

GRASMERE GALLOP



Grasmere Gallop
will be held on Saturday 1st June 11.30

and

Marathon Sunday 2nd June 07:30

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

Event Emergency Phone

This phone is only available on Event Days and is
for Emergency use only

07895515748

1 - Event Entry

Event Entry Confirmation

All competitors have been forwarded a confirmation email upon entry and will be therefore listed on the entry list. Online entries closed at midnight on Sunday 26th May. We are now not able to offer transfers to another distance. There will be NO entries on the day (apart from The Teddy Dash!)

Transference of Entries

As the entries are now closed the transference of entries to another person 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 travelling from the south – At junction 36, take the A590 exit to Barrow/Kendal/A591/Kirkby Lonsdale/A65, take the 1st exit onto A590. Continue onto to A591 to Grasmere. At the roundabout turn left onto B5267, Stock Lane, and follow signs for Grasmere Gallop/OMM to turn right into the Sports Field parking.

From the M6 travelling from the north – At junction 40, take the 4th exit to A66 Keswick. Turn left onto the B5322 at Threlkeld. At the T junction with the A591 turn left and follow until you reach a mini roundabout in Grasmere, turning right onto B5267, Stock Lane, and follow signs for Grasmere Gallop/OMM to turn right into the Sports Field parking.

3 – On Site

Parking

There will be free parking available at Grasmere Sports Field over the weekend for competitors and spectators. Please use the Sports Field parking and avoid taking the limited parking spaces in Grasmere village. Please car share if possible.

Parking is available on Friday 31st May from 15:00 for competitors wishing to register and/or have booked camping, Saturday 1st June from 07:00, Sunday 2nd June from 06:00. Parking will be on grass, supervised by Event Staff.

There are also Pay and Display car parks in Grasmere, at Stock Lane (adjacent to the Sports Field) and Red Bank Road.

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

Camping

The camping booking has now closed as the site is fully booked.

Showers

Portable shower units will be onsite, although the Shower Passes have now sold out.

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.

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Catering

There will be various catering options, not forgetting our bar, 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

Pete Bland Sports will be onsite on Friday, Saturday and Sunday with their infamous pop up shop.
www.peteblandsports.co.uk

Pete Bland Sports have kindly offered the discount code, GG10, to Grasmere Gallop competitors pre-event which expires on Friday 30th June at Midnight. The code gives an extra 10% off all orders (terms and conditions apply)

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

Grasmere Gallop t shirts will be available to purchase from the Main Marquee @ £25. Available in Male and Female fit in cotton or technical fabric. Please note we have limited numbers and sizes so it's first come, first served...

Mountain Fuel will be onsite with their brilliant range of Sports Nutrition products to sample and purchase.
www.mountainfuel.co.uk
Use code 'pureoutdoors' to receive 15% discount from online purchases.

Ali Young will be providing Face Painting this year, available in the Talks Tent. Ali is asking for

a small donation per face, which will be donated to St John's Hospice.

Physiotherapy/Sports Massage

The team from Sports Recovery Kendal will be on site on Saturday and Sunday. Pre book your massage slot or just turn up on the day.
£20 for 20 minutes.

Pre book your massage slot here -
www.sportsrecoverykendal.com/clinko-booking

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

There will be an additional Medical Tent at the Event Village.

In the case of an emergency please call the Event Emergency mobile number on the front of these Notes.

4 – Registration and Catering Timetable

Please see the 'What's On' info here -
<https://theomm.com/omm-festival/tech-talk-workshops/> for the list and timetable of extensive Talks, Workshops and Activities available over the weekend. Not to be missed!

Grasmere Gallop Competitor Notes

Saturday 1st/Sunday 2nd June 2024

Friday 31st May

15:00 Registration opens, camping opens

16:00 Catering and Bar available

20:00 Registration closes

21:00 Catering closes

22:00 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 31st – All Gallop events 15:00 – 20:00

Saturday 1st - 5.7k, 10k and 17k trail runs and 10k Nordic walk – 07:00 – 10:45

Teddy Dash – 07:00 – 11.30

Marathon – 11:30 – 17:00. Please bring ALL of your Mandatory Kit to Registration as this will be checked prior to you receiving your race number. Your tracker will be given out pre race start on Sunday 2nd, please allow enough time for this. We are using new trackers from Open Tracking suitable for shorter events, with a shorter battery life, hence they need to be handed out and turned on pre race start. Please note that your tracker is also your timing device.

Saturday events - 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.

