



# DERBY 10 mile

17th November 2024 | 10am | Derby Arena

2024  
EVENT  
GUIDE



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NOW  
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Mushrooms

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## Introduction

We are delighted to be welcoming you back to the 8th Derby 10 Mile race, sponsored by Aldi. 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 [Aldi Derby 10 Mile website](https://www.aldi.co.uk/derby10) 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 mailed out during the week of the event, if requested. For those collecting in person, numbers will be available at the Information Point in the Race Village starting from 8:00am on race day. All participants must not fold or cut their race number and have it pinned to the front of their running vests throughout the event. Four safety pins will be included with mailed-out race numbers and they will also be available on race day for those collecting in person. It is mandatory for all runners to complete the information on the back of their race numbers, including their name, emergency contact details, and any medical conditions. Any known medical conditions must also be marked with a red 'X' on the front of the race number.

According to UK Athletics rules, any runner found using a race number not assigned to them will be disqualified. Both the runner and the person who provided the number will be reported to UK Athletics and could face disciplinary action. Number swapping is strictly prohibited as it can lead to serious medical risks on race day. The transfer process was available until 28th October 2024.

The Aldi Derby 10 Mile will use chip timing for accurate results. The timing chip is attached to the back of the race number, and any tampering or removal could result in missed timing data. Once runners cross the finish line, the chip will automatically log their results. Full race results will be posted on the Aldi Derby 10 Mile website as soon as they are available.

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 17th December 2024. You can also use code **DERBY10MILE2024** online at [www.derbyrunner.co.uk](https://www.derbyrunner.co.uk) to get 20% off until 17th December 2024.**







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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 Aldi Derby 10 Mile website shortly after the race. UK Athletics races are competitive events and Aldi 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.



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## The Course

The race starts and finishes at Derby Arena, Pride Park. 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 head down the A6 then along the B5010 turning left passing through the villages of Thulston and Elvaston. After passing the periphery of Elvaston Castle Country Park, runners return to Derby Arena along the river path for a grand finish. The fast, flat course is ideal for personal bests and is certified accurate for Power of 10 results. Mile markers are provided. Two water stations are available at 4.3 and 8.2 miles, with cups provided to reduce plastic waste. Please bring your own extra hydration and nutrition. 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. A detailed copy of the course map can be viewed [here](#).





## The Race Village

### 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 and follow the signs for male and female toilets. There will be no opportunity to wait inside Derby Arena and runners will be redirected back out into the Race Village. The course passes Elvaston Castle just after the 6 mile point 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 the 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 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 after the race. 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 an Aldi protein/cereal bar, a bottle of water, a finisher 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 and t-shirts will **NOT** be posted post event.

### Refreshments

We have a variety of caterers at this year's events. We have **Cafe 42** serving hot food and hot and cold beverages in the Derby Arena (takeaway only) and **Smalls Kitchen** are back with their amazing protein balls for sale pre and post race.

