



LIONS CLUB OF ROSTREVOR INC
in conjunction with
4WD ADVENTURERS CLUB OF SA INC



BLACK HILL CHALLENGE 2019



A 10 or 16 kilometre trail run from Foxfield Oval, Maryvale Road, Athelstone, Through Black Hill Conservation Park to the Black Hill Summit and returning to Foxfield Oval.

Open to competitors aged 16 years and over

8:00 AM SUNDAY 27 OCTOBER 2019

Proceeds in support of the Royal Flying Doctor Service and St John Ambulance Service

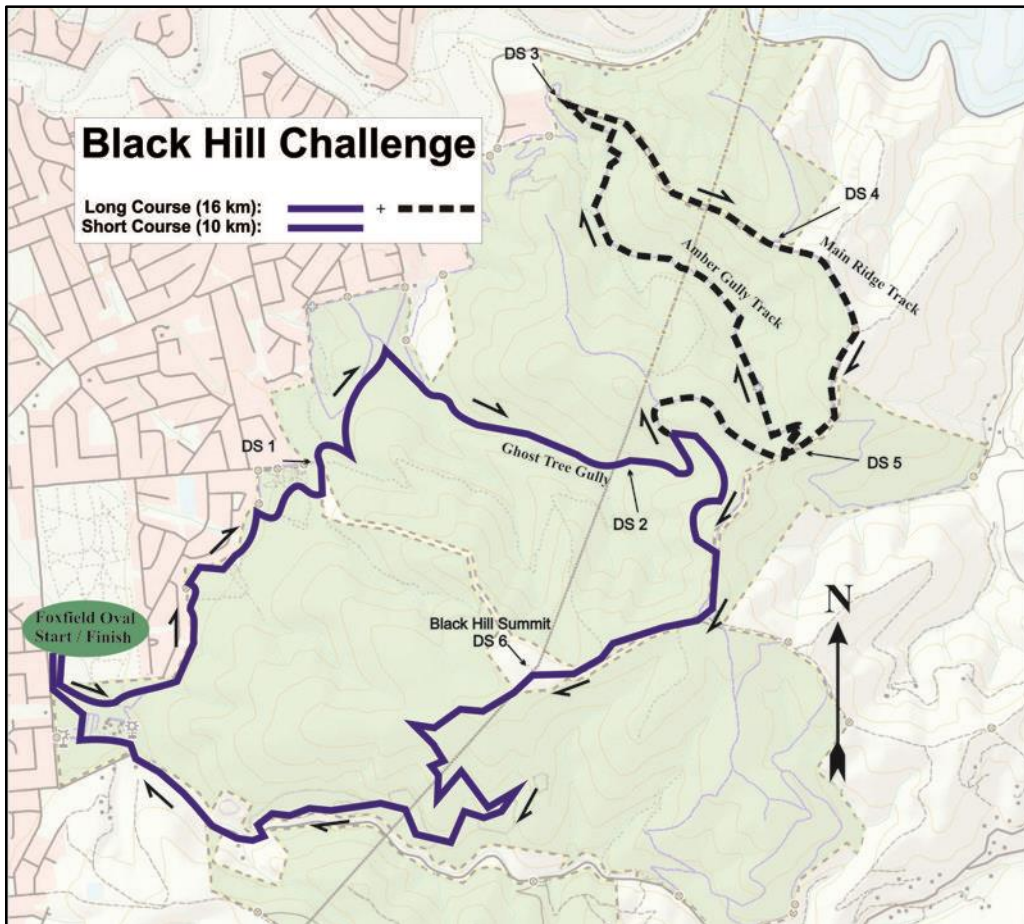


**An event supported by the
Campbelltown City Council**

THIS EVENT IS ALSO KINDLY SUPPORTED BY:
The Department of Environment and Water
St John Ambulance
The Athlete's Foot - Modbury

A delicious breakfast will be operating from 8:00 am for runners and friends

BLACKHILL CHALLENGE ROUTE



EVENT DETAILS

Start-Finish: Foxfield Oval
Course distance: 16.07 or 10 kilometres
Ascent: 765 metres

TIMES

7:30 am (sharp): Competitors assemble
8:00 am: Event commences
10:30 am: Presentation of major prizes

