

STONEHENGE STOMP EVENT INSTRUCTIONS – 2023

PARKING is extremely limited – please car share where possible

(Car parks open at 0720)

CAR PARK 1. Stonehenge School, SP4 7ND, access from London Road only.

CAR PARK 2. Minton Distribution Park, SP4 7RT – *Please only park where instructed by our Marshals.*

FOLLOW STOMP CAR PARK SIGNAGE & MARSHALS DIRECTIONS

We have been kindly allowed to use these car parks please do not leave any rubbish or items of clothing behind.

Please use Stomp car parks and avoid parking in residential streets.

REGISTRATION

Sports Centre opens 0730 – Please do not arrive any earlier. Stomp HQ is located within a residential area, early arrivals please be considerate of our neighbours who may be having a lie-in on a Sunday morning!

The event is SOLD OUT. **THERE WILL BE NO ON THE DAY ENTRIES** – If you do not have confirmed entry, please do not travel.

All entrants will register in the main sports hall by SURNAME. You do not need to bring any print outs with you as we will have your details. You will be asked to confirm whether you wish to take part in the 10 or 20km event.

IMPORTANT: All participants MUST sign back in at HQ or phone race HQ to advise if they have retired 07810 487656.

After registration, you will then collect your route instructions and check point cards which are colour coded by route: Blue-20km, Yellow-10km, No-colour-5km.

CHANGES TO ROUTES - THERE IS NO 30 OR 40KM EVENT THIS YEAR. The 20km is a revised route from last year – please take route instructions.

It is NOT compulsory to have your check point card stamped but please write your name and your emergency contact details on the back.

START TIMES – You may start at your leisure between the allocated times for each event. Please do not leave any earlier or check points may not be open.

Start Times – WALKERS:

20km @ 08:00 – 09:00

10km @ 09:30 – 10:30

Start Times – RUNNERS:

20km @ 09:00 – 10:00

10km @ 10:00 – 10:30

*5km Stompers can start at any time as no checkpoints on this route but **ALL PARTICIPANTS must be back at HQ by 14:30***

REFRESHMENTS - CONTACTLESS (preferred) OR CASH

Refreshments will be available before and after the Stomp.

A selection of hot food, cakes and refreshments will be available UPSTAIRS. If you're partial to a real Barista coffee, The Cafe2U van will be with us again this year.

STOMP HQ

There are toilets and basic changing facilities at the Sports Centre and further portaloos outside.

Please try not to bring mud into the Sports Centre.

BAGGAGE – there will be an area for bag drop but this will not be monitored and any items left are at owners risk.

DOGS

Well behaved dogs are permitted in the Sports Centre but MUST be kept on leads. As part of our agreement with landowners, dog MUST be kept on a lead at all times when out on the course. Please also try to be aware that we are adjacent to a residential area and excited, barking dogs could disturb our neighbours!

STOMPING!

In addition to the written route instructions provided (with the exception of the 5km) all routes are marked by colour coded flags and our unique Stomp marker arrows, examples of these will be in the sports hall at registration – please familiarise yourself with these before setting off so you know what to look out for on the course.

A large map of the course will be available to view in the sports hall, we recommend you take a photo of this on your mobile phone.

Please observe the Countryside code – close gates and do not drop litter. Dogs must be on leads as ALL times.

Due to this year's route changes, it may be a little busier on some areas of the route, please be courteous of other Stompers and members of the public. Runners, please GIVE WAY to Walkers.

Although the forecast is fair for the coming days, we have had a LOT of rain and some areas of the course will still be very muddy and slippery. Suitable footwear and walking poles are suggested. Please take extra care.

CHECKPOINTS

There will be 3 checkpoints for the 20km distance and 2 for the 10km offering water, squash and biscuits, also water and biscuits for dogs. We will endeavour to accommodate vegan and gluten free diets however should you have a nut or other allergy please bring your own supplies. These may be busier than usual this year, but we have additional marshals on each checkpoint so please be patient.

We will not be checking you into checkpoints as all routes will have a sweep. It is not compulsory to have your checkpoint card stamped, but please keep it with you as this should contain your emergency contact details and the number of Stomp HQ. You may be asked to show this at checkpoints.

SAFETY

Before you leave HQ please ensure you have noted our Stomp HQ number 07810 487656. Should you need first aid assistance on the course, please try to get to a Checkpoint and call Stomp HQ. If you have a medical emergency call 999, then call Stomp HQ. A mobile team of first aiders will be based at HQ. We highly recommend you download the what3words app. to help us locate you more easily should we need to.

Please carry a fully charged mobile phone with you and ensure this number is correct at registration.

BADGES & CERTIFICATES

Once you have completed your chosen distance, sign back in at Stomp HQ to receive your sew-on badge. Certificates are available for a donation to charity (**cash only**). If you missed out on a badge in previous years we have a few spares available for a (cash) donation to charity.

The Stomp is run solely by Volunteers – please thank our Marshals and Stomp Team, without whom the event would not be possible. It's been a challenge to keep the event running this year, thank you all for bearing with us, we hope normal service will be resumed next year, until then

HAPPY STOMPING!!

JANE & THE STOMP TEAM