



09:00
Sunday, 9 June 2019

THE DONCASTER HALF MARATHON

Information pack



CLUBDONCASTER
FOUNDATION



HELLO!

Hi there, we could not be more excited to welcome you to the first ever running of Curly's & Club Doncaster Foundations Doncaster Half Marathon :)

With a start and finish at the fantastic Keepmoat stadium and an amazing route, we know this is going to become one of the great national half marathons.

We're working in partnership with the Club Doncaster Foundation Team and alongside Doncaster Council, helping bring a safe and fun event to Doncaster.

At Curly's, our goal is to promote active lifestyles by providing people with inspirational, fun, great value and high quality events. We know the benefits of physical activity to an individual and community are huge for physical and mental well-being. Our goals for the half marathon are to help....

"Inspire Activity" - *Provide opportunities for activity, promoting local activities, supporting local groups as well as helping to remove barriers to exercise.*

"Promote Doncaster" – *We want people to view Doncaster more positively! To see a Doncaster rich with leisure opportunities with a physically active population.*

"Sense of Community" - *Discover a new activity, a club or simply create an occasion to come out and have a brew with your neighbour as the runners go past!*

...You can also Get Involved - *Volunteer (Volun-Cheer!), Fundraise or showcase your community, school, club or business on the route. Drop us a note at contact@curlysathletes.co.uk*

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/>

Race packs, t-shirts and help!

Your number will be posted out to you during May. **If you have not received your number by June the 6th** then please get in touch via contact@curlysathletes.co.uk (do not contact via facebook etc). Postal entries will be closed on Thursday May 30th. For this year only you can enter until Friday the 7th of June at 12:00, you will then need to collect your number on the Saturday at 12:00-14:00 or on the Sunday 07:30-08:30. If you are an international competitor and has provided an overseas address for postage then your number will also need to be collected during these times.

Inside your race packs

- Your race number. Attached to the rear of this is your timing chip so please don't bend/fold this section or it will result in you not receiving a finishing time!
- Bag storage tag (this tears off the bottom of your race number)

T-shirts

- These are pre-ordered when you enter the event or can be added afterwards. These are bagged up for you and **please show your race number when collecting**. A small dot will be made on your race number to show it's been collected. They can be collected on the Saturday from the Keepmoat Stadium 12:00-14:00 or during the event day from the help point from 07:30 to 13:30. We will also have limited spares up for sale on the day for £10. We don't include t-shirts to a) reduce the entry cost for those that don't want a t-shirt and b) help us reduce wastage from left or unused t-shirts.

Help! Most answers to queries can be found in this information pack or on our website www.curlysathletes.co.uk, but for anything further please get in touch. contact@curlysathletes.co.uk on the day then just pop along to the help station which will have red flags out on the west side of the stadium.

Event day timings

07:30-13:30 T-shirt collection and help point open (This is also on the Saturday 12:00-14:00)

08:40 **The short walk** - we will begin moving/encouraging/dragging people to the start line which is at the front of the stadium way on the road. As you arrive at the start line you will notice posters up and running pacers indicating target times so you can position yourself based on your finish time.

08:50 **Race briefing** - Silence please! You may have heard plenty of race briefings before but we will have important points to let you know about plus think about the person next to you.

09:00 **Event starts** With a fire of a gun and lots of cheering.

10:05 (est) **First finisher**

12:00-12:30 (est) **All finishers in & prize giving**, thank you's and well done! - This will be in the stadium !

Finding Your Way, Parking & Bags!

Based on your race number, you have been allocated a car parking location. The information is below. (Race numbers will be posted out to you and loaded onto the website) As it's our first year you can freely choose to park at point 6 if you want a 'less traffic' entry / exit as these haven't been allocated to any runners for 2019.

Do not use any car park other than your allocated location (with the exception of 6/7)- driving & allocation map on next page, this will cause delays to people parking and may make people late for the race. As always plan your journey as we have road closures in place and it will be busy (thousands of excited runners, spectators and our excited army of volunteers!)

We will have a bag drop facility and the bottom of your race number tears off to create a handy bag tag. Please don't leave bags laying around the stadium as these may cause disruption to the event and possibly destroyed or removed.

