

Watford Half Marathon 2020

Sunday February 2nd
Starting at 10.30am

**British
Association
of Road
Races**

REF No 527

HELD UNDER UKA RULES



FOR
OUTSTANDING
RACE MANAGEMENT
SEAA
LICENSE No. 2020-39300



Watford Half Marathon 2020

Notice to all Entrants

Welcome to the Watford Half Marathon, organised by Watford Harriers.

Please note the changes to the course to avoid the flooding experienced in 2014 and that numbers and chips are to be collected on the day at the race H/Q.

This year we have chosen the Watford Peace Hospice as our chosen charity and would be delighted if you were able to support this very worthy cause, a sponsorship form is available via our website:- www.watfordharriers.org.uk

Please note that this year's race HQ will be in a marquee adjacent to the finish. There will be toilet, baggage, refreshment and changing facilities here, but regrettably there are no shower facilities.

Limited parking is available in the car park at the rear of the Town Hall. There is also a car park at the centre of the nearby roundabout by the entrance to the Town Hall and at Rosslyn Road car park, all very close to race HQ. Please use these car parks in preference to parking in the surrounding streets and thereby help us to maintain good relationships with our neighbours. A map showing the location of all car parks is available on page 9 of this booklet.

IF YOU ARE ARRIVING LATE PLEASE DO NOT TRY TO USE THESE LOCAL CAR PARKS AS THEY WILL BE FULL AND ONLY FURTHER DELAY YOU.

(See also the parking guide later in this booklet.)

Please take the time to read this booklet carefully as there are important points that will help to ensure that your run is trouble free and enjoyable.

We would like to thank all of you for entering this event. If there is any way in which you think we could improve the event, please let us know.

Please check our website www.watfordharriers.org.uk for any last minute instructions.

All Races are under UKA rules.

Enjoy Your Run !!!

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2020-39300



Race Number

Your race number, timing chip and baggage label are to be collected from race HQ on the morning of the race, please ensure you allow adequate time for this.

The Start

When you get to the park you will find two starting points, Red and Blue. All Male & Female Seniors to Blue Start and all Male & Female Veterans to RED start. There will be marshals directing you to these areas. The race will be started at 10.30am prompt. Warning sounds will be heard five minutes before the start

Late Entries

Due to the race limit being reached there will be **NO ENTRIES ON THE DAY.**

Changing and Toilets

There are changing and baggage facilities in the marquee. There will be a considerable number of portaloos between the two starts in Cassiobury Park. Runners are reminded that any kit left during the race is at the owners risk.

MEDICAL

If you have any allergies or medical conditions please write them in waterproof ink on the back of your race number.

Photographs

Please refer to the advertisement within this booklet.

Refreshments

Refreshments will be available adjacent to the finish at reasonable cost for spectators and competitors alike. In addition the Cha Cha café near the Red Start will be open throughout the race to cater for spectators.

Declaration

The organisers would like to remind you that you have entered this race at your own risk and that they will in no way be liable for any injury before, during or after the event.

Results

A provisional list of results will be displayed in the main marquee as they become available on the day.

A full list of results will be displayed on <http://results.eventchiptiming.com> as soon as possible after the race.

The Course

For safety reasons and to comply with UKA rules runners are not permitted to use MP3 Players or ipods during the race. However Bone Induction Headphones are allowed.

Please note that due to the severity of some of the hills this course is not suitable for wheelchairs and runners must NOT be accompanied or followed by dogs or cyclists.

Please keep left in all cases, unless otherwise directed by Police or Marshals, as failure to do this may jeopardise future events and may also lead to disqualification.

The course is through pleasant undulating countryside and country roads that will be closed to through traffic for the race.

There will be three water stations along the route as well as at the finish.

Markers are provided at every mile and time checks at halfway. There will be ample marshalling and supervision around the course with transport back to the start from the following vehicle if required.

The finish will be in Cassiobury Park. Water and refreshments will be available here.

