

GRASMERE GALLOP

Grasmere Gallop

will be held on Saturday 1st June 11.00am.

We would like to wish all competitors

Good Luck!



Event Address:

Grasmere Sports Field, Stock Lane, Grasmere,
Cumbria, LA22 9SL

Emergency Contacts:

Event Director

Gaynor Prior 07968836549

Event HQ

Chris Preston 07743104689

**Please ensure that you read everything
included in this event information.**

1 - Event Entry

Event Entry Confirmation

All competitors have been forwarded a confirmation email upon entry and will be therefore listed on the entry list. Online entries closed at midnight on Sunday 26th May. There will be NO entries on the day.

Transference of Entries

Entries may be transferred to another competitor via the online entry system at www.sientries.co.uk until the online close at midnight on Sunday 26th May. After this time the transference of entries is strictly forbidden as it invalidates the event insurance.

All under 18 entries must be accompanied by a parent/guardian at Registration, who will be required to sign the Parental Disclaimer.

2 – Directions

From the M6 – At junction 36, take the A590 exit to Barrow/Kendal/A591/Kirkby Lonsdale/A65, take the 1st exit onto A590. Continue onto to A591 to Grasmere. At the roundabout turn onto B5267, Stock Lane and follow signs for Grasmere Gallop to turn into the Sports Field parking.

3 – On Site

Parking

There will be limited parking available from 08:00 – 17:00 at Grasmere Sports Field; parking will be on grass, supervised by Event Staff and charged at £2 per car on entry. Please have the correct change.

There are Pay and Display car parks in Grasmere, at Stock Lane (adjacent to the Sports

Field) and Red Bank Lane, plus various on road parking places, although these are limited.

Trains to and from Windermere railway station connect to West Coast Main Line routes at Lancaster.

The Stagecoach 599 bus service runs between Windermere and Grasmere, timetable available at www.stagecoachbus.com

Toilets

Toilets (including disabled) and showers are available in the Pavilion building at the Sports Field. Portaloos will be available on the grounds of the Sports Field. Toilets (fee payable) are also available in the Stock Lane car park.

Catering

There will be a number of catering options available to purchase on site including;

The Wolf Hut (with vegetarian and vegan options) www.thewolfhut.co.uk

The Coffee Bug
www.coffee-bug.co.uk

Shopping

The Grasmere Gallop 'headtube' will be available to buy @£10 from Registration. Note we have limited numbers left...

Grab a bargain at Pete Bland Sports infamous pop up shop!
www.peteblandsports.co.uk

Jacqui from Fancy Fox Face Painting will be onsite from 12:00 – 15:00, £3 per face!

First Aid

The team from Event Safety Group will be onsite, plus they will be positioned around the event routes with mobile Paramedics. If you require first aid on the course please inform the nearest marshal or ask another competitor to inform the nearest marshal. All Crew members are in contact with the First Aid team via radio.

Sports Massage

John Cox will be onsite offering pre and post event sports massage and taping, £10 per 10 minutes. www.johncoxsportstherapy.co.uk

Dogs

Although competitors cannot run with their dogs, spectators are allowed dogs on site, please keep them on a lead at all times and clean up after your dog.

4 – Event Timetable

Registration will be held in the Event Marquee at Grasmere Sports Field. Registration will open as follows;

5.7k, 10k and 17k trail runs and 10k Nordic walk
– 08:00 – 10:30

Teddy Dash – 11:00 – 12:00

You will be given your Race Number when you register. Please pin it using 4 safety pins to the front of your race top. There will be spare safety pins at Registration.

All under 18 entries must be accompanied by a parent/guardian at Registration, who will be required to sign the Parental Disclaimer.

Chip Timing

You will be given your timing chip when you register. The chip is to be fastened to one of

your trainers. Your chip will be collected at the Finish.

Bad Weather Kit

The weather can change very quickly in the Lake District so we advise that you consider carrying the following in the case of bad weather; Waterproof jacket, not windproof or shower proof, hat and gloves, fully charged mobile phone

Headphones are allowed but we advise that you wear them so following runners are aware that you're wearing them. Please remove them for the Start and Finish where you will be crossing active roads.

