



**TERRA
NOVA24**

JAR
OCEANIA SERIES

Information Pack
1-2 APRIL 2023



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WELCOME TO TERRA NOVA 24!

Mark Twain says "Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover."

While we wouldn't recommend this at Terra Nova as you'll probably end up in Tasmania or New Zealand, he's absolutely right! We're pretty sure that no matter what happens at Terra Nova 24, you won't regret doing it.

The race format for the 2023 is a linear course designed around an 80+km course for the half course and 120+km for the full course. There are lots of cool trails to explore, fun single track on the mountain bike legs, some very dramatic coastlines to navigate around and a few cool back country gravel roads. The paddling in turquoise blue sandy channels is a real highlight too. And you'll need a snorkel mask or set of goggles for a few surprise check points on the first leg.

On the sponsors side it's exciting that Mountain Designs is coming on board as the headline sponsor for Terra Nova and all our adventure races in the coming year. They sit along side Trail Brew and of course the Shoalhaven City Council!



*There are several check points in this pic,
not all of them above sea level.*

I'm sure you're all training hard, it's definitely time to plan that one last Sunday session and start to prep the gear.

Looking forward to seeing you all in Ulladulla!

Chris Dixon

RACE DIRECTOR

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SOUTH COAST - NSW

Welcome!

We are extremely proud to be hosting Terra Nova 2022 and warmly welcome all competitors, officials and supporters to our beautiful region. While you're here why not sample our village culture, indulge in our fresh and fabulous food and explore our magnificent coastline. There is so much to enjoy. Simply use the icons below to browse our website and uncover what's on, where to dine, and what activities to book.

Best wishes for a successful event, and we hope you have a terrific stay in the Shoalhaven.

Amanda Findley Mayor



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THE ARWS OCEANIA SERIES

Wanna try Adventure racing? Unique courses that test athletes over 125-250km courses of non-stop day and night racing in the disciplines of trekking, mountain biking, kayaking, and navigation.

Participating teams earn points towards their AR Regional Ranking and the winner of each round gains entry to the ARWS Oceania Championship. The winner of the Regional Championship gains an entry to the global Adventure Racing World Championship and part of a cash prize pool of AUD\$10,000 (\$5,000 for first place, \$3,500 for second and \$1,500 for third).

