

**CURLY'S
ATHLETES**

09:30
Sunday, 29 October 2023

THE BRIGG POPPY 10K & MILITARY CHALLENGE 2023



HELLO!



Hi there, the team at Curly's are very excited to be back hosting the 'real and virtual' Brigg Poppy 10k & Military Challenge, on the 29th of October 2023!

A great PB potential 10k course, a challenging 10k military challenge, and all while supporting the Poppy Appeal!

A massive thank you, and well done to everyone who joined the 'special weather' event in 2021, we've booked sunshine this year :)

We're expecting over 700 lovely runners on the day!

You can choose to add in a bespoke event t-shirt for £11 (and t-shirt profits go to the Poppy Appeal) Of course, all finishers get a superbly designed finishers medal and a delicious piece of cake (once you've finished!) We may have some spare t-shirts for sale on event weekend but your best coming to see us on the Saturday. Poppy 10k beanie hats we also have available for just £5!

For those of you who haven't run this race before, it consists of two events:

- **The 10k Poppy run** is an officially measured (and UKA licensed event) with a flat and fast run for runners of all abilities, who can choose to walk, jog, run their way around closed country roads, with a great start and finish in Brigg Market place.
- **The Military Challenge** We have a strict 50 space limit, and these require a minimum fundraising of £75. Once you've entered, your details will be passed on to the British Royal Legion, who may be in touch to help ensure you have set up your fundraising page ready to support the Royal British Legion :) This is largely done on a trust basis so we hope you take it in the right spirit and do your bit for fundraising.

100% of all your fundraising/donations goes to support the Poppy Appeal (minus any external card processing fees etc)

The event can also be completed **'VIRTUALLY'**

The Military Challenge takes place on exactly the same course and the same distance, but entails the competitor wearing boots and carrying a backpack weighing 36lbs (16.3 kgs) for men and 24lbs (10.9 kgs) for women. **You are required to provide your own rucksack, boots and appropriate weight**, please ensure the weight is correct and does not include water you are going to drink on route as "weighing spot checks" will be taking place ... so no cheating!

There is no requirement to run the course- Walking or 'TABBING' is more than acceptable. We are asking that anyone entering the Military Challenge where possible supports with raising sponsorship for the Poppy Appeal.

Event weekend timings

Saturday

- 10:00-12:00 Registration open (based in the Buttttercross in Brigg Market place - read on for location)

Sunday

- 08:00-09:30 Registration & kit collection opens (based in the Buttttercross in Brigg Market place - read on for location)
- 09:15 Registration closes for military challenge
- 09:00-09:15 Military challenge SPOT WEIGH IN,-this will be around the finish arch area, where we will roughly check the weight of your pack (36lbs (16.3 kgs) for men and 24lbs (10.9 kgs) for women)
- 09:20 Military challenge participants moved to behind the finish arch, you will then be 'marched' to the start line by our drummers. Don't worry we're not expecting parade ground excellence, you can just walk down and don't worry if you're out of timing :) Your support is all that matters.
- 09:25 Military challenge briefing at start line ,followed by a one minute silence
- 09:30 Military challenge starts & registration closes for 10k run
- 09:35 The short walk - we will begin moving/encouraging/dragging people to the start line which is now in front of the Buttercross (clocktower) right in the centre of the marketplace (you won't miss it)
- 09:40 Race briefing - Silence please, we will have delivered a virtual briefing before and you may have heard plenty of race briefings before, but we will update you on just the important stuff!
- 09:45 10k run event starts
- 10:17 (est) First finisher
- 11:15-11:30 (est) All finishers in & prize giving, thank you's and well done! - This will be in front of the finish line so please grab a brew & cheer your fellow runners in.

Parking, bags, toilets & refreshments

Main car parks:
Old Courts Road, Brigg, North Lincolnshire , DN20 8JD

Tescos Barnard Ave, Brigg DN20 8AT
(parking is limited to 3 hours at this location)

