

The Normanby Hall 10k

30.06.19

With JUNIOR event

**CURLY'S
ATHLETES**



Sunday 30th June 09:00 start

Junior start TBC

Welcome to the Normanby Hall 10km, our fast and picturesque 10k run ☺

Registration:

Saturday 16:30-18:00

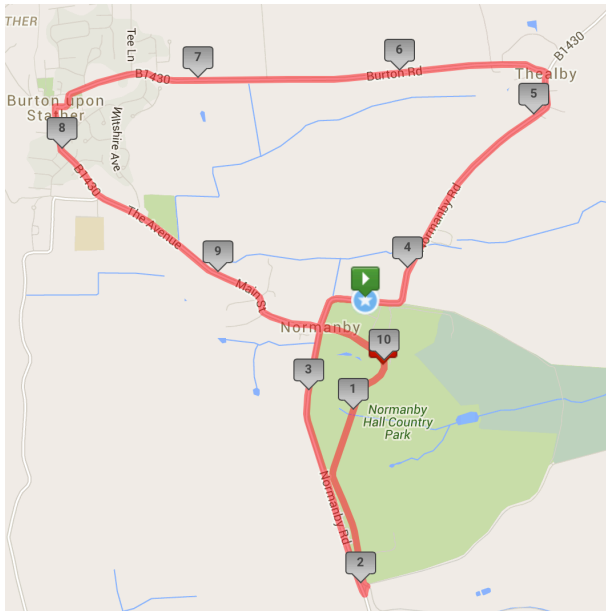
Sunday 07:30-08:30 (juniors TBC)

It will be sign posted from the car park but follow the signs for the waterpark! Here you pick up your race number (and your friends if they're feeling lazy, just be able to give us their DOB/postcode and of course .. name!) plus collect your race t-shirt if you ordered one. We strongly recommend registering on the Saturday, less stress for you and you can have some time to ask us about the course.

Normanby Hall Country Park
Normanby
DN15 9HU



Ps: We're helping to raise awareness for our Bee friends so don't forget to pick up your packet of wildflower Bee friendly seeds ... or even turn up in fancy dress as we do have a best bee trophy! (we have our Bee costumes already!)



The Event

Race briefing is at the entrance to the main car parking at 08:45. The run then starts at 09:00 on the road just in front of the main car park.

Runners then head toward Normanby and straight into the park through the main gates and in front of the Hall before heading through the park and turning back on themselves to come down the main road in front of the park passing back in front of the main gates. You then head off to Thealby before a slight climb out of Thealby to Burton (water station at 6km just after the climb) Right through the centre of Burton and then back to Normanby for a finish in front of the main Hall!

Please be aware this run has partial road closures but after 4km mark you are running on public roads so please keep left, keep aware and where possible use the paths.

Free Parking & Park Entry

Just download and print the parking pass, please note that you may be asked to pay park entry fee if you turn up outside of the registration times on Saturday. After the race on Sunday though you can stay as long as you like 😊



Road Closures

Normanby Road will be closed from 08:30 to 10:30, if you're arriving after this then you will need to follow the diversion which will take around an extra 10 minutes. We advise turning up before 08:30 😊

The END!

As you finish the race you'll be greeted with a smile, your medal, some cake and water! ... if you've done especially well you may get a hug 😊

Presentations will be at 10:30-11:00 once our last runner is done.

Prizes are for 1,2,3 male & female. 1st vet, junior and supervet, male & female and a special prize for best Bee costume

Other bits 😊

T-shirt orders: will be ready to pick up at registration on the Saturday or Sunday. We will have a few spare to sell and these will be in registration on both days, they are priced at £10.

Refreshments: The park café will remain open during the event and we will have additional caterers on the main lawn providing more hot snacks and if you're especially good you can grab an ice cream!

Toilets: Are situated next to the main car park, please be considerate in your usage and do not use the disabled or baby change facilities.

