

10TH ANNIVERSARY

EalingTM

HALF MARATHON 2022



YEARS!

#EALINGFEELING

TEN YEARS OF EALING HALF MARATHON!!

Welcome to the first big milestone, we can't believe it's been 10 years already.

West London's only fully closed-road half, Ealing Half Marathon, started as a seed of an idea to be a London 2012 Olympic legacy-inspired event. Since then over 40,000 people have run or volunteered at this unique race.

This is a huge achievement for the event, and we want it to be a massive celebration for the runners, volunteers and teams who have helped each year to get to this milestone.

Like so many other events and businesses, the Coronavirus pandemic stopped us in our tracks. 2022 was planned as the bounce back year but threw in some problems of its own. Pressure across the whole industry with rising costs, lower runner numbers, along with organisation and logistical implications has meant many events around the UK have been forced to cancel.

However, thanks to securing a partnership with RaceNation Events at the end of 2021, Ealing Half Marathon has been able to guarantee our 2022 event will take place*.

We can't wait to welcome all our runners to the 10th Anniversary of the Ealing Half Marathon! There are 10 years' worth of hard work and joy of running to celebrate here and we intend to do just that. Thank you to everyone who has supported us by already signing up and to those who will register in the remaining few days before registration closes.

This is a special moment, not only for the event, but also for our charity partners, Cancer Research UK, Macmillan Cancer Support and Meadow House Hospice who raise vital funds for amazing causes through the event. Our local community can also once again take pride in hosting West London's biggest running event.

*subject to any government or safety requirements.

This event wouldn't be able to take place without our 700 amazing volunteers who help us create this weekend. If you are running, remember to 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, seeing 1,900 children entering in 2022.

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

Thanks to everyone who has been with us along the way.

Ealing Half Marathon team



3 PARKS
TO RUN
THROUGH

91 RUNNING
CLUBS

700
SUPERB
VOLUNTEERS

6x AWARD-
WINNING
RACE

Sarah
MOST POPULAR
FEMALE NAME

Matthew
MOST POPULAR
MALE NAME

over £3 million
RAISED FOR CHARITY

30 PACERS

Male 1:04:14
COURSE RECORDS
Female 1:14:45

As we like
numbers at
EHM HQ, here
are a few for
you...

Male 1:08:50
2021 WINNING TIMES
Female 1:19:51

1,900+
CHILDREN
RUNNING THE
MINI-MILE

305 EALING
EAGLES

ALL FEMALE
PACING TEAM
FROM XEMPO

13.1
MILES

10 YEARS
OF EALING HALF MARATHON

35,300
FINISHERS
SINCE 2012

62% 37.5%
MALE • FEMALE
0.5%
UNDISCLOSED

74
EVER PRESENTS

...and only one Ealing Half Marathon!

Timetable

This year we would like to minimise time spent in the race village, so that we remain as Covid secure as we possibly can. However, if you need to pick up your race number on race day, please arrive early as there will be large queues.

07:00	Race HQ including baggage marquees open
08:15	Group warm up, provided by Ealing Fitness Clinic
08:45	Runners enter the start funnel according to expected finish time
09:00	Ealing Half Marathon Race start
10:05	First finishers
11:00	Prize presentation ceremony
12:00	Last finishers
13:30	Race HQ closes



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.

Safety during the event

Whilst Covid-19 remains in circulation within the community, it is essential that you monitor your health in the lead up to race day to help keep you, and others safe. If possible, please take a Lateral Flow test 24 hours before race day. The safety of our participants, staff and volunteers is our number one priority.

While our race takes place after the Covid 19 re-opening of restrictions, we would advise runners and supporters to be respectful of those around you and where possible, please try to social distance. Please feel free to bring your own masks and hand sanitise where possible.



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
- 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. Avant natural mineral water will be available immediately after the finish line
- Please remember to fill out all of your details on the back of your race number. This is REALLY IMPORTANT in case there is a medical emergency on the day.

Running a half marathon is a significant challenge and not to be taken lightly.



Race day



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.

Race numbers must not be passed onto another runner unless they have been transferred officially online or with the Race Directors knowledge. Any runners who are found doing this will be disqualified. If you are a member of a running club this would have implications for them too under UKA guidelines.



