



ASHBOURNE 10

FINAL RACE INFORMATION

ASHBOURNE LEISURE CENTRE, ASHBOURNE, DERBYS, DE6 1DR
SUNDAY 5TH MARCH 2017 – 10:30

Welcome to Ashbourne10

We would like to welcome everyone to the inaugural Ashbourne10 run organised by SBR Events Limited. Firstly we would like to thank all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

Confirmation of Entry

Please check on the list of participants posted on the website & online that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently.

Age Restrictions

We have set restrictions on ages as such 10k-you must be 11yrs or older on race day. 10 miles-you must be 16yrs or older on race day. In line with Run Britain regulations, if you have a minor running under the suggested age for the distance we expect the responsible adult / parent or guardian to ensure they are fit to race before signing them up.

What Will You Need?

The race is being run in the first week of March. We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. If it is going to be very cold (forecasts look like -2 to 4 degrees) please bring lots of layers of dry warm clothes (for during & post run). Bring bottled water or isotonic drinks, snacks & gels for the run.

Directions to Ashbourne

Nottingham is 29 miles
Sheffield is 36 miles
Manchester is 49 miles
Birmingham is 59 miles

Accommodation

There are a variety of places to stay in and around Ashbourne. Visit the website here, for further information:

<http://www.visitashbourne.co.uk/>

Car Parking

Please car share wherever possible to save fuel & take care of your environment. There are several 'pay and display' car parks in the Town, all within walking distance of the race HQ. Please ensure you arrive in plenty of time to park and make your way to Ashbourne Leisure Centre. Car Parking information as below which includes the location, postcode and number of spaces:

LOCATION	POSTCODE	SPACES
Bus Station	DE6 1BW	39
Cattle Market	DE6 1ED	50
Clifton Road	DE5 1AA	36
Cokayne Ave	DE6 1EJ	119
Fishpond Meadow	DE6 1FN	125
Market Place	DE6 1ES	48
Shawcroft	DE6 1GD	191

There is a limited amount of parking (300 spaces) at Waterside Retail Park nearby on Clifton Road (A515) but this is a short stay carpark (max 4 hours free). Please don't get a parking fine!

Race Registration – Saturday 3.30-4.30pm & Sunday 08:30-10:15

Due to a sell-out event there will not be on the day entries available this year.

Weather permitting Registration on Sunday morning will take place in Ashbourne Leisure Centre Carpark at the rear of the building at our Race Village in gazebos. If the weather is too windy, we will hold registration in the Minor Room at Ashbourne Leisure Centre (where it will be based Saturday afternoon). Follow signage & marshals to locate Registration.

At registration just give your name or race number & you will collect a single race number and a timing chip & your t-shirt (if pre-paid).

There will be maps of the route available for you to review. However the course is fully signed & marshalled so it will be easy to follow. You can leave baggage here (use tear off part of your race number). Bags will ONLY be returned to person with matching race number.

Race Numbers

- Race Numbers must be worn on the front during the run.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Complete the medical info & emergency contact info on the back with MC on bottom left at front if you have a medical condition.

NB. You don't need to bring safety pins; we will have plenty at registration.

Timing Chip

To maximise the success of getting your time there are a few things required:

a) Wear the chip!

b) When attached to the strap wear it just above EITHER ankle with the chip pointing away from your leg. If you wear it anywhere else, the chip may not be read.

On most occasions we will have full provisional results next day on our website - www.sbrevents.co.uk

Please return your chip back at the finish line especially if you have to retire early. You will incur a **charge of £10** if you fail to hand it in.

At the end of the race you can print out full details of your race statistics, including pace per km & mile, lap time, where you are placed in your age group & more! Some of these statistics will also be sent a text if you gave us your mobile telephone number on the booking form depending on GPS signal. Results are displayed on a screen near the finish line & also emailed to you with a Finishers' Certificate after results are verified.

Race Briefings – A few mins before each race on start line

A very short race briefing will take place near to the start / finish line to direct you to the correct start point. If you are unsure about anything please attend. The Race Briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them at Race Registration.

Race Start Times (approximate)

Start will be the START/FINISH GANTRY.

10mile at 10:30

10k at 10:40

5k at 10:45

The trail can be narrow in places for 2 way traffic!

IMPORTANT - PLEASE READ: At the start please ask the person near you what minute mile they run at. We are asking for fastest runners to head to the front on each race ahead of other runners at a slower pace. This will avoid congestion & unnecessary overtaking on the run. We have runners on the family friendly 5k who vary from 5min to 20min per mile (they may be running with younger children) & pace varies from 6min to 15min per mile on both 10k & 10mile so please be respectful to each other to ensure a happy race.

Course Reconnaissance

Tissington Trail is open to the public. You will be able to check out the course prior to the event.

History of Tissington Trail

The trail was originally the trackbed of the Buxton to Ashbourne railway line, built by the LNWR and opened in 1899. In its heyday, it carried express trains from Manchester to London and until after the Second World War a daily train delivered milk from Peak District farms to Finsbury Park, London.

