



# National Trust

Presents the

## TRELISSICK 10K(approx.)

**Saturday 20 August 2016, 6.30pm race start**

MTRS Race 2, 2016/17 series

UKA race licence 2016-26488

10km(approx.) multi-terrain run through the estate  
**with Merlin MS Centre Fun Run at 5.15pm**

Bring the family and enjoy the whole property for the day. Visit [www.nationaltrust.org.uk/trelissick](http://www.nationaltrust.org.uk/trelissick) for opening times and prices. National Trust members enter Trelissick House & Gardens and park for FREE.

Trelissick house, gardens, estate, cafe, shop, gallery, plant sales, second-hand bookshop, holiday cottages.



**Directions:** National Trust Trelissick, Feock, near Truro, Cornwall, TR3 6QL. Follow the A39 from Falmouth or Truro; then onto the B3289 at Playing Place and follow brown sign posts or signs towards the King Harry Ferry. Trelissick is on the right. After parking, follow the signs on foot to registration.

**Surname:** .....

**Forename:** .....

**Male/Female:** .....

**Address:** .....

**Date of Birth:** .....

.....

**Tel. number:** .....

**Post code:** .....

<b>Male</b>	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
<b>Female</b>	Under 35	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+	

**Please circle your age group on race day (minimum age 15):**

**Email address:** .....

**Name of Affiliated Club (please state if unattached)** .....

**UKA Race Licence Number:** .....

**Please tick if you are a National Trust:** Member  Volunteer  Staff

For every National Trust member, volunteer or staff member visit to Trelissick, the property receives funds to be spent conserving this special place for us all to enjoy. Please also bring your membership card for scanning if you can.

**Declaration:** Please enter me for **the Trelissick 10K**. I declare that I am medically fit to run and I understand that whilst the organisers will make every effort to ensure my safety, they will not be held responsible for any injury, illness, damage or loss suffered by me whilst participating in the event.

**Signature** ..... **Date** .....

\* Only entries before 12 August 2016 will be guaranteed a race memento.

#### Race details:

- **10 km undulating but scenic multi terrain run around the National Trust Trellissick estate and gardens**
- Marshals are on the route but runners will need to **follow run signage** around the course
- Some sections on road with no road closures, but road crossings will be marshalled
- National Trust pay & display car park less than 10 minute walk from registration. Please **car share** if you can. NT members park for free
- Collect bib numbers or enter on the day at the **registration** desk in Crofters Café **from 4.30pm**
- **Registration will close at 6.20pm** to allow time for runners to get to the start line and for the runners briefing
- Race **start line** in the park in front of Trellissick house
- **Toilets** next to the café (near the main car park) and chemical toilets near the house
- **Crofters Cafe**, open until 8.30pm for tasty treats
- Bag storage available, no showers or changing rooms
- **No MP3 players /headphones**
- **No dogs**
- **Results** will be available online at [www.nationaltrust.org.uk/trellissick](http://www.nationaltrust.org.uk/trellissick)
- An official **photographer** may be taking photos for participants to purchase after the event (to be confirmed).

#### To Enter:

- **Entries before 12 August 2016,**
  - £10 with competition licence number,
  - £12 without competition licence,
  - Add £2 for entry on the day
- Cheques made payable to **National Trust**
- All entries to **Trellissick 10K, National Trust Trellissick, Feock, Nr. Truro, TR3 6QL.** No online entries.
- No confirmation of entry will be sent out before race day.
- Collect race numbers on the day

**Awards:** Race memento for all finishers **but only guaranteed for those that pre-register before 12 August 2016.**

Prizes to first three in each class/age group and team prizes to first male team (4 to count) and first ladies team (4 to count).

**The award ceremony to be held at approximately 8.30pm.**

**Multi Terrain Race Series:** Race 2 of the Cornish MTRS 2016/17. [www.cornwallroadrunning.co.uk](http://www.cornwallroadrunning.co.uk)

To qualify for the MTRS awards, club vests must be worn.

For safety reasons MTRS rules state that MP3 players or earphones must not be used during any races and if you do you will be disqualified.

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

**Enquiries to [trellissick@nationaltrust.org.uk](mailto:trellissick@nationaltrust.org.uk),  
01872 862090**

**As a charity, the National Trust relies upon the generosity of our supporters to fund the magnificent properties, countryside and coast we manage, for ever for everyone.  
A massive thank you to everyone who gets involved and helps with this event. Volunteers to help out with the races are always appreciated. No experience needed.**

There's lots going on at Trellissick, to find out more visit <http://www.nationaltrust.org.uk/trellissick>

From the **National Trust:**

- ◆ **The Great Lanhydrock Run:** MTRS(2015/16) Race 8  
Saturday 18 June, 5.00pm
- ◆ **Trellissick 10k:** MTRS(2016/17) Race 2  
Saturday 20 August, 6.30pm
- ◆ **Lanhydrock 10:** MTRS(2016/17) Race 3  
Saturday 8 October, 4.00pm

**parkrun**, free timed 5K run, every Saturday at 9am  
Lanhydrock & Penrose  
<http://www.parkrun.org.uk/lanhydrock/>  
<http://www.parkrun.org.uk/penrose/>



**Merlin  
MS Centre**

A place of support, therapy  
and information for Cornwall

**Fun Run** (1-ish & 2-ish mile races)

**Saturday 20 August, 5.15pm,  
before the Trellissick 10K**

**For more details contact [lucy@merlinmscentre.org.uk](mailto:lucy@merlinmscentre.org.uk)  
01726 885 530, [www.merlinmscentre.org.uk](http://www.merlinmscentre.org.uk)**

[www.nationaltrust.org.uk/trellissick](http://www.nationaltrust.org.uk/trellissick) - - [www.cornwallroadrunning.co.uk](http://www.cornwallroadrunning.co.uk) - - [www.trurorunningclub.org.uk](http://www.trurorunningclub.org.uk) - - [www.nationaltrustholidays.org.uk](http://www.nationaltrustholidays.org.uk)

