



*Race
Instruction
Booklet*

Sunday 20th February
2022



Race Day



Venue

The race HQ is at Giggs Hill Green, Giggs Hill Road, Thames Ditton, **KT7 0BT**.

Race HQ is based in the Event Village, on the green.

Race timings and Start

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

Runners will be released in short 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 not already collected in advance). 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.



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Race Numbers

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 the Up & Running store in **TEDDINGTON**. Race packs will be available to collect from Saturday 5th February – Saturday 19th February.

Advance collection is only available for those who entered before 12:00 on Wednesday 2nd February.

UP & RUNNING will also be offering a special discount in the **Teddington** store when you collect your race number.

**If you do not collect your number in advance you will be able to collect from Race Registration on the day, although please allow plenty of time if you plan to do this.* 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.



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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!

Course

There are no changes being made to the course and thus the 2022 course will remain the same as the previous six years. The course has been accurately measured and holds a certificate of course accuracy (Verification measurement under the Association of Course Measurer's Registered Distance rules). It is a flat, mixed terrain course over closed and public roads, with a section on a good surface towpath of approximately three miles.

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. The first mile of the course is run on closed roads, and in total 5 miles are traffic free.



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Toilets

Portaloos will be sited adjacent to the race village on Giggs Hill Green. There will be also be additional toilets at the halfway point on the course.

Cut off times

Please be aware that due to the race being an open road event, the cut off time is 3 hours 15 minutes. Any entrants running beyond this time will be unsupported.

Pacers

Our pacers will cover a full range of finishing times to help you achieve your race target. There will be starting pens on the day, with pacers heading up each of these. You will be able to choose on the day which pacer/pen you would like to start in. Everyone will start between 08:30 - 08:45, depending on your chosen starting pen.

Finish

The Finish is in the same place as the Start at Giggs Hill Green.

Please keep moving once you have crossed the line and clear the finish area as soon as possible

The timing chip attached to your race number will record your race time as you cross the line. Make certain that you run over the matting in the finish funnel, this will ensure that your chip is registered.



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First Aid

Professional First Aid cover will be available at the race to provide medical support if necessary.

Medical Conditions

If you have a medical condition that will need consideration should you be taken ill, during the race, please write the details on the back of your race number. If you feel unwell before the race, or have not been well for a few days prior to the event, please do not start; remember there is always another year and another race.

Water Stations

Water stations will be provided at the following points on the course:
Start / 5 miles / 8.5miles / 11 miles / Finish

Baggage

Baggage storage facilities will be available at 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. The organisers cannot accept responsibility for security and advise that competitors do not leave valuables in their bags. Please use the tear off strip on the bottom of your race number and attach to your bag.



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Travel

It is essential that you arrive in good time for the 08:30 start.

By Train: South West Trains are scheduled to run trains from London Waterloo to Thames Ditton at 06:57 and 07:27am arriving at Thames Ditton at 07:30 and 08:00am. However please check TFL's website for any changes to the scheduled service.

By Bike: If you are reasonably local we recommend travelling to the race by bike. There are cycle racks available near the race village. Baggage can be left at the baggage drop

By car: Please do not park on the course or surrounding roads as this will cause disruption for runners and local residents.

- **SHL, 1 Atwell Pl, Thames Ditton, KT7 ONE - 200 places - Private Car Park - Advance booking only**

This is now fully booked as of 04/02/22

- **Southbank Car Park, Long Ditton, KT7 OUD - 50 places**

The Southbank Car Park is 0.5 miles from the race start at Giggs Hill Green, which is approx. a 9 minute walk. This Car Park is free on Sundays.

- **Ashley Road Car Park, Thames Ditton, KT7 ONH – 50 places**

The Ashley Road Car Park is 0.4 miles from the race start at Giggs Hill Green, which is approx. a 7 minute walk. This Car Park is free on Sundays

- **Esher Station – 270 places**

The Esher Station Car Park is 1.3 miles from the race start at Giggs Hill Green, which is approx. a 26 minute walk. This Car Park is £2 all day on Sundays

- **Hampton Court Station – 200 places**

The Hampton Court Station Car Park is 1.4 miles from the race start at Giggs Hill Green, which is approx. a 28 minute walk. This Car Park is £2 all day on Sundays

- **Surbiton Station (Glenbuck Rd Car Park) – 200 places**

The Surbiton Station Car Park is 1.5 miles from the race start at Giggs Hill Green, which is approx. a 30 minute walk. This Car Park is £2 all day on Sundays. Or jump on the K3 outside the station and get off at Mayfield close which is then just a 10 min walk from Giggs Hill Green.



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Race Discipline, Rules and Headphones

The race is officially measured by the Association of Course Measurers and holds a Registered Distance certificate. It is licenced through Run Britain and holds a full United Kingdom Athletics licence.

The route runs on public roads. Keep to the left of the road, pavement or path during the race. Take care when overtaking and make way for faster runners. If you need to stop or walk for any reason, please move to the side of the course, so as not to impede other runners. Instructions issued by the Race Marshals, who will be wearing fluorescent yellow bibs, MUST be obeyed. They will advise you of any hazards.

Policy on wearing headphones during the race:

The Hampton Court Half Marathon is run under licence from UK Athletics and we are bound by British Athletics rules. From 1st April 2016 a new rule banning the wearing of head phones in road races was introduced. This applies to races held on single carriageway roads that are not closed to traffic.

As the Hampton Court Half Marathon has significant sections on open roads, and because we feel it is the runners and organisers interest for runners to be able to hear marshals instructions, we do not permit the use of headphones on any open road sections of the race. Any runner not complying with these rules is liable to disqualification. The Race Referee's decision is final at all times. This advice is for your own safety and that of other road users. Without your co-operation it is not possible to hold a race on public roads.

However please do note that bone-conducting headphones are allowed under UKA rules and therefore allowed in this race.