



THE DONCASTER CITY 10K

24th November 2024



Doncaster Deaf Trust
A National Centre of Excellence

**Bluebell
Wood**
CHILDREN'S HOSPICE



children's
air ambulance
keeping hope alive

THE 2020
**RUNNING
AWARDS**



in association with
race>nation | **sports giving**

NATIONAL 10K
DONCASTER
10K

SILVER

THE 2020
**RUNNING
AWARDS**



in association with
race>nation | **sports giving**

The Regional Finals
BEST 10K YORKSHIRE
DONCASTER 10K

GOLD

THE 2019
**RUNNING
AWARDS**



BEST 10K YORKSHIRE
Doncaster 10K

GOLD

The Regional Finals

THE 2018
**RUNNING
AWARDS**



The Regional Finals
BEST 10K YORKSHIRE
Doncaster 10K

GOLD



Hi Runners, we are very excited to be back for Year 6 of the Doncaster City 10k, the now triple award-winning event!

The event will fill well ahead of the event day and we've had a record year for the speed of entries!... thanks as always for your support it's truly special seeing so many people doing what they love and running around Doncaster City!

Once again, we are at the amazing venue of Doncaster Racecourse, and with an excellent course around the centre of Doncaster. The Team at the Racecourse, and Doncaster Council have been incredibly supportive in making this happen, so a huge thank you to those guys! You're also likely to see many of them on the course running alongside you!

At Curly's, our goal is to promote an active lifestyle, through providing people with inspirational, fun, great value and high quality, physically challenging events. We know the benefits of this to individuals and community are huge; both in terms of physical and mental well-being.

If you would like to look for your next challenge, or find out more about Curly's Athletes, then pop along to our website: <http://www.curlysathletes.co.uk> or Facebook page: <https://www.facebook.com/curlysathletes/>

Parking & bags!

BAGS: We are planning to have a bag drop facility for 2024 (donation of £1 to Bluebell Wood for this, so remember your £1). Please note we continue to keep connected to ongoing security announcements, so watch our social media updates for any additional bag protocols we may need to implement on the day or if the bag drop is removed we will let you know. **Please don't leave bags laying around the racecourse**, as these may cause disruption to the event.

PARKING & ARRIVING:

Road closures in front of the race course will commence from 45 minutes before the race start (the town centre will begin to be closed from 07:00, so please ensure you have planned your route.. Please use the pedestrian crossing on getting to the Racecourse.

Don't attempt to come through the town centre to the race course, enter from the west, east or south.

Roads will begin to re-open from 11:30 around the racecourse, you can leave the main car parks freely before then, but **it will be busy**, so maybe hang around and enjoy the atmosphere.

Leave plenty of time to arrive as road closures will hinder your journey in. Leaving the main car park will take some time for everyone to depart as we still have runners out on the route until 11:45.

We recommend parking over towards the VUE cinema (please check for restrictions), **its a 10 min walk but we do have a huge inside venue to keep warm in and loads of toilets. Or park at the back of the racecourse, exit from this is after 11:45.** Please avoid parking on residential streets.

- **Main 'busy' race course car park postcode: DN2 6BB** (once this fills you are directed to the overflow at rear of race course, exit from this area is only after the final runner has entered the race course around 11:45)
- **Rear of racecourse car park postcode: DN2 6JP** (quieter but no exit until 11:45)
- **VUE cinema area public car park postcode: DN4 7FW** (check for parking restrictions near the food outlets and Asda)

RUNNERS ACCESS FOR SUNDAY



Registration & t-shirts

We're posting out all the numbers from two weeks out from the event (we print all names / horse names on the number 3 weeks out) read on for what to do if you don't receive them or for those that entered later how you go about collecting them :)

Please get in touch if you haven't received a race number by the Thursday before race weekend:
contact@curlysathletes.co.uk

NB: No Saturday registration for this event.

Sunday registration: 08:00 onwards, you can collect your t-shirt after the event or before :) We recommend collecting your t-shirt after the event :)

The team are based inside the race course (on the ground floor) and accessed via the main entrance through the glass doors. It will be very obvious in the main area downstairs (and will be signposted)

Keep your number safe, and bring your number on the day. **DO NOT PIERCE THE FOAM TIMING CHIP.** You must notify us ahead of the day about any missing numbers or you may not be able to take part (we do not have spares!)

