

ALDI ASHBY 20

Sunday 23rd March 2025



WELCOME



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.

The Aldi Ashby 20 is an event 'organised by runners, for runners,' embodying the strong sense of community that defines this race. Since its inception in 1988, when 479 runners, predominantly male, tackled the original course, the event has grown significantly. Relocated to its current route in 2001, we now welcome a balanced field of 1,500 runners annually.

As a not-for-profit organisation, our volunteers dedicate countless hours to ensure you have the best possible experience. Without their commitment, the event simply wouldn't happen. The continued support of our runners and the invaluable contributions of our local partners make the Ashby 20 what it is today. On behalf of Ivanhoe Runners, I'd like to express my heartfelt thanks to everyone who plays a part in this event.

We'd also like to acknowledge our incredible sponsors and supporters, including Aldi, Pladis (McVitie's), Leicestershire Search & Rescue, Ashby Explorer Scouts, Ashby Spa WI, Ashby Town Council, NWLDC, LCC, Ashby Castle Rotary Club, Conkers parkrun, and the local community, whose involvement is vital to the race's success.

The support of global brands like Aldi and Pladis is a testament to the event's quality,

As in previous years, all finishers will receive the iconic Ashby 20 hoodie, a badge of honour among runners. It's our equivalent of a race medal, and spotting a fellow hoodie owner at another event is always worthy of a knowing nod of respect.

To ensure the smooth running of the race, a **10-mile cut-off time of 2 hours 20 minutes** has been in place for several years. This roughly equates to a finish time of 4 hours 45 minutes. New for this year, we've introduced a **15-mile cut-off at the same 14-minute-per-mile pace**, which is necessary to comply with local road reopening requirements.

On behalf of the Aldi Ashby 20 race team, we wish you the very best of luck.

Richard Bebbington
Ashby 20 Race Director

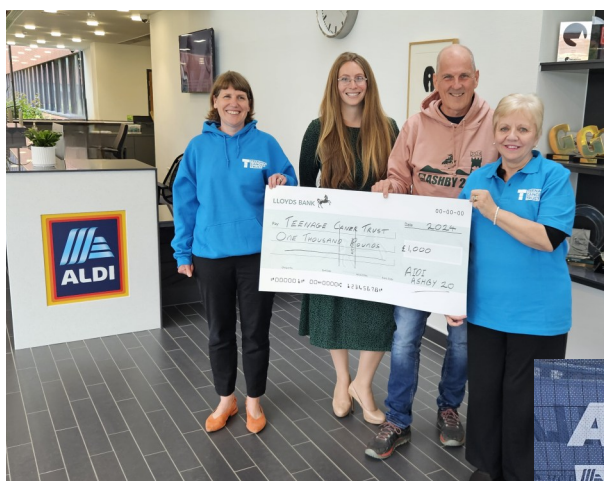


COMMUNITY PAYBACK

The Aldi Ashby 20, a serious 20-mile road race, has evolved to become a fantastic community event, helping many local and national good causes.

The 2024 event was no exception, with donations being made to Ashby Castle Rotary, Wishes 4 Kids, Bright Hope House of NWL, Ashby Endurance Scouts, and Leicestershire Search & Rescue, to name a few.

In addition, our runners very kindly continue to support Teenage Cancer Trust, Aldi's charity partner when entering the event. In 2024, a total of £1000 was donated via entries resulting in several thousand being donated to Teenage Cancer Trust over recent years.



Left; Richard Bebbington (Ashby 20 Race Director) presenting Aldi with a donation to the Teenage Cancer Trust

Below; Richard Bebbington (Ashby 20 Race Director) with Ashby Castle Rotary





**Aldi are proud
to partner with**



Aldi and Teenage Cancer Trust have been in partnership since 2017, initially aiming to raise £5 million to help the charity in their mission to ensure no young person faces cancer alone.

In April 2024, Aldi announced an exciting new fundraising target of £15 million to raise by 2027. Through customer donations, colleague fundraising and exciting initiatives, Aldi have raised over £11 million to date!

Aldi colleagues have taken part in hundreds of challenges, including skydives, marathons, mud runs and hikes, and they continue to think of new and fun ways to raise much needed funds for Teenage Cancer Trust. Many Aldi colleagues also donate the leftover pennies from their payslips to the charity! Also, our supportive customers donate in stores at the tills, or via their receipts - it really is a team effort!

