



# EVENT GUIDE



**20th September 2020**

**Carsington Water | 9.30am**

**[www.carsington7.co.uk](http://www.carsington7.co.uk)**

Official charity:



**Abbey Street**  
Animal Rehoming Centre



Charity No: 222 620

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## Introduction

In what has been an unprecedented year for us all, we are delighted to be going ahead with the 9<sup>th</sup> Carsington 7+ event and look forward to welcoming you on Sunday 20<sup>th</sup> September. This event guide provides you with all of the details you will need on race day including the important Covid-19 safety measures that we have implemented in order to enable us to proceed with the event safely. Please check the Carsington website – [www.carsington7.co.uk](http://www.carsington7.co.uk) – for the latest news and any last minute updates.



## Covid-19 Safety Measures / Runners Code of Conduct

Please review the Covid-19 safety measures that we have implemented in line with the government's and UK Athletics' guidance in order to ensure that we are able to proceed on race day. The full list of safety measures are specified below:

### Preparation:

- If you have any **Covid-19 symptoms**, or have had within the past 14 days, it is important that you DO NOT attend the race.
- If you have been hospitalised at any point this year due to Covid-19, you must undergo a form of health screening prior to taking part in the event. This screening is best led by a doctor with specialist training in sports medicine.
- Spectators are strongly discouraged at this year's event. Spectators that do attend will not be permitted in the race village area, start area and finish area to ensure controlled social distancing is in place for the runners. If you are a spectator and are planning on attending, please read the [Spectator Code of Conduct](#) found on the event website.
- All runners are expected to maintain social distancing by using the space available in the race village and car parks to keep a distance of 2 metres from other runners. Guidance and control measures are provided in this document to ensure that social distancing can be adhered to on the start line and around the course.
- All race numbers are being posted out on Monday of the event week.
- Under no circumstances swap your number or give your place to another participant.

- Contact the Race Team at [info@carsington7.co.uk](mailto:info@carsington7.co.uk) by 8pm on Saturday prior to race day with any issues.
- 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. 4 pins will be provided in your posted-out race pack. Pens and pins will not be available on race day.
- Please minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Please try and avoid using public transport but utilise own transport to get to Carsington Water.
- 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, toilets and at the finish.

### **Car Parks:**

- Please ensure you adhere to the 2 metre social distancing guidelines at all times in the car parks and when walking to the race village.
- If using the Main Carsington Visitors Centre Car Park, we advise paying online within 24 hours of arriving (although do not forget!) to avoid having to touch pay machines. If using the pay machines (before leaving), please maintain social distancing at all times.
- If using the Overspill Car Park, please bring the exact change for the £3 car park fee.

### **Race Village:**

- There will be a one-way system entry and exit operating in the race village.
- Please ensure you adhere to the 2 metre social distancing guidelines at all times in the race village.
- All event staff and volunteers based around the course will be issued with PPE to be worn for the duration of the event.
- There will be no race pack collection point as all race packs are being posted out. If you have an issue with your race number such as it being damaged or lost, you must contact the Race Team at [info@carsington7.co.uk](mailto:info@carsington7.co.uk) by 8pm on Saturday 19<sup>th</sup> September. We will not be dealing with reissuing damaged or lost race packs on race day.
- There will be an Information Point within the Race Village on race day only for urgent matters. A queuing system and 2-metre control measures will be in place. Please read the full information in this event guide and come prepared.
- There will be no baggage drop facilities, sports massage, charity stand or stalls including the Derby Runner retail stand in the race village this year.
- There will be a constantly manned first aid area adjacent to the finish area and a separate Covid-19 sterile area should it be required.
- A queuing system and 2-metre social-distancing control measures will be in place for the toilets, whilst in line with the Carsington Water Covid-19 plans. The wearing of a mask is recommended in this area.
- There will be no music at the event this year.
- Please follow all signage and instructions from the marshals.

