



Send your completed entry form to:

Bedrock 50
75 Blackett Street
Rangiora 7400
New Zealand

Email: bedrock50events@gmail.com

Entry Form

***Please add Bedrock to your safe email list to ensure you receive our emails.**

Entries are limited to the first 100 (fully paid)

Name:

Address:

.....

.....

Email:

Phone No:

Age on Race Day:

Gender: Male Female

Next of Kin:

Phone No.

Where did you hear about us.....

Do you have any existing medical condition that may affect you in the race? Yes No

If "Yes", please explain:

.....

.....

I have **read and understood** the Rules

Signed

Date ____/____/____

If entrant is aged under 18 years on race day, a guardian's approval & signature is required below:

Signed

Date ____/____/____

\$100 Early Bird Entry Fee until 30th November.

\$120 Entry Fee after 30th November.

\$14 Bus to start (from the finish line area parking).

NB: Seats are limited! Leaves 6:15am sharp.

Optional: \$5 donation to Oxford Search & Rescue

Entries close 18 February

I am paying by (please complete)

Cheque - make payable to "Bedrock50", please add \$0.25 bank fee.

Online Banking - we will email you account details on receipt of your entry. (If you have not heard from us within 5 days- please check your spam filters or contact us).



Race Program

Course Outline

The scenic route takes in the very popular Wharfedale and Blowhard tracks and passes through the stunning Lees Valley.

The event will start at Coopers Creek, a few minutes west of the North Canterbury township of Oxford. Runners initially follow a popular trail for 6km before linking with the Wharfedale track. After traversing the full length of the Wharfedale, competitors emerge into the Lees Valley and head north.

The route then crosses private land as it ascends the western flank of Mt Richardson. The final leg of the route follows the Blowhard track down the eastern flank of Mt Richardson to the finish. The length of the route is 52km and competitors will ascend an estimated 1135m and descend the same during the event.

The Bedrock50 is an entry level ultra distance event. It is ideal for runners who wish to step up from the marathon distance, or who are looking for a longer distance trail run. Naturally, a high level of fitness will be required to complete the event. Entrants should have experience trail running and running beyond the half marathon (21km) distance.

Aid Stations

There will be two aid stations; approx **25kms and approx 38kms**. The aid stations will have water, fizzy drink and a mix of snacks. For example, chips, potatoes, lollies etc..., Runners must not rely on the aid stations as their sole source of water and food. There are also a couple of streams along the Wharfedale, and four river crossings in the valley. The water is safe to drink from these.

Email Updates

There will be no email updates sent out to runners. Everything you need to know is on this website. Feel free to like us on Facebook though for race results once published.

Leg 1: Coopers Creek – Wharfedale (6km)

The first leg takes competitors from the Coopers Creek car park to the start of the Wharfedale track via the Coopers Creek West Branch track. This track is well marked, undulating and occasionally slippery.

Leg 2: Wharfedale Track (15km)

Second leg takes competitors along the full length of the Wharfedale track. The track is similar to the first leg. Note that there are steep drop offs in places. Caution is advised traversing these areas particularly if the track is wet.

Leg 3: Lees Valley (18km)

Exiting the bush track, competitors follow shingle roads north through



the Lees Valley. The route will be well marked. Note that the course crosses private land. Access across this section is **STRICTLY FORBIDDEN** except on race day.

Leg 4: Mt Richardson – Blowhard (14km)

The final leg ascends the Western flank of Mt Richardson and turns left onto the Blowhard track. This track is well marked. The descent down the Blowhard is fairly steep.

Race Schedule

6.15 A.M. Bus leaves the Finish for the Start. Please be seated prior to departure time or you risk missing your ride.

6.15 A.M. to 7.45 A.M. All competitors must register at Coopers Creek car park. Registration is compulsory.

8.00 A.M. Safety Briefing. Attendance is compulsory.

8.30 A.M. Start.

3.30 P.M. 39km (3/4 distance – 7 hours run time) cut-off. Any competitor who has not reached the 39km mark by 3.30pm will be removed from the course.

6:30 P.M. Race cut-off time (10 hours run time).

Age Limit

The minimum age of competitors is 16 years on race day. Competitors aged 18 years or less must supply parental or guardian's consent to participate in the Bedrock50.

