

Sunday, 3 March 2019

Normanby Hall Adventure Race 2019

Information pack



We admire your commitment!

Firstly, well done to signing up and committing to the Normanby Hall Adventure Race at the amazing grounds of Normanby Hall Estate. The teams at Curly's Athletes are excited to once again bring over 1000 eager athletes to test themselves on this unique course. Hosted from in front of the main hall and taking 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!



It's not an "easy" event so please don't expect an easy day out, it's around 10k in distance after-all. The event can be ran and raced but it can also be walked/jogged with friends and we make sure nothing you need to climb over or wade through is above the waist making it nice and accessible ... but decide to "race" the event and it will be one of the toughest 10k's you've ever done!

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 (sat & sun)

Registration is open **Saturday 2nd March from 09:30-11:30 (straight after parkrun, we will be cheering you round!)**. 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:

- Junior event 08:40-09:10 (race starts 09:30)
- Adult Morning Wave 09:00-10:00 (race starts 10:30)
- Adult Afternoon Wave 12:00-13:00 (race starts 13:30)

At registration you will collect the following:

- Your race number & timing chip (for adults, your timing chip will come with cable ties to fasten to your shoe, instructions are a few pages on!. This will be collected from you at the finish)
- Any clothing you have ordered (t-shirt / hoodie) we hope to have a few spares on the day for sale.
- Safety pins will also be available for your numbers.

Event timings

- 09:15 Junior briefing and warm up in front of main Hall
- 09:30 Junior event starts in front of main Hall
- 10:15 Adult morning wave briefing and warm up in front of main Hall
- 10:30 Adult morning wave starts in front of main Hall
- 13:15 Adult afternoon wave briefing and warm up in front of main Hall
- 13:30 Adult afternoon wave starts in front of main Hall



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, a full aid station with water and medical cover. We also have an ATV sweeper plus walking team members so please signal for support as required.

- **Medics**, our expert medical team will be on hand throughout the event and based at the finish and on the course.
- **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, foil blankets do not keep you warm and are for emergencies only. We do have a **bag drop at registration** and changing tents on the main lawn. Ideally please leave your belongings in the car or with a spectator (ideally one you know!)
- **Get some gloves** you will be climbing and scrambling so these are essential to help protect your hand, simple work gloves are ideal.
- **It's slippery!** we do clear moss from the obstacles but they will get muddy and wet so always approach and obstacle using your hands to lift you up vs trying to get your foot on it first. Take care as the obstacles are hard wood and not very forgiving!
- **Water and rubbish**, we have a very lively water station on the course. 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 after the water station but please don't leave anything where we may struggle to find it!
- **Headphones**, yes you can wear them... but you're off in water plus we have some music on the course!

Know your waves!

To remind yourself if you entered in the morning or the afternoon then in the week up to the event you can check our website for a full competitor list or you can log into the entry site www.riderhq.com to check. **You must stick to your entered and allocated wave**, swapping will cause timing, insurance and medical response issues. We plan our safety management based on the waves and your medical information is on hand for the team during the relevant wave.

Doing it twice, if you're one of the "few" brave enough to sign up to do both the morning and afternoon wave don't forget to bring an extra set of race clothes for the second wave and something to keep you warm in between waves! You will keep your timing chip on so don't let anyone take it off you (if you're swapping shoes just come up to registration and we can re-attached your chip to your new shoes!) and don't forget to collect your special trophy at the end of your afternoon run!

The Course!

We've highlighted the main points about the course but it will all be clearly signposted and marshalled so you really shouldn't be able to go wrong!

The course is **currently 10.2km in length** *subject to us tweaking the course!

There is 650m 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!

After the main gates, you head off for a short bale jump warm up on the junior course before heading off to the main course. Leaving the road, 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. You will complete two circuits of this loop and then head back up the way you came across the meadow.

Please stick to the right-hand side throughout the course, you may find that you catch up with people or get caught by others on their second lap. Please make way for faster runners. If you are the faster runner; please be polite when passing others and let them know you're coming (nicely!)

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. If you're not at the sharp end of racing then we really don't mind if you want to skip out bits, but do remember you entered an obstacle race and people behind you doing the obstacles will not be impressed!

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

And finally... take it easy! The obstacles are mainly made of wood and can get pretty slippery. The water section is approximately waist height so take care here. If you do notice anyone injured, please report it to the nearest marshal.

Junior Athletes

We're expecting around 200 junior runners to take part in our mini "bale jumpers" event that starts at 09:30 in front of the main hall. We won't record time or results as this race is just for fun :)

Its around a 750 metre course for the under 5 bale dashers and these mini athletes need a parent to accompany them around! For the 5-11 year olds bale jumpers then we have a 1km route and for everyone 12 and over we've a 2km route. We don't police the ages on the day so we're happy for the parents to decide what run the mini athletes go on, it's really important to attend the race briefing so you know which direction the junior athlete is heading off in!

