

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION

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Victorian Rogaining Association Inc. A547
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vra.rogaine.asn.au

August 2014

ISLAND ADVENTURE METROGAINE & CYCLOGAINE – PHILLIP ISLAND SUNDAY 17th AUGUST 2014 6HR CYCLOGAINE 9:45am START 6HR METROGAINE 10:15am START

With countless accommodation options, cafes, restaurants, hotels, takeaways, theme parks and a world-class race track, Phillip Island today is often thought of as a tourist and holiday destination. There are so many businesses vying for your attention.

Phillip Island is also the place where you can observe the amazing phenomenon of the daily migration of many hundreds of Homo sapiens from as far away as Asia and Europe to the shores of Summerland Bay where they gather at sunset enthralled by the spectacle of the locals coming home from a fishing trip to feed the kids.

In contrast to the holiday suburban feeling, the varied shoreline and areas of remnant bushland are reminiscent of a past which precedes its 'discovery' by George Bass and white settlement. For this is part of the land of the Boonwurrung (Bunurong) people. The coastline is timeless if you mentally erase a few boardwalks, roads and pathways. There are large rookeries of the Short-tailed Shearwater, Little Penguin and seagulls; also



extensive wetlands, Cape Barren Geese, swans and so many other waterfowl. There are large areas of intertidal mangroves, sandy beaches, extensive rock shelves and even a seal colony. Yes, for thousands of years before cattle grazing, chicory growing and cafes, this was an island with many food options.

Of course, on the day of the rogain you may well be obsessed with the bigger issues like "What's on the wall at No.10?" or the price of horse poo, but it really is worth coming back (or staying on) for a more leisurely look. To stand on Cape Woolamai at sunset in summer as the shearwaters return to their rookery is an unforgettable experience.

On with the stuff you are really interested in – Phillip Is. is fairly flat, so no big hills. Though most of the roads and paths are sealed some are gravel and corrugated, so a hybrid or mountain bike would be the best choice for the Cyclogaine.

For the less competitive this event may set a new record for choice in coffee and food options. For the traditionalist there will be cheese toasties and everything else that is offered by a fantastic and dedicated hash house team.

We hope that this whets your appetite and look forward to seeing you on the 17th Aug. for an Island Adventure.

Event results are posted on the VRA web site,
<http://vra.rogaine.asn.au/>, within two or three days of an event





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Event Calendar 2014

Victorian Events

EVENT	DATE	LOCATION
Metro Cyclogaine	Sun 17th August	Phillip Island
6 hr or 8 hr	Sat 13th September	Trentham
24hr Aus Champs	Sat 11th & Sun 12th October	Castlemaine area
8 hr	Sat 15th November	Maybe Wangaratta area

The Australasian Rogaining Championships -

Hosted by Victoria 11th & 12th October 2014

The location has been selected with great Hash House facilities including showers and some accommodation. The exact location will not be announced until much closer to the date. Victoria has set out to plan a course in one of the state's best locations. Not too steep and not too flat.

Very open vegetation and close to Melbourne to enable interstate Rogainers to comfortably be home Sunday night.

For Victorians we will need additional volunteers than a normal 24hr rogaine. We'll have many more entrants.

Draft Calendar 2015

EVENT	DATE	LOCATION
Metrogaine & cyclogaine	15 March	
2 x 6 hour	18 April	
12 hour	23 May	
2 x 6hr Schools	20/21 June	Fryerstown
8 hour	18 July	
24 hour Rogaine	29 August	
Metrogaine & cyclogaine	19 September	
12 hour	24 October	
Novelty 6 hour	14 November	

Feedback and offers to assist are requested.

Committee meeting

Date
 Thur 8 August
 Thur 28 August

Time
 7:30 pm sharp

Location
 Lions Club Hall
 South East Corner of Riversdale Road and Station Street
 Box Hill South

Newsletter copy deadline - Wednesday 6 August 2014



Next Event

**ISLAND ADVENTURE
METROGAINE & CYCLOGAINE – PHILLIP ISLAND
SUNDAY 17th AUGUST 2014
6HR CYCLOGAINE 9:45am START
6HR METROGAINE 10:15am START**



Event Entry Details Date & Time

Cyclogaine
17th August 2014
9:45 am Start

Or

Metrogaine
17th August 2014
10:15 am Start

Please Enter Online
Go to the VRA Home Page
<http://vra.rogaine.asn.au>
Click on Online Entry

Postal Entries
(If Online Entry not possible)

Metrogaine and Cyclogaine
38 Cole Street,
Hawthorn East 3123

Late Entry Date
Wednesday 6th August 2014

Additional \$10 per adult if posted after
this date

Entry Fees

Metrogaine and Cyclogaine
Adult\$30
Junior.....\$20

(Juniors free if in the same team as an
adult)

No Membership Fees Applicable

About The event

Have you ever travelled overseas
for a rogaine? Well, here's your
chance to go OS. It's not a World
Champs but Phillip Island provides
a perfect overseas location which is
just a short drive from Melbourne.

With the Hash House in Cowes
this event offers an abundance
of eating and drinking venues for
those who enjoy a non-competitive
style.

The course has been set over the
entire island so the challenge is
there for keen cyclists who would
like to sweep the course.

There are many walking/cycle
paths so a lot of busy roads can
be avoided. A lot of the roads and
paths are unsealed so a hybrid or
mountain bike is desirable.

Location

Phillip Island with a Hash House in
Cowes. A 140km drive SSE; just
under 2 hours from Melbourne
CBD.

