


Tamar Trotters Proudly Present



The Magnificent 7

7 mile Road Running Race and 1½ mile Fun Run

Under UK Athletics Rules. Licence No 2018-30471
Part of the Cornish Grand Prix Series sponsored by Cornwall Glass & Glazing

Saturday 21st July 2018 at 7:00pm

from

Saltash Rugby Club,

Moorlands Lane, Saltash, Cornwall, PL12 4HJ

**7 MILE RACE LIMITED TO 500 RUNNERS
RACE DAY ENTRIES ALLOWED IF NOT FULL**

UNIQUE QUALITY MEDAL TO ALL FINISHERS



FUN RUN
Starts at 6.15 pm
Approx. 1½ miles
Medal to all finishers
Entry on the day only
Under 9s must be accompanied by an adult

Licensed bar, refreshments, Showers and changing facilities available,
Traffic free start & finish area, Hilly course, not suitable for wheelchairs
Camping available by prior arrangement.
Ample parking available 5 minutes walk from the start.
No parking available at the Saltash Rugby Club,
Car Parking Signposted on major routes in to start



Results & race information available at www.tamartrotters.co.uk



Entries to – Sue Court, 3 Mortimore Close, Saltash, Cornwall, PL12 4LH
Enquiries to - Tel: 01752 294498 Email: creamtarts@blueyonder.co.uk
Cheques made payable to 'Tamar Trotters',
Please provide email address for pre-race information.
All race numbers to be collected on race day.


PRIZE LIST

1st three overall male and female.

1st three in all age categories up to age 80 for men and age 75 for women

1st three male and female affiliated teams 6 to count in each team

Male course record – 38:14, (Shaun Milford, 2000)
Female course record – 41:55 (Emma Stepto, 2013)



Name Entry Fees (please tick relevant box)
 Address Full Entry Fee £14 (£16 on day)
 Email England Athletics Competition Licence
 Telephone Holders & affiliated £12 (£14 on day)
 Date of Birth Age on race day (Minimum age 16 years for 7 mile race) Male / Female
 EA Affiliated Club EA Licence Number

I accept that the organisers will not be liable for any injury, loss, damage, action, claim, costs or expenses which may arise as consequence of participation in this event. I declare that I will not compete in these races unless I am in good health on the day, and in any event I will only compete at my own risk. I agree to abide by U.K. Athletics rules. I acknowledge that medical support will be provided by St John Ambulance. The information provided on this form will be used solely for the purpose of race results and identification for health and safety reasons. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category. **I understand that portable devices with headphones must not be worn during this event**

Signed Date