

the

Harrow Hill 10k Race



Sunday 15th February 2026
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
Organised by

#28717
Metros Running Club www.metros.org.uk



From the Race Director.....

Welcome to the **2026 Harrow Hill 10k Race** organised by Metros Running Club, supported by Twelve Wealth Management, Runners World (Eastcote), and Wenzels Bakeries.

We start and finish the race on the Harrow School track. This means after a short section of track and a small hill loop, 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, Jasia Zimmerman and Paula Ryan
Race Directors

Race Director	Marcus Weedon
Race Referee	Paula Ryan
Race Adjudicator	Lina Ambruleviciute
Entries and Results Secretary	Jasia Zimmermann
Chief Marshal	Sonny Peart
Timekeepers/Web Results	Event Chip Timing
Water Station	Keval Shah
Refreshments	Hema Thakur,
Online Entries/Entries website	Active Training World
Tail Runner	Monica Shortt
Course Setup & Risk Assessment	Marcus Weedon
Course Measurer	Colin Tether

2026 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 at the corner of 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) and Harrow & Wealdstone station (Bakerloo, Lioness line and London Northwestern). Currently there are no planned line closures at these stations on race day, but please check the TFL website when planning your journey.

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.

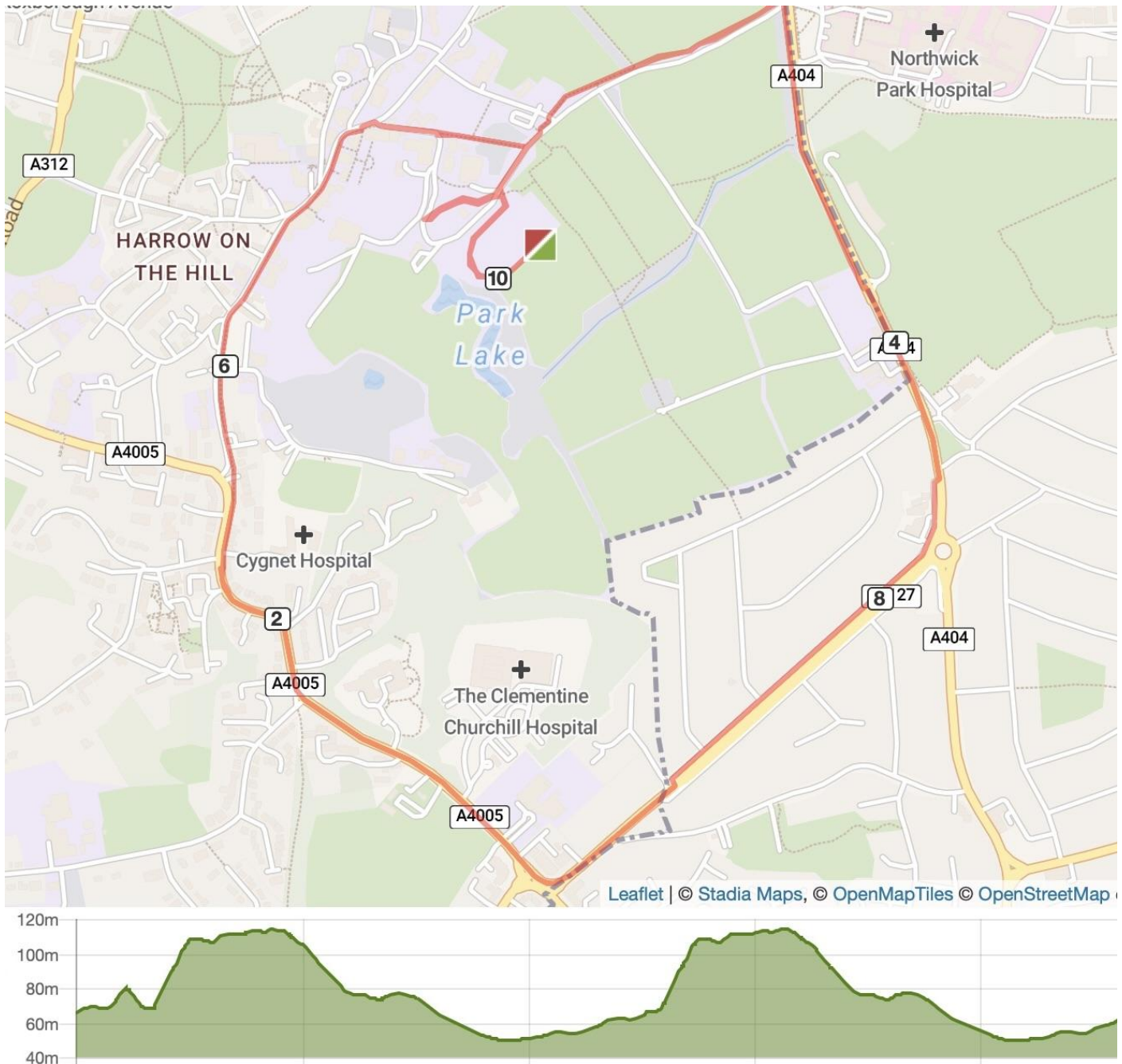
The 10K Route

The course comprises two laps. The first lap starts on the track then does a short loop up the new road in front of the leisure centre before sending runners up the notorious Football Lane. The route then climbs further 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. On reaching Watford Road – opposite Northwick Park Hospital - you will be directed into the footpath that takes you back to the bottom of Football Lane and the start of the second lap. At the end of the second lap, the race continues straight ahead and finishes on the track.

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



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

Hazards include: uneven paving along Sudbury Court Drive (3K/8K), narrow pavement along Watford Road, sharp turn after crossing Garlands Lane

Race Facilities

Toilets will be available in the Sports Centre. There are also temporary toilets near the race HQ.

A manned baggage area is available in the gazebo next to race HQ, 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 kilometre.

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

Please do not run if you feel unwell

Headphones

The use of any in-ear, over-ear, or bone-conduction headphones is not permitted. Much of the race takes place on pavements, and it's essential that you remain fully alert to your surroundings, particularly at points where you will need to cross side roads. You must also be able to hear any instructions or safety guidance given by race marshals.

For your safety and the safety of others, we ask that you do not wear headphones at any point during the event. Failure to comply with this rule will result in disqualification and removal from 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>

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2026 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.

WELCOME TO FIRMFOUNDATION

A local charity based in Harrow working with the homeless.

ABOUT US

FirmFoundation is a registered charity which helps relieve the immediate suffering of the homeless, while working with them to find a practical and sustainable solution to their needs.

Our ethos is to demonstrate God's love for humanity in a practical, Christian way to those who are homeless, vulnerably housed or at risk of becoming homeless.

We value the image of God in all people and respect the beliefs and cultures of all whom we come into contact with.

[Find out more](#)

NIGHT SHELTER

FirmFoundation provide dormitory-style accommodation during January, February and March each year. Catering for up to 12 male and 5 female guests who are either sleeping rough or are at immediate risk of becoming homeless.

HOPE PLACE

FirmFoundation offer supported accommodation to rough sleepers for up to 2 years. Hope Place is an opportunity to move from the street into a secure and safe environment, receive appropriate support and be ready to move on into independent living.

GRACE HOUSE

FirmFoundation offer supported accommodation to rough sleepers for up to 2 years. Grace House is an opportunity to move from the street into a secure and safe environment, receive appropriate support and be ready to move on into independent living.

SINGLE HOMELESSNESS SIGNPOSTING DROP-IN

We recognise that homelessness is an all-year-round issue and that through genuine relationships we are able to support those in need. Visit us each Monday 1pm -4pm, Wednesday 10am - 1pm, or Friday 1pm -4pm at Welldon Centre, Welldon Crescent, Harrow HA1 1QR