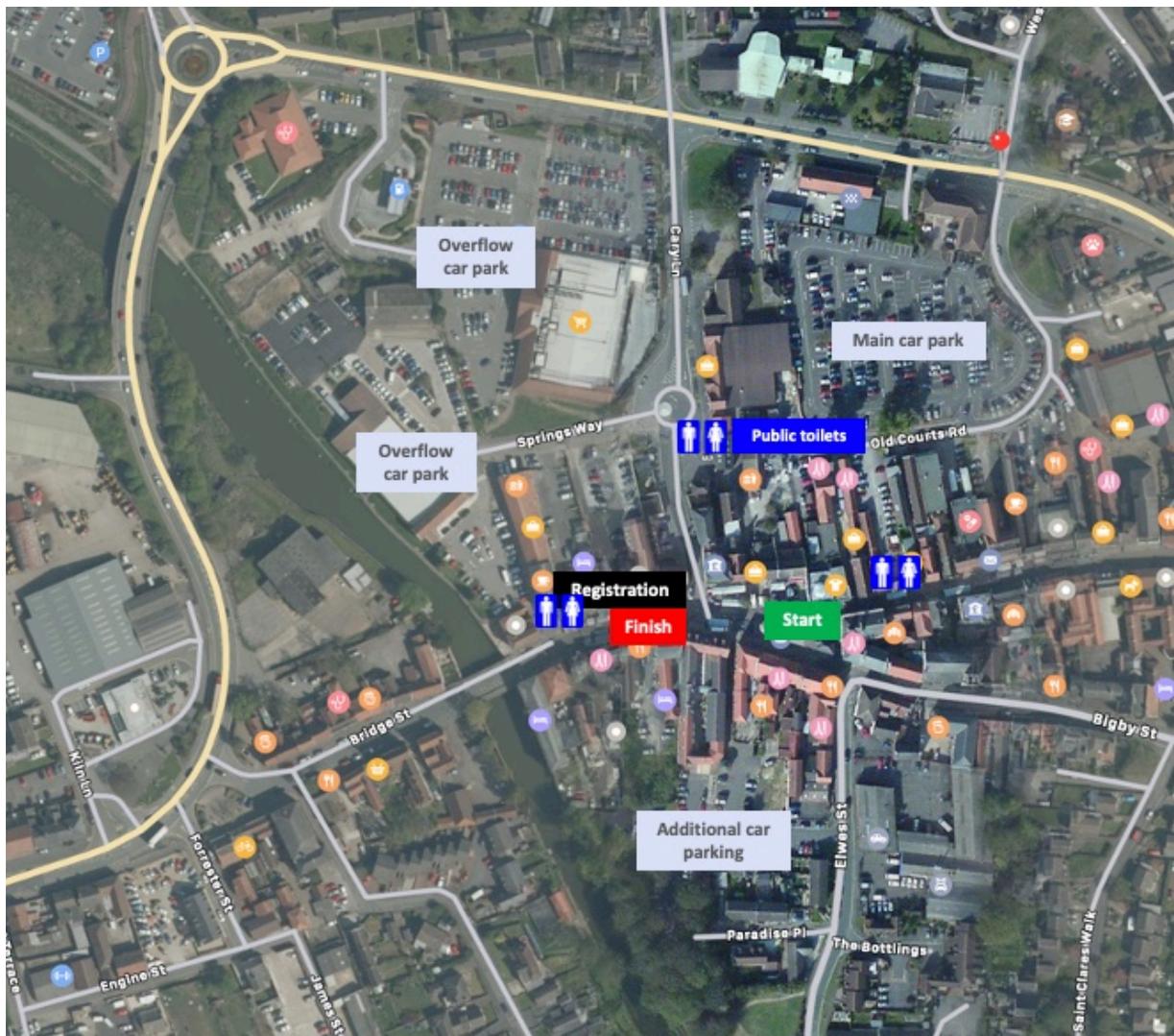
B&M, Springs Parade, Riverside Market Place DN20 8EQ

We do not have a bag drop facility due to the nature of the event and to reduce our security checks. **Please do not leave bags lying around**, as these may cause disruption to the event and may be possibly destroyed or removed.

Various cafes and pubs in the centre will be opening from 08:00 onwards to supply brews and snacks :) If you do use any cafe toilets, please be super respectful and be sure to buy a brew ;)

Main toilets are public ones on Carey Lane and we will have signs up to help navigate round to others.

Costa's & Weatherspoons will be opening up nice and early, **Grandads shed** (based in the Angel next to the bandstand) . . . plus plenty more so please have a walk around the centre before and after the event, it's great to support local business!



Registration & t-shirts!

Your race numbers are all collected on event weekend

Number & t-shirt collection is open on the Saturday from 10:00-12:00 event day 08:00-09:30 (military challenge closes at 09:15). You will also be able to collect your t-shirt after the event. This is based at the Buttercross in Brigg Market place and the building is accessed from the Wrawby street side (it will be signed - Market Place, Brigg, North Lincolnshire. Postcode, DN20 8ER). It's pictured to the right.

