



# ROGAINING

The Cross Country Navigation Sport

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[www.rogaining.org](http://www.rogaining.org)

## Rogaining around the world

Rogaining is the sport of long-distance, cross-country navigation. Teamwork, endurance, strategy and map reading are features of the sport.

Over twenty countries have active rogaining programs, and a further dozen send participants to the World Rogaining Championships. Rogaines have been held on every continent including Antarctica.







Australia



Hong Kong



Canada



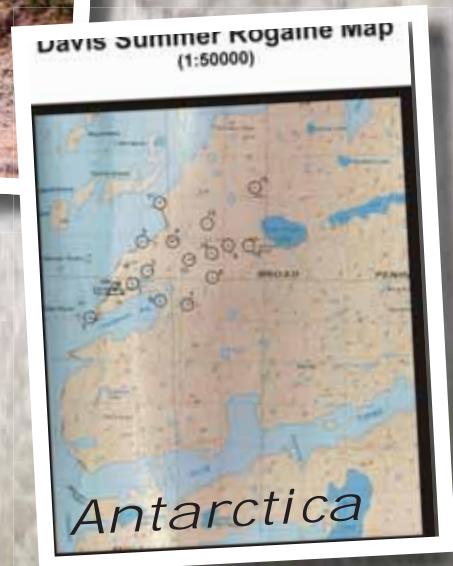
Czech Republic



Russia



USA



Antarctica

## Contact

Neil Phillips  
International Rogaining Federation Inc. – President  
P.O. Box 3  
Central Park VIC 3145  
Australia

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# Rogaining

## An outdoor team sport for all

Rogaining is the team sport of long distance cross-country navigation. The championship rogaine is of twenty-four hours duration, but there are many shorter variants. Teamwork, physical activity, endurance, competition, self-reliance, and an appreciation of the natural environment are features of the sport. Rogaining involves route planning and navigation between checkpoints using a variety of map types.

Rogaines are generally day and night events in which teams of two to five members travel entirely on foot, navigating by map and compass. Teams normally select their own order of visiting checkpoints, in terrain that varies from open countryside to hilly forest. The sport also embraces other cross-country navigation activities of different duration and means of transport such as canoe, bicycle or skis, and where there is emphasis on navigation, teamwork and the environment.

At many rogaines, a central base camp provides hot meals and teams may return at any time to eat, rest or enjoy the fellowship. Teams travel at their own pace, and anyone from children to grandparents can experience the personal satisfaction that comes from cross-country navigation at one's own level of competition.

### **The benefits we offer as a sport**

Rogaining provides:

- a relatively inexpensive, wholesome 1–2 day outdoor activity
- easy access under safe conditions to hiking areas in various parts of the world
- access to some areas not easily accessible to the general public
- communal awareness of the need to care for the natural environment
- physical exercise for individuals leading to a more healthy community
- development of teamwork skills, and cross country navigation skills
- development of self-reliance and leadership skills in outdoor settings
- elite cross-country navigation competition.

We want rogaining to be your outlet for physical and mental team activity in the natural environment. We want rogaining to provide new challenges, including the opportunity to enhance your navigational skills. Our rogaining associations and events can become your passport to global rogaining.

### **Our values**

Every participant knows if and when they have competed fairly, and honour comes from competing well and within the spirit and law of the sport.

### **Our mission**

is to provide the opportunity for ROGAINING in as many parts of the world as practicable.

### **We will pursue our mission by:**

- Expanding rogaining to new regions and countries, and within existing areas.
- Increasing participation at both elite and recreational levels.
- Raising the quality of all rogaines, especially international championships.
- Promoting and developing high-quality World Rogaining Championships.
- Developing and growing sustainable rogaining associations.

### **Strategic platform**

The sport appeals to a wide range of members, by providing quality rogaining events that are organised through a structure of associations and that rely upon financial resources. This strategic plan for international rogaining is built on these four major components: members, rogaining events, rogaining associations, and financial resources.





# About Rogaining

**Youngest ever rogaining competitor** a number of children of six months old have been carried by their parents. A few aged six and upwards compete at a restricted level with their parents.

**Oldest ever competitor** the late Geoff Reynolds started rogaining in his late 60s in Western Australia and was a regular rogainer until he was 89. Several rogainers are 60 and over and a few of these remain highly competitive against all ages.

