



# ACTRA Newsletter

## August 2001

### “Never Truly Lost”



## 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



ACTRA treasurer, Glenn Bridgart, looking rather dapper. See the feature article on Rogaining Fashion on page 4.

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*

## 2000-1 CALENDAR OF EVENTS - ACT, NSW & National

= info in this newsletter

2001			
Sep 1	ACT	4 hr Night Mini-gaine	Glenn Bridgart
Sep 9	ACT	Cyclegaine	Kevin Moore (02) 6247 5970
Oct 27-28	NSW	24hr NSW Champs (S Highlands)	(02) 9990 3480
Dec 1	ACT	Spring 6 / 12 hr	John Brown



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## 2001 Australian Championships

The Australian Champs were held over the weekend 4-5 August about 1.5 hours SE of Perth off the Albany Highway. There were over 600 entrants in 230 teams with 45 people helping in the admin and hash house. About 10% of the entrants were 'from the East' but as expected they did relatively well in many of the categories. All states except Tasmania were represented and there was even two New Zealand teams and a Malaysian team. The ACT contingent consisted of David Baldwin and Julie Quinn who came 7th in the Mixed Open and 38th overall (after having some leg problems enforcing a sleep during the night) and Alex Tyson (teamed up with Jenny Casonova from South Australia) who won the Womens Open and came 17th overall. This is Alex's 8th Australian Championship win (7 Womens Open and 1 Mixed Open).

The terrain was predominantly open farmland with small pockets of friendly native bush. Consequently three teams visited all controls with the overall winning team of Nigel Aylott and John Jacoby (both Victorian) finishing by 8.30 in the morning having covered an estimated 110km and about 130 fence crossings. Results are available from the ACTRA web site at [act.rogaine.asn.au](http://act.rogaine.asn.au)

ACTRA is hosting next years Australian Championships on 27-28 April the course setter is Geoff Mercer and the Vetter is Glenn Bridgart. Any offers of help before, during and after (assistant course setting and vetting, arranging buses, billets and gear transport, administration

and control collecting) are most welcome. Contact Geoff Mercer on 02 6295 6019 or email at [g.mercer@adfa.edu.au](mailto:g.mercer@adfa.edu.au) if you can help in anyway.



*The ACT Rogaining Association is grateful for funding through the ACT Bureau of Sport and Recreation*



ACTRA PO Box 3505 MANUKA ACT 2603

<http://act.rogaine.asn.au>



Team 67 (Sean, Judy and Sarah) at the 2001 ACT Champs

## 2002 Australian Championships

ACTRA are hosting the 2002 Australian Championship Rogaine on 27-28 April 2002

If you can help in any way for this event please contact Adrian Sheppard

Some of the things we will need include:

### Before the event (you can still enter it)

- Logo Design, entry form design
- Organising bus transport
- Transporting gear to the event site and setting up
- Working bee on gear

### On the day (and before)

- control hanging
- admin
- catering
- general helpers, putting out water drops
- first aid station
- a few manned controls (sit by a control for a few (many?) hours and ensure that teams stay together).

# Helpers wanted

Helpers are always wanted for events.

Some of the tasks are setting and vetting courses, catering, transporting gear to an event, running the pre-event administration, working bees on some of the associations gear, control collecting etc. Any help however small is appreciated.

There is always someone experienced to help you out as well. If you can help, even in a small way, please contact Geoff Mercer [g-mercer@adfa.edu.au](mailto:g-mercer@adfa.edu.au) phone (02) 6295 6019 (hm) (02) 6268 8734 (wk)

