

Sunday, 6 October 2019

The Hedgehog Half Marathon 2019

Information pack



**CURLY'S
ATHLETES**



**Normanby
Hall
Country Park**



We admire your commitment!

Firstly, well done to signing up and committing to the Hedgehog Half Marathon starting and finishing from the amazing grounds of Normanby Hall Estate. The teams at Curly's Athletes are excited to once again bring hundreds of eager athletes to enjoy themselves out at this fantastic event!

This all on road half marathon see's 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 lot's 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.

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 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 :) You will need to display your car parking pass on the day (just print off the last page of this information page)

Registration

Registration is open Saturday 5th October from 16:00 - 18:00 for everyone. 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: 07:30-08:30

At registration you will collect the following:

- Your race number & timing chip (attached to the number)
- T-shirt if you ordered one all pre-bought t-shirt profits go to Andrews Hedgehog Hospital (we hope to have a few spares on the day for sale!)
- Safety pins will also be available for your numbers.

Event timings

- 08:50 Adult briefing, 400 metres away from the main hall and finish area
- 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.

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.**

Athlete well-being

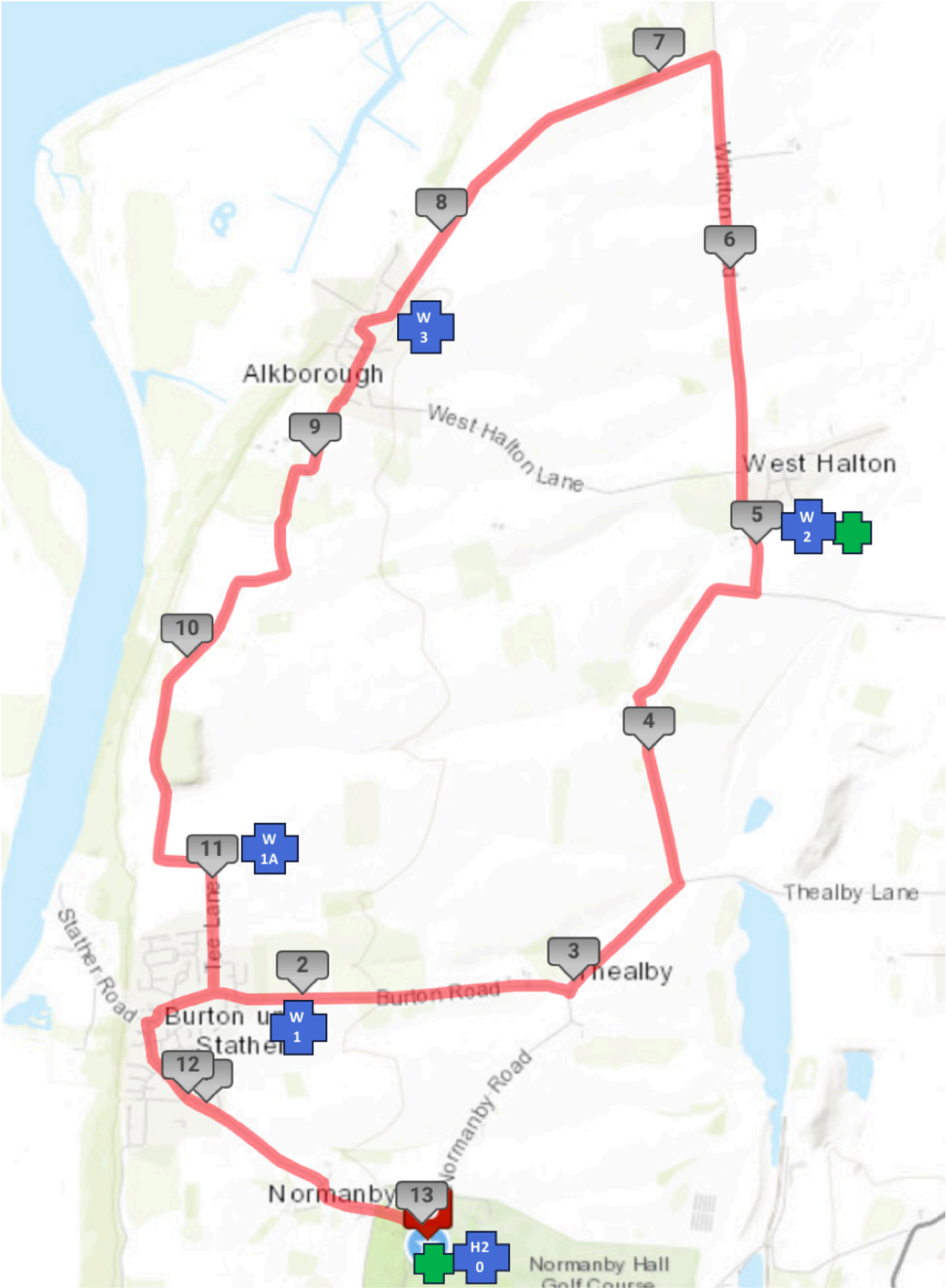
If you feel **unwell or injured** then it's your responsibility to withdraw from the event, please don't put yourself at risk. On the course we will have plenty of manned Marshall points, several water + snack stations, medics on course and at the finish, bike marshals and a sweeper vehicle.