X MARATHON

WEBSITE: xmarathon.com.au/

FACEBOOK: facebook.com/adventurejunkies

DATES: 6-7 May 2023

LOCATION: East Gippsland VIC, Australia

DISTANCE: 24hrs / 120km & 80km / full & half

MOUNTAIN DESIGNS GEOQUEST

WEBSITE: www.geoquest.com.au

FACEBOOK: www.facebook.com/wldnco

DATES: 9-12 June 2023

LOCATION: South West Rocks NSW, Australia

DISTANCE: 48hrs / 220km & 120km / full & half



MOUNTAIN DESIGNS HELLS BELLS AR

WEBSITE: www.hellsbells.com.au

FACEBOOK: facebook.com/wldnco

DATES: 5-6 August 2023

LOCATION: Sunshine Coast QLD, Australia

DISTANCE: 24hrs / 120km & 80km / full & half

MOUNTAIN DESIGNS GEOQUEST NZ

WEBSITE: www.geoquest.com.au

FACEBOOK: facebook.com/wldnco

DATES: 15-18 September 2023

LOCATION: Hawks Bay, New Zealand

DISTANCE: 48hrs / 220km & 120km / full & half

ARWS OCEANIA CHAMPIONSHIP

WEBSITE: www.arworldseriesoceania.com

FACEBOOK: facebook.com/arwsoceania

DATES: 15-18 November 2023

LOCATION: TBA, Australia

DISTANCE: 36hrs / 180km & 120km / full & half

LEGEND EXPEDITION RACE

WEBSITE: www.legendexpd.com.au

FACEBOOK: facebook.com/wldnco.com

DATES: TBA February 2024

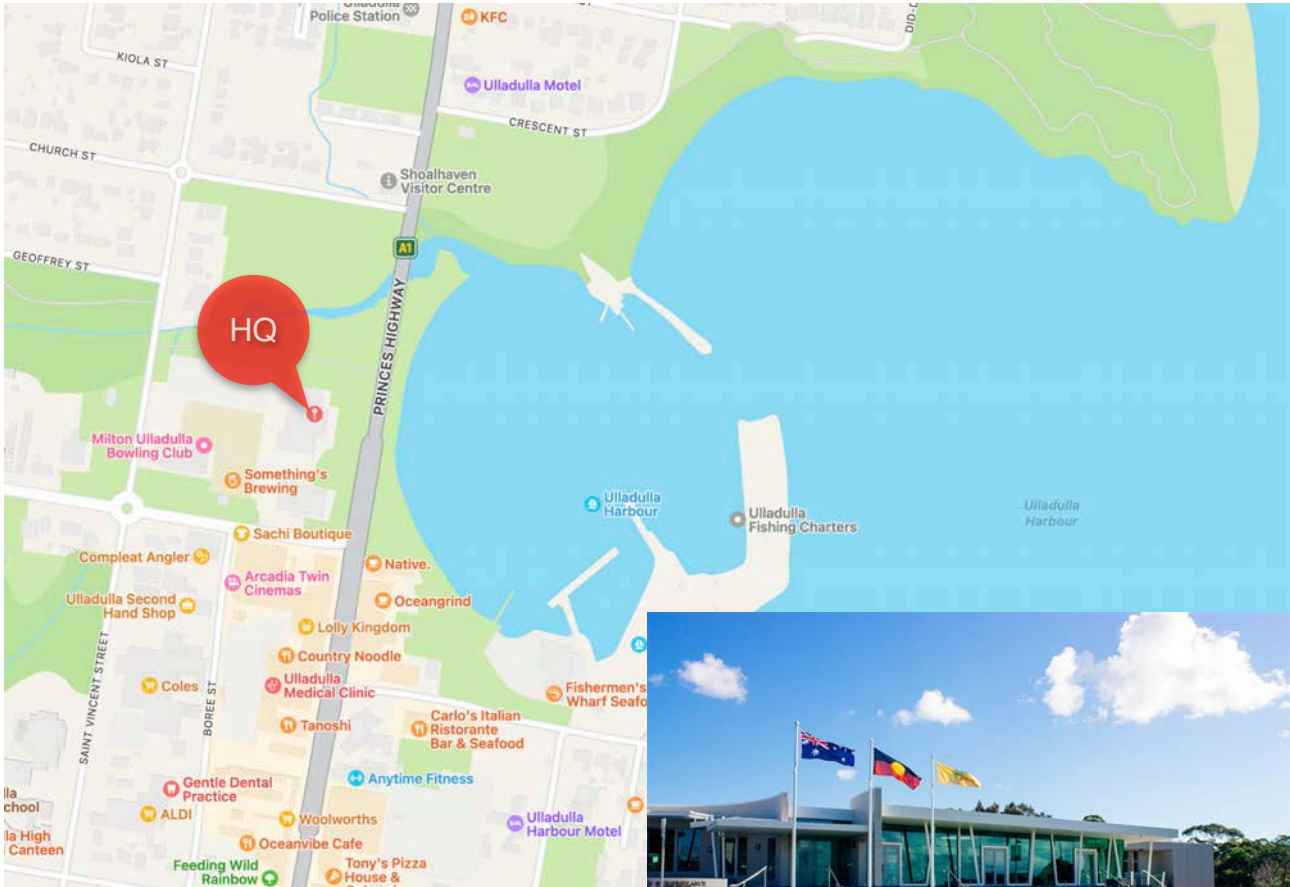
LOCATION: Australia

DISTANCE: 6days / 500km & 250km / full & half



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RACE HQ + ACCOMODATION

For 2023 Terra Nova 24 is heading to Ulladulla. Famous for its seafood and picturesque harbour, Ulladulla offers a laid-back coastal escape in the Shoalhaven region, full of gourmet delights, natural beauty, interesting galleries and surf shops. It's also a fantastic backdrop for an epic 24hr adventure!

RACE HQ

Race HQ for Terra Nova 24 will be the Ulladulla Civic Centre:

> 81B Princes Hwy, Ulladulla NSW 2539

For accomodation and entertainment options please visit: **VisitNSW.com**

Terra Nova 24 has been designed to move it to a different location along the South Coast each year, but always within 2 and 3 hrs drive of Sydney and Canberra.



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PROGRAM AND TIMINGS

FRIDAY:

Interstate and International teams arrive

SATURDAY:

9:00am – 10:30am: Registration open, course
handout, bike and gear drop off at HQ

10:30am: Race Briefing (compulsory all)

11:30am: Full and Half Course Start

SUNDAY:

11:30am: Official Race Finish

12:00pm: Presentations



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COURSE AND DISCIPLINES

The Terra Nova 24 course is a linear adventure race. All teams begin the adventure at the same point, then navigate their way through each leg consecutively.

At the end of each leg is a Transition Area where you change from one discipline to the next. The race finish will be at HQ.

Disciplines this year include:

- Kayaking inland rivers and waterways
- Hiking / trail running / Coasteering
- Mountain biking
- Navigation
- Swimming (very short)

Please ensure you have thoroughly researched what is involved with the race and are sufficiently prepared. The website www.terrano24.com.au has extensive information. There are many other sources of information, the internet, discussion groups and books.

