



STROUD HALF MARATHON



Athlete Information

Sunday 24th October 2021

Welcome, and thank you for entering the Stroud Half Marathon 2021

Please read the race information carefully and note the maps detailing locations 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 a 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

COVID-19

All runners, officials, volunteers, and spectators must undergo a self-assessment for any COVID-19 symptoms and are advised to take a lateral flow test before attending the event. No-one should leave home to participate in, or to spectate at Stroud Half Marathon 2021 if they, or someone they live with, have symptoms of COVID-19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste.

An individual who displays any such symptoms must follow [NHS and PHE guidance](#) on self-isolation.

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.

If your race number doesn't arrive by race day collection of a replacement will be possible from the Information tent.

There are no day entries.

Your race number has 2 electronic tags on the back covered by foam, please do not tamper with the foam or timing chips. 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 running top (please bring safety pins) and that you have completed the emergency medical/ contact details on the reverse of the number. Race numbers do not need to be returned at the end of the race. An information tent will be available on the field, and will be staffed from 07:30hrs. All the race information that you may require can be found on the event website at www.stroudhalf.com Please note that **you do not need to register your arrival at the event.**

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. Portable loos will be 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 determined pace.

The race will start at 09:00 prompt.

Please leave 5 minutes to get from the School to the start line. 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 2 drink stations at about 4.5 and 9 miles and at the finish on the field.

Cupless Racing

In our ongoing quest to reduce plastic at running events, Stroud Half Marathon will be a cupless event. This means at the drink stations we will not be providing plastic cups/ bottles of water. There will be water stations where volunteer marshals will be more than happy to fill your own drinking vessel.

A water filled recycled, reusable souvenir finisher's cup will be available after crossing the line.

Finishers' T-Shirts & Event Photos

We have taken the decision to stop giving away free t-shirts at our large half marathon events to be proactive in lessening the environmental impact at our events.

We have already moved away from plastic cups at drink stations and bottled water at the finish line.

The type of technical t-shirts given away at running events (ours included) are for the most part very cheaply made products, using materials derived from oil-based plastics, which are polluting to the environment during their manufacture, and every time they are washed distribute small amounts of micro-plastics into our water supplies.

Not only that, but we are well aware that those of you who take part in lots of races have drawers full of these types of t-shirts which may be worn once or twice but will soon be replaced by the newest giveaway item that is received.

Instead, we offered the option of pre-ordering a T-Shirt online. If you did this, it will be posted with your race number.

We are also offering free of charge, professional, high resolution, event photographs to all runners which will be available [here](#) shortly after the event.

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

Portable toilets will be clearly marked on Marling Field.

A kit area will be available in the Sports Hall. Your race number has a detachable baggage number attached. All items are left entirely at the owner's risk, the race organisers accept no responsibility for loss or damage.

Pacers

The RaceNation Events Pacer Team will be on the course pacing at 1hr30mins, 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.

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.

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.

Using Headphones Whilst Running

The use of personal stereos, iPods, phones, or other music devices is not allowed under UKA rule T55 240 S5 – the wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.

- The wearing of such equipment may prevent you from hearing instructions from marshals and other event staff as well as the hearing of sirens/ horns from emergency services and other vehicles. By wearing such devices, you are putting yourself and those around you at risk.
- Rule T55 240 S5 also accepts use of conductive headphones, however the final decision lies with the Event Organiser, and we DO NOT allow their use as it is impossible for marshals to differentiate between these and other types of headphones when runners pass them.
- The Event Organisers will have no responsibility should this rule be ignored. Please do not risk our ability to be granted a future licence.
- Runners seen to be wearing headphones will be disqualified by the Event Organisers.

Race Details

UK Athletics permit no: 2021/40416

Certificate of Course Accuracy Number: 17/443

Important Rules

The race is to be run under license from UK Athletics.

- 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.

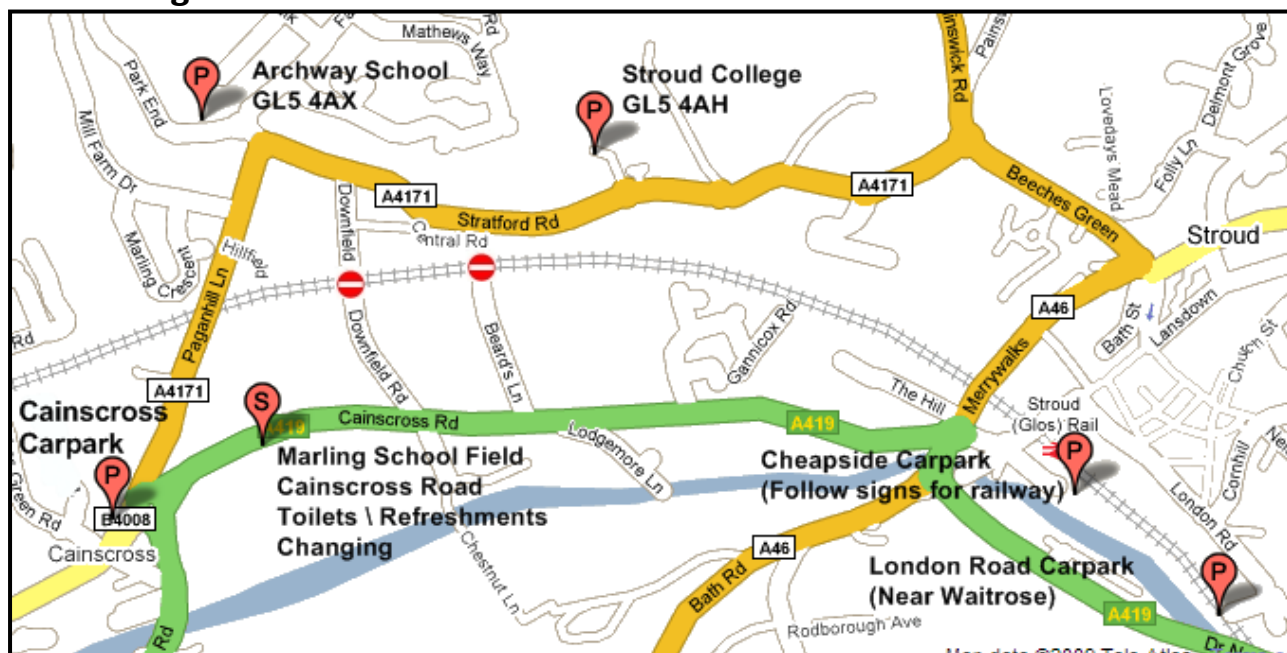
Awards Presentation

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

Top 3 male and female finishers:

We will also present age group prizes at the same time.

Car Parking and Site Location



Acknowledgements

RaceNation Events 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.

Griffiths Marshall, Race Marshals, Club Members and Families, Gloucestershire Police, Gloucestershire Highways, Marling School, A-Star Traffic management, CTM, Events Crew, Abbey Loos, and of course the residents and businesses along the race route for their patience, tolerance and understanding.