

availableCar[®]
WILNE 10K
3rd September 2023



EVENT GUIDE

Official charity:


Brightening short lives



wilne10k

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Introduction

We are delighted to welcome you back to the 12th Wilne 10k race sponsored by [Available Car](#). 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 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.

About your Race Number and Chip Timing

If you have an issue with your race number such as it being damaged or lost, you must contact us via email 10k@wilne.co.uk prior to the cut-off time of **3pm on Saturday 2nd September**.

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 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 10th August 2023.



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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.

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 the end of September 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 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). That equates to 15 minutes per mile, 9 minutes per kilometre, or 4 miles per hour, which is a brisk walking pace. 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.

Event Car Parks

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

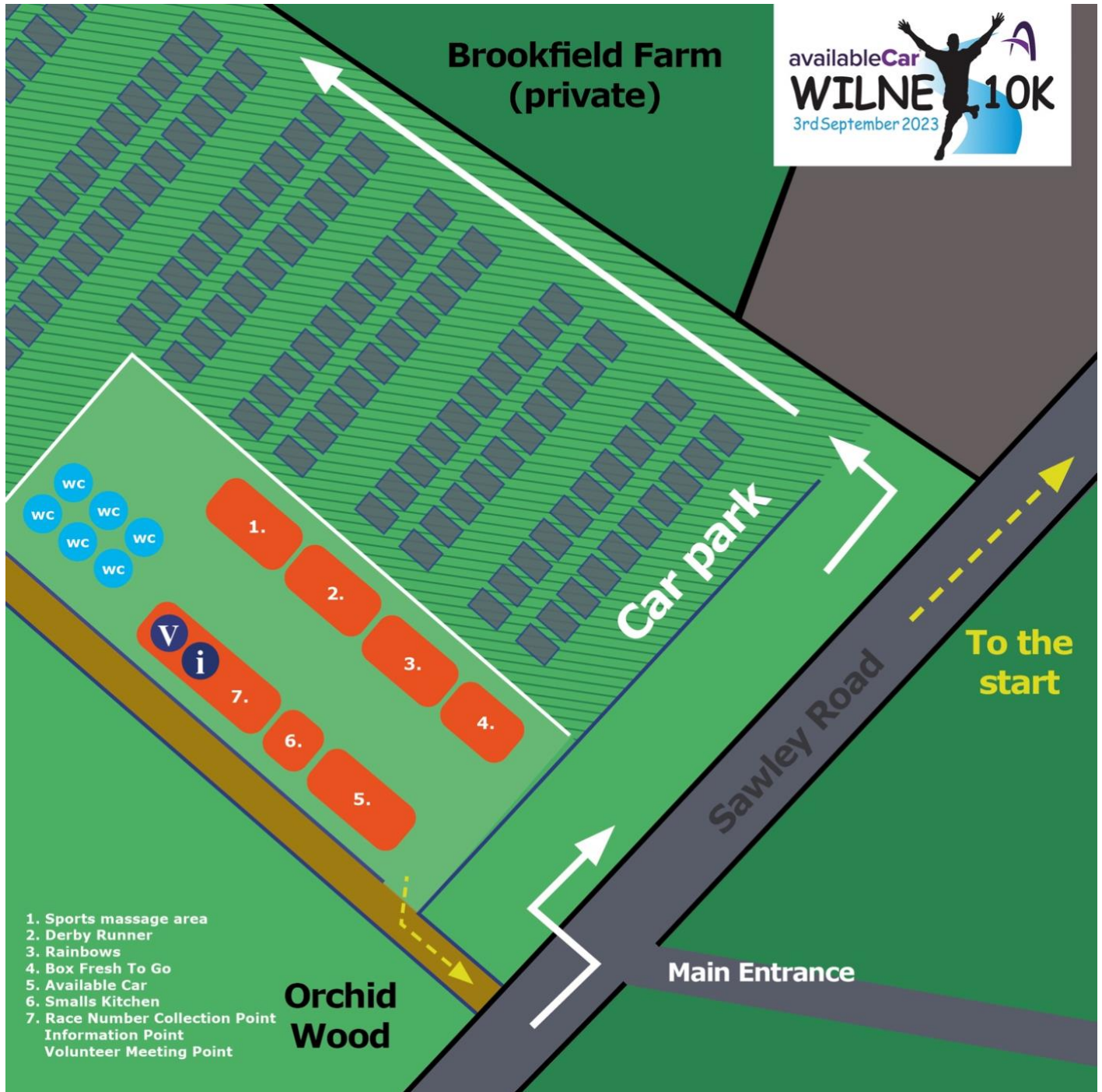
The car park is located on the left 500m after the Church Wilne Water Sports Club and will be open from 8am-9.30am and 11.10am-1pm on race day. When the car park is reopened around 11:10am after the last runner has reached Draycott, vehicles are only permitted to exit left until 12pm. Please follow marshals' 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.

