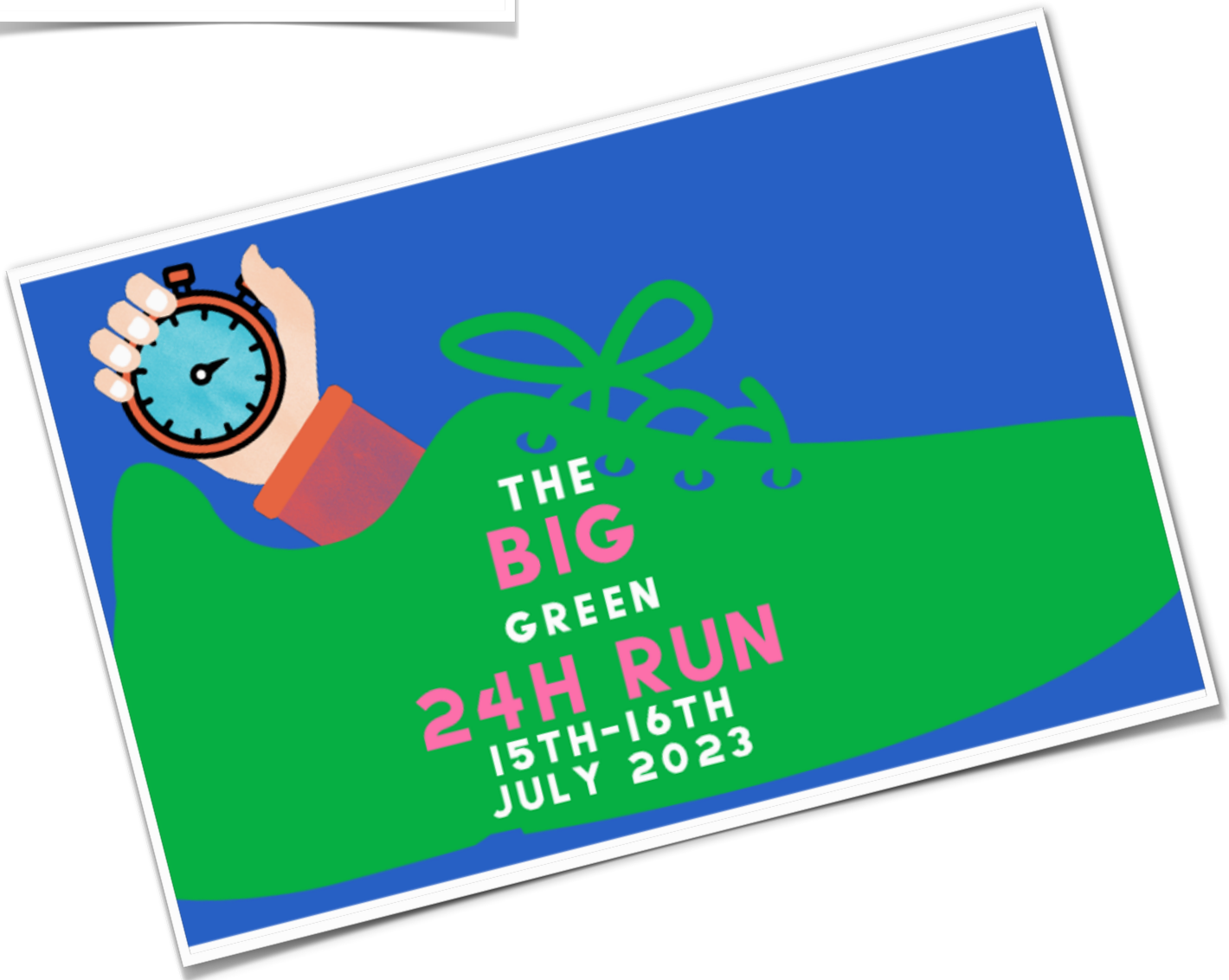


12:00
Saturday, 15 July 2023



SAMARITANS

Scunthorpe



**CURLY'S
ATHLETES**

Get ready for something amazing!

Join us at 12:00 Saturday the 15th of July until 12:00 the 16th of July for an exceptional 24 hour running challenge!

Run with your friends or go solo!

You can take part as a solo runner, or come as a team of up to 12 runners.

