

# CHISLEHURST HALF MARATHON

[www.chislehursthalf.com](http://www.chislehursthalf.com)

## RACE INFORMATION PACK

**Sunday 19 May 2019**

**Registration from: 8.00 am**

**Race starts: 9.30 am**



Run under UK Athletics rules  
UKA race licence: 2019–37297

Race HQ: Glebe Football Club, Foxbury Avenue off Perry Street, Chislehurst, Kent, BR7 6SD (Please allow plenty of time to travel and do not over-rely on the post-code and satellite-navigation to accurately locate the venue.)

A non-profit event in aid of The Maypole Project

**M THE MAYPOLE  
PROJECT**

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

## Dear Runner,

Welcome to the fourth running of the Chislehurst Half Marathon.

We hope that you enjoy your visit to this leafy and green part of the London Borough of Bromley with a 13.1 mile undulating multi-terrain run along the trails of the scenic Scadbury Park (twice – once in each direction) and some shorter sections of pavement. Please read the information about the race to make your day a safe and pleasant experience.

**Any last minute updates can be found on our website [www.chislehursthalf.com](http://www.chislehursthalf.com) or via our Facebook page.**

Thank you to all our participants, our sponsors and our volunteers who have kindly given up their time to help out at the event.

## Programme for the day

**08:00-09:15** Collect numbers/drop baggage

**09:15** Warm-up by Aaron Barnett of life:lab

**09:20** Runners to enter the start pens in their anticipated time category

**09:25** Race instructions to runners

**09:30** Race start

**10:50** First runner expected to finish

**Noon** Trophy Presentation by Sally Flatteau Taylor, Founder and Chief Executive of The Maypole Project

## On arrival

### Race registration

On arrival at Race HQ, please head to registration, at the Pavilion.

You should first find your number against your name on the list which will be in the entrance window of the registration room and we will then provide you with your numbered race-bib.

### Entry on the day

There will be entries available on the day from 8 am at Race HQ.

### Race-bib

Please write your emergency contact and any medical conditions on the back of your race-bib.

The baggage label should be torn off.

Your race-bib has a timing chip attached and must be fixed to the FRONT of your running vest above waist level - safety pins will be available. It must not be folded, cut, altered or mutilated in any way.

Wearing a number that is not registered in your name will result in disqualification.

### Baggage drop

Baggage storage is available at Race HQ, within the pavilion.

Although the area will be supervised, the organisers accept no responsibility for any loss or damage to personal belongings.

If you wish to use this facility, please use the tear-off baggage label supplied with your race-bib.

For security, bags will only be returned on production of the corresponding race-bib.

