



2018 New South Wales Championships 22nd/23rd September 2018 Final Instructions

Welcome to the 2018 New South Wales Rogaining Championships, to be held in Abercrombie River National Park. If you are a team leader, please make sure this information is available to all your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and presented at the reception desk when you register.

Gazetted in 1995, Abercrombie River National Park (ARNP) protects the largest intact patch of open forest on the NSW Central Tablelands. From the dense mountain gum forests in the high north of the park to the lower and more open forests of scribbly gum and stringy bark in the south, there's plenty of opportunity for exploring and camping

The ridgelines and rivers running through ARNP were once traditional travel and trading routes for the Wiradjuri and Gundungarra People. Evidence of open campsites can be found along the rivers and creeks in the park.

The three waterways and open forests give visitors to ARNP opportunities for hiking, 4WD touring, camping, trout fishing, canoeing, birdwatching and swimming. One of the most popular activities in the park is 4WD touring. Some of the trails running along gorges and ridges can be pretty challenging, even for the experienced driver. For those with plenty of energy, you can also explore these trails on a mountain bike.

ARNP is a great spot to observe local wildlife all year round. Kangaroos, wallabies and emus are seen throughout the park, and echidnas and wombats live on the slopes and river flats. The rivers and creeks are home to eastern water dragons, rakali and the shy platypus. In summer, you'll hear the sound of frogs calling out near the creeks. There are also more than 60 species of birds around here – look for wedge-tail eagles soaring above Abercrombie trail.

Landscapes of deep gullies with rivers running through them provide ideal conditions for loose gold. During the gold rush of the second half of the 1800s, the precious mineral was discovered here. Following the rivers and creeks you can find evidence – sluices and diggings – still there today.

Special Notes for this event

1. Water is at a premium. Bring enough for your own needs and ensure that you have enough for full water bottles and bladders at the start of the event. There are water drops on the course, as usual, and for competitors returning to the hash house during the event. **DO NOT** plan on an initial fill from the hash house.
2. Entrants are not permitted in the course area before the start of the event. This means that you cannot drive through the park to the hash house site – despite how Google or your nav unit might want to route you. Fire trails in the park are **DEFINITELY NOT** suitable for 2WD vehicles.
3. Camping is available at the hash house from Friday afternoon until Monday morning. Camping and parking is on private land, courtesy of the landholder Neil Francis.
4. Due to the drought, National Parks has instituted a total fire ban in NSW parks until March. As the camping area is only metres from the park boundary, Parks would prefer that we do not have fires. Neil Francis, the landholder, is ok with small, well tended fires and thoroughly dowsed fires.
5. No litter is to be left in the park – if you carry it in, carry it out! This includes used toilet paper, fruit peel, cores, seeds, plastics, etc, etc ...
6. No toileting within 20m of watercourses or tracks. Bury where you can. Carry out toilet paper.

7. The map is not waterproof. It is on A2 gloss paper and will need to be protected from water, sweat and errant flora. Bring contact and/or a good water and tear resistant map bag.
8. Note that meals Friday night, Sat morning and lunch, and Sun dinner are not provided.
9. The course is rugged and remote. If anything does go wrong for you or your team, you may spend many hours – including overnight – on the course before any help can arrive.
10. We recommend you take at least one mobile phone per team with the Emergency+ app installed – AND that you know how to use the app! Black bags to seal the turned off phone, to conform to the rogaining rules, are available at Registration. There is Telstra mobile reception on many of the high points on the main ridges – and remember, and SMS may get through where a voice call will not.
11. The Hash House is at the western edge of the course. Competitive 24-hour teams will not have viable options to return mid-event to the Hash House.

Program

Fri	12:00	Camping available at the hash house site
Sat	08:00	Registration opens
	09:00	Maps available
	11:30	Briefing for novices
	11:40	National Parks briefing
	11:50	Final briefing
	12:00	Mass start for 8 hour and 24 hour events
	16:00	Hash house opens for hot food
	20:00	Finish of 8 hour event
Sun	12:00	Finish of 24 hour event
	13:00	Presentations 8hr/24hr
	13:30	Bus departs for Lithgow and the train
	14:30	Hash house closes

Your Preparations

When you register at the event please ensure:

1. You know your team number, available [here](#)
2. Your indemnity form is completed and signed by all team members
3. Your fees are paid
4. You have compulsory equipment – whistle, space blanket and bandage for snake bite. Please prove you have compulsory equipment – for each team member – when you register.

At registration we will provide you with:

1. A Map and control description for each team member. The map will be an A2 paper sheet (not waterproof). The map is 1:25000 scale with 10m contours
2. Course setters' notes
3. One Navlight tag and wrist band for each team member
4. A team intention map, for you to indicate your planned route. This is a safety measure to help us if something untoward happens to you. Please return your intention sheet to the registration desk before you start.

Timing and scoring is done electronically with the Navlight system. If you are unfamiliar with it, see [UsingNavlight.pdf](#) . It is essential that you hand in your Navlight tag when you finish.

The rules of rogaining can be found here: [2012Rules.pdf](#).

