



## Information To Competitors

Congratulations on rising to the challenge and participating in the **Henley on Thames Half Marathon - Trail Run**. In order to make your race day go as smoothly as possible please take the time to read the following instructions very carefully. Having read the sheets if you have any questions please do not hesitate to contact the event organisers on [enquiries@f3events.co.uk](mailto:enquiries@f3events.co.uk).

## Event Location

Temple Island Meadows, Remenham Farm, Church Lane, Henley on Thames, RG9 3DB

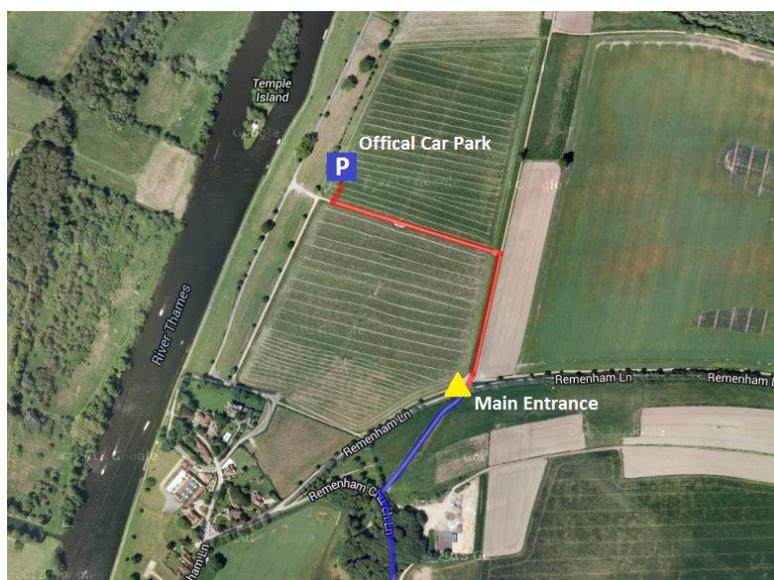
## How To Get There

Please [CLICK HERE](#) for directions

## Car Parking

The official Car park is within the Temple Island grounds. Please follow the large arrows and Car Park signs to get to the car park.

[CLICK HERE TO SEE CAR PARK ENTRANCES](#)



## Timings

Please note that event wave timings are non-negotiable! We ask you to be in the right place at the right time. Timings will proceed as follows, with or without you!

| Time  | Event                                 | Notes   |
|-------|---------------------------------------|---|
| 08:00 | Site opens to competitors             | Please do not arrive at the venue before this time. |
|       |                                       |   |
| 08:00 | Registration Opens                    | Temple Island Meadows                               |
| 09:15 | Half Marathon Event Briefing          | Main Registration Tent Area                         |
| 09:30 | <b>Half Marathon Event Starts</b>     | Temple Island Meadows Riverside                     |
|       |                                       |   |
| 10:50 | First Participant Scheduled to Finish | Temple Island Meadows Riverside                     |
| 11.30 | Prize Presentation                    | Next to the Main Registration Tent Area             |
| 13:00 | Course Check Completed & Closed       |   |
| 13:00 | Event Site Closes to Competitors      |   |

## Race Registration

Race Registration is located by the Main Tent Village in Temple Island Meadows.

When you arrive on site please see one of the registration staff in the main marquee who will give you your race number, timing chip & any other details.

1. **Race number to be worn on the front.** This will aid event officials to identify you, plus allow our official time keepers to track you around the course.
2. Depending on the number of competitors, you may be asked to have your race number written on your hand. Staff will write your number in marker that washes off skin.
3. **Timing chip.** This is supplied with a Velcro band to secure to your ankle. **DO NOT WEAR THE TIMING CHIP ON YOUR WRIST! ONLY TO BE WORN ON YOUR ANKLE.** Timing chips systems are used at all of our events, but you will be notified on the day of the event if there has been a technical problem. Alternatively, you might be informed that the timing chip will be disposable and already stuck to your event number.

