

**CURLY'S
ATHLETES**



The Great Sprout Scuttle 5k & 10k trail run,
Santa's Super Sleigh Challenge &
The Pyjama Express 3k!
Information pack

It's Christmas!

So a great excuse to put off the shopping and help Santa (it's more fun!)

December 14th is a day of events that's got us even more excited than the big day itself!

At Curly's, 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/>

This year we're partnering up once again with our charity friends at Lindsey Lodge Hospice :)

How to support Lindsey Lodge!

1 - Take part and tell others!

You can run for Lindsey Lodge with free spaces we've provided and fundraise for them, or simply enter as normal and fundraise as you wish :)

2 - Fundraise

You can donate when you sign up or just pop along to the Lindsey Lodge website (link on our webpage) and make a donation ... they'll also be down on the day with stalls.

3 - Get involved (like us!)

If you're a business or an individual who would like to get more involved, through sponsorship or volunteering, then please get in touch, we sure can find plenty of ways for you to get involved. :)

Thanks to the event sponsors!

Sponsored for 2025 by the wonderful OMNI-PAC Group!
Lindsey Lodge Hospice is a lifeline for our community, providing expert, compassionate end-of-life care and support for families across Scunthorpe and North Lincolnshire. We're committed to helping sustain the services that bring dignity, comfort, and hope when they're needed most - OMNI-PAC Team.s!



Finding us, registration 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 won't 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 :)

Registration is open on Saturday 13th December from 10:00-11:00 (there is a park run at Normanby Hall btw!) and on Sunday from 08:00 until 5 minutes before the start of your event.

The Great Sprout Scuttle 5k & 10k - Just come armed with your personal details, and we will issue you with your race number. We will also have safety pins :)

The Great Sprout Scuttle 5k 'dog runner' as above but you guys will be setting off 10 minutes ahead of the main run at 09:20. Please ensure you bring poo bags, keep your dog on a lead at all times and give way to runners should they catch you. Overtaking runners have the priority and single doggy only please :)

The Pyjama Express- If you're the 'ticket purchaser' simply remember your name and details-you'll then be handed all the tickets you purchased :) Wave times you selected will be on the website by end of Friday before. Each participant will get Christmas card (wear it on your front - like a race number!), it has a sticker attached with your name and wave on it :)

Santa's Super Sleigh Challenge - You'll get instructions directly ahead of the day from the Lindsey Lodge team! You don't need to register, you haven't got any numbers (we wouldn't want it to clash with your team outfits!) and just make sure you're all down to the finish with your wheelbarrows for 12:15 and Curlys will come to meet you! **PS SPECTATORS / OTHER RUNNERS... you want to be around to watch this!**

Event timings

Saturday 13th

10:00-11:00 Registration

Sunday 14th

08:00-14:00 Curlys Shop open for runner pressies!

08:00-10:25 Registration open for Sprout Scuttle 5k & 10k

09:20 5k DOG WAVE Sprout Scuttle

09:30 5k Sprout Scuttle

10:30 10k Sprout Scuttle

12:30-12:45 Santa's Super Sleigh Challenge Start!

12:30-14:05 Pyjama Express Registration open

13:30-14:10 Pyjama Express, waves every 10 mins (check your wave on the webpage)

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, but 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 x We're starting with a specially designed hoodie, a snuggly bobble hat and our snood :)



Athlete 'Elf & Safety'

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 and a water station at lap 1 for the 10k event.

- **Medics**, our expert medical team based on course and at the finish
- **Dress for the weather and the festive season (optional!) AND WEAR PJ's FOR THE PYJAMA EXPRESS!**), 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 won't have a bag drop at registration**. Ideally please leave your belongings in the car or with a spectator (ideally one you know!) it's only a short walk.
- **Water and rubbish**, we have a very lively water station on the Sprout Scuttle courses and will be handing out water in bio cups at the finish of all events. **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 the bio-degradable drop cups straight after the water station but please don't leave anything where we may struggle to find it! ... littering does not help our animal chums and **we will DQ any intentional litterers** :)
- **Headphones**, we are enforcing a strict Christmas tunes policy on the day, but yes you're allowed headphones as long as its Christmas tunes!
- **Christmas policy**, have fun...dress up, be merry and bring everyone! Our team are there to enjoy ourselves and do something great for Lindsey Lodge (who are even more excited than us!) We're aiming to make it a relaxed fun filled festive day.

SPROUT Safety on the course: 'IT MAY BE COLD!'

- Bring a change of clothes, always best to wrap up straight after the event, whether you're hanging around or not. We don't have a bag drop but the car park is super close :)
- MUD, if the temperature warms we're going to have mud ... so we 100% recommend trail shoes.
- **Please keep left-** unless overtaking, this allows everyone to have a great race.
- The **course will be uneven** in spots, and as a rule follow the natural path, unless it's clearly indicated for you to turn. Parts will be muddy if it's been raining, crispy on its cold and whilst we do our best to clear the water and have selected the driest route... you may be faced with an occasional puddle.
- The course is super clearly laid out so it's easy to follow and you don't need to think about where you're going, pay attention to any lap points / finish signs and just make the right decisions where signs say 5k / 10k route :)
- **If you're injured** please let your closest marshal know. We are also patrolling the course. You may have to request to one of your fellow runners to indicate to the next marshal, as we won't be able to see any falls or injuries. So look out for each other !
- **Do not go over any jumps / into any water.** The course is designed to avoid these and they are slippery/ cold / deep

The Course! - Sprout Scuttle

Starting in front of the Hall you head out on the lovely internal park road before we take off into the wilderness!

