

BROMLEY MIDSUMMER EVENING 10k

RACE INFORMATION PACK

Wednesday 21 June 2017
Registration from: 6.00 pm
Race starts: 7.30 pm



Run under UK Athletics rules
UKA race licence: 2017-28092

**Race HQ: Norman Park Athletics Track,
Hayes Lane, Bromley, Kent, BR2 9EJ**

(Please allow plenty of time to travel and do not over-rely on the post-code and satellite-navigation to accurately locate the venue.)

**Please do not enter onto the athletics track itself
when using the track facilities as other athletes
will be training as usual.**



Kent London
Athletics Network

www.kentlondonathletics.org.uk

Dear Runner,

Welcome to the second running of the Bromley Midsummer Evening 10k. Thank you for entering our race. We hope that you will like our off-road route starting next to the well known Norman Park Athletics Track and winding across leafy Bromley Common! Please read this race information to make your experience a safe and pleasant one.

Any last-minute updates will be posted at www.kentlondonathletics.org.uk or via our Facebook page.

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

We hope that you enjoy the pleasures afforded by Bromley's scenery at its best, along with great company!

Programme

18:00-19:15 Collect numbers/drop baggage

19:15 Warm-up with Adele Murrell

19:20 Runners to assemble at the start

19:25 Race instructions to runners

19:30 Race start

20:00 First runner expected to finish

20:45 Trophy presentation

On arrival

Race registration

On arrival at Race HQ, please head to registration, at the Pavilion, to collect your race-number. You should first find the number allocated against your name on the entry-list on the website (a hard-copy will also be available near registration) and we will then provide you with your race-number.

Race-number

Please write your emergency contact and any medical conditions on the back of your race-number. The baggage label should be torn off. Your race-number must be fixed to the FRONT of your running vest above waist level - safety pins will be available. It must not be cut, folded or otherwise concealed or mutilated in any way. Wearing a number that is not allocated in your name will result in disqualification.

Late entries

There may be a limited number of 'on the day' entries available depending on when the race limit of 450 is reached. Please check our website and Facebook page for updates.

Baggage drop

Baggage storage is available at Race HQ, within the pavilion. The area will be supervised although 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-number. For security, bags will only be returned on production of the corresponding race-number.





How to get to Race HQ

Norman Park Athletics Track, BR2 9EJ

By car from:

- **Bromley High Street:** Head south on High Street, turn right onto Westmoreland Road (B228), turn left onto Hayes Road (B2212), take exit onto Hayes Lane (B265), turn left into Norman Park.

- **Croydon,** Head east on A232, exit to Manor Park Road, continue onto Ravenswood Crescent, Red Lodge Road, exit to The Avenue, continue to Mead Way, straight into Norman Park

- **Petts Wood:** Head west on Southborough Lane (NB allow for delay due to roadworks), continue onto Crown Lane, turn right onto A21, turn left onto Hayes Lane (B265), turn left into Norman Park.

- **Orpington,** Head west on Crofton Road (A232), turning right onto A21 and immediately left onto Croydon Road, turn right onto Five Elms Road, turn right onto Baston Road (B265), turn right into Norman Park.

- **M25, junction 4:** Head west on A21, turn left onto Croydon Road (A232)... as above.

Parking: There is reasonable parking available within Norman Park although availability is subject to demand by other park users. Additional street parking is available in surrounding streets. Please be considerate towards other park users, local residents and other runners.

By train to:

- **Hayes Station** from London Charing Cross. Norman Park is approximately 1 mile from Hayes Station (see bus routes).

- **Bromley South** from London Victoria and various southern train stations. Norman Park is approximately 1 mile from Bromley South Station (see bus routes).

Bus routes:

- Bromley: 119 (towards Hayes), 314

- Hayes: 119 (towards Bromley)

- Orpington: 61 to Bromley Common The Crown (Stop BU) then walk via Hook Farm Road through Norman Park to the Athletics Track

The course

The Course and Safety Marshals will be in place along the route and will remain in position until directed to leave by the 'sweep' marshal who will be at the rear of the field. Please always obey the instructions of

the marshals. They have been instructed to minimise the risk to runners as well as members of the public. Should you require assistance please ask a race marshal. Please be considerate and remain aware that YOUR safety is YOUR responsibility.



The start

The race will start promptly at 7.30pm in the field adjacent to the track. All runners should assemble by 7.25pm. We kindly ask that slower runners start at the back so as not to impede faster runners and avoid any unnecessary accidents. Please obey the marshals' instructions and listen - in silence - to announcements.

The finish

Once you cross the finish line please walk through the funnel to collect your medal.

Timing system

Your race-number 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 will be located at various points around the course and will be on hand at the finish to ensure your well-being. Should you require first-aid, please make yourself known to a first-aider or a marshal who will assist you in finding a first-aider.



adelemurrell
PT AND BOXERCISE INSTRUCTOR

 **07958 472 577**

 **AdeleMurrell**
PersonalTraining

Hydration

There is water available at approximately 4.2km and 6.8km on the route and also at the finish. Please follow a sensible hydration strategy and avoid 'over-drinking' which can cause serious medical problems, even fatalities. Other refreshments may also be purchased at the finish. Tea, coffee and snacks will be available.



Safety

This race includes footpaths, some of which are narrow in places. Be aware of low branches, uplifted ground, roots and muddy and slippery surfaces which may be present depending on recent weather. Please also respect members of the public. No cycles, pushchairs or wheelchairs are allowed on the course. Officials will remain at the finish line until the last runner has crossed the line. Should you require further information, please ask a member of the race team based at the Race HQ.

Pre-race advice

Guidance is available on the website 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 doctor 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 at the track. These include limited changing facilities and showers. It is suggested where possible that you should plan to arrive in your running kit.

Headphones

Due to the technical nature of the race, for your own safety and safety of others, the wearing of earphones is not permitted and may cause disqualification.

Transfers

Transfers are allowed until 10am on Tuesday 20 June. Please e-mail us giving 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 Bromley Midsummer Evening 10k 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.



Results and awards

Results

Results will be available after the event at:
www.kentlondonathletics.org.uk

Medals

A medal will be presented to each finisher shortly after crossing the finish line.

Trophies

Trophies will be presented at 8.45pm near to the finish area.

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 awarded to the next finisher in their age category. Please note that gun times are used for awarding general classification- and chip times for age category- trophies and that only one trophy will be awarded to any one entrant.



Kent London *Athletics Network*

The Kent London Athletics Network is composed of a small but select group of running clubs in and around the London Borough of Bromley, dedicated to improving fitness by way of endurance running and helping to improve individual performance.

We invite top coaches and athletes who have proven themselves at top level to come to Bromley to give runners the benefit of their experience and knowledge. This race is held in order that funds are available for this purpose as the Network receives no external financial help from government, local authority or any of the sporting bodies, and therefore has to be self funding.



Petts Wood 10K

Sunday 8 October 2017



A multi-terrain race on suburban roads and woodland trails

Every finisher receives a quality medal

Also: fun runs for children, live music, food & drink and stalls

Don't miss out - enter now at

www.pettswoodrunners.org