



# MARATHON & HALF MARATHON EVENT DAY GUIDE

SUNDAY 29 APRIL 2018

[GREATRUN.ORG/STIRLING](http://GREATRUN.ORG/STIRLING)

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## **WELCOME FROM CHRISTINE SIMPSON, STIRLING PROVOST**

I would like to give a very warm welcome to all the runners and supporters taking part in the second Stirling Scottish Marathon and the new half marathon course. I'm delighted that this year the Stirling Scottish Marathon will host the Scottish Marathon Championships and look forward to extending a welcome to the best athletes and clubs to Stirling.

2017 saw the launch of the Stirling: Alive with Scotland brand which showcases our beautiful area as the ideal setting for a marathon. Marathon runners and spectators will get to experience all that makes Stirling a spectacular place to visit; from the warm welcome of its people, the stunning scenery and rich historic attractions – and I'm sure that you will all enjoy the route.

Runners will travel through some of Scotland's most iconic scenery and highlights you'll take in on the way include Andy Murray's home town of Dunblane, the National Wallace Monument, the lovely grounds of the University of Stirling and, of course, the famous sight of Stirling Castle.

We have a sound international sporting legacy in Stirling, producing some of the world's top athletes. I know that many local people have entered – for many of them it's their first marathon – and it's great to see so many groups of people out training around the area, enjoying the clean air and varied running routes, with the support and advice of the Great Run team.

I look forward to showing off our wonderful area to the thousands of runners from around Britain and abroad who are coming and wish all of you every success, and an enjoyable run on the day.

## **GRAB A CUPPA, GET COMFORTABLE & READ CAREFULLY**

This guide to your day is very important, so take some time to read this carefully. But, before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the event or feel like they have let down their friends or charity. If this sounds like you, please don't risk becoming a medical emergency – the Stirling Scottish Marathon and Stirling Scottish Half Marathon will be back next year!

# RUN NUMBER & TIMING CHIP

## RUN NUMBER & TIMING CHIP - IT'S YOURS AND YOURS ALONE

You will have received your run number complete with timing chip. This is your unique number and only you must wear it on the day. Please don't swap, change or copy it in any way – and definitely don't remove your timing chip from the back, otherwise we won't be able to give you an accurate finishing time!

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher's Pack and get your baggage back if you have used the baggage bus facility.

If you have any queries about your number, if you haven't received it yet, or it doesn't match the number mentioned on the covering letter, get in touch sooner rather than later at [info@greatrun.org](mailto:info@greatrun.org)

## WILL THERE BE WI-FI?

Of course there will be wi-fi! It will be free and can be accessed at the finish line. Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag #StirlingMarathon.

This also means you can download the Great Run App from iTunes or Google Play. It contains loads of event day info and your loved ones can track you on your journey round the course.



# GETTING TO THE START

## HOW DO I GET TO THE START LINE?

The Stirling Scottish Marathon will start close to Stirling City Centre on Millennium Way (A84), a short distance from Stirling Castle. This area will be open from 7.30am for marathon runners only (for half marathon see below). Parking for marathon runners is detailed in the parking section on page 5.

The Stirling Scottish Half Marathon will use the same start point as the marathon (Millennium Way A84) making it easily accessible from the City Centre. This area will be open for half marathon runners from 8.50am, please ensure that you do not assemble prior to this or you might find yourself doing a marathon instead! Parking for half marathon runners is detailed in the parking section on page 5.

Spectators can access the start this year which will make for a great atmosphere, please note that from 7.30-10am there will be a lot of people moving to and from the start area to watch the marathon starting at 8.30am and then the half starting at 9.30am, please ensure you are in the right place at the right time to see your friends and family who are running.

**IMPORTANT NOTE** – the road where the start is located will be closed to traffic, however some of the approach roads remain open, please ensure that you use the footpaths to access the start area and only cross the roads at designated crossing points which will be managed by the event team on the day.

Please give yourself plenty of time to get to the start area. Once parked up (see parking section below) you could take a leisurely walk to the event village situated in Kings Park (where both events finish), this is around a 15 minute walk from the start on Millennium Way, where you will find food, drink, demonstrations from our event sponsors and our charity partners welcoming you before and after the event. There will also be a customer service point in case you need some last-minute assistance before the event.



# PARKING & ACCOMMODATION

This section of the runners' information guide is really important for those who do not live locally or who are not staying locally as most will drive to the event.