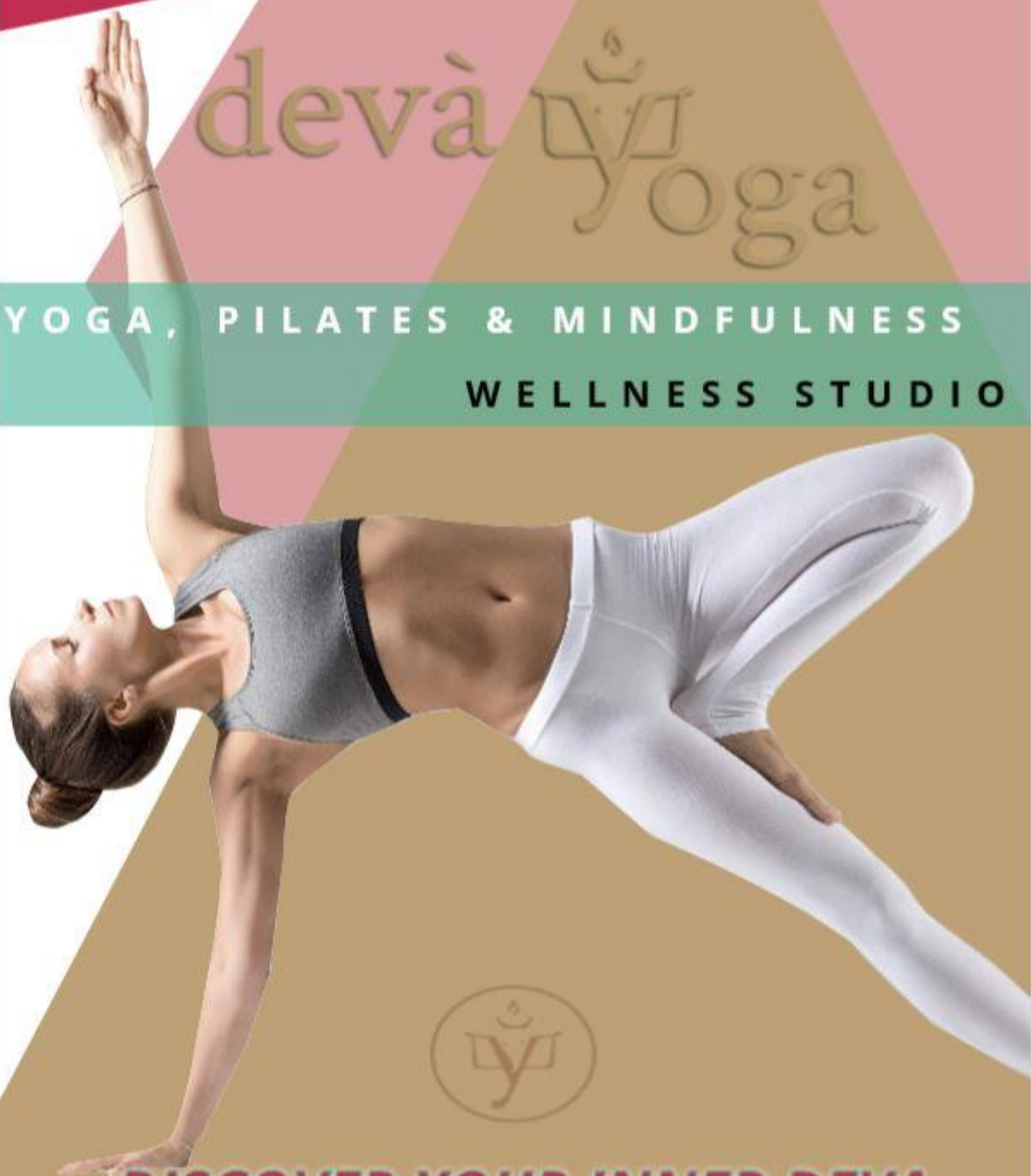
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E: [info@devayoga.co.uk](mailto:info@devayoga.co.uk)

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## How to get to Race HQ

### Postcode

BR7 6SD (Sat-Nav users please don't overrely on this as this postcode covers a wide area.)

**By car from the M25** - leave the M25 at junction 3 and take the A20 towards London, leaving at the Frognaal Roundabout slip road after about 5 miles on to the westbound A222 (Perry Street) and go half a mile, past sports ground on your right, until you reach Foxbury Avenue on the right. Race HQ is at the end of Foxbury Avenue.

**By car from London on the A20** - take the slip road before Frognaal Roundabout and take the third exit westbound along the A222 (Perry Street) and go half a mile until you reach Foxbury Avenue on the right. Race HQ is at the end of Foxbury Avenue.

**By train:** from Chislehurst Train Station. Details of train times can be located on [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or National Rail Enquiries. Some engineering works may be undertaken over the weekend in the Chislehurst area so it is worth checking the South Eastern Railway website at [www.southeasternrailway.co.uk/your-journey/engineering-work/](http://www.southeasternrailway.co.uk/your-journey/engineering-work/)

Chislehurst Station is about 30 minutes walk away from the Race HQ at Glebe FC in Foxbury Avenue.

