

DERBY 10 mile

Sunday 14th November 2021 | 11:02am | Derby Arena

EVENT GUIDE

SUNDAY 14TH NOVEMBER | 11:02AM

www.derby10.co.uk

Supported by



Derby City Council



Official Race
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Introduction

After a difficult year and a gap in the events calendar due to Covid-19, we are delighted to be welcoming you back to the 5th Derby 10 Mile race, postponed from 2020. Despite the easing of restrictions, some Covid-19 mitigation measures will still be in place this year in line with local government and UK Athletics guidance, therefore it is more important than ever to read this Event Guide in full in order to prepare you for race day. We would request that all runners and spectators remain respectful of each other throughout the event.

Please check the [Derby 10 Mile website](#) for the latest news and any last minute updates. 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.

Covid-19 Safety Measures / Runners Code of Conduct

Please see below important measures in line with UK Athletics and local government guidance that we have implemented to ensure the safety of all participants on race day. It is important that participants and spectators should adhere to any relevant COVID-19 safety measures in place at the event, including observing directions given by marshals.

KEY POINTS

Preparation:

- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they have symptoms of COVID-19 currently recognised as any of the following:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- We recommend everyone to take a Lateral Flow Test prior to coming to the event.
- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace).
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event.
- All runners are expected to arrive “Ready to Run”. This includes completing the details on the back of your race number and pinning the race number to your running top. All race packs are posted out in advance with 4 pins included. Pens and pins are not distributed on race day.
- Minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Under no circumstances swap your number or give your place to another participant.
- Observe social distancing wherever possible. Please be respectful of everyone at the event who may be taking different approaches to social distancing depending on their personal circumstances.
- Spectators that do attend are requested not to congregation at the immediate start and finish areas.

- Contact the Race Team at info@derby10.co.uk by 8pm on Saturday 13th November prior to race day with any issues.
- Runners, volunteers and any spectators attending the event are encouraged to bring their own hand sanitisers (min 70% alcohol) in case it is required at any time. We will be providing hand sanitiser points in the Race Village and at the finish.

Race Village:

- Runners are asked to avoid any crowding around the Information Point, charity / retail stalls, medal engraver and sports massage areas.
- Runners are asked to maintain social distancing when queuing for the toilets. The wearing of a mask is recommended in this area. Runners are asked not to urinate anywhere other than the toilet facilities. Any runner found to be urinating anywhere around the Race Village or course will be disqualified from the race.
- There will be no race pack collection point as all race packs are being posted out.
- There will be an Information Point within the Race Village on race day only for urgent matters. Please read the full information in the event guide and come prepared.
- There will be no baggage drop facilities in the Race Village this year.
- Please follow all signage and instructions from the marshals.

Race Start:

- From 10:40am, runners will be called to the start area in groups according to race number. Runners will be spaced out on the start line and there will be three start waves. Race numbering will be based on predicted finish times.
- Please be patient at all times in the start area and do not get over-concerned if you have missed your call to the start line. Runners based at the back of the field will be able to see their own personal chip time.
- For anyone who chooses to wear a mask in the start area, there will be a bin just after the start line for runners to discard their mask.
- Any clothing discarded at the start by runners should be thrown into the bin at the actual start line. Any clothing discarded elsewhere will be regarded as litter and disposed of accordingly. **Any runner found to be littering will be disqualified from the race.**

During the Race:

- There will be **one water station on the course**. Please bring your own additional hydration and nutrition to the event. Carrying bottles around the course in bottle belts and hydration backpacks is permitted.
- **DO NOT LITTER** around the course. Please be respectful of the fact that a volunteer will have to pick up any litter which will be unsettling for them during these times. **Any runner found to be littering will be disqualified from the race.**
- Runners should **keep to the LEFT of the course at all times**, unless overtaking only when the course is clear ahead. If overtaking, please give a wide berth around other runners. *The only exception to this is if there are any front runners at 8.5 miles inbound passing the very back runners in the opposite direction at 2.8 miles outbound. If required, there will be marshals instructing runners to keep right accordingly over this short section.*

- There is a no spitting/nasal clearance rule before, during and after the race. Any runner found to deliberately spit or nasal clear will be disqualified.

After the Race:

- It is important to not stop within at the finish line area but to continue walking through the finish area to self-collect one bottle of water, one t-shirt according to your chosen size and one finisher medal.
- Runners are asked to use the hand sanitiser available after the finish line.
- There will be a prize presentation in the Race Village and runners are asked to maintain social distancing while the winners are announced.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App – <https://covid19.nhs.uk>.
- Participant and volunteer contact details may be shared securely with government organisations or professional bodies in the interest of public safety, especially to reduce the risk of spread of coronavirus through the track and trace system.