Please car share where you can and of course if you have multiple runners in the car with different car parking numbers you can use which one you prefer!

Be careful and considerate of your fellow road users and runners. Departing will always involve a slight delay so we encourage you to stick around, enjoy some of the great facilities on offer with great shopping and eating options!



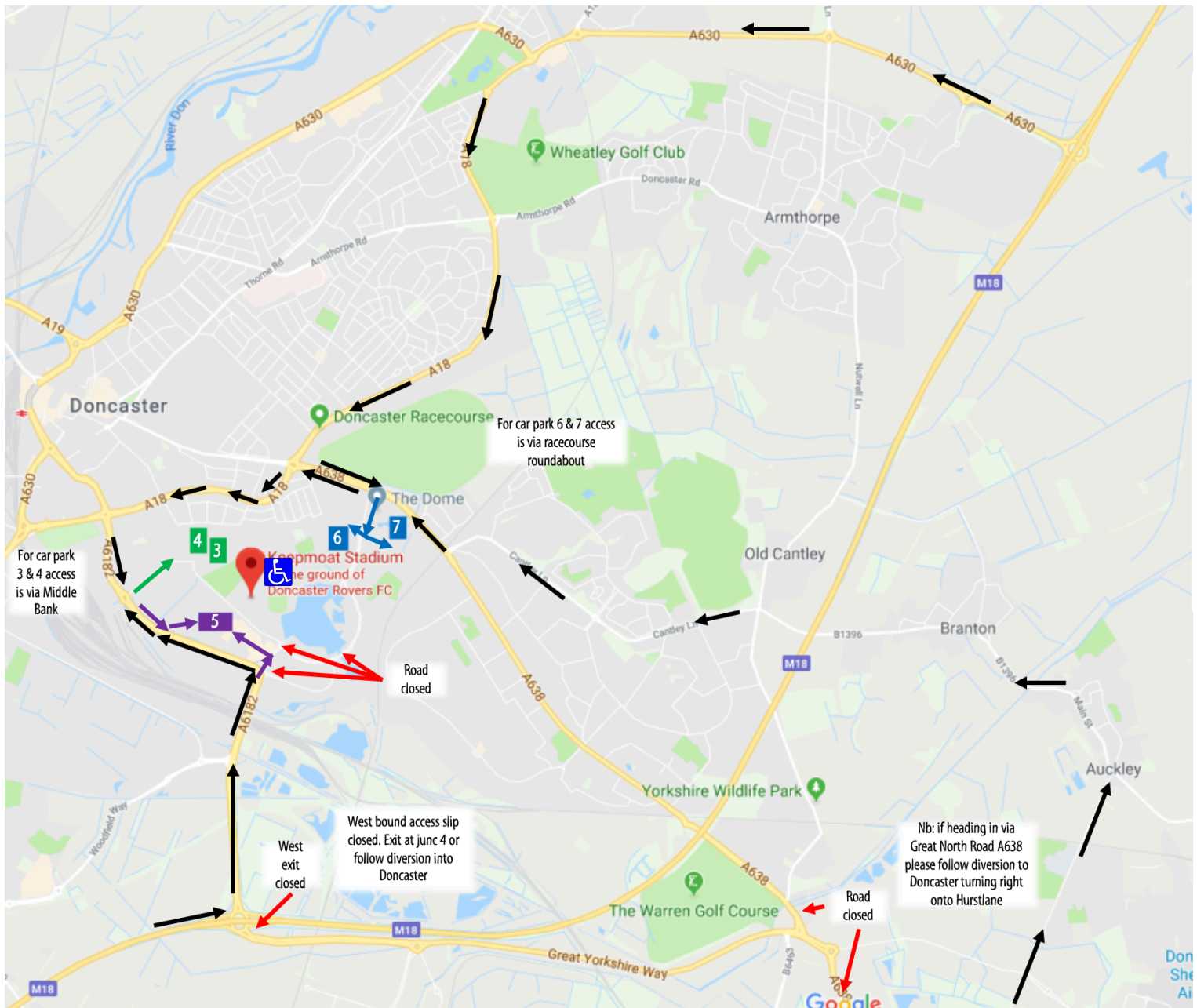
Car Park allocation & finding your way

09:00
Sunday, 9 June 2019

No	Location	Race Number Allocation	Postcode
3	Keepmoat	Numbers 1-415	DN4 5JW
4	Keepmoat	Numbers 416-656	DN4 5JW
5	Lakeside Village Outlet	Numbers 657 - 1737	DN4 5PJ
6	Doncaster leisure park	Numbers 1738 - 2698	DN4 7NW
7	The Dome	Numbers 2699-3419	DN4 7PD

