



## ASHBOURNE SEESAW FINAL RACE INFORMATION

**ASHBOURNE LEISURE CENTRE, ASHBOURNE, DERBYS, DE6 1DR  
SUNDAY 1st MARCH 2020 – 08:30**

### Welcome to Ashbourne Seesaw

We would like to welcome everyone to the 4th Ashbourne run organised by SBR Events Limited now with the new name of Ashbourne Seesaw & the new distance of half marathon. Firstly, we would like to thank all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

### Confirmation of Entry

The list of participants will only be available up until the race. After that - please check the results page. Please check on the list of participants (which will be posted online tomorrow by 8pm) [Ashbourne Seesaw 2020 Participant List](#) that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently.

Please inform us of any issues with your entry ASAP.

### Age Restrictions

We do insist on specific age restrictions on certain race distances. If you have a minor running under the suggested age for the distance, we expect the responsible parent or guardian to ensure they are fit to race before signing them up. Please be aware that our 5k fun run includes families & young children. If you are overtaking them please take care. Parents – please advise children that runners may overtake & ensure they don't impede runners. The track can be narrow in places but is big enough for everyone to enjoy the day☺

### What Will You Need?

We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. If it is going to be very cold & maybe wet (forecasts look like -2 to 4 degrees – it looks bright & sunny but very cold. Less wind has got to good after the last 3 stormy Sundays!) please bring lots of layers of dry warm clothes (for during & post run). Bring bottled water or isotonic drinks, snacks & gels for the run.

### WATER

Our aim is to reduce single use plastics by over 75% at our races within the next year.

**WE CAN'T DO THIS WITHOUT YOUR SUPPORT!**

We provide water stations for ALL in cups on the course as an option but we want to reduce our use of single plastics (the cups are a dreadful waste) so please refill your own water bottles around the course. We also sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which can be put into a pocket or tucked into your waistband to use at the water stations. It really only takes a few seconds to fill up, drink & GO!

We have decided this year NOT to give a bottle of water to all athletes at the END of the race as this produces more single use plastic waste so please re-fill your own water into your own cups / bottles OR we will provide a compostable paper cup (until we try to phase these out too!).

We will be selling hydration vests & refillable bladders at later events in 2020 to encourage alternative water storage.

### Accommodation

For local information including accommodation please look here: <http://www.visitashbourne.co.uk/>

### Car Parking

Please car share wherever possible to save fuel & take care of your environment. There are several 'pay and display' car parks in the Town, all within walking distance of the race HQ. Please ensure you arrive in plenty of time to park and make your way to Ashbourne Leisure Centre.

Car Parking information as below which includes the location, postcode and number of spaces:

LOCATION	POSTCODE	SPACES
Bus Station	DE6 1BW	39
Cattle Market	DE6 1ED	50
Clifton Road	DE5 1AA	36
Cokayne Ave	DE6 1EJ	119
Fishpond Meadow	DE6 1FN	125
Market Place	DE6 1ES	48
Shawcroft	DE6 1GD	191

There is a limited amount of parking (300 spaces) at Waterside Retail Park nearby on Clifton Road (A515) but this is a short stay carpark (max 4 hours free). Similarly, Sainsburys (215 spaces opposite the venue) have a max 3 hour free parking limit. Please don't get a parking fine!

### **Race Registration – Sunday**

**OPENS 7.40am & CLOSSES - 8.20am (Canicross), 9.30am (10mile & half), 9.45am (5k & 10k)**

On the day entries will be available this year; HM – £40 10miles - £35 10k- £30 5k-adult £15 child £10  
CASH ONLY PLEASE

The start / finish line is based in Ashbourne Leisure Centre Carpark at the rear of the building at our Race Village near our gazebos.

Registration for ALL Canicross participants will be outside the Minor room – please follow signs.

Registration for ALL other runners will be in the Minor Room at Ashbourne Leisure Centre. Follow signage & marshals to locate Registration.

