



# THE DONCASTER 10K

## 28th November 2021




**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**



GET  
DONCASTER  
MOVING  
↓  
**RUNNING**



VISIT DONCASTER

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**

# HELLO



Hi, we are very excited to be back for year 5 of the Doncaster 10k... the now triple award winning event :) (we won a national silver place for best 10k in the UK!!!)

Date: 28.11.2021

Start time: 10:00

Venue: Doncaster Racecourse

Capacity: 3000 (plus virtual entries)

Distance: 10km

Price: £22.50 (£12.50 for virtual)

The event in 2017, 2018 and 2019 quickly sold out with 3,000 places filled! ... and in 2020 we had 800 runners join us virtually !

Simply put... it will fill up ahead of the day so don't be grumbling if you leave your entry too late ;) ... you may send us as many cakes as you want (and please do) ... but once it's full it's full and you'll have to join the waiting list with everyone else x

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 Curlys 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.

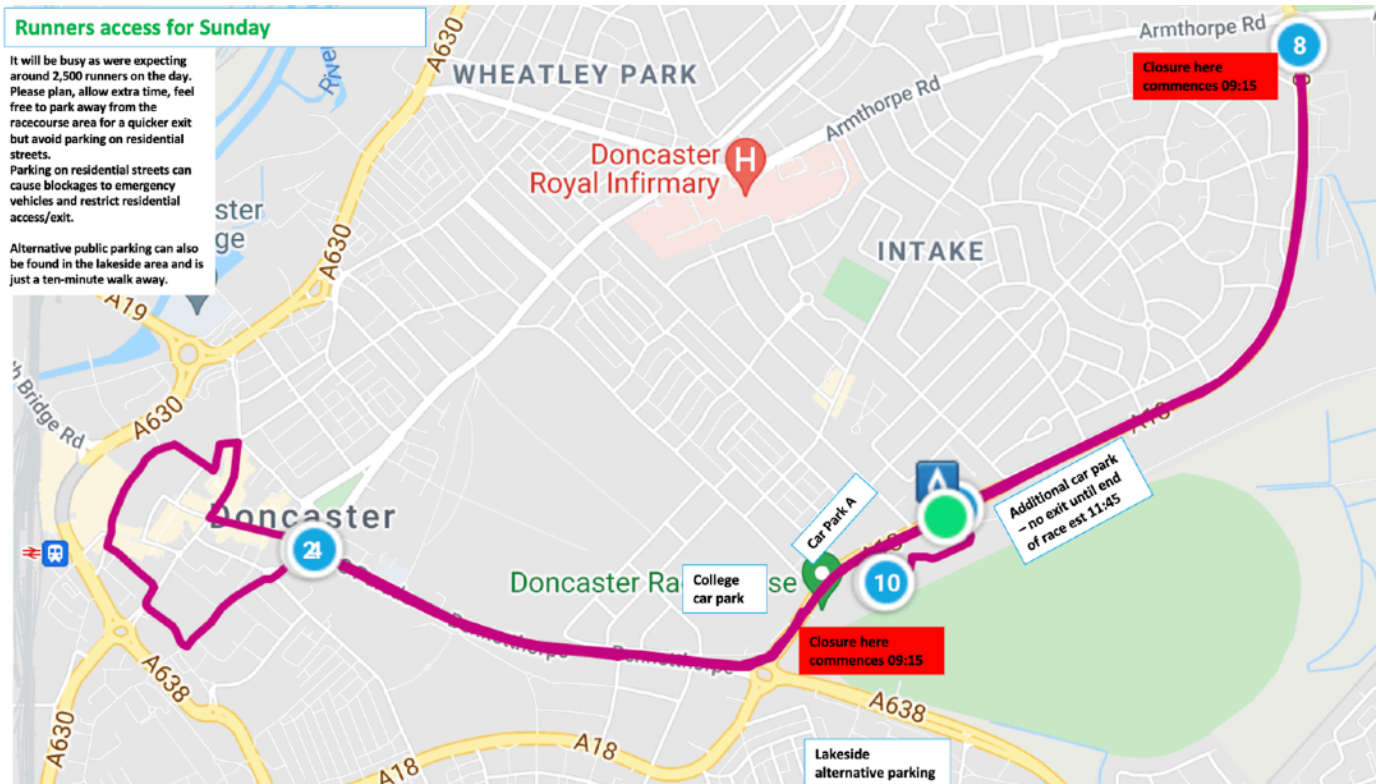
If you would like to look for your next challenge or find out more about Curly's Athletes then pop along to our website: <http://www.curlysathletes.co.uk> or Facebook page: <https://www.facebook.com/curlysathletes/>

