

THE CORNISH MULTI TERRAIN RACE SERIES 2012

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www.nationaltrust.org.uk/lanhydrock

The 2012 Multi Terrain Race Series MTRS comprises 10 races as listed

	Race	Dist	Day	Date	Organisers
1	The 5 Tors	10 m	Sun/am	01/04/12	East Cornwall Harriers
2	Bocconoc	5m	Sun/am	06/05/12	St. Austell R, C
3	St. Austell Half	13.1 m	Sun/am	20/05/12	St. Austell R, C
4	Bude Lifeboat Run	6 m	Wed/pm	13/06/12	Launceston R R
5	Meet your Max	7 m	Wed/pm	20/06/12	Truro R C
6	Lanhydrock	10 m	Sun/am	24/06/12	NT + CAC
7	Tywardeath Trotter	7m	Sat/pm	28/07/12	Tywardreath + St. A
8	Trelissick	10 k	Sat/pm	25/08/12	NT + TRC
9	Race for Wildlife	10k	Sun/am	14/10/12	Cornwall WLT + MBH
10	Rememberance Run	7 m	Sun/ am	11/11/12	Mounts Bay harriers

The races are open to all and in this initial series all individuals will be included in the Series tables regardless of whether they are a member of one of the affiliated Cornish Running Clubs. Members of affiliated running clubs must wear their club colours during the competition.

To achieve a Series completion award, competitors need to complete 6 out of the 10 races.

Once a competitor has completed more than the minimum 6 races the lowest scores will be discarded.

There are two individual competitions for both Male and Female, the "Open" and the "Age" category competition. All ages compete in the open and the winner of the race is awarded 300 points and second place 299 and so on down the field.

For the category competition the competitor's age on the 1st January 2012 is their competition age for the series. The winner of each age category is awarded 100 points and the second place 99 and so on down the field.

Age categories are: -

Male under 40, M40-44, M45-49 M50-54, M55-59 M60-64, M65-69 M70-74, M75+

Female under 35, F35- 39, F40-44, F45-49 F50-54, F55-59 F60-64, F65-69 F70+

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Both the men's and the women's team competition require teams of four to score. These will be the first four male finishers from a club and the first four female finishers from a club.

Team competition is open to affiliated running club teams from any county.

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