

The Big School Run - Class of 21



**CURLY'S
ATHLETES**



Settle down!

Join us on Saturday May the 29th 2021 in the incredible grounds of Worksop College, from 07:00 to 19:00 for 12 hours of glorious running and partying!

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, 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.

The event is fully chip-timed, with aid and feeding 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 and on site accommodation options. This includes a Friday camping option for those wanting to be set up ready for the morning!

Here's a few things about the event you may find interesting or different from others ...

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!

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 having to pop up a tent or organise lots of food and drink!

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 our only event 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 small numbers 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, so expect to see some fantastic ideas, designs and support from the pupils!



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 :)

Paces- a leading specialist centre for children with Cerebral Palsy and other motor disorders, with an ever growing reputation for excellence in Conductive Education.



Conductive Education as a holistic approach is unique and is highly effective in meeting the learning needs of our children and young people.

Our primary focus is to help a person of any age who has a condition of a neurological origin that affects their physical and learning ability. We also offer support to their families and carers.

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, and will have a Helpdesk on the day, and we're always very responsive to questions beforehand. We know entries will go fast, so make that your first priority- you can return and add the other bits later!

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!

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

We don't take any funds from any of the add on extras. To help keep the prices low, these are the exact prices offered from Worksop College :)

All entries include a bespoke event tech t-shirt, medal and buff!

Solo Entry: £45 (includes solo support team, support tent and enhanced snacks!)

Team entry: from 2 to 8 runners in a team: £45 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 / for two nights - Friday & Saturday £30 per tent

Boarding: £35 per person, includes bedding and breakfast :) (Saturday night only)

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

Evening meal: £15 per person, (3 courses served in a 'school canteen' style) First course is an open salad bar, plus 3 hot meal choices and dessert :) Squash/water/tea/coffee also provided.

NB: meal options must be booked 4 weeks in advance and accommodation 6 weeks in advance.

Registration

Registration-all numbers will be posted. In your pack will also be **wristbands** showing any extras you've added. This will be the main organiser (or prefect!) for the team, or for solo runners, clearly that's you! You will be able to collect your finishers technical t-shirt and custom buff throughout the event (after we've started) and we will have a designated collection area on the day. If you have any problems with numbers, or **haven't received your number by 17:00 on the Wednesday before the event, please get in touch**. We will also have a help point on site contact@curlysathletes.co.uk for any queries. In your envelope you will find your race numbers, timing chip (attached to your number) wristbands and safety pins.

***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.

Covid-19

Well, we can't predict exactly what will be going on next May! We very much hope to be 90% back to normal. As we type, we are already back delivering some events in a Covid safe environment, but we've also cancelled events, so we're pretty experienced in both delivering and cancelling an event in the right way.

We will review as we progress towards event day and will let you know any tweaks we need to make, and of course in the event of us pulling the event (due to Covid) then your entry is safe. We can transfer to another event, postpone to the following year or offer a refund (minus the booking fee) :)

We hope this is the last time we have to write this in an information pack!

Car Parking

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. On entry, you will be asked if you're bringing a car. This allows us to plan, so please provide this detail and car share wherever possible.

Event timings

- Friday 18:00, those camping on site can arrive and set up their tents.
- 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 ;) Please tune in and we will try to bring to life the event day as much as possible!
- 06:30 Recommended arrival time. After this time, access will be controlled as the course will go across the vehicle access point.
- 06:45 '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!
- 19:00 Playtimes over!
- 19:01-19:10... a few tired and emotional runners cross the line, who didn't make the last lap :(
- 19:00-20:00 The main bar opens :) (cash only folks!)
- 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 thank you to runners alongside some light evening entertainment ... although we think most of the entertainment will actually be our runners (those that are still awake!)
- 23:00 (TBC) on site bar closes and everyone goes to bed, dreaming of running adventures!

Sunday morning-well we may have one final activity for everyone depending on how many people stay and the weather ... but all for fun!

- 10:00 is check out of accommodation and camping wrap up (we won't judge you if you don't fold your tent up properly :)

The Route

Ahead of the day, we will attach a route map and a map of the start / finish / camping / accommodation area with key event areas highlighted. 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 run is nearly all within the school grounds and within view of the hand over area. We've added plenty of switch backs to allow you to see and support your runners as much as possible!

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 :)

The event is designed to be an event for people of mixed abilities, and so we will see a variety of runners joining in. 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! The course is pretty much flat, but the grass will be hard going after a while (but good on the joints!)

The event limit is 600 people for the first year (we may review.) This means you will actually only have around 156 people (roughly!) running on the course at any one time, so you'll have plenty of space :)

Charities!

We're very proud to be supporting the Children Air Ambulance and PACES charity at this event, and we're not sure who's more excited about the event between us :) You can fundraise, donate, or join their charity team (we provide them free entries) and a minimum amount of fundraising is required.

Find our more about our amazing charities, how to support them and what they'll be doing on the day here; <https://thebigschoolrun.co.uk/event-partners>

Of course, we welcome you to run for your own charity, and please share your stories :)

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 :)

We're dedicated to you guys and girls! Our support includes;

- Dedicated Curly's team lead and volunteer team (these are your new best friends)
- Bag drop and aid bag drop provision
- Enhanced snacks (we always recommend running on what you know and bring your own bits) . . . but we will provide some traditional 'real food'. Things we know you may want and that you're more likely to stomach.
- 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 just after the start line. Your bag drop / aid bag / snacks water and seating will be in here
- 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 . . . do what you need to do 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.

Running as a team!

When you book in a team the '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 - it has a timing chip in it and you'll be in detention for messing up everyone's provisional results!

