



ENTRIES ACCEPTED ON THE NIGHT (subject to 250 limit)
 TRURO RUNNING CLUB AGAIN PROUDLY PRESENTS

MEET YOUR MAX
10 Km* MULTI TERRAIN RACE
**(Actually nearer 11Km or 6.7 miles)*

The course, around the Pencalenick Estate and Park Farm at St Clement, close to Truro, was first used in 2008
 Held under UK Athletics Rules - UKA Multi-terrain Permit 2019 - 37354
Wednesday 19th June 2019 - Starting at 7pm prompt.

Entry Fees - £12.00 affiliated: £14.00 unattached: Late entries (on the day + £2.00)
 Entry in advance strongly recommended – 250 starter limit.
 Registration at TRURO RFC Clubhouse, St Clement Hill, Truro TR1 1NY 5.45pm – 6.45pm.

Memento and pasty for all competitors.

Prize List

Perpetual Silver Cups for First Male & First Female in the Open
 Male and Female - First 3 open; first 3 u35, 35-39, 40-44, 45-49, 50-54 & 55-59, first 2 60-64 & 65-69, first 70+
 Male team - First 4 to count - Female team - First 4 to count.
 (Team competition: based on aggregate finishing positions)

Full results and race information on www.trurorunningclub.org.uk (within 36 hours)

.....PLEASE CUT.....

ENTRY FORM

To be returned to Race Entry Secretary, 37 College Way, Gloweth, Truro TR1 3RX
with cheque payable to Truro Running Club. All enquiries to: - 07968 208119

Name..... D.O.BMinimum age 16 years

Address

.....Post Code

Tel No..... e-mail address.....

Male/Female (Delete) Affiliated Club EA Competitors Licence No.....

T-shirt size please circle - Small Medium Large XL

Affiliated Club Runner = £12.00 Unattached Runner = £14.00. Late Entry = + £2.00 (on day)

Closing Date for receipt of postal entries - 3rd June 2019

I accept that the organisers will not be liable for any loss, damage, action claim, costs or expenses which may arise as a consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day, and, in any event, will only compete at my own risk. I agree to abide by U.K. Athletics 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 purposes. 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..... Date.....

Truro Running Club's "Meet Your Max" Information Sheet

DIRECTIONS: From Truro Police Station, take St Clement Hill off A390 Trafalgar Roundabout, for approximately 3/4 mile, ignoring side turnings. Rugby Club is on right hand side 1/4 mile beyond the top of the hill.

PARKING: In Club car park (parking marshals in attendance). Please consider car sharing.
PLEASE PARK AS DIRECTED AND DO NOT TRY TO PARK ON ROAD

COURSE: The 2019 Max course provides a challenging, possibly muddy, certainly wet, course that is just over 10km of true multi-terrain. Starting on grass on the rugby ground (good for spectators), the first 3/4 mile on the road is designed to spread the field, before taking to the woodland paths of Pencalenick. After that there are short lengths of tarmac, but it is predominantly off-road. Leaving the woods, after the odd wet place, it's along the old stone metalled riverside drive to St Clement. The route then takes to the woods and field paths of Denas Road, still following the river, into Malpas. Turning for home, after a steep climb to Park Lane, it's mixed grass tracks and paths down into the valley before climbing back to Park Lane, and then, after a steep descent to the next valley, it's a long gentle climb to the finish at the Rugby Club. Trail type shoes would be useful, especially if wet.

PRIZES: Perpetual Silver Cups for First Male & First Female in the Open;
Male and Female - First 3 open; first 3 u35, 35-39, 40-44, 45-49, 50-54 & 55-59, first 2 60-64 & 65-69, first 70+
First male and female teams (4 to count). Team competition based on aggregate finishing positions.

WATER STATION: At approximately 2 3/4 miles at St Clement.

CATERING: Tea, coffee and squash available from 6.00pm. There will be pasties provided this year, back by popular demand!

RUGBY CLUB BAR OPEN FROM 6.30 pm.

CHANGING FACILITIES: Male & female showers and changing accommodation.

ACKNOWLEDGEMENTS: The Club wish to thank all sponsors and helpers and in particular our grateful thanks to the Duchy of Cornwall, Mr Colin Parker, Mr Christopher Lyne the farmer, Cornwall CC, and Tregothnan Estate without whose forbearance and assistance this event could not take place. Please respect the countryside.

SAFETY First aid provision from Omega Medical. Please remember that multi terrain courses can be hazardous – look out for yourself and your fellow runners.

THIS IS A RUNNING EVENT and regrettably not an event for walkers or the faint hearted or infirm! It is also not an event for dogs. THANK YOU.