



2018 Australasian Rogaining Championships 'The SunSEQer'

RQA with Gary Sutherland

1. What is your occupation?

My occupation is running a small business installing and servicing irrigation systems.

2. What age were you and why did you start competing in Rogaining events at that time?

I started Rogaining when I was 33 and got into the sport because I wanted to learn to Navigate as I had signed up to race my first AR event which was Southern Traverse in NZ.

3. Best Rogaining tip ever received?

Best Rogaining tip was if the scale is more than 10,000 to 1 then straight is great but as I get older and wiser I sometimes go around hills now and do a lot of contouring.

4. How has Rogaining changed since you started competing?

Rogaining has changed a lot since I started with MTB and paddling being included, even though I like these events I still prefer the classic foot events. Because of the limitations of having to have water to paddle on and a network of trails to ride on the areas don't always have great off trail navigation options on the trekking legs.

5. What sports did you participate in as a kid?

As A kid I played Tennis, Squash, Competitive sport fishing, surfing, AFL, ice skating, and of course riding my bike to get to all these sport venues. I currently mainly only train for AR but sometimes do MTB events and the odd long team trail run. My goal is to become a Rogainer as AR is getting too expensive and the navigational challenge has diminished from these events giving them a multisport feel and I get no satisfaction from drag races anymore.

6. What is your favourite type of geographic area to Rogaine in?

I love spur gully terrain with little under growth for fast travel.

7. What is it you like about the Australasian Champs event in particular?

I love that Australasian Champs are in QLD and fit into our Wild Earth/Tiger Teams busy race schedule this year. I look forward to seeing the routes the best Rogainers take.

8. How do you stay focused and energized in the 24hr Championship events?

To stay strong for the 24hrs I have a 250 calorie an hour food regime I try to stick to which is a mix of sweet and savoury. I don't like any sports drinks or energy foods. I stick to water and real food. Staying focused can be harder but as the night wears on I find No-Doze helps a lot.

9. What has been the hardest and or strangest moment you can recall on a Rogaine?

My hardest and strangest Rogaine occurred at the first Geo Quest Adventure Race. It was the second leg of the race and we had estimated this leg would be 11hrs. Well we ran out of water and food, went out of bounds, were surrounded by wild dogs on one track and after trekking on the same compass bearing for 5hrs we passed the same rubbish pile twice which totally freaked us out and we still cant figure out how you travel in one direction but do a loop. 23hrs later we emerged from the leg to the next MTB leg . We managed about another 12hrs before pulling out.

10. For those who may be considering participating in a Rogaining event, what do you believe are the merits of Rogaining?

Rogaines are great sport to get into as you get to switch off from the rat race and connect with nature. It's the easiest sport to get started in as you only need a pack, runners and a compass. The people are all down to earth, friendly and helpful. There are no elite groups just one big family.

11. Not necessarily based on the win or podium result, what do you personally believe has been your greatest Rogaine?

I think my best Rogaines were my first two. The first one was Scone 24hr Aussie champs and my first taste of navigation. We came in and slept for 5hrs and thanks to Novak I learnt enough to want to have a go on my own. My Second Rogaine was a 24hr at Manumbar (home of this years Australasian Champs) and I found a mate with no Nav experience to come out and have a go. Again, after being lost most of the night we came in and slept before heading out again in the light. I also have fond memories of the early Rogaines running like crazy to try and beat the Queensland legend Richard Robinson.

