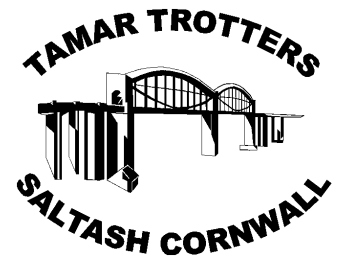




Silver Grade



The Tamar Trotters Proudly Present

The Magnificent 7

7 mile Road Race and 1½ mile Fun Run

Under UK Athletics Rules. SEAA Permit Applied for

Part of the Cornish Grand Prix Series sponsored by Sandy Hill Physical Therapy Centre

Sunday 20th July 2008 at 11:00 a.m.

from

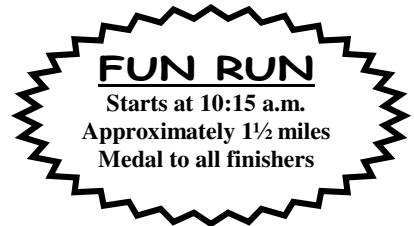
The Saltash Rugby Club,

Moorlands Lane, Saltash, Cornwall

7 MILE RACE LIMITED TO 350 RUNNERS

NO ENTRIES ACCEPTED ON RACE DAY

(Applies to 7 mile race only, Fun Run entries will be accepted)



Unique quality medal to all finishers, Licensed bar & refreshments, Showers and changing facilities available, Secure Baggage Stowage, Traffic free start & finish area, Hilly course, not suitable for wheelchairs



Ample parking available 5 minutes walk from the start. No parking available at Saltash Rugby Club, Car Parking Signposted from the A38



Full results & race information available on the Internet at www.tamartrotters.co.uk



Postal entries to Colin Bunting, 35, Pondfield Road, Saltash, Cornwall, PL12 4UA
Tel:- 01752 847185 Cheques made payable to 'Tamar Trotters',
Please enclose SAE for pre-race information only. Race numbers will not be posted out in advance. All race numbers to be collected on race day.

PRIZE LIST

Male	Female
1 st three overall	1 st three overall
1 st three under 40	1 st three under 35
1 st three vets 40 - 44	1 st three vets 35 - 39
1 st three vets 45 - 49	1 st three vets 40 - 44
1 st three vets 50 - 54	1 st three vets 45 - 49
1 st three vets 55 - 59	1 st three vets 50 - 59
1 st three vets 60 - 69	1 st three vets 60 +
1 st three vets 70+	
1 st three male and female affiliated teams	
Male team 6 to count, Female team 4 to count	
Bottle of champagne to 1st runner to break course record	
Male course record - 38:14, Female course record - 42:27	



First Name Surname

Address

Postcode

Telephone

Date of Birth Age on race day (Minimum age 16 years for 7 mile race) Gender :- Male / Female

Affiliated Club email address

Entry Fees (please tick relevant box)

7 mile race (Affiliated)	£8	
7 mile race (Unattached)	£10	

NO 7 MILE RACE ENTRIES ON RACE DAY

Fun Run	£1.50	
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I accept that the organisers will not be liable for any injury, loss, damage, action, claim, costs or expenses which may arise as consequence of participation in this event. I declare that I will not compete in these races unless I am in good health on the day, and in any event I will only compete at my own risk. I agree to abide by U.K. Athletics rules. I acknowledge that medical support will be provided by St John Ambulance. The information provided on this form will be used solely for the purpose of race results 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 person or agency. Parent or Guardian to sign for under 16's (applies to Fun Run only)

Signed Date