Teenage Cancer Trust is the only UK charity dedicated to providing specialised nursing care and support for young people aged 13-24 with cancer. Each year, their specially trained nurses and youth workers support hundreds of teenagers and young adults across 28 specifically designed units in hospitals nationwide, as well as helping many more in local hospitals and at home.

**To support the Aldi and Teenage Cancer Trust partnership,
you can text ALDI3 to 70490 to donate £3.**

**If you would like to donate £3 but do not wish
to receive contact, please text ALDINOINFO3 to 70490.**

Texts cost the donation amount plus one standard network rate message.



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AS ALWAYS, WE ARE PROUD TO SUPPORT THE ASHBY 20.
WE WOULD LIKE TO OFFER 20% OFF TO ALL PARTICIPANTS ONLINE USING THE CODE "Ashby2025" VALID UNTIL APRIL 13TH 2025



RUNCLUB COACHES; RYAN & PHIL

JOIN OUR RUNCLUB!
FREE OF CHARGE | ALL ABILITIES WELCOME | EVERY MONDAY | 7PM START FROM THE DERBY RUNNER SHOP



2024 WINNERS

MEN VET 40				WOMEN VET 40			
------------	--	--	--	--------------	--	--	--

1	Lee O'Connor	Shepshed RC	01:58:58	1	Catherine Hutton	Desford Striders	02:15:53
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MEN VET 50				WOMEN VET 50			
------------	--	--	--	--------------	--	--	--

1	Lea Hawks	N/A	02:07:58	1	Sue Atkinson	DronField RC	02:22:50
---	-----------	-----	----------	---	--------------	--------------	----------

MEN VET 60				WOMEN VET 60			
------------	--	--	--	--------------	--	--	--

1	David Leadley	Kenilworth Runners	02:22:29	1	Kate Wright	Stratford Upon Avon AC	02:17:53
---	---------------	--------------------	----------	---	-------------	------------------------	----------

MEN VET 70				WOMEN VET 70			
------------	--	--	--	--------------	--	--	--

1	David Pettifer	Kenilworth Runners	02:51:12	1	Angela Copson	Rugby & Northampton	03:01:40
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Course No. 16/061



PREVIOUS WINNERS & COURSE RECORD (MEN)

2024	Jack Dakin	Derby AC	01:52:22
2023	Daniel Bagley	Mansfield Harriers	01:47:36
2022	Ian Allen	Spa Striders	0:1:44:29
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
2013	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

PREVIOUS WINNERS & COURSE RECORD (WOMEN)

2024	Amy Lowe	Washlands Women Runners	02:11:12
2023	Abigail Halcarz	Ivanhoe Runners	02:07:52
2022	Hannah Lucas	Bury AC	02:03:31
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
2013	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	N/A	02:08:07
2009	Diana Lobacevske	N/A	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

ALDI ASHBY 20

A 20 mile road race
organised by runners
for runners

COMPETITOR INFO

We hope your training is going well and you're looking forward to this year's event.

The following pages highlight all you need to know about running the Aldi Ashby 20, in order to make your experience as safe and enjoyable as possible.

LOCATION AND ARRIVAL INFORMATION

The race is co-ordinated from pre-race HQ at Ashby Leisure Centre & Lido, then Race HQ on the Bath Grounds once the Race starts.

The postcode for Ashby Leisure Centre is **LE65 1HU**, the postcode for the Race start/finish on the Bath Grounds is **LE65 2GP**

PRE-RACE HQ

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

RACE NUMBER

Your race number, baggage tags and race information sheet will arrive by post approx. 2 weeks prior to race day. Your race number has the timing chip built into it.

REMEMBER:

No race number = no chip = no time.
Please note that numbers/chips cannot be re-issued on the day.

BAG DROP/COLLECTION

Main Bag Drop-Off: Located at the Bath Grounds, near the South Street entrance.

NEW FOR 2025 An additional bag drop-off point will be available at the start gathering area on the Bath Grounds, near the Prior Park entrance.

Bag Collection: All bags, regardless of drop-off location, must be collected from the main bag drop-off point near the South Street entrance

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 – however you assume the risk.



