



Petts Wood 10K

RACE INFORMATION PACK



Sunday 7th October 2018

10:30am

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A promotional poster for Chislehurst Chiropractic Clinic. The background features a stylized illustration of a human spine and a hand performing a chiropractic adjustment. The text is in blue and black. At the top right is the clinic's logo. The main headline reads 'YOUR HEALTH AFFECTS EVERYTHING YOU DO AND EVERYONE YOU KNOW'. Below this, a paragraph explains that chiropractic adjustments are safe, gentle, and designed to relieve imbalances. A list of services follows, with each item preceded by a checkmark icon. The bottom section encourages booking a free check and provides contact information, including the phone number 020 8295 1733 and the website ChislehurstChiro.com. Logos for the NHS, General Chiropractic Council, and Royal College of Chiropractors are also present.

chislehurst
chiropractic clinic

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- ✓ Meditation
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- ✓ Massage Services

DON'T WAIT FOR PAIN OR PROBLEMS TO OCCUR

BOOK YOUR FREE CHECK TODAY

Chislehurst Chiropractic Clinic
10 Red Hill Chislehurst Kent BR7 6DB
E: jmgould@ChislehurstChiro.com

020 8295 1733
ChislehurstChiro.com

A message from our Race Director

Dear participant,

Welcome to the 12th Petts Wood 10k hosted by Petts Wood Runners (PWR).

Hopefully we will have our usual good weather, but however it turns out, I am sure everyone can enjoy themselves.

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

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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 safe, 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 local charities: St Christopher's Hospice, The Maypole Project and The National Trust. In the past 11 years we have donated over £67,000 to these worthy causes.

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

Enjoy the event.

Best regards
Karen Barritt

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We believe that a great running experience begins with the right shoe and so our in-store experts will be on hand to offer video gait analysis and a professional shoe fitting service. In-store, we will also help you to achieve your personal fitness goals by offering expert advice and a personal service that you can trust.

Show your England Athletics card in-store for a 15% discount off all full priced items.

www.runnersneed.com

The nearest store to the Petts Wood 10k is:

Orpington
Unit 2, Nugent Shopping Park, Cray Avenue
BR5 3RP Orpington, Kent
01689 885560

Key Information

Date: Sunday 7th October 2018

Time: 10:30a.m.

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

Permit: Run under UK Athletic rules. UKA Licence Number 2018-35360

Timetable of Events

08:30am–10:00am	Collect numbers and drop baggage
10:05am–10:15am	Warm-up aerobics
10:15am	Runners to enter the start pens in their relevant time category
10:20am	Race instructions and countdown
10:20am	Entries to Children's races close
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 have in previous years, 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 tent produced regionally
- Asking participants to collect numbers rather than posting 800+ envelopes to them
- 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.

Visit our website www.pettswoodrunners.org for more information.





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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 (with timing chip attached) and tear off baggage label.

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

On the Day Entries

There will be NO on the day entries.

Children's Event

Registration is on the day. Entry fee £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. Bags will only be returned on production of your running number.

Race Number

A note of your race number will be sent to you by email in the week before the race (remember to check your spam/junk mail). On the day you will collect your race number 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.

Transfers

If you cannot run and wish to transfer your number to someone else, you can do so provided you notify us no less than 7 days before the race.

Please e-mail racedirector@pettswoodrunners.org with any changes.

Transfers CANNOT be made on the day of the race.

Chip Timing

On the day you will collect your race number 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

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 be realistic about your time. 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. 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 at approximately 5Km, 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 hot food will also be available, not forgetting the beer tent!

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 number and your emergency contact details.

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.

Earphones

As the race is in part on single carriageway public roads the use of earphones is prohibited by the England Athletics Rules of racing to which the race is subject. Runners using headphones in the race are liable to be disqualified.

Presentation of Awards

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

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, the National Trust and The Maypole Project.

