

The CORNISH MARATHON 2010

Sunday November 21st Start 10.00am

UKA License No:2010-100902

Final race (15) of the Cornish Grand Prix Series



Sponsored by

and ONE MILE FUN RUN

Start 10.30am Registration on the day: £2. Medal to all finishers

Start and finish at MILLENNIUM HOUSE, PENSILVA , PL14 5NF

A Ginster's pasty and memento to all finishers. Changing and showers.

A tough out and back course, up the Draynes Valley, across Bodmin Moor to Bolventor (Jamaica Inn), down the Fowey Valley and back to Pensilva. Please note: due to the narrowness of the lanes and non-race traffic, it is respectfully requested that no-one follows competitors in cars. Please note: Under the Grand Prix and UKA rules, the use of MP3 players during the race is not allowed. Any competitor seen using one by a marshall will be reported to the organizers and removed from the results list.

Entry Fees: EA registered: £15. Non-registered: £17 (non refundable)

Cheque payable to "East Cornwall Harriers". £5 extra on the day.

Closing date for postal entries: November 13th

Entries to: Dave Clatworthy. Race Director. 2 Amanda Way, Pensilva,
Liskeard, PL14 5RA. Telephone: 01579 362522.

Email: dandhclatwothy@tiscali.co.uk.

Limit - 300

Full marshall, finish timing and St. John first aid support up to 5 hour limit. UKA rules apply. BARR measured course.

Numbers will be issued on the day. If you would like to receive an acknowledgement of your entry and a course map, please send an A5 size SAE.

Trophy list:

Male: Individual - 1st 3 under 35; 35/39

1st 3 vets 40/44, 45/49, 50/54, 55/59, 60/64, 65/69, over 70

EAST CORNWALL

HARRIERS

Female: Individual - 1st 3 under 35
1st 3 vets 35/39,40/44,45/49,50/54,55/59, over 60
Male team - 1st 3 teams - 4 to count
Female team 1st 3 teams - 3 to count

www.eastcornwallharriers.com

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Entry Form

Name:..... Male/Female

Date of birth.....Age on race day.....

Address.....

..... Post code.....

Telephone.....Email.....

Club.....

England Athletics Registration number.....

Declaration: I accept that the organisers will not be liable for any injury, loss or damage, action ,claim costs or expenses which may arise in consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day.

Signature.....Date.....

EAST CORNWALL

==HARRIERS==

Date Protection: The information provided by you on this form will be used solely for the purposes of race results and identification for health and safety reasons. The information will be only be available to members of the results team and appropriate race officials and will not be passed to any other person or agency.