




**HARROW
HALF
MARATHON**

INCORPORATING THE
**'Sir Roger Bannister'
Family Mile**

RACE PACK INFORMATION

RACE DATE:
15TH SEPTEMBER 2019

HALF MARATHON START TIME: 09:00
SIR ROGER BANNISTER FAMILY MILE START TIME: 09:20





Welcome

Welcome to the Harrow Half 2019. We are delighted to welcome you and your friends and families to Harrow for what will be our 3rd year running of the half marathon and Sir Roger Bannister family mile.

A small team of incredibly dedicated volunteers from Harrow AC work throughout the year with our key partners Active Training World and Harrow Council to ensure that your race experience is as good as any race can be. We have over 100 volunteers out on the course and at Race HQ looking after your safety and they will be ready to provide you with any support you need – please do thank them when you can.

The event would be impossible to run without the support of our magnificent sponsors – a huge thank you to them for their ongoing engagement with our vision of making Harrow Half an environmentally friendly event that showcases the best of our sport and supports the local community.

Enjoy the event – and we hope to see you back next year!



GOLD SPONSORS OF THE HARROW HALF 2019



SILVER SPONSORS OF THE HARROW HALF 2019



Registration and important information

Race Information

The Harrow Half marathon is run under UKA rules. Please read all of the following information to ensure that you understand the rules and registration process.

The half marathon starts at 9am, with the Sir Roger Bannister Family Mile starting at 9:20am

Registration

Please collect your numbers and timing chips for both races between 07:30 and 08:45am from the Race HQ at the Harrow School Playing Fields. There will be signs directing you to the registration desk.

Please complete the medical information on the back of the race number and then pin your number securely to the front of your running top without folding it. Please ensure that it is clearly visible to officials during the race and at the finish.

Please attach the timing chip to your shoe as indicated in the instructions.

**NO CHIP or a DAMAGED CHIP =
NO OFFICIAL TIME!**

PLEASE TAKE CARE NOT TO
BEND THE CHIP IN HALF AS THIS
WILL DAMAGE IT.



**Energy has
mandatory
water labelling
#WhyNotWater**

Water is not part of the climate change debate.
It is treated like an add-on but it is critical to life.

**We need this to change now!
Join our campaign**

Find out more about our #WhyNotWater campaign
and sign our petition
visit www.whynotwater.co.uk

Affinity Water

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HARROW HALF



Race starter

Laura Turner-Alleyne is a British Olympian, Harrow AC athlete and Harrow Half Marathon finisher!

Laura represented Great Britain at the 2008 Olympics in both the individual 100m and the 4 x 100m. She competed in four Athletics World Championships and took five British national championship titles across her career, in 60m, 100m and 200m.



Laura won a Commonwealth Gold medal at the 2010 Delhi games as part of the 4 x 100m relay team.



Laura ran the first Harrow half marathon so knows the challenge you are about to tackle. In her blog on her experience, she described completing the event as “one of my proudest achievements”. We think an athlete with a Gold medal from a major international competition who has pulled on the British vest for the Olympics has much more to be proud of.

Say hi as you run past on Sunday morning!

Laura Turner-Alleyne



Laura offers a running consultancy service providing training plans, gym/conditioning sessions and 1-2-1- running coaching for runners of all abilities.

laurakateturner@icloud.com



K&G
RESTAURANTS



McDelivery

**VISIT OUR STAND
IN THE EVENT
VILLAGE.**

After the Sir Roger Bannister Family Mile, you can look forward to a special finisher pack with a healthy snack from McDonald's

“WE’RE ALWAYS WORKING TO BECOME MORE SUSTAINABLE”

We want the best for the environment. To us that means constantly challenging ourselves to find ways in which we can use our scale and our people, to influence and drive change. By rethinking, reducing and recycling, we’re minimising the impact we have on the environment. We’ve made big progress so far, but we know there’s lots more to do.

**Proud to support Harrow Half Marathon’s drive
for environmental sustainability**

Restaurants in 3 locations around Harrow:

361 – 363 Station Road
St George’s Shopping centre
Shaftesbury Circle



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Parking and Travel

Start/Finish Area

The start and finish for both races is in the playing fields at Harrow School, HA1 3TZ

Travel – Public Transport

Harrow School is easily reached by public transport and the nearest train station is Harrow-on-the-Hill. There will be signs in place to direct you from the station to Race HQ. Please check the train times before you travel!



There are works planned on the Metropolitan line between Uxbridge and Harrow-on-the-Hill, with no service on the line on this branch. There is a replacement bus service operating. ALL OTHER ROUTES have no planned closures.

