



ASHRIDGE CANICROSSERS

RULES - PLEASE READ CAREFULLY BEFORE COMPLETING ENTRY FORM

CLASSES

Long route: approx. 13km

- Female Canicross (1 Dog) – age 18-44
- Male Canicross (1 Dog) – age 18-44
- Female Canicross (1 Dog) – age 45+
- Male Canicross (1 Dog) – age 45+
- Combined Male & Female Canicross (2 Dog) – age 18+

Short route: approx. 8km

- Female Canicross (1 Dog) – age 18-44
- Male Canicross (1 Dog) – age 18-44
- Female Canicross (1 Dog) – age 45+
- Male Canicross (1 Dog) – age 45+
- Combined Male & Female Canicross (2 Dog) – age 18+

AGE GROUPS: age is that of runner on the day of the race.

DOGS & EQUIPMENT

Dogs to be at least 1 year old for canicross on the day of the race, given the distance we would suggest 18months for most breeds.

Dogs must be kept on the lead or line at all times prior, during, and post the race. The following are not permitted, slip lead, check/choke chain, head collar, flexi lead or any collar that restricts breathing for the race. If a muzzle is required it should be the open basket type, through which dogs can pant, drink and take treats.

For your dogs' comfort we recommend they run in a suitable canicross harness and be attached to their handler by a line containing some bungee to act as a shock absorber. These lines must not be longer than 2 metres when fully extended and a waist belt is strongly recommended for handlers. Exceptions to standard canicross equipment are at the discretion of the Race Director.

Please clear up after your dog even when racing. There will be bin liners to deposit your dogs' deposits at the start and with the Marshalls on course. Do not leave poo bags around the course.

Runners are not allowed to wear shoes that could be dangerous for dogs. Shoes with metal spikes are strictly forbidden. "Orienteering shoes" are acceptable. Trail shoes with good grip are recommended.

No pregnant or nursing bitches are allowed to compete.

Bitches in season are not allowed to race, please leave them at home.

Dogs should not be brought to the event if they are coughing or have recently been in contact with an infectious disease. It is the owner's responsibility to ensure their dog is fit and healthy before racing. If in doubt consult your vet. Kennel cough needs at least 21 days after last cough so don't risk infecting other dogs.

A dog may only run in one event per day. Given the course distance and timing entering multiple classes for the runner is not an option.

BORROWED DOGS

It is presumed that you are running with your own dog. If you must borrow a dog to race with, you should be familiar with each other, have trained together prior to the race and the handler should be aware of the dog's behaviour in a race environment and be responsible for its care throughout the event. You will not be permitted to race with a borrowed dog that you have only just met. You must also ensure the dog has adequate insurance and have the permission of the owner.

THE COURSE

The course is of cross-country type, so the terrain will be uneven and there will be roots, mud, fallen branches, stones etc. Runners should be aware of this and run their race according to the conditions, and runners accept the risk of running cross country. The Race organisers will make runners aware of any major hazards at the race briefing.

Whilst race organisers will make every effort to provide water on site and at marshal points for dogs, canicrossers are ultimately responsible for providing water for their dogs at all times.

Please carry adequate water for yourself and for your dog.

REGISTRATION

Registration will be closed 7 days before the race (19 October 2024). No Entries on the Day. Any waiver to this is subject to the arbitration of the Directors of the race.

THE RACE

A numbered bib will be given to each competitor at registration by the event organisers. The competitor must wear this number visibly throughout the race. Without a bib, results will not be recorded for this competitor. Timekeepers must see bib clearly to record time.

The course will be of time trial format starting at 10sec intervals. Please ensure you are at the start in bib order in time for start. Failure will mean you will start at the back and have a time penalty.

PRIZEGIVING

Prizegiving will take place for all classes as soon as possible on completion of all classes. It will not be possible to give any prizes before prizegiving, nor to mail them out after the event.

OTHER BUSINESS AND RACE ETIQUETTE

Canicrossers must do their utmost to ensure that their dogs do not interfere with other runners or dogs. If a Race Marshal determines that a handler's conduct at any time in the race area or on the trail is detrimental to the sport/race, that runner shall be disqualified. This includes prior to, during, and after the event. Abuse of dogs, both physical and verbal is prohibited. If a handler, in the opinion of the Race Marshal abuses a dog, that runner will be disqualified.