[Also check out the video from last years event here](#)





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TEAM LOGISTICS

Terra Nova 24 and Terra Nova Half are unsupported races and there are a few key items that you will need to bring.

In the course notes (at registration) you will be told the different locations on the course where the organisers will pre-position each of these boxes for you. Boxes are packed prior to the start and submitted to the logistics official. Be aware that what you pack in these boxes is what you will receive later in the course.



PADDLE BAG

All teams that wish to use their own paddle gear must provide a labelled paddle bag or method for the teams paddles and paddle gear to be bundled together – tie down straps are a good idea. This bag should contain the mandatory kayaking equipment: paddles, PFDs, (helmet not required for 2023) and glow sticks plus any foam seating used by teams. The maximum weight allowed is 20kgs. If paddles don't fit inside your paddle bag, they must be firmly attached to the bag.

GEAR BOXES

Each team is to provide 2 x plastic boxes with a volume of no greater than 55l each for 2 person teams or 100l for 4 person teams (max packed weight of 25kgs). These boxes will need your team name and a letter on them (A and B). Pack items such as:

- Food (e.g. sandwiches, bars, trail mix, chips, etc)
- Drink (water bottles, electrolyte)
- Dry spare clothing (e.g. shirt, socks, jumper etc)
- Batteries for headlamp/ mountain bike
- First aid (e.g. strapping tape, chaffing cream)
- Bike spares (e.g. tubes, pump, lube)

BIKE DROP

There is NO bike drop for Terra Nova 24 2022 – bring your bikes to HQ (see logistics plan below).

