

**WESTERN POWER  
DISTRIBUTION**



# WILNE 10K

1st September 2019



# EVENT GUIDE

**SUNDAY 1ST SEPTEMBER | 10AM**

[www.wilne.co.uk](http://www.wilne.co.uk)



@Wilne10k



@Wilne10k

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## Introduction

Thank you for entering the 9<sup>th</sup> Wilne 10k race sponsored by Western Power Distribution. This event guide provides you with all of the details you will need on race day. Please check the [Wilne 10k 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, and beat a rival or just to have an enjoyable day out, we wish you success and hope you enjoy the event.

## Getting your Race Number

If you have opted to have your race number and timing chip posted out to you, you will receive it in the week prior to race day. If you have opted to collect your race number and timing chip, you can **BEAT THE QUEUE** by collecting your race pack in advance of race day from The Derby Runner on Friday 30<sup>th</sup> August between 12-8pm. Alternatively, you can collect your race pack from the Race Pack Collection Point in the Race Village from 8am on race day. This area will be clearly signposted.



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## About your Race Number and Chip Timing

Runners do not need to bring anything when collecting race numbers as we will ask specific questions and cross reference it with the original entry data. Race numbers can also be collected by friends and family on producing a copy of the entry confirmation email that has been signed by the entrant.

All runners must wear race numbers pinned to the front of their running vest throughout the race. 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'.

Under UK Athletics rules, any runner found to be running with any 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 10/08/2019.

The Wilne 10k will be using a chip timing system to ensure runners' 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 Wilne 10k 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 7th October 2019.



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## 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 of these times will be published on the official race results page of the Wilne 10k website shortly after the race. UK Athletics races are competitive events and Wilne 10k results, prizes and course records are awarded according to the 'Gun Time'.

There is a cut-off time of 1 hour 33 minutes to complete the race (10km). 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

There will be baggage storage located in the Race Village near Number Collection. Be sure to attach a baggage label with your race number on it. The baggage storage is provided out of goodwill for runners, therefore the race organisers do not accept responsibility for any damaged or lost items.

## Start Arrangements

The 10k race will start on Sawley Road at 10am prompt. To get to the start, turn left out of the event car park and make your way down Sawley Road. Please leave plenty of time to walk/jog to the start as it is 500m away. Please aim to be in the start position 15 minutes before the start of the race (9:45am) and position yourself appropriately to your predicted time (30 min runners towards the front, 55 min runners around the middle, 1hr 30 min runners towards the back).

## The Course

The course is one and three-quarter laps of the Church Wilne loop on traffic-free roads. The course is very flat with only a 5.6 metre difference between the highest and lowest points. The course has been officially measured to UKA standards using a Jones Counter and will be marked out in kilometres. The drinks station is located just after 5k. Dogs/pets are not permitted in Brookfield Farm field and are encouraged to be kept on leads and under full control by their owners around the course.

## Disposal of Litter

**PLEASE DO NOT LITTER!** Water cups can be discarded in the large bags just after the water stations but please do not throw into hedging, onto properties or anywhere where our team will not easily be able to collect them. If you decide to take other items around the course with you, please hold on to the litter and dispose of it in a litter bin.

## Wilne 10k Course Map



## Medical Cover

Medical cover will be provided around the course and at the finish 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 reasons you 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 well-being of all runners who start the race.

## The Race Village

The Race Village is based in Brookfield Farm field, which is in the same area as the event car park. This is where all runners/spectators gather before/after the race. There will be the Derby Runner retail stand, sports massage from Andra Health, and our official charity, Autism East Midlands in the Race Village. We encourage participants to undertake their own warm-up in this area. There will be a refreshments van – the Wolf Hut – serving drinks and snacks on race day.

## Toilets

There will be portable toilets located in the Race Village. Please allow plenty of time to use these facilities as they will become very busy prior to the race. Do not use residents' gardens, the countryside or elsewhere as a toilet. Those found to be using the local area as a toilet will be disqualified.

## Finish Arrangements

After the finish gantry you will be directed away to collect a bottle of water. You will then have a walk/jog back to the Race Village as a warm-down to collect your finishers t-shirt and a specially commissioned item courtesy of Western Power Distribution. Please show your race number when collecting your t-shirt. Whilst we have ordered t-shirts in sizes requested we cannot guarantee your preferred size.

## Race Information Point

This is located by Number Collection in the Race Village. If you have any queries, please head to this area and ask one of the team.

## Sports Massage

The sports massage will be provided by Andra Health – a nutrition, physiotherapy and pilates service based in Melbourne, South Derbyshire. The team will be based in the Race Village and will be providing pre and post-race sports massage as well as offering physiotherapy and nutrition advice to all runners.