- Your race number will be in an envelope with safety pins pre-packed for you :)
- If you pre-ordered a t-shirt, we recommend collecting these on the Saturday or after the run (it gets a bit busy on event morning)

Number & t-shirt collection is upstairs at the Buttercross , we also have lift access if required, but any problems just let the team know and we will help out.

We are also prepared for surprises, so we're here to help you out and fix any queries you have . . . the earlier you can get touch with us the better! contact@curlysathletes.co.uk

We will have "some" spare technical event t-shirts & beanies on the day if you didn't order one, and these will be priced at £11 (beanies just £5) and set up in registration to buy after the event :)

Our friends will also be down from the Royal British Legion (and either next to us in registration or out near the finish.) They'll have a stand selling Poppies and pin badges (and of course taking donations!)

Athlete well-being, headphones, medals & cake

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. For top tips visit <http://www.runnersmedicalresource.com/en/>

- **Medics**, our expert medical team will be on hand throughout the event and based on the course
- **Running on roads**, we do close the roads on the route. A few small sections are open to residential access or exit and will be managed by our team. The route will be well signed posted with clear directions for you and clear warning signs for others. Key points are marshalled. **Please ensure at all times you keep to the left hand side of the road**, -this is especially important when taking right hand corners as you may try to "cut" the corner. As the course is out and back, you will have runners coming the other way, and if we need vehicle access in an emergency, then sticking to the left will keep everyone safe. In the case of emergency vehicles needing to use the road (under blue light conditions) we may pause the event and marshals may move you to the side of the road. While this will interrupt your event, we're afraid they take priority as they may be on a life critical response.
- **Dress for the weather**, -please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event. Remember to leave your belongings in the car or with a spectator (ideally one you know!) Do not 'ditch' bags anywhere on the route or near the start line. These may be viewed as a security risk and this will impact the event start.
- **Water, the water station** you will pass at just before the 5km mark, as you turn to head back towards Brigg. This has water in paper cups and please discard close to the water point, in one of the bins or throw towards a marshal (not at!). **Please note we are continuing to work on getting plastic free...** so as per our other events water at the finish is also supplied in paper cups and we have a re-fill station so you can top up as needed (this is outside the finish zone so please hang onto your cup)
- **Rubbish**, if you decide to run with your own water bottle or gel, please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for littering but more importantly we want to make a good impression on the community and minimise environmental impact for our wildlife friends.
- **Warming up**, Please be careful not to go onto the main road as traffic will be live until event start
- At the end of the event you will be ushered through to the athlete area to get your **medal** and well deserved **cake!!!!** :) We do have GF & vegan options, but you will need to ask for these :)
- **We are ok with headphones**, but where possible use bone conducting headphones-remember the roads may be closed but if we have an emergency, you must be able to hear us ask you to stop/step to one side.

Maps & Route!

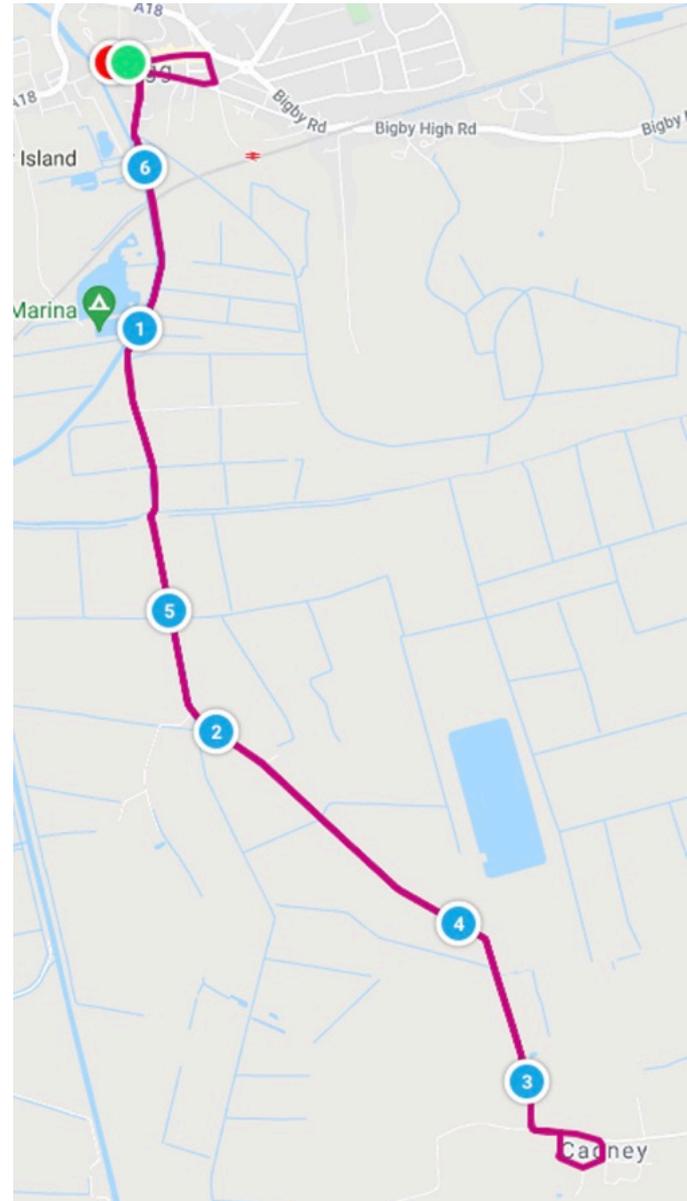
It will be very easy to navigate, as it's sectioned off and led out by a lead bike and just follow everyone else... you shouldn't get lost!

