

Thank you for entering the Stroud Half Marathon. Please read the race information carefully and note the maps detailing 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.

### **REGISTRATION:**

Race numbers, with timing chips attached. Will be sent out in the post, along with safety pins. You can expect to receive this during week commencing 17th October. If your postal address has changed since you entered the race, please make sure you inform us of this. If you have entered the race late, 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 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.

### **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. Race information that you may require can be found on the event web site at [www.stroudhalf.com](http://www.stroudhalf.com)

### **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 or stop the event as 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 through Stonehouse - 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:**

Provisional results will be streamed live at [www.fullonsport.com](http://www.fullonsport.com)

**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 tear off tag provided with the race number. All items are left entirely at the owner's risk, the race organisers accept no responsibility for loss or damage.

**TSHIRTS & MEDALS:**

Once you have completed the race you will make your way back onto the school field to collect your tshirt and medal. Your preferred T-shirt size will be marked on you race number to help with distribution

**PRIZES:**

Prizes will be presented at approximately 12:00hrs in the Gym on the field. Clean footwear is required in the gym.

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

**CAR PARKING:** Free car parks are situated around Stroud and are can be seen on the maps included. 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

Official Race Charities: The official charity Allsorts Gloucestershire. They are the only charities authorised to collect money at the event.

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: Any significant diversions or late breaking information will be posted on the race web site at [www.stroudhalf.com](http://www.stroudhalf.com)

Race Details: UK Athletics permit no tbc, Certificate of Course Accuracy Number: 06/352.

**PHOTOGRAPHS:**

Official Race Photos by [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com)

**THANKS TO:** Full on 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, Anytime Fitness, Griffiths Marshall, Muller, Race marshals, Club members and families, Selsey Scouts, Stroud Platoon-Army Cadets, 1329 (Stroud) Sqn Air Training Corps, Handling Techniques, Gloucestershire Police, Gloucestershire Highways, Marlings School, A-Star Traffic management, CTM, Residents and businesses along the race route for their patience, tolerance and understanding.

**UNDER NO CIRCUMSTANCES SHOULD YOU PASS YOUR  
NUMBER ANYONE ELSE.**

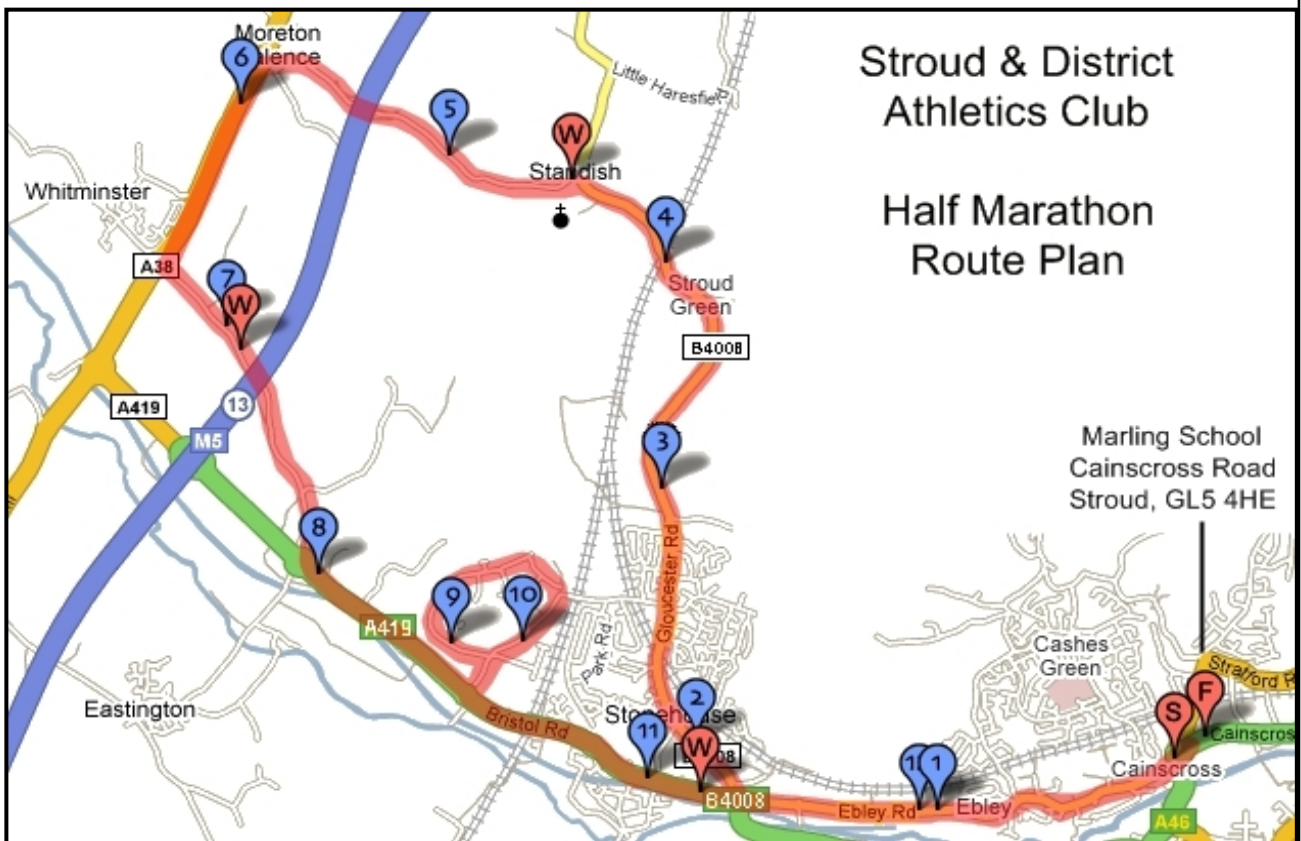
**ENTRIES WILL NOT BE REFUNDED OR DEFERRED.  
DO NOT MODIFY, CUT, FOLD OR DEFACE YOUR RACE NUMBER.**



