

NEW SOUTH WALES ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 95

January 2003



This is the last issue prior to the Annual General Meeting and it is time some of the current Committee members are given a rest from their roles. Do you have the stamina to assist with organising this wonderful sport? Details of the necessary committee roles and a nomination form are included with this newsletter, so please read them and help our sport to continue growing.

www.nswrogaining.org



2003 NSW and ACT Rogaines

Date	Event	Location	Contact
23 rd February	Metrogaine 6 hour	Cook's River (South Sydney)	Nihal Danis 9564 7804
30 th March	Paddy Pallin 6 hour	ACT	(02) 6251 6908
19-20 th April	Easter 24 hour	Barrington Tops	Bert van Netten
17-18 th May	ACT Champs 24 hour	ACT	(02) 6251 6908
15 th June	Paddy Pallin Winter 6 hour	South of Sydney	Andy Mein 9477 4645
July Date to be confirmed	NavShield 03	TBA	Organised independently by Bushwalkers Wilderness Rescue
23 rd August	6 / 12 hour	Lake Macquarie	TBA
September Date to be confirmed	Cyclegaine 6 hour	ACT	(02) 6251 6908
11-12 th October	NSW 24 hour Champs	TBA	Organiser Required
23 rd November	Socialgaine	TBA	Organiser Required

Tasmania hosted the 2003 Australian Championships on 18-19 January. This event was to be held near the town of Ross, which is 80 kilometres south of Launceston and 102km north of Hobart.

Did anyone enter? How did you do? Did you do NSW Rogaining proud? First hand reports wanted for the next newsletter please.

President's Piece:

Welcome to the New Year. This will be my last President's Piece – our Annual General Meeting will be held at the 2003 Metrogaine on Sunday, 23 February and nominations are being sought for Committee members and office bearers. Following changes in personal circumstances we have needed to find a new Membership Secretary and Newsletter Editor earlier than the AGM. I am pleased to be able to welcome Julie Bacon as our new Newsletter Editor and Ian Almond as our new Membership Secretary. Make them welcome – and send them lots of newsletter articles and membership renewals! Thanks also go to Belinda and Andrew Pope, outgoing Membership Secretaries, and Andy Mein outgoing Newsletter Editor. New children and marriage - the best of reasons for retiring from office. We all have enjoyed their contributions to the Association. Nominations are welcomed for Committee roles; please take a moment to consider your own availability for a position. A nomination form including details of what is required in each role is included in this newsletter.

For me 2002 was memorable for the weather – dry rogaines – bone dry towards the end. I remember spending Easter starting to vet the Nowendoc NSW Champs course. It rained all Easter and we spent days soaked to the skin and being attacked by leeches. Over the following months we visited the course several more times, and each time it was drier. By the time of the event in late October, it hadn't rained again. The event was notable for 35° daytime heat and a frost overnight.

Another memorable dry event was the Ecogaine earlier in the year - at least until the swim in the dam after the event. This introduced the '15 in 24 hours' format, which proved very popular and which was repeated at the Champs. Much of that course has since been burnt out by bushfires.

The Paddy Pallin sponsored event, at Newnes, was itself moved to that spectacular location because the original course had been impacted by the previous year's bushfires. Although the landscape was dramatic, the event very well attended and dry, I will not forget the sight of a tent and vehicle standing alone as all the other competitors left for home.

The forum held in November was a productive review of who we are, what we do and where we can head. Much will come from that forum in this New Year.

We have a new year's calendar with something for everyone this year. Why not start with a walk around inner Sydney's Cooks River in the 2003 Metrogaine on 23 February?

Richard Sage
Outgoing President

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THE COOKS RIVER 6 HOUR METROGAINE

Sunday 23rd February 2003



It's time to start the year on the south side. The 2003 Metrogaine is set in the lower Cook's River valley from Botany Bay to Canterbury. Tributaries, including Wolli Creek, Cup and Saucer Creek and the Alexandra Canal/ Sheas Creek are also explored. Enjoy riverside parklands, remnant bushland, wetlands and dunes. See some of the last market gardens in metropolitan Sydney. Discover how your enthusiasm for faster freeways and air travel destroys local communities. Rogaine across four Local Government Areas. The course is set with families in mind, but if you must run you must, and you'll have room to stretch your legs.