COMPETITOR INFO

TOILETS

As well as the toilets within Pre-Race HQ, there are portaloos and urinals located on the Bath Grounds (start/finish area). There will also be two portaloos at each of the four water stations along the route (at approx. 2.5 mile intervals), which are clearly signed and you will pass twice.

Hand sanitiser is available in all toilets

PLEASE, NO PEEING IN HEDGES!

We rely heavily on good relationships with our local communities, and do our very best to cause as little disruption as possible to them. With this in mind, there must be no urinating in the villages, nor around the start assembly area on the Bath Grounds. We have made huge efforts to provide portaloos and urinals in key areas, so there should be no need to use a hedge!

EAR PHONES

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

CAR PARKING

Please follow signs and marshals' instructions to the official event car parks (see map on P18/19 for event car parks locations).

There are additional Local Authority car parks in Ashby, which are free on a Sunday. See the link below for more info (please note the length of stay varies at each one).

[Car parking - Ashby-de-la-Zouch - North West Leicestershire District Council \(nwleics.gov.uk\)](http://nwleics.gov.uk)

PLEASE CAR SHARE WHEREVER POSSIBLE

TO AVOID ANY LAST MINUTE STRESS AND RUSH, ARRIVE WITH PLENTY OF TIME TO PARK

BE PREPARED TO MOVE ONTO ANOTHER CAR PARK IF YOUR FIRST CHOICE IS FULL

PLEASE BE COURTEOUS TO OUR CAR PARK MARSHALS.



ASHBY 20 FINISH

COMPETITOR INFO

ROAD CLOSURES

We are proud to announce that the course will once 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 and listen to marshal instructions.

THE START

The start is on Upper Packington Road (see the town map for details). **Runners should assemble on the Bath Grounds by 0930** where there will be a pre-race briefing. Runners will then be led up to the start area together at 0950.

Be there on time!

THE FINISH

The race finishes on the Bath Grounds, with the final stretch on the hard path following the perimeter of the Bath Grounds.

HOODIES

All **FINISHERS** get a hoodie, this is our equivalent of a medal for **completing the race**.

COURSE TIME LIMIT / CUT OFF TIMES

We are obliged to remove road closures and re-open roads to traffic in a timely manner, in order to comply with local requirements.

We have an overall time limit for the event, with 2 cut off times on route.

A **10-mile cut-off time of 2hrs 20mins (14 min mile pace)**, has been in place for several years. This will be measured by the half way clock, just after the drinks station and village of Packington at the start of the second lap.

NEW FOR THIS YEAR

In addition to the above, we've introduced a **15-mile cut-off time of 3 hrs 30 minutes (at the same 14 min mile pace)**.

This will be measured by the second clock, positioned near Heather Village Hall.

This roughly equates to a finish time of 4 hours 45 minutes .

If you do not reach the cut offs by these times, you will not be allowed to continue and will be withdrawn from the race.



COMPETITOR INFO

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 at all drinks stations.

Water will be available at the end of the race on the Bath Grounds.

PLEASE NOTE

There will be no additional snacks/sweets available on the water stations or from marshals on the route.

We do advise runners to be self-sufficient for fuelling on the run.

LITTER

We have a litter drop zone in place which starts 200m before, and finishes 200m after each drinks station. There will be a bin at the start and finish of each zone. Please use these zones to discard your litter, along with the bins situated at miles 3, 8 and 14.

There are significant concerns over rubbish on the course, so we would really appreciate thoughtful disposal of your rubbish along the route by using the drop zones and bins in place.

In addition, we have four 1100L bins situated around the Bath Grounds for any litter you may have before or after the race. These bins are provided by Rainbow Waste, who take the bins to a waste transfer station where it is processed for recycling.



COMPETITOR INFO

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.

Please note, a runner can only be awarded ONE individual prize (apart from Team prizes). The prize awarded will be the one with the higher monetary value.

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.

FREQUENTLY ASKED QUESTIONS

If you still have questions after reading this guide, please check the race website for our FAQ's and any updates;

<https://www.ashby20.co.uk/faq>

For any additional queries you can contact info@ashby20.co.uk

Event photography by yourraceday.co.uk - info@yourraceday.co.uk

we are pleased to be official race photographers for the Ashby 20 2025

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

Photos will be available on Tuesday 25 March 2025
Check our website for updates



yourraceday.co.uk



PRIZES

Prizes will be awarded at 1pm in the Race Village near to the finish area

Please note, a runner can only be awarded **ONE** individual prize (apart from Team prizes). The prize awarded will be the one with the higher monetary value.

