



# DIRT HALF CHALLENGE

## DIRT RUNNING

## RACE INSTRUCTIONS

**Saturday 17th November 2018 @ 10:00am**

**Cedars Upper School, Mentmore Rd, Leighton Buzzard, Bedfordshire, LU7 2AE**

**Race HQ:** This year the Race HQ will be in the Atrium, Cedars Upper School, Mentmore Road, Leighton Buzzard, LU7 2AE (follow signs for Tiddenfoot Leisure Centre). We will have a flag outside the Race HQ. Please note there will be no secure baggage facility however you are welcome to leave bags in the Atrium at your own risk. Showers and changing facilities are available at Tiddenfoot Leisure Centre next door (swim/shower charge of approx. £3.50 to use this facility). The school will be selling hot and cold drinks from 8am. Cakes will be available for sale after the race.

**Water Stops:** There will be three water stations on the course at approx. mile 3, 7 and 10 with more water at the finish.

**Toilets:** Toilets are available next to the Race HQ and in the cabin near the race start.

**Race Start:** The race will start at 10:00am prompt. The race start will be on the school field. Exit the HQ, walk straight to the car park and turn left at the football pitch. No late starters.

**Race Number & Chip Timing:** Your Race Number incorporates a timing chip inside the foam on the reverse. **DO NOT TAMPER WITH THE TIMING CHIP.**

Attach your number to the front of your running top where marshals can see it. Complete any medical information and emergency contact details on the reverse of your running number. **You must not allow anybody else to run with your number.** Safety pins will be available in the Race HQ if required.

**Course:** The race starts with a lap of the school field before entering Tiddenfoot Waterside Park and joining the canal towpath via the green bridge. You then head north on the towpath to Stoke Hammond with stunning views. The race turns right and climbs through beautiful countryside to Great Brickhill then passes through the scenic Stockgrove Country Park before following the Greensand Ridge back to the start via the canal towpath. There is a lap of Tiddenfoot Waterside Park before finishing in the paddock next to the school grounds. The race is predominantly off road and crosses three minor roads. You can access the route map from the website.

### PLEASE BE AWARE...

1. The race involves the crossing of three roads. The crossing points will be marshaled but marshals are NOT able to stop the traffic. It is YOUR responsibility to cross safely.
2. The course is multi-terrain. This means there are bumps and lumps and stumps and branches and all the hazards of the countryside. You know that, that's why you are doing the race, but take care.

3. Please show consideration to other users of towpaths, public footpaths and rights of way. There may be walkers, cyclists or horse riders using the pathways.
4. Entrants are advised not to use MP3 players as they will not be able to hear instructions from marshals.
5. Runners have been requested by British Waterways to run in single file along the towpath unless overtaking as they are narrow in places. Please take particular care under bridges.
6. Don't fall in the canal otherwise you could catch Weils disease!
7. We recommend running shoes or trail shoes for this event. Spikes are NOT suitable!

**Parking:** There is plenty of parking available, but please car share where possible. You may park in the following areas: behind the school (follow LED signs); in front of the school; at Tiddenfoot Waterside Park (limited space); or along Mentmore Road. All car parking is free of charge, please be considerate to local residents if you are parking at the roadside. **Please don't park in the Leisure Centre car park.**

**Medical Cover:** The safety of our competitors is paramount. Local Medical Services (LMS) will be on-site during the event. They are a specialist company set up to supply medical cover to sporting events such as this. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

**Merchandise:** You can buy Dirt Running branded technical t-shirts and hoodies from the Race HQ before and after the race.

**Awards:** All finishers will receive a Race Medal. Presentation of the race awards will take place after the race at approx 12:15 in the Race HQ. Award categories are: First 3 Men, plus MV40, MV50, MV60, MV70. First 3 Ladies, plus FV35, FV45, FV55, FV65. Plus first team of 5 runners from the same club. Results and photos will be available on the website.

**Current course record holder is Max Dillon in 1:18:26**  
*Runners may win more than one award.*

**Race Permit:** TRA permit TRA/1565. The race will be run under UKA rules.

**Terms & Conditions of Entry:** All runners must be medically fit to compete and enter at their own risk and the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event. **No refunds or deferrals and it is now too late to transfer your place.**

**No dogs or buggies are allowed.**

**Additional information can be found on the website...**

**[www.dirtrunning.co.uk](http://www.dirtrunning.co.uk)**