

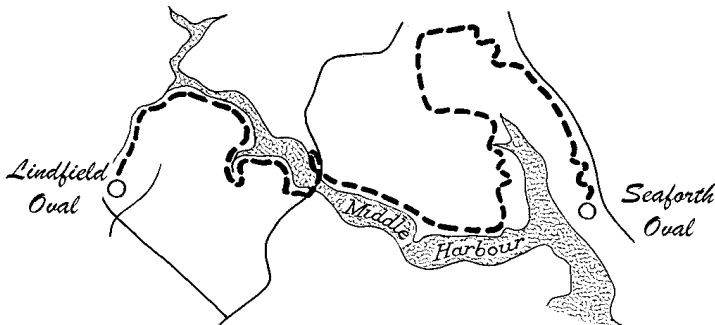
Walk or run Australia's oldest and best off-road race

The 31st Annual

15 km

Great NOSH Footrace 2005

10.00 a.m.
Sunday
10th July 2005
Lindfield Oval
Tryon Rd.
East Lindfield



When the Going gets Tough, the Tough get Going!

Run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland.

We acknowledge the support of Ku-ring-Gai Council, NSW National Parks & Wildlife Service, and Manly Council in running the Great NOSH Footrace.

Age Categories: (Male and female divisions)
RUN: 17 & under, 18-29, 30-39, 40-49, 50-59, 60 & over
WALK: 49 & under, 50 & over

GREAT NOSH ENTRY FORM

Post to: The Great NOSH, 16/47 Fairlight St, Fairlight 2094

FIRST NAME: SURNAME:

ADDRESS: SUBURB: P'CODE:

EMAIL: See over for anti-spam information.

PHONE: (.....)

SEX: MALE..... FEMALE.....

PRE ENTRY FEE..... **\$15**

T-shirt (if required) ... **\$20**

TOTAL.....

CLASS (please circle) (age at 10th July 2005)

Runners:	17 & under	18 to 29	30 to 39	40 to 49	50 to 59	60 & over
Walkers:	49 & under		50 & over			

Pay by: Cheque to *Bennelong Northside Orienteers*
 Direct deposit: Your bank _____
(see over for details) Date of transfer _____

Pre-entries close June 27th 2005! (Enter-on-day for \$20)

If ordering a T-shirt please circle size: XS S M L XL XXL

Note: We do not normally send any further acknowledgement of your entry prior to the event. However all pre-entries will be published on our website at www.bennelong.nsw.orienteing.asn.au by 3rd July 2005.

Declaration.

In consideration of the acceptance of my entry, myself, my executors, and assignees, release and forever discharge the organisers and their respective officers, agents, representatives and successors and or assignees and supporters from all claims of damages, demands, actions, whatsoever in any manner arising or growing out of my participation in this event. I attest that I have full knowledge of the risks involved in participating and that I have no physical or mental condition which has the potential to put myself or any other person at risk and that I am physically fit and sufficiently trained to participate in this event. I have read and understood the rules and conditions for the event and agree to abide by them and to accept any decisions made under them. I hereby consent to receive any medical treatment that may be deemed advisable during or immediately after the event.

Signature.....Date.....

DECLARATION TO SIGNED BY PARENT OR GUARDIAN

If you are 17 years or under on the day of the event, this declaration must be signed by your parent or guardian.

I certify that I am the parent or guardian of

.....
who will be years of age on the day of the event and that he / she has trained for and has my consent to run in the event.

Signature.....

The Great NOSH Footrace – 2005

16/47 Fairlight St, Fairlight NSW 2094 Tel. (02) 9948-6945 email: terryb@smartchat.net.au
www.bennelong.nsw.orienteering.asn.au – for latest news, photos, entries, and results

GENERAL INFORMATION AND RULES

Registration Centre & Start: Lindfield Oval, Tryon Road, East Lindfield. **Finish:** Seaforth Oval, Wakehurst Parkway, Bantry Bay.

Parking: In streets near Lindfield Oval (**not within the oval grounds**) and in Seaforth Oval parking areas.

Official Course: Competitors must RUN or WALK on the official course as directed by race marshals. The course will be marked by streamers and kilometre. signs. **NOTE: These will be removed up to the 6 km mark at 11.15 am; up to the 12 km mark at 12.30 pm and up to the finish at 1.30 pm.**

Course Type: Bush tracks and fire trails. Some steep sections.

Water Stations: Located at 6km (9 to go), 12km (3 to go) and at the Finish.

Start Time: Both the RUN and WALK sections will commence at **10.00 am** with the RUNNERS assembling in front of the WALKERS.

Official Time Keeping: Will cease at 1.30 pm.

Race Numbers: Will be issued at Lindfield Oval from 8.00 am. They must be prominently displayed on front of competitors and be visible throughout the race. Entrants in the walkers categories will be distinguished by their numbers.

Transport: Competitors should arrange their own transport between the Finish at Seaforth Oval and the Start at Lindfield Oval with fellow competitors and friends.

Medical: St. John Ambulance Officers and Members of the Australian Physiotherapy Association will be in attendance to treat competitors.

Gear: May be left at Lindfield Oval and will be transported to the Finish at Seaforth Oval by the organisers.

Certificates: Will be issued to all competitors who complete the course.

Prizes: Prizes will be presented to the first, second and third place-getters in each male and female category, in both RUN and WALK sections.

Prize Presentations. The runners' presentation will be held at 12 noon. The walkers' presentation will be held at 1.00 pm.

T Shirts: Pre-ordered T-shirts will be available at a special collection table at the finish at Seaforth Oval. A limited number may be on sale.

Average July Temperature: 12 degrees C (10am). **Average relative humidity:** 65%.

Organiser: Organised by Bennelong Northside Orienteers on behalf of the Orienteering Association of N.S.W.

For latest event news and results: <http://www.bennelong.nsw.orienteering.asn.au>

RECORDS:	RUN:	Male: Geoff Donges 54.47 (1989)	WALK:	Male: Keith Knox 86.58 (1998)
		Female: Nicki Taws 66.29 (1991)		Female: Renee Withers 97.11 (1999)

The organisers reserve the right to reject or cancel any entry.

The 2005

Great NOSH T-Shirt

This year the T-Shirt will feature the race emblem printed in sky blue on a top quality black poly cotton shirt.

The slogan will be printed on the front under the drawing with nothing on the back

*Available only with pre-entry!
So don't miss out – order now.*

For payment by direct deposit: Deposit to St George Bank, account name: Bennelong Northside Orienteers; number: 112-879 119351027. Put the word "NOSH" plus competitor name in the "Statement Reference"/"Description" field of the transfer. Write your bank and date of transfer on the front of this form. If paying multiple entries with one transfer, please include all entry forms in the same envelope.

Use of email addresses: If you provide us with your email address, we will assume that you consent to us using it to send you notification of future Great NOSH events. If you want to restrict its use to this year's event only, please tick the following.

Please do NOT use my email address to notify me of future Great NOSH events.