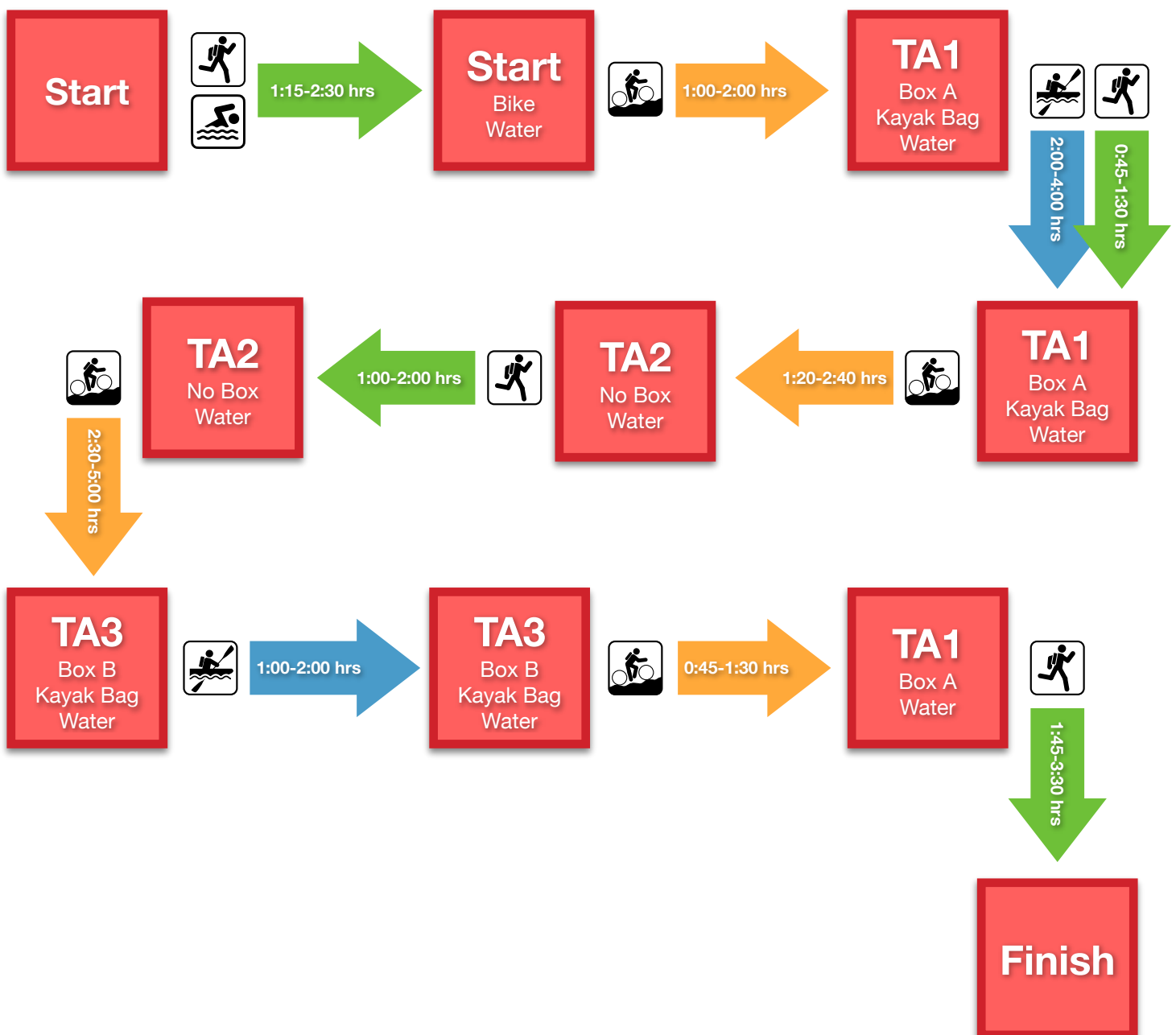


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TERRA NOVA 24 LOGISTICS PLAN

NOTE: Times are estimates for planning purposes only, details may change on the day.



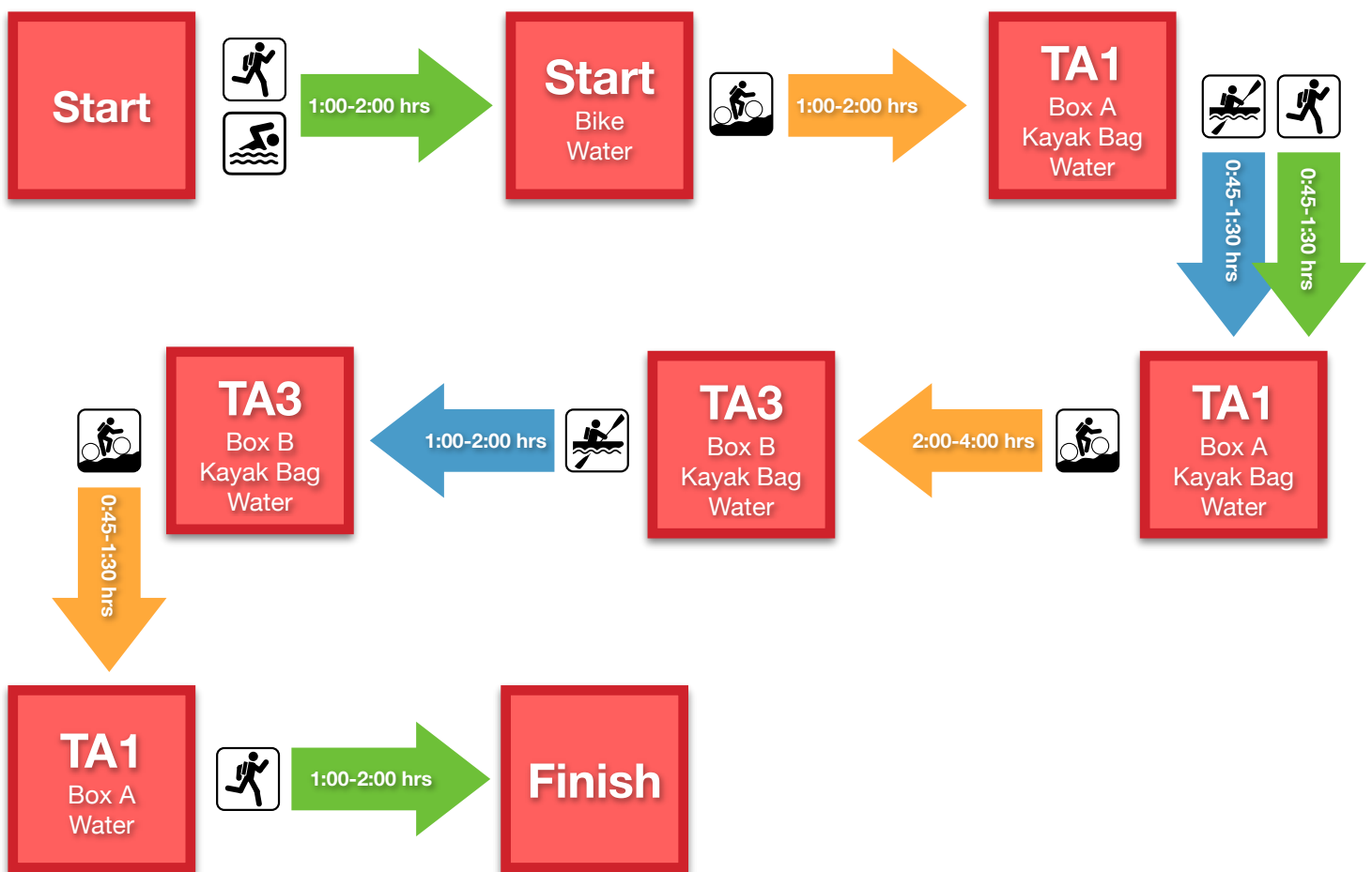


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TERRA NOVA HALF LOGISTICS PLAN

NOTE: Times are estimates for planning purposes only, details may change on the day.





