STROUD & DISTRICT athletic club

RUNEVENTS
Event licensing powered by England Athletics

race nation events

STROUD HALF MARATHON

Sunday 26th October 2025

Race Information

Welcome and thank you for entering the 43rd Stroud Half Marathon

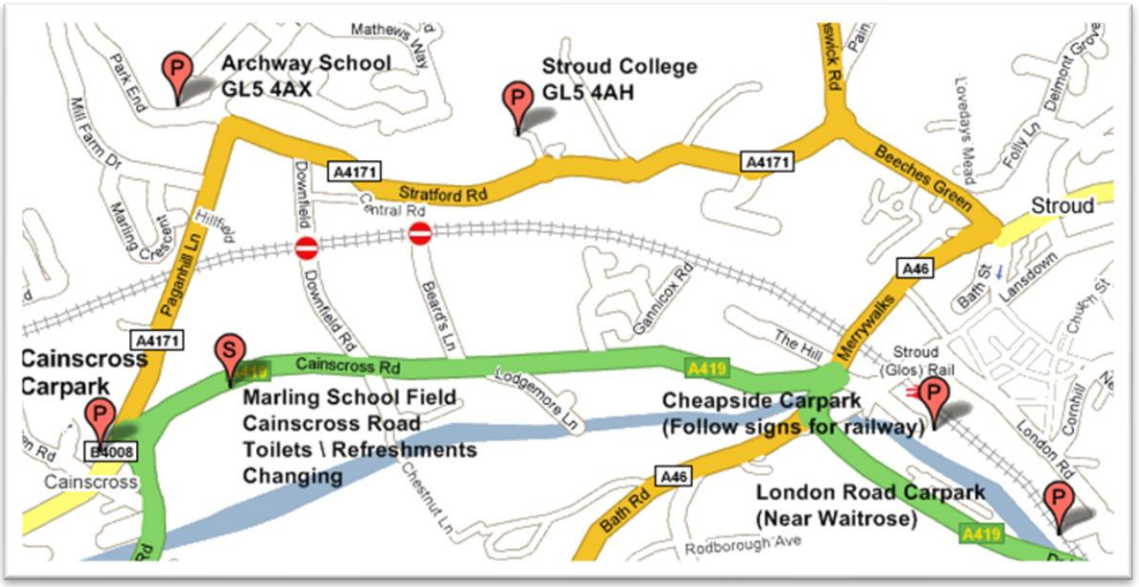
Please ensure you read the race information carefully and note the w3w car park locations. The race starts and finishes on Cainscross Road, adjacent to Marling School field GL5 4HE https://w3w.co/gets.owners.expressed

Please note - There are no refunds, deferrals or transfers available now as the deadline has passed. We would appreciate it if you do not email requests, any emails received will not be responded to.
You can view the event Terms and Conditions HERE

Getting There and Car Parking

There is NO parking available at Marling School
Car parks are situated around Stroud (please see map below).
Maximum walk time is approximately 10-15 minutes.
Sat Nav postcodes and What3Words:
Cheapside Carpark (by the Station) - GL5 3BL - https://w3w.co/supported.slate.chatting
Cainscross Carpark - GL5 4JQ - https://w3w.co/grumble.vowing.thumbnail
London Road - GL5 2AP - https://w3w.co/examples.fools.tonic

Car Parking and Site Location



Race Number Collection

We would encourage as many of you as possible to collect on Saturday 25th if you can to avoid queues on race day, you can do so from the Marling School Sports Field between 09:30 and 15:00

Race Bibs / Race Bib Collection / Timing Chips

Race bibs can be collected from Marling School Playing Field on the Saturday before the race from 09:30 - 15:00 We would encourage as many of you as possible to do this to avoid queues on Sunday.
If you are unable to collect on Saturday please collect your Race bib on the morning of the race from **Race HQ between 07:00 and 08:45am**
Your timing chip will be attached to your race bib when you receive it. Please do not remove it and ensure that you do not pierce the chip with your safety pins.
Ensure you fill in the medical information on the reverse of your race bib.
Your race bib must be pinned to the **FRONT** of your running top; please bring your own safety pins if you have them.
Failure to start and finish wearing your race bib will result in no time or position being recorded.
Race bibs do not need to be returned at the end of the race.

Personalise Your Race Bib

We have added a box on the race bib for you to write in your name / nick name or any other name that you would like spectators to shout out on the route to give you support and encouragement!

Dogs

Dogs are not permitted on site and anyone with a dog will be asked to leave immediately. This is with the exception of guide dogs. Please inform any spectators you know who may be planning on bringing a dog.

