



WINDSOR WOMEN'S 10K 2023

WINDSOR GREAT PARK
23RD SEPTEMBER 2023 10AM
RUNNERS INFORMATION PACK



RACE DETAILS

YOU WILL RECEIVE IN THE POST

Your race number with bib tag timing device already attached and a separate baggage luggage label. Please fill in your personal details on the reverse of your race number.

Don't lose your number.

Fasten your number securely to the front of your vest or t-shirt using four pins, one at each corner. It is your responsibility to arrive at the finish with your number intact.

INSTRUCTIONS FOR USE

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 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.

TRAVEL AND CAR PARK

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 the racecourse) turn left on to A332 towards Windsor. The route will be AA signposted for the Windsor Half Marathon taking place in the same place the following day.

From the West - Leave M4 at J10 and follow directions above.

From the South - Leave M3 at J3 and follow A322 towards Bracknell. At first major roundabout, get in the 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 for the Windsor Half Marathon taking place in the same place the following day. Parking is in Windsor Great Park off the A332 Sheet Street Road. There is plenty of free parking for everyone.

Travel from London - Train services.

The quickest way to Windsor from London is via Paddington to Slough (22 mins) where you change for Windsor. (Platform 1).

There are good views of Eton College and the castle as you approach from the north-west on the raised brick arches, crossing the river Thames on Brunel's "Bowstring Bridge" (1849).

Windsor Central Station is directly below the castle walls. It is then approximately 1.5 miles to the start on the Long Walk.

ACCOMMODATION

MacDonald Windsor Hotel - Official Hotel Partner.

The Macdonald Windsor Hotel, situated 2 minutes' walk from the gates of Windsor Castle offers 120 luxury bedrooms in the heart of the historic town. The Macdonald Hotel is the HQ Hotel for both the R4W Windsor 10k and the Windsor Half Marathon.

www.macdonaldhotels.co.uk

23 High Street, Windsor, Berkshire - 0844 879 9101

BAGGAGE

Please come changed and ready to run, or you can leave your baggage locked out of sight in your car, with friends (or alternatively you can use the baggage storage). Please use the baggage label provided and attach it to your bag. To collect your bag at the end of the race simply show your race number to the security volunteers in the baggage marquee. This area has limited space and could get very busy so if you are looking for a quick getaway please leave baggage with friends or in your car.

Please do not leave valuables with your baggage - the race organisers cannot accept any responsibility for the security of these items.

THE WOMEN'S 10K IS:

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



RACE DETAILS

THE START

09.15am - Sprite Sprint for children 5 - 9 years old.
Entries taken on the day in Admin Marquee
50 pence per child.

09.25am Aerobic Warm-up.
Takes place near the finishing area -
taken by a Qualified Instructor.

