

Christmas Island Marathon

Sunday 4th October 2009

Organised by Christmas Island Cricket and Sporting Club and CI Hash House Harriers.

COURSE INFORMATION

The marathon course is undulating and starts on the top of the island at the CI Cricket and Sporting Club and proceeds on local roads and through tropical rainforests and finishes back at the club. The CI Marathon Awards Ceremony will be held at the CI Cricket and Sporting Club shortly after the final runner returns. A licensed bar will operate until late. Competitive marathon teams comprise six runners who will run seven kilometres each.

MARATHON AWARDS

INDIVIDUAL AWARDS

MALE RUNNER

FEMALE RUNNER

MALE VETERANS (40+)

FEMALE VETERANS (40+)

TEAM AWARDS (Competitive teams only)

1ST MALE TEAM (6 RUNNERS)

1ST FEMALE TEAM (6 RUNNERS)

1ST MIXED TEAM (6 RUNNERS)

1ST JUNIOR TEAM

All participants will receive a certificate of completion for their portion of the marathon.

TEAM CAPTAINS

Ensure that **all** members read and sign the declaration. Collect the signed declarations and post them to the race organizers or hand deliver to CIDHS, CITA, Westpac, Post Office, CITA or CI Cricket and Sporting Club.

2009 CI MARATHON ENTRY FORM

RACE FEES

ADULTS \$20.00

JUNIORS \$10.00 (Under 18)

Entry fees must be paid upon registration. Make cheques payable to **CI Cricket and Sporting Club**

SURNAME

FIRST NAME

ADDRESS & PHONE NO.

TEAM NAME (IF APPLICABLE)

DATE OF BIRTH

GENDER

CATEGORY (PLEASE TICK ONE ONLY)

MALE OPEN FEMALE OPEN

VETERANS

TEAM (COMPETITIVE) MALE FEMALE MIXED

TEAM (NON COMPETITIVE)

WALKER (INDIVIDUAL)

NB. Veteran entrants are eligible to win the Open title.

PREVIOUS MARATHON EXPERIENCE YES/NO

PLEASE INCLUDE A STAMPED SELF ADDRESSED ENVELOPE IF POSTING THIS FORM

GENERAL INSTRUCTIONS AND ENTRY INFORMATION

- o Include your entry fee and a stamped self addressed envelope.
- o Mail entries must be received **no later than 1st September 2009**. You should allow two weeks for mail.
- o Roller Blades, Skateboards etc. will not be permitted due to the risk of injury to other runners. Pets are also forbidden.
- o Competitors must clearly display their official number at all times throughout the event and sign the indemnity declaration herein. Failure to comply will void your entry.
- o Organisers reserve the right to reject or cancel any entry.
- o Entry is by official form or photocopy only and is not transferable.
- o Runners not wearing race numbers will be disqualified.
- o It is your responsibility to confirm your entry.

Complete the entry form and return it to:

CI Cricket and Sporting Club
PO Box 558
CHRISTMAS ISLAND WA 6798

HEALTH PRECAUTIONS AND ADVICE

- The race organisers recommend that the marathon be attempted only after a period of regular running, including three months directed toward marathon running. This should include some long distance training.
- On the day of the race it is important to take adequate fluids before and after the race. One or two pieces of toast and a cup of tea or coffee would be the maximum lunch.
- Do not wear new shoes or clothes as they will tend to cause chaffing and blisters.
- If you have been unwell in the 48 hours leading up to the event or if you are recovering from a viral infection, do not attempt to run. You must retire if you feel distressed, disoriented or are asked to do so by an official.
- If you answer yes to any of the following questions we strongly suggest you seek medical approval prior to running in the marathon:
 1. Do you have a history of high blood pressure, heart disease, diabetes or asthma?
 2. Do you smoke?
 3. Are you 15% or more over the ideal weight for your height?
 4. Have you been running for less than a year and are aged 35 years or over?