



Petts Wood 10K

RACE INFORMATION PACK



Sunday 10th October 2021
10:30am

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A message from the National Trust

Help to conserve your local National Trust property.

If you would like to use your place at this event to raise money to support the work of the National Trust, and thereby helping take care of Petts Woods for many years to come, please email sports@nationaltrust.org.uk to request a fundraising pack and running vest. Also visit:

<http://www.justgiving.com/fundraising-page/creation/?cid=183560&eid=5489951>



A message from our Race Director

Dear Participant,

Welcome to the 14th Petts Wood 10K hosted by Petts Wood Runners (PWR). We are so pleased to be back after an enforced year off, and we look forward to welcoming those of you who are returning to run the race again and extend a huge welcome to those of you who have never run it before - you are in for a great time and an unforgettable run!

We are especially pleased to be continuing our support of local charities St Christopher's Hospice and Demelza who'll receive a percentage of your entry fee. Our charity partners will be joining us in Willett Recreation Ground on the day; please give generously if you can to support these charities, who have continued their work with those who need it most during the challenging times we have all faced over the past 18 months.

I hope all participants will enjoy the scenic route around Petts Wood and the surrounding areas that includes a little bit of almost everything; from pavement on residential roads, parkland through Jubilee Country Park, and then through the farmland at Hawkwood and of course the woods - we remain grateful to the National Trust for allowing our route to pass through their land.

As ever, the race caters for all standards, both those of you out to get a course PB and those of you aiming to just get round it! The course is undulating with a variety of surfaces and we are hoping for the usual glorious autumn weather, but what would this race be without a little bit of mud?!

Please do read the information in this booklet to ensure your race day is 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, Demelza House and The National Trust. In the past 13 years we have donated in the region of £80,000 to worthy causes.

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

Enjoy the race!

Anna Adams



StChristopher's
More than just a hospice



Key Information

Date: Sunday 10th October 2021

Time: 10:30a.m.

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

Permit: Run under UK Athletic rules. UKA Licence Number 2021-41795

LAURA'S LARDER
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LOVE WHERE YOU LIVE.

**LAURAS LARDER IS PROUD TO SUPPORT THE PETTS WOOD 10K.
GOOD LUCK TO ALL INVOLVED AND SEE YOU AT THE FINISH LINE!**

3 Fairway, Petts Wood, BR5 1EF www.lauraslarder.co.uk

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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
10:30am Race start (Note this will be a staggered start)
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:

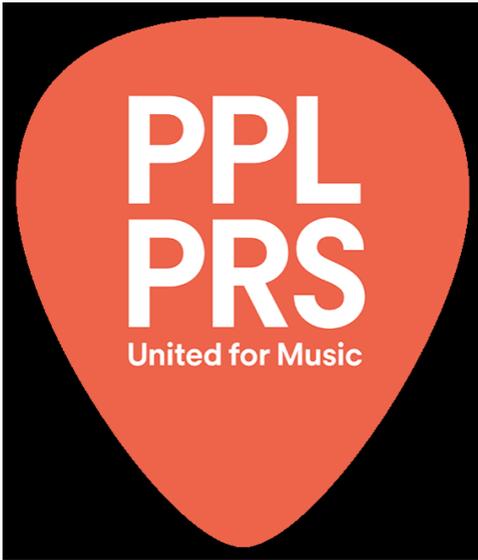
- Having this Race Information Pack as a pdf instead of printing paper versions
- Wooden medals sourced from a zero waste producer based in the UK
- Using bio-degradable paper cups instead of plastic cups at the water stations
- Locally sourced cakes (made by PWR members)
- All beers and other drinks 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.





This event has been supported by the PPL PRS charity and community discount scheme. PPL PRS licenses the use of copyright music across the UK, giving businesses and organisations the permission they need to play the music they want.

For more information about PPL PRS, visit pplprs.co.uk or call 0800 0720 808.

What information do I need to know about the day?

Covid-19

The PW10K will be held in line with UKA and national covid-19 guidance. Please respect your fellow runners and supporters space. Should you feel unwell prior to the event, and particularly if you are experiencing known covid-19 symptoms, please do not attend.