Each runner then runs around our off mainly off road 2 mile loop. In fact we've got two loops we use a 'day' loop and an 'evening/night' loop. Keeping things varied and enjoying the fantastic location just that little bit more.

If your in a team then you can do as many laps as you want, before handing over to your fellow runner. You can run for the 24 hours (with obvious breaks / nap time as needed) or simply run to hit a target and then check out and call it a day :)

The event is chip-timed, with an aid (snack) station on route to help you stay on course for as long as possible.!

Facilities!

It will only be a small group of runners taking part given the nature of the challenge. Our team are there to support you get to your target, we are your own personal support crew, providing encouragement, guidance, medical support, snacks and a lovely warm brew.

Here's a few things about the location:

- Camping is included in the ticket and we've a lovely camp site right next to the loop (but just far enough away for napping)
- We have real toilets, showers, changing rooms, kitchen and indoor / outdoor chill areas. We also have a dedicated space for barbecuing should you need to!
- At 12:00 (well just after) we have a well done simple meal planned for you thank to the amazing Samaritans team
- The Samaritans team are on hand throughout the event to provide support and look after the runners (and our teams) well-being :)... they'll be making the brews and handing out the jelly snakes!
- We have a 'snack tent' on the route provided by us with energy boosting sweet / savoury options. But you should plan to bring your own 'real' food, we don't recommend going off just the snack table. We also have water / cola / juice and tea/coffee/hot chocolate refreshed every hour on the half hour. We will also be rolling out the cup a soups and tortilla chips (seriously one of the best things for this type of event)... and of course some freddo frogs will be making an appearance.

At the end you've receive a bespoke medal crafted by 'Oak Bloke' who we have worked with to provide very very sustainable wood for some great record of your achievement. We then have trophies for 1-3 male / female solos. We also have a few specially selected items to give you at the finish...

Arriving at site For the runners / volunteers currently we have parking at basecamp.

For spectators parking is at Normanby Hall in the main car park, please follow the brown signs. Upon arrival inform the ticket kiosk you're here for the run/who you are here to see and you will only be charged for car parking.

Runners parking at basecamp is available from 10:30 and then we shut up as the event starts (any bespoke access/exit please get in touch)

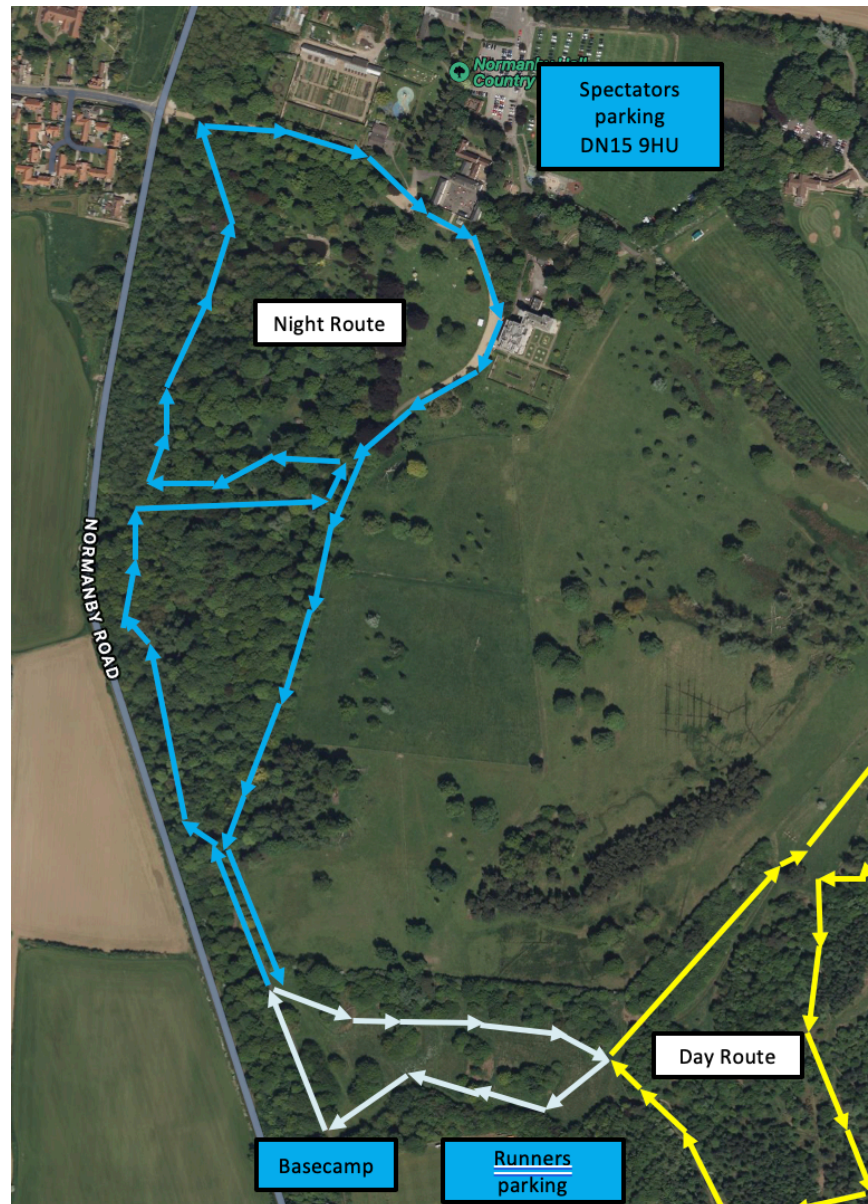
Parking will be accessible until 20:00 then the car park will be locked until the next morning at 09:00. This is for the security of our runners.

