

EalingTM

HALF MARATHON 2025

Sunday 28 September • Walpole Park, Ealing



Welcome to the 13th Ealing Half Marathon!

We're thrilled to welcome you to West London for another unforgettable edition of the multi-award-winning Ealing Half Marathon and the new #Ealing Feeling 5k.

Your support over the past year has been phenomenal – thank you for being part of our incredible running community. As the crisp air of early autumn settles over Ealing, we prepare to once again fill the streets with determination, celebration, and the unbeatable **#EalingFeeling**.

This summer, the world of sport has inspired us all – from the 2025 World Athletics Championships in Tokyo, to Wimbledon, The Tour de France, and The UEFA Women's Euro 2025 in Switzerland. These global moments remind us of the power of movement, the thrill of competition, and the joy of setting goals and going after them. Now, it's our turn.

Born from the legacy of the London 2012 Olympics, the Ealing Half Marathon is more than a race – it's a celebration of community, resilience, and personal achievement. Whether you're chasing a PB, running for a cause, or completing your first ever 13.1 miles, you're part of something special.

A heartfelt thank you goes out to the 600+ volunteers who make this weekend possible. Give them a wave or a shout-out as you pass – and if you'd like to get involved, head to the Volunteer section of our website. We're always looking for more helping hands.

The weekend kicks off on Saturday 27th with the Ealing Mini Mile, which welcomes over 2,000 children. It's the perfect start to a weekend packed with positivity, inspiration, and the best community running vibe in the UK.

Soak it up, run strong, and enjoy every step. You've got this.

**With thanks,
Ealing Half Marathon**



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

999
ENTRANTS
FUNDRAISING
FOR CHARITY



43,758
FINISHERS
SINCE 2012

JAMES
MOST POPULAR
MALE NAME

WORD OF MOUTH
IS THE TOP REFERRAL SOURCE



56
EVER PRESENTS

13 YEARS
OF EALING HALF MARATHON

242 EALING
EAGLES
RUNNERS

39% 61%
FEMALE • MALE

OVER **180**
RUNNING
CLUBS

AVERAGE AGE

39

700
SUPERB
VOLUNTEERS

SARAH
MOST POPULAR
FEMALE NAME

COURSE
RECORDS
FEMALE **1:14:45**
MALE **1:04:14**

OVER
£3.5 million
RAISED FOR CHARITY



TOP AGE BRACKET
30-39

22.9%
FIRST-TIME HALF
MARATHONERS

16 COUNTRIES
REPRESENTED



30 PACERS

2,200
CHILDREN
RUNNING THE
MINI-MILE



...and only one Ealing Half Marathon!

Timetable

With thousands of entrants and a new layout, the race village will be busy. Please arrive early to avoid queues for the baggage marquee and toilets.

07:00	Race Village including baggage marquees open
08:15	Group warm up provided by London Pilates4U
08:30	Runners enter the start funnel according to expected finish time
09:00	Ealing Half Marathon & Ealing Feeling 5k start
10:05	First finishers
11:00	Prize presentation ceremony
12:20	Last finishers
13:30	Race Village 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.

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.
- Mark the front of your Race Bib with a RED X if you have a medical condition.
- All runners must fill in their medical details on the back of their race bib.

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



Race day



Race number

All race bibs will be available for **COLLECTION ONLY** this year from **Thursday 25th to Sunday 28th September**. Full details will be in your **Final Instructions email sent in September**. 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.

Xempo pace makers 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: 1h35, 1h45, 1h55, 2h05, 2h15, 2h25 and 2h35.



Warm up

A pre-race **warm up** provided by **London Pilates4U** will take place in the centre of Walpole Park from 08:15. 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 half marathon will start promptly at **09:00** and runners should start to assemble in the start zone from 08:20. Look for your pacer according to your estimated finish time and we ask that you assemble in the most appropriate zone for the enjoyment and safety of all runners. The half marathon will start first, then the Ealing Feeling 5k.