The course is very flat... so to make sure we don't get any complaints about it being too flat we've added in some man made hills :) (see how nice we are), these are short sharp rises in the course.

The surface is a mixture of a tarmac start and finish, grass, trail, sand, mud and of course some optional water crossing (if we deem it as safe, it's currently knee height)

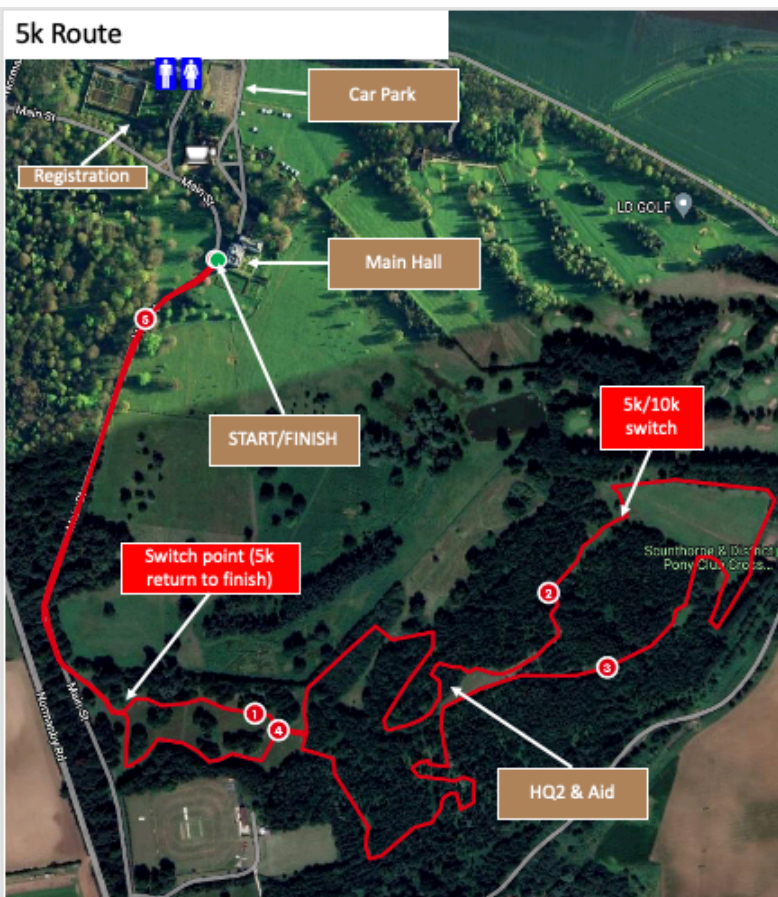
5k/10k switch points, in the course there are two points where as a 5k or 10k runner you'll need to make a decision.

The first switch point will be around 2.5 k and it will indicate left for the 10k and right for the 5k.

The second switch point & 10k lap point is just before you return back to the main park road at around 4.3km, for the 5k runners it's left and straight back to the finish. **For the 10k runners it's right for your second lap, once you've done that then the next time you come to this point it's left to finish.** As always these points are manned and the course is well marked.

10k runners complete two laps on the main off road course before heading into the finish :)

At the finish you'll be met with 'cake' plus our awesome event medal :)



The Course! - The Pyjama Express

All in the main grounds of the hall and in the main park woods... the route is around 3k in length and can be walked, jogged, ran, and it's pushchair and wheelchair friendly :)

Bring the family, the dog, the grandparents and everyone for this 3k festive walk, jog, wheel, woof or run (it's wheel chair, buggy and friendly dog friendly) ... and don't forget your Jim Jams!

Get ready for fun themed stalls on the route!

- Grab your candy cane
- Snaffle your cookies!
- Pick up your take away hot chocolate token (to be redeemed at the finish for hot choc!)
- Get your ticket stamped (and visit our very own train!)
- Then pick up your well deserved BIG Christmas medal (maybe through the snow!)

The event is set off in waves of up to 200 throughout the afternoon from 13:30.

*We asked that under 9's on the course are accompanied, we also ask that everyone joining in the run purchases an entry ticket, ho ho ho :) ... and don't forget your Jim Jams!



Things going on

Christmas, Throughout the park there are Christmas activities taking place

Curly's mini shop, When you buy something from us, 10% of the price you pay goes directly into our micro-grants. Which we award locally x We're starting with a specially designed hoodie, a snuggly bobble hat and our snood :)

Refreshments, The park café will be open on Race Day

Toilets, are open next to the main car park, just off the main grass and in the park café

Spectators, The best spot for viewing is right in front of the main hall on the grass

SANTA SUPER SLEIGH CHALLENGE - A 2km team challenge with teams of 5 people taking part. One Santa, Four Reindeer and one wheel barrow! We have 6 teams taking part and fundraising for Lindsey Lodge.

Photos, We will have a few lovely photographers around the course, so do give them a wave! We would also love you to share any of your photos from the day with us too. Find us on Facebook at <https://www.facebook.com/curlysathletes>.

Results, are chip timed these will be pretty much live straight away on our website (the Pyjama express isn't timed :))

Prize giving & trophies (Sprout), Takes place as the winners cross the line. We have trophies for Rudolphs Revenge & Sprout for **First 1,2,3 male & female and first in each age group (every five years!) and first 5k puppy!**

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes and Lindsey Lodge Hospice we wish you the very best of luck and we will see you on the day :)

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

WWW.CURLYSATHLETES.CO.UK



Terms and Conditions of Entry (please note these are for our physical events :))

*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

** see entry system for full terms and conditions or get in touch :)