

# ***STOW ON THE WOLD*** **10K**



***RACE GUIDE***

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# SAFETY POLICY STATEMENT

The safety and wellbeing of all participants, spectators, volunteers, contractors, and local residents is our highest priority.

We are committed to planning, delivering, and continually improving the Stow-on-the-Wold Summer 10K in a manner that minimises risk and promotes a safe environment for everyone involved.

Everyone involved in the event shares responsibility for maintaining a safe environment and is expected to follow event procedures, instructions, and safety guidance at all times.

By working together, we aim to deliver a safe, enjoyable, and successful event experience for all.



# ***ENVIRONMENTAL RESPONSIBILITY – PARTICIPANT COMMITMENT***

I understand that my participation in the Stow-on-the-Wold Summer 10K takes place within a historic market town and the surrounding Cotswold countryside. I recognise the importance of protecting the local environment and respecting the communities that host the event.

By taking part, I agree to the following:

- I will respect local residents, businesses, volunteers, marshals, and fellow participants throughout the event.
- I will remain on the official race route and follow all instructions provided by event staff, marshals, and signage.
- I will not discard any litter, including gel wrappers, bottles, cups, or other waste, anywhere on the course. Any waste will be disposed of in designated bins, at water stations, or handed to a volunteer where appropriate.
- I will encourage any friends, family members, or supporters accompanying me to act responsibly and respect the local environment and community.
- I will use the toilet facilities provided by the event or other appropriate facilities and will not use private property or public spaces inappropriately.
- I will avoid causing unnecessary disturbance to local residents, businesses, livestock, wildlife, or other countryside users.
- I will not damage, remove, or interfere with any natural features, fences, walls, signs, landscaping, or property along the route.
- I will support the event's sustainability initiatives by minimising waste and using environmentally responsible travel options where possible.

Failure to comply with these requirements may result in disqualification from the event and removal from the course.

Together, we can help ensure that the Stow-on-the-Wold Summer 10K remains a safe, enjoyable, and environmentally responsible event for participants, residents, and future generations.

# INTRODUCTION

## STOW-ON-THE-WOLD SUMMER 10K 2026

Join hundreds of other runners at what we hope will become one of England's must-run summer 10Ks.

Starting and finishing in the heart of Stow-on-the-Wold, this fully closed-road route offers a unique opportunity to run through the beautiful Cotswold countryside, past historic landmarks, and along some of the region's most scenic roads.

It's a run for everyone – whether it's your first 10K or you're chasing a new personal best.



# PRE-RACE



## EAT & HYDRATE

IT'S SO IMPORTANT TO PREP BEFORE YOUR RACE. EAT AND HYDRATE WELL THE EVENING BEFORE AND ON THE MORNING BEFORE YOUR RACE.



## BRING A CARD

WE HAVE A RANGE OF MERCHANDISE AND FOOD OPTIONS AT ALL OUR EVENTS.



## NO SENTIMENTAL ITEMS

WE SUGGEST YOU LEAVE ANY VALUABLE OR SENTIMENTAL ITEMS AT HOME OR IN THE CAR.



## BRING EXTRAS

IT'S ALWAYS GOOD TO BE PREPARED. BRING A COUPLE OF DIFFERENT OUTFITS SO YOU CAN CHANGE TO THE BEST SUITED.

# ***EVENT SCHEDULE***

***SUNDAY JUNE 21ST, 2026***



**7:00 AM**

Event Village Opens

**8:00 AM**

Road Closure start

**8:30 AM**

Starting Pens Open

**9:00 AM**

Start of the stow on the wold 10k

**9:31 AM**

First Male Finisher Expected

**9:34 AM**

First Female Finisher Expected

**10:45 AM**

Winners presentation takes place

**11:00 AM**

Last Runner expected

**11:30 AM**

Roads Reopen

# RACE DAY INFO



## ARRIVE 1:30 HOUR EARLY

PLAN TO ARRIVE MINIMUM 1 HOUR EARLY, THIS GIVES YOU TIME TO REGISTER, EAT,



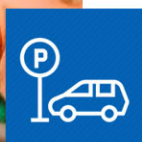
## START LINE

WE'LL KEEP EVERYONE INFORMED OVER OUR P.A SYSTEM FOR WHEN IT'S TIME TO MAKE YOUR WAY TO THE START LINE.



