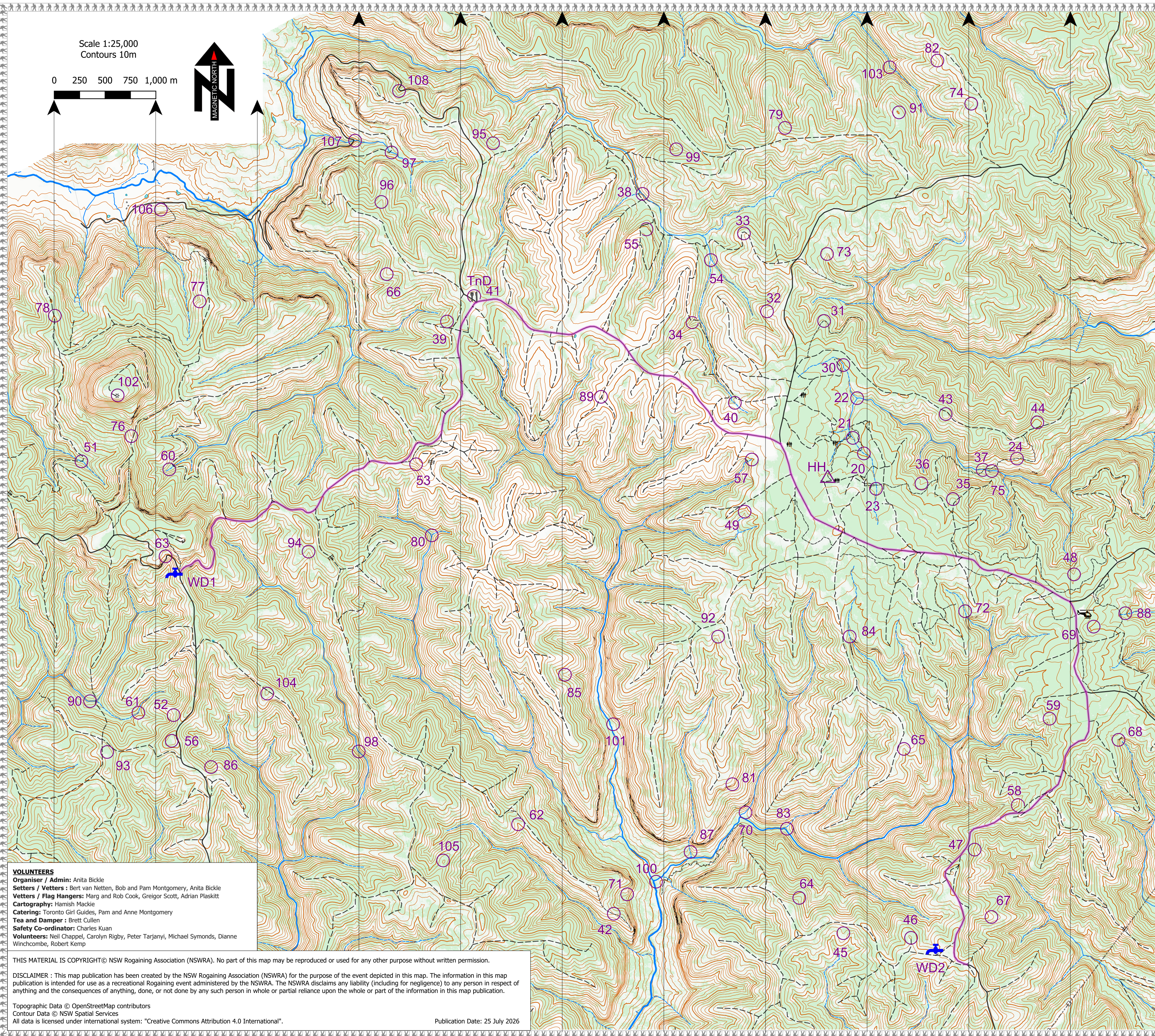




Scale 1:25,000  
Contours 10m

0 250 500 750 1,000 m



# NSW ROGAINING

## 35th ANNUAL LAKE MACQUARIE ROGAINE

incorporating the

### NSW 24hr Rogaining Championship

Watagan Mountains  
25th July 2026



**Celebrating the year of  
250 rogaines in NSW**

**IN CASE OF EMERGENCY  
CALL 000**

Injured, lost or overdue?  
Phone or text location to HH phone  
numbers below.

