



ASHBY 20

SUNDAY 15th MARCH 2020 10:00am



A 20 MILE ROAD RACE

'organised by runners for runners'

SUNDAY 15th MARCH 2020 10:00am



pladis

GODIVA McVitie's ULKER



yourraceday.co.uk



20 miles. One goal.

Run Ashby. Run.

We couldn't be prouder to be supporting the Ashby 20 for the 15th year running. This demanding 20 mile run is all about hard work, determination and passion.

And Aldi is behind you all the way. Good luck runners. You can do this!

For more inspiration go to aldi.co.uk/team-gb



Get Set to Eat Fresh with Aldi and Team GB.

Our goal was to reach 1.2 million school children by 2020 and inspire them to cook healthy, fresh food. With Team GB's help, we have smashed our target and reached over 1.6 million children!

Find out more info at getseteatfresh.co.uk

Want to know how medal-winning athletes stay on top? We share their diet tips at getseteatfresh.co.uk



Good luck from Aldi to all those taking part in the Ashby 20.



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.

2020 will be an extra special year for the Aldi Ashby 20 as it's our 30th anniversary.

Starting in 1989 the event has only been cancelled twice. Once due to foot and mouth in 2001, and more recently in 2018 due to the 'mini beast from the east'. During the first year we had 479 runners, in October 2019, we received 1650 entries (full capacity) in record time, 21 minutes!

Once again we'd like to thank you for your ongoing support and desire to run one of the UK's premier 20-mile events. Unfortunately, though this does mean that many runners were unable to gain a place.

This year, for the very first time we increased the initial limit on entries, replacing our waiting list. This resulted in extra runners having a guaranteed place from day one. No more wondering if you'll get a place or not. We will review this approach after the race, and take any appropriate steps to make our entries as fair as possible in the future.

It is great testament to the quality of the organisation that one of the world's largest grocery retailers and a global snack company continue to support this club-run event.



Indeed it is these “blue-chip” endorsements certainly keep us motivated to ensure we deliver the best race possible for participants and spectators alike.

In 2020, once again, all race participants will get a legendary Ashby 20 hoody, allowing you to be one of the elite club of hoody owners who exchange those secret nods of respect when out and about at other races throughout the year.

The course remains unchanged once again, with a challenging two-lap route that takes runners through beautiful countryside and villages.

We ask all runners to be considerate to residents around the course. Unfortunately after the 2019 event we did have several complaints re. litter left near the course, so much so that we had a polite reminder from our local council.

As in previous years, there will be bins for your convenience after all drinks stations and at mile markers. Please use these facilities and refrain from dropping litter outside these official areas. Doing so will put our event in jeopardy. In addition we ask you to use the porta-loos which are placed at each water station.

The committee would like to say a big thank you to the marshals, pre- and post-race support team, Aldi, Pladis, water station teams, masseurs, Leicestershire Search & Rescue, associate sponsors, Ashby Endurance Explorer Scout Unit, Ashby Town Council, North West Leicestershire’s District Council, Ashby Rotary Club and many other volunteers and organisations, without whom the race could not take place.

Should you have any questions, do not hesitate to get in touch via our website:

info@ashby20.co.uk

Once again, on behalf of the Aldi Ashby 20 race team, thank you for your support, and we sincerely hope you achieve all your race goals



RICHARD BEBBINGTON
Ashby 20 Race Director



2019 WINNERS

MEN				WOMEN			
1	Daniel Bagley	Holme Pierrepont	01:51:43	1	Annie Byrne	Team ALDI	02:09:50
2	Marcus England	Cheltenham & Cty Harriers	01:53:49	2	Alice Thackeray	Charnwood AC	02:17:49
3	Brad Allen	Redditch Stars	01:54:46	3	Catherine Hutton	Desford Striders	02:18:10

MEN VET 40				WOMEN VET 40			
1	Stephen Marks	Rugby & North'ton AC	01:57:36	1	Wendy Sharratt	Team Derby Runner	02:22:31

MEN VET 50				WOMEN VET 50			
1	Paul Johnson	Birstall AC	02:11:37	1	Julie Warner	NA	02:18:57

MEN VET 60				WOMEN VET 60			
1	Barry Hibbert	Huncote Harriers	02:30:56	1	Kate Waddicor	Sheffield RC	02:53:59

MEN VET 70				WOMEN VET 70			
1	Andy Jeyes	Ivanhoe Runners	02:34:24	1	Valerie Lindsay	Hermitage Harriers	03:45:48

