



09:00 - 10:00 (TBC)
Sunday, 24 November 2019

THE DONCASTER 10K

2019 - provisional info pack



coursemeasurement.org.uk



Certificate of Course Accuracy

North of England Course Number: **17/343**



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HELLO!



Hi there, we're very excited to be back for year 3 for the Doncaster 10k... the now double award winning event :)

The event in 2017 and 2018 sold out and had a waiting list of hundreds so please don't leave entry too late!

Once again we're at the amazing venue of Doncaster Racecourse and 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 active lifestyles by providing people with inspirational, fun, great value and high quality physically challenging events. We know the benefits of this to the 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 2018 and 2019, now the little old Doncaster 10k is going off with 11 other national races to compete for the national best 10k, you can vote here for the 10k and make Doncaster proud! <https://therunningawards.com>



The racecourse, parking & bags!

Car parking is free, Using SatNav, enter Post Code DN26BB.

This year we have two car parks in use. The car park is just across the road from the start, and the other around a 3-4 minute walk.

We will have a bag drop facility for 2019 (optional donation of £1 to our charity on the day) Please don't leave bags laying around the stadium as these may cause disruption to the event and possibly destroyed or removed. Please use the pedestrian crossing for getting across the road to the venue.



*Road closure in front of the race course will commence from 45 minute 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.

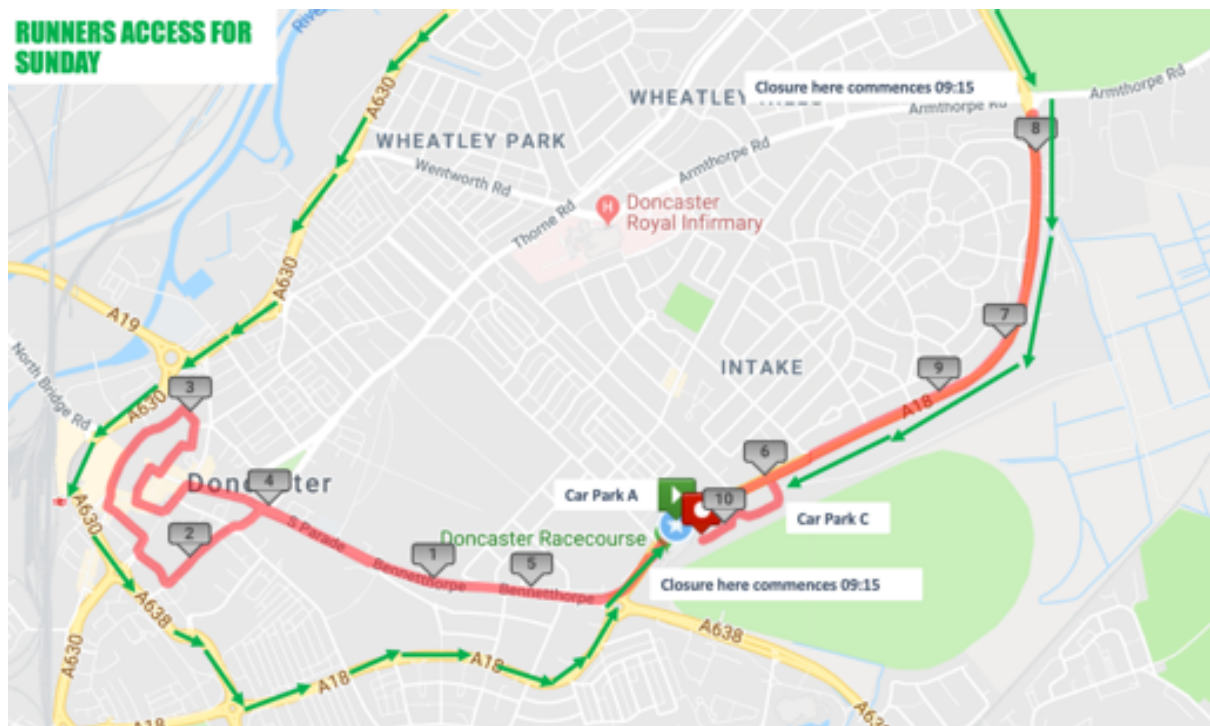
Road closures will begin to re-open from 11:30, you can leave carpark A via the diversion freely before then, car park C will remain closed until all runners are in the racecourse grounds. We advise you to park in the first of the two car parks you come to.

*Expect and plan for it to be busy,! Leave plenty of time to arrive as road closure 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.

