



Northern Territory Rogaining Association

2015 Committee

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In this Newsletter

Welcome to the Northern Territory Rogaining Association's April 2015 newsletter. This edition contains interesting information on:

- Next event
- Event Wrap ups
- 2015 Calendar

President's Report: The Year so Far

It was an excellent turn out for the last Metrogaine and Cyclogaine event, set around the Urban jungles between Nightcliff and the city. Every control on the course was visited so it really does show that planning and route choice is the key to being on the podium. Thank you to every competitor and special thanks to Jane Saunders, Alan Mitchell and Marj in ensuring that everything went to plan and you all got fed! The AGM has also been held and the committee has pretty much remained the same, but we have lost the services of long time event secretary Christine Marron who will be missed. This role is still open, so if you have the inclination to assist please don't hesitate to get in touch. Another position we are looking for is a Publicity Officer who is able to assist in promoting the Association, through putting together newsletters and being savvy with Face book and alike.

Thank you to all the former members who put their hands up again to dedicate a piece of their life to ensure that the sport stays alive by being part of the committee. Thanks to Paul Potter in putting up his hand to assist with Research and Development, focusing on ways in which we do things, there is no doubt that we have to embrace new technology to ensure that we are continually striving for improvements. Next event will be Saturday 30th May in Litchfield National Park it should be a great event. Look forward to seeing you all there!

Mike Dunbar
President



Next Event:

Saturday 30th May Rogaine

When: Saturday, 30th May, 1pm – 10 pm

Where: The Lost City area of Litchfield National Park

What: This is a previously unused area and inclusive of Greenant Creek and Sandy Creek Falls areas, with two small out of bounds locations. This offers a unique opportunity to view areas normally restricted to the public. There is plenty of water flowing, interesting rock formation and beautiful waterfalls. Stay the night, and for an additional \$5 enjoy a cooked breakfast.

Details: Further details, including entry forms, are available on the web site <http://nt.rogaine.asn.au/> Detailed information and course notes will be distributed on receipt of entry. Final entries close 27th May.

Enquiries: Marj King, marjok1@iinet.net.au or 8985 6885

Setter: Plaxy Purich **Vetter:** Emily Pritchard

Contact the event secretary if you would like to take part but don't have a partner

2015 Calendar:

30th May Bush Event: (9 hour) - Litchfield NP

Setter: Plaxy Purich Vetter: Emily Pritchard

29th/30th August Bush Event: (12 hr) –McKinlay River

Setter: Jon Potter Vetter: Susi Berti

24th October or 21st November Metrogaine/Cyclogaine – Howard Springs Area

Setter: Simon Saunders Vetter: Ben Saunders

Winners on Foot Report

This was one of the most enjoyable rogaines or metrogaines that I've ever done.

Why?

First, the course included beautiful shoreline, pockets of bushland and many insights into the history of the inner Darwin area. Secondly, my rogaïne partner Trevor and I worked well together and achieved our goals, which was immensely satisfying. Thirdly, this was the first rogaïne I've ever done where I've followed a planned route exactly.

Our aim was to enjoy ourselves and to do the best we could as a team, working to the best of our ability.

How did we do this?

Before the rogaïne even started, we thought about what target distance and average pace would be an achievable challenge for us. We decided early on that we would only walk. Fast



The Winners: Trevor & Emily



walking, but definitely no running. Thinking about previous rogain efforts we decided that 5km/hour, ie 30km over the six hours, would be our target. This allowed for minimal breaks only.

Route planning is probably the most critical component of a good rogain experience. Trevor and I arrived early and used all of the available planning time. After noting where the higher value control sites were we each worked on devising loops to encompass as many high value controls within our 30km target distance (using twine to measure distance). We compared routes and came up with a route of 30.7km totalling 2340 points which was 76 points/km. We checked whether it was worth going out towards Nightcliff, as there were several high value controls there, but this option gave much fewer points/km so we gladly dismissed this. We tried to refine our route to improve efficiency, increase points and allow for more options towards the end if we needed to travel more or less distance. After replenishing our energy with home grown bananas, and engaging in some friendly banter with perennial rivals, we headed off at a smart pace.

