



Held under UKA Rules


UKA Race Licence No - 2009/100222

www.realbuzzbritain.com



www.carnrunners.co.uk

Certificate of Course Accuracy No - 09/068

|  |                       |   |  |
|--|-----------------------|---|--|
| <b>Surname:</b>  |                       | <b>Forename:</b>  |  |
| <b>Age On Race Day:</b>  |                       | <b>Date Of Birth:</b>   |  |
| <b>Male/Female:</b>  | <b>Email Address:</b> |   |  |
| <b>Address:</b>  |                       | <b>Tel No inc STD:</b>  |  |
|  |                       | <b>Name of Affiliated Club:</b><br><i>State if Unattached</i> |  |
| <b>Post Code:</b>  |                       | <b>UKA Licence No:</b>  |  |
| <p>DATA PROTECTION: The information you provide will be used solely 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.</p>   |                       |   |  |
| <p>DECLARATION: Please enter me for Storm Force 10. I 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 be held responsible for any injury, illness, damage or loss suffered by me whilst participating in the event. I am over 17 years of age. I agree to abide by UKA rules.</p> |                       |   |  |
| <b>Signed:</b>   |                       | <b>Date:</b>  |  |
| <b>Race Entry Fees:</b>  | <b>Affiliated £11</b> | <b>Non Affiliated £13</b>                                     |  |
| <b>Closing Date For Postal Entries 10/01/2010</b>  |                       | <b>£2 Extra On The Day</b>                                    |  |
| <p>CHEQUES PAYABLE TO: CARN RUNNERS</p> <p>ENTRIES TO: HELEN THOMAS<br/>37 COLLEGE WAY, GLOWETH, TRURO, CORNWALL. TR1 3RX<br/>TEL: 07968 208119<br/>EMAIL: helen1221@tiscali.co.uk</p>   |                       |   | <p>Cornwall Glass<br/><br/>Glazing Ltd.</p> |

**Race HQ:** Camborne School & Community College. Cranberry Road, Camborne, Cornwall. TR14 7PP  
Changing facilities, toilets and showers are available.

**The Course:** A fast undulating route, heads out of Camborne through Barripper and Carnell Green towards Leedstown, a short gravel section at approximately 4.5 miles before turning back towards Praze and on to Camborne. Many runners will know much of the route from the old Blaythorne 10, however we now have a very fast finish, to keep the excitement going to the final stages of the race. The finish and Race HQ are at Camborne School.  
See [www.carnrunners.co.uk](http://www.carnrunners.co.uk) for directions, course details and map.

**MP3 Players:** This event is run under Cornwall Road Runners rules and therefore MP3 players and the like 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 marshals instructions.

**Registration:** Will be from 8.15am to 9.45am in the Main Hall.  
Pre-entries must collect their race number on the day.  
The Registration desk will close at 9.45am prompt and no late entries will be accepted after that time.

**The Race:** **Start at 10:30am** Please allow for a ten minute walk from Race HQ to the start line at the top of Barripper Road.

**Refreshments:** Hot and cold drinks and confectionery will be available before and after the race.

**Race Awards:** First 3 Male and Female Finishers  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male under 40, Male vets: 40, 45, 50, 55, 60, 65, 70  
1<sup>st</sup> Male over 75  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female under 35, Female vets: 35, 40, 45, 50, 55, 60, 65  
1st 3 Male teams (6 to count)  
1st 3 Female teams (4 to count)  
1st Male veteran team over 55 (4 to count)  
1st Female veteran team over 55 (3 to count)  
Presentations will be held at approximately 1pm

**Goody Bag to all finishers.**

**Parking:** There is ample parking at the race HQ, however, as always we request that runners car share if at all possible.  
If you have to leave before the race has finished you may have to cross the course in the path of slower runners, therefore please drive with consideration.

**Directions:** From A30 Take the **A3047** exit toward **Camborne (West)**. At the roundabout, take the **1st** exit onto **Treswithian Rd**. Turn right at **Coronation Ave**. Turn right at **Crane Rd**. Turn right at **Cranberry Rd**

**Baggage:** There will be a facility to leave baggage at the start of the race, which will be transported back to the finish line.



**Westcountry  
Tile Centre**

