Welcome to the 5th Ealing Half Marathon!

We are not quite sure where the last five years have gone but thank you for joining us on our 5th anniversary. 25th September promises to be another great day in Ealing and we look forward to welcoming you and the 30,000 spectators with open arms to our leafy part of West London.

This year we have over 7,000 entrants, many of whom are raising funds for our 3 heading charities, Alzheimers Society, Clic Sargent and Cancer Research UK. This event wouldn’t be able to take place without the 500+ amazing volunteers who help us create this race for you.

Once again we were voted the Best half Marathon at the 2016 Running Awards, voted for by the running community. Thanks you to everyone who voted for us and who help to make our community event so special.

We aim to be more than just a one day event every September and have continued with our school visits, running programmes and junior coaching.

We welcome runners from all over the world to our event so please smile, cheer our volunteers and we’ll see you on the 25th for the #EalingFeeling Part V...

Thanks, EHM Team

As we like numbers here at EHM HQ, here are a few for you:

- **£900k** raised for charity
- **37,500** bottles of Volvic water
- **15** pacers
- **6** churches
- **700** superb volunteers
- **7,000** entrants
- **3,500** traffic cones
- **400** children running the mini-mile
- **25,500** resident information packs sent out
- **30,000** spectators
- **139** running clubs
- **252** from Ealing Eagles running club
- **3x** winner of the UK’s No1 Half Marathon
- **3** parks
- **13.1** miles

...and only one Ealing Half Marathon CIC!
Top tips:

- Ensure you have trained appropriately. You should be able to run comfortably for 10 miles at least 3 weeks before the event.
- Listen to your body - if you’re not well on the day, please do not run! There will be plenty of other races.
- Drink a sensible amount of fluids.
- Stick to your tried and tested diet on race day - this is not the time to try new foods or mealtimes.
- Make sure your friends know your race number and likely finishing time.
- If you do have to drop out, please notify the nearest marshal/first aid point so supporters waiting for you can be informed.
- Start the race well hydrated and drink whenever you can, especially in the first half of the race, but do not gulp down large volumes of liquid.
- Upon finishing, do not stand about getting cold - keep walking and drink a sensible amount of fluid.
- Change into dry warm clothes as soon as possible.
- Keep taking fluid on-board and have something to eat. Volvic® will be available immediately after the finish line.

Running a half marathon is a significant challenge and not to be taken lightly. For further information visit www.runnersmedicalresource.com
Race day

Race number
Your race number is included in your race pack and should be affixed to the front of your race kit with the number clearly visible. Your personal and emergency details must be written on the reverse of the race number.

Timing
The race will be electronically timed with a timing chip on the back of your race number. Please do not bend the race numbers or pierce the timing chips with safety pins when attaching to your running top as this could affect the function of the chip.

Xempo are providing pace makers who will be clearly identifiable and located adjacent to the relevant start zone area. Xempo pace makers will be guiding runners aiming for times of: 1h30, 1h40, 1h50, 2h00, 2h10, 2h20 and 2h30.

Warm up
A pre-race warm up will take place in the South section of Lammas Park from 08:30. This session will loosen up the muscles and joints and relax the whole body in preparation for the 13.1 miles that lie ahead.

Race start
The race will start promptly at 09:00 and runners should start to assemble in the start zone from 08:45. Signs will be placed throughout the start zone according to estimated finish time and we ask that you assemble in the most appropriate zone for the enjoyment and safety of all runners.

Water stations
Volvic® natural mineral water will be available to runners in 33cl bottles at water stations at 2, 4, 6, 9 and 12 miles, as well as after the finish line. Please try to dispose of your bottle safely in or close to the bins provided on the course. Ealing Broadway Centre are providing the recycling service for the 35,000+ plastic bottles that we will collect.

Baggage
You have been provided with a baggage tag attached to your race number. Please fix this tag securely and deposit your bag in the baggage marquee according to your race number.

Your baggage will be returned to you at the baggage marquee after the race on presentation of your race number.

The baggage marquee will be covered and staffed at all times but race organisers cannot accept any responsibility for any losses.

Prizes
A generous selection of prizes are on offer for runners in a number of categories, including all the usual age categories in addition to Ealing residents and fancy dress prizes. Visit the website www.ealinghalfmarathon.com for the latest prize list.

Spectators
Your family, friends and colleagues are welcome to come along and support you on the day.

The Race HQ in Lammas Park will be very busy at the start and finish, but there are plenty of great vantage points nearby. We suggest the following areas, some of which benefit from being passed twice by runners:
- Uxbridge Road
- Pitshanger Lane
- Drayton Bridge Road
- Cuckoo Avenue
Ealing Half Marathon has raised over £900,000 for various charities in the last two years. Our main aim is to continue to improve on this amount year on year to allow for an exceptional and unique fundraising opportunity in West London.

