



The Grindleford Gallop 2023: 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 (usually fills first with early walkers), Sir William Hill Road
- Padley Road and Maynard Road
- Station Road approach – however this is now pay and display (£2 for the whole day, use the RingGO app to pay)
- Roadside in the village – most spaces are found if driving in Calver direction on left hand side of the road

Please can you ensure that you park respectfully, and do not break the Highway Code, including:

You must not stop or park on a road marked with double white lines, even when a broken white line is on your side of the road.

If arriving by train the station is a 15-20 minute walk from the Pavilion (downhill on the way...). No train strikes or rail replacement services are planned at time of writing.

Event times

Those entered as **walkers** can start anytime between **7am and 9am**. It's worth noting that checkpoint 4 at Hassop doesn't open until 9am.

For those entered as **runners**, the **start is at 10am** from the field opposite the Pavilion. We will open the large gate to reduce the bottleneck at the smaller gate. Please stick to the gravel footpath beyond the first stream crossing as this field is owned by the Butterfly House who have invested time and money in reducing the path erosion as part of their efforts to encourage biodiversity.

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 then please contact the organisers on one of the numbers below.**

Registration

Walkers and runners will need to go to registration before starting the event where they will be issued with their race number and RFID wristband. Please take care not to lose your wristband, any lost bands will incur a £2 charge.

We will do a short race briefing at 9.45 for the runners at the Pavilion. Acoustics aren't brilliant so please be quiet so everyone can hear.

If you have ordered a T shirt or Buff you can collect it when you register or at the end of the race from the separate merchandise tent. We will have the new 2023 Gallop Buff available on the day to purchase for £6 and a limited supply of T-shirts for £12. We have a card reader for those with no cash.

Equipment

The current weather forecast is looking cold and wet so typical Gallop weather! There is the potential for snow but the BBC and Met Office forecasts are different with a lot of uncertainty, so we will be keeping a close eye on this and keeping you updated by posting on the Gallop website and Facebook page.

We recommend that you expect the worst weather and run or walk with **full FRA kit – i.e. waterproof coat AND trousers, hat, appropriate gloves, compass, spare layer, whistle, map and emergency food.**

Please come well prepared and equipped. We reserve the right to refuse entry to any competitors that we don't believe are adequately equipped and we will be doing spot kit checks given the current forecast. Should finishers be inappropriately equipped they may be disqualified.

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.

There is no indoor shelter for competitors before the race, and limited shelter post race, so please bring sufficient warm clothing for these times.

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.

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 or bottle** to fill up. 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

There is a map, detailed route description and downloadable GPX file on the [website](#). 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.

The route is a partially marked route (with yellow A4 signs and black arrows) and competitors should ensure that they have a map and compass. There are no signs through the Chatsworth Estate at the request of the owners. There are 6 checkpoints which you will need to dib in with your wristband.

There are a number of road crossings so please take care. The B6001 next to Stoke Hall will be marshalled and traffic stopped for short periods so please follow 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. 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 that you close it behind you.

Please ensure that you are careful and do not drop rubbish - especially gel wrappers and cling film from the cakes – take it all home with you or drop it off at a manned checkpoint.

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. As the cakes are all homemade by volunteers, we cannot guarantee they will be allergen free. There will be vegan and gluten free options. 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 and return your wristband.

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 endeavour to 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:

Anna 07796 130474

Helen 07801 599839

Results and prize ceremony

The results will be displayed after the race online. We will have a live feed of race positions on a monitor at the pavilion.

The prize ceremony will be held at about 1.45pm with prizes from our race sponsors Rab and Outside. New for this year the Gallop is part of the Rab Winter Race Series <https://www.outside.co.uk/outside-winter-race-series>

We have first prizes for male and female categories.

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

Sponsors and supporters

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

- **Outside** - outdoor equipment and clothing shop just 5 mins down the road in Hathersage
<https://www.outside.co.uk/>
- **Sir William pub** – for allowing us to use their kitchen for the soup and a number of spaces for car parking. If you fancy a pint after the race head up the hill behind the marquee to the pub
<https://www.thesirwilliam.co.uk/>
- **Hassop Station Café** – Thank you to the Hassop Station Café for hosting a checkpoint
<https://www.hassopstation.co.uk/café/>

We look forward to seeing you on Saturday.

Thank you for entering the event and supporting our fantastic primary school!

Grindleford Gallop Team