



Sunday 12th July 2026

The Normanby Hall

10k & 3k 2026

(The Norman Bee 10k!)





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Welcome Back!

We are very happy to 'bee' back for the 10 year anniversary of the Normanby Hall 10K and the Normanby 3k! Yup - it really is 10 years!! :)

Thank you for joining us as we celebrate 10 glorious years of supporting and encouraging everything Bee related! Do we have anyone who has run all 10?

The 10k route takes you out and about through lovely local villages with a finish in front of the main hall. The 3k stays in the ground of the park :)

This event helps to support our Bee friends (wildlife is another passion of the Curly's team) so expect Bee based updates, Bee themed medals, t-shirts with many athletes deciding to go "full bee", dressing up for the occasion.

We also give away a packet of Bee friendly wildflower seeds to every competitor at the finish line to help support our pollinating pals.

Fully chip timed, with some road closures and some open roads. Free parking, finish line cupcake and a Bee themed medal , helping to make the event great for everyone involved. Plus a great day out at Normanby Hall Country Park after the event :)

This event is high on the list of favourite all time 10k courses for many runners.... it's soooooo pretty!

Curly's Athletes is a community and charity focused event management team, who believe everyone is an athlete. We're a small team with a non profit focus and a drive to 'do good' (that takes many different forms)

We're here to help you find your next challenge, give you a bit of support and plenty of encouragement!

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Our goal is to promote active lifestyles by providing people with inspirational, fun, great value and professionally run 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 Normanby Hall

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 won't miss it!

Normanby Hall Country Park, Normanby, DN15 9HU.

What3words [///haven.rafters.rekindle](#)

Road closures will be in place on the day along Normanby Road from 09:15.

Please plan to arrive ahead of this time ready for the 10k race to start at 09:30.

Should you be running late to the event, please follow the diversion entrance to Normanby Hall (<https://curlysathletes.co.uk/normanby-hall-10k>)

Please note exit from the car park will be right turn only and there will be no exit whilst the 10k event is underway, so from 9.30 onwards there will be no exit until last runner has left the area.

Registration

All numbers can be collected from the Normanby classroom (follow the signs) on Saturday the day before the event, after park run (10:00 - 11.30) or on event day, from 08.00 - 9.20.

Numbers for the 3k event, which will start at 08.30, can also be collected at the same times.

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](#) (we will send a note out when they are published).

Check the list, find your number, then shout to us a registration and we will give you your race pack - simple :)

You can also pick up friends/team mates/family members numbers. Just come armed with their surname and post-code so we can verify :)

PLEASE DO NOT SWAP NUMBERS! - this is to protect our runners, and in case of an emergency, we know who were looking after. We have a great LATE MATE system that helps you do this up to 48 hours before :) <https://curlysathletes.co.uk/late-mate>

Event t-shirts - If you have ordered one of our fab bee themed t shirts it will be available for collection with your number.

If you would like one but have not already ordered one, we will have limited stock available for £11 to purchase on the day.

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Profits from t-shirts at this event help us hire and open the local athletics tracks to runners (for free) and supports our free kids coaching sessions :)

Bags - We will **not** have a bag drop, we recommend leaving bags in your vehicle or with your spectators

Toilets - You'll find these at located near the main car park as you are coming to registration and they will be signposted.

Most answers to queries can be found in this information pack, or on our website www.curlysathletes.co.uk, but for anything further please get in touch. contact@curlysathletes.co.uk It's much better to get in touch ahead of the day vs leaving it for event morning-we run to really strict timing plans, so we will always be helpful, but we may just be a tad busy :) ps: we will be out of office 48 hours before the day setting up the event.

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 :)



Event timings

Saturday:

10:00-11:30 - Registration (so you can pop after park run!)

Sunday: (event day!)

08.00-09:20 Registration opens

08:30 - 3k event starts (at the front of The Hall) 3k runners please do not ignore road closures when you are leaving the event - exit via Thealby only (turning right out of the car park from 09:15). During the 10k 09:30-10:15 you won't be able to exit the car park until the final 10k runner has passed through. You will then follow the rear of the run to Thealby where you can exit the area via Winterton direction. Do not turn left out of the car park and do not go through the closure :)

09:15 All runners to have arrived, as roads will be closed

09:30 The 10k Race starts!

