

Berkhamsted  
Rotary



Taylor  
Wimpey

**38<sup>TH</sup>**  
**BERKHAMSTED**  
**ROTARY**

**ANNUAL HALF MARATHON & FUN RUN**  
**SUNDAY 1<sup>ST</sup> MARCH 2020**





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## Thanks from Derek Simpson President of Berkhamsted Rotary

Welcome to Berkhamsted Rotary's 38th Half Marathon and 5 Mile Fun Run. Both events raise substantial sums for charities and good causes. Our Club has been able to donate over £250,000 raised by this event over the years to local charities including the Hospice of St Francis and Pepper Foundation.

Berkhamsted Rotary works with a great number of organisations and individuals who make it possible to run the event. These include our generous sponsors, Taylor Wimpey (lead sponsor), OSD Healthcare, Everyone Active, FFEI and Machins. Our thanks go to programme advertisers and those who provide pro bono equipment and time to help set up all the facilities. Our thanks also go to the Berkhamsted Cricket and Sports Social Club who provide the base for the event together with Berkhamsted School's adjoining grounds. The event would not be possible without the over 200 individuals acting as marshals, course organisers and in other capacities.

We are extremely grateful to all these people. We thank the hundreds of runners, who make the event such a success: up to 1200 take the longer distance and usually up to 600 enjoy the Fun Run.

If you would like to join our fund-raising efforts for both local and international causes, we would like to hear from you.

Please drop us an email at [www.berkorotary.org/contact-us](http://www.berkorotary.org/contact-us)



**All the info you need about the race  
is in the centre page pull out section**

### Thank you to:

Members of Berkhamsted Rotary; Berkhamsted Bulbourne Inner Wheel; Hemel Hempstead Rotary Club; 41 Club; Hertfordshire Police, St John Ambulance; 1113 Berkhamsted ATC; Berkhamsted Scouts; Paul and Jackie Chambers; Berkhamsted School; West Midlands Trains; Ashlyns School; Victoria School; Herts County Council; Ringway for barriers; Julie Monro and Pepper Foundation volunteers; Hospice of St Francis volunteers; Potten End volunteers; numerous friends and volunteers who help in marshalling around the course; Dr Paul Heatley; Clare Furnell Williams our MC; Everyone Active for pre race warm up; 5 star Trophies, Waitrose for jelly babies; Bill Willett for the maps, Eddie Thomas and Galadriel; Spencer Wilson for logo design and residents who cope with closed roads.

## Where the Money Goes

The funds raised by today's event will be distributed to a wide range of Rotary charities. Locally they include The Pepper Foundation, in recognition of their invaluable work in funding home care to seriously ill children in the locality, and The Hospice of St. Francis which provides palliative care to those with terminal illnesses. Both the Pepper Foundation and Hospice of St Francis provide considerable administrative support for today's event.

Among the many other charities to benefit from previous years' events are:

Dacorum Community Trust  
Dacorum Heritage Trust  
Dacorum Homestart  
Dacorum Womens Aid  
Ashlyns School  
DENS  
Berkhamsted ATC  
Berkhamsted Raiders  
Berko Astroturf Project  
Swan Youth Centre

Iain Rennie Grove House  
The Alzheimers Society  
Sunnyside Rural Trust  
1066 Club for the Blind  
Riding for the Disabled  
St John Ambulance  
Happy Wanderers  
3rd Berkhamsted Guides  
1st Berkhamsted Scouts  
1st Potten Scouts

We also support overseas projects such as Sand Dams and solar lights in Africa and Shelterbox for disaster relief together with Tools for Self Reliance and Work Aid and particularly the world elimination of Polio

In addition to funds raised directly, many runners will have generated funds through their own or group sponsorship efforts, so the overall benefit to our community is even greater.



