

The Grindleford Gallop 2024: Race details

Hello

I hope you're all excited for the race and training is going well! We're sending the race details out early this year as there are a couple of changes to be aware of, we'll send a reminder and any final details as usual a week before the race.

Walkers and Runners

Each year we are seeing increasing numbers of people entered as walkers running the route. Please do not enter or start with the walkers if you intend to run, even slowly. The race starts at 10am and the course closes at 5pm so you have 7 hours to get round (enough time to walk up all the hills if you want/need!). It caused a lot of confusion last year when walkers were returning before and amongst the first half of the field of runners. It also caused runners to be held up at the finish line waiting for walkers ahead of them to be dibbed in. Because of this, we will divert the runners and walkers to different finishing points at the pavilion at the end this year. Runners will finish to the left, walkers to the right. Watch out for the marshal on the gate who will direct you!

The food stations open at times aligned with fastest runners and average walkers. If you know you are likely to be a fast walker, please set off closer to 9am or the food stations won't be open.

The other change this year will be a back marshal. This person will set off at the back of the runners so they can confirm with each marshal station that everyone has gone through, and keep in touch with us at the finish to let us know how everyone is doing. Please keep your numbers visible and do not go off course for a picnic or a pub visit!

Equipment

The weather can be very changeable over the day, and is likely to be different on the tops to in the valley. Please expect the worst weather and run or walk with **full FRA kit – i.e. waterproof coat AND trousers, hat, appropriate gloves, compass, whistle, map and emergency food**. We also strongly recommend a spare layer. Don't think about what you need when moving, think about what you need to keep you safe should you be injured and need to stop.

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. 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

There will be space for kit storage in the same tent where you can buy/collect buffs and t-shirts. Any kit will be left at your own risk and the Gallop organisers will have no liability towards any loss.

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.

Registration

Registration will open at 7am. 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. It would be very helpful if you could **bring your own safety pins** to speed things up.

We will do a short race briefing at 9.45 for the runners at the Pavilion.

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 a number of Gallop buffs available on the day to purchase for £6 and an extremely limited supply of T-shirts for £12. We have a card reader for cards but no float for cash.

Event times

Those entered as **walkers** can start anytime between **7am and 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.

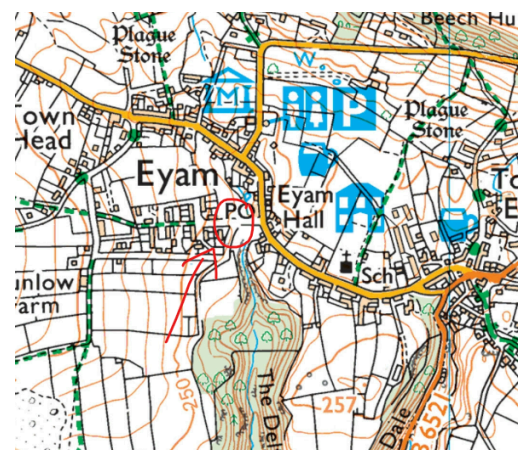
Please note the **closing times** for the following checkpoints:

- Checkpoint 2, White Rake, will close at midday
- Checkpoint 4, Hassop, will close at 1pm
- Checkpoint 6, Baslow, will close at 3pm.
- The event officially finishes at 5pm, **if you believe you are going to finish after then please contact the organiser on the number below.**

We often get walkers missing the first checkpoint in Eyam. When you turn off the main road onto New Close, please look to your left for the orange hi vis vest hanging from the car park barrier, that's where you will see the dibber.

Also keep your eyes peeled for the orange vests at White Rake and Longstone Moor - if you're walking quickly you may get there ahead of the marshals (the dibbers will be out).

There will be marshals at each checkpoint when the runners come through. Please look out for the orange hi vis vests - this means you need to dib your timing chip!



