



# A CUP OF TEA IN CAPERTEE

## Festival of Rogaining 2024

and the NSW Championships  
21-22 September

### FINAL INSTRUCTIONS

Thank you for entering the 2024 Festival of Rogaining. Team leaders, please ensure everyone on your team reads this document carefully.

Hash House	Capertee National Park, Port Macquarie Road, Bogee, NSW
Gate Code	3760
Google maps	📍 Capertee Homestead - 'Port Macquarie'
UTM Coordinates	Zone 56H / Easting 0222834 / Northing 6342322
Lat/Lon	Latitude 33.02235°S / Longitude 150.03278°E
Phone	Satphone (event weekend only): 0416 218 861 (leave a message if unanswered)

### Getting there

Please note: if you ask Google Maps to get you to "Capertee National Park" from the south (e.g. Lithgow) it will incorrectly route you through the Airly Coal Mine, private property and locked gates. The only way into the park is from the NE via Port Macquarie Rd which starts from Glen Alice Rd.

The park has a combination lock on the entrance gate. Please close and lock the gate behind you even if it is open. The code is the maximum points available on the course:

# 3760🔒



There are lots of kangaroos, wallabies and wombats about, day and night. Please drive slowly and carefully and don't let them hit you.

### **Directions from Sydney (~245 km, 3h30')**

1. Take the M4 and A32 to Lithgow.
2. From the Great Western Hwy/Main St intersection, head north on the Great Western Hwy/A32 for 6.6 km
3. Take the Castlereagh Hwy exit towards B55/Mudgee/Gulgong
4. Continue on the Castlereagh Hwy for 37 km to the township of Capertee
5. Turn right onto the Glen Davis Rd towards Glen Davis
6. Continue on the Glen David Rd for 29 km
7. Turn left onto the Glen Alice Rd towards Glen Alice
8. Continue on Glen Alice Rd for 20.6 km passing through Glen Alice on the way
9. Turn left onto Port Macquarie Rd towards the Capertee Homestead
10. Continue on Port Macquarie Rd for 10.7 km
11. Follow the signs and instructions from our volunteers to the car park or camp

### **Directions from Newcastle (~300 km, 3h50')**

1. Take the M15 and B84 to Denman
2. Then take the Bylong Valley Way to Rylstone
3. In Rylstone, Bylong Valley Way becomes Louee St.
4. When Louee St ends, swing left onto Cox St which after 450 m bends right and turns into Ilford Rd
5. Continue on Ilford Rd for 450 m
6. Turn left onto Fitzgerald St towards Glen Alice
7. Fitzgerald St turns into Glen Alice Rd after 200 m - follow it for 27 km
8. Turn right onto Port Macquarie Rd towards the Capertee Homestead
9. Continue on Port Macquarie Rd for 10.7 km
10. Follow the signs and instructions from our volunteers to the car park or camp

Glen Davis and Glen Alice Roads have numerous sections of road works that are repairing the many potholes. Port Macquarie Road can be very slippery when wet. Please allow plenty of time and drive to the conditions.

## **Parking and camping**

The Hash House is accessible for 2WD vehicles.

Camping is available at the Hash House on the Friday, Saturday and Sunday nights. Due to NPWS conditions, no cars are allowed in the tent camping area. There will be a short walk (<50m) from your car to your tent. Camper trailers and campervans are located separately. See the map towards the end of this document for parking and camping arrangements.

The Hash House will have portaloos and marquees. Please bring enough water to be self-sufficient at the Hash House.

There is patchy Telstra phone coverage around the Hash House, reasonable Telstra coverage on the more elevated parts of the course and none in most valleys.

Pets, drones, generators and individual fires are not allowed. There will be a common fire provided by the organisers at the Hash House.

The critically endangered Regent Honeyeater is nesting along this section of the Capertee River. Please give them more of a chance by avoiding excessive noise and don't spotlight the river trees at night.

Luxury accommodation is still available:

- The Honeyeater Homestead for up to 10 people at the entrance to the park. It is just 7km from the Hash House. [Book online here.](#)
- [The Capertee Cottage](#) for up to 6 people just 200m from the Hash House. To book contact the rogaie organisers (Richard or Anita).

