



8<sup>th</sup> February 2013  
MOUNTAIN RUN - Entry Form

☐ MOUNTAIN RUN – Individual

- ☐ Men Open (16-39)  
☐ Veteran Men (40-49)  
☐ Classic Men (50-59)  
☐ Vintage Men (60+)

- ☐ Women Open (16-39)  
☐ Veteran Women (40-49)  
☐ Classic Women (50-59)  
☐ Vintage Women (60+)

Your Details (all fields marked \* are compulsory)

**Mountain Runner**

\* First Name .....

\* Last Name .....

\* Address Line 1 .....

Address Line 2 .....

\* City .....

\* Country .....

\* Postal or Zip Code .....

Telephone (Business) include area code .....

Telephone (Home) include area code .....

Telephone (Mobile) .....

Nationality (if not a New Zealander) .....

\* Email .....

\* Date of Birth .... / .... / ..... (day/month/year)

\* Gender (circle) Male / Female

\* Occupation .....

**Event History**

Previous years you have entered the Speight's Coast to Coast (circle)

1983, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12

**Resume**

\*Resume (max. 10 words about yourself, usually something witty to be used in the programme and for media articles)

.....

**Medical Advice**

Do you have an existing medical condition that may affect you in the race? (tick)

Yes ☐ No ☐

If Yes above please explain .....





## Waiver

I agree to abide by the rules of the event (as displayed on the Speight's Coast to Coast website), to display the sponsor's stickers on my equipment, to wear the sponsor's bib throughout the event and to allow the sponsors to use images, photographs, video and film footage taken during the event to advertise their products or to promote the event, at no cost to the sponsors and to accept emails from sponsors regarding their services. I also agree not to be sponsored by any company in competition with Lion Breweries products in beer. I understand that participation in this event is at my own risk and I accept full responsibility for my well being during the event.

I understand that a 85% refund of entry fee will be made for withdrawals before 30th September 2012, that refunds of 70% of entry fee will be made for withdrawals after 30th September 2012 and before 15th December 2012, that withdrawals after 15th December 2012 and before 31st January 2013 will receive either a 50% refund or 50% transfer of entry fees towards the 2014 Speight's Coast to Coast – Mountain Run and cannot be transferred to a following year and that withdrawals after 31st January 2013 and before registration opens on the 8th February 2013 will receive a 25% transfer of entry fee towards the 2014 Speight's Coast to Coast – Mountain Run and cannot be transferred to a following year. Should the Speight's Coast to Coast – Mountain Run have to be cancelled due to force majeure there will be no refund of entry fee. Right of entry reserved.

Signed (Runner) ..... Date ..... / ..... / ..... (day/month/year)

The entry fee of \$300 plus GST = \$345.00 per person must be enclosed with your entry.

**Entry fee at \$300 plus GST = \$345.00 per person = \$.....**

*(Tickets to the Pre-Race Banquet and Prizegiving Brunch **are not** included in the entry-fee for competitors)*

**Kumara Pre-Race Banquet** tickets at \$34.78 plus GST = \$40 per person = \$.....

**Christchurch Prizegiving Brunch** tickets at \$34.78 plus GST = \$40 per person = \$.....

SUB TOTAL = \$.....

**If paying by credit card, please add an additional credit card transaction fee of 3% of the sub-total = \$.....**

**TOTAL AMOUNT = \$.....**

**I am paying by (please complete)**

☐ Cheque - made payable to Ironman Productions Ltd

☐ Runner Credit Card (Only Visa and Mastercard accepted) ☐ Visa ☐ Mastercard

Expiry Date   /

Card #

Name on credit card: .....

Please debit my credit card with the total amount \$ ..... Signature of credit card holder: .....

### Office use only please

Amount \$ ☐ Credit Card ☐ Cheque ☐ Other Ref:

Date ..... / ..... / .....

Amount \$ ☐ Credit Card ☐ Cheque ☐ Other Ref:

Date ..... / ..... / .....

Amount \$ ☐ Credit Card ☐ Cheque ☐ Other Ref:

Date ..... / ..... / .....

## **RULES – MOUNTAIN RUN**

English is the official language of the Speight's Coast to Coast.

All competitors must have an email address.

### **Age Limit**

The minimum age for the Mountain Run is 16 years of age at 8th February 2013.

Competitors aged less than 18 years must have parents consent to participate in the Speight's Coast to Coast – Mountain Run. A consent document will be sent on receipt of entry.

