



## Earthquake Prone METROGAINE



## Top Of The Ranges - AUTUMN 6/12HR



**SARA Incorporated**  
PO Box 176  
Rundle Mall PO  
ADELAIDE SA 5000  
<http://sa.rogaine.asn.au>

**President**

Steve Cooper  
8339 6496 h  
[Cooper.steve@saugov.sa.gov.au](mailto:Cooper.steve@saugov.sa.gov.au)

**Vice President**

Rob Tucker  
0417 800 647  
[tucker.robert@saugov.sa.gov.au](mailto:tucker.robert@saugov.sa.gov.au)

**Secretary**

Andrew Murphy  
[amurphy@bigpond.com](mailto:amurphy@bigpond.com)

**Treasurer**

Kaye Channing  
[kaye.channing@abs.gov.au](mailto:kaye.channing@abs.gov.au)

**Newsletter Editors**

John and Zara Soden  
8339 2838 h  
[soden@picknowl.com.au](mailto:soden@picknowl.com.au)

**Public Officer**

TBA.

**Equipment Officer**

Peter Milnes  
8322 1645 h.  
[pmilnes@adam.com.au](mailto:pmilnes@adam.com.au)

**Membership Officer**

Phil Davill  
83885598  
[davill@internode.on.net](mailto:davill@internode.on.net)

**Committee**

Lloyd Sampson  
[sampson.lloyd@saugov.sa.gov.au](mailto:sampson.lloyd@saugov.sa.gov.au)

John Soden  
8339 2838 h.  
[soden@picknowl.com.au](mailto:soden@picknowl.com.au)

Carl Bradney  
0411 478 556.  
[skifree@kern.com.au](mailto:skifree@kern.com.au)

Andrew Adams  
[andrewa@aalsa.com.au](mailto:andrewa@aalsa.com.au)

Kara Smernik  
8276 6076 h

**Web Site Co-Ordinator**

David Couche  
[david.couche@sawater.sa.gov.au](mailto:david.couche@sawater.sa.gov.au)

**Rogaining Relationships**

Heather Smith  
8363 2268 h.  
[smith.heather@saugov.sa.gov.au](mailto:smith.heather@saugov.sa.gov.au)

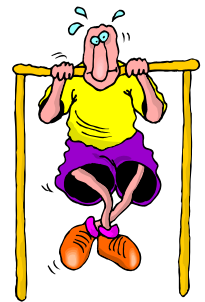
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## Lunatic Awards 2006



Keep your feelers out for a humorous or unusual tale that may qualify for a Lunatic Award in 2006, they can be sent to Peter Milnes.  
[pmilnes@adam.com.au](mailto:pmilnes@adam.com.au)

Even if it is only the basic outline of a story, we can fill in the rest. The Lunatic Awards are presented at the Minigaine!

Thanks!

## **DOES SARA HAVE YOUR EMAIL ADDRESS?**

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[rogaine@internode.on.net](mailto:rogaine@internode.on.net)

Email access will enable SARA to advise you of any important announcements, last minute changes to events etc.

## **Upcoming Events**

**2006**

**SA Champs 12/24hr: July 8-9th**  
**AUMC 12/24hr: 9-10th September**  
**Minigaine 3hr: November 11th**

### **Partner matching service — for rogaining singles only!**

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- Just plain grumpy because you don't like late nights, going out after dark, or reading maps

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## Presidents Message

Steve Cooper

A lot has happened over the last three months since the last newsletter, not least of which I was asked to become the new President of SARA, after the retirement last year of Lewis Carter. Lewis is a very hard act to follow, after many years of outstanding service to SARA, so I was a little bit reluctant at first to take on the role. Fortunately, we have an excellent group of people on the committee this year, who have promised to share the workload that Lewis used to do single-handedly! New committee members, who I would particularly like to welcome this year, are Kara Smernik, Carl Bradney and Andrew Adams.

Unfortunately, I was away on a field trip in Western Australia when the Metrogaine was held, but have heard only great things said about the event. Jenny Casanova offered to set the Metrogaine last year, despite having a huge workload as coordinator of the Easter 3-day orienteering carnival in 2007. She recruited her sister Susanne all the way back from Sweden to Adelaide to help set the event, and the two of them managed to take street rogaining to a challenging navigational level in the earthquake fault zone of southern Adelaide. Fortunately, there was no earthquake on the day of the event, but some warm weather provided additional challenges. Rumour has it that first place getters Zara, John and Andrew jumped into the lake at Belair National Park to cool off, surely worth a lunatic award nomination! Congratulations to Jenny and Susanne for a great event, and Phil Brennan and Birgit Arnold for taking on the toughest admin job of the year.

Fortunately, I did manage to compete in the next rogaine, a 12/6 hour event at Bundaleer forest, set by Liz Drew, Ryan Farquharson, Else Bunemann and Andrew Jolly. Despite each of them only having rogained for about a year, they were able to set a challenging course, in one month, with the length judged to perfection.....indeed, some of us thought we might be able to clean up the course, but in the end were sadly mistaken! A last ditch push by Stephen Dose and John Soden (about 4 km and 2 controls in the last 20 minutes!) won them the event by 80 points, an extraordinary effort after 12 hours of running/walking. One of the highlights of the weekend was the excellent catering organised by our chief gourmet rogainer Wayne Chettle and Greg McLeod, with bacon and eggs for breakfast for the early risers a special treat.

About 18 SARA rogainers recently headed across the border to compete in the Australian Champs event, set by Derek Morris in the beautiful open eucalypt forests of the Victorian Pyrenees. Derek set one of the most technical and physically challenging courses I have ever experienced, and it was pleasing to see so many of the SA teams do so well. Notable performances were by Rob Tucker/ Paul Hoopman, 2nd mens supervets, Zara Soden/ Stephen Dose, 3rd mixed vets, and a big surprise (to me, at least), Ruhi Afnan, David Nicolson and myself coming 1st mens team and second overall, beaten convincingly by the awesome combination of Julie Quinn and Karl Strode-Penny from the ACT.

Before I sign off I would like to encourage as many of you as possible to head north for the State Champs 24 hour/ 8 hour event, set by Peter and Sue Milnes in the magnificent terrain of the central Flinders Ranges near Carrieton. Please remember that the State Champs are for everyone, whether you are a social rogainer or a serious competitor. Entries are now open and further information is available on the SARA web site. I hope to see you there!

