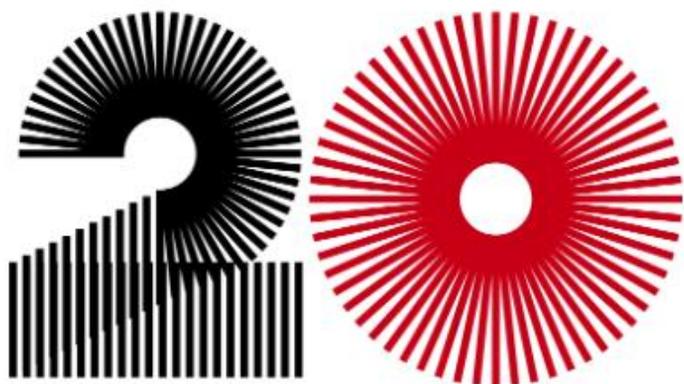


# HILLINGDON



**HILLINGDON**  
ATHLETIC CLUB



## Event Information

Hillingdon 20

Sunday 22<sup>nd</sup> March 2026





## Dear Competitor,

Thank you for entering the Hillingdon 20. This event is organised by Hillingdon AC, with support of ATW. We advise you read this information document carefully in advance of Sunday, March 22<sup>nd</sup> (event day), so that you can enjoy the event to its fullest.

## Summary Event Info

### Address:

Hillingdon Athletic Club, 206 Bury Street, Ruislip HA4 7TJ

### Registration:

Registration will be open from 7.30am

### Start Times:

9.00am

**Please note, there will be a 4-hour cut off time in operation for this event.**

**PARKING: Please ensure you read the section on parking arrangements.**





## Venue:

Hillingdon Athletic Club, 206 Bury Street,  
Ruislip HA4 7TJ

## Parking

Parking is available within the Ruislip Lido Car park at Reservoir Road, Ruislip, HA4 7TY. Please check rates on the date.

PLEASE NOTE THAT THERE IS AN AREA OF THE CAR PARK THAT IS RESERVED FOR PATRONS OF THE PUB ONLY. YOU WILL BE FINED IF YOU PARK THERE.

Please where possible use public transport, walk or cycle. Parking is available on local roads, but please check restrictions of these before leaving your vehicle.

Please don't park on the course. Please see the course map for location and distance from the start/finish to the car parks.

Parking is also available at Breakspear Crematorium. This will be free of charge and will be available on a first come, first serve basis.

## Transport

Train Stations:

Ruislip Metropolitan line station is the nearest tube station and is approximately 1 mile away.

West Ruislip central line is just over a mile away from the event HQ at Hillingdon AC Clubhouse.

Buses:

Buses H13 and 331 running at regular intervals between Ruislip station and the Race Headquarters.





## Registration

Registration will be open from 7:30am.

At registration you will be required to give the name you used to sign up to the event online. In exchange, you will be given

- 1) Your race number
- 2) Timing chip (attached to your race number)
- 3) 4 Safety pins

Pens will be provided to fill in the medical details on the reverse of the race number.

**DO NOT REMOVE THE FOAM STRIP FROM THE NUMBER – THIS IS YOUR TIMING CHIP – WITHOUT IT, YOU WILL NOT RECORD A TIME**

## Baggage area

There will be a baggage drop area on offer near registration. This will be managed by a team of our trusted marshals. A baggage label will be attached to your bib number, rip this off and attach to your bag before handing over to marshals.

## Changing and Toilets

There will be showers and changing facilities available in the clubhouse on site, toilets will be provided, in the form of portable toilets, and clubhouse toilets at the race HQ. There will also be portable toilets on the route.

## Before the start

The race brief will take place in the car park of the clubhouse, where the Hillingdon 20 will be starting this year at 8:50am, with the event starting at 9am.

## After the event

Collect your well-deserved medal and water.

Refreshments will be available in the clubhouse.





## Water Stations

There will be 2 water stations on each lap of the route, totalling 8 throughout the race. This water will be distributed to you in recyclable cups. **Do not litter on the course.** There will be bins provided after the water station, if you miss these please carry any cups and litter to the next marshal or to the finish.

## Timing

The event will be chip-timed. Your registration pack will include your race number that must be worn on your front. Safety pins will be available at registration if required.

Your number will have a unique timing chip attached on the rear, covered by a foam pad. **DO NOT REMOVE THE FOAM PAD.**

Your race timing will not start until you cross the start line, marked by the large inflatable arch.

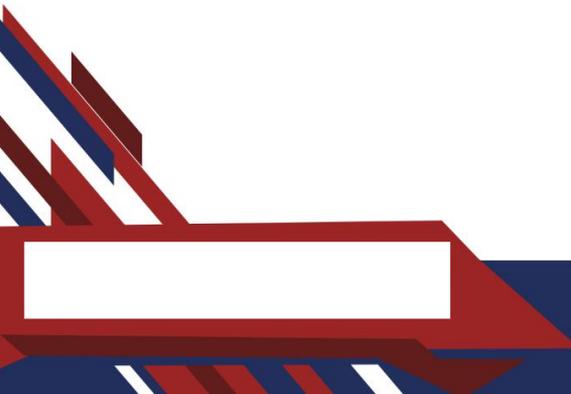
For the safety of yourself and those around you, the use of in-ear and ear-covering headphones are not allowed during the race. If you are caught by a race official wearing headphones, you will be disqualified from the race and will not receive a finish time. The use of bone conduction headphones

**ARE** allowed, since these do not cover the ears or disrupt your awareness of sound around you. Please make sure you are able to clearly hear marshal instructions.