About your Race Number and Chip Timing

As part of our Covid-19 safety measures, all numbers will be posted out in advance of race day. All runners must wear race numbers pinned to the front of their running vest throughout the race. 4 pins will be provided in your posted-out race pack. 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 a 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 21/10/2021.

The Derby 10 Mile will be using a chip timing system to ensure runners' results are accurate. The timing chip 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 chip 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, most likely in the afternoon on the day of the event.

Race numbers and timing chips do not need to be returned as results will be recorded automatically after crossing the finish line. Make sure you hold on to your race number after race day as you can take it to Derby Arena any time before 31st January 2022 for a free gym day guest pass. Your race number gets you 20% off at the **Derby Runner** retail store in Spondon until 12th December 2021. **Andra Health** is also offering £5 off a treatment if you take your race number in within 3 months of race day.



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Race Timings Explained

Gun Time

The race time officially starts once the start horn is sounded. This is what the official results are based on and is known as the 'Gun Time'.

Chip Time

When runners cross the start line 'chip mat', the timing chip begins to record the time and forms individual runners' 'Chip Time'. This is for personal interest and generally what runners base their personal best times on.

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.

The Course

The course will include areas around Pride Park, Alvaston Park, the river path, the A6 cycle path and the scenic Elvaston Castle Country Park. The course is flat and fast and certified accurate in order that the results are valid on Power of 10. Distances are marked in miles.

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. Please be alert, take note of the signs and follow marshals' instructions at all times.

There will be one water station on the course at 6.3 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 the drink station rather than large plastic bottles. Please bring your own additional hydration and nutrition to the event. Carrying bottles around the course in bottle belts and hydration backpacks is permitted.

