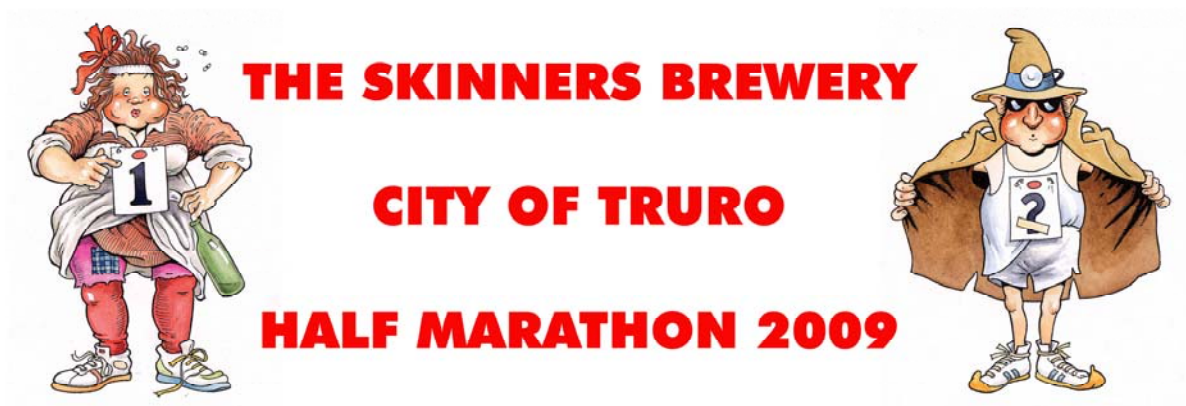


Truro Running Club Presents.....



www.trurorunningclub.org.uk



Incorporating round 13 of the Cornwall Glass and Glazing
Grand Prix Series



Sunday 20th September 2009

Half Marathon: 10:30am
Fun Run & Carrick Junior Schools Challenge: 10:45am



New for 2009
Every runner to receive an event technical T shirt

Race HQ: The Marquee on the Piazza, Lemon Quay, Truro

Information Desk: The Information desk will be situated in the Marquee on the Piazza, Lemon Quay, Truro & will be open at 08.00.

Race Entry: No runner limit.

Late Entries: The closing date for postal entries is 7th September 2009. The late entry desk can be found in the Marquee on the Piazza, Lemon Quay, Truro. Late entries will open at 08.00am and close at 10.00am prompt. Please note: No late entries will be accepted after 10.00am.

Race No. Collection: On receipt of your entry form, you will be notified by post of your race number (it is written on the front of this leaflet). This number must be collected from the appropriate desk in the marquee before 10.00am. Please bring this form with you.

Car Parking: There is plenty of parking available at the following car parks: Garras Wharf, Lemon Quay, Old Shoppers Car Park, Moorfield, Courts, Viaduct. These car parks are all pay and display – Sunday charges apply.

Toilets: Toilets are located at both ends of the Piazza.

Changing Facilities: Basic changing facilities will be available on the Piazza, Lemon Quay. Showers are not provided.

Bag Storage: Facilities will be available on the Piazza, Lemon Quay.

Race Numbers: Must be worn on the front of vest. You will not be permitted to finish without an official race number.

Transfer of Race Numbers: This is permitted, provided the original applicant makes a request in writing and includes another entry form signed by the new runner. These must be received by 8th September 2009.

Runners: Competitors not running in club colours will not count for team categories. Runners are not permitted to run with dogs and must compete on foot. Cyclists are not permitted to accompany athletes – the lanes are narrow. Runners are asked not to run back along the course once they have passed the finishing line.

Mile Markers: These will be positioned every mile.

Marshals: Race marshals will be positioned at all major junctions. Please run on the left at all times, obey marshal instructions and cross only where directed.

Retirement: Should any runner need to retire a follow up vehicle will be available. Please inform the race organisers of your retirement, giving your race number. We can then advise your family and supporters

Medical: If you suffer from any medical condition that race organisers need to be aware of, please write the details on the back of your race number in case of an emergency, together with a name and contact number. Please indicate with a large red X on the front of your race number.

First Aid: St. John Ambulance will be in attendance on the day.

Water Stations: Drinks are available at the start / finish and at approx 3, 6, 9, and 11.5 miles.

Sponge Stations: Sponges will be available at 4.75 and 10 miles.

Spectator Points: There are good viewing points at the start/finish in the City centre and at the five mile point at Shortlanesend. Organisers request that supporters do not follow the race by car.

Post Race: Refreshments and licensed facilities are available on the Piazza.

Prize Giving: The open category prize giving will take place at approximately 12.00pm on Lemon Quay. The other categories will be presented at 1.00pm.

Goody Bag: All runners will receive a goody bag including a technical fabric t-shirt. These will be given out at the end of the race. Entries on the day cannot be guaranteed goody bags or t-shirts. T-shirt sizes will only be guaranteed for entries received before 2nd September 2009.

