

ROTARY CLUB OF BRIDGETOWN INC
P O BOX 259, Bridgetown. WA 6255
BLACKWOOD MARATHON RELAY

Saturday 26th October 2019

The Blackwood Marathon Relay runs from Boyup Brook to Bridgetown. First held in 1979,
Western Australia's 150th, **now in its 41st year**

PLEASE NOTE START TIME OF 9.00am

THE COURSE – see last page for map

1. RUNNING 12km – Bitumen and gravel.
9:00am start.
2. CANOEING 8.5km – Blackwood River
Some portage necessary.
3. SWIMMING 1km – Blackwood River
(Jays Bridge) **1.00pm start**
4. EQUESTRIAN 16km – Scenic Blackwood Valley.
Pastureland and gravel roads.
5. CYCLING 20km - All bitumen – hilly terrain
(final 150m gravel)

AMBULANCES are on stand-by. All costs associated with their use are the absolute responsibility of competitors, make sure you're covered.
VETERINARIANS are on stand-by. All costs associated with their use are the absolute responsibility of competitors.

Categories / Prizes (depends on entries)

1. Open Team.
2. Women's team.
3. Iron Man / Woman.
4. School Teams.
5. School Girls team.
6. Veteran Men / Women.
7. Super Veterans Men / Women.
8. 18 and under.
9. All Place-getters will receive medallions.

NO DOGS allowed on private property or in camping areas at the Sportsground and Showgrounds.

PLEASE NOTE:

Previous or favourite team numbers will be allocated where possible if received by **August 31st**.
Entries will be posted on the web at www.blackwoodmarathon.org please check entry for accuracy and advise any corrections.
Notification of acceptance and further entry details will be sent to all teams and Iron Man / Woman entrants after 30th September.
Entries will not be confirmed until entry fee has been received.
For general enquiries please call our Competitor Director, Sue on 97611985.
For Equine enquiries call our Equine Director, John 97611278.
Email enquiries to blackwoodmarathon@gmail.com
A significant amount of information can be found on the web at www.blackwoodmarathon.org

Yours faithfully

Noel Holdsworth, Chairman.

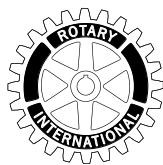
OVERNIGHT FACILITIES

1. ☎ (08) 97619055 Bridgetown Agricultural Showgrounds :- camping, hot showers, toilets , horse yards.
2. ☎ (08) 9761 1740 or ☎ 1800777140
www.bridgetown.com.au
Bridgetown Visitor Centre :-
Caravan Park, Cottages, Chalets, Holiday Village Home stays, and Bed and Breakfasts.
3. Camping and stables at the Bridgetown Sports Ground (approx. 2km from town) at no charge.
4. ☎ (08) 9765 1200 Boyup Brook Shire :-
www.boyupbrook.wa.gov.au
5. ☎ (08) 9765 1444 Boyup Brook Visitor Centre:
Other accommodation in Boyup.
6. **Overnight camping is not permitted at Jays Bridge.**

ENTERTAINMENT.

1. Picnic type atmosphere at Jays Bridge (11am-1.30pm)
2. Join the exciting atmosphere at the conclusion of The Event at the Bridgetown Sports Ground from 2.30pm onwards. Enjoy food and refreshments supplied by local community groups.
3. Licensed bar and various eats and refreshments continue after the presentations.

HORSES. Please make sure all horses are attended throughout the weekend and tagged with contact details.



ROTARY CLUB OF BRIDGETOWN INC
BLACKWOOD MARATHON RELAY

SUMMARY OF RULES – 2019

To ensure fairness to all competitors, all rules must be strictly adhered to. Please take particular note of those rules regarding the equestrian section given on a separate sheet.

