



# EVENT GUIDE



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For the latest information,  
visit: [carsington7.co.uk](http://carsington7.co.uk)

Official charity:



**Abbey Street**  
Animal Rehoming Centre



**RSPCA**  
Charity No: 222 620





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## Introduction

We are delighted to welcome you to the Aldi Carsington 7+ event on Sunday 11th May. Please read this Event Guide in full in order to prepare you for race day.

Please check the [Aldi Carsington 7+ website](http://AldiCarsington7+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 have an enjoyable day out, we wish you success and hope you enjoy the event.



### Location:

The Aldi Carsington 7+ takes place at Severn Trent's Carsington Reservoir, which is located near Ashbourne. The postcode for use with a Sat Nav is DE6 1ST. Do not just type "Carsington Water" into your Sat Nav as you may be sent to the east side incorrectly.



### Event car parks

We are using the main Carsington Water Visitor 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 Visitor car park increased last year. The new rates are: £6 for 2-4 hours and £7 for all-day.** Severn Trent operate an automatic number plate recognition (ANPR) car parking system in this car park. 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 have kindly agreed for Aldi Carsington 7+ entrants to pay £3 for parking all day in the overspill car park only (this does not apply to the main Visitor 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 may not allow opening of this car park and participants will be expected to park in the main Visitor Centre car park or to find safe and legal alternative parking instead.



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## The Course

The course has been accurately measured as per AUKCM standards.

The race will start at the top car park and finish on the event field opposite 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.

## Course Notes



We ask all participants to be considerate of other runners and the general public on race day and please be aware the course is not closed to other visitors. Apart from some minor uneven parts on the track, we would like to bring the following points to your attention:

- 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 warning sign in advance and the bollards will be marked accordingly.
- At 7.3 miles, there is a fence that protrudes from the right but it leaves enough width for runners and the general public without the need to remove any panel. However, please do take care in this area as the route crosses the sailing club vehicle entrance here. There will be a marshal located here controlling any traffic.



Hazards will be clearly marked on race day.



## Drinks Stations

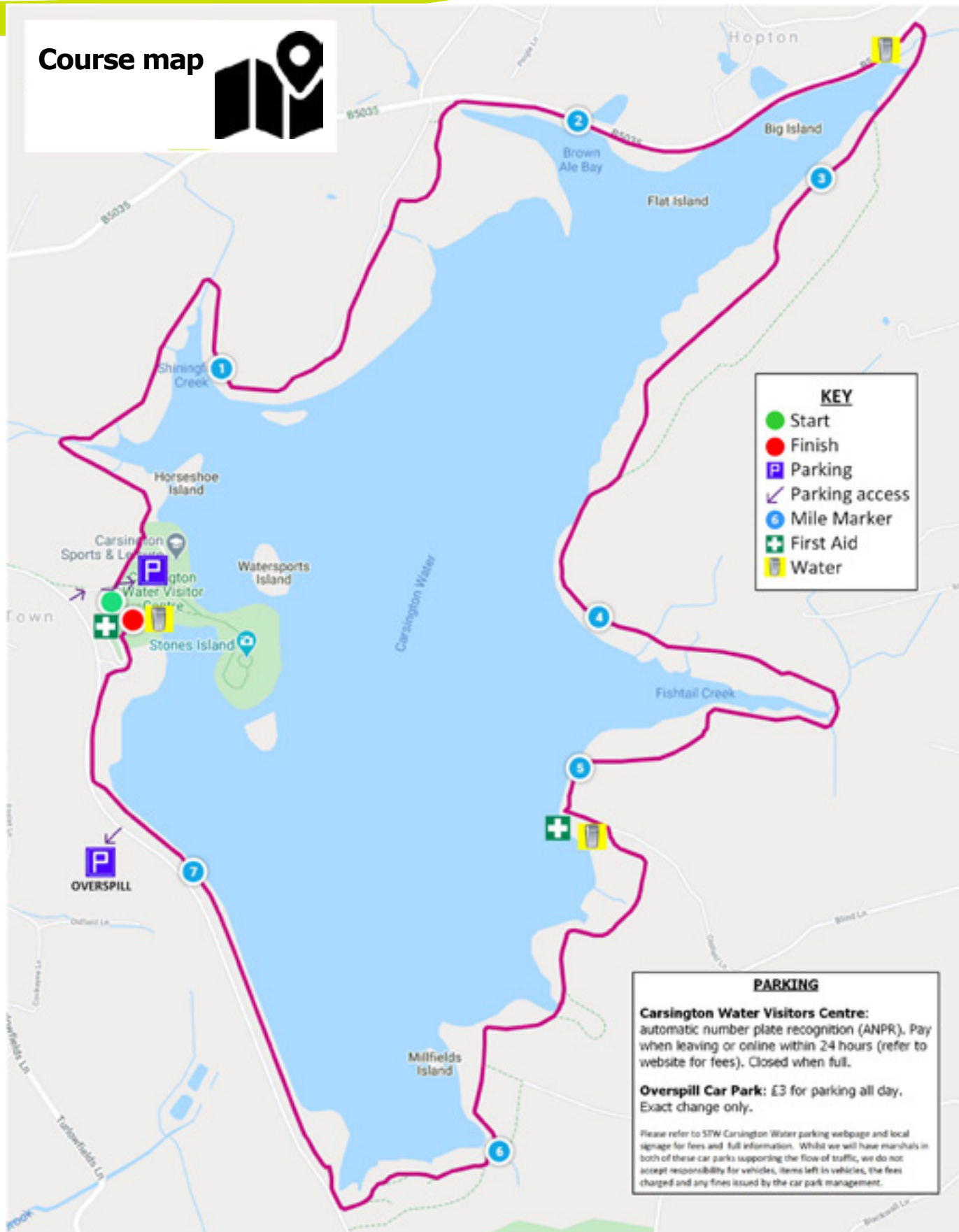


Drinks stations with cups of water are placed around the course at 2.7 miles and 5.5 miles. There will be a 500ml bottle of water for all finishers after the finish line.

In the Race Village we have a large recycling bin and use this to collect the used water bottles in the finish area. The marshals that are based around the course and on the water station ensure that the area is cleared after runners have passed.

We have a dedicated member of staff that sweeps the entries course after the event has finished to ensure that all bottles are collected and then placed in the recycle bin. We recycle all the used plastic bottles.

Course map







**Abbey Street**  
Animal Rehoming Centre



Charity No: 222 620



### **RSPCA Derby - Official Charity of the Carsington 7+**

We are **proud and grateful** to be the official charity of the Carsington 7+ run! By taking part in this fantastic event, you have the opportunity to **make a real difference** for animals in need by running in support of **RSPCA Derby**.

**RSPCA Derby is an independent, self-funded charity** dedicated to rescuing, rehabilitating, and rehoming **abused, neglected, abandoned, and unwanted animals**. Every year, we provide **essential care, love, and veterinary treatment** to hundreds of animals before finding them their forever homes.



We receive **no government support or central funding from the national RSPCA**, which means we rely entirely on direct donations and fundraising to operate. It costs over **£12,000 every single week** to run our animal centre, and every penny raised helps us continue our vital work.

If you're running the **Carsington 7+**, why not make your miles count by fundraising for **RSPCA Derby**?

-  **Set up a sponsorship page** @ [www.justgiving.com/rspcaderby](http://www.justgiving.com/rspcaderby)
-  **Spread the word** - Encourage others to get involved and donate
-  **Run with pride** - Represent RSPCA Derby with an official running vest



By choosing to fundraise for **RSPCA Derby**, you're helping us rescue, care for, and rehome **animals who need us the most**.

Thank you for supporting us as the **official charity of the Carsington 7+**! Every step you take helps change lives.

If you are ready to run for rescue get in touch today to start fundraising! You can e-mail us at [supporters@rspcaderby.org.uk](mailto:supporters@rspcaderby.org.uk)

[rspcaderby.org.uk](http://rspcaderby.org.uk)





## Getting your Race Number with Timing Chip

Race numbers will be posted out in the week before race day. For those collecting numbers, they will be available from the Information Point in the Race Village from 8am on race morning.

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 12pm on Saturday 10th May. 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 on collection. 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 will be provided on race day.

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 24th April 2025.

**Aldi 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 Aldi 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 to 20% off both online (use code c725) and in store. Offer ends 8th June 2025.**

### Start Arrangements

The race starts at 9.30am from the top car park of the main Severn Trent Carsington Visitor Centre.

Please ensure you are 'race-ready' prior to running. Runners will be spaced out on the start line according to predicted time and there will be one start wave.

### 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 Aldi 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 (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. Anyone who falls behind the sweep bike will be considered as out of the race and therefore has the responsibility to proceed following the trails/paths as a general member of the public.





## The Race Village

The Race Village is where all runners/spectators gather before/after the race. We encourage participants to undertake their own warm-up in this area. Runners are asked to avoid any crowding around the Information Point.

### Toilets

There are plenty of toilets available at the Visitor Centre. All runners and spectators will be directed to use these on race day. Accessible 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 7.30am.

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 and clearly signposted 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 at the Information Point. The baggage storage is provided out of goodwill for runners and the organisers do not accept responsibility for any damaged or lost items.

### 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.

### 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, Aldi Carsington 7+ runners will be provided with a bottle of water, bespoke medal and if you pre-purchased a technical t-shirt with your entry, this can be collected from here.

### Results

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

### Charity Fundraising

The Derby & District RSPCA will be in the race village, with tombola for visitors and dog treats for their furry friends. For further fundraising opportunities or to make a donation, please visit their website [www.rspcaderby.org.uk](http://www.rspcaderby.org.uk).

### Race Photography

Photos will be taken during the event by Epic Action Imagery and will be accessible and available for purchase via the Aldi Carsington 7+ website shortly afterwards. All runners will receive an email when the photos are live on the website.







## Acknowledgements

A huge thank you to our headline sponsors Available Car who are supporting all 3 of our headline events this year. We would like to thank all the sponsors, supporters, the venue hosts Severn Trent and the volunteers for their help with the Aldi Carsington 7+. Without their assistance, there would be no event.

Headline sponsor	Charity event cause	
		
		
	<p>You can help us be here for <b>animals in need</b> this year</p>	
Sportswear partner	Photos	
		

## Key Rules and Regulations

Aldi Carsington 7+ is managed according to UKA rules - UKA Licence Number 27946. 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 Aldi Carsington 7+ organisers.

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# DERBY 10 mile

16th November 2025 | 10am | Derby Arena

## DERBY ARENA TEN WHOLE YEARS

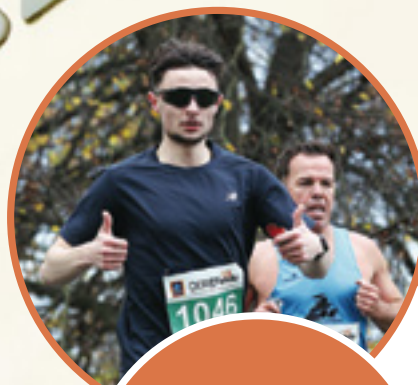
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