

## **Aldbury 5 – Sunday 11<sup>th</sup> June 2023 11am**

### **Race Day Instructions**

#### **Registration and briefing**

Registration is at the recreation ground, Stocks Road, Aldbury, Hertfordshire, HP23 5RX.

Please make your way to the registration area and collect your race number on the day. Registration will be open from 9.30am and will be located outside (weather permitting).

Free car parking will be available in the field immediately opposite the recreation. Please park courteously.

There will be a race briefing at around 10.50am and the race will start promptly at 11am. If you arrive after this time you will not be issued a race number or be allowed to compete in the event.

#### **Facilities**

The Sports pavilion has toilets. There are no changing facilities.

Items can be left in the pavilion on the day of the race. Any items left at the start are left at the owner's risk and we do not accept any responsibility for any loss or damage caused to any property.

Limited first aid facilities are available at the start/finish and at the water station (approximately half way).

#### **The race**

The race is around 5.3 miles of rugged and uneven woodland trails, fields and paths. There is virtually no road at all apart from the very start which is around 100m on stocks road.

There will be one water station on the route at approximately 2.5 miles. Water in paper cups will be provided. There will also be facilities to refill any of your own water containers with water. Please make sure that any empty or unwanted cups or any other rubbish is disposed of at these points or carried to the finish. There will be bins at the water station.

Please show consideration for other users of public footpaths and rights of way. The route is open to the general public and crosses a main road at the water station.

There may be cattle or sheep on parts of the route. Please take care when passing them.

There may also be some fallen trees on the route. Please take care when negotiating them.

We will not be stopping the traffic at the road crossing. Please be careful.

The use of headphones is permitted, but please ensure that you are able to hear other runners and marshals if using them.

The route is clearly marked with temporary race direction markers and red/white hazard tape.

### **Withdrawing from the race**

If for any reason you decide to withdraw from the race then it is **vital** that you notify a marshal at any marshal point or alternatively telephone;

Anthony Kent 07814 009 484

Please do not assume that we know you have pulled out of the race.

### **Safety and legal notices**

You must be fit to take part, and if necessary, should seek advice from your GP before entering the event.

The course is unsuitable for wheelchair users, and no accompanying dogs or following cycles are allowed.

For the sake of our marshals, we will impose a cut off of 2 hours to complete the race. If you are slower than this then you will find that the marshals will have left the course. If you are likely to take over 2 hours, then you should ensure that you are very familiar with the route.

Race results will be emailed to all entrants and posted on our website as soon as possible after the race.