



GRIMSTHORPE GALLOP 2023 FINAL RACE INFORMATION

GRIMSTHORPE CASTLE, BOURNE, PE10 0LZ
SUNDAY 10th September 2023

Welcome to Grimsthorpe Gallop

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

Confirmation of Entry; Participant List & Start Times

Please check your data is correct on the online list of participants. Race entries may be included on the list even if you have withdrawn recently [Grimsthorpe Gallop 2023 Participant List](#)

Please inform us of any issues with your entry ASAP. If you CANNOT attend, please email to inform us.

Check your junk mail if you aren't receiving our emails & make us a safe contact; amanda@sbrevents.co.uk & david@sbrevents.co.uk

*****EARLY RACE STARTS DUE TO THE HEATWAVE*****

ALL RACE STARTS ARE NOW BETWEEN 8am-8.30am to look after humans (marshals & runners)

No dogs are allowed to participate on this event; running or walking

Hand Sanitiser Stations

There will be hand sanitiser stations available around race village & at water stations. Please use them;

- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your merchandise / t-shirts etc.

Car Parking - 7am - 8.30am for participants

Grimsthorpe Castle - FOLLOW postcode PE10 0LZ - NEW CARPARK ENTRANCE

From the A1, follow A151 from Colsterworth through Corby Glen & turn right into Grimsthorpe Castle VISITORS ENTRANCE. All parking for the event will be based in visitors parking.

Please note: There will be £3 per car (not per person) carpark fee. Please bring correct cash.

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

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; OPEN 07:15 – race finish

Pre-paid t-shirts & merchandise – CLAIM your t-shirt at Race Registration Marquee BEFORE your race start – we can then hold them for you until race finish. Uncollected t-shirts will not be reserved & may be sold on.

Race Bibs collect at Race Registration Marquee on Race Day

On the day entries; AVAILABLE in 2023 - but if possible please email in advance amanda@sbrevents.co.uk

Transfer Distance CANNOT be actioned on Race Day unless you are in Canicross category.

Email amanda@sbrevents.co.uk in advance up to Thursday eve to request distance transfer in advance

Transfer Participant – We CANNOT action transfers between participants on race day.

Please DO NOT allow another person to run with your race number.

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 & contact info on the back with 'MC' on front if you have a medical condition.
- Remember your safety pins!

Race Briefings

Race Briefings are not held at the start line. They are replaced with **BRIEFING BOARDS** placed into the start funnels & around Race Village – **please read them**. All the information you need is right here!

Start Times

PLEASE arrange to arrive at Grimsthorpe Castle approx 45mins before your start time. You only need to walk from car park to Race Village, use toilet facilities, grab your race number from registration, find your correct place in the start funnel & start your race.

START TIME - Fastest runners go first in each distance.

PACE BOARDS will help guide you where to start. Please familiarise yourself with your PACE per MILE time (not pace per km) OR your completion time (ie. 45mins / 1.5hours / 2 hours / 2:15).

Marshal teams will guide you into the starting funnel behind your PACE BOARD standing 2m apart & as runners ahead start running, the marshals will guide you slowly towards the start line. Speak to other runners to find out where to stand in the funnel.

Timing starts when you cross the timing mat so there is no hurry.

PACE BOARDS

APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE
6:30min/mile	7min/mile	7:30min/mile	8min/mile	8:30min/mile	9min/mile
10k - 40mins	10k - 44mins	10k - 46mins	10k - 50mins	10k - 53mins	10k - 55mins
10m - 1hr 05	10m - 1hr 10	10m - 1hr 15	10m - 1hr 20	10m - 1hr 25	10m - 1hr 30
1/2 - 1hr 25	1/2 - 1hr 30	1/2 - 1hr 40	1/2 - 1hr 45	1/2 - 1hr 50	1/2 - 2hours

APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE
9:30 min/mile	10min/mile	10:30 min/mile	11min/mile	11:30min/mile	12min/mile
10k -1hr	10k - 1hr 02	10k - 1hr 05	10k - 1hr 08	10k - 1hr 11	10k - 1hr 15
10m - 1hr 35	10m - 1hr 40	10m - 1hr 45	10m - 1hr 50	10m - 1hr 55	10m - 2hrs
1/2 - 2hrs 05	1/2 - 2hr 10	1/2 - 2hr 17	1/2 - 2hrs 25	1/2 - 2hrs 30	1/2 - 2hrs 37

You will not start running as a mass group. Start in pairs please as there is a narrow section as you head towards the Castle. Respect each other. **Of course, you can run with friends if you are same pace but please don't block the whole pathway.**