Road closures and planning your journey!

The road in front of the race course will commence closure 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.

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

As the event continues to expand **we will now be posting out your race numbers ahead of the big day** (we will let you know once we've sent them out) Keep the numbers safe, ensure we have the right address and bring your numbers on the day. You must notify us ahead of the day about any missing numbers or we may not be able to allow you to run as we have very limited spares on the day.

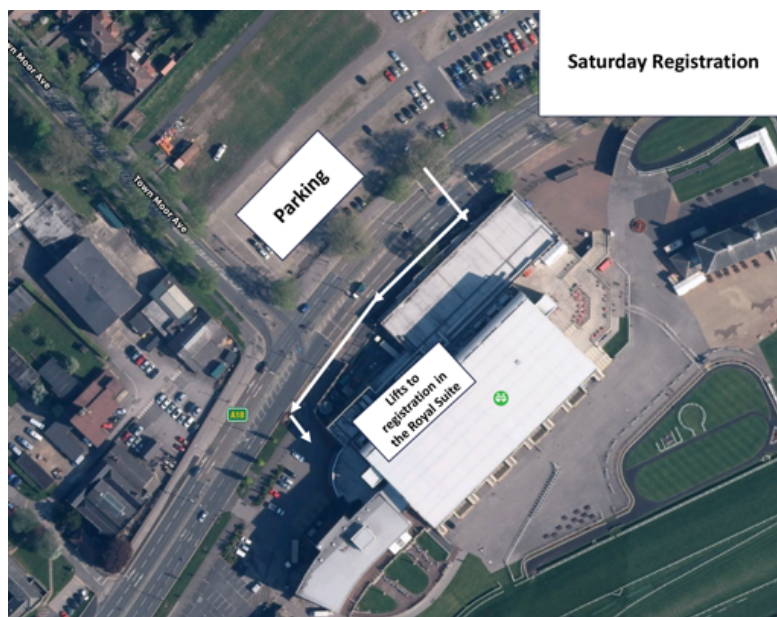
Pre-ordered T-shirts that you've purchased can be collected the day before or on the day from our team before the event or after.

Saturday 23rd November 12:00-14:00 &

Sunday 24th November 08:00-09:30 **(timings TBC) and then again after the event**

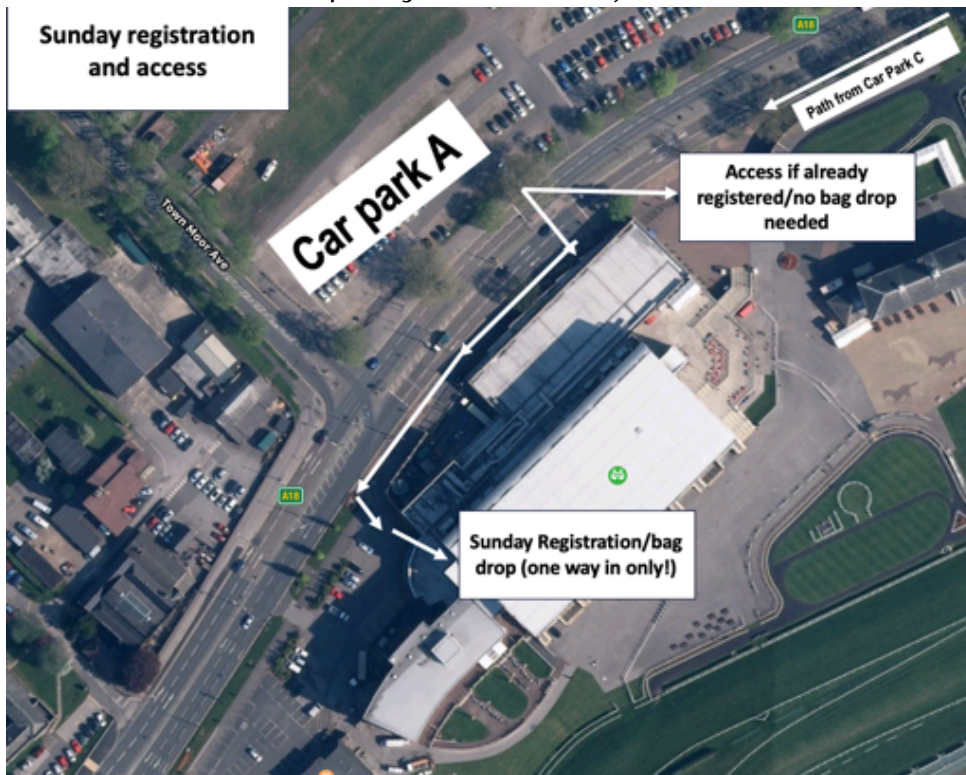
T-shirt collection and the resolution team are based in the race course itself on both days and accessed via the main entrance through the glass doors. On the Saturday this is upstairs but you will see the signs as you walk into the building. On the Sunday it will be signposted from the road and we've added a map below. We recommend that you come see us on the Saturday if you've got questions about the course and have a nice relaxed chat (it will be a bit busier on the Sunday!).

