



In Memory of Barbara Szlachetka
XV Jelcz-Laskowice Marathon

42,195 km

12th Run and Nordic Walkathon
at the distance of 10 km 549m (one lap)

1st Jelcz-Laskowice Half Marathon

21,097 km



Terms and conditions

Goals of the event :

- to commemorate Barbara Szlachetka – a well-known long-distance runner
- to commemorate joining the European Union
- to make running (the simplest and the healthiest form of exercise) more popular
- to integrate the citizens of Olavian District

The Organisers :

- HARCOWNIK Runners' Club
- The Town Council of Jelcz- Laskowice
- The Sport Centre in Jelcz- Laskowice
- The Swimming Pool in Jelcz – Laskowice

Main sponsors :

Autoliv Poland Sp. z o.o., Decathlon Wrocław Korona, Electrolux Poland Sp. z o.o., Faurecia SA, Jelcz Sp. z o.o.

CONTACT :

www.maraton-jelcz-laskowice.pl, e-mail: kbharcownik@wp.pl,

Arkadiusz Tołłoczko, tel. 0-608 161 920 , Tadeusz Babski, tel. 0-500 493 966

DATE – place – distance

The event will be held on 1st May 2016 in Jelcz –Laskowice.

Starting time – 9.00 a.m. at Aleja Młodych Street, Finish – at Aleja Młodych Street

Marathon – 42km 195m – 4 laps of 10 km 549 m

Time limit – 6h , the course was atested by PZLA

Participation Terms :

- each participant has to be 18 by the day of the event (one has to have an ID Card or a Passport to prove it)
- Participants take part in the Marathon on their own responsibility, being fully aware of any threats and dangers connected with the nature of the event, which may include loss (or impairment) of their health and life. Only people in good health and with no medical contraindications to their participation in the event may take part in the Marathon.
- Submit his/her application in line with of these Terms and Conditions.
- Take part in the verification process at the Competition Office between 30th April and 1st May 2016 in accordance with these Terms and Conditions.

APPLICATION PROCEDURE AND FEES.

- Applications shall be accepted via the application form available on the Websites :

www.maraton-jelcz-laskowice.pl, www.kbharcownik.pl, www.klub-biegacza.olawa.pl,
www.datasport.pl, www.maratonypolskie.pl

the direct registration link is

<http://online.datasport.pl/zapisy/portal/zawody.php?zawody=2001>

The full registracton involves :

- filling in the registration form
- paying the starting fee on the following bank account :

KB HARCOWNIK JELCZ-LASKOWICE

BANK SPÓŁDZIELCZY W OŁAWIE / O. JELCZ-LASKOWICE

NR KONTA: 73958500070020020057870001

The information required is – the name , surname, year of birth and city/town , the title – according to the distance : ‘Wpisowe Maraton’ ‘Wpisowe Półmaraton ‘ or ‘Wpisowe 10km’ .

The starting fee depends on the date of payment :

till 31.03.2016 - 40 zł, from 01.04. till 24.04.2016 - 60 zł, after 24.04.2016 and in the competition office - 80 zł

Runners who sign in and pay the fee till 24th April will receive a starting number with their name and surname printed on it – and – optionally - a photo.

Competition Office :

The competition office will be situated in 1 Aleja Młodych Street , at Primary School No 2 in Jelcz – Laskowice.

It will be open on 30.04.2016 from 5.00 p.m. till 8.00 p.m and on

01.05.2016 from 7:00 a.m - 8:30a.m

It will be possible to collect starting numer and the pack for another participant – but a person doing so must have a special signed authorization with him/her. (the form available on our website)

VIII.CLASSIFICATION

- In the Marathon, Participants shall be classified under the following categories:

a. OPEN category for women and men.

b. Age categories for men : M-20; M-25; M-30; M-35; M-40; M-45; M-50; M-55; M-60, M-65; M-70

and women: K-20, K-30, K-40, K-50 K-60

c. the citizens of Olavian District

d. the citizens of Jelcz – Laskowice (town and commune)

e. the best team – four best members of the team (the name of the team in the application form must be exactly the same in all cases) the winning team would be the one with the best finishing time after summing up

PRIZES

Cups or statues for places 1-3 in :

- open category
- age categories (runners awarded in the open category aren't awarded in age categories)
- best runners of the district
- best runners of the town and commune
- best team (each runner)

Each participant would receive a starting number with a set of safety-pins , a souvenir – a breathable t-shirt and a towel , an isotonic drink and an energetic bar

Each finisher will be given a medal and a regenerative meal and receive a text message with the results. He/she will also be able to have a massage and to go to the swimming pool .There will also be an opportunity to print the certificate .

There will be a lottery for finishers only.

The decoration will take place about 3 p.m. near the finish line at Aleja Młodych Street.

