



DIRT HALF CHALLENGE

RACE INSTRUCTIONS

Saturday 18th November 2023 @ 10:00am
Cedars Upper School, Mentmore Road, 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!

PARTICIPANT CODE OF CONDUCT

- UNDER NO CIRCUMSTANCES SHOULD YOU GIVE YOUR PLACE TO ANOTHER PARTICIPANT
- BE RESPECTFUL TO VOLUNTEERS AND PARTICIPANTS
- ALLOW PLENTY OF TIME TO GET TO AND FROM THE EVENT
- PLEASE DISPOSE OF RUBBISH RESPONSIBLY
- OVERTAKE ONLY WHEN IT IS SAFE TO DO SO

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

HQ OPENS: 08:00

NEW RACE START LOCATION: 10:00

AWARDS: 11:45

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 recyclable 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 Monday 31st 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: The race HQ will be in the school atrium.

BAGGAGE: Please leave your baggage in your vehicle. If this isn't possible, then you can leave it unattended in the atrium. 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).

NEW RACE START: The race start will be at a new location in Tiddenfoot Waterside Park near the green canal bridge. **///denoting.staple.else**

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 in the historic market town of Leighton Buzzard and completes an anti-clockwise lap of Tiddenfoot Waterside Park before crossing the green bridge and following the picturesque autumnal Grand Union Canal towpath north to Stoke Hammond with stunning views, climbing through beautiful countryside to Great Brickhill. The route then passes through the scenic Rushmere Country Park woodland before following the Greensand Ridge back to the start via the canal towpath. You will complete a clockwise 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/242663831>

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 marshal's instructions. If you do wear headphones, then it's at your own risk.

FOOTWEAR: We recommend running shoes.

FREE PARKING - LIMITED SPACES: There is limited parking available at the school, so please car share where possible. You may park in the following areas: behind the school; in front of the school; at Tiddenfoot Waterside Park; or along Mentmore Road (not on double yellow lines). All car parking is free of charge, please be considerate to residents if you are parking at the roadside.

PAID PARKING - PLENTY OF SPACES: There are close to 700 parking spaces available at Leighton Buzzard train station, which is operated by SABA UK. Parking charges apply. It is a 10-minute walk to the school.

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: Presentation of the race awards will take place in the Race HQ in the atrium.

1st, 2nd & 3rd male & female awards at 11:45

Age category & team awards @ 12:15

Runners may win more than one award.

Course record holder is Jamie Seddon – 01:16:07

RESULTS: You will receive a text if you gave us a UK mobile number. Results will be available on the

website as soon as you finish.

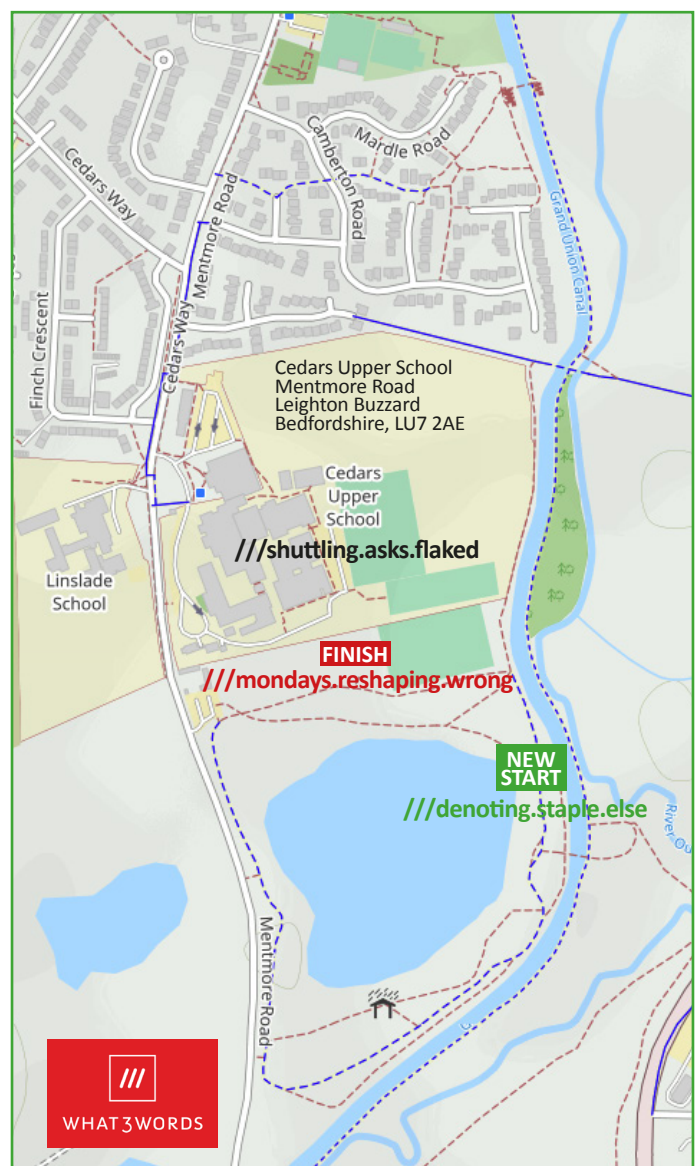
AWOL: AWOL Photography will be attending again this year. Photos will be available to purchase after the event.

RACE PERMIT: Trial Running Association permit TRA/5794. 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



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.