The route for 2018 is different from last year's event with an all-new start and finish in the city centre. There is no park and ride, and some of the car parks used last year will no longer be available. Please refer to the following section when planning your trip on event day.

## **Marathon:**

We would advise that you park in our dedicated car parking area at the old school site on Raploch Road. This is easily accessible as follows:

Following the M9, north or south bound to junction 10 (Craigforth), exit here and then follow the A84 eastbound towards Stirling and onto Drip Road. Parking is signed and access is located just off Drip Road. Here you will be parked up by event stewards.

It is only a short walk to the start area from here and a little further to the main event village at Kings Park.

**IMPORTANT NOTE** – From 8am, junction 10 of the M9 will be closed to traffic, therefore if you are not in the parking area via this route prior to 8am you should use the alternative route detailed below.

Marathon runners can also access parking from junction 9 of the M9 and they will need to do this if they cannot make it to junction 10 prior to 8am. On exiting at junction 9 follow the A872 (Glasgow Road) north towards Stirling, this joins the old A9 and continues north. Once on Burghmuir Road you will approach Customs roundabout and then onto Drip Road roundabout, at this point join Back O'Hill Road. From this point your next turn will be a right onto Raploch Road which brings you to Drip Road and the access point into the Old School Raploch Road parking site.

## **Half Marathon:**

Half marathon runners can use the Old School Raploch Road site for parking however, unless coming into the event prior to 8am when you could access via junction 10, you should use junction 9 of the M9 for access to parking.

We advise that half marathon runners use parking facilities within the city centre. A list of these is below. Access to these car parks is via junction 9 of the M9 (whether approaching from the north or south) then follow the A872 (Glasgow Rd) north towards Stirling and pick up the city centre car parking signs.

## **ACCOMMODATION**

Nirvana Europe are the official travel partners of the event and specialise in putting event packages together across a range of budgets.

They are also operating special transfer services from Edinburgh and Glasgow to the start area and back again afterwards. So if you need help arranging travel and accommodation, give them a call on 0191 257 1750 or visit [nirvanaeurope.com](http://nirvanaeurope.com)

# CITY CENTRE PARKING

	No	Name	Opening Time	Closing Time	Opening Time	Closing Time	Capacity	Tariff
			Monday - Saturday		Sunday			
Stirling Council Car Parks	1	Dalglish Court Car Park	08:45	17:30	All day	All day		£2 (max 2 hours)/Free on Sundays
	2	Wellgreen Car Park	08:45	17:30				
	3	Forthside Car Park	08:45	17:30	All day	All Day		£1.40 per day/ Free on Sun- days
	4	Linden Avenue Car Park	08:45	17:30	All day	All day		£1.40 per day/ Free on Sun- days
	5	Viewforth Car Park (Saturday Only)	08:45	17:30				£2 per day
Other Parking	6	Scotrail Stirling Railway Station	24 Hours	24 Hours	24 Hours	24 Hours	276	£3.50 per day
	7	Stirling Castle					250	£4 (Max four hours)
	8	Wellgreen Multi Storey	07:30	20:30			500	£2.20 per day
	9	The Thistles 1 - Multi Storey	08:00	17:30	09:00	17:00	385	£4 (4 hours)/ £2 all day Sunday
	10	The Thistles 2 - Multi Storey	08:00	18:00	09:00	17:00	950	£4 (four hours)/ £2 all day Sunday
	11	The Smith					20	
	12	Old Town Jail	24 Hours	24 Hours	24 Hours	24 Hours	35	Visitors Only
	13	Goosecroft Road Car Park					80	

# AT THE START

## WHAT WILL I FIND AT THE START AREA?

We have moved the start into the City Centre which will give a fantastic starting point for your event. With the imposing Stirling Castle as a backdrop, it is sure to be a start never to be forgotten. Millennium Way (A84) will host the start of the marathon and the half marathon. Nearby will be the start facilities, baggage buses and toilets for runners to use prior to the event. These facilities are located within Falleninch Field and will be clearly visible on event morning.

Please note that there is no Great Run Information point at the start, so if you need to use this service you will need to go to Kings Park where the Great Run Customer Services team will be based from 07:30 on event morning. We would advise that if you need to visit our Customer Services then come down to Kings Park on Saturday 28th between 9am and 4pm, to ensure no last minute stresses on event morning!

## WHERE ARE THE TOILETS?

There are not many places as nerve-wracking as the start of a marathon so we've got lots of toilets on the site. Toilets can be found in Falleninch Field for the start, on course at or close to drink stations and Kings Park for the finish area.

