



# availableCar<sup>®</sup> DERBY 10<sup>A</sup> mile

Sunday 19th November 2023 | 10:00am | Derby Arena

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# 2023 Event Guide

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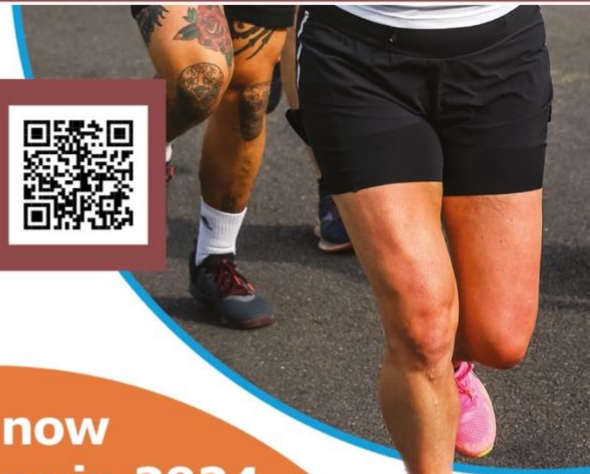
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## Introduction

We are delighted to be welcoming you back to the 7<sup>th</sup> Derby 10 Mile race, sponsored by [Available Car](#). This event guide provides you with all the details you need on race day – please do your homework and make sure that you are aware of and understand the information in this guide prior to race day.

Please check the [Available Car 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.

## About your Race Number and Chip Timing

Race numbers will be posted out, where requested, in the week of the event. For those collecting numbers, they will be available from the Information Point in the Race Village from 8am on race morning. All runners must wear race numbers pinned to the front of their running vest throughout the race. 4 pins will be provided in posted-out race numbers and available on race day for those collecting race numbers. 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 30/10/2023.



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The Available Car 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 [Available Car Derby 10 Mile website](#) as soon as possible after the race.

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 use it to get 20% off at the [Derby Runner](#) retail store in Spondon until 17<sup>th</sup> December 2023. You can also use code derby10mile23 online at [www.derbyrunner.co.uk](http://www.derbyrunner.co.uk) to get 20% off until 17<sup>th</sup> December 2023.

## 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 Available Car Derby 10 Mile website shortly after the race. UK Athletics races are competitive events and Available Car 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 miles). That equates to 15 minute per mile or 9 minutes per kilometre or 4 miles per hour pace which is a brisk walking pace. 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 has a race start and finish at the iconic Derby Arena on Pride Park. The outbound route goes via part of Pride Park into Alvaston Park at City Point. Runners will then go along the Derwent footpath to the bottom of the A6 then along the pavement to the B5010 where it picks up the new part of the route and heads around the periphery of Elvaston Castle Country Park, before returning to Derby Arena along the river path for a grand finish.

The course is fast, flat and provides a big opportunity for a personal best. The course is 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 two water stations on the course at 4.3 and 8.2 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 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 but please do not litter.

## Course Map

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



## 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 Available Car, Derby Runner, Smalls Kitchen and Derby Arena stands, in addition to sports massage area in the Race Village. We encourage participants to undertake their own warm-up in this area.

## Race Village Map



## Toilets

There are plenty of toilets available inside Derby Arena. 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. Just after 6 miles, the course passes Elvaston Castle where there are public toilets if required. 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 the Race Village. If you have any queries, please head to this area and ask one of the team.

## Baggage Storage

Runners are encouraged to leave bags and personal items securely locked in their cars. For any runners arriving by foot or bike, we have a small baggage area in race village. The baggage storage is provided out of goodwill for runners and the organisers do not accept responsibility for any damaged or lost items.

## Start Arrangements

The race will start at 10.00am prompt. Runners will be called to the start area from 9.40am in groups according to race number colours. If you have a green race number, please be alert around this time as you will be called first. There are three start waves; first wave = green; second wave = orange; third wave = purple. A number in the 2000 range refers to a late entry without a medal. Race number colour allocation is 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 (if applicable). Please show your race number when collecting your t-shirt and medal. Whilst we have ordered t-shirts in requested sizes, we cannot guarantee your preferred size.

## Sports Massage

The Sports Therapy of the University of Derby will be based in the Race Village to provide free pre- and post-race sports massage runners.

