



ASHRIDGE CANICROSSERS

RACE Start 10.00 26/10/2024

Entry: £25 long route (c13km)

£18 short route (c8km)

Berkhamsted Cricket Club, Castle Hill, Berkhamsted HP4 1HE

W3W:///hoops.blend.smoothly

A choice of 13km or 8km Canicross races through Ashridge Estate and surrounding farmland offering a variety of cross country challenges for you and your dog. The going is varied from rides through woodland, tracks, open fields, chalk down land and plantations. Both routes will give you mixed terrain and a view of some lovely countryside. A course to test your relationship with your dog as you tackle the terrain, and a course to enjoy your surroundings, not a course for those chasing PB's.

The parking is located at Berkhamsted Cricket Club, Castle Hill, Berkhamsted HP4 1HE
W3W:///hoops.blend.smoothly.

Event opens at 07.30

Registration Opens at 08.00.

Marshall briefing at 9:00.

Race briefing at 9:20. All runners must attend the race briefing. Please leave your dog in your car to reduce noise so everyone can hear the Race Director.

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

Prize Giving 12.30 (after last person has finished).

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

Please arrive in plenty of time as we may start the race early to avoid bad (hot) weather although every attempt will be made to inform participants of race timing change prior to race days.

The Race will be in number order and will be individual starts 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. The start is flat and fast through grass fields before a short hike up onto the Ashridge estate on a quiet lane where you may encounter some traffic. Note you do run through a farm so please be aware of any farm activities. You then proceed through wood and common land tracks at Frithsden Beeches with all the natural hazards (tree roots, ruts) that this terrain offers so please do concentrate. Just up into the estate take in the WW1 trenches, now grassed over and an ideal place to reflect. After approx. 2.5 miles of winding through the common and wood the course splits for the two distances.

Long Route: The **long** course joins a section of the Ashridge Boundary trail taking you along the Berkhamsted golf course to a road crossing (signage for the road will be clear). A further short run before turning down a narrow alley (please give way to other users although locals will be notified of the race) before crossing a road into a downhill wooded section through Great Frithsden Copse. Take care as although you can pick up speed at this point there is a quiet road at the bottom which will be marshalled. A very short section of road to a small track that will take you to the steepest section of the route up to the top of Nettleden with Potten End. Note there are number of gates in this section and one stile which will be marshalled with an access point for dogs, so they do not need to be lifted over. The marshall can help with your dog as necessary, please just ask as we will not approach dogs without permission. At this point admire the views!! Continue along the ridge before running through Webb's copse into Golden Valley (designed by the famous "Capability" Brown" and ranked amongst one of his finest works). A grassy downhill section into the valley which then loops you back through the park towards Berkhamsted Common. A steep driveway down to a road crossing which again will be marshalled so be aware. **The short route will re-join at this point.** Once across the road and onto the common a technical section through the woods around the edge of the common. You will then continue down in the last mile down another twisty windy technical section with trail hazards including the odd badger set which will be clearly marked. Watch your footing in this section and enjoy the challenge. At the end of this section you will dip down into the fields and run the last grassy section to the finish.

Short route: The **short** route upon breaking from the long route follows woodland tracks which are technical and challenging around the periphery of Berkhamsted Common. There are downhill sections so please take care. The route will re-join the long route after approx. 1 mile and you will run the same section to the finish, please see above for description.

The course can be muddy in places after rain and while we take care to ensure branches will not impair you 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. Hazards will be marked as much as possible.

Grippy footwear is sensible in Ashridge and we would suggest a change of clothes/socks may well be needed if wet. As described there are a number of gates to negotiate on the route, please respect others space and dogs if more than one runner arrives at these gates together.

The long Course will be marked with yellow signs, the short course with orange signs and along the course there will be Marshalls, please be polite to the Marshalls and follow any specific directions.

It is up to you to carry water for your dog. We will have some water for dogs at the start/finish and along the course but you are responsible for ensuring the rehydration of your dog (s).

On behalf of Ashridge Canicross Club we hope you and your dog have a cracking race and enjoy getting out with your canine companion on this challenging and varied course which truly highlights the joys of the area we run in as a club.

If coming this way for a weekend, then locally there is Town Farm camping near Ivinghoe beacon.

First Aiders will be on hand and there are toilets at the start/finish within the Cricket club house.

There will be hot / cold food and refreshments available at the Club house both before and after the race.

Full Rules are on the Ashridge Canicross Website

Regards

Matthew Armstrong

Race Director