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## Prizes and Presentations

Prizes will be awarded to 1<sup>st</sup>-6<sup>th</sup> male and female; 1<sup>st</sup> male 40-49/50-59/60-69/70+; 1<sup>st</sup> female 35-44/45-54/55-64/65+; 1<sup>st</sup> male / female UKA affiliated teams; 1<sup>st</sup> male / female local runner; 1<sup>st</sup> male / female to 5k; male / female course record (if broken). Visit [www.wilne.co.uk/prize-structure](http://www.wilne.co.uk/prize-structure) for full details. Presentations will take place in the Race Village at approximately 11:35am. The Derbyshire Athletics Championship and Midland Masters Athletics Championship medals presentations will follow the prize presentation.

## Race Photography and Results

The results will be compiled by FR Systems. These are expected to be on the [Wilne 10k website](http://www.wilne.co.uk) shortly after the race. Photos will be taken during the event by Epic Action Imagery and will be accessible and available for purchase from the [Wilne 10k website](http://www.wilne.co.uk) shortly afterwards. All runners will receive an email when the photos are live on the website.

## Key Rules and Regulations

Wilne 10k is managed according to UKA rules - UKA License Number 2019-36386. In accordance with UK Athletics Rules, no one under the age of 15 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 Wilne 10k organisers.

## Personal Audio Players

You should not wear personal audio players (mp3 players/iPods) during the race. This is for your own safety and the safety of others around you. Although the route is traffic free, you must be alert at all times to directions given to you by marshals in case of an emergency situation.



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## Directions

### From the West (Derby):

A diversion will be in place from Draycott for anyone coming from the North & West. Please car share where possible and allow plenty of time to get to the race as there are local road closures in force.

### From the West (Derby):

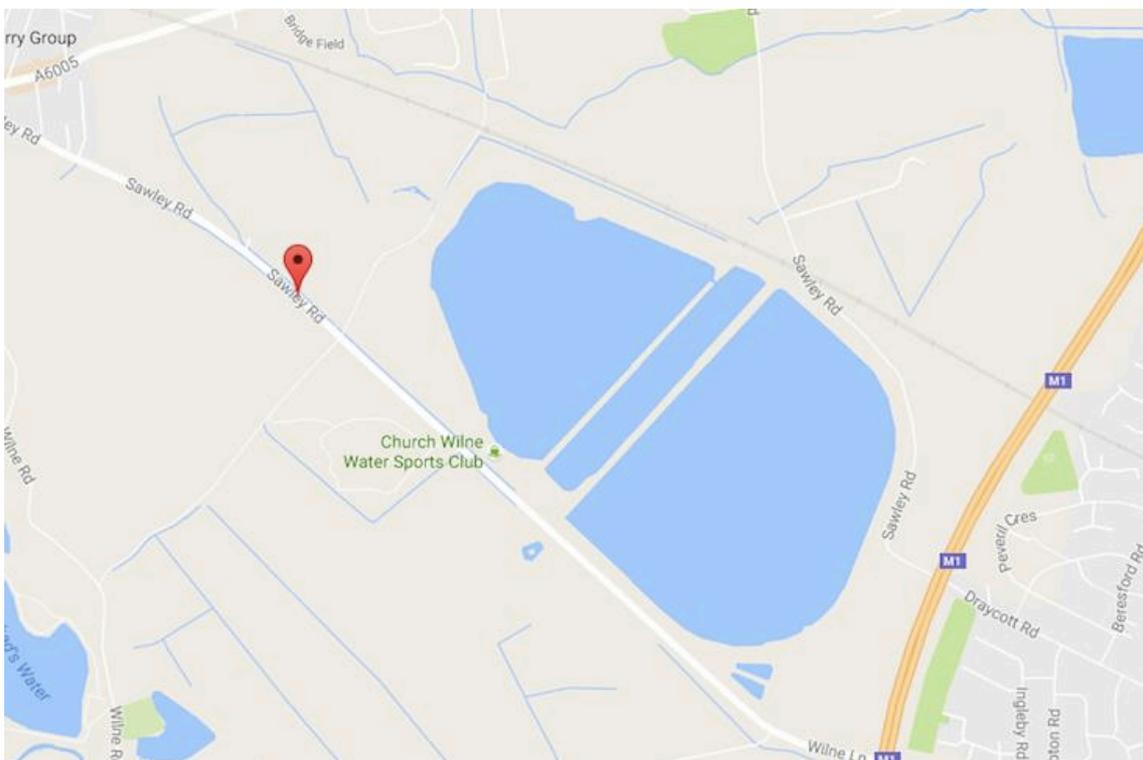
Exit the A52/Brian Clough Way taking the A6005 towards Borrowash. At the roundabout, take the 4th exit onto Derby Rd/A6005. Continue straight and after 2 miles turn right onto Draycott Rd/A6005. Continue through Draycott and follow the A6005 (Sawley Rd will be closed on your right). After 1.1 miles through Breaston, turn right onto Sawley Rd. Continue for 1.2 miles. Turn right onto Repton Rd for 0.2 miles. Turn right onto Wilne Ln and marshalls/markers will direct you to the car park.

