Welcome to the 8th Ealing Half Marathon!

We are super excited to be hosting the Ealing Half Marathon in West London again this year. Welcome back to all of our runners from 2018 who make up over 1/3 of this year’s entrants! Lots of you have been out on our training runs and we love seeing those of you who are local out on the course.

As with previous year’s, our international runner numbers are growing as the event grows in popularity across the globe. Over 26 different countries are represented this year, including Korea, South Africa and Mexico to name but a few. Many of our runners are raising funds for our Platinum headline charities, Alzheimer’s Society and Cancer Research UK and our Gold charities Macmillan Cancer Support and Meadow House Hospice.

This event wouldn’t be able to take place without our 700 amazing volunteers who help us create this weekend for you. Give them a thank you on the way round. There are still opportunities to help – just head to the Volunteer section of our website to register.

The weekend kicks off with the return of the Ealing Mini Mile sponsored by St. Augustine’s Priory, seeing more than 1,500 children entering in 2019. St. Augustine’s will be prominent in their blue uniforms with a team of almost 100 girls taking part in all of the different races.

Get your #EalingFeeling ready for this great, inclusive weekend of running. We look forward to seeing you there.

Thanks, Sandra & Christina
...and only one Ealing Half Marathon!
**Timetable**

With up to 7,000 entrants, the race HQ will be busy. Please arrive early to avoid queues for the baggage marquee and toilets.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>07:00</td>
<td>Race HQ including baggage marquees open</td>
</tr>
<tr>
<td>08:30</td>
<td>Group warm up, provided by Ealing Fitness Clinic</td>
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<tr>
<td>08:45</td>
<td>Runners enter the start funnel according to expected finish time</td>
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<tr>
<td>09:00</td>
<td><strong>Ealing Half Marathon Race start</strong></td>
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<tr>
<td>10:05</td>
<td>First finishers</td>
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<tr>
<td>11:30</td>
<td>Prize presentation ceremony</td>
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<tr>
<td>12:00</td>
<td>Last finishers</td>
</tr>
<tr>
<td>13:30</td>
<td>Race HQ closes</td>
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Medical and Safety

Medical and safety matters are of utmost importance to all at the Ealing Half Marathon. We want you to enjoy your race but if you do suffer illness or injury on the day, our specialist medical team will endeavour to provide the best possible response.

Top tips:

- Ensure you have trained appropriately. You should be able to run comfortably for 10 miles at least 3 weeks before the event.
- Listen to your body - if you’re not well on the day, please do not run! There will be plenty of other races.
- Drink a sensible amount of fluids.
- Stick to your tried and tested diet on race day - this is not the time to try new foods or mealtimes.
- Make sure your friends know your race number and likely finishing time.
- If you do have to drop out, please notify the nearest marshal/first aid point so supporters waiting for you can be informed.
- Start the race well hydrated and drink whenever you can, especially in the first half of the race, but do not gulp down large volumes of liquid.
- Upon finishing, do not stand about getting cold - keep walking and drink a sensible amount of fluid.
- Change into dry warm clothes as soon as possible.
- Keep taking fluid on-board and have something to eat. Elan natural mineral water will be available immediately after the finish line.

Running a half marathon is a significant challenge and not to be taken lightly. For further information visit www.runnersmedicalresource.com.
Race number

Your race number is included in your race pack and should be affixed to the front of your race kit with the number clearly visible. Your personal and emergency details must be written on the reverse of the race number.

Timing

The race will be electronically timed with a timing chip on the back of your race number. Please do not bend the race numbers or pierce the timing chips with safety pins when attaching to your running top as this could affect the function of the chip.

Xempo are providing pace makers who will be clearly identifiable and located adjacent to the relevant start zone area. Xempo pace makers will be guiding runners aiming for times of: 1h30, 1h40, 1h50, 2h00, 2h10, 2h20 and 2h30.

Warm up provided by Ealing Fitness Clinic

A pre-race warm up will take place in the South section of Lammas Park from 08:30. This session will loosen up the muscles and joints and relax the whole body in preparation for the 13.1 miles that lie ahead.

Race start

The race will start promptly at 09:00 and runners should start to assemble in the start zone from 08:45. Signs will be placed throughout the start zone according to estimated finish time and we ask that you assemble in the most appropriate zone for the enjoyment and safety of all runners.

