



ACT Masters Athletics Club

Australian Masters Athletics

Half Marathon National Championships

Sunday 26 May 2019



The national half-marathon championship held in conjunction with the
50th YMCA Canberra Half-Marathon

Extra information for AMA Athletes, Club Members & Volunteers

1. *Interstate visitors transport to and from the event*

This year, the half-marathon course is around the foreshores of Lake Burley Griffin, which is a 30-minute walk from the CBD (Civic), where accommodation is plentiful. The start line at Lennox Gardens, Flynn Drive Yarralumla, is a 5 minute walk off Commonwealth Avenue, on the regular CBD to the south bus routes (to Woden and Tuggeranong). Bike and walking paths are well marked and signed for visitors and take you right through race central.

2. *A chance to run before race day*

On Saturday, the YMCA is hosting a 5km race (stopwatch timed) at 2:30pm, which is free to all half-marathon entrants and \$10 for non-YMCA Canberra Runners Club members. You can sign up on the day, put some easy kilometres in your legs, at the same time as picking up your race bib.

There is also the kids 1.6km mini jog (\$5 for kids) at 2pm on the Saturday (guardians are encouraged to run with those under their care, runners under age 6 must be accompanied by an adult).

3. *Bib Collection*

Race bib collection (and pins) are available from the YMCA headquarters at Lennox Gardens on Saturday 25 May from 1-3pm (during the 5km race) and again on race day from YMCA race HQ, 7:00am-7:45am.

AMA entrants will wear the same bib as the YMCA entrants. However, AMA entrants are also required to wear a unique AMA race wrist band which will help competitors and officials identify the AMA participants from YMCA participants. The wrist bands are available on race day when you hand in your participant declaration (see panel on half-marathon brochure).

The half-marathon is electronically timed and the timing transponder is attached to the back of your race bib. It is important that runners do not cover, bend or damage the bib or transponder. The bib must be worn horizontally so the number can be easily seen by officials and read by the electronic readers.

4. *Parking*

Parking is limited at race central at Lennox Gardens, Flynn Drive, Yarralumla, but there is good street parking in and around the general area within 5-10 minutes' walk.

There is ample parking in the Kaye Street area, along with the Department of 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 ramp access.

On Sunday morning, please do not park on the lakeside or western side of Flynn Drive. Similarly, we ask you avoid parking on Alexandrina Drive between its junction with Flynn Drive and the top entrance to Mariner Place.

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5. Bag Drop

There will be an un-manned bag drop at the ACT Masters gazebo where you can leave bags, but please do not leave valuables here as it will NOT be continuously monitored by a dedicated volunteer. Please house your things in a backpack or similar clearly marked with your name/bib number.

Any jumpers or clothes that are left at the start line will be taken to the YMCA bag drop tent for collection after the race. If you are dropping clothes at the start try to do it somewhere obvious and not hidden away somewhere we might not see it.

6. Start Times

8:00am for all athletes for the AMA half marathon and the YMCA half marathon.

No late starters will be allowed on race day, so please come early and enjoy chatting with your fellow racers.

On race day, all AMA entrants must report to the ACT Masters gazebo to hand in their signed participant form and collect their AMA race wrist band identifier.

