

LA ROGAINE 2026

Instructions for competitors

12, 6, and 3 hour Rogaines

Saturday 31st Jan 2026

Dear Team,

Thank you for your entry.

Please ensure team members are familiar with all information below. It is also accessible at rogaine.org.nz and rogaine.org.nz/akaroa2026.

We hope that you enjoy La Rogaine. 😊

Instructions

Getting to the Event

Registration and the post-event meal will be at the event headquarters at the corner of Robinsons Bay Road and Sawmill Road in the Akaroa basin. It is about 75 kms from Christchurch, and about an hour's drive from Tai Tapu. Drive up Sawmill Road about 100 metres and turn into the paddock on the right.

Registration

Please get your team number from the website and complete the indemnity form (included at the end of this document) before you arrive at registration as it will help speed up your registration.

At registration your team will be issued with:

A waterproof A3 event map with checkpoint descriptions and course notes for each team member

A flight plan map

Everyone must complete the flight plan before the event can start. Hand it in before you leave the registration hall.

Enter your team number and plot your intended route on the flight plan map, including direction of travel. You may subsequently modify your route according to conditions as you progress, but the flight plan will give us an idea of where to start looking if you are in trouble.

Electronic wrist-tags – two per team. These must be worn on the wrist with the security band provided. One to be worn by each gender in mixed teams. You must not take the wrist tags off. They will be removed for you at the finish.

Start

All members of your team must attend the event briefing. The two wearing a wrist-tag must register their wrist-tag on one of the BRIEF Punches at the briefing area. An organiser may check the security of your Navlight wrist strap. For details on using the NavLight Electronic Scoring System see the homepage of the website rogaine.org.nz/nzra/about-rogaine/ and scroll down to The Navlight System or rogaine.org.nz/akaroa2026/navlight.html.

Finish

As soon as you finish, register your wrist-tag on any one of several FINISH Punches, assemble your team, and then present yourselves to the computer desk to have your wrist-tags removed by an organiser and scored. (Competitors must NOT remove wrist-tags themselves). Depending on the queue you will be given a printout immediately or you can pick it up later. If you have any disagreement with the results, see the event organiser, not the scoring team. Scores will be available on the day and will be published on rogaine.org.nz and rogaine.org.nz/akaroa2026 as soon as possible afterwards.

Aim to finish on time as you will be penalized 10 points per minute or part minute late and if you are over 30 minutes late you lose all your points.

Event chronology

- 6:30 am. Registration opens
- 7:00 am. Maps issued for 12 hour.
- 8:00 am. Maps issued for 6 hour.
- 8:45 am. Briefing for 12 hour.
- 9:00 am. Start for 12 hour.
- 9:30 am. Maps issued for 3 hour.
- 9:45 am. Briefing for 6 hour.
- 10:00 am. Start for 6 hour.
- 10:45 am. Briefing for 3 hour.
- 11:00 am. Start for 3 hour.
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- 2:00 pm. 3 hour finish
- 2:00 pm. Catering for 3 hour.
- 2:30 pm. 3 hour prizegiving.
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- 3:30 pm. Catering for 6 hour starts
- 4:00 pm. 6 hour finish.
- 4:30 pm. 6 Hour prizegiving.
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- Catering (at 6 hour level) continues for 12 hour people.
-
- 8:30 pm. Main catering for 12 hour starts.
- 9:00 pm. 12 hour course finish.
- 9:30 pm. 12 hour prizegiving.

Out of Bounds

Keep out of the areas marked as out of bounds. Keep away from roads marked as closed to the race.

Any team found using out of bounds areas or the main Akaroa highway will be disqualified and asked to leave the event. This includes travel along the verges. (There is an exception in Duvauchelles where the X marks have been moved south of the road, as there is a footpath on the north side).

There are several public roads on the map which you are permitted to use, but please avoid walking along them rather than crossing them, if possible. Be aware that there can be heavy traffic on the Summit Road and the Okans Bay Road. Walk in single file on the edge of the road, facing oncoming traffic.

What to bring

Essential clothing and safety equipment is listed under 'Safety Sheet'. You will also need:-

- a range of marker pens, pencils and highlighters, pins and string, and ruler, for planning and measuring your route before you start
- eating utensils for the meal after the event (cutlery, plate, mug)
- optional - folding outdoor seats, and maybe a folding camp table for course planning

Other stuff

Long gaiters are strongly recommended if not wearing longs. There is Onga Onga in places, and there is grass seed at this time of year.