Course Map

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



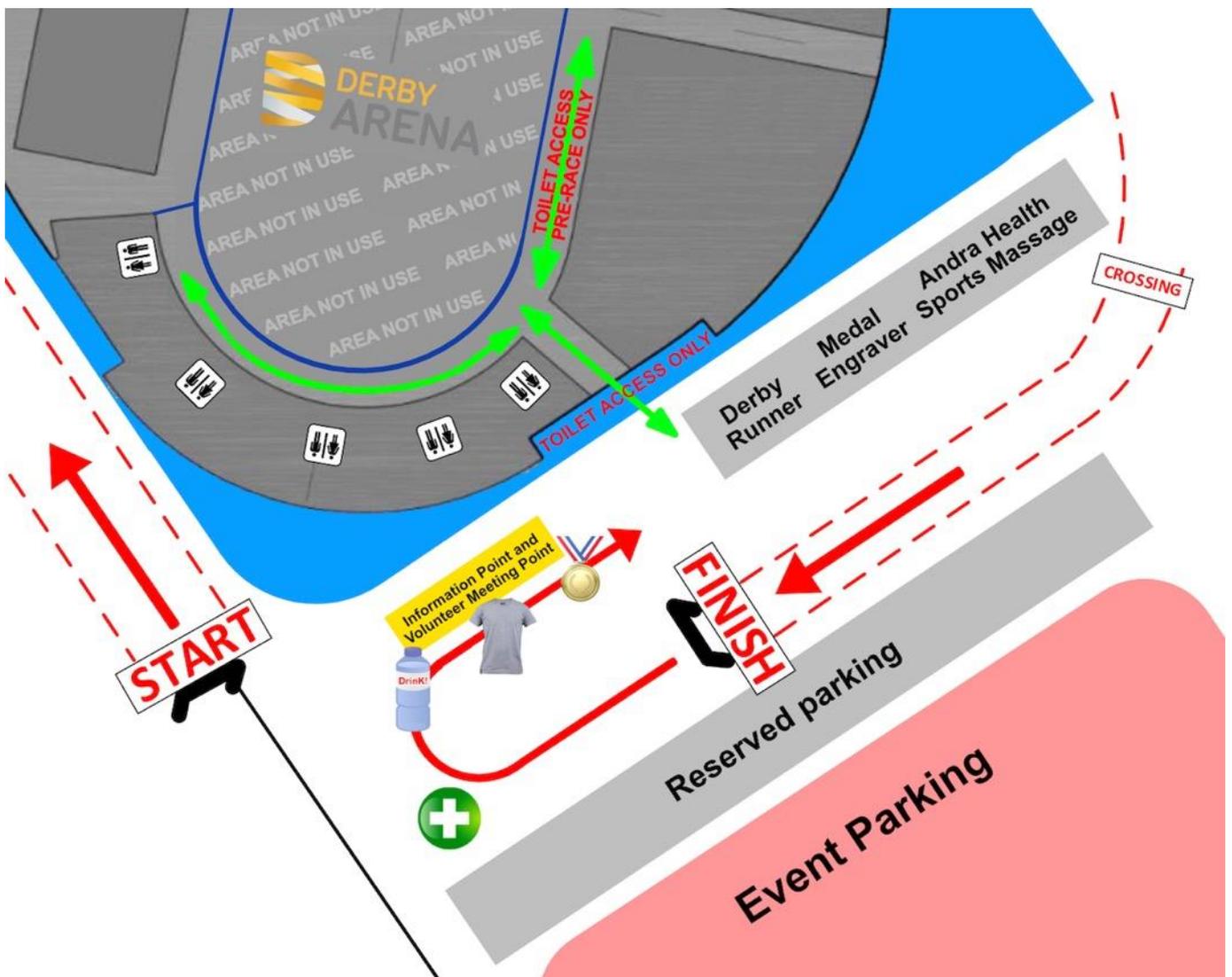
Baggage Storage

As part of the Covid-19 safety measures, **we will not** be offering baggage storage facilities at this year's event.

Race Village

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. There will be the Derby Runner retail stand, sports massage area and medal engraver in the Race Village. We encourage participants to undertake their own warm-up in this area. Runners are asked to avoid any crowding around the Information Point, retail stalls and sports massage areas.

Race Village Map



Toilets

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. There will be no opportunity to wait inside Derby Arena and runners will be redirected back out into the Race Village. Runners are asked not to urinate in any other location around Derby Arena or public locations along the route.

Race Information Point

This is located in Race Village on race day for urgent matters only. Please read the full information in the event guide and come prepared.

Start Arrangements

The race will start at 11.02am prompt after paying our respects for Remembrance Sunday at 11.00am.

In order to provide some social distancing on the start line, runners will be called to the start area from 10.40am in groups according to race number. If you have a low race number (#1-500), please be alert around this time as you will be called first. Runners will be spaced out on the start line and there will be three start waves. Race numbering will be based on predicted finish times.

Please be patient at all times in the start area and do not get over-concerned if you have missed your call to the start line. Runners based at the back of the field will be able to see their own personal chip time. Please listen carefully to marshals' instructions at all times.

Disposal of Litter

PLEASE DO NOT LITTER! Water cups can be discarded to the large bags just after the water station 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.

Finish Arrangements

After crossing the finish line, runners will be directed to collect a bottle of water, a technical t-shirt and a bespoke medal. 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.

Sports Massage

Andra Health will be based in the Race Village to provide free pre and post-race sports massage and offering nutritional and physiotherapy advice to runners.

ÄNDRA HEALTH

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△ Muscular Rehab

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FREE
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you bring your
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the clinic - valid 3
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Melbourne DE73 8FE

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Medal Engraver

A medal engraver will be based in the Race Village and will be charging £5 for engraving your required details such as name and finish time. You can pay by cash or card.

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 1pm. 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 Mile 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.

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.