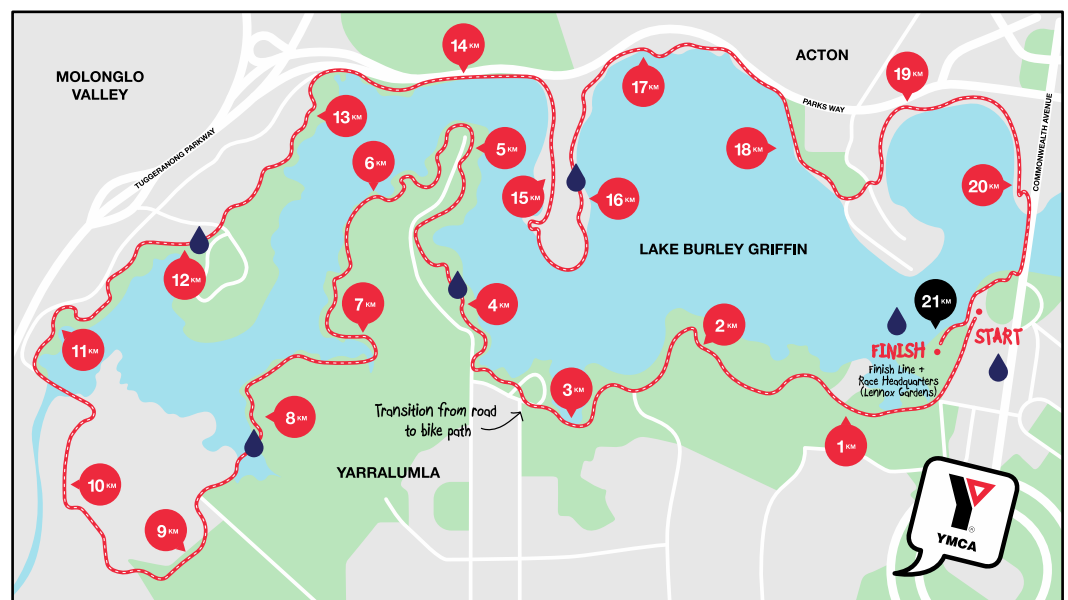
7. Cutoff/Finish Times

Although, the YMCA places no time limit for their half marathon, we ask that AMA athletes make a genuine attempt to run most of the race. Predominately walking which makes your finish time past 11:30am is not acceptable and may be subject to disqualification. This policy is in line with the AMA competition rules.

8. Course Details

The popular half-marathon course traces the shore of Lake Burley Griffin in the heart of Canberra. The start/finish area is an open grassed area at Lennox Gardens and there is plenty of room for all the services and warm ups. The beautiful and scenic run is in a clockwise loop around the western basin of the lake, at times shaded. The fast course starts for the first 4km of the race on closed roads. The rest of the run is on public bike paths with some concrete on the bridges and underpasses.

Please keep to the left where possible to allow other people to use the path, make sure to look before crossing roads and please be aware of what is going on around you throughout the run.



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9. Drink Stations

Drink stations are situated every 4-5km within easy reach of the course path. Sports drink and water are available at the drink stations. A drink station will also be at the finish.

10. Toilets

There will be a row of porta-loos near the start/finish. There are also public toilets available on the course at Black Mountain Peninsula, and the Ferry Terminal and near the Canberra Yacht Club.

11. First Aid

Sports Medicine Australia will provide first aid. They are stationed at the finish and provide mobile support around the course.

12. Assistances to athletes

AMA athletes are not allowed to be accompanied by family or friends on bicycles, or take advantage from pacers.

Although YMCA may have pacers on the course, we remind AMA entrants that using a pacer is not permitted under the AMA rules for a national championship.

13. Post - Race Refreshments

At race HQ, YMCA host a finishers' breakfast of drinks and snack food for participants only. They have also organised a coffee cart for before and after the race for runners and spectators to purchase drinks.

The ACT Masters Club's Chuck Wagon (with complimentary refreshments) will also be at the ACT Masters gazebo with fruit and drinks available after your finish. Bring your own coffee cup for a warming cuppa afterwards.

14. Medals and Presentations

All runners who finish the half marathon will receive a YMCA finisher's medal.

The YMCA prize presentation and barrel draw will start at 10:30am. The AMA Half-marathon presentations will follow, starting at about 11:00am.

AMA medals are awarded for FIRST, SECOND and THIRD in all masters' five-year age groups best time across the line.

AMA athlete's times are calculated as a percentage against the World Masters Athletics Age-Standard, calculated on one-year intervals.

15 and finally, on behalf of ACT Masters Athletics, I look forward to greeting first timers joining us from across Australia for the 2019 AMA Half Marathon Championship, and I warmly welcome back last year's competitors.



Shane Hutchison
Race Director