Event	Course Setters and Vettors	Catering	Admin	General help	Control collection
Paddy Pallin 6 hour April 1	Ian Booth Wayne Gregson	Aranda Scouts	Geoff Mercer	David Singleton John Sutton Ann Sutton	A lot! See page 1
ACT Champs 24 hour May 5-6	David Baldwin Julie Quinn David Singleton Adrian Sheppard	Aranda Scouts	Judy Jenkinson	Alan Daley Megan Hewitt Jack Palmer Pam Christensen	Ron Simpson Jean Douglass Dick Walker Lisa Phillips
Cyclegaine 6 hour Sep 9	Kevin Moore		Ben Harvey (Canberra Cycles)	Linda Meisel Amelia Witheridge	
Spring 12 hr Dec 1	John Brown		Steve Garlick Rosemary Austen		

# IS YOUR NAME FEATURING HERE??

## Special Feature: *Rogaining Fashion*

by our Fashion Editor, Linda Meisel

Watch out Pierre Cardin, move over Armani - To coincide with the release of the spring collections in Paris, I thought it was about time we featured a celebration of rogaining fashion. With notepad and camera in hand, I spent some of my fireside time at the recent ACT Championships checking out what people were wearing...

Not surprisingly, rogainers tend on the whole to be a practical bunch. Most were able to give me good reasons for why they were wearing what they were wearing, and it mostly came down to some sort of compromise between personal comfort and maximising their competitive advantage.

Thankfully, however, some rogainers do appreciate the importance of aesthetics in apparel. Jane and Anna Pulford made rogaining fashion history when they competed in the 2000 World Championships in New Zealand in matching long, white dresses and hats with flowers. While it was more 'Picnic at Hanging Rock' than 'Pierre Cardin', they looked just gorgeous disappearing off into the hills with maps and compasses. They got a respectable score too, considering the number of times they snagged on fences and had to slosh their hems through the creeks, and although they returned with waist-high mud stains, the gowns were surprisingly intact.

Although the guy from the Czech Republic was so impressed that he vowed that he too would wear a frock at the world champs that they're hosting next year, fellow



Greg and David (team 48) - "Easy to lose your partner in the scrub when they're camouflaged"

### The Tale of the GoreTex Socks

I did once try to find a compromise myself between runners and boots. Sick of sappy feet, I mail ordered a pair of goretex socks from MEC and gave them a bit of whirl. For the first six hours of the rogaine I was totally thrilled. There we were, striding through tall damp grass with my runners completely soaked but my feet dry and warm. I even did a few very shallow (4cm) creek crossings like the picture in the ad, and puddle traverses with no leakage. This lasted until the fog came and my wondrous socks began to fail. The goretex comes up high on each side and the front and back of the sock, but since it's solid, to get the sock on and off there's a thin stretchy lycra panel along the top of your foot. For some reason, as soon as the mist descended, this upper piece started to leak like a sieve (any atmospheric physicists out there who want to try to explain this?) and when it started to drizzle my watertight socks filled up with water and I sloshed around in dual bathtubs for the rest of the event. Never again.

rogainers might not take to this trend so quickly.

At the ultra-competitive end of the fashion spectrum we find two significant trends: the Cool and Breezy Synthetic Orienteers and the Men In Lycra (or thermals). I have to say I found the orienteering outfits a bit odd when I first started rogaining - people sprinting past me in the bush in pairs wearing (usually matching) loud nylon pyjamas. Alex, a very successful orienteer and rogainer, explained the attraction to these strange suits: the netting tops breathe and offer sun protection, and like the loose airy trousers, are tough and don't shred easily in the scrub. Unfortunately, if you want to buy your own set you'll need to hang out at orienteering events and buy them off the back of a truck. You might be tempted to actually do this when you get a close look at orienteering gaiters. These are wonderfully snug and light and very tough and offer more than enough protection.

The lycra and thermal fans that I spoke to, like orienteers, enjoyed the light weight of such leggings, the scrub protection, the warmth, and the fact that they don't flap around like loose walruses when wet. Indeed, these formed the team uniform when the ACT took out the Australian Championships two years ago. Although some members of this team opted for the nice and tight it's-all-out-there male ballet dancer look, several rogainers that I met preferred to wear shorts over the top, both for modesty reasons and to give them the option of peeling off the inner layer if it got too hot.

