



10K and Fun Run Sunday 8th October 2023

Start Times - 10K: 9.30am Fun Run: 11.00am

EVENT GUIDE

Thank you for your entry into our 10k race.

This race information guide provides you with everything you need to know about the event. However, we recommend that you check the Shelton Striders website for any last-minute updates.

Covid-19 Safety Measures

Please do not attend the event if you or someone you live with are showing any symptoms of Covid-19 which are: -

- A high temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

There is plenty of space at the race village and start/finish. Please be respectful of others who may take a different approach to social distancing.

Water Station

Please note that there is no official water station on the course however a water supply will be available between 5 and 6k for anyone who has their own water container and wishes to top it up. Therefore, if required please bring your own water container and water to use during the race. There will be cups and water available at the finish line for all runners at the end of the race. Please consider bringing your own running water bottle if possible, to reduce the use of cups.

CONTACT DETAILS

Email Address: 10k@sheltonstriders.org.uk

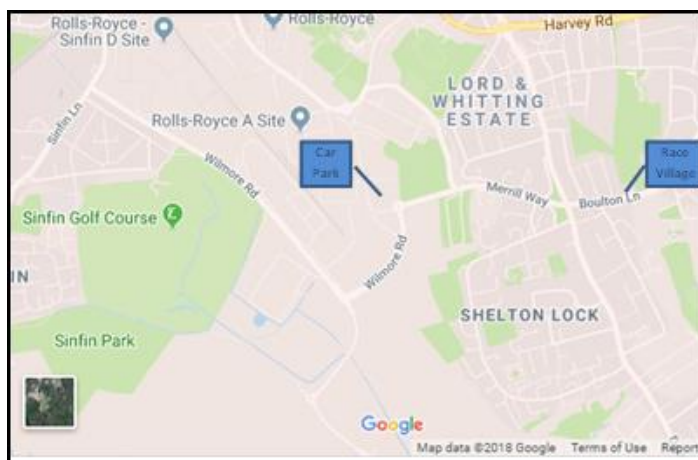
Website Address: <http://sheltonstriders.org.uk/>

VENUE ADDRESS

Boulton Lane Park Community Centre, Boulton Lane,
Alvaston, DE24 0BD

PARKING

Car parking is located on Victory Road near the junction with Merrill Way and Wilmore Road. We will have signs out to direct you but unfortunately there is no postcode for it. The What3words location is pushes.pocket.tidy. It will be open from 8:00 until 12:30 and is a 10 minute walk to the race village so please ensure you allow sufficient time. Please be considerate of our neighbours and use the parking provided. This will also minimise congestion around the Race Village. Please avoid parking on Jubilee Road as this is part of the race route.



EVENT TIME TABLE

Car park opens	08:00
10K Race Pack Collection opens	08:00
Start of 10K Race	09:30
Fun Run registration opens	09:45
Start of Fun Run	11:00

RUNNING NUMBER

Your running number must be worn for the race and pinned to the front of your running vest/costume. Running numbers are not interchangeable. Any athlete found to be running on any number other than that issued to them will be liable to disqualification and reporting to UK Athletics. It is also a race requirement that on the back of the number you should write your Name, Address, Contact Details and any Medical Conditions.

CHIP TIMING

The race will be using a chip timing system to ensure the runners' results are as accurate as possible. The chips will be issued with your race number. Please follow the instructions for fitting the chip to your shoe. Please note that as chips are the only method of timing, only those wearing a chip will be included in the results.

AGE LIMITS

In accordance with UK Athletics Rules, no one under the age of 15 years on 8th October 2023 will be permitted to participate in the 10k race. Anyone who is under the age of 18 must have parent or guardian permission to participate.

RACE VILLAGE

Will be located at the Community Centre where runners and spectators gather before and after the race and shall include the 10k number collection and fun run on the day entry as well as:

Refreshments for runners and spectators to purchase

Toilets

Cake stall

University of Derby Massage

BAGGAGE

There will be a Secure Baggage Area at the Community Centre which will be open from 8:30 am until 11.30. Please ensure your bag is labelled with your name and running number. This will be returned after the race on presentation of your running number. Please note that the Race Organisers do not accept responsibility for any damaged or lost items.

10k COURSE

This year's route is the same as in 2022 and uses the canal path, pathways and Infinity Way. It is a flat and fast course with potential for a PB. Please note that the start is on the canal path on the opposite side of Boulton Lane from the race village. Please take care when crossing the road and use the pedestrian crossing. Please keep to the left at all times during the race except when overtaking other runners or path users. We do not have sole use of the paths so be mindful and courteous to other users.

AFTER THE FINISH

There will be paper cups and water available at the finish for all runners who will then be directed back to the Race Village where those who paid for a T-Shirt will be able to collect it. You will only be able to collect the size you ordered due to limited stocks. Fun run medals will be handed out at the finish.

Results will be displayed on the [Shelton Striders website](#) as soon as possible after the run.

10k PRIZES

1st, 2nd, 3rd Male and Female will be presented on the day near the finish with cash prizes.

We are hoping to offer Male and Female age category prizes for the winners of FV35, FV45, FV55, FV65, MV40, MV50, MV60 and MV70 which will be in the form of a Derby Runner voucher. These will be sent out after the race once results have been verified. For anyone in a higher age bracket you will be included in the one below. Runners will only be able to receive one prize (the higher value) if they achieve 1/2/3 finish and an age category.

FUN RUN COURSE

The course is approximately 2 miles / 3 km and is entirely off road being run on the old canal path and local fields. The start is the same as the 10k finish which is also the Fun Run finish. Under UK Athletics Rules, no prizes can be given for the Fun Run, which is a non-competitive event. Times by running number only will be published on [Shelton Striders website](#). We will not publish names for Data Protection reasons so please remember what your number was. All finishers will receive a medal.

MEDICAL FACILITIES

For both events medical assistance is to be provided by ABC. Emergency details on the rear of running numbers will help them to give treatment in the event of a runner being taken ill. Anyone requiring minor treatment should wait with a marshal until ABC arrive and anyone requiring urgent medical attention will be attended to ASAP by reporting the incident to the nearest marshal with running number and location of the person requiring medical attention.

RUNNERS SAFETY INFORMATION

You are responsible for your own safety at all times and the safety of any children in your care. Please ensure you are fit to race. For any children that become separated from their parent or guardian please ask them to return to the Event Village and the registration desk where our dedicated Safeguarding lead will be located.

We shall arrange for sufficient marshals to be available to direct runners along the course especially at key points where turning is required. The course is open to the public and we advise runners that they **must keep to the defined course and use pavements and paths** at all times for their own safety except for Infinity Way where half the road will be closed to traffic. Please be vigilant and aware of other runners/road users. There are 3 U Turns on the course so please take care when changing direction. The road surface on the Sinfin Moor Lane section between 7 and 8k also has numerous pot holes and will be more congested as runners run in both directions.

Runners are advised that for Health and Safety reasons, as this is not a closed course, the only approved headphones for use by runners are bone conducting one's. Please note that it is UK Athletics mandate that the organisers disqualify any runner who does not comply as this can invalidate the race insurance.

There is medical assistance at the finish and following the last runner.

All proceeds from the event will go towards Shelton Striders Running Club with £1 per runner being donated to this year's club charity – [Annabel's Angels](#).