Navigation devices such as altimeters or GPS, including altimeters within watches and GPS within phones, are not allowed to be used.

Food and drink.

Carry enough for a long day in the field. You may return to the start-finish at any time for a rest, or a drink. Water refill drops on the course are marked on the map. Please conserve this water when filling bottles. We discourage you from drawing water from streams. You should start with at least 2 litres each.

Event procedure

We recommend you spend at least one hour (12-hour event) or 45 minutes (6-hour event) planning your route, making the day more enjoyable and rewarding. There may be space in the marquee for planning, or you may sit in your car.

You should plan your route carefully, aiming to challenge your map reading and navigation skills but staying within the safe limits set by the terrain and weather, and your experience and fitness. If your team lacks confidence in finding its way in moderate, untracked tramping terrain, you might confine your route to the more easily accessible check points.

Your team may visit any number of check points and in any order. Your aim is to maximise your 'score'. The checkpoints each have a unique number and the score value is the first digit followed by a zero. Thus, checkpoint number 23 has a score of 20 points and 91 has a score of 90 points. Checkpoints numbered 100 or above are worth 100 points.

All teams start together. Concentrate on your own team plan. On the course do not try to follow other teams or get distracted by them as they may have set a different route.

Tracks, fences and shelter belts may exist which are not marked on the map, and others are mapped that no longer exist. Tracks, fences and shelter belts may serve as useful navigational aids, but do not assume their detailed accuracy.

There is a distinction between “the” and “a” in describing checkpoint locations, e.g., “The lone pine” means it is marked as a tree on the map, whereas “A lone pine” means that one exists, but it isn’t marked on the map.

Team members must always stay within verbal contact of each other on the course and must simultaneously approach each checkpoint visited. At each checkpoint there is an orange/white flag tied to a bush or post etc and an electronic punch. These should be visible from at least 10 meters away, depending on your approach. As they have been placed in the field up to two weeks prior, we cannot be certain that all are still intact. If a checkpoint is missing, you must be able to describe its presumed location to the score keepers to be credited with the points. A photo of the location may aid in convincing the score keepers that you were at the correct location.

When you visit a checkpoint, ‘punch’ your tag until you see a red flashing light (can takes up to 3 seconds). Both wrist tags assigned to a team must record a visit to a checkpoint. Some checkpoints may have two punches. Use either punch, but if the light doesn’t flash use the other. If neither punch flashes, write down the 3-letter code visible inside one of them. (See the top of the homepage of the website www.rogaine.org.nz for further details on ‘NavLight’) or rogaine.org.nz/akaroa2026/navlight.html.

MOST IMPORTANT RULES.

No dogs, not even left in cars or visiting the event centre.

Leave gates as you found them. If you open, YOU close. (Even in front of another team.)

Do not crowd or corner stock. Walk around or cross a fence.

Cross fences at gates or by crawling through the wires. Cross at posts only if you have to, and do not use the top wire as a springboard. Climb gates at the hinge end if you can't open them.

Respect the farmer's land and stock.

A full set of rules governing Rogaining in New Zealand is available under "Resources" at www.rogaine.org.nz.

Safety Sheet

Cancellation

This event will be cancelled only if conditions are extreme. The organisers reserve the right to shorten the event by time or geography for safety or other reasons.

Compulsory clothes and equipment:

Clean Gear - Please make sure your gear is clean especially that shoes have no mud or seeds.

Your gear is your own responsibility. There will be no compulsory gear check, but the organisers reserve the right to do checks on a random or selective basis.

Per team member: -

- thermal top & trousers
- thermal hat and gloves
- shower proof/windproof coat
- water bottle
- whistle
- food
- suitable, robust, well-fitting footwear with well-treaded soles

(Note: the wind and weather on the top ridges can be severe so check the forecast and consider additional clothing if appropriate).

Per team: -

- first aid kit
- at least one compass
- watch
- pencil or fine spirit marker
- mobile phone
- safety blanket

In mid-summer it can be hot, so bring and use sunscreen and wear a sun hat.

