



Thanks for registering for the Elleker Half Marathon and 10km Road Race Event on Sunday 2nd June 2019.

WHAT YOU NEED TO KNOW...

ENTRY FEES & EVENT OPTIONS:

Event Options, Age Requirements & Entry Fees:

Event	Age Limits	Entry Fee
Half Marathon (21.1km)	17 years & Over	\$50
10km Run	13 years & Over	\$40
10km Walk	13 years & Over	\$30
School Kids Mixed Team of 4	13-16 years ONLY	\$120 (for the team)
<i>(Rules for this Event: Team consists of Male and Female runners with at least 1 member from the opposite gender. You all run 10km each. Your finish times are combined to make a Run Time Total. The lowest combined time wins.)</i>		
2km Kids Dash	6-8 years 9-11 years 12-14 years	\$10

*** This year all events will be timed with "Chip Timing" by [Idle Timing](#)*

REGISTRATIONS:

Online registrations will be taken through Register Now:

<https://www.registernow.com.au/secure/Register.aspx?E=33923>

- **ONLINE ENTRIES CLOSE:** Friday 31st May 2019 at 6.00pm WST.
- **LATE ENTRIES** will be accepted on Saturday 1st June at Albany Athletics Club Rooms, at the corner of North Rd & Sanford Rd, Albany. Between 10:00am-4:00pm. (Also known at the Mike Biddulph Athletics Ground) and also on Sunday 2nd June at Elleker Hall between 7.00am-8.00am.
- You must apply in Person **Only** and Cash **Only** with a Late Fee of \$15 payable.
*Please Note: Late Fee **DOES NOT** apply to 2km Kids Dash event.
- All Entry fees are **Non-Refundable and Non-Transferable**.

EVENT LOCATION:

The event is held in the small township of Elleker, situated 16 km west of Albany on the Lower Denmark Road. The start line is at 19 Hassell St, Elleker, WA. The course is on beautiful flat open country roads that wind past Lake Powell, potato farms, through tree-covered sections and over five different bridges.

COURSE INFORMATION:



Half Marathon (NEW IMPROVED COURSE):

– Starts clockwise on the Oval with a lap (400m) then a turn left into Hassell St, then turning right onto (main) Lower Denmark Rd and completing two (2) clockwise loops of both Lower Denmark Rd and Elleker-Grasmere Rd including an **in & out** leg of (804m) down Mutton Bird Rd on the first lap **ONLY**. **TO FINISH** turn right into Hassell St and right through the carpark towards the oval, finishing with an anti-clockwise lap around oval into chute & finish line. NB: Keeping to right of all roads throughout the race.

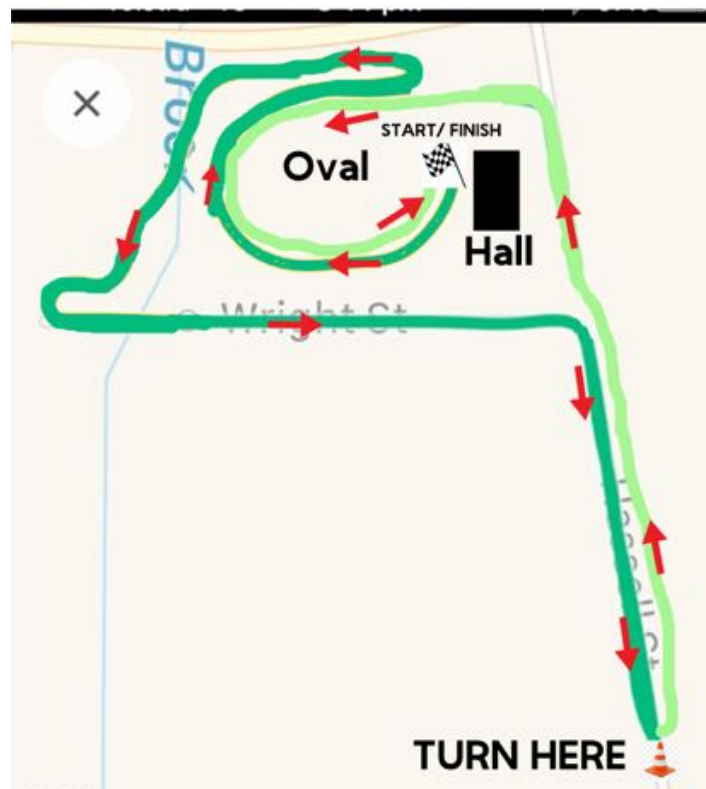
DRINK STATIONS: At 5km, 10km, 11.5km, 15km & 19km (approx.) as per map.