Course

Set over the entire island using
public roads, paths and cycle
tracks. Many major roads can be

avoided by using cycle/walking paths.
Some roads and paths are unsealed so a
hybrid or mountain bike is desirable.

This will be a question and answer scoring
event with multiple choice answers.

Map

The map will be A3. A street map with
detailed inserts of most suburban areas.
No compass skills required.

Accommodation

There will be no camping at the Hash
House. Phillip Island is a popular
tourist destination and offers a range of
accommodation close to the HH.

Make a weekend of it and enjoy the
attractions of the island.

Course Enquiries

Paula and Steve Horton
Ph 0478 607 6230 OR 0478607623
AugustEnquiries@vra.rogaine.asn.au

Admin Manager

Ron Wescott
Ph 0425 805 447
AugustAdmin@vra.rogaine.asn.au

Please contact admin if you cannot download the final instructions and waiver from the website



Upcoming Events

BABBINGTON BUSH BASH 6 HR ROGAINE SATURDAY 13th SEPTEMBER 2014 10AM TO 4PM SATURDAY

Event Entry Details

Date & Time
6hr Rogaine
13th September 2014
10am to 4pm

Please Enter Online
Go to the VRA Home Page
<http://vra.rogaine.asn.au>
Click on Online Entry

Postal Entries
(Only if Online Entry not possible)
Babbington Bash Rogaine
39 Sir Garnet Road
Surrey Hills Vic 3127

Late Entry Date
Wednesday 3 September 2014

Additional \$10 per adult if posted after
this date. Online Entry add a Late fee at
11:59 pm

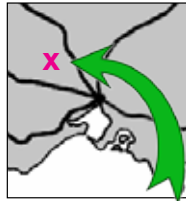
Entry Fees

Adult\$30

Junior.....\$20

(Juniors free if in the same team as an
adult)

No Membership Fee Applicable to any
members



Location
Between Trentham and Daylesford
approximately 96km (1.25 hours)
from Melbourne CBD travelling up
the Calder Highway or travel via the
western highway if leaving from the
west of Melbourne. This area has
not been used for a Rogaine for
about 20 years.

Course
Mixed open bush, undulating with
some steep hills and lots of water
courses.

Accommodation
No camping is permitted at the hash
house. Nearby accommodation

is available in Daylesford, Trentham or
Woodend.

Map
The map is 1:25000 scale with 10 metre
contours. Maximum elevation change
across the course is approximately 250
metres.

Registration
Registration will open at 8am. 2 hrs before
event start

Course Enquiries
Gail Ph 0419 374 603
Marion Ph 0402 880 227
SeptemberEnquiries@vra.rogaine.asn.au

Admin Enquiries
TBA
SeptemberAdmin@vra.rogaine.asn.au

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SA	Lewis Carter	sa.rogaine.asn.au	(08) 8365 4280
TAS	Hugh Fitzgerald	www.rt.asn.au/rt/	(03) 6234 3035
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NT	Jon Potter	nt.rogaine.asn.au	(08) 8941 1059

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International Rogaining Federation www.rogaining.org
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 ARA David Rowlands [http://www.rogaining.org/contact-us/contacts/
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President's Piece

Tom Lothian VRA President



Welcome to the August 2014 edition of the newsletter.

This is my first newsletter as the new VRA President. I would like to start by thanking Greg Robinson for his leadership and hard work as President of the VRA committee for the last 4 years. Under Greg's leadership we have, amongst other things, seen significant improvements and modernisation to our approaches including a transition of our membership structure, a new website and online entry portal and a move to more online social media and communications. Greg will continue on the committee as immediate past President and also has a significant role in the upcoming 2014 Australian Championships (see more below).

In May we had the Victorian Rogaining Association Annual General Meeting. It was a good turnout and included a very interesting presentation on adventure racing in China from Maria Plyashechko. Participants at the meeting raised and discussed key issues including ongoing land access and the ongoing challenge of attracting volunteers into key volunteer positions for events. The discussion on attracting key volunteers was a particularly useful one with ideas from the meeting taken away to consider at future committee meetings.

Elections for office bearers were held. As noted above, Greg has stepped down as VRA President with me being elected. Roy Jackson stepped down from the Committee after a significant time as Training Coordinator. Roy has proceeded over consistently sold out VRA training days and nights. A big thanks to Roy for his time and effort. Gleb Belov and Wayne Benton joined as new committee members and we look forward to their contribution over the coming year. The majority of existing committee members were re-elected in their positions.

Following feedback in our 2013 VRA survey, committee members will be much easier to identify from the August Rogaining event with the committee sporting 'stylish' orange 'VRA Committee' caps. Please take the opportunity to approach the committee at an event to ask questions or provide comments about individual events, ideas for future events or any other VRA related stuff!

Late June was the Winter Solstice 2 x 6 hour rogaine and the Schools, Scouts and Cadets championships. The public events on Saturday and Sunday were well attended with Andrew Baker and Ted van Geldermalsen taking out the Saturday event (1780 points) and Tim Plozza and Gleb Belov taking out the Sunday event (1660 points). The Schools, Scouts and Cadets saw 254 kids take to the bush with Trinity Grammar taking out the boys schools trophy, McKinnon Secondary College taking out the girls schools trophy and 1st Gisborne Scouts taking out the Scouts trophy.

Thank you to all the volunteers who made the event a success. In particular, Owen Wade in his first shot as event setter and coordinator. As has been advertised, the July rogaining event has been cancelled due to a lack of volunteers in key positions. This is an unfortunate situation which we hope to combat next year through targeted approaches to experience course setters and training for those interested in learning how to course set.

