



# INTERNATIONAL ROGAINING FEDERATION Inc.

A0040409P

Newsletter No. 159 Annual Business Cycle

Box 3, Central Park, 3145 Australia  
www.rogaining.org  
July 2010

## IRF Team

President: Neil Phillips  
Promotions and Development: Alan Mansfield  
Secretary/Treasurer: Rod Phillips  
Technical Manager: Lauri Leppik  
World Rogaining Championships Manager: vacant

## Members of 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: Eduard Pukkonen, Lauri Leppik  
Latvia: Guntars Mankus  
Russia: Sergey Yashchenko, Evgeny Dombrovskiy  
Ukraine: Efim Shtempler  
Members from Australia: Alan Mansfield, Rod Phillips,  
Neil Phillips.

## Observer status

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: Denis Deasy  
Israel: Dan Chissick  
Japan: Kazuhiro Takashima  
Norway: Ross Wakelin  
Poland: Magda Czapluk  
Russia: Syropyatov Valeriy  
South Africa: Lisa De Speville, Pieter Mulder  
Spain: Filip 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

## Observers for Ireland

We welcome Denis Deasy as the new IRF Observer for Ireland and thank Sean Hassett for his leadership in Irish rogaining over the last five years.

## Competitive performance and age

Rob Taylor has provided some of the physiological information on which to base discussion of our age classes. The age at which performance starts to decrease significantly varies with the type of activity. In explosive, power-based activities it can be quite young. In ultra endurance activities it tends to be much later. There are internationally recognised factors applied to ultra endurance activities. For male competitors the age factors are:

Up to 32 years old	1.0000
40 years old	0.9269
50 years old	0.8315
55 years old	0.7810
60 years old	0.7283
65 years old	0.6759
70 years old	0.6236.

The decrement:

- between open (32) and 40 is 0.9269 (0.9269/1.000),
- between 40 and 55 it is 0.8426,
- between 55 and 65 it is 0.8654.

Thus, the decrement from 40 to 55 is similar to the decrement between the shorter interval of 55 to 65 indicating that the decrease of performance accelerates with age.

{Rob is a medical practitioner with an MSc in Exercise Physiology, and is a leading rogainer. His first 24 hour event was in the late 1950s}.

## **Annual IRF Business Cycle**

The Business Cycle ensures that long-term strategic activities are addressed, and critical governance deadlines are met by the IRF Executive and Council.

## **Longer-term strategic activities**

Strategic planning (2 occasions per year)  
Review of Members, Observers of IRF (2)  
IRF Elections  
WRC Survey (after each WRC)  
Rules of Rogaining: review  
IRF Constitution review  
Rogaining website review  
IRF Budget  
Allocation of Championship rogaines

## **Governance activities**

IRF President's Report  
IRF Financial Report  
IRF Accounts auditing  
IRF Annual General Meeting  
IRF Submission to Corporate Affairs  
Roles and Responsibilities reports (12)  
IRF Newsletters (~8)

## **TIMING**

### **Activities occurring most months**

- IRF Newsletter
- Roles & Responsibilities report
- Communications within Council

### **Activities related to World Rogaining Championships**

- Selection process (defining the process, call for expressions of interest, discussions of relative merit, voting)
- Setting terms with winning bidders
- Payment of Levy
- WRC Trophies - arrangements

- Agreeing IRF role during WRC (i.e. simple welcome at start, major role leading post-event ceremony)
- IRF Survey of WRC participants

## **Annual time-specified activities**

### January

President's Report – distribute draft  
Financial Report – finish, to auditor  
International rogaines - update  
WRC, ERC, NARC, ARC

### February

IRF Annual General Meeting  
(electronic)

### March

IRF Annual General Meeting

### April

Submit annual return

### May

Annual Plans: Part D  
Membership review  
Website review

### June

### July

### August

### September

Call for budget items

### October

Draft Budget to Executive

### November

Budget draft to Council

### December

Preparation of annual reports  
Budget voting by Council  
Budget – finalised.