



GRIMSTHORPE GALLOP 2019 FINAL RACE INFORMATION

GRIMSTHORPE CASTLE, BOURNE, PE10 0LZ
SUNDAY 23rd June 2019

Welcome to Grimsthorpe Gallop 2019

We would like to welcome everyone to Grimsthorpe Gallop 2019 organised by SBR Events Limited, with the assistance of Grimsthorpe Castle & Estate.

Confirmation of Entry

Please check on the list of participants posted on the website & online that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently. [Grimsthorpe Gallop 2019 Participant List](#). Please inform us of any issues with your entry ASAP.

Age Restrictions

Although we don't follow Run Britain regulations to the letter, there are age restrictions. If you have a minor running under the suggested age for the distance, we expect the responsible parent or guardian to ensure they are fit to race before signing them up.

What Will You Need?

The weather has been much cooler than last year but if the sun comes out it can feel warm very quickly. (Running at parkrun last Saturday felt hot!) We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. Please remember to use suncream & shorts instead of long leggings. Consider a hat too! For cooler weather (forecasts look like 16-21 degrees) please bring a couple of layers of dry warm clothes (for post run). Bring bottled water or isotonic drinks, snacks & gels for the run. We provide plenty of water stations on this run & just one feed station on the 10mile / half marathon route at the 5mile point.

This is a trail run & the ground is currently firm in most of the tracks but in wooded areas & the railway cutting there are puddles & muddy areas with tractor ruts (as of Weds). Please remember that majority of this race is on hard ground on tarmac – there is only a small part of the run on grass. The surfaces vary from smooth tarmac, potholes & loose gravel on farm tracks, & grass through rural fields. The ground is very uneven in places so please take care.

Directions – Grimsthorpe Castle, Bourne, – FOLLOW postcode PE10 0LZ

Grimsthorpe Castle is to be found south of Grantham & north of Bourne on the A151 just 10 minutes off the A1 via the village of Corby Glen. The venue is located approximately:

Peterborough 20 miles - 35 minutes

Lincoln 36 miles - 58 minutes

Nottingham 40 miles - 1 hour

Leicester 41 miles – 1 hour 10 minutes

Birmingham 87 miles - 2 hours

London 117 miles - 3 hours

PLEASE NOTE CYCLE LIVE event is on in Notts same day but we have checked the routes & this event should not impact or create delays for any traffic heading to Grimsthorpe via the A52 & A1.

Accommodation

For local information including accommodation please look here:

<http://www.visitlincolnshire.com/>

Tallington Lakes Leisure Park – camping & lakeside lodges <http://www.tallington.com/>

Car Parking - 7.30am-9.30am FOLLOW postcode PE10 0LZ

Please note: There will be £2 per car (not per person) carpark fee.

100% of £2 will go to registered charity no 507478; Grimsthorpe & Drummond Castle Trust Limited.

Aims & activities; The preservation and enhancement, for the public benefit, of Grimsthorpe Castle in Lincolnshire and Drummond Castle in Perthshire and their gardens and parkland together with the collections of art, furniture and the family and estate archives associated with the properties. PLEASE bring cash to speed up the parking process & avoid queues.

The car park opens 7.30am-9.30am for athletes for registration at 7.30am –just a 1-2min walk to Race Village.

Please follow A1 & follow A151 from Colsterworth through Corby Glen & turn right into Grimsthorpe Castle.

All parking for the event will be based on the grass verges either side of the path leading to the castle after you enter.

There will be marshals there to assist with parking. Where possible please car share to minimise the environmental impact.

Please do not leave any belongings on show in your vehicles. The grass verges have been soaked with the recent rainfall. If we are lucky enough to be allowed to park on the usual grass areas then please drive slowly to avoid

causing damage to the turf which are a prestigious part of the Castle Estate. There is a contingency plan in place if we need to park on hard ground which may involve a short walk – please be patient with marshals as they guide you.

Any spectators arriving after 9.30am will be charged usual day entry to the Castle & the grounds. We are very grateful to the Estate for allowing us parking & entry on race day at a discounted rate.