Ealing Feeling 5k runners, please wait in Walpole Park until told to move forward.



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 Village in Walpole 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.

If you need to bring a bag, you have been provided with a baggage tag attached to the bottom of your race number. Please tear this off and fix this tag securely and deposit your bag to baggage according to your race number. The baggage area will be a secure area. It will be staffed at all times, but race organisers cannot accept any responsibility for any damage or loss. Please do not leave any valuables in your bag.

Prizes

A generous selection of **prizes** from Ealing Half Marathon and Up and Running 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 2025

Ealing Half Marathon has helped runners raise over £3.5 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 2025.

MACMILLAN
CANCER SUPPORT



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 £3.5 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





Finish Zone

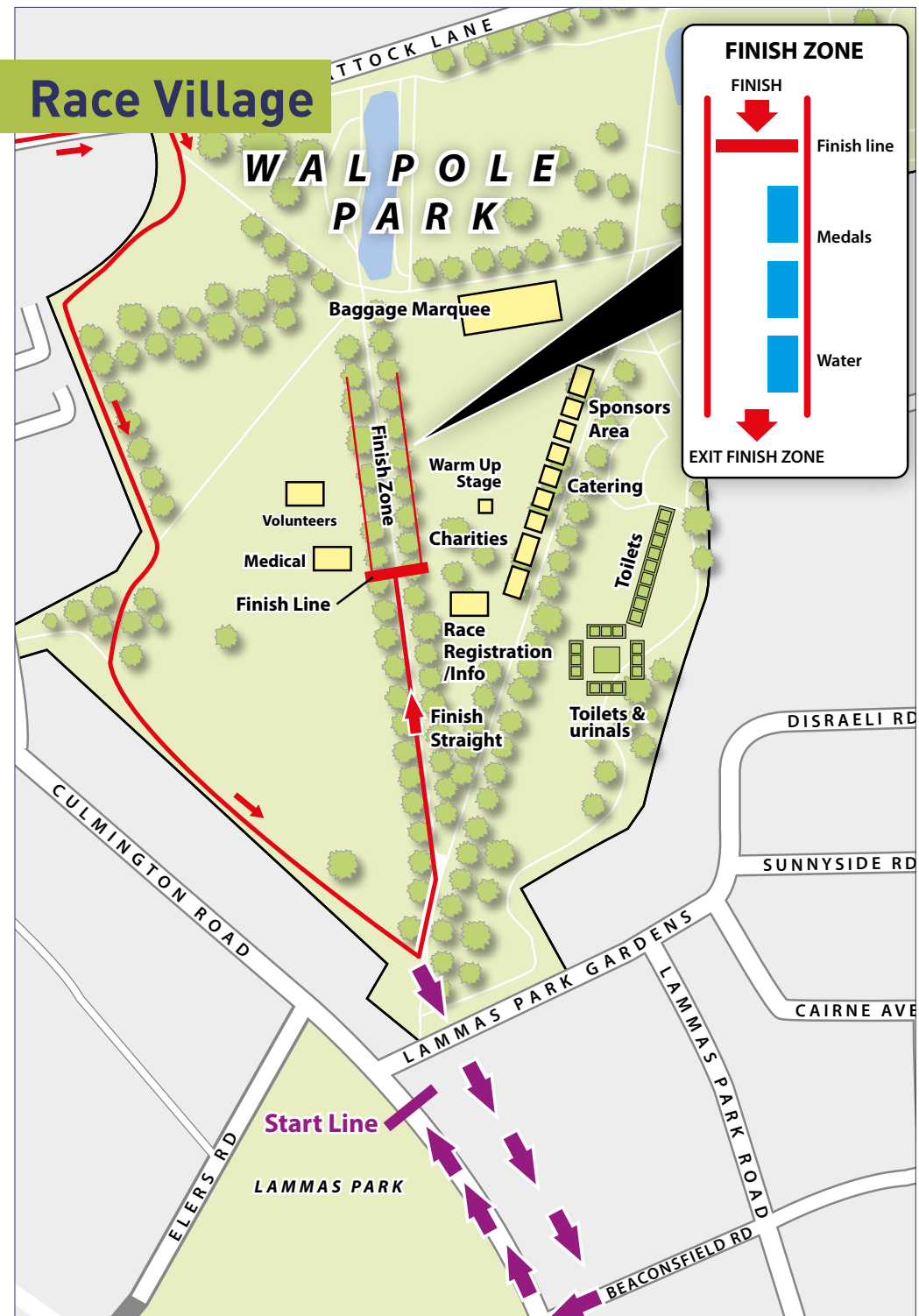
After you cross the finish line, **you must keep moving forward** to avoid impeding other runners in their sprint finish. After finishing you will progress through the finish zone, which is accessible to runners only, where you will:

- Be given an Ealing Half Marathon 2025 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.



Race Village



Public Transport

The Race Village 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 for more details: www.journeyplanner.tfl.gov.uk

Rail

Elizabeth Line and Mainline from London to Ealing Broadway Station which is a 13 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 may not be operational on Sundays.

PLEASE NOTE: Sunday 28th September will see engineering works impacting the Piccadilly line between King's Cross and Osterley / Uxbridge. This will result in no Piccadilly line service through South Ealing station. Northfields station on the Piccadilly line will continue to operate as normal.

Ealing Broadway will continue to operate as normal with Central, District and Elizabeth line services.

Please make sure you check your route before heading to the event.

Bus

Route 65 (Richmond-Ealing) – alight at Bond Street, which is a 5 minute walk from the Start/Finish area

Route 207/483 (Hayes-White City and Windmill Lane - Harrow) – alight at Ealing Police Station which is a 7 minute walk from the Start/Finish area.

Route E2 (Greenford-Brentford) – alight on the Uxbridge Road which is adjacent to the Start/Finish area.

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 Village. Road closures will come into effect before the start of the event and there will be no parking on the roads surrounding the Race Village.

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 Village. These car parks require payment even on Sundays so please ensure you have some coins handy.



Be a High-Vis Hero!

You don't have to be a runner to enjoy Ealing's biggest event of the year. Each year, hundreds of volunteers get involved and have a great time making the iconic Ealing Half Marathon such a wonderful success for the runners and spectators alike, resulting in us winning the accolade of the Number One Best Half Marathon three years in a row.

Each year we need about 600 volunteers to make this event as great as it is. You can volunteer right after the 2025 event for the following years race.

We'll be putting together a volunteer team of almost 600 people, looking after the race village in Walpole Park, and out on the roads of Ealing guiding the runners and helping local residents. It's a fun & rewarding experience for all and we'd love you to get involved! You will need to be able to give between 4 to 6 hours on the day depending on where you are volunteering.



Reasons to volunteer:

Not only is it a great community event to take part in but each registered volunteer who completes their role gets a breakfast roll, drink and a FREE RACE PLACE for the following years event (this must be claimed by the 31st December otherwise you will miss out) so it's a great incentive.

HERE IS A GUIDE TO NEVER PAYING FOR ANY OF OUR RACES BY VOLUNTEERING...

Step 1. Volunteer and earn a FREE race place.

Step 2. Run the following like for like race.

Step 3. Repeat step 1 & 2.

Simple as that. Volunteer one year, run the next. Never pay. Run FREE!

Does your company do a volunteering scheme?

We would love to have you at our event, we can take teams as well as individuals so get in contact and we'll be happy to discuss your company getting involved. Email us at info@ealinghalfmarathon.com

Still want to help but can't volunteer?

How about sharing a tweet/Facebook post for us throughout the year? Just copy paste the following:

RUN FOR FREE! Be a High