



SATURDAY 29th May 2010, Canberra, ACT

Competitor Briefing

PLEASE READ CAREFULLY

1. Event Registration

Event Registration Location

Registration for the event is at Crowne Plaza Hotel Canberra. The hotel is located at 1 Binara St in the heart of Canberra and it adjoins Casino Canberra.

Parking for Event Registration

There is lots of pay parking in the centre of Canberra as well as some on-street meter parking. The outdoor car parks in Constitution Ave are the closest to Crowne Plaza. Note that Friday night is late night shopping in Canberra and pay parking is until 9pm.

Event Registration Times

Registration will take place on Friday 28th May between 4PM and 10PM and on Saturday 29th May between 5AM and 6AM. Please try to come to register on Friday as you will not have a great deal of time on Saturday to both register and make it to the 100km or 50km race start locations. Any registration changes must be done on Friday. You will not be able to make any changes on the Saturday morning. There is no registration at the start locations.

Event Registration Process

You should bring a printout of your eTicket (which has your race number on it) to registration and go straight to the registration table which matches your race number.

At registration you will receive:

- **1 x Race Number:** This must be secured to the front of your bike with the zip ties provided.

- **1 x Timing Chip on Velcro band:** This is to be strapped around your LEFT ANKLE. Make sure you put your left leg down when you cross the timing mats.

For the 100km event there will be timing mats at the start, the 60km feed station, the start and end of the untimed section (70km and 77km marks) and at the finish.

For the 50km event there will be timing mats at the start as well as at the start and end of the untimed section (22km and 29km marks) and at the finish.

The timing chip must be returned when you finish the event or if you withdraw. There is a \$50 charge for timing chips not returned.

- **1 x Registration pack** with sponsors' goodies, sponsor information and a James Boag's Classic Blonde ticket which you need to claim one free beer at the presentation on Saturday evening.

You must hand in your signed indemnity form at registration. There is a copy for you to print out at the end of this document. You can have someone else register for you but they must bring an indemnity form signed by you.

Entry Transfers

Any rider changes (entry transfers) can only be made on Friday during registration between 4pm and 10pm. Transfers **cannot** be made on Saturday. To make changes please go to the table marked "Registration Changes". If you can no longer ride and are transferring your entry to someone else you do not need to turn up at registration. Instead the person taking your entry should come to the "Registration Changes" table with 1. A printed copy of your eTicket; 2. a printout of an email or letter from you indicating that it is OK for them to take your entry; and 3. \$30 transfer fee.

Please note that you can no longer swap between the 100km and 50km events.

Jersey Purchases & Collections

If you pre-purchased a jersey, these can be collected at registration at the jersey collection table. There will be limited numbers of extra jerseys available for purchase at registration and at the finish. Orders for jerseys can also be placed at registration and at the finish and they will be sent to you approximately 4 to 5 weeks after the event.

2. Start Locations

50km Start Location

The 50km start is located at Campbell Park Offices, Northcott Drive.

Directions from Crowne Plaza to the 50km start location. (Total Distance 5.2km. Estimated time by car 10 minutes)

- From Crowne Plaza Hotel drive 0.1km North-East on Binara St (towards Mt Ainslie).
- Veer left on Binara St (which becomes Bunda St) and travel 0.1km to the traffic lights.
- At the traffic lights, turn right into Akuna St and travel 0.2km to the next traffic lights.
- At the traffic lights, turn left into Ballumir St and travel 0.1km to the next traffic lights.
- At the traffic lights, turn right into Ainslie Av and travel 0.9km to the next traffic lights.
- At the traffic lights, turn right into Limestone Av and travel 0.7km to the roundabout.
- At the roundabout, veer left into Fairbairn Av and continue 0.4km to the next roundabout.
- At the roundabout, continue straight ahead on Fairbairn Ave for a further 1.4km to the next roundabout.
- At the roundabout, turn left into Northcott Dr and travel 1.2km to the 50km start location parking.

100km Start Location

The 100km start is located at Millpost Road. This is a dirt road leading off Kings Highway, just to the west of the clearly marked HQJOC Roundabout.