This all takes place up at the main hall area so easy to spectate, it's a combination of on road / on grass running with plenty of bales to jump under and crawls nets, it's no super muddy so they tend to stay dry. It's great to watch and all juniors receive a medal at the finish and sweets!

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, please keep mud to a minimum here the toilets will be manned and they are **not for getting changed in after your event** as it ruins them for park visitors and your fellow athletes :) We do have change tents on the main lawn you can pop in and change your kit.

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 feeling energetic it's great to make your way onto the course to watch...spectator routes in will be labelled with "red squares" follow these and you can get to the best bits, but **watch for runners!**

Photo's, We will have our photographer Mark (<http://markdickinson.zenfolio.com>) 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. **At the end of your race we do need to collect timing chips back** in and we have a team at the finish collecting chips so please don't run off!

Prize giving & trophies, thank you's and well done's! - This will be taking place as the winners cross the line to save everyone getting cold, don't forget all those entered to run both waves we've your own trophy waiting for you :)

Shop, as mentioned below our chums from runninggifts.com will be along... and they're bringing Gin!

Sunday, 3 March 2019



 **RUNNINGGIFTS.COM**

Gifts for runners!

Our friends at **Runninggifts.com** will be down on the day with a pop up shop selling some incredibly unique gifts for runners! You can also order before you come down and select click and collect as they will only have limited stock on the day.

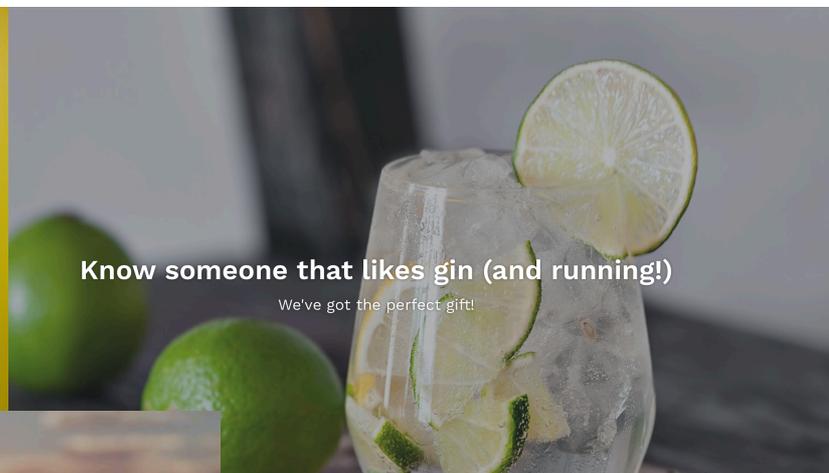
With Runners Ruin Gin and PB pale ale providing some very unique gifts or maybe even a cheeky reward for the handwork you've put in ;)

runninggifts.com



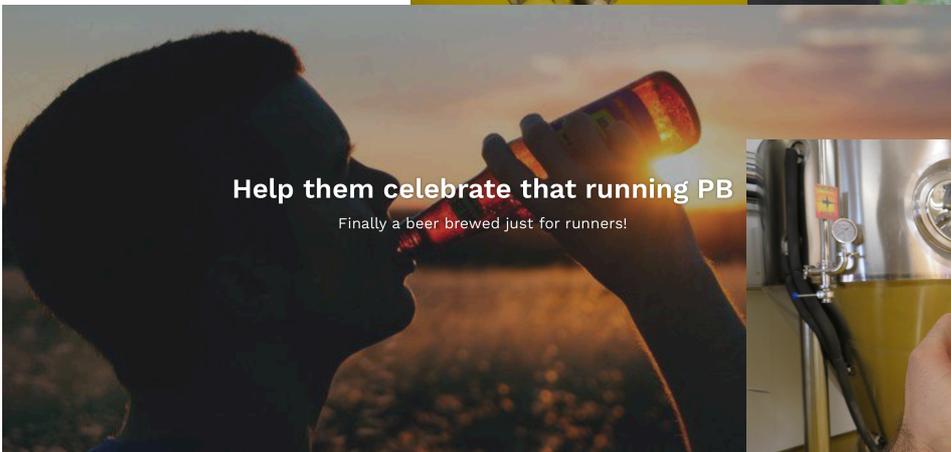
Know someone that likes gin (and running!)

We've got the perfect gift!



Help them celebrate that running PB

Finally a beer brewed just for runners!



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 :)

Don't forget to check out our other exciting events on our website

WWW.CURLYSATHLETES.CO.UK

**CURLY'S
ATHLETES**

I'm here for cake (and a run)

CAR PARKING PASS

NORMANBY HALL ADVENTURE RACE 3rd March

Valid for parking until 11:00 on the 2nd and all day on the 3rd, changes may apply outside of these times...
if my car is still here on the 4th please come and find me, I may be lost :(

HOW TO PUT ON YOUR TIMING CHIP



In your race pack you receive a timing chip and two cable ties.



thread the cable tie through the holes on the chip



Thread them through your shoe lace or straps and then through the other holes on the chip...



Finally, pull the cable tie through the little hole on the other end of the cable tie and pull till it's secure.

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