



FINAL INFORMATION

GOSFORD 10K NIGHT EDITION 25TH JAN 2019

26EXTREME.COM

The preparations for the 10K Night Edition in Gosford on the 25th Jan 2019 are well under way and with only a few days to go to the start we hope that all competitors have the miles in their legs, have their torches at the ready and are looking forward to the event.

ON THE DAY & LATE ENTRIES

Entry for the event is now closed. There are no transfers or deferrals available from this point onwards as the start list is now complete and Race Packs are being assembled. Pack collection for the race ends at 7:15pm on Friday night. Packs will be available for last minute entry. These will be charged at the same price as the entry fees advertised. **PLEASE** do not collect for a friend who can't make it and run under their name. This can cause possible operational issues. It compromises the accuracy of the results, and the experience of the event for others. You must pay an admin fee of £5 to change the name accordingly, and this can only be done up to 7pm.

Late entries £26.50pp, and include bus to start line, medal, and a Mourne Mountain Breweries Beer.

TRAFFIC ANNOUNCEMENT

Please allow plenty of time to get to the event registration location in Gosford Forest Park. A car parking attendant will direct you to the correct place. If you arrive late for registration or near the end of registration time expect to stand in a queue for a short time.

TRAIL CONDITIONS

Route is a 10km Course, technical running on single track. May be slippery under foot. Trail Shoes advisable.

RESULTS, TIMES AND PLACINGS

There is no text message service, as this produces an administration problem should late entries or swaps not be administered by the time the event finishes - we will be uploading the results to 26Extreme Website once they have been verified by Race Referee and all edits have been made. Results are not available on the day.

THE WEATHER

Weather is currently looking dry and cold as expected for January.

GETTING THERE & PARKING

PLEASE CAR POOL IF YOU CAN

Car parking is included in your entry.

Event crew will direct you to the competitor parking.

Do not move any cones to park your vehicle.

Please do not obstruct any gates / entrances exits with your vehicle when choosing a parking space.

The event parking is a 1 minute walk from the registration area.



PACK COLLECTION

Pack Collection will take place on the evening of the of the race.

At Pack Collection you will receive your race number and timing chip for your event. If you intend returning to your vehicle with these items prior to the event please allow plenty of time to get back for your event start as all events will start on time.

Pack Collection open from 6pm in Gosford Park (signposted) on Friday 25th Jan.

EVENT START TIME - 7:30pm

KIT & EQUIPMENT

- We encourage everyone to wear a thermal layer. The start of the event will be cold. You **MUST CARRY A GOOD QUALITY TORCH** and we urge everyone to carry a smaller backup torch. A head torch is recommended.
- In light of the prevailing weather conditions and the exposed nature of the route we suggest that you use common sense when dressing for, and preparing for, this event.
- THIS NOT A ROAD EVENT WHERE THERE IS A MARSHAL / MEMBER OF THE PUBLIC AT EVERY CORNER. A SUBSTANTIAL PART OF THIS EVENT IS IN A REMOTE LOCATION IN ONE OF THE BIGGEST FORESTS IN NORTHERN IRELAND.
- We will also have 26 Extreme and other event merchandise on sale at the registration area.

WATER, FEED STATIONS & TOILETS

10k - there will be a feed station at approximately 5k

- There will be snacks and water available in compostable cups.
- Please do not litter the trail. Please place all rubbish in bins at feed stations.
- Anyone found littering the trail will be given a DNF.
- We operate a Leave No Trace Policy and would ask that everyone adheres to this.
- There are toilets at the start/finish area which will be signposted.

SAFETY ALONG THE ROUTE

- There will be numerous marshals on the route to help guide you along the correct route and deal with any first aid situations.
- The course will be fully waymarked with flashing lights and way-marking signage.
- In addition to our 26 Extreme REC first aid crew we will have a dedicated private paramedic ambulance crew roving the course.
- If you feel unwell or sustain an injury.....STOP and ask for help. If you're on your own ask a fellow runner to go to the next marshal and ask for assistance. If there are no runners nearby wait for sweeper marshal. If you find someone in need of assistance, ask someone to go to the next marshal and call for help.

PRIZE GIVING

Prize giving will take place at 8:45pm.

FINISH LINE

On reaching the finish line you will be greeted with the usual vibe and banter associated with 26extreme events. Our friends from Mourne Mountain Breweries will provide you with a hard earned cold draught beer!



EVENT SOCIAL MEDIA

Join in with the event build up and watch as it unfolds.



We hope that everyone has a safe journey to the event and we look forward to welcoming each of you to the fantastic setting of Gosford Forest Park on Friday.

If anyone has any queries between now and the event please contact us on the following email info@26extreme.com

Cheers,
All the Team

26extreme.com