### Front page photos:

**Earthquake Prone:** John Soden  
Planning, The map and Zara's secret  
weapon—the yeast bun, Andrew Murphy  
cooling off

**Top Of The Ranges:** John Williams  
John & Phil at the sculpture, Craig and Eve-  
lyn Colwell, Andrew Jolly and Liz Drew

## Volunteer Outlook 2006

**Every Event requires the assistance of many volunteers. So if you've enjoyed a few events, and haven't yet had the chance to give something back to the sport, contact a committee member and volunteer to become a volunteer. We can help you help us!**

	SA Champs 12/24 Hr July 8-9th	AUMC 12/24 Hr September 9-10th	Minigaine November 11th
<b>Course Setter (s)</b>	Peter & Sue Milnes	Richard Sprod John Nitsche	Scouts
<b>Vetter (s)</b>	Rob Tucker, Detlef Ringwald, Sigrid Attenborough	Paul Dignam Judy Mike Broadbent	Volunteers required
<b>Hash House</b>	Junior Orienteering Squad	John Nitsche Freya Farrier	N/A
<b>Administration Coordinator</b>	Chris Madden <b>2 more helpers required</b>	Volunteers required	Scouts

## Top of the forest - Bundaleer Forest Rogaine 2006

Angela Congdon

There we were 2 friends pondering over the next rogaine. Liz and I had done a number of rogaines together....the Parawa Rogaine (took lots of photos and video clips), the summer metro-gaine from Hazelwood Park (the 3 ice-cream walk), the Brighton metro-gaine (only 1 ice-cream walk) to name a few.

Could we shuffle/arrange things so that we could attend? Children to be looked after, netball games to ferry children to... Once our lives were arranged/organised the timeslot freed, it seemed an opportune time to ponder my fitness. I hate to admit it, but now I have reached the heady heights of veteran status, my fitness has reached it's all time low. There always seems to be some body mechanics not working so well. I have been going to the gym 3 times a week...surely this will help. Rogaining is not just about fitness it is also about strategy, planning and a large part of it is believing in yourself. It is also about having access to fantastic countryside and stopping to "smell the roses", so I usually take my camera and when I can I takes some photos or video-clips of our journey.



Liz Prowse and I make a great team - we usually come away with a certificate in the women's veterans category - due to limited participants perhaps? Our team philosophy is that we try our best, don't get too serious, enjoy ourselves and if one of us suggests running (a mighty rare suggestion) the response is one of "you must be joking!". Food is a focus for me on rogaines. I like to prepare with a good breakfast, have a potato snack for morning tea and stop for lunch to ensure I have enough energy on board. So as you can see we like to participate, we are competitive in our own way, but we know our physical limits.

Now about physical limits, I find scanning the pharmacy shelves to see what I can find helpful. I found a wonderful product that I thought would do me well.....*party feet*. My left foot was sore just from everyday walking. Party feet promised to let me dance in my stilettos all night long and still have painfree feet. Surely this equates to a rogaine?

Yesterday at 9.00am I sat at the card table gazing at the map pretending to be planning. I watched other teams, listened to their conversations. It seems every team has their methods, highlighters, pins and string, distance calculations... each method as good as the other. My method included asking Liz - "how far can we walk?" followed by "Can we make that 90 checkpoint?" and staring at the map some more. We then mulled over our "flightplan" over a leftover hot cross bun. We usually adopt a see how we go strategy for the last little bit of the plan.



I had the opportunity to work out the distance of the plan and decided this would not be a good idea mentally - I would feel beaten before we begin. I prefer it to be a calculation bringing surprise, a task to do the day after the rogaine. So I can reflect....We walked how far!

So with my *party feet* in place we set off on a brisk walking pace to our first checkpoint number 30. My goodness, I was puffing and panting in no time. This decreased my confidence a bit. The view was fantastic and my first photo opportunity.

Onwards to the next checkpoint...oops missed the unmarked track...mutter, mutter. But what a glorious day! Then to checkpoint 40 and I completely lost orientation - could not relate the map to reality. Actually yesterday my head was not into the navigation - thanks to Liz she got us through. I acted as passenger, company and photo journalist. We decided there is benefit to being last in the pack - "you can see where everyone else has been through the grass".

Lunch was had at the halfway mark. Mmm a cheese sandwich never tasted so good. Oh and the hot cross bun went down a treat.

We had a good cackle trying to climb the fences which became trickier and trickier for me the short person of the team, as I became more tired. Some of the fence posts made great resting/viewing spots. My brain just could not work out where to put my feet when trying to manoeuvre over these darn things.

We were running late, it felt like we were walking on the spot. Both of us could not bear to lose any of our hard earned points so we did the unheard of...we ran to the finish. I was aching. We had a great day, saw some fantastic scenery and made it to the end, only 3 minutes and 56 seconds late!



Thanks to Liz for leading me through another rogaïne. Oh and we won 1st place in the 6 hour rogaïne in the women's veterans category (we were the only team in the category). I felt like a winner just completing the event. For me, the event will be known as the party feet event and yeah my feet felt OK, just the rest of me ached.

I must make note of the fantastic food at the Hash House when we finished. It made it all worthwhile! Thanks to all who organised a great event in a wonderful setting.



## 2006 SARA 24 HR STATE CHAMPIONSHIPS & 8 HR ROGAÏNE

8th and 9th JULY 2006  
**YANYARRIE WHIM**



Take the opportunity to traverse country that you would not normally have access to as it is almost entirely on private land. The event site is in the Carrieton area in the central Flinders Ranges. The map extends from the Horseshoe Range across the broad valley with its myriad of gum-lined creeks, to the Oladdie Hills in the east. The Horseshoe Range features the unusual Mookra Tower rock. You will find stands of native pine, areas of mallee, black oak and saltbush.

The area is steeped in history and in the initial stages of settlement (early 1870's) the area was known as "Yanyarrie Whim" a significant watering hole on the edge of the town. Today, the remains of this and many other ruins in the area, reflect the shattered dreams of the pioneer farmers.

The State Champs are for everyone. Whether you are a novice or experienced, you will have the opportunity to plan a route to suit your level of expertise/fitness for whatever distance, navigational challenge and length of time you wish. There will be people on hand to provide planning assistance and guidance if required. For those entering the 24-hour event, you can be on the course for as long, or little as you like. Come in and enjoy a meal, chat, laugh, sleep and venture out again refreshed.

With the kind permission of the landholders, we look forward to sharing this area with you.

### ADDITIONAL INFORMATION

#### Hash House

The Hash House is less than 3½ hours drive from Adelaide in a spacious, solid building with heating and flush toilets!! As usual, a good camping area is provided. The State Junior Orienteering Squad is now catering for the event. Hot showers are available nearby, at a cost of \$3 per person.

There is some bunkhouse accommodation (bring own linen/sleeping bag) a short drive away at a cost of \$15 per person per night at the Horseshoe View Caravan Park. Make own arrangements, phone: 08 8658 9090

For more details contact: Peter and Sue Milnes  
Ph: 08 8322 1645  
Email: pmilnes@adam.com.au

## Yanyarrie Whim 2006 24 Hr State Championships and 8 Hr Rogaine - Sneak Preview...



Photos: Peter Milnes



### Editors Note...

Hi all, can you believe nearly half the year has gone already ? Those of you who managed to get an entry into the World Championships at the Warrenbungles will need to get the skates on to prepare, I've got a feeling it will be upon us before you know it. If you hadn't heard the organisers, have closed entries, the following information was posted on their website...

