stafford half marathon 2020
10am, sunday 15 march 2020
www.staffordhalf.com

handbook

Stafford BOROUGH COUNCIL
<table>
<thead>
<tr>
<th>Year</th>
<th>Male Winner</th>
<th>Female Winner</th>
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<tbody>
<tr>
<td>2019</td>
<td>William Draper</td>
<td>Kelly Butler</td>
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<tr>
<td>2018</td>
<td>Karl Darcy</td>
<td>Elizabeth Watters</td>
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<td>2017</td>
<td>Jordan Weaver</td>
<td>Rebecca Harrison</td>
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<td>Paul Little</td>
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<td>2015</td>
<td>Ben Gamble</td>
<td>Nicki Nealon</td>
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<td>Carl Moulton</td>
<td>Claire Martin</td>
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<td>Mandy Vernon</td>
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<td>Julia Myatt</td>
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<td>Rose Gillick</td>
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<td>Glyn Harvey</td>
<td>Christine Kilkenny</td>
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<tr>
<td>1984</td>
<td>John Wild</td>
<td>Julie Barleycorn</td>
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welcome

You crossed the start line months ago; this is just the final 13.1 miles! Freedom Leisure is thrilled to be working with Stafford Borough Council on this well established road race again this year.

We are looking forward to welcoming all the 2020 Stafford Half Marathon runners to Stafford, the county town, on Sunday 15 March. You can run towards your goal following months of endurance and training.

The Stafford community will be cheering you on around the 13.1 mile course and will make for an unforgettable day.

This runner’s handbook includes all the important information needed for race day. Changes have been made in 2020 after reading through all the comments and suggestions we had from last year’s runners. We will be reducing the amount of waste water and single use plastic out on the course and are delighted to have both men and women’s tailored fit t-shirts available.

A special mention must go to our sponsors the University of Wolverhampton in Stafford, Stafford Railway Building Society and Velorunner, as well as our amazing army of volunteers – this special community event would not happen without them.

We wish you all a safe and memorable race.

Liz Hulse, Race Director Freedom Leisure

event day programme

8.945am Enquiries Desk Open, Market Square
8.945am Fun Run Late Entry Desk Open
8.30am Safe Bag Storage Open, Stafford Gatehouse Theatre
9.30am Make your way to the start area
10.00am Half Marathon Start, Earl Street [first runner back approx. 11.10am]
10.10am Fun Run Start, Market Square
12.30pm Half Marathon Prize Giving Main Stage, Market Square
12.30pm Half Marathon Course Closes Stewards stand down & closures are lifted

spectators

An enthusiastic crowd makes all the difference to the runners, so please give your support!

There is plenty of space for spectators in Stafford town centre streets and the Market Square area where the event stage team will be providing course updates and entertaining the crowds.

Spectators must stay behind the crowd barriers and not attempt to access or cross the course at key times. Certain areas are for runners only - INCLUDING THE LINE UP AREA - please follow course signage.

For health and safety reasons spectators are not allowed to run or cycle alongside the participants.

Viewing is possible along the whole Half Marathon course, although you are reminded to respect local residents. One of the spectator hot-spots is at the 7 mile point at Kingston Hill, please see the course route map for details.

course records:

Female - Nicki Nealon 81:24 (2015)

For new course introduced in 2015.
We have a duty to protect all runners in the race. All runners must be aware of the instructions below:

**PLEASE NOTE:**
- Sections of the course will close from 12.30pm; stewards stand down and road closures will be lifted by 1pm.
- Minimum pace, 12 mins. per mile.

--- Running on the road
Always be aware of the following:
Keep to the left hand side of the road and do not deviate from the official course as you may wander outside of the road closure zones. Follow any direction arrows [black arrow on a yellow sign] and temporary road traffic signs. Follow all instructions from police and stewards.
Not all of the roads are closed, please be aware of moving traffic and other road or footpath users.

--- Water Stations
Available at the following locations:
- 3 miles Salt Avenue
- 7 miles Birkdale Drive
- 10 miles top of Stone Road
- 12.5 miles Martin Street [Finish]

New for 2020: Water will be dispensed into biodegradable cups at the three water stations on the course and bottled water will be available at the finish.

--- Drop Zones
A disposal point has been provided after all of the water stations, please hold on to your rubbish until you reach these points.

--- Bananas
Are available in Market Square at the end of your run.

