

the

Harrow Hill 10k Race



Sunday 18th February 2024
Starting at 10.30am

Number Collection from 9:15 – 10:15

Baggage Drop from 9:30

Toilets in Sports Centre

Park in public car parks (charges apply): University of Westminster, HA1 3TP, off Watford Road, Harrow Station car park, Greenhill Way car park, please allow 30 minutes to find parking and get to the race HQ. We recommend public transport.

No parking available at Harrow School

UK Athletics Licence Number
2024-45890

Organised by
Metros Running Club www.metros.org.uk

From the Race Director.....

Welcome to the **2024 Harrow Hill 10k Race** organised by Metros Running Club, supported by Runners World (Eastcote) and Wenzels Bakeries.

For those of you familiar with our event, we are now starting and finishing the race on the Harrow School track. This means after a short section of track, the race heads straight up the challenging Football Lane. For those of you new to this race, please do take the time to warm up well before the start. You are welcome to use the track to warm up but please, please stay off the grass in the centre of the track. It is clearly a labour of love to get grass in as good condition as this, let's do our best to keep it like that.

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 we wish you good luck with your preparation and we look forward to seeing you on the starting line.

Marcus Weedon and irene Paull
Race Directors

Race Director	Marcus Weedon
Race Referee	Irene Paull
Entries and Results Secretary	Jasia Zimmermann
Chief Marshal	Sonny Peart
Timekeepers/Web Results	Event Chip Timing
Water Station	Al Scoffham, Linda & Andy Dempster
Refreshments	Hema Thakur,
Online Entries/Entries website	Active Training World
Tail Runner	Sakina Sidik
Course Setup & Risk Assessment	Marcus Weedon
Course Measurer	Colin Tether
First Aid Facilities	Water & Medical Safety Ltd

2024 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

Medal for each runner

Map of School Grounds and offsite parking



How to get here

The start and finish are both located on the Harrow School track. There is no parking permitted on site. The nearest public car park is at the University of Westminster car park, on Watford Road open from 9am. Alternate car parks are Harrow on the Hill station, access from Lowlands Road, and Greenhill Way car park (near the junction with the A409). There is some on street parking around the hill but please check carefully as charges do apply on Sunday on the Harrow side of the hill.

We recommend that where possible you use public transport but if you do drive, please allow at least 30 minutes to find parking and walk to the start. Head for either Football Lane or Garlands Lane – you will see the running track to the right at the foot of these roads, race HQ is above the track.

Getting here by Public Transport

The race headquarters are a 15-20 minute 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). Planned closures – Bakerloo Line (Queens Park to Harrow & Wealdstone) + Overland Route from Euston to Watford

Race Number & Timing Chip

Race numbers are not issued in advance. Runners must collect their number 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 10:15. Also, be prepared to show proof of identity if required.

Your timing chip is attached to the reverse of your number. Please do not fold your number or put pins through the chip. The bottom strip of the number can be detached and used as your baggage label. Please complete the runner information on the back of your race number particularly if you have no one with you or you have medical conditions that we might need to be aware of in an emergency. Ensure that your number is clearly displayed at all times during the race, attached to the front of your running top.