**Oldest rogainer in the 8<sup>th</sup> World Rogaining Championships in Estonia 2008** 81 years

**Number of competitors in 1972** 40  
**In 2005–2008** 15,000

**Largest single rogaine** held in Estonia 2007, 1157 entrants.

**Continents where rogaines have been held**  
Australasia, North America, Europe, Asia, Africa, South America and Antarctica

**Countries that have hosted the World Rogaining Championships** Australia, USA, Canada, New Zealand, Czech Republic and Estonia

**First 24 hour walk** Melbourne University, 1947

**Longest running 24 hour walk** 43<sup>rd</sup> Twalk in 2009, University of Canterbury, New Zealand

**Extremes of climate** Alaska rogaine near Mt McKinley, Australian Rogaining Championships in desert near MacDonnell Range east of Alice Springs, winter rogaines in Sweden, midsummer rogaine at Glenburn, Australia, above 40°C, rogaines in Antarctica.

**Variants of the classic 24 hour rogaine** paddlogaines, cyclogaines, snogaines, metrogaines, duathlon rogaines and upside-down rogaines

**Origin of sport** Surrey Thomas Rovers, University of Melbourne and Monash University, Melbourne, Australia 1976

**Number of salaried staff since 1976** 0

**Number of volunteers** well over 10,000

## Africa

### South Africa

Rogaining in South Africa was pioneered by Pieter Mulder and the ROC club of Johannesburg. The first rogaine was in 2003 in the Suikerbosrand area 50 km southeast of Johannesburg, and several have followed annually. South Africa is also regularly represented in World Rogaining Championships.



*In 2009 wildfires devastated large areas of rogaining country in Victoria, Australia. Rogainers volunteered to repair burnt farm fences later that year.*



# Asia and Australasia

## Australia

There is a formal rogaining organisations in all of the eight states and territories, and the largest three of these have one thousand members each. Around 50 rogaines are held each year and almost half of these are 12 hour or 24 hour rogaines. The major annual event, the Australian Rogaining Championship, has run since 1979 (30<sup>th</sup> ARC) and David Rowlands has won ten of these with various partners. The first 24 hour walk was organised by Bill Bewsher for the University of Melbourne in 1947 and rogaining was founded in 1976 by Surrey Thomas Rovers.



## Antarctica

A six hour rogaïne has been held at Davis Base, Antarctica with checkpoints off the coast on ice, and inland throughout undulating glaciated terrain.

## New Zealand

The first NZ rogaïne was in 1991, and the first 24 hour rogaïne was in January 1995 (Ken Dowling). The first 24 hour walk ('Twalk') was in 1967, and the 43<sup>rd</sup> Twalk was held in 2009, making this is the longest continuously running annual rogaïne in the world. New Zealand hosted 4WRC north of Christchurch in 2000. The New Zealand Rogaining Association was formed in 2002 under leadership of Peter Squires, and has been a major impetus for the growth of rogaining throughout the country. There are twenty rogaines annually, with five of these being 12 hour or 24 hour events. This activity has also encouraged higher competitive standards and strong international participation.

## Japan

A 6 hour rogaïne was held at Sugadaira, Negano, west of Tokyo in 2002, and a 6 or 12 hour rogaïne has been run each subsequent year. In 2008, a series of ten rogaines was



started with most being 3–6 hour rogaines. The Japan Rogaining Association was established in June 2009, and there are now 400 rogainers in Japan.

## Hong Kong

The first 24 hour rogaïne in Hong Kong was led by Patrick Ng after competing in the 7<sup>th</sup> World Rogaining Championships in 2006. It was held at Sai Kung in the New Territories to the northwest of Hong Kong island and attracted 663 participants. Rogaining has become a regular event with a 6 hour rogaïne on Lantau Island attracting 700 participants in 2008. Rogaines in Hong Kong have been advertised through the metro rail system with great effect.



*Top: Reaching checkpoint, New Zealand.*

*Centre: Approaching checkpoint on Broken River upstream from Benalla, Australia.*

*Bottom: Following rocky ridge to next checkpoint in Japan.*





# Europe

Rogaining developed in Europe in the early 1990s following the efforts of Tomáš Prokeš of the Czech Republic who participated in the First International Rogaine, The Most Awesome Rogaine, in Alberta Canada in 1990. Early rogaines in Czech Republic and Russia led to further interest that spread to other European countries with a particular growth from 2005 onward.

