

# The Normanby Hall 10k

28.06.2020

& JUNIOR 3k

**CURLY'S  
ATHLETES**



**Sunday 30<sup>th</sup> June 09:30**

**Junior start 08:30**

Welcome to the Normanby Hall 10km, our most picturesque 10k road run ☺

Fun filled Bee themed running awesomeness!

**Important Corona Virus note:** The event is fully planned to go ahead on the 30<sup>th</sup> of June, but should restrictions still be in place we have a reserve date of the 6<sup>th</sup> of September all planned in ☺ If we move and this isn't suitable then you will be able to transfer to this event the following year or any other of our events (we have lots to choose from)



## Registration/numbers:

- **Numbers are now posted out for 2020** (Juniors are collected on the morning of the event)
- Postage cut off is the 12<sup>th</sup> of June (after this time you'll need to collect if we still have spaces)
- If you haven't received them by the 21<sup>st</sup> of June please drop a note to [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk)

*Ps: We're helping to raise awareness for our Bee friends so don't forget to pick up your packet of wildflower Bee friendly seeds ... or even turn up in fancy dress as we do have a best bee trophy! (we have our Bee costumes already!)*

## Late number collection & t-shirt collection

If you entered after the 12<sup>th</sup> of June or added a t-shirt to your entry then you can collect at the following times

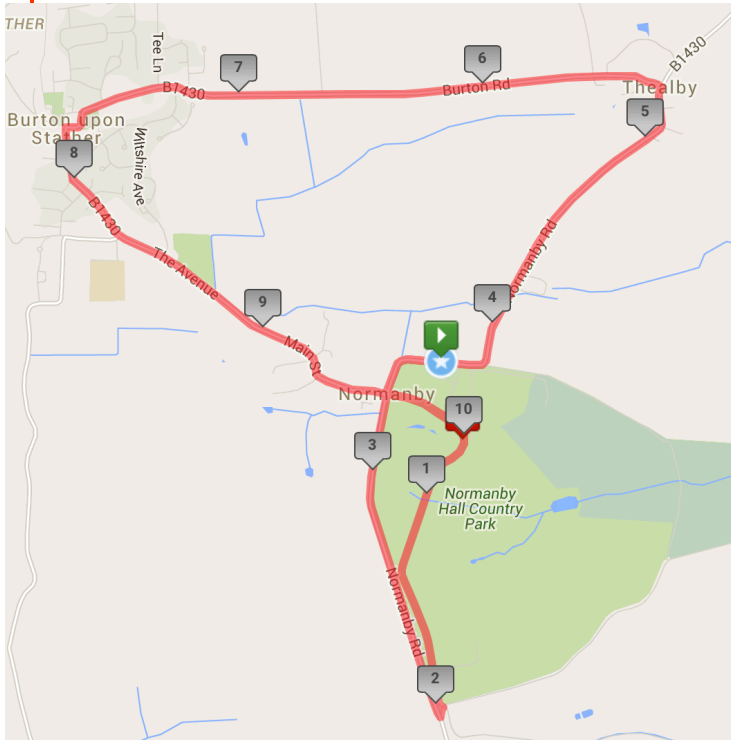
Sunday 07:45-09:20 (juniors 07:45-08:25)  
and then also after the race for t-shirts

**Normanby Road will be closed at 09:00 so plan to arrive before so you don't go on diversion and risk being late!**

It will be sign posted from the car park but follow the signs for the waterpark! Here you pick up your race number (and your friends if they're feeling lazy, just be able to give us their DOB/postcode and of course .. name!) plus collect your race t-shirt if you ordered one. We strongly recommend registering on the Saturday, less stress for you and you can have some time to ask us about the course.

**Normanby Hall Country Park  
Normanby, DN15 9HU**





## The Event

Race briefing is at the entrance to the main car parking at 09:15 The run then starts at 09:30 on the road just in front of the main car park.

Runners then head toward Normanby and straight into the park through the main gates and in front of the Hall before heading through the park and turning back on themselves to come down the main road in front of the park passing back in front of the main gates. You then head off to Thealby before a slight climb out of Thealby to Burton (water station at 6km just after the climb) Right through the centre of Burton and then back to Normanby for a finish in front of the main Hall!

Please be aware this run has partial road closures but after 4km mark you are running on public roads so please keep left, keep aware and where possible use the paths.

## Free Parking & Park Entry

Just download and print the parking pass, please note that you may be asked to pay park entry fee if you don't display. You can then spend the whole day in the park 😊



## Road Closures

**Normanby Road will be closed from 09:00 to 11:00**, if you're arriving after this then you will need to follow the diversion through Burton – upon – Stather which will take around an extra 10 minutes. We advise turning up before 09:00! 😊

## The END!

As you finish the race you'll be greeted with a smile, your medal, some cake and water! ... if you've done especially well you may get a hug 😊

Presentations will start once we have the 1-3 male & female in 😊

Prizes are for 1,2,3 male & female. 1<sup>st</sup> vet, junior and supervet, male & female and a special trophy for best Bee costume

## Other bits 😊

**T-shirt orders:** will be ready to pick up at registration on the Sunday before or after the race. We will have a few spare to sell and these will be in, they are priced at £10.

