



ASDA Foundation

**DERBY 5 MILE**

**28.11.21**

# YOUR RACE GUIDE

## #WEAREBACK

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

ALL PROFITS FROM RUN FOR ALL LTD WILL GO DIRECTLY TO THE JANE TOMLINSON APPEAL. ALL ENTRANTS ARE ENCOURAGED TO FUNDRAISE FOR THE CHARITY OF THEIR CHOICE.



# WELCOME

## TO THE ASDA FOUNDATION DERBY 5 MILE

The first ever Derby 5 Mile is fast approaching and we want to make sure you have all the details you need ahead of the big day.

Excited crowds, fun characters, vibrant colours, and that all important finish line feeling. You'll find it all at the Asda Foundation Derby 5 Mile. The start line is only days away now and we can't wait to see you all for what is set to be an incredible day of celebrations.

With race day fast approaching we want to make sure you have all the details you need and hopefully answer any questions you may have.

Enclosed in this race guide are details regarding what to expect on race day as well as key details about parking, your race packs and our Covid-19 guidance.

Please ensure you read this guide thoroughly and ensure you arrive in plenty of time for the event.

Whilst we are excited that mass participation events are allowed to return and that restrictions have been eased. We would ask all entrants and spectators to remain respectful of each other throughout the event.

Respect social distancing where possible and whilst not essential we would encourage you to wear a face covering where appropriate.

We hope you are looking forward to event day as much as we are.

With crowds out on course ready to give you hero's welcome as you finish we promise this will be an incredible event.

# A BIG THANK YOU

You should take enormous pride in being part of the Derby 5 Mile. We are expecting to raise a huge sum of money for local charities, big and small thanks to the incredible support of runners like you. On behalf of all the charities involved,

We would also like to take this opportunity to thank the Derby City Council and all our event partners for their continued support, especially over the past 20 months. This event simply wouldn't be possible without their support.

Supported by



Derby City Council

## THANK YOU!

Whether you're looking to smash a PB, enjoy a bit of fun competition with family and friends, or you're just happy to get around the course, we hope that you enjoy your day and continue to support our runs!

## JANE TOMLINSON'S RUN FOR ALL

Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

At Run For All, we continue Jane's vision, to provide a fundraising vehicle for a huge number of local and national charities.

Every year tens of thousands of people take part in events like the Lincoln 10k - running for charity, for a personal challenge or just for fun.

While we've changed since that first event in 2007 - not least by growing significantly, Run For All's philosophy remains exactly the same; high-quality, great fun events for absolutely all abilities.





# GOOD LUCK TO THE RUNNERS OF DERBY



We are on a journey to discover the inner strength of people just like you. We hope you enjoy our range of tasty, all natural, high-protein products! Pick them up at selected ASDA stores.

**SWEAT, SMILE, REPEAT  
AND #FEEDYOURDRIVE  
WITH ARLA PROTEIN.**



**ASDA**



# READY SET GO!

# EVENT INTRO

**Here we go, the first ever Asda Foundation Derby 5 Mile is almost here!**

Bringing that race-day buzz in November, hearing even louder roars from the crowds and seeing so many of you achieve amazing things at the finish line.

You're set to raise hundreds of thousands of pounds for charities across the UK, and we can't thank you enough for your support.

## WHAT SHOULD I EXPECT?



### FOR ALL atmosphere

At Run For All we pride our events on being **FOR ALL** and the Derby 5 Mile is no different. So, whatever your own personal goals, you can enjoy incredibly inclusive spirit and feel good running!



### A BIG finish

You'll feel like an Olympic athlete with thousands of spectators cheering you towards the finish line on your final straight through the city centre.



### Entertainment

Known as a talented city, we'll have groups, bands and cheer points providing extra motivation on-route to keep those legs pumping!



Need a hand?

Our friendly Eventer team will be on-course and around the venue in their fluorescent yellow t-shirts to help you out and provide support.

Without the support of our amazing Eventers, this charity run wouldn't be possible. We would like to say a big thank you to Derby Sea Cadets and University of Derby Mens Hockey Club!

All the finish line smiles and money raised at this event are the products of their hard work. Please take the time to give them a big thank you.



