



## 2018 Australasian Rogaining Championships 'The SunSEQer'

Q&A with Greig Hamilton  
At left, doing some strength  
training.

### 1. What is your occupation?

Software Engineer

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

I did my first events while studying at university. My first event was probably TWALK which is run by the university tramping (hiking) club. It's a 24hr event that's a cross between a rogaine, an orienteering event, a treasure hunt and a party. We did pretty poorly! After that I started to do some orienteering and then a few rogaines with friends. Mainly it was something different from climbing and tramping but was still in the outdoors.

### 3. Best Rogaining tip ever received?

Hmmm, I'm not sure any of them are actually great... "Straight is great" - what could possibly go wrong taking the shortest line between controls?

This is perhaps a better tip: "Flow". The aim should be to keep moving in the correct direction in a smooth and efficient manner. I'll often see people moving quite fast and then they'll spend several minutes standing still at a control discussing the next leg. If only they realised how much it affects their overall speed.

### 4. How has Rogaining changed since you started competing?

I think the quality of course setting has improved a lot. Now I find for almost all events the controls are in the right place and the maps have come a long way. Also rogaines seem very popular now with hundreds of people turning up to events and a big range of abilities which is really good to see.

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

I dabbled in a few sports but was pretty mediocre. As a teenager I had a few friends who were into mountain biking and rock climbing so I did quite a lot of that. Now I mainly do running, orienteering and a bit of biking. These seem to be the most efficient way to keep fit in the limited time I have. I've done a few adventure races too but haven't quite mastered that yet.

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

I've really enjoyed all the rogaines I've done in Australia. I find the bush navigation, especially at night much more of a challenge.

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

The bush. It's also nice to see teams of all abilities doing the event which means there are lots of teams about and it makes the event a bit more social.

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

I try to imagine how I'll feel after the event. I want to be able to reflect back on the race, and to feel satisfied that we tried our hardest. The overall results don't really matter, but being able to sit back and say we did our absolute best, that's what matters the most to me. So I find it's pretty easy to stay motivated during an event.

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

It's a great way to get outside with some friends, plus all the map reading means it's never boring. It also doesn't matter how fit you are or how good you are, the main aim is to have fun and everyone gets to finish at the same time! Also don't be put off by how long the event is, no one has to stay out the whole time and it's perfectly fine to have a full night's sleep.

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

It would have to be the events where we've worked really well as a team, gone as hard as we could and navigated as well as we could. We haven't always won but these events have been the most satisfying. On the other hand when events have gone poorly it has led to really great learning experiences and often exposes things that need to be worked on and in the longer term probably led to better overall performances. So really all rogaines are good.

