



**17-18 May 2008**  
**Blue Mountains National Park**

## **Competitor Briefing**

**PLEASE READ CAREFULLY**

### **1. Event Hub**

Event Hub Location: York Fairmont Resort, 1 Sublime Point Road, Leura. Leura is approximately 1.5 hours drive from Sydney on the Great Western Highway. There is a sign to the Fairmont Resort from the Highway. Please note that there will be no AROC Sport or TNF100 signs leading you to the Fairmont Resort. You should easily be able to find the resort with a street directory or map and some common sense. If you are leaving your car while you competing in the event please park it in one of the three Fairmont Resort lower carparks.

There is a restaurant, café and bar at the York Fairmont Resort and you can see the finish area from the lower outside deck. There will also be the course map and race updates available from the foyer area next to the finish. All support crew, friends and family are welcome to come and hang out in this foyer area beside the finish line.

Start Location:

The start marshalling area is in the Golf Club carpark down below the front (main) entrance of the York Fairmont Resort. There will be tea and coffee available at this area after 6AM. The event briefing will also take place here. Before 6AM you will need to use toilets inside the Fairmont Resort main building. After 6AM you should use either the Golf Club toilets or the Fairmont gym and pool toilets (both are very close) –please clean up any mess you make! The start is in front of the Golf Club clubhouse.

Finish Location:

The finish is at the rear of the York Fairmont Resort. Spectators can access this area via the main front doors, down the internal stairs past the fire place and lounge and out onto the grassed area. You can also access by going around the side of the buildings. You cannot bring vehicles to the finish area again you must park in one of the three Fairmont Resort lower carparks.

Registration:

Registration is in the main foyer of the York Fairmont Resort.

### **2. Event Schedule**

Friday 16 May 2008

Registration	6pm – 8pm
Italian Buffet Dinner	from 7pm (you must pre-book with the York Fairmont Resort).

Saturday 17 May 2008

Late Registrations	5:30am – 6:30am
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Race Briefing 6:45am  
Race Start 7:00am

### Sunday 18 May 2008

Finish Cut-off 1:00pm  
Presentation 1:00pm

## 3. Registration

Registration is in the main foyer at the York Fairmont Resort. There is very little time to register on the Saturday morning so please register on Friday evening. Any registration changes must be done on the Friday evening. You will not be able to make any changes on the Saturday morning.

At registration you will receive:

1. **Course Maps:** These will be a black and white maps. You will receive each leg on either an A3 or A4 sheet so six sheets of paper in total. These are not waterproofed. It is your responsibility to keep your maps dry.
2. **Course Description:** A simple overview of the course listing each track of the route.
3. **Race Number:** This must be visible on your front at all times. A recommended method is to use an elastic waste strap to secure your number and allow you to easily have your number visible over the top of your outermost item of clothing.
4. **Participant emergency Instructions:** You will need to carry this with you. This will be a laminated, double sided A5 sheet.
5. **Event t-shirt:** Sizes are limited so first in best dressed.

At registration you must provide:

1. **Signed indemnity form.** There is a copy for you to print out on the web and at the end of this document. You must read this document before signing.
2. The phone number and carrier for the mobile phone you will have with you in the race.
3. Support crew name, mobile phone number and carrier (if being supported).

You will also need to have your **mandatory gear checked**. All of your mandatory gear must be carried with you for the full duration of the event.

## 4. Checkpoints & Logistics

Please note that the food provided at each checkpoint is limited. You should not rely solely on food supplied at the checkpoints. Runners with support crew should bring their own water to checkpoints 3, 4 and 5. There is a toilet at every checkpoint except for CP1.

Note that the opening times of Checkpoints 4 and 5 may be delayed depending on the progress of runners during the first part of the course.

Please note that there will be no AROC Sport or TNF100 signs to lead road crews to any of the Checkpoint locations. It is up to road crews to read a street directory or map. None of the Checkpoints are difficult to find and they are all on main bitumen roads.

### **Checkpoint 1 – Narrow Neck (15km)**

Location: CP1 is at the top of the Golden Stairs, end of Glenraphael Drive, Katoomba.

Opening Times: 8:30am – 11:00am

Support Crew: support crews are **not permitted** at this checkpoint as the parking and space at the checkpoint area is too limited.

Sustenance: water, Endura drink, fruit, lollies

### **Checkpoint 2 – Dunphys Camp (36km)**

Location: CP2 is located at Dunphys Camp at the end of Megalong Valley Road.

