

WESTERN POWER
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Sunday 17th November 2019 | 10am | Derby Arena

EVENT GUIDE

SUNDAY 17TH NOVEMBER | 10AM

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Derby City Council



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Introduction

Thank you for entering the 4th Derby 10 Mile race sponsored by **Western Power Distribution**. This event guide provides you with all of the details you will need on race day. Please check the [Derby 10 Mile website](#) for the latest news and any last minute updates.

This year's event will take place at [Derby Arena](#) with an amended route, an exciting new start and finish, as well as a brand new Race Village. Everything you need to know can be found in this comprehensive guide.

Whether your ambition for the race is to compete for the prizes, register a new personal best time, beat a rival or just to have an enjoyable day out, we wish you success and hope you enjoy the event.

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Getting your Race Number

If you have opted to have your race number posted out to you, you will receive it in the week prior to race day. If you have opted to collect your race number, you can do so from the Race Number Collection Point in the Race Village from 8am on race day, or you can pick it up in advance from The Derby Runner on Friday 15th November between 12-8pm.

About your Race Number

Runners do not need to bring anything when collecting race numbers as we will ask specific questions and cross reference it with the original entry data. Race numbers can also be collected by friends and family on producing a copy of the entry confirmation email that has been signed by the entrant.

All runners must wear race numbers pinned to the front of their running vest throughout the race. It is a race requirement that all runners complete the details on the back of their race numbers to include name, emergency contact details and any medical conditions. Any known medical conditions must be indicated on the front of the race number with a red 'X'.

Under UK Athletics rules, any runner found to be running with any race number other than that issued to them will be disqualified. Both they and those who pass on the number will be reported to UK Athletics and subject to disciplinary action by the governing body.

Swapping numbers can create a dangerous medical situation on race day. A transfer process was in place until 25/10/2019.

The Derby 10 Mile will be using a chip timing system to ensure runners' results are accurate. The timing tag will be attached to the back of the race number – tampering or removal could cause a missed result. After crossing the finish line, the timing tag on the back of the race numbers will automatically record runners' results. Full results will then be published on the Derby 10 Mile website as soon as possible after the race, likely in the afternoon on race day.

Race numbers and timing chips do not need to be returned as results will be recorded automatically after crossing the finish line. Hold on to your race number after the event as it entitles you to 10% off at Café 42 in Derby Arena on race day and 20% off at the **Derby Runner** retail store in Spondon until 16th December 2019.



20% DISCOUNT IN
STORE WITH YOUR
RACE NUMBER

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Race Timings Explained - UPDATED

Gun Time

The race time officially starts once the start horn is sounded.

Chip Time

This is what the official results are based on. When runners cross the start line 'chip mat', the timing chip begins to record the time and forms individual runners' 'Chip Time'.

Both of these times will be published on the official race results page of the Derby 10 Mile website shortly after the race. UK Athletics races are competitive events and Derby 10 Mile results, prizes and course records are awarded according to the 'Gun Time'.

There is a cut-off time of 2 hours 30 minutes to complete the race (10 mile). We will do our best to support anyone to get around the course. There will be a sweep bike who will record all runners who drop-out or are slower than the cut-off time. Anyone who falls behind the sweep bike will be considered as out of the race and therefore has the responsibility to proceed following the highway code as a general member of the public.

Pacers

We are grateful to Northern Pacing Volunteers for providing 6 pacers in this year's race. The pacers will be running at the following times: 1hr10, 1hr20, 1hr30, 1hr40, 1hr50 and 2hrs.

Baggage Storage

There will be a Baggage Storage Area in the Race Village that will be accessible from 8am. Be sure to attach the baggage label that comes with your Race Number prior to approaching the Baggage Area. The Baggage Area is provided out of goodwill for runners, therefore the race organisers do not accept responsibility for any damaged or lost items.

Start Arrangements - UPDATED

The race will start at 10am prompt. Please aim to be at the start 15 minutes before the start of the race (9:45am) and position yourself appropriately according to your race number – there will be signs directing runners to the appropriate areas. Due to the necessary changes we have had to make to the course (see below), on the grounds of safety, there will be 9 staggered / waved starts and corresponding pens are easily identified by your race number. The start horn will be sounded at the start of each wave. Due to narrow sections of the course, it is important that you start in the pen assigned to you.

