

10:00
Sunday, 29 November 2020



THE DONCASTER 10K

2020 - Information Pack



HELLO!



Hi, we are very excited to be back for year 4 of the Doncaster 10k... the now double award winning event :)

The event in 2017, 2018 and 2019 quickly sold out with 3,000 places filled!

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/>

We've now won the best 10k in Yorkshire award for the last two events- you can vote here for the 10k to make it a third and make Doncaster proud! <https://therunningawards.com>



The racecourse, parking & bags!

Car parking is free—using SatNav, enter Post Code DN2 6BB.

We will have a bag drop facility for 2020 (optional donation of £1 to Bluebell Wood for this) Please don't leave bags laying around the stadium, as these may cause disruption to the event and will be removed and possibly destroyed. Please use the pedestrian crossing on getting to the Racecourse.



*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.. nb: we appreciate this means arriving early, but it's to ensure the roads are clear for the safety of the runners to start at 10:00 and to minimise disruption for the public by allowing us to commence re-opening the town section of the road closures as soon as possible.

Roads will begin to re-open from 11:30 you can leave the car parks freely before then, but it will be busy so maybe hang around and enjoy a free hot drink next door at the Hilton Hotel before you go.

*In case of poor ground conditions, we will use emergency Car Park C, located to the north of the racecourse. This would however remain closed until all runners are in the racecourse grounds at around 11:30.

*Expect and plan for it to be busy! Leave plenty of time to arrive as road closures will hinder your journey in. Leaving the car park will take some time for everyone to depart. You can of course park in one of the many local car parks or on the retail parks and walk across. Please avoid parking on residential streets.

Road closures and planning your journey!

The road in front of the race course will be closed 45 mins before race start. We won't let you through, as we need to protect our runners as we're running on this road! So please plan your journey in advance.

Town centre road closures will start from 07:00 and will impact your journey if you plan to travel through the town centre—we've put a map below to help you but simply put, **don't attempt to come through the town centre to the race course.**

Registration & t-shirts

We post out your race numbers ahead of the big day (These will be sent out between 7-14 days before the event. Please get in touch if you haven't received your race number by Thursday the 26th of November: contact@curlysathletes.co.uk)

Keep your number safe, ensure we have the right address 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 (as we have very limited spares on the day contact@curlysathletes.co.uk)

Pre-ordered T-shirts that you've purchased can be currently collected on the SUNDAY ONLY from 08:00 (this is a change to 2019s due to horse racing on the Saturday)

Event day 08:00-09:30 T-shirt collection and the resolution team are based in the race course itself on the ground floor and accessed via the main entrance through the glass doors. On the Sunday it will be very obvious in the main area downstairs (and will be signposted)

We will have some spare event t-shirts for sale on the day and these are priced at £10.00.



Event day timings

- 08:00 t-shirt collection, bag drop and race resolution team opens
- 09:30 t-shirt collection and race resolution closes - t-shirts will then be available to collect straight after you've finished
- 09:40 The short walk - we will begin moving/encouraging/dragging people to the start line, which is now just at the front of the Racecourse (on the road in front of the car park.) As you arrive at the start line, you will notice posters up indicating target times so you can position yourself roughly where you feel you may finish.
- 09:50 Race briefing - Silence please- you may have heard plenty of race briefings before, but every event is different and it is important that everyone can hear
- 10:00 Event starts- With a fire of a gun and lots of cheering.
- 10:32 (est) First finisher
- 11:30-12:00 (est) All finishers in & prize giving, thank you's and well done's! - This will be in front of the finish line, so please grab a brew & cheer your fellow runners in.

Running for charity?

This year we're very happy to be pairing up with the Bluebell Wood Children's Hospice and the Doncaster Deaf Trust, both amazing charities that support people in the local area :)

Curly's have donated free entries so you can claim a FREE SPACE with a minimum commitment of just £75 of fundraising.

If you would like to claim one of the free entries and are confident to commit to the minimum fundraising target then please drop us a note to contact@curlysathletes.co.uk and we will pop you in touch with the charity to get set up.