## Czech Republic

A rogaining association was formed in 1996 after the first rogaine in 1995. The Czech Rogaining Association ran the 5<sup>th</sup> World Rogaining Championships in 2002 in the west of the country adjacent to the old iron curtain. The Czech Rogaining Association was awarded the 10<sup>th</sup> World Rogaining Championships for 2012.

## Ireland

Setanta Orienteering Club has organised a 24 hour rogaine every



year since 1998. All rogaines have been held in the Wicklow mountains south of Dublin.

## Sweden

Sweden have run a number of 6 hour rogaines since 1998, including in winter months, in the vicinities of Gothenburg in the southwest and Stockholm in the southeast of Sweden. The first 24 hour rogaine was in 2007 with several since then.

## Estonia

The first rogaine in Estonia was in 1999, and since then rogaines have been held every year. The first 24 hour rogaine was in 2003. Estonia organised the 2005 European Rogaining Championships under the leadership of Andres Käär. In 2007, a 8 hour rogaine in Estonia attracted 1157 participants. In 2008, the 8<sup>th</sup> World Rogaining Championships were held in southern Estonia under the leadership of Lauri Leppik.

## Russia

Rogaining in Russia started in 1998 with a 24 hour rogaine in the Perm area under the leadership of German Shestakov. The sport has since grown such that there are now 50 rogaines each year of which 7 are 24 hour rogaines. These events are held around Perm, Ekaterinburg, Chelyabinsk, Nizhny Novgorod, Tolliatti, Omsk, Ivanovo, Ryazan', Kostroma, St Petersburg, Krasnodar and Moscow. The first Russian



## Rogaining

Championships were held in the Perm region in August 2001, with subsequent championships in 2005 in the Nizhny Novgorod region, 2006 in Tolliatti, 2007 in St Petersburg, 2008 in Moscow and 2009 in St Petersburg. The first European Rogaining Championships were held in 2003 at Perm, and the 5<sup>th</sup> ERC at St Petersburg. Evgeny Dombrovskiy and Pavel Shestakov of Russia won the World Rogaining Championships in Estonia in 2008.

## Finland

The first 24 hour rogaine in Finland was in 2007 in Jami, then 2008 in Seitsemien. The 6<sup>th</sup> European Rogaining Championships followed near Ylläs north of the Arctic Circle in 2009 under the leadership of Jari Kaaja. However, there is an earlier history of rogaining in Finland started by Timo Sirola who was an exchange student in Australia in the 1990s and wrote about his rogaining experiences. Ossi Autio and Iiro Kakko heard about this and subsequently participated in the World Rogaining Championships in Perth in 1996. Iiro Kakko then teamed with the late Nigel Aylott of Australia to win the 3<sup>rd</sup> World Rogaining Championships in Canada.



## Ukraine

The first rogaine in Ukraine was an overnight 10 hour rogaine near Chernivtsi in 2004. In 2006 the 3<sup>rd</sup> European Rogaining Championships were held around Chernivtsi in the SW of Ukraine, and the 7<sup>th</sup> European Rogaining Championships are planned for the same Carpathian Mountains near Migovo in 2010. Both ERCs and much of the growth of the sport has been led by Efim Shtempler and his colleagues.

## Latvia

Rogaining in Latvia started in 2002, and a second 12 hour rogaine was held in August 2004. In 2007 Latvia hosted the 4<sup>th</sup> European Championships with



162 teams participating. In 2009, the 5<sup>th</sup> Latvian Championships led by Guntars Mankus was held in western part of Latvia. Ninety-two teams and 204 competitors participated in a 24 hour event. Latvian teams have performed strongly in World and European Rogaining Championships.

## Lithuania

The first rogaine was held in Lithuania in 2003, and since that time regular rogaines have been organised, and Lithuania is represented in World Rogaining Championships.

## Israel

The first rogaine in Israel was in 2005 under the leadership of Dan Chissik. This was an 8-hour rogaine in the Alonim forests attracting over 100 teams. Annual rogaines have followed in 2006 in President's Forest, 2007 at Ramot Menashe and 2009 Ben-Shemen. Participation has been around 250–300 people, and the 2009 rogaine included a 12-hour event starting at midnight.

## Germany

Rogaining in Germany is organised around Saxony, and the first 'Saxony Rogaine' over 6 and 12 hours was held in 2006. Two years later the first national championship took place as a 24 hour rogaine. Since 2006, the German activities have been coupled with the Czech Association of Rogaining (CAR). The 2<sup>nd</sup> and 3<sup>rd</sup> national championships were cross-border competition involving Germany and Czech Republic. The annual national championships attract between 100 and 150 competitors, and Germany

will collaborate with the Czech Republic in organising the 10<sup>th</sup> World Rogaining Championships in 2012.

