



## Full Race Info



Thank you very much for your entry to the Studland Stampede 2018.

The National Trust has once again been kind enough to let us use their land for this event, and a donation will be made from your entry fee to support their great work. Also, we wish to thank everyone that made generous additional donations! The money will be put towards maintaining Studland Bay and heathland for all to enjoy!

We look forward to seeing everyone on the beach on Sunday 14<sup>th</sup> October for the **10:30am** start!!

Victoria & Julie

Keep up to date with the latest news on our [website](#):

If you use Facebook we would love you to join our [group](#):



### Start Time

We aim to start the race at approximately 10:30am (30mins earlier than last year, in the hope that our road marshals get less of a hard time from drivers). Please allow plenty of time to park and collect your running number, especially if you are crossing on the ferry.

The ferry leaves from the Sandbanks side on the hour, at 20 past the hour and at 20 to the hour. (We recommend not relying on catching the 10:00am ferry if at all possible, as this can lead to you missing the start of the race if the traffic is heavy or if the ferry is full.) If you are approaching from Sandbanks, the ferry company charge £4.50 per car, each way.

### Staggered Start:

Confirmed start time is 10:30am. However we will be staggering the start (as last year) to give runners more space. Which are you?:

RACE HORSE - WAR HORSE - SHOW JUMPER

We will have 3 groups of approximately 150 runners. Race Horses will set off, with War Horses 20 seconds after, followed by the Show Jumpers. We would prefer to let runners position themselves, and hope that it gives every runner a good opportunity to find their pace.

Your time starts when you cross the starting mats.

RACE HORSE



WAR HORSE



SHOW JUMPER



### Location

The race will start and finish on the sand next to the National Trust visitors centre at Knoll Beach Car Park, Studland, Dorset. There is a cafe and toilet facilities by the car park. To view a map of the location, please take a look at our [website](#).

If you are using a SatNav the closest post code is BH19 3AH, but please be aware that this will not take you directly to the car park - you will need to keep your eye out for the sign off this main road directing you into the Knoll Beach National Trust car park.

The National Trust will have a tea/coffee hut and cafe open from 9:30am. They have a very nice breakfast menu: full English, breakfast sandwiches, pancakes etc, so could be a nice plan for any family and friends that have come to support you.

### **Parking**

Knoll Beach car park will open from 08:30am. This is a National Trust car park and a pay & display machine is in operation. If you are a National Trust member the car park is free but you still need to scan your membership card at the pay machine. If you are not a member, please get a ticket at the pay and display machines. The car park is £4 all day.(charged by the National Trust to raise funds for their charity). **Car sharing can be a great way to save money and also reduce traffic congestion.**

### **Chip Timing & Race Numbers**

Race Timing Chips will be issued on the day at the registration desk, in the Race Marquee (not by post). Your race number will be in the envelope with your Chip. All runners must wear their timing chip on their shoe or your time will not be recorded (the Chip will come with clear instructions). Your Race Number needs to be secured to the front of your running top. This is important should a runner require first-aid and also helps our marshals distinguish who is taking part in the event. Any runner crossing the finish line without a Timing Chip or Race Number will not be recorded in the race results.

### **The Course**

The route is marked with bright yellow markers and a back runner will follow. To view a map visit our [website](#).

Starting on the sea front the run heads along the sandy beach towards Old Harry Rocks. Runners are soon diverted off the beach and up a zig zag and along a path that runs around Middle Beach car park. You will be directed onto the road at the end of the car park and asked to stay to the right. Very soon you will enter a tree-lined path 'the Coombe'. At the end of this path you will be assisted across the road. From here you turn left and follow Wadmore Lane.

Half way down the lane you will see clear signs directing you to turn left, along a muddy path and up onto the heath-land and along to Agglestone Rock.

The run then follows heath-land paths towards the ferry; passing the water station at approximately half way.

Another road crossing and you will enter the sandy tracks, which lead onto the beach.

From here you follow the beach all the way to the finish line, back at the National Trust Visitor Centre.

