

# The Grindleford Gallop 2020: Final details

The following information is also available on the Gallop website:

<http://www.grindlefordgallop.co.uk/>

## Travel and Parking

Please, where possible share lifts, and use public transport to ease the additional congestion in the village - with the added bonus of being better for the environment!

Parking is limited in the village – even more so than in previous years due to the not having the use of the Maynard carpark and some work by Severn Trent limiting some parking on the main road as you head towards Calver.

To arrange car sharing please use <https://racelifts.org/Grindleford-Gallop-2020/> - even if you are already sharing with a friend, please register as you might have room to squeeze in another runner.

When planning your arrival at the registration area at the pavilion note that **IT MAY TAKE YOU 15-20 MINUTES TO WALK THERE FROM WHERE YOU PARK.** Please take this into consideration and arrive earlier. Also bear in mind that everyone plans to turn up 30 mins before the start!

Parking areas are highlighted on the attached map and summarised below:

Car parking facilities - all these areas will be marshalled

1. Sir William Car Park on Sir William Hill
2. Padley Road and Maynard Road
3. Station Approach – however this is now pay and display (£2 for the whole day if the machines are working...)

A map of these areas can be [found here](#).

There is also the usual car parking available on the road through the village. Please can you ensure that you park respectfully, and do not break the Highway Code. The police have said they will issue tickets if cars are illegally parked. Do not leave valuables visible as this may be an invitation to thieves.

Please park considerately to other people in the village. Consider driveways and traffic flow.

Please leave as small as gap possible between cars in order to maximise space.

## Covid-19 and hygiene:

We are conscious of the ongoing situation with Covid-19 (coronavirus) and encourage everyone involved to help reduce the risk to participants, volunteers and supporters.

- If you've travelled from other countries outside of the UK please follow the guidance under the section entitled "Returning travellers" on the Gov.uk website: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>. Obviously if you should be self-isolating please DO NOT attend the event.
- If you've had known contact with infected people, please DO NOT attend the event.
- If you have flu-like symptoms to avoid the risk of spreading your infection, whatever that infection may be, please stay at home and recover.
- We encourage all our event attendees to maintain good personal, hand and respiratory hygiene by following the NHS guidelines on the Coronavirus overview

page: <https://www.nhs.uk/conditions/coronavirus-covid-19/>. In the context of the Gallop please:

- Wash your hands prior to leaving home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away and wash your hands afterwards.
- Use hand sanitiser gel if soap and water are not available.
  - Please bring your own hand santiser with you if you've been lucky enough to get some before the shelves cleared...
- Remember the above apply even when exerting yourself on the event, at checkpoints and crossing the finish line.
- Fit and remove your own wristbands at registration and the finish.
- Wash your hands with soap and water in the pavilion toilets before heading in for your soup and drinks.
- Enjoy the applause from supporters, but maybe it's not the year for high fives...

### **Registration**

Walkers and runners will need to register before starting the event. All competitors will be issued with their entry number and RFID wrist band. Please take care not to lose your wrist band, any lost bands will incur a £2 charge.

If you have ordered a T shirt and can collect it when you register that's great. If not please remember to collect your T shirt when you finish.

### **Kit Storage**

As before, we will be providing a location for kit storage which will be signposted from registration on the day. Any kit will be left at your own risk and the Gallop organisers will have no liability towards any loss.

### **Equipment**

The weather isn't expected to be as harsh as it can be, however it is still early March! In the light of this we recommend that you expect the worst and **run with full FRA kit – i.e. full waterproof body cover, hat, gloves, compass, whistle, map and emergency food.**

Please come prepared. We reserve the right to refuse entry to any entrants that we don't believe are adequately equipped.

Please DO NOT consider running the course in road shoes, the ground is very wet and slippery underfoot and it would be dangerous to attempt to do so.

### **Hydration**

As last year we will not be providing any cups for water at the feed stations to reduce single use plastic waste. You will therefore need to **carry your own cup** to get water at the stations. You will be able to fill other things such as water bottles at these stations also. Please be patient and polite to our volunteers when filling up your water bottles, they will be working as fast as they can.

### **The Route**

The course remains the same as last year. Please remember that the course is a fixed route – largely due to environmental reasons and landowner permissions - and anyone found to be taking short cuts between checkpoints will be disqualified.

There is a map and detailed route description on the website.