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ON THE COURSE

RACE FINISH AND CUT OFFS

Official course closure is 11:30 am on the Sunday morning. All teams must be back by this time.

If during the race you think it doesn't look like your team will finish the course, we recommend you still race for the full time allocated and finish as many legs as you can. You should attempt to collect at minimum one checkpoint per leg to give yourself the best chance of staying as a ranked team.

There will be a time penalty applied for teams that are late.

CHECK POINTS (CP)

Checkpoints (or "Controls") are a point marked on the map with a purple circle (and number/letter) that you will need to visit as a team during the race. At the physical location of a checkpoint you will find a 30cm x 30cm or 15cm x 15cm orange and white orienteering marker. These are usually tied to a tree branch or similar with string. Hanging from the marker is a small punch device that you must use to make an indentation in your control card or race control bands. This indentation proves to the officials that you have visited that checkpoint. Some checkpoints may only have the punch chained to something secure (without the flag - which can tend to attract people to steal it) so use the description to assist in locating the punch. These CPs may or may not have some orange tape to indicate the general area of the chain.



All numerical CPs (CP1, CP2, CP3) must be collected in the correct numerical order. Alphabetical CPs (CP A, CP B, CP C) may be collected in any order as deemed most efficient by your team.

MISSING CPS

You may arrive at a location you believe is correct and you can't find the checkpoint (e.g. you are in the wrong location or it has been stolen or incorrectly placed by the organisation). You can continue to search for the checkpoint, however if you are absolutely certain the control is missing, it is recommended you take a photos of the area if you have a camera. You should also ensure your tracker has a good view of the sky for approximately 5 minutes to register your location. If the race organisation verifies the control is missing or misplaced, and you can prove you were in the correct spot, you will be credited with this checkpoint. No time adjustments will be made.



WINE & WHALES

With 100 beautiful beaches, the Shoalhaven is one of Australia's leading coastal destinations. But there's a special kind of magic in a South Coast winter and spring. With wine, whales, wonderful food, and welcoming hospitality, just two hours from Sydney and Canberra. From May to November, the whale migration kisses the coastline, the wine is flowing, and fireplaces are crackling.



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ENVIRONMENTAL IMPACT

Human Waste: You must bury all human waste 20cm below the ground and at least 100 metres from creeks or water ways, or alternatively use a public toilet.

Rubbish: You must carry all rubbish with you to a bin. This particularly relates to the gel packets. If you drop litter on the course we will not be able to get permissions to use areas in the future. If you see rubbish left by another team, please pick it up. We all accidentally drop things, so do the right thing and ensure we can continue to use beautiful areas in the future.

Wildlife: Hopefully you will see some wildlife during the event. Do not approach or disturb wildlife.

Tracks: Minimise the impact on vegetation by using existing trails where possible.

Gates: Leave them as you found them.

TOILETS AND WATER

There are toilets at some of the transition areas. These are detailed in the course notes. Water is available at some but not all TAs and CPs. Plan wisely for this.

COURSE MARKINGS

No direction arrows, tape, markers etc are placed on the course (unless specifically noted in the Course Notes or on Maps).

TIME ESTIMATES

“Fast” time estimates are based on estimated speed of a top team completing that section in good weather conditions and excluding stops/sleep. “To Finish” times are based on estimated speed of a team who will complete the full course and finish just prior to the final race cut off, completing that section in good weather conditions and excluding sleep.



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EQUIPMENT

MANDATORY EQUIPMENT

The most up to date Mandatory Equipment list is on the website www.hellsbells.com.au. This is the list that will be used and please ignore any reference to the AR World Series Equipment list. Mandatory equipment checks may be conducted during the race.

[CLICK HERE FOR MANDATORY GEAR LIST](#)

For the 2023 edition teams will also need to bring a snorkel mask or goggles.

RACE MAPS

Your team is provided with ONE set of colour 1:25k topographic maps, on A4 & A3 sheets for a 2 person team and TWO sets for a 4 person team.

The maps are printed on waterproof paper and don't require contacting or laminating.

There is also an overview map included. The maps have been printed from common source data, meaning that all colours, symbols, contour intervals, magnetic variation and scale are consistent between all race maps.

RACE NUMBERS

Every competitor is provided with a race number that must be worn and be visible at all times during the race – the best strategy for attaching these is a triathlon style race number belt.



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PHONES – COMPULSORY EQUIPMENT

You are required to provide one fully charged mobile phone on the Telstra network (Optus & Vodafone don't get sufficient coverage to send a message) – if you need to make an emergency call, you want to get coverage.

