



# Blackwood Marathon Relay Event Rules

In the interests of fairness to all competitors and an enjoyable day, the Rotary Club of Bridgetown have set forth the following Event rules. All competitors agree to adhere to these rules as part of their entry into the Marathon.

## General Rules:

1. Any competitor who breaches the Race Rules or loses his team number in the event faces team disqualification. It is essential competitors properly attach team number bibs to their person.
2. All place getters in the Veteran's class may be required to produce evidence of age before their placing's will be confirmed. Men 40, or over, ladies 35 or over.
3. All place getters in the 18 and under class must produce evidence of age before their placing's will be confirmed.
4. Minimum age for any competitor is 14 years on the day of the event, unless permission is given by the Executive Committee prior to the Marathon.
5. Competitors in school teams must attend the same secondary school and submit a completed verification from the administration of the school they are attending. Maximum age 18 years.
6. Any protest shall be lodged in writing with the Chief Steward and must be made within 10 minutes of the last competitor finishing. A protest can only be lodged by a competitor. Equestrian leg protests are to be made in writing immediately to the Chief Veterinary Officer, at the start or end of the Horse Leg.
7. There will be numerous checkpoints along the course with attending stewards. The stewards reserve the right to disqualify any team who breach any of the race rules on the day.
8. No person is allowed to remove or cut obstacles from the canoeing course including logs, tea tree and other flora. PLEASE INFORM ALL YOUR TEAM MEMBERS.

## Additional Race Rules for Each Section:

### SWIMMING

**SWIM START:** To reduce possible extended delays to the finish of the event, the starting times of swimmers may be altered. The starting order of the swimmers is generally preserved but the interval between each team may be reduced or extended. This has the result that the finishing order is not necessarily the final placing order. The timing system records start and finish times of all competitors to calculate the final positions. Please co-operate with all marshals and time-keepers to ensure that your times are recorded accurately.

1. Any attachment to any part of the body, e.g. flippers, are not permitted.
2. Wetsuits, goggles and swimming caps are allowed.

## **RUNNING**

Please note start of the running leg is 9:00am sharp.

1. Detours and short cuts not allowed.
2. The marked course must be followed.

## **CANOEING**

1. Helmet, buoyancy vest and protective footwear are strongly advised.
2. Any deviation from the course (meaning "river bed") apart from porting at Terry Road culvert (which is mandatory) will automatically disqualify the team. Failure to properly report to stewards at a checkpoint will automatically disqualify the team.
3. Minor repairs to craft during event allowed, but must be performed by competitors. Back up crews are not permitted.
4. Craft may be a one-man canoe, kayak or surf ski.
5. Paddles are only to be used for propulsion.
6. Spare paddles may be carried on craft.
7. Competitors must mark their craft with their team number on both left hand and right hand sides. Numerals must be minimum size of 100mm and 15mm thick. Numbers preferably black on yellow background. Numbers 1, 6, and 9 must be underlined.

## **CYCLING**

1. Spare bike not allowed.
2. Road traffic rules must be observed at all times.
3. Minor repairs during race are allowed but must be performed by competitors only.
4. Back up crews are not allowed.
5. Vehicles driving alongside or immediately in front of competitors not allowed.
6. Start assistance is allowed.
7. Protective head gear is compulsory.

## **EQUESTRIAN**

### **Important - Please read carefully**

The equestrian part of the Blackwood Marathon is unique among endurance rides in W.A. Often the Blackwood is the first exposure of the horse to this type of event. It differs from other events too, in that the rider is under pressure as member of a team consisting often of people who have little or no knowledge of horses, therefore cannot appreciate the potential dangers pushing a horse (or allowing a horse to push itself) beyond its physical limitations. In the past, the majority of teams competing in the Blackwood Marathon have been very conscientious in preparing, competing and caring for their horses. The low number of serious equine problems reflect the commitment and skill of the riders. Despite this, some problems have occurred.

1. The horse must be presented at the pre-ride veterinary examination by the RIDER.
2. Horses may run barefoot, but due to course conditions shoes and/or boots are highly recommended.

