

NORTH DERBYSHIRE RUNNING CLUB

BOLSOVER 10K

WILSON ESTATE AGENTS BOLSOVER 10K

9:30 AM / BOLSOVER CASTLE

YOUR RACE DAY GUIDE



A great race.
A great team.

A December morning. A castle start line. Ten kilometres of Derbyshire roads and a warm welcome from the running community.



Your race day guide

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Welcome 01

Here for you.
Here for the community.

Welcome to the Wilson Estate Agents Bolsover 10K. Whether this is your first race or you have a new personal best in mind, we are glad you are joining us.

We start at 9:30 am , with race HQ, the start and the finish at Bolsover Castle.

Give yourself time to settle in and enjoy the morning.

9:30 AM / 10 KM



NDRC CHAIR DERRY / BOLSOVER RACE DIRECTOR TREVOR

The people behind your race.

A great race starts long before the runners arrive. It takes planning, plenty of conversations and a team who care about getting the details right.

Race Director Trevor, supported by Emma HW and Shaun, along with Dave, Derry and Ian, bring that work together for the Bolsover 10K. From the first preparations to the final finisher, their focus is on giving you a race that feels welcoming, runs smoothly and does our club proud.

Alongside them is a brilliant group of volunteers who turn those plans into your race-day experience: a friendly face at HQ, encouragement on the course and a warm welcome back at the castle.

For this team, Bolsover is more than a date in the race calendar. It's the chance to bring our running community together and share an event we're proud to call our own.

Thank you to our runners, marshals, supporters and partners. Your time, energy and good humour are what make Bolsover special.

Three people at the heart of it.
A whole club behind it.





The Castle 01

An iconic setting.

The castle is part of what makes this race feel different. From the morning gathering in the grounds to the final run towards the finish, it gives the day a backdrop you will remember.

Staying longer? Visit English Heritage online for opening times, admission and visitor information.

Your morning, at a glance.

BEFORE YOU LEAVE

Check the latest race information. Pack your number and plan your parking.

8:00 AM / HQ & TOILETS OPEN

Collect your pre-ordered t-shirt, with bag drop open in the castle stables. Arrive ready to run; there are no changing spaces.

BEFORE THE START

Use the toilets, complete the back of your number and listen for announcements.

9:30 AM

The race starts. Settle into your rhythm and enjoy your ten kilometres.

AFTER YOU FINISH

Collect your medal just beyond the finish line, stay for the presentations, enjoy the castle grounds and soak up your achievement.

Results: results.frsys.uk.

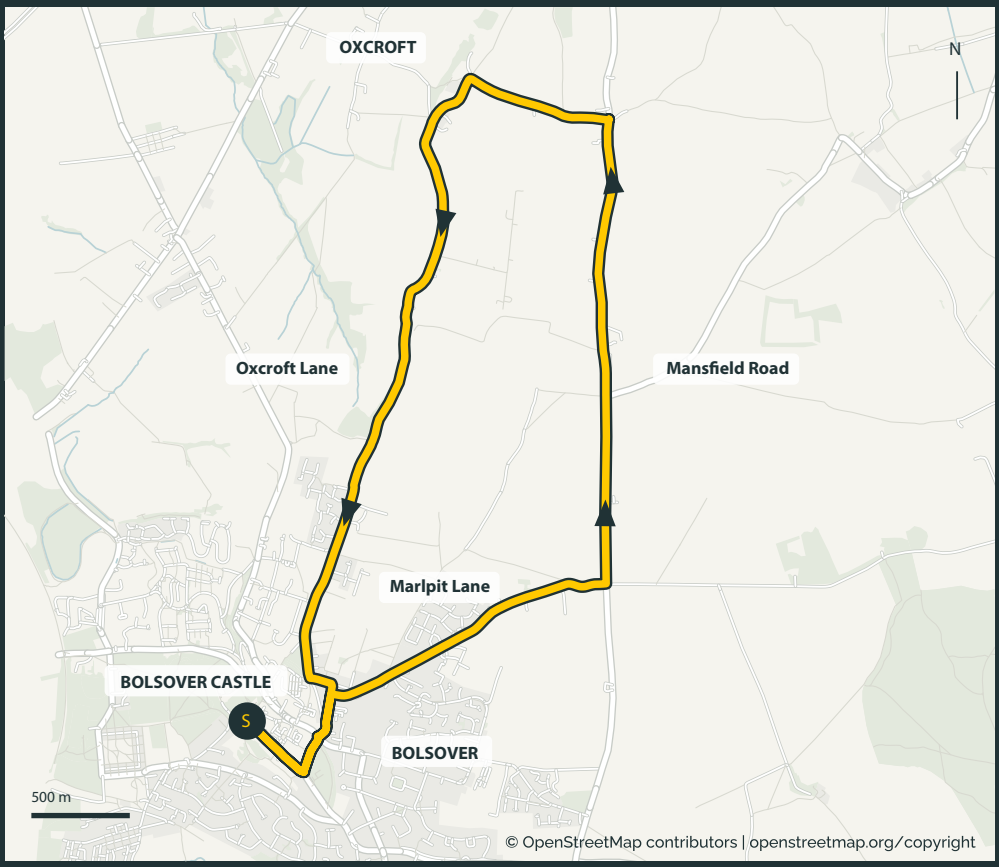
11:00 AM

Join us at race HQ for prize giving.

