) 6251 6908
NSW	24th November	Socialgaine 6 Hour	North Shore	Ian McKenzie (02) 9439 7804
NSW	23rd February	Metrogaine	Cook's River	Nihal Danis (02) 9564 2126
	23 or 30th March (date to be confirmed)	Paddy Pallin 6 hour	ACT	(02) 6251 6908
NSW	April (date to be confirmed)	24 hour	TBA	ORGANISER REQUIRED
	May (date to be confirmed)	ACT Champs 8/24 Hour	ACT	(02) 6251 6908
NSW	15th June	Paddy Pallin Winter 6hr	TBA	COURSE-SETTER REQUIRED
NSW	July (date to be confirmed)	NavShield'03	TBA	Organised independently by Bushwalkers Wilderness Rescue
NSW	August (date to be confirmed)	6 / 12 Hour	Lake Macquarie	TBA
	September (date to be confirmed)	6hr Cyclegaine	ACT	(02) 6251 6908

Rogaining in other States

Date	State	Event	Location	Contact
21-22 September	Victoria	24hr Champs	TBA	(03) 9438 6626
22nd September	Northern Territory	6 Hour	TBA	(08) 8941 1059
19th October	Victoria	8 / 12 Hour	TBA	(03) 9438 6626
19th October	Western Australia	Spring 12 Hour	TBA	(08) 9342 9213

Tasmania is hosting the 2003 Australian Champs on the 18-19th January

President's Piece :

In this issue you will find an invitation to an 'Open Forum'. This open discussion event is intended to bring members together to discuss the future direction of Rogaining in NSW. A range of factors including the 'insurance crisis', growth in popularity of endurance events (often privately run) which have a Rogaine-type component to them, and access to suitable land for Rogaining, to name just a few, will impact to a greater or lesser degree on the sport. That these factors may be largely beyond our control does not mean that we can't plan our response. Other issues facing the Association, over which we do have control include:

Event types: What type and length of events do members most enjoy, and what will they participate in? How many events should we be running in the year, and how far away from Sydney should events be set? Should we be trying more events with different formats, such as the 15 in 24 hour Ecogaine, or the old 'Upside Down' 12 hour?

Event Price Structure: Rogaining must be one of the best value outdoor and family activities around. The NSW Champs is going to cost \$45pp up to a maximum of \$100 for a family, and this for a weekend with most meals included. Compared to a round of golf, dinner and the movies, or (at the extreme) downhill skiing, Rogaining offers very affordable recreation. However, the traditional approach of the Association has also meant a fairly hand-to-mouth existence. Do we want, or need, a permanent equipment store (we cannot find anybody who wants to look after the trailer)? Should we be planning for the replacement of the trailer (few people have vehicles large enough to safely tow it) or, as some states do, hire vehicles for each event? Do we want/need computer equipment such as laptops for pre-event and event use? These sorts of future planning issues are very difficult to achieve when the budget is always tight. But do we want or need to increase fees in order to be able to do these things?

Volunteer Base: This old chestnut won't go away in a voluntary association which organises such enormous events. The sheer size of the task of organising a Rogaine means there is a lot of work for a lot of people. Having been a novice Rogainer, and now a member of the Committee, I feel that there is a polarity of views within the organisation. On the one hand, your average Rogainer has a perception of the Committee as elite, remote, purist and selective about who is chosen to participate. As a Committee member, I see us struggle to put on events, the continuous shortage of 'new blood' means that the same old hands go up to organise events. There does not seem to be a reliable process for encouraging new volunteers, or for developing their skills.

Whether we can attract a regular and reliable volunteer base is critical for our future. In our current situation, the 'retirement' or relocation out of NSW of half a dozen dedicated members could severely test the Association's ability to continue running the regular calendar of events.

I have mentioned a range of issues that come to my mind when the future of Rogaining is discussed. This is NOT an exhaustive list, nor is it the Open Forum agenda. I do hope it provokes thought and discussion about how you want YOUR Association run, where it is headed and what you can do to contribute to it. I also look forward to participating with you at the Forum. See you there.

Richard Sage

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Inserts:

NSW Champs entry form
Socialgaine entry form
Summer Series Event List

Are they talking about rogaining?

“

Every [wo]man believes that [s]he has a greater possibility.

- Ralph Waldo Emerson

”

'NSW Champs':

Event name: **2002 NSW Rogaining Championships**
Date: **19-20th October**
Location: **Nowendoc**
Event length: **24 hours (with a 12 hour option)**

The NSW Championships will be held this year at Nowendoc, on the Great Dividing Range north of Newcastle. Access is easy with a sealed main road taking you to within 300m of the sheltered camping area and Hash House. If you are a skilled rogainer, just someone of average ability or only a beginner, the NSW Champs, our next event, is one waiting for you to enter. Most of the course is on private property or National Park. All the controls have been accurately placed on well defined features. About twenty of the controls are in semi-open country that provides easy walking conditions. You can concentrate on your navigation without being distracted by having to negotiate thick vegetation. These areas are great to have your first try at night navigation. Another twenty are in forest that calls for some extra route planning to avoid obstacles like steep gullies. The remaining twenty or so controls, well, they are there as they say to "separate the men from the boys". Combine all this with a first class Hash House and this is an event which should not be missed. See you soon at Nowendoc.