1. Any competitor who breaches the Race Rules or loses his team number in The Event faces team disqualification. (NOTE: It is, therefore, essential that all competitors attach the team number bibs securely to his / her person).
2. All place getters in the Veteran's classes may be required to produce evidence of age before placings are confirmed. Men 40 years or over, ladies 35 years or over.
3. All place getters in the 18 years or under section must produce evidence of age before placings are confirmed.
4. Minimum age for any competitor is 14 years by the end of the year in which The Event takes place, unless permission is given by the Executive Committee prior to the Marathon.
5. Competitors in a school team must attend the same secondary school and submit a completed verification form from the administration of the school they are attending. Maximum age is 18 years.
6. Any protest must be lodged in writing to the Chief Steward and must be submitted within 10 minutes of the last competitor finishing. A protest can only be lodged by a competitor. Equestrian section protests must be made in writing immediately to the Chief Veterinary Officer, at the start or finish of the Horse section.
7. **There will be numerous checkpoints along the course with attending stewards.**
8. The Chief Steward reserves the right to disqualify any team considered to be in breach of the Race Rules.
9. No person is allowed to remove or cut obstacles from the canoeing course, including logs, tea tree debris and other flora. Any person found so doing will cause the respective team to be disqualified. **PLEASE INFORM ALL YOUR TEAM MEMBERS.**
10. **SWIM START.** To prevent the field becoming too extended, starting times of swimmers may be altered. This has the result that the finishing order is not necessarily the final placing order. Please co-operate with all marshals and time-keepers to ensure that your times are recorded accurately.

PLEASE NOTE START TIME OF 9.00am
ADDITIONAL RULES FOR THE VARIOUS SECTIONS

RUNNING

- A. Detours and short cuts are not allowed.
- B. The marked course must be followed.

CANOEING

- A. Helmet, Buoyancy vest and protective footwear strongly advised.
- B. Any deviation from the course (meaning "river bed") apart from portage at Terry Road culvert (which is mandatory) will automatically disqualify the team. Failure to properly report to stewards at a checkpoint will automatically disqualify the team.
- C. Minor repairs to craft during The Event are allowed, but must be performed by competitors. Back-up crews not allowed to perform this function.
- D. Craft must be one-man canoe, kayak or surf ski.
- E. Paddles only to be used for propulsion, spare paddles may be carried on craft.
- F. **Competitors must mark their craft with their team number on both sides as well as on the front. Numerals must be minimum size of 100mm high and 15mm wide.** Numbers preferably black on a yellow background. Number 6 and 9 must be underlined.

SWIMMING.

- A. Any attachment to any part of the body (eg. Flippers) is not allowed.
- B. Wetsuits allowed, goggles and swimming caps are allowed.

EQUESTRIAN

IMPORTANT – ALL EQUESTRIAN RACE RULES FOLLOW LATER IN THIS PACKAGE PLEASE READ CAREFULLY

CYCLING

- A. Spare bike not allowed and road traffic rules must be observed at all times.
- B. Minor repairs during the race allowed but must be performed by competitors; back up crews not allowed.
- C. Vehicles driving alongside, immediately in front of or behind the competitor not allowed.
- D. Start assistance allowed.
- E. Protective headgear is **compulsory**.

IMPORTANT! PLEASE FORWARD TO EQUESTRIAN IMMEDIATELY – EQUINE RULES

The equestrian part of the Blackwood Marathon is unique among endurance rides in WA in that it is short (16km) and very fast. There are few shorter events and frequently the Blackwood Marathon is the first exposure of the horse to this experience. It differs from other events too in that the rider is under pressure as a member of a team consisting often of people who have little or no knowledge of horses and therefore cannot appreciate the potential dangers of pushing a horse (or allowing a horse to push itself) beyond its physical limitations. In the past, the majority of teams competing in the Blackwood Marathon have been very conscientious in preparing, competing and caring for their horses. The low number of serious equine problems reflects the commitment and skill of the riders. Despite this, problems have occurred. For this reason, changes have been made to the rules governing the equine section of The Event in order to tip the balance between speed and fitness slightly in favour of fitness.