POSITION	SENIOR MALE	SENIOR FEMALE
1 ST	£150	£150
2 ND	£75	£75
3 RD	£50	£50

TEAM PRIZE	MALE TEAM (first 3 count)	FEMALE TEAM (first 3 count)
	£40 each	£40 each

POSITION	MALE VET 40 / 50 / 60 / 70	FEMALE VET 40 / 50 / 60 / 70
1 ST	£50	£50

PAUL ENION LOCAL PRIZE (Residents of LE65, DE11 & DE12)	
MALE	FEMALE
12 MONTHS MEMBERSHIP AT EVERYONE ACTIVE	12 MONTHS MEMBERSHIP AT EVERYONE ACTIVE

**PLUS: 30 SPOT PRIZES WILL BE AWARDED
THROUGHOUT THE FIELD**



MEDICAL / H&S

FITNESS TO RUN, MEDICAL CONDITIONS & MEDICAL COVER

You must ensure that you are medically well and fit enough to participate in this event. 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.

Being medically fit also means making sure you have fuel on board. Race day nutrition is just as important as your training plan. Make sure you fuel appropriately and keep yourself topped up—if you run out of energy, your race may be over.

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.

FIRST AID PROVISION

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 07394 998982. We ask you to either save this number to your phone or write it on the back of your race number.

HEALTH & SAFETY

We take health & safety very seriously, and are committed to making sure all of our runners are in safe hands when taking part in the Ashby 20.

If course officials see or suspect a runner is receiving assistance, the runner may be disqualified.

Wheeled mobility vehicles are not allowed

Dogs are not permitted

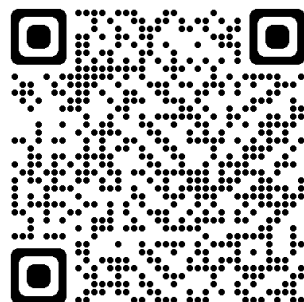
There must be no close following or accompanying cyclists on the route



The simplest way to talk about locations'

Visit <https://what3words.com/about> for more info or scan the QR code below

LOCATION	WHAT3WORDS
Ashby Leisure Centre & Lido, Pre- Race HQ	///decide.drizzly.cosmic
Bath Grounds, Race HQ / Bag drop off & collection / Race village / Finish area	//unrated.newspaper.fighters
EVENT CAR PARKS	
Ivanhoe School, North Street	///dares.admit.butterfly
Ashby School, Nottingham Road	///couple.pumps.shoulders
Ashby School, Range Road	///slicing.overture.wasps
Castle Medical Centre, Burton Road	///walls.vibrate.easy





THE COURSE

DESCRIPTION

Please keep to the left at all times unless instructed otherwise by the marshals.

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.

