



WILNE 10K

5th September 2021

EVENT GUIDE

SUNDAY 5TH SEPTEMBER | 10AM

www.wilne.co.uk



@Wilne10k



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Introduction

After a difficult year and a gap in the events calendar due to Covid-19, we are delighted to be welcoming you back to the 10th edition of the Wilne 10k. 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 [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, 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 10k@wilne.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.

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 10k@wilne.co.uk by 8pm on Saturday 4th 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 09:40am, 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.
- Runners are asked to use the hand sanitiser available after the finish line.
- After exiting the finish area, runners waiting or supporting other lapped runners must move away from this area (either up/down Sawley Road). A marshal will be located here kindly requesting runners to disperse.
- A finishers' t-shirt can be collected back in the Race Village.
- 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.

About your Race Number and Chip Timing

As part of our Covid-19 safety measures, all numbers will be posted out in advance of race day. 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'.

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 12/08/2021.

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 3rd October 2021.



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in store with your race number

www.derbyrunner.com / 01332 280048   @thederbyrunner



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. Anyone who falls behind the sweep bike will be considered as out of the race and therefore has the responsibility to proceed following the highway code 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.

Start Arrangements

The 10k race will start on Sawley Road at 10am prompt. The start is 500m to the left when leaving the event car park. In order to provide some social distancing on the start line, runners will be called to the start area from 9.40am 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.

Disposal of Litter

PLEASE DO NOT LITTER! Litter can be discarded in the large bags just after the start, finish and in the Race Village. Do not litter elsewhere including throwing into hedging or onto properties. 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.

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 area, and our official charity, Treetops Hospice in the Race Village. We encourage participants to undertake their own warm-up in this area. There will be a refreshments van – Funky Food – serving drinks and snacks on race day. Runners are asked to avoid any crowding around the Information Point, charity / retail stalls and sports massage areas.

Wilne 10k Course Map



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. 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.

Toilets

There will be portable toilets located in the Race Village. Runners are asked to maintain social distancing when queuing for the toilets. 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. 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

There will be an Information Point within the Race Village on race day for **urgent matters only**. Please read the full information in the event guide and come prepared.

Sports Massage

There will be a team of sports massage students led by Helen Wright Sports Massage, providing pre and post-race massage services in the Race Village.

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Prizes and Presentations

Prizes will be awarded to 1st-6th male and female; 1st male 40-49/50-59/60-69/70+; 1st female 35-44/45-54/55-64/65+; 1st male / female UKA affiliated teams; 1st male / female local runner; 1st male / female to 5k; male / female course record (if broken). Visit www.wilne.co.uk/prize-structure for full details. Thank you to The Derby Runner, Andra Health and Wilsons Pharmacy for contributing to the prize structure.

Presentations will take place in the Race Village at approximately 11:35am. The Derbyshire Athletics Championship and Midland Counties Athletics Association Road Race 10k Championship medal presentations will follow the main prize presentation.

Race Photography and Results

The results will be compiled by FR Systems. These are expected to be on the [Wilne 10k website](#) 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](#) 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 2021-39145. 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.

The advertisement features a red Speedy van driving on a bridge. The van has the Speedy logo on the front and a license plate that reads 'SPEEDY'. In the background, a bridge structure is visible under a blue sky with clouds. The advertisement is set against a background of red and blue geometric shapes.

Speedy

The UK's leading provider of equipment rental and support services to a wide range of clients across the infrastructure, industrial, and construction industries, as well as to local trades and industry.

Speedy Derby are proud to support the Wilne 10k

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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):

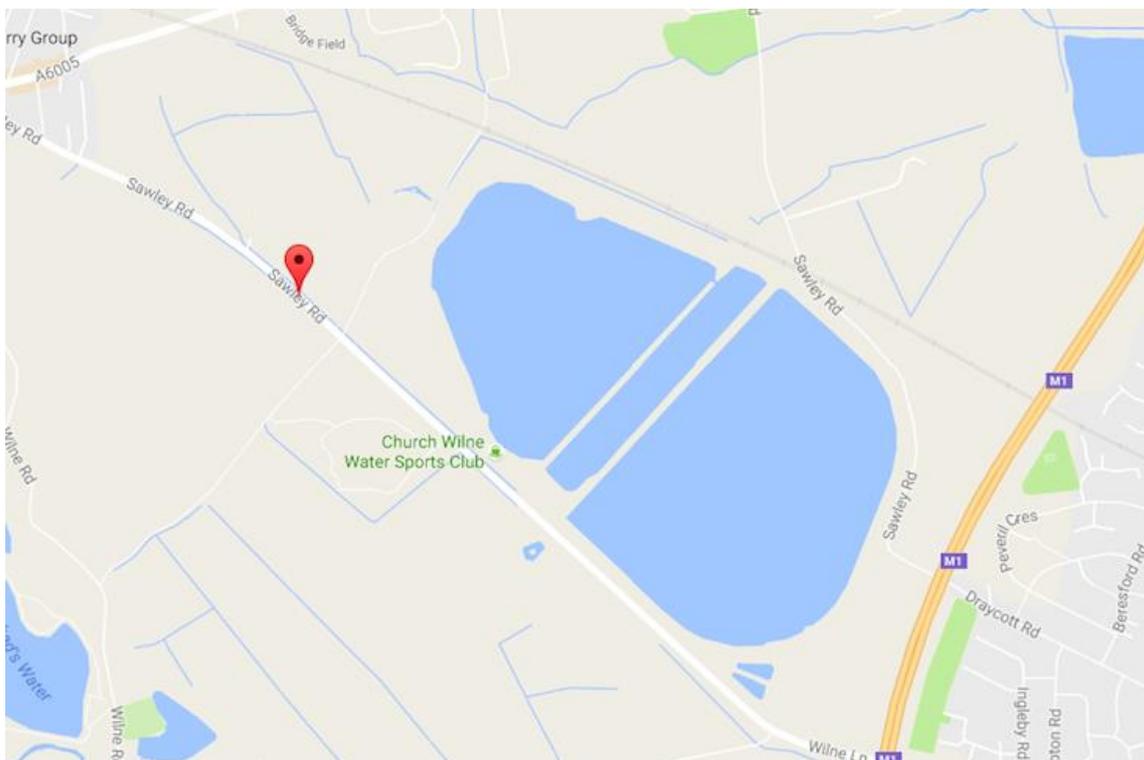
Exit the A52/Brian Clough Way taking the A6005 towards Borrowash. At the roundabout, take the 4th exit onto Derby Rd/A6005. Continue straight and after 2 miles turn right onto Draycott Rd/A6005. Continue through Draycott and follow the A6005 (Sawley Rd will be closed on your right). After 1.1 miles through 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 marshals/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 marshals/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-9.30am and 11.10am-1pm on race day. When the car park is reopened around 11:10am after the last runner has reached Draycott, vehicles are only permitted to exit left until 12pm. 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 TIME. 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 [Treetops Hospice](#) as the official charity for 2021

Treetops provides nursing care and emotional support to patients and their families across Derbyshire and Nottinghamshire. The hospice supports anyone affected by a life-limiting condition including cancer and neurological conditions, as well as those who've been bereaved. Care also extends to patients' families and loved ones.



The charity's care includes:

Wellbeing Space & Support and Information

"It's given me something to look forward to and something to get up for.

My wife sees a big difference in me and it's really worthwhile."

In the Wellbeing Space, patients and their carers are offered bespoke workshops and activities aimed at helping them to manage and maintain their quality of life. We offer confidential advice from initial diagnosis onwards – when things change, near the end of life, and anytime in between.



Hospice at Home

“We could not have coped or met dad’s wishes if we’d not had the nurses from Treetops – it was that vital. The support transformed what was an absolutely horrendous time, into something manageable and empowered us to care for dad.”

The charity’s Hospice at Home nurses care for patients at the end of life who wish to stay at home. Nurses offer overnight stays to give carers the chance to have a good night’s sleep, and during the day to provide much-needed respite.

Counselling and Emotional Support

“In a dark and lonely time when I didn’t know where to turn, you were there. The support was invaluable.”

Treetops’ Therapeutic Services include counselling to support adults, children and families dealing with a bereavement of any type as well those who are dealing with a life-limiting condition. Treetops also offers Art Therapy and Complementary Therapy to patients and carers.

Your support is invaluable to the charity. Here’s what your donation will help pay for:

- £10 – a child’s bereavement box
- £25 – a complementary therapy session
- £54 – a counselling session
- £87 – a bathing / spa session
- £301 – an overnight Hospice at Home nursing shift

Treetops will also have a stall in the race village on race day so please do show your support by visiting the charity team and making a donation.

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

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. 2021-39145

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