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TRURO RUNNING CLUB Presents:.....



The Charles Stanley

City of Truro

Half Marathon 2011



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

UK Athletics Road Race/Multi Terrain Licence No. 2011-102053

Sunday 18th September 2011

at 9.30 am

WILD CARD

Cornwall
property Paper



**CHARLES
FRENCH**

— & CO —

SOLICITORS

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www.charlesfrenchlaw.co.uk



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Race HQ & Information Desk: Marquee, Lemon Quay Piazza, Truro. Registration 7:30 – 9:00 am

Race Entry: No runner limit.

Entry Information: The closing date for postal entries is 5th September 2011. Entries will also be taken on the day in the Marquee, Lemon Quay. Please note: No entries will be accepted after 9:00am.

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 9:00 am. 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: Public toilets are located at both ends of the Piazza.

Changing Facilities: Basic changing facilities will be available in the marquee. Please note that showers are not provided.

Bag Storage: Facilities will be available in the marquee.

Race Numbers: Must be worn on the front of vest. You will not be permitted to start/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 5th September 2011.

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 on the Piazza and at Devoran. Organisers request that supporters do not follow the race by car.

Road Closures and Marshalling: Road closures and marshals will remain for the required time to ensure the safety of runners for the duration of the race, however runners should be aware that both road closures and marshals will be cleared/stood down after 3 hours.

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



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Prize Giving: Prize giving will take place at approximately 11:45 am in the marquee.

Goody Bag: The first 600 entries will receive a goody bag. All runners will be awarded a race memento for completing the race.

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: 01872 858670
Email enquiries: thmreg@trurorunningclub.org.uk

Results: Will be published on Truro Running Club website on Sunday evening www.trurorunningclub.org.uk

MP3 Players: As this race is part of the Cornwall Grand Prix series we are required to implement certain series race rules. Following a decision made by the Cornwall Road Running Group all MP3 players and personal audio devices are banned whilst running in this race for reasons of health & safety, both yours and other competitors. When you wear such a device you are unable to hear other competitors, cars, bicycles or marshal's instructions. Marshals will be placed around the route who will be noting any individuals wearing personal audio devices. If you are found to be wearing such a device you will be disqualified from the race.

Charity: The chosen charity for 2011 is Mind, more information on the charity can be found at www.mind.org.uk

Course: The second year of the 'new' course following the success of the 2010 race. A 'less Hilly' multi-terrain run starts and finishes on the Piazza. The run heads out of Truro on the Newham trail, to Playing place and Carnon Downs. The route then follows the tram road from Devoran to Point along the estuary (Don't stop too long to look at the gorgeous views!). It then follows undulating country lanes back to Playing Place and Porth Kea before rejoining the Newham trail, and returning to Truro.

Race Director: Diane Boardman thm@trurorunningclub.org.uk

Prize Categories:

Open Men	1 st – 3rd	Open Ladies	1 st – 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	Vet Ladies Over 65	1st – 3rd
Mens Team	1st – 3rd (6 to count)		
Ladies Team	1st – 3rd (4 to count)		



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