

What is Rogaining?

Rogaining is the sport of long distance cross country navigation, in which teams of 2 to 5 people visit as many checkpoints as they wish in a set time period. The traditional rogaïne is 24 hours in duration; however, there are shorter events of 6 hours, such as the Paddy Pallin event, and others of 12 hours or 15 hours out of a 24 hour period. Most NSW events are held within 2 to 3 hours travelling time from the Sydney CBD.

Most rogaines are held on foot and in attractive bush and farmland locations. Some events are held in metropolitan areas ("metrogaines") or on bikes ("cyclegaines"). Rogaining is a challenging adventure sport and is a lot of fun.

Who is it for?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started..

The parts of the course you visit are entirely up to you and your fellow team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the 'hash house' at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover up to 50km in a 12 hour event and even more in an event of 24 hours duration. The distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen and navigating back to the finish within the time limit.

What do you need?

Rogaining is good value for money; all you need is basic bushwalking gear including a compass, whistle, pencil, water bottle and comfortable and warm clothes and shoes, a waterproof jacket and a team first aid kit. On events involving an overnight period, you may also wish to bring along camping gear and camp overnight at the 'hash house'.



New South Wales
Rogaining Association



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THE 43RD

Paddy Pallin

6HR WINTER ROGAINE

SUNDAY 18TH JUNE 2006

