

# RACE AND FUN RUN ENTRY FORM

Postal entries accepted up to Monday 22<sup>nd</sup> June 2015, Children's Run entries on day only. Photocopies and universal entry forms will be accepted. Entries will be accepted on Race Day until 9:45am for Fun Run and 10.45am 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').

**PLEASE COMPLETE IN BLOCK CAPITALS**

Tick box to enter  10K (£12 before Race Day/ £15 on the day)  
 Fun Run (4.4K) (£8 before Race Day/ £10 on the day)  
 Fun Run & 10K (£16 before Race Day/ £20 on the day)

Entry Fee £ \_\_\_\_\_ Donation £ \_\_\_\_\_ Total enclosed £ \_\_\_\_\_

First names:

Surname:

Address: \_\_\_\_\_

Town: \_\_\_\_\_

County: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email address: \_\_\_\_\_

Date of birth:  \  \   (required to qualify for age category in 10K prize. If no date stated, age will default to 21)

Male  Female

Team Name/Club \_\_\_\_\_

(To qualify for team prize in the 10K race, name of team/club must be entered on entry forms by 3 males for male team prize / 3 females for female team prize - NO NAME, NO 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,  
Staffordshire County Council and with Kind Permission of Mr Gilman of  
Amington Hall Farm and Mr Lee of Statfold Barn Farm.

SUNDAY 28<sup>TH</sup> JUNE 2015  
ANKER VALLEY SPORTS COMPLEX,  
AMINGTON, TAMWORTH, B77 3AX

**10K Race, Fun Run/Walk and Children's Run/Walk**  
**ALL RUNS TRAFFIC-FREE AND OFF ROAD**  
**10K AND FUN RUN ELECTRONICALLY TIMED**

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

**St Giles**  
hospice

*Tamworth*  
Borough Council

**BROWN & HOLMES (Tamworth) LTD**  
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[www.thegategallop.co.uk](http://www.thegategallop.co.uk)

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# KEEP THIS SIDE FOR INFORMATION

## 28<sup>TH</sup> JUNE 2015 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

**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, 20-39, 40-49, 50-59, 60-69, 70+  
Female: under 20, 20-34, 35-44, 45-54, 55-64, 65+  
(ONLY 1 INDIVIDUAL TROPHY PER PERSON)  
Male Team and Female Team (3 per team - include team name/club on entry form)

**Fun Run** First 3 male and first 3 female

### FUNDING FOR TROPHIES AND MEDALS PROVIDED BY STAFFORDSHIRE COUNTY COUNCIL LOCAL COMMUNITY FUND

Prize giving for the Fun Run will take place at around 11.30. Prize giving for the 10K Race will take place at around 13.00. There will be a BBQ, refreshments, cake stall, bouncy castle etc., so please stay and enjoy the atmosphere.

### ENTRY FEES

**10K:** £12 (£15 on day)    **Fun Run:** £8 (£10 on day)    **Children:** £3 on day only

Entries will be accepted up to the race limit of 400 for 10K Race and 150 for Fun Run 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 600 metres in distance. The aim of the run/walk is solely for fun. Parents can accompany children.

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## **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.

Anyone wishing to take part in the Fun Run and 10K can do so.

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## **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.

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### **Full warm up before Fun Run and 10K by TF Fitness**

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MERCIA EMS & TAMWORTH RADIO SCOUT GROUP 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 YOUR NUMBER OR BY ATTACHMENT TO ENTRY FORM.

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

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### **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](http://www.footsteps-clinic.co.uk)

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For further information and additional entry forms see:  
**[www.thegategallop.co.uk](http://www.thegategallop.co.uk)** Tel: 01827 59705