



An Res Hellys Multi-Terrain Run (Approx. 10 miles)



25th March 2012

Start 10.30am

At

Helston Rugby Club, Clodgey Lane, Helston TR13 8PJ



Carrick Leisure's Community Leisure Team, Tri-Logic Cornwall and Carn Runners bring you the fourth race of the Cornwall Glass and Glazing Grand Prix Series Run Under UKA Rules (Licence 2012-103337)

Race Awards

First 3 Male and Female Finishers

1st, 2nd and 3rd Male Under 40, Male Vets: 40, 45, 50, 55, 60, 65, 70 & 1st Male Vet 75

1st, 2nd and 3rd Female Under 35, Female Vets: 35, 40, 45, 50, 55, 60, 65

1st 3 Male Teams (6 to count) and 1st 3 Female Teams (6 to count)

It is anticipated that presentations will take place at 12.45pm.

All pre-entered finishers will receive an event memento. On the day entrants will not be guaranteed a memento.

Registration

This will be from 8.30am - 10.00am in the Rugby Club House. Pre-entries must collect their race number on the day. Race numbers must not be folded, cut or mutilated in any way.

The registration desk will close at 10.00am prompt and no late entries will be accepted after this time.

Changing & Refreshments

Changing facilities, showers, toilets and bag storage are available at the Club House. A licensed bar is available in the Club House.

MP3 Players

MP3 players and personal audio devices are banned whilst running for reasons of health & safety, both yours and other competitors. When you wear such a device you are unable to hear other competitors, cars, bicycles or marshal's instructions. **Runners breaking this rule will be disqualified.**

Please also note that dogs, wheelchairs, wheeled carriages and cycles are banned and competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description.

Marshals

You must obey all marshals' instructions and take responsibility for your own safety whilst running.

Please note that marshals are NOT there to stop traffic.

For information please contact:

E-mail: ceri.harvey@cornwall.gov.uk or guy.botterill@cornwall.gov.uk

Tel: 01209 614348 or 01209 615629

Website: www.cornwall.gov.uk/sportsevents

Please check the website www.cornwall.gov.uk/sportsevents leading up to the race for further race details including a route map, parking information etc.

Race Entry Form for An Res Hellys 2012

Competitor Details

Name..... Contact Tel. No.

M or F..... Date of Birth..... /..... /..... Age on Race Day (Minimum Age 17yrs).....

Address

.....

..... Postcode.....

Email Address

Affiliated Club (State if Unattached)

UKA Licence Number.....

DECLARATION:

I wish to enter the AN RES HELLYS. I hereby declare that I am medically fit to run and I understand that whilst the organisers will make every effort to ensure my safety they will not in any way be held responsible for any injury, illness, damage or loss to my persons or possessions during or as a result of my participation in the event. I will be 17 years old or older on the race day.

DATA PROTECTION:

The information you provide will be used for the purpose of race results, information and identification for health and safety reasons. The information will only be available to members of the results team and appropriate race officials and will not be passed on to any other person or agency.

We may also use your email address to inform you of other events that we are running throughout the year. Please tick here if you would prefer us not to inform you of future events

Signed..... Date.....

I ENCLOSE THE EVENT FEE OF: £11 – Affiliated
£13 – Non-Affiliated
(£2 extra on the day)

Please make cheques payable to "CARRICK LEISURE LTD"

Closing Date for Postal Entries: 16th March 2012

PLEASE RETURN COMPLETED FORM AND APPROPRIATE ENTRY FEE TO:-
HELEN THOMAS, 37 COLLEGE WAY, GLOWETH, TRURO TR1 3RX

E-MAIL ADDRESS FOR CLUB BLOCK ENTRIES: helen1221@sky.com

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