



ACT Masters Athletics Club Australian Masters Athletics Half Marathon National Championships



Sunday 26 May 2019

Frequently Asked Questions

1. What if I arrive late or miss the deadline for entering?

You will not be able to participate in the AMA Half Marathon National Championship if you haven't entered by 5pm on Thursday 23 May. If you arrive late, you will not be able to participate either.

However, the YMCA half-marathon entries are possible online up until midnight of Friday 24 May and in person on Saturday 25 May at the YMCA race headquarters, Lennox Gardens, Flynn Drive Yarralumla between 1-3pm with cash or on card.

No YMCA or AMA entries are accepted on race day Sunday 26 May.

2. When can I collect my bib?

Race bib collection (and pins) are available from the YMCA headquarters at Lennox Gardens on Saturday 25 May from 1-3pm (during the 5km race) and again on race day from YMCA Race HQ, 7:00am-7:45am.

The half marathon is electronically timed and the timing transponder is attached to the rear of your race bib. It is important that runners do not cover, bend or damage the bib, and the bib must be worn horizontally so the number can be easily read.

On race day, AMA entrants must also report to the AMA race headquarters (ACT Masters gazebo) to hand in their signed participant declaration and collect their AMA Race Wrist Band.

3. What if the weather is bad?

The show must go on and we will give the volunteers extra thanks! Last year's event was in August, and you may recall how 'brisk' the weather was. But this year, we join forces with the YMCA half-marathon in May, so we are hopeful for better weather.

However, Canberra in May can still be very cool, with a light frost in the mornings. It normally brightens up to a calm and sunny day with temperatures in the high teens.



The weather in May for last year's YMCA half-marathon was brilliant (see photo taken on the day).

4. Are there any rules about what to wear, pacers or other things?

The AMA 'Out of Stadia' rules apply to the AMA Championship race. This means you must wear your approved state uniform and the AMA race identifier wrist band, with the YMCA race bib. Runners not competing in the AMA half-marathon national championships, can wear what they like.

You cannot use a pacer and you may be checked to ensure you are a financial member of a State Masters Athletics Club.

5. What about listening to music?

We cannot disallow listening to music wearing headphones/earphones, but they are not recommended. For your personal safety, it is important that you can hear the course marshalls at all times.



ACT Masters Athletics Club Australian Masters Athletics Half Marathon National Championships



Sunday 26 May 2019

6. Will there be a photographer?

We will take photos of winners at the AMA presentations, but there may not be any official photographer on the course. However, we may take advantage of the kindness of club members that take photos and forward them through to us for posting on social media and publish in newsletters.

7. Will there be drink stations on the course, and can I leave my own water bottle at the drink stations?

Drink stations will be situated every 4-5km within easy reach of the course path. Sports drink and water are available at the drink stations. A drink station will also be at the finish.

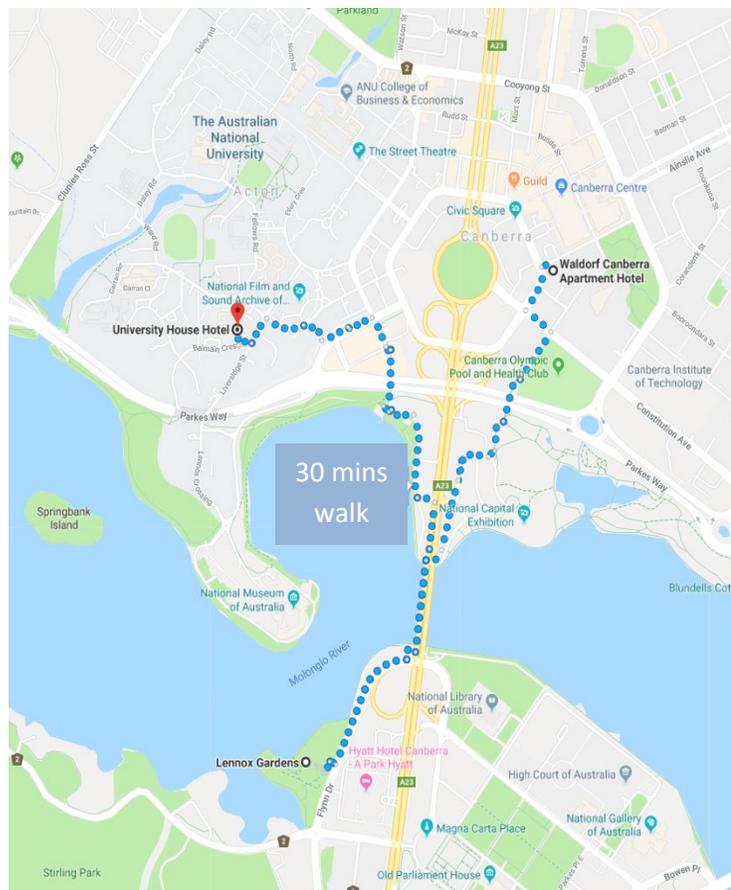
8. Will there be coffee or food at race HQ?

At Race HQ, YMCA host a finishers' breakfast of drinks and some snack food, available for participants only. YMCA has also organised a coffee cart for before and after the race for runners and spectators to purchase drinks.

The ACT Masters Club's Chuck Wagon (with complimentary refreshments) will be at the ACT Masters gazebo with fruit and drinks available after your finish. Bring your own coffee cup for a warming cuppa afterwards.

9. Where should I stay?

With the course being in central Canberra, almost anywhere is a possibility for a bed within an easy bus ride along Commonwealth Avenue to the start at Lennox Gardens. There are many options in Civic (30 minute walk), and along Northbourne Avenue that are all on the major bus routes (15 mins). [University House](#) offers great budget accommodation in a picturesque setting, just across the lake (35 min walk).



Enquiries to: actmastersathletics@gmail.com