



# National Trust

Presents the

## Lanhydrock 10

Saturday 21 September 2019, 3.30pm

Race 3 of the Cornwall MTRS 2019/20

**Surname:** ..... **Forename:** .....  
Please write all details CLEARLY

**Gender:** ..... **Date of Birth:** .....

**Emergency Contact:** ..... **Emergency Contact number:** .....

**Please circle your age group on race day (minimum age 17):**

<b>Male</b>	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
<b>Female</b>	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+

**Email address:** .....

**Name of Affiliated Club (please state if unattached):** .....

**UKA Race Licence Number:** .....

\* In order for your race result to be processed the National Trust are required to pass relevant information to the results processor. This information will then be used to update the Cornwall Multi-terrain Race Series, and will only be retained for as long as necessary for this. Please take the time to read our full Privacy Policy here; <https://www.nationaltrust.org.uk/features/privacy-policy>.\*

\*A cut-off based on a finishing time of 2 hours 40 minutes will be enforced at the second drinks station (7.5 miles) and runners outside this time will be transported back to the finish by our marshals.\*

**Declaration:** Please enter me for the **Lanhydrock 10**. 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.

**Signature** ..... **Date** .....

### Race details:

- 10 mile undulating but scenic multi-terrain run around the National Trust Lanhydrock estate
- Marshals are on the route but runners will need to follow run signage around the course
- Some sections are on open roads but road crossings will be marshalled
- National Trust pay & display car park next to registration. Please car share if you can. NT members park for free
- Collect bib numbers or enter on the day at the registration tent by the plant centre from 1.30pm
- Registration will close at 3.15pm to allow time for runners to get to the start line and for the runners' briefing
- Race start line on the Beech Avenue
- Toilets next to the main car park and by Lanhydrock House
- Park Café, next to the main car park, open until 6.30pm for hot & cold treats
- Bag storage available, no showers or changing rooms
- No MP3 players /headphones
- No dogs

### To Enter:

- Entries before **15 September 2019**
  - £17 with competition licence number
  - £19 without competition licence
  - Add £2 for entry on the day
- Cheques made payable to National Trust
- All entries to Matt L'Estrange, The Kennels, Lanhydrock, Bodmin, PL30 4DE
- No online entries.
- Collect race numbers on the day

**Awards:** Race memento guaranteed for all finishers **that pre-register before 15 September 2019**. There will be extras for late entrants but these cannot be guaranteed. Prizes to first three in each class/age group and team prizes to first male team (4 to count) and first ladies team (4 to count). The award ceremony to be held at approximately 5.45pm.

Multi Terrain Race Series: Race 3 of the Cornish MTRS 2019/20. [www.cornwallroadrunning.co.uk](http://www.cornwallroadrunning.co.uk)

To qualify for the MTRS awards, club vests must be worn.

MTRS rules state that MP3 players or earphones must not be used during any races, runners seen wearing headphones will be disqualified.

As a conservation charity, we look after 250,000 hectares of countryside and more than 775 miles of coastline, keeping them accessible for future generations.

Bring the family and enjoy the whole property for the day. Visit [www.nationaltrust.org.uk/lanhydrock](http://www.nationaltrust.org.uk/lanhydrock) for opening times and prices. Free parking and admission to the house and garden for National Trust members.

**Directions:** Follow the brown visitor road signs to National Trust Lanhydrock and park in the main car park. Head for the plant centre where you will see the registration tent - open from 1.30pm.

**Have your friends and family cheer you on as you run!  
Volunteers to help with marshalling, registration and drinks stations  
are always appreciated. No experience needed.  
A massive thank you (and a pasty) to everyone who gets  
involved and helps with this event on the day.**

**Please contact Matt, 01208 265204  
[matthew.lestrange@nationaltrust.org.uk](mailto:matthew.lestrange@nationaltrust.org.uk)**

[www.nationaltrust.org.uk/lanhydrock](http://www.nationaltrust.org.uk/lanhydrock) - - [www.cornwallroadrunning.co.uk](http://www.cornwallroadrunning.co.uk) - - <http://bodminroadrunners.com>



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