*Road closures are in place from 04:00 so please ensure you have planned your route. Expect and plan for it to be busy,! Leave plenty of time to arrive as road closure will adjust your journey in and sat nav wont replace human knowledge!

*For DISABLED PARKING - Please ignore your race number allocated spot and head towards car park 3/4. Instead of entering the car parks please head up stadium way towards the stadium and continue past the stadium and to the start line. Indicate to the Traffic or Curly's team member and they will direct you to the car park which is a left turn just before the start line.



Well-being, headphones, medals, snacks & more!

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 at the water stations on the course, sweeper vehicle and at the finish.
- **Road closures**, while the roads are closed for the event emergency vehicles may still access so please be alert to warnings from Marshals. Choosing to ignore instructions may result in injury of yourself, other runners or a member of the public who needs emergency help. **nb: the road closures will remain in place until 12:30, from 12:30 if we have runners out on the course after 3 hours 30 minutes we may request you move to the paths if safe to do so or be escorted to the finish if deemed necessary.**
- **Important note, flow of traffic**. As you enter Rossington Village you will run alongside with the flow of traffic for some sections. Runners and cars are separated by cones and speed restrictions are in place for safety purposes. Please take care to stick to the course and don't be tempted to cut corners or cross into the other lane.
- **Dress for the weather & bag drop**, please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event. Our friends from Bluebell Wood will be manning the bag drop (an optional donation of £1 is requested but don't feel bad if you couldn't squeeze any money into your running tights we will still take you bags :)) your bag tag is on the bottom of your number!
- **Water**, we have four aid stations on the course with first aid stations and supplies of high energy snacks or gels (at 10km). Water is also waiting for you at the finish. The aid stations are laid out as WATER-SNACK-WATER-SNACK-WATER at the following distances: 4.5km / 10km / 12.5km / 16.5km (you pass the 16.5km at 2km but you will be ushered past!)
- **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 or at one of the aid station (we have lots of bins!). 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 animal friends. We will be using plastic bottles as part of the event as we work with manufacturers towards a greener solution... however the plastic bottles will all be separated and recycled :)
- **Warming up**, plenty of space to warm up on the paths near the start point or your club can bring a tent and create your own zone at the athletics track and use it for warming up!
- **Finish line snack**, At the end of the event we will also have a well deserved amazing Cup Cake for you from the experts at Cupcakes2love :) (vegan and vegetarian options as always provided)
- **Headphones**, yes you can wear headphones! However... please be aware of your surroundings as if you ignore blue lights / our team instructions on the day we may pull you off the course and don't be surprised to be grabbed if you don't respond in case of an emergency!



Pacers, Juniors, A home for your club, Expo & Offers!

Yup even more things going on!

- **Pacers**, Our amazing friends at Doncaster Athletics club will be providing 'running' pacers with flag backpacks for the following target 'net' times (from start line to finish line crossing) 01:30 / 01:45 / 02:00 / 02:15 / 02:30 / 02:45
- **TOILETS!** The stadium has plenty of toilets however not if everyone tries to use the same ones ;) toilets are north/east/west & south of the stadium so please walk around! **LATEST TOILET NEWS!** (exciting stuff!) yes our friends at DCLT will have their leisure centre in Rossington open just for runners at **just before the 13k mark** with full use of the sites toilets (and no you cant go for a swim while you're there!)
- **VIP showers and lockers!** The Keepmoat Gym in the north stand (operated by our friends at DCLT, who are a charity) will be providing those of you who are feeling fancy (or who's family make them shower before you go for your reward lunch!) can pay £5 for a post event shower and use of their lockers.
- **JUNIORS**, We've Doncaster Athlete Track right in the heart of our event so Doncaster Athletics Club will be hosting a mix of Junior events during the main Half Marathon from 09:30-10:00. It's just £1 to enter and all monies go to the track up keep :)
- **CLUB HUB**, Even more fun at the Athletics Track! rock up with your club camp and pitch for £5 (again all money goes to the athletics club to help track maintenance) create a chill out zone and warm up / cool down on the athletics track in style!
- **EXPO**, Right outside the stadium (inside if it's raining!) we will have a collection of stands, charities, shops and snacks to keep spectators and runners entertained!