There is good Telstra 3G/4G coverage throughout most of the course. Please note that coverage is generally better on high points, or on points with direct view of a phone tower (usually towards populated areas along the coastal strip). Coverage lessens as you head inland, and certainly when in the valleys (where there may be no reception at all).

Your phone MUST be turned off and stored inside your bag at all times. It or any other phone must not be used at all while you are racing unless it is for an emergency. You are NOT permitted to call a support crew, surf the live site or find your location on a map! Make sure you have a waterproof bag for your phone too.

PERSONAL GPS

If you would like to record your route you are able to carry a GPS recording device inside your bag. It must not be visible.



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TERRA NOVA 24 KAYAKS

Organisers will provide all Terra Nova 24 teams with kayaks. You will need to provide mandatory equipment as per the mandatory gear list including whistles and glow sticks.

Organisers will move kayaks to the start, and from the end of each kayak. You will not keep the same exact same kayak for through the race so please remove all your equipment at the end of each kayak leg.

Kayaks used will be double Mission 'Surge' kayaks as pictured above.

PFD'S AND PADDLES

All Terra Nova 24 competitors are encouraged to bring their own paddles and PFDs.

Organisers can hire PFDs and Paddles if needed for a small fee, however you **MUST** let us know how many you need by Wednesday 31st August as we need to source these for you. You must place an order with us for the required equipment using this form:

[CLICK HERE > HIRE PADDLES AND PFDs](#)

If you do not let us know, you will not have one provided. Pre-ordered PFDs and paddles must be collected at race registration and will be collected back at the end of the race.



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SAFETY

PARTICIPANT RESPONSIBILITY

During the event you must be aware the rescue by the organisers or emergency services may not be possible immediately. In the first instance you are responsible for yourself and your team mates. Organisers have assets in place to assist, but for whatever reason they may not be immediately available.

It is not practically possible to provide all the safety needed for all the possible scenarios. If you are not willing to accept this self responsibility, you should not start the race.

If you get to a point in the course that you decide you are not comfortable and confident in completing safely, it is your responsibility to do something.

If you feel the level of inherent risk is unacceptable, do something about it. Avoid it, withdraw, it is your decision.

SAFETY ASSETS INCLUDE:

- Firstly your team mates and support crew.
- Event officials with first aid certificates and training.
- 1 x First Response team with first aid trained officials.
- Watercraft safety including event officials and the Surf Lifesaving Club for ocean kayaking.
- Normal access to emergency services via '000'.

NO ROAD CLOSURES

No roads have been closed for the event. You must use extreme caution any time you are on a road. You must obey road rules at all times.



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SUPPORTERS

TERRA NOVA 24 AND TERRA NOVA HALF ARE UNSUPPORTED RACES

This means that at no point on the course are you allowed to receive help or support from anyone.

That said....your family, friends and supporters are more than welcome to come to the event and visit the TAs to cheer you on. Over the years the number of families coming to the event for a holiday weekend has increased significantly. Most teams now come with a large entourage of family and friends!

Supporters are welcome to attend the race briefing and the race notes and course maps will be available electronically as a .PDF file linked to the main www.terranoval24.com.au website and facebook page.

A four wheel drive vehicle is not required to visit the TAs, but you will be required to drive on good unsealed roads. It is recommended that you fill your vehicle with fuel before the start. 24hr service stations may be difficult to find.





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LIVE COVERAGE

LIVE WEB COVERAGE

As in previous years, the event will have dedicated live web site. There will also be a version optimised for your mobile devices (eg iPhone/ iPad). The link for this will be shared during the week before the race. (and linked to www.terranova24.com.au)

Teams will carry tracking devices so the world can watch your every move while your race. Images, interviews, social media and maps of the course will also be posted to the site. Coverage will commence on Saturday morning.

Recommended - If your supporters can access a smart phone or tablet, they will be able to watch you throughout the race and know when to arrive at transitions.

FACEBOOK: Photos and updates will be posted on the Wild & Co and ARWS Oceania Facebook page
- www.facebook.com/wldnco
- www.facebook.com/arwsoceania

TRACKING

Each team will be issued with a live tracking device. This is to be kept inside the water proof container/bag provided and it **MUST** be carried in the top of your back pack otherwise it won't work. The device is water resistant but not designed to be submerged - keep it in the container/bag!

The device stores your location through the inbuilt GPS and will transmit every 15 seconds providing it has reception. If it can't send, it will continue to store your locations until it gets reception.

Please note if you are lost and in a remote area without phone coverage, we may not be able to see your location. Move to high ground and different aspects of a hill or high point for a better chance of GPS reception.



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RACE RULES

RACE RULES

There is a copy of the race rules on the website at www.terranova24.com.au The event uses the standard Adventure Racing World Series rules of competition.