Recommended Per Team: PLB

Depending on the weather, you should also consider carrying: -

- fully rainproof coat
- second layer thermal top
- thermal trousers (long johns)
- showerproof over trousers
- compass each
- watch each

Mobile phone coverage is variable across the course but is reasonable in the inner basin. Organisers can be reached on the numbers printed on the map. You should carry a mobile phone for safety and not for navigation.

Safety is a top priority. Organisers and participants (you) have responsibilities for safety including: -

- being aware of and meeting all safety requirements specified by event organisers in writing, on the event web site, or at verbal briefings,
- paying attention at the race briefing,
- carrying all compulsory protective clothing and other safety equipment,
- advising your team member(s) of any medical conditions you have, your general level of fitness and other factors that may affect you adversely during the event,
- staying together as a team at all times, providing mutual support, and helping any other team you find in difficulties,
- depositing a 'flight plan' map showing your intended course at registration before you start,
- recording your team's visit to each checkpoint with the electronic punch,
- advising organisers and returning your tags if you withdraw from the event, or when you finish. This is our safety check that you are no longer on the course and IS COMPULSORY,
- being highly conscious of time and avoiding a late return – being late results in a hefty points penalty as well as raising safety concerns,
- if you know you are going to be more than half an hour late phone the organisers so that we know not to start a search or we can arrange to pick you up
- being prepared to modify your plans to be more conservative if safety conditions dictate this,
- monitoring team and individual progress and fitness and modifying plans as required,
- looking out for hazards, such as:

Risks

In the event of significant injury or exhaustion, make the injured person warm and comfortable; arrange, if possible, to leave someone with the person; note your exact location on the map; seek help via the nearest road. Emergency signal – repeated (6 or more) short blasts on whistle at about 1 second intervals, repeated each 1 to 5 minutes. Repeat if you hear one long blast. If you need assistance from the organisers call the emergency contact printed on the map. If it is a 111 situation, call 111 and then call the organisers to keep them informed.

Hypothermia

Wind, water and cold temperatures can lead to exposure or hypothermia. Early symptoms are subtle (clumsiness, lethargy, slurred speech). Be prepared to seek shelter or to call it a day if conditions are severe, or if any of your team is becoming exhausted. Roads will be patrolled from time to time through the day. In severe weather, keep off high, exposed ridges.

Dehydration

Drink lots of water. Water drops are marked on the map. (We recommend you don't drink from local streams).

Streams

Do not cross streams if they are heavily swollen.

Cliffs

Slippery rocks, loose rocks, incised creeks, gullies, slippery grass, hidden obstacles such as logs, loose fencing wire, etc. may be present throughout the event area.

Collapsed tunnels or 'under-runners'

Especially on farm tracks

Fog/low cloud

If in fog, orientate the map and yourself with a compass. If in doubt, don't climb into cloud, and descend out of it as soon as possible.

Road Hazards

There will be light traffic on roads. No roads are closed during the event.

The Road Code applies at all times: keep to the side of the road and be alert to traffic. We recommend you wear hi-visibility clothing from dusk.

Hunters

Unlikely on this course, but be alert – if in doubt be visible and vocal.

Deer fences (1.8 m netting)

Please cross at corners, main posts, or gates. Paddocks that contain farmed deer are out of bounds and may be identified as such on the map.

Electric fences

Usually the top wire, but sometimes a lower wire, may be hot (look for insulators on the post). Some fences have outriggers that may be hot. Treat all as ON. Climb through lower wires, or use a coat, pack or map for insulation.

Stock

There is stock over the whole course. They are generally not a hazard but be alert and avoid crowding any stock into a corner.

ENVIRONMENTAL AND FARM CARE

Rogaining is an environmentally & socially friendly activity – please reinforce this ethic.

Respect farm stock, fences and other facilities, and the right of landowners to operate their business, and lifestyle.

LEAVE GATES AS YOU FIND THEM. They will usually be shut. Shut them if you have any doubt.

Cross fences, where you must, at a strainer post, or climb through. Do not spring off the top wire.

Report any damage or distress to stock to the organizers.

Protect plants and animals

Remove rubbish – more importantly, don't create it in the first place

Bury toilet waste - better still, don't create it in the field - use the toilets provided at the event centre where possible.

