



# AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25<sup>th</sup> August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10<sup>th</sup> and September 8<sup>th</sup> . The World Championships 20km Walk in Sweden on the 25<sup>th</sup> of August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

**Entry Fee \$25 (separate from any local entry fee!)**

**Entries Close on Sunday 18<sup>th</sup> August for all entrants or 3 days before an Interstate race held earlier than the 18<sup>th</sup>.**

Contact: George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au) Mobile 0419 348 888

Pay by Electronic Funds Transfer. Pay funds to SA Masters Athletics, BSB 015 259, Account 458951668. Include your full name in the reference field and forward a completed entry form by email to George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au)

**Please also forward a copy of your entry to your State/Territory organiser.**

Receipt Number if paying by EFT.....

You may also enter by completing a paper form and sending with a cheque made out to SA Masters Athletics, to G White, 12A Gulfview Road, Blackwood, SA 5051.

Surname: ..... First Name: .....

Date of Competition..... (note: only one race may be entered for the AMA Championship)

Male..... Female.....

Address: .....

.....Postcode.....

Telephone .....Email.....State/Territory.....

Date of Birth: ..... Age on day of competition (to determine age group).....

Emergency contact – name and phone (Competitors in SA only).....

**MEDICAL (Competitors in SA only)** Do you suffer from any medical condition that could result in unconsciousness (e.g. diabetes)? Are you on any **medication** or have **allergies** that medical staff should be aware of in the event that you become unconscious? If yes, please write this information on a piece of paper and seal in an envelope with your name on the outside and **give it to race organisers. It will be held in case of emergency.**

Venue for SA Entrants: South Parklands, Adelaide Harriers Clubrooms, cnr South Terrace and Peacock Road 10 laps of a 2km loop. Start time in Adelaide is 10am.

### WAIVER

In entering this event I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in this event. I declare that I am in good health and that I will be properly conditioned for the event. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I release AMA and SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in this event. I certify that I have read this waiver and I fully understand its content. I am aware that this is a release of liability and I sign it on my own free will.

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| Signature | Date |  
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## PRIVACY STATEMENT

We respect the confidentiality and security of your personal information, and we are committed to protecting it at all times. By completing this entry form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White - 0419348888 or [gwhite@adam.com.au](mailto:gwhite@adam.com.au)

# Important Information

## Changerooms

Changerooms with showers are available in the Adelaide Harriers Clubrooms.

## Eligibility to Compete

To compete in AMA Championships, an athlete must be registered as a member of a State or Territory Club and wear the uniform of that Club (In Sweden the Australian uniform counts).

## Age Groups

The Championship is conducted in five year age groups starting at 30 years, and medals are awarded in each age group. Your age group is determined by your **age on the day of competition**.

## Confirmation of entries

Confirmation of accepted entries will be provided by email to entrants or to the State Secretary if no email address is given.

Medals will be mailed out after all results are received.

Course map for South Australia

