

# GLOUCESTER TRACK RACES

## 2024



**24 Hour Track race**

24<sup>th</sup> to 25<sup>th</sup> August



**24 Hour Walking race**

24<sup>th</sup> to 25<sup>th</sup> August



**100km Track race**

24<sup>th</sup> August



**50km Walking Race**

25<sup>th</sup> August

[www.eventswerun.co.uk](http://www.eventswerun.co.uk)

Podsmead Road, Podsmead, Gloucester GL2 5AB

# Program

## Friday 23 August

17:00 Venue and car park open.

## Saturday 24 August

08:30 Registration open

09:45 Race brief – 24 hour and 100k

10:00 Race start.

14:00 Runners direction changes. \*

14:05 Lunch – 24 hour runners and walkers \*\*

18:00 Runners' direction changes. \*

19:00 Dinner – 24 hour runners and walkers \*\*

22:00 Runners' direction changes\*

23:45 50k race brief

\* Walkers will NOT change direction

Meals are only for 24 hour participants. Food will be available

\*\* to buy.

## Sunday 13 August

00:00 50k race starts

00:00 Soup available through the night for all athletes

02:00 Runners' direction changes.

06:00 Runners' direction changes.

06:30 Breakfast - for all 24 hour athletes

10:00 24 hour races finish

10:30 Award presentation

12:00 Site closes



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## 24 hour start list

Runners		Walkers	
Dave	Andrews	Brenda	Miere Okeeffe
James	Bennett	Sean	Smith
Julian	Brainhead	Frans	Leijtens
Marc	Bromwich	Justin	Scholz
Matt	Field	Sharon	Scholz
Rodrigo	Freeman	Susan	Grimes
	Lopez		
Robin	Gardner	Cedric	Castille
Samantha	Hastie	Werner	De Laet
Andy	Jones	Andrew	Titley
Callum	Mcintyre	Frank	Van Der Gulik
Glen	Meek	Detlef	Santy
Alice	Mezincescu	Richard	Mcchesney
Juliet	Morrice	Ignace	Matthys
Gerard	Morris	Kurt	Tempels
David	Nightingale	Sophie	Watterson-Jones
Chris	Notley	Russell	Walker
Colin	Palmer	Jonathan	Hobbs
Ed	Payne	Colin	Moore
Gareth	Pritchard	Jantinus	Meints
Steve	Rees		
Gordon	Richards		
Bill	Smith		
Iain	Smith		
Jamie	Sutton		
Lee	Trueman		
Alison	Walker		
Sarah	Webster		
Michelle	White		
Scott	Wiggans		



## Start List

### 100km

Samantha	Hudson Dos Santos Figueira
Jonathan	Barnes
Anna	Seeley
Benjamin	Cook
Peter	Simpson
Nathan	Flear
Danylo	Strelchenko
Keith	Dawson
Natasha	Farid
Helen	Knight
Rob	Kelly
Chris	O'carroll
Henry	Hart
Helen	James
Michael	Young

### 50km

John	Stephenson
James	Simpson
Graham	Wilkes
Roy	Gunnnett
Steve	Allen
Christopher	Flint
Marcin	Wojtowicz
Colin	Vesty
Mark	Vallint



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## Cotswold First Aid

Providing medical cover



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

## Food by Fabioni's



More than just pizza...

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

## Timing Monkey

Providing timing and live streaming.



<https://www.timingmonkey.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

Paul Corderoy

Hilary Walker

Arthur Daley

#### Chief Running Judge

Hilary Walker

#### Race Starter

Roger Michell

#### Track Judges

Arthur Daley

Dave Gresswell

#### Chief Walking Judges

Andrew Clough, Glyn Jones

#### Walking referees

Roger Michell, Colin Bradley, Eric Horwill, Eleanor Clough

## Awards

All athletes receive a participation award



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



## Prizes

1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place trophies

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

Dave Dowdle Perpetual Cup



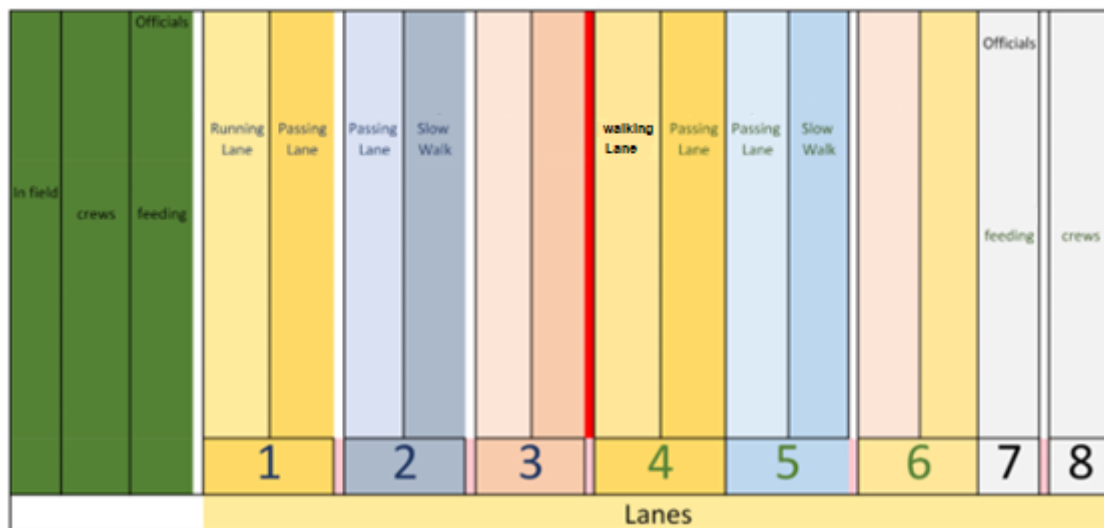
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## Track Etiquette