The Course – UPDATED

Due to the recent flooding, we have had to make significant changes to the event. On 14th November 2019, the decision was made to revert to our 6th contingency route. In finding alternative routes we have had to consider plans and new road closures with Derby highways, contact new private land-owners, arrange removal of fixed barriers and organise clearance teams for a new course as well as constantly monitoring weather and river levels with the emergency planning group.

This route is the result of all of these considerations and whilst we appreciate that this route may not be favoured by all we are confident it is the best option given the context we find ourselves in. This contingency route has been communicated with the necessary authorities.

The course is flat and includes areas around Derby Arena, the river path, the A6 cycle path and the old Derby canal leading to Harvey Road. Distances are marked in miles – due to the

contingency route that has been put in place, mile markers are accurate at 1 and 9 miles, and approximate at 2-8 miles.

There will be water stations at 3.7 miles and 6.9 miles. Water will also be available after the finish line. As part of our commitment to reducing plastic and water wastage, we will be using cups at both drink stations rather than large plastic bottles.

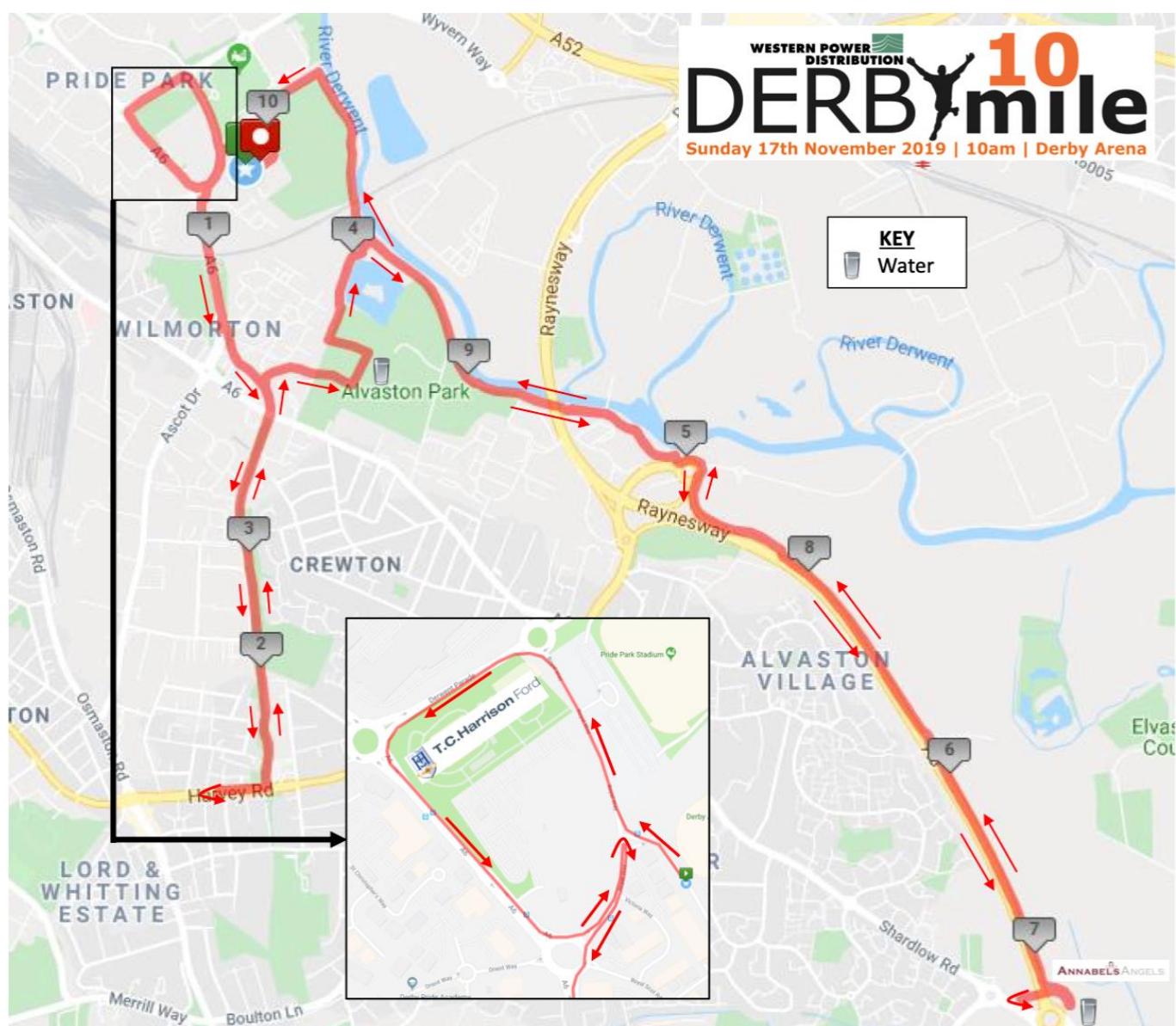
The course will be certified accurate in order that the results are valid on Power of 10.