## WHAT DO I DO WITH ALL MY STUFF?

A fleet of self-service Baggage Buses will be available at Falleninch Field (close to the start) to transport your belongings to the finish area at Kings Park.

Baggage Bus Tips:

1. Prepare the night before, fill out and attach your baggage label securely
2. Do not leave valuables in your bags. The organisers cannot be held responsible for the loss, damage or theft of belongings on the baggage buses or at the end of the run, however caused.
3. Buses are colour-coded (see window signage). Don't forget which number bus you left your bag on (stewards will stamp your run number to help you).
4. For security reasons, access to the buses will only be granted to runners wearing their numbers.
5. Do not leave your bag unattended at any time as this could cause a security alert.

## WHERE CAN I COLLECT MY STUFF WHEN I FINISH?

Baggage buses will relocate from Falleninch Field (start location) to Victoria Road (adjacent to Kings Park and finish area) as soon as all runners have started in the Marathon and Half Marathon. Once you have finished your run and soaked up the atmosphere in the event village, simply make your way out of the park as if heading back into the City Centre and the baggage buses are located to your left as you exit the park on Victoria Rd. It will all be signed on the day and the Great Run team will be on hand to assist with directions.

# EVENT DAY TIMETABLE

## I WANT TO GET STARTED

Ok, so you're itching to get over the start line but have you read all the runners' information guide, have you made sure your baggage is all on the bus correctly and do you know your coloured assembly zone?

Staff will let you know when the assembly areas open. Follow the signs to your coloured assembly zone, where you will need to show your number to gain access.

Once you're in, move forward so other runners can assemble behind you. There are three coloured waves, based on your estimated running time and each wave will have its own start to ensure you have the best experience possible.

## EVENT DAY TIMETABLE

06:30	Event car park opens
07:30	Information Point and facilities at King's Park open
07:30	Baggage buses and toilets at Falleninch Field (Start area) open for Marathon
07:30	Marathon assembly areas open on Millennium Way
08:20	Warm up for Marathon runners with PureGym
08:30	<b>START of Stirling Scottish Marathon (RED and BLUE run numbers)</b>
08:30	Baggage buses and toilets at Falleninch Field (start area) open for Half Marathon
08:50	<b>Half Marathon assembly areas open on Millennium Way</b>
09:20	<b>Warm-up for all Half Marathon participants</b>
09:30	<b>Start of the Stirling Scottish Half Marathon ORANGE, WHITE, GREEN and PINK waves</b>

\*NB. Information subject to change. Please check [greatrun.org/stirling](http://greatrun.org/stirling) regularly for any updates ahead of event day

# YOUR WARM-UP

## LET'S GET WARMED UP

To make sure you are ready to take on the 26.2-mile and 13.1 mile routes, there will be two mass warm-ups. Firstly, for the marathon runners at 8:20am and secondly for half marathon runners.

Half marathon runners should remember not to get into the start assembly areas until 8:50am, otherwise you will be running a marathon!

Before the start, deposit any rubbish, bin liners or old clothing in the bins provided or to the side of the assembly area to avoid causing obstacles to other runners. This is particularly important for marathon runners because after you have started we will cleanse the start area ahead of the half marathon runners starting.

Listen out for any information given by the PA announcer, he doesn't just like the sound of his own voice! And when you hear the gun go, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

Any runners that arrive late to the start of the marathon, after the sweep vehicle has left at 8:45am, will NOT be allowed to participate in the interests of safety and wellbeing of all concerned. Likewise for any late starters in the Half Marathon once the sweep vehicle leaves at 9:40am participants will NOT be allowed to start. The Start Director's decision is final.



# RESPECT THE CHALLENGE

## I'M FEELING FIT BUT IS THERE HELP ON HAND IF THAT CHANGES?

We hope you don't need them, but there is a full medical team in place. Doctors, nurses, paramedics and first-aiders will be at key locations along the course and at the finish area, as well as being deployed in mobile medical units. So if you require assistance please notify an event steward, marshal or a member of the medical staff.

If the medical team think it is unwise for you to carry on, they will suggest you retire from the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

## WHAT HAPPENS IF I CAN'T CARRY ON?

If you find yourself in the unfortunate position of being unable to continue, there are runner's welfare pick-up points along the course at 8, 13, 17, 25-mile points and you will be transported to the finish area.

