

The Trelissick Estate Summer 10k

27th August 2009

Start 6.30pm

With the kind permission of



THE NATIONAL TRUST



Above: Runners at the 2007 race

The Trelissick Estate will once again host an exciting early evening 10k race this August. The event, now entering its second year will follow the same route as this winter 10k race, taking in the beautiful woodlands and fields overlooking the breathtaking Fal Estuary.

- CHIP TIMING
- T-SHIRTS FOR ALL FINISHERS
- EXTENSIVE PRIZE LIST
- FRIENDLY ATMOSPHERE
- BEAUTIFUL SCENERY
- GENEROUS ENTRY FEE



For details see www.runnersworld.co.uk
Or email teamspieventssouthwest@hotmail.co.uk



www.GoodRunGuide.co.uk

OFFICIAL ENTRY FORM INFORMATION:

- Entry fees: In advance £10.50 affiliated / £11.50 unaffiliated. On the day £13 (affiliated or unaffiliated).
- There is an entry limit of 500 for this event
- Cheques should be made payable to: Team SPI Events South-West
- Entries to: Oak Farm, Cannon Downs, Truro, Cornwall, TR3 6LJ
- Enter online at www.runnersworld.co.uk (extra cost of £1.50)
- Closing date for postal and online entries is **Monday 24th August**
- Telephone enquiries: 07779790188
- Email enquiries: teamspieventssouthwest@hotmail.co.uk
- Collect your numbers and timing chips on the day (Team SPI Events does not own the chips so cannot post them out)
- *See 'Trelissick Estate Summer 10K 2009 Information' for more details on the event*

Trelissick Estate Summer 10K 2009 Official Entry Form

Surname:

First Name:

Club:

D.O.B:

Age on the day:



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Postal Address:

Email Address:

Phone Number:

T-shirt size (please circle):

XL

L

M

S

XS

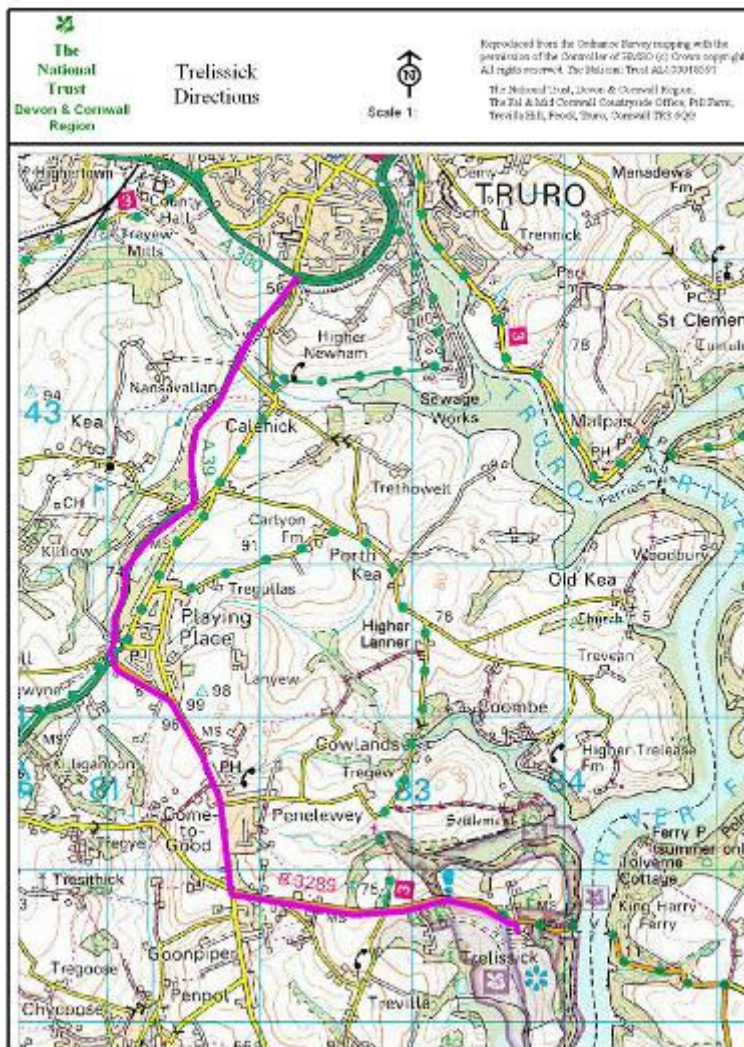


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Trelissick Estate Summer 10K 2009 Information

LOCATION

The race is located on the Trelissick National Trust Estate, Feock, nr Truro, Cornwall, TR3 6QL. Please go to the **MAIN ENTRANCE**. Do not be fooled by a smaller entrance before it by the small lodge. The estate is sign posted (brown signs) from the Playing Place roundabout (on the A39 between Truro and Falmouth) and is located on the right hand side of the B3289 just before you reach the steep hill down to the King Harry Ferry. Keep your eye peeled for the fluorescent signs! See fig. 1 below. **CAR SHARING IS STRONGLY ENCOURAGED!!**



PARKING

There is parking in the main National Trust car park just off the B3289. There will be fluorescent yellow signs pointing you in the right direction. When you have parked, please follow the sign to the registration tent which will be located in the main field just off the car park (across the cattle grid). **CAR SHARING IS STRONGLY ENCOURAGED!!**

START

The start of the race is 6.30pm on Thursday 27th August. Please arrive in good time to collect your timing chip and run number..... and don't forget to enjoy the views!