The Run

The course is fully marked with directional signage, distance markers & marshals at key points but is essentially a 'there & back' course on one path! **PLEASE KEEP TO THE LEFT**

The run starts on tarmac through the carpark then progresses into the long Ashbourne Tunnel under the town & opens out near the Cycle Centre / Café at Mapleton Lane onto firm crushed limestone surface. Run on the tree lined path & tackle the only 'hill' where the trail dips down and up where a viaduct has been removed; both slopes are about 40 m (130 ft) long with gradients of 1:9.

You can then enjoy the beautiful views across Derbyshire Dales with a gradual incline on the first half of your run, with a pleasing gradual decline on your return. The total climb for the 10mile run is just under 400ft (123m).

Surrounded by beautiful countryside the traffic-free trail is ideal for horse riders, cyclists, naturalists and walkers. It is suitable for wheel chairs and pushchairs along the flat sections. The Trail is open to the public on Sunday morning during the race. Please expect other members of the public to be using the trail & watch out for cyclists, dog walkers, horse riders & families with toddlers & buggies. **KEEP TO THE LEFT & BE RESPECTFUL TO ALL MEMBERS OF THE PUBLIC – thank you.**

Please bring your own bottled water, isotonic drinks, & fuel such as snacks, energy bars or gels.

Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.

WATER STATIONS

There will be marshalled water stations using water cups NEAR the 2.5k, 5k & 8k turn points so runners will pass these BEFORE they hit their turning points. Water will also be at the finish line. **PLEASE USE THE BINS PROVIDED A SHORT DISTANCE FROM THE STATIONS.**

Spectators

There are carparks for spectators to view at Mapleton Lane, Thorpe & Tissington. Mapleton Lane is not recommended for spectator viewing as the car park only holds about 10 vehicles & it can be busy as there is a cycle hire centre & a café there.

The nearest SMALL car park for 5k turn (for 10k runners) is at Thorpe Station carpark (near The Old Dog, Spend Lane, Thorpe, Ashbourne DE6 2AT). Turn opposite The Old Dog into Narlow Lane & bear right when the road forks past Station House B&B. (map ref: [SK165503](#))

The nearest car park for 8k turn (for 10mile runners) is at Tissington Station carpark which can be found off The Green / Darfield Lane (map ref: [SK177520](#)). Toilets are available here for public & athletes.

Toilets

There are public toilets available at Tissington Station carpark JUST BEFORE the 10mile turn point at 8k. (see details above)

Medical Cover

Onsite during the event will be Jola Medics, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a small team of medics including a medic on a cycle on the race plus 1 Accident and Emergency ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal, who will radio for medical help.

Medical Conditions

Don't forget to write emergency name & contact details on the back of your race number. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

Results

Times will be displayed in the timing tent next to the finish. You will be able to collect a print-off detailing your times including your various splits. Provisional results will be available to download on www.sbrevents.co.uk from the Monday following the event.

RACE VILLAGE

Arrive at Race Village to collect your bespoke medal, get a drink & grab any baggage you left.

We will also be providing a Sundried bag to pop in

Water, banana & crisps

Pip'n'Nut – Peanut Butter squeeze packs

Sundried – Goody bag sponsor

Discounts on various leaflets

Race Clothing

There will be a chance to buy race t-shirts for £15, £25 & hoodies £40 at race village

Race Photography

Marc Dewhurst will be at the event taking images of you running. These will be freely available to view, download & share after the event. A separate link will be sent detailing this. Photos are free to download via the link.

Sports Therapist post-race massage.

To help loosen your muscles after your race, you can book in for a free post-race massage. Jack from Adjust Massage will be in place to stretch you out! This is a completely free 10 minute massage.

Food

Hot food & drinks available from Su'Per Nosh Catering

Toilets

Toilets are available in Ashbourne Leisure Centre Carpark that we are providing specifically for this race.

Results

Times will be available from JC Race Solutions tent next to the finish line. A provisional results link will be sent out on Monday 7th March latest.

PRIZES

There will be trophies in the following categories on the 10k & 10mile race:

-1st, 2nd, 3rd Man & Woman

- Fastest Man & Woman V40-49, V50-59, V60+

There will be certificates in the following categories on the 10k & 10mile race:

-Fastest Canicross Winner

-Fastest Man & Woman V40-44, V45-49, V50-54, V55-59, V60-65, V65-69

There will be trophies in the following categories on the 5k race:

-1st, 2nd, 3rd Man & Woman

-Fastest Veteran Man & Woman (40+)

There will be certificates in the following categories on the 5k race:

- 2nd & 3rd Veteran Man & Woman (40+)

-Fastest Canicross Winner

-Fastest Man & Woman V40-44, V45-49, V50-54, V55-59, V60-65, V65-69

The Presentations will take start at approx. 11.30am for 5k race, 11.45am for 10k race 12pm for 10mile race but will continue with age group prizes as soon as results are available. There are many trophies & certificates so please be patient & be in attendance to collect your trophy. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

Withdrawals

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

Race Office Closure

The SBR Events Limited office will be closed from Friday 3rd March at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. All marshals will receive a free flask, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email calsie@sbrevents.co.uk. You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

SBR Events

We will be organising a number of other multi-sport and running events throughout 2017 - please visit www.sbrevents.co.uk

Next up is The Longhorn on April 23rd - a beautiful trail run on private land in North Nottinghamshire - chose from 5k, 10k, half marathon, 26.2 marathon or 60k ultra!