DNA Card Discounts!

A special offer of just £15 for a DNA Card with £5 going to the Club Doncaster Foundation charity for every card purchased.

The DNA Card is a discount scheme that provides users with access to a range of local and national discounts in most major supermarkets, high street retailers, restaurants, insurance, utility companies, cinema tickets, holidays, days out, driving lessons and more. Our flagship offer is 25% off the LNER East Coast Mainline- giving our consumers the benefits of a railcard in addition to over 800 different lifestyle savings.

Companies with offers on the DNA Card include the likes of Asda, Morrisons, Debenhams, Argos, Currys PC World, Thomas Cook, Cineworld, Booking.com and Sports Direct. In addition to lifestyle savings, DNA Card holders are also entitled to over 1000 free online courses provided by universities in a range of subjects such as business and management, culture and languages, politics and literature.

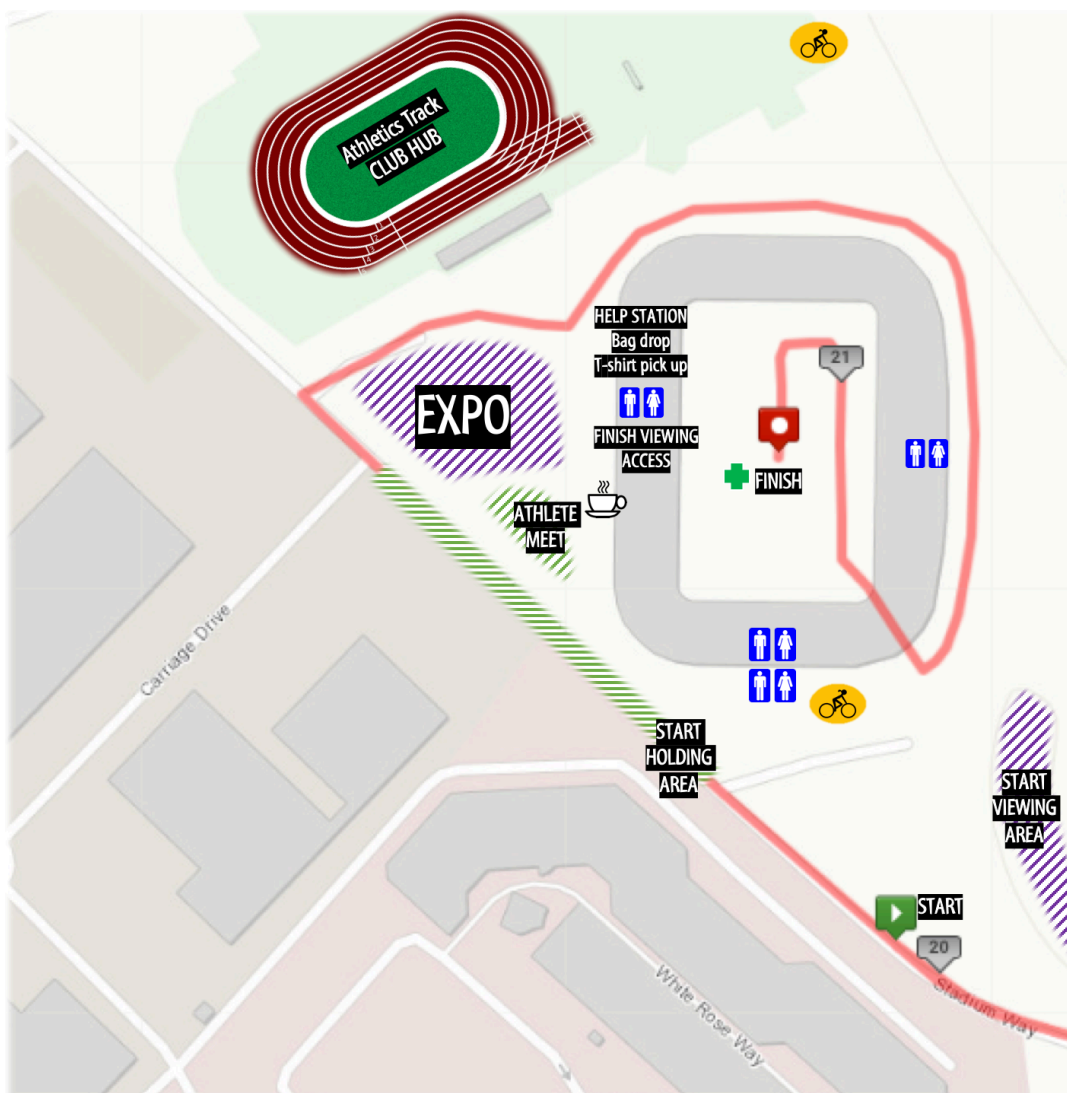
You can add in a card when you enter the event or if you want to [add later visit here](#). DNA cards are collected on the day from the DNA stand.