Toilets

Portable toilets will be clearly marked on the Marling School Field.

Bag Drop - If possible, please leave any belongings in your car

There will be **limited** facilities for belongings to be left in the marquee on the playing field.
Your race number has a detachable baggage number attached, please attach this to your bag.
All items are left entirely at the owner's risk, the race organisers accept no responsibility for loss or damage. To avoid our volunteers waiting around for you, please can you collect your belongings as soon as possible after you finish the race.

Stroud District Foodbank
Together with Trussell

We are grateful to Stroud Food Bank who will be managing the Bag Drop on our behalf. They would be grateful for any donations you might like to bring and place at their stand. More information about the Stroud Food Bank and how you can support them can be found at the end of this document!

Pre-Race Assembly and Start

The race will assemble at the Start Point on Cainscross Road, adjacent to Marling School field. Please assemble at the start by 08:45 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

Pacers

The RaceNation Events volunteer pacers will be present to help you get around the course in a certain time, they will be easily recognisable wearing pacer flags and or orange pacer t-shirts. Feel free to have a chat with them before the race if you are hoping to stick with them, they'll be happy to answer any questions you may have.
The pacer times are
1hr 20mins | 1hr 30mins | 1hr 45mins | 2hrs | 2hrs 15mins | 2hrs 30mins | 2hrs 45mins

The Route

The **STROUD HALF MARATHON ROUTE** is entirely on road and is mainly flat and fast with a steady rise between 6 and 7 miles (along the A38). The route is officially measured and 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.

Water Stations

There will be three water stations on the route.
The first one on Standish Lane at approximately 4.5 miles, see location **HERE**
the second at approximately 9.0 miles on the industrial estate, see location **HERE**
The third water station will be at Horse Trough Roundabout at 11 miles, see location **HERE**
There will also be water at the finish line some of which is kindly donated by Tesco Stroud.
Water in recyclable cups will be provided to all runners, if you are carrying your own drinking vessel, one of the amazing volunteers will gladly fill it for you.

Runner 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.

Medical Assistance

Medical assistance is being provided by Tiger Stripe Events. Please let a marshal know if you require assistance. There will be medical assistance at the finish if required. 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.

Using Headphones Whilst Running

UKA Rule T55 S5 permits the use of bone conducting headphones only. For this event we **WILL** allow the use of Bone Conducting Headphones, but we will **NOT allow the use of in ear headphones or those that are not bone conducting.** The Event Organisers will have no responsibility should this rule be ignored. Please do not risk our ability to be granted a future license.
Runners seen to be wearing any headphones other than bone conducting headphones will be disqualified by the Event Organisers.

Race Details

England Athletics Licence Number #30133 Certificate of Course Accuracy Number: 25/415

Important Rules

The race is to be run under licence from England Athletics.

- Any abuse of a race marshal, member of the public, or other road user will not be tolerated.
- **The dropping of litter is not acceptable.** If you use gels you must return to the finish with the wrappers and take your litter home with you, if you can carry a full gel, you can certainly carry an empty one. Littering incurs immediate disqualification.

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

Race Results

Live results from our timing partner DB Max Sports Timing will be available to view online
HERE once you have recorded a finish time. All results will remain provisional for 72 hours to allow the timing team to respond to any queries.

Awards Presentation

Awards for the top three male and top three female finishers will be presented, there will also be age category awards. First male and female in the following categories: U20, 40-49, 50-59, 60-69, 70+
The presentation will take place at approximately 11:00 / 11:30

Refreshments

BIG EXCITING NEWS!

We have the Worlds Best Burger Finalists joining us at this years Stroud Race Village! We are absolutely thrilled that **THE BEEFY BOYS FOOD TRUCK** will be bringing the flavours of their restaurants for you all to enjoy once you have crossed the finish line!

Award Winning Burgers, along with their Millionaire Fries, Bacon Fries or even their Plain Fries will be on the menu!

WE CAN HARDLY WAIT!

Also coming to Stroud are THE PASTY COVE bringing a little bit of Cornwall to Gloucestershire. Serving up their delicious freshly baked pasties in a variety of flavours including vegetarian, vegan, gluten free and the traditional Cornish steak.

After all the savoury options, if you are craving something sweet and sticky CAKES BY NIKKI will have cupcakes to cookies and everything in between, a well deserved sweet treat to replenish your energy levels after a busy morning's run!

As always the SALT BAKEHOUSE White Van will be joining us stuffed with bread and baked goodies

And to wash it all down THE COFFEE LADA will be serving up delicious specialty coffees and snacks from their unique Lada Niva 4x4 car.