If you are accompanying and supporting your runner for the duration of the event and can arrive in the same vehicle as them, then you are welcome to join us at basecamp.

We are unable to accept spectators into basecamp arriving separately to the runners this is for the safety and security of our basecamp facility.

Should runners wish to, you can park at the main hall for free should you wish. It's around a 1km trek to basecamp.

We have your race number all ready for you next to the start line, so once you've set up camp, follow the signs and come and pick it up :)



Basecamp - Athlete/volunteer parking (not spectators unless arriving with runner)

Finding basecamp (be aware it's easy to miss!)

What 3 Words: [///ethic.something.sardine](http://ethic.something.sardine)

Postcode (do not rely on sat nav it will only get you close to location) DN15 9BE

Gates are secured from 12:00, flag to the team for any access/exit requirements

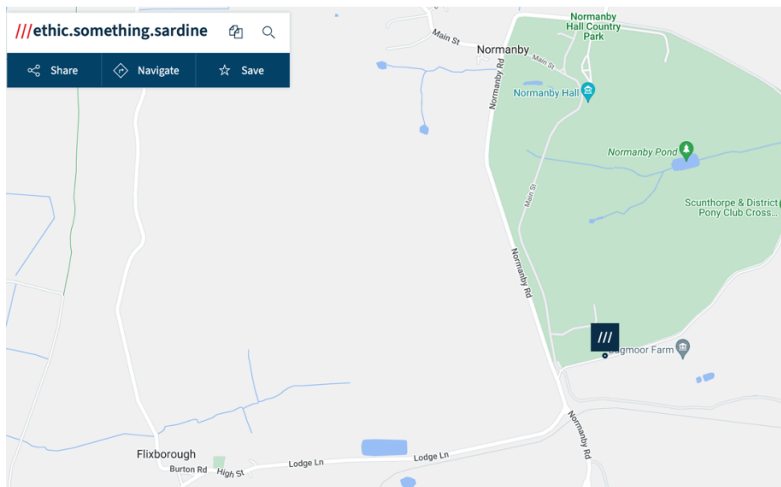
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Camps

Basecamp Deer:

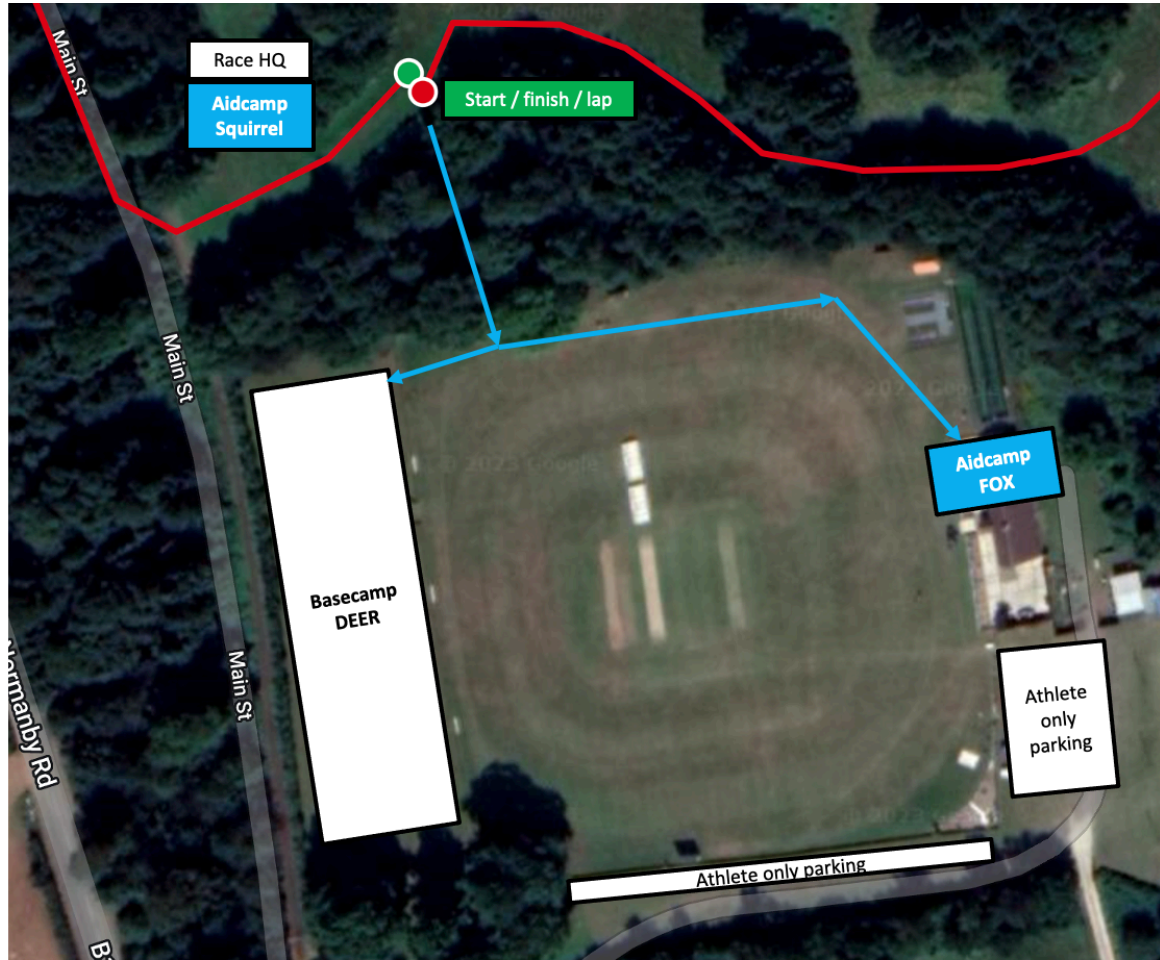
- Athlete camping

Aidcamp Squirrel:

- Water re-fill
- Hot drinks on the half hour
- Snack & grab facilities (sweets / crisps etc)
- Benches & shelter tent
- RACE HQ
- First aid

Aidcamp Fox:

- Toilets
- Kitchen (kettle / oven / hob)
- Showers & changing
- BBQ zone (self)
- In & outdoor chill zones
- Post event meal served



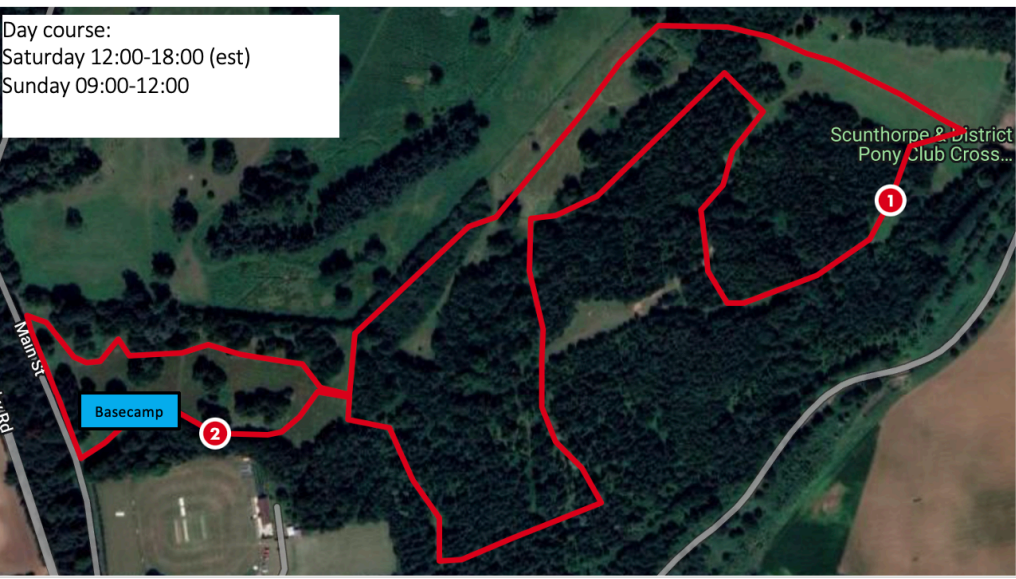
Route (s) overview

The event starts at 12:00 Saturday, finishing at 12:00 Sunday.
The event uses two routes:

The DAY route
This is 100% trail, barring a 200 metre internal road section, a mixture of grass trails, firm trail, a small sand patch and if it rains the course will be muddy in place but it drains quickly.

The NIGHT route:
A mix of trail and some internal park road (but trail to the side of the road... your choice ;)) This is right in front and around Normanby Hall... which is an incredible place to run at night!

Day course:
Saturday 12:00-18:00 (est)
Sunday 09:00-12:00



Night course:
Saturday 18:00 until
Sunday 09:00 (est)

Top tips & essential kit-

- Headtorch - mandatory for the night section (we do not light it due to help maintain your night vision)
- Bring your own food supply (we have snacks but that's not what you want for 24 hours, go for simple things you know and like!)
- Don't forget your tent and sleeping kit! . . . you can pitch up from 10:30 on the day
- We can't take runners motorhomes at basecamp we're afraid
- BRING INSECT REPELLENT - we are in a beautiful spot surrounded by nature . . . at night nature can get a bit 'bitey' so be prepared
- Bring sun cream for the day :)
- Wash kit and a change of running clothes along with some 'comfies'
- Take your time to depart and please feel free to have a post event nap before you set off home, we want everyone to be safe. If you feel unsure about anything please ask.
- Bring a mug :) (it saves us wasting cups for your brew.. plus it's always better in a proper mug (cup and saucers also accepted))
- Bring a cup or foldable cup or drinks bottle, we have cola, juice and water and will top you up but again to keep with our Green approach we would sooner you re-used.
- Personal kit, we have a drop tent next to the lap point so please bring valuables should you wish to leave them somewhere a bit more secure (left at own risk) or dropping your own personal aid kit in the our personal aid tent, you can then access this during the run.
- Toilets are 150m from the lap point and basecamp it's 120m from the lap point. Just fyi . . . these you can access after you cross the lap point
- The event is chip timed and you will be able to track live result since we get underway.
- We have measured the loops at 2 miles, but there is heavy tree cover in places and this will make your GPS take the 'assumed route' making it occasionally inaccurate.
- RACE NUMBER - is collected on the day.
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***Entry amends / cancellations** If you wish to amend your entry this must be done **14 days** ahead of the event. Log into etchrock.com to update any details. If you're unable to attend the race, then you can transfer the full race credit 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.

- **If you need to leave the course and go to your tent / car etc, then simply exit by the handover exit . . . and then return via the entrance to the handover section.**
- **RETIRING EARLY**, so if at any point you wish to retire that's no problem. Simply exit after the lap point in the designated exit point (the team handover area) You may have had enough, achieved your target distance or something good maybe on the Telly . . . please let us know you're retiring and of course get your medal! :)

Team ? **Please never have more than one team member on the course at any one time.** If you've got a runner that needs support, you can pretty much follow them all the way around outside of the course (as it's around the school perimeter.) IF YOU WANT TO DO A TEAM RUN IN AT THE END, REMOVE YOUR RACE NUMBER that's no problem :)

There is no minimum number of laps or time limit on each lap. You can run or walk, jog or skip. The team can decide to knock it on the head for lunch and pop back later, or just call it a day!