Hash House: 0434 36 94 93  
Safety patrol: 0416 218 861

**VOLUNTEERS**  
**Organiser / Admin:** Anita Bickle  
**Setters / Vettors:** Bert van Netten, Bob and Pam Montgomery, Anita Bickle  
**Vettors / Flag Hangers:** Marg and Rob Cook, Greigor Scott, Adrian Plaskitt  
**Cartography:** Hamish Mackie  
**Catering:** Toronto Girl Guides, Pam and Anne Montgomery  
**Tea and Damper:** Brett Cullen  
**Safety Co-ordinator:** Charles Kuan  
**Volunteers:** Neil Chappel, Carolyn Rigby, Peter Tarjanyi, Michael Symonds, Dianne Wincombe, Robert Kemp

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Publication Date: 25 July 2026

#### LEGEND

##### Event symbols

- △ Hash House
- Control
- ☼ Tea and Damper
- 🚰 WaterDrop
- ☼ Lookout
- 🚽 Toilets
- 🚪 Gate
- 🚁 Helicopter landing site

##### Contours

- 10m contour
- Index contour

##### Line features

- Service road
- Track
- Path
- Powerline
- Fence
- Safety patrol route

##### Watercourses

- Seasonal watercourse
- Minor watercourse
- Medium watercourse
- Major watercourse

##### Area features

- Water
- Buildings



Annual Lake Macquarie Rogaine incorporating NSW Champs

25th July 2026

Course setter's notes

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

TIMING - Event starts  
For 6 hour the start is at 11am and finishes at 5pm.  
For 15 in 24 hr and the 24 hour the start is at midday Saturday and finishes midday on Sunday. 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 on the course. Especially additional tracks around the Hash House and camping areas. Additional tracks around 40. The tracks near the cleared and regrowth sections are no longer accurate. 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. There are additional loops and bends in major watercourses that are not shown.

Not all areas of thick vegetation are marked on the map. There are sections of thick regrowth and sections of recently cleared, that are marked on map with lighter colouring. We have tried to avoid both these areas.

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 numerical code on the punch or flag.

BONUS POINTS  
Collect all three controls 42, 51 and 79 to receive a bonus 250 points

- WATER  
Water is available at the following locations:
- Hash House
  - The Tea and Damper.
  - WD1 – Behind Road sign Cooranbong / Kulnura 25km
  - WD2 - At the track junction

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. Controls have been placed away from cliff edges. Gullies and watercourses can be slippery, especially if there are moss covered rocks.

CONTROLS - ADDITIONAL INFORMATION  
- Checkpoint 75 is best accessed from the east and you can not go straight from 37 to 75. There is an unmarked track that loops around NE of the watercourse, south of 24 that leads to it. Refer to large admin map.

- Control 98 is best accessed from the East. The western side was thick and had lawyer vine. Going south to the 2nd spur is easier to climb out of.

- Control 102 is on the fence. There are stinging trees and native raspberries all around the crown of the knoll.

- A lot of 4wd traverse the section of road from 33, 38, 95 and 108.  
South of 53 has some thick lawyer vine but the spur north of 80 is clear.

- Cross country between 78 and 77 is thick lantana and raspberry bushes, recommend staying on track.

- Control 33 is the spur on the southern side of the track.

TEA AND DAMPER  
The Tea and Damper will operate from 11:30am Saturday to 12pm Sunday. 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, dial 000 or phone the hash house on 0434 36 94 93 or satellite phone 0416 218 861.

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 1:30pm, 3:30pm and 4:30pm and between 8:30pm and 9:30pm Saturday. And on Sunday 8:30am to 9:30am.

Sweep will go along the main road from WD1, past Tea and Damper, past Olney headquarters to WD2.

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. Do a safety bearing North or South to the main road that bisects the map.

NOVICE SUGGESTED ROUTE:  
Shorter Loop; 23, 36, 37, 24, 44, 43, 31, 30, 22, 21, 20, HH (300 Points) optional add 35 and 75

For more of a challenge you could add markers to west of HH. 32, 73, 33, 54, 34, 40, 57 and 49

Larger Loop; 49, 57,40, 34, 89, 41, 39, 95, 38, 55, 54, 33, 73, 32, 31, 30, 22, 21, 20 (780 Points)

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

- NICE SPOTS
- The watercourse track 20, 21, 22
  - The windcave at 75
  - The water courses at 83, 100, 101,
  - The Spur at 82 down to 103
  - Convict Bridge at 107

You're almost certain to hear lyre birds and whip birds across the area, and there's a good chance you'll see and hear bower birds and black cockatoos. Goannas, bandicoots and plenty of wombats have been seen.