Opening Times: 10:30am – 17:50

Support Crew: support crews are **not permitted** at this checkpoint as Megalong Valley Road will be closed to all but local residents and local traffic to allow a safer passage for the runners.

Sustenance: water, Endura drink, Nice & Natural cereal bars, Carboshotz gels, fruit buns, hot water, tea & coffee.

### **Checkpoint 3 – Old Ford Reserve (52km)**

Location: CP3 is located at Old Ford Reserve on Megalong Valley Road.

Opening Times: 12:10pm – 22:40

Support Crew: support crews are permitted at this checkpoint. It is about a 60 minute drive from Katoomba.

Sustenance: water, Endura drink, fruit buns, Bounce Balls, hot water, tea & coffee, cuppa-soups, instant noodles, tea & coffee.

Relay Teams: Relay teams may only change over at Checkpoint 3. The second runner must check in with event officials at CP3 before starting.

### **Checkpoint 4 – Echo Point (66km)**

Location: CP4 is located at Echo Point at the main 3 sisters lookout in Katoomba.

Opening Times: 13:40 – Sunday 02:50

Support Crew: support crews are permitted at this checkpoint. Note that this is a very high tourist traffic area and during the day parking might be difficult to find. It is pay parking near the lookout. There is free parking if you don't mind a short walk. Support crews may not set up any kind of tent or structure at this checkpoint. Support crews may bring a maximum of 2 bags and a chair to this checkpoint and may not lay out anything on the ground until their runner arrives. Please do not stay at this checkpoint for a long period of time. If you are unsure how long your runner will take to get here from CP3, get them to phone or text you when they get to Stuarts Road.

Checkpoint 4 is at a very high volume tourist area. The local council has given special approval with tight restrictions on use of this area so as not to interfere with the normal operation of the area or to create an obvious scene. If you can not abide by these conditions, please do not have your support crew come to this checkpoint.

Sustenance: water, Endura drink, Carboshotz gels, hot water, tea & coffee, cuppa-soups, instant noodles.

### **Checkpoint 5 – Queen Victoria Hospital (86km)**

Location: CP5 is located at the Queen Victoria Hospital on Tableland Road in Wentworth Falls. The turnoff onto Tableland Road from the Great Western Highway is approximately 1.5km east of the centre of Wentworth Falls.

Opening Times: 15:40 – Sunday 8:50

Support Crew: support crews are permitted at this checkpoint.

Sustenance: water, Endura drink, fruit buns, Ducks Nuts, hot water, tea & coffee, cuppa-soups, instant noodles.

## 5. Drop Bags

Drop bags will be taken to the following locations:

- Checkpoint 3 (Old Ford Reserve)
- Checkpoint 5 (Queen Victoria Hospital)

Runners may leave one bag/box to be taken to each drop bag location. Drop bags must be no bigger than 35 litres.

Drop bags must not contain any glass bottles. Any liquids must be securely contained. Drop bags should also be waterproof as they will not be stored under cover.

Drop bags must be delivered to the start location by 6:30am and placed in the relevant checkpoint pile.

Each drop bag must be clearly labelled with the competitor's surname and checkpoint location (ie CP3 or CP5). Checkpoint staff will endeavour to line the bags up in surname alphabetical order. Any bags without a name written clearly and securely will not be able to be placed into alphabetical order.

Runners with support crew are asked not to use the drop bag service.

At the drop bag checkpoints, only the runner can collect their drop bag.

Drop bags will be returned to the York Fairmont Resort as soon as possible. At worst, all bags will be available for collection at the presentation. It is the responsibility of each runner to collect their drop bag from the finish area. Any bags not collected by 3PM on Sunday will be disposed of. Please do not leave valuables in your drop bag.

## 6. The course

This will be one of the most amazing and challenging running courses you will have ever done. Take time to appreciate the spectacular views of the World Heritage Blue Mountains National Park. The North Face 100 is for experienced trail runners only. The course is tough, remote and with very little support.

In addition to travelling through the National Park you will also be travelling on private land and land managed by the Six Foot Track Heritage Trust and the Sydney Water Catchment Authority. The course logistics including location of checkpoints and access for support crew is based on permissions and safety on roads. Please abide by the relevant directions and instructions.

### Course Route

The course is marked with a combination of pink flagging tape and black on white arrows and crosses. At all intersections there will be an arrow indicating the direction to travel followed by confirmation pink flagging tape a short distance along the correct route. There will be a cross on the incorrect route. There will also be pink flagging tape at least every 1km along Four Wheel Drive roads and every 500m along walking trails. There are distance signs every 5km.

