



# New for 2019 !

## Trepolpen Seythin 10k

**East Cornwall Harriers** are proud to present a new race for the Cornish running community calendar for 2019.

Following the unfortunate loss of the hugely missed **5 Tors** and building upon the success of the ever popular **Cornish Marathon**, the team at ECH have developed a totally new multi-terrain event.

We are calling the event the **Trepolpen Seythin 10k** in recognition of the mix of village (Tre), coast (Pol) and hills (Pen) included in the event which is based at the Seaton Countryside Park. The name of the village in Cornish is 'Seythin'.

This will be a challenging route with a mix of unmade paths, woodland, road (with a particularly tough ascent), lanes and a sting in the tail along the beach from Donderry.

The race is scheduled for **Sunday March 31<sup>st</sup> 2019**.

Race HQ will be in the **Smugglers Inn** at Seaton (PL11 3JD), with Registration opening at 08:30am for a 10:30am Start.

Free parking will be available in car parks at Seaton, but as always space will be limited so lift sharing wherever possible is strongly encouraged.

A medal and memento will be awarded to all finishers for the bargain introductory fee of £12 (affiliated) and £14 (unaffiliated or on the day entries).

More details and the entry form can be found here :

<http://www.eastcornwallharriers.com/pages/trepolpenseyhtin.php>

