



# 34th DUCHY MARATHON

Promoted by Cornwall Athletic Club

Round 3 of the Cornwall Glass and Glazing 2010 Cornwall Grand Prix Series

## SUNDAY 7 March 2010 at 10.30am

Start and finish at the Penventon Park Hotel Redruth

26 miles 385 yards under UK Athletics Rules

UKA Licence applied for

## Entry Form Duchy Marathon

### DETAILS FROM:-

Vance Webster      Tremeneth, Gulval Churchtown, Penzance, Cornwall, TR18 3BD  
 Tel: 01736 366319  
 Email: kvtrementh@aol.com  
 www.cornwallac.org.uk/duchymarathon



Please enter me for the 2010 Duchy Marathon (minimum age 17 on race day)

Entry fee **£12 (unattached £14) £2 extra on the day**

Please circle your age group

**MEN:**            Under 40   40/44   45/49   50/54   55/59   60/64   65/69   over 70

**LADIES:**        Under 35   35/39   40/44   45/49   50/54   55/59   over 60

### (BLOCK CAPITALS PLEASE)

Surname	Christian Name	Male/Female
Date of Birth	Age on race day	Telephone
Address		
Affiliated club (state if unattached)		UKA Licence Number

### DECLARATION

I accept that the organisers will not be liable for any injury, loss, damage, action claim cost or expenses which may arise as a consequence of participation in this event. I declare that I am medically fit and will not compete unless I am in good health I will compete at my own risk and agree to abide by the UK Athletic Rules.

Signed

### DATA PROTECTION

The information provided by you on this form will be used solely for the purpose of race results 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 to any other person or agency

Please make cheques payable to: Cornwall Athletic Club

**CLOSING DATE FOR POSTAL ENTRIES: SATURDAY 27 FEBRUARY 2010**

**PLEASE EMAIL RACE SECRETARY OR ENCLOSE A SAE FOR CONFIRMATION OF ENTRY**

Numbers will not be posted out. They can be collected at the Penventon Park Hotel from 7.00pm on the Saturday evening or on the morning of race day from 8.30am to 10.15am.

# PRIZE LIST

MALE		FEMALE	
1st	Perpetual Trophy and Individual Trophy <b>£100 cash</b>	1 <sup>st</sup>	Perpetual Trophy and Individual Trophy <b>£100 cash</b>
2nd	Trophy and <b>£50 cash</b>	2 <sup>nd</sup>	Trophy and <b>£50 cash</b>
3rd	Trophy and <b>£25 cash</b>	3rd	Trophy and <b>£25 cash</b>

## Trophies to the first three in the following age groups

**Male** Under 40, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**Female** Under 35, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

## TEAMS

Perpetual Trophies to the winning Male and Female teams

Individual Trophies to the First Three Male and Female teams (Four to score men Three to score Ladies)

## £50 CASH FOR MEN & LADIES COURSE RECORDS

(MEN Takao Komatsu 2hours 30min 46sec LADIES Heather Foundling-Hawker 2hours 51min 41sec)

## MEDALS TO ALL FINISHERS PASTIES FOR ALL RUNNERS

**PLEASE NOTE:** All runners will receive a finishing time but there will be no guarantee after 4.00pm, of Marshals and drink/sponge stations being in place.

## THE COURSE

A two lap route starting and finishing at the Penventon Park Hotel. The course, generally flat, initially follows an out and back one mile section before turning north onto a two lap circular route along the spectacular north coast and back through the historic mining district of Pool. Drink stations are provided at 3 mile intervals.

## CHANGING AND REGISTRATION

Pre entered runners may collect their numbers on the Saturday evening from the Trevithick Room at the Penventon Park Hotel between 7.00pm and 9.00pm or from the Forum Room at the Hotel from 8.30am to 10.15am on race day.

**Late entries will also be taken on the Saturday evening, as well as on the Sunday morning**

**The additional £2 late entry fee will apply at both times**

**Changing Facilities, Showers, Bag Storage, Car Parking available**

**Bar and Refreshments available throughout the day**

## SPECIAL 2010 OFFER FOR ALL DUCHY MARATHON and DUCHY 20 RUNNERS/FAMILIES

SPRING MARATHON BREAK AT THE PENVENTON PARK HOTEL

EXCLUSIVE TO ALL RUNNERS AND SUPPORTERS

**TWO NIGHTS BED & BREAKFAST including the SATURDAY NIGHT PASTA PARTY**

**£87.50 per person**

The offer applies to stays on the Friday/Saturday or Saturday/Sunday nights

Stay for a third night for just £40, so your three night stay would cost only £127.50 per person

Stay for the Saturday night only for £57.50 per person, including the pasta party

**PRICES ARE BASED ON TWO PEOPLE SHARING AND INCLUDE VAT**

CONTACT THE PENVENTON PARK HOTEL 01209 203000

[www.penventon.co.uk](http://www.penventon.co.uk) email [marathon@penventon.com](mailto:marathon@penventon.com)

**DON'T FORGET THE PASTA PARTY AT THE PENVENTON PARK HOTEL ON SATURDAY EVENING BEGINNING AT 7.00pm. The cost will be £7.00 per person. A range of pastas, including a vegetarian option, will be available**