



# ***SIMPLYHEALTH GREAT STIRLING RUN 2019 SPECTATOR GUIDE***



Simplyhealth  
great  **stirling**  
run®

**Event: Simplyhealth Great Stirling Run: half marathon and marathon**

**Date: Sunday 28 April 2019**

**Start time: 08:30, Kings Park Rd**

**Finish: Kings Park Rd**

**Come and be part of the day!**

**Spectating at the Simplyhealth Great Stirling Run is a great day out and a chance to support the thousands of runners taking part. Help them get to that finish line by cheering them on.**

**As it's such a busy day and there are a number of road closures in place, we've prepared the following information to help you plan ahead.**

## ***THE START***

The start of the event on Kings Park Rd is the perfect place for spectators to give runners a good send off before they tackle the marathon and half marathon. Please be mindful that other roads near to the start area remain open to normal traffic.

If you want a good view of the runners, make sure you get there before 08:30, which is when the marathon and half marathon begin.

## ***RECOMMENDED SPECTATOR SPOTS***

### ***DOUNE***

Doune is the first village that the marathon runners will pass through at approx. 8 miles. This is a great location to spectate if you are a local and you can walk along the side of the run route. Unfortunately, it is not accessible for spectators who are travelling by vehicle due to the nature of the road network and the closures in place for the event.

First runners expected – 09:15

Last runners expected – 11:00 (roads to reopen shortly after this time)

### ***DUNBLANE***

Another fantastic spot to watch the marathon runners is Dunblane, which is accessible for locals who want to walk to the edge of the route, but is also accessible for spectators coming into the area by car. Those who wish to travel by car can get to Dunblane via the A9, exiting at the junction to the north of Dunblane and onto the B8033. This will bring you into Dunblane where you can park up and then walk to the route.

First runners expected – 09:35

Last runners expected – 12:50 (roads to reopen shortly after this time)

## **BRIDGE OF ALLAN**

Marathon runners will be approaching mile 20 as they pass through Bridge of Allan. So this is where they'll need your support! Bridge of Allan is accessible for all locals who want to walk to the edge of the run route. There is limited vehicle access via Causewayhead Road and Customs Roundabout to the south. Anyone wanting to get to Bridge of Allan should plan their route carefully, allow plenty of time and park respectfully to the local community while there.

First runners expected – 10:15

Last runners expected – 13:51 (roads to reopen shortly after this time)

## **UNIVERSITY OF STIRLING**

Spectators at the University will be lucky enough to see both marathon and half marathon runners as they pass through the campus. And although there is no vehicle access into the University during the road closure period, those who live locally are welcome to come and cheer on the marathon runners (who will be nearing mile 21) and half marathon runners (who will be approaching their halfway point).

First runners expected – 09:10 (half marathon runners)

Last runners expected – 14:25 (University campus will re-open for vehicles shortly after this time)

## **STIRLING**

Runners will pass through the city centre of Stirling without looping this year. Half marathon runners will pass through the city centre twice (out and then back).

Please note: The Thistles Shopping Centre will be open on Sunday 28 April from 10:00 – 17:00.

If you are travelling to the area to spectate, we recommend taking a look at the parking section of the travel information online, which lists parking restrictions and other parking options operated by Stirling Council.

First runners expected into Stirling – 08:30 (half marathon runners) then 09:40

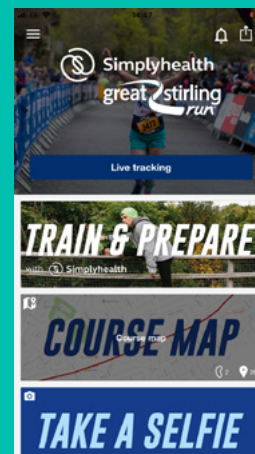
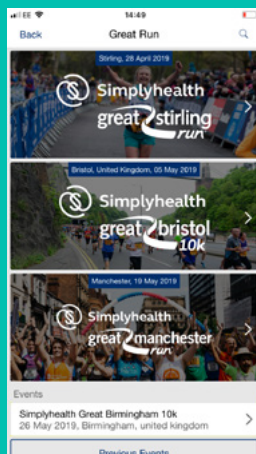
Last runners expected into Stirling – 16:10 (marathon)

## **THE FINISH**

The finish is situated at Kings Park to the west of the city centre, and the main road offers great spectating from either side.

In the event village close to the start and finish area, there will be food concessions and hot drinks available, music, charity stalls, children's activities and more.





## TRACK YOUR LOVED ONES

Make sure you download the free Great Run event day app via iTunes App Store or the Google Play Store and you can track where your runner is along the route – live!

All you need to do is download the app and press the 'Live Tracking' option on the Simplyhealth Great Stirling Run section. Then you can search for multiple people by name, email address or run number and track them all at the same time.

Not only will you be able to track the runners as they make their way around the 26.2 mile or 13.1 mile courses, you will also be able to access the course map, selfie options, and more.

There will be timing chip trackers along the marathon route at: 10k, 20k and 30k and the finish. For the half marathon there will be a timing point at start, 10k and finish.



## HOME TIME

Once runners cross the finish line in Kings Park, they will receive their goody bag and can then come and meet family and friends at the flying banners with letters of the alphabet. We recommend making plans to meet them there e.g. choose the first letter of your surname.

Runners will then be able to collect their baggage from the buses close by and have a walk around the finish area to soak up the atmosphere, get some food and a well-deserved drink.



## GET SOCIAL

If you want to keep an eye on any event updates, news, images or videos on our social channels you can find us here:

Facebook: [facebook.com/GreatStirlingRun](https://facebook.com/GreatStirlingRun)

Instagram: [instagram.com/great\\_run](https://instagram.com/great_run)

Twitter: [twitter.com/great\\_run](https://twitter.com/great_run)

Don't forget to share your day with us using #GreatStirlingRun



# #GREATSTIRLINGRUN