Water stations

Elan natural mineral water will be available to runners in 200ml bottles at our 5 official water stations which are at 2, 4, 6, 9 and 12 miles, as well as after the finish line. Please try to dispose of your bottle safely in or close to the bins provided on the course. A recycling service for the 40,000+ plastic bottles will be in place.

Baggage

You have been provided with a baggage tag attached to your race number. Please fix this tag securely and deposit your bag in the baggage marquee according to your race number.

Your baggage will be returned to you at the baggage marquee after the race on presentation of your race number.

We would like to advise you that there will be an increased search regime in place, including random bag searches. Full details will be available on our website. The baggage marquee will be covered and staffed at all times but race organisers cannot accept any responsibility for any losses.
Prizes
A generous selection of prizes are on offer for runners in a number of categories, including all the usual age categories in addition to Ealing residents and fancy dress prizes. Visit the website www.ealinghalfmarathon.com for the latest prize list.

Spectators
Your family, friends and colleagues are welcome to come along and support you on the day.

The Race HQ in Lammas Park will be very busy at the start and finish, but there are plenty of great vantage points nearby. We suggest the following areas, some of which benefit from being passed twice by runners:

• Uxbridge Road
• Pitshanger Lane
• Drayton Bridge Road
• Cuckoo Avenue
Ealing Half Marathon has helped runners raise over £2 million for a huge number of various charities over the years. You can continue to support those in need by choosing to run for a cause. We are proud to announce our Headline Charity Partners to run for in 2019.

Charity Partners 2019

- Alzheimer’s Society
- Cancer Research UK
- Macmillan Cancer Support
- Meadow House Hospice

Please visit our website to find out more about running for one of our charity partners:

www.ealinghalfmarathon.com/charity-information
Ealing Half Marathon has raised over £2 million for various charities in the last seven years. Our main aim is to continue to improve on this amount year on year to allow for an exceptional and unique fundraising opportunity in West London.
Finish Zone

After you cross the finish line, try to keep moving forward to avoid impeding other runners in their sprint finish. After finishing you will progress through the finish zone, which is accessible to runners only, where you will:

- Be given an Ealing Half Marathon 2019 commemorative medal
- Collect additional goodies available on the day
- Collect a 200ml bottle of Elan natural mineral water

After leaving the finish zone you can join family, friends and supporters and retrieve your baggage.

**Post race massages**
Move Clinics will be providing post race massages. No pre-booking required, just turn up at the Physio marquee. Massages are £10 for 10 minutes. Cash and card payments are accepted.
Public Transport

London Underground

Northfields Station on the Piccadilly Line (Heathrow Branch) is within a 10 minute walk of the Start/Finish area.

Ealing Broadway Station on the Central and District Lines, is a 15 minute walk from the Start/Finish area.

Please go to the TfL Journey Planner www.journeyplanner.tfl.gov.uk for more details.

Rail

Mainline from London Paddington to Ealing Broadway Station (just one stop, 10 minutes) which is a 15 minute walk from the Start/Finish area.

From the West, Ealing Broadway is served by trains from Slough, Maidenhead, Reading and beyond.

Please note that West Ealing & Hanwell stations are not operational on Sundays.

Bus

Route 65 (Richmond-Ealing) - alight at South Ealing Station which is a 5 minute walk from the Start/Finish area

Route 207/427 (Hayes-White City) - alight at Ealing Police Station which is a 10 minute walk from the Start/Finish area.

Route E2 (Greenford-Brentford) - alight at Northfield Avenue/Graham Avenue which is adjacent to the Start/Finish area.

Please note that diversions are in operation on the 207/427 routes on the morning of the race.

Driving and car parking

If you are driving to the event, please try to car-share with other participants to minimise the environmental impact and disruption to local residents. Please leave enough time to park and walk to the Race HQ. Road closures will come into effect before the start of the event and there will be no parking on the roads surrounding the Race HQ.

Please note that there is no dedicated car park for the Ealing Half Marathon. There are, however, two car parks operated by Ealing Council within walking distance of the Race HQ. These car parks require payment even on Sundays so please ensure you have some coins handy.
Dementia is the UK’s biggest killer.

We can beat it, but we can’t do it alone. Run with us.
alzheimers.org.uk/ealinghalfmarathon
Ealing Fitness Clinic is, once again, very proud to sponsor the Ealing Half Marathon as the official training partner.

- We offer a [free downloadable training guide](https://ealingsportsinjuryandrehab.co.uk/)
- Our founder, Roy Summers will be taking the pre-race warm-up
- We will also be offering post-race stretches on race day

Come and join us at our marquee on the day for a chat and free post-race stretch after your run, you'll have earned it!
Meadow House Hospice is the Specialist Palliative Care Service for the boroughs of Ealing and Hounslow.