We headed for Bayview first, wanting to get this area done in daylight. The high proportion of concrete and bitumen surfaces and therefore high temperature reminded us that it was indeed still the afternoon. We saw many teams through Bayview and Winnellie, none offering as much assistance as the locals outside the Winnellie shops who made sure we knew about the sign near the railway bridge.

Once we left the flyover and headed for Ludmilla we were on our own. Maybe this is why we slowed our pace a little without realising? Or perhaps the initial rush of energy and enthusiasm had melted a little in the heat? The control in the Ludmilla mangroves took a few minutes to be found but we were rewarded with a pot of snakes hanging from the tree. We meandered through Fannie Bay and headed for Mindil Beach via the museum & high school, past the haunting melodies of a practising bagpipe player.

So far we'd only stopped twice: at a tap to refill water bottles and gorge on homemade beetroot & chocolate brownies, and a five minute sit down. We realised we were slightly behind schedule so increased our pace as we headed for the CBD via Geranium Street. Which is where we had an unexpected diversion: seeing my nephew locked out of his aunt's house, skateboard in hand. Earlier I'd seen his mother and aunt driving down the street, so I wasn't sure what was happening. After speaking with my nephew I rang his mother, but bizarrely ended up speaking with his brother and father who had just left in another car. Confusion soon turned to relief as I saw aunt and mother retuning. So after a rushed "Goodbye, we're in a race, we've gotta go." and a "Sorry Trevor" we scampered off.

We maintained a good pace through Cullen Bay and Larrakeyah but realised we were still a bit behind schedule so increased our speed even more. As we left the CBD we debated the merits of going to the 100 point control on the wharf or getting a couple of others instead. By this time blisters, knees and hips were shouting to be heard, but we ignored their pleas and headed to the wharf as it gave us more points than any other option we had. Gees, it was a long way to the wharf...I was definitely at the "mind over matter" stage. After the wharf it was the home straight of Tiger Brennan Drive, watching the clock and walking as fast as we could. We both agreed that if we were running out of time we would run. No need as we finished with seven minutes to spare.

The hamburgers, watermelon and everything else were the best we'd ever eaten. Thanks Jane, Allan and everyone else who catered. Thanks to the Saunders who handicap themselves every rogain by getting there early, unloading the trailer and setting up, and then pack up afterwards!



Thanks to Christine the perennial event secretary. Thanks to the NTRA committee who work hard to bring us four events a year. Thanks to Mike and Marj for setting, vetting and administering. It was worth the wait for the results!
And thanks to Trevor for sharing such an enjoyable rogaine.

Emily Prichard



Left: John Shanahan & Alex O'Donnell



Right: Ben & Simon Saunders



Ambulators & Velocipeders Final Results

28-February- 2015

Te am	Names	Ev ent	Pt s	Time	Ranking in Class														Cont rols Visit ed
					A ll	M J	M O	M V	M S	W J	W O	W V	W S	X J	X O	X V	X S	F	
7	Emily Pritchard, Trevor Paynter	6	23 40	0d:05: 53:00	1										1	1			41
3	Jenna Dennison, Rebecca Hughes	6	22 50	0d:05: 51:20	2						1								38
16	Plaxy Plurich, Cathy Shilton, Susanne Cassanova	6	22 40	0d:05: 52:18	3						2								39
4	Russell Willis, Kirsty Walters	6	20 80	0d:05: 58:43	4										2	2			35
26	Simon Saunders, Ben Saunders	6	20 60	0d:05: 59:09	5		1												37
8	Verena Tinning, Sue Berger	6	19 80	0d:06: 06:45	6						3	1							35
22	John Shanahan, Alex O'Donnell	6	18 10	0d:05: 38:24	7										3				31
17	Peter Slade, Chris Slade	6	16 80	0d:05: 56:00	8										4	3	1		30
25	Bart Currie, Peter Whelan	6	14 40	0d:05: 48:15	9		2	1	1										28
13	Jess Hemsall, Tara Purcell	6	14 40	5:58:3 5 0	1						4								26
19	Tori Sherrock, Dane Panjer	6	13 20	4:54:2 8 1	1										5	4			23
28	Moir Stronach, Jane Darvall, Mary Fathers	6	11 60	5:01:1 5 2	1						5	2	1						19
14	Julie Mastin, Ron Ninnis	6	35 0	3:57:3 2 3	1										6	5	2		10
2	Zoe Radford, Andrew Scott	4	28 80	4:00:2 9	1										1				50
20	Jahde Dennis, Jono Prowse	4	27 10	4:02:0 6	2		1												43
30	Helge Suhr, Glen Hall	4	24 20	3:58:1 8	3		2	1											38
9	Vicki Potter, Paul Potter	4	22 60	3:55:3 1	4										2	1			40
31	Alice Lippet, Sarah Barklay	4	22 40	3:56:0 1	5						1								35
10	Alan Barret, Gayle Viney, Rob Spiers	4	20 10	3:56:5 0	6										3	2			37
21	Francene Anderson, Debbie Hall, Melissa Woltmann, Stella Lawless	4	19 90	3:58:2 3	7						2								33
27	Felix Dance, Sabrina Mina, Cameron Wilson	4	19 90	3:59:2 0	8										4				35