## Race Start:

- The start area plans and set-up will be completely different to previous events. Please refer to the start section of this event guide.
- There will be clear signage around the race village. You must follow all signage and instructions from the marshals before, during and after the race.
- The race start will be split into 4 holding areas, allowing enough space for 2m social distancing between each runner.
- Runners will be called to the start through the 4 holding areas in groups of 100 race numbers at one time according to their race number. In the front holding area, runners will be set off in groups of 9 per staggered start every 15 seconds to ensure runners are able to adhere to social distancing at the start and around the course.
- Race numbering will be based on predicted finish times.
- As the results will be based on chip time, runners based at the back of the field will not be at a disadvantage according to their race result.
- Please be patient at all times in the start area and do not get concerned if you have missed your time slot according to your race number. Results are based on chip time only.
- Wearing of masks in the start holding area is recommended. There will be a bin at the start line for runners who wish to discard their mask. Please do not litter elsewhere! **Any runner found to be littering will be disqualified from the race.**
- Any clothing discarded at the start by runners should be thrown into the bin at the start line. Any clothing discarded at the start line and elsewhere around the course will be regarded as litter and disposed of accordingly.

## During the Race:

- There will be no water stations on the course. Please bring your own hydration and nutrition to the event. Carrying bottles around the course is recommended (although do not litter) and bottle belts and hydration backpacks are 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.
- Provisions will be in place for emergency water on the course only. Do not rely on this.
- 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 and plan the timing of your overtaking to avoid bends and when the general public are on the opposite side of the path.
- 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.
- The route has changed following a further comprehensive risk assessment to avoid narrow sections and has been shortened to 7.5 miles. The route has been accurately measured according to AUKCM standards.
- Listening to marshal instructions and others around you is more important for 2020's event due to social distancing in place. Therefore, all participants are not permitted to wear personal audio players or bone conduction headphones.
- Pacing and running in groups is strongly discouraged.

## 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 a bottle of water and a finish t-shirt. Runners should each take only one bottle of water. T-shirts will be handed out to runners by volunteers wearing full PPE and across a table to avoid contact.
- Runners are asked to use the hand sanitiser available after the finish line.
- Runners are asked to avoid congregating in the race village area and to disperse after the event. Whilst we normally love to see your smiles and showing off your new event t-shirts around the event, this year we will require runners to disperse prior to Carsington Water getting busier during the day. We do however want you to still show us your smiles and event t-shirts after the race via social media!
- There will be no prize presentation. Prize winners will be announced online later on in the day and available to collect from The Derby Runner after the event.
- If you experience Covid-19 symptoms soon after the event, then please make this known through the government's Track & Trace system.

## 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.

## Arrival Time

Please refer to your race number with the following suggested arrival times at the event. These staggered arrival times will help us to manage the number of runners entering the Race Village at peak times.

Race Number	Recommended Arrival Time
1-99	08:15
100-199	08:20
200-299	08:25
300-399	08:30
400-499	08:35
500-580	08:40

## Event Car Parks

We are using the main Carsington Water Visitors car park and the overspill car park (0.4 miles away) as the recommended race car parks. They will be clearly sign posted on race day. They are expected to get busy on race morning so please arrive as early as possible.

**The cost of the main Carsington Water Visitors car park is £3 for 2 hours and £5 for all-day.** Severn Trent Water have now switched to an automatic number plate recognition (ANPR) car parking system in this car park and unfortunately there is no provision for a reduced car parking fee as per previous years. Payment is to be made when you are leaving and can be done at one of the pay machines or online within 24 hours of exiting.

**The cost for the overspill car park is £3 and is cash only.** Severn Trent Water have kindly agreed for Carsington 7+ entrants to pay £3 for parking all day in the overspill car park only (this does not apply to the main visitors centre car park). There is only one pay machine (cash only and not card) in the overspill car park but we will have a car park marshal providing printed tickets for £3 cash (exact amount only). If parking in this car park please allow extra time to obtain a ticket. There is no change given at the pay machine so please ensure you have the correct amount. Please note that if there is very wet weather leading up to the event, then Severn Trent Water may not allow opening of this car park and participants will be expected to park in the main visitors centre car park or to find safe and legal alternative parking instead.

### Getting your Race Number with Timing Chip

As part of our Covid-19 safety measures, all race numbers will be posted out in advance of race day. An email was sent out to all entrants on 21<sup>st</sup> August to check that the postal addresses provided to date were correct on the race database.

