

The Hedgehog Half Marathon 2021

Information pack



**CURLY'S
ATHLETES**



**Normanby
Hall
Country Park**



. . . for Frank x

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

Frank the founder of Andrews Hedgehog Hospital was an incredible friend who will be sadly missed . . . so this one is again 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 runners forward to start, so please join us :) starting and finishing from the amazing grounds of Normanby Hall Estate.

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/>

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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 the prettiest half marathon but we know the views, your fellow runners and our supporting villagers and team make for a bit of distraction and lots of encouragement along the way! **The event has part road closures and part running on quiet country roads.**

And of course it's not called the hedgehog half for no reason!.. we work with the amazing team at Andrews Hedgehog Hospital to help raise awareness of the work they do and fingers crossed raise some 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 Andrews team some additional support and help along the way.

Car Parking

Car parking is free, Normanby Hall Country Park, Normanby, DN15 9HU.

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 you 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

We have some road closures on the way out through Burton High st (08:50-09:20) and from Burton to Normanby (08:50-09:15) and then we have traffic management systems in place on the one right turn and the one mini roundabout (that means as you approach, traffic is stopped before you get there allowing you to continue without any interruption to your run) the rest of the course is very low traffic, country roads and left turns. **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, keep left at all times.**

Event timings

- 08:50 Adult briefing & round of applause for Frank, 400 metres away from the main hall and finish area. The main briefing will be delivered virtually ahead of the day, we just have a short reminder ahead of the race start... and wish you all good luck :)

- 09:00 Half Marathon starts
- 09:30 Hoglet Mile fun run briefing and event starts! (gather near the hall!)
- 10:15 first finisher (ish!)

Prizes will be presented as we go along through the event and we have no time limit for people to complete the event.

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.

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.
- 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.
- Covid: So we're unsure at the minute if we will have some Covid protocols in place for the day. These may be such things as waved start, reduced water stations etc. However this event is already fully prepared to be delivered in a Covid safe way as per our 2020 plans.
- 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 never ever cut corners or cross onto the opposite side of the road. The course is measured based on people sticking to this principle.**
- 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!

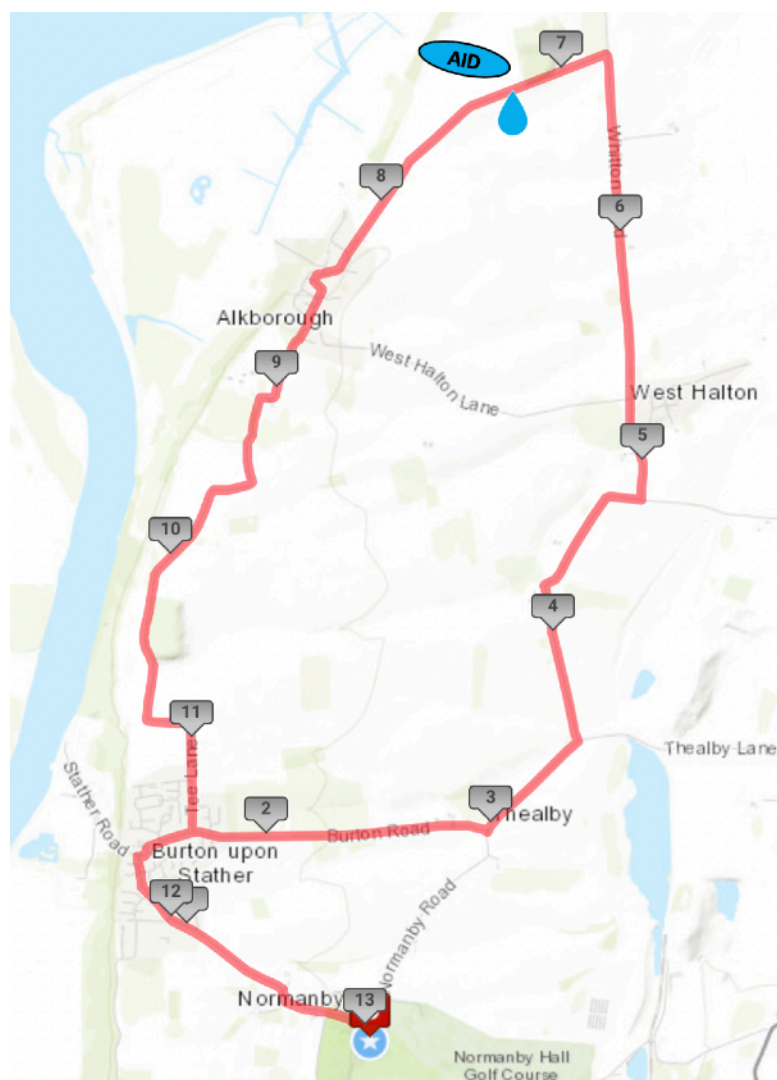
The Course!

