

# Gallop Track

Ever fancied getting a better understanding on how fast you need to ride to hit competitive cross country times?

Welcome to Flamstead Pony Club's Gallop Track; a 3-minute gallop set over undulating terrain with minute markers for every Pony Club level from 70cm to 110cm.

## **Rules**

All riders must walk or trot the entire Gallop route before riding it at speed.

The usual rules for Flamstead XC Course Hire apply, including that back protectors must be worn at all times. Riders should adapt their speed to the slope and ground conditions, irrespective of minute markers.

## **Route**

### **0-1minute**

Exit the Start Box and follow the bottom of the field leaving the XC jumps to your left and the hedge to your right.

At the water, stay as far right as possible but keep the water jump to your right. The 1-minute markers are just around the corner.

### **1-2 minutes**

Stay along the hedge until passing the final (yellow) minute marker then curve left, keeping the caterpillar jump to your left and head towards the bus on your right.

Pass the bus on your right and keep going straight across the field to the 2-minute markers.

### **2-3 minutes**

After the final (yellow) 2-minute marker head to the hedge keeping the two blue houses and step on your left. Curve right, keeping the entrance to the woods to your left and the jumps to your right. Continue tight along the hedge-line and along the edge of the mini-XC area keeping the amphitheater and the ditch fence to your right.

The purple 3-minute marker is just before the mini-XC.

The Orange 3-minute marker is on the corner of the mini-XC

The Pink 3-minute marker is by the entrance to the mini-XC

The White 3-minute marker is by the fallen log.

The Yellow 3-minute marker is by the corner of the dressage arenas.

## **Speeds**

<b>PC Height (cm)</b>	<b>Speed (meters per minute)</b>	<b>Marker</b>
70/80	435	Purple
90	450	Orange
100	475	Pink
Chairmans Cup 105	500	White
110	520	Yellow

[Quick video of Gallop Track](#)