12	Sara Martin, Philip, Samuel, Matthew, Noah Brownscombe	4	18 90	3:58:0 3	9				1	32
23	Fiona Kelly, Kevin Horig	4	17 50	3:53:4 9 0	1			5 3		29
6	Martin Boland, Julie Moore, Mark Chatfield, Matthew Harkness	4	15 80	3:46:5 4 1	1			6		27
11	Annie Whybourne, Dan Baschiera	4	15 10	3:57:4 5 2	1			7 4 1		26
15	Melanie Stamell, Emily Hearndon	4	13 40	3:57:2 1 3	1		3			24
1	Sharon Scurr, Narelle Goodrem	4	10 40	4:04:5 0 4	1		4 1			17
24	Penny McIntyre, Greg Robson, Kate Fegan, Yvonne Kelly	4	87 0	3:33:4 4 5	1			8 5		16
18	Laren Toll , Leah Kernahan, Ann-Marie Rowston, Fiona Crick, Dane Armstrong	4	85 0	2:49:2 9 6	1			9		15
5	Matt Jong, Kirk Dugdell, Graham Havens, Steve Conn	4		DSQ	1 7	3				31



Newbies on Bikes Report

The first Rogaine of 2015, and for Kevin and I our first ever Rogaine. I decided I wasn't going to be competitive just enjoy the time cycling around Darwin. Kevin, well he was competitive from the beginning. We arrived in Stuart Park, received our goods and started to plan. Even though we have only lived in Darwin for a short time we had a pretty good idea where places were. When we started for some reason an instant decision by Kevin was to head to unplanned points close by which were easy to get to. A good move as it turned out, plus we found some snakes, to eat of course.

This Rogaine was taking place in late February so it was still hot, but that was ok with plenty of water along the way. We headed north to Nightcliff, then cycled south again.

We did very well in Nightcliff, getting every single point on the list. On our way back we tried to find two points, but we couldn't as it was too dark. We were going to go to Cullen Bay but we were out of time. The competitive part did come out in me, as we had two gentlemen following us at one point, eventually we lost them.

We returned to Stuart Park. The food was great, burgers, sausages and veggie burgers, great salad and a drink, plus freshly cut fruit. The volunteers were all very helpful and the course was set up very well. Thank you to everyone volunteered their time, it was an absolute pleasure to participate and we shall be doing the next one if we are able. It was a great day out and I must say we both thoroughly enjoyed ourselves.

The winners on Bikes: Andy & Zoe



Super Vets Winners: Dan & Annie





The Fantastic Fun Family



Fiona Kelly and Company

A Belated Report from the Previous Event (Apologies to Zoe)

Dickie's Laguna Harena "Lace n' Chain" METROGAINE

Zoe has not competed in a Northern Territory Rogaine Association event for a couple of years, and decided this was a perfect opportunity to introduce her Rogaine - naive partner Andrew to the sport. Michael and Sue have set challenging and well thought out courses in the past, and this was luckily no disappointment.

4 hours on a bicycle in the build up was always going to be hot. While 6 hours on foot just sounds like torture – big thumbs up to all that completed this epic!