If you have an issue with your race number such as it being damaged or lost, you must contact us via email [info@carsington7.co.uk](mailto:info@carsington7.co.uk) prior to the cut-off time of **8pm on Saturday 19<sup>th</sup> September**. We will not be dealing with reissuing damaged or lost race packs on race day.

### About your Race Number and Chip Timing

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'. Pens and pins **are not** distributed on race day

This year, race numbers will also include a "Call Time" for arriving at the Start Holding Area 1. The "Wave Start" time is when your race number group of 100 will gradually be set off from the start line in waves of 9 runners every 15 seconds. These timings are fixed and cannot be changed. Your race number also includes the preferred t-shirt size you chose when you entered the race: S, M, L or XL.

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 4<sup>th</sup> September 2020.

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 11<sup>th</sup> October 2020.



**THE DERBY RUNNER**  
SPECIALIST RUNNING EQUIPMENT

**20%** DISCOUNT IN  
STORE WITH YOUR  
RACE NUMBER

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WWW.DERBYRUNNER.COM

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### Race Timings Explained

All of the results this year will be based on **Chip Time** and runners based at the back of the field will not be at a disadvantage according to their race result.

Only chip times will be published in the official race results on the Carsington website shortly after the race.

There is a cut-off time of 2 hours (from when you cross the start line) to complete the distance of 7.5 miles. 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

