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In this Newsletter

Welcome to the Northern Territory Rogaining Association's February 2017 newsletter. This edition contains interesting information on:

- Presidential Comments
- Editor's Note
- Next Event Info
- Metrogaine Maina Event Wrap up : Reports, , results and photos

Presidents Peace

As this is the final newsletter before the 2017 AGM, I find myself yet again appealing to the general membership to seriously consider putting something back into this amazing sport and standing for an active position on the 2017 NTRA committee. As always, there are any number of current senior position holders who will help ease new members into any roll they would like to fill. For mine, it's more rewarding than competing so please be there and put your hands up when the time comes.

Well, the last event of the season has been run and won, and once again Michael and Sue have kicked a score of goals and given us another blinder. As I said on the night, anyone who didn't thoroughly enjoy last Saturday's event was either on drugs or on another planet. Great weather, three courses, arguably the largest entry in the club's history and a healthy donation to that outstanding organisation, Camp Quality. Excellent tucker from Marge and the crew, results out in record time by Susi, Sue and the rest of the admin mob, happy people....at the end of the day, that's what this is all about...keeping fit and above all, having fun.



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The draft calendar for 2017 is out with five events on the menu...the first of these being a 6 hour metrogaine/4 hour cyclegaine/4 hour roving metrogaine to be held in Palmerston and surrounds on April 8th,



using some previously unused areas in addition to the current map. Of course, we would love to see a similar turnout as last weekend. The other events on offer are in the event calendar elsewhere in this edition and will include a 12 hour bush event in the East Litchfield area in June.

Thinking caps on, all. NTRA is looking for a distinctive permanent logo for our letterhead and newsletter...and whilst we're about it, an appropriate, catchy name for the newsletter itself. Get your suggestions and artwork in before the end of March and there just might be something coming your way. We're in for a cracker year so come one, come all.

JP

Editors Note:

As editor I put together reports that are written by you, the competitors/setters/vetters, and would like to thank all those involved, including at the events and people contributing photos to publish. Well done to Mike and all contributors for last weekends event!. Additionally Thankyou to Mike and Sue over their efforts to prepare a fantastic Metrogaine Mania at Darwin High School.

Marg

The weekend event just gone was by far the largest I have catered for. I would like to thank Greg, Helen, Sally and Cheryl who helped keep the food flowing. Also a special thank you to Jane who was not only part of the above group but as well did all the food shopping and keeps everything in the trailer clean and tidy. They may not have taken part in the event but for the hours spent on their feet, in my eyes, they are winners. *Margj 😊*



NT General Store Reminds recent NT Rogaine Participants that they are entitled to receive discounts at (10% for cash/savings/cheque and 7.5% for credit card transactions) on everything other than G.P.Ss or items already reduced.

NT General Store
42 Cavenagh Street
Darwin, N.T.0820

Next Event

Hubris, Hamstrings, Heros & Hasbeens

3 Hour - 6 Hour Hiker - 4 Hour Biker

Where : Palmerston and Surrounds

When : Saturday April 8th

Setter : JP Vetter :Catherine McAlpine

Early Bird \$40 Special to March 26th \$45 otherwise Entries Close April 5th :

Metrogaine Mania – A fundraiser for Camp Quality Darwin – our Organisers

Hello everyone, well the Metrogaine Mania has been run and won. We think everybody was a winner on the day. The event raised a total nett contribution of \$4124.58 to Camp Quality, your participation is responsible for this well done.

The 3 hour was so successful in last event we are going to give it another go and the other two will be the same: 6 hour for the staunch fleet footed Rogaine diehards and the 4 Hour Bike event which was a massive proportion of the last event.

Just on the results there were a couple of teams who did not answer the question correctly, we believe that you didn't guess but it imperative that you write the correct answer in the box relevant to the control number. We managed to catch up with a few teams that worked out that they had marked the wrong control number on the card so if your score is not quite what you expected then this probably the reason why.