Graeme Cooper



'Socialgaine':

Event name: **The 'Other Side' Socialgaine**
Date: **24th November**
Location: **Lower North Shore**
Event length: **6 hour**

The Guringai aborigines gave to the North Shore of Sydney the name 'Warung' meaning "the other side". Similarly, the inconvenience of a harbour crossing to the "other side" shaped the pattern of early European settlement. The first bridge link - the Fig Tree Bridge in 1885 - and the development of the North Shore railway in 1890-93 were major influences prior to the opening of the Harbour Bridge in 1932.

This rogain provides you with the opportunity to discover the historic and scenic delights of the Lower North Shore. The checkpoint sites will take you through headland, bushland, parks and waterfront suburbs, including spectacular harbour views; historic streetscapes; aboriginal art sites; locations of historical significance in European settlement; pockets of urban bushland; Federation homes and sandstone mansions; and sites of early industry and military activity. At the same time, the event will provide a rich navigational challenge with a high density of checkpoints and constant route choice and course planning adjustment opportunities.

So please join us for the last event of 2002, as we re-discover Sydney's 'other side'.

Ian McKenzie

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You are cordially invited to an
Open Forum for all members

of the NSW Rogaining Association:

Aim:

To give all members of the NSWRA the opportunity to have their say on rogaining in NSW.

Agenda:

The agenda is open as we go to press. However in broad terms it is about the future of Rogaining in NSW. We last ran a similar session about ten years ago and another is over due. Rogaining in NSW as elsewhere in Australia is run by volunteers. If you are interested in contributing on this day (or into the future) we would love to see you there. If you cannot attend please send us your input. We will start a discussion on the NSWRA website discussion board.

When:

Sunday 3rd November 2002 11am to 4pm

Where:

Syd Frost Hall, Hawthorne Street
Ramsgate. Located in the South East corner of Scarborough Park adjacent to a tiny remnant of bushland.

Facilities:

There are BBQ facilities near by and a kitchen within the hall, so we will organise something simple closer to the day. Also we might hold the inaugural 'once-every-ten-years' NSWRA sprint rogaine afterwards. An orienteering map covers this park, although we may not want to waste what would be a fine base for a Metrogaine.

RSVP:

Alan Mansfield (NSWRA Vice President)
email: *the_bovine@bigpond.com*
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or contact any of the other committee members listed opposite or contribute to the discussion on the NSWRA website discussion board.

2002 Committee

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The 'Wot-a-gaine' 'Lake Macquarie' in Review:

The event started on Friday 8.00 am - 'Now hold on' - 'Wot' about the months of setting / vetting / placing flags out, and the admin, catering planning, etc. The setter/s also had to reset the course as the Forestry had replanned some of their work areas, however Bert was unfazed and he and his band of



Paying close attention to the pre-start briefing.

Photo: Harry Goyen

trustworthy helpers adjusted the course with a minimum of effort. Back to Friday morning, the hired covering was finished being erected just as the toilets arrived, all this in a drizzle of rain, everyone praying for it to stop in time for the main event. Late in the afternoon the first of the competitors started to arrive and erect their tents. Woken at 5.30am Saturday to the sound of 'Wot' was the start of a steady procession of camping and day entrants. Now came the real test of 'Wot' had been entered into the computer over the previous weeks. Time to start registering, "too early - we're not ready". However much to my surprise we were, due to the fantastic efforts of our great team of volunteers in admin. While this was happening the speed / walker signs and flashing lights were put in place to slow all traffic. Staggered start times were planned (sorry for the typo for the 6hr finish time). David Coysh was assigned the task of briefing and warning the multitude about the peculiarities of this course, and he did a great job. Not only once but twice for both starts. David was our safety officer, assisted by the SES (for first aid). Communication was made possible with the use of radios between all groups. We had two vehicles driving around the course as safety patrols. They evacuated a scout (he was participating in the Duke of Edinburgh event) to our 'Tea & Damper' stop suffering an asthma attack. Later picked up a girl with a cut hand, and took her to

the SES for first aid attention, their services were later required for a few tick extractions. The SES also fielded a team with a radio giving another aspect of safety.

Most competitors were delighted with the addition of reflective tape placed on some of the flags. The addition of reflective tape on the back of packs was a success as our roving cars were able to see them from a good distance. This will remain a requirement by the State Forestry for future Rogaines.

The 6 hour competitors started coming in from about 5.15pm. The 7 ladies at the finish table were kept busy to 7.30pm. Still don't know if they had anything to eat? This remarkable effort was to be repeated some 4.5 hours later. Both followed by presentations. We were all cold and tired, and at about 1.30am we hit the hay.

