



Petts Wood 10k

RACE INFORMATION PACK



Sunday 12th October 2014

10:30a.m.

Contents

A message from our Race Director	3
Timetable of Events	4
Environmentally Friendly	4
What Information do I need to know about the day?	6
Willet Rec Layout	8
Where will I be running?	11
How do I get to the event?	14
Can I win an award or Prize?	15

A message from our Race Director

Dear participant,

Welcome to the 8th Petts Wood 10k hosted by Petts Wood Runners (PWR).

Last year was our first 'wet' year and despite making conditions hard for runners and volunteers alike, it brought out the best in everyone to make it a memorable event. However, let's hope we revert to type this year and have our usual crisp autumnal conditions.

I am sure that all participants will enjoy the scenic route through parkland and woodland as well as three small sections of road/pavement. It is an open race catering for all standards, both serious and fun runners alike. The course is undulating with a mixture of surfaces.

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

Any last minute updates can be found on our website www.pettswoodrunners.org or via our [Facebook page](#).

Everybody at PWR is proud that readers of Runners World regularly vote our 10k as one of the best 10k events. Every year 97% or more of participants have said that they would take part in the event again!

The Petts Wood 10k raises funds for a local charity, St Christopher's Hospice and in the past 7 years we have donated over £24,000.

Thank you to all our participants, sponsors and contributors that have made this possible!

Enjoy the event.

Best regards
David Boswell

Key Information

Date: Sunday 12th October 2014

Time: 10:30a.m.

Location: Willett Recreation Ground, Crossway, Petts Wood, BR5 1PE

Permit: Run under UK Athletic rules. UKA Race Permit 2014-10690

Timetable of Events

08:30am – 10:00am	Collect bibs, chips and drop baggage
10:05am – 10:15am	Warm-up aerobics, courtesy of Adele Murrell
10:15am	Runners to enter the start pens in their relevant time category
10:20am	Race instructions and count down
10:30am	Race start (Note this will be a staggered start)
10:40am	Children's Races 5-11 year olds
11:05am	First runner expected to finish
12:05pm	Prize Presentation

Environmentally Friendly

As we did last year, we are trying to make this event as ecological as possible. Initiatives include:

- Having this Race Information Pack as a pdf instead of printing paper versions
- Doing without plastic goody bags – Don't worry there will still be goodies available
- Using bio-degradable paper cups instead of plastic cups at the water stations
- Locally sourced cakes (made by PWR members) and bacon (local farms)
- All beers and other drinks in the beer marquee produced regionally
- Asking participants to collect numbers rather than posting 750 envelopes to them
- During clearing up, separating rubbish so that it can be easily recycled.

Would you like to join a friendly and sociable running club?

We cater for and welcome runners of all abilities; complete beginners to regular runners. Amongst our members we have runners that have run sub-3 hour marathons, ultra runners and members who just like to come along occasionally on a Tuesday evening for a gentle run in a friendly environment.

Have a chat with one of the marshals or event team on race day or visit our website www.pettswoodrunners.org for more info.





Company Profile

Established in 1992, The Purelake Group has over the last decade built a reputation of innovation in the projects it undertakes.

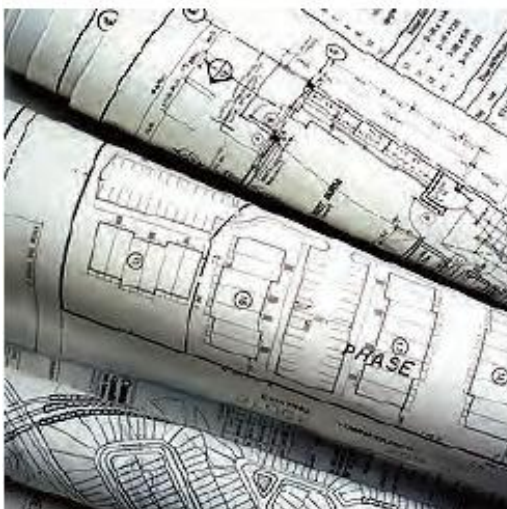
Based in Bromley, Purelake operates mainly in the South East London and North West Kent catchment area. We primarily undertake brownfield residential development, but are increasingly involving ourselves in mixed use/tenure, commercial and office projects.

