

34th ANNUAL LAKE MACQUARIE ROGAINE

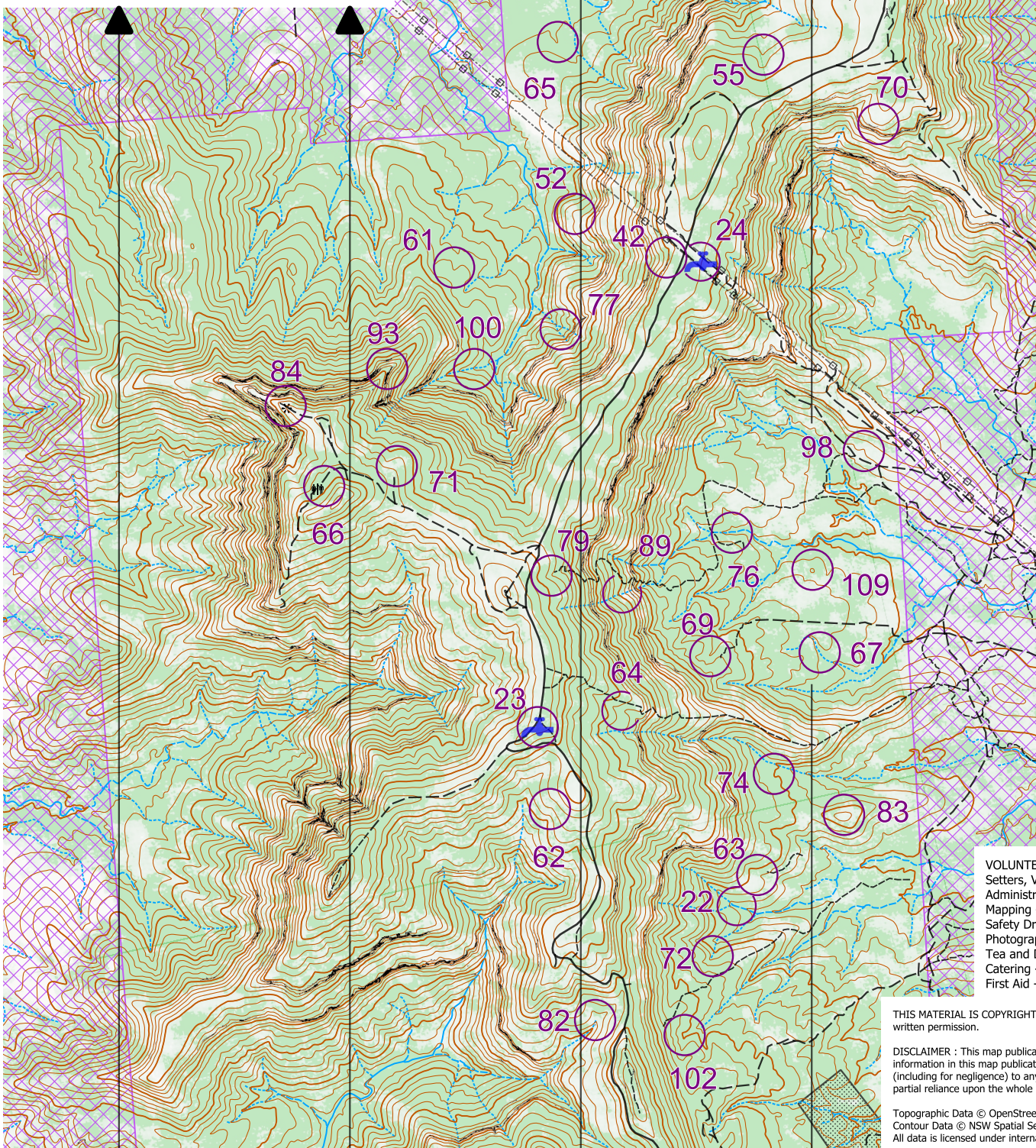
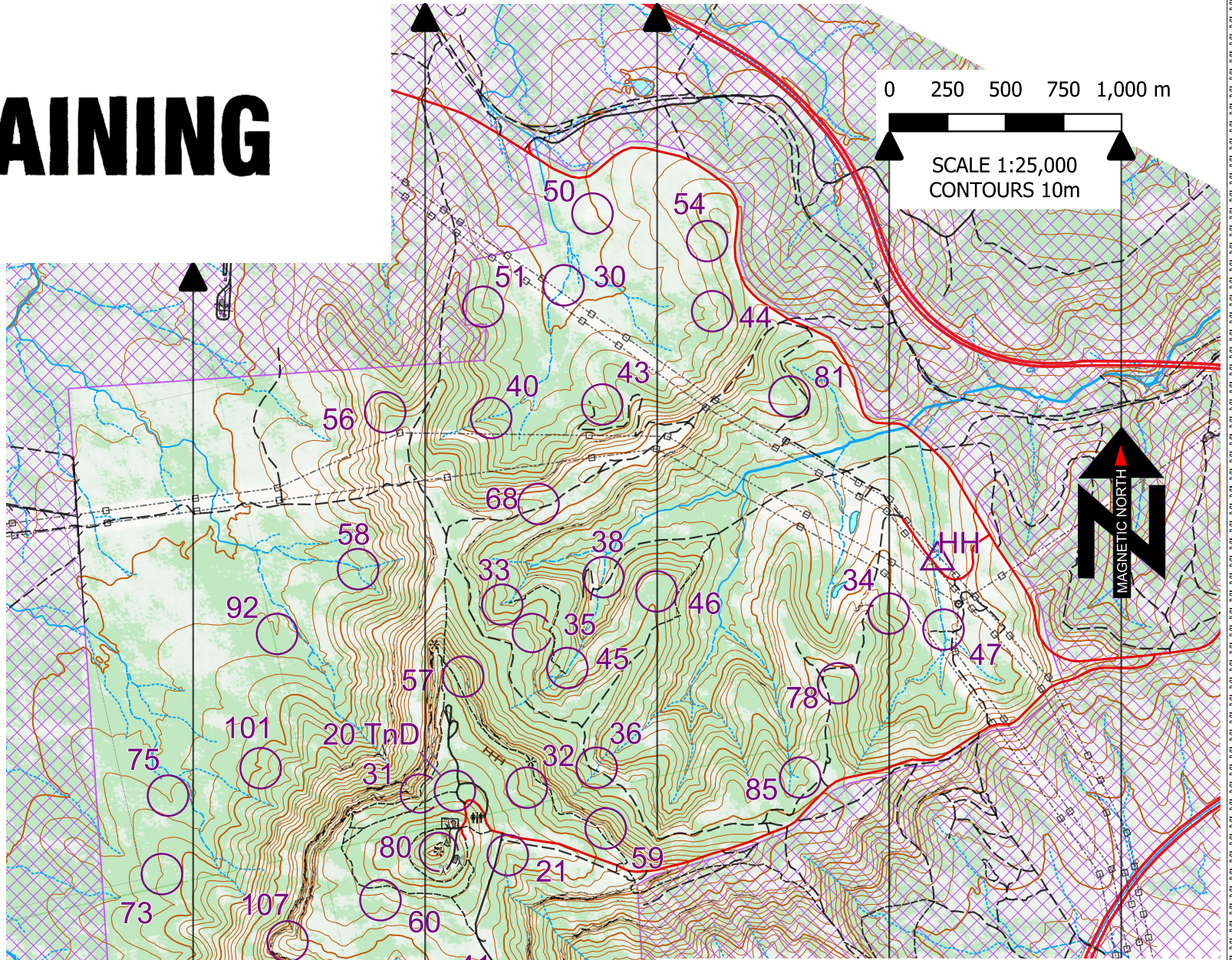
9th August 2025