At 6.30am we were woken by Bert arriving. Out of bed, quick half-wash and over to the Hash House, for a great breakfast cooked by the Newcastle Young Orienteering Group. I started to clear the admin tent when I looked up and saw what appeared to be an ants nest inside. It turned out to be the Young Orienteers and David's RAAF group plus anyone coopted to clean up the site. By 10.00am the area was cleared and free of any sign of rubbish. Great effort fellas.



Instant crowd dispersal!

Photo: Harry Goyen

We are extremely grateful to Squadron Leader David Coysh, he arranged for his squadron to do a navigational exercise, and at the end of it his group will collect all the flags. 'Wot' a great use of our course, maybe other 'Services' can be approached to do the same. Great idea David, and thanks.



14 month old Jade Stein (and Dad) keen to get started on his 2nd event.

Photo: Harry Goyen

My sincere thanks to Bert van Netten for setting a great course.

The success of this event was due to our wonderful team of volunteers: David, Neil, Gayle, Greg, Max, Doug McC., Jamie, George, Merle, Dianne, Kim, Pat McC., Nola, Doug, Margaret, Julie, and Robert.

A special thanks to our 'Tea and Damper' team: Rob, Linda, Kay, Rosalie, Faye, Frank, Pat, and Gwen.

It was great having the Cooranbong SES on board they helped in so many ways. I have since learned the young lady who had the cut hand is fine, suffering no further complications. How could we survive without Nick Dents group of very capable young Orienteers manning the Hash House, keeping us all supplied with what keeps us going and coming back for more (events), and food. WHERE WOULD THESE EVENTS BE WITHOUT VOLUNTEERS (and the competitors of course).

PS: Would all those people having arrived home and found those "leeches" please bring them back NEXT YEAR. Don't forget we are only 1 hour from Hornsby.

Harry Goyen

Event Coordinator

LAKE MACQUARIE ROGAINE - Gold at last!:

Finally after all those rogaines where we didn't really get it together (like all those fish that got away), where we were too slow, or took a long or difficult way which cost too much time - this time it all came together. There we were, with 1060 points getting our gold medals for winning the Mixed Veterans section of the 2002 Lake Macquarie 12hr Rogaine. (Lake Macquarie City Council had kindly donated the medals as the rogaime was part of the annual Lake Macquarie City Games.)



The Admin team - all smiles and at the ready.

Photo: Harry Goyen

strength up). If you called at the 'T&D' between 3 and 9 p.m. you actually could get 20 extra points for eating these delights, but alas we were too early for points. Even if we didn't get the points we did get

Julie, Diann, Bob and I started out from the Hash House down Watagan Forest Road to CP75 in a watercourse junction at the end of Nest Pt Road (all these "roads" are actually forestry tracks.). Then it was back to the main road and onto CP22 in a triangle of bush at the turnoff into Tuckerbox Road, then down this road to a track junction with CP34 in the bush opposite, on to CP60 and 77, again both in watercourses, and up Forest Rd to near CP23 near Spot Height '431' and the Tea & Damper stop, crewed by members of the Watagan Wanderers (the local bushwalking club that we walk with). We enjoyed the individual dampers with golden syrup, the vanilla slices and chocolate cake, with cordial, tea or coffee (to be truthful some of us partook of all of these, just to keep our