# The Benefits of Strength Training for Runners

Whether the Berkhamsted Half Marathon is your first, or another in a long line of half marathons, the distance is one that should be taken seriously. Pre-race preparation is key to ensure that you end up toeing the start-line feeling confident, strong and able to enjoy the experience. That means targeting areas of fitness you may not normally pay attention to, like flexibility, balance, mobility, and strength.

One of the best training sessions to add to your weekly plan is one that incorporates strength training for key areas of the body. Strength and resistance training has significant benefits for runners including helping to reduce injury by combating muscle imbalances in the body, increasing bone density and reducing body fat. The increase in lean muscle will also help you to boost your endurance, stamina and power during running.

Why not try one of the strength training sessions detailed on the following page the next time you visit the gym:



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everyone  
ACTIVE



### Programme 1 - using resistance machines

Exercise	Reps	Rest Time	Sets
Leg Press	15-20	30 Seconds	3-5
Leg Curl	15-20	30 Seconds	3-5
Leg Extension	15-20	30 Seconds	3-5
Adductor	15-20	30 Seconds	3-5
Abductor	15-20	30 Seconds	3-5

### Programme 2 - using free weights

Exercise	Reps	Rest Time	Sets
Barbell Back Squats	15-20	30 Seconds	3-5
Alternate Dumbbell Lunges	15-20	30 Seconds	3-5
Romanian Deadlifts	15-20	30 Seconds	3-5
Plate Leg Press	15-20	30 Seconds	3-5
Lying Leg Curl	15-20	30 Seconds	3-5

It is also advisable to include some core and upper body exercises to complement any lower body resistance training. Strengthening your core, all of the muscles that surround and support your spine, will help you to be more stable and solid when your feet hit the ground. This reduces the need for unnecessary stabilisation and allows you to be a more economical runner.

Arm drive is also a big part of running—when your legs get tired, you use your arms more so incorporate some exercises such as pushups, inverted rows, and reverse flys a few times a week to target important upper body muscles like your back, shoulders, and chest.

If you have any questions, why not visit Berkhamsted Leisure Centre and speak to one of the team about creating a strength training program to complement your half marathon running schedule.

Any questions, please contact us at [berkhamstedinfo@everyoneactive.com](mailto:berkhamstedinfo@everyoneactive.com)



## From Peter Robertson - Race Director

Based on past experience and the growing reputation of these events, I confidently expect our 38th staging of the Berkhamsted Half Marathon and Fun Run to attract a bumper crop of entries and once again we hope to see previous records smashed. 2019's times to beat are: Men's 1:11:18, Women's 1:24:05 and in the 5 mile Fun Run - Men's 27:47, Women's 31:15. Ashlyns School won both the boys and girls School Challenge.

We're continuing with the Schools Challenge prize which wins £250 for the schools with the top 4 finishers for both girls and boys, so make sure you enter for your school as well as your club.

As we know from last year, the weather at this time of year can sometimes be challenging, we've had everything from warm sunshine to snow, so please come prepared for all eventualities. Please take on plenty of liquids at the water stations around the course and if you do get into difficulties let one of the marshals know without delay. As usual St. John Ambulance will be in attendance in case of more serious problems. It's especially important to replace lost fluids and calories at the end of the race so make sure you collect your goodies at the finishing line.



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## A Scenic Run among the Chilterns

The 13.1 mile Berkhamsted Half Marathon course, officially recognised by the UK Athletics Association is arguably one of the most attractive in England. It starts and ends at the town's cricket club, adjacent to the imposing ruins of the Norman castle. The remains of the stone structure date from the 1080s when the castle replaced the original timber and earthwork refuge constructed by the invading Normans in 1066. The castle retained strong royal connections until it was abandoned in 1495. Today only some of its external walls (which narrowly survived demolition when the nearby London to Birmingham railway was built in the 1800s), the earthworks and moats remain.