The 7th World Rogaining Championships...

**Entry is now Closed-** We have 500 entrants. A waiting list has been started. We may be able to offer more places if the major landowner allows more entries or if teams or team members drop out.

If you and your team would like to be placed on the waiting list then please send an email to [admin@rogaine2006.com.au](mailto:admin@rogaine2006.com.au)

All team member family name / surnames and first names, country or if an Australian team then the state. Contact details of the team leader – email, phone number, mobile number and location / time zone.

Preference will be given to international teams, followed by interstate Australian teams and lastly New South Wales teams.

The course setter's notes (following page) were also provided by the 7th World Rogaining Championships organisers.

Thanks to those involved in bringing us 'Earthquake Prone' and 'Top Of The Ranges' - they were both really well run and enjoyable, special mention to the hash house crew at the Autumn 12Hr— the food was awesome !!

## 7th World Rogaining Championships - Notes from the Course setters

Warrumbungle National Park, near Coonabarabran, NSW, Australia "What an amazing place this is" – we find ourselves saying this every day we go out on the course. Every trip we find something new and interesting. Nature at its best. In the Warrumbungles, that often means finding an unusual volcanic rock formation, or fleeting encounters with the abundant wildlife.

How's it going?

The course setting team spent last year getting familiar with the area and making arrangements for access. Visits were made by Mardi and John Barnes, George Collins, Julian Ledger, Trevor Gollan, Chris Waring and Mike Hotchkis. Chris Wilmott has produced our base map, with new photogrammetry and detail taken from aerial photos. We had a break over the hot summer months and busied ourselves with the map. In the past couple of months, we have worked hard to complete the course setting. A big effort has been put in by Trevor Gollan, Chris Waring, Mike Hotchkis and Dave Griffith. Now the course setters are doing their bit.

What's it like?

The course area is beautiful, varied Australian bush country. 80% of the course is forest. The 20% open areas include grazing country, some now taken over by the national park and gradually the bush is re-occupying these areas. The forest is predominantly eucalypt and native pine forest, with a great variety of understorey. In places, it is open and runnable; generally there is some scrubby vegetation, with occasional thick patches. Local geology is very evident. The Warrumbungle Range is well-known for its volcanic rock spires, pinnacles and dykes. At lower elevations, sandstone predominates, with typical weathered sandstone cliffs. Millions of years of weathering of this landscape have left the area with fine detail of spurs and gullies. The course generally ranges in elevation from 400m to 800m. Our new map has an abundance of contours, at 10m interval. 1200m peaks, with their jagged rock formations, provide a dramatic backdrop to the course.

In New South Wales, the Warrumbungle Range is as far west as any mountains reach. From these mountains, the western plains seem to stretch to infinity, like a vast sea.

Wildlife seen by course setters include: kangaroo (well, of course, this is Australia), wallaby, emu, echidna (spiny ant-eater), koala, and lizards of all shapes and sizes. The high ground is favoured by wild goats, and small wild pigs are sometimes seen in grassy creeks. Of many days out on the course, we have only seen one snake, and that was on a hot summer day.

Birds are in abundance, especially parrots, rosellas, cockatoos, honey-eaters, magpies and many others. At our camping spot, we don't need an alarm clock. The dawn chorus from these local residents doesn't allow for a lie-in.

If this isn't already enough – the Warrumbungles are also famous for its view of the sky. The course setters have enjoyed many evenings at our campsite under clear starry skies. A prominent feature from many parts of the course is the dome of the Anglo Australian Telescope at Siding Spring Observatory. When built in the 1970s, this telescope was the largest in the world with a view of the southern sky.

The site was selected for this major international astronomical observatory because of its stable weather and clear skies. We hope this weather, enjoyed by astronomers and rogainers alike, is delivered on our important date in October!



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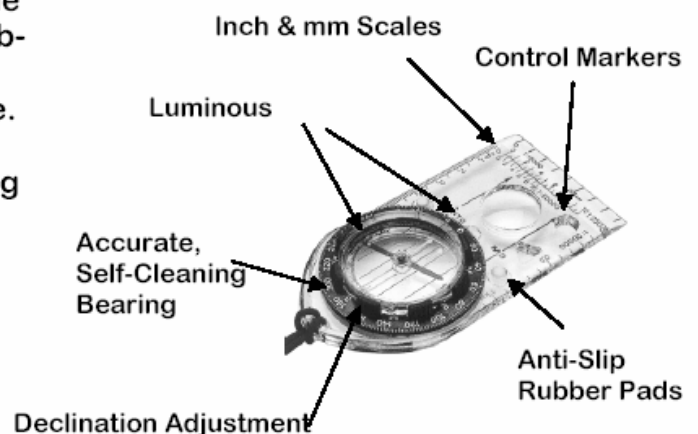
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## 2006 Metrogaine – Winners Report

Zara Soden

We did ask Mr Statistics (Andrew Murphy) if he'd like to write this report and include his interesting facts and figures, but sadly he declined, and so you are left with a less scientific account of our day! As I sit and write about this hot day I am well rugged up and our fire is blazing, on a night where temperatures on and below freezing are forecast!

Our trio, John, Andrew and myself had teamed up for this event last year and decided it would be *fun* (in the rogaining sense of the word) to team up again. To me the metrogaine always heralds the beginning of the season of more running/walking, rogaining and orienteering after the limitations on outdoor activities imposed by the hot weather. With an uncharacteristically cool start to March this year I was hopeful for cooler weather than for last year's 35-degree metrogaine – but it was not to be. Saturday 25<sup>th</sup> March dawned fine and warm with a hot 34-degree day forecast. I had already heard the course included Playford Lake at Belair National Park and I resolved that I would not pass without a duck under the water. At that stage I felt I would be ducking alone as neither John nor Andrew seemed remotely interested. (On a run with John and Andrew a few weeks earlier on a warm Saturday morning I felt I had reached melting point after only half an hour, with another hour of running still to go. I announced I could run no further, I was too hot and I was giving up running! J and A coaxed me on at a slow run on the next, downhill section where I spied the tempting sight of Scotts Creek in the valley below! There was a reasonable sized pool just before the creek crossed under the road. Without delay I ducked in, dodging the barbed wire, and felt my overheated body cool down. What an exquisite relief! Thus cooled I was able to hobble soggy round the rest of the run back home. I decided I wouldn't give up running just yet after all!)

Back to the metrogaine.....