PAUL ENION PRIZE (LOCAL RUNNERS)							
1	Gordy Smith	Heanor RC	02:02:42	1	Suzanne Fisher	NA	02:35:07

TEAM PRIZES							
1	Rugby & North'ton AC	Stephen Marks	01:57:36	1	Holme Pierrepont RC	Christine Heaton	02:28:29
		Alistair McDonell	01:58:01			Emma Cupitt	02:29:07
		Dean Oldfield	02:05:11			Janet Atkinson	02:33:58

PREVIOUS WINNERS & COURSE RECORDS

PREVIOUS WINNERS & COURSE RECORD (MEN)

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
2004	William Cockerell	Belgrave Harriers	01:55:04
2003	Tim Hartley	Shepshed Running Club	01:49:56
2002	Gary Payne	Elliott Striders	01:54:32

PREVIOUS WINNERS & COURSE RECORD (WOMEN)

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		02:08:07
2009	Diana Lobacevske		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
2004	Helen Cawthorne	Redhill Road Runners	02:11:29
2003	Helen Cawthorne	Redhill Road Runners	02:10:19
2002	Christine Howard	Matlock AC	02:13:10



COMPETITOR INFO

A warm welcome awaits you at the Aldi Ashby 20 Road Race on **Sunday 15th March 2020.**

If you need any help on the day, a help desk will be located at the **Pre-Race HQ in the sports hall of Hood Park Leisure Centre.** There are toilets and changing areas at the leisure centre for your convenience before the race (with many more located near to the start area). Please vacate the Leisure Centre by 09:30 to allow sufficient time to get to the start (10-minute walk) which is signposted and also detailed on the map on page 8.

Note that ALL bags left at Hood Park Leisure Centre will be transported to the Finish area. There will be NO Baggage Collection after the race from Hood Park Leisure Centre.

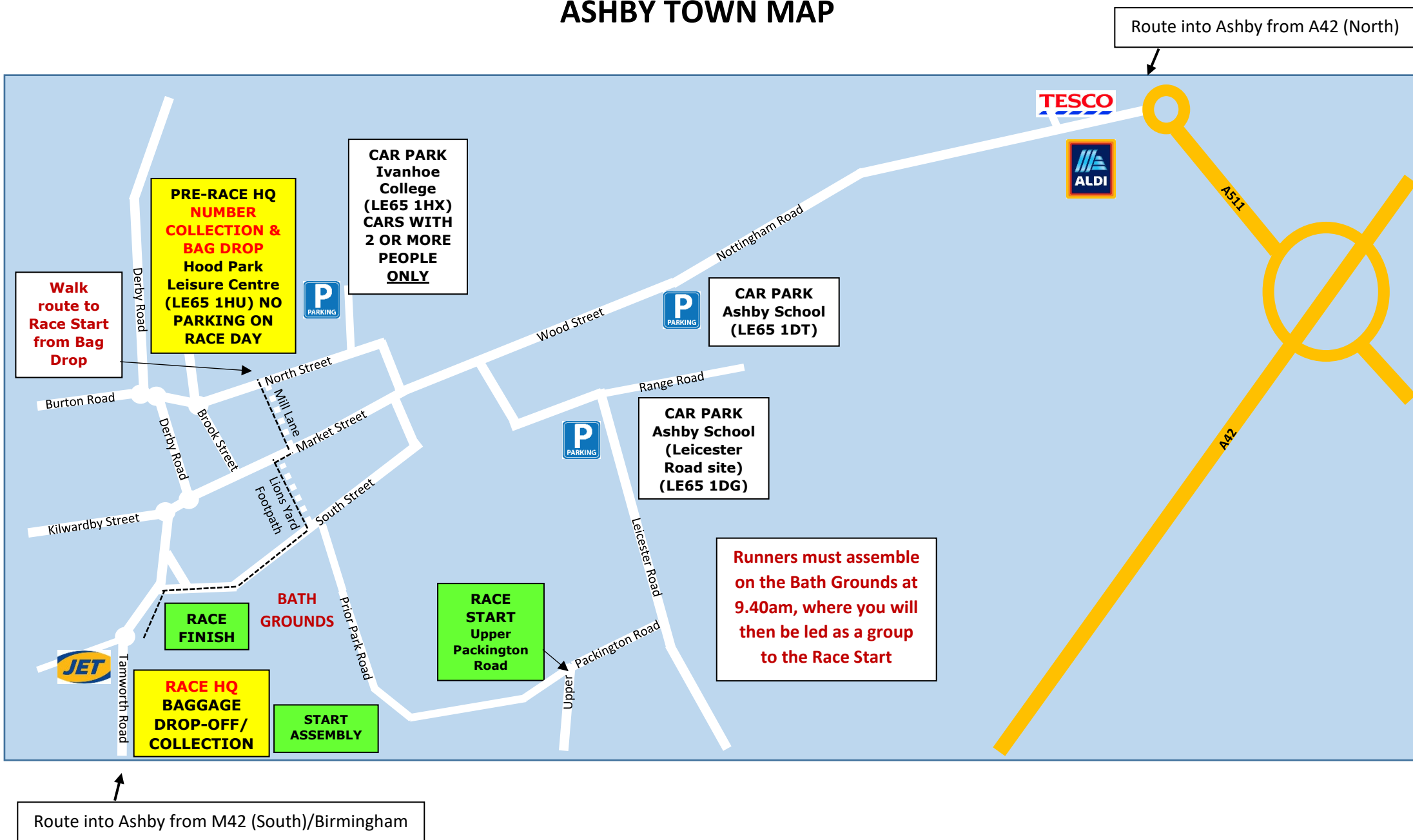
As well as the Race Information leaflet, please check that your envelope contains a race number and baggage tags (your race number has the timing chip built into it). No race number = no chip = no time. Next of kin details and any medical information such as diabetes/asthma/allergies should be detailed on the back of your race number.