Race Registration - Sunday 07:30 – 9:00

ON THE DAY ENTRIES - Please bring cash

5k – £10 child / £15 adult

10k - £30

10miles -£35

half marathon - £40

REGISTER

The registration area will be in our gazebos sited in the race village. At registration just give your name or race number & you will collect a single race number (with chip attached) & your t-shirt (if pre-paid).

COURSE MAPS

There will be maps of the route available for you to review (they are currently on the website/ Grimsthorpe Gallop page). However the course is fully signed & marshalled so it will be easy to follow.

BAGGAGE DROP- SEPARATE TO REGISTRATION GAZEBO further down the field

You can leave baggage in your car if you choose (but not visible).

Our chosen charity is **LINCS & NOTTS AIR AMBULANCE** – All bags dropped must give a cash donation – thank you!

You can leave baggage here (use the brown paper luggage labels near registration to write your number on).

Bags will ONLY be returned to person with matching race number. You must collect your race number & drop your baggage at the corresponding race number.

If you do not drop your bag at the correct number your bag will be harder to find among the 600 participants so please help us out! We know it will get very busy at this time so please be patient with the volunteer marshals.

Race Numbers – Race timing chip is attached on the back

- Please do not bend your race number as the race timing chip may not work
- Please do not tamper or try to remove the race timing chip
- Race Numbers must be worn on the front during the run.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Complete the medical info & emergency contact info on the back with MC on bottom left at front if you have a medical condition. Pens can be found on tables in the centre of Race Village.

NB. You don't need to bring safety pins; we will have plenty at registration.

At the end of the race you can print out full details of your race statistics, including pace per km & mile, lap time, where you are placed in your age group & more! Results are also emailed to you with a Finishers' Certificate after results are verified.

Race Briefings – Start at 08.50 am - A few mins before each race on start line

A very short race briefing will take place near to the start / finish line to direct you to the correct start point. This will be repeated as waves pass by the start point. Please look out & **READ the RACE BRIEFING BOARDS** which summarise this information. If you are unsure about anything please attend. The Race Briefings will inform you of any last-minute route changes and safety points. If you have any questions or queries on race day, please ask them at Race Registration

Canicross will have a separate briefing at 8.30am on the grass near the finish gantry. where hopefully I can talk sitting down calmly before the dogs get that pre-race excitement. With 30 dogs on this race we have found that race briefings held a little ahead of the start time work better so that you can hear them! ☺ We hope this helps.

Race Start Times

Start will be near the FINISH GANTRY in race village – a short walk towards the entrance to the venue.

10k & 10miles Canicross will start at 09:00

Half marathon will start at 09:10

10 Miles will start at 09.20

5k will start at 09:25

10k will start at 09.30

Course Reconnaissance – refer to maps on website please

The run course will be setting up from Friday morning. Please note that this race is on private land and cannot be accessed before the race on Sunday.

Headphones / Ear Buds / Bone Conduction Headphones

Headphones & music will be allowed but please be aware that you MUST be able to hear marshal instructions & may have faster runners trying to overtake. There are residents that live on Grimsthorpe Estate so there may be the occasional vehicle crossing the course. Stay safe! You need to be able to hear vehicles approaching & also you'll miss hearing the wildlife & the natural beauty of this course.

SBR Events Official PACER Team

There will be the following pacers on the event (we cannot cover ALL pace times for everyone);

Grimsthorpe Gallop: 10k

45 mins – Bart

55mins – Mark

60 mins – Claudette

10miles

1:45 Gabi

(unfortunately our 1:30 pacer had to withdraw last week)

The course is a trail run & GPS usually reads long as the trees affect it – the pacer will aim to reach the distance shortly before the designated time so you may reach the distance before the finish line.

The goal is that Pacers run 'even splits', which means that every mile (or km) will be run at approximately the same pace. If the race has a slower start due to number of runners they will attempt to catch up gradually.

To meet up with the Pace Team look out for their bright yellow t-shirts. We cannot use flags on this course due to overhead trees. The pace time & race distance is on the back of the t-shirt. To find the Pace Team, they will be standing near the charity stands 15-20 minutes before race time for a chat & to answer any questions.

