

Declaration

By competing in the Weston Creek Half Marathon (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, and the Canberra Irish Club and their respective directors, officers, agents, contractors, employees 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

1000-0000



030-500000



*SportsCare and
Physiotherapy*

The race starts and finishes at Black Mountain Peninsula. The course follows the bike paths to Woden 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 06:30 at the south end of John Carver close, which is at 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 and over Scrivener Dam before following shared paths past the ovals at Curtin, under McCulloch street and adjacent to Yarra Glen. The shared path then crosses under Melrose Drive and passes the pitch n putt in Woden. Shortly after, 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**

**7:30am Sunday
15th March 2020**

**34th Annual
HALF MARATHON
21.1 km**

**Individual & Relay
Enquiries, Information:**

<http://www.westoncreekathletics.org.au>

0439 688 035

Email reuben.caley@gmail.com

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 6:30 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 Half Marathon, PO Box 4147 Weston Creek ACT 2611.

Make Cheques payable to Weston Creek Athletics Club Inc.

Preferred First Name		Surname		Initials	
Address - Street Number and Name : Suburb/Town					
State		Postcode		Mobile	
Sex <input type="checkbox"/>		Date of Birth		Day	
Email address		Month		Year	
		Age on Race Day 15/ 3 / 2020			
Estimated Time in Minutes		Relay Team Name			
(<180)					

Entries: We prefer online entries.
<https://www.registernow.com.au/secure/Register.aspx?E=36146>

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 6:30am on race day.

Entry Fees: Includes free BBQ
\$50 Individual runners **on or before 15 Dec 2019**
\$65 individual runners **on or before 9 March 2020**
\$80 Relay Teams **on or before 9 March 2020**

Late Entry Fees – after Monday 9th March:
\$80 Individual runners Includes free BBQ
No late entries for relay teams can be accepted

Cheques payable to Weston Creek Athletic Club Inc

Relay Teams: Comprised of two or three runners (two legs x 10.55 km or three legs of 7 km, 7km and 7.1 km). Online entries close 6pm Monday 9th March. No late entries.

Drinks & First Aid: Drinks will be provided approximately every 5 km 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 10:30am 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 and Facebook page and on your mobile phone on the day.

Cut-Off time: The cut off time is **90 minutes at half way mark.** Organisers may remove competitors from the course if they are deemed to be unable to finish within the time limit.

Race Organiser: Reuben Caley 0439 688 035

Open Race Records

M Scott Westcott 1.05:00 (2004)
F Liz Miller 1.15:41 (2003)
(age group records are available online)

Club Website and Past results

<http://www.westoncreekathletics.org.au/>

Awards and Prizes

First Male/Female:

Perpetual Trophy, Keepsake trophy, Runners Shop voucher

Second Male/Female:

Silver Canberra Redbacks medal, Runners Shop voucher

Third Male/Female:

Bronze Canberra Redbacks medal, Runners Shop voucher

Veterans: First finisher in each group from W/M40 up (in increments of 10 years) to W/M70.
Gold Canberra Redbacks medal, Runners Shop Voucher (Note: Vets placing in the first three positions outright are not eligible for a Vets category prize). Runner up acknowledged.

Barrel Draws (MUST BE AT PRESENTATION):

Selected Australian Wines
Runners Shop Gift Vouchers
Various Other Gifts

Race Information

Registration/ number collection

Southern 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: 7:30am 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.