Some of the course marking will be put up a week before the event. Whilst the route will be checked prior to the arrival of the first runners it is still possible for vandals to pull down or change the markings. It is the ultimate responsibility for each runner to know the course and follow the map so they have a general idea of where they are on the course at all times.

The Tarros ladders go off the end of Narrow Neck and are usually descended on steel spikes in the rocks. For the event there will be two extension ladders in series with rope cages. Only one runner at a time is allowed on each ladder. Please be careful going down the ladders.



### **Course Notes**

The walking tracks can be rough and uneven. Particularly rough sections are at The Landslide at 12km, from the end of Glenraphael Drive (26km) to the top of Tarros Ladders, some sections along Ironpot ridge between 39km and 41km, the untracked section between 41km and 42km.

There are also sections with steep staircases that you will be descending. These are at the 6km mark when you first join Federal Pass as well as the Giant Stairway just after checkpoint 4 at 67km. These are extremely steep and narrow and will be slippery in wet conditions. You must take extreme care.

In wet conditions the walking trails become very slippery. Please take care, especially around the cliff edges. Tarros Ladders and the rocks accessing the ladders will also be slippery when wet. The Golden Stairs up to checkpoint 1 at Narrow Neck is also very slippery when wet and has some exposed cliff sections. Take extreme care.

The walking tracks sometimes go along unguarded cliff edges. It is your responsibility to proceed with caution.

### **Rubbish**

It should go without saying – there is a NO LITTERING rule. This is a World Heritage area that we are very lucky to have permission to use. Please do not jeopardise any future events. Ensure you do not inadvertently drop your gel / bar packets or other rubbish on the course. If you see rubbish that is obviously from another runner please pick it up.

### **Course Safety**

This is a long event and contains walking track as well as fire roads. You will be going out to remote areas that are not easily accessible. The temperature in mid May in the Blue Mountains can vary widely from below zero, snow and rain to pleasant sunny days. The nights are always cold and expect a night maximum of 5 degrees Celsius. The wind chill can lower this substantially. The mandatory gear requirements are for your safety and are the bare minimum that you will need. If the forecast is for bad weather you should consider carrying, or having accessible, extra gear such as a fleece and warmer Gortex jacket and pants. If you are injured, tired or lost you may have to wait out in the open for up to several hours during the night in wet, freezing conditions. Please check forecasts and be prepared for all conditions – they can change quickly. Course officials will try to reach any injured participants as soon as possible but depending on the location this may still take up to 3 hours.

You should familiarise yourself with the correct use of a space blanket. If using a space blanket wrap it fully around your body. It will not work if you drape it over the top of you. If you need to stop, seek shelter from the elements, use your back pack for insulation from the ground, put on all your gear and wrap the space blanket around you. In emergency only light a small fire for warmth using your matches and firelighter. Do not create a bush fire.

Each runner is ultimately responsible for their own wellbeing. Please be aware of the effects of dehydration, hypothermia, and extreme fatigue. If you are not fit to continue please pull out at the next checkpoint.

The roads and tracks are not closed to traffic, vehicles and other users. Please be aware of other walkers on the walking trails and give way to vehicles on the public roads. Be particularly careful at road crossings. You must run on the footpath or road verge of all bitumen roads unless told otherwise.

### **Safety Vests**

You must wear your safety vests as the outer most layer when travelling on all bitumen and public roads at night as follows:

1. Along Megalong Valley Road (this is a major dirt road). This is the main road you get to once you have completed the Iron Pot ridge loop after CP2 (Dunphys Camp) at the 45km mark all the way to CP3.
2. Once you hit the roads through Katoomba after Nellies Glen (Stuarts Rd, Peckman Rd, Cliff Drive) at the 62km mark.
3. From checkpoint 5 to the finish.

### **Phone Coverage**

There is Telstra Next G mobile phone coverage over most of the course. Optus has between good and patchy coverage over approximately 50% of the course. There is very limited coverage on other networks such as Vodaphone and Virgin. Note that text messages may get through where reception is poor.

