

Sunday 29th March 2026

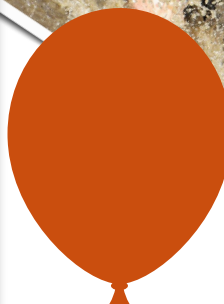
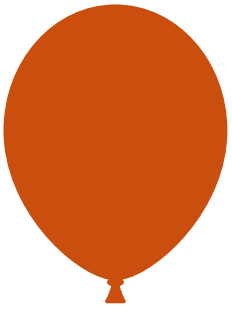
Normanby Hall Adventure Race 2026

Sunday March 29th

Information Pack



**CURLY'S
ATHLETES**



We admire your commitment!

Firstly, well done on signing up and committing to the 11th Normanby Hall Adventure Race, within the amazing grounds of the Normanby Hall Estate. The Team at Curly's Athletes are excited to be returning with lots of eager adventure racers, testing themselves on this unique course.

We start in front of the Main Hall, and then take you out to the cross country horse course, over mud, sand, grass, water and plenty of horse obstacles (plus a few we've added in so you don't get bored!)

The event can be raced (its a tough one!), but it can also be walked/jogged with friends, making it a great 'fun as a team' (that's what they told you anyway!!)

We have two waves going off on the day. The new for 2026 5k wave will set off at 9.30am and at 10.45am the 10k wave will be on their way. (And yes - there are some of you doing both waves!)

Finding us and parking

Car parking is free and you will be directed upon arrival to the relevant car park. As always, we would like to encourage you to car share if possible. This not only helps us be that little bit greener, it also helps ensure there is no traffic congestion or subsequent delay getting you to the start line. A win-win in our eyes! The venue is well signposted as you head to Normanby, so you wont miss it!

Normanby Hall Country Park, Normanby, DN15 9HU.

Registration

Registration - all numbers and chips can be collected on the event day from 08:00. Try to give yourselves at least 15 mins before your wave starts.

Pre ordered Race technical t-shirts will be able to be collected, alongside your number, or you may collect after the event. We will also have a few spare T-shirts for sale on the day £11 (cash or card)

We will also have a few Curly's hoodies, bobble hats and snoods too - you can see them here: <https://runninggifts.com/>

In your envelope you will find your race number, safety pins and timing chip (please read on for instructions on how to attach to your trainers)

Registration will also be open on **Saturday 28th March** 10:00(ish) to 11:00 if you want to pop in and collect your pack early. (Dawn is running park run at 9am so give her a chance to finish and get across there!)

KNOW YOUR NUMBERS - numbers are allocated in surname order but it helps for a super smooth registration if you know your number, these can be found in the final few days before the event on the website here: <https://curlysathletes.co.uk/normanby-adventure-race> (we will send a note out). Then simply tell us your number at registration.

Bag Drop - We will **not** have a bag drop, we recommend leaving bags in your vehicle. If you want to leave your car key (to stop it getting wet) , please put it in your registration envelope and give it back to us :-)

Curly's Shop!

OUR NEW SHOP THAT DOES 'GOOD THINGS' will also be popping up at registration or you can order online and pick up on the day :) www.runninggifts.com

Wouldn't it be wonderful if the kit we bought to get active also helped others get active - by buying this kit, you'll help us make a start in 'moving with purpose'. When you buy lovely things from us, you're creating micro-grants that help people get active. These are focussed on the local area based on where you collect, buy the item from or have the item delivered to (delivery options coming soon!)

When you buy something from us, 10% of the price you pay goes directly into our micro-grants. Which we award locally. We're starting with a specially designed hoodie, a snuggly bobble hat and our snood :)



Timings

Sunday

08:00 - Registration opens for all races. Collect your chip, number, and any pre-ordered t-shirts. We will have a small supply of t-shirts available to purchase on the day £11 (cash or card)

09:00 - Bale Jumper starts (Junior's race)

09:30 - Wave 1 race starts (5k & 'Do the Double part 1')

10:45 - Wave 2 race starts (10k & 'Do the Double part 2')

Just to remind you that British Summer Time (1 hour forward), starts on 29th March, event day, so make sure you set your alarms correctly.

We don't want you to be late too the fun!!