Results

12 Hour

Team	Score	Open	Men	Women	Mixed	Veterans	Mens Vets	W / Vets	Mixed Vets	Super Vets	Family
39	William Landers, Richard Wood	1900	1		1						
139	Robert Preston (and partner?)	1820	2	1							
41	Andrew Haigh, Nicole Haigh	1720	3		2						
110	Matt Blundell, Jason Wilson	1680	4	2							
37	John Barnes, Sarah Newlands, Bernadette Walker	1550	5		3						
59	Nikki Brown, Claire Doherty, Meridith Simms	1480	6		1						
113	Alexander Chew, Scott Mills	1460	7	3							
130	Paul Ettema, Carolyn Haupt	1450	8		4						
48	Ian Dempsey, Dom Isberg	1440	9	4		1	1				
40	Cale & Ian Brown, Tony Garbellini	1410	10	5							
29	Andy Simpson, Alexa Troedson	1370	11		5						
76	Andrew Kennedy, Christophe Ryan, Mark Taylor	1370	12	6							
74	Neil Chappell, Allan Forbes, Danielle Kock	1350	13		6						
128	Ken Bright, Greg Scott	1340	14	7							
9	Sean Greenhill, Jan Herrmann	1330	15	8							
33	Robi Reiner, Howard Shaun, Kevin Wilson	1320	16	9							
35	Peter Dunn, Gary Ferris	1310	17	10		2	2				
36	Martin Graham, Kelly Stephens	1270	18		7						
116	Jo Giffkins, Mick Lo Monaco, Joel Stewart	1270	19		8						
44	Andy Cairns, Malcolm Hughes	1240	20	11		3	3			1	
94	Warwick Dougherty, Edda Keskula, Sandra Thomas	1190	21		9						
107	Anthony Hunt, Melinda Hunt, Angela Moloney	1160	22		10						
7	Rowan Huxtable, Alan Lightbody, Robert Watson	1150	23	12							
142	Pete Bell, Danny Prendergast, Ben Robinson, Sam Wade	1070	24	13							
19	Margaret Covi, Julie & Robert Cox, Diann MacKenzie	1060	25		11	4			1		
119	Andrew Tho Collins, Anne Schmidt	1050	26		12						
91	Michael Drok, Wendy Holver	1040	27		13						
12	Marilyn Ferris, Lesley Taylor	1030	28		2	5	1				
86	Steve Rampant, Nigel Thompson	1000	29	14							
89	Ian Almond, Matthew Almond, Peter Almond	980	30	15							1
10	Peter Charlton, Robyn Charlton	970	31		14						2
112	Kirsten Linnemann, Alison Maher	910	32		3						
120	Robin Buckley, Heather Cook	840	33		4						
97	Paul Batten, Tom Lane, Bronwyn Lawton, Andrew Fernandes	840	34		15						
106	Philip Allen, Bob Bartle, Ted Booth	830	35	16		6	4				
45	Anthony Dynon, Heather Dynon, Jeff Fair	820	36		16	7			2	2	
92	Jennifer Borrell, John Keats	820	37		17	8			3	3	
87	Peter Figiel, Danny Oconnell	810	38	17							
125	Tom Mactier, Christian Peckham, Cameron Schmelitschek	810	39	18							
60	Luke Yager, Peter Yager	810	40	19							3
82	John Biddiscombe, John Bishop	750	41	20		9	5				
100	Ron Hutchings, Stephen Hutchings	740	42	21							
102	Debbie Hotchkis, Mike Hotchkis	730	43		18	10			4		
114	Alex Heath, Geoff Shuetrim	720	44		19						
131	Clinton Alver, Vicki Chadban, Matt Seldon	720	45		20						
104	Symeon Bourd, Robert Morgan	670	46	22							
65	Lyn Berg, Jon Marsden, Therese Powell	620	47		21						
5	Robert Montgomery, Pam Montgomery	540	48		22	11			5		4
103	Rollin Burford, Jitka Kopriva	510	49		23	12			6	4	
72	Anthea Newton, Nancy Sue, Heidi Tugwell	510	50		5						
90	Alison Almond, Bronwyn Wilson	480	51		6						
127	Kylie Bower, Sara Cole, Greg Hatfield, Clair McNally, Ursula Ronnen	480	52		24						
4	Bill Pigram, Mark Pigram	470	53	23							
42	Emma Craig, Iris Good, Peter Good	430	54		25						
58	Luke Alexander, Michael Carroll, Michael Long, Ben Maher, Kirstin Mills	410	55		26						
43	Danvan Dyk, Glenn Mills, Matt Perna	370	56	24							
28	Christine Dawson, Noe Inigo, Chris Rehberg, David Tillotson	280	57		27						

Team	6 Hour	Score	Open	Men	Women	Mixed	Veteran	Mens Vets	W / Vets	Mixed Vets	Super Vets	Family
16	Gavin Lyon, Ian Robinson	990	1	1								
145	Tom Brennan, Jonathan Potts	970	2	2								
136	Geoff Peel, Margaret Peel	910	3			1						
47	David Gell, Joel Mackay	890	4	3								
83	Michael Lilley, Rick McCann, Brendan Mccann	780	5	4								
140	Martin Cousins, Shane Trotter, Linda Wyburn	780	6			2						
21	Brooke Cunningham, Jamie Cunningham	770	7			3						
111	Scott Finlayson, Andrew Johnstone, Mark Powell	770	8	5								
13	David Dash, Peter Tamsett	760	9	6			1	1				
57	Wayne Cook, Michael Green, Duncan Hodder	710	10	7			2	2				
80	Mary Attard, Christina Schweiger, Debbie Stein, Paul & Jade Stein	700	11			4						
46	Catherine Ellis, Nick Wilson	700	12			5						
25	michael calleja, Quentin Paske	680	13	8								
123	Tristan Imber, Eri Leong	670	14			6						
121	Jason Lawer, Amanda Matheson, Vanessa Thomas	670	15			7						
56	Carl Chessman, John Reid	670	16	9								
34	Ross Duker, Eric Smith	660	17	10								
122	David Griffith, Emma Griffith, Renate Griffith, Thomas Griffith	650	18			8						1
62	Arwen Cross, Duncan Cross, James McElvenny	640	19			9						
93	Christopher, Grace Ele, Julie Suza and Miles Arms Waring	630	20			10						2
23	Stephen Burns, Alice & John Menyhart, Chuin Ne Ooi, John Robens	630	21			11						
69	Maurice Richardson, Jordan Richardson	620	22	11								3
22	Peter Annetts, Michael Brown, Peter Day	620	23	12								
117	Bromwen Gill, Chloe Rose	620	24		1							
61	Maxine Groves, James Stuart	620	25			12						
53	Mathew Fong, Clive Ham, Michael Yin	610	26	13								
129	Helen Ridley, David Ridley	600	27			13	3			1		
75	David Collins, Glen & Gary Dobbie, Glen Hickey	590	28	14								
84	Deborah Byers, Andrew Lumsden	590	29			14	4			2		
95	Kath Grant, Lyn Jones, Annette Stewart	590	30		2		5	1				
66	Warren Hough, Michael Kazlanskas, Vardhman Rakyan	580	31	15								
67	Damien Dawson, Richard Harris, Scott Morrison	560	32	16								
8	Lee Lowe, Susan Moore	550	33		3		6	2				
105	Teresa J Butler, Dave Humphries, John Warburton	550	34			15						
3	Bill Gribble, Leslie Steinhaus	540	35	17			7	3				
24	Alan Scott, Manuel Velarde	540	36	18								
96	Tanya Chivers, Andy Mein	540	37			16						
135	Lesley Lei Sullivan, David West	530	38	19								
26	Mark Andrews, Emma Edwards, Paul Leckie, Lisa McInerney, Tim Shields	520	39			17						
1	Barry Hanlon, Janet Morris	520	40			18	8			3	1	
6	Edward Bateman, Richard Harbury	510	41	20								
115	Isabelle Bore, louis fairlie, Thais Turner	510	42			19						
50	Susan Bownass, Simon Gamett, Graham McCloud, Michelle Warner	500	43			20						
68	Clive Arthur, Kerryn Morrison	480	44	21								
54	Mabel Chow, Michael Lee, Samantha Young	450	45			21						
132	Sarah Gralton, Andrew Harmer	450	46			22						
141	Tim Robinson, Lousie Wilkinson	450	47			23						
137	David McFarlane, Jenny Starling, Amit Sule	440	48			24						
31	Ian Gill, Carol Gill, Murray Gill, Emily Gill	430	49			25						4
109	Penny & Susie Field, Norman Matheson, Geoff Ritchie, Tom Thomas	420	50			26	9			4		
55	Rosita, David, Lawrence & Stewart Sanders	420	51			27						5
73	Noel, Jenell, Simon, Melona and Nigel Heslop	420	52			28						
88	Claire Ripley, Jane Ripley, Maurice Ripley	410	53			29						6
99	Alexander Oates, Ross Oates	410	54	22								
49	Barbara Chapman, Anne Widmer	400	55		4							
143	Michael Fuller, Roland Knobloch	390	56	23								
15	Sally Kell, John Kell, Graham Millar, Phillipa Millar	380	57			30	10			5		



