

Proudly supporting 2020/21



08:30  
Sunday, 6 September 2020

# The Normanby Hall 10k or The Norman Bee 10k!

**CURLY'S  
ATHLETES**



# Thank you x

Thank you... After the postponement of the event in June due to Corona Virus, we can't wait to be back-thank you for staying with us :)

Some things will be different 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 so...
- 2) It has to "feel" like a real event...

We're now happy for some of our events to go ahead! The Normanby 10k is the first of these on September the 6th.

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' (that takes many different forms)

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 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/>



## \*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 :-)

As always, our job is to make things simple and logical on event day... these kind of operations are nothing new for us and we actually do work very similar to this normally. It may seem a lot 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 it's 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 be 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, yep we're all up early :) ... start time has now moved back to its 2016 original time of 08:30. Please arrive by 08:15. This gives us extra time to get everyone started and minimises road closure impacts for our community.

- Route, we have maintained 90% of the route... but we've swapped the way around we run, so it's pretty exciting! We do have around 800 metres on specially cut and prepped lovely green grass. You can check out the route [here](#).

- 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 ;)

- 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. Spectator code of conduct can be found [here](https://curlsathletes.co.uk/normanby-hall-10k). <https://curlsathletes.co.uk/normanby-hall-10k>

- 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 :)

- 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 / snack / wildflower seeds! This will all be waiting for you in a specially designated collection area. We're working on some funky cake based snack options as we can't do cut up cake!

## \*Covid-19 key changes:

- Aid Stations & water, we won't have any aid stations on course. So please start hydrating for the event the day before and in the morning. If you don't feel you can run a 10k distance without liquid then please bring your own. 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. Anybody seen doing this will be instantly disqualified.
- Juniors, no 'physical junior 3k race 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 year's 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 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](mailto: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 :) <https://curlysathletes.co.uk/normanby-hall-10k>
- 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! Read the participant code of conduct here : <https://curlysathletes.co.uk/normanby-hall-10k>
- First aid, as always were 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.
- The park, we want you to be able to enjoy the park so over the next few weeks inline with guidance appropriate for the few weeks leading into the event we will add in what's at the park and how you can have a safe day out.
- 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.

# Finding Normanby Hall

Car parking is free, Normanby Hall Country Park, Normanby, DN15 9HU. **Road closures will be in place on the day along Normanby Road from 08:15.** Please plan to arrive ahead of this time ready for the first running wave to commence at 08:30. Should you be running late to the event please follow the diversion entrance to Normanby Hall (<https://curlysathletes.co.uk/normanby-hall-10k>)

## Registration

Registration, all numbers will be posted. T-shirts (if you added one) will have a designated collection area on the day. 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. We will have a help point on site but this is behind glass and has a limited capacity. [contact@curlysathletes.co.uk](mailto: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](http://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. (For those transferring from Aprils it will remain at 50% refund) Should we cancel the event due to COVID-19 impact 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.

## 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 Running wave called forward to the gather point (this will be in race number order, ie: race numbers 1-50) A PA system will be facing the car park so please listen out.
- 08:20 A mini brief on the start process will then take place
- 08:25 Runners queue, 3 runners wide on the internal road 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
- 09:05-10:30 (ish) Runners coming across the finish line

# 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. Please isolate and **complete our COVID SPECIFIC document here:** <https://curlysathletes.co.uk/questions?#8f120023-e3d8-4b70-8897-35660c20fd24> 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.: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

- 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 not have a water station on the course due to Covid-19 protocols. At the end of the event we do have water for you and provided bottle bins. Please ensure you place your bottles in the correct recycling bins.
- 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 Marshall's, this is cross contamination and puts our volunteers and team at risk.
- Check out our athlete and spectators code of conducts: to help you have a safe day :) ... they can be found here.: <https://curlysathletes.co.uk/normanby-hall-10k>
- Hand-wash stations will be placed on the start queue and at the finish area. We also advise you to bring your own hand gel.
- 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 facemarks around the park and while waiting to start and that's fine. We don't advise running in masks and please remember to dispose of masks yourself or take them home. YOU WILL need to wear a mask if you visit the 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 part of the route, so need to be aware of what's going on around you! 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 main event

We've attached a route map and a map of the start / finish area with key event areas highlight and a route walkthrough. You can find an interactive map of the route on the event web page (just scroll down). It will be manned by our support team, signposted and sectioned off where needed . . . so you shouldn't get lost!

We will also have a lead bike in place and support vehicles and medical team members following the event. Also due to the rolling start, you will have a long line of runners in front of you! (except the front row who get one of our very attractive cycle Marshall's to follow!)

The Normanby 10k is designed to be an event for people of mixed abilities, our times range from 30 to 90 minutes. We will have 500 people taking part, so please be courteous of your fellow athletes. Not everyone is there for a PB and please maintain social distancing. With 500 people over a 10km route, we have lot's of room. With our staggered start, that's exactly what we're aiming for. . . the last runner starts as the first finishes :) Currently the event is limited at 500 and we will review after our final site visits.

Please take a look at the above timeline for the start process and make sure you watch the event briefing video on face book or the event webpage. This will be loaded up during the week of the event and we will let you know when it's on there.