The Junior Challenge

Information for the Watford Harriers Junior Challenge can be found at <https://watfordharriers.org.uk/junior-challenge>

Refunds

If you selected the Refund Protection option and can no longer come please visit <http://refundprotect.me/refund> to apply for your refund.

Timing

This year we will be using start line to finish timing and gun to finish. Prizes are based on gun to finish.

We are also hosting The Hertfordshire Vets Half Marathon Championships. Please refer to www.hertscaa.org.uk for further details.

Acknowledgments

We would like to express our grateful thanks to you all for taking part and also the following,

without whose help we could not have managed:

Bedfordshire & Hertfordshire Army Cadet Course - who look after the water stations

St. John Ambulance- who are there just in case

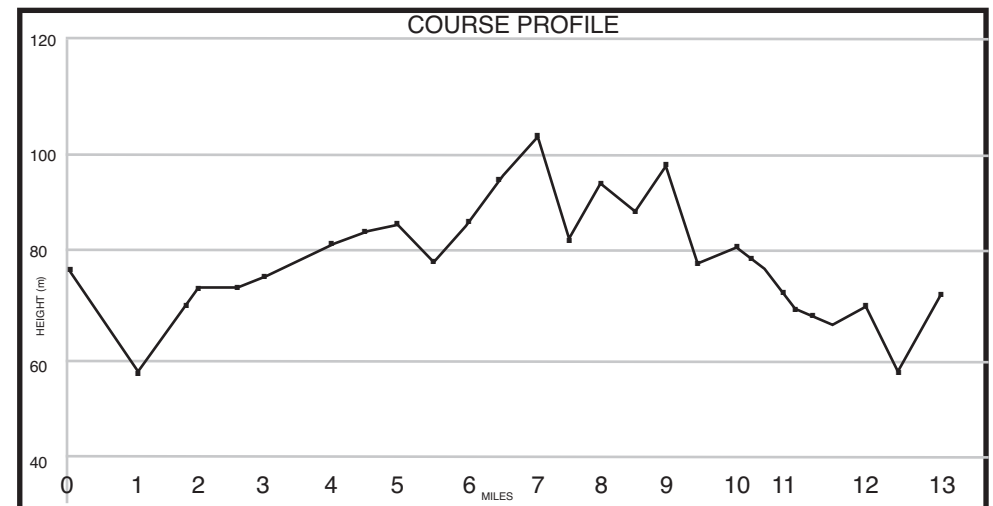
Watford & Hertfordshire Police - who help us in many ways

Watford Joggers - who take care of marshalling round the course

Raynet - for providing vital communications around the course

Watford Borough Council & Three Rivers District Council for their assistance with the course modification

And all the many others who help to ensure a successful race.