We do not have exclusive rights to the forest so respect other users. If there is a horse rider on the course (we will try and divert the rider to a different track), bring the dog to heel and walk past the horse. Be polite to all other forest users.

If a dog becomes unfit or refuses to advance for any reason, the competitor is not permitted to finish the race. They must remain where they are and wait to be picked up by the event sweeper and advise a Marshal as soon as possible if the dog is in need of urgent attention.

It is deemed acceptable for your dog to be behind on downhill or on technical sections of a route, however your dog should not be dragged.

When overtaking, the advancing canicrosser must shout 'Trail' or 'Runner behind' to warn the runner in front of their intentions, ideally with the side they intend to pass. The canicrosser who is being overtaken must assume responsibility to ensure that their dogs are to one side of the track and do not interfere with the runner going past.

It is recommended that canicrossers who have dogs who are worried by other canines should allow plenty of space for their dogs, especially at the start of the race, to alleviate any undue stress.

All canicrossers should show their fellow competitors and their dogs respect at all times and should not use the misfortune of another to unfairly gain an advantage. Additionally, if a runner or a dog is in distress, ALL competitors have a duty to assist if reasonably and safely able to do so.

Follow the countryside code and remember to close any gates.

SAFETY

Please listen to the race briefing and marshal's instructions. If your dog(s) are likely to be noisy and excited, please do not bring them to the race briefing so that everyone can clearly hear safety instructions.

There will be a First Aid point identified at race briefing.

At all events an on-call vet will be organised in advance and their name, emergency phone number, address, postcode and directions from the race to the vets will be displayed in a prominent position for the duration of the event. Competitors should familiarise themselves with this information on arrival at the event.

The use of personal stereos, MP3 players or any electronic device with headphones etc that impairs the ability to hear marshals or other runners is strictly forbidden. Anyone using such a device will be asked to refrain immediately or be disqualified.

ACCIDENTS & RESPONSIBILITIES

The rightful owner of a dog is required to have liability insurance (or family insurance) for any damages that their dog may commit. The rightful owner of a dog is the person named as such in the dog's vaccination book and/or official paperwork. The rightful owner must ensure that the animal is owned (cared for) in accordance with the law.

DISTANCES & TEMPERATURES

The long race will be over approx 13km, the short race will be approx. 8km.

The temperature is an important consideration when racing. In case of high temperatures, it is essential to respect the welfare of the dogs and to adapt to their pace. Handlers must allow their dog to drink at the water points and to use the water points to cool down.

The Organiser will provide water around the course at the Marshall points where practical, **though it is the competitor's responsibility to ensure their dog is adequately hydrated**. If you do stop, please ensure you do not obstruct other competitors.

In case of extreme weather, the course may prove unsuitable for racing and may also put the welfare of the dogs at risk. If this is the case (too hot or too cold), the race may be cancelled.

INSURANCE

All Runners should ensure they have 3rd party liability for themselves and their dogs and accept the risks associated with running cross country.

CANCELLATION

Should the race have to be cancelled or postponed for reasons beyond the organisers control or in the event of bad weather making the course too dangerous to run on, or the decision is made for the benefit of the welfare of the dogs, the organisers reserve the right to take expenses already incurred from entry fees before using any remaining moneys to refund entrants. To claim a refund competitor(s) should contact the club via the club website, using the contact form <https://ashridgecanicrossers.org.uk/contact-us/> within a month of the event date, and monies will be returned (by BACS). Any funds left will be distributed to a nominated charity. NOTE it is the entrant's responsibility to check that the race is still on before travelling, the organisers will post on Facebook and the web if there are any last-minute changes - please check before travelling.

PARKING

The event is starting from Berkhamsted Cricket Club and parking will be available on site. Please be aware that Berkhamsted Cricket Club is in a residential area and so please be considerate to the local residents who won't be used to upwards of 75 excited dogs and people turning up on a Saturday morning! There should be enough parking for all competitors on site so please don't block the roads if for any reason you can't park at the Cricket Club.