## France

The first rogaine was organised in France by Bruno Maes in 2007.

## Spain

Four 6 hour rogaines have been held in the Catalonia region of Spain since the first one in early 2009 led by Filip Gili.

## Rest of the World

Several other countries are active in rogaining with participants at the World Rogaining Championships, including:

Norway, Malaysia, Scotland, Wales, England, Switzerland, Austria, Denmark, Hungary, Poland, Slovakia, Netherlands & Romania.



*Top: Efim Shtempler planning next rogaining course in Ukraine*

*Left: Start of rogaine in Germany*

*Right: Locating the checkpoint on Spanish rogaine*





# Americas

Rogaining started in Canada in 1986 when Jim Force introduced the sport that he had joined whilst teaching in Australia. After some local rogaines, Andy Newsom saw the opportunity to become part of the orienteering World Cup circuit and with Bob Reddick, Murray Foubister and Ron Andrews organised several successful rogaines from 1989 to the early 1990s.

## Canada

There have been rogaining activities in most provinces in both east and west Canada. The first rogaine was a 24 hour event near Calgary in 1986 organised by Andy Newsom, Kitty Jones and Jim Force. The first international rogaine (Most Awesome Rogaine) was held in the Rocky Mountain foothills south of Calgary in 1990 and attracted participants from several continents



*Mal Harding awarded the 2006 Geoduck Award for services to international rogaining*

including those who took the sport back to Europe. In 1998, Murray Foubister coordinated the 3<sup>rd</sup> World Rogaining Championships near Kamloops in British Columbia. The North American Rogaining Championships alternate between Canada and USA. In Quebec province Francis Falardeau has been organising the Laurentian rogaine annually since 2000.

## USA

Rogaines have been held in over 25 different states, and those with the longer continuous record of activity include Arizona, New York, Oregon and Washington. Nearly a dozen 12 hour or 24 hour rogaines are held annually. The first rogaine was in 1989 in the Cascades Range east of Seattle led by Bob Reddick. He then established the first Western Hemisphere Rogaining Championships with Murray Foubister in 1993, and this event was the forerunner to the North American Rogaining Championships. The first USA Rogaining Championships were held in 2002, and Arizona hosted the 6<sup>th</sup> World Rogaining Championships in 2004 led by Peg Davis.

## Brazil

Rogaining is active in several centres in southern and central Brazil. Rogaining started in Brazil under the leadership of José Nilton Silva Vargas in January 2006 near Caçapava South in Rio Grande do Sul. The first 24 hour rogaine was in Mato Grosso do Sul in November

2008.

## North American Rogaining Champions

Western Hemisphere RC (Cle Elum, Washington State) 1993  
Peter Gagarin & Fred Pilon

1NARC (Kamloops, BC) 1994  
Allan Stradeski & Peter Mair

2NARC (Washington State) 1995  
Brian Chubb & Allan Stradeski

3NARC (New York State) 1996  
Bridget Brunnick & Joe Ratermann

4NARC (Arizona) 1997  
Tom Possert & Adrian Crane

5NARC (Nova Scotia) 1998  
Peter Gagarin & Ernst Linder

6NARC (Arizona) 2001  
Alar Ruutopold & Ernst Linder

7NARC (Cache Creek, BC) 2002  
Matt Chamberlain & Mike Wilke

8NARC (Kamloops, BC) 2005  
Chris Koch & Bart Jarmula

9NARC (New York State) 2006  
Vladimir Gusiatnikov & Vadim Masalkov

10NARC (Laurentian, Montreal, Quebec) 2007

Joe Brautigam & Dave Lamb

11NARC (Mogollon Plateau, Arizona) 2009

Nikolay Nachev & Peteris Ledins.





# World Rogaining Championships

One of the aims of the International Rogaining Federation when it was established in 1989 was to initiate international rogaining events including a World Rogaining Championship. The Most Awesome Rogaine in Alberta, Canada in 1990 was the first of these, and proved to be the initiator of subsequent growth in Europe. The 1<sup>st</sup> World Rogaining Championships was held in Australia, northeast of Melbourne. For subsequent World Championships there has usually been a bidding process to select the host country with a policy to rotate hemispheres and continents where feasible. Underlying principles have included the use of World Championships to develop the sport in growth regions and to showcase state-of-the-art organisational excellence of this major event. From 2006 field limits have applied, and entry criteria have been developed for 2010.

