

## The Grindleford Gallop 2025: Race details

### Hello

Whether you've done this race many times before or this is new, welcome to Grindleford and the Grindleford Gallop. We're a wholly volunteer run event, raising funds for our lovely local primary school. We do our best to put on a great event, please let us know if you have any feedback as we want to make sure we give everyone a good day out.

### Walkers

Registration opens at 7am for walkers (this is a relaxed 7am start, please don't turn up any earlier!) Walkers can set off any time after this and until 9am. If you think you are going to be setting a **fast walking pace** please make sure you **set off close to 9am** or the checkpoints will not be open when you get to them. The **checkpoints** are timed so that someone **setting off at 8am** and walking at **5km per hour** would hit them as they opened. If you are around average pace or faster, please leave after 8am. We do not anticipate any walkers finishing before around 3pm, this gives us time to get the bulk of the runners in first.

Please DO NOT ENTER AS A WALKER if you intend to walk/run or run slowly, the checkpoints will not be open for you. If you are signed up as a walker but will be going faster than 5km per hour / predict a finishing time of less than 7 hours, please edit your entry to a runner.

### Runners

Runners can register anytime after 8am. The race starts at 10am

There will be a back marshal setting 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!

### Registration

- We have switched timing systems this year to SPORTident. Please bear with us while we work with the new system!
- It would be very helpful if you could **bring your own safety pins** to speed things up.
- Numbers will not be preallocated, so please line up at any desk.
- You will collect any pre-purchased t-shirts or buffs at the same time as picking up your number and dibber.
- Any t-shirts or buffs not collected by the start of the race at 10am will be available for sale afterwards to ensure as little waste as possible.
- Please take care not to lose your dibber, if lost it will incur a £25 charge.

	Start	Check Point 1 Eyam	Check Point 2 White Rake	Check Point 3 Longstone Moor	Check Point 4 Hassop Station	Check Point 5 Ballcross Farm	Check Point 6 Baslow	Finish
Open	Walkers: 7-9am Runners: 10am	8.00 (marshal from 10:00)	10:00	10:15	10:45	11:00	11:30	
Close			12:00	12:30	13:30	14:00	15:00	17:00

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

### **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** (a buff is fine), **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.

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. Although some parts are liable to be very muddy, there are short sections of road or hard packed trail, so whether you go for trail or fell shoes would be personal preference.

There is no indoor shelter for competitors before and after the 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 buffs and tshirts after the race. Any kit will be left at your own risk and the Gallop organisers will have no liability towards any loss.

### **Travel and Parking**

With unfortunate timing, the B6001 between Hathersage and Grindleford is currently closed and will remain closed on race day. You can still get down from Sir William Hill and access the Sir William Pub and the main road from Calver and the road down from the Fox House are open as normal. 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 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.

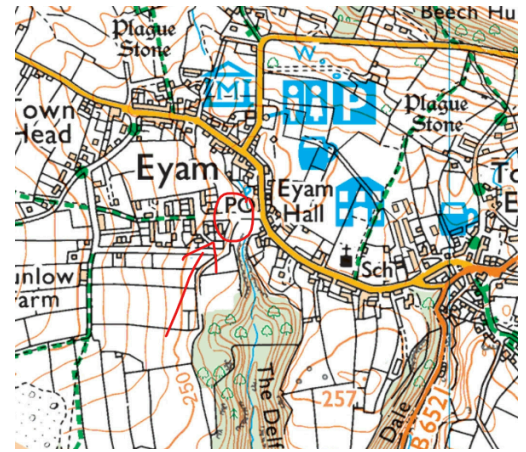
### **Event Start**

The mass start for runners **is at 10am** from the field over the bridge and opposite the Pavilion. In order to protect planting that has taken place since last year, we will be starting in a slightly different place and running along the river and then left rather than diagonally across the field. This will not make a difference to the length of the route but will mean the start is slightly narrower, so please consider where you need to be in the pack. 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.

We often get walkers missing the first checkpoint in Eyam (this is the only one that will be unmarshalled for walkers). 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.

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

If you have started too early as a walker and have arrived at the Longstone Edge Checkpoint before 10.15 you'll need to wait for the marshals to arrive!



### Food and allergies

There will be tea and coffee available before the race, 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 (and perhaps more cake). 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! We will also have the Sunshine Pizza Company there with their pizza van should any of your supporters want to buy a pizza, or if you're still hungry after soup!

We are making efforts to be more sustainable and the number of coffee cups that were thrown away last year was a massive area we want to address - imagine 600 competitors all had a hot drink before, during and after the race - that's a shocking amount to add to landfill (not to mention space to find in the bin). With this in mind, and in line with other longer races going in this direction, we are asking you to **please bring your own mugs if you want tea/coffee**. We will have a very limited supply, but anyone stopping for a hot drink is likely to not be going at a pace that precludes them from carrying a light mug, and if you're just having tea/coffee before and after the race you can leave your mug in your kit bag.

As an added incentive, we will take the race numbers of anyone using their own mug and will do **a draw for a free place in next year's Gallop**.

