

If it is a very hot day, wear loose clothing and a hat to keep you cool. Keep moving after you finish the race and have a drink and something to eat soon afterwards.

Medical support... The British Red Cross will be on hand to provide medical support out on the course and at the finish.

Refreshments... The High School Walking team will be providing refreshments and there will also be a beer tent.

The first runners home... we expect the first 5K runner to finish at 11am and the first half marathon finisher at 11.35am.

Prizes for the Half Marathon... will be presented at approx. 1pm near the finish. *(If you know you are a prize winner but cannot stay for the presentation – please can you let us know).*

Prize Categories for the Half Marathon...

- 1st 5 men and 1st 5 ladies
- 1st MV40, MV50, MV60
- 1st FV35, FV45, FV55

(Only one prize per person to be awarded in these categories)

First three men's and ladies' teams *(3 to count, all team members must have specified their team on entry form).*

First local runner and oldest man and lady finishers.

Plus... all finishers in the half marathon will get a T-shirt (ladies fit for the ladies this year), and a delicious Honeybun cake.

Prizes for the 5K... 1st 3 men and 1st 3 ladies. These will be presented with the half marathon prizes at 1pm.

Plus... a Styles Ice Cream for all 5K finishers, donated by the Litton family.

Children's races... while you are running, we will entertain the children with fun races on the school playing field.

Results... Provisional results will be available on the day and also on our race website (www.sturhalf.co.uk). Printed results can also be obtained by completing an envelope and enclosing 50p in the results box in the registration area.

Whom we give to... at least £2 from every entry goes to local children's organisations around Sturminster Newton.

We hope that MidWest Radio will be broadcasting the race live on air, so tune in to 96.6 or 97.4 and listen to the race.

We would like to thank... all the local organisations and businesses who have supported this year's race, particularly Honeybuns, Harts of Stur and the Co-op.

Finally... good luck and I hope you enjoy the race.

Christine Willis (Race Director)

Keep up-to-date with all the race news... www.sturhalf.co.uk

Next year's race is on Sunday 7th August 2011.



THE STUR HALF HALF MARATHON & 5K Sunday 1st August 10.30am

RACE INFORMATION

Start: Station Road, Sturminster Newton, Dorset

Race Admin and Finish: The High School

The route is mostly on quiet country lanes in and around Sturminster Newton

A Dorset Road Race League & County Championship Race

Licence No. 2010/100578 **Course Measurement Cert.** South 03/072r

Dear Runner... thank you for entering the 2010 Sturminster Half Marathon. Here are a few details about the day.

About the race... The race is based in Sturminster Newton, which lies between Blandford, Shaftesbury and Sherborne, just off the A357.

The race is organised by the Dorset Doodlers under UKA Rules.

