

30th STROUD HALF MARATHON

Sunday 23rd October 2011



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 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 the Police and Marshalls, particularly at road junctions and roundabouts. Wearing of personal listening devices i.e. iPods is prohibited and could 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 \ shorten the route. The race director and the emergency services reserve the right to stop the race at any time if deemed 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 Stonehouse town centre - please take additional care when running through these areas)

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. There will be 3 drink stations at about 4.5, 7 and 11 miles and at the finish on the field.

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

CHANGING & 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 tag provided with the race number. All items are left entirely at the owners risk, the race organisers accept no responsibility for loss or damage.

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.

ENCLOSURES: Your specific race number and baggage label is enclosed. Your race number will have an electronic patch attached to the back of the number. 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 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.

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.

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. General enquiries before the event can be made on **0845 3084003** or via e-mail to: **stroudhalfmarathon@raceahead.co.uk**. Race information that you may require can be found on the club web site at www.stroudac.co.uk.

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

T-SHIRTS: Long & Short sleeved T-shirts will be available to purchase on the field.

CAR PARKING: Free car parks are situated around Stroud and are detailed on the map overleaf. Maximum walk time is approximately 10 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 Sue Ryder and is the only authorised charity to collect money in Cainscross and Stonehouse for the Half Marathon.

MASSAGE THERAPY: Complimentary pre and post race massages therapy will be available to competitors on Marling's field. We are extremely grateful to Five Valleys Physiotherapy & Sports Injury Clinic for providing these facilities.

SPECTATORS: All 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: Stroud and the surrounding area has undergone extensive road works and changes to the road layouts. Any significant diversions or late breaking information will be posted on the club web site at www.stroudac.co.uk. Please allow additional time when travelling to the event.

RACE DETAILS: Road Race License Number 2011-102364, Certificate of Course Accuracy Number: TBC. The race is part of the Gloucestershire Road Race championships for 2011.

PHOTOGRAPHS: Official Race Photos by www.photo-fit.net. Register online with your race number and email address to receive preview photos in your inbox.

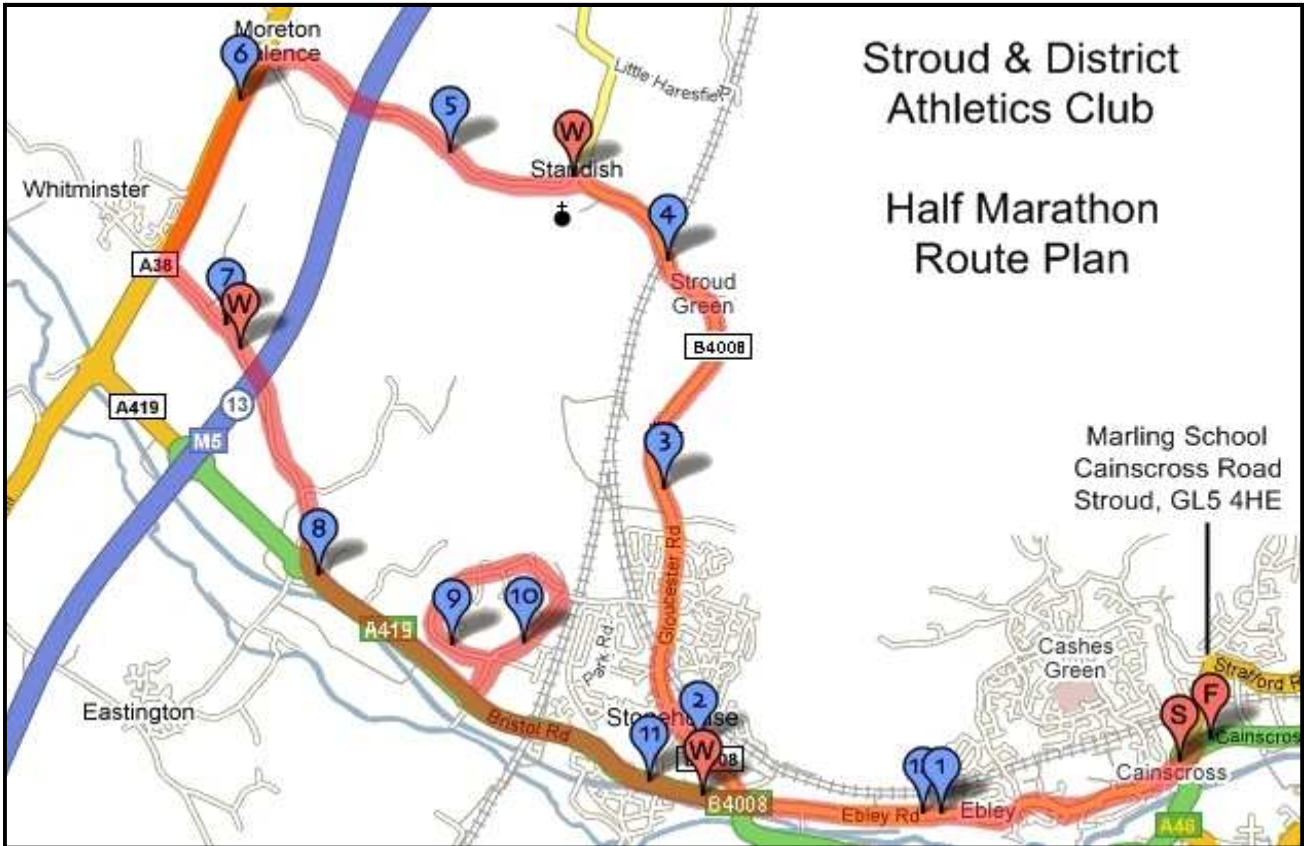
ACKNOWLEDGEMENTS: The Stroud & District Athletic Club would like to thank the following sponsors, individuals and organisations without whose assistance the race could not take place: Griffiths Marshall, Dairy Crest, Fifth Dimension Gym, TrailBlazer PR, Race Marshalls, Club Members and Families, TS Severn Stroud Sea and Royal Marine Cadets, 1329 (Stroud) Sqn Air Training Corps, Selsley Scouts, Gloucestershire Cadet Battalion ACF (Stroud) Army Cadets, Bourne Sports, Handling Techniques, James & Owen, Bateman Sports, Beaudesert School, Stroud Police, Gloucestershire Highways, Woodlodge and Marlings School.



