

# ACT Rogaining Association – Parkes and Parks Virtualgaine

## Course Notes and Instructions

Welcome to the 2025 virtual 4-hour rogaine “Parkes and Parks”. The start location is at Deakin shops. This is shown as a triangle near the centre of the map. There is ample free parking in Hannah Place.

It’s a virtual event, which means that you can take part at any time between Saturday 24 May and Monday 10 June 2025, and the course uses the MapRun app on your phone or watch to record your visits to control sites; there are no control flags.

You can compete individually or as a team.

### Acknowledgement of Country

ACTRA acknowledges the Ngunnawal people as the traditional owners of the land on which you’ll be rogaining.

### New to Rogaining?

Rogaining is a sport of long-distance navigation, where you visit as many pre-defined control points as you can in a fixed time – in this case, four hours. You score points by visiting the control sites, which are marked as circles on the map. You must start and finish at the start point which is marked by a triangle on the map. The number of points you score is the control number rounded down to the nearest multiple of ten. For example, you score 50 points for control 53, 60 points for control 61, and 100 points for control 100. This is a 4-hour event. That means that you have up to 4 hours to visit control sites to maximize your score, and to return to the start point. If you return late, 30 points are subtracted from your score for each minute you are late. So it’s really important to get back on time.

GPS devices are not allowed to be used for navigation; you may only use the course map and a compass, in conjunction with these instructions and the control descriptions. For more information on rogaining see

<https://act.rogaine.asn.au>.

### About MapRun

This event uses electronic punching with the MapRun app on your phone, or the MapRunG app on your GPS watch. There are no flags at control sites. Instead, you just need to get within about 10 metres of the control site, at which point the app will beep to register the control. The MapRun app is available for iPhone, Android and some Garmin watches. Once you have downloaded the MapRun app, tap the Select Event button to select the event from the ACT/Rogaine folder. Alternatively, you can scan the QR code on the map. When you’re ready to start, tap the Go to Start button.

The start point is the metal gate at the entrance to the park west of Hannah Place, Deakin. On the map, the start point is marked as a triangle. Approach the start point with the MapRun app to get a beep that indicates you’ve started. When you return, you need to visit the start point again to complete your course with a final beep.

Because there are no control flags, you’ll need to navigate carefully and pay attention to the control descriptions, which give precise locations. For more information on MapRun see <https://maprunners.weebly.com>.

### The Map

The map scale is 1:25,000 (4 cm = 1 km), with a 10 m contour interval. The grid lines are aligned to magnetic north and are 1 km apart. If you print your own map, put it in a poly bag so it won’t get wet or torn.

### Course Notes

For a successful, safe and fair event:

- Keep out of the out-of-bounds areas, which include:
  - Residential land and other private properties such as embassies and schools, shown in yellow on the map.
  - The Federal Golf Club, shown as a pink area near the centre of the map.
  - Any other obviously private property and residential land. Do not shortcut across people’s gardens.
  - Major roads shown with a pink border: Adelaide Avenue, Commonwealth Avenue, State Circle, Capital Circle. These may be crossed only at the bridges/tunnels/pedestrian crossings marked in blue.
- Cross roads with care and use crossings or underpasses where practical.
- Apart from your phone or watch running the MapRun app, GPS instruments are not allowed. You may only use the map provided and your compass for navigation.
- You must complete the course on foot. Bikes and other means of transport are not allowed.

There are public toilets and drinking fountains at the following locations:

Deakin shops (HH)	Mall Road West (east of 52, water adjacent to 52)
Griffith Shops (east of 75)	Eddison Park (north of 100)
Near On Lake Café (northwest of 90)	

### Course Planning

The course has 40 controls worth a total of 2200 points. The distance to clear the entire course is about 35 km.

Multiple entries are allowed, so you may choose to tackle different parts of the course on separate days.

### Beginner Route Suggestions

If you’re new to rogaining, here are some route options to get you started:

- Round the Houses: 35 53 76 33 63 64 45 44 34 (about 8 km)  
Head into Parkes to see the sights of the capital.
- Red Hill Green: 34 80 32 41 74 31 101 61 56 70 40 (about 12 km)  
Visit Red Hill (the hill) and the parks of Red Hill (the suburb).
- Park and Parkes: 55 77 81 64 52 33 76 63 62 42 90 51 32 80 34 (about 14 km)  
A longer route around many green spaces.

### Safety

You participate at your own risk and are responsible for your own safety. As this is a virtual event, there is no first aid or other support available from ACTRA. Plan as you would normally for a run or bushwalk: let someone know where you are going, have someone you can call for help, and call 000 in an emergency.

### Heritage and Cultural Notes

There are lots of interesting control features in Parkes and Parks. In case you don’t have time to stop, Jon Glanville has put some interesting notes together on some of them. These are on the event page on the website.

### Control Descriptions

	Description		Description
Start	Path at Hannah Place entrance to park	56	A boulder 0.7m high, by the track
30	A log seat	57	A wall with big coins
31	A statue: La Perouse	60	Eastern weir/wall, north end
32	South-western seat	61	Top of a stone weir/wall
33	An information sign: Broinowski Rose Garden	62	A sculpture: Cones, northern end
34	An information sign: La Trobe Park	63	A sculpture: Sir John Gorton and Suzie Q
35	A table	64	A Chinese gate, between the lions
36	A sculpture: A Delicate Moment	70	A building: the TARDIS
40	Western end of southern small gully	71	A railing over a culvert
41	A monument: Willem Janszoon	72	A seat
42	Bible Plants Garden, centre	73	The gully, a fallen tree (across watercourse)
43	The bridge footway, middle of the bridge	74	A seat
44	A large tree opposite Swiss embassy entrance	75	The circular park, centre
45	The path junction	76	Capital Hill Unconformity viewpoint
46	A cypress pine, north of Kurrajong Hotel driveway	77	The slight knoll, base of a fallen tree
50	Boulders at a playground	80	Boulders, 1m high
51	A footbridge	81	A small cliff overhanging the lake (western part of rocks)
52	A sculpture: Sun Orchid	90	A Hungarian gate
53	A building: Surveyor’s Hut, north side	100	A rope/net bridge, northwest of island
54	An information sign: Stirling Park	101	The saddle
55	A bridge		