RULES

- a) The RIDER must present the horse at the pre-ride veterinary examination.
- b) Horses may run barefoot, but due to course conditions shoes and/or boots are highly recommended.
- c) At the pre-ride veterinary examination, the horse must, in the opinion of the examining veterinarians, be able to complete the race without jeopardising the health of itself or the rider.
- d) The horse's heart rate must be at, or below, 60 beats per minute within 30 minutes of crossing the finishing line and, in the opinion of the officiating veterinarians must not show any lameness or distress.
- e) The horse must be free of any 'prohibited substance'. That is any substance having a direct or indirect action on the central or peripheral nervous system, or the cardiovascular, respiratory, alimentary digestive, musculo-skeletal, uro-genital systems of a horse. Prohibited substances include analgesics, anti-histamines, anti-inflammatory agents, blood coagulants, diuretics, hormones and their synthetic counterparts, cortico-steroids, anabolic steroids, local anaesthetics, muscle relaxants, tranquillisers and vitamins administered by injection.
- f) All Iron Man / Woman entrants must provide a Certificate of Competency in horse riding before their entry will be accepted. This must accompany their entry form.
- g) Minimum age limit for horses is four (4) years old. This rule will be strictly adhered to.
- h) Horses must not show any signs of lameness or distress during the event – this will be monitored by officials.

Failure to meet the above criteria will result in disqualification.

- A. Team numbers must be on the front of the helmet approximately 50mm high and the team number must also be securely attached to the horse's bridle. This is the responsibility of the competitor who must present the bridle for inspection at the vet check.
- B. Any type of horse may be used.
- C. Riding caps or helmets must be worn.
- D. The marked course must be followed.
- E. The entire team will be disqualified if a team member takes a short cut.
- F. The entire team will be disqualified if there is any unsportsmanlike behaviour, i.e. Barging etc.
- G. No whips, spurs or long reins are allowed.
- H. **DRUGS** - Place-getters and other randomly selected horses may be swabbed and / or blood tested. Positive swabs / samples will result in team disqualification and the rider will be banned from future Marathons.
- I. Vets have the right to disqualify any horse.
- J. Horses should be available at **10:00am**. for a vet inspection at Jayes Bridge.
- K. The Chief Vet will disqualify any rider for any blatant disregard of the rules and / or ill-treating a horse. Any rider so disqualified will be banned from future Marathons.
- L. The Chief Vet's decision is final.

**IMPORTANT – Vet checks start at 10:00am and
must be completed by 11:30am.**

Please make sure Equestrians are made aware of these rules

KEY POINTS FOR A SUCCESSFUL BLACKWOOD RIDE

Written by an old, "seasoned" Blackwood Rider

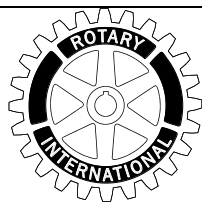
- Start training your nag early – 12 weeks minimum.
- Fitness and conditioning are the basic aims. You will be asked to trot the horse at the final vet check to show he / she is not lame. 60 beats per minute (bpm) or less is the pass rate.
- Buy a stethoscope – training is a science, not a hit-and-miss affair. Serviceable stethoscopes are available from medical suppliers.
- Purpose-train your horse. 16km is not a long distance for a horse if ridden to a predetermined plan.
- Trotting is the training gait. It strengthens both the respiratory and skeletal elements.
- A 20km trot – at the eight-week mark – three times a week will have the horse working aerobically efficient. Measure the horse's heartbeat on the build up to this goal. If he is not recovering to mid-40s within half an hour, increase the number of training rides but decrease the distance.
- The actual course is hilly, so vary your training tracks to include hills and flats.
- Variety also keeps the horse interested in his work. Different terrains also assist in conditioning the tendons and skeletal frame overall.
- Your horse will be burning more energy than usual so increase his diet. Grain, however, is not necessarily the best. As the muscles work they produce lactates, which contributes to the horse "tying up". Grain produces a higher percentage of lactates so quality chaff (lucerne or rough-cut), carrots, plus some selenium and electrolytes can form the basis of a good diet.
- Once the horse is performing well three times a week, i.e. aerobically efficient, some cantering can be introduced into the program. Say six kilometres twice a week in place of the training trots. Two weeks of canter at the two and three week mark is ample.
- The last two weeks can be a gradual wind-down. The work is done. The horse will freshen up and enjoy the event.
- Remember, you and the horse are part of a team. Better to ride well within your pre-measured performance parameters and pass the final vet check than have to confront your other team members after a vet out.
- Training – trotting for kilometres – is the key to a successful and enjoyable ride.