Junior Athletes

Our Junior runners take part in our mini "bale jumpers" event. Starting at 09:00am in front of the main hall. We won't record time or results, as this race is just for fun :)

Junior athletes still need to pop up to registration to pick up their race number

It's around a 750 metre course for the bale dashers (these mini athletes need a parent to accompany them around!) It is really important to attend the race briefing, so you know which direction the junior athletes are heading off in!

This all takes place up at the main hall area, so it's easy to spectate - it's a combination of on road / on grass running, with plenty of bales to scramble and jump over and crawl nets. It's not super muddy, so they tend to stay dry. It's great to watch, and all juniors receive a medal at the finish and sweets!

Entry amends

*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 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.

Doing the Double

If you're one of the few 'brave' enough to sign up to do both waves, you will be setting off at 9.30am for the 5k route, and again at 10.45am for the 10k route. (You will collect 2 race packs from registration) Please don't forget to bring an extra set of race clothes for the second wave and something to keep you warm in between - it will be cold, and you will most likely need a second pair of trainers!

You will need to swap your timing chip after the 5 k (follow the signs near the finish line to our lovely clipper sniper team , we will include spare ties in your pack and we will have emergency ones!) Your special trophy will be ready for you at race HQ to collect at the end of the day

Athlete well-being

Medics - our expert team will be on hand throughout the event, on the course and at the finish. We will also have medics and 4x4 safety vehicle on course for emergencies.

Dress for the weather - please ensure you dress appropriately for the weather conditions and always **bring a change of clothes for after the event.** You will be wet, and cold will set in quickly. However please consider it can also be warm, and lots of wet clothes don't keep you warm (unless its a wetsuit!)

Get some gloves on! - you will be scrambling over obstacles, so these are essential- simple work gloves are ideal.

It's slippery! - obstacles will get muddy, so always approach obstacles using your hands vs trying to use your feet. Take care, as the obstacles are hard wood and not very forgiving! Step over vs stepping on is good advice.

Water (to drink) - We will have an aid station at the half way point and the finish

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. We will disqualify anyone for intentionally littering.

Headphones - yes, you can wear them, but you're off in the water & we ain't fishing 'em out ;)

Water crossing - It's a big feature of our adventure race and we actually have two water crossings. These aren't deep and around waist height for the shorter athlete. We check the bottom for obstacles ahead of the day and it's pretty flat and level underfoot. DO NOT DIVE IN, it's not very deep and we do not want to risk injury... safe controlled jumping or

lowering yourself in is the approach, it's great fun and feel free to enjoy it while you're in there.

Obstacles - May be slippery and they are made of wood, so please take care in your approach and remember 'hands down' first is a great approach to safely getting over. Choosing to go foot first is more likely to cause a slip.

The Course, start maps & finish line!

The course is currently 5k ish and 10k ish *subject to us tweaking the course!*

There is a short stretch of lovely smooth tarmac at the start of the race and again at the finish...perfect for a great sprint finish!

Get yourself into the right position at the start of the race in terms of how fast you want to go! Don't go out too fast, too soon...it's a physically demanding course and the obstacles, thick grass, mud and water can really take their toll later in the race! Smart runners have a quicker second half!

Leaving the internal park road after the start, you then head across an open grassy meadow, with some big bale jumps and crawl nets to start you off. Once you head into the trees and over more bales, that's the start of the first loop of the course. 5k event athletes will complete one loop and 10k athletes will complete the loop twice, and then head back up the way you came (across the meadow)

