



Police Sport UK (PSUK) 10 Mile Road Race 2021

Thursday 9<sup>th</sup> September 2021

Carsington Water, Ashbourne, Derbyshire DE6 3JL



Carsington  
Water

## Introduction

Derbyshire Constabulary are delighted to be hosting the 2021 PSUK 10 Mile Road Race on Thursday 9<sup>th</sup> September 2021 at the beautiful Carsington Water, Ashbourne, Derbyshire (post code DE6 3JL).



The evening meal and awards presentation will take place in at Pride Park Stadium, home of Derby County Football Club (post code DE24 8XL).

Online entry is available at <https://www.entryhub.co.uk/psuk-10-mile-road-race-2021>. There are two entry options available; race only (£14 per entrant) or race and meal (£55 per entrant). Any dietary requirements can be specified at the point of entry or by emailing the organisers.

**\*\*\*Race entry is available on the day but the closing date for the evening meal is Friday 20<sup>th</sup> August 2021\*\*\***

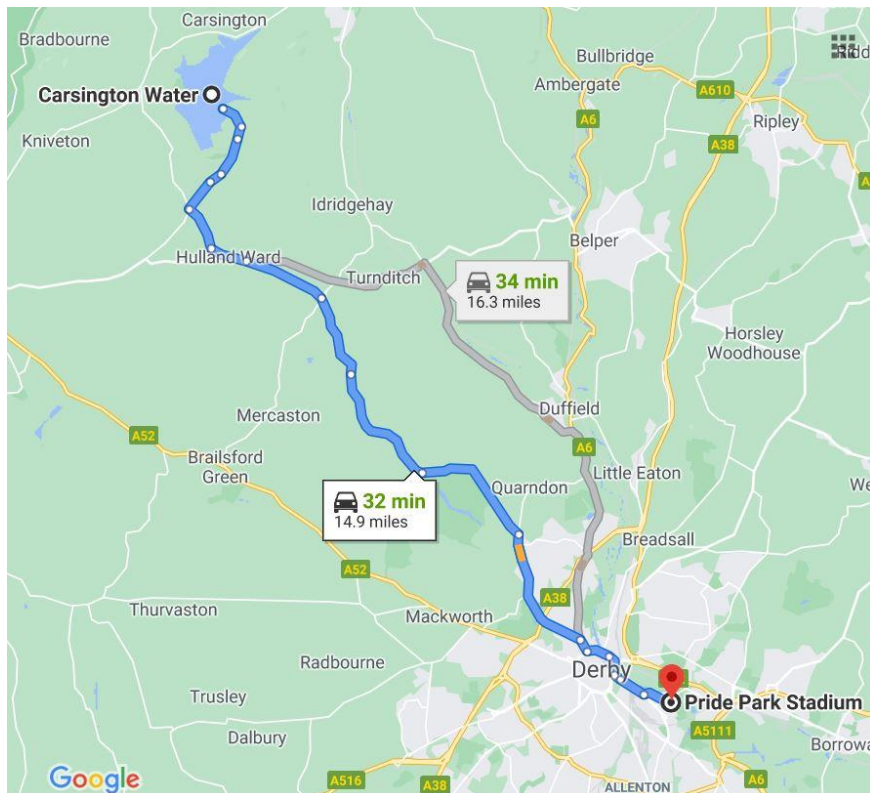


## Directions and Parking

There are several car parks around Carsington Water. Race registration/HQ, the start and the finish will all be at Millfields Car Park (post code DE6 3JL). There are toilets available at Millfields Car Park but unfortunately no shower or changing facilities are available.

Owing to the rural setting there is limited public transport to the race venue so it is advisable to arrive by car. There is ample parking at Millfields Car Park. Parking details are available at; [Parking At Carsington | Carsington Water | Come visit us | Experience water | Wonderful on Tap | Severn Trent Water \(stwater.co.uk\)](#)

Those attending the evening meal and awards presentation should note that Pride Park Stadium is 15 miles from Carsington so suitable travel arrangements should be made. There is ample free parking at the stadium (overnight if required).



## The Race

Both the ladies' and the men's races will begin at 1pm. The event will be chip timed ([www.chiptiming.co.uk](http://www.chiptiming.co.uk)). Race registration will be open from 10:30am at Millfields Car Park Race HQ.

The route is largely traffic-free, apart from for a short (2km) section of road at the start. The main path around the reservoir is all hard surface, suitable for cyclists, pedestrians and buggies.

