



# CARISBROOKE CLASSIC

## 1km/5km/10km Run or Walk

Supporting the Melissa White Foundation  
for Cancer Research

**- Sunday 14th March -**

**\*\*Fax entries are not accepted. Mail in this form or enter on-line\*\***

**www.sarrc.asn.au/carisbrookeclassic**

### Start Time

5 & 10km Runners  
& Walkers - 8am

1km Children's  
& Pre Teen Run - 9.15am

### Entry Fees

#### SAARC MEMBER

10km Run/Walk - \$15  
5km Run/Walk - \$10

#### NON MEMBER

10km Run/Walk - \$20  
5km Run/Walk - \$15

**\*\*NO ENTRY FEE\*\* for  
Children's & Pre Teen Run**

### Walkers

If you enter as a walker, you must walk the whole way and keep to the left. If you want to walk/run you must enter as a runner.

### Bibs

Collect from race start only.  
\$5 fee on race day to issue new bib if changing of event or distance.

### Results

Published on [www.sarrc.asn.au](http://www.sarrc.asn.au).

### Warnings

Remember over exertion & inadequate fluid intake can be dangerous. Exercise within your capabilities & drink before, during & after exercising. Wear protective clothing, sunglasses & use SPF 30+.



### SARRC OFFICE

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Office Hours: Mon - Fri 9am - 3pm

[www.sarrc.asn.au](http://www.sarrc.asn.au)

#### SPONSORS



JOGGERSWORLD



Supported by:

The Salisbury  
North Football Club

### Location -

Start & finish at Harry Bowey Reserve, off Main North Rd, left to Malinya Drive, then Riversdale Drive, Salisbury Park.

### Features -

- Course marshals & course signs.
- Toilets, showers & change facilities.
- Trophies for first 3 male and female runners/walkers in the 10km & 5km.
- Trophy for 1st boy and girl in 1km Children's run and Pre-teens run.
- 9.30 am Presentations and random prize draw

**Entry Details -** Enter online  
[www.sarrc.asn.au/carisbrooke](http://www.sarrc.asn.au/carisbrooke)

by midnight, Tuesday 9th March 2010 or in the SARRC office by 4pm on Friday 5th March. Late entries accepted on race day from 7am at the start. A donation of \$2 per entry to the Melissa White Foundation is included in entry fee. Race bibs available for collection on race day only. Children's (13-16yrs) and Pre Teens (12 and under) enter on race day only.

### Course Description -

A 5km lap heading east down the middle of the reserve, turn around at the large tree in Carisbrooke Reserve and follow the Little Para Trails west next to river. Turn around in Jenkins Reserve and return east to start. 10km entrants do 2 laps.

### ENTRY FORM - Carisbrooke Classic 2010

SARRC Membership#: \_\_\_\_\_

Office Use Only - Race No.

Title: Mr / Ms / Miss / Mrs

Surname: \_\_\_\_\_ Given Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact (Ph): \_\_\_\_\_ Name: \_\_\_\_\_

D.O.B: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Male  Female

Events  Runner  Walker  10km  5km

Payment (Please circle) - Cash / Cheque / Visa / Mastercard

Name On Card: \_\_\_\_\_

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_ Verification Code \_\_\_\_\_

Entry Fee	Total (\$)

From time to time, we may wish to advise you of events or other relevant information about the club - If you would prefer not to receive this information please tick this box.

**CONDITIONS OF ENTRY:** I acknowledge and agree that my participation in the event(s) on 14th of March 2010 is at my own risk which means that SA Road Runners and Road Walkers Club (SARRC) and its officers, representatives and agents (and all persons involved directly or indirectly in promoting or conducting the event) are not liable to me for: • My injury or death, or any damage or loss suffered by me or others related to my participation in this event; and • Any consequential or indirect damages or any other form of relief whatsoever for any acts or omissions of SARRC and/or its officers, representatives or other persons involved directly or indirectly in promoting or conducting the event, arising out of or in connection with the event even if the acts or omissions were foreseeable, whether such damage or loss occurred as a result of negligence or otherwise, except where these terms or any part of them would contravene any statute.

Signature \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

(If entrant is under 18yrs, care-giver must also sign)

TAX INVOICE (All amounts include GST) ABN 55 868 285 345