We will have some spare event t-shirts on the day if you didn't order one and these will be priced at £10 available to buy after the event.



Event day timings

- 08:00 t-shirt collection and race resolution team opens (This is also on the Saturday 12:00-14:00)
- 09:30 t-shirt collection and race resolution closes (t-shirts will then be available to collect after 11:00)
- 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 section yourself roughly where you feel you may finish.
- 09:50 **Race briefing** - Silence please, you may have heard plenty of race briefings before but we will have important points to let you know about plus think about the person next to you.
- 10:00 **Event starts** With a fire of a gun and lots of cheering.
- 10:30 (est) **First finisher**
- 11:30-12:00 (est) **All finishers in & prize giving**, thank you's and well done! - This will be in front of the finish line so please grab a brew & cheer your fellow runners in.



Well-being, headphones, medals, pies & hot chocolate!

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/>

- **Medics**, our expert medical team will be on hand throughout the event and based on the course, in a sweeper vehicle and based at the finish.
- **Road closures**, while the roads are closed for the event emergency vehicles may still access so please be alert to warnings from Marshals. Choosing to ignore instructions may result in injury of yourself or other runners. **nb: the road closures will remain in place until 11:30, from 11:30 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 :)**
- **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 but don't feel bad if you couldn't squeeze any money into your running tights we will still take your bags :)) or leave your belongings in the car or with a spectator (ideally one you know!)
- **Water**, the water station you will pass at the beginning of the event at around 1km however it is set up for water distribution as you return to this point at 5km. At the end of the event we also have water for you.
- **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 hedgehog 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 a one person pork pie purchased from the awesome Topping Pie team, we will have some mini vegetarian quiches available also from the Topping Pie team. In addition we will have a few gluten free and vegan options from an alternative supplier. We have enough pies for everyone, we also understand the vegetarian option is limited in terms of numbers so please only take the option you selected at point of entry (don't change your mind on the day)



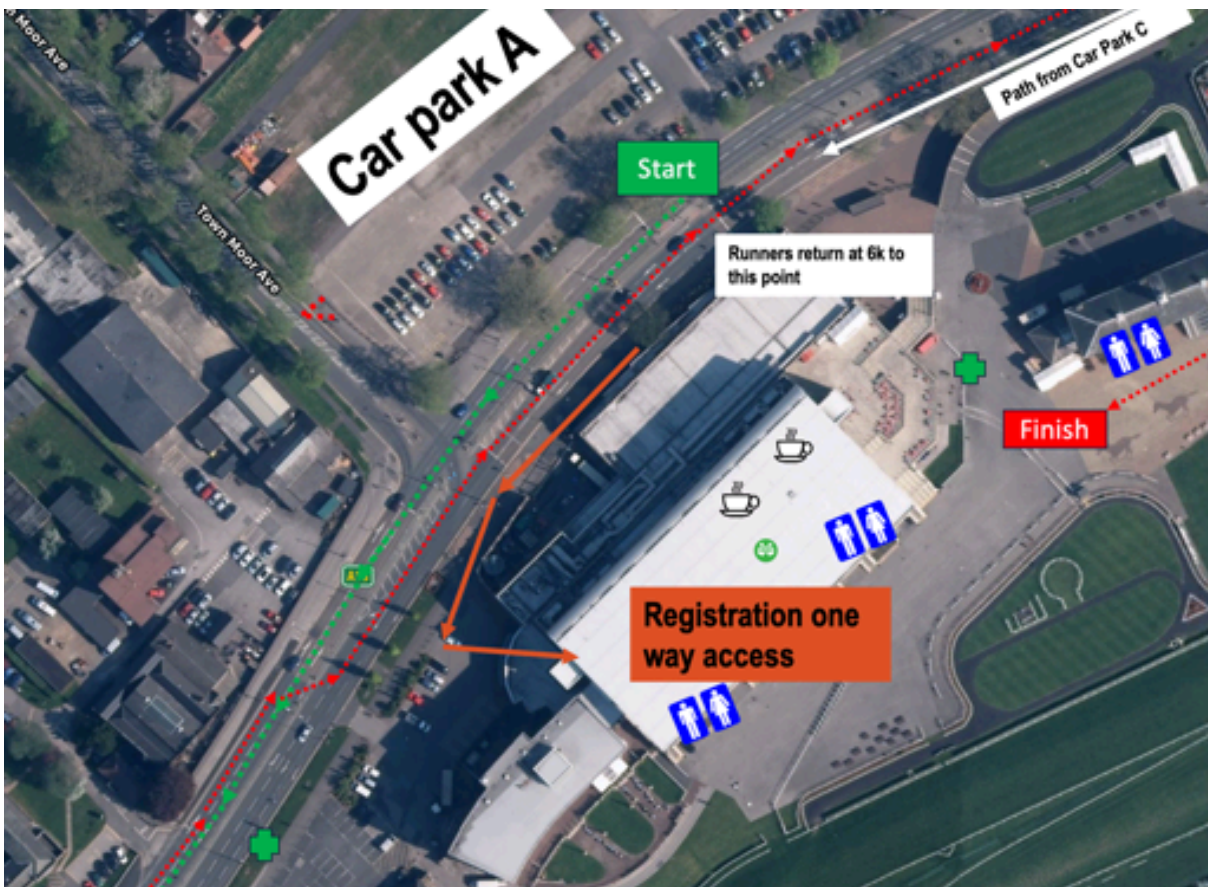
- **Hot chocolate**, This year we were struggling to work out how to keep you warm... so in addition every competitor will also be receiving a FREE HOT CHOCOLATE courtesy of our friends at RUNNINGGIFTS.COM :)

