

ASHRIDGE CANICROSSERS

10K RACE Start 10.00 04/10/2020

£20 Entry

Barrack Square

Ashridge Monument Drive

Ringshall, Berkhamsted, Herts

HP4 1LT

W3W ///likewise.view.octagonal

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 starting on hard track, then chalk downland, wooded paths and bridleways, 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 Nation Trust Ashridge to support their work where we as a club run.

The parking is located at Barrack Square, Ashridge 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 in the car park, queue 2M apart (no dogs in queue).

Course Briefing will be at 09.15.

Race Start 10.00, race call up will be after briefing, it is a 5 min walk to the start and from the finish. Please 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.

If you meet a horse then bring dog close and work with rider to pass safely. In the first instance come back to a walk with dog.

The course is a firstly along a wide hard track for about 1.5M, please run responsibly, turning left down a hill, through a gate the course changes to open downland. Following the signage you will come to a gated road crossing, ensure road clear, the course then goes up to pitstone ridge (lovely views), dropping down a gully to a kissing gate – give each other space when going through. A single track section follows finishing at some steps, turn right at bottom then left onto a bridleway, then left and left again where bridleways meet and follow the bridleway around the golf course. There is then a second road crossing and MANDATORY walk through stable yard before ascending the hill to the finish. Then walk back to car park.

There is a **Mandatory walk** section at the stables 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. NO Overtaking or gain of position.

Grippy footwear with a bit of cushion is sensible on this course as the first 1.5 mile and downland are not very forgiving but an element of grip is needed for the single track.

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.

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.

First Aid and Basic Toilets will also be located in the Barrack Square, please use sanitiser provided when using the toilet, queue 2m apart.

Full Rules are on the Ashridge Canicross Website

Regards

George Humphreys

Race Director