



# Athlete Information

## Sunday 21<sup>st</sup> October 2018

Welcome, and thank you for entering the Stroud Half Marathon 2018

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.

We wish you a successful, enjoyable and above all safe race.

### Getting Here & Car Parking

Free car parks are situated around Stroud (please see maps below).

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

### Information Point, including Lost Race Numbers

Race numbers, with timing chips attached (two white foam strips stuck to the reverse), have been sent out in the post on Friday 5<sup>th</sup> October.

If you have entered the race after midday on the 5<sup>th</sup> 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.

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](http://www.stroudhalf.com)

### Pre-race Assembly and 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 portable loos situated 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.

## 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.

## Transfers, refunds and deferrals

There will be no transfers of race numbers, deferrals and no refunds at this late stage.

**No exceptions will be made.**

Anyone having clearly swapped numbers will be excluded from the results.

## Toilets, Changing and Baggage Facilities

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

A kit area will be available in the Sports Hall. Your race number will be marked with your baggage number when you drop it off. You will need to show your race number in order to collect your bag post race.

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

## Pacers

We will have easily identifiable pacers on the course pacing at 1hr45mins, 2hrs, 2hr15mins and 2hrs30mins.

Please assemble at the start near to your closest pacer (faster towards the front, slower towards the rear).

## Runner Safety

If you see a fellow runner in difficulty or distress, please relay the situation to the next marshal location.

## Race Cut-off

We will apply a race cut-off of 3 hours. This makes allowance for 14min/mile pace.

We will be standing down marshals, and any road closures will be lifted from this point.

Anybody left on the course at this stage can be retrieved by the sweeper vehicle.

## Post-Race Massage

We are pleased to have secured the services of Reach Sports Massage, who will be available to ease any discomfort you may be experiencing at the finish!

## 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 Marshals, 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

## Race Details

UK Athletics permit no: 2018/33563

Certificate of Course Accuracy Number: 17/443

## Important Rules

The race is to be run under license from UK Athletics, and a Race Adjudicator will be present

- Under no circumstances will the use of personal stereos be acceptable. The race is run largely on open public highway, and being unable to hear other road users, or instructions from Marshals would present unacceptable danger.
- Any abuse of a race marshal, member of the public, or other road user will not be tolerated.
- No litter is to be dropped on the course.

Violation of any of the above will result in exclusion from the results.

## Race Results

Race results will be available to view online once you record a finish time.

All results will remain provisional for 72 hours to allow the timing team to respond to any queries.

## Awards Presentation

Prizes will be presented at approximately 11:00hrs on the field (subject to weather conditions).

Top 3 male and female finishers:

1<sup>st</sup> £75.00 and trophy

2<sup>nd</sup> £50 and trophy

3<sup>rd</sup> £25 and trophy

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

1<sup>st</sup> £150

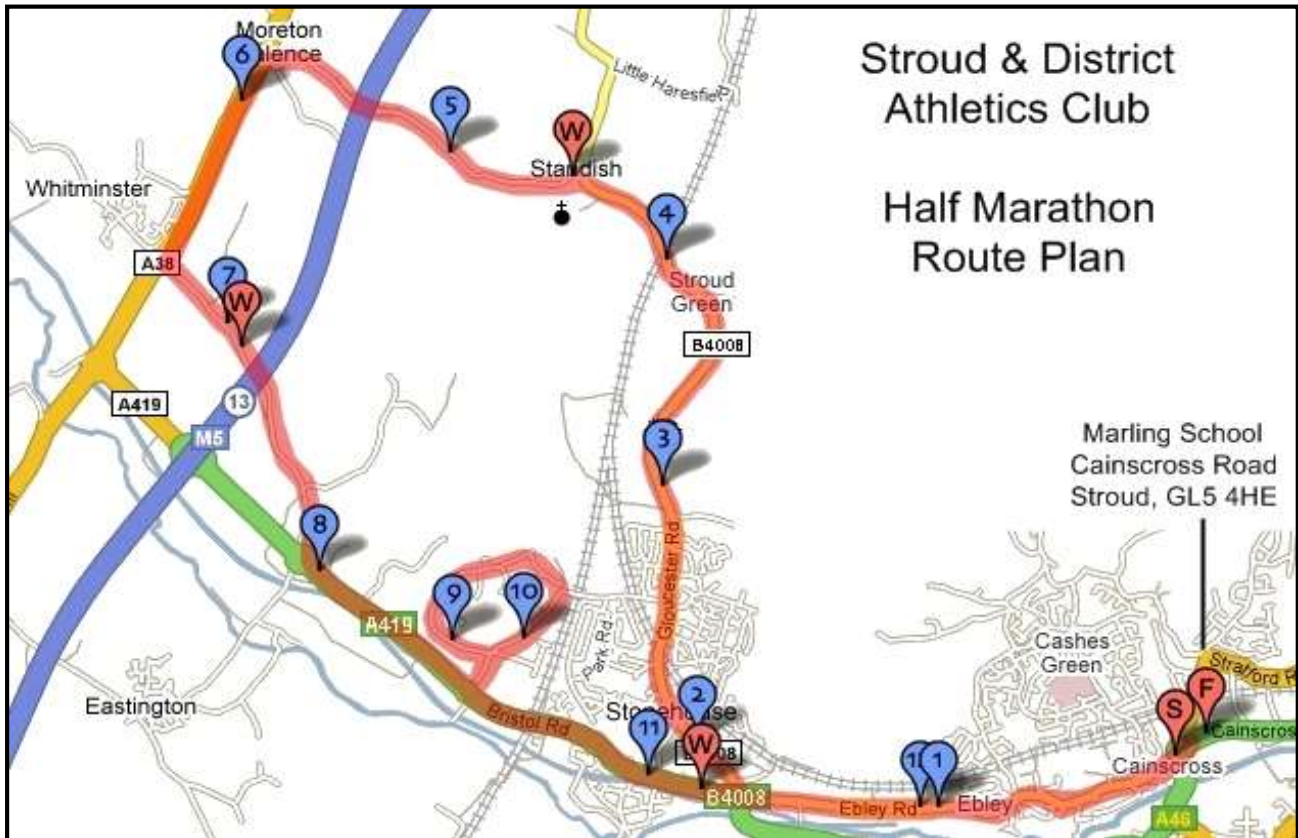
2<sup>nd</sup> £100

3<sup>rd</sup> £50

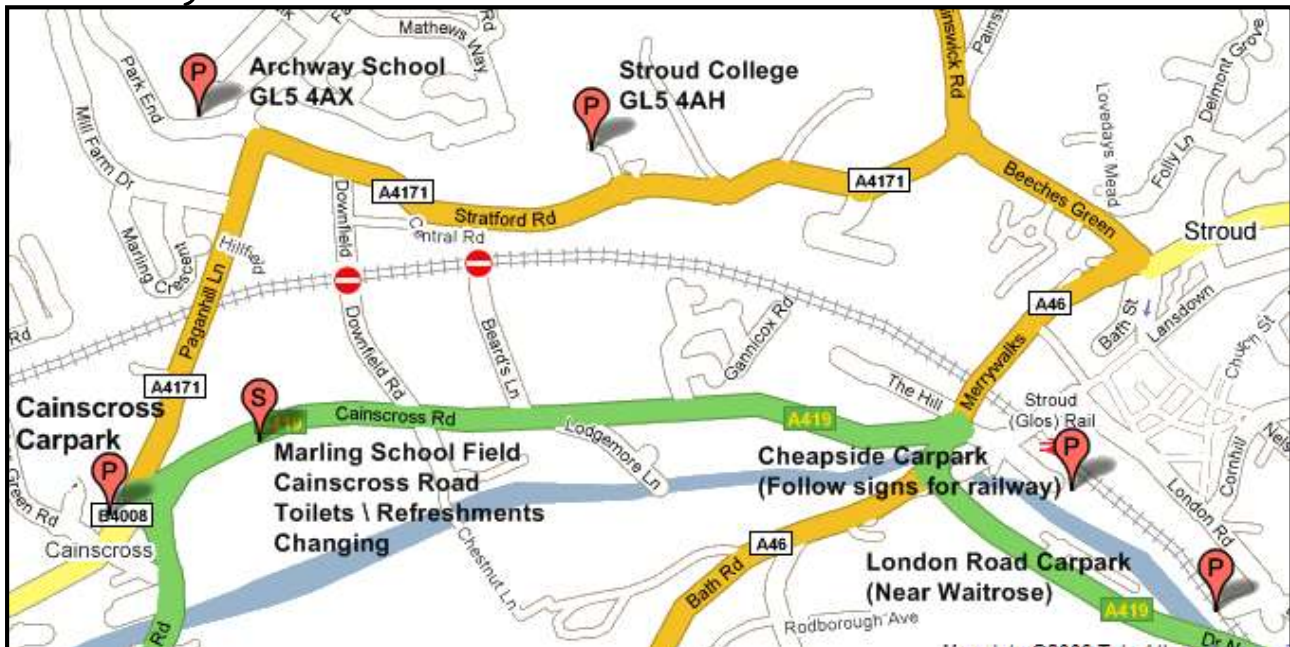
Age category winners will receive a trophy, these will be posted during the week commencing 22<sup>nd</sup> October.

## Maps

Route Map (see [www.stroudhalf.com](http://www.stroudhalf.com) for a more detailed route map)



## Car Parking and Site Location



## *Acknowledgements*

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, Griffiths Marshall, Stag Homes, Glastonbury Spring Water, Race Marshals, Club Members and Families, 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.

*Immortal Sport are the proud organisers of several events across the South West.*

*Please visit [www.immortalsport.com](http://www.immortalsport.com) to book your next challenge!*

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