

Menai Marketplace Community Fun Run/Walk

Organised by Illawong & Districts Senior Athletics Club.
www.illawongathletics.org



MENAI
MARKETPLACE



southsiderunners.com.au
2/29 East Parade, Sutherland
9545 6010



ILLAWONG
Ph: 9543 0199



Athletics

Australia Day

MONDAY 26th JANUARY 2009

Two Events - 3km and 8km run

Marshalling Starts : 7:00 am

Start Time for **3km run** and **8km run** : 8:00 am

Start and Finish at Menai Park, Allison Cres, Menai.

Entry fees: 3km - \$6, 8km - \$12 and family \$25

Enter on the day: 3km - \$8, 8km - \$15 and family \$30

PRIZES

Medals will be awarded to 1st, 2nd & 3rd placed U/12, U/16, open, over 40 and over 50 for both male and female in both 3km & 8km runs.

Barrel Draw Prizes (must be present to win).

Presentation and prize drawing to take place at 9:15am to 9:45am .



DECLARATION

Knowing that running is a potentially hazardous activity, I enter and run this race certifying that I am medically able to participate. I also assume any and all other risks associated with participating in this event including, but not limited to, falls and contact with other participants. Knowing these facts, and in consideration of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge, Illawong & Districts Senior Athletics Club and Sutherland Shire Australia Day Council as event organisers, its servants, agents or subcontractors, all instrumentalities, cities, state or council where this event is held, and all sponsors, producers, their agents, representatives and successors of all liabilities, claims, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in this event, including all injuries that may be suffered by me before, during or after the event. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Entry Form

Name : Age at time of run : Female / Male
 Address: **Age group** 11 years & under
 12 to 15 years
 Phone : open **Distance** 3km
 over 40 8km
 over 50

Signature of entrant Signature of parent/guardian

If you would like to receive Newsletters & other club info. Please supply your email account:

If you are under 18 years of age on the day of the run please have your parent or guardian sign the entry form.

Cheques or money orders made payable to Illawong Athletics Inc.

Post to: Enquires : Steven Clarke 0417 008 217 or 9773 9469 H

**Illawong Senior Athletics Club
Fun Run**

funrun05@yahoo.com.au

P.O. Box 1174
Menai Central 2234 NSW



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LOWES
MENSWEAR



**MENAI
MARKETPLACE**

Century 21



Realty One (Menai)
Ph: 9543 2111

Menai District
PHYSIOTHERAPY
& SPORTS INJURY CENTRE

ILLAWONG
Ph: 9543 0199

Joe's
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Gloria Jean's
COFFEES

Other places where the entry forms can be handed in:

Max Wilkinson - Training, Saturday competition

Michael Dooley - Training, Saturday competition

Ridge Athletic Track; Barden Ridge
- Friday Nights after 6:30 pm.
and give it to Steven Clarke.

