



Welcome to The Super Mile Night at Normanby Hall Country Park. An evening of 1 mile racing suitable for anyone searching for a PB!

Timings

**Thursday 18:00 event week - Entry closes**

**Friday**

17:20-18:20 Registration

18:00 junior race brief

18:05-18:30 - Junior waves

18:30 - Adult Race brief

18:35 - Wave 1

18:50 - Wave 2

Waves are then every 10 minutes increasing in speed up to a last wave (est 20:00). We have around 6 waves.

£6.5 entry / UKA certified 1 mile race

Normanby Hall Country Park, DN15 9HU

The junior waves are generally for ages 12 and under. Athletes 13 or over are placed into waves based on target times.

Waves will be published online by the Friday morning and will be available at registration.

Visit [www.curlysathletes.co.uk](http://www.curlysathletes.co.uk) for more questions or find us on facebook.

Please be considerate that the above times are a guide only so may move about a little :)

## Registration and Entry to the Park

Please ensure you register on-line before turning up. We will have some entries available on the night but can't guarantee what wave you will be in. Entering before Thursday evening allows us to seed you in the right wave with competitors with similar 1 mile target times!

You and your supporters can join us and have entry to the park free of charge from 16:30. Please use the main car park and the overflow field where needed. Car parking is free - DN15 9HU, Normanby rd.

Registration and number collection/wave allocation will take place on the evening of the event from 17:20-18:20 at race HQ in the country workshops (past the toilets and turn left, the wooden buildings). This is where you will collect your number, check out your wave number and have a look at your target pace guidance sheet. We will have safety pins available for your numbers.

## Warm up

The route is ok to warm up on but when you hear a siren sound please be aware that another wave is about to start and please clear the road. Remember the shorter the race the longer the warm up!

## Briefing and wave starts

Where you can please try to make the briefing, this will take place at around 18:00 for juniors and 18:20 for adults in front of the Hall. We will talk you through the course and any important points to note.

Wave starts will be announced as we go, please ensure you are at the start line (which is around 600m from the Hall) ahead of your wave starting. You will be given notice ahead of the start to make your way to the athlete holding area. The announcer will shout out the number range of the athletes that need to make their way to the start.

## The course and top tips!

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We've included a pretty detailed map to support you understand the route and it is only a mile so we aren't expecting anyone to get lost!

Once you've been allocated your wave number and start time then please ensure you have warmed up well. As a rule the shorter the race the longer the warm up!

Waves will be no more than 30 people as we want you to have a nice clear run.

In terms of pacing try to start relaxed and aim for a final lift in pace after the turnaround for the final 650m and again at 400m when you see the finish.

You start the run just down from the main gates on a slight down hill run heading towards the hall, a siren will sound for a 15 second warning to ensure everyone has cleared the course.

The siren will then be followed by an "on your marks" and then when the starting gun is fired you go and the time starts!

Please stick to the right hand side throughout the course, the course was measured with this in mind and for the turn plus avoiding any other competitors/spectators this is advised.

