



18th April 2020

6 Hour Adventure

The GO-4-12 6-Hour will see competitors from around New Zealand & Australia facing challenging tasks which could include Biking, Trekking, Abseiling, Orienteering, Archery and more.

The event is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, rope skills and navigation. The race is 6 Hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course designed by experienced adventure racers. It is a point's race; teams try to collect as many points as possible in allocated 6 hours.

The competitors will be young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time.

Event details at a Glance

- Teams of 4
- Single-gender or mixed
- Eligibility: It's open to all NZ equivalent school Years 9 and above
- Designed to be fun with lots of different activities, biking, navigation, kayaking.
- Support crew required (at least 1 adult support crew)
- Medals for first in each division.
- Spot prizes

There are three categories:

- Boys
- Girls
- Mixed

Times: *Saturday 13th April 2019*

7:30 am Registration and gear check.

8:45 am Briefing (gear Checks need to be completed)

The race will commence at **9 am** and conclude at **3 pm** the same day.

3:30 pm approx. Prizegiving

Fees: Please see website for entry fees

Entries: Entries are online through the website <https://go412.co.nz/>

Rules & Regulations: go to “Event Info” on the website

***Friday Accommodation if required:** (This is additional to your entry fee, please purchase with your entry)
Friday night tenting - Teams must supply their own tents or caravan or camper van bedding etc. Boys and girls must sleep in separate tents/caravans etc UNLESS supervised by an adult.

***Friday Meal if required:** There is a meal provided on Friday night at 6pm – (this is additional to your entry fee. Please purchase meal tickets with your entry). *Please advise us if you have any dietary requirements (gluten free etc).* You need to be self-sufficient for all other meals, food.

**these are optional if you are wanting to stay onsite on Friday night for your event starting Saturday morning*

GO-4-12 Adventure 6 Hour Compulsory Equipment

Please read carefully

Significant time penalties will be applied for breaching any of the following requirements:
Compulsory team equipment must be carried at all times by teams.

COMPULSORY TEAM AND PERSONAL EQUIPMENT	
First Aid Kit (please make sure this is a comprehensive kit – suggestions are listed below)	1 Per Team
Compass (Silva Style with base plate)	2 Per Team
Lighter or waterproof matches	1 Per Team
Survival Blanket	1 per member
Polypropylene top – long Sleeves	1 per member
Polypropylene bottom – long pants	1 per member
Fleece Top (100 series weight min) long sleeves	1 per member
Fleece or woolen hat	1 Per member
Whistle	1 per member
Polypropylene or wool gloves	1 pair each
Waterproof Jacket (must be seam sealed)	1 per member
Multipurpose knife (eg Swiss army)	1 per team
Cell Phone (fully charged battery)	1 per team
Mountain Bike (additional equipment for activity)	
Mountain Bike	1 per member
Cycle Helmet (Please make sure this suitable for Mountain Biking)	1 per member
Trek (additional equipment for activity)	
Suitable backpack	1 per member

You should carry out the following Safety Checks on your bike.

Mountain Bike	
Cycle Helmet – safe to wear and no cracks in the cover	1 per member

Headset is tight	Per bike
Brakes work	Per Bike
Wheels are safe	Per Bike
Tires are in a safe condition	Per Bike
Nothing is bent on bike	Per Bike

Suggested First Aid

Alcohol wipes (10), Tweezers, Betadine for grazes, Crepe bandages (1x10 cm; 1x15 cm), Saline (30 ml), Triangular bandages cloth (2) (sterile), Pain relief (e.g. Paracetamol), Plastic strip dressing (10–12 band-aids), Antihistamine cream (10), Dressing strip, Non-adherent sterile dressings (3 large), Gauze dressings (6) Wound dressing (size 15, sanitary pad), Disposable CPR face shield, Sticking tape (1 roll), Safety pins, Butterfly closures (1 pouch), Needle, Scissors, Notebook, Pencil, Disposable gloves

What is our vision?

We want to challenge and to grow young people through a quality adventure race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

The 6 Hour Adventure Race is designed to be fun and will test and grow teamwork, problem solving and perseverance. The 6 Hour Adventure Race is more physically demanding than the 3-hour event and provides a bridge into the 12 Hour Event. The event was developed as it was identified that 12 hours was a bit daunting for many competitors, so we created an event that can be completed by most active teenagers

We rely on the outdoor community to support this event for the youth in NZ and Australia. Come and be part of this great event. Contact us to be involved.

For more information contact:

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<https://go412.co.nz/>

Please note: The weekend schedule for the 2020 event is a continual work in progress, please check the website for updates.