

The Brooks 21st Paddock Wood Half Marathon & Joe Cartwright Fun Run

Sunday 11th April 2010 Start time 9:30am (Fun Run 9:45am)



Thank you for entering this year's Paddock Wood Half Marathon.

Your race number with attached timing chip is enclosed. This must be securely attached to the **front of your vest or T-shirt** during the event. It must not be cut, folded or perforated. Also attached is a label for your baggage should you wish to use the supervised baggage store.

Please check the personal details below and inform the help desk on the day of the race if there are any serious errors. Alternatively you can email pwhalfadmin@sportssystem.net



Electronic timing & results by



Parking & Directions

There is parking for approximately 400 cars at the race HQ British Car Auctions, Eldon Way, but as this road is a cul-de-sac and is the location of the Start & Finish area, you **MUST** arrive before 8:30am and will be unable to leave until after 12:00pm due to runners finishing. There is alternative parking in the two Car Parks located north and south of the railway bridge by Paddock Wood Station. There are also two Public Car Parks in Commercial Road in Paddock Wood. Please note there is a £1 charge for parking in the station car parks on a Sunday. **PLEASE DO NOT PARK IN MAIDSTONE ROAD AS THE FUN RUN & HALF MARATHON BOTH GO ALONG THIS ROAD. PLEASE ALSO DO NOT PARK IN THE FORECOURTS ALONG ELDON WAY.**

If approaching from the A21 take the A228 towards the Hop Farm Country Park. At the roundabout by the Hop Farm turn right onto the B2160 and enter Paddock Wood from the north. From the M20 turn onto the signposted Lorry Route to Paddock Wood at Junction 4, following the A228 to the Hop Farm roundabout and turn left onto the B2160 into Paddock Wood as above. Eldon Way is to the right of the Railway Bridge and one of the station car parks is to the left of the bridge. To access the other car parks, cross over the bridge and turn left at the Esso petrol station into Commercial Road where they are situated.

If travelling by train exit the station by the side gate on down platform to Ashford. Turn left and follow road round to the main road (Maidstone Road). Immediately opposite is Eldon Way at the end of which is the Race Headquarters.

Enquiries and Changing Facilities

There will be an Information and Enquiry Desk outside the main British Car Auctions building for all your enquiries.

There will be separate screened male & female changing facilities outside the main British Car Auctions premises in a marquee to the left hand side of the entrance.

Alongside them will be a supervised kit bag store area where bags can be left at your own risk. Also enclosed in this pack is

your baggage label for your bag should you wish to use this facility, you will be able to retrieve it by showing your number to the staff. Please put Tag numbers on your bags before presenting baggage to the kit area, spare tags can be obtained from the baggage stand which is situated to the left hand side of the changing area. We will not hand bags over to anyone without the correct number being produced. **PLEASE NOTE THAT THERE ARE NO SHOWERS AVAILABLE.**

There will be temporary toilet facilities adjacent to the start. Please make plenty of time to use these facilities to avoid last minute queues before the race start.

A free race programme will be available for collection at the Race HQ.

Medical & Sports Massage Facilities

There will be medical facilities at the Start/Finish area as well as ambulances and trained personnel around the course. There will be a recovery unit at the finish area. Sports massage facilities will also be available in the main building adjacent to the changing area at a nominal cost from Tim Sutton and Dave Morris.

Refreshments:

Light refreshments will be available to purchase in the main BCA building next to the Auction Hall.

Race Charity:

This year the race charity is Macmillan Cancer Support. Please try and support this worthwhile national cause.

Race Safety:

Runners are recommended NOT to race whilst wearing MP3 players or I Pod's for their safety and the safety of fellow runners, marshals and officials.

The Start

The Start of the Fun Run is in Eldon Way at 9:45am. PLEASE NOTE THAT FUN RUNNERS MUST FINISH BY 10:15am. Wheelchairs start the Half Marathon at 9:28 and runners at 9:30. Runners will be called up to assemble for the start in their estimated Finish Time Zones well before the start. These zones will be indicated by high visibility signs held by race officials and elite runners will be held back by a rope. Roads will be completely closed for the Fun Run.

