

RACE AND FUN RUN ENTRY FORM

Postal entries accepted up to Monday 25th June 2012, Children's Run entries on day only. Photocopies and universal entry forms will be accepted. Entries will be accepted on Race Day until 10:00am for Fun Run and 11.00am for 10K, or until 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: Gate Gallop, 94 Sharpe St, Amington, Tamworth, Staffordshire, B77 3HZ (make cheques payable to 'Gate Gallop').

Tick box to enter	<input type="checkbox"/>	10K (£10 before Race day/ £12 on the day)			
	<input type="checkbox"/>	Fun Run (4.4K) (£5 before Race day/ £7 on the day)			
	<input type="checkbox"/>	Fun Run & 10K (£14 before Race day/ £17 on the day)			
Entry Fee £	_____	Donation £	_____	Total enclosed £	_____
First names:	_____				
Surname:	_____				
Address:	_____				
Town:	_____				
County:	_____	Postcode:	_____		
Email address:	_____				
Age on day: (required to qualify for age category in 10K prize)	_____				
Male	<input type="checkbox"/>	Female	<input type="checkbox"/>		
Team name:	_____				
(To qualify for team prize, name of team must be entered on entry forms by 3 males for male team prize / 3 females for female team prize)					
Any special reason for entering:	_____				

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, or over 9 years for Fun Run. 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 accept my photograph may be taken and used by the organisers for advertising purposes. 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 and if less than 9 years old, guardian must accompany entrant.)
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 not involved with the Tamworth Gate Gallop.



Supported by the Peel Road Runners, Tamworth Borough Council and Staffordshire County Council.

SUNDAY 1ST JULY 2012
ANKER VALLEY SPORTS COMPLEX,
AMINGTON, TAMWORTH, B77 3AX

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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PLEASE NOTE START TIMES.

ANYONE WISHING TO DO SO CAN PARTICIPATE IN FUN RUN AND 10K

Venue: Anker Valley Football Pitches, Amington, Tamworth B77 3AX

Changing and showers available

Parking: Free at venue

Start times: Children's Run/Walk 9.45am, Fun Run (4.4K) 10.15am, 10K 11.15am

Provisional result sheets available on day or official results by post.

Medal and goody bag to all finishers.

TROPHIES

- 10K** First 3 males and first 3 females overall
First in each age category: Male: under 20, 40-49, 50-59, 60-69, 70+
Female: under 20, 35-44, 45-54, 55-64, 65+
(ONLY 1 INDIVIDUAL TROPHY PER PERSON)
Male Team and Female Team (3 per team - include team name on entry form)
- Fun Run** First 3 male and first 3 female.

FUNDING FOR TROPHIES AND MEDALS PROVIDED BY TAMWORTH BOROUGH COUNCIL AND STAFFORDSHIRE COUNTY COUNCIL. OFFICIAL RACE CLOCK SPONSORED BY FOOTSTEPS TREATMENT CLINIC AND TOYOTA WORLD (TAMWORTH).

Photographs will be available on the day and after the event so don't forget to smile as you finish! Prize giving will take place at around 1.00pm plus there will be a BBQ, refreshments, cake stall, bouncy castle etc so please stay and enjoy the atmosphere.

ENTRY FEES

10K: £10 (£12 on day) **Fun Run:** £5 (£7 on day) **Children:** £3 on day only

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

Directions to Anker Valley Football Pitches, Amington, Tamworth, B77 3AX

From Junction 10 M42, follow the A5 bypass towards Tamworth, take the third exit onto the B5440 towards Amington Industrial Estate then follow 'Gate Gallop' signs.

From Cannock follow the A5 bypass past the Tamworth sign, go under Walk Ways, then filter off onto the B5440, turn left at the island towards Amington Industrial Estate and follow 'Gate Gallop' signs.

From Sutton Coldfield go straight on at the Mile Oak traffic lights then turn left at the island onto the A5 bypass and follow the directions as above under Walk Ways to the B5440.

CHILDREN'S RUN/WALK - 9.45AM START (Assemble at 9.40am)

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

FUN RUN/WALK - 10.15AM START PROMPT (Assemble at 10.10am)

The course of approximately 4.4K, consists of a lap around the football pitches 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. The course is not suitable for disabled athletes. Anyone wishing to take part in the Fun Run and 10K can do so.

10K RACE - 11.15AM APPROX START (Assemble when the Fun Run finishes)

The course is initially the same as the Fun Run, 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.

The 10K will start only when all participants in the Fun Run have finished.

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

Full warm up before Fun Run and 10K

ST. JOHN'S AMBULANCE, AMBTRANS & RAYNET 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.

PHOTOGRAPHERS WILL BE ON THE COURSE, SO PLEASE SMILE!

Footsteps Treatment Clinic will be offering pre and post race massages.

In addition to providing treatment for any sports injuries, Footsteps offers podiatry (chiroprody) treatment of foot problems ranging from ingrown toe nails, hard skin, corns, verrucas, insoles and orthotics. Please visit us for a free foot check or sports injury check. For further information call 01827 314900 or visit www.footsteps-clinic.co.uk

For further information and additional entry forms see:

www.gategallop.co.uk Tel: 01827 59705

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