

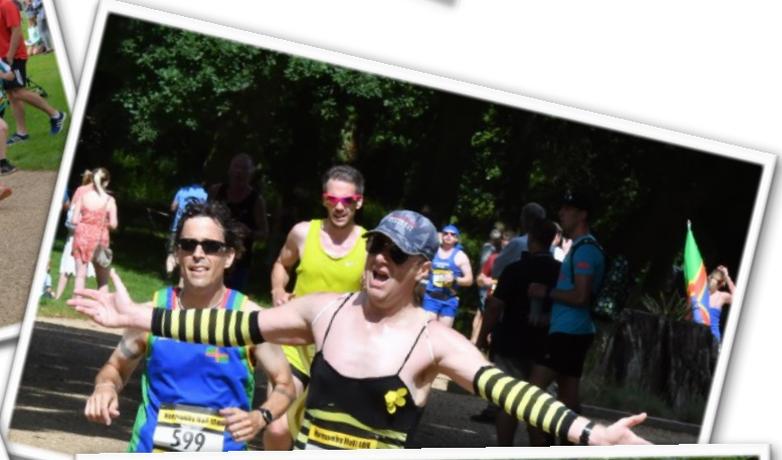
Proudly supporting 2020/21



09:30
Sunday, 27 June 2021

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 2020 due to Corona Virus, we worked so hard to return in September 2020 with a safe, fun event And it was amazing, our runners played a massive part in that happening!

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/>



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 09:15.** Please plan to arrive ahead of this time ready for the first running wave to commence at 09:30. 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 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. (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

- 08:30 'Junior 3k'
- 09:15 All runners to have arrived.
- 09:15 Runners called forward to the start point
- 09:20 A mini brief on the day (the main brief is held virtually before event day :))
- 09:30 GO!
- 10:02-11:38 (ish) Runners coming across the finish line
- 10:15 onwards 'rolling presentations' for the category and overall winners (plus best dressed bee!)

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.
- Water, we will have a lively aid station at roughly halfway into the course!
- 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, you can however dump cups straight after the aid station within the drop zone!
- 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. ESPECIALLY AS YOU RETURN INTO NORMANBY VILLAGE AT 7k! The road is only closed on the left hand side only.**
- 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!

The map shown is the Covid edition route from 2020, we are reviewing the feedback as to if we stick to the new route or return to the 2019 route Either way it will be awesome !

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 1000 people taking part, so please be courteous of your fellow athletes. Not everyone is there for a PB. With 500 people over a 10km route, we have lot's of room.

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.