10km Road Race, 10k Walk and 10km School Kids Team of 4 Competition (NEW IMPROVED COURSE):

– Starts clockwise on the Oval with a lap (250 m) then to Hassell St with a turn left into Hassell St then turning right onto (main) Lower Denmark Rd and completing one (1) clockwise loop of Lower Denmark Rd and Elleker-Grasmere Rd, then right into Hassell St with a right through the carpark towards the oval, finishing with an anti-clockwise lap around oval into chute & finish line. NB: Keeping to right of all roads throughout the race.

DRINK STATIONS: At the 5km & 8km (approx.) as per mud map

2km Kids Dash Course Map



2km Kids Dash:

– Starting on the Elleker Hall Oval (follow the orange flags), complete a 3/4 lap of the oval then turning left onto a bush trail which curves around the outer boundary of the oval and leads onto Wright St. Run along Wright St, then turn right onto Hassell St. Turning at the TURN HERE Sign. Then return through the Hall carpark onto the Oval to complete a further full lap of the oval into the Finish Chute. Please Note: You will be finishing at the same time as other competitors from other events.

WATER STATIONS DURING EVENT:

Hydration is very important before, during and after an event. If possible it's always handy to run with your own water but if you can't we do have water stations available:

HALF MARATHON DRINK STATIONS: At 5Km, 10Km, 11.5km, 15km & 19km (approx.).

10K DRINK STATIONS: At the 5Km & 8km (approx.).

BIB PICK UP and RACE DAY SCHEDULE OF EVENTS:

SATURDAY 1st June 2019 – BIB PICK UP:

- 10.00am - 4.00pm **Bib Collection** and **Late Registrations** are available on Saturday 1st June from Albany Athletics Club Rooms, at the corner of North Rd & Sanford Rd, Albany. (Also known at the Mike Biddulph Athletics Ground)
PLEASE NOTE: All entries are non-refundable & non-transferable and a "Late Fee" applies to late registrations made on this day.

SUNDAY 2nd June 2019 – RACE DAY:

- 7.00am Race Bib Collection from Elleker Hall and late registrations accepted.
PLEASE NOTE: All entries are non-refundable & non-transferable and a "Late Fee" applies to late registrations made on this day.
- 8:00am Race Bib/Number collection closes & late registrations close.
- 8:15am Compulsory Race Briefing.
- 8:30am Half Marathon STARTS.
- 8.35am 10k Walk STARTS.
- 9:00am 10km Road Race and all School Kids Team of 4 entrants commence.
- 10:00am Kids 2km Dash Commences.
AGE GROUP START TIMES:
 - 12 -14 years 10.00am START
 - 9-11 years 10.04am START
 - 6-8 years 10.08 START
- 10:30am onwards Lunch will be served.
- 11:30am Presentations and spot prizes will commence.

OLD COURSE RECORDS:

Half Marathon:

Men: 1:10:49 set by Brett Johnson in 2015.

Women: 1:24:11 set by Katherine Stockwell in 2018.

10km Road Race:

Men: 32:53 set by Jack Dunn in 2018.

Women: 38:38 set by Angie Ross in 2018.

NEW COURSE RECORDS:

Half Marathon: Will be set this year.

10km Road Race: Will be set this year.

TOILET FACILITIES:

There are portable toilets located at the rear of the Elleker hall and a public toilet block located at the corner of Hassell St and Lower Denmark Rd.

FOOD AVAILABLE ON RACE DAY:

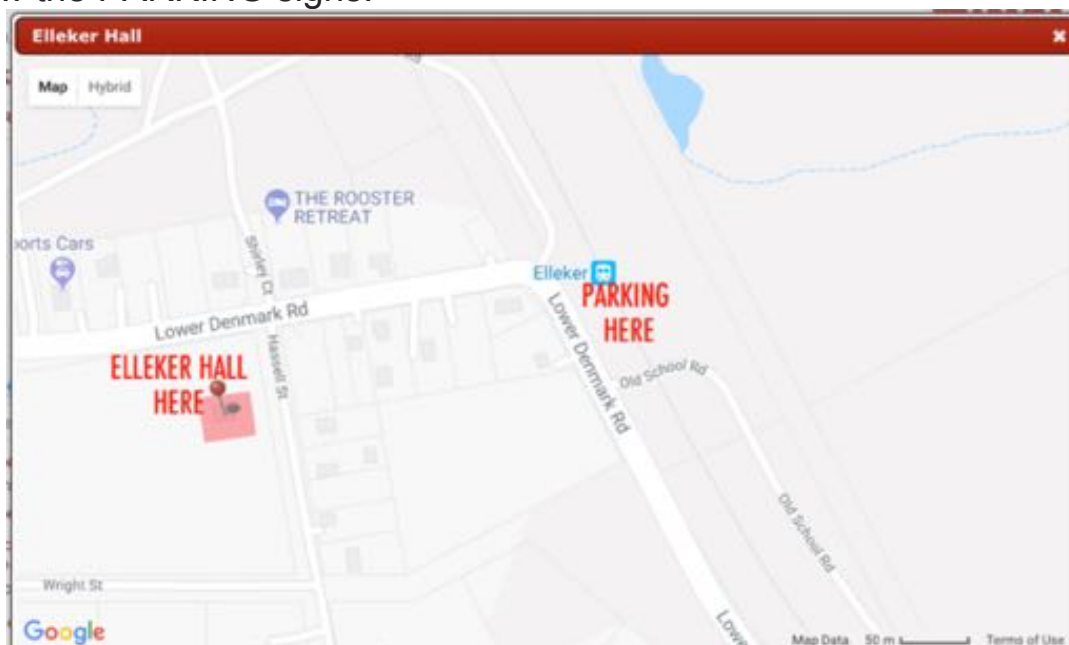
- Light refreshments will be provided to all race day competitors. Which includes Delicious Soup donated by BG's Kitchen at Banksia, Albany.
- KOFFEE BOOST VAN will have available to purchase tea, coffee & snacks.
- Food & Drink options will also be available for purchase for Spectators.