The Stirling Scottish Marathon will operate a clearly marked sweep vehicle, which will travel at a designated pace of 17 minutes per mile at the rear of the field. If you fall behind this vehicle you will be required to complete the event on the pavement but, if you feel unable to do so, a bus will transport you to the finish which will remain in place until the last entrant has crossed the finish line.

Enforced cut off times:

- 11:00 – ALL marathon runners have to be clear of the A84 no later than 11:00. This is approximately 7 miles.
- 12:15 – ALL marathon runners through 13 miles.
- 14:00 – ALL marathon runners through Stirling University. This is approximately 17 miles.
- 15:30 – ALL marathon runners through 24 miles.



# THE COURSE

## HOW CAN I STAY HYDRATED?

In addition to water at the start and finish, there are a number of drinks stations on the course. Bottled Aqua Pura Water is available at 4, 7, 11, 14, 16, 18, 21 and 24 miles. SiS sports gels will be available at 11 and 21 miles.

The half marathon will have water stations as follows on course; 3, 7 and 11 miles, bottled Aqua Pura will be provided. SiS sports gels will be available at 7 miles.

Only take one bottle/gel sachet per station and move straight on (there are lots of thirsty runners behind you). Take care when disposing of bottles/sachets and discard at the side of the road to avoid trip hazards. Toilets are available at all drink stations.

## MUSIC TO MY EARS

You will be entertained and motivated as there are plenty of official Bands on the Run as well as seven charity cheering points.

## WHAT IF I HAVE TO WALK?

If you are planning to walk all or part of the Stirling Scottish Marathon or Half Marathon, please **keep to the left** so runners can pass you with ease. During the planning of the event, every care is taken to ensure emergency services can go about their duties with limited hindrance. However, if an emergency situation does arise and a vehicle with blue flashing lights need to cross the course, we ask you make this as easy as possible by clearing a route for the vehicle to cross safely.

## WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

Lots of runners will have supporters with them but, due to the road network in the region and the closures that will be in place around the route, it is difficult for spectators to move around while the event is in progress.

Doune, Dunblane and Bridge of Allan are good places for family and friends to base themselves, but they will not be able to drive to the finish area in Stirling city centre until roads have reopened once the final runner has passed these points.

Stirling city centre is an ideal location to spectate. As well as there being lots of shops, cafes and restaurants in the area; runners from both the half marathon and the marathon will pass through the centre of the city on their way to the finish line. Stirling city centre is around a 15-minute walk to the finish area at Kings Park.

**Please note: There are some sections of the route where runners are sharing the carriageway with live traffic. We recommend that spectators do not congregate at these locations.**



