



ALDI ASHBY 20

20 MILE ROAD RACE: FINAL DETAILS

SUNDAY 15th MARCH 2020



FULL RACE GUIDE AVAILABLE ON THE RACE WEBSITE: www.ashby20.co.uk

VENUE & RACE HQ	Bath Grounds, Station Road, Ashby de la Zouch, Leicestershire LE65 2GP START TIME: 10.00AM Pre-race HQ this year is at Hood Park Leisure Centre, North Street, Ashby de la Zouch LE65 1HU
9:40am	Assemble on Bath Grounds for pre-race briefing
9:50am	Runners led from Bath Grounds to start area
10:00am	RACE STARTS
11:45-11:50am	First Race Finisher expected at Bath Grounds
1:00pm	Prizes and awards presented to Race Winners at the Bath Grounds Race HQ
2:30pm	Last Race Finisher expected at Bath Grounds
NUMBER/ TIMING CHIP	You MUST collect your number/timing chip from pre-Race HQ at Hood Park Leisure Centre, North Street, Ashby de la Zouch LE65 1HU
PARKING	There are several parking areas around the Ashby area, and these are detailed on the reverse of this sheet. Please ensure you follow marshals' directions to the car parks, and allow plenty of time to park and walk to the Start area.
ARRIVAL/ BAG DROP & PRE- RACE HQ	Bags can be left in the Baggage Tent on the Bath Grounds, or at Ivanhoe College pre-race HQ (where it will be transported to the Finish Area at the Bath Grounds). Note that there will be NO baggage stored at Ivanhoe College – all bags must be collected from the Baggage Tent near the finish area at the Bath Grounds
ON-SITE FACILITIES	Toilets (plenty of them) plus urinals are situated near the start at the Bath Grounds, as well as at Hood Park, so there should be no need to use a hedge! There will also be portaloos around the route, with 2 at every drinks station (approximately every 2.5 miles). REMEMBER, NO PEEING ON THE BATH GROUNDS NEAR THE START OR ON THE COURSE – OTHER THAN IN A PORTALOO! Changing facilities (including showers) will be available at Hood Park Leisure Centre before and after the race Refreshments (hot and cold drinks and a variety of food options) will be available on the Bath Grounds and pre-race in Hood Park Leisure Centre. Medical Tent and First Aid are also situated at the finish (as well as around the course – see next page)
ROUTE	The course starts downhill out of Ashby, and consists of 2 laps of a scenic and undulating circuit run in an anti-clockwise direction on closed roads or footpaths. Please follow the instructions of Marshals at all times, and keep to the left unless instructed otherwise

DRINKS	There are Drinks Stations approx. every 3 miles on the course (see online Race Booklet for full details), which provide bottled water as well as energy gels/jelly babies on the second lap																																																
FIRST AID	Paramedics and first aiders will be strategically located on the route and at the finish. In case of emergency, find the nearest marshal or call Race HQ on 07751 259489. Please save this number to your phone or write it on the back of your race number so that it is at hand if necessary																																																
CUT-OFF TIME	There will be a cut-off time at the 10-mile point of 2 hours 20 minutes (which is at the end of the first lap) . This equates to around 4 hours 45 minutes for the full 20 miles. If you do not reach the 10-mile point within the allotted time, you will not be allowed to continue and will be withdrawn from the race																																																
HEADPHONES	Headphones MUST NOT be worn (other than the bone conduction type), as runners need to be able to hear marshals' instructions. If you are seen wearing headphones, you will be disqualified from the race																																																
RESULTS	The timing chip (attached to your number) is your official timing device, and must be worn as instructed: no chip, no time! Results will be texted to the number you provided when entering, just after you cross the finish line. Results will also be available online within minutes of the last runner finishing (approx. 2:30pm) at chiptiming.co.uk , and official results will be on the Ashby 20 website by Wednesday 18 th March.																																																
PRIZES	<p>Prizes will be awarded at 1pm near to the Finish Area</p> <table border="0"> <tr> <td>Senior Male</td> <td>Senior Female</td> <td colspan="2">TEAMS (First 3 runners count)</td> </tr> <tr> <td>1st £150</td> <td>1st £150</td> <td>Male</td> <td>Female</td> </tr> <tr> <td>2nd £75</td> <td>2nd £75</td> <td>1st £25</td> <td>1st £25</td> </tr> <tr> <td>3rd £50</td> <td>3rd £50</td> <td>2nd £25</td> <td>2nd £25</td> </tr> <tr> <td>Vet 40 Male</td> <td>Vet 40 Female</td> <td>3rd £25</td> <td>3rd £25</td> </tr> <tr> <td>1st £50</td> <td>1st £50</td> <td colspan="2">Paul Enion Local Prize</td> </tr> <tr> <td>Vet 50 Male</td> <td>Vet 50 Female</td> <td colspan="2">(residents of LE65, DE11 & DE12)</td> </tr> <tr> <td>1st £50</td> <td>1st £50</td> <td colspan="2">Champneys Springs Health Spa</td> </tr> <tr> <td>Vet 60 Male</td> <td>Vet 60 Female</td> <td colspan="2">vouchers for 1st Male & 1st Female</td> </tr> <tr> <td>1st £50</td> <td>1st £50</td> <td colspan="2">PLUS: 60 Spot Prizes will be awarded throughout the field</td> </tr> <tr> <td>Vet 70 Male</td> <td>Vet 70 Female</td> <td colspan="2"></td> </tr> <tr> <td>1st £50</td> <td>1st £50</td> <td colspan="2"></td> </tr> </table>	Senior Male	Senior Female	TEAMS (First 3 runners count)		1 st £150	1 st £150	Male	Female	2 nd £75	2 nd £75	1 st £25	1 st £25	3 rd £50	3 rd £50	2 nd £25	2 nd £25	Vet 40 Male	Vet 40 Female	3 rd £25	3 rd £25	1 st £50	1 st £50	Paul Enion Local Prize		Vet 50 Male	Vet 50 Female	(residents of LE65, DE11 & DE12)		1 st £50	1 st £50	Champneys Springs Health Spa		Vet 60 Male	Vet 60 Female	vouchers for 1 st Male & 1 st Female		1 st £50	1 st £50	PLUS: 60 Spot Prizes will be awarded throughout the field		Vet 70 Male	Vet 70 Female			1 st £50	1 st £50		
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LOCAL ACCOMMODATION/ HOTELS	<p>There are a number of local hotels located in and within easy travelling distance of Ashby de la Zouch:</p> <ol style="list-style-type: none"> 1. Premier Inn (Flagstaff Island, Ashby de la Zouch LE65 1JP https://www.premierinn.com/gb/en/hotels/england/leicestershire/ashby-de-la-zouch/ashby-de-la-zouch.html# 2. Holiday Inn Express East Midlands Airport, DE74 2TQ https://www.ihg.com/holidayinnexpress 3. Radisson Blu Hotel East Midlands Airport DE74 2TZ https://www.radissonblu.com/en/hotel-eastmidlandsairport <p>Additionally, details of local "Bed & Breakfast" accommodation can be found here: http://www.bedandbreakfasts.co.uk/ashby-de-la-zouch-tourist-information-centre/</p>																																																

ASHBY TOWN MAP