Medics, our expert medical team based on 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 hope for great weather but foil blankets do not keep you warm and are for emergencies only! We will have a **bag drop at registration**. Ideally please leave your belongings in the car or with a spectator (ideally one you know!)

- **Water and rubbish**, we have very lively water stations on the course. We have 4 on the course and 1 at the finish. The 5 mile water station will have a choice of bottles (if you want to carry it for the second half or next water station) or bio-degradable cups. Some "light" energy based snacks will be at each station. 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 straight after the water station but please don't leave anything where we may struggle to find it! ... littering does not help hedgehogs and **we will DQ any intentional litterers** :)

- **Headphones**, not unless they are bone conducting headphones, sorry :(



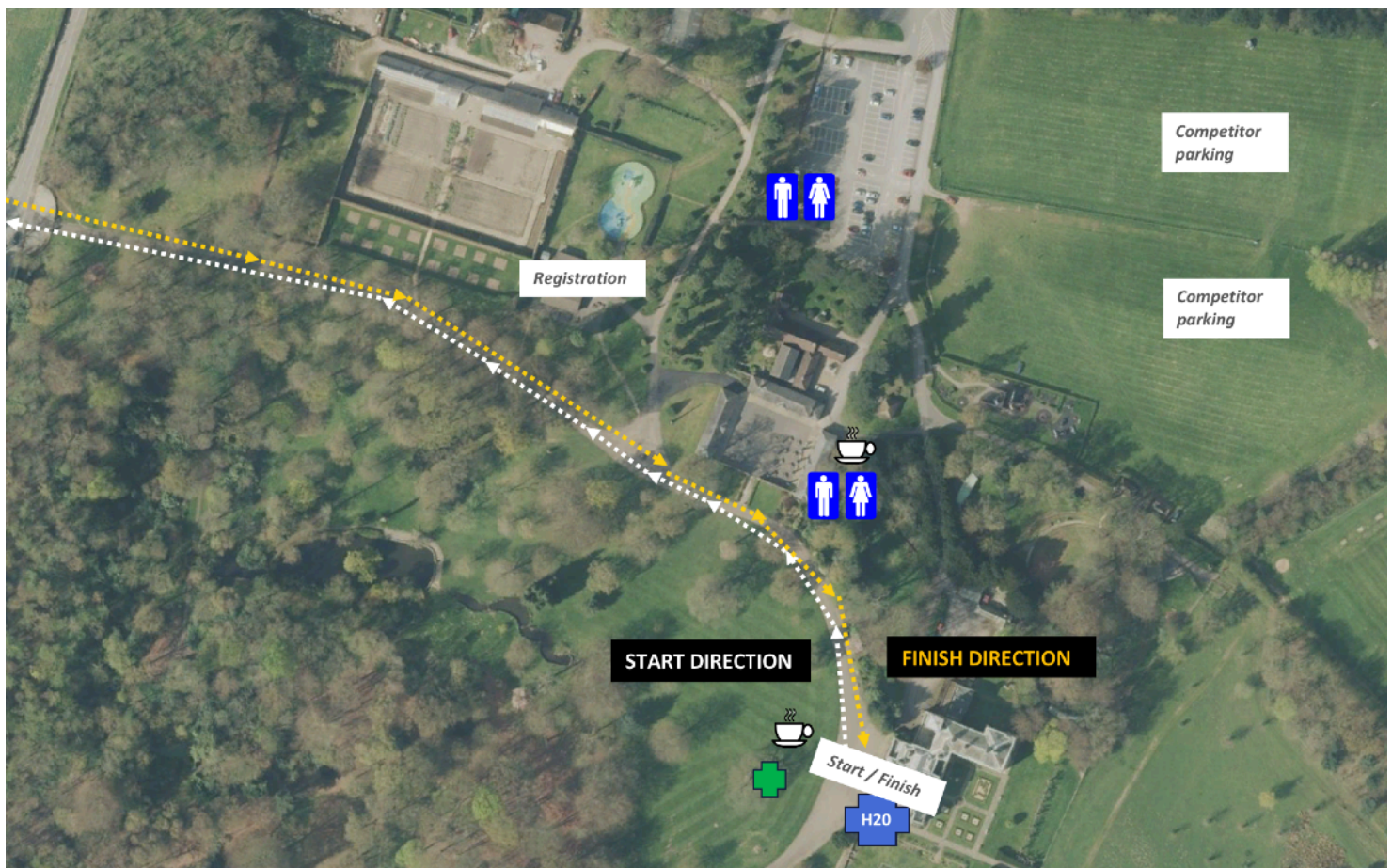
The Course!

1st 1/2: Starting 400m from the main hall you head passed the hall and your amazing fans! then 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 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, (this is 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 (although it's still only 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 st 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!)

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.

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



Things going on

Refreshments, The **park café will closed for re-furb on Race Day** but 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!

Junior Athletes - The Hoglet Mile! (ages 5-11)

As requested and for 2019 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



I'm here for running, hedgehogs and cake :)

CAR PARKING PASS

HEDGEHOG HALF MARATHON 6th October

Valid for parking 16:00 onwards on the 5th and all day on the 6th, changes may apply outside of these times... if my car is still here on the 7th please come and find me, I may be lost :(

...or the hedgehogs have kidnapped me

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 authorize 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