- **Headphones**, yes you can wear headphones!



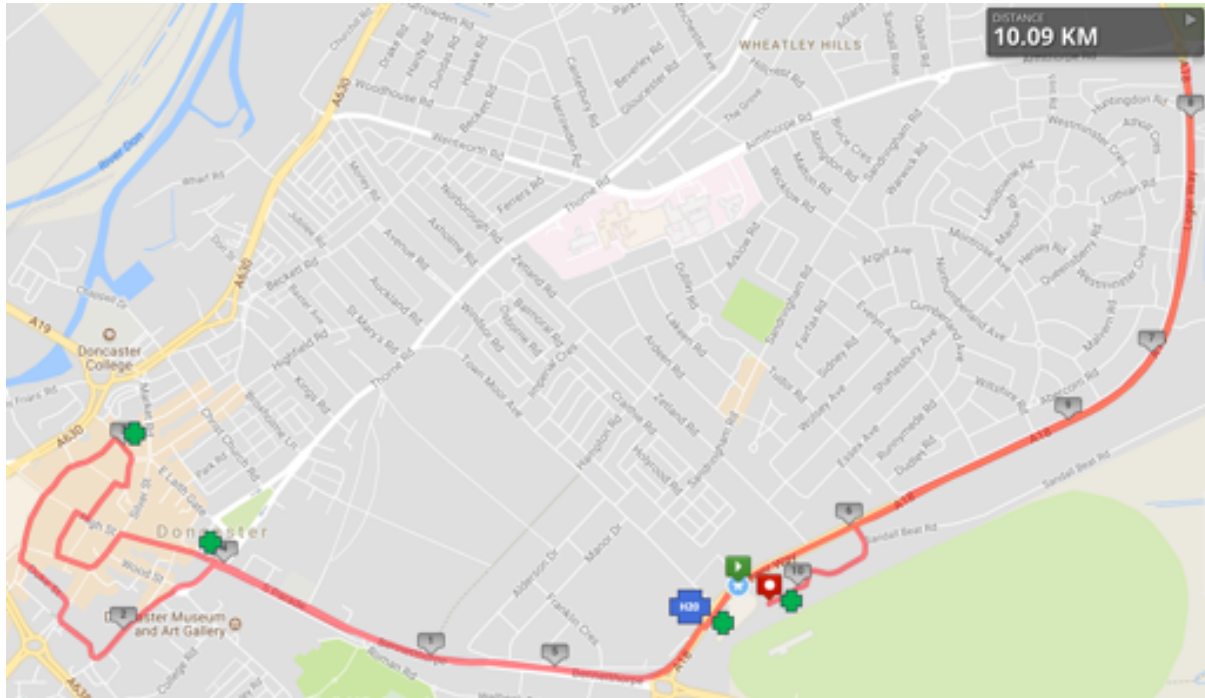
Maps & Route!