3. At the pre-ride veterinary examination the horse must, in the opinion of the examining veterinarians be able to complete the race without jeopardizing the health of itself or the rider.
4. The horse's heart rate must be at, or below 60 beats per minute within 30 minutes of crossing the finishing line, and in the opinion of the official veterinarians must not show any lameness or distress.
5. The horse must be free from any 'prohibited substance'. 'Prohibited substance' means any substance having a direct or indirect action on the central or peripheral nervous system, the cardiovascular, the respiratory system, the alimentary digestive system, the musculo skeletal system or the urogenital system of a horse. 'Prohibited substances' include analgesics, antihistamines, anti-inflammatory agents, blood coagulants, diuretics, hormones and their synthetic counterparts, cortico-steroids, anabolic steroids, local anaesthetics, muscle relaxants and tranquillisers, Prohibited substances' also include vitamins administered by injection.
6. All Iron Man / Iron Woman entrants must provide a Certificate of Competency in horse riding before their entry will be accepted. This must accompany their entry form.
7. Minimum age limit for horses is 4 years. This rule will be strictly adhered to.
8. Team number must be on front of helmet approximately 5cm high and the team number must be securely attached to the horse's bridle. This is the responsibility of the competitor who must present the bridle for inspection at the veterinary check.
9. Any type of horse may be used.
10. Riding caps or helmets must be worn.
11. The marked course must be followed.
12. The team will be disqualified if any competitor takes a short cut.
13. The team will be disqualified if there is any unsportsmanlike behaviour, i.e. barging, etc.
14. No whips, spurs or long reins allowed.
15. **DRUG TESTING:** Placegetters and other horses selected at random may be swabbed and/or have a blood sample taken. Positive swab samples will result in disqualification for this and future Marathons.
16. Veterinarians have the right to disqualify any horse.
17. Horses should be available at 9.30am for veterinary inspection at JAYES BRIDGE.
18. The Chief Veterinarian will disqualify any rider for any blatant disregard of the rules and/or ill-treating a horse and that rider will be disqualified from competing in the relay in the future.
19. The Chief Veterinarian's decision is final.

**IMPORTANT: 9.30am. - 11.30am. PRE-RACE VETERINARY CHECK AT JAYES BRIDGE**

**Please note you must present your horse for the check prior to 11:30am.**

**Thank you to all competitors for their compliance and cooperation.**



# Blackwood Marathon Relay Section Briefings

## RUNNING BRIEF

**LOCATION :** Run start Boyup Brook

**TIME:** 8:30 a.m.

Welcome to all competitors and please note the following items:

- Felt pens are available. Please put you team number vertically on both arms or across top of hand.
- Run to the finish line and hand over the bib to canoeist, then **WALK SLOWLY** out through the laneway, where you will be timed. You are not timed until you have passed this point, if you jump the fence you may be disqualified as your number will not be recorded.
- Bibs must be handled with care as they are passed on at each changeover; you may assist your team member with the bib.
- Clearly state and show your team number at checkpoints, team numbers must be called out to stewards to be recorded.
- Do not deviate from the course set out in the race rules and map. Please ask any race official to clarify any questions you may have.
- An ambulance will follow the last runners. If there are any problems communicate with Stewards or other race officials.
- Run on the **RIGHT** hand side of the road - there may be vehicle traffic on the roads.
- Drink points will be available on the course.
- Due to Traffic, Ambulance and other logistic considerations the committee has found it necessary to limit the time you are on the Boyup Brook Kojonup Rd (bitumen). If you are still on this road after 9:35am you will be taken to the Stanton Rd corner (start of the gravel) and may incur a time penalty. Our apologies for any inconvenience caused.

## FOR IRON MEN AND WOMEN:

- It is important that you follow other competitors in each leg through the laneways for timing purposes. Failure to do this may result in disqualification, as you will not be timed.
- Marshalls will be at the end of the Running, Swimming and Horse finishes to assist you in finding your way to begin the next leg.
- At the beginning of the canoe leg, you are not permitted to have anyone hold your canoe in the water ready for you. Your canoe may be held ready for you as close to the water as possible within the confines of the canoe marshaling area. Assistance will be provided to get your craft into the water as the river bank is severely eroded.
- You must have someone attend your horse at the start of the horse leg and someone at the finish of the horse leg to prepare the horse for final vet check.
- Please be aware that by participating in this event you are doing so at your own risk and that the organisers do not take any responsibility for personal injury or damage to property.

**THANKYOU AND GOOD LUCK!**

**Blackwood Marathon Organising Committee**



## CANOEING BRIEF

**LOCATION :** Canoeing Start

**TIME:** 9:00 a.m.

Welcome to all competitors and please note the following items:

- Felt pens are available. Please put your team number vertically on left arm.
- There has been significant erosion at the riverbank entry point, take care launching your vessel as the banks are steep with tree roots adding to the hazardous conditions. Help from officials is permitted to launch your craft.
- The course must be followed - i.e. the riverbed. Your vessel cannot be taken out of the riverbed and along the bank apart from the following proviso:
- The bridge at the Terry Road Crossing consists of a cement box culvert. You must port your vessel around this crossing and thus leave the riverbed. You must not attempt to go through the culvert. Stewards will be watching for this.
- There are checkpoints at which it is important for you to call out your number so you are recorded. Failure to be recorded may result in disqualification.
- There will be other stewards to monitor the course and ensure the race rules are observed. If you have any problems, communicate with the Stewards or other competitors to pass on. Do not leave the river, stay with your vessel at the river.
- Take care of your bib, (team number) as it is to be used by others in your team.
- Please hand bib to stewards on the **LEFT HAND SIDE OF THE RIVER** at finish line so it can be passed to the next section.
- **NOTE:** The finish line is approximately 250 METRES PAST THE MAIN ROAD BRIDGE OVER THE RIVER. At the finish of the race, a line of floats guide you into the left bank - please do not cross this line, but follow it into the bank.
- At the finish, **CALL OUT YOUR TEAM NUMBER** so time keepers and race officials can identify you.
- People responsible for picking up canoes or vehicles on the course **MUST SHUT GATES.**