Synthetic materials seemed to be the choice for most of the crowd that I spoke to. Judy, Sarah and Sean were wearing thermals underneath, shorts, fleeces and goretex coats. These things are light, warm and dry quickly. Sarah even suggested that manufacturers need to design some goretex shorts to keep our undies dry but I'm staying out of that debate.

Debbie, Robyn and Anne, on the other hand, preferred natural fibres. Between them there were several cotton t-shirts, cotton pants, woollen vest and jumpers. They rolled their pant legs up in the rain and were sharing a pair of gaiters for leg protection (it was Debbie's turn that Sunday). They agreed that layering was the way to go, adding or peeling off bits over the course of 24 hours.

This review wouldn't be complete without a mention of the guys who turn up in full army gear at our events, especially the ones who seem to do the whole course carrying what seem to be full army packs. I'm always impressed with these so I was very pleased to meet David, who was wearing some army gear at this rogaing, and who explained the advantages. He was wearing the standard cotton camouflage pants which he said were incredibly comfortable and tough in nasty scrub. He didn't mind them getting wet, since 'they eventually dry out'. He also had a strange harness-looking thing that allowed him to carry all of his stuff on his hips. Called 'webbing', he told me it allows the weight of your gear to sit lower on your body, which, among other things, helps you to clear low branches. His partner was not as happy with the camouflage gear, and complained that it made it difficult to find David in the bush.

Perhaps the greatest divide in rogaing fashion lies between the 'boots' and 'running shoes' factions. Nearly all of the very competitive rogaing that I met wore runners which were light and allowed them to sprint through the trees and impersonate olympic hurdlers when they encountered any fences. These people had wet feet half an hour into the event and finished up with shrivelled soles and blisters the size of Africa, but they did usually win. Staunch 'boot' people, on the other hand, raved about the ankle protection, superior grip and nice dry feet. I imagine that, like



Debbie, Robyn and Anne (team 39) -  
"All for natural fibres"

Catholics and Protestants, you're unlikely to get anybody to change camps on this issue.

Judging by the field I encountered, I expect that Jane and Anna won't have any competition for their title of 'best rogaing attire' for some time. We're all just too practical. And as somebody who wore warm, fluffy, comfortable sheepskin ugg boots the entire time I was at the hash house, I'm the worst offender of all.



Michael and Brian (team 39) -  
Perfect examples of "thermals & lycra"

## From the 2001 ACT Women's Vets Winners

*Jenny Hawkins*

I am not sure that I like rain. At least it is good for the garden, but when I'm out in the bush – well, that's another matter. As the only entrants in the Women's Veteran Class, we suggested that we didn't need to collect many controls before we could retire. Having been told that we were being wimps, we took a long look at the weather, plunged out from under the marquee and headed off.

Gradually the group going in the same direction dissipated and we found ourselves on our own for a bit. We found a  
*(continued on p. 6)*



(continued from p. 5)

few suitable knolls but not of them adorned with a control – just groups of bedraggled wet folk all looking rather lost. So we bade 41 goodbye, struggled through the dense scrub and set off along the track under the powerlines. We judged the point at which to turn in to 40 nicely and found it easily. Later at the Hash House we were assured it was not to be found!

Then on to 91 which caused us some grief when we somehow ended up down the side of the ridge. We concentrated hard to 75 and then went on to 64. The view was indeed spectacular – certainly worth the visit!

The challenge was now to find a route to 33. With all the cliffs marked on the map, we negotiated cautiously down a creek bed towards Little Timberlight Creek. The choice was to follow along the creek bed or climb straight up the other side. A choice I later wished we had made, as I crawled on all fours along the boulders of the creek bed, my shoes refusing to grip on the slippery surfaces. This was followed by an (almost) vertical climb up the slope clinging like grim death to the soft surface and ducking under the unfriendly vegetation. Finally we made it to the top – but a wonderful highlight on the way was the sighting of a lyre bird skimming over the vegetation after having been disturbed by someone or something.

