

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

Issue 85

May 2001



<http://rogaine.asn.au>

2001/2002 New South Wales & ACT Rogaines

	Date	Event	Location	Contact
NSW	17th June	Paddy Pallin 6 Hour	North-west of Lithgow	Julian Ledger (02) 9261 1111
NSW	7-8th July	NAV '01	TBA	Organised independently by Bushwalkers Wilderness Rescue
NSW	25th August	6 / 12 hour	Lake Macquarie	Bert van Netten (02) 4975 3693
	9th September	Cyclegaine	ACT	(02) 6247 5334
NSW	27-28th October	NSW Champs 12 / 24 hour	Southern Highlands	Mike Hotchkis (02) 4294 1363
NSW	25th November	Socialgaine 6 hour	South of Newcastle	Ian Dempsey (02) 4943 5790
	1st December	Spring 6 / 12 Hour	ACT	(02) 6247 5334
NSW	24th February 2002	Metrogaine 6 hour	TBA	TBA

Rogaining in other States

Date	State	Event	Location	Contact
2-3rd June	Northern Territory	24hr 'Rock & Roll'	Hayes Creek	(08) 8948 1187
30th June	Queensland	6/12 Hour	TBA	(07) 3351 6563
7-8th July	South Australia	24 Hr SA Champs	TBA	(08) 8271 2712
4-5th August	Western Australia	Oz Champs	TBA	(08) 9342 9213
12th August	Victoria	Metro/Cyclogaine	TBA	(03) 9438 6626

Interested in the Oz Champs in WA in August?
Visit the website for up to date event info with photos,
map-snippets, and nearby farm-stay locations:

<http://wa.rogaine.asn.au/ozchamps>

Next World Championships

25-28th July 2002 Czech Republic

President's Piece:

What were you doing at midnight on the 7th April? Asleep in front of the television? Or out on the course in the Wolgan Wanderer? I was out there and had just taken an unplanned immersion in the cooling waters of the Wolgan River. One second I was looking for Control 34, the next step I was up to my neck in it. Such are the unexpected turns that Rogaining and particularly night Rogaining throw up.

I've had the opportunity to reflect on my baptism for some time now. It's still quite vivid, even if it was harmless enough. And that, I guess, is my good fortune. There were certainly lots of cliffs, lots of large, unmarked cliffs, plenty of rough rocky ground and sharp pointy sticks. And there always will be.

The nature of Rogaining is such that organisers have to assume competitors are primarily responsible for their own well being. We each have a different level of ability and experience. Organisers can't assess this; entrants wouldn't want them to try. Like similar activities from which it has evolved, bush walking and mountain running, Rogaine competitors participate in the knowledge and expectation of the risks and the need to take care of their own and their team mates safety. Those who seek more control usually choose other sports such as orienteering and running.

We cannot realistically expect to control several hundred highly mobile individuals in 150 square kilometres of what is some of the most rugged terrain around. Whilst that is so, safety isn't forgotten. It's in the minds of event organisers when they are planning, setting and running each event. In Australia, a lack of water can quickly become dangerous. Advice is always given before the event about the amount of water that should be carried and the availability of water on the course. Where this is insufficient it is supplemented with water drops. Intention boards are used to follow the movements of teams. From information in the Final Instructions about what to bring to the event, the Course Setters Notes, the pre-event commentary, safety routes and safety traverses, competitors are given realistic information. Organisers expect to be involved in assisting teams before, during and after the event.

I have heard of a Rogaining event held in NZ in winter, where certain minimum levels of equipment, including thermal clothing, raingear and food were compulsory, and each competitor was inspected before and after the event to ensure compliance. We could go down that path here, and we have to a limited extent, with first-aid equipment. My preference is not to unnecessarily pursue this trend towards greater regulation, but to encourage with information, education, and an emphasis on self-preparedness and common sense. I would like to add that these are my personal views and not those of the NSWRA.

On a different note, I'd like to thank the many contributors who have submitted articles to the newsletter recently. The response is great. Keep them coming.

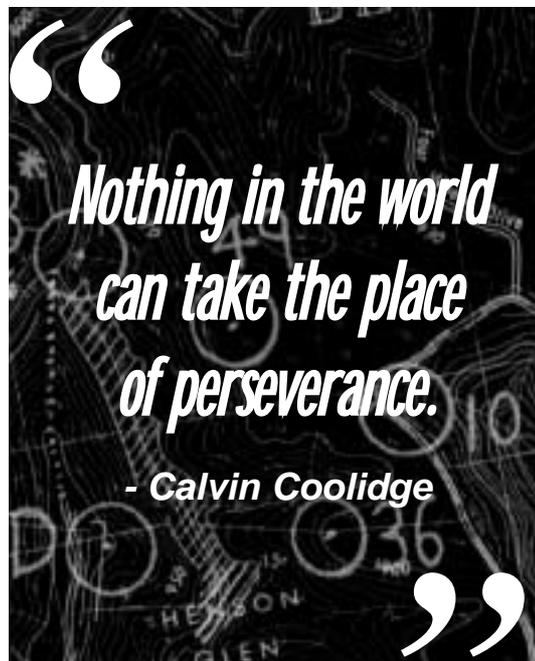
Richard Sage

President - NSWRA

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'Paddy Pallin':

Event name: **38th Annual Paddy Pallin Rogaine**
Date: **Sunday 17th June 2001**
Location: **North-west of Lithgow**
Event length: **6 hours**

The 38th Annual Paddy Pallin 6 Hour Rogaine is happening on Sunday 17th June. Experienced Rogainers Ross Barr and Ron Jungans have completed the course with over 40 controls on a great bit of country just north-west of Lithgow. Featuring track networks, open forest, some challenging pagoda country plus outstanding views, it promises to be an event not to be missed. Suitable for beginners and seasoned campaigners.