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      | The watercourse below 2m waterfall                                                                        |
| 21      | Rocky crossing 30 m above track and waterfalls junction                                                   |
| 22      | The watercourse junction                                                                                  |
| 23      | The watercourse 20 m above pond                                                                           |
| 24      | Track, boulder field                                                                                      |
| 30      | The watercourse, a very large mossy stump                                                                 |
| 31      | The spur, south side of track bend                                                                        |
| 32      | The spur old logging track                                                                                |
| 33      | The spur                                                                                                  |
| 34      | The gully, a watercourse                                                                                  |
| 35      | The spur                                                                                                  |
| 36      | A gully junction                                                                                          |
| 37      | The watercourse & track junction, above waterfall                                                         |
| 38      | The watercourse, 50m from the junction                                                                    |
| 39      | The gully                                                                                                 |
| 40      | The watercourse, south of track watercourse junction                                                      |
| 41      | Tea and Damper                                                                                            |
| 42      | A saddle                                                                                                  |
| 43      | The knoll                                                                                                 |
| 44      | The spur 10m east of clearing                                                                             |
| 45      | The spur                                                                                                  |
| 46      | The small knoll                                                                                           |
| 47      | The shallow gully                                                                                         |
| 48      | The watercourse above cascade waterfall                                                                   |
| 49      | The gully, between waterfalls                                                                             |
| 51      | The watercourse, 10m from track & watercourse junction                                                    |
| 52      | The gully                                                                                                 |
| 53      | Below cliff on top of a shallow gully                                                                     |
| 54      | The watercourse junction                                                                                  |
| 55      | The spur, NE side, top of 3m cliff                                                                        |
| 56      | The knoll                                                                                                 |
| 57      | The gully above 20m waterfall                                                                             |
| 58      | The middle gully                                                                                          |
| 59      | The watercourse above water fall drop                                                                     |
| 60      | The watercourse                                                                                           |
| 61      | The watercourse & gully junction                                                                          |
| 62      | The gully                                                                                                 |
| 63      | A watercourse below 10m waterfall 20m from road                                                           |
| 64      | The spur                                                                                                  |
| 65      | Start of gully                                                                                            |
| 66      | The spur                                                                                                  |
| 67      | The spur                                                                                                  |
| 68      | The watercourse above 30m waterfall                                                                       |
| 69      | The gully junction a watercourse                                                                          |
| 70      | The watercourse                                                                                           |
| 71      | The spur beside broken cliff line                                                                         |
| 72      | The watercourse above waterfall                                                                           |
| 73      | The watercourse, 20m above 20m waterfall                                                                  |
| 74      | The gully                                                                                                 |
| 75      | The watercourse beside wind cave, below 10 m waterfall. Approach from northern track via roped rock chute |
| 76      | Nose of the spur above rocks                                                                              |
| 77      | The gully between rocks                                                                                   |
| 78      | Old dam                                                                                                   |
| 79      | The small gully                                                                                           |
| 80      | The watercourse junction                                                                                  |
| 81      | The spur, on top of broken cliff                                                                          |
| 82      | The gully                                                                                                 |
| 83      | End of spur Rocky outcrop above wc junction                                                               |
| 84      | Terraced waterfall, 10m from top above 20m drop                                                           |
| 85      | A watercourse junction                                                                                    |
| 86      | The Gully, eastern                                                                                        |
| 87      | The watercourse, 40m from wc junction                                                                     |
| 88      | Beside watercourse 10m back from 20m drop waterfall                                                       |
| 89      | The track junction                                                                                        |
| 90      | The watercourse, 70m from watercourse & track junction                                                    |
| 91      | The small knoll                                                                                           |
| 92      | The gully above 2m rock drop                                                                              |
| 93      | A knoll                                                                                                   |
| 94      | The gully                                                                                                 |
| 95      | The gully                                                                                                 |
| 96      | The spur                                                                                                  |
| 97      | The watercourse, east of track junction                                                                   |
| 98      | The watercourse                                                                                           |
| 99      | The gully, top of small canyon                                                                            |
| 100     | The watercourse junction                                                                                  |
| 101     | A side gully 10m from main watercourse                                                                    |
| 102     | The tower                                                                                                 |
| 103     | A watercourse junction                                                                                    |
| 104     | The knoll, clearing top, after fallen tree                                                                |
| 105     | Knoll                                                                                                     |
| 106     | Rest stop / camp area clearing Great North Walk                                                           |
| 107     | The watercourse east side of watercourse track junction                                                   |
| 108     | The gully                                                                                                 |
| TnD     | Tea and damper                                                                                            |
| HH      | Hash House                                                                                                |
| WD1     | Northern Water Drop - Behind Road Sign Cooranbong / Kulnura 25km                                          |
| WD2     | Southern Water Drop - At Track Junction                                                                   |