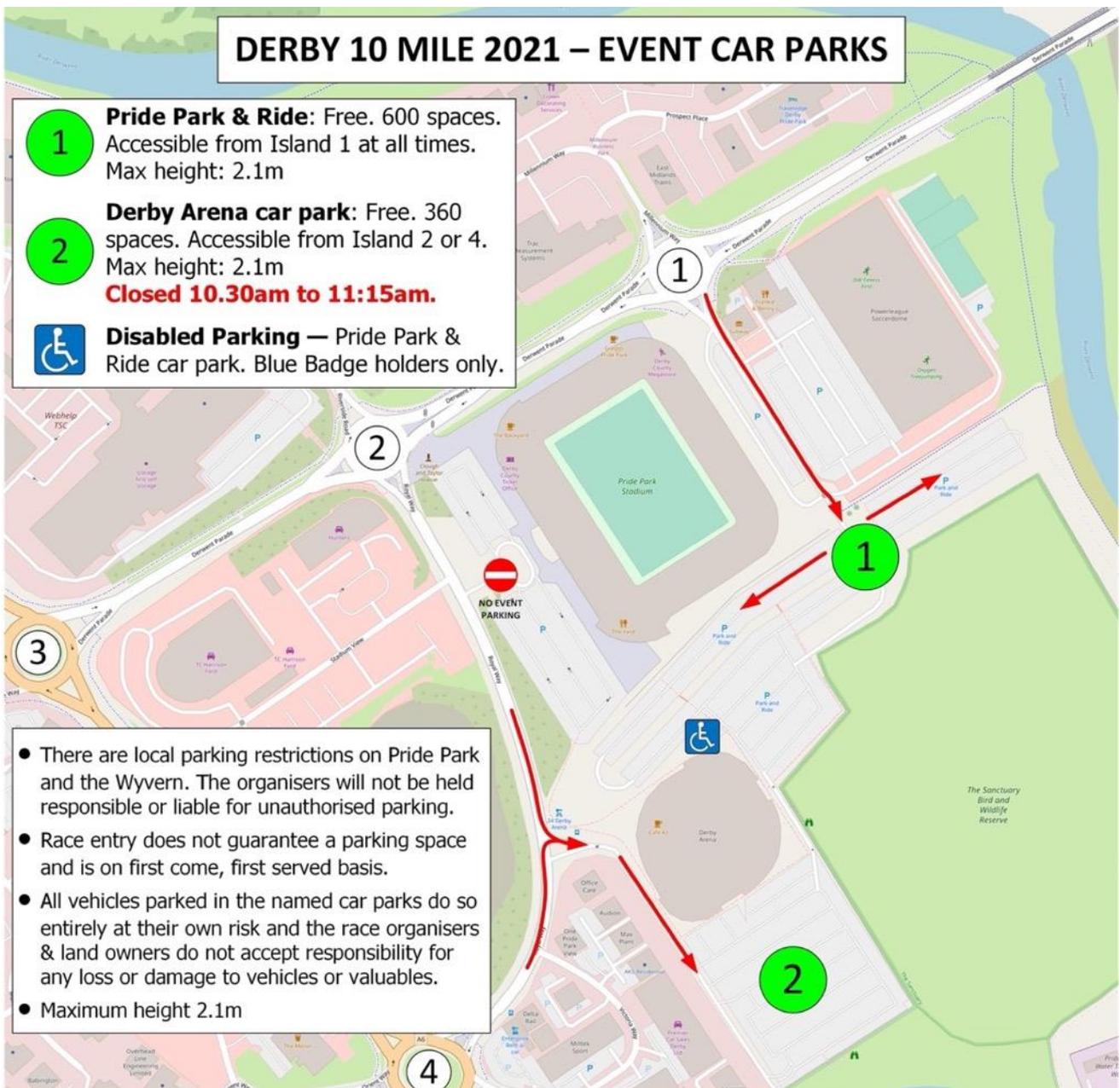
Bike Storage

Should you wish to cycle to Derby Arena, you will be able to lock your bike outside the Arena in the bike shed area only (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 (9.30am). Derby Arena's car park will be closed between 10.30am (or earlier if full) to 11.15am.

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 2020-39418. 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 or 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 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.

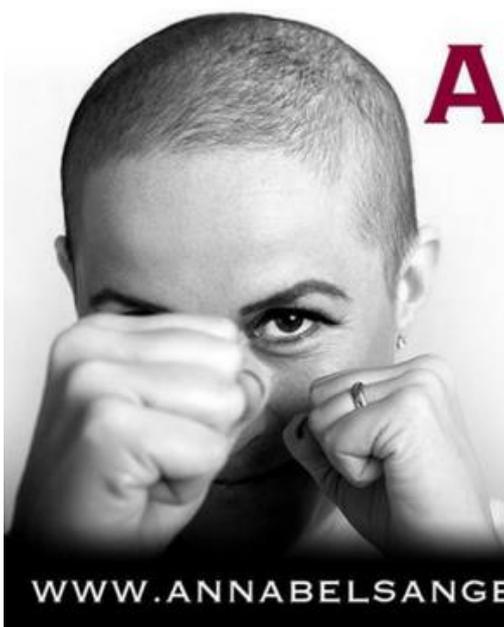
Annabel's Angels is a Registered Charitable Trust aiming to raise funds and increase support for patients, families and carers living with cancer in Derby.

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](#).

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



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ANNABELSANGELS
REGISTERED CHARITY IN ENGLAND AND WALES (1157814)

thank you!

WWW.ANNABELSANGELS.CO.UK **JustGiving**  

Acknowledgements

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, we would not be able to go ahead with the event.

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

The 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. 2020-39418

E-mail: info@derby10.co.uk

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Derby City Council

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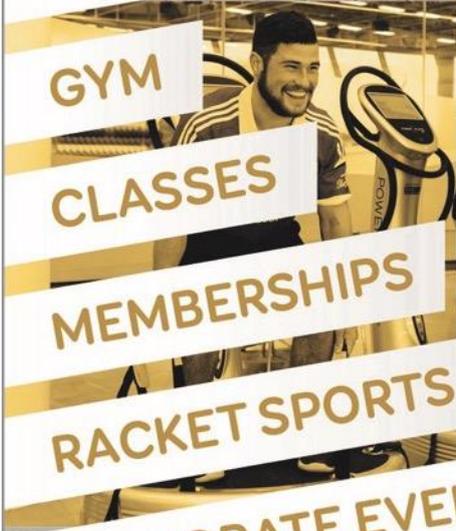




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EVENTS



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