



Dear Runner,

RE: COLIN POTTER MEMORIAL 10K RUN – 7th July 2017, 19:15 AT HASLAM'S, DE22 1EB

Thank you for entering the 12th 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 2017-27758 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 £25,000 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 first name, second 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 you will be required to fasten to your shoe. Results will be available on the Colin Potter website after the event, ordinarily within 24 hours. The final race results after anyone requests for changes will be submitted to UKAA two weeks 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/the_course/the_course.htm) 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 and spectators provided by www.helenwright.biz. We also have the pleasure of the Derby Runner putting up their mobile shop on the evening to bag yourself a bargain!

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.

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.

The presentation of the prizes 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. Our photographs will also 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.

Directions to Haslams (sat nav, DE22 1EB)

Approaching from the North

From the M1 (J28) take the A38 signposted for Derby
Take the A61 towards Derby
At the next roundabout take the 3rd exit (Alfreton Road).
Go along Alfreton Road for 0.6 miles then turn right into Haslams Lane.
Go along Haslams Lane for 0.2 miles and the Club is on your left hand side.

Approaching from the East (Nottingham)

Follow the A52 towards Derby.
At the Pentagon Island take the A61 exit signposted for Chesterfield.
Go along the A61 otherwise known as Sir Frank Whittle Way passing over 2 roundabouts.
At the 3rd roundabout take the 1st exit (Alfreton Road).
Go along Alfreton Road for 0.6 miles then turn right into Haslams Lane.
Go along Haslams Lane for 0.2 miles and the Club is on your left hand side.

Approaching from the South

Take the A38 Northbound.
Take the A61 towards Derby
At the 1st roundabout take the 3rd exit (Alfreton Road).
Go along Alfreton Road for 0.6 miles then turn right into Haslams Lane.
Go along Haslams Lane for 0.2 miles and the Club is on your left hand side.

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