The Route

It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards present on the route. Parts of the route are steep and the footing uncertain especially in wet conditions. Conditions can change rapidly. Competitors must acquire adequate trail running experience before they compete in the Bedrock50. It is absolutely forbidden for any entrant to cross private land in the Lees Valley prior to the event. Failure to observe this rule may result in your entry being declined or rescinded.

Compulsory Equipment

Competitors must carry a daypack or bum bag with the following equipment: gloves, hat, waterproof jacket, thermal top, food, drink, basic first aid kit (i.e. strapping tape, Band-Aids, bandage), survival bag or survival blanket. During your training it's a GREAT idea to run with this gear to get used to the weight (a great tip is to train with MORE weight so on the day it feels light!)

Department of Conservation Access
The BEDROCK50 operates under a Department of Conservation concession. It is an activity that complies with relevant management plans and strategies. Practice running is allowed on the Wharfedale and Blowhard tracks but not on the western flank of Mt Richardson or through the privately owned land in the Lees Valley. Entrants are required to keep to the formed/marked tracks where they exist.

“Competitors must carry a daypack or bum bag with the following equipment...”



1. Shortcuts are not allowed.
2. No open fires or solid fuel barbecues.
3. Dogs are not allowed on the route.
4. Do not bring them to the event.
5. Do not drop ANY rubbish. Any participants seen dropping litter may be disqualified from the race.
6. Competitors are required to carry their rubbish with them.

Let's treat the environment with respect and only take photos, leaving only footprints.

Cut off times for the event

All competitors must have reached the 39km (3/4) mark by 3.30pm (7 hours run time). All competitors must have exited the course by 6:30pm (10 hours run time). The Race Director reserves the right to close the event and/or alter official cut off times for safety or other reasons.

Officials

Officials are an important part of the BEDROCK50. Many officials will be volunteers. Instructions by officials to competitors must be followed.

Prizes

There are no age group prizes. Each finisher will receive a race goodie bag. (Late entrants may be excluded).

Confirmation of Entry

Online banking entrants; upon receipt of the entry an email will be sent advising the bank account details. Entrants paying by cheque; the

cheque being banked is confirmation of entry.

Refunds

I understand that a 50% refund of entry fee will be made for withdrawals before 13 January. No refunds will be issued for withdrawals made after 13 January. Should the BEDROCK50 have to be cancelled, due to forces beyond the organizers control, refunds or transfers of entry will be at the discretion of the organizers. Right of entry reserved.

Getting There – The Start

Travel to the North Canterbury township of Oxford. At the western end of the township, on the south side of the main road, is a pub. Opposite this pub you will find signposts to Coopers Creek. Follow the signs on tar sealed roads for approximately 9km then turn north onto the shingled Mountain road. Race start is part way down Mountain road.

Getting There – The Finish

From Oxford – take the Ashley Gorge road north from Oxford. After approximately 15km, turn left (north) onto Maori Reserve road (shingle) and travel to the far end of this road (approximately 3km).

From Rangiora – Leave Rangiora by taking the Oxford Rangiora road to Oxford and follow the instructions above. Alternatively, head north from Rangiora and cross the Ashley bridge. Continue north and west following the signs to the Ashley Gorge. After 25km turn north onto Maori Reserve road (shingle) and travel to the far end of this road (approximately 3km).



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Complaints

Any competitor or assistant who wishes to make a complaint about the event or another competitor must do so in writing to the timekeepers within an hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

Withdrawals

Any competitor withdrawing at any stage must report to a timekeeping official at the nearest aid station. This is critical as search and rescue operations may be initiated!

Penalties

The Race Director reserves the right to disqualify or impose heavy time penalties on any competitor for cheating or breaking the rules of the BEDROCK50.

Responsibility

No responsibility is taken by the Race Director or sponsors for any loss or damaged property of competitors, assistants, or friends during the BEDROCK50. By completion of the entry form the competitor accepts full responsibility for the risks entailed.

Cancellation

Should the event be cancelled, notification will be posted on the website.

Private Land Access

Parts of the Lees Valley are private land. Access is by permission only. Access across the private land prior to the event is strictly forbidden. Spectators and support crew are NOT to access Lees Valley during the race. Breaking this rule will result in the instant disqualification of the race competitor.

Waiver:

The race waiver will be at registration for runners to sign. No signed waiver, no run.

Inquiries

Bedrock50
75 Blackett Street
Rangiora 7400
New Zealand

Website:

<http://www.bedrockevents.co.nz>

Email:

bedrock50events@gmail.com



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