There is no phone reception at the following locations:

1. No reception on either Optus or Telstra Next G on the stair descent at the start of Federal Pass from the 6km mark to Leura Forest (at approx 7km). There is very limited or no reception with Optus all the way along the Federal Pass to CP1. Telstra Next G is quite good along most of this section.
2. No Optus from the 23km mark near the Narrow Neck Fire Tower until Ironpot Ridge (at 37km). There are some patches and texts may be possible.
3. Telstra Next G reception is not good from 29km through to 34km.
4. Reception on both Optus and Telstra Next G is patchy on the north side of Ironpot Mountain (41km – 43km)
5. There is no Optus or Telstra Next G from the 44km mark and along the Megalong Valley Road to the 48km mark.
6. No reception on either Optus or Telstra Next G from the 59km mark up the Six Foot Track to Nellies Glen at 61km.
7. On Leg 5 there is no Optus from 67km (just after CP4) to the 71km mark, from 72km to 75km and between 77km and 79km. You get Telstra Next G for most of this leg except for down in the two main creek gullies (Leura Falls Creek and Jamison Creek).

### **First Aid**

There is emergency first aid available at each checkpoint. There is also roaming first aid vehicles on the course for emergencies. Each participant is responsible for their own basic first aid and should carry their own blister pads/bandaids, sunscreen, strapping tape, pain killers.

If you pass an injured runner on the course please stop to help them and send another runner to report any incidents to the next marshal you see on the course. We will adjust your time accordingly at the finish.

### **Withdrawing from the Event**

If you withdraw from the event you must inform the Event HQ at the York Fairmont Resort personally. You can either go in person to the Event HQ or ring the Event HQ operations mobile phone number.

If you intend to withdraw from the event you must do so at a checkpoint unless you are assisted from the course between checkpoints due to injury or emergency. You may contact your support crew to collect you from the relevant checkpoint. If you do not have a support crew we will endeavour to arrange transport for you back to the Event HQ. Note that you may have to wait several hours for a non emergency lift back to HQ.

### **Support Crews and Spectators**

There will be a map of the course at the Fairmont Resort foyer area near the finish line. We will endeavour to have latest results posted here so support crew and spectators can see where you are on the course. Race HQ will only know the time a runner went through their last checkpoint.

Support crews are only permitted at checkpoints 3, 4 and 5 and the finish. Assistance must not be provided to the runners at any other point on the course. Runners may want to forewarn their support crews by phoning or texting a certain distance from the checkpoints.

Support crews need to be self sufficient with their own food, warm clothing, rain jackets, headlamps, water etc. Remember it is going to be very cold at night and there are no facilities, except a toilet, for you at the checkpoint locations so be prepared.

Support crews are responsible for obtaining their own maps of the area and finding their own way to the checkpoints. Please ensure that support crews get sufficient sleep and do not drive when drowsy or tired. Support crews must obey all road rules and drive within the speed limits. Please be particularly careful driving along Megalong Valley Road to checkpoint 3 (Old Ford Reserve). There are many kangaroos and wombats along this road. Parking will be tight at CP3 – only one car per runner is permitted here and you may have to park up the road to the North side of the ford.

Runners will be penalised for any disruptive behaviour or violation of Event rules by their support crew.

## 7. Cut-Off Times

There is a 30 hour limit to complete the full 100km course. If you complete the course in under 20 hours you will join the TNF100 club and receive the exclusive TNF100 belt buckle.

The following cut-off times are for leaving the relevant checkpoint. If you miss the cut-off then you must follow the directions of officials.

Checkpoint 2 (Dunphys Camp) – Saturday 16:10. Runners arriving at CP2 between 16:10 and 17:50 will be directed on a shortened Ironpot Ridge section. Runners arriving after 17:50 will miss the Ironpot section and continue directly towards Green Gully and along Megalong Valley Road. We are not expecting any one to miss the CP2 cut-off (Runners will need to be on a 3.92km/hr pace to make the 16:10 cut-off). Any runner directed to a shortened course will be ranked below runners that complete the full course.

Checkpoint 3 (Old Ford Reserve) – Saturday 22:40. Runners arriving after this time will not be allowed to continue on the course.

Checkpoint 4 (Old Ford Reserve) – Sunday 02:50. Runners arriving after this time will not be allowed to continue on the course.

Checkpoint 5 (Queen Victoria Hospital) – Sunday 08:50. Runners arriving after this time will not be allowed to continue on the course.

## 8. Estimated Runner Times

Checkpoint	First Runner Arrival	Last Runner Arrival
1	8:45	10:45
2	11:10	16:00
3	13:05	21:00
4	14:40	01:00 (Sunday)
5	17:00	07:00 (Sunday)
Finish	18:40	11:00 (Sunday)

## 9. Mandatory Gear

The following Mandatory Gear must be carried by each runner at all times. (This is the final list –please disregard any other lists you may have seen or printed out).