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 and Ealing Eagles are providing **pace makers** who will be clearly identifiable and located adjacent to the relevant start zone area.

To celebrate our 10th year, Xempo pace makers are providing an **ALL FEMALE** team for the first time!! They will be guiding runners aiming for times of: 1h30, 1h40, 1h50, 2h00, 2h10, 2h20 and 2h30.

Ealing Eagle pace makers will be guiding runners aiming for times of: 1h25, 1h35, 1h45, 1h55, 2h05, 2h15, 2h25 and 2h35.

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

- We would request that you be as self-sufficient as you can. **Please bring your own water** and reduce your need to use drinks stations.
- Water will be available to runners in 200ml bottles at our 3 official water stations which are at approximately 4, 6 and 9 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 plastic bottles will be in place.
- Take one bottle of water from each drinks station, if needed.
- If you don't use all the water, tip the remainder out and look to use bins for recycling.
- Please see our sustainability section on our website for further information on our sustainability policy www.ealinghalfmarathon.com/sustainability



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

Baggage

This year, we would like to request that if possible, you do not bring a bag, or alternatively, you leave your bag with your supporters.

You have been provided with a baggage tag attached to your race number. Please fix this tag securely and deposit your bag to baggage according to your race number. Your baggage will be returned to you after the race on presentation of your race number.

The baggage area will be a secure, fenced area. It will be staffed at all times but race organisers cannot accept any responsibility for any damage or loss.

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.

Charity Partners 2022

Ealing Half Marathon has helped runners raise over £3 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 2022.



Please visit our website to find out more about running for one of our charity partners:
www.ealinghalfmarathon.com/charity



Ealing Half Marathon has raised **over £3 million** for various charities in the last nine 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.



Route map



Course Certificate Number 16/195

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:

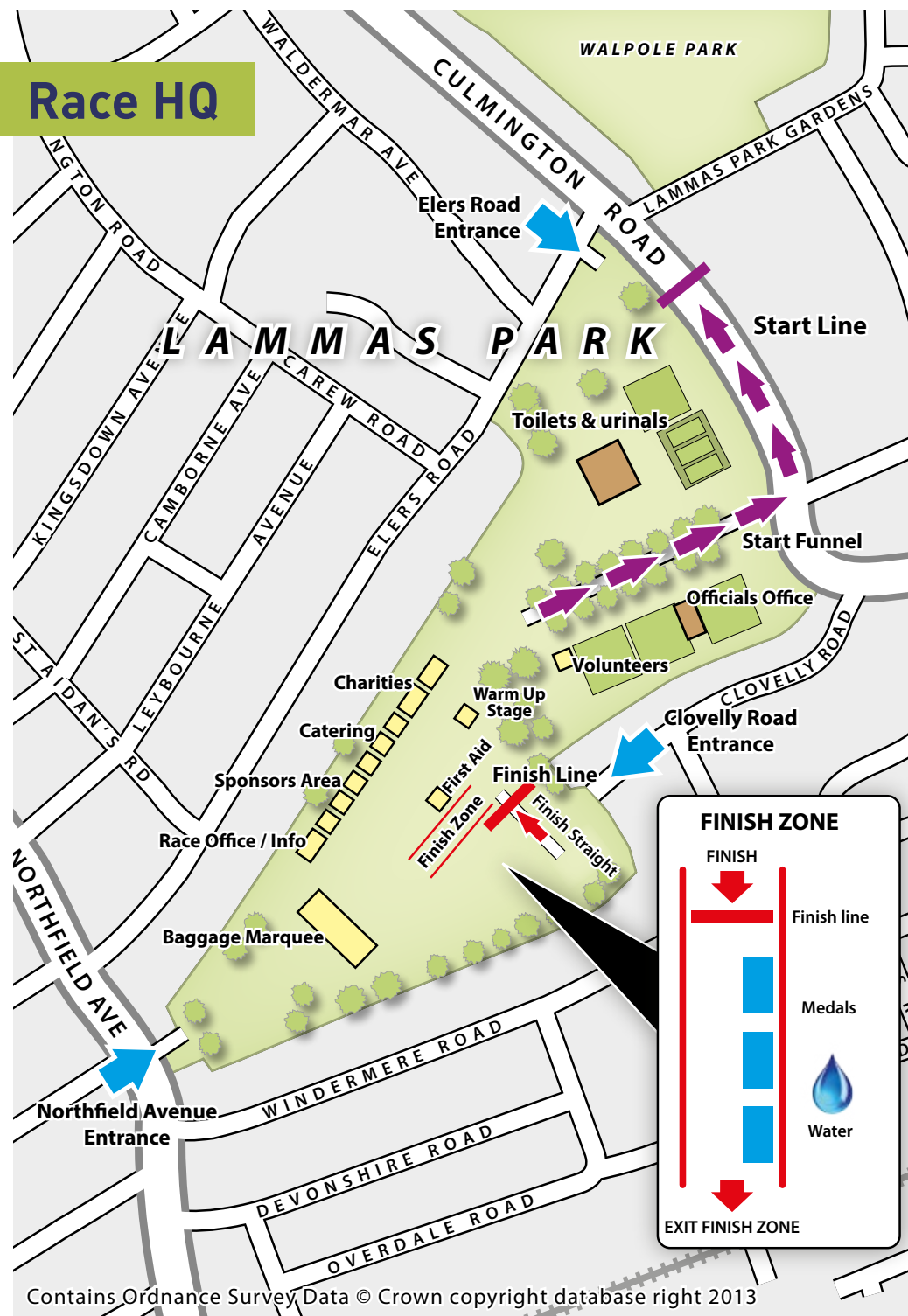
- Be given an Ealing Half Marathon 2022 commemorative medal
- Collect additional goodies available on the day
- Collect a 200ml bottle of Elan natural mineral water