We have very few spare t-shirts for sale on the day, but we strongly recommend pre-ordering for future as we limit the amount we bring :)

Spare t-shirts on the day are priced at £11.00. (or £15.00 for a very small supply of long sleeved tops :)

RACE HORSE NAME - We ask for this when you sign up ... this is what we print on the front of the race number (providing you make the number print cut off the end of October) so be careful what you write (and we do check / edit anything rude :)) ... if you leave it blank then we populate it with your first name. If you enter after our print cut off then it will be blank :(

Event day timings

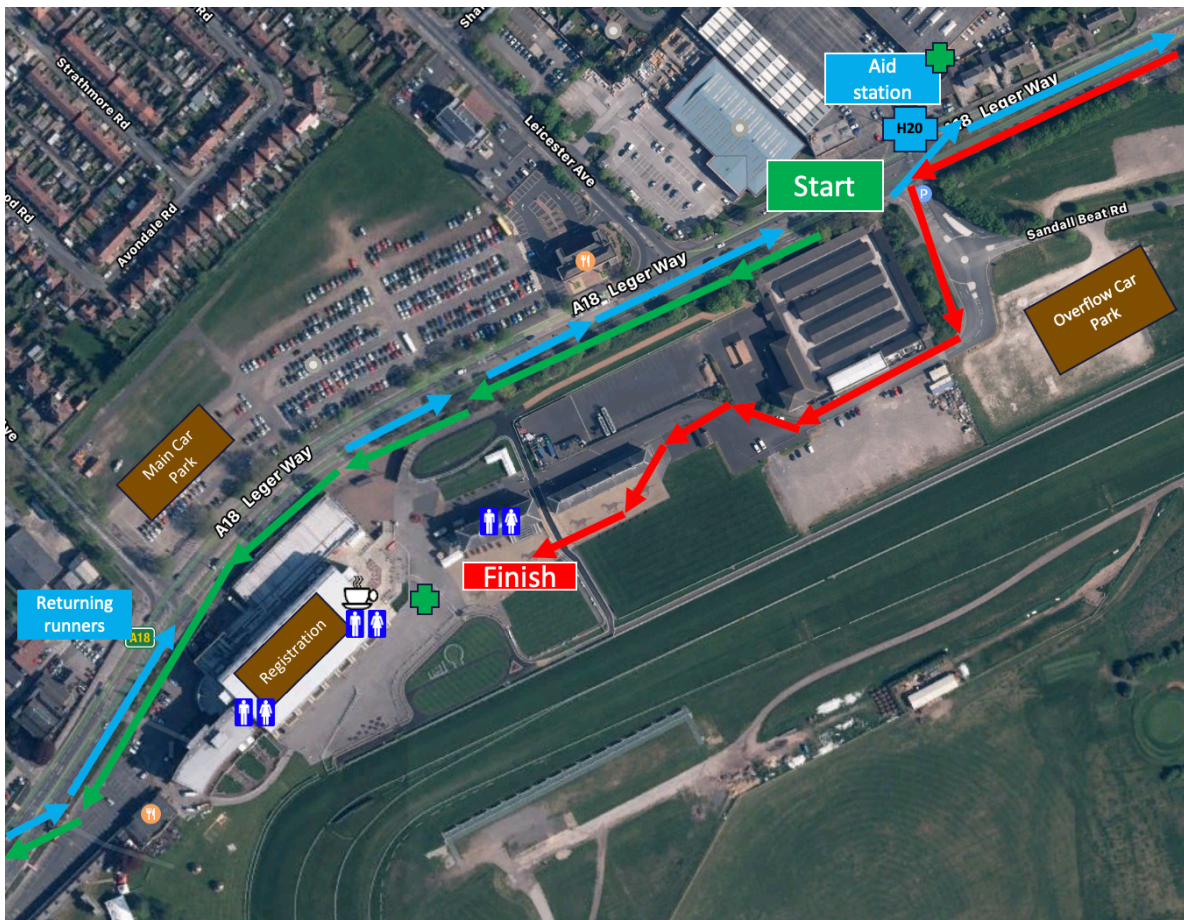
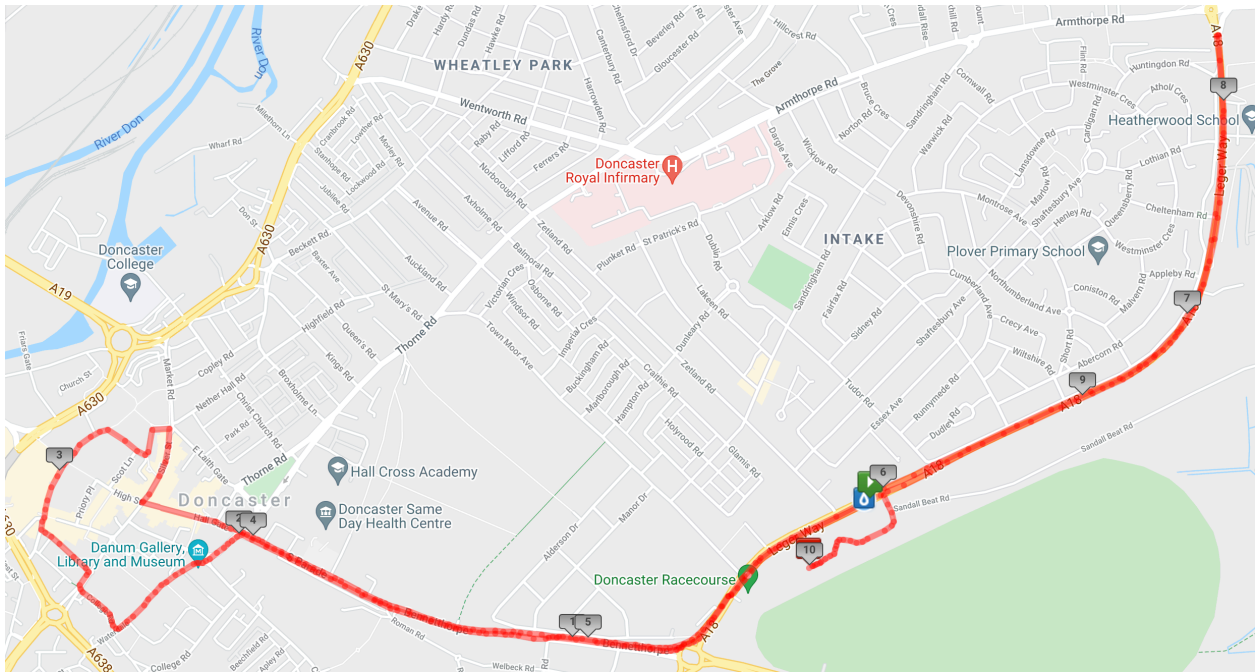
- 08:00 t-shirt collection, bag drop and emergency pre-arranged race number collection opens
- 09:30 t-shirt collection closes - t-shirts will then be available to collect after you've finished
- 09:40 The short walk - we will begin moving/encouraging/dragging people to the start line, which is up towards the rear of the race course (around 200 metres down from the race course). Please position yourself where you feel you may finish, you will notice pacers with flags and some pacing boards indicating finish times :)
- 09:55 Race 'ready to go shout' - The main brief will be via video, ahead of race day, so make sure you tune in. In the morning we will share any emergency announcements via the various PA system if needed.
- 10:00 Event starts 'bang'
- 10:30-32 (est) First finisher
- 11:30-12:00 (est) All finishers in & prize giving, thank yous and well done's! - This will be in front of the finish line, so please grab a brew & cheer your fellow runners in. NOTE!, we have trophies for the winners in each five year age groups, so do check the live results before you scoot home.