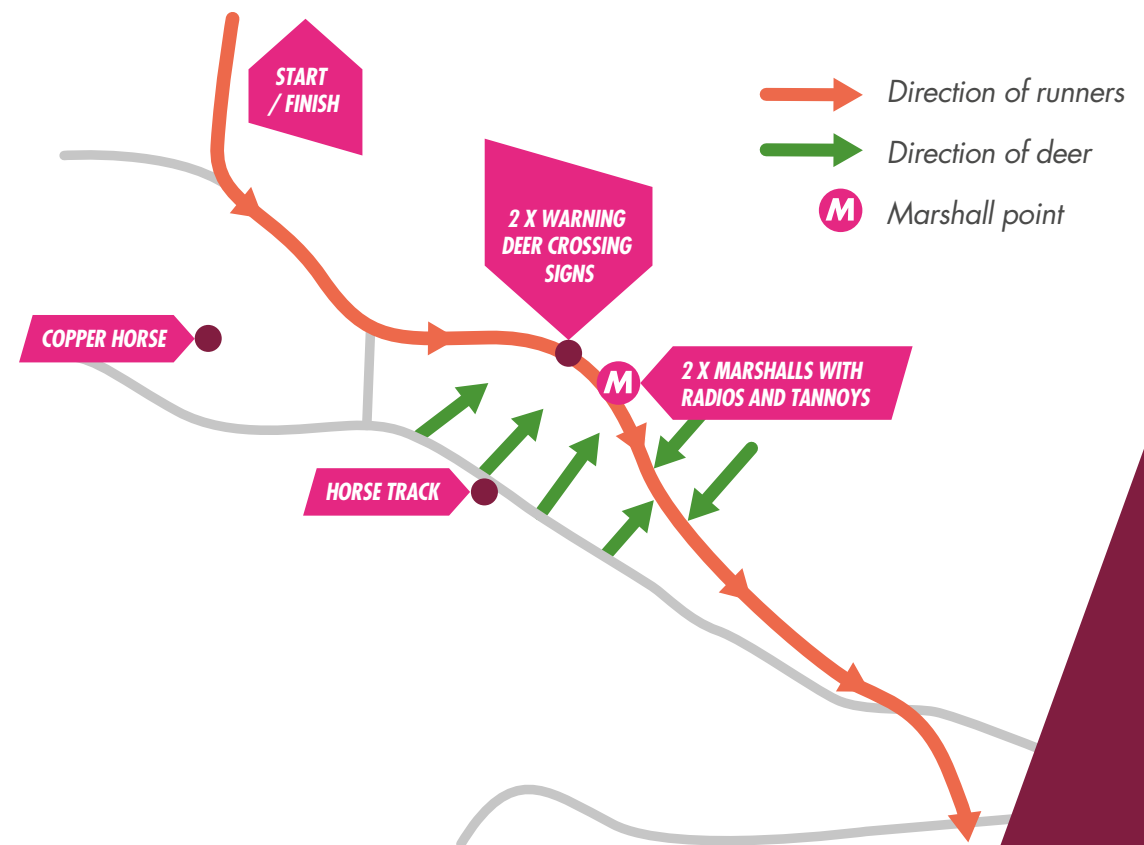
**The start of the race is 10AM on the
Long Walk Windsor Great Park.**
Please make your way to your appropriate
Timing Gate - Your running number is colour
coded with the timing gates at the start area,
so position yourself at your matching
coloured banner flag at the start area.

THE FINISH

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. There will be hundreds of runners
coming in after you so please keep
moving through the finish.

WELCOME TO THE WINDSOR WOMENS 10K

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 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.



MEDICAL ADVICE

IMPORTANT ADVICE

Fit to compete

If you have a bad family history of heart disease or sudden death, or have a high risk from high cholesterol or high blood pressure but PARTICULARLY if you have symptoms of heart disease i.e. chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations, see your GP who can arrange for you to have a proper cardiac assessment. Such an assessment may not be instantly available, but continuing to run with these symptoms may shorten your running career catastrophically!

Training

Muscular aches and pains occur most commonly after an increase in training. Training should be increased gradually so that you do not suffer prolonged exhaustion. Separate days of heavy mileage with one or two days of lighter training, or rest days so that your body can refuel your muscles with muscle glycogen. To reduce injury risk, vary your training runs, the running surface, (parkland hills) the pace and distance and do not always use the same pair of shoes. Always face oncoming traffic and BE VISIBLE - at night wear bright or reflective clothing.

Illness and training

If you have flu, a feverish cold or a tummy bug, do not train until you have fully recovered. Then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury - this may cause further damage or illness. If you have flu it can take as much as a month to recover - consider whether you should run the 10k this time.

Drinking

Fluid lost in sweat must be replaced otherwise your body becomes dehydrated (short of water) and less efficient. Alcoholic drinks, tea and coffee can be dehydrating. Take plenty of non-alcoholic drinks, especially when training in hot weather. Drink enough to keep your urine a pale straw colour. Drink plenty of liquids after training, especially long runs, and practice drinking during longer training runs. Drink plenty of fluids but preferably no alcohol in the two days before the race. DO NOT drink excessively just before the race, during the race or gulp water after the race as you may get hyponatraemia. (see 'Drinking Safely').