This route is only a partially marked route and competitors should ensure they have a map and compass. There are no signs through the Chatsworth Estate.

Please remember that **no dogs** are permitted on the course as it is lambing and nesting time.

**Leave No Trace:**

Please be considerate of the environment whilst out in the beautiful Peak District and try to minimise your impact wherever possible. Failure to do so may jeopardise the future of the event, and other similar events.

Please stick to the paths wherever possible and try to avoid widening them – if the choice is a muddy path or running to the side of it to avoid getting muddy, please go for the muddy option!

There are a number of walls with stiles around the route that can suffer from the cold weather on the route and may lose some of their stability. Please take care when using any of these and if they are in anyway damaged and there's a gate you can use instead, please use it and make sure you close it behind you.

Please ensure that you are careful when discarding your rubbish, especially gels wrappers – take it home with you or drop it off at a manned checkpoint.

**Event times:**

For those entered as runners, the **start is at 10am**.

Those entered as walkers can start anytime between **7am and 9.30am**. Please do not register as a runner, then start early: it will lead to disqualification. Please note that checkpoint 2 at Hassop opens at 8.30am.

Please note the closing times for the following checkpoints:

- **Checkpoint 2**, White Rake, will close at midday.
- **Checkpoint 4**, Hassop, will close at 1pm
- **Checkpoint 6**, Baslow, will close at 3pm. If you arrive after this time, the marshals will have left and there won't be any refreshments!

The event officially finishes at 5pm, **if you believe you are going to finish after this time please contact the organisers on one of the numbers below.**

Study the course well and where possible take a mobile phone with the emergency Gallop phone numbers.

**Food and allergies:**

There are water stations at the White Rake, Hassop and Baslow checkpoints and supplies of cake at Hassop and Baslow. Please have consideration for others by only taking what refreshments you need. We will label the cake ingredients but as they are all homemade we cannot guarantee they will be allergen free. We recommend you carry a supply of food to keep you going and in case of an emergency.

Hot soup (tomato and red pepper) and drinks and more cake will be available on your return to the pavilion – something to look forward to!

**Dropping out:**

If you drop out on the day please let us know at reception or call the organisers on the numbers below as we need to be able to account for everybody at the end of the day.

**First aid and emergencies:**

If you need first aid whilst at the start/finish area by the pavilion please ask at registration/the finish line where to go.

If you have an emergency on the course and clearly need the emergency services please call 999. Remember if you are away from a road, and therefore need Mountain Rescue call 999 and ask to speak to the Police who will then contact Mountain Rescue. The ability to give a 6 figure grid reference will help the emergency services to find you, and OS Locate is an excellent free app that makes this easier. Once you have contacted the emergency services, if you are able to please inform the organisers on the numbers below, so that they are aware.

If you have a minor injury that doesn't require the emergency services but means you are unable to carry on please let the volunteers know at your next checkpoint or call the organisers on the numbers below.

**Contacting the organisers on the day**

If you need to contact the race organisers on the day you can reach them on either:  
**07796 130474 or 07715 172891.**

These phones will be switched on at 6:30am on race day.

**Results**

The results will be displayed after the race online. This may be the day after the event.

**Vintage T shirts:**

There are some T shirts from previous years in need of loving home! If you'd like one please have a look at the finish line and you can have one for a suggested donation of £4 to the PTA.

**Sponsors and supporters:**

Thank you to the following companies for their continued support of the Grindleford Gallop:

- **Alpkit** - As with last year, this year the Grindleford Gallop prize sponsor is Alpkit; the outdoor gear company. Alpkit are committed to developing honest, great value, well thought through outdoor equipment. Go nice places, do good things! You can view all of their gear here <https://www.alpkit.com/>
- **Breedon Cement** - This year the Grindleford Gallop number sponsor is Breedon Cement; a key local employer in the local community.
- **Hassop Station Café** - Thank you to the Hassop Station Café for their continued support and assistance. If you've got friends and family looking for somewhere warm to stop for a drink or slice of cake whilst they cheer you on, this would be the ideal place to go: <https://www.hassopstation.co.uk/cafe/>
- **Sir William Pub** - We would also like to thank The Sir William Pub, Grindleford, for making the soup. If you fancy a hearty meal and a pint once you finish they're just around the corner. We'd also like to thank them for the use of their parking facilities.

We look forward to seeing you on Saturday and thank you for entering the event and supporting our brilliant primary school!

Grindleford Gallop Team