



EVENT GUIDE



19th May 2019

Carsington Water | 9.30am

www.carsington7.co.uk

Official charity:



Abbey Street
Animal Rehoming Centre



Charity No: 222 620

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Introduction

Thank you for entering the 8th annual Carsington 7+ race. This event guide provides you with all of the details you will need on race day. Please check the Carsington website – www.carsington7.co.uk – 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.

Directions

The Carsington 7+ takes place at Severn Trent Water's Carsington Reservoir, which is located near Ashbourne. The postcode for use with a Sat Nav is DE6 1ST.

Event Car Parks

We are using the main Carsington Water Visitor car park as the official race car park which will be clearly sign posted on race day. It is expected to get busy on race morning so please arrive as early as possible. Car sharing is highly recommended. **The cost for this car park is £3.** Severn Trent Water have kindly agreed for Carsington 7+ entrants to pay the 2 hour rate of £3 for parking all day. This means that you do not need to pay for the more expensive all-day rate of £5. This only applies to Carsington 7+ entrants who park in the Carsington Water Visitor car park and for car park tickets purchased before 9.30am on race morning. There are several pay machines in the car park but please allow extra time to obtain a ticket. There is no change given at the pay machines so please ensure you have the correct amount. The race will start on time so please leave plenty of time to arrive in order to collect your race number. The car park opens at 7.30am. Depending on traffic conditions this car park may close 15-30 minutes before the race and alternative parking can be found at the overflow car park located beside the dam. We recommend that you aim to arrive 75 minutes before the start of the race (8.15am). Please follow the marshals' instructions at all times when entering and exiting the car parks. Please be patient during peak times.

Getting your Race Number with Timing Chip

All race numbers are to be collected on the day. The collection point is opposite the Severn Trent Water Visitor Centre on the grass area. Numbers will be sorted in alphabetical order by surname.

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.

About your Race Number and Chip Timing

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 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 3rd May 2019.

Carsington 7+ will be using a chip timing system to ensure the 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 Carsington 7+ 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. Hold on to your race number after the event as it entitles you 20% off at the [Derby Runner](#) retail store in Spondon until 9th June 2019.

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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 times will be published in the official race results on the Carsington website shortly after the race. UK Athletics races are competitive events and Carsington 7+'s results, prizes and course records are awarded according to the 'Gun Time'.

There is a cut-off time of 2 hours to complete the race (7.76miles/12.5km). 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.

Baggage Storage

There will be a baggage storage located at the RSPCA shop in the courtyard of the Carsington Water Visitor Centre which will be clearly signposted. Be sure to attach a baggage label with your race number on it. The baggage storage is managed by the Derby & District RSPCA.

Start Arrangements

The race starts at 9.30am from the top car park of the main Severn Trent Water Visitor Centre. There is no official warm-up so please ensure you are 'race-ready' prior to running. Runners who have predicted a sub 50 minute race times will be asked to make their way to the front of the start line.

The Course

The race will start at the top car park and finish on the event field apposite the Visitor Centre. The route takes a full clockwise circuit of the Carsington Water. Runners will be able to enjoy the amazing scenery along the way.

The route is mainly on a hard trail path. There are tarmac roads at the start of the race and by the second drinks station.

A map is shown on the next page.



Carsington 7+ Course Map

Carsington 7+ Route Map

Key:

-  Water Station
-  First Aid Point
-  Start
-  Finish



Course Notes

We ask all participants to be considerate of other runners on race day. Please be aware the course is not closed to other visitors. The course is mainly on trail paths and there are a few small areas of tarmac at the start/finish areas and on Oldfield Lane (approx. 5 miles). We would like to bring the following points to your attention:

- At 2.9 miles, the route takes a left turn through a gate up into Hall Wood. There will be a marshal located here.
- At 5.1 miles, there is bollard as you enter onto Oldfield lane and another as you exit it back onto the trail path. There will be a marshal located here.
- At 5.7 miles, the course goes up takes a left turn up a hill. There will be a marshal located here.
- At 6.6 miles, as you run along the trail at Millfields car park and head towards the dam wall there is a small left-right turn to avoid running into the viewing area/amphitheatre. There will be a marshal located here.
- At 7.6 miles, as you near the sailing club there is a fence that protrudes from the left. Part of the fence will be removed to allow for a safe and undisrupted running line to be taken.
- At the sailing club, the route crosses the sailing club entrance. There will be a marshal located here.
- Just before the finish on the events field, there is a children's play area on the right. There will be a marshal located here to ensure pedestrians keep clear.

Hazards will be clearly marked on race day.

Drinks Stations

Drinks stations with cups of water are placed around the course at 2.7 miles and 5.5 miles. There will be a 500ml bottle of water for all finishers after the finish line.

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

There will be first aiders located at the start, at Oldfield Lane/second drinks station and at the finish 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 reason 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 wellbeing of all runners who start the race.

Finish Arrangements

The finish line is on the events field opposite the Severn Trent Water Visitor Centre, giving spectators the opportunity to get up close to runners as they give their final push to the finish line.

After crossing the finish line, Carsington 7+ runners will be provided with a bottle of water and a technical finishers t-shirt.



Toilets

There are plenty of toilets available at the Visitor Centre. All runners and spectators will be directed to use these on race day. Disabled toilets are also available in these areas. Runners are asked to allow sufficient time to use these facilities as they will become very busy prior to the start of the race. Toilets will be open from 8.00am.

There are also toilets located at Millfields car park entrance for runners requiring access to facilities during the race. Runners are politely asked not urinate in any other locations.

Race Information Point

This is located next to the Race Pack Collection Point where we can answer any questions you may have on race day.

Prizes and Presentations

Prizes will be awarded to: 1st-3rd male/female. Please refer to the website for the prize structure. This will take place on the events field near the race commentator at approximately 11.00am.

Sports Massage

Andra Health will be providing a team to provide free sports massage before and after the race.

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 Carsington 7+ 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 Carsington 7+ website shortly after the race.

Key Rules and Regulations

Carsington 7+ is managed according to UKA rules - UKA License Number 2019-35711. 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.

It is with regret that we are unable to accommodate runners who want to push or hold large objects around the course such as pushchairs and wide fancy dress costumes, unless special prior arrangements have been made and cleared by the Carsington 7+ organisers. This is due to the nature of the route.

Personal Audio Players

Runners are permitted to use personal audio players. Please take due care and attention on the route as cyclists, horses and pedestrians will also be on the route.

Charity Fundraising

Carsington 7+ provides a fantastic fundraising platform for charities. The official charity for our race is Derby & District RSPCA. For fundraising opportunities or to make a donation, please visit their website www.rspcaderby.org.uk.



Acknowledgements

The race organisers would like to thank all the sponsors, supporters, the venue hosts Severn Trent Water and the volunteers for their help with the Carsington 7+. Without their assistance, there would be no event.

Race under UK Athletics Rules – UKA License No. 2019-35711
Email: info@carsington7.co.uk | Public Enquiries: 07799 570370



Abbey Street

Animal Rehoming Centre



Charity No: 222 420



COULD YOU DONATE ITEMS TO SUPPORT OUR WORK?



Ladies Clothing

Men's Clothing

Children's Clothing

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Furniture

(Ripley only)

Electrical Items

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Bedding, Linen & Curtains