“Camp Quality’s purpose is to create a better life for every child living with cancer in Australia. We are committed to delivering national programs that build resilience and optimistic behaviours for all children (0-13 years) living with cancer. Camp Quality receives no on-going government funding, which is why community support from events such as Metrogaine Mania are paramount to the continuation of our programs. Thank you so much to the NT Rogaine Association & all participants for your generous support, which will go toward supporting NT kids and their families living with cancer.

Outstanding remarks for Metrogaine Mania – Scott and Cooper

Cooper and I entered this rogaine with great optimism based on our performance at the Knuckeyes Lagoon event last year. In that event we planned a course based on 6 kph (straight line) and cleaned it up an hour early. So, for this event we targeted an average of 8 kph (straight line) with a target haul of 2470 points. The problem was we did not count on our loss of condition over the Xmas period.

We started solidly; picking up 22 and 34 at the required pace. But then we hit the hills around Cullen Bay. The hills & the heat made us lose confidence. Our bodies kept going but our minds were elsewhere. Our pace dropped dramatically such that at control 94 we had to stop & adjust our course. We halved the course (by excluding the Coconut Grove area) and introduced a motivational stop at Frying Nemo for cold water & icecream. That improved our interest but our pace did not significantly improve till after said icecream. Then, suitably charged & motivated, our spirits lifted enormously. Our pace picked back up and we finished the modified course with energy to spare.



Two lessons from today's performance. (1) Do a trial ride to test the teams average pace & fitness in the prevailing temp conditions (2) remain flexible with the course; review & adjust as needed.

Sincere thanks to Mike & Sue for a fantastic event. Also thanks to Susi for her work behind the scenes. It was great to come away with a win to boost Cooper's growing interest in the sport. He remains enthused and we will return to compete at the next Metrogaine!

Outstanding remarks for Metrogaine Mania – Simon and Ben

With Ben and I looking after the club's equipment and dragging the trailer along to events as usual we got there around 12.00, after picking up the ice along the way; 15 Bags, you can never have too much ice at a Top End Rogaine.

After setting a few things up we relaxed for a while and at 1.00 got our maps and set about the planning process. After not getting this right in the past, we now put a lot of effort into planning. As a wise man once said (JP) "rogaines can be won and lost at the planning table".

Considering that it would not be possible to cover all areas of the map, we set about trying to come up with a route that give us maximum points for minimum effort and that quickly knocked East Point off the destination list, even with its tempting 120 points.

We eventually settled on a route heading via the Gardens into town (avoiding Cullen Bay), heading down to the Waterfront, then through Stuart Park, Bayview and Winnellie into Parap and home. As usual we recorded some timing points for reference to ensure we stayed on track (nothing worse than having to run those last few kms).

For those keen to know where we went the route was: 27, 21, 57, 33, 75, 69, 41, 60, 94, 51, 67, 89 (we had a glitch here went all the way to the bottom of the stairs and said now what are we looking for realising it was at the top so back up we went), 70, 100, 62, 30, 54, 61, 73, 52, 53, 59, 66, 38, 88, 46, 81, 101, 92, 91, 79, 40, 77, 76, 37, 58, 55, 43, 68, 28, 26 and finish.

Thanks Mike and Sue and all the helpers for putting together a great event. It was a fantastic turnout and a great result in fund-raising for Camp Quality.