When we arrived at the Hash House teams were already seated in the shady spots busily planning. On perusing the map we decided the main decision was whether to do a loop in the hills or stick to the plains. Time did not allow a precise calculation of points per various routes so instinctual preference was the decider for us. It was fortunate that we all agreed that while not being certain it was the best strategy with regard to points, particularly given the possible physical toll of climbing hills in the heat, in terms of interest we would much rather include a hills loop.

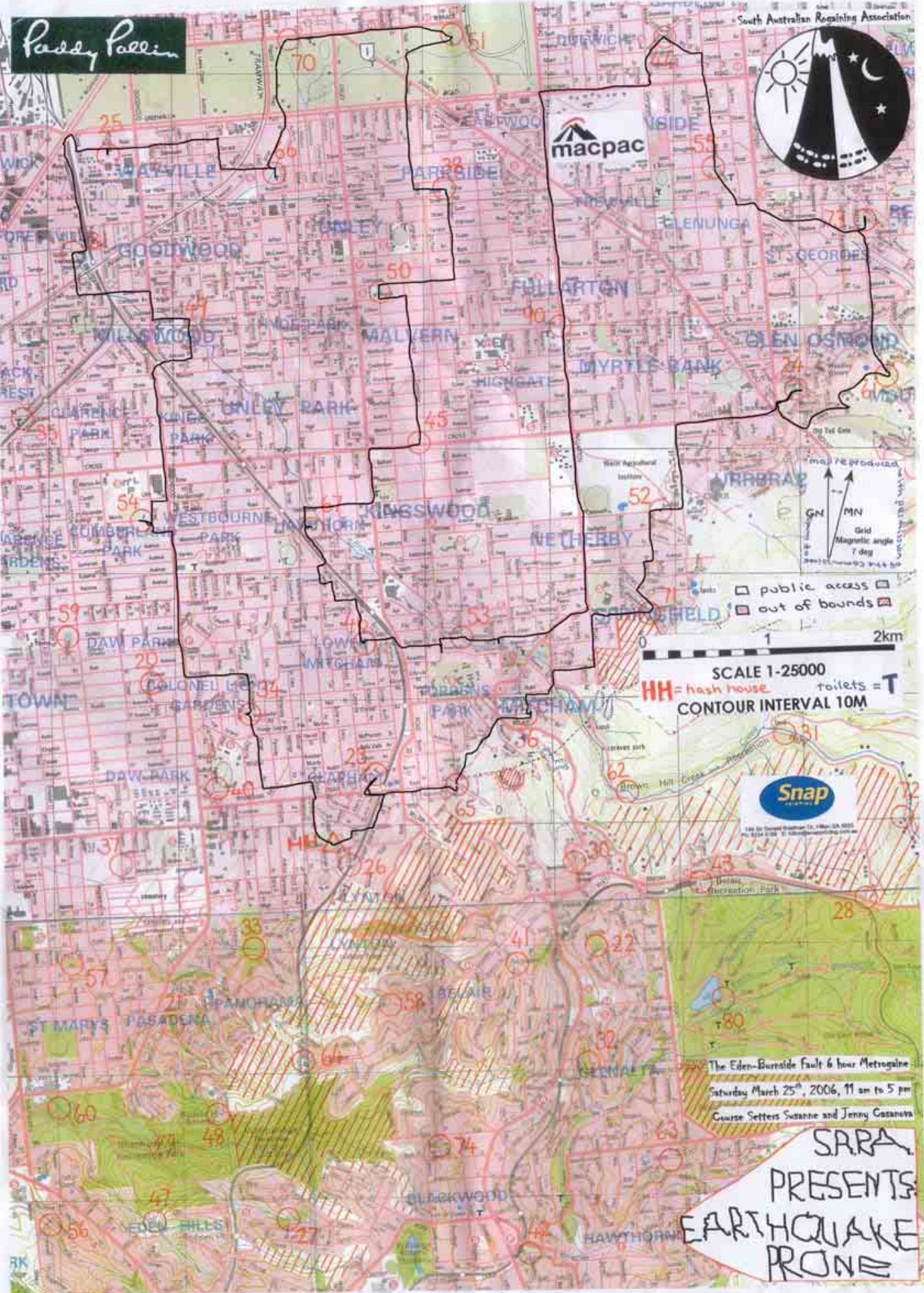
At 11am we set off at a jog south and west visiting 26, 33, 57, 60 and 48. Somewhere along the climb to 64 we noticed that there was a little bit of a breeze and it seemed slightly cooler. This was a welcome relief as we were feeling the heat already. After 64 we visited 58 then 74 and across to 42. Having lived in this area most of my life navigating was pretty easy and for the next section I didn't need the map as all the shortcuts were very familiar, "Don't bother with the map just head this way" I announced. We visited 63 in the Uphill's front yard, resisted the urge to visit my parents two doors down and headed to 32. From there I eagerly looked forward to my dip in the lake. After punching no. 80 we headed to a quiet corner of the dam. I knew Andrew likes to be efficient so I wasted no time to take off my bumbag, wade in to my knees and duck under the inviting water, to the amusement of some onlookers. Ahh! Relief! "You've got to go in!" Much to my surprise John ducked in soon after and shortly after, after only a moment's hesitation, Andrew. After our very quick water encounter we were on our way again visiting 43 and 28. We pitied the team we saw heading up the hill as we headed down to 72. It would've been a very hot climb at that stage. Next followed a long gentle downhill down Brownhill Creek Road, so we were able to maintain a steady run. We visited 31 then 62, by which stage we were dry and hot again. No worries, a shady bend of the creek provided a deep enough pool for another duck, with us trying not to think about water quality. This time the guys were only very slightly behind me – they were well and truly converted to the value of a soaking. We were about 3 hours into the event now and wondered how far we could travel in the next 3 hours so tried to give ourselves a few options. We visited 36, 65, 53, 71 (legs feeling tired heading up slightly to 71), then 52, 90 and 38. We were definitely slowing now so we decided, wisely as it turned out, not to head north to the parklands, but west to 66 and then south again. John was starting to feel a bit overheated at this stage but was having trouble stomaching all the water he needed so I don't think he enjoyed the next section very much! We headed down Unley Rd to 50, the shop windows giving us a chance to observe our (tired) running styles! Then to 45 and starting to feel worried about time. Andrew put on his manager hat and started to work out at what time we would need to visit each control to keep us on track. This was very helpful as I was too hot and grumpy by this stage to be precise and John was feeling decidedly oomy. (He looked it too.)

Noticing several other teams around us now (with me convinced they were all moving much faster than us) we visited 67, 46, quick rest here, then limping along to 34, on the look out for a tap, then 40. Here with home in sight and about 20 minutes to go John vomited mightily. I wondered if we might be finishing here, but he bravely headed on, with Andrew reassuring us we had plenty of time. What a welcome relief it was to get back in good time and cool down with cordial and watermelon, restore some salt via pizza (beats salt tablets) and compare experiences with other teams. I was surprised that we did relatively well as we didn't seem to be moving fast but then it seemed the heat took a universal toll on the field in terms of pace. According to my piece of string we covered 43 km on our route.