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 :)

You will need to complete a whole lap everytime 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 :(

A wrist band is used as a relay baton and passed between team members as they finish/start the laps.

When you or a member of your team are not out on the course, please do not go too close to the handover area/finish line with your race number/timing chip, unless you're going in or it may log another lap. It will be clearly marked off, so you should know you shouldn't be in the area!

Boarding & Camping

Camping– is right in the middle of the course! Camping is charged at £20 per tent, 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.

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 one of our grumpiest team members (Jeff!) making you move. It's for your own safety and for fire / access safety.

On the Friday night, you can arrive from 18:00 (do not arrive earlier, as we will not allow access)

Boarding–we have single, double, triple and quadruple bedrooms available. These are charged at £35 per person, this includes bedding and breakfast in the Great Hall in the morning :)

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. We do have a security team on site once the running event ends. All boarding will be for runners–no other parties will be present.

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 six weeks ahead of the event.**

No BBQ's or fires. No motorhomes, caravans or cars are allowed onto the campsite. Toilets & showers are available throughout the event :)

Food glorious food (and refreshments!)

Aid Stations—we have an aid station set up throughout. This will have a good collection of food/ snacks, sweets, water and cola (maybe even a token piece of fruit :)) We will confirm exactly what a few weeks out from the event. Solo runners have a separate aid station, so we can support those without a team a little bit more.

The aid station will be cup and bottle free :) This means you will need a collapsable cup... if you forget yours, our runninggifts.com stand will be down and you can buy these at cost price.

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 !

During the run catering—a catering unit from the school will be on site during the day serving tea's / coffees and a variety of hot snacks. Perfect for spectators, for those with a long break between runs, or those team members who's duty is done! **nb: This is cash only, so bring cash!**

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 good, we've tried it!) plus 3 hot meal choices and dessert :) Squash/water/tea/coffee also provided.

Drinks—we are planning to have a bar open up at the main school, 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 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, use the bins and share your crisps x

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 at 21:00, up at the Great Hall. If you have to scoot off before this time, 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.

Crowds throughout the event will be amazing as we have a permanent audience... we are planning for 600 runners to take part, but only 156 (estimated) will be running on the course at any time. That means we have 450 spectators throughout (excluding any ‘real’ spectators :))

Additional things happening

We have LOTS of ideas for this . . . and we will be working with the students on adding some additional fun and activities to the event! So we will be back with an update . . . Covid has delayed us on firming up the plans at present!

Running Gifts

We've some great gifts for runners!

And some great 'team' kit perfect for a bit of fun at the Big School Run. Maybe you're a team of Mr Grumpys, or a team of Little Miss Naughtyys.

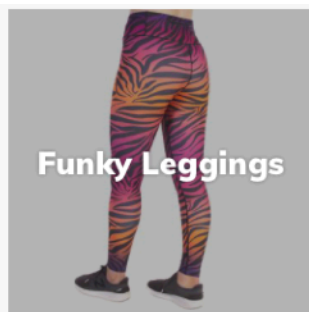
Running Gifts also 'gifts' back to our charity friends.

Profits from Running Gifts help Curly's Athletes support over 20 amazing charities!

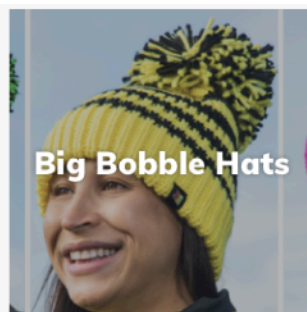
We sponsor not for profit charity running events, give free race tickets to charity runners, make direct donations and support plenty of amazing projects. All done through our running events team at Curly's Athletes. Visit www.runninggifts.com to find out more!



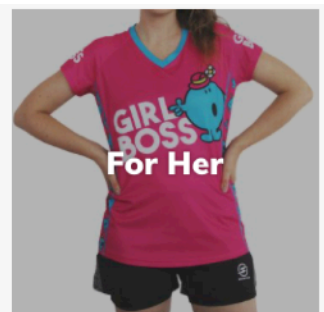
Gin for Runners!



Funky Leggings



Big Bobble Hats



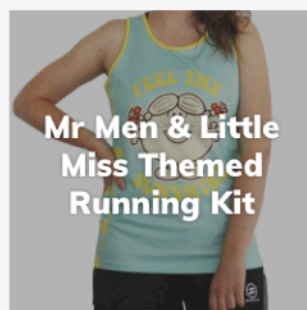
For Her



For Him



For Sustainable Runners



Mr Men & Little Miss Themed Running Kit

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 security team members 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. We will confirm exactly what we have on offer closer to the date. Please ensure you place your bottles in the correct recycling bins.
- 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.
- Covid-we're fortunately now very experienced at delivering events under the Covid guidance. We hope not to need to put these into place. But we're ready to do so if needed :)
- Headphones are ok :) but we will have music on the course for you, plus lots of cheering so hopefully you can do without ;)
- Parts of the 5k course may be used by members of the public. We will have plenty of warnings scattered about, but as always please be nice and remember they're also just out to enjoy their day :)
- 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.
- 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 :)

FAQ's

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. This must be completed at least six weeks before the event or we may cancel your entry to allow others to join (you'll effectively be holding a ticket)

How do you know what extras I've booked? - Wristbands! At anytime you can log into www.etchrock.com to check out what you've booked. When we post out the race numbers, these will also include the allocated wristbands for the team / solo runner. So if you've booked boarding/camping, or any meals this will be colour coded. Please pop on your wristbands (especially once you've finished the event)

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 will 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>