

Instructions for All Participants

- Step 1.** All team members must read and understand the information contained in the Rules and Regulations and the General Information Sheets, both of which can be downloaded from Council's website www.greatwheelbarrowrace.com or www.msc.qld.gov.au
- Step 2.** The team leader must complete Team Race Registration Form. The Race Categories Registration Form, the Team Marshall Registration Form and, if applicable, the Race Awards Registration Form must also be completed. **The initial nomination should consist of the Team Race registration form, the Team race registration and summary page and Team Marshall page and payment. (The first four pages of this document and payment.) All other forms can be completed and handed in prior to the actual event. It is encouraged to do as soon as possible.**
- Step 3.** Each team member (including the team leader) must complete and sign an individual registration and individual medical form nominating either as a runner, driver or both. These forms must be printed and posted to Mareeba Shire Council, PO Box 154, Mareeba Qld 4880 or emailed to info@msc.qld.gov.au or handed to WBR Committee on Thursday night.
- Step 4.** If paying the nomination fee by cheque please make all cheques payable to Mareeba Shire Council. Cash or credit card payment can be made at Council Offices at 65 Rankin Street in Mareeba or payment can be made by direct deposit:
Mareeba Shire Council
BSB: 084512
ACC: 39 321 0470
Ref: GWBR "Team Name"

TEAM LEADER DETAILS

Team Name: _____

Name of Team Leader: _____

Contact Details of Team Leader:

Phone Numbers:(w) _____ (a/h) _____

(mob) : _____ Email: _____

Signature of Team Leader: _____

Please note: It is compulsory for the team captain to attend the briefing on Thursday night 12 May 2016.

TEAM Race Registration Form and Summary Page

Team Name: _____

Team City / Town: _____

Team Race Category: _____

Number of Team Members: Males _____ Females _____

To help organisers plan and conduct the race so that all participants are able to have an enjoyable and safe weekend, please provide the following information:

Charity - Please tick if the team is raising money for a charity.
The charity name is

Theme - Please tick if the team is dressing up with a Theme.

Talent Quest - Please tick if the team is entering the Talent Quest at Almaden on Saturday night.

CATERING

No. of team members intending to purchase food in Dimbulah on Friday night

No. of team members intending to purchase food in Almaden on Saturday night

No. of team members intending to purchase food in Chillagoe on Sunday afternoon

1. Please nominate your team’s anticipated average speed for each stage of the race. In determining these values please note a team of 10 walking briskly should be able to average approximately 5 km/h while a fit team of 10 should be able to average 15 km/h or faster. The race record team averages ~20 km/h.

Average Speed Mareeba – Dimbulah (Stage 1 – 44 km): _____

Average Speed Dimbulah – Almaden (Stage 2 - 63 km): _____

Average Speed Almaden – Chillagoe (Stage 3 - 33 km): _____

2. Each team will be allowed on the road for the following number of hours during each stage of the race.

Stage 1 - Friday 13 May 2016 – **(Note: All teams to be off the road by 5.30pm)**

Stage 2 – Saturday 14 May 2016 – **(Note: All teams to be off the road by 5.30pm)**

Stage 3 – Sunday 15 May 2016 – **(Note: All teams to be off the road by 2.00pm)**

During each stage once a team has been on the road for the maximum number of hours allowed it will have to cease racing even if it has not reached the finish line. Wheelbarrows will be picked up and transported to the finish line so that the team can participate in the next stage.

Given the information above I anticipate that my team (please tick appropriate boxes):

Will complete stage 1 in the allocated time/ Will not complete stage 1 in allocated time

Will complete stage 2 in the allocated time/ Will not complete stage 2 in allocated time

Will complete stage 3 in the allocated time/ Will not complete stage 3 in allocated time

TEAM MARSHAL Registration Form

Name: _____ Date of Birth: _____

Team Name: _____

Address: _____

Phone Numbers:(w) _____ (a/h) _____

(mob) : _____ Email: _____

Please tick appropriate boxes:

- I will read all of the information supplied to me by the race organisers. I will abide by all of the competition rules and regulations and agree to follow the directions of those in charge (or their representatives).
- I give permission for my photo and name to be used for publicity purposes associated with promoting the race.
- I agree to attend pre race meetings/race briefings and to attend these at the times and places set by the Race Organising Committee. Please note: It is compulsory for all marshals to attend these meetings.

I hereby agree to indemnify, release and render harmless the Mareeba Shire Council, its race committee members, volunteers, other corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers or any of them for any loss, damage, or personal injury which I may suffer, or claim in relation thereto arising from participating in this race from Mareeba to Chillagoe and the return journey.

Please note: It is compulsory for the team to provide their own Marshal and for the Marshal to attend the briefing on Thursday night 12 May 2016.

