

**Trepolpen Seythin 10k**

***East Cornwall Harriers*** are proud to invite you to the return of new race entry to the Cornwall Road Running and Racing Group’s Multi-Terrain Race Series for 2023.

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

It is 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 Downderry.

The race is scheduled for **Sunday March 26th 2023.**

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

A memento will be awarded to all finishers. The race fee is £18 (affiliated) and £20 (unaffiliated).

More details and the link to the online entry can be found here :

https://eastcornwallharriers.com/trepolpen-seythin/