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 our headline

sponsor, Available Car, the Derby Runner retail stand, Smalls Kitchen and a sports massage area in the Race Village. We encourage participants to undertake their own warm-up in this area. There will be a refreshments van – Box Fresh To Go – serving drinks and snacks on race day.

NO DOGS/PETS: Whilst we appreciate you may want to bring your beloved pets to the event, please note that due to the field being a livestock field, the landowners have strictly stipulated that no dogs/pets are allowed. This includes both around the car park and in the Race Village.



Race Information Point

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

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.

Baggage Storage

Runners are encouraged to leave bags and personal items securely locked in their cars – the car park is in the same field as the Race Village. 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 race organisers do not accept responsibility for any damaged or lost items.

Pacers

We are grateful to Northern Pacing Volunteers for providing pacers in this year's race. The pacers will be running at the following times: 40mins, 45mins, 50mins, 60mins, 65mins, 70mins and 75mins.

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. Runners will be called to the start area from 9.40am in groups of 400 according to race number. Race numbering will be based on predicted finish times and there will be one start wave. Please be respectful of everyone at the event who may be taking different approaches to social distancing depending on their personal circumstances.

Please be patient at all times in the start area and do not get overly 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! Water cups can be discarded in the large bags just after the water station. Please do not throw them anywhere where our team will not easily be able to collect them. Other 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 as we need to account for the safety and wellbeing of all runners who start the race.

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.

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.

Runners should keep to the LEFT of the course at all times, unless overtaking.

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.

Sports Massage

The sports massage will be provided by the University of Derby BSc Sports Therapy degree programme. 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.

Prizes and Presentations

Prizes will be awarded to 1st-6th male and female; 1st male 40-49/50-59/60-69/70+; 1st female 40-49/50-59/60-69/70+; 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.

Presentations will take place in the Race Village at approximately 11:35am. The Derbyshire Athletics Championship medal presentations will follow the main prize presentation.

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.

Race Photography



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.