You can of course simply enter the event as normal and then make a donation via the entry system or set up a fundraising page :)

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



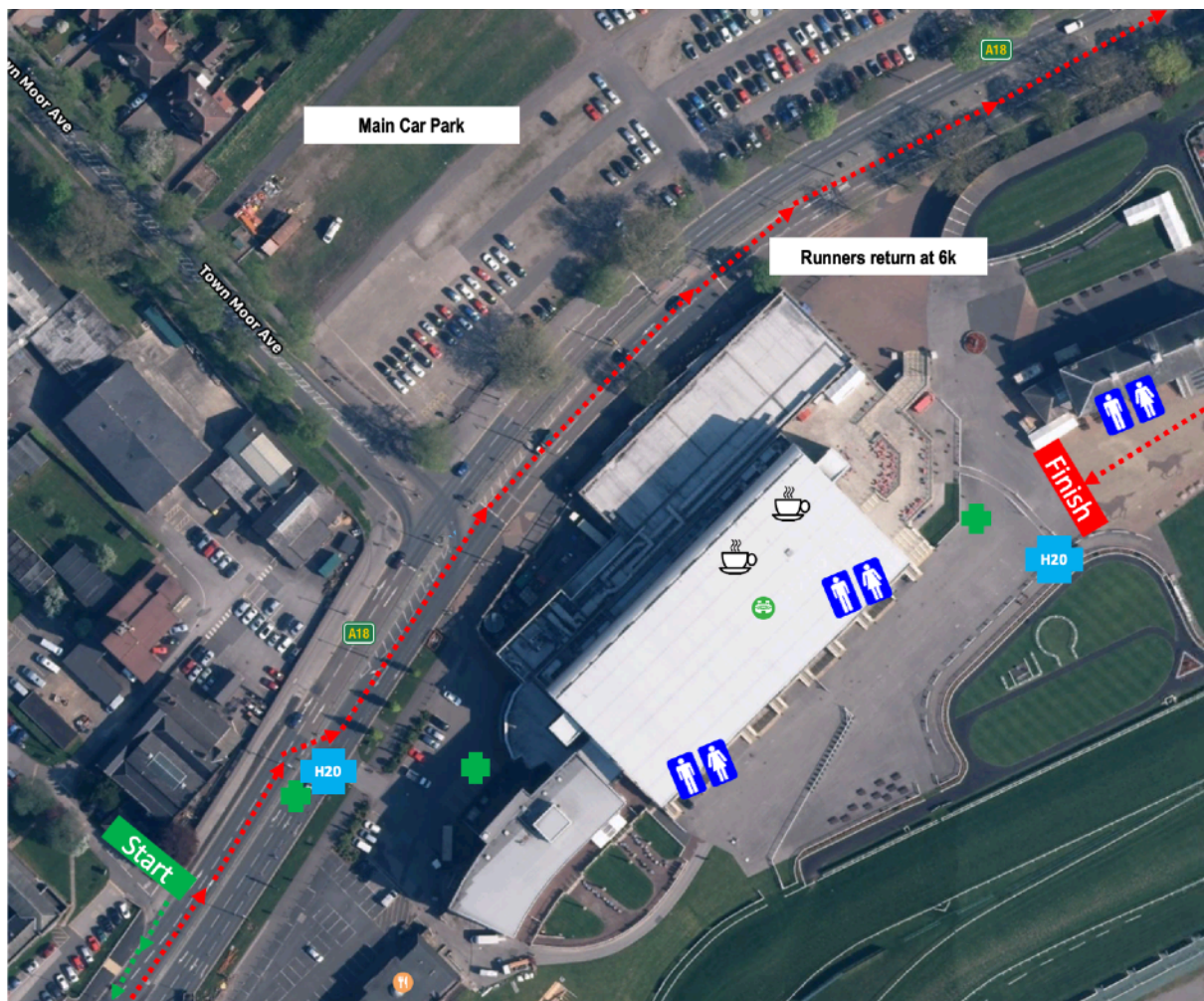
Doncaster Deaf Trust
A National Centre of Excellence

Well-being, headphones, pies, hot chocolate & a free brew!

- **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**, while 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 am. If we have runners out on the 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!)
- **Water**, the water station is set up for water distribution (as you return to just opposite the start point at 5km in front of the racecourse.) 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 -so please pop in the correct recycle bin :)
- **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. We will have some mini vegetarian quiches available. In addition, we have gluten free 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 team 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 every competitor will also be receiving a FREE HOT CHOCOLATE (we've worked on the distribution system!)
- **Free Brew!** Thanks to the Hilton Garden Inn (which is just next door at the front of the race course) you can pop across and show your medal for a free Tea or Coffee after your run ... a perfect place to relax in and an excuse to show off your medal!
- **Headphones**, yes you can wear headphones!

