



FRIDAY

12:00-19:00	Arrival & Registration
14:00	Event site OPEN
15:00	Main Stage Live MC
16:00	Hello Holker Social Run
	Hello Holker Social Ride
16:00	Wild Athletics
	Becky Lyne
17:30-19:00	Camping Food Served
18:00	South Lakes Rock School
19:00	WGF WELCOME
19:30	Baking Playlist
	Fran Quinn, Steve Cram, Steve Backley
20:15	Main Stage Music
21:00-22:30	DJ

SATURDAY

07:00-08:30	Camping Breakfast
08:30	Main site open
09:00	2.5KM & 10KM Runs
09:00	Morning Stories
	Terry Deary
09:30	Pilates for runners
	Gemma Hillier-Mose
09:30	Gravel Bike Bash 40KM
	led by [SPONSOR]
10:30	Mountain Rescue Talk
11:30	Families on Track
11:30	Yoga for runners
	Carla Molinaro
12:00	GOAT Chat: Non Stanford
12:00-13:00	Campers Lunch Served
12:30	Wonderful Wild Women
	Sarah Gerrish
13:00	Families on Track
13:30	Warm up with Carla Molinaro
14:00	King & Queen of the Hill
14:00	Mechanics Workshop by Hope Tech
15:00	Gravel Rides and Bike Packing
	Markus Stitz
15:00	Families on Track
16:00	GOAT Chat: Steve Cram, Chris Thompson, Paula Radcliffe
17:00	Bums & Tums Strength & Conditioning
	Gemma Hillier-Moses
17:30-19:00	Camping Food Served
17:30	South Lakes Rock School
18:15	GOAT Awards
18:30	Baking Playlist
	Fran Quinn, Paula Radcliffe, Non Stanford
19:15	Indigo Youth
20:15	Main Stage Music
21:00-22:30	DJ

SUNDAY

07:00-08:30	Camping Breakfast
08:00	Main site open
08:00	Wake Up Stretch
	Gemma Hillier-Moses
09:00	MINI / SHORT / MED / LONG Trail Runs
09:00	Morning Stories
	Terry Deary
09:30	Wild Athletics
	Becky Lyne
09:30	Gravel Chill Out Ride 25KM
10:00	Families on Track
12:00	GOAT Chat: Steve Backley
12:00-13:00	Campers Lunch Served
13:00	Endurance Nutrition
	Guest TBC
14:00	Families on Track
14:00	3 Peaks Cyclo Cross
	Vic Peel - Hope Tech Racing
15:00	Mechanics Workshop by Hope Tech
15:30	Bob Graham Round
	Sarah Gerrish
16:00	GOAT Chat: Steve Cram & Friends
16:45	Wrap Up
17:00	Event Site Close
18:00	Campsite Closes
Kids Cyclo Cross Skills Centre	
Saturday	09:00-16:00
Sunday	09:00-15:00
Kids Outdoor Skills & Crafts	
Saturday	09:00-16:00
Sunday	09:00-15:00



WEEKEND SCHEDULE 2023