Race Registration

On the day, please arrive in plenty of time. Come to the Race HQ, let us know your name 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.

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

On the day you will collect your race number (assigned according to your surname) 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

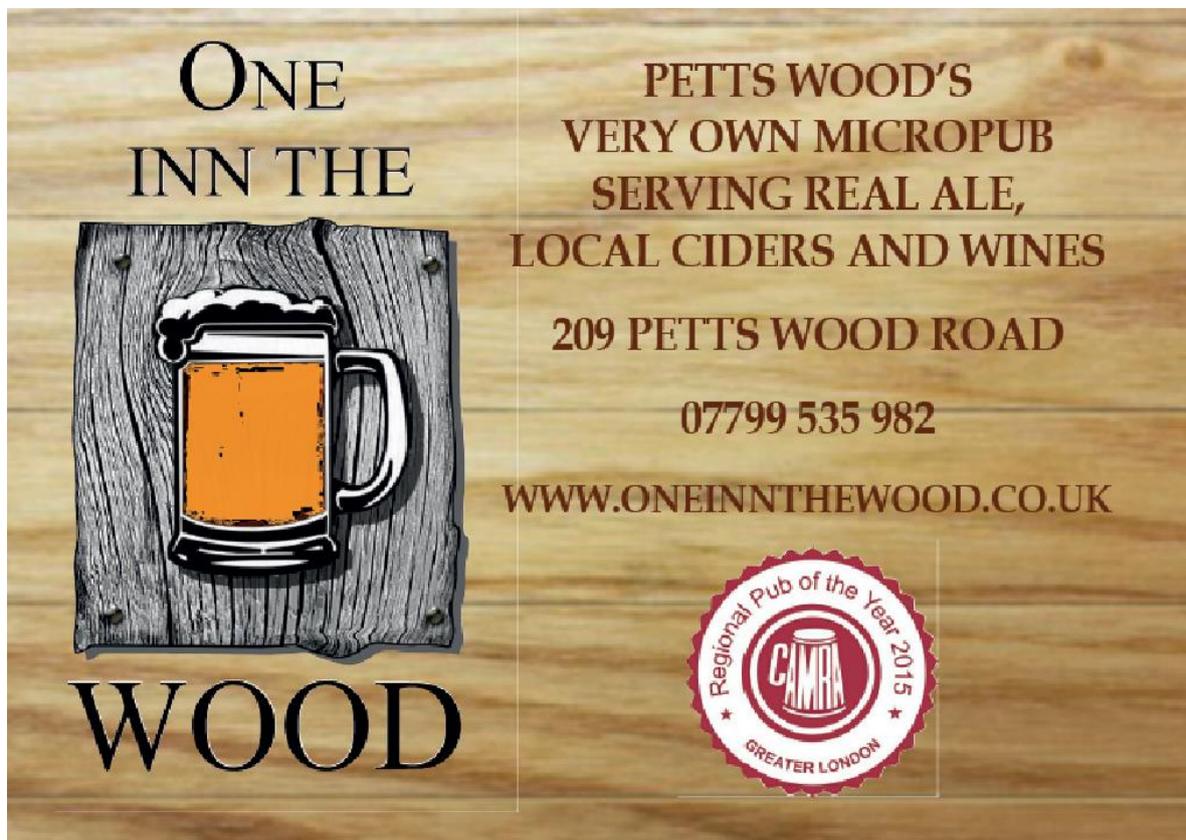
If you cannot run and wish to transfer your number to someone else, you can do so provided you notify us no less than 7 days before the race.

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 line.



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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 will also be available to purchase, 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

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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.

Headphones

In accordance with UKA guidelines, we advise against wearing headphones/earphones, particularly as the race is in part on single carriageway public roads that are not closed off for the event. In/over ear headphones significantly reduce your ability to hear our marshals, your fellow runners, and perhaps most importantly, traffic. For this reason, such headphones are prohibited and you are liable to be disqualified if you wear them. Bone conducting headphones are permitted as per UKA guidelines.