- On the course and at the finish there are bunting strips that may frighten horses if they are unfamiliar with these. The fluttering, especially when windy, may cause horses to shy or refuse to approach the finish. A good training idea is to attach a couple of metres of bunting to a fence or similar near to your horse's feeding area. This helps horse become familiar with bunting during training.

FURTHER ADVICE FOR HORSE RIDERS AND TEAM MANAGERS

Unfortunately, even horses that are physically fit may still have trouble passing the vet check at the end of the ride due to a high heart rate at the time it is taken by the veterinarian. The following may assist newcomers to avoid this problem: obtain a stethoscope. One of the most common problems I've observed is the horse that recovers after the ride, but as soon as a stranger approaches them and tickles them with a stethoscope the heart rate sky rockets. Try to train your horse to stand calmly when approached by a second person under circumstances similar to those he / she will encounter at the vet check.

Make sure your horse is used to being out in company. It doesn't matter how fit horses are if after months of training on their own they are suddenly confronted with the excitement of a large gathering you can expect them to have a high heart rate. Give them every chance. Take them out to any event where there is a crowd, as often as possible; get them used to mayhem! Finally, if you have a head-strong horse, make sure you are going to control him if five riders gallop past you, or have him so fit that even he does bolt for half kilometre it is not going to exhaust him. Remember, start training early; any healthy horse given correct training and feeding is capable of successful completion of the Blackwood Marathon.



ENTRY FORM
ROTARY CLUB OF BRIDGETOWN INC
 PO Box 259 Bridgetown WA 6255
BLACKWOOD MARATHON RELAY
 Saturday October 26th 2019
NOTE START TIME 9.00am SHARP

PLEASE PRINT - Clearly

Requests for previous team numbers must be made before 31st AugustTeam Name: _____ **2018 Team No.:** _____

Team Manager's Name: _____ Phone _____

Team Manager's Address: _____ Post Code _____

Email Address: _____

<u>Ages as at day of event</u>	Surname	First Name	Age	Phone number
RUNNING				
CANOEING				
SWIMMING				
EQUESTRIAN				
CYCLING				
IRONMAN / WOMAN				

❖ SCHOOL TEAMS MUST FORWARD A LETTER OF VERIFICATION ❖

All teams are eligible to be the overall winner. (Iron Man / Woman event is an individual event)

Please tick ONE section only	Open	Women	School	Girls' School	18 & under Open	Veterans	Super Vets	Veterans Ladies	Super Ladies Vets	Iron Man or Woman
Ages Allowed	Min age 14 years		Min age 14 years Max age 18 years			Min 40 average =>40	Min 40 average =>55	Min 35 average =>35	Min 35 average => 50	Min age 14
Additional information			Pony/Equestrian Club name							

PLEASE NOTE:**Previous or favourite team numbers will be allocated where possible if received by 31st August.**Notification of acceptance will be sent to all teams and Iron Man/Woman entrants after **30th September**.Entries will be posted on the web at www.blackwoodmarathon.org please check entry for accuracy and advise any corrections.

Entries will not be accepted without payment of appropriate entry fee.

Given that the Marathon is held to raise funds for charity refunds will only be given in an exceptional circumstance.

Please tick Our team nomination fee of \$325.00 is hereby enclosed.
 ONE square My Iron Person nomination fee of \$160.00 is hereby enclosed.

Payment options. Check one payment box only.

- By mail – Entry form and cheque enclosed
 Online (www.blackwoodmarathon.org/register) - Email or post entry form
 EFT BSB 306-002 ACC 4184424 - Email or post entry form

Signature of Team Manager _____ Date _____

Important please complete and include the next page with your entry.

Blackwood Marathon Relay 2019

Contestants must read and sign the following in order to be accepted by the Rotary Club of Bridgetown Inc. (the 'Club') as a competitor in the Blackwood Marathon Relay 2019 (the 'Event').

