

The Hedgehog Half Marathon 2023

Information Pack



**CURLY'S
ATHLETES**



**Normanby
Hall
Country Park**



We admire your commitment!

Firstly, well done to signing up and committing to the Hedgehog Half Marathon, which will start and finish from the amazing grounds of Normanby Hall Estate. The team at Curly's Athletes are excited to once again bring hundreds of eager athletes to enjoy themselves at this fantastic event!

This all on road half marathon will see runners taking in the very picturesque villages and views of North Lincolnshire. We know it's 13.1 miles, and will be a challenge, but we think it's the prettiest half marathon ever!

The event has part road closures, and part running on quiet country roads.

And of course, it's not called the Hedgehog Half for no reason! We work with the amazing team at Andrew's Hedgehog Hospital, to help raise awareness of the work they do, and to help raise funds for the hospital. How to donate and / or raise sponsorship can be found on our website. We will of course, be making our own donation, along with providing the Andrew's team with some additional support, and help along the way.

At Curlys, 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 the individual (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 us and parking

Car parking is free, and you will be directed upon arrival to the relevant car park. The venue is very well signposted, so you won't miss it!

Normanby Hall Country Park, Normanby, DN15 9HU.

Where you can, please arrange to carshare. This helps reduce impact on the park, and one less car on the road is always good :)

Registration

Numbers will be able to be collected from **09.30am to 11.30 am** on the Saturday from the classrooms at Normanby Hall. This will be signposted from the car park.

Or, you are able to collect on event day from **7.30 am, up until 8.50 am** from the same venue.

If you've ordered a t-shirt, you can collect them on the Saturday and Sunday, whilst you collect your number. We should also have some for sale on the day, priced at £11.00 (cash/card accepted)

Event timings

- 07.30-8.50 Number & t shirt collection (if ordered)
- 08:50 Adult briefing, 400 metres away from the main hall and finish area
- 09:00 Half Marathon starts
- 09:30 Hoglet Mile fun run briefing and event starts! (gather near the Hall!)
- 10:15 first finisher (ish!)
- Prizes will be presented as we go along through the event, and we have no time limit for people to complete the event.

Road closures

- We have some road closures on the way out through Burton High St (08:50-09:20) and from Burton to Normanby (08:50-09:15) and then we have traffic management systems in place on the one right turn, and the one mini roundabout (that means as you approach, traffic is stopped before you get there, allowing you to continue without any interruption to your run.) The rest of the course is very low traffic, country roads and left turns. **Please remember, you are running on public roads for the majority of the run. Use the paths where possible and do not cut corners on the road, or this will put you into the path of on-coming traffic. Keep left at all times.**

Points to note

1) **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 hope for great weather but foil blankets do not keep you warm and are for emergencies only!

2) We will have medics out on the course.

3) **Water** -we have 2 water stations out on the course (we may add an additional one if we have warmer weather forecast), which are placed approximately at 5 and 8.5 miles. We will be using water flasks and compostable cups at all stations.(We also have cola at both)

4) **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. Please don't leave anything where we may struggle to find it! ... littering does not help Hedgehogs, and **we will DQ any intentional litterers**

5) **Headphones**- Only bone conducting ones are allowed to be used





The Course

1st 1/2: Starting around 400m from the Main Hall, you head past the Hall and your amazing fans! Then it's out through the wedding gates (where we hold traffic for you) and then straight up into Burton Village (through the closed High St) before heading through Burton, and down to Thealby.

Then it's onto a left turn through Coleby (and don't cut the right hand corners, or cross the white line!) Left again through West-Halton and straight down towards Whitton, with a few undulating bumps (but nothing too bad) This is the first half of the course, and is quick!

2nd 1/2: Then just before Whitton you turn up towards Alkborough and take on the only climb in the course-make sure you've saved something for this point! After a mile, the climb is over (although it's still only a 3-4% gradient!) Then it's flat and fast back through Alkborough, into Burton, *New - turn off tee lane onto Orchard Drive then a right and left turn managed by the traffic team, along Wiltshire Avenue, and then back to Normanby for a great final 1500 metres, which is downhill all the way to a finish in front of the Main Hall (and traffic is held for you at the mini roundabout as you approach to cross the mini roundabout)

Please stick to the left hand side of the road at all times-Please don't be tempted to "cut corners" on right hand bends and cross the middle of the road. This would put you in the way of any potential oncoming traffic.

Things going on

Refreshments- We have a HOG ROAST! (Don't worry hedgehog fans...this is from Mr Pig and friends) The main park cafe will be open from 08.00am for food and drinks.