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 Demelza House.



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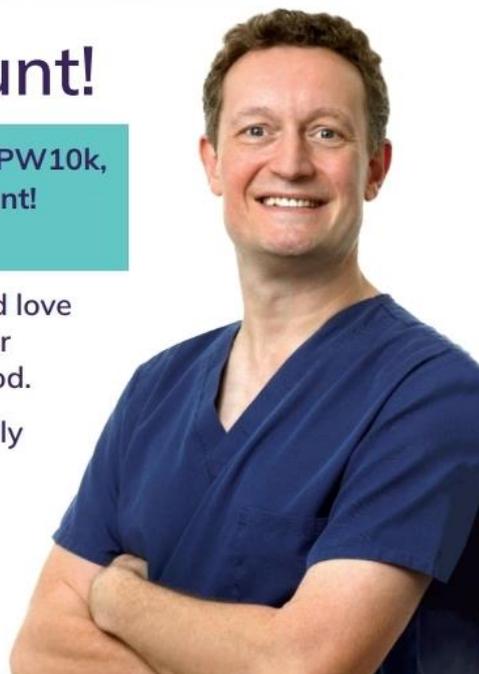
👏 Being a PW runner and proud supporter of the PW10k, I believe 10k deserves 10% off your next appointment! Simply quote 'Petts Wood 10k' when you visit us.

Having been a local dentist for over 20 years, I would love to welcome you and your family to Caring Dental, our beautiful, new practice on Station Square, Petts Wood.

With bespoke, modern facilities and a team of friendly dentists, hygienists and specialists, we can provide all your treatment needs under one roof.

We look forward to seeing you! 🗨️

Dr Chris Prange and the Caring Dental team



"Fabulous new practice and such a welcoming friendly team..."

"I was so impressed with the high level of care and service..."



For more reviews, google Caring Dental Petts Wood

- Check-ups and hygienist visits
- Sedation to relax nervous patients
- Fillings, crowns and bridges
- Teeth whitening & cosmetic dentistry
- Dedicated implant centre
- Invisalign teeth straightening
- Specialist periodontal (gum) care and endodontic (root filling) care
- The latest digital X-rays & 3D scans
- Specialist oral surgery / extractions
- Denplan or private pay-as-you-go
- Fund your treatment with 0% finance