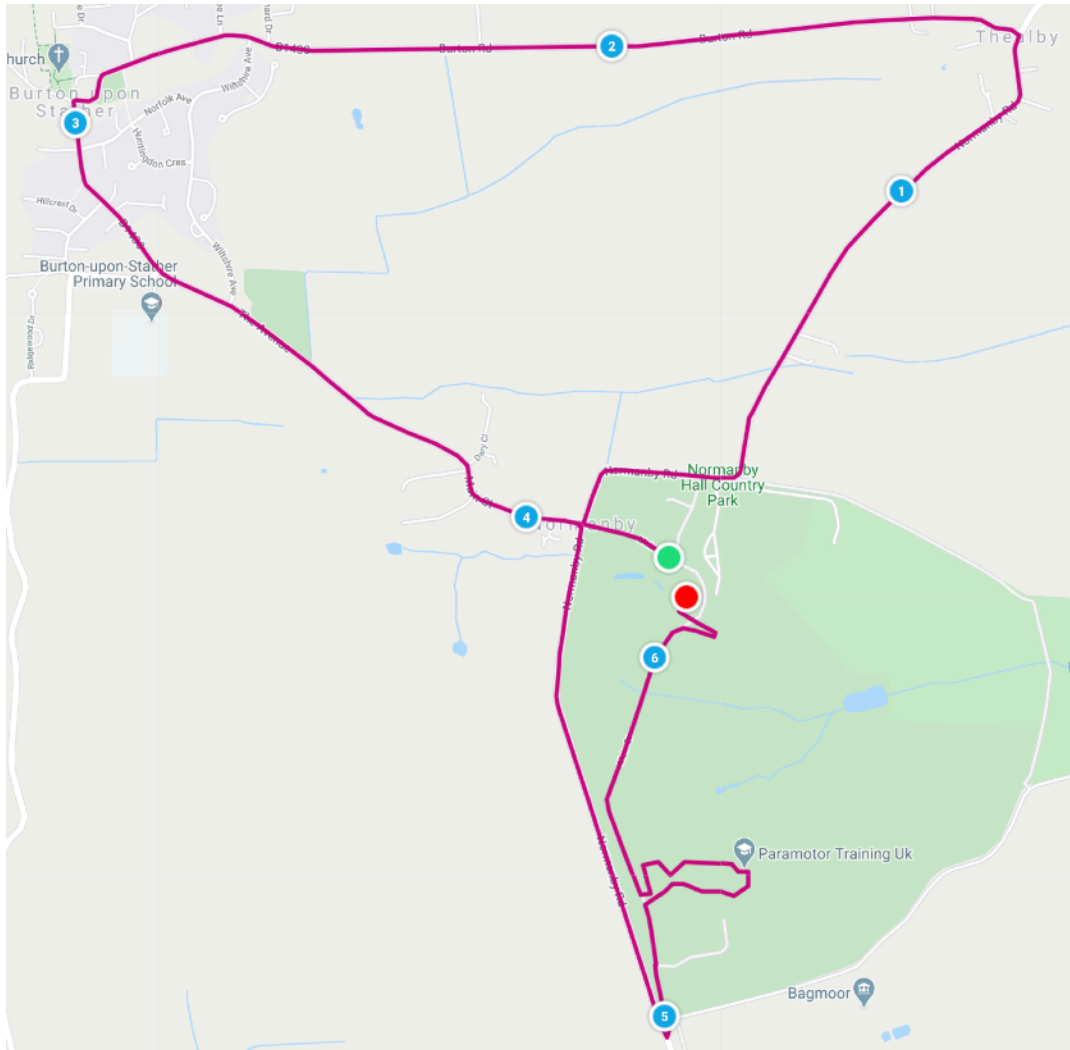
## The 'VIRTUAL' event

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 we will use any left over funds to support our donation to the Bumblebee Conservation Trust.

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

- Enter online ahead of the day here <https://etchrock.com/challenge/buy-ticket/normanby-10k>
- You run your 10k on the 5th or 6th of September (3k if you're a junior that we've transferred!)
- Submit your result to us via facebook direct message or to [contact@curlysathletes.co.uk](mailto: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)



0 miles - Based in the coach car park we gather together the runners and send them into our start queue :)

0-1 miles Starting in view of the main hall in the park grounds you head out through the wedding gate and turn right heading on the road around to the main entrance and head off towards Thealby.

1-2 miles Turning left in Thealby village, you will head up 'the slight drag' towards Burton

2-3 miles Into Burton village and through the High Street past the pub (it's not open!)

3-4 miles Leaving Burton, you pick up a great slight downhill run back towards the park

4-5 miles Turning right in front of the park entrance. you then head up to Normanby Park wall and along to the South Lodge entrance of the park

5-6 miles We're now back in the grounds of the Hall and we have a short 1/3 of a mile grass section (this is due to the course adjustment to make sure it's 10k!)

6.21 miles It's a quick dip onto the lawn and a finish right in front of the hall :)



# Main area maps

## Car Park & Start



## Finish



## 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 hand a the guide to road closures and diversions can also be found on the event webpage: <https://curlysathletes.co.uk/normanby-hall-10k>

Community concerns, we do completely understand that it certainly is a strange time and you may have concerns about people 'descending' onto your villages. Hopefully, reading through this guide will give you an idea of the lengths we're going to in order to keep people 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 at Normanby. But please do get in touch if you have any questions- [contact@curlysathletes.co.uk](mailto: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, 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 finish your run. Remember you're an 'ambassador' for runners on the day, so just be your normal amazing self and you'll be fine !

## Junior 3k event 'going virtual!'

Sadly :( due to the additional measures we're not able to host the junior event this year (we've dropped you an email with more details) but we are happy to automatically transfer all the juniors across to the virtual event :)



# 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 finish 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 stand 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: <https://curlysathletes.co.uk/athlete-zone> and you can Find us on Facebook here: <https://www.facebook.com/curlysathletes/>

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 your 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 also committed to make 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. x 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: <https://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:

<https://curlysathletes.co.uk/questions%3F>