Drinking on the day

Start the race well hydrated and if you are not already bursting drink half a pint (250ml) of water or sports drink in the half hour before the start. Do not be greedy and take extra bottles of drinking water to pour over yourself; as you may be depriving slower runners of much needed drinks. If it is hot, additional water will be provided and showers will be set up on the course - use these to cool yourself.

Drinking safely

A balancing act. Drinking too little can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking much too much can be very dangerous and lead to hyponatraemia, (water intoxication) fits and even in some cases death. Drink when you feel the need and DO NOT gulp large volumes of fluids before, during or after the race.

Eating

Eat what suits YOU! Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a good mixed diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply. Training (with adequate rest) helps you to sustain a high level of muscle glycogen if you eat enough carbohydrate. If you can, eat within two hours of your long runs and the marathon. This helps replace the muscle glycogen quickly and speeds recovery.

Do not change your normal diet drastically in the last week before the race, but eat less protein (meat) and eat more carbohydrate (pasta, bread, potatoes, cereals, rice and sweet things), especially for the last three days when you should also be markedly reducing your training. This loads the muscle with glycogen and delays or prevents you "hitting the wall". (Unless you reduce your protein intake you will not eat enough carbohydrate). (Not all runners are helped by first depleting carbohydrate with a long run and low carbo diet and then loading - this can make your muscles very heavy).

Still fit?

Do not run if you feel unwell or have just been unwell, even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. 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, your sponsoring charity and Running4Women support staff to risk serious illness and become a medical emergency. You are unlikely to do yourself justice.

TOP TIPS

ON THE DAY

Wear appropriate clothes for the weather. On a cold, wet day you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried. If it is hot, wear loose mesh clothing, start slowly and, if possible, run in the shade. Use shoes you know from experience will not give you blisters.

AT THE FINISH

Do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Go to the baggage area as soon as you can, get your kit and change into warm, dry clothing. Keep on drinking slowly and have something to eat. Some runners feel faint more than half-an-hour after finishing the race, often because they have taken insufficient fluid and/or not eaten anything. Again **DO NOT DRINK EXCESSIVELY**. Train sensibly. Follow this simple advice and you will probably not need medical aid. St John medical aid posts are located at the drink stations and after the finish line. Keep this advice and refer to it nearer the day and on the eve of the event.

ON SITE

Come and visit us at the Running4Women Admin Marquee where there will be a very warm welcome to all current, future and past members. Marathon-Photos.com will be at the event taking photographs of all the runners. These will be available for purchase from the website within 2 days of the event.

MORE INFORMATION

For more information email joanne@running4women.com
Tel: 01384 379028 or log or visit us online [here](#).

THANK YOU TO ALL OUR SPONSORS

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The UK's top running website for events and news

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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.