Keep streams clean

Fire risk: Any 'fire tools' are prohibited.

Dogs are not allowed on the course.

This event is wholly on private land and we gratefully thank the farming families who have welcomed us for this event. Please ensure the trust they have placed in us is justified.

Thank you, NZRA

BASIC INFORMATION

Rules in brief

Navigate with compass and rogaie event map only. Use of GPS and/or altimeter units is not allowed, including those on watches and cellphones. Teams caught using GPS or altimeters will be disqualified.

Travel only on foot. Team members are to stay within verbal contact of each other at all times.

When visiting the START/FINISH, all team members must report to the finish area and register a FINISH punch on their wrist tags. You may still go out again later.

If a competitor wishes to withdraw, the entire team must return to the START/FINISH and notify the organisers. The team retains current points score. Teams of one are not permitted.

Event finishes at 9pm (12 hr), 6pm (6 hr), 2pm (3 hr) or as specified at the start.

When your team finishes, all members must report to the finish area and register a FINISH punch on their wrist tags, then IMMEDIATELY report to the scoring table to have your wrist-tags removed and scored.

Procedure at each checkpoint

All team members must simultaneously approach to within 5 metres of each checkpoint visited. Failure to do so places your team at risk of disqualification.

All team members with a wrist tag must use the electronic punch to register on their wrist-tags. If a punch fails to operate record its internal 3-letter code (visible through the clear plastic) to verify your visit, and after you finish and have returned your tags inform the event organiser.

If a check point is missing, be able to describe the local setting in detail to the organiser at the finish to verify your visit.

Points value, penalty points

Checkpoints 20 to 29 are worth 20 points, 30 to 39 are worth 30 points, etc. Checkpoints 100 upward are worth 100 points

10 points penalty for each minute or part minute late. 30 minutes late - all points lost

Safety

Carry and wear suitable clothing and equipment

Team to remain together at all times

Be alert to exhaustion, dehydration, sun, and/or hypothermia

Help other teams having problems

If your team withdraws from the event you must report to the organisers at the START/FINISH. Otherwise you will be reported overdue and a search will be mounted.

Take extreme care on roads, which remain open to traffic.

Emergencies

Emergency signal: repeated, short whistle blasts

Repeat if you hear one long blast

Serious injury

Make the injured person warm and comfortable

Leave someone with the injured person if there are more than two in the team.

Note your exact location on map

Call the event organisers using the number sprinted on the map

Seek help via nearest safe route or road and return to base

Farm/land courtesy

Keep clear of buildings, machinery

Out of bounds means OUT OF BOUNDS

No rubbish, no dogs, no fires, no firearms,

Report any damage, etc. to event organisers

A full set of rules and code of conduct governing rogaining in New Zealand is available on rogaine.org.nz

INDEMNITY AND EMERGENCY CONTACT

La Rogaine 2026

TEAM NUMBER: _____

Teams will not be registered until the following information has been completed and presented at the administration desk.

Indemnity (signed by each member of a team)

We, the undersigned, acknowledge that the Event Organisers, NZ Rogaining Association, and the owners of the land used for this event accept no liability for any loss, damage or injury to ourselves (including vehicles at the event venue) resulting from our participation in this event. We understand that this event is organised and staffed by volunteers. We enter this event at our own risk and acknowledge that there may be risks associated with the sport of Rogaining, and that we are essentially responsible for our own safety. We will comply with safety requirements set out in organiser's briefings and agree to abide by the New Zealand Rogaining Association Code of Conduct as on the website, www.rogaine.org.nz.

| Print Name | Signature | Date | Date of birth |
|------------|-----------|------|---------------|
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Emergency Contact for each member of your team where relevant:

| Your Name and Car Registration Number | Emergency Contact (not a competitor) Name, Full Address, Phone No. | Allergies or Medical Condition |
|---------------------------------------|--|--------------------------------|
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NOTES:

A parent or guardian must sign the indemnity form on behalf of a competitor under the age of 18.

Registration number of the car you travelled in and parked at the event centre or write "Bus" if you travelled by bus.

Supply the name, address and telephone number of a person to contact in the event of an emergency. This person must not be a competitor in the event.

At your discretion you may supply details of medical conditions or allergies that might be of assistance to First Aid staff in the event of an accident or emergency.