



THE NINETEENTH SUNDECK CUP

Handicap Cross Country Race 11AM Thursday August 8th, 2024
All proceeds to XC towards 2026 Development Fund

Please note changes to handicapping and maximum field size since 2017.

PERSONAL DETAILS

Which club lodge do you belong to?

Family Name Given Name

Postal Address

Phone No. Email

Your estimated time for the 7.5km course? (MUST NOT BE LEFT BLANK)

*** Your handicap will be ENTIRELY based on your estimated time. It will be adjusted for any course / distance change. If you break your estimated time by more than the percentage set by the handicapper you will be ineligible to win the cup. ***

INSTRUCTIONS

Email entry form together with \$50 entry fee to sundeck@acr.net.au. The field will be limited to a maximum of 70 starters. Entries close when the field is full or 10AM race day. Entries on the day of the race \$60. **ENTRY FEE INCLUDES POST RACE LUNCH, DRINK AND PRESENTATION AT THE SUNDECK.** (lunch may not be at the hotel this year)

CREDIT CARD PAYMENTS

CARD NO. _____ EXPIRY ____ / ____

NAME ON CARD SIGNATURE

ALL ENTRANTS MUST SIGN:

In consideration of this entry being accepted, I, the signatory below, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Sundeck Hotel, race officials, volunteers and sponsors arising from involvement with this event. I agree to abide by the rules of the race.

Signature, or Guardians signature if entrant is under 18years: _____

BIB COLLECTION: RACE DAY FROM 10 AM AT NORDIC SHELTER

The race will be run anti clockwise on the 7.5km loop / Paddys Link. All entrants will be given a starting time and starting will be in bib order from highest to lowest. Entrants will be responsible for starting at the correct time. Highway rules apply – keep left unless overtaking!