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

If you are an Ever Present, please look out for your special medal to collect in the finish funnel!!



Race HQ



Contains Ordnance Survey Data © Crown copyright database right 2013

Public Transport

The Race HQ is very well served by 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.



13 MILES FOR SENSATIONAL SMILES



Photo by Angela Donnithorne

IKON Dental Specialists are giving participants of the Ealing Half Marathon even more reasons to smile!

20% discount on Enlighten teeth whitening, widely acknowledged as the most effective whitening system in the world **worth £130!**



15% discount on Invisalign personalised professional teeth straightening for children, teens and adults **worth up to £675!**



Ealing's leading dental specialists, offering a wide range of cosmetic, preventative and restorative dentistry and facial aesthetics.

Call 020 8997 2888 to book an appointment.

Terms and conditions: Participant verification required. Patients will require an initial consultation to confirm they are dentally fit before starting treatment. A private consultation including x-rays is charged at £130. Patients will be advised if any dental work is required before treatment can begin. Offer valid until 31/12/22.



www.ikondentalspecialists.co.uk



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WIN THE ULTIMATE EALING TRAILFINDERS EXPERIENCE



Ealing Trailfinders are proud to be the official water station sponsors of the **EALING HALF MARATHON 2022!**

To celebrate our sponsorship we're giving you the opportunity to win an exclusive match-day experience for two at an Ealing Trailfinders fixture of your choice this Championship season.

PRIZE INCLUDES:

2X MATCH TICKETS

2X PRE-MATCH LUNCH PLACES
(WITH AN EALING TRAILFINDERS
FIRST-TEAM PLAYER AT YOUR TABLE)

1X SIGNED EALING
TRAILFINDERS BALL

TO ENTER:

SIMPLY SUBMIT YOUR DETAILS
BY FOLLOWING THE LINK BELOW
OR SCANNING THE QR CODE.

[EALINGTRAILFINDERS.COM/SIGN-UP-FOR-NEWSLETTER](https://ealingtrailfinders.com/sign-up-for-newsletter)

The lucky winner will be contacted via email following the event.

SCAN TO WIN!



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Facebook: @EALINGTRAILFINDERS TikTok: @EALINGTRAILFINDERS
YouTube: EALING TRAILFINDERS RUGBY CLUB



You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the Ealing Half Marathon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.