At registration just give your name or race number & you will collect a single race number and a timing chip & your t-shirt (if pre-paid).

### **COURSE MAPS**

There will be maps of the route available for you to review (they are currently on the website/ Ashbourne Seesaw page). However the course is fully signed & marshalled so it will be easy to follow.

### **Baggage Drop in Minor Hall – DONATION per BAG – FOR CHICKS - Registered Charity 1080953**

Our chosen charity- local Ashbourne based children's charity CHICKS are kindly providing staff for the baggage drop this year.

You can leave baggage with us at Race Village (use tear off part of your race number).

Bags will ONLY be returned to person with matching race number. You must collect your race number & drop your baggage at the corresponding desk to your race number.

If you do not drop your bag at the correct desk your bag will be harder to find among the 500+ participants so please take drop it at the correct desk. We know it will get very busy at this time so please be patient with the volunteer marshals. **PLEASE bring cash for this service.** (CHICKS provide Country Holidays for Inner City Kids)

### **Race Numbers**

- Race Numbers must be worn on the front during the run.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Complete the medical info & emergency contact info on the back with MC on bottom left at front if you have a medical condition.

NB. You don't need to bring safety pins; we will have plenty at registration.

### **Timing Chip**

To maximise the success of getting your time there are a few things required:

a) Wear the chip!

b) When attached to the strap wear it just above EITHER ankle with the chip pointing away from your leg. If you wear it anywhere else, the chip may not be read.

c) Please return your chip back at the finish line especially if you have to retire early. You will incur a **charge of £10** if you fail to hand it in.

### **Results**

Times will be displayed in the timing tent next to the finish. You will be able to collect a print-off detailing your times including your various splits. Provisional results will be available to download on [www.sbrevents.co.uk](http://www.sbrevents.co.uk) same day following the event or [Ashbourne Seesaw Preliminary Results](#)

### **Race Briefings – A few mins before each race on start line**

A very short race briefing will take place near to the start / finish line just before your wave starts. If you are unsure about anything please listen carefully. The Race Briefings will inform you of any last-minute route changes and safety points. If you have any questions or queries on race day, please ask them at Race Registration. **Canicross will have a separate briefing; 8.15am outside the MINOR hall.**

**Race Start Times (approximate) – at the START/FINISH GANTRY.**

**please enter race funnel according to your pace ie fastest runners at the front**

5k & 10k Canicross (DOGS ONLY) at 8:30  
10mile & HM at 09:45  
5k & 10k at 10:00

**The trail can be narrow in places for 2 way traffic!**

**IMPORTANT - PLEASE READ:** At the start please ask the person near you what minute mile they run at. We are asking for fastest runners to head to the front on each race ahead of other runners at a slower pace. This will avoid congestion & unnecessary overtaking on the run. We have runners on the family friendly 5k who vary from 5min to 20min per mile (they may be running with younger children) & pace varies from 6min to 14min per mile on both 10k & 10mile & half marathon so please be respectful to each other to ensure a happy race.

### **Headphones / Ear Buds / Bone Conduction Headphones**

Headphones & music will be allowed but please be aware that you **MUST** be able to hear marshal instructions & may have faster runners trying to overtake including Canicross runners with dogs. There are also cyclists, horses & members of the public on the trail – the bikes go fast!

### **Course Reconnaissance**

Tissington Trail is open to the public. You will be able to check out the course prior to the event.

### **History of Tissington Trail**

The trail was originally the trackbed of the Buxton to Ashbourne railway line, built by the LNWR and opened in 1899. In its heyday, it carried express trains from Manchester to London and until after the Second World War a daily train delivered milk from Peak District farms to Finsbury Park, London.