We pride ourselves on our clear, uncomplicated approach to the development process.

This approach has created longstanding partnership relationships with Local Authority Planning and Building Control departments, Housing Associations, Architects, Consultants, Land Owners and Land Agents.

Winners of the LDSA 2011 Best Housing Project Award and recently shortlisted for the National LABC Building Excellence Awards 2011.

We relish the opportunity to take on less conventional sites and add value through the development process. Our 'in house' construction arm ensures that the development vision is turned into the physical reality.



The Purelake Group

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7 Plaistow Lane

Bromley, Kent, BR1 4DS

Telephone 020 8313 6833

Facsimile 020 8313 6844

Email: info@purelake.co.uk

www.purelake.co.uk

What information do I need to know about the day?

Race Registration

On the day, please arrive in plenty of time. Come to the Race HQ, let us know your name (and number if possible) and we can provide you with your running number bib (with tear off baggage label), safety pins and timing chip.

Please don't forget to write your emergency contact and any medical conditions on the back of your running number bib.

On the Day Entries

There will be NO on the day entries.

Kids Event

Registration is on the day. Recommended donation of £2. Please remember to bring a completed entry form along with you. The form can be printed via this [link](#)

Toilets

There are male and female toilets available at the Rec.

Changing Facilities

Please note that there will be limited changing facilities. It is therefore suggested where possible that you arrive in your running gear.

Baggage

A supervised baggage area is available within the Rec. The area will be supervised although the organisers can accept no responsibility for the loss or damage to personal belongings. If you wish to use this facility, please use the baggage label supplied with your running number bib. Bags will only be returned on production of your running number bib.

Race Number

Your race number will be sent to you by email in the week before the race (please check your spam box as that is where you may find it) so that on the day you will collect your race number bib which must be fixed to the front of your running vest (with the safety pins provided) above waist level. It must not be folded, cut, altered or mutilated in any way. YOUR number has been issued to YOU and under NO CIRCUMSTANCES may YOU pass YOUR number on to someone else as this could have serious implications in the event of any accidents and would also lead to errors when processing the results and awarding prizes.

Chip Timing

On the day you will collect your race number bib with your timing chip attached to it and only by wearing the chip will you have a record of your finish time. A Race Clock will be positioned at the finish line to give you an indication of your time. Your published chip time will be an accurate measure of your time between crossing the start and finish lines.

Results

Results will be available as soon as possible after the race for those who wish to see them on the Petts Wood Runners website www.pettswoodrunners.org

Petts Wood 10k - 2014

The Start

The Petts Wood 10k will start promptly at 10.30am at the clearly marked designated area within the Rec. All runners should assemble in the pens by 10.15am. We kindly ask that slower runners to start at the back so as not to impede faster runners and avoid any unnecessary accidents. To make this easier we will have start pens based on predicted finish times, so please start in the correct pen. The course commences with a clockwise lap of the Rec and then exits near the tennis courts. Please obey the marshals' instructions. Please also listen to announcements and if you require any further help please do not hesitate to ask a race marshal.

The Finish

Once you have crossed the finish line please walk slowly along the funnel, remaining in the same order that you crossed the finish line. This is to ensure that you have the correct finishing time and finishing position. Medals will be awarded to all finishers. Please collect your medal and kindly keep moving and exit the finish area so you do not obstruct runners still finishing.

Water Stations

Water will be available at one station en-route and also at the finish. Other refreshments may also be purchased at the finish as well as the delicious cakes made by Petts Wood Runners members. Tea, coffee and bacon rolls will also be available.

Medical Support

Qualified first-aiders will be located at various points around the course and will be on hand at the finish line to ensure your well-being. If you have any first aid requirements please make yourself known to a first-aider or to a marshal who will assist you to the nearest first-aider. If you have any medical conditions please make sure you write your condition clearly on the reverse of your running bib number and your emergency contact.

Pre-race Advice

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 **MUST** consult your GP and do not run if you are advised not to.

Presentation of Awards

The presentations will take place at approximately 12.05 pm by the Race HQ.

Photographers

Photographers will be on the course and their photos will be uploaded onto www.snappyraces.co.uk where you can purchase an image for the bargain price of only £2.49. St Christopher's Hospice will receive at least 50% of the purchase price for every photo sold.

