



THE STUR HALF

HALF MARATHON & 5K

Sunday 5th August 10.30am

A Dorset Road Race League event, run under UKA rules

RACE INFORMATION

Start: Station Road, Sturminster Newton, Dorset

Race Admin and Finish: Sturminster Newton
High School, Bath Road, DT10 1DT

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

Licence No. 2018-34749 **Course Measurement Cert.** South 13/129

Dear Runner... thank you for entering the 2018 Sturminster Newton Half Marathon. Here are a few details about the day.

About the race... the race is organised by the Dorset Doodlers under UKA Rules. It is based in Sturminster Newton, which lies between Blandford, Shaftesbury and Sherborne, just off the A357.

Race admin and late entries... will be at Sturminster Newton High School from 9am to 10am.

Your race number... should be collected from the Registration desk on the High School playing field.

If you have any medical details we should know about please write these on the reverse with a next of kin contact number.

Car parking... will be at the High School, signs will be out on the day to direct you.

Changing and showers... will be at the Leisure Centre.

Toilets... available at the Leisure Centre and at The Exchange (near the start). There will also be portaloos in the HQ / finish area.





Mile 13

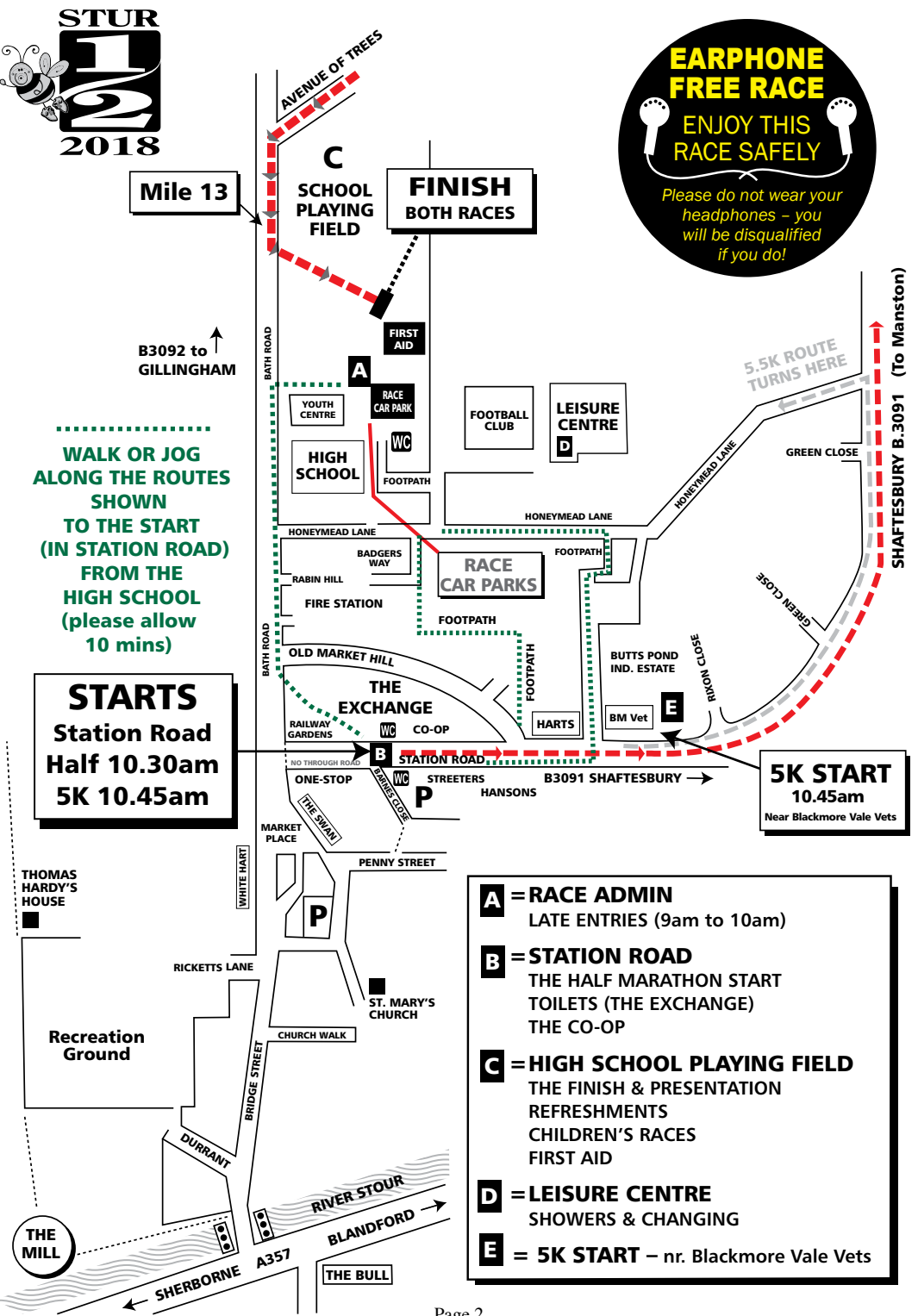
B3092 to
GILLINGHAM ↑

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**WALK OR JOG
ALONG THE ROUTES
SHOWN
TO THE START
(IN STATION ROAD)
FROM THE
HIGH SCHOOL
(please allow
10 mins)**