BLACK HILL CHALLENGE RULES

1. Competitors must be at Foxfield Oval by 7:30 am on the day of the event.
2. Competitor number patches will be issued from 7:00 am on the day of the event.
3. Late entries will be accepted on the day of the event from 7.00 am.
4. Entries received after Sunday 13 October 2019 will attract an additional late entry fee of \$5.
5. Competitors must follow the instructions of the Course Marshals at all times.
6. The course will be as marked, starting and finishing at Foxfield Oval.
7. Competitors must complete the marked course – on foot and without assistance.
8. Any deviation from the marked course will result in disqualification.
9. Runners will reach the summit of Black Hill before returning to Foxfield Oval.
10. Competitors compete in this event entirely at their own risk.
11. If extreme weather conditions force closure of Black Hill Park the event will be cancelled.

E N T R Y F O R M

LIONS CLUB OF ROSTREVOR INC 4WD ADVENTURERS CLUB OF SA INC

BLACK HILL CHALLENGE

SUNDAY 27 OCTOBER 2019 at 8:00 am

FAMILY NAME:

Male

GIVEN NAME:

Female

ADDRESS: No. & Street:

Suburb:

Postcode:

TELEPHONE:

E-mail address:

AGE (on 28 October 2018):

(Minimum age: 16 years on 27 October 2019)

DECLARATION 1 (Warning: this is a legal document which affects your rights)

I the undersigned having read the advice given overleaf hereby attest that I am physically fit and adequately prepared to participate in the Black Hill Challenge ('the Event'). I hereby also waive and release any and all rights and claims for damages that I, my heirs, my executors and my administrators may have against the Lions Club of Rostrevor Inc, the 4WD Adventurers Club of SA Inc and sponsors of the Event as a consequence of my participation in the Event. I will also permit the free use of my name and pictures in the print and broadcast media. I agree to obey the published rules for the Event as set out overleaf plus any additional rules issued to competitors on the day of the Event.

I hereby acknowledge that I have read, understood and accept the conditions specified above.

SIGNATURE: _____

DATE: / / 2019

If you will be under the age of 18 years on the day of the event, your parent or guardian must sign Declaration 2 (below) on your behalf:

DECLARATION 2: ON BEHALF OF A MINOR (Warning: this is a legal document which affects your rights)

I certify that I am the parent or guardian of
..... ('the Minor') who will be years of age on the day of the Black Hill Challenge ('the Event') in 2016 and I declare that the Minor has my consent to participate in the Event. I also agree to indemnify and keep indemnified the Lions Club of Rostrevor Inc, the 4WD Adventurers Club of SA Inc and sponsors of the Event in respect of any losses they or any of them may suffer as a consequence of any claims by the Minor and to the same extent of indemnification as defined in Declaration 1 above.

SIGNATURE:
Parent or guardian

DATE: / / 2019

Please detach this entire page as an entry form and when completed send it, together with the entry fee to: **Black Hill Challenge Registrar, 39 Stonyfell Rd, Wattle Park SA 5066**

Cheques should be made payable to: **Lions Club of Rostrevor**

Alternatively, the entry fee can be deposited into our bank account:

BSB 105-141, Account number 043 770 740, "Lions Club of Rostrevor Activity Account"

Enter family name or mobile in description box & email: cameron.wyers@gmail.com

FEE: 16 km (\$35)

10 km (\$30)

Late application (+\$5)

Entries must be received **before** 5:00 pm on Sunday 13 October 2019 to avoid an **additional late entry fee of \$5**. Telephone enquiries should be directed to: **0412 816 904**

**LIONS CLUB OF ROSTREVOR INC
4WD ADVENTURERS CLUB OF SA INC
BLACK HILL CHALLENGE**

IMPORTANT ADVICE

This event involves an arduous ascent which can require considerable physical exertion. If you have any medical condition which may be aggravated by strenuous physical exertion you should obtain medical advice before participating.

Strenuous physical exertion without adequate fluid intake can be dangerous.

While participating you are urged to ensure you keep physical exertion within your capabilities and drink frequently. (Drinking water will be supplied to competitors along the course).

The Lions Club of Rostrevor would like to thank the following organisations for their contributions to this annual event:

 CAMPBELLTOWN CITY COUNCIL	 4WD Adventurers Club of SA Inc
Department of Environment and Water	<u>St John Ambulance SA</u>
	 The Athlete's Foot <u>Modbury Store</u>