



2018 Australasian Rogaining Championships 'The SunSEQer'

Q&A with Gill Fowler

1. What is your occupation?

Environmental Scientist.

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

About 25 years old. I started Rogaining with some of my outdoor friends that I often hiked, did canyoning, mountain biked and climbed with. I did my first 24-hour Rogaine in 2006, and a few months later my 2nd 24-hour Rogaine was the World Championships in the Warrumbungles. After these events I was hooked!

3. Best Rogaining tip ever received?

Keep trying, you never know how the other teams are going.

4. How has Rogaining changed since you started competing?

I don't think it has changed too much - State associations continue to organise great events, in some spectacular places that you may not have access to explore otherwise.

5. What sports do you currently do and are they specifically to support your Rogaining?

For the last 10 years I have also been doing a lot of long-distance trail running. Trail running and Rogaining complement each other really well. My running keeps me fit for the rogaines. I like the different physical challenges of the two. Rogaining as a team, and running solo.

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

Open Australian bushland with big spurs and ridges. I find topography and feature navigation much more rewarding than just following a compass bearing.

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

The opportunity to compete with the wider Australasian Rogaining community, and the opportunity to travel to and explore another great Rogaining location.

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

A few ways. Finding the orange and white flags usually keeps me energised, I love the treasure hunt. I focus on control to control, these then link together and before you know it a few more hours have passed. If I have a tired patch I make sure I talk to my teammate, and I always have a caffeinated pick-me-up in my bag if needed.

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

I could say being navigationally misplaced, but for amusement - wearing my thermal pants as arm warmers at the NZ World Championships, as it was so cold moving through the farmland overnight. Layering with thermal top, thermal pants, rain jacket, gloves whilst trying to use the map and compass, and crossing or crawling under all the electric fences, was at times comical.

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

It's a sport for everyone who enjoys being outdoors. A team can tailor their rogaine route plan, for a leisurely walk or a big run. Its a great day (and night) out. A fantastic way to improve navigation.

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

My greatest Rogaine is surely still to come! I've still got years of Rogaining ahead. I'm waiting for the 24-hr Rogaine I hit all controls on target!

Gill pictured below with her teammate Joel, who will be heading to the Australasian Rogaining Champs this year



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