

Ashridge Boundary Run – Saturday 25th March 2023 10am

Race Day Instructions

Registration and briefing

Registration is in the field on the Aldbury recreation ground, Stocks Road, Aldbury, HP23 5RX

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

There is ample, free car parking available in the field opposite the recreation ground. Please follow the marshals' instructions when parking. Please drive carefully through the village.

Please do not park elsewhere in the village or at the Ashridge visitor centre.

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 recreation ground has toilets but no showers.

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

There will be an unmanned area 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 water station.

The race

The race is around 17.2 miles of rugged and uneven woodland trails, fields and paths. There is virtually no road at all except for the start of the race to the Aldbury pond.. 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](#).

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

The route deviates from the official boundary trail in a couple of places one places which will be clearly marked and marshalled.

There will be three water stations on the route at approximately 6, 10 and 14 miles. Water in recycled 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