



ALDI ASHBY 20

Sunday 17th March 2024



WELCOME



On behalf of the Aldi Ashby 20 organising team and Ivanhoe Runners, may I offer you the warmest of welcomes to Ashby de la Zouch, an ancient market town in the heart of the National Forest, and the home of the Aldi Ashby 20.

The Aldi Ashby 20 is an event **'organised by runners, for runners'**, savouring the community feeling you associate with the race. Established in 1988, when 479 runners, mainly male, tackled the original course. Due to local development the course moved to the current route in 2002, where we now attract an annual field of 1500 runners, evenly split between male and female runners.

As a not-for-profit organisation, our volunteers spend many hours ensuring that you get the very best experience. Without them, there simply wouldn't be an event. This, along with the continued support from our runners, makes the event what it is today. On behalf of Ivanhoe Runners, I'd like to say a huge 'thank you' for the support you have all offered over many years.

We also team up with several local partners, all of which play their part in the success of the event. For this, we'd like to give a huge shout out to these partners.

Alongside our main sponsors Aldi UK and Pladis, they include Leicestershire Search & Rescue, Ashby Explorer Scouts, Ashby Spa WI,

Ashby Town Council, North West Leicestershire District Council, Leicestershire County Council, Ashby Castle Rotary Club, and Conkers parkrun, along with the local community who share their support.

It is a great testament to the quality of the organisation that one of the world's largest grocery retailers, Aldi, and a global snack company, Pladis (McVities), continue to support this local club-run event. In addition, we continue to gain BARR Gold standards.

As in previous years, **all finishers** of the Aldi Ashby 20 will receive the legendary Ashby 20 hoodie (our equivalent to a race medal), allowing you to be one of the elite club of Ashby 20 hoodie owners who exchange those secret nods of respect when out and about at other races throughout the year.

On behalf of the Aldi Ashby 20 race team, thank you.

Richard Bebbington
Ashby 20 Race Director



COMMUNITY PAYBACK

The Aldi Ashby 20, a serious 20-mile road race, has evolved to become a fantastic community event, helping many local and national good causes.

The 2023 event was no exception, with donations being made to Ashby Castle Rotary, Wishes 4 Kids, Bright Hope House of NWL, Ashby Endurance Scouts, and Leicestershire Search & Rescue, to name a few.

In addition, our runners very kindly continue to support Teenage Cancer Trust, Aldi's charity partner when entering the event. This year, 2024, a total of £710 was donated via entries, resulting in several thousand being donated to Teenage Cancer Trust over recent years.



Left; Richard Bebbington (Ashby 20 Race Director) with Ashby Castle Rotary Club

Below; Richard Bebbington (Ashby 20 Race Director) & Fiona Betts (Ashby 20 Bath Grounds Manager) with Ashby Explorer Scouts

presenting donations to thank them for their continued support and commitment to the event.



To find out how we are working to be Fairer, Greener and Healthier visit aldi.co.uk/CR



Together, we can be better, everyday.

Here at Aldi, we have pledged to use 50% less plastic by 2025. But this is just one of the many changes we are making to be greener, fairer and healthier everyday.

I
LIKE
THAT.



Aldi makes the everyday amazing. But amazing doesn't happen overnight. Which is why we're making changes to be better every single day.

Not just better at what you know us for already – such as quality and value – but better for you, our communities and the environment, so we can reach amazing, together!



Everyday Amazing.

Julia's

BREADS, CAKES AND PRESERVES

We are an award-winning family craft bakery with a rich heritage of providing high quality Bread, Cakes and Preserves for retail and catering customers.

We're proud to once again be the supplier of the bap's for this year's Ashby 20

Thank you for supporting local business

Whether you're looking for a daily supplier of fresh-baked bread or you have a one-off event, Julia's Bakery can help.

We deliver across the region, typically within a 30-mile radius, but are happy to share our delights across a wider area - just give us a call to see what we can arrange. We even deliver for free!

To celebrate this years event, if you bring this advert along with you to Smithards Bakery our shop, you can have a FREE hot drink and cake with every order

scan the QR code to view our website and socials



THE DERBY RUNNER

SPECIALIST RUNNING EQUIPMENT | 30 YEARS+ EXPERIENCE

Sandringham Drive, Spondon, Derby | DE21 7QL | www.derbyrunner.com

The Derby Runner @thederbyrunner @DERBYRUNNER

AS ALWAYS, WE ARE VERY PROUD TO SUPPORT THE EVENT THIS YEAR.

WE WOULD LIKE TO OFFER 20% OFF TO ALL PARTICIPANTS ONLINE USING THE CODE "ASHBY24" VALID UNTIL THE END OF MARCH.



MONDAY: 10AM - 7PM | TUESDAY - THURSDAY: 10AM - 5:30PM | FRIDAY: 10AM - 7PM | SATURDAY: 9AM - 6PM | SUNDAY: 10AM - 4PM



Join our Derby Runner Run Clubs!