### **The Run**

The course is fully marked with directional signage, distance markers & marshals at key points but is essentially a 'there & back' course on one path! **PLEASE ALWAYS KEEP TO THE LEFT except when you are exiting the tunnel before the finish line on the return leg - then KEEP RIGHT!**

The run starts on tarmac through the carpark then progresses into the long Ashbourne Tunnel under the town. There is a drop (like a kerb) off the central tarmac area in the centre of the tunnel onto old ballast which is like chunky rocks. We are placing cones with glow sticks over them to remind you to watch your footing if you decide to run near the edge of the path. **Please take care.** The trail then opens out near the Cycle Centre / Café at Mapleton Lane onto flat, firm crushed limestone surface. Run on the tree lined path & tackle the only 'hill' where the trail dips down and up where a viaduct has been removed; both slopes are about 40 m (130 ft) long with gradients of 1:9.

You can then enjoy the beautiful views across Derbyshire Dales with a very gradual incline on the first half of your run, with a pleasing gradual decline on your return. The TOTAL climb for the 10mile run is just under 400ft (123m) so it really isn't steep but your legs will be grateful once you've turned around.

Surrounded by beautiful countryside the traffic-free trail is ideal for horse riders, cyclists, naturalists and walkers. It is suitable for wheel chairs and pushchairs along the flat sections. The Trail is open to the public on Sunday morning during the race. Please expect other members of the public to be using the trail & watch out for cyclists, dog walkers, horse riders & families with toddlers & buggies. **KEEP TO THE LEFT & BE RESPECTFUL TO ALL MEMBERS OF THE PUBLIC – thank you.**

Please bring your own bottled water, isotonic drinks, & fuel such as snacks, energy bars or gels.

**Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

### **WATER STATIONS**

There will be marshalled water stations NEAR the 2.5k, 5k & 8k (5mile) turn points so runners will pass these BEFORE they hit their turning points. Water will also be at the finish line. **PLEASE USE THE BINS PROVIDED A SHORT DISTANCE FROM THE STATIONS.** We will always provide water at our races but in order to reduce our carbon footprint & try to save the planet from drowning in plastic we would like to politely request participants to bring their own re-useable bottles to use during the run & especially after the race has finished. These can be filled up at Race Village from our water barrels.

### **Spectators**

There are carparks for spectators to view at Mapleton Lane, Thorpe & Tissington. Mapleton Lane is ok for spectator viewing but the car park only holds about 10 vehicles & it can be busy as there is a cycle hire centre & a café there.

The nearest SMALL car park for 5k turn (for 10k runners) is at Thorpe Station carpark (near The Old Dog, Spend Lane, Thorpe, Ashbourne DE6 2AT). Turn opposite The Old Dog into Narlow Lane & bear right when the road forks past Station House B&B. (map ref: [SK165503](#))

The nearest car park for 8k turn (for 10mile runners) is at Tissington Station car park which can be found off The Green / Darfield Lane (map ref: [SK177520](#)). Toilets are available here for public & athletes.

The nearest car park for 6.6 miles turn (half marathon runners) is Alsop Station car park which can be found off the A515.

### **Medical Cover**

Onsite during the event will be Jola Medical, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a small team of medics including a medic on a cycle on the course plus an ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. 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. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal, who will radio for medical help.

### **Medical Conditions**

Don't forget to write emergency name & contact details on the back of your race number with your medical condition / details of medication & a large 'MC'. This will only be used if you are involved in an accident or if you are unwell.

### **RACE VILLAGE**

There are lots of perks when you arrive at RACE VILLAGE before & after your race.

We are trying to reduce our carbon footprint at events – this means reducing our use of single use plastics (cups & bottles) by 75% over the next year. WE CAN ONLY DO THIS WITH YOUR HELP!

We are encouraging participants to refill their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

We are now selling re-useable cups (£3) & bottles (£2) for you to use at the water stations & take home with you. Please spend a few extra seconds filling up or bringing a hydration pack rather than use a plastic/paper cup every time you need a drink. Thank you.

We will also be providing a PAPER bag (please re-use & recycle) for you to pop in one of each;

Banana, packet of crisps – please re-fill your bottle / cup at the end of the race

We don't want anyone dehydrated & there will be water available for everyone but we'd like to move towards 95% REFILLABLE WATER METHODS by 2021.