### **The Mountain Running Stage**

It is a wilderness run. There are only two ways out, on foot or in a helicopter (which can only fly during daytime and in good weather).

It is the competitor's responsibility to have adequate skills to negotiate and avoid the hazards on the mountain running stage. The Otira, Deception, Mingha and Bealey Rivers are steep and bouldery and can change condition rapidly. Competitors must acquire adequate river crossing skills before they compete in the Speight's Coast to Coast.

It is absolutely forbidden for any competitor to run on railway lines (except when directly crossing them) or to run on the Bealey River railway bridge.

Hiking poles are not permitted on the mountain stage as they will obstruct other runners.

Guided training runs are only permitted with guides who have a concession from the Department of Conservation.

### **Mountain Running Stage Spot Checks**

Over the years, a number of issues have been identified in the mountain section, and we have implemented some strategies to address them:

- There will be spot gear checks of all compulsory mountain equipment at registration on Thursday. Please bring your mountain equipment to registration. A brightly coloured page on the outside of your registration bag will indicate if you have been randomly selected for a spot check.
- Officials will randomly check competitors equipment anywhere on the mountain stage.
- Officials will randomly check competitor's gear at Klondyke corner.
- Officials will check competitor's gear that appears to be suspect or less than the compulsory equipment.
- Assistants must not remove competitor bibs or equipment until they have passed through the Klondyke timing point.
- Anyone observed discarding compulsory equipment will be disqualified. Even if the weather is settled and warm at Aickens, the compulsory equipment must still be carried.
- If you have any concerns regarding your gear adhering to the rules seek clarification now.

### **Compulsory Mountain Equipment**

Competitors must carry a daypack (not a bum bag) with the following equipment: thermal gloves, thermal balaclava or hat, waterproof (seam sealed and constructed of a durable material) jacket and pants, food, drink, first aid kit (which must contain a 1.5m long (un-stretched) roll of 5cm wide crepe bandage, a 5m long roll of 2cm wide strapping tape, 10 band aid strips, a triangular bandage and small scissors), survival bag (not a blanket) and map of the area if they have not been through the running stage before. In addition to the above, you must also carry correctly sized clothing including thermal full-length top and bottom and a long sleeved thermal top (mid-layer garment with insulation properties, approx. 220-280 gsm.) This clothing is in addition to what is being worn by the competitor during the mountain stage. The daypack must be large enough to carry all the compulsory clothing, food, drink and first aid kit.

We allow synthetic, natural or composite **thermal products**. Cotton is unacceptable. Competitor's should experiment for themselves with what best suits their needs for the activities and level of exercise they engage in. A compression garment is not a thermal garment.

Cheap plastic disposable ponchos do not meet the required standard of a waterproof jacket.

### **Shoes**

A trail running shoe is recommended. Given the distance, terrain and some of the descents, a road shoe may not provide enough support, traction or toe protection.

One and two day running shoes left at the Kumara run/cycle transition will be transported forward to Klondyke Corner. The pickup site at Klondyke Corner is not secure, so shoes are left at your own risk. Because of the road closure, one-day competitor shoes may not arrive before the runners, so have other shoes available. Uncollected shoes will be taken forward to the Christchurch prizegiving venue for collection on Sunday.

### Department of Conservation (DoC)

The Speight's Coast to Coast operates with a concession from the Department of Conservation. It is an activity that complies with relevant management plans and strategies, and has a number of contract conditions that must be adhered to.

The public and competitors (including whilst training) must also follow DoC guidelines and regulations.

- Deception footbridge - please do not exceed the maximum loading capacity of the bridge and the entry/exit ramp (one person at a time).
- No dogs are permitted within Arthur's Pass National Park – this includes the Mingha Deception, Klondyke Corner and Mt White bridge areas. This also applies to private land at Aickens and Waimakariri River gorge bridge.
- Minimise disturbance to vegetation - please keep to the formed tracks and board walks
- Minimise pollution from toilet waste and rubbish – carry all rubbish out and bury toilet waste
- Respect other users of the Mingha Deception route, particularly trampers.
- Aircraft are not permitted to land in the park without a concession.
- Minimise the disturbance of natural wildlife, especially the blue duck (whio) population.
- Pre-race training of a commercial nature (i.e. a guide or trainer being paid by a client or numerous clients to take them through the route) requires a separate Concession.
- Support crew must also decontaminate equipment for didymo when moving between waterways during the event. This includes Klondyke Corner and Mt White.