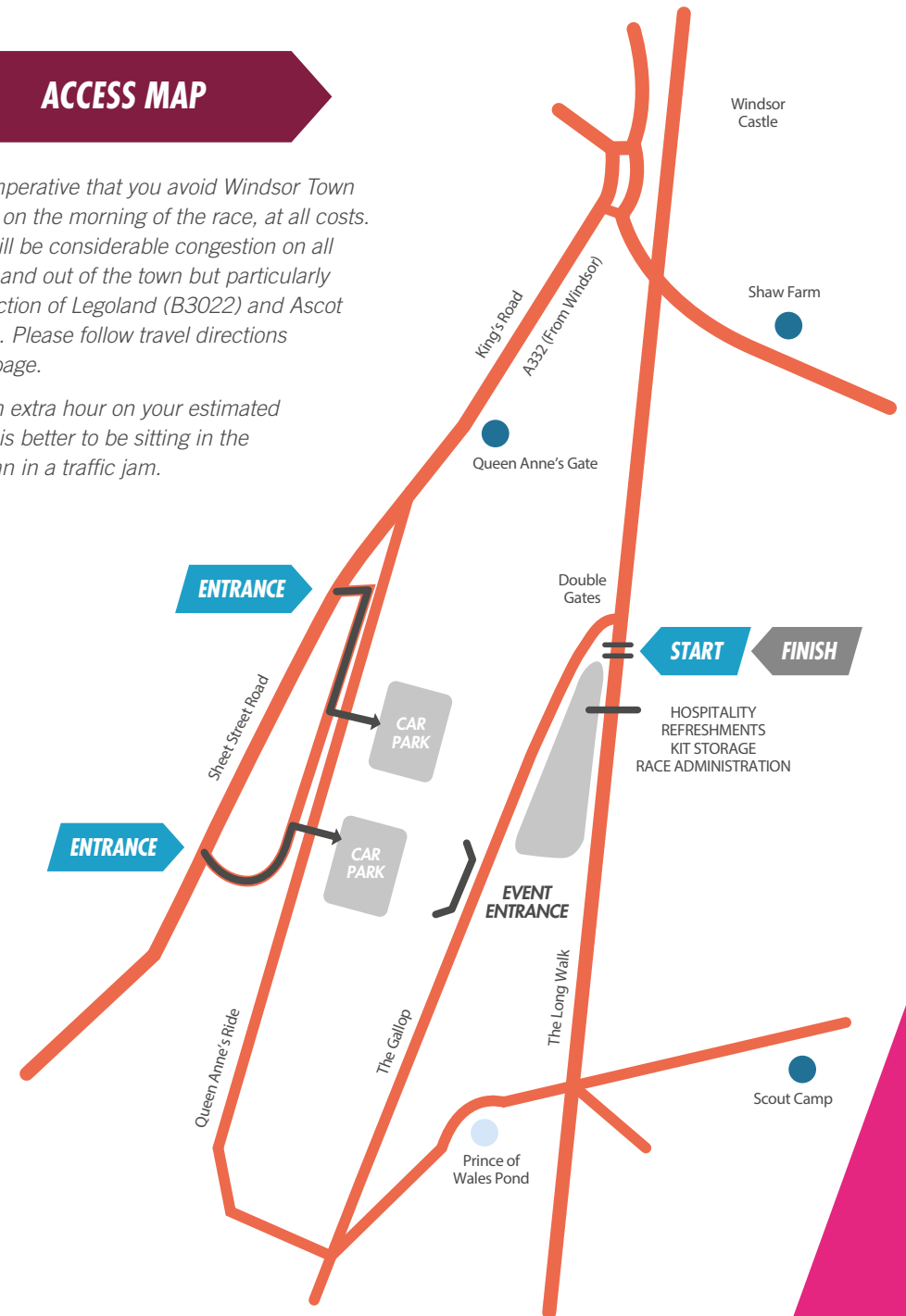
If you start queue jumping it will only cause anger amongst other drivers and will also result in you having to wait a great deal longer to exit.

We will do 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

PRIZE TO THE VALUE OF:

Women overall

1st	£75
2nd	£50
3rd	£30

PRIZE TO THE VALUE OF:

V35	V40	V45	V50	V55	V60+
1st £30	1st £30	1st £30	1st £30	1st £30	1st £30

Prize winners are only allowed to receive one prize. E.g. If a veteran runner finishes amongst the first 3 prize winners in the Open Race then she will not be eligible for the award in the veteran category.

ENTERING AS A TEAM

Why not get some of your friends to enter and run as a team. You get to decide the name and can even come in fancy dress if you want. Just enter as normal and make sure that each of you put in the same team name.

