

REMITTANCE DETAILS

Entry Fee (Non Refundable and Includes GST).

Half Marathon

\$25 - ACTCCC Members	\$
\$35 - All others	\$
\$50 - Relay Teams – (No Late Entries)	\$
\$10 – additional fee after 4th May 2009.	\$

5k Fun Run

Free for ACTCCC Members	
\$20 - All others	\$
\$10 - under 20 years/pensioners	\$
\$5 - additional fee after 4th May 2009.	\$

1.5K Mini Jog

Free for ACTCCC Members	
\$10 – All others	\$

Donations to Eden Monaro Cancer Support group \$

TOTAL REMITTANCE \$

Payment by:

Cash / Cheque / Money order / Bankcard / Mastercard / Visa
(Please circle type of payment)

Make cheques, etc payable to ACT Cross Country Club
If payment by Bankcard, Mastercard or Visa, please complete the following:

Cardholder's Name: _____ Expiry Date / /

Cardholder's Signature: _____

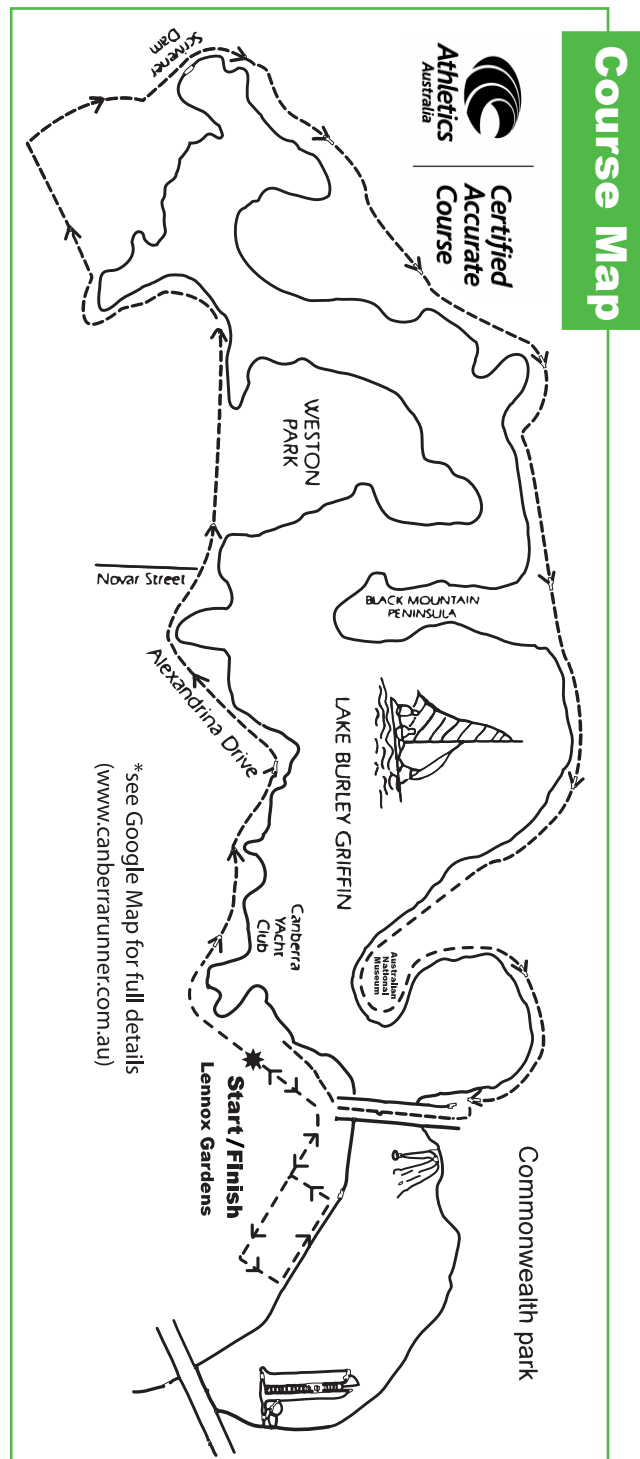
Card No. _____ / _____ / _____

DECLARATION

Please Note: Entry form must be signed below

- I, the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of the loss of life or 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 this event.
- This waiver release or discharge shall be and operate in favour of the ACT Cross Country Club Inc., any other organising club or clubs, all officers, members and employees of the Australian Federal Police and all race sponsors and shall so operate whether the damage or cause is due to any act or neglect of any of them.
- I agree to personal details such as name, age, sex and performance being shown in published results, and my photographic images being published on the Canberra Runner Website and in any other ACTCCC promotional material.