## Program

### Saturday 21 September

- 09:00 Registration opens, maps available, compulsory equipment inspection and team changes.
- 10:30 Briefing for novice teams and newer participants.
- 11:45 Final compulsory briefing.
- 12:00 Mass start for all events (15-in-24-hour teams can start later).
- 17:00 Hash House opens.
- 18:00 Finish of 6-hour event. Dinner service begins (kitchen remains open all night).
- 18:30 Presentations for the 6-hour event.

### Sunday 22 September

- 06:00 Breakfast served until 08:00, limited catering afterwards until lunchtime.
- 09:00 Kids' rogaie starts
- 10:30 Awards for kids' rogaie
- 12:00 Finish for 15-in-24 and 24-hour events, lunch served.
- 13:00 Presentations for the 15-in-24 and 24-hour events. Hash House closes.  
Volunteers are welcome to help with packing up and collecting flags.

## Registration

*Bring:*

1. Your team number – available on the event website.
2. Indemnity form completed and signed by all team members.
3. The **team first aid kit** with at least 2 compression bandages **and the team trowel, so that it can be checked.**

*Receive:*

1. Map with control descriptions (1 per team member).
2. Course setters notes (1 per team).
3. NavLight tag and wristband (1 per team member).
4. Flight plan (1 per team). Please mark 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, but you **must** submit it before going on the course.

## Information for novices

If you are new to Rogaining and would like to know more about our sport before the event, you can find a lot of useful information on the NSW Rogaining Association website. Go to:

<https://nswrogaining.org/AboutRogaining/Novices/Novices.htm>

If you are unsure or unfamiliar with anything, our volunteers at the Hash House can help. Please attend the novice briefing at 10:30. Experienced rogainers will be on hand after the novice briefing and after the start to assist you in having an enjoyable event. We're here to help.



## Start procedure

The pre-start briefing will be held at 11:45 for all competitors. Attendance is compulsory.

**24-hour and 6-hour events:** Your NavLight tags will be pre-punched with a start punch, so no pre-start punching will be necessary by competitors.

**15-in-24-hour event:** Your NavLight tags are *not* pre-punched. If you want to start at the mass start at 12 midday you will need to punch your tags during the pre-start briefing (from 11:45).

## During the event

At each checkpoint, each team member must register their NavLight tag (on their wrist) with the NavLight punch at the control. If the NavLight punch doesn't work (i.e. its red light doesn't flash) then record the three letter code inside the clear end.

No smoking or fires on the course. Fires are only allowed at the Hash House. Please bring all rubbish (including wet wipes) back to the HH. Bury all personal waste using your team's trowel.

### 15-in-24 hour event

Teams are only allowed to spend 15 hours on the course. When you first start the event you must punch a **Start** punch. **Start** punches will be available at the final briefing and afterwards at the admin tent.

You can check in at the Hash House any time by punching a **Pause** punch. Before you go out on the course again you must check out with a **Resume/Depart** punch. You finish by punching a **Finish** punch. The periods between punching a **Pause** and a **Resume/Depart** punch will be subtracted from your overall event time.

## Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with a **Finish** punch. 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 67 is worth 60 points. The penalty for a late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives more than 30 minutes late.

# Kids' Rogaine

We are running an informal kid's rogaine starting 09:00 Sunday. A course of 10 controls all within 500m of the Hash House. Just turn up to the Admin Tent around 08:30. If you turn up late you can start late. Prizes at 10:30.

## Rules of Rogaining

There are a bunch of simple rules for the sport of rogaining, which you can read at <http://www.nswrogaining.org/Resources/Forms/index2.pdf>

Take particular note of 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."*

However, for 6-hour and 15-in-24-hour teams, we will allow phones and other GPS-enabled devices to be carried for emergencies, tracking and photography. They are not allowed to be used for any form of navigation, including pacing.

For the 24-hour championship event, all phones and GPS-enabled devices must be wrapped in tamper-proof bags (available from the admin tent) before the start of the event. At the end of the event, your device, still in the bag, must be presented to staff in the admin tent for verification.

