

The Big School Run - Class of 23

**CURLY'S
ATHLETES**



Settle down!

Join us on Saturday August the 5th 2023 in the incredible grounds of Worksop College, from 07:00 to 19:00 for 12 hours of glorious running and partying! This is THE BEST event you've never heard of. . . we had our first year in 2022 and it was voted our favourite :) Check out the website for the amazing feedback. . .

Run with your friends or go solo!

You can take part as a solo runner, or come as a team of up to 8 runners.

Each runner then runs around our off road 5k route (some is on internal roads - unless wet, normal trainers are spot on!), through the picturesque school grounds.

You can do as many laps as you want, before handing over to your fellow runner.

How you 'keep running' for 12 hours is entirely up to you and your team. OR if you fancy just joining to hit a target distance or time that's also ok :)

The event is chip- timed, with aid (feed) stations on route!

Make a weekend of it!

You will probably pick up pretty soon that we're a little bit excited about the theme (we have a feeling you may feel the same!) Once the running is finished, we're planning to party ... well maybe have a nice cup of tea, a biscuit and a nap first!

We know for most, the day will be about running with friends and catching up after the event, so we have camping, motorhoming and on site accommodation options. This includes a Friday camping/ motorhoming option for those wanting to be set up ready for the morning!

You've got options! . . . simply turn up, do the event and go home if you want. Or you can add on camping, or stay inside the school dorms. We can cook you breakfast and we can cook you an evening meal! (Don't worry it's not Curlys team doing the cooking!)

We built it this way, based on our own experiences at endurance events. We love the idea that you can simply turn up with a pair of trainers (and some clothes obviously!) You can have accommodation, drink, food all taken care of without any work or planning :)

But, we're also aware that camping with your mates is part of the fun for many. . . so you can do this too (and if you don't feel like making breakfast or evening meal, you can also pre-book this ;)

This event is one of our events where **we include a t-shirt and a buff**. Normally these are an add on to support our charities and to reduce waste. However, due to the very limited event capacity and 'epic' achievement of running for 12 hours, we thought you would want to show off your achievement, alongside your **awesome medal!**

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'.



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 ran physical challenges.

We will be partnering with Worksop College on the event, as they are our wonderful hosts !

Worksop College- Worksop College dates back to the 19th century, when the school was founded by Victorian Educational Reformer, Canon Nathaniel Woodard. A generous gift of land from the Duke of Newcastle's Clumber estate has been extended over the years to provide the 330-acre estate on which the College stands today.



The Children's Air Ambulance- The face of paediatric care through the high speed transfers of critically ill babies and children from one hospital to another for specialist care.

They are the first and only dedicated neonatal and paediatric helicopter emergency transfer service in the country. The bespoke, specialist equipment on-board the helicopter provides a flying intensive care unit for children. When a child is too sick to fly, they fly a specialist team to them. We will be supporting the team as part of the event :)



To find out more about our amazing charity friends (who are soooo looking forward to meeting you all on the day!) then pop along and visit them on our website here: <https://thebigschoolrun.co.uk/event-partners>

Relax

Ok, we've lots of information in this pack, so it may seem a little overwhelming ... but don't worry :)

We're here to make your life easy... so when you turn up on the day, it will all make sense! As athletes ourselves, we just want to 'run not think' when it comes to race day. The only things you need to decide are how many people in your team (or solo). Do you want to stay over and do you want to look after yourself for food or do you want us to take care of it? We will look after your whole race experience, we have a helpful team on the day, and we're always very responsive to questions beforehand.

Pricing structure

We've structured the event, so you just pay for what you need :) This keeps our entry price as low as we can, whilst being able to offer awesome extras to make it the best running weekend ever! **All entries include a bespoke event tech t-shirt, medal and buff!**

Pre-booking is essential. We're not planning for any 'on the day' add ons.

Solo Entry: £52 (includes solo support team, support tent and aid station snacks!)

Team entry: from 2 to 8 runners in a team: £49 per person (each runner can pay individually, the captain or lead entry just selects 'pay later' and can then send a payment link)

Camping:

- Friday or Saturday £20 per tent or motorhome
- For two nights - Friday & Saturday £30 per tent/motorhome

Boarding: £35 per person, includes bedding and breakfast :) (Friday night is £25 but doesn't include a Saturday morning breakfast due to the start time)

Breakfast on Sunday morning (if not in boarding) £10 per person

Evening meal: £15 per person, (served in a 'school canteen' style) Open salad bar, plus hot meal choices and dessert :) Squash/water/tea/coffee also provided.

NB: we recommend to book your additional options four weeks in advance.