Race Route 02

Your ten kilometres.

Out into the countryside, then back to the castle. The course runs downhill on the way out, with a gentle climb waiting on your return.

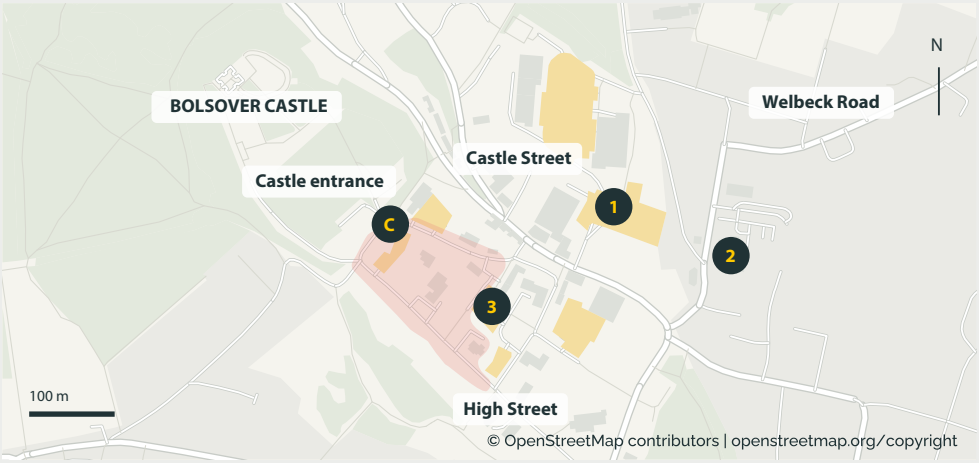


YELLOW LINE / RACE ROUTE / CASTLE START & FINISH

Getting Here 03

Arrive early.
Enjoy the build-up.

Bolsover Castle, Castle Street, Bolsover, S44 6PR.
Leave time to park and walk to race HQ before the 9:30 am start.



1-3 / CAR PARK LOCATIONS C / CASTLE ENTRANCE

1 Town End
S44 6DT

2 Welbeck Road Health Centre
1B Welbeck Road, S44 6DF

3 Middle Street
Town-centre parking, S44 6HD

Please do not try and park in the red shaded area.
Keep the race route clear and follow the car park marshals instructions.

Road Closures 04

A little planning.
A smoother arrival.



PLEASE DO NOT PARK ON THE RACE ROUTE

Red line: affected roads. Hornscroft Road closes from 8:30.
Traffic towards Clowne is restricted. Full details on the next page.

Road Closures 04

Sunday 13 December.

Plan to arrive before the road closures. Restrictions apply on Sunday 13 December, with full closures, rolling closures and one-way controls as set out below.

8:30-11:30 AM / FULL CLOSURE

High Street, Hornscroft Road and Welbeck Road. Castle entrance to Hornscroft Road; High Street to Town End; Town End to Oxcroft Lane.

9:30-9:45 AM / FULL CLOSURE

Welbeck Road. Oxcroft Lane to Marlpit Lane.

9:30-11:30 AM / ROLLING CLOSURES

Marlpit Lane: Welbeck Road to Mansfield Road (B6417). Oxcroft Lane: Sutherland Farm View to Longlands.

9:30-11:30 AM / ONE-WAY RESTRICTIONS

Mansfield Road: Marlpit Lane to Oxcroft Lane. Oxcroft Lane: Mansfield Road to Sutherland Farm View. Closed to traffic towards Clowne. Mansfield Road may reopen once the last runner enters Oxcroft Lane.

9:45-11:30 AM / FULL CLOSURE

Oxcroft Lane: Longlands to Welbeck Road. Longlands: Oxcroft Lane to Welbeck Road.

Petrol-station access via High Street / Hornscroft Road is maintained under marshal control.

Ready to race.

Pin your race number to the front of your running top. The timing chip is part of the number, so keep it flat and take care of it.

Fill in the personal and medical details on the back before you run. This helps the medical team if you need them.

The label for the bag drop is attached to your runner number. Please tear off your number and attach to your bag before you get to the bag drop location.

If you have ordered a t-shirt then you can collect this from the stall in the castle courtyard and leave inside your race bag.



