



Run Harwell - Pre-Race Information!

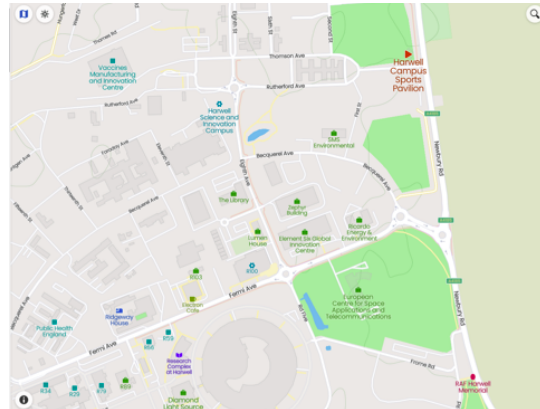
It's getting exciting now – it's just over a week until Run Harwell 😊

In preparation for the big day, we recommend you make yourselves a cuppa and take the time to read the information below which explain the key details of this year's race and the protocols we have put in place to help keep you safe.

If you still have any questions – please do ask via info@mstevents.co.uk

WHERE:

Race HQ
Harwell Campus Pavillion
Thomson Avenue
Didcot
OX11 0GD



PARKING:

There is plenty of parking onsite, simply follow the “CAR PARK” signs and marshals. There is a £2 parking fee to [Be Free YC](#) which will be collected in the car park.

WHEN:

8:45am – Number pick up opens
9:15am – Kids Mini Mile starts
10am – Half Marathon start
10:10am – 5km start

RACE NUMBER:

Race number, timing chip, safety pins and T-shirt will be available to collect on the day from Race HQ. Please ensure you complete the contact and medical details on the reverse of the number.

Please note if you entered in the last few weeks then your T-shirt will be posted to you after the event.



MST Events

**The Studio, Butlers Lands Farm, Mortimer, Reading, RG7 2AG
+44 (0) 7917 666888, info@mstevents.co.uk, www.mstevents.co.uk**



RACE KIT:

Plan what you're going to wear in advance!!! The 5km course is predominantly on tarmac, the Half Marathon course is a mixture of tarmac and trail surfaces, with approximately 1/3 of the course on road, 2/3 off-road. Road shoes should be suitable providing the ground is dry and the forecast preceding event day is dry!

WEATHER CONDITIONS:

We live in Britain – so who knows what the weather will be, but please do check it prior to the event and dress and prepare accordingly.

COVID SAFETY:

We strongly encourage all participants over the age of 12 to take a Lateral Flow test 24 hours prior to the event. If the test result is positive – PLEASE DO NOT ATTEND THE EVENT.

The NHS QR Track & Trace codes will be available at Race HQ – please do take time to “check in”.

Hands - There will be plenty of hand sanitiser around the Race HQ and at the hydration station.

Face – Please cover your face when using the indoor toilet facilities.

Space – Be respectful to those around you.

The 5km and Half Marathon events will be started on a “rolling start” format.

TOILETS

There are plenty of toilets within Harwell Campus Pavilion. Please could we ask that you wear a mask when using the indoor toilet facilities.

CHARITY FUNDRAISING:

We are very proud to be supporting BeFreeYC who do fantastic work for young carers in Oxfordshire. If you have been fundraising yourselves, don't forget to let everyone know how you get on, including how much you raised.

WARM UPS:

Luke from [The Park Club](#) will be leading a warm-up 5 minutes prior to each event start.

MASSAGE:

Amy Peak from [Peak Movement](#) will be onsite at the Race HQ offering pre and post event massage.

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YOGA AREA:

Emma from [Yoga with Emma](#) will have her own cool down zen area – perfect to aid recovery.

UP AND RUNNING:

[Up and Running](#) will be at the Race HQ with various running essentials available to view and purchase.

BAGGAGE:

There are no baggage facilities onsite – please bring the bare minimum to the Race HQ.

ON THE COURSE.....

MARSHALS AND SIGNS

There are friendly marshals around the course at key directional changes along with clear signage – please keep your eyes open for them!!!

HEADPHONES

In-ear headphones are not allowed at this event. Bone-conducting headphones are permitted.

CUT-OFF TIME

There is no cut-off for the 5km event.

All half marathon runners are to be past the 10 mile point within 2.5 hours from the event start.

HYDRATION

Staying hydrated for running events – pre, post and during is really important. We are actively trying to reduce the amount of plastic waste at our events. We'd love it if you could help us out by bringing your own pre-filled water bottle to the start line.

For Covid reasons, we want to reduce the number of touch points during the event. There is a hydration station at mile 3.5 and 10 miles of the Half Marathon course where you can re-fill your bottle.

There is no hydration station on the 5km course.

SMILE FOR THE CAMERA

Chris Drew will be out on the course capturing your best side and the photos will be available free to download via Flickr within 24-48 hours after the event.

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MEDICAL ASSISTANCE

If you need medical assistance during the event, please tell a marshal or another runner. We have first aid stations on the route as well at the Race HQ.

AFTER THE EVENT.....

RE-FUELLING

We are excited to have a catering van available to you pre-and post race.. Be Free YC will also have candy-floss and popcorn available to purchase. Please note this will be CASH only so please bring some change.

RESULTS

Your result will be found [here](#).

RE-FUELLING

Trophies will be sent to their rightful owners approximately 7 days after the event.

iTABs....

Your own personalised iTAB will be sent to you within 7 days after the event.

Good luck and see you on Sunday 8th August!

**Best wishes the MST crew:
Ceri, Ellie, Kirsty and Oli!**



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