# 45th Paddy Pallin Rogaine
# NEWNES FOREST
# Pines Pagodas and Punishment
# Sunday 15th June 2008

# Event Instructions

Congratulations on entering this event! For those of you that have competed at Newnes Forest before, do we have some surprises for you. For those that are new to the Plateau, we have some surprises for you too.
.

## Where:

The event is situated in the Blue Mountains on the Newnes Plateau (not Newnes Township) with our hash house based next to the dams at the Old Forestation Camp.  It's an area at around 1000 metres altitude with a mix of native forest and pine plantations.  There is an extensive track network for novice teams whilst the wilder parts of the course should keep the strongest teams occupied.

Allow for a good 2.5 – 3 hour drive from Sydney to the hash house.

## From Richmond:

From Sydney, go to Windsor and Richmond and follow the Bells Line of Road across the Blue Mountains.  Pass through the settlement at Bell and after 8 kilometres turn right at the **Zig Zag Railway** turn off, turn right again immediately, follow the dirt road across the railway line (give way).  Zero your tripmeter here.  **Drive carefully on the dirt road which is often slippery**.  At the 4.3km mark bear right at an intersection.  Turn right at the T junction with Glowworm Tunnel Road (8.7km).  Pass by the Nine Mile Pine Plantation / Bungleboori picnic area on your right (11.0km). Watch out for dirt bikes and pedestrians.  At 14.0 km. pass through the cross intersection with Waratah Ridge Road, and prepare to turn left at 14.2km onto Camp Road.  Follow Camp Road till you arrive at the Hash House (17.6km).

If you take the M4 Motorway / Great Western Highway from Sydney, travel to Mount Victoria and turn right at the lights, and left at the T junction in Bell to get to the Zig Zag Railway.  Alternatively, follow the Great Western Highway into Lithgow.

## From Lithgow:

Turn off the Great Western Highway and follow the Bells Line of Road route.  Zero the trip meter at the traffic signals where you need to turn right.  Turn left at the traffic signals at 0.1km.  Turn left at the signals next to the Court House (0.9km) and first right over the railway bridge into Inch Street (1.1km).  Turn left onto Atkinson Street (2.3km).  This then winds out of town crossing a rail line at 3.0km.  The road becomes the dirt Glowworm Tunnel Road.  The route described from Sydney joins from the right at

8.9km.  Watch out for the Nine Mile/ Bungleboori Picnic area on the right and then follow directions as above.

Camping will be in the cleared grassed areas near the Admin tents (which are beside the dam).  For day parking follow the signs and or parking marshalls.  Space is limited so please park smart.

## Nearby Accommodation:
There are various accommodation options available across the Blue Mountains and in Lithgow (which tends to have better availability on Saturday night).

If driving up on Saturday via the Bells Line of Road, why not pull over and buy some fruit from the growers – they'll likely be closed by the time you return Sunday.

## Timetable
Participants can camp on Saturday night and Sunday night at no charge, and are encouraged to make use of this opportunity. Saturday night meals will be available from the Hash House for those who pre-ordered.

### Saturday

| 6.00pm – 10.00pm | Registration |
|---|---|
| 7.00pm | Dinner |

### Sunday

| 6.30am – 9.00am | Registration |
|---|---|
| 7.00am | Maps available |
| 8.30am | Novice's briefing |
| 8.45am | General briefing |
| 9.00am | EVENT STARTS |
| 3.00pm | EVENT ENDS |
| 3.30pm | Declared LATE |
| 3.15pm | Lucky Door Prizes |
| 3.30pm | Presentations |

The Hash House will be serving lunch from between approximately 2:30pm and 4:00pm on Sunday for all participants.

## The Course
The course is mostly open eucalypt forest on public land. There is also an area of radiata pine plantation and patches of cleared country.  Visibility in the bush is good and the travel is generally fast, but there is some scrub and leg covering is recommended.  The course is on the Great Dividing Range, with elevation up to 1200 metres.  Conditions could be very cold and windy, so come prepared.  Local relief ranges up to 400 metres in the more remote parts of the course, with some very steep country.