Name: _____ Witness Name: _____

Signature: _____ Witness Signature: _____

Date: _____

**Food and drinks will be available for purchase in Dimbulah, Petford, Almaden and Chillagoe. To assist with catering, please tick the appropriate boxes:*

- I intend to purchase food in Dimbulah on Friday night
- I intend to purchase food in Almaden on Saturday night.
- I intend to purchase food in Chillagoe on Sunday afternoon

RUNNER Registration Form

Name: _____ Date of Birth: _____

Team Name: _____

Address: _____

Phone Numbers:(w) _____ (a/h) _____

(mob) : _____ Email: _____

Please tick appropriate boxes:

- I will read all of the information supplied to me by the race organisers. I take part in this event as an amateur sports person and I will abide by all of the competition rules and regulations and agree to follow the directions of those in charge (or their representatives).
- I give permission for my photo and name to be used for publicity purposes associated with promoting the race.
- I agree to be my team's representative at all race briefings and to attend these briefings at the times and places set by the Race Organising Committee.
Please note: It is compulsory for at least one person (in addition to the team marshal) from each team to attend these meetings and report back to other team members.

I hereby agree to indemnify, release and render harmless the Mareeba Shire Council, its race committee members, volunteers, other corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers or any of them for any loss, damage, or personal injury which I may suffer, or claim in relation thereto arising from participating in this race from Mareeba to Chillagoe and the return journey.

Name: _____ Witness Name: _____

Signature: _____ Witness Signature: _____

Date: _____

**Food and drinks will be available for purchase in Dimbulah, Petford, Almaden and Chillagoe. To assist with catering, please tick the appropriate boxes:*

- I intend to purchase food in Dimbulah on Friday night..*
- I intend to purchase food in Almaden on Saturday night.*
- I intend to purchase food in Chillagoe on Sunday afternoon*

DRIVER Registration Form

Name: _____ Date of Birth: _____

Team Name: _____ Driver Licence No: _____

Address: _____

Phone Numbers:(w) _____ (a/h) _____

(mob) : _____ Email: _____

Please tick appropriate boxes:

I am/will be 18 years or older at the commencement of the race, and will read all of the information supplied to me by the race organisers. I will abide by all of the competition rules and regulations and agree to follow the directions of those in charge (or their representatives).

I hold a current valid open driver's licence.

I agree to be my team's representative at all race briefings and to attend these briefings at the times and places set by the Race Organising Committee. **Please note: It is compulsory for the bus driver to attend the briefing on Thursday night 12 May 2016.**

I hereby agree to indemnify, release and render harmless the Mareeba Shire Council, its race committee members, volunteers, other corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers or any of them for any loss, damage, or personal injury which I may suffer, or claim in relation thereto arising from participating in this race from Mareeba to Chillagoe and the return journey.

Name: _____ Witness Name: _____

Signature: _____ Witness Signature: _____

Date: _____

Support Vehicle Details:

Owners Name: _____ Registration: _____

Vehicle Type: _____

(Note - Vehicle must be able to legally carry all competitors and one (1) marshal).

Does this vehicle have a working UHF radio fitted? (YES/NO): _____

**Food and drinks will be available for purchase in Dimbulah, Petford, Almaden and Chillagoe. To assist with catering, please tick the appropriate boxes:*

I intend to purchase food in Dimbulah on Friday night.

I intend to purchase food in Almaden on Saturday night.

I intend to purchase food in Chillagoe on Sunday afternoon

Medical Form

I submit the following medical information about myself as a current personal record to be kept by race organisers during the time of the Great Wheelbarrow Race, **13-15 May 2016**. I also authorise the organisers or their representatives to obtain medical assistance when deemed necessary should an accident or illness occur, and agree to pay all expenses incurred on behalf of myself. I further authorise qualified practitioners to administer anaesthetic or blood transfusion should such an eventuality arise. I further undertake to provide details to the organisers of any changes in this information, provided they occur between the date this form has been duly signed by myself and the commencement of the wheelbarrow race.

Name: _____ Date of Birth: _____
 (Please print in block letters)

Signature: _____ Date: _____

Emergency Contact: _____
 (name and telephone contact number)

Name of Regular GP: _____

Contact Phone Number of Regular GP: _____

MEDICAL CONDITION	YES/NO	DETAILS
1. Heart Problems		
2. Respiratory Problems		
3. Allergies		
4. Blood Pressure		
5. Operations		
6. Epilepsy		
7. Recent Illness		
8. Tetanus Injection		Year of most recent booster:
9. Diabetes		
10. Drug Reactions		List
11. Phobias		
12. Other Medical Conditions		
13. Any Other Relevant Information		

RACE CATEGORIES Registration Form

The 2016 Great Wheelbarrow Race will comprise of the following categories for entry by participants.

