



**Spring 8 and 24 hour Rogaine
NSW Championships 2016**
Saturday 15 and Sunday 16 October 2016

Hash House: Jensens Clearing, Kanangra Boyd NP		
UTM Coordinates	Lat /Lon	Satellite Phones
Zone: 56 H	Latitude: -33.975604° S	Admin 0420 369 573
Easting: 227699	Longitude: 150.052689° E	Emergency 0416 334 461
Northing: 6236633		

Welcome to our rogaine at Kanangra – new, high country to explore on the western edge of the Blue Mountains

Directions from Sydney (~215km, 3h30)

1. Cross the Blue Mountains using the Great Western Hwy/A32 (direction Lithgow)
2. 10km after passing Mount Victoria, turn left into Jenolan Caves Rd (direction Oberon / Jenolan Caves)
3. After 23.7km, turn right onto Duckmaloi Rd (direction Oberon)
4. After 20.1km, turn left into Titania Rd (or 5km further on Duckmaloi Rd to Oberon if you need local services)
5. After 4.3km, turn left on Edith Rd at the T-junction (direction Jenolan Caves / Kanangra Walls)
6. After 16.6km, turn right onto Kanangra Walls Rd – unsealed & potholes, but suitable for 2WD
7. After 21km, just 300m past the Boyd River Camping Ground, turn right to the Hash House

Note that Navigators will lead you through Jenolan Caves. That's OK too, but we recommend the slightly longer, safer road through Duckmaloi and Edith, then you could drop by Oberon if you want last-minute services

Directions from Canberra (~260km, 3h30)

1. Get to Taralga, and follow the Taralga- Abercrombie roads north towards Oberon
2. 60km after Taralga, turn right onto Shooters Hill Rd, just before the Retreat River bridge
3. After 29.6km, turn right onto Edith Rd
4. After 14.7km, turn right onto Kanangra Walls Rd – unsealed & potholes, but suitable for 2WD
5. After 21km, just 300m past the Boyd River Camping Ground, turn right to the Hash House

Using our Bus

We haven't been overwhelmed by people using the bus so will probably have to downsize. Nevertheless the service will run as advertised. We encourage more people to use the bus... contact Vivien if you'd like to be added to our bus gang

Parking and camping

Camping is available at the Hash House on the Friday and Saturday nights. If competing in the 8hr event please consider staying the night or have someone drive home who did not compete in the 8hr event. Due to the sensitive nature of the area there will be limited parking available, so please consider using the Bus or car-pooling

Once you arrive at the Hash House site, please park within the string-line that we will use to define the parking zone. It will be fine to setup your tents outside that zone, but NPWS want to limit vehicles driving everywhere over Jensens Clearing

We will have a bush camp in the National Park, with portaloos, tentage and limited water supply. Please bring some water if you can, 5-25 litres per car will greatly reduce the load on our catering supply. It's unlikely there will be fire bans, so we are allowed one community, above-ground fire ... and no other fires anywhere on the course please

The hash house will serve hot, healthy, hearty food continuously from 5:00pm Saturday until 1:30pm Sunday (yes, for 20+ hours) and the menu will cater for vegetarians. If you have other special dietary requirements please advise Administration when you register

There is no mobile phone coverage at or near the Hash House. You probably have to drive 20km back to the bitumen road at Jenolan to get a signal, and that's not guaranteed. The event organizers have commissioned two satellite phones for the weekend, listed at the top of this document. You can call them at standard costs for a mobile phone service

There is strictly **NO camping at Boyd River Camping Ground** during this event. We are obliged to keep it available for public campers, not filled with rogainers. We have also been warned about the condition of Kanangra Walls Road beyond our Hash House. If you feel like an excursion to Kanangra Walls the road is officially not suitable for conventional 2WD vehicles

Program

Saturday 15th October

8:30am	Registration opens – maps available
11:30am	Briefing for novices
11:45am	Final briefing
12:00 noon	Start
5:00pm	Hash House opens
8:00pm	Finish 8hr event
8:30pm	Presentations 8hr event

Sunday 16th October

12:00 noon	Finish 24hr event
12:30pm	Presentations 24hr event
1:30pm	Hash House closed

