

EVENT INFORMATION

This community event is conducted by the West Australian Marathon Club Inc. with the proceeds being donated to:

Lions Save Sight Foundation

RUN DIRECTOR: Russell Platts 0451 047 887
ENQUIRES: WA Marathon Club 9472 4833
Runner's World 9227 7281

STARTING TIME: Sunday 7th August, 2011 at 8.00am (5k at 8.15am)

START & FINISH: Burswood Water Sports Centre

HOW TO ENTER

ONLINE REGISTRATIONS

Click on to www.wamc.org.au and follow the prompts. Enter online before 5.00pm Friday 1st July and receive a \$5.00 discount on your entry fee. Race bibs will be mailed out for online entries received before 5.00pm Friday 29th July. Online entries received after this time will require the race bib to be collected on race day. Online entries cease at 4.00pm Saturday 6th August.

BY MAIL

Fill in the form and mail it to: Perth Half Marathon, PO Box 104, Burswood WA, 6100. Please don't forget to include your entry fee and a \$1.20 stamped self-addressed 230mm x 160mm (C5) envelope so we can return your official race bib promptly. **One entrant per entry form.** Race bibs will be mailed out for mail entries received before 5.00pm Friday 29th July. Mail entries received after this time will require the race bib to be collected on race day. Entries will only be accepted on the official entry form. (Photocopies are acceptable).

IN PERSON – RUNNER'S WORLD

Entry forms may be lodged in person at **Runner's World**, 5 Fitzgerald Street (corner of Roe Street), Perth, anytime during the normal trading hours up until **12 noon** on Saturday 6th August, 2011.

IN PERSON – WAMC OFFICE

Entry forms may be lodged in person at the WAMC office at the Burswood Water Sports Centre, 1 Camfield Dve, Burswood on Saturday 6th Aug from 1pm to 4pm.

NO ENTRIES WILL BE ACCEPTED ON THE DAY. This action has been taken in an endeavour to present all awards on the day.

The organisers reserve the right to reject or cancel any entry at any time. The entrant must sign the waiver.

FAMILY entry comprises parent(s) or guardian(s) and their immediate children (under 16 or attending secondary school) living at a common address. **STUDENT** concession is for bona fide secondary school students only.

GENERAL

Entrants must not take pets on the run. Skateboards and roller-skates / rollerblades or similar devices, are strictly forbidden due to the risk of injury to participants.

All runners will assemble in the cordoned off start area, await the official start, proceed on foot on the approved course and obey Police and Officials' directions at all times. Failure to do so will result in disqualification.

There are no prizes for running prams and we request all those pushing running prams not to be competitive, start from the rear and enjoy the experience. Pushing through runners can lead to injuries – it is a running race not a pram race.

Results will be posted on the WAMC website www.wamc.org.au and printed copies will be available from RUNNER'S WORLD from 15th August, 2011.

TIMING

All registered participants in the event will be recorded by an electronic timing system on crossing the finish line. A disposable timing chip is attached to the back of the race bib. Do not remove or peel the plastic timing device from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled. The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

LOSS OF THE RACE BIB OR LEFT HOME ON THE DAY, WILL RESULT IN A \$5.00 SURCHARGE TO HAVE ANOTHER RACE BIB ISSUED.

LIONS SAUSAGE SIZZLE

As an additional fundraiser, sausages in a bun will be available for purchase at the finish area. So bring along a few extra dollars and soak up the atmosphere with your fellow runners, friends and family.



WA STATE HALF MARATHON CHAMPIONSHIP

The first male and first female, being an official Half Marathon entrant who has completed the measured course and is a current resident of WA (for a min. of 6 months), across the finish line will be declared the 2011 WA State Half Marathon Champion.



5k FUN RUN

If you are not up to the half marathon (21.1km), run, jog or walk the 5k with your friends, family or work mates and raise funds for the LIONS SAVE SIGHT FOUNDATION.

AWARDS

Medallions will be awarded to:

- First five males and females
- First male and female under 12



PERTH HALF MARATHON



AWARDS

Medallions will be awarded to:

- First five male and female finishers.
- All finishers will receive a finisher's medallion and certificate.

DRAW PRIZES

The Awards Presentation will be held at 10.30am at the Finish area. Your attendance (not someone else holding your race number) is necessary to qualify for fantastic draw prizes, including:

- Brooks running shoes
- Runner's World \$100 gift voucher



2011 PERTH HALF MARATHON ENTRY FORM (TAX INVOICE)

Entrants must be 16 years by 31st December for the half marathon.
ONE ENTRANT PER FORM - COMPLETE BOTH SIDES OF THIS FORM

RACE No.	RACE FEES						
	Race	WAMC Member			Non-WAMC Member		
		Adult	Family	*Under 16 or student	Adult	Family	*Under 16 or student
*See General Information for clarification of family & student entries	Half	\$30	N/A	N/A	\$35	N/A	N/A
	5k	\$10	\$20	\$7	\$15	\$30	\$8
DONATION to LIONS SAVE SIGHT FOUNDATION <input type="checkbox"/>							\$
Donations over \$2 are tax deductible. <small>Tick if receipt required</small>							
W	A	M	C	CLOTHING (from below)			\$

EVENT ENTERED: HALF MARATHON TOTAL \$

Are you a WA resident? (Y/N) 5 km

i.e. currently living in WA (6 months min.)

All prices are GST inclusive. (WAMC ABN 69 519 274 762)

CHEQUES to be payable to 'WA MARATHON CLUB' Please note that the ENTRY FEE IS NON-REFUNDABLE once the entry has been processed.