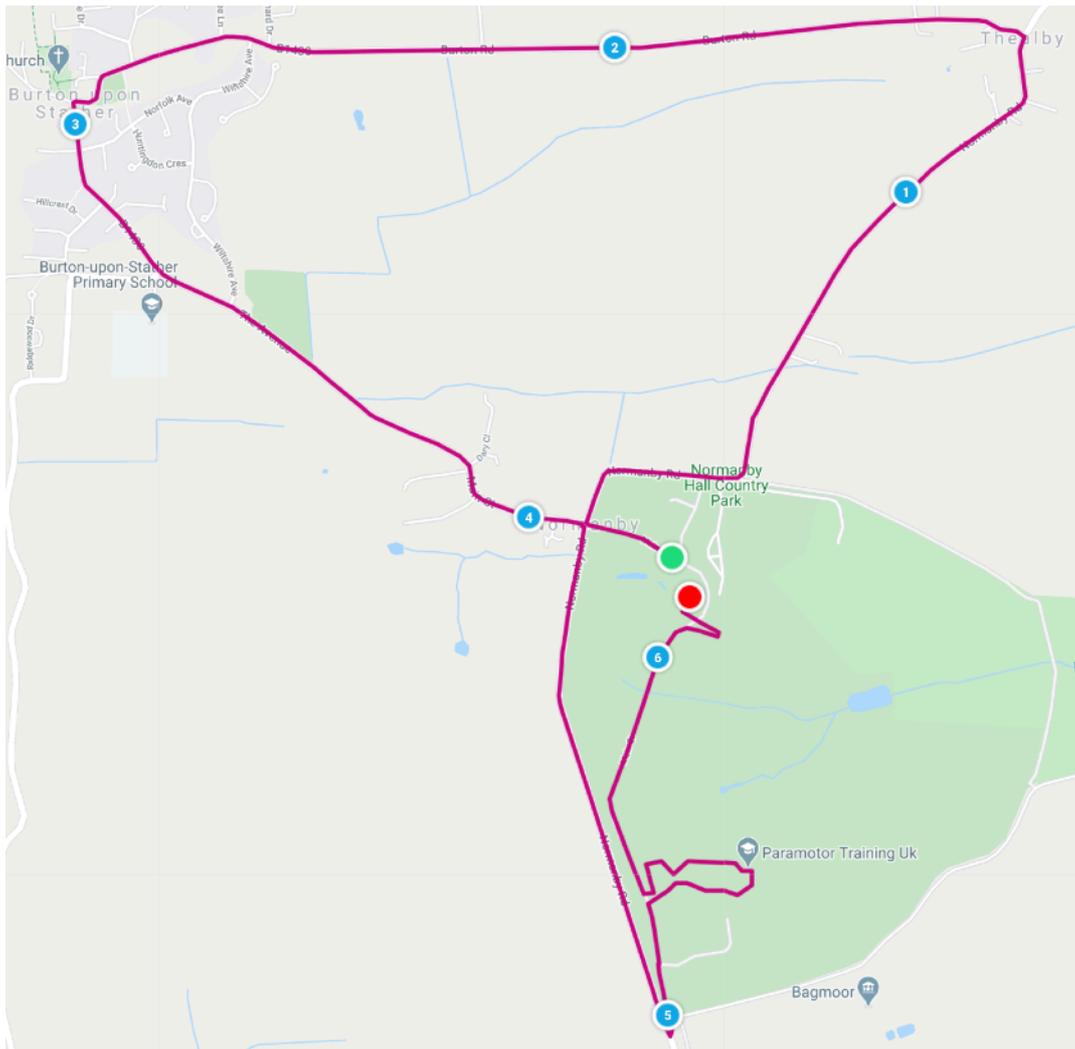
The 'VIRTUAL' event

Ok so you may not feel race day ready, you maybe can't make the day... or you are just one of our fans that live a long way away and want to support the cause (and bag an 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 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
- You can run your run when you want, but we ask for your results to be sent through by midnight on the Tuesday post event. You don't have to submit results and we will still post out your medal, it's just for us to put you on the main results!
- Submit your results here: <https://curlysathletes.co.uk/results#49538bed-4d75-4f72-a1b0-13aec5668ccd>
- 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 *2020 shown

Car Park & Start



Finish



Spectators

Bring them along and come out and cheer!... we've lots of space and they can help support you around the run :)

If they would like to help out and volunteer, please let us know and get in touch here: <https://curlysathletes.co.uk/volunteer>

Normanby Hall Country Park

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 and more caterers will be on the lawn.
Normanby Hall Country Park is an amazing venue so please make a day of it !

Junior 3k event

08:30 START

- *3k fun run (distance is approximate)
- *Open for ages 5-14
- *£6.50 which includes entry to the park for the day
- *Chip timed
- *Adult 10k Bee themed medal for all finishers (yup the awesome one you missed out on from 2020!)
- *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!
- *All our junior events are supported by the Active Fusion team, they'll be volunteering and helping to run the event... in return all profits from the junior event goes to support them (they're an awesome charity helping young people get active! :))



Presentations, Photos & Results

Race winners, category winners and any spot prizes will start to be presented around 15 minutes after runners start to cross the finish line (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 start 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... thank you x

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

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>

