Welcome to the 7th Ealing Half Marathon!

West London is alive with training runs and we love seeing those of you who are local out on the course.

This year sees thousands of entrants from all across the globe taking part in this must do Autumn event. Over 30 different countries, including Japan, Australia and Bermuda to name but a few, are represented in this year’s Ealing Half Marathon. Many of our runners are raising funds for our two 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 weekend for you. Give them a thank you on the way round. There are still opportunities to help – just head to the Volunteer section of our website to register.

The weekend kicks off with the return of the Ealing Mini Mile sponsored by St. Augustine’s Priory, seeing more than 1,700 children entering in 2018. The race has become even more inclusive with the introduction of the new Family Mile for children under 5 years of age, so there’s an event for everyone at the #EalingFeeling weekend.

We’ll see you on the 29th and 30th for the 7th instalment of this multi award winning event.

Thanks, Sandra & Christina

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

- 30,000 spectators
- 106 running clubs
- 39 most popular age
- £1,500,000 raised for charity
- 700 superb volunteers
- 40 pacers
- 7,000 entrants
- David & Paul most popular male names
- 3 churches as water stations
- 1,700+ children running the mini-mile
- 13.1 miles
- Sarah & Emma most popular female names
- 292 from Ealing Eagles running club
- 5x award-winning race
- 25,500 resident information packs sent out
- 3 parks to run through
- 40,000 bottles of Elan water

...and only one Ealing Half Marathon!
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.
• 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.

Medical and safety matters are of utmost importance to all at the Ealing Half Marathon. We want you to enjoy your race but if you do suffer illness or injury on the day, our specialist medical team will endeavour to provide the best possible response.

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• 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.
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 provided by Bodyline Fitness
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 our 5 official water stations which are 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 40,000+ 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
Ealing Half Marathon has raised over £1,500,000 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.

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

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 2018 commemorative medal
- Collect additional goodies available on the day
- Collect a 200ml bottle of Elan natural mineral water

Post race massages

Move Clinics will be providing post race massages. No pre-booking required, just turn up at the Physio marquee. Massages are £10 for 10 minutes. Cash and card payments are accepted.

Race HQ

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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.

Route 83 (Golders Green-Ealing Hospital) - alight at Ealing Police Station* which is a 10 minute walk from the Start/Finish area.

Route E2 (Greenford-Brentford) - alight at Northfield Avenue/Graham Avenue which is adjacent to 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.

The Race HQ is very well served by public transport.
Bodyline Fitness is proud to, once again, be a sponsor of the Ealing Half Marathon!
As one of the original, local sponsors back in 2012 we fully support EHM and everything they do for the local area and the many different charities they contribute to.

Come and join us at our marquee on the day for a free post-race stretch after your run, you’ll have earned it!
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
Pre Race offers

- 20% off initial physiotherapy appointments
- 30 minute Sports Massage for £30 (usually £45)

Just show details of race entry to take advantage of the above offers

Race day

Post race massage available £10 for 10 minutes
No pre-booking required, just turn up at massage tent
Cash and card payments

www.elanwater.co.uk
Running tops personalised with your race 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
Johnny Muscan and his friendly team are able to help on all your projects, whether they are big or small. If you require it they are able to offer a complete service covering all aspects of the job from Design, Architectural Plans, Building Control, Pre Work Preparation, Design, Supply & Installation of Kitchen & Bathroom Service, Electric & Plumbing, Plastering, Tiling, Painting, Bi-Fold Doors, Velux & skylights and Post Work Cleans.

“We have been really impressed by Johnny’s professionalism and attention to detail on our kitchen extension. His whole team are incredibly hard working and the quality of their work is excellent. We would not hesitate to recommend them to anyone.”

Jim O

“Johnny converted our loft this year. His team were extremely efficient, always on time and very hard working. Johnny’s attention to detail ensured the work was completed to a very high standard and his helpful attitude meant the whole experience wasn’t stressful at all. We would recommend him for any building work.”

Charlie and Fay Young

★ Extension
★ Loft Conversion
★ Kitchen & Bathroom
★ Refurbishment
★ New Build
★ Roofing
★ Railings
★ Landscaping
★ References Available
★ Previous Jobs Can Be Viewed

Office: 020 8840 2680
Direct Line: 07854 304 956
E-mail: info@as-you-like-it-building-services.co.uk

www.as-you-like-it-building-services.co.uk

Flat 2 Golden Court, Golden Manor, Hanwell, London W7 3EQ
The Mile Series

Brought to you by EHM Legacy CIC, the mile distance is perhaps one of the most famous of middle distance running events. Experiencing a renaissance in recent years, the 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 which is run over a one mile lap is an official UKA measured course.

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

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.

The #100Club:
The New Inn, Ealing
Plank PR
St Augustine’s Priory

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
Ealing Eagles Running Club
Katy Dawkins Graphic Design
Brent Valley Golf Club

Move Clinics
Bodyline Fitness
Redeemer Church London

Ecowood Moves
London Fire Brigade
Metropolitan Police Service
London Ambulance Service
Transport for London
Run Britain
UK Athletics
Breathe Unity PR
Standard Signs
Dan Tsantilis Photographer
Plank PR
Pladis
Race Organisers

**Race Director**  
Sandra Courtney

**Event Co-ordinator**  
Christina O’Hare

Thank you to our Team Leaders, Deputies and the Volunteers who gave up their time before, during and after the event to help. These people selflessly gave up their time to ensure the safe and smooth running of Ealing Half Marathon.

Most runners won’t ever see the work that goes on behind the scenes, thanks to these high-vis heroes.

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

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Comments