We've attached a map of the route with key areas highlighted and a short walkthrough of the route. It will be easy to navigate as it's sectioned off and led out by a lead vehicle, 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: <http://www.mapmyrun.com/routes/view/1844114438>)



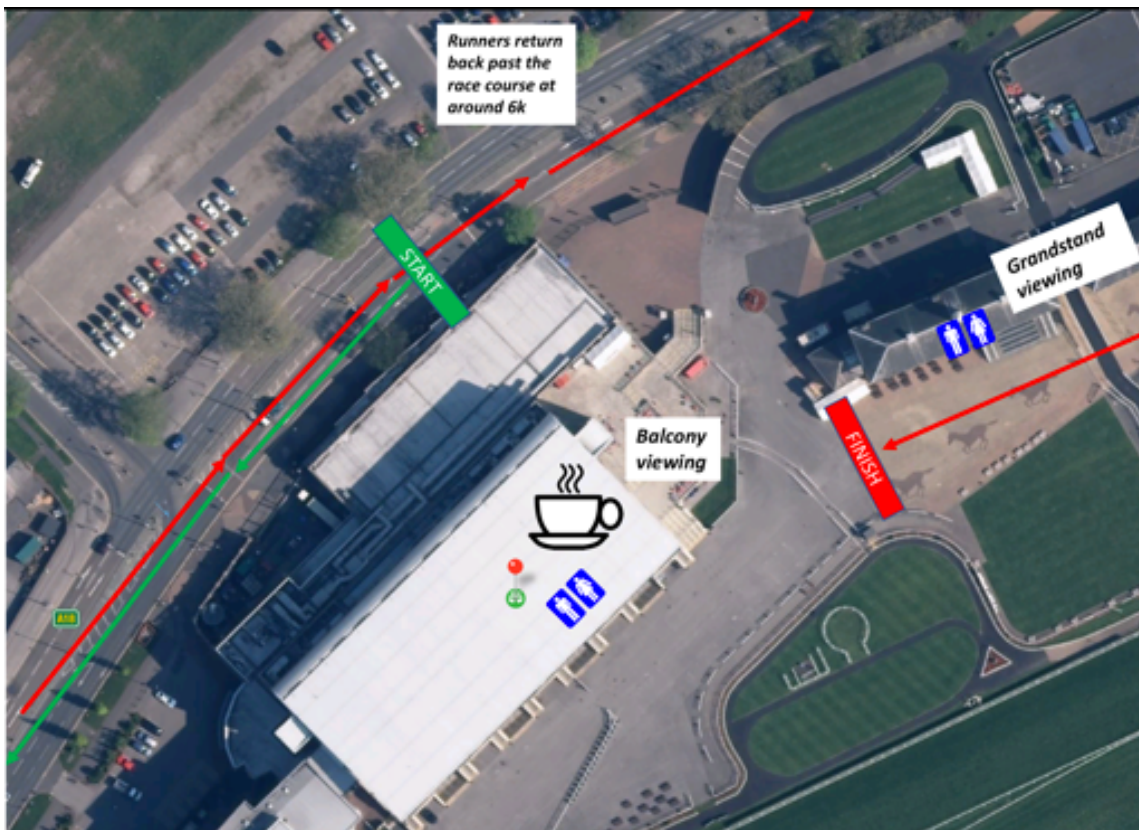
- 0-2k Starting on the road in front of the race course on the right hand side of the road you head towards race course roundabout, then turn right up to Bennettthorpe with a very slight incline into the town centre. After the start has settled down and cleared remember to keep left where you can to allow people to easily pass.
- 2-4k All around the town centre, you have a slight downhill past the council offices and then make a clockwise loop returning on the opposite side of the road to head back down Bennettthorpe.
- 4-6k Making your way a slight downhill out of town and back down Bennettthorpe, turning left and heading to the racecourse, past the water station at 5.5k then past the racecourse just before the 6k mark (this is an amazing opportunity for your spectators to cheer you passed the entrance and through water on yourself!
- 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 in the course with a very short 4% gradient. You then do a sweeping 180 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 grandstands 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 been great for the athletes while also engaging the spectators (we've spent many a less than exciting day seeing a loved one head off and not been able to cheer them on until the end)

We recommend some key viewing areas for you to see you 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 as you see a loved one miss their mouth and throw water on themselves :) (ps: get involved if you want to help out!)
- 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 the front next to the barriers to cheers them in and over the final few hundred metres.