- INTERVAL TRAINING
- EVERY MONDAY: 7PM - 8PM
- PROMPT MEET AT THE SHOP
- FREE OF CHARGE



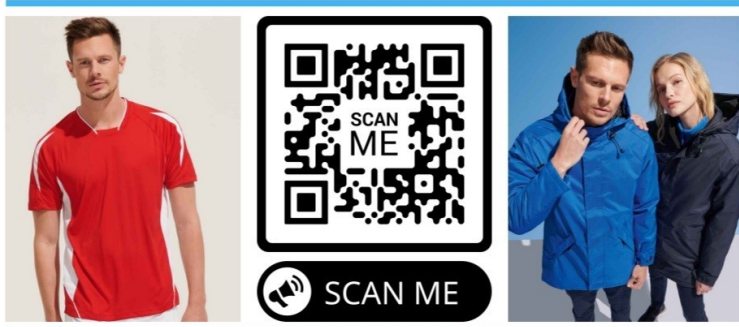
SHOP LOCAL, SUPPORT INDEPENDENT, SHOP SMALL

FROM THE OFFICE TO THE GYM: OUR CLOTHING HAS YOU COVERED!

SUPPLIER OF THE ASHBY 20 RACE HOODIES.

WITH REVOLUTION SHIRTS YOU CAN HAVE GARMENTS DECORATED WITH A DESIGN OF YOUR CHOICE. FROM PRINTED T-SHIRTS TO PERSONALISED POLO SHIRTS TO CUSTOMISED WORKWEAR WE CAN SUPPLY IT ALL..

WE OFFER SCREEN PRINTING, EMBROIDERY, DYE SUBLIMATION AND A FULL RANGE OF DIGITAL TRANSFERS. WITH 30 YEARS EXPERIENCE WE CAN HELP YOU CHOOSE THE BEST OPTION.



YOUR LINK TO PRINT.

EMAIL: SALES@REVOLUTIONSHIRTS.CO.UK
TELEPHONE: 01530 510080

THE FACTORY, 43 NORTH AVENUE, COALVILLE, LEICESTERSHIRE LE67 3QX

Event photography by yourraceday.co.uk - info@yourraceday.co.uk

we are pleased to be official race photographers for the Ashby 20

log on to yourraceday.co.uk to see your photos!



yourraceday.co.uk



2023 WINNERS

OVERALL WINNER- MEN			OVERALL WINNER - WOMEN		
Daniel Bagley	Mansfield Harriers	01:47:36	Abigail Halcarz	Ivanhoe Runners	02:07:52
MEN VET 40			WOMEN VET 40		
Orlando Corea	Birchfield Harriers	01:52:25	Georgina Grimshaw	Kimberley & District AC	02:17:30
MEN VET 50			WOMEN VET 50		
Rich Whitelegg	Hinckley Running Club	02:06:34	Kate Wright	Stratford-upon-Avon AC	02:15:20
MEN VET 60			WOMEN VET 60		
Bruce WhiteHead	Wellingborough & District AC	02:14:38	Laura Graves	Ivanhoe Runners	02:48:35
MEN VET 70			WOMEN VET 70		
Donald Foster	N/A	03:17:45	Heather Mitchell	Dewsbury Road Runners	03:44:57
TEAM PRIZE - MEN			TEAM PRIZE - WOMEN		
Spa Striders	Neil Smith Chris Mckeown Adam Notley	01.54.14 01.57.35 02.01.41	Poplar Running Club	Kirsty Dale Nicola Stevenson Laura Bently	02.17.09 02.17.56 02.37.37
PAUL ENION PRIZE WINNERS (Selected randomly from the finish results for residents of LE65, DE11 & DE12)					
Paul Ireland			Donna Reid		



PREVIOUS WINNERS & COURSE RECORD (MEN)

2022	Ian Allen	Spa Striders	0:1:44:29
2019	Daniel Bagley	Holme Pierrepont RC	01:51:43
2017	Gareth Lowe	Clowne RRC	01:54:38
2016	Gareth Lowe	Clowne RRC	01:53:43
2015	Matt Adcock	Hermitage Harriers	01:49:10
2014	Ben Livesey	Birchfield Harriers	01:49:28
2014	Oliver Harradence	Royal Sutton Coldfield AC	01:54:18
2012	Mark Powell	Wigston Phoenix RC	01:52:23
2011	Nigel Stirk	Tipton Harriers	01:49:52
2010	Richard Kay	North York Moors	01:52:48
2009	Nathaniel Williams	North York Moors	01:49:48
2008	Neil Renault	Long Eaton RC	01:52:36
2007	Peter Galpin	Huntingdon RR	01:54:03
2006	Dave Connor	Ripley RC	01:56:54
2005	Gareth Raven	Sale Harriers	01:44:17

PREVIOUS WINNERS & COURSE RECORD (WOMEN)

