

# GRASMERE GALLOP



**Grasmere Gallop**  
will be held on Saturday 28<sup>th</sup> May 11.30

and

**Marathon Sunday 29<sup>th</sup> May 08:00**

**We would like to wish all competitors**

**Good Luck!**

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

**Event Address:**

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

**Emergency Contacts:**

**Event Director**

Gaynor Prior 07968836549

**Event HQ**

Chris Preston 07743104689

# Grasmere Gallop Competitor Notes

Saturday 28<sup>th</sup>/Sunday 29<sup>th</sup> May 2022

## 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 will close at midnight on Sunday 22<sup>nd</sup> May. After this date we will not be able to offer transfers to another distance. 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](http://www.sientries.co.uk) until the online entries close at midnight on Sunday 22<sup>nd</sup> 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 1<sup>st</sup> exit onto A590. Continue onto to A591 to Grasmere. At the roundabout turn onto B5267, Stock Lane and follow signs for Grasmere Gallop/OMM to turn into the Sports Field parking.

## 3 – On Site

### Parking

There will be limited free parking available at Grasmere Sports Field over the weekend.

Friday 27<sup>th</sup> May from 15:00 for competitors who have booked camping. Saturday 28<sup>th</sup> May from

07:00. Sunday 29<sup>th</sup> May from 06:30. Parking will be on grass, supervised by Event Staff.

There are Pay and Display car parks in Grasmere, at Stock Lane (adjacent to the Sports Field) and Red Bank Road, 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](http://www.stagecoachbus.com)

### Toilets

Portaloos will be available on the grounds of the Sports Field. There is a disabled toilet available in the Pavilion building at the Sports Field.

Toilets (fee payable) are also available in the Stock Lane car park.

### Catering

There will be various catering options available to purchase on site including vegetarian, vegan and gf options.

### Shopping

The OMM's fabulous kit shop will be sited in the Main Marquee, well worth a visit. [www.theomm.com/products](http://www.theomm.com/products)

The team from La Sportiva will be on site with a selection from their range of brilliant trail running shoes. Try before you buy with their Demo Pool of shoes. [www.lasportiva.com](http://www.lasportiva.com)

Grab a bargain at Pete Bland Sports infamous pop up shop. [www.peteblandsports.co.uk](http://www.peteblandsports.co.uk)

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

Jacqui from Fancy Fox Face Painting will be onsite from 10:00 – 14:00, £3 per face!

We have a number of Workshops running throughout the weekend @ £15;

- Trail Running and Women's Specific Trail Running delivered by Play in the Wild UK
- Navigation delivered by Peak Confidence
- Nordic Walking Taster Session delivered by Walx Helvellyn Ullswater

Please book your workshop place at [www.theomm.com/omm-festival](http://www.theomm.com/omm-festival)

### Physiotherapy/Sports Massage

We are very pleased to have Carl and the team from Momentum Sports Injury Clinic on site. They will be available throughout the weekend for physio appointments including Sports Massage. £20 for 20 mins

### Dogs

Although competitors cannot run with their dogs, spectators are allowed dogs on site, although dogs aren't allowed in the Main Marquee. Please keep them on a lead at all times and clean up after your dog.

### First Aid

The team from First Aid Associates will be onsite, plus they will be positioned around the event routes with mobile First Aiders. If you require first aid on the course please inform the nearest marshal or ask another competitor to

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inform the nearest marshal. All Crew members are in contact with Event HQ and First Aid team via radio.

### 4 – Event Timetable

Friday 27<sup>th</sup> May

15:00 Registration opens

16:00 Catering and Bar available

19:45 Free Q and A Kit for Mountain Marathons

20:30 Free Q and A How to train for your first ultra

21:00 Catering closes

22:00 Registration closes. Parking closes, late arrivals please follow the instructions on the gate.

22:30 Bar closes

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

Friday 27<sup>th</sup> – All Gallop events 15:00 – 22:00

Saturday 28<sup>th</sup> - 5.7k, 10k and 17k trail runs and 10k Nordic walk – 07:00 – 10:45

Teddy Dash – 07:00 – 11.30

Marathon – 07:00 – 17:00

Sunday 29<sup>th</sup> – Marathon 06:30 – 07:30

You will be given your Race Number, which has your timing chip incorporated in it, when you register. Please do not fold it, and pin it using 4 safety pins to the front of your race top/shorts. There will be spare safety pins at Registration.

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

### 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. All Marathon competitors are required to carry a 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 Finish where you will be crossing active roads.

### 5 – Race Day Timetable Saturday 28<sup>th</sup> May

07:00 - 10:45 Registration opens

08:00 – 11:00 OMM Lite Starts

10:00 – 12:00 Trail Running Workshop

10:00 – 13:00 Navigation Workshop

11:00 Pre Race Brief for ALL Gallop Competitors held in front of the Main Marquee.

11:15 Mass walk for ALL Gallop Competitors to the Start on Red Bank road. Please follow the Event Crew (wearing high vis vests) and walk on the footpath as the approach roads are open to vehicles.

Following consultation with Cumbria Constabulary a section of Red Bank road will be

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closed to traffic from 11:00 – 14:00. This is for the safety of Grasmere Gallop competitors and other road users. The road will still be open to pedestrians, Emergency vehicles and Event vehicles.

11:30 Mass Start for all events. This will be supervised by Event Crew with a Police presence. Although the road will be closed to traffic, please follow 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.

All competitors, please be courteous to each other, and the general public you encounter on the trails, particularly when overtaking.