Accommodation: Truro Tourist Information Centre, Municipal Buildings, Boscawen St, Truro. Tel: 01872 274555 Fax 01872 263031

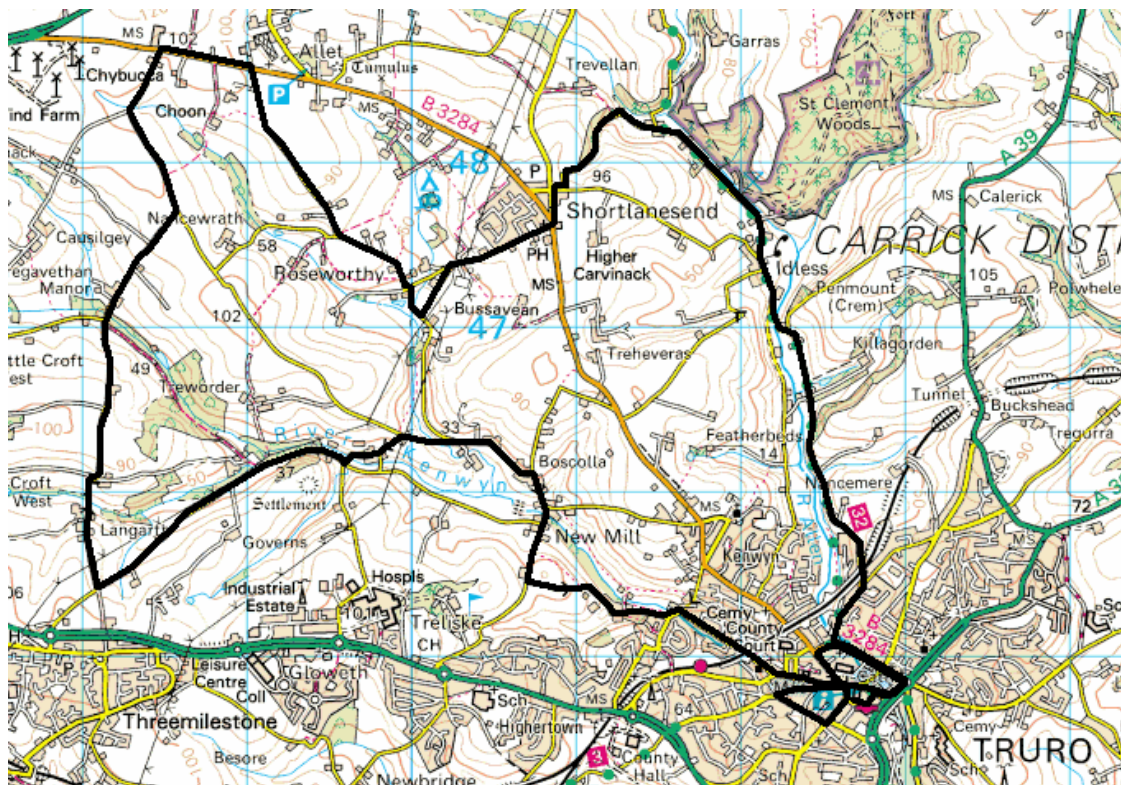
Refreshments: Drinks and refreshments, including food will be available on the Piazza.

Enquiries: Half marathon enquiries Tel: Lisa Tripp 01872 223870.
Fun run enquiries Tel: David Bennett 01872 222196.

Results: Will be published on our website on Sunday evening.

Chip Timing: This race will be timed by chips. All entrants must collect a chip at registration and attach it to themselves in accordance with the instructions provided. If the chip is not worn or incorrectly attached then no time will be recorded.

Course: The start & finish will be on Lemon Quay, Truro. The first one & a half miles will be a circuit of the city centre. The course then heads out into the country using undulating narrow lanes to Shortlanesend, up to Chybucca and Tregavethan, then back to Truro via New Mill and Goosebean.



Prize Categories:

Open Men	1st - 3rd	Open Ladies	
1st - 3rd			
Men Under 40	1st - 3rd	Ladies Under 35	1st - 3rd
Vet Men Over 40	1st - 3rd	Vet Ladies Over 35	1st - 3rd
Vet Men Over 45	1st - 3rd	Vet Ladies Over 40	1st - 3rd
Vet Men Over 50	1st - 3rd	Vet Ladies Over 45	1st - 3rd
Vet Men Over 55	1st - 3rd	Vet Ladies Over 50	1st - 3rd
Vet Men Over 60	1st - 3rd	Vet Ladies Over 55	1st - 3rd
Vet Men Over 65	1st - 3rd	Vet Ladies Over 60	1st - 3rd
Vet Men Over 70	1st - 3rd		
Mens Team	1st - 3rd	(6 to count)	
Ladies Team	1st - 3rd	(4 to count)	