

28th STROUD HALF MARATHON

Sunday 25th October 2009

Sponsored by:



Thank you for entering the Stroud Half Marathon. Please read the race information carefully and note the maps on the reverse showing the race route, location of car parking and also Marling School. The race starts and finishes on the Cainscross Road, adjacent to Marling School field.

THE 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 09:50 and line up on the road according to your expected finishing time as indicated. **The race will start at 10:00 prompt.** Allow 5 minutes to get from the changing rooms to the start. **Please ensure that you use the toilets provided as we have received complaints from residents near the start of the race!**

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

THE COURSE: The course 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. There will be 3 drink stations at about 4.5, 7 and 11 miles and at the finish on the field.

CHANGING: 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 tag provided with the race chip.

PRIZES: Prizes will be presented at approximately 12:45 in the Gym on the field. Clean footwear is required in the gym.

A commemorative award will be presented to all finishers.

MERCHANDISE: Customised event mugs personalised with your name and race time and personalised engraved medal inserts with your finishing time can be purchased through the club website after the race.

RESULTS AND LIVE RACE RESULTS: Both available from the club web site at www.stroudathleticclub.co.uk.

ENCLOSURES: A race chip tag, race number and baggage label is enclosed. **Please ensure that you carry out the instructions regarding the fixing of the tag to your shoes.** Please also ensure that your race number is pinned to the **FRONT** of your vest. **The tags are recyclable and bins will be available for you to deposit them when receiving your medal or after you have changed.**

UNDER NO CIRCUMSTANCES SHOULD YOU PASS YOUR NUMBER OR TAG TO ANYONE ELSE. ENTRIES WILL NOT BE REFUNDED OR DEFERRED. DO NOT MODIFY, CUT, FOLD OR DEFACE YOUR RACE NUMBER.

The official associated charity for the Half Marathon is St Roses School.

OTHER INFORMATION: The St John Ambulance Service will be present both on the course and on the field. There will also be an Information Point on the field. General enquiries before the event can be made on **0845 3084003** or by e-mail to: stroudhalfmarathon@raceahead.co.uk. Race information that you may require can be found on the club web site at www.stroudathleticclub.co.uk.

Wearing of personal listening devices i.e. iPods is prohibited and could lead to disqualification.

REFRESHMENTS – A wide range of quality refreshments at excellent prices will be on sale during the event on the field.

Long & Short sleeved T-shirts – good quality and excellent value – will be available to purchase on the field.

Photographer – www.photo-fit.net will photograph the runners at the race and official race photos will be available for purchase from their website.

