



# MEDIA GUIDE





#COMEHOMETORUN







**Saturday 20 May – Sunday 21 May**

### **Weekend Contacts**

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(Communications Director)

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**Rachael Phillips** 07964516708 [rachael.phillips@thegreatruncompany.com](mailto:rachael.phillips@thegreatruncompany.com)  
(Social Media)

### **Social Media**

*#StirlingMarathon*



**StirlingScottishMarathon**



**@Great\_Run**



**@Great\_Run**



**greatrunseries**





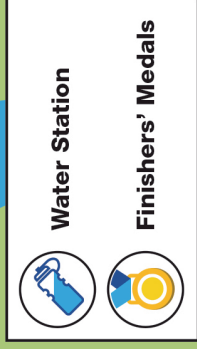
## Event Timetable

Saturday 20 May	
09:30	Event area and information point opens
10.20	Thistles Great Stirling Family Run warm-up
10.30	Start of the Thistles Great Stirling Family Run

*Times subject to change*



**Start**  
**Finish**



**Main  
Event  
Site**

**MacRobert Centre**

**West Link Road**

**UNIVERSITY of  
STIRLING**  
Scotland's University for Sporting Excellence  
**Sport Centre**

**The Causeway**

**East Link Road**

**great** **stirling** familyrun



**COURSE MAP**

Course subject to change





## Event Timetable

Sunday 21 May	
09:50	Great Stirling 5k warmup
10:00	Start of the Great Stirling 5K

*Times subject to change*



\*Course subject to change

River Teith

River Forth

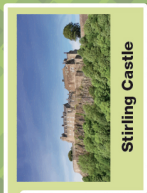
Stirling

1 km

2 km

3 km

4 km



Stirling Castle

The King's Knot

Stirling Station

Murray Pl

Dumbarton Road

Lovers Walk

James St.

Shore Rd.

Goosecroft Rd.