Maps & Route!

You won't get lost... just run where the 5000 cones take you! The event is led out by vehicles and cycles. The event is marked out in miles and we also have support vehicles following the event. The Doncaster Half Marathon is designed for all abilities and in the first year we will have up to 2000 athletes taking part which means it's going to be busy.

Please take care at the first roundabout (roughly 300 metres into the course) this is a narrow point (one and a half lanes wide) but it then opens onto a dual carriageway. 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 :)





The route: (you can also view it here: <https://www.mapmyrun.com/routes/view/2407759765>)

- Starting on Stadium Way, then head straight out and turn right straight onto the A6182 White Rose Way outbound.
- Heading out on the A6182 White Rose Way follow this dual carriage way on the outbound carriageway.
- Pick up the Great Yorkshire way heading out on the eastbound side of the carriageway and keep going east!
- Past the iconic Y on the roundabout and head up the new link road making a 180 turn on the road ahead of Hurst Lane roundabout to return down the opposite side of the road heading back towards the Y.
- Back past the Y then turn left onto sheep bridge lane heading into Rossington (your moved onto the wrong side of the road)
- Upon entering Rossington heading left at The Styrrup Pub roundabout and up stripe road turning right onto Clay Flat road where runners, turning right onto Lansbury Avenue then right onto Gattison Lane and left onto West End Lane
(Runners cross the original St leger half marathon start line from the 1980's in front of the leisure centre!)
- Continuing on West End Lane runners then pick up the Great Yorkshire Way once more returning on the same route as they headed out on return back towards the stadium for the final 4.5km!
- Runners take a final right turn for the final section around Carolina Way and then onto Lakeside Blvd and head straight to Stadium Way and then into the Stadium for an on the pitch finish! (you pass back across the start line... this is clearly not the finish, you've less than 1000m to go as the crowds kick in!)

Spectators

We like to try to design our routes with a good balance of being great for the athletes (that's you) whilst also engaging the spectators and local communities. We recommend some key viewing areas for you to see you loved ones taking part in the event.

- Outside the main entrance. Head down to the start line where you've an amazing raised auditorium grass bank to view the start from. (they also come back past here towards the finish)
- For the finish you can access the stadium from the West Side and watch the runners cross the finish line (of course you can watch them from outside the stadium)
- While your runner is out and about, enjoy a snack a brew or pop across to do some shopping at one of the retail parks. After the event you've lots of choices for food and can even go watch a film, go for a swim or go ice skating - all within a 15 minute walk!
- If you're in Rossington then we recommend simply finding a spot along the route. It heads into Rossington via Sheep Bridge Lane, Clay Flat Lane, Lansbury Avenue, Gattison Lane & West End Lane. You could even make a trip down to the big Yellow Y for a great photo opportunity (just plan this journey as road closures will slow your journey... we advise taking a walk)

Presentations, FREE Photos & Results

At the end of the event (est 12:30) we will be at the finish area for prize giving and shout outs. Please come along, cheer on your fellow competitors and listen to any news we may have about 2020's event!