## HELP EACH OTHER

IF THERE IS ANYONE WHO NEEDS AID, INFORM THE NEAREST MARSHAL AND



## WE SUGGEST PARKING AT

- KING GEORGE'S PLAYING FIELDS



## RACE BIB

ATTACH THE RACE BIB TO YOUR FRONT USING SAFETY PINS. MAKE SURE YOU DON'T COVER YOUR NUMBER AT ANY TIME



## DO NOT LITTER

PLEASE DON'T LITTER AT ANY TIME. YOU CAN BE DISQUALIFIED FOR LITTERING ON COURSE. CARRY ANY RUBBISH TO THE NEAREST MARSHAL



## RESPECT THE VOLUNTEERS



# EVENT PARKING

## IMPORTANT INFORMATION

### Parking:

Parking for participants is available at King George's Playing Fields. Please follow the directions of event marshals on arrival and allow plenty of time before the race start.

We recommend arriving early to avoid congestion and to ensure a smooth start to your race day.

### Sustainable Travel:

We encourage sustainable travel wherever possible:

- Use public transport where available
- Lift share with teammates, family, or friends
- Cycle or walk if you live locally

Help reduce congestion and minimise your environmental impact.

### Road Closures:

Due to race day road closures, access to some roads in and around Stow-on-the-Wold may be restricted during the event. Please plan your journey in advance and allow extra travel time.

### No Parking Zones:

Parking is strictly prohibited on any section of the race route or on roads marked with temporary event restrictions.

Vehicles parked in restricted areas may be subject to enforcement action and could affect the safe operation of the event.

### Local Residents:

If you live nearby:

- Walk to the start line where possible
- Car share with family, teammates, or friends
- Follow local diversion signage during road closure periods

### Accommodation in Stow-on-the-Wold:

If you're looking for somewhere to stay, Stow-on-the-Wold offers a wide range of accommodation, from traditional inns and boutique hotels to charming guest houses and Cotswold cottages.

### Popular options include:

- Hotels & Inns – historic coaching inns and boutique hotels in the town centre
- Bed & Breakfasts – friendly local accommodation within walking distance of the event village
- Self-Catering Cottages – ideal for families, groups, and weekend stays
- Cotswold Retreats – rural accommodation in the surrounding countryside