## KEY TIMINGS

<b>07:15AM</b> Baggage & Race Office open	<b>09:55AM</b> 5 Mile winners expected
<b>08.55AM</b> Derby Half Marathon Warm up	<b>10:00AM</b> Half Marathon Wheelchair winner expected
<b>09:10AM</b> Wheelchair Race Start	
<b>09:15AM</b> Derby Half Marathon Starts	<b>10:25AM</b> Half Marathon winner expected
<b>09.30AM</b> Derby 5 Mile Race Starts	

## YOUR RACE PACK

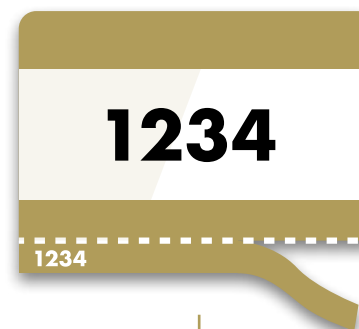
Race Numbers will start to arrive with entrants from the 10th November. If you've not received your race pack in the post by the 25th November please contact us using the contact form on our website.

### What's in it?

#### Your race number

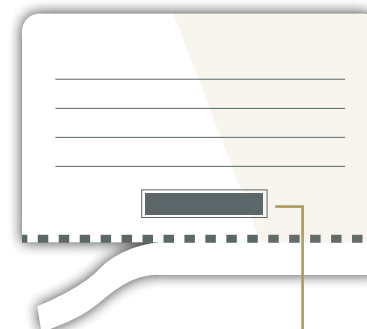
Make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible.

You will need your number to access the start line Assembly Zones.



#### Baggage tag

Your baggage tag is a tear-off strip attached to the bottom of your race number if you want to use the baggage drop off-facilities.



#### Your timing chip

Your timing chip is already attached to your race number.



## GOOD TO KNOW

### Here are some of our top tips

Keep your race number dry and safe. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it.

Your timing chip is affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.

Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not cover your bib number and chip with a bum bag or running belt.

Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.



## GETTING THERE



### By Car

The city centre is 15 minutes from junction 24 of the M1 and accessible via the A6, A50, A38 and A52.



### Parking

There is car parking available in the city centre. Please find a list of car parks **here** from the Derby Council website.



### By Bus

For more information on bus timetables please visit **here**.



### By Train

Frequent direct trains connect London and Derby in just 93 minutes. There are also regular services from Scotland, the North East, the Midlands and across the Penines.

