

Tamar Trotters Proudly Present

The Magnificent 7

7 mile Road Running Race and 1½ mile Fun Run

Under UK Athletics Rules. Licence Applied for
Part of the Cornish Grand Prix Series sponsored by Cornwall Glass & Glazing

Sunday 19th July 2009 at 11:00 a.m.

from

Saltash Rugby Club,

Moorlands Lane, Saltash, Cornwall, PL12 4HJ

**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)

FUN RUN
Starts at 10:15 a.m.
Approx. 1½ miles
Medal to all finishers
Under 9s must be accompanied by an adult



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



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



Results & race information available at www.tamartrotters.co.uk



Entries to Colin Bunting, 35 Pondfield Road, Saltash, Cornwall, PL12 4UA
Tel: 01752 847185 Email: colin.bunting@tiscali.co.uk


Cheques made payable to 'Tamar Trotters',
Please enclose SAE for pre-race information. 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 - 54
1 st three vets 60 - 64	1 st three vets 55 - 59
1 st three vets 65 - 69	1 st three vets 60+
1 st three vets 70+	

1st three male and female affiliated teams
Male team 6 to count, Female team 4 to count

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) Male / Female

EA Affiliated Club EA Licence Number

Entry Fees (please tick relevant box)

Full Entry Fee (not affiliated)	£10	<input type="checkbox"/>
England Athletics Competition Licence Holders	£8	<input type="checkbox"/>

NO 7 MILE RACE ENTRIES ON RACE DAY

Fun Run	£1.50	<input type="checkbox"/>
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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