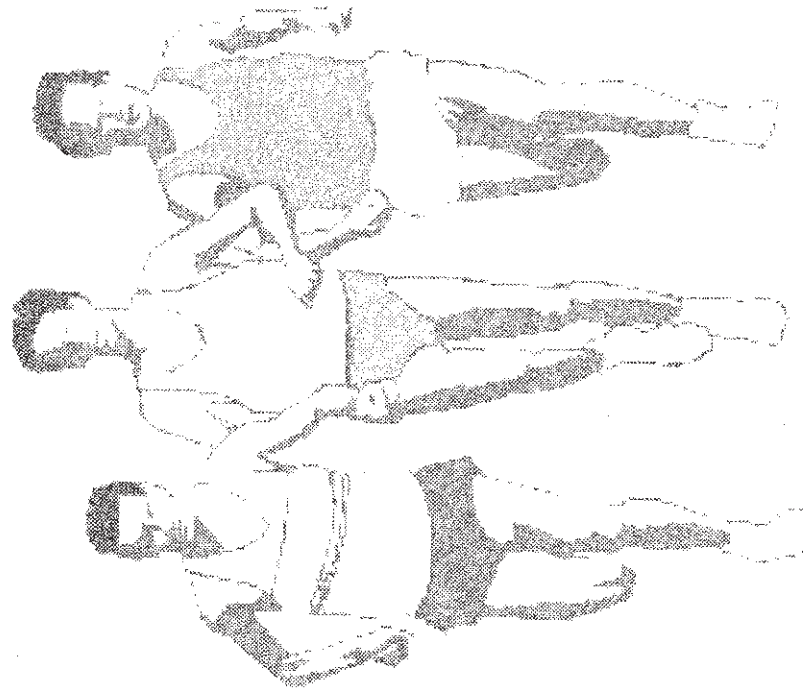


Life Flight
**COMMUNITY
PARTNER**



**ANNUAL LIFE FLIGHT
HANDICAP HALF MARATHON**
Life Flight
**COMMUNITY
PARTNER**
Saturday 30th September
Belvedere Hall, West Carterton
**OPEN TO INDIVIDUALS or TEAMS
OR WALKERS and/or RUNNERS**

The half marathon and relay will be held over a three lap course starting and finishing at the Belvedere Hall, the road is undulating with a 1.5km stretch of gravel per lap. Relay teams can comprise of 3 walkers and/or runners, teams may use under 16 years athletes who can do split laps.

**ENTRY FEES... Individuals \$15, teams \$24, all the entry fee goes to Child Cancer.
ENTRIES CLOSE on Wednesday 20 September, sorry no late entries.**

- Start times for teams and individuals are based on the handicappers estimate of the time you will take to complete the event, everyone who estimates their time at 4 hours or over will start at 10am.
 - As a guide if the handicappers estimate your time is 1-hour 35mins, you will be asked to start at about 12.25pm.
 - First prize will be awarded to the first entrant to cross the finish line having started at the correct time, having complied with the race rules and having completed the course in a time that is not faster than their estimated time by the specific margin. (The "specific margin" will be announced on the day of the race after all starters are underway)
 - Prizes will be given to placegetters in the individual and relay events, the number of merit prizes will be based on the number of entries, fastest times in individual and teams will be acknowledged.
 - Spot prizes will be drawn at the prizegiving but winners must be present.
 - Refreshments will be available at the hall prior to and after the event before the presentation which will take place ASAP after the last competitor finishes.
 - Race numbers to be collected 20 minutes prior to your start time or from the hall from 9.30am.
- RACE RULES**
- Athletes will keep to the right hand side of the road as close to the verge as possible.
 - Athletes will abide by the instructions from the race officials.
 - NO pacing by other athletes, cyclists or cars.
 - NO pushchairs or dogs to be taken onto the course.