## Pacers

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

## Prizes and Presentations

The Available Car Derby 10 Mile Prizes will be awarded to 1st-4th male/female; 1st male and female 40-49/50-59/60-69/70+ and 1st male/female UKA affiliated teams. The Derbyshire Athletics 10 Mile Championship medals will be awarded following the main Available Car Derby 10 Mile prize presentation.

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](http://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 via the [Available Car Derby 10 Mile website](#) shortly after the race. All runners will receive an email when the photos are live on the website. The results will be compiled by FR Systems.

## 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 1. Car sharing is recommended. 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.

### DERBY 10 MILE – EVENT CAR PARKS

**1** **Pride Park & Ride:** Free. 600 spaces. Accessible from Island 1 at all times. Max height: 2.1m

**2** **Derby Arena car park:** Free. 360 spaces. Accessible from Island 2 or 4. Max height: 2.1m. **Closed 9.30am to 10:15am.**

**Disabled Parking** — Pride Park & Ride car park. Blue Badge holders only.

**Bike Shed**

- There are local parking restrictions on Pride Park and the Wyvern. The organisers will not be held responsible or liable for unauthorised parking.
- Race entry does not guarantee a parking space and is on first come, first served basis.
- All vehicles parked in the named car parks do so entirely at their own risk and the race organisers & land owners do not accept responsibility for any loss or damage to vehicles or valuables.
- Maximum height 2.1m

The map shows the layout of the event area with numbered callouts (1, 2, 3, 4) corresponding to the text. Red arrows indicate the flow of traffic from the car parks towards the Derby Arena and Pride Park Stadium. A 'NO EVENT PARKING' sign is also visible on the map.



## Key Rules and Regulations

Available Car Derby 10 Mile is managed according to UKA rules - UKA License Number 2023-44712. 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 Available Car 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 Available Car Derby 10 Mile website at [derby10.co.uk/bone-conduction-headphones](http://derby10.co.uk/bone-conduction-headphones)



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## Official Race Charity

This year's race will again be supporting **Annabel's Angels** as the official Available Car 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!



**ANNABEL'S ANGELS**  
REGISTERED CHARITY IN ENGLAND AND WALES (1157814)

*thank you!*

[WWW.ANNABELSANGELS.CO.UK](http://WWW.ANNABELSANGELS.CO.UK)

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## Acknowledgements

The race organisers would like to thank all the sponsors, supporters and the volunteers for their involvement in the Available Car 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](mailto:volunteers@derby10.co.uk)

The Available Car 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. 2023-44712

E-mail: [info@derby10.co.uk](mailto:info@derby10.co.uk)

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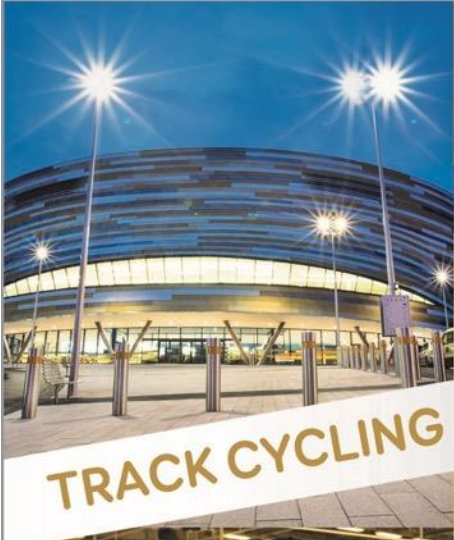
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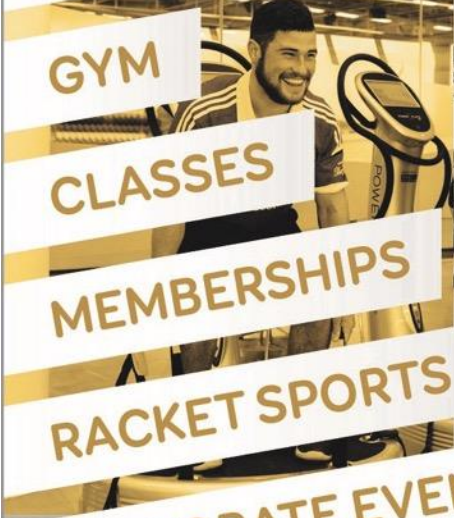




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