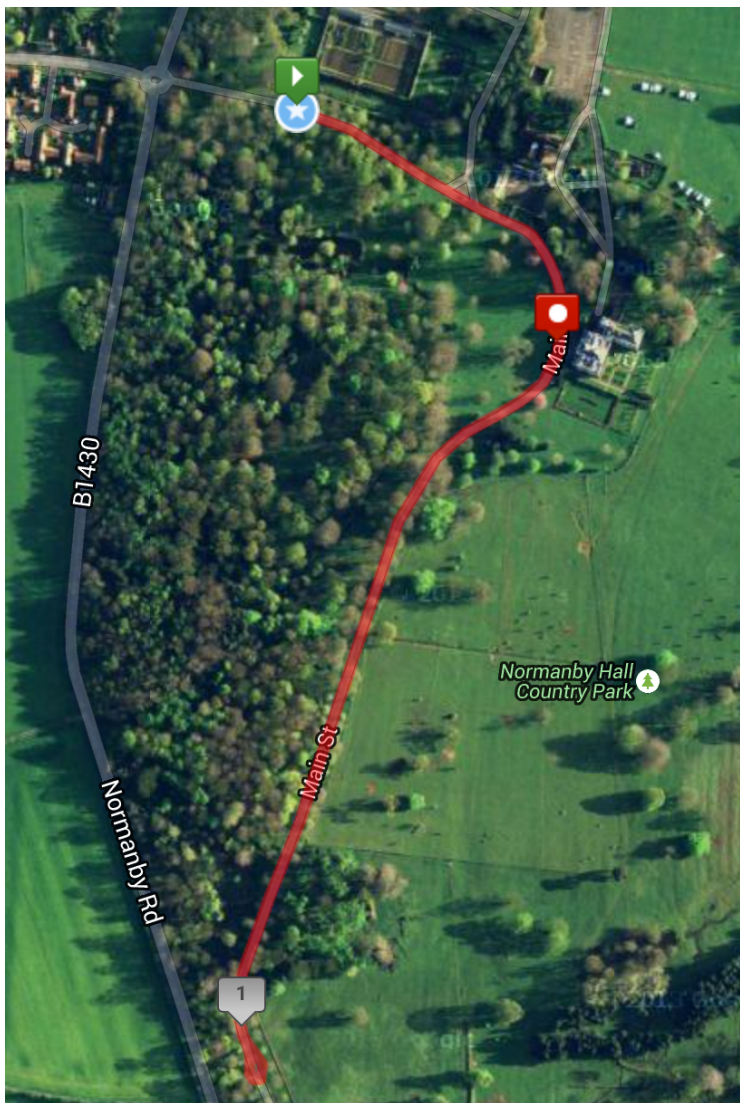
You will run up and past the hall continuing the road up until the far gate where we have a wide turnaround point, this is a very very slight climb (**This is probably the only bit of the course we would advise for you to reccy before the start**)

At the turnaround point you then have 650m (0.4 mile) to the finish line so it's time to kick!... this is a slight down hill for what you should aim to be the quickest part of your race!

You finish exactly in front of the Halls main door, perfect for your waiting fans to scream you in for the last 100 metres!

**Note: The park road has a looser gravel surface in places... so take care :)**





## Things going on!

- We will have people putting their all into the 1 mile race and not looking at friendly spectators. So take care when crossing the park road and stay off it during a race!
- Refreshments and toilets! The cafe will be open and the toilets are next to the car park.
- Supermile vests - We may have a few available for sale on the evening for £5.
- The best spot for viewing is right in front of the main hall on the grass feel free to bring chairs / snacks/team gazebos!

## Support and thank you's

The night is all about you setting your own PB's so we won't be having an awards section but we will be awarding a small prize to the fastest male & female time on the evening. We would also like you to stay around to support the last runners in.

## Smile :)

We have a photographer on the course so please wave and say hello. These will be shared on our Facebook and website, we also welcome you to post your photos on our Facebook site.

## Kit, safety and welfare :)

Please dress based on the weather conditions, we recommend you have warm kit to warm up in and then strip down into race gear for the main event with a change of clothes for straight after to keep nice and warm.

The course is all on good road surfaces, however the park has been resurfaced so does have stone chippings... which actually help you start steadier! so normal road trainers / racing flats are fine.

We will not have a water station on the course given the distance however we will have a water station at the finish for you. ... oh and some cake!

After your race then please take the time to have a steady run around the course to flush out the legs and get your body recovered.

\*Please see our T+C's in our F&Q section and on your race sign up page for any queries, but signing up to this event you accept our terms and conditions.

### Invite everyone!

The more runners we get and the more spectators we have the better the evening, it's a great atmosphere and for any runners that have never "had a go" at a mile distance we can't recommend it enough... it's a great buzz!