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. Please come along, cheer on your fellow competitors and listen to any news we may have about 2020's event!

If the weather is particularly awful then the plans may change and we may bring presentation forward or move inside if feasible.

Photographers will be down on the day and the photos will be shared on Facebook post event and 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 when the live link and when their loaded onto our website.

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/>

We couldn't be more excited about the day... so whether you're there to race (it's fully UK Athletics licensed and a measurement certified) or your just to there to challenge your own personal target our courses are always designed that they can be raced or walk/jogged and of course we will support you all the way round with our amazing athlete support crew!

HAVE A GREAT EVENT!

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 :)

We've plenty of other events in 2018, check out all our events currently open for entry here: <https://www.riderhq.com/o/730/curlys-athletes/enter>

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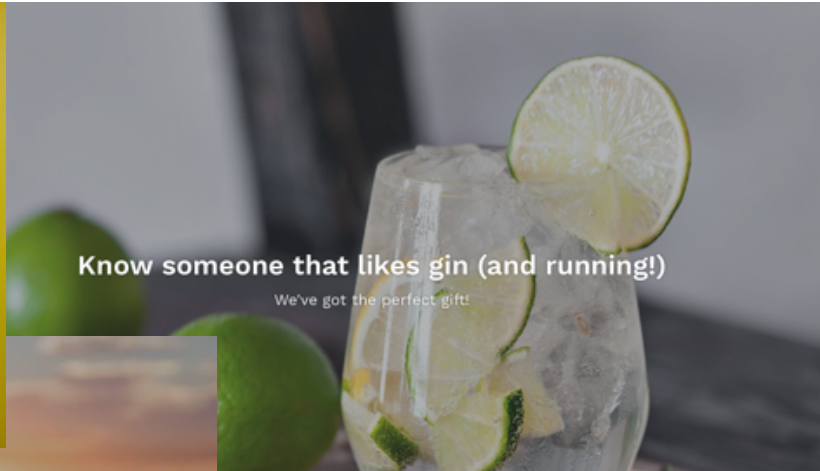
Amazing event partners

 **RUNNINGGIFTS.COM**

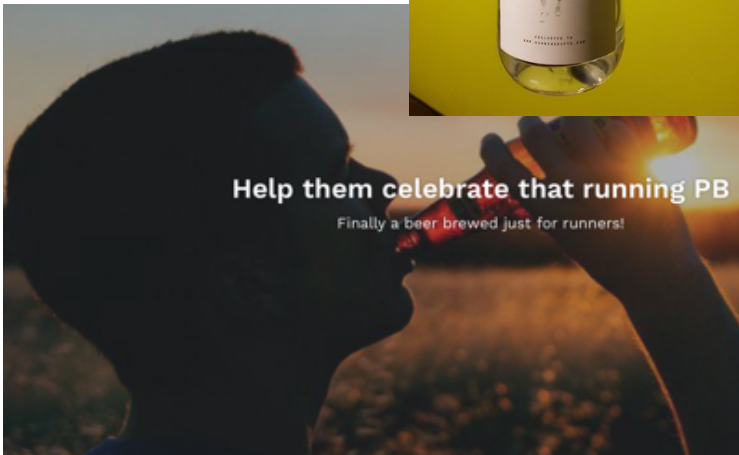
Our friends at Runninggifts.com (the nice people that are buying you all a hot chocolate after your run!) will be down on the day with a pop up shop selling some incredibly unique gifts for runners! With Runners Ruin Gin and PB pale ale providing some unique gifts. More details will follow on a click and collect service for the day!



Know someone that likes gin (and running!)
We've got the perfect gift!



Help them celebrate that running PB
Finally a beer brewed just for runners!



Amazing event partners

We had some great people to work alongside in 2018 and we're sure we will have more in 2019... more news on that soon :)

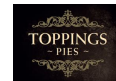
If you would like to get involved then drop us a note, We have had some great teams supporting in 2017 and 2018 ensuring a fantastic event, whether that's cheering runners on, handing out water, medals, pies or hot chocolates it's a great way to bond a team, promote your club or business and get people in Doncaster moving!



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Terms & conditions

Curly's Athletes:

- As an adult participant, I declare that I am 16 years of age or over on the day of the event
- As a junior participant under the age of 16 taking part in an event where permitted or an adult entering a junior into the 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.
- 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, assigns & licenses 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 adhere to the advice given by race officials and marshals.
- In the event that 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.

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 same will apply.

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