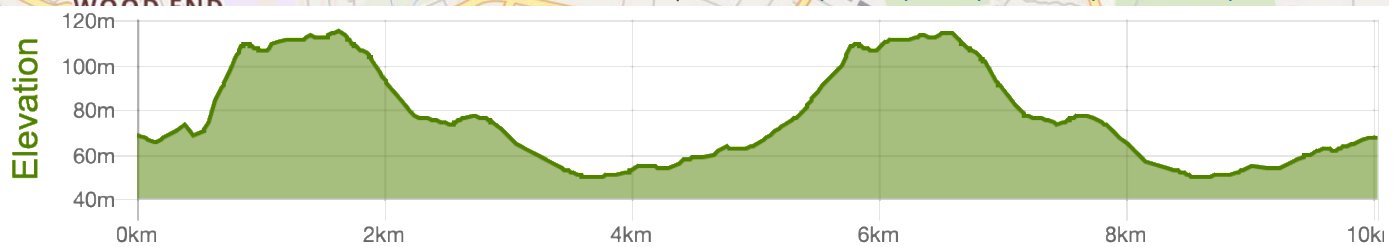
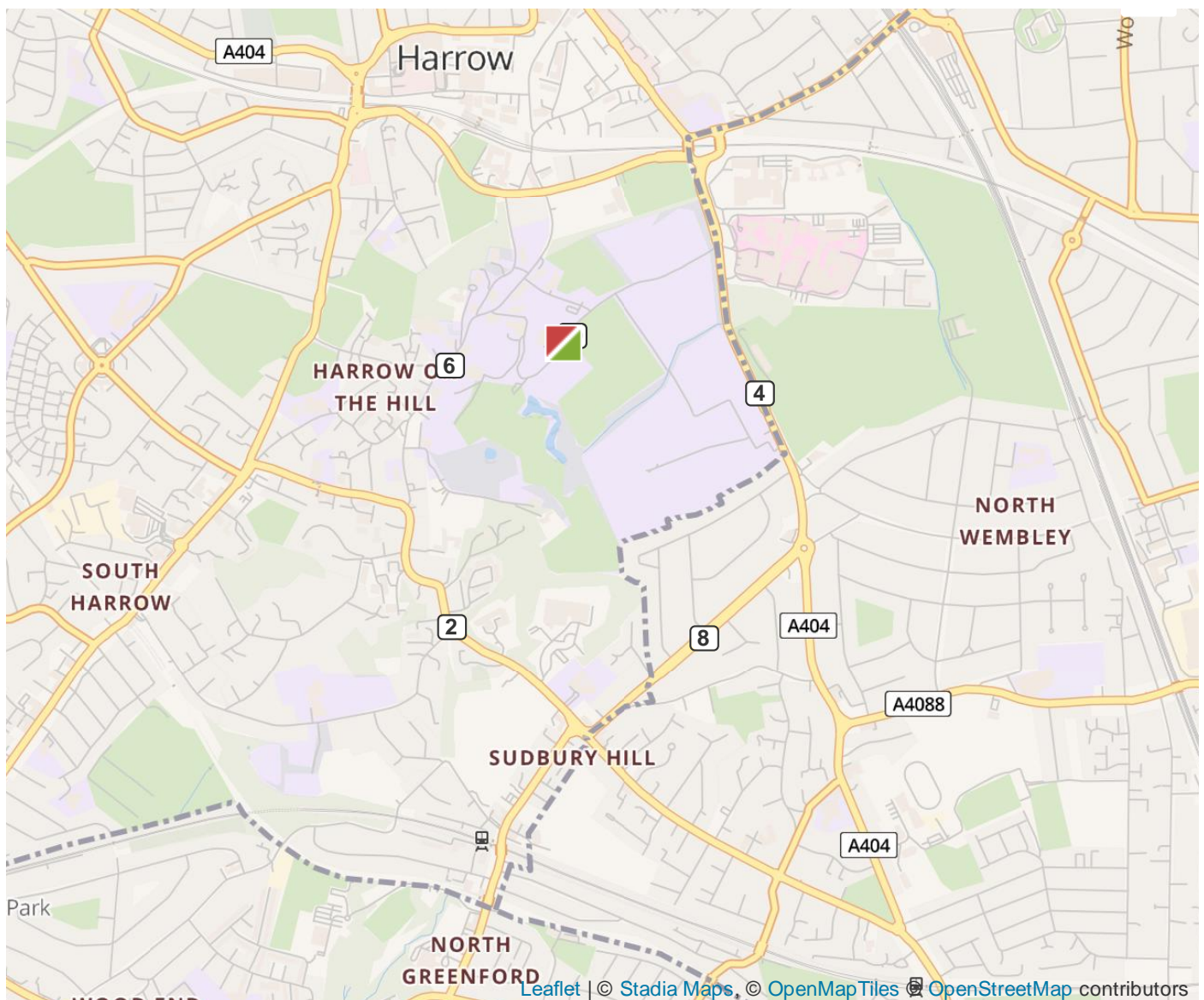
The 10K Route

The course comprises two laps. The first lap starts on the track 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. On reaching Watford Road – opposite Northwick Park Hospital - for the second time, you will be directed into the footpath that takes you back towards the school track and the finish of the race.

