



THE ASHBOURNE SEESAW 2022 FINAL RACE INFORMATION

ASHBOURNE LEISURE CENTRE, ASHBOURNE, DERBYS, DE6 1DR
SUNDAY 6th MARCH 2022

Welcome to Ashbourne Seesaw

We would like to welcome everyone to Ashbourne Seesaw run organised by SBR Events Limited (previously known as Ashbourne 10).

Confirmation of Entry; Participant List

Please check your data is correct on the online list of participants. Race entries may be included on the list even if you have withdrawn recently. [Ashbourne Seesaw 2022 Participant List](#)

Please inform us of any issues with your entry ASAP.

Check your junk mail if you aren't receiving our emails & make us a safe contact; amanda@sbrevents.co.uk & david@sbrevents.co.uk

COVID-19 Safety Measures – please LFT test before you come if possible

PLEASE DO NOT ATTEND THE EVENT IF YOU HAVE NEW SYMPTOMS:

THESE MIGHT INCLUDE A HIGH TEMPERATURE, A NEW COUGH OR HAVE LOST TASTE/SMELL.

There will be hand sanitiser stations available around race village & at water stations. Please use them frequently plus;

- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your pre-paid merchandise / t-shirts etc.

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

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 07:40 – race finish

Pre-paid t-shirts & merchandise – Collect from Race Registration in MINOR ROOM before or after the race

Race Bibs have been posted to you. If you forget yours on RACE DAY a replacement fee of £5 will be payable

On the day entries; HM – £40 10miles - £35 10k- £30 5k-adult £20 child £15 CASH ONLY PLEASE

Transfer Distance can be actioned by a registered participant on Race Day. Please bring £3 admin fee (plus price difference if you move up a distance) Cash only - payable at registration.

If you want to change distance, please email amanda@sbrevents.co.uk in advance if possible or let Registration Team know on Race Day at least 20mins before your race start time

Transfer Participant – We cannot action transfers between participants on race day.

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

Race Numbers – Race timing chip is attached on the back

- Please do not bend your race number as the race timing chip may not work
- Please do not tamper or try to remove the race timing chip
- 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 & contact info on the back with 'MC' on front if you have a medical condition.
- Remember your safety pins!

Race Briefings

We usually offer a short Race Briefing at the start line. This will be replaced with **BRIEFING BOARDS** placed into the start funnels – please read them!

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 just before the finish line on the return leg - then KEEP RIGHT!** Signs will be up & marshals to guide you

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

There are also cyclists, horses & members of the public on the trail – the bikes go fast!

Start Times & Waves

PLEASE arrange to arrive in Ashbourne with time to find parking, but to arrive at Ashbourne Leisure Centre no more than 30mins before your start time. You only need to use toilet facilities, find your correct place in the start funnel & start your race.

You'll want to keep warm so please arrive close to your start time!

WAVE TIME - Fastest runners go first in each distance. **You will not start running as a mass group.**

PACE BOARDS will help guide you where to start. Please familiarise yourself with your PACE per MILE time (not pace per km) OR your completion time (ie. 45mins / 1.5hours / 2 hours / 2:15).

Marshal teams will guide you into the starting funnel behind your PACE BOARD standing 2m apart & as runners ahead start running, the marshals will guide you slowly towards the start line. Speak to other runners to find out where to stand in the funnel.

If you have given us the wrong pace time you can start at the time that is accurate for your pace. You gave us your pace time in whole numbers (ie 9mins). Your predicted finish time will depend where you start WITHIN that wave. Timing starts when you cross the mat so there is no hurry.

PACE BOARDS

| APPROX PACE |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 6:30min/mile | 7min/mile | 7:30min/mile | 8min/mile | 8:30min/mile | 9min/mile |
| 10k - 40mins | 10k - 44mins | 10k - 46mins | 10k - 50mins | 10k - 53mins | 10k - 55mins |
| 10m - 1hr 05 | 10m - 1hr 10 | 10m - 1hr 15 | 10m - 1hr 20 | 10m - 1hr 25 | 10m - 1hr 30 |
| 1/2 - 1hr 25 | 1/2 - 1hr 30 | 1/2 - 1hr 40 | 1/2 - 1hr 45 | 1/2 - 1hr 50 | 1/2 - 2hours |

APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE
9:30 min/mile	10min/mile	10:30 min/mile	11min/mile	11:30min/mile	12min/mile
10k -1hr	10k - 1hr 02	10k - 1hr 05	10k - 1hr 08	10k - 1hr 11	10k - 1hr 15
10m - 1hr 35	10m - 1hr 40	10m - 1hr 45	10m - 1hr 50	10m - 1hr 55	10m - 2hrs
1/2 - 2hrs 05	1/2 - 2hr 10	1/2 - 2hr 17	1/2 - 2hrs 25	1/2 - 2hrs 30	1/2 - 2hrs 37

You will not start running as a mass group. Respect each other. You can run with friends if you are same pace but the trail is narrow so please have respect for other users of the trail 😊 You may be asked to stop before you cross the start line to avoid congestion & bottle necks through the tunnel at the start of the race. Stay in starting funnel & move forward in pairs as first paths are narrow. **Please remain 1-2m APART at ALL times except overtaking.**

START TIMES

- **8.30am – 5k & 10k Canicross**
- **9.45am – half marathon & 10miles**
- **10am – 5k & 10k**

What You Need To Bring

- Your (optional) face cover / mask (snoods are available to pre-order & can be collected at registration)
- cash / card zipped into a pocket
- warm layers to tie round your waist before & after running
- your water / snack essentials / re-useable bottle or hydration vest

Baggage Drop in Minor Hall – DONATION per BAG – GO BEYOND - Registered Charity 1080953

Local Ashbourne children's charity GO BEYOND (previously CHICKS) are kindly providing staff for the baggage drop this year. Go Beyond gives children and young people facing serious challenges breaks that last a lifetime.