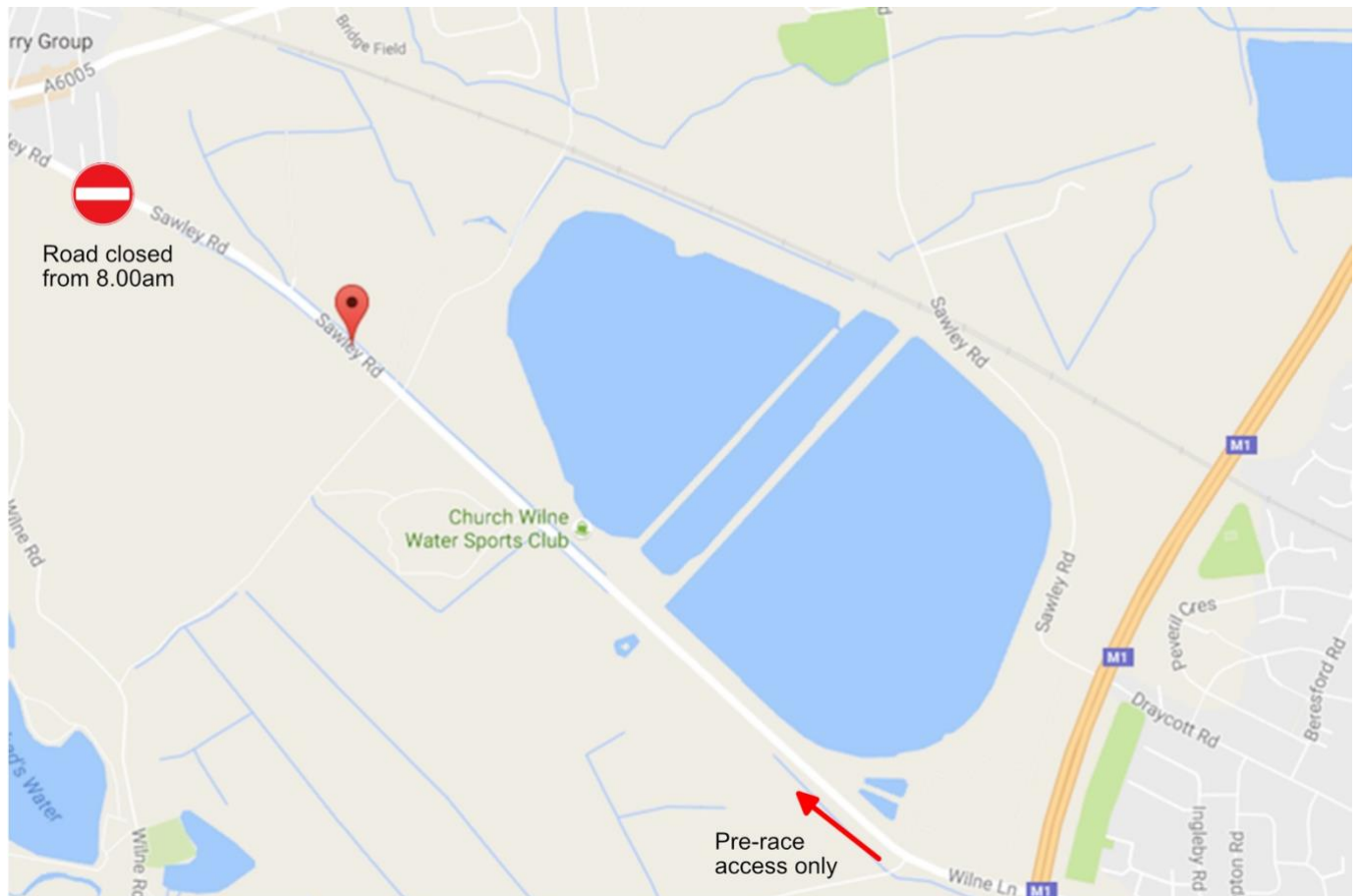
All runners will receive an email when the photos are live on the website.



Directions

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.



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.

Approaching 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.

Approaching 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.

Approaching 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.

Key Rules and Regulations

Wilne 10k is managed according to UKA rules - UKA License Number **2023-44709**. 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.

Listening to music

You should not wear earphones/personal audio players 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.

Wilne 10k Official Charity

Wilne 10k is delighted to support Rainbows as the official charity for 2023. More on Rainbows at the end of the event guide. They will also be in the race village, with an opportunity to sign up for it's lottery, with £1000 weekly prize up for grabs. You can enter ahead of the vent here: www.rainbows.co.uk/fundraise/lottery

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. 2023-44709

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WILNE 10K
3rd September 2021

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Rainbow's mum



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Rainbows is registered as Cope Children's Trust in England and Wales. Registered Charity No. 1014051.

Registered Office: Lark Rise, Loughborough, Leicestershire LE11 2HS.



rainbows.co.uk/donate