Not only the Lada but we will also be joined by local REALLY AWESOME COFFEE will also be joining us, we know how much coffee runners drink before and after a race!

Transfers, refunds, and deferrals

If you need to withdraw less than four weeks prior to the event - No refund or deferral will be permitted. **No exceptions will be made.**

It is very important that if you are unable to attend, for insurance and medical reasons, you do not give your race number to another athlete. Anyone having clearly swapped numbers will be excluded from the results and banned from future events.

JOGON
REMOVING 1 MILLION PAIRS OF RUNNING SHOES FROM LANDFILL

As part of our mission to reduce waste at sporting events, we are delighted to announce, we are again teaming up with **JOG ON** in helping to remove one million pairs of running shoes from going into landfill!

No use to you, but there are millions of people around the world who would benefit from your old trainers. Help us to keep them out of Landfill!

Please bring your old trainers to Stroud Half Marathon/10k and place in the box at Race HQ - Give your running shoes a second chance! **(preferably clean with the laces tied together)**

Post Race Massage

We are delighted to be joined, once again, by COSH Therapy, please see below for further information.

Cosh Therapy Rooms **is a movement-focused clinic dedicated to helping people move freely and without pain. We use natural, evidence-based methods - including massage, rehabilitation, shockwave therapy, dry needling, and functional conditioning - to restore mobility, accelerate recovery, and build long-term resilience"**

We are delighted Abbi and team will be joining us once again at the finish line of Stroud Half Marathon. She will be offering post race massage, on a first come first served basis, for the minimal charge of £10 / 10 minutes - no appointment necessary.

However, if you would like to book a consultation with Abbi in her clinic before or after the event, she is offering a 10% discount to all entrants, all you need to do is show proof of entry or your race bib after the event.

07407 301768 **acsportstherapyandmassage@gmail.com**

Free Personalised Race Video

We're thrilled to partner with **SUTCLIFFE & CO** to bring **EVERY** runner a **FREE** personalised race video!

Your unique, broadcast quality video is the perfect memory of your race day. It is a gift you can treasure and share with friends, family, colleagues and sponsors - proof of how you conquered the Stroud Half Marathon or 10k route!

You'll be notified via SMS and Email when your video is ready. All 2,500+ videos will be created within 24 hours - so keep your phone handy!

Free Event Photos

Once again, we will be joined by our ace professional photographers **GEORGINA** and **SUZE** offering free of charge, high resolution, event photographs to all runners which will be available **HERE** shortly after the event.

Run for Charity

Through Stroud Half Marathon, over the years, many thousands of pounds have been raised for our three amazing charities. We are so proud to continue supporting the work that they do. They are grateful for every single donation. If you have not already made a donation, it is not too late, you can do so **HERE**!

A team from Longfield Hospice will be serving up your mid race hydration at one of the water stations and The Door Volunteer Team will present you with your well earned medal and finish line water. And of course we are delighted that Stroud Food Bank will once again be managing the event bag drop and looking after your belongings while you are out on the course

Once again **LONGFIELD COMMUNITY HOSPICE** is proud to be a nominated charity for Stroud Half Marathon and 10k. They are very grateful for the support and donations from runners.

As well as providing free Hospice at Home care at end of life, Longfield Hospice also offers help and support to patients, families, and carers through a range of Wellbeing and bereavement counselling services at the Hospice and Wellbeing Centre in Minchinhampton.

Look out for the Longfield Hospice volunteers at around mile 9 on the industrial estate where they will be manning the water station!

THE DOOR provides safe spaces and positive role models through mentoring and youth clubs for young people and their parents across the Stroud District.

Supporting over 200 people each week, The Door's mission is to create a world where everyone's future is determined by their potential and not by their past.

Operations Manager Anne Townsend says *"We love partnering with the Stroud Half every year, it's such a great local event and the fact that the runners can turn all their hard work, training and footsteps into support for THE DOOR means it can leave a lasting legacy each year. We are so grateful to all the runners who have donated to The Door as part of their registration to run this year."*

Volunteers and staff from The Door will be waiting to greet you at the finish to present you with your well earned finishers medal and finish line drink!

Autumnal Greetings to all the Stroud Half Marathon and 10k Runners!

We're delighted to be back at the Stroud Half Marathon for the second year in a row. It's such a joy to see this becoming a cherished part of our autumn calendar. Once again, we'll be running the bag drop and keeping your belongings safe whilst you enjoy the race.

Our friendly team will be there to cheer you on, offer encouragement, and celebrate your amazing efforts.