Directions from Crowne Plaza to the 100km start location. (Total Distance 30km. Estimated time by car 30 minutes)

- From Crowne Plaza Hotel drive 0.3km South-West on Binara St which then becomes Allara St at pedestrian traffic lights.
- Continue straight ahead on Allara St for a further 0.2km to the Constitution Ave traffic lights.
- At the traffic lights, turn left into Constitution Ave and travel 0.3km to the Coranderk St traffic lights.
- At the traffic lights, turn right into Coranderk St and travel 0.2km to the large roundabout.
- At the large roundabout, turn left into Parkes Way and remain on this road all the way to Queenbeyan. Note that Parkes Way becomes Moreshead Drive which then becomes Pialligo Ave and then becomes Yass Rd. You should continue straight ahead at all roundabouts, road junctions, traffic lights and overpasses all the way to the Yass Rd / Kings Highway roundabout. The distance from Coranderk St is 14.2km and on the way you will pass Canberra Airport.
- At the Kings Highway roundabout, turn left onto Kings Highway and travel 14.3km to Millpost Rd.
- Turn left into Millpost Rd (dirt road) and continue 600m to the parking area.

Facilities Available at Start Locations

There are coffee vans and portaloos at both start locations.

There is plenty of parking at both start locations. Parking at the 50km start is in a bitumen carpark and parking at the 100km start is in an open paddock with easy 2WD access.

3. Finish Location

Both events finish at Stromlo Forest Park. The main entrance is off Uriarra Road, Stromlo. For information on Stromlo Forest Park including driving directions check out the website www.stromloforestpark.com.au.

Facilities Available at Finish

There will be lots happening at the finish from 9AM when our first riders are expected to finish. The sponsors will be there to show you their wares, the music will be playing and there will be plenty of food stalls selling burgers, wraps, salads, pasta, Mexican, pizza and good coffee. There are toilets and limited showers. There is lots of parking available.

Note that the presentation will take place from 7pm at Crowne Plaza Hotel.

4. Transport Options

Capital Punishment is a point-to-point race. With this comes the logistics of getting back to your car or home once you've finished. The easiest way to do this is to convince a friend or loved one to drop you at your start and meet you at the finish! However should this plan not be suitable there are other options.

Car Shuffle – The parking at Stromlo Forest Park (the finish) will open on Friday afternoon between 5pm and 10:30pm and on Saturday morning between 4.30am and 6.30am. Leave your car at the finish and get a lift to the start with a friend or fellow competitor. Then once you've conquered your distance, had a rest and gotten some good quality tucker into you, drive your friend back to the start. While AROC will have staff at Stromlo Forest Park overnight and the gates will be locked at 10:30pm we do not guarantee the security of your vehicle and possessions.

Mini Buses with bike trailers – There will be a limited number of mini buses towing bike trailers running a shuttle service from the finish back to the 50km and 100km starts. This service will run between 10.30am and 6pm. It is strictly a first come, first served basis. If required some runs will go via Crowne Plaza Hotel.

Coaches – Coaches carrying just competitors (no bikes) will be running a shuttle service to the 50km and 100km start locations. Those competitors using this service can leave their bikes in a compound at the finish which will be manned by event staff. The bike compound will be open between 11am and 5pm.

Ride - If you are staying at Crowne Plaza Hotel and doing the 50km event, it is only about 5km to the start so you could ride and then catch the mini bus back to Crowne Plaza after the finish.

Transport Notes - It is 30km from Crowne Plaza Hotel to the 100km start via Canberra Airport and Queanbeyan. While Whereis says this will take 30 minutes by car, we recommend that you allow 50 minutes. When driving back to Canberra from the 100km start location, you must turn left onto Kings Hwy (towards Bungendore) and use the HQJOC roundabout to do a 180^o turn towards Canberra. The exit of Millpost Rd is dangerous and as such you should not turn right onto the Highway but follow the directional signs to access the HQJOC roundabout.

5. Start Group Timings

You must be in your start group location 10 minutes before your start group start time for the compulsory pre-race briefing. There will be a short pre-race briefing before the start time of each start group.