The route to 93 was then along the ridge; and then quickly

back to 55 and across to 84. 47 was a case of along the ridge and follow the track; from there we moved to the water drop and on to 94. We found a track which took us all the way to the control from the water drop, so it was definitely our most successful control! Moreover we did not see Alex and Karina Tyson there though we left them at the water control also intending to visit 94 – at the end they told us they followed a bearing and didn't risk the track!

On to 48 in the evening gloom and finally at 68 we got our torches out. We set off for 34 – but that's where our problems started. Neither of us have regained at night before and we need to learn a few more techniques... We wanted to follow the main creek along on the western side. We found a place where we could cross the banks which must have been about 3-4 metres high, and tried to follow along up a tributary. We found a dam and a couple of unmarked tracks – and decided we couldn't. Just couldn't. So we set a course for home. South. As we paused on a saddle Valerie asked..."What was that control description? Just shine your torch over there..." And there was Number 34 as large as life.

Enthused, we plunged down the hill to the SW intending to set off on the track which was clearly marked. Well it was clearly marked on our maps. Just not clearly marked on the ground. And the creek – well the one before had 3 metre banks. This one must have had banks of 3 cm. If that. In retrospect we crossed it. But at the time we did not realise it.

So back to Plan B. Head South to the track and then home. Pick a star and follow it. It all seemed easy. But no track appeared. Fortunately the scrub wasn't too difficult in the dark. Stop to finish off lunch (just a few hours late). Decide we had missed the track and change to heading south east to

(continued on p. 8)

# MAKE SURE YOU STAY ON THE RIGHT TRACK

## Services

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

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

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

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

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

**Image Processing:** Digital image processing analysis, Landsat sales.

**Information Systems:** Advisory services in information management and systems development

## Products

- Digital cadastral information for NSW
- Digitally derived cadastral map products
- Digital topographic data
- Aerial photography coverage of NSW
- Satellite imagery of NSW
- Topographic maps covering NSW
- Parish and county maps covering NSW
- Orthophoto maps
- Property maps
- Touring maps
- Tourist maps
- Historic map reproductions
- Geographic names gazetteer
- Special publication including:
  - Official Road Directory of NSW
  - Map Reading Guide
  - Atlas of NSW
- Special use maps including:
  - NSW base maps
  - Aboriginal map of NSW
  - Lord Howe Island Colour Photomap
  - NSW Local Government Areas map
  - Sydney CBD colour photomap
- Digital boundaries such as local government, suburb, electoral etc.