Registration

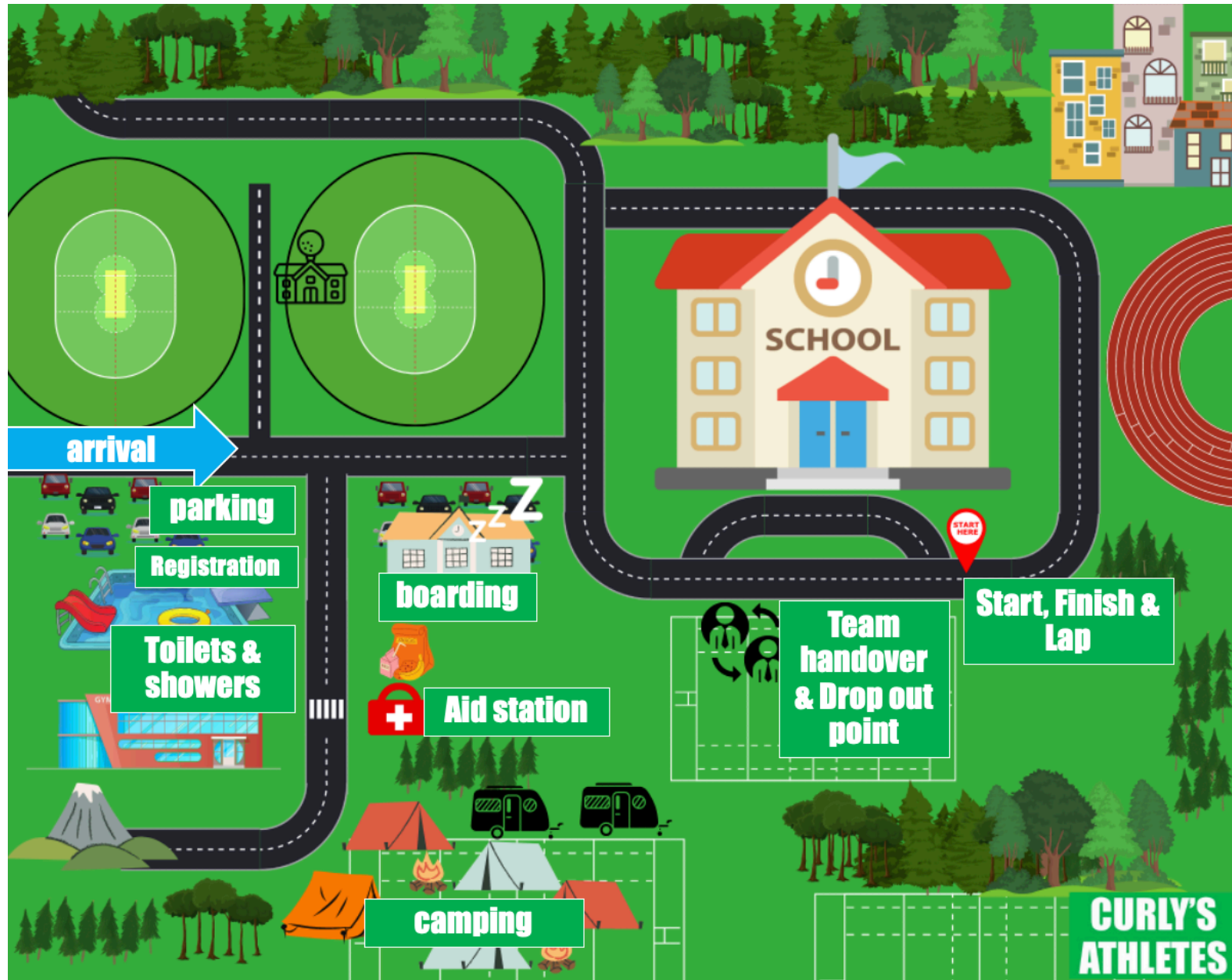
Registration-all numbers can be collected on the Saturday morning from 06:00 and from 18:00-19:00 on the Friday evening. For the solo runners you pick up your own... if you're in a team then everything is passed to your team prefect (captain). Finishers technical t-shirt and custom buff can be collected before the event or before from registration/help-point (which will be signposted) We will also have a help point on site contact@curlysathletes.co.uk for any queries.

***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 the full race credit 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.

Car Parking & tent drop off /motorhomes

Car parking is free, and you can find us here; Cuthbert's Avenue, Worksop S80 3AP. Follow the yellow arrows and car park signs upon arrivals and any instructions given by our wonderful team. If you're bringing a tent and wish to drive to the site then please aim to arrive by 06:00 on the Saturday. This allows you enough time to drive down to the campsite, drop off and pop your car back to the car park (**vehicles can't be left with your tent**) Motorhomes, our team will direct you where to park up :)

Friday and Saturday when you arrive to park in the main car park, head into reg collect all items needed for camping, return to car and then **meet Jeff** (other team members are available) at the entrance to campsite to be shown where to go.