ENTRIES CLOSE:
Friday 14th February



"THE TOPS" AFFAIR EASTER 24 HOUR Saturday 18th - Sunday 19th April 2003



Barrington Tops is a high alpine plateau surrounded by tumbling rainforested ridges and gorges. From the many swamps bordered by twisted snow gums, the Hunter, Karuah, Barrington, Manning, Allyn, Gloucester, and Williams Rivers flow to the sea. The main plateau of the Tops rises more than 1500m. It is located 38km West of Gloucester and 40km East of Scone.

Amidst the alpine gums and grasses, tall eucalypt forests, high-altitude swamps and ancient Antarctic Beech forests, rogainers may encounter babbling streams, roaring cascades, the glitter of fine webs, lyre bird songs and native flora.

This rogaine will use the main walking trails and 4WD tracks to allow all participants to explore the Tops without fear of being benighted in formidable gorges or committed to severe climbs. It will be ideal for beginner and less experienced rogainers, especially those who like to experience night navigation using mainly trails. **ENTRY FORM IN THE NEXT NEWSLETTER.**

New membership fees for 2003.

At the NSWRA Committee meeting of the 3rd October 2002 it was resolved to raise the twelve month base membership fee to seventeen dollars (\$17) and to raise the fee for each additional household member to five dollars (\$5). The \$17 membership fee covers the fixed costs of the organisation, particularly the cost of producing and publishing the newsletter. Examples of costs that rose last year and that will continue to rise this year include:

- ◆ on-line entries cost approx \$800 in 2002
- ◆ newsletter costs increasing - particularly postage
- ◆ purchase of a 'safety box' containing spare and necessary equipment in case of search or rescue being needed at an event (such as occurred after the previous Paddy Pallin event).
- ◆ the maintenance, insurance and registration of the equipment trailer.

The \$5 for each additional householder specifically covers the ARA levy, which comprises \$3.50 insurance, charged per member and the \$1 ARA levy.