ALL THE MARATHON FINISHERS WILL TAKE PART IN A COMPETITION WITH VALUABLE PRIZES

MAIN PRIZE :

- **A TRIP TO ATHENS AND A STARTING PACK IN 34 ATHENS CLASSIC MARATHON run & sightsee with www.marathon-travel.pl**
- **Electrolux washing machine**
- **Garmin watch**



TIME MEASUREMENT

Time measurement will be provided by DATASPORT (by the use of electronic chips)

Each runner is obliged to return the chip after the race – runners who forget to do it will pay a 100 zł fine.

SLEEPOVER

The organisers provide a free sleepover on 30th April at the gym at 1 Aleja Młodych Street - a sleeping bag and a gym mat required. You should book it while filling in the application form.

Booking a hotel room must be done individually.

FOOD AND REFRESHMENT STATIONS

There will be two food stations on the lap where the mineral water, bananas, chocolate, and isotonic drinks will be available. It will be possible to leave one's own drinks at the stations.

If it's very hot, two additional stations with water will be provided.

After the race it will be possible to have a meal, have a shower, have a massage and go to the swimming pool.

.FINAL PROVISIONS

- Taking into consideration all the threats of losing health and life, the organiser advises the participants to get their physical condition and health tested.
- the event will be held in any weather conditions
- all the participants will be insured in case of accidents for the time of the race
- the organiser provides medical care during the race
- the changing rooms and deposit office will be located near the Competition Office
- the organiser isn't responsible for the belongings left by the participants on the course outside the deposit office.
- a free car park will be provided
- all the participants shall agree to the processing of the Participant's personal data included in the application form as mentioned above, including the Participant's statement about the state of health allowing them to participate in the Marathon, as well as to the use of such personal data, as their name, surname, sex, birth year and nationality, e-mail and image in any TV, radio, Internet and printed materials.
- the competition will be supervised by the PZLA referee

- the organiser reserves the right to do the final interpretation of the following terms and conditions.

ANNEX TO THE TERMS AND CONDITIONS REGARDING ADDITIONAL RACES

12th Run and Nordic Walkathon at the distance of 10 km 549m (one lap)

Participation Terms :

- each participant has to be 16 by the day of the event (one has to have an ID Card or a Passport to prove it) If you aren't 18 , you have to have a written permission from your parents.
- Participants take part in the Run or the Walkathon on their own responsibility, being fully aware of any threats and dangers connected with the nature of the event, which may include loss (or impairment) of their health and life. Only people in good health and with no medical contraindications to their participation in the event may take part in the Walkathon.
- Submit his/her application in line with of these Terms and Conditions.
- Take part in the verification process at the Competition Office between 30th April and 1st May 2016 in accordance with these Terms and Conditions.

APPLICATION PROCEDURE AND FEES

- as in the Marathon
- starting time – as in the Marathon – at 9.00 a.m

PRIZES

10 km Race

- statues for places 1-3 in men and women category
- statues for places 1-3 for best men and women from the Olavian District

Nordic Walkathon

- statues for places 1-3 in men and women category

The decoration will be held about 11.00 a.m – near the finish line , at Aleja Młodych

Each participant would receive a starting number with a set of safety-pins , a souvenir – a breathable T-shirt and a towel , an isotonic drink and an energetic bar.

Each finisher will be given a medal and a regenerative meal and will receive a text message with the results. He/she will also be able to have a massage and to go to the swimming pool .There will also be an opportunity to print the certificate .

There will be a lottery for finifhers only.

ALL THE 10,5 km race FINISHERS WILL TAKE PART IN A COMPETITION WITH VALUABLE PRIZES:

MAIN PRIZES :

- ELECTROLUX WASHING MACHINE
- GARMIN WATCH

1st Jelcz-Laskowice Half Marathon

Participation Terms :

- each participant has to be 18 by the day of the event (one has to have an ID Card or a Passport to prove it)
- Participants take part in the Half Marathon on their own responsibility, being fully aware of any threats and dangers connected with the nature of the event, which may include loss (or impairment) of their health and life. Only people in good health and with no medical contraindications to their participation in the event may take part in the Half Marathon.
- Submit his/her application in line with of these Terms and Conditions.
- Take part in the verification process at the Competition Office between 30th April and 1st May 2016 in accordance with these Terms and Conditions.

APLICATION PROCEDURE AND FEES

- as in the Marathon
- starting time – as in the Marathon – at 9.00 a.m

PRIZES

- statues for places 1-3 in men and women category
- statues for places 1-3 for best men and women from the Olavian District

The decoration will be held about 1.00 p.m – near the finish line , at Aleja Młodych

Each participant would receive a starting number with a set of safety-pins , a souvenir – a breathable T-shirt and a towel , an isotonic drink and an energetic bar

Each finisher will be given a medal and a regenerative meal and will receive a text message with the results. He/she will also be able to have a massage and to go to the swimming pool .There will also be an opportunity to print the certificate .

There will be a lottery for finishers only.

ALL THE HALF-MARATHON FINISHERS WILL TAKE PART IN A COMPETITION WITH VALUABLE PRIZES

MAIN PRIZES :

- ELECTROLUX WASHING MACHINE
- GARMIN WATCH

Bogdan Szczęśniak – the Mayor of Jelcz-Laskowice