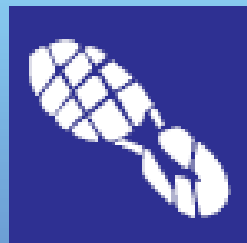


pladis

GODIVA®  

ASHBY TOWN MAP





THE DERBY RUNNER

SPECIALIST RUNNING EQUIPMENT

Unit A,B,C Sandringham Drive, Spondon, Derby. DE21 7QL

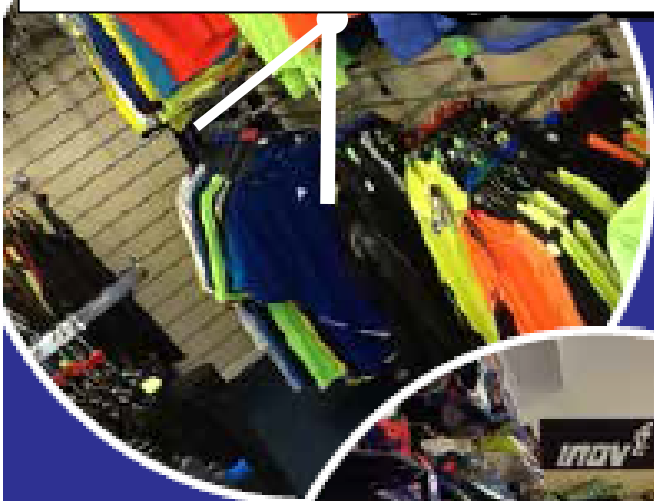
www.derbyrunner.com

Tel: 01332 280048

OFFICIAL RETAILER AND SUPPORTER OF THE

ASHBY 20

Retailing on the Bath Grounds in the
Race Village on Race Day!



ON THE DAY OFFERS:

SHOES STARTING AT £30

CLOTHES UP TO 50% OFF

RACE & TRAINING ADVICE

CREDIT & DEBIT CARDS ACCEPTED

**25 YEARS
OF EXPERIENCE**

FOLLOW US ON:



IN STORE:

FREE GAIT ANALYSIS

HUGE RANGE OF SHOES,

CLOTHING & ACCESSORIES

SPORTS BRA FITTING SERVICE

CLUB & GYM DISCOUNT

FREE PRIVATE CAR PARK

THE SHOP RUN BY RUNNERS, FOR RUNNERS



ROAD CLOSURES

We are proud to announce that the course will 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.

LOCATION AND BASIC ARRIVAL INFORMATION

The race is coordinated from pre-race HQ at Hood Park Leisure Centre, then Race HQ on the Bath Grounds once the Race starts. The start and finish areas, however, are in other locations within 10 minutes walking distance – see map on page 8.

