

PAYMENT DETAILS - NON REFUNDABLE

Entry Fee (Non Refundable and Includes GST).

Half Marathon (Before 16 May 2011)

Non YCRC Members	\$40	YCRC Members	\$30
Relay Teams	\$50	Relay Teams (Late)	\$60

Half Marathon (After 16 May 2011)

Non YCRC Members	\$60	YCRC Members	\$40
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Donations to Eden Monaro Cancer Support group \$.....

5k Fun Run/1.6K Mini Jog

Free for YCRC Members.	
One Day YCRC Membership and all others:	
Adults	\$10
Juniors and Concessions	\$5

TOTAL REMITTANCE \$.....

Payment by: (Please circle type of payment)

Cash / Cheque / Money order / Mastercard / Visa
 Make cheques, etc payable to YMCA of Canberra Runners Club.
 If payment by Bankcard, Mastercard or Visa, please complete the following:

Cardholder's Name: _____ Expiry Date / /

Cardholder's Signature: _____

Card No. _____ / _____ / _____

DECLARATION

YMCA of Canberra Runners Club Single Event Participation Agreement

- I the single event applicant, and if being a minor my parent/s and guardian/s for and on behalf of myself, acknowledge that it is a condition of participation in YMCA of Canberra Running Club (YMCA CRC) events that I make the following representations and warranties and I hereby do so.
- In this agreement, YMCA of Canberra includes its directors, officers, employees, voluntary workers, agents and contractors.
- I agree to personal details such as name, age, gender and performance being shown in published results, and my photographic image being published on YMCA websites and in any YMCA promotional material.

Acknowledgement of risk

- I am aware of the inherent and extrinsic risks to my health, life and property in participating in events and agree to do so at my own risk;
- I agree to assume all responsibility for any personal injury or death to myself or others resulting from, or arising out of, my participation in YMCA CRC events.

Release of YMCA of Canberra and indemnity

- I agree to waive, release and discharge forever the YMCA of Canberra in relation to any personal injury or death to myself or otherwise resulting from, or arising out of, my participation in YMCA CRC events (the "Waiver")
- Without limiting the operation of the Waiver, I acknowledge and agree that the Waiver shall extend to any personal injury or death to myself caused by:
 - the negligence, action or inaction of the YMCA of Canberra or other users of, or persons present at, the event;
 - my own negligence, action or inaction;
- I agree to defend, indemnify and hold harmless the YMCA of Canberra from and against any claim, cause of action, liability or judgement resulting from, or arising out of, or in connection with my participation in YMCA CRC events to which the waivers in Clauses 6 and 7 apply.

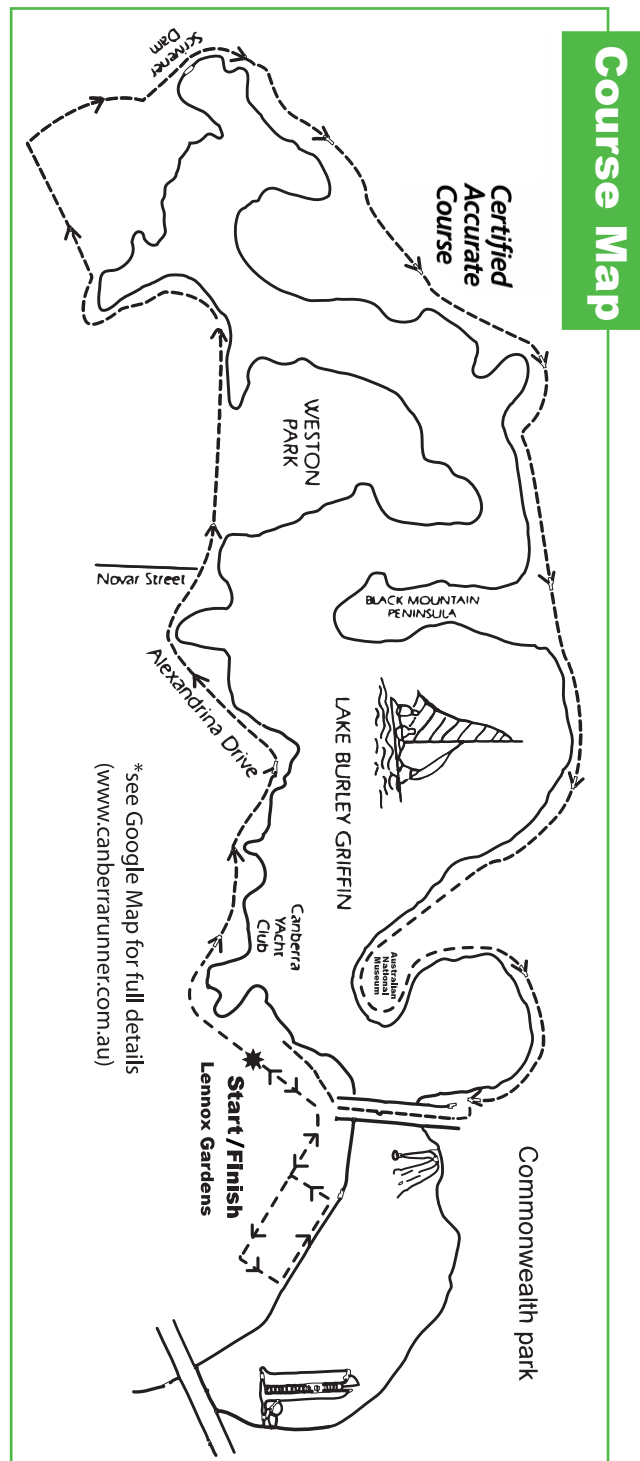
Member to bear medical and treatment costs

