DIRT RUNNING

DIRT HALF CHALLENGE

RACE INSTRUCTIONS

Saturday 7th November 2026 @ **10:00am**

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

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

RACE NUMBER COLLECTION:

We're excited to introduce our new dynamic race bib allocation system for this year's event!

Instead of posting bibs out in advance, all runners will collect their bibs from either:

1) Up & Running, Central Retail Park, Patriot Drive, Milton Keynes, MK13 8PU.

- Wed 4 Nov, 4:00pm - 7:00pm, or
- Thur 5 Nov, 4:00pm - 7:00pm
- *Claim 15% off non-sale & non-electrical.*

2) Race HQ from 8am on Race Day (Cedars Upper School, Mentmore Road, LU7 2AE)

** Important **

All runners will receive an email containing their unique QR code from our timing provider, **Results Base, on 3 November**. Your QR code will be scanned when you collect your bib, allowing quick and efficient number allocation. Please have your QR code ready on your phone/printed copy with when you collect your bib.

Why have we moved away from posting bibs?

- Allows us to make last-minute updates or changes to your entry or race distance
- Reduces the risk of lost or delayed bibs in the post
- More environmentally friendly with less packaging and postal waste
- Ensures a smoother and more accurate registration

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 & LEAVE NOTHING ON THE COURSE
- OVERTAKE ONLY WHEN IT IS SAFE TO DO SO

RACE HQ: **Sports Hall**, Cedars Upper School, Mentmore Road, Leighton Buzzard, LU7 2AE.

HQ OPENS:	**08:00**
RACE START:	**10:00**
AWARDS - METRIC HALF FROM:	**10:50**
AWARDS - HALF MARATHON FROM	**11:45**

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

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, as well as a TRIBE bar.

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.

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

RACE START: The race will start at 10:00 am prompt. The race start will be in **Tiddenfoot Waterside Park**.

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RACE FINISH: The race will finish in the field next to the school.

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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.

METRIC HALF COURSE: The race starts with an anti-clockwise lap of Tiddenfoot Waterside Park before joining the canal towpath via the green bridge. You then head north on the towpath to Old Linslade, turning right just before mile 4. You'll run along Old Linslade Road for 200m before joining the half marathon route in Heath Wood Meadow. You'll head back to the start via the Greansands Ridge, and the canal towpath. There is a clockwise lap of Tiddenfoot Waterside Park before finishing in the paddock next to the school grounds. The race is predominantly off road and has one minor road section.

HALF MARATHON COURSE: The race starts with an anti-clockwise lap of Tiddenfoot Waterside Park before 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 at Mile 6 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 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.

PLEASE BE AWARE...

1. Any road sections 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 the Canal & Rivers Trust 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.

CAR PARKING:

1. FREE PARKING – LIMITED SPACES

Parking is available at the school; please carpool where possible. Use postcode: LU7 2AE. You may park behind the school, in front of the school, at Tiddenfoot Waterside Park, or along Mentmore Road (excluding areas with double yellow lines). All parking is free; please be considerate of residents if you park on the roadside.

2. ALTERNATIVE PAID PARKING – PLENTY OF SPACES

Approximately 700 parking spaces are available at Leighton Buzzard train station, which SABA UK operates. Parking charges apply. The school is a 10-minute walk away.

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.

RESULTS: WWW.DIRTRUNNING.ORG.UK/RESULTS

PHOTOS: WWW.DIRTRUNNING.ORG.UK/PHOTOS

HALF MARATHON COURSE RECORDS:

Male (2022): Jamie Seddon – 01:16:07

Female (2014): Nicola Sykes – 01:20:12

RACE PERMIT: Trial Running Association permit TRA/8563. The race will be run under UKA rules.