Toilets-are open next to the main car park from 07:30.

Spectators-The best spot for viewing is right in front of the main Hall on the grass. Feel free to bring chairs & shelters. We will have some mini marquees set up. If you're in one of the surrounding villages, then please come out and support the runners, or drop us a note and we can get you involved on one of the water stations, or marshal points!

Photos-We will have our photographers working their way 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-we're fully chip timing this event, so results will be available online straight after the event.

Prize giving & trophies-this will be taking place as the winners cross the line.

The Hoglet Mile!

The 1 mile 'just for fun' event takes place during the Hedgehog Half Marathon event, setting off at 09:30, whilst the runners are out running their 13.1 miles :)

The event isn't timed, but you will get a medal, race numbers, sweets, water and, of course lots of cheers !

The race takes place safely within the grounds of Normanby Country Park, and is open to all. (Hedgehog outfits optional!.. but a brown t-shirt and some clothes pegs works well!)

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes, Andrews Hedgehog Hospital & Normanby Park, we wish you the very best of luck and we will see you on the day :)

Keep up to date with all our events on facebook @curlysathletes

WWW.CURLYSATHLETES.CO.UK



Entry Policy and Terms/Conditions

Entry Policy

Under UK Athletics (UKA) Rules and Regulations, the following minimum age restrictions apply as of the date of the Event (please note some events, such as our obstacle runs may have a higher minimum age to complete):

- 11 (eleven) years of age in respect of a 5K;
- 15 (fifteen) years of age in respect of a 10K or 5 Mile;
- 17 (seventeen) years of age in respect of a Half Marathon or 10 Mile;
- (iv) 18 (eighteen) years of age in respect of a Marathon or above.

All Participants under the age of 18 (eighteen) years must obtain parental consent in order to register and participate in the Event.

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 of the terms and conditions of the race on my

behalf.

By submitting your application and paying your entry fee, you are agreeing to enter the Event and also agree to abide by these Conditions of Entry, the Event Conditions and any instructions given to you by the organisers and officials of the Event.

Included in your run pack will be an electronic chip to record your time. For the vast majority of our races, this will consist of a foam sticker to the back of your number. The only exception to this is the Normanby Hall Adventure Race, which will consist of a shoe tag. This should be used in accordance with the instructions in the information pack. Removal of the foam chip/ shoe tag will mean no time will be recorded.

Participants in the Run are subject to the competition rules as dictated by the governing body. If there is any conflict between the competition rules and the Agreement, the Agreement shall apply to the extent of the conflict.

Medical Declaration:

It is recommended that the Participant prepares and trains for the Event.

The Participant is advised to consult with a medical professional prior to entering into the Event, especially if they have not exercised for some time.

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If the Participant has a medical condition, it must be detailed on the reverse of the race number.

The Participant agrees that, as far as they are aware, they are physically able to compete in the Event and, to the extent that it may be necessary they have sought and relied upon any medical advice before the date of the Event. Should any medical or physical condition arise prior to the Event, which is likely to affect their ability to compete in the Event, the Participant should withdraw from the Event. The Participant consents to any medical treatment being administered during the Event by official medically qualified

personnel.

The Organiser may prevent the Participant from taking part in the Event (either at the start or during the Event) if the Organiser or any medical representative considers that the Participant should not participate in the Event for health and/or medical reasons.

I declare that I will not compete in the race unless I am medically fit on the day of the race.

Participants enter the Event entirely at their own risk:

Curly's Athletes shall not be liable for any injury, loss or death occurring as a result of participation in the Event (including, without limitation, any losses resulting from the Organiser's negligence), provided that nothing in these terms and conditions shall exclude or limit the Organiser's liability for death or personal injury resulting from the Organiser's negligence or for any other type of liability that cannot be excluded or limited by law.

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.

Race numbers:

All Participants must clearly display the race number allocated to them on the front of their vest/t-shirt throughout the Event.

Race entries are not interchangeable, and entries cannot be assigned, transferred, sold or gifted to any third party. If this is to occur, we will disqualify the person concerned.

Any assignment, transfer or sale of a race number may result in delay and/or difficulty in the event of an emergency and any such transfer, assignment

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or sale may result in disqualification of the Participant from the Event and/or the Organisers filing a report to UK Athletics.

First aid:

The Organiser shall use its reasonable endeavours to ensure that appropriate First Aid assistance will be available for the duration of the Event. There will be clearly signed First Aid points at the start/finish area and along the course. Volunteers and marshals in attendance at the race are not medically trained and will not give medical assistance other than notifying an ambulance or paramedic in the event that medical assistance is required. The Participant authorises the Organiser to pass on any and/or all information that he/she has provided to the medical teams operating on the day of the Event if required for medical reasons.