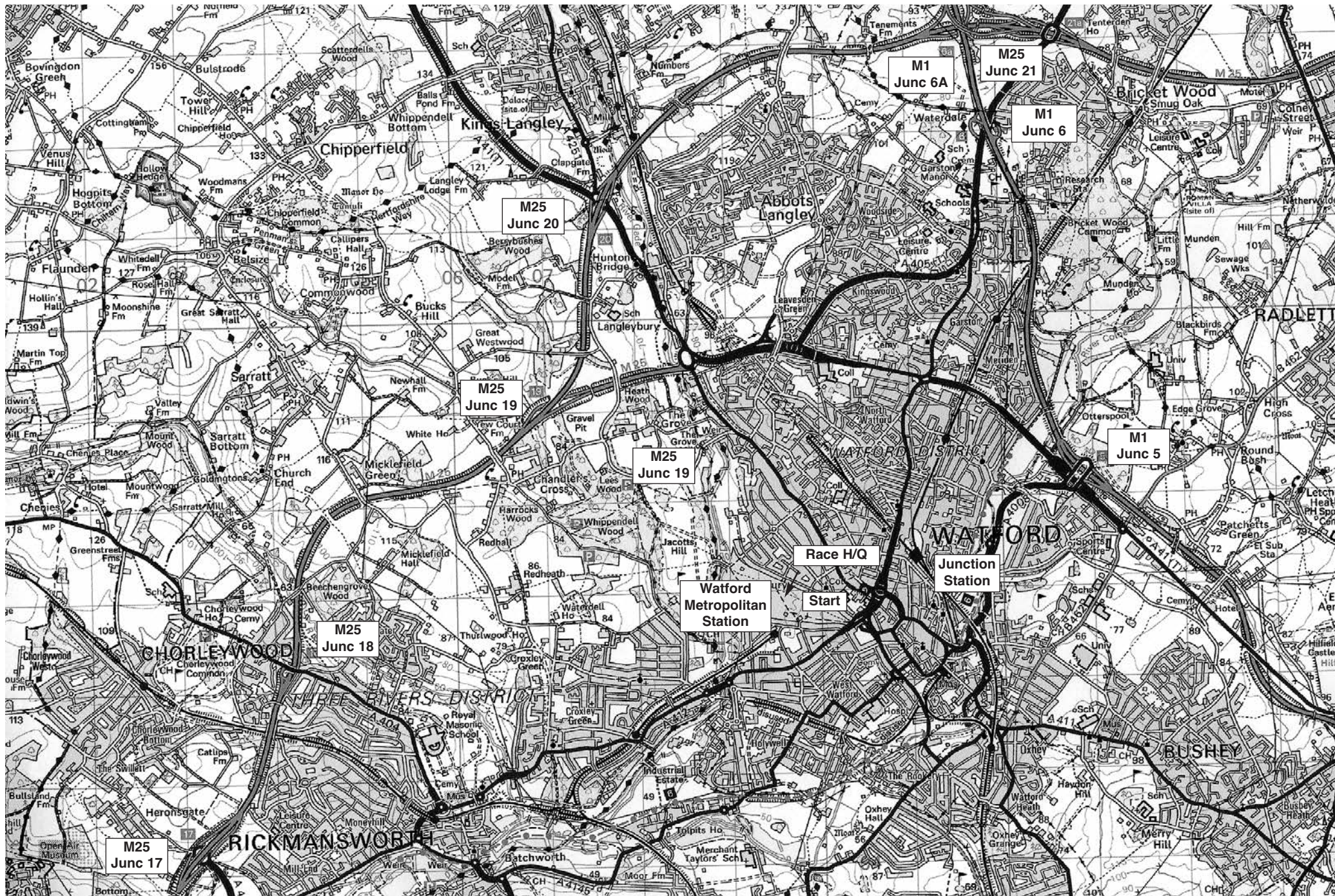


GPS PRINTWORKS Wish you all a brilliant run in The Half Marathon.

