



The 31st Lambert & Foster Paddock Wood Half Marathon

Sunday 5th April 2020 Start time 09:30am



Name-
«Building»
Address-



PROUDLY SPONSORED BY

**Lambert
& Foster**
PROPERTY PROFESSIONALS

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

Your race number and timing chip are enclosed. Your number must be securely attached to the **front of your vest or T-shirt** during the event. It must not be cut, folded or perforated. Your timing chip should be tied to your running shoe with the ties provided. Also attached to your number 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 info@sportssystem.co.uk

Race No: ****

You are entered in the **** Race and qualify in the **** **** race age category.

You are a member of the «TeamName» team.

IMPORTANT INFORMATION PLEASE READ

Parking & Directions

There is no parking on or off Eldon Way, this is just the location of the Start & Finish area. Mascalls School provides ideal free parking for runners coming from the A21 and the Tunbridge Wells direction. There is parking in the two car parks located north and south of the railway bridge by Paddock Wood Railway Station. Furthermore, there are also two public car parks in Commercial Road in Paddock Wood. **PLEASE DO NOT PARK IN MAIDSTONE ROAD AS THE HALF MARATHON IS ROUTED ALONG THIS ROAD. THERE WILL BE NO ACCESS FOR VEHICLES INTO ELDON WAY.** If approaching from the A21 take the B2160 through Matfield to Paddock Wood. Mascalls School is on your right hand side as you enter the town. From the M20 turn onto the sign posted '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, continue over the bridge and turn left at the Esso petrol station into Commercial Road where they are situated, one on the left adjacent to Wards Estate Agents and one on the right opposite Wards.

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.

Enquiries, baggage and Changing Facilities

There will be an Information and Enquiry tent just past the start/finish area on the right hand side for all your enquiries. If you cannot run, **DO NOT give your race number to anyone else.** It is against UKA rules to swap numbers and anyone found doing so will be disqualified

There will be separate screened male & female changing facilities on the right hand side of Eldon Way 100m past the start/finish. Alongside the changing areas on the opposite side of the road will be a supervised kit bag store marquee where bags can be left at your own risk. **Attached at the bottom of your race number is the baggage label for your bag should you wish to use this facility.** You will be able to retrieve

luggage by showing your number to the staff. **Please put tag numbers on your bag before presenting baggage to the kit area,** this will help with the queues. 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. Note: there are no shower facilities.

There will be temporary toilet facilities adjacent to the changing area. **Please make plenty of time to use these facilities to avoid last minute queues before the race start.** Please **DO NOT urinate anywhere on the Eldon Way Estate;** use the ample toilet facilities provided.

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 adjacent to the race information tent for a charity donation to our race charity.

Refreshments

Light refreshments will be available to purchase from Unit 11 Eldon Way which is adjacent to the baggage storage.

Race Charity

This year the race is again proudly supporting the Kent, Surrey & Sussex Air Ambulance. Please support this life saving charity that now provides a service 24hours a day, 365 days a year.

Race Safety- Headphones / Bone Conduction Headphones

The Race Director has taken advice and in-line with current BARR recommendations and UKA Rules 240/S/5 on health and safety grounds, headphones are banned from this race. Please note Bone conduction headphones are allowed.

The Start

The start of the Half Marathon is in Eldon Way. The race starts at 09:30am. Runners will be called up to assemble for the

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SYSTEMS**
www.sportssystem.co.uk

start in their estimated finish time zones well before the race sets off. These zones will be indicated by high visibility signs held by race officials and elite runners will be held back by a rope. Please be aware of four speed humps across the road at the beginning of the race. Any clothing left at the start/finish area will be disposed of.

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 so runners may use the full width of the road up to this point. AFTER 2 MILES runners MUST KEEP TO THE LEFT UNLESS DIRECTED OTHERWISE BY RACE OFFICIALS OR THE POLICE.

All mile points will be clearly marked on both sides of the road, as will the Half Way point. Water stations will be positioned at 3.25, 6.25, 8.5 and 10.25 miles, as well as water 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 runners at all road junctions where there is a deviation from the main road.

Please use the bins on route or pass any unwanted water bottles or running gels sachets to race marshals, please don't just throw these on the side of the roads.

