

Declaration

By competing in the Weston Creek 10Km community fun run (Event), I accept all risks necessarily flowing from my participation which could result in loss of life, injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the Event. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the Event from all claims, demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of my participation in the Event. This release shall extend to all and include Weston Creek Athletics Club Inc, their respective officers and volunteers, the owners, licensees and occupiers of land upon which the Event or any part of it is conducted, any statutory body or local authority having control over any land upon which the Event or part of it is conducted or is involved directly or indirectly with the Event in any manner whatsoever including (without limitation) promoters and sponsors. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns. I certify that I am 18 years or older and have read this document and fully understand it. I agree to the above for myself and I indemnify and will keep indemnified all people and corporations associated with the conduct of the Event on the terms referred to.

Signed:.....

Date:../../2019-2020

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*SportsCare and
Physiotherapy*

The race starts and finishes at Black Mountain Peninsula. The course follows the bike paths towards Woden, just past Scrivener dam, and return.

Please see the website for a map of the course
<http://www.westoncreekathletics.org.au>

Course Description

Race numbers to be collected from 07:00 at the Northern end of John Carver close, which is a short walk from the start line.

The course starts at the end of Garryowen drive on Black Mountain Peninsula. Runners will proceed along Garryowen drive and turn left onto the shared path just before Lady Denman drive. Runners then proceed along the shared path, (keeping to the left hand side) around West Basin for about 4km, just over Scrivener Dam. Runners turn and retrace their steps to Black Mountain Peninsula. Here they turn right onto the bike path near the rowing sheds and enter John Cardiff Close for the finish.

For safety reasons, no dogs or strollers are permitted in the event.



**WESTON CREEK
ATHLETICS CLUB**

10Km Community Fun Run

**8:00 am Sunday
15th March 2020**

Enquiries, Information:
<http://www.westoncreekathletics.org.au>

Email reuben.caley@gmail.com

0439 688 035 **Reuben Caley**

Official Entry Form (Photocopies accepted) **PLEASE PRINT CLEARLY** Online <http://www.westoncreekathletics.org.au>

MAIL ENTRIES CLOSE Monday 9th March : Late entries available on the day from 07:00 am
Please read the whole form carefully, fill in the relevant details (both pages) sign the declaration and mail with remittance to:
Weston Creek Athletic Club 10 Km Community fun run, PO Box 4147 Weston Creek ACT 2611.

Make Cheques payable to Weston Creek Athletics Club

Preferred First Name										Surname										Initials	
Address - Street Number and Name : Suburb/Town																					
State										Postcode										Mobile	
Sex <input type="checkbox"/>										Date of Birth										Age on Race Day 15/ 3 / 2020	
										Day										Month	
																				Year	
Email address																					

Entries: We prefer online entries.
<https://www.registernow.com.au/secure/Register.aspx?E=36145>

Entries by mail close Monday 9th March. Late entries will only be accepted for individuals (no teams) on race day from 6:30am. **Online entries close Friday 13th March at 6pm.**

Chest Numbers: Can be collected from the start area (John Cardiff close south end) from 07:00 am on race day.

Entry Fees – on or before Monday 9th March:
\$40 Individual runners Includes free BBQ

Late Entry Fees – after Monday 9th March:
\$50 Individual runners Includes free BBQ

Cheques payable to Weston Creek Athletic Club Inc

Drinks & First Aid: Drinks will be provided half way and at the finish. Qualified first aiders will be on hand.

Toilets: Near the start and finish area at Black Mountain Peninsula

Presentations: Commence at approximately 10:00am near the finish area.

Free: Water and fruit at the finish and BBQ after the event.

For sale: Sports drinks

Certificates: All finishers will be entitled to download a finisher's certificate.

Results: Available on the Club website, Facebook page and on your mobile phone on the day.

Race Organiser: Reuben Caley 0439 688 035
e-mail reuben.caley@gmail.com

Awards and Prizes

First Male/Female:
Gold medal and Runners Shop voucher

Second Male/Female:
Silver medal and Runners Shop voucher

Third Male/Female:
Bronze medal and Runners Shop voucher

Barrel Draws (MUST BE AT PRESENTATION):

- Selected Australian Wines
- Runners Shop Gift Vouchers
- Various Other Gifts

Race Information

Registration/ number collection
Northern end of John Cardiff Close
Start Garryowen Drive, Black Mountain Peninsula
Parking available John Cardiff Close (both ends)
Finish Northern end of John Cardiff Close

When: 8:00 am Sunday 15th March 2020

This event will be electronically timed and all bibs must be returned after the event or an additional payment of \$5 will be requested.