



## GRIMSTHORPE GALLOP 2021 FINAL RACE INFORMATION

GRIMSTHORPE CASTLE, BOURNE, PE10 0LZ  
SUNDAY 13<sup>th</sup> June 2021

### Welcome to Grimsthorpe Gallop 2021

We would like to welcome everyone to Grimsthorpe Gallop 2021 organised by SBR Events Limited, with the assistance of Grimsthorpe Castle & Estate.

### Confirmation of Entry; Participant List & Wave Times

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 Race entries may be included on the list even if you have withdrawn recently.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 2021 Participant List](#). Please inform us of any issues with your entry ASAP.

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

### COVID-19 Safety Measures

**PLEASE DO NOT ATTEND THE EVENT IF YOU HAVE NEW SYMPTOMS:**

**THESE MIGHT INCLUDE A HIGH TEMPERATURE, A NEW COUGH OR HAVE LOST TASTE/SMELL.**

Please remember a face cover. It is advised to wear a face mask (from leaving the car park), around Race Village and in the start funnels. Take them off just before the start line & replace them after you cross the finish line to walk back to the car park. However this is not obligatory since Government guidance has changed.

**PLEASE STAY 2M APART FROM EACH OTHER AT ALL TIMES.**

Please scan the QR code with your NHS COVID-19 App to check-in to our event – on posters near carpark

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

- As you enter the venue from the car park & again as you leave.
- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your pre-paid merchandise / t-shirts etc.

### We recommend all participants & marshals take a test in advance of attending our event.

Community testing for COVID-19 is now available in all parts of the UK. The Government estimates that around 1 in 3 people who are infected with Covid 19 have no symptoms so could be spreading the disease without knowing it.

Your local council are now offering Lateral Flow Tests free of charge. The testing aims to identify people with COVID-19 who do not have symptoms, facilitate support for those who have to self-isolate. The centres are open at different times during the week and at weekends. You don't need to book for these tests - just turn up at a convenient time.

Alternatively, you may be able to collect a free test kit from online or your local pharmacy – they are easy to administer yourself at home & only take a few minutes to complete & you have the results within 30minutes.

### Car Parking - 8am-9.30am FOLLOW postcode PE10 0LZ

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

100% of £3 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 8am-9.30am for athletes – 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 drive slowly to avoid causing damage to the turf which are a prestigious part of the Castle Estate.

**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 08:00 – race finish

**Pre-paid t-shirts & merchandise** – Collect from Race Registration Marquee before or after the race

**Race Bibs** have been posted to you. If you forget yours on RACE DAY a replacement fee of £5 will be payable

**On the day entries;** Not available for 2021

**Transfer Distance** can be actioned by a registered participant on Race Day. Please bring £3 admin fee (plus price difference if you move up a distance) Cash only - payable at registration.

If you want to change distance please email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk) in advance if possible or let Registration Team know on Race Day at least 20mins before your race start time

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

### 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

We usually offer a short Race Briefing at the start line. This will be replaced with **BRIEFING BOARDS** placed into the start funnels – please read them!

### Start Times & Waves

The link to the online participant list is on this email document. **This will NOT include a wave time specifically to you.**

**Your wave time is as follows:**

- **9.00am - Canicross 10k & Canicross 10 Miles**
- **9.10am - Half Marathon**
- **9.20am - 10 Miles**
- **9.25am - 5k Canicross & then 5k**
- **9.30am - 10k**

**PLEASE arrange to arrive at Grimsthorpe Castle no more than 30mins before your wave time.** You only need to walk from car park to Race Village, use toilet facilities, find your correct place in the start funnel & start your race.

**You'll want to keep warm if it's cool so please arrive close to your wave time!**

**WAVE TIME** - Fastest runners go first in each distance & each runs 2m apart socially distanced. The wave of runners continues until all participants have crossed the start line for that 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.

**Start at the correct time for your wave.** 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. Please remain 2m APART at ALL times except overtaking. Respect each other. **You can run with friends if you are same pace but please do NOT hold hands!** 😊

### **What You Need To Bring**

There is no charity bag drop this year & the car park is a short walk away (2mins) so please bring;

- Your face cover / mask (snoods are available to pre-order & can be collected in car park)
- cash / card zipped into a pocket
- warm layers to tie round your waist before & after running
- your water / snack essentials

### **Water**

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

**WE CAN'T DO THIS WITHOUT YOUR SUPPORT & SADLY WE CANNOT OFFER RE-USEABLE WATER STATIONS DUE TO COVID-19 GUIDELINES.**

For safety reasons, you **MUST** bring your own water with you. Marshals (in full PPE) will fill water into compostable cups & leave on tables for you to collect on course & at Race Finish but we'd be thrilled if you can bring re-useable water bottles or hydration vests with enough water you will need for this event.

