



MORE TEA FOR THE POT

Spring Challenge 2026

17 October

FINAL INSTRUCTIONS

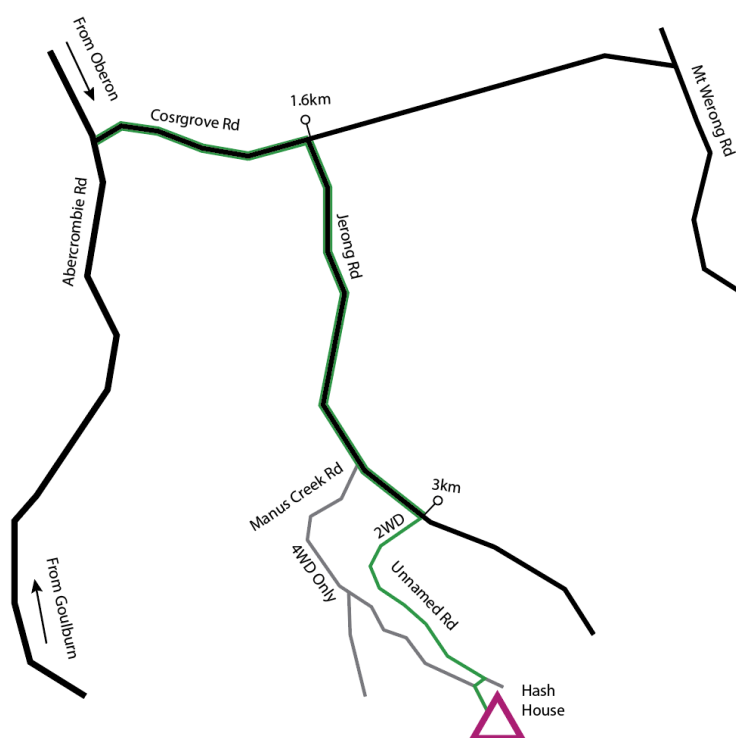
Thank you for entering the 2026 Spring Challenge. Team leaders, please ensure everyone on your team reads this document carefully.

Hash House	Pot O'Tea Creek, Gurnang State Forest, Gurnang, NSW
Google maps	https://maps.app.goo.gl/2AVUAC4Jco7i9EqX7
Lat/Lon	Latitude 34.06876°S / Longitude 149.85650°E
Elevation	1,130m
Phone	Satphone (event weekend only): 0416 218 861 (leave a message if unanswered)

Getting there

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

Please note: if you ask Google Maps to get you to "Pot O'tea Creek, Gurnang", it will route you via Manus Creek Road, which has some mud holes. If you're not in a 4WD vehicle, it is better to follow the route below, which is illustrated from the Abercrombie/Cosgrove Road junction.



Directions from Canberra (~200 km, 2h30m)

1. Make your way to the M23 and head to Goulburn
2. Merge onto Hume Hwy/M31
3. Take the first exit off the M31 to Goulburn
4. After 3.6km turn right onto Clinton St
5. After 200m turn left onto Bourke St
6. After 3.8km turn right onto Middle Arm Rd
7. After 200m turn left onto Taralga Rd
8. After 40.6km continue onto Orchard St
9. After 1.3km continue onto Taralga Rd
10. After 28.8km continue onto Abercrombie Rd
11. After 24.4km turn right onto Cosgrove Rd
12. After 1.6km turn right onto Jerrong Rd
13. After 3km turn right onto a minor forestry road (signed with "Rogaine")
14. Follow the signs and instructions from our volunteers to the car park or camp

Directions from Sydney South (~300 km, 3h30m)

15. Make your way to the M31 and head to Goulburn
16. Take the first exit off the M31 to Goulburn
17. Continue onto Sydney Rd for 3.4km
18. Turn right onto Union St
19. After 500m, Union St turns right and becomes Wilmot St
20. After 86m continue onto Chantry St
21. After 700m continue onto Tarlo St
22. After 450m continue onto Taralga Rd
23. After 40.6km continue onto Orchard St
24. After 1.3km continue onto Taralga Rd
25. After 28.8km continue onto Abercrombie Rd
26. After 24.4km turn right onto Cosgrove Rd
27. After 1.6km turn right onto Jerrong Rd
28. After 3km turn right onto a minor forestry road (signed with "Rogaine")
29. Follow the signs and instructions from our volunteers to the car park or camp

Directions from Sydney North (~250 km, 3h30m)

Note: Victoria Pass is still closed and you have to detour via the Darling Causeway and Chifley Road.