**1WRC** Beechworth, Victoria, Australia 1992  
1<sup>st</sup>: Jim Russell & Mike Walters  
Coordinator: Jeff Hook

**2WRC** Mt Singleton, Western Australia 1996  
1<sup>st</sup>: Jim Russell & David Rowlands  
Coordinator: Richards Matthews

**3WRC** Merritt, BC, Canada 1998  
1<sup>st</sup>: Nigel Aylott & Iiro Kakko  
Coordinator: Murray Foubister

**4WRC** Waiiau, New Zealand 2000  
1<sup>st</sup>: David Rowlands & Greg Barbour  
Coordinators: Pete Squires, Andy Buchanan, Dave Lawrie & Stewart Payne

**5WRC** Lesna, Czech Republic 2002  
1<sup>st</sup>: David Rowlands & Greg Barbour  
Coordinator: Tomáš Prokeš

**6WRC** Arizona, USA 2004  
1<sup>st</sup>: Mike Kloser & Michael Tobin  
Coordinator: Peg Davis

**7WRC** Warrumbungle Range, New South Wales, Australia 2006  
1<sup>st</sup>: Chris Forne & Dennis De Monchy  
Coordinator: Alan Mansfield

**8WRC** Karula, Estonia, 2008  
1<sup>st</sup>: Evgeny Dombrovskiy & Pavel Shestakov  
Coordinator: Lauri Leppik

**9WRC** Cheviot, New Zealand, 2010

**10WRC** Karlovy Vary, Czech Republic, 2012.



## European Rogaining Champions

1ERC 1ERC (Perm,Russia) 2003  
Miroslav Seidl & Petr Boranek (CZE)

2ERC (Nõva,Estonia) 2005  
Jaanus Reha & Margus Klementsov (EST)

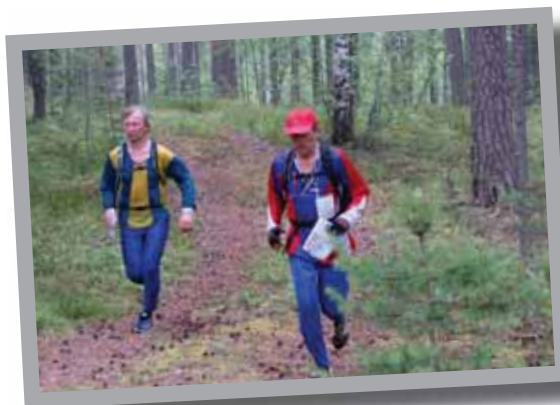
3ERC (Chernivtsi,Ukraine) 2006  
Sergey Yashchenko & Oleg Kalinin (RUS)

4ERC (Smiltene, Latvia) 2007  
Evgeny Dombrovskiy & Evgeny Gavrilov (RUS)

5ERC St Petersburg Russia 2008  
Miroslav Seidl & Petr Boranek (CZE)

6ERC Ylläs Finland 2009  
Janne Mononen & Eero Jäppinen (FIN)

7ERC Migovo Ukraine 2010



*Top: Tim Dent and Rob Taylor: still (ultraveteran) champions after 40 years of cross country navigation.*

*Left: Russian teams currently hold four World Championship titles.*



# Our history

## From local event to global sport

The concept of rogaining as a sport in its own right originated in Australia and traces its origin to the first public twenty-four hour event in 1972 and the first rogaine in 1976, both run by Surrey Thomas Rovers. However, twenty-four hour walks were organised by the Melbourne University Mountaineering Club as early as 1947, and by Canterbury University in New Zealand from 1967. Twenty-four hour score events were run by Adelaide University Mountaineering Club as early as 1963. The Victorian Rogaining Association was formed in May 1976, and operated through a series of strategic alliances with Scouting, university, and orienteering organisations to co-host rogaines. The Australian Rogaining Association was formed in February 1979, and now acts as coordinating body for state and territory rogaining associations within Australia.