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

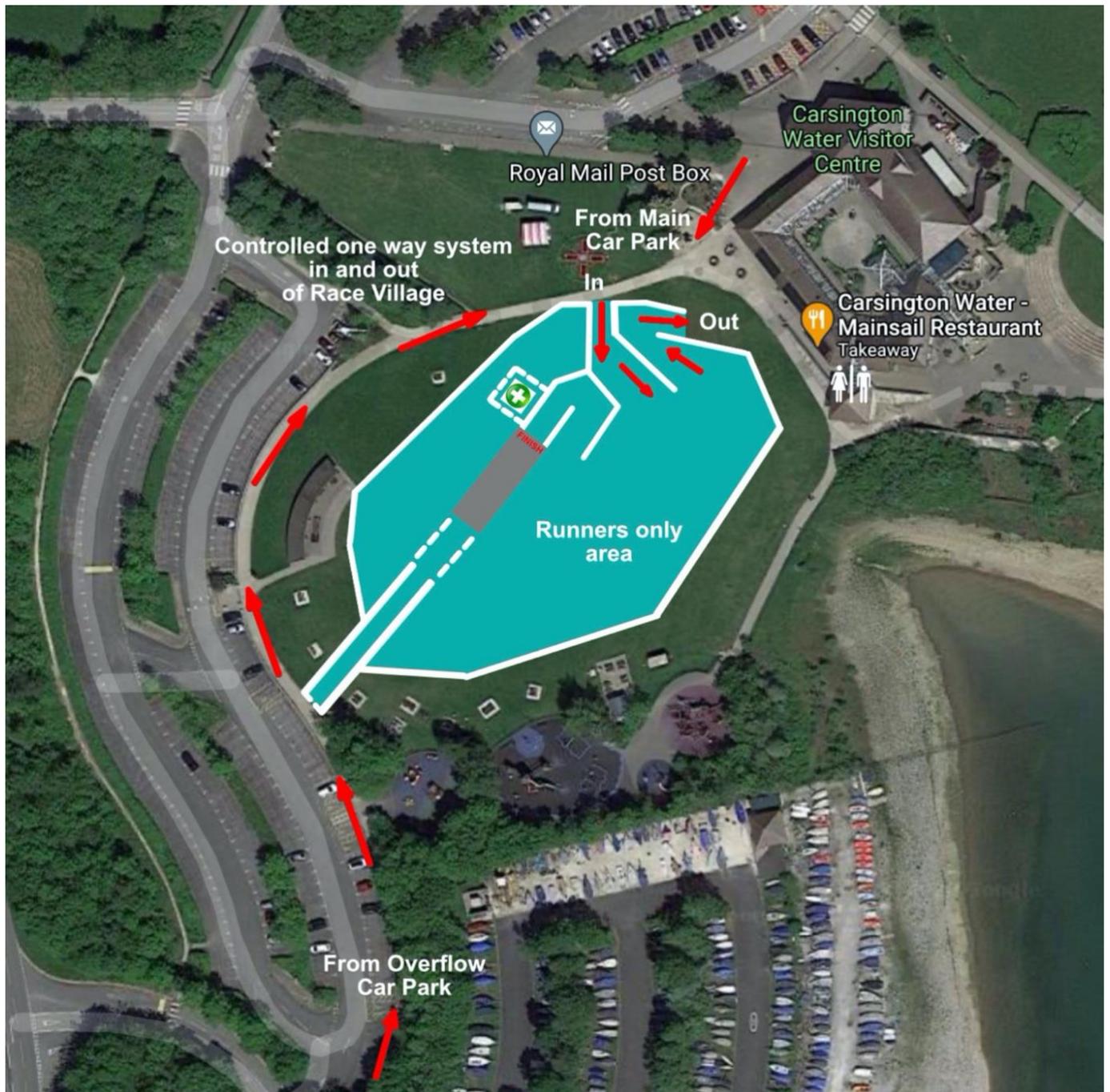
### Race Village

The Race Village this year will simply be more of a controlled holding area for runners only. Spectators are discouraged from attending the event. Any spectators that do attend will not be permitted into the boundary of the Race Village area.

There will be no music and entertainment at the event this year to maximise attention for PA announcements and marshal instructions, as well as to avoid attracting further public attention and gathering spectators.

There will be no baggage area, stalls, charity or sports massage in the Race Village area. Whilst these changes may be disappointing for some, we hope you understand these are changes we have had to implement in order to meet government and UK Athletics Covid-19 safety measures.

## Race Village Map



## 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.

Your race number includes your "CALL" and "START WAVE" times.

"CALL" time = when you will be called to the start Holding Area 1.

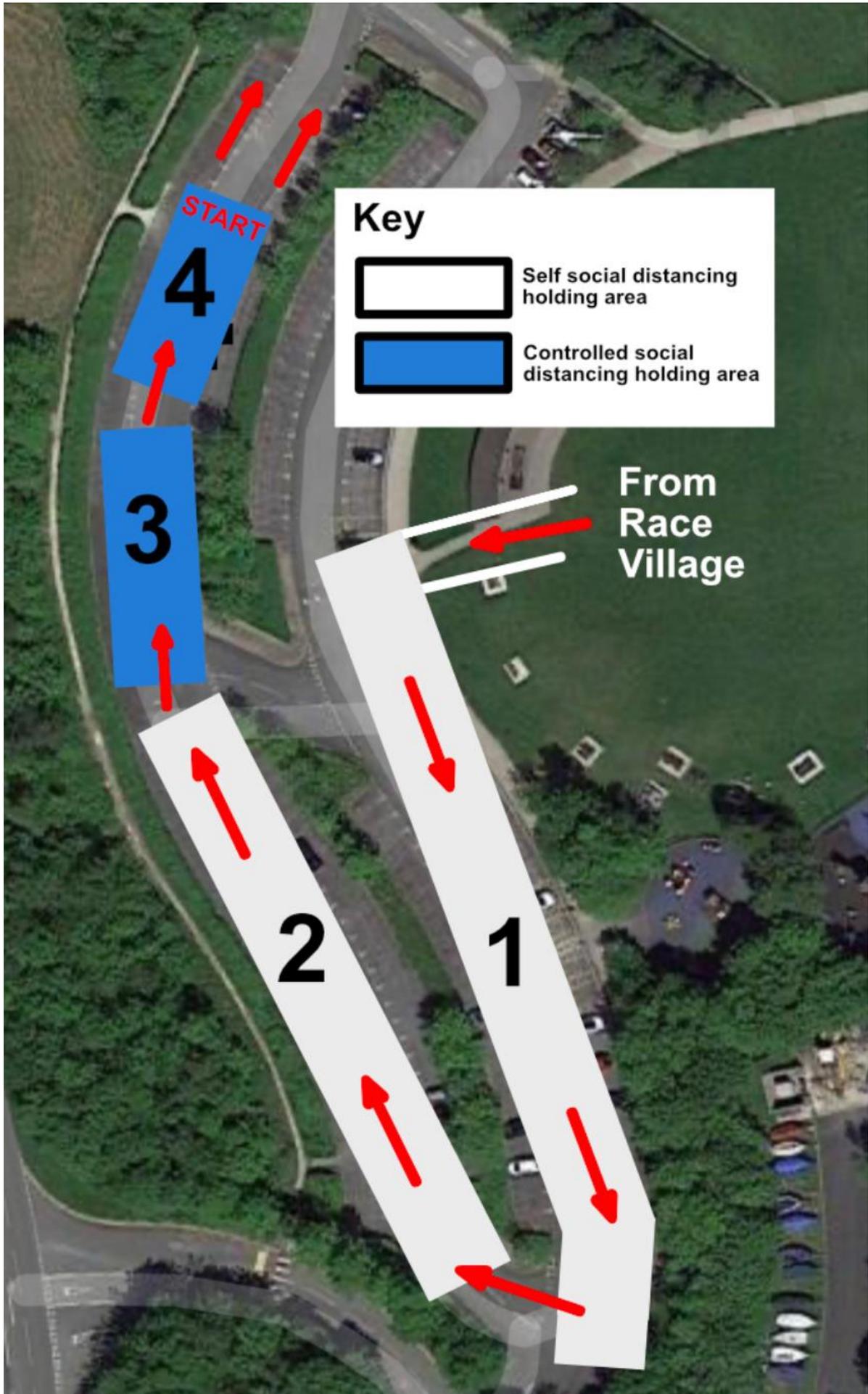
"WAVE START" time = when your race number group of 100 will gradually be set off from the start line in waves of 9 runners every 15 seconds.

