

Sunday 27st March, 2011

RED ROCK / COFFS JETTY

Water World Great Ocean Run

45 Kilometres

START: Northern End Red Rock Beach 6.30 a.m.dst

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club

(Carbo-reload included for all entrants and officials.)

T-shirts \$15.00

ENTRY FEE: AURA members \$10 – others \$15.00 payable to
“Woolgoolga Fun Run”

(Add \$5 if entering on the day)

POST ENTRIES TO: Steel Beveridge

3B Surf St, Emerald Beach NSW 2456 (by 19 March)

ENQUIRIES: Phone 0266562735 (home), 0266541500 (work)

email steelyn@yabba.net.au

COURSE SURVEY: Saturday 26 March

(meet at Arrawarra Headland 2.00 p.m.)

WAIVER

1) I, the undersigned, in consideration of and as a condition of my entry in the Red Rock/Coffs Jetty Water World Great Ocean Run for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I, they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

2) I will abide by all the competition rules.

SIGNED _____ DATE _____

(If under 18 parent/ guardian must sign as well) PARENT/GUARDIAN _____

Previous Ultra Marathon experience _____

Number of finishes_ Water World Great Ocean Run

Best Marathon time _____ Event _____ Year _____

Name _____ Address _____

_____ Age _____ Sex: M or F

T-shirt size : Small Medium Large Extra Large . (\$15.00)