

10th May 2026
CARSINGTON
7.5 mile

**ONE
LAP
CHALLENGE**
NO SHORTCUTS

**EVENT
GUIDE**



Official charity:



Abbey Street
Animal Rehoming Centre




Charity No: 222 620

We are delighted to welcome you to the Carsington 7+ event on Sunday 10th May. Please read this Event Guide in full in order to prepare you for race day.

Please check the [Carsington 7+ 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 and Parking

 **The 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

The main event car park and the cheapest is the 'Overspill' (P1) car park as shown on the map on page 5. This will be clearly signed on race day. We also have use of the main Carsington Water Visitor car park (P2), though we expect this to fill early. It is expected to be busy on race morning so please arrive early.

P1: The cost for the overspill car park is a special reduced rate of £3 cash for Carsington 7+ entrants – please bring the exact cash (this does not apply to the main visitors centre car park or any other car park). The £3 tickets are only available from the car park marshal next to the pay machine and no change is provided. There is only one pay machine (cash only) in the overspill car park which charges the standard £4 rate for the full day. You can also pay for your parking at the Carsington Water Visitors Centre reception if you wish to pay by card. If parking in this car park please allow extra time to obtain a ticket.

P2: The cost of the main Carsington Water Visitors car park (right next to the start/finish) is £6 for 2-4 hours / £7 for all-day. Severn Trent Water 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.

There are additional car parks at Millfields (1.3 miles away) (P3) and Sheepwash (1.6 miles away) (P4). Both are also ANPR monitored and offer a cheaper rate compared to the main car park. These could make an ideal warm-up before and warm-down after the race. There are no marshals located at these car parks and local parking fees and opening times apply.

Please note that if there is very wet weather leading up to the event, then Severn Trent Water may not allow opening of the overspill car park (P1) and participants will be expected to find safe.

Acknowledgements

Thank you to all the sponsors, supporters, the venue hosts Severn Trent and the volunteers for their help with the Carsington 7+. Without their assistance, there would be no event.

Key Rules and Regulations

Carsington 7+ is managed according to Association of Running Clubs (ARC) rules - Event Permit 26/0560. In accordance with ARC Rules, no one under the age of 16 years on race day

will be permitted to participate in the race.

Sportswear partner



Photos



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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, especially after 230m when leaving the car park area onto the main track. Please be aware of other visitors as the course is unable to be closed to the general public on race day. Please keep left where possible unless overtaking. 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 a bollard as you meet 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. Immediately after the sailing club entrance are two posts which will be marked on race day.

Refer to the next page for the course map.