Its a nearly three hour drive so those coming from Sydney are recommended not to leave it until the Sunday morning. There will be free camping on the Saturday night along with a great meal courtesy of 1st Waitara Scouts. Or try a stopover at the new Blue Mountains YHA opening soon in Katoomba. The course is at around 1000 metres so bring your beanie. As the NSW's biggest rogaine it is always fully subscribed so enter early and bring along your friends.

Julian Ledger



'Nav 01':

Event name: **Navigation Shield 2001**
Date: **7 - 8th July 2001**
Location: **3hrs+ west of Sydney (near Oberon?!)**
Event length: **11 and 30 hour options**

The middle of Winter approaches and so does the 13th annual Emergency Services Navigation Shield. Once again the first full weekend of July will see over 400 participants from various organisations, professional and voluntary, competing in what is essentially a rogaine, organised independently by Bushwalkers Wilderness Rescue. Members of Rogaining Associations are able to enter the event in the rogaine class, which is not part of the competition for the Shield and correspondingly competitors are free from the equipment requirements that entries in Shield classes must observe.

Purely a coincidence, the moon will be two days past full and the course this year is unusual for a NAV Shield (as those of you who have 'enjoyed' this event in the past can attest) in that most of it is free of scrub, pagodas and gorges! The location is over 3 hrs west of Sydney, closer to Oberon than Sydney.

See entry form enclosed in this newsletter.

Ken Smith



Interstate Invitation:

THE ROCK & ROLL ROGAINE - 2/3 June 2001 2ND NORTHERN TERRITORY CHAMPIONSHIPS

The dry season is almost here with its cool nights and clear skies. Following the wet season this year, the course is promising to be exceptional, with an ample supply of water in the creeks and some delightful swimming holes.

Place: Hayes Creek, located 150km south of Darwin near the Douglas/Daly river system. The area features rolling basalt hills and rugged sandstone for intricate and challenging navigation, with some faster, flatter country also. There is some fascinating gold mining history in this region, and natural gorges and springs to visit nearby.

Map: Colour, 1:40,000 featuring 20m contours with supplementary 10m contours below 140m and with pre-marked controls.

Events: 24 hour - spend as much time out on the course as desired over 24 hours. 12 hour - spend a maximum of 12 hours on the course, returning as desired.

Camping: A large, attractive, flat, grassy area is available for camping at the caravan park at the Hash House. Access by sealed road which is on the Darwin to Adelaide bus route. There are ample toilets and hot showers. The Hash House will of course provide delicious nutrition. There are also a few demountables and cabins available at the adjacent pub. Having refreshed and recovered on Sunday afternoon, join us for a pub meal (self-funded), where we hope to have some live music to top the weekend off.

Transport: Bus services stopping at Hayes Creek is available with Greyhound (Ph:132030) and McCafferty's (Ph: 131499) departing daily from Darwin.

Event fee: Approximately \$40 (to be confirmed) includes camping Fri-Sun, meals during 12/24 hr events, map, course information, administration, entertainment.

Contact: For further information and entry forms contact John Ulrichsen (08) 8948 1187; awju@ozemail.com.au

Other Events: Dry season is all go in the Top End! Visit world heritage wetlands (sadly, this is likely to be the last year before Kakadu is completely invaded by cane toads), bushwalk in Kakadu NP, nearby Nitmiluk NP or canoe up Katherine Gorge. Swim in waterfall fed pools at Edith Falls. Visit historic Grove Hill homestead nearby or spa at Douglas Hot Springs. Swim at Butterfly or Umbuwurra Gorge Nature Parks. At this time of year many local Aboriginal communities have arts festivals and open days. Also around this time are: Darwin Runners & Walkers Club City to Surf 4km & 13km, regular Top End Orienteers events, and Darwin Triathlon Club's Enduro Race.

If you missed the Croc & Rock Rogaine in Litchfield National Park in 1999, we all had a great time! So don't miss out this time! Join us for a fantastic rogaïne, competing with locals & interstate entrants.

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'Wolgan Wander' Debrief:

With Walter's Wolgan Wander well and truly over, I'd like to repeat my thanks to all those who made it not only possible but also an enjoyable event, at least for most of us. As always there will be some who didn't find the course quite to their taste, but others who had a ball.

In particular I'd like to thank Trevor Gollan for taking so much of the load off us with the admin. Not only did he handle the entries and results, produce the control cards and final instructions, but he also took on himself two possibly even more important roles: transporting all the Hash House food to the event site and buying the Easter Prize Bilbies! In all of this he was ably aided and abetted by Geoff Silburn, plus Ian Almond, Ron Perry, Kathy Herrmann and Ian Brown on the day.

The Hash House itself was organised by John Keats and smoothly run on the day by Jennifer Borrell, with help from Debbie Hotchkis, (the other) Sue, Deslee, Ros Perry, Margaret Hughes, and Belinda Pope. Thank you all for keeping us so well fed throughout.

The course itself owes much to our vettors, Andrew Pope and Andy Mein, who checked, corrected, recommended and generally improved things as we went along. Then they came out again to help hang the flags and to run things on the weekend, refilling water drops and looking for lost and lonely souls during the night.

Finally flag collection - Trev and Geoff hung around to collect some claiming "2 ½" when they visited #101 bringing back the intention board and punch. The flag is still 5 metres up the tree! Following the valiant efforts of Richard Sage, Nihal Danis, Ken Smith, and Mike & Debbie Hotchkis a couple of weeks later this remains the only flag still at loose.



Event co-ordinator/course-setter Sue Clarke (and Caesar) making herself heard.

