

COOSE TRANNACK CROSS COUNTRY RACES

PARENTS AND FRIENDS OF TRANNACK COMMUNITY

Registered charity: 1077109

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

COOSE TRANNACK — Saturday, 22nd MARCH 2014

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 and Lizard area primary schools cross country championship events.

The event is open to ALL children of school age from Yr R through to U17.

Hot food and drinks will be served from 8:30.

The Registration Office (in the main school hall) is open from 8:30 to 11:00.

From 8:30 until the start of the races all spectators and competitors are invited to walk the course.

Races start at 9:55 and the event ends around 12 noon after a presentation ceremony in the playground for Primary Schools. (Secondary School Medals are handed out at the finish line but competitors are welcome to stay until completion of the event.)

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

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.

For event enquiries and to submit your registration form email: coosetrannack@hotmail.co.uk or post to: Trannack School, Trannack, Helston, TR13 0DQ

PARKING

Please arrive early giving yourself plenty of time to park and register (and to walk the course if you wish). Please consider car sharing to this event.

DIRECTIONS

Trannack School is approximately 2 miles north of Helston. Follow the B3297 from Helston towards Redruth, turn left where the school is signposted just past the Wheel Dream restaurant. There is a car park just over the bridge. This will be used first and when this is full the car park marshals will point you in the direction of the overflow car parks. There is disabled parking outside the school. ALL CARS ARE PARKED AT THEIR OWN RISK.

ENTRY FORM & REGISTRATION

Children can enter either collectively through their school or club organiser or attend on the day as an individual entry.

To help with the smooth running of the event, the Coose Trannack committee would be grateful if each school/club could have a representative to act as a contact, to pre-register their team before the closing date and be responsible for their team on the day.

The entry form should be completed and returned BEFORE the day, however if this is not possible entries can be made on the day - please report to Registration at least an hour before the scheduled time of the race.

Please note ONLY the following will need to report to Registration on the day to collect their race numbers:-

→ School or club organisers who are collectively organising the children from their school / club as part of a team.

→ Individual children who have NOT been pre-registered or have NOT been paid for via their school or club organiser.

The entry fee is £2.00 per child. Cheques should be made payable to the PFTC (Parents and Friends of Trannack Community). The cost of entry has risen slightly this year due to rising costs or organising the event. As part of the entry fee competitors will receive a drink, an item of fruit and a chocolate snack (available from a stand in the playground). They will also receive a certificate showing their finishing position and can keep their race number as a memento of the occasion. The Coose Trannack woodland offers more of a challenge than most races and is a running event that should not be missed.

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

RACE DISTANCES, TIMINGS, RESULTS, MEDALS AND TROPHIES

Secondary School Event

U17	3600m	9:55am
U15	3600m	9:55am
U13	2400m	10:15am

Medals Given out at the finish line for Secondary School races

Primary School Event

Yr.6	1800m	10:30am
Yr.5	1500m	10:45am
Yr.4	1200m	11:00am
Yr.3	900m	11:10am
Yr.R, 1 & 2	500m	11:20am

Medals & Trophies 11:40am (in the playground)

All competitors should be ready for their event at least five minutes before their scheduled start time and should gather in the Marshalling Area. Only children due to compete in the next race are allowed in the Marshalling Area.

RACE INFORMATION

Adults are NOT allowed to accompany their children into the Marshalling Area, nor are they allowed to accompany the children to the start line.

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 should go to the Marshalling Area together, but the actual start of the races will be staggered on the start line with a gap of about 30 seconds. The boys will go first.

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

A notice board showing the number of finishers in each race will be near the finish line of the course and will be updated as the morning progresses.

There are medals for the top three finishers in each age and gender category and also trophies awarded to the best Primary School, Secondary School and Club – the first six finishers in each race earn points for their school and club if applicable.

The race positions will be noted down by the finish line marshals from the race numbers on the children tops. The first six finishers will be asked their name / school and club on the finish line as a double check that we have recorded the point scoring children correctly for the results.

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

COMPETITION RULES

1. Children may only enter the race appropriate to their National Curriculum year group.
2. Schools may enter any number of competitors in each race.
3. Points are awarded for the first six finishers in each age group for both boys and girls;

First place	-	6 points
Second Place	-	5 points
Third Place	-	4 points
Fourth Place	-	3 points
Fifth Place	-	2 points
Sixth 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 primary 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 on 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 will be wearing spikes.
- Parents should ensure that their children are capable of completing the distance involved.
- Once the first race has started no spectators are allowed to cross the rope on to the course at any time until the last race is completed. But before the races start spectators are allowed to walk 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 site.
- The playing field adjacent to the school hall can be used for warm-up purposes.
- St Johns Ambulance crew are on site throughout the morning.

LAST YEAR'S WINNERS

Club	Winners	Cornwall Athletic Club (Pool)
Primary School	Winners	Devoran
	Runners-up	Parc Eglos (Helston)
Secondary School	Winners	Helston
	Runners-up	Truro

Full results for this year's event will be published on the Trannack School website.

MANY THANKS TO OUR SPONSORS & SUPPORTERS

Event Sponsors **At Your Pace**— Specialist Running Shop and Sports Injury Rehabilitation Clinic in Helston
Classic Cottages—The West Country's holiday cottage specialists
South West Forestry—Suppliers of quality hardwood and softwood firewood throughout West Cornwall

The Woodland Trust for providing the course and cutting the grass

St Johns Ambulance

Bernard Tonkin for the car park at Coverack Bridges

Treeve Jacka for the car park at Trannack

Cecily Miller for the overflow car park at Trannack

All participating schools and clubs, Trannack PFTC, all competitors and spectators

We look forward to welcoming you on the day.

Dave Stott
On behalf of the Parents and Friends of Trannack Community