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

Saturday events - 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. Please remember your sun screen and possibly an extra drinks bottle if the forecast is for sun.

Headphones are allowed but we advise that you wear them so runners behind you are aware that you're wearing them. Please remove them as you approach Grasmere heading to the Finish where you will be crossing active roads.

Sunday 2nd – Marathon 06:00 – 07:00. Please bring ALL of your Mandatory Kit to Registration as this will be checked prior to you receiving your race number.

5 – Race Day Timetable Saturday 1st June.

Please see the 'What's On' info here - <https://theomm.com/omm-festival/tech-talk-workshops/> for the list and timetable of extensive Talks, Workshops and Activities available over the weekend. Not to be missed!

07:00 - 10:45 Registration opens

08:00 – 11:00 OMM Lite Starts

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.

Grasmere Gallop Competitor Notes

Following consultation with Cumbria Constabulary a section of Red Bank road will be closed to traffic from 11:00 – 14:30. 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 Teddys 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. Please bring the correct change. All entrants will receive a medal and lollipop. Thanks to our friends at Herdy, we have a number of Little Herdys and Sheppys to rehome! We'll pick the lucky new owners from

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the Teddy Dash race numbers, raffle style, after the dash.

Drinks Stations

There is one Drinks Station on the 5.7km route, two on the 10km route and three on the 17km route.

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, made locally by Lakeland Laser Creations, this year in cherry wood with a vegan waxed cotton cord.

6 – Prize Presentation

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

5k

1st, 2nd and 3rd Male and Female

1st Male <16 and 1st Female <16

10k

1st, 2nd and 3rd Male and Female

17k

1st, 2nd and 3rd 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

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17k fastest in each age category

V40 Male and Female

V50 Male and Female

V60 Male and Female

V70 Male and Female

10k Nordic Walk Challenge

1st, 2nd and 3rd 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.

21:00 Catering closes

23:00 Bar closes

Race Day Timetable Sunday 2nd June

06:00 – 07:00 Registration opens, ALL Marathon runners to collect their tracker, please allow enough time to do this

07:30 – 10:30 OMM Lite Starts

07:15 Pre Race brief for ALL Marathon Competitors in front of the Main Marquee

07:30 Marathon Start, in front of the Main Marquee

13:45 Marathon Sticklebarn 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

16:30 Marathon Final Cut Off

18:00 Event Site closes

Trackers

Every Marathon competitor will carry a tracker provided by Open Tracking. This is your timing device but it's essentially a safety measure for Event HQ but allows your friends and family to 'dot watch' and follow your progress. The tracking link will be posted on the website and event social media pages pre event.

Marathon Drinks Stations

There will be a Drinks Station with cold drinks/sweets/Mountain Fuel jellies/Mountain Fuel electrolyte/squash/water) at approx. Mile 4.3 at the entrance to Rydal Hall, and at approx. Mile 10.8 at the turn along Rydal Water. There will be a Checkpoint with cold drinks and snacks (jellybabies/bananas/flapjack/cheese/fruit/crisps) at approx. Mile 17 at Sticklebarn.

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 Marathon bespoke slate medal with a vegan waxed cotton cord.

Doublers

This year we will also have 'Grasmere Gallop Double' slate medals for the hardy souls who are running on both Saturday and Sunday. This year there are 14 Doublers...

Mandatory 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

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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.

Marathon Mandatory Kit List

- Waterproof jacket and trousers with taped seams
- Hat and gloves (a 'buff' is acceptable as a hat)
- Fully charged mobile phone
- Tracker (provided)
- Emergency Foil Blanket or Bivi bag
- First Aid Kit to include blister plasters, sterile dressing and tape as a minimum
- Whistle
- Sufficient food and drink. The Drinks Stations and Checkpoint are to 'top up' supplies.
- Recommended - GPS of the route (available to download from the website)

7 – All Event Routes

The routes will be marked with small yellow and black correx arrows and various large yellow and black correx signs. Parts of the Marathon route will also have small red flags pushed into the ground. 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 vehicles 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.

Please note that there may be a slight change to the finish route of the Marathon through Grasmere itself. If this is the case all Marathon competitors will be emailed and the gpx file updated, although the route will be waymarked

8 – Results

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

9 – Medical Advice

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

There will be First Aiders positioned at the Finish with mobile First Aiders also positioned around the routes. If you require First Aid please inform the nearest Marshal or ask another Competitor to inform the nearest Marshal or call 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

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First Aiders can reach you sooner than the Emergency Services.

10 - Covid Safety Precautions

During the past few 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.

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;

