

ASHRIDGE CANICROSSERS

10K RACE Start 10.00 04/10/2020

£20 Entry



BARRACKS SQUARE CAR PARK



Ashridge Monument Drive, Moneybury Hill, Ringshall

HP4 1LT

(CAR PARK HALFWAY UP MONUMENT DRIVE)

BY Kind Permission of the National Trust Ashridge

In Aid of The National Trust.

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 view 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 Nation Trust Ashridge to support their work where we as a club run.

The parking is located at Barracks Square Carpark (half way up Monument Drive, HP4 1LT) and is limited so please follow parking instructions.

Event opens at 07.30

Registration Opens at 08.00 and will be at the back of Horse Box in the car park, queue 2M apart (no dogs in queue), 1 person on ramp at a time.

Course Briefing will be Emailed out prior to the event in order to meet Covid Distancing guidelines.

Race Start 10.00, race call up 09.50 maintain space in queue.

Prize Giving 12.30 (after last person has finished), maintain social distance.

There will be onsite presence from 07.30. Please follow parking attendants instructions as parking is limited.

The Race will be in number order and be individual start with 10 sec intervals from 10.00. 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.

Bring OWN food/water etc as NO CATERERS/Refreshments.

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 be polite at any Parkrun.

First Aiders will be on hand and Basic Toilets are located near the café at the end of the drive, please use sanitiser provided when using the toilet, queue 2m apart.

Full Rules are on the Ashridge Canicross Website

Regards

George Humphreys

Race Director