Cancellation

The organisers of the Petts Wood 10k reserve the right to cancel the race if adverse weather makes conditions too dangerous for runners. In this event **NO REFUNDS** will be given. A percentage of the profits from entry fees paid plus all sponsorship money will be given as donations to St Christopher's Hospice, our nominated charity.



Petts Wood
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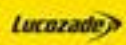


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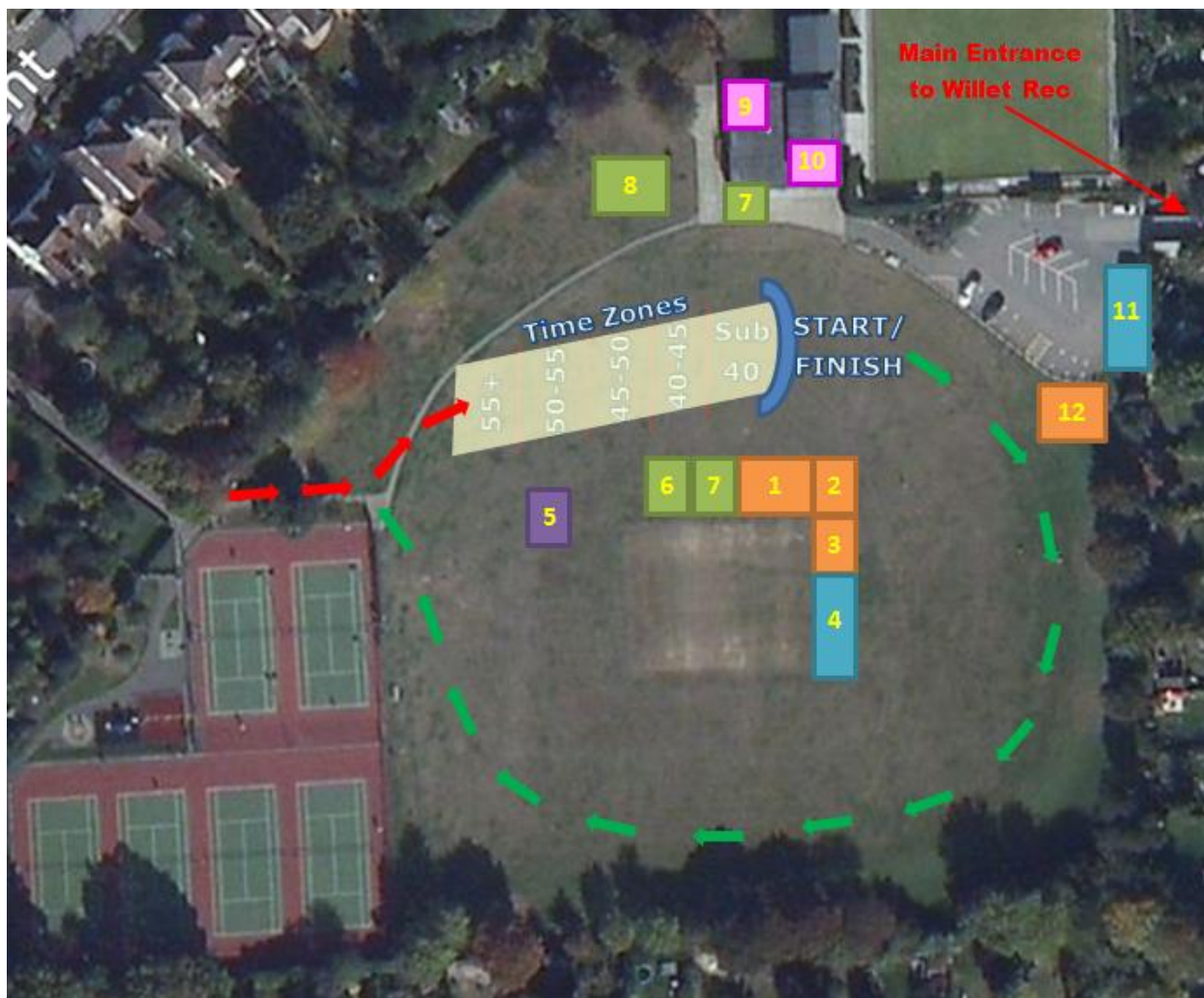
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Find out more