We will also have a team member walking at the back of the event supporting you along the way-no pressure whether you run, jog or walk... we will get you in and we will be waiting with cake, medal and maybe a (covid safe) hug... or a high five!

The event is designed for people of mixed abilities-we will have lots of athletes taking part which means it's going to be busy at the start, and at times overtaking will be difficult. So please be courteous of your fellow athletes- not everyone is there for a PB and vice versa. Getting in a realistic starting position is key to a smooth race :)

As the event is an out and back please **stay to the left hand side**, as at some point you may face runners coming towards you on the opposite side of the road.

The route is super flat, so don't get too excited and set off too quick! ... flat courses lure you into a pace you cant hold!



Spectators

- The market place is the best place to see everyone start and everyone finish, its a great environment. Please stick behind the barriers or cone line except where you see a manned crossing spot.
- Please be careful during the event not to obstruct runners, sticking to the side walkways is the best advice and please **do not attempt to go enter the athlete zone behind the finish or obstruct their exit into the market place**, we will filter the runners back to the market place so you can give them a sweaty cuddle, don't worry!

Presentations, Photos & Results

As the finishers cross the line, we will be gathering them up for prizes as we go ... and as we're recognising winners in every five year age groups, then we have plenty of opportunities for winners!

Photographers will be down on the day and the photos will be shared on Facebook post event, and 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 and again we will update on Curly's Athlete's Facebook page with the live link.

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 !

Prize categories:

10k - First 1,2,3 male & female then male & female age group winners for 5 year age groups (trophies roll down once 1,2,3 positions taken out) So please check the results, or come ask us before you leave and grab your trophy as we have to charge for posting :(

Military challenge - First male & female

Keep up to date post event: <https://www.facebook.com/curlysathletes/>

We couldn't be more excited about the day... so whether you're there to race (it's fully UK Athletics licensed and a measurement certified) or your just to there to challenge your own personal target, 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 athlete support crew! If you're taking part in the military challenge, then we salute you and your determination!

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes & our partners, we wish you the very best of luck and look forward to cheering you round on the day :)

We've plenty of other events coming up check out all our events currently open for entry here: [https://](https://curlysathletes.co.uk/running-events)

curlysathletes.co.uk/running-events



coursemeasurement.org.uk

Certificate of Course Accuracy

North of England Course Number: **21/349**



Race Name: BRIGG 10K POPPY RACE
MILITARY CHALLENGE.

County: Lincs

Date of Race: 31 Oct 2021

Promoter: CURLYS ATHLETES

Course Name: BRIGG 10K POPPY RACE MILITARY CHA
Meas File:

Distance: 10KM

Measured: 13 Oct 2021 **By:** S Green

Drop: -

Separation: -

World Athletics limits for record times are - Drop: 1 m/km; Separation: 50%

Nb: refreshed certificate will be added to the website but the course remains the same

ROAD RACE / MULTI TERRAIN LICENCE



Licence number:	Licence Status:	Race	Entry Limit	Date
2023-45182	Full Licence	Single Race - Brigg 10k Poppy Race & Military Challenge	1000	Oct 29 2023 09:30 AM

This is to certify that the above race has been approved as a Race that will be held under UK Athletics Rules for Competition and in accordance with the Licence Requirements.

Event: Brigg 10k Poppy Race & Military Challenge

Race: Brigg 10k Poppy Race & Military Challenge

Signed:  (For and on behalf of England Athletics)

This licence, in conjunction with your governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 any one accident or occurrence). For further details please contact England Athletics, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE. Telephone 0121 347 6543

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