STARTS
Station Road
Half 10.30am
5K 10.45am

5K START
10.45am
Near Blackmore Vale Vets

- A = RACE ADMIN**
LATE ENTRIES (9am to 10am)
- B = STATION ROAD**
THE HALF MARATHON START
TOILETS (THE EXCHANGE)
THE CO-OP
- C = HIGH SCHOOL PLAYING FIELD**
THE FINISH & PRESENTATION
REFRESHMENTS
CHILDREN'S RACES
FIRST AID
- D = LEISURE CENTRE**
SHOWERS & CHANGING
- E = 5K START** – nr. Blackmore Vale Vets



Getting to the race start...

You can follow one of the routes on the map (previous page) 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...

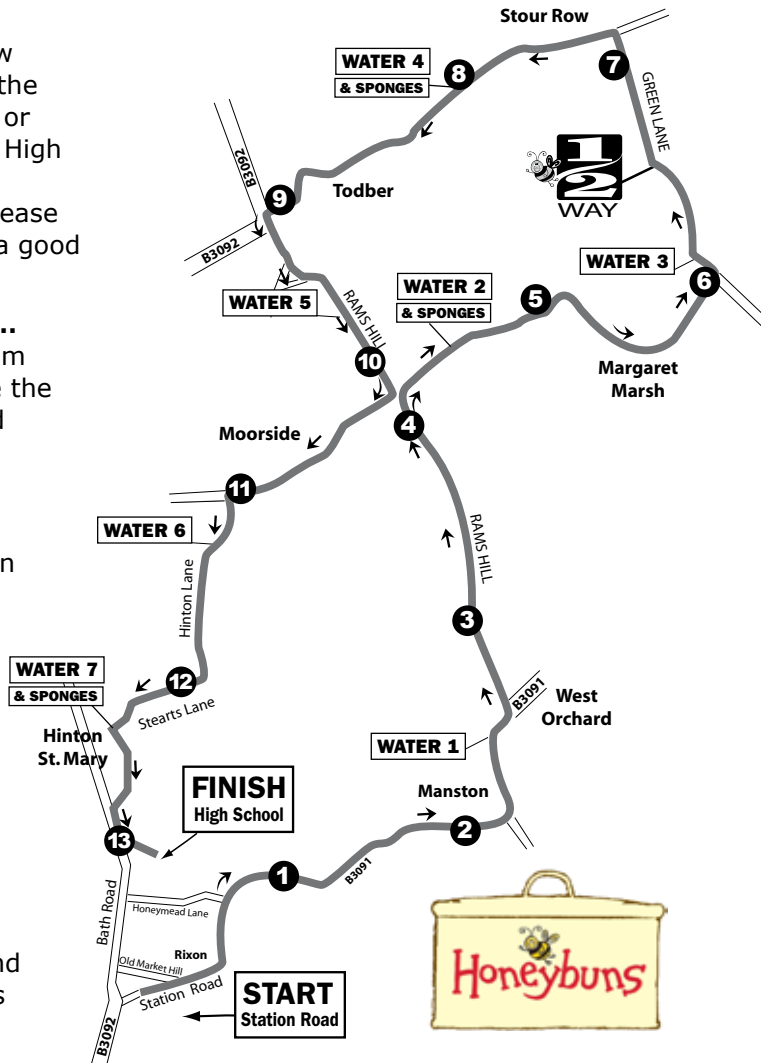
starts at 10.30am from Station Road, outside the Railway Gardens, and finishes on the High School playing field.

The 5K... starts at 10.45am further down Station road near the Blackmore Vale Vets and will also finish at the High School. This is open to anyone aged 13 and over.

The routes... will be marshalled by volunteers from the Blackmore Vale Lions Club, the Doddlers and friends, and residents around the course.

This is a road race. The marshals will warn traffic, but we have no right of way over cars, tractors etc - so please take care and follow instructions from the marshals. Unless otherwise directed, run on the LEFT HAND SIDE of all the main roads.

Please note that this race is an 'Earphone free' race. Anyone



wearing earphones will be disqualified as per EA rules .

We want you to enjoy our race safely and if you are listening to music you can't always hear the traffic or instructions from our marshals.

Please note that there is a race finish time limit of 3 hours.

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!

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.

First Aid... there will be 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 about 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). Thank you*

Prize categories for the Half Marathon...

- 1st 3 men and 1st 3 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 specify their team on their entry forms).*

1st local man and 1st local lady

Plus... all finishers in the half marathon will get a snood, and a delicious Honeybun cake.

Prizes for the 5K...

1st man and 1st lady,
1st local resident.

Plus... a Honeybun cake for all 5K finishers.

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).

Whom we give to... at least £2 from every entry goes to local organisations and charities.

We would like to thank... Honeybuns and all the local organisations and businesses who have supported this year's race. We would also like to thank 'Up & Running' for spot prizes.

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

Barry Jenkins

(Race Director)

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

**Don't forget The Stickler,
another Doddler event is on
Sunday 28th October 2018**

www.thestickler.co.uk