- Runners are asked to listen for announcements in the Race Village before moving into the start Holding Area 1. Please refer to the "Call" time on your race number. Please do not congregate in areas close to the Holding Area 1 until you hear your announcement. Runners will be processed according to race number regardless.
- A maximum of 100 runners, according to race number, will be called into Holding Area 1 at one time. Lower race numbers of the 100 should head towards the front of the holding area, middle numbers around the centre and higher race numbers towards the back. Runners should self-socially distance at all times, even if you are members of the same family or social bubble.
- Runners in small groups of 20 will then gradually be called into Holding Area 2 starting with lower race numbers. Runners should continue to self-socially distance at all times.
- Runners are then brought forward in small groups of 10 into the controlled socially distanced Holding Area 3. Runners will be expected to stand and wait on a marker on the ground, 2 metres apart and 3 per line.
- In groups of 9 (3 rows of 3 runners per line), runners will be brought forward into Holding Area 4.
- When Holding Area 1 is empty, the next group of 100 runners will be called into this area as the previous group of runner are moving through Holding Areas, 2, 3 and 4.
- Runners are started in waves of 9 runners (3 rows of 3 runners per line), 15 seconds apart. This will give ample time for runners to spread out prior to reaching the track at the end of the car park (approximately 250m after the start line).
- Marshals with PPE will be based between each holding area to check numbers and assist runners to remain socially-distanced whilst progressing from each holding area.
- The holding areas have been carefully calculated and Holding Area 1, 2 and 3 offer 3-4 times the space for 2m social distancing between each runner.
- "Call" and "Wave Start" times are unable to be changed. Please note that the results are based on your chip time so it won't make a difference when you cross the start line.
- If you miss your "Call" time, do not try and catch-up. Instead approach the marshal in start Holding Area 1 and you will be processed through the start holding area accordingly.

Please refer to your race number for your allocated CALL and START WAVE times.

<b>Race Number</b>	<b>CALL TIME</b>	<b>START WAVE</b>
1-99	<b>09:15</b>	<b>09:30</b>
100-199	<b>09:28</b>	<b>09:35</b>
200-299	<b>09:33</b>	<b>09:40</b>
300-399	<b>09:38</b>	<b>09:45</b>
400-499	<b>09:43</b>	<b>09:50</b>
500-580	<b>09:48</b>	<b>09:55</b>

# Diagram of Start Holding Areas



## The Course

As part of the Covid-19 safety measures we are implementing, we have carried out a comprehensive course risk assessment and, as a result, there will be a change to the narrow sections in two areas of the course.