Travel – by foot

If you are arriving by foot then the best way to access the school playing fields is off Peterborough Road and down either Garlands Lane or Football Lane. These roads will not be accessible by car.

Travel – Car

For travel by car, please use postcode HA1 3TZ. Parking will be available by special permission from Harrow School accessible via Watford Road.

Marshals will be in place to help direct you into the parking area.



Car Parking – Before the Race

The car park will only be open for access between 07:15 and 08:30 before the race. Once you enter the car park there will be no early exit available. If you intend to drop a runner off by car please use the town centre areas then follow the travel by foot instructions.

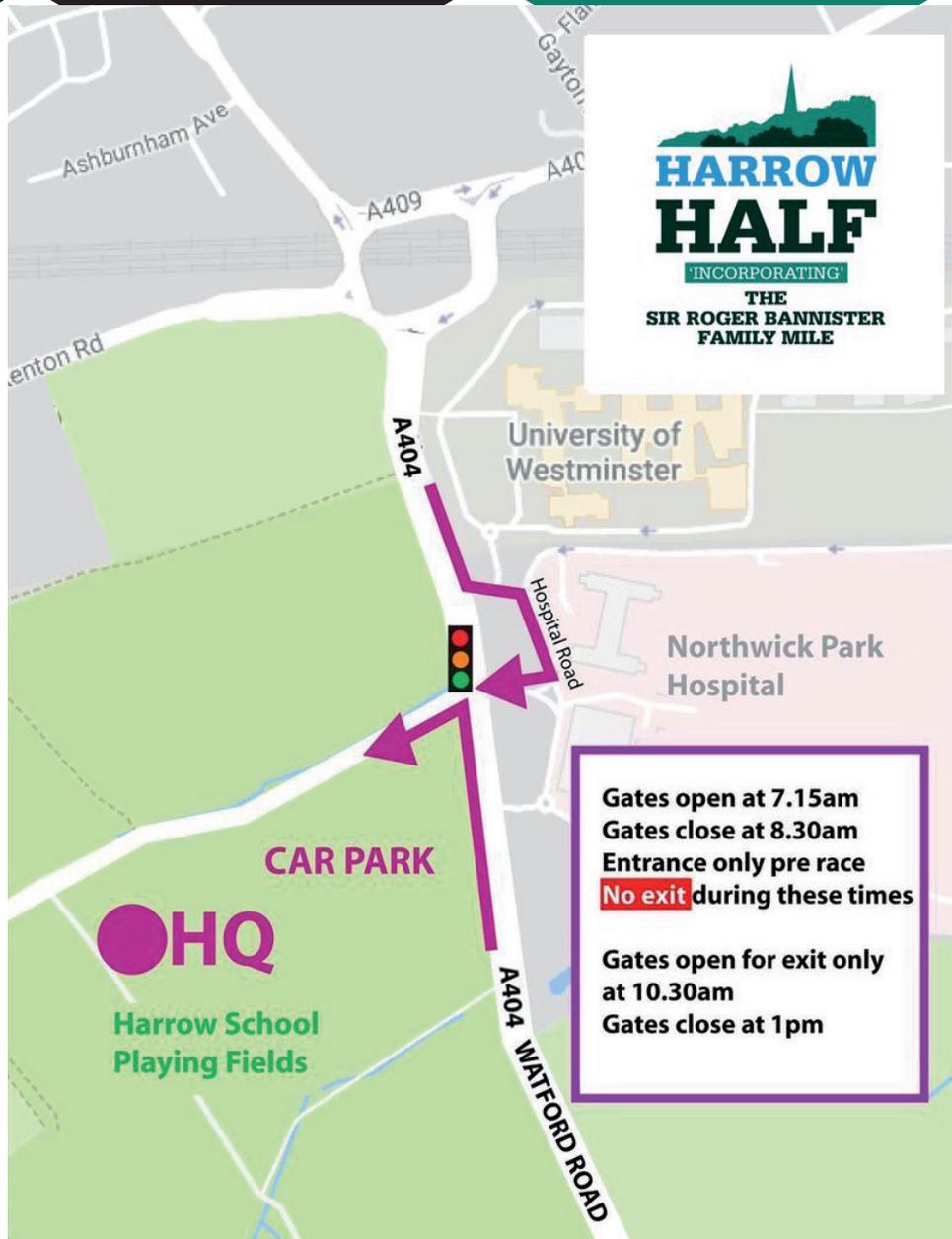
Car Parking – After the Race

The car park gate will be open at 10:30 for departures onto Watford Road (left turn only). The gate will be closed and locked at 1pm – all cars must have left the car park by this time.