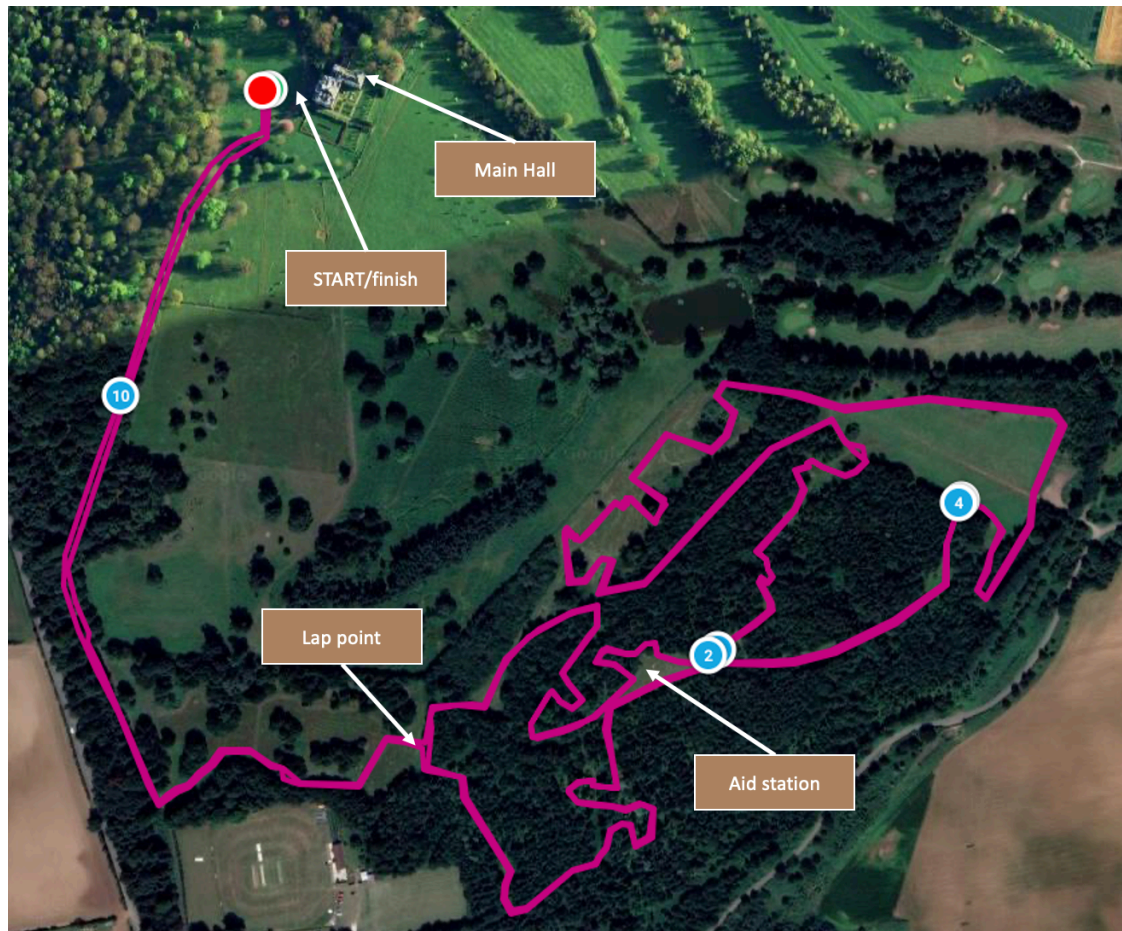
Please stick to the left hand side throughout the course, you may find that you catch up with people, or get caught by others on their second lap of the 10k wave. Please make way for faster runners. If you are the faster runner; please be polite when passing others, and let them know you're approaching. A quick note to our more competitive runners, if you are seen to be missing out obstacles, any trophy or prize will be held onto until we establish what happened... and trust us people will point it out to us!

Race finish is right in front of the main hall, the perfect area for all your screaming fans to cheer you home!

5K route



10k route



How to put on your timing chip

The timing chip is attached, via a provided cable tie, to the laces of your trainers. Make sure it is fully secured, as no chip = no time!

We will be collecting these back at the end of your race - the lovely snipper clipper team will be just after the finish line :)



Things going on

Refreshments - The park café will be open on Race Day. Plus don't forget the cupcake at the end of your race (along with your medal!)

Dougie's Brew & Bites -

A coffee and drinks vendor pouring exceptional barista coffee, seriously good hot chocolate, and everyone's favourite—Yorkshire Tea! Add to that their homemade sweet and savoury bakes, and you're in for a treat!

<https://www.facebook.com/profile.php?id=61584943710422&sk=about>

Fleur's Kitchen -

Serving delicious sweet and savory crepes - yummy!

<https://www.facebook.com/fleurskitchenx>

Metres to Miles

Our friends will be here with a range of their sporting goods and friendly advice, so drop by and treat yourselves.

<https://www.facebook.com/MetresToMiles>

Toilets, are open next to the main car park. Please keep mud to a minimum here. The toilets will be manned and **they are not for getting changed in after your event... bring a bin bag, a BIG towel, seat covers and prepare for an in car changing adventure!**

Spectators - are welcome on the course, and we will have several spectator signs present showing where to go (these are RED ARROWS) :-)

Photos - we will have our photographer around the course, so do give him a wave! These will be on our website in the **Athlete Zone** section. We would also love you to share any of your photos from the day with us, and welcome your comments about the race! Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results - we're fully chip timing the adult event, so results will be available online straight after the event. At the end of your race, we do need to collect timing chips back in, and we have our lovely clipper sniper team, positioned just past the finish line heading back towards registration who will collect them from you.

Prize giving & trophies - we will try and do these as we go along, so you don't have too long to wait. Do the Double athletes will be able to collect their trophy from registration.

Up next :)

Visit: <https://curlysathletes.co.uk/our-events> for all our future events

And Curly's are back at Normanby Park on 12th July 2026 for the beautiful Normanby 10k and 3k with the famous Norman Bee!

HAVE A GREAT EVENT!

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

TERMS AND CONDITIONS

Curly's Athletes Ltd

Terms and Conditions of Entry

Definitions:

Participant: the individual who has submitted their details onto the entry system and participating in the event.

Event: a running, obstacle, cycling, duathlon or triathlon event organised by the Organiser and for which these Terms and Conditions of Entry are attached.

Organiser: Curly's Athletes Ltd

Entry Policy

Under UK Athletics (UKA) Rules and Regulations, the following minimum age restrictions apply as of the date of the Event:

- 11 (eleven) years of age in respect of a 5K;
- 15 (fifteen) years of age in respect of a 10K or 5 Mile;
- 17 (seventeen) years of age in respect of a Half Marathon or 10 Mile;
- (iv) 18 (eighteen) years of age in respect of a Marathon.

All Participants under the age of 18 (eighteen) years must obtain parental consent in order to register and participate in the Event.

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 of the terms and conditions of the race on my behalf.

By submitting your application and paying your entry fee, you are agreeing to enter the Event and also agree to abide by these Conditions of Entry, the Event Conditions and any instructions given to you by the organisers and officials of the Event. Included in your run pack will be an electronic chip to record your time. For the vast majority of our races, this will consist of a foam sticker to the back of your number. The only exception to this is the Normanby Hall Adventure Race, which will consist of a shoe tag. This should be used in accordance with the instructions in the information pack. Removal of the foam chip/ shoe tag will mean no time will be recorded.

Participants in the Run are subject to the competition rules as dictated by the governing body. If there is any conflict between the competition rules and the Agreement, the Agreement shall apply to the extent of the conflict.

Medical Declaration:

It is recommended that the Participant prepares and trains for the Event. The Participant is advised to consult with a medical professional prior to entering into the Event, especially if they have not exercised for some time. If the Participant has a medical condition, it must be detailed on the reverse of the race number.

The Participant agrees that, as far as they are aware, they are physically able to compete in the Event and, to the extent that it may be necessary they have sought and relied upon any medical advice before the date of the Event. Should any medical or physical condition arise prior to the Event, which is likely to affect their ability to compete in the Event, the Participant should withdraw from the Event. The Participant consents to any medical treatment being administered during the Event by official medically qualified personnel.

The Organiser may prevent the Participant from taking part in the Event (either at the start or during the Event) if the Organiser or any medical representative considers that the Participant should not participate in the Event for health and/or medical reasons.

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

Participants enter the Event entirely at their own risk:

Curly's Athletes shall not be liable for any injury, loss or death occurring as a result of participation in the Event (including, without limitation, any losses resulting from the Organiser's negligence), provided that nothing in these terms and conditions shall exclude or limit the Organiser's liability for death or personal injury resulting from the Organiser's negligence or for any other type of liability that cannot be excluded or limited by law.

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.

Race numbers:

All Participants must clearly display the race number allocated to them on the front of their vest/t-shirt throughout the Event.

Race entries are not interchangeable, and entries cannot be assigned, transferred, sold or gifted to any third party. If this is to occur, we will disqualify the person concerned.

Any assignment, transfer or sale of a race number may result in delay and/or difficulty in the event of an emergency and any such transfer, assignment or sale may result in disqualification of the Participant from the Event and/or the Organisers filing a report to UK Athletics.