Event timings

- During the week of the event, we will be having a 'virtual' race brief . . . this is mainly because at 06:45 in the morning, no one will listen to us ;)
- Friday 18:00, those camping on site can arrive and set up their tents.
- Saturday 06:30, Recommended latest arrival time. After this time, access will be controlled as the course will go across the vehicle access point. If a team member runner wishes to join you later that's no problem, but please note we may have a slight delay getting them in.
- 06:50 'Playtime is over and we ring the bell!'. We begin to gather the runners to the start line ready to start.
- 07:00 We're off! Runners head off on the 5k loop and should be awake by around 3k!
- 18:45 Course closed to 'new' runners entering the loop . . . unless anyone convinces us after 12 hours they can go sub 15 minutes! "The final bell sounds!!"
- 19:00 Playtimes over! -Only completed laps count and we scream the final runners in and across the line!
- 19:01-19:10 . . . a few tired and emotional runners cross the line, who didn't make the last lap :(If you're leaving, check with us to pick up a prize if you think you may have one :)
- 19:00-20:00 The main bar opens (cash only folks!) and those that need to leave who may have won a trophy can pop and see us :)
- 20:00 Dinner bell! Food Hall opens (pre-booked food, served up in the Great Hall. Limited to 250 spots.)
- 21:00 Prize giving and a very short and emotional thank you to runners alongside some very light evening entertainment . . . although we think most of the entertainment will actually be our runners (those that are still awake!)
- 23:00 on site bar closes and everyone goes to bed, dreaming of running adventures!

Sunday morning- please wrap up and depart for 10:00 . . . we won't judge you if you don't fold your tent up properly :)