Big thanks must go to Jenny and Susanne Casanova for all their hard work organising the event – it was a fun day with a good turnout and a great start to the rogain season.

*Footnote: The route marked on the map (opposite page) is that of Tom Bammann and Laura Brooks (see article on page 12)*

Paddy Pallen



SARA  
PRESENTS  
EARTHQUAKE  
PRONE

## Top of the Ranges Rogaine

Stephen Dose

First of all, let me say again a big thankyou to the course setters, hash house volunteers and all others who assist with the mammoth task of setting a rogaine. As a competitor, I am in awe of the willingness of people to take on what is a very rewarding task. Thank you.

My recollections of the day are that I enjoyed a good night sleep to the drone of Detlefs snoring (a very congenial and friendly bloke who lent me his light to set up camp) which had a somewhat soothing effect and I slept well, took on a good breakfast of noodles and soup, followed by creamed rice, all while enjoying some pleasant conversation in the early morning sunshine. I then queued early to obtain the map, and was intrigued to see the hh located centrally but to the east side of the map, and a series of controls sth of hh where no points could be obtained on the return trip.



My partner, John Soden had agreed that I would plot the course as he would arrive shortly before the start time, so there were no arguments on the preferred route. Decided on a strategy that would clean up all the controls within the body of the map, and leave the controls to sth of hh only if there was time later, using a clockwise direction of attack, can't recall why, but perhaps felt there were more options for altering the course if pressed for time in the northern half of the map.

Phoned John at about 10.00 a.m. to discover he was on target to make the event before start time, quite a relief. At 10.40, he appeared, and it was a quick final prep before heading off, giving an account of our expected course on the run. Made it to the first control (31) with no teams in sight, although a few teams came along behind, but it seemed an unusually lonely start. Had noted Steve, Dave and Ruhi heading off towards the main road. Were they planning to head North or South?

Had no difficulties with 71, 41, but noted an absence of track on way to 53, which was good because we realized we had to be on our toes, with track variations, and focus on contour, although this type of variation didn't occur too often. Then 32, 61, 20, 33, 82, 62, 43, then big climb over range to 92, 72, 83, 54, 64, then dump packs in the gully between 55 and 73, and run with freedom, to 84 where some lark reckoned our running was no help as he caught us while we dallied at the control, however, we enjoyed not seeing him again until the finish! Then 65, 74, 73, back to packs but lost John briefly (fellow competitor noted this which was a worry). John had crossed the fence a little below me and behind, and fell and tangled with the barb wire, sorry John, never noticed. Kept a closer eye on him after that.

Progress through this stage of the day seemed very good, with an average of 10 control visited each two hours through till 5 p.m. Given this rate, we started to count some unhatched eggs and thought we might have to go south of the hh AND get in with some time to spare. However, dark can change all that. Put all thoughts of an early return to hh out of our minds and focused on 44, 56, 85 and then spotted THE team (Ruhi, Steve, Dave) coming up out of 45. Who was ahead? Had we done more than half? Perhaps we had. Continued to 21 and welcome water/fruit, then 57, 66 76, 47. We then decided to travel light, and leave a pack between 47 and 60, and this was just near dark. Decided to change the very top loop to counter clock wise as some of these controls looked a bit tricky in the dark. Found 60 no worries (what was everyone complaining about?) then 50, 35, 80, 40 was a bit tricky, and our first control with headlights, then 34, a very tricky control with lots of parallel gullies, then 90. Couldn't locate this control, as we approached from above, and had nearly convinced ourselves we were on the wrong spur, when a final check revealed the control was only visible from below. OK that was a relief.

67 saw us make our only real error, brought about by taking a bearing from the wrong track junction, so missed the windmill in the darkness of the night. Realized error when we hit a fence, and took a corrective bearing, but this cost us a bit of time.

Then 22, 70, 77, 46, 75 then what seemed a very long climb to 58, and started to see that cleaning up the map was slipping away. Return to pack, 48, 30 and down to hh, then became confused with track system before locating correct track heading south.

Picked 51, then half way to 42, John suggests going for 81. I think at this stage we had about 20 minutes remaining. Checked with the legs, and decided we should go for it, conditional on bailing if we had any difficulty with 81. So 5 minutes to get 81, picked correct creek line, head out to track and back for 42, then begin the long 12 minute run for home. Struggle across the oval towards hh and see someone moving towards car and horn, run hard John, and collapse into hh on the bell. What a relief, but have we done enough? It was good to finally hear the second place score read out and know that yes, we had.

Thank you again to all helpers on behalf of all competitors. A delightful forest in delightful terrain.