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. We do not have permission to stop traffic on public roads so please run behind any cars approaching from side roads. Marshals will be present to advise you of approaching traffic.

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); pedestrian diversion onto the road near start of second lap (4.5k), trees blocking pavement on Peterborough Road (5.5K)

Race Facilities

Toilets will be available in the Sports Centre. There are also temporary toilets near the bag drop.

A manned baggage area is available in the Triage Hut, all belongings in the baggage area are stored at the owner's risk. Please consider adding a way of easily spotting your bag so we can find it quickly.

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 donation would be appreciated (cash or card). 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.

Course Time Limit

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

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

Health on race day / Covid

Please do not run if you feel unwell. If you think you may have Covid, please test before you run and do not run if the test is positive.

Headphones

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

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 kilometer. 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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**This store stocks most good running brands
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Saucony. We offer a full gait video analysis
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2024 Charities

London's Community Kitchen

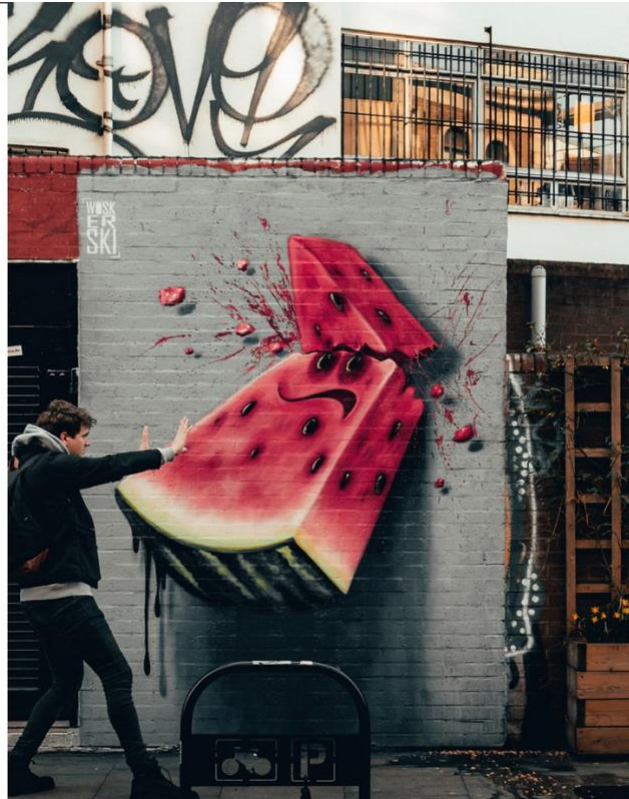
ABOUT

Since we were founded back in 2014, London's 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



Harrow MS Therapy Centre



About Us

Since 1984 the Harrow MS Therapy Centre (HMSTC) has helped people with Multiple Sclerosis to improve their quality of life.

As a registered charity, we offer [Physiotherapy](#), [Hyperbaric Oxygen Therapy](#), and other therapies such as [Yoga](#), [Chiropody](#), [Reflexology](#), [Massage](#), [Acupuncture](#) and [Tai Chi](#). We also provide support, information and advice, to help people understand and live with [MS](#) and its symptoms.

For many people the Centre is one of the only places for social contact during the week. Our members enjoy coming here, and many ways of coping with MS are talked about over tea and biscuits.

This friendly, social side of the Centre is very important to our members.