2022	Hannah Lucas	Bury AC	02:03:31
2019	Annie Byrne	Team ALDI	02:09:50
2017	Victoria Nealon	Rugby & Northampton AC	02:14:29
2016	Katie Lomas	Charnwood AC	02:17:13
2015	Emily Ault	Barrow Runners	02:09:56
2014	Sarah Rose	Godiva Harriers	02:14:48
2014	Philippa Taylor	Nene Valley Harriers	02:07:37
2012	Claire Spencer	Kimberworth Striders	02:15:47
2011	Kate Wright	Stratford AC	02:15:24
2010	Lou Collins	N/A	02:08:07
2009	Diana Lobacevske	N/A	02:02:40
2008	Helen Finch	Solihull & Small Heath AC	02:15:33
2007	Nicola Clay	Stilton Striders	02:06:42
2006	Christine Howard	Matlock AC	02:10:00
2005	Helen Cawthorne	Redhill Road Runners	02:13:09

ALDI ASHBY 20

A 20 mile road race
organised by runners
for runners

COMPETITOR INFO

We hope your training is going well and you're looking forward to this year's event.

The following pages highlight all you need to know about running the Aldi Ashby 20, in order to make your experience as safe and enjoyable as possible.

LOCATION AND ARRIVAL INFORMATION

The race is co-ordinated from pre-race HQ at Ashby Leisure Centre & Lido, then Race HQ on the Bath Grounds once the Race starts.

The postcode for Ashby Leisure Centre is **LE65 1HU**, the postcode for the Race start/finish on the Bath Grounds is **LE65 2GP**

PRE-RACE HQ

If you need any help on the day, a help desk will be located at the **pre-race HQ in the sports hall of Ashby Leisure Centre**. There are portaloos, toilets and changing areas at the leisure centre for your convenience before the race. Please vacate the Leisure Centre by 09:30 to allow sufficient time to get to the start (10-minute walk) which is signposted.

RACE NUMBER

Your race number, baggage tags and race information sheet will arrive by post approx. 2 weeks prior to race day. Your race number has the timing chip built into it.

REMEMBER:

No race number = no chip = no time. Please note that numbers/chips cannot be re-issued on the day.

Next of kin details and any medical information such as diabetes/asthma/allergies should be detailed on the back of your race number.

BAG DROP/COLLECTION

Bag drop off/collection is at the Bath Grounds (race start/finish area) **Please note there will no longer be a bag drop off option at Ashby Leisure Centre & Lido.**

Bags are reclaimed at the finish on production of your race number. Clothing dropped at the start area will be collected up and taken to the baggage area at the finish. **Items left at the start, and at the baggage area is left at your own risk.**



COMPETITOR INFO

TOILETS

As well as the toilets at Pre-Race HQ, there are portaloos and urinals located on the Bath Grounds (start/finish area). There will also be two portaloos at each of the four water stations along the route (at approx. 2.5 mile intervals), which are clearly signed and you will pass twice.

Hand sanitiser is available in all toilets

PLEASE, NO PEEING IN HEDGES!

We rely heavily on good relationships with our local communities, and do our very best to cause as little disruption as possible to them. With this in mind, there must be no urinating in the villages, nor around the start assembly area on the Bath Grounds. We have made huge efforts to provide portaloos and urinals in key areas, so there should be no need to use a hedge!

EAR PHONES

Despite the road closures, **head/ear-phones, other than the bone-conduction type are not allowed** – Please note you are liable for disqualification.

CAR PARKING

Please follow signs and marshals instructions to the official event car parks (see map on P18/19 for event car parks locations).

No parking at the Bath Grounds - this is to ensure our emergency vehicles and medical staff have unobstructed access.

There are additional Local Authority car parks in Ashby, which are free on a Sunday. See the link below for more info (please note the length of stay varies at each one).

[Car parking - Ashby-de-la-Zouch - North West Leicestershire District Council \(nwleics.gov.uk\)](http://nwleics.gov.uk)

PLEASE CAR SHARE WHEREVER POSSIBLE

TO AVOID ANY LAST MINUTE STRESS AND RUSH, ARRIVE WITH PLENTY OF TIME TO PARK

BE PREPARED TO MOVE ONTO ANOTHER CAR PARK IF YOUR FIRST CHOICE IS FULL

PLEASE BE COURTEOUS TO OUR CAR PARK MARSHALS.



ASHBY 20 FINISH

COMPETITOR INFO

ROAD CLOSURES

We are proud to announce that the course will once again be closed to traffic in the running lane. Despite this, there may still be some access for residents, and runners are advised that the stretch from Packington to the finish line will not be closed. As always, be aware of traffic in this section.

COURSE TIME LIMIT

Due to the need to remove the road closures and open the roads to traffic in a timely manner, we have to introduce a time limit for the event. This will be a **cut-off time of 2 hours 20 minutes at the 10-mile point, measured by the half-way clock, which is just after the drinks station and village of Packington at the start of the second lap. This should equal 4 hours 45 mins for completing the full 20 miles, allowing for a little slowing on lap two.**

If you do not reach the 10-mile mark by this time, you will not be allowed to continue to the second lap and will be withdrawn from the race.

