

North Dorset Village Marathon

5th May 2024, start at 8:30AM prompt



Permit Number: 2024-46313

Dorset County Championship race for the marathon.
Race number 4 in the Dorset Road Race League 2024.
Race held under UKA Rules.



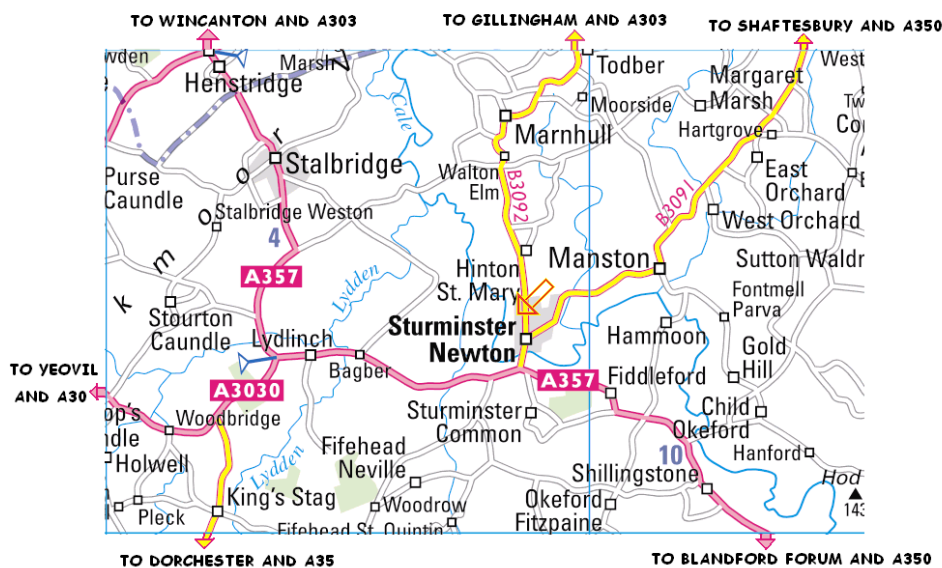
Certificate Number: 24/130

Race Headquarters

Sturminster Newton High School,

Bath Road, Sturminster Newton, Dorset, DT10 1DT

The school is situated on the northern edge of Sturminster Newton on the B3092. If travelling from Sturminster Newton town centre follow signs for Leisure Centre.



See attached site plan of school at the end of this document.

Please remember that dogs are not allowed on the school grounds.

Car Parking

There are 2 car parks. The top car park is reserved to the relay runners. The marathon runners should use the school playgrounds as detailed on Figure 1: Race Headquarters. Please do not park on the road but use the facilities provided. You can also choose to park in the public car park at the finish.

Registration

If you entered before the 22/04/23 your race numbers have been posted.

Past that date you will need to pick up your numbers from race headquarters from 7:00 until 8:15 AM on race morning.

Each marathon runner will receive 2 numbers. One should be worn on the front and one on the back.

The front number will also have a detachable strip to be used for your luggage tag. Please remember to fill in medical information on the reverse side of the number worn on the front.

Competitors are advised that numbers must not be folded, cut or mutilated.

(Please note that relay runners only wear one number on the front)

To take part in the Dorset Road Race League event, competitors are reminded that they should wear their club colours.

Breakfast

Marnhull St Gregory School PTA will be offering tea and coffee and cakes/snacks/bacon butties next to the race HQ.

Toilets

There are toilets available in the school at the start, portable toilet at the finish and at each relay changeover point.

Assembly

Pre race briefing will take place in front of headquarters. Please allow a few minutes to walk to the start. Marshals will move the runners onto the road prior to race start.

Start

The start is on Honeymead Lane (opposite the entrance to Sport Centre). There will be signs/marshals directing you to the start from registration.

Personal Music Players

The use of personal music players is not permitted. Any infringements to the above will lead to disqualification.

Water stops

There will be water at the start and finish as well as 9 water stops along the course approximately every 5km (see attached map at the end of document). Water is also available at relay changeovers (unattended). There are also 2 sponge stations on route.

Two personal drinks stations can be found at 20km and 30km. Runners wishing to use this facility should place their personal drinks or food (labelled with their race number) in the boxes labelled 20km or 30km according to their race numbers, at race headquarters.