1. Make your way to the M4 and the Great Western Hwy/A32 and head to Blue Mtns
2. At Mt Victoria, turn right onto Station St
3. After 350m continue onto Darling Causeway
4. After 9.6km turn left onto Chifley Rd/B59
5. After 17.9km turn right onto Lithgow St/B59
6. After 81m turn left onto Main St/B59
7. After 1.6km turn left onto Great Western Hwy/A32
8. After 4.8km turn right onto Mckanes Falls Rd
9. After 7.4km slight right onto Jenolan Caves Rd
10. After 17.5km turn right onto Duckmaloi Rd
11. After 20.1km turn left onto Titania Rd
12. After 4.3km turn left onto Edith Rd
13. After 2.0km turn right onto Butterfactory Ln
14. After 2.5km continue onto Shooters Hill Rd
15. After 27.2km turn left onto Abercrombie Rd
16. After 6.5km turn left onto Cosgrove Rd
17. After 1.6km turn right onto Jerrong Rd
18. After 3km turn right onto a minor forestry road (signed with "Rogaine")
19. Follow the signs and instructions from our volunteers to the car park or camp

Parking and camping

The Hash House is accessible for normal 2WD vehicles. We do not recommend coming in a low-clearance 2WD vehicle.

Camping is available at the Hash House on Friday and Saturday nights, and we encourage everyone to stay Saturday night and enjoy the included breakfast on Sunday morning. Due to limited space, no cars are allowed in the tent camping area. It's a short walk (<50m) from your car to your tent. Camper trailers and campervans have specific locations. 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 no phone coverage around the Hash House. Some Telstra coverage is available on the higher parts of the course, but none in most valleys.

Pets, drones, generators and individual fires are not allowed. The organisers will provide a common fire at the Hash House and at the Tea & Toasties.

Program

Saturday 17 October

09:00 Registration opens, maps available and team changes.
10:30 Briefing for novice teams and newer participants.
11:50 Final compulsory briefing.
12:00 Mass start for both events.
13:00 Tea & Toasties opens.
17:00 Hash House opens.
18:00 Finish of 6-hour event. Dinner service begins.
18:30 Presentations for the 6-hour event.
23:00 Tea & Toasties closes.

Sunday 18 October

00:00 Finish of 12-hour event.
00:30 Presentations for the 12-hour event.
01:00 Hash House closes.
07:30 Breakfast served until 09:00.

Registration

Bring:

1. Your team number – available on the event website.
2. Indemnity form completed and signed by all team members.

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, so we can locate and assist you if needed. 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/what-is-rogaing/>

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 help you enjoy the event. We're here to help.



Start procedure

The pre-start briefing will be held at 11:50 for all competitors. Attendance is compulsory.

Your NavLight tags are pre-punched with a start punch, so competitors won't need to pre-punch.

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. Please bring all rubbish (including wet wipes) back to the HH. Bury all personal waste using your team's trowel.

Finish procedure

At the finish, all competitors must punch their NavLight tag at Admin with a **Finish** punch. We will calculate your finish time when the last team member punches their tag.

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. A team will receive a zero score if it arrives more than 30 minutes late.

Rules of Rogaining

There are a bunch of simple rules for the sport of rogaining, which you can read at

<https://rogaine.asn.au/documents/rules-and-standards/rules-of-rogaing-and-technical-regulations-2026>

Take particular note of Rule R7: *"Navigational Aids (a) The only navigational aids that may be carried on the course are magnetic compasses, time-keeping devices and the competition map. (b) The possession of any other navigational aids (e.g. pedometers, altimeters, any device providing positional information) on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course. (c) The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited."*

However, we will allow phones and other GPS-enabled devices for emergencies, tracking, and photography. They may not be used for any form of navigation, including pacing.

The map

The map is SRA3 (320x450mm), scale 1:25,000, with 10m contours, 5m form lines, and magnetic north lines, printed on waterproof, tear-resistant Teslin paper. The map has been created using the latest LiDAR survey data by NSW DFSI Spatial Services.

What to bring

The Hash House sits at 1,130m elevation, and the forecast is for cool weather, so bring enough to stay warm before, during and after the event.

- Indemnity form signed by all team members
- Pens, scissors, string (marked at 40mm), sticky tape for map work
- 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 or snake bite bandages (per team)
- Whistle (per person)
- Emergency blanket (per person)

Recommended

- 2-3 litre filled drink container
- Small backpack
- Compass
- Non-GPS watch
- Headlamp/torch
- Spare headlamp/torch batteries
- Pen/pencil
- **PLB**, if you have one
- Trowel (one per team) for toileting on the course
- Mobile phone (for photography and emergency use only - not for navigation)
- Gaiters or other leg coverings (for added protection from snakebite).
- Shoes with good grip and good foot protection
- Warm clothing and a 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 (rule R10) – and look out for other rogainers who may require help (rule R32).
- Stay hydrated – you should carry 2-3 litres with you. There are 2 water drops on the course, and water is available at the HH and T&T. Larger creeks will have water (treatment recommended)

- The course has a few cliffs. Use care at all times, particularly around cliffs, boulders, and logs.
- If an injury or sickness occurs, stay together as a team. If able, head to 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.
- Each team member must carry a whistle. A series of short whistle blasts is the distress signal, and anyone who hears it must render assistance (rule R32). 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 where in their bag any medication is kept (such as sugar, Ventolin, EpiPen, antihistamines, etc.).

