

**The Tokanui Search and  
 Rescue Coastal Walk  
 March 17, 2018**

Waikawa Estuary to Dummy's Beach

Meet at Basil and Sarah McLeans Woolshed,  
**Brief at 9:45am**

416 Progress Valley Road (80kms from  
 Invercargill) (Signposted Tokanui-Niagara  
 Highway)

You will be transported to start at Waikawa  
 Estuary and back from the finish at Dummy's  
 Beach

Complimentary BBQ and light refreshments at  
 woolshed during debrief

Course is approximately 17 Kms long and  
 covers Estuary, cliff top and beach sections.

Fantastic Harbours, cliffs, blowhole and  
 beaches that are inaccessible to most

**Registration:** all participants must register.  
 Clothing: carry suitable clothing for conditions  
 on the day, the Catlin's weather can change  
 dramatically. Strong tramping boots  
 recommended.

**Drink:** Fluid will be available for walkers on  
 the course however please ensure you carry  
 enough fluid for your walk.

**Food:** we recommend that you carry and  
 consume enough to get you through the  
 event. No food will be supplied through the  
 event. Please ensure you bring lunch.

**First Aid:** Please ensure you carry a first aid  
 kit. There will be stewards and medics  
 throughout the course.

The organisers reserve the right to change any  
 or all times in the interest of safety, weather  
 or unforeseen circumstances.

SIGNED : .....

DATE : .....

**ENTRY FORM**

ONE ENTRY PER PERSON

NAME:

GENDER: Male Female Other (please circle)

DOB:

ADDRESS:

E-MAIL:

PHONE:

MOBILE:

EMERGENCY CONTACT:

NAME

PHONE

Tokanui Search and Rescue Coastal Walk

\$55 per person gst inc

\$30 child (under 16)

(must be accompanied by an adult)

Please return your entry form to

Todd Lyders

Tokanui RD5 Invercargill

or email to [toadnselma@xtra.co.nz](mailto:toadnselma@xtra.co.nz)

Phone 03 2468 442 027 357 2476

Registration close 10 March 2018

**PAYMENT IN CASH ON THE DAY**

Please note there is **NO CELL COVERAGE**

<https://www.facebook.com/events/269048646963793/>

I accept and hereby agree to the terms and conditions of the entry form and I agree to indemnify and hold harmless the administrators and organisers and I will never discharge the organisers, the sponsors, landowners and all persons involved in the conduct of the Tokanui Search and Rescue Coastal Walk from all claims or actions whatsoever in any manner arising, out of my participation of this event. I with participation and that I have no physical or medical conditions which have the potential to put myself or any other person at risk and that I am sufficiently trained for the event. I agree to abide by the organisers' rules at the briefing and accept any decision or direction given by the organisers. I allow organisers to use my name or photograph for promotional purposes.

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