



5TH GADDESBY HALF MARATHON AND 10KM ROAD RACES

IN AID OF RAINBOWS AND FRIENDS OF
CHERNOBYL'S CHILDREN

Saturday 22nd May 2003

The Gaddesby Gallopers welcome you to the 5th Gaddesby Half Marathon and 10 km Road Races. Thank you for your entry fee. Please find on this sheet all that you will need to know about this event. Start and Finish are located in the field opposite the Cheney Arms, Gaddesby OS Ref SK 687128

Timetable

- 10:00 Walkers Start
Late entries and runners' check in opens
Note - all runners to check in on the day
- 11:00 Half Marathon Start
- 11:15 10km Start
- 13:00 Prize giving

Records

Half Marathon

Male

Mike Munday 1:14:07.

Female

Sara McDowell 1:29:57

10km

Male

Chris Southam 35:17

Female

Nicky Nealon 41:34

2000 - 150 Runners

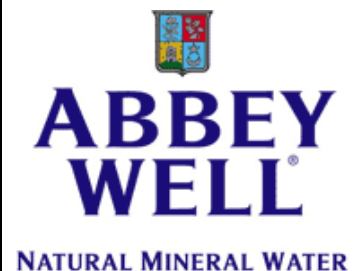
2001 - 180 Runners

2002 - 230 Runners

2003 - 253 Runners

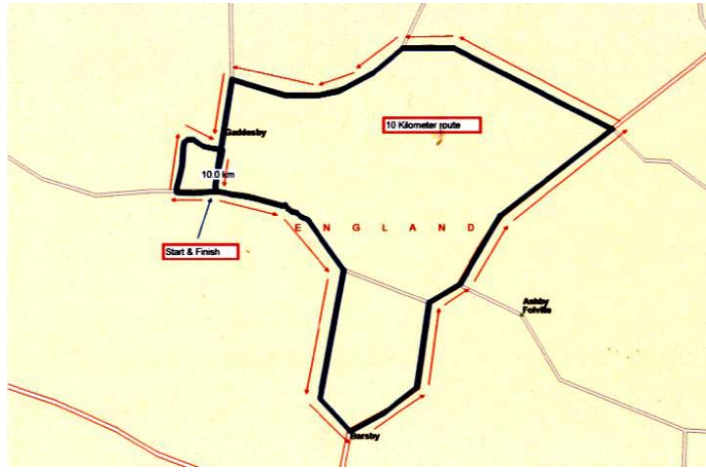
Car Parking in field before pub – please follow the signs and

DO NOT PARK ON THE ROAD



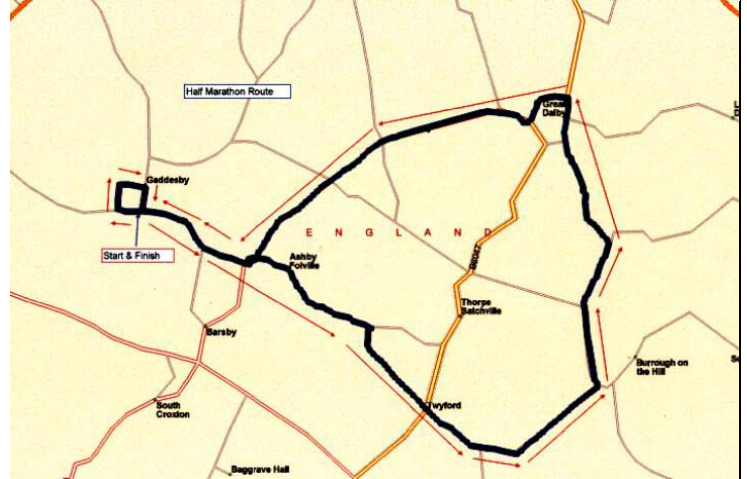
10 km Route

The 10km race takes runners round Gaddesby before going up a gradual hill to Barsby then back downhill to Ashby Folville.. Runners then run up Gee's Hill on the Great Dalby Road before turning left back to Gaddesby.



Half Marathon Route

The half marathon route takes runners through Ashby Folville and Twyford before climbing to the village of Burrough-on-the-Hill. The route then follows undulating countryside through Great Dalby to Ashby Folville and then a flat section back to Gaddesby.



PLEASE READ THE FOLLOWING GUIDELINES VERY CAREFULLY

1. Wear your runners number on the front and do not alter or deface in any way
2. Keep well to the left at all times, unless otherwise instructed by a marshal.
3. If you suffer from any serious condition (eg: epilepsy, or acute asthma), put a waterproof "X" on the front of your number, and details of your condition, and medication on the reverse.
4. A sweeper vehicle will follow the runners and pick up anyone feeling unwell, or anyone wishing to retire. Please use it if you need it.
5. Wear appropriate clothing for the weather conditions on the day.
6. Follow guidelines set out by the marshals and respect other road users at all times.
7. Please dispose of any water containers on the side of the road where they can be seen.

Above all else - ENJOY AND BE SAFE

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