



www.launcestonroadrunners.co.uk

TREGGY 7 2016

Sunday 4th September 10am



10/220

Our fantastically picturesque Launceston Castle finish.

Race 11 in the Cornwall Glass & Glazing Grand Prix.

Held under UKA rules. UK Athletics Licence No. 2016-227000

Location: Starting in Launceston Town Square a 7 mile circular route finishing on the Castle Green.

Facilities: Changing, baggage, parking, refreshments. RACE HQ (LAUNCESTON TOWN HALL).

Entry: Race limited to 450 runners, enter early to avoid disappointment. Enter online at www.treggy7.co.uk

CLOSING DATE FOR POSTAL ENTRIES is 28th August. Please send completed entry forms with a cheque

or postal order made payable to 'Launceston Road Runners' to Mr A Brown, 3 Springfield, Trevadlock,

Launceston, Cornwall. PL15 7PW. (Tel. 07889 983750). For enquiries email entries@treggy7.co.uk

Entry Fee: £12 affiliated £14 unaffiliated. £2 extra for 'on the day' entries. **Memento to all finishers.**

Number: Collect at race HQ on the day.

Awards: First 3 male and female finishers, First 3 male under35, vet 35, 40, 45, 50, 55, 60, 65, 70, 75+, First

3 female under 35, vet 35, 40, 45, 50, 55, 60, 65, 70+. First 3 male teams (6 to count). First 3 female teams (6

to count). First veteran 50+ male team (4 to count). First veteran 50+ female team (4 to count).

Prize for a new course record male/female!

With kind and generous support from:



FIRST NAME:SURNAME:.....

GENDER:.....DOB:/...../..... AGE ON 04/09/16:

ADDRESS:.....

..... POSTCODE:.....

TELEPHONE:.....EMAIL:.....

AFFILIATED: YES/NO CLUB:.....UKA No.:.....

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

Declaration: I understand that whilst the organisers will make every effort to ensure my safety, I accept the risks involved and they will not be responsible for any injury, loss or damage suffered by me whilst participating in this event. I further declare that I am medically fit, over 17 years of age on 4/9/16 and abide by UK Athletic Rules for this event and understand that the

WEARING OF HEADPHONES is strictly prohibited and will result in immediate disqualification.

SIGNED DATED:

For more information or online entry visit www.treggy7.co.uk