Race leaflets, & check out info for Chicks Charity

Remember you also get...

FREE POST RACE SPORTS MASSAGE – available in The Minor Hall within the Leisure Centre

FREE RACE PHOTOGRAPHS

At the Race Village you will find toilets, baggage holding area, sports therapists from Sports Massage Academy, local running clubs, JC Race Solutions chip timing for your results, first aiders/ambulance from Jola Medical, Su'per Nosh food stand & our charity partners for The Longhorn; Notts & Lincs Air Ambulance.

### **Race Clothing – Motivational Range**

There will be a chance to buy race t-shirts & vests (£10 & £15 & £25), long sleeve tops (£20) & hoodies (£30 & £40) at race village. We also sell SBR Events travel flasks & water bottles. We have a sports range of running / & jeffing (run walk run) t-shirts & vests from £15.

### **SBR EVENTS SNOODS**

We have launched our new range of 17 designs – perfect for presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Introductory Launch Price; (usually £10 each)

£7 each

£6 each for 2

£5 each for 3 or more

### **Big Bobble Hats**

We will have a limited range of Big Bobble Hats on sale at £20 each or RACE DAY SPECIAL OFFER; 2 for £30.

## **NOTCH – YOUR ACHIEVEMENTS... AROUND YOUR WRIST**

We are thrilled to be a partner of NOTCH ([mynotch.co.uk](http://mynotch.co.uk)) & welcome them to our event. The SBR Events NOTCH Collection has been designed & specially engraved to celebrate SBR Events passion for creating fun, friendly TOP NOTCH events! Come & have a look at their stand.

## **FREE Sports Therapist post-race massage.**

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

## **Manuka Sport**

We are very pleased to be partnered with products from Manuka Sport.

We will be selling Hydration & Energy Powder plus energy gels. These energy gels are easily digested & contain a blend of carbohydrates (27.5g) and Electrolytes (Sodium 57mg) in order to achieve the combined aims of Hydration and Energy delivery. Buy a few gels for training runs & race day for marathons, ultra runs & triathlons.

## **Marc Dewhurst** - Free photos at Ashbourne Seesaw!

Mark & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event! You can find his pictures on a new album on <https://www.marcdewhurst.co.uk/>  
All images will be uploaded on the evening of 1<sup>st</sup> March - It will take approx 48hrs to get the photos searchable by number.

**My tips...** do a Mo pose / Usain Bolt or wave/smile / we want flying feet /jump & kick your heels / jump & kick your bum/ aeroplanes – do anything to look happy crazy runner instead of THAT RUNNING face! LOL!

## **Food**

Hot food & drinks available from Su'Per Nosh Catering - a local Ashbourne Caterer. Includes gluten free & vegan/vegetarian options.

## **Toilets**

Toilets are available in Ashbourne Leisure Centre Carpark that we are providing specifically for this race. There will also be portaloos immediately outside the registration hall to avoid congestion in the Leisure Centre.

## **BRING YOUR CLUB FLAGS!**

**If you are from a running club, athletics association or triathlon club please bring your team flags with you & a marshal will display it in the Race Village Arena so we can see where the running community have come from.**

## **PRIZES**

There will be trophies in the following categories;

5k, 10k, 10mile & Half Marathon race:

-Fastest Man & Fastest Woman (plus a buff)

-Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+) (plus a buff)

-Canicross Winner (plus a buff)

**There will be certificates emailed to all age group winners in the following categories on ALL races:**

-Fastest Man V40-44, V45-49, V50-54, V55-59, V60-65, V65-69, V70+

-Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-65, V65+

The Presentations will start at approx.

