

# CANI-FIT EXPERIENCE

Sunday October 20th - Montrave Estate, Fife



**Race . Camp . Social**



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



# Our Sponsors



**KIRK DOG TRAINING CLUB**



**LOYAL HEART**  
**Dog Training**  
Lead with your heart

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!
- Consider camping on the Sat night-- that's one less night you'll be using electrics in your home, and we'll have a social night and have-a-go bikejor/canicross course to keep you busy!

### BE RACE READY

- Check over all your kit the day before the event. We'll have a kit stall available on the day if there's anything you need! There is no kit hire.
- 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



The postcode provided will bring you to the estate. 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>





# **CAMPING AT THE CANI-FIT EXPERIENCE X**

**Full parking and camping info will be released on social media once we are on site – keep a close eye on our pages on Friday!**

- Camping opens Saturday 1pm and is £8 per night. Please no early arrivals if camping.
- Camping must be paid to Lindsay on Saturday by 8pm latest
- Those in Wigwams – you will have been advised of wigwam check-in/out times when you booked. You will deal directly with Montrave staff.
- Montrave is not a ‘campsite’ there is no electric hookup/shower block etc for campers.
- Chemical toilets are supplied for use over the weekend
- For those staying over, there is a bbq on Saturday night – bring a plate!
- Please take all your rubbish home with you – campers cannot use the bins provided for the wigwams. Please bring bags and be prepared to take your rubbish home
- If you’re camping, we have a have-a-go duathlon from 4pm-6pm, a quiz and Andy’s Disco Barn

# Important site info

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**

There will be a coffee van on site on race day – bring your own cup if you can!

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: 9.30am 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. Prints and digital downloads will be available direct from the photographers after the event – please note these processes take some time and we will share images once they are ready. We love seeing your pictures too – please feel free to share any you have of the weekend on our social media pages.

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 for will be published as soon as possible after the event on the official facebook page  
[www.facebook.com/canifitexperience](http://www.facebook.com/canifitexperience)



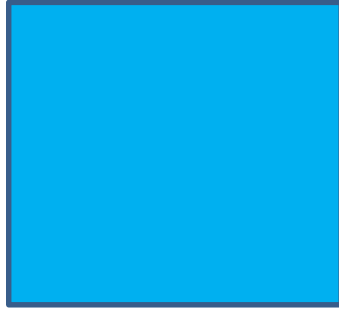
# General Rules

- 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.

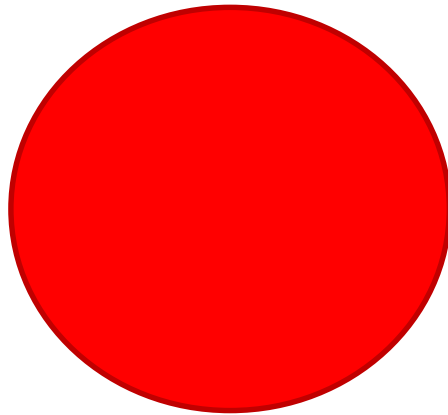
- Over taking - when passing please let the runner in front know what side you will pass, slow down when doing so and be courteous. If you are being caught up on please slow, pull in to one side and allow faster runner to pass and get away safely. Do not allow your dog to chase down and get close to 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

For **both** days – 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:

- Burns: [www.burnspet.co.uk](http://www.burnspet.co.uk)
- 
- Run4It: [www.run4it.com](http://www.run4it.com)
- 
- Alfie's Leads: [www.alfiesleads.co.uk](http://www.alfiesleads.co.uk)
- 
- Non Stop Dogwear [www.non-stopdogwear.co.uk](http://www.non-stopdogwear.co.uk)
- 
- Kirk Dog Training Club <https://www.facebook.com/groups/405673636161069/>
- 
- Loyal Heart Dog Training: [www.loyalheartdogtraining.com](http://www.loyalheartdogtraining.com)

## Photographers

**Kenny Girvan**

[www.kennygirvanphotography.co.uk](http://www.kennygirvanphotography.co.uk)

[facebook.com/kennygirvanphotography](https://www.facebook.com/kennygirvanphotography)

Please do not use photographer's images until you have paid for them – thank you!