

CURLY'S ATHLETES

09:30
Sunday 9th July 2023

The Normanby Hall 10k 2023 *The Norman Bee 10k!





09:30
Sunday 9th July 2023

Welcome Back!

We are very happy to be back for the return of the Normanby Hall 10K!

The 10k route takes you out and about through lovely local villages with a finish in front of the main hall :)

This event helps to support our Bee friends (wildlife is another passion of the Curly's team) so expect Bee based updates, Bee themed medals, t-shirts with many athletes deciding to go "full bee", dressing up for the occasion.

We also give away a packet of Bee friendly wildflower seeds to every competitor at the finish line to help support our pollinating pals.

Fully chip timed, with some road closures and some open roads. Free parking, finish line snack and a Bee themed medal plus special Worker Bees, helping to make the event great for everyone involved. Plus a great day out at Normanby Hall Country Park after the event :)

This event is high on the list of favourite all time 10k courses for many runners.... it's soooooo pretty!

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 race to start 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 can be collected from the classroom (at Normanby) on Saturday the day before the event, after park run (09.30-11.30) or on event day, from 08.00, up until 09.20. Numbers for the 3k event race, which will start at 08.45 can also be collected at the same times. Numbers will NOT be posted. Parking is free for runners and their accompanied spectators (travelling in the same car)

T-shirts (if you added one) will be available to collect from registration .We will have limited spares available on the day, at a cost of £11. We accept cash or card.

***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.

Event timings:

08.00am-09.20 am Registration opens

08:45 - 3k event starts (at the front of The Hall)

- 09:15 All runners to have arrived, as roads will be closed (3k runners do not jump road closures to leave then event!
- 09:30 The Race starts!
- 10:00-10:05 First runner across the line!



Athlete well-being

- 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 have a bag drop, but it's as close to your car as it is to drop your bag :)
- Water- We will have water in compostable cups available at the half way point. Please be mindful where you dispose of your cup (it needs to be as close to the aid station as possible so that we can clear them away :) Water (again in compostable cups) will be available at the end of the race and there will be a refill station :)
- 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 intentional littering.
- No headphones (bone conductor ones are ok) You're on a public road for part of the route, so need to be aware of what's going on around 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.**
- 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!
- Don't forget to collect your cupcake and wildflower seeds (along with your medal!) at the end of the race:) We love to help our Bee friends and these seeds will give them some much needed fuel and support their habitat.



Spectators & Local Community

Spectators are welcome to attend the event with you, but must arrive in the same vehicle as the runner. If spectators were to come at a later time, they would have to pay entry into the park (unless an annual pass holder)

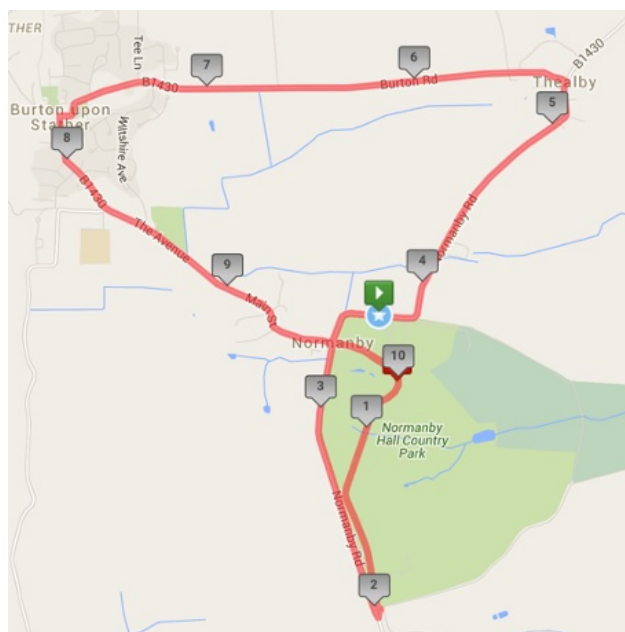
The nearby villages of Burton Upon Stather, Thealby and Normanby are great places to watch the runners out on course!

Food!

The park cafe 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 main event

We've attached a route map and a map of the start / finish area with key event areas highlighted 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!



Race briefing is filmed and sent out ahead of the day, on the morning we will just highlight anything urgent if required. We will gather runners from the main car parking area from around 09:15. The run then starts at 09:30 :)

Runners then head through and around the park (all on internal or main roads). You then head off to Thealby, before a slight climb out of Thealby to Burton (water station at 6km just after the climb). Right through the centre of Burton and then back to Normanby for a downhill finish in front of the main Hall!

Please be aware this run has partial road closures but with access / exit built in in some places for residents. Please treat the route as though you are running on public roads so please keep left, keep aware and where possible use the paths.

3k event!



08:45

- 3k fun run (distance is approximate)
- Open for ages 5 and over
- £7.50, which includes entry to the park for the day
- Chip timed
- Adult 10k Bee themed medal for all
- All held in the grounds of the Hall and sweets, water and medal at the finish!



The 'VIRTUAL' event

So if you cant make the day .

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. . . of course it's only fair we give you a few rules! (so see below)

- Enter online ahead of the day here <https://etchrock.com/challenge/buy-ticket/normanby-10k>
- You run your 10k from the 26th of June up to July the 4th
- Get involved and send us pictures, we really recommend doing the run on the 26th so you can join in the event day fun :) If you can send us a picture that would be awesome, we can add to our scrapbook :)

Submit your results here: www.etchrock.com - simply select the event ticket and you'll see the option 'submit evidence under options.

When you visit this link you can either;

- a) Choose 'honesty result'-perfect if you don't track your run. You will appear on the results on our website, but you won't be eligible for prizes or 'ranked' in the final results.
- b) Choose 'evidence based result'. This requires you to provide a link of your activity from the fitness device that you used (Strava, Garmin, Fitbit, Endomondo etc.) You can also upload a picture of your run if your technology is not having a good day!

Details on the process is here: <https://etchrock.zendesk.com/hc/en-us/articles/360011213578-Participant-Submitting-evidence-for-a-virtual-event->

RESULT TIPS

- If something has gone wrong, don't re-submit or try to correct, just use this form to get in touch so we can help; <https://curlsathletes.co.uk/results#49538bed-4d75-4f72-a1b0-13aec5668ccd>
- RUN THE DISTANCE- we don't mind you doing it in stages or run further. If you do this then please submit as a honesty result. If you run further, be sure to send us the time for the 5k of your run vs a marathon :)
- DON'T BE LATE-last day for results to be submitted is midnight on 5th July 2021.
- When entering your time, it is hour first, then minute, then seconds so 45 minutes and 10 seconds would be 00:45:00. 1 hour and 10 minutes 15 seconds would be 01:10:15 :)

09:30
Sunday 9th July 2023

Presentations, Photos & Results

Race winners, category winners (junior, senior, vet & super vet categories) and any spot prizes will be given (where possible) during /after the race.

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

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 beeeeen amazing.!

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>