Course Notes – UPDATED

There are some bollards on some sections of the course and these will be clearly marked and taped. At Fernhook Avenue there is a carefully managed road crossing switch system which is operated when there is a sufficient gap between the runners. The river path has been cleared of mud as far as possible. Please be alert, take note of the signs and follow marshals' instructions at all times.

Derby 10 Mile Course Map - UPDATED

A detailed copy of the amended course map can be viewed here: <http://derby10.co.uk/10-mile-course>



Disposal of Litter

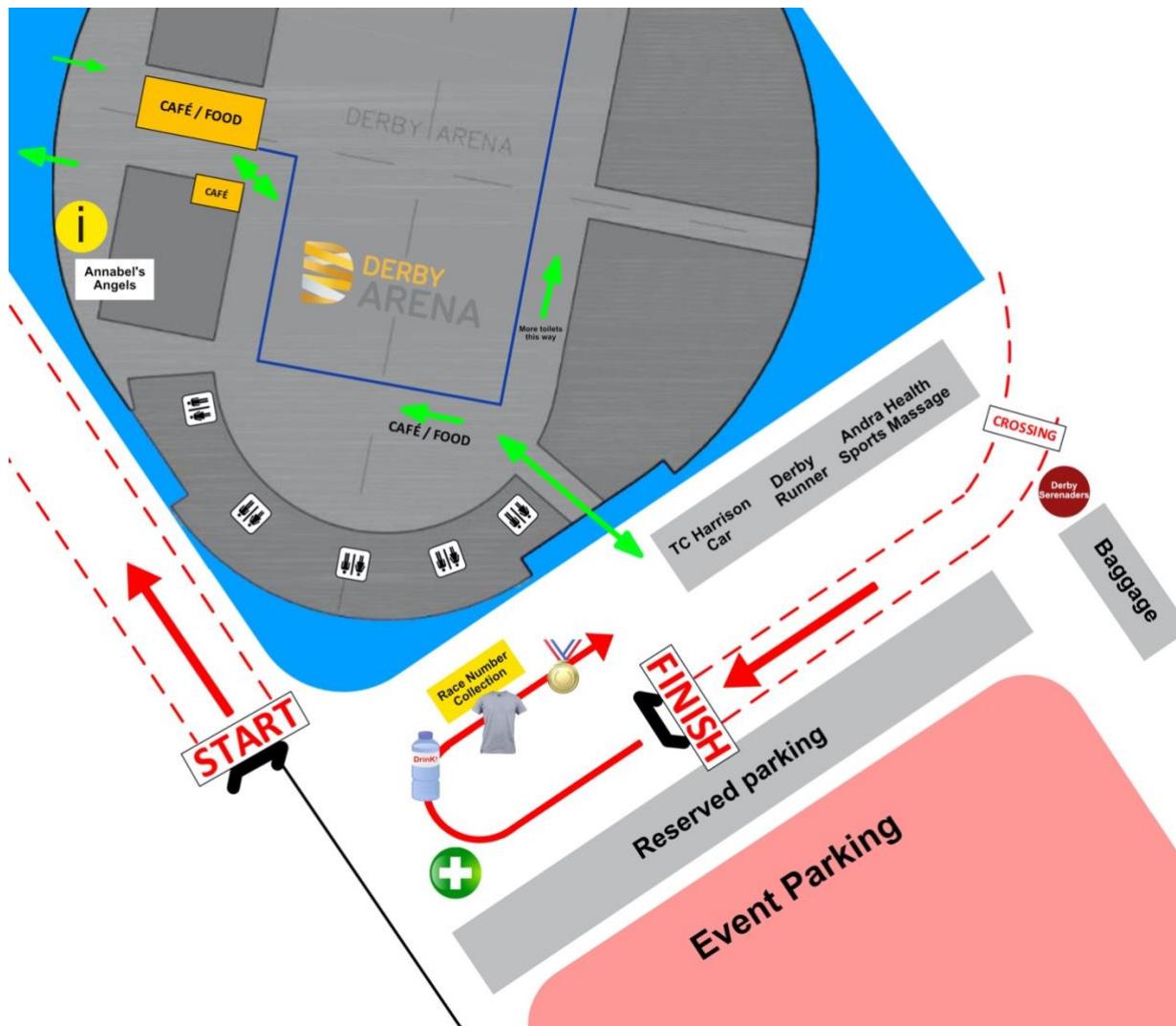
PLEASE DO NOT LITTER! Water cups can be discarded to the large bags just after the water stations but **please do not throw into hedging, onto properties or anywhere where our team will not easily be able to collect them.** If you decide to take other items around the course with you, please hold on to the litter and dispose of it in a litter bin.

