



# CURLY'S ATHLETES

Sunday, 8 December 2019



## The Great Sprout Scuttle -

### Information pack



## We admire your commitment to sprouts!

The sell out "Great Sprout Scuttle" returns for another year of all things festive and sprout based!

So another excuse for 2019 to put off the shopping and get running (its more fun!) A 5k and 10k off road trail event and a super sprouty Christmas theme, plus the opportunity to fundraise for the event neighbours at the RSPCA ,or even to find out about their adoption process (we get very special animal guests attending! )

We had an amazing 2018 event from the venue. The scenery is amazing and a real hidden gem with some excellent various running surfaces. Taking in grassy fields, trail path, wooded paths, a cheeky climb and gallops around the horse course. Plus, thanks to mother nature, the occasional stream (in 2018 we even built you a bridge!)

And of course it's not called the Great Sprout Scuttle for no reason!.. It's festive, fun and we've got Santa outfits for the team, a sprout themed medal, chocolate sprouts, a festive cupcake and way too much Christmas music!

We're working again with the amazing team at the RSPCA Doncaster re-homing centre (you can see the centre from the route).

This team do an amazing job in rescuing and rehoming animals (in fact we adopted our office Guinea Pigs- Alan and Jeff from them:-) They'll be down on the day to support, with some four legged friends and will be manning the canteen with all catering profits going to the centre. So feel free to get involved further and fundraise, make a donation or adopt an amazing animal (it's hard not too!)



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 individuals and the 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. You'll see the yellow signs navigating you in upon arrival to the car park. Arrive in plenty of time and please take care on the grass parking (easy on the accelerator as spinning your wheels churns it up for other drivers, meaning they may get stuck! The venue is signposted from Bawtry/Great North Rd (Rossington Hall / Northern Racing College)

For your Sat Nav: Great North Road, Doncaster, DN11 0HN. Where you can, please arrange to car share, it helps reduce our carbon emissions and it's way more fun :)

This is our biggest ever year going to 700 runners from 500 so we know it's going to be busier. Please be patient and considerate to others, especially when leaving the car park as the exit is marshal controlled due to runners been on the course :)



# Registration

Registration is open Saturday 7th December from 14:00 - 16:00 for everyone. The registration room will be very well signposted (turn into the first left as you head towards Rossington Hall- you won't be able to miss us!) On 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: 08:00-09:30. At registration you will collect:

- Your race number & timing chip (attached to the number)
- T-shirt/ hoodie if you ordered one (we hope to have a few spares on the day for sale!)
- Safety pins will also be available for your numbers.
- Juniors will pick up the Candy Cane Canter numbers from here also (please note this race is not timed)

## Event timings (JUNIOR 1k, 5k & 10k)

- 09:20 Junior brief and warm up! / 09:30 junior run starts
- 09:50 Adult briefing, 400 metres away from registration at the start line
- 10:00 **5K Race starts**
- 10:10 **10K Race starts** (any dogs wishing to join owners on the 10k will be set off in a separate wave after the 10k has started, get in touch if you have questions on this :))
- 10:20 first finisher 5k (ish!) 10:45 first finisher 10k (ish)
- Prizes will be presented as we go along through the event. No time limits to finish on the day, but if it get's dark we may be next door enjoying a cuppa ;)

## 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, a water station, medics on course and at the finish, bike marshals and a recovery 4x4 if we need to get you off the course.