Full Colour Business Cards From £25

Digital printing: fast turn around same day service

ASK FOR KEVIN OR LEA - 01923 242128



M1
Jun 6A

M25
Jun 21

M1
Jun 6

M25
Jun 20

M25
Jun 19

M25
Jun 19

M1
Jun 5

M25
Jun 18

M25
Jun 17

Race H/Q

Start

Watford
Metropolitan
Station

Junction
Station

RICKMANSWORTH

WATFORD

BUSHEY

CHORLEYWOOD

THREE RIVERS DISTRICT

RADLETT

Chipperfield

Abbots
Langley

Bricket Wood

Chipperfield

Kings Langley

Waterdale

Garston

Smug Oak

Flaunden

Commonwood

Bucks Hill

Hunton Bridge

Leavesden

Schools

Research

Leisure Centre

Sarratt

White Ho

Gravel Pit

Heath Wood

Kingswood

Garston

Munden

Hill Fm

Chorleywood

Beachgrove Wood

Redhall

Whippendell Wood

North Watford

North Watford

Otterspool

High Cross

Heronsgate

Leisure Centre

Moneyhill

Tolpits Ho

Oxhey Hall

Oxhey Hall

Haydon Hill

Merry Hill

Bottom

Mill End

Batchworth

Merchant Taylors Sch

Oxhey Grange

Oxhey Grange

Wattford Heath

Bushey Heath

COURSE MAP

- 3** Mile Markers
- W** Water Stations
- R** Raynet Points

This section of roads is private and will only be used on race day

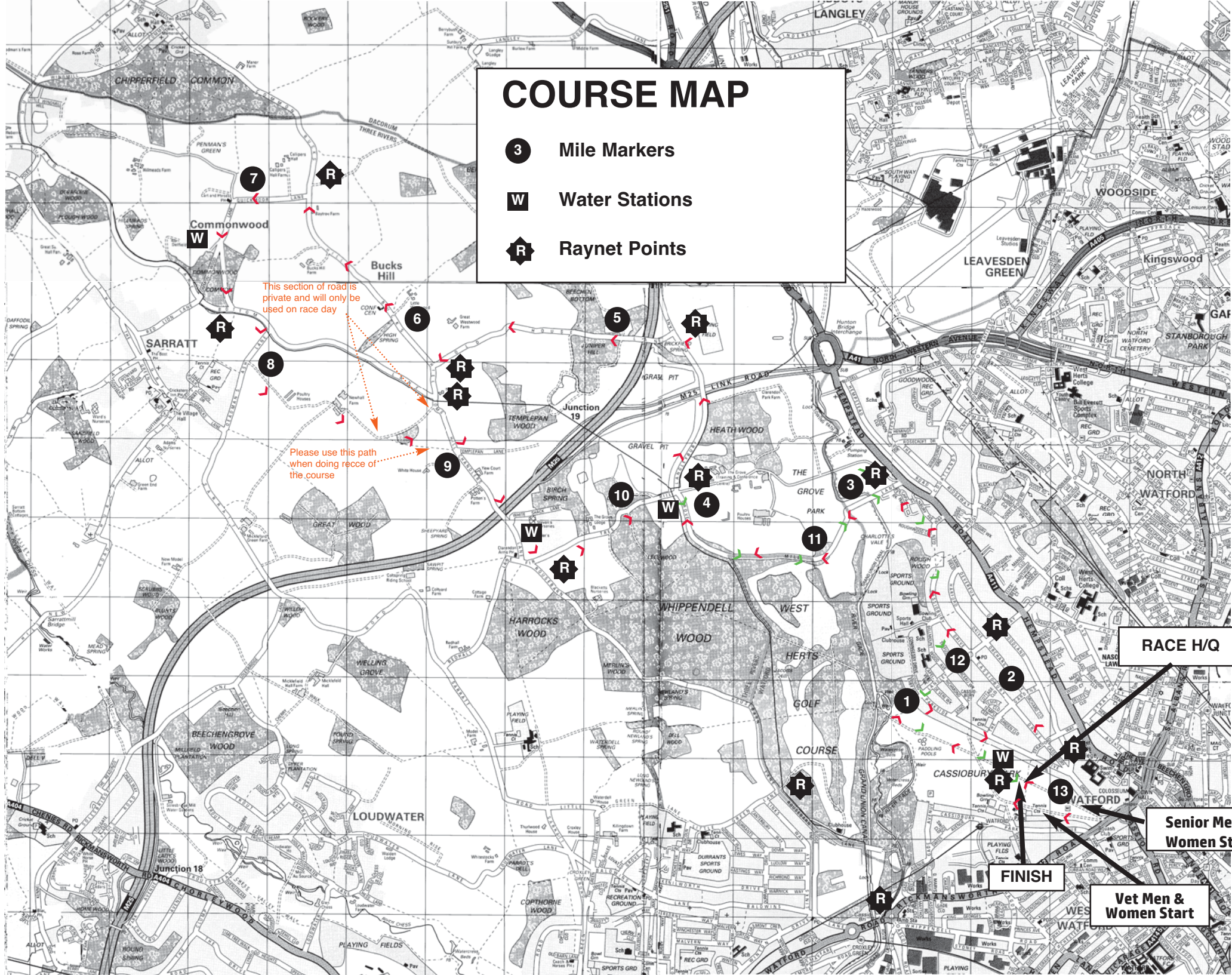
Please use this path when doing recon of the course

RACE H/Q

Senior Men & Women Start

Vet Men & Women Start

FINISH



Prizes

There will be a commemorative T-shirt and medal for all finishers in the race. Additionally there will be prizes for the following categories:

Ladies and Mens:

First - £500 Second - £250 Third - £100

Vouchers

4th to 6th Vets Ladies and Men

First 3 Veteran 35 Ladies and Veteran 40 men

First Veteran Lady 45 and Veteran 50 man

First Veteran Lady 55 and Veteran 60 man

First Team (3 to score), Men and Ladies

First Veteran Team (3 to score), Men and Ladies

There will be an extra bonus prize of £100 to the first athlete to break either race record

The race records are

Men : Tomas Abyu
Salford Harriers 64.50 mins

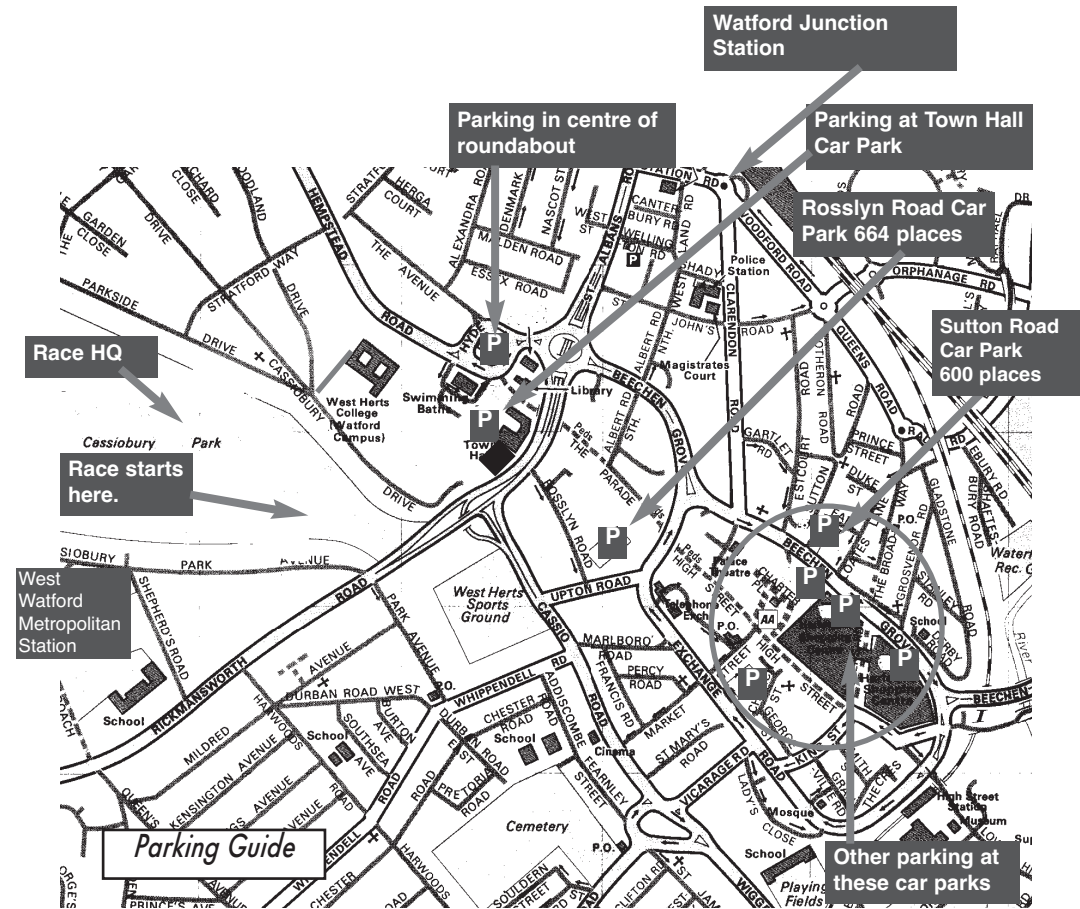
Ladies: Liz Yelling
Bedford & County AC 73.42 mins

The Prize ceremony will take place in the main marquee at 12.30pm.

Please Note

Entrants are only eligible for one open prize in the individual categories. If a veteran runner gains a vets individual placing the runner will be given the choice of prizes. Team Prizes are based on aggregate times

Entrants are reminded that they should be able to complete the course within the 3 hours time limit.



Sussex Sport Photography.com
are the official photographers for
this year's
Watford Half Marathon.

As full time professional photographers they regularly cover races in the South East and will be covering the race action at several points on the course as well as at the finish line – so make sure you have your best race face on for their team as you go around the course and have your race number clearly visible.

The Race gallery will be catalogued and online by
Tuesday the 9th of February if not before.

Profits from sales go towards the race charity, Watford Peace Hospice, so it's an easy way to donate and get your proof of the day too.

Go online to the gallery to see and purchase your pictures
Sussex Sport Photography.com

**Please be considerate to
our neighbours by not
parking in side streets
surrounding the park.**

**PRE & POST RACE MASSAGE IN THE MAIN MARQUEE
£5 FOR 10 MINUTES
ALL PROCEEDS TO THE PEACE HOSPICE**

Watford Harriers

www.watfordharriers.org.uk

Making athletics fun

Watford Harriers is open to everyone from 7 upwards regardless of ability

Monday Evenings 7pm

Core strength training in clubhouse. Open to all ages and abilities

Tuesday and Thursday Evenings 7pm

Public training. Woodside Stadium

Age 10 upwards both track and field events

Wednesday Evening 7pm

Road running men and women. Woodside Stadium

From joggers to serious runners and afterwards in the bar

Saturday Morning

Road Running Cassiobury Park 10.00am, Meet by Cha Cha Cha Cafe

Sunday Morning

Minors Session Woodside Stadium 7-12 years old 10.30am

Road Running Cassiobury Park 9.30am

For further details

Telephone 01923-675423 or Email:info@watfordharriers.org.uk

HOTELS

Park Inn (1000 metres from Race H/Q)
30/40 St Albans Road, Watford
0871 984 6320
www.parkinn.co.uk
Single/double room from only £69

Travelodge (1000 metres from Race H/Q)
23-25 Market Street, Watford. 01923 429988
www.travelodge.co.uk
Double/Family Room from £60 per room
Possibly less if booked online early enough



The Harriers have kindly decided to support Peace Hospice Care for the 2020 Watford Half Marathon, so please download a Watford Half Sponsor Form and help raise vital funds for a charity that many from the local community rely upon.

Peace Hospice Care provides free, specialist, care for patients, and their families, facing life-limiting illness in South West Hertfordshire and the wider area. We provide support at the end of life but the majority of our work focuses on supporting those with life-limiting illnesses and helping them to manage their conditions.

Our patients have a range of illnesses including : cancer, neurological conditions, heart failure, organ failure and chronic lung disease.

We care for patients through our:

Inpatient Unit

Community services that bring hospice care to patients' homes
Starlight Outpatient Services provides rehabilitative and wellbeing interventions and workshops to support people from the earliest stage of their illness.

To access our services, healthcare professionals can refer patients. We also accept self referrals from individuals who we then assess. In 2016, the Care Quality Commission (CQC), an independent regulator of health and social services, awarded us an overall 'Good' rating with 'Outstanding' for caring. We need £5 million a year to run and deliver our services.

For more information:

Call: 01923 330 330

Visit: www.peacehospicecare.org.uk