Well-being

- **Medics**-our expert medical team will be on hand throughout the event, based on the course, in a sweeper ambulance and at the finish. If you feel unwell or injured, then it's your responsibility to make sure you withdraw from the event-please don't put yourself at risk. For top tips visit <http://www.runnersmedicalresource.com/en/>
- **Road closures**-whilst the roads are closed for the event, emergency vehicles may still access them, so please be alert to warnings from Marshals. Choosing to ignore instructions may result in injury to yourself, or other runners.
nb: the roads will begin to clear from 11:30. For runners out on the main course after 90 minutes, we may request they move to the paths and be escorted to the finish :) ... but don't worry, everyone gets to finish!
- **Dress for the weather & bag drop**, please ensure you dress appropriately for the weather conditions, and always bring a change of clothes for after the event. Our friends from Bluebell Wood Children's Hospice will be manning the bag drop (an optional donation of £1 is requested) or leave your belongings in the car, or with a spectator (ideally one you know!) Any security changes to the bag drop we will announce if needed ahead of the day.
- **Water**-The aid station, is just before the 6k mark and with compostable cups (not bottles).. At the end of the event, we also have water for you. This is in bottles, whilst we work on a greener solution that can keep you hydrated. Please pop in the correct recycle bin :) (we're just not quite for 3000 people with our green solution... we're ok to 1500, so were getting there!)
- **Rubbish**-if you decide to run with your own water bottle or gel, please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for littering, but more importantly, we want to make a good impression on the community, and minimise environmental impact for our animal friends
- **Warming up**-plenty of space to warm up on the paths near the start point- please be careful not to go onto the main road, as it may be still open.
- **PIE**- At the end of the event, you will be ushered through to the athlete area to get your medal and well deserved pie :) The pie is an individual pork pie that we've purchased from the awesome Topping Pie team. In addition, we have gluten free, vegetarian and vegan options. We have enough pies for everyone, but please only take the option you selected at point of entry (don't change your mind on the day!) Once our volunteers have had one, all the spares will be going off to the local food bank :)
- **Hot chocolate**-We want to keep you warm... so in addition we're still planning for every competitor to receive a FREE HOT CHOCOLATE!
- **Headphones**-yes you can wear headphones, but please be aware of your surroundings (and we will drag you out of the way in emergencies.)
- **Disabled parking**- we have some disabled parking in front of the racecourse and the stewards can direct you. Should this be full, or you arrive later and it is inaccessible via road closures then they will be on hand to support and direct you where to park. The start, registration and finish are all wheelchair friendly for spectators. If you are entering the event and have any specific questions about accessibility please just let us know :)

Maps & Route!

We've attached a map of the route, with key areas highlighted and a short walkthrough guide. It will be easy to navigate, as it's sectioned off and led out by a lead vehicle, a safety vehicle & lead bikes- so you shouldn't get lost! We will also have support vehicles and team members following the event. The Doncaster 10k is designed for people of mixed abilities. We will have 3000 athletes taking part, which means it's going to be busy at the start, and at times, overtaking will be difficult. So please be courteous of your fellow athletes -not everyone is there for a PB and vice versa. **Getting in a realistic starting position is key to a smooth race :)**



Maps & Route!

The route can be viewed here: <https://www.mapmyrun.com/routes/view/4639763950>

- 0-2k- We start to the rear of the race course. Setting off and running past the race course to the roundabout, turn right up to Bennetthorpe (and heading into town) we cross the road at Danum Road to move over to the left side of Bennetthorpe (you may see speedy runners coming back on the other side!) After the start has settled down and cleared, remember to keep left where you can to allow people to easily pass.
- 2-4k- All around the town centre. Here, you have a slight downhill past the council offices and then make a clockwise loop, before returning on the opposite side of the road to head back down Bennetthorpe. This is a bit less 'loopy' than before so should make for a quicker town centre section! (No pressure!)
- 4-6k- Making your way out of town and back down Bennetthorpe, you will turn left and head towards the Racecourse, past the Racecourse at 5.5k (so your half way point to let your fans know when you'll be coming past!)
- The aid station is at pretty much spot on 6k. This will be a lively & fun spot, as we have the aid station, plus runners returning back into the Racecourse at 9.5k. We moved the aid station to help add even more atmosphere to the race (and more music :)
- 6-8k -You then head up the A18 to the Armthorpe Water tower (not all the way to it) This is the only real climb of the course, with a very short 4% gradient. You then do a sweeping 180 degree turn, pick up speed, and head into the final 2k.
- 8-10k- This is potentially a very fast finish, with a downhill start and a flat, fast road leading you straight into the Racecourse. You turn left into the Racecourse, back where you started, and then it's an all out final 400m as you head past the Grandstand, spurred on by spectators and we try to shout out your race horse name!

Spectators

We like to try to design our routes with a good balance of being great for the athletes, whilst also engaging the spectators.

Below, we recommend some key viewing areas for you to see your friends and family taking part in the event.