IN CASE OF EMERGENCY
CALL 000

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

Anita 0434 36 94 93










LEGEND

Point features

- * Lookout
- 📶 Tower
- 🚻 Toilets



Area features

-  OUT OF BOUNDS
-  National Park
-  Cliffs
-  Water
-  Less dense vegetation
-  Dense vegetation
-  Buildings

Line features

-  Motorway
-  Sealed road
-  Unsealed road
-  4WD Track
-  Path
-  Deep trench
-  Creek
-  Watercourse
-  Powerline
-  Fence

Contours

- 10m contour
— Index contour

VOLUNTEERS
 Setters, Vettors and Flag Hangers - Bert Van Netten, Anita Bickle, Bob and Pam Montgomery, Peter Tarjanyi
 Administration- Anita Bickle
 Mapping - Hamish Mackie
 Safety Drivers - Neil Chappell, Peter Tarjanyi
 Photography- Bruce Sutton
 Tea and Damper - Dianne Winchcombe and Sue Beric
 Catering - Montgomery and Phillips families
 First Aid - Jodie Haylock, Charles Kuan

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Publication Date: 9 August 2025

COURSE SETTER'S NOTES

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

TIMING: Event starts; Mass Start is set for 11am. For the 6 hour, event finish is 5pm. For the 12 hour the event finish is at 11pm. 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. Tracks and paths will also have kinks and turns not shown in detail on the map. Be careful of using mountain bike tracks as bikes may be using them and traveling fast.