We have a clear 'handover' area at the start line, where you can gather ready for your runner to come in and you to take over... **It's very important you don't hand over anywhere else!**

After runners have passed the lap point they can decide to pull off and handover in the handover zone or crack on for another lap...

WHAT TO HANDOVER! - each team member will have a race number, but these are unchipped. However the team each has one chipped number, this is to be handed over to the next team member. We have number belts for you to make this process easy or of course bring your own if you have one!

You will need to complete a whole lap every-time someone heads out.

We will do a FINAL call for everyone at 11:30-11:40 (est), where no new runners are allowed on the course and at 12:00 the timer is stopped ... so if you're out on course that means the last lap doesn't count, we make the final call based on lap speeds

FUELLING TOP TIPS:

- Don't wait until you're hungry to eat, Don't wait until you're thirsty to drink!
- Little and often, don't over consume and start consuming after your first 2 miles and then keep going
- Snack every 30 mins, drink little sips of liquid as you go along.
- Take on salt via food or electrolyte type drink tabs.
- YOU CANNOT EAT ENOUGH, BUT YOU CAN EAT TOO MUCH! ... ok odd one but you won't be able to consume the number of calories you're burning, so don't try!... you are literally topping up reserves as best you can. If you overfill then gastro problems will appear.

- SENSITIVE TUM? ... then eat what you know and bring your own stash, avoid anything high in fibre/salt/sugar too early on.
- CAFFEINE, it's great but again don't take on more than you usually would
- GELS & SPORTS DRINK are generally good for emergencies and the final hour, but don't rely on them for fuelling, try to eat real food. These are bad to over consume 'osmotic diarrhoea' is worth a google!
- DON'T over consume the day before or the morning... eat normally but tweak to blander more 'beige food' and a small increase in carbs five days out will help ensure your levels are topped up.

Presentations, Photos & Results

Presentations—Each individual will get their own results, lap splits and total.

Presentations, prizes and trophies will be given out up at the end and given we currently have purely solo runners the the trophies we have currently arranged are 1,2,3 male / female :)

Photos—these will be uploaded here when they're set <https://curlysathletes.co.uk/athlete-zone> (it may take a few days, and will come from multiple photographers, but we will work on them quickly) we will have a good collection of DIGITAL DOWNLOADS FOR FREE from the day :)

If you have your own photos, please share! Either on our Facebook page, or message us directly—you can even add to our Flickr account.

Results—are 'nearly' live throughout. They will have a slight delay, but you can find them here:

<https://curlysathletes.co.uk/athlete-zone>

Given the complicated nature of the event, we expect a few queries, so any problems, please message results@racetimingsolutions.co.uk We will then publish a 'final' set of results for the archive on the Wednesday after the event, allowing enough time for any queries and investigations to take place :)

Athlete well-being

If you feel unwell or injured, then it's your responsibility to make sure you withdraw from the event. Please don't put yourself at risk.

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Security-we will have team members checking at regular intervals, to help keep the site safe and support with after hours questions and site navigation.
- 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 kit storage facilities, except for solo runners, where we will have a bag drop available. For everyone else, please leave your belongings in your car or ideally with your team mate!
- Water-we will have a water and feed station on the course.
- Rubbish-if you decide to run with a water bottle or gel, please ensure you bring everything away with you that you take onto the course. These can be dropped at the aid station point, but please make it obvious! We will disqualify anyone for intentional littering.
- Headphones are ok :) but we will have music on the course for you, plus lots of cheering so hopefully you can do without ;)
- Pacing! Know your target pace and don't set off any quicker than this pace. Consistency is key when it comes to this kind of challenge ... Setting off too quickly is the most common reasons for a bad day out!
- We have access to fresh water / toilets and showers for the weekend. These will be sign posted on the day (no one wants a stinky runner!) The toilets we have at the handover area are for runners who are running! So please use the other facilities if you're not running :)

I'm stuck with everything, help! probably best you drop our amazing athlete support
Dawn a note at contact@curlysathletes.co.uk

HAVE A GREAT EVENT!

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>