

2019 White Horse Half Marathon

Sunday, 7th April 2019, 9:30am

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



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

Under UK Athletics rules
UKA licence number: **2019-36761**

Thank you for your entry to the White Horse Half Marathon. Your race number will be posted to you shortly and should be with you by Early March. 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 using the link emailed to you recently.

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 are not permitted to be worn by competitors during the race for safety reasons. Doing so will lead to disqualification.
- **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, 7th April 2019, 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.

Race photographs

Barry Cornelius plans to take photographs for publication on his website www.oxonraces.com and for possible use by the press. You will be able to download his photos free of charge. If you do NOT wish your image to appear as a significant part of any published photograph, you should put a large thick red cross across your race number. Red markers will be provided at the Race HQ for this purpose.

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 5-10 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 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 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.

Please note that this event is not an Oxfordshire County Championship event this year. At their AGM, Oxfordshire Athletics Road Running section have decided to re-organise and reduce the number of events and distances each year that comprise their road race championship. We hope to be included again in the future, but due to the revised format this will not be every year. The half marathon will however still form part of the County Grand Prix series.

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.

Charity

Over the past 10 years this event has made donations from the proceeds of the race to charities. We are now working with a local school on plans to install and upgrade athletics facilities which our athletes will be able to make use of. We have made a conscious decision not to nominate a local charity this year but to put funds raised by the 2019 race towards these facilities. A charitable donation may be resurrected in future years.

Sponsorship

The 2019 White Horse Half Marathon is sponsored by Revolution Sports Injury Clinic.

www.revolutionsportsinjury.co.uk

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.

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>

Your personal details

Please note that White Horse Harriers will hold your personal details as submitted on the entry form for up to one year following the race. We will only use the information for communications regarding the 2019 race and to provide an early prompt for entry to the 2020 race. n.b. Your payment details are held by runbritain and were not passed to White Horse Harriers.

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
V80	02:22:40	Peter Addis	Road Runners	2005
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 – 2018

There were 457 finishers.

Open Race Winners

Cat.	Time	Name	Club
SM	01:11:00	Hudson, David	BRJ Run and Tri
V40	01:16:10	Bolton, James	Woodstock Harriers AC
V50	01:23:26	Storey, Robert	u/a
V60	01:28:57	Griffiths, John	Headington RR
V70	02:08:43	Lambert, Nigel	Alchester RC
SL	01:30:39	Young, Katy	u/a
L35	01:29:13	McAllister, Liz	Eynsham RR
L45	01:25:21	Mulhall, Helen	Bearbrook RC
L55	01:44:36	McBeth, Caroline	Swindon Striders
L65	01:51:45	Williamson, Kate	Eynsham RR

Men's Team	7, 8, 10, 14	Headington RR
Ladies' Team	51, 55, 92	Headington RR

Full course records and results for all years can be found on

www.whitehorseharriers.uk/halfmarathon/



Welcome to White Horse Harriers A.C.

We are a friendly athletics club based in Wantage & Grove, Oxfordshire. We have around 150 members of all abilities and ages spanning from 'Year 6' well into retirement. We coach youngsters, have structured coaching for seniors, encourage beginners to get jogging and explore trails through Oxfordshire's beautiful countryside.

White Horse Harriers formed in 1982 has been part of the Wantage & Grove community for more than 35 years. The club enters and encourages competition in track & field athletics, road-running, cross-country, team events and junior competitions like Sportshall.

A number of Harriers have had notable success over the years, including former member, Jessica Harrison, who achieved 12th in the Triathlon in 2008 Olympics and 9th in the 2012 London

Olympics. Last year, Ben Claridge won 400m at English Schools Championship, Jonny Cornish won the Oxfordshire Cross Country League and Eda Onay represented GB at Triathle and won the U15 girls. In 2017, Okan Onay brought home a gold medal from the European Triathle Championships in Portugal.

Our four regular EA athletics coaches, and three assistant coaches, train 8-16 year old children twice a week and encourage them to be active, healthy and involved in competitions.