## CONTACT



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# ACT Champs Final Results

## 24 hour event results

Overall	Category/Age													Score	Time	In	Team Names
Place	MO	MV	MS	XO	XV	XS	WO	WV	WS	J	F						
1				1										2520	2337	15	Sue Brown, John Brown
2	1	1												2430	2329	8	Glenn Bridgart, David Jones
3							1							2260	2332	4	Alex Tyson, Karina Tyson
4				2										2220	2326	12	Dick Walker, Lisa Phillips
5				3										2170	2330	35	David Stuckey, Peter Good, Joanne Carroll, Novak Thompson
6	2	2												1930	2348	34	Michael Sullivan, Brian Evans
7				4										1870	2255	23	Emma Murray, Adrian Smith
8							2							1690	2330	2	Judy Jenkinson, Rochelle O'Hagan
9	3													1670	1670	43	Mike Devey, Roland Thomas
10	4													1570	2157	10	Norm Schram, Bill Keating, Peter Liston
11	5	3	1											1540	2330	52	Noel Luff, Ian Kentwell
12				5	1									1500	2337	21	Sue Clarke, Walter Keleman
13	6													1490	1501	5	Gregor Wilson, Scott Oldfield
14	7													1450	2345	20	Nick Rose, Nigel Minchinton, Adam Hamilton
15				6										1450	2358	45	Scott Morrison, Jonna Terkildsen
16				7										1440	2346	38	Carolyn Roberts, Cuan Petheram
17	8	4												1420	2349	62	Alan Sargeant, Bob Hawkins
18	9													1410	2358	77	John Patterson, Bruce MacAulay
19							3	1						1340	2323	65	Jennifer Hawkins, Valerie Barker
20				8										1340	2358	32	Stephen Reynolds, Janelle White
21	10	5												1290	2352	48	David Coysh, Greg Rowe
22				9	2									1270	1227	27	Phil Creaser, Anna Booth
23				10	3									1270	2338	13	Greg Dunstone, Jennifer Borrel
24	11													1230	2348	49	Aaron Tait, Luke Baker, Ryan Kelly
25				11										1220	2344	58	Rebecca Thomson, Kevin Moore
26				12	4									1190	2430	7	Steve Garlick, Rosemary Austen
27				13	5									1130	2344	42	Mike Hotchkis, Debbie Hotchkis
28	12	6												1070	2321	55	Ted Booth, Bob Bartle
29				14										1000	1446	70	Kylie Jonasson, Mark Heap
30				15	6	1								950	2346	30	John Sutton, Ann Sutton
31				16										910	2351	16	Andrew Hassell, Elinor McKone, Richard Stone
32	13	7												910	2359	28	David Clark, Peter Leppert
33							4	2	1					870	2322	9	Kathy Saw, Lyndall Hatch
34	14	8	2											830	2349	54	Philip Allen, John Guilly
35	15													790	2348	66	Michael Aylott, Daniel Elkazar
36				17	7									770	1044	18	Richard Sage, Nihal Danis, Alan Mansfield
37				18										760	2329	78	Thais Turner, Danny O'Connell
38							5							740	2403	44	Annabel Battersby, Shayna Glickman
39				19										720	2330	67	Judy Le Breton, Sarah Ireland, Sean Ireland
40				20										590	1245	3	Chris Hatherly, Natalie Chan
41	16													520	2330	6	Hal Benson, Dan McGrath, Phil Reeks
42				21	8									390	2402	81	Richard Sage, Nihal Danis
43				22										360	2332	26	Linda Meisel, Murray Shaefer
44	17													330	2419	22	Chris Butler, Luke Bulkeley, Ross Dennis
45							6							320	2337	39	Debbie Buck, Anne Buck, Robyn Van Dyk

## 8 hour event results

Overall	Category/Age													Score	Time	In	Team Names
Place	MO	MV	MS	XO	XV	XS	WO	WV	WS	J	F						
1	1													1360	746	24	Andrew Pope, Andy Mein, Geoff Williams, Nick Hudson
2				1	1									1100	747	46	Jean Douglass, Ron Simpson
3	2	1												1030	756	69	Stephen Smith, Denis Vanzella
4	3													940	756	71	Colin Hayhoe, Danius Mauragis, Klaus Pinkas
5	4													920	758	53	Paul Mason, Gary Rolfe
6				2										710	752	50	Leeza Cottingham, Daniel Shiels, Kumalie Elford, Matthew Walker, Daniel Brownsdon
7	5													700	755	79	Bill Allen, Tim Carlton, Paul Atyeo
8				3										660	744	60	John Harvey, Julia Dixon
9				4	2									630	630	1	Lynn Pulford, Tim Pulford
10	6													610	610	57	Dylan Jayatilaka, Murray Dow
11				5	3									610	756	36	Colleen Mock, Colin Mock, Jeffrey Darwin
12				6	4									580	713	61	Marty Power, Jenny Power
13				7										560	809	76	Rebecca Ford, Simon Malley
14				8	5	1								550	730	11	Richard Smyth, Maggie Hart
15	7													540	803	31	Karl Adamson, Daniel Wilkins
16	8	2												530	740	51	Greg Baker, Stephen Baker
17				9										530	817	59	Sally Farrar, Luke Farrar, Wiley Lewis
18				10	6									520	558	64	Cherie Power, Graeme Power
19				11	7									510	724	29	John Harding, Carol Harding
20	9										1			490	817	33	Michael, Henry and David Hutchinson
21	10	3												470	720	40	Stewart Murray, Tony Edwards, Colin Ward
22							1							450	737	68	Mary Vanzella, Merilyn Souter, Amelia Souter
23							2	1						420	619	41	Jenny Sullivan, Kim Trethewy
24				12										410	531	72	Martin Webb, Sally Blewitt, Andrew Beddoe, Charles Broughton, Rebecca Fitzgibbon
25	11													370	720	14	David Fallon, Anthony Fallon
26	12													350	747	47	Nicolas Monteban, Greg James
27				13										350	819	74	Peter Wenzl, Carolina Roa-Rodriguez, Paul Howles
28				14										340	759	75	Jason Irving, Jane Irving, Ben Power, Greg Prutej, Damien Spender
29				15										290	756	63	Anne Baynes, Peter Crosthwaite, Debbie Maher
30							3							150	818	56	Michelle Karas, Karen Edwards
31							4							0	508	37	Helen Osmond, Catherine Moyle, Zoe Cozens
32				18										0	823	73	Paul O'Neill, Michelle Blyth, Penny Dakin, Ronnie Chow, Terence Betlehem