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 400+ 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. EACH BAG REQUIRES A DONATION – thank you.**

WATER STATIONS

Our aim is to reduce single use cups & plastics by over 75% at our races within the next year.
WE CAN'T DO THIS WITHOUT YOUR SUPPORT!

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 / hydration vests to use during the run & especially after the race has finished. These can be filled up at Race Village from our water barrels. 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 use compostable paper cups (until we phase these out too!).

Headphones / Ear Buds / Bone Conduction Headphones

Headphones & music is allowed but you MUST be able to hear marshal instructions & may have faster runners trying to overtake. There are other users on the course including buggies, cycles & horse riders. Stay safe!

Medical Cover

The safety of our competitors is paramount. Jola Medics staff are present on the day with a number of off-road vehicles to assist on course plus an ambulance & gazebos at Race Village.

If before, during or after the event you feel that you require medical care, please 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 call 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

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

We encourage participants to bring their own re-useable water bottles, use paper bags & we recycle wherever possible. Please bring a hydration pack or bottle rather than use a cup every time you need a drink. Thank you.

SBR EVENTS RETAIL STAND

Ashbourne Clothing – Look out for new t-shirt designs this year!

Our clothing range is growing! T-shirts & vests (£15 & £25), long sleeve tops (£20) & hoodies (£30 & £40)

***Ashbourne Seesaw * The Longhorn * Thoresby Leaf Kick**

Motivational Range

Footprints Range

There will be a chance to buy a range of reduced-price race clothing: t-shirts - £10 or a hoody - £25

SBR EVENTS SNOODS

We have over 20 designs – perfect for birthday gifts / Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5

WATER BOTTLES & SCRUNCHY CUPS

We 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've been moving towards 95% REFILLABLE WATER METHODS asap but COVID stopped us using refillable water stations. This year you can re-fill your bottle / cup - OR - PLEASE bring enough water for the event.

Just give your race number on the day & we can arrange card or BACS payment after the event by email/phone.

CARD OR CASH TAKEN – please use hand sanitiser at the retail area

Mick Hall Photos - Free photos at Ashbourne Seesaw!

Mick & 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 also buy prints if you choose to).

Go to <https://mickhall.zenfolio.com/> & click on the album named ASHBOURNE SEESAW & you click on your race number or 'ALL' to see your photos. 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; hot breakfasts & more from **SUE at SU'PER NOSH**, Includes gluten free & vegan/vegetarian options. **Bring cash & card with you.**

Toilets

Toilets are available in Ashbourne Leisure Centre Carpark. There is also a toilet at Tissington Car Park higher up the trail for 10mile & half marathon runners ONLY – these runners will pass this toilet twice.

Results – Thank to our race partners JC Race Solutions

Please check Results Tables online after the event for Winners Information.

Click here; [Ashbourne Seesaw 2022 Preliminary Results](#)

Unfortunately print out times are not available this year. Instead, times will be emailed to you at the end of the race. Once the results are online (within a few minutes of race finish depending on signal), you can sort your race statistics; finish time & place, pace per km/ mile, age group & more!

Results are emailed to you with a Finishers' Certificate after results are verified after a few days.

PRIZES

There will be trophies in the following categories;

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

-Fastest Man & Fastest Woman (plus a snood)

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

-Canicross Winner 5k & 10k (plus a snood)

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.

10.10am for Canicross 10.45am for 5k 11am for 10k 11.15am 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

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 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 & to avoid running 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.

Spectators – Carparks are payable via ticket machines

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.

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

Our partnered charity – GO BEYOND 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 50 runners with dogs expected to run on this event!

We usually offer a separate Canicross Race Briefing away from the excitement of the start line. This will be replaced with BRIEFING BOARDS placed into the start funnels – please read them!

To avoid trips & falls Canicross will be structured with either single or a pair of dogs setting off at same time.

Look out for PACE BOARDS in start funnel & place yourself at the right point in the starting line up (fastest runners first). Speak to other runners to find out what pace you run at. Give yourself plenty of space (minimum 2m) between you & the runner in front.

There will be cones right next to the start line to help space you but if you need more space that is fine.

Timing starts when you cross the mat so there is no hurry.

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

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 we hope to avoid that this time of year. There are 3 water stations on the course (0.5mile from the start / finish & just before the turn points at 2.5k & 5k) for the dogs with shared water bowls. You will pass 2 water stops on the 5k & 3 on the 10k going up the trail & the same coming back.

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 can 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 runners - please ask other runners around you about pace & spread yourselves out with fastest runners at the front. In starting funnel please leave 2m at least between you & the dog in front of you. Please go in singles or 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 4th March 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 2023) 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 david@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 2022 - please visit www.sbrevents.co.uk

Next up is The Longhorn on April 24th - a beautiful trail run on private land in North Nottinghamshire - chose from 5k, 10k, half marathon, 30k, 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

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.

COURSE MAPS

Maps of the route are currently on the SBR Events website; Ashbourne Seesaw page. The course is fully signed & marshalled so it will be easy to follow.

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

