



INTERNATIONAL ROGAINING FEDERATION Inc.

A0040409P

Newsletter No. 111

Box 3, Central Park, 3145 Australia

www.rogaining.com

December 2005

IRF Team

President: Neil Phillips
World Rogaining Championships Manager: Peter Taylor
Promotions and Development: Brad Hunt
Secretary/Treasurer: Rod Phillips
Technical Manager: Gordon Birch

Czech Republic: Jaroslav Vavra, Miroslav Seidl
Finland: Iiro Kakko
New Zealand: Pete Squires
Canada: Alan Stradeski
United States of America: Eric Smith, Clinton Morse, Bob Reddick
Australia: Rod Phillips, Gordon Birch, John Berwick, Neil Phillips, Peter Taylor
Founders Representative: Bob Reddick

Observer status

Estonia: Andres Käär
Ireland: Sean Hassett
Latvia: Guntars Mankus
New Zealand: Michael Wood
Sweden: Lars-Åke Svenk
Russia: German Shestakov, Sergey Yaschenko
South Africa: Pieter Mulder
Ukraine: Efim Shtempler.
7th WRC: Alan Mansfield

IRF Resources

A number of resources are available through the International Rogaining Federation to assist individuals and groups organizing their first (or early) rogaines, or simply wanting to develop the sport further in their region.

- Costigan's *Rogaine Organizers Manual*
- Phillips' *Cross country navigation – rogaining*
- Strategic plan for rogaining (existing plan available, currently being reviewed)
- Access to experienced rogainers and rogaining associations for advice regarding course setting for events, administration and safety during rogaines, catering for rogaines including food handling, menu and quantity advice, and planning event publicity. A number of senior rogainers have offered their

services as *desk vetters*: they comment on proposed course layouts, numbers of checkpoints, and control descriptions.

The rogaining website www.rogaining.com has resources including:

- description and history of the sport
- World Championships information
- Sun and moon times
- link to many rogaining countries
- Rules of Rogaining
- Safety and environmental guidelines
- IRF Constitution, and Executive roles.

The website has a specific section for groups wishing to run their first rogaines, and a section devoted to those who wish to start a new rogaining association. Case studies detail the formation of the Victorian Rogaining Association in 1976, the Australian Rogaining Association (1979), Ceska Asociace Rogainingu (October 1996), and International Rogaining Federation (1989).

Rogaining in Japan

From correspondent Ryohei Toshimitsu
The next rogame in Japan will be held on 3rd December in Hidaka, 40km Northwest from Tokyo. This is a mini-event with 5 hour and 2 hour classes.

<http://rika.cocolog-nifty.com/okumusashi/> (in Japanese), contact person is Mr Takahashi suunistus00@aol.com.

There is a snowgame in March 2006 in Nagano ... and Aichi Rogaining near Nagoya on 16 April 2006.

<http://homepage2.nifty.com/MNOP/>

Rogaining in Sweden

(Report by Nick Barrable)

The 8th 6-hour LITEPAC PowerBar Rogaining competition was in Stockholm on 19 November 2005. There are always problems getting permission for rogaining further from

Stockholm at this time of year due to hunting, so it was decided to select a more central location for the Rogaine with fewer land access issues. We settled on the island of Lidingö (home to Lidingöloppet – the largest terrain race) and the area of South Djurgården, home to numerous museums, including the World famous Vasa Boat and Skansen. The East end is forested and in the middle stands the tallest structure in Stockholm, the Kaknäs Tower, with all its aerials and satellite dishes, as well as a restaurant and café! The area is also the scene of the first five miles of the Stockholm Marathon and was formerly used as the King's hunting grounds. So if it wasn't dark and people had time to look, there were lots to see!

The event was organized by OK Ravinen for the 4th year in a row with Nick Barrable the Planner and Race Director. The Hash House was IFK Lidingö's clubhouse at Säckatorp, Grönsta, by the Lidingöloppet finish field. New for 2005 was a Cyclogaine. As there was a lot of asphalt and many paths in the area, it lent itself well to a Bike category. As it started getting dark at 3pm and to stop bikers and runners all trying to finish at the same time, the bikers had a three-hour time limit.

Ninety-four people registered, about the same as last year and they were greeted with a plus one degree air temperature and blue skies at the start. The venue was quite small and so it was good to have less than 100 competitors. It was only after the 6 hours competition that a snow blizzard covered the ground in several centimetres of snow in a few hours.

As usual, we try to organize a low-key, relaxed, friendly, fair competition for a good price, with everybody who stays to the prize-giving going away with a prize. Litepac provided the main prizes again - jackets and rucksacks amongst other things - and all competitors get free PowerBar products before the start. We also cook them a simple pasta meal after they have finished.

Being Sweden, we have the luxury of being able to run on very accurate orienteering maps. Lidingö was at 1:15,000 scale (2xA3) and pre-marked using OCAD. We hand-drew the 10 controls on the 1:10,000 map (A3) of Djurgården. Sunset was at 1525 and starting at

1200, you get a real Rogaine challenge of night and day navigation. We used SI electronic punching system, and manual punching if vulnerable to being stolen.

Eight teams did the bike class, which was won by Sundbyberg Multiports Michael Ulander and Björn Vällker with Team Bayes Rules, consisting of Anna Pernestål and Paul Sundvall winning the mixed class prize. The course consisted of 30 controls and for a strong team, without snow on the ground, I felt they should have got them all. The first mixed pair and second overall, Anders Lindkvist and Linda Nääs from Sundbyberg Multisport managed all but three of them - a strong performance.

The winning team overall were 20 points ahead, Team Småland with Fredrik Rosen Mats-Erik Malmberg. (1340pts) They also collected all but three controls, but a different three to the second placers. Many of the previous top three placers, some of the top Stockholm orienteers who filled the podium in previous years, were noticeably absent to challenge Team Småland. They had left their headlamps at the Hash House and did a certain amount of dead running going back to get it for the later stages of the race. They were 40 points clear of their next all male team, Team Starcus (Lars Hjulström and Pälle Hedlund). Third, Team Trimtex, containing Tomas Albinsson, recent father and previous LPB Rogaine co-organizer turned up to the race without a partner. Harald Bauer, from IFK Lidingö joined him to put in a fine performance to come third male team with 1280 points.

The womens section had three teams competing, and Lotta Valentin, Mirjam Larsson and Camilla Lindman won with 980 points.

At present, our event appears to be the main Rogaine in Sweden, although there is the Maxim Winter Rogaine in Nässjö in February. At the moment this is a very small event – first time it was run was this year. The Sävedalens Rogaine seems to have fallen by the wayside.

Thanks to Emil Ljungdahl at Litepac.com and Fredrik Kuoppa at PowerBar, Scandinavia. Next rogaine mid November 2006.

www.ravinen.org