



36th STROUD HALF MARATHON
Sunday 22nd October 2017
New Race Start time 09:00hrs



Thank you for entering the Stroud Half Marathon.

Please read the race information carefully and note the maps detailing the race route, location of car parking and Marling School.

The race starts and finishes on Cainscross Road, adjacent to Marling School field.

Registration

Race numbers, with timing chips attached, have been sent out in the post on Friday 6th October.

If you have entered the race after midday on the 5th October, or you have lost or misplaced your number, collection will be possible from a desk at the Information tent.

There are no Day Entries, or number swaps.

Your race number will have 2 electronic tags attached to the back. NO additional race chip is required.

Failure to start and finish wearing your race number will result in no time\ position being recorded.

Ensure that your race number is pinned to the FRONT of your vest (please bring safety pins) and that you have completed the emergency medical\ contact details on the reverse of the number.

The race numbers do not need to be returned at the end of the race.

First Aid

The St John Ambulance Service will be present both on the course and on the field.

Information

An Information Point will be available on the field, and will be staffed from 07:30hrs.

Race information that you may require can be found on the event web site at www.stroudhalf.com

Race Start

The race will assemble at the Start Point near to the Cainscross Roundabout. There are no toilets at the start of the course. Toilets are available in the changing rooms and on the field. Please assemble at the start by 08:50 and line up on the road according to your expected finishing time as indicated. Run pacers will be present, so please line up in expected finish time order near your pace of choice.

The race will start at 09:00 prompt.

Allow 5 minutes to get from the changing rooms to the start. Please ensure that you allow plenty of time to use the toilets before leaving for the start line.

Safety

Please note that the race is run on public roads and runners should take great care and heed any instructions from Event Officials and Marshalls, particularly at road junctions and roundabouts.

Wearing of personal listening devices i.e. any in the ear or bone conducting listening devices are prohibited and will result lead to disqualification.

In the event of any major occurrences along the route, the race director and the emergency services reserve the right to alter or stop the event as necessary. This would be in circumstances beyond our control and no refunds would be given.

Traffic calming measures have been introduced along several sections of the course (Ebley Mill and through Stonehouse - please take additional care when running through these areas)

There may be temporary traffic lights between mile 2 and mile 3 after Stonehouse High Street. Please exercise particular care in this section.

The Course

The course is entirely on road and is mainly flat and fast with a steady rise between 6 and 7 miles (along A38). The route will be clearly marked and marshalled.

Please ensure that, unless otherwise directed, you keep to the left of the road, or on pavements where available.

There will be 3 drink stations at about 4.5, 7 and 11 miles and at the finish on the field. Water in cups will be available at these.

There will be live music acts on the course, please do show your appreciation.

Litter

Please do not drop litter on the course. Anyone seen littering will be disqualified from the results.

Results

Provisional results will be streamed live at www.fullonsport.com

Changing and Bag Storage

Changing, shower facilities and toilets will be clearly marked for men and women in the School gym close to the race start \ finish.

Facilities are also available (for a small fee) at the Stroud Leisure Centre on Stratford Road. A kit area will be available on the field.

Any kit left should be clearly marked with your race number using the tear off tag provided with the race number.

All items are left entirely at the owner's risk, the race organisers accept no responsibility for loss or damage.

Tshirts and Medals

Once you have completed the race you will make your way back onto the school field to collect your tshirt and medal. Your preferred T-shirt size will be marked on you race number to help with distribution

Prizes

Prizes will be presented at approximately 11:00hrs in the Gym or on the field subject to weather conditions. Clean footwear is required in the gym.

Top 3 male and female finishers:

1st £75.00 and trophy

2nd £50 and trophy

3rd £25 and trophy

Top 3 Male and female finishers with a GL postcode, presented by Stag Homes of Stroud

1st £150

2nd £100

3rd £50

Age category winners will receive a trophy, these will be posted during the week commencing 23rd October.

