

The Hedgehog Half Marathon 2019

***Provisional Information pack**



**CURLY'S
ATHLETES**



**Normanby
Hall
Country Park**



We admire your commitment!

Firstly, well done to signing up and committing to the Hedgehog Half Marathon starting and finishing from the amazing grounds of Normanby Hall Estate. The teams at Curly's Athletes are excited to once again bring hundreds of eager athletes to enjoy themselves out at this fantastic event!

This all on road half marathon see's runners taking in the very picturesque villages and views of North Lincolnshire. We know it's 13.1 miles and will be a challenge but we think it's the prettiest half marathon but we know the views, your fellow runners and our supporting villagers and team make for a bit of distraction and lot's of encouragement along the way!

And of course it's not called the hedgehog half for no reason!.. we're working with the amazing team at Andrews Hedgehog Hospital to help raise awareness of the work they do and fingers crossed raise some money. How to donate and / or raise sponsorship can be found on our website, we will of course be making our own donation along with providing the Andrews team some additional support and help along the way.



At Curly's our goal is to promote active lifestyles by providing people with inspirational, fun, great value and professionally ran 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/>

Finding us and parking

Car parking is free and you will be directed upon arrival to the relevant car park. The venue is well signposted as you head to Normanby so you wont miss it!

Normanby Hall Country Park, Normanby, DN15 9HU.

Where you can please arrange to share a car journey, this helps reduce impact on the park and one less car on the road is always good :) You will need to display you car parking pass on the day (just print of the last page of this information page)

Registration

Registration is open Saturday 5th October from 16:00 - 18:00 for everyone. Access to the park for registration is free inside these times. We recommend that you come see us on the Saturday, you can ask questions about the course and have a relaxed registration (it gets super busy on the Sunday!). Registration will be set out by surname.

Sunday registration times: 07:30-08:30

At registration you will collect the following:

- Your race number & timing chip (attached to the number)
- T-shirt if you ordered one all pre-bought t-shirt profits goes to Andrews Hedgehog Hospital (we hope to have a few spares on the day for sale!)
- Safety pins will also be available for your numbers.

Event timings

- 08:50 Adult briefing, 400 metres away from the main hall and finish area (you wont miss it!)
- 09:00 Race starts
- 10:15 first finisher (ish!)
- Prizes will be presented as we go along through the event and we have no time limit for people to complete the event.

Road closures

- To help provide a minimum disruption for local residents while maintain a safe running environment for our runners we have what we like to call “dynamic” traffic management! So you wont find any interruption to your journey into the park unless you're planning to arrive as the race starts at 09:00!

- We have some road closures on the way out through Burton High st (09:00-09:20) and then we have traffic management systems in place on the one right turn and the one mini roundabout (that means as you approach, traffic is stopped before you get there willing you to continue without any interruption to your run) the rest of the course is very low traffic, country roads and left turns.