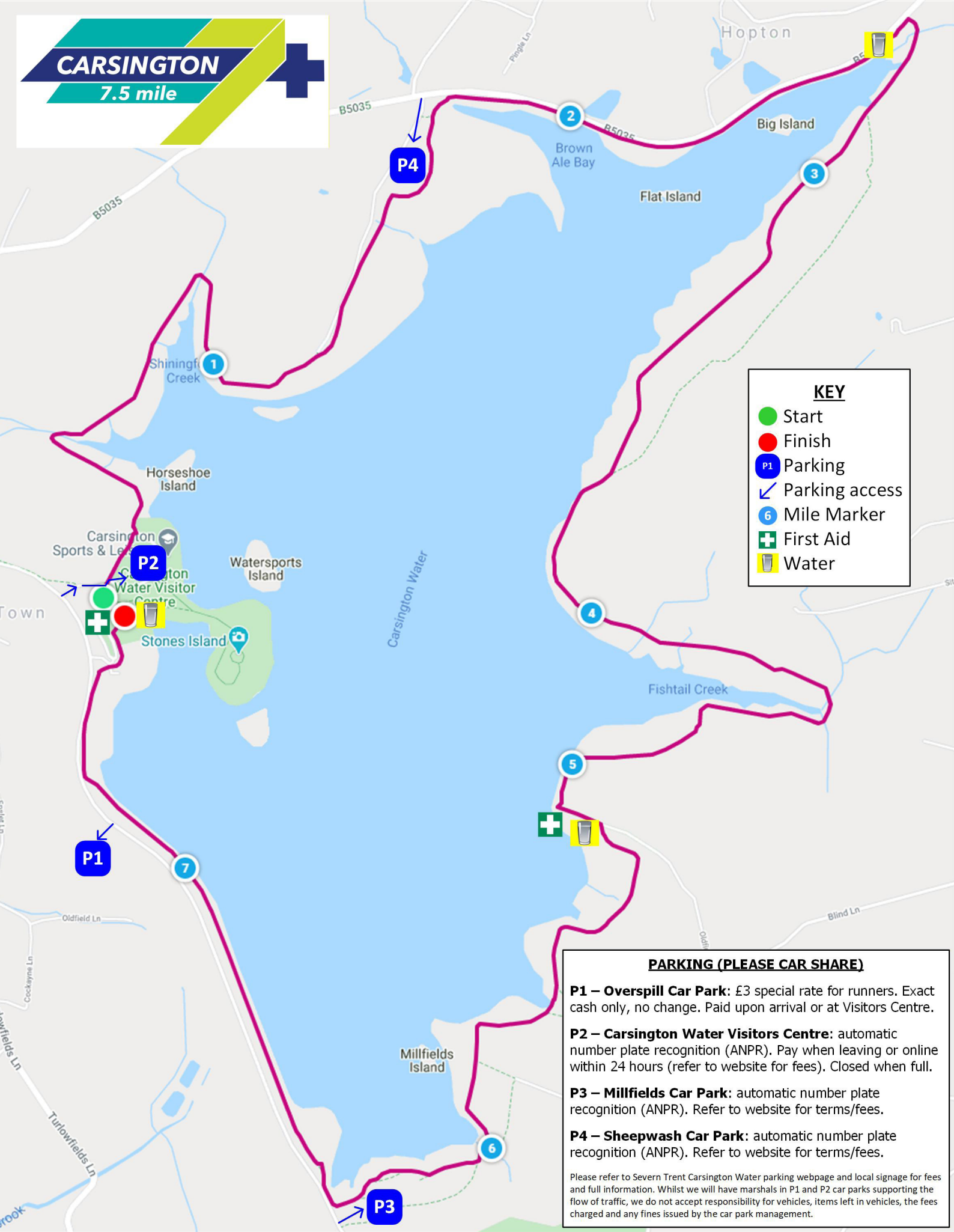


Drinks Stations

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.

Hazards will be clearly marked on race day. 



KEY

- Start
- Finish
- P1 Parking
- ↙ Parking access
- 6 Mile Marker
- + First Aid
- 🥤 Water

PARKING (PLEASE CAR SHARE)

P1 – Overspill Car Park: £3 special rate for runners. Exact cash only, no change. Paid upon arrival or at Visitors Centre.

P2 – Carsington Water Visitors Centre: automatic number plate recognition (ANPR). Pay when leaving or online within 24 hours (refer to website for fees). Closed when full.

P3 – Millfields Car Park: automatic number plate recognition (ANPR). Refer to website for terms/fees.

P4 – Sheepwash Car Park: automatic number plate recognition (ANPR). Refer to website for terms/fees.

Please refer to Severn Trent Carsington Water parking webpage and local signage for fees and full information. Whilst we will have marshals in P1 and P2 car parks supporting the flow of traffic, we do not accept responsibility for vehicles, items left in vehicles, the fees charged and any fines issued by the car park management.



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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 not received it by the Thursday before the event (for postal entries) or if you have an issue with your race number (i.e. damaged or lost), you must contact us via email info@carsington7.co.uk prior to the cut-off time of 12pm on Saturday 9th 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.

Any participant found to be running with any number other than that issued to them will be disqualified and may be subject to a ban from the event.

Swapping numbers can create a dangerous medical situation on race day. A transfer process was in place until 23rd April 2026.

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.

Results

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

Hold on to your race number after the event as it entitles you to 20% off at the Derby Runner. Offer ends 25th May 2026.

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. From 09:18am, runners will be called to the start area in groups according to their colour on their race number. Runners will be spaced out on the start line and there will be three wave starts with a short gap between. Please follow all starting instructions. Please do not congregate in areas close to the start until you hear your announcement.

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. 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.

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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, 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 next to the Information Point before and 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.

Race Photography

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.



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