THE START

The start is on Upper Packington Road (see the town map for details). **Runners should assemble on the Bath Grounds by 0930** where there will be a pre-race briefing. Runners will then be led up to the start area together at 0950.

Be there on time!

THE FINISH

The race finishes on the Bath Grounds, with the final stretch on the hard path following the perimeter of the Bath Grounds.

GUIDED RUNNERS

There may be guided runners on the course, so please give plenty of space when passing.



COMPETITOR INFO

DRINKS STATIONS

Please see the route map for the locations of the four drinks stations, which are all visited twice. **Aldi bottled water** will be available at all drinks stations (subject to consumption levels on the day) and at the finish. If you only want a swig of water, cups will also be available – particularly at the first couple of stations.

Energy gels are available at all drinks stations on the second lap.

Vaseline will also be available at all drinks stations.

Water will be available at the end of the race on the Bath Grounds.

PLEASE NOTE

There will be no additional snacks/sweets available on the water stations or from marshals on the route.

We do advise runners to be self-sufficient for fuelling on the run.

LITTER

We have a litter drop zone in place which starts 200m before, and finishes 200m after each drinks station. There will be a bin at the start and finish of each zone. Please use these zones to discard your litter, along with the bins situated at miles 3, 8 and 14.

There are significant concerns over rubbish on the course, so we would really appreciate thoughtful disposal of your rubbish along the route by using the drop zones and bins in place.

In addition, we have five 1100L bins situated around the Bath Grounds for any litter you may have before or after the race. These bins are provided by Rainbow Waste, who take the bins to a waste transfer station where it is processed for recycling.



COMPETITOR INFO

RESULTS & PRIZES

The prize presentation will take place near the finish area on the Bath Grounds at approximately 1:00pm.

Prizes are awarded based on gun to finish time. Provisional results will be displayed near the finish area on the side of one of the finish tents.

Please note, a runner can only be awarded ONE individual prize (apart from Team prizes). The prize awarded will be the one with the higher monetary value.

Results will be on-line within minutes of the last runner finishing at www.chiptiming.co.uk and on the race website www.ashby20.co.uk within 24 hours.

FREQUENTLY ASKED QUESTIONS

If you still have questions after reading this guide, please check the race website for our FAQ's and any updates;

<https://www.ashby20.co.uk/faq>

For any additional queries you can contact info@ashby20.co.uk

You can also follow us on:

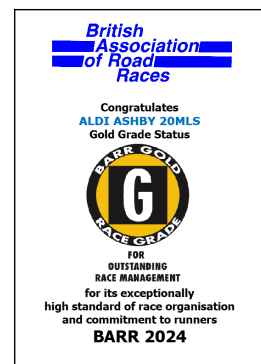
Facebook

X (formerly Twitter)

Instagram



Course No. 16/061





PRIZES

Prizes will be awarded at 1pm in the Race Village near to the finish area.

Please note, a runner can only be awarded **ONE** individual prize (apart from Team prizes). The prize awarded will be the one with the higher monetary value.

POSITION	SENIOR MALE	SENIOR FEMALE
1 ST	£150	£150
2 ND	£75	£75
3 RD	£50	£50

TEAM PRIZE	1st MALE TEAM (first 3 count)	1st FEMALE TEAM (first 3 count)
	£40 each	£40 each

POSITION	MALE VET 40 / 50 / 60 / 70	FEMALE VET 40 / 50 / 60 / 70
1 ST	£50	£50

PAUL ENION LOCAL PRIZE	
Selected randomly from the finish results for residents of LE65, DE11 & DE12	
MALE	FEMALE
12 MONTHS MEMBERSHIP AT EVERYONE ACTIVE	12 MONTHS MEMBERSHIP AT EVERYONE ACTIVE

PLUS: 30 SPOT PRIZES WILL BE AWARDED THROUGHOUT THE FIELD



MEDICAL / H&S

FITNESS TO RUN, MEDICAL CONDITIONS & MEDICAL COVER

You must ensure that you're medically fit enough to participate in this event. It is essential for runners with any relevant medical conditions to write details on the back of their race number, with a note of an emergency contact.

Being medically fit also means making sure you have fuel on board. Race day nutrition is just as important as your training plan. Make sure you fuel yourself appropriately and keep yourself topped up. If you run out of energy, your race may be over.

There have been cases at other events of runners collapsing after having taken recreational drugs some time before the event. We remind all runners that this is dangerous and that stimulants of any kind should not be taken.

FIRST AID PROVISION

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.** We ask you to either save this number to your phone or write it on the back of your race number.

HEALTH & SAFETY

We take health & safety very seriously, and are committed to making sure all of our runners are in safe hands when taking part in the Ashby 20. We are proud to have achieved, and continue to maintain, the **BARR Gold Standard race grade for outstanding race management.**

If course officials see or suspect a runner is receiving assistance, the runner may be disqualified.

Wheeled mobility vehicles are not allowed

Dogs are not permitted.