The International Rogaining Federation was formed in 1989 to promote rogaining and provide direction for the sport internationally. The International Rogaining Federation became legally incorporated, and adopted a formal constitution in 2000. Rogaining has spread

from Australia to Canada (1986), USA (1989), New Zealand (1991), Czech Republic (1995), Sweden (1998), Ireland (1998), Russia (1998), Estonia (1999), Japan (2002), Latvia (2002), South Africa (2003), Lithuania (2003), Ukraine (2004), Israel (2005), Brazil (2006), Germany (2006), Finland (2007), Hong Kong (2007), France (2007), Norway (2007), Poland (2008), Switzerland (2007), Spain (2009) and Great Britain (2009).



The World Rogaining Championships are the premier international rogaining championships and are held each two years. World Rogaining Championships have been held in Australia (1992, 1996, 2006), Canada (1998), New Zealand (2000), Czech Republic (2002), USA (2004) and Estonia (2008). Up to seven hundred

competitors from thirty countries attend World Rogaining Championships. The three other major international championships are the Australian Rogaining Championships (30<sup>th</sup> ARC in 2009), North American Rogaining Championships (11<sup>th</sup> NARC in 2009) and European Rogaining Championships (6<sup>th</sup> ERC in 2009).

Development of rogaining can be summarised as a decade to establish rules and protocols based on what worked well, a decade of growth in Australia based around the Australian Rogaining Association, and a decade of growth internationally based around the International Rogaining Federation and regular World Rogaining Championships. The sport has now entered its fourth decade.

### Publications

Neil Phillips and Rod Phillips, 2000. Rogaining: Cross country navigation. ORIA.

Rod Costigan, 1992. Organising a rogaine. International Rogaining Federation.

Rules of Rogaining. [www.rogaining.org](http://www.rogaining.org)





# International rogaining



## IRF Executive Team

**President** Neil Phillips

**Promotions and Development**  
Alan Mansfield

**Secretary/Treasurer** Rod Phillips

**Technical Manager** Lauri  
Leppik

**World Rogaining Championships  
Manager** vacant

## Members of the IRF

**Czech Republic** Miroslav Seidl,  
Jan Tojnar

**New Zealand** Alan Holdaway,  
Nick Collins

**Canada** Murray Foubister

**United States of America**  
Bob Reddick, Eric Smith

**Estonia** Andres Käär,  
Lauri Leppik

**Latvia** Guntars Mankus

**Russia** Sergey Yashchenko,  
Evgeny Dombrovskiy

**Ukraine** Efim Shtempler

**Australia** Alan Mansfield,  
Rod Phillips, Neil Phillips

## Observers

**Brazil** José Nilton Silva Vargas

**Canada** Francis Falardeau, Allan  
Stradeski

**Finland** Iiro Kakko

**Germany** Marko Rößler

**Great Britain** Jeff Powell Davies

**Hong Kong** Patrick Ng

**Ireland** Sean Hassett

**Israel** Dan Chissick

**Japan** Kazuhiro Takashima

**Norway** Ross  
Wakelin

**Poland** Magda Czapluk

**Russia** Syropyatov Valeriy

**South Africa** Lisa De Speville,  
Pieter Mulder

**Spain** Felip Gili

**Sweden** Bengt Nilsson

**Switzerland** Dieter Wolf

**USA** Barb Bryant

**4<sup>th</sup> WRC** Pete Squires

**6<sup>th</sup> WRC** Peg Davis

**9<sup>th</sup> WRC** Grant Hunter

**Honorary Auditor** Shane Tanner

**IRF Newsletter Editor** Kim Ely

# Geoduck Award

The IRF makes an award to one or more of its organisational leaders for special service to international rogaining. The award was inaugurated by Bob Reddick, founder of rogaining in USA. It recognised North American leaders for some years and then became an international award. Geoduck Awardees have been:

1993 Bob Reddick (USA)

1994 Carl Moore (USA)

1995 Keg Good (USA)

1996 Eric Smith (USA)

1997 Wilkey Richardson (USA)

1998 Murray Foubister (Canada)

1999 Michael Haynes (Canada)

2000 Michael Wood (New  
Zealand)

2001 Peg Davis (USA)

2002 Neil Phillips (Australia)

2003 Rod Phillips (Australia)

2004 John Maier (USA)

2005 Andres Käär (Estonia)

2006 Mal Harding (USA)

2006 Alan Mansfield (Australia)

2006 Mike Sheridan (New  
Zealand)

2007 Francis Falardeau (Canada,  
photo above)

2008 Peter Taylor (Australia)

2008 Peter Squires (New  
Zealand)



# International Rogaining Federation

Latvia



USA



Israel



New Zealand



Australia



Czech Republic



Spain



Ukraine



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