The postcode for Hood Park Leisure Centre, North St, Ashby de la Zouch, is **LE65 1HU**, the postcode for the Race start/finish on the Bath Grounds is **LE65 2GP**

PRE-RACE ENQUIRIES

If you still have any questions after reading this Competitor Guide, you can contact info@ashby20.co.uk

Please also check the Race website: www.ashby20.co.uk for late notices/amendments, or follow us on social media

AMENDMENTS TO ENTRIES/ WITHDRAWALS

Unable to run? Swaps to friends/clubmates are NOT allowed. You may, however, withdraw and get a refund (less £5 costs), and we'll then open up entries from time to time nearer the race

Please also note that there are no Deferrals to 2021 available

To withdraw, just email us at: info@ashby20.co.uk

Lost chips/numbers or any other issues you may have on the day can be corrected at the help-desk at Hood Park Leisure Centre on the morning of the race, time permitting, though note that numbers/chips cannot be re-issued: no chip = no time.

PRE-RACE FACILITIES AND START ASSEMBLY

You can change in Hood Park Leisure Centre, and leave your bag there. A baggage tag is on the bottom of your runner number: tear it off, attach this to your bag and hand it to the attendants at the secure baggage area.

Alternatively, you can choose to keep warm until the last minute, and drop your bag off yourself in the baggage tent at the Bath Grounds Start Assembly/Finish area. In fact, some parking areas are closer to this area than to Hood Park.

Note that all bags dropped off at Hood Park Leisure Centre will be transported to the finish area - **THERE WILL BE NO BAGGAGE COLLECTION FROM HOOD PARK LEISURE CENTRE.** There will be signs and helpers at the baggage area to assist you.

You will only be allowed to reclaim bags at the finish on production of your race number. Any clothing dropped at the start area will be collected up and taken to the baggage area at the finish – you assume the risk though!

CAR PARKING

Please follow signs and marshal's instructions to the official main car park at Ivanhoe College (2 or more people per car please). Ashby School car park is within a 10-minute walk of the start area.

There is additional parking in front of the Leisure Centre (North Street car park), South Street car parks (x2), on-street parking in Market Street (the main road through the centre of town) and on other roads. See map on page 8 for detailed parking locations.

COURSE TIME LIMIT

Due to the need to remove the road closures and get the roads open 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 on page 8 for details). **Please leave Hood Park Leisure Centre by 0930** to allow time to get there.

Runners should assemble on the Bath Grounds (which is the finish area) by 0940 where there will be a pre-race briefing. Runners will then be led up to the start area together, at 0950. Be there in time!

THE ROUTE

A map of the route can be found on page 16. A course elevation profile can be found on page 15.

THE FINISH

The race will finish on the Bath Grounds, with the final stretch again being on the new path following the perimeter of the Bath Grounds, rather than on grass.

FITNESS TO RUN, MEDICAL CONDITIONS & MEDICAL COVER

You must ensure that you are medically well & fit enough to participate in this event. We advise all runners to take a look at the useful advice on www.runnersmedicalresource.com

It is essential for runners with any relevant medical conditions to write details on the back of their race number along with a note of who to contact in case of an emergency. 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 so that it is at hand if necessary.

There have been recent 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.

SPECTATORS

Spectators are welcome at the race. The runners pass through the village of Packington three times, and this can be an ideal place to cheer on family & friends.

Refreshments on the Course:

The **Bull & Lion** public house in Packington (postcode LE65 1WH) is located in between the three passings of the route, (at 1.5, 10 and 18.5 miles) – see advert on page 18 – and provides drinks and bacon butties from 10:00am

Cattows Farm (LE67 2RF) located near Heather and approached following the opposite direction to the race via Swepstone Road in Heather. Also provides drinks and snacks from 10:30am (see advert on page 7).

PLEASE DO NOT PARK ANYWHERE ON THE COURSE, ESPECIALLY IN PACKINGTON AS YOU MAY OBSTRUCT OR ENDANGER RUNNERS

Parking is freely available in Ashby, and we would encourage as many spectators as possible to walk to Packington to support (15-20 minute walk)

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.

No bottles/rubbish must be dropped after the indicated zone (bins are placed 200m after each drinks station), with additional bins provided at every mile marker.

There are significant concerns over rubbish on the course, and the future use of bottles and gels depends on thoughtful disposal!

GOING FOR A PEE?

In order to maintain the goodwill of residents, particularly in Packington, there must be no urinating in the villages, nor around the start assembly area on the Bath Grounds

There will be portaloos en-route, with 2 at every drinks station (approximately every 2.5 miles), and these are clearly signed. There will be additional cubicles near the start at the Bath Grounds, so there should be no need to use a hedge!