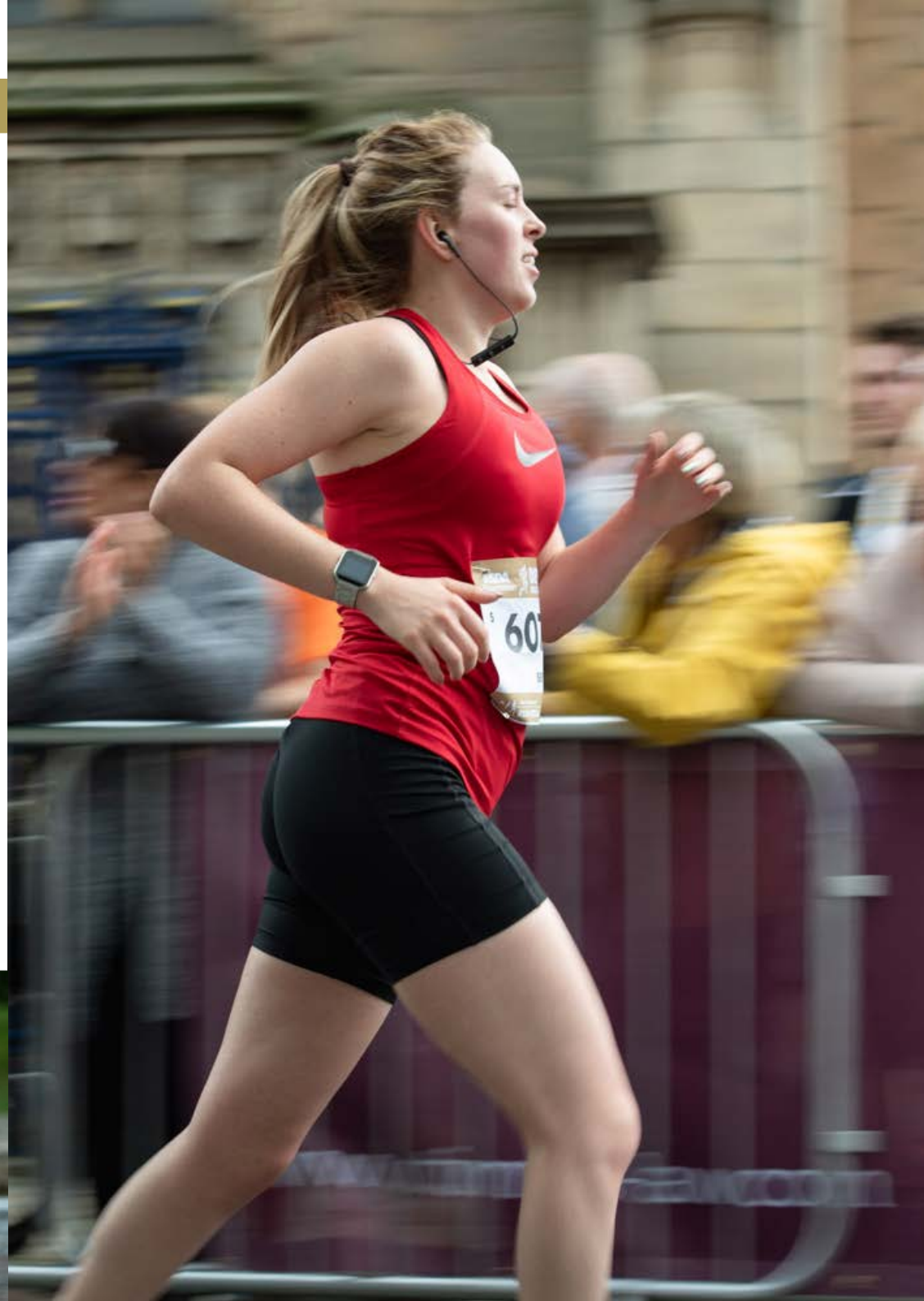
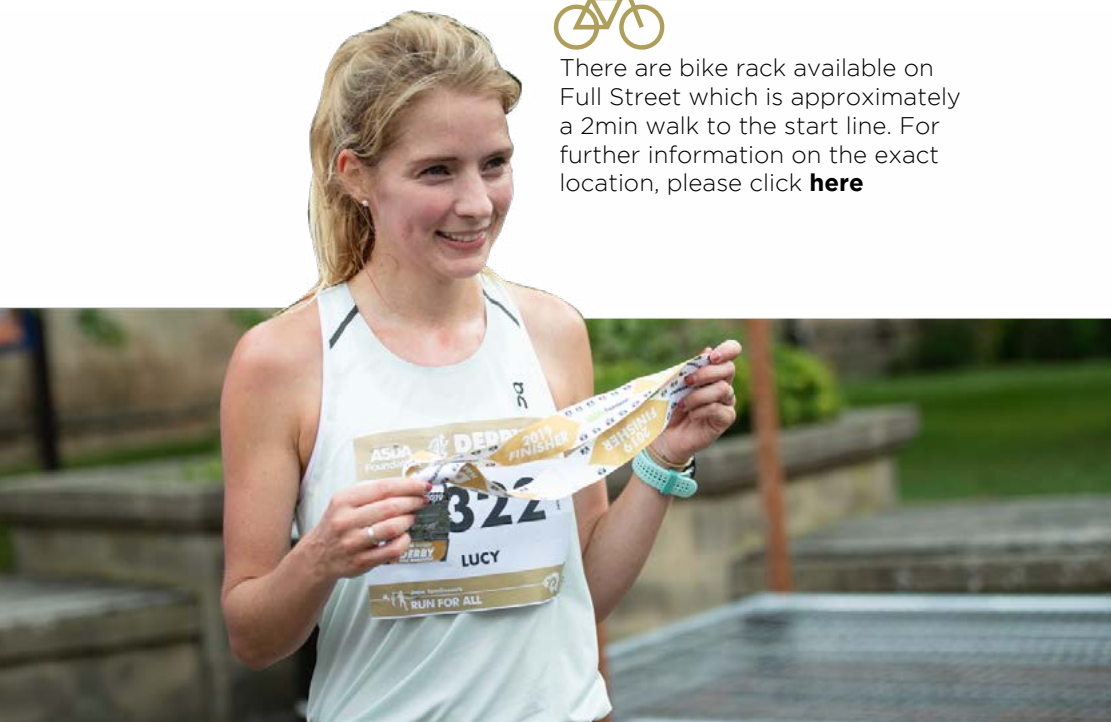
For more information go to **[www.nationalrail.co.uk](http://www.nationalrail.co.uk)** or call 08457 48 49 50



For further information on Park and Ride services, please click **here**.

