

# CANI-FIT EXPERIENCE

**Sunday 19<sup>th</sup> Feb, Montrave Estate**



**Everything you need to  
know for this weekend's  
event!**





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

We understand the dedication and passion that drives all athletes, whether you're a competitive runner, weekend hiker, gym-goer or complete beginner we offer a vast selection of products, including running shoes, clothing and outdoor gear from the top sports and fitness brands such as Nike, Altra, Saucony, Asics, Mizuno and more. At Alton Sports, we're constantly striving to improve and bring you the latest products and technologies in the industry at affordable prices.

15% discount code for all participants  
Code: **Canifit15**

Whether you've been to hundreds of events, or this is your first, we've got a few tips and reminders for the weekend.

### BE ECO-FRIENDLY

- Bring a reusable water bottle & your own coffee cup.
- Remember to bring a bag to take your litter home with you!
- If possible, car share to get to and/or from the event!

### BE RACE READY

- Check over all your kit the day before the event.
- Make sure you arrive in plenty of time for the briefing!
- Remember your start time and make sure to be near the start and listening out for your number with plenty of time to spare.
- Stick around for the prize giving if possible-- you'd be surprised how many folk head home not realising they've earned a podium place! 😊

# Welcome to Montrave Estate!



Getting there:

Montrave Estate Leven Fife, United Kingdom KY8 5NY



Please do not access Montrave Home Farm or Montrave House road entrances. For specific directions from your own starting point, you can visit the location finder on their website at

<https://www.wigwamholidays.com/montrave-estate/location>

Or navigate to the correct entrance using What3Words

<https://what3words.com/nerd.took.plans>

From there, just follow the track until you find our parking marshals.

Parking is at <https://what3words.com/fired.depths.reforming>

A short section of the access road is also used for the races, please try to arrive before the race begins or be prepared to wait for the marshal to allow you through when it is safe to do so.



Defender Blender will be on site from 8am on  
Sunday, selling amazing coffee and cakes  
[facebook.com/defenderblender](https://facebook.com/defenderblender)



# Important site info

The course is NOT open to public, you can't come and walk the trail unless you are booked into the event and paid to stay on site. This is a private estate with residential houses on site so please be respectful of that.

Please respect on site parking rules – the space needs to be carefully used but there will be people there to keep you right on arrival. **Do not park on the grass unless specifically told to do so**

Dogs should be kept on lead at all times while on the estate – there is livestock nearby.

No open fires, there is a large fire pit in the reception building so please use that

You must pick up after your dog at all times.

The land owners have asked that all rubbish is cleared away and nothing is left on the estate or trails. If you are camping please ensure you bring extra black bags for your own rubbish.

Rubbish left behind results in event organisers spending additional hours cleaning up which we wish to avoid. To allow these events to continue to run in beautiful private estates/public parks, please treat them with respect by cleaning up after yourself and of course, your dog. Always double check you have left nothing behind but your footprint!

# On The Day



Please register 30 mins before your allocated start time

Registration open from: 8.30am

Briefing: 10.00am for all disciplines

Races start: Adult Long Course 10:30am

Novice/Short Course and then juniors will follow this.

Exact start times will be published via our website once entries are closed and processed.

Everyone should attend the race briefing.

Times may be subject to small last minutes changes (1hr max) to accommodate weather and /or daylight.

**You will be given a precise start time.**

**DO NOT MISS IT**

**You should be in line, near the start in plenty time.**



# On The Day



There will be an official photographer on site. We will share the link to the official photos on our social media channels as soon as they are ready

There will be an official prizegiving. This will be held as soon as possible after all races complete. Please note that analysing results takes some time, please be patient while our timing team thaw out and prepare your results.

