

Tring Boundary Trail walk – Sunday 16th June 2019

Event Instructions

Registration and start

Registration is at the Aldbury Memorial Hall, The Green, Aldbury, Herts, HP23 5RR.

Please make your way to the start on the day. Registration will be open from 8.30am.

There is some free car parking available near to the start. Please park courteously.

You may start the walk anytime between 9am and 10am. We would encourage fast walkers and runners to start at 10am. Nobody should start after 10am.

Please make sure you stop at the relevant checkpoints on the route as per the route instructions.

Facilities

The Aldbury memorial Hall has toilets but no showers. There is a village shop next door and the checkpoints on the routes have a café. Please note however that these cafes are not open all day.

We will also be providing some cold refreshments at the checkpoints. Please carry an appropriate container with you which can be filled.

You are welcome to store baggage on the day of the race in the Aldbury Memorial Hall. Any items left there 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 each checkpoint.

There will be bins at the checkpoints so please dispose of any rubbish at these points or carry it to the end. Please do not drop any litter.

The event

The walk is either 8, 15 or 21.7 miles of rugged and uneven woodland trails, fields and paths. There is also some of it on road. Please be aware that others may be doing a different route so be careful if following people.

Please make sure that you dress appropriately for the conditions and wear appropriate footwear.

A route description is available on our website and will be sent out with these instructions. Please print and bring a copy with you, **we will not have printed versions to hand out.**

Please show consideration for other users of public footpaths and rights of way. The routes are open to the general public and cross main roads a number of times.

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 any road crossing. You must take responsibility on crossing all roads. Please be careful.

The use of ipods and mp3 players is permitted, but please ensure that you are able to hear traffic if using them.

The route is not marked, and you will have to self-navigate around it. There are no marshals on any of the routes, only at the checkpoints.

Withdrawing from the event

If for any reason you decide to withdraw from the event, then it is **vital** that you notify one of the stewards at the checkpoints alternatively telephone;

Anthony Kent 07814 009 484

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

If you decide that you wish to walk a different route on the day then please notify a marshal at the next checkpoint that you are doing so.

Safety and legal notices

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

You must take care when crossing roads. Entrants cannot hold the organisers, sponsors or landowners responsible for their safety.

The course is unsuitable for wheelchair users. Please keep any dogs under control or on a lead. Please follow the countryside code.

For the sake of our checkpoints, we will impose a cut off of 7 hours to complete the race. If you are slower than this then you will find that the marshals will have left the checkpoints. If you are likely to take over 7 hours, then you should ensure that you are very familiar with the route.

You will be given your time at completion of the event, but no results will be posted or circulated.

Good Luck

Anthony Kent