Results



Team	6 Hour (... continued)	Score	Open	Men	Women	Mixed	Veteran	Mens Vets	W / Vets	Mixed Vets	Super Vets	Family
2	Fiona Merritt, Joshua Merritt, Lauren Merritt, Tony Merritt	370	58			31						7
133	David Dowey, Darrin Ford, Trish Palmer, Cathy Taylor	370	59			32						
64	Judy Shea, Paul Shea	370	60			33	11			6	2	8
79	Jim Hubbard, Bob McNaim	370	61	24			12	4				
14	David Chambers, John Cole	360	62	25			13	5				
20	Wendy Day, Kim Gibbs, Dianne & Wayne Laycock, Lisa Pieper	340	63			34						
27	Nathan Leicht, Belinda Morrison	340	64			35						
11	Jane Greenop, Jenny Jenkins, Ray Jenkins	340	65			36						9
118	Julie Bacon, Paul Goyen	340	66			37	14			7		
101	Chris Schulten, Liliya Tverdokhlib	310	67			38						
51	Mary Leung, Edwin Mak, Maryann Mak	310	68			39						
52	Simon Chan, Ronald Li, Sharon Lim, Sylvia Mak, Theresa Tran	230	69			40						
81	Penelope Allen, Rosalind Thomas, Brian Thomas	230	70			41	15			8	3	
85	Jane Brennan, Luke Brennan	160	71			42						
32	Ferri, Mike, Nilo & Mehran Zandipour	110	72			43						

LAKE MACQUARIE ROGAINE - Gold at last!: (continued from page 6)

... the food!

Till now our method of attack for the navigation and route finding was typical for Watagans rogaines – that is it is best to work off the roads and get as near as possible to the marker from an attack point before going into the bush to claim it. To go directly across country is too difficult and slow as you have to contend with impenetrable jungles of prickly overgrown vegetation, and our route continued this way.

Now we followed Walkers Ridge Road and down Beavens Ridge Road from where we cut up onto a knoll for CP63 and back along Walkers Ridge Road to Warrawolong Road and off it to CP64 in a little saddle. Here we left tracks for a while and cut up the hill past the Bar Lookout and onto the Bar to CP82 at the end of the spur. CP86 was our next objective and we found an overgrown disused track which was a quick way to take us back down to Warrawolong Road and CP86 off the road in a creek junction. The 100 pointer on Mt Warrawolong was in this area and tempting, but we resisted as logic told us that to climb directly up the nearby steep side would be too time consuming and to go the very long way around on tracks equally slow. We would do better to go on for other markers. So we headed down the track towards Watagan Road.

By now it was dark but we got out our torches and adapted to this. CP81 on the end of a spur on the way was quite easily found. Then it was along the road to CP83 in a watercourse off the road and uphill on Wave Rock Road to CP84 in a creek off the road. Further along the road we went off on a western spur to CP66, and then back to get CP50 just off the road on a knoll. From here we headed for base, thinking we wouldn't have a lot of time to spare. However we were about an hour early.

