



An Res Hellys

10 Mile Multi-Terrain Run

Sunday 25 March 2018 ~ Start 10.30am

Race HQ - Old Cattle Market, Helston, TR13 0SR

Carn Runners and Tri-Logic bring you the fifth race of the
Cornwall Glass & Glazing Grand Prix Series ~ Run Under UKA Rules (Licence Applied For 2019-35419)

Registration

This will be from 8.30am – 9.45am at The Old Cattle Market. Pre-entries must collect their race number on the day.

Please Note: The registration desk will close at 9.45am prompt and no late entries will be accepted after this time.

Parking

Parking will be limited so please car share where possible.

- There will be free parking available at the Fairground Car Park about 400m from the Race HQ.
- There are also a small number of spaces available at the Castle Green car park or at the Tyacke Road Council car park which are free on a Sunday.
- There is also some on road parking in the housing estates near the boating lake, please park considerately.
- Please do not park in the Old Cattle Market private car park as this is for Race Officials only.

Marshals will be stationed at the Fairground car park.

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 & 80+

1st, 2nd and 3rd Female Under 35, Female Vets: 35, 40, 45, 50, 55, 60, 65, 70 & 75+

1st 3 Male Teams (6 to count) and 1st 3 Female Teams (6 to count)

It is anticipated that presentations will take place at 1pm.

All pre-entered finishers will receive an event memento. All on the day entrants will not be guaranteed a memento.

Chip Timing

The race will be chip timed however placings will be awarded using gun to chip time. The race numbers will have the timing chips attached to them so numbers must not be cut, folded or mutilated in any way.

Changing & Refreshments

Toilets and bag storage are available at the Race HQ. Food and drink will also be available to purchase at the Lakeside Café. There are no changing rooms or showers. Extra toilets are available at the back of the Lakeside Café.

Post Race Massage

Massage will be available after the race at the Race HQ and will be provided by Helston Physiotherapy Practice.

MP3 Players

As this race is part of the Cornwall Grand Prix series it is required to implement certain series race rules. Following a decision made by the Cornwall Road Running Group all MP3 players and personal audio devices are banned whilst running in this race 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 marshal's instructions. **Marshals will be placed around the route who will be noting any individuals wearing personal audio devices. If you are found to be wearing such a device you will be disqualified from the race.**

Please also note that dogs, wheelchairs, wheeled carriages and cycles are banned and competitors cannot be accompanied or followed, either on foot or by vehicular conveyance of any description.

National Trust

The route takes runners through Penrose Estate which has been cared for by the National Trust since 1974, thanks to the support of people including our members, visitors and team of volunteers. With 17 miles of paths and bridleways to walk, pedal and ride, acres to explore, a bunkhouse for those group stays and a weekly parkrun, there is plenty to do all year round. If you would like to support the National Trust's work looking after the Penrose estate you can find a sponsorship form on our webpage, become a member or donate. Find out more from www.nationaltrust.org.uk/penrose and www.nationaltrust.org.uk/activecornwall

The National Trust is a charity, looking after special places for ever, for everyone (*Registered charity number 205846*).

For information please contact

E-mail: carnrunners@hotmail.co.uk

Directions to An Res Hellys Race HQ and Parking

From Penzance

Come in to Helston past Lidl and turn right at the first roundabout. Race HQ is on your right hand side and parking is on your left hand side.

From Redruth

Come in to Helston and go straight on at first two roundabouts. At the third roundabout (double roundabouts) head straight on towards the town centre past Tesco on your left and turn right at the traffic lights. Continue down the hill bearing left at the bottom and then turn right at the next roundabout (at Spar). Continue down the hill and turn left at the next roundabout. Race HQ is on your right hand side and parking is on your left hand side.

From Falmouth

Come in to Helston and bear right at the first roundabout. At the second roundabout (double roundabouts) head straight on towards the town centre past Tesco on your left and turn right at the traffic lights. Continue down the hill bearing left at the bottom and then turn right at the next roundabout (at Spar). Continue down the hill and turn left at the next roundabout. Race HQ is on your right hand side and parking is on your left hand side.



National Trust