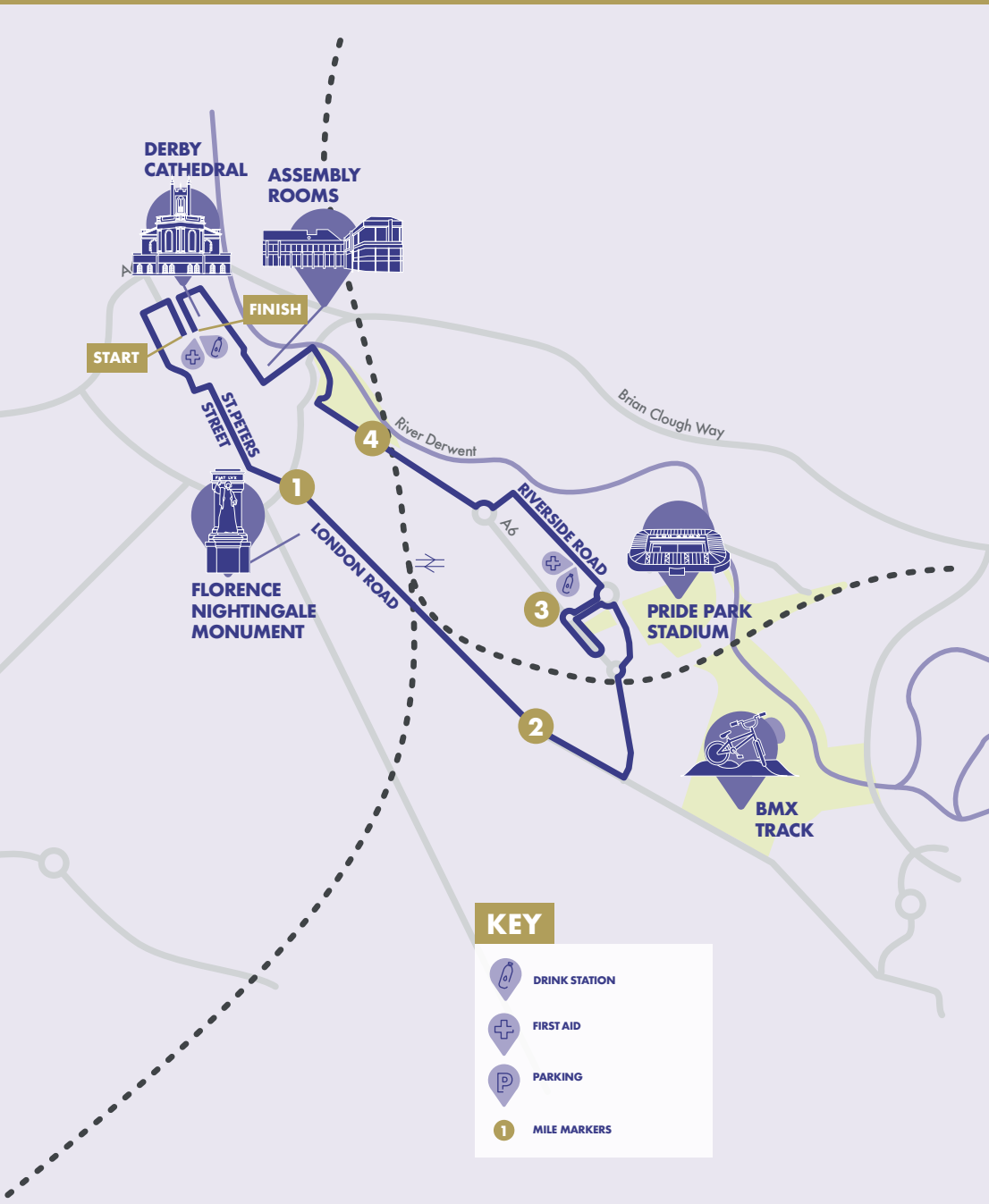


There are bike rack available on Full Street which is approximately a 2min walk to the start line. For further information on the exact location, please click **here**