Baggage storage:

Should baggage storage be available at an event, personal items and items of clothing may be deposited prior to the race in the designated areas. However, Curly's Athletes Ltd do not accept any responsibility or liability whatsoever for the safe keeping or the storage of those items which are stored and deposited entirely at the risk of the Participant.

Event Safety:

I am fully aware of all associated risks involved with participating in this event.

The Participant must ensure that they have the correct equipment, footwear and clothing for the Event as they require.

The Organiser may at any time during the Event or prior to the Event prevent the Participant from participating in the Event if it considers such action is necessary for the safety and/or proper enjoyment of the Event by the Participant and/or other participants and/or spectators.

All decisions and rulings by the Organiser shall be the final in respect of the safety, running and organisation of the Event, the rules of the Event and finish times and positions. The Participant accepts that circumstances

concerning the Event may change from time to time for reasons beyond the reasonable control of the Organiser and these may lead to the cancellation or change of the Event, venue(s), route(s) or other such changes. The Participant agrees to abide by such change(s) and acknowledges that any decision is entirely at the absolute discretion of the Organiser.

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Please note that where an Event is open to wheelchair users and pushchairs, all participants should be vigilant so as to avoid contact with any wheelchair/pushchair.

At all times during the Event, you must listen to and respond to the advice given by race officials and marshals.

Headphones must not be worn (unless otherwise stated.)

Your participation in the Event is personal to you. You are strictly prohibited from swapping, selling or transferring your place in the Event or allowing any other person to wear your Event number and participate in your place (apart from if previously has been agreed, via our latemate system) If you are found to be in breach of this condition, we reserve the right to exclude you from participation in future events.

Resources of the event organisers, including medical and safety services, along with event supplies for drink stations and finishers packs, are reserved solely for registered entrants. Any unregistered runner intending to participate should seriously reconsider as they pose a serious safety risk.

Any unregistered participants should be reported to the nearest official.

Our events are staged on closed and open roads (please see route details for specific information). The running course will be marked by kerb edges, barriers or cones and tape. Some areas may contain permanent street furniture and or temporary works or hazards, so for your own safety all runners are instructed to stay on the designated route.

Participants are not permitted to bring pets or other animals onto the Event course. This is with the exception of guide dogs, or when specific permission has been given .i.e Sprout Scuttle Bikes, scooters, roller skates, or any kind of mechanical aid (except wheelchairs) are strictly prohibited from the Event course on the day of the Event. Pushchairs are allowed at some of our events- please contact us for specific information at contact@curlysathletes.co.uk

Aided participants

For those participants who are aided around the course, either by being pushed or assisted, by a guide runner, the guide runner must also be a registered participant in the Event. The Participant requiring assistance must advise the Organiser that they require assistance upon entry of their

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application and a free entry place will be provided to the guide runner. A

request should be submitted to contact@curlysathletes.co.uk

Use of Image

By entering this race, I give my permission to Curly's, its sponsors, assignees & licensees to use or authorize others to use photographs, motion pictures, recordings, data or any other record of my participation in this event for any legitimate purpose without remuneration.

Race packs

Our major events (where over 1500 runners are expected) will see race packs posted out. These will not be posted to those Participants who provided a postal address located outside of the UK at the time of completing the entry form and race packs must be collected from the race office prior to the Event. Race packs may be mailed to an alternative UK

destination upon a request by the Participant and provision of a UK mailing address. The Participant should contact the Organiser via the online enquiry form on the Website to make such a request. (please note that any pre-ordered t shirts will need to be collected on the day and will not be posted out. If you are unable to collect, due to non-attendance, you will need to pay postage for your items to be sent onto you.)

Our smaller events will have number collection on the weekend of the race i.e the Saturday and Sunday. Times are event dependant, and please refer to individual information packs for full details.

We do not accept responsibility for the non-delivery of race packs. If the Participant does not receive his/her race pack prior to the Event it is his/her responsibility to contact the Organiser, whereupon arrangements can be made regarding the issue of another race pack or collection of the same on the date of the Event. The Organiser shall be entitled to charge the Participant a fee for replacement packs in respect of its reasonable administration costs.

If a race pack has to be collected on the day of the Event, the Participant should allow appropriate time to do so prior to the start of the race.

Race Time

The Organiser will use its reasonable endeavours to provide the Participant with a finish time, save that the Organiser shall not be responsible for any anomaly or technical malfunction in relation to the same.