Willet Rec Layout



1) Race Head Quarters – Collect Timing Chip and Race Number Bibs

2) Children's Race Entries

3) Baggage Storage

4) Men's Changing

5) Bouncy Castle

6) Bacon Rolls

7) Tea & coffee

8) Beer Tent

9) Ladies Only Toilets

10) Ladies Changing

11) Men's (and ladies) Toilets

12) First Aid Tent



Start of race – $\frac{3}{4}$ of a lap around Willett Rec



End of race – run straight towards inflatable arch

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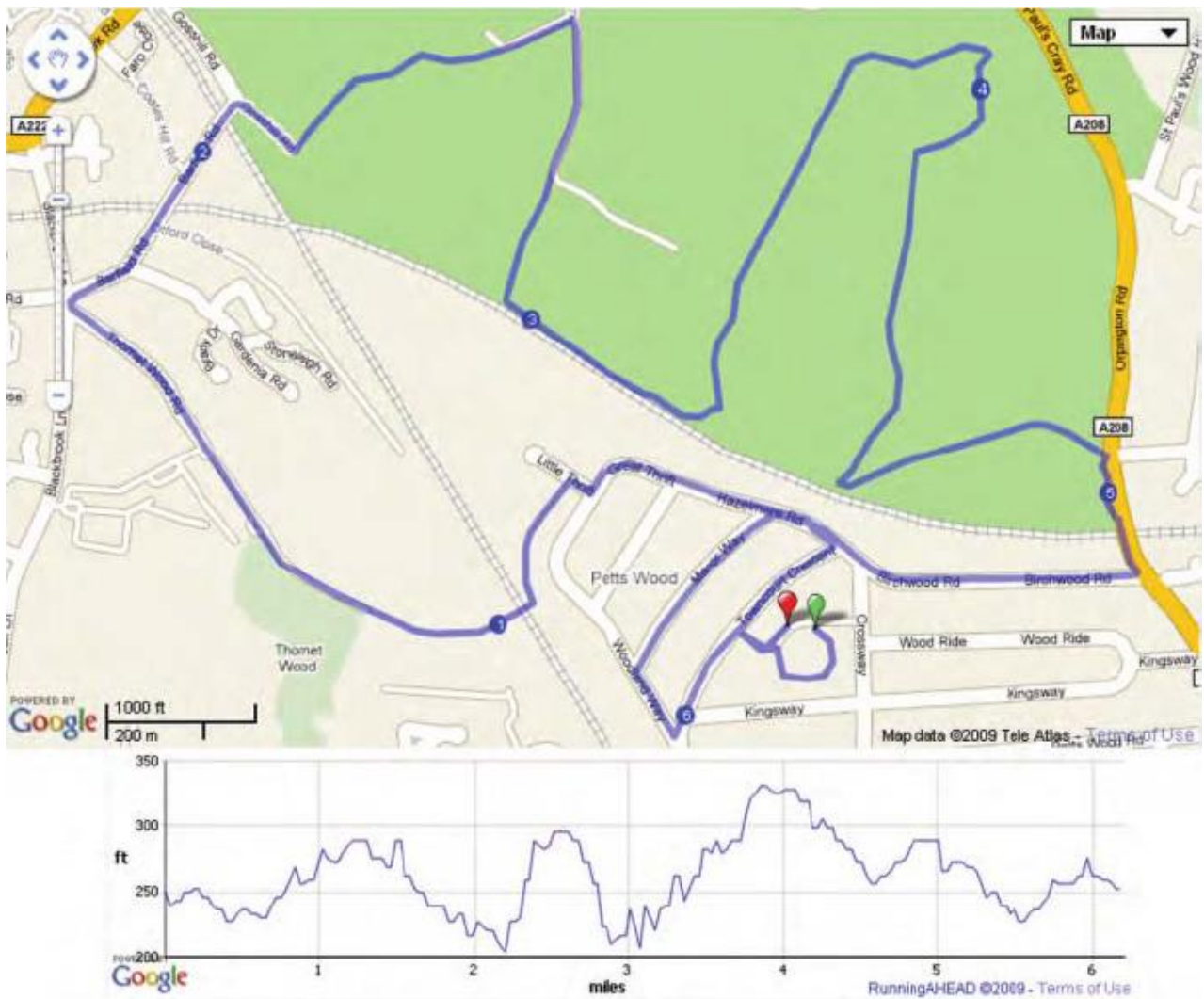


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Where will I be running?