When leaving the train platforms, exit to the right on to Station Approach and then turn left onto Summer Hill (A222) and proceed up the hill and continue straight for half a mile past the Chislehurst Memorial Crossroads and continue along the A222 into Bromley Lane until you reach Foxbury Avenue on the left.

**Bus routes:** Buses on routes 160 and 269 serve Perry Street and buses 61, 161 and 273 serve nearby Royal Parade by the Chislehurst Memorial crossroads.

### Parking

There is parking available for early arrivals at Race HQ.

For later arrivals we suggest that you use Old Perry Street which is the road opposite Foxbury Avenue just to the left as you emerge on to Perry Street, but please be considerate towards local residents and other runners. Please also take care when leaving Race HQ as there may still be runners on Foxbury Avenue up to 1pm





**Diagnosis** - find out what is causing your pain...joint/soft tissue/ nerve/disc?

**Posture** - how is this contributing?...is your work station correct?

**Training** - should you continue and if so how much?

**Flexibility** - which muscles are tight and strong?

**Strength** - which muscles are long and weak?

**Core** - how do you optimise your core when exercising and in daily life?

**Exercises** - which key ones should you be doing based on your body type?

**Acupuncture** - would this help release your trigger points and relieve stress?

If you have an injury or ongoing pain you have ignored or you are keen to prevent injuries...**BOOK AN ASSESSMENT** especially if you have a marathon or sport event coming up!!

Available at Deva Yoga Studio Fridays 9am to 3pm.

Contact Lisa O'Hara Bsc(Hons)M.C.S.P. Physiotherapist

[www.physiorhythm.uk](http://www.physiorhythm.uk)

Email [lisa73.physio@gmail.com](mailto:lisa73.physio@gmail.com)

Mobile 07779118921

Osteopathy now available here at Deva Yoga

Osteopathy | Craniosacral  
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**HILARY WHITAKER**  
REGISTERED OSTEOPATH

**Kristy Smith**  
KMS Therapy  
E: [info@kmstherapy.co.uk](mailto:info@kmstherapy.co.uk)  
T: 07946 313876

**KMS THERAPY**

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<b>Massage</b>	
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1 hour Deep Tissue	£ 55
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30 mins Area of your choice	£ 30

<b>Reiki</b>	
1 hour Treatment	£ 55
30 mins Treatment	£ 30
Course of 4 x 1 hour Treatments	£ 200
90 mins Combination of massage and Reiki	£ 75

**Health Solutions**  
At KMS Therapy I offer an array of treatments and advice, all available here at Deva Yoga Studio, in a relaxed, friendly and professional manner. To find out how you could benefit give me a call or drop me an email.

"Dedicated to providing quality holistic treatments and advice, tailored just for you"

At KMS Therapy, my aim is to help people implement changes, try something new, for them to be the best they can be, physically and mentally, inside and out, through treatments and understanding. Want to sleep better? Reduce stress and anxiety? Need help managing your weight? Lets work together to enhance your life experiences!

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# The course and safety

Marshals will be in place along the route and will remain in position until directed to stand down by the 'sweep' marshal who will be at the rear of the field.

