

# THE DUCHY 20

Promoted by Cornwall Athletic Club

## Sunday 8 March 2009 at 10.30am

### Start and finish at the Penventon Park Hotel Redruth

Following the success of the Duchy 20 in 2005, 2006, 2007 and 2008 the option of the 20 mile **RUN** will again be incorporated into the 2008 Duchy Marathon

- Runners must enter the 20 separately
- There will be a lower entry fee
- Duchy 20 medals will again be awarded to all finishers
- Pasties for all runners at the finish
- The Duchy 20 will **START** and **FINISH** at the Penventon Park Hotel
- On lap two the route will follow a detour at 15.5 miles, rejoining just after the 23 mile point, avoiding the North Cliff section and the hillier section on the second circuit!!
- Runners in the 20 will have different coloured numbers front and back from runners in the marathon
- There will also be a separate finishing funnel, with an official timekeeper at the Penventon Park Hotel
- PLEASE NOTE THERE ARE NO PRIZES AWARDED FOR THE 20 MILE RUN (this is reflected in the reduced entry fee)



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## Entry Form Duchy 20

### DETAILS FROM:-

Vance Webster      Tremeneth, Gulval Churchtown, Penzance, Cornwall, TR18 3BD  
Telephone: 01736 366319  
Email: kvtrementh@aol.com  
www.cornwallac.org.uk/duchymarathon

Please enter me for the 2009 Duchy 20 (minimum age 17 on race day)

**Entry fee £7 (£2 extra on the day)**

**(BLOCK CAPITALS PLEASE)**

Surname	Christian Name	Male/Female
Date of Birth	Age on race day	Telephone
Address		
Affiliated club (state if unattached)		UKA Licence Number

### DECLARATION

I accept that the organisers will not be liable for any injury, loss, damage, action claim cost or expenses which may arise as a consequence of participation in this event. I declare that I am medically fit and will not compete unless I am in good health I will compete at my own risk and agree to abide by the UK Athletic Rules.

### DATA PROTECTION

The information provided by you 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

Signed

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Cheques made payable to: Cornwall Athletic Club

**CLOSING DATE FOR POSTAL ENTRIES: SATURDAY 28 February 2009**