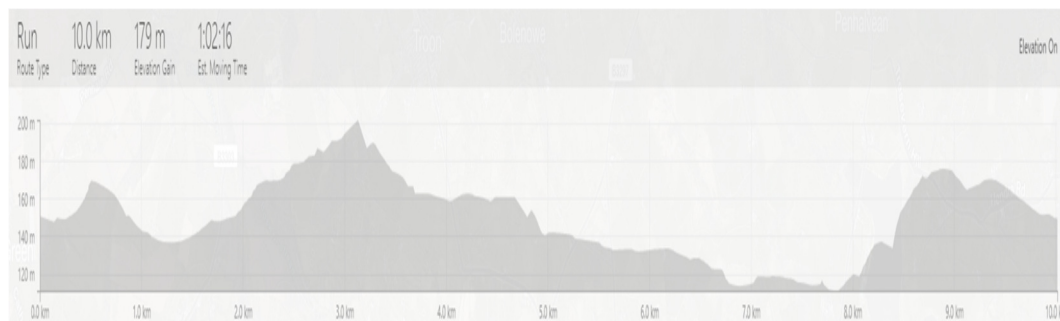
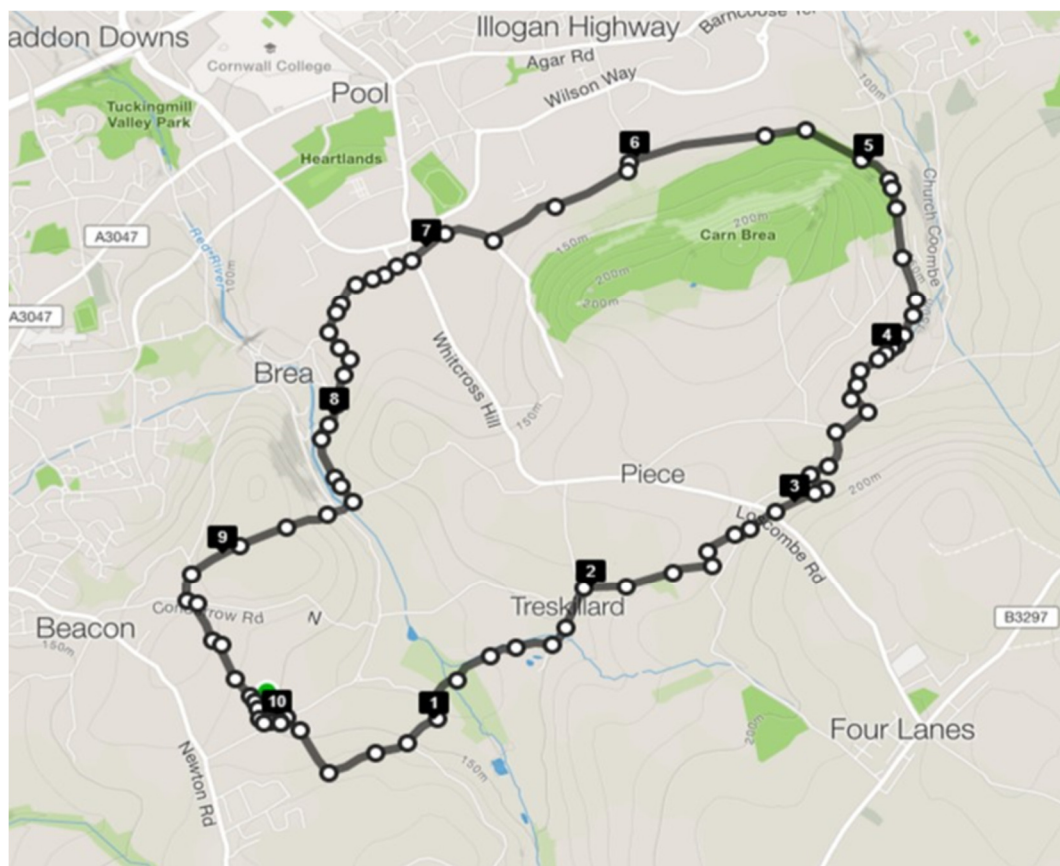


Rotary Club of Redruth
Great Flat Lode Charity Run
Sunday 5th May 2019 11.00am



ROTARY CLUB OF
REDRUTH



Great Flat Lode
Charity Run

UK Athletics Licence – Applied for

KING EDWARD MINE MUSEUM
SUNDAY 5th May 2019
11.00am
10k MULTI TERRAIN COURSE

MAIN SPONSOR



In Aid Of
Cornwall Air Ambulance
**NEW
HELI
appeal**
Saving more time
Saving more lives