### 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.

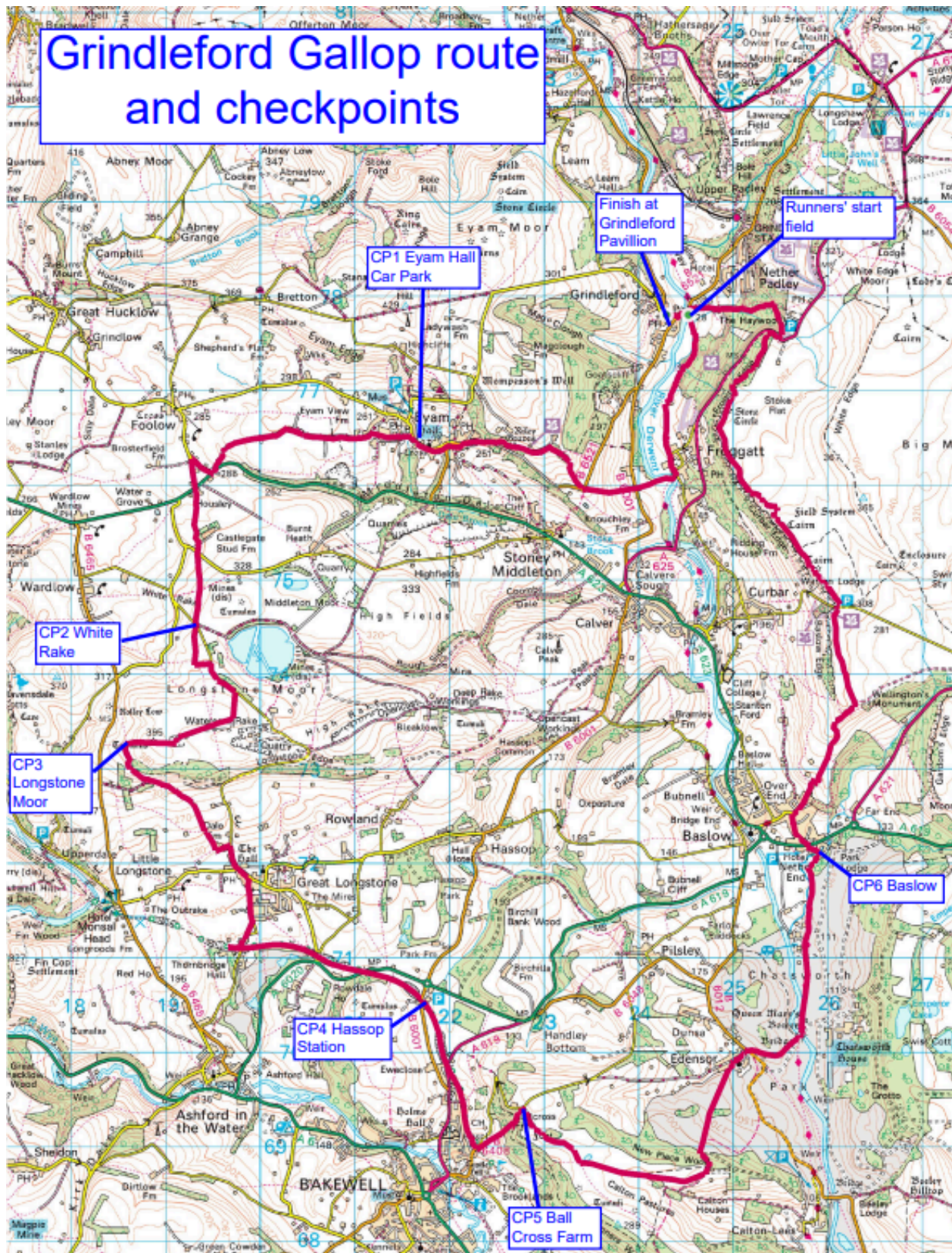
The route is **partially marked** (with A4 signs and black arrows) and competitors should ensure that they have a map and compass. There are no signs through the Chatsworth Estate at the request of the owners. There are 6 checkpoints at which you will need to dib in with your dibber.

This is not a fell race run under FRA rules so there is no ban on using navigational aids on your watch/phone. This race is not designed to be a navigational challenge and we do not wish to be out searching for people who have missed a turning so if you haven't reced the route and you want the security of knowing you are on track, feel free to use the assistance of your watch/phone.

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 previously 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 and may lose some of their stability. Take care when using any of these. Please DO NOT climb over walls, it can be frustrating having to wait but that's no excuse for damaging a dry stone wall, we had reports of this happening last year and it could prevent landowners allowing us access in future.

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.

### **Dropping out**

If you have to drop out, please get to the next checkpoint and return your dibber to a marshal. If you just decide to go home and we cannot contact you, our working assumption will have to be that you are lost / injured off route and we will need to implement an escalation process.

### **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

### **Pre-event changes**

If you need to switch from a walker to runner as you'll anticipate finishing in less than 7 hours, please edit your entry on SIEntries. We have reached the limit this year on walkers, so it is no longer possible to switch to a walker (unless a walker switches or cancels before the event, in which case the system will allow you to edit your entry), this will still apply on race day because we won't know if any walkers haven't turned up until the early start closes at 9, so please don't turn up with a runner entry and expect to be able to switch on the day and start early.

**If you can't join us, you don't need to email to let us know**, just log in to SIEntries, click on 'my entries/memberships' and click 'cancel' under Grindleford Gallop.

### **Thank yous**

Some of our volunteers put in long shifts on the day and we couldn't do it without the support from the village and school community, a massive thank you to all of them. Unless they're busy on a call out, you may see Edale Mountain

Rescue here on the day. They provide that safety net that we all hope we won't need but are very glad it exists, please consider leaving them a donation.

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

- **Outside** - this is outdoor equipment and clothing shop just 5 mins down the road in Hathersage  
<https://www.outside.co.uk/>
- **Sir William pub** – thank you 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 <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 15th March.

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

**Grindleford Gallop Team**