Barnon Street

Raploch Road

Back O' Hill Road

Start

Finish

great **stirling** 5k

COURSE MAP





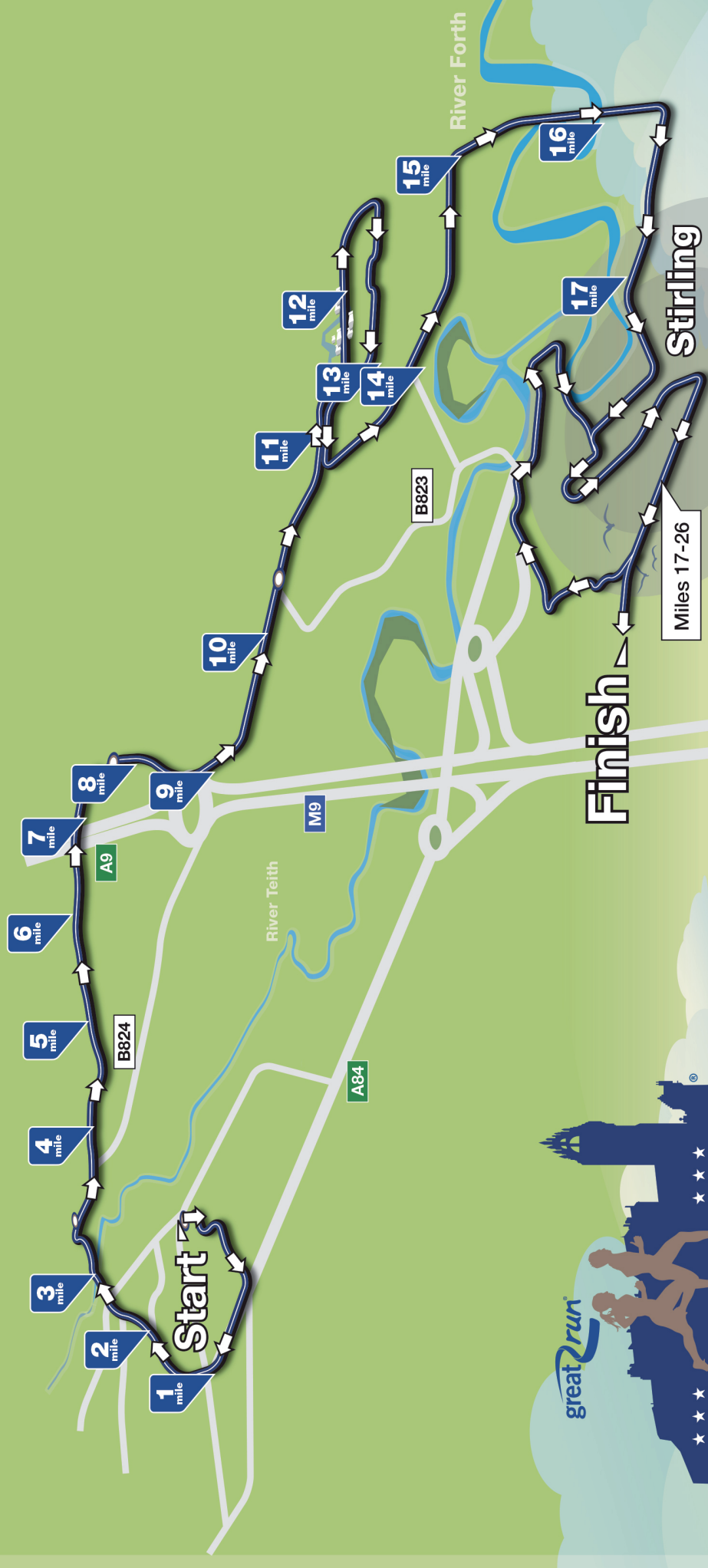
## Event Timetable

Sunday 21 May	
06:10	Park and Ride services to the start line commence from event day car parks in Stirling <b>for runners only</b>
06:15	Start area, toilets, information point and baggage buses open at Blair Drummond Safari Park
08:50	Warm-up starts at Blair Drummond Safari Park
09:00	START of the Stirling Scottish Marathon at Blair Drummond Safari Park
Approx 11:20	First finisher expected at Finish (City Park)

*Times subject to change*

**Please note:** Due to the location of the start area, it will not be possible for members of the media to travel to the start and on to the finish unless you have previously arranged this with the event organisers

Please check [greatrun.org/stirling](http://greatrun.org/stirling) for detailed information on road closures



COURSE MAP

\*Course subject to change





## About The Event

Supported by Scottish Athletics, Stirling Council and The University of Stirling, the event, which is on 21 May 2017, is set in the spectacular and historic setting of Stirlingshire.

Starting out with an undulating first five miles, the remainder of the course is set to be fast and suitable for all abilities and will provide an awe-inspiring experience for accomplished and first-time marathoners alike.

With the legendary Liz McColgan and Zola Budd already signed up to take part, you will be rubbing shoulders with Olympic royalty too!

Don't forget, we also have the Great Stirling 5k taking place on the morning of Sunday 21 May and the Thistles Great Stirling Family Run, which takes place around The University of Stirling campus on Saturday 20 May.

## Media Facilities

Media should assemble at the finish area which is located in City Park off Raploch Road in Stirling. There is no official event car park on site, please follow all road closure information and park safely.

Any enquiries on the day should be made to Richard Easterbrook on 07970818389

Please see [greatrun.org/stirling](http://greatrun.org/stirling) for travel advice before you travel and plan your route accordingly

Free wi-fi is available on site via **Great Run WiFi**





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## Estimated Running Times – Great Stirling 5K

5km runners elapsed time

Mile Point	Elite Athletes		Bulk of field		Sweep Vehicle	
	h:m:s	h:m:s	h:m:s	h:m:s	h:m:s	h:m:s
0 Start	0	10:00:00	0	10:05:00	0	10:10:00
1	00:03:20	10:03:20	00:07:30	10:12:30	00:11:00	10:21:00
2	00:06:40	10:06:40	00:15:00	10:20:00	00:22:00	10:32:00
3	00:10:00	10:10:00	00:22:30	10:27:30	00:33:00	10:43:00
4	00:13:20	10:13:20	00:30:00	10:35:00	00:44:00	10:54:00
5	00:16:40	10:16:40	00:37:30	10:42:30	00:55:00	11:05:00



## Estimated Running Times – Stirling Scottish Marathon

By applying the following estimated running times (noting that the last runner is based on the back runner in this wave leaving the start at 0925 based on gun time of 0920)

Key:

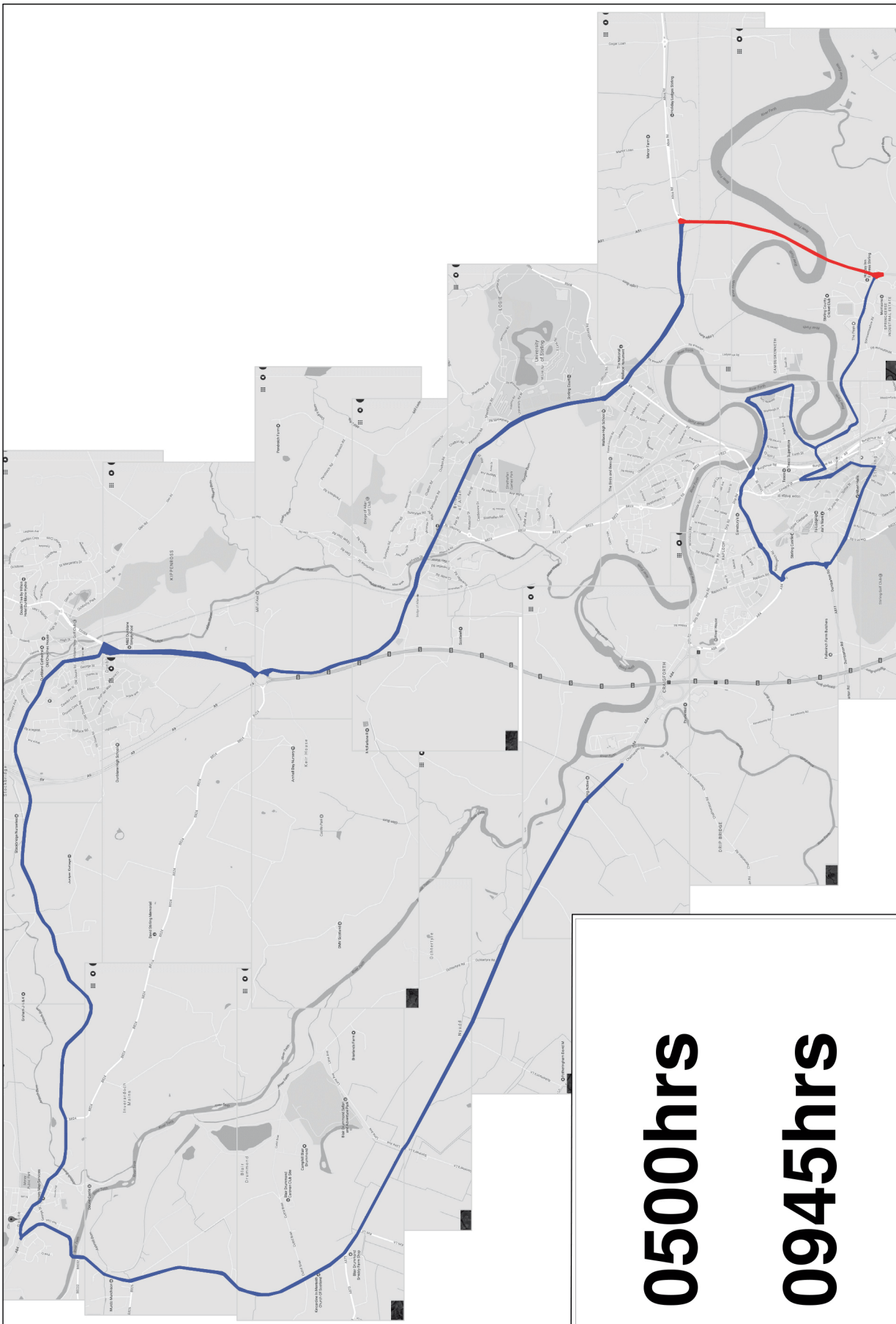
\* = fastest athlete


# = slowest athlete


Based on a 0900 start:


Mile Point	Elite Athletes		Bulk of field		Sweep Vehicle	
	h:m:s	h:m:s	h:m:s	h:m:s	h:m:s	h:m:s
0 Start	0	09:00:00	0	09:10:00	0	09:25:00
1	00:05:30	09:05:30	00:10:05	09:20:05	00:17:00	09:42:00
2	00:11:00	09:11:00	00:20:10	09:30:10	00:34:00	09:59:00
3	00:16:30	09:16:30	00:30:15	09:40:15	00:51:00	10:16:00
4	00:22:00	09:22:00	00:40:20	09:50:20	01:08:00	10:33:00
5	00:27:30	09:27:30	00:50:25	10:00:25	01:25:00	10:50:00
6	00:33:00	09:33:00	01:00:30	10:10:30	01:42:00	11:07:00
7	00:38:30	09:38:30	01:10:35	10:20:35	01:59:00	11:24:00
8	00:44:00	09:44:00	01:20:40	10:30:40	02:16:00	11:41:00
9	00:49:30	09:49:30	01:30:45	10:40:45	02:33:00	11:58:00
10	00:55:00	09:55:00	01:40:50	10:50:50	02:50:00	12:15:00
11	01:00:30	10:00:30	01:50:55	11:00:55	03:07:00	12:32:00
12	01:06:00	10:06:00	02:01:00	11:11:00	03:24:00	12:49:00
13	01:11:30	10:11:30	02:11:05	11:21:05	03:41:00	13:06:00
14	01:17:00	10:17:00	02:21:10	11:31:10	03:58:00	13:23:00
15	01:22:30	10:22:30	02:31:15	11:41:15	04:15:00	13:40:00
16	01:28:00	10:28:00	02:41:20	11:51:20	04:32:00	13:57:00
17	01:33:30	10:33:30	02:51:25	12:01:25	04:49:00	14:14:00
18	01:39:00	10:39:00	03:01:30	12:11:30	05:06:00	14:31:00
19	01:44:30	10:44:30	03:11:35	12:21:35	05:23:00	14:48:00
20	01:50:00	10:50:00	03:21:40	12:31:40	05:40:00	15:05:00
21	01:55:30	10:55:30	03:31:45	12:41:45	05:57:00	15:22:00
22	02:01:00	11:01:00	03:41:50	12:51:50	06:14:00	15:39:00
23	02:06:30	11:06:30	03:51:55	13:01:55	06:31:00	15:56:00
24	02:12:00	11:12:00	04:02:00	13:12:00	06:48:00	16:13:00
25	02:17:30	11:17:30	04:12:05	13:22:05	07:05:00	16:30:00
26	02:23:00	11:23:00	04:22:10	13:32:10	07:22:00	16:47:00
26.2	02:24:06	11:24:06	04:24:11	13:34:11	07:25:24	16:50:24