Pop in for information, or call us on 01689 664600

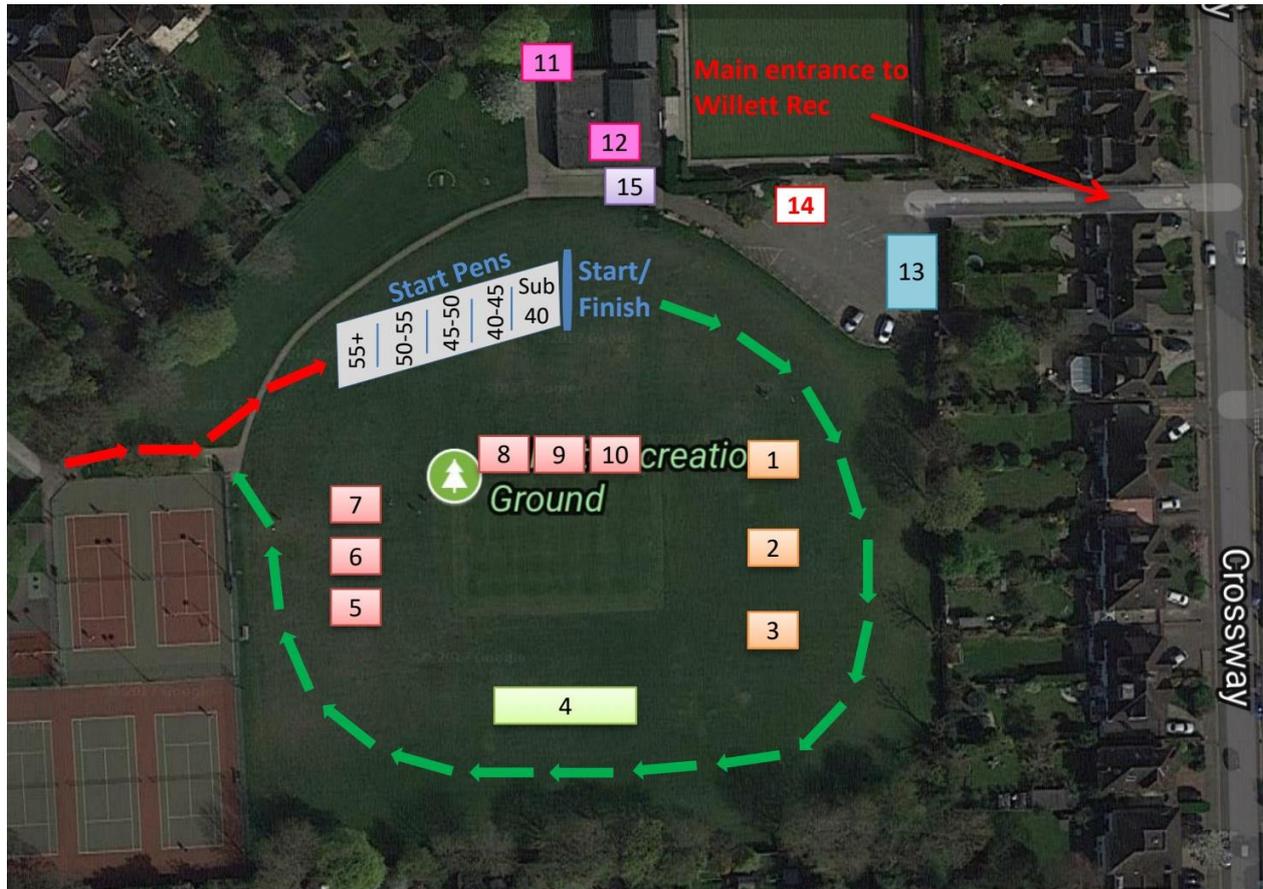
To book online visit:
www.caringdental.co.uk