Cold weather should be expected:

| **June mean maximum temperature 11.1 °C** |
|---|
| **June mean minimum temperature 1.8 °C** |

## Safety and Rules
All participants must carry:
- An emergency whistle
- A safety blanket
- A crepe bandage 1 m in length or longer
- Warm clothing and a waterproof jacket for wind and rain

- Compass
- Provided map, course notes, control card, navlight tag and control descriptions

We suggest you also carry:

- Water – 2 to 3 litres per person
- Food for the day
- First aid kit,
- A mobile phone
- A time keeping device – eg a watch, a mobile phone, a sun dial (we've ordered a bright sunny day with an appropriately chilly morning) or perhaps a generous team member with a watch (who doesn't mind being asked the time repeatedly)

## What to Bring:

**At the campsite:**

- Completed Disclaimer / Waiver
- Pens, highlighters, contact etc for marking up maps (and dreaming up works of fiction)
- Maps will already have a plastic film coating, however if you like you can also bring a map case or plastic contact adhesive.
- Warm clothes
- Camping gear
- Change of clothes
- Water to be self-sufficient before, during and after the event (suggest 10 litres per person)
- Cutlery, mug, dessert and dinner plate
- Dinner for Saturday night if you haven't pre-ordered
- Sunday breakfast
- More Warm clothes

**On the course:**

- Sensible shoes and clothing, wet weather gear and warm clothing.
- Gaiters and long pants are advised.
- Compass, watch, pen / pencil and a whistle.
- Water bottle - 2 litres per person recommended.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), a thermal blanket and waterproof matches.
- Food to keep you going while out on the course.
- Sunscreen + sun-hat/beanie

## Important Rules to Remember:

- Team members must be within earshot of each other at all times. No splitting up.
- All team members shall simultaneously approach to within 5 metres of each checkpoint for which points are claimed.
- Teams must not rest within one hundred metres of a checkpoint.
- The use of any other navigational aids other than the provided map, a magnetic compass, and a watch, is prohibited.
- Teams finishing early must return their control card to the Admin. A team can retire a member at the Hash House, finishing that team's event. A new team can form but they start with zero score.
- Late finish penalty is severe, 10 points per minute or part thereof. More than 30 minutes and your team records no score and is recorded as LATE.

**For complete set of rules see the enclosed sheet.**

# Registration

## Prior to the event

Complete the indemnity form found at the end of this document and check the team list on the website to find out your team number.

# At the Event

Registration is open from 6:00 pm to 10:00 pm on Saturday evening, and again from 6.30 am on Sunday morning. Maps will only be available from 7.00 am Sunday morning.
Bring your completed and signed indemnity form.
In return your team will be issued with:
a) A NavLight tag and wristband
b) A control card
c) A token for the maps
d) Meal tickets for those who pre-ordered Saturday night dinner
Any outstanding moneys or team changes will need to be fixed up at this point.

# Maps

The maps will be available from 7:00am on Sunday morning at the Admin Tent. In exchange for the teams map token you will be given maps, control descriptions, course notes and an intention sheet.
**Return your completed route intention sheet to admin before the start of the event.**
**A 100 point penalty applies to teams who fail to submit this sheet before the event starts.**

# The Start

At the Final Briefing, commencing at 8:45am, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "start" punch.
**You must have your tag punched with a "start" punch before you go out on the course.**

# The Finish

The event finishes at 3.00 pm, ON THE DOT! Late teams will be penalised 10 points for every minute, or part thereof, after the finishing hooter sounds. After 30 minutes, you'll be declared "Late" and lose all your points.

**Please don't be late, because you will stress the organisers and delay the finish of the day for everyone.**

When you return to the Hash House, your whole team must return through the "Marshalling Area". Your tag will be punched with a "Finish" punch. Then hand in both your control card and tag and clear the marshalling area and admin tent. They will be busy processing your scores.
An individual "Score Sheet" can be printed for your team at a separate computer point.

# Calculating your score

Each control is given a value according to the difficulty of reaching it and perhaps finding it and also its scenic beauty. The value of controls on this course ranges from 10 points to 100 points, in increments of 10. The value in lots of ten is indicated by the control number – thus control 23 is worth 20, control 57 is worth 50, and so on.

# Event Sponsors:

We thank PADDY PALLIN for their support of this event.

# For Further Information:

• If you have any general questions contact the
**Event Coordinator, Nicole Sellin** on 9484 4403
(7pm -9pm) or email nicole@thrumarchitects.com.au

• If you have any team changes we prefer you
make them before the day by contacting the
**Event Administrator, Ian Almond** via email
almondir@tpgi.com.au

# Use of NavLight

## Scoring

This event will use both NavLight electronic punching and traditional control cards. The NavLight tag will be the primary scoring device. Traditional control cards will only be used as a backup if there is a problem with the NavLight system.

NavLight has two main components, the punches and the tags. The tag is strapped to the wrist of one of your team. A punch hangs from a cord at each control.



A Punch…….                                                  A punch and a tag……..

When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

As well as the control punches, there are a number of "Status" punches located in the Administration area that are used to record your departures and arrivals from the hash house.

