

GLOUCESTER TRACK RACES

Gloucester Elite track race



UKA level 2 license

Welcome to the 2021 Elite 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

THE ULTRAMARATHON
RUNNING STORE

Lit Tastes by Christina

Providing Saturday lunch



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

Program

Saturday 23 October

- 07:30** Venue and car park open.
- 08:00** Registration open.
- 09:35** 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 24 October

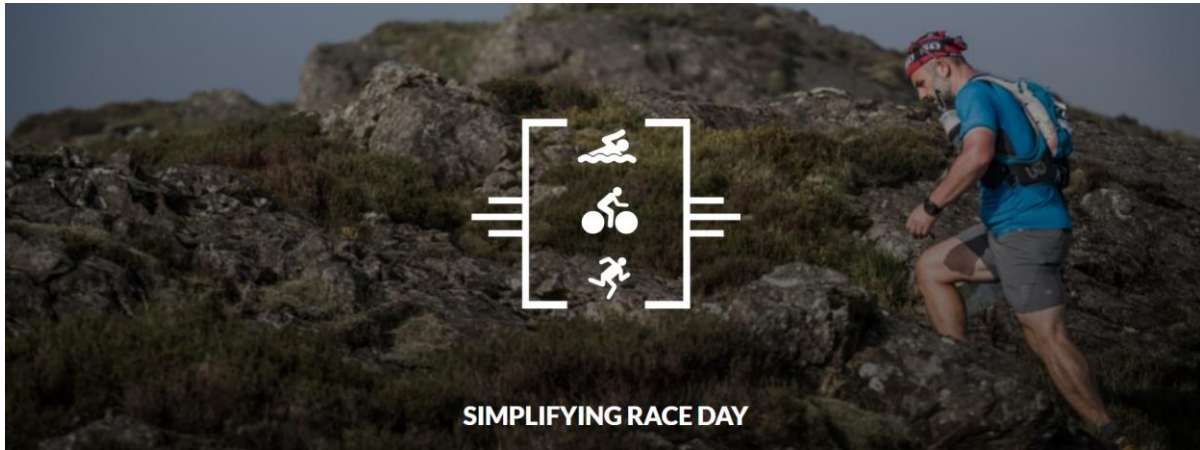
- 02:00** Race direction turns.
- 06:00** Race direction turns.
- 06:00** Breakfast.
- 10:00** Race finishes.
- 10:30** Awards presentation.
- 12:00** Venue closes.



Events We Run

Racedirector

Providing bibs, printing, timing, and live streaming.



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

Start List

Nichola	Duffy	Tadek	Sekretarczyk
Jennifer	Wood	Katarzyna	Chojnacka
Joanna	Murphy	Michelle	White
John	Hammond	Gareth	Pritchard
Mark	Bissell	Melissa	Venables
Tristan	Stephenson	Emil	Genov
Gergely	Bajzath	Norbert	Mihalik
Sinead	Kane	Samantha	Amend
Iulian	Filipov	Ian	Hammett
Paul	Maskell	Jo	Newens

Challenge First Aid

Providing medical cover



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

Officials

Race Director

Paul Corderoy

Race co-ordinator

Maria Katsiva

Timekeepers

Dave Hardy

Chris Mills

Zoe Katsiva-Corderoy

Chief Hilary Walker

Race Referee

Arthur Daley

Race Starter

Richard Blackwell

Track Judges

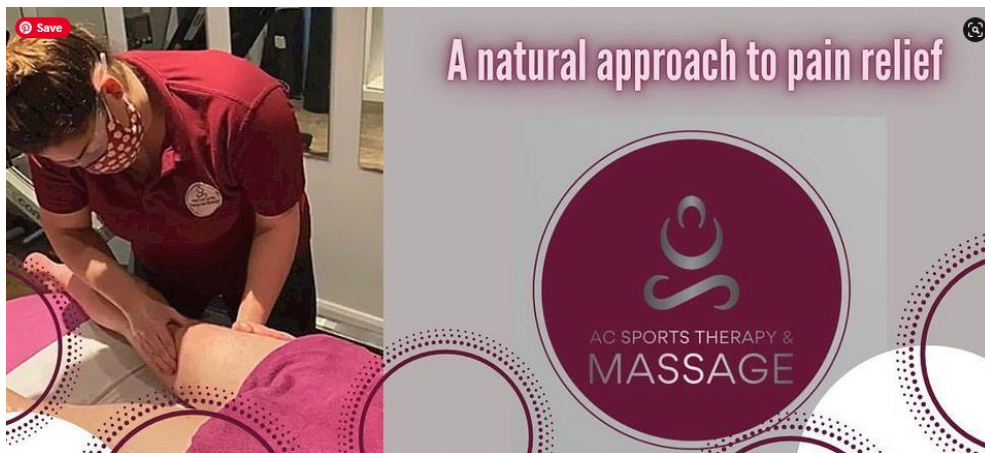
Albert Gardiner

Debbie Hardy

Mick Morris

Abbi Cosh Sports Therapy and Massage

Here to look after your aches and pains.