Example of team entry

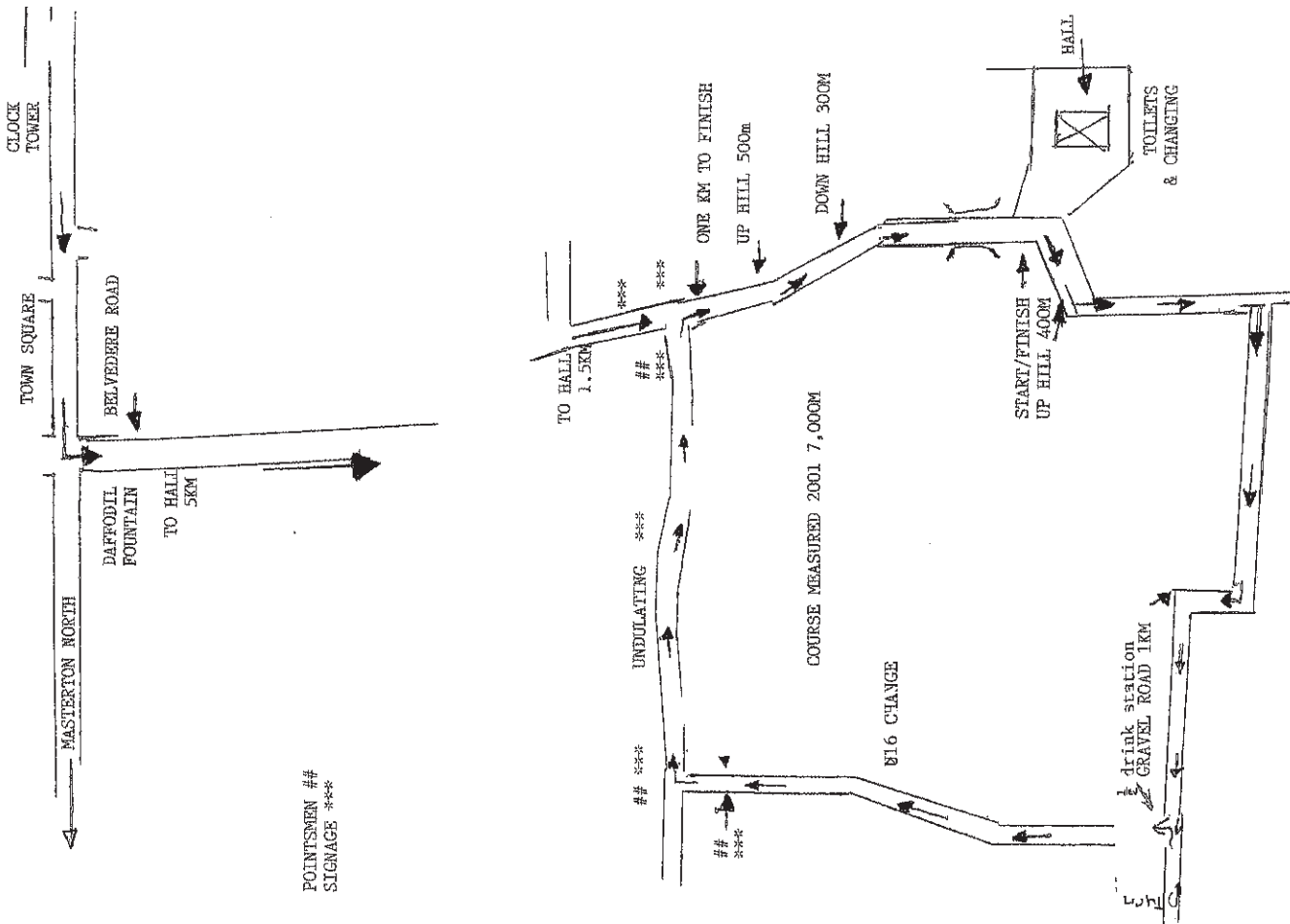
Team Name: Langs Lopers		Estimated Time
Lap 1	Hannah Lang U/16	48:30
Lap 2	Alii Lang	53:45
Lap 2	Greg Lang	29:20
Total estimate		2:11:05

EVENT ORGANISER: RAY WALLIS, phone 06 377-0703
1A Roberts Road, Masterton 5810 New Zealand

EVENT ORGANISER: RAY WALLIS, phone 06 377-0703
1A Roberts Road, Masterton 5810 New Zealand

Course Map

Carterton - Belvedere Block, Relays, Venue and Course



ENTRY FORM

INDIVIDUAL HALF MARATHON



Name:

Address:

Gender: M / F

Age:

Contact Phone:

Time:hrs.....mins.....secs

Estimated time to complete 1/2 marathon
Previous performances in recent 1/2 marathons

Event: Date: / /hrs.....mins.....secs

Event: Date: / /hrs.....mins.....secs

I declare that the information provided is correct and that I will comply with the conditions of entry and compete entirely at my own risk knowing that the roads being used are open for public use.

Signed: Entry Fee \$15.00 enclosed
Cheques to be made out to: "Life Flight" or direct credit: 06 0689-0012836-00
to reach Ray Wallis, 1a Roberts Road, Masterton 5810 by 5pm Wednesday 20 September 2017.
Phone: 06 377 0703.

TEAMS

Team name:

Estimated Time

Lap 1 7.1 km Time:hrs.....mins.....secs

Lap 2 7.0 km Time:hrs.....mins.....secs

Lap 3 7.0 km Time:hrs.....mins.....secs

Total team time:hrs.....mins.....secs

I declare that the information provided is correct and that we will comply with the conditions of entry and compete entirely at our own risk knowing that the roads being used are open for public use.

Signed: Team Captain

Address:

Contact Phone:



Entry Fee \$24.00 enclosed

Cheques to be made out to: "Life Flight" or direct credit: 06 0689-0012836-00
to reach Ray Wallis, 1a Roberts Road, Masterton 5810 by 5pm Wednesday 20 September 2017.
Phone: 06 377 0703.