--- Toilet Facilities
- **WC** Broad Street - 350 metres from race finish
- Stafford Gatehouse Theatre - 50 metres from race finish
- Portable toilets, Market Street - 40 metres from race finish [left hand side of the Shire Hall entrance]

- Portable toilets Earl Street in start line up area
- Portable toilets at top of Salt Avenue 3 miles from race start
- Portable toilets in Birkdale Drive 7 miles from race start
- Portable toilets at Beaconside 8.5 miles from race start [last on course]

--- First Aid
St John Ambulance Brigade will be on duty throughout the race. If you require first aid assistance either approach first aid personnel at the water stations or one of the stewards on duty. Due to the nature of the route, first aid treatment will be provided as soon as possible. If it is an emergency an ambulance will be sent to the scene.

--- Road Surfaces
Be aware of road surfaces and conditions. These can vary due to wet/cold weather, resulting in slippery surfaces. Roads can be unpredictable due to uneven surfaces, speed humps, cambers and potholes. All runners are expected to wear appropriate footwear.

--- Headphones
Headphones which go in or cover the ear are not allowed in this race. Bone conducting ear phones are permitted. Please note the race referee can disqualify runners seen wearing headphones in the ear or covering the ear.
enquiries desk

A marquee will be sited in Market Square to deal with any enquiries on the morning of the event. This will be open from 8.00am to 9.45am.

parking in stafford

Parking is free on Sundays in most Stafford Borough Council owned car parks after 6.30am.

main car parks

Waterfront Multi Storey ST16 2HQ (£1 all day)
Riverside Undercroft ST16 3AQ (£1 all day)
Doxey Road ST16 2TF

safe bag storage

Bag storage for participants is available at Stafford Gatehouse Theatre, Eastgate Street. A tear off Baggage Label is included on your race number; this can be attached to your bag. The theatre coffee shop will also be open serving refreshments.

⚠️ Stafford Western Access Route:

Please be aware work has started including new roundabouts along Doxey Road near to Doxey Road Car Park; this will cause long delays when entering and leaving Doxey Road Car Park. Please use alternative car parks where possible.

start line instructions

The start line up area is for runners only.

Please note: The start line up area of the Half Marathon is situated in Earl Street, at the junction with Broad Street, please make your way to Earl Street at 9.30am (see pg 12 for start line and directions)

As the section of the route from the start in Earl Street through the town centre is narrow & there are a large number of participants it will be helpful if you can line up according to your anticipated finish time, to reduce congestion.

If each runner adopts this sensible approach everyone will move away from the start more smoothly, everyone will be able to get into their running quickly, without incident and have an enjoyable run.

Take up a position behind the start line that is appropriate for your estimated finishing time. There will be estimated finish time markers displayed along the start area fencing and pace runners to help you.

thank you...

A big thank you to all the volunteers who work so hard to make sure all the participants and spectators enjoy a safe and memorable event:

- All the individuals who help steward the route
- Cyclists from Stafford Tri Club
- Girls Venture Corps Air Cadets, Stafford
- Katharine House Hospice Colwich and The Haywood’s Support Group
- Rising Brook Runners
- St John Ambulance, West Midlands Region
- Stafford and Rugeley Sea Cadets
- Stafford Walking Netball Group
- Stafford Grammar School
- Stafford Raynet Group
- Staffordshire University Physiotherapy Students
- Love Stafford - Stafford Churches Together
- University of Wolverhampton Students
- 395 (Stafford) Squadron ATC Stafford
- Stafford Litter Heroes
- Isabel Trail parkrun
**elevation maps** (km and miles)

- Start elevation: 84m
- Max elevation: 106m
- Gain: 120m

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**race number positioning**

Remember to attach your Race Number to your running top and complete your SOS details on the reverse of the number in permanent marker pen. When you wish to collect your t-shirt, remove the small perforated section at the top of your race number and exchange it for your t-shirt at the collection point marquees in the market square. This can be done before or after the race. **Please note:** Your race number includes your chip timing tag. You must fill out all of the details on the reverse of your race number prior to the race. **DO NOT** fold your race number OR attach pins to the section containing the attached chip timing tag.

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**finish area and prizes**

Once you have crossed the finish line please continue down Greengate Street past WHSmith and turn left into Martin Street. This is a runners only area, once you are back in Market Square you can meet up with your friends and family.

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**A Water Station** will be situated on your left, please move on from the water station into St Martins Place, once you have taken your drink to avoid congestion.

**To collect your t-shirt** remove the small perforated section on your race number and exchange it for your t-shirt at the collection point marquees in Market Square.

**Results**

Results available at:

[www.staffordhalf.com](http://www.staffordhalf.com)

Initially these will be race finishing times with individual chip times appearing later.

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**PLEASE NOTE:** That if preferred, t-shirts can be collected before the race from the Half Marathon collection point between 9.00am and 9.45am. This area may be busy with enquiries which will take priority, before the start of the race. Medals will be handed out at the finish line.
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Twitter: @StaffordHalf