Alan Mansfield
Vice President

Team No.	2002 Socialgaine RESULTS	Score	Time	Overall	Men	Women	Mixed	Vet	Men Vet	Women Vet	Mixed Vet	Super Vet	Family
76	Peter Garran, Martin Scold	3430	5.55	1	1								
1	Gavin Lyon, Ian Robinson	3330	5.49	2	2								
6	Terry Bluett, John Le Carpentier	3310	5.53	3	3			1	1			1	
47	Dave Cochrane, Jacqui Cochrane	3250	5.56	4			1						
45	Andrew Haigh, Nicole Haigh	3220	5.56	5			2						
48	Graeme Hill, Anne Newman	3160	5.54	6			3	2			1		
14	Selwyn Butt, Craig Dunn, Andrew Payne, Scott Robertson	3080	5.33	7	4								
61	Peter Dunn, Lesley Taylor	3080	5.49	8			4	3			2		
34	Paul Batten, Bronwyn Lawton	3080	5.58	9			5						
90	Stephen Jackson, Joel Mackay	3000	5.52	10	5								
72	Geoff Peel, Margaret Peel	2880	5.53	11			6						
91	Jacqui Matthews, Louise Walker	2780	5.57	12		1							
69	Ross Barr, Ron Junghans	2770	6.02	13	6			4	2			2	
18	Karin Hefftner, Larry Weiss	2760	5.45	14			7	5			3		
84	Martin Graham, Kelly Stephens	2750	5.53	15			8						
51	Allison Lilley, David Lilley, Michael Lilley	2740	5.52	16			9						
97	Greg Byron, Paul Fahey, Rebecca Halligan	2630	5.55	17			10						
30	Ross Duker, Eric Smith	2610	5.48	18	7			6	3				
36	David Brown, John Moore	2610	5.59	19	8			7	4				
79	Neil Chappell, ??	2530	6.02	20	9			8	5			3	
53	Fiona Dodds, Roger Mayhill	2500	6.04	21			11						
23	Stephen Darby, Esthe Deunow, Nick Mitchell	2480	6.05	22			12						
60	David Carter, Maureen Carter	2450	5.46	23			13	9			4		
46	Kirk Bendall, John Clancy, Chris Stevenson	2450	5.59	24	10								
81	Barbara Barnes, Richard Barnes	2380	6.08	25			14	10					
43	Bert van Netten, Dianne van Netten, Jamie van Netten, Kim van Netten	2370	5.56	26			15						1
19	Nigel Jones, Julian Ledger	230	5.51	27	11			11	6				
27	Deborah Byers, Lyn Jones, Andrew Lumsden, Peter Morrison	2270	5.47	28			16						
54	Anthony Dyonon, Heather Dyonon	2210	5.37	29			17	12			6	4	
20	Carolyn Featherstone, Warren Hough, Michael Kazlanskas, Vardhman Rakyana, Sarah Withington	2200	5.53	30			18						
9	Jacqueline Bright, Ken Bright	2200	5.56	31			19	13			7		
89	Wendy Peattie, Therese Powell	2200	6.05	32		2							
99	Julie Avakian, Michael Avakian	2120	5.58	33			20	14			8		
25	Tony Martin, Terry Murphy	2110	5.41	34	12			15	7			5	
98	Phil Holman, Anne Marie Murphy	2110	5.57	35			21						
62	Jon Bailey, Kevin Bailey	2080	5.46	36	13								
96	Michelle Coventry, Grant Turley, Louise Wikinson	1990	5.52	37			22						
70	Stephen Thompson, Eva Wong	1980	5.31	38			23						
37	Lee Lowe, Susan Moore	1980	5.32	39		3		16		1			
8	Colin Tuft, Katherine Tuft, Peter Tuft	1980	5.55	40			24						2
33	Judy Richardson, Lynne Trappel	1950	6.07	41		4		17		2			
2	Gayle Bentley, Donovan Kriflik, George Kriflik, Lynda Kriflik, Thai Kriflik	1940	5.53	42			25						
87	Sarah Garnett, Rick Steele, Jeremy Steele, Bronwyn Steele	1920	5.43	43			26						3
63	Michael Gray, Hisako Shiraishi	1910	5.54	44	14								
35	Ian Almond, Matthew Almond, Peter Almond, Rod Doyle	1910	5.58	45	15								
29	Ewan Shingler, Mark Shingler, Paula Shingler	1880	5.30	46			27						
15	Gina McCauley, Grantley McCauley	1880	6.05	47			28						
12	Bill Gribble, Leslie Steinhaus	1860	5.51	48			29	18			9		
42	Michael Hanratty, John Oakely	1850	5.28	49	16			19	8				
40	Linda Draper, Sally McNair, Karen Partington, Pauline Wong	1830	5.39	50		5							
44	Jemima Trappel, Ray Trappel, Zac Trappel	1810	5.38	51			30						5
13	Jocelyn Booth, Ted Booth	1800	5.46	52			31	20			10	6	
67	Nejdet Danis, Paula Stuart	1790	5.56	53			32	21			11		