The Route

The course is mostly rural and is very flat, with only one hill of note at 1.25 miles. Most other slopes are railway bridges. The first 2 miles will be completely closed to traffic. You may use the full width of the road up to this point. *AFTER 2 MILES YOU MUST KEEP TO THE LEFT UNLESS DIRECTED OTHERWISE BY RACE OFFICIALS OR THE POLICE.* Other closures may be operated as the Police see fit.

All Mile Points will be clearly marked on both sides of the road, as will the Half Way point where times will be called out as you pass. Water stations will be positioned at 3.25, 6.25, 8.5 and 10.25 miles, as well as at the finish. In addition, there will be sponge stations at 7.5 and 10.4 miles. Marshals wearing distinctive bibs are stationed around the course and will direct you at all road junctions where there is a deviation from the main road.

A map of the Course is available on the Paddock Wood AC website- www.paddockwoodhalf.co.uk

PLEASE OBEY ALL INSTRUCTIONS GIVEN BY THE RACE MARSHALS AND/OR THE POLICE.

PLEASE ALSO BE AWARE THAT CYCLISTS ARE NOT PERMITTED TO FOLLOW RUNNERS AROUND THE COURSE.

DOGS ARE NOT PERMITTED TO ACCOMPANY RUNNERS IN THE HALF MARATHON.

REMEMBER - NOT ALL ROADS ARE CLOSED TO TRAFFIC. KEEP TO THE LEFT OF THE ROAD.

The Finish Area & Timing

There will be a lead car for the wheelchair competitors with a digital clock on the roof and another will precede the leading runners which will then be positioned in the finish area in Eldon Way. Individual timing will be by means of an electronic chip attached to your race number. **Please do not tamper with or remove this chip.** Follow the instructions on the reverse of the number and avoid damaging the chip and wire aerial when pinning it to your vest. Make sure that your number is displayed vertically on the front of your vest, not folded and visible when finishing. The chip will be detected as you cross the finish line and your time and race number will be recorded automatically. After finishing your number will be scanned by marshals using hand held detectors. This is only a backup; your time is recorded as you cross the finish line.

PLEASE DO NOT FORGET YOUR RACE NUMBER AND PINS.

COMPETITORS IN THE FUN RUN will not be individually timed, apart from the first three male and female finishers who will be hand timed.

Once past the finish area, please keep moving to collect your medal, a drink from the final drinks station, plus some fruit.

Try not to be too greedy with the fruit - remember that there may be runners still to finish.

T-Shirts

If you have ordered a T-Shirt, please collect this from the Information Desk located on the BCA forecourt by showing your race number.

Results and Prizes

All finishers will receive a commemorative medal.

Vouchers and trophies will be presented in the following categories:-

First 5 Men / First 3 Veteran Men in 40-49, 50-59, 60-69 age groups plus First Over 70 Man.

First 5 Ladies / First 3 Veteran Women in 35-44, 45-54 and Over 55 age groups.

First 3 Wheelchair athletes.

First 3 Affiliated Club Teams - Men (4 to count).

First 3 Affiliated Club Teams - Women (4 to count).

Please note, excluding Team prizes, only one prize will be awarded per individual. Should an individual qualify for an Open and a Veteran's trophy / prize, the greater value prize will be awarded and the other prize will be offered to the next finisher. *TO QUALIFY FOR A TEAM PRIZE ALL TEAM MEMBERS MUST WEAR THEIR CLUB VEST UNLESS CLEARED BEFOREHAND BY THE RACE REFEREE.* Please also note that entries on the day are eligible for prizes and additional spot prizes will be awarded on the day.

Additionally £100 awards will also be presented to winning Male, Female, Male Wheelchair and Female Wheelchair athletes if respective course records are broken.

Preliminary results will be displayed on the day, The prize giving will take place at 12:00pm in the Auction Hall of British Car Auctions.

Full results will be published as soon as possible after the race. These will be available on the race website www.paddockwoodhalf.co.uk Please note that no postal result service will be available for this event.

Kent Championships

If you have entered the Kent Half Marathon Championships that are held within the race this year you would have received 'age category' letters in your pack. These letters should be worn on the back of your club running vest; these letters dictate the age category you're entered in. Only athletes registered are eligible.

Finally

Please listen to all announcements before the start. There may be unforeseen circumstances that could affect the race in some way.

ENJOY YOUR RACE.

JAMES RIDGER
RACE DIRECTOR