

Lochaber Athletic Club Race Timing

As of 2019 we are starting to introduce a new timing system to our races to make it quicker and easier to register and to process results.

We are adopting a system similar to parkrun, and for those of you who have experience, you will know what an excellent concept it is.

You will be issued a LAC barcode and this will be your 'forever' barcode to be used every race you do with us, whether it is the winter league or the half marathon. You simply print it out and bring it along on race days. It is about credit card size and can be laminated or for a very small fee you can have it printed onto a metal card which will last a lifetime. If you are already registered for parkrun, you may opt to use the same barcode so that you only have one running barcode. Parkrun offer various options of wristbands and keyring cards etc so would make sense to use the same one if you have paid for it.

The concept is easy:

- Turn up a short time prior to start!
- Pay your donation if not already prepaid and be scanned in by timekeeper so we know how many are participating.
- No need for numbers or stabbing yourself with safety pins!
- Start running when race starts!!
- As you cross finish line you will be given small card with a further barcode on it – the number on it states which place you are in the race – 1st, 2nd, 3rd.....54th etc The timekeeper will have recorded your time as you pass on the stop watch and will marry up with your place number.
- When you have your puff back take that and your own barcode to the person scanning and they will scan both cards and give you your card back.

Simples!

We will be trialling this during the winter league and we are sure you will agree it is a much easier process. It means that volunteers do not have so much to do and do not have to pitch up quite so early!

Please complete the form to the rear and return to us as soon as possible so we can issue you your barcode.

First name	
Surname	
Category	
Club	
Email Address	
Any medical conditions, (will be printed on barcode in case of emergency)	
Emergency Contact Name	
Emergency Contact Number	
Tshirt size for winter league if qualified?	Size: Unisex/Female fit
parkrun barcode if already registered and you wish to use same code	