HQ and toilets open at 8:00 am. Bag drop is in the castle stables.
There are no changing spaces, so arrive ready to run.
Numbers are posted to you a couple of weeks before the race.

During the Race 06

Run safely. Enjoy it.

Follow the marshals and stay aware of the people around you. Road closures are in place, but vehicles may still be present.

Only bone-conduction headphones are allowed. Keep the volume low enough to hear instructions and other runners.

There is a drinks station at halfway. If you need help, speak to the nearest marshal.



The race has a two-hour cut-off. If you cannot keep to the required pace, the team will ask you to board the sweep vehicle.

A friendly face when you need one.

Our marshals are there to guide you, encourage you and help if something goes wrong. If you feel unwell or see someone who needs assistance, tell the nearest marshal.

If you decide to stop, tell a marshal so the team knows you are safe. A sweep vehicle will be available to assist runners who need to pull out.



A THANK-YOU TO EVERY VOLUNTEER ON THE COURSE.

Pacers 07

Make it your race.

A good pace should feel controlled early on. Give yourself room, let the field settle and avoid weaving between runners.

The return to Bolsover asks a little more of your legs. Keep your effort steady on the gentle climb, then enjoy the support as the castle comes back into view.

We have pacers in 5 minute intervals from 40 through 70 minutes, along with two support runners out on the course.





You've earned that smile.

Medals are handed out just beyond the finish line. Keep moving to make room for the runners behind you.

Prize giving is at race HQ at 11:00 am. Results will be on the FR Systems website.

Prizes are awarded to the first three finishers, along with age category awards for V40, V45, V50, V55, V60, V65 and V70.

RESULTS / RESULTS.FRSYS.UK

The partners behind the race.

Thank you to the partners who help us bring the Bolsover 10K to life. Their support makes a difference to the race and the community around it.

OUR LEAD SPONSOR

Wilson Estate Agents

WILSONESTATEAGENTS.CO.UK



OUR LOCATION PARTNER

English Heritage

A race that starts and finishes in the grounds of Bolsover Castle is something special. Thank you to English Heritage for helping us share this setting with our runners.

Friends of North Derbyshire RC

Supporting runners in North Derbyshire throughout the year.

Craig Linacre Photography

CRAIGLINACRE.COM

Run Forest

RUNFORESTRUNSHOP.CO.UK

INOV8

INOV8.COM/STORES/UK/BAKEWELL

North Derbyshire RC in the community

More than just a running club, were a community hub.

Chesterfield FC Community Trust

CFCCT.ORG.UK

Gussie's Community

GUSSIESKITCHENPANTRYSHOP.COM

Ashgate Hospice

ASHGATEHOSPICE.ORG.UK

Chesterfield RSPCA

CHESTERFIELD-RSPCA.ORG.UK

Bluebell Wood

BLUEBELLWOOD.ORG

NDRC Events 12

Keep running with us.

No Walk in the Park

A monthly 5K in Queens Park, Chesterfield, usually on the first Saturday. A friendly way to test your pace.

Summer Series

Four summer 5Ks on the Queens Park course, with a social atmosphere after the running.

Twigg Handicap

An NDRC members club 10K through Holmebrook Valley Park and Linacre, with staggered starts that give everyone a chance.

Community 5K

A club handicap run for NDRC members that combines a quick 5K, good company and fundraising for charity.

FIND YOUR NEXT RUN AT NDRC

Here for every kind of runner.



North Derbyshire Running Club has brought runners together since 1985. We run on roads, trails, fells and cross-country courses, and welcome a wide range of abilities.

Come for a steady social run, a hard session or the chance to explore somewhere new. The best part is having people to share it with.

Club nights run from Monday to Thursday with weekend socials and race meetings. Check the club calendar for future events and training sessions.

Membership is open to adults aged 18 and over.

More details on our website northderbyshirerc.co.uk

Pack well.
Enjoy every mile.

- [ ] Race number and safety pins
- [ ] Emergency details on your number
- [ ] Running kit and suitable shoes
- [ ] Warm layers for before and after
- [ ] Your usual drink and post-race snack
- [ ] Travel plan and a meeting point

BRING YOUR SUPPORTERS

Choose a meeting point before the race. Keep access routes and the finish clear, follow marshal directions and give every runner a cheer.

LEAVE BOLSOVER AS YOU FOUND IT

Use the bins and take your belongings home.



A castle start.
A club welcome.

Thank you for being part of the Bolsover 10K. Run well, look out for each other and enjoy a brilliant morning with us.

GET IN TOUCH

Race enquiries: thebolsover10k@outlook.com
Number registration and transfers: info@frsystems.co.uk
Club enquiries: northderbyshirerc.co.uk/contact

NORTH DERBYSHIRE RUNNING CLUB

northderbyshirerc.co.uk