

## EV09025 Tinaroo Range Bush Rogaine 28 June 2009

By Rod Gray (team TT Arnstein Prytz and Rod Gray)

This race was a long time coming. Arnstein and I had agreed a number of years ago to do a rogaine together. We were both recovering from injuries so the rogaine was to be a bit of a test for us on more than one level.

We had both at some point orienteered or rogained in the area previously and had a general liking for the terrain as do many in the Far North.

After a quick assessment of the control distribution and an equally quick discussion we agreed that heading out over the steeper terrain up the east side of the map and returning toward the hash down the western areas gave us a good race strategy. This allowed us to cover the slower, more physical terrain early, allowing quicker pace heading home through the lower point controls, leaving the four controls in the south west as 'optional' if time had beaten us. This plan also gave us the bonus points on offer early in the race. As it turned out, this strategy was employed by many of the more competitive teams as well.

We both felt that clearing the course was possible but required few errors and a straight-line course length of 23 km. As usual I plotted our schedule, 3.0 km/hr for the first hour through controls 10, 49, 41, 78 to 42 then 4.0 km/hr there after.

The weather over the previous few days had been clear and warm to hot, so we expected the same, preparing for a hot rogaine with the requisite sunscreen, protective clothing and 3 litres of water.

The start was the usual scatter and we soon settled into a 'train' on the way through 10 to 49, picking up a couple of the more youthful teams, before 41. Our first lost time came as we approached 78 looking early and trying to match the terrain to the map. From 78 to 42 down the spur, careful to pick up the western spur and we were ahead of schedule.

Our initial plan was 42, 58 then 66, but a decision was made coming into 78 to head to 44, 38, 58 then 66, this would give us a quicker route with less climb and better control sequence across the top of the map. The country proved fast through these controls to 58 picking up team *Two Lost Souls*. Water at 58 along south side of Tinaroo Creek to 66, cattle pad to 65, some confusion with the tracks out of 65, losing a couple of minutes then off to 106 along the road to the saddle and then cattle pad to 106 and 93. All was going well ...so far.

Cross country to 57, then down to 45 where I hesitated looking to early for the junction on Tinaroo Creek. With a fill of water, on tracks to 82. up the near spur, then rough bearing to 107 where we sighted team *Green Ant*, and along the high ground to 56 picking up team *Tas* and which spurred us on. Our pace was picking up, we were 15 minutes ahead of schedule at 4 hours which made clearing the course a good possibility, and we both had plenty in the tank. From 56 out to the track to 28, then straight-line to 39. Again, along the high ground reading as we went to the road and down into 23.

29 was going to be easy along the tracks to a good attack point and then in. With the pace picking up to a steady jog I took a good fall and cramped...this gave Arnstein a chance to have a good snack while he spectated on my contortions on the ground. Finally to my feet we (I) limped on, through to 29 to the track and along Black Rock Creek to 16. Up to the track up the hill cutting the corner (to Arnstein's dismay) to the second track, aiming off to 15 but getting confused with the numerous mounds and final locating the control with only a few minutes delay.

We had less than 40 minutes to go so we had to move to take on the last three controls, and heading down the wrong spur to 37 put the pressure on. Back up the spur to the top then south west to 36, all going well. Back to the road, heading to the Hash. Stopping where we had to turn it to 12 if we were to get it but with only 12 minutes left we had to get it spot-on. With 12 done back to the road and on to the finish ... 4 minutes left.

The cramps had taken a toll, I had stiffened up and Arnstein was a bit tender still carrying injuries, but we were happy with our first rogaine together. The terrain was good, the course great with control site selection and control placement excellent. Also the map scale selected suited the course area ... and the older participants. Thanks for a great day, course and organisation to Andrew and Rose Campbell.

NB Course length straight line 23 km, Actual traveled 27km.