

The Gosfield Gauntlet Race Information 2018

Event HQ

The race is starting and finishing at Gosfield School, Halstead Road, CO9 1PF.

Parking

We have adequate parking for all runners but please car share where possible.

Start Times

The Marathon will start at 9am. The Half Marathon will start at 9:30am. You will be required to 'check-out' when setting off and 'check-in' when finishing to be included in the results.

Race Numbers

Please arrive half an hour before the start of the race to collect your number from the main hall. Your race number is now on the Halstead Road Runners Website.

Route Description

A printed route description will be provided on the morning of the race and plastic wallets will be available.

What Should I bring?

Please ensure you bring the correct attire for a trail run. The course is approximately 90% off road and therefore trail shoes are highly recommended. Check the forecast for the day and make sure you are prepared for the conditions. Please bring a fully charged mobile phone

Head Torches

Sunset for the 18th November is approximately 4pm, but under tree cover, light will be poor much earlier. If you think that you may be running at this time, it is essential that you bring a head torch or a light of some description.

Water Station/Checkpoints

There will be 3 checkpoints for the Marathon and 1 checkpoint for the Half Marathon. There will be water available at every checkpoint and we will have cups available, but we are happy to fill up your water bottles or hydration packs also.

Notes on Safety

We want everyone to have a safe and enjoyable run. Please ensure you bring a fully charged mobile phone, there will be contact numbers on your route description. If you, or a fellow runner, are to get into trouble during the run, please call the number on the sheet and we will get to you as soon as possible. If you need to pull out of the race for any reason, please inform a marshal at a checkpoint or contact the number on your sheet.