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 and the police. They have been instructed to minimise the risk to runners and other road users.

There will be no road closures and the Highway Code prevails. Give way to vehicles when crossing a road. Please also be constantly aware that YOUR safety is YOUR own responsibility.

This race is mainly off road along 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 dogs, 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 committee based at the Race HQ in the Willett Rec.

Route Information

- After the lap around the Rec and exiting, turn right into Towncourt Crescent, which will be open to traffic, keeping on the right pavement and cross the road when safe. At the end of the road turn left into Hazelmere Road, keeping on the left pavement. This road leads straight into Great Thrift.
- Turn right into Little Thrift, when safe, and turn left onto the footpath, taking care at the barriers at the entrance to the footpath.
- Follow footpath and cross over the rail bridge (35 steps up, 25 steps down). Continue along the footpath taking a right into Jubilee Park. Please stick to the metalled cycle path.
- Continue running through the park which leads into Thornet Wood Road, staying on the right hand side of this road. Remember there are no road closures.
- Take a fairly sharp right turn into Barfield Road, again keeping to the right hand pavement, crossing over Golf Road and Otford Close. Please be aware of moving vehicles.
- Turn right into Gosshill Road. You will then be directed to take a left turn before the gate onto a narrow path in to the Hawkwood Estate. Please take care at the railings at the entrance to the footpath and when crossing the narrow footbridge over the stream.
- Continue following this footpath as directed by marshals past Pond Wood on your right until you reach the unmade and uneven lane, Botany Bay, where you will turn right.
- Follow this lane past Tongs Farm and eventually turn left as you reach the fence at the railway line. This path is very uneven, please pay particular attention to your footing.
- Near the end of this footpath take the path to the left into Petts Wood. Do NOT go over the railway bridge to your right.
- You will then be directed by marshals through Petts Wood along footpaths and bridleways, taking you past the Willett Memorial.
- The exit of the woods contains a wooden post that you should take care in passing. Turn right at Orpington Road. IMPORTANT – you MUST remain on the wide right hand pavement and DO NOT run on the road as this is a very busy main road.
- Take the next right into Birchwood Road and follow this road round into Hazelmere Road. Please ensure that you remain on the right hand pavement.
- You will then be directed to cross the road and take a left into Manor Way. Follow this road until you reach Woodland Way where you will take another left. You are not too far from the finish line now!
- Take the next left, taking special care on this turn, (400 metres to go!) into Towncourt Crescent remaining on the left pavement until directed to cross the road.
- Finally, you will turn right into the entrance to the Willett Recreation ground and as you enter the Rec, continue on to the Finish Line only a short distance away.





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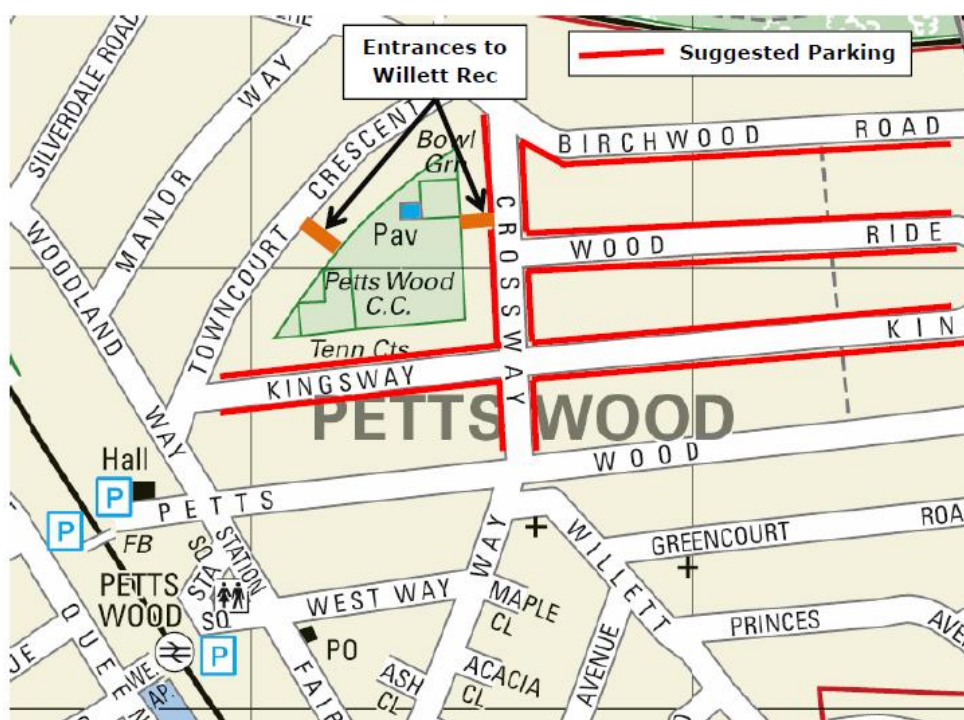
How do I get to the event?