### Environmental code

Five point environmental code – you will be disqualified if you break this code

- Don't deliberately drop rubbish, and if you unintentionally drop rubbish, pick it up
- Manage your food and equipment (eg water bottles) in a manner that ensures that they don't drop off during the mountain run
- Stay on the formed track at all times
- Don't step off the boardwalk
- Don't cross white tape (used to restrict competitors access to sensitive areas and to keep competitors on the track)

Practice running is allowed on the Mingha Deception route in the Arthur's Pass National Park. ***You are not allowed to practice the 2km run from Aickens to Deception footbridge. This is private land.*** Stick to the formed/marked track. Shortcuts are not allowed. There are huts, without facilities, in the Upper Deception, at Goat Pass and Mingha Biv. Take all the compulsory equipment and be prepared for an overnight stay. Check the weather before you go.

No open fires or solid fuel barbeques. Do not drop rubbish. Bring rubbish bags and take all rubbish away with you.

Do not park in long grass, as hot exhausts can start fires. Park vehicles in the designated mown areas.

Giardia is present in the Bealey River. Don't drink water from the Bealey River.

### Helicopter protocol

Should a helicopter approach, competitors are to follow the directions indicated by the crew. Do not approach the helicopter until told or signalled. If the helicopter approaches, do not move away from it. Never, under any circumstances go to the rear of the helicopter - remain in full view of the pilot and crew.

### Maps

Competitors are responsible for their own navigation over the course, and should familiarise themselves with the terrain. Competitors who have not been across the course must carry maps during the Speight's Coast to Coast. Get a topographical map of the mountain run stage (Topo50 Map BV20-Otira).

### Didymo Control

The Speight's Coast to Coast supports Biosecurity New Zealand in their attempt to stop the spread of Didymo throughout New Zealand's streams, rivers, canals and lakes. All kayak equipment and mountain shoes must be cleaned to biosecurity standards before and after the Speight's Coast to Coast. Check out [www.biosecurity.govt.nz/didymo](http://www.biosecurity.govt.nz/didymo) for procedures.

Didymo cells have been found in the Waimakariri River. Anybody sighting Didymo biomass should report it to the Department of Conservation at Arthur's Pass. It is essential that all precautions are taken to prevent further spread of the Didymo in the Waimakariri River.

Detergent footbaths are provided for didymo control at Goat Pass. All competitors must immerse both shoes in the baths.

### Trains

Serious safety concerns exist in relation to cyclists and runners not stopping at railway level crossings when the lights and alarm bells are activated. Trains operate at any time and may not keep to schedule, you are required by law to stop at all level crossings if a

train is approaching and it can take up to one kilometre for a train to stop. If alarm bells are sounding or the official requests that you stop, you must stop.

The Speight's Coast to Coast will record any competitor not stopping at railway level crossings if a train is approaching and pass this on to the police. Offenders will not only be disqualified from the event, but they may be prosecuted and fined. We don't want an accident or restrictions on the course.

#### **Cut off times for the mountain stage**

All Mountain Run competitors must have departed Goat Pass by 4:00pm on Friday.

The mountain stage will be closed at Klondyke Corner at 7:30pm on Friday. Any competitor still on the mountain stage after 7:30pm will be withdrawn from the Speight's Coast to Coast, and may be removed from the mountain stage.

The Race Director reserves the right to close stages and alter official cut off times for safety or other reasons. This applies to both the standard course and the Alternative Plan B course.

#### **Equipment**

The compulsory equipment is either for you or someone else should an accident happen. If you have to stop because of an injury or need to stay with an injured patient, you will cool down extremely fast, even in fine weather. The amount of equipment you have is for survival. This is the minimum.

All competitors are responsible for the equipment they use in the Speight's Coast to Coast. ***They must ensure that it is safe and in as new condition.***

Appropriate footwear must be worn on all stages of the Speight's Coast to Coast.

Competitor's should experiment for themselves with what best suits their needs for the activities and level of exercise they engage in.

#### **First Aid kits**

Even if your first aid materials rip to open, you must have scissors in case you need to provide first aid services to other competitors.

#### **Stickers**

Assistants vehicle stickers will be provided and must be applied to equipment.

Assistants vehicle stickers must be placed on the outside centre of the front windscreen. If you have two vehicles, it is not always possible for us to keep vehicles together when they park. Campervans and vehicles with trailers may be directed in different directions from cars because of track surface or space reasons.