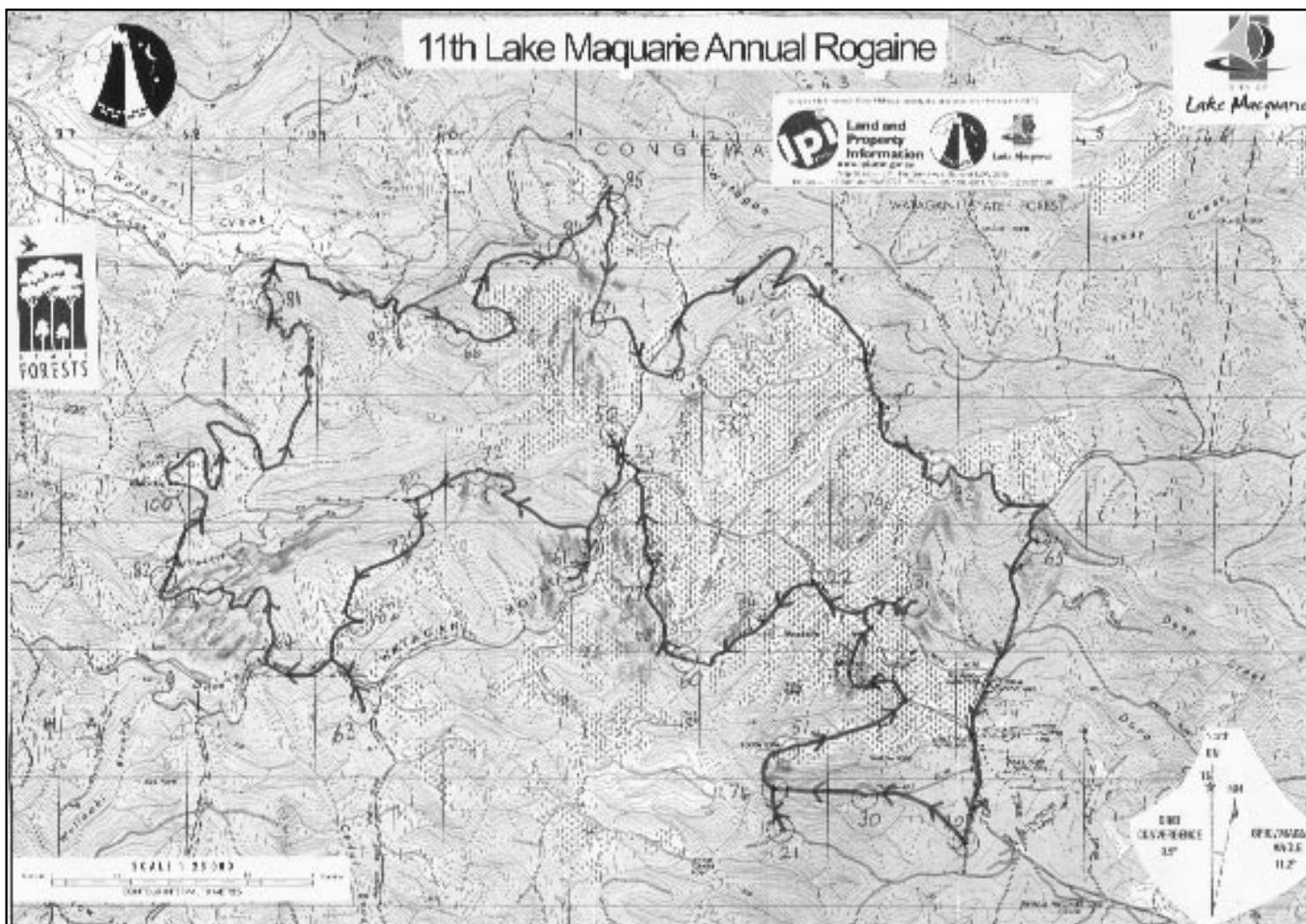
Debate followed as to whether we should go for some more points, but tiredness won and we handed in our card and settled down to eat and wait for results. And the wait was worth it – we were glad we hadn't gone to bed, as we had our moment of glory receiving our medals. Thanks to Bert, Harry and all those who helped organise a very enjoyable event.

Margaret Covi

(Team 19 with Julie Cox, Robert Cox and Diann MacKenzie)

The Winners Route:

Below is the route taken by William Landers and Richard Wood to win this years 12hr Lake Macquarie event with a total score of 1900 (3 controls short of clearing the course). Look back at your own route choices and at the ground covered during the event and make a comparison to the winning route. What can you learn from their choices and how could you have improved your teams score?



