

Ashridge Boundary Run – Saturday 14th March 2020 10am

Race Day Instructions

Registration and briefing

Registration is in the field to the left of the Bridgewater Monument, Ashridge Estate Visitor Centre, Ringshall, Near Berkhamsted, Hertfordshire, HP4 1LX.

The Ashridge Estate Visitor Centre is between Tring and Berkhamsted, 3 miles north of the A41, along the B4506 from Northchurch (to Ringshall and Dagnall). It can also be reached off the A489 from Dunstable.

Please make your way to the registration tent and collect your race number on the day. Registration will be open from 8.30am.

There is ample, free car parking available near to the start. Please park courteously and in the first car park on the left as you drive up the road leading up to the monument. The estate is open to the public.

There will be a race briefing at around 9.50am and the race will start promptly at 10am. If you arrive after this time you will not be issued a race number or be allowed to compete in the event.

Facilities

The Ashridge Estate Visitor Centre has toilets but no showers. It has a cafe, with outdoor seating, that sells hot and cold drinks and snacks.

We will also be providing some portable toilets near to the registration tent.

There will be an unmanned gazebo to allow you to store baggage on the day of the race. Any items left at the start are left at the owner's risk and we do not accept any responsibility for any loss or damage caused to any property.

Limited first aid facilities are available at the start/finish and at each marshal point.

The race

The race is around 16.5 miles of rugged and uneven woodland trails, fields and paths. There is virtually no road at all. Given the potential weather in March, sections of the route can be very wet, muddy and slippery – just how you like it! So we would highly recommend that you wear trail shoes with good grip.

Please make sure that you dress appropriately for the conditions as well – in poor weather in particular it's a run that can take a fair while. Don't get cold.

A plan of the route can be obtained by following this link;

<http://www.the-river-thames.org.uk/thames-path-walk-cycle.nsf/osmapdisp?openform&route=ashridge-boundary-trail-walking-route>

The race this year will be run in a clockwise direction so firstly will head towards Ivinghoe Beacon Ringshall, Little Gaddesden and then Northchuch Common before heading back to the start.

The route deviates from the official boundary trail in only one place, and that's at Ivinghoe Beacon – we do require all runners to go to the top. The top section of the path straight up to the beacon has been closed off to help protect the slope so there will be a small detour around the side. This is all marked and marshalled.

There will be three water stations on the route at approximately 6, 10 and 14 miles. Water in paper cups will be provided. There will also be facilities to refill any of your own water containers with water. Please make sure that any empty or unwanted cups or any other rubbish is disposed of at these points or carried to the finish. There will be bins both at the water stations and 50 yards or so past them.

Please show consideration for other users of public footpaths and rights of way. The route is open to the general public and crosses main roads a number of times.

There may be cattle or sheep on parts of the route. Please take care when passing them.

There may also be some fallen trees on the route. Please take care when negotiating them.

We will not be stopping the traffic at any road crossing. You must take responsibility on crossing all roads. Please be careful.

The use of headphones is permitted, but please ensure that you are able to hear other runners and marshals if using them.

The route is clearly marked with boundary trail circular, green signs (shown below). These each bear an arrow showing the direction in which to go. There will also be temporary race direction markers and red/white hazard tape marking the route.



Withdrawing from the race

If for any reason you decide to withdraw from the race then it is **vital** that you notify a marshal at any marshal point or alternatively telephone;

Anthony Kent 07814 009 484
or Andy Neill 07802 794 500

Please do not assume that we know you have pulled out of the race.

Safety and legal notices

You must be fit to take part, and if necessary, should seek advice from your GP before entering the event.

You must take care when crossing roads. Although marshalling assistance may be given, entrants cannot hold the organisers, sponsors or landowners responsible for their safety.

The course is unsuitable for wheelchair users, and no accompanying dogs or following cycles are allowed.

For the sake of our marshals, we will impose a cut off of 4 hours to complete the race. If you are slower than this then you will find that the marshals will have left the course. If you are likely to take over 4 hours, then you should ensure that you are very familiar with the route.

Prizes & Results

Prizes will be awarded to the first male and first female finishers in age categories for each of the following; open, Veteran 40, Veteran 50, Veteran 60 and Veteran 70.

There will be a short award ceremony at about 12.45pm.

Race results will be emailed to all entrants and posted on our website as soon as possible after the race.

Good Luck

Anthony & Andy