Registration

Bring:

1. Your team number – available from the event website after 10-Oct-16
2. Indemnity form completed and signed by all team members
3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage **Compulsory equipment will be checked at registration.**

Receive:

1. Map (1:25,000 scale with magnetic north lines) and control descriptions (1 per team member). The map will be two A3 sheets of paper that will need protection (map case or contact adhesive)
2. Course setters' notes (1 per team member)
3. NavLight tag and wrist band (1 per team member)
4. Intention map (1 per team). Please indicate your planned route and return it before starting to help us locate and assist you should the need arise. This is an intention only and not a final route choice for you

Start procedure

A pre-start briefing will be held at 11:45am for all competitors during which time **all team members must register a "Start" signal on their NavLight**. The mass start for the 8 & 24 hour events will be at 12 noon.

During the event

At each checkpoint, each team member must register their NavLight tag. If it doesn't work (ie. it's red light doesn't flash) then punch your map using the physical, orange punch tied to the checkpoint flag. Whenever you return to the Hash House the entire team must report to Administration and register a Finish signal on their NavLight. When you are ready to resume, the entire team must report to Administration and receive a "Depart" punch on their NavLight.

Finish procedure

At the finish, all competitors must register their wrist tag at Admin with the "Finish" NavLight. Your finish time will be calculated when the last team member's tag is punched

Scoring

- Each checkpoint is worth its number rounded down to the nearest 10, for example checkpoint 62 is worth 60 points.
- Penalty for late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives over 30 minutes late.

Rules of Rogaining

There's a bunch of rules for the sport of rogaining, which you can read at <http://www.nswroaining.org/Resources/Forms/index2.pdf> Let's stress Rule 7:

"The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited"

It's impractical for us to enforce the rules about navigational aids, especially as GPS devices get smaller and ever pervasive. And we know that many people like to track their route for post-event analysis. Rather we remind you that this sport is about using your brains (as well as your legs and lungs) to navigate, and in fairness to other rogainers you should not use extra equipment to assist your navigation

Prizes

Trophies will be presented to relevant winners and place getters for Men, Women and Mixed in Open, Under 23, Veteran and Super Veteran categories. Ultra Veteran, Under 23, Novice and Family classes will only include an open gender category.

What to bring to the event

- Indemnity form signed by all members
- Plastic bag or clear contact to protect map and control descriptions
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5-25 litres per car)

What to take on the course

- First Aid kit, including **compulsory first aid equipment** (whistle, 1+ compression bandage, space blanket. These may be checked by event organizers at any time on the course and teams disqualified for not carrying one set per person. Administration can sell you this equipment at a very reasonable cost)
- 1-3 litre filled drink container. There will be water drops on the course and creeks are flowing
- Small backpack
- Compass, watch, whistle
- Gaiters or other leg coverings. Gaiters also increase protection from snakebite
- Shoes/boots with good grip
- Sunhat, sunscreen, insect repellent (mosquitoes are annoying near swamps)
- Wet weather gear and warm clothing
- Headlamp/small torch (with spare batteries and torch)
- Snacks (muesli bars, dried fruit, chocolates, power drinks)

Safety

- Beware of motor vehicles on all roads and tracks in this area, particularly on Kanangra Walls Road and the Kowmung River Fire Trail
- Care for your team - stay together at all times, within voice contact – and look out for other rogainers who may require help
- Stay hydrated: you should carry 1-3 litres with you. Dug Floyd, our Safety Manager, says, “Hydration is becoming more complex in this modern world. We need to stress balanced drinking, dehydration is bad but over hydration is much more dangerous, at present because so few people recognise it, and treatment is complex in a hospital. The medical people at endurance running events stress drink to a *thirst* not to a schedule”. Note that there is good drinkable water in the streams
- Care should be exercised at all times and particularly around cliffs, slippery creek beds, boulders or logs. Some cliffs may not be marked on the map
- If an injury or sickness occurs stay together as a team. If able, try for the nearest track, checkpoint or water drop to wait for others to arrive
- Whistles should be carried by all team members. Three whistle blasts is the distress signal, and any person hearing this signal should render assistance

