



ASHRIDGE CANICROSSERS

10K RACE

*By Kind Permission of the National Trust Ashridge
In Aid of The National Trust and Medical Detection Dogs*

RINGSHALL CAR PARK
Ringshall, Berkhamsted, Herts
HP4 1NF

10.00am Start Time
£20.00 Entry Fee

A 10K Canicross race through Ashridge Estate and surrounding farm land offering a variety of Cross-country challenges for you and your dog. The going is varied from Rides through woodland, tracks, open fields, plantations, it is a route that will give you a mixed sample of the Estate that will give teams a sample of some lovely countryside.

We are very thankful to the National Trust and surrounding Landowners for giving us this unique chance to race on part of the longest common in the country. Part of your entry will go to the National Trust Ashridge and Medical Detection Dogs.

07:30 - Event opens, there will be onsite presence from this time.
08:00 – Registration Opens (in the Horse Box in the car park).
09:15 – Course Briefing by the Horsebox and is Mandatory – please no noisy dogs.
10:00 – Race Start.
12:30 – Prize Giving (after last person has finished).

The parking is located at Ringshall Carpark (opposite the Trust cottages HP4 1NF). Please follow parking attendants' instructions as parking is limited.

The Race will be in number order and an individual start with 10 second intervals from 10:00am. Please ensure you are available to start in your order. The timer is preconfigured with your start time so missing your slot will only add to your course time.

We do not have exclusive access to the forest so please be respectful of other users and follow the countryside code.

The course is a mix of Forest and Open Ground, relatively flat for the first half with a couple of small undulations, mid-course is a descent followed soon after by an ascent giving lovely views, then

course levels through the woodlands which are rooty so you need to concentrate. The course can be muddy in places after rain and while we take care to ensure branches will not impair on the route, we will not be removing roots from the course (the trees have their rights), so you will be running cross country with all the challenges and risks that poses.

There is a MANDATORY walk section across the monument Drive which will be marshalled to ensure you comply – it's the same for everyone, and a restriction placed on the route by the NT. DO not disqualify yourself or risk us not running the event again by not complying.

Grippy footwear is sensible in Ashridge and we would suggest a change of clothes/socks may well be needed if wet. There are two gates to negotiate on the ascent, once these are done there are no more gates, please respect others space if more than one arrive at gates together, we intend to Marshall these gates.

The Course will be marked with big yellow arrows and along the course there will be Marshalls, please be polite to the Marshalls and follow any specific directions.

We will have Drinking water available along with paper cups or for you to use your own cup / water bottle. We will not be giving out single use water bottles out of respect to the environment. Currently we have Jenny from Runners Retreat with a selection of Canicross kit as well as other goodies to spend your pennies on.

We also intend to have a coffee provider, there is also the excellent Brownlows Café at the Monument.

On behalf of Ashridge Canicross Club we hope you and your dog have a cracking race and enjoy getting out and muddy with your canine companion.

If coming this way for a weekend then locally there is Town Farm camping near Ivinghoe beacon. There is also Tring Parkrun which is one of the best in the country IMHO, always good to let the race director know if canicrossing as would polite at any Parkrun.

First Aid and Basic Toilets will also be located in the Car Park.

Full Rules can be found the Ashridge Canicross Website and must be read before submitting your entry.

We look forward to seeing you on the day!

Regards

George Humphreys
Race Director