# GET THE INFO

## The racecourse, planning your journey, parking & bags!

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

We will have a bag drop facility for 2021 (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. Ps: bag drop facilities may change due to covid measures.



\*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. **Don't attempt to come through the town centre to the race course.**

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.

\*In case of poor ground conditions, we will use emergency additional car park 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.

# GET THE INFO

## 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 Wednesday the 24th of November: [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk) We may have some 'collect on the day entries' but these will only come on offer in the final week of the event. In this case those numbers will need to be collected.



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](mailto:contact@curlysathletes.co.uk))

Pre-ordered T-shirts that you've purchased can be collected on event day after you've finished :)

Event day 08:00- 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 be there until everyone goes home . . . we recommend coming to see us after the event for t-shirts ;)

We will also have some spare event t-shirts for sale on the day and these are priced at £10.00. As requested we will have some of the 2020 t-shirts (these are updated) and the new 2021 t-shirt :)

## 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 after you've finished
- 09:40 The short walk - we will begin moving/encouraging/dragging people to the start line, which is now up towards the rear of the race course (around 200 metres down from the race course - different from 2019) 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 'last minute' brief- Silence please- brief on any emergency updates or changes. The main brief will be via video ahead of race day.
- 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. NOTE! - we have trophies for the winners in each five year age group, so do check the live results before you scoot home.

# Well-being & bits

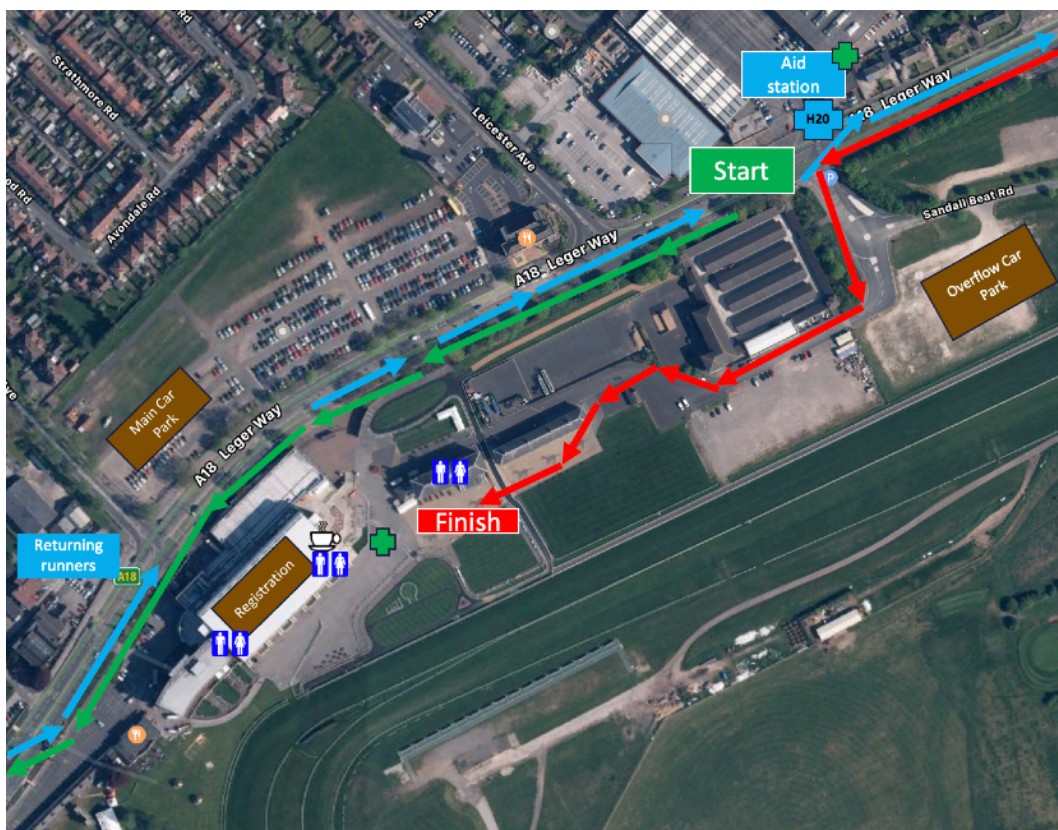
- **Medics**, our expert medical team will be on hand throughout the event. Based on the course, in a sweeper ambulance and at the finish. If you feel unwell or injured, then it's your responsibility to make sure you withdraw from the event-please don't put yourself at risk. For top tips visit <http://www.runnersmedicalresource.com/en/>
- **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!) **Nb: the bag drop facility may be removed based on covid measures but we will keep you informed**
- **Water**, currently were fully planned to be having our aid station just before the 6k mark with compostable cups (not bottles). **Nb: covid measures may lead to us removing the aid station, again we will keep you informed :) If we do we will pop on advice around water on the day. 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. 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! **Nb: this is another element that may be impacted by covid safety measure (but fingers crossed!)**
- **Headphones**, yes you can wear headphones but please be aware of your surroundings and we will drag you out of the way in emergencies.