The next event is therefore August which sees us down at Phillip Island for a metro/cyclogaine. Phillip Island is a great location for this type of event with the whole island up for grabs on the map. It is a chance to visit some of the Islands key attractions and, depending on your ambition, stop in for a look or speed by to try as you seek to maximise points.

Finally, get ready, get set, the 2014 Australian Rogaining Championships are just around the corner and they are in Victoria! Entries will open shortly so start thinking about who will be in your team. See you in the bush.

Tom



VRA Rogaine

**Partner Finding
Service**

Phone 9894 2506

FindPartner@vra.

rogaine.asn.au

O/A	Team	Score	Time	Team Members	SGR	VRO	STF	CAD	B10	B11	G10	G11	X10	X11
1	55	1420	4:54:13	(Trinity)Patrick Jaffe, Jono Lawler, Angus Rae.	1
2	54	870	4:37:18	(Trinity)Matt Grover, Oscar Fenwick, Jack Pois.	2
3	69	800	4:52:24	(1st Gisborne)L. Cooper, C. McRae, J. Stewart, E. O'Neil, C. Boschen.	1
4	62	770	4:56:05	(408 SQN)R. Hardie, S. Hardie, J. Robinson, S. Stoney.	.	.	.	1
5	14	760	4:52:10	(McKinnon)David Whalan, Moran Zhou.	1
6	77	740	4:40:00	(Sherbrooke Forest Venturers)David Leonard, Danny Leonard.	.	1
7	51	730	5:00:13	(Trinity)Sam Port, Tom Sellwood, Will Lindsay.	3
8	33	690	4:38:09	(Kilmore Int. School)Angus Franks, Rhythm Gupta.	2
9	74	690	4:39:48	(402 SQN)B. McBain, T. McBain, P. Kenneally-Murphy, A. Ward.	.	.	.	2
10	65	660	4:21:19	(Macedon G.S.)Mark Barrow, Ari Natlacen, Will Toy.	3
11	68	640	5:00:05	(Summit - Sherbrooke Forest)Scott Barnard, Monique Golub.	.	2
12	19	630	4:42:30	(McKinnon)Fletcher Tong, Brendan Moncrieff, Avinash Thandaoori.	4
13	23	630	4:49:57	(McKinnon)Igor Karasyov, Ivan Kravchenko.	5
14	30	610	4:47:53	(Fintona/Wesley)Freya Solnordal, Natasha Melke.	1	.	.	.
15	26	610	4:59:37	(McKinnon)Jessica Strudwick, Jade Wulkan, Ofri Shahar, Anita Voloshin.	2	.	.	.
16	59	600	4:54:07	(408 SQN)Chris Warren, Nicholas Gibson, Haydn Lyall, Josh Millar.	.	.	.	3
17	28	590	4:54:46	(McKinnon)Ivy Jin, Marta Brzozowska, Helen Nozhenkova.	1	.	.
18	25	580	4:39:38	(McKinnon)Jacinta Schepisi, Ramanika Nair, Ebony Lockton.	3	.	.	.
19	52	580	4:56:49	(Trinity)Oliver Harrison, Joseph Atkinson, Jackson Gillard.	4
20	32	580	4:59:09	(Kilmore Int. School)James Honey, Brendan Hook, Frank Lane.	6
21	53	560	4:49:39	(Trinity)Charlie Dixon, Zac Tuttle, Tom Palmer.	5
22	13	560	4:58:45	(McKinnon)Tim Greenwood, Paul Kulikov.	7
23	12	550	4:45:21	(McKinnon)James Hunter, Jason Moncrieff.	8
24	70	530	4:52:39	(1st Gisborne)Sarah McRae, Isaac Stewart, Hayley Stewart.	2
25	56	520	4:32:27	(Trinity)Connor Healy, Richard Ton.	6
26	11	520	4:39:54	(PLC)K. Tan Wei Wern, T. Vijendran, C. Chung, A. Pulford, F. Tsang.	2	.	.
27	20	520	4:41:07	(McKinnon)T. Grant, S. Bhargave, S. Chen, M. Nguyen.	3	.	.
28	61	510	4:47:49	(408 SQN)Teagan Millar, Louis DeCastella, Jordyn Close, Julia Mahon.	.	.	.	4
29	22	500	4:33:59	(McKinnon)Evie Krieger, Naomi Warren.	4	.	.	.
30	5	500	4:44:21	(PLC)Stephanie Rowlands, Millie Hookey, Amber Guest.	5	.	.	.
31	73	500	4:49:08	(403 SQN)Amelia Gridley, Fady Ghaly, Gabriel Bernal.	.	.	.	5
32	16	490	4:45:59	(McKinnon)B. Schwerdt, T. Broadbent, L. Scop, L. Zachest.	1	.
33	15	490	4:53:46	(McKinnon)Sofia Carter, Serina Ueda.	6	.	.	.
34	6	470	4:40:08	(PLC)Louisa Lu, Jennifer Yang, Olivia Yu.	7	.	.	.
35	18	470	4:53:51	(McKinnon)Tali Aminov, Celine Ikin, Anna Furdetska.	8	.	.	.
36	72	460	4:47:45	(403 SQN)Jamie Lowden, Calem Smith, Tilly Robbins.	.	.	.	6
37	38	460	4:53:29	(Baden Powel Park)K. Smith, A. Noonan, L. Walters, D. Imming	3
38	34	450	4:34:20	(Baden Powel Park)C. Gustus, A. da Costa, E. Coombs, S. Lockyer, S. Reilly	4
39	17	450	4:57:35	(McKinnon)Simon Boettcher, Arielle Cohen, Angela Chen.	2	.
40	36	440	4:34:29	(Baden Powel Park)P. Parker, O. Davis, C. Harrison, L. Koglin	5
41	27	430	4:34:45	(McKinnon)Lena Zhan, Tinglan Zhang, Jiawen Thing.	4	.	.
42	41	420	4:33:01	(Baden Powell Park)Jacob Paxman, Grace Bagally, Kurt Worth	6
43	10	420	4:50:13	(PLC)Serena Yong, Sara The, Siobhan Chan, Amy Sylvivris, Erin Ronge.	9	.	.	.
44	2	400	4:23:07	(PLC)Cynthia Zhong, Yuki Hou.	5	.	.
45	3	400	4:28:40	(PLC)Jessie Su, Evelyn Wong, Joanna Tissainayagam, Miki Pu.	6	.	.
46	50	390	4:25:32	(Trinity)Will Cameron, Alexander Smart, Jett Jasinski.	7
47	21	390	4:43:31	(McKinnon)Eliana Adler, Taylor Stepowski.	7	.	.
48	24	380	4:59:19	(McKinnon)Hamish Felder, Ezra Hooper, Alex Hunter.	8
49	40	370	4:17:20	(2nd Strathmore)Jacob Cudmore, India Horton, Duncan Taylor	7
50	75	370	4:31:59	(Diamond Valley BB)J. Hillard, C. Cooke, B. Cooke, I. Haikomen, D. Gawler.	9
51	45	360	4:39:37	(414 SQN)Megan Heaney, Holly Hancock, Kristen Neander, Emily Jap.	.	.	.	7
52	8	360	4:51:21	(PLC)Jessie Tang, Cheryl Lo Yin.	10	.	.	.

