10K and Fun Run
Sunday 11th October 2026

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

EVENT GUIDE

Thank you for your entry into our 10k race which this year is sponsored by **Zone 2 Apparel**. 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.

A word from our sponsors
Zone 2 Apparel is based right here in Derby, so title sponsoring the Shelton Striders 10K means a lot to us. We've been working closely with the race team to design and produce this year's finisher tees and hoodies. We're building Zone 2 to be the running brand Derby runners are proud to wear, on race day and every day. Come and see us at our stall on the day for a look at the full range and some on-the-day deals.

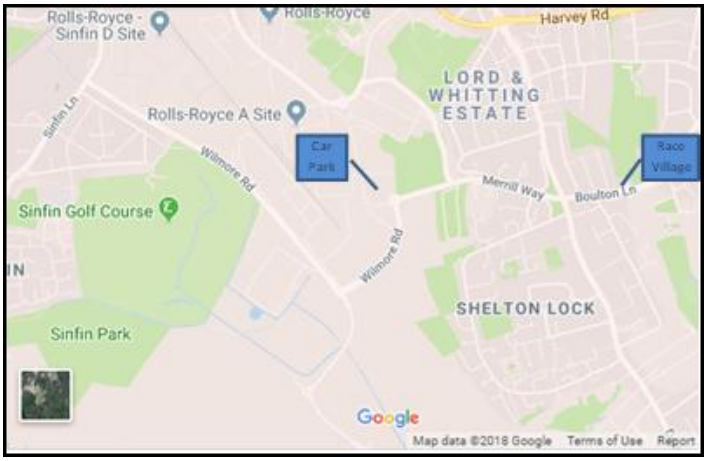
Photographs
This year, Zone 2 Apparel are bringing you free race day photos. Our photographer will be out on the course capturing the race and your photos will be ready to download within 24 hours at https://z2apparel.co.uk/pages/shelton-striders-10k-photos

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



Please allow extra time for the 3-way temporary traffic lights at the car park entrance

PARKING
Car parking is located on Victory Road near the junction with Merrill Way and Wilmore Road. Please note that there is a 2.1m height limit on the car park entrance. 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 20 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**
Fun Run number collection/registration opens	**08:30**
Start of 10K Race	**09:30**
10k Prize Giving	**10:20**
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.

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 toilets and refreshments for runners and spectators to purchase. Pre- and post- race sports massage will be provided by University of Derby **@sportstherapyuod**

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BAGGAGE
There will be a Secure Baggage Area at the Community Centre which will be open from 8:30 am until 11.30. Please collect a tag when you collect your race number. Write your name and running number on the tag and attached to your bag before going to the baggage area. 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 recent years and uses the canal path, pathways and Infinity Park Way. 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. Please do not drop litter on the course.

WATER STATION
There is a water station on the course between 5k and 6k and there will also be cups and water available at the finish line for all runners at the end of the race. Please consider bringing your own water bottle if possible, to reduce the use of cups.

AFTER THE FINISH
Runners will be directed back to the Race Village where those who paid for a T-Shirt and/or a hoody will be able to collect it. You will only be able to collect the size you ordered. **RESULTS** will be displayed at https://sheltonstriders.org.uk/our-annual-10k-race/results/ immediately after the race.

10k PRIZES
1st, 2nd, 3rd Male and Female will be presented on the day near the finish with cash prizes at 10:30. There will also be 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 vouchers. 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).

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. However, all finishers will receive a medal at the finish.

MEDICAL FACILITIES
For both events medical assistance will 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 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. For minor treatment, please continue to the first aid point or the next marshal and wait until ABC arrive. There is medical assistance at the finish and following the last runner.

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 Park 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 7k and 8k also has numerous potholes 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, only bone conducting headphones are approved for use by runners. 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.

At least £1 per runner will be donated to this year's club charity, Umbrella with the remaining proceeds from the event going towards Shelton Striders Running Club.