### **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 crossing the course. Stay safe!

### **Medical Cover**

The safety of our competitors is paramount. Jola Medics 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 10 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 - £10 or a hoody - £25

### **SBR EVENTS SNOODS**

We have over 20 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 (in a non COVID-19 world) 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 & 2m distancing will be required at the retail area**

## **NOT AVAILABLE IN 2021 – due to COVID-19 PANDEMIC**

We hope you understand that we have to offer a trimmed back event this year - we hope to offer these services again in the future.

'On the Day' entries

INFO DESK with maps etc.

Food stations for half marathon / 10 mile runners

Charity bag drop – car park is 2mins walk away

Sports Therapist post-race massage

Pacers

Finish times on print outs at race

Banana, packet of crisps – sorry but all frills are taken out to reduce risk

## **NOTCH – YOUR ACHIEVEMENTS... AROUND YOUR WRIST ([mynotch.co.uk](http://mynotch.co.uk))**

We are thrilled to be a partner of NOTCH ([mynotch.co.uk](http://mynotch.co.uk)) & welcome them to our event. The SBR Events NOTCH Collection has been designed & specially engraved to celebrate SBR Events passion for creating fun, friendly TOP NOTCH events! Come & have a look at their stand.

We've been moving towards 95% REFILLABLE WATER METHODS by end 2021 but this year we can't all touch the same equipment to re-fill your bottle / cup - so PLEASE bring enough water for the event or use water we provide in compostable cups & use the correct bins provided.

## **Mick Hall Photos** - Free photos at Grimsthorpe Gallop!

Mick's Team ( Mick & 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; amazing food from LipSmackers including hot bacon & sausage cobs, gourmet burgers, fully loaded breakfasts, healthy options, vegan & gluten free food plus hot & cold drinks... plus Pete the ICECREAM man is back!! By popular demand! **Bring cash & card with you.**

## **Toilets**

Toilets are available in Race Village & at 2 locations on the course that we are providing specifically for this race. 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 2021 Preliminary Results](#)

Unfortunately print out times are not available this year. Instead, times will be texted to you at the end of the race.

Once the results are 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 after a few days.

## **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.

## **Trophies & Prizes –**

**Due to COVID-19, we will not be holding presentations at Race Village. Due to chip timing & to avoid people gathering, we will not be able to confirm results at the event.**

**Trophies or an alternative prize such as High Street Vouchers will be sent to winners.**

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

-1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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, V60-65, 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
- Canicross - This will detail your category & finish times & will have distinctive pawmarks on

**Canicross - over 40 runners with dogs expected to run on this event.**

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

We usually offer a separate Canicross Race Briefing away from the excitement of the start line. This will be replaced with BRIEFING BOARDS placed into the start funnels – please read them!

To avoid trips & falls Canicross will be structured with either single or a pair of dogs setting off at same time.

Look out for PACE BOARDS in start funnel & place yourself at the right point in the starting line up (fastest runners first).

Speak to other runners to find out what pace you run at. Give yourself plenty of space (minimum 2m) between you & the runner in front.

There will be cones right next to the start line to help space you but if you need more space that is fine.

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

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

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 but we hope to avoid that this time of year. We will have regular water stations around the course (approx every 1 mile) for the dogs with shared water bowls.

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 can 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!

**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)**

### **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 11<sup>th</sup> 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 £30 discount code towards a future SBR Events race or a SBR Events marshal t-shirt. If you know someone that could help please email david@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 2021 & 2022 - please visit [www.sbrevents.co.uk](http://www.sbrevents.co.uk)

**Next up is Louth Triathlon & Aquathlon & Aquabike – Sept 5<sup>th</sup> (now includes a Super Sprint distance as well as Sprint)**

**Next running event is Thoresby Leaf Kick - 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](mailto: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.

## 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.

### 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 until you reach a marshal point with a water station & toilet.

In 2021 we cannot enter this wooded area due to work on the land & new planting so we are currently finding an alternative for all routes (10k / 10miles & half marathon) to ensure mileage stays true.

#### 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 1<sup>st</sup> 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 1<sup>st</sup> 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.