**Good luck to all competitors in  
the 35th Stroud Half Marathon!**



**Stroud Half Marathon Route Plan**

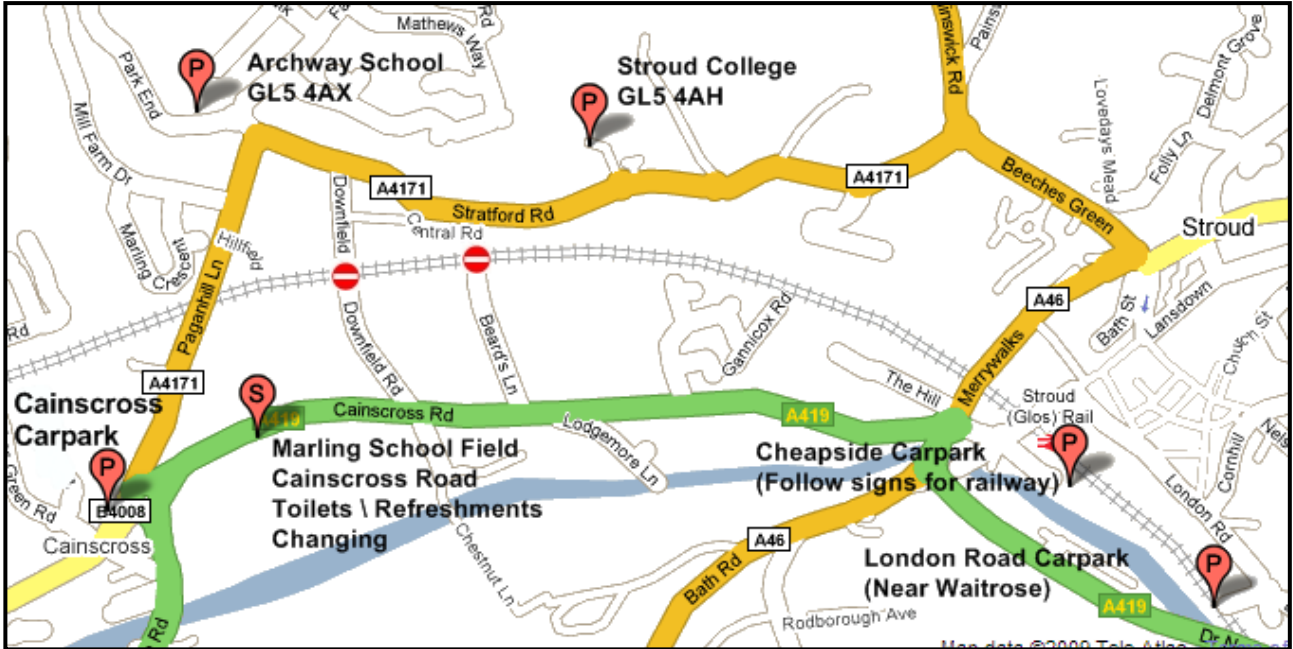


Stroud & District  
Athletics Club

Half Marathon  
Route Plan

Marling School  
Cainscross Road  
Stroud, GL5 4HE

## Car Parking and Site Location



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



**CITROËN**

**THOMPSON FIRST**

[www.thompsonfirst.co.uk](http://www.thompsonfirst.co.uk)



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