1 x long sleeve thermal top  
1x long leg thermal pants (lycra tights not acceptable)  
1 x waterproof jacket with hood (plastic rain poncho etc not acceptable) or waterproof jacket and full brimmed plastic rain hat  
1 x beanie or buff  
1 x space blanket  
1 x headlamp  
1 x small backup light in case headlamp failure but still bright enough for you to walk by and to see course markings.  
1 x reflective vest (must cover torso)  
1 x mobile phone (Telstra Next G (best) or any Optus phone recommended)  
2 x bars / food portions  
1 x whistle (may be part of pack buckle)  
1 x lightweight full fingered thermal gloves  
1 x waterproof map case  
1 x compression bandage  
map, course descriptions and participants emergency information (provided by organisers).  
1 x full box of waterproof safety matches with long head, one firelighter and in a snap lock bag (this is for emergency use only)  
1 x lightweight Dry Sack to keep your compulsory clothing dry (plastic bags or snap lock bags are fine but Sea to Summit ultrasil dry sack is recommended)  
Capacity to carry 2 litres of water (water bladder or water bottles)  
1 x compass for navigation if you get lost (while we recommend a good quality compass such as the Silva field 7 which is \$32, you can bring any compass as long as the magnetic needle will settle quickly and will point to magnetic north. You may be able to get \$5 ones from a cheap outdoor gear shop. It won't be good but will get you out of trouble for emergency navigation.)

Blister pads (fixamol), painkillers, strapping tape, vasoline, sunscreen etc is your own responsibility. We recommend you carry a basic first aid kit including all of these things.

We recommend that you have additional clothing available at the supported checkpoints. It could snow in May in the Blue Mountains, it could be wet - be prepared. You might also consider carrying an EPIRB and having a brighter light for the night sections.

## 10. Race Results & Photos

Race Results will be posted on the website in the week following the event. We will have them up as quick as possible but it could take a few days.

Marathon Photos will be taking your photo on the day. Images will be available for you to purchase from their website [www.marathon-photos.com](http://www.marathon-photos.com) where you will be able to search for your image by race number or name.

## 11. Event Rules

- You must complete the course on foot under your own power. Trekking poles are permitted.
- Outside assistance is only permitted at the checkpoints. Support crews are only permitted at checkpoints 3, 4 and 5.
- Your race number must be visible on the outside of your clothing (at the front).
- You must check in and check out at each checkpoint with the checkpoint officials.

- You must personally report to the Race HQ if you withdraw from the event (by phone to Event HQ operations number is permitted).
- A reflective vest must be worn at night on all bitumen roads and on the Megalong Valley Road.
- Stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted marking.
- You must carry the Mandatory Equipment at all times during the course. Random gear checks may be performed during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced. There will also be a penalty ranging from a time penalty to disqualification based on the severity of the breach.
- Relay teams may only change over at checkpoint 3. The second runner must check in with the checkpoint officials at CP3 before starting.
- You must obey directions of marshals if you miss any time cut-offs.
- Littering is prohibited.
- Leave gates as you find them. If closed, you may open it to pass through but it is your responsibility to close the gate after you.
- The participant is responsible for the actions of their support crew. Support crews must comply with all instruction from Event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
- Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
- Support crews must follow the instructions of all checkpoint staff including requests to vacate certain sections of the checkpoint area.
- Support crews are limited to one vehicle per participant at Checkpoint 3.
- The Event organisers are not responsible for the safety or whereabouts of support crew.
- Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the organisers discretion and are final.

## 12. Insurance

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

## 13. Warning and Disclaimer

This Event is for experienced trail runners only. Please ensure that you are sufficiently skilled to undertake the event. The course is a very tough, demanding course held in a remote location. There are very steep sections and sections that are rough under foot. It is your responsibility to ensure that you are fit enough to complete the event which make take you up to 30 hours to finish. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue.

## 14. Prizes

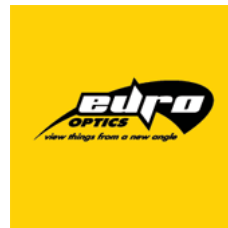
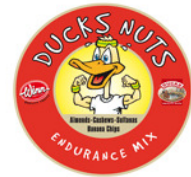
All prizes will be awarded on the Sunday afternoon at the presentation. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters in each category.

There are also lots of special or spot prizes.

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 event.

## 15. Sponsors

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



## AROC Sport Pty Ltd

### 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 North Face 100 Trail Run to be held on 17-18 May 2008 (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 trail running 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 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:.....