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

Volunteers

Graeme Boxall Gerard Morris

Matt White



Events We Run

Athletes and crew menu

Free for Athletes. Available by pre-order for Athletes and Crew

Lunch 14.30

- | | |
|--|----|
| 1-Vegan/vegetarian wrap (salad leaves, home cooked falafel, avocado, olive oil and tahini drizzle) | £4 |
| 2-Meat wrap (chicken fillet, ricotta, tomato, lettuce, herbs) | £4 |

*All served with side chips

Dinner 18.30

- | | |
|-----------------------------|----|
| 1-Cottage pie | £5 |
| 2-Cottage pie (VG/VE/GF) | £5 |
| 3-Vegetable pasta bake (VG) | £4 |

Desserts

- | | |
|-------------------------|-------|
| 1- Mini ice cream cones | £1.50 |
| 2-Vegan ice cream cones | £1.50 |

Supper from 22.30

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|----------------------------------|----|
| 1-Vegetable/lentil soup (VG, VE) | £3 |
| 2-Vegetable and beef shin soup | £3 |

*All served with sourdough bread and butter (optional)

Breakfast 6am

- | | |
|---|-------|
| 1-Porridge pot (golden syrup) – GF option | £1.50 |
| 2-Bacon roll | £2.50 |
| 3-Mushroom on crushed avocado roll (VG, VE) | £2.50 |

Available to purchase only (no pre-order)

- | | |
|------------------|-------|
| Specialty Tea | £1.50 |
| Specialty Coffee | £2 |

VE = Vegan, VG = Vegetarian, GF = Gluten Free



Events We Run

Trophies



All athletes receive a participation award, which is a desktop paper weight with the G24 logo on it.



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
- UltraAspire hydration pack (www.ultramarathonrunningstore.com)

Top placed British athlete (male or female)

Dave Dowdle Perpetual Cup



THE ULTRAMARATHON RUNNING STORE



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 in lane 2. 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.



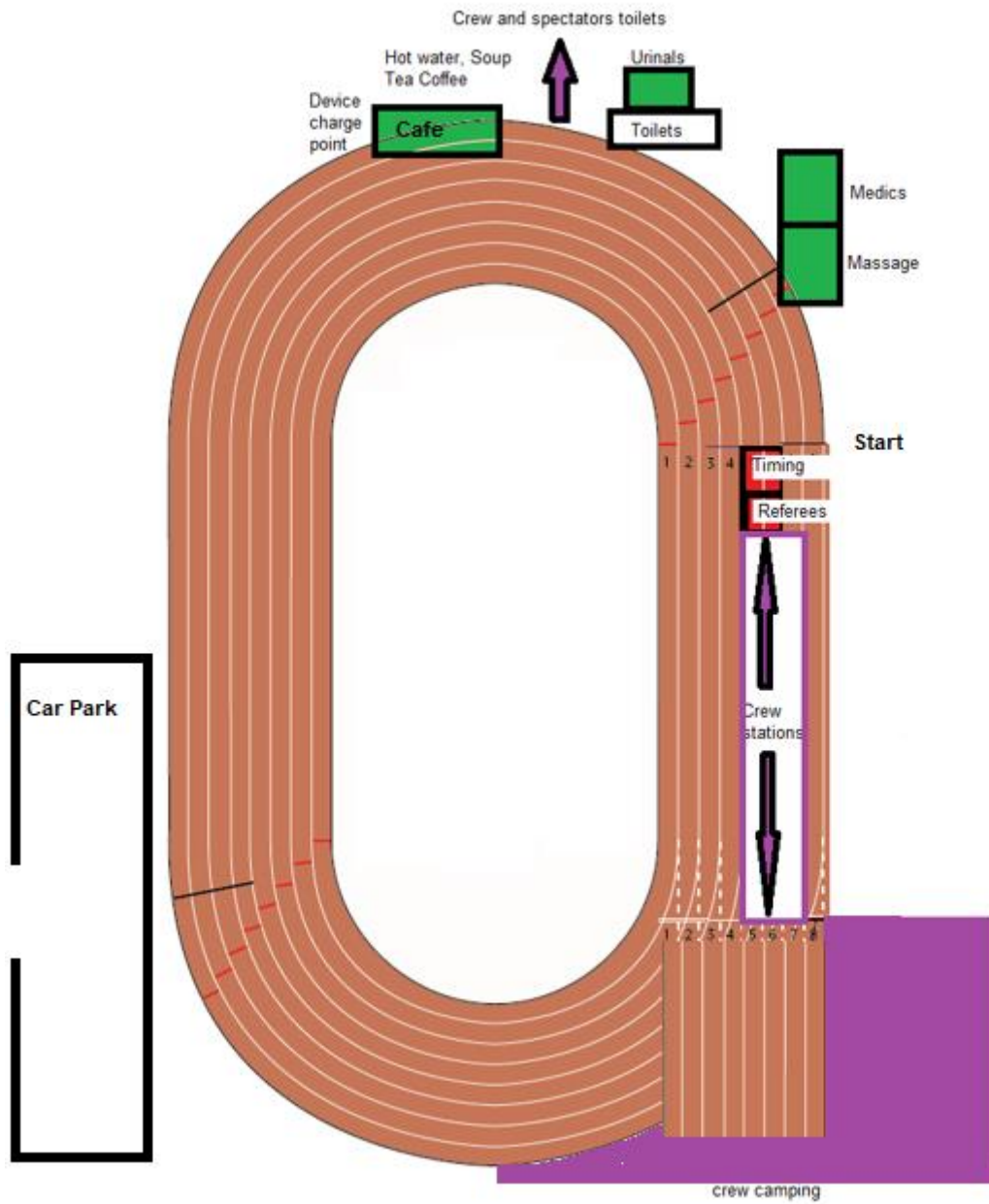
- Do NOT run on the white line on the INSIDE of the track. This is out of bounds.
- Do not step off the track on the inside.
- The direction of the race will turn every 4 hours
- If you leave the track
 - Leave on the outside only and never close to the timing mat.
 - Return to where you left the track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



Events We Run

Track Layout

Address: Podsmead Road, Podsmead, Gloucester GL2 5AB



Events We Run