Event Scores Metrogaine Mania

METROGAINE MANIA ...THE SCOREBOARD																				
Team Number	Total Points	Qty of Ctrs	Total Time			All	6 Hour Rambler										Team Member Names			
			Hr	Min	Sec		Men			Women			Mixed							
							MJ	MO	MY	MS	WJ	WO	WV	WS	XJ	XO	XV	XS	F	
MO8	2310	41	5	56	54	1														Simon Saunders, Ben Saunders
WV22	2220	35	5	58	15	2						1	1							Verena Tinning, Donna Schakelaar
XO6	2160	40	5	53	7	3											1			Emily Prichard, Duncan Rance, Melinda Schera, Livu Shera
MV41	2120	32	5	54	17	4			2	1										Russell Willis, Patrick Gray
WO14	1860	32	5	44	23	5						2								Anna Richards, Joanne Lackenby, Jacqui du Boulay
WO1	1740	29	5	49	3	6						3								Ruth Eberhardt, Sally Lamond
XO31	1670	30	5	38	56	7											2			John Shanahan, Julie Page, Dave Page
XV44	1530	24	5	6	18	8											3	1		HELEN PITTS, WILL KELLERMEIER
XO16	1370	23	5	50	55	9											4			Kelly Paterson, Dave Lindsay, Irene Gastaldello, Louisa Bahen-Wri
XV20	1330	27	5	48	42	10											5	2		Dave Panjer, Tom Sherrock, Fran Edis
XV21	1240	26	5	48	42	11											6	3		Dave Rumball, Asha Mahasun, Bec Gault
MSV29	1170	22	5	32	1	12			3	2	1									David Brewster, Bart Curme
WSV38	890	14	5	14	38	13						4	2	1						Kitty Kahn, Marelle Lee
WO28	880	17	5	36	30	14							5	3						Vicki Krause, Kate Hardie, Catherine Brewster, Lesley Scott
WO11	750	16	5	26	20	15							6							Zoe Scott, Susanne Casanova, Eleanor Hallott
Team Number	Total Points	Qty of Ctrs	Total Time			All	4 Hour Biker										Team Member Names			
			Hr	Min	Sec		Men			Women			Mixed							
							MJ	MO	MY	MS	WJ	WO	WV	WS	XJ	XO	XV	XS	F	
XO19	3270	57	3	59	27	1											1			Alex Wetten, Hannah Johnston, Daniel Eakins
XV3	3000	52	4	2	23	2											2	1		Jon Potter, Catherine McAlpins, Jim Miles
MV13	2880	44	3	57	48	3			1	1										Helge Suhr, Colin Hall, Andrew Price, Cameron McDougall
XV26	2580	42	4	5	3	4											3	2		Deb Carr, Adrian Curry
XO10	2480	34	3	53	23	5											4			Cath Hood, Rob Brooks
XO9	2340	37	3	54	43	6											5			Kate Finegan, Cam Yinn
MO39	2270	44	4	4	54	7			2											Nic French, Andrew Congdon, Tim Sands
MO36	2250	39	3	48	24	8			3											Chris Reimer, Nick Hubbard
XSV2	2210	39	3	50	12	9											6	3	1	Paul Potter, Vicki Potter
WV24	2190	34	3	56	38	10						1	1							Diane Napier, Belinda Townend, Antonella Calrow, Angela Libro
WO30	2180	34	3	56	30	11							2							Emma Host, Donna Kabel, Sarah McEachern, Katharine Taylor
WO12	2130	30	3	57	30	12							3							Jenna Ann Dennison, Meredith Baily, Zeny Heffernan
MSV40	2070	35	4	10	56	13			4	2	1									Paul Sharp, Fergal McGrath
XO49	1930	35	3	55	50	14											7			Lucy Thompson, Andrew Berk, Brad Fitzwater, Jodie Mcleod
WSV5	1910	32	3	59	59	15						4	2	1						Vicki Woodrow, Corinne Fabian