Team No.	2002 Socialgaine RESULTS (continued)	Score	Time	Overall	Men	Women	Mixed	Vet	Men Vet	Women Vet	Mixed Vet	Super Vet	Family
92	Chris Stewart, Kerry Wood, Damione Wright, Sharon Wright	1710	5.35	55			34						
80	Eric Barnes, ??	1710	5.59	56	17			22	9			7	
95	Drew Fryer, Anna Park, Kylie Anne Smith	1700	5.46	57			35						
35	Jane Greenop, Ray Jenkins	1700	5.59	58			36						
59	Jennifer Borrell, Neil Keats, John Keats	1650	6.16	59			37						
93	Greg Botham, Andrea Brischetto, Ivan Roberts, Tim Robinson	1640	5.32	60			38						
50	Myee Allison, Thomas Bishop, Tad Boniecki, Carla Boniecki	1620	5.49	61			39						
71	David Noble, Deborah Noble, Jennifer Noble, Rebecca Noble, Rachael Noble	1610	5.56	62			40						6
21	Teresa J Butler, Dave Humphreys, Jost Pres, John Warburton	1580	5.39	63			41						
28	John Kell, Sally Kell, Graham Hus Millar, Philippa Millar, Richard B Smyth	1570	5.50	64			42	23			12		
85	Kim Gibbs, Philip Gibbs	1500	5.37	65			43	24			13		
83	Peter Day, Wendy Day	1500	5.37	66			44						
68	Colin Canfield, Martine Robin	1480	5.40	67			45						
77	Andrew Kennedy, Hollie Kennedy, Therese Kennedy, Willia Kennedy	1470	5.14	68			46						
16	Dennis Sparling, Jim Wells	1440	5.55	69	18			25	10				
3	Philip Allen, Julie Bacon	1430	5.58	70			47	26			14		
57	Bev Barnett, Debbie Bush, Jenni Farrell	1410	5.43	71		6							
38	Michael Brown, Faith Lee	1400	5.27	72			48						
11	Dianne Laycock, Wayne Laycock, Lisa Pieper	1360	5.37	73			49						
5	Sven Dowideit, Pam Duffy, Bert Lancaster	1330	5.31	74			50						
52	Penny Field, Melissa Matheson, Norman Matheson, Geoff Ritchie, Tom Thomas	1320	5.54	75			51						
49	Pam Montgomery, Robert Montgomery	1270	5.47	76			52	27			15	8	
64	Angela Hordicek, Deanna Marland	1230	4.58	77		7							
75	Lesley Buckley, Jim Hubbard, Bob McNairn	1210	5.53	78			53	28			16		
65	Jae Kim, Tania Truniger, Nadia Truninger, Rebecca White	1200	5.38	79			54						
41	Catherine Cooney, Amanda Hyan	1170	5.57	80		8							
10	Alex Dess, Gillian Perkins, Iain Wilson	110	5.59	81			55						
94	Ellis Connolly, Jeremy Lanson, Emma Lanson, Rebecca Sharman	1160	5.25	82			56						
56	Stephen Ward, Tracy Anne Ward	1160	5.35	83			57						
7	Debbie Hotchkis, Sue Le Carpentier	1130	15.0	84		9		29		3			
55	Alison Almond, Jessica Almond, Jennifer Almond, Bronwyn Wilson, Robin Young	1090	5.50	85		10							
31	Poppy Danis, Nihal Danis, Zac Inwald, Richard Sage	1070	5.23	86			58						
100	Herb Lippmann, Yu Hua Liu	1050	5.58	87			59	30			17		
32	Judy Shea, Paul Shea	1020	5.59	88			60	31			18	9	
4	Anne O'Neill, John O'Neill	970	5.37	89			61	32			19	10	
86	Barbara Chapman, Anne Widmer	940	6.10	90		11		33					
17	Graeme Cooper, Vicki Cooper	740	5.45	91			62	34			20	11	
58	Alastair George, Rebecca George, Simon George, Joanna Parr	660	5.15	92			63						
73	Joel Richardson, Thea Richardson, Keith Richardson, Jan Sargood	650	5.43	93			64						9
88	Jette Sargood, Mandy Sargood, Markus Sargood	650	5.43	94			65						10
78	Julia Preston, Robert Joh Preston	570	5.33	95			66	35			21		
22	Hannah Cole, John Cole, Sophie Cole	560	3.09	96			67						11
26	Leah Cole, Mitchell Cole, Joseph Cole, Andrew Cole	500	2.19	97			68						12
39	Sonia Kupina, Alan Mansfield, Louis Mansfield	240	5.36	98			69						13
66	Peter McConaghy, Wendy McConaghy	0	15.0	99			70						

Socialgaine Stories:

From 'Albert the Moose' and 'The Swede' (Peter Garran and Martin Sköld).