Event Cancellation

If for reasons beyond the control of the Promoter, including an 'Act of God' or Pandemic 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' or Pandemic 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 Facebook page and we will also endeavour to contact the Participant by email or other suitable communication means.

We will endeavour to stage the Event at a later date either at the same venue or at an alternative venue. Any changes to the Event will be communicated to you at the Event or sooner if practicable

In the event of cancellation of the Event, Curly's Athletes Ltd will have no responsibility for any costs incurred as a result of cancellation including any travel or accommodation costs, including your travel to the Event location.

COVID- The legal requirement to self-isolate following a positive test was removed on the 24th February 2022. As of the 1st April guidance was amended to encourage people to exercise personal responsibility (just as those with flu are urged to be considerate to others.) Therefore, Covid will be treated as any other illness/ injury and we will not make refunds in these cases (as we wouldn't if you had a cold on event day)

Transfer of entry:

Transfer of entry is permitted between Events but may be subject to a fee e.g. where the entry fee for the race wishing to transfer to is higher than that originally entered.

If the Participant is unable to participate in the Event, he/she may transfer his/her entry to another event organised by the Organiser provided the preferred Event is not closed for entries and the transfer request has been received NO less than 2 weeks prior to the original Event taking place. The Participant must notify the Organiser in writing by email to contact@curlysathletes.co.uk. The date of notification of withdrawal is the date of the email The Participant must state his/her full name, date of birth, name of event and address in all correspondence.

If the Event the Participant wishes to transfer to is closed for entries, his/her name will be added to a waiting list and in the instance that a place becomes available, the Participant will be contacted by the Organiser. You will have 24 hours to respond to this email. If no response, it will be rolled down to the next participant and, regardless of reason, you will be moved to the bottom of the list.

Deferral

Participants withdrawing from an Event may reserve an entry in the same event for the following year. In order to reserve an entry, a request must be made to the Organiser via email to contact@curlysathletes.co.uk. The Participant may need to pay the applicable entry fee of the event to which they wish to defer.

Race Entry Refunds

Our standard 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.

General Data Protection Regulation

By agreeing to our Terms and Conditions, the Participant agrees to the Organiser storing his/her personal data including name, address, email address, date of birth, telephone numbers, emergency contacts. Includes participants and volunteers and using this information for the purpose of organising the Event in order to send out vital race information. Personal data will not be used for marketing purposes (unless marketing consent has been received.) In compliance with the General Data Protection Regulation (GDPR) the Participant has the right of access to his/her personal records held on the Organiser's computer. By agreeing to our Terms and Conditions, in order to send the Participant a race pack and fundraising pack (if requested), and produce his/her race results, the Participant authorises the Organiser to release personal details (including his/her full name, address and e-mail address) to the pack provider, or charity (if applicable), any official photograph company and timing results company. The Participant also authorises the Organiser to disclose his/her information for medical purposes on the day of the Event. All Organiser third party providers adhere to GDPR and will not use third party data for marketing purposes unless consent has been received.

Mailing lists:

The Participant's name will only be added to the Organiser's mailing list if they agree consent by opting in to receiving marketing. If consent is received information will be sent so that the Organiser can keep the Participant informed about other events of the Organiser. By agreeing consent, the Participant agrees that such information may also be given to other carefully screened organisations working with the Organiser to deliver the Event. If the Participant does not wish to receive any marketing information, he/she can indicate this on the entry form by not selecting the opt in option. The Participant is able to unsubscribe to these communications at any time.

General

The Participant agrees to abide by all applicable rules and regulations imposed by the Organiser or any relevant sporting governing body that oversees the running of this Event and the Participant will not be entitled to a refund of any entry fee if he/she is disqualified from the Event as a result of any infringement of these conditions or any such rules or regulations.

The Participant accepts that the Organiser may introduce cut off times as they think fit to limit time taken to complete the Event or any section of the Event to ensure the safe and proper running of the Event and he/she may be instructed to withdraw from the race in accordance with those cut off times.

The Organiser may vary these terms and conditions from time to time and the up to date terms shall be available on the Website.

Nothing in these terms and conditions shall constitute any partnership between the Organiser or any third party nor will any third party have the right or authority to bind the Organiser.

No waiver by either party of a breach or default or any amendment to these terms and conditions shall be affective unless in writing and signed by all parties.

These conditions shall be governed and construed in accordance with the Laws of England, Scotland and Wales and any dispute arising shall be subject to the exclusive jurisdiction of the English Courts.

By entering this race, I am confirming that I have read and understood the above

Last updated April 2022