Athlete well-being

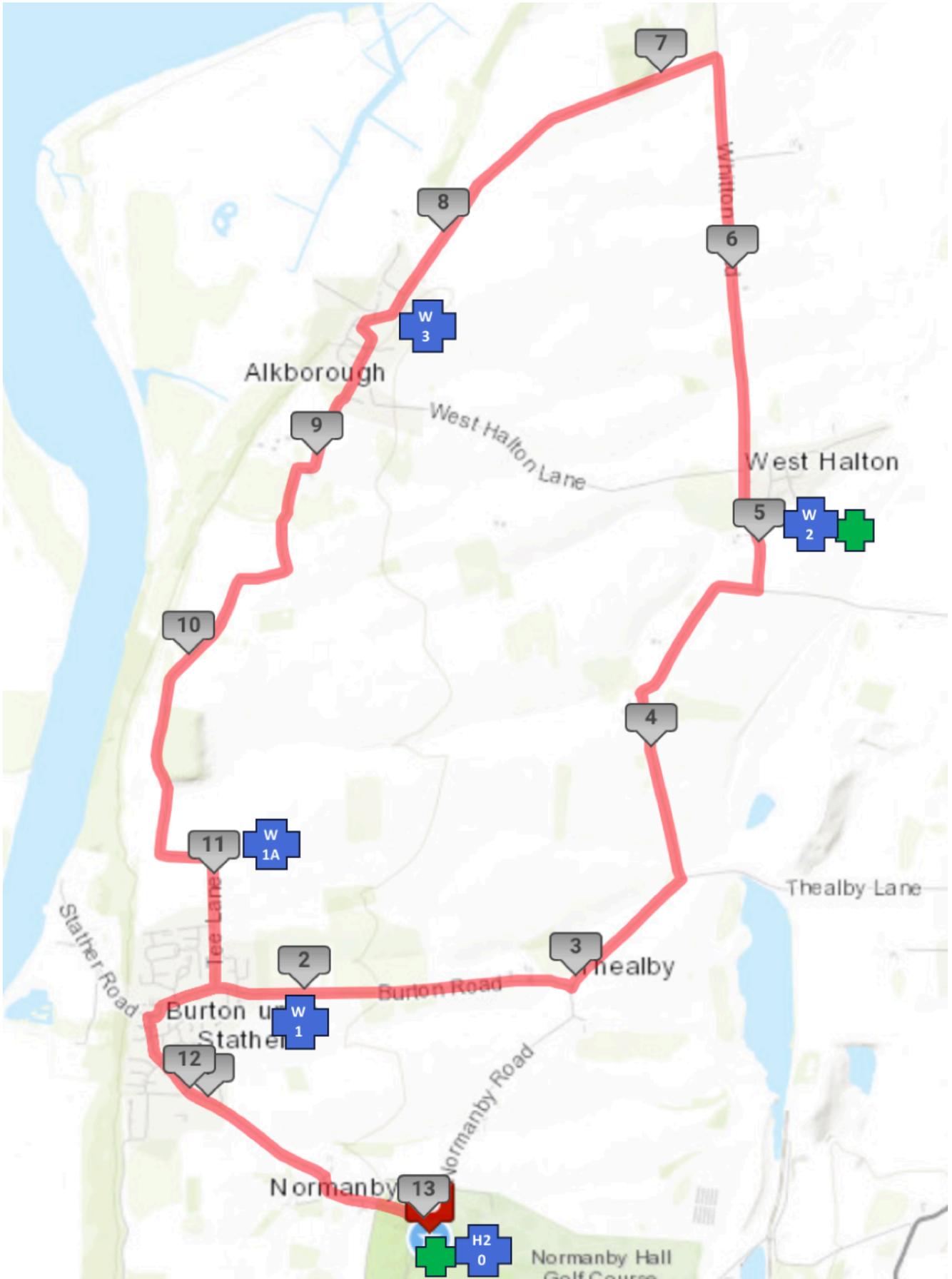
If you feel **unwell or injured** then it's your responsibility to withdraw from the event, please don't put yourself at risk. On the course we will have plenty of manned Marshall points, several water + snack stations, medics on course and at the finish, bike marshals and a sweeper vehicle.

Medics, our expert medical team based on 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 hope for great weather but foil blankets do not keep you warm and are for emergencies only! We will have a **bag drop at registration**. Ideally please leave your belongings in the car or with a spectator (ideally one you know!)

- **Water and rubbish**, we have very lively water stations on the course. We have 4 on the course and 1 at the finish. The 5 mile water station will have a choice of bottles (if you want to carry it for the second half or next water station) or bio-degradable cups. Some “light” energy based snacks will be at each station. At the end of the event we also have bottled water for you and provided bottle bins, please ensure you place your bottles in the **correct recycling bins** this way the plastic ends up in the right place, recycled and re-used rather than out in the sea :(**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. You can drop cups straight after the water station but please don't leave anything where we may struggle to find it! ... littering does not help hedgehogs and **we will DQ any intentional litterers** :)

- **Headphones**, not unless they are bone conducting headphones, sorry :(



The Course!