- **Medics**, our expert medical team based on course and at the finish
- **Dress for the weather** -it's December so 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! A small **bag drop will be at registration**. Ideally, please leave your belongings in the car or with a spectator (ideally one you know!) The course is likely to be wet and puddles / flooded sections have now appeared due to excessively wet weather we have had.
- **Water and rubbish**, we have a very lively water station on the course. This is at around 6k on the 10k and around 2.2k on the 5k course. It's positioned here as it's just before the climb so perfect for a quick refresh. 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.
- **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! Our cups may be bio-cups but littering does not help hedgehogs and **we will DQ any intentional litterers** :)
- **Headphones**, you can wear as many as you want... but music must be Christmas themed or we may disqualify you ;)
- **Dog's, poo's & push chairs**, (sounds like a book!) no dogs allowed in pushchairs but dogs on a lead are welcome to join us on the course (**just one per person for running please**). We wouldn't recommend pushchairs- the course is not suitable! ... any poo must be cleared up please!
- **Trail running**, this is a trail run so the ground can be a little unpredictable and it may be a good idea to consider your footwear (old trainers or trail shoes). Make sure you pace it sensibly -there are some "good" hills towards the end of the

course on the 10k, as well as saving a bit for the sprint finish to the line! The course is now a little boggy / wet in places with a small ditch crossing so please bring a change of footwear and an old towel!

## The course, ages and rules!

**The 10k**, is a TRA/UKA licensed event ages 16 plus and no dogs are allowed in the main wave (we have arranged a separate dog wave for any wishing to do the 10k)

**The 5k**, is an open to all event ... this does mean results wont appear on Run Britain, but anyone aged 11 plus can join us and dogs are fully welcome :) (woof!)

**The 5k and 10k sets off at the same spot. The 5k goes off 10 mins before the 10k.** At the start, try to get yourself in the right position in terms of how fast you want to go!

Remember to start relaxed, it's a physically demanding course if you go off too hard!

You start on the round gallops and head straight to the finish arch, before turning right out of the gate and out in front of the Hall and main College. Watch your footing on the gallop and keep a control on your pace -its easy to go off too quick with the music and the crowd! You have around 300m on tarmac and then its off to the trail. The first section is a broad farm track and then it's onto trail filled goodness with a mix of fields, trail paths & wooded paths... It's a great course!

Please watch out for the first descent, it's very boggy after heavy rain. The rest of the course is actually pretty dry most of the time, thanks to the gravelly bed (to those who have an interest in gravel!)