53	66	360	5:00:17	(Melbourne GS)F. Smithers, M. Bowes, M. Hunt, H. Gatford, H. Kiellerup.	10
54	47	340	4:38:48	(414 SQN)Phoebe Carlile, Stella Davies, Alex Garland.	.	.	.	8
55	42	330	4:32:53	(2nd Strathmore)E. Browning, M. Henderson, Z. Harders, S. Walker.	8
56	37	330	4:34:17	(Baden Powel Park)B. da Costa, B. Newton, A. Shaw, T. Sudin	9
57	35	330	4:36:28	(Baden Powel Park)G. Wild, L. Hoyne, J. Harrison, T. Lowrei, M. Ould.	10
58	4	330	4:39:17	(PLC)Mabel Li, Ellie Koh, Rebecca Hong.	11
59	49	310	4:33:24	(414 SQN)Tugba Tekin, Iremide Ayonrinde, Shania Pang, Ania Turecki.	.	.	.	9
60	31	290	4:47:09	(1st Mansfield)Flynn Bowker, Wil Lewis.	.	3
61	60	280	4:39:04	(408 SQN)Alison Hardie, Hayley Smith, Stephanie Warren, C. Geddes.	.	.	.	10
62	7	260	4:22:32	(PLC)Katherine Liao, Dinasha Wimalasiri, Abby Hodges.	8
63	9	240	4:37:31	(PLC)Jane Chen, Alison Fong, Angela Cao, Claire Moad.	9
64	67	230	4:44:09	(ZHP Polish Scouts)Chris Szczap, Dominic Zuchowski.	11
65	1	220	4:31:38	(PLC)Natalie Ho, Valerie Chung Yin Wai, Angela Wang.	12
66	43	190	3:41:47	(2nd Strathmore)Kit Walker, Nic Rickard, Hamish Henderson, Luke Bushnell.	12
67	63	180	4:04:59	(10th Ivanhoe)Finn Turpin, Liam Naylor, Sam Moorhen.	13
68	78	100	4:56:16	(405 SQN)Rachael Fricker, Martin Ngyun, Dimity Leontos.	.	.	.	11
69	29	100	4:56:26	(405 SQN)Sean O'Brien, Evangeline Leontos, Maddy Meyer.	.	.	.	12

Staff

1	57	1120	4:46:53	(Trinity)Alan Daley, David Jaffe, Grant Cameron.	.	.	1
2	76	660	4:29:07	(Diamond Valley B.B.)Lucas Garth, Michael Brown.	.	.	2
3	44	630	4:33:31	(2nd Strathmore)J. Walker, Z. Walker, B. Sedgwick, S. Harders, J. Browning.	.	.	3
4	64	540	4:39:13	(10th Ivanhoe)Allison McKendrick, Andrew Turpin.	.	.	4

Check out the McKinnon Secondary College rogaie team's photos:
<https://www.flickr.com/photos/90259204@N02/sets/72157644922547559/>