All Funds raised will be donated to Cornwall Air Ambulance

GREAT FLAT LODGE CHARITY RUN - ENTRY FORM

Surname	Address	
First Name		
Date of Birth		
Age on 05/05/2019		
Male or Female		
Affiliated	YES/ /NO	Postcode
UKA Number	Telephone	
Club or Team Name		
Email		
RACE ENTRY FEES:		
Discounted rate for UKA members		£12.00
Non Club Runners		£14.00
Closing Date for Postal Entries Monday 29th April 2019		
ALL ENTRIES ON THE DAY £2.00 EXTRA (registration starts at 9.30am)		
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.		
DECLARATION: I understand that while the organisers make every effort to ensure my personal safety, I accept the risks involved and they will not be responsible for any injury, loss or damage incurred by me during the race. I further declare I am medically fit, over 15 years of age on 5th May 2019 and abide by UK Athletic rules for this event.		
SIGNED	DATE	Total Enclosed
(Parent or Guardian to sign if under 18 years old)		
Please return entry form above and send with cheque made payable to "ROTARY CLUB OF REDRUTH" together with an A5 SAE envelope if you wish to receive registration / runner details. To: Larry Datson, 3 Langwedh, Illogan, Redruth, Cornwall. TR16 4QY Email: larry@datson.co.uk		
Race Numbers can only be collected at Registration. Registration is from 9.30am on race day		

Rotary Club of Redruth**11.00am, Sunday, 5th May 2019***Competitors Instructions*

- 1** Registration starts at 9.30am
King Edward Mine, Troon, Camborne TR14 9DP **
Please pin your running number on your front.
Changing facilities available.
- 2** The start line is adjacent to King Edward Mine Museum Car Park
- 3** Give yourself time to be at the start for **11.00 am**
- 4** On the route follow the direction indicators or Police/Marshall's instructions. Use the footpaths wherever possible.
- 5** St. John Ambulance will be patrolling the course, and there will be a cyclist / marshall following the last runner, so should you have any problems, assistance will be close by.
- 6** Time sheets will be available by post. Details at Registration desk.
- 7** If you are running for a CHARITY we would be grateful if you could inform the Registration Officers of the Charity and the approximate amount you anticipate raising.
- 8** No MP3 Players or Ipods are allowed
- 9** All **runners** must be over the age of 15 years

Prizes

First 3 Male & Female

First Male 40+, 45+, 50+, 55+, 60+, 65+
First Female 35+, 40+, 45+, 50+, 55+, 60+

1st, 2nd & 3rd Male Team ,

1st, 2nd & 3rd Female Team (3 to count)

All entrants will receive a Medal on finishing

Detach & retain for your information



The Great Flat Lode 10K Charity Run– a new course for you to enjoy through the centre of the Cornish Mining World Heritage Site.

This is potentially a fairly fast course, by multi terrain standards, with the only serious hill, a ‘testing’ 200metre climb after about 8.5km and a couple of gentler uphill section in the first mile. The route is about 80% off road, although the path along the base of Carn Brea is tarmac (1.5km).

After a loop around a field within the perimeter of the King Edward Mine Museum (KEMM), which will help lessen the congestion on the first footpath section, the runners leave the KEMM site, turn right and immediately left onto a footpath. BE AWARE here as the path is quite narrow, a little stony and is at the beginning of the race! After 400m footpath turns left onto **150m of road**, before turning right onto a wider path to Treskillard. Then **200m on road** through Treskillard (1 mile) and onto the next path past South Wheal Frances Mine buildings (worth returning for a visit at your leisure), **across a minor road** and another part of the Great Flat Lode, before a left turn takes the runners 100m down to a **600m road section** through Carnkie village.

Runners will be crossed from the right hand side of the road to the left in the village and turned onto a long flat then downhill path (2 miles) around the eastern (Redruth) side of Carn Brea, before (3 miles) a 1.5km flat section along the tarmac path at the base of the Carn into Tregajorran (4 miles). There will be a Drinks Station half way along this path.

The next junction, where a **400m stretch of road** from Tregajorran meets the busier road coming down from Four Lanes (TAKE CARE – this junction will be well marshalled), will then take the runners **800m on road** to the top of Brea hill. Just over 1mile to go now, first a flat path, then **across a minor road** before you are ‘introduced’ to the only serious hill, steep (200m) at first, then soon becomes less steep, along a flat lane and **across another minor road**.

The run into the finish is downhill along a stony path (again take care), before turning into the field where you started and the welcome sight of the finish funnel.

The onsite café will be open for much needed refreshment.