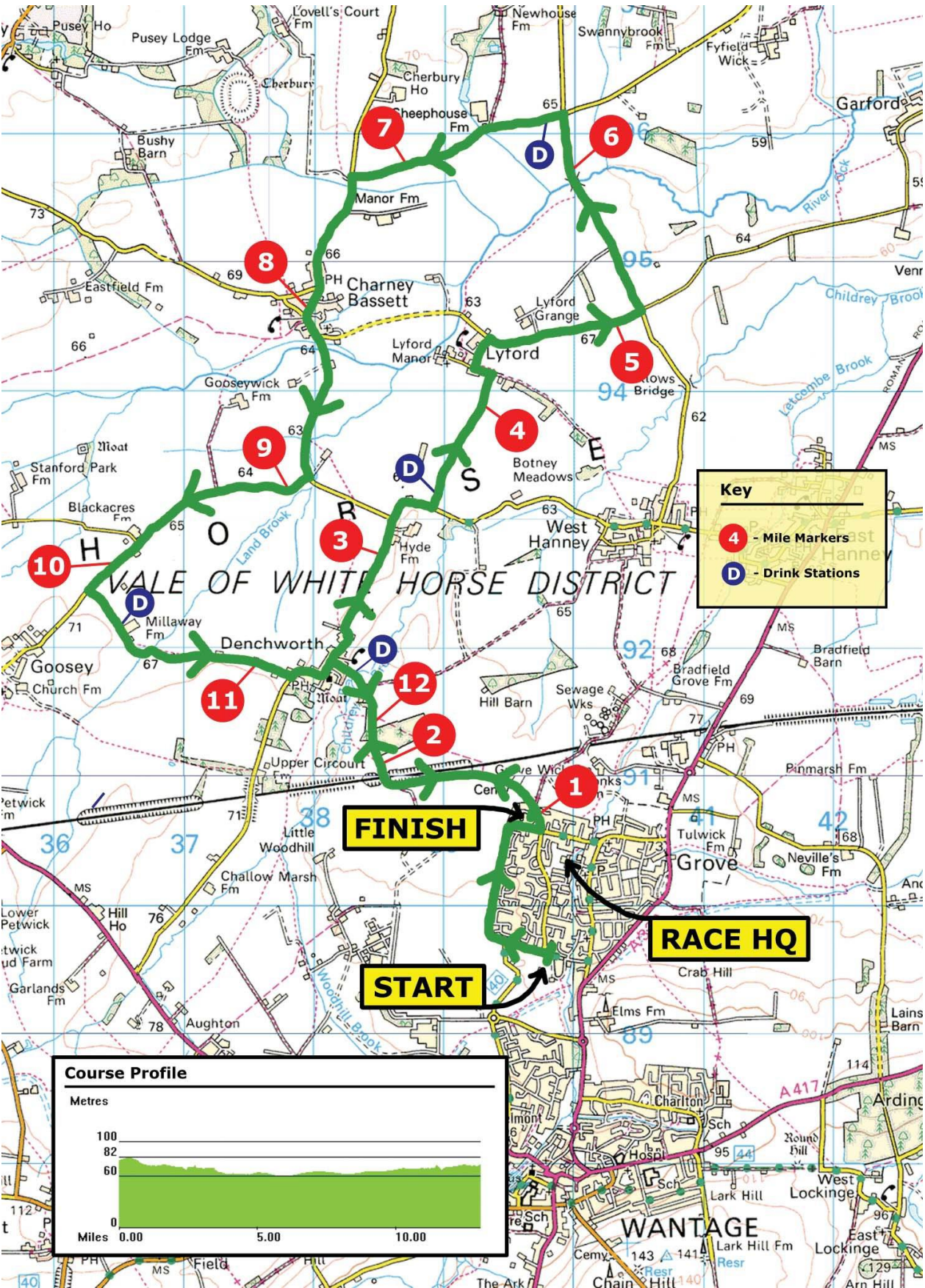
Our Run Leaders support the Seniors, helping the different levels of training run with a welcome group, intermediates and speedy groups. We regularly do more structured training sessions inc. agility, balance & coordination (ABC), plyometrics, hill reps, intervals and track sessions to improve running and reduce injury. We can also provide one-to-one advice developing a personalized training plan.

We are an inclusive club, we encourage non-athletes into jogging for health reasons by organizing courses like JogWantage, and volunteering at ParkRun Abingdon.

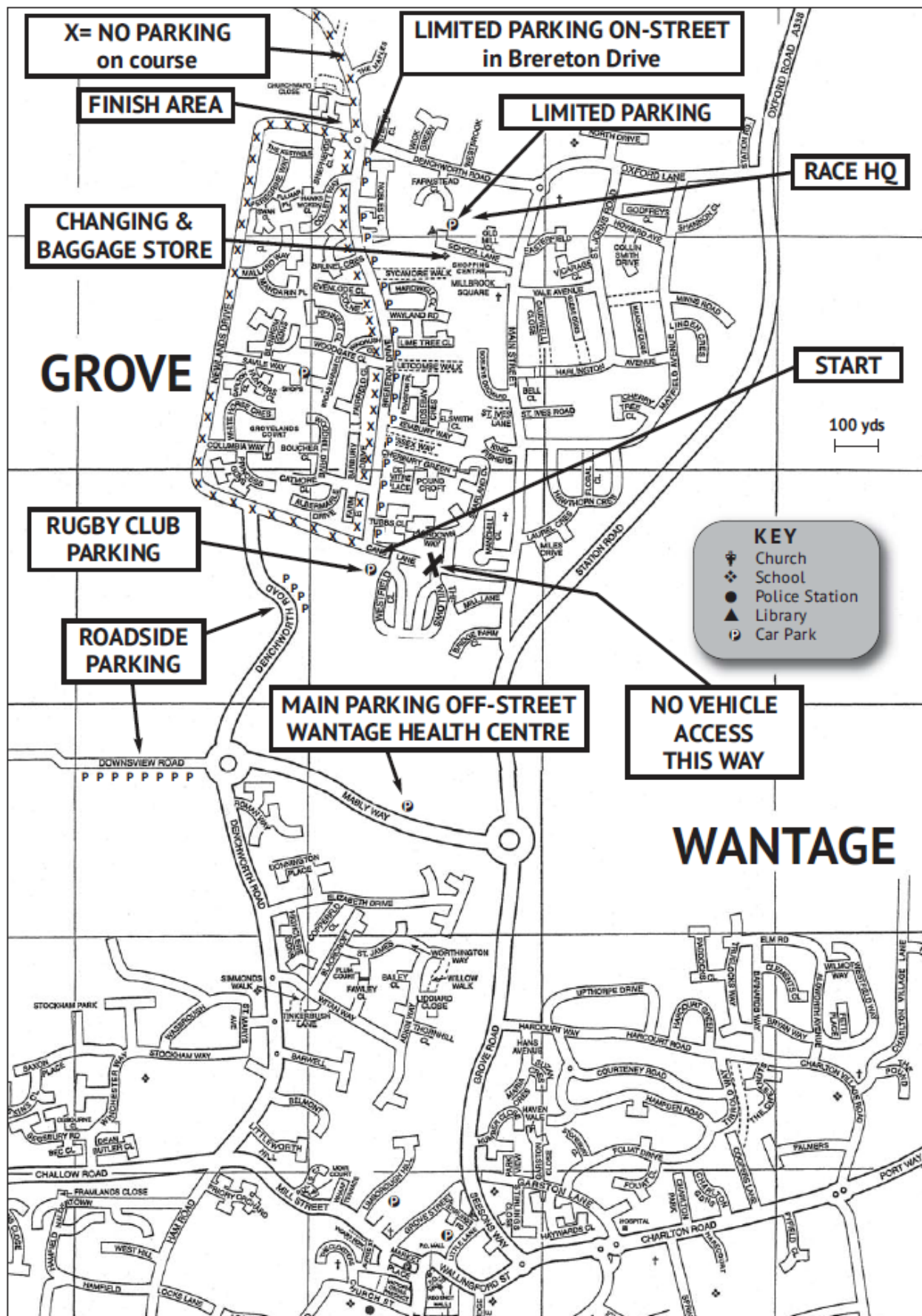
WHH contributes to local charities through organizing events and recent donations have been made to Riding for the Disabled, Helen & Douglas Trust and Thames Valley Air Ambulance



COURSE MAP



PARKING MAP



RACE HQ

KEY

-  **You Are Here**
-  **St John Ambulance**
-  **Baggage Check-in**
and
(Spot Prize Collection)
-  **Men's Toilets**
-  **Ladies' Toilets**
-  **Marshals & Helpers Briefing Area**
-  **Information Desk**
-  **Sports Massage** *(at finish green)*
-  **Refreshments**
-  **Main Entrances**
-  **To Start - Allow 10 Minutes**
-  **To Finish - Allow 5 Minutes**