LINTON WINTER SOLSTICE SCHOOLS' CHAMPIONSHIP JUNE 2014

NEIL PHILLIPS TROPHY		Best 3 Boys Results		
1st Place	Trinity Grammar			3200 points
		Team 55	1420 points	
		Team 54	870 points	
		Team 51	730 points	
2nd Place	McKinnon Secondary College			2020 points
		Team 14	760 points	
		Team 19	630 points	
		Team 23	630 points	
3rd Place	Kilmore International School			1270 points
		Team 33	690 points	
		Team 32	580 points	
CHRISTINE HALL TROPHY		Best 3 Girls Results		
1st Place	McKinnon Secondary College			1780 points
		Team 26	610 points	
		Team 28	590 points	
		Team 25	580 points	
2nd Place	PLC			1490 points
		Team 11	520 points	
		Team 5	500 points	
		Team 6	470 points	
3rd Place	Fintona/Wesley			610 points
		Team 30	610 points	
SHEAHAN TROPHY		Best 2 Mixed Results		
1st Place	McKinnon Secondary College			940 points
		Team 16	490 points	
		Team 17	450 points	
SCOUTS, GUIDES, RANGERS TROPHY		Best 2 Scout Results		
1st Place	1st Gisborne Scouts Ross Watt Troop			1330 points
		Team 69	800 points	
		Team 70	530 points	
2nd Place	Baden Powel Park			910 points
		Team 38	460 points	
		Team 34	450 points	
3rd Place	2nd Strathmore Scouts			790 points
		Team 41	420 points	
		Team 40	370 points	
VENTURERS, ROVERS, OLAVES TROPHY		Best 2 Results		
1st Place	Sherbrooke Forest District			1380 points
		Team 77	740 points	
		Team 68	640 points	
2nd Place	1st Mansfield Venturers			290 points
		Team 31	290 points	
CADETS TROPHY		Best 2 results		
1st Place	408 SQN East Ringwood			1370 points
		Team 62	770 points	
		Team 59	600 points	
2nd Place	403 SQN AAFC			960 points
		Team 73	500 points	
		Team 72	460 points	
3rd Place	414 SQN Melbourne Girls College			700 points
		Team 45	360 points	
		Team 47	340 points	

TRINITY BOYS WIN OUTRIGHT

An outstanding score of 1420 points in just 5 hours gave Trinity Grammar Yr.10 boys, Patrick Jaffe, Jono Lawler and Angus Rae, 1st Place in the Schools' Championship at Linton, 550 points ahead of their nearest rivals, another team from Trinity. They also beat the Trinity staff team by 300 points! Pat and Jono won the event 2 years ago when they were only in Yr.8. They are fast and their navigation is accurate making them a formidable team.

This outright win and other impressive scores from Trinity boys' teams enabled them to win the Neil Phillips Trophy from McKinnon Secondary College. McKinnon, however, successfully defended the Christine Hall Trophy (Girls) and the Sheahan Trophy (Mixed).

The 2014 Schools' Championship was hosted by the VRA at Linton Primary School.

A total of 245 competitors set off at 10:30am from 7 school groups, 5 AAFC Cadet groups, 7 Scouting groups and 1 Boys Brigade.

Team 69 from 1st Gisborne Scouts scored a very impressive 800 points giving them 3rd place overall and ensuring that they kept the Scouts Trophy.

The Cadets Trophy stayed with 408 SQN and the Venturers Trophy went home with Sherbrooke Forest yet again.

Congratulations to all the teachers, Scout Leaders and Squadron Leaders who performed so well the unenviable task of organising their teams, completing all the paperwork, preparing and equipping their teams, collecting the fees, organising transport, etc , etc
.... It is a superb effort that does not go unnoticed.

Phil Giddings and his team of coaches/vetters were kept very busy for about an hour and a half. They did a great job of checking out on the course, finding a few checkpoints and making their way back safely. Some teams were accompanied by a VRA coach to give them a few rogaining tips and point them in the right direction.

Nearly all teams spent at least 4½ hours on the course and only two teams incurred a penalty by arriving back late by a few seconds.

The Navlight system, operated by Martina Honey, ran smoothly and Christine and Martin Hall were able to keep pace with Martina in calculating the Trophy results, which meant that we were able to start announcing the results at 4:00 pm..

The presentations were conducted capably and efficiently by Neil and Jane Phillips and both the Neil Phillips Trophy and the Christine Hall Trophy were awarded by their namesakes. The tummies of the hungry hordes were amply satisfied by the yummy food provided by the super-duper catering team led by Diane Hebard.

Buses were boarded, cars were filled and 245 young and tired rogainers departed on their long journey home. I suspect that many were asleep before reaching home.

Thank you to all, and there were many, who helped to run the event.

Paula Horton

60 seconds with..... Tom Lothian

Q1: When and where was your first rogaine?

A1: My first rogaine was a bit of a disaster; I developed food poisoning on the way up to the event and so spent the whole rogaining in the tent. It got better from there.

Q2: Why did you start rogaining?

A2: My partner, Kate, introduced me to it when we started dating in university. 14 years later, we are still rogaining together.

Q3: Who is your usual rogaining partner?

A3: My partner Kate is the constant; we often have others a long for the ride as well.

Q4: How many rogaines have you competed in?

A4: Over the years I think I am getting close to 90 or so.

Q5: Tell us about your favourite event?

A5: Any 24 hour Rogaine is a highlight. Probably my favourite was the 24 hour Australian Championships in the Northern Territory. Just a great landscape.

Q6: What is your most memorable moment during a rogaine?

A6: Doing a 24 hour rogaine with my father in law on his 50th birthday (and his first full 24 hour rogaine). We were running late and I turned to him and said 'we had better start running'. He replied with 'I am'. Oh no...

Q7: What is your favourite type of event, and why?

A7: 24 hour rogaines. I love the challenge.

Q8: What is your rogaining strategy (feet, food, planning)?

A8: Vaseline and lots of it for the feet. Food centres around one muesli bar per hour supplemented by Barbeque Shapes (the best rogaining food) and chocolate muffins. Planning, I do like to set compass bearing for key attack points before I start.

Q9: What keeps you coming back to rogaines?

A9: Getting into the bush, the challenge and the people.

Q10: What do you do when you are not rogaining?