10.05am for Canicross    10.45am for 5k    11am for 10k    11.30am for 10miles    Half Marathon – 11.45pm

There are many trophies so please be patient & be in attendance to collect your trophy. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

**There will also be certificates emailed to ALL participants in the following categories on ALL races:**

-All participants - This will detail your category & finish times

-Canicross - This will detail your category & finish times & will have distinctive pawmarks on

**CHICKS Charity - Please support the volunteers from local Ashbourne based Chicks who are manning the baggage drop - just asking for a cash donation per bag – thank you**

*Our partnered charity - CHICKS is a national children's charity providing free respite breaks to disadvantaged children from all over the UK.*

*We believe every child has the right to make positive childhood memories. A CHICKS break inspires new confidence and gives children the chance to have fun, enjoy new experiences and relax. More than anything, it gives them the chance to just be children.*

*CHICKS began in 1992, making 2017 our 25th anniversary year! In that time, we have provided over 14,800 children with a much needed break.*

*This year we need to raise £1.5 million to continue providing our vital breaks. Find out how you can [get involved here!](#)*

*The children we help come from a variety of backgrounds. They might be living in poverty, be young carers, be victims of bullying or abuse, or have been bereaved. The one thing they all have in common is that they could really benefit from a week away from their circumstances.*

*Children are referred to us by professionals (for example, teachers or social workers) so we can help those who need our support the most.*

### **Canicross - approx 35 runners with dogs expected to run on this event!**

Please keep your dog on a harness especially as the site is SSSI protected & has rare vegetation & wildlife in the forest. Please clean up after your dog.

We always ask people running with dogs to avoid using choke chains, slip collars or haltis as they restrict the breathing of the dog. A harness is best for the dog (check it isn't rubbing anywhere) but a well-fitting flat collar is fine for short distances.

Please do not feed your dog at least two hours before exercise and around an hour to an hour and a half afterwards, as there is a risk of the dog bloating (this is especially true of the bigger dogs and dogs with deep chests).

Heat stroke can be a problem but not at this time of year. We will have regular water stations around the course for the dogs with shared water bowls.

No one should pull or drag their dog. If your dog doesn't want to run, then please hand your dog to a member of your team and carry on, or you retire from the race!

Dogs are fine to run any distance as long as they do not show signs of distress, & as long as both dog & owner have trained for the event!

**Canicross will have a separate briefing; 8.15am outside the MINOR hall. Canicross runners - please ask other runners around you about pace & spread yourselves out with fastest runners at the front. Please go in pairs to ensure there is enough room as you run through the tunnel. At the start line there won't be much chat & we will let you go promptly. We hope this helps.**

### **Withdrawals**

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

### **Race Office Closure**

The SBR Events Limited office will be closed from Friday 28<sup>th</sup> February at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

### **Race Volunteers – Please Help**

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. All marshals will receive a free water bottle OR flask, hot food & drink and either a £20 discount code off a future SBR Events event (to use within 1 year including Ashbourne Seesaw 2021) OR a free t-shirt / snood. We expect event to be finished by 1.30pm latest but would be grateful if everyone can stay at their places until last man (or woman) finishes the race & to assist with breaking the event down. If you know someone that could help, please email [calsie@sbrevents.co.uk](mailto:calsie@sbrevents.co.uk). You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

### **SBR Events**

We will be organising a number of other multi-sport and running events throughout 2020 - please visit

[www.sbrevents.co.uk](http://www.sbrevents.co.uk)

**Next up is The Longhorn on April 19th - a beautiful trail run on private land in North Nottinghamshire - chose from 5k, 10k, half marathon, 26.2 marathon, 50k or 60k ultra!**

### **Thank You!**

It takes a great amount of work to organise an event such as this. Special thanks go to the volunteer marshals, everyone who helps make the event successful. With the kind support of Derbyshire Dales District Council, Ashbourne Leisure Centre & Peak District National Park Authority for their support plus all of our athletes for entering.

### Further Information

Any questions related to the event can be answered by emailing [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk)

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.

SEE COURSE MAP BELOW

**The run goes up to each turn point at 2.5k (5k race), 5k (10k race), 8k (10mile race) & 6.55miles (HM race) & returns back to the starting point.**

## Ashbourne Seesaw Route Map



- Distance markers are miles
- Yellow – Turn Points
- Blue – Water stations