What is a Socialgaine asked The Swede. I couldn't give him a satisfactory answer, except it seemed pretty much like a Metrogaine spelt funny. He gathered it was a fairly low-key event and not to be taken seriously. I wasn't sure how I might stand up to 6 hours on my feet so I wasn't promising anything and I think I gave The Swede the impression we would have a leisurely stroll in the sun.

So with minimal expectations and planning the event unfolded.

A few days beforehand The Swede asked, "are we going to cheat as much as possible?" and I asked him how. And the conversation ended. Later he mentioned going to an internet café and looking up the answers, but I thought the questions might be too obscure for that (they were as it turned out). And on the way to the event he asked if I had lined up friends to cycle around and check out the answers. Now this was a better scheme, but we were foiled again by our lack of planning. As it turned out the local Big Foot Orienteers who would have been willing accomplices were either in the event or otherwise engaged. That only left small scale gratuitous cheating like catching buses and taxis (or at least pretending to for photos) and ringing people to ask about local access. (they either weren't at home, or the briefing gave the answers ... whatever happened to an unlevel playing field). And we got stuck on opposite sides of the road (Military) just when perfect bus and cab photo opportunities arose and then we forgot about it.

So otherwise that left us to a "normal" event. After a late night we managed to drag ourselves to the registration an hour before kick-off. The plan was to go east and then do the maximum amount of foreshore tourist areas as the Swede was not long in town. The western end of the map looked a bit less interesting with more streets and less harbour so we didn't bother with anything complicated like adding alternate route scores. Plan A turned out OK but with the benefit of hindsight (and more time) it would have been good to read and decipher the actual and extricate the actual questions from the travelogue in advance.

A quick scan of the field at the start did not reveal any suspiciously fit looking orienteers likely to run non-stop for hours. That left wise old men as likely suspects for a big score. (sorry folks!).

And they're off. We trotted down to 19. Ron "Garden Gnome" Jungans and Ross Barr didn't seem to be as fast as us. Then 24, 95, 106, 22, 16, 63, 44, 46, 77, 15, 98, 81, 75, 14, 96 and down to Kurraba Point for a quarter time pit stop.

We kept on bumping into the Shingler family and posed with them pretending to be social.

Then we followed the foreshore to Milson's Point for a serious pit stop at the café by the pool. We were very sweaty and stinky and fitted right in with all the beautiful people out to see and be seen. The pastries were good too.

Then we squiggled around North Sydney and Waverton (39, 21, 100, 42, 41, 38, 26, 27, 28, 84, 29, 30, and 32) and then around the shore (Balls Head, Berry Island, Greenwich (omitting 56 and 36)).



It looked like we had time to head back via Gore Hill without having to resort to a finish sprint (as our little legs were beginning to lose interest) and we headed up the creek (64, 65, 108) and ambled home via 89, 34, 12, 45 and 11. And the winners areTerry Bluett and Chippy who went around all the controls to the west and were not far behind us overall. Chippy was looking much the worse for wear when we saw them after around 4 hours. I think they just worked bloody hard, and our route may have been better. ■

From David and Jacqui Cochrane

Well before we start, we still believe we were a little lucky to win. After seeing vets and super vets pass us during the race, we didn't ever imagine we would win the mixed open.

On what was an absolute stinker of a hot day we headed east from the hash house, picking up checkpoints 19 & 24 on the way to 95 at Northbridge. From there we resisted the temptation to continue on to 98, instead heading back up the hill to get 77, then backtracking to pick up 106 & 22, then continuing past North Sydney Oval to get 46, 63, 84 & 44. The fountain at 63 seemed to confuse everyone, including us but by unanimous consent it was finally agreed on the answer.