This is a legal document, which affects your rights. Please read carefully before signing.

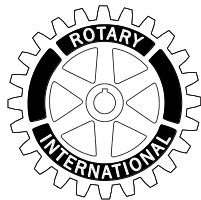
WAIVER AND EVENT TERMS AND CONDITIONS

I wish to compete in the Event and agree and acknowledge the following:

- 1) That I am medically fit to compete in the Event and I warrant that I have not been advised otherwise by a medical practitioner.
- 2) That I am completely satisfied with my training and preparation for the Event and I warrant that the condition of my equipment (including horse, canoe, kayak, surf-ski and bicycle as the context requires) is such that it is suitable for use in the Event. I also warrant that I will use suitable protective equipment as required or advised.
- 3) That I am competing in the Event voluntarily and am aware that there are inherent dangers and risks in competing in the Event, including the risk of injury or death to me.
- 4) Due to the nature of the Event, it would be unreasonable for the Club to be in any way responsible for my injury or death, and to the full extent permitted by law, I waive all of my legal rights of action against and fully release the Club for loss, damages, injury or death howsoever arising out of or in relation to my competition in the Event, including without limitation, liability for any negligent or tortuous act or omission, breach of duty of care, breach of contract or breach of statutory duty on the part of the Club.
- 5) That I have the sole responsibility for my equipment and personal possessions and I warrant that any loss or damage to my equipment and personal possessions is and will remain my sole responsibility and I indemnify the Club with respect to any claim which may be brought against it in relation to any such loss or damage.
- 6) The Blackwood Marathon Race Rules (the 'Rules') apply to the Event, and I agree to abide by the Rules and directions issued by the Club from time to time.
- 7) I consent to the Club administering or arranging the administration of medical treatment to me if the Club forms the opinion that such action is required and I agree that I will be responsible for the costs of medical treatment. I further waive any rights that I may have against the Club in respect of any negligent or inappropriate treatment that may be rendered to me at the behest of or by the Club as a result of any occurrence during the event.
- 8) I consent to the Club using my name, image and likeness, before during or after the Event for promotional, broadcasting or reporting purposes in any media.
- 9) This waiver and event terms and conditions may be pleaded as a bar to any action, suit or proceeding taken at any time by me against the Club arising out of or as consequence of my petition in the Event or any activity incidental to the Event.
- 10) The term 'Club' when used in this waiver/terms and conditions of entry, includes the office bearers, directors, employees, agents of Bridgetown Rotary Club Inc. and any volunteers assisting the Club in relation to the Event.
- 11) This waiver and event terms and conditions shall bind me and my executors and legal personal representatives.

<p><u>I have read and understand this waiver of my legal rights and accept the terms and conditions of my competing in the Event.</u> <u>RUNNER / IRON MAN / IRON WOMEN</u> If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>CANOEIST</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>SWIMMER</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>EQUESTRIAN</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>CYCLIST</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>

Entry form updated 12 August 2019



ROTARY CLUB OF BRIDGETOWN INC
P O BOX 259, Bridgetown. WA 6255
BLACKWOOD MARATHON RELAY

ENTRY FORM LODGEMENT/ENTRY PAYMENT OPTIONS

ENTRY FORM LODGEMENT

IN PERSON

By arrangement only.

Call 97611985

BY EMAIL

Entry form may be scanned and emailed to
blackwoodmarathon@gmail.com

Individual details may be sent separately.

BY MAIL

Post completed entry form to.

Blackwood Marathon Relay
PO Box 259
BRIDGETOWN WA 6255

Individual details may be sent separately.

ENTRY PAYMENT OPTIONS

BY MAIL

Post cheque with details to.

Blackwood Marathon Relay
PO Box 259
BRIDGETOWN WA 6255

EFT

Pay the required entry fee into the following account, entries must be paid in full.

BSB 306-002 ACC 4184424

Please use Team Name or Team Manager's name as the reference.

CREDIT CARD/PAYPAL ONLINE

Please visit

www.blackwoodmarathon.org/register follow link to "Pay Entry Fees Online"

updated 05/06/2019