Photo: Andy Mein

Sue Clarke



Team	Score	Time In	Overall	Men's	Women's	Mixed	Vets	Men's Vets	Women's Vets	Mixed Vets	Super Vets	Family
78 Ron Junghans, John Le Carpentier	1100	11:40	1	1			1	1			1	
25 Mark Freeman, Martin Krause	910	11:41	2	2								
64 Paul Batten, Bronwyn Lawton	910	12:04	3			1						
3 Duncan Cross, Lowan Turton	900	11:47	4	3			2	2				
88 Michael Drok, Rachel Haywood, Wendy Holver, Stuart Warren	870	11:49	5			2						
91 Oscar Clarke, Raffaella Cavadini	870	11:57	6			3						
73 Andrew Bovis, David Hamaty	810	11:53	7	4								
8 Andy Cairns, Malcolm Hughes	760	11:56	8	5			3	3			2	
68 Rob Malicki, Tomas Tyc	730	11:51	9	6								
34 Max Coates, David Coysh, Tim Heasman, Greg Rowe	700	11:56	10	7								
9 Liz Phelps, Vanessa Richardson, Dieuwer Reynders	610	11:51	11		1							
93 Naomi Turner, Noel Turner, Sarah Warner, Rob Smalley	610	11:34	12			4						
95 Glen Peters, Damian Welbourne	590	12:06	13	8								
5 Merv English, Anne Newman	540	10:44	14			5	4			1		
85 Peter Brandis, Ian Fryer	530	12:02	15	9								
2 Arwen Cross, Loina Cross, Kulan Turton, Merinda Turton	510	11:18	16			6						1
44 William Landers, Tony Lavis, Roderick Smith	480	10:33	17	10								
42 Phillip Carter, Jim Meek	470	11:06	18	11			5	4				
72 Barry Brandon, John McKay, Charlie Thomson	450	11:47	19	12			6	5				
4 George Hauswirth, Kevin Lloyd	440	11:28	20	13			7	6				
77 Philip Allen, Bob Bartle	380	11:51	21	14			8	7				
43 Leigh Sullivan, David West	360	10:44	22			7						
53 Peter Forder, Peta Young	360	7:25	23			8						
76 Ted Booth, John Guilly	350	6:57	24	15			9	8				
46 Pip Brown, Maureen Fitzpatrick, Deborah Smith	330	9:02	25		2		10		1			

..... continued on next page

Results

79	Greg Graham, Ben Newey	330	10:59	26	16														
17	John Biddiscombe, John Bishop	320	9:54	27	17				11	9									
62	V. Chavez, D. Hrast, A. Niemczyk, K. Vandembroucke	320	6:59	28				9											
94	K. Crawford, N. Gooden, J. Zadro, S. Zdenkowski	310	10:50	29				10											
54	K. Barnsley, S. Bedingfield, N. Davies, N. Delbridge	300	11:15	30				11											
83	Stephen Jackett, Steve Lloyd	300	6:22	31	18				12	10									
69	Stephen Rose, Janelle White	290	11:16	32				12											
51	Nigel Hardiman, James Stuart, Dorine van Kempen	280	9:58	33				13											
36	Bruce Murray, Daniel Murray, Jordan Murray	250	7:24	34	19														2
45	K. Lawrence, A. Nelson, N. Rapley, T. Stephan	240	11:07	35				14											
28	Graham Hus Millar, Richard B Smyth	230	8:23	36	20				13	11									3
49	Penny Field, Susie Field, Geoff Ritchie, Tom Thomas	230	8:37	37				15	14					2					
37	Mark Corbett, Amanda Kelly	190	8:09	38				16											
61	Crystal Boeur, Sarah Giegel, Kheng Yew Tsung	180	9:35	39				17											
96	Jon McInnes, Anna Linnemann, Kirsty Linnemann	180		40				18											
70	Amanda Darby, Sarah Kretsch, Hanna Laakso, Nick Miller	170	8:51	41				19											
87	Marie Dale, Sarah Gladwell	170	12:02	42		3													
14	Jane Greenop, Ray Jenkins	150	8:31	43				20											
38	Harry Goyen, Leanne Reid, Michael Reid	140	7:26	44				21											
56	John Lam, Nigel Lowry, Nerida Peart, Catriona Webster	140	9:06	45				22											
67	Abigail Nield, Rachel Sandwell, Jordana McLoone	140	5:21	46		4													
71	Blake Cogle, Techa Kim	140	5:21	47				23											
33	Peter Sharrock, Robin Sharrock	110	8:31	48				24	15					3					
35	Anna and Kirsten Linnemann, Jon McInnes, Lina Persson	100	6:41	49				25											
65	John Lawton, Ben Munro, Cristina Huesch	50	12:22	50				26											
90	Caroline Blake, Anna Clarke	DSQ	LATE																