Your start group is determined by what percentage in the field you will finish as indicated by you when you completed the on-line entry form. Please keep to the group you nominated on your online entry as the groups, time gaps between groups have been created using this data. Your start group (finish % in field) appears on your eTicket

so please make sure you either remember which group you are in or write your group on the back of your hand. Note that your timing chip will record your start time as you cross the actual start line so you are not losing time by starting in later start groups. In fact the track will be much less congested with the start group system so you will be far better off sticking to your start group. For the 100km event, there is approximately 3.3km of fire trail before you head into single track. For the 50km event, there is approximately 5.5km of fire trail before you hit the single track.

If you've accidentally put yourself in the wrong start group and you get left behind, please let faster riders from later start groups pass you as soon as they catch up to you or you may even need to stand off to the side of any single track until riders of your own ability catch up to you.

100km Start Groups (Saturday 29th May 2010)

Start Group	Start Time	Number of starters in Group	Finish % in field (chosen in on-line entry)	Time gap between previous start group
1	7:00	120	0-10	0
2	7:04	118	10-20	0:04
3	7:10	112	20-30	0:06
4	7:18	146	30-40	0:08
5	7:26	145	40-50	0:08
6	7:34	179	50-60	0:08
7	7:42	106	60-70	0:08
8	7:46	128	70-80, 80-90 & 90-100	0:04

50km Start Groups (Saturday 29th May 2010)

Start Group	Start Time	Number of starters in Group	Finish % in field (chosen in on-line entry)	Time gap between previous start group
1	7:00	100	0-10, 10-20, 20-30	0
2	7:05	70	30-40	0:05
3	7:10	127	40-50	0:05
4	7:15	135	50-60	0:05
5	7:20	113	60-70	0:05
6	7:25	121	70-80	0:05
7	7:30	135	80-90, 90-100	0:05

6. The course

Capital Punishment is a point-to-point course.

100km Course

The 100km event starts at Kowen Forest on fire trail. There is 3.3km of fire trail at the start before you hit single track. The course makes its way through single track and fire trails from the East of Kowen Forest through to the North-West corner and then comes down CORC Club mountain bike tracks beside Sutton Rd. It then heads back up the Kowen escarpment and comes back down the main Kowen Forest exit road to Kowen Road and the 35km feed station. The course then goes through various private properties and Defence land on the way to Mount Ainslie Nature Reserve. These properties include land owned by Southern Districts Motorsports Association, ACT Motor Cycle Club, Dove Cottage Farm and The Department of Defence. The Defence land is known as the Majura Military Training Area. The start and finish of this area will be marshalled and be clearly marked. This section of the course as well as all other sections of private property are open for the event only. They are not to be ridden or visited outside of the event. While riding through the Majura Military Training Area it is imperative that you stay on the

marked trail. The surrounding areas may have unexploded ordnance. Any person going off the marked trail through this section will compromise their safety and jeopardise the future of the event. If you need to go to the toilet, you must go before entering the Defence Land or after leaving the Defence land.

After crossing Majura Road, the course goes along a horse laneway and onto firetrail over Hackett Hill to the top entrance of Majura Pines. There is 7km of single track in Majura Pines and then the course exits the North end of the pines into land owned by Mount Majura Vineyard. The 60km feed station is at The Mount Majura Vineyard. The course is very fast from here to the finish and goes via more private property to the corner of Majura Rd and The Federal Highway. It travels the on-road cycle lane of The Federal Highway to an underpass under the highway. Then there is more horse laneway to get to EPIC in Mitchell. The course then goes under Flemington Rd and through Crace Grasslands to Bellenden Rd and Gungahlin Drive. There is a 7km untimed section along Gungahlin Drive and Gungahlin Drive Extension (GDE) between the 69km and 76km marks. You have a maximum of 30 minutes to complete this section. Any time on this section after 30 minutes will be added to your race time. You must remain in the on-road cycle lane along the GDE and must obey road rules. You should not form packs along the GDE as packs of cyclists will not fit within the on-road cycle lane. You must be very careful to look for traffic and indicate with clear hand signals when crossing any off ramps and on ramps as you travel along the GDE.

