

Sunday, 4 October 2020

The Hedgehog Half Marathon 2020

Information pack



**CURLY'S
ATHLETES**



**Normanby
Hall
Country Park**



Thank you and this ones for Frank x

Thank you... It's been a challenging 2020 for everyone, so thank you for sticking with us and showing your support for Andrews Hedgehog Hospital :)

Frank the founder of Andrews Hedgehog Hospital was an incredible friend who will be sadly missed... so this one is for you Frank, from all of the runners and the hedgehogs. We will be doing a mass round of applause for Frank Just before we call forward the waves from the car park, so please join us :)

Some things will be different on the day and this information pack is to help you prepare for a safe, and of course, FUN day.

We had two key criteria for us making the decision to return to events (in addition to government and UK athletics guidance) Those are:

- 1) It has to be safe to do...
- 2) It has to feel like a real event...

Each event is reviewed (in minute detail) to make sure it meets our criteria. We're very happy to say the Hedgehog Half Marathon does, and will be going ahead on the 4th of October 2020 :)

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' to benefit as many different charities as possible.

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

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 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/>



*Covid-19 key changes:

*Please note it's currently a very 'fluid' environment, so whilst we're not expecting things to change too much from this information pack, we are monitoring everything daily, so may make tweaks as we go along. Thank you for your patience, you're awesome!

As always, our job is to make things simple and logical on event day... these kind of operations are nothing new for us. It may seem a lot of information when you read it, but on the day, our aim is to reduce any confusion and make sure 'it all makes sense'. We just ask you to keep in mind social distancing and everything else we will make sure is easy for you :)

- Mass Start-we won't be having the usual mass start. We will have a rolling socially distanced start, with 'waves' being called to the holding pen, before joining a socially distanced queue to the start. Waves will effectively go fastest predicted runners first to help reduce the need for overtaking on the course. We expect to have everyone started in around 25 minutes. (more on this later on) We will be calling waves over from the car park and we're advising you to stay in / near your cars to keep everyone distanced and wait until you're called forward... we will also have mop up waves for those who may be napping!
- Start time, yup we're all up early :) ... the start time has now moved back 30 minutes to 08:30. Please arrive by 08:15. This gives us extra time to get everyone started
- Route-we have maintained 99.9% of the fantastic route... we've just moved the start and finish line to help support our extra safety measures.
- Times-all results will clearly go off net time rather than gun time. That's from when you cross the start line to the finish... it would be a bit unfair otherwise with the wave starts ;)
- Spectators-we are discouraging spectators from the park area. We would strongly advise they don't join you on this occasion-it supports us with social distancing and track and trace. Don't worry, we will be providing plenty of support for you at the finish, and of course around the route (where spectators are welcome). [Read the spectators code of conduct here :](#))
- Briefings-the main briefing will be virtual! (which we had planned for all our races this year) A video will be uploaded onto the website and Facebook during the week of the event, talking you through the event. On the morning, we will just have rolling reminders.
- Prizes-will be arranged post event, but if you're 1,2,3rd place male/female finisher we will have the prizes with us, but you'll just have to wait until everyone has finished. :)
- Finish line- you'll have the same looking finish line with music blaring! ... but you won't get a cuddle with your medal and your medal / water / cake. This will all be waiting for you in a specially designated collection area.

*Covid-19 key changes:

- Aid Stations & water-we normally have four aid stations on route, with snacks / cola and music. Due to the Covid-19 restrictions, we will just be having one large aid station, at just past half way providing bottled water only (330ml bottles). These won't be handed out, but will be placed for you to collect. Please plan to start hydrating for the event the day before and in the morning. We recommend you please bring your own water supply to run with. If you run with a disposable bottle 'do not' throw it out on the course as it's bad for wildlife and a risk for us for cross contamination. Any disposals of bottles can be done at the aid station or at the finish.
- Juniors-no 'physical Hoglet Mile' this year :(but we will be moving the junior event to a virtual event and posting them out some well deserved medals! We know the kids will miss this, so do get in touch if you want to transfer them to next years kids race instead etc :)
- Bag drop-no bag drop on the day. Again to support minimise touch points and to stop Ralph (the event pup) rummaging through your bag looking for snacks.
- Registration-all numbers will be posted. T-shirts (if you added one) will have a designated collection area on the day, straight after the race (just bring your race number to the collection area at race HQ (next to the splashpad.) If you have any problems with race numbers etc please get in touch ahead of the day. We will have a help point on site but this is behind glass and has a limited capacity. contact@curlysathletes.co.uk for any queries.
- Not quite ready to come back to events? Don't worry we know not everyone is ready for events just yet, so we also have a virtual option so you can take part on the day, and still receive your awesome medal for your achievement! Submit your results through to us and we will create a virtual leaderboard :) [enter here](#)
- Covid responsible runners, volunteers and team members :) ... we are 'all in this together' but we're only as strong as our weakest link. Therefore, we all have a duty to be aware, alert and socially distance. That way we can make a slow, safety and steady return to what we love. However comfortable you may feel around people, remember not everyone feels the same so just think of others and let's have a great day doing what we love! Please take a little time to read the participant code of conduct here :)
- First aid-as always we're self sufficient in the most part, and put no strain on the NHS. Only in the event of a life or death scenario would we involve 999. The first aid provision will be no different from normal and all medical team members are well trained and rehearsed at dealing with medical incidents under Covid guidance. We do have the addition of an isolation tent should any runner show Covid related symptoms during triage. The ambulance is on site to support transfer of any casualties needing hospital treatment again to avoid any burden on the NHS.
- Predicted times-we're asking you to be 'very' accurate on your predicted finish time... the more accurate the better, as this helps us arrange the starting order and keeps everyone spread out.
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We admire your commitment!

This all on road half marathon, sees 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 just about the prettiest half marathon ever! 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! **We won't be having road closures in place this year due to the staggered start, so no mass of runners at the beginning. Instead we have strategic placed traffic controls to help you around the course :)**

And of course it's not called the Hedgehog Half for no reason!.We work with the amazing team at Andrew's Hedgehog Hospital to help raise awareness of the work they do, and of course make sure the charity gets some much needed 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 Andrew's team with some additional support and help along the way.

Finding Normanby Hall

Car parking is free, Normanby Hall Country Park, Normanby, DN15 9HU. **Please plan to arrive for 08:15.**

Registration

All numbers will be posted. T-shirts (if you added one) will have a designated collection area on the day up at Race HQ (signed registration). If you have any problems with race numbers or haven't received by 17:00 on the Thursday before the event, please get in touch. contact@curlysathletes.co.uk for any queries.

In your envelope, you will find . . . your race number, timing chip (attached to your number) and safety pins

***Entry amends / cancellations-** If you wish to amend your entry this must be done **14 days** ahead of the event. Log into etchrock.com to update any details. If you're unable to attend the race, then your can transfer to another event up to 14 days before. Partial refunds are only available until 28 days before (50%), full refunds are at 90 days ahead of the event. Should we cancel the event due to COVID-19, then you will be able to obtain a full refund(minus the entry system fee ,which is managed by an external company), transfer to the following years event, or any of our other events.

Road closures

There are no road closures on route- instead we have a dynamic rolling stop /start system, controlled by traffic operatives from our traffic management company. **Please remember you are running on public roads for the majority of the run-use the paths where possible and do not cut corners on the road, or this will put you into the route of on-coming traffic- remember to keep left at all times.**

Event timings

- 08:15 All runners to have arrived. Please wait in your car to be called (clearly you can pop to the loo or find some space to stretch / warm up) ... think of it like a drive through running event :)
- 08:15 A round of applause for Frank x
- 08:17 Running wave called forward to the gather point (this will be in race number order, ie: race numbers 1-30) A PA system will be facing the car park so please listen out. An additional speaker system will be preparing the next wave.
- 08:20 A mini brief on the start process will then take place
- 08:25 Runners queue, 3 runners wide on the internal road-please maintain two metres from the 3 runners in front. This will be marked with cones as you get closer to the start.
- 08:30 First 3 runners set off, and all runners then move forward. This effectively becomes a constant rolling start, with around 5 seconds spacing each row of 3 runners.
- 08:55 The above process is repeated until the final runners set off
- 09:40 first finisher (ish!) We expect our final finisher in around 12:30

Car Park & Start



Finish



Athlete well-being

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. If you are showing any Covid symptoms then DO NOT ATTEND, even to spectate. Please isolate and [complete our COVID SPECIFIC document here](#) to allow us to move you to the following years event. We don't want anyone feeling they have to attend with Covid symptoms. TRACK AND TRACE will be in place for the event and you must report any symptoms that occur soon after the event via the same COVID document. [You can also visit the NHS site for further advice here.](#)

