

STONEHENGE STOMP 2024 EVENT INFORMATION

(SUPPORTING SALISBURY HOPSICE CHARITY)

PARKING is extremely limited this year – please car share where possible (*Car parks open 0720*)

We have reduced parking this year at HQ – please use main car park:

MAIN CAR PARK: Minton Distribution Park, SP4 7RT

40km Walkers ONLY: Stonehenge School, SP4 7ND, access from London Road only.

FOLLOW STOMP CAR PARK SIGNAGE & MARSHALS DIRECTIONS - *Please only park where instructed by our marshals*

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!

All entrants will register in the main sports hall by SURNAME, you'll be able to change distance at this time if you wish. You do not need to bring any print outs with you as we will have your details.

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

You will then collect your route instructions and check point cards which are colour coded by route:
Pink-40km, Green-30km, Blue-20km, Yellow-10km, No-colour-5km

It is not compulsory to have your check point card stamped but please write your name and your emergency contact details on the back. This card also has our Stomp HQ number should you get into difficulties.

Please carry a fully charged mobile phone with you and ensure this number is correct at registration. All participants MUST sign back in at HQ or phone race HQ to advise if they have retired **07810 487656**.

START TIMES - Please do not leave before your allotted time or check points may not be open.

Start Times – WALKERS:

40km @ 0800 – 0815*

30km @ 0800 – 0900

20km @ 0830 – 0930

10km & 5km @ 0930 – 1030

Start Times – RUNNERS:

40km @ 0830 – 0900

30km @ 0900 – 0930

20km @ 0930 – 1000

10km & 5km @ 1000 – 1030

*40km walkers may start at 0745 at their own risk – headtorch /high-vis recommended.

DISTANCES

Routes have been revised this year to avoid areas of flooding. We have tried to make all routes as close as possible to their distance (hopefully without going under)! Approximate distances are: 10km: 10.9km. 20km: 20.9. 30km: 30km. 40km: 40.1 which includes a 3.5km loop after checkpoint 6 for those who want to make sure they get the full distance in. If you're feeling tired or choose not to do this loop, you'll still get your badge! 😊

REFRESHMENTS – CASH OR CONTACTLESS (charity donations – cash ONLY)

Refreshments and hot food will be available before and after the event from the Stomp Kitchen. We are pleased to offer top quality, bacon, sausages and burgers from Pritchetts Family Butchers and will have a good vegan and vegetarian offerings, together with some sweat treats. NO DOGS in the Stomp Kitchen.

STOMP HQ

There are toilets and basic changing facilities at the sports centre and further portaloos outside near the start/finish. Please try not to bring mud into the sports hall but you may keep your shoes on.

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 not in the Stomp Kitchen and **MUST** be kept on leads. Our landowners are incredibly supportive of the Stomp, as part of our agreement with them, dogs **MUST** be kept on a lead when out on the course.

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.

Regular Stompers, please take route instructions as **ROUTES HAVE CHANGED** this year.

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

TOILETS:

There will be portaloo facilities at checkpoint 2 (20, 30, 40km route) and checkpoints 5 (all routes). Public toilets can be found in Amesbury town centre (off route).

CHECKPOINTS:

There will be checkpoints for all distances (except 5km) offering water, squash and a biscuit, also water and biscuits for dogs.

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.

The flooding on the course has gone down however, the ground is still very wet and muddy and there is some rain forecast in the coming week. There will be some very muddy areas out on the course – please wear suitable footwear.

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**). IVV stamps are also available at HQ. If you missed out on a badge in previous years we have a few spares available for a (cash) donation to charity. If you signed up for the cancelled 2023 Stomp, our coronation themed badges will be available for collection.

With thanks to our local landowners, Tesco Amesbury, the National Trust, Wiltshire Council, Pritchetts Family Butchers, Amesbury Distribution Centre and most of all, a huge thank you to our fabulous volunteers and marshals, without whom we could not stomp!