Adventure racing relies on the honesty of teams during the race. If you observe a team on the course breaking any of the race rules please raise this directly with the team. They may be new to the sport and not be aware of some particular rules. There may also be a valid reason or you may have misunderstood the situation - in which case you can clarify the situation there and then.

OUT OF BOUNDS (OOB)

There are a number of out of bounds areas marked on the race maps in pink. These are generally dangerous areas such as the main Highway and other major roads, other imposed restrictions from QLD Forestry and National Parks (eg recent harvesting), or specific private land holdings that we do not have permission to use.

Out of bounds areas are STRICTLY no go. Traversing these areas will receive heavy penalties or disqualification. If you find yourself in an OOB area, you must return the way you entered and go around.

Private Property is always out of bounds unless you are told it is specifically open to the event.

Some private property may be marked in pink on race maps where the organisers think it may help teams when planning a route. However, you are still prohibited from entering private property even if it is not marked in pink on your race maps.

PENALTIES AND DISQUALIFICATIONS

Disqualifications will normally result from a deliberate breach of the race rules. Time penalties will normally result from an un-intentional breach of the rules or non-completion of a segment of the course. The penalty will usually be in the form of additional time added to a team's final race time.

Below is an indication of penalties given at past Terra Nova 24 races:

- Break 100m rule - 4-8hrs, or DQ if this occurs in potentially dangerous area (including ocean kayaking).
- Missing mandatory equipment at a check - 2-4hrs .
- Lost control card / wrist band - 0.5 - 1hr per band.
- Incorrectly punching wrist band / not punching master card with wrist band - 15 mins.
- Missing CP - 1-4hrs.
- Late finish - 2.5 x time past official finish time.
- Assistance by safety craft - 6-10hrs.
- Rescue from dangerous situation - DQ.



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RACE FINISH

FINISH LINE

Finish line will be at Race HQ.

SAUSAGE SIZZLE TO FINISH

Each year where possible a community group is engaged to cook a BBQ breakfast for all the teams. The event provides them a donation and it is a great way that we can support the local community. Food is on from 1030 on Sunday through to 1200.

RACE PRESENTATIONS

These are short and sweet as we know everyone is getting ready for a long drive home. The main reason to stay around for the presentations is the large number of random draw prizes available!

COURSE CLOSURES

All teams must be finished by 11:30am



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VOLUNTEERS

Many event volunteer officials have given up their time to assist over the weekend which makes it possible for you to participate in this adventure race. Please be courteous to them on the course and make sure when you see them that you tell them you appreciate them contributing their time to support this event and our sport.

If there is an issue on the course that causes any anger or frustration then you must talk to the event directors. Bad behaviour to the volunteer officials will not be tolerated.

FINAL POINTS

Don't forget, there is a lot of information on the web site (www.terranoval24.com.au) that you will need to be aware of.

Reminder – every participant in the Terra Nova 24 needs to have Ambulance cover. If you have forgotten to do this, make sure it is done prior to race registration. Check that your team mates have

the required cover. Competitors who live in states such as Queensland and Tasmania do not require a separate policy as they are already covered under state legislation.

Insurance – The event organisers have a public liability insurance policy to the value of 20 million dollars. This is a compulsory insurance policy in Australia for events that are organised on, or cross through, any form of government land/public place. This is not personal accident insurance for you! It is strongly recommended you have your own personal accident insurance.

Team captains – once again please note that this information has only been sent to those email addresses you provided on your entry form. Don't forget to tell your team mates what is happening!

If you have any questions, please contact me

Chris Dixon
Event Organiser/ Director
Wild & Co
Mobile: 0497 417 195



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ACKNOWLEDGEMENT, WAIVER AND RELEASE – COMPETITORS + SUPPORT

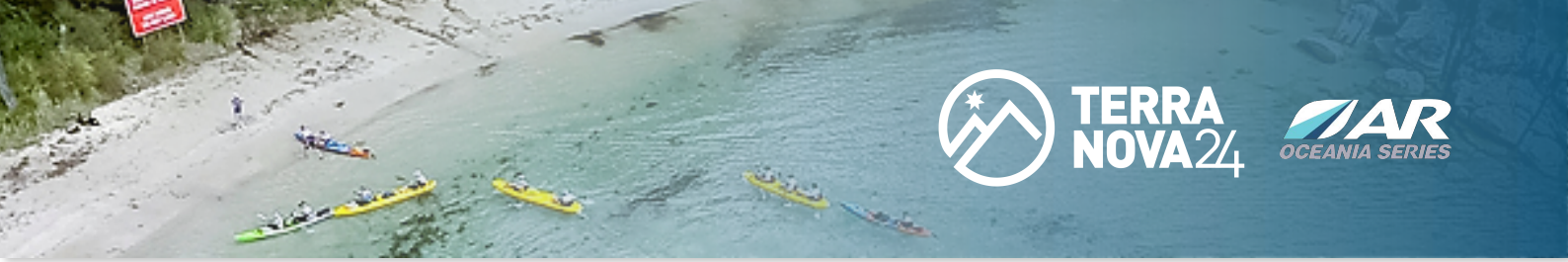
WARNING: THIS IS A LEGAL DOCUMENT THAT AFFECTS YOUR RIGHTS. PLEASE READ ALL OF
(2 PAGES) THE DOCUMENT CAREFULLY.