Team	Wolgan Wander 24 HOUR																		
	Score	TimeIn	Overall	Men's	Women's	Mixed	Vets	Men's Vets	Women's Vets	Mixed Vets	Super Vets	Family							
7	Wil de Sain, Ian James	1560	11:45	1	1			1	1										
30	Andrew Haigh, Nicole Haigh	1500	11:37	2			1												
27	Rob Kimbrey, Paul Stein, Rod Tracey	1370	11:40	3	2														
82	Tony Garbellini, Mike Hotchkis	1330	11:56	4	3			2	2										
21	Phil Holman, Graeme Hunter, Neil Lefevre, Andrew Sloat	1300	11:28	5	4														
6	Julian Ledger, Tony Maloney, Chris Stevenson	1270	11:58	6	5														
52	Robert Embery, Grant Harvey, Mick Smith, Mick van der Vlist	1220	11:35	7	6														
48	Marton Hidas, Emma Murray	1160	11:34	8			2												
39	Wayne Davis, Reddall Leslie	1120	11:50	9	7			3	3										
41	Paul Kelly, Lach Newham	1040	11:44	10	8														
1	Damien O'Meara, Jenny Smith	1010	11:44	11			3												
55	Barbara Campbell-Allen, Paul Campbell-Allen	970	11:40	12			4	4					1						
59	Bruce Franklin, Peter Wherry	820	11:49	13	9			5	4										
32	Greg Barton, Bruce Macaulay, John Patterson, Andrew Scott	920	11:45	14	10														
13	Peter Dunn, Garry Ferris	810	11:56	15	11			6	5										
18	Nihal Danis, Richard Sage	810	11:56	16			5	7					2						
84	Annabel Battersby, Lachlan Dewar, Stephanie Goodrick	780	10:33	17			6												
10	Anthony Hunt, Gary Roberts	730	11:58	18	12														
20	Rosemary Austen, Steve Garlick	680	11:49	19			7	8					3						
81	Glen Peters, Duncan Rayward, Damian Welbourne	680	23:53	20	13														
40	Norm Gourdie, Sari Lewis	660	11:07	21			8	9					4						
58	David Dash, Peter Tamsett	620	11:02	22	14			10	6										
57	Jeff Lehrer, Chris Mein	610	8:39	23	15														
16	Tony Dale, Patrick Elliott	590	10:45	24	16			11	7										
31	Julie Avakian, Michael Avakian	590	11:50	25			9												
47	A. Banham, R. Bradley, B. Gardner, E. van Lennep	530	11:46	26			10												
92	Phillip Cowan, Neill Chappell	510	22:40	27	17														
60	D. Ah Toy, A. Cordner, M. Devey, A. Smith, R. Thomas	490	1:49	28	18														
89	Adrian Clark, Monique de Jong, Oly Vallee	480	0:07	29			11												
29	Margaret Covi, Robert Cox, Diann MacKenzie	470	11:54	30			12	12					5	1					
12	Marilyn Ferris, Lesley Taylor	420	11:58	31		1		13		1									
22	Debbie Buck, Magda Kanavas, Judy Greenwood	420	12:01	32		2													
19	Robert Crough, Peter Figiel, Danny O'Connell	350	11:46	33	19														
63	Matthew Jewell, Michael Ohara, Duncan Pratt	320	11:19	34	20														
86	Sarah Ireland, Sean Ireland, Judy Le Breton	290	11:17	35			13												
24	Pam Montgomery, Robert Montgomery	270	18:30	36			14	14					6						
23	Simon, Alastair, Rebecca George, Joanna Parr	180	10:56	37			15												1
74	Claire Doherty, Mike Henderson	80	23:00	38			16												



'WOLGAN MEMOIRS':

Following our first ever win at the Wolgan Wander, Trevor Gollan asked if I would indicate our course on the map supplied for the event. In doing that I thought some of our thoughts and experiences of the event might be of interest to others.

We began our trip planning by identifying the three loops; the Northwest, Southwest and East. This was going to involve some 95 km to complete so quickly discounted any thought of doing the lot. To maximise our gain we combined the Southwest and the lower half of the East loop to give our selves the opportunity to score near 25 points per kilometre of travel. We couldn't see (from the map at least) that the difficulty of travel was going to be different in any sector. Unfortunately the map doesn't always show the presence of pagodas.

We opted for the Northwest loop at start to give ourselves the opportunity to return to the Hash for an early evening dinner. This went well to plan. We had no difficulty, except that the stream flow at 46 was not exactly as shown on the map. Nothing else gave us any real bother and we had scored 700 points by just after 7.00pm when we returned to camp for a dry shirt and a meal.

We were off again before 8.00pm. Down to 32 and West towards 85. Even the scrub in the Creek did not deter us. Upon reaching the saddle on the spur we came across several groups searching the pagodas. The saddle was easy to identify and there were several rock towers across it but no control! We must have spent near 45 minutes going over this area before deciding it was time to cut and run. The other groups also left in despair and without points. We climbed back to the road and down to the Wolgan River.

Controls 34, 81 and 94 came quickly and we were beginning to become reassured about our night time navigation. That was until we went to look for 72. We made the error of avoiding the creek and trying to follow the spur down on the northern side. We found many rocky outcrops, and discounted most because they were unclimbable. It was time to work

from the creek side but we were already too far down in the Wolgan River and so decided to get 36 first and move back up to 72. We had a little trouble finding 36 but did find it after several sweeps of the spur. It was when we went to look for the creek leading back to 72 that we struck our real problem though. We ended up in a small canyon that twisted and wound its way back into the hill but ended abruptly. It was time again to cut and run. We were not feeling real good at this time and the night was only just half over.

We made our way back to 36 to get our bearings and deliberately slowed our pace when making our way to 60. Fortunately from that time things fell into place much better. We were particularly pleased when making the long traverse between 35 and 102 and hitting directly onto the small saddle that lead onto the rocky spur.

Dawn struck around 56 and things went pretty well as we made our way around to the eastern half of the course. We had a problem initially finding the spur down to 55. I didn't appreciate how much my pace had shortened as I got tired and we started from the road too early. It was also a point in time where we had to rationalize our expectations for the rest of the event. Time was beginning to run short. We would have to miss some of the higher scoring controls and head back more directly to the Hash.

We finished with 1560 points and about 12 minutes to spare. I was so glad it wasn't a sprint to the finish. Apart from the few missed controls we were reasonably satisfied with our efforts. When we learnt that we had won, it was jubilation.

Congratulations are in order to all those involved in running the event. I think Sue and Walter set a marvelous course. It is not often that you can experience a canyon on a Rogaine!