10:00-10:05 First runner across the line!

Athlete well-being

- Medics-our expert medical team will be on hand throughout the event, on the 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.
- Water- We will have water in compostable cups available at the half way point. Please be mindful where you dispose of your cup (it needs to be as close to the aid station as possible so that we can clear them away :) Water (again in compostable cups) will be available at the end of the race and there will be a refill station :)
- 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 intentional littering.
- Headphones are ok as were on fully closed roads, but we recommend bone conducting ones and please remain aware of your surroundings as we may be bringing through emergency vehicles or support residents to access their properties.
- The roads are closed to traffic in the direction of the runners but not on the opposite side of the road, this means traffic will be out and about - **please do not cut corners or cross onto the opposite side of the road.**
- 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!
- Don't forget to collect your cupcake and wildflower seeds (along with your medal!) at the end of the race:) We love to help our Bee friends and these seeds will give them some much needed fuel and support their habitat.

Spectators & Local Community

Spectators are welcome to attend the event with you, but must arrive in the same vehicle as the runner. If spectators were to come at a later time, they would have to pay entry into the park (unless an annual pass holder)

The nearby villages of Burton Upon Stather, Thealby and Normanby are great places to watch the runners out on course!

What's going on at the Park

Our pals from **Metres to Miles** will be joining us, and as usual, will have a fab range of running goodies for you to browse and purchase. They are also kindly donating some gift vouchers for prizes - BIG THANK YOU!



Eau Valley Store - will also 'bee' there! They will have locally produced honey and a selection of other delights - we can't wait to have a browse!
Refreshments

The Stable Yard Park Cafe will be open for you to enjoy after your run, there's lots of space and it's a fantastic place to relax in :)

Mr Pig & Friends - enjoy a delicious hog roast - we hear the crackling and apple sauce are the best!



Fleur's Kitchen - fancy something sweet - you can grab a delicious crepe, along with a whole range of yummy treats!



The Main Event

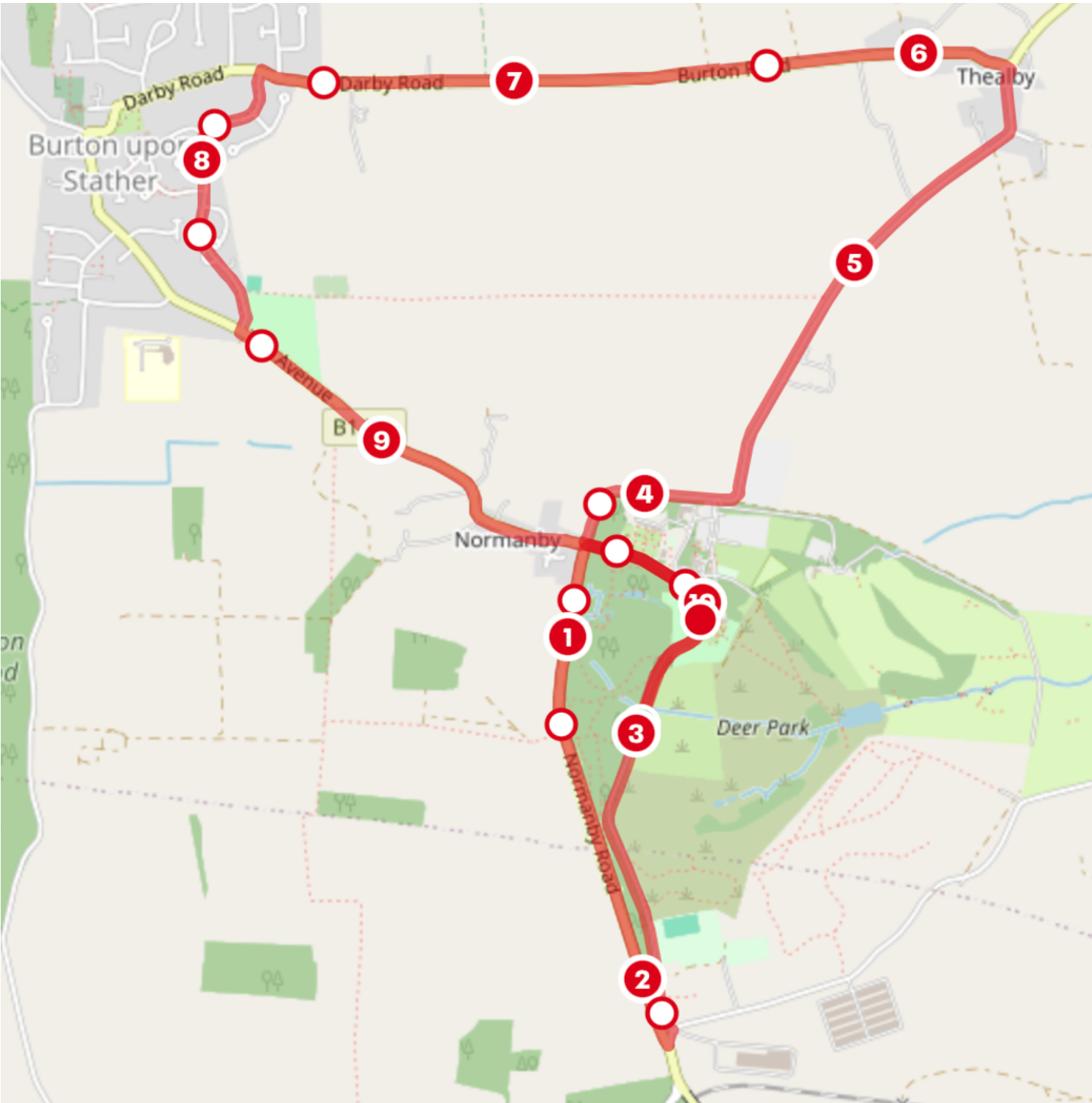
We've attached a route map and a map of the start / finish area with key event areas highlighted and a route walkthrough. You can find an interactive map of the route on the event web page (just scroll down). It will be manned by our support team, signposted and sectioned off where needed ... so you shouldn't get lost!