The race takes place in beautiful country side, please help us keep it that way and do not to drop litter outside of the water stops/changeover areas. Marshals will be happy to take your used gel wrappers etc...

As we have done in the past, runners will be able to enjoy some free beer at the finish as well as back at HQ.

Below is the list of items which can be found at each station:

	Miles	Water Bottles	Water Cups	Squash	Coke	Sweets	Raisins	Biscuits Cakes	Melon/ Cherry tomatoes	Saucisson	Mini Cheddars	Pretzels
Start	0		√									
Water 1	3.5		√									
Water 2	6.6		√									
Change over 1(*)	7.2		√									
Water 3	9.5	√										
Change over 2(*)	12.4		√									
Water 4 Personal Drinks	12.45		√	√	√	√	√	√				
Water 5	15.4		√	√	√	√	√	√				
Sponge 1	16											
Water 6	17.1		√	√	√	√	√	√				
Water 7 Personal Drinks	19		√	√	√	√	√	√				
Change over 3(*)	19.7		√									
Sponge station 2	20											
Water 8	22.1	√		√	√	√	√	√	√	√	√	√
Water 9	23.9		√	√	√	√	√	√	√	√	√	√
Finish	26.5	√	√	√	√	√	√	√			√	√

(*) : unattended

A selection of vegan, vegetarian sweets will be available at all sweet stations.

Race Marshalling

The roads are not closed to traffic; keep to the left hand side of the road unless instructed otherwise by race marshals. Please follow the marshals' instructions; they are there to look after your safety. This is particularly important at the relay changeovers where marathon runners will be instructed to keep to one side of the road to allow the relay change over to take place safely on the other side of the road.

Marshals are not allowed to stop the traffic; they are only there to help you.

Please be aware that although time keepers will be as helpful as possible, they should not be disturbed whilst runners are coming in.

All our marshals are carrying a basic first aid kit (blister pack, Vaseline, plasters etc...) should you require access to it, please approach any of our marshals.

Distance Markers

There are mile markers along the course as well as signs for 10km, 20km, 30km, and 40km and half marathon. (Distance markers are also sprayed along the course in yellow line paint).

Off road section

The marathon finish takes place along the old railway trail. The surface is solid compacted gravel. The off road stretch is 2.6 km long. Please watch out for any badger/rabbit holes.

Time limit

There is a 6 ½ hours time limit; however runners are more than welcome to finish the race after that time. Please note that course signs may be removed after that time, so please make use of the direction arrows that have been sprayed along the course in white line paint.

Retirements or Injury

Should you need to retire, or are injured, please make yourself known to the first available marshal so that the race director can be informed of your retirement and that you can be taken back to the race headquarters. Similarly, should you require medical assistance; A2E medical will be on standby at the start/finish. There will also be first aiders at each relay change over points and a mobile paramedic will be covering the course. A mobile first aider will also be covering the trailway.

Finish

The race finishes along the old railway trail to the public car park next to the Exchange, approximately ½ mile away from the start. There will be a minibus available to take runners back to the start and race headquarters, a marked route will also be provided for those wishing to walk back.

Showers and Changing

There are two rooms at the school allocated for male and female changing (next to the baggage store). The school's showers will also be opened to the runners.

Food at the Finish

Marathon runners and their supporters will be able to purchase some hot food back at school HQ.

Shop

The race t-shirt and medal will be available for order from the race HQ.

Prize giving

There is no prize giving ceremony.

The main prizes (marathon 1st, 2nd, 3rd male and female, relay 1st, 2nd and 3rd male, female and mixed) will be awarded on the finish line. The age category prizes and marathon team prize will be posted.

Results

The results will be available from Sunday evening on www.ndvm.co.uk and will be emailed to all participants having provided their email address when registering.

Photos

Charles Whitton Photography will have pictures of the event available on their website <https://bit.ly/NDVM-2024-CharlesWhittonPhotography>

Massage

Post race recovery sports massage will be available in the at race headquarters after the race (weather dependant).

Accommodation

Local accommodation information can be found on the race website at <http://www.ndvm.co.uk/accommodation.php>.