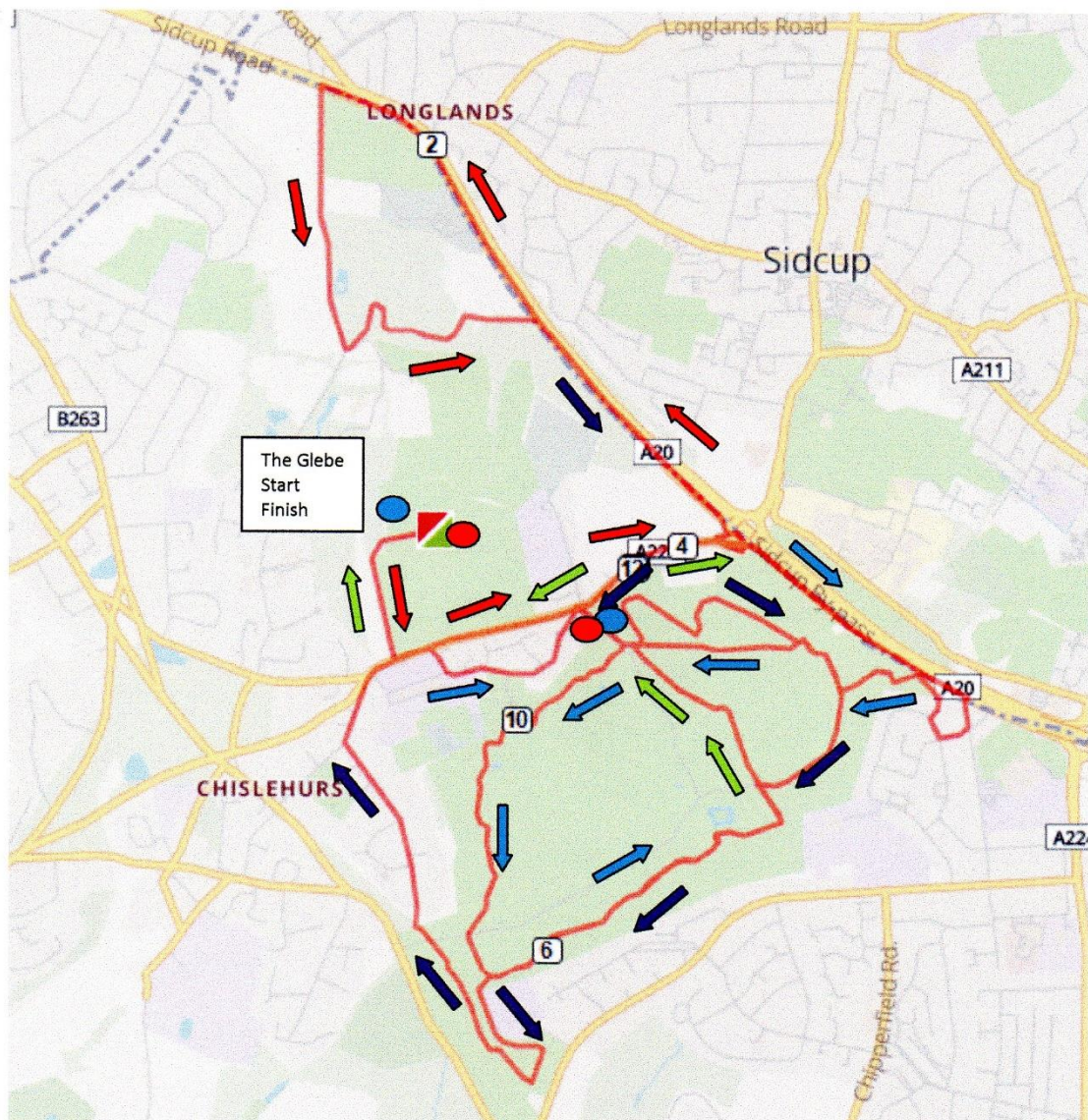
Please always obey the instructions of the marshals and the police. They have been instructed to minimise the risk to runners as well as other road users.






There will be no road closures except for a temporary interruption to the traffic along

Ashfield Lane - approximately half a mile after the start - which will be supervised by police and PCSOs.

The Highway Code prevails. Please give way to vehicles when crossing a road and driveways, particularly at the BP station in Perry Street and Beaverwood Road in the last mile of the race. Please be constantly aware that YOUR safety remains YOUR own responsibility.

## The 2019 Chislehurst Half Marathon Course



-  Start to 3 miles
-  3 to 7 miles
-  7 to 11 miles
-  11 miles to finish
-  Water stations
-  First aid

This race is 50% off-road along footpaths, some of which are narrow in places. Please be aware of low branches, uplifted ground, roots and muddy and slippery surfaces which may be present dependant on recent weather. Please also respect other participants and members of the public. No cycles, pushchairs or wheelchairs are allowed to participate on the course. Officials will remain at the finish until the 'sweep' marshal has crossed the finish line.