HH -- 20 -- 30 -- 74 -- 21 -- 51 -- 75 -- 31 -- 22 -- 76 was a possibility here, but we decided to leave it for the return leg -- 34 -- 60 -- 77 -- 23 -- 50 -- 61 -- 72 -- 80 -- 73 -- 62 -- 63 -- 64 -- 86 -- 82 -- 100 -- 81 (sunset) -- 83 -- 66 -- 84 -- 85 -- 71 (accidently dropped the control card here and only realised it when we were halfway up the hill so had to go back down to find it...miracle that we did!), then we headed up the track crossed the road and went downhill directly to 70 but after 2 attempts we still couldn't find 70 [we're blaming it on "magnetic rocks" :) 'cos in the creek bed the compass was saying that the direction the creek was flowing (downhill) was south when the map said it should be north...still haven't been able to figure that one out!]. That took 1:20hr so we missed 33 and instead went north up Old Mill Rd to 41 -- 40 -- we would've gone after 76 if we'd had time -- 32 -- 65 -- HH.

The main difficulty we encountered were those @*#%&@ vines :) ...and of course the 'magnetic rocks' at 70. As for why we chose that route. It made a rough loop which allowed us to clear more than 1/2 the checkpoints before sunset with a minimum of backtracking. It also gave us a long road section that had checkpoints close to it that we could pick up easily if time was running out, and we could 'sprint' back to the HH along the road if we were running late.

William Landers

(Team 39 with Richard Wood)

'Why do YOU like Rogaining?':

This string of discussion has been posted on the NSWRA website 'Discussion Board' over the week proceeding the "Wot-a-gaine" Lake Macquarie Rogaine event. It is worthy of reprinting and considering:

From: The Almond Family

At 10:30pm on Saturday it was hard to think of an answer to this question when it was raised as our team headed back to the HH . A few days later I thought it would be interesting to hear how others answer.

Is it the lawyer vine, the aching muscles, the tired feet or the relief of the finish - sitting down and getting those shoes off? I can think of more reasons now. Its a great diversion from other things in life which are totally absent from my mind while rogaining. It's an activity that we can enjoy doing as a family. There's the challenge of route planning and navigation, and hopefully the satisfaction of getting it right sometimes and finding that control where you expected it to be. And enjoying being in the bush with a group of other people that enjoy the same thing with just the basic tools of map, compass and watch.

One of the highlights for me during this years Lake Macquarie was spying a couple of glow worms (we assume) when we were confronted with a small cliff as we headed out of the creek from #73 ... after one of those periods of wondering WHY do I do this!

Why do YOU like Rogaining?

From: David McFarlane

There are lots of reasons to like rogaining:

- 1. You get to go walking in places you may have never thought of visiting. Having "competed" in Alaska, Canada and three states (and one territory) of Australia - it is definitely a good excuse to travel.*
- 2. Pride - being able to find small coloured flags in a vast wilderness is no simple thing.*
- 3. Good hearty food!*
- 4. There is no necessity to be competitive - we are a sport that is not discriminatory. There is no difference in the competitiveness required for a 6 hour "social" event vs a World Champs. (This is a good thing - we would've retired very early on if we were worried about where we ended up in the results pages).*
- 5. It is actually fun to work behind the 'desk' (this could be considered a shameless plug for volunteering). Seeing the states that teams return in (exhausted, exhilarant, etc.) is definitely worth your time.*

From: Andrew Haigh

This is a question I have been trying to answer for some time, in fact since my first Rogaine in '93.

I'm not sure that there is a logical answer, for me a typical Rogaine consists of many hours of pain and discomfort interspersed with brief moments of great joy. I think it is more of an addiction than anything else.

As others have mentioned it is good to see new places that otherwise you would never have seen and certainly the relief at the finish is welcome, although this alone is hardly enough reason to set out in the first place.

For me, a person who is not especially fit, can not run very quickly, and has never been remotely interested in any competitive sport, it is a rare opportunity to combine both mental and moderate physical ability with huge amounts of bloody-minded determination to produce some quite surprising results.

It is perhaps more than anything though, the mental focus that a Rogaine creates. Everything else ceases to exist. Your brain is in overdrive guiding your body through thick scrub, keeping on the correct course, managing tiredness and sickness whilst continuously recalculating the best route choice in the remaining time.

Like the alcoholic with a hangover I have said many times that I will never do it again. But it is addictive and when the entry form arrives seldom is the question raised as to whether we should enter, we just do. ■

Assistance from volunteers is essential to the sport.

No experience is necessary - detailed instructions are supplied.

 Volunteer Requirements	NSW Champs 19-20th October	Socialgaine 24th November	Metrogaine 23rd February	24 Hour April 2003
Event Co-ordinator	Graeme Cooper	Ian McKenzie	Nihal Danis Richard Sage	 Course Setter & Coordinator required
Course Setter/s	Graeme Cooper	Ian McKenzie	Nihal Danis Richard Sage	
Course Vetter/s	Richard Sage Nihal Danis	Ian Cameron	???	
Administration Team leader plus 5 - 6 others Team Leader indicated in bold	Nicole Haigh Andrew Haigh ???	David & Jo McFarlane ???	???	
Hash-House Team leader plus 6 - 12 others Team Leader indicated in bold	More 'hands' required on the weekend. Ring Graeme if you can assist.	???	???	
Flag Retrieval	???	???	???	
Contact Details	Graeme Cooper 6772 3584	Ian McKenzie 9439 7804	Nihal Danis / Richard Sage (02) 9564 2126	



If you are interested in organising your own event please contact our Event Manager, Mike Hotchkis (see committee contact listing), or if you are able to help on an existing event please contact the event organisers noted above.