5 – Race Day Timetable Saturday 1st June

08:00 - 10:30 Registration opens

10:40 Pre Race Brief for ALL Competitors held on the hard standing area adjacent to the Sports Field entrance from Stock Lane car park, this will be signed (Follow Mr Red, he's easy to spot, being a giant red squirrel!)

10: 45 Jogging Pals Warm Up

10:50 Mass walk for ALL Competitors to the Start on Stock Lane, located on the bridge opposite St Oswald's church. Please follow the Event Crew (wearing high vis vests) and walk on the footpath as the road is open to vehicles.

11:00 Mass Start for all events. This will be supervised by Event Crew with a Police presence. The traffic will be stopped on Stock Lane at 10:55 until the final competitor has

turned onto Red Bank. Please note that the traffic on Red Bank will be active throughout the event. Please run on the left side of the road on the 'Out' run and on the right side of the road on the 'Return' run to the Finish, following the Marshals instructions and event signage.

Nordic Walkers

Please assemble at the rear of the Start group. Grasmere Gallop is a timed event but it is a Nordic Walking challenge without judges on the course, so please ensure good technique with no running.

11:15 – 12:00 Teddy Dash with Mr Red...

This 'race' is open to Teddy's of all ages who must be accompanied by a child aged from 0-5, with the parents/guardians being very welcome to join in. Please register and collect your race number at the Event Marquee between 11:00 – 12:00, entry fee - £1. All entrants will receive a medal and lollipop.

6 – All Event Routes

The routes will be marked with small yellow and black correx arrows and various large yellow and black correx signs. There are various road crossings/sections on the routes. These will be manned by Event Crew and have a Police presence. In accordance from advice taken from the Highways Department and the Police, NO roads will be closed. Please follow the Event Crew's instructions to cross the roads; they may need to halt your progress to allow cars to pass. There will be signs in place to advise of these

road crossings, please use common sense when crossing or running on the roads. Please run on the footpaths where available.

Please respect the landowners and close all gates and DO NOT drop any litter on the route. There will be rubbish bags provided at all Drinks Stations.

There may be stock on parts of the route, namely sheep and cows.

Drinks Stations

There are 2 Drinks Stations on the routes; one situated at the 10k/17k split with water, squash and jelly babies available and one situated on the 5.7k/10k/17k route with water available.

There will be water and squash available at the Finish. Every finisher will receive a Traybake bar and the Grasmere Gallop bespoke medal.

7 – Prize Presentation

The Prize Presentation will take place at 12:30 in the Event Marquee. The prize categories are;

5k

1st Male and 1st Female

1st Male <16 and 1st Female <16

10k

1st, 2nd and 3rd Male and Female

17k

1st, 2nd and 3rd Male and Female

Grasmere Gallop Competitor Notes

Saturday 1st June 2019

10k run fastest in each age category

V40 Male and Female

V50 Male and Female

V60 Male and Female

V70 Male and Female

17k fastest in each age category

V40 Male and Female

V50 Male and Female

V60 Male and Female

V70 Male and Female

If any prize winner is unable to attend the Prize Presentation please let a member of the Event Crew know and we will present your prize.

8 – Results

A set of Provisional Results will be available to download from the event website www.grasmeregallop.co.uk. Any queries relating to the provisional results must be emailed to info@grasmeregallop.co.uk by Tuesday 4th June, after which time all results will be considered final.

9 – Medical Advice

All competitors must inform the organisers of any pre existing medical conditions e.g. asthma, allergies, diabetes etc. If you feel unwell or are carrying an injury please do not start the event.

There will be First Aiders positioned at the Finish with mobile First Aiders also positioned around the routes. If you require First Aid please inform the nearest Marshal or ask another Competitor to inform the nearest Marshal or call the Emergency Numbers provided on page 1. In an extreme emergency please call 999.

Finally the organisers of Grasmere Gallop wish you a safe and enjoyable event, have fun on the trails!

With thanks to our Event Supporters;