A10: Too many things, other than work, I love a good street-o, long distance hike and multisport adventure race is always fun.



Winter Solstice 6hr Rogaine Saturday results

O/A	Score	Time	Team Members	M	MJ	MV		W	WV		X	XV		U	F	N
1	1780		Andrew Baker, Ted van Geldermalsen.	1
2	1510		Tim Dent, Rob Taylor.	2	.	1	1	1	.	.
3	1420		Derek Morris, Bob Reaburn.	3	.	2	2
4	1410		Helen Robinson, Graeme Busch.	1	1
5	1400		Rob Mason, Phil Giddings.	4	.	3	3
6	1340		Rohan Lynham, Bradd Jimmink.	5
7	1290		Peter Brooks, Brett Sparkes.	6	.	4
8	1280		Wayne Benton, Mark Poot.	7
9	1250		Taner Kucukyuruk, Ricky Wu.	8
10	1240		Rowan Compagnoni, Jess Egan, Claire Preston, Vic Wheeler.	2	1
11	1220		Mitchell Jeffrey, Tim Scott.	9
12	1200		Richard Walls, Ron Weibrecht, Lindsey Duffield.	3	2
13	1180		Allan Poynton, Michael Grima.	10	.	5
14	1150		John Gavens, Alan Cooke, Geoff Lyons.	11	.	6	4
15	1140		Geoff Heard, Glenn Golden, Ross Gales.	12
16	1130		Mary Enter, Anitra Dowling.	1	1	1	.	.	.	2	.	.
17	1070		Ben Levin, Kosta Kazantzidis	13
18	1060		Rodney Polkinghorne, Alex Arnold.	14
19	1040		Helen Alexander, Judi Herkes, Susanne Clarke.	2	2	2	.	.	.	3	.	.
20	1030		Bernard Dynes, Jachob Dynes.	15	1	.
21	1020		Don Baker, Kerry Williams.	16	.	7	5
22	1010		Peter Wolyneec, Richard Mathys.	17	.	8
23	1010		Graham Smith, Peter Noble.	18	.	9	6
24	1010		Timofey Suprun, Ivan Suprun, Egor Suprun.	19
25	1010		Jack Thompson, Rogan Kennedy, Georgie Jenkins.	4
26	1000		Kerryn McTaggart, Merydth Whitehead.	3
27	1000		Amanda Bush, Peter Hield.	5
28	970		Rory Walsh, Dawkins Jess.	20
29	950		Dianne Hebard, Andrew Piddington, Julia Trenchard-Smith.	6	3
30	950		Julie Halsted, kerryn murray, Darren Edwards.	7
31	940		Luke Stephens, Mark Junker, James Walker, Gretchen Sites.	8
32	940		Miranda Brookes, Sarah Wright.	4
33	930		Peter Chen, Geoff Mackay.	21	.	10	7
34	930		Afrizal Afrizal, Stephen Daynes.	22	2
35	920		Stephen Horton, Jacob Horton.	23	2	.
36	920		Tracy Earl, Simon Law.	9
37	880		Martina Honey, Nicola Greve.	5	3
38	870		Arom Malee, Hanna Curran.	6
39	860		Natalie Care, Rachel Yard, Jessica Anderson.	7
40	840		Jana Hatfield, Brett Caisley.	10	4
41	840		Peter Bishop, Megan Bishop.	11
42	830		Vincent Chen, Nicholas Hall, Clarissa Nathan Sihombing.	12
43	810		Michael Sides, Kay Hashi.	13
44	810		Claire Moriarty, Andrew Hunter, Adnan Lovic.	14

Winter Solstice 6hr Rogaine Saturday results

45	810		Karl Monnik, Michael Monnik, Kevin Monnik.	24
46	800		Sue Wilson, Kerry Murrell.	8	4
47	800		Joanne Peoples, Honor Rahles-Rabula.	9
48	800		Iynette Spiller, Ilze Kundzina, Coralie Reich.	10
49	790		Jarmila McKenzie, Ethan Harvey, Clancy Newton.	15
50	780		Ainslie Cummins, Pamela King.	11	5	3
51	770		Michael Collins, Carley Young.	16
52	760		Thomas Honey, Andrew Stone, Robin Edwards, Laurie Stone.	17
53	760		Lisa Downs, Susan Orr, Glyn Griffiths.	18	3
54	750		Michelle Viney, Ingrid Eftodi.	12
55	750		Stephen Honey, Ewan Gallop.	25	.	11	8	4
56	730		Daniel Mattingley, Amy Mckenzie.	19
57	730		Imre Mrena, Elisabeth Mrena.	20	5
58	720		Ellen Walls, Bindy Bennett, James Freijah, Zoe Johnson, Daniel Di Manno.	21
59	720		Peter Mills, Michele Watson.	22	6
60	720		David Mitchell, Sally Mitchell, Thomas Mitchell.	23	3	.
61	710		Paula Horton, Noah Horton.	24	4	.
62	710		James Gourley, Olivia Gourley.	25	7
63	700		Michael Horn, Rosemarie de Haas, John Simmons, Jenny Beech.	26	8
64	700		Beth Donegan, Bridget Puzska.	13	6
65	670		Kate Randall, Richard Grafton.	27
66	670		Sahil Bhasin, Nathan Sherburn.	26
67	650		Dianne Fraser, John Leask.	28	9
68	650		Matt Broderick, Kiersten Broderick.	29
69	640		David McKenzie, Tomas McKenzie, Benjamin McKenzie.	27	5	.
70	610		Martin O Hely, Katinka Kernutt.	30
71	610		Mike Poswiat, Mike Virant, Jenni Beahan.	31	10
72	590		Barry Moore, Tegan Moore.	32
73	580		Jason Judd, Jack Cassidy, Vincent Ho.	28
74	560		Jing Luscombe, Ramsay Binns.	33	5
75	560		Marina Carpinelli, Jan Huang.	14
76	550		Stephen Nolan, Gary Holmes, Glen Turton, John Nolan.	29	.	12	9
77	540		Bruce Potgieter, Jan Reid, Tory Potgieter, Catherine Potgieter.	34	6	.
78	520		Brian Pittard, Sue Pittard, Glenda Bourke.	35	11
79	500		Rachael Millsom, Cameron Millsom, Daniel Millsom, Jack Millsom.	36	7	.
80	440		Peter Olsson, Elizabeth Olsson.	37	8	.
81	410		Chris Trafford, Sandy Guala.	38	12
82	350		Allan Miller, Pat Miller.	39	13	1	4
83	350		Jacob Davydov, Danielle Pogos.	40	14	2	.	.	.	6	.
84	330		Heather Leslie, Annette Lyons.	15	7	4
85	330		Lynh Au, Nicholas Summons, Victoria Huang, Joshua Samuel.	41	7	.
86	330		Evelyn Nossol, Andrew Nossol, Stevie Nossol.	42	9	.
87	290		Monika Herrmann, Ben Holding, Rachel COle, Lloyd Townsend, Patrick Walker.	43	8	.
88	240		Tom Lothian, Kate Gavens.	44