Fig.1. A map showing the location of Trelissick Estate. The purple line shows the route to the estate from Truro

REGISTRATION and NUMBER/CHIP COLLECTION:

There will be on the day entries but at the higher cost of £13

Team SPI Events do not own the timing chips so they cannot be posted out pre-race. Please come to the registration tent to collect your chip and run number. The tent will be well staffed to avoid lengthy queues. Safety pins for run numbers will be provided.

BAGGAGE AND TOILETS

Baggage can be left in the registration tent **AT YOUR OWN RISK**. It is recommended that you leave your kit in your car. Please use the toilets at the bottom end of the car park near the National Trust Café.

THE ROUTE

The route will be well signed with arrows showing the direction to run. There will be distance markers every 1km. It is a relatively hilly route which follows the forested tracks, paths and fields of the National Trust Estate above the beautiful Fal Estuary. Although the route is mainly on trails, there are places where it can be quite muddy if there has been recent rainfall, so although trainers will be ok, trail shoes might be a good option depending on the weather leading up to the event! See fig. 2 for the route map or click on the link below for a **detailed 3-D fly by of the route and a route profile**:

<http://www.goodrungle.co.uk/RaceFlyThrough.asp?RaceID=483>

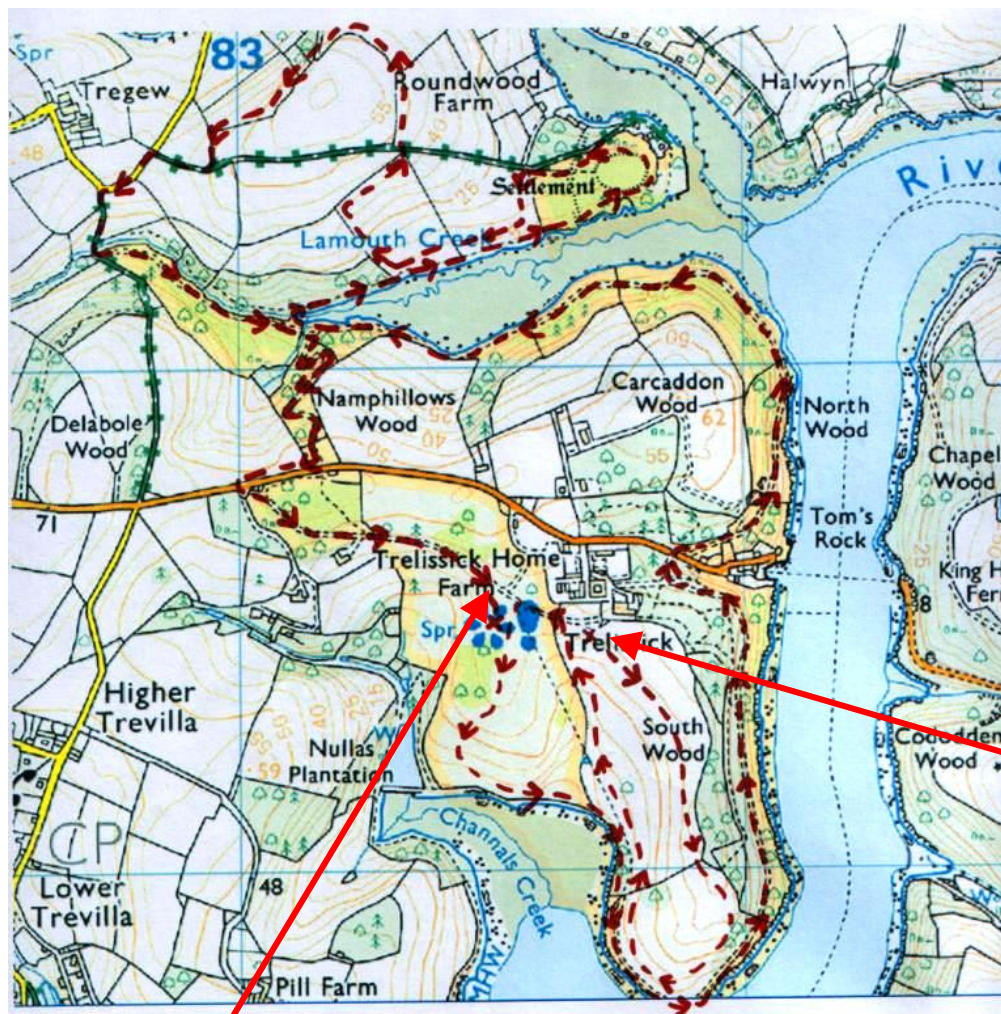


Fig.2. A map of the Trelissick Estate showing the run route

Finish

Start

WATER STATION

There will be a water station just after 5km and at 9km for the back markers

TIMING AND RESULTS

Every competitor will receive a timing chip for precise timing. This must be strapped around the ankle on either leg. Results will be posted within a few days of the event at www.tri-cornwall.org.uk

T-SHIRTS

There will be a T-shirt for every finisher. *Please try to remember what size T-shirt you ordered!* There will be several piles of T-shirts according to size on the tables just after the race finish. Please only take one!

PHOTOGRAPHY

Professional photographs will be taken by www.swellphotos.co.uk. Check their website after the event for pictures of you in action!



REFRESHMENTS

There will be a range of refreshments for runners and supporters/families at the event either in the National Trust Café, kiosk by the car park or by the start/finish.... The location is to be confirmed. Don't forget to bring some change!

PRIZES

Prizes will be awarded for the first 3 male and female overall and for the first MV40, MV50, MV60, FV35, FV45 and FV55. The prizes will be awarded at roughly 7.30pm by the registration tent. The prizes will be provided by Penrose Outdoors, The Good Run Guide and For Goodness Shakes!

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