## Prizes

- Cash prizes for:
- 1<sup>st</sup> Male/Female - £150
  - 2<sup>nd</sup> Male/Female - £100
  - 3<sup>rd</sup> Male/Female - £50
  - 1<sup>st</sup> Male/Female Over 40 - £50
  - 1<sup>st</sup> Male/Female V50 - £50
  - 1<sup>st</sup> Male/Female V60 - £50

Prizegiving will take place inside the clubhouse at 11:45am.



# The Course

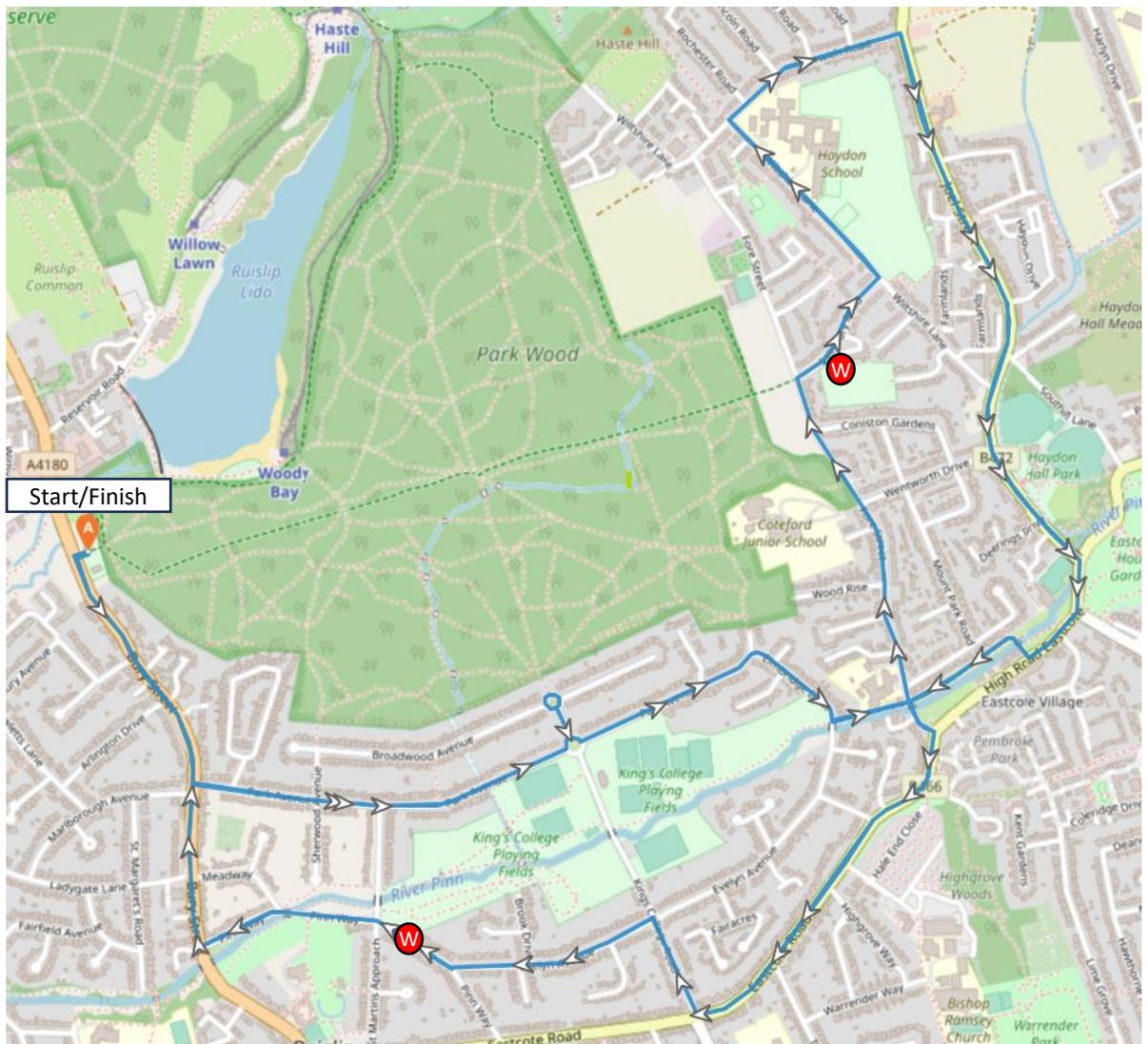
The course starts and finishes at the Hillingdon Athletics Clubhouse before heading along Bury Street onto the main lap.

All participants will complete the main lap 4 times before returning along Bury Street to the Hillingdon AC Clubhouse.

**There will be a 4-hour cut off time in operation for this race.**

Please listen to marshal instructions at all times for your own safety and be considerate to other runners as there will be lapping taking place on the route.

**Do not litter on the course.** There will be bins after the water station, if you miss these please carry any bottles and litter to the next marshal or to the finish. **Littering on the course will result in disqualification.**



 - Water Station





## Results

Results are calculated by EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. There will be no ticket printer for times at the event but you can find your result immediately at:

<http://results.eventchiptiming.com/>

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

Please note that if you are using GPS to measure your run distance the units are NOT accurate and consistent enough to measure a course for certification. The course has been officially measured and holds a certificate of course accuracy. Please read the guidance on the following link:

<http://coursemeasurement.org.uk/gps.htm>

In addition, the time you record on your smart phone is not a reliable guide and will not be your correct chip timed result. Please wait until the official results are published to find out your accurate finish time.

Following the event, the results will be published on the England Athletics website.

The "Power of 10" rankings will be updated around 7 days after this.

## Final word

We hope you are excited to be a part of this occasion.  
Have an amazing race!