From the M25

Leave the M25 at junction 4 and take fourth exit at roundabout into the Orpington Bypass which leads on to the A224 Court Road. Continue on the A224 passing through three sets of traffic lights. When you reach the fourth set, turn left into Poverest Road. Follow this road to the roundabout and continue straight on to Petts Wood Road. Turn right after about 400metres into Crossway and the entrance to the Recreation Ground is sign posted approximately 300m on the left hand side. For SatNav users, the postcode is BR5 1PE.

Parking

No parking permitted in the Willett Recreation Ground for runners. Please use surrounding streets but please be considerate to residents.



From Petts Wood Train Station

Details of train times can be located on www.nationalrail.co.uk or National Rail Enquiries on 08457484950. Petts Wood Station is just a short 5 minute walk away from the Willett Recreation Ground. When leaving the train platforms, exit the station bridge to the right and down the stairs. Follow Station Square Road round to the left until you reach a main road. Turn left here and continue walking straight on crossing Petts Wood Road. You will pass the Memorial Hall on your left. Continue down Woodland Way and turn right into Towncourt Crescent. The Willett Recreation Ground entrance is signposted and can be found approximately 250m on your right hand side.

Bus Routes

Buses on routes 208, 273 and R3 will all stop at Petts Wood Station.

Can I win an award or prize?

Male general classification awards

1st £100 sports voucher + trophy
2nd £75 sports voucher + trophy
3rd £50 sports voucher + trophy

Female general classification awards

1st £100 sports voucher + trophy
2nd £75 sports voucher + trophy
3rd £50 sports voucher + trophy

Male age related categories

1st 15-20 £50 sports voucher + trophy
1st 40-49 £50 sports voucher + trophy
1st 50-59 £50 sports voucher + trophy
1st 60 + £50 sports voucher + trophy

Female age related categories

1st 15-20 £50 sports voucher + trophy
1st 35-44 £50 sports voucher + trophy
1st 45-54 £50 sports voucher + trophy
1st 55 + £50 sports voucher + trophy

Team Prizes

(Lowest cumulative score of first 4 affiliated team members, who must all wear their designated club vests)

1st male affiliated team	trophy + prizes
1st female affiliated team	trophy + prizes
1st unaffiliated team	trophy + prizes

Other Prizes

1st Petts Wood Male Resident (unaffiliated runner with postcode beginning with BR5)

1st Petts Wood Female Resident (unaffiliated runner with postcode beginning with BR5)

(Each BR5 winner receives the Petts Wood Residents' Association trophy, a £50 voucher and an individual trophy.)

Male course record is 34mins 12secs - £100 prize for lowering the record

Female course record is 41mins 07secs - £100 prize for lowering the record

First 3 males/females through 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 general classification, the age category award is then attributed to the next finisher in their subsequent category.

Please note that gun time and actual finishing position is used for general classification whilst the chip time is used for the age related categories

Please note that only one individual prize is awarded to any one entrant, the higher value prize being awarded in the event of an entrant finishing in two award winning positions. The exception is if an award winner breaks the course record, in which case then two prizes may then be awarded. An entrant can win an individual prize and a team prize.

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