

THE 25TH ANNUAL HARRY HAWKES 8

Sunday 6th September 2009 Start 10:00am



Sponsored by:



Entries, timing & results by



«FirstName» «LastName» [«EntrantNo»]
«Building»
«Street»
«Locality»
«TOWN»
«Postcode»

Thank you for entering this year's Harry Hawkes 8.

Your race number is enclosed. This must be securely attached to the **front of your vest or T-shirt** during the event. It must not be cut, folded or perforated.

Please check the personal details below and inform the help desk on the day of the race if there are any serious errors. Alternatively you can email enquiries@sportsystems.net

Race No: «EntrantNo»

You qualify in the «Cat» race age category.

You are not a member of a team.

Getting To Giggs Hill Green (see map overleaf)

Giggs Hill Green is situated about two miles from Kingston town centre adjacent to the A307 (Portsmouth Road) which is a main route into Kingston. The Green is easily accessible from the A3.

The nearest stations are Surbiton (about 20-25 minutes walk) and Thames Ditton (7 minutes walk). Both are served by the main line to and from Waterloo. There are also buses from Kingston.

There is a car park close to the start, at the Youth Centre in Watts Road (see map). In addition, car parking is available in the centre of Thames Ditton. Please do not park on the roads surrounding Giggs Hill Green. This will obstruct the course and disrupt local residents upon whose co-operation the race relies.

Changing & Toilet Facilities

Changing facilities and showers are available but you are advised to come changed if possible. Toilet facilities for both Ladies & Gents are located in the Thames Ditton Cricket Clubhouse. In addition 3 PortaLoos will be provided near the Clubhouse/Race Start area. There are no facilities out on the course.

Your Timing Chip

The race is being Gun to Chip timed using an IPICO Sports TAG. Attach the TAG to your shoe laces using the two ties enclosed with it in the envelope. You can see an illustration of how best to do this via

www.sportsystems.net/ipicoHowtoAttach.jpg

If you decide not to compete please post the TAG back in the envelope provided.

The Start

The run starts promptly at 10.00 am, so please aim to be on Giggs Hill Green, changed and ready to go, by 9.45 am at the latest.

The Course

The course has been precisely measured using a surveyor's wheel. Water stations will be located at 3 and 6 miles.

The Finish Area & Timing

The finish area is on Giggs Hill Green as shown on the enclosed map. Make sure that your number is displayed vertically and not folded when finishing. Your timing chip will be detected as you cross the finish line and your time and race number will be recorded automatically. *Please keep moving once you have crossed the line and clear the finish area as soon as possible.*

Results and prizes

Results will be available on sportsystems.net/hh8 shortly after the race

Prizes in the following categories will again this year be kindly supported by our sponsors. The decision of the judges will be final.

Men

1st 3 Individuals
1st Veteran (40-49)
1st Veteran (50-59)
1st Veteran (60+)
1st Team (4 to count)

Women

1st 3 Individuals
1st Veteran (35-44)
1st Veteran (45-54)
1st Veteran (55+)
1st Team (4 to count)

Team prizes are based on the cumulative time of the team.

Nuffield is offering a cash prize if the winning time beats the course record of 39 minutes and 22 seconds set in 2005.

The organizer is also offering a cash prize for the first female runner who beats the female course record. This time will be announced on the day. The presentation of the prizes will take place between 11.30 and 12.00 on Giggs Hill Green.