The untimed section ends once you are back on fireroad at Aranda. The course then travels beside Caswell Drive in Aranda and Black Mountain Nature Reserves. It then travels on bike path under Caswell Drive and under William Hovell Drive to access the Cork Oak Plantation and The International Arboretum. It travels fireroad and a small amount of single track to get to Uriarra Rd and Stromlo Forest Park. The final 11km is on the great mountain bike tracks of Stromlo Forest Park and includes a climb to the top of Mt Stromlo and a 5km descent to the finish.

50km course

The 50km course starts at Campbell Park offices on Northcott Drive. From the start there is 5.5km of fire trail which takes you over Hackett Hill and down to the top entrance of Majura Pines. There is 7km of single track in Majura Pines and then the course exits the North end of the pines into land owned by Mount Majura Vineyard and more private property to the corner of Majura Rd and The Federal Highway. It travels the on-road cycle lane of The Federal Highway to an underpass under the highway. Then there is a horse laneway to get to EPIC in Mitchell. The course then goes under Flemington Rd and through Crace Grasslands to Bellenden Rd and Gungahlin Drive. There is a 7km untimed section along Gungahlin Drive and Gungahlin Drive Extension (GDE) between the 22km and 29km marks. You have a maximum of 30 minutes to complete this section. Any time on this section after 30 minutes will be added to your race time. You must remain in the on-road cycle lane along the GDE and must obey road rules. You should not form packs along the GDE as packs of cyclists will not fit within the on-road cycle lane. You must be very careful to look for traffic and indicate with clear hand signals when crossing any off ramps and on ramps as you travel along the GDE.

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Course maps

You will not be given maps of the course. There will be maps on display at registration at Crowne Plaza Hotel and at the finish at Stromlo Forest Park. The course is well marked with a combination of pink flagging tape and A5 size black on white or red on white arrows and crosses. At all intersections there will be an arrow indicating the direction to travel followed by two pieces of confirmation pink flagging tape hung a short distance along the correct route. There will be a cross on the incorrect route(s). There will also be pink flagging tape at least every 500m if there are no junctions. There are distance signs every 5km. Make sure to keep a look out for the course markers. There are plenty of markers but if you don't pay attention you could go off the course.

Feed Stations

The feed stations will be stocked with a combination of the following:

Water, Endura Rehydration drink, Endura gels, Carman's cereal bars, Kraft Snackabouts (Vegemite), bananas, lollies and fruit buns. You should not solely rely on the feed stations. Bring your own food and hydration as well. Do not leave anything at the feed stations.

Toilets, rubbish bins and first aid are available at each feed station.

The 100km course has three feed stations along the route at 35km, 60km (Mount Majura Vineyard) and 82km. The 50km course has one feed station at 35km. (Same location as the 82km feed station for the 100km)

Recommended Equipment

We recommend you carry the following items:

- Pump or CO₂ canister(s)
- Spare tube(s) or patches
- Chain breaker tool
- Spare chain quick links
- Lube
- Food and drink
- Warmer clothes (it could be below zero at 7am)
- Sunscreen
- Mobile phone with the event Emergency Phone number and Operations Manager phone number saved (see Section 7)
- Headlamp for slower 100km riders (who might take over 8 hours to complete the 100km event)

Note that we will not run a taxi service to collect you if you simply have a flat tyre or a broken chain.

Cut-off Times

The aim is to have everyone back at the finish by 5:00pm. It will be completely dark by 5:30pm. This means that there will be a cut-off time for the 100km course at 90km at 3:30pm for riders without lights and at 4pm for riders with lights. If you wish to continue after 3:30pm you will need to show the race officials your lights before you continue. The 90km mark is at Stromlo Forest Park and very close to the finish.

Rubbish

You must not throw your gel/bar wrapper or other rubbish on the course. There are bins at each of the feed stations. Shove your wrappers in your pockets or up your knicks until you get to the next feed station. It is completely unacceptable to litter so please do not litter along the course. We ask that you please pay particular attention to this.

Spectators

There will be large course maps on display at registration at Crowne Plaza Hotel and at the finish at Stromlo Forest Park. The best place for spectators is at Stromlo Forest Park. Riders will come through this area with 11km to go and then obviously will finish here.

