



# An Resek Hellys Multi-Terrain Run (Approx. 10 miles)

28<sup>th</sup> March 2010

Start 10.30am

At

Helston Rugby Club, Clodgey Lane, Helston TR13 8PJ

Cornwall Council Community Leisure Team, Tri-Logic Cornwall and Carn Runners bring you the fourth race of the Cornwall Glass and Glazing Grand Prix Series

Run Under UKA Rules Permit Number 20091190

[www.realbuzzbritain.com](http://www.realbuzzbritain.com)

## 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>, 2<sup>nd</sup> and 3<sup>rd</sup> Female Under 35, Female Vets: 35, 40, 45, 50, 55, 60, 65

1<sup>st</sup> 3 Male Teams (6 to count) and 1<sup>st</sup> 3 Female Teams (4 to count)

It is anticipated that presentations will take place at 12.45pm.

All finishers will receive an event t-shirt.

## Registration

This will be from 8.30am - 10.00am in the Rugby Club House. Pre-entries must collect their race number on the day. Race numbers must not be folded, cut or mutilated in any way.

Please Note: The registration desk will close at 10.00am prompt and no late entries will be accepted after this time.

## Changing & Refreshments

Changing facilities, showers, toilets and bag storage are available at the Club House. A licensed bar is available in the Club House.

## MP3 Players

MP3 players and personal audio devices 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 marshal's instructions.

Please also note that dogs, wheelchairs, wheeled carriages and cycles are banned and competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description.

See [www.carnrunners.co.uk](http://www.carnrunners.co.uk) or [www.tri-logiccornwall.co.uk](http://www.tri-logiccornwall.co.uk) or [www.cornwall.gov.uk/sportsevents](http://www.cornwall.gov.uk/sportsevents) from 1<sup>st</sup> March for a further information sheet including directions to the race, course details and a map.

**For information please contact the Race Director, Ceri Harvey**

E-mail: [ceri.harvey@cornwall.gov.uk](mailto:ceri.harvey@cornwall.gov.uk) ~ Tel: 01209 614348 or 07970 565114

# Race Entry Form for An Resek Hellys 2010

## Competitor Details

Name..... Contact Tel. No. ....

M or F ..... Date of Birth..... / ..... / ..... Age on Race Day (Minimum Age 17yrs).....

Address .....

.....

..... Postcode .....

Email Address .....

Affiliated Club (State if Unattached).....

UKA Licence Number .....

T-Shirt Size (Please circle)    S    M    L    XL

Size guaranteed for entries received before 5<sup>th</sup> March 2010

### **DECLARATION:**

I wish to enter the AN RESEK HELLYS. I hereby 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 in any way be held responsible for any injury, illness, damage or loss to my persons or possessions during or as a result of my participation in the event. I will be 17 years old or older on the race day.

### **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.

Signed ..... Date .....

I ENCLOSE THE EVENT FEE OF:    **£11** – Affiliated      
    **£13** – Non-Affiliated      
    (£2 extra on the day)

Please make cheques payable to “Cornwall Council”

Closing Date for Postal Entries: 19<sup>th</sup> March 2010

PLEASE RETURN COMPLETED FORM AND APPROPRIATE ENTRY FEE TO:-  
**AN RESEK HELLYS, CORNWALL COUNCIL LEISURE SERVICES,  
DOLCOATH AVENUE, CAMBORNE, CORNWALL, TR14 8SX**

**For information please contact the Race Director, Ceri Harvey**  
E-mail: [ceri.harvey@cornwall.gov.uk](mailto:ceri.harvey@cornwall.gov.uk) Tel: 01209 614348 or 07970 565114

