



INTERNATIONAL ROGAINING FEDERATION Inc.

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~1976-2006 30 years of ROGAINING~

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Box 3, Central Park, 3145 Australia

www.rogaining.com

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IRF Team

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World Rogaining Championships Manager: Peter Taylor
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Technical Manager: vacant

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Finland: Iiro Kakko
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New Zealand: Michael Wood
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Russia: German Shestakov, Sergey Yashchenko
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Sweden: Bengt Nilsson
Ukraine: Efim Shtempler
6th WRC: Peg Davis
7th WRC: Alan Mansfield
8th WRC: Lauri Leppik

4th European Rogaining Championships

Latvia, 28-29 July, 2007

4ERC will be held in the northeast of Latvia
120km from the capital Riga, 30km from
Estonia, and 150km from Pskov (Russia).

This is a classic 24 hour rogaine sanctioned by
the IRF and following the rules of rogaining at
www.rogaining.com.

Camping at the site will be open from 3pm on
Friday 27th July. The full moon is on 29 July.

The terrain will be mostly conifer forest (pine-
tree, fir-tree) with variable travelling ability
and visibility (from very good to bad). The
area has a well-developed network of paths
and forest roads, marshes and bogs. The
difference between highest and lowest points
of the terrain is about 90m, and there is 15%
open area. SportIdent punching system will be
used.

At the end of July, day temperature varies
from 17 to 25°C and at night from 7C to 13°C.

Visa information for Latvia can be found at
Office of Citizenship and Migration Affairs
website - <http://www.ocma.gov.lv/>

Invitations for teams will be prepared upon
request.

Event director: Guntars Mankus
Course setters: Raimonds Lapiņš and Guntars
Mankus (Mixed Champions at 7WRC in 2006)
www.rogaining.lv, guntars@rogaining.lv.

Previous European Rogaining Championships
have been held in:

- 1ERC Perm Russia 2003
- 2ERC Nõva Estonia 2005
- 3ERC Chernivtsi Ukraine 2006

Rogaining in Sweden

(Correspondent Nick Barrable)

The 9th Litepac PowerBar 6-hour Rogaine was
held near Stockholm on 11 November 2006.

The event was in southern Stockholm in an
area called Tyresö. Restrictions on using

wilder terrain farther south meant the southern half of the competition area from a rogaine in 2002 was used. Snow melted the few days before this event and was replaced by blustery winds and moderate rain which fell constantly throughout the competition.

The event was organized by OK Ravinen for the fifth year in a row with Nick Barrable planning with Jonny Bergman assisting. There were 92 participants which is similar to the last two years. The Hash House was a spacious school dining room and ideal for planning. Unfortunately, the showers and sauna were about a mile away and most people drove to get a good sauna!

On the same day as the 6 hour rogaine, there was a 3 hour Cyclogaine with some parts where it was difficult to reach the control on a bike. We allowed competitors in such cases to run up to 400m off a path into the forest in order to take the control leaving their bikes behind. This was a tough rogaine and clever planning was vital in order to do well. The controls where you had to run into the forest were not actually tactically a good idea as they took so much time. 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.

It was also great to see a team of three brothers from Latvia, as well as teams from Ireland and New Zealand.

The links to various rogaining sites were displayed on the invitation and it is hoped some Swedes will venture to rogaines farther a field! Indeed one pair was at the WRC in Australia and brought the competition map with them to show us all.

At present, the Litepac rogaine appears to be the main rogaine in Sweden, although there has been a small Maxim Winter Rogaine in Nässjö in February the last two years attracting seven teams each year. Full event details can be found at www.ravinen.org

Icebug Mountain Rogaine, Sweden

The Arctic KIMM has become the Icebug24/Icebug Mountain Marathon with a Rogaining class.

On the last weekend in July 2007, it is time to return back to Hemavan, in northern Sweden for a Mountain Marathon - this time under the name of IMM (Icebug Mountain Marathon).

The biggest news for this year is a Rogaining class which we will be calling "The Icebug 24". As the name suggests it will be a classic rogaine of 24 hours for teams of two.

In addition to the Rogaining class is a classic 2 day Mountain Marathon format race. With an estimated total winning time of six hours, it is expected to attract both elite runners and novices. You compete in a team and classes are divided up into Men, Women and Mixed. A new website will soon be open, www.icebug24.com which will contain more information and registration.

A sport for all ages

A nice story came from Western Australia recently about the Howitt family and its three generations competing together in the TBA 12 hour rogaine. Gordon (76 years, stalwart of Queensland rogaining, and life member of QRA) joined daughter Chris (46 years) and grandson Mick Garrone (15 years). They covered 45 km, and came 33rd out of 160 teams. This score would have won the family section except that grandson Mick was too old and they were ineligible!

Ukraine Rogaining Championships

Chernovtsakh
16-17th June, 2007

4th European Rogaining Championships

Latvia, 28-29 July, 2007