Race photos: Our official race photographer will be down on the day but we will have plenty of amateur photographers around on the course plus we encourage you to get your friends and family members to share their pictures on our facebook page.

Results: We have chip timing on the day so results are available instantly after the event and we will share the link closer to the event. We will then upload them later that day to www.curlysathletes.co.uk. You will be provided with a gun and a chip time, all prizes are based on your gun time.



Your safety and well-being 😊

Sadly we can't fully control the weather, other road users, other runners, the public or the wildlife! so please make sure you run responsibly and look after yourself. We've included the following tips to help:

- No headphones, you're on a public road and need to be aware of what's going on around you. This is a UKA rule and if we are asked to then we will enforce it and disqualify your times. Sorry 😊
- As part of the course is on open roads this means traffic will be out and about, **please do not cut corners or cross onto the opposite side of the road**. The course is measure based on the left hand side so don't worry you wont go any further but will risk an accident.
- If it's hot think about hydration in the morning ahead of the race and sun-cream, hat and wear suitable clothing. Turning up un hydrated will not only impact your performance it also puts you at greater risk as your body will struggle under the pressure of racing. Our water station is at 6km and again at the end.
- If the weather is inclement then lightweight waterproofs are a good idea
- Regardless of the weather bring a change of clothes, if you're sweaty / wet then this will allow you to control your body temp and recover better
- Pacing! Know your target and don't set off any quicker than this pace, 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! It also leaves you less likely to injure or pull out.

SEE YOU SOON AND HAVE A GREAT RUN – read on for new junior event on the day!

Curly's Juniors!

TIME TBC 30th June

- Around 3k fun run
- Open for ages 5-14
- £6 which includes entry to the park for the day
- Chip timed
- Adult 10k Bee themed medal for all finishers
- Trophies for fastest male/female under 7,9,11 and 14 😊
- All held in the grounds of the hall and sweets, water and medal at the finish!
- Only 200 spots



Join us for more great events 😊



Coming up in 2019:

2019 events booked in and coming your way (more to come!)

March 3rd Normanby adventure race

April 28th Yorkshire Wildlife Park 5k Spring

June 2nd Doncaster? (save the date!)

June 30th Normanby Hall 10k

August 16th Supermile Normanby Hall

October 6th half marathon Normanby

October (TBC) Yorkshire Wildlife Park 5k Autumn

October 27th Brigg 10k

November 24th Doncaster 10k

December 8th Sprout scuttle

December 22nd Something festive in North Lincolnshire!

Keep up to date with all our events on facebook @curlysathletes

WWW.CURLYSATHLETES.CO.UK

The Normanby Hall 10k

30/06/2019

Car Park Pass

From 07.00 please park on grass in overflow carparks unless otherwise instructed.

If registering on the Saturday you do not need to display this pass but please note free entry to the park is only after 16:30 and registration is open 16:30-18:00

(Road closures from 8.30am on the Sunday morning and this will impact you accessing the park, a diversion is in place and it will add 10 minutes onto your journey)

Normanby Hall Country Park, Normanby, Scunthorpe,
DN15 9HU

www.curlysatletes.co.uk



UKA

**UNITED
KINGDOM
ATHLETICS**

coursemeasurement.org.uk



Certificate of Course Accuracy

North of England Course Number: 16/225



Race Name: The Normanby Hall 10k

Course Name: NORMANBY HALL 10K ROAD RACE

Meas File:

County: Lincs

Distance: 10 km

Date of Race: 24 Jun 2018

Measured: 29 Apr 2016 By: S Green

Promoter: Curly's Athletes

Drop: 0 m/km

Separation: 7 %

IAAF limits for record times are - Drop: 1 m/km; Separation: 50%

Curly's Athletes, terms and conditions:

- As an adult participant, I declare that I am 16 years of age or over on the day of the event
- As a junior participant under the age of 16 taking part in an event where permitted or an adult entering a junior into the 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.
- 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, assigns & licenses 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 adhere to the advice given by race officials and marshals.
- In the event that 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.

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