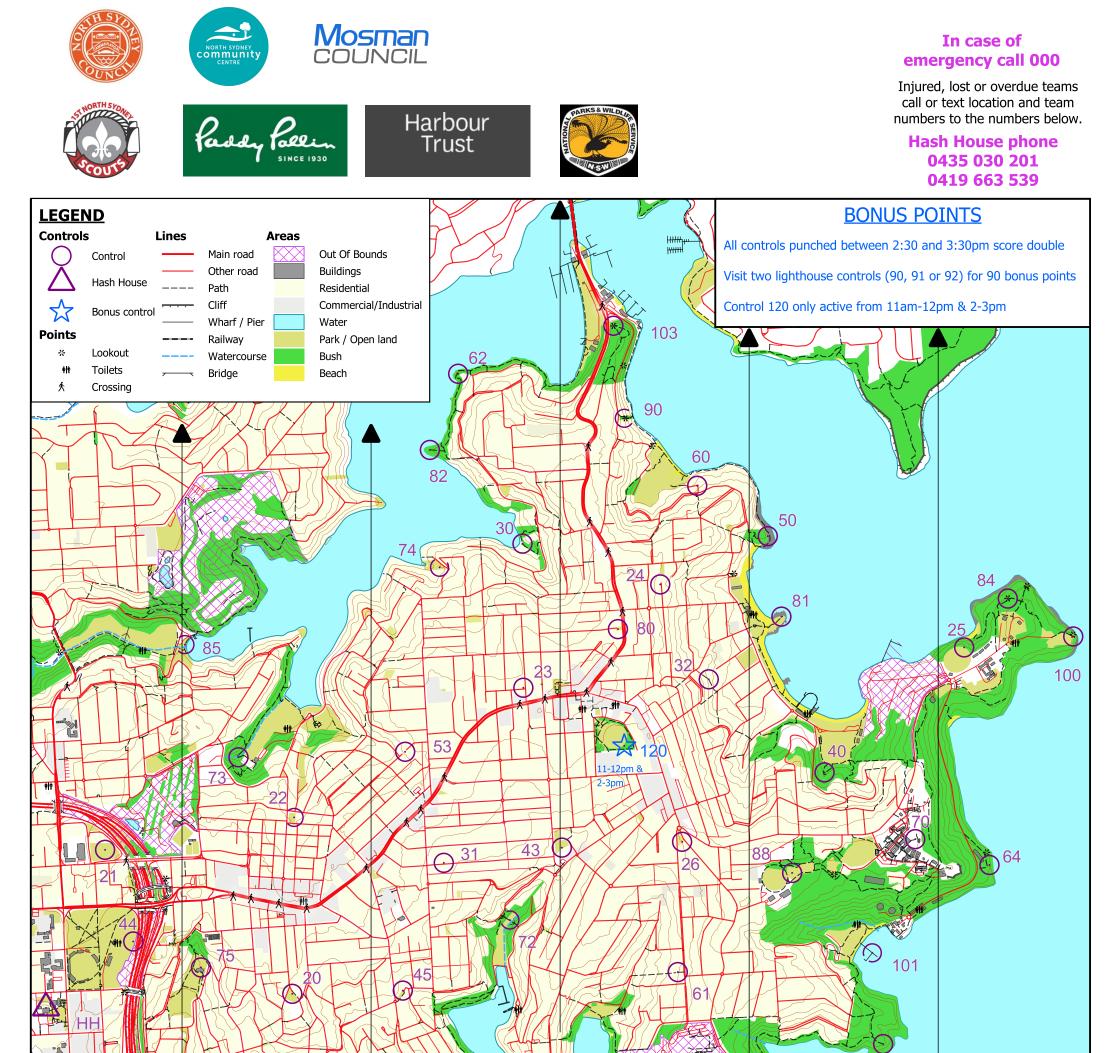
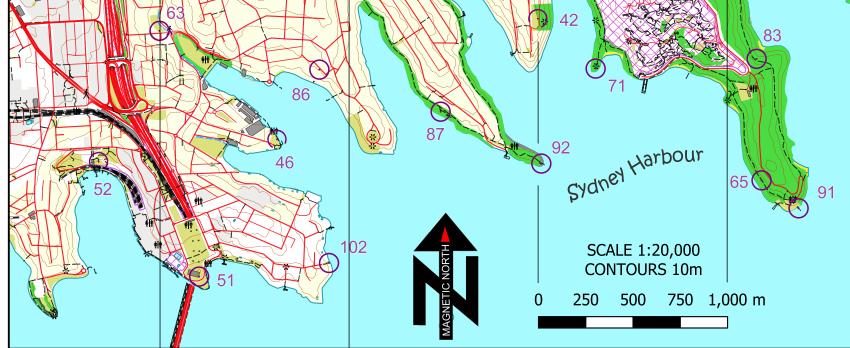


LaneCoveRjvergaine V 19 November 2023





Co-ordinator: Ted Woodley Administrator: Vivien de Remy de Courcelles Setter: Ted Woodley Vetters: Robin Cameron, John Cameron Mapping: Hamish Mackie Helpers: Robin Cameron, John Cameron, Julian Ledger, Coleen Mock, Amanda Mackie, Hamish Mackie, Ronnie Taib, Dale Thompson, Steve Ryan, Nicole Mealing, Kristin Young Catering: 1st North Sydney Scouts Contour data © NSW Spatial Services Cadastral data © OpenStreetMap contributors All data is licensed under an international system: "Creative Commons Attribution 4.0

International".

