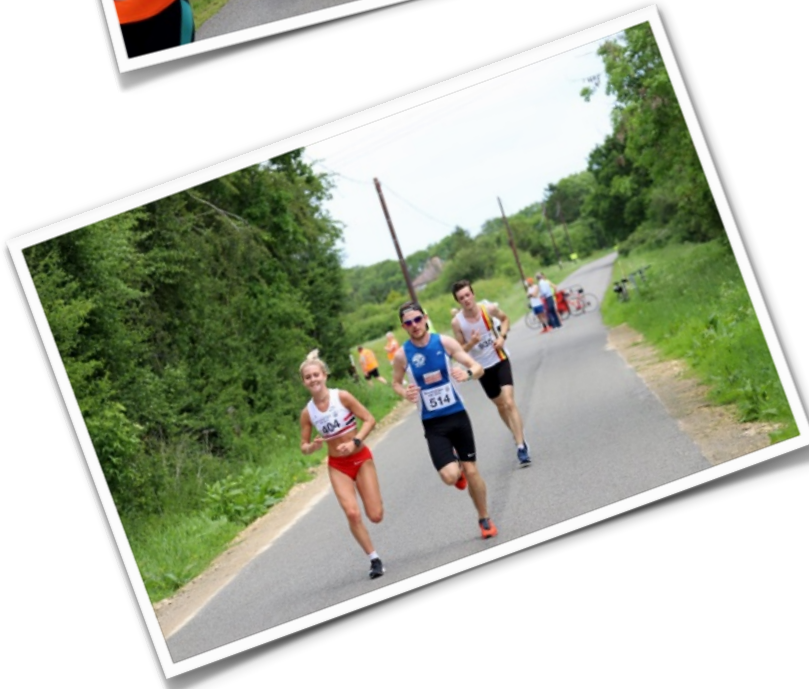


**CURLY'S  
ATHLETES**

10:00  
Sunday the 11th June 2023



# The Woodhall Spa 10k 2023 'IT'S BACK!'





## Welcome Back!

"Jubilee Park and Woodhall Spa 10K are delighted to confirm that the future of the Woodhall Spa 10k is in good hands and the 2023 race will go ahead after securing the support and cooperation of Curly's Athletes.

Curly's Athletes are a great fit for us and their extensive involvement with charity and community races was a great bonus, their mantra of "Purpose before profit" fits perfectly with our event and organisational ethos.

We are really looking forward to working with them to deliver the 2023 race and beyond.

We look forward to welcoming runners and supporters back to Jubilee Park and the start line."

Curly's Athletes is a community and charity focused event management team, who believe everyone is an athlete.

We're a small team with a non profit focus and a drive to 'do good' (that takes many different forms)



We're here to help you find your next challenge, give you a bit of support and plenty of encouragement!

Our goal is to promote active lifestyles by providing people with inspirational, fun, great value and professionally run physical challenges. 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/>



# Parking

Car parking is at a premium and a real challenge in the area. We have secured three sites and have paid for an external company to support us. That said, it's going to be busy especially at the main car park. Allow time, car share as much as possible and if you can park away from the car parks that's great but do not block residential streets and/or any access to properties. Of course we encouraging people to walk, jog and cycle in where practical! (A nominal £1 fee may apply at the car park - TBC)

Green Lane – This is the main car park & is accessed via Mill Lane, off Witham Road.

Woodhall Spa Football Club & Abbey Lane – This will be the preferred car park when the Green Lane car park is full. Access to Jubilee Park via Witham Road & King Edward Road

**Jubilee Park – NOT FOR 10k RUNNERS.** This Car Park is open for swimmers & residents. Please don't head for it as a 10k runner as you will be turned away. It also causing us congestion!

St Hugh's School, Stanhope Avenue – Ideal for those travelling from Horncastle, turn left opposite Peter Scott Shoe Shop, car park can be found on the right at the end of Stanhope Road.