(continued from p. 6)

pick up the more major track. Great comfort to hear cars on the road and to know civilisation was at hand. Try to stop the bleeding when I walked into a barbed wire fence in the moonlight. Finally the track appeared and we strode out briskly back to the Hash House, meeting those who had finished the 8 hour event on their way home.

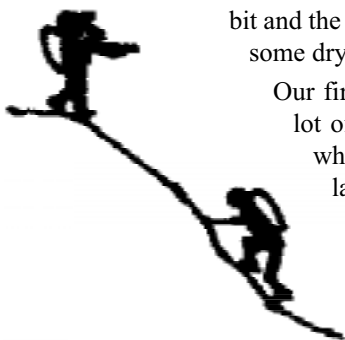
A few hours sleep and then up at about 5.15 am in order to get ready to start out again. We started at first light and walked up the hill to 50. Delicious view in the morning light of the campsite – it all seemed rather mediaeval somehow. Along the ridge towards 42. Crossing Oallen Creek we climbed up the far bank to be greeted by a wombat breakfasting in the early morning light.

Crossing below the blackberries at Oallen Ford was something of a challenge but we managed it without even getting our feet wet... though we subsequently got very wet feet skirting around the edge of the quarry to the east of the ford on our way to 70. Others told us later that the control was a bit misplaced with respect to the mine – but we didn't look for the mine, only that very welcome control! Then on to 87 through some very thick scrub (FIGHT to an orienteer) but eventually the control beckoned like a beacon two hillsides away...

52 was a challenge because of the vagueness of the country – in fact we had almost abandoned it when we saw it a little further down. On to 90 – once again over some pretty vague country but it was encouraging to meet folk coming out of the control as we approached. Then on to 62 with some tantalising glimpses of the Shoalhaven River, 60 with a steep climb up the northern bank of Hockey's Creek, and on to 32. Nearly home. Just 30 to go.

But just as we started with a miss, we finished with a miss. Crossing the creek from 32 we plunged into the worst FIGHT of the whole event. Probably when we got out of it, we were off our bearing. We probably even had time to return to the Hash House and run out again without packs. But we didn't. The spirit might have been willing but the flesh... well the muscles were aching a bit and the feet were definitely in need of some dry socks and different shoes.

Our first 24 hour rogaine. We had a lot of fun. Thank you to everyone who organised the event and to the landowners for lending us their property for the day.



## How we "Pulled it off" at Ben Bullen (NSW Paddy Pallin 6hr)

Trevor Jacobs

The physical (multiple impaling and skin shredding) and emotional scars have now subsided to the point where I now feel as though I can bear to relive this event and impart how we succeeded as team virgins to the 6 hour rogaine.