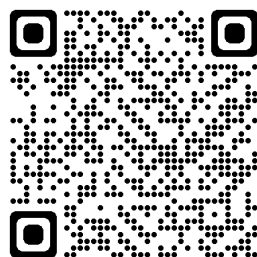
There must be no close following or accompanying cyclists on the route



The simplest way to talk about locations'

Visit <https://what3words.com/about> for more info or scan the QR code below

LOCATION	WHAT3WORDS
Ashby Leisure Centre & Lido, Pre- Race HQ	///decide.drizzly.cosmic
Bath Grounds, Race HQ / Bag drop off & collection / Race village / Finish area	///unrated.newspaper.fighters
EVENT CAR PARKS	
Ivanhoe School, North Street	///dares.admit.butterfly
Ashby School, Nottingham Road	///couple.pumps.shoulders
Castle Medical Centre, Burton Road	///walls.vibrate.easy
Lewis Charlton, South Street	///snack.enforced.query





THE COURSE

DESCRIPTION

Please keep to the left at all times unless instructed otherwise by the marshals.

The course takes you directly out of Ashby, over the A42 and into the village of Packington. An anticlockwise, scenic but undulating circuit takes you past Champneys Springs health spa (where the first drinks station is located), then to the outskirts of Measham, uphill to Swepstone (site of the second drinks station), and on to Heather - which is the furthest point as the crow flies from the finish.

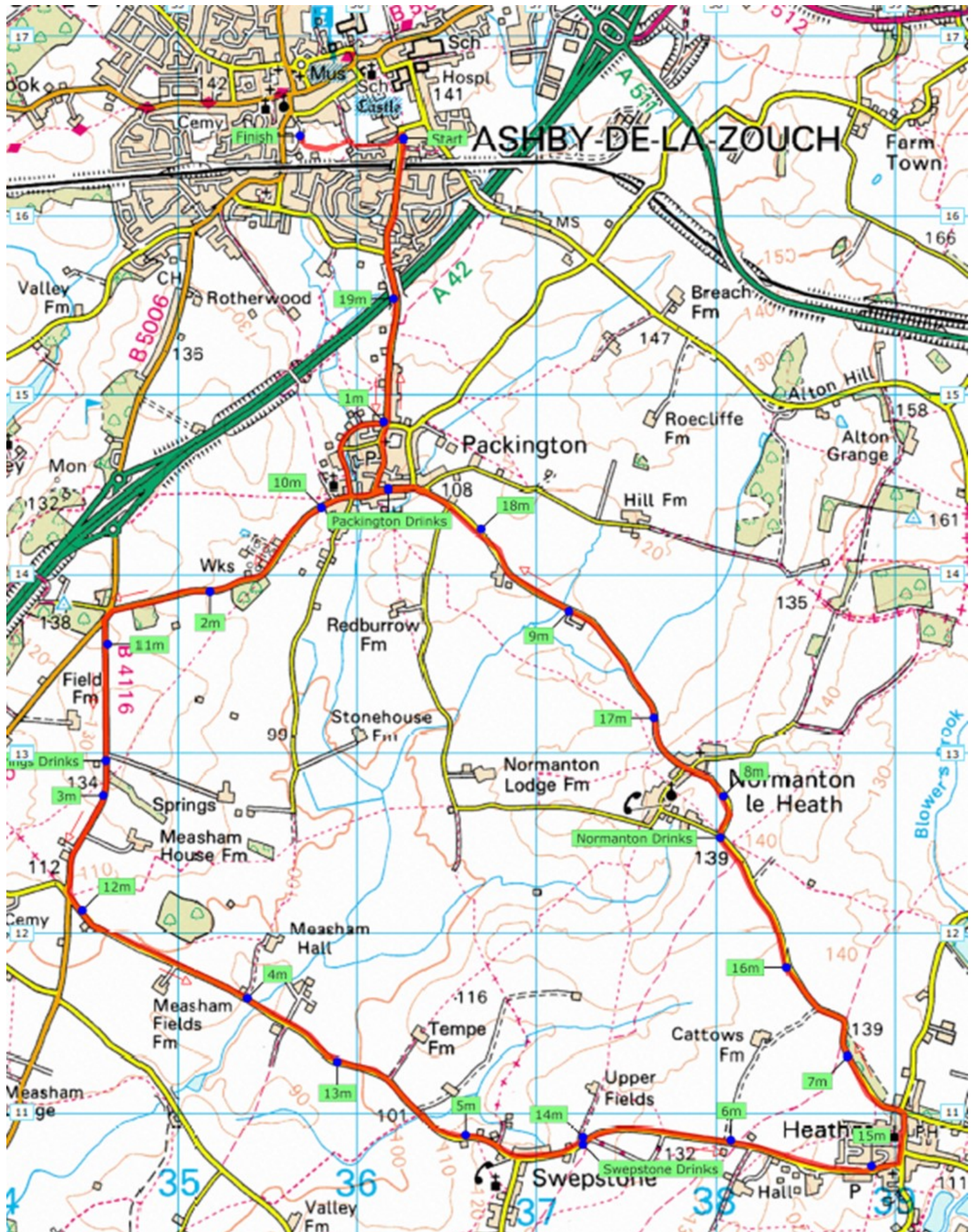
The next village of Normanton le Heath has the third drinks station, and then on to Packington for drinks station number 4 – and the start of the second lap (by the pub). Just do all that lot once more, back to Packington, and then make a right turn in front of the pub – the turn for home. You'll head back along the route of the first mile, through the start area, and then left down the unadopted road on to the finish area at the Bath Grounds – easy!

