

GLOUCESTER TRACK RACES

2022



Welcome to the 2022 24 hour Event

In 1982 at the first Gloucester 24 hour track race the world record was set. The distance still stands as the current British record of 170 miles 974 yards (274.480 kms) set by Gloucester club member Dave Dowdle.



Severn Valley
Events

Program

Saturday 13 August

- 07:30** Venue and car park open.
- 08:00** Registration open.
- 09:50** Race Brief at start line.
- 10:00** Race Starts.
- 14:00** Race direction turns.
- 14:30** Lunch.
- 18:00** Race direction turns.
- 18:30** Evening meal.
- 22:00** 12 hour positions on track marked recorded
- 22:01** Race direction turns
- 22:30** Supper.

Sunday 14 August

- 02:00** Race direction turns.
- 05:00** Breakfast.
- 06:00** Race direction turns.
- 10:00** Race finishes.
- 10:30** Awards presentation.
- 12:00** Venue closes.



Events We Run

Start List

Glover	Roz	Meek	Glen
Abernethy	Barrett	Morris	Gerard
Allen	Gareth	Nye	Ciaran
Baker	Joe	Okey	Paul
Barnes	Victoria	Palser	Rebecca
Bennett	James	Pilerud	Linda
Berry	Scott	Pinder	Mark
Brillantes	Rex	Price	Kelsey
Britton	Robbie	Prytherch	Simon
Brown	Sandra	Richards	Gordon
Clarkson	Erica	Robb	Brian
Cranfield	Natalie	Sachak-Patwa	Rahil
Cranswick	Richard	Shaw	David
Dyson	Adam	Shields	Stephen
Ellis	James	Smith	Bill
Gardner	Robin	Smith	Charlotte
Goodwin	Miss	Smith	Matt
Gray-Cauvin	Iwona	Steele	Jonathan
Holmes	Ian	Thomas	Ian
Hoskin	Mike	Thorley	Nick
Jones	Andy	Townsend	Richard
Kasanardjo	Endymion	Tullett	Sandra
Mabelle	Rebecca	Urwin	Dave
Macdermott	Adrian	Wall	Nicky
Maher	Kris	White	Michelle
Mccurdy	Ray	Wilson	Steph
Mckillop	Andrew		

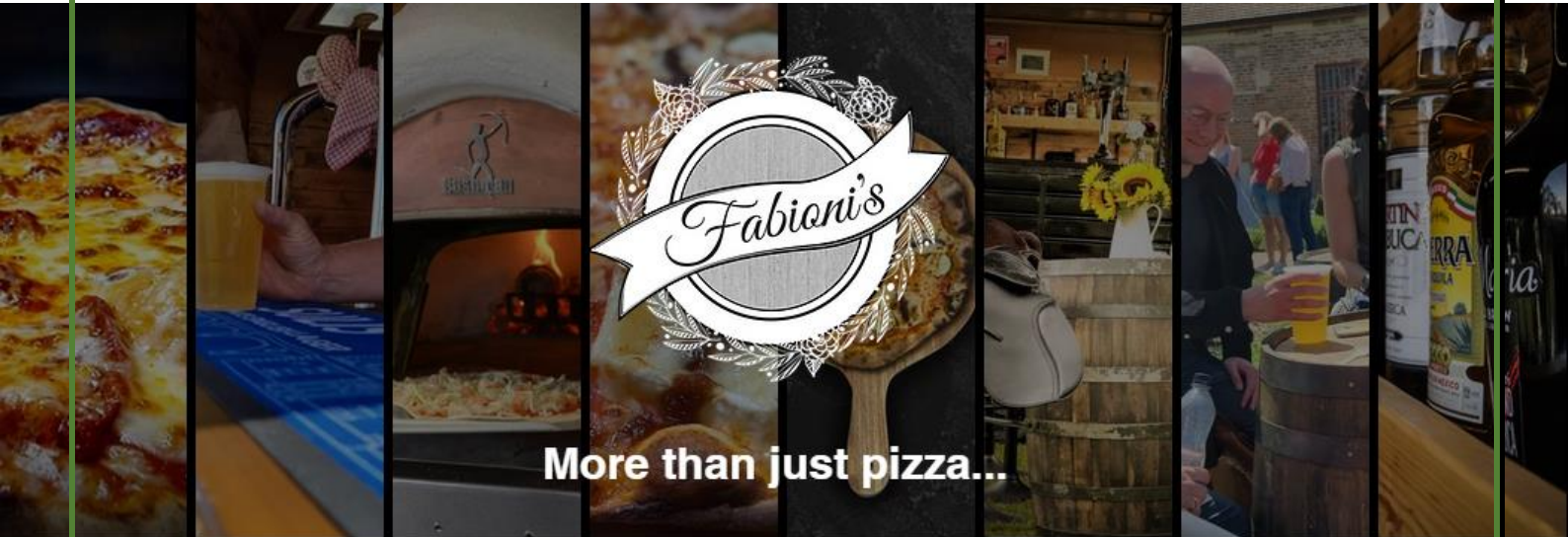
Challenge First Aid

Providing medical cover



<https://www.challenge-firstaid.co.uk/>

Pizzas by Fabioni's

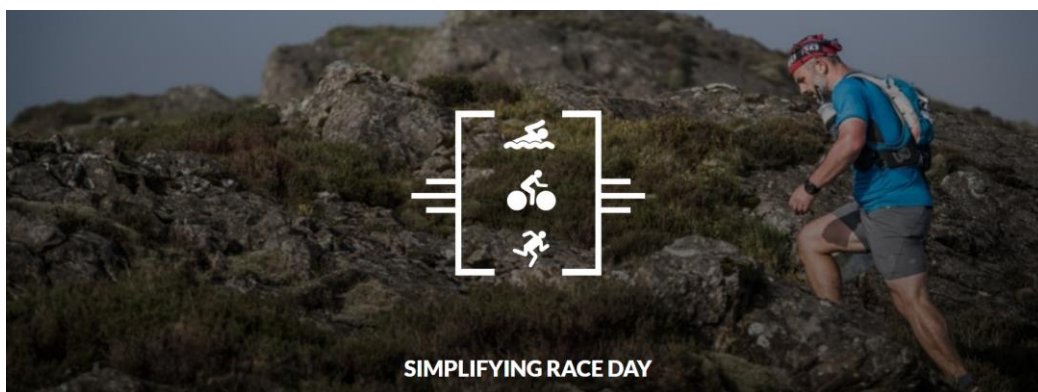


More than just pizza...

<https://www.fabionis.co.uk/>

Racedirector

Providing bibs, printing, timing, and live streaming.



<https://www.racedirector.co.uk>

Officials

Race Director
Paul Corderoy

Race co-ordinator
Maria Katsiva

Chief Timekeeper
Zoe Katsiva-Corderoy

Chief Hilary Walker
Race Referee
Arthur Daley

Race Starter
Andrew Clough

Chief Track Judge
Mick Morris

Abbi Cosh Sports Therapy and Massage

Here to look after your aches and pains.



<https://www.facebook.com/acsportstherapyandmassage>

Volunteers

Graeme Boxall



Awards



All athletes receive a participation medal, engraved with their name on.



All athletes completing 100 miles within 24 hours receive a '100 miles in one day' belt buckle



Prizes

24 hour first places men and women

- Handcrafted Ironworks Trophy

2nd and 3rd place trophies

Top placed British athlete (male or female)

Dave Dowdle Perpetual Cup

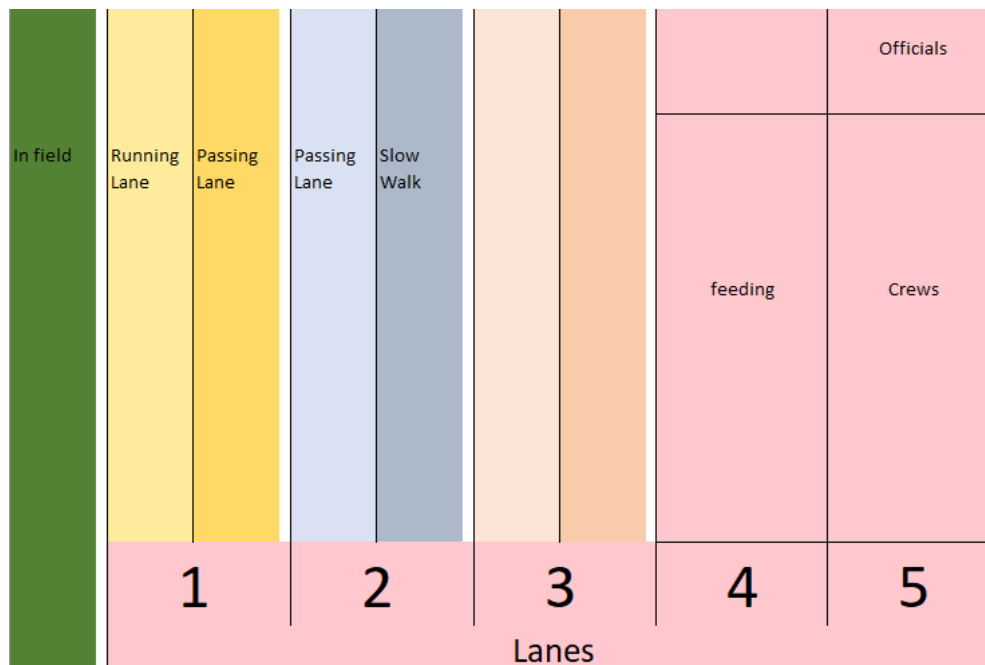


Events We Run

Track Etiquette

You are all elite runners, so we expect high performances from everyone, but it is very important to follow certain track etiquette. If anyone is not following the rules they will be reminded during the course of the race. If you have been reminded and continue to not abide by the rules you are at risk of being disqualified.

- Always run on the inside of lane 1 if your pace is relative to other runners. If a runner is coming from behind do not try to make room for them on the inside. Trying to predict an unexpected movement is a waste of energy. It is far better to let a runner overtake you.
- Leave room for other runners to pass in the outside of lane 1, not all the way in lane 2. We also have a partially sighted runner. Please be aware and courteous of them.
- To overtake always move to the outside of the lane.
- Runners taking an extended break from running or have slowed relative the rest of the field, please use the outside of lane 2 or inside of lane 3.
- If you are moving out a lane to overtake, take aid or use the toilet, always check that you will not cut off another runner by doing so.

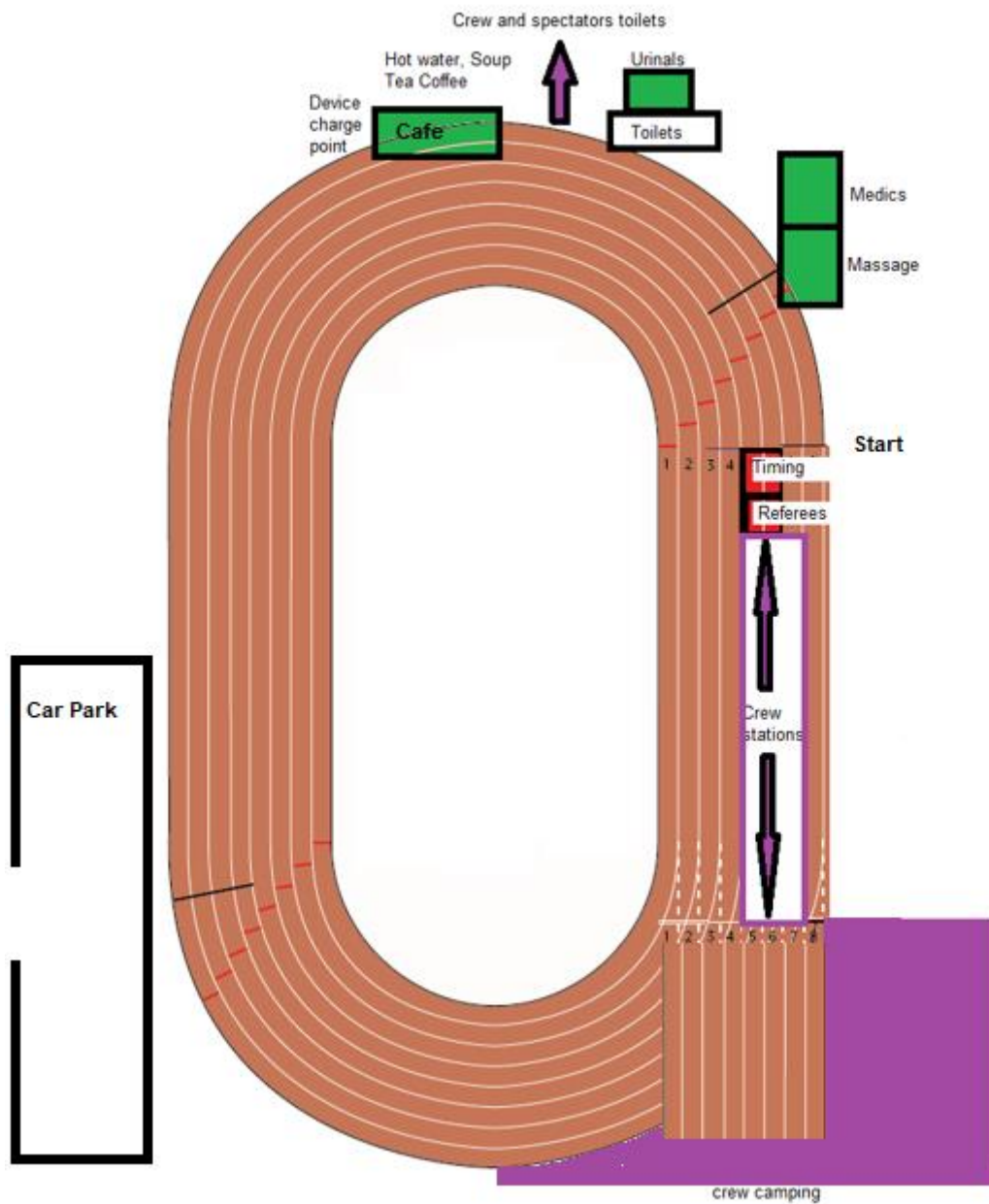


- Do NOT run on the white line on the INSIDE of the track. This is out of bounds.
- Do not step off the track on the inside.
- The direction of the race will turn every 4 hours
- If you leave the track
 - Leave on the outside only and never close to the timing mat.
 - Return to where you left the track to continue.



Track Layout

Address: Podsmead Road, Podsmead, Gloucester GL2 5AB



Events We Run