Funnily enough there was a lot on the radio the week before about the Lithgow puma, so Adrian Sheppard and I had hatched a cunning plan of taking a footprint gadget and sauce to stage some horror scenes to put off the competition. Unfortunately we both forgot to prepare adequately for this plus on the day we were far too intent on the business at hand to even think much about it. At one control I overheard another group discussing excitedly scratch marks on a cliff and taking photos of it. I would have liked a closer look but was intent at the time on chasing Adrian around at break neck pace.

The evening before Ads asked me if I had brought along any tights for the next day. That was news to me, and luckily I had chucked in a pair at the last minute in case I needed them to keep warm at night. So I wore them the next day - they were fairly old but in good nick - by the end of the day they were rather shredded as were my racing shoes (the only shoes I had with enough grip in the tread), but it was well worth it.

We left a bit late for the start area, and got our maps etc a bit late, but no worries as Ads seemed to know what to do with his colour pencils and crayons and highlight texts. I got the impression that this was the best part for him. Ads considered some options and we debated them and then he plotted a rough course. Then we agreed on a bit of a masterstroke to begin with, and that was to first up clear out the SE corner as there were some high pointers here and it would be a shame to not get them at the end if we ran out of time. He managed to contact his map pretty well but botched mine, so we had to redo them - I wasn't too fussed as I planned to basically tag along and help out where I could if I could.

We took off at the siren and Ads immediately stuffed up in his rapturous excitement by not starting his watch. I had to tell him to do so about 2 minutes into the event, and later had to keep reminding him that his watch was 2 minutes out - but he couldn't work out which way to adjust it, so I told him to leave it up to me near the end (brave move I thought cos I knew I'd be zonked by that stage). Then he stuffed up again with the very first control - we took off at a fast pace down the road going south so as to nail number 25 cos it looked really close to the road and an easy on to start. But we went a bit too far down the road and then hightailed it over a rather big ridge (it didn't look that big on the map) and down the other side just in time to see many other teams come up the valley (the easy route) and get there before us - rats!! But we bagged it and then took off frantically up what seemed to be a very steep hill to get no. 72. I thought to myself that this was going to be a rather long day if this kept up.

Then we settled down a bit after the initial rush of blood, and cruised nicely to collect 72, 43, 24 and 62. However, the route south to 44, 92 and 45 was rather treacherous on the southern faces because parts were still icy from the cold frosty night. Ads had a few spills and luckily when he skidded or went down I could mostly avoid it by taking it a bit easier. All day I was amazed by his resilience - sometimes he skidded and toppled hard onto rocks but rebounded every time thankfully and then took off even faster to make up!! We cleaned up in the south and made good progress at over

300 points per hour. We wondered whether we could keep that up especially as tougher territory was yet to come. As it turned out we did actually manage to keep close to that scoring rate, falling a bit below it at the end as we slowed down.

We refilled with water at W2, and I noticed that my camel back was leaking a lot, but that was ok as resultant wet back helped control the tendency for over heating over the rest of the day as we raced along with our tights on. The shrubs were pretty bad in places, so I was pleased to have them on, even though they got hot from time to time.

The terrain did get a bit tougher around 51 and 102, but it was still fairly open and relatively fast going. At 50 Ads asked me to punch the control card. I was a bit bamboozled for a while cos I thought we were at 50 until I realised that I had the map up-side down!! How embarrassing. I noticed after that he kept the card and I can understand why - no point in having a rookie stuff it up for no reason (I was happy with that because I just wanted to tag along and get through the day ok). Then we had our first major time loss when we missed the branch in the spur to the right leading to 41 and 91. Ads picked it though and we lost about 10 mins or so backtracking. The next few stations went ok although the hills were tough - we walked up the steeper bits and from now on made sure that we ate enough. We cut east to 61 and 81, then stuffed up even worse on the track near W4. We turned right up the first track under the power lines and went for 1 to 2 km before realising it was wrong - so backtracked and discovered that we had come to within about 50m of W4 before taking the wrong track. But the error was understandable we thought as the map didn't show the new power line up the track that we had followed.