Please take care when choosing a pace time to follow. For the novice runner our advice would be... don't choose to go too fast, particularly at the beginning of the race - there will be other races for you to hit that PB & we want you to enjoy the event!

Please note we cannot guarantee that a Pacer will be available (due to sickness etc) as they cannot be replaced on the day.

Please bring re-fillable cups (£3) or bottles (£2) (available to purchase at our retail stand) to reduce the amount of single use plastics we use at this race.

Please bring your own isotonic drinks, energy bars or gels. **Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

5KM – 1 lap course on a smaller route

From the start follow the road towards the Castle & turn right in front of the gates & head down the hill towards the lake enjoying those views. At the far end of the lake the 5k continues on the tarmac road bearing right & ALL other routes turn left onto a gravel track.

Continue on the tarmac road & turn right onto trail at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!) Continue past the marshal at the half marathon loop turning point & head through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!

You pass 1 water station & 1 toilet on the 5k course which you pass at the 1 mile point - approx. 1.6 km.

10KM – (1 lap)

From the start follow the road towards the Castle & turn right in front of the gates & head down the hill towards the lake enjoying those views. At the far end of the lake turn left onto a gravel track following signs for ALL OTHER ROUTES whilst the 5k continues (bearing right) on the tarmac road around the lake.

Follow the gravel farm track taking caution as the road surface is uneven & follow signage to turn right at the crossroads. It undulates through beautiful rural scenery & heads downhill towards a T-junction. Turn left onto the tarmac road which is Chestnut Avenue; head uphill before turning left into the grassy track & into the wooded area for ¼ mile.

As you come out of the woods you reach a marshal point with a water station & toilet. **IMPORTANT:**

10k TURN RIGHT whilst half marathon & 10mile turn LEFT) onto Chestnut Avenue which is smooth tarmac.

You pass the egress into the woods you took, continue to run straight on the tarmac road for nearly 2 miles enjoying the downhill, undulations & little white bridge. Here the trees offer shade.

Continue on the tarmac road & turn left onto trail at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!) Continue straight past the marshal at the half marathon loop turning point & head through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the

castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!
You pass 2 water stations & 2 toilets on the 10k course.

10 Miles & Half Marathon - 1 lap

Follow the 10k route until you reach the 1st water station & toilet at approx. 2.75miles. As you come out of the woods **TURN LEFT** onto Chestnut Avenue again with smooth tarmac.

Next turn left onto the farmtrack (this has patched up potholes & an uneven surface so take care). Follow the farmtrack through the rural countryside for 1.25 miles until you head down to a railway cutting & turn right into it. This will offer shade & grassy path for approx. 0.7miles. At the end of the cutting follow signage to bear right, head out of the cutting back onto Chestnut Avenue. You are at the furthest point away from the Castle at mile 5. There will be a marshalled water station & feed station at this point – turn left & run on the very straight tree lined avenue for 3 miles passing by the 1st water station & toilet with time to enjoy the downhill, undulations & little white bridge. Here the trees offer shade.

Continue on the tarmac road & turn left onto trail just before mile 8 at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!)

Half Marathon – you break away & turn left immediately after the ford to complete a wonderful rural run through fields & farmland. At 10.25 miles you return to Chestnut Avenue turning left onto the tarmac road & re-run 1 mile back up to the ford. This creates your additional 3mile loop. **ONLY COMPLETE THIS LOOP ONCE!**

10k & Half Marathon - Continue straight past the marshal at the half marathon loop & head onwards, through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!

10 Miles – You pass water stations 4 times & toilets 3 times.

Half Marathons - You pass water stations 5 times & toilets 4 times.

Please use refillable water backpacks or refillable bottles & cups to avoid single use plastics.

There will be bins on course of course!

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Jola Medics, on the day there will be a team of 1st aiders and paramedics plus an ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. A field support tent will be at the Race Village and 1 cycle responder OR off-road responder plus a 4x4 ambulance are out on the course. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal, who will radio for medical help.

Medical Conditions

Don't forget to write emergency name & contact details on the back of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

RACE VILLAGE

There are lots of perks when you arrive at RACE VILLAGE before & after your race.

