



EVENT GUIDE



19th September 2021

Carsington Water | 9.30am

www.carsington7.co.uk

Official charity:



Abbey Street
Animal Rehoming Centre



Charity No: 222 620

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Introduction

Despite difficult times with events over the past 18 months due to Covid-19, we were delighted to have hosted the Carsington 7+ last year and we are again extremely pleased to have the opportunity to welcome you to the event on Sunday 19th September. Despite the easing of restrictions, some Covid-19 mitigation measures will still be in place this year in line with local government and UK Athletics guidance, therefore it is more important than ever to read this Event Guide in full in order to prepare you for race day. We would request that all runners and spectators remain respectful of each other throughout the event.

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.

Covid-19 Safety Measures / Runners Code of Conduct

Please see below important measures in line with UK Athletics and local government guidance that we have implemented to ensure the safety of all participants on race day. It is important that participants and spectators should adhere to any relevant COVID-19 safety measures in place at the event, including observing directions given by marshals.

KEY POINTS

Preparation:

- You must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID-19 currently recognised as any of the following:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation and report this using the NHS COVID-19 App.
- Do not attend if you have been asked to self-isolate (through the NHS COVID app or by NHS track & trace).
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event.
- 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 are not distributed on race day.
- Minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Under no circumstances swap your number or give your place to another participant.
- Observe social distancing wherever possible. Please be respectful of everyone at the event who may be taking different approaches to social distancing depending on their personal circumstances.
- While spectators are able to attend the event, we ask runners to reduce the number of spectators accompanying them on race day. Spectators that do attend are requested not to watch the race at the immediate start and finish areas.

- All race numbers are being posted out in advance of the race.
- Contact the Race Team at info@carsington7.co.uk by 8pm on Saturday prior to race day with any issues.
- All runners are expected to travel to the event responsibly and safely. Please allow extra time to arrive at the event.
- 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 and at the finish.

Car Park:

- If using the Main Carsington Visitor 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:

- Runners are asked to avoid any crowding around the Information Point, charity / retail stalls and sports massage areas.
- Runners are asked to maintain social distancing when queueing for the toilets. The wearing of a mask is recommended in this area. Runners are asked not to urinate anywhere other than the toilet facilities. Any runner found to be urinating anywhere around the Race Village or course will be disqualified from the race.
- 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 by 8pm on Saturday 18th September.
- There will be an Information Point within the Race Village on race day only for urgent matters. Please read the full information in the event guide and come prepared.
- There will be **no baggage drop** facilities in the Race Village this year.
- Please follow all signage and instructions from the marshals.

Race Start:

- From 09:15am, runners will be called to the start area in groups of 100 according to race number. Runners will be spaced out on the start line and there will be one start wave. Race numbering will be based on predicted finish times.
- Please be patient at all times in the start area and do not get over-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.
- For anyone who chooses to wear a mask in the start area, there will be a bin just after the start line for runners to discard their mask.
- Any clothing discarded at the start by runners should be thrown into the bin at the actual start line. Any clothing discarded elsewhere will be regarded as litter and disposed of accordingly. **Any runner found to be littering will be disqualified from the race.**

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.
- There will be provisions in place for emergency water on the course only. Do not rely on this.

- **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. **Any runner found to be littering will be disqualified from the race.**
- 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.
- 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.

After the Race

- It is important to not stop within the finish line area but to continue walking through the finish area to self-collect one bottle of water and a finish t-shirt.
- Runners are asked to use the hand sanitiser available after the finish line.
- There will be a prize presentation in the Race Village and runners are asked to maintain social distancing while the winners are announced.
- If you experience COVID-19 symptoms soon after the event, you must report this using the NHS COVID-19 App – <https://covid19.nhs.uk>.
- Participant and volunteer contact details may be shared securely with government organisations or professional bodies in the interest of public safety, especially to reduce the risk of spread of coronavirus through the track and trace system.

Directions

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.

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 is £3 for 2 hours and £5 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 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.

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 19th 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 prior to the cut-off time of **8pm on Saturday 18th 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

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 2nd September 2021.



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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 10th October 2021.

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 (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.

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 is where all runners/spectators gather before/after the race. There will be the Derby Runner retail stand, sports massage area, and our official charity, Derby & District RSPCA in the Race Village. We encourage participants to undertake their own warm-up in this area. Runners are asked to avoid any crowding around the Information Point, charity / retail stalls and sports massage areas.

Start Arrangements

The race starts at 9.30am from the top car park of the main Severn Trent Carsington Visitor Centre. There is no official warm-up so please ensure you are 'race-ready' prior to running. In order to provide some social distancing on the start line, runners will be called to the start area from 9.15am in groups of 100 according to race number. Runners will be spaced out on the start line and there will be one start wave. Race numbering will be based on predicted finish times.

Please be patient at all times in the start area and do not get over-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. Please listen carefully to marshals' instructions at all times.