## The map

The map is A2 (594x420mm), scale 1:25,000 with 10m contours and magnetic north lines, printed on waterproof and tear-resistant Teslin paper. The map has been created using the latest LiDAR survey data by NSW DFSI Spatial Services.

## What to bring

- Indemnity form signed by all team members
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- Your 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

Compulsory

- First aid kit with at least 2 compression bandages (per team)
- Trowel (per team) - a NPWS requirement
- Whistle (per person)
- Emergency blanket (per person)
- Headlamp/torch (per person)

## Recommended

- 2-3 litre filled drink container
- Small backpack
- Compass
- Non-GPS watch
- Pen/pencil
- PLB if you have one
- Spare torch batteries
- Mobile phone (for photography and emergency use only - not for navigation)
- Reading glasses/lookovers/etc. if you need them for reading fine detail on the map
- Gaiters or other leg coverings are strongly recommended (gaiters also increase protection from snake bite).
- Shoes with good grip and good foot protection
- Warm clothing and rain jacket adequate for the weather conditions and enough to keep you warm if you are stopped by injury and hours from rescue
- Food for the course (muesli bars, dried fruit, chocolate, pizza, power drinks, etc.)

## Safety

- Beware of motor vehicles on all roads and tracks.
- Care for your team – stay together at all times, within voice contact – and look out for other roginers who may require help.
- Stay hydrated – you should carry 1-3 litres with you. There are 3 water drops on the course. N.B. We don't recommend drinking any water from the creeks on the course.
- There are multiple cliffs on the course. Some are quite large. Care should be exercised at all times, particularly around cliffs, boulders and logs.
- 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. There is reasonable Telstra coverage at higher parts of the course. Try to send a message or call the number on the map. Help may be some hours away. Your team must be prepared to give an initial response to an injured competitor.
- A whistle must be carried by each team member. Three whistle blasts is the distress signal, and any person hearing this signal must render assistance. Team scores that are affected by giving assistance will be adjusted at the finish.

## Medical advice

All competitors should consider advising their teammates of any pre-existing medical conditions (such as diabetes, asthma, epilepsy, susceptibility to anaphylaxis) that may require first-aid action on the course. This should include a description of the symptoms, the required first-aid action, and the location in their bag of any medication (such as sugar, ventolin, epi-pen, anti-histamines, etc).

## Emergencies

The Hash House phone number is printed on the map. There is patchy Telstra phone coverage around the Hash House, reasonable Telstra coverage on the more elevated parts of the course and none in most valleys.

Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency. More info at <https://www.triplezero.gov.au/triple-zero/smartphone-applications>










## Course, Terrain & Weather

The course is set on a mixture of grassy paddocks, on river flats that used to be farmed, and forested ridges and spurs. There is a significant track network covering  $\frac{2}{3}$  of the course. Most of the course has not been affected by recent bushfires. The understory varies from lovely and open, to sparse undergrowth that may reduce visibility, to thickets of a particularly spiky acacia that can usually be avoided, but not always. Gaiters, legs and arm coverings are strongly recommended.

The Capertee River runs through the course. While crossing points can usually be found within a couple of hundred meters, depending on your route choice or competitiveness, you might need to be prepared for wet feet during the event.

Temperature during the event is forecast to be 6-22°C, so bring appropriate clothing.

## Weather Forecast

	Mon. 16 Sep	Tue. 17 Sep	Wed. 18 Sep	Thu. 19 Sep	Fri. 20 Sep	Sat. 21 Sep	Sun. 22 Sep
							
Max (°C)	20	21	23	24	22	22	22
Min (°C)	—	2	3	8	6	6	7
Chance of rain (%)	—	5	5	5	5	20	20
Rainfall range (mm)	—	0	0	0	0	0	0