The changes are:

- Just prior to 3 miles, the route will keep to the main lower path instead of turning left through the gate and up through Hall Wood. Reason: There is a narrow track through Hall Wood which will make social-distancing very difficult for anyone over-taking.
- At around 5.7 miles, the route will not turn left up the steep hill, around the right bend and down the hill to rejoin the main path 70 metres further along and instead the route will remain on the main lower path. Reason: the path is narrow around this hill section which will make social-distancing very difficult for anyone over-taking and the steepness of the hill will result in sudden exertion from some resulting in heavier-breathing/spluttering and an increased change of over-taking.

Whilst we appreciate some runners may be disappointed that the route is slightly different to previous years, some may be pleased to know that keeping to the lower paths will result in less undulations on the course.

The course has been accurately remeasured as per AUKCM standards and it has resulted in the distance being reduced down slightly to 7.5 miles. Due to the current Covid-19 circumstances and lack of safe alternative route options, the remaining distance will not be added back in this year.

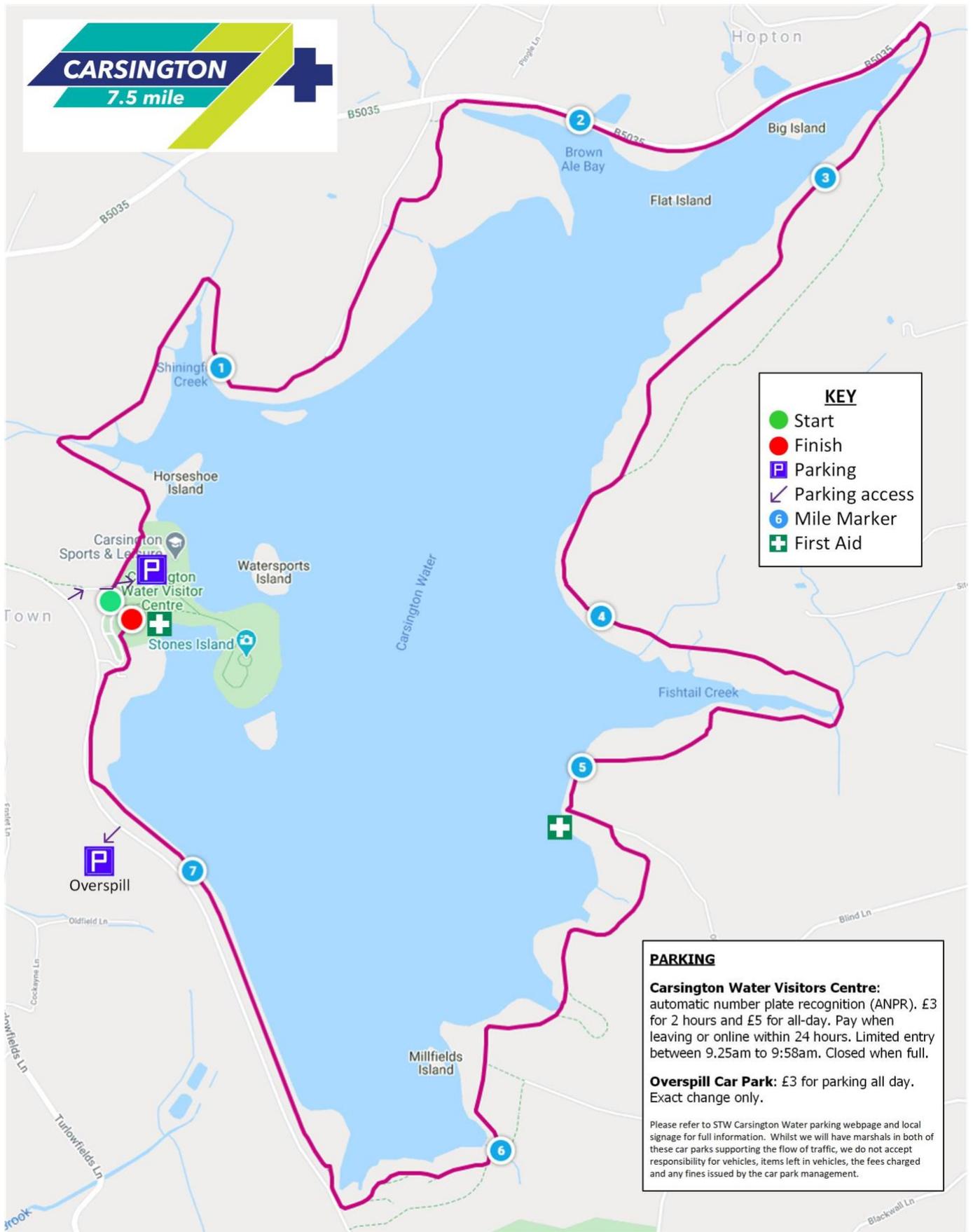
The race will start at the top car park and finish on the event field apposite the Visitor Centre. The route takes a full clockwise circuit of the Carsington Water. Runners will be able to enjoy the amazing scenery along the way.