7. Event Safety

Course Safety

This is a long event and contains single track as well as fire roads and public roads. There are technical sections and some fast downhill. Make sure you ride within your ability and that you are always in control. We don't want any injuries! Get off and walk if you need to. Caution signs are at only the most dangerous locations. The trail can vary very quickly from smooth and fast to rough, rocky, rutted short steep mounds with narrow trees in the landing zone and sharp corners. Take it easy, especially when you can't see very far ahead on downhill sections.

There is traffic management for major road crossings (Sutton Rd, Majura Rd and Uriarra Rd) and for the untimed section along Gungahlin Drive. However the roads are not closed to traffic. You must ride on the left side of the road and obey all road rules. Your safety is your responsibility. At the major road crossings the traffic will be stopped periodically however you may also be required to stop at road crossings before being allowed to cross. When you see “Caution Road Crossing Ahead” signs please get ready to stop.

Kowen Forest is closed for the event but this doesn’t mean that motorbikes and other users will not sneak in. Please be aware. No other sections of the course are closed to other users. Please be aware and give way to other mountain bikers, pedestrians, and vehicles.

There is mobile phone coverage over most of the course. Mobile reception within Kowen Forest is patchy. We encourage all riders to carry a mobile phone on the course.

First Aid

Pink First Aid will be providing mobile first aid services throughout the course. First aid will also be available at the feed stations and the finish.

If you pass an injured rider on the course please stop to help them and report any incidents to the next marshal you see on the course. We will adjust your time accordingly at the finish so please keep track of the time you spend stopped.

Emergency Instructions

In case of an incident please follow these steps. To report an incident you should attempt to make contact via step

1. If this is not successful move to step 2 and work your way through accordingly.

Minor Incidents: sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.

1. Report to the next feed station. Non–urgent evacuations will be made from feed stations. Evacuations will be done when there are available resources.
2. Call HQ emergency mobile (see below). This phone is manned by the event First Aid Coordinator
3. Text HQ emergency mobile
4. Call or text event Operations Manager (see below)

Major Incidents: broken bones, snake bites, severe bleeding, heat exhaustion, hypothermia etc. Please immediately report any bush fire that you can see or smell to Event HQ.

1. You or another cyclist needs to provide the first response and injury management.
2. Call HQ emergency mobile (see below). This phone is manned by the event First Aid Coordinator
3. Text HQ emergency mobile.
4. Call or text event Operations Manager (see below)
5. If you can’t get through on any of the above numbers call ‘000’ which will use any available mobile network. You must tell them you are participating in the Capital Punishment Mountain Bike event in Canberra.

HQ Emergency Mobile	0488 584 248	Operations Manager	0401 908 623
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Withdrawing from the event

If you need to withdraw from the event for any reason at all, you must report to the timing marshals at the event finish at Stromlo Forest Park. You should not go through the finish arch but instead just report to the timing marshals and return your timing chip. This is extremely important for the management of safety at the event.

Insurance

AROC Sport has its own public liability insurance. This does not include personal accident insurance or ambulance cover. We recommend that you have your own personal accident insurance and ambulance cover.

Warning

Please ensure that you are sufficiently skilled to undertake the event. The course is a combination of single track, fire road and bitumen roads. Some sections of the course are technical and there are some short tricky downhill sections. Ride within your limits and get off the bike and walk if you need to. Please ensure that you are fit enough to complete the event. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. Make sure you keep well hydrated during the event and take some food with you.

8. Race Results & Photos

Preliminary race results will be posted on the website by Saturday afternoon. If you have any queries about the results please email us as soon as you can so we can address any issues before posting final results.

Aurora Images will be taking your photo in the event. Images will be available for you to purchase from their website www.auroraimages.com.au in the week following the event. You will be able to search for your image by race number or by your name. You will be notified you by text message when your photos are ready for purchase.



9. Event Rules

- Outside assistance is not permitted. This is a self-supported race.
- No littering
- You must wear an Australian standard cycling helmet.
- Your race number must be visible on the front of your bike at all times.
- Report to the finish timing marshals at Stromlo if you withdraw from the event.
- Stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted race sign.
- Give way to emergency vehicles if they come through the course.
- You must obey directions of marshals if you miss any time cut-offs.
- Please assist riders on the course that have been badly injured and are in need of help. Pass on information to the next rider to notify marshals. Your time will be adjusted to account for time lost in providing help so keep track of the time you lose.
- Passing: those riders wanting to pass should yell "track left" to pass on the left or "track right" to pass on the right and wait for a safe place to pass. Please be considerate of other riders.
- You must obey road rules.
- You must hand in a signed indemnity form at registration.