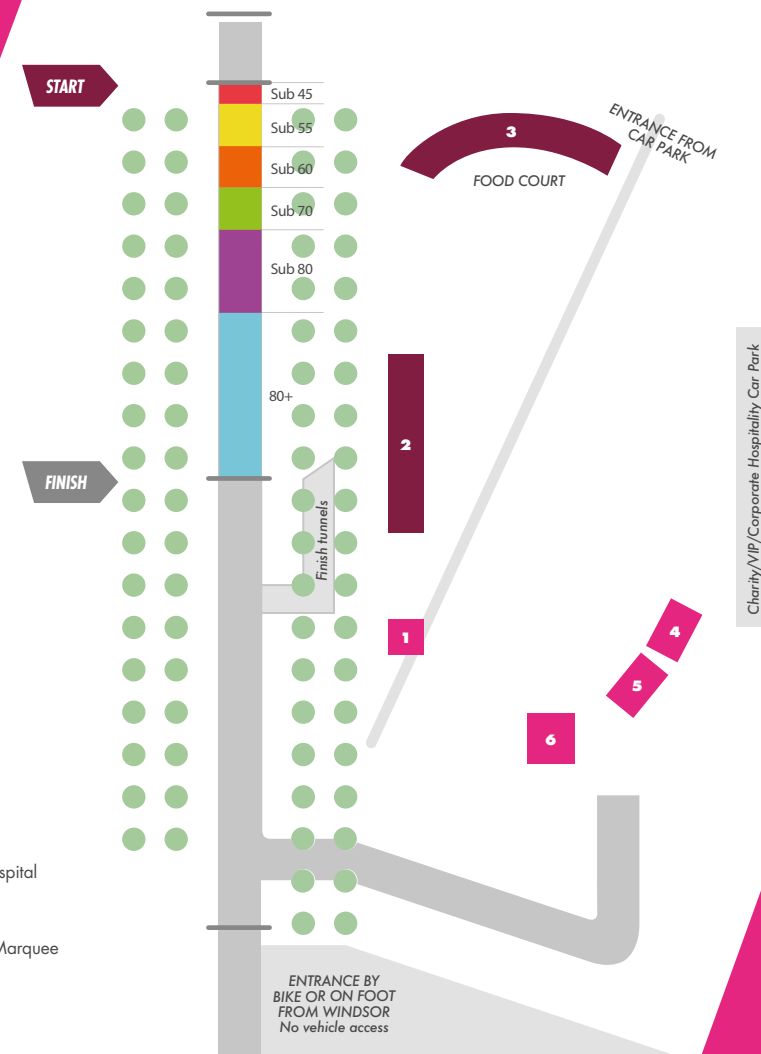
- Prizes for 1st Team (lowest aggregate time of first 3 runners in the team).
- Prize for best fancy dress.

ENTER THE GENERATION GAME

Enter the "Generation Game" Mother & Daughter. You MUST enter individually and tick the "Generation Game" box and write the name of your Daughter / Mother who will be your partner. Minimum age is 15 years on day of race - NO maximum age limit.

