



6th - 10th JUNE 2019

**CATHY WIEGOLD MEMORIAL  
CROSS-COUNTRY RUN  
Saturday 8<sup>th</sup> June 2019**

**DISTANCE:**

4 km & 7.5 km (approx)

**VENUE:**

Participants to meet at Lawson Park, Grenfell, then travel as a group to start line on Walsh's Lane. Finish line at Lawson Park, Grenfell.

**TIME:**

Run to commence at 10.00am

**CATEGORIES:**

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Senior Male         | <input type="checkbox"/> Junior Male (under 16 years)   | <input type="checkbox"/> Local Male   |
| <input type="checkbox"/> Senior Female       | <input type="checkbox"/> Junior Female (under 16 years) | <input type="checkbox"/> Local Female |
| <input type="checkbox"/> Local Over 50 years |   |                                       |

**REGISTRATION:**

From 9.00 am at Lawson Park, Grenfell

**ENTRY FEES:**

Senior Events \$25.00 per person | Junior Events \$15.00 per person

**NAME:** .....

**ADDRESS:**.....

**PHONE:**.....**EMAIL**.....**MOBILE**.....

**DATE OF BIRTH:**.....

**NOTE:**

Attached Declaration Form must be completed and sent with your Entry Form to; *(or brought on the day)*  
Henry Lawson Festival  
Cross -Country Run Coordinator  
PO Box 21  
Grenfell NSW 2810

**HENRY LAWSON FESTIVAL  
Declaration Form**

**IMPORTANT NOTICE FROM HENRY LAWSON FESTIVAL COMMITTEE**

**(This is a committee formed pursuant to Section 355 of the *Local Government Act(1993) as amended* )**

Running can be an enjoyable and exciting activity. However, like many recreational activities which require physical exertion, running carries with it the risk of physical injury.

You should remember at all times that you will be running on perhaps unfamiliar territory and extra caution and awareness will be required.

The risks associated with running include the risk that:

- you may lose your footing or balance
- you may suffer from heat exhaustion
- you may encounter fallen tree branches
- you may encounter snakes
- you may be injured by objects you pass such as tree branches
- you may fall while you are running
- you may dehydrate
- you may be exposed to uneven terrain
- you may be exposed to adverse changes in the weather conditions. You should ensure that you wear appropriate clothing and you do not run alone.

By participating in the Cross -Country Run, as part of the Henry Lawson Festival Program

I agree:

- to comply with all directions given by the run coordinator, officials and volunteers
- that I participate entirely at my own risk
- that I am sufficiently trained for the run and I am not aware of any illness, injury, physical disability or impairment that may cause me injury or death while participating in the run
- that the agreement for services provided to you by the Henry Lawson Festival Committee does not include any implied or express warranty that the services of such Committee in connection with the cross country run will be fit for the purpose for which they are supplied; and,

I release all persons or corporations associated directly or indirectly with the event from all claims, demands and proceedings arising out of my participation and I hereby indemnify such persons or corporations against all liability, loss or damage arising out of my participation in the event, including any breach of these terms and conditions by me. The release and indemnity extends to and includes to Weddin Shire Council, its officers, agents, contractors, employees, promoters, sponsors and volunteers; occupiers of land upon which the event or any part of it takes place, any statutory body or local authority having control over any land upon which the event or any part of it takes place or which is involved directly or indirectly with the event in any manner whatsoever. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.

- that the Henry Lawson Festival Committee, the Weddin Shire Council, Cross Country Run Coordinator or designated volunteers have no liability whatsoever to me for personal injury or death arising from participation in the run.
- That I am over/under 18 years old ( *please circle*)

**Name of Runner:** -----

**I HAVE CAREFULLY READ AND UNDERSTAND THIS NOTICE.THE RISKS INVOLVED IN THE CROSS - COUNTRY RUN HAVE BEEN WELL EXPLAINED.I SIGN VOLUNTARILY AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.**

**Signature:** -----**Name:**-----

**Relationship to runner(please circle); If under 18 years Parent/Guardian/Legal Advocate**

**Date:**-----