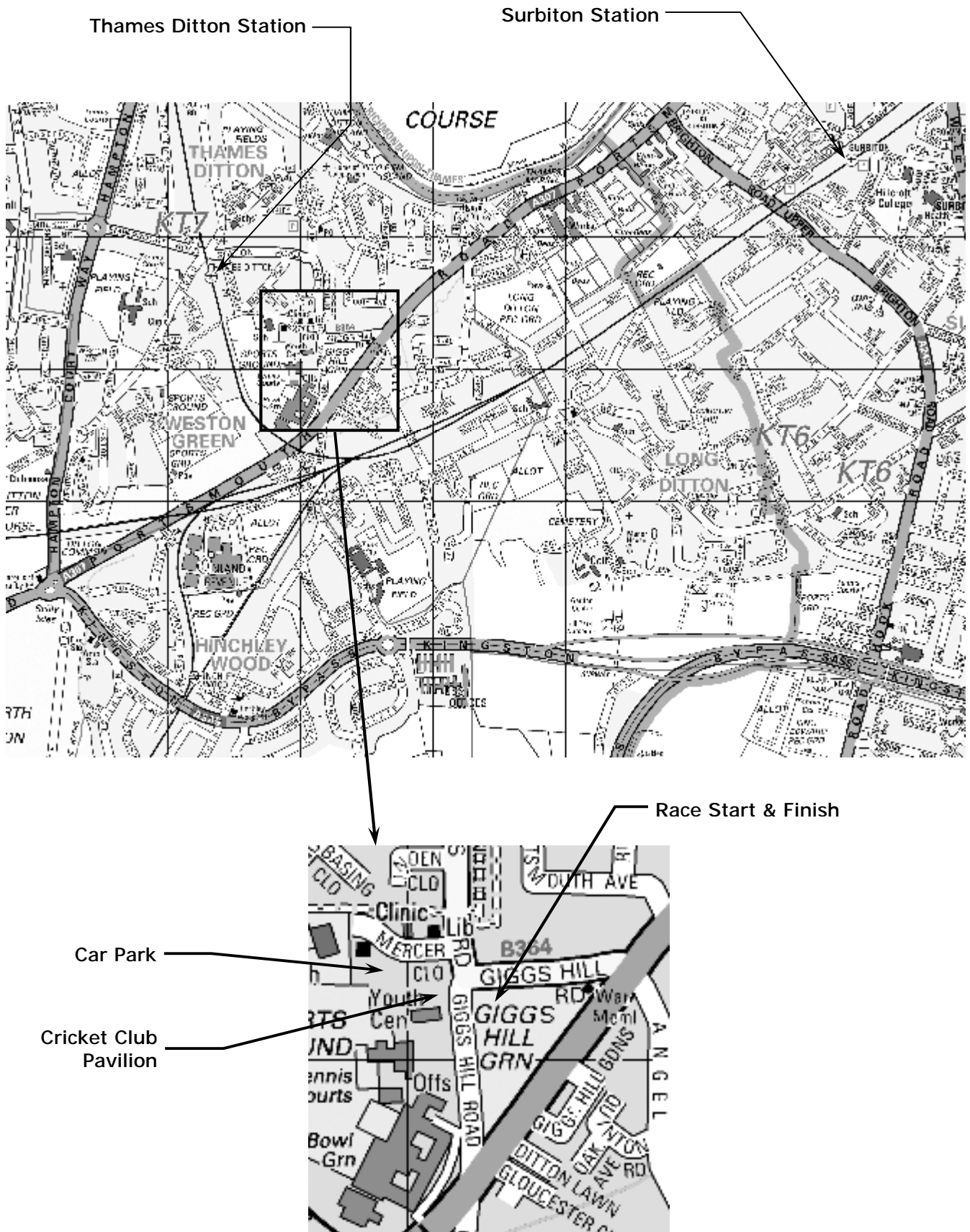
Stay after and have some fun

A barbecue and full bar service will operate from the Cricket Pavilion from 11.00. In order to comply with licensing regulations, all runners will be made honorary non-playing members of Thames Ditton Cricket Club for the day.

Entries on the day.

Entries on the day will be available at the Cricket Club Pavilion for £12.00 up to 9:30 am.

Location of Giggs Hill Green.



Do not park on the roads around the green. Please use the car parks.
THE ROADS WILL NOT BE CLOSED TO TRAFFIC While *running* you must keep to the left hand side of the road, run on the pavement where possible and observe the Highway