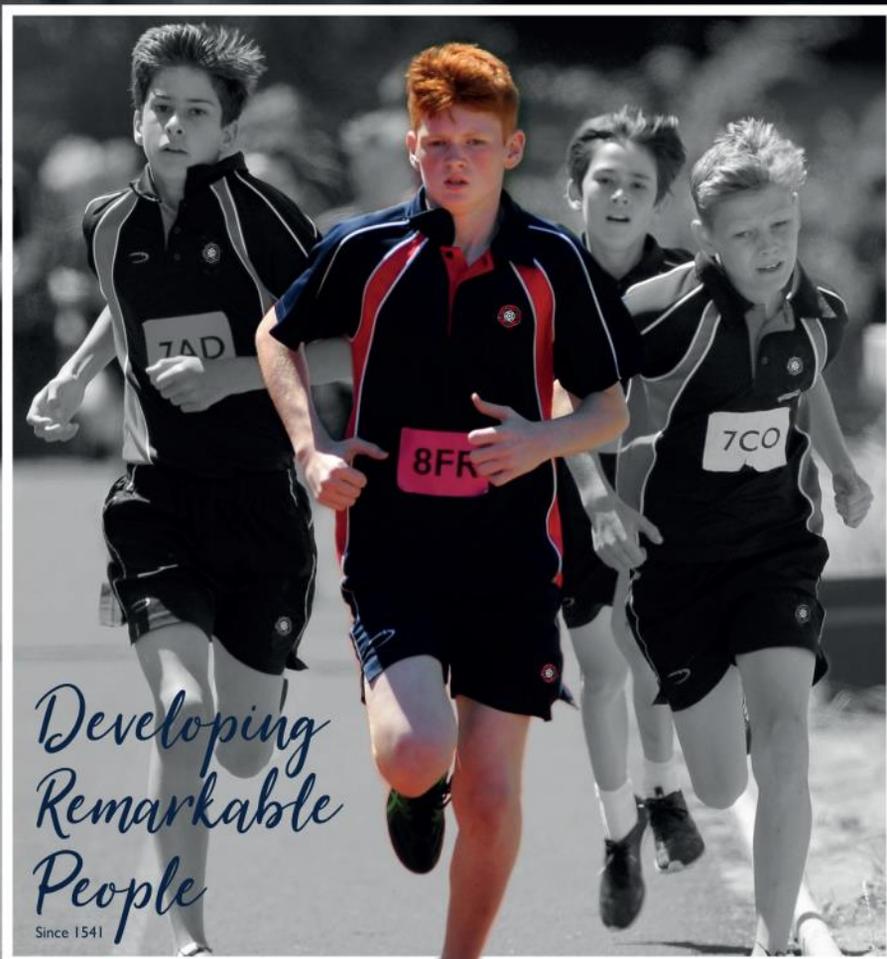


Shortly after the start, the route passes over the Grand Union canal on its way to Birmingham and takes runners through the high street of the market town. Close by is Berkhamsted School whose alumni include the novelist Graham Greene (his father was the one time headmaster) and the parish church of St Peter. Constructed in 1222, this is one of Hertfordshire's largest churches and is famous

as the church in which the poet William Cowper was christened. Amongst other nearby buildings of historic interest is Dean Incent's House, a 16<sup>th</sup> century half timbered building housing a number of Tudor wall paintings.

After a mile, the town centre is left behind and a mile further on the route takes a sharp left turn and introduces the challenge of a slow uphill lane for two miles. The road then skirts the village of Potten (a place where pots and pottery were made) End. At the 5 mile point, runners find themselves high above the starting point, bound for the hamlet of Frithsden and its sister village of Nettleden. This area was noted for its black cherries. Frithsden also boasts a vineyard and Nettleden an attractive church dating from 1811.





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**Good luck  
in the half  
marathon**

The route now continues into the Ashridge Estate, an area covering some 5,000 acres on the edge of the Chiltern Hills. The estate is owned and managed by the National Trust and is renowned for the richness of its scenery and its flora and fauna. Here in Spring can be found numerous bluebell glades which attract hundreds of visitors each year. Wild fallow deer and muntjac are a regular sight, as in more recent times, are red kites.