24hr Open winners Ian James & Wil de Sain 'get the boot' from course-setter Walter Keleman.

Photo: Andy Mein

Wil de Sain

Team 7 with Ian James

Overall Winners - 24 hour event

Where to now team?



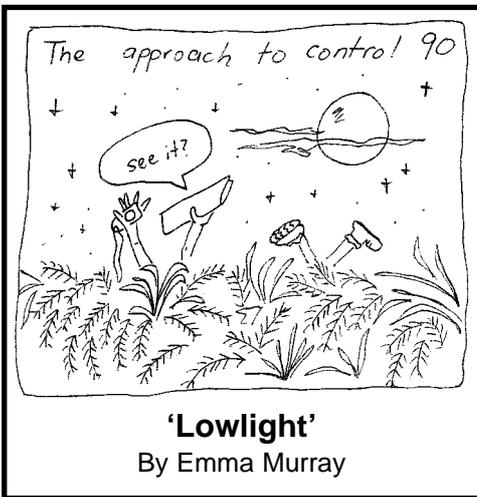
The future of rogain-
ing! Stephen Pope
making his decision
on a high scoring
route.



Chaos at the 'clothesline'.

Photo: Belinda Pope

The course-
setters job is
done!! zzz...

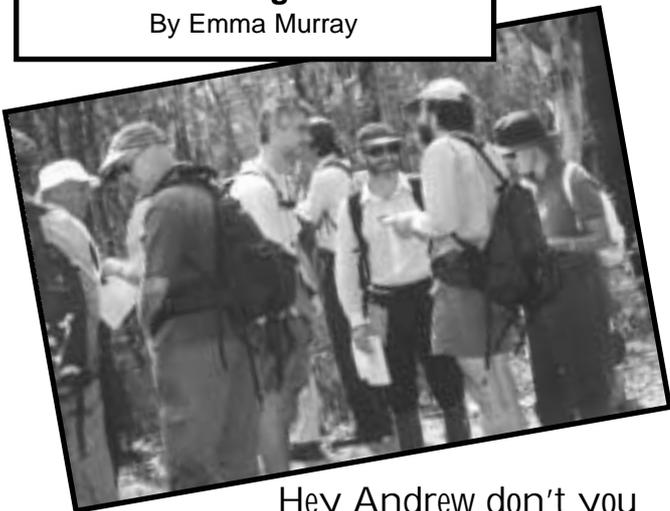


'Lowlight'

By Emma Murray



Sue Clarke
trying not to
give too many
clues away.



Hey Andrew don't you
think Mike looks cool in those sunnies!

Photo: Belinda Pope

Membership
Secr. Belinda
Pope lends a
hand on the
Admin. desk.



Giddy-up Mum!

Photo: Belinda Pope



'Highlight'
By Emma Murray

Many hands make light work - Thanks!!



Smiles all around at control 61 (Sahara Point.)



Hands off the cute guy in the middle he's mine - Tanya Chivers (Co-editor!!)

The social activities of nocturnal animals drawn to the firelight!

Wolgan Scrapbook



Photos by 'our man up the tree' Andrew Introna (except where noted).

'The 24 Hour WANDER (well almost!):'

The week leading to the event was so busy that neither of us organised a time for me to pick Jeff up from his home on Saturday. After pulling Jeff out of bed at 8am and waiting over an hour for him to get ready, we were off to Newnes Plateau. The Hash House was on the road to Sahara Point, keen climbers will know where that is, a very bumpy and dusty road. We drove into a mass of cars and ready-to-go rogainers, 20 minutes before the start. 30 minutes after the siren sent the teams away we were ready to go. Checkpoint 37 beckoned us first. We began with a quick walk and then into a jog. I was impressed at Jeff's speed and wondered how long he would be able to keep this up or was he simply that fit? Down the hill to the Wolgan River we sounded like horses galloping, keen to make up some lost time.



"Ready-to-go rogainers"

Photo: Belinda Pope

Up the road on the other side of the river, the long way, we marched on. The great navigational challenge of the Newnes Plateau hit me for the first time once on its top. "The land is so flat how are we going to know where the spur is?" was a question I verbalised many a time from that moment until the end of the race. I'm not an experienced pacer, I don't know how many paces I do to 100 metres, and I don't like walking on compass bearings because it's slow and narrow focused. This was not the time to fight the obvious need to use these tools. I was stubbornly trying to use the topography. And this is where Jeff's skills and experience came to the fore.

The spur to 81 was picked correctly by only the use of topography and some good luck! The bush started to separate us. Our paces in the bush were noticeably different to my surprise. Jeff lost his contact lenses a couple of weeks ago and was still waiting for the new one's. "I told him to get a second pair", his wife Jo had told me before the weekend. With his glasses he was not able to get clear vision, subsequently distance was difficult to judge and a slower pace was needed. Later after 8 or so hours of walking and now in the dark, I realised that Jeff had not muttered a single word about the strain on his eyes and was showing no sign of the frustration it was causing. I was indeed impressed.

81 was in a beautiful open canyon. A quick spin around to take it all in and off again we went. We decided to go on a bearing to 94. My determination not to be narrow focused and still use the topography caused us to go too far south and miss the location by 300 metres. Time was lost trying to find the correct rocky outcrop. But low and behold there in front of us was a highway of people walking to and fro from 94. What a marvelous view!



Enjoying easter eggs and a well-earned break at Waterdrop #2 early Sunday morning.

Photo: Andrew Introna

Jeff navigated us to 72, not on the original plan because we over shot that land feature but on a great alternative that we fortunately stumbled upon. An old road going down the creek, heading southwest to north east, lead us to 72. Around 4pm we climbed on top of the high rocky outcrop to 72. Off to 36 with ease. A quick G'day to Mike H. and Tony (2nd in the vet's) and on to 60. The scrub forced us high on top of the spur before we could traverse cross and down to 60. We landed right on top and found the vet's comfortably sitting and having a break. Those guys make it look so easy!