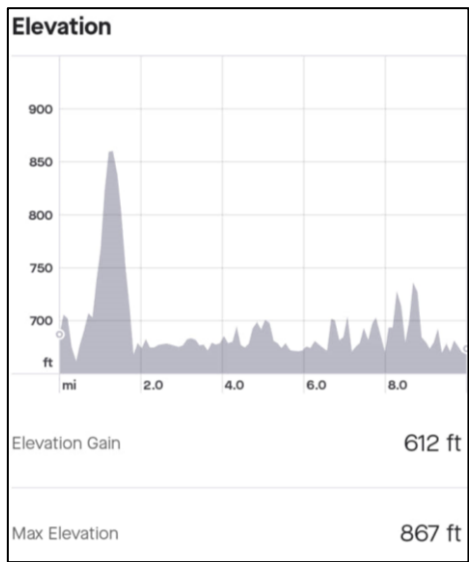
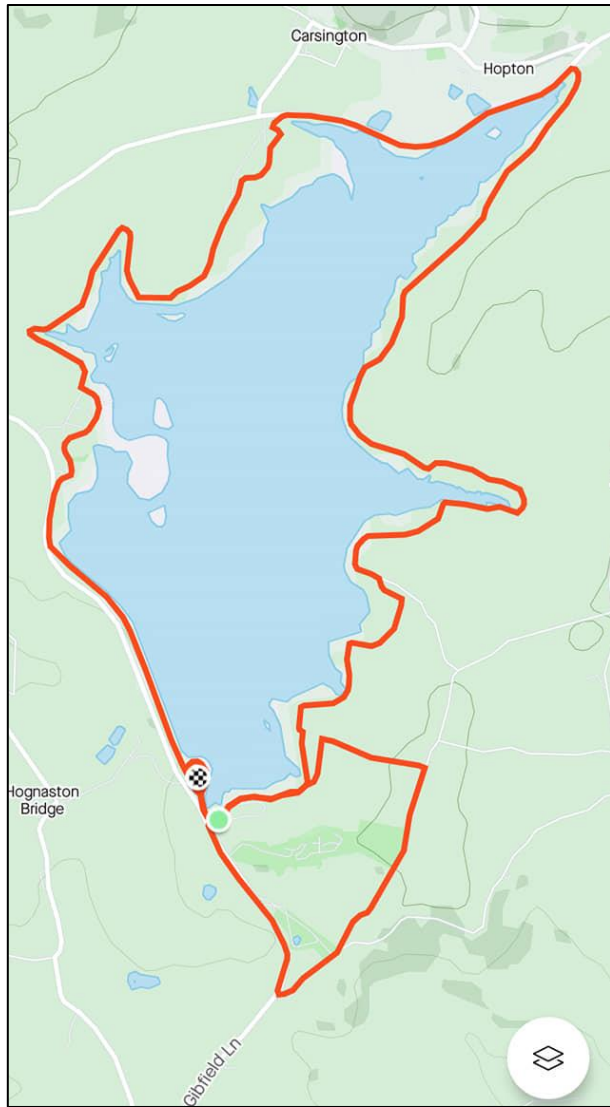
The route can be described as 'undulating'. We will not have exclusive access to the path on race day so please give due consideration to other site users.

Runners will leave Millfields Car Park via the main gates, turning left onto the road for 1km. After 1km runners will turn left onto Gibfield Lane and then fork left onto Broom Lane. At the top of Broom Lane runners will turn left onto Hays Lane and descend down to the main path around the reservoir. Runners will then embark on a full, single, clockwise lap of the reservoir, finishing at Millfields Car Park.

The route will be well-marked with signage and police tape and marshalled, although it is virtually impossible to get lost or take a wrong turn as long as you keep the water to your right. There will also be an outrider cycling ahead of the lead runners and two sweep riders behind the last runners.

There will be one water station on the course at halfway (Sheepwash Car Park) and at least one race photographer.

Below is a map of the route and an elevation profile.



## Evening Meal and Awards Presentation

Pride Park Stadium will be open from 6pm and drinks will be available from the bar. The evening meal will be served at 7pm (must be pre-booked) and the awards ceremony will commence at 8pm, followed by some evening entertainment. The venue will close at midnight. Dress code – Smart/casual.

Prizes will be awarded in the following categories;

### Individual

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male Open  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female Open  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V35  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male V40  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V40  
1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Male V45  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V45  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male V50  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V50  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male V55  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V55  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male V60  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Female V60

### Team

Male Open – First 4 count  
Female Open – First 3 count  
Male Minor Forces – First 4 count  
Female Minor Forces – First 3 count  
Male Veterans (40+) – First 3 count  
Female Veterans (40+) – First 3 count



## Accommodation

Derby County work closely with Pentahotel and a discounted rate is available (quote 'DCFCCOR' on booking). There are numerous other hotels within a mile of Pride Park Stadium, including mainstream hotels such as Premier Inn (x2), Travelodge and Holiday Inn. The City Centre is only a 10-15-minute walk from the stadium where more hotels are available.

For anyone travelling by air East Midlands Airport is around 11 miles from the stadium. There is a bus service that runs throughout the day and night between Derby and the airport ([timetable - skylink Derby - run by trentbarton](#)).

If anyone would like more information on anything race or travel related please get in touch with either Shaun Bott or Claire Croll who will do their very best to help.

Shaun Bott (contact for race enquiries)

07794533825

[shaun.bott@derbyshire.police.uk](mailto:shaun.bott@derbyshire.police.uk)

Claire Croll (contact for evening meal enquiries)

07815809113

[claire.croll@derbyshire.police.uk](mailto:claire.croll@derbyshire.police.uk)