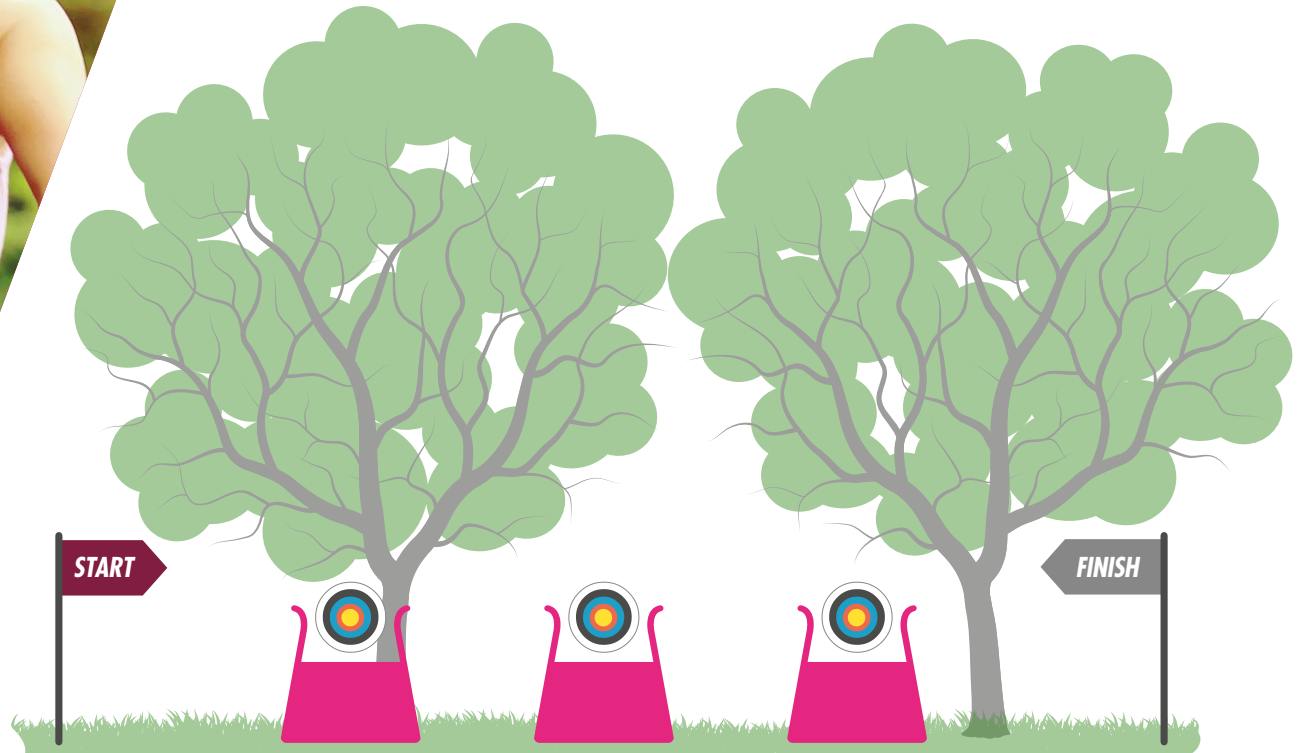
- Prize for the 1st Mother / Daughter team to finish in lowest aggregate time.

SITE MAP



- 1 St John Field Hospital
- 2 Sponsors
- 3 Food Court
- 4 Administration Marquee
- 5 Baggage
- 6 Toilets

