

The Courses:

All courses start and finish in Carwinion Playing Field. The route for the 5km and 10km races follows the road down into Mawnan Smith, turning left at the Red Lion, up Grove Hill past Durgan cross roads, through Trebah Gardens to Helford Passage turning, then returning through the village. The 5km route then returns to the playing field while the 10km route continues up Sampys Hill, turning left after the garage through Boskensoe and Tregarne to Penwarne before returning through the village and back to the playing field. A drink station will be provided at Boskensoe Farm on the 10k. There will not be a drink station on the 5k.

The 1 mile fun run follows the same route from the start, but turns off Grove Hill into Shute Hill, past the school and through Carwinion Lane to return to the playing field.

Refreshments and drinks, including a licensed bar, a barbecue and a cake stall will be provided afterwards along with music, stalls and plenty of entertainment so stay for a while and enjoy the fun!



Enter Online at:

www.runmawnan.org.uk/entries

Or by Post:

Detach and return the entry form, along with a cheque made payable to 'Run Mawnan', to: Rod Allday, Trenoon, Carwinion Road, Mawnan Smith, TR11 5JD.

For further information call: 01326 250733
Visit our Website: www.runmawnan.org.uk



10K • 5K • 1 Mile

**A FUN EVENT FOR
ALL THE FAMILY!**

**5km and 10km races
plus a
1 mile children's fun run**

**Sunday 1st October
2023 at 10am**

Start & finish in
Carwinion Playing Fields, Mawnan



Organised by Falmouth Rotary Club to
raise funds for local & international
charities



Fantastic prizes for male & female winners of each course
Prize for the best fancy dress
All those who pre-enter will receive a medal and goody bag

With grateful thanks to our sponsors & supporters:



Mawnan Fun Run 2023 - Entry Form

SURNAME:			
FIRST NAME:	Male/Female		
DATE OF BIRTH:		CLUB:	
AGE ON 01/10/23:	Under 7s must be accompanied		
ADDRESS:			
POSTCODE:		PHONE:	
EMAIL:			

Please select which event & age category you wish to enter:

		Entry Fee*	✓
10km Race	Age 18+	£15.00 (Students £10.00)	
	Age 60+	£15.00	
5km Race	13 & Under	£10.00	
	Age 14-17	£10.00	
	Age 18+	£15.00 (Students £10.00)	
	Age 60+	£15.00	
1 Mile Fun Run <i>(aimed at primary school children therefore Age 12+ are non-competitive)</i>	7 & Under	£5.00	
	Age 8-11	£5.00	
	Age 12+ (n/c)	£5.00	

* Please note that the closing date for pre-entries is midnight on 23/09/23. There will be an additional £2 fee if you enter on the day and a medal/goody bag will not be guaranteed.

DECLARATION: By submitting this form and paying the entry fee for this charity event I am acknowledging that I can only rely on the organisers to protect me from reasonably foreseeable risks of injury and therefore I accept that I must take responsibility for my own safety and I am not aware of any medical conditions which could expose me to any risk of injury while taking part in this event. I consent to my data being held and published as part of the results of this event in accordance with the Privacy Notice available at www.mawnanfunrun.org.uk.

SIGNED:	DATE:	TOTAL ENCLOSED:
Parent or guardian to sign if under 18		£

FALMOUTH ROTARY CLUB

RUN MAWNAN

SUNDAY 1st OCTOBER 2023

Competitors' Instructions

- Age categories are determined by your age on race day.
- All runners in the 10km race must be age 18 years or over.
- Children age 6 and under must be accompanied by a responsible person over the age of 16.
- Registration for all events will be from 8.30-9.30am at Carwinion Playing Field.
- Your running number will be issued at registration. It should be pinned on your front and clearly visible.
- Pre-entry is advisable. It will be possible to enter on the day but this will be subject to a £2.00 surcharge and you are not guaranteed to receive a goody bag and medal at the finish. Entry on the day may be subject to number limitations.
- Toilets and limited changing facilities will be available.
- There will be a short warm-up led by Gill Sadler of Golawi Wellbeing at approximately 9.45am.
- The 10km and 5km races will start together at 10am and the Fun Run will start shortly after at 10.05am.
- On the route, follow the direction indicators or marshals' instructions. There will be a road closure in place for the start of the race but please be aware of traffic on your return through the village and keep to the left-hand side of the road.
- A drink station will be available on the 10k course at Boskensoe Farm. There will be no drink station on the 5k
- We will be patrolling the course and there will be a marshal following the last runner so, should you have any problems, assistance will be close at hand.
- First aid will be available in the playing field.
- Final race results & photos will be posted on our website: www.runmawnan.org.uk. *If you do not wish your name to appear in the results you must contact the organisers at the address overleaf.*
- ENJOY YOUR RUN ☺

Please retain this half for your information