



## The Grindleford Gallop: Final details (updated 07/03)

The following information is also available on the Gallop website: [www.grindlefordgallop.co.uk](http://www.grindlefordgallop.co.uk)

### Start Times

Walkers can start 7:00am – 9:30am. Runners start at 10am. Please allow plenty of time to register.

### Travel to Grindleford

Please car share if possible or come by public transport, as parking is limited.

### Parking

We are using a field near the event center as the main car park. Please take care when driving into and leaving the parking area as it is on a public footpath.

If you park in the village, please park considerately. Be aware that traffic wardens have issued parking fines in previous years to those parked illegally.

### Registration

Walkers and runners will need to register before starting the race. The staff at registration will request an emergency contact number / mobile phone number. All competitors will be issued with their entry number and walkers will receive a self clip card. Runners will be given an electronic SI card with a strap to attach it to the wrist. SI cards cost £27 each and any lost cards will have to be paid for.

### Equipment

The weather this winter has been interesting to say the least. We have been able to see some snow on the ground every day since 21st December. 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.

If the current cold weather continues we may have to make the above kit list compulsory. Please come prepared.

## **The Course**

The course remains unchanged from previous years. However there are now 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! Walkers should consider starting early if they are concerned about making the closing times.

Study the course well and where possible take a mobile phone with the emergency gallop phone number.

Please, no dogs on the course as it is lambing time.

## **Contacting the organizers on the day**

We now have a mobile phone which you can use to contact the organizers on race date: **07794 830 319**. The phone will be switched on at 6:30am on race day.

## **Results**

Again the results will be produced using the sportident system. We are using new software this year so please bear with us if things don't run smoothly.

You will receive a print out of your results (runners only) and the final race results will be displayed in the Pavilion and posted on the website.

We are looking forward to welcoming you to Grindleford and hope that you have an enjoyable day in the beautiful Peak District countryside.

Mike and Julia Nolan

Race Organisers, Grindleford Gallop 2010