Refreshments

A wide range of quality refreshments at excellent prices will be on sale during the event on the field, provided by members of Stroud and District AC

Car Parking

Free car parks are situated around Stroud and are can be seen on the maps included. Maximum walk time is approximately 10-15 minutes. Sat Nav postcodes, Cheapside Carpark (by Station) – GL5 3BL, Cainscross Carpark – GL5 4JQ, London Road – GL5 2AP. There is NO parking available at Marling School\Race Start or Finish

Official Race Charities

The official charity is The Door. They are the only charity authorised to collect money at the event.

Spectators

Spectators are welcome to view the event. Please ensure that you keep clear of the runners at all times, especially on the finishing straight from Cainscross Roundabout to the finish line.

Travel Notes

Any significant diversions or late breaking information will be posted on the race web site at www.stroudhalf.com

Race Details

UK Athletics permit no: 2017/27853

Certificate of Course Accuracy Number: 17/443

Photographs

Official Race Photos by www.charleswhittonphotography.com

Thanks to

Immortal Sport and Stroud and District Athletic Club would like to thank the following sponsors, individuals and organisations, without whose assistance the race could not take place.

Thompson First Citroen, Anytime Fitness, Griffiths Marshall, Stag Homes, Glastonbury Spring Water, Race Marshals, Club Members and Families, Selsey Scouts, Stroud Platoon-Army Cadets, 1329 (Stroud) Sqn Air Training Corps, Handling Techniques, Gloucestershire Police, Gloucestershire Highways, Marling School, A-Star Traffic management, CTM, Eventscrew, Residents and Businesses along the race route for their patience, tolerance and understanding.

UNDER NO CIRCUMSTANCES SHOULD YOU PASS YOUR NUMBER ANYONE ELSE.

ENTRIES WILL NOT BE REFUNDED OR DEFERRED.

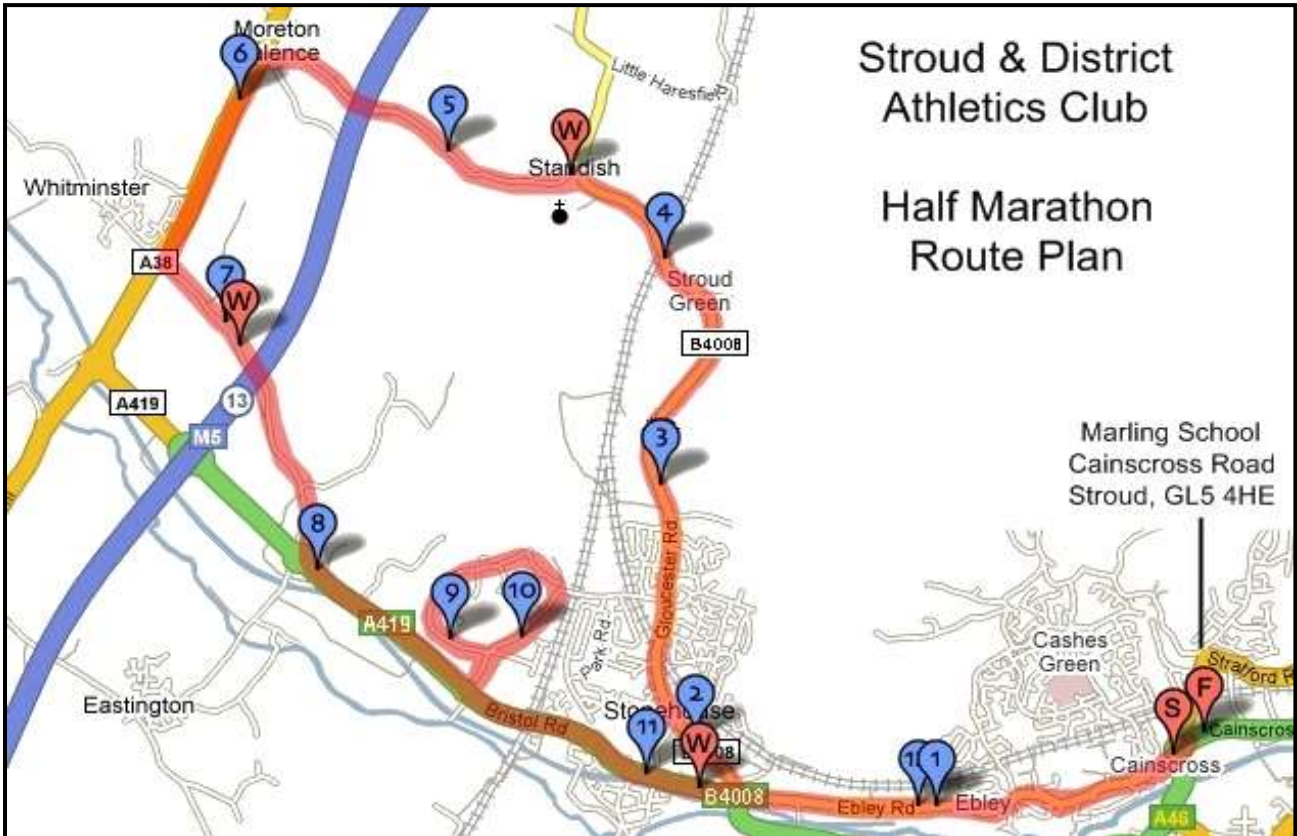
DO NOT MODIFY, CUT, FOLD OR DEFACE YOUR RACE NUMBER.



