Ealing Half Marathon 2017

Sunday 24 September • Lammas Park, Ealing
Welcome to the 6th Ealing Half Marathon!

What a great summer it has been for sport. The IAAF World Championships and World Para Athletics Championships took place in London and we can still feel the buzz. West London is alive with training runs and we love seeing those of you who are local out on the course.

This year we have over 7,000 entrants, many of whom are raising funds for our 2 headline charities, Alzheimer’s Society and Cancer Research UK. This event wouldn’t be able to take place without our 700 amazing volunteers who help us create this amazing weekend for you. Give them a thank you on the way round.

Due to huge demand, this year sees us host the Ealing Mini Mile on Saturday, the 23rd of September for 1,200+ children. Do come along and cheer if you can.

Our social enterprise community event is more than just one weekend every September and we continue with our school visits, running programmes and junior coaching throughout the year.

As well as runners from the UK, we welcome runners from 22 other countries and we wish you all a great run with us. We’ll see you on the 24th for the 6th instalment of the #EalingFeeling.

Thanks,
Sandra, Kelvin & Christina

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

- £1,000,000 raised for charity
- 40 pacers
- 37,500 bottles of Elan water
- 6 churches as water stations
- 7,000 entrants
- 700 superb volunteers
- Sarah most popular female name
- David most popular male name
- 3,500 traffic cones
- 25,500 resident information packs sent out
- 1,200+ children running the mini-mile
- 30,000 spectators
- 271 from Ealing Eagles running club
- 106 running clubs
- 3x winner of the UK’s No1 Half Marathon
- 3 parks to run through
- 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. Elan natural mineral water 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](http://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
Elan natural mineral water will be available to runners in 200ml 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. A recycling service for the 35,000+ plastic bottles will be in place.

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.

We would like to advise you that there will be an increased search regime in place, including random bag searches. Full details will be available on our website. 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
Charity partners 2017

Ealing Half Marathon has raised over £1,000,000 for various charities in the last six 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.

To start fundraising for a charity you love, visit our website www.ealinghalfmarathon.com/charity

Please visit our website to find out more about running for one of our charity partners: www.ealinghalfmarathon.com/charity-information
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 2017 commemorative medal
- Collect a 200ml bottle of Elan natural mineral water
- Find goodies to aid recovery

**Commemorative medal**
A quality medal to commemorate your achievement in finishing the 2017 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 or by calling 020 8994 8328.

After leaving the finish zone you can join family, friends and supporters and retrieve your baggage.

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Public Transport

The Race HQ is very well served by 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.

Please note that diversions are in operation on the 207/427 and 83 routes on the morning of the race.

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.

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Good luck to all of our runners!

Someone is diagnosed with dementia every three minutes. Every step you’re taking is bringing us closer to a cure.

There’s still time to join our team

Run with us to change the lives of people with dementia.

alzheimers.org.uk/run

events@alzheimers.org.uk
WHATEVER YOUR REASON FOR RUNNING
WE’D LOVE TO HAVE YOU ON OUR TEAM

Request a sponsorship pack and join our team today
At cruk.org/ealing-half
Or call 0300 123 5461

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Leading Ealing Catholic Independent Day School for girls aged 3-18 set in 13 acres of stunning grounds
Running tops personalised with details of your best ever 5k, 10k, half or marathon time

Ealing Half Marathon Special Offer

10% OFF
Use code XEM10 at checkout

Visit our online shop for official Ealing Half Marathon clothing:
www.ealinghalfmarathon.com/shop-for-kit
The Mile Series

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

Move Clinics Post Race Massage

£15 for 15 minutes

Come see us on the day

or call us on

02089948328 to skip the queue and pre pay

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
Thank you

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
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
Pitshanger Community Association
Ealing Eagles Running Club
Katy Dawkins Graphic Design
The New Inn, Ealing
Brent Valley Golf Club

Ecowood Moves
London Fire Brigade
Metropolitan Police Service
London Ambulance Service
Transport for London
Run Britain
UK Athletics
Breathe Unity PR
Standard Signs
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www.dantsantilis.com
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pladis
Plank PR
Race Organisers

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 Director  Director  Event Co-ordinator
Sandra Courtney  Kelvin Walker  Christina O’Hare

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

Name
Address
Telephone
Email

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

Comments
Ealing HALF MARATHON 2017

www.ealinghalfmarathon.com

#EalingFeeling