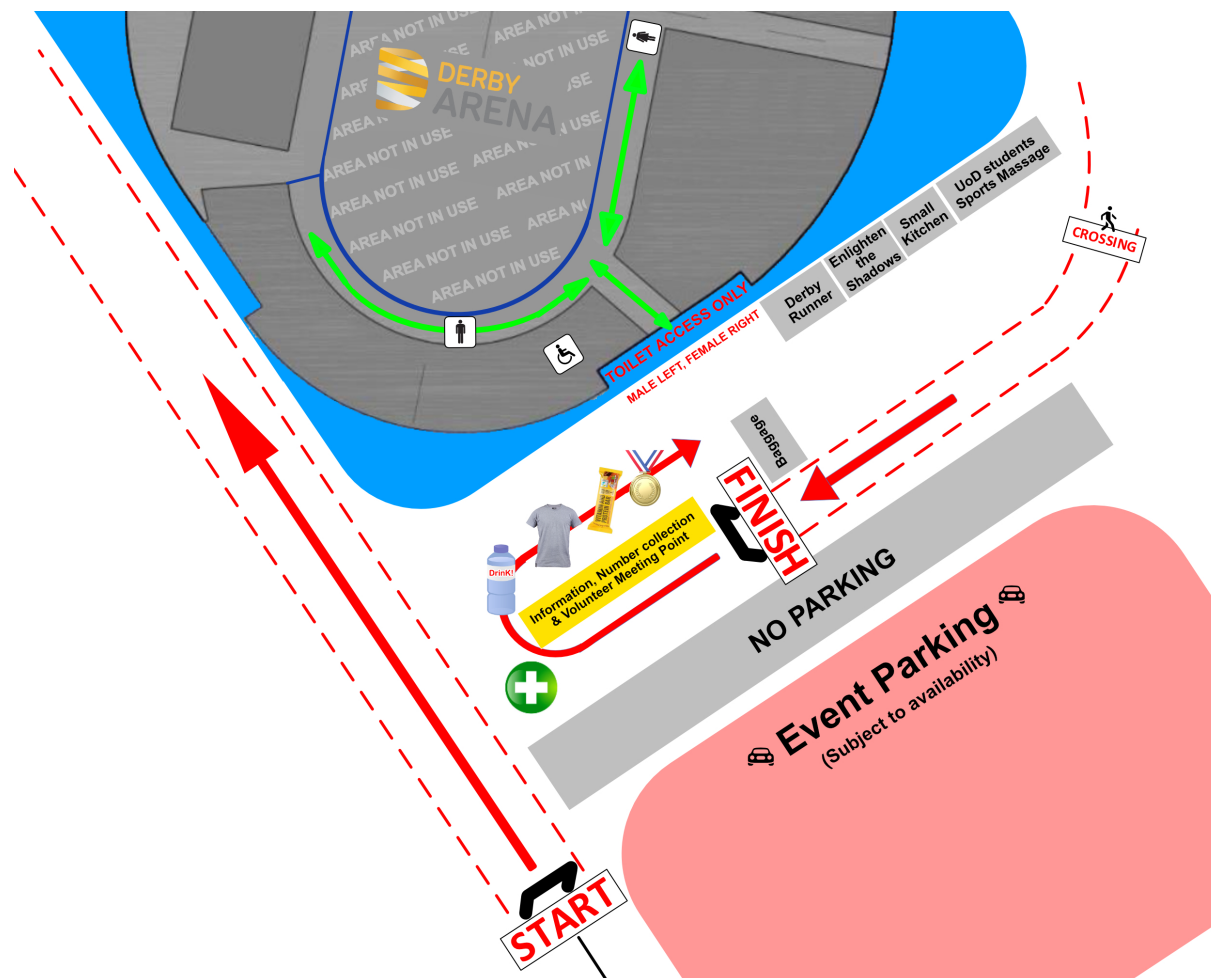
### Results

The results will be compiled by FR Systems and available on our website shortly after the race.





## The Race Village



### Sports Massage

Students from **The Sports Therapy of the University of Derby** will be providing free pre & post race sports massages for 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 Aldi 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 Aldi 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

Photos will be taken during the event by **Epic Action Imagery** and will be accessible and available for purchase via the Aldi Derby 10 Mile website shortly after the race. All runners will receive an email when the photos are live on the website.

### Bike Storage

Should you wish to cycle to Derby Arena, you will be able to lock your bike in the bike shed (subject to availability) located on the opposite side of the Arena to the Race Village.

The race takes place at Derby Arena, DE24 8JB, which is located on the east side of Derby. Please follow the event signs and marshals when approaching car parks.

## Directions

### 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.

**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



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## Key Rules and Regulations

Aldi Derby 10 Mile is managed according to UKA rules - UKA Licence Number 26684. 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 a cyclist or non-entry paying runners.

## 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 Aldi 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 Aldi Derby 10 Mile website at [derby10.co.uk/bone-conduction-headphones](https://derby10.co.uk/bone-conduction-headphones)

## Official Race Charity

This year's race will be supporting Enlighten the Shadows (ETS)

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

Click on the following link for more information about Enlighten the Shadows

<https://www.enlightentheshadows.org>



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**DERBY 10 MILE**

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MEN'S MENTAL HEALTH GROUP

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**FREE ENTRY**  
\*FOR ANY RUNNERS. FEW SPACES LEFT ON THIS DEAL!





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## Acknowledgements

The race organisers would like to thank all the sponsors, supporters and the volunteers for their involvement in the event. Without their assistance, there would be no race.

Headline sponsor



Supported by



Derby City Council

Charity event cause



Technical partner



Race day caterers



DERBY college



SMALLS KITCHEN

Photos



Race day pacers



Race day massage



Thanks to





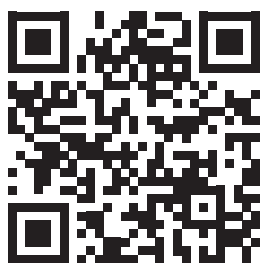
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Each of our races offer something different. We have the scenic Carsington 7+ course in May, our fast and flat Wilne 10K course with PB potential in September and finishing with the Derby 10 Mile which is also a fast and flat course in November.

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