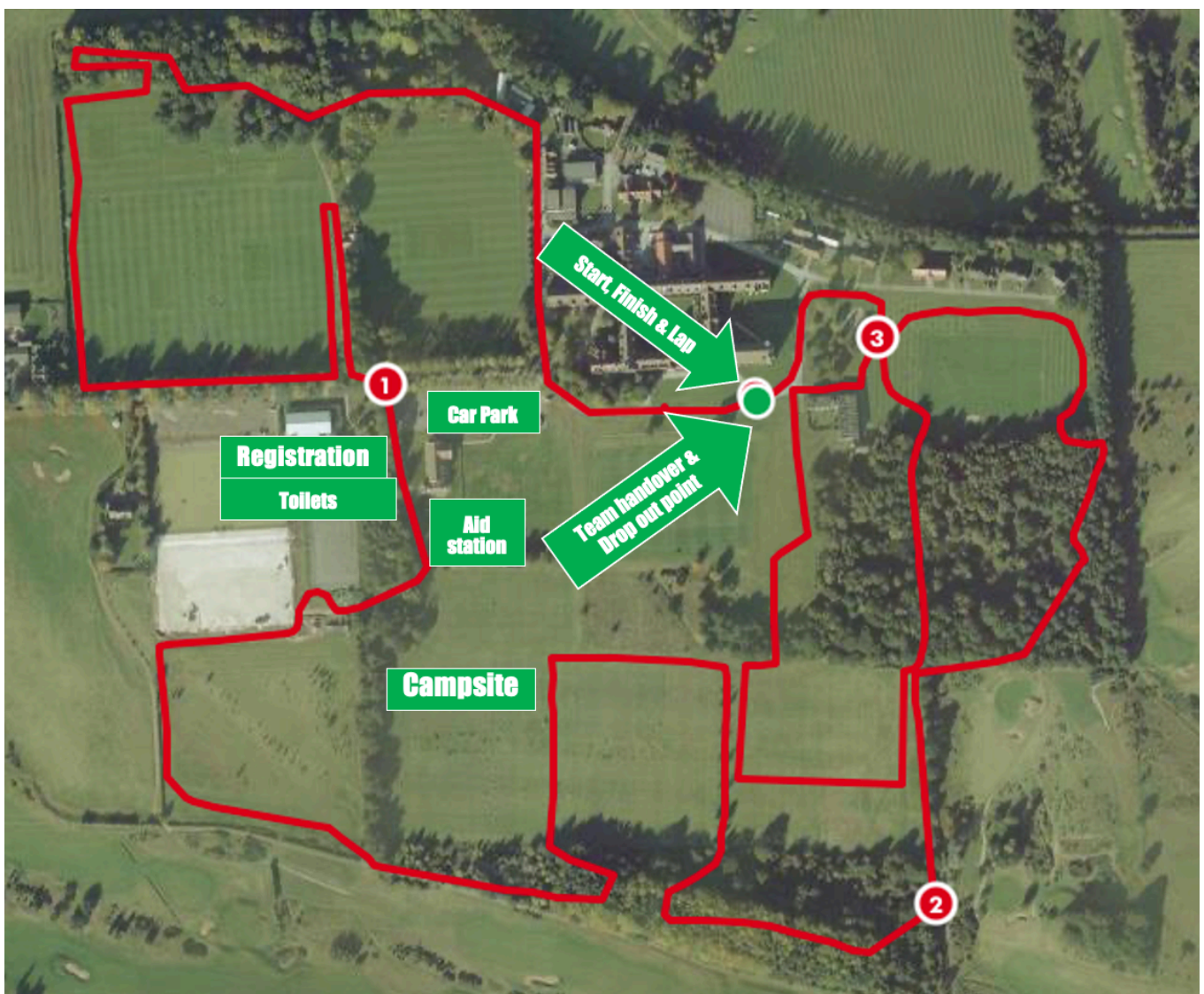
The Route

You really don't need to know the route - our team will do their normal over the top preparations to make sure you don't need to think about where you're going- we will make sure its obvious!

The surface is mixed-some sections are on the internal school road, some is trail, woodland path, and most is on firm grassy fields, inside the school grounds. It's similar to most park run surfaces, so normal trainers are fine. We wouldn't recommend 'hard' trail shoes, but a normal pair of trail shoes are also fine :)

Please be courteous of your fellow athletes. Not everyone is there for a PB. With some people running for 12 hours, and some for 30 minutes, everyone will have different speeds and energy levels! We keep this run small in terms of total entries, to around 150 runners, this helps us keep an eye on all the runners and creates a great friendly atmosphere on the day.

NB: WE DON'T PUT OUT KM MARKERS! ... we do this to support runners mentally on the day :) If you're running for 12 hours you need the ability to 'switch off'



Running solo?

Firstly . . . we admire you, and we are currently applauding you from behind our keyboard!

For solo runners, it's simple. Your job is to run and our job is to look after you :) Our support includes;

- Dedicated Curly's team lead and volunteer team (these are your new best friends)
- Bag drop and aid bag drop provision
- Snacks (we always recommend running on what you know and bring your own bits) . . .but we will provide a good snack selection Things we know you may want and that you're more likely to stomach. We will pop a post on social media in the lad up to let you know what snacks we have. Expect 50% savoury and 50% sweet, all in small bitesize portions. It's important you don't 'overfill' . . . little and often is key :)
- In tent advice-we will also do our best to stop you overloading, keep you hydrated and get you back out safely on the course when you're ready.
- Dedicated solo tent-this is at the aid station. Your bag drop / aid bag / snacks water and seating will be in here (we will generally try to keep you standing / walking as this is more likely to keep you going!)
- We also allow access for friends and family to come in to support upon request. They may well also end up helping other runners . . . of course if they want to volunteer please let us know and we will make them feel part of the race.
- **If you need to leave the course and go to your tent / car etc, then simply exit by the handover exit . . . and then return via the entrance to the handover section.** Our aim is to provide you the ability to stay on course and not have to leave, meaning you stand the best chance of achieving your ultimate distance.
- **RETIRING EARLY**, so if at any point you wish to retire that's no problem. Simply exit after the lap point in the designated exit point (the team handover area) You may have had enough, achieved your target distance or something good maybe on the Telly . . . please let us know you're retiring and of course get your medal! :)

Running as a team!

When you book in a team the 'prefect' (captain) books first. They name the team and create a password. The rest of the team can then join via a link to pay and add their details :)

Please never have more than one team member on the course at any one time. If you've got a runner that needs support, you can pretty much follow them all the way around outside of the course (as it's around the school perimeter.) IF YOU WANT TO DO A TEAM RUN IN AT THE END, REMOVE YOUR RACE NUMBER that's no problem :)

There is no minimum number of laps or time limit on each lap. You can run or walk, jog or skip. The team can decide to knock it on the head for lunch and pop back later, or just call it a day!

We have a clear 'handover' area at the start line, where you can gather ready for your runner to come in and you to take over... **It's very important you don't hand over anywhere else!**

As runners approach the start line (lap point) they can decide to pull off and handover in the handover zone or crack on for another lap... we expect a little bit of chaos and excitement in this area :)

WHAT TO HANDOVER! - each team member will have a race number, but these are unchipped and just for us to identify you. However the team each has one chipped number, this is to be handed over to the next team member. We have spare number belts for you to make this process easy, but please plan to bring your own :)

