

# **BROMLEY MIDSUMMER EVENING 10k**

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

## **RACE INFORMATION PACK**

**Wednesday 18 June 2025**

**Registration from 5.45 pm to 6.45 pm**

**Race starts at 7.00 pm**



Run under UK Athletics rules  
UKA race licence: 2025-\*\*\*\*\*

Race HQ: Norman Park Athletics Track, Hayes Lane, Bromley, Kent BR2 9EJ (Please allow plenty of time to travel and park especially if arriving after 6.15 pm)

Parking for 200 cars in the Norman Park car park off Hayes Lane adjacent to race HQ at BR2 9EJ

Parking for a further 100 cars in the Norman Park car park at the end of Hook Farm Road just off the A21 (Bromley Common) at BR2 9SX on the eastern side of Norman Park, just 5 minutes jog from the 10k race start.

## Dear Runner

Thank you for entering our race and welcome to the sixth annual running of the Bromley Midsummer Evening 10k.

We hope that you enjoy your visit to this leafy part of the London Borough of Bromley with a flat 10k off-road run around Norman Park and the trails of Bromley Common.

Please read the following information about the race to make your day a safe and pleasant experience.

## Programme for race evening

**17:45-18:45** Collect numbers from the registration desks next to the pavilion inside the park near the start, under the initial of your surname.

Unsupervised baggage area is near to the start/finish area this year – please leave no valuables there.

**18:50-18:55** Runners to enter the start pens from the side, with self-selected positioning – faster to the front, slower to the back.

**18:58** Verbal safety instructions to runners.

**19:00** Race start.

**19:35** First runner expected to finish.

**20:30-20:45** Last runners expected to finish.

**20:30** Trophy Presentation.

## To bring with you to the 10k

Please bring your own pins for your race bib to be attached, although these will also be supplied if you don't.

Please bring your own water for hydrating before the 10k – we will supply on-course water during the 10k and at the finish.

## On arrival

### Race registration

On arrival at Norman Park, please head to registration inside the park near the pavilion near to the Hayes Lane car park.

You should collect your number against the initial of your name from the desk corresponding to the initial of your surname, then move promptly away from the registration area.

e.g., John Smith - from the R-T desk

### Entry on the day

We expect there to be a limited number of entries available on race day for £25 cash but come early to the race registration late-entries desk! Advance entry up to 16<sup>th</sup> June guarantees you a place though unless demand exceeds the supply of 600 places (previously entries have been around 450 so this is not normally exceeded)..

### Race-bib

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

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

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

### Baggage drop

There will be an unsupervised baggage area near to the start/finish area this year really for a change of or extra clothing – please don't leave valuables there though.

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

## **Around the 10k course**

This race is all off-road after leaving Norman Park mainly along footpaths, some of which are quite narrow in places. Please be aware of low branches, uplifted ground, roots, and muddy and slippery surfaces when there has been recent wet weather.

There are also paddocks with horses in livery grazing either side of several of the footpaths, and it is possible even at that late time of day that you may meet horse riders and/or horse owners driving in their 4x4's to or from these paddocks along the 10k course, so please take care.

Please also respect other participants and members of the public. No cycles, pushchairs, wheelchairs, or dogs are allowed to participate on the course. Officials will remain at the finish until the 'sweep' marshals have crossed the finish line.

## **Pre-race advice**

Please do not run if you have a temperature or have felt unwell recently.

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.

## **Toilets and changing facilities**

There are separate male and female toilet facilities available at the far end of the Hayes Lane end car park inside the Norman Park athletics track, 100 metres from the start of the race.

It is suggested that you should plan to arrive in your running gear as no changing facilities are available.

## **The start**

The Bromley Midsummer Evening 10k will start promptly at 19.00 pm inside Norman Park at the Hayes Lane carpark end. All runners should assemble in the pens by 18.55 pm ready for 19.00 pm. We kindly ask that slower runners start towards the back so as not to

impede faster runners and avoid any unnecessary accidents. Please obey the marshals' instructions and listen to announcements. Should you require any further help please do not hesitate to ask a race marshal.

## **Hydration**

Please follow a sensible hydration strategy and avoid 'over-drinking' which can cause serious medical problems, even fatalities. There is water available approximately at 4k/7k on the route but please bring your own water for hydrating before the start.

## **Awards**

Awards will be presented c. 8.30pm near at the end of the finish area.

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

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

The first 3 males/females over the finish line win 1st, 2nd, and 3rd overall classification awards 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 award is then attributed to the next finisher in their age category. There is no age category award for under 40 males or under 35 females.

Team prizes of cases of case of Brewdog beer will also be awarded to the first three male and first three female runners who are registered with a UK Athletics affiliated club.

Please note that gun times are used for awarding general classification but chip times for veterans' age categories awards, and only one individual award is awarded to any one entrant, although they may also receive a team category prize.

## **Results**

Results will be available on our website [www.kentlondonathletics.com](http://www.kentlondonathletics.com) at c. 10.30 pm

