

## **34th White Horse Half Marathon**

**Sunday, 3<sup>rd</sup> April 2016**

**Race Starts at 9.30am**

Registration is open for the 2016 White Horse Half Marathon scheduled to take place on Sunday, 3<sup>rd</sup> April 2016. This is a popular local race established in 1983 and organised by White Horse Harriers AC. Since 1984 the event has also incorporated the keenly contested Oxfordshire County Half Marathon Championships, attracting many of the best athletes from around the county.

The popularity of this race means the entry limit is reached very rapidly. Please visit the race webpage ([www.whitehorseharriers.org/halfmarathon.html](http://www.whitehorseharriers.org/halfmarathon.html)) for full details and register promptly to avoid disappointment. Entry is open to adults (17 years and upwards). Please note: It is not possible to enter the race on the day.

In addition to raising funds to support the club, the event will be supporting the charity Flexicare. Flexicare is a small charity set up 30 years ago to provide a babysitting service for families whose children have challenging or complex care needs as a result of severe physical or mental disability to have access to the sort of babysitting service that other families have access to.

The leading athletes will be competing for the Jim Thorpe Memorial Trophy (men) and Silver Salver (ladies) as well as the team White Horse Shield and Ladies' Salver trophies, not to mention the overall County Champion's Trophy. The course record, set in 2002, of 65 minutes and 10 seconds is currently held by the British Olympian Dan Robinson. The ladies' record of 77 minutes and 28 seconds was set in 2006 by local athlete Nikki Slater of Witney Road Runners.

The 2016 race will start at 09:30am in Cane Lane, Grove. As in recent years the route will pass along Newlands Drive before taking the runners out through the village of Denchworth. The runners will then make a long loop out through the villages of Lyford and Charney Bassett back to Denchworth before returning to the finish on Pound Green in Grove.

Anyone requiring further details can contact Lee Barrett (Race Director) on [halfm@whitehorseharriers.org](mailto:halfm@whitehorseharriers.org) or visit the race web page at [www.whitehorseharriers.org/halfmarathon.html](http://www.whitehorseharriers.org/halfmarathon.html).

White Horse Harriers holds training sessions on Tuesday and Thursday evenings and club runs on Saturdays and Sundays. See [www.whitehorseharriers.org/TRAINING.html](http://www.whitehorseharriers.org/TRAINING.html) for more details. Whether in training for the London Marathon or just running with the aim of keeping fit, all are very welcome to come along and join in. For more details visit the website.

*Additional information about this year's supported charity:*



**(OXFORD AND ABINGDON)**

**Registered Charity No. 291844**

## ABOUT FLEXICARE

Flexicare is a small charity set up 30 years ago to provide a babysitting service for families whose children have challenging or complex care needs as a result of severe physical or mental disability to have access to the sort of babysitting service that other families have access to. Their families need to leave their children with those that have the necessary skills to care for them. They provide the sitting service with around 20 volunteers and 3 paid, part time members of staff. When a sit comes in, we match the needs of the family with the skills of our volunteers or staff. If necessary we will put two people in either because of the complex needs of the child or because there are lively siblings to look after as well. Flexicare ask families to contribute 50 pence an hour towards travel and we will do up to 3 sits a month for a family, more when circumstances dictate.

Flexicare provides sitters for any occasion except work. In recent months they have sat whilst the rest of the family has gone to watch dad doing an endurance race for charity; a funeral; for mum to go the dentist; for a parent to go on a bike ride; as well as sits for parties and meals out. Children can come on to Flexicare's books when they are 11 and will leave them when they are 18. As a result they build up close relationships with families, indeed amongst our volunteers, staff and trustees are those that have had Flexicare children that have passed away; someone who started life as a Flexicare child and now volunteers for us and those whose children are now with adult services.



Flexicare provide a service within 10 miles of Oxford and Wantage and Grove. We receive a small grant from Oxfordshire County Council but the majority of our funding comes through fundraising and donations. Flexicare are always looking for more volunteers and can provide full training and back up. You can do as many or few sits as suits you. Full details are on our website: [www.flexicare.org.uk](http://www.flexicare.org.uk) or ring us on 01865 321881.