Our planning involved carb-loading (Pizza!), while we discussed the merits of completing the "off road" sections in the daylight, and saving the "road" (easier navigation) for the dark. It turns out we were a little optimistic in our planning, and well over estimated our collective abilities! Out the gate, and we turned left (south) – while all the other teams to our surprise turned right (north). We started off well and felt fast as we flew through 39 – 78 – 92 – then some successful bush bashing south to the road. We did a few loops and found all the nearby piles of mud, and many unmarked tracks looking for 76 (still don't understand the reference to a Koala tree!?), before continuing UP to 102. Then our first error – a missed left turn, and a long loop around and back to 84 (via 70!). Once we re-located we watched the winning team (Mitch, Jardee and crew make the exact same error). We never saw another bike team until we returned home for dinner. Back across Tiger Brennan Drive to 62 – 85 – 42 – 66 – 43 – 71 – 24 – 44 – 53 – 90 – 63 – and then south again to 51 – 61 – 110 – 79. Our first accident occurred in the middle of the Stuart Highway – a quick dash across to 24 – and a combination of lack of coordination, fatigue and a lot of mud in the cleats led to Andrew lying prone in the middle of the highway while Zoe initially panicked, then realised there were no cars and proceeded to laughter!

The very brisk Mirijam and Rebecca coming the opposite direction and thus confirming the track helped us at number 110, and we were glad we were not on foot as we scooted past Ben and Simon and other foot teams sweating it out on the roads.



It seems many teams found all of the tracks and roads on Telstra Hill (88 – 120 – 93 – 74), and we were not immune to a few navigational challenges in here. We waved at JP and Kelly at 88, and were surprised to zoom down a hill to Dan and team dressed in pink tutus trotting in the other direction! Still, the bigger issue was the second foot stuck in pedal stack, and subsequent wrist injury sustained while Andrew was trying to show off his mountain biking skills. Zoe wisely dismounted, and walked down the hill, while Andrew – full of confidence – attempted to roll down and ended up a cropper.

91 saw the first of the flat tyres. At this stage it seemed to be a slow leak, and as we attached lights, we pumped the back tyre on Zoe's bike, and got eaten alive by a million mosquitos! We flew through 94 – 80 – 30 – and then our biggest navigational challenge of the day, searching for 89. The combination of darkness, poor headlights, and looking for a rusty Ute in the forest was difficult, and the size of the Cane toads in there was phenomenal!

Onwards to 59 – 69 – 49 – 86 – past the poor gentleman who thought he had found a quite place to camp for the night, but was disturbed by a bunch of bikes flying past – 48 – and then the second re-pump of the tyres. We soared past a still jogging Robyn and Dave along here, and greeted a few unidentified teams as we shone up the path with our lights.

The plan was 75, however near the turnoff, we were disturbed by a scary, fast, sharp-toothed dog nipping at our heels, so we scooted past, and headed to 73 (difficult to see in the dark), and back around to 56 – 22 – 65 – 75. Bashing from 75 south to the road was a challenge, while pushing/dragging/fighting with the bikes we sustained a few scratch injuries. This loop was good fun mountain biking, though in hindsight would probably have been more fun in the daylight!

Just before 75 and the same tyre was flat again.. After failing at the re-pumping and continued riding, we bailed and decided to change the tube. While Andrew had a sore wrist post fall, and only one available hand, Zoe managed to stab herself, resulting in significant bleeding, in the slowest tyre change in history! Darkness, biting insects, injuries and fatigue do not make for an effective team.

With only a few minutes to spare we hammered home! Concerned that we would be more than 30 minutes (and thus disqualified) late, we pounded it up McMillans Road. In the last 200m the (now rejected) holey-tube became wound around Andrews pedals allowing him only a quarter rotation of the pedal before they slung back – while Zoe scribbled down the remaining answers and handed in the card with 2 minutes to spare!! We did lose 280 points being a “little” late, however were just happy to not be disqualified.

Congratulations for a well justified win to the winning team, and a well done to everyone who competed – it was hot!

