



# Mount's Bay 10k



On Sunday 7th February 2010 at 11am

Held under U.K Athletic Rules. (Permit applied for) .  
The second race of the Cornwall Glass and Glazing Grand Prix series 2010

Starting from Marazion Community Centre, this 10Km Race follows quiet country roads around a left hand circuit. Changing rooms, showers and refreshments will be available. Limited parking is available for approximately 100 cars, alternative parking is available in Public Car Parks in Marazion. A shuttle service will be running. Memento and goodie bags given to all finishers and prizes to the first 3 male and female,

First 3 Male Under 40, vet 40, 45, 50, 55, 60, 65 , 70.

First 3 Female Under 35, vet 35, 40, 45, 50, 55, 60,65.

First 3 under 20 male and female.

First 6 Team prizes :- 6 men, 6 ladies to count. Prize awarded for the course record which currently stands at 32.38 male, 37.03 female. The Ray Tuffnell Trophy will be awarded to the club with the most entries and a trophy will be awarded to the first local runner. Presentation expected by 1pm.

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

Address .....

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Post Code ..... Telephone .....

E-Mail Address .....

Male / Female ..... Date of Birth ..... Age On Race Day ..... (min age 15)

Name of affiliated athletic / running club .....

Tee shirt size ..... UKA membership no.....

## **Entry Details**

Members of Affiliated Athletic / Running clubs £10.00

Unattached runners or members of non-affiliated clubs £12.00

Closing date for entries 25<sup>th</sup> January 2010

**STRICTLY NO ENTRY ON THE DAY. RACE NUMBERS TO BE COLLECTED ON THE DAY. (Entry Limit 500)** Please send completed entry forms to Craig Tonkin, Jarlshof, Heather Lane, Canonstown, Hayle, Cornwall TR27 6NQ. Cheques payable to "Hayle Runners" Competitors are advised that dogs, wheelchairs (where appropriate), wheeled carriages and cycles and personal audio devices are banned, and that competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description.

A list of competitors will be published on Hayle runners website [www.haylerunners.co.uk](http://www.haylerunners.co.uk)  
I understand that the above details maybe published by Hayle Runners in electronic or paper format for the purpose of promoting the Mounts Bay 10k Road Race, and road running generally. Hayle Runners will not pass your details onto any organization for commercial purposes. I declare that I am fit to run and will compete under U.K.A. rules. I will not hold Hayle Runners responsible for any injury sustained

during the race. (Signature) .....

(Date).....

Any Telephone enquiries to Craig Tonkin (07973256568)

**WWW.Haylerunners.co.uk**