We are trying to reduce our carbon footprint at events – this means reducing our use of single use plastics (cups & bottles) by 75% over the next year. **WE CAN ONLY DO THIS WITH YOUR HELP!**

We are encouraging participants to refill their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

We are now selling re-useable cups (£3) & bottles (£2) for you to use at the water stations & take home with you. Please spend a few extra seconds filling up or bringing a hydration pack rather than use a plastic cup every time you need a drink. Thank you.

We will also be providing a PAPER bag (please re-use & recycle) for you to pop in one of each;

Banana, packet of crisps & bottle of water – please re-fill rather than take the bottle of water.

We don't want anyone dehydrated & there will be water available for everyone but we'd like to move towards 90% REFILLABLE WATER METHODS by 2021.

Race leaflets & check out info Lincs Notts Air Ambulance

Remember you also get...

FREE POST RACE SPORTS MASSAGE

FREE RACE PHOTOGRAPHS

FREE ADVENTURE PLAYGROUND NEXT TO RACE VILLAGE

At the Race Village you will find marquees for registration, baggage holding area, sports therapists from Sports Massage Academy, Canicross & Nordic Walking groups, local running clubs, & JC Race Solutions chip timing for your results. There are toilets, first aiders/ambulance from Jola Medical, food stands & our charity partners for Grimsthorpe Gallop; Notts & Lincs Air Ambulance.

Grimsthorpe Gallop Race Clothing – Look out for the new t-shirts!

There will be a chance to buy a range of race clothing: – cash only or BACS payment after the race please. Just give your race number on the day & we can arrange BACS payment by email.

Lots of colours & all sizes are available – come & look.

Grimsthorpe Gallop Race t-shirts - £15

Grimsthorpe Gallop Premium Race T-shirts - £25

Royal blue, lemon, orange, green, fuschia pink, baby pink, navy, turquoise, purple, white...

Motivational Range of T-shirts & Vests - £15

Footprint Range of Vests & hoodies - £15 & £40

SBR Hoodies - £30

Bufs - £10 Designs include: Blue with orange or purple stripe / Longhorn / Triathlon / Blue finisher

SBR Events travel flasks - £7

SBR Events water bottles & cups - £3

Cash or card payments.

BIG BOBBLE HATS

Although Summer is finally here - we need to be prepared! Come & buy your beautiful Big bobble Hat - Special Events

Price is £15 per hat (£5 off website price) or 2 for £20

Sun hats are £10 each or 2 for £15 (small size available)

Sports Therapist post-race massage.

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

Mick Hall Photos - Free photos at Grimsthorpe Gallop!

Mick's Team (Ian & Billy) will be out on the course to take photos of you which can be downloaded & shared FREE OF CHARGE after the event! (you can also buy prints if you choose to).

Go to <https://mickhall.zenfolio.com/> & click on the album named GRIMSTHORPE GALLOP & you click on your race number or 'ALL' to see your photos. It will take approx 48hrs to get the photos searchable by number.

My tips... do a Mo pose / Usain Bolt or wave/smile / we want flying feet /jump & kick your heels / jump & kick your bum/ aeroplanes – do anything to look happy crazy runner instead of THAT RUNNING face! LOL!

Food

Hot food & drinks available; hot drinks, bacon butties & full breakfast menu from **Good Spuds** (no potatoes this year) & Pete with the **Ice-Cream Van** for a post-race treat! Lou is back with **The MUFFIN TOP** – delicious homebaked LARGE muffins £2 each or 3 for £5 including vegan & gluten free options plus hot & cold drinks & some snacks.

I've heard flavours for Sunday are;

Rhubarb G & T, Cheese & Sundried Tomato, Blueberry (Vegan or Gluten Free options), Salted Caramel, Courgette & Orange & Sultana, Lemon & Elderflower & Chia, Prosecco & Strawberry (Gluten Free), Lemon Curd

Toilets

Toilets are available in Race Village & at 2 locations on the course that we are providing specifically for this race.