REMEMBER, NO PEEING ON THE BATH GROUNDS NEAR THE START OR ON THE COURSE OR – OTHER THAN IN A PORTALOO

FREE MASSAGE

Masseurs will be available at the finish. Although this is a free facility, charitable donations are very welcome!

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.

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

**HOODIES ARE AWARDED
TO RACE PARTICIPANTS
ONLY**



OTHER IMPORTANT INFORMATION

This is a serious race. If course officials see or suspect a runner is receiving assistance they may be disqualified. Dogs and wheeled vehicles are not permitted, and there must be no close-following or accompanying cyclists.

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

**PEOPLE HAVE BEEN DISQUALIFIED
IN THE PAST - YOU HAVE BEEN
WARNED!**



Please keep to the left at all times unless instructed otherwise by the marshals despite the roads being closed to traffic.

DESCRIPTION

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.

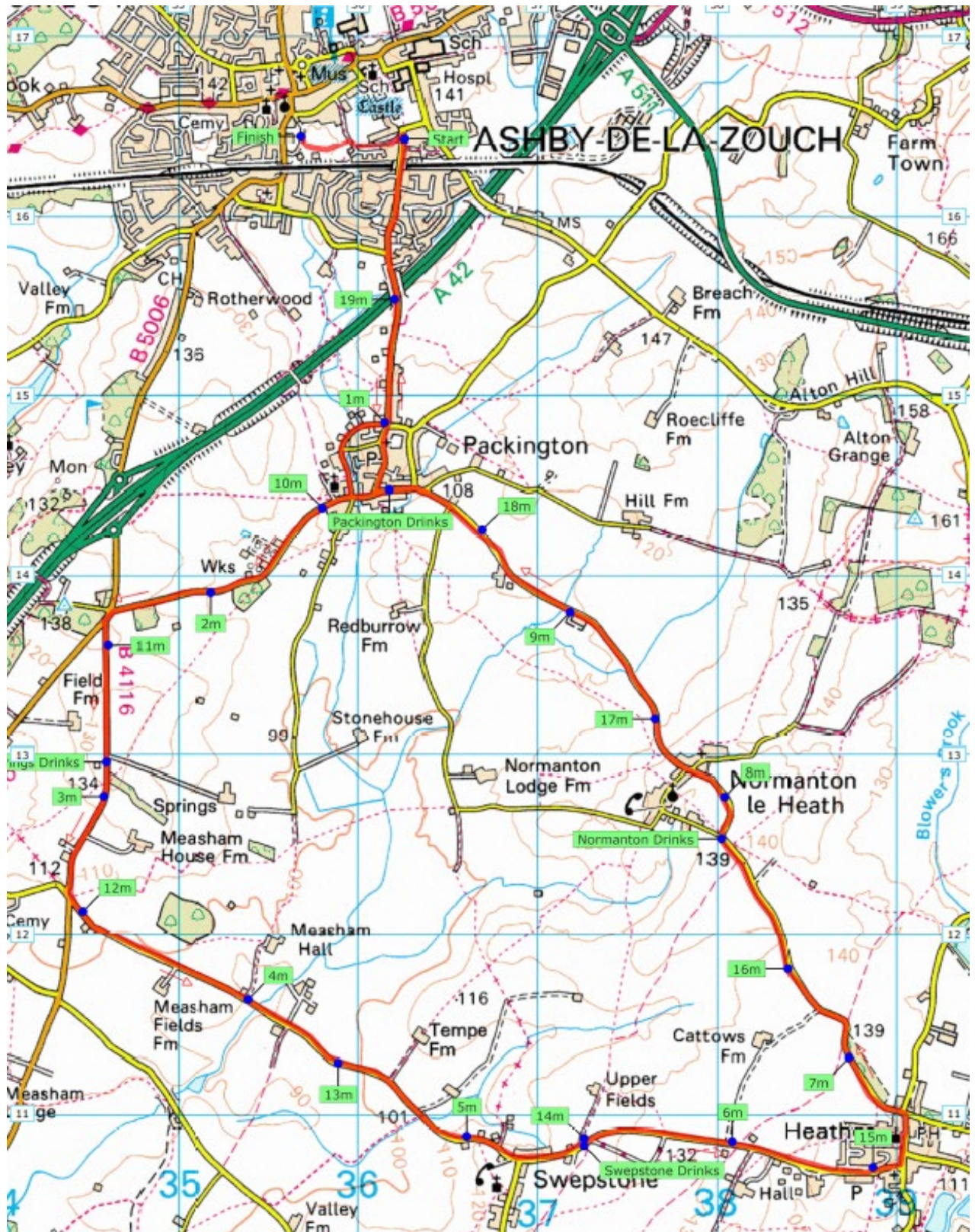
The next village of Normanton le Heath has the third drinks station, and then on to Packington for drinks station number 4 – and the start of the second lap (by the pub). Just do all that lot once more, back to Packington, and then make a right turn in front of the pub – the turn for home. You’ll head 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 ELEVATION 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



