

THE 6th DUCHY 20

Promoted by Cornwall Athletic Club

Sunday 7 March 2010 at 10.30am

Start and finish at the Penventon Park Hotel Redruth

Following the success of the Duchy 20 since 2005, the 20 mile **RUN** will again be incorporated into the 2010 Duchy Marathon

- Runners must enter the 20 separately
- There will be a lower entry fee
- Duchy 20 medals will again be awarded to all finishers
- Pasties for all runners at the finish
- The Duchy 20 will **START** and **FINISH** at the Penventon Park Hotel
- On lap two the route will follow a detour at 15.5 miles, rejoining just after the 23 mile point, avoiding the North Cliff section and the hillier section on the second circuit!!
- Runners in the 20 will have different coloured numbers front and back from runners in the marathon
- There will also be a separate finishing funnel, with an official timekeeper at the Penventon Park Hotel
- **PLEASE NOTE THERE ARE NO PRIZES AWARDED FOR THE 20 MILE RUN** (this is reflected in the reduced entry fee)
- Late entries will also be taken on the Saturday evening, as well as on the Sunday morning. The additional £2 entry fee will apply at both times

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 email 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**

Entry Form Duchy 20

DETAILS FROM:-

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

Please enter me for the 2010 Duchy 20 (minimum age 17 on race day)
Entry fee £7 (£2 extra on the day)

(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.

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

Signed _____

Cheques made 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 between 8.30am and 10.15am