



Race
Instruction
Booklet



[2021]



Race Day



Venue

The race starts and finishes at Giggs Hill Green. Race HQ is based in the Event Village, on the green.

The full address is: **Giggs Hill Green , Giggs Hill Road, Thames Ditton, KT7 0BT**

Race timings and Start

The race starts at 08:30. There will be signage on the Green guiding you to the race start.

Runners will be released in waves. You need to be ready at the start 15 minutes prior to the race start in order for us to assemble you into appropriate waves.

All competitors should try to arrive at least one hour before the start to allow time to collect your race number if needed (details on this will be sent out via email). You will also need time for warming up and lining up. Please be realistic about your expected performance, line up according to how fast you plan to run. Slower runners should move to the back of the group.

Please pay attention to the pre-race instructions. These are for the benefit of all runners, and will help guide you through the course and keep you safe. This advice is for your own safety and that of other road users.

You must be certain to run over the matting at the start line to ensure that your chip is registered.



Travel

If you are local, please consider walking, jogging or cycling to the event. If you drive or need to take public transport, we suggest the following:

By Train. **Waterloo to Thames Ditton.** The first train departs Waterloo on Sundays at 06.57 and arrives at Thames Ditton station 33 minutes later. The station is 10 minutes' walk from Giggs Hill Green.

Please check the TFL website for train times incase any changes to the regular timings.

By Car. Please DO NOT park on either side of the Green (Giggs Hill Road), or on Watts Road, which is effectively a straight line continuation of Giggs Hill Road (West side). These roads are narrow and parking causes serious congestion. Furthermore the race runs along Watts Road, so cars parked here will be blocking the race course. There a few local public car park options:

Car Park 1. Thames Ditton Library, Mercer Cl, Thames Ditton, KT7 0BS. There are 50 spaces and it is used very little on a Sunday, with no charges applying. When this area is full please continue to an alternative car park.

Car Park 2. Ashley Road car park, Thames Ditton, KT7 0NH. There are spaces for 66 cars and again there are no charges on a Sunday. It is about a third of a mile to walk back to the start.

Car Park 3. Hampton Court Station, Hampton Ct Way, Molesey, KT8 9AE. This is a large car park with plenty of spaces and costs just £2 for all day Sunday. It's about 1.4 miles from the start, so allow 25 minutes to walk or 15 minutes to jog. A nice pre-race warm up

Baggage

Baggage storage facilities are available at the race HQ on Giggs Hill Green, however please limit the number of belongings you bring to the event and if possible leave anything in a car. Lm The organisers cannot accept responsibility for security and advise that competitors do not leave valuables in their bags.



Race packs

Race packs will include both your **race number** and **timing chip**.

Please note that we are not sending race packs out in the post in advance.

You are able to collect your number in advance of the race from a local running shop or on the morning at the race. Advance collection details will be sent out in due course.

Only the person who has entered the race should collect the race number. It is permitted to transfer race numbers to another person, but this should only be done in advance through the Race registration service operated by Sport Systems. This is a condition for entering the race and is extremely important especially in the event of illness or an accident during the event. It may also affect the results, and may mean someone getting a prize to which they aren't entitled.

Pin your race number on the **FRONT** of your running vest or 'T' shirt, where it is most visible for race officials. Runners who do not have a properly displayed number or are identified as running under the wrong name will be liable to disqualification.

Please complete the form on the back of your number with your name, contact details and any medical condition. This will help in the event of an accident or illness.

Shoe chip timing

The shoe chip is secured by weaving it through your shoe lace; please follow the instructions in your race pack as to how to do this. Your chip will be detected as you cross the finish line and your time and race number will be recorded automatically. Please make sure that you return your chip after finishing the race, otherwise you may not get a time!

There will be two times recorded for each runner. The first is what is called the Gun Time. It's the official race time and is the time that the runner takes to complete the course from the time the gun was fired. The second is the Chip Time. This records the time that the runner actually takes from crossing the start line to crossing the finish line.



Toilets & Changing

Portaloos are available in the event village on the Green. There will be no changing facilities available.

Course

The course is officially measured and has a certificate of course accuracy. The Harry Hawkes Half Marathon is a flat, mixed terrain course over public roads, with a section on a good surface towpath of approximately three miles, and approximately one mile on woodland paths.

No dogs, accompanying vehicles or cycles are allowed on the course (with the exception of the organisers lead and tail bikes). **We regret the course is not suitable for wheelchairs, prams or pushchairs.** The course will be marked at each mile.

Water Stations

Water will be provided in sealed 330ml bottles for those that need it, however we do recommend that runners should bring their own hydration.

Water will be available at approximately miles 2, 5, 7, 10.5 and at the finish.



Covid-19 Safety Measures

Do not come to the race if you have Covid symptoms (particularly a persistent cough, high temperature or loss of taste or smell) OR if you have been asked to isolate.

EVENT VILLAGE

- All runners should bring a mask to the race and have it available for any appropriate use. Masks are not required but advised if in a crowded setting.
- Runners are asked to adhere to the social distance rules in place at the time of the race.
- Please limit the number of belongings you bring to the event and if possible leave anything in a car. There will be an informal self-service bag drop area at RACE HQ for runners who need it.
- There will be multiple sanitiser stations available at key positions at the event.
- You will see clear signage at the event, please follow all signage and instructions from the marshals.

DURING THE RACE

- The race will start in waves with the faster runners at the start and slower near the back to avoid any congestion and the need to overtake on course.
- Whilst water will be available on the course at a self serve station, we recommend that runners should bring their own hydration.
- Please keep left at all times. If you need to overtake on the course please give a wide berth of at least 1 meter around any runners.
- Spitting and nasal clearance during the race is not permitted

AFTER THE RACE

- Do not stop within the finish barriers. Please continue moving and collect your water, medal and goodies.
- Please remove your shoe timing chip and drop in the buckets available. There will be marshals available to help with this if needed.
- We ask that once you have collected your finish line goodies, to leave the event as soon as possible.