Signed Date / /



Course Map

Invitation

The ACT Cross Country Club (ACTCCC) invites all runners and joggers to participate in the 40th Canberra Half Marathon and associated events. Course for all three events will be the same as in 2008.

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 their event for 40 years.

So please join us in Canberra for the 40th Canberra Half Marathon,

Ken Eynon
Race Director

Brief History

Jack Pennington the first life member of the club 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 and included Dave McInnes, Graeme Small, Geoff Moore, Alan Wilson and Pat Fisher. I am hoping that some of these may participate in our 40th and to have the first winner of our event Julian Scott and Jack Pennington the founder as Starters.

The Canberra Half Marathon incorporates the 40th 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 1.5k and 5k, Sunday Half Marathon

Course: 1.5k 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: 1.5k 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 ACTCCC 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 4 May 2009 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 15 May 2009. On race day late entries will be accepted up to half an hour before the start of each event. 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 for a gold coin donation.

The Race Director's decision will be final

The ACT Cross Country Club Inc.

ABN 76 119 541 467

presents the

INSTANT COLOUR PRESS

40th Canberra Half Marathon

Incorporating the

**ACT Half Marathon Championship
and the 40th Annual Rex Foulkes
Memorial Half Marathon**

SATURDAY 16 MAY 2009

3pm 1.5k - Mini Jog

3:30pm 5k - Fun Run

**9am SUNDAY
17 MAY 2009
Half Marathon**

SPORT & RECREATION ACT

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 Walleit	NSW	118.53	2000

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Email: visitcanberra@act.gov.au

Free Call 1300 554 114
Accommodation Free Call: 1300 733 228

The ACTCCC welcomes all visitors to Canberra. We hope that you enjoy our beautiful mid 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 ACT Cross Country Club encourages all participants to make a donation to the ACT Eden Monaro Cancer Support Group when entering. A receipt which is tax deductible will be provided for all donations over \$2.

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 1.5k Mini Jog and the 5k Fun Run will take place at 4.15pm on Saturday 16th. 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
\$1,000 cash

Second Male/Female:
Individual Keepsake
\$500 cash

Third Male/Female:
Individual Keepsake
\$250 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 marathoner:
\$1,000 worth of Runners Shop Gift Vouchers
Bottles of wine and other assorted prizes.

5K Fun Run

First Male/Female:
Individual Keepsake/\$100 cash

Second Male/Female:
Individual Keepsake/\$75 cash

Third Male/Female:
Individual Keepsake/\$50 cash

1.5k Mini Jog

First Male/Female
Individual Keepsake/\$50 Runners Shop Gift Voucher

Merit Award Medals - Will be awarded at random.

Barrel Draws – For 5k/1.5k 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.

Race number distribution:

Half Marathon race numbers will be posted out to all entries received by 4 May 2009. All other race numbers can be picked up on the day.

Half Marathon:

An awards ceremony will commence at 11.30am at Lennox Gardens. Finishers must be present to win barrel awards.

Results and certificates:

Finisher's Certificates will be available for the 1.5k Mini Jog and 5k Fun Run as finishers cross the line. Results will be published on the website and in Canberra Runner. Half Marathon results and certificates will be posted to all Half Marathon finishers.

All Half Marathon finishers receive a 40th Canberra Half Marathon Commemorative medal.

No dogs, rollerblades, skateboards or scooters.

Organised by the ACT Cross Country Club Inc.

Mobile: 0407 201 078

Email: canrun04@hotmail.com

On line entry: www.canberrarunner.com.au

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

POSTAL ENTRIES CLOSE 4 MAY 2009 (Online entries close midnight Thursday 14 May)

Please read the whole form carefully, fill in details (both sides) and mail, with appropriate remittance, to: Entries Manager, GPO Box 252, Canberra ACT 2601. 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