Thank You!

It takes a great amount of work to organise an event such as this. Special thanks go to the volunteer marshals, everyone who helps make the event successful, staff at Derbyshire Dales District Council, Ashbourne Leisure Centre & Peak District National Park Authority for their support plus all of our athletes for entering.

Further Information

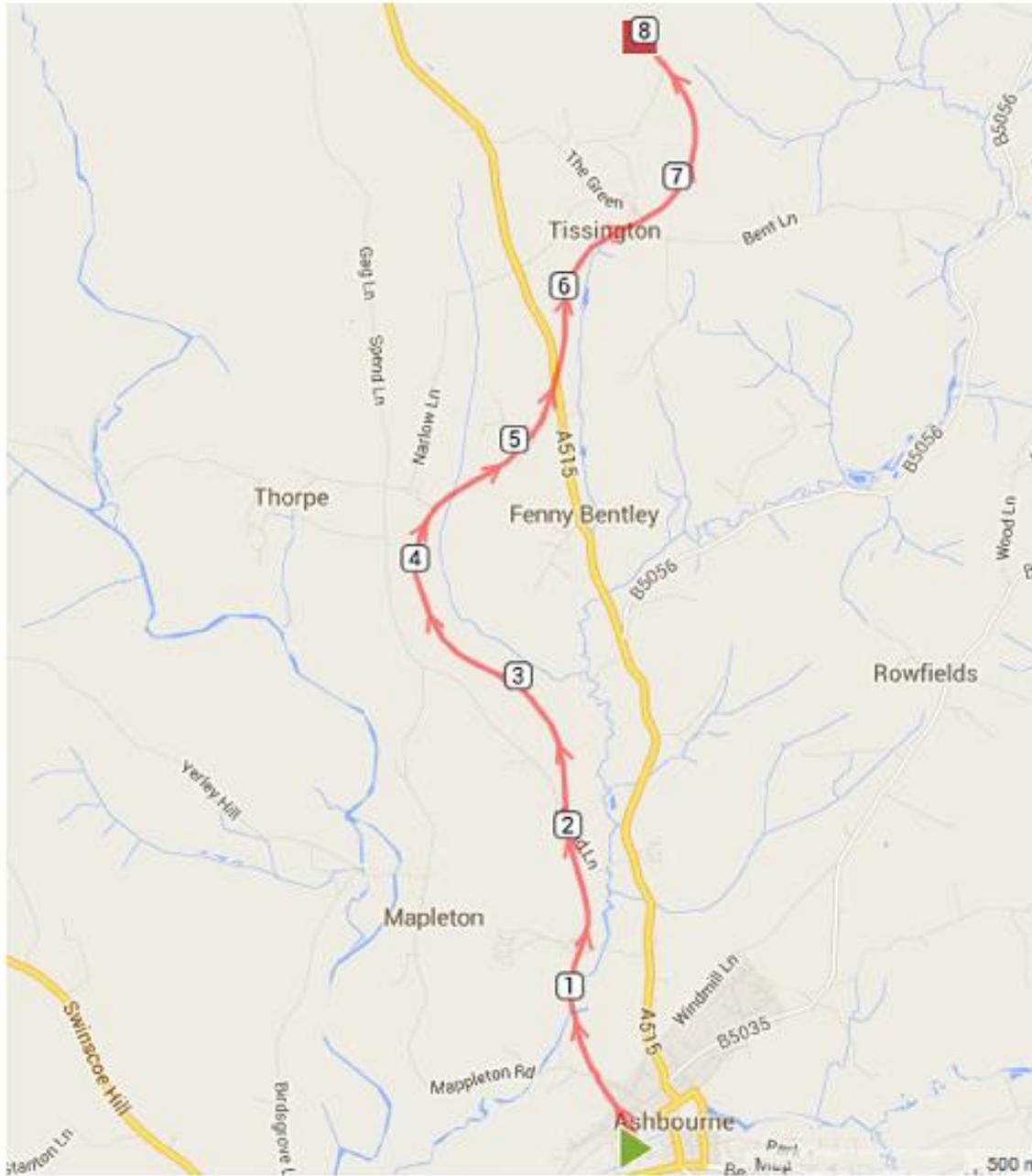
Any questions related to the event can be answered by emailing info@sbrevents.co.uk

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.

SEE COURSE MAP BELOW

Course Map

The run goes up to each turn point at 2.5k (5k race), 5k (10k race) & (approx.) 8k (10mile race) & returns back to the starting point.



Ashbourne 10

Starting and finishing in the Ashbourne Leisure Centre car park, the route follows the Tissington Trail north.

The 5k would turn back at 2.5k, the 10k turns back at the 5k point and the 10 mile turns back at the 8k point.

The map shows distances in KM.