

# Help needed on 1st August

## in the Stur Half Marathon & Stur 5K

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

### Hi everybody

The Stur Half is coming up fast, with just over 3 weeks to go, and I am looking for helpers!

We have a lot of new Doddlers and maybe not all of you know what the Stur Half is?

Well, it is the Doddlers' very own Half Marathon, which we have been organising now for 20 years. The race is growing, and we are expecting nearly 500 runners this year.

The race starts in Station Road at 10.30am, then follows this route: Manston, past the Plough, up Rams Hill – Margaret Marsh – Stour Row – Todber – Moorside – Hinton St. Mary and finishing at the High School.

In between we have a 5K and also 'organise' fun and games for the children.

We have an excellent reputation for putting on a really good race, but this doesn't happen without support from all our club members.

Money made from our races not only goes to local children's charities, but also helps keep our subs low and subsidises our Christmas Dinner and other events.

We know some of you are keen to run, but if so, can you help out in some way – before race day, or even with pre-race set up the day before or race day, or even clearing up afterwards? Perhaps you have another family member or friend that may be willing to help out in some way, possibly marshalling.

**Pre-race...** There is a lot of work going on behind the scenes, and thanks to everyone who is helping, but there are a few crucial things I still need help with.

**Course marking...** John and I will be cycling the course one evening or at a weekend to mark it out and make sure everything is ok. Anyone fancy joining us?

We also need help during the week before race day – using a very long ruler we measure the finish. You think I am joking!



### Signs (and there are lots of them)...

Alan Kerridge is in charge of these, but repairs or replacements need to be done and he is looking for help.

**Race admin. set up...** On the day before race day (Sat. July 31st) we need to set up the Race Admin. area in the Youth Centre.

**Prizes and trophies...** We will have lots of prizes, and along with the trophies these need to be sorted and set up for the presentation.

**On the day...** a very early start and a very long day – but lots of fun!

We are up early to set up the course and do not finish until all the runners have gone home and the results have been posted on the web!

**Putting out signs...** We need the course signs to go out before the race start. This is quite important as we don't want the runners going the wrong way!

### The areas to cover are:

Miles 1 to 4	Miles 5 to 10
Miles 11 to Finish	5K Route
Caution Runners Signs	

Signs also need to be put up around the town; to the start, car park etc. This needs to be done well in advance of runners arriving in town. Some arrive as early as 8am.

We also need signs put up around the finish area; to the showers, toilets, etc. etc.

**Start and finish areas...** These need to be set up early on race day. If you can help, please let me know.

**Gazebos and Tents...** We use quite a few of these in the finish area. Do you have one we could borrow and would you also be able to put it up?





**Car parking...** This will be at the High School and we need 3 or 4 marshals.

**Water stations...** John Cowley is in charge and sets up and delivers equipment the day before. If you would like to help or even man a station, please contact him.

It is usually a very hot day so we like to make the race feel as cool as possible – not only do we have plenty of water stations, we also like to put a bit of fun into it, we have music playing around the course and some of our water station marshals dress up! Graham and Duncan will be organising this year's theme.

We also need a water station at the finish. Can anyone set this up and/or man it from before the first runner gets home please!

**Marshalling...** Again, you get the chance to dress up. Craig White is in charge, so please either contact him (01258-473987) or me if you are available to help, and Craig will allocate a position and give you a yellow vest.

**Registration and results...** Sheila and Lois will be looking after registration and late entries. Lerryn is on the 5K desk, but we still need a few other people to help in this area.

Trevor and Claire Keep are the Entry Secretaries and are busy processing entries. They will also be doing the Results this year.

**Lead bike...** A first for this year – we have Richard and Tracy White on a lead motorbike.

We also need someone who can pedal like mad to keep in front of the 5K runners!

**Do you like children...** How about helping with the children's races. This is fun, and if you are interested please see me.

**On the finish line...** We need people to help with the results. Can you can help?

**Two result runners needed...** This requires you to run from the finish of the race with the result and position slips to Trevor, who will be compiling the results in the Youth Centre.

**Runners' goodies...** Honeybun Cakes need to be handed out to the runners. **POSITION FILLED**  
'runners' – try not to eat too many!

We have **T-shirts** again this year, Dianne and Helen will be modelling these and handing them out to all the finishers. Ladies this year will get a 'lady fit' shirt. **POSITION FILLED**

I try not to over order t-shirts while making sure that every runner gets one, but that does not mean helpers won't get one. Runners have to take priority so please be patient. If we run out I will get a re-print after race day.

**Juicy oranges...** Root and Vine in town donate oranges to the race, and these need to be picked up pre-race, cut up and brought down to the finish. **POSITION FILLED**

**Kit storage...** We need a couple of people to look after the kit storage tent.

**After race clean-up...** Well it has to be done – driving round the course, taking down signs and cleaning up after the runners, (sponges, cups etc) – doesn't take long if there are enough of us. And if you see race debris after the day (signs, cups, sponges), please pick them up!

Phew – I think I have covered everything. Now what do we do after the race? **We Party!**

We can finish what is left of the refreshments, chill out, maybe bring our own picnics and help finish the beer barrel?

I am really looking forward to race day and I hope you are too. Come and help our club produce a cool **STUR HALF**, and don't forget that these races keep our subs down and raise funds for local children's charities.

You can keep up-to-date with all the race plans by visiting [www.sturhalf.co.uk](http://www.sturhalf.co.uk)

Thanks – I look forward to hearing from you.

*Christine*

chris.barnside@virgin.net (01258) 472010