**WARNING:** Please check with race officials on the state of the River Crossing at Terry Road. Checkpoints and safety requirements may be altered on the day of the race. Please be aware that by participating in this event you are doing so at your own risk and that the organisers do not take any responsibility for personal injury or damage to property.

**THANK YOU AND GOOD LUCK.**

**Blackwood Marathon Organising Committee**



# Blackwood Marathon Relay Section Briefings

## SWIMMING BRIEF

**LOCATION : Swim Start**

**TIME: 12:30 p.m.**

Welcome to all competitors and please note the following items:

- Felt pens are available for numbering. Please number **DOWN LEFT AND RIGHT ARMS VERTICALLY** or **ACROSS THE TOP OF HAND**.
- Please remain in the assembly area. Do not go down to the water. Your numbers will be called in the order you will be entering the water. When you hear your number called proceed down the competitors raceway in readiness for the start. You must stay in this order at all times.
- For safety, please note, we have canoes and boats in the water standing by if you need assistance.
- If in any difficulty, call out loudly and raise an arm so stewards patrolling the river can assist.
- Please keep to the centre of the river where possible and observe race rules. There are two marked lanes to guide you under the bridge.
- When finishing **CALL OUT YOUR NUMBER FROM THE WATER'S EDGE**, this enables the stewards to hand you your bib quickly if required to pass to an equestrian. Please make sure this is the correct bib (team number) **THIS IS IMPORTANT**.
- Timing will be after you have handed your bib to your equestrian teammate or exit the transition area. Proceed along the laneway to your right, for timing procedure. **PLEASE WALK SLOWLY**.
- We do not believe that the river has changed significantly in the 30 years plus of the Marathon however we have been requested to advise you that you are swimming in "Wild Water" and we have no control over it's quality.
- Known obstacles are marked with bunting and or floats but there may be others. The river can be quite shallow in some areas and you may be able to stand.
- **NOTE: IN THIS LEG YOU ARE RACING THE CLOCK AND NOT NECESSARILY THE OTHER COMPETITORS.** To reduce possible extended delays to the finish of the event the starting times of swimmers may be altered. The starting order of the swimmers is generally preserved but the interval between each team may be reduced or extended.
- Do not impede or disrupt your fellow competitor, be especially considerate when passing.
- The exit of the swim can become very slippery. There will be a rope from the water up the bank that can be used to assist you exit.
- **WARNING.** Additional instructions may be required depending on the state of the river. Please check with the race officials for conditions on the day.
- Please be aware that by participating in this event you are doing so at your own risk and that the organisers do not take any responsibility for personal injury or damage to property.

**THANK YOU AND GOOD LUCK.**

**Blackwood Marathon Organising Committee**



## EQUESTRIAN BRIEF

LOCATION : Horse Start

TIME: 12:00 noon

Welcome to all competitors and please note the following items:

- The organiser's aim is safety for both horse and rider. This can only be achieved by common sense and good horsemanship. The course has been made as wide as possible, however there may be areas where extreme caution is required. Fast horses take care in passing. Unsportsmanlike behaviour, ie. Barging etc will mean disqualification.
- Please observe race rules. One of the most important things to take into consideration in this event is your horse. If you don't take care of your horse there is a very good chance it will not pass the final vet check. All horses starting in the relay MUST be checked by a vet prior to the start.
- You may appoint a deputy to collect your bib from your team swimmer. Ensure you are handed the correct bib.
- Changeover of the bib (ie. team number) from swimmer takes place in fenced off area at finish line of swimming - you or a deputy must be prepared to receive your bib from your swimmer.
- NOTE: Stallions must stay in the stallion pen at all times. After the rider (or his deputy) of a stallion receives the bib from their swimmer they have to run back to stallion pen and start from there.
- Bibs must be attached correctly and worn to the finish. Please take care not to damage the bib. Your team number must be attached to or written on your bridle, This is an important safety requirement and you will not be allowed to start if this is not done. Numbers are available for \$1 at the vet check area.
- There are checkpoints on the course and they are marked with signposts. The final stages of the course are marked with "kilometres to go" signs.
- It is your responsibility to ensure stewards acknowledge receipt of your team number at checkpoints. CALL OUT YOUR NUMBER
- A mobile vet is stationed at the Lodge Road turn off.
- If needed, seek steward's assistance with regard to the course or changeover points.
- All guideposts are on the right of the track and can be seen from the previous post.
- No short cuts are to be taken. The marked pegs must be followed. Default will mean disqualification.
- A line of bunting indicates the finish line and the changeover point. Take care when approaching with your horse (mounted or leading).
- Water is available at finish of the horse section. Troughs and wash down facilities are available. Please take care with the use of water as there are many horses to wash down. Please refill trough when you have used it. Please consider other competitors.