- I acknowledge that individual personal accident insurance is not included in my participation. In the event of an injury, accident or illness, I consent to receiving initial first aid treatment (if the YMCA of Canberra considers it appropriate) and paying all costs associated with the ambulance transportation (if required), and ongoing medical treatment.

Privacy

- I understand that the YMCA of Canberra will not pass on my personal details to any third party without authorisation.
- I acknowledge that the information given on this form or otherwise provided by me (or my parent/s or guardian/s) to the YMCA of Canberra is true and correct.

Signed..... Date / /



Invitation

The YMCA of Canberra Runners Club invites all runners and joggers to participate in the ACT Half Marathon incorporating 42nd Rex Foulkes Memorial Half Marathon and associated events.

Although one of Australia's youngest cities Canberra has a strong tradition in distance running and there are not many places in Australia that can boast having an event for 42 years.

So please join us in Canberra for the 42nd Rex Foulkes Memorial Half Marathon.

Ken Eynon
Race Director

Brief History

Jack Pennington Father of Distance Running in the ACT founded the Canberra Half Marathon. The first Canberra Half Marathon attracted just 28 starters but they included some of the best runners from NSW and the ACT at that time. Some of those who participated are still active within the ACT athletic community.

The ACT Half Marathon incorporates the 42nd Rex Foulkes Half Marathon. Rex Foulkes was a 37 year old who had been in Australia just 5 years after leaving his native England, when he was killed in a car accident whilst travelling home from competition in Canberra to Cooma. Up until the time of his death Rex was a very active member of the North Canberra Athletics Club taking part in both winter and summer competition. His passion however was distance running in which he excelled. It is said that in the year before his death Rex travelled nearly 30,000 kilometres seeking out competition. Rex lived by the following code during his athletic career 'The important thing is not to win but to take part' Rex Foulkes was buried in England and until recently there was a Rex Foulkes Memorial Race held in that country.

Race Information

Where: Lennox Gardens off Flynn Drive Yarralumla.

When: Saturday 1.6k and 5k, Sunday Half Marathon

Course: 1.6k Mini Jog will be around Lennox Gardens. The 5k Fun Run will start in Lennox Gardens run to the rear of the High Court in Parkes Place and return. The Half Marathon course can be viewed on the website.

Race headquarters: Lennox Gardens Yarralumla.

Eligibility: 1.6k for juniors under 12 years of age on race day. Parents will be permitted to run/jog with their child for safety, but are requested to ensure that they do not cross the finish line.

The 5k event is an Open event for males and females. The YCRC would prefer if entrants were at least 12 years of age and capable of finishing the distance without being distressed.

Half Marathon - Open to all runners 18 years and older.

Relay Teams No Late Entries. Relay teams of 2 persons each running 10.55k, and 3 persons running 7k, 7k and 7.1k. **(No late entries for relay teams)**. Details for each runner must be provided.

Entry dates: Entries by mail and online after Monday 16 May 2011 incur a late fee. Entries accepted on race day prior to 8.30 am, but subject to a late fee. On-line entries accepted to midnight on Thursday 19 May 2011 - late fee applies. Late entrants will be eligible for all services and awards.

Post-race refreshments: Complimentary refreshments will be served to all finishers.

After race Massage. Will be available.

The Race Director's decision will be final



presents the

INSTANT COLOUR PRESS

ACT Half Marathon Weekend Events

ACT Half Marathon 21.097km

Incorporating the 42nd Annual Rex Foulkes Memorial Half Marathon

Online Entry
www.canberrarunner.com.au

9am SUNDAY
22 MAY 2011
Half Marathon



Race records

Open	Rod Higgins	ACT	63.57	1992
	Joy Terry	ACT	73.26	1990
U20M	Greg Webster	ACT	69.29	1986
M40	Tony Murray	ACT	68.50	1986
M45	Liam Hanna	ACT	73.32	1991
M50	Liam Hanna	ACT	76.43	1996
M55	Peter Kallio	ACT	80.55	1993
M60	Peter Kallio	ACT	83.38	1998
M65	Peter Kallio	ACT	87.55	1990
M70	Lloyd Laing	NSW	104.21	1997
M75	Lloyd Laing	NSW	105.53	2000
M80	Bill Fenney	NSW	150.54	1998
U20F	Liz Kerr	ACT	87.02	1990
W35	Susan Hobson	ACT	74.01	1993
W40	Fiona Jorgensen	ACT	81.54	1999
W45	Dot Browne	VIC	84.06	1986
W50	Bev Lucas	SA	86.28	2000
W55	Kay Pendlebury	ACT	98.28	2006
W60	Gwen Brokenshire	NSW	104.01	2008
W65	Anne Young	ACT	112.56	2001
W70	Norma Wallett	NSW	118.53	2000