# Well-being & Covid

- **Firstly things may change**, right up until the final day before the event we may adjust or remove the following elements: indoor access (don't worry toilets will still be there!) / aid station / hot chocolate for runners / bag drop facility. We're not intending to but we just thought we would let you know :) If the UK enters into plan B ahead of the event this would impact indoor access for example with the potential need for Covid passports.
- **You know what to do! Hand, Space and Face**... these are now common place for everyone. So be respectful of others on the day and remember everyone is on a different journey so just be nice. Wash your hands regularly, use our hand wash stations at touch points (finish area etc) where a mask if you choose to when indoors or crowded areas and spread out.
- **Don't turn up if your symptomatic (or test positive)**... get in touch and let us know. We can move you to the virtual option for example, which will allow you to complete outside of your isolation period for any deferrals or refunds these are in line with our normal process and timelines. We will be asked for evidence of a positive PCR test result should we be able to enable a deferral to the following year. Please be aware the final few days before a race we are unlikely to respond as we get ready for the big day... but we will get back to you as soon as we can.
- **Get tested**, regular LFT (or non symptomatic testing) is a great way to stay safe :)

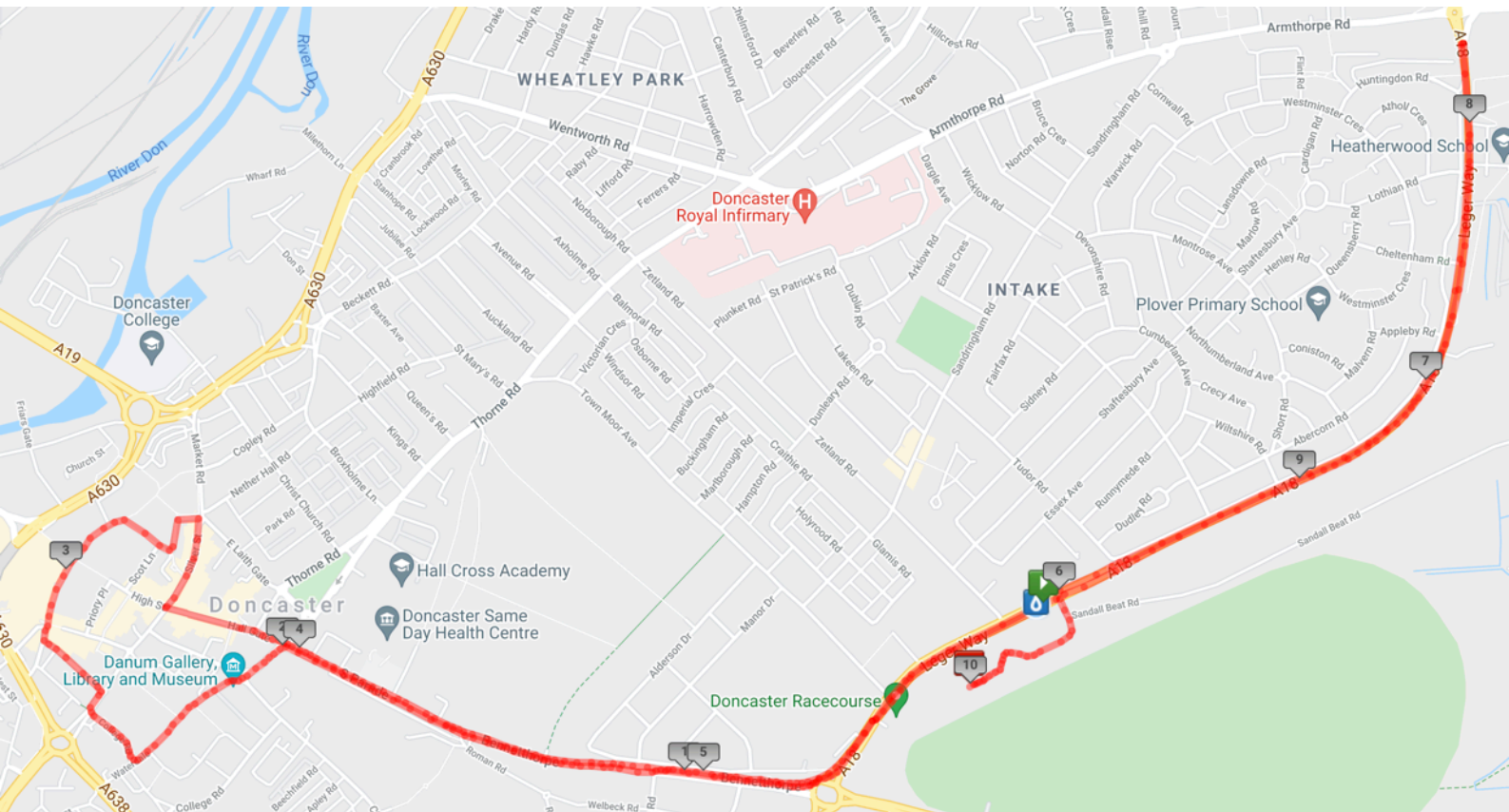
# Maps & Route!

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've moved the start :) so we now start to the rear of the race course (all part of us making the town centre smoother for runners and allowing us a bit more room for spectators at the finish) 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 now 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 race course 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 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 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 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!
- Up at the aid station at 6k (to the rear of the race course)
- 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! You will see spectator signs and arrows up to help lead you to the best spots.
- **DO NOT OPEN BARRIERS OR GO THROUGH AREAS THAT ARE CLEARLY NOT FOR PEOPLE TO GO IN** (if you have to squeeze down the side of something that usually means you shouldn't go in there. We have 3000 people plus spectators where we need to ensure their safety. That means we have to manage the flow of people to avoid any tripping or crushing risks. We also need to keep areas clear for medical and incidents response, we will always be nice but we may be a little more assertive in certain areas. 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 :) (sorry for the lecture but we did have a few people who were very rude to Curlys mum last year when they went through a barrier!)

## 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.

And then we have winners trophies for each 5 year age group (ps if you claim a 1,2,3 overall then the age group trophy rolls down :)

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





## Charity Friends :)

It's was a tough 2020 for our charity friends ... one of our own in house favourite quotes is pretty fitting in this instance;

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

100% of any donations you make (minus any external card processing costs etc) 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 :) )

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>



**Doncaster Deaf Trust**  
A National Centre of Excellence



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/>

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