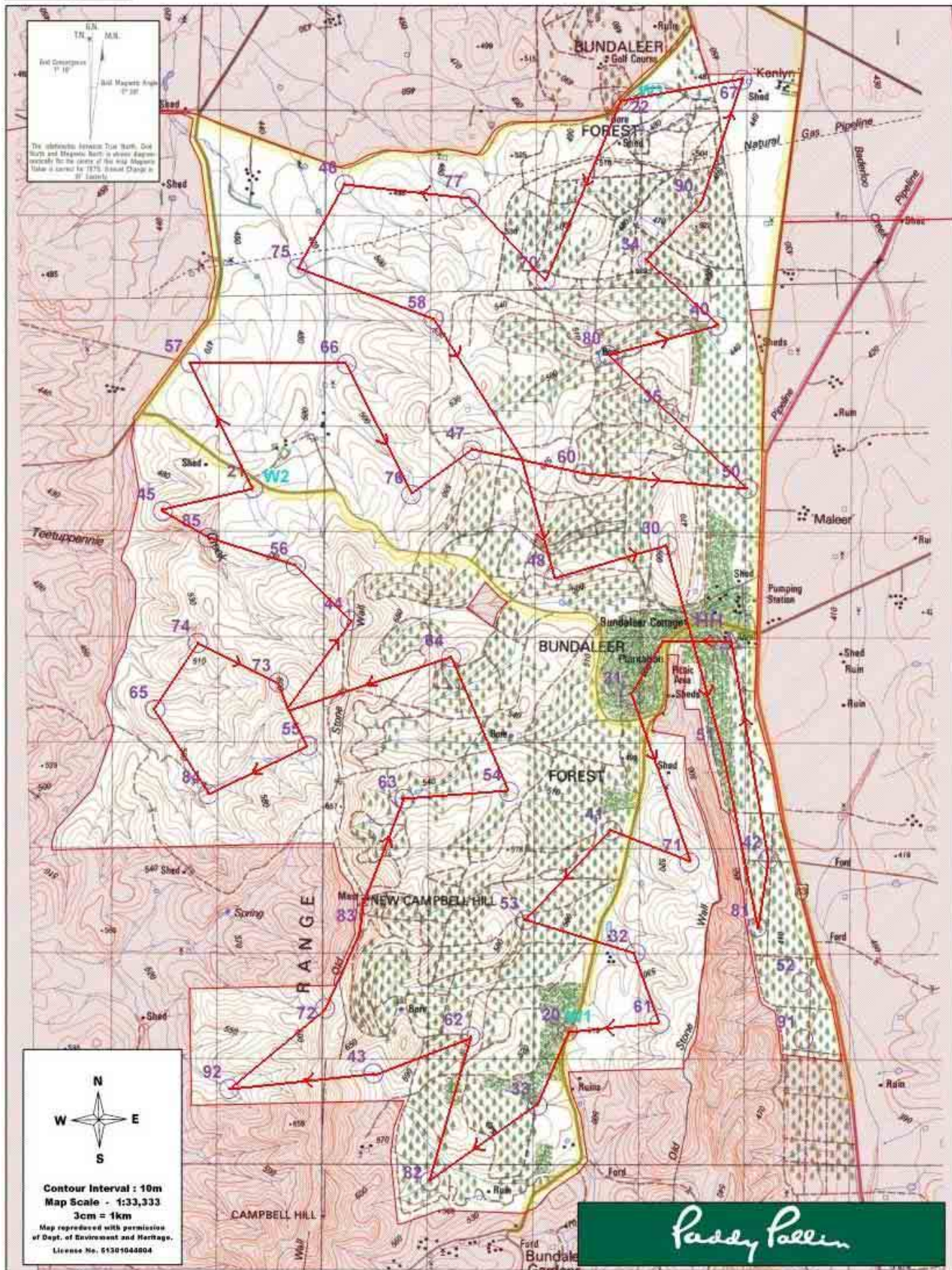
Photos: John Williams



# SARA 2006 Autumn 6 / 12 hr TOP OF THE RANGES ROGAINE

## 22nd April 2006

Course Setters : Liz Drew, Ryan Farquharson, Else Bunemann & Andrew Jolly  
Course Vettors : Bruce Greenhalgh, Tony Kimberlin, Marta Kasper & Liz Drew  
Event co-ordinator: David Couche  
Maps by Andrew Jolly



## My first metrogaïne and moderate dehydration

Tom Bammann

**WARNING: This post contains a graphic description of extreme dehydration which may make you feel uneasy. If you'd rather not read disgusting details that's enough to make even myself fell yucked out, then DON'T READ!!**

On Saturday I competed in my first ever rogaine. I did a fair amount of orienteering in high school thanks to the encouragement of Kay Haarsma, but never truly appreciated how satisfying endurance running is until I realised it was time to run my first marathon last year.

This particular event was a 6 hour metrogaïne, conveniently located in suburbs I know, including one stop that was almost literally outside one of my best friends (Ben P.) house, only 50m away (just after stop 53 you'll notice we detoured slightly south by about 50m). It was the first ever rogaine event I've ever done, and I did it with my running friend Laura, who had never even done orienteering before either in her life. She had never even seen an orienteering map!

Amazingly, out of 72 teams that competed (you have to compete with at least two entrants per team) we won the Novice category, came third in the Open Mixed category, and came sixth overall on the day! You can have a look at the official results yourself, [this link](#) will open a pdf in a new browser window, but I recommend saving it to your desktop to view. I'm not sure if we won a certificate or anything, because we both left before the presentation due to hardcore dehydration.

Here's a little "run-down" of the day (excuse the pun!):

- **8am:** Wake up, eat good breakfast, regret not sleeping much the last couple nights.
- **9am:** Leave to event.
- **9:20am:** Arrive at event, walk around feeling really confused and out of place. Collect map for event, and wait for Laura to arrive and get organised.
- **9:40am:** Start strategic planning for the run ahead. Much discussion took place and it was acknowledge that Laura was particularly good at the classic "Travelling Salesman" style of problem, where the aim is to go to as many places as possible with minimum total travelling distance. Eventually this was optimised to consider the gradient of the terrain, with the top of Sunny-side Road the major hill of the day. Below is a quick view of the course we took, click on it to enlarge for the full map. We started at the bottom at the Hash House, and went anticlockwise around the map from the bottom. (The finish is also the start, which is called the hash house. I'm still not sure what type of hash they're talking about, because there certainly wasn't any chopped up meat with potatoes and sometimes vegetables there. That's okay, because I wouldn't have eaten that crap anyway, I think I'll stick to my bananas and pasta. The control point numbers on the map aren't quite as random as you may suspect, they are all worth different points, where the points are determined by the first of the two digits, multiplied by ten (i.e. control point 27 is worth 20 points, and control point 63 is worth 60 points).
- **10:45am:** SARA give a briefing about the rules for the day.
- **11am:** We start running. There's not really much to say about the run itself, other than god damn, it was god damn hot. The forecast was for 32(C), and it was 35(C) on the day. Once the temperature hits around 30(C) whilst running I find that dehydration kicks in exponentially faster for every degree (C) above 30. I think I first depleted electrolytes between checkpoints 46 and 67, about half way through the event. I could notice this due to my left calf muscle cramping up, exactly the same thing that happened to me at the 30km mark in the Melbourne Marathon last year. Only, this year it kicked in around the 22km mark due to this exponentially increasing effects of dehydration for every degree (C) I'm talking about. It was difficult running with a partner over such a long distance at times, because we both required walking breaks at different times, and for me it was becoming painful to run. For Laura, it was becoming painful to walk. At times this resulted in a game of cat and mouse, but that's okay because you're allowed to run apart from each other as long as you stay within hearing distance of each other, and within 20m whilst punching control cards. You may notice (if you click on the map above to enlarge it) that we missed lots of control points on the left hand side home stretch of the map. This was the pain factor. I wish I recorded heart rate data for the event but for some reason I couldn't be bothered. Absolutely spewing about that now.
- **4:52pm:** We stop running, collapse, and die.

Continued on page 14...