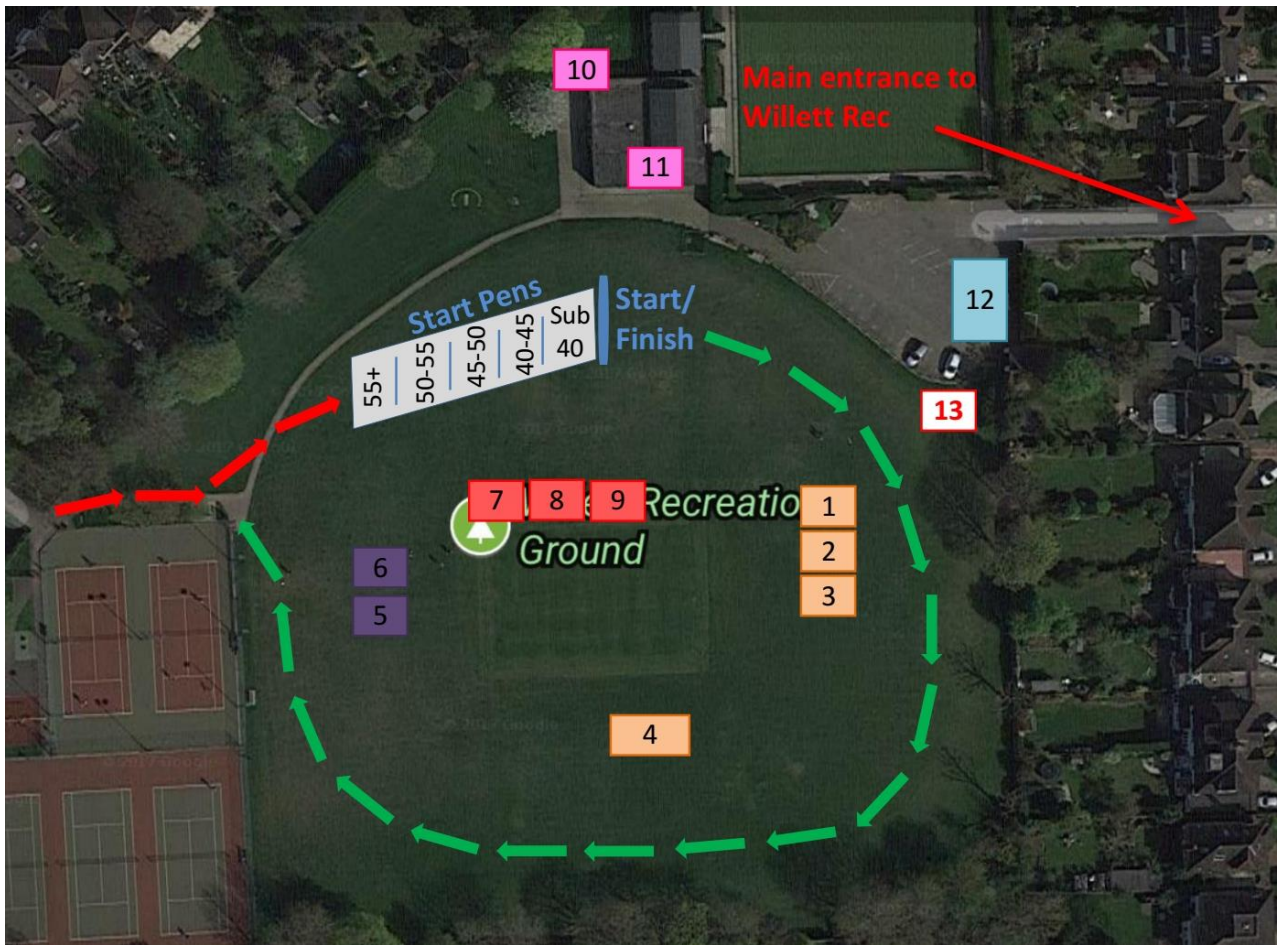



RAJDOOT


TANDOORI RESTAURANT

107 Queensway Petts Wood Kent BR5 1DG	46 Avery Hill Road New Eltham SE9 2BJ (Takeaway/Delivery only)
01689 871104 / 822357	020 8850 1003 / 3284