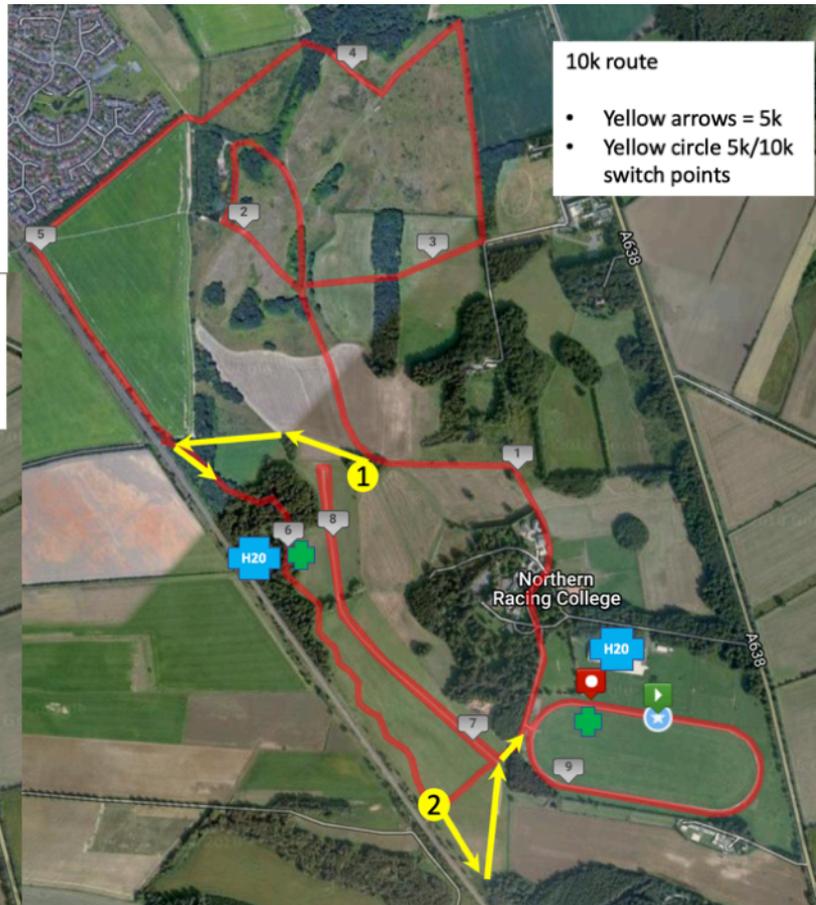
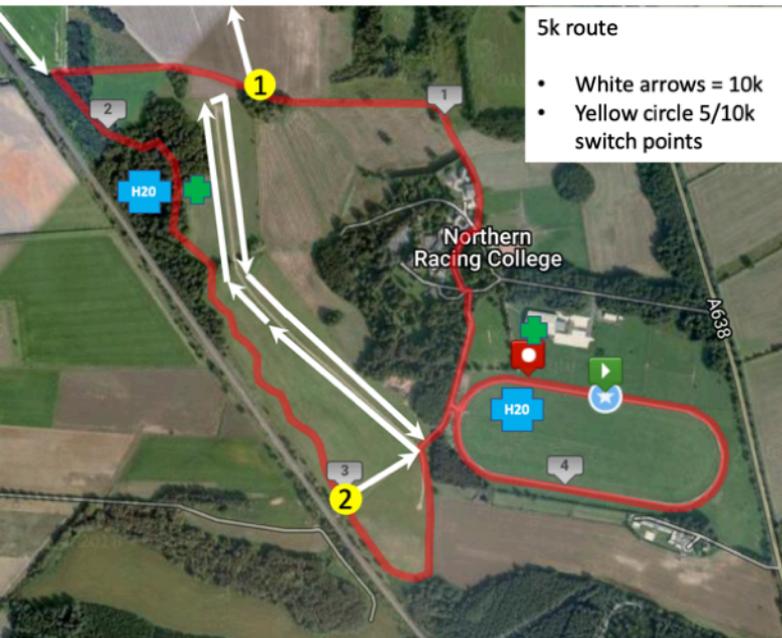
**5k or 10k! PLEASE STICK TO YOUR ENTERED DISTANCE - DO NOT CHANGE FROM 10K to 5K! If you do this, it means that all of the results will be wrong :-)**

If you're running the 5k, you've two switch points to keep an eye out for (it will be heavily marked). The first is after around 1.5k and you'll follow the 5k marker taking you left. You'll then come across another at around 3k where you will turn right.

If you're running the 10k then make sure you stick to the main route and don't follow the 5k signs! The signs are at 1.5k and 6.5k. The only other 5k sign you will see is way out in a corner of a field ... and thats just to tell you you are at 5k :)

Don't worry it will be well signposted.

You will to make a decision at point 1 and point 2 where it will be signposted 5k or 10k with arrows ... just pick the the route that you signed up for ahead of the day, if you go the wrong way you will cause placing / prize errors for the other runners ☺  
These points will be marshalled



help .)

**Spectators**, The best spot for viewing is where the finish gantry is for the 5k, for the 10k it's also great to watch the runners come up the hill (you'll then have enough time to watch them back into the finish! Feel free to bring chairs & shelters (including running club team shelters, we've lots of room!) .

**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**, The event will be chip timed and results will be available virtually straight away on our website ... once you've eaten your cake!

**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 chou de Bruxelles award**... spirit of the sprout award! to recognise that special individual who truly embraces the Sprout, through been a champion of fundraising or being a Super Sprout!



## HAVE A GREAT EVENT!

From all of the teams at Curly's Athletes & RSPCA Doncaster, we wish you the very best of luck and we will see you on the day :)

### 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 authorise 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