COURSE PROFILE



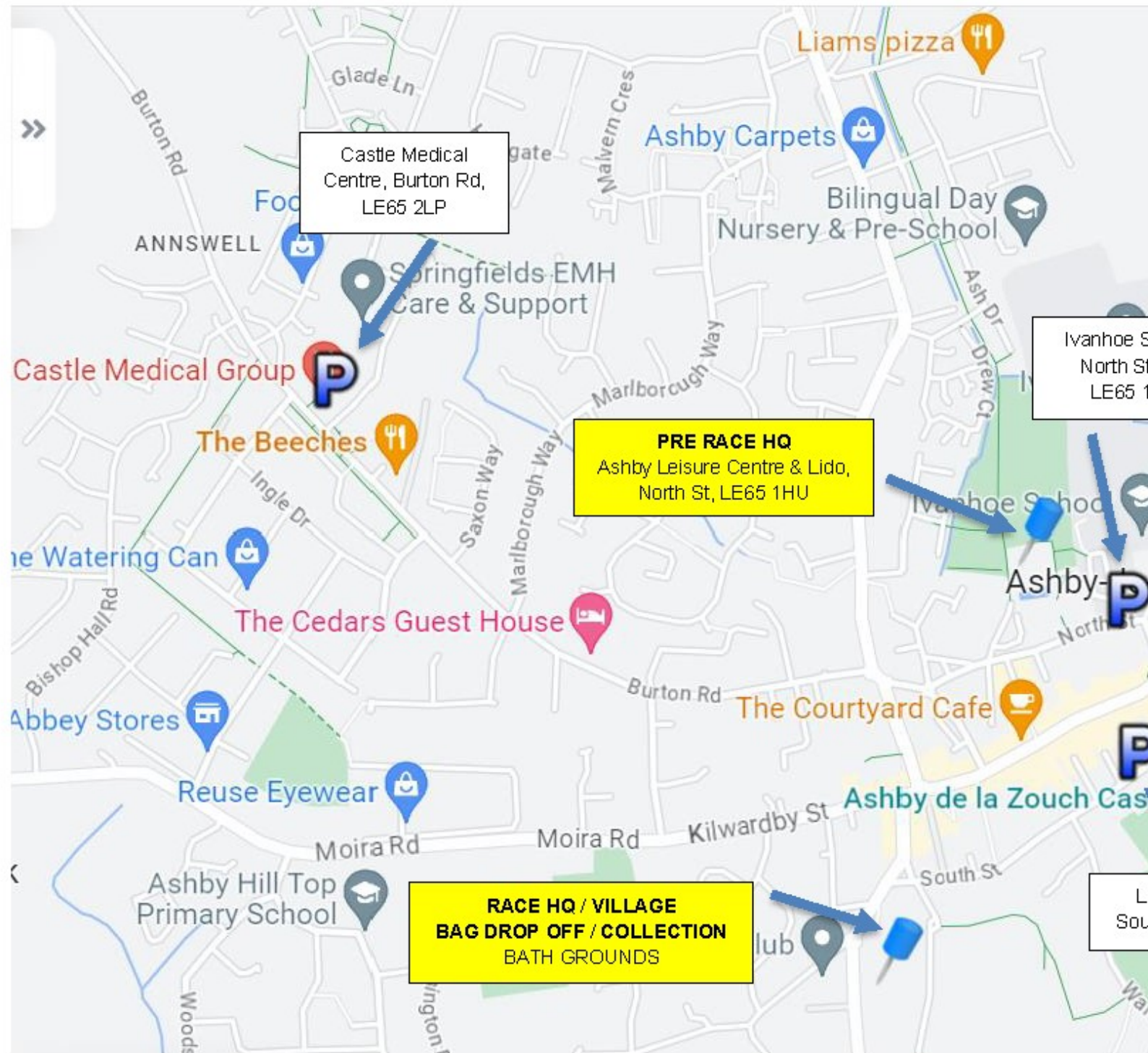
* Distances and markers are approximate values and may not be 100% accurate. This may cause the route to be displayed as slightly longer / shorter than the advertised distance.