**Refreshments:** The park café will remain open during the event and we will have additional caterers on the main lawn providing more hot snacks and if you're especially good you can grab an ice cream!

**Toilets:** Are situated next to the main car park, please be considerate in your usage and do not use the disabled or baby change facilities. As the event grows every year, in 2020 we will add additional toilet facilities 😊 (pew, what a relief... literally!)

**Race photos:** Our official race photographer will be down on the day but we will have plenty of amazing amateur photographers around on the course plus we encourage you to get your friends and family members to share their pictures on our facebook page.

**Results:** We have chip timing on the day so results are available instantly after the event. You will be provided with a gun and a chip time, all prizes are based on your gun time.

Photo's / results and training advice can all be found here: <https://curlysathletes.co.uk/athlete-zone>



## Your safety and well-being 😊

Sadly we can't fully control the weather, other road users, other runners, the public or the wildlife! so please make sure you run responsibly and look after yourself. We've included the following tips to help:

- No headphones (bone conductor ones ok 😊) , you're on a public road from 4k-8.5k and need to be aware of what's going on around you sorry 😊 ... 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.** The course is measured based on the left-hand side of the road so don't worry you won't go any further.
- If it's hot think about hydration the day before and the morning ahead of the race plus sun-cream, hat and wear suitable clothing. Turning up unhydrated will not only impact your performance it also puts you at greater risk as your body will struggle under the pressure of racing. We have chosen to place our water station is at 6km due the speed of the first 5k and people didn't take on water at 5k, once they hot the slight climb from 5-6k they are more likely to take on liquid.
- Dress for the weather and regardless of the weather bring a change of clothes, if you're sweaty / wet then this will allow you to control your body temp and recover better
- 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!

**SEE YOU SOON AND HAVE A GREAT RUN – read on for new junior event on the day!**

# Curly's Juniors!

**08:30** 28<sup>th</sup> June 2020

- 3k fun run (distance is approximate)
- Open for ages 5-14
- £6 which includes entry to the park for the day
- Chip timed
- Adult 10k Bee themed medal for all finishers
- Trophies for fastest male/female under 7,9,11 and 14 😊
- All held in the grounds of the hall and sweets, water and medal at the finish!



## Join us for more great events 😊

Supermile Normanby -  
14th August



A one mile UKA and IAAF certified all out race for all abilities; you will be set off in waves with people that are aiming for a similar target time.

The Lincoln City Half  
Marathon - 20th  
September



We're working with the Lincoln City Foundation on this fantastic event. The Lincoln City Half Marathon aims to encompass many of the great areas of our city, bringing together our historic north and the diverse, under celebrated south of the city.

Hedgehog Half Marathon -  
4th October



This all on road Half Marathon starts and finishes in the beautiful grounds of Normanby Hall Country Park. The route follows the picturesque Tour of Britain course from 2017. Supporting Andrews Hedgehog Hospital :)

Run for Wildlife Autumn 5k  
- 11th October



Curly's, The Yorkshire Wildlife Park and the YWP Foundation team return with the triple award winning Autumn edition of this walk, jog, run safari!

After the postponement of the April event due to Corona Virus we cant wait to be back and make it the best ever :)

**It's a Giant Otter themed spring special**

Brigg Poppy 10k & Military  
Challenge - 25th October



A PB potential 10k run and the Military Challenge. The Military Challenge sees a competitor wearing boots and carrying a backpack weighing 36lbs (16.3 kgs) for men and 24lbs (10.9 kgs) for women.

Doncaster 10k - 29th  
November



FREE PIE & HOT CHOCOLATE... oh and some great running right in the heart of Doncaster from the Racecourse!  
The event won the best in Yorkshire 10k at the National Running awards for 2018 and 2019.

Doncaster Santa Dash -  
12th December



Get prepared for a family fun festive 1 mile wheel, walk, jog, run event around the amazing Sandall Park. Curly's are proud to be supporting this historic annual not for profit event and helping it continue for many years to come :)

The Great Sprout Scuttle -  
13th December



The "Great Sprout Scuttle" returns for another year of all things festive and sprout themed!  
Based at the Northern Racing College, Rossington Hall, Doncaster.

Rudolphs Revenge & ELF  
Yourself! - 20th December



Returning for it's second year! Working with Lindsey Lodge we're bringing you some family fun running with 'ELF Yourself' in the afternoon!  
Then at night time our own 'Rudolphs Revenge' festive trail running fun!  
All at Normanby Hall Country Park.

Normanby Adventure Race  
- 14th March 2021



Taking place over 10kms of cross country horse course with water / mud / sand / crawl nets and jumps... lots and lots of jumps!

**WWW.CURLYSATHLETES.CO.UK**

# The Normanby Hall 10k

I'm here for the cake!

**28/06/2020**

## Car Park Pass

From 07.00 please park on grass in overflow car parks unless otherwise instructed or a blue badge holder (just flash your badge 😊 )

(**Road closures from 09:00am** on the Sunday morning and this will impact you accessing the park, a diversion is in place and it will add 10 minutes onto your journey)

Normanby Hall Country Park, Normanby, Scunthorpe,  
DN15 9HU

[www.curlyspathletes.co.uk](http://www.curlyspathletes.co.uk)



## 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