Ashridge College at the 10 mile stage is today internationally recognised for the quality



of its Management School. The college is built on the site of the original Ashridge Priory, dissolved by Henry VIII and demolished in the reign of Elizabeth I. The present house was built in neo Gothic style in the first part of the 19<sup>th</sup> century and became home to the Dukes of Bridgewater. The 3<sup>rd</sup> Duke is commemorated as the

father of inland navigation by the 108 ft high Bridgewater monument. Runners will however not see the monument which was built away from the House as the Duke's mother wanted 'not to see or be reminded of my infernal son'. In earlier times the house served as a political training and education centre and in World War II housed Charing Cross Hospital

For the final 3 miles, the course continues, mainly downhill, through woodland and farmland before returning to the cricket club. Time to take on more water, celebrate your achievement and relax in one of the town's many eateries.

Although you won't have had time to appreciate them to the full, your run will have taken you past many points of interest. So why not return and explore them at your leisure when you will be able to do full justice to this beautiful town and its environment.



# Taylor Wimpey

**WE'RE PROUD TO SPONSOR**

The 38th Annual Berkhamsted Half Marathon and 5-mile race.  
Wishing all runners the best of luck on the day!

---

**Sunday 1st March**

[taylorwimpey.co.uk](http://taylorwimpey.co.uk) #taylorwimpey

# The Route

## 38th BERKHAMSTED ROTARY HALF MARATHON & FIVE MILE FUN RUN

	Fun Run
	Half Marathon
	Water Station
	 Mileage
	Built-up area
	Woodland

**Gradient of route**

There are symbols on the tracks which indicate the general gradient at that stretch.

The chevron points up the slope.

This is a fairly steep gradient



This more moderate





0 1 kilometre  
0 1 mile



# 38<sup>TH</sup> BERKHAMSTED ROTARY ANNUAL HALF MARATHON & 5 MILE FUN RUN

Berkhamsted Cricket Club, Castle Hill HP4 1HE



## START TIMES

Half Marathon 10:00 am

Five Mile Fun Run 10:30 am

Warm ups 20 mins  
prior to start times

BAGGAGE  
DROP

WARM UP AREA

WAITING AREA  
HALF MARATHON

TOILETS

## BIB TAG INSTRUCTIONS

Your Bib must be clearly visible on the **FRONT** of your running shirt and must not be altered in any way or covered by any clothing or tri belt

Do not bend, twist or fold your Bib

Do not cover your number when crossing timing mats e.g. when stopping your watch etc.