PRIZES



Prizes will be awarded at 1pm in the Race Village near to the Finish Area

Position	Senior Male	Senior Female	Position	Male Team (1 st 3 count)	Female Team (1 st 3 count)
1st	£150	£150	1st	£25	£25
2nd	£75	£75	2nd	£25	£25
3rd	£50	£50	3rd	£25	£25
	Vet 40 Male	Vet 40 Female			
1st	£50	£50			
	Vet 50 Male	Vet 50 Female	Paul Enion Local Prize (residents of LE65, DE11 & DE12)		
1st	£50	£50	Male		Female
	Vet 60 Male	Vet 60 Female	Champneys Springs Health Spa Voucher		Champneys Springs Health Spa Voucher
1st	£50	£50			
	Vet 70 Male	Vet 70 Female	PLUS: 60 Spot Prizes will be awarded throughout the field		
1st	£50	£50			

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

2020

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

PHOTOS WILL BE AVAILABLE THE
DAY AFTER THE RACE
(MONDAY 16TH MARCH 2020)



yourraceday.co.uk



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

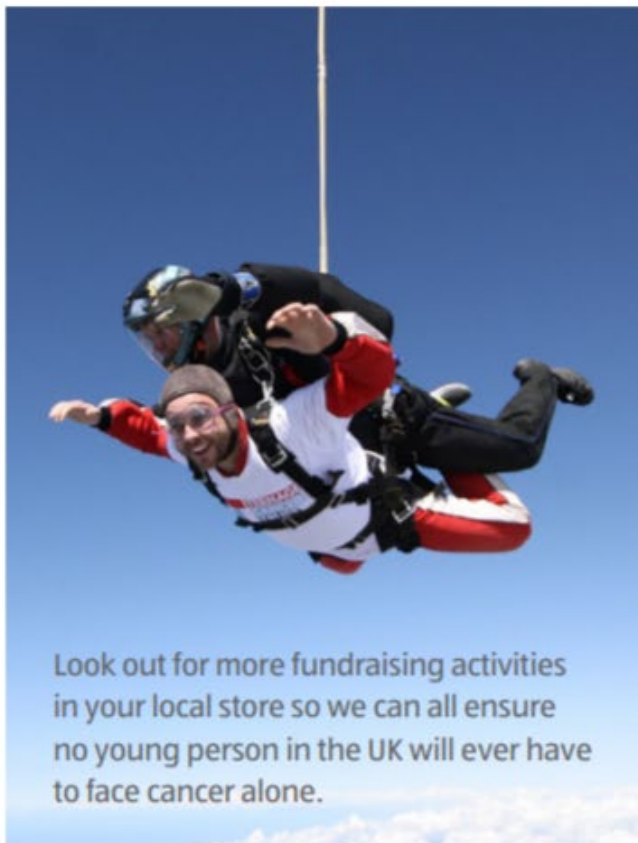
We are a friendly running club with over 150 members, catering for all abilities, and newcomers are always welcome.

We meet every Wednesday, Thursday and Friday evening at 7pm at Hood Park Leisure Centre, Ashby de la Zouch. Just turn up, or if you want further details, please contact a member of the Committee, whose details can be found on our website:

www.ivanhoerunners.co.uk

Let's celebrate an amazing achievement and raise even more.

We've joined forces with Teenage Cancer Trust and pledged to raise £5 million by 2021. We have seen customers and employees across the UK be #EverydayAmazing and generously donate to this fantastic charity.



Look out for more fundraising activities in your local store so we can all ensure no young person in the UK will ever have to face cancer alone.



Good luck from Aldi to all of those taking part in the Ashby 20.

 AldiUK  @AldiUK  @AldiUK  AldiUKStores #AldiEverydayAmazing

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)