

COOSE TRANNACK CROSS COUNTRY RACES

PARENTS AND FRIENDS OF TRANNACK COMMUNITY.

Registered charity : 1077109.

Trannack C.P. School, Trannack, Helston, Cornwall. TR13 0DQ.

INFORMATION SHEET

GENERAL

Coose Trannack is a Millennium Woodland planted by the Woodland Trust in 2000 in conjunction with Trannack School. The woodland is open all year round to the general public and also hosts Helston & Lizard area primary schools cross-country championship events.

The event is open to ALL children of school age from Yr R through to Yr11 of ALL abilities.

Hot food & Drinks will be served from 8:30. All competitors and are entitled to have a free cold drink, piece of fruit and/or bite size treat after their race as part of their race entry fee.

From 8:30 until the start of the races all spectators and competitors are invited to walk the course and enjoy the spectacular views out to the Lizard and Mounts Bay.

There will be a formal Opening and Welcome at 9:50; races start at 10:00 and the event ends at 12noon with a presentation ceremony.

The competitors are advised to come already changed as there are no changing facilities.

Please ensure you place litter in the bins provided and behave in an orderly manner at all times.

The Local Press are invited to attend. The PFTC cannot accept liability for children's pictures appearing in the press. The responsibility is that of the visiting schools / clubs and/or parents.

PARKING

Please arrive early leaving yourself plenty of time to park and register for the races (& spend time walking the course if you wish).

Trannack School is approximately 2 miles north of Helston. Follow the B3297 from Helston towards Redruth and turn right where the school is signposted just past the Wheal Dream restaurant. There is a car park just over the bridge across the River Cober. When this car park is full the overflow car park at the school can be used. There is disabled parking outside the school.

ALL CARS ARE PARKED AT THEIR OWN RISK

ENTRY FORM & REGISTRATION

Children can attend EITHER collectively through their school or club organiser OR can attend as individual entries.

An entry form should preferably be completed and returned BEFORE the day, but entries CAN be made on the day itself.

The Registration office is open on the day from 8:30 till 9:45.

The following people will need to report to registration on the day and collect their race numbers :-

- School or club organisers who are collectively organising the children from their club / school.
- Individual children who have NOT been pre- registered and have NOT been paid for via their school or club organiser.

There is a £1-50 entry fee per child, which can either be paid in advance (preferable) or paid on the day.

All competitors must wear their race number on the front of their tops.

RACE DISTANCES , TIMINGS, MEDALS & TROPHIES

Welcome (at start of course) 9:50am

Yr3	900m	10:00am
Yr 4	1200m	10:10am
Yr5	1500m	10:20am
Yr 6	1800m	10:35am
Yr7,8&9	2400m	10:50am
Yr 10&11	3600m	11:05am
YrR,1&2	500m	11:25am

Awards (in playground) 11:40am

All competitors should be ready for their event at least five minutes before their scheduled start time.

Although the boys and girls' races and some year groups are combined, there is a competition for both boys and girls in every age group. The boys and girls starts are staggered at the start.

All competitors are awarded a certificate of participation with their race position on immediately after the race.

There are medals for the top three finishers in each age category (separate medals for boys and girls) and also trophies awarded to the best Primary School, Secondary School & Club.

Club teams will not be in competition with Schools. Pupils may be representing both their club and school and will score points for both.

Last Years winners were :-

Club	Winners	Mounts Bay Harriers
	Runners-up	Cornwall Athletic Club
Primary School	Winners (Martin Luck Trophy)	Bolitho
	Runners-up (Colin Bloor Trophy)	Polwhele
Secondary School	Winners (Bolitho Trophy)	Helston
	Runners-up (Colin Bloor Trophy)	Mounts Bay

COMPETITION RULES

- 1 – Children may only enter the race appropriate for their National Curriculum year group.
- 2 – Schools may enter any number of competitors in each race.
- 3 – Points are awarded for the first three finishers in each age group for both boys and girls - except infants which is a fun run only and no points are awarded. First place – 3 points, Second Place - 2 points. Third Place - 1 point.
- 4 – Neither a place nor a point will be awarded to a competitor who has not registered before the race.
- 5 – The junior and secondary schools achieving the highest scores will be declared the winners.
- 6 – In the event of a tie , the school with the most firsts will be declared the winner. If there is still a tie the school with the most places will be declared the winner. If there is still a tie then the trophy will be shared.
- 7 – The trophies will be held by the winning teams and should be returned to Trannack School in time for next year's event.
- 8 – The winning teams are responsible for the engraving of the trophies
- 9 – The rules for the Club competition are as above except the word school should be replaced by club.
- 10 – The decision of the Race Director is final.

HEALTH & SAFETY

- No animals, except for guide dogs, may be taken into the school grounds or the site of the races
- The whole of the school grounds is a non-smoking zone
- Parents and visitors are requested not to smoke in any area where there are children or other visitors to the event.
- All competitors should be aware that some of the competitors will be wearing spikes.
- Parents should ensure that their children are capable of completing the distance involved.
- At 9:50 all spectators should retire to the viewing area in time for the welcome. During the races no sponsors are allowed on the course.
- No spikes or football boots should be worn in the school hall.

- Hot drinks and food will be served and care should be taken when moving around the school playground and hall.
- The playing field adjacent to the school hall should be used ONLY for warm-up purposes by competitors.

MANY THANKS TO OUR SPONSORS & SUPPORTERS

At Your Pace – (sport shoe shop in Helston)	- Medal Sponsors
Martin Luck	-Trophy and printing certificates
Bolitho School	-Trophy
Colin Bloor Jewelers (Helston)	-Trophies
Woodland Trust	-Providing course and cutting grass
St Johns Ambulance	-Injuries on the day
Bernard Tonkin	-Car park at Coverack Bridges
All participating schools and clubs, PFTC, competitors and spectators	

For enquiries, further information and to submit your registration forms please use the following email address – coosetrannack@hotmail.co.uk or send to :- Trannack School, Trannack, Helston, Cornwall TR13 0DQ

We look forward to welcoming you on the day.

Paul Wiltshire
On behalf of Trannack PFTC
January 27th 2010