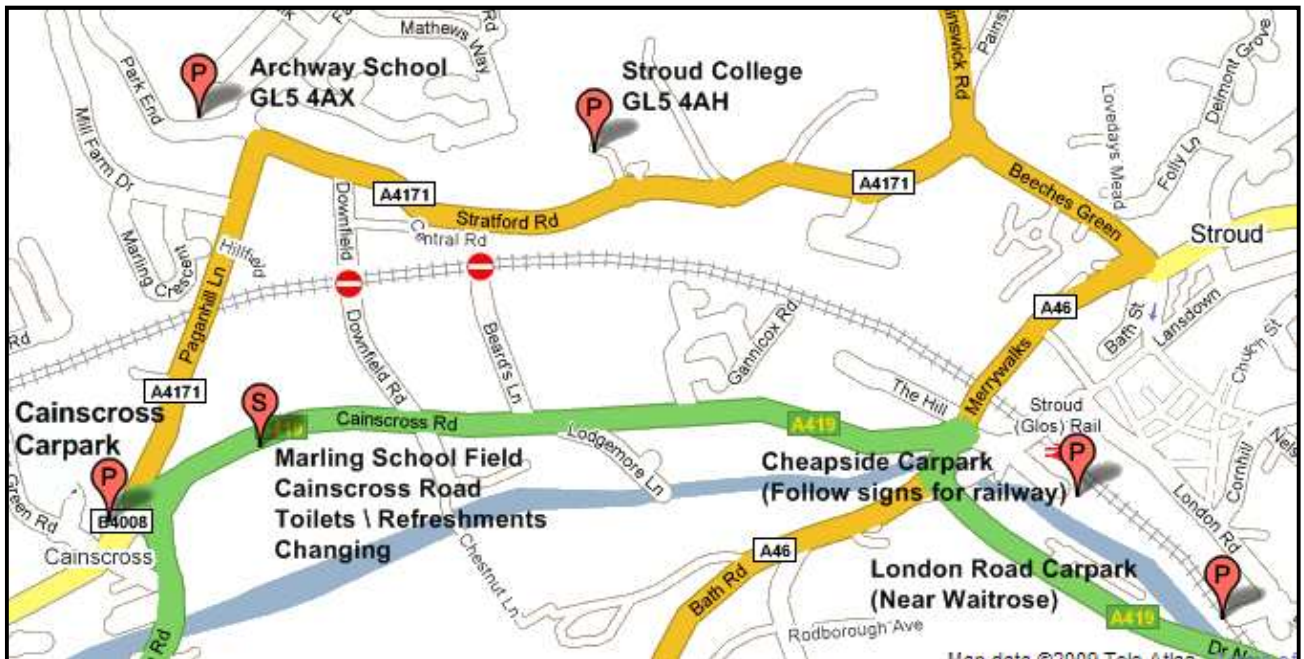
**Good luck to all competitors in the
30th Stroud Half Marathon!**



Stroud Half Marathon Route Plan



Car Parking and Site Location



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

