

ENTRY CONDITIONS

Race Director: Evan KOLBE **Mob:** 0437 206 250
Enquiries: WAMC Office **Tel:** 9472 4833 **Fax:** 9472 4855

1. HOW TO ENTER (Note: NO ENTRIES WILL BE ACCEPTED ON THE DAY)

• **ONLINE REGISTRATIONS**

Click on to www.perthmarathon.com.au and follow the prompts. Enter online before 5.00pm Friday 13th May and receive a \$5.00 discount on your entry fee. Race bibs will be mailed out for online entries received before 5.00pm Friday 10th June. Online entries received after this time will require the race bib to be collected on race day. Online entries cease at 5.00pm Friday 17th June.

• **BY MAIL**

Fill in the form and mail it to: Perth 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.** For mail entries received after this time will require the race bib to be collected on race day. Online entries cease at 5.00pm Friday 17th June. 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 six days trading hours up until **12 noon** on Saturday 18th June, 2011.

WAMC OFFICE: Entry forms may be lodged in person at the WAMC office at the Burswood Water Sports Centre, 1 Camfield Drive, Burswood on Saturday 18th June from 1pm to 4pm.

2. The organisers reserve the right to reject or cancel any entry at any time. The entrant must sign the waiver. Entrants must turn 18 years of age by 31st December, 2011 for the full marathon. The entry fee is non-refundable.

3. Entrants will not be permitted to take pets on the course. Skateboards, roller skates, running prams and similar devices are strictly forbidden due to the risk of injury to competitors. We do not have exclusive use of the shared paths, please be courteous to other users. Due to limited space on the paths, cyclists are discouraged from accompanying competitors.

4. **Runners competing in the relay will not be recognised in the full Marathon results. Relay runners that start with the Marathon will result in that team being automatically disqualified in the Relay.**

5. 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 IF THE BIB IS LEFT AT HOME ON THE DAY, WILL RESULT IN A \$5.00 SURCHARGE FOR ISSUE OF ANOTHER RACE BIB.

9. WAMC events are generally conducted under IAAF rules and due to some recent incidents, two rules in particular need to be highlighted. First, participants must only take drinks from the nominated drink station locations. Second, participants must not be paced (or accompanied) by non-participants either on foot or on bicycles. Breaches of any of these rules may lead to disqualification.

PERTH RELAY MARATHON

Live the excitement of the marathon by participating in the Perth Relay Marathon. Participate with your friends, workmates or family. The relay comprises of four legs on the same course as the out-and-back marathon course. The changeover points are at South Perth foreshore near Queen St and at Tompkins Park (opp. building).

Leg 1 – 10.5km, Leg 2 – 12.0km, Leg 3 – 14.4km, Leg 4 – 5.3km.

A Relay runner may run more than one leg but the maximum number of runners per team is four.

AWARDS: Each finishing team will receive a certificate and medallions will be awarded to the first three teams across the line, first female team, first mixed team and first Corporate team (must be employees of same firm or organisation).

2011 PERTH MARATHON COURSE MAP



DRINK STATIONS
Approx. every 2.5km

SHOTZ
Electrolyte replacement drink will be available at the 5k drink stations at Taylor St, Narrows, Raffles & Tompkin Pk.



PERTH MARATHON

NOTE: Runners requiring their own special drinks to be placed at specific drink stations **MUST** deliver the bottles (clearly marked with your bib no. and the drink station required at) to the start / finish area at Burswood Water Sports Centre between 11.00am and 6.00pm on **SATURDAY** 18th June, 2011.

This foot race is an out and back course conducted primarily on shared paths that are basically flat with some road crossings. Before the turn there is a short section on Burke Drive carriageway where it is important to keep to the very edge of the road (or on the verge) before returning to the shared path.

It is critical to stay on the left side of the paths to avoid participants (and other users) coming in the opposite direction.

PERTH MARATHON AWARDS

STATE MARATHON CHAMPIONSHIPS

Any marathon entrant who is a current resident of WA (for six months) is eligible to win this title.

AWARDS

- * First Male and Female: **\$1,500 cash**
- * Second Male and Female: **\$ 750 cash**
- * Third Male and Female: **\$ 500 cash**
- * All finishers will receive a finisher's medallion, certificate & photo (where possible).

AGE GROUP AWARDS

First male and female 18 years of age to 24 years, then in 5year age groups from 25 years onwards.

TEAM CATEGORY (For Relay Marathon only)

- * **A** - Open Team **B** - Female Team
- * **C** - Mixed Team (at least one of each gender)
- * **D** - Corporate Team
(must be employees of same firm or organization)

DRAW PRIZES

To be eligible for draw prizes **YOU MUST** be present at the Awards Ceremony held in the Burswood Water Sports Centre and not have another person holding your race bib on your behalf.