1st 1/2:

Starting 400m from the main hall you head passed the hall and your amazing fans! then it's out through the wedding gates (where we hold traffic for you) and then straight up into Burton Village through the closed High St before heading through burton and down to Thealby, then onto a left turn through Coleby (and don't cut the right hand corners or cross the white line!) left again through West-Halton and straight down towards Whitton with a few undulating bumps but nothing too bad, (this is the first half of the course and is quick!)

2nd 1/2:

Then just before Whitton you turn up towards Alkborough and take on the only climb in the course, make sure you've saved something for this point... after a mile the climb is over (although it's still only a 3-4% gradient!) then it's flat and fast back through Alkborough, into Burton, a right turn managed by the traffic team back through the high st and then back to Normanby for a great final 1500metres downhill all the way to a finish in front of the main hall (and traffic is held for you at the mini roundabout as you approach!)

Please stick to the left hand side of the road at all times, this helps keep you safe on open roads and allows faster runners to overtake :) Please don't be tempted to "cut corners" on right hand bends and cross the middle of the road, this would put you in the way of any potential oncoming traffic, we will have signs up to remind you and marshals on these points.

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

Junior Athletes

We do not have a planned junior event just yet but we know the demand is there so watch this space for 2019!



Things going on

Refreshments, The park café will be open on Race Day and we will also have caterers on the lawn in front of the hall serving hot food. Plus don't forget at the end of your race along with your medal you also get a lovely slice of fresh cake :)

Toilets, are open next to the main car park and in the park cafe from 07:30

Spectators, The best spot for viewing is right in front of the main hall on the grass, feel free to bring chairs & shelters. We will have some mini marquees set up. If you're in one of the surrounding villages then please come out and support the runners or drop us a note and we can get you involved on one of the water stations or marshal points!

Photo's, We will have our photographer Mark around the course so do give him a wave! We would also love you to share any of your photos from the day with us too and welcome your comments about the race! Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results, we're fully chip timing this event so results will be available online straight after the event.

Prize giving & trophies, thank you's and well done's! - This will be taking place as the winners cross the line we have trophies for

First 1,2,3 male & female

First junior <23, Senior, VET, SUPER VET, male & female

and of course the ... **esprit de hérisson award**... spirit of hedgehog award! to recognise that special individual who truly embraces the hedgehog through been a champion of fundraising and the theme!



HAVE A GREAT EVENT!

From all of the team at Curly's Athletes, Andrews Hedgehog Hospital & Normanby 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://www.riderhq.com/o/730/curlys-athletes/enter>



Sunday, 6 October 2019

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

WWW.CURLYSATHLETES.CO.UK

**CURLY'S
ATHLETES**



I'm here for running, hedgehogs and cake :)

CAR PARKING PASS

HEDGEHOG HALF MARATHON 6th October

Valid for parking 16:00 onwards on the 5th and all day on the 5th, changes may apply outside of these times... if my car is still here on the 7th please come and find me, I may be lost :(

...or the hedgehogs have
kidnapped me



coursemeasurement.org.uk



Certificate of Course Accuracy



North of England Course Number: **18/263**

Race Name: Hedgehog Half

Course Name: Hedgehog Half
Meas File:

County: Lincs

Distance: 13.109 miles

Date of Race: 7 Oct 2018

Measured: 9 May 2018 **By:** S Green

Promoter: Curlys Athletes

Drop: 0 m/km **Separation:** 1 %

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

This is to certify that the length of the above road race has been accurately measured by an accredited Course Measurer using IAAF procedures approved for use in the UK. A complete record of the measurement is held by the Area Measurement Secretary. The measurement remains valid for 10 years provided no changes are made to the course. The start/finish and the route must be set out EXACTLY as defined in the measurement report. Any modification will need to be measured for a new certificate.

Signed:

Area Measurement Secretary - North

Date: 26 May 2018

Terms & conditions

Curly's Athletes:

- 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