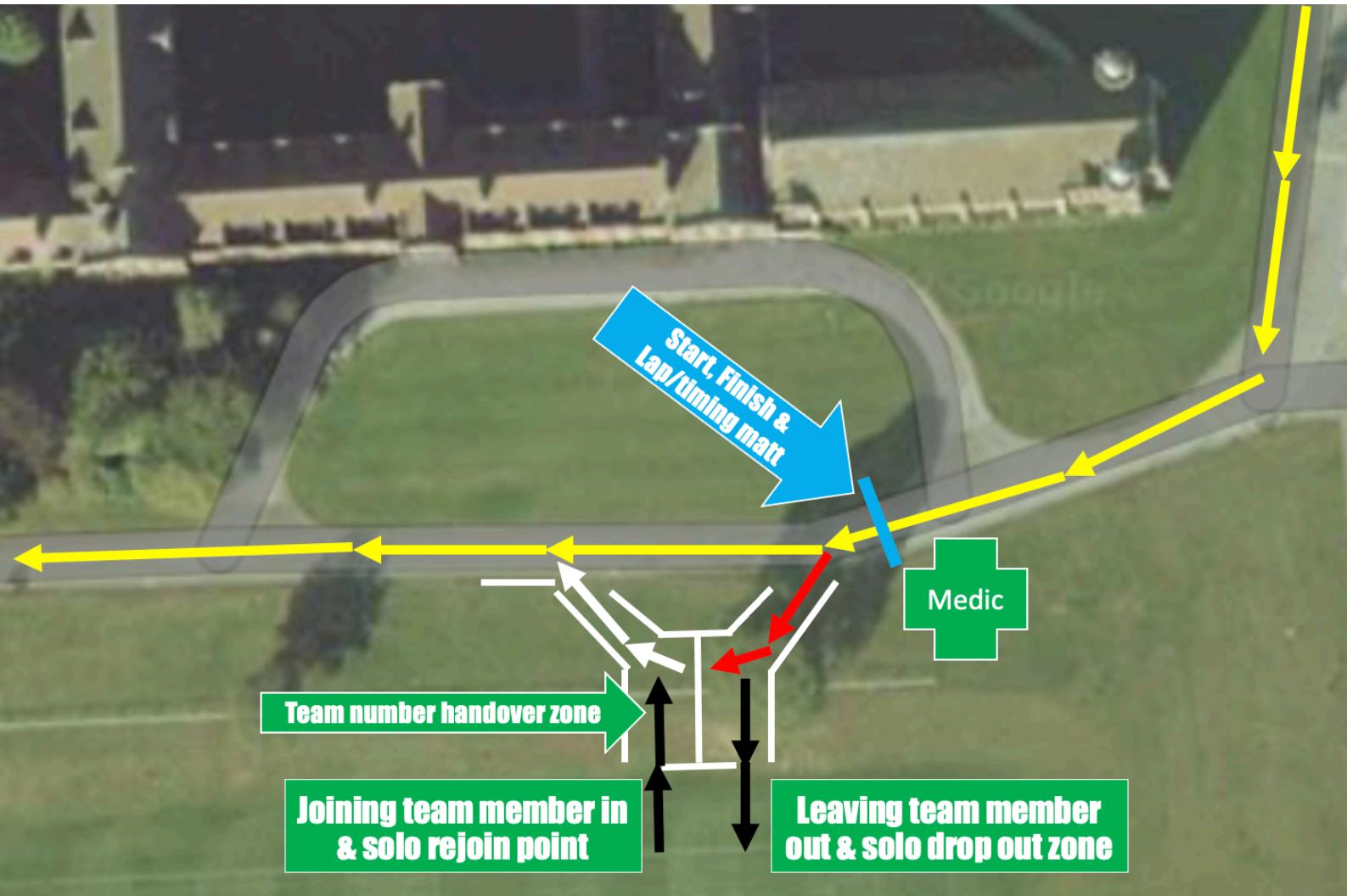
You will need to complete a whole lap every-time someone heads out.

We want the event to be open to everyone. That means one of your team can do one lap (5k) or 20 laps (100k)... we will leave the strategy to you (we strongly don't recommend one doing 1 lap and one do 20!)

We will do a FINAL call at 18:45, where no new runners are allowed on the course and at 19:00 the timer is stopped... so if you're out on course that means the last lap doesn't count :(

- **RETIRING EARLY**, so if at any point your team wish to retire that's no problem. Simply exit after the lap point in the designated exit point (the team handover area) You may have had enough, achieved your target distance or something good maybe on the Telly... please let us know you're retiring and of course get your medals! :)

Team handover / retirement zone map



Boarding & Camping (& motorhoming)

Camping/Motorhoming - is right in the middle of the course! Camping/Motorhome is charged at £20 per tent/MH, per night, with a discounted rate of £30 if booking for Friday and Saturday. You can bring as big or as small a tent as you like, with as many people inside.

When you arrive, you will have a stake with your name on, and please take this to the (large) camping area and pick your spot. You should **ensure a 2 metre gap between your tent and your neighbours**. Failure to do this will result in us making you move. It's for your own safety and for fire / access safety. On the Friday night, you can arrive from 18:00

*No BBQ's or fires, this is especially important for the year due to the dry spell. Please do not risk a fire, if in doubt ask and any concerns please let us know.