Please visit our website to find out more about running for one of our charity partners:
www.ealinghalfmarathon.com

Start fundraising
To start fundraising for a charity you love, visit our website www.everydayhero.co.uk/event/ealinghalfmarathon
Course Certificate Number 16/195

Contains Ordnance Survey Data © Crown copyright database right 2013
After you cross the finish line, try to keep moving forward to avoid impeding other runners in their sprint finish. After finishing you will progress through the finish zone, which is accessible to runners only, where you will:

- Be given an Ealing Half Marathon 2016 commemorative medal
- Collect a 33cl bottle of Volvic® natural mineral water
- Find an Amazing Grass Super Foods Bar
- Visit an irresistible Mallow & Marsh bar

**Commemorative medal**
A quality medal to commemorate your achievement in finishing the 2016 Ealing Half Marathon will be provided in the finish zone.

**Post race massages**
Move Clinics will be providing post race massages on a pre-booked option where you can pay in advance for an extended massage (15 minutes) and skip the queue. You can pre-book your massage online at [www.moveclinics.com](http://www.moveclinics.com) or by calling 020 8994 8328.
Public Transport

London Underground
Northfields Station on the Piccadilly Line (Heathrow Branch) is within a 10 minute walk of the Start/Finish area.
Ealing Broadway Station on the Central and District Lines, is a 15 minute walk from the Start/Finish area.
Please go to the TfL Journey Planner www.journeyplanner.tfl.gov.uk for more details.

Rail
Mainline from London Paddington to Ealing Broadway Station (just one stop, 10 minutes) which is a 15 minute walk from the Start/Finish area.
From the West, Ealing Broadway is served by trains from Slough, Maidenhead, Reading and beyond.
Please note that West Ealing & Hanwell stations are not operational on Sundays.

Bus
Route 65 (Richmond-Ealing) - alight at South Ealing Station which is a 5 minute walk from the Start/Finish area
Route 207/427 (Hayes-White City) - alight at Ealing Police Station which is a 10 minute walk from the Start/Finish area.

Driving and car parking
If you are driving to the event, please try to car-share with other participants to minimise the environmental impact and disruption to local residents. Please leave enough time to park and walk to the Race HQ. Road closures will come into effect before the start of the event and there will be no parking on the roads surrounding the Race HQ.
Please note that there is no dedicated car park for the Ealing Half Marathon. There are, however, 2 car parks operated by Ealing Council within walking distance of the Race HQ. These car parks require payment even on Sundays so please ensure you have some coins handy.

Contains Ordnance Survey Data © Crown copyright database right 2012

The Race HQ is very well served by public transport.
REMEMBER TO
MAKE IT COUNT

Don’t run, fly
DynaFlyte™ with FlyteFoam™
The most advanced cushioning system we’ve ever made. FlyteFoam™ technology is the perfect combination of lightness and protection so you can fly over any distance.

Run for us and help fight dementia
Congratulations, you’re almost there. Soon the early morning runs and missed evenings in the pub will all be worth it. There’s still time to do something incredible with your place and join Team Alzheimer’s Society.

There are 850,000 people living with dementia in the UK and the number is set to rise to 1 million by 2021. Alzheimer’s Society works to improve the quality of life for people affected by dementia, now, and to find a cure for the future.

0330 333 0804
events@alzheimers.org.uk
alzheimers.org.uk/ealinghalf

WANT IT MORE
Ealing Half Marathon 25 September 2016

GOOD LUCK

TEAM

CLIC Sargent

Run to support young cancer patients

www.clicsargent.org.uk/ealinghalfmarathon
run@clicsargent.org.uk
0845 602 4770

It’s not too late to sign up:
FIVE TIPS FOR HEALTHY HYDRATION

1. FOR MOST LIGHT INTENSITY TYPES OF EXERCISE INCLUDING RECREATIONAL SWIMMING, GOLF AND WALKING, AND FOR ANY PHYSICAL ACTIVITY LASTING LESS THAN 1 HOUR, WATER WILL REHYDRATE YOU ADEQUATELY.

2. SIP WATER IN SMALL AMOUNTS BEFORE, DURING AND AFTER EXERCISE.

3. REPLENISH FLUIDS REGULARLY ESPECIALLY WHEN SWEAT RATES ARE HIGH AND/OR EXERCISING IN WARM ENVIRONMENTS.

4. PERFORM AT YOUR BEST AND PACK A BOTTLE OF WATER WITH THE REST OF YOUR SPORTS GEAR.

5. SPORTS DRINKS MAY BE BENEFICIAL FOR THOSE UNDERTAKING REGULAR HIGH-INTENSITY TRAINING AND PERFORMANCE EXERCISE LASTING FOR MORE THAN 1 HOUR.

