

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:../.../2016

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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 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 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
20th March 2016**

**31st Annual
HALF MARATHON
21.1 km**

**Individual & Relay
Enquiries, Information:**

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

0432 832 431

Email vince.craig@anu.edu.au

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, Individual Keepsake
\$250 Cash

Second Male/Female:

Individual Keepsake
\$150 Cash

Third Male/Female:

Individual Keepsake
\$100 Cash

Fourth Male/Female:

The Runners Shop Gift Voucher, value \$75

Fifth Male/Female:

The Runners Shop Gift Voucher, value \$60

Veterans: First Finisher in Each Group From W40, M40 up
The Runners Shop Gift Vouchers, value \$50 (Note: vets placing in the first five positions outright are not eligible for a vets category prize)

Barrel Draws (MUST BE AT PRESENTATION):

Selected Australian Wines
\$100's worth of The Runners Shop Gift Vouchers
Various Other Gifts

Race Information

Registration/ number collection

Northern end of John Cardiff Close

Start Garryowen Drive, Black Mtn Peninsula

Parking available John Cardiff Close (both ends)

Finish Northern end of John Cardiff Close

When: 7:30am Sunday 20th March 2016

Entries: We prefer online entries.

<https://www.registemow.com.au/secure/Register.aspx?E=19753>

Entries by mail close Monday 14th March. Late entries will only be accepted for individuals (no teams) on race day from 6:30am. Online entries close Thursday 17th March at 6pm at the early entry fee rate.

Chest Numbers: Can be collected from the finish area (John Cardiff close north end) from 6:30am on race day.

Entry Fees – on or before Monday 14th March:

\$35 Individual runners (free for over 85 y.o)

\$45 Relay Teams

Late Entry Fees – after Monday 14th March:

\$45 Individual runners

No late entries for relay teams accepted

Cheques payable to Weston Creek Athletic Club

Relay Teams: Comprised of two or three runners (2 legs x 10.55 km or legs of 8 km, 6km and 7.1 km).

Drinks & First Aid: Drinks will be provided approximately every 4 km and at the finish. First aid attendants will be in attendance subject to availability from Sports Medicine Australia.

Toilets: Near the start area at Black Mountain Peninsula

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

Free: Tea/coffee and fruit breakfast at the finish.

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

Results: Available on the club website.

Cut-Off time: The cut off time is **2hrs 30 minutes.**

Organisers may remove competitors from the course if they are deemed to be unable to finish within the time limit

Race Organisers: Vince Craig 0432 832 431

Paul Veldkamp 0416536942

e-mail vince.craig@anu.edu.au

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

ENTRIES CLOSE Monday 14th March : Late entries available on the day from 6:30 am

Please read the whole form carefully, fill in the relevant details (both sides) sign the declaration and mail with remittance to: Weston Creek Athletic Club Half Marathon, PO Box 3821 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

Phone (Home)

(Work)

Sex

Date of Birth

Day

Month

Year

Age on Race Day

20 / 3 / 2016

Email address

Relay Team Name

Estimated Time in Minutes

(< 150)