SURNAME

FIRST NAME

ADDRESS

POSTCODE

DATE OF BIRTH AGE SEX (M or F)

TELEPHONE - HOME

TELEPHONE - WORK / MOBILE

EMAIL ADDRESS
(By providing your email address you are agreeing to receive emails from the WAMC)

CLOTHING	S	M	L	XL	TOTAL
T-SHIRT @ \$27.50					\$
SWEATER @ \$35.00					\$
(Write req'd no. under size) ADD TO RACE FEES ABOVE					\$

\$1.20 Stamped self-addressed 230mm x 160mm (C5) envelope required if mailing!

CREDIT CARD PAYMENT Visa MasterCard

Expiry Date

Cardholder's Signature

WAIVER - Participant Disclaimer (Must sign)

- I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
- I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including: over exertion, dehydration, and accidents with other participants, spectators or road users.
- I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.
- The race director's decision will be final and no correspondence or disputes entertained. All entrants must sign.
- I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during this event.
- I give permission for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.
- Should the event be cancelled for any reason whatsoever I understand that entry fees will not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging of the event.
- I agree to abide by the conditions of the event as stated in the waiver above and upon literature and other material distributed in connection with the event.
- I declare that I am over the age of 18 years on the day of the event.

SIGNATURE _____ DATE _____

DECLARATION FOR MINORS

If you are under the age of 18 years on the day of the race and wish to compete in the event, your parent or guardian must sign this declaration.

I certify that I am the parent/guardian of _____ who will be _____ years of age on the day of this event and that he/she has trained for and has my consent to compete in the event. I testify that I have read the above and acknowledge acceptance of the stated conditions on behalf of the minor specified above.

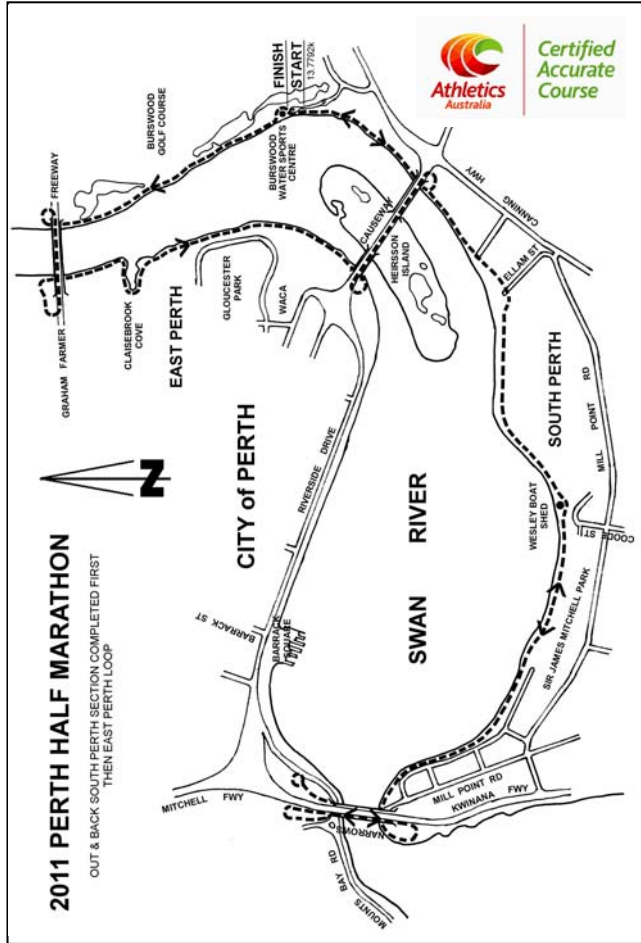
SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

PRIVACY DECLARATION

The personal information collected from this entry form will be used for administration purposes to communicate with and identify participants and record results. It will not be divulged to a third party but may be used to inform you of future WAMC events. Name, sex and age group only may be published in the event results list available for public distribution and on the WAMC website.

Failure to provide the full details may result in you not being recorded correctly in the event results.

COURSE MAP



2011

RUN FOR SIGHT PERTH HALF MARATHON & 5k FUN RUN

Incorporating
WA State Half Marathon Championship
Sunday 7th August, 2011

BURSWOOD WATER SPORTS CENTRE
1 CAMFIELD DRIVE, BURSWOOD

Start 8.00am (5k Fun Run start 8.15am)

HOW TO ENTER

1. Register on line: www.wamc.org.au
Early bird online entries close 1st July
 2. In person: go to Runner's World
 3. By mail: fill in entry form and post to
WAMC, PO Box 104, Burswood WA 6100
- ENTRIES WILL NOT BE ACCEPTED
ON-THE-DAY**

Organised by:



Proceeds to:

LIONS SAVE SIGHT
FOUNDATION

Sponsored by:



parmeliaprint.com.au



Runner's World
Perth's specialist running & triathlon store

HYDRATION

1. Dehydration can be potentially lethal, particularly if you overextend yourself in hot and or humid conditions. However, the body can still overheat even if climatic conditions are only moderate. Ensure you drink plenty of water throughout the day prior to the event and drink early in the event before you become thirsty. Stop to walk or at least slow down at drink stations to allow adequate rehydration. DO NOT compete if you have had diarrhoea within 48 hours prior to the event or are suffering from a viral infection or even feeling unwell.

REMEMBER to also drink plenty of water after the event.

2. If you feel distressed, disorientated, dizzy or excessively tired SLOW DOWN or rest for a while. If you do not improve WITHDRAW.

IT'S YOUR BODY - LISTEN TO IT - IT'S YOUR LIFE