### **Pre-race advice**

Guidance is available on the website [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) – this is regularly updated advice from the runbritain Medical Advisory Group, - including how to prepare for an endurance event. Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family and friends to risk serious illness and become a medical emergency. You are unlikely to do yourself justice. If you have any medical problems, you should consult your GP and follow their advice. Don't try to run a personal best on a hot day. Avoid a sprint finish unless you are an experienced athlete.

### **Toilets and changing facilities**

There are male and female toilets available inside and at the rear of the pavilion. These include limited changing facilities. It is suggested where possible that you should plan to arrive in your running gear.

### **The start**

The Chislehurst Half Marathon will start promptly at 09.30am at the flagpole in front of the pavilion. All runners should assemble in the pens by 09.25am. We kindly ask that slower runners to start at the back so as not to impede faster runners and avoid any unnecessary accidents. To make this easier we will have start pens based on predicted finish times, so please be realistic about your time. Please obey the marshals' instructions and listen to announcements. Should you require any further help please do not hesitate to ask a race marshal.

### **The finish**

Once you cross the finish line please walk slowly through the funnel to collect your medal. Sports Massage will be available - adjacent to the finish area - for a suggested donation of £10 to The Maypole Project.

### **Timing system**

Your race-bib has an RFID tag ("chip") attached to it. This chip is used to record your start and finish time. A race-clock will be positioned at the finish line with the gun time to give you an indication of your time. Your gun to chip time as well as your chip to chip time will be published. The chip to chip time is an accurate measure of your time between crossing the start and finish lines.

### **Medical support**

Qualified first-aiders from St John Ambulance will be located at various points around the course and will be on hand at the finish line to ensure your well-being. If you have any first-aid requirements, please make yourself known to a first-aider or to a marshal who will assist you to the nearest first-aider.

### **Headphones**

Due to the nature of the race, the use of any equipment that impairs participants' ability to hear ambient sound during the event is not permitted. The use of bone conduction headsets is acceptable. Participants will be running on, near and across roads that are not wholly closed to traffic and should be responsive to what is happening around them, including: warnings, instructions, other runners, traffic, emergency vehicles, etc..

### **Transfers**

Transfers are allowed until midnight on Thursday 17th May. Please e-mail the full name, sex and date of birth of the transferor as well as the transferee. Transfers WILL NOT be allowed on the day of the race.

### **Cancellation**

The organisers of the Chislehurst Half Marathon reserve the right to cancel the race if severe weather or any other circumstances make conditions too dangerous for runners. In this situation, NO REFUNDS will be given, but a free entry to a future event will be available.



## Hydration

Please follow a sensible hydration strategy and avoid 'over-drinking' which can cause serious medical problems, even fatalities. There is water available approximately every 5km (3 miles) on the route and also at the finish. The race route passes through Scadbury nature reserve which needs to be respected. When finished with cups please could you drop them and any other litter into the bins provided or pass them to a marshal. Our volunteer marshals must clear the course of all litter and your cooperation will help and be greatly appreciated.

Refreshments may also be purchased at the finish. Tea, coffee and hot snacks will be available, as well as a licenced bar which will be open from 11 am.



## Results and awards

### Trophies

Trophies will be presented at noon in front of the Pavilion by Sally Flatteau Taylor, Founder and Chief Executive of The Maypole Project.

Male general classification trophies will be awarded for 1st, 2nd and 3rd places, as well as trophies for M40, M50, M60 and M70.

Female general classification trophies will be awarded for 1st, 2nd and 3rd places as well as trophies for F35, F45, F55 and F65.

The first 3 males/females over the finish line win 1st, 2nd and 3rd overall classification trophies regardless of their own age category. If an age related runner (over 40 for males and 35 for females) finishes in the first three in the general classification, the age category trophy is then attributed to the next finisher in their age category.