## Earthquake Prone SARA 2006 Metrogaine March 25th


Overall	Team	Members	Awards	Score	Elapsed
1	19X	Andrew Murphy, John Soden, Zara Soden	1st,1X	1510	5:54:26
2	5M	John Nieuwenhoven, Lachlan Hallet	2nd,1M	1390	5:57:31
3	17MV	Bruce Greenhalgh, Steve Sullivan	3rd,2M,1MV	1350	5:54:57
4	60X	Shaun Hughes, Mandy Towler	4th,2X	1330	5:59:03
5	79M	Andrew McComb, Rory McComb	5th,3M	1240	5:49:25
6	3XN	Laura Brooks, Tom Bamman	6th,3X,1N	1230	5:52:17
7	7XVS	George Bennett, Jane Bennett	7th,1XV,1XS	1220	5:53:20
8	58MV	Simon (Andy) Capp, Bernie O'Neil	8th,2MV	1180	5:53:26
9	34X	Vern Treilibs, Claire Treilibs	9th	1180	6:00:00
10	15XV	Evelyn Colwell, Craig Colwell	10th,2XV	1140	5:57:20
11	57X	Olivier Fahy, Annika Danielsson		1100	5:54:48
12	4XV	David Couche, Michelle Soar	3XV	1080	5:43:22
13	59MV	Andrew Adams, Greg Pearce	3MV	1080	5:54:18
14	56M	Paul Baker, Matt Bradley		1060	5:48:33
15	52M	Craig Browett, Zac Courtney		1040	5:40:53
16	18XV	Anne Wilson, Kent Wilson		990	5:45:05
17	29XVS	Sigrid Attenborough, Detlef Ringewaldt	2XS	980	5:29:51
18	62W	Karalee O'Brien, Leanne Frederiksen	1W	980	5:41:00
19	63M	Rob Reid, Tony McCool, Justin Brookes		980	5:46:04
20	35XVS	Arthur Ward, Ann Ward	3XS	970	5:37:36
21	36M	Brett Loller, Warwick Dougherty		970	5:41:24
22	16XV	Julie Crebbin, Marc Robinson		960	5:48:58
23	61MV	Dennis Kingisepp, Terry Soukoulis		960	5:55:24
24	13MV	Mal Watt, Max Kloeden		950	5:49:50
25	23MJ	Brett Merchant, Greg Lay, Liam McComb	1MJ	940	5:47:12
26	71MV	Gerry Velaitis, Doug Fotheringham, Ian Winn		930	5:50:08
27	37M	Richard Lemon, Shane Gosling, Phil Towler		930	5:56:37
28	33X	Emma McCambridge, Jason Morton		900	5:37:12
29	10MVS	Tony Ekkelboom, Trevor Morcom	1MS	900	5:53:13
30	48MV	Markus Herderich, Bertram Ostendorf		890	5:54:10
31	21X	Else Bunemann, Laurie Williams		890	5:58:55
32	27XVS	Peter Milnes, Sue Milnes		880	5:36:18
33	47W	Claire Davill, Julie Schofield	2W	870	5:47:40
34	22M	Michael Doecke, Simon Derrick, Stuart Gunn		860	5:51:35
35	1WV	Frances Skilton, Jo Woodcock	3W,1WV	850	5:57:17
36	44MJN	Anton Steketee, Cameron Roy	2N,2MJ	850	5:59:56
37	40X	Soe Waksmundski, Steve Marvanek		840	5:20:50
38	41XV	John Nitschke, Lindi Harris, Aaron Harris-Jedamski		830	5:59:28
39	53MV	Steve Ward, Phil Bradley		810	5:49:02
40	73M	Francis English, Robin English		800	5:03:32
41	70X	Selina Donnelley, Angus Wallace		800	5:50:10
42	67M	Dean Fyfe, Brett Mason-Fyfe		780	5:51:22
43	78M	Damion Hadcroft, Andrew Chesson		780	6:00:00
44	6MV	George Reeves, Trevor Diment		770	5:22:00
45	25XVS	Ian Harding, Fay harding		770	5:38:19
46	68W	Erica Diment, Cheryl Mason		760	5:34:50
47	14MV	Steven Frigo, Des Norman		760	5:55:14
48	32XVS	Clive Arthur, Marian Arthur		740	5:25:35
49	8M	Greg Newbold, Jarrad Newbold		730	6:00:23
50	76X	Katherine Wilde, Carl Bradney		720	5:32:35
51	11W	Katie Taylor, Katie Beruldsen		720	5:33:38
52	69XV	Colin Niddrie, Julene Niddrie		710	5:43:59
53	12W	Kara Smernik, Jeanie Pope		710	5:53:54
54	9M	Jason Tomczyk, Jeremy Porter		700	5:17:34
55	54X	Emma Lewis, Nicolas Sabic, Khien Wong		690	5:55:46
56	55XF	Richard Sprod, Judy Sprod, Esther Sprod	1F	680	5:25:40
57	26WVN	Jenny Hembrow, Margrit Leuenberger	3N,2WV	680	5:45:48
58	50X	Lillian Allen, Sarah Allen, Philip Shields		650	4:49:30
59	65XV	Tony Kimberlin, Ann Kimberlin		650	5:04:59

## Earthquake Prone SARA 2006 Metrogaine March 25th, continued...

Overall	Team	Members	Awards	Score	Elapsed
60	77X	Rachel Newson, Brett Parkes		630	6:06:55
61	45X	Stephen Warren-Smith, Claire Brown		610	5:45:22
62	51M	Teri McComb, Bryn McComb		600	5:27:07
63	75W	Nicola Julius, Jessica Liddle		590	5:39:50
64	20XVS	Jim Casanova, Dorothy Casanova, Barrie Wright		590	5:44:38
65	46XN	Matthew Van Groesen, Kathryn Featherston		520	5:22:10
66	49M	Julius Schaffer, Jesudas Mathew		520	5:52:01
67	64X	Chris Madden, Kealyn Madden		470	5:07:10
68	38XN	Heidi Rees, Melanie Vesey, John Shermerewich, Grant Brice	2F	450	5:29:31
69	31XF	Lewis Carter, Jacqui Richmond, Zoe Carter	3WV	420	5:00:00
70	24W	Edda Keskula, Therese McBeath		390	4:34:00
71	43WV	Edwina Jachimowicz, Chris Catto		380	4:36:00
72	30M	Mark Sellars, James Briggs, John Dunston, Loki Dixon		200	2:35:45
WITHDRAWN	28X	Chris Davill, Rebecca Hatcher		Withdrawn prior to day.	
WITHDRAWN	42MJ	Aaron Harris-Jedamski, Fletcher Marshall		One member to team 41. Other didn't attend.	
WITHDRAWN	72MN	Khien Yee Wong, Huong Le		Khien to team 54. Huong withdrawn.	
DNS	2MV	John Williams, Wayne Chettle			
DNS	39XV	Angela Lupoi, Eleni Tsoutouras, Kon Tsalamangos		Did not start.	
DNS	66X	Rebekah McCaul, Mark Prizibilla		Withdrawn	
DNS	74XV	Trevor Tregenza, Jan Tregenza		Did not start	

Continued from page 12...

After the event we were both so tired and just wanted to get home to die peacefully, and so we parted our ways. Getting home, I decided I should probably go urinate as I haven't done so since before the run. This is where I remind you not to continue reading if you feel uneasy about reading disgusting details. The little urine I was able to pass was of a disgusting brown crude oil colour,

such as below.  I immediately started to drink as much water as possible, and look up on the internet what the hell was going on with my body, whilst simultaneously trying to convince myself I don't need to go to hospital. Webmd.com stopped me from going to hospital, by informing me what level of dehydration I was suffering (moderate) and what the suggested home treatment was.