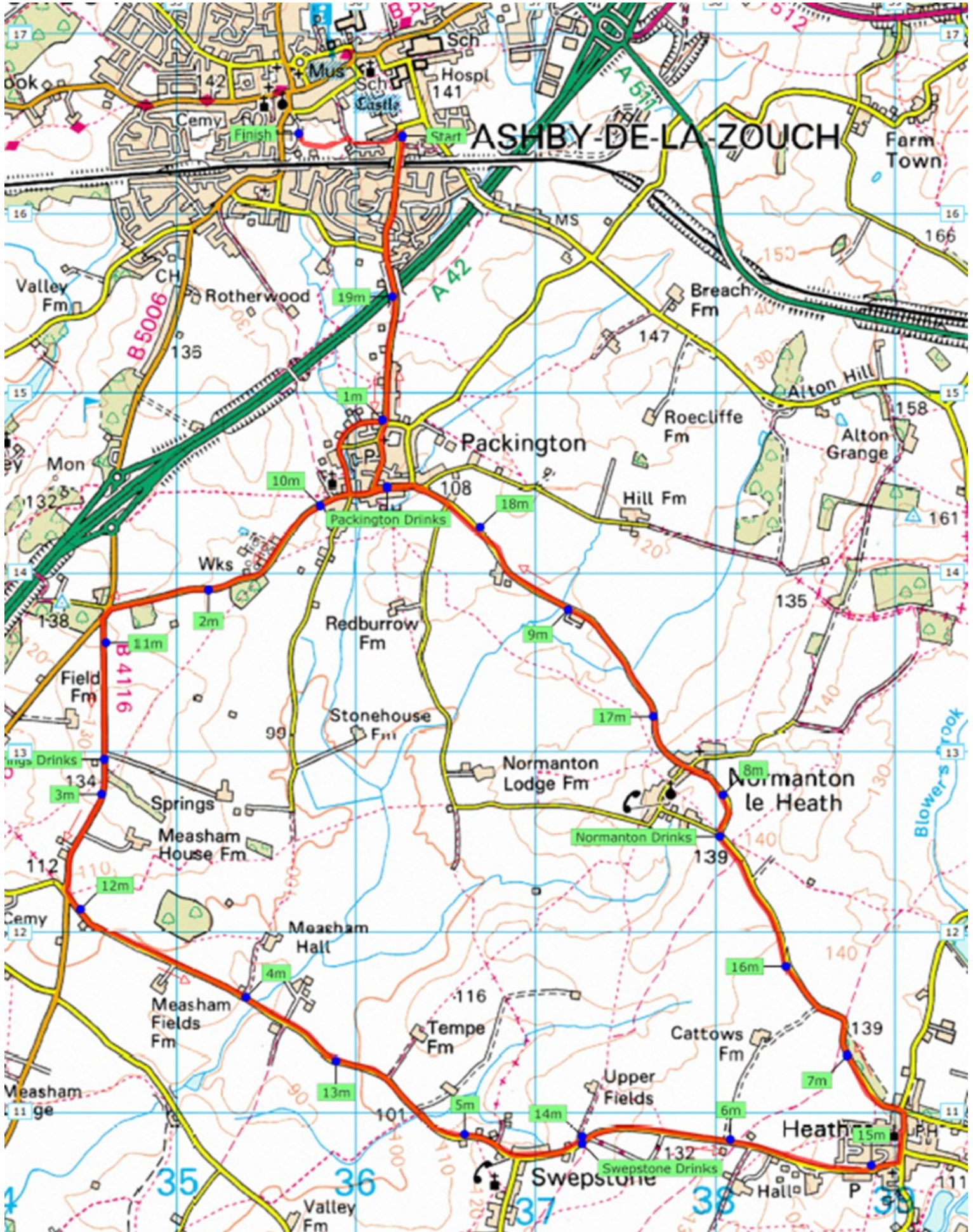
The next village of Normanton le Heath has the third drinks station, and then on to Packington for drinks station number 4 – and the start of the second lap (by the pub). Just do all that lot once more, back to Packington, and then make a right turn in front of the pub – the turn for home. You'll head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