The Route

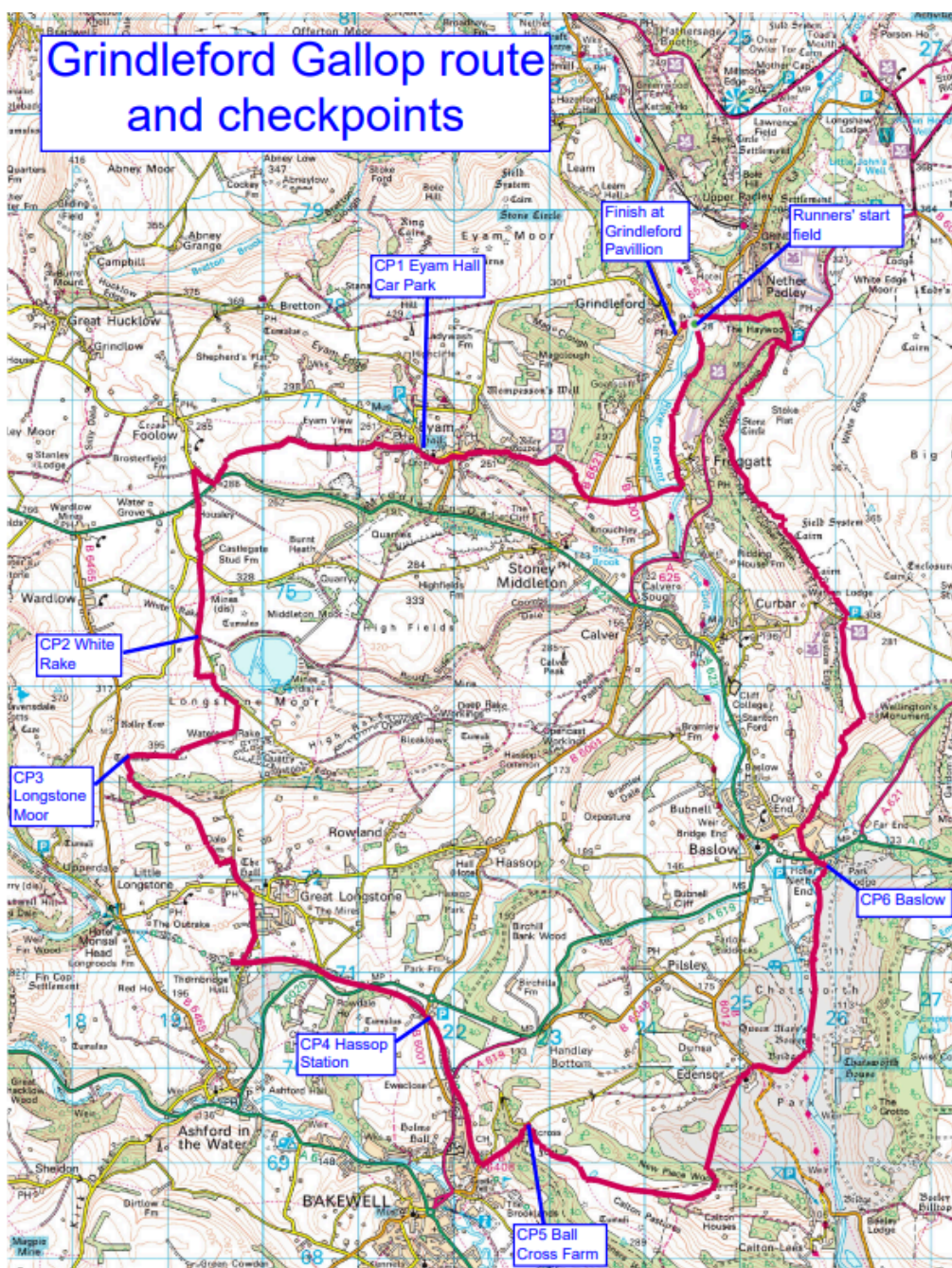
There is a map, detailed route description and downloadable GPX file on the [website](#). The course remains the same as last year. Please remember that the course is a fixed route – largely due to environmental reasons and landowner permissions - and anyone found to be taking short cuts between checkpoints 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.

The course crosses through a golf course. There is a bell to ring before you enter to alert any golfers on the course, please make sure you ring it. It was reported to us last year by concerned golfers that many runners didn't ring the bell!

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 any way 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 will be a water station at the White Rake checkpoint and a feed station with hot drinks and cake at the Hassop checkpoint. There is another water station at Baslow with jelly babies and biscuits. Please have consideration for others by only taking what refreshments you need. As the cakes are all provided by volunteers, we cannot guarantee they will be allergen free. We aim to have 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, drinks and more cake will be available on your return to the pavilion – the thought of which should keep you going! And after you've got your breath back, the Sir William pub is offering a 10% discount on food if you show your race number.

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 organiser on the number below.

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 organiser on the number below, and we'll endeavour to arrange a lift back to Grindleford for you.

Contacting the organiser on the day

If you need to contact the race organiser on the day please call:

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, and an old school board and pen to display the winners.

The prize ceremony will be held at about 1.45pm with prizes from our race sponsors Rab and Outside. 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.

- 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 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 and also get 10% off food <https://www.thesirwilliam.co.uk/>
- **Hassop Station Café** – Thank you to the Hassop Station Café for letting us set up a checkpoint there
<https://www.hassopstation.co.uk/café/>

We look forward to seeing you on the 16th March.

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

Grindleford Gallop Team