



SUNDAY, 4 DECEMBER 2016 AT 10.00AM

(1 hour 45 minutes cut-off time)

A 7.5 mile race through the countryside north of Penzance including breath-taking views of Mounts Bay and St Michael's Mount. It includes off-road tracks through a couple of fields with Cornish stiles to cross and it is run over uneven stony ground across the moors as well as on tarmacked roads. The first half of the run is uphill with the second half being downhill with a slight kick uphill to the finish at Penwith College.

Not suitable for wheelchair users. No dogs allowed on college premises or to run in the race.

No earphones/iPods/personal stereos are allowed to be worn or instant DQ!

Race HQ, parking, baggage area, toilets and showers are at Porthcurno Building, Penwith College, St Clare Street, Penzance, Cornwall, TR18 2SA. Registration opens at 8.30am.

A percentage of the entry fee goes to Cornwall Wildlife Trust and their work protecting Cornwall's wildlife and wild places. If you would like to raise sponsorship money please see www.raceforwildlife.org.uk



Part of the Cornish Multi-Terrain Race Series – open to 16-year-olds and above
(UK Athletics Permit No.2016-23319) Closing date for postal entries 1 December 2016

.....
First Name.....Surname.....

Address.....

.....Post Code.....

Telephone Number.....Male / Female

Email address (must be provided).....

Age on race day Date of Birth...../...../.....

Name of affiliated Club.....Affiliation No.....

Affiliated £12.00/ Non-affiliated £14.00 (£2 extra for entries on the day). Receipt of entry will be emailed to you.
Cheques made payable to "Mounts Bay Harriers" - £1 of entry fee goes to the Cornwall Wildlife Trust.

Race numbers to be collected on race day from Race HQ at Porthcurno Building, Penwith College, St Clare Street, Penzance, TR18 2SA

I declare that I am fit to run and will compete under UKA rules. I will not hold the organisers in any way responsible for any injury, illness or accident to my person or property arising from taking part in this event.

Signature Date.....
(Parent or guardian if under 18 years of age)

I am happy to be contacted by Cornwall Wildlife Trust about our conservation work, membership, fundraising and other activities by:

- Post
- Email
- Telephone
- Text
- Tick for all

Please return completed form to:

Mounts Bay Harriers, 7 Atlantic Crescent, Sennen, Penzance, Cornwall, TR19 7AS
info@mountsbayharriers.org.uk / www.mountsbayharriers.co.uk