EVENT CONTACTS:

- Event is presented by Albany Athletics Club Inc.
- Event Coordinators – George DuToit: 0437 673 315 and Chris Langslow: 0439 918 889
- Email: albanyaths@hotmail.com
- Website: www.albanyathletics.com.au
- Facebook:
<https://www.facebook.com/groups/EllekerHalfMarathonand10km/>
And
<https://www.facebook.com/albanyaths/>

PARKING ON RACE DAY:

Parking is only available near the railway line, East of the Elleker Hall. It's just a short 300m walk from the railway line carpark to the hall. Please follow the PARKING signs.



PRESENTATIONS & AWARDS:

All Presentations will commence around 11.00am.

Half Marathon Awards:

All competitors receive a finisher medal when crossing the finish line.

Medals and Prizes are awarded to 1st, 2nd & 3rd Male & Female place getters of the Half Marathon. With the major prizes donated by ASICS & Sportspower Albany.

1st Male & 1st Female will have their name engraved on our Perpetual Trophy.

Additional Awards will be presented to 1st place Male & Female Only in the set "Age Award" Categories.

The Age Awards Categories are: 17-39 years, 40-49 years, 50-59 years, 60+ years.

10km Road Race Awards:

All competitors receive a finisher medal when crossing the finish line.

Medals and Prizes are awarded to 1st, 2nd & 3rd Male & Female place getters of the 10km Road Race. With the major prizes donated by Retravisoin, Albany.

Additional Awards will be presented to 1st place Male & Female Only in the set "Age Award" Categories.

The Age Awards Categories are: 13-17 years, 18-39 years, 40-49 years, 50-59 years, 60+ years.

10km Walk Awards:

All competitors receive a finisher medal when crossing the finish line.

Medals and Prizes are awarded to 1st, 2nd & 3rd Male & Female place getters of the 10km Walk. With the major prizes donated by Advanced Family & Sports Podiatry, Albany.

School Kids Mixed Team of 4 Awards:

All competitors receive a finisher medal when crossing the finish line.

First (1st) Prize will only be awarded to one (1) team who has the lowest combined finish time. With the major prize donated by The Health Nut Albany.

2km Kids Dash Awards:

All competitors receive a finisher prize when crossing the finish line, which is donated by Icky Finks, Albany.

Medals are awarded to 1st, 2nd & 3rd Boy & Girl place getters ONLY in each "Age Award" Category of the 2km Kids Dash.

The Age Awards Categories are: 6-8 years, 9-11 years, 12-14 years.

Spot Prizes:

Spot (Random Draw) prizes from our gracious Sponsors will be provided. Competitors must be present if their name is drawn. With prizes donated by Sportspower Albany, BodyCare Health Club, The Health Nut Albany, Goodlife Albany, United Petroleum Mt Melville and Sustainable Motion.

A BIG THANK YOU TO OUR 2019 SPONSORS:

Asics, Sportspower Albany, Retravision Albany, Advanced Family & Sports Podiatry Albany, Goodlife Albany, The Health Nut Albany, United Petroleum Mt Melville, Sustainable Motion Albany, BG's Kitchen at Banksia and BodyCare Health Club.

ALBANY ATHS

A BIG THANK-YOU TO OUR SPONSORS

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225 Albany Highway Mount Melville WA 6330, Australia
08 9841 3188

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BODYCARE health club
70 Lion St, Albany WA 6330

UNITED TOOLS ALBANY
36 Sanford Rd, Albany Ph: 9842 1099

THE HEALTH NUT

We look forward to seeing you on Race Day and Thank You for supporting Albany Athletics Club for there 24th Elleker Half Marathon & 10km Road Race Event.