



DIRT HALF CHALLENGE

RACE INSTRUCTIONS

Saturday 13th November 2021 @ 10:00am

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

Thank you for entering the DIRT HALF CHALLENGE event. We hope your training has gone to plan. Good luck and see you on the start line!

** IMPORTANT **

DO NOT attend the event if you are showing any Covid-19 symptoms.

- High temperature
- New or continuous cough
- Loss or change in taste and/or smell



PARTICIPANT CODE OF CONDUCT

- UNDER NO CIRCUMSTANCES SHOULD YOU GIVE YOUR PLACE TO ANOTHER PARTICIPANT
- BE RESPECTFUL TO VOLUNTEERS AND PARTICIPANTS
- OBSERVE SOCIAL DISTANCING WHEREVER POSSIBLE
- ALLOW PLENTY OF TIME TO GET TO AND FROM THE EVENT
- PLEASE DISPOSE OF RUBBISH RESPONSIBLY
- BE AWARE OF YOUR PERSONAL HYGIENE E.G. AVOID SPITTING AND NASAL CLEARANCE
- OVERTAKE ONLY WHEN IT IS SAFE TO DO SO
- BRING YOUR OWN HAND SANITIZER
- IF YOU EXPERIENCE COVID-19 SYMPTOMS SOON AFTER THE EVENT, YOU MUST REPORT THIS USING THE NHS TEST & TRACE APP

RACE HQ: Cedars Upper School, Mentmore Road, Leighton Buzzard, LU7 2AE (follow signs for Tiddenfoot Leisure Centre).

HQ OPENS: 08:00
RACE START: 10:00
AWARDS: 12:15

REFRESHMENTS: There will be a mobile coffee van selling hot and cold drinks as well as snacks and bacon rolls.

WATER STOPS: Water will be available in paper cups at miles 3, 7 and 10. Please bring any nutrition that you require to the event.

There will be water and coke at the finish.

LITTER: PLEASE PUT ALL THE RUBBISH IN THE BINS PROVIDED AND ONLY DROP LITTER AT WATER STOPS OR GIVE IT TO A COURSE MARSHAL.

PLEASE DO NOT LEAVE ANY LITTER OR GEL WRAPPERS ON THE COURSE.

TOILETS: Portable toilets will be near the Race HQ. Pub toilets are also available on the course

RACE NUMBER:

- If you entered before Wednesday 27th October at midnight then you will receive your running number in the post.
- If you entered after this date then you need to collect your number from the Race HQ.
- We will be taking on-the-date entries @ £35.00 (cash only).

RACE HQ: This year the Race HQ will be outside in the fresh air near the football pitches to ensure a COVID safe event.

BAGGAGE: Please leave your baggage in your vehicle. If this isn't possible, then you can leave it unattended near the Race HQ. Please do not leave valuables in your bag. Bags are left at your own risk.

CHANGING: Showers and changing facilities are available at Tiddenfoot Leisure Centre next door (just pay the swim charge to use this facility).

RACE START: The race will start at 10:00 am prompt. The race start will be on the school field. You will be able to see the start from the Race HQ. Sorry, 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 Rushmere 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.

<https://www.mapmyrun.com/routes/view/594891906>

PLEASE BE AWARE...

1. The race involves the crossing of three roads. The crossing points will be marshalled 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. 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.
5. Don't fall in the canal otherwise you could catch Weils disease!

HEADPHONES: We do not recommend the use of headphones as you need to be aware of other runners and to hear marshals instructions. If you do wear headphones then it's at your own risk.

FOOTWEAR: We recommend running shoes.

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 (not on double yellow lines). 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. Our medical team 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, hoodies and bobble hats from the Race HQ before and after the race. We take credit/debit cards, as well as cash.

AWARDS: All finishers will receive a Race Medal at the finish.

AWARDS

First 3 Men, plus MV40, MV50, MV60, MV70.

First 3 Ladies, plus FV35, FV45, FV55, FV65.

First team of 5 runners from the same club.

Presentation of the race awards will take place after the race at approx 12:15 next to the Race HQ.

Results and photos will be available on the website.

Current course record holder is Matt Sims – 01:16:49

Runners may win more than one award.

RACE PERMIT: Trial Running Association permit TRA/4355. 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