COURSE MAP



ASHBY TOWN MAP 'BEST VIEWED LANDSCAPE' (turn your

Event car parks / Pre-Race HQ / Race Village HQ / Bag drop



CAR PARKS

Please arrive with plenty of time to park your car. We have four event car parks, all of which are available around the town (<https://www.nw...>)

WALKING DISTANCES

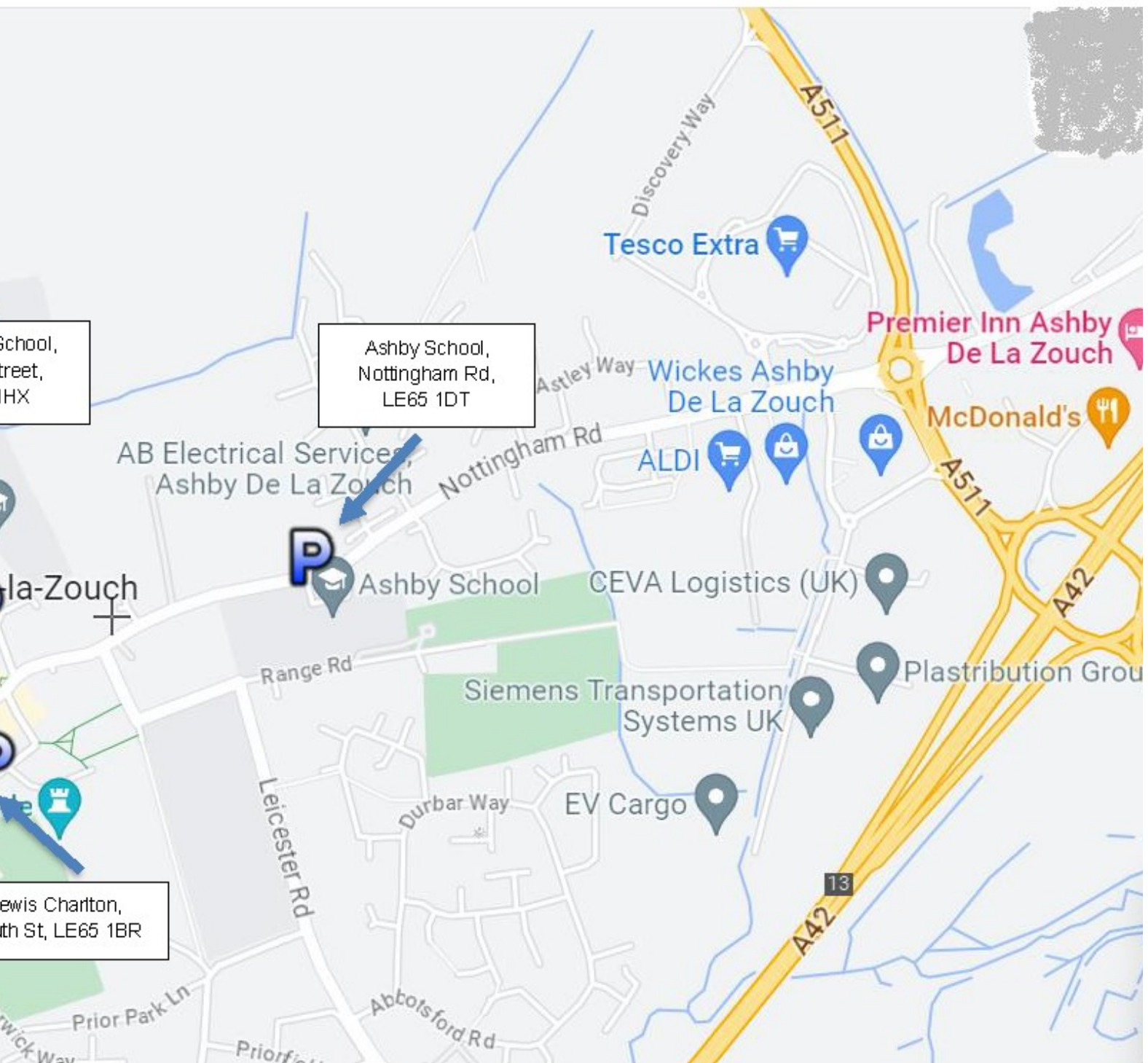
Castle Medical Centre 0.9 mile (next to small Co-op & The Beeches Pub) /

LOCAL FACILITIES

Ashby town centre – a wide range of

phone)

Drop off & collection point



MARKS

within walking distance of the race village (there are also Council owned long stay

leics.gov.uk/pages/car_parking_ashby_de_la_zouch

ROADS TO RACE VILLAGE

Ashby School 0.8 mile / Ivanhoe School 0.6 mile / Lewis Charlton 0.3 mile

FACILITIES

A range of shops, cafes, and pubs available



REDUCING OUR IMPACT

We are committed to promoting sustainability, reducing our impact on the environment, and are ambitious in our future plans to make further positive changes each year.

Please see below, the initiatives and changes made to date.