Upon reflection I probably should have gone to hospital, since severe dehydration is diagnosed when any one of the symptoms are acknowledged, and in my case I had little or no urination. I settled for drinking the rehydration drink suggested by Webmd.com which is totally disgusting and I'd rather an IV drip any day

You may just call me an idiot for running 6 hours in 35 degree celcius heat on pavement, and that I should have drunk more. Well, I should have, you're right. But seriously, it's not as easy as it sounds. I had a 3L hydration pack bladder (full) two fruit bars and two bananas. Obviously the 3L of water went pretty quickly, but it's not like a normal running race where you have drink stops every 2 kilometres, we had to find our own drinks during the run. I ended up drinking about 8 litres of water and 1.5 litres of Powerade during the race, and I fully regret not using PB sports drinks. I'm going to go buy PB in bulk now after this weekend! I considered buying bulk last year, but it's so expensive. No longer will I put my pocket before my health.

After my body started to return to normal bodily function, I quickly went down to visit my awesome sister who gives the best massage in the world, and she massaged all the lactic acid from my legs out of this planet. Thanks again, sis! Today (Monday) I am still really sore in the ankles and shoulders, but ready for the next 6 hour metrogaine and ready for the next marathon in Adelaide in August.

P.S. Thanks Laura for convincing me to do it!

*Footnote:*

*This article was reproduced from Tom Bammann's blog (web log) with his kind permission - you can find it at <http://tombammann.homedns.org>*

## Top Of The Ranges Autumn 6/12Hr, Bundaleer Forest 22nd April 2006

### 6 Hr Results...

Overall	Team	Members	Awards	Score	Elapsed
1	40WK	Zara Soden, Sarah Murphy	1st,1W	1250	5:59:00
2	9XK	Shaun Hughes, Mandy Towler	2nd,1X	1210	5:45:00
3	16XVSK	Sigrid Attenborough, Detlef Ringewaldt	3rd,2X,1XV,1XS	1050	5:40:00
4	52MK	Robin English, Francis English	4th,1M	1040	5:42:00
5	5MVK	Peter Vardon, Andrew Gladman	5th,2M,1MV	830	5:10:00
6	4XK	Claire Davill, Ken Clarke	6th,3X	830	5:27:00
7	13XVSK	Don Vinall, Helen Vinall	7th,2XV,2XS	830	5:56:00
8	55XVK	Jan Tregenza, Trevor Tregenza	8th,3XV	780	5:56:00
9	10MK	Phil Towler, Shane Gosling, Kym Williams	9th,3M	750	5:53:00
10	23XK	Jan Nejedly, Susanne Heinzl	10th	710	5:54:00
11	15MK	Jeremy Porter, Jason Tomczyk		640	5:51:00
12	26XK	Jayde Llewelyn, David Llewelyn, Damian Torresan		620	5:06:00
13	18WVK	Liz Prowse, Angela Congdon	2W,1WV	620	6:03:56
14	6MJK	Alex Plumb, Dieter Manifold, Allan Matthews	1MJ	110	5:32:00

DNS 14XVSK Clive Arthur, Marian Arthur

### 12 Hr Results...

Overall	Team	Members	Awards	Score	Elapsed
1	39MV	John Soden, Stephen Dose	1st,1M,1MV	2700	11:59:00
2	32M	Ruhi Afnan, David Nicolson, Steve Cooper	2nd,2M	2620	11:50:00
3	27X	Richard Strickland, Shane Venning, Anne Marie Jarzebowski	3rd,1X	2390	11:52:00
4	45MV	Peter Clark, Tom Bullock	4th,3M,2MV	2110	11:45:00
5	43M	Matt Elding, James Donnelly	5th	1990	11:26:00
6	33MVS	Rob Tucker, George Bennett	6th,3MV,1MS	1960	11:56:00
7	17X	Olivier Fahy, Annika Danielsson	7th,2X	1930	11:49:00
8	24MV	Lewis Carter, Andrew Adams	8th	1890	11:56:00
9	34MV	Simon (Andy) Capp, Bernie O'Neil	9th	1870	11:59:00
10	44XV	Craig Colwell, Evelyn Colwell	10th,3X,1XV	1860	11:42:00
11	19M	Markus Herderich, Jason Morton		1820	11:28:00
12	30X	Mark Milnes, Samantha Milnes		1820	11:50:00
13	47X	Mary Roe, Dallas Baird		1730	11:55:00
14	29X	Kevin Colla, Catherine Colla		1650	10:58:00
15	38X	Cristian Varela, Paula Augerstein, Randell Taylor		1610	11:54:00
16	28MV	Steven Frigo, Des Norman		1600	11:54:00
17	36M	Andrew Chesson, Shawn La Fou		1580	11:48:00
18	51M	Geoff Bungey, Will Ellis		1570	11:25:00
19	7MV	David Couche, Paul Hoffmann		1560	11:19:00
20	37W	Rachel Newson, Jesia Berry	1W	1550	11:44:00
21	20X	Katherine Wilde, Carl Bradney		1530	7:52:00
22	8MV	Chris Madden, Chris Farmer		1530	11:20:00
23	2X	Phil Brennan, Birgit Arnold		1520	10:35:00
24	48XV	Roger Nicolson, Jeannette Kelly	2XV	1470	11:54:00
25	12X	John Cameron, Tristan Skawronski, Sandra Skawronski		1440	11:56:00
26	41XVS	Arthur Ward, Ann Ward	3XV,1XS	1410	11:44:00
27	31XVS	Peter Milnes, Sue Milnes	2XS	1390	11:43:00
28	22MV	Dennis Kingisepp, David Sandison		1330	11:43:00
29	1WV	Julie Crebbin, Michelle Soar	2W,1WV	1310	11:33:00
30	35X	Sven Delaney, Clare Saddler		1190	11:25:00
31	49X	George Reeves, Ben Diment, Cheryl Mason		1180	7:59:00
32	25M	Bruce May, Julian Weidenbach		1040	9:35:00
33	54X	Chris Graves, Craig Bettison, Michael Tobler, Beth Dumontel		1030	10:33:00
34	53XN	Greg Toholke, Darcy Toholke, Clancy Toholke, Max Sayer, Bernard Sayer	1N	1010	8:11:00
35	3M	David Heard, Andrew Dunlop		980	11:52:00
36	42X	Matt Hilbig, Karen Surfild		850	10:20:00
37	50M	Dean Fyfe, Brett Mason-Fyfe, Cameron Levy		840	9:15:00
38	21XF	Daryl Crebbin, Liana Crebbin, Trent Crebbin	1F	830	9:09:00
39	46MN	Matt Wolff, Jason Wolff	2N	780	6:51:00
40	11MV	Joe Greco, Dylan Breese		460	7:12:00



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