Emergencies

The Hash House phone number is printed on the map. There is no phone coverage around the Hash House, marginal Telstra coverage on the higher 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.emergencyplus.com.au/>



Course, Terrain & Weather

The course is set in $\frac{1}{3}$ mature pine forest that provides easy walking between the pine trees but limited visibility, and $\frac{2}{3}$ native forest that has not been affected by bushfire, so it also provides a mostly open understorey that is easy to walk through and offers good visibility.

Flowing creeks run through the course north to south. While dry-foot crossing points are usually easy to find, depending on your route choice, competitiveness, and recent rainfall, you may need to be prepared for wet feet during the event.

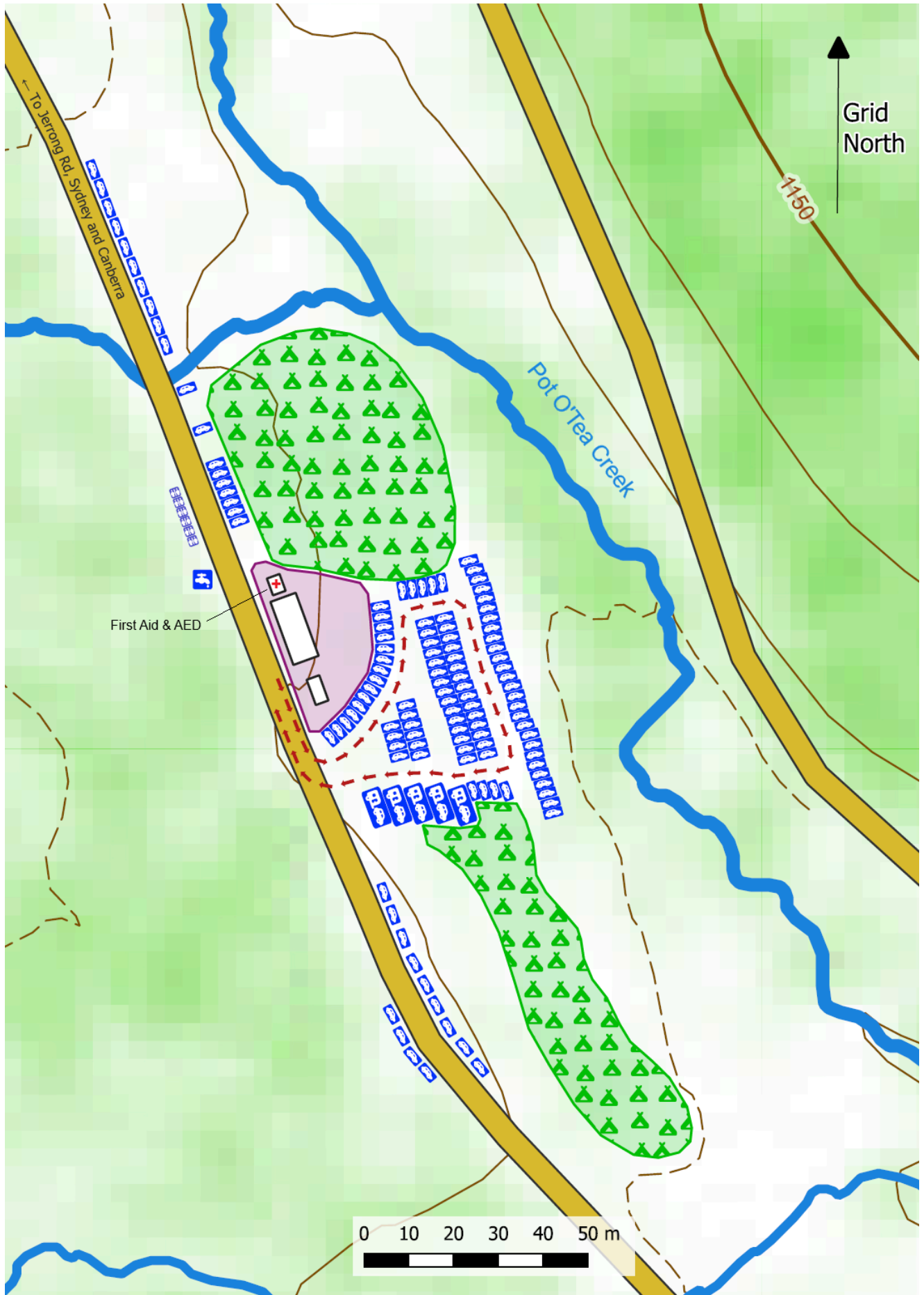
Temperature during the event is forecast to be 8-13°C with a shower or two, so bring appropriate clothing.

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

Robin Cameron (Volunteer Coordinator)
volunteer@nswrogaining.org



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 is to be completed by a responsible adult where the participant is under 18 years of age. If more than one responsible adult is 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