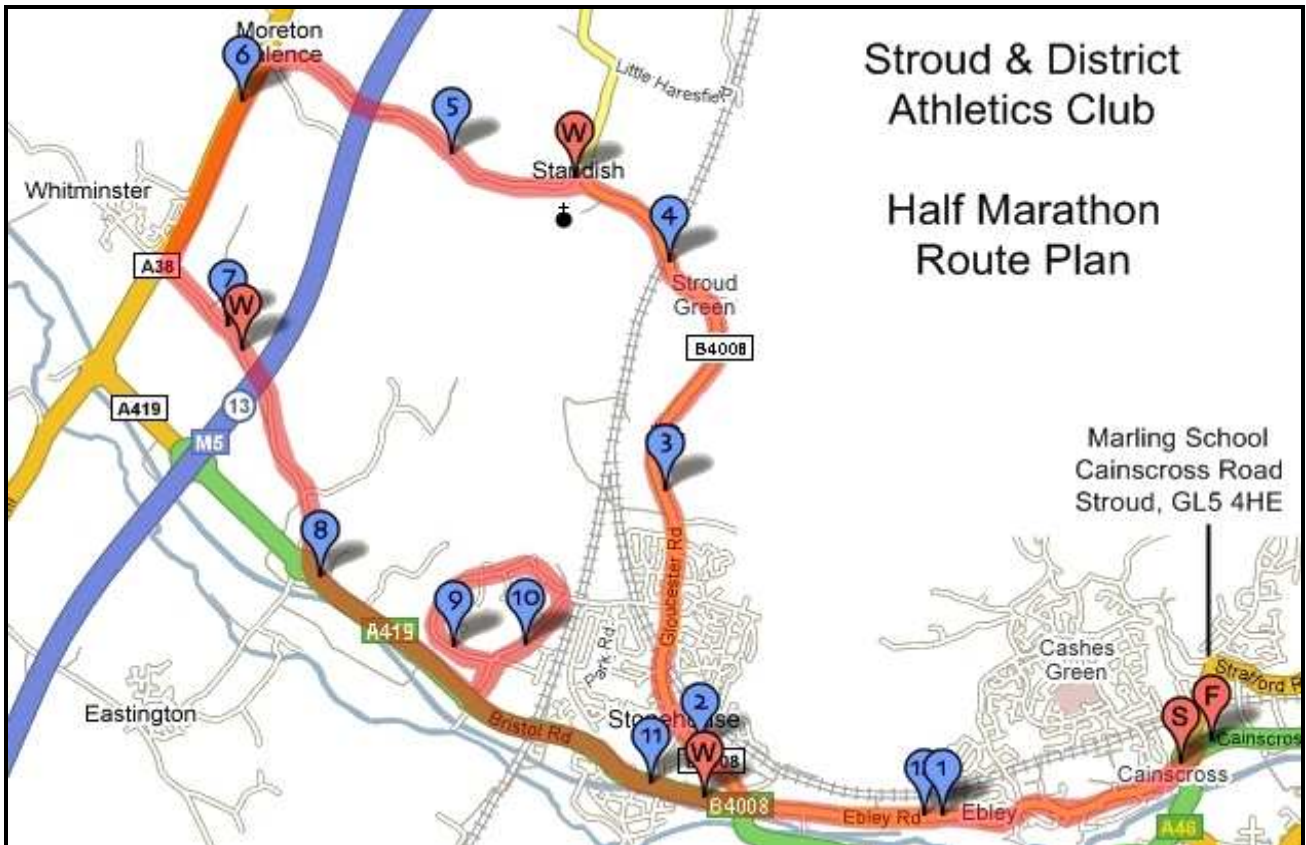
Road Race License Number: 20091111

Certificate of Course Accuracy Number: GL039/09

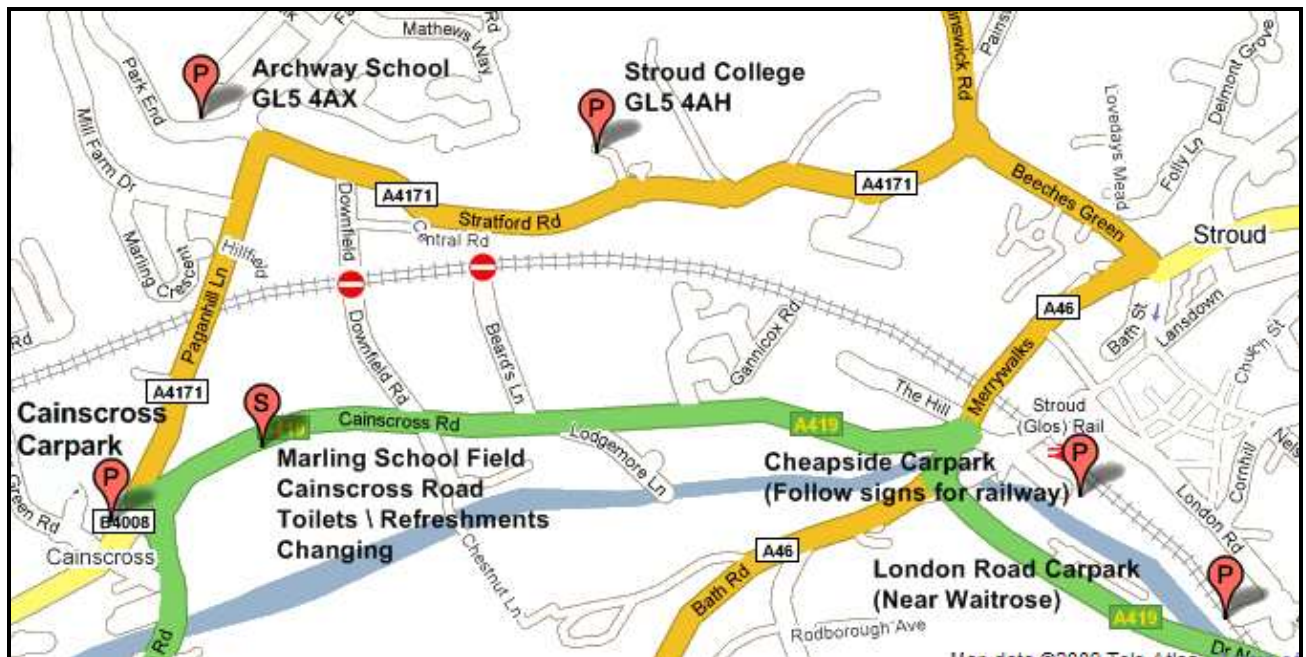
The event is part of the Gloucestershire Road Race championships for 2009.

CLOCKS CHANGE ON SUNDAY 25TH @ 2AM
GOOD LUCK TO ALL COMPETITORS!

Stroud Half Marathon Route Plan



Car Parking and Site Location



GRIFFITHS MARSHALL

Chartered Accountants
 Statutory Auditors