Please do stop by the bag drop or visit our stand to say hello! If you'd like to bring along an item or two from our shopping list poster, your donations will help us continue supporting households across the district with essential food and supplies.

If you'd prefer not to carry donations on the day, you can still make a difference by giving online: **HERE**

Every contribution, big or small, helps us bring warmth, hope, and practical support to local families who need it most.

Thank you for your generosity and good luck with your run. We'll be cheering you on every step of the way!

Amanda Strover
Foodbank Manager
https://strouddistrict.foodbank.org.uk

Stroud District Foodbank
Together with Trussell

Donations Appeal

Help support your food bank at the Stroud Half Marathon

We're raising donations to help households in our district. Every contribution brings warmth, hope, and a brighter tomorrow to a local family. Thank you for helping make our community stronger!

Donate Food

Bring along your donations to registration on Saturday 25th October or on the day of the race, Sunday 26th October. We will have a foodbank stand and be at the bag drop.

Or donate online via our shop https://givetoday.co.uk/strouddistrictfoodbank

Shopping list

- Tinned Ham
- Fray Bentos Pie
- Pasta Sauce
- Tinned Potatoes
- Nuts or Crisps
- Biscuits
- Juice or Squash (long-life)
- Milk (UHT)
- Shampoo & Conditioner
- Laundry Detergent

Prefer to make a financial donation?
Please click the QR code

Stroud District Foodbank Registered Charity in England & Wales 1176306 office@strouddistrictfoodbank.org.uk

Other local charities we are delighted to support!

THE ESME ORIKE FOUNDATION Set up In Loving Memory of Esme Orike - At just 13 years old, Esme faced CIC-DUX4 sarcoma - a rare and aggressive cancer with no cure and with only around 100 known cases worldwide at any given time. In her honour, The Esme Orike Foundation was launched to fight back.
They fund research and provide vital support to families navigating this devastating diagnosis. Because children and young people like Esme deserve hope and a future. ❤️ #TeamEsme #RareCancerAwareness
A large group of runners and walkers will be taking part in Stroud Half Marathon to raise vital funds, please give them a cheer and donate if you can! https://www.justgiving.com/charity/theesmeorikefoundation

GLOUCESTERSHIRE COUNCELLING SERVICE is a local charity providing professional, accessible counselling for people across Gloucestershire, supported by high-quality training for future counsellors. Founded in 1984, they have helped thousands of people make positive, lasting change in their lives. They're committed to the highest standards of care. Their mission is to make sure that no one is excluded from counselling because of cost, last year, 92% of their clients accessed therapy at a reduced rate. Fundraising through the Stroud Half Marathon will help them to continue offering affordable counselling for those who need it most.

COBALT is a Cheltenham-based medical charity that provides advanced diagnostic imaging, such as MRI, CT, and PET/CT scans, helping to detect cancer, dementia, and other conditions early. They support the NHS with cutting-edge equipment, run mobile scanning units, and fund research, specialist nurses, and training to improve patient care.

SLADEWOOD ACADEMY in Stroud is proud to be a community that specialises in meeting the needs of children with complex autism and communication and interaction difficulties. The School has a number of staff taking part in the half marathon to raise all important funds to build an accessible playground for their special needs students so they can have access to the play space.

ALLSORTS is a charity that provides accessible everyday experiences for disabled children, young people and their families.

All of the above charities will be ready to welcome you to their stands in the Race Village, please feel free to go and have a chat! And if you see any of their runners in the Half Marathon, give them a cheer!
We look forward to welcoming them and thank them for their support of the event!

Acknowledgements

A big shout out to The **FORAY MOTOR GROUP** for loaning us their All-New Ford E-Transit to assist us in transporting much of the kit required for the event set up. We are so grateful to them for the support they give at our events.
Yeovil Ford have various E-Vans, in stock now available for immediate collection.
0% APR available, as well as massive savings – Get in contact with the team at Yeovil Ford today on **01935 404999**

Yeovil Ford
Ford
FORAY MOTOR GROUP

RaceNation Events and Stroud and District Athletics Club would like to thank the following, without whose assistance, Stroud Half Marathon and Stroud 10k could not take place. Marling School, Foray Motor Group, Tesco Stroud, Stroud Town Council, Gloucester County Council, Tiger Stripe Events, DB Max Sports Timing, Chevron Traffic Management, The Race Marshals and Volunteers, Club Members and Families, and of course the local residents and businesses along the race route for their patience, tolerance and understanding.

And of course … you the runners for taking part!

We look forward to seeing you and wish you a successful, enjoyable, and above all a safe race.