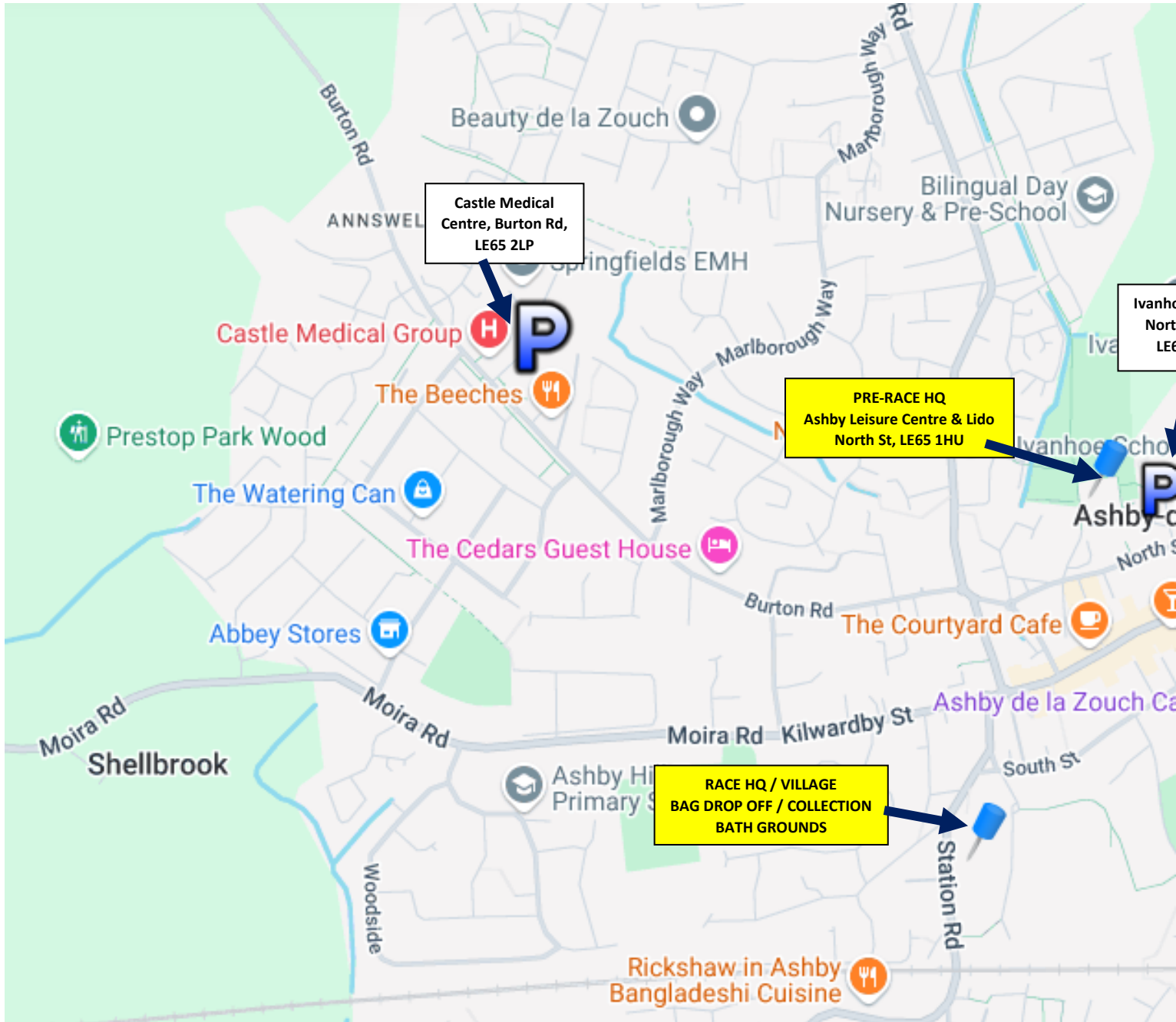
COURSE MAP



ASHBY TOWN MAP

'BEST VIEWED LANDSCAPE' (turn your phone)

Event car parks / Pre-Race HQ / Race Village HQ / Bag drop



CAR PARKS

Please arrive with plenty of time to park your car. We have four event car parks, all within walking distance of the town (plus several other stay car parks available around the town – visit link below or QR code)

