

2018 White Horse Half Marathon

Sunday, 8th April 2018, 9:30am

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

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

Under UK Athletics rules
UKA licence number: 2018-31902



Thank you for your entry to the White Horse Half Marathon. Your race number has been posted to you and should be with you during February. 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-2018/>

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.
- **Supporters' Vehicles** - There has been concern over recent years over increasing levels of traffic and parked vehicles on our race route. For your own safety, can you instruct your supporters to keep their cars off the route. The race information below describes how one can safely access various points on our route without using the roads themselves. If we cannot manage this situation we could lose our race licence in the future.

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, 8th April 2018, 9:30am*

Venue The Race HQ is at Old Mill Hall and Millbrook School (next door), School Lane, Grove, Oxfordshire, OX12 7LB (see parking map). This is accessed via Sycamore Walk off Brereton Drive (*– the recommended way*), or via School Lane off Main Street. Toilets and changing available (*– no showers*). Rolls, cakes and hot and cold drinks will be available.

How to Get There 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.

Public transport - at the time of writing there is very limited public transport that arrives in Grove in time for the race, you may wish to check <http://www.thames-travel.co.uk/>

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.

Should you require accommodation, you can contact Wantage Tourist Information by telephone: 01235 760176.

Parking 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 (*- refer to the parking map*).

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 (*- see parking map*) 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 (*– via the rear entrance of the school from the green area by Sycamore Walk*). 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, ***please ensure you are not parked on any part of the course (i.e., not Cane Lane/Recreation Lane or Newlands Drive)***.

Supporters' Vehicles Please ask your supporters to follow the above parking information when parking in Grove for the Start, Finish or race HQ.

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.

The Denchworth and Charney Bassett sections (approx 10 to 11 miles) can be accessed via the A417 and East Challow or Goosey.

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 by 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 that 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 pin your number through the chip. It is important that you ***do NOT remove the chip from the race number***.

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 Cane Lane), near the recreation ground, which is about 800 metres from the Race HQ, so, ***please allow yourself 5 minutes to jog to the start***.

Course See 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 our 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 to first three 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.

Charity Proceeds from the race are used both to support White Horse Harriers A.C. and, this year, the Wantage Independent Advice Centre. 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*). A sponsor form is available on our website should you wish to raise funds. If you do, please return these directly to the charity and not to us.



Sponsorship

The 2018 White Horse Half Marathon is sponsored by Revolution Sports Injury Clinic.

On race day Revolution will be offering sports massage at a cost of £5 for 10 minutes, or £10 for 15 minutes. The massage will be located by the finish (weather permitting) or in the Old Mill Hall.



**Specialists in Sports Therapy and
Physiotherapy**

Revolution Sports Injuries Clinic specialise in sports therapy, physiotherapy and sports massage. We strive to offer everyone the opportunity to access the right services to rehabilitate your injury and to achieve your goals.

You can be reassured that all are clinical staff are either Chartered Physiotherapists or Sports Therapists who specialize in musculoskeletal injuries. Our services provide assistance to first time exercisers, elite athletes as well as occupational related injuries.

We accept most major healthcare insurers as well as self referrals and operate in the Oxfordshire with a Sports Injuries Clinic at tfd Health and Fitness, Wantage and a Sports Injuries Clinic in Wallingford at the Hitercroft Sports Park.

www.revolutionsportsinjury.co.uk

For More Info

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

Updates

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
V70	01:45:53	Kimber, Phil	Oxford City AC	2017
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
L65	01:41:03	Williamson, Kate	Eynsham RR	2012

RACE RESULTS – 2017

There were 496 finishers.

Open Race Winners

Cat.	Time	Name	Club
SM	01:17:48	McBrien, Jamie	White Horse Harriers AC
V40	01:11:30	Bolton, James	Woodstock Harriers AC
V50	01:23:35	Baskerville, Richard	u/a
V60	01:34:12	Burgess, Jon	Alchester RC
V70	01:45:53 (CR)	Kimber, Phil	Oxford City AC
SL	01:29:54	Bell, Eilidh	Chippenham Harriers
L35	01:40:27	Stanley-Evans, Rachel	Witney RR
L45	01:26:48	Mulhall, Helen	Bearbrook RC
L55	01:47:36	Wright, Catherine	Kettering Town Harriers
L65	1:51:35	Williamson, Kate	Eynsham RR
Men's Team		2, 7, 8, 11	Abingdon AC
Ladies' Team		104, 163, 164	Headington RR

Oxfordshire Championships Winners

Cat.	Time	Name	Club
SM	01:19:06	Petts, Gareth	Witney RR
V40	01:11:30	Bolton, James	Woodstock Harriers AC
V50	01:23:27	Cantwell, David	Woodstock Harriers AC
V60	01:34:12	Burgess, Jon	Alchester RC
V70	01:45:53 (OR)	Kimber, Phil	Oxford City AC
SL	01:30:02	Hale, Hannah	Eynsham RR
L35	01:40:27	Stanley-Evans, Rachel	Witney RR
L45	01:42:15	Rostern, Ann	u/a
L55	01:47:46	Pinnock, Jacqueline	Eynsham RR
L65	01:51:35	Williamson, Kate	Eynsham RR
Men's Team		2, 8, 11, 45	Abingdon AC
Ladies' Team		104, 163, 164	Headington RR

Full course records and results for all years can be found on
www.whitehorseharriers.uk/halfmarathon/

Wantage Independent Advice Centre



Wantage Independent Advice Centre

16 Market Place, Wantage, OX12 8AE
(behind Barclays Bank)

Tel: 01235 765348

help@wantageadvice.org.uk

The 2018 White Horse Half Marathon will Support the Wantage Independent Advice Centre.

The centre was founded in 1971, with a small group of volunteers providing information services and advice. Over the years the organisation has developed into the Advice Centre they have today, with over 110 volunteers including nearly 60 volunteer drivers and 30 volunteer good neighbours. In 2011 they expanded their premises to provide more space and a more appropriate environment, including meeting room facilities.

The Good Neighbour scheme was founded in April 2009, providing volunteers to help with those simple tasks that elderly or vulnerable clients find too difficult.

They operate a volunteer transport scheme from Monday to Friday, covering Wantage, Grove and outlying villages – driving clients to Day Centres, surgeries, hospitals, shops, to visit friends and many more locations!

Their Advice services cover a wide range of topics, including debt management, benefit entitlements, employment rights, consumer rights and many more.



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.

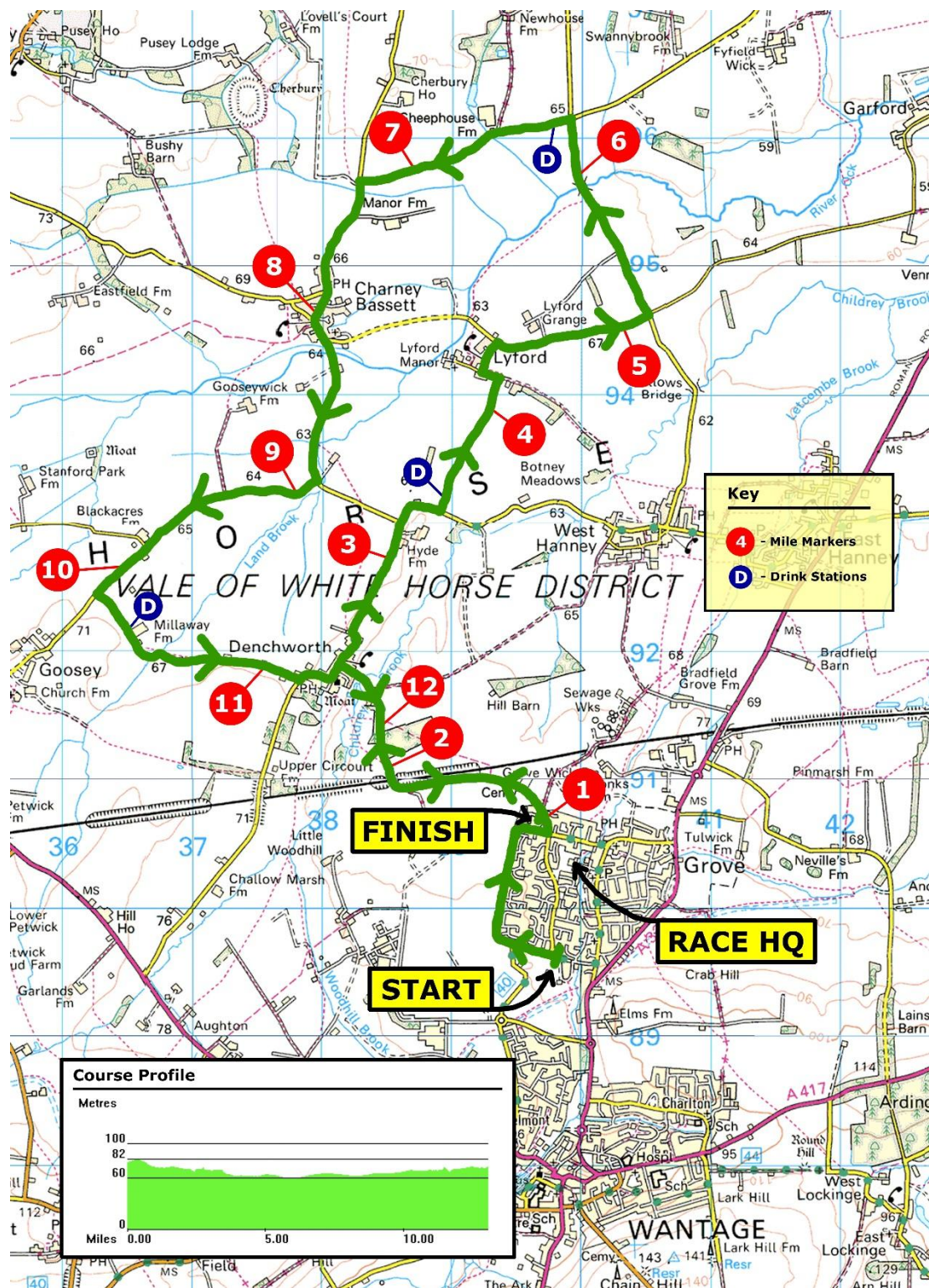
Contacts

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

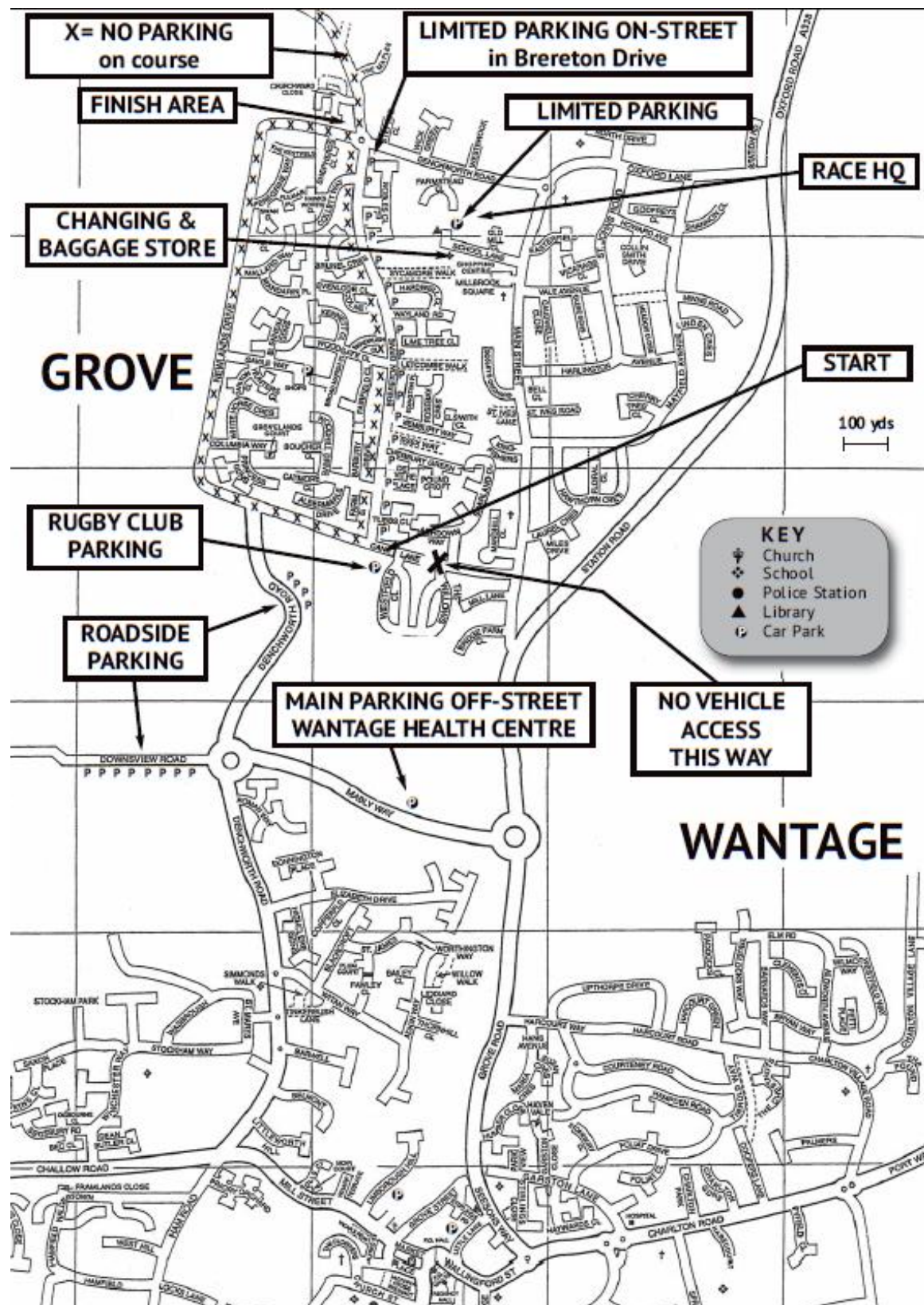


Photo by Barry Cornelius

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.

