

Tywardreath Trotter

Saturday, 26th July 2008

Multi-terrain Race and Fun Run

**Fun run (approx 1 mile) – starts at 5.30pm
Trotter (approx 7 miles) – starts at 6.30pm**

Race HQ and start: The New Inn, Tywardreath

Organised by Tywardreath Fête Committee and assisted by Newquay Road Runners, with all proceeds to village charities.

A fun, challenging course along footpaths, bridleways and country lanes.
Approx. 50% off-road.

Toilets, bar and refreshments available.
Various prizes, and goody bags to all finishers.
Qualified paramedics in attendance. Under U.K. Athletics rules

**For details and an entry form, contact Matt Ward:
01726 815313 or race@tywardreathtrotter.co.uk**

Check out the website: www.tywardreathtrotter.co.uk

**Main sponsors:
The New Inn, St Austell Brewery,
Cornish Riviera TIC, St Austell**

FIRST NAMESURNAME.....

ADDRESS
.....
.....

POST CODE.....

TELEPHONEE-MAIL ADDRESS.....

DATE OF BIRTH MALE / FEMALE

MEMBER OF RUNNING CLUB: YES/NO NAME OF CLUB (If member).....

WHICH RACE ARE YOU ENTERING? (Please circle) TROTTER FUN RUN

T-SHIRT SIZE (Please circle – not fun run) S M L XL

DECLARATION: I understand that, while the organisers make every effort to ensure my personal safety, they will not be responsible for any injury, loss or damage incurred by me during the race. I am over 15 years of age or will be over 15 years of age on the date of the race. (If you are under 16, you may only enter the Fun Run. Please ask your parent or guardian to sign the form on your behalf.)

Signed.....Date.....

Please keep the bottom part of the form for reference, and return the top part of the form to: Matt Ward, 61 North Street, Tywardreath, PL24 2PW or e-mail to pasty@pasty.plus.com

All cheques should be made payable to "Matt Ward".

Please e-mail for details of electronic payment, if required.

Entry fees: Trotter - £6.00 (running club member), £8.00 (non-member). Fun run - £2.00

Closing date for pre-entries: 19th July 2008

Late entries and entries on the day £2 extra – or 50p for fun run

Goodie bags will only be guaranteed to pre-entered runners

Information

For information, including a full course description, location map, last year's photos and race results look on: www.tywardreathtrotter.co.uk

Stay a while!

Why not make a weekend of it? Contact Cornish Riviera TIC, St Austell on (01726) 879500, (Local Rate 0845 094 0428) , check out www.visitcornwalluk.co.uk or, on your mobile, visitmobile.co.uk

How do I get there?

Tywardreath is 6 miles east of St Austell, one mile off the A390. From West Cornwall, go through St Austell and follow the signs to Fowey. After you pass Par Docks, turn right at Richard's Fruit & Veg, then take the left hand lane. Follow the race signs from here. From East & North Cornwall follow the A390 west out of Lostwithiel, past the turn signposted "Fowey". Take the next left turn, near the top of a long hill, just after St Austell Bay comes into view. Follow the race signs from here.

Essentials – don't be late!

Race date: Saturday, 26th July 2008.

Start times: Fun run- **5.30pm**, Trotter – **6.30pm**

Please arrive early to register and check out the course maps, etc.

Join us in the beer garden afterwards for drinks, BBQ and prize giving!