RACE CATEGORIES

Team Name: _____

Tick the box that corresponds to the category you wish to enter.

MEN'S CATEGORY - All team members must be male
Race average speed for this category is 15km / hr.

LADIES CATEGORY - All team members must be female
Race average speed for this category is 12km / hr.

MIXED CATEGORY - Any combination of male and female team members- with a ratio of at least **6** males to **4** females
Race average speed for this category is 12km / hr.

OVER 35yrs CATEGORY - All must be over the age of 35 and can be any combination of gender
Race average speed for this category is 12.5 km / hr.

Over 55yrs Category - All members of the team must be over 55 and can be any combination
Race average speed for this category is 14.5 km / hr.

SOLO Male CATEGORY - Individual male runner
Race average speed for this category is 8 km / hr.

SOLO Female CATEGORY - Individual female runner
Race average speed for this category is 6.5 km / hr.

SCHOOL STUDENT CATEGORY - All members of the team must be attending a High School (turning 13/14 in 2016) and have parental permission
Race average speed for this category is 15.5 km / hr.

SERVICES CATEGORY - All members of the team must be in the services, i.e. Army, Navy, Air Force, SES, Police, Fire fighter
Race average speed for this category is 14.5 km / hr.

DUO CATEGORY -Two runners
Race average speed for this category is 10 km / hr.

SOCIAL CATEGORY - **2nd year** Can be any combination (mixed, ladies, men, etc) This category will not be in the running for the prize money and non-competitive; random draws for prizes; still a timed race

Please note: A maximum of one race category is to be selected per entry.

TEAM MARSHAL Registration Form

Name: _____ Date of Birth: _____

Team Name: _____

Address: _____

Phone Numbers:(w) _____ (a/h) _____

(mob) : _____ Email: _____

Please tick appropriate boxes:

- I will read all of the information supplied to me by the race organisers. I will abide by all of the competition rules and regulations and agree to follow the directions of those in charge (or their representatives).
- I give permission for my photo and name to be used for publicity purposes associated with promoting the race.
- I agree to attend pre race meetings/race briefings and to attend these at the times and places set by the Race Organising Committee. Please note: It is compulsory for all marshals to attend these meetings.

I hereby agree to indemnify, release and render harmless the Mareeba Shire Council, its race committee members, volunteers, other corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers or any of them for any loss, damage, or personal injury which I may suffer, or claim in relation thereto arising from participating in this race from Mareeba to Chillagoe and the return journey.

Please note: It is compulsory for the team to provide their own Marshal and for the Marshal to attend the briefing on Thursday night 12 May 2016.

Name: _____ Witness Name: _____

Signature: _____ Witness Signature: _____

Date: _____

**Food and drinks will be available for purchase in Dimbulah, Petford, Almaden and Chillagoe. To assist with catering, please tick the appropriate boxes:*

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- I intend to purchase food in Almaden on Saturday night.*
- I intend to purchase food in Chillagoe on Sunday afternoon*

RACE AWARDS Registration Form

Team Name: _____

Tick the box that corresponds to the award you wish to contest.

CHARITY AWARD - An amount will be awarded to the team which raises the most money for a nominated charity. Competitors will be able to raise money up until **9am on the Friday 13 May 2016**. The charity presentation will be held Saturday night in Almaden. Please put down your charity contact information so we can invite them along to the presentation on Saturday night in Almaden.

BEST THEME AWARD - An amount will be awarded to the team which has the most impressive overall theme. To be eligible, costumes must be worn down Byrnes Street on Friday morning (change facilities will be made available at the International Club) and during festivities in Almaden on Saturday night.

TALENT QUEST

During the festivities at Almaden on Saturday night, a Talent Quest will be held. Participation is voluntary, and all teams are encouraged to enter. Team performances may include songs, dancing, skits, comedy, costumes or novelty acts.

Registration Procedure Checklist

Prior to lodging your registration forms, please use the checklist below to ensure that you have provided all of the relevant information and that your nomination fee is included.

- All team members have read and understood the information contained in the Rules and Regulations and the General Information Sheets.
- We have supplied a Team Marshal
- The team leader has filled in and signed the **Team Race Registration Form**, completed the **Race Categories Registration Form** and the **Team Marshal Registration Form** and, if applicable, the **Race Awards Registration Form**.
- If you obtained the registration pack from the website the required number of registration forms have been printed and each team member has completed, signed and dated a Registration Form nominating as a runner, driver or as both.
- If you obtained the registration pack from the website the required number of medical forms have been printed and sent to Council.
- The relevant nomination fee has been paid
- The **TEAM SUMMARY** page has been completed