## Fitting the wristbands & testing.

The wristbands are made from a rugged vinyl material and cannot be removed from the wrist without breaking them. Wear them quite loosely; you should be able to fit two fingers comfortably between the band and your wrist. Over a long period, a tight strap will cause irritation.

Thread the band through your Tag, wrap it around your wrist, then close the clasp through one of the holes in the strap. There is a loose end which you can pull off carefully.



A "Test" punch will be hanging beside a flag near Admin. You can use this to try your tag and see how the system works. It has no effect on your score.

# A Brief History of the Paddy Pallin Event

(Reproduced and adapted in part from Peter Tuft's history of the event written for The Australian Orienteer in 1986).

The Paddy Pallin Orienteering Contest was first held in 1964. Occasional orienteering-type events had been held in Australia before this date, but Paddy's event is almost certainly the longest established event that bore the name 'orienteering' in this country. The first event was held in the Euroka area, in the lower Blue Mountains. Paddy's aim for the event was to provide a means for improving the navigational skills of bushwalkers, many of whom were more interested in enjoying the bush than in accurate navigation. However, a lack of interest in navigation can lead to varying degrees of inconvenience, not least to the search parties who may be called out in extreme cases. Hence when Paddy read of the Scandinavian sport of Orienteering he decided that it was just what was needed in Australia.

Not having any detailed information on the way the sport was run overseas, Paddy invented the rules to suit the conditions. They evolved over the years as experience was gained and feedback was received from competitors. The first event was a cross-country event, similar in principle to the standard form of orienteering today. However difficulties with teams following each other led first to a type of event in which all controls had to be visited, but the order was not fixed, and then to a fixed duration score event.

The Paddy's Orienteering event was not associated with organised orienteering in NSW, but was run privately by Paddy and his family and friends. While this meant it did not achieve a prominent place in the orienteering calendar of the day, it did continue to attract bushwalkers and rogainers, many of whom did not perceive it as yet another elite event for fanatical runners (as orienteers can sometimes be seen in those circles).

For the first 15 years or so the format of the annual event did not change significantly. It was a 3-hour score event with about 20 or so controls. Competitors used to be assigned individual start times, but eventually a mass start was found to be just as satisfactory, and certainly simplified the administration. Originally there were only two entry classes: open (mostly men) and mixed. The map was always one of the standard topographic series. In the early days old army maps at a scale of one inch to the mile (l:63,360) were used. This had the potential to cause some difficulty for less experienced orienteers who may have had trouble adapting to the relative lack of detail. However, it was also a valuable experience in fine navigation in the real world, as opposed to the somewhat artificial level of detail on orienteering maps. While the format changed little over the years, the style of the course was eventually brought into line with modern orienteering and rogaining practice.

Right up into his mid-eighties, Paddy was active in setting out controls. The main organisation was done by Paddy's son Robert, with help from his wife Nancy, and various friends who volunteered from time to time.

**Chronology of Paddy's Orienteering events:**

| | | |
|---|---|---|
| 1st | 1964 | Euroka |
| 2nd | 1965 | Euroka |
| 3rd | 1966 | Euroka |
| 4th | 1967 | Euroka |
| 5th | 1968 | Long Angle Gully |
| 6th | 1969 | St Albans |
| 7th | 1970 | Mellong |
| 8th | 1971 | Wheeny Creek |
| 9th | 1972 | New Yards |
| 10th | 1973 | New Yards |
| 11th | 1974 | Lawson Ridge |
| 12th | 1975 | Lawson Ridge |
| 13th | 1976 | Grose Road, Faulconbridge Ridge |
| 14th | 1977 | Mt Hay Road, North Katoomba |
| 15th | 1978 | Chapman Road, Faulconbridge |
| 16th | 1979 | North Katoomba |
| 17th | 1980 | Linden Ridge |
| 18th | 1981 | Colo Heights, west of Putty Road |
| 19th | 1982 | Colo Heights, east of Putty Road |
| 20th | 1983 | Culoul Range/Tari Creek |
| 21st | 1984 | Colo Heights, east of Putty Road |
| 22nd | 1985 | Mellong Swamps |
| 23rd | 1986 | Mellong, Putty Road |
| 24th | 1987 | Howes Valley, Putty Road |

**The last 20 years of 'Paddy Pallin' events organised by NSW Rogaining :**

| | | |
|---|---|---|
| 25th | 1988 | Putty Road |
| 26th | 1989 | Wingello |
| 27th | 1990 | Tianjara |
| 28th | 1991 | Euroka Clearing |
| 29th | 1992 | Mangrove Mountain |
| 30th | 1993 | Cataract |
| 31st | 1994 | Hampton State Forest |
| 32nd | 1995 | Bilpin |
| 33rd | 1996 | Patonga |
| 34th | 1997 | Bargo |
| 35th | 1998 | Fortress Ridge |
| 36th | 1999 | Coolendel |
| 37th | 2000 | Capertee |
| 38th | 2001 | Ben Bullen |
| 39th | 2002 | Newnes |
| 40th | 2003 | Propran NP |
| 41st | 2004 | Upper Colo |
| 42nd | 2005 | Newnes Plateau |
| 43rd | 2006 | Wingello State Forest |
| 44th | 2007 | Rydal |

(This list to 1985 was reconstructed from memory during discussion between Paddy and Robert Pallin, with Peter Tuft, so there is a little uncertainty about some of the locations).