2011 PERTH MARATHON ENTRY FORM (TAX INVOICE)

Participants must be 18 years old by 31st December, 2011 for the full marathon.
ONE ENTRANT PER FORM - COMPLETE BOTH SIDES OF THIS FORM

RACE No.	RACE FEES	MARATHON	RELAY TEAM (COST PER PERSON PER LEG)	
	WAMC member	\$40.00	\$10.00	\$
	Non-member	\$50.00	\$15.00	
W A M C	Donation to CanTeen <input style="width: 50px;" type="text"/> <small>Donations over \$2 are tax deductible - tick if receipt req'd.</small>			\$
	CLOTHING - from below			\$
<small>All prices are GST inclusive. (WAMC ABN 69 519 274 762) CHEQUES to be payable to 'WA MARATHON CLUB'. Entry fee is NON-REFUNDABLE once entry is processed.</small>				TOTAL \$

FOR THE RELAY MARATHON COMPLETE FOR THE 1st LEG RUNNER

SURNAME

FIRST NAME

ADDRESS

POSTCODE

DATE OF BIRTH **AGE** **GENDER** (M or F) (F)

TELEPHONE - HOME

TELEPHONE - WORK / MOBILE

EMAIL ADDRESS:

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

EVENT ENTERED: **MARATHON** **RELAY** **RELAY CATEGORY** **Are you a WA resident? (Y/N)** **Y** **N**
i.e. currently living in WA (6 months min.)

RELAY NAME

NOTE: ADDITIONAL RELAY MEMBERS TO BE LISTED OVERLEAF

TOTAL NUMBER OF MARATHONS YOU HAVE COMPLETED

BEST MARATHON TIME HOURS MINS YEAR

CLOTHING	S	M	L	XL	TOTAL
T-SHIRT @ \$27.50					\$
SINGLET @ \$35 <small>Asics coolmax running singlet</small>	Male				\$
	Female	8	10	12	14
<small>(Write req'd no. under size) ADD TO RACE FEES ABOVE</small>					\$

\$1 Stamped self-addressed 230mm x 160mm (C5) envelope required if mailing!

CREDIT CARD PAYMENT Visa MasterCard

Expiry Date

Cardholders Signature

WAIVER

1. 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.
2. 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.
3. 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.
4. The race director's decision will be final and no correspondence or disputes entertained. All entrants must sign.
5. I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during this event.
6. 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.
7. 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.
8. 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.
9. I declare that I am over the age of 18 years on the day of the event.

SIGNATURE _____ DATE _____

WAIVER FOR MINORS

Your parent or guardian must sign this waiver if you are under the age of 18 years on the day of the event.

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. 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 _____

RELAY MARATHON - TEAM MEMBERS

ADDITIONAL MEMBERS AND ACCEPTANCE OF ABOVE WAIVER.

LEG 2 RUNNER **SURNAME** **FIRST NAME**

Date of birth Gender Signature _____

LEG 3 RUNNER

Date of birth Gender Signature _____

LEG 4 RUNNER

Date of birth Gender Signature _____

AWARDS CEREMONY



The Perth Marathon awards ceremony will be held at Burswood Water Sports Centre, 1 Camfield Dve Burswood at 1.00pm on Sunday 19th June, 2011 (same day as the event). No entry cost. Drinks will be available for purchase over the bar. Watermelon will be available compliments of Fresh Choice at the finish.

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

HEALTH PRECAUTIONS & ADVICE

* The race organisers recommend that the marathon be attempted only after a period of regular running, culminated by about three months of training directed towards the marathon, including some long distance and some shorter races.

* Prior to the day ensure you are adequately hydrated (your urine should be clear). On the day of the race, continue to take on fluids before, during and after the race. One or two pieces of toast and a cup of tea or coffee would be a maximum breakfast.

* Do not wear new shoes or clothes, these tend to cause blisters and chaffing.

* If you have been unwell in the 48 hours prior to the event or if you are recovering from a viral infection, do not attempt to run. You must retire if you feel distressed, disorientated, or are asked to do so by an official.

* If you have a family history of heart disease or sudden death, or are at risk from high cholesterol or high blood pressure, and particularly if you have symptoms of heart disease i.e. chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations, you should see your GP who can arrange for you to have a proper cardiac assessment. Continuing to run with these symptoms may shorten your running career catastrophically. A "fitness test" is not sufficient to detect these problems.

* The race organisers recommend you seek medical advice to ensure that you are fit to compete in any such event and that this advice is obtained regularly and with the specific demands of the event in mind. If you answer YES to any of the following questions we strongly suggest that you seek medical approval prior to running the marathon: *Do you have a history of heart disease, high blood pressure, diabetes or asthma? Do you smoke? Are you 15% over your ideal weight for height? Have you been running for less than 1 year and are aged 35 years or over?*

The race organisers can provide a list of doctors who are able to confirm the participant's fitness to compete in the event.

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.

33rd

Presented by:

96fm

Perth's Best Music



AND RELAY MARATHON

19 JUNE 2011

42.195km

Start 7.30am (Relay start 8.00am)

Burswood Water Sports Centre

1 Camfield Drive, Burswood

Incorporating:

WA State Marathon Championships & Masters Athletics WA Marathon Championships
(formerly WA Veterans Athletic Club)

\$5,500

Prize money

Sponsored by:



All donations will go to:

