

GLOUCESTER TRACK RACES

2023

www.eventswerun.co.uk



24 Hour Invitational

12th to 13th August



48 Hour Gomu World Championships

11th to 13th August



www.eventswerun.co.uk



GLOBAL ORGANIZATION
GOMU
of MULTI-DAY ULTRAMARATHONERS

Welcome to the 2023 48 hour GOMU World Championships and 24 hour Event!

Program

Thursday 10 August

- 15:00 Venue and car park open.
- 17:00 Pizza van open for dinner
- 20:00 Welcome Meeting.

Friday 11 August

- 08:30 Registration open
- 09:45 48 hour race brief
- 10:00 48 hour race start.
- 14:00 Race direction turns.
- 14:05 Lunch - Gyros for supported 48 hour athletes
- 18:00 Race direction turns.
- 19:00 Dinner - Jacket Potatoes for supported 48 hour athletes
- 22:00 Race direction turns.

Saturday 12 August

- 00:00 Soup available through the night for supported 48 hour athletes
- 02:00 Race direction turns.
- 06:00 Race direction turns.
- 06:30 Breakfast - Bacon, Veggie Mushroom Turnovers for supported 48-hour athletes
- 08:30 Registration opens for 24 hour
- 09:45 24 hour race brief
- 09:50 Race direction turns.
- 10:00 24 hour race start.
- 14:00 Race direction turns.
- 14:05 Lunch - Pizza for all supported athletes
- 18:00 Race direction turns.
- 19:30 Dinner - Pasta for all supported athletes
- 20:00 Race direction turns.
- 22:00 Race direction turns.

Sunday 13 August

- 00:00 Soup available through the night for all supported athletes
- 02:00 Race direction turns.
- 06:00 Race direction turns.
- 06:30 Breakfast - Bacon, Veggie Mushroom Turnovers for all supported athletes
- 10:00 Both races finish
- 10:30 Award presentation
- 12:00 Site closes

48 hour start list

Amelia	Griffith	Richard	Townsend
Richard	Mcchesney	Barrett	Abernethy
Paula	Wright	Bill	Smith
Jari	Soikkeli	Keith	Burge
Marianne	Makinen	Chris	Notley
Matteo	Tenchio	Anne	Green
Dominik	Erne	Michelle	White
David	Kellner	Charlotte	Smith
Gabriel	Ailenei	Nathan	Flear
Mara	Guler	Jean-Louis	Vidal
Simone	Durry	Didier	Da Costa
Michael	Bohm	Laurent	Auzeric
Fabian	Benz	Christiane	Hornyanszki
Michael	Irrgang	Krisztina	Dr. Drabik
Edda	Bauer	Szabolcs	Beda
Miriam	Kudermann	Viktoria	Brown
Kunal	Yadav	Marietta	Ignacz
Sandra	Brown	Szilard	Fodor
Dan	Lawson	Nichola	Duffy
Aj	Marchant	Mylene	Elliott
Luke	Ivory	Rex	Brillantes
Kate	Condon	Jimme	Bonestroo
Grant	Jeans	Lukasz	Sagan
Pamela	Storey	Marsha	Muller
Richard	Quennell	Jimmie	Barnes
Brian	Emmott	Amy	Mower
Steven	Battle	Jeff	Hagen
Stephen	Hobbs	Jaide	Downs
Peter	Simpson	Lion	Caldwell
Dave	More	William	Heldenbrand
Alex	De La Huerta	Bob	Mcubbin
Roudayna	Susilla		



24 hour start list

Paul	Ali	Tom	Marsh
Dave	Andrews	Ray	Mccurdy
Martin	Bacon	Adrian	Mcnamara
Victoria	Barnes	Peter	Mileham
Paul	Beechey	David	Nightingale
Guy	Bettinson	Colin	Palmer
Hannah	Bown	Andy	Poole
Erica	Clarkson	Gordon	Richards
Chris	Coleman	Brian	Robb
Christopher	Cowley	Daniel	Rothwell
Ashley	Cox	Martin	Scharp
Natalie	Cranfield	Anna	Seeley
Ugis	Datavs	Jeevendra	Singh
Mert	Derman	Paul	Smith
Ben	Dyke	Matt	Smith
Matt	Field	Ian	Thomas
Robin	Gardner	Adrian	Vanstone
David	Hoben	Scott	Wiggans
Mike	Hoskin	Jen	Benson
Andy	Jones	Jamie	Sutton
Andy	Law	Joseph	Smith



Events We Run

Safe Hands medical Services

Providing medical cover



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

Food by Fabioni's

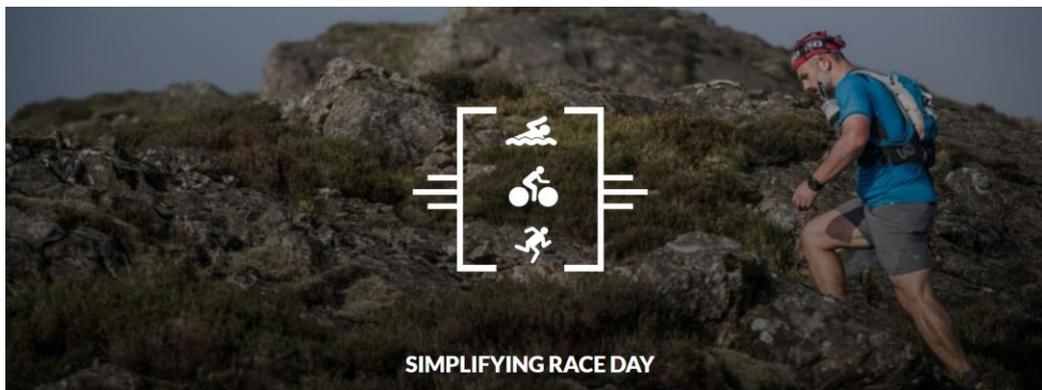


More than just pizza...

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

Open Tracking

Providing bibs, printing, timing, and live streaming.



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

Event Infrastructure



JB EVENT HIRE

<https://jbeventhire.com>



Toilets4Hire

<https://www.toilets4hireltd.co.uk>



Abbi Cosh Sports Therapy and Massage

Here to look after your aches and pains.



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

Officials

Race Director

Paul Corderoy

Race co-ordinator

Maria Katsiva

Timekeepers

Zoe Katsiva-Corderoy

Calvin Scoltock

David Hardy

Chief

Hilary Walker

Race Referee

Arthur Daley

Race Starter + Judge

Andrew Clough

Track Judge

Debbie Hardy

Volunteers

Rich Cranswick

Sam Watts

Roz Glover

Graeme Boxall

Clair Spillane

Rodrigo Freeman

Alex Whearity

48 hour Awards

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



All athletes completing 100 miles within 24 hours between 10am and 10am either Friday/Saturday or Saturday/Sunday receive a '100 miles in one day' belt buckle.



Prizes

Individual 1st 2nd and 3rd place trophies and plaques



Team Medals for the top two scorers of the 3 placing teams



Certificates to the remaining placing team members



24 hour Awards

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



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



Prizes

1st 2nd and 3rd place trophies

24 hour race Top placed British athlete
(male or female)

Dave Dowdle Perpetual Cup

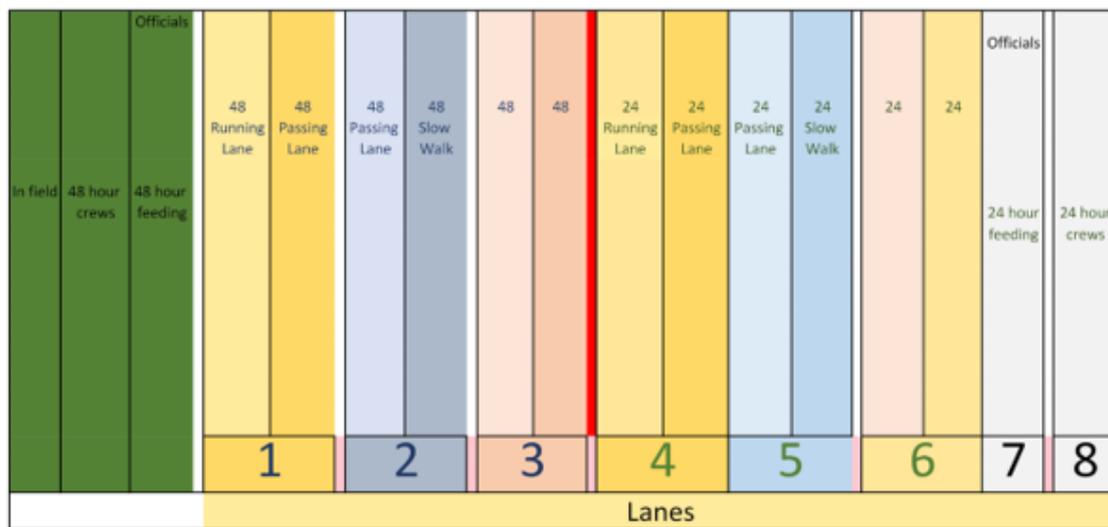


Events We Run

Track Etiquette

You are all experienced runners, so we expect consideration 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 lanes 1/4 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 lanes 1/4, not all the way in lanes 2/5.
- 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 2/5 or inside of lane 3/6.
- 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.



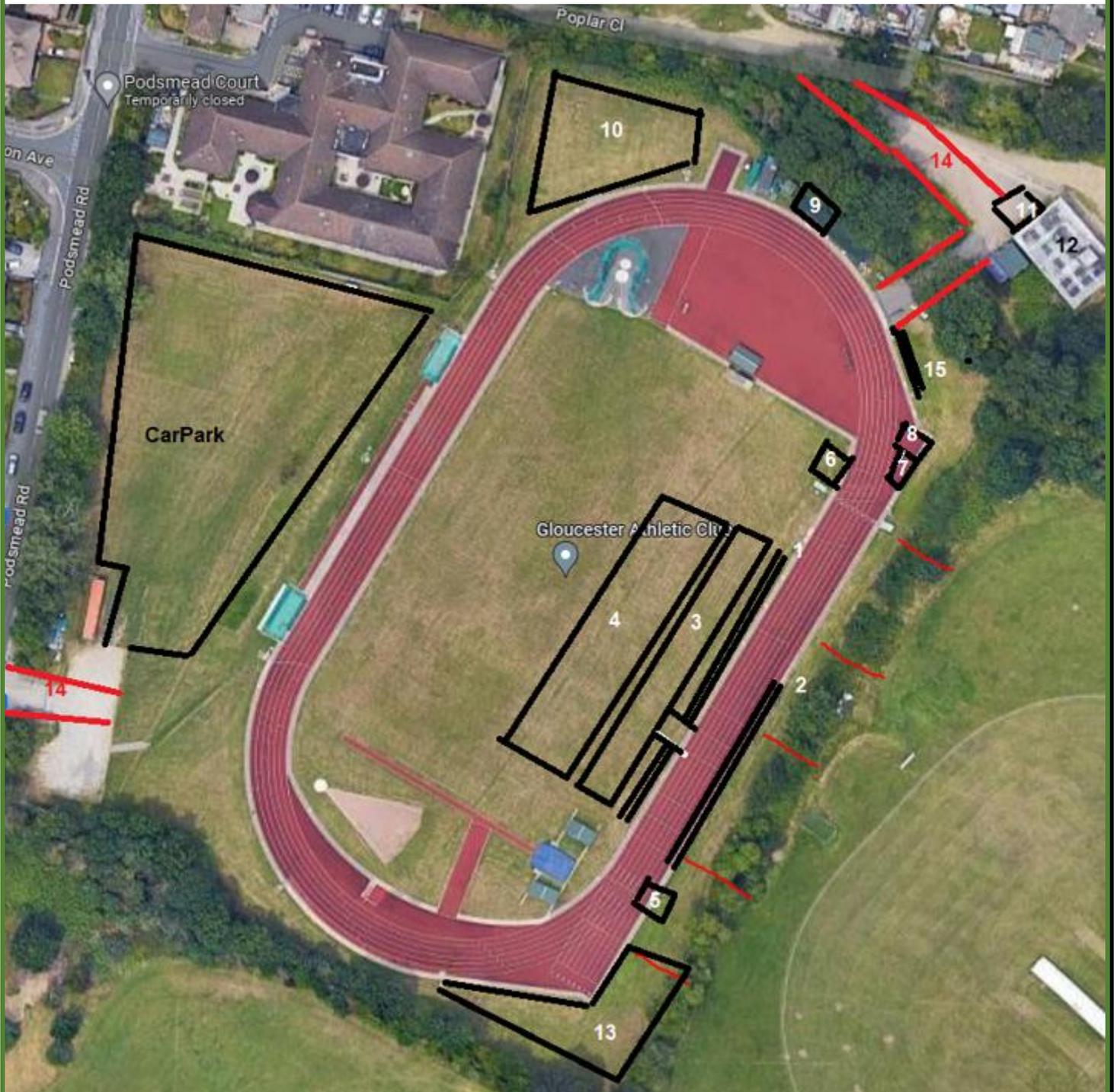
- Do NOT run on the white line on the INSIDE of the track. This is out of bounds.
- Do not step off the track on the inside. Except where the aid stations are. Always return to where you left the track to continue.
- The direction of the race will turn every 4 hours.
- If you leave the track
 - Leave on the outside or at the feed station on the straight and never close to the timing mat.
 - Always Return to where you left the track to continue.
- Shirts or running vests must be worn at all times.



Events We Run

Track Layout

Address: Podsmead Road, Podsmead, Gloucester GL2 5AB



Events We Run

1. Gazebos and tables for 48 hour runners.
2. Gazebos and tables for 24 hour runners.
3. Bell tents.
4. 48 hour athletes camping for personal tents.
5. Charge station for charging.
6. Timekeeper.
7. Massage.
8. Medics
9. Aid station for supported athletes.
10. Camping for officials and volunteers
11. Catering available to purchase
12. Club house showers
13. 24 hour athletes camping for personal tents
14. EMERGENCY exits. keep clear
15. Trackside toilets



Events We Run