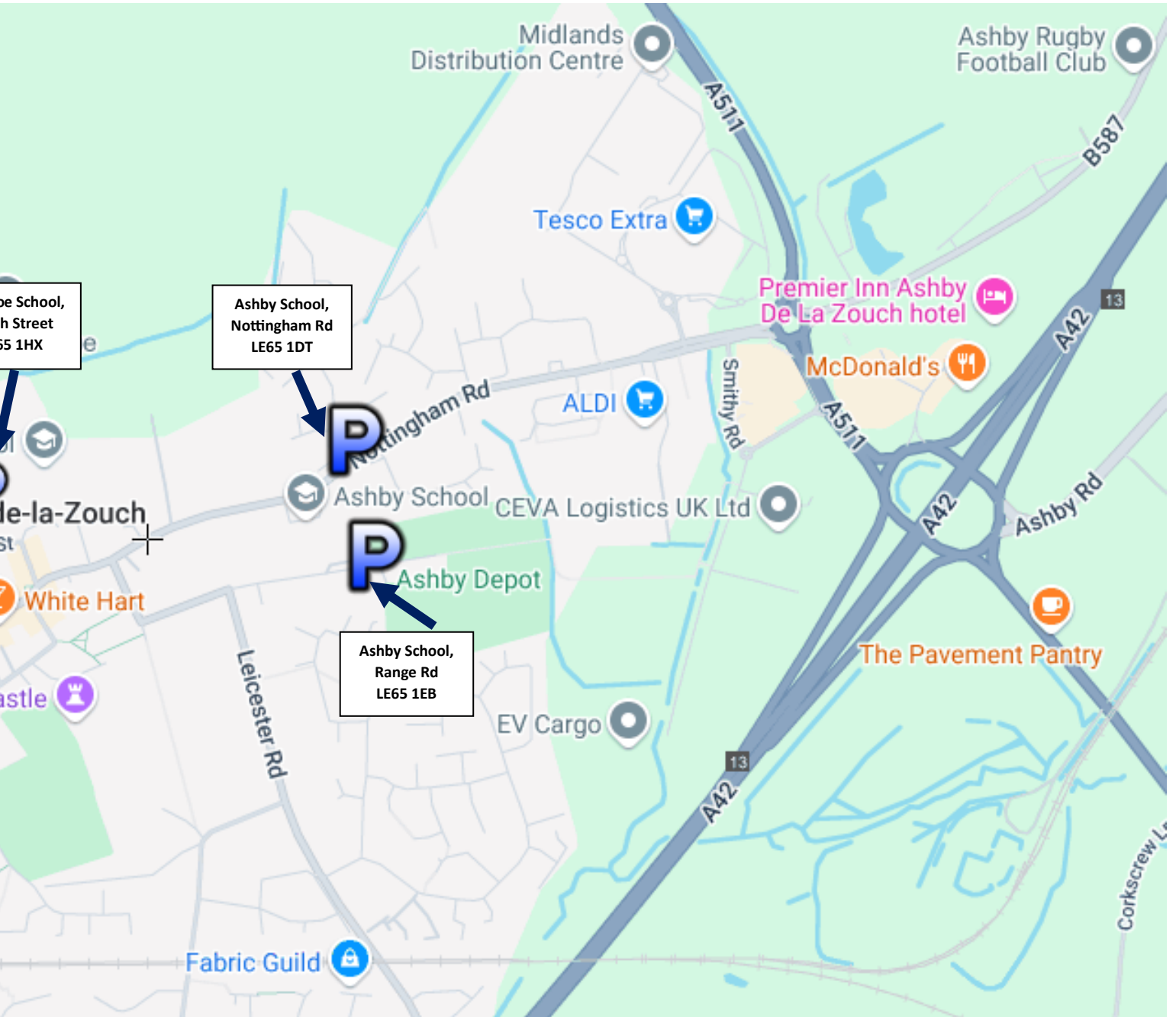
https://www.nwleics.gov.uk/pages/car_parking_ashby_de_la_zouch

WALKING DISTANCES TO RACE VILLAGE

Castle Medical Centre 0.9 mile (next to a small Co-op & The Beeches Pub)

Ashby School (Nottingham Rd) 0.8 mile / Ashby School (Range Road) 0.6 mile / Ivanhoe School 0.6 mile

Drop off & collection point



Distance of the race village (there are also Council owned long



file



REDUCING OUR IMPACT

We are committed to promoting sustainability, reducing our impact on the environment, and we're ambitious in our future plans to make further positive changes each year.

Please see below, the initiatives and changes made to date.

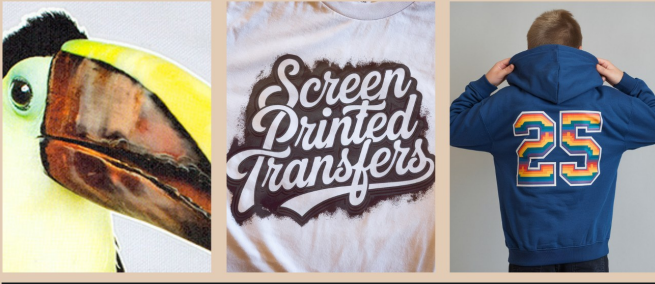
1. Since 2019, our race booklet is digital only
2. From 2023, we no longer use plastic bags for the finisher goodies. Your goodies will be accessible to collect individually as you leave the finish funnel
3. All plastic water bottles discarded in our 'litter drop zones' are collected and taken away by Aldi to be recycled
4. We are proud to be a leaflet free event
5. The large cardboard hoodie boxes are taken to the local recycling facility
6. The four 1100L bins on the Bath Grounds are provided by Rainbow Waste, who take the bins to a waste transfer station where it is processed for recycling
7. We have introduced 'litter drop zones' 200m before and 200m after each drinks station to reduce litter along the whole route
8. A full litter pick of the route takes place over the two days after the event
9. We encourage race entrants and volunteers to car share wherever possible to reduce impact on local roads and the wider environment
10. Our hoodies are supplied and printed locally (Coalville), and we use a local bakery in Ashby to supply our cobs, both minimising our carbon footprint
11. All our race signage is no-dated so it can be reused each year

FROM THE OFFICE TO THE GYM: OUR CLOTHING HAS YOU COVERED!

