



Launceston Road Runners
proudly present

THE TREGGY 7

Sunday 6th September 2009 at 11am

The fourth running of this **7 mile race around Launceston**, taking in some scenic countryside as part of a challenging but fast course.



Certificate No.
06/082r



Cornwall Glass



Race number 12 in the Cornwall Glass & Glazing Grand Prix Run under UKA rules - UKA Licence no. 20090494

With kind support from:

Location: From the Launceston Football Ground, Pennygillam Ind Est, Launceston (Start line approx 1/2 mile from the ground)
(Changing, Bag Storage, parking and race HQ / presentation at venue)
Race limited to 400 runners, enter early to avoid disappointment.
CLOSING DATE FOR POSTAL ENTRIES: 28th August 2009
NUMBERS TO BE COLLECTED FROM RACE HQ ON RACE DAY



Prizes: £50 Prize to 1st Male & Female to break course record.
Male Record 2008 - 37m 42s, Female Record 2008 - 42m 54s



RaceAwards: First 3 Male and Female finishers
First 3 Male Under 40, First 3 Male Vet 40, 45, 50, 55, 60, 65, 70+
First 3 Female Under 35, First 3 Female Vet 35, 40, 45, 50, 55, 60+
First 3 Male Teams (6 to count), First 3 Female Teams (4 to count)
First Veteran O50 Male Team (4 to count) & O50 Female Team (3 to count)
Mementos to all finishers



Entries: FEES: £8.00 affiliated - £10 Non-affiliated - £2 extra for all "on the day"
Please complete the entry form below and send with cheque or P.O. made payable to "Launceston Treggy 7" together with an A5 S.A.E. for further information before 28th August 2009 to:
Mrs J. Towers, The White House, Cross Roads, Lewdown, Okehampton, Devon EX20 4DP.
07816 226483. For Enquiries please email: entries@treggy7.co.uk



Also... Pennygillam Fun Run

Approx 1 mile fun run. Start Time 10.15am. Entry Fee: £2.50. Awards to all entries.
Trophies for 1st 3 Male & Female. Entry Limit of 100 so be Quick!!

Entries close at 10am on the day if not full before **Entries on the day only!!!**

THE TREGGY 7 - Entry Form

First Name _____ Surname _____ Male / Female _____
Address _____ Date of Birth _____
Age on 6th September 2009 _____
Postcode _____ E-mail Address _____ Telephone _____
Affiliated? YES / NO _____ Club Name _____

DATA PROTECTION: The information you provide will be used solely for the purpose of race results, information and identification for health and safety reasons. The information will only be available to members of the results team and appropriate race officials and will not be passed to any other persons or agencies.

DECLARATION: I understand that while the organisers will make every effort to ensure my safety, I accept the risks involved and they will not be responsible for any injury, loss or damage suffered by me whilst participating in this event. I further declare I will be medically fit, over 17 years of age on the 6th September 2009 and abide by the UK Athletic rules for this event.

SIGNED _____ DATE _____

More information and race numbers please visit: www.treggy7.co.uk