If you are new to rogaining or have any questions, just ask us. We are happy to provide basic instruction and advice. You could also check out the novice section of our website [here](#).

Weather

It is spring – yay! So it could be cold, hot, wet, dry, windy, calm, cloudy, sunny, or anything in between! As it is September, it is likely to at least be windy and cold to cool overnight. The long range weather forecast is for 2 degrees overnight Fri and Sat, and 19 to 22 daytime Sat and Sun. Winds are expected to be 30km/h plus and there is only a low probability of rain.

BUT, whatever the forecast is, it's better to follow the Boy Scouts motto and "Be Prepared" – for anything.

The Course

Enjoy some really beautiful countryside!

While there are very few actual cliffs in the course area, the terrain is quite steep. Ridges and spurs are the way to gain or lose altitude. Use caution on all slopes, both up and down.

The majority of the course is open woodland. There can be scrub, sometimes quite thick, along the watercourses but it is generally only 20 or 30 metres across.

There is a lot of fallen timber and leaf litter. Take care with your footing.

Particularly in the north and east of the course, there are a number of fence remnants. These can be quite difficult to see, even in daylight. Gaiters are recommended (they help with the fallen timber and any scrub, too).

There will be 3 water drops on the course.

The course setters have encountered a lot of animal life on the course – escaped livestock, feral and native animals.

After the Start

Your team can visit any controls in any sequence to collect points and/or satisfaction. Enjoy the countryside, be safety aware, care for your team. Points for each checkpoint are valued at ten times the value of the first digit of that checkpoint, e.g. Number 62 is worth 60 points. There is a penalty of ten points per minute if your team finishes after the formal end time. We worry less if you finish in the allotted time.

Your Equipment Checklist

- Indemnity/Waiver form signed by all team members
- Colour pens, highlighters, scissors, string, sticky tape for you course planning
- Your own cutlery, mug, bowl and plate
- Change of clothes, towel, in case you get wet/cold
- Chairs, picnic table
- Tent, sleeping gear if you are camping
- Spare water
- Mapcase or clear contact adhesive to protect your map / checkpoint list

Your Equipment on the Course

- Day pack
- First aid kit (crepe bandage, elastoplast, space blanket - at least)
- Toilet paper (Bury or carry all toilet waste)
- Compass, watch, whistle
- Gaiters or leg covering
- Shoes with good grip and ankle support
- Sunhat, sun cream
- Wet / cold weather clothing
- Mobile phone (turned off, in black bag)
- Snacks for eating on the course (muesli bars, dried fruit and nuts, chocolate, energy drinks, carbs)
- Water bottle

Post-Event Get Together

Do you love to pore over your map after the event? Wonder what other teams did and why? Come along, meet other teams, talk about how you went, learn how they went.

At The Dove and Olive Pub, 156 Devonshire St, Surry Hills – a short walk from Central Station – at 7pm, Wednesday 26th September. Bring your map.

Please email or message Mike Hotchkis so we have an idea of numbers. Check for updates on our Facebook page.

The Hash House Area



How to Get There

Bus Connection

We have again booked a minibus to connect the Hash House to Lithgow Station and will separately confirm arrangements with each person who has booked the service. Our plan is that passengers will take the Friday train that departs Central Station at 16:18, arriving in Lithgow at 18:59. For the return trip on Sunday afternoon we will connect with the train departing Lithgow at 15:48

Driving from Sydney:

Drive to Black Springs (via Oberon is probably the best)

At Black Springs (-33.847825 149.742968) continue onto Campbells River Road towards Burruga.

After 22km, at the Campbells River Road/Arkstone Road T intersection (-33.948454 149.561007) turn left onto Arkstone Rd.

Follow Arkstone Rd, unpaved after the bridge over Christie Ck 13.8km. From the bridge keep going on the dirt for another 6.9km - now Emden Vale Rd - to the intersection with Abercrombie Fire Trail (-34.081494 149.606755) and turn left.

Follow Abercrombie Fire Trail to the Hash House site (-34.08814 149.619908), approximately 1.8km

Driving from Goulburn:

Drive the Taralga-Oberon Road until you get to the Isabella Rd turnoff (-33.92654 149.755682). It is 38.5km north of the Abercrombie River crossing and the second signpost to Abercrombie River NP. Don't follow the first signpost at Fallen Timber Rd.

After 3km the bitumen ends. At the intersection (-33.94084 149.726446) continue straight ahead onto The Blue Rd (warning: some decent potholes) for 4km to the crossroads intersection with Arkstone Rd (-33.970172 149.70677).

Veer left and follow Arkstone Rd (warning: there are numerous curves on hill crests and no advisory speed signs – drive cautiously) for 14km until the T intersection with Emden Vale Rd (-34.046373 149.623214).

Turn left at Emden Vale Rd for 4.5km to the intersection with Abercrombie Fire Trail (-34.081494 149.606755) and turn left.

Follow Abercrombie Fire Trail to the Hash House site (-34.08814 149.619908), approximately 1.8km

BEWARE: kangaroos, wombats, emus and echidnas can be on the road outside daylight hours. Sheep, cattle and goats can be on the road any time.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event : National Championships 24/8hr	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 rogaine 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 and 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