# ROUTE MAP

# OFFICIAL SPONSORS



**ASDA** Foundation



# RACE DAY!

The day you've been waiting for has finally arrived! Whatever the weather, let's make it a day to remember with some inspirational achievements accomplished and amazing memories made.



## IMPORTANT COVID-19 INFORMATION

**Following the easing of the Government's Roadmap we ask that all runners adhere to the following before attending the Derby 5 mile.**

All entrants must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. Symptoms of Covid-19 are currently recognised as any of the following.

**A high temperature**

**A new, continuous cough**

**A loss of, or change to, their sense of smell or taste**

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.

We want to keep everyone as safe as possible and re-assure all participants by requesting that everyone takes added precautions, therefore where possible, we would encourage everyone to take a Lateral Flow Test on Saturday or Sunday prior to coming to the event.

Anyone testing positive should not attend the event and follow government guidance. [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**Race Numbers** Under no circumstances swap your number or give your place to another participant.

**Face coverings** Whilst these are not mandatory we would encourage all entrants to consider wearing a face covering pre and post race.

**Social distancing** Please where possible observe social distancing and be respectful of both other entrants and volunteers throughout the event.

**Travel** Please give yourself extra time to get to and from the event.

**Toilets** These will be situated and spaced out across the Event Village. Please under no circumstance use public spaces and please avoid any spitting or nasal clearance throughout the event.

Come ready to run minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.

**Please bring your own hand sanitizer.**



## OUR TOP TIPS

Make sure you don't miss the warm up

Get to your assembly zone with plenty of time

Check you're in the zone that matches the colour of your bib

While you're waiting to run get to know the people around you



# RACE DAY

## BEFORE YOU GET GOING



### Baggage storage

Please leave time to drop your baggage at the dedicated baggage store. You will be able to drop your baggage at the designated area from 7.15am. After your run, you will be able to collect your baggage from the Baggage store which have located inside the Event Village.

Please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day.

This must be attached prior to handing your bag over on race day to our Eventeers. Bags larger than a back pack will not be accepted. Run For All can also not store motorcycle helmets, bikes or pushchairs. All belongings left within the official baggage area are left at the owners risk



### Headphones **AFTERSHOKZ**

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course.

If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.

The Derby 5 Mle official headphone providers are Aftershokz, which use bone conducted technology to deliver sound through the cheekbones to your inner ear. This means that you can enjoy your music and still hear your surroundings.

### Zones

At the start there will be flags to mark timing zones and it will be up to you to find the appropriate zone to start in according to your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.

## DURING THE RACE



### Fuel and hydration

It is so important to stay hydrated. You'll find your hydration on course at just before the 3 mile mark. As well as on course, all runners will receive water at the finish.



### Pace



Huge thank you to the team from Northern Pacing for once again helping our runners achieve their goals. The volunteers from Northern Pacing Volunteers will be running from 5 minutes intervals between 40, 45, 50, 55 minutes and 1 hour to help you pace your own run and achieve a target time.

The pacers are there to help you through to the finish line in the time you want. They run consistently throughout the course and, thanks to their experience and many hours running, know when to hold back and when to push on.

Thank you Northern Pacing Volunteers!



### Toilets

Toilets will be situated across the Event Village and also on route.



### Clothing

It is important to note that all clothing discarded at the start of the race will be collected and donated to an appropriate charity. Unfortunately, we are unable to keep any clothing that has been left in the starting area, unless dropped in the baggage store prior to the race.



## GOOD TO KNOW

### Affiliation

The Derby Half Marathon is licensed under the UK Athletics Road Race/Multi Terrain Rules for Competition and operated in accordance with the license requirements. UKA License No: 2021-40347



## Keep Derby Green

Run For All are committed to keeping Derby green and we understand the importance of doing our bit for the environment. Bins will be provided across the event site and we urge people to use the facilities provided.