Scan the code to visit our website



Willett Rec Layout

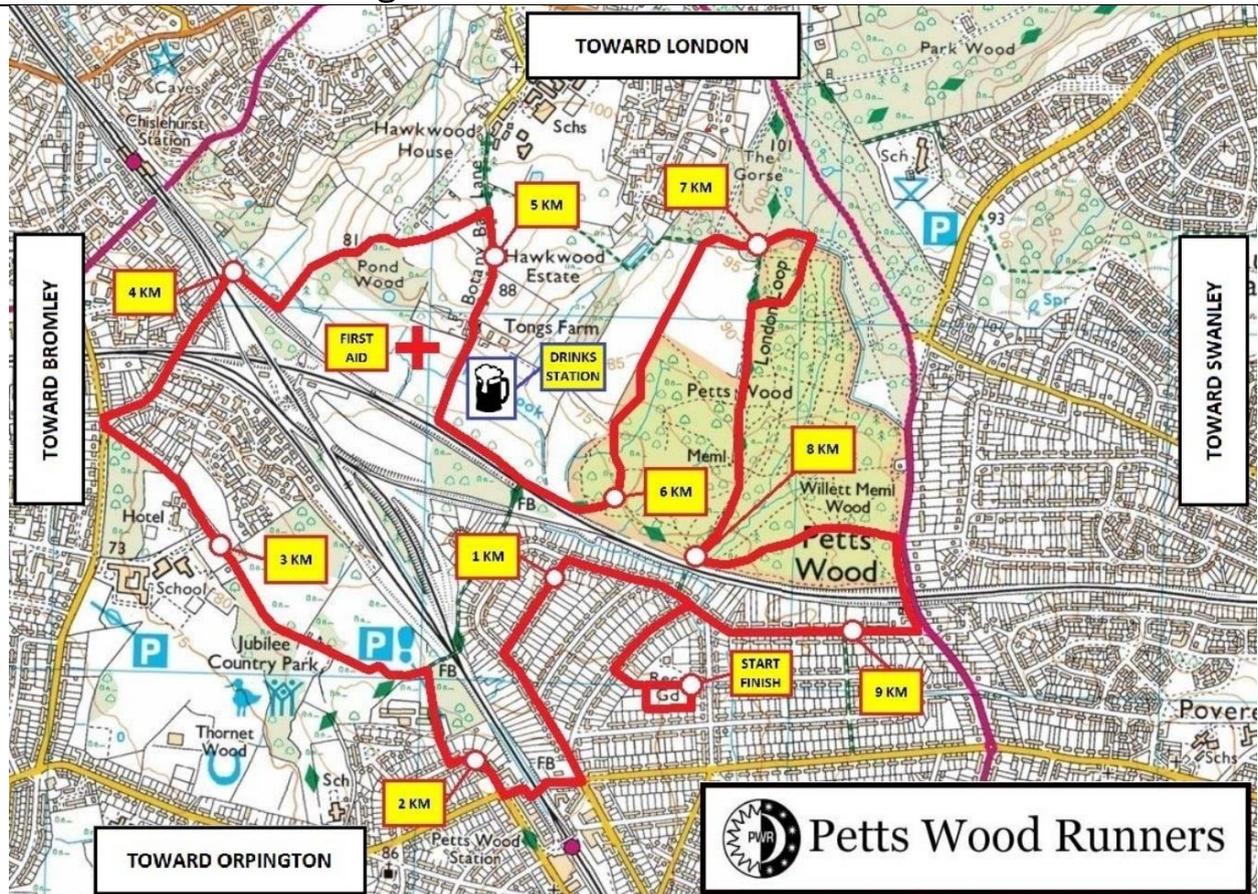


 Start of race ¾ lap around Rec

 End of race - run straight towards inflatable arch

- | | |
|------------------------------------|-----------------------------|
| 1) Race Registration | 9) One Inn The Wood (OITW) |
| 2) Baggage Drop | 10) Laura's Larder |
| 3) Mens Changing | 11) Ladies Toilet |
| 4) Munchkins Sports (for children) | 12) Ladies Changing |
| 5) Specialist Foot Clinics | 13) Mens Toilets |
| 6) Caring Dental | 14) St John's Ambulance |
| 7) Demelza | 15) Marshalls' Refreshments |
| 8) St Christopher's Refreshments | |

Where will I be running?



The Course and Safety

Please ensure you are dressed appropriately for the conditions on the day. 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.



Our very own Tim Springett will be performing on the route again. This year with a special guest. But will he be able to convince her to wear a headband?



How do I get to the event?

