

**CURLY'S
ATHLETES**

09:30
Sunday, 27 October 2019

THE BRIGG 10K & MILITARY CHALLENGE 2019

***provisional pack: Meaning a few bits may change but don't worry we wont make it a marathon!**



IN SUPPORT OF



HELLO!



Hi there, the team at Curly's are very excited to be back hosting the Brigg Poppy 10k & Military Challenge for 2019!

A great PB potential 10k course, a challenging 10k military challenge and all while supporting the Poppy Appeal!

We've capped entries at just 500 for 2018 but will review for 2019, so be quick getting your entry in as this event fills fast!

You can choose to add in a bespoke event t-shirt for £10 and t-shirt profits go to the Poppy Appeal and of course all finishers get an superbly design finishers medal (once you've finished!)

For those of you who haven't run this race before, it consists of two events:

- **The 10k Poppy run** is an officially measured and UKA licensed event with a flat and fast run for runners of all abilities can walk, jog, run their way around quiet country roads with a great start and finish in Brigg Market place.
- **The Military Challenge** takes place on exactly the same course and the same distance but entails the competitor wearing boots and carrying a backpack weighing 36lbs (16.3 kgs) for men and 24lbs (10.9 kgs) for women. **You are required to provide your own rucksack, boots and appropriate weight**, please ensure the weight is correct and does not include water you are going to drink on route as "weighing spot checks" will be taking place ... so no cheating! There is no requirement to run the course Walking or 'TABBING' is more than acceptable. We are asking that anyone entering the Military Challenge aim to raise £100 in sponsorship for the Poppy Appeal, if you don't quite make that amount then don't worry but please try your best... also you don't have to stop at £100!

At Curly's our goal is to promote active lifestyles by providing people with inspirational, fun, great value and high quality physically challenging events. We know the benefits of this to the individuals and community are huge both in terms of physical and mental well-being.

To support the Poppy appeal further please visit our website and on the Brigg event page you will find a link to online sponsorship or when you sign up for entry it will also ask you.

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.curlysatletes.co.uk> or Facebook page: <https://www.facebook.com/curlysatletes/>

IN SUPPORT OF



Event day timings

- 08:00 Registration opens
- 09:15 Registration closes for military challenge
- 09:20 Military challenge participants moved to start line
- 09:25 Military challenge briefing at start line / two minute silence
- 09:30 Military challenge starts & Registration closes for 10k run
- 09:35 **The short walk** - we will begin moving/encouraging/dragging people to the start line which is on the bridge as you enter the market place. It will be very obvious! Because of the direction of the start you may need to make your way through some runners to get to the rear so please use the paths as indicated by the marshals and allow plenty of time to get into position.
- 09:40 **Race briefing** - Silence please, you may have heard plenty of race briefings before but we will have important points to let you know about plus think about the person next to you.
- 09:45 **Event starts** With a fire of a gun and lots of cheering.
- 10:17 (est) **First finisher**
- 11:15-11:30 (est) **All finishers in & prize giving**, thank you's and well done! - This will be in front of the finish line so please grab a brew & cheer your fellow runners in.

The weekend, parking & bags

A whole host of events will be taking place over the weekend of the 27th and 28th in support of the Poppy Appeal and the British Royal legion so make sure you keep watch on our facebook as we share what else is going on.

Parking is free and the main car park is as below, however you've a lot of choice with additional car parks that are free in Brigg so don't feel any pressure to park here if you've another favourite car park... treat yourself ;)

Parking
Old Courts Road
Brigg
North Lincolnshire
DN20 8JD

We do have a small bag drop facility at registration however given the proximity of the car park we urge you to not bring bags into event where possible to reduce our security checks. **Please don't leave bags laying around** the marketplace as these may cause disruption to the event and possibly destroyed or removed.



Registration, t-shirts & medals!

Registration is open Saturday 27th October 16:00-17:30 & Sunday 28th October 08:00-09:30 (military challenge closes at 09:15). Registration is based in the Brigg & Districts servicemen club for both days On the Saturday we may be outside the club in a tent but it will be signposted from the car park.