- 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. We do not have kit storage facilities, so please leave your belongings in the car.
- Water-we will only have one water station on the course, due to Covid-19 protocols (we normally operate 4) At the end of the event, we do have water for you and provide 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.
- 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 littering. DO NOT throw rubbish at Marshalls-this is cross contamination and puts our volunteers and team at risk. You may drop rubbish at the aid station on the route.
- Check out our [athlete and spectators code of conducts](#) to help you have a safe day :) ... they can be found here.
- Hand-wash stations will be placed on the start queue and at the finish area. and bring your own hand sanitiser.
- Face-masks-our team will be in face masks throughout the event as much as possible, within a practical working sense (for radios / announcements clearly this wont be the case and they're smiling underneath!) You may decide to wear facemasks around the park, and while waiting to start and that's o.k. We don't advise running in masks, and please remember, dispose of masks yourself or take them home. You will need to wear a mask if you wish to use the park cafe.
- Social distancing is still in force, so please be aware and stick to any markers or guidance, especially waiting for the start. You will see that we have larger than 2 metre gaps at some places on the start queue (these are crossing points so please leave space.)
- No headphones (bone conductor ones ok) You're on a public road for most of the route, so you need to be aware of what's going on around you. Plus being able to listen out for people overtaking to help support social distancing ... but we will get music on the course for you!
- As part of the course is on open roads 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!

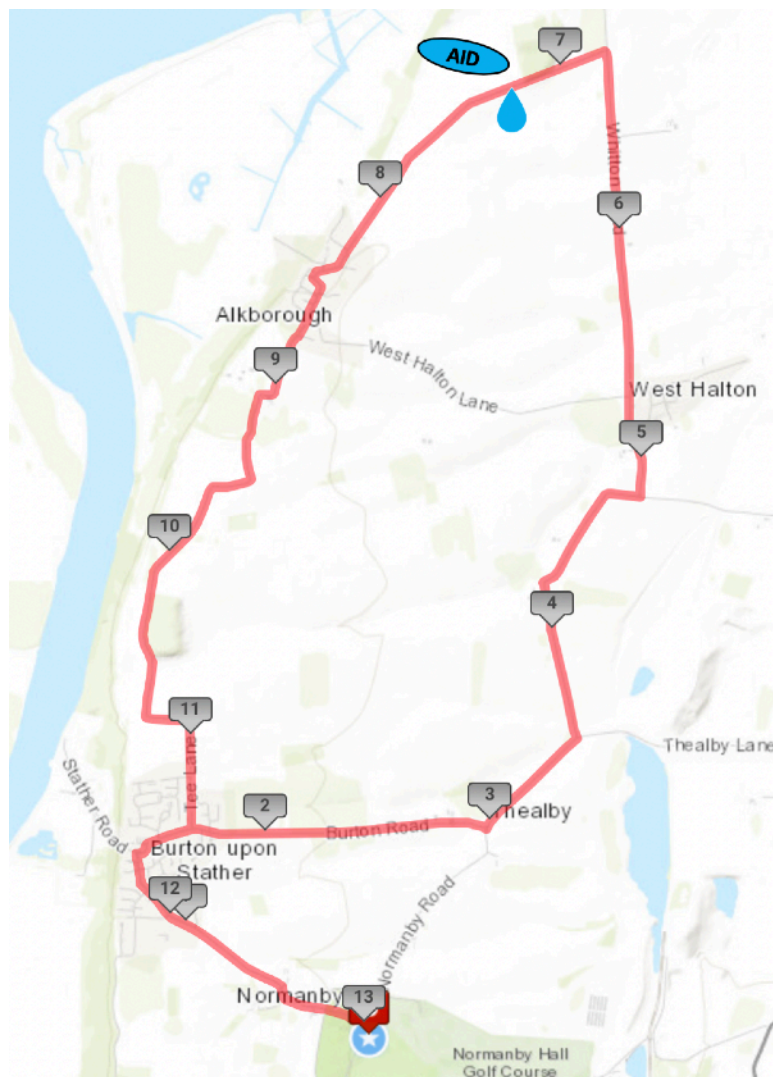
The Course!

1st 1/2: Starting 400m from the main hall, 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, its 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, (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 (it's 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 Street, 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!)