IMPORTANT - You may be asked to stop moving forward in the starting funnel BEFORE you cross the start line to avoid congestion & bottle necks at the start of the race. Stay in the starting funnel & move forward slowly. These waves create a relaxed, smooth run for everyone. **Please be courteous & leave space if you overtake.**

Start will be near the RED flags to your RIGHT as you enter RACE VILLAGE from the car park - further away from the Castle

Start Times - UPDATED 7th Sept due to heatwave & PREDICTED TEMPS OF 30'+

The link to the online participant list is on this email document. PLEASE CHECK YOU ARE LISTED CORRECTLY

Your start time is earlier to protect runners and marshals:

- 8.00am - Half Marathon & 10miles
- 8.15am - 5k
- 8.30am - 10k

NO DOGS ARE ALLOWED TO PARTICIPATE ON SUNDAY – EITHER RUNNING OR WALKING ON ANY DISTANCE

We are so sorry but it is not safe for them to walk or run in these temperatures & we need to prioritise their welfare.

All CX participants have been emailed today – 7th Sept. Please email amanda@sbrevents.co.uk to drop into the 'human' category & run without your dog or withdraw.

SBR Events Official PACER Team

We have a small PACER TEAM this year! We hope to have more PACERS at future events. If you are interested in this role, please contact us. Please note we cannot cover ALL pace times for everyone;

10k **10miles**
1hr **1hr 30mins** - **Netty & Daren** - **Ian**
1hr 10mins - **Peter**
1 hr 20mins - **Simon**

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 but allowing for marginal decrease on hills & increase on downhill.

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 registration tent 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.

What You Need To Bring

There is no charity bag drop this year & the car park is a short walk away (3mins) so please bring;

- cash / card zipped into a pocket
- additional water / snack essentials / re-useable bottle or hydration vest
- suncream
- Picnic etc if you wish to stay in the grounds & enjoy the day

WATER STATIONS

Our aim is to reduce single use cups & plastics by over 75% at our races within the next year.

We've been moving towards 95% REFILLABLE WATER METHODS.

WE CAN'T DO THIS WITHOUT YOUR SUPPORT!

PLEASE USE THE BINS PROVIDED A SHORT DISTANCE FROM THE STATIONS.

(USE SEPARATE BINS FOR DOG WASTE PLEASE)

We will always provide water at our races but in order to reduce our carbon footprint & try to save the planet from drowning in plastic we would like to politely request participants to bring their own re-useable bottles / hydration vests to use during the run & especially after the race has finished. These can be filled up at Race Village from our water barrels.

We also sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which can be put into a pocket or tucked into your waistband to use at the water stations. It really only takes a few seconds to fill up, drink & GO!

We use compostable paper cups (until we phase these out too!).

There is a water station & toilet available to ALL RUNNERS every 2-3 miles on the course available to ALL runners.

Water will also be at the finish line.

Headphones / Ear Buds / Bone Conduction Headphones

Headphones & music is allowed but 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 & farm traffic crossing the course. Stay safe!

Medical Cover

The safety of our competitors is paramount. Singleton Event Services staff are present on the day with a number of off-road vehicles to assist on course plus an ambulance & gazebos at Race Village.

If before, during or after the event you feel that you require medical care, please 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 call for medical help.

Medical Conditions

Don't forget to write emergency name & contact details on the back of your race number with your medical condition / details of medication & a large 'MC'. This will only be used if you are involved in an accident or if you are unwell.

RACE VILLAGE

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 bring their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

Please bring a hydration pack or bottle rather than use a cup every time you need a drink. Thank you.

SBR EVENTS RETAIL STAND

Grimsthorpe Gallop Clothing – Look out for new summer t-shirt & vest designs this year!

Our clothing range is growing! T-shirts & vests (£15 & £25), long sleeve tops (£20) & hoodies (£30 & £40)

The Longhorn Race

Thoresby Leaf Kick Race

Motivational Range

Footprints Range – new hoodies & new colours

There will be a chance to buy a range of reduced-price race clothing: t-shirts - £5 / £10 or a hoody - £25

SBR EVENTS SNOODS

***NEW designs - come & take a look. Perfect for birthday or Xmas gifts**

New designs include The LONGHORN in pink or black, pawprints, dogs, bike cogs, pastel oil slick,

Thoresby Leaf Kick in orange & more...

We have over 30 designs – perfect for birthday gifts / Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5; usually £7 each

WATER BOTTLES & SCRUNCHY CUPS

We sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which can be put into a pocket or tucked into your waistband to use at the water stations. It really only takes a few seconds to fill up, drink & GO!

Just give your race number on the day & we can arrange card or BACS payment after the event by email/phone.

CARD OR CASH TAKEN – hand sanitiser will be available at the retail area

Mick Hall Photos - Free photos at Grimsthorpe Gallop!

