

Invitation

The ACT Cross Country Club invites women and girls of all ages to join in the ActewAGL Women and Girls' 5k Fun Run/Walk. Entrants may walk, jog or run the 5km course from Stage 88 in Commonwealth Park to just past the Carillon and return on a traffic free loop through Commonwealth and Kings Parks.

Robyn McClelland – Race Director

Information

- **Where:** Start and finish at Stage 88, Commonwealth Park.
- **When:** 9am Sunday 5 April 2009.
- **Course:** See map.
- **Entry Dates:** Entries by mail and online entries after Friday 27 March 2009 incur \$5 fee. Entries accepted at stage 88 on Saturday 4 April 2009 from 1.30 - 3.30pm and on race day prior to 8.30am. Online entries accepted to 6.00pm on 3 April 2009.
- **Entry Fees (GST inclusive):** \$15 per adult (\$12 for ACTCCC Members), \$10 under 20 yrs, \$22 for family (mother & daughter/s or sisters).

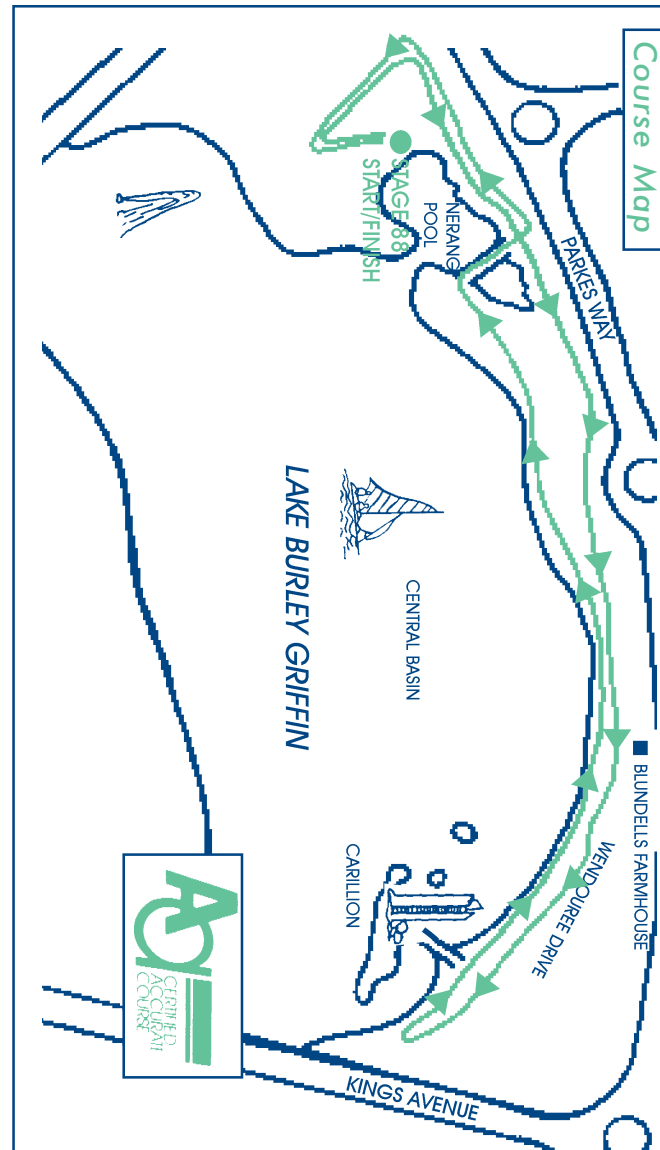
• Free childcare provided, but need to register. See entry form.

Entries on Sat 4 April 2009 and on Race Day
\$5 plus above entry fees. No team entries.

- **Chest Numbers:** Each entrant will be allocated a chest number which must be worn during the run. These will be mailed out during the week prior to the run for entries received by 27 March otherwise chest numbers can be collected on the day prior to 8.30am. They are not transferable.
- **Drink stations:** There will be drink stations with water at the halfway point and at the finish.
- **Facilities:** Toilets are located near Stage 88.
- **Post-race refreshments:** Refreshments will be provided.
- **Results:** Will be available in the Canberra Times, and from the ACTCCC website: www.canberrarunner.com.au
- **Note:** No dogs, rollerblades, skateboards or scooters.
- **On-line entry - www.canberrarunner.com.au**

Contact: kerrie.tanner@ipaustralia.gov.au
Ph: 0417 448 776

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THE ACT CROSS COUNTRY CLUB

ABN: 76 119 541 467

presents the

**23rd Annual
ActewAGL**

Women & Girls' Fun Run/Walk



9am Sunday 5 April 2009
5km circuit from
Stage 88, Commonwealth Park

On-line entry -
www.canberrarunner.com.au

One lucky runner or walker to
win \$500
Proudly supported by:

The Canberra Times

Awards

An awards ceremony will commence at approximately 10:30am at Stage 88. Please wear your race number for identification at the barrel draw.