Please note: gun times are used for awarding general classification- and chip times for age category- trophies and only one individual trophy is awarded to any one entrant.



### Medals

Medals will be presented to each finisher shortly after crossing the line. The first 5 male and first 5 female finishers' medals will be gold coloured, the next 20 male and 20 female finishers' medals will be silver coloured and all others will be bronze.

### Results

Results will be available online - uploaded as the race progresses - and also at Race HQ, on an A-board at the Pavilion. For details, please see the results page on our website [www.chislehursthalf.com](http://www.chislehursthalf.com).



# THE FRIENDS OF SCADBURY

Scadbury Park is a 300-acre Nature Reserve that is full of history, buzzing with wildlife, some of it rare, an amazing selection of trees, grasses and plants and, to cap it all, the ruins of a moated manor house.

The Friends of Scadbury work across the whole area of Scadbury to improve the Park and enhance its biodiversity so that it can be enjoyed by wildlife and visitors alike. They work with London Borough of Bromley's contractors, idverde, to help with its maintenance and also liaise with the Orpington District Archaeological Society to promote and protect the heritage within the Park. They also run a programme of events throughout the year and provide information for visitors through maps, talks, social media and our website. As the park is home to many different plants, trees and wildlife the 'Friends' work is important in keeping the Park clear of

rubbish, overgrown shrubs, etc, to ensure that wildlife and visitors can enjoy the area in all its glory. Monthly outdoor work parties take place on Thursdays and Saturdays – exact dates and times are on the website [www.scadbury-park.org.uk](http://www.scadbury-park.org.uk) The Park would warmly welcome more 'Friends', so do come along and join in, become a Friend and help others enjoy our Local Nature Reserve.



## BROMLEY MIDSUMMER EVENING 10k



**19 June 2019**  
Wednesday 7.30pm

A picturesque midsummer evening  
flat 10k race from Norman Park,  
taking you into scenic woods and fields.



**Kent London**  
Athletics Network



**Join now - entries limited**

[www.kentlondonathletics.com](http://www.kentlondonathletics.com)

## NORTH KENT LADIES 5 MILER



**Sunday 30th June 2019**  
at 10 am

A spring morning timed 5 mile running race  
Traffic-free course at Cyclopark  
near Gravesend off the A2  
Suitable for all abilities  
Plenty of parking and great facilities  
Medal to all finishers



**Kent London**  
Athletics Network



**Be part from the start**  
**Join now - entries limited**

[www.kentlondonathletics.com](http://www.kentlondonathletics.com)

# The Maypole Project

The Chislehurst Half will donate the surplus from the race to The Maypole Project, an Orpington based charity which helps children with complex medical needs and their whole families.

The Maypole Project provides a lifeline of support to children with complex and life threatening illnesses, across South East London.

The Maypole Project's support work relies on fundraising. The unique emotional support that The Maypole Project offers is ongoing, flexible, responsive, professional and confidential.

Each family is supported by a key worker who is specifically trained and supervised to offer emotional support, which ranges from befriending to counselling or therapy.

This can be provided to whole families, one to one, couples, groups, and also extends into provision of information, advice and advocacy. Please visit The Maypole Project's website at [www.themaypoleproject.co.uk](http://www.themaypoleproject.co.uk) for further information about the work of the charity.



## **The Maypole Project** support children with complex medical needs and their families.

We provide emotional well-being to the whole family from diagnosis (including ante-natal) through treatment and beyond. Our support is **free, ongoing and flexible**.

We also provide activities for children and young people with SEN and disabilities.

### **GET IN TOUCH**

To find out more about our services or to refer your family please contact our Support Team on:

☎ **01689 889 889** ✉ [helpline@themaypoleproject.co.uk](mailto:helpline@themaypoleproject.co.uk)

General Enquiries:

☎ **01689 851 596** ✉ [info@themaypoleproject.co.uk](mailto:info@themaypoleproject.co.uk)

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