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# PRIZE MONEY

## HALF MARATHON MEN & WOMEN

1st Place - £100 Sponsored by Dacorum & Tring AC

2nd Place - £50

3rd Place - £40

1st under 40 years - £40

1st under 50 years - £40

1st under 60 years - £40

1st 60 years and over - £40

## 5 MILE FUN RUN

1st Place - £50 Berkhamsted Sports Voucher

2nd Place - £30 Berkhamsted Sports Voucher

3rd Place - £20 Berkhamsted Sports Voucher

1st Place Boys - £20

1st Place Girls - £20

## HALF MARATHON TROPHIES

Men and Women's Winners Cup

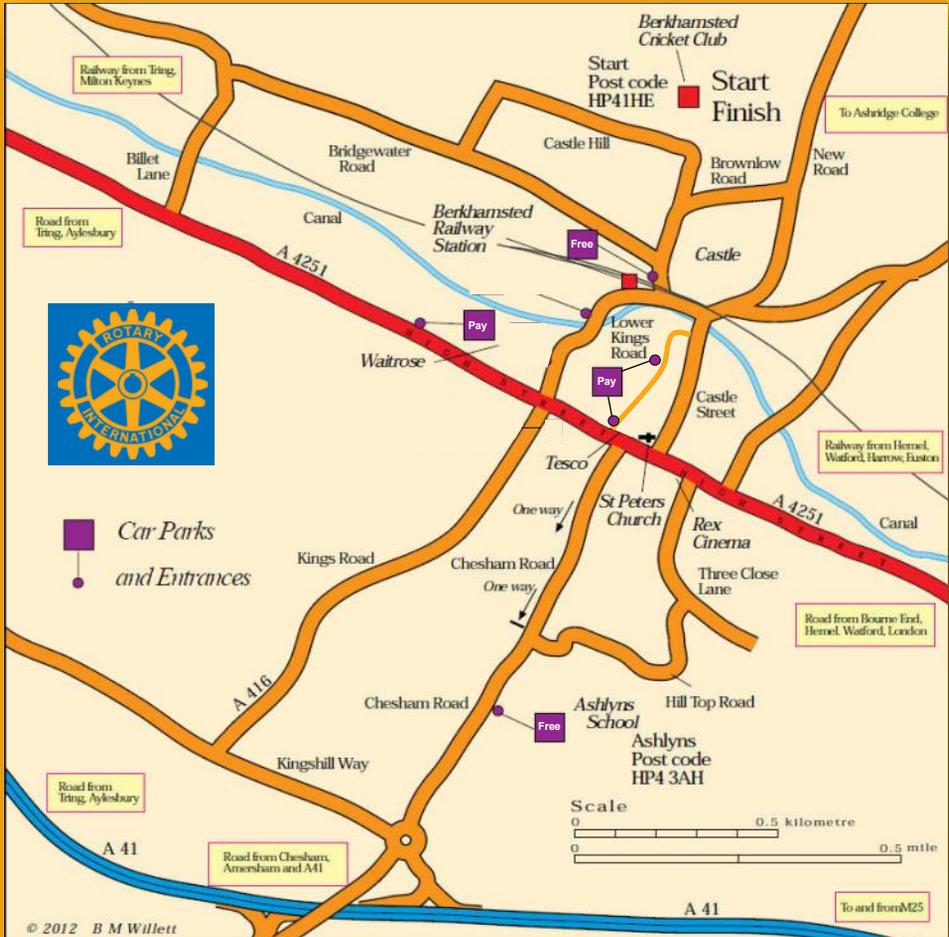
Men and Women's Winning Team

## FUN RUN SCHOOLS CHALLENGE

£250 to the schools with the  
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# PARKING



## FREE PARKING

Berkhamssted Station (3 mins)  
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Other Car parks levy charges

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In an ideal world the weather would help entice you outside to train and your hectic schedule would have just the right amount of gaps to allow additional sessions for strengthening and conditioning plus recovery time.

In an ideal world your lower limb biomechanics and running style would be optimal with no history of previous injury or current grumbling aches and pains.

Is this your world? If it isn't would you like OSD Healthcare to help you? Here's what we can do...

We can help guide you through building a training programme and optimise your running style to keep your injury risk as low as possible.

We are well experienced at helping people recover from injury and have an AlterG treadmill which can reduce the amount of load while you are training and increasing your mileage.

We also can do a detailed biomechanic assessment and prescribe insoles that are specific to you and your feet and legs.

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## Berkhamsted Half – 6 Week Training Plan

Need help to get ready? Gade Valley Harriers Head Coaches Ed Price and Gemma Bitaraf have set out a training plan to help you whiz around the course. Ed says ‘Running a half marathon is not something that many of us can undertake lightly. So, if you are thinking of running the Berko half in March you are most likely already doing some running and maybe competing in park runs. To be ready for the half marathon, you will need to be running around three times per week and the following plan will help’