# Finding Jubilee Park

The furthest car park is around 1 mile from the start (perfect for a warm up ;) ) so allow a 15 minute walk. **Jubilee Park, Stixwold Road, Woodhall Spa, LN10 6QH.** (NO PARKING AT THE SITE) The start is just a 200 metre walk from our main event village (and finish line) on Stixwold Road at the entrance to the Petwood hotel (perfect for an overnight pre-run

## Numbers, Help, Guide runners & T-shirts

So as it's our first year in charge we have posted all numbers out ahead of the day. We normally prefer for an on the day collection, but with over 1000 runners and a new venue we thought posting seems like a good thing this year. **\*If you haven't received your number by Thursday 8th June please get in touch!**

We will have a help point set up (signpost registration) where you can come and see us with any problems. However unless it's an 'on the day thing' then please email in beforehand to help us . . . help you ! Email: [contact@@curlysathletes.co.uk](mailto:contact@@curlysathletes.co.uk)

T-SHIRTS! Okay so if you pre-ordered a t-shirt then we have these ready for you to collect before or after the race. You'll just need your race number to hand so we can cross you off.

WE HAVE VERY LIMITED SPARES (in fact 100 to be precise) but these will be up for sale at £11. We have a card machine if we have good signal, but bring cash if you can . . . just in case!) All t-shirt profits go to providing free race entries for our charities, help keep our event price low and reduce clothing waste. Last year you provided over 350 entries and saved 10,000 t-shirts from the recycler :)

**The help point and t-shirt collection will be open from 08:45 on Sunday until 12:00.**

GUIDE RUNNERS - if a runners has indicated they require a guide runner then they will have filled out your details, we will have a number waiting for you at the help point for free :)

**\*Entry amends / cancellations** If you wish to amend your entry this must be done **14 days** ahead of the event. Log into [etchrock.com](http://etchrock.com) to update any details. If you're unable to attend the race, then you can transfer to another event up to 14 days before. Partial refunds are only available until 28 days before (50%), full refunds are at 90 days ahead of the event. As the numbers have now been posted you would be responsible for passing the number onto a new runner. **DO NOT USE OTHERS NUMBERS** without transferring officially, this is dangerous for any runner involved in a medical emergency and puts our team at risk.

# Event timings

08:00 Car parks open

08:30 Volunteer brief (if you would like to get involved please e-mail [contat@curlysathletes.co.uk](mailto:contat@curlysathletes.co.uk))