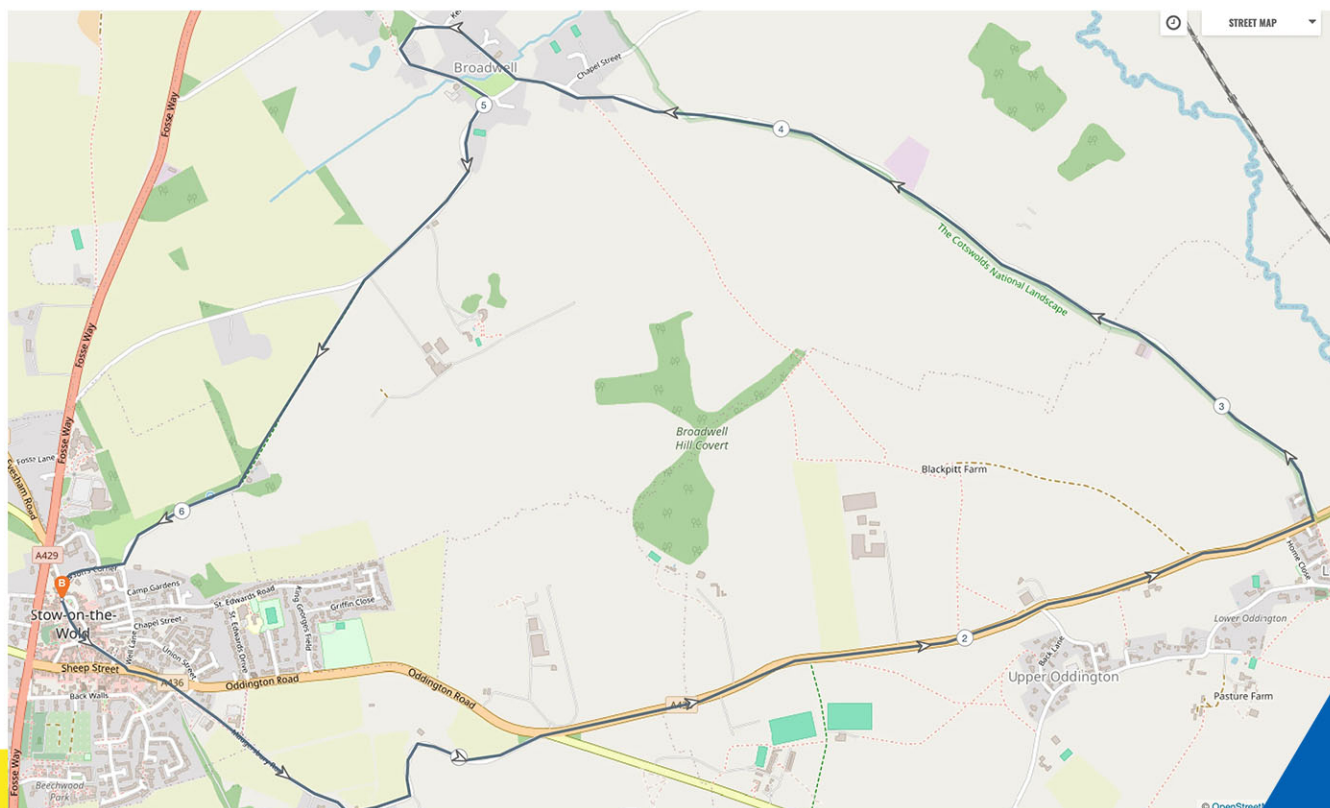
## FREE PARKING

**LOCATION:**  
KING GEORGE'S  
PLAYING FIELDS

**SPACES:**  
EVENT PARKING  
AVAILABLE

**OPENING TIME:**  
7:00 AM

# RACE ROUTE



The Stow-on-the-Wold Summer 10K starts and finishes in the heart of the town at Market Square. Runners will make their way through the historic streets of Stow-on-the-Wold before heading out onto the picturesque Cotswold roads and countryside surrounding the town. Along the route, participants will enjoy stunning rural views, rolling landscapes, and the unique charm of one of the Cotswolds' most iconic market towns before returning to Market Square for a memorable finish in the centre of Stow-on-the-Wold.