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Control	Description
HH	Hash House
20	Light pole, Ilberry Reserve
21	Community garden, NW corner
22	Seat
23	Light pole
24	Pole, opposite No. 31, Mosman's most expensive house (\$33m in 2022)
25	Fence gap, track to Cobblers Nudist Beach
26	Seat, E of Dame Joan Sutherland memorial
30	Steps, top
31	Pole
32	Path bend
40	Bridge
41	Track end
42	Cliff 4m, foot
43	Table
44	Fence, 10m, S end
45	Sewer vent
46	Colourful shelter
50	2m cliff, foot
51	Pylon, SE corner
52	Wendy Whitely garden, bench, S of giant fig tree
53	Seat (no access from west)
60	Light pole, Ken Done house
61	Steps, foot
62	Handrail

Welcome to
"LaneCoveRivergaine V"
Sunday, 19 November 2023
Notes & Control Descriptions

The Objective

- The objective is for your Team to navigate to as many Controls (designated on the map by a circle and number) as possible and accumulate the greatest number of points you can within 6 hours.
- The value of each Control is calculated by replacing the last digit with a zero. For example, Control 45 is worth 40 points; Control 102 is worth 100 points.
- There are 50 Controls, totalling 3,000 points.

The Map

- Thanks to Hamish Mackie for providing the base map.
- The map is reasonably accurate, but no map is perfect.
- Minor tracks are not always shown, some tracks may be overgrown and not every twist and turn is indicated.
- Locations for toilets are indicated.
- Most toilets have water taps and there are plenty of bubblers. There are no water drops.

Course Notes

- Only cross Military Road and Spit Road at pedestrian crossings (marked on the map with a walker).
- The M1 Motorway can only be crossed at the road crossings.
- The track around the coast between Control 50 and 60 is rocky, slow-going, and you will get wet.
- Control 53 is only accessible from the east.
- Control 75 is only accessible from the north east.
- Control 103 at the Parriwi Park lookout, just south of Spit Bridge, is only accessible by the track to the south. Impassable cliffs on the north, east and west of the control extend back to the south end of the Park.
- No use of GPS devices to aid navigation.
- Do not enter private property or restricted/no-go areas.

Control Description 63 Seat 64 Lookout 65 Lookout 70 Lone Pine, 15m S of Flag Pole 71 Track end, Little Sirius Point Bridge, middle 72 Willoughby Falls bridge 73 74 Seat 75 WWII oil tanks plaque, top (access from north east) 80 Sewer vent 81 Rocky Point Island, N seat 82 Lookout above Quakers Hat 83 Track, Brush turkey nest mound 84 Lookout, rock platform 85 Fence, E end 86 Lightpole, 10m S of Nutcote, May Gibbs home 87 Maccallum Pool tablet 88 Scotland Australia cairn 90 Parriwi Lighthouse, foot 91 Bradley's Head Lighthouse 92 Robertson Lighthouse, seat at top of stairs 100 Inner fort 101 Pier steps, top 102 Lady Gowrie lookout, steps, foot (next to Albo's digs) 103 Parriwi Park lookout (no access from north) Allan Border Oval scoreboard, behind, 11am-12pm & 2-3pm only 120

Hash House

- Our registration area and Hash House has been kindly provided by the North Sydney Community Centre, 220 Miller Street.
- The after-event eats have been provided by 1st North Sydney Scouts.

Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist.
- ALL Team members must "punch" their Tag at every Navlight Control Punch to register the Team's visit.
 - The Punch flashes red when placed on your wrist Tag for 2 seconds:
 - the flashing red light may be hard to see.
 - o even if you can't see a flashing light, the Tag should register.
 - \circ there is no beep sound.
- If the Punch is missing, record your presence with a photo &/or note the surroundings. When you Finish, report the problem to have your score adjusted.

Start/Finish

- This is a 6 hour event with a mass start at 10am. If your Team leaves after 10am it will still be recorded as starting at 10am.
- When you return make sure all Team members immediately go to the Finish and have their Tags punched and removed by an Official.
- If your Team returns after 4pm a Time Penalty will be incurred of 10 points for each minute, or part thereof, that you are late.
- If your Team returns after 4:30pm unfortunately the Team will be recorded as LATE, with a score of zero.

Afterwards

- Please stick around and enjoy the company of fellow rogainers.
- Free BBQ eats and drinks are provided by 1st North Sydney Scouts from 3pm to 5pm.
- Prizes will be awarded at around 4:45pm.

Novice Route Ideas

- Harbour Bridge/Cremorne loop 18 km, 17 Controls, 1,020 pts (excl bonus points): Start, 44, 21, 73, 53, 23, 120 (11-12pm), 43, 72, 45, 92, 87, 86, 63, 46, 102, 51, 52, Finish
- Zoo/Harbour Bridge loop 24 km, 29 Controls, 1,700 pts (excl bonus points): Start, 44,
- Within bush areas (dark green on map) you MUST stay on established tracks.

Bonus Points

- All controls punched between 2:30pm and 3:30pm score double.
- Punch any two (2) lighthouse controls (90, 91 or 92) and gain an extra 90 points.
- Control 120 is only available for punching from 11:00am 12:00pm and 2:00pm to 3:00pm.

Safety Issues

- Take extreme care when crossing roads some are very busy. Use footpaths, traffic lights and pedestrian crossings (marked with a walker) wherever possible.
- Take care on bush tracks, stream crossings and rocky areas, especially if it rains.
- There are no safety patrols.
- Call the Event Emergency Phone if you need assistance (0419 663 539 or 0435 030 201). In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.
- If you withdraw, try to return to the Hash House. If you cannot make it back, please
 call the Event Emergency Phone we don't want to be worrying about what happened
 and sending out search parties needlessly!

21, 73, 53, 23, 80, 24, 50, 81, 40, 70, 101, 41, 83, 91, 65, 71, 61, 26, 120 (2-3pm), 43, 72, 45, 86, 63, 46, 102, 51, 52, Finish

Hash House 0435 030 201 0419 663 539