

**Must be filled in and handed in to Rego Desk**

### **PARTICIPANT DECLARATION**

1. 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 loss of my 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.
2. This waiver release of discharge shall operate in favour of the ACT Masters Athletics Club Inc., and 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.
3. I have trained for this event, have no medical impairment, which may be detrimental to my health, and will withdraw from the event if I suffer a viral complaint during the last seven days prior to the race.

**Name**.....

**Signature**.....



## **Half Marathon Course and Coordination**

*Around the picturesque Lake Burley Griffin*



**AMA Race Director**

Shane Hutchison 📞 0419 009 403

**AMA Race Secretary**

Suzie Gaynor 📞 0429 812 878

[actmastersathletics@gmail.com](mailto:actmastersathletics@gmail.com)

[www.actmastersathletics.org.au](http://www.actmastersathletics.org.au)

**Major Event Sponsor**



# **ACT Masters Athletics Club hosts the Australian Masters Athletics Half Marathon**

The national championships for the Australian Masters Athletics (AMA) held in conjunction with the **50th YMCA Canberra Half Marathon**

## **Sunday 26 May 2019**

### **Entries close Thursday 23 May**

<https://canberra.ymca.org.au/what-we-do/activey/runnersclub/ymca-canberra-half-marathon/>

**AMA Championships**  
*open to all Masters athletics' members*

**Start Time: 8.00am**

## What you need to know

### Entry & Registration

- You must be a member of an affiliated Masters club
- Entry includes entry to the [YMCA Half-Marathon](#)
- All AMA entries are **online only** (through YMCA)
- **AMA entries close:** 5pm Thursday 23 May
- **No late AMA entries will be accepted:** as this event is a National Championship and a competitors list will be published before the race.
- **On-day registration:** all AMA entrants must register on the day at the ACT Masters' Race Headquarters. AMA registration desk open from 7:00am-7:45am.

### Entry Fees (include YMCA Half-Marathon)

- **Early bird:** \$65 until 28 April 2019, after then \$85
- YMCA Canberra Runners Club members are eligible for a \$20 discount

### Uniforms & Bib collection

- All AMA entrants must wear their state Masters club uniform to be eligible for AMA medals.
- All AMA entrants must wear a wrist band identifier: supplied on the day.
- All AMA entrants must wear the YMCA race bib.
- Bib collection is Saturday 25 May 2019 from 1-3pm at YMCA Race HQ at Lennox Gardens and on race day from YMCA Race HQ, 7:00am-7:45am.

### Medals & Timing

- **Medals** for FIRST, SECOND and THIRD in all masters' five-year age groups best time across the line
- **Compare your time:** Athlete's times are calculated as a percentage against the World Masters Athletics Age-Standard, calculated on one-year intervals.
- **Presentation:** AMA medals is at 11.00am
- AMA half-marathon entrants are automatically entered into the YMCA half marathon, and thus also eligible for YMCA medals.

2018 ACTMA Masters Half Marathon, Lake Ginninderra



Photos by Suzie Gaynor & Matilda Hutchison



## AMA & ACTMA

## thank the sponsors

- *The Runners Shop*
- *New Balance*
- *National Mailing & Marketing*
- *Kingston Physiotherapy*
- *The Walking Clinic*



KINGSTON  
PHYSIOTHERAPY  
& SPORTS INJURY CENTRE



National  
Mailing &  
Marketing



THE WALKING CLINIC  
PODIATRISTS

*We acknowledge and thank the  
YMCA Canberra Runners Club  
for partnering with ACT Masters Athletics  
to co-host the 2019 AMA Half Marathon.*



50th  
YMCA  
CANBERRA  
HALF  
MARATHON