On the morning we will highlight anything urgent if required via a briefing.

Runners then head through and around the park (all on internal or main roads). 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 downhill finish in front of the main Hall!

Please be aware this run has full closures in place for the running route but with access / exit built in in some places for residents. Please treat the route as though you are running on public roads so please keep left and keep alert.

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3k event!

Start Time **08:30**

- 3k fun run (distance is approximate)
- Open to everyone ages 5 and over
- Chip timed
- Adult 10k Bee themed medal for all
- All held in the grounds of the Hall and sweets, water and medal at the finish!

Presentations, Photos & Results

Race winners, category winners and any spot prizes will be given (where possible) during the race. So check the results, hang about and come and find us if you're not sure :)

Photographers will be down on the day and the photos will be shared on Facebook firstly on our Athlete Chat page, you can join here: <https://www.facebook.com/groups/1916283308685045>

We also encourage you to share your photos throughout the day in our Facebook group (Curlys Athletes Chat group).

As the event is chip timed, we will have the results ready straight after the event, you'll find them here: <https://curlysathletes.co.uk/results>

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

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you might be interested in from the day, so don't worry- you won't miss anything !

Find us on Facebook here: <https://www.facebook.com/curlysathletes/>

We love this event and the feedback from has always 'beeeeen' amazing!

So whether you're here to race (remember it's fully England Athletics licensed and distance certified) or you just have a bit of fun, then 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 support crew x

HAVE A GREAT EVENT, THANK YOU & WELL DONE!

It's takes 'a-lot' of hard-work to bring this event to the lovely Normanby Hall and it was one of our first events, we now get to see over 1000 athletes join us for a fab day!

From all of the team at Curly's Athletes & Normanby Hall Country 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://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:

<https://curlysathletes.co.uk/questions%3F>



Terms and Conditions of Entry

*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 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.

*Any belongings deposited at a bag drop are left at the owner's risk.

*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, assignees & licensees 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 respond to the advice given by race officials and marshals.

*Headphones must not be worn (unless otherwise stated.)

• **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.

- 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 on the Facebook page.

Our 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.

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