



**SUNDAY, 2 DECEMBER 2018 AT 10.00AM**

(1 hour 45 minutes cut-off time)

A 7.5 mile race through the countryside north of Penzance including breath-taking views of Mounts Bay and St Michael's Mount. It includes off-road tracks through a couple of fields with Cornish stiles to cross and it is run over uneven stony ground across the moors as well as on tarmacked roads. The first half of the run is uphill with the second half being downhill with a slight kick uphill to the finish at Penwith College.

Not suitable for wheelchair users. No dogs allowed on college premises or to run in the race.

No earphones/iPods/personal stereos are allowed to be worn or instant DQ!

**Race HQ:** Porthcurno Building, Penwith College, St Clare Street, Penzance, Cornwall, TR18 2SA

**Directions:** At the A30 Penzance Tesco's roundabout follow the A30 up the hill and straight across the first roundabout, at the next roundabout turn left (first exit) and follow the Leisure Centre signs from the roundabout. Turn left into Penwith College opposite the Leisure Centre entrance. If you get to the mini roundabout you've gone too far!

**Parking:** Please follow the marshals' directions when parking vehicles. **BEWARE OF SPEED BUMPS – THEY ARE VICIOUS!**

**Registration:** Opens at 8.30am until 9.45am. Pick up your race number from registration – this is not sent in advance. Please pin to the front of your race top at all four corners with the pins provided.

**Baggage:** There will be a baggage area in the sports hall.

**Race start:** At 10.00am outside the registration area on the access road.

**Presentation:** Approximately 12.00 noon in the Porthcurno Building.

Toilets, showers and changings rooms are available within Porthcurno Building.

Runners please stay on pavements wherever possible and not run in the road. Please keep to the right if there is no pavement except at the bottom of Bone Valley when please get over to the left.

A percentage of the entry fee goes to Cornwall Wildlife Trust and their work protecting Cornwall's wildlife and wild places. If you would like to raise sponsorship money please see [www.raceforwildlife.org.uk](http://www.raceforwildlife.org.uk)



Part of the Cornish Multi-Terrain Race Series – open to 16-year-olds and above

(UK Athletics Permit No.2018-33437)

[www.mountsbayharriers.co.uk](http://www.mountsbayharriers.co.uk)