08:45 Help point opens

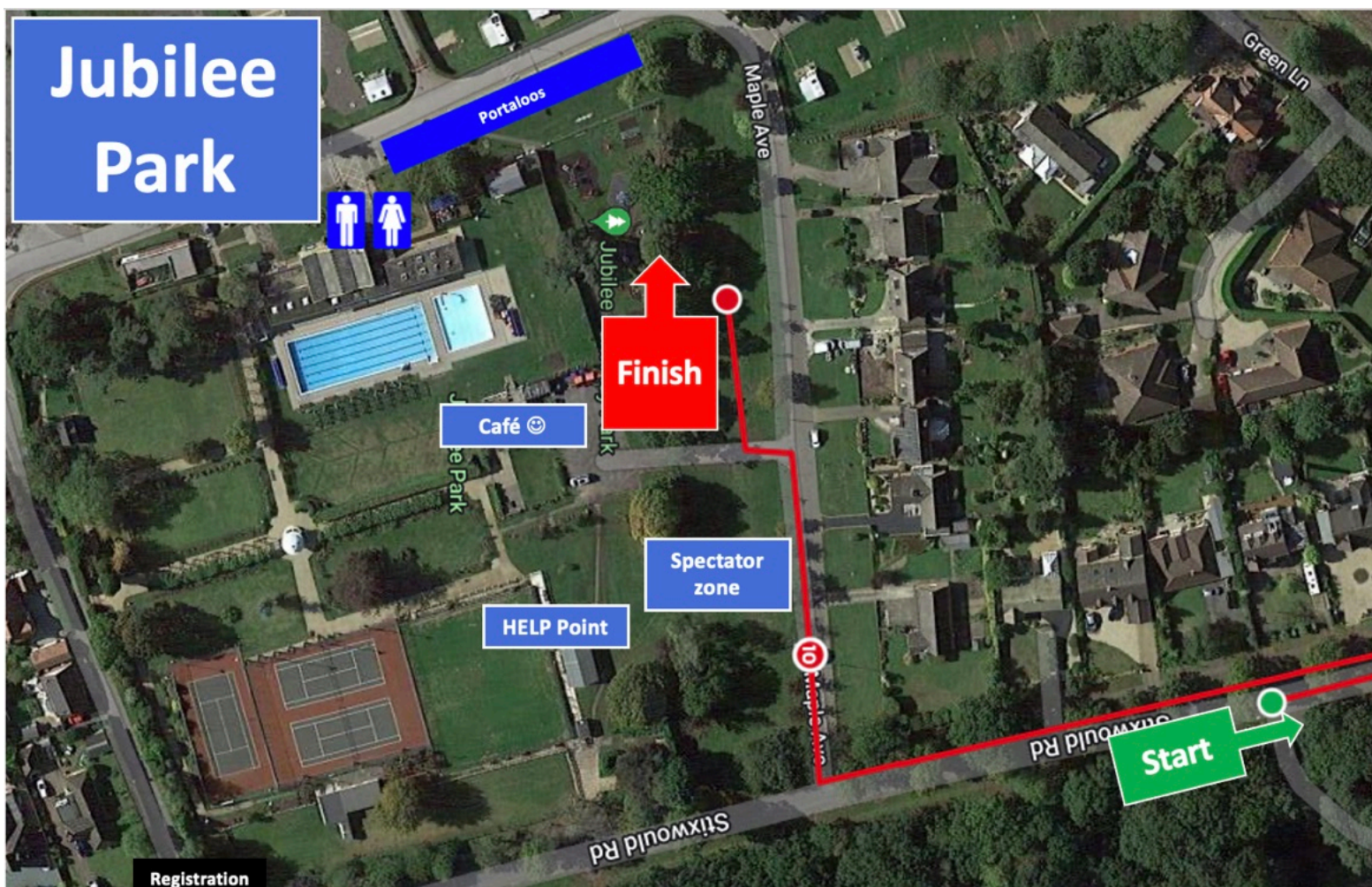
09:30 Stixwould Road closes ready for the start

09:45 The 'herding' of the runners as we make our way to the start line opposite the Petwood hotel

09:55 Emergency brief (our prevent video brief covers most points, this is just for anything urgent)

10:00 Event starts

10:32 est first finisher!



# Spectators, Volunteers & Local Community

**Spectators** are welcome to attend the event with you, but please encourage them to arrive in the same vehicle as the runner as mentioned parking is limited! We've adjusted the finish vs previous years to give spectators a better view of their runners coming in!

**Volunteers** we would love everyone who can to come and volunteer with us on the day. It's going to be busy and lots of fun! If you fancy getting involved as a volunteer then please email [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk). Volunteers should plan to arrive for 08:30 and be all done by 11:45 at the latest.

**Local Community** we know an event like this causes local disruption and we're sorry for any inconvenience. You can find a guide to road closures, diversion and local access plans here: <https://curlysathletes.co.uk/woodhall-spa-10k#9fb0614b-729e-433d-acdd-127a7ea33162>. Leaflets for directly impacted residents will be out around two weeks from the event long with big yellow warning signs 7-10 days out from the event. We have attached a list of the main road closures below to help.



**Woodhall Spa 10k – 11<sup>th</sup> June 2023 / 10:00 – 11:45**



Jubilee Park and are delighted to confirm that the Woodhall Spa 10k is returning and the 2023 race will go ahead on the 11<sup>th</sup> of June after securing the support of Curly's Athletes. Curly's Athletes are a great fit for us and their extensive involvement with charity and community races was a great bonus. We are really looking forward to working with them to deliver the 2023 race and beyond. We look forward to welcoming over 1000 runners and supporters back to Jubilee Park and the start line.

We know events like this do cause disruption from your normal routine and we apologise for any inconvenience.

Road closures are in place on the day for the safety of the runners, and we will be opening the roads as soon as possible after the runners have passed through. With all the runners finishing by 11:45.