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Website: www.visitcanberra.com.au
Email: visitcanberra@act.gov.au
Free Call 1300 554 114
Accommodation Free Call: 1300 733 228

The YCRC welcomes all visitors to Canberra. We hope that you enjoy our beautiful autumn scenery and weather. Your national capital is a great place to visit and there are numerous places to see and visit that will satisfy the whole family. Please use the facilities of the Australian Capital Tourism as listed above and make your stay more enjoyable.



Race Charity ACT Eden Monaro Cancer Support Group

Half a million people live in the Canberra Region, more than the population of Tasmania. The ACT Eden Monaro Cancer Support Group raises funds to provide financial assistance to families who have a member undergoing treatment for cancer. All donations made go directly to family assistance and none is used in administration of the group. All money raised stays in the local area to assist local families. *The YMCA of Canberra Runners Club encourages all participants to make a donation to the ACT Eden Monaro Cancer Support Group when entering. A receipt will be issued.*

SUPPORTING SPONSORS



GENERAL INFORMATION

www.canberrarunner.com.au

Parking

On Sunday morning for the half marathon you are requested not to park on the lakeside or western side of Flynn Drive. Similarly you are requested also not to park on Alexandrina Drive between its junction with Flynn Drive and the top entrance to Mariner Place. There will be ample parking in the Kaye Street area, along with the Finance car park on the other side of Commonwealth Avenue using the underpass or in the Lotus Bay area. If you park in the Lotus Bay area particularly on the beach or lakeside please ensure that you do not block the boat launching area.

Entry fees are non refundable.

Awards and Prizes

A small awards ceremony and barrel draw for the 1.6k Mini Jog and the 5k Fun Run will take place at 3pm on Saturday 21st. The Half Marathon awards ceremony will take place at 11.30am. Finishers must be present to win barrel awards.

Half Marathon

First Male/Female:
Perpetual Trophy/Individual Keepsake
\$350 cash

Second Male/Female:
Individual Keepsake
\$200 cash

Third Male/Female:
Individual Keepsake
\$100 cash

Fourth & Fifth Male/Female:
Individual Medal
\$50 Runners Shop Gift Voucher

Veterans/Masters: First finisher in each age category
W40/M40 Medallion / gift voucher.

Barrel Draws for all half marathon finishers:
\$1,000 worth of Runners Shop Gift Vouchers
Capital wine and other assorted prizes.

1.6K Mini Jog

Medals for 1st, 2nd and 3rd Place.

Barrel Draws – For 5k/1.6k Min Jog runners
A few random barrel draws will take place for Runners Shop Gift Vouchers.

Time limit:

There is no time limit. All finishers will receive a final time and be recorded in the results.

Aid station: (for Half Marathon Only)

There will be four drink stations located at approximately 4k, 10k, 14k and 17k. Water and Sports drink sachets will be available at each drink station.

Half Marathon:

Race bibs and timing chips can be picked up on the day.

Results and certificates:

Results will be published on the website and in Canberra Runner.

All Half Marathon finishers receive an ACT Half Marathon Commemorative medal.

No dogs, rollerblades, skateboards or scooters.

ATTENTION

Timing chips are being used in the Half-Marathon.

Late entries will not be taken on Race Day.

**Cash Only late entries at Race HQ
Saturday 21st, 2pm - 4pm.**

**Organised by the YMCA of
Canberra Runners Club.**

Mobile: 0407 201 078

Email: canrun04@hotmail.com

Online entry: www.canberrarunner.com.au

Official entry form PHOTOCOPIES ACCEPTED **ONLINE: www.canberrarunner.com.au**

POSTAL ENTRIES CLOSE 16 MAY 2011 (Online entries close midnight Thursday 19 May at late fee rate)

Please read the whole form carefully, fill in details (both sides) and mail, with appropriate remittance, to: YMCA Entries, PO Box 294, Belconnen ACT 2614 Entry form must be signed - see overleaf
Ensure card details are legible and correct

Preferred first name:

Surname:

Postal address:

Suburb/Town:

State/Country:

Postcode:

Telephone

(H) (W)

Sex: M or F

AGE on race day

Date of birth / /

WHEELCHAIR:

YES NO

Email Address

Relay team name