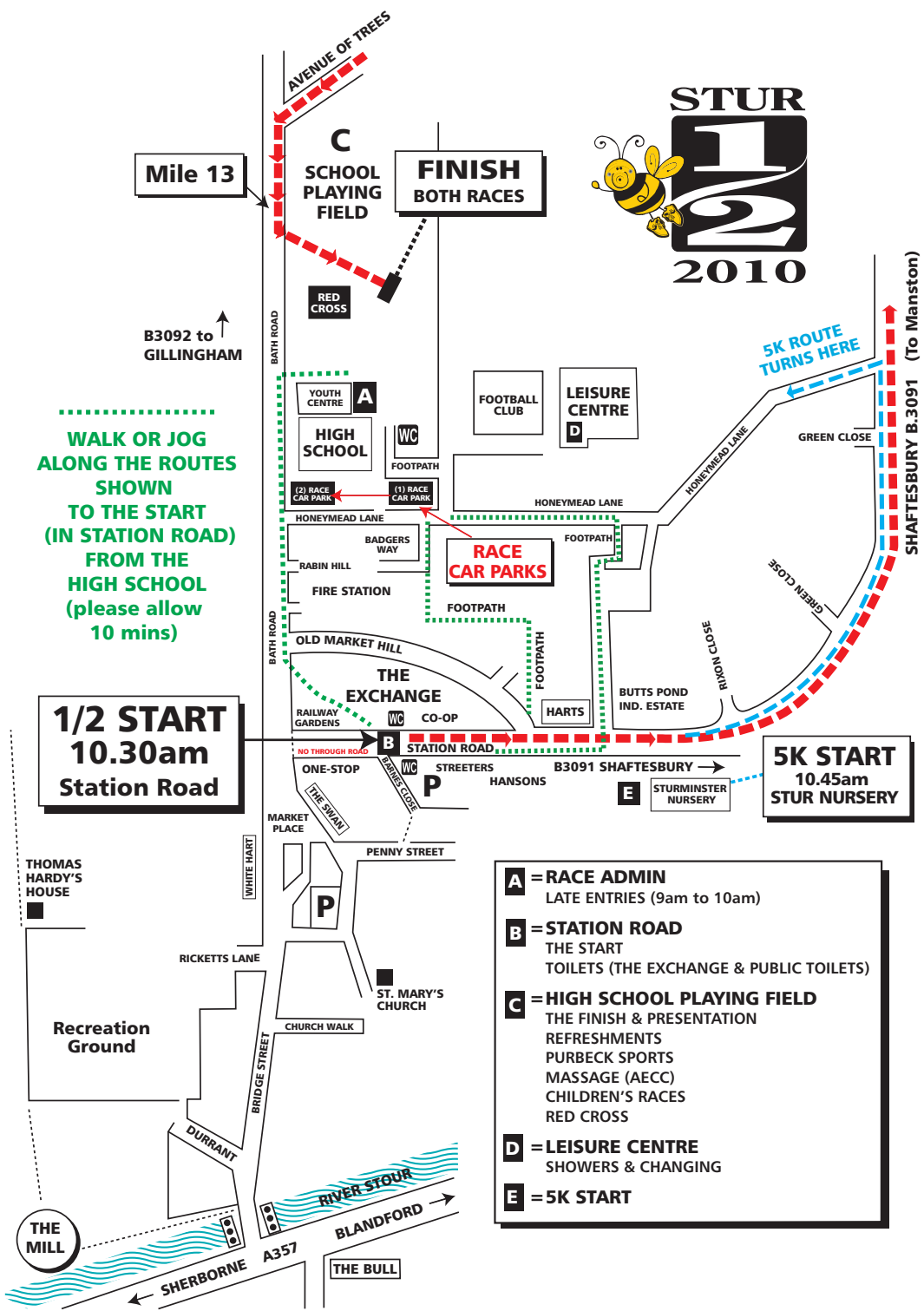
Your race number... should be enclosed, if not let us know. If you have any medical details we should know about please write these on the reverse with a next of kin contact number.

Race admin and late entries... Sturminster Newton Youth Centre, the High School, Bath Road DT10 1DT. Desk opens at 9am and closes at 10am.

Car parking... main parking will be at the High School, with access from Honeymead Lane.



**Don't forget the Stickler, another Doodler event
on Sunday 31st October 2010**



Changing and showers... at the Leisure Centre.

Toilets... will be in the Leisure Centre, The Exchange (near the start) and there will also be portaloos in the finish area.

Pre and post race massage... will be available near the finish, courtesy of the Anglo-European College of Chiropractic.

Purbeck Sports... Roger will be with us in the finish area with race day discounts on lots of running kit.

Kit storage... near the finish.

Getting to the race start... You can follow one of the routes on the map (left) or be escorted from the High School to the start at approx. 10.10am. (Please note that it will take a good 10 minutes to walk).

The Half Marathon... starts at 10.30am from Station Road, outside the Railway Gardens, and finishes on the High School playing field.

The 5K... 10.45am from Sturminster Nursery and will also finish at the High School. This is accurately measured and is open to anyone aged 13 and over.

The routes... marshalled by volunteers from the Blackmore Vale Lions Club, Sturminster Newton Police and the Doodlers. Please take note of the police and marshals and, unless

otherwise directed, run on the **LEFT HAND SIDE** of all the main roads.

Water and sponge stations... as usual there will be plenty – so if it is a hot day please use them to avoid suffering from dehydration.

Also, don't forget to make sure you are well hydrated before the start!

