



*Kimberley and District Striders*



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

## **GOOSE FAIR GALLOP 10K 2009**

THANK YOU FOR ENTERING THE 23rd GOOSE FAIR GALLOP 10k RACE – SUNDAY 4th OCTOBER 2009 starting at 10.00 am.

### **How to Get There:**

Kimberley Leisure Centre, Newdigate Street, Kimberley, Nottingham, NG16 2NJ. There is easy access to Kimberley from junction 26 of the M1 Motorway. Take the A610 towards Nottingham, after a short distance, at the roundabout take the 1st exit onto the B600, signposted Watnall, pass "The Three Ponds" public house and continue. Follow local signs to Kimberley Leisure Centre.

### **Start & Finish**

The Race starts in the Kimberley Leisure Centre Car Park (note new start point) – The finish is at Knowle Park in Swingate – it is then a short walk (400yds) back to the Leisure Centre – see the attached map for the short route (400yds) between the start and finish – **you may wish to give this to your family or friends who are supporting you.**

### **Car Parking**

There are two main car parks at Kimberley Leisure Centre and a larger one available at Sainsbury's, Green Lane, with kind permission from Sainsbury's. Although it is a short walk to the start from the Sainsbury's car park, we would suggest the use of this car park, as the Leisure Centre parking is limited.

### **Changing and Shower Facilities**

Full showering and locker facilities are available at the Leisure Centre (lockers are 50p refundable).

### **The Course**

The course is certified accurate. It is multi terrain and undulating – a mixture of road and footpath. On wet days please be aware that parts of the route can be a little muddy. Mile markers will be used throughout the race. A drink station will be available at approx. 3 miles. Short sections of the course are quite narrow and may be used by horse riders. Although well marshalled please be aware of any potential hazards.

### **The Finish**

Separate funnels will be used for men and women, please follow Marshall's instructions when finishing the race. Drinks are available at the finish.

### **Spot Prizes**

Numerous Spot Prizes are available.

Please check at the Spot prize desk with your race number immediately after finishing the race

### **Prize Money**

See entry form

### **Presentation**

If any veteran Male or Female finishes in the first three, he or she will be given the greater prize money for one position only. The presentation will be made as soon as possible after the race in the Leisure Centre Bar.

## Race Numbers

If you have pre-entered there is no need to register on the day, just turn up with your race number and safety pins. Pin your race number to the front of your vest. Numbers MUST NOT be transferred to other runners.

## Results

Once validated the results will be placed on the club web site. [WWW.kadsrunning.co.uk](http://WWW.kadsrunning.co.uk).

## Finally

The Leisure Centre bar will be open from 11:00 am for refreshments.

Kimberley and District Striders would like to thank you for entering the Goose Fair Gallop and hope that you enjoy the race.

## Route from finish back to car parks;