- Outside the main entrance- head down to the roundabout to see them set off. They then return again in front of the Race course (just before 6k) Lots of room to line the road and cheer them on!
- Up at the aid station at 6k (to the rear of the Racecourse)
- Once the athletes have passed you at the entrance, then you've plenty of time to head back into the Racecourse, and either get into one of the Grandstands, the balcony, or down next to the barriers to cheer them in!
- **DO NOT OPEN BARRIERS, OR GO THROUGH AREAS THAT ARE CLEARLY NOT FOR PEOPLE TO GO IN** We have 3000 people, on the day and we need to ensure their safety. That means we have to manage the flow of people to avoid any tripping or crushing risks. Areas are kept clear for medical and incidents response. We will be assertive in certain areas to keep people safe. Be patient to meet your runners- you will not be able to meet them straight after the finish. They will be sent out the rear of our athletes zone and you can meet up with them in the racecourse building or to the rear of this area. We recommend arranging a meet up point, away from the main finish area :)

Presentations, Photos & Results

At the end of the event (around 11:30) we will be up at the finish area for prize giving and shout outs. If the weather is particularly awful, then the plans may change and we may bring presentations forward, or move inside if feasible.

Photographers will be down on the day, and the photos will be shared on Facebook, post event. We also encourage you to share your photos throughout the day on our main Facebook page.

As the event is chip timed, we will have the results ready straight after the event and again, we will update on Curly's Athletes Facebook page with the live link.

The week following the event, we will also e-mail out a summary, including a link to the results, any photos and anything else we think you might be interested in from the day. So don't worry, you won't miss anything !

Prize categories: 1st, 2nd and 3rd Male and Female overall.

And then we have winners trophies for each 5 year age group (p.s if you claim a 1,2,3 overall then the age group trophy rolls down :)) Check out the live results link on the website before you leave and see if you've won your age group (or if your second see if 1,2,3 positions are in the same group as the award rolls down)

Finally a club team prize for the fastest mixed club (based on the 2 fastest male and 2 fastest female finishers... this takes a while to work out but will be ready for 11:30 :)

Charity Friends

It's been a tough time for our charity friends ... one of our own in house favourite quotes is pretty fitting in this instance;

'running can't fix all the world's problems, but it's a great place to start'

100% of any donations you make and 100% of any fundraising goes straight to the charity ... if you didn't know, most large run organisers take a large % of this, which we think is a little wrong!

We also provide the charities with free running places, so you can run for them (with a minimum fund-raising amount, of which 100% also goes to them :)) Your t-shirt purchases actually create 60 free spots alone :)

You can, of course, run for any charity you wish to, but we would love you to pick one of our amazing charity friends.

Find out more about our charities here; <https://doncaster10k.co.uk/running-for-charity>



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CHILDREN'S HOSPICE



HAVE A GREAT DAY!

Keep up to date post event: <https://www.facebook.com/curlysathletes/>

AND FIND YOUR EVENT HERE: <https://curlysathletes.co.uk/>

From all of the team at Curly's Athletes & our partners, we wish you the very best of luck and look forward to cheering you round on the day :)

Terms and Conditions of Entry (please note these are for our physical events :))

- As an adult participating in an Adult event, I declare that I am 18 years of age or over on the day of the event
 - As a junior participant (under the age of 18) taking part in an event, I declare that a responsible adult has authorised my participation in this event and has read and accepted all the terms and conditions of the race on my behalf.
 - I declare that I will not compete in the race unless I am medically fit on the day of the race.
 - I enter this race entirely at my own risk. The organisers will not be liable for any personal injury or death, no matter how it was caused.
 - I accept that the organisers and sponsors of the race, or any of their agents, will not be liable for any loss, damage, action, claims, costs or expenses which may arise in consequence of my participation of this event.
 - Any belongings deposited at a bag drop are left at the owner's risk.
 - I am fully aware of all associated risks involved with participating in this event
 - By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorise others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.
 - I will listen to and respond to the advice given by race officials and marshals.
 - Headphones must not be worn (unless otherwise stated.)
 - **Event Cancellation:** If for reasons beyond the control of the Promoter, including an 'Act of God' due to unforeseen, naturally occurring events that were unavoidable, the event which applicants have entered is cancelled or postponed, the Promoters will issue a full Race Credit to the value of the original entry fee or transfer the applicant's entry to another race/events where requested. Alternatively, if an event is cancelled by the Promoter for non 'Act of God' reasons, the Promoters will offer a full refund.
 - In the event of adverse weather or any other prevailing circumstances mean that the race is to be cancelled, details will be recorded on the web site and on the Facebook page.
- Our refund policy is as such:** We will refund entry costs to the tune of 100% 90 days prior to the event, 75% for 60 days before and 50% up until 28 days before. After this date, we are unable to process refunds.

By entering this race, I am confirming that I have read and understood the above