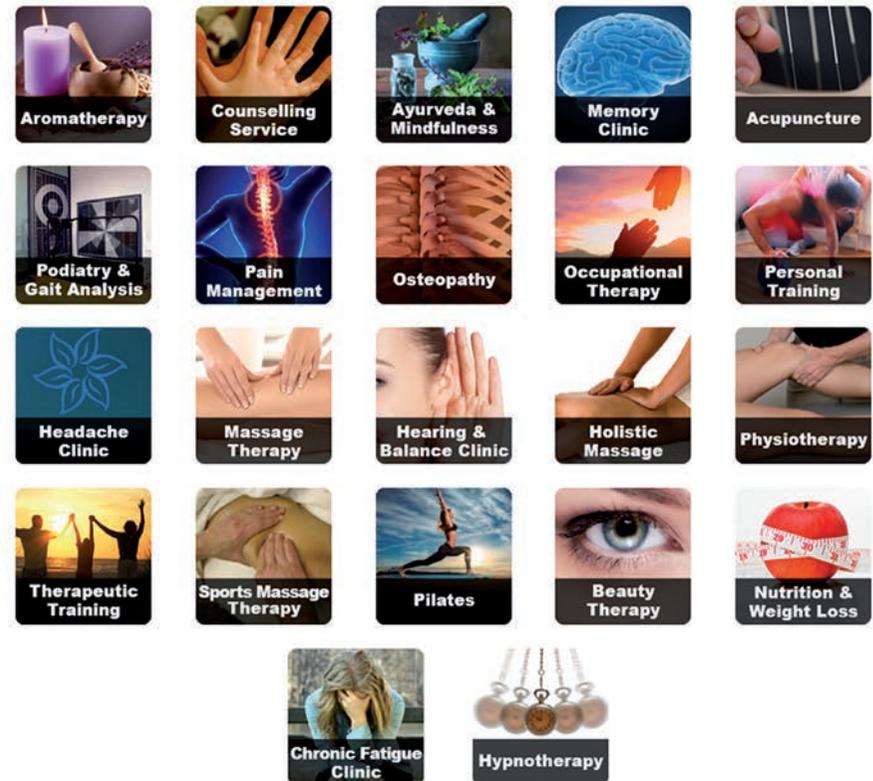
There will be no access to the School Playing Fields via Peterborough Road as this forms part of the course!

PLEASE FOLLOW ALL INSTRUCTIONS FROM OUR MARSHALS

FREE
PRE & POST EVENT
MASSAGES IN
THE EVENT
VILLAGE



Come and visit us on race day for **FREE** pre and post event massages and to have a chat about the range of services we can provide.



GOLD SPONSOR

The Courses

Harrow Half Marathon

The race is held under UKA rules. The race starts and finishes at Harrow School Playing Fields with the fantastic backdrop of Harrow School and Wembley Stadium. The course is run on closed roads around Harrow.

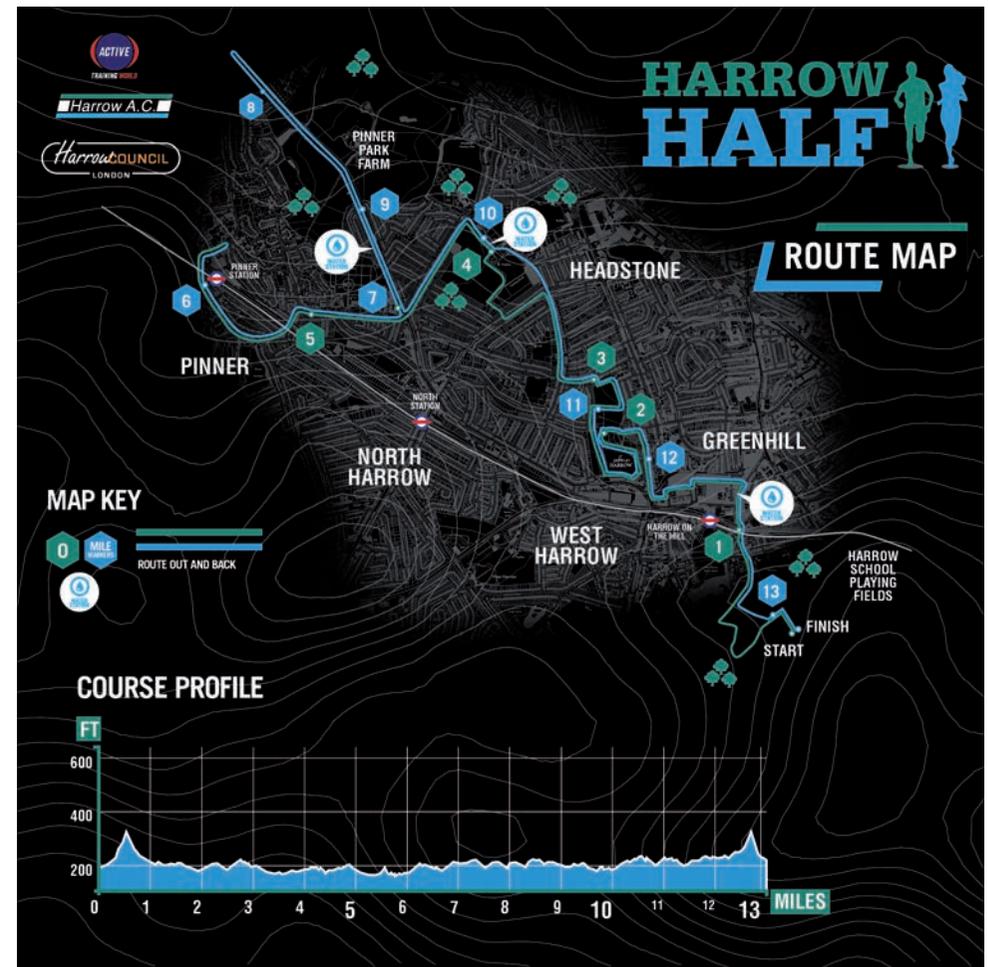
Although the roads will be closed for the race, there is the possibility cars could be on the course as residents in the area will be able to drive out of designated access points.

Sir Roger Bannister Family Mile

The family mile will take place entirely within the grounds of Harrow School and will be completely free of traffic. This 1 mile course will be well marked out with marshals in place to direct you around the course.



Please take care and obey the course marshal's instructions.



Water Stations

The Environment

The Harrow Half marathon will once again be single use plastic free on the course. This means no plastic bottles of water! Plastic use is something we are all much more aware of since Blue Planet II and other media articles. We are committed to continuing to make our event more environmentally friendly each year.

On the Course

Runners on the half marathon course will have a choice on the water stations of using bio-degradable cups of water or, as last year, Ooho sachets of water. Ooho is a biodegradable sachet made using a 100% seaweed based membrane. Runners have to “nip and sip” the sachet.

There will be information and samples of Ooho available before the race at Race HQ.

With 3 water stations on the course, runners will have 6 opportunities for water as they make their way round the 13.1 miles.

At the end of the race, our sponsors Affinity Water have once again provided reusable sports bottles for you to get a drink and then re-use as many times as you want.



Ooho Water

OOHO is a world first. Biodegradable in 4-6 weeks, it aims to challenge the devastating effects of plastic on the oceans and the environment. OOHO has focused on creating edible seaweed-based membranes filled with water and made from an abundant natural resource that disappears as quickly as natural food waste. The material can be treated just like food and disposed of in the food waste, but even if it goes in the general waste and ends up in landfill, it will degrade to its original elements.

OOHO water is filtered water in a biodegradable and edible sachet. Runners will be able to collect them from the volunteers when passing any of the water stations. To drink it, simply bite the corner and suck out the water; ‘nip and sip’. Alternatively, you can swallow the sachets as they are edible or simply throw them away – our volunteers will sweep them up – or they will degrade in a few weeks.

The choice is yours.

Useful Information

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 your nearest marshal or first aider. If you see someone in trouble on the route, please tell the next marshal you see so that we can initiate help.

If you feel unwell before the start, please think 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.

Changing & Toilets

We advise you to come changed and ready to run. Toilets will be provided at event village. There are also toilets close to the course at miles 4 and 10.

Baggage

There will be a baggage service at the event village. Please mark your bag clearly with your race number. The organisers will not be held responsible for any lost items.



Results & Photos

Results will be available live during the race by going to:

www.eventchiptiming.co.uk/results.

Photos will be available to purchase after the race by going to:

www.mysportphotos.co.uk

Prizes and presentation

Every finisher will receive a specially commissioned medal and Affinity Water re-usable sports bottle. Family milers will receive a healthy snack from McDonald's and half marathon finishers will also receive a technical event t-shirt.

Additional prizes are available for the winners of each race. The Sir Roger Bannister family mile presentation will take place around 10am, with the half marathon presentations at 11am. Both will take place at Race HQ.

Bananas

With thanks to Waitrose and partners, every competitor will receive an energy boosting banana at the finish line.

WAITROSE
& PARTNERS