Boarding—we have single, double, triple and quadruple bedrooms available.

For Saturday night these are charged at £35 per person, this includes bedding and breakfast in the Great Hall in the morning :)

For Friday night they are just £25, but this doesn't include breakfast due to the event start time!

All accommodation needs to be fully paid at the time of booking, as we're afraid we can't split it per person. Meaning if you want a 2 person room, you would pay £70 and have to go round to your friends house and demand your money, or retrieve goods to equivalent value :) Please note that any damage to the rooms will result in a charge being made and a years worth of detention!

Accommodation is shown by location, ie: Gibbs House, first floor. . . so if you're wanting to be together with your mates, then please book in the same house and/or floor :)

Please keep valuables with you, or in the car and not in the rooms. Solo runners can leave with us at bag drop. The Boarding Houses lock and you will be given an access code. Our team will be patrolling the site throughout the event. All boarding will be for runners-no other parties will be present with the exception of our own team.

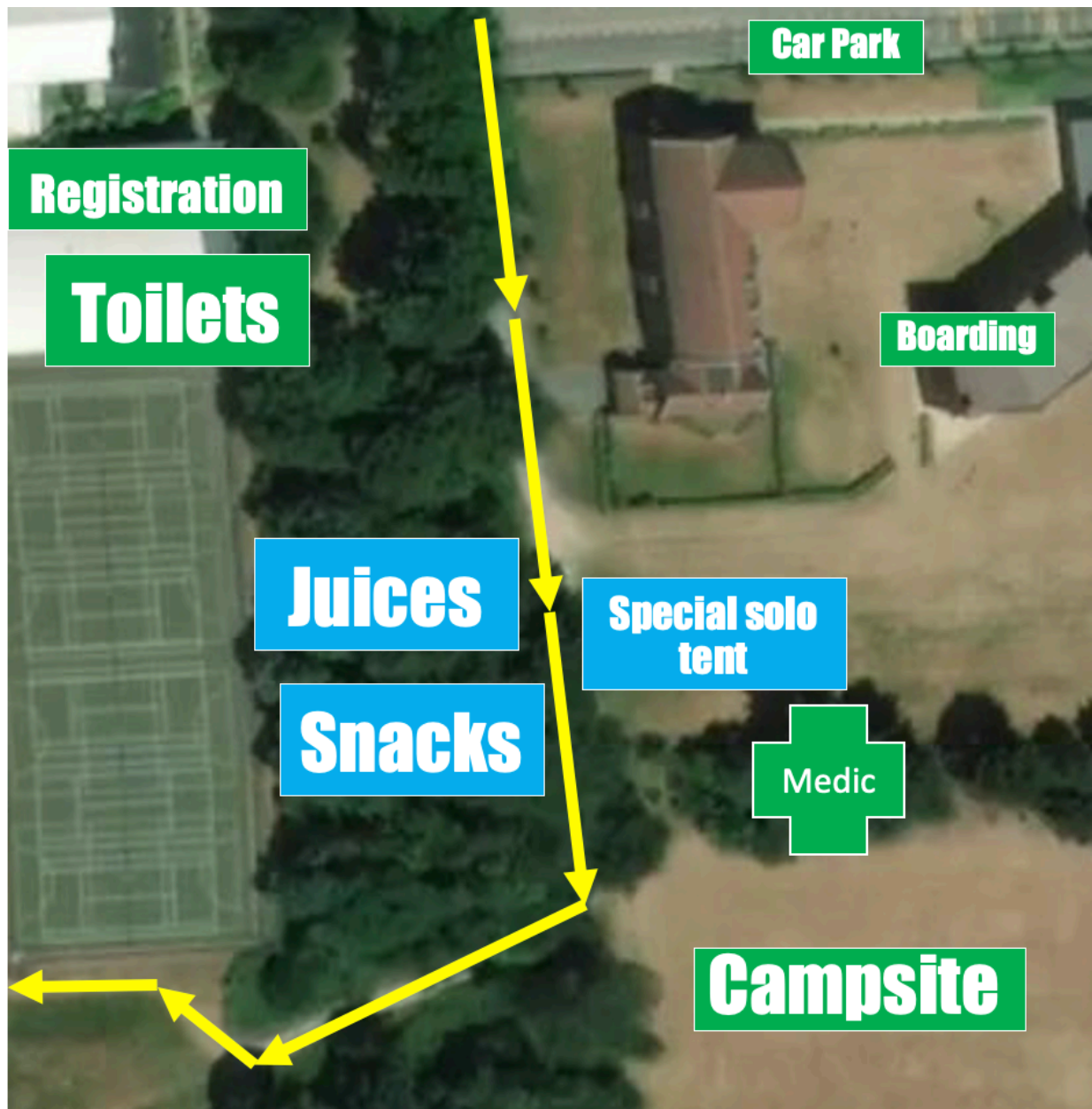
If you didn't book accommodation when you entered the event, you can go on and book here <https://etchrock.com/myshop> **All accommodation must be booked four weeks ahead of the event.**

Toilets & Showers—Toilets & showers are available throughout the event (pew) :)



Food glorious food (and refreshments!)

