



ALDI ASHBY 20

20 MILE ROAD RACE: FINAL DETAILS

SUNDAY 26th MARCH 2023



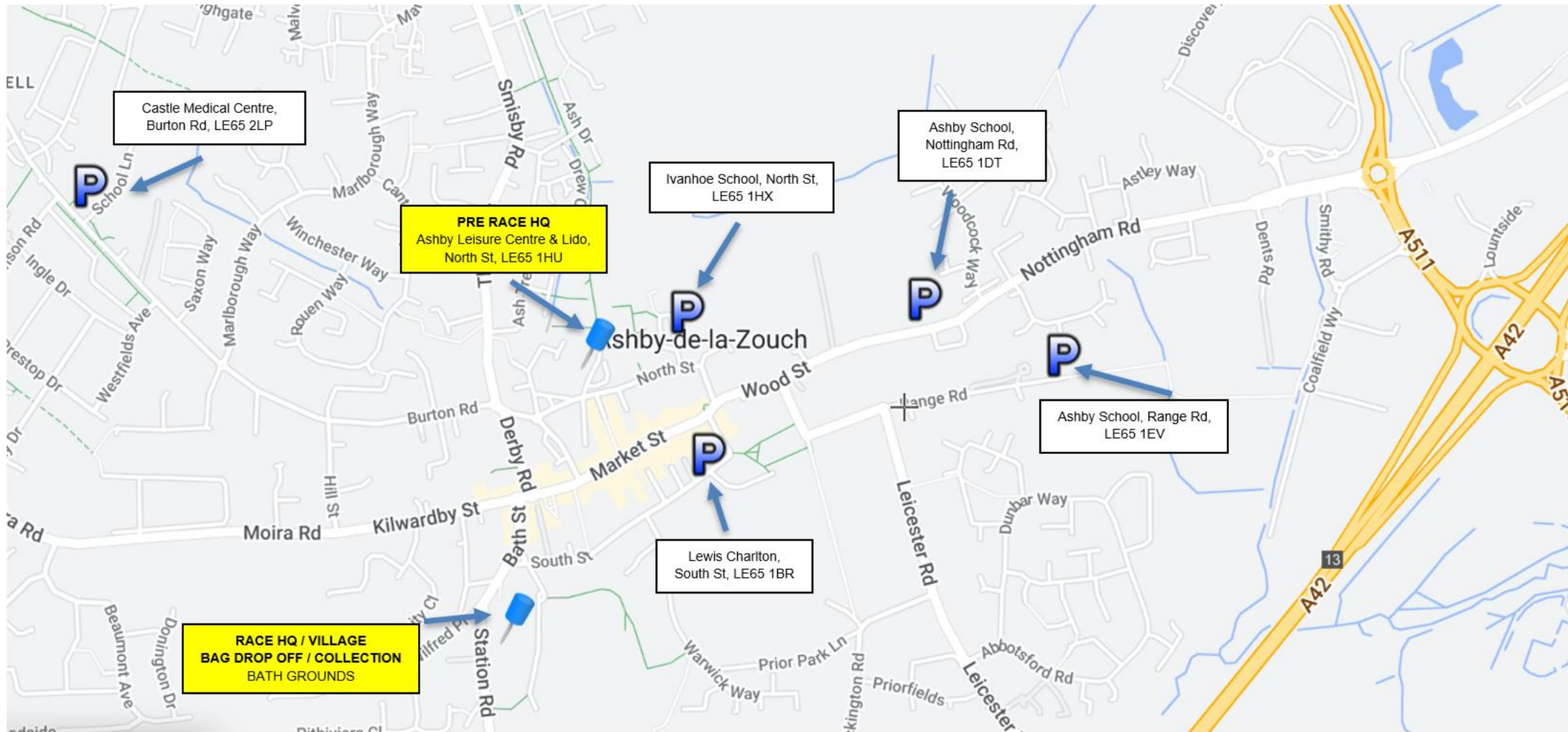
FULL RACE GUIDE AVAILABLE ON THE RACE WEBSITE: www.ashby20.co.uk

VENUE & RACE HQ	Bath Grounds, Station Road, Ashby de la Zouch, Leicestershire LE65 2GP START TIME: 10.00AM
9:40am	Assemble on Bath Grounds for pre-race briefing
9:50am	Runners led from Bath Grounds to start area
10:00am	RACE STARTS – ‘Spring Forward’ Clocks go forward 1 hour the night before!!!
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 bring your running number and chip to the race (you will not be re-issued a chip on the day should you forget it)
PARKING	Event car parks 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.
PRE-RACE HQ	Pre-Race HQ is at Ashby Leisure Centre & Lido where you will find a pre-race helpdesk, toilets, portaloos and changing areas. This is no longer a bag drop off point (see below)
BAG DROP OFF / COLLECTION	Bag drop off/collection is at the Baggage Tent on the Bath Grounds only . Please note there will be no bag drop off at Ashby Leisure Centre & Lido (Pre Race HQ)
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 always follow the instructions of marshals, keeping to the left unless instructed otherwise
DRINKS STATIONS	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 on the second lap. There are portaloos situated at each drinks station.
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. 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 on entry, just after you cross the finish line. Results will also be available online within minutes of the last runner finishing at chiptiming.co.uk .



ASHBY TOWN MAP

Event car parks / Pre-Race HQ / Race Village HQ /
Bag drop off / collection point



'SPRING FORWARD'

The race takes place on the day when British Summertime begins. Make sure you put your clocks forward the night before!