



HALF MARATHON



10.5K FUN RUN



4K KIDS SCAMPER



NEWCASTLE PERMANENT
LAKE MACQUARIE

RUNNING FESTIVAL

www.lakemacrunning.com

SUNDAY 28 AUGUST 2011

WHERE THE BEST VIEW ISN'T JUST THE FINISH LINE



2011 ENTRY FORM

DATE	Sunday 28 August 2011		
FESTIVAL LOCATION	Foreshore of Lake Macquarie, NSW		
START & FINISH	Warners Bay Park, The Esplanade, Warners Bay		
START TIMES	7:55am Wheelies	8:00am Half Marathon	
	8:10am Fun Run (run/walk)	8:25am Kids Scamper	
THE COURSE	All events will be run on a course that follows the foreshore of Lake Macquarie starting and finishing at Warners Bay. You will run between Warners Bay and Speers Point. The course is relatively flat with no hills of any consequence. The surface is excellent. The course is totally traffic free. The half-marathon (21.1km) competitors will complete 2¼ loops of the course. The 10.5km Fun Run (run/walk) will complete one loop. The Kids Scamper will be a 4km course, 2km out, turn and back to the finish line.		
ENTRY FEES	4km Kids Scamper	10.5km Fun Run	Half Marathon
EARLY BIRD (NO T-SHIRT)	\$15	\$35	\$55
EARLY BIRD (WITH T-SHIRT)	\$25	\$45	\$65
LATE REGO (NO T-SHIRT)	\$25	\$45	\$65
	All entries will be entitled to event merchandise of a drink bottle and finishers medallion.		
REGISTRATIONS	Early Bird Registrations finish Friday 12 August 2011. Late Registration is available online until Friday 26 August 2011.		
RACE PACK PICK-UP & LATE REGISTRATION	Race pack pick up and late registrations are available Saturday 27 August 2011 between 1:00pm and 5:00pm and Sunday 28 August between 6:00am and 7:30am on The Esplanade, Warners Bay. T-shirts are unavailable for Late Registrations.		
PAYMENT	Payment can be made by money order, cheque or credit card (i.e. Visa, MasterCard)		
EVENT TIMING	Multisport Australia timing chips will be utilised for all events.		
AID STATIONS	Will be every 2km. They will serve water and isotonic drinks.		
PRESENTATION	Will be held on site starting after conclusion of the event. Trophies will be awarded to the overall first three place getters and medallions to first place getters in all categories. All entrants will be eligible for random draw prizes providing you are in attendance at the presentation.		
RESULTS & PHOTOS	Results will be displayed on our website. Official photographs will be available to all participants to download free of charge from www.lakemacrunning.com		
ACCOMMODATION	For all accommodation requirements go to www.visitlakemac.com.au		
CONTACT DETAILS	Anne Griffith (Event Officer) – 0424 402 524 Kate Griffith (Event Officer) – 0410 474 488 Ph/Fax – 02 4956 3122 Email – enquiries@lakehalf.com		

CATEGORIES

HALF MARATHON
& 10.5KM FUN RUN
INDIVIDUALS




	U/15	16-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Male	A	C	E	G	I	K	M	O	Q	S	U	W	Y
Female	B	D	F	H	J	L	N	P	R	T	V	X	Z

4KM KIDS SCAMPER
INDIVIDUALS

	8-10	11-13
Male	K1	K3
Female	K2	K4

ENTRY DETAILS

Please fill out the details below and tick where required.

Race  **HALF MARATHON**  **10.5K FUN RUN**  **4K KIDS SCAMPER**

Name Surname

Address

Suburb State Postcode

Phone (H) Phone (W)

Phone (M) Fax

Email

DOB DD / MM / YYYY Age in years (on 28/08/2011)

Gender Male Female Category (see opposite page)

T-shirt Size XXSmall XSmall Small Medium Large XLarge XXLarge (Unisex)

COMPETITORS AGREEMENT, DISCHARGE, RELEASE AND INDEMNITY

1. In consideration of my entry in one or more categories of the Lake Macquarie ½ Marathon, 10.5km Fun Run, Kids Scamper or related activities (collectively called "the event"). I for myself my heirs, executors, administrators, and assigns hereby release, discharge, and forever hold harmless the organisers and all sponsors of the event including, without limitation; Lake Macquarie Running Festival, Newcastle Permanent Building Society, Lake Macquarie City Council, NSW Police Dept. and their servants agents (collectively individually called the "organisers") with respect to (and agree to indemnify and keep the indemnified the organisers in respect of any and all loss arising as a result of) any and all causes of action, claims including but without limiting the generality foregoing, claims for legal costs and consequential loss of life), which I may now have or at anytime heretofore had, or at anytime therefore may have or but for the execution of this release discharge and indemnity could have against the organisers with respect to or in any way connected with my participation in the event.
2. I agree to abide and be bound by the Race Rules, as varied from time to time governing the event.
3. I recognise the difficulties of participating in the event and attest that I am physically fit to compete safely, have trained sufficiently and have not been advised by a qualified medical practitioner not to compete in the event.
4. I agree to receive and pay for medical treatment including transport by ambulance, which is considered by the organisers to be advisable and which is provided to me at the request or direction of the organisers before, during or after the event.
5. I consent to the publication and/or use in any form of media whatsoever of my name, image, voice, statements or otherwise, without payment or compensation.
6. I agree that should the event be cancelled for any reason whatsoever, my entry fees will not be refunded and no liability whatsoever will attach to Organisers.

I hereby acknowledge that I have read, understood and accept this agreement.

Signature (All entrants must sign this personally)

DECLARATION FOR MINORS

If you are under 18 years at the time of entering the event, your parent or guardian must sign this declaration.

I, of certify that I am the parent/guardian of who will be years of age on the day of the event.

In consideration of the organiser accepting the minor's application to participate in the event, I agree to indemnify and shall keep indemnified the organisers in respect of any losses they or any of them may suffer as a consequence of any claim/s by the minor and to the same extent as any other competitor indemnifies the organisers pursuant to clause 1.

Parent/Guardian Signature

PAYMENT OPTIONS

- 1** For online registration and payment go to www.lakemacrunning.com
- 2** Fill out the entry form and payment details and send via Australia Post to:
Lake Macquarie Running Festival
PO Box 675
Cardiff NSW 2285
- 3** Late Registration is available at the event with cash or credit card.

PAYMENT DETAILS

	4km Kids Scamper	10.5km Fun Run	Half Marathon
EARLY BIRD (NO SHIRT)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$35	<input type="checkbox"/> \$55
EARLY BIRD (WITH SHIRT)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$45	<input type="checkbox"/> \$65
LATE REGO (NO SHIRT)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$45	<input type="checkbox"/> \$65

CREDIT CARD

Visa MasterCard

Card Holder Name

Card Number

Expiry Date

Signature

CHEQUE/MONEY ORDER

Please make cheques and money orders payable to *Lake Macquarie Running Festival*.

SPONSORS

MAJOR SPONSOR

