

Hillingdon Half Marathon & 10K



Race Information

Sunday 25th February 2018

Half marathon: 09:00AM

10K: 09:35AM

Dear competitor,

Thank you for entering the Hillingdon Half Marathon or 10K which is permitted by and run under UKA rules. **Please read all the notes!**

Active Training World, race sponsor Bird & Lovibond Solicitors, Hillingdon Hospitals Charity and venue hosts Brunel University wish you all the best and we trust you will have a productive and enjoyable race.

Registration

Please collect your numbers and disposable timing chips from **7.15AM to 8:45AM or up to 9.00am for the 10K at the race HQ in the Indoor Athletics Centre at Brunel University on race day**. Please fill in the medical requirements on the back, and then pin your number securely on the front of your vest and without folding, so that it is clearly visible to officials during the race, and at the finish. Timing chips are to be attached to shoes as per the instructions with the chip. Failure to do so may result in no time being recorded.

Start and Finish

Is within Brunel University campus. The Half marathon starts at 09:00AM and the 10K at 09:35AM. Please line up at the start in a sensible position based on your target completion time. Competitors need to cross the timing mat at the start and finish to be recorded in the results and wear the timing chip provided with the race number. **The timing chip must be looped through your shoes laces without bending the chip in half.**

Course

The course is mainly pavement and should be used unless directed otherwise. A course map accompanies this document. **This race is within a busy residential setting.** Please take care and obey the course marshal's instructions. Give way to traffic and members of public, especially at the locations where the race changes from one side of the pavement to the other. The roads are not closed and motor vehicles have the right of way. Please don't just follow someone else in front. Make sure you check it is clear for you to cross before proceeding.

Water Stations

There will be 2 water stations on the course that are both passed twice as shown on accompanying map. There will be water at the finish, as well as refreshments to purchase. Please properly hydrate before, during and after the race.

First Aid

Professional medical staff will be on duty to offer medical assistance if required. If you feel unwell or sustain an injury please notify the nearest marshal or first aider. If you see someone in trouble on route, please tell the next marshal you see so that help can be initiated. If you feel unwell before the start please consider carefully whether you should participate in the race.

Headphones

The wearing of headphones and similar devices is not permitted during the race as competitors need to listen out for the marshal's instructions and motor vehicles. The bone type headphones are permitted under UK Athletics rules but **any competitor seen wearing headphones that cover or partially cover the ears, will be disqualified from the race.**

Car Parking

Free Parking will be available in Brunel University, Kingston Lane, Uxbridge Middlesex from 7am. If using a sat-nav device please make sure you go to Kingston Lane and not Cleveland Road. There are plenty of free parking spaces within the campus. Please don't park on the course. Don't leave valuables within sight of passers-by.

Travel

Please wherever practical travel by foot, bicycle or public transport. Uxbridge Met & Piccadilly lines and West Drayton First Great Western are nearby. By Bus: U1, U2, U3, U4, U7, 427 & 607 all serve the campus within a 5-minute walk. Further details at www.tfl.gov.uk

Changing

We advise you to come changed and ready to run to save time. There are changing rooms, showers and lockers within the sports complex adjoining the race HQ Toilets – In the sports complex adjoining the race HQ and portable toilets outside next to the race HQ.

Clothing and Valuables

Left at your own risk in the baggage area in the Indoor Athletics Centre race HQ. There are around 100 lockers next to the hall.

Prize Presentation

It will begin when all the prize positions have been filled. We expect presentation to begin at 10:45AM either by the finish or at the Indoor Athletics Centre. We will announce when and where it will happen beforehand. There will be many prizes available so please stay for it.

Results

Will be available on www.eventchiptiming.co.uk/results live during the race and will be emailed to all finishers on the afternoon of the race.