Together we will beat cancer

Run for Team Macmillan

For the Ealing Half Marathon 2022

"I got support every step of the way and I felt like a Rockstar crossing the finish" – Joe, Team Macmillan Runner

Help us support people living with cancer and sign up for your **FREE** place today!
www.macmillan.org.uk/ealing

Email teammacvols@macmillan.org.uk for details on volunteering on the day.

MACMILLAN
CANCER SUPPORT



Ealing Fitness Clinic

Ealing's Personal Training Studio, Springbridge Mews, Ealing W5.

<https://ealingsportsinjuryandrehab.co.uk/>

07921 777477

Ealing Fitness Clinic is, once again, very proud to sponsor the Ealing Half Marathon as the official training partner.

- We offer a [free training guide](#)
- 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!



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SODIUM
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WESTSIDE BROADCASTING **LIVE** FROM EALING HALF MARATHON SUNDAY 25TH SEPTEMBER

Live race updates from Westside's Ayaka and Honey B who will be running in the event.

Live reports from the start and finish line from Maya Russell-Smith.

**WESTSIDE ARE PROUD SUPPORTERS
OF EALING HALF MARATHON**

 LONDON 89.6FM | [WORLDWIDE THISISWESTSIDE.COM](http://WORLDWIDE.THISISWESTSIDE.COM)

10TH ANNIVERSARY
Ealing
HALF MARATHON 2022



  @THISWESTSIDE



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.

Thank you to all our runners and everyone supporting them.

Registered Charity Number: 1083634



Get in Touch

 020 8967 5179

meadowhouse.lnwh.nhs.uk

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Valid until September 30th 2022 | Offer only valid for use in Up & Running London Stores



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not in conjunction with any other offer or discount.
Validity offer: September 2022

ALTRARUNNING.EU



 **-2h30** **-1h10**
MARATHON HALF MARATHON

 **-2h45** **-1h15**
MARATHON HALF MARATHON

 **-3h00** **-1h25**
MARATHON HALF MARATHON

 **-3h15** **-1h30**
MARATHON HALF MARATHON

 **-3h30** **-1h40**
MARATHON HALF MARATHON

 **-3h45** **-1h45**
MARATHON HALF MARATHON

 **-4h00** **-1h55**
MARATHON HALF MARATHON

 **-4h15** **-2h00**
MARATHON HALF MARATHON

 **-4h30** **-2h10**
MARATHON HALF MARATHON

 **Pace Transfers**

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 **Pace Pockets**

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 **15:30** **32:00**
5K 10K

 **17:00** **35:00**
5K 10K

 **18:30** **38:00**
5K 10K

 **20:00** **42:00**
5K 10K

 **21:30** **45:00**
5K 10K

 **23:00** **48:00**
5K 10K

 **24:30** **52:00**
5K 10K

 **26:00** **55:00**
5K 10K

 **27:30** **58:00**
5K 10K

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*We wish the **EHM** congratulations on their **10th anniversary**
and **good luck** to everyone taking part*

The Mile Series

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 a www.ealinghalfmarathon.com/the-ealing-mile



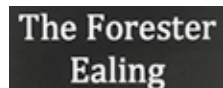
Ealing Eagles Running Club



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

Sponsors and Partners



Supporters



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.

Thanks to everyone who has supported us over the last 10 years. We are so grateful to you all for everything you have done to help us get to this point. 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 place!

The #100Club:

LifeRight Radio
Hanwell Hootie
Brentford Festival
Hanwell Carnival
Ealing Dental Practice
The Ealing Club

The Forester Ealing
Plank PR
Redeemer Church London
Bridge To Health
Running Cards UK
Abibiyoga

Also:

Ealing Half Marathon Ambassadors
GoodGym Ealing
The National Running Show
Dan Tsantilis Photographer
Ealing Council
Ealing Eagles Running Club
Ecwood Moves
Friends of Ealing Half Marathon
Hanwell Community Centre
Katy Dawkins Graphic Design
London Ambulance Service
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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



Race Organisers

Race Director

Sandra Courtney

Event Co-ordinator

Christina O'Hare

Email info@ealinghalfmarathon.com



www.ealinghalfmarathon.com

#EalingFeeling