Full times and results will be published as soon as possible after the event on the official facebook page  
[www.facebook.com/canifitexperience](https://www.facebook.com/canifitexperience)

# General Rules

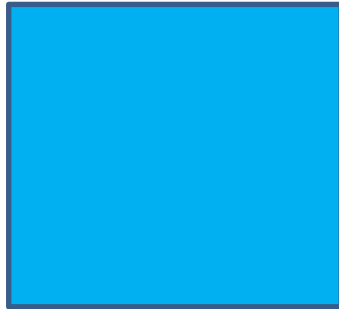
- Should you be unable to attend the event then please contact the organiser by email as an official waiting list may be in place. To claim a refund should competitor(s) be unable to attend please send a self addressed stamped envelope to the organiser. As per the entry form, any requests for refunds must have been made **30 days** prior to the event date, this will be entry fee minus costs the organiser has incurred. Should the event need to be cancelled for reasons out with the organiser's control a refund will be available again minus costs the organiser has incurred. If the event is postponed then the entry can be transferred to the rearranged event. NOTE the organiser is unable to transfer entries to other runners.
- There can be no changes to entries on the day
- You will be allocated a start time. If you miss your time slot, you will be allocated another free slot but you may be penalised so please adhere to the time you are given.
- Weather – Please ensure you regularly check your email in the run up to the event. The organisers may need to alter start/briefing times depending on weather conditions. You will be advised in advance by email of any changes like this.
- All dogs to be a minimum of 12 months old in order to compete
- Kids under 10 must be accompanied by an adult while racing
- Dogs who wear a muzzle whilst running, must have an open basket, or greyhound racing type muzzle, one that allows opening of mouth fully. Please be aware of dogs wearing a yellow ribbon or bib, this can mean please allow extra space. All dogs should be kept on a lead before, during and after the event at all time, unless far away from busy area where it is safe for off lead walking.
- You **MUST** pick up after your dog at all times, before, during and after the event, and bin. Anyone seeing leaving rubbish or not picking up after their dog **WILL** be banned from future events.

- Over taking - when passing please let the runner in front know what side you will pass, slow down when doing so and be courteous. If you are being caught up on please slow, pull in to one side and allow faster runner to pass and get away safely. Do not allow your dog to chase down and get close to other runners' feet. No barging past or blocking the trail will be tolerated. Smile, say thanks and support each other – it's fun after all!
- Bib nos. must be visible at end of the race. Once you have crossed the finish line, you will be funnelled in finishing order for time spotters to quickly check your bib no, please get in right order and listen to their instructions, this should only take 1-2 minutes max. Wear your bib on your front
- These sports are all dog powered sports and whether your dog runs by your side, or pulls way out in front they should preferably be in a comfortable fitting harness and attached to the runner. Only in exceptional cases will we allow a dog to canicross in a collar & lead at Cani-Fit Experience. If in doubt get in touch. There is no equipment hire so please be prepared
- Please check that all your equipment is in full working order before racing.

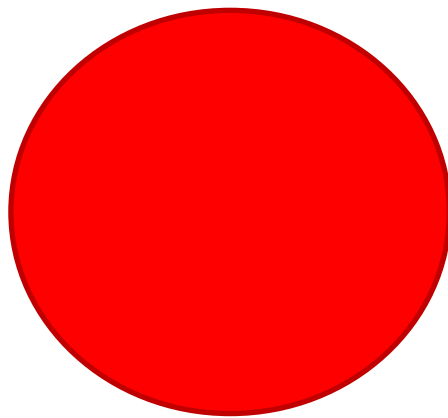


# Course Markings

The course will be clearly marked with these signs:



Blue square means 'Straight On' – you will also sometimes see this on the course to confirm you are going the right way



Red circle means a turn. If the circle is on the right hand side, you turn right. If it's on the left hand side, you turn left. You will always be turning AFTER the circle marker.

As always, there will be various sections of hazard tape and ski netting to keep you right and marshals along the route. If this is your first time or you are at all unsure of the course markings, you must attend the briefing.

# Organiser Details & Useful Links

**Event Organisers:** Lindsay Johnson at Cani-Fit

info@cani-fit.com

07709394667

www.cani-fit.com

facebook.com/cani-fit

Sponsors:

- Butternut Box [www.butternutbox.com/canifit](http://www.butternutbox.com/canifit)
- Alton Sports <https://altonsports.co.uk/>

**Photographer**

**Barry Murphy**

# THANKYOU

To Montrave Estate, our event team and helpers, marshals, sponsors, photographers and everyone who has helped make our event happen and to all you amazing runners and dogs for coming along and tackling the course!