Content sourced from the Natural Hydration Council. For further information see www.naturalhydrationcouncil.org.uk

Go the distance.

With our smart finance and insurance offer.

The individuality of smart cars allows you to set the pace and be a leader, not a follower. Compact, affordable and fun to drive, a smart allows you to stay ahead of the curve as each model is packed with advanced technology and now you can get behind the wheel of the coolest car in the city, with insurance already included.

Our finance and insurance package offers start from as little as £199* per month and includes 24/7 accident recovery cover for complete peace of mind.

With smart at Mercedes-Benz Brentford, you will receive first-class customer service from a team who go the extra mile.


Engineered with Mercedes-Benz

smart at Mercedes-Benz Brentford Great West Road, Brentford TW8 9AH
0208 560 2151 www.smartbrentford.co.uk

Official government fuel consumption figures in mpg (litres per 100km) for the smart range: urban 54.3(5.2)-60.1(4.7), extra urban 72.4(3.9)-78.5(3.6), combined 65.7(4.3)-68.9(4.1): CO2 emissions 99-93 g/km.

*Cost based on a [MODEL]. Offer includes motor insurance at £100 p.m. for 12 months. Minimum 18 years old. Must have held a full or provisional licence for minimum 6 months. Telematics box must be fitted. Eligibility conditions apply. Insurance underwritten by Aviva Insurance Ltd. Offer ends [DATE].
NOW OPEN
THE DRAYTON COURT
FOLLOWING AN EXCITING REFURBISHMENT IN THE PUB & GARDEN
Ealing Half Marathon is proud to announce that 1E, Ealing’s home-grown software company, will be sponsoring the event for the third year running.

The 1E team is gearing up once again to sponsor West London’s premier half marathon, set to take place on Sunday 25th September in Ealing, home to the software company’s headquarters.

The race will start and finish in the picturesque Llamas Park, and take in parts of Central Ealing, Montpelier, Pitshanger, West Ealing, Hanwell and St Stephen’s before returning to Llamas Park.

Voted the Number One Half Marathon in the UK (The Running Awards 2014 & 2015) for the second year running, the popular race will accommodate up to 8,000 runners. 1E staff have been participants for several years now, and we’re delighted to once again announce their sponsorship.

The 1E Ealing half marathon team is a real mix, with Ealing Half Marathon veterans training alongside newcomers making their long distance début, Dave Glanville, Head of Business Technology, said, “Prior to training for the Ealing Half Marathon I hadn’t run further than 200 metres since I was a schoolboy so I was amazed and delighted when I smashed my 2 hour 15-minute target by 14 minutes. The race was brilliantly well organised, the route interesting and challenging, the volunteers were wonderful and the crowd awesome! I’m convinced that every “High Five” I got from the kids along the way knocked 30 seconds off my time.

I’m hoping they’ll be there again this year when I try and aim for 1 hour 50 minutes!”

Sumir Karayi, CEO of 1E, who is a veteran runner of the race: “I founded 1E in Ealing 18 years ago, and we still have our global headquarters here. The Ealing Half Marathon is an exceptionally organised local event that brings the whole community together, promoting health and fitness, raising money for charity and shining a light on Ealing’s beautiful parks. I’m proud to be involved and looking forward to running with my team mates.”

1E empowers the world’s largest organisations to simplify and speed up the complete software lifecycle, from request to delivery, management, retirement and procurement of software. With regional offices in New York, Dublin and New Delhi, their headquarters are in Ealing, West London. With more than 26 million licenses deployed worldwide, 1,700 organizations in more than 200 countries trust 1E to help them to work efficiently, productively and sustainably. Their customers consist of public and private sector companies, including Dell, ING, Nestlé, BNP Paribas, Ford Motor Company and the UK Department of Work and Pensions, who they have helped save more than $2.6bn through the use of their technology. For more information, please visit: www.1e.com

Like our Facebook Page For Exciting Pre & Post Race Offers
Choose a cause YOU care about

AND MAKE A DIFFERENCE TO THE WORLD

Register today at - everydayhero.com/uk

Get West London .co.uk

24/7 news for 24/7 people

facebook.com/GetWestLondon
twitter.com/GetWestLondon

PLUS get up to the minute local news online and on your mobile

Ealing Gazette

Proud media partners of Ealing Half Marathon 2016

We're with you all the way

run with the story

LOCAL NEWS, SPORT, PROPERTY, JOBS and MORE from your area includes full coverage of Ealing Half Marathon
WE WILL BEAT CANCER SOONER

WE WILL GET YOU OVER THE FINISH LINE

When you’re running with us, you’re not running alone.
Our cheering teams will get you through the wall and right over the finish line.
Once your race is won, come and join us for a massage and some post-race fuel.