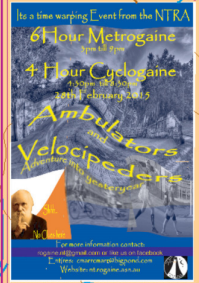
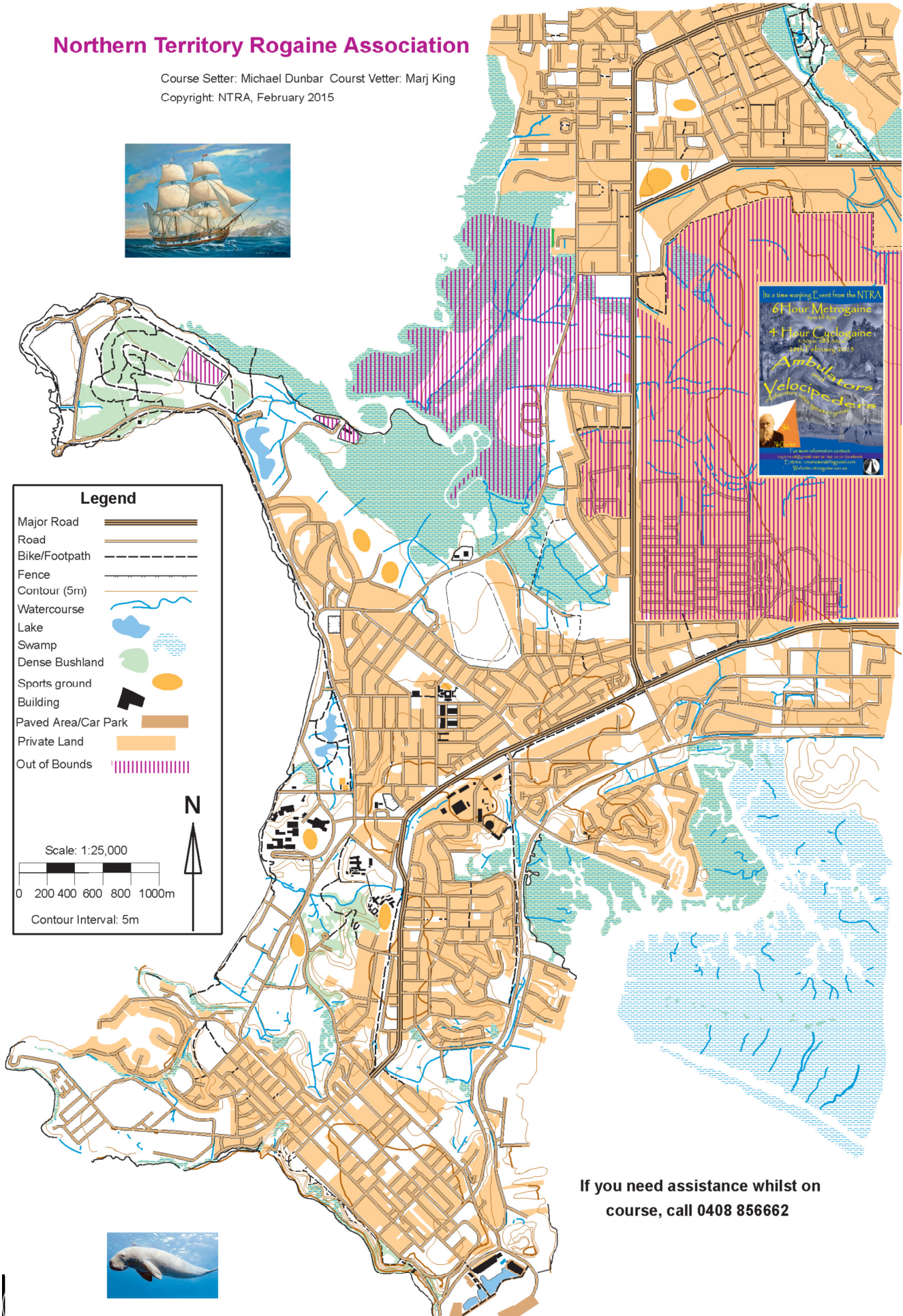
Another great BBQ by the catering team made the evening complete. And a big thanks to the organising team, I am sure we will be back next year, for another attempt, with hopefully fewer technical problems.

You have received this newsletter as a result of participating/showing an interest in one of our events. If you do not wish to receive correspondence from the NTRA, please reply to this email and put “unsubscribe” in the heading.



Northern Territory Rogaine Association

Course Setter: Michael Dunbar Course Vetter: Marj King
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If you need assistance whilst on
course, call 0408 856662