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 can make the event but want to challenge themselves, support the hedgehogs and of course get their hands on the awesome medal! 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 :-)

We have a fun filled 'hedgehog' themed 1 mile fun run taking place on the day allowing the kids to support the hospital and get an awesome medal... make sure you enter ahead of the day. For the junior events we may be using our spare 2020 medals (don't worry they're not dated) as we know the kids missed out on this one!

For you virtual runners... 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 the Tuesday after the event.
- 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)

Things going on

- Refreshments, The park café will be open and we 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 and in the park cafe from 07:30. For this year we've also added an extra set of portaloos near the main toilets to help 'relieve' toilet queues!
- 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 in one of the surrounding villages then please come out and support the runners or drop us a note and we can get you involved on one of the water stations or marshal points!
- Photo's, We will have our photographer Mark 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. Prize giving & trophies, thank you's and well done's! - This will be taking place as the winners cross the line we have trophies for

First 1,2,3 male & female

First junior <23, Senior, VET, SUPER VET, male & female

and of course the ... **esprit de hérisson award**... spirit of hedgehog award! to recognise that special individual who truly embraces the hedgehog through been a champion of fundraising and the theme!

- HOGLET MILE! A 1 mile fun run for the kids (hoglets!) :) The 1 mile 'just for fun' event takes place during the Hedgehog Half Marathon event, setting off at 09:30 while the adults are out running their 13.1 miles :) The event isn't timed, but you will get a medal, race numbers, sweets, water and of course lots of cheers !

The race takes place safely within the grounds of Normanby Country Park and is aimed at junior runners aged 5 years to 11. (hedgehog outfits optional!.. but a brown t-shirt and some clothes pegs works well!)

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes, Andrews Hedgehog Hospital & Normanby Park 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

RUNNING GIFTS

Great gifts for runners, Running Gifts is Curly's super special shop for runners!

We combine fantastic suppliers and products with our love of running.

Running Gifts also 'gifts' back to our charity friends.

All profits from Running Gifts support over 20 amazing charities!

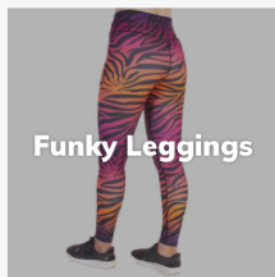
We sponsor not for profit charity running events, give free race tickets to charity runners, make direct donations and support plenty of amazing projects.

<https://runninggifts.com>

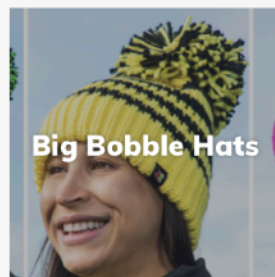
GREAT RUNNING GIFTS



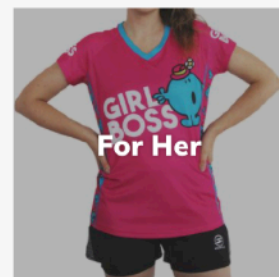
Gin for Runners!



Funky Leggings



Big Bobble Hats



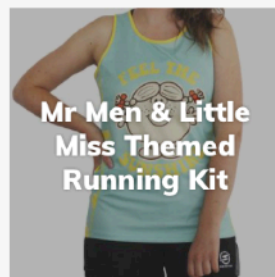
For Her



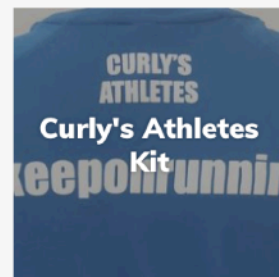
For Him



For Sustainable Runners



Mr Men & Little Miss Themed Running Kit



Curly's Athletes Kit

[Go check out all our events currently open for entry here](#)

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