### From the North (M1) and the East (Nottingham):

At the Jct 25 (M1) roundabout, head south on Bostock Ln for 0.5 miles. At the roundabout, take the 2nd exit onto Longmoor Rd and continue to follow B6002 for 0.7 miles. At the next roundabout, take the 3rd exit on Derby Rd/A6005 and continue for 0.9 miles. Turn left onto Sawley Rd and continue for 1.2 miles. Turn right onto Repton Rd for 0.2 miles. Turn right onto Wilne Ln and marshalls/markers will direct you to the car park.

### From the South (M1):

At Jct 24 (M1), take the A453 to Nottingham. At the roundabout, take the 2nd exit onto A50 heading to Long Eaton/B6540. After 1.0 miles, take the ramp onto A50 for 0.7 miles. At junction 1, take the B6540/Long Eaton exit and at the roundabout, take the 5th exit onto Tamworth Rd/B6540. After 2.0 miles turn left onto Wilne Rd which turns into Wilne Ln after 0.3 miles. Marshalls/markers will direct you to the car park.



## Event Car Parks

**Postcode for the approximate location of the car park: DE72 3QF.**

The car park is located on the left 500m after the Church Wilne Water Sports Club and will be open from 8am until 1pm on race day. The car park will reopen at around 11:10am subject to the back runners having reached Draycott and if it is safe to do so. Please follow marshals' instructions at all times. It is highly recommended that you use this car park as any cars parked on the course could be removed without prior warning.

### **IMPORTANT NOTICE FOR RACE DAY:**

**AFTER 8AM: SAWLEY ROAD FROM DRAYCOTT IS CLOSED. THE CAR PARK CAN ONLY BE ACCESSED FROM SAWLEY. AFTER 9.30AM: SAWLEY ROAD WILL BE COMPLETELY CLOSED TO EVENT TRAFFIC AND ACCESS TO THE CAR PARK WILL NOT BE POSSIBLE AFTER THIS POINT. As the Race Village and car park are in the same location, we need to create a safe environment for runners exiting the Race Village via the car park entrance to the start line.**

## Wilne 10k Official Charity

Wilne 10k is delighted to support [Autism East Midlands](#) as the official charity for 2019.

Autism is a complex, lifelong condition which affects the development of communication, social and life skills. It affects how individuals perceive the world and interact with others.



As a result, autistic adults and children often feel misunderstood and socially-isolated. This can lead to a range of emotional and psychological issues, with roughly 50% of autistic people also suffer from anxiety or depression compared to the national average of roughly 16%. For these adults and children, the daily challenges they face can be overwhelming.

Autism East Midlands was founded in 1968 by a group of parents to support autistic individuals through these challenges and 50 years later is now the largest autism-specific charity in the East Midlands. The charity provides care and support to autistic adults and children, as well as their families with the belief that all autistic people should be able to live with dignity, choice and independence.

By supporting the work of the charity you will make a significant impact on their ability to support autistic individuals and their families, helping to run projects such as family support hubs, youth clubs, and respite services to enable autistic individuals to reach their potential and shine – so thank you.



Autism East Midlands will have a stall in the race village on race day – please show your support by visiting the stall and making a donation, your help is very gratefully received.

You can also make a donation online – please visit [www.justgiving.com/campaign/Autismeastmidlandsandwilne10k](http://www.justgiving.com/campaign/Autismeastmidlandsandwilne10k). Thank you for your support.

## Acknowledgements

The race organisers would like to thank all the sponsors, supporters and the volunteers for their involvement in the Wilne 10k. Without their assistance, there would be no race.

If you are interested in joining our race crew please email: [volunteers@wilne.co.uk](mailto:volunteers@wilne.co.uk)

The Western Power Distribution Wilne 10k is part of the **RunDerby** race series.

# RunDerby

<http://www.runderby.co.uk/race-series/>

Race under UK Athletics Rules – UKA License No. 2019-36386

Email: [10k@wilne.co.uk](mailto:10k@wilne.co.uk) | General Enquiries: 07799 570370

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-  Check you have a phone available that will work in a power cut – digital or cordless ones may not work.
-  Keep a battery/solar charger handy so that you can recharge your smart phone or tablet and follow updates on social media.
-  Keep our telephone number handy or save it into your mobile phone (105 or 0800 6783 105) and advice.
-  Have things like a torch or lantern ready (it's best not to use candles or paraffin lights).
-  Protect sensitive electrical equipment such as computers with a surge protector plug.
-  Keep a wind-up/ battery/solar radio ready so you can listen to local radio updates.
-  If you have a mains operated stair lift, check to see if there is a manual release handle that can be used to return it safely to the ground level if it stops working.

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