Aid Station—we have an aid station set up throughout. This will have a good collection of snacks, sweets, water and cola (maybe even a token piece of fruit :)) Solo runners have an additional support tent, allowing them to drop their own kit in (clothes/food/cuddly support toy etc) so we can support those without a team a little bit more and they can have a sit down. Should a solo runner wish to get changed then we have facilities in the toilet block opposite the aid station.



The aid station will be bottle free :) We will have cups as an emergency but please bring a collapsable cup or re-fill bottle to minimise our waste...

FOR SOLO RUNNERS WE RECOMMEND RUNNING WITH A PACK / PORTABLE HYDRATION SYSTEM (a bottle!) this way you can keep slowly feeding / drinking on the way around and then use the aid station to 'top up' your supplies.

This aid station is not 'lunch' :) ... please don't overfill during your laps, or in downtime when you're not running. Little and often is the key, full bellies and lots of running are not a good mix!

EXAMPLE AID STATION SNACKS:

- Small salted potatoes :) / Salted tortillas so you can carry off (better than crisps btw)
- Half a banana
- Jelly type sweets / biscuits / Freddo frogs / chocolate ;)
- Water / squash / full sugar cola (flattish)

FUELLING TOP TIPS:

- Don't wait until your hungry to eat, Don't wait until your thirsty to drink!
- Little and often, don't over consume and start consuming after your first 5k and then keep going
- Snack every 30 mins, drink little sips of liquid as you go along.
- Take on salt via food or electrolyte type drink tabs.
- YOU CANNOT EAT ENOUGH, BUT YOU CAN EAT TOO MUCH! ... ok odd one but you wont be able to consume the number of calories you're burning, so dont try! ... you are literally topping up reserves as best you can. If you overfill then gastro problems will appear.
- SENSITIVE TUM? ... then eat what you know and bring your own stash, avoid anything high in fibre/salt/sugar too early on.
- CAFFEINE, it's great but again don't take on more than you usually would

- GELS & SPORTS DRINK are generally good for emergencies and the final hour, but don't rely on them for fuelling, try to eat real food. These are bad to over consume 'osmotic diarrhoea is worth a google!
- DON'T over consume the day before or the morning... eat normally but tweak to blander more 'beige food' and a small increase in carbs five days out will help ensure your levels are topped up.

During the run catering– Our friends from the school will be putting on some light catering during the day and a BBQ option at lunch... so you can grab a tea and coffee :) **nb: This is cash only, so bring cash!**

Drinks–we have a bar open up at the main school (after the event), which is a great spot to socialise. Please be sensible and respect your surroundings. We have protocols (and security) in place to deal with naughty runners- don't forget alcohol and endurance are not a good mix. Please remember 'its a marathon not a sprint!' **nb: This is cash only, so bring cash!**

Breakfast –£10 per person and served up in the Great Hall on the Sunday morning. Breakfast is included if you're booked into boarding.

N.B evening meal and breakfast options need to be booked around four weeks in advance

Self catering– well this bit isn't really up to us... but clearly you're more than welcome to look after yourself :) Please make sure you pop up to say Hi and don't hide in the corner of the field with a pot noodle! We're afraid you're not allowed BBQ's on the campsite and please be respectful, take your rubbish away with you and share your crisps x

Evening meal–served in the Great Hall! This is £15 per person, (3 courses served in a 'school canteen' style) First course is an open salad bar (it's very very good, we've tried it!) plus 3 hot meal choices and dessert :) Squash/water/tea/coffee also provided. We will pop out the menu in event week :)

Presentations, Photos & Results

Presentations—Each individual will get their own results, lap splits and total. Each team will also get a 'team' result showing total laps and time.

Presentations, prizes and trophies will be given out up at the Great Hall after the run. If you have to scoot off, then please find us at the end if you think you're won a prize—the results are live, so we should be able to help you. If you're not able to collect on the day, we may have to charge postage to get these out to you.

Photos—these will be uploaded here when they're set <https://curlysathletes.co.uk/athlete-zone> (it may take a few days, and will come from multiple photographers, but we will work on them quickly) we will have a good collection of DIGITAL DOWNLOADS FOR FREE from the day :)

If you have your own photos, please share! Either on our Facebook page, or message us directly—you can even add to our Flickr account.

