WHAT IS CLAIMED IS:

1. A structural cell formwork that is configured to receive and retain a structural fluid therein, the structural cell formwork comprising:

a plurality of hollow legs integrally linked to a frame at a frame end, the frame linking the legs together and the frame defining a generally flat plane with the legs extending substantially orthogonally away from the frame end about the frame flat plane to a leg terminal end; and

wherein the frame and hollow leg interior collectively define an internal void space that receives and retains the structural fluid placed therein;

wherein the frame links the legs together via lateral supports located about the frame end of each leg with the frame defining a free void space between the lateral supports and the legs with the free void space being continuous and not segmented; and

wherein the lateral supports, leg frame end surrounds and legs collectively define a common hollow, the common hollow defining an internal void space configured to receive and retain the structural fluid with the internal void space being continuous and not segmented.

2. A structural cell formwork as claimed in claim 1 further including a separate plate engaging the legs, the separate plate comprising:

linked sockets, each socket engaging the leg terminal end; and/or

linked sockets, each socket engaging the leg frame ends or a part thereof.

3. The structural cell formwork of claim 1 wherein the overall structural cell formwork volume is defined by a free void space, an internal void space and a portion of structural cell formwork material itself, wherein:

the free void space of the structural cell formwork comprises at least 75% of the overall structural cell formwork volume, the free void space being defined by the frame width and depth and the leg height less any space used within this volume for the legs or frame parts and the internal volume defined by the legs and frame; and

the internal void space of the structural cell formwork comprises approximately 1-25% of the overall structural cell volume, the internal void space being defined by any volume of space within the legs or frame not accessible from the free void space.

4. The structural cell formwork of claim 1 wherein the hollow legs of the structural cell formwork have, at least in part, a frustoconical shape, the legs arranged relative to each other in regular or even patterns that collectively spread a compressive load placed thereon.

5. The structural cell formwork of claim 1 wherein the legs are at least partially open at: the frame end; the leg terminal end; or both the leg frame end and the leg terminal end.

6. The structural cell formwork of claim 1 wherein the common hollow defines a volume configured to receive and retain a structural fluid therein.

7. A load bearing matrix formed from the structural cell formwork of claim 1 comprising a plurality of structural cells aligned vertically and/or horizontally.

8. The load bearing matrix of claim 7 wherein the overall matrix volume is defined by a free void space, an internal void space and a portion of structural cell material itself, wherein:

the free void space of the matrix is at least approximately 75%, the free void space being the sum of each structural cell free void space, this structural cell free void space being the space defined by the frame width and depth and the leg height less any space used within this volume for the legs or frame parts and the internal volume defined by the legs and frame; and

the internal void space of the matrix is approximately 1-25%, the internal void space being the sum of each structural cell internal void space, this structural cell internal void space being any volume of space within the legs or frame not accessible from the matrix free void space.

9. The load bearing matrix of claim 7 wherein the structural cells are aligned vertically with each structural cell frame being located above the legs.

10. The load bearing matrix of claim 7 wherein the structural cells are aligned vertically with each structural cell frame being located below the legs.

11. The load bearing matrix of claim 7 wherein the structural cells are aligned vertically with each structural cell frame alternating in orientation from a first layer of structural cells in a

frame located below the legs configuration to a second layer of structural cells in a frame located above the legs configuration and optionally, further alternating layers following the same alternating arrangement.

12. The load bearing matrix of claim 7 wherein the matrix further comprises at least one free socket placed intermediate vertically spaced structural cells, each free socket linking together an opening in the leg frame end in a first structural cell with the leg terminal end of a second structural cell.

13. A structural cell formed from hardened structural fluid, the structural cell produced using the cell formwork of claim 1 wherein the structural cell free void space is defined by the frame width and depth and the leg height, less any space used within this volume for the legs or frame parts.

14. The structural cell of claim 13 wherein the structural fluid used to form the structural cell is poured into the structural cell shaped formwork and the structural cell formwork remains with the structural cell.

15. The structural cell of claim 13 wherein the structural fluid is concrete.

16. The structural cell of claim 13 wherein pouring of the structural fluid into the structural cell formwork occurs in situ at or about the final structural cell position.

17. A load bearing matrix comprising a plurality of the structural cells of claim 13 aligned vertically and/or horizontally together.

18. The load bearing matrix of claim 17 wherein at least part of the structural cell free void space is at least partly back filled with substrate selected from: soil or plant rooting media; filtration media; aggregate; and combinations thereof.

19. The load bearing matrix of claim 17 wherein at least part of structural cell free void space is left open and clear of any other materials.

20. The load bearing matrix of claim 17 wherein the matrix allows ingress of water into at least part of the structural cell free void space and the matrix prevents or slows egress of water from the structural cell free void space or a part thereof.

21. The load bearing matrix of claim 7 wherein the matrix comprises a plurality of separate plates, each separate plate being approximately the same width and length as each structural cell, the separate plates located on top of the plurality of structural cells and/or below the plurality of structural cells; and

wherein each separate plate comprises plate sockets linked together via lateral connectors that engage with either an opening in the frame end of a first structural cell, or the leg terminal end of a second structural cell.

22. The structural cell of claim 13 wherein the structural cell has a compressive strength in excess of 300 kPa.

23. The structural cell of claim 22 wherein the structural cell has substantially no elastic deformation/deflection prior to the compressive strength being reached.

24. The structural cell of claim 22 wherein the structural cell formwork has a compressive strength of less than 200 kPa alone but, a hardened structural fluid and formwork combination or a hardened structural fluid with the formwork removed post hardening, has a compressive strength in excess of 300 kPa.

25. The structural cell of claim 22 wherein the structural cell formwork flexes if a compression load is placed thereon in the absence of a structural fluid but, if hardened structural fluid is present in the formwork, the formwork and hardened structural fluid will not flex or elastically deform until or substantially around the maximum compressive strength of the hardened structural fluid.

26. The load bearing matrix of claim 21 wherein the at least one separate plate is fitted intermediate the first and second vertically aligned structural cells.

27. The load bearing matrix of claim 21 wherein the plate sockets have a cross-sectional shape that substantially complements and snugly fits the shape of the terminal end of each leg and/or the shape of the frame end of each leg.

28. The load bearing matrix of claim 21 wherein each plate socket when fitted to the frame, fits as a snug male fitting partly into a top female side of an opening in the leg frame end

of a first structural cell and the opposing leg terminal end of a second structural cell fits as a male fitting into the opening of the top female side of the plate socket.

29. The load bearing matrix of claim 21 wherein each separate plate has at least one lateral connector used to link multiple plates across a common horizontal plane.

30. The load bearing matrix of claim 29 wherein the at least one lateral connector connects abutting structural cells together, the lateral connectors having a shape and form that enables the legs of each structural cell in the matrix to be substantially equidistant to each other.