SUPPLIER OF THE ASHBY 20 RACE HOODIES.

WITH REVOLUTION SHIRTS YOU CAN HAVE GARMENTS DECORATED WITH A DESIGN OF YOUR CHOICE. FROM PRINTED T-SHIRTS TO PERSONALISED POLO SHIRTS TO CUSTOMISED WORKWEAR WE CAN SUPPLY IT ALL..

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TELEPHONE: 01530 510080

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passionate sportsman.

Drawing on experience, I am dedicated in
supporting clients through their sporting
journeys, through recovery from injury.

Based in Ashby de la Zouch

Tel: 07772141747



Julia's
BREADS, CAKES AND PRESERVES

We are an award-winning family craft bakery with a rich heritage of providing high quality Bread, Cakes and Preserves for retail and catering customers.

We're proud to once again be the supplier of the bap's for this year's ASHBY 20
Thank you for supporting local business

Whether you're looking for a daily supplier of fresh-baked bread or you have a one-off event, Julia's Bakery can help. We deliver across the region, typically within a 30-mile radius, but are happy to share our delights across a wider area – just give us a call to see what we can arrange. We even deliver for free!

To celebrate this years event! If you bring this advert along with you our shop Smithards Bakery, located on the green, you can have a FREE hot drink and cake with every order.

scan the QR code to view our website and socials

REFRESHMENTS

In and around Ashby-de-la-Zouch

ASHBY 20 EVENT CATERING—BATH GROUNDS / FINISH AREA

GILLYS FINE FOODS (IBSTOCK)

Serving hot and cold drinks, burgers, sausage/bacon cobs, chips etc

Vegetarian options also available

<https://gillysfinefoods.co.uk/>

ALONG THE ROUTE

The Bull & Lion in Packington

Poochies of Packington (Café)

Hill Farm Packington (Antlers & Alpaca Café)

Cattows Farm near Heather

The Crown Inn / The Queens Head in Heather

ASHBY TOWN CENTRE

A wide variety of cafes, pubs and restaurants serving a range of food and drink

HOTELS / B&B's

Premier Inn, Flagstaff Island, Flagstaff Park, Ashby De La Zouch LE65 1JP

The Cedars B&B, 60 Burton Road, Ashby de la Zouch LE65 2LN

The Beeches, 114 Burton Road, Ashby de la Zouch LE65 2LP

The Smithy Studio B&B, 41A Wood Street, Ashby-De-La-Zouch, LE65 1EL

The Clockmakers House B&B, 8 Lower Church Street, Ashby-de-la-Zouch, LE65 1AB

Champneys Springs, Gallows Lane, Packington DE12 7HD England

SPECTATORS

are very welcome at the
Aldi Ashby 20

**COME ALONG AND ENJOY THE FUN OF RACE DAY BY CHEERING
ON OUR AMAZING RUNNERS**

The runners pass through the village of Packington three times, and this can be an ideal place to cheer on family & friends. Please wherever possible, do not drive to Packington to park. Parking is freely available in Ashby, and we would strongly encourage you to take the walk of about 15mins if you are heading to Packington.

Runners also pass through Heather twice, another great spot for supporting, with two pubs and a corner shop in the village, and Cattows Farm nearby

The Bath Grounds is the perfect location to wait for your family/friends and to watch them finish the last stretch of the 20 mile race. It's the hub of the event with live commentary and a brilliant atmosphere.





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, awards nights & holidays

Based in Ashby-de-la-Zouch, we are a friendly running club with over 160 members, catering for all abilities, and newcomers are always welcome.

Get in touch for more information by contacting one of our committee members, whose details can be found on our website; www.ivanhoerunners.co.uk





pladis

GODIVA  ÜLKER



Ashby
DE LA ZOUCHE

everyone
ACTIVE



EXPLORERS