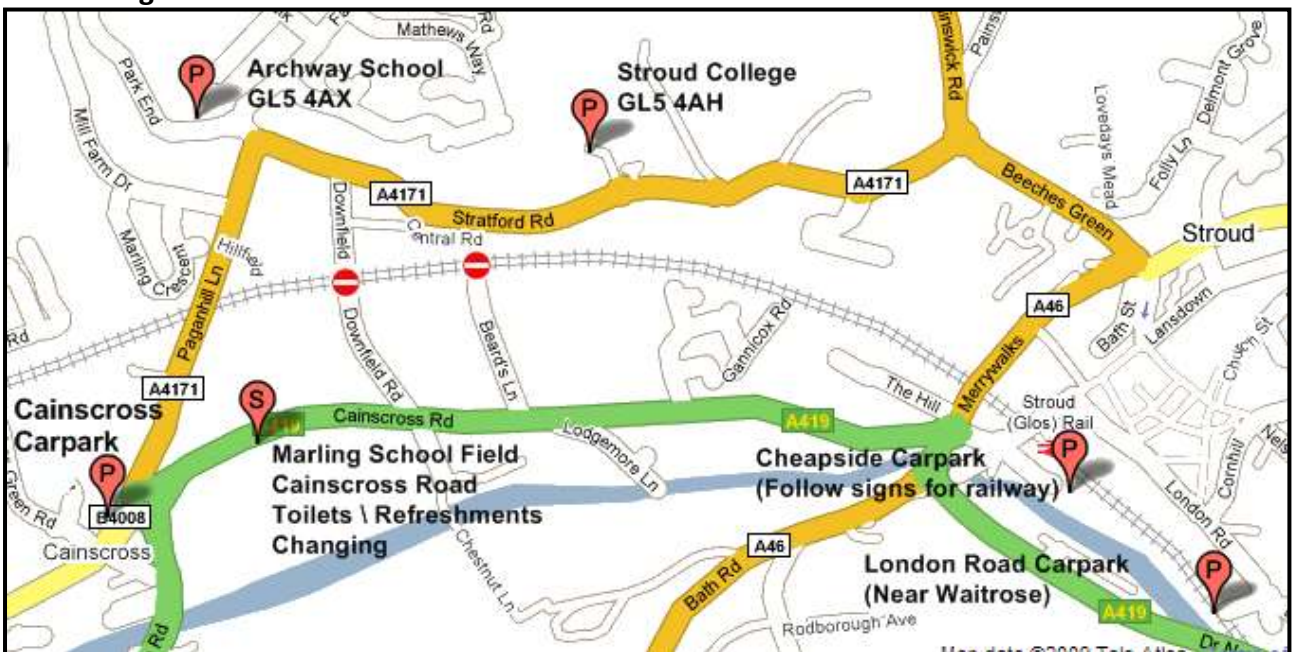
**Good luck to all competitors in the 36th Stroud
Half Marathon!**



Stroud Half Marathon Route Plan



Car Parking and Site Location



THERE ARE NO PARKING FACILITIES AT MARLING SCHOOL OR AT RACE START