Decision time, do we go for 35 - 102 - 47 or 56 - 47? With darkness falling quickly and not confident enough with the thought of our night navigation on the Newnes plateau. We went for the easier option. Up the creek, using pacing that Jeff had perfected over the years, and to 56. Got there before dark, took another bearing to the road. Paced along the road to the location we wanted to go bush again to reach 47. It was now dark.

Jeff and I were getting serious about our navigating. The country demanded pacing and compass use. No more tomfoolery! The bush bash in and out of 47 in the dark was a taste of what was to come. Dinner on the road between 47 and 26 was a well-earned break. The cool temperature only allowed for a short stop and then we were walking again on a bearing through the bush to 26. Got it with no problem, so then it was 90 next. Only a

kilometer away as the crow flies but it took us a good hour or so to get there. The scrub in the trib running into the Wolgan River was horrible.

Grinding knees on one leg and then the next would plague Jeff from 26 to the time we managed to get back to the Hash House. This was an injury never experienced before and was quickly becoming a big problem. Nonetheless Jeff pushed on to 90 and 51. Unfortunately on the road to the waterdrop it was becoming obvious that Jeff was not going to shake this knee injury and he was growing more and more fatigued with each step.

The drink containers were filled up, some food eaten, our body's rested and then we were off to 55 and 71 just after 12 midnight. With tiring minds and body's after a while it became obvious that our pacing was no longer correct (or was it the placing of the road on the map that was not correct?). Whatever excuse I could think of it didn't make any difference to the fact that we could not find either 55 or 71. It was coming out of the thick scrub on the wrong spur to where 71 was, that I mentioned to Jeff that I didn't think we should continue the course with his painful knees. Jeff was thinking the same, so once back to the road we would set a course back to the Hash House.

Jeff tried to make his branches-come-walking sticks into crunches to take the weight off his knees. No luck. If there was a car we decided that we would grab a lift, there wasn't one. At 4am we finally arrived. Sleep deprived and sore. After some food and a sleep we made the final decision that we couldn't go back out and so the control card was handed in at 8:30am.

Jeff and I loved the course for its navigational challenge and beautiful surrounds. The experience with Jeff was memorable and our skills complementary. I'm very glad to say that we are still friends and I reckon our working relationship will probably benefit from this time together under these difficult circumstances. Thanks to all those involved.

Chris Mein

Team 57 with Jeff Leher

'LOST - Embrace It!':

Advice for the under forties

There is no better feeling than finding a control at 4 am in the morning in the pitch black in thick scrub in terrain that appears to be flat and featureless for as far as you can see. Then again there is nothing worse than not finding it. But this is Rogaining. It is not so much about speed or fitness. It is about keeping in control of your emotions. You have to constantly ignore calls from your inner mind.

There is a section of the brain that contains preprogrammed conceptions of what is sensible, this is called your 'Internal Memorised List Of Sensible Thoughts' or I.M.L.O.S.T for short. In everyday life this list stops you doing stupid things, unfortunately the list can not be applied to Rogaining, in fact you must train yourself to ignore it.

For example at the last event my I.M.L.O.S.T provided these pieces of advice:

"It's the middle of the night you should be asleep - May as well give up"

"This is hopeless you are lost and don't know where to go - May as well give up"

"This bush is tearing chunks out of your legs - Why are you doing this anyway? - You must be stupid - May as well give up"

"Everybody else is probably finding this easy - May as well give up now and get some sleep"

"Panic! You are lost again, It's daylight and only 2 hours to go - How could you be so stupid"

In everyday life these would seem like reasonable suggestions - Not so in Rogaining. You have to block out all thoughts of failure, convince yourself everybody else is also finding it hard and battle on. Never consider the possibility of giving up. As soon as you consider it - it may well seem like a very good idea.

One final call to people under the age of forty. There seems to be a bit of a trend especially on long events. Vets and even Super Vets are winning! We must do better. We need to learn to suppress our IMLOST. Vets seem to have this mastered. In fact I know a couple who may have taken it a bit too far and are permanently LOST (Lacking Of Sensible Thoughts).

Andrew Haigh

Team 30 with Nicole Haigh

'Wolgan Snippets':

"Full of chilli con carne and a fine merlot, we set off at 11.30 in the moonlight for 61 at the lookout. We wished we'd brought sleeping bags to watch the sun rise over the canyon.....All up we got five checkpoints (and were on the course for about 9 hours), a few scrub-scratched legs, and a whopper of a bum bruise. We had a great time."

John Lam

"My team was made up of three people who had rogained plus two who hadn't rogained before. We tend to be competitive in spirit but a bit lacking on experience and running fitness. We found the navigation a little more challenging than in the past however I think that harder navigation is a good thing. You learn far more when you can't just go to the nearest knoll and look around!"

One of our novice 24-hour male teams enjoyed themselves tremendously. They had sparse knowledge of navigation however found some checkpoints. Obviously a bit of searching went into finding their checkpoints. They say they crawled for about 500m at one point.

Another novice 12-hour mixed team went out for a few hours, found some good checkpoints and did the same in the morning. I don't think some of them had even bushwalked much (though I made sure at least one had a decent knowledge of navigation) - I still think they gained lots out of their stroll."

Adrian Smith - Co-ordinator UNSW Bushwalking Club

"Well I'll spare you all the nitty gritty details but we did a whole bunch of walking, a fair bit of cursing, all interspersed with the occasional bit of rejoicing when we came across those wonderful orange and white things. We didn't do spectacularly well when it came to points but it was our first go and we all had fun and I guess that's what it is all about."