Our Sponsors

running free 

Running Free is the hub of the local running community in Poole, where you can come for info, advice, motivation or just to talk about the sport you love.



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SOLICITORS

A big thank you also to the following companies for their contribution to the event:

- Spar in Marnhull

Have a great race

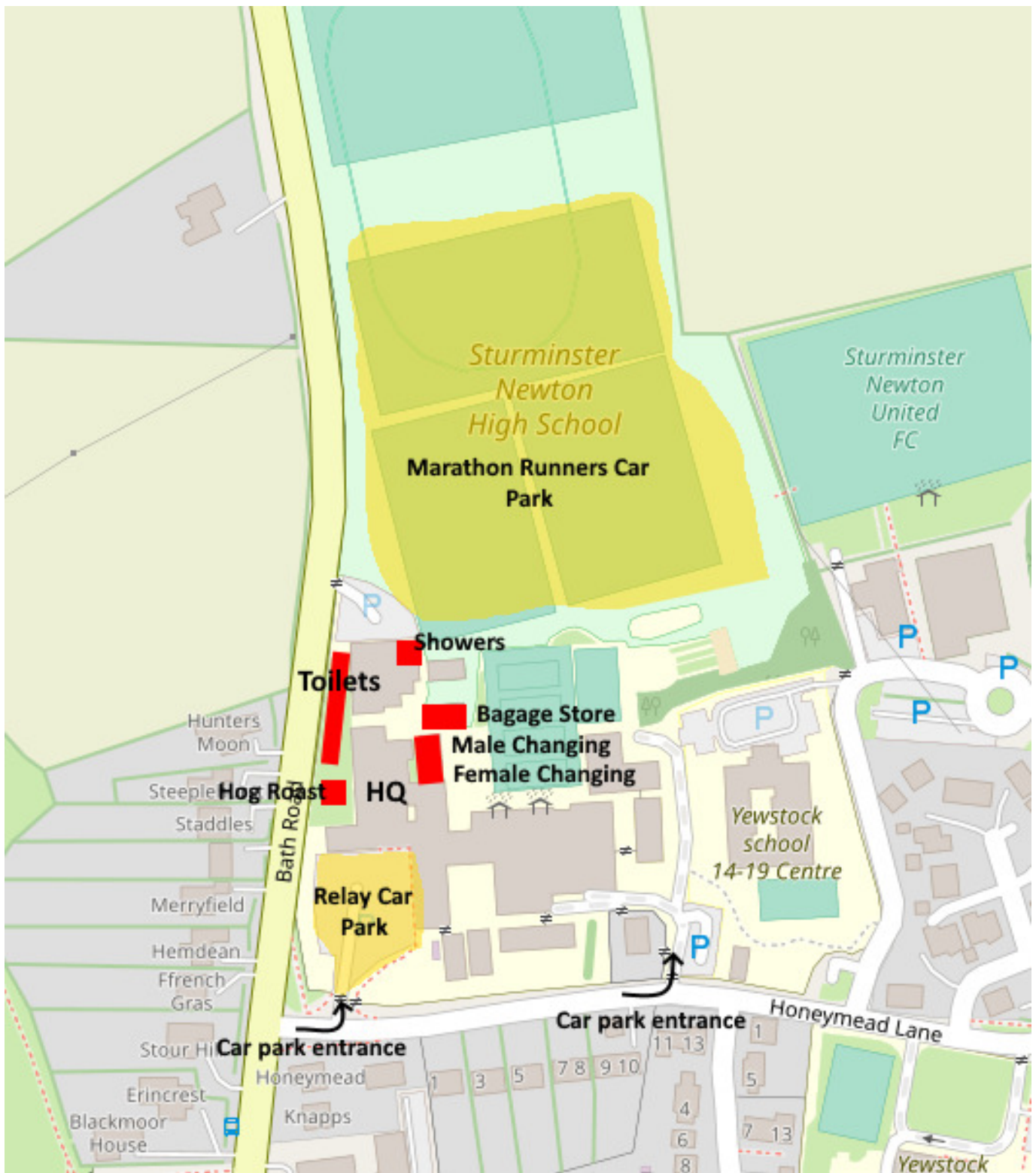


Figure 1: Race Headquarters

