

the

# Harrow Hill 10k Race



**Sunday 13th February 2022**  
**Starting at 10.30am**

Number Collection from 9:15 – 10:15  
Baggage Drop from 9:30  
Toilets in Sports Centre  
Satnav: HA1 3GF

UK Athletics Licence Number  
2022-42685



Organised by  
Metros Running Club

[www.metros.org.uk](http://www.metros.org.uk)

## From the Race Director.....

Welcome to the **2022 Harrow Hill 10k Race** organised by Metros Running Club, supported by Runners World (Eastcote), Bestway Wholesale and Athletics Brewing Co .

It is good to be back and hopefully the weather will also be kinder than the last time we held the race in 2020! Since 2020, Harrow School has embarked on major construction work, which has closed part of our old route. Therefore, this year, there is a short 600m section with two tight turns before the notorious ascent of Football Lane. We're wondering if this challenging start may mean that people other than the overall winners collect the King and Queen of the Hill awards?

As always, please look out for traffic as you cross side roads - our marshals will do everything they can to assist you but we cannot stop traffic outside the school grounds. Please take the necessary precautions and do not put yourself in danger - always follow the marshals' instructions; they are there for your safety.

I'd like to extend my thanks to all those involved in organising the event and to the companies who have kindly supported us with sponsorship and donations.

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.

Paula Ryan  
Race Director

<b>Race Directors</b>	Paula Ryan & Marcus Weedon
<b>Race Referee</b>	Paula Kanesanathan
<b>Race Adjudicator</b>	Bryan Smith
<b>Entries and Results Secretary</b>	Irene Paull, Teresa Young
<b>Chief Marshal</b>	Irene Paull
<b>Timekeepers</b>	Event Chip Timing
<b>Water Station</b>	Al Scoffham
<b>Refreshments</b>	Hema Thakur, Elish Fernandes
<b>Ads/Emails/Web Results</b>	Active Training World/Event Chip Timing
<b>Tail Runner</b>	Marion Rogan
<b>Course Setup &amp; Risk Assessment</b>	Marcus Weedon
<b>Course Measurer</b>	Mark Jefford
<b>First Aid Facilities</b>	Medi4

## 2022 Prize List

Trophies, plus vouchers donated by **Runners World**, Eastcote:

First three men, plus first M40, M50, M60

First three women, plus first W40, W50, W60

Plus King and Queen of the Hill

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Medal for each runner

Water and Bananas donated by **Bestway Wholesale**

Non Alcoholic beer for each runner donated by **Athletic Brewing Company**

# Map of Car Park and Race HQ



## How to get here

The start and finish are both located within the grounds 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 car sharing wherever possible. Please allow plenty of time to get to the start line before the race start.

## Getting here by Public Transport

The race headquarters are a short walk from Harrow-on-the-Hill station, served by both the Metropolitan Line underground or Chiltern trains from Central London. Northwick Park station is also close (Metropolitan Line). Slightly further are Sudbury Hill and South Harrow stations (both served by the Piccadilly Line) and Harrow & Wealdstone station (Bakerloo, London Overground and London Northwestern).

Planned closures include Metropolitan Line (from Wembley Park to Aldgate - use the Jubilee line instead) and Willesden Junction to Stratford (London Overground).

## 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 09:15. Please ensure you allow sufficient time to collect your number and get to the race start – number collection closes at 10:20. Also, be prepared to show proof of identity if required.

You will be given an envelope with your number and a timing loop to fit to your shoe. The bottom strip of the number can be detached and used as your 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 safety pins.

## The 10K Route

The course comprises two laps.

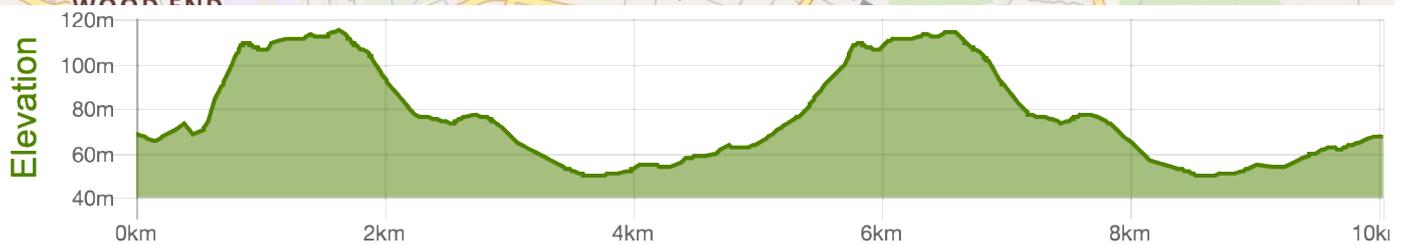
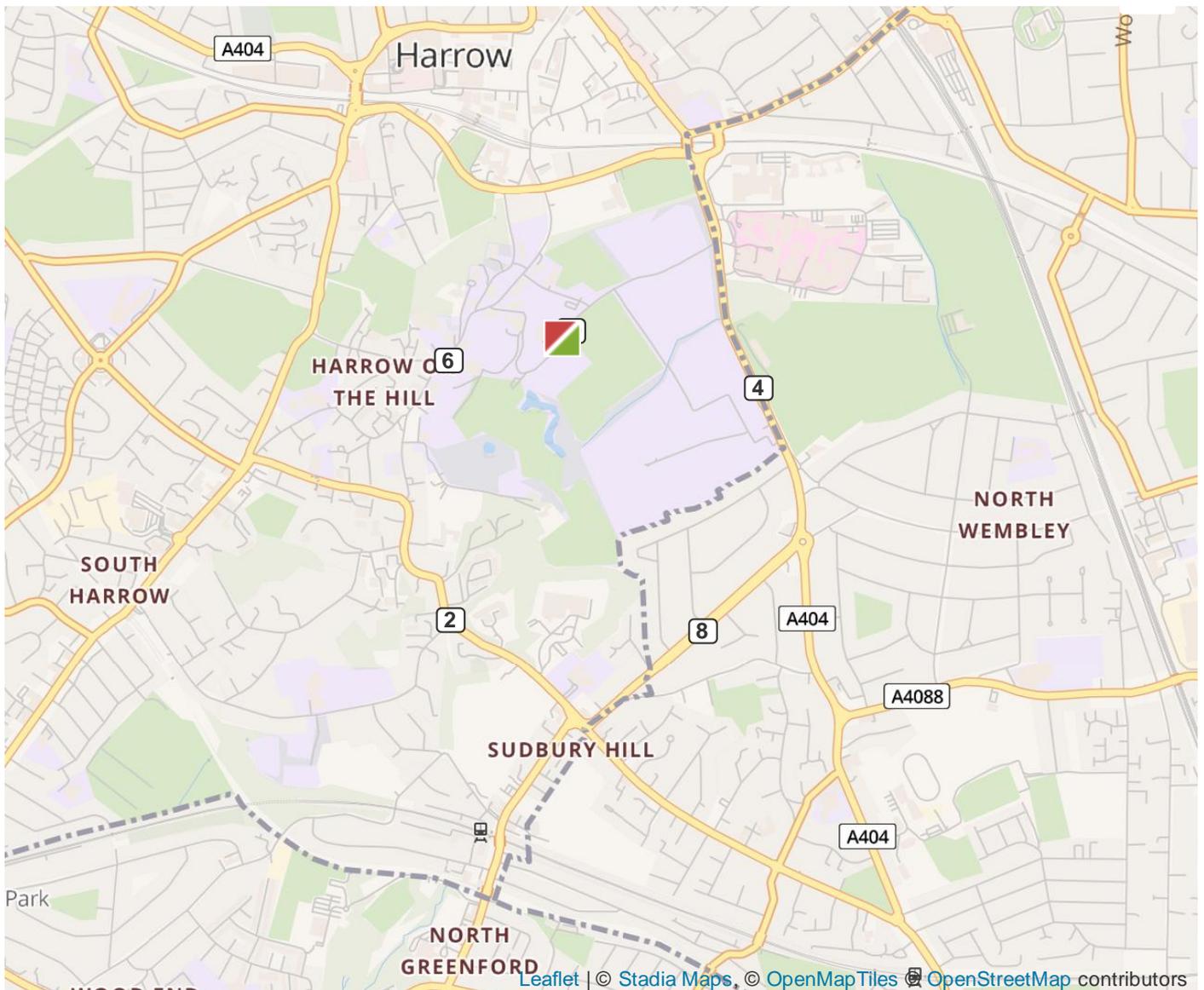
The first lap starts with a loop of the lower car park and new road beside the leisure centre before sending runners up the notorious Football Lane then climbing to the High Street of Harrow-on-the-Hill via Peterborough Road. From there you will follow a left hand block encompassing London Road, Sudbury 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 footpath alongside the playing fields towards the finish line.

There will be no road closures during the race and all running will take place either on footpath 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 & Elevation



Distance  
**10.03 km**

ascent  
**156 m**

descent  
**157 m**

**Note:** Above map is approximate due to location of new roads and paths. Course has been accurately measured and certified as 10KM.

**Hazards:** uneven paving along Sudbury Court Drive (3K/8K); trees blocking pavement on Peterborough Road (5.5K)

## **Race Facilities**

Toilets will be available in the Sports Centre.

A small baggage area will be made available in the Triage Hut, all belongings in the baggage area are stored at the owner's risk.

## **Spectators**

Please note that there will be limited shelter so, dress for the weather. We do have toilets which can be used by spectators, and we will have a variety of refreshments available - teas, coffees and cakes – a small cash donation would be appreciated. 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.

## **Covid**

If you've not recently had Covid, please test 1-2 days before the race and do not run if you test positive. We would also ask that if possible you test again on the morning of the race.

Please maintain social distancing.

## **Headphones**

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

## **Bad Weather**

Please check the Metros Running Club website, Facebook page or Instagram as we will update these if there is any information to convey more than two hours before the race start. If anything occurs within two hours of the start, we will do everything we can to hold the event (as happened in 2020) as we assume that by that time most people are en-route to the start.

## **Prizes**

Prizes will be awarded to the first three men and first three women, plus the first Veteran in the following categories: M40, M50, M60, W40, W50, W60.

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 at approx. one kilometre. To be eligible for these prizes, the full 10K course must be completed.

## **On completing the race**

Full race results will be published on <http://results.eventchiptiming.com>

**With thanks to our sponsors**

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**Come and see us at**



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

Telephone: 0208 868 6997

**On-line store:** [www.runnersworld.ltd.uk](http://www.runnersworld.ltd.uk)

**This store stocks most good running brands  
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## 2022 Charity

### London's Community Kitchen.

## ABOUT

Since we were founded back in 2014, Londons Community Kitchen has become an important part of the communities in and across suburban London.

Our Ethos of Zero Waste & Zero Hunger is the blueprint to our entire operations, we believe it to be an absolute human right to have access to free or affordable food for the most vulnerable communities across London.

We work with the most dedicated and charitable people to help ease the suffering of those we work with. Contact us to learn more about what you can do to help, and become a part of the change by donating or volunteering today.

*Run by the Community for the Community*

<https://www.londonscommunitykitchen.com/>