**Please note: It is advisable to arrive at least one hour before your official start time. This then gives you plenty of time to register and understand the layout of the event and take in the event atmosphere.**

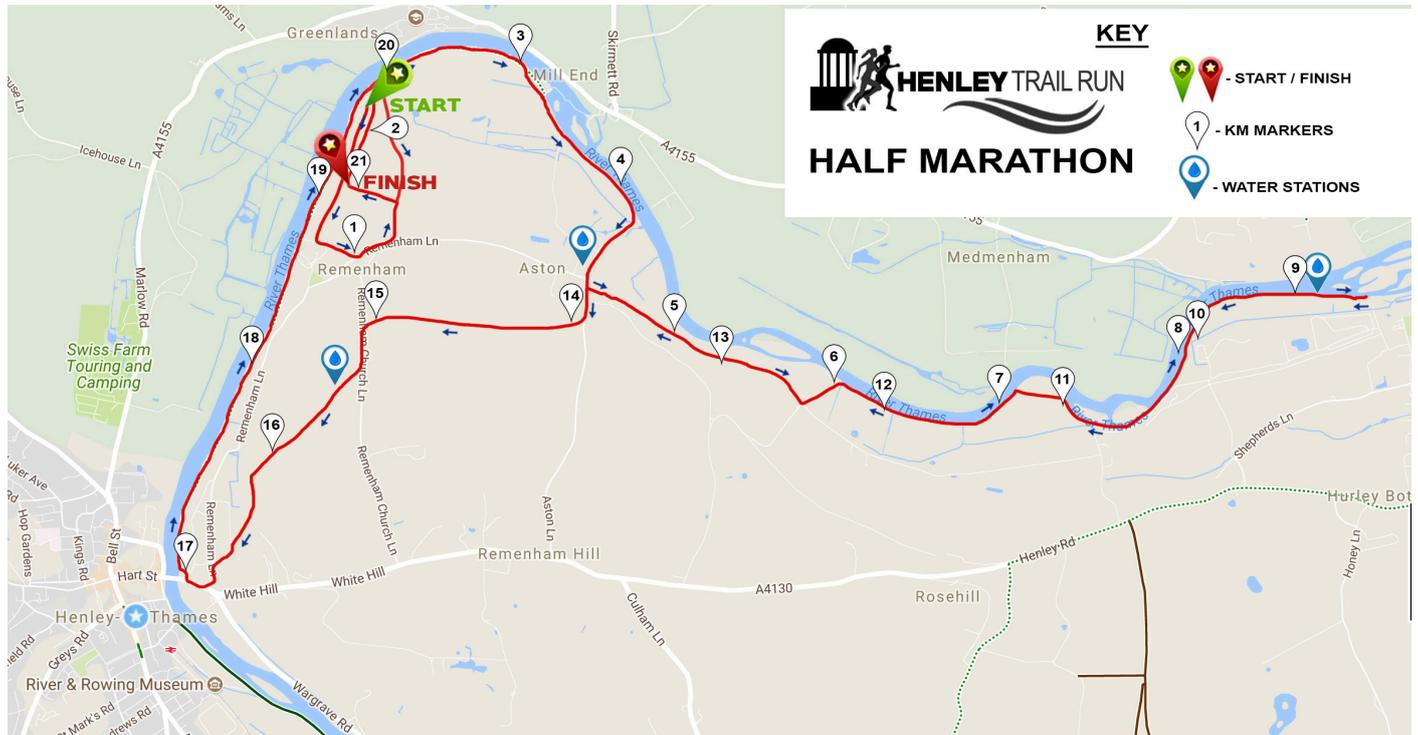
## Race Briefing

All participants must attend the race briefing. This will be held quarter of an hour before the start time and will give any updates or announcements about the event. You should attend these in your clothing that you will be starting the event in ready to start the race immediately after the briefing. The briefing will be held by the start line.

## The Run Route

Below is a birds eye view of the run route. Please remember to hand your timing chip as soon as you have caught your breath and before you leave the Finish Area.

Drinks & Feed Stations will be located at kms 6, 11, 16 & 21 where participants can pick up some energy and quench their thirst.



## Distance

**Approx Half Marathon Distance = 13.1 miles/ 21.08km**

We look forward to seeing you at the event and hope your training goes well. And of course, good luck on the day!

We always welcome any constructive feedback in order to continually improve our races. If after the event you wish to communicate your thoughts to us please do so via [enquiries@f3events.co.uk](mailto:enquiries@f3events.co.uk).

**Martyn Edwards**  
Event Director