WEBSITE: Please see the website for Race Rules and Terms & Conditions.

www.dirtrunning.org.uk

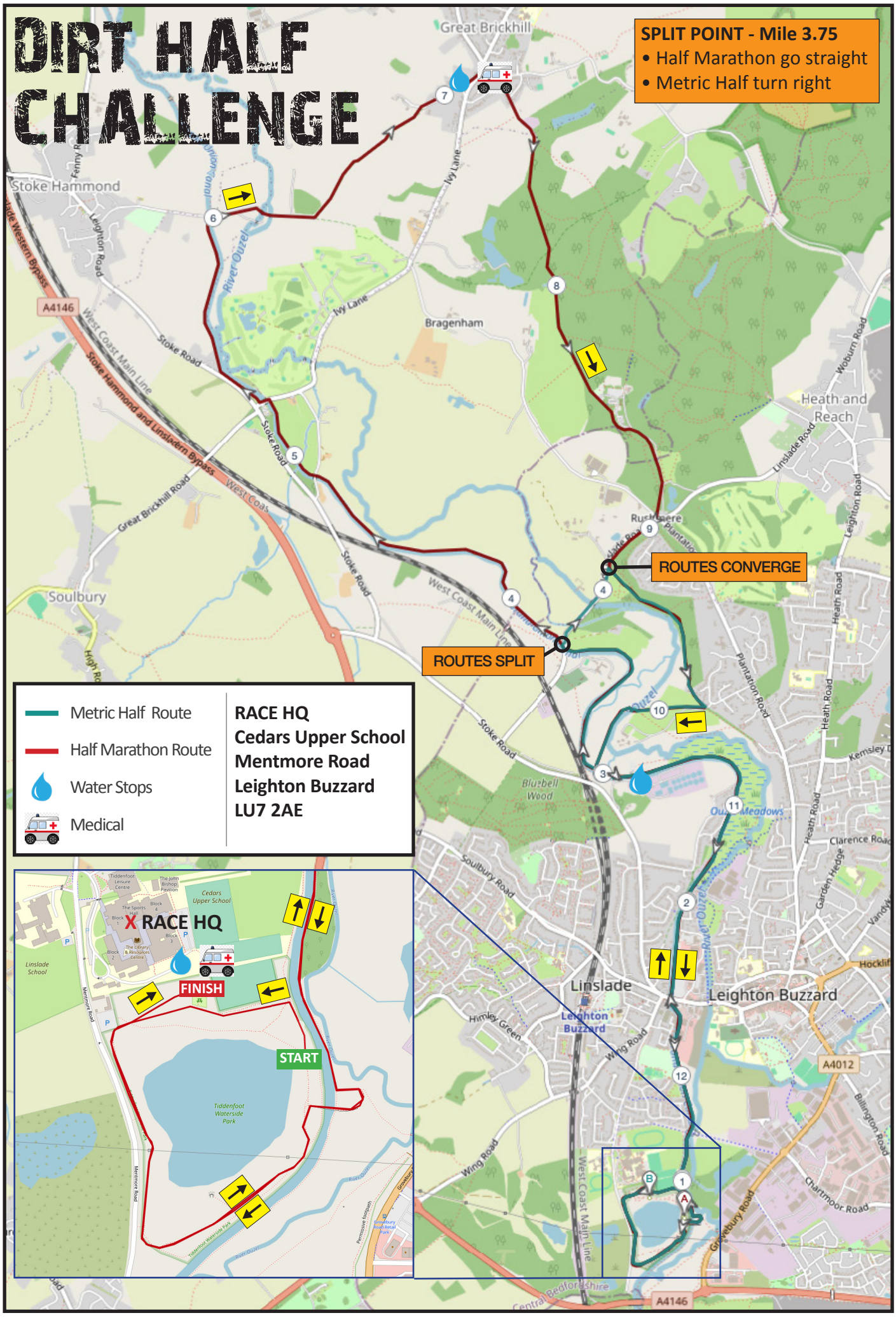
METRIC HALF & HALF MARATHON AWARDS

ON THE DAY PRESENTATION

First 3 Men & First 3 Ladies.

HALF MARATHON POSTED CERTIFICATES

Certificates for the first male and female Senior, Vet40, Vet50, Vet60, Vet70, and Vet80 will be posted after the event.

Runners may win more than one award.

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