If the weather is particularly awful then the plans may change and we may do prizes as we go to stop people getting cold :)

FREE event Photos: We have 5 Photographers down on the day and the photos will be shared on Facebook and on our website. We also encourage you to share your own spectators photos throughout the day on our main Facebook page or email us a link. ALL event photos are completely free for 2019 :)

Timing: The event is chip timed and the results are ready almost instantly on our website. We also have a split timing point at the half way point!... as always watch our Facebook page <https://www.facebook.com/curlysathletes/>

Prize categories: Team prize 1,2,3 (lowest total time of first 2 males/2 females from clubs). First 1,2,3 male & female.

Male U17 / U23 / Senior / Vet 40 /45/50/55/60/65/70/75. Female U17 / U23 / Senior / V35 / 40/45/50/55/60/65/70/75

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 or you're there to challenge yourself our courses are always designed that they can be ran, wheeled, walked/jogged and of course we will support you all the way round with our amazing athlete support crew!

HAVE A GREAT EVENT!

...and next up for Doncaster!

Run for Wildlife Autumn 5k
- 13th October



Curly's, The Yorkshire Wildlife Park and the YWP Foundation team return with the triple award winning Autumn edition of this walk, jog, run safari!

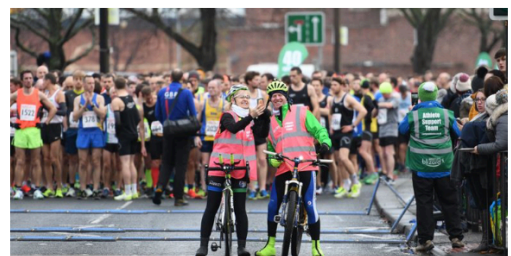


The Great Sprout Scuttle -
8th December- 5 and 10K



The "Great Sprout Scuttle" returns for another year of all things festive and sprout themed!
Based at the Northern Racing College, Rossington Hall, Doncaster.

Doncaster 10k - 24th
November



FREE PIE & HOT CHOCOLATE... oh and some great running right in the heart of Doncaster from the Racecourse! The event won the best in Yorkshire 10k at the National Running awards for 2018 and 2019.



Friends of the event



**CLUBDONCASTER
FOUNDATION**

Club Doncaster Foundation are a non-profit, self funding registered charity that has achieved more than 30 years of inspiring positive change, participation in sport, physical activity and education within the Doncaster Borough and internationally. They utilise the social reach of the professional sports clubs and community stadium to challenge lifelong habits, inspire positive change and motivate sustained participation in sport, physical activity, training and education. Go find out more about the great work they do here: <https://clubdoncasterfoundation.co.uk>

Doncaster Metropolitan Council have been an integral part in helping develop the event and making dreams become a reality!
They've worked hard to help make the impossible possible in bringing an inspirational event to the Doncaster community.



Doncaster
Metropolitan Borough Council



Doncaster Culture & Leisure Trust have been a great support in offering car parking spaces, adjusting their leisure centre times and more importantly for runners providing a toilet stop at 12.5km in their Rossington leisure centre!

We're proud to be supporting the Get Doncaster Moving 'movement' in helping to improve the levels of physical activity in Doncaster, this driven team of passionate people are helping to change the image and the health of Doncaster and we're proud to be doing our bit :)



..... and we've plenty more people to thank along the way so keep an eye on our social media and website. From our Rossington groups, clubs & residents to our friends at the iport, Potteric Carr Yorkshire Wildlife Park and the airport. Amongst many others have shown great support of the event!

Terms & conditions

- 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 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.
- I will listen to and respond to the advice given by race officials and marshals.
- Headphones must not be worn (unless otherwise stated.)
- 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.
- 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.
- By entering this race, I am confirming that I have read and understood the above

Swaps and refunds (please also see our FAQ section on the website in the 'athlete zone')

Refund?

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. This is because we have allocated costs per person and are unable to recoup these :(

Transfers?

You can transfer the name of the runner for you up to 14 days before or bump to the next running of the event.