



Supported by the Peel Road Runners and Tamworth Borough Council.

27TH JUNE 2010
ANKER VALLEY FOOTBALL PITCHES,
AMINGTON, TAMWORTH

10K Race, Fun Run and Children's Run
(ALL RUNS TRAFFIC-FREE AND OFF ROAD)

All monies raised for St Giles Hospice
Registered Charity No. 509014



www.gategallop.co.uk

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KEEP THIS SIDE FOR INFORMATION

Venue: Anker Valley Football Pitches, Amington, Tamworth B77 3AX
Parking: Free at venue
Start times: Children's Run 10 am, 10K 10.45 am, Fun Run (4.4K) 11 am
Changing and showers available
Result sheets available on day after race or by post.
Medals and goody bags to all finishers.

TROPHIES

10K	Men 1ST, 2ND, 3RD	Male Vets 1ST, 2ND
	Women 1ST, 2ND, 3RD	Women Vets 1ST, 2ND
	Male Team and Female Team (4 per team - include team name on entry form)	
Fun Run	Men 1ST, 2ND, 3RD	Women 1ST, 2ND, 3RD

(ONLY 1 PRIZE PER PERSON)

TROPHIES AND MEDALS PROVIDED BY FIT CAMP UK. (www.fit-camp-uk.co.uk)
Official sponsors for medals, trophies and warm-up. Fitness for everyone

PRIZE GIVING WILL TAKE PLACE AT AROUND 1.00PM SO PLEASE STAY AND ENJOY THE FACILITIES TO INCLUDE BBQ, DRINKS, CAKE STALL, BOUNCY CASTLE ETC.

ENTRY FEES

10K: £8 (£10 on day) **Fun Run:** £5 (£7 on day) **Children:** £2.50 on day only

Entries will be accepted only up to the race limit of 300 for 10K Race so get your entry in early!

Directions to Anker Valley, Tamworth B77 3AX

From Junction 10 M42, follow the by-pass towards Tamworth, take the second exit onto the B5440 towards Amington Industrial Estate then follow 'Gate Gallop' signs.

From Cannock turn onto the by-pass past the Tamworth sign, go under Walk Ways, then turn off onto the B5440, turn left at the island towards Amington Industrial Estate and follow signs for 'Gate Gallop'.

From Sutton Coldfield go straight on at the Mile Oak traffic lights then turn left at the island onto the by-pass then follow the directions as above under Walk Ways to the B5440.

From Tamworth follow signs to Amington Village then 'Gate Gallop' signs.

CHILDRENS' RUN - 10.00AM START (Assemble at 9.55am)

The Course is around the Anker Valley Football Pitches. It's flat and approximately 400 metres in distance. The aim of the run is solely for fun and parents can accompany children.

FUN RUN - 11.00AM START PROMPT (Assemble at 10.55am)

The course of approximately 4.4K, consists of a lap around the playing fields and then onto the North Warwickshire Moors. You will be running on flat terrain on mainly grass and tracks in a completely traffic-free area so normal running shoes should suffice. There are kilometre markers around the course.

The aim of the run is to have fun! Entrants must be aged 9 or older on race day, although younger children will be allowed to take part at their own risk if accompanied by a guardian. Walkers may take part. This course is not suitable for disabled athletes.

10K RACE - 10.45AM START PROMPT (Assemble at 10.40am)

The course is initially the same as the Fun Run to start, but continues further on the Moor. It consists of tracks, concrete paths, grass, running around fields, with stiles and gates to climb over adding to the experience. Relatively flat, normal running shoes should suffice. The course will be marked with kilometre signs and is traffic-free throughout.

Entrants must be aged 15 or over on race day. Not suitable for disabled athletes.

DYNAMIC WARM UP BEFORE 10K AND FUN RUN PROVIDED BY FIT CAMP UK

ST JOHNS AMBULANCE WILL BE ON HAND AROUND THE COURSE AND AT THE FINISH. PLEASE ADVISE ORGANISERS OF ANY EXISTING MEDICAL CONDITIONS THEY MAY NEED TO BE AWARE OF ON THE NUMBER AS PROVIDED TO YOU OR BY ATTACHMENT TO ENTRY FORM.

WATER STATIONS ARE AVAILABLE AT APPROXIMATELY 2K FOR FUN RUN AND AT 2K AND 5.5K FOR 10K RACE.

For further information and additional entry forms see:

www.gategallop.co.uk

Tel: 01827 59705

RACE AND FUN RUN ENTRY FORM

Postal entries accepted up to 21st June, Childrens' Run entries on day only.
Photocopies and universal entry forms will be accepted. Entries will be accepted on Race Day until 10:30am or race limit is reached.

For details and number, complete the entry form below and forward with a **stamped** addressed envelope (minimum C5 size 240x165mm with the correct postage) and correct entry fee to: 94 Sharpe St, Amington, Tamworth, Staffordshire, B77 3HZ (make cheques payable to 'Gate Gallop').

Tick box to enter	<input type="checkbox"/>	10K (£8 before Race Day/ £10 on the Day)			
	<input type="checkbox"/>	Fun Run (£5 before Race Day/ £7 on the Day)			
Entry Fee £	_____	Donation £	_____	Total £	_____
First Names:	_____				
Surname:	_____				
Address:	_____				

County:	_____	Postcode:	_____		
Email Address:	_____				
Age on day:	_____				
	<input type="checkbox"/>	Male:	<input type="checkbox"/>	Female:	
Team Name:	_____				
(To qualify for team prize, name of team must be entered here by 4 males for male prize / 4 females for female prize)					

I declare that I am an amateur as defined by UK athletics and will abide by the race rules. I declare that I will be 15 years of age or over on race day for the 10K race. I hereby agree that I take part in the event I have chosen to run in entirely at my own risk and I will not hold the organisers of the Tamworth 'Gate Gallop' responsible for any accidents, injury, illness or damage as a consequence of my participation or my child's participation in the events. I will participate only if I am fit enough to run the distance selected. I will advise organisers of any medical condition that I wish them to be aware of.

Signature:	_____
(To be signed by child's parent or guardian if taking part in Fun Run and aged less than 15 years)	
Date:	_____

DATA PROTECTION ACT: The information you have provided is protected under the current data protection legislation act. All details given will be used for race purposes only and will not be passed to any third parties.