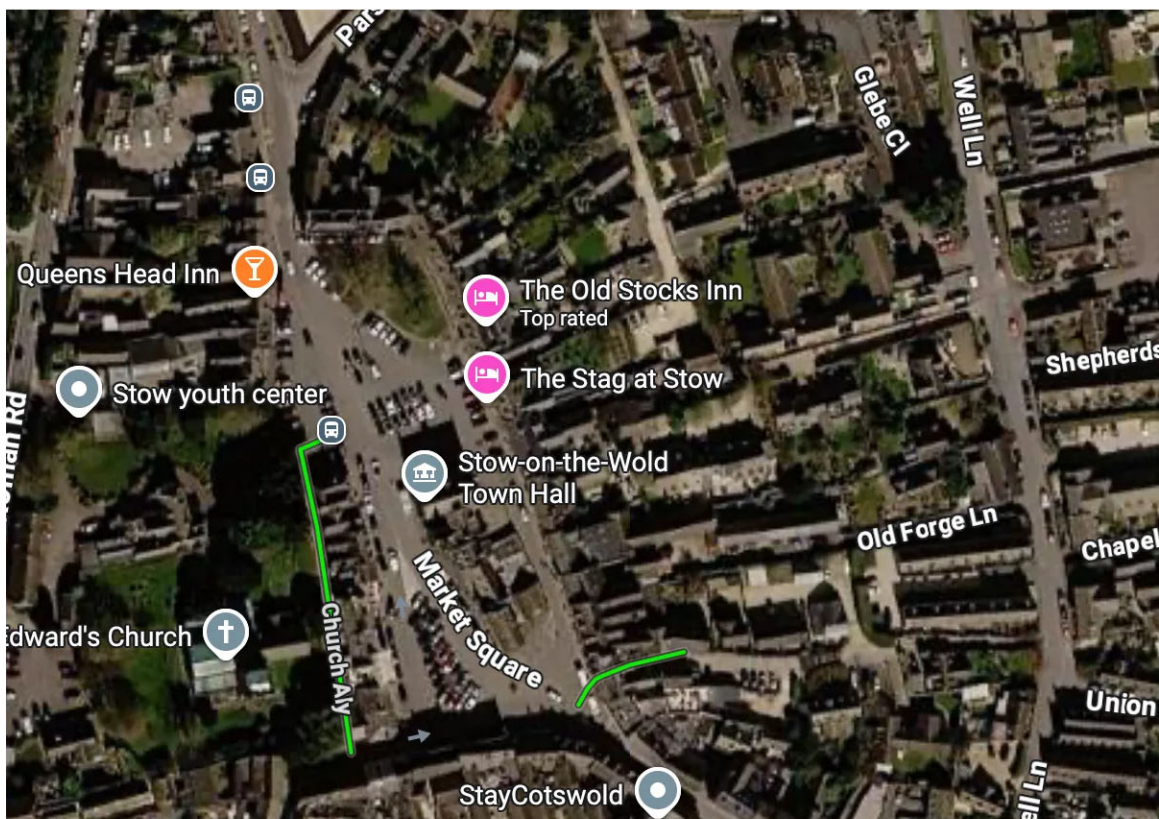
# START AREA

The race will start at 09:00 AM, and all participants must arrive at the venue by 08:30 AM.

Unfortunately, latecomers will not be able to take part in the event.

The start area is located in Market Square, Stow-on-the-Wold. There are no allocated start pens, so please seed yourself appropriately according to your estimated finish time, with faster runners towards the front and slower runners towards the back.

Please listen carefully for all race announcements and follow the instructions of event staff and marshals at all times.



# MEDICAL POINT

OMS  
OUTDOOR MEDICAL SOLUTIONS

If you did not tell us about a medical condition when you registered, or if you have received a new diagnosis since registering that we should be aware of, please let us know as soon as possible.

If you need medical assistance during the run, stop, rest, and inform the nearest volunteer, or ask another runner to inform them on your behalf.

Medical stations will be located along the route and at the finish line.



STOW ON THE WOLD **10K**  
GLOUCESTERSHIRE

**1234**  
**DAVE**

# ***YOUR RACE NUMBER***

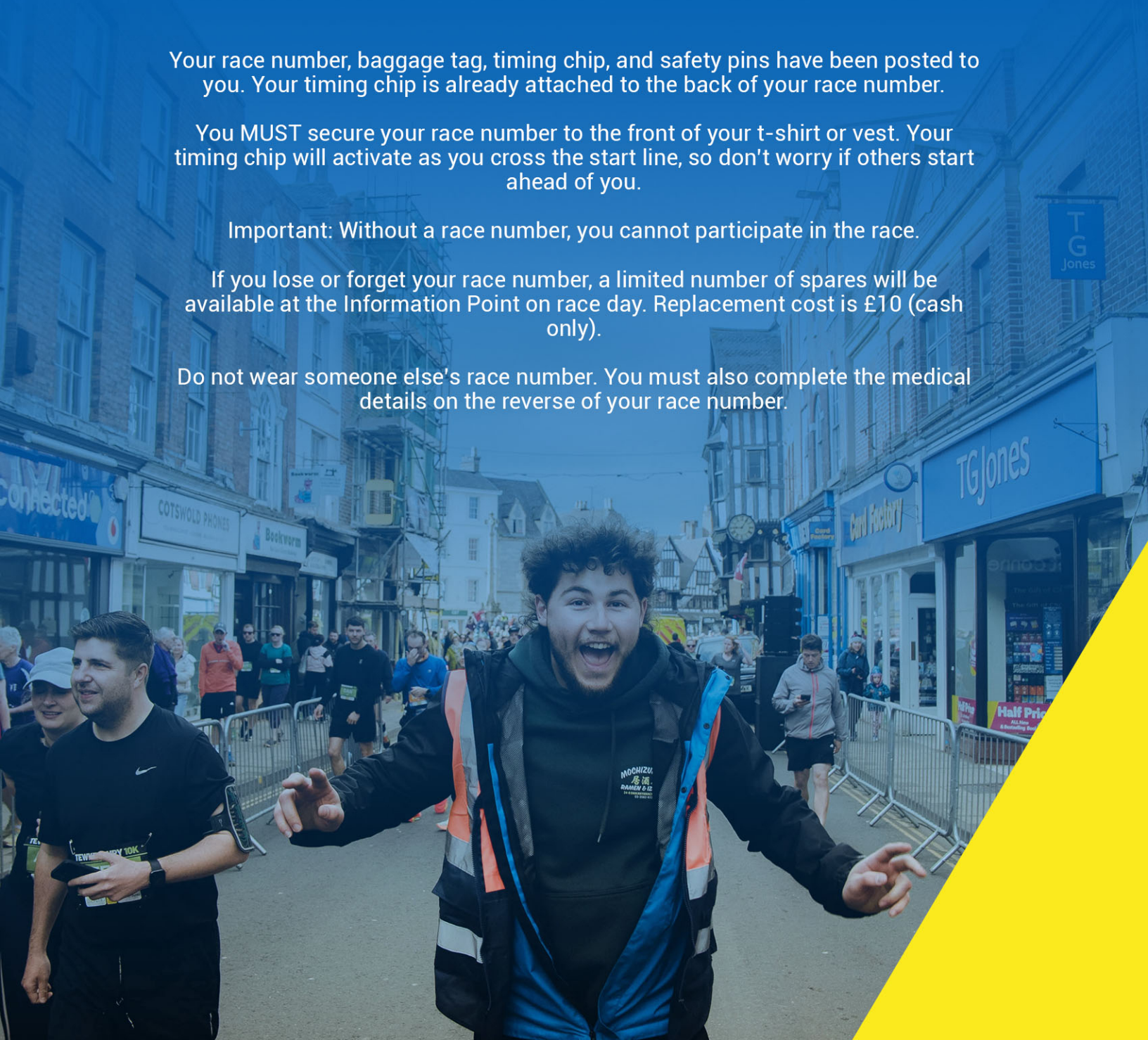
Your race number, baggage tag, timing chip, and safety pins have been posted to you. Your timing chip is already attached to the back of your race number.

You **MUST** secure your race number to the front of your t-shirt or vest. Your timing chip will activate as you cross the start line, so don't worry if others start ahead of you.

Important: Without a race number, you cannot participate in the race.

If you lose or forget your race number, a limited number of spares will be available at the Information Point on race day. Replacement cost is £10 (cash only).

Do not wear someone else's race number. You must also complete the medical details on the reverse of your race number.





## PHOTOGRAPHY

We'll have two photographers on the day. If you'd like any individual photos, please feel free to approach them – they'll be more than happy to help!

## TIMING & RESULTS

Official results will be available as soon as possible after the event at:  
[www.racetimingsolutions.co.uk](http://www.racetimingsolutions.co.uk)

If you notice any issues with your timing or results, please email:  
[admin@futuresportsevents.com](mailto:admin@futuresportsevents.com)





### **'Save Little Ed – the Stow Town Clock'**

Our community partner for the Stow 10K is – 'Save Little Ed – the Stow Town Clock'.

London has Big Ben and Stow has Little Ed, the town clock which proudly sits on St Edward's Church Tower overlooking the town square. Time has taken its toll on Little Ed and he needs a facelift inside and out. The town is raising £25,000 to renovate the clock face and refurbish the clock's mechanism. If you can, please support the campaign to 'Save Little Ed'. You can donate using the QR code. Thank you.