10. Presentation and After Party

The presentation and after party will be at Crowne Plaza Hotel. The after party will begin at 7pm and the presentation should kick off around 7:30pm. All prizes will be awarded at the presentation. There will be free nibbles available. There will also be a licensed bar and dinner available for purchase (Pizza, fish and chips, noodles etc). To claim your free beer you will need to be over 18 and present your James Boag's Classic Blonde ticket to the bar.

Prizes will be awarded to 1st, 2nd and 3rd place getters in each category. There are also lots of special or spot prizes for those at the presentation.

Whether you are called up for a prize for placings or spot prizes, you or a representative needs to be present to collect the prize. We will not post prizes out after the presentation.

11. Sponsors

Thanks to all our sponsors that are supporting this event and providing a mass of goodies and prizes for all the competitors.



Race No:

Acknowledgement, Release and Indemnity

This is an important document which affects your legal rights and obligations. Please read it carefully. All competitors must sign this form. (If you are under 18 years a parent/guardian must also sign this form)

1. In consideration of AROC Sport Pty Ltd (the "Event Organisers") accepting my participation to the Capital Punishment MTB Enduro to be held on 29 May 2010 (the "Event") I agree to this release of claims, waiver of liability and assumption of risk.
2. I have read the competitor briefing and information relating to the Event.
3. I understand the demanding physical nature of the Event. I declare, as a condition of entry to the Event, that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event.
4. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to or during the Event, I will withdraw from the Event.
5. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of mountain biking is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and is a reason for my participation in the Event.
6. I acknowledge and understand that whilst participating in the Event:
 - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, accidents with other participants, spectators and road users or accidents caused by my own actions;
 - My personal property may be lost or damaged;
 - I may cause injury to other persons or damage their property;
 - The conditions in which the Event is conducted may vary without warning;
 - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me.
 - There may be no or inadequate facilities for treatment or transport of me if I am injured;
 - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event
7. I agree that if I am injured or require medical assistance the Event Organisers can at my cost arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance.
8. I agree to release, indemnify and hold harmless the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders including the Department of Defence and the Majura Military Training Area and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event whether by negligence, breach of contract or in any way whatsoever.
9. I also agree that in the event I am injured or my property is damaged I will bring no claim, legal or otherwise, against the Event Organisers in respect to that injury or damage.
10. I agree to AROC Sport entering my personal details in the entry form into a database which will be used for the administration of the Event and which may be used for future marketing and promotion of AROC Sport.
11. I agree to allow my name, results, photographs video, multimedia or film likeness to be used for any legitimate purpose by AROC Sport, the sponsors, or assigns without payment or compensation.
12. I acknowledge that my image may be taken by an Event photographer and that Event photographer may contact me to offer for sale images of me at the Event.
13. I agree to abide by the Event rules and the directions of all Event officials.
14. I acknowledge that the Event Organiser may change the advertised course without notice if the Event Organisers deem this necessary. I also acknowledge that the Event Organiser may cancel the Event due to weather conditions, safety considerations, terrorism or 'acts of god' and that in such circumstances my entry fee will be non-refundable.

Name:..... Signed:..... Date:.....

Where competitor is under 18 years of Age

I,, being the parent or guardian of the person named in this Acknowledgement, Release and Indemnity (“the Indemnity”) hereby acknowledge and agree that:

- I have read the whole of this document and understand it and have explained it to the person named in the Indemnity;
- I consent to the person named in the Indemnity participating in the Event; and
- I am aware of the risk, dangers and obligations set out above in the Indemnity.

In consideration of the person named in the Indemnity being accepted to participate in the Event, I agree to release and indemnify the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, in the same manner and to the same effect and extent as if I were the person named in the Indemnity and the person participating in the Event.

Signature of Parent/Guardian:.....Date: