

37th DUCHY MARATHON

Promoted by Cornwall Athletic Club

Round 3 of the **Cornwall Glass and Glazing** 2013 Cornwall Grand Prix Series

SUNDAY 3 March 2013 at 10.30am

Start and finish at the Penventon Park Hotel Redruth

26 miles 385 yards under UK Athletics Rules

UKA Licence applied for

Entry Form Duchy Marathon

DETAILS FROM:-

Vance Webster (Race Secretary)

Tremeneth, Gulval Churchtown, Penzance, Cornwall, TR18 3BD

Tel: 01736 366319

Email: kvtremeneth@aol.com

www.cornwallac.org.uk



Please enter me for the 2013 Duchy Marathon (minimum age 18 on race day)

Entry fee £13 (unattached £15) £2 extra on the day

Please circle your age group

MEN: Under 35 35/39 40/44 45/49 50/54 55/59 60/64 65/69 70-74 over 75

LADIES: Under 35 35/39 40/44 45/49 50/54 55/59 60/64 65-69 over 70

(BLOCK CAPITALS PLEASE)

Surname	Christian Name	Male/Female
Date of Birth	Age on race day	Telephone
Address		
Affiliated club (state if unattached)		UKA Licence Number

DECLARATION

I accept that the organisers will not be liable for any injury, loss, damage, action claim cost or expenses which may arise as a consequence of participation in this event. I declare that I am medically fit and will not compete unless I am in good health I will compete at my own risk and agree to abide by the UK Athletic Rules.

Signed

DATA PROTECTION

The information provided by you on this form will be used solely for the purpose of race results 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 person or agency

Please make cheques payable to: **Cornwall Athletic Club**

CLOSING DATE FOR POSTAL ENTRIES: SATURDAY 23 FEBRUARY 2013

PLEASE EMAIL RACE SECRETARY OR ENCLOSE A SAE FOR CONFIRMATION OF ENTRY

Numbers will not be posted out. They can be collected at the Penventon Park Hotel from 7.00pm on the Saturday evening or on the morning of race day from 8.30am to 10.15am.

PRIZE LIST

MALE		FEMALE	
1st	Perpetual Trophy and Individual Trophy £100 cash	1st	Perpetual Trophy and Individual Trophy £100 cash
2nd	Trophy and £50 cash	2nd	Trophy and £50 cash
3rd	Trophy and £25 cash	3rd	Trophy and £25 cash

Awards (wine) to the first three in the following age groups

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+

TEAMS Perpetual Trophies to the winning Male and Female teams

Awards (wine) to the First Three Male and Female teams (Four to score Men and Four to score Ladies)

£50 CASH FOR MEN & LADIES COURSE RECORDS

(MEN Takao Komatsu 2hours 30min 46sec LADIES Heather Foundling-Hawker 2hours 51min 41sec)

QUALITY MEDALS TO ALL FINISHERS CORNISH PASTIES FOR ALL RUNNERS

PLEASE NOTE: All runners will receive a finishing time but there will be no guarantee after 4.00pm, of Marshals and drink/sponge stations being in place.

THE COURSE

A two lap route starting and finishing at the Penventon Park Hotel. The course, generally flat, initially follows an out and back one mile section before turning north onto a two lap circular route along the spectacular north coast and back through the historic mining district of Pool. Drink stations are provided at 3 mile intervals.

CHANGING AND REGISTRATION

Pre entered runners may collect their numbers on the Saturday evening from the Forum Room at the Penventon Park Hotel between 7.00pm and 9.00pm or from the Forum Room from 8.30am to 10.15am on race day.

Late entries will also be taken on the Saturday evening, as well as on the Sunday morning

The additional £2 late entry fee will apply at both times

Changing Facilities, Showers, Bag Storage, Car Parking available

Bar and Refreshments available throughout the day

SPECIAL 2013 OFFER FOR ALL DUCHY MARATHON and DUCHY 20 RUNNERS/FAMILIES

SPRING MARATHON BREAK AT THE PENVENTON PARK HOTEL

EXCLUSIVE TO ALL RUNNERS AND SUPPORTERS

TWO NIGHTS BED & BREAKFAST including the SATURDAY NIGHT PASTA PARTY

£90.00 per person

The offer applies to stays on the Friday/Saturday or Saturday/Sunday nights

Stay for a third night for just **£40**, so your three night stay would cost only **£130.00** per person

PRICES ARE BASED ON TWO PEOPLE SHARING AND INCLUDE VAT

CONTACT THE PENVENTON PARK HOTEL 01209 203000

www.penventon.co.uk

**PLEASE NOTE: THE WEARING OF MP3 PLAYERS IS PROHIBITED
RUNNERS WEARING THEM WILL BE DISQUALIFIED**

**DON'T FORGET THE PASTA PARTY AT THE PENVENTON PARK HOTEL ON SATURDAY
EVENING BEGINNING AT 7.00pm. The cost will be £7.95 per person. A range of
pastas, including a vegetarian option, will be available**