12:00 Teddy Dash with Mr Red (you can't miss him, he's a giant Red Squirrel)

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 07:00 – 11:30, entry fee - £1. All entrants will receive a medal and lollipop. Thanks to our friends at Herdy, we have two Little Herdy's to rehome! We'll pick two lucky new owners from the Teddy Dash race numbers, raffle style, after the dash.

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### 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 piece of cake supplied by the fabulous Apple Pie café in Ambleside (vegan and gf options available) and the Grasmere Gallop bespoke wooden medal.

### 6 – Prize Presentation

The Prize Presentation will take place at approximately 13:30 in the Main Marquee. The prize categories are;

#### 5k

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female

1<sup>st</sup> Male <16 and 1<sup>st</sup> Female <16

#### 10k

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female

#### 17k

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female

#### 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

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V70 Male and Female

### 10k Nordic Walk Challenge

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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. Any uncollected prizes will be posted out.

14:00 Free Yoga Sessions, please bring your own yoga mat if possible

20:00 Free Q and A – Marathons and Beyond

21:00 Catering closes

23:00 Bar closes

### Race Day Timetable Sunday 29<sup>th</sup> May

06:30 – 07:30 Registration opens

07:30 – 10:30 OMM Lite Starts

07:45 Pre Race brief for ALL Marathon Competitors in front of the Main Marquee

08:00 Marathon Start, in front of the Main Marquee

09:30 – 11:00 Nordic Walking Taster Session

10:00 – 12:00 Women's Specific Trail Running Workshop

12:00 – 13:30 Nordic Walking Taster Session

12:30 – Free Q and A How to train as a female

13:15 – Free Q and A Training for personal challenges

14:15 Marathon Sticklebarn Tavern Checkpoint Cut Off. Competitors must have left the CP by this time.

14:30 OMM Lite/Grasmere Gallop Marathon Prize Giving (approx. timing)

16:00 Catering closes

17:00 Marathon Final Cut Off

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18:00 Event Site closes

### Marathon Drinks Stations

There will be a Drinks Station with cold drinks (squash/water) at approx. Mile 4 at the entrance to Rydal Hall, and at approx. Mile 11.3 at the turn along Rydal Water. There will be a Checkpoint with cold drinks and snacks (jelly babies/bananas/flapjack(gf)) at approx. Mile 17.7 Sticklebarn Tavern.

There will be water and squash available at the Finish. Every finisher will receive a piece of cake supplied by the fabulous Apple Pie café in Ambleside (vegan and gf options available) and the Grasmere Gallop bespoke slate medal.

### Advised Kit

All Competitors are required to carry a fully charged mobile phone (the mobile number that is recorded on the entry form) and save the Event Emergency numbers into this phone. If you do need to call the Event emergency Numbers and can't get through, please send a text instead of leaving a voicemail, this is more likely to be received. We recommend that you carry the following;

- Waterproof jacket and trousers
- Hat and gloves
- GPS device with the route gpx (available to download from [www.grasmeregallop.co.uk](http://www.grasmeregallop.co.uk))
- Emergency foil blanket or bivvy bag
- First Aid kit to include blister plasters, sterile dressing and tape as a minimum
- Whistle

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- Sufficient food and drink. The Drinks Stations and Checkpoint are to 'top up' your supplies.

### 7 – 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. Please follow the Event Crew's instructions to cross any 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/residents 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.

### 8 – Results

A set of Provisional Results will be available to download from the event website [www.grasmeregallop.co.uk](http://www.grasmeregallop.co.uk). Any queries relating to the provisional results must be emailed to [info@grasmeregallop.co.uk](mailto:info@grasmeregallop.co.uk) by Tuesday 31<sup>st</sup> May, 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,

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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 Event HQ using the Emergency Numbers provided on page 1. In an extreme emergency please call 999, but also inform the Event HQ in this case. It's likely that the event First Aiders can reach you sooner than the Emergency Services.

### 10 - Recycling and Donating

Our partners OMM have developed the recycling idea RE:OMM. Please bring along any unwanted, clean items of kit directly to a member of OMM shop staff at the weekend. In exchange the OMM will offer you a 15% OMM voucher to be redeemed against full price product only.

### Hygiene Bank Collection

One of our speaker's, the brilliant 100 Marathons (actually 101) in 100 Days, Kate Jayden's chosen charities is the Hygiene Bank. They are a grass roots, community based initiative, giving hygiene, personal care and household cleaning products to folk who need them across the UK. Please bring along any new, unused, in date personal care, and household cleaning essentials eg deodorant, shower gel, shampoo, nappies, toilet roll, laundry detergent etc. Kate will arrange a collection point and distribute to the charity.

[www.thehygienebank.com](http://www.thehygienebank.com)

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### 11 - Covid Safety Precautions

During the past couple of years, like many industries, it's been extremely tough being an Event Organiser. Even though the UK Government restrictions have been lifted, we'd like to stage as safe an event as possible for our competitors, event crew and local residents.

There'll be ample supplies of hand sanitizer available at the Event Start/Finish and Drinks Stations, please use it regularly throughout the weekend. If you'd like to continue to wear a face covering inside the event marquees, we respect your decision.

All Event Crew will be provided with gloves and masks to use if they choose to. Where possible Marathon CP food/drink will be handed to the competitor, to avoid many hands in bowls/trays.

Please respect the Crew at the Drinks Stations/CP's and help them to feed/water you and get you on your way quickly; they are all volunteers and many are also runners like yourselves.

Please be aware of social distancing in the Marquees; they are either open air or large indoor spaces so this should be simple to achieve.

**Thank you for helping us to make Grasmere Gallop a safe and enjoyable event, have fun on the trails!**

With thanks to our Event Supporters;

