

**CORNWALL GLASS GRAND PRIX SERIES RACE 10 OF 15**

**37<sup>th</sup> INDIAN QUEENS HALF MARATHON  
SUNDAY 4<sup>TH</sup> AUGUST 2019 START 9.30AM  
The flattest half marathon in Cornwall. Oh yes it is!**

This event is organised in association with Newquay Road Runners

UK Athletics licence No: 2019-37656

Surname

Forename

Age on race day, must be 17 or over

Date of birth

Male/Female

Email

Address

Tel No

Unattached Y / N

Email:

Name of club

Licence No

Top size      Female XS S M L XL  
                         8 10 12 14 16

Male S M L XL 2XL  
                         38 40 42 44 46

Later entries may not get requested size

**Entry fee: Affiliated £17**

**Unaffiliated £19.00**

**Closing date for all entries Friday 26<sup>th</sup> July or earlier if race limit of 600 reached, no entries on the day. Cheques made payable to Indian Queens Half Marathon. Up to 15<sup>th</sup> July refunds of £10 can be made. Postal entries to Jan Sargent, Byeways, Lewannick Road, Cubert, Newquay TR8 5HJ**

**DATA PROTECTION** You agree that we may publish your personal information as part of the results of the event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing the event results either for the event alone or combined with or compared to other events. Results can include, but not be limited to, name, club affiliation, race times, age category, occupation.

**DECLARATION** Please enter me for Indian Queens Half Marathon. I 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 be held responsible for any injury, illness, damage or loss suffered by me whilst participating in the event. I am 17 years or over and agree to abide by UK Athletics rules.

Signed

Date

Parent or guardian if under 18

- Race HQ:** Indian Queens Working Mens Club, St Francis Road TR9 6QN. 01726 860258.  
Toilets, no showers, no changing facilities. Extra portaloos. Bar open at end of race. Other refreshments will be available from mobile caterers. Baggage facility. Will be signposted.
- Parking:** There is no parking available at the club. Do not park on the main road or you may obstruct the race. There is parking provided at the industrial estate TR9 6TL just off the A30 Indian Queens exit which will be signposted and marshalled.
- Chip timing:** The race number will contain the race chip. Gun to finish times will be used for results and awards purposes. The chip to chip time is for your personal use. Complete the medical details on the reverse.
- Registration:** Will be from 8am to 9am in the club and will close promptly. Affiliated athletes to wear club vests. All numbers to be collected on the day.
- Headphones:** The event is run under UK Athletic rules and all types of head/earphones are banned for safety reasons. **Any runner caught wearing these in any form will be disqualified.**
- Race awards:** **Men** First 3 overall. First 3 U35. First 3 Vet 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79,80+  
**Teams:** First 3 (6 runners to count), with prizes for each team member.
- Ladies** First 3 overall. First 3 U 35. First 3 Vet 35-39,40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+  
**Teams:** First 3 (6 runners to count), with prizes for each team member.
- Local Male and local Female prizes at race directors discretion**  
**Presentations at noon**
- The race:** Starts at 9.30 am at the old school opposite the main parking area. You will be kept in a holding area for the safety briefing then brought onto the road for the start. The course is circular, gently undulating for the most part with a small hill section in the middle and end. It makes use of the 7mile Goss Moor Trail, lanes and minor roads. The start/finish area will be closed to traffic and **some** sections are traffic free or traffic controlled. Drinks stations will be approx. every 3 miles and at the finish. As approx 2 miles of the course is on firm trail the race holds a multi terrain permit. **Be aware that there is a train level crossing approx 3.5 miles in to the race which will be monitored by Network Rail. If you do not cross by 10.20am you will be stopped to allow the train to pass. No arguments, the Newquay/Par sprinter will win every time.**
- There are no toilets along the route. If you need to relieve yourselves choose an area of shade and damp, particularly along the trail sections. Nobody has died from an adder bite yet and we would like to keep it that way. All of the route is open to cyclists, walkers and dogs so please be considerate and also look out for each other.
- Cut off time is 3 hours. No dogs, cycles, pushchairs, walkers, and no outside assistance. Not suitable for wheelchairs. Competitors with other disabilities or medical issues must contact

the race director prior to entering. You must obey marshals instructions and be aware that they cannot legally stop traffic.

**Results:** Will be available from Run Britain and Cornish running club sites as soon as possible after the race.

**And finally:** This race is always hot from start to finish so please plan your training and fluids accordingly. Likewise, anyone who runs around a pitch for 80/90 minutes and thinks “how hard can this be” - you’ll likely be the one 5 miles in chundering at the side of the road. There are plenty of free training plans available so choose one that fits your lifestyle and ability. Anyone who doesn’t already have a good fitness base should be looking at a plan of no less than 16 weeks. We want you all to “enjoy” the experience and return safely. We recommend you visit [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) before commencing your training. Please don’t run if you feel unwell.

When running in races you can be on either side of the road as directed but when you are out training as an individual or in a small group the Highway Code states:

“Small groups (and individuals) should keep to the **right-hand side** of the road so you can see oncoming traffic. Keep close to the side of the road and be prepared to walk in single file. If you come across a sharp right-hand bend it may be safer to cross to the left-hand side of the road and cross back after the bend.” Stay safe out there.

**Enquiries**      Race director Alison Beare, Rose Cottage, Ruthvoes, St Columb TR9 6HT

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