There are some unmarked fences on the map.

There are unmarked gullies that fall between the 10 meter contour lines, particularly in the flatter areas with a solid tree canopy. Loops and bends in major watercourses are not shown.

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 labeled 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, record either the 2 digit flag code or the 3 digit code on the punch.

WATER: Water is available at the following locations:

- Hash House
- The Tea and Damper.
- Checkpoint 23
- Checkpoint 24

We recommend you carry at least 2 litres of water.

CLIFFS: Close contours usually means the terrain will be steep and rocky. Cliffs are marked on the map as black shaded areas and are quite accurate. If it is black that the cliff will be impassable.

Getting to the Tea and Damper is best approached from the spur to the west of Checkpoint 57 or via the Spur at Checkpoint 59

There is a deep trench between 57 and 32 that should be avoided

Checkpoint 107 is best attacked from the east above the cliff. Checkpoint 71 is best attacked from the top.

There is a downhill mountain bike track between 79 and 89, care should be taken if using it when traversing in that area.

TEA AND DAMPER: The Tea and Damper will operate from 11am to 10.30pm. 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 1230 to 130pm, 330pm and 430pm and between 830pm and 930pm

Sweep will go along the main road from the tea and damper, past Checkpoint 21, past Checkpoint 42 down to the knoll at Checkpoint 62.

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 repellant 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.

NOVICE SUGGESTED ROUTES:

81, 68, 57, 20 TnD, 32, 59, 85, 78, 34, 47, HH (510 points)

For more of a challenge you could add markers 56, 31, 80, 21, 36.

47, 34, 78, 85, 59, 32, 20 TnD, 57, 33, 35, 45, 46, 38, HH (540 points)

For more of a challenge you could add markers 21, 80, 31, 68, 81.

Remember note your time especially the half time mark when should be on return route.

NICE SPOTS:

- Lookouts at 80, 84, 70 and the Spur at 107 or Lookout top of Spur west of 57
- Gullies around 41, 45, 77, and don’t get lost in fern gully between 65 and 53.

You’re almost certain to hear parrots, bell birds and whip birds across the area, and there’s a good chance you’ll see and hear lyrebirds. Bandicoots and 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
20 TnD	Track junction, Tea and damper, Water drop
21	The gully
22	The watercourse SE of junction, near old bullock track
23	Waterdrop between tracks
24	Waterdrop between powerlines
30	The watercourse
31	A small spur, between 2 gullies, west of track
32	The gully
33	The watercourse
34	Gully
35	Head of gully
36	Watercourse above rock fall. Approach from top.
38	Watercourse 20m N of track
40	The watercourse
41	Top of watercourse below 4m rock drop
42	Beside old track, below rocky drop
43	The gully, a watercourse junction
44	The gully, middle gully
45	The watercourse, a windcave below 5m drop
46	The spur, centre of
47	Watercourse near a track
50	Man made feature, N of gully
51	The gully
52	The spur, a terrace
53	The gully below rock ledge
54	The gully, head of
55	The gully, a watercourse
56	The spur, centre of
57	Spur start of track
58	The watercourse junction
59	The spur
60	The gully
61	The gully
62	Head of the small gully, a shallow watercourse
63	The gully
64	The gully
65	The gully
66	Behind boulder 3m
67	The watercourse, south side, boulders
68	The spur, centre of
69	The gully, a watercourse junction
70	The spur, centre of, above cliff
71	The spur, centre of, above sterrace
72	The watercourse
73	The gully above drop
74	The gully
75	The gully
76	The watercourse, a watercourse junction
77	A small spur above junction of 2 small gullies
78	The Spur rocky, ground in gymea lilies
79	The gully, below drop
80	The knoll behind trig point on fence
81	The spur, centre of
82	The watercourse, a watercourse junction
83	The knoll
84	Fence at lookout on spur
85	The watercourse, a gully junction
89	The gully
92	The gully a junction
93	The spur, centre of
98	The gully
100	The watercourse
101	The gully, below rock fall
102	The gully, a watercourse junction
107	The spur, approach from top (east)
109	The spur, rocky outcrop towards end