

Torpoint & Rame Peninsula Lions Club

www.lions.org.uk/torpoint

proudly presents



UKA Licence No:
2011-102831



Certified
Accurate

An opportunity to take part in this challenging, undulating 10 mile Road Running Race around the Rame Peninsula, Starting and Finishing at Millbrook Football Club. The course heads out towards Cremyll, then back across Maker Heights, down to Kingsand then onto Rame Head. Next, (weather permitting!), you will take in the stunning coastal views along the cliff-top road above Whitsand Bay, before turning inland and making your way towards St. John and then back to Millbrook. The road heights, covered by this course, vary between sea-level and up to 100+m above!

DATE: 30th October 2011

START TIME: 11:00hrs. (from: Millbrook Football Club, Mill Road, Millbrook, TORPOINT, Cornwall. PL10 1EN)

ENTRY FEES: UKA Affiliated members £10.00
Non-UKA Affiliated entrants £12.00
(Additional £3.00 per entry, on the day)

Number of entries limited to 250 • Minimum age: 17yrs. • Closing date for postal entries – 24th October 2011

PRIZES: 1st male & female £35.00 each, (plus £50.00 bonus if course record broken [M - 0:58:22 ; F - 1:05:07]).
2nd male & female £20.00 each, 3rd male & female £10.00 each.
Trophy for first male veteran 40, 45, 50, 55, 60, 65+ and first female veteran 35, 40, 45, 50, 55, 60+
Special dated medallions for 1st, 2nd & 3rd overall, and the winner of each veteran category.
Normal dated medallion for all other entrants.

CAR PARKING, SHOWER AND TOILET FACILITIES WILL BE AVAILABLE
AS WILL THE FOOTBALL CLUB'S "BURGER; BACON; SANDWICH & HOT-DOG FACILITY" - PLUS A LICENSED BAR, FROM MID-DAY.

SEND COMPLETED ENTRY FORMS TO:

LION MIKE CRAMP, 92 FREATHY BUNGALOWS, MILLBROOK, TORPOINT, CORNWALL. PL10 1JR

Please make cheques payable to "Torpoint & Rame Peninsula Lions Club"

N.B. Closing date for receipt of postal entries – Monday 24th October 2011

Surname: _____ Forename(s): _____

Address: _____

E-Mail: _____

Tel. No: _____ Male/Female: _____

Age on Race Day: _____ Date of Birth: _____

Affiliated Club Name (if applicable): _____

Entry Fee (please tick):

Affiliated (£10.00)

Non- Affiliated (£12.00)

Total Amount Enclosed: £ _____

Signature:

Date:

Please enter me for the Lions' "The Teller" 2011. I agree to abide by the rules of the UKA and regulations of the organisers. I declare that I will be 17 years of age or older on the day of the race and accept full responsibility for any injury, illness, accident or loss resulting from my participation. I declare that I will only take part if I am in good health on the day of the race and that I will compete at my own risk.