

NEWCASTLE CROSS COUNTRY INC

King of the Mountain

Entries: Closing time for entries is 30 minutes prior to commencement time

Starting Time: 12 noon for = or >5min/klm rating 1pm for < 5min/klm rating
2pm for shorter distances

Venue: Mt Sugarloaf

Events: The King of the Mountain is an endurance event of 25k.

It commences at Mount Sugarloaf and follows unsealed roads and fire trails down to Wakefield and returns on the same course back to the start at Mt Sugarloaf.

Prizes: Trophies include Male and Female King of the Mountain and the Stuart Matley Handicap Trophy

Eligibility: Age must be over 18 years on the day of competition.

Entries:

In respect of my participation in the Newcastle Cross Country King of the Mountain Event in the current seasons program that there are various hazards that I should be aware of, and which are a source of danger to me when running.

These include:

- Moving vehicles, both on and off roads
 - Steep and slippery terrain
 - Gutters and other uneven running surfaces
 - Protruding tree roots
 - Other runners and pedestrians
 - Strange and undesirable persons
 - Various other hazards which the organisers may or may not be aware of and which the organisers may not have explained before the event
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