Dan Hrast - Member UNSW Bushwalking Club

"At 11:15am we picked up 93. We could either return to the HH and get 46 on the way, or run out to 61 and back to HH in about 45 minutes (about 7kms). Damian was not keen for the 61 as it was in the opposite direction to the hash house, but I convinced him. Never argue with a wise one. We were six minutes late - lost our 60 points, ended up with 590, and our friends got 610! Arrrgggghhhh!!! Moral of the story... always listen to the wise old sage ... Damian in this case). We had a great time, thanks for all the organisation."

Glen Peters

"Just a note of thanks for all the effort in organising last weekend's rogaine, especially the unsung heroes who do the tiring administration and cooking without the bushwalking. Peter and I arrived really tired and that's before the start but appreciated the rock pinnacles and even the scrub we managed to find on a couple of legs. The upper Wolgan was pretty walking and better going than we anticipated. It was good weather and we left refreshed after a rogaine! Please pass on our thanks."

David Dash

"Haven't got much of a story, but a warning to beginner groups: don't push yourselves like we did (4 hours sleep) and end up quitting the rogaine a 10am due to exhaustion! We got 780 points in the end, so we thought that was a fair effort. I hope to be around for some more rogaines soon. Thanks to the organising team."

Annabel Battersby

Thanks to all those participants who contributed feedback on the event. 😊

Assistance from volunteers is essential to the sport.

No experience is necessary - detailed instructions are supplied.

 Volunteer Requirements	Paddy Pallin 6 Hour 17th June	Lake Macquarie 6/12 Hour 25th August	NSW Champs 12/24 Hour 27-28th October	2001 Socialgaine 25th November
Event Co-ordinator	Julian Ledger	Rob Vincent	Mike Hotchkis	Ian Dempsey
Course Setter/s	Ross Barr Ron Jungans	Rob Vincent	Mike Hotchkis	???
Course Vetter/s	Neil Prosser	Bert & Dianne van Netten	???	???
Administration Team leader plus 5 - 6 others Team Leader indicated in bold	Phil Holman ???	Dianne van Netten ???	???	???
Hash-House Team leader plus 6 - 12 others Team Leader indicated in bold	1st. Waitara Scouts	???	???	???
Flag Retrieval	???	???	???	???
Contact Details	Julian Ledger 9261 1111(w)	Dianne van Netten 4975 3693	Mike Hotchkis 4294 1363	Ian Dempsey 4943 5790



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.

2001 ACT CHAMPS - FROM TOTALLY LOST TO "TOTALLY GORGEOUS":

The weather was looking uncertain on the Saturday morning of the ACT Champs. It was fairly cold, overcast and there was the odd sprinkle of rain. I arrived in the bus from Canberra to find my rogaining partner, Adrian Smith cooking a lovely pile of porridge for the band of UNSW Bushwalking and Mountaineering Club members hiding in their huge "party tent".

The rain got heavier as it got closer to 12 o'clock, but our spirits remained high as the organisers had promised a lot, having called this the "totally gorgeous rogaine". Finally we were off and running, or walking very fast, off up the road towards the infamous control 41. We left the road just after jumping over a gate but it became obvious that in this area of vague topography it wouldn't be easy to find. After about 10 min we gave up. We found out later that the control had been hung in the wrong spot! To be honest I am not sure if we would have found it even if it were in the right spot!

We continued up the road and collected control 40. From here the rogaine was "totally gorgeous". The rain cleared up and most of the course was covered in forest, which was easy to move through, as there was no scrub. This made night time navigation not too much more difficult than at daytime as the moon was bright and the topography was easy to see through the trees. The controls were also fairly easy to spot. The knife-edge ridges out to controls such as 101, with views into the Shoalhaven gorge were also enjoyed. Some large folds also were spotted in the rocks, which is terribly exciting for a geologist such as myself.

We kept heading northwest collecting control 86 at about 10pm. We had been getting over 100 points an hour, as most of the controls in this part of the course were above 70 points! We made our way back south to the hash house collecting controls as we went. We pulled into the hash house around 5am. We realised that we had not seen a soul since 9pm, except for the organisers, when they drove along the road up to 83 at about 10.30pm.

It didn't take long to cool down, once we stopped. Breakfast was just starting. The toasted sandwiches were a hit. I was also very happy to find that chocolate cake and cherry slice were still out from dinner. Hash house cake and pancakes is the sole reason why I rogaine!!

We headed out at about 6am towards the east. We collected an 80-point control right on the Shoalhaven River. The swimming hole there was beautiful. We must go back in summer. Liloing trips along the Shoalhaven would also be fantastic.

After collecting all the controls out that way we headed back to the hash house, arriving at 11am. We had an impressive sounding score of 1870 points! So we rested easy as we watched the other rogainers come in. It was not enough however, to get a place in the mixed category as you needed over 2000 points, the winners scoring over 2500 points. All in all an enjoyable rogaine.

Emma Murray

Congratulations to all those NSWRA members who competed in the ACT Championship event on the weekend of 5-6th May. Check the ACTRA website for the complete results list:

<http://www.ma.adfa.oz.au/~gnm/Rog/actra>

'Even the best laid plans.....!':

Having planned a route to gather 1530 points over the 24 hours with an add-on of a further 150 if we were going well, what happened? A small gap between plan and execution perhaps? A lack of the hard edge of physical fitness? A lack of ruthless competitive drive when tired? A leisurely stroll back to the hash house for a good nosh-up and sleep in the small hours of the night? Well, a small nod in the direction of all these.

First The Plan!