Medical Cover

Medical cover will be provided around the course and at the finish line in case you are feeling unwell or injured. If you require medical assistance, please notify the nearest marshal. If you feel tired, are injured or for whatever reasons you do not wish to complete the race, please approach the nearest marshal in a fluorescent bib who will inform Event Control. Please do not drop-out of the race and make your own way home. We need to account for the safety and well-being of all runners who start the race.

The Race Village - UPDATED

The Race Village is located outside on the south side of Derby Arena and is where all runners and spectators gather before and after the race. The medal engraver has informed us that they will be unable to make it on race day and therefore won't be based in the race village.



There will be some partner stands in the Race Village including Derby Runner retail, pre and post-race sports massage area provided by Andra Health and Helen Wright Sports Massage, race number collection and baggage storage. Inside Derby Arena you can find Annabel's Angels charity stall, Toilets, Café 42 and the information point.

Toilets/Changing Facilities

There are plenty of toilets available inside Derby Arena, however, please allow time to use these facilities as they will become very busy prior to the race. Runners are politely asked not urinate in any other location around Derby Arena or public locations along the race route.

Finish Arrangements

After crossing the finish line, runners will be directed to collect water, a technical t-shirt sponsored by **TC Harrison Ford**, a bespoke medal, and another reward for finishing the race kindly provided by our headline sponsor, **Western Power Distribution**. Please show your race number when collecting your t-shirt. Whilst we have ordered t-shirts in requested sizes we cannot guarantee your preferred size.

Race Information Point

This is located inside Derby Arena's main reception as indicated on the Race Village map.

Medal

Take your medal to Derby Arena any time before 31st January 2020 for a free day guest pass.



Sports Massage

The sports massage will be provided by [Andra Health](#) and Helen Wright Sports Massage.

Prizes and Presentations

Prizes will be awarded to:

- 1st-4th male/female
 - 1st male 40-49/50-59/60-69/70+
 - 1st female 35-44/45-54/55-64/65+
 - 1st male/female UKA affiliated teams

All prizes will be presented on race day. The prize presentation will take place in the Race Village at approximately 12pm. For the prize structure and further details and rules, please visit our website www.derby10.co.uk/prize-structure

Race Photography and Results

Photos will be taken during the event by [Epic Action Imagery](#) and will be accessible and available for purchase from the [Derby 10 website](#) shortly afterwards. All runners will receive an email when the photos are live on the website. The results will be compiled by FR Systems. These are expected to be on the [Derby 10 Mile website](#) shortly after the race.