#### **Bibs**

Bibs must not be altered in any way and must be worn throughout the event and in the finish chute. The competitor bib must be worn over the top of all items of clothing. The competitors bib may be worn under the daypack on the mountain running stage but the bib number must be visible from the front. The bib must be worn on top of the waterproof jacket during the mountain stage. Mesh style bibs that cover the bib number are not permitted.

If numbers are seen to be covered during the running stage, competitors will be stopped and made to correct the problem.

#### **Assistants**

Assistants and friends must not stop or park on the way to the parking areas at Aickens or Klondyke, otherwise their competitor may incur a time penalty. We often get assistants stopping "for just a minute". Imagine the consequences if 1000 assistants did the same! Please don't do it.

Assistants must leave ASAP after their competitor departs Aickens. **Do not delay! Leave as soon as the officials allow it.**

Entrances and exits to and from parking areas are congested. You don't have time to stop for a chat with the officials. Please indicate your intentions well in advance. You must be sure you know what you are doing and which way to go in advance of arriving or departing. It is imperative that the event and public traffic flows are not delayed or disrupted.

Competitor's assistants must be on hand at Klondyke Corner to take charge of the competitors equipment. With 800 competitors competing in the Speight's Coast to Coast and limited areas to effect the transitions it is critical that assistants remove the equipment immediately from the transition areas.

If assistants are concerned about their competitor being overdue at a checkpoint they should report to a timekeeper.

Assistants are not allowed to offer assistance or enter any part of the running stage.

Assistants must provide names, cell phone numbers, vehicle registration and where they are staying during the Speight's Coast to Coast. A form will be available in January which must be presented at registration at Aickens.

#### **Officials**

Officials are an important part of the Speight's Coast to Coast safety system. Instructions by officials to competitors and assistants must be followed. Failure to do so will result in heavy time penalties or disqualification.

#### **Prizes**

The Speight's Coast to Coast – Mountain Run has prizes of trophies, sponsors product and of course, Speight's.

#### **Entries Limited**

Entries for the 2013 Speight's Coast to Coast - Mountain Run are limited to 200. Subject to availability, late entries will be accepted up until 31st January 2013. No entries after 31st January 2013.

Photocopies and downloads from the website of the entry form may be used. Avoid disappointment get your entry in early! Late fee for entries after 1st January 2013 is \$50 per person.

#### **Confirmation of Entry**

A confirmation of entry will be sent to each competitor.

#### **Terms and Conditions**

I agree to abide by the rules of the contest, to display the sponsor's stickers on my equipment, to wear the sponsor's bib throughout the event and to allow the sponsors to use images, photographs, video and film footage taken during the event to advertise their products or to promote the event, at no cost to the sponsors and to accept emails from sponsors regarding their services. I also agree not to be sponsored by any company in competition with Lion Nathan products in beer. I understand that participation in this contest is at my own risk and I accept full responsibility for my well being during the event.

#### **Refunds**

A 85% refund of entry fee will be given for competitors withdrawing before 30th September 2012. Refunds of 70% entry fee will be made for withdrawals after 30th September 2012 and before 15th December 2012. Withdrawals made after 15th December 2012 and before 31st January 2013 will receive either a 50% refund or 50% transfer of entry fees towards the 2014 Speight's Coast to Coast – Mountain Run and that withdrawals after 31st January 2013 and before registration opens on 7th February 2013 will receive a 25% transfer of entry fee towards the 2014 Speight's Coast to Coast – Mountain Run. Should the Speight's Coast to Coast have to be cancelled due to force majeure there will be no refund of entry fee. Right of entry reserved.

#### **Plan B - Bad Weather Alternative Route**

Should the Speight's Coast to Coast be held up by bad weather then a running stage (31 kms) will be held on the farm track from Aickens to Deception footbridge and then on the State Highway from Deception footbridge to Klondyke Corner.

Detailed Plan B notes will be provided on the Speight's Coast to Coast website [www.coasttocoast.co.nz](http://www.coasttocoast.co.nz)

#### **Complaints**

Any competitor or assistant who wishes to make a complaint about 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 from any stage must report to a timekeeping official at the end of that stage, hand in their timing transponder and bib (we will send it back) and fill in a withdrawal form. ***This is critical as search and rescue operations may be compromised!***

If you are evacuated from any part of the course by helicopter, you must report to an official immediately on disembarking. Do not try to find your assistants, team member or family until you have been checked off the course by our officials. This is very important.

Any competitor who does not complete a stage (this includes failure to meet cut-off times) is automatically disqualified, and cannot continue on the stage or subsequent stages.