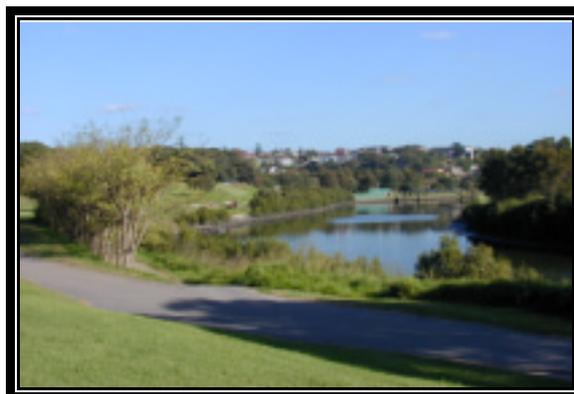
From there we went across the freeway to get 47 & 18. We were going past our apartment at this stage and a short nap was tempting but we jogged on down the hill to the checkpoints at Kurraba Point & then Kirribilli. We often jog around these tracks so a couple of short cuts helped us keep up with the super vet teams who continually amaze us with their level of fitness.

From there we went under the Harbour Bridge and basically kept going around the headlands; McMahons Point, Balls Head, Berry Island and Greenwich Point. We figured this route had the highest amount of points and would be the most scenic (the sea breezes were also most welcome). We had some trouble locating 92 but persistence prevailed. After Greenwich Point we headed back north, homeward bound as we have a habit of underestimating how much time we need, and overestimating the level of energy we will have; at this end of a race- leading to many points lost. So we headed up Gore Hill Reserve picking up 64, 65, 108, 31 and 89. Then we dragged our bodies through the Artarmon Industrial area and the North Shore Hospital before getting back to the Hash House with a few minutes to spare. We had planned on originally running for at least half of the time, but the hot day got the better of us and we think we ran for only a couple of hours at best.

Back at the hash house we were surprised to see our names at the top of the list for open mixed. We didn't expect this to last however, as we have seen this before only to see us slowly slip down the ladder as more teams arrived in. For some reason it didn't happen this time and we remained on top and were fortunate to take home a couple of books on bushwalks around Sydney. We could definitely be 'one hot wonders' next time when we aren't in our own area. Being close also meant we could sleep in a bit and could still arrive at the hash house with some preparation time (first time for everything I guess).

Thanks again to the organisers for their efforts. We had a great day and the scenery around this area is fantastic. ■

***WILL THE
SCENERY AT THE
METROGAINE BE
EVEN BETTER?***



DARE TO TAKE A HUMOROUS QUIZ ON ROGAINING ETHICS:

1. Event instructions arrive in the mail. Do you:
 - A) Work out where the hash house is, go and buy the relevant topographical map and study it intently..... 10pts
 - B) Ask your partner(s) if they have bushwalked in the area..... 5 pts
 - C) Forget the instructions and get lost en route..... 0 pts
2. You arrive the night before to take part in a 24 hour event. Do you:
 - A) Finish a bottle of Penfolds Port..... 0 pts
 - B) Hang around the course setters waiting hopefully for course hints..... 10 pts
 - C) Try out your compass by orienteering around the hash house environs..... 5 pts
3. The Admin tent has partially blown over in the night. Do you:
 - A) Queue up for your map, after all you've paid to participate, not help..... 10 pts
 - B) Offer gratuitous advice on how to erect marquees in storms..... 5 pts
 - C) Give up valuable course planning time to help put the tent back up..... 0 pts
4. The organisers say that a first aid kit is essential and you've left yours at home. Do you:
 - A) Keep quiet – nothing like that has ever happened to you..... 10pts
 - B) Buy another NSWRA first aid kit..... 0 pts
 - C) Scrounge a whistle, bandage and space blanket from another team that has 2 kits for 3 members..... 5 pts
5. After the start you come across a novice team having difficulty with their compass who look hopefully at you. Do you:
 - A) Show them that N is for North and then catch up your team..... 5 pts
 - B) Explain the difference between true and grid north and do some practice bearings..... 0 pts
 - C) Cruise past. They should have worked it out earlier..... 10 pts
6. At 4pm its 30°C and you are trailing your partner(s) for the 5th Control "Top of steep summit". Do you:
 - A) Climb to within 20 metres of the flag as per rogain rules..... 0 pts
 - B) Take a breather when you think you can see the flag – they have to come down again this way any way..... 10 pts
 - C) Stop within 20 vertical metres of the summit..... 5 pts
7. You meet another team and they have run out of water. You probably have enough to share but it will limit your future route choice. Do you:
 - A) Give them a drink but don't let go of the bottle..... 5 pts
 - B) Advise the shortest route to the next water drop..... 10 pts
 - C) Share generously..... 0 pts
8. The course setter has set Control "On the vague spur" and put the flag in the middle of a lantana and blackberry thicket. Finally you find it in the dark and then just after leaving meet a team who you know to be in your category. You say:
 - A) Had any luck over there?..... 10pts
 - B) You're getting close..... 5 pts
 - C) Its 40 metres on 175 degrees..... 0 pts
9. At an "in off the track and back out again" Control you see the backpacks of a team including a veteran rogainer known for his odd practical joke. Do you:
 - A) Surreptitiously put a couple of small rocks in his backpack..... 10pts
 - B) Add your packs to the pile..... 5 pts
 - C) Leave a goodwill gift of minties..... 0 pts
10. You meet your friends Arthur and Martha who have been exactly where you are going. Do you:
 - A) Ignore the "thou shalt not accept assistance or collaborate with another team" rule and ask for precise details of attack points, map corrections and any other information..... 10pts
 - B) Exchange a few comments about the lie of the land ahead..... 5 pts
 - C) Tell them the joke about the Irishman, the Scotsman and the Rogainer..... 0 pts
11. It's getting very late and you are very sleepy and just want to curl up at the side of the track for some shut eye. Due to some over optimistic route planning you are still miles away from the hash house and your three partners are fired up to keep going. Each offers something to assist. Do you accept:
 - A) A cup of coffee..... 0 pts
 - B) Some chocolate covered caffeine beans..... 5 pts
 - C) Some tablets called "No-Doze" from the Uni chemist..... 10 pts
12. Early morning you come to some farmland and the direct route crosses one of two paddocks. Do you:
 - A) Cross the paddock with the newborn lambs..... 5 pts
 - B) Cross the paddock with the newly planted crop..... 10 pts
 - C) Take a 500m detour around both paddocks..... 0 pts
13. The end is almost in sight. Your feet feel like one big blister, your pack like a filing cabinet on your shoulders. Do you:
 - A) Hide the pack behind a bush for picking up on the drive out..... 5 pts
 - B) Trudge on despite the pain – rogaining is fun or at least character building..... 0 pts
 - C) Empty contents into your partners pack..... 10 pts

How did you rate?

0 pts to 40 pts – You don't need a torch, your halo will do. You may be a cappuccino rogainer.

45 pts to 65 pts – If you fall into the lower end of this group then we might call you ethical. If the higher then just watch out for the short slippery path to dissolution.

70 pts and over – You are unethical! Book yourself into a course at the St James Ethics Centre 9241 2799. However, we admire your competitive spirit.