Willet Rec Layout

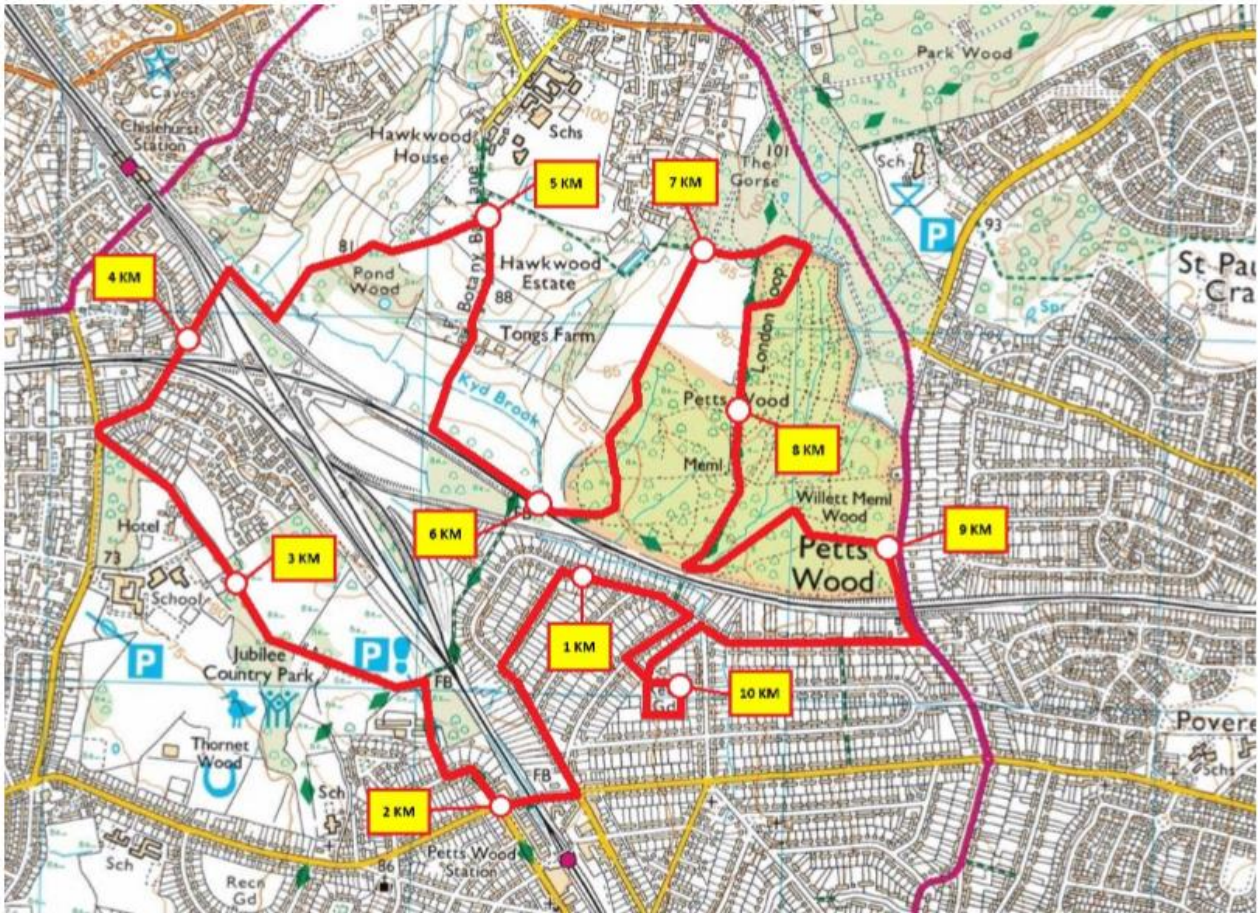


 Start of race $\frac{3}{4}$ lap
around Rec

 End of race – run
straight towards inflatable arch

- | | |
|----------------------------|----------------------------|
| 1) Children's Race Entries | 9) One Inn The Wood (OITW) |
| 2) Race HQ | 10) Ladies Toilet |
| 3) Mens Changing | 11) Ladies Changing |
| 4) Baggage | 12) Mens Toilets |
| 5) Face Painting | 13) First Aid |
| 6) Bouncy Castle | |
| 7) Refreshments | |
| 8) Refreshments | |

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

The race starts with $\frac{3}{4}$ clockwise lap around the Rec before exiting and turning 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. Head to the junction with Silverdale Road.

Turn left into Silverdale Road and continue to the junction with Woodland Way. At this junction, turn left into Woodland Way. Approximately 50 metres long this road, **cross at the crossing point** to the right hand footway, as directed by marshals.

At the mini roundabout by Petts Wood Memorial Hall, turn right into Petts Wood Road. Continue up Petts Wood Road where marshals will direct you across Bluston Parade footbridge, over the railway.(keep right as you cross the bridge).

On exiting the bridge, marshals will direct you to turn right into Queensway where you will then be directed to Crest View Drive. Keep to the right hand footway and at the junction with Tent Peg Lane, turn right.

Shortly before the entrance to Tent Peg Lane car park, you will be directed left along the footpath through the copse before entering Jubilee Park. **BEWARE OF LOW LEVEL WOODEN BOLLARDS AT THE PARK ENTRANCE!** and 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 **until directed to cross at the crossing point by marshals.** 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. The water station is also located at Tongs Farm.

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.

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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. DO NOT cross the road until directed by marshals at **the crossing point between the junctions with Crossway and Towncourt Crescent**. Please ensure that you remain on the right hand pavement until directed to cross.

Take the next left, taking special care on this turn, (400 metres to go!) into Towncourt Crescent remaining on the left pavement.

Finally, you will turn left 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. **Please be aware of public entering and exiting Willett Recreation Ground.**



Our very own Tim Springett will be performing on the route, but will he be sporting his trademark headband?

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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

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surrounding streets but please be considerate to residents. We would request that runners avoid parking on Birchwood Road as parked cars on this road will interfere with the race route. Additionally, that you do not park near any of the crossing points as this restricts the view for marshals and runners, and may result in an accident with a vehicle. Please also take care if leaving soon after completing your run as there may be runners still on the course.



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
4th £25 sports voucher + trophy
5th £25 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 general classification awards

1st £100 sports voucher + trophy
2nd £75 sports voucher + trophy
3rd £50 sports voucher + trophy
4th £25 sports voucher + trophy
5th £25 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

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)

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 first three in the general classification, the age category award is then attributed to the next finisher in their 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

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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.