### **WARNING - Naturist Beach**

For those of you that are not familiar with Studland Beach, we pre-warn you that the course runs through a small section of naturist beach. If we have good weather in October (and even if it is bad), be prepared for a few bare bodies.

### **Dogs**

Unfortunately we cannot allow runners to run with their canine friends. (If you wish to run the route with your dog unofficially before the start of the race, the course markers will all be in place but please be aware that there are

road crossings and you are running at completely your own risk.)

### Headphones/Music

We work hard to make the Stampede as enjoyable as possible for every runner. To this end we do not want to have to ban headphones/music at the event, but we strongly ask anyone that does decide that they can't do without it, please have consideration for the runners around you. It would be advisable not to turn your music on until you get out onto the heath land so that you can concentrate fully during the busy first mile and road crossing. Thank you very much in advance for your cooperation.

### Prizes and Goodie Bags

Every runner that crosses the finish line will receive the bespoke Studland Stampede medal/keyring. We are very excited about our medals, as we have tried to think of ways to reduce waste, and making our medals into keyrings we hope will extend their lifespan.

In your Goodie Bags so far:

- NEW Bespoke 2018 Stampede Medal/Keyring!!
- Re-entry form for 2019
- Delicious [National Trust](#) Jam, plus 10% gift shop discount code.
- Yummy [Dorset Flapjack](#)
- Location Shoot voucher from UK portrait photographer, [Bella West](#)

Spot Prizes:

- Amazing Swimwear and rash guard spot prizes from [Ocean Positive](#)
- 2x Two course lunch for Two spot prizes from [Pig On The Beach!](#)
- Free 1-night stay with breakfast for 2 spot prize, from [Knoll House Hotel!](#)
- Adventurous activity spot prizes from [Land & Wave](#)
- A medley of spot prizes from [Club La Santa](#)





## Results

Chip Timing (supplied by the excellent Race Timing Solutions) will enable us to post the race results on our website immediately after the event. All the results from previous years can also be found on our [website](#).

## Photos

We are very lucky to have UK portrait photographer [Bella West](#) taking photos at the Stampede again this year. They will be available to view on her website after the event and downloaded for £10 for you to keep.

## [Photos](#)

## Massage

Local experienced physiotherapist Dave Mott will be on hand to offer sports injury advice and free massage again this year.

[www.dmpphysiofitness.co.uk](http://www.dmpphysiofitness.co.uk)

## Volunteers

Each year we have some really wonderful people volunteer at the Stampede and we couldn't organise it without

them. **When running past a volunteer please give them a smile, nod or even a 'thank you' if you are not suffering too much.**

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### **Purbeck Trail Series**

The Studland Stampede is very proud to be part of The Purbeck Trail Series. Other events in the series are:

24th June - Lulworth Castle 10k - [www.lulworthcastle10k.com](http://www.lulworthcastle10k.com)

26th Aug - Studland Fun Run 5k - [www.purbeckrunners.co.uk](http://www.purbeckrunners.co.uk)

2nd Sept - The Beast (13ish miles) - [www.pooleac.co.uk/the-beast](http://www.pooleac.co.uk/the-beast)

16th Sept - The Purbeck Marathon - [www.thepurbeckmarathon.co.uk](http://www.thepurbeckmarathon.co.uk)

23th Sept - Black Hill 10k - [www.blackhillrun.wix.com/blackhillrun](http://www.blackhillrun.wix.com/blackhillrun)

[More info can be found on this link!](#)

The Purbeck Trail Series Winners will be announced at the Studland Stampede, after the event, approx 1pm.



**THE PURBECK  
TRAIL SERIES**

### **Questions?**

Please email [victoria.turner@studlandstampede.co.uk](mailto:victoria.turner@studlandstampede.co.uk) or call 0796 723 6650 if you have any further questions and please [like our Facebook](#) page to keep up-to-date with our latest news.

We are very excited about seeing you all on the beach for our 14<sup>th</sup> Stampede!!!  
Victoria, Julie and all the Stampede Crew!

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