



2017 White Horse Half Marathon
Sunday, 9th April 2017, 9:30am

Race HQ, Old Mill Hall, Grove, Oxfordshire, OX12 7LB

<http://whitehorseharriers.uk/halfmarathon/>

Under UK Athletics rules, UKA licence number 2017-26226

Thank you for your entry to the White Horse Half Marathon. Your race number has been posted to you and should be with you in a few days. Your race number incorporates the timing chip tag on the back. IMPORTANT NOTE: DO NOT REMOVE OR FOLD THE TAG.

Please may I ask you to do the following straight away: -

- **Race Programme** - It is important that you take a moment to read this Race Programme which provides all the information you will need for the day of the race.
- **Check your entry details** – please take a moment to check your entry details (and those of people you know) are correct on <http://whitehorseharriers.uk/halfmarathon/entries-2017/>

IMPORTANT NOTES:

- **Back of Race Number** - As a requirement for entry into the White Horse Half Marathon, please complete your personal and medical details on the back of your race number.
- **Do not give your race number to anyone else** as they will not be insured and it causes chaos with the results and prize giving. To do so will lead to disqualification.
- **Do not use headphones** - Personal music devices, or any other electronic devices requiring ear-plugs, are not permitted to be worn by competitors during the race. Runners have been disqualified for wearing headphones.

I would like to thank the 70 or so people who volunteer as marshals and HQ helpers each year, without whom the race would not be possible. We are a small club and so always appreciate any offers of help on the day so if you know anyone who can help, please ask them to contact me. On behalf of the organizing committee I wish you an enjoyable and successful race. We look forward to seeing you on the day.

John Bales

Race Director

whitehorsehalfmarathon@gmail.com

RACE INFORMATION

Date	Sunday, 9th April 2017, 9:30am
Venue	The Race HQ is at Old Mill Hall and Millbrook School (next door), Grove, Oxfordshire, OX12 7LB (see enclosed parking map). This is accessed via Sycamore Walk off Brereton Drive (– <i>the recommended way</i>), or via School Lane off Main Street. Toilets and changing available (– <i>no showers</i>). Rolls, cakes and hot and cold drinks will be available.
How to Get There	<p>GROVE is on the A338 about 2 miles north of Wantage and about 12 miles south of Oxford, about 25 miles from Reading and about 20 miles from Swindon.</p> <p>Public transport – at the time of writing there is no public transport that arrives in Grove in time for the race, but you may wish to check http://www.thames-travel.co.uk/</p> <p>The nearest train station is at Didcot some 10 miles distant. Train information is available via the www.nationalrail.co.uk website or telephone: 08457 484950.</p> <p>Should you require accommodation, you can contact Wantage Tourist Information by telephone: 01235 760176 or via email: tourism@wantage.com.</p>
Parking	<p>All parking is free. The main off-street parking is at Wantage Health Centre in Mably Way (OX12 9BN), about 500 metres by footpath from the start (– <i>refer to the enclosed parking map</i>).</p> <p>Please park in marked bays only and not in disabled bays or on the grass. No facilities are available at the Health Centre but there are toilets at Grove Rugby Club close to the start. Alternatively, you may park in Brereton Drive (– <i>see parking map</i>) but on the east side only. This is a long road with plenty of parking space, but please avoid parking close to junctions or other access. Brereton Drive is close to the start, the finish and the Race HQ (– <i>via the rear entrance of the school from the green area by Sycamore Walk</i>). There is also very limited parking in the car park at Race HQ, which fills up early, and in the recreation ground car park in Cane Lane by the start. For obvious reasons, <i>please ensure you are not parked on any part of the course (i.e., not Cane Lane nor Newlands Drive)</i>.</p>
Supporters' Vehicles	<p>Please ask your supporters to follow the above parking information when parking in Grove for the Start, Finish or race HQ.</p> <p>To access and follow the race at further points throughout the race please avoid driving on the course and especially the Grove to Denchworth lane. The Lyford section of the course (approx 4 to 6 miles) can be safely accessed from Grove by driving via the A338 and East/West Hanney or Garford.</p> <p>The Denchworth and Charney Bassett sections (approx 10 to 11 miles) can be accessed via the A417 and East Challow or Goosey.</p>
Your Race Number	Your race number has been sent to you. It should be worn on the front of your running top, attached at the corners with safety pins. Fill in the details on the back of your race number; this could save valuable time in the event that you need medical treatment. Please ensure your race number is visible before you cross the finish line if you want to be in the results.
Your Timing Chip	This year the race will be using disposable timing chips incorporated onto the race numbers. This should mean there will be minimal delays at the finish. Please ensure you do not in your number through the chip. It is important that you <i>do NOT remove the chip from the race number</i> .
Arrival	There is no need to register as you already have your race number and timing chip. If you have any queries, go to the Information Desk at the race HQ.

Start The start is at Recreation Lane (formerly named Cane Lane) near the recreation ground, which is about 800 metres from the Race HQ at Old Mill Hall so ***please allow yourself 5 minutes to jog to the start.***

Course See enclosed course map. The course is certified accurate. It is a level and attractive rural course through the country villages of the Vale of the White Horse. Starting from Grove the course follows quiet country lanes through the villages of Denchworth, Lyford and Charney Bassett. The course will be well marshalled with direction signs and mile markers in place and drinks stations at four locations. On course communication is provided by mobile phones between marshals, Race HQ, and St John Ambulance who supply the first aid.

FOR YOUR SAFETY

- **Please keep to the left, except when otherwise directed.**
- **Do not cut corners.**
- **Obey the marshals at all times to avoid the risk of disqualification.**
- **Please remember - runners share the roads with traffic.**
- **Personal music devices or any other electronic devices requiring ear plugs are not permitted to be worn by competitors during the race. *Please Note: Runners have been disqualified in recent years for wearing headphones.***

Finish The finish is on the green at Denchworth Road about 500 metres from the Race HQ. Here you will be presented with your special commemorative mug as you cross the finishing line. There is another drinks station at the finish.

Prizes SPECIAL COMMEMORATIVE MUG TO ALL FINISHERS.

Cash Prize of £100, £50 and £25 to the first 3 men and first 3 women home.

1st man – Jim Thorpe Memorial Trophy

1st lady – Silver Salver.

Other non-cash prizes in age categories.

MEN: SM, V40, V50, V60, V70.

LADIES: SL, L35, L45, L55, L65.

TEAMS: Men: first 3 teams, teams of 4, winning team receives: White Horse shield;

Ladies: first 3 teams, teams of 3, winning team receives: White Horse salver.

Spot Prizes - if you are given a spot prize voucher at the finish, collect your prize from Race HQ at any time on race day.

Additionally, Oxfordshire Championships county medals (gold, silver and bronze) will be awarded in each individual category and for the men's and ladies teams.

The prize giving ceremony will take place at 12:00 noon in the race headquarters at Old Mill Hall.

Results The timing chip and results service will be provided by Shoot4Goal this year with the results uploaded to www.shoot4goal.com and to our website by the end of race day. You can also leave a stamped, addressed envelope with £1 and the results will be posted to you.

Photos Photographs taken by Barry Cornelius will be available via his excellent website www.oxonraces.com. We cannot guarantee to photograph every runner. Photographs will be available free of charge – but if you re-use them in public, for non-commercial purposes, please acknowledge and credit 'Photo by Barry Cornelius'.

Charity

Proceeds from the race are used both to support White Horse Harriers A.C. and, this year, Riding for the Disabled Association (www.rda.org.uk). This charity was chosen by our club members at last year's club AGM in an effort to help support this charitable organisation (*-for more information see the charity page*). If you do donate please return directly to the charity and not to us. Alternatively, you can simply donate via the charities' Virgin Money Giving webpage.

Sponsorship

The 2017 White Horse Half Marathon is sponsored by Revolution Running Shop & Sports Injury Clinic



(<http://www.revolutionsportsinjuries.co.uk/> and <http://www.revolutionrunningshop.co.uk/>)

On race day – Revolution will have a stand in race HQ (Old Mill Hall) offering clearance stock of running shoes, and will also be offering sports massage at a cost of £5 for 10 minutes, or £10 for 15 minutes.

For More Information Updates

Contact: John Bales (*Race Director*), White Horse Harriers A.C.,
email: whitehorsehalfmarathon@gmail.com,

Check for updates on our website: <http://whitehorseharriers.uk/halfmarathon/>

ENJOY YOUR RACE!

COURSE RECORDS

White Horse Half Marathon

Cat.	Time	Name	Club	Year
SM	01:05:10	Robinson, Dan	Tipton Harriers	2002
V40	01:09:04	Jones, Tim	Vale of Aylesbury AC	2000
V50	01:14:43	Gardner, Brian	Swindon Harriers	2008
V60	01:23:29	Treadwell, Roy	Oxford City AC	2012
SL	01:17:28	Slater, Nikki	Witney RR	2006
L35	01:20:02	Gill, Francis	Neath Harriers	1999
L45	01:23:02	Hartney, Liz	Reading RR	2012
L55	01:36:00	Keene, Patricia	Burnham Joggers	2013

RACE RESULTS – 2016

There were 450 finishers.

Open Race Winners

Cat.	Time	Name	Club
Overall	01:13:19	Fernandez, Paul	Abingdon AC
SM	01:13:42	Barnes, Andy	London Heathside Runners
V40	01:13:19	Fernandez, Paul	Abingdon AC
V50	01:21:52	Boden, Lazloe	Wootton RR
V60	01:33:41	Knowles, John	Guilford & Godalming AC
V70	01:58:50	Basham, David	Alchester RC
SL	01:21:22	Webb, Jessica	Woodstock Harriers
L35	01:23:42	Moore, Diane	Headington RR
L45	01:24:23	Wright, Kate	Stratford-upon-Avon AC
L55	01:43:24	Mburu, Philomena	Compton Harriers
Men's Team		3, 9, 28, 37	Woodstock Harriers AC
Ladies' Team		21, 31, 67	Stratford-upon-Avon AC

Oxfordshire Championships Winners

Cat.	Time	Name	Club
SM	01:17:16	Deering, Michael	Abingdon AC
V40	01:13:19	Fernandez, Paul	Abingdon AC
V50	01:24:36	Nelson, John	Alchester RC
V60	01:33:41	Knowles, John	Guilford & Godalming AC
V70	01:58:50	Basham, David	Alchester RC
SL	01:21:22	Webb, Jessica	Woodstock Harriers
L35	01:23:42	Moore, Diane	Headington RR
L45	01:31:35	Pearce, Rachel	Stratford-upon-Avon AC
L55	01:43:24	Mburu, Philomena	Compton Harriers
L65	01:44:19	Williamson, Kate	Eynsham RR
Men's Team		7, 18, 20, 40	Witney RR
Ladies' Team		17, 44, 72	Headington RR

Full course records and results for all years can be found on
<http://whitehorseharriers.uk/halfmarathon/>

ABOUT RIDING FOR THE DISABLED ASSOCIATION



The 2017 race is supporting the local (Wantage) branch of the Riding for the Disabled that has been established for over 40 years. The Group gives riding lessons to children from the Fitzwaryn school in Wantage at the Blewbury Riding Centre. Over the years they have gained some adult riders too, some of whom started as children! They also give lessons to one or two children from mainstream school.

Their riders have a mixture of problems – physical, learning, behavioural or any combination of those three things. Riding seems to help with all these difficulties and they receive some great feedback from Fitzwaryn School and the communities supporting the adult riders.

They have about 30 volunteers and do their own fundraising – it is a huge boost to have donations from other sources and will make a big difference to them.

If you donate please return directly to the charity and not to us. Alternatively, you can simply donate via the charities' Virgin Money Giving webpage.



For more information; visit www.rda.org.uk

WHITE HORSE HARRIERS

White Horse Harriers is mainly based around Wantage, but members also come from surrounding towns such as Lambourn, Didcot and Abingdon as well as villages and towns further afield. The club was founded in 1981 and takes its name from the Vale of White Horse in which much of the catchment area is located.

The club aims to cater for athletes of all ages and all abilities. *New members are always welcome, irrespective of experience. Our coaches look after the younger age groups (aged 10 upwards). Come and meet us anytime and have a chat or join in one of our training sessions. See if you like us. No obligation to join.*

Competitive Running

The club competes in many competitions including:

- Road running, entering teams in a variety of events, with a club championship to encourage members to compete for certain more local events throughout the year.
- Cross Country running. The club takes part in local events, such as the Oxford Mail league as well as regional and national championships.
- Track and Field Athletics. Seniors and Young Athletes compete in open meetings and local competitions.

Regular Training Sessions

- Tuesday Evenings at 7:00pm at Tilsley Park track, Abingdon.
- Athletics training with the club's coaches. All welcome. Thursday evenings at 7:00pm from Wantage Leisure Centre (winter), King Alfred's School West Site (summer).
- Athletics training either in Wantage Park or on the School Field during summer. All welcome.
- A steady training run for those who prefer. All welcome.

Other Events

The club organises the annual White Horse Half Marathon. In addition, the club organises social events, handicap runs for club members and is active in terms of publicising and supporting running and athletics. A newsletter is distributed to all members every two months.

Contacts

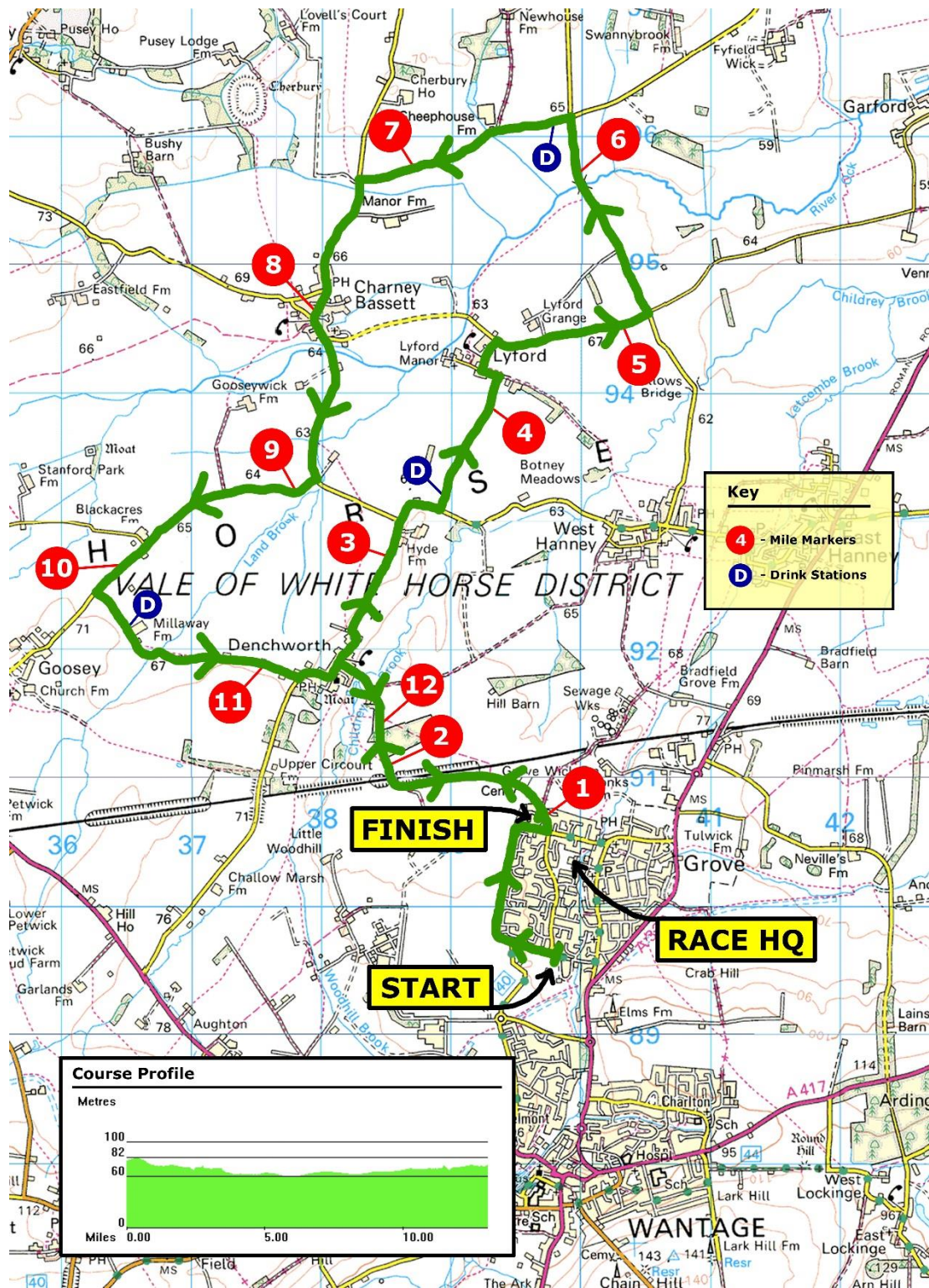
Please do not hesitate to get in touch for more details. See the club's web pages at:

<http://whitehorseharriers.uk/halfmarathon>

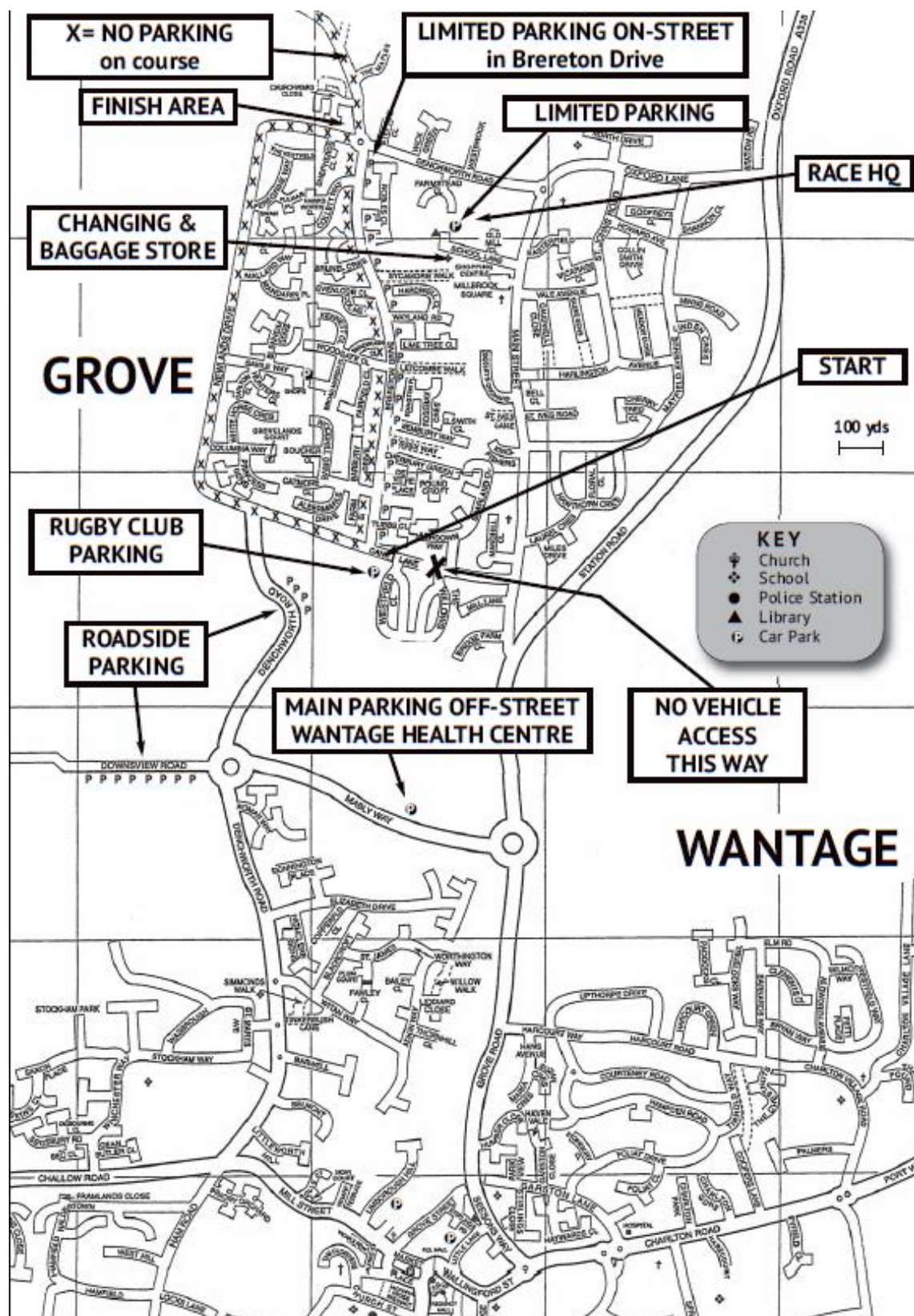


Photo by Barry Cornelius

COURSE MAP



PARKING MAP



RACE HQ

Race HQ is split between two buildings – Old Mill Hall and Millbrook School which is right next door. Please look for signposts on the day to lead you to the toilets, changing, massage, prizegiving, etc.