 **0500hrs**

 **0945hrs**

	CONEXWORKS LTD Chaired Line 4, Biggar Rd, Ind. Est. ML1 5PB Tel: 01766 852828 mail@conexworks.co.uk	Job Title :- <b>STIRLING MARATHON ROUTE PLAN 2017 CLOSURE PHASES</b>		Contract No. STIRL	Rev.	Amendment	Date
				Drawing No. STIRL			
				Drawn By - JO			
				Checked By - JMS			
				Date 28.03.17			







## **7,000 TO RUN THROUGH THE HEART OF SCOTLAND IN FIRST-EVER STIRLING SCOTTISH MARATHON THIS WEEKEND**

STIRLING will play host to its first ever marathon as 7,000 runners take on a range of distances in a weekend of running in the heart of Scotland.

The starting pistol will fire on the inaugural Stirling Scottish Marathon on Sunday which features a scenic route, which finishes beneath the imposing ramparts of Stirling Castle, in City Park.

The event is the first in the Great Run British Marathon Series, which continues on October 15 with the first-ever Birmingham International Marathon.

In Stirling, runners will follow a course beginning at Blair Drummond Safari Park, taking in the towns of Doune and Dunblane, before passing through Bridge of Allan and the University of Stirling's grounds, finishing with two laps of a city-centre route.

A weekend of running will begin on Saturday morning at the University of Stirling with The Thistles Great Stirling Family Run for runners up to the age of 13, on a course through the grounds of the university, which will also form part of the route of the marathon event.

As 6,500 marathon runners begin their 26.2mile journeys on Sunday morning, more than 500 people will take on the Great Stirling 5k on a city-centre course, finishing before the first marathon runners enter their final stages of the event.

Scottish running legend Liz McColgan-Nuttall will be taking part in the full marathon, and the two-time Commonwealth gold medal winner will

be joined by Great Britain and South Africa Olympian Zola Pieterse, formerly known as Zola Budd.

Taking on the 5k will be Portuguese Olympic marathon winner Rosa Mota who is flying to Scotland especially to take part in the shorter distance.

The event is being organised in partnership with Stirling Council, with the marathon designed to increase standards of marathon running in Scotland.

Stirling Council Chief Executive Stewart Carruth said: "We're extremely proud to be hosting the first ever Stirling Scottish Marathon and look forward to giving a warm welcome to first-time and experienced athletes to our beautiful area.

"With participants from more than 20 countries, this is a truly international event, and we wish all the runners the very best on the day.

"Stirling is the perfect setting for an event of this kind and participants can be proud to run through history on this fantastic course."

Great Run group CEO Mark Hollinshead said: "It's an absolute pleasure for us to kick off our Great Run British Marathon Series here in Stirling. Thousands of runners will be tackling the classic distance in an iconic setting and we're sure it will be an historic moment.

"The Stirling Scottish Marathon, along with the Thistles Great Stirling Family Run and the Great Stirling 5K has clearly captured the imagination of Scottish runners and we can't wait to welcome everyone over the finish line this weekend."





**SUNDAY 15 OCTOBER 2017**  
BIRMINGHAM CITY CENTRE

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run  
Glasgow

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10K | 3K



Simplyhealth  
great aberdeen  
run

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10K | HALF MARATHON

 BANK OF SCOTLAND  
Great Scottish Run

1 OCT  
10K | HALF MARATHON

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