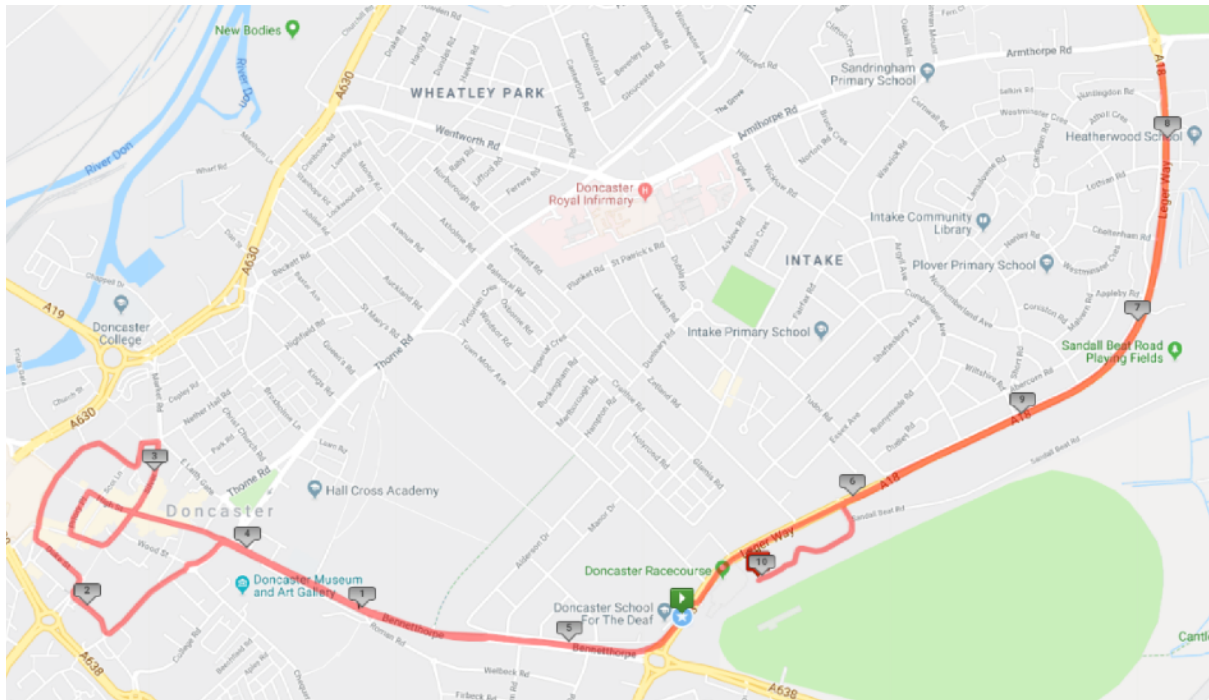
Maps & Route!

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/2639042866>)



- 0-2k Starting on the road in front of the race course (on the right hand side of the road) and in front of the communications college.
- At the roundabout, turn right up to Bennetthorpe. 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.
- 4-6k Making your way out of town and back down Bennetthorpe, you will turn left and head towards the racecourse, past the water station at 5.5k then past the Racecourse.
- 6-8k You then head up the A19 to the Armtorpe 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 race course 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 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 loved ones taking part in the event.

- Outside the main entrance and head down to the roundabout to see them set off. They then return again in front of the Race course (just before 6k) Lot's of room to line the road and cheer them on!
- The water station for this year is right in front of the Racecourse, so always a good photo opportunity!
- Once the athletes have passed you at the entrance, then you've plenty of time to head back into the Race course and either get into one of the two Grandstands, the balcony (where the catering is!) or down next to the barriers to cheer them in!

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 Athlete's 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 wont miss anything !

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

First junior <23, Senior (male 23-39/female 23-34), VET (male 40+ / female 35+) SUPER VET (male 50+ / female 45+)

Finally a club team prize for the fastest mixed club (based on the 2 fastest male and 2 fastest female finishers

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

HAVE A GREAT EVENT

AND FIND YOUR NEXT ONE HERE: <https://curlysathletes.co.uk/running-events>

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 :)

UK ATHLETICS
ROAD RACE / MULTI TERRAIN LICENCE



Licence number:	2019-37052	Licence Status:	Full Licence	Race		Entry Limit	Date
				Single Race - The Doncaster 10k		3000	Nov 24 2019 10:00 AM

This is to certify that the above race has been approved as a Race that will be held under UK Athletics Rules for Competition and in accordance with the Licence Requirements.

Event: **The Doncaster 10k**

Race: **The Doncaster 10k**

Signed:  (For and on behalf of UK Athletics)

This licence, in conjunction with your governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 any one accident or occurrence). For further details please contact UKA, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE. Telephone 0121 713 8400

THE LICENCE NUMBER MUST BE QUOTED ON ALL RACE ADVERTISING AND CORRESPONDENCE

Terms and Conditions of Entry

- 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 authorize 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