



Honeybuns
GORGEOUS GLUTEN FREE CAKES



THE STUR HALF

HALF MARATHON & 5K

Sunday 4th August 2024 10.30am

RACE INFORMATION

Start: Both races start on Station Road, Sturminster Newton

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

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

A Dorset Road Race League Event, run under UKA rules
Licence No. 26698 **Course Measurement Cert.** South 23/294

Dear Runner...

Thank you for entering the 2024 Sturminster Newton Half Marathon. Here are a few details about the day.

Getting to the event... the race is based in Sturminster Newton, which lies between Blandford and Sherborne, just off the A357.

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

Car sharing... Why not car share? It makes it easier to park and on the journey home you can discuss your race with fellow runners.

Race admin... is at Sturminster Newton High School, access is from Honeymead Lane.

Your race number with race chip... should be collected from the Registration Desk on the High School playing field, between 8.30am and 10am. If you have any medical details we should know about please write these on the reverse with a next of kin contact number.

Race queries... if you have any entry queries, please get in touch via email by Friday 2nd August, or you might find the answers in our FAQs section on the website: sturhalf.co.uk

Unwanted Kit... This year we are working alongside The Vale Pantry in Stur. collecting unwanted (or nearly new) running kit, helping new runners get into running. If you have any that you could donate please bring it along with you.

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

Getting to the race start... You can follow one of the routes on the map (attached). Please don't leave it to the last minute as there is a 10 minute walk to the start.

The Half marathon... starts at 10.30am on Station Road, outside the Railway Gardens. The route goes through Manston, Margaret Marsh, Stour Row and Todber, returning through Moorside and Hinton to finish at the High School.

The lead runners... are expected to finish at around 11.35am.

The race is on open roads... The route will be fully marshalled by volunteers from the Blackmore Vale Lions Club, Sturminster Newton Residents and friends and family of the Doddlers.

Please note that we have no right of way over cars, tractors etc. Our marshals will warn traffic, but please take care and follow their instructions. Please run on the LEFT-HAND SIDE of all the main roads, unless our marshals indicate otherwise.

This race is an 'Earphone free' race. We want you to enjoy our race safely, and if you are listening to music you can't always hear the traffic (including tractors) or instructions from our marshals.

Please note that dogs and buggies are not permitted, and there is a race finish time limit of 3 hours.

Water and sponge stations... there will be plenty – so if it is a hot day please use them to avoid suffering from dehydration. We will have cups of water at the stations, but if you prefer to bring your own, we will have jugs for filling.

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

If it is a very hot day, wear loose clothing 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.

The first runners home... we expect the first 5K runner to finish at about 10.50am 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

The course record holders... are Willard Chinhaanau of Poole Runners 1:08:41, and Rebecca Moore of Chichester Runners 1:15:56.

There is a course record prize of £50... if the records above are beaten.

Prize categories for the Half Marathon...

- 1st 3 men and 1st 3 ladies
- 1st MV40, MV50, MV60, M70, U21
- 1st FV35, FV45, FV55, U21

(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).

Oldest Man and Oldest Lady.
1st local man and 1st local lady (DT10 postcode)
Plus 1st Sturminster Resident.

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

The half marathon is part of the Dorset Road Race League...

The Stur 5K... if you are a new runner, or just fancy a lesser challenge, we have a multi-terrain 5k fun run, which is open to anyone aged 13 and

over. You can enter on the day (cost £5).

The 5K starts at 10.35am on Station Road, and finishes at the High School. All finishers will receive a Honeybun Cake.

Prizes for the 5K... 1st man and 1st lady, 1st local resident (DT10 postcode)

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

Results... will be available after you finish and will also be posted on our race website.

Photography... Charles Whitton Photography will be taking photos on the day. There will be a link on our race website where you will find photos after the race.

Showers... will be available in the School.

Refreshments... The Really Tiny Coffee Co, hot food from Big Bun, Little Bun plus Fat Sams Ice-cream will be available to help you refuel after the race.

We also have our very own Beer Tent for post-race rehydration, serving real ale, cider, wine, Pimms and soft drinks.

Come down to the finish, support the other runners, congratulate the winners, have something to eat and drink and enjoy the post-race atmosphere.

Who we give to... at least £2 from every entry goes to charities and local organisations in and around Sturminster Newton.

We would like to thank... Honeybuns, Harts of Stur and all the other local organisations and businesses who have supported this year's race. Plus the water station locations who have let us use their land and fill our water containers to help you refuel.

The History of the race... the race started in 1990 – find out more about our earlier years on the race website.

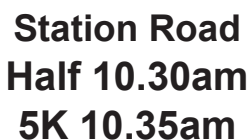
Finally... good luck and we hope you enjoy the race.

Christine Willis (Race Director)

Keep up-to-date with all the race news... on our Facebook page and also our website: sturhalf.co.uk



How to find the race



A = RACE ADMIN (8.30am to 10am)
HALF M. NUMBER/CHIP COLLECTION
5K RACE REGISTRATION

B = STATION ROAD
STARTS
TOILETS (IN THE EXCHANGE)
THE CO-OP

C = HIGH SCHOOL PLAYING FIELD
CAR PARKING
THE FINISH & PRESENTATION
REFRESHMENTS
CHILDREN'S RACES
FIRST AID
MASSAGE

D = STURFIT LEISURE CENTRE