JOIN OUR TEAM:
Call 0300 123 5461
Visit cruk.org/our-team

CANCER RESEARCH UK

Visit our online shop for official Ealing Half Marathon clothing: www.ealinghalfmarathon.com/shop-for-kit
The mile distance is perhaps one of the most famous of middle distance running, experiencing a renaissance in recent years, the Ealing Half Marathon team are pleased to bring you The Mile Series events.

The Course:
The Ealing Mile is held on the first Friday of each month in Lammas Park. Aiming to help promote running in general in Ealing, offering a fast, friendly and fun lunchtime race. The course is based on the distance markers in Lammas Park, which is one mile over one lap, and has also been measured precisely

Race numbers can be collected on the day from 12:00 onwards, the race will start at 12:30.

More details available at www.ealinghalfmarathon.com/the-mile-series

---

The Mile Series

---

Ealing Broadway Shopping Centre works with First Mile to provide the recycling for all the empty bottles. While you are finishing the race in the park, somewhere slowly trailing the route is the First Mile collection vehicle. The bottles are already bagged and ready to collect thanks to our great water station teams. There are approximately 250 bags for the vehicle to do multiple sweeps to collect – a big job no one really sees.

Ealing Broadway Shopping Centre and First Mile then ensure they reduce waste to landfill and reduce carbon footprint. They take the baled pet and HDP bottles and mix them with other similar materials from other companies, they may be re-baled depending on the weights. Once they have bales equalling around 18 to 20 tonnes move on to a recycling facility.

Ealing Broadway Shopping Centre and First Mile then ensure they reduce waste to landfill and reduce carbon footprint. They take the baled pet and HDP bottles and mix them with other similar materials from other companies, they may be re-baled depending on the weights. Once they have bales equalling around 18 to 20 tonnes move on to a recycling facility.

Our runners go through 37,500 bottles of Volvic at the current race capacity so that's a lot of empty bottles to collect.

---

Ever wondered what happens to your water bottle after you've discarded it?

They are then separated into PET Natural – PET coloured/jazz, HDP natural or HDP coloured/jazz. They are washed, then shredded or granulated and turned back into PET or HPD products in the UK but they could also be sent to Europe or the Middle East, where if they are still of good quality they will go back into the food industry and if not then they will be made into non-food products.

So that's the life of your water bottle.

---

Ealing Eagles Running Club

Ealing Eagles Running Club is a friendly and social running club in Ealing, founded in 2009 for runners and joggers of all standards, from beginners and novices to expert racers, in the Ealing, Perivale, Greenford, Hanwell, Northfields, Brentford and Acton areas.

Full details on training and club runs can be found on our website www.ealingeagles.com
Firstly a massive THANK YOU to each and everyone of our amazing volunteers. Ealing Half Marathon couldn’t take place without you and we are in awe of your efforts year on year.

Also:

Friends of Ealing Half Marathon – you know who you are
St Peter’s Church, Ealing
St Barnabas Church, Ealing
St Stephen’s Church, Ealing
St Mary’s Church, Hanwell
St John’s Church, Ealing
St Christopher’s, Hanwell
Hanwell Community Centre
Ealing Council
Danone Waters (UK & Ireland) Ltd
Pitshanger Community Association
Ealing Eagles Running Club
Katy Dawkins Graphic Design
Kall Kwik Chiswick
The New Inn, Ealing
Brent Valley Golf Club
Hybred Events
1E
Ecowood Moves
London Fire Brigade
Metropolitan Police Service
London Ambulance Service
Transport for London
Run Britain
UK Athletics
Breathe Unity PR
Standard Signs
Will to Win
Dan Tsantilis Photograper
www.dantsantilis.com
Drayton Court Hotel
Mida Systems
Feeling Peaky
The Committee

Ealing Half Marathon simply could not take place without the dedication of a number of people who gave up their time to put the event on. In recognition of greying hairs, sleepless nights and stress lines, they are:

Race Directors
Sandra Courtney and Kelvin Walker

The Committee
Judith Earnshaw  Paul Thomas
Arlene Gallagher  Yan Tsakpoundis
Laurence Messer

Thank you to our Team Leaders and their Deputies and the Volunteers who gave up their time before the event to help.

Feedback

Ealing Half Marathon is a community-run event and we rely on the advice and guidance we get from everyone. If you have observations, whether complimentary or critical, we’d love to hear from you.

Please fill in the form below and drop it off at the information tent, or contact us by email at info@ealinghalfmarathon.com

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
</tr>
<tr>
<td>Telephone</td>
</tr>
<tr>
<td>Email</td>
</tr>
</tbody>
</table>

Please tick box if you are interested in helping us next year

Comments
Ealing HALF MARATHON 2016
www.ealinghalfmarathon.com
#EalingFeeling