*Models shown are: Kuga ST-Line 5 Door 1.5 Ecoboost 150PS Manual. Fuel economy mpg (l/100km) (Combined): 34.4 (8.2) range: urban 24.8–68.9 (11.4–4.1), extra urban 37.7–83.1 (7.5–3.4), combined 32.1–74.3 (8.8–3.8). Official CO2 emissions 226–96g/km. Directive and Regulation 71/2007 and 692/2008 (as last amended), are provided for comparability purposes and may not reflect actual driving conditions.

www.tch.co.uk

**Models shown are: Kuga ST-Line 5 Door 1.5 EcoBoost 150PS Manual. Fuel economy mpg (100km)
range: urban 24.8-69 (11-4.1), extra urban 37-83 (7.5-3.4), combined 32.7-74 (8.3-3.8). Official
Directive and Regulation 75/2007 and 692/2008 as last amended), are provided for comparability purposes.
Compare full consumption and CO₂ figures with other cars tested to the same technical procedures. These
figures are for guidance only and will vary according to how you drive and maintain your car and the
accessories fitted, variations in weather, driving styles and vehicle load. There is a new test used for fuel
consumption and CO₂ emissions from September 2017. The new test is more representative of real world
driving. To find out more about the new test visit www.gov.uk/government/publications/brake-test-
cycle-new-fuel-economy-and-co2-measurements. Fuel consumption and CO₂ figures are based on the
use of unleaded petrol. Fuel consumption and CO₂ figures are not available for vehicles with a
petrol engine with a manual transmission. Fuel consumption and CO₂ figures are not available for
models with a diesel engine with a manual transmission. Fuel consumption and CO₂ figures are not
available for vehicles with a hybrid powertrain. Fuel consumption and CO₂ figures are not available for
models with an electric powertrain. Fuel consumption and CO₂ figures are not available for vehicles
with a plug-in hybrid powertrain. Fuel consumption and CO₂ figures are not available for vehicles
with a compressed natural gas powertrain. Fuel consumption and CO₂ figures are not available for
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liquefied biogas powertrain. Fuel consumption and CO₂ figures are not available for vehicles with a
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available for vehicles with a liquefied biogas/bioethanol/bioethanol/bioethanol powertrain. Fuel consumption and CO₂ figures are not
available for vehicles with a compressed biogas/bioethanol/bioethanol/bioethanol powertrain.**

Directions

The race takes place at Derby Arena, DE24 8JB which is located in Derby not far from the M1 motorway and easily accessible from the A52, A50, M42 and A38. Please follow the event signs and marshals when approaching car parks.

Bike Storage

Should you wish to cycle to Derby Arena, you will be able to lock your bike outside the Arena (subject to availability).

Event Car Parks

THE AREA IS EXPECTED TO GET BUSY ON RACE MORNING SO PLEASE ARRIVE EARLY. Parking spaces are on a first come, first served basis and it is advised that you aim for the Pride Park & Ride car park accessible from Island 2. Car sharing is recommended. Should you wish to cycle to Derby Arena, you will be able to lock your bike outside the Arena (subject to availability). We recommend that you aim to arrive 90 minutes before the start of the race (8.30am). Derby Arena's car park will be closed between 9.30am (or earlier if full) to 10.15am.

Please follow the marshals' instructions at all times when entering and exiting the car parks. Please be patient at peak times.



Key Rules and Regulations

Derby 10 Mile is managed according to UKA rules - UKA License Number 2019-36639. In accordance with UK Athletics Rules, no one under the age of 17 years on race day will be permitted to participate in the race.

