

11:00  
Sunday 19th May 2024

**CURLY'S  
ATHLETES**

**THE  
BIG  
GREEN  
10K**



HELLO!

...and welcome to our glorious second year of the Big Green Scunthorpe 10k!

Taking place on Sunday the 19th of May 2024, with a start and finish, right in the heart of Scunthorpe, North Lincolnshire and surrounded by the fantastic Central Park.

In 2023 we worked with the lovely Scunthorpe & District running club to re-create the Scunthorpe 10k a full makeover, with a NEW ROUTE, a new start and finish, making it flatter, faster and great for crowds!

The amazing team from LAVO Italian open kitchen & bar (from just down the road) are very kindly sponsoring the event and without their support it simply would not be possible! They are also giving every runner a FREE

Mocktail at the finish (how great is that!). <https://www.lavouk.com/>

It's a fantastic place to enjoy a meal out and they're such a lovely team :)



An extra thank you to those clubs, groups and organisations getting involved and making the day special for our runners. You'll see volunteers at various points cheering you on, so if you're not too tired, then shout them a thank you :)

At Curly's, our goal is to promote active lifestyles, providing people with inspirational, fun, great value and high quality events. We know the benefits of physical activity to an individual and community are huge for physical and mental well-being. Our goals for this event are to help "inspire activity, bring communities together, promote the town and support Scunthorpe & District Running Club, and help make this event and our other events greener in their approach.

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/>

## Race numbers and help!

Numbers are collected on the Sunday Morning 09:15-10:45 from the Social Club (see our handy map at the end)

Brumby Hall, Social Club.

Ashbv Rd. Scunthorpe DN16 1AA

You can also pick up friends/team mates/family members numbers. Just come armed with their surname or race number, their DOB, or postcode so we can verify :)

You may notice your envelope has been used more than once (don't worry we've been recycling, **and if you return your envelope to us at registration vs putting it in the bin we will re-use again** ... while we continue to work on an envelope free process)

**DO NOT SWAP NUMBERS!** -this is to protect our runners, and in case of an emergency, we know who were looking after. We have a great LATE MATE system that helps you do this up to 48 hours before :)

## Sunday Registration 09:15 - 10:45 Make your way to the social club-it will be well sign posted.

Come armed ready to get your number. Numbers are in surname order. You can also check out your race number on the website beforehand to make it even speedier! The start line is 300 metres from registration (and right next to the finish)

### Inside your race envelope

- Your race number. Attached to the rear of this is your timing chip, so please don't bend/fold this section or it will result in you not receiving a finishing time!
- 4 x safety pins

**If you're not keeping your race number please drop it back to us ... we can then take care of recycling it for you** (race numbers are tyvex material, which is quite hard to recycle, so we've got a super secret project we're working on with these ... so you may see them back in a different format!

**Event t-shirts?** Sorry, again not for this year- we've been asking our runners about options and we haven't been happy with our current 'eco friendly' options. We're working on this :)

**Help!** Most answers to queries can be found in this information pack, or on our website [www.curlysathletes.co.uk](http://www.curlysathletes.co.uk), but for anything further please get in touch. [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk) It's much better to get in touch ahead of the day vs leaving it for event morning-we run to really strict timing plans, so we will always be helpful, but we may just be a tad busy :) ps: we will be out of office 48 hours before the day setting up the event.

**Bags!** We have limited space at registration, so where possible please leave with spectators, or in the boot of your vehicle. If you do need to leave your bag, it will be labelled up with your number on it :)



Event day timings, trophies, toilets, spectators, parking & volunteering! \*\*event maps at the back of the pack!\*\*

09:15-10:45 Registration opens :)

10:45 **The short walk** - we will begin moving/encouraging/dragging people to the start line! Please position yourself sensibly at the start line, we will have pacing boards up, so please align yourself with your expected finishing time (as well as you can) this allows for a nice smooth race and faster times.

10:50 **Race urgent announcements** - The race briefing will be filmed before the day and posted on our social media :) However, any urgent elements / changes, we will announce at the start line via a portable PA, so listen up ...we're also joined by local legend Annie Fanny, who will be starting the race!

11:00 Event starts with a bang and lots of cheering, led out by our electric lead vehicle and cyclists :)

11:30-11:32 (est) First finisher

12:45-13:30 (est) Final finisher

**Trophies** We aim to gather the winners as we go for prize giving. We have overall winners with wooden trophies and lots of age group mugs (not trophies, as we figured you can re-use a mug and its a better material... plus you can celebrate the win every time you have a brew!) **Special composting prize!** Oh yes... Our fastest male and female from North Lincolnshire will be taking home their very own ~~luxury speedboat~~ composting bin! (Don't worry you can pop and collect it so you don't have to fit it in your car!)

**Toilets** You'll find these at registration around the building (more than one block) and in the Pods leisure centre. For 2024 we're bringing in additional toilets as the event has grown by 40%, these will be positioned outside registration :)

**Parking** Free parking is at North Lindsey College (DN17 1AJ) on event day (thanks North Lindsey College team). This is for all runners, please **do not park on Brumby Wood Lane residential street, the Pods, or any of the Central Park car parks (these will be closed)**. Disabled and cycle parking can pop up to the Pods. Volunteers, please see our volunteer page for your parking :) **PLEASE CAR SHARE WHERE YOU CAN.**

**Spectators-** We're assuming they'll be at the start to send you off, but the course has been designed to ensure it's as lively a possible! So, we've attached a map, but you can see you runner at the Start, 3km, 7km and again at the Finish (all within 200 metres of each other.) Remember, road closures are in place, so you cant drive up to the start or finish area, or any part of the run route during the event.



**GET INVOLVED** - If you fancy helping out on the course, or setting up your own cheer station, please get in touch and let us know at [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk)

## Things going on!

- **FREE MOCKTAIL**- thanks to our headline sponsor LAVO Italian open kitchen & bar (based just 300 metres from our finish !) they have prepared a special Green Machine Mocktail... with Cucumber, Mint, Apple Juice & Kiwi Syrup. This will be waiting for you, along with the LAVO team at the finish line :) They also have a **special on the day, with 15% off in the restaurant for any runner who 'flashes their medal'**
- **FREE COOKIE**,- we've bought every single runner a lovely cookie from the wonderful Cookie People ! They are based just down the road and have another shop, even closer in Central Park, just 400 metres from the finish! You'll meet the Cookie People at the finish :)   the
- **FREE WILDFLOWER SEEDS**,-we've also bought lots of wildflower seeds and are currently popping all these in envelopes. You will be able to pick yours up from the finish line team on the day :)
- **A FANTASTIC WOOD FINISHERS MEDAL!**,-we've spent a-lot of time finding these locally and working on them ... we LOVE the combination of the steel works and central park, representing 'The Industrial Garden Town' we grew up in.
- **ANNIE FANNY!**, the lovely Scunthorpe Panto team from this years Snow White will be down, starting off the event (and maybe running??) They are at the Baths Hall this year from 5ht 5th of December until the 31st of December for their amazing annual panto!
- **LOVELY GREEN SPACES!**-Our local parks team from North Lincolnshire Council are working hard on planting more trees and making our finish area look the 'greenest' it can be.
- **ON COURSE BAR AT 7K!**, the perfect post run venue to relax in.. or for spectators, the perfect place to pretend to watch the race from :) This is in the same lovely venue you register in, the App Frod Sports & Social Club (also home to Scunthorpe & District Running Club.)
- **SCUNNY & HUNNY BUNNY!**, Scunthorpes football mascots will be down and ready to cheer you on! 
- **FILMING BOOKED!**,-we're hoping for great weather. If we do, then we will have a drone about on the day, photographers and interviews. These are all been collected together to produce a short film about the event... so don't swear :)
- **SPACE FOR YOUR CLUB TENT!**-we've got lots of lovely green space, so please do bring along your team tent. Just be respectful of the grounds (the park team spend a-lot of time making things look pretty). Take your litter with you and have fun :) If you are looking for a cheer station on the route, then pop on down to the Kingsway or Queensway sections. Get in touch and we can draft you in as a volunteer cheer station: [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk)

## Runners well-being

- **Medics**, our medical team will be on hand throughout the event. Based at the aid stations, bikes on course and vehicles moving up and down the course. For top tips visit <http://www.runnersmedicalresource.com/en/>
- **Headphones**, we won't ban headphones as the race is held on a fully closed road. However, we strongly recommend bone conducting headphones. This isn't as fun as you'll hear on the day how much we like music! but we maintain our own and emergency services blue light response throughout the closures. An alert runner allows us to progress and get help to where it's needed quickly, and without putting other runners at risk.
- **Water**, who knows what the weather will be like! So, we have an aid station planned just after the 5k mark (on the return leg on Queensway :) You'll also see it on the way out- PLEASE DON'T STOP and cross the flow of runners to get water :) If we get a heatwave (we're not expecting one!) then we can pop another aid station at 7k for you. At the FINISH, we will have no plastic bottles, but you'll get a cup of water. Please take this with you and then you can exit the finish line area. We've then provided an unlimited re-fill station. This works well and we're well practiced at it. It usually means runners drink when they should be (vs taking it home in the car) and they take it in smaller amounts, which is a better way of taking on water post race :) It also reduces a huge amount of plastic waste (around 12,000 bottles over the last 12 months :) )
- **Sun Safety** Did you know that it doesn't have to be a bright sunny day for you to be exposed to harmful UV rays from the sun? Skin cancer is one of the most commonly diagnosed cancers in the UK and numbers continue to rise. Over 90% of skin cancers are preventable by adopting protective approaches to sun exposure.



As May is skin cancer awareness month [Humber and North Yorkshire Cancer Alliance](#) is helping to highlight some of the simple steps you can take to protect yourself during the run.

[Follow the five S approach to sun protection](#) to prevent sun damage and reduce the risk of skin cancer.

- Slip on clothing – the first line of defence against UV rays
- Slop on SPF 30+ UVA sunscreen and reapply every two hours
- Slap on a wide brimmed hat to protect the scalp and shade the face and neck
- Slide on UV protective sunglasses to protect the eyes
- Shade – seek shade when possible, particularly between 11am and 3pm when UV is at its strongest.

## Green things!

BE BETTER - NOT PERFECT- you'll see our motto all over the place. This represents our approach to our Big Green objectives. We're delivering 'normal' events you would expect, but trying with each element to do it a little bit better. We will be learning along the way. Those learnings are available for anyone, and we will share with all after the event. Everything won't be perfect, but that's ok... every event we will get better and better :)  
Some things we can't afford to do, some things you may not want to pay extra for, some things are quite frankly rubbish, and some things simply we don't have green solutions for .... so WE ARE NOT PERFECT.... but WE WILL BE BETTER!

We've already got lots more plans ready for year two... go check out our current Green plans on the event page (they get updated most weeks)

## The Route & event maps:

Pop along to the event page on the website and you'll find an interactive route... but here's our talk through and map for you :)

Runners start the event on Ashby Road, heading North bound to Brumby Wood Lane roundabout, turning left at the roundabout they head west on Brumby Wood lane.

Continuing along Brumby Wood lane until runners reach Kingsway. At this junction, runners turn left and head east on Kingsway.

Runners then reach Queensway roundabout, where they head straight across and join Queensway (using the right-hand lane), continuing to head east bound on the east bound carriageway and in the right-hand lane.

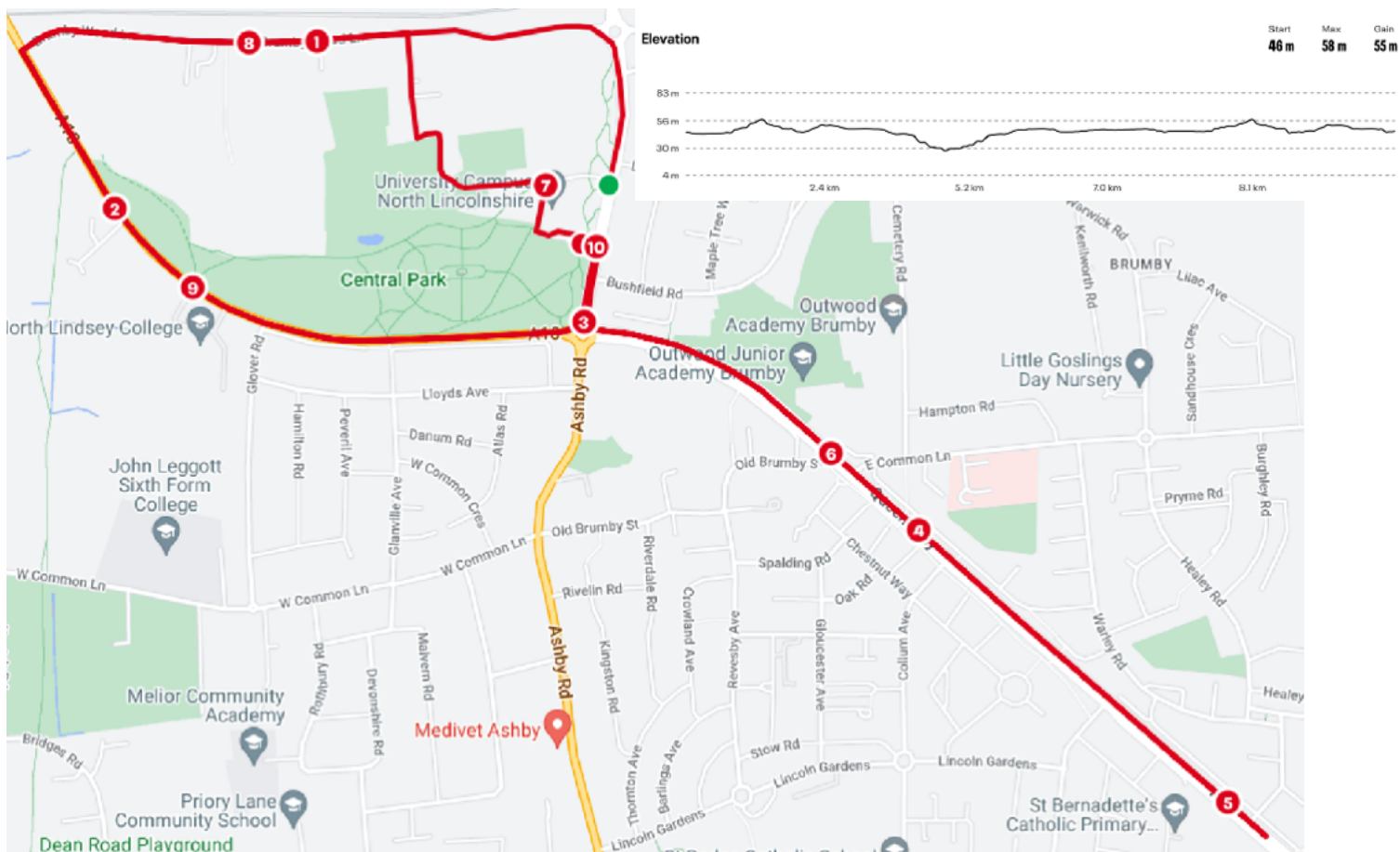
Continuing along Queensway, until reaching the 5k turnaround point in the road, they then complete a u turn whilst remaining on the eastbound carriageway but heading west bound (again in the right-hand lane)

Runners continue back to Queensway/Kingsway roundabout and then turn right onto Ashby Road, heading North on the South bound carriageway, until turning left to enter the university- via the road off Ashby Rd (using the north side road as an entrance).

Heading through the university car park, runners exit onto Centenary Way pass App Frod club and through the car park to join Brumby Hall Gardens.

Runners make their way through Brumby Hall Gardens and turn left on Brumby Wood Lane (picking up the route used on first lap). Runners then head as before west bound on Brumby Wood Lane, turning left and heading eastbound on Kingsway.

Upon reaching Kingsway/Queensway roundabout runners this time turn left (using the left-hand lane) and onto Ashby Road before then turning left again into the university and the finish line (using the south side road this time)











## HAVE A GREAT EVENT, THANK YOU & WELL DONE!

It's taken 'a-lot' of hard-work to bring this event to Scunthorpe and so amazing to see it grow from the original Scunthorpe 10k at around 300 runners, to our first year last year with 650 to year two where we think we will limit at 850 ! (Sorry if you miss out and we will keep it growing!)

Hopefully in the coming years, we will get there, but we've got plans for additional events for each year, and to grow the festival / 'gala' element to the day, adding more sports events to the weekend, along with our green approaches.

As always, we've faced many challenges along the way and an incredible amount of planning, but its all great fun and what we love to do (we don't get out much!)

We've had some great support and we look forward to your feedback to allow us to develop the event for future years.

Be Better, Not Perfect folks and we will see you on the day :)

So thank you, and an early well done! Take a well earned rest and who knows, we may see you in the runners bar in the afternoon (we will be the ones eating chips ;)

Keep up to date post event: <https://www.facebook.com/curlysathletes/>

## Terms and Conditions of Entry

\*As an adult participating in an Adult event, I declare that I am 18 years of age or over on the day of the event

\*As a junior participant under the age of 18 taking part in an event, I declare that a responsible adult has authorised my participation in this event and has read and accepted all the terms and conditions of the race on my behalf.

\*I declare that I will not compete in the race unless I am medically fit on the day of the race.

\*I enter this race entirely at my own risk. The organisers will not be liable for any personal injury or death, no matter how it was caused.

\*I accept that the organisers and sponsors of the race, or any of their agents, will not be liable for any loss, damage, action, claims, costs or expenses which may arise in consequence of my participation of this event.

\*Any belongings deposited at a bag drop are left at the owner's risk.

\*I am fully aware of all associated risks involved with participating in this event

\*By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorise others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.

\*I will listen to and respond to the advice given by race officials and marshals.

\*Headphones must not be worn (unless otherwise stated.)

\*Event Cancellation: If for reasons beyond the control of the Promoter, including an 'Act of God' due to unforeseen, naturally occurring events that were unavoidable, the event which applicants have entered is cancelled or postponed, the Promoters will issue a full Race Credit to the value of the original entry fee or transfer the applicant's entry to another race/events where requested. Alternatively, if an event is cancelled by the Promoter for non 'Act of God' reasons, the Promoters will offer a full refund.

• In the event of adverse weather or any other prevailing circumstances mean that the race is to be cancelled, details will be recorded on the web site and on the Facebook page.

**Our refund policy is as such:** We will refund entry costs to the tune of 100% 90 days prior to the event, 75% for 60 days before and 50% up until 28 days before. After this date, we are unable to process refunds.

nb: Due to the postponement of the June 2020 event the refund amount is based on the original event date and will remain at 75% until 60 days before the new event. However should you not be one of the transfers please get in touch for a 100% refund outside of 90 days from the new event date.

By entering this race, I am confirming that I have read and understood the above