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help our clean-up crews to leave city the way that we found it! Should runners wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.

Let's work together to keep Derby green and encourage other runners to do the same.





# EVENT VILLAGE MAP



# CHARITY PARTNERS



## THE DERBY RUNNER

Sandringham Drive, Spondon, Derby | DE21 7QL | [www.derbyrunner.com](http://www.derbyrunner.com)

### OUR OPENING HOURS

MONDAY: 10AM - 7PM  
 TUESDAY: 10AM - 5:30PM  
 WEDNESDAY: 10AM - 5:30PM  
 THURSDAY: 10AM - 5:30PM  
 FRIDAY: 10AM - 7PM  
 SATURDAY: 9AM - 6PM  
 SUNDAY: 10AM - 4PM



### JOIN THE DERBY RUNNER

**RunClub!**

**? What?** An 8-week season of interval training, running, and strength training. The aim is to build your running style.

**Where?** We will meet outside the shop, 2 Sandringham Drive, Spondon, Derby, DE21 7QL at 7PM.

**Who?** The Derby Runner Run Club will take place on a weekly basis every Tuesday. The first session back started on Monday 18th September.

**Who?** This is an interval based session, therefore it is to increase the state of your running, not the ability.



The Derby Runner



DERBYRUNNER



thederbyrunner

SPECIALIST RUNNING EQUIPMENT | 30 YEARS+ EXPERIENCE

# AT THE FINISH

At the finish of the Asda Foundation Derby 5 Mile you'll find plenty of opportunities to replenish and rehydrate.

## Finish Line

One last push towards the finish! Please respect others when finishing and be aware of those around you. Many are keen to finish with a flurry – please move to one side if you are not looking for that big finish. We know that you will be keen to take a well-deserved rest but please continue past the finish line to collect your water as stopping immediately after the race can cause a danger to those behind you!

## Food and drink

Make sure you visit the many locations for food and drink. [Click here](#)

## Goody bag

A selection of goodies awaits each finisher. There'll be event t-shirt and medal you can wear with pride to remind yourself of your achievement.

## Partner charities

The Event Village will be based at Market Place and will play host to our wonderful partner charities. Don't forget this area is not just for those running for one of the official partner charities, everyone is welcome to come and enjoy the atmosphere.

## Friends and family meeting point

Make the most of our meeting points so your friends and family can meet you after the race with ease. Please don't head to the first possible point to meet your friends and family, as this can cause congestion and makes finding your friends and family more difficult, particularly when you are tired after running.

## Medical facilities

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.

## Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your baggage as soon as possible so that you can avoid the queues.

## Results

On registering for the event you entered your mobile number. If correctly entered, you should receive a text with your time shortly after crossing the finish line. Results will also be published on the website later that day.

## Marathon Photos

Smile! The team from Marathon Photos will be on the course and finish line to try capture your race day memories. Photographs can be purchased after the event online [here](#).





# EVENT VILLAGE MAP



PRE-ORDER  
PACKAGE  
£15

## OFFICIAL EVENT PHOTOGRAPHERS

IF YOU WANT A PHOTO OF YOU AT YOUR BEST, A PHOTO OF YOU AT YOUR STRONGEST. IF YOU WANT A PHOTO THAT INSPIRES YOU EVERY TIME YOU LOOK AT IT - THIS IS THAT PHOTO.

KEEP AN EYE OUT ON YOUR EMAILS TO MAKE THE MOST OF THESE GREAT DEALS.

[WWW.MARATHON-PHOTOS.COM](http://WWW.MARATHON-PHOTOS.COM)

# PLAN YOUR 2022



**YORK 10K**

**07.08.22**



**YORKSHIRE  
MARATHON**

**16.10.22**



**YORKSHIRE  
10 MILE**

**16.10.22**



**HULL 10K**

**12.06.22**



**HULL  
HALF MARATHON**



**SHEFFIELD  
HALF MARATHON**

**27.03.22**



**SHEFFIELD 10K**

**25.09.22**



**BURY 10 MILE**

**18.09.22**



**BURY 10K**



**LEEDS  
HALF MARATHON**

**08.05.22**



**LEEDS 10K**

**03.07.22**



Jane Tomlinson's  
**RUN FOR ALL**