First aid:

The Organiser shall use its reasonable endeavours to ensure that appropriate First Aid assistance will be available for the duration of the Event. There will be clearly signed First Aid points at the start/finish area and along the course. Volunteers and marshals in attendance at the race are not medically trained and will not give medical assistance other than notifying an ambulance or paramedic in the event that medical assistance is required. The Participant authorises the Organiser to pass on any and/or all information that he/she has provided to the medical teams operating on the day of the Event if required for medical reasons.

Baggage storage:

Should baggage storage be available at an event, personal items and items of clothing may be deposited prior to the race in the designated areas. However, Curly's Athletes Ltd do not accept any responsibility or liability whatsoever for the safe keeping or the storage of those items which are stored and deposited entirely at the risk of the Participant.

Event Safety:

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

The Participant must ensure that they have the correct equipment, footwear and clothing for the Event as they require.

The Organiser may at any time during the Event or prior to the Event prevent the Participant from participating in the Event if it considers such action is necessary for the safety and/or proper enjoyment of the Event by the Participant and/or other participants and/or spectators.

All decisions and rulings by the Organiser shall be the final in respect of the safety, running and organisation of the Event, the rules of the Event and finish times and positions. The Participant accepts that circumstances concerning the Event may change from time to time for reasons beyond the reasonable control of the Organiser and these may lead to the cancellation or change of the Event, venue(s), route(s) or other such changes. The Participant agrees to abide by such change(s) and acknowledges that any decision is entirely at the absolute discretion of the Organiser.

Please note that where an Event is open to wheelchair users and pushchairs, all participants should be vigilant so as to avoid contact with any wheelchair/pushchair or its user.

At all times during the Event, you must listen to and respond to the advice given by race officials and marshals.

Headphones must not be worn (unless otherwise stated.)

Your participation in the Event is personal to you. You are strictly prohibited from swapping, selling or transferring your place in the Event or allowing any other person to wear your Event number and participate in your place. If you are found to be in breach of this condition, we reserve the right to exclude you from participation in future events.

Resources of the event organisers, including medical and safety services, along with event supplies for drink stations and finishers packs, are reserved solely for registered entrants. Any unregistered runner intending to participate should seriously reconsider as they pose a serious safety risk. Any unregistered participants should be reported to the nearest official.

Our events are staged on closed and open roads (please see route details for specific information). The running course will be marked by kerb edges, barriers or cones and tape. Some areas may contain permanent street furniture and or temporary works or hazards, so for your own safety all runners are instructed to stay on the designated route.

Participants are not permitted to bring pets or other animals onto the Event course. This is with the exception of guide dogs.

Bikes, scooters, roller skates, or any kind of mechanical aid (except wheelchairs) are strictly prohibited from the Event course on the day of the Event. Pushchairs are allowed at some of our events- please contact us for specific information at contact@curlysathletes.co.uk

Aided participants

For those participants who are aided around the course, either by being pushed or assisted, by a guide runner, the guide runner must also be a registered participant in the Event. The Participant requiring assistance must advise the Organiser that they require assistance upon entry of their application and a free entry place will be provided to the guide runner. A request should be submitted to contact@curlysathletes.co.uk

Use of Image

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

Race packs (these are collected on the event weekend :))

Unless otherwise stated in previous communication, a race pack will be posted to the Participant prior to the Event to the address provided upon completion of the entry form.

Race packs will not be posted to those Participants who provided a postal address located outside of the UK at the time of completing the entry form and race packs must be collected from the race office prior to the Event. Race packs may be mailed to an alternative UK destination upon a request by the Participant and provision of a UK mailing address. The Participant should contact the Organiser via the online enquiry form on the Website to make such a request.

We do not accept responsibility for the non-delivery of race packs. If the Participant does not receive his/her race pack prior to the Event it is his/her responsibility to contact the Organiser, whereupon arrangements can be made regarding the issue of another race pack or collection of the same on the date of the Event. The Organiser shall be entitled to charge the Participant a fee for replacement packs in respect of its reasonable administration costs.

If a race pack has to be collected on the day of the Event, the Participant should allow appropriate time to do so prior to the start of the race.

Change of Address

If your address details change after you have submitted your application, you can login to your profile on www.curlysathletes.co.uk and change your postal address. Approximately 4 weeks before the Event your run pack will be sent to the address held at that point. If you have any queries regarding this please email details of your old and new addresses and date of birth to contact@curlysathletes.co.uk

Race Time

The Organiser will use its reasonable endeavours to provide the Participant with a finish time, save that the Organiser shall not be responsible for any anomaly or technical malfunction in relation to the same.

Event Cancellation

If for reasons beyond the control of the Promoter, including an 'Act of God' or Pandemic 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' or Pandemic 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 Facebook page and we will also endeavour to contact the Participant by email or other suitable communication means.

We will endeavour to stage the Event at a later date either at the same venue or at an alternative venue. Any changes to the Event will be communicated to you at the Event or sooner if practicable

In the event of cancellation of the Event, Curly's Athletes Ltd will have no responsibility for any costs incurred as a result of cancellation including any travel or accommodation costs, including your travel to the Event location.

Transfer of entry:

Transfer of entry is permitted between Events but may be subject to a fee e.g. where the entry fee for the race wishing to transfer to is higher than that originally entered.

If the Participant is unable to participate in the Event, he/she may transfer his/her entry to another event organised by the Organiser provided the preferred Event is not closed for entries and the transfer request has been received 6 (six) weeks prior to the original Event taking place.

The Participant must notify the Organiser in writing by email to contact@curlysathletes.co.uk. The date of notification of withdrawal is the date of the email. The Participant must state his/her full name, date of birth, name of event and address in all correspondence.

If the Event the Participant wishes to transfer to is closed for entries his/her name will be added to a waiting list and in the instance that a place becomes available, the Participant will be contacted by the Organiser.

Deferral

Participants withdrawing from an Event may reserve an entry in the same event for the following year. In order to reserve an entry, a request must be made to the Organiser via email to contact@curlysathletes.co.uk. The Participant may need to pay the applicable entry fee of the event to which they wish to defer.

Race Entry Refunds

Our standard 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.

General Data Protection Regulation

By agreeing to our Terms and Conditions, the Participant agrees to the Organiser storing his/her personal data including name, address, email address, date of birth, telephone numbers, emergency contacts. Includes participants and volunteers and using this information for the purpose of organising the Event in order to send out vital race information. Personal data will not be used for marketing purposes unless marketing consent has been received.

In compliance with the General Data Protection Regulation (GDPR) the Participant has the right of access to his/her personal records held on the Organiser's computer. By agreeing to our Terms and Conditions, in order to send the Participant a race pack and fundraising pack (if requested), and produce his/her race results, the Participant authorises the Organiser to release personal details (including his/her full name, address and e-mail address) to the pack provider, or charity (if applicable), any official photograph company and timing results company. The Participant also authorises the Organiser to disclose his/her information for medical purposes on the day of the Event. All Organiser third party providers adhere to GDPR and will not use third party data for marketing purposes unless consent has been received.

Mailing lists:

The Participant's name will only be added to the Organiser's mailing list if they agree consent by opting in to receiving marketing. If consent is received information will be sent so that the Organiser can keep the Participant informed about other events of the Organiser. By agreeing consent, the Participant agrees that such information may also be given to other carefully screened organisations working with the Organiser to deliver the Event. If the Participant does not wish to receive any marketing information, he/she can indicate this on the entry form by not selecting the opt in option. The Participant is able to unsubscribe to these communications at any time.

General

The Participant agrees to abide by all applicable rules and regulations imposed by the Organiser or any relevant sporting governing body that oversees the running of this Event and the Participant will not be entitled to a refund of any entry fee if he/she is disqualified from the Event as a result of any infringement of these conditions or any such rules or regulations.

The Participant accepts that the Organiser may introduce cut off times as they think fit to limit time taken to complete the Event or any section of the Event to ensure the safe and proper running of the Event and he/she may be instructed to withdraw from the race in accordance with those cut off times.

The Organiser may vary these terms and conditions from time to time and the up to date terms shall be available on the Website.

Nothing in these terms and conditions shall constitute any partnership between the Organiser or any third party nor will any third party have the right or authority to bind the Organiser.

No waiver by either party of a breach or default or any amendment to these terms and conditions shall be affective unless in writing and signed by all parties.

These conditions shall be governed and construed in accordance with the Laws of England, Scotland and Wales and any dispute arising shall be subject to the exclusive jurisdiction of the English Courts.

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

Last Updated: 20th November 2021