

The 19th Stamford Striders St Valentine's Day 30k

Sunday 12th February 2012

11 AM Start

Race Information

PLEASE NOTE: RACE NUMBERS AND TIMING CHIPS ARE ISSUED ON THE DAY AT THE REGISTRATION DESKS.

Race Entry:

Race entry is by online entry only with no on-the-day admissions. Minimum age limit is 18 years. If you have entered and cannot run, you can transfer your number to another runner, as long as you inform us in good time. If you do not know another runner to transfer your number to, please let us know. We do not have the facilities to directly organise transfers, but we can pass your details on to runners keen to enter after the race has sold out. Again, please inform us if you subsequently transfer your number.

Race HQ:

The Race HQ, Start and Finish are located in the main hall at The Queen Eleanor School, Green Lane, Stamford, Lincolnshire, PE9 1HE. Stamford is easily accessed from the North or South using the A1. From Leicestershire, follow the A47 and A6121. From the Midlands, the M6, A14 and A43. Once in Stamford, signs showing "The 30k" will direct you to the School site, and there is a map at the end of this page.

Car Parking:

Please arrive in good time to park and collect your race number and timing chip. Marshals will direct traffic to car parking areas. If you can share transport, that really helps us out! **Please do not park on the road outside the school as this is the race start area.**

Facilities:

Toilets, changing rooms and hot showers are available at the Queen Eleanor School, as well as a secure baggage storage area. A trade stand will be in the main hall, provided by Lincolnshire Runner. Post race massages will be available for a charitable donation. In the school canteen, there will be hot and cold refreshments. Medical services are provided by St John Ambulance. A photographer will be on the course.

Race Numbers:

Race numbers and Timing Chips must be collected from the Registration Desks in the main school hall. Medical and contact details should be written on the rear of the race numbers. To activate the mat timing system, chips must be secured to running shoes or around the ankle with the band provided.

The Start:

The race will start promptly at 11AM on the road immediately outside the school.

The Course:

It's a pleasant, scenic, rural course. Please help us keep it that way by discarding litter carefully by the drinks stations, which are carefully cleared after the race.

The Finish:

The race finishes on the sports field at the school. When you cross the line, please keep moving, in finishing order, along the funnel. Timing chips will be removed and goody bags collected at the end of the funnel.

Prizes and Results:

Finishing times for prizes will be gun to chip. (Chip to chip will also be available in the published results). Prizes will be awarded for the following categories: M 1/2/3; F 1/2/3; MV 40/45/50/55/60/65/70; FV 35/40/45/50/55/60/65/70; 1st Mens Team (of 4); 1st Ladies Team (of 3); 1st and 2nd Valentine's Couple (combined race times). There is also a £100 cash prize to anyone breaking the mens or ladies course records.

Prizes will be awarded as soon as possible after the race. Electronic results will be available on screen within 2 minutes of crossing the finish line. Full results will be published at www.stuweb.co.uk by midnight of the 13th and on our website www.stamfordstriders.co.uk

Bad Weather:

In the event of adverse weather conditions, whereby it is deemed unsafe to run the race, the event will be cancelled. The Race Director's decision on this is final. No refunds can be provided in this circumstance.

Further Information:

If you need any further information, please contact the Race Director, Nick Wells by e-mail to nickwells@talktalk.net