	Speed	Speed & Endurance	Endurance
	Session 1	Session 2	Session 3
<b>Week 1</b>	Warm up 5 mins gentle jog 8 x 1 min at 8/10 effort* and 1 min jog recovery Warm down 5 mins gentle jog	1 mile easy 1.5 - 2 miles 7/10 effort 1 mile easy	4-5 miles with at least one hill
<b>Week 2</b>	Warm up 5 mins gentle jog 6 x 2 mins at 8/10 effort* and 2 mins jog recovery Warm down 5 mins gentle jog	1 mile easy 2 - 2.5 miles 7/10 effort 1 mile easy	5-6 miles with at least one hill
<b>Week 3</b>	Warm up 5 mins gentle jog 5 x 3 mins at 8/10 effort* and 3 mins jog recovery Warm down 5 mins gentle jog	1.5 mile easy 2.5 - 3 miles 7/10 effort 1 mile easy	6-7 miles with at least one hill
<b>Week 4</b>	Warm up 5 mins gentle jog 2 x (1 min, 2 mins, 3 mins, 2 mins, 1 min at 8/10 effort with equal time jog recovery Warm down 5 mins gentle jog	1.5 mile easy 3 miles 7/10 effort 1 mile easy	7-8 miles with at least one hill
<b>Week 5</b>	Warm up 5 mins gentle jog 3 x 5 mins at 8/10 effort* and 5 mins jog recovery Warm down 5 mins gentle jog	1.5 mile easy 3 miles 7/10 effort 1 mile easy	8-10 miles with at least one hill
<b>Week 6</b>	3 miles easy and gentle pace	3 miles easy and gentle pace	3 miles easy and gentle pace

\*Where 10/10 is your race effort

After each session remember to stretch your arms and legs to avoid feeling stiff.

Cross training e.g. swimming, cycling, gym, Pilates/yoga is good to help avoid injuries.

Remember to rest too as muscles need time to recover and mend.

If you find the timetable too easy then, carefully step up the miles or speed. But remember not to do too much too soon as you may lose motivation or become injured.

On race day, eat a familiar breakfast and wear running gear that you are used to. Race day is not the time to experiment!



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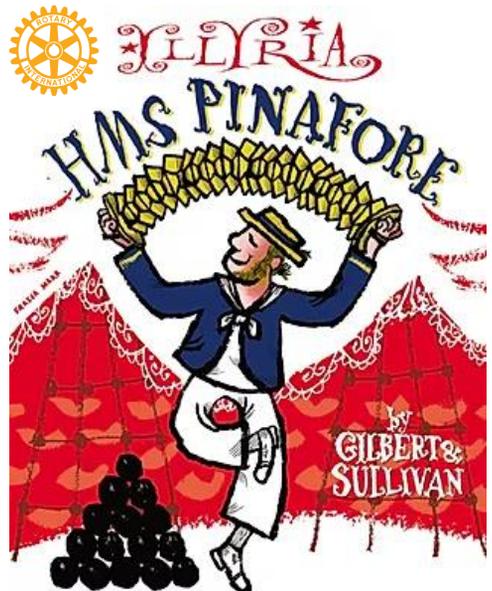
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\*There is a waiting list for our junior track and field athletics groups (ages 10+). Please refer to our club website.

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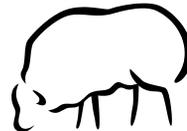


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Berkhamsted  
**Rotary**



Why not join us and  
help your community  
[www.berkorotary.org](http://www.berkorotary.org)



2020 Half Marathon T Shirt

### **Berkhamsted Town Hall**

(Operated by Berkhamsted Town Hall Trust) dates back to 1859 and has been carefully restored and renovated to provide the best of both yesterday and the modern conveniences of today.

Berkhamsted Town Hall offers three superb, versatile rooms of various sizes for wedding and civil ceremonies, receptions, private parties and meetings.

