



Honeybuns
GORGEOUS GLUTEN FREE CAKES

THE STUR HALF

HALF MARATHON & 5K

Sunday 3rd August 2025 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 and Dorset County Half Marathon Championship Race
Run under UKA rules. **Licence No.** 29421 **Course Measurement Cert.** South 23/294

Dear Runner...

Thank you for entering the 2025 Sturminster Newton Half Marathon. Here are a few details about the day.

Getting to the event... the race is based in Sturminster Newton, Dorset, 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.

Please note that we are sharing the school field with the Wessex Band Camping Club. They will be leaving during race morning so there will be people packing up while you are registering.

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... will be on the playing field at Sturminster Newton High School. Vehicle access is from Honeymead Lane.

Your race number with race chip... collect from the Race Admin Tent 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 name and contact number.

Race queries... if you have any entry queries, please get in touch via email by Wednesday 30th July, or you might find the answers in our FAQs section on the website: sturhalf.co.uk

Unwanted new (or nearly new) kit... we are still collecting running kit to help new runners

get into running. If you have any that you could donate please bring it along with you, thank you.

Toilets... available in the school and at The Exchange (near the start). There will also be portaloos in the HQ / finish area. Please note there are no toilets around the course.

Getting to the race start... 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.

Showers... will be available in the School.

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.

Dorset Half Marathon Championships... to qualify you must be Dorset born, or resident for the last 9 months, including HM Forces (*No athlete may compete in the Championships of more than one county in any 9 month period*).

The races are on open roads... and will be fully marshalled by volunteers from the Blackmore Vale Lions Club, Sturminster Newton Residents and friends and family of the Doodlers.

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. Run on the LEFT-HAND SIDE of all the main roads, unless our marshals indicate otherwise.

We are 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.

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 to fill them.

Also, don't forget to make sure you are well hydrated before the start and in the days leading up to the race!

If it is a very hot day, wear loose clothing to keep you cool. Keep moving after you finish, 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.

If you feel you are not able to finish the race, please inform one of the marshals. They will take your name and race number and ask if you need help getting back to Race HQ.

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 Chinhanau of Poole Runners 1:08:41, and Rebecca Moore of Chichester Runners 1:15:56.

There is a course record prize of £50... sponsored by Harts of Stur and awarded if the records above are beaten.

Prizes for the Half Marathon... will be awarded for the first 5 places, although if the first five include veterans then prizes could be awarded to those finishing in 6th and 7th places.

- 1st 5 men and 1st 5 ladies
- 1st MV40, MV50, MV60, M70, U21
- 1st FV35, FV45, FV55, U21

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

First three men's and ladies' teams *(3 to count, all team members must specify their club team when entering).*

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

& Oldest Lady and Furthest Away Runner.

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 11 and over. You can enter online this year or on the day (cost £7 to all runners).

The 5K starts at 10.35am just after the half marathon on Station Road, and finishes at the High School.

Prizes for the 5K... will be presented at about 11.30am for the 1st man, 1st lady and 1st local (DT10 postcode).

All finishers... in both races will receive a race medal and a delicious **Honeybun cake**.

Children's races... while you are running the Vale Family Hub will entertain the children with fun races on the school field. This starts about 11am and all children joining in will receive a race certificate and an ice cream. *(children will need to be accompanied by an adult)*

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 for photos after the race.

Refreshments... we have The Vale Family Hub's Cuppa & Cake Stand, hot food from Big Bun, Little Bun, plus Fat Sam's Ice-cream.

We also have our very own Running Bar 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 £3 from every entry goes to charities and local organisations in and around Sturminster Newton.

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

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

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

Christine Willis (Race Director)



How to find the race



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