Major Barrel Draw Prize - \$500 cash.

Prizes to the first three finishers outright: trophy plus \$250, \$150 and \$100, respectively.

Medallions for first in the following divisions:

Under 10 yrs, 10-14 yrs, 15-18 yrs, 19-24 yrs, 25-29 yrs, 30-34 yrs. (Age on day)

Medallions for first in the following divisions, courtesy of the ACT MASTERS ATHLETICS:

35-39 yrs 40-44 yrs 45-49 yrs 50-54 yrs 55-59 yrs
60-64 yrs 65-69 yrs 70-74 yrs 75-79 yrs 80+ yrs.

All participants are automatically entered into their appropriate age categories.

- Prize for the oldest finisher.
- Category prizes for first in the following divisions (only one category may be entered):
 - A. Mother & Daughter (daughter under 12 years)
 - B. Mother & Daughter (daughter under 20 years)
 - C. Sisters both under 20 years
 - D. Sisters both 20 to 34 years
 - E. Sisters both older than 34 years

Teams

Prizes will be awarded to the schools with the highest female participation relative to school size (female entrants/ female enrolments). The prize for organisation, club or work group will be awarded for the largest team.

- F. Primary schools: - 1st \$500 - 2nd \$200
- G. Secondary schools/Colleges: - 1st \$500 - 2nd \$200
- H. Organisation, club or work group - TBA

Rules applying to team categories:

- Late entries will not count for teams.
- Participants may enter only one team category.
- Prizes for teams will not be awarded if the team winning does not comprise 15 members or more.
- Participants in teams F, G and H are also eligible for age category and mother/daughter, sister categories (A - E)

The Race Director's decision will be final.



Marymead Child and Family Centre

The Marymead Child and Family Centre is a local community-based organization which has been part of the Canberra Community for over 40 years. Marymead supports struggling families and cares for children and young people who cannot live at home, helping create a brighter future for vulnerable Canberra children.

The ACT Cross Country Club encourages all participants to make a donation to the Marymead Child and Family Centre when entering the Fun Run / Walk. A receipt which is tax deductible will be provided.

WOMEN and GIRLS' JOGALONG

In addition to the ActewAGL Women and Girls' Fun Run, the ACT Cross Country Club conducts a monthly handicap for female runners.
This is the 3km/6km Women & Girls' Jogalong and 1.6km Minijog. It starts at 9am on the first Sunday of every month (except April) from Weston Park, Yarralumla.
All women and girls are invited.

ACT Cross Country Club (ACTCCC)

The ACTCCC conducts over 90 events in the ACT each year and provides equipment and assistance to most fun runs held in the region. It also produces a quarterly magazine called the Canberra Runner. If you are interested in running or jogging visit the website www.canberrarunner.com.au or turn up to one of the listed events. Most ACTCCC members participate for fun and fitness and are not elite athletes.

Major sponsor:

Entry form PHOTOCOPIES ACCEPTED

ENTRIES BY POST CLOSE FRIDAY 27 MARCH 2009

Please read the whole form carefully, fill in relevant details and mail, with appropriate remittance, to: Women & Girls' Fun Run, GPO Box 252 Canberra ACT 2601. Entry form must be signed.

Preferred first name: _____

Surname: _____

Preferred first name (FAMILY ENTRY ONLY): _____

Surname: _____

Date of birth: ____/____/____

Postal address: _____

State/Country: _____

Suburb/Town: _____

Postcode: _____

TELEPHONE: _____

(Business)

EMAIL: _____

Cat.: A - E Team: F - H Name of school/organisation _____

Childcare Required: YES. If yes, no. of children: _____

Age of Children for Childcare: _____

FOR OFFICIAL USE ONLY

Chest No.: _____

REMITTANCE DETAILS

- ENTRY FEES (including GST) for entries postmarked or online on or before 27 March 2009.

- \$12 for ACTCCC members
- \$15 for Adults (20 years and over)
- \$10 for under 20 years.
- \$22 Family.
- \$5 Late fee plus above entry fees.

Marymead Child and Family Centre - Donation - Receipts for donations, which are tax deductible, will be posted out.

- TOTAL REMITTANCE
- Payment by: Cash/Cheque/Money Order/Mastercard/Visa (circle type of payment): Cheques payable to: ACT Cross Country Club.

- If payment by Mastercard or Visa, please complete the following:

Cardholders Name: _____

Cardholders Signature: _____

Card No. _____ Expiry Date _____ / _____

DECLARATION

Please note: Entry form must be signed

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 course 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 the event.
2. 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.
3. I agree to personal details such as name, age and performance being shown in published results, and my photographic image being published on the Canberra Runner website and in any other ACT CCC promotional material.
4. I understand that my entry fee is non transferable and non refundable.

I/We have read and understood the Declaration and agree to abide by it. (Parents/guardians must sign for entrants under 18 yrs).

Signed _____

Date ____/____/____