[FIND A FULL INTERACTIVE VERSION OF THE ROUTE HERE](#)

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.



The 'VIRTUAL' event & Junior HOGLET MILE

So we know not everyone is quite ready, or able to return to events just yet. For us that's absolutely fine, so we've added in a virtual option for £12.50. This means we will post the amazing medal out to you after the event, and means that Andrew's Hedgehog Hospital will benefit even more :-). Any junior runner that has entered the hoglet mile will be joining us virtually, please send us your results and we will send out the awesome medal!

... of course it's only fair we give you a few rules! (so see below)

- [Enter online ahead of the day here](#)
- You run your 13.1 miles on the 4th or 5th of October—we also don't mind if you split the distance and run half the distance each day. (1 mile if you're a junior!)
- Submit your result to us via facebook direct message or to contact@curlysathletes.co.uk by COP Tuesday 8th
- If you can send us a picture that would be awesome, we can add to our scrapbook :)
- We will then compile all the results on the Wednesday, and add you into the results (under virtual)

Spectators & Local Community

We are discouraging spectators from the park grounds. We would strongly advise they don't join you on this occasion, it supports us with social distancing. Don't worry, we will be providing plenty of support for you at the finish, and of course around the route.

Spectators (socially distanced around the route and from front gardens) we of course, would love to see. We will be chatting with the village communities over the coming weeks.

[Read the spectators code of conduct here :](#) a guide to [traffic impact can also be found here](#)

We completely understand that it certainly is a strange time and you may have concerns about people 'descending' into your villages. Hopefully, reading through this guide will give you an idea of the lengths we're going to in order to keep everyone safe. For us, we wouldn't be back if we didn't feel it was the right thing to do.

Our own 'senior' parents, but very young looking (... extra Christmas present please mum!) live in Burton village. We grew up there, and we are based in Normanby. But please do get in touch if you have any questions—contact@curlysathletes.co.uk and of course, we are attending the parish meetings as normal.

Park guide

The park will be open for you to enjoy after your run. There's lots of space and it's a fantastic place to relax in :) The cafe will be open, but as with every catering venue, please be patient and a queue system will be in place, DON'T FORGET YOUR MASK! Please stick to social distancing and be aware some one way systems will be in place after you've finished your run. Remember, you're an 'ambassador' for runners on the day, so just be your normal amazing self!

Presentations, Photos & Results

Race winners, category winners and any spot prizes will be arranged after the event :) We will however have 1,2,3 male and female trophies and prizes with us in Race HQ, so if you hang about until everyone has finished, then pop up to collect if you think you've got a prize (results will be live almost instantly, but as its net time, we have to wait until everyone is in!)

Photographers will be down on the day, and the photos will be shared on Facebook firstly. 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 (although because of the staggered start again, we will update on Curly's Athlete's Facebook page.

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 !

All photos and results can also be found here and you can Find us on Facebook here

We love this event and the feedback from every event has been amazing... it's taken so much hard work to bring this event back, due to the impact of Covid-19, and we really appreciate your support.

So, whether you're here to race (remember it's fully UK Athletics licensed and distance certified) or to 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

On a personal note...

It would have been the easy option for us this year just to cancel all events. We secured ourselves an emergency bounce back loan and could have just gone quiet until 2021.

We made a promise not to put the onus on runners to look after us through this difficult period ... we're self sufficient and always will be :)

We're also committed to making sure that our social media feed is something fun and positive, that we kept going and kept working hard to keep our running community as engaged as we could... this is our full time job. We're a small local business like any other, and fundamentally we 'LOVE' what we do.

Our event means so much to our team, our charities, partners and our runners, so whatever your thoughts, please stay nice, stay friendly and remember we're all just people trying to do the right thing. We all want to have a safe and fun event, Curly.

HAVE A GREAT EVENT!

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](#)

[Find all our Terms and Conditions and our Frequently Asked Questions here](#)

UK ATHLETICS
ROAD RACE / MULTI TERRAIN LICENCE

UKA | UNITED KINGDOM ATHLETICS

UKA | UNITED KINGDOM ATHLETICS

coursemeasurement.org.uk
Certificate of Course Accuracy

Licence number: **2020-39480** Licence Status: **Full Licence** Race: **Single Race - The Hedgehog Half** Entry Limit: **650** Date: **Oct 04 2020 08:30 AM**

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

