



WINDSOR HALF MARATHON 2023

WINDSOR GREAT PARK
24TH SEPTEMBER 2023 10AM
RUNNERS INFORMATION PACK



WELCOME

Welcome to the 39th running of the Windsor Half Marathon.

On behalf of the Windsor Half Marathon, I would like to extend a huge Welcome back to all of you!! It continues to be a tough time for everyone but now is the time to enjoy the pleasures of running around the most beautiful Windsor Great Park.

We, as organisers continue to do all we can to make this a safe environment for all participants and spectators and we are hoping that you will play your part to make this "work" for everybody, so please read the important Medical and Hydration information enclosed.

Please ensure that you read the information regarding the Deer in Windsor Great Park



I hope your training has gone well and wish you all a very enjoyable day at this year's Windsor Half Marathon.

Good Luck!

Regards,
Peter Hier
Race Director

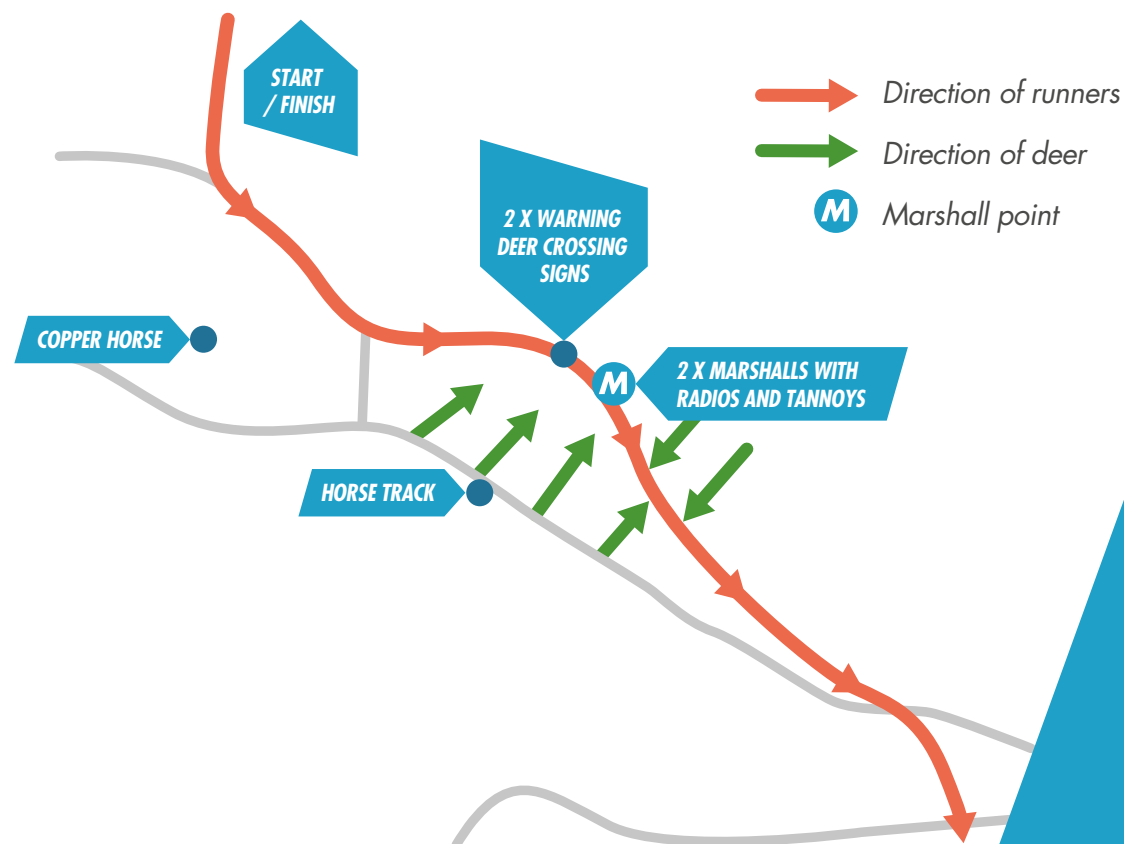


THE HALF MARATHON IS:

Organised to the highest standards under UK Athletics rules and regulations.
The race referee's decision is final on all matters.

WELCOME TO THE 39TH RUNNING OF THE WINDSOR HALF MARATHON

The start and finish of both the Windsor Half Marathon and the Windsor Womens 10K are within the confines of the Deer Park although it is a beautiful site when you see them it is necessary to be aware of their presence. The areas of particular interest where groups of Deer are likely to cross the course are marked on the maps below.



WHAT'S ON?

WHAT'S ON & WHEN?

39th Windsor Half Marathon 2023

Open to all grades of athletes

Sprite Sprint - 40 yds for five to nine year-olds

9.15 **Sprite Sprint**

10.00 **39th Windsor Half Marathon 2023**

11.08 **Expected winner finish time**

12.00 **Presentation of first 3 men & women**

IMPORTANT NOTICE:

The cut off time for the start is 10.10am.



TRAVEL

HOW TO GET THERE

BY CAR Please allow at least 1 hour on top of anticipated journey time.

FROM THE NORTH

Join M4 and travel westbound to J10. Take A329M to Bracknell.

At Twin Bridges roundabout continue on to the A329 signposted to Ascot.

At Heatherwood Hospital roundabout (near racecourse) turn left onto A332 towards Windsor.

The route will be AA signposted - from the West, Leave M4 at J10 and follow directions as above.

FROM THE SOUTH

Leave M3 at J3 and follow A322 towards Bracknell.

At first major roundabout, get in offside lane and take A332 to Ascot.

At Heatherwood Hospital roundabout (near the racecourse) continue on A332 towards Windsor. The route will be AA signposted. These routes have been pre-planned in consultation with the Police in order to alleviate traffic congestion. Your co-operation is greatly appreciated. Please exit by the same route.

FROM THE EAST

Leave M4 at J6 towards Windsor then follow AA sign for Windsor Half Marathon.

BY RAIL

FROM PADDINGTON

Change at Slough for Windsor & Eton (Central).

FROM WATERLOO

To Windsor (Riverside) via Staines. On leaving stations walk up High Street into Park Street to the castle gates, then down the Long Walk to Start (about one mile). For up to date travel information: www.bbc.co.uk/travelnews/berkshire

THANK YOU TO ALL OUR SPONSORS

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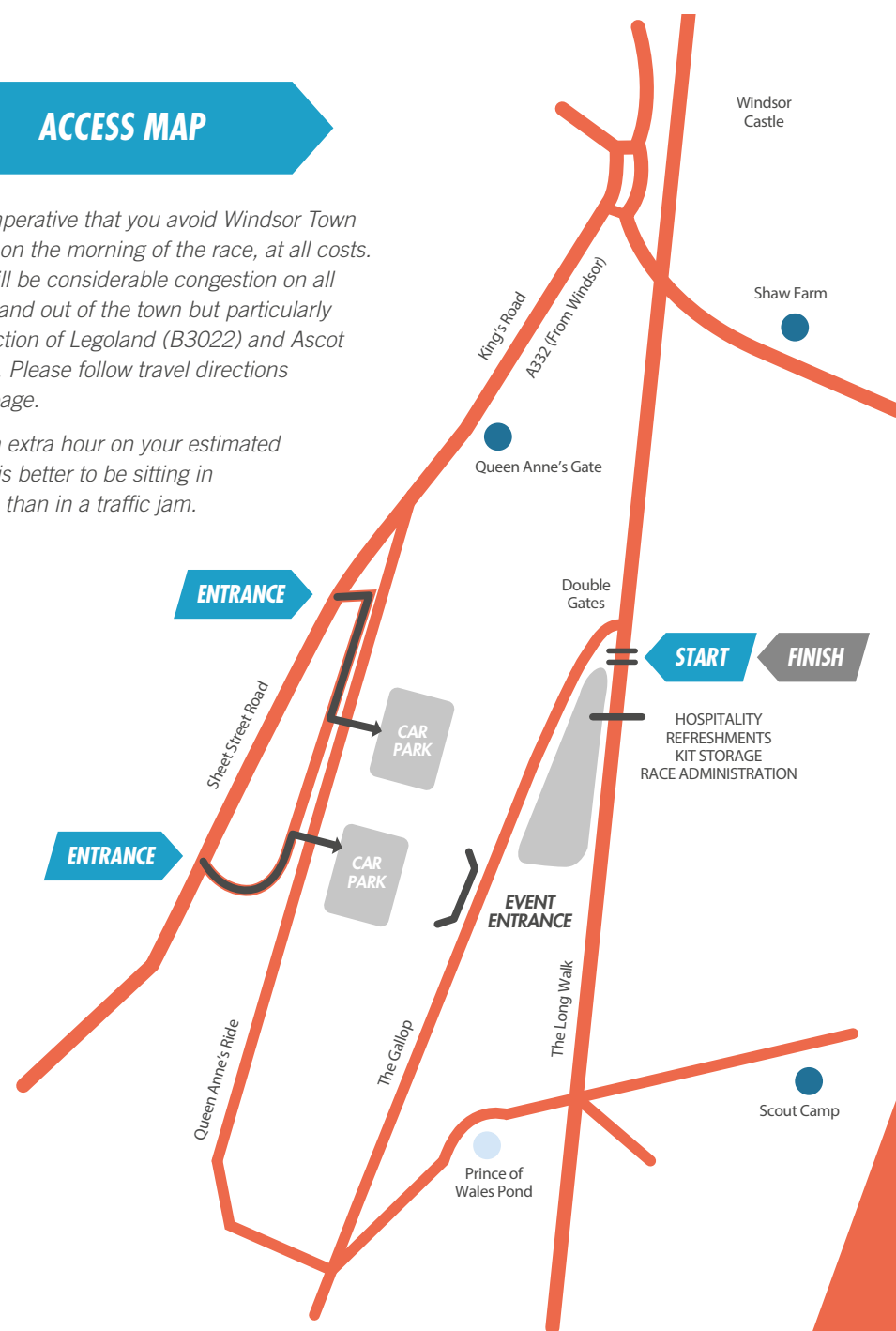
Windsor & Eton ^{Ascot} Express

runABC.CO.UK
The UK's top running website for events and news

CHARITY PARTNERS



Thames hospice



AWARDS & HOSPITALITY

PRIZES

PRIZE MONEY WILL BE AWARDED TO TOP 3 MEN AND TOP 3 WOMEN OVERALL:

Men overall	Women overall
1st £500	1st £500
2nd £350	2nd £350
3rd £250	3rd £250

MALE Prize to the value of

V40	V45	V50	V55	V60	V70+
1st £100	£75	£50	£50	£50	£50
2nd £50	-	-	-	-	-
3rd £25	-	-	-	-	-

FEMALE Prize to the value of

V35	V40	V45	V50	V55	V60
1st £100	£75	£50	£50	£50	£50
2nd £50	-	-	-	-	-
3rd £25	-	-	-	-	-

PRIZE GIVING

All competitors who cross the finish line will receive a commemorative medal. Prize giving prizes will be awarded to the first 3 male and female runners on the day. All other prizes will be checked, then posted.

COMPANY HOSPITALITY MARQUEES

Hire a marquee and make the day a special company sporting challenge. Provide your team of runners, their families and friends with their own meeting place. After the race, relax with your colleagues and families. Hire charges and booking forms available from Joanne Tranter on 01384 379028 or joanne@running4women.com

SITE MAP



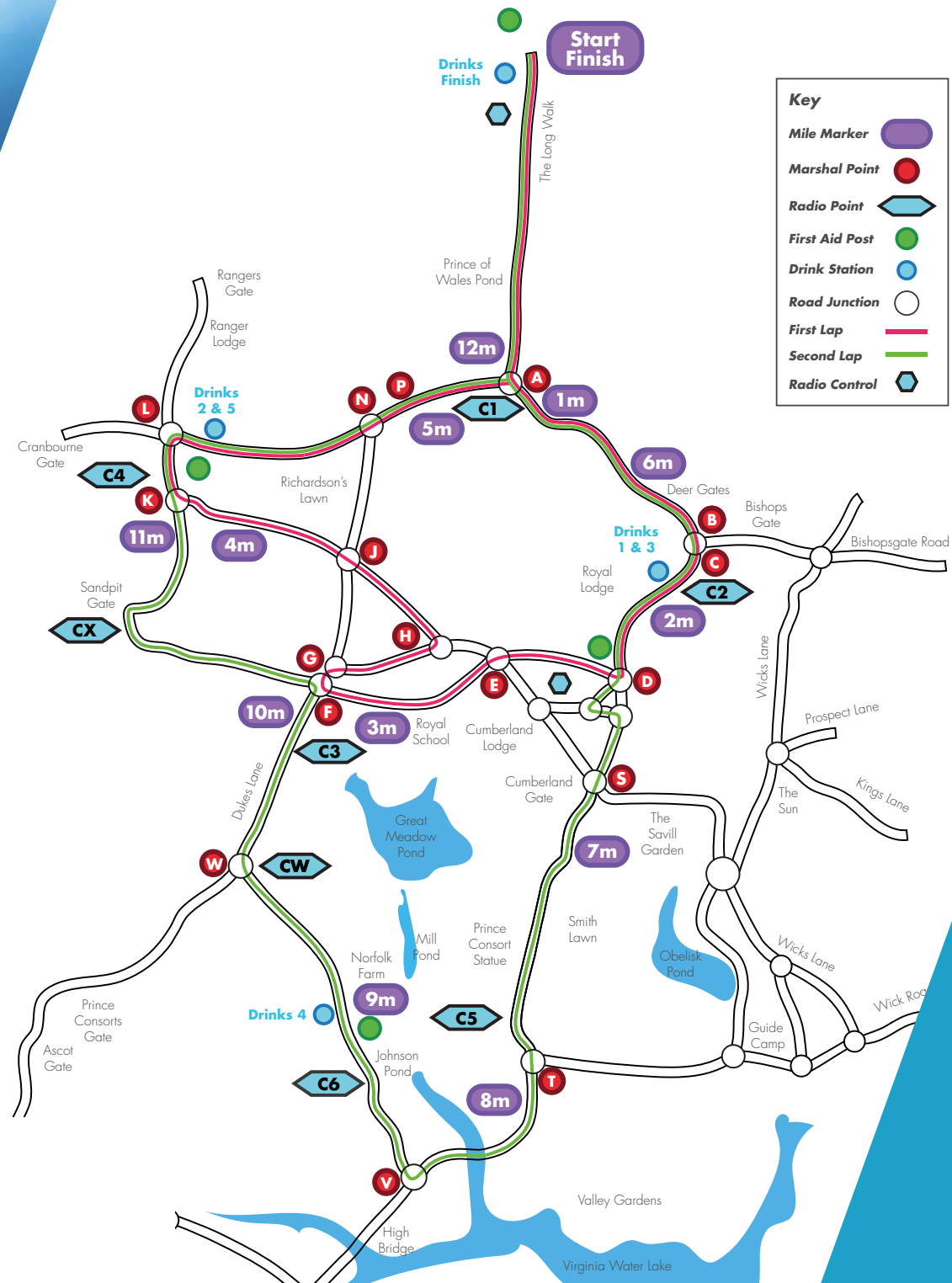
WASTE ZONES



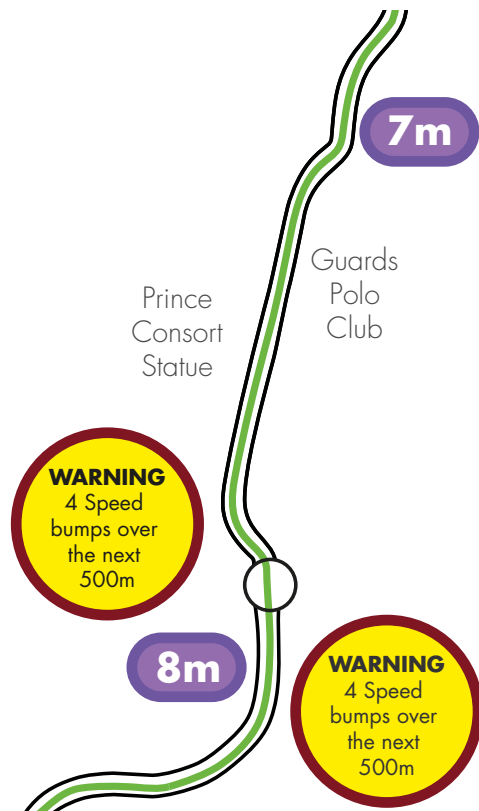
There will be **WASTE ZONES** after each drinks station on both sides of the road. Can you please throw your bottle in the bags provided.

LET US ALL TRY AND KEEP WINDSOR GREAT PARK CLEAN AND TIDY.

THE COURSE



SPEED BUMPS



GENERAL INFO

MEDICAL PROBLEMS

Discuss any medical problems with your GP. This advice supplements anything he or she says. See your GP if you have a problem that makes it a risk to run in a Half Marathon. We are happy for people even with serious medical conditions to run, but only with their GP's and/or specialist's agreement. If this applies to you, send details of your condition and the treatment to me with your running number when you know it.

Send an email to Peter Hier Race Director - director@runwindsor.com

BLACKOUTS

If you have a medical problem that may lead to you having a blackout, such as fits or diabetes, put a cross on the front of your number and write the details, especially your medication, on the reverse of the number.

GENERAL ADVICE

A lot can happen between placing your race entry and the event itself. You should never run with a fever, as there is a risk of myocarditis (inflammation of the heart), which can be fatal or debilitating in the long term. Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the race.

If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family and the event support staff to risk becoming a medical emergency. You are unlikely to perform well and do yourself justice. There are many races but only one "you". If you are not fit then please withdraw from the event for your own safety.

Slow your pace if you start to feel unwell during the race. Seek advice early from race marshals or medical staff if you do not improve. Cramps can be an early sign of dehydration - DO NOT ignore them. There are drinks stations every 2 miles on this course, so if you start off well hydrated and take small drinks at each station dehydration should be avoided. Sprinting to the finish line will increase the stress on your heart and may cause abnormal heart rhythms and even sudden death. Unless you are an elite competitor, then a sprint finish should be avoided. Taking appropriate care will make the race safe, as well as an enjoyable experience.

IMPORTANT RUNNER INFORMATION

Timing Gates - Your running number is colour coded with the timing gates at the start area, so position yourself at your matching coloured banner flag at the start area.

Pacers - At each timing gate from 1h 45min onwards there will be pacer runners, these are experienced runners who are able to run at the pace required - so just follow them! They will be clearly identifiable.

All Fit to compete information can be found [here](#).

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to the finish funnels, where you will receive your medal. The exit point for the finish system should be kept clear to allow runners to exit.

DON'T

- Run if you have any Covid symptoms.
- Run if you have been feeling unwell before the race.
- Run if you have had a flu like viral illness or diarrhoea.
- Drink alcohol - it is dehydrating.

DO

- **Drink plenty of water before, during and after the race.**
- Eat sensibly. Have a good mixed pre-event diet.
- Get into warm dry clothing as soon as you can.
- Make way if you see or hear an ambulance.
- Contact the nearest marshal if you feel ill.
- Contact the nearest marshal if you see someone else in trouble.

GENERAL INFO

WHAT'S ON SITE?

Water stations at 2.25 miles, 4.5 miles, 6.5 miles, 9 miles and 11 miles and finish. Radio network and course marshals. Fast food, cold drinks, toilets and free supervised kit storage area.

For photographs this year we are using a company with a worldwide reputation - Marathon-Photos.com, more information can be found elsewhere within this book. NO BBQ'S ARE ALLOWED UNDER ANY CIRCUMSTANCES.

BAGGAGE MARQUEE

PLEASE use the Baggage label provided in your race pack and tie this label to your kit bag and deposit it in the Baggage Marquee. To collect your kit bag at the end of the race simply show your race number to the Security volunteers in the Baggage Marquee.

IN WINDSOR

Visit Windsor Castle, the oldest continuously occupied palace in the world. See the magnificent restoration of the state apartments following the horrendous fire in November 1992, which destroyed or severely damaged more than 100 rooms. Tour Eton College, Savill Gardens and Berkshire Vineyards and Wineries or take a boat trip down the River Thames.

ACCOMMODATION

Information can be found here www.runwindsor.com/contact/accomodation





WINDSOR

A ROYAL VISIT
TO REMEMBER



EXCLUSIVE
HALF-MARATHON
OFFER

**MACDONALD WINDSOR HOTEL
IS PROUD TO SUPPORT THE
WINDSOR HALF MARATHON 2023**

Show this advert to us on 23rd and 24th September and receive a **half-price
Afternoon Tea for 2 people** – priced at £30 for 2, instead of £30 per person*

Macdonald Windsor Hotel, 23 High Street, Windsor, Berkshire, SL4 1LH
macdonaldhotels.co.uk/Windsor



MACDONALD
WINDSOR HOTEL

*Offer valid only for the weekend of 23/24th September 2023. A copy of this ad in the Windsor Half-Marathon Booklet must be shown to redeem this offer. Afternoon Tea for 2 normally priced at £30 per person.

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Thank You and Good Luck from The Prince Philip Trust Fund

By taking part in the Windsor Half Marathon, you are giving back to the local communities across the Royal Borough of Windsor and Maidenhead.

As founding charity for this event, profits are donated to The Prince Philip Trust Fund who in turn provide financial support to local charities, good causes and projects.

To find out about the organisations, charities and projects we fund, or make an application for funding, visit: theprincephiliptrustfund.org



The Prince Philip Trust Fund

The Prince Philip Trust Fund is a charity registered in England and Wales. Charity reg. no: 272927



You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the Windsor Half Marathon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team

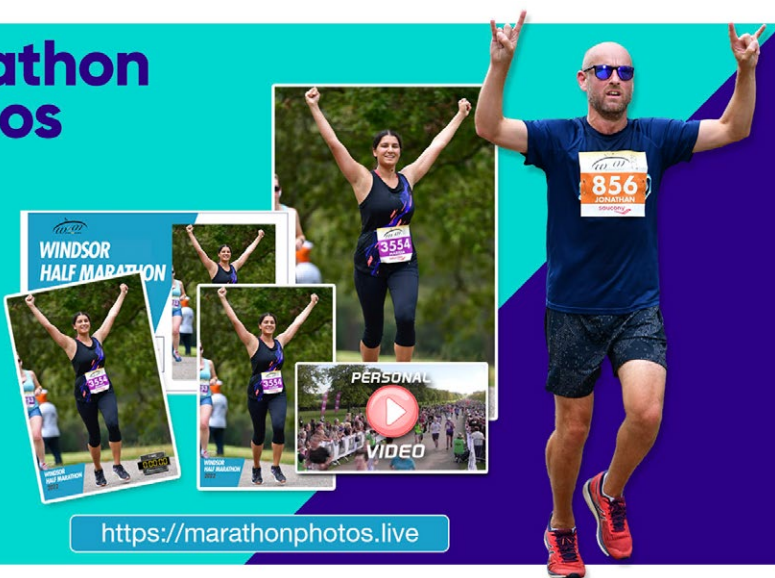


Together we will beat cancer

**Marathon
Photos
Live**



Scan me



<https://marathonphotos.live>



Registered with
**FUNDRAISING
REGULATOR**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.

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