

NSW ROGAINING

Lane Cove Rivergaine IV

3 April 2022



In case of emergency call 000

Injured, lost or overdue teams call or text location and team numbers to the numbers below.

Hash House phone
0435 030 201
0419 663 539

Co-ordinator: Ted Woodley
 Administrator: Vivien de Remy de Courcelles
 Course setter: Ted Woodley, Hamish Mackie
 Vetter: Etienne Gautier, Nicole Mealing, Andrew Brown, John Havranek, Gareth Denyer, Thomas Bloomfield
 Mapping: Hamish Mackie
 Helpers: Katherine Cameron, Gill Fowler, Lindsay Young, Judy Young, Coleen Mock, Colin Mock, Sharon Lambert, Peter Hopper, Amanda Mackie, Nikolay Nikolaev, Su Li Sin, Brent Roylance, Steve Young, Julian Ledger
 Catering: 1st North Sydney Scouts

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Control	Description
20	Sub Base Platypus S walkway entrance
21	Wendy's garden, giant fig tree
22	Track bend, railing
23	Seat
24	Lilly Pilly Falls
30	Path, S Fence, W end
31	Track junction
32	Sydney Redgum, E track
33	Small boat storage
40	S seat
41	Seat (stone shelter)
42	N seat
43	Slippery Dip
44	Giant Fig Tree (near playground)
45	Road end, seat
46	S seat
47	Power pole
50	Lady Gowrie Lookout (next to ScoMo's digs)
51	Table SW of track junction
52	Waterfall foot, approach from N
53	Toilet roof
54	Road end
55	Shipwreck, tree 5m NE
56	Track junction
57	Pathway
58	Chair with footrest
60	Coal loader tunnel, S entrance
61	Coronation Viewpoint
62	Bridge lower
63	Ramp E side, foot
70	Henry Lawson Cave
71	Henry Lawson Steps, top
72	Signpost just S of elephant hedge
73	Berry Pyramid Tomb, Sign E side
74	W Track
90	Hayes St Beach, fence, N end
91	Horde monument, Row 56
92	Toilets, stairs foot
93	Sign
100	Fence, under bridge
101	Lookout post, mid level
102	Lookout (lower)
103	Lookout
104	Sign, "Anchoring Prohibited"
105	Wharf
106	Seat
120	Waverton Station Entrance, 12-1pm & 2-3pm only

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 most 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 47 Controls, totalling 2,740 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. There are no water drops.

Course Notes

- Only cross the Pacific Highway at pedestrian crossings (marked with a "walker" symbol).
- Only travel on foot - no cars, bikes, boats, planes, taxis, buses, trains etc.
- No use of GPS devices to aid navigation.
- Do not enter private property or restricted/ no-go areas marked on the map.
- **Within bush areas (dark green on map) you MUST stay on established tracks.**

Bonus Points

- Control 120 is only available for punching during two one-hour periods, from 12 noon to 1 pm and from 2pm to 3pm
- All controls punched between 1:00pm and 2:00pm score double.
- If you punch all seven 100-point controls (i.e. 100 to 106) you will be awarded an extra 100 points.

Safety Issues

- Take extreme care when crossing roads - some are very busy. Use footpaths, traffic lights and pedestrian crossings wherever possible (marked with the "walker" symbol).
- 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!

Novice Route Ideas

14 km South East loop, 16 Controls, 980 pts (excl bonus points):
Start, 41, 40, 90, 46, 20, 50, 100, 21, 101, 55, 71, 102, 60, 120 (2-3pm), 44, 45, Finish

24 km Harbour foreshore, 32 Controls, 1920 pts (excl bonus points):
Start, 41, 40, 90, 20, 50, 100, 21, 101, 55, 71, 120 (12-1pm), 102, 60, 32, 103, 22, 56, 104, 72, 23, 33, 57, 91, 62,

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.
 - even if you can’t see a flashing light, the Tag should register.
 - 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.