

COOSE TRANNACK CROSS COUNTRY RACES

FRIENDS OF TRANNACK SCHOOL

Registered charity: 1077109

Trannack C.P. School, Trannack, Helston, Cornwall, TR13 0DQ

COOSE TRANNACK — Saturday, 11th MARCH 2023

GENERAL

Coose Trannack is a Millennium Woodland planted by the Woodland Trust in 2000 in conjunction with Trannack School. The woodland is open all year round to the public.

The event is open to ALL children of school age from Yr R through to U16 and we will again be running our Adult Race (4800m) for ages 16 and over.

Hot food and drinks will be served from 08:30.

The Registration Office will be in the school hall, within the main school building and will be open from 08:30 to 11:00.

From 08:30 until the start of the races all competitors are invited to walk the course.

The event will start @ **09:35** and will end around 1pm. There will be a presentation ceremony in the playground for Primary Schools. U13 and U16 Medals will be handed out at the finish line but competitors are welcome to stay until completion of the event. The Adult Race will commence after the Yr6 race.

Competitors are advised to come already changed as there are no indoor changing facilities.

The Local Press are invited to attend. The FTS cannot accept liability for children's pictures appearing in the press. The responsibility is that of the visiting schools/clubs and/or parents. If parents have any concerns prior to the event please contact the event email.

For event enquiries and to submit your School/Club Registration Form email: coosetrannack@gmail.com or post to: **Trannack School, Trannack, Helston, TR13 0DQ**

PARKING

Please arrive early giving yourself plenty of time to park and register (and to walk the course if you wish). **Please car share where possible.**

DIRECTIONS

Trannack School is approximately 2 miles north of Helston. Follow the B3297 from Helston towards Redruth, turn left where the school is signposted just past Wheal Dream Golf and Restaurant. Dependant on the weather prior to the event parking will be on fields below Trannack School. There is disabled parking in the school car park. All cars are parked at their own risk.

ENTRY FORM & REGISTRATION

Entry can either be done collectively through their school/ club organiser, by returning the registration form back to coosetrannack@gmail.com or signing up on the day as an Individual entry.

To help with the smooth running of the event, the Coose Trannack committee would be grateful if each school or club could have a representative to act as a contact, to pre-register their team before the closing date and be responsible for their team on the day.

For clubs and schools the entry form should be completed and returned **BEFORE** the event (**by Saturday, 4th March**), however if this is not possible entries can be made on the day - please report to Registration **at least** 1 hour before the scheduled time of the race.

To reduce the amount of footfall through the registration area please can you ensure that only a School or club organisers who are collectively organising the children from their school / club as part of a team, or Individual children who have not been pre-registered via their school or club organiser.

The entry fee is **£4.00** per child (**£6.00** for the Adult Race - age 16 and over). Cheques should be made payable to the "FTS". As part of the entry fee competitors will receive a drink and a snack bar. They will also receive a certificate showing their finishing position and can keep their race number as a memento of the occasion. **Please ensure all registration forms are returned by Saturday 4th March, or secure last years prices (£3 children, £5 adults) if returned by Friday 10th February.**

All competitors should wear their race number on the front of their tops.

RACE DISTANCES, TIMINGS, RESULTS, MEDALS AND TROPHIES

Secondary School Event

U13 & U16 2400m 09:35am (staggered start for each age group)

Medals will be handed out at the finish line for Secondary School races

Primary School Event

Yr.R	300m	10:00am
Yr.1	500m	10:15am
Yr.2	500m	10:30am
Yr.3	900m	10:45am
Yr.4	1200m	11:00am
Yr.5	1500m	11:15am
Yr.6	1800m	11:30am

Adult Race 4800m 11.45am.
Fee £6. Medals & T-shirts for winners

Medals & Trophies 12.15pm (in the playground)

Please bring your own sports bottles, there will be refillable water stations.



RACE INFORMATION

All competitors should be ready for their event at least five minutes before their scheduled start time and should gather in the Marshalling Area. **Only children due to compete in the next race are allowed in the Marshalling Area.**

Adults are NOT allowed to accompany their children into the Marshalling Area, nor are they allowed to accompany the children to the start line.

Although the boys and girls races are combined, there is a competition for both boys and girls in every age group. The boys and girls should go to the Marshalling Area together, but the actual start of the races will be staggered on the start line with a gap of about 30 seconds. The boys will go first.

All competitors are awarded a certificate of participation, with their race finish position on, immediately after the race.

There are medals for the top three finishers in each age and gender category and also trophies awarded to the best Primary School and Club – the first six finishers in each race earn points for their school and club if applicable.

The race positions will be noted down by the finish line marshals from the race numbers on the children tops. The first six finishers will be asked their name / school and club on the finish line as a double check that we have recorded the point scoring children correctly for the results.

Club teams will not be in competition with Schools. Pupils can represent both their club and school and will score points for both.

COMPETITION RULES

1. Children may only enter the race appropriate to their National Curriculum year group.
2. Schools may enter any number of competitors in each race.
3. Points are awarded for the first six finishers in each age group for both boys and girls;

First place	-	6 points
Second Place	-	5 points
Third Place	-	4 points
Fourth Place	-	3 points
Fifth Place	-	2 points
Sixth Place	-	1 point

4. Neither a place nor a point will be awarded to a competitor who has not registered before the race.
5. The primary school achieving the highest scores will be declared the winners.
6. In the event of a tie, the school with the most firsts will be declared the winner. If there is still a tie the school with the most places will be declared the winner. If there is still a tie then the trophy will be shared.
7. The trophies will be held by the winning teams and should be returned to Trannack School in time for next year's event.
8. The winning teams are responsible for the engraving of the trophies.
9. The rules for the Club competition are as above except the word school should be replaced by club.

HEALTH & SAFETY

- No animals, except for guide dogs may be taken into the school grounds or on the site of the races.
- The whole of the school grounds is a non-smoking zone.
- Parents and visitors are requested not to smoke in any area where there are children or other visitors to the event.
- All competitors should be aware that some will be wearing spikes.
- Parents should ensure that their children are capable of completing the distanced involved.
- Once the first race has started no spectators are allowed to cross the rope on to the course at any time until the last race is completed. But before the races start spectators are allowed to walk the course.
- No spikes or football boots should be worn in the school hall.
- Hot drinks and food will be served and care should be taken when moving around the site.
- The playing field adjacent to the school hall can be used for warm-up purposes.
- St Johns Ambulance crew are on site throughout the morning.
- This is a natural woodland course so care should be taken accordingly.

2022 WINNERS

School Leader Board	Winners	Truro School
	2nd Place	Kea School
	3rd Place	Chasewater School

Clubs	Winners	Cornwall Athletic Club
	Runners-up	Newquay and Par, Hayle Runners, Carn Brea

Full results for this year's event will be published on the Trannack School website.

MANY THANKS TO OUR SPONSORS & SUPPORTERS

Helstonbury: www.helstonbury.com *The Helstonbury festival is a fund raising event where proceeds are donated to the local community of Helston since 2001..*
The **Woodland Trust** for providing the course and cutting the grass. Further information can be found at :- <http://www.woodlandtrust.org.uk>
Wilf Wilcock from **Phoenix Signs** For kindly donating signage.
Cecily Miller for the car park at Trannack Farm.

All participating schools and clubs, all competitors and spectators, Trannack FTS, volunteers, contributors and all other sponsors.
We look forward to welcoming you on the day.

Andy Ross (Race Director)
On behalf of the Friends of Trannack School

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