



Kimberley and District Striders
present

The Goose Fair Gallop

9th October 2022



Dear Gallopers

Thank you for entering the Goose Fair Gallop. We're getting excited as it's nearly time to see you all and we've got our fingers crossed for good weather.

We've pulled together the following information to help you prepare for the day. We're looking forward to seeing you on the 9th, and we really hope you enjoy your day.

Goose Fair Gallop Team

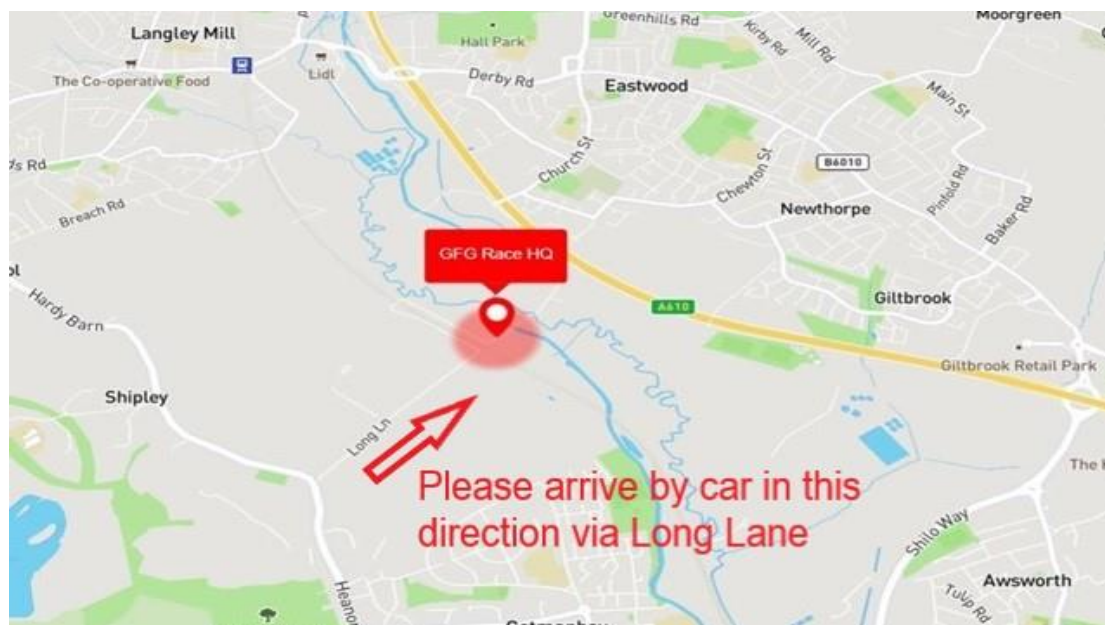
Race Start Time: 10am on Sunday 9th October 2022

Race Distance: 10 Kilometres

Race HQ and Parking. The race HQ and free parking will be available at MFN, Shipley Gate, Nottingham NG16 3JE (see map below). Please access the race HQ from the direction of Shipley using Long Lane (accessed via Ilkeston or Heanor), as the route will be blocked if arriving from Eastwood direction. Due to the race start being on Long Lane, cars will not be able to drive down to the parking and race HQ after 9.30am, so ensure you arrive in plenty of time. Please also car share where possible.

IMPORTANT

Please access parking via Long Lane only.
There will be no vehicle access to the site after 9.30am



Race Start: Please arrive at the start line ready to run by 9.50am and take up a position suitable to your ability. The start is a five minute walk over a railway bridge, or a kilometre warm-up jog from the car park.

Race Number and Chip: Your race number with its attached timing chip will be supplied by post before race day. Please fill in your details on the reverse of your number. If you have a medical condition that our first aiders need to know about, add details of your condition, along with any medicines or actions our first aiders need to take on the reverse too. Please attach your number securely to your race day vest/tshirt and do not let anyone else compete with your number.

Toilets: Toilets will be available at the start/finish area within the MFN building.

Changing Facilities: Unfortunately, there will be no changing facilities.

Bag Drop: There will be an area at the start/finish line, where you can leave your bag during the race. Please note that bags are left at your own risk.

The Course: The measured 10k route is a looped course and will be well signed and marshalled throughout. A route map is available on our website - goosefairgallop.weebly.com/location.html.

The route is also used by walkers, cyclists & horse riders, so we are unable to accept runners with dogs or buggies. A small section of the route is on an open road, and while marshals will be controlling the traffic, we ask that runners do not wear headphones, listen to the marshal's instructions, be aware of motorists and be considerate to other users.

Conditions underfoot vary from gravel tracks, canal paths and un-kept trails to smooth pavement. Road shoes should be sufficient. However, trail shoes may be advisable if it's been raining the week before. As part of the route will be going over the Bennerley Viaduct, there will be a section of steep steps to access this.

As part of the course is along the canal, the Canal and River Trust have asked us to ensure all runners are aware of, and take appropriate precautions, to avoid contracting Weil's Disease. You can find more information on their website :

canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/leptospirosis-what-you-need-to-know.

Water Stations: Cups of water will be available at 5.5 km. Your goodie bag at the finish will also include a bottle of water.

Photographs: We will have race photographers on the course trying to catch you looking your energetic best! Please ensure you wear your race number clearly visible on your front and check the goosefairgallop.weebly.com website after the race to spot yourself.

Race Finish: Each finisher will receive their 2022 technical tshirt, a bottle of water and a goodie bag. There are also some spots prizes – so check your goodie bag carefully!

Prizes: There will be a prize for the first three Senior Men and Senior Women (18-34) finishers which will be presented on the day. There will also be prizes for the first finisher in each category FV35, 45, 55 & 65, MV35, 45, 55 & 65, these will be sent to the winners after the event. The results will be collated from the chip timings and available online.

Refreshments: Tea, coffee, water and various other refreshments will be available to purchase in the start / finish area.

Deferment / Transfer: Race entries are non-refundable and non-deferrable, however you can transfer your place to another runner. An admin charge of £2 (cash only) will be payable at Registration on race day. To transfer your place, please give the new runner your race bib and this information sheet, and also email entries@jcracesolutions.co.uk with the following information:

- YOUR name and date of birth
- NEW RUNNER's name, gender, date of birth, running club (if applicable), mobile phone number, email address, town or city.

We are not able to amend T-shirt sizes for transferred places, however if the runner wishes to wait until the end of the race, we will try our best to provide them with a T-shirt in their size from any unclaimed ones. Please see the race terms and conditions on our website goosefairgallop.weebly.com.

Covid-19: Kimberley & District Striders will adhere to all current guidance provided by England Athletics to ensure this race complies with COVID-19 restrictions. For the wellbeing of yourself and fellow runners we advise you to take a lateral flow test in the 24 hours before the race. The organisers will not ask to see your test results. We also ask that you do not attend the race if you are experiencing symptoms of Covid-19.

Contact Details: For any other enquiries, please email kadsgfg@gmail.com, thank you.