1. I understand and acknowledge that participating in the Terra Nova 24 Adventure Race (the **Event**) from 9-12th June 2022 is a dangerous activity. The Event may involve mountain biking, kayaking, trekking, running, navigation, rafting, snorkelling, Stand Up Paddle boarding, abseiling, use of a tyrolean traverse and/or a flying fox, rock climbing, ascending, swimming, rock scrambling, coastal travel, sailing, driving, crossing and/or travelling on roads, roller skating, caving, snow traversing, traversing isolated and remote tracks, repairing equipment and other unspecified activities. I am aware and understand the activities I will potentially be involved in. Hazards include, but are not limited to remoteness from assistance or medical aid, the extremely strenuous nature of the Event including participating at night, becoming lost, vehicle traffic, actions of other participants spectators and public, weather conditions, flood, fire, storm, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's equipment, natural and man made objects in the environment and other unspecified hazards. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death) and damage to my property. In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all Event activities in a manner safe to myself and others.
2. I certify that I am physically fit and that I have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person that I can not participate in the Event and that I have been given the opportunity by the organiser to attend a pre event briefing session.
3. In consideration of being allowed to participate in the Event, I (on my own behalf and on behalf of my executors, administrators, heirs, next of kin, successors and assigns):
 - A. WAIVE, RELEASE AND DISCHARGE from any and all liability for death, disability, personal injury, property damage, property theft and all other risks, claims or actions of any kind (including breach of contract, acts of negligence to the fullest extent permitted by law) whatsoever and however occurring, together with any legal fees incurred as a result of any such claim whether it is valid or not, which I at any time had or have as a result of or in connection with, directly or indirectly, my participation in and my travelling to and from the Event the following person or entities: Geocentric Outdoors Pty Ltd, 1Wild&Co, Event sponsors, Event producers, community organisations, all State, Federal and Local Government authorities in which the Event may be staged and the owners, licensees or occupiers of any property upon which I enter and their (its) respective officers, directors, employees, independent contractors, sponsors, representatives, agents, members and volunteers, including medical and paramedical personal appointed for the Event;
 - B. INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in paragraph 3(a) from any and all liabilities, claims or actions (including negligence) whatever or however caused arising as a result of or in connection with, directly or indirectly, my participation in and travelling to and from the Event, including any claim by my (or my team's) support crew or any person assisting me or my team;
4. I acknowledge that I am responsible for my personal possessions and equipment during the Event.
5. I accept the communications, search, rescue and medical aid arrangements put in place by the organisers. I understand and agree that in the first instance I am responsible for the provision of first aid to myself and those around me. As a competitor or support crew I am responsible for myself or my team's timely removal from the course to a medical facility. I give my consent to receive any first aid and medical treatment which may be deemed advisable in the event accident, injury and/or illness as a result of my involvement in the Event.
6. I certify that the medical information supplied by me on the entry form is true and I consent to and authorise that information to be provided to any medical practitioner, ambulance officer or any person involved or associated with any medical treatment or assistance that may be given to me as a result of my participation in the Event, regardless of whether the treatment is given.
7. I agree to allow my photograph, video, multimedia or film likeness and or name to be used for any legitimate purpose by Geocentric Outdoors Pty Ltd, Wild&Co, its sponsors or assigns without notification, payment or compensation.

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8. I acknowledge that the Event arranged insurance covers myself for public liability whilst participating in this event. I am responsible for my personal accident insurance and ambulance cover.
9. I acknowledge that the organisers reserve the right to alter the advertised course if conditions warrant. I agree that the organisers reserve the right to cancel or postpone the Event due to weather conditions, natural disaster, "acts of god", terrorism, war or any other reason so deemed by the organisers, and that my entry fee will be non-refundable.
10. I agree to abide by the Event rules and directions of officials and I understand that my entry may be voided if through my actions or behaviour, if in the opinion of the organisers, I break any of the rules or I bring the Event into disrepute. I further understand that the organisers reserve the right to reject any entry without having to justify their actions.
11. I certify that I will be eighteen (18) years of age or older before the Event starts or that I have full permission from my parent/guardian and they have read and understood the above and will co-sign below.
12. **I have carefully read this form (2 pages) and understand and agree to its contents.**

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