*Local traffic teams will assist with access/exit whenever safe to do so.*

•Find out more about the event on the website here (including access guides) <https://curlysathletes.co.uk/woodhall-spa-10k>

•Please get in touch with queries: [Contact@curlysathletes.co.uk](mailto:Contact@curlysathletes.co.uk)

Road Closure	Junction with	Time closed	Latest time open
Stixwoud Road	Monument road/Green lane to Coronation Road	09:00	12:00
<u>Stixwoud Road</u>	Monument road/Green Lane to Moor Lane	09:30	12:00
Moor Lane	<u>Stixwoud Road</u> to Ings Lane	09:30	11:45
Ings Lane	Moor Lane to <u>Poolham Lane</u>	09:30	11:45
<u>Poolham Lane</u>	Ings Lane to Monument Road	09:30	11:45
Monument Road	<u>Poolham Lane</u> to <u>Stixwoud Road</u>	09:30	11:45
<u>Edlington Moor</u>	<u>Stixwoud Road</u> to Monument Road	09:30	11:45
Maple Avenue	<u>Stixwoud Road</u>	09:30	11:45

# Athlete well-being

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Dress for the weather-please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event. **WE DO NOT HAVE A DESIGNATED BAG DROP** as sadly the space isn't available at the site :)
- Water on the course- We will have water in compostable cups available at the just after 4km and again at 7km. These aid station are manned by the lovely Rotary Club (so please say hi!) Please be mindful where you dispose of your cup (it needs to be as close to the aid station as possible so that we can clear them away :)
- Water at the finish! We have removed plastic bottles from all of our events up to 2000 runners :) So at the finish we have water pre-filled for you in compostable cups. Please take this cup out of the finish with you and then you will see we have a re-fill station. This you can then visit as many times as you like ... we're saving 1200 bottles of water and you get to enjoy the finest Woodhall Spa drinking water (fancy!)
- Rubbish, if you decide to run with a water bottle or gel, that great but please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for intentional littering, we get really mardy about that sort of thing ... our hedgehog friends don't need rubbish in their hedgerows :)
- No headphones (bone conductor ones are ok) while we have road closures in place we do operate emergency vehicles on the course and are providing some access / exit to business and residents, so you need to be aware of what's going on around you!
- **Please do not cut corners or cross onto the opposite side of the road.** The course has been measured on the left hand side and even with road closures an emergency or local vehicle may be coming around the corner. You will see signs telling you to keep left especially on right hand bends
- Pacing! Know your target and don't set off any quicker than this pace, you will see we have pacing boards up at the start to help you get into position, this helps reduce congestion and allows for a faster start. The event is chip timed (so only starts once you cross the start lone). As a TOP TIP: If you want to run a quicker race then you need to negative split ... meaning start relaxed and get quicker. Setting off too quickly is the most common reason for bad times.

## The main event

You can find an interactive map of the route on the event web page (just scroll down). It will be manned by our support team, signposted, coned and sectioned off where needed . . . so you wont get lost!

Race briefing is filmed and sent out ahead of the day, on the morning we will just highlight anything urgent if required. We will gather runners from 09:30 onwards ready for an 10:00 start.

The event starts at 10:00 on Stixwould road just opposite the Petwood Hotel.

Runners head north towards Edlington moor and turn right then left onto Monument Road.

