



What you need to know on the day

Firstly, thank you so much for your support!

The emphasis of our first **GO BRIGHT FUN RUN** is to get active and have fun with your friends and family in the great outdoors. To ensure this a safe and enjoyable event for all, please read and follow the guidelines below. Thank you.

Please ensure that you fully prepare yourself for the challenge of this event. By registering for the event, you confirm that you are in a state of reasonable health and fitness.

The route is **approximately 1 mile** and is a family focused, fun run event which is not competitive nor chip timed. You are however welcome to time yourself. Participants have the choice to run one lap or two. You can decide on the day!

Location

- The event takes place at Trelissick, Feock, near Truro, Cornwall TR3 6QL.
- We have been generously gifted this bespoke 1 mile route from the National Trust and feel enormously privileged to have access to private parkland where the public does not have access. Please be respectful of the space - and ensure all litter is disposed of responsibly.
- Please be aware that this course is a one-off opportunity. Please do not try to access this course any other time of the year.

Arrival

- Please do not arrive before 8.15 am but please arrive ready to start your race.
- **Registration is open from 815 – 845am.**
- When you arrive at the event you will be directed to the top Trelissick carpark.
- National Trust car parking fees have been kindly waived for Go Bright Fun Run participants, but we do ask any National Trust members to please scan their cards on entry.
- You will be directed to registration which will be sited near the café/garden/entrance.
- Please bring with you a full, reusable water bottle. These can be refilled from the Café. National Trust refreshments are available to buy in the café from 9.30am.
- Toilets will be available by the Trelissick Cafe.
- Parents/carers are politely reminded that their children are their responsibility at all times.

- Take care near roads and car parks - some vehicles drive very quickly. Please be extra careful if you have children.

Registration

- Every participant (adult and child) will be given a race number which needs to be pinned and worn on the front of your t-shirt so it is clearly visible throughout the whole route. Pins will be available. This number is unique to your booking and must not be swapped with other participants.
- There will be a race briefing at **8.50am** by the entrance to the garden and then, we will all walk together through the gardens to the start line.
- The start/finish line is in front of Trellissick House.
- Non-participant friends and family are very welcome to watch. If you're spectating, keep clear of participants on the course, and look after any children you may have with you.

Start

- There will be a gentle warm up from the fabulous Caitlin from https://www.instagram.com/rise_yoga_fitness/ outside the stately Trellissick House at 8.55am.
- The fun run will start at 9am. Runners will go off first, then run/walkers and finally those walking or with trail buggies.
- One lap or two, it's up to you!

Marshals

- Please follow the race signage and adhere to the instructions given by the event organisers and marshals who are there to keep everyone safe and on the right paths. Marshals will be at key sections of the course, or signs will be in place. Our thanks to the Rotary Club of Truro Boscawen for their invaluable marshalling support.
- Harry 'the hare' will be leading the course – one of our fabulous London Marathon runners 2026 – and there will be a sweeper behind the last walkers, so should you have any problems, assistance will be close at hand.
- First aid will be available from the Cornwall Mind registration team.

Route

- The course is run entirely on grass (see image below/overleaf marked out in **green**). Some sections of the course may be uneven under foot. Please pay extra attention on uneven surfaces. Your safety is of great importance to us so we would ask you to take great care whilst completing the route.



- When passing others on the course, choose a time when you have plenty space and make them aware you're going to be passing.

Dogs

- Unfortunately, due to the number of younger children participating, there are no dogs allowed for this event. Here at Cornwall Mind, we love dogs – so please keep an eye on our socials for our next Bark Run event!

Children

- Children under the age of 11 must be accompanied by and within arm's reach of a parent, guardian or appropriate adult of the parent's choice who is also registered to participate.
- Children 11 and over can participate independently, though parents/carers retain ultimate responsibility for their safety.
- Parents should ensure that their children are capable of completing the distance involved.

Sponsorship

- Although we're affiliated to Mind, the national charity, Cornwall Mind is an independently registered and funded charity, dependent on fundraising and donations to continue our vital work in the community.
- Thank you for making every step count as all the funds raised from the event will go towards Cornwall Mind's fight for better mental health across the duchy. With this in mind, we'd be delighted if our supporters would consider seeking sponsorship, if you are able to. Every contribution, big or small, helps make a difference. As a little extra incentive, we'll be awarding prizes for the highest amount of sponsorship raised, thanks to Kernow Chocolate!
- You can sign up and create your own page here: [Go Bright Fun Run! - JustGiving](#)

- £10 - will pay for us to answer a call from someone in need of support
- £50 - will pay for someone to receive one-to-one support, helping them connect with others and feel less alone
- £100 - will pay for someone to benefit from a wellbeing course, helping them to build confidence and improve quality of life
- You can also download a sponsor form: [Cornwall Mind sponsorship form](#).
- If you have raised any cash sponsorship, please kindly place in an envelope and bring along on the day with your sponsor form to hand in to our registration team.

Photographs

- We're really grateful to our volunteer photographers for giving their time to capture the fun and bright moments from the day! Photos from the event will be shared on our **Go Bright Fun Run Facebook event** - [Go Bright Fun Run for Cornwall Mind 2026 | Facebook](#)
- **Please note - If you don't want to be photographed**, that's absolutely fine. Please let our Cornwall Mind registration team know when you arrive, and we'll make sure your race number is clearly highlighted so our photographers know not to take your photo.
- If you choose to tag Cornwall Mind in your own photos on social media, you're giving us permission to share and use those photos on our Cornwall Mind social media channels.

Finish Line

- As you cross the finish line, participants will receive a custom-made medal generously sponsored by RRL Accountancy.
- Every participant will be gifted a *Callestick Farm Ice Cream voucher, for an ice cream flavour of your choice (single scoop tub or cone) at their Ice Cream Parlour in Callestick.
- ***PLEASE NOTE THESE ARE ONLY REDEEMABLE AT THE CALLESTICK ICE CREAM PARLOUR IN CALLESTICK AND NOT ON SITE AT TRELISSICK.**
- Fancy dress prizes from Kernow Chocolate for the best and brightest will also be awarded on the finish line – as well as a dozen £10 gift vouchers to spend at the Reading Room in Bodmin!
- There will also be a range of tasty treats for you to choose on the finish line, kindly donated:
 - Apples from Tesco's in Truro
 - Easy peelers and popcorn from Coop in St Ives
 - Bananas from Sainsbury's in Truro and Asda in Falmouth
- After your fun run, you are welcome to stay and enjoy the summer of play schedule available at our generous hosts, National Trust. We hope you all have fun and thank you for your support!