1. Since 2019, our race booklet is digital only
2. Since 2023, we have stopped using bags for the finisher goodies. Your goodies will be accessible to collect individually as you leave the finish funnel
3. All plastic water bottles discarded in our 'litter drop zones' are collected and taken away by Aldi to be recycled
4. We are proud to be a leaflet free event
5. The large cardboard hoodie boxes are taken to the local recycling facility
6. The five 1100L bins on the Bath Grounds are provided by Rainbow Waste, who take the bins to a waste transfer station where it is processed for recycling
7. We have introduced 'litter drop zones' 200m before and 200m after each drinks station to reduce litter along the whole route
8. A full litter pick of the route takes place over the two days after the event
9. We encourage race entrants and volunteers to car share wherever possible to reduce impact on local roads and the wider environment
10. Our hoodies are supplied and printed locally (Coalville), and we use a local bakery in Ashby to supply our cobs, both minimising our carbon footprint
11. All our race signage is no-dated so it can be reused each year

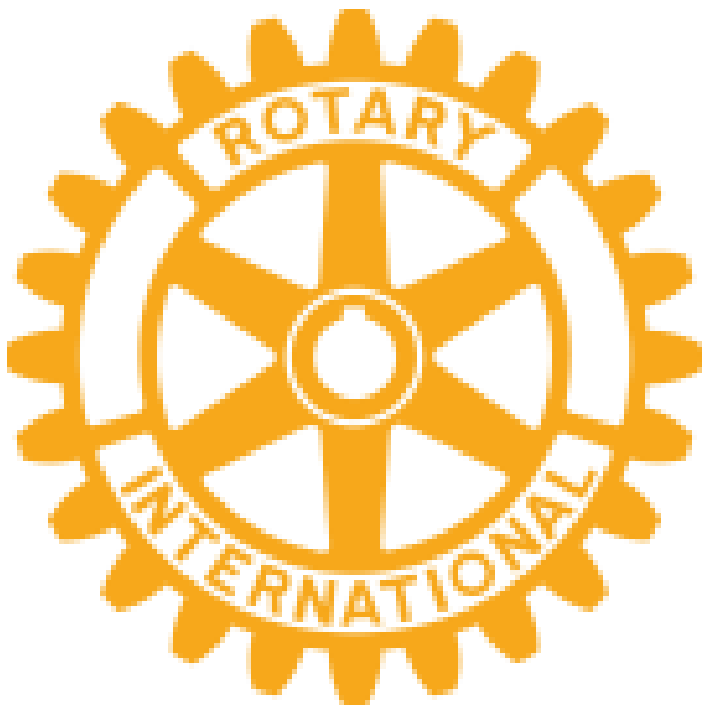
Ashbylutely



Ashby Spa

WI

Wonderful



EXPLORERS

REFRESHMENTS

In and around Ashby-de-la-Zouch

ASHBY 20 EVENT CATERING—BATH GROUNDS / FINISH AREA

GILLYS FINE FOODS (IBSTOCK)

Serving hot and cold drinks, burgers, sausage/bacon cobs, chips etc

Vegetarian options also available

<https://gillysfinefoods.co.uk/>

ALONG THE ROUTE

The Bull & Lion in Packington

Poochies of Packington (Café)

Hill Farm Packington (Antlers & Alpaca Café)

Cattows Farm near Heather

The Crown Inn / The Queens Head in Heather

ASHBY TOWN CENTRE

A wide variety of cafes, pubs and restaurants serving a range of food and drink

HOTELS / B&B's

Premier Inn, Flagstaff Island, Flagstaff Park, Ashby De La Zouch LE65 1JP

The Cedars B&B, 60 Burton Road, Ashby de la Zouch LE65 2LN

The Beeches, 114 Burton Road, Ashby de la Zouch LE65 2LP

The Smithy Studio B&B, 41A Wood Street, Ashby-De-La-Zouch, LE65 1EL

The Clockmakers House B&B, 8 Lower Church Street, Ashby-de-la-Zouch, LE65 1AB

Champneys Springs, Gallows Lane, Packington DE12 7HD England

SPECTATORS

Are very welcome at the
Aldi Ashby 20

**COME ALONG AND ENJOY THE FUN OF RACE DAY BY CHEERING
ON OUR AMAZING RUNNERS**

The runners pass through the village of Packington three times, and this can be an ideal place to cheer on family & friends. Please wherever possible, do not drive to Packington to park. Parking is freely available in Ashby, and we would strongly encourage you to take the walk of about 15mins if you are heading to Packington.

Runners also pass through Heather twice, another great spot for supporting, with two pubs and a corner shop in the village, and Cattows Farm nearby.

The Bath Grounds is the perfect location to wait for your family/friends and to watch them finish the last stretch of the 20 mile race. It's the hub of the event with live commentary and a brilliant atmosphere.

We do ask you to please be considerate when parking, causing no obstructions to local residents, other road users, event volunteers and runners.

THANK YOU





COME AND JOIN US!!

Run with like-minded people and make new friends

Run at your own pace

Get free advice

Enjoy discounts from races and local running shops

Run for fun, or compete for our teams in local league races

Take part in our social events, awards nights & holidays

Based in Ashby-de-la-Zouch, we are a friendly running club with over 180 members, catering for all abilities, and new-comers are always welcome.

Get in touch for more information by contacting one of our committee members, whose details can be found on our website; www.ivanhoerunners.co.uk





pladis

GODIVA  **ÜLKER**