Rogaining Training Day - Saturday 6th September 2014

Would you like to learn rogaining basics? Practice on night navigation? What about polishing the skills you already have?

Come to the VRA training day and get tuition from the experts!

Date Saturday 6th September, Time: 4:00pm - 9:30 am

Place: Spring Hill area North west of Woodend. An easy 1.5hr drive north of Melbourne on sealed roads. Camping is available. Details of meeting location will be advised after entering.

What to bring: day pack, snacks, water and a compass if you have one. Come dressed appropriately for the weather and wear sturdy footwear. You will need a torch (preferably a head torch). Loan compasses available if needed.

Program: : Some prior experience of navigation in the bush is desirable but not essential. We will concentrate on night navigation techniques such as pace counting, following a compass bearing at night and use of attack points. Light refreshments when you return.

Contact: Andy Elam TrainingDay@vra.rogaine.asn.au or 0421 089 999 for early interest.

Online Entry: Online entry will open by July however will be closed for about a week around the August Metrogaine/Cyclogaine and reopen soon after 18 August. Entries will close when full or at latest Monday 1st September 2014.

Entry fee is \$10 per person. Individual entry is encouraged as we team you up in groups. No Late entries will be accepted.

Please check the website for any changes.

Trainers needed. If you have experience we'd like you to share some of your skills.

Please contact Andy ASAP TrainingDay@vra.rogaine.asn.au or 0421 089 999.

THEORY AND DISCUSSION - TRAINING SESSION 30th AUGUST 2014

The first of three great opportunities to improve your navigation and Rogaining skill.
A Theory and Discussion session.

The focus for this session will be on learning the tricks of the trade you could say. Planning your course, identifying difficult to locate Checkpoints, planning attack points, determining a high scoring course, is flat faster than a shorter climb?

Get an understanding of the Theory. Entry our Night Training 6th September 2014 and put it into practice at the September 6hr Rogaine 13th September 2014. You will lift your confidence ready for the Victorian hosted 2014 Australasian Championships 12th October.

Place: Lion Club Hall Corner of Riversdale Road and Elgar Road Box Hill South.

What to bring: Just your self Online Entry: No entry required. No fee.
Please check the website for details closer to the date.

Teams and Entry Fees

Teams must contain 2 – 5 people

Classes

Men

All team members are male

Women

All team members are female

Mixed

At least one male and one female

Veteran

All team members are 40 or over

Super Veteran

All team members are 55 or over

Ultra Veteran

All team members are 65 or over

Junior

All team members are under 18

Novice

2 or more team members have never rogained before

Family

Team contains at least one adult and one junior who are related

Late & Other Fees

A late fee of \$10 applies for each adult team member if entry is post-marked after the 'Late Date' (does not apply to new members).

Final instructions will be on the web/ mailed in the week prior to the event.

Refund Policy

If you need to withdraw from the event please notify Admin as early as possible.

Refunds are paid as follows:

- Withdrawal prior to late date, or any time for medical or other urgent reason: full refund;
- Withdrawal after late date, but prior to event day: refund of event fee less late fee
- Withdrawal on day: no refund

