



Race
Instruction
Booklet

[2022]

A large, light blue, stylized "H" logo is centered on the page. It has a modern, geometric design with rounded corners and a slight shadow. The "H" is flanked by two stylized trees with intricate, swirling foliage. The background of the page is a gradient of light blue to teal, with a dark blue wavy pattern at the bottom.



Race Day



Venue

Both races start and finish 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 8 Mile race starts at 08:30.

The 10 Mile race starts at 08:45.

There will be signage on the Green guiding you to the race start.

You need to be ready at the start 15 minutes prior to your start time in order for us to assemble you ready to start.

All competitors should try to arrive at least one hour before the start to allow time to collect your race number if you haven't already done so (collection details under 'Race Packs' heading). 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.

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 shoe timing 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 in case 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 are 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. Southbank Car Park, Long Ditton, KT7 0UD - 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.

Car Park 4. 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



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 the Up & Running store in Teddington. Race packs will be available to collect between Saturday 1st July – Saturday 15th July.

Advance collection only available for those entered before 10:00 on Wednesday 29th June.

UP & RUNNING will also be offering 15% off in the Teddington store when you collect your race number.

**If you do not collect your number in advance OR you entered after 29th June - you will be able to collect from Race Registration on race day, please allow plenty of time if you are doing 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 organisers. 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!



Toilets & Changing

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

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. The organisers cannot accept responsibility for security and advise that competitors do not leave valuables in their bags.

Course

The course is officially measured and has a certificate of course accuracy. Both races are 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 stations will be provided at the following points on the course:

8 Mile race

3 miles / 6 miles / Finish

10 Mile race

2 miles / 5 miles / 8 miles / Finish



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 Harry Hawkes Summer Raceday 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 Harry Hawkes Summer Raceday 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.