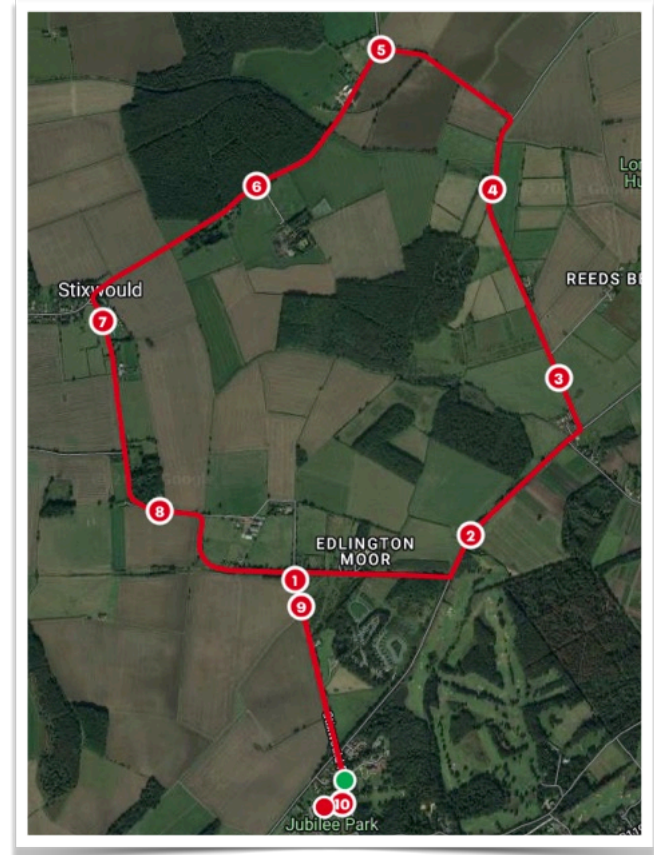
The event then turns the runners northwest onto Reed's beck and west again onto Ings Road.

Runners then follow down Moor Lane to Stixwould Road into Stixwould village then onto Woodhall road.

Runners then rejoin Stixwould road to then turn onto Maple Ave where they finish their run.

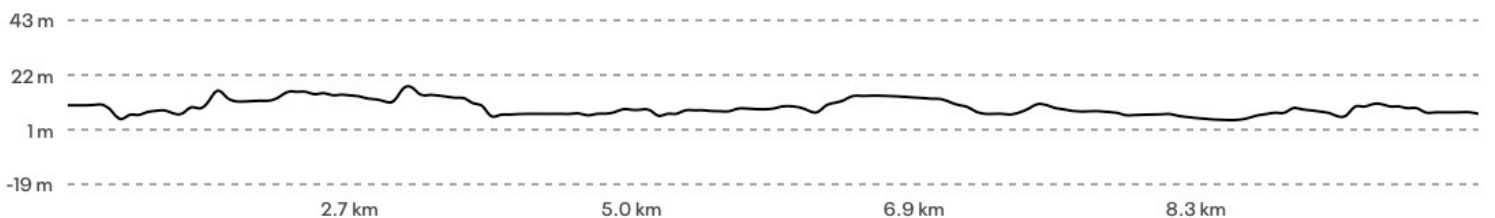
The event has full road closures in place but with flexibility to allow residents in / out as safe to do so once the runners have passed through. As the runners pass each point we will prepare to reopen the roads to keep distribution to a minimum.

We expect the final runner across the finish line by 11:45



### Elevation

Start    Max    Gain  
**11 m    18 m    34 m**





# Presentations, Photos & Results

Race winners, category winners (five year groups as per the live results) and any spot prizes will be given (where possible) during the race as we go along. Checking the results before you leave is a really good idea as our trophies mirror the result categories. Also if you are second in your age group it's worth a double check for if any of the 1,2,3 positions are in your age... if they are then the trophy rolls down!

Photographers will be down on the day and the photos will be shared on Facebook firstly. 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

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 won't miss anything!

All photos and results can also be found here: <https://curlysathletes.co.uk/athlete-zone> and you can find us on Facebook here: <https://www.facebook.com/curlysathletes/>

So whether you're here to race (remember it's fully UK Athletics licensed and distance certified) or you just have a bit of fun, then 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 support crew x

## Club tents

We've had a few queries about this so thought we had better mention it! Space is pretty limited due to the scale of the event. We're okay with small tents but please do not put them at the front of the spectator field and block views. For the safety of our crowd management we may ask you to move a tent or take it down :( (we're sorry but safety first) if the wind speed is above 20mph most tents become a hazard (or less than that if not secured)

**Tents are not allowed in the Rose Garden.**

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes & Jubilee Park we wish you the very best of luck and we will see you on the day :)

Go check out all our events currently open for entry here: <https://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:  
<https://curlysathletes.co.uk/questions%3F>

10:00  
Sunday the 11th June 2023