Results

Times will be available from JC Race Solutions tent next to the finish line. You will be able to collect a print-off detailing your times including your various splits. Provisional results will be available online later on race day using this link [Grimsthorpe Gallop 2019 Preliminary Results](#)

BRING YOUR CLUB FLAGS!

If you are from a running club, athletics association or triathlon club please bring your team flags with you & you can display it in the Race Village Arena so we can see where the running community have come from.

PRIZES: These will be determined by chip time - not gun time.

There will be trophies in the following categories on all distances:

- 1st, 2nd, 3rd Man & Woman
- Fastest Man Veteran 40+ & Fastest Woman Veteran 35+
- Canicross winner

There will be SBR Finisher buff & Big Bobble Hat in all races:

- Male & Female - 1st place

There will be certificates emailed for 10k & 10miles:

- Nordic Walking Winner

There will be certificates emailed to ALL participants & this will include details for all age group winners in the following categories on ALL races:

- Fastest Man V40-44, V45-49, V50-54, V55-59, V60-65, V65-69, V70+
- Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-65, V65+
- All participants - This will detail your category & finish times

The Presentations will take start at approx.

10.30am for 5k

11am for 10k

11.15am for 10miles

11.30am for half marathon race

There are many trophies so please be patient & be in attendance to collect your trophy. (If you miss the presentation, they may be posted out but a charge for admin & P&P will be politely requested).

Notts Lincs Air Ambulance

Our partnered charity has a stand & is requesting a cash donation for EVERY bag dropped please.

More about the charity - Our commitment to fly 24 hours a day (previously 12 hrs a day), together with the additional benefits that our new helicopter provides, along with the advancement in carrying blood on board, puts our Charity at the very forefront of medical aviation – somewhere we intend to remain!

Canicross

We would love for this venue to become a firm favourite for canicross runners - & want both man & beast to enjoy their day.

Please keep your dog on a harness especially as the site is SSSI protected & has rare vegetation & wildlife in the forest.

Please clean up after your dog.

We always ask people running with dogs to avoid using choke chains, slip collars or haltis as they restrict the breathing of the dog. A harness is best for the dog (check it isn't rubbing anywhere) but a well-fitting flat collar is fine for short distances.

Please do not feed your dog at least two hours before exercise and around an hour to an hour and a half afterwards, as there is a risk of the dog bloating (this is especially true of the bigger dogs and dogs with deep chests).

Heat stroke can be a problem in the summer. We will have regular water stations around the course for the dogs with shared water bowls (approx every mile).

No one should pull or drag their dog. If your dog doesn't want to run, then please hand your dog to a member of your team and carry on, or you retire from the race!

Dogs are fine to run any distance as long as they do not show signs of distress, as long as both dog & owner have trained for the event!

There are trophies for Canicross Winners in all distances.

If you have decided not to run with your dog please inform JC Race Solutions at the chip timing text BEFORE THE RACE STARTS (red gazebo)

CANICROSS – Race Briefing (8.30am) – see details above

There are approx. 20-30 Canicross participants in the 10k & 10mile race so you have a separate start time of 9.00am. 5k Canicross start with the 5k runners.

Withdrawals

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

Race Office Closure

The SBR Events Limited office will be closed from Friday 21st June at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free flask, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events marshal t-shirt. If you know someone that could help please email calsie@sbrevents.co.uk. You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

SBR Events

We will be organising a number of other multi-sport and running events throughout 2019 & 2020 - please visit www.sbrevents.co.uk

Next up is Louth Triathlon & Aquathlon & Aquabike – Sept 1st (now includes a Super Sprint distance as well as Sprint)

Next running event is Thoresby 10 - a beautiful trail run on private land at Thoresby Estate in Notts- chose from 5k, 10k or 10miles through SSSI protected parts of Sherwood Forest, lakeside & rural views!

Thank You!

It takes a great amount of work to organise an event such as this. Special thanks go to the volunteer marshals, everyone who helps make the event successful, Grimsthorpe Estate staff for their support, our race partners who make up race village plus all of our athletes for entering.

Further Information

Any questions related to the event can be answered by emailing info@sbrevents.co.uk

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.