

The Hedgehog Half Marathon 2021

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, which will start and finish from the amazing grounds of Normanby Hall Estate. The team at Curly's Athletes are excited to once again bring hundreds of eager athletes to enjoy themselves at this fantastic event!

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 ever!

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 Andrew's Hedgehog Hospital, to help raise awareness of the work they do, and to help raise funds. 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 some additional support, and help along the way.

At Curly's our goal is to promote active lifestyles, providing people with inspirational, fun, great value and professionally run physical challenges. We know the benefits of this to the individual (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 :)

Registration

We will be posting out your numbers from 10-14 days prior to the event. If you haven't received your number by Thursday the 30th September, please email us at contact@curlysathletes.co.uk:

If you have ordered a t-shirt, you will be able to collect this from Race HQ (the classrooms, next to the toilets) from 0730, right up until the end of the event.

Event timings

- 08:50 Adults assemble! 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 (09:00-09:30) and from Burton to Normanby (09:00-09:30) 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 path of on-coming traffic. Keep left at all times.**

Athlete well-being and Covid

If you are displaying symptoms of covid, or have been informed to isolate by the NHS, then please do not attend. Please send confirmation of this to contact@curlysathletes.co.uk, in order that we can deal with any transfer queries.

Please feel mindful of others, and respect that other people may be adhering to social distancing guidelines.

There will be hand wash stations provided.

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) plus bike marshals and a sweeper vehicle.

- **Medics**-our expert medical team are based out 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 (someone you know!)
- **Water**, we have two aid stations this year. We have one at mile 5 and one at mile 9, in line with the UKA guidelines on reducing contact points in line with Covid safety measures. All water has to be given in a sealed water container :((so we can't use our compostable cups). Water will be at mile 5 and energy drinks (thanks i-pro!!) will be at mile 9.
- **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. Please don't leave anything where we may struggle to find it! ... littering does not help Hedgehogs, and **we will DQ any intentional litterers** :) You can of course drop your water bottle with volunteers on the route.
- **Headphones**-not unless they are bone conducting headphones, sorry :(

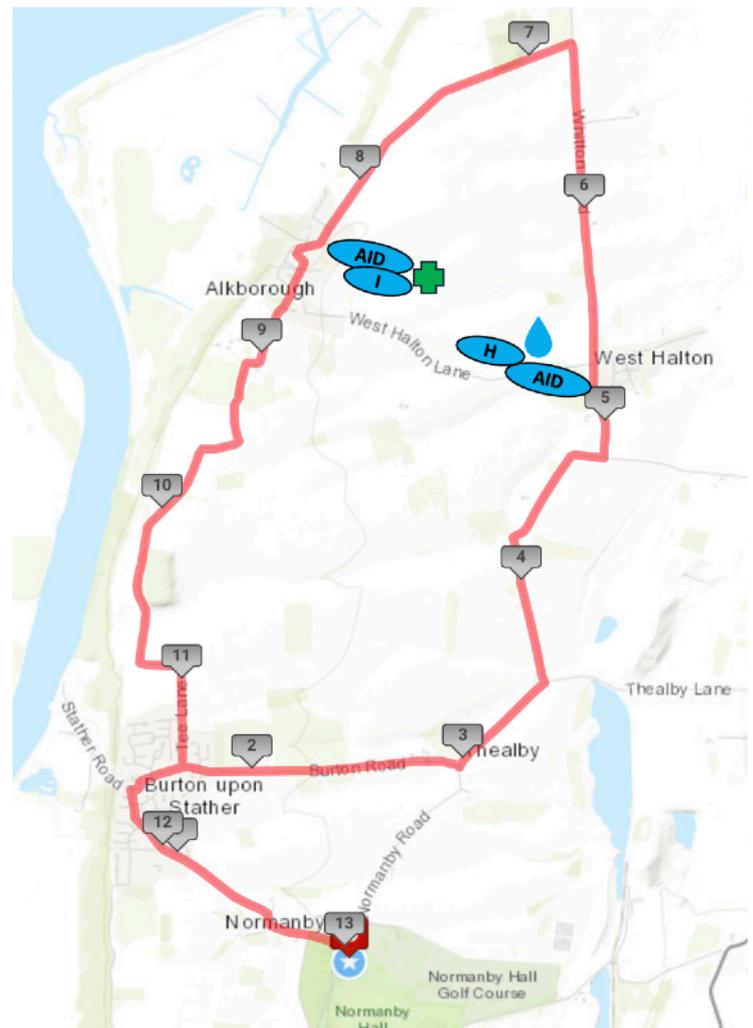
The Course!

1st 1/2: Starting 400m from the Main Hall, you head past 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 it's 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, which is 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 of your screaming fans to cheer you home!



Car Park & Start



Finish



Things going on

Refreshments, The Park Cafe will be open, 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. 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 cheer points!

Photos-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, Well done! - This will be taking place as the winners cross the line. We have LOTS of trophies this year of every 5 year age group... so hang about!

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

The 1 mile fun run for the kids (Hoglets!) will return for 2021! The 1 mile 'just for fun' event takes place during the Hedgehog Half Marathon event, setting off at 09:30, whilst 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 :)



HEALTHY HYDRATION

NATURAL INGREDIENTS
No artificial flavours or colours

LOW SUGAR
< 3g per 100ml & sweetened with stevia

VEGETARIAN / VEGAN
Suitable for both vegetarians & vegans

FAST REHYDRATION
Perform at your best

100% DAILY VITAMIN C
Plus added vitamins B5, B6, B7 & B12

FULLY RECYCLABLE
Bottle, sleeve & lid are fully recyclable



LIMITED OFFER: ONLY £23.90 per case of 24 including delivery! Less than £1 per bottle!



BUY NOW AT www.iPRO.Direct

iprohydrate.com @iPROHYDRATE

FREE DELIVERY*
*Mainland UK Only

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

WWW.CURLYSATHLETES.CO.UK



Terms and Conditions (please see your ticket for full T&C's or get in touch :)

*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 but we do have systems in place to transfer your entry to a fellow runner up until 48 hours before :).

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