XO37	1900	31	3	57	29	16											8			Pasqualina Coffey, Sarah Wongseelashote, Neil Aldersley, Sarah Ly
WO32	1630	28	3	27	22	17						5								Emily Hinds, Emma Harley, Belinda Brace
MO35	1610	29	3	58	6	18			5											Warwick Allanson, Graeme Finch, Lawson Broad
XO4	1560	26	3	46	5	19											9			Rowena Boyd, Mark Chatfield, Martin Boland
MV45	1550	30	3	57	43	20			5	3										David McLeod, David Croser
XO27	1530	27	3	37	14	21											10			Emily Hearnden, Rhys Mulholland
XSV7	1530	28	3	59	44	22											11	4	2	Annie Whybourne, Dan Baschiera
XV25	1440	24	3	59	12	23											12	5		Sharon Scurr, Ray Jarret, Marelle Goodrem
WO46	1410	27	3	25	0	24						6								Celia de Latour, Ruth Roberts
MF18	1220	22	3	57	8	25			7										1	Cooper Mitchell, Scott Mitchell
MO43	1140	19	3	41	32	26			8											Keogh Conboy, Max Mace, Simon Watkins, Peter Polman
WO42	1070	20	3	44	10	27						7								Erin Mettam, Candice Booth
XO17	1040	19	3	44	20	28											13			Fiona Crick, Lauren Toll, Vaughan Jones, Shelley Evans
WJ23	920	18	3	28	30	29						1	8							Sophie Ashley, Georgia Hake
WSV33	890	17	3	42	4	30						9	3	2						Clare Labowitch, Helen Stuart, Helen Gould
WSV48	840	15	2	43	30	31						10	4	3						Debbie Hall, Anna Morgan
XV34	780	15	3	45	40	32											14	6		Rose Stephens, Peter Stephens, Leanne Abel
Team Number	Total Points	Qty of Ctrs	Total Time			All	3 Hour Rambler										Team Member Names			
			Hr	Min	Sec		Men			Women			Mixed							
							M	MJ	MC	MW	W	WJ	WV	WS	XJ	XC	XV	XS	F	
WO5	990	18	3	3	58	1							1							Tara Intarapanya, Kylie Taylor, Eva Bliss, Susan Berghuis
XF11	940	19	2	59	40	2											1			Pam Nunn, Valerie Smith, Imogen Smith, James Smith
WO4	910	18	2	57	13	3							2							Kate Morris, Bernadette White, Maureen Simon, Leanne Fidler
WO15	840	13	2	58	3	4														Renee Alexander, Rachael Wright
XO8	840	17	2	59	49	5											2			Andrew Shipton, Petrina Shipton
WV9	810	12	2	47	23	6						4	1							Hilary Bloomfield, Lindy Bower
XF3	730	13	2	59	54	7											3		2	Sarah Hickey MM3, Jason Bremner, Tammie Coyne, Coen McKinnon
WO1	710	16	2	58	45	8														Eliza Nolan, Rachel Telford, Kirstin Hannan, Hannah Brodie-Hall
XO13	700	13	2	53	35	9											4			Travis Humm, Kylie Westbrook
WO6	680	15	2	55	53	10											6			Anna Latz, Leanne Bennett, Joanne Vitone, Janet Helmer
XV12	600	13	3	8	52	11											5	1		Paul Teutenberg, Cath Gaylard, Beth Price
WF2	430	11	3	4	23	12														Janice Rentuza MM3, Sophia Plews, Alexandra Plews, Patty Shih
XO7	310	12	2	51	54	13											6			Lachlan Peattie, Matthew Littlejohn, Jessie Spargo, Nicole Festing
XF10	250	8	2	52	50	14											7		4	Megan Warry, Joshua Warry, Emma Suradi, Molly Suradi



