



Hitchin Half Marathon, 10K, 5K fun run Sunday June 25th – Races start 9.30am.

Pre-race instructions

Dear Competitor or Fun Runner,

Thank you for entering the Hitchin Half Marathon, the 10K or the 5K fun run. Detailed below is the information on the event and how to collect your race number, also the location of the start and car parking.

Bring your supporters along – they can enter the 5K fun run on the day (£10), bounce on the bouncy castle, grab a coffee and get something to eat before they cheer you home.

Rules

The event will be run under UK Athletics Rules, Licence Number 2017-26812

The half marathon course measurement certificate is: 20308

The 10K course is an approximate measurement due to an off-road section.

Race Number collection

- Saturday June 24th - Collect from Market Place Hitchin between 10.30am and 2.30pm
- Sunday June 25th – Collect in Priory Park race area from 8.15am
- **You must complete the medical information box on the reverse of the number.**
 - Include details of any medical condition or allergy to any drugs, also the name and phone number of the person we should contact in an emergency. This is very important, please make sure you do this.

Numbers must be attached securely to the front of your vest and clearly displayed. It must not be given or sold to anyone else. The race is chip timed and the chip is part of your Race Number. Do not remove it.

Timetable

- Grounds and number collection opens at 8.15am
- Event Welcome 9am
- Pre-race warmup for half marathon 9.10am
- Safety briefing 9.25am
- Half marathon starts 9.30am
- Pre-race warmup for 10K and fun run – 9.35am
- 10K starts 9.45am
- 5K Fun run starts 9.50am
- 10K Prize giving 11.10am
- Half marathon prize giving 11.30am
- Event closes 1pm



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Location of Start and Finish

The start is in the Park at the rear of Hitchin Priory. The entrance to the Priory is on Lower Tilehouse Street.

<http://chartridgevenues.com/hitchin-priory/contact/>

The Priory is signposted and is in the centre of the town. The Priory is about 1 mile from the Railway station.

Parking Marshalls will guide you to the parking area which is 100 metres from the start.

The start is half way up the park and is not near the Priory building itself. The start and finish are located at the same point. Please do NOT walk across the lawns immediately in front of the building. Please walk to the start via the car park route.

Water stations

There are 5 water stations for the half marathon and 2 for the 10K. Drinks are available for all at the finish.

Car Parking

There is limited car parking available for runners only at the Priory. Additional 'Pay-and-Display' spaces are available at Market Square and Portmill Lane. These car parks are a 10-15 minute walk from the start.

Changing Facilities

There will be a small tented changing area at the Priory and local competitors are asked to arrive ready to run to allow those who have travelled to have priority over changing.

Baggage Area

There is a secure storage tent for bags and personal items but you are strongly advised to take care of yourself and your belongings at all times and not to leave any watches, jewellery or other valuable items in the storage area. You will be provided with a bin liner and baggage tag for your belongings.

Toilets

Toilets are provided next to the starting area.

Completing the course

Half marathon - runners are expected to complete the course by 12.30pm

10K – runners are expected to complete by 11am.

All runners are expected to be off the course by 12.30pm

A sweep up bus will operate and if you are still on the course you will be offered a lift to the finish or given the opportunity to withdraw from the race.



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Prizes – Half marathon and 10K

Prizes will be given in the categories Men 1st, 2nd, 3rd, & 1st Masters (40 and over), Women 1st, 2nd, 3rd, & 1st Masters (35 and over). Cash prize for first (£40), second (£30) and third (£20) in Mens and Womens. Only one prize per person.

- 10K prize giving will be at 11.10am
- Half marathon prize giving will be at 11.30am

Course Information

The start will be traffic free and within the Park boundary. Once out of the Park the race is on roads open to the public and traffic. Marshals will be stationed at junctions and will indicate crossing points etc. You must obey their instructions.

Runners must keep left of the road or as directed by the lead motorbike, signs, marshals and or the police. Do not cut corners. Runners ignoring directions will be disqualified.

Distance markers will be displayed throughout the course.

All dogs and wheeled vehicles are banned from the race. Runners must not be accompanied or followed by supporters on cycles nor must they allow friends or relatives to enter the course particularly the finish.

There will be a communication system around the course, also a courtesy bus will go round the course at the end of the race to help any runner unable to complete the race and take them back to the start. If you drop out, please inform a marshall.

MP3

Do not wear any kind of audio equipment whilst running the half marathon or 10K. This is for your personal safety. You risk being disqualified.

Terrain

The half marathon and 10K include several hills, we recommend you familiarise yourself with the terrain and plan your race accordingly. More information is on the website h3m.co.uk.

Medical Support

Medical back up will be available throughout the course provided by St John Ambulance. You must ensure that you are medically fit to undertake this event and that you are adequately covered by your own insurance. The fitness, training and medical condition of each entrant are matters for his or her own personal concern and anyone in doubt about their ability should not start.



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Fluid Replacement

Guidelines on fluid replacement suggest that runners should aim to drink no more than 400-800mls per hour; higher rates for faster, heavier runners competing in warm or humid conditions and lower rates for slower runners competing in cooler conditions. Be aware of the risk of becoming over hydrated and developing dangerously low blood sodium levels by consuming more than 800mls per hour.

Finish Line

After crossing the finish line please continue to the warm down area. Please do not stop or return over the finish line.

Post Race

- Food and drink are available at the finish.
- A post-race massage service is available for £5 and all proceeds go to Charity.

Best wishes for a safe, successful, and enjoyable race.

Tim Ray

Race Director

Pilates Pod will lead the pre-race warmup.



DW Sports Massage are providing the post-race massage service for free
In return we ask you to make a £5 donation to charity when you use the service.



PA System and Services by AfterDark

A big thank you to:
Hitchin Priory for the free use of the grounds
To our sponsors and supporters
To you for running.

And a big thank you to the 70 marshalls out on the course and in the park.

This event is supporting Dyspraxia Foundation and Lister Neo-Natal Unit.