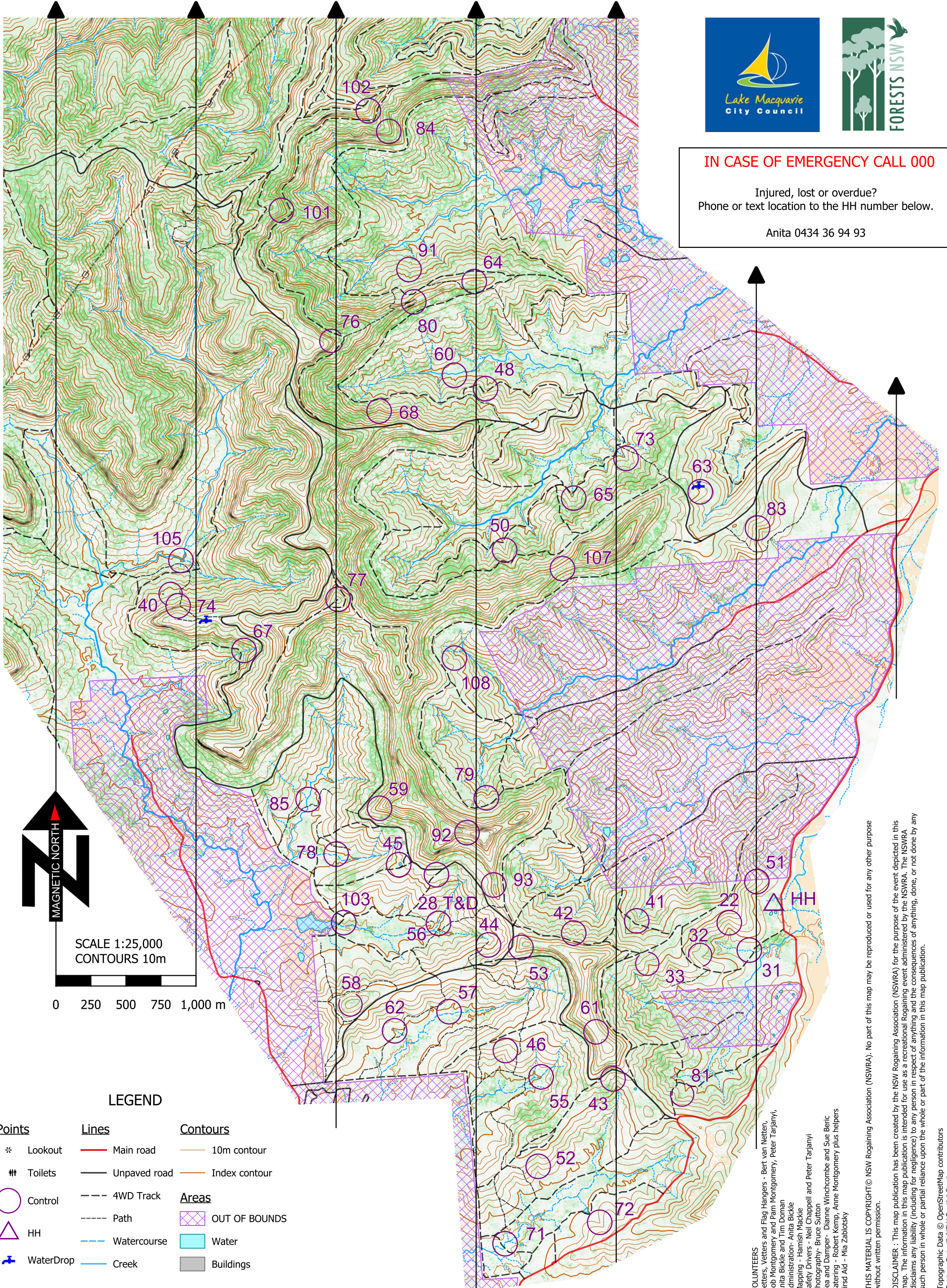




IN CASE OF EMERGENCY CALL 000

Injured, lost or overdue?
Phone or text location to the HH number below.

Anita 0434 36 94 93



SCALE 1:25,000
CONTOURS 10m

0 250 500 750 1,000 m

LEGEND

Points	Lines	Contours
* Lookout	— Main road	— 10m contour
# Toilets	— Unpaved road	— Index contour
○ Control	- - - 4WD Track	Areas
△ HH	- - - Path	▨ OUT OF BOUNDS
⊕ WaterDrop	— Watercourse	■ Water
	— Creek	■ Buildings

VOLUNTEERS
Setters, Vectors and Flag Hangers - Bert van Netteen, Bob Montgomery and Pam Montgomery, Peter Tarjanyi, Anita Bickle and Tim Doman
Administration - Anita Bickle
Mapping - Hamish Mackie
Safety Drivers - Neil Chappell and Peter Tarjanyi
Photography - Bruce Sutton
Tea and Dampers - Dianne Winchcombe and Sue Beric
Catering - Robert Kemp, Anne Montgomery plus helpers
First Aid - Mia Zablotzky

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Annual Lake Macquarie Rogaine August 24th, 2024 Course setters' notes

MAP: Scale is 1:25,000. Contour interval is 10 metres. Magnetic north is shown on the map.

TIMING: Event starts; For 12 hour the start is at 10am and finishes at 10pm. For 6 hour the start is at 11am and finishes at 5pm.
You lose 10 points from your total score for every minute you're late. If you're more than 30 minutes late you are disqualified.