The NSW Rogaining Association took over responsibility for the event for the 25th event in 1988. It was decided then that it be called the 'Paddy Pallin Rogaine', even though it was only a 6 hour event, due to its status as one of the longest running cross-country navigational events. The event as a rogaine has continued to flourish and grow into the success it is today, due in part to its accessibility to novice participants, something that remains true to Paddy's original intent.

# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

# DISCLAIMER / WAIVER

Event : _____  Team No.: _____  Car Rego.: _____

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 Association 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 Association 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 New South Wales Rogaining Association, 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 or whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association 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 Association, 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 to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult 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 Association for any injury or loss arising from the abovenamed 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: Jan. 2004

# Australian Rogaining Association Technical Regulations

**Competition Rules:**

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

**Definitions**

"The course" means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated by the organisers for non-competition use, for example for parking or camping. "Event site" includes the course and any administration, access and non-competition areas.

**Entries**

R1. A team shall consist of two, three, four or five members.

R2. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.

R3. Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.

R4. No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

**Respect for Land and Property**

R5. Competitors shall respect public and private property.
   (a) Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers.
   (b) Competitors shall keep a reasonable distance from dwellings and stock with young.
   (c) Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
   (d) Competitors shall not discard litter.
   (e) Competitors shall not light fires at the event site.
   (f) Competitors shall not smoke on the course.
   (g) Competitors shall not unduly damage or disturb native flora or fauna.
   (h) Dogs and weapons of any kind, including firearms, are prohibited at the event site.

**Conduct of Competitors**

R6. Competitors shall not enter the course until the official start is signalled.

R7. The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.

R8. The use of computers for course planning is prohibited.

R9. Competitors shall travel only on foot.

R10. Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.

R11. A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.

R12. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.

R13. No food nor equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.

R14. Each competitor shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

**Checkpoints**

R15. All team members shall simultaneously approach to within 5 metres of each checkpoint for which points are claimed.

R16. In order to gain points for a checkpoint teams must punch the scorecard provided by the organisers in the correct square with the punch at the checkpoint marker. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.

R17. Teams shall fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.

R18. If a scorecard is lost, a team may present in its place a record of punch marks on any single sheet. The organisers will accept this single sheet from the team provided that the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.

R19. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.

R20. Competitors shall not adversely interfere with a checkpoint, water drop, any other facility placed upon the course by the organisers, or the equipment of any other team.

**Administration Areas**

R21. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.

R22. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.

R23. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

**Penalties and Protests**

R24. The penalty for breaching these rules is disqualification except for rules R16, R17 and R18 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as **DSQ**.

R25. A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as **W/D**.

R26. Within forty-five minutes of the nominated finish time, a team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.

**Scoring**

R27. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as **LATE**.

R28. A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.

R29. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:
   a) If the punch is missing or damaged but the team has a correct record on the intention sheet.
   b) If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.
   c) If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
   d) For a correctly recorded visit to a misplaced checkpoint.

**General**

R30. Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help.

# 1ˢᵗ Waitara Scouts
# Paddy Pallin
# Dinner Menu

**Saturday Dinner:**

**Served between 1900 and 2130**

> **Minestrone Soup**
> **Beef in Red Wine & Guinness**
> **Lamb Korma**
> **Vegetarian Rogan Josh**
> **Vegetarian Pasta Sauce**
> **Rice and Choice of Vegetables**
> **Apple Pie and Custard**
> **Fruit Cake and Custard**
> **Tea, Coffee and Cordial**


# 1ˢᵗ Waitara Scouts
# Paddy Pallin
# Sunday Menu

**Sunday Lunch**: **Served between 1400 and 1600**

> **Roast Sweet Potato & Pumpkin Soup**
> **Minestrone Soup**
> **Vegetarian Pasta Sauce**
> **Sausage Sandwiches**
> **Veggie Burgers**
> **Grated Cheese & Salad Selection**
> **Cakes, Fruit Cake & Biscuits**
> **Fruit**
> **Tea, Coffee and Cordial**