We got 12 no worries, but then the going was harder to 20 and we thought we might have missed it in the thick fern gully, but we pushed on and there it was!! No worries. Then we took a gamble to 60 by going west up the cliff cos the map showed a little gap and looking that way we saw a bit of light shining through a gap, so we went for it. It was awful - head high wet ferns and chest high fallen logs and sticks. After much scrambling and fighting we got to the top much relieved, but we both suffered hamstring cramps for a while after due to the different climbing motion it seemed.

The terrain to 100 was difficult but Ads nailed it fairly well, and then we got back onto the track and felt much happier as we were getting really tired and I was starting to feel as though I was lagging a bit, but still managed to just hang on to him. We got 31, 40, 50 and 90 easily, especially as so many people had left trails by now to some of them. Then got 30 and 63 no worries, but then the terrain to 33 was horrendous, at least the way we went. This was where Ads thought he'd call on his rock climbing skills on the assumption that I had some too. Luckily I did, having done a bit of indoor rock climbing some time ago. So we got up this long vertical crack in the rocks and slid around a rock ledge and then went over the top and down the other side to nab 33 - thank god for that!! That was a very gruelling bit of work.

From then on it was full throttle to get as many more as we could over the last half hour or so. We got 13, 101 (where Ads almost got airborne off the cliff when he stumbled 1m from the edge - although he was planning to throw me the control card he said, if he went over!!). Then flat strap back to 22 and 23 passing hordes of others making their way back, and as earlier planned veered off over the river once again to pick up 10. Ads was cramping a bit in the calves by this stage which somehow made me feel better as I thought I was the only one having troubles. But he pushed through it and we bolted back to the finish area with about 2 mins to go, and we were DONE!! We collapsed on the ground and tried rather unsuccessfully to add up our points. Some of the other teams were doing likewise, and after a while we realised that we might actually have a chance of placing - what a thrill !!

I guess all the time over the day we were wondering whether we were doing enough to win, but thought that the two time losses would pay heavily against us. I can only assume that overall we moved fast enough to compensate and we were absolutely thrilled with the result - pulling it off by 60 points (1780 versus 1720) - close to our earlier rate of 300 points per hour. In retrospect I think it was also very helpful that our initial plan served us just right, as we followed it exactly - we did plan to go back into the middle area to get some more if we had time, but that didn't eventuate.

So, overall - Ads proved himself to be an extremely good navigator and map reader - he only rarely resorted to taking a bearing, and the rest of the time we just read the features and used time estimates to help judge where we were. I was hugely wrapped with the whole event because I managed to survive, keep up, could help navigate a bit, kept cool and we worked together extremely well (the calm and plod of old age balancing the exuberance and raw strength and skill of youth??). I got a real tingle down my back when they called us up as the winners and especially when they announced that it was my first rogain - a bit of a surprised murmur went through the crowd for a moment, but it made me feel good - and then they explained that Ads was Pres from ACTRA and that explained a lot. It was one of the best moments of my life, and it came about from the group of mates that came along from ACT to make it all happen - thanks everyone for a really great time.

Just a few more odds and ends that might be of interest. On the matter of hydration, after discussing this with our resident expert (Dave Baldwin) I came to the conclusion that it was important to drink more than straight water and eat muesli bars etc. I developed a slight headache over the last few hours of the event and I thought that I must have been becoming dehydrated, so drank more and more to the point that I was obviously very hydrated. The expert advice has led me to the conclusion that one must also consume salts (electrolytes) in order for the body to function best. So I'll do that next time.

I must also say as well that I was a bit surprised by the old age category prizes that they handed out - they were wooden walking sticks!! (nice ones though). Hope that isn't a huge hint to us ol fuddy duddies??

Thanks Ads and everyone else for one of the best and memorable days of my life!!