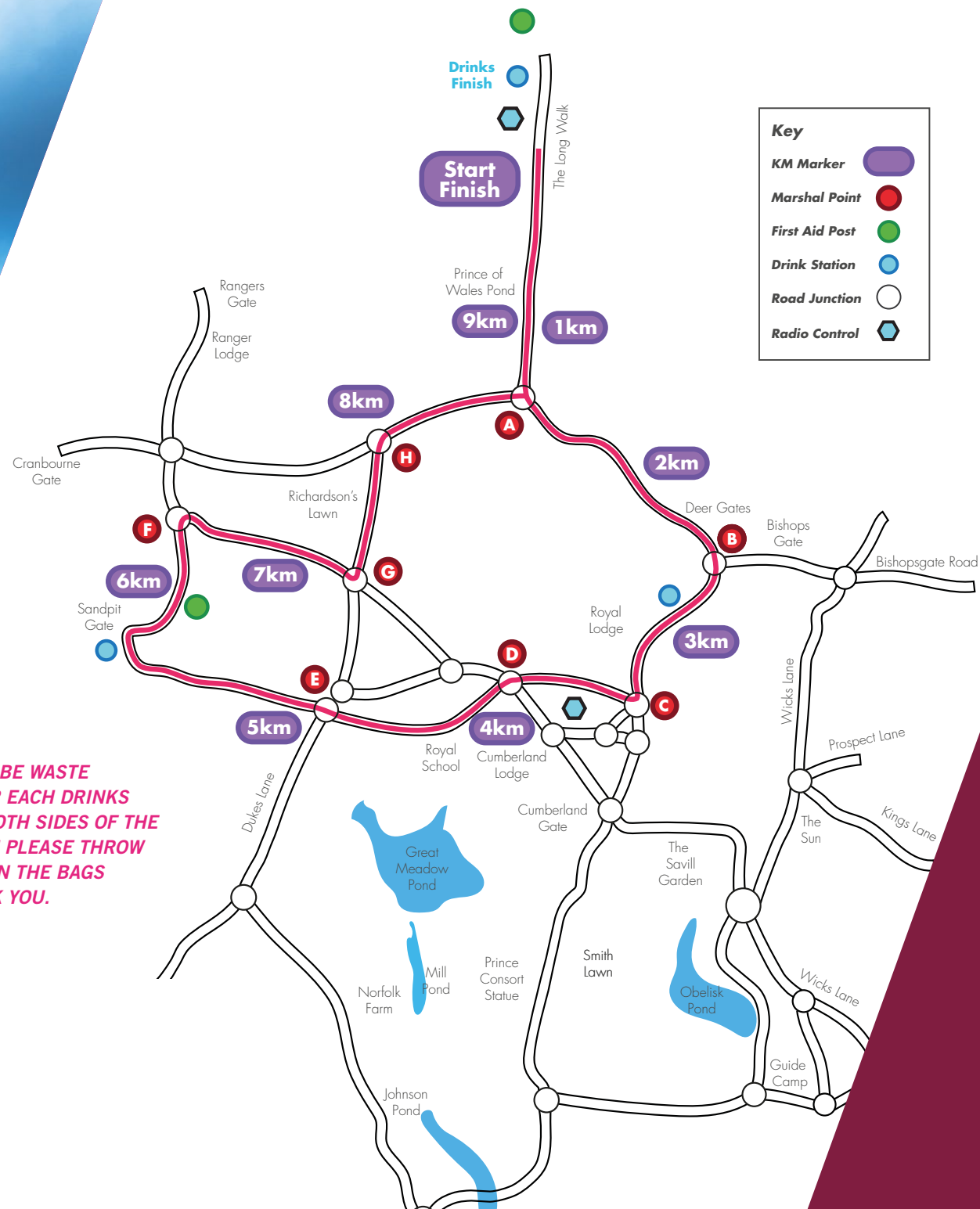
WASTE ZONES



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



THERE WILL BE WASTE ZONES AFTER EACH DRINKS STATION ON BOTH SIDES OF THE ROAD. CAN YOU PLEASE THROW YOUR BOTTLES IN THE BAGS PROVIDED. THANK YOU.



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



*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.



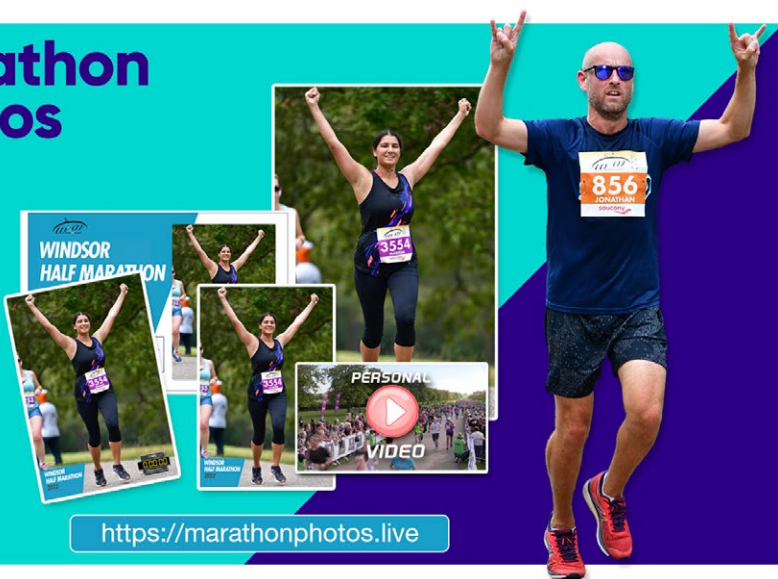
Sign up today at: cruk.org/team

Together we will beat cancer

Marathon Photos Live



Scan me



<https://marathonphotos.live>



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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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