[www.berkhamstedtownhall.co.uk](http://www.berkhamstedtownhall.co.uk)

**Tel: 01442 862288**

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# How Berkhamsted Rotary helps the Community

In the 80 odd years since Berkhamsted Rotary came into being, it's members, now numbering close to 60, have used their time, skills and enthusiasm to improve the lives of people in Berkhamsted and surrounding areas -- all driven by Rotary's motto 'Service before Self'. Here are just some of the things we do:

The annual Half Marathon and Fun Run, the Community Fireworks Party, Concert at the Castle, Berkhamsted Santa's Sleigh and an annual charity Golf Day organised by local Rotarians are all significant community events and generate substantial funds each year. Last year's total exceeded £42,000. This enabled us to support the work of over 30 charities, organisations and good causes, some of which are mentioned in this programme.



Other events organised by Rotarians annually to help local schoolchildren develop their interests and show off their talents include **Youth Speaks** (a competition to encourage self-confidence, communication skills and better standards in public speaking), the **Young Chef Competition** and the **Technology Tournament**, which enables children to demonstrate ingenuity and team work in meeting an engineering challenge. The **Rotary Kids Out** programme takes disabled children to Whipsnade Zoo for an annual fun day.

We also help organise the **Dacorum Young Artist** competition which is proving increasingly popular. Opportunities for young people to develop leadership and team-building skills are provided through the **Rotary Youth Leadership Awards**.

'**Seniors Out**' and '**Veterans Out**' are annual treats organised by Berkhamsted Rotary for local elderly people and former service personnel.

We provide stewards for the annual **Berkhamsted Festival of Lights** and assist at **Berkofest**.

Numerous **overseas** projects address the needs of people in the developing world. They include the collection of **unwanted tools** for refurbishment and supply to African villages where they are used to develop skills and create small businesses; the **Shoe Box scheme** under which local schoolchildren fill boxes with toys, pencils, colouring books and daily necessities for orphanages in Central Europe; the purchase of **Shelterboxes** comprising tents, cooking utensils and other survival items for those affected by natural disasters; and schemes to improve water supplies in areas of shortage, including the supply of **Aquaboxes** and the purchase of **SolarAid LED lights** to replace costly and dangerous kerosene lamps and **Sand Dams** to conserve and provide safe drinking water for rural communities.



## Some of the Local Charities we help



The **Pepper Foundation** is a volunteer led charity which funds an innovative children's hospice at home nursing service. Pepper

Children's Nurses offer specialist palliative care and support to children and young adults with a life-threatening or life-limiting illness. The nurses work with families living in the Chilterns area of Hertfordshire and Buckinghamshire to provide individual, responsive care for each child in their own home. The service is provided free of charge to the child and their family. The funds raised annually by Pepper to support this essential service ensures that a child's life, no matter how short, is made as comfortable and happy as possible.



The Hospice of St Francis is a charity that provides care and support when it matters most to 2,000 people a year living with, or affected by, a life-limiting illness across West Herts and South Bucks.

We help people to live well with their illness and are often involved in an individual's care for months or even years. We provide care at home, in one of our Hospice beds or in our outpatient health & wellbeing hub, The Spring Centre. We also support loved ones and carers, including those who have been bereaved.

All our care is provided free but, to do this, we need to raise over £5million every year and rely on our community's support to help us with our fundraising.



**Dacorum Community Trust** is a small independent local charity dedicated to helping local people in real need. Our limited funds are raised through the kind support of local people, charities and organisations.

### **We are here to turn to in a moment of crisis.**

We try to assist local people who are struggling short-term due to illness, loss of employment, low incomes, domestic abuse or other situations that have made a huge impact on their lives. We are able to respond quickly and directly. Due to our limited funds our grants are often under £25, sometimes that's all that is needed to put the lights back on, to eat hot food, or to have a warm bath. No official referral is needed and we take time to interview everyone who asks for our help, often this process highlights other issues and we have a wide network of partner organisations who we work with. Visit our web site [www.dctrust.org.uk](http://www.dctrust.org.uk)

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*Robertson Associates are proud to be  
a sponsor and associated  
with  
Berkhamsted Rotary  
38th Half Marathon and  
5 Mile Fun Run.*

*We wish you all the best on the Day!*

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# Another Vintage Performance!



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