

The Grindleford Gallop 2021: Final details

The following information is also available on the Gallop website:

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

Travel and Parking

Parking is limited in the village and is mostly road side – we will have marshals out and about to direct you to parking areas. DO NOT park in The Maynard hotel car park as you will get a £60 fine. 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:

- Sir William Hotel car park, Sir William Hill Road
- Padley Road and Maynard Road
- Station Approach – however this is now pay and display (£2 for the whole day)

There is also 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.

Please park considerately to other people in the village. Consider driveways and traffic flow. If arriving by train the station is a 15-20 minute walk from the Pavilion (downhill on the way...).

Covid-19

As goes without saying please do not attend the event if you should be self-isolating. This applies if you have any of these 3 symptoms of COVID-19, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You should also self-isolate straight away if:

- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check [link](#) if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive – find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app

We would be grateful if competitors could take a **lateral flow test** before the event and not attend if it is positive. This is to reduce the risk from asymptomatic but Covid positive participants attending.

Please social distance where possible. We encourage the wearing of face coverings when you are close to other participants and volunteers, especially at registration, the runners' mass start and checkpoints en route.

Please also be attentive to hand hygiene and carry and use hand sanitiser prior to arriving at registration, checkpoints and the finish.

The 2019 set up of soup being served outside the pavilion worked well so we will be doing this again. You therefore may want to leave a warm coat in the kit store.

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 would be 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

Who knows what the weather will throw at us in October! 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 likely to be wet and slippery underfoot and it would be dangerous to attempt to do so.

Hydration

As in previous years 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, detailed route description and downloadable GPX file 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 due to it being private land.

There are a number of road crossings so please take care. The B6001 next to Stoke Hall will be marshalled and traffic stopped for periods so please respect the instructions from the marshals. Please remember that **no dogs** are permitted on the course.

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 and do not drop rubbish, especially gels wrappers – take it all home with you or drop it off at a manned checkpoint.

Event times:

For those entered as **runners**, the **start is at 10am** from the field opposite the Pavilion. We will open the large gate. It is a bit overgrown but please space out as much as possible whilst waiting to start.

Those entered as **walkers** can start anytime between **7am and 9am**. Please don't go too quickly – it's worth noting that checkpoint 4 at Hassop doesn't open until 9am.

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**

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), drinks and more cake will be available on your return to the pavilion – the thought of which should keep you going!

Dropping out:

If you start and then drop out on the day, please let us know at registration 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, and we'll arrange a lift back to Grindleford for you.

Contacting the organisers on the day

If you need to contact the race organisers on the day you can reach them on:
07796 130474 or 07715 172891 (backup number).

Results

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

The prize categories are:

- Under 23s
- Open
- V40
- V50
- V60
- V70

Sponsors and supporters:

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

- **Alpkit** – first prize vouchers £20 see www.alpkit.com
- **The Maynard hotel** – second prize afternoon tea vouchers www.the-maynard.com
- **Grindleford Station café** – third prize coffee and cake vouchers
- **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/café/>
- **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 www.sirwilliam-grindleford.com

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

Grindleford Gallop Team