ANNUAL GENERAL MEETING

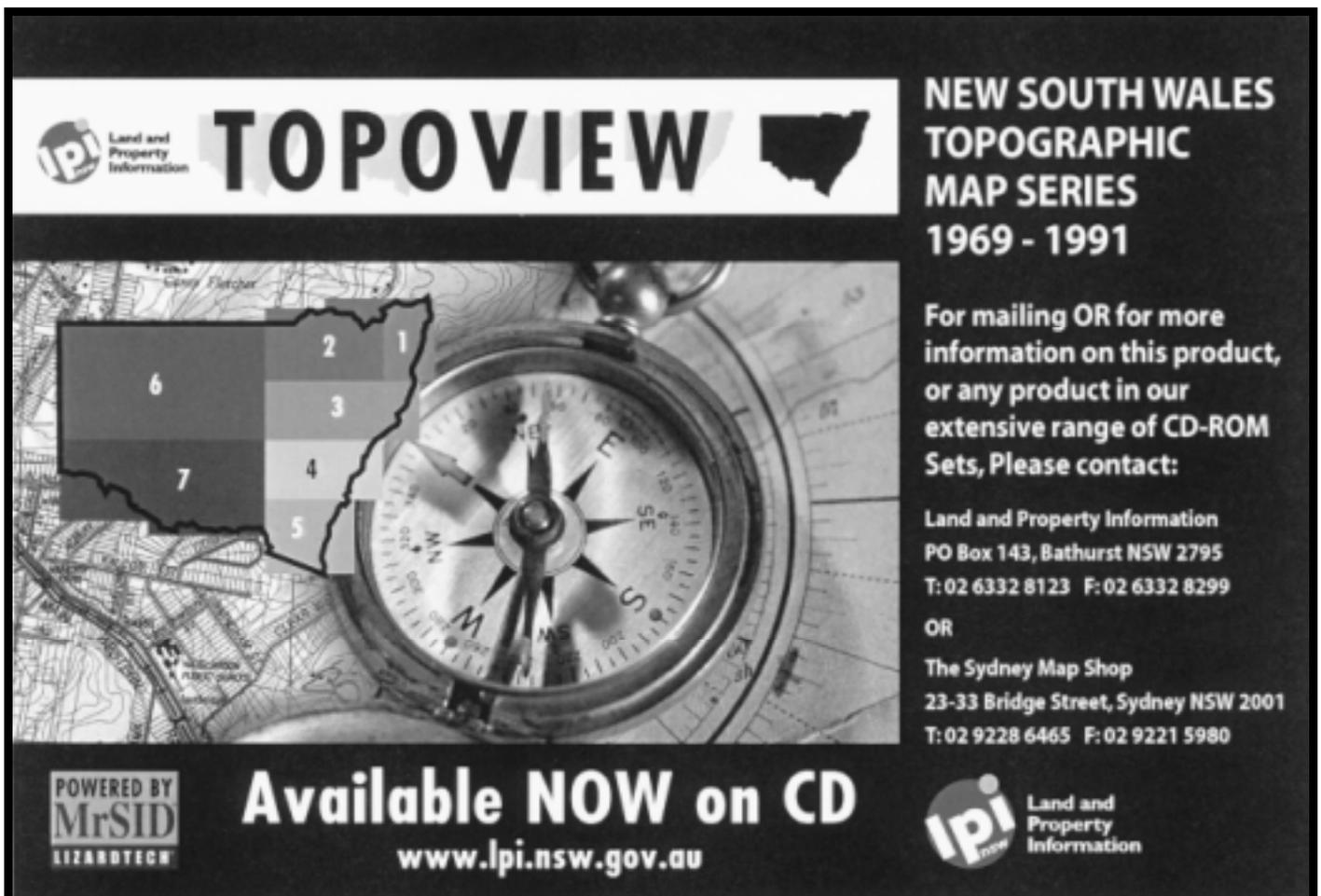
Notice of meeting and call for nominations for Committee positions

The 2003 AGM of the New South Wales Rogaining Association Incorporated will be held at approx 3.30pm on Sunday 23rd February (at the Hash House after the Cook's River Metrogaine in Sydney's South).

Agenda:

Adoption of Minutes of the 2002 AGM
President's Report – Richard Sage
Treasurer's Report – Tony Maloney
Adoption of Reports including 2002 Financial Statements
Election of Office Bearers/Committee Members
General Business

All Committee positions are up for election and nominations are now open – for details of the role of each office bearer see the loose sheet in this newsletter. Nominations should be sent to the Secretary prior to the AGM. New blood is very welcome so if you have some ideas, would like to make a contribution and nominate for a role or would just like to know how it all happens then contact President Richard Sage or another Committee member. Some of your time and enthusiasm can help make for even better Rogaining in New South Wales in 2003. ■



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TOPOVIEW

NEW SOUTH WALES TOPOGRAPHIC MAP SERIES 1969 - 1991

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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 rogaine is 25 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 50km 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 \$17 per individual. A household membership is also available where all members share the same address. In this instance there is an additional \$5 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:

NSW Voicemail 9990 3480

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