## Helpers

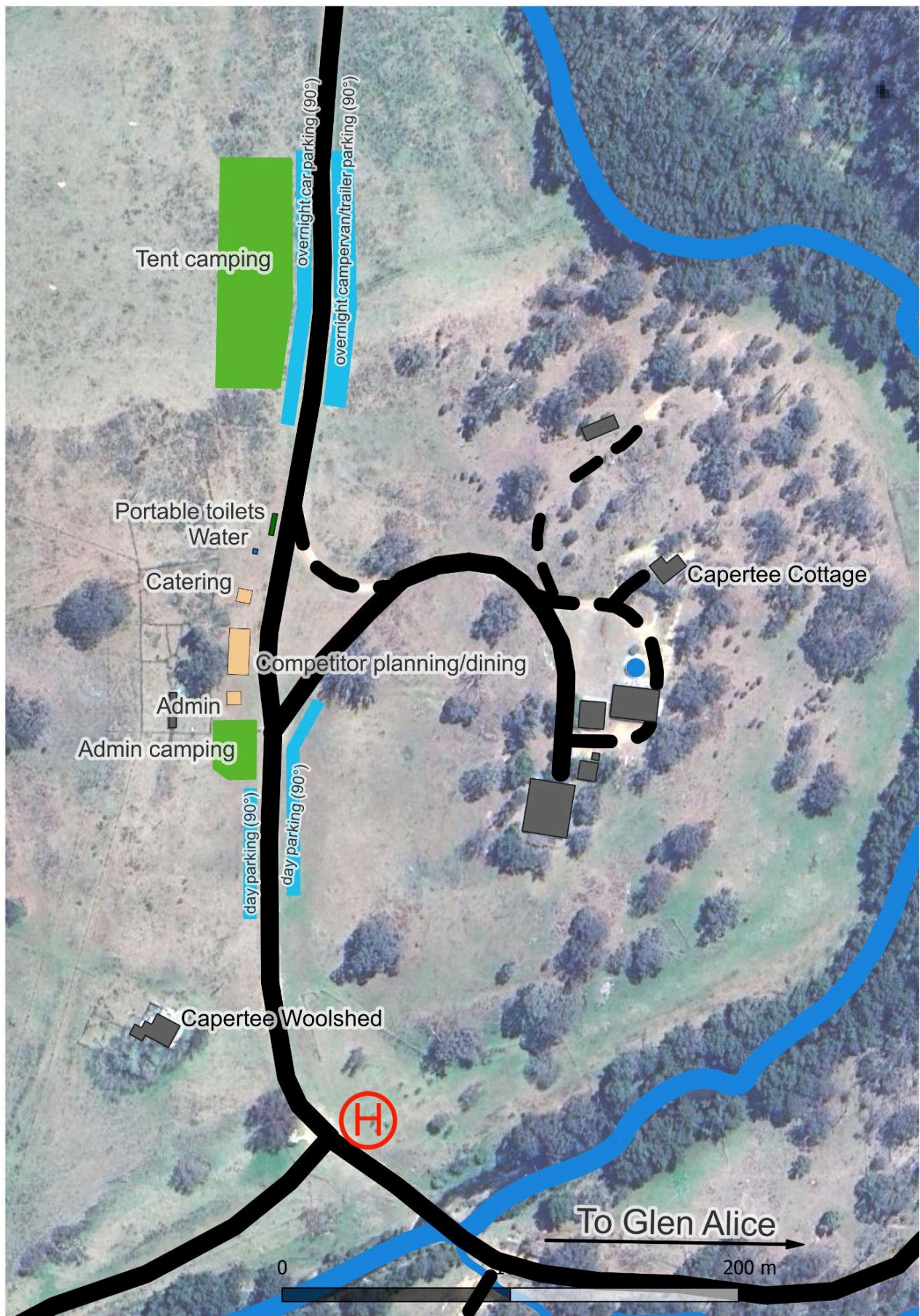
We have a great team of helpers but always appreciate more. If you can help, please let us know. We'll see you there.

Richard Sage (Co-ordinator)  
0412 934 486  
[sagerichard904@gmail.com](mailto:sagerichard904@gmail.com)

Anita Bickle (Administrator)  
0434 369 493  
[anitabickle@gmail.com](mailto:anitabickle@gmail.com)

# Don't forget your trowel!





**Hash House Layout**





# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event :	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 & 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 above named 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