

GLOUCESTER 20 – 09:30 Sunday 19th March 2017

Runners' Information

Thank you for entering the Gloucester 20. We hope you have a satisfying race!

Please park at the WATERWELLS PARK & RIDE, Telford Way, Waterwells Business Park, Quedgeley, Gloucester **GL2 2AB**. Leave J12 of the M5 and head towards Gloucester. At the roundabout take the 3rd exit onto the dual carriageway. At the next roundabout turn right. Turn left at the next roundabout and the car park is on your left. There is a height restriction of 2.07m (6ft 10in) so if your vehicle exceeds this height, please park at the Race HQ. Waterwells Park and Ride closes at 4pm.

There are toilets here and also at the finish (200m from the start.)

Race HQ is at the Kingsway Sports Pavilion. Turn left out of the car park and the Race HQ is about 550m on the right, opposite the ASDA superstore. You do not need to go to Race HQ, unless you wish to transfer, or have lost / mislaid, your number. **There is no parking for runners at the Race HQ.**

Bus routes to the Park and Ride Car Park are shown on <http://www.gloucestershire.gov.uk/parkandride>

Please write your name, emergency contact details and any relevant medical information on the rear of your number. Fix, with 4 safety pins your number to the **FRONT** of your vest or t-shirt and ensure it is clearly displayed at all times.

Please assemble by the start at 09:20. The race briefing will be at 09:25 with the start at 09:30.

There is limited baggage storage at the finish. If you wish to use this collect a luggage tag from the area, write your name on it and hand in your bag with the tag attached.

The course begins with a short out and back section before continuing for 2.2 miles to the start of the laps, complete 3 laps, each 5.5 miles and finish by returning 1.3 miles to the finish. Please follow the instructions of marshals and keep left apart from the first part of the return leg where you will be directed keep to the right. On the busy "Gloucester Road" section ENSURE YOU KEEP TO THE LEFT AND RUN SINGLE FILE UNLESS OVERTAKING.

The drink / first aid stations, each with a toilet, are approximately every 2.75 miles and at the finish.

Please do not drop any litter (e.g. gel sachets, foil packs, bar wrappers etc.) on the course. Please keep it with you or drop it off at drinks stations or by mile markers.

There is a time limit of 4hrs (12min per mile pace) for the whole race. Runners who do not reach the end of the second lap (13.2 miles) before 2h 40m will be asked to go directly to the finish. Support on the lap will be progressively withdrawn after this time.

As you will need to hear traffic and other sounds the use of personal listening devices is prohibited (iPods, mp3 players, etc). Any runner using anything which impairs hearing and therefore has the potential to increase danger will be disqualified.
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Some refreshments will be available at the finish and there are local amenities available.

Times and positions will be displayed at Race HQ soon after you finish. Results will be on the website on Sunday evening.

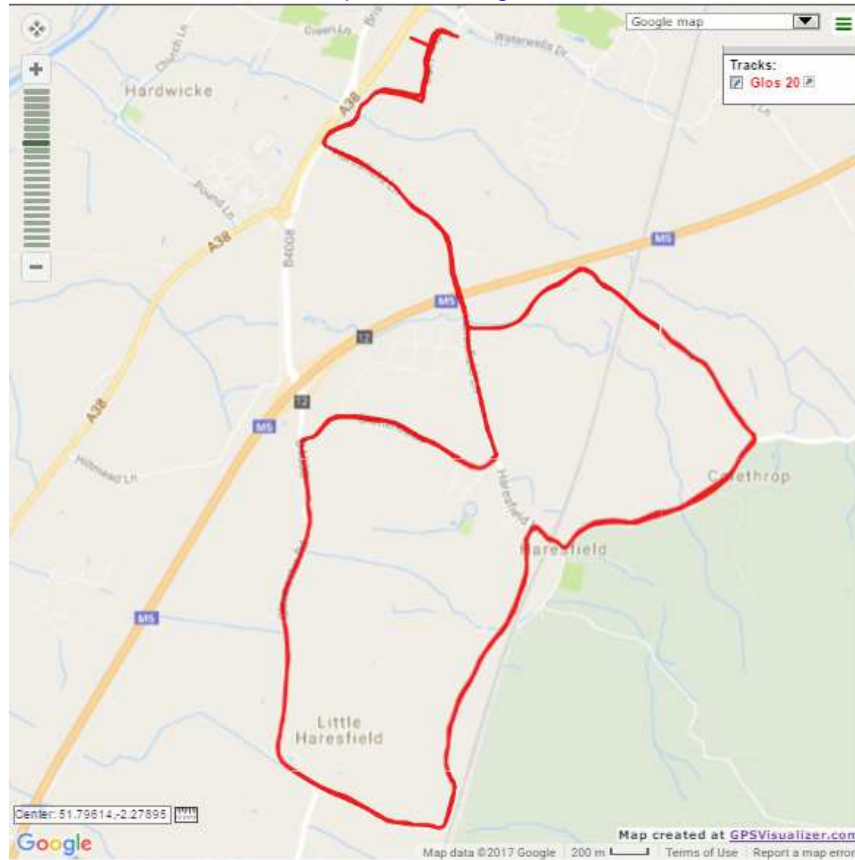
Medals and finishers' T-shirts will be awarded in the finish area. Sorry! If you've changed size since entering we will still have to give you the size shown on the database displayed on our website.

To get back to your car or Race HQ after you have finished. Go back up Davy Way from the Finish, turn left, after 200m turn left - just before the start - then go over the big roundabout (please take care over this roundabout as traffic can be fast moving). The park & ride is on your left after 250m and the Race HQ is 550m further on.

Prizes will be in the form of cheques that will be posted to the prize-winners after results have been verified.

RACE ROUTE

A GPX Course of the route can be viewed at <https://connect.garmin.com/modern/course/14388586>



Race Locality

