



Dear Runner,

RE: COLIN POTTER MEMORIAL 10K RUN – 5th July 2019, 19:15 AT HASLAM, DE22 1EB

Thank you for entering the 14th Colin Potter Memorial 10K! We hope you enjoy the run in the peaceful, natural and historical surroundings of Darley Abbey, Darley Park and Darley Fields. Our license number for this year's event is 2019-36500 and will be run in line with UK Athletic Rules.

For those of you who have run before or visited our website, you will know that we donated our profits to local cancer charities. Since we've started the event we have donated over £30,000 to charity. Thank you for your support this year, and in any previous years you've participated in. You really help make the race a success. We hope you will enjoy the event enough to participate again in the future.

This year our event is sponsored by Des Gosling Mobility Ltd. Des has for many years now put forward generous donations to the race and is a regular participant too. We thank him and his company, for their continued support.



RACE NUMBER:

Your race number will be available for collection on the night of the event. The desks will be manned from 1800 and close at 1905. We will be asking you for your name and date of birth to verify your identity. Please ensure your number is fastened to the front of your running vest before, during and immediately after the race. It is a requirement of the UK Athletics Association (UKAA) that the numbers should not be folded, cut or mutilated in any manner. It is also a requirement of the UKAA to put an emergency contact name and telephone number on the reverse of the number as well as any known medical conditions or considerations. We will provide a table and pens to allow you to do this immediately after collection.

TIMING/RESULTS:

We continue to use "chip timing" for the most accurate timing and race experience. Your individual race time is taken using a chip which will be on the reverse side of your race number. Results will be available on the Colin Potter website after the event, ordinarily within 24hours. The final race results will be submitted to UKAA one week after the event.

CAR PARKING

On your arrival at Haslams, marshals will direct you to the car park, please follow their instructions and allow plenty of preparation time, as the race will start at 19:15 prompt.

START/FINISH

As per previous years the Start and Finish is at Haslams, Haslams Lane, Derby (home of Derby Rugby Club). Follow the signs and instructions of the marshals after arrival to the start line. Please try and get to the start line at least five minutes before the start to listen to health and safety instructions. Visit our website (<http://www.colinpotter10k.com/race-route/>) to view the race route.

FACILITIES

Haslam's have again been good enough to offer all of their facilities for the night which includes a male and female changing and shower area. Haslam's will again be opening their bar and offering hot food for purchase before, during and after the race.



Following the theme of previous events we will have a selection of sports therapists available before, during and after the event to offer their services to runners. We also have the pleasure of the Derby Runner putting up their mobile shop on during the evening to bag yourself a bargain, if you want anything special, be sure to contact them 24 hours before the race. See <https://derbyrunner.co.uk/events/derby-runner-stall-colin-potter-memorial-10k/> for more details!

BAG STORAGE

Unfortunately there is **NO** mechanism for storing baggage at this event, so any baggage is left at the owners' risk. ***The Race Organisers will not be held responsible for missing or lost baggage.***

GENERAL

The course is multi-terrain running around Darley Abbey, Darley Park and Darley Fields and has **ONE** refreshment stop at approximately 5km and obviously at the end of the race. If the conditions are hot, **PLEASE** make sure you stay well hydrated for the 24 hours pre/post the race and even bring your own drink to run with during the race.

We do ask runners that if they take the drink onto the course that they **DO NOT LITTER**. Failure to do so may see us not be given permission to host the event by Derby City Council in the future. Please carry your waste to a bin or pass to a marshal.

Running with earphones/personal audio equipment is against UKAA rules and is not covered by the race license. Please **DO NOT** run with headphones or you could be disqualified by the race adjudicator.

After careful consideration and risk assessment, we can confirm the decision has been made to NOT allow pushchairs, running buggies or similar to participate in our race. The decision is made after careful analysis of the characteristics of our course which in our opinion present too high of a risk to the buggy owner, the occupant of said buggy or fellow competitors. We have a number of uneven sections, tight corners, pinch points, or similar over the ten kilometres. We will respectfully have to ask anyone at the start-line to not participate in the race. If it was your intention to run with a pushchair/buggy, please contact us to discuss options for refund or similar.

The presentation of the prizes for overall 1st, 2nd, 3rd Male and Female will be made at around 20:30.

You'll be pleased to know that we have again secured David Denton (www.runningwithdavid.com) who will provide the race commentary.

Race results will be available on our website and Facebook (www.colinpotter10k.com) within 24 hours of the event.

Photographs will be taken during the race, make sure you're smiling and in particular make sure you are not looking at your watch as you cross the finish line! These will be appearing on our Facebook page (www.facebook.com/cp10k) over the course of the weekend. Like previous years, we will be looking at taking video footage to put on our YouTube channel (www.youtube.com/user/ColinPotter10k).

Please make sure you visit our website periodically to check for results, sponsors/links and details of next year's event.

Once again thanks for your entry and enjoy the run!!

MAP OF RACE HEAD QUARTERS

