



Full Race Info



Thank you very much for your entry to the Studland Stampede 2017.

Please find below the Full Race Information and keep them safe until race day.

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 15th October!
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 11:00am. 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 10:40am 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 £4.30 per car, each way.

Staggered Start:

Confirmed start time is 11am. However, due to the constant erosion of the beach, we will be staggering the start to give runners more space through the sandy beach hut tracks and over the little bridge.

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 this year, and hope that it gives every runner a good opportunity to find their pace.

Your time starts when they 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 café will be 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 09:00am. 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 for Stampede runners - it will say £4 for 3hrs but don't worry about that. (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.

Hoodies

If you have ordered a Hoodie, it can be collected from the registration marquee on race day (or after the race if you'd prefer). If you have not pre-ordered but would like to, please email asap, as we only have 6 left.



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 into the sandy beach hut tracks and over a small bridge and some narrow paths for a short distance:



This is why we Stagger the start and hope that it gives runners some space to enjoy their run. You will be directed onto the road at the end of Middle Beach 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 this year, as we have tried to think of ways to reduce waste, and making our medals into keyrings we hope will extend their lifespan.

[Click here to take a look at the 2017 Prizes & Goodie Bags!!](#)

- *Delicious [National Trust Jam](#)**
- *Yummy [Dorset Flapjacks](#)**
- *Zing Ginershots from [JU-ICE-IT](#)**
- *Amazing Swimwear and rash guards - spot prizes from [Ocean Positive](#)**
- *Two course lunch winners prizes from [Pig On The Beach!](#)**
- *Free 1-night stay with breakfast for 2, from [Knoll House Hotel!](#)**
- *[Lucy Bee](#), Natural Ingredients spot prizes.**

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 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.dmphysiofitness.co.uk

Dorset Flapjacks

We have teamed up with Dorset Flapjacks again this year to make a great offer for anyone taking part in Studland Stampede 2017. If you log on to their website, www.dorsetflapjacks.co.uk, and make a purchase using the special Promotional Code STAMP17 then you can purchase any number of boxes of Dorset Flapjacks for only £11.00 each, an amazing 44% off the normal website price*! Get some friends together, buy a few for your running group, or get your Christmas presents early! The boxes that you purchase will be delivered to the Studland Stampede admin area at the event on 15th October ready for your collection. All

boxes must be ordered by midnight on Sunday 8th October. *The website price includes postage, this offer can only be made because we are not using a freight company to send them to your address.



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.**

Purbeck Trail Series

The Studland Stampede is very proud to be part of The Purbeck Trail Series.

Other events in the series are:

20th Aug - Lulworth Castle 10k - www.lulworthcastle10k.com

27th Aug - Studland Fun Run 5k - www.purbeckrunners.co.uk

3rd Sept - The Beast (13ish miles) - www.pooleac.co.uk/the-beast

17th Sept - The Purbeck Marathon - www.thepurbeckmarathon.co.uk

24th Sept - Black Hill 10k - www.blackhillrun.wix.com/blackhillrun

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



THE PURBECK
TRAIL SERIES

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Questions?

Please email 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 on the beach for our 13th Stampede!!!
Happy training!
Victoria, Julie and all the Stampede Crew!

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