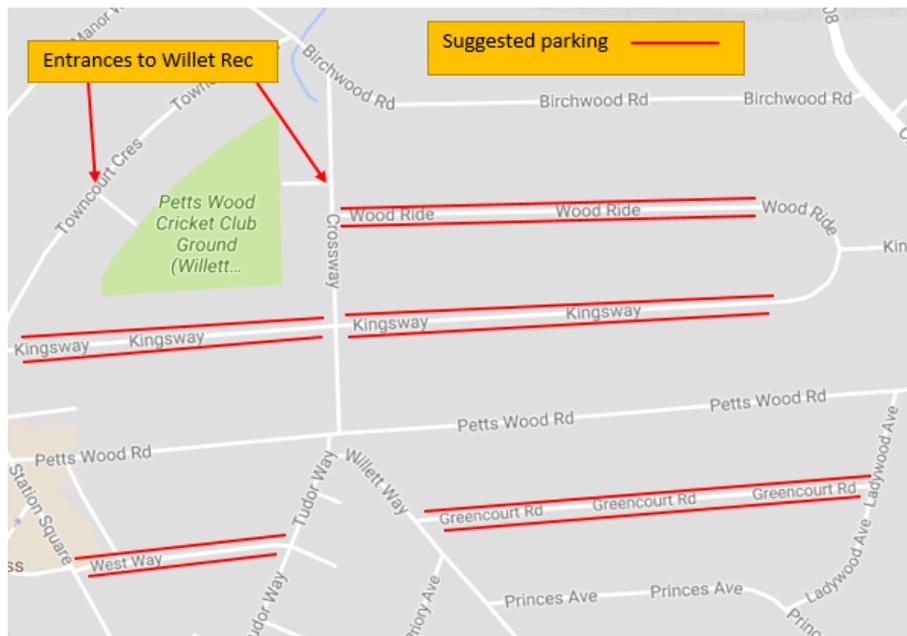
From the M25

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. 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.

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From Petts Wood Train Station

Details of train times can be located on www.nationalrail.co.uk or National Rail Enquiries on 03457484950. 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 £50 sports voucher + trophy
- 2nd £40 sports voucher + trophy
- 3rd £25 sports voucher + trophy
- 4th Trophy
- 5th Trophy

Male age related categories

- 1st 15-20 £25 sports voucher + trophy
- 1st 40-49 £25 sports voucher + trophy
- 1st 50-59 £25 sports voucher + trophy
- 1st 60-69 £25 sports voucher + trophy
- 1st 70+ £25 sports voucher + trophy

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Female general classification awards

1st £50 sports voucher + trophy
2nd £40 sports voucher + trophy
3rd £25 sports voucher + trophy
4th Trophy
5th Trophy

Female age related categories

1st 15-20 £25 sports voucher + trophy
1st 35-44 £25 sports voucher + trophy
1st 45-54 £25 sports voucher + trophy
1st 55-64 £25 sports voucher + trophy
1st 65+ £25 sports voucher + trophy

Team Prizes

(Lowest cumulative score of first 3 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)

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

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.

Our Charities:

St Christopher's

More than just a hospice

The Petts Wood 10k has supported St Christopher's Hospice for the 13 years it has run so far and we are pleased to continue to support this local charity.

About St Christopher's

We are proud to offer world class palliative and end of life care to everyone who needs it, whenever or wherever that may be. We are also here for the people closest to you.

We passionately believe in the words of our founder, Dame Cicely Saunders, who said: "You matter because you are you and you matter until the last moment of your life." That means we'll listen to every story, adapt our treatments and advice to suit particular needs, and we won't stop until we can give the best possible support.

The hospice itself is a friendly, vibrant place, and as unlike a traditional hospital as we can make it. But rest assured, our medical and nursing care is excellent and our clinical teams are highly professional and devoted to doing their best for every patient.

However, as we often say, we're more than just a hospice. We are proud of our community programmes that offer practical, emotional and spiritual support to over 7,500 people in the local area, most of whom we will help to continue living at home.

We are a place for everyone.

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This year we are proud to continue our support for Demelza. Demelza supports families who have children with a serious or terminal condition, throughout their time together. Demelza helps young people with complex needs get the most from life, achieve ambitions, do new things, and supports their families to manage and thrive.



A bit about some of the work of Demelza:

"My family was referred to Demelza in April 2018 due to my then eight-year-old son having complex medical needs, which means that myself and my husband have to provide care for our son all through the day and night. Due to his needs, we are unable to have any form of childcare outside school hours. Social clubs and activities outside of the special school that he attends are not available to us.

Demelza provides a lifeline to my family and many families like ours because of the fabulous Registered Nurses and Health Care Assistants that can deal with my son's complex health needs and those of other children.

Our son is cared for in a few different ways, day care in the hospice where he can access daily activities such as art and music therapy. Overnight care where he can spend a few days and nights at the hospice using the facilities and having his own short holiday. We also use Demelza Care at Home service, when Nurses and Healthcare Assistants visit us for a few hours at a time, to play with our son in his familiar surroundings. This gives us the chance to get on with jobs around the house, take the dog out for a walk or simply catch up on missed sleep. Demelza would not be able to provide this vital care without our amazing supporters, so thank you once again and please do get in touch if you would like any more information about our work."

Charlotte, Parent Carer Trustee on the Board of Trustees at Demelza