

carnrunners

Present

Storm Force 10 10 Mile Road Race 10:30am on Sunday 20th January 2019

Race 1 of the Cornish Grand Prix series sponsored by Cornwall Glass





Held under UKA Rules



UKA Race Licence applied for

www.carnrunners.co.uk

Certificate of Course Accuracy No - 16/459

Surname:		Forename:	
Age On Race Day: (Must be 17 or over)		Date Of Birth:	
Male/Female:	Email Address:		
Address:		Tel No inc STD:	
		Name of Affiliated Club: <i>State if Unattached</i>	
Post Code:		Race Licence No:	
DATA PROTECTION: You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.			
DECLARATION: Please enter me for Storm Force 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. I am 17 years of age or over. I agree to abide by UKA rules.			
Signed: (Parent or guardian if under 18)		Date:	
Race Entry Fees (£2 extra on race day)	Affiliated : £16 Must provide Race licence No.	Non Affiliated : £18	
Closing Date for Postal Entries & Club Bulk Entries: Friday 4 January 2019* * Club bulk entries received after this date will be charged on the day race entry fee Cheques made payable to: CARN RUNNERS			
ENTRIES TO: Jan Sargent, Byeways, Lewannick Road, Cubert, Cornwall, TR8 5HJ			
EMAIL: peteandjansargent@hotmail.co.uk			
We will not be able to acknowledge receipt of entry forms.			

- Race HQ:** Camborne School & Community College. Cranberry Road, Camborne, Cornwall, TR14 7PP. Changing facilities and toilets are available.
- The Course:** A fast undulating route that heads out of Camborne through Barripper and Carnhell Green towards Leedstown before turning back on the Praze road, returning back to Carnhell Green and Barripper before coming back into Camborne. There is a very fast finish to keep the excitement going to the final stages of the race. The finish and Race HQ are at Camborne School. Dogs and following cycles are not permitted. All competitors must compete on foot. Walkers are not permitted as this is a running event. Running buggies/prams/pushchairs are not permitted. Unfortunately, the course is not suitable for wheelchairs. No assistance from non-competitors is permitted.
- See www.carnrunners.co.uk for directions, course details and map.
- Chip Timing:** The race number will contain the race chip. The Gun to Finish Chip time will be used for the results and awards. The Start to Finish Chip times will also be available for competitor information only.
- Contact Medical Details** All runners are required to complete the contact and medical details on the back of their race number. This is a requirement of participation and may be checked by race officials prior to the start.
- MP3 Players:** This event is run under Cornwall Road Runners rules and therefore MP3 players and the like are banned whilst running for reasons of health & safety, both yours and other competitors. When you wear such a device you are unable to hear other competitors, cars, bicycles or marshals instructions. **Runners breaking this rule will be disqualified.**
- Registration:** Will be from 8.30am to 9.45am in the Sports Hall. Pre-entries must collect their race number on the day. The Registration desk will close at 9.45am prompt and no late entries will be accepted after that time. Affiliated athletes are to wear Club vests.
- The Race:** **Start at 10:30am. Please allow for a 10 to 15 minute walk from Race HQ to the start line at the top of Barripper Road. Please note that marshals are not allowed to stop any traffic. You must obey marshal instructions and take responsibility for your own safety whilst running. A road closure for the start of the race has been applied for.**
- This is a running race and whilst there is not a cut off time for runners, race support will be stood down after 2 hrs and 15 minutes. All race finishers will have a recorded finish time.**
- Refreshments:** Hot and cold drinks will be available before and after the race. Food and soup will be available for runners after the race. A donation is asked towards the refreshments, to be shared between two local charities.
Spectators: Refreshments will be available to purchase.
- Race Awards:** First 3 Male and Female Finishers
1st, 2nd and 3rd Male under 35, Male Vets 35, 40, 45, 50, 55, 60, 65, 70, 75 & 1st Male Vet 80+
1st, 2nd and 3rd Female under 35, Female Vets: 35, 40, 45, 50, 55, 60, 65, 70 & 1st Female Vet 75+
1st 3 Male teams (6 to count)
1st 3 Female teams (6 to count)
Presentations will be held at approximately 1pm
- Memento:** **Memento to all finishers, although late entries cannot be guaranteed a memento. For runners, free drinks and refreshments, including soup.**
- Parking:** There is ample parking at the race HQ. However, as always, we request that runners car share if at all possible.
- If you have to leave before the race has finished you may have to cross the course in the path of slower runners, therefore please drive with consideration.
- Directions:** From A30 take the **A3047** exit toward **Camborne (West)**. At the roundabout, take the **1st** exit onto **Treswithian Rd**. Turn right at **Coronation Ave**. Turn right at **Crane Rd**. Turn right at **Cranberry Rd**.
- Baggage:** There will be a facility to leave baggage at the start of the race, which will be transported back to the race HQ.