A map of the Course is attached to the back of this pack and is available on the Paddock Wood AC website- www.paddockwoodhalfmarathon.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 OR PACE 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 AND OBEY THE HIGHWAY CODE.

The Finish Area & Timing

Please note that there are speed humps across the road in the final 50m and past the finish line. There will be a lead car that will precede the leading runners with a digital clock on the roof which will then be positioned in the finish area in Eldon Way. Individual timings will be by means of an electronic chip attached to runner's shoe. Please do not tamper with or remove this chip. Make sure that race numbers are displayed vertically on the front of vests, and are not folded so they are visible when finishing. The chip will be detected as runners cross the finish line and runner's times and race numbers will be recorded automatically. PLEASE DO NOT FORGET YOUR RACE NUMBER, CHIP AND PINS.

Once past the finish line, please get shoe chips removed and keep moving to collect a medal and a drink.

T-Shirts

If runners have ordered a Race Technical T-Shirt, please collect this from the Information/Enquiry tent by showing your race number. There will be T-shirts for sale on the day for £10 each. No T-shirts will be posted should they not be collected on race day.

Results and Prizes

All finishers will receive a commemorative medal and drink.

Trophies will be presented in the following categories: -

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

First 3 Ladies / First 3 Veteran Woman in 35-44, 45-54, 55-64 and Over 65 age groups.

'Joe Cartwright Trophy' for first U23 male and female.

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

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

Should an individual qualify for an Open and a Veteran's trophy / prize, both prizes will be awarded to this athlete. TO QUALIFY FOR A TEAM PRIZE ALL TEAM MEMBERS MUST WEAR THEIR CLUB VEST UNLESS CLEARED BEFOREHAND BY THE RACE REFEREE.

Additionally, £250 awards will also be presented to winning Male and Female athletes if respective course records are broken.

Preliminary results will be displayed on the day and the first prizes will be handed out at 11.30am to the left hand side of the baggage area. Remaining prizes will be presented in the same location at 12.30pm.

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

Race director's message

Welcome to the 30th Paddock Wood Half Marathon. For those of you who have run our race before you will know that not only do we provide one of the most successful races in Kent, but in the South East, and that we are always rated as a 'must do' race in all the leading running magazines.

We have previously held the 'Joe Cartwright Fun Run' which was named after Joe, a former PWAC runner and club coach who tragically died in a motorbike accident in 2003. Joe had the great ability to get the best from all his athletes and was respected by everyone at Paddock Wood AC. He always had a smile on his face and a joke to tell. Due to matters out of our control we are now unable to hold a Fun Run but in 2012 we introduced an Under 23 trophies for the winning U23 male and female competitor. This trophy is named 'The Joe Cartwright Trophy'. By naming the trophies after Joe, it means that we, as a club, never forget him along with the impact he had on us all, as well as being a legacy to his name.

I am really pleased this year Lambert & Foster have again agreed to sponsor our race. They are a local, well established business who really are so positive about the race and it's nice to see a number of their staff running today. Thank you for your support.

I would like to thank the following companies/clubs who have all helped with this year's race- GVA who allow us to use the site for which we are very grateful, Antalis Packaging who have sponsored the water at the finish, 2nd Paddock Wood Guides for manning the baggage area, SERV blood bikes, MACK for providing the fruit at the finish, Sunninghill Construction for the crowd barriers and Land Rover for supplying the lead car.

As a race we have come a long way in 30 years. In our first race way back in 1989 we had 690 entries; this year 2750 people will have entered our race. This is a testament to the organisation and hard work of everyone involved with the race not only today, but over the last 30 years. As Race Director I am just one small piece of a very large jigsaw. My thanks go out to my fellow Race Committee colleagues, our race officials, all the marshals on the course, the Police, SE Medical, Raynet, other club members who over the weekend help make this race so successful and of course to all the runners that have entered. Organising one of the leading road races in Kent would prove very difficult without the assistance of the above.

I know many of you use our race as your final preparation for the Spring Marathons and I hope that today and your marathon goes well.

Finally, good luck to everyone taking part in this race. I know for sure you will find the Kent countryside an enjoyable place to run. If you have any comments about our race, good or bad, please let us know. This helps us improve our race for everyone next year. Please visit the Runners World review page and add your comments on our race, a link along with

the race results can be found on our website-
www.paddockwoodhalfmarathon.co.uk

ENJOY YOUR RACE.