We STILL need a new ~ Newsletter Editor ~ Are YOU interested?

The newsletter is the primary contact for members of the New South Rogaining Association, informing of upcoming events, past results and providing a forum for us all to share 'rogaine' experiences. The new editor can decide how he/she would like to produce the next series of newsletters to suit their abilities and available methods. The current newsletter editor and the committee will offer assistance to get you started. A team of envelope 'stuffers' will assist you. There is no denying that it is a big job as we put out six issues a year, it is however a very rewarding opportunity to keep the sport in New South Wales alive and flourishing. If you are interested please contact Andy Mein on 9477 4645 (h) or <andy_mein@bigpond.com> 😊

~ Partner Finding Service ~

Are you looking for a rogaining partner/s?

Maybe your old partner has called it a day or is not up to it anymore!

Maybe you just have difficulty finding someone who is willing to go Rogaining on a regular basis.

Call Membership Secretary Belinda Pope 9484 1736 or email your request absspope@ozemail.com.au

and Belinda will endeavor to help you find the partner/s to suit your level of enthusiasm and experience.

Newsletter contributions:

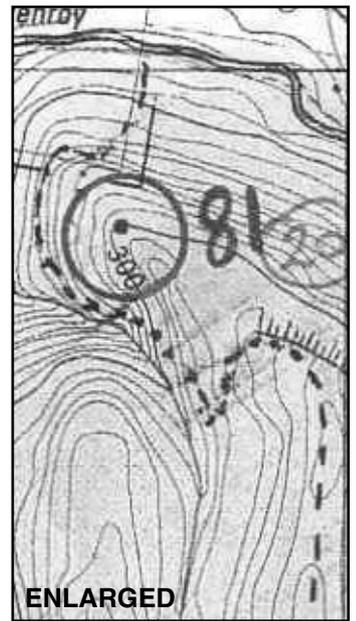
Remember to keep those contributions coming. Put pen to paper or snap a few photographs at your next event and share them with your fellow rogainers. Take note of the submission dates and send your contributions to newsletter Editor Andy Mein. Written word via email would be appreciated (PC Word or 'text' file). Original copies of your photographs would be preferred and will be returned. See Committee listing for contact details.

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Issue	Publication Date	Submissions Close
94	1st November	25th October
95	22nd January	17th January
96	19th March	14th March
97	14th May	9th May

Lake Macquarie Mapping Anomalies:

For those who made it out to the beautiful views at 81 at the NW extremity of the course, there was an apparent mapping anomaly. (See right). A contour appears to emerge from the creek south of 81, loop around 81, and then cross the same creek further south.



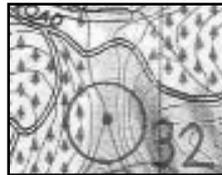
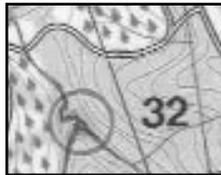
Comparison with the event of 6 years ago:

Compared to the event at the same HH site 6 years ago, this year's event:

- * Was much drier than the wet soggy event pictured below;
- * The course was mainly west rather than north-east of the HH;
- * Point scores were much higher;
- * 32 was the same, but didn't have the extra wiggle in the creek drawn in (see maps below).

One common factor - both were very friendly events.

John Barnes
(Team 37 with Sarah
Newlands and
Bernadette Walker)



Taken from NSWRA Newsletter Issue 61



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What is Rogaining?

Rogaining is the sport of long distance cross-country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogain is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most NSW events are held within 2/3 hours travelling time of Sydney.

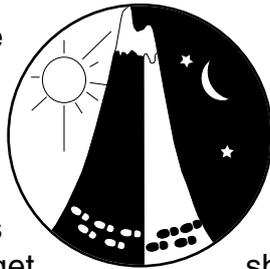
Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas ('metrogaines'), or on bikes ('cyclegaines'). Rogaining is a challenging adventure sport and is a lot of fun.

Who is it for?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "hash house" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 km in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.



What do you need?

Rogaining is good value for money; all you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the hash house.

What does it cost?

In New South Wales the entry fees vary from \$20 to \$40 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

A modest annual membership fee is charged to cover among other things a regular bi-monthly newsletter. Membership fees are currently \$13 for individuals and \$17 for a Family membership. A household membership is also available where all members share the same address. In this instance there is an additional \$4 for each person on top of the initial individual membership. You can join when you enter your first event.

Contact information:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event on the calendar.

NSWRA Voicemail 9990 3480

NSWRA Public Officer

Julian Ledger 9261 1111 (w)
julianl@yhansw.org.au

NSWRA Hon. Secretary

Sue Clarke 9816 2508
sclarke@efs.mq.edu.au

<http://www.nswrogaining.org>