

Help needed on 2nd August

in the Stur Half Marathon & Stur 5K

If you can help in any of the areas listed, please email the Race Team
raceteam@dorsetdoddlers.org
or speak to the person in charge of that area in person.

Hi everybody

The Stur Half is coming up fast, and we are still looking for help!

You should have had a club email, but this will tell you a bit more about what is involved with the race.

New Doddlers... 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 the club has been organising now for 34 years!

A little bit about the race... It started in 1990 as the Carnival run.

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.

Alongside the half marathon, we have a multi-terrain 5K and also 'organise' fun races for the children on the school field.

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

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

Keen to run... We know some of you are keen to run, especially as the race is in the Dorset Road Race League, but if you do want to run, can you help in some other way before race day or even with pre-race set up on the day, or clearing up afterwards?

Also, if you wish to run, perhaps you have another family member or friend that may be willing to help in some way.

Pre-race... A lot of work goes on behind the scenes. Updating the website, liaising with our Timing company and generally making sure everything is organised for the race.

Marking the course... Barry Jenkins is cycling around the route, marking the miles and water station positions.

DONE Race Posters We put out posters before the race around the area, you may see these big yellow signs.

We also put posters in business and shops, in and out of the town.

The day before race day... (Sat. Aug 1st) we need to get everything over to the High School ready for race day.

Signs (and there are lots of them)... (4-5 people) Peter Waterer kindly looks after them in our Dodder trailer but they do need to be put together on Saturday 1st from 11am (a couple of hours) at the Sixth Form Centre at the High School, can anyone help?

Water Containers... (2 people) These need to be filled at the High School, ready for Sunday morning.

Prizes and trophies... these 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 (from 7.30am) to set up the course and do not finish until all the runners have gone home!

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: (5 people)
Miles 1 to 4
Miles 5 to 10
Miles 11 to Finish
5K Route

(1 – 2 people) Signs also need to be put up around the town; to the start, car park etc. Needs to be done very early before runners start arriving in Sturminster for the race.

(1 person) We also need signs put up around the finish at the High School; to the showers, toilets etc. etc.

(3 people) **Start area... POSITION FILLED**
This needs to be set up before 10.15am

Finish area and Race Village... (6 people)
This need to be set up early on race day.
Barry is looking after this area.

(6 people) **Car parking...** on the school field. Contact Sarah Perrett if you can help.

Water stations... (9 stations) Our water station marshals have fun and like to dress for the part?

If you would like to help, please contact John Cowley.

We also like to have a small water station at the start, which needs to be set up so runners can have a drink before the off and the water station at the finish needs to be set up before the first runner gets home!

(approx. 50 people) **Marshalling... SOME POSITIONS FILLED** Again, you get the chance to dress up. Contact Sarah Perrett if you are available to help, and she will give you a yellow vest.

Registration... (8 people needed) Amanda will be looking after the admin area for runners collecting their numbers. We need your help from 8am until just after 10am.

Results... (2 people) Race Timing Solutions will be doing the Results again with Angela liaising, but we do need people on or near the finish area to help Angela.

POSITION FILLED On-the Road motorcycle... will be opening up the road, ahead of the lead bikes.

POSITION FILLED Lead bikes... (3 people – Half, 1 for 5k)

POSITION FILLED Race Comperes...
Victoria West and Craig White will be commentating as a team this year. They will be at the start and in the finish area.

Sweepers... (3 needed, 2 half, 1 for 5k)
We still need 1 for the HM & 1 for the 5K

Runners' goodies... (2 – people)
POSITION FILLED Honeybun Cakes, goody bags and medals need to be handed out to the runners. I said the 'runners' – try not to eat too many cakes!

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

After race clean-up... (10 – people)



Well, it must 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.

Taking down tents, breaking down the signs, clearing the field of race equipment and putting everything back where they belong.

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 and finish off the Pimm's and the remainder of the Running Bar!

I am really looking forward to race day and I hope you are too. Come and help our club produce an even better **STUR HALF**, and don't forget that these races keep our subs down and raise funds to do the things we like to do.

You can keep up-to-date with all the race plans by visiting www.sturhalf.co.uk

Thanks – we look forward to hearing from you.

Christine Willis

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