The route is mainly on a hard trail path. There are tarmac roads at the start of the race and for a small section on Oldfield Lane, just after 5 miles.

A map is shown on the next page.



# Carsington 7+ Course Map



## 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. We would like to bring the following points to your attention:

- At 5.1 miles, there is a 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 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 7.6 miles, the route crosses the sailing club vehicle entrance. There will be a marshal located here controlling any traffic.
- 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

As part of the Covid-19 safety measures, **there will be no water stations** on the course this year. Please bring your own bottles with you and take any litter away with you. There will be one bottle of water available at the finish for each runner.



## Disposal of Litter

**PLEASE DO NOT LITTER!** If you decide to take items around the course with you, please hold on to any litter and dispose of it in the nearest litter bin. **Any runner found to be littering will be disqualified from the race.**

## Medical Cover

There will be first aiders located at the start, at Oldfield Lane, at the finish and cycle responders around the course 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 Carsington Water Visitor Centre. After crossing the finish line, Carsington 7+ runners will be provided with a bottle of water and a technical finishers t-shirt.

## Toilets

A queuing system and social-distancing control measures, including recommend timings, will be in place for the toilets at the Visitor Centre, as in line with the Carsington Water Covid-19 plans. We ask all runners to, where possible, refer to their race number and use the toilet facilities during the recommended time slots specified below. This will help us to control the toilet queues during peak times and help your fellow runners who may be in an earlier start wave. The wearing

of a mask is recommended in this area. These timings are as follows:

Race Number	Recommended Toilet Time
1-99	08:45 – 08:55
100-199	08:55 – 09:05
200-299	09:05 – 09:15
300-399	09:15 – 09:25
400-499	09:25 – 09:35
500-580	09:35 – 09:45

Runners are to not urinate in any other locations. **Any runner found to be urinating anywhere around Carsington Water will be disqualified from the race.**

### Race Information Point

There will be an Information Point within the Race Village on race day for **urgent matters only**. Please read the full information in the event guide and come prepared.

### Prizes and Presentations

Prizes will be awarded to: 1<sup>st</sup>/2<sup>nd</sup> male/female based on chip time. Please refer to the website for the prize structure. There will be no presentation and prizes awarded on race day. Prize winners will be announced online later on in the day and prize vouchers available to collect from The Derby Runner after the event (appointment necessary). Prize winners will be contacted directly to advise further.

### Sports Massage

As part of our Covid-19 safety measures, there will be no sports massage available at the event.

### 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 2020-38282 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

Listening to marshal instructions and listening for other runners and the general public around you is more important for 2020's event due to social distancing in place. Therefore, all participants are **not permitted** to wear personal audio players or bone conduction headphones.

## 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](http://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. 2020-38282**  
**Email: [info@carsington7.co.uk](mailto:info@carsington7.co.uk) | Public Enquiries: 07799 570370**