Results—are 'nearly' live throughout. They will have a slight delay, but you can find them here:

<https://curlysathletes.co.uk/athlete-zone>

Given the complicated nature of the event, we expect a few queries, so any problems, please message results@racetimingsolutions.co.uk We will then publish a 'final' set of results for the archive on the Wednesday after the event, allowing enough time for any queries and investigations to take place :)

Spectators

Please feel free to bring along family and friends :) They are welcome to join you throughout. We do ask where possible that they don't drive separately, and arrive with you to the event. Arriving during the run will mean they will be delayed, due to the course having sections on the college road.

RUN INs- we're absolutely ok with you running in with your loved ones to support them over the final finish. Please liaise with the finish line marshal team, so we can help facilitate it safely.

Athlete well-being

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.

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Security-ok this is a first, but we will have team members still working on site once the running has finished, to help keep the site safe and support with after hours questions and site navigation. This will be backed up by our own team on site should any issues arise.
- 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 not have kit storage facilities, except for solo runners, where we will have a bag drop available. For everyone else, please leave your belongings in your car or ideally with your team mate!
- Water-we will have a water and feed station on the course.
- 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. These can be dropped at the aid station point, but please make it obvious! We will disqualify anyone for intentional littering.
- Headphones are ok :) but we will have music on the course for you, plus lots of cheering so hopefully you can do without ;)
- Pacing! Know your target pace and don't set off any quicker than this pace. Consistency is key when it comes to this kind of challenge ... Setting off too quickly is the most common reasons for a bad day out!
- The evening-yes we will have a bar, and yes people will want a drink. But please be sensible and respect your surroundings... we have protocols in place to deal with misbehaving runners, but more importantly alcohol and endurance is not a good mix. Please remember 'its a marathon not a sprint!' (in fact it's a 12 hours race!)
- Camping and accommodation-as mentioned, we have a team on site throughout the event and the event evening. Please leave a 2 metre gap in between tents to reduce the risk of fires. NO BBQS and no 'floor' cooking to avoid grass damage. THGINS ARE VERY DRY AT PRESENT AND WE HAVE AN INCREASED RISK OF FIRE, so if in doubt.. just ask :)
- We have access to fresh water / toilets and showers for the weekend. These will be sign posted on the day (no one wants a stinky runner!) The toilets we have at the handover area are for runners who are running! So please use the other facilities if you're not running :)
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As this is the worlds biggest information pack, we're pretty confident we've covered everything ... but as you ask us questions, we will add them here to help :)

Booking examples:

TEAM OF FOUR CAMPING! 4 people want to rock up, race and camp Friday & Saturday night in one big tent, bringing their own food: Book as a team of four at £45 each (the system is set up so each individual can pay for race entry).

One person when booking can then add in a camping spot for their four man tent for Friday / Saturday night and pay £30 for the whole team.

Upon arrival the 'Captain' can pick up their camping stake (which has their name on it and take it over to the campsite to find a perfect spot! Once the race is done, they can do their own thing at the tent, or pop up to the main area to see what's happening, and grab a drink at the bar.

TEAM OF TWO BOARDING! For our more 'sophisticated non campers' a team of 2 driving straight up on event morning and with no time to prep for camping!

They book in as a team and again each individual can pay for their race entry ticket. You can each individually pay for the evening meal when you pay for your tickets.

For the accommodation, one person would need to book and pay for a two person room. The accommodation is the only part of the booking where you may need to exchange cash personally! That means they can turn up run, eat, party and snooze!

You can of course pop back and book accommodation etc at any time after you enter, but it must be done six weeks before the event.

Amending your entry etc can be done by visiting www.etchrock.com

Adding accommodation, meals etc can be done here: <https://etchrock.com/profile/curlys-athletes/shop>

Joining a team, our entry system allows participants to purchase a ticket for themselves, and reserve the other tickets for their team. Once they have purchased their own ticket, they can then share a link with their friends, who will then be able to use their team username and password to log in, complete their own registrations and make payment.

How do you know what extras I've booked? - we have a list on the day! At anytime you can log into www.etchrock.com to check out what you've booked. We will have a list of runners names for boarding / camping / meals etc so simply check in :)

How old do you have to be?—given the nature of the event, and the potential for any individual to run 'a long way', we're afraid you have to be 18 and over to join a team, and 20 or over to run the event solo. If you are under the age of 20, and running in a team please do not run further than 27 miles. This is all based on our UK Athletics guidance to help keep people safe and long term injury free :)

We may have a controlled student and pupil team running for charity on the day, but this will be managed and monitored by Worksop College Staff.

DOGS! So it's a no no for running with your furry little chum, but they are ok to come along and spectate... pick up poo and keep them on a lead :) (they can also nip to the next door wood for walkies)

I'm stuck with everything, help! probably best you drop our amazing athlete support Anna a note at contact@curlysathletes.co.uk

HAVE A GREAT EVENT!

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>