On the grounds of health and safety due to the 10 mile course being narrow in some areas and with a two-way section for a short section, it is with regret that the course is deemed unsuitable for wheelchair athletes and runners are not permitted to use bikes, stilts, roller skates, skateboard, pushchairs/buggies or similar in the event. Those attempting to do so will be prohibited from starting and will be asked to be removed from the course mid-race. Anyone attempting to start or join the race in any outfit that we, in our absolute discretion, deem unsuitable and/or dangerous to other competitors or spectators, will not be allowed to start the event or, if on the course, may be removed from the event. You are not permitted to run with animals or pets or be accompanied by non-entry paying runners or cyclists.

Personal Audio Players

From 1 April 2016 a new rule regarding the wearing of headphones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition: "The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic." **As the Derby 10 Mile is a UKA licensed event, the above rule applies.** However, since the publication of this new rule, a further supplementary rule in September 2016 states that headphones that work by conducting sound through bones and do not sit in the ears are acceptable. Runners must be alert at all times to directions given by marshals in the case of an emergency situation.

Runners wishing to wear bone conduction headphones on race day must complete the form on the Derby 10 Mile website at derby10.co.uk/bone-conduction-headphones



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Official Race Charity

This year's race will be supporting **Annabel's Angels** as the official Derby 10 Mile 2019 charity.

Annabel's Angels originates from a group of people all affected by cancer. They and the late Annabel Hancox from Derby were all diagnosed with cancer during 2012. **Annabel's Angels** is a Registered Charitable Trust aiming to raise funds and increase support for patients, families and carers living with cancer in Derby.



The charity is 100% volunteer-led with all income generated by donations. The charity works closely with Royal Derby Hospital, Macmillan Cancer Support and other cancer related support services to improve the quality of life for families in and around Derby living with cancer. To make a donation, please visit their [website](#) and visit the Annabel's Angels charity stall to show your support on race day.

The charity team will be based at the second drinks station on the route, be sure to give them a wave!

Annabel's Angels originates from a group of people all affected by cancer. They and the late Annabel Hancox from Derby were all diagnosed with cancer during 2012. Annabel's Angels is a Registered Charitable Trust aiming to raise funds and increase support for patients, families and carers living with cancer in Derby

The poster features a large black and white photograph of a woman with short, dark hair, resting her chin on her hand. To the right, there is a stylized, hand-drawn blue 'thank you!' message. At the top, the text 'ANNABEL'S ANGELS' is written in large, bold, red letters, with a small angel icon above the letter 'A'. Below it, in smaller red text, is 'REGISTERED CHARITY IN ENGLAND AND WALES (1157814)'. At the bottom left is the website 'WWW.ANNABELSANGELS.CO.UK'. On the bottom right, there are logos for 'JustGiving' (purple), Facebook (blue 'f'), and Twitter (blue bird icon).

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Acknowledgements - UPDATED

The race organisers would like to thank all the sponsors, supporters and the volunteers for their involvement in the Derby 10 Mile. Without their assistance, there would be no race. Special thanks for the extra efforts gone into ensuring the contingency plans can go ahead.

In addition, we would like to say a huge thank you to Derbyshire County Council and Derby City Council for their support with the contingency plans we have had to put in place this year.

If you are interested in joining our race crew please email: volunteers@derby10.co.uk

The Western Power Distribution Derby 10 Mile is part of the **RunDerby** race series.

RunDerby

<http://www.runderby.co.uk/race-series/>

Race under UK Athletics Rules – UKA License No. 2019-36639

E-mail: info@derby10.co.uk | Public Enquiries: 07799570370

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- | | | |
|--|---|---|
| 1
Check you have a phone available that will work in a power cut – digital or cordless ones may not work. | 2
Keep a battery/solar charger handy so that you can recharge your smart phone or tablet and follow updates on social media. | 3
Keep our telephone number handy or save it into your mobile phone (105 or 0800 6783 105) and advice. |
| 4
Have things like a torch or lantern ready (it's best not to use candles or paraffin lights). | 5
Protect sensitive electrical equipment such as computers with a surge protector plug. | 6
Keep a wind-up/battery/solar radio ready so you can listen to local radio updates. |
| 7
If you have a mains operated stair lift, check to see if there is a manual release handle that can be used to return it safely to the ground level if it stops working. | | |

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DERBY ARENA

National
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T.C. Harrison Ford

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