great run

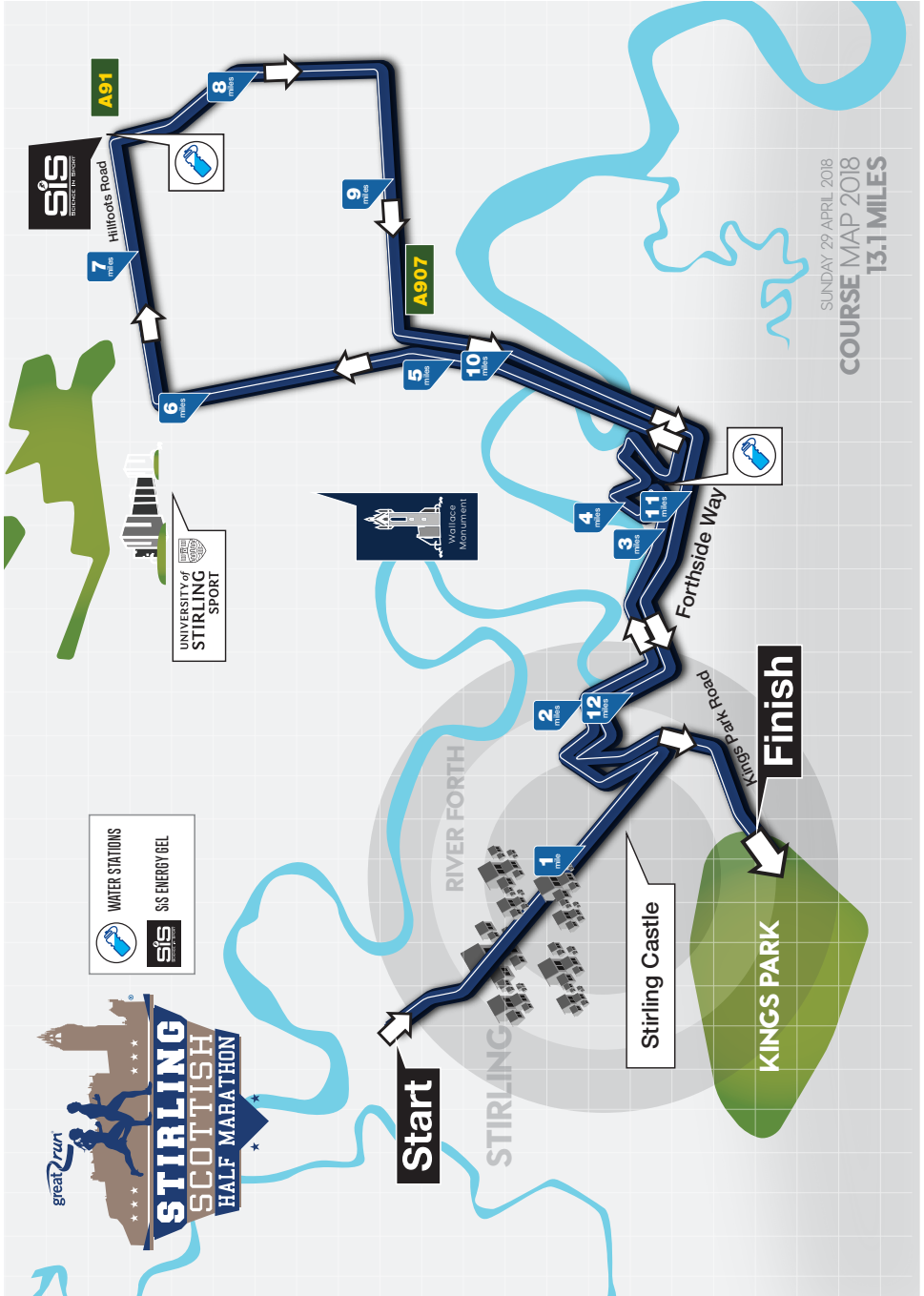
# STIRLING SCOTTISH MARATHON

WATER STATIONS

SIS ENERGY GEL



# HALF MARATHON COURSE



# THE FINISH

## FINALLY... THE FINISH LINE IS IN SIGHT!

Please resist the urge to stop as soon as you cross the line. Keep moving as there could still be thousands of runners coming in behind you. Move through the finish system and follow the signage to the Finisher's Packs. Please take a pack that corresponds to the T-shirt size you indicated on your entry form, so no runners are left disappointed. Your pack will also contain your well-deserved medal, a space blanket, bottle of Aqua Pura bottled water and other goodies.

**PLEASE NOTE IT IS STRICTLY ONE PACK PER FINISHER. NON-FINISHERS ARE NOT ELIGIBLE FOR PACKS.**

## WHERE CAN I MEET MY FRIENDS & FAMILY?

The family reunion area is located at the main event site. Follow the signs and meet up under the A-Z banner that matches the first letter of the runner's surname. You need to keep your run number until you have collected your baggage as only runners will be allowed on board the baggage buses. The buses are parked near the finish area and will be clearly signposted.

Now is a great time to head into the Event Village where there will be charities, food and drink concessions, sponsor and exhibitor marquees and massages, making it a great place for post-run relaxation. When it's time to head home, the finish area of the Stirling Scottish Marathon and Half Marathon are not too far from the car parks.

## I'VE DONE IT AND WANT TO SHOUT ABOUT IT

Of course you do and you can! Full results will be available at [greatrun.org](http://greatrun.org), together with an event report and details of other Great Runs in 2018.

Official photographers will be there to capture some of your proudest moments. Visit [greatrun.org](http://greatrun.org) and follow links to your own Great Run photo album.

## JOIN THE CONVERSATION

Keep up to date with all the latest event information, competitions, useful running tips and more via our social channels. If you have any queries before or after the event, just get in touch and we'll be happy to help.

Don't forget to share your training selfies, event day pics, and medal moments by tagging them with the official event hashtag: #StirlingMarathon





**Thistles** **great** **stirling**  
STIRLING *family run*

SATURDAY 28 APRIL 2018

AGES 3+ | KING PARK

**ENTER AT: [GREATRUN.ORG/STIRLING](http://GREATRUN.ORG/STIRLING)**