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

Go to <https://www.mickhall-photos.com/> & click on recent photos & then the album named GRIMSTHORPE GALLOP 2023 <https://mickhallphotos.photohawk.com/galleries/grimsthorpe-gallop-2023>

Click this link & click SUBSCRIBE - to get email notifications when the photos go live.

It will take approx 48hrs to get the photos searchable by number.

Click on your race number or 'ALL' to see your photos.

My tip – do a Mo pose / Usain Bolt or wave/smile / jump – do anything to look happy crazy instead of THAT face! LOL!
Don't forget to SMILE!!! ☺

Food

Hot food & drinks available; Chuck WAGON are providing amazing food including hot bacon & sausage cobs, gourmet burgers, fully loaded breakfasts, healthy options, vegan breakfast & burgers & gluten free food plus hot & cold drinks... plus **Bring cash & card with you.**

FOOD & DRINK- Bring cash & card with you.

Hot food & drinks available including gluten free & vegan options;

Chuck WAGON hot bacon & sausage cobs, gourmet burgers (beef, lamb, chicken, vegan quinoa black bean) , fully loaded breakfasts incl bacon, sausage, egg & vegan options, healthy options & gluten free food plus hot & cold drinks...

Pete the ICECREAM man is back ... by popular demand!

Toilets

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

Emergency period products can be found in a box behind each set of toilets for your personal use. The water stations are based at these locations too. Please use hand sanitiser before & after use.

Results – Thank to our race partners JC Race Solutions

Please check Results Tables online after the event for Winners Information.

Click here; [Grimsthorpe Gallop 2023 Preliminary Results](#)

Race times will be emailed to you at the end of the race if mobile signal allows it. Once the RESULTS TABLE is online (within a few minutes of race finish depending on signal), you can sort your race statistics; finish time & place, pace per km/ mile, age group & more!

Results are emailed to you with a Finishers' Certificate after results are verified later in the week.

Trophies & Prizes – We will be holding presentations at Race Village.

The Presentations will take start at approx;

09:00 – 5k 10:00 – 10k 10:15 – 10Miles 10:30 – Half Marathon

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).

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 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, V60-64, V65-69, V70-74, V75-79, V80-84
- Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-64, V65-69, V70-74, V75-79, V80-84
- All participants - This will detail your category & finish times
- Canicross - This will detail your category & finish times & will have distinctive pawmarks on

Canicross – we usually get over 40 runners with dogs expected to run at this event but in recent years the weather has just been too hot -so in 2023 we changed the date from mid-June to September but the sunshine has followed us again!

It is going to be hot on Sunday and we cannot predict when the heat will kick in.

We are gutted that we cannot allow dogs to participate this weekend – but our furry friends are safer at home.

We have 180 Canicross runners on our Spring & Autumn events at Thoresby when the weather is cooler so look out for those events.

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 8th Sept 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 re-useable squashy cup or water bottle, hot food & drink and either a FREE SNOOD OR a SBR Events marshal t-shirt in technical sports fabric. If you know someone that could help please email david@sbrevents.co.uk or call 07850572838. 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 2023 & 2024 - please visit www.sbrevents.co.uk

Thoresby Leaf Kick – 15th October

a beautiful trail run on private land at Thoresby Estate in Notts-

Run 5k, 10k, 10miles half, 30k or marathon through SSSI protected parts of Sherwood Forest, lakeside & rural views!

Check it out here; <https://www.sbrevents.co.uk/events/thoresby-leaf-kick-2023>

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 amanda@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.

Course Reconnaissance & Course Maps

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.

There will be maps of the route available for you to review (they are on the website/ Grimsthorpe Gallop page).

<https://www.sbrevents.co.uk/events/>

The course is fully signed & marshalled so it will be easy to follow. Maps included at the end of this document. Please note that on a trail run the GPS often reads long due to the trees on the course. We have measured these routes on multiple occasions & used official measuring techniques to ensure the course is at least the advertised distance. The GPS can vary according to trees & cloud cover on the day. ALL TRAIL RUN COURSES ARE SLIGHTLY OVER EXACT DISTANCE REQUIRED.

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

There will be bins on course... of course!

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, or through the dry ford (take care as uneven ground). 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 until 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, or through the dry ford (take care as uneven ground). 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 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, or through the dry ford (take care as uneven ground).

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!**

Half Marathon (after your 3mile loop is completed) & 10Miles - Continue straight past the marshal at the half marathon loop (no left turn here this time) & head onwards with lakeside on your right, onto a 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 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!

At the 2nd water station at Mile 5 there will also be a feed station for you to enjoy some nutrition to keep your energy up. These may include bananas, dates & orange quarters, isotonic drinks, energy bars /gels, pork pie & Oreos, flapjack, crisps & sweets.

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

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