#### **Timekeeping**

Timing transponders will be issued to all competitors in their race packs at registration and must be returned at the Klondyke finish line and exchanged for a finishers medal. Timing transponders are attached to the ankle by a Velcro strap.

Any competitor who loses their timing transponder must stop at the finish line and speak to the timekeepers to ensure they get a manual time and are recorded as a stage starter or finisher. Failure to return a timing transponder will result in a substantial replacement charge.

The times and places announced at the prizegiving will be provisional. It takes several days to check times and places and mistakes do occur.

**Medical**

If you advised us of a medical condition on the entry form you will be issued with a pink wristband in your race pack to be worn during the event. This is to speed up the identification process in case of accident.

**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 Speight's Coast to Coast – Mountain Run.

**Responsibility**

No responsibility is taken by the Race Director or sponsors for any loss or damaged property of competitors, assistants, or friends during the Speight's Coast to Coast. By completion of the entry form the competitor accepts full responsibility for the risks entailed in competing in the Speight's Coast to Coast – Mountain Run. Competitors and support crews must have their own personal property insurance policies.

**Enquiries**

Speight's Coast to Coast, PO Box 33330, Barrington, Christchurch 8244, New Zealand.

Ph +64-3-332 9635, Fax +64-3-332 9631, E-mail [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz), website [www.coasttocoast.co.nz](http://www.coasttocoast.co.nz)

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## **MOUNTAIN RUN COMPETITORS PROGRAMME**

RUN 33km

### **THURSDAY 7th FEBRUARY 2013**

The Mountain Run registration is at Aickens on Friday. If you have purchased tickets to the Pre-Event Banquet meal at Kumara Town Hall, the tickets will be available at Kumara registration between 3:00pm and 7:00pm.

**5:30 P.M. & 7:00 P.M.** Pre-Event Banquet meal at Kumara Town Hall, Kumara of two sittings (5:30pm and 7:00pm). Competitors are advised in their confirmation letter which banquet sitting they must attend. These tickets are not included in the entry fee and must be purchased before 15<sup>th</sup> December 2012.

### **FRIDAY 8th FEBRUARY 2013 – The Mountain Run.**

**5:45 A.M.** All assistants drive to the end of the first cycling stage at Aickens and park in the car park at Aickens, not on the roadside. Do not delay! Leave early! Moana School will sell breakfast at Aickens to competitors, assistants and friends. These meals are not included in the entry fee.

**7:00 A.M. to 8:00AM** All competitors register at Aickens. There are no exceptions. Competitors will be issued with their race-packs bibs, sponsors product, stickers and timing transponders at registration. Spot checks of compulsory mountain equipment. Do not discard any equipment, you could be spot checked at any time on the course.

### **THE MOUNTAIN RUN 33KMS**

**8:30 A.M.** approx Mountain Run competitors line up for a mass start next to the timing tent.

**The bib may be worn under the day pack but the bib number must be visible from the front.** Mesh style packs that cover the bib number are not permitted. Any competitor who drops rubbish on the mountain running stage will have time penalties of one hour imposed.

**Assistants must not stop at the Otira footbridge.**

Competitors run along the farm track, then ford the Otira River above the Deception footbridge and run up the Deception riverbed. This stage has an intermittent track. Competitors must stay in the riverbed and not go into the bush except on formed/marked tracks. There will be checkpoints on the Mingha Deception route. Competitors must display their bib number and provide their competitor number to officials when requested.

As competitors near the summit of Goat Pass, 1100 metres, they can use a clearly defined track which takes them over the summit and down the other side into the Mingha riverbed. This track is approx. 8km long. Sections of the track are hazardous. Competitors then cross the Bealey River and run a further 3km down the Bealey riverbed to Klondyke Corner. Competitors must not run on the road. The timing transponders will be exchanged at the Klondyke finish line for finishers medals.

***Assistants must not run down the riverbed with competitors or take equipment from them or assist them in any way.***

The Mountain Stage finishes at Klondyke Corner, is approx 33km and will take between 3 and 8 hours. Competitors are timed in at Klondyke Corner.

### **MOUNTAIN RUN PRIZEGIVING**

5:00 P.M. at Klondyke Corner

### **SUNDAY 10TH FEBRUARY 2013**

**10:00 A.M.**Prizegiving brunch (venue to be advised). These tickets are not included in the entry fee and must be purchased before 15<sup>th</sup> December 2012

**12 Midday** Last Cycle and One/Two day prizegiving will commence.

**2:30 P.M.** Party (Speight's Ale House, Bealey Ave, Christchurch).