Emergencies

Emergency procedures and phone numbers will be printed on the map. There is little mobile phone reception on the course, however on some ridges you may get a signal. SMS may be more successful than a voice call. Should you experience difficulties or need assistance then proceed to a road where a patrol will be doing a sweep every 4-6 hours

Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>



Course, Terrain & Weather

The course is high, subalpine country, with a wide range of topology and plant communities. Expect open forests, swamps and steep slopes into adjacent valleys. Only one control is below 1,000 metres altitude – and it's on “a knoll” above 990m

The Hash House will be near the edge of the course so competitive 24-hour teams should plan to stay out for the full event duration. There won't be an All Night Café however Water Drops will carry fruit and sweets

The full moon occurs on Sunday 16th October at 03:23pm so we should have good night-light after the moon rises at 6:14pm and the sun sets at 7:11pm. Sunrise is at 6:15am on Sunday

OBERON 7-DAY WEATHER FORECAST														
	Tue Oct 11		Wed Oct 12		Thu Oct 13		Fri Oct 14		Sat Oct 15		Sun Oct 16		Mon Oct 17	
Summary	Mostly sunny		Frost then sunny		Mostly sunny		Frost then sunny		Frost then sunny		Late shower		Possible shower	
Maximum	8°C		10°C		11°C		14°C		17°C		18°C		12°C	
Minimum	2°C		0°C		2°C		0°C		1°C		7°C		7°C	
Chance of Rain	5%		60%		40%		5%		10%		80%		50%	
Rain Amount	< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		5-10mm		5-10mm	
UV Index	High		High		High		High							
Frost Risk	Moderate		High		Moderate		High		High		Nil		Nil	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	20 km/h	20 km/h	12 km/h	17 km/h	13 km/h	14 km/h	6 km/h	6 km/h	8 km/h	12 km/h	19 km/h	21 km/h	15 km/h	14 km/h
Wind Direction	WSW	WSW	WSW	WSW	S	SSE	SSE	S	NW	NW	NNW	NNW	W	W
Relative Humidity	67%	47%	71%	55%	66%	43%	69%	43%	64%	40%	52%	51%	77%	57%
Dew Point	-2°C	-2°C	0°C	2°C	0°C	-1°C	1°C	2°C	3°C	4°C	4°C	8°C	6°C	4°C

Here's the weather forecast from Weatherzone (at right) for the next week which may indicate what we can expect next weekend. At this stage, “frost then sunny” looks perfect!

Want some homework? Amateur botanists may be interested in the list of plants in the local montane bog communities. Check out the Royal Botanic Garden's publication: [https://www.rbgsyd.nsw.gov.au/RoyalBotanicGarden/media/RBG/Science/Cunninghamia/Volume%204%20-%201996/Volume-4\(3\)-1996-Kodala525-530.pdf](https://www.rbgsyd.nsw.gov.au/RoyalBotanicGarden/media/RBG/Science/Cunninghamia/Volume%204%20-%201996/Volume-4(3)-1996-Kodala525-530.pdf)

Novices and inexperienced

A suggested novice route will be provided in the *Course setters' notes*, as a guide only. If you are at all unsure about any aspect of Rogaining, please ask us. We will be happy to provide advice on navigation, planning your course, route choice, equipment etc. By remaining behind for a few minutes after the start of the event we can give you tips and send you in the right direction. A briefing for novices will be held at 11:30am.

Helpers

We have a great team of helpers but always appreciate more. If you need help or can provide help, please let us know. We'll see you there

Trevor Gollan (Co-ordinator)

M: 0408 230 593

E: tgollan@gmail.com

Vivien de Remy de Courcelles (Administrator)

M: 0435 030 201

E: vivien.rc@exemail.com.au

New South Wales Rogaining Association Inc.

ABN 15 314 080 648



DISCLAIMER / WAIVER

Event : 2016 NSW Championship	Team No.:	Car Rego.:
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We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The NSW Rogaining Association (NSWRA) requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogain they do so at their own risk. The NSWRA does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

a) The participant agrees to discharge and release the NSWRA, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.

b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the NSWRA, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s):

I acknowledge the risks of rogaining as described above and agree to indemnify the NSWRA for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.

Version: Sep. 2008