Even the first quick glance at the map suggested a total distance for all check points in excess of 120kms. Too far, that's out. A more cunning route had to be planned. The Wolgan River with a steep south-facing slope. Too scrubby, that's out. A state forest area where 'every ridge a track'! So to the essential dilemma of this course - rely on the tracks for faster going and manage a slight uncertainty of where they connect, or ignore them and go direct for a slower but more certain result? We planned a route that linked the west with the south, across to the east then off the Sunnyside Ridge road at night, all the way north followed by a quick retreat to the Hash adding or subtracting check-points as time permitted. Oh yes, and use the tracks.

The Execution!

Nailed the first four without any lost time using tracks. Feeling good. Followed a vague track to the fire trail for the lead in to the next check-point, a rocky outcrop near a creek junction. Started in following a track leading in the general direction we wanted to go. Slowly the track drifted right, so we left it and immediately found ourselves in a creek of rather dense and prickly scrub. Using the plan of slight uncertainty we followed the creek down and found another track that led directly to the base of the check-point. One lucky break used up.

The next four points linked together easily by tracks, so it was getting dark when we kicked out for a bright green swamp marker with an uncertainty factor plus or minus two creeks. Missed by one creek and had to backtrack to the other creek and lost an hour. Now definitely dark. Seven hours in with a pleasing number of points on the card. Still feeling good but sore feet a problem. A portent of the future?

Ignored the tracks for the next two points and took the direct route. The second had water in the creek so we stopped for an hour to drink, rest and repairs to our various foot problems. Lost another hour by getting caught out with the old 'didn't go down the creek far enough' at the next Top of the Watercourse marker but recovered to be at the water drop on Sunnyside Ridge only three hours behind plan. Feeling tired. Sore feet now definitely restricting fast progress.

The focus on the plan kicked in again after a long rest. Along a track on the south-east ridge. Task, find two markers. In and out. Same track. Missed the first marker and ended up in the creek. Too far. Back to the track. Abandoned that one. Found the next one easily. Feelings lifted. Had another go at the missed marker on the way back. Up the creek again. Same place. Still no marker. Retreated to the water drop. Rested up some more. Headed east. Faint track. Found marker. Back to the water drop. Rested up again. Hash house, food, sleep now seemed a better plan.

At the hash house was a fire and warm food. We nodded off to sleep in front of the fire dreaming of compass bearings, check-points and spiders.

The east lightened and the twelve-hour teams disturbed our sleep before the plan came back into focus and we headed out for the north end of the course. Six hours to go. A quick doodle around the top end, stopping off for a good long view from the lookdown into the Wolgan valley, then back to the hash house for the finish, gave us our final score of 1220.

Robert Embery

Team 52 - Wolgan Wander 24 hour with Grant Harvey, Mick Smith & Mick van der Vlist.
(7th Overall / 6th Men's)

'Play Fair' - Cheating in Rogaines:

Over the years I have jokingly called myself the 'self proclaimed rogaining police'. You may have come across me on occasions questioning your partner(s) whereabouts. Sometimes the answer is obvious: off the track having a pee or down the bottom of the hill. From time to time however there is a split in the team and that is cheating. It seems increasingly it is becoming a habit that not all team members get within the 20 metre radius of the control. Frequently at events tired members are left waiting while the fitter member sprints up the hill to get the control. Or as recently occurred at this years Metrogaine some participants were seen splitting up to collect controls separately. We can perhaps all relate to these because I suspect we might all be guilty of it or at least have thought of doing it. I know I have so maybe I am not the right person to write this article. But being an atheist a confessional in this forum suits me just fine. You might ask is it ever alright to split up? No not even if something has gone terribly wrong. I would suggest in those circumstances teams endeavor to attract attention of others by the use of their whistles. Of course it might all depend on the circumstances. If you have to leave a person behind then it should be for absolutely the shortest time possible to obtain assistance. It is very easy for people to get terribly disoriented and adding to the problem in hand. I am sure some of the members can recall a number of occasions when this has occurred. However if we all adhere to the rules it never needs to occur.

So what should you do if you come across a team that you suspect have split up? Act on your suspicion. Ask the person where the rest of his/her team has disappeared to? Ask for their team number. Make a note of where they were seen. Report to the organisers back at the hash house. Later in the day ask the organisers what was done about it. In the event that the team may be a place getter challenge their place. Declare yourselves "self proclaimed rogaining police" and keep our sport fair for all!

If you have any suggestions I would be happy to present your views to the committee. Please email me on danis-sage@bigpond.com with your suggestions.

Nihal Danis

Apology:

Unfortunately the results from February's Pelican's Roost Metrogaine as published in the last newsletter and on the website contained a number of errors. These errors were in the category placings. We apologise to those teams affected and will endeavor to ensure all results are published correctly for future events.

Newsletter contributions:

It has been great to see such a large number of enthusiastic contributions to this issue. Thanks to all those who put pen to paper so to speak or provided photographs. To those who haven't as yet contributed to the newsletter please consider writing about your next Rogaining experience or related activity. We would also like to share your photographs with other rogainers especially as a cover image. So take note of the submission dates and send your contributions to newsletter Editor Andy Mein. Written word via email would be appreciated (PC Word '95 or 'text' file). Original copies of your photographs would be preferred and will be returned. See Committee listing for Andy's contact details.

Issue	Publication Date	Submissions Close
86	18th July	11th July
87	19th September	12th September
88	7th November	2nd November



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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)

Interested in being a volunteer at an event this year? YES NO

The fee per annum is \$12 for the first person on this form and \$3 for each additional person. The membership year starts 1st. January. The maximum fee for a family is \$15. A family is defined as one or two adults plus any number of dependent children each of whom 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: **NSWRA Membership Secretary, 97 Norman Avenue, Thornleigh NSW 2120**



<http://rogaine.asn.au>