

The Yorkley Gallop 2018 Race briefing notes –

Please read!

Thank you for attending the Yorkley Gallop.

I have a few things to bring to your attention:

Races start:

- 6 mile Runners: 11.10am
- 6 mile cani 11.00am
- Junior 11.20am

Please be at start line 5 mins early for briefing and make sure you get in the correct race!

The course is mainly on Fire trails or footpaths. The **footpaths are narrow, muddy and uneven in places**. There will be slippery sections with roots and branches in places – many of these will be hidden by fallen leaves – so please look where you are running and be careful!

It is advisable to wear trail running shoes or trainers with good grips.

You can leave your bags in the Village Hall at your own risk.

The route is open to the public, so **be respectful of other users on the route**.

Please be aware you may encounter horse riders, walkers, wild boar and mountain bikers.

This is a working forestry area - Keep away from any timber stacks.

The route has many twists and turns and junctions, so keep an eye out for **the arrow** signs and the **red and white barrier tape**. There will be marshals on the course, but not at all the junctions! If you go more than 100metres without seeing any signs or tape, you have gone the wrong way!

Overtaking may be difficult on some of the narrow paths, so please try and be courteous to your fellow runners and let them by. Some of the faster runners may catch up the back end of the shorter races, so:

Please be aware and let them by.

Runners: Give the canis a shout if approaching fast and be aware that the dogs might bite your legs off...

The race will start on Tower Road. This is about a 5 min walk from the centre. The finish is back towards the centre, in the woods, just before the gate into the playing fields. You will walk past this point on the way to the start. So in the race, **DO NOT** stop when you reach the start line – keep going, turn right into woods then finish will be in 200 metres.

There is a water stop at about 2 miles and 3 ½ miles, at the crossroads.

Please be aware when the routes re-meet at the crossroads, and try not crash into the runners on the other route. There will be a marshal here, to try and warn you..

RETIREMENTS: if you retire you must return to the assembly / finish area and inform the Race Director personally as soon as possible. It is best to follow the route markers to the next marshal, if you want to retire. We have sweeper runners who will follow just behind the last runner – if for some reason cannot continue running simply wait for them.

If you see **an injured runner** – please stop and help, then inform the next marshal!

And remember to thank the marshals or even a hug to warm them up!

Then it's time for tea and cake, followed by prize giving in the village hall.

Please do not wear your muddy shoes in the hall.

All competitors run at their own risk!

Any queries call Dan: 07775 508753

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