- At the completion of the leg the rider will receive a card. No one will be allowed to enter the rest area without showing this to a steward.
- Vets will be easily identifiable, so when you are called up for the final check they are easy to find. The vet will take your card and then check the horse and its heart rate.
- It is the rider's responsibility to present their horse for final check **AT THE CORRECT TIME** Failure to do so will be automatic disqualification. NO excuses will be accepted.
- We are concerned with regard to the property owners and possible damage to their farms and we request that you consider this when determining access.
- Floats and vehicles moving to the horse finish must leave before 12:30 and go via Flax Road, or leave after 1:30pm and go via Jayes Bridge and Muirs Road.
- Floats returning to Bridgetown along Winnejup Rd will be diverted into Elwins Road to direct them to parking area at the horse-stalls at the Sports ground.
- Drugs: Placegetters and others at random may be swabbed and / or have a blood sample taken. positive swab/samples will result in disqualification of horse and rider from this and future Marathons. Appropriate Equestrian Authorities will also be notified.
- Please note, *"No whips, Spurs or long reins are allowed"*. Ill treatment of your horse will result in disqualification, Also please note there will be no consideration of a protest concerning the professional opinion of a vet.
- Be sure to call out your number at the checkpoint near the finish as your number is relayed by radio to the finish so your cyclist can be ready for changeover.
- There is no camping in the Jayes Bridge area overnight by order of the property owners. All horse floats and vehicles must be gone by 5.30p.m.
- The order in which your swimmer will be leaving is attached to the notice board at the entrance to the Vet Check area (ie. the Canoeists finishing time) and in the swim equestrian transition area.
- Please be aware that by participating in this event you are doing so at your own risk and that the organisers do not take any responsibility for personal injury or damage to property. Check with race officials on the day regarding any special instructions.

**THANK YOU AND GOOD LUCK.**

**Blackwood Marathon Organising Committee**





# Blackwood Marathon Relay Section Briefings

## CYCLE BRIEF

LOCATION : Cycle Start

TIME: 12:40 p.m.

Welcome to all competitors and please note the following items:

- Attach your bib (team number), also your rear number, so that the number is clearly visible. Tail numbers must be on the rump, not the back. Tail numbers are pinned to the fence and you can attach them as soon as you like DO NOT REMOVE THE VET CHECK CARD. WHEN YOU HAVE RECEIVED YOUR BIB FROM THE RIDER AND ARE REPORTING TO THE TIMEKEEPERS, THEY WILL REMOVE YOUR CARD.
- When cyclists receive a bib from the equestrian they MUST pass through the raceway next to the truck in order to be timed. This will be the horse finishing time. Failure to do so will result in disqualification. As you pass through this raceway your vet check card will be taken by the timekeepers.
- Cyclists not waiting for the arrival of a horse, please wait to be called.
- Checkpoints will be marked with sign posts, where you must call out your team number so stewards can record it - this is important.
- There will be race officials at major intersections. You must obey all normal road rules - officials may wave you on at stop signs.
- Winnejuv Road from the race start to Boyup Brook Road is not closed and normal road rules apply, be aware of other vehicles. There is a T-junction sign to warn you that the Boyup Brook Road is ahead.
- Race rules must be observed. (NB drafting is specifically not allowed)
- Use caution when on gravel sections of the course especially when the road leaves the bitumen, it could be slippery and rough. Take care as Winnejuv road also has some rough sections.
- Caution is required when entering the Trotting Track as the track has a REVERSE CAMBER and may have a loose and or soft surface.
- A half lap of the trotting track must be completed before crossing the finishing line.
- For assistance in case of emergency, make contact with communication vehicles, stewards or other race officials.
- Please ensure the bib is handed to race officials at finish - THIS IS MOST IMPORTANT.
- Vehicles with two-way radio will be parked near the Sports ground entrance. Please call out your number so timekeepers can be warned of your arrival at finish. VERY IMPORTANT.
- Spectators and competitors whose numbers have not been called must stay clear of gateway and track at all times.
- Please be aware that by participating in this event you are doing so at your own risk and that the organisers do not take any responsibility for personal injury or damage to property.

THANK YOU AND GOOD LUCK.

Blackwood Marathon Organising Committee