We recommend that you come see us on the Saturday, you can ask more questions about the course and have a nice relaxed registration plus work out where the start / finish is and they'll be lots of things happening with the Poppy Appeal in the market place. At registration you will collect the following:

- Your race number (with timing chip attached & safety pins in your envelope)
- If you pre-ordered a t-shirt then this will be in your pack

Registration will be set out by surname so please watch which queue you join, we also are prepared for any surprises and have a separate resolution area next to registration to help you out.

We will have "some" spare technical event t-shirts on the day if you didn't order one and these will be priced at £10 and set up in registration to buy after the event. Profits from t-shirt sales go to the Poppy appeal :)

... and just a picture of the event medal you'll receive at the end so you know what it's all for!

example t-shirt/medal shown



Athlete well-being, headphones, medals & cake

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. For top tips visit <http://www.runnersmedicalresource.com/en/>

- **Medics**, our expert medical team will be on hand throughout the event and based on the course
- **Running on open roads**, the event is held on quiet country roads, they will not be close to the public. The route will be well signed posted with clear directions for you and clear warning signs for others. Key points are marshalled. Please ensure at all times you keep to the left hand side of the road, this is especially important when taking right hand corners as you may try to "cut" the corner, the course was measured as you will run so don't worry you won't go any further than 10k! In the case of emergency vehicles needing to use the road under blue light conditions we may pause the event and marshals may move you to the side of the road, while this will interrupt your event we're afraid they take priority as they may be on a life critical response. **We may have road closure in place for 2019 so watch this space!**
- **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 will have a small bag drop or leave your belongings in the car or with a spectator (ideally one you know!)
- **Water, the water station** you will pass at just before the 5km mark as you turn to head back towards Brigg. This will have water in cups and please discard close to the water point, in one of the bins or throw towards a marshal (not at!). At the end of the event we also have water for you, should you require more you are asked to carry your own supply, we are not expecting conditions to be warm enough for us to add an additional water station.
- **Rubbish**, if you decide to run with your own water bottle or gel please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for littering but more importantly we want to make a good impression on the community, reduce slip hazard for your fellow runners and minimise environmental impact for our wildlife friends.
- **Warming up**, plenty of space to warm up on the paths near the start point, please be careful not to go onto the main road.
- At the end of the event you will be ushered through to the athlete area to get your **medal** and well deserved **cake!!!!** :) We will have some GF & vegan options but you will need to ask for these (to stop people just taking them and us running out!)
- You can't use normal **headphones** and we will enforce this, but bone conducting headphones are fine, this is purely because you are on open roads. . . when you're not we do let you, although the power of been able to say you can't is a great feeling ;) (it's not just for your safety guys it's for everyone else)



Maps & Route!

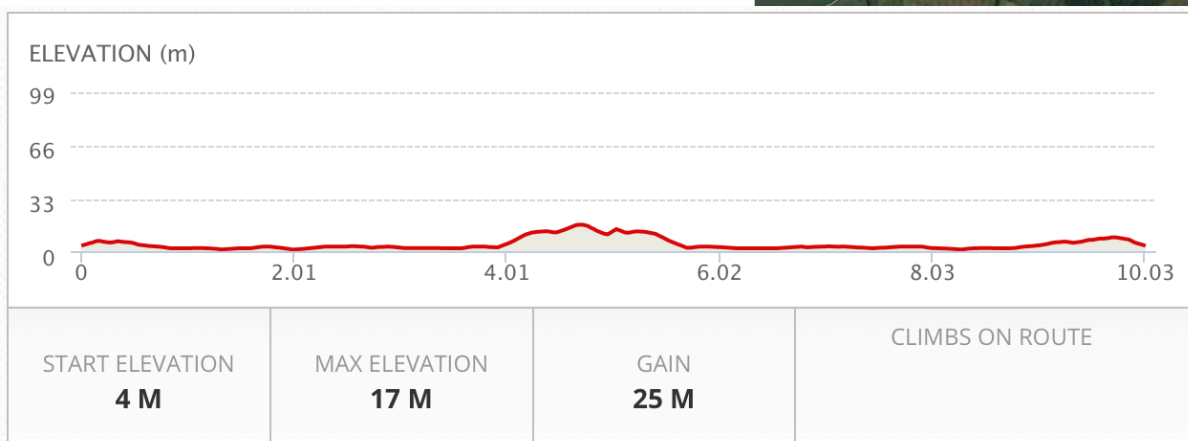
We've attached a map of the route with key areas highlighted and a short walkthrough of the route. It will be easy to navigate as it's sectioned off and led out by a lead bike and just follow everyone else... you shouldn't get lost!