The Course

Following a comprehensive course risk assessment as part of our Covid-19 safety measures for 2020's event, we will again be implementing changes 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.

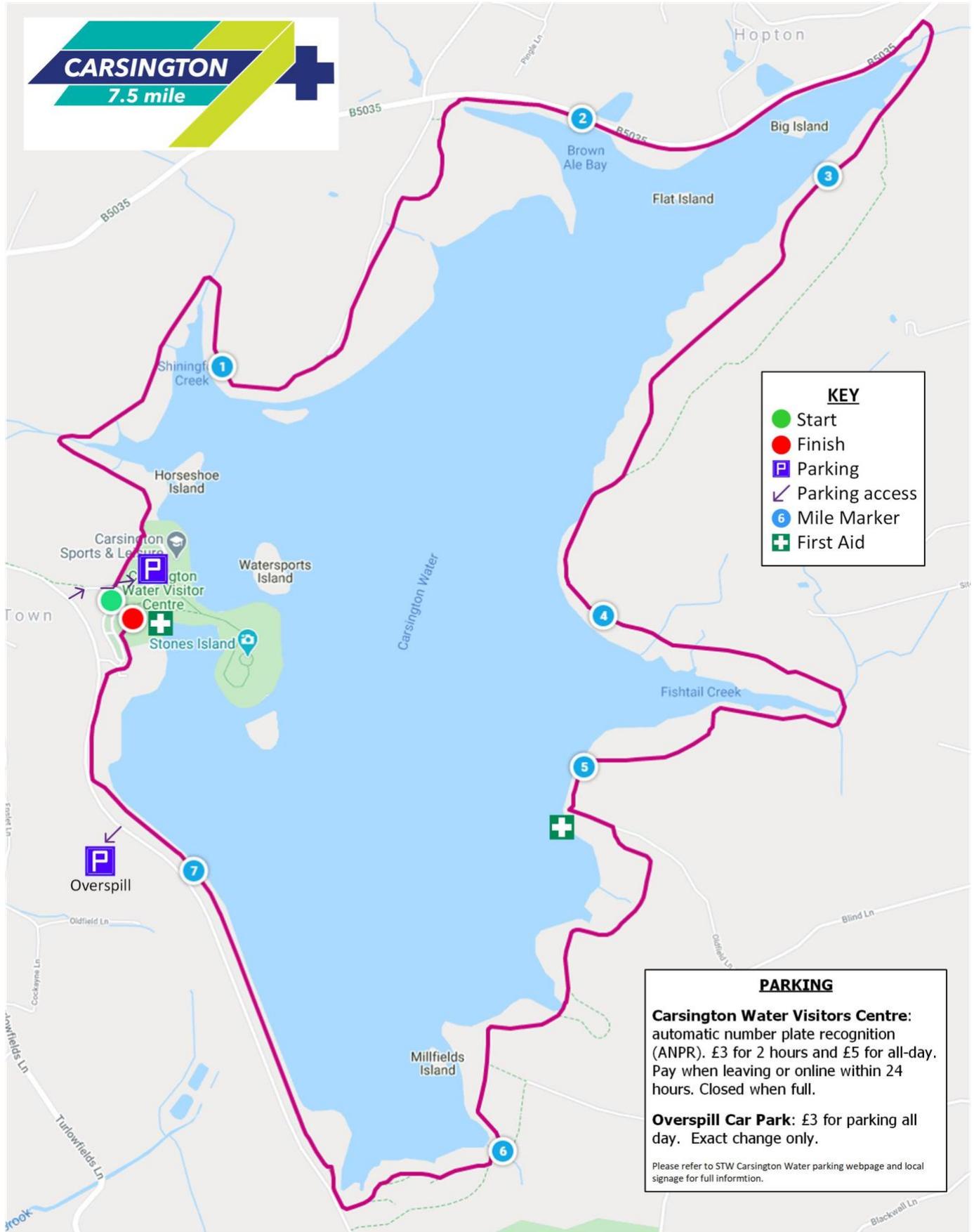
The course has been accurately remeasured as per AUKCM standards and it has resulted in the distance being reduced down slightly to 7.5 miles. Due to the current Covid-19 circumstances and lack of safe alternative route options, the remaining distance will not be added back in this year.

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.



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 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

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.

We ask all runners to observe social distancing whenever possible when queuing to use the toilets.

Race Information Point

There will be an Information Point within the Race Village on race day for **urgent matters only**.

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 based in the Race Village to provide free sports massage before and after the race. There will also be a team of massage students led by Helen Wright Sports Massage.

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 2021-41065. 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.

Personal Audio Players

Runners are permitted to use personal audio players, however we do recommend that you do not wear them. This is for your own safety and the safety of others around you including, 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 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. 2021-41065
Email: info@carsington7.co.uk | Public Enquiries: 07799 570370





Abbey Street

Animal Rehoming Centre



Charity No: 222 628

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