MAP ACCURACY: Although the map has been updated, you'll find a lot of unmarked motor bike and mountain bike tracks and the upcoming Lake Macquarie Kokoda Trail Run tracks. Tracks and paths will also have kinks and turns not shown in detail on the map. There are unmarked gullies that fall between the 10 metre contour lines, particularly in the flatter areas with a solid tree canopy. Loops and bends in major watercourses are not shown. The patches of thick vegetation on the map should be avoided, but not all such areas are mapped.

CONTROL DESCRIPTIONS AND VALUE: If the topographic feature of a control checkpoint is shown on the map, the control description will be labelled it as "The", e.g. "The Spur". If the topographic feature does not appear on the map (but is evident at the site), it will be labelled in the description as "A", e.g. "A Spur". The first numeral of each checkpoint indicates its value. So, checkpoint 81 is worth 80 points. The Navlight units are very reliable but it can sometimes be difficult to see the unit flash in bright light. If you think a Navlight unit is faulty, use the plastic clip hanging off each flag to punch your map as proof you've visited the checkpoint.

WATER: Water is available at the following locations:

- Hash House
- the Tea and Damper.
- South side of the tank on the track to the south and above checkpoint 74
- Checkpoint 63

At both waterdrops, you'll find a box of fruit and lollies.
We recommend you carry at least 2 litres of water.

CLIFFS: Close contours usually means the terrain will be steep and rocky. There are marked and unmarked cliffs on the course. The marked cliffs should be avoided and their exact beginning and end points may not be accurate.
Checkpoint 80 is best accessed from the west and you cannot go straight from 80 to 64.

TEA AND DAMPER: The Tea and Damper will operate from 1030am to 10pm. Hot and cold drinks and other treats will be available. Water stops will also have a box of fruit and some lollies for competitors.

SAFETY: Mobile phone reception is patchy but is usually reliable on high ground. If the signal is weak, try sending a text message.

In case of emergency, phone the hash house on 0434 36 94 93.

There is a track or road network on most ridges. If you experience difficulties, or need assistance, then proceed to a road on a ridge where a patrol will be doing a sweep.

There will be several road sweeps – from 12:30 to 130pm, 3:30pm and 4:30pm and between 8:30pm and 9:30pm

Sweep will go along the main road from south of control 81, past Tea and Damper and up to the road, track junction west of 101.

If you become injured such that you are unable to move (e.g. broken ankle or snake bite) then stay where you are, and blow your whistle three times every 5 minutes. If you hear an emergency whistle, then you are obliged to stop rogaining and help the injured team. If you become injured and can move, either make your way back to the hash house or the nearest water drop. The water drops will be visited during the event.

Some snakes have been seen in the competition area so carry a crepe bandage. Consider using insect repellent to protect yourself from ticks and leeches.

LOST? Stop, check your map and look for reference points. If you can, backtrack to a known point. There is a track or road network on most ridges. If you become lost, try walking to the top of a ridge to get a better view of the situation. The safety bearing is east to Mandalong Road.

NOVICE SUGGESTED ROUTE: 51, 22, 41, 42, 93, 28, 56, 44, 53, 61, 33, 32, 31, HH

For more of a challenge you could add markers to west and south of tea and damper. Remember note your time especially the half time mark when should be on return route.

NICE SPOTS:

- The ridge route between 93 and 92
- The watercourse junction at 105 and staghorns and boulders nearby 105 and 40
- The boulders through the gully from 80 to 91
- The Spur at 80 and knoll at 64

You're almost certain to hear bell birds and whip birds across the area, and there's a good chance you'll see and hear lyrebirds. Potoroos, bandicoots and plenty of wombats have been seen. Marks from goannas and koalas seen but none sighted.

OVERDUE TEAMS: If you are likely to be more than 30 minutes late, then please head directly back to the hash house via the quickest route. If you are over 30 minutes late, you are classed as disqualified with zero points.

Please let us know by mobile phone if you will be more than 30 minutes late – emergency phone 0434 36 94 93. If you don't let us know, we'll need to begin organizing search and rescue teams to try to locate you.

FUN: Above all – smile, enjoy and have fun!

Control	Description
22	The Gully
28 T&D	Large stump on spur, Tea & Damper
31	The Watercourse behind waterhole 30m from track jnc
32	The Gully, open
33	The Gully
40	The Spur 50m from derelict building
41	The Watercourse, above 10m rock waterfall
42	Terrace on small spur
43	A Spur, western side of the Gully
44	Boulders SE side of track beside gully
45	Dam
46	The Gully
48	The Gully
50	The Gully
51	The Spur (on unmarked fenceline)
52	The Gully
53	The Spur, top near boulder field
55	The Watercourse, 20m from junction, near bend
56	The Watercourse, northern arm, 50m from junction in palm trees
57	The Watercourse, North side
58	The Knoll
59	The Spur
60	A Spur between two gullies above the watercourse
61	The Saddle
62	The Watercourse, a gully junction
63	The Spur with water drop

Control	Description
64	The Knoll, rocky outcrop in grasstrees
65	The Watercourse, a minor junction
67	The watercourse, east of junction with road
68	The Spur, rocky nose
71	The Watercourse, a horseshoe bend, approach south side
72	The Gully south of burst dam
73	The Watercourse, a junction below rock waterfall
74	Base of cliff, 30m from motorbike track, north west of waterdrop
76	The Spur, rocky outcrop
77	The Knoll
78	The Watercourse, a bend
79	The Gully, near boulders
80	The Spur, narrow neck
81	The Gully, a junction
83	The Gully, a junction
84	The Spur
85	The Watercourse, near a horse shoe bend
91	The Gully, boulder, South east side near fallen tree
92	The Saddle
93	The Knoll, in boulders Northern end
101	The Spur
102	The Spur
103	Dam/lagoon northern edge beside track or ford
105	The Watercourse junction
107	The Saddle, boulders south side
108	The Gully