

## National Trust Press Release

Issued 15 May 2025

Images available here:  [Trust10 at Pentire and Godolphin](#)

### Trail runners welcomed to National Trust places in Cornwall

The National Trust in Cornwall is inviting trail runners of all levels to discover the beauty of its coast and countryside through its monthly Trust10 trail runs.

Held on the fourth Sunday of each month, these free 10k runs take place at both Pentire Headland near Polzeath and on the Godolphin estate near Helston and offer a unique way to experience some of Cornwall's wild beauty on foot.

The routes wind through dramatic coastal paths, open fields, and historic landscapes, offering a refreshing alternative to the usual running spots. Shorter route options are also available, making the events suitable for beginners, seasoned trail runner and those building up to the full 10k distance.

Tom Sparkes, Lead Ranger for the National Trust, said *"I run in my own time and know how much it helps both my fitness and mental wellbeing. These places are full of incredible scenery and wildlife – it's a great way to connect with nature while getting active."*

The Trust10 runs are designed to be welcoming and inclusive. Katie Reynolds, Senior Visitor Experience Officer, added *"We're a friendly bunch and love seeing new faces – whether you're breaking in your first pair of trail shoes or chasing a personal best. Dogs are welcome too, as long as they're kept on a lead."*


To find out more about the Trust10 trail runs, visit: [www.nationaltrust.org.uk/Godolphin](http://www.nationaltrust.org.uk/Godolphin) and [www.nationaltrust.org.uk/Pentire](http://www.nationaltrust.org.uk/Pentire)

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#### **Notes to editors:**

**For further media information please contact:** Lucy Parkins, Visitor Experience Officer, on [lucy.parkins@nationaltrust.org.uk](mailto:lucy.parkins@nationaltrust.org.uk) or 07837 342203 & Louisa Reeves, Marketing and Communications Consultant, on [louisa.reeves@nationaltrust.org.uk](mailto:louisa.reeves@nationaltrust.org.uk) or 07909 892520

#### **Images:**

Images can be downloaded here  [Trust10 at Pentire and Godolphin](#). Only to be used in conjunction with this press release. Credit and caption as per file name.

#### **About the National Trust**

In January 2025 the National Trust marked its 130th birthday by launching its new 10-year strategy People and Nature Thriving.

This strategy, which will guide the charity's work and direction from 2025-2035 and beyond, focuses on three key goals:

- Restore Nature
- End unequal access to nature, beauty and history
- Inspire more people to care and take action

The plans follow the largest public consultation ever carried out by the National Trust, with more than 70,000 people – including members, volunteers and industry partners – sharing their views on the Trust's work and direction. Read more about the National Trust's strategy [here](#).