



MALCOLM BARNECUTT
SINCE 1930

National Trust

Presents

THE LANHYDROCK 10
Saturday 8 October 2016, 3.30pm race
start MTRS Race 3, 2016/17 series
UKA race licence applied for

10 mile multi-terrain run through the estate

Bring the family and enjoy the whole property for the day. Visit www.nationaltrust.org.uk/lanhydrock for opening times and prices. National Trust members enter Lanhydrock House & Gardens and park for FREE.

Lanhydrock house, gardens, estate, cafe, restaurant, shop, plant sales, cycle trails and cycle hire.



Directions: Follow the brown visitor road signs to National Trust Lanhydrock and park in the main car park. After parking, follow the signs on foot towards Lanhydrock House & Gardens. Registration tent by the plant centre next to the car park, open from 2pm.

Surname:
Please write all details CLEARLY

Male/Female:

Date of Birth:

Tel. number:

Male	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Female	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+	

Forename:

Address:

.....

.....

Post code:

Please circle your age group on race day (minimum age 17):

Email address:

Name of Affiliated Club (please state if unattached)

UKA Race Licence Number:

Please tick if you are a National Trust: Member Volunteer Staff

For every National Trust member, volunteer or staff member visit to Lanhydrock, Lanhydrock receives funds to be spent conserving this special place for us all to enjoy. Please also bring your membership card for scanning if you can.

Declaration: Please enter me for the **Lanhydrock 10**. I declare that I am medically fit to run and I understand that whilst the organisers will make every effort to ensure my safety, they will not be held responsible for any injury, illness, damage or loss suffered by me whilst participating in the event.

Signature **Date**

* Only entries before 30 September 2016 will be guaranteed a race memento.

Race details:

- 10 mile undulating but scenic multi terrain run around the National Trust Lanhydrock estate
- Marshals are on the route but runners will need to follow run signage around the course
- Some sections on road with no road closures, but road crossings will be marshalled
- National Trust pay & display car park next to registration. Please car share if you can. NT members park for free
- Collect bib numbers or enter on the day at the registration tent by the plant centre from 2pm
- Registration will close at 3.20pm to allow time for runners to get to the start line and for the runners briefing
- Race start line on the Beech Avenue
- Toilets next to the main car park and by Lanhydrock House
- Park Café, next to the main car park, open until 6.30pm for hot & cold treats
- Bag storage available, no showers or changing rooms
- No MP3 players /headphones
- No dogs
- Results will be available online at www.nationaltrust.org.uk/lanhydrock

Data Protection: The information you provide will be used solely for the purpose of race results, information and identification for health & safety reasons. Other than the race results, the information will only be available to members of the results team and appropriate race officials and will not be passed on to any other persons or agency.

To Enter:

- Entries before 30 September 2016
 - £12 with competition licence number
 - £14 without competition licence
 - Add £2 for entry on the day
- Cheques made payable to National Trust
- All entries to Matt L'Estrange, National Trust Cornwall Office, Lanhydrock Park, Bodmin, PL30 4DE
- No online entries.
- No confirmation of entry will be sent out before race day.
- Collect race numbers on the day

Awards: Race memento for all finishers but only guaranteed for those that pre-register before 30 September 2016.

Prizes to first three in each class/age group and team prizes to first male team (4 to count) and first ladies team (4 to count).
The award ceremony to be held at approximately 6pm.

Multi Terrain Race Series: Race 3 of the Cornish MTRS 2016/17.
www.cornwallroadrunning.co.uk

To qualify for the MTRS awards, club vests must be worn.

For safety reasons MTRS rules state that MP3 players or earphones must not be used during any races and if you do you will be disqualified.

Enquiries to 01208 265204
Matthew.LEstrange@nationaltrust.org.uk

As a charity, the National Trust relies upon the generosity of our supporters to fund the magnificent properties, countryside and coast we manage, for ever for everyone.



There's lots going on at Lanhydrock, to find out more visit <http://www.nationaltrust.org.uk/lanhydrock>

From the National Trust with Bodmin Road Runners :

- ◆ Lanhydrock 10: MTRS(2016/17) Race 3
Saturday 8 October, 3.30pm

Lanhydrock parkrun, free timed 5K run, every Saturday at 9am <http://www.parkrun.org.uk/lanhydrock/>

Trelissick 10k: MTRS(2016/17) Race 2 Saturday 20 August, 6.30pm

A massive thank you to everyone who gets involved and helps with this event. Volunteers to help out with the races are always appreciated. No experience needed.

Please contact Matt, 01208 265204,
Matthew.LEstrange@nationaltrust.org.uk

www.nationaltrust.org.uk/lanhydrock - - www.cornwallroadrunning.co.uk - - <http://bodminroadrunners.com> - - www.barnecutt.co.uk



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