Metrogain Maina - Our epic remarks by – Team JP Catherine and Jim

After a few lies about the positives and a lot of lies about the negatives, we managed to convince Catherine what a wonderful idea it would be for her to join our team for this event...and so, we were three. What we all felt was a logical route was adopted, frantic last minute changes to Catherine's seat height and helmet strap were effected and we were off amidst the most crowded start I've ever seen in a Top End event yet. We push through the throng of thrown down bikes and eager bodies on the spur, then all make the same, normal follow the leader error to the wrong sculpture down at the boat ramp. A legal short cut to the bridge bollard and then we find ourselves alone and in peace in the Christie St park before a quick dash across Dick Ward to a garbage bin; narrowly avoiding death by merging traffic over the right shoulder on the way.



It's then a case of take a cut lunch and a waterbag to get to the creek on the sea side of many horses, (or is that horsi?) collecting the tree'd knoll at 72 and a pole number on the old golf course on the way. Pedal like we stole it and charge headlong into undergrowth for the thicket, N side, followed by the mangrove walk sign where we, I!, make the first real mistake with a massive overshoot costing us a minute or two. Decide against taking the lawn route to another spur and ride around the bitumen to collect Spot On's danger sign. A lapse in concentration takes the manhole cover and concrete bridge out of planned order but through more backside than good judgement, this proves to be the quicker and shorter option.

A quick visit to the Spitfire pilots opposite Susi's abode and then we have what is undoubtedly the high point of the event! Washing machine. It's just that backed into the bush right up to the aforesaid washing machine, is a white 100 series Landcruiser, tinted windows up, engine running, naked person/persons of unknown origin therein. What do we have here? Is it suicide or simply daylight deviousness... a quick peek in and we're outa there. As we leave the track to skirt the E side of the old Waratah oval, said deviant/deviants is/are seen departing with great haste.

On the serious side, quite apart from the rules and the cheating aspect, this is another very good reason why teams should stay together at all times...who knows what could have happened if a lone rogainer, especially female, had encountered this weirdo. A sobering thought.



Our route then took us back across Dick Ward to the opening plaque, yet another plaque at the QANTAS hangar, the small park tucked away near the race course, the wrong way into Wells St before a slalom through dead pandanus for the Richardson Park W side creek . From here it's down the steep drop to negotiate the road to hell through the mangroves to Ludmilla creek. A brief stop at Namarluk to catch breath and rehydrate followed by an uneventful tour of the N loop, Bagot Gate, creek RHS lock and Narrows foot bridge for it's initials, where an evil, badly positioned set of stairs try to kill you as you descend the E side.

Out towards Winnellie via a sewer lid in a smelly, unpaved laneway, the WPO then back along the old railway where Jim played trains mountain bike style.



Bishop St for the Telstra box, around barricades for a 90 pointer, skirt the fence end, belt across Tiger Brennan, scramble up the loose embankment like aging mountain goats for the Charles Darwin fence then W to Bay View Haven, picking up the prepare to stop sign on the way. Grab one at the 2nd turn left and then another small overshoot past the overgrown knoll. A route choice decision is made to retrace our steps and attack the hill top near Ardrossan from the N, causing much puffing and panting on the part of one elderly rogaire tragic who shall remain nameless. This, of course, is followed by yet another even nastier little climb up to the WW2 bunker.

A quick run through Valley estate, orienteering *deje vu* on the green spur next to the water tank and W to a container where Catherine is monstered by a pair of very indignant Bush Thicknees refusing to stand aside and let anyone come anywhere near their soon to be born

children....obviously put up to it by Lachlan and Suzanne, who dwell directly opposite. Dead end sign on Flinders, date opposite Yamaha, small plaque on the Dyna Beach oval tree, ...nearly dark...hard to read date on the small park bridge, rainforest track below Honda, elusive power pylon sign, wandering in the pitch black of the Bennett/McMinn bomb crater and then taking an overdue pitstop behind the old pump house for 100.

A time check says we have bugger all time left to complete our optimistic original plan so it's around to the park at the end of Kitchener, up Hughes, forget 67,



badly misread the map at 89 and climb around in the thicket with numerous other teams, nowhere near the control until finally the penny drops and I have a good look at the map. Judge that we have time to go back to Browns Mart, after which we have 9 minutes to get back to the Hash House....missed out by a minute or so, losing 20 points.

What can I say; huge accolades to Michael and Sue for coming up with a great concept and

putting together a brilliant course and event. Susi for controlling the event secretary headaches along with everyone else in the admin team. As always, Marj, Jane and their team of tireless workers for keeping an endless supply of great tucker going. Simon and Ben and all the other set up and pack up crew. And a special thanks to long term sponsors Bill, at NT General Store and Manuel, at Fannie Bay 5 Star for their very generous donation of prizes and fine wine. Well done everyone.

JP, Catherine & Jim....team XV3

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"