JAMES RIDGER
 RACE DIRECTOR

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

Former race winners and times

Year	Male Winners			Female Winners		
	Name	Club	Time	Name	Club	Time
1989	Derek Stevens	Hastings AC	1.08.04	Susan Martin	Medway AC	1.22.16
1990	Jamie Hernon	Hastings AC	1.10.01	Bronwyn Cardy Wise	Bromsgrove & Reditch AC	1.17.12
1991	Mark Moughton	Shaftesbury Harriers	1.11.08	Susan Martin	Medway AC	1.21.01
1992	Seb Shepley	London Irish	1.09.35	Lesley Taylor	Collingwood AC	1.24.29
1993	Vladimir Shtyrts	Running Free Ekaterinbu	1.07.48	Susan Martin	Medway AC	1.19.18
1994	Jamie Hernon	Hastings AC	1.10.27	Bonnie Appleby	Medway AC	1.22.21
1995	Ryan Parry	Tonbridge AC	1.08.18	Susan Martin-Clarke	Medway AC	1.23.28
1996	Chris Loizou	Herne Hill Harriers	1.11.23	Janice Moorekite	Invicta East Kent	1.20.46
1997	Mark Linbourne	Medway AC	1.07.39	Susan Martin-Clarke	Dartford Harriers	1.25.27
1998	Barry Royden	Medway AC	1.06.28	Tina Oldershaw	Paddock Wood AC	1.22.30
1999	Gareth Williams	Medway AC	1.08.25	Carol McKinalay Evans	South London Harriers	1.22.10
2000	Steve Harris	Phoenix AC	1.07.58	Andrea Green	Dartford Harriers	1.16.05
2001	No race held due to foot and mouth			No race held due to foot and mouth		
2002	Barry Royden	Medway AC	1.07.46	Alison Fletcher	Dulwich Runners	1.15.22
2003	James McGaughey	Kent AC	1.10.35	Debbie Sullivan	Havering	1.19.35
2004	Barry Royden	Medway & Maidstone AC	1.08.57	Alison Fletcher	Dulwich Runners	1.17.43
2005	Biniam Ande	Hastings AC	1.10.47	Sharon Hawkins	Maidstone Harriers	1.25.09
2006	Paul Hasler	Paddock Wood AC	1.11.07	Sharon Hawkins	Invicta East Kent	1.23.48
2007	James Baker	Chichester Runners AC	1.09.33	Catherine Wilding	Serpentine Running Club	1.20.20
2008	Jamie Atkinson	Blackheath & Bromley AC	1.10.37	Tina Oldershaw	Paddock Wood AC	1.21.09
2009	William Levett	Tonbridge AC	1.08.43	Clare Elms	Dulwich Runners AC	1.20.33
2010	William Levett	Tonbridge AC	1.09.50	Tina Oldershaw	Paddock Wood AC	1.20.02
2011	John Hutchins	Basingstoke & Mid Hants	1.09.01	Clare Elms	Dulwich Runners AC	1.19.23
2012	Will MacKay	Bedford & County AC	1.09.04	Tina Oldershaw	Paddock Wood AC	1.20.23
2013	Frank Tickner	Wells City Harriers	1.05.06	Tina Oldershaw	Paddock Wood AC	1.20.57
2014	Nicholas Kirui	Run Fast	1.05.28	Tish Jones	Belgrave Harriers	1.13.25
2015	Toby Lambert	Winchester AC	1.07.09	Clare Elms	Dulwich Runners AC	1.22.38
2016	Ben Shearer	Cambridge Harriers	1.09.28	Tracy Barlow	Thames Valley Harriers	1.15.48
2017	Daniel Gaffney	South London Harriers	1.08.36	Tracy Barlow	Thames Valley Harriers	1.14.07
2018	John Gilbert	Kent AC	1.05.18	Lucy Reid	Tonbridge AC	1.16.17
2019	Nicholas Torry	Serpentine RC	1.05.34	Eilidh Bell	Bath AC	1.19.03

Course Map



Map compiled by Carter Morris
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www.openstreetmap.org