We are proud to be a Gold Charity at the Ealing Half Marathon 2019.

Thank you to all our runners and everyone supporting them.

Registered Charity Number: 1083634

Get in Touch

020 8967 5179
LNWH-tr.meadowhouse@nhs.net

Whether it’s your first time running or you’re trying to smash a PB, we’ll be there supporting you every step of the way.

It’s not too late!
Join Team Macmillan now by visiting macmillan.org.uk/ealinghalf
email running@macmillan.org.uk or call 0300 1000 200

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SCO39907) and the Isle of Man (604). Also operating in Northern Ireland.
Have you discovered Lammas Park’s hidden gem?

You can find Ealing Croquet Club in a quiet corner of our park. Inbetween your training or dog-walking sessions, why not come along and give it at try?

For more information please contact secretary@ealingcroquet.org

First visit free! Special winter rates!
We think all the training runs, the sore legs, the blisters, the early starts and most importantly, completing the Ealing Half Marathon is quite an achievement!

WE’RE SUPPORTING YOU ALL THE WAY!

WWW.FULLERS.CO.UK

@FullerSmithandTurner  @Fullers
Our Autumn Open Day is on Saturday 12th October 2019

Please visit our website www.sapriory.com to register

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Go for it!

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Proud sponsor of the Ealing Mini Mile

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60-MINUTE MASSAGE - £60

0208 994 8328
www.moveclinics.com
Visit our online shop for official Ealing Half Marathon clothing
WHATEVER YOUR REASON FOR RUNNING
WE’D LOVE TO HAVE YOU ON OUR TEAM

Request a sponsorship pack and join our team today

At cruk.org/ealing-half
Or call 0300 123 5461
The Ealing Mile is held on the first Friday of each month in Lammas Park, Ealing at 12:30pm. Aiming to help promote physical activity in general, the Ealing Mile is a fast, friendly and fun lunchtime race.

Anyone is welcome to run, jog or walk our officially measured UKA mile course and we regularly welcome school and corporate teams.

More details available at [www.ealinghalfmarathon.com/the-ealing-mile](http://www.ealinghalfmarathon.com/the-ealing-mile)

This year, we launched the Ealing Summer Mile – a mile race every Friday evening in July. We hope to host more mile events over the coming year.

The Ealing Mile is brought to you by EHM Legacy CIC, the not-for-profit community arm of Ealing Half Marathon. In addition to hosting the Ealing Mile, EHM Legacy also funded the installation of the new state-of-the-art drinking fountain in Lammas Park, Ealing.

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The Mile Series

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Ealing Eagles Running Club

Ealing Eagles Running Club is a friendly and social running club in Ealing, founded in 2009 for runners and joggers of all standards, from beginners and novices to expert racers, in the Ealing, Perivale, Greenford, Hanwell, Northfields, Brentford and Acton areas.

Full details on training and club runs can be found on our website [www.ealingeagles.com](http://www.ealingeagles.com)
Thank you

Firstly a massive THANK YOU to each and everyone of our 700 volunteers. Ealing Half Marathon couldn’t take place without you and we are in awe of your efforts year on year.

The #100Club:
Blue Swallow Group
Bridge To Health
The Forester Ealing
Move Clinics
Plank PR
Redeemer Church London
St Augustine’s Priory
Bridge to Health
Pasta Remoli

Also:
Breathe Unity PR
Dan Tsantilis Photographer
Ealing Council
Ealing Eagles Running Club
Ecowood Moves
Friends of Ealing Half Marathon
Hanwell Community Centre
Katy Dawkins Graphic Design
KIND
London Ambulance Service
London Fire Brigade
Metropolitan Police Service
pladis
Run Britain
Standard Signs
St Peter’s Church, Ealing
St Barnabas Church, Ealing
St Stephen’s Church, Ealing
St Mary’s Church, Hanwell
St John’s Church, Ealing
St Christopher’s, Hanwell
Transport for London
UK Athletics
Thank you to all our volunteers. To all those people who gave up their time before, during and after the event to help get things ready and keep us sane. There are so many unsung heroes, we just want you to know that we know what you did and are forever grateful.

Most runners won’t ever see the work that goes on behind the scenes, thanks to all the high-vis heroes.

We might see you next year running using your free volunteer Ealing Half Marathon 2020 place!