You are all experienced athletes, 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 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 lanes 1, not all the way in lanes 2.
- To overtake always move to the outside of the lane.
- Runners taking an extended break from running or have slowed relative to 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.
- The **Walking** races are to be held in lanes 4, 5, and 6.



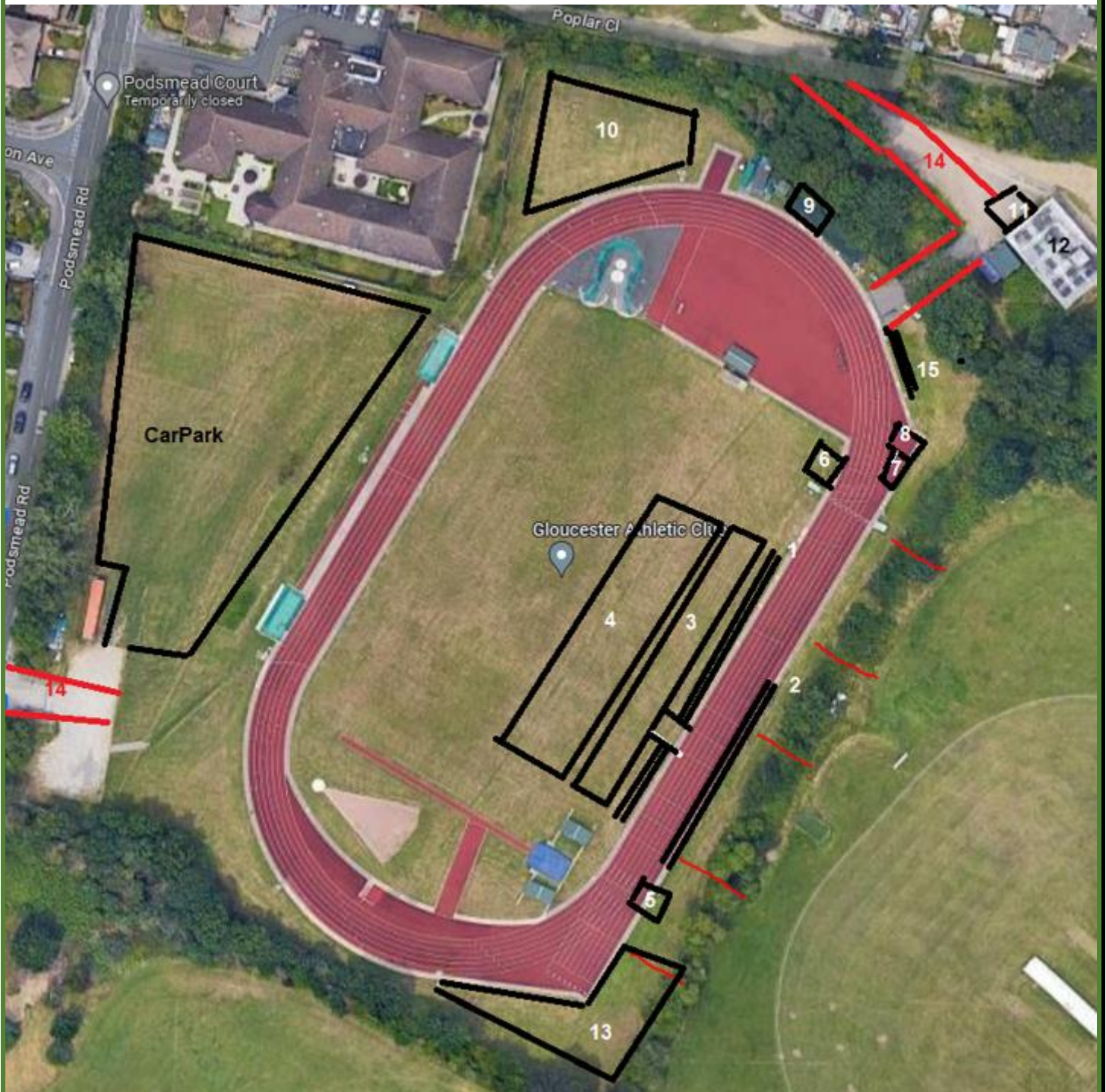
- Do NOT run on the white line on the INSIDE of the track. This is out of bounds.
- Do not step off the track on the inside. Except where the aid stations are. Always return to where you left the track to continue.
- The direction of the running race will turn every 4 hours.
- If you leave the track
  - 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.



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# Track Layout

Address: Podsmead Road, Podsmead, Gloucester GL2 5AB



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



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