Volunteers

Role	August Metrogaine-Cyclogaine	September 6 Hour	October Australian Championships 24/15	November 6 Hour	2015 Events
	17/08/2014	13/09/2014	11/10/2014	15/11/2014	March to November
Event Co-ordinator	Stephen Horton	Marion Skovdam	Andrew Baker	Jan DeGier	Co-ordinators
Map maker	Not Required	Vacant	Grant Kassell	Vacant	Required
Setter 1	Paula Horton	Gail Davies	Andrew Baker	Peter Taylor	Setters Required
Setter 2	Stephen Horton	Not Required	Brett Sparkes	Jan de Gier	
Setter 3	Not Required	Not Required	Not Required	Margot de Gier	
Vetter 1	Len Budge	Ron Frederick	Derek Morris	Ian Gordon	Discuss your offer to
Vetter 2	Tim Dent	Peter Brooks	Not Required	Not Required	assist with organising
Vetter 3	Not Required	Not Required	Not Required	Not Required	and or setting a
Checkpoint placer 1	Not Required	Ron Frederick	Ken Dowling	Robert Fillisch	Rogaine in 2015 now
Checkpoint Placer 2	Not Required	Martina Honey	Anitra Dowling	Justin Fillisch	with any of
Checkpoint Placer 3	Not Required	Martina Honey	Ron Wescott	Vacant	Volunteer Co-ordinator
Catering Manager	Anne Forsyth	Chris Fyffe	Vacant	Andrew Stone	- Geoff Hudson
Catering Assist Mgr	Julie Bloom	Vacant	Vacant	Andrew Stone	Competition Managers
Catering Assistant 01	Bernard Dynes	Amanda Fillisch	Christine Raviart	Vacant	- Brett Sparks
Catering Assistant 02	Vacant	Matthew Fillisch	Andrew Hunter	Vacant	- Grant Jeffrey
Catering Assistant 03	Vacant	Vacant	Robyn Fairweather	Vacant	Or any committee
Catering Assistant 04	Vacant	Vacant	Vacant	Vacant	you may know well
Catering Assistant 05	Vacant	Vacant	Vacant	Vacant	
Catering Assistant 06	Vacant	Vacant	Vacant	Vacant	
Catering Assistant 07	Not Required	Vacant	Vacant	Vacant	Draft Calendar is now
Catering Assistant 08	Not Required	Vacant	Vacant	Vacant	available.
Catering Assistant 09	Not Required	Vacant	Vacant	Not Required	
Catering Assistant 10	Not Required	Not Required	Vacant	Not Required	
Catering Assistant 11	Not Required	Not Required	Vacant	Not Required	We will have the
Catering Assistant 12	Not Required	Not Required	Vacant	Not Required	usual spread of
Catering Assistant 13	Not Required	Not Required	Vacant	Not Required	Rogaine in 2015.
Catering Assistant 14	Not Required	Not Required	Vacant	Not Required	
Admin Manager	Ron Wescott	Vacant	Karen Robinson	Vacant	Metro & Cyclogaines
Assist Admin Mgr	Richard Bassett-Smith	Vacant	Greg Robinson	Vacant	2 x 6 hrs
Navlight Manager	Not Required	Vacant	Tom Lothian	Vacant	8 hr
Navlight Assistance	Not Required	Vacant	Kate Gavens	Vacant	6/12 hr
Admin Helper 01	Bernard Dynes	Vacant	Tina Smith	Vacant	24hr Vic Champs
Admin Helper 02	Gerard Herten	Vacant	Bev Trease	Vacant	
Admin Helper 03	Ann Lonsdale	Vacant	Andrew Hunter	Vacant	
Admin Helper 04	Cheryl Taylor	Vacant	Eric Davidson	Vacant	
Admin Helper 05	Vacant	Vacant	Vacant	Vacant	
Admin Helper 06	Not Required	Vacant	Vacant	Not Required	
Admin Helper 07	Not Required	Not Required	Vacant	Not Required	
Admin Helper 08	Not Required	Not Required	Vacant	Not Required	
Equipment Manager	JENNIFER Gray	Vacant	Vacant	Vacant	
Equipment Assistant	Geoff Hudson	Vacant	Vacant	Vacant	
Water Drops	Not Required	Vacant	Vacant	Vacant	
Water drop assistant	Not Required	Vacant	Vacant	Vacant	
Event First Aider	Vacant	Vacant	Tom Lothian	Vacant	



Event Entry Form

ABN 66 307 914 547

Victorian Rogaining Association (Inc)

Please note you can enter events online at <http://onlinentry.vra.rogaine.asn.au/login.php> or follow the link from the VRA homepage

Event Name: _____ Event Duration (hours): 6 (Sat) 8 10 12 15 24

Event Date: ____ / ____ / ____ Event Type (circle one): Bush / Snowgaine / Walking Metrogaine / Cycle only / Bigaine

Full Name (first name is team contact)	Address (underline if changed)	Telephone (home/mobile)	Email	Birth Date		Fees				
				Gender	Birth Date	Event	Bus	Late	Total	
			@	M	/					
			@	M	/					
			@	M	/					
			@	M	/					
			@	M	/					

Categories:

You must circle one below:

- M** Men: all team members are male
 - W** Women: all team members are female
 - X** Mixed: at least one male and one female
 - N** Novice: 2 or more team-members have never rogainied before
 - J** Junior: all team members are under 18
 - V** Veteran: all members are 40 or over
 - SV** Supervets: all members are 55 or over
 - UV** Ultravets: all members are 65 or over
 - F** Family: team contains at least one adult and one junior, who are related
- We will download the final instructions and waiver form from the VRA website (tick if applicable)**
- Preferred bus pick up location (24 hr events): _____

- Please make your cheque or money order payable to 'Victorian Rogaining Association' . Provide a separate payment for each team.
- If you require the final instructions and waiver form to be mailed, please include a stamped, self-addressed business sized envelope.
- If envelope is not included, a \$2 fee will be charged (does not apply if you select the download option above).
- Event entries post marked after the Late Entry date will be charged an additional \$10 per person.
- Send your event entries to the address given for the event in the newsletter or event summary page in the web.
- The VRA privacy policy is located on the VRA website: www.vra.rogaine.asn.au

Car registration: _____

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Phil Giddings

39 Sir Garnet Road

Surrey Hills VIC 3127

email: MembershipSecretary@vra.rogain.asn.au



Victorian Rogaining Association Newsletter

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