We will also have a team member walking at the back of the event supporting you along the way, no pressure whether you run, jog or walk... we will get you in and we will be waiting with cake, medal and maybe a hug... or a manly high five!

The event is designed for people of mixed abilities, we will have 500 athletes taking part which means it's going to be busy at the start and at times overtaking will be difficult. So please be courteous of your fellow athletes not everyone is there for a PB and vice versa. Getting in a realistic starting position is key to a smooth race :)

As the event is an out and back please stay to the left hand side as at some point you may face runners coming towards you on the opposite side of the road.

The route is super flat, so don't get too excited and set off too quick! ... flat courses lure you into a pace you cant hold!



Spectators

We like to try to design our routes with a good balance of been great for the athletes while also engaging the spectators (we've spent many a less than exciting day seeing a loved one head off and not been able to cheer them on until the end)

We recommend some key viewing areas for you to see you loved ones taking part in the event.

- The market place is the best place to see everyone start and everyone finish, its a great environment !
- Please be careful during the event not to obstruct runners, sticking to the side walkways is the best advice and please **do not attempt to go through the gantry to meet runners the other side of the bridge**, we will filter the runners back to the market place so you can give them a cuddle!

Presentations, Photos & Results

At the end of the event (around 11:15-30) we will be up at the finish area for prize giving and shout outs. Please come along, cheer on your fellow competitors and listen to any news or exciting stories we may have!

If the weather is particularly awful then the plans may change and we may bring presentation forward and recognise the winners as they cross the line.

Photographers will be down on the day and the photos will be shared on Facebook post event and we also encourage you to share your photos throughout the day on our main Facebook page.

As the event is chip timed we will have the results ready straight after the event and again we will update on Curly's Athlete's Facebook page when the live link and when they are loaded onto our website.

The week following the event we will also e-mail out a summary including a link to the results, any photos and anything else we think you might be interested in from the day so don't worry you wont miss anything !

Prize categories:

10k - First 1,2,3 male & female

First junior <23, Senior, VET, SUPER VET, male & female (prizes roll down once 1,2,3 positions taken out)

Military challenge - First 1,2,3 male & female

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

We couldn't be more excited about the day... so whether you're there to race (it's fully UK Athletics licensed and a measurement certified) or your just to there to challenge your own personal target our courses are always designed that they can be raced or walk/jogged and of course we will support you all the way round with our amazing athlete support crew! If you're taking part in the military challenge then we salute you and your determination!

09:30
Sunday, 27 October 2019



coursemeasurement.org.uk

Certificate of Course Accuracy



North of England Course Number: **18/481**

Race Name: BRIGG 10K POPPY RACE
MILITARY CHALLENGE.

Course Name: Brigg 10K
Meas File:

County: Lincs

Distance: 10Km

Date of Race: 28 Oct 2018

Measured: 5 Sep 2018 **By:** S Green

Promoter: Curlys Athletes

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

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: 7 Sep 2018

HAVE A GREAT EVENT!

From all of the team at Curlys Athletes & our partners we wish you the very best of luck and look forward to cheering you round on the day :)

We've plenty of other events in 2018, check out all our events currently open for entry here: <https://www.riderhq.com/o/730/curlys-athletes/enter>

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 same will apply.

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