

the

Harrow Hill 10k Race



Sunday 17th February 2019
Starting at 10.30am

UK Athletics Licence Number
2019-36408



Organised by



From the Race Director.....

Welcome to the **2019 Harrow Hill 10k Road Race** organised by Metros Running Club.

This race programme contains all the information that you will need to make your final preparations.

Once again we have partnered with Harrow MS Therapy Centre who will benefit from a share of any surplus.

I'd like to extend my thanks to all those involved in organising the event and to the companies who have supported us with sponsorship and donations. Particular thanks are extended to Harrow School Enterprises Ltd for use of their facilities.

On behalf of the club, may I wish you good luck with your preparation and we look forward to seeing you on the starting line.

Spencer Millbery
Race Director

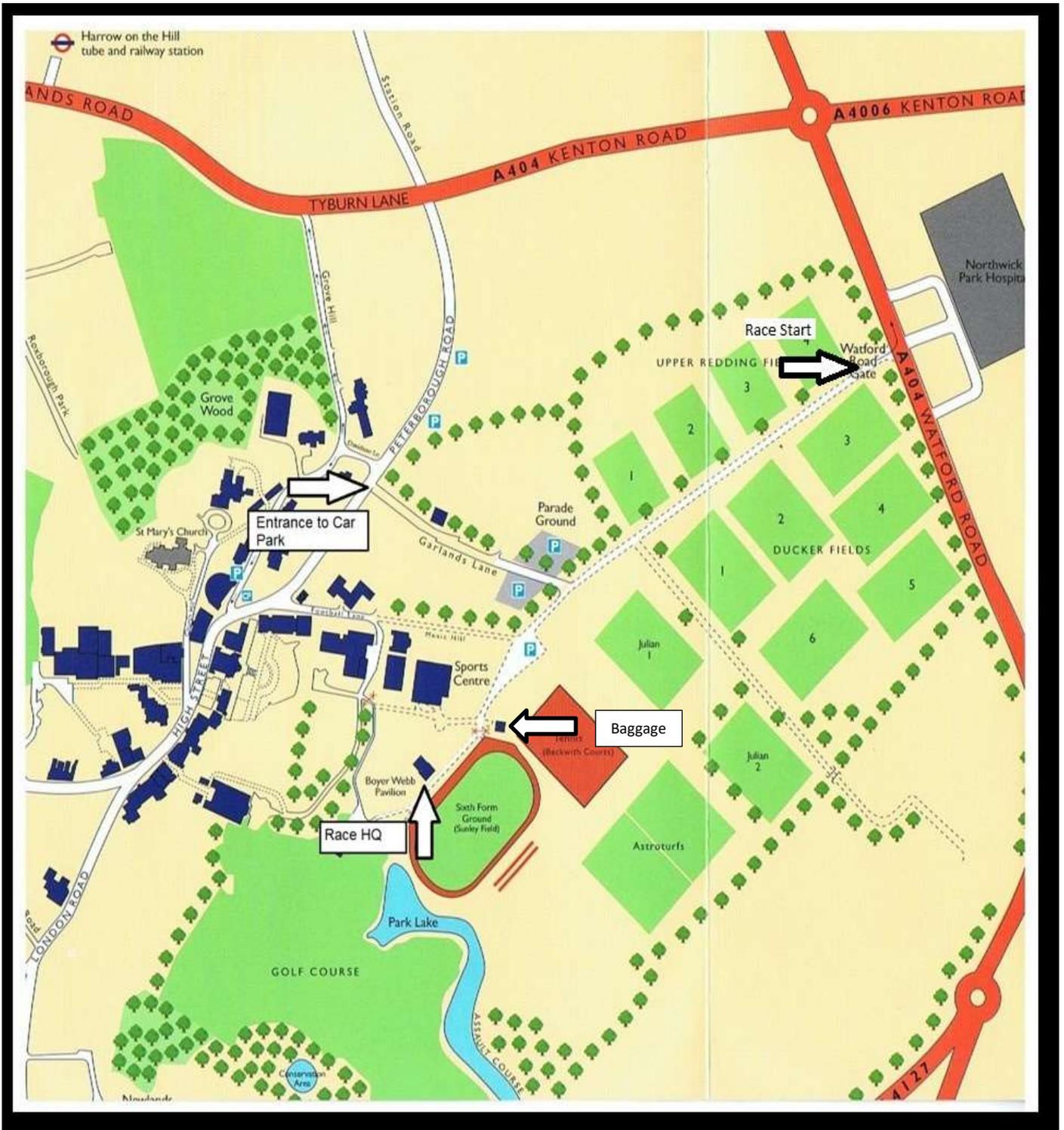
Race Director	Spencer Millbery/Paula Kanesanathan
Race Referee	Spencer Millbery
Race Adjudicator	Bryan Smith
Entries and Results Secretary	Irene Paull
Chief Marshal	Peter Beuselinck
Timekeepers	Event Chip Timing
Water Stations	Al Scoffham/Kirit Ranpura
Refreshments	Barbara Robson/Hema Thakur
Ads/Emails/Web Results	Active Training World
Sweep	Jo Payne
Course Setup	Marcus Weedon
Course Measurer	Hugh Jones
Course Risk Assessor	Spencer Millbery
First Aid Facilities	GB-EMS

2019 Prize List

Prizes donated by **Runners World**, Eastcote

First three men, plus first Senior, M40, M50, M60
First three women, plus first Senior, W35, W45, W55
One of the above prizes per person
Plus King and Queen of the Hill Awards

Map of Car Park and Race HQ



How to get there

The start and finish are both located within the playing fields of Harrow School. The postcode for sat nav usage is HA1 3GF. This will take you to Garlands Lane from where you can access the event parking. Free parking is limited and we strongly recommend that you car share wherever possible. Please allow plenty of time to get to the start line before the race start.

By Public Transport

The race headquarters are a short walk from Harrow-on-the-Hill station, served by both the Metropolitan line underground or over ground trains from central London or the Midlands. Northwick Park station is also close (Metropolitan line). Slightly further are both Sudbury Hill and South Harrow stations, served by the Piccadilly line.

Currently there are no planned Metropolitan or Piccadilly line closures at these stations on race day, but please check the TFL website when planning your journey.

Race Number & Timing Loop

Race numbers are not issued in advance. Runners must collect their number and timing loop on the morning of the race from Race HQ from 0900h. Please ensure you allow sufficient time to collect your number and get to the race start – number collection closes at 1015h. Also, be prepared to show proof of identity if required.

You will be given an envelope with your number, timing loop to fit to your shoe and a baggage label. The timing loop is fitted by slipping it face down under your laces, attaching the adhesive pad, then rotating the loop so that the printed information is facing up – do not flatten the loop – this could break the timing chip and prevent you getting a time. Please complete the runner information on the back of your race number. Ensure that your number is clearly displayed at all times during the race, attached to the front of your running top with 4 safety pins.

The 10K Route

The course comprises two laps.

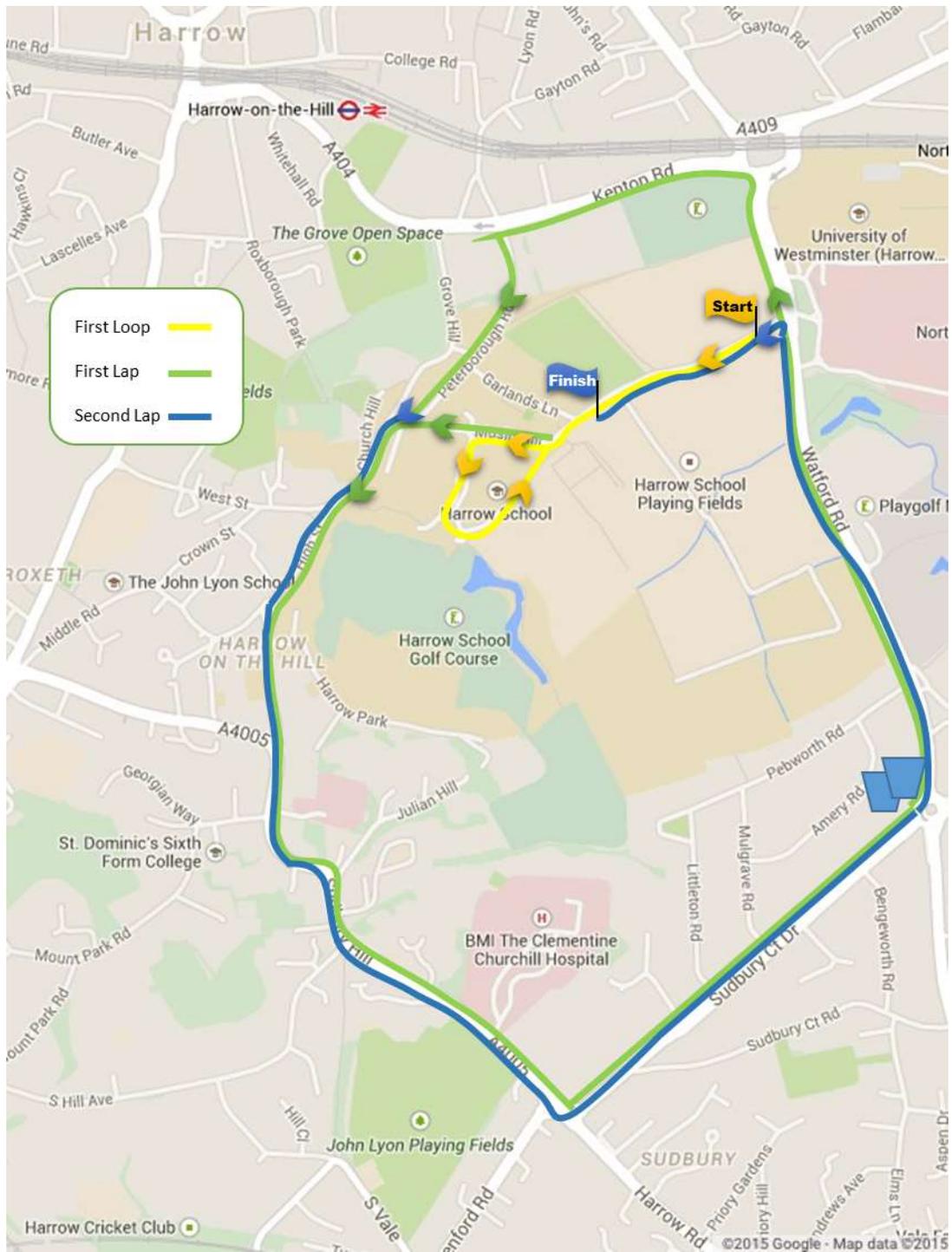
The first lap starts on a track among the playing fields of Harrow School, sending runners up notorious Football Lane twice before climbing towards Peterborough Road. From there you will follow a left hand block encompassing London Road, Sudbury Hill, Sudbury Court Drive, Watford Road, Kenton Road and Peterborough Road.

The second lap takes you to a marshalled cut-off on Watford Lane where you will turn left onto a track through the playing fields towards the finish line.

There will be no road closures during the race and all running will take place either on track or on the pavement. The route will be marshalled to direct you and for your safety. Please be vigilant at all times and follow the instructions of the marshals.

There is a water station out on the course which you will pass before the 4k mark, and again once you are at 8.5k. Water will also be provided at the finish.

Course Map



Race Facilities

Toilets, showers and changing facilities will be available at the Bower Webb Pavilion (Race HQ) and also in the Sports Centre.

A small baggage area will be made available in the Blue Pavilion, but please note that all belongings left in the baggage area are stored at the owner's risk.

Spectators

If the weather is inclement, please note that there will be limited shelter – please dress for the weather. However, we do have toilets which can be used by spectators, and we will have a variety of refreshments on sale - teas, coffees and cakes. The leading runners are expected to complete the course just after 11am, so there will be a constant stream of finishers within half an hour of the start gun sounding.

Course Time Limit

You need to complete the course in 90 minutes, a pace of approximately 9 minutes per kilometer.

If you haven't reached the trail cut-off at approximately 4.5k on Watford Road for the first time by the time the official race clock shows 50 minutes, you will be directed to retire.

Headphones

As the race is run over public highways, headphones are not permitted during the race.

Bad Weather

Please check the Metros Running Club website as we will update this if there is any information to convey close to the race start. You can also follow us on Facebook – search for 'Metros Running Club', or on Twitter @harrowhillrace. This will be the best way to find any last minute updates regarding the weather or the race.

Prizes

Prizes will be awarded to the first three men and first three women, plus first senior man and senior woman and the first Veteran in the following categories: M40, M50, M60, W35, W45, W55. Only one of these prizes will be awarded per person.

King and Queen of the Hill prizes will also be awarded to the first man and woman to reach the marshals at the very top of Football Lane, where it meets Peterborough Road. This is a little beyond the first kilometer marker, and incorporates the two climbs up Football Lane. To be eligible for these prizes, the full 10K course must be completed.

On completing the race

Full race results will be published on www.metros.org.uk/harrow-hill-race-results/ within a couple of days of the event.

2019 Charity Partner

In aid of...



As well as half of any surplus generated by the race, we would encourage you to click on the following link if you wish to support the cause further by raising sponsorship:

<https://www.justgiving.com/harrowmstc>

Thanks to our sponsors



To get the best advice and service
Whether you run, walk or go to the gym

Come and see us at



139 Field End Road, Eastcote,
Pinner, HA5 1QH.

Telephone: 0208 868 6997

On-line store: www.runnersworld.ltd.uk

**This store stocks most good running brands
including Asics, Brooks, Mizuno, New Balance,
Saucony. We offer a full gait video analysis
Service with treadmill in-store.**



is a road-running club that supports the running aspirations of people of all ages and abilities. From non-participating but interested supporters to highly competitive, county standard athletes, children, beginners of all ages, occasional joggers and dedicated marathoners, all are welcome and have found a home with Metros. We welcome second claim members who, through the club, will have access to a greater range of events.

More information can be found on our website at www.metros.org.uk or follow us on Facebook "Metros Running Club" and Twitter @runmetros

If you are considering joining a running club, please come along and try one of our sessions (full details on the website).

METROS REGULAR RUNS

MONDAY - Meet adjacent to the width restriction, Headstone Lane, North Harrow – 2000h

A run of around 4 miles at various paces with 'topping and tailing' to keep the group together. Suitable for slower runners who have recent running experience but not for complete beginners.

MONDAY - Outside The Duck In The Pond Pub. Kenton Lane HA3 6AA

A mixture of sprints, core exercises, and a 1km challenge

TUESDAY - Lowlands Tennis Club, Lowlands Road, Eastcote – 2000h

Road runs at 6-10 minute pace. Five different routes on a rotational basis, with a choice of distances from 5-10 miles (directions supplied). NOT suitable for beginners. Showers available; licensed bar (participation not compulsory). Or

A run / walk of 3 miles approx. is also available suitable for slow runners, beginners, coming back from injury, recovery etc.

WEDNESDAY - Meet outside John Lyon School near White Horse PH, Middle Road – 1915h

Harrow-on-the-Hill, hill training session. Approximately up to 9 min/mile pace maintained for 1 hour. Not suitable for beginners.

THURSDAY - Just outside No. 2 Mountside near The Duck in the Pond, corner of Kenton Lane and Mountside, HA7 2DT – 1900h

A varied speed play session – not a continuous run. All abilities welcome.

SATURDAY - Roxbourne Park (High Worples entrance) – 0900h

Suitable for all ages and abilities - complete beginners and children to experienced runners. Session starts with warm up and stretches then splits into two groups: moderate, challenging. Meet from 08:50 at the Scout Hut or 09:00 beside the Children's Playground. Session lasts one hour with refreshments afterwards in the Scout Hut.

