



availableCar®

14th May 2023
CARSINGTON
7.5 mile

EVENT GUIDE

Date: 14.05.2023 | Race start: 09.30am

Carsington Reservoir
Near Ashbourne Derbyshire DE6 1ST

Official charity:



Abbey Street
Animal Rehoming Centre



Charity No: 222 620

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Contents

Introduction	3
Directions	3
Event Car Parks.....	3
Getting your Race Number with Timing Chip	3
Collecting a pre-paid event t-shirt	3
About your Race Number and Chip Timing	4
Race Timings Explained.....	5
Baggage Storage	5
Race Village	5
Start Arrangements	5
The Course	5
Course Notes	6
Drinks Stations	6
Carsington 7+ Course Map	7
Disposal of Litter	8
Medical Cover	8
Finish Arrangements.....	8
Toilets	8
Race Information Point.....	8
Prizes and Presentations.....	8
Sports Massage	8
Race Photography and Results.....	9
Key Rules and Regulations	9
Personal Audio Players	10
Charity Fundraising.....	10
Acknowledgements	11
Enter our other events!.....	11

Introduction

We are delighted to welcome you to the Carsington 7+ event on Sunday 14th May. This event guide provides you with all the details you need on race day – please do your homework and make sure that you are aware of and understand the information in this guide prior to race day.

Please also 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.

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 or any other 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

Race numbers will be posted out in the week before race day. For those collecting numbers, they will be available next to 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, please contact us via email entries@carsington7.co.uk prior to **5pm on Saturday 13th May**.

Collecting a pre-paid event t-shirt

If you purchased an event t-shirt when you entered the race, this will be available for you to collect on the race morning from 8.00am adjacent to the Information Point.

- If you have opted to collect your race number on the morning of the race, please collect your number first then collect your t-shirt.
- If you have opted to have your race number posted in advance, please head straight to the t-shirt collection point.

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 26th April 2023.



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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. The offer ends on the 11th June 2023.

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

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.

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. There will be Available Car, Andra Health Sports Massage, our official charity, Derby & District RSPCA and new for this year, Project D in the Race Village.

Start Arrangements

The race starts at 9.30am from the top car park of the main Severn Trent Carsington Visitor Centre and runners will be called to the start area in groups of 200 every 3 minutes from 9.18am.

Please ensure you are 'race-ready' prior to running. 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.

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 adjacent to the Visitors 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 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. These will be marked with hazard tape.
- At 7.3 miles, as you near the sailing club there is a fence that protrudes from the right. Part of the fence will be removed to allow for a safe and undisrupted running line to be taken.
- At 7.3 miles, the route crosses the sailing club vehicle entrance. There will be a marshal located here controlling any traffic.

Hazards will be clearly marked on race day.

Drinks Stations

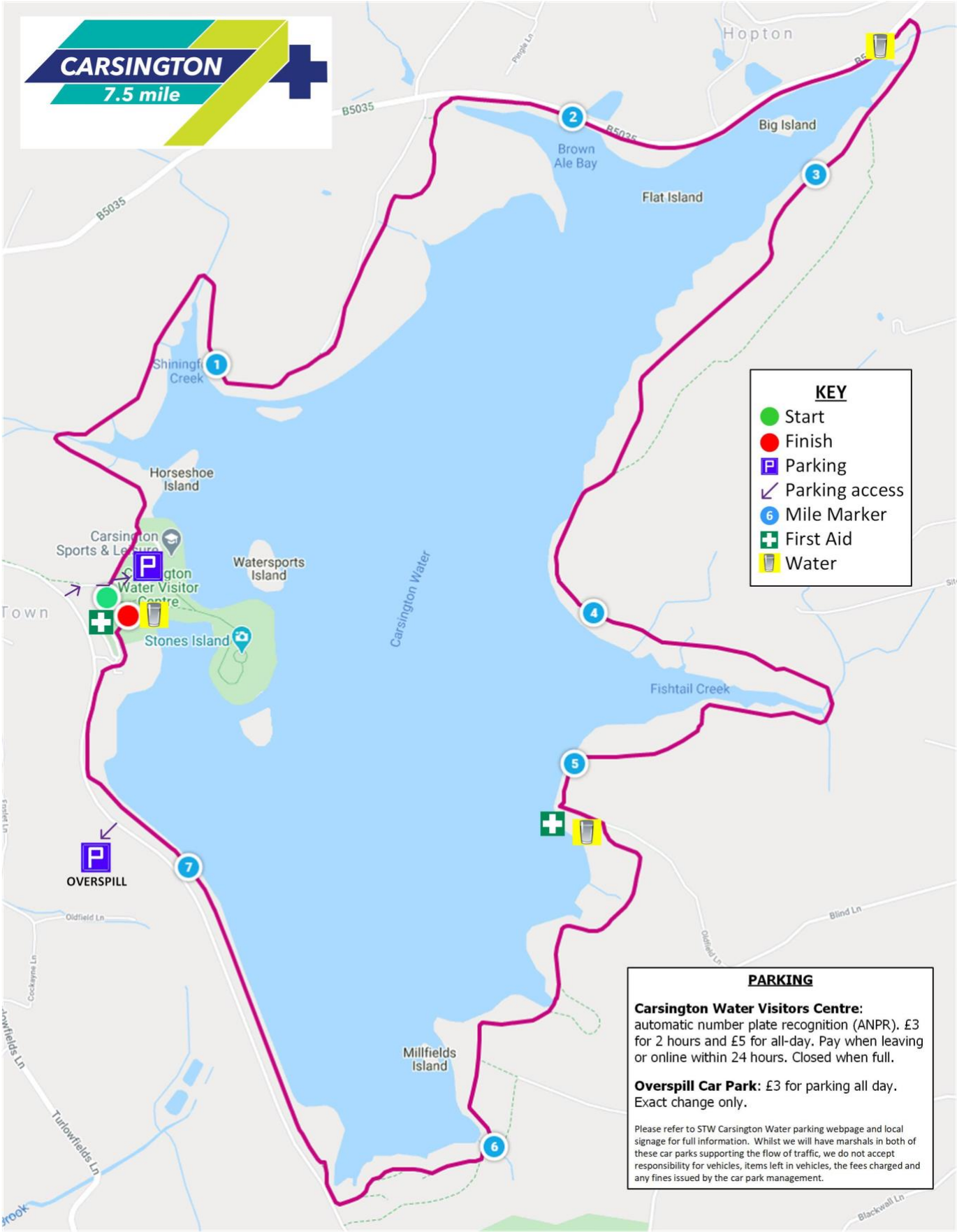
Drinks stations with cups of water are placed around the course at 2.7 miles and 5.5 miles. There will be a 500ml bottle of water for all finishers after the finish line.



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 re-cycle bin. We re-cycle the used plastic bottles.

Carsington 7+ Course Map



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 bespoke finishers' medal.

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.

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.

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Race Photography and Results

Photos will be taken during the event by Epic Action Imagery and will be accessible via a link on the Carsington 7+ website shortly afterwards. All runners will receive an email after the photos are live on their 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 2023-45290. 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 recommend that you do not wear them. This is for your own safety and the safety of others around you including horses and pedestrians who 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.



Official charity of the Carsington 7+ race



RSPCA Derby is an independent, self-funded charity based in Derby. At our Abbey Street Animal Rehoming Centre, we rescue, rehabilitate and rehome hundreds of cats, dogs, rabbits and small furies every year. We rely on support from people like you to raise the **£10,000+ per week** it costs to run our centre.

There are lots of ways you can support the abused, neglected, abandoned and unwanted animals in our care: set up a monthly donation, hold a fundraiser, adopt one of our animals, donate your unwanted items to one of our charity shops, play our weekly lottery, or leave a gift to us in your will. **Your support will make a difference.**



rspcaderby.org.uk



Acknowledgements

A huge thank you to our headline sponsors Available Car who are supporting all 3 of our headline events this year.



At Available Car, we offer a hassle-free buying experience, both in store and online, with four supermarkets around the Midlands and Yorkshire.

We're a family-owned business and have been established for over 20 years, providing customers with the opportunity to shop your way – with help when they need it. Our positive customer experiences are reflected in our 'Excellent' rating and 4.4 stars on TrustPilot.

We 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. 2023-45290

Email: info@carsington7.co.uk

Enter our other events!

Join us at our other events – the Wilne 10k on 3rd September 2023 www.wilne.co.uk and the Derby 10 Mile on 19th November 2023 www.derby10.co.uk

Our Autumn Package is available *for a limited time* to enter both events at a discounted rate. Visit the event websites for more information.





ENTRIES NOW OPEN!

wilne.co.uk  part of the **RunDerby** race series
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Official charity:



availableCar **10** 
DERBY **mile**
Sunday 19th November 2023 | 10:00am | Derby Arena



ENTRIES NOW OPEN!

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Official charity:

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