



# WINDSOR HALF MARATHON 2021

WINDSOR GREAT PARK  
26TH SEPTEMBER 2021 10AM  
RUNNERS INFORMATION PACK





**Supporting you  
all the way to  
the finish line**

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# WELCOME

*Welcome to the 38th running of the Windsor Half Marathon, it is actually our 40th Anniversary but with two cancellations in this time it is the 38th "running" of the event!*

*On behalf of the Windsor Half Marathon, I would like to extend a huge Welcome back to all of you!!*

*It has been a torrid 18 months 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 Covid19 Guidelines, Medical and Hydration information enclosed.*

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

*Regards,  
**Peter Hier**  
Race Director*

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**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.*





# WHAT'S ON?

## WHAT'S ON & WHEN?

### **38th Windsor Half Marathon 2021**

*Open to all grades of athletes*

**Glynn Shefford Memorial Run** - 2.5 miles  
for 10 - 80+ year-olds

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

**9.15** *Sprite Sprint*

**10.00** *38th Windsor Half Marathon 2021*

**10.15** *Glynn Shefford Memorial Run*

**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](http://www.bbc.co.uk/travelnews/berkshire)

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Windsor & Eton Express

FunABC.co.uk  
The UK's top running website for events and news

## CHARITY PARTNERS



Thames hospice

# PARKING

## IMPORTANT INFORMATION

**The Car Park only has 2 exits and both of these lead onto the very busy A322.**

We accommodate over 4000 cars on race days so consequently there are going to be delays in exiting.

To try and alleviate the problems of previous years we are asking ALL runners to have their RACE NUMBER visible in the windscreen of their car on entrance to the car park.

This will enable you to have priority parking which should make your exit a little fairer. However there WILL be delays so we are asking you to please exercise patience and not to abuse members of Staff who will be doing their best to get you on your way.

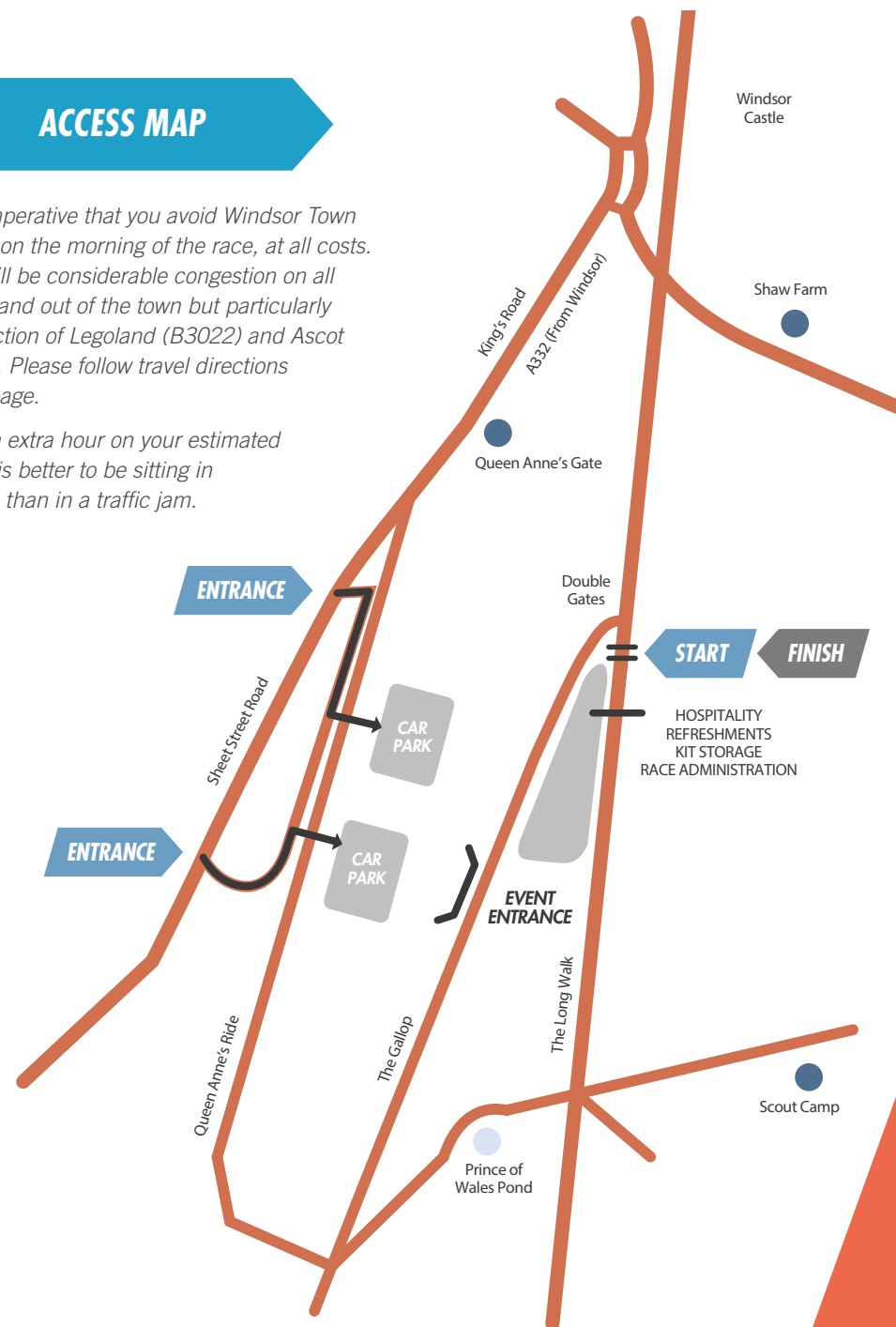
If you start queue jumping it will only cause anger amongst other drivers and will also result in you having to wait a great deal longer to exit.

We are doing our utmost to ensure that you leave the Great Park as quickly as possible but we need your help too!

## ACCESS MAP

It is imperative that you avoid Windsor Town Centre on the morning of the race, at all costs. There will be considerable congestion on all routes in and out of the town but particularly in the direction of Legoland (B3022) and Ascot Racecourse. Please follow travel directions on previous page.

Please leave an extra hour on your estimated journey time - it is better to be sitting in the car park early, than in a traffic jam.



# AWARDS & HOSPITALITY

## PRIZES

PRIZE MONEY WILL BE AWARDED TO TOP 6 MEN AND TOP 6 WOMEN OVERALL:

Men overall	Women overall
1st £500	1st £500
2nd £350	2nd £350
3rd £250	3rd £250
4th £150	4th £150
5th £100	5th £100
6th £50	6th £50

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](mailto:joanne@running4women.com)

# SITE MAP





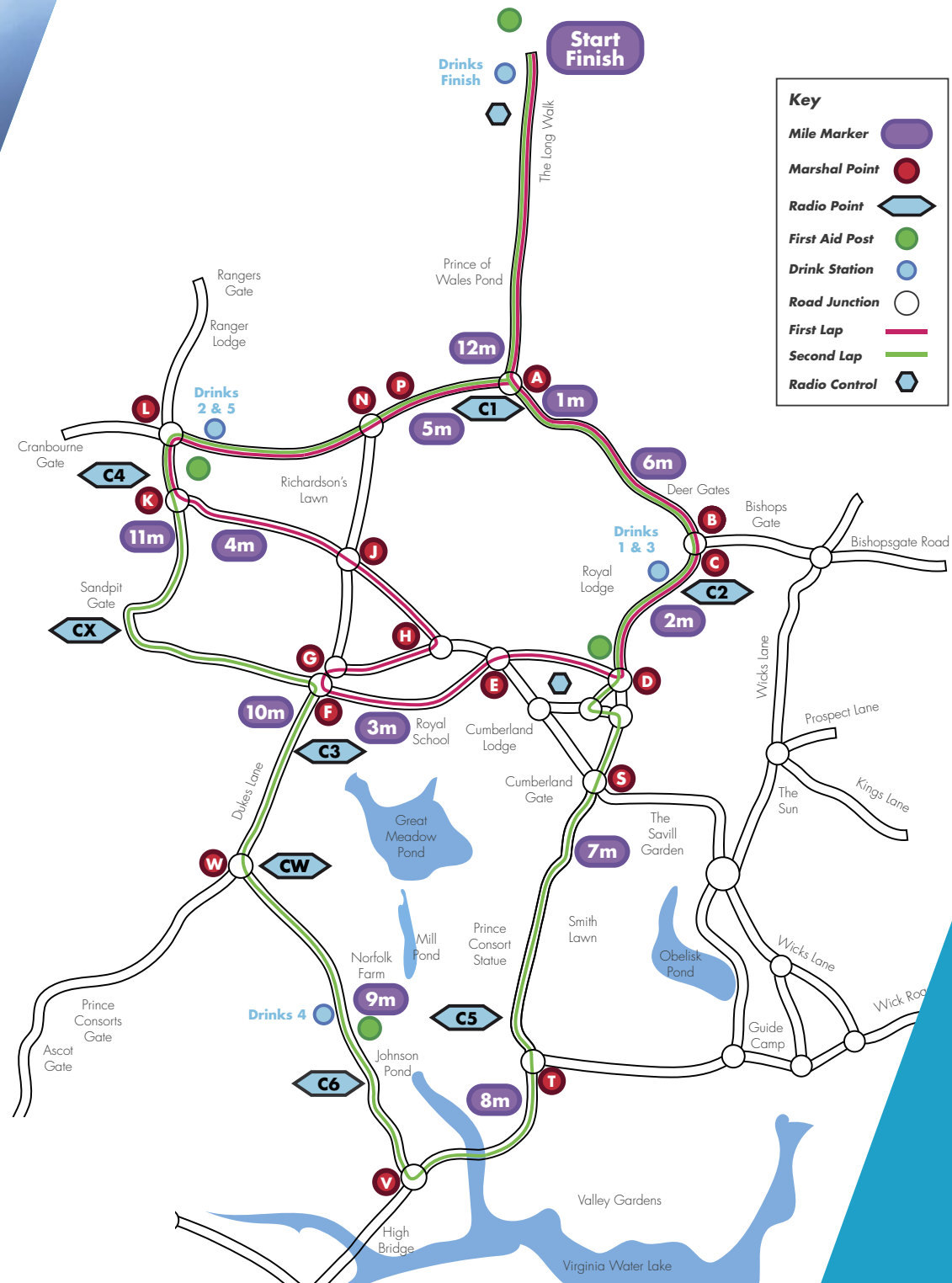
# WASTE ZONES



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.

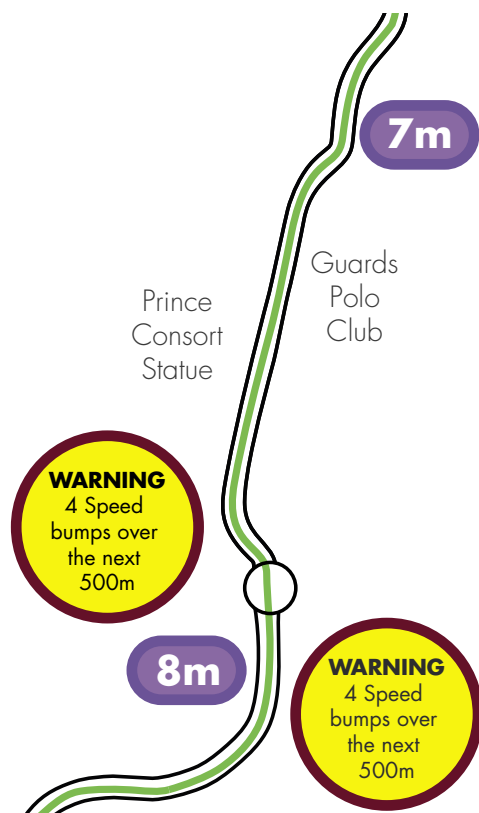
**LET US ALL TRY AND KEEP WINDSOR GREAT PARK CLEAN AND TIDY.**

# 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](mailto: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, changing facilities 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.

## MASSAGE

Bodyhealththerapies are the official massage partner for the Windsor Half Marathon, providing 10 and 15 minute massages on the day. A massage to get the body ready or to aid recovery can be booked for a fee in advance before or after the race at the massage tent. Cash only.

## 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](http://www.runwindsor.com/contact/accomodation)





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## It's time to celebrate

Add some sparkle to your Christmas celebrations this year at Macdonald Windsor Hotel. Get together with work colleagues, friends and family at one of our party nights and dance the night away for a truly memorable Christmas this year.

### Party Nights:

- Sparkling wine
- 3 course meal with wine
- DJ & dancefloor

From **£55 per person**

Available throughout  
November & December

**#Enerjoy!**  
on the run...



MACDONALD  
WINDSOR HOTEL

For more information, please call 0344 879 9101 or email [specialevents.windsor@macdonald-hotels.co.uk](mailto:specialevents.windsor@macdonald-hotels.co.uk)  
[macdonaldhotels.co.uk/windsor](http://macdonaldhotels.co.uk/windsor)



## 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](http://theprincephiliptrustfund.org)



The Prince Philip Trust Fund

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

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Ahmad AS et al, British Journal of Cancer, 2015.  
Registered charity numbers 1089464, SC041666, 1103 and 247.



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Fuel economy and CO<sub>2</sub> results for the Hyundai IONIQ 5: Mpg (l/100km): Not applicable. CO<sub>2</sub> emissions: 0 g/km. Electric range: 238-298 miles (dependent on model and battery size). Range dependent on ambient temperature, battery state of charge and condition, driving style, vehicle payload, vehicle electronics, heating and climate settings. Tested under WLTP regulations. Warranty terms and exclusions apply.

# COVID GUIDELINES



- 1 Reduction in entries for 2021 only
- 2 More spacing in Start funnels
- 3 3 x 4 station Sanitiser stations
  - 1 - Outside Baggage marquee
  - 1 - Outside the food franchises - who have their own Covid precautions
  - 1 - Community Marquee
- 4 ALL toilets will have sanitiser
- 5 If you come by car it is recommended that you leave your belongings in the boot of your car. The car park is secure, you can of course use the Baggage marquee where all volunteers will be wearing gloves and masks but we are trying to decrease the amount of queuing
- 6 Drink Stations: 200ml bottle will be on tables at each station - the volunteers will not hand you a bottle you will need to pick up yourself. After use It is important that you throw these bottles away when you enter the Waste Zone - There are signs
- 7 Finish funnels: you will receive a medal and water which will be on the tables as you walk past. The volunteers will not hand these to you - you need to pick these up yourself
- 8 All volunteers/officials will be wearing gloves

## TOILETS COVID PRECAUTIONS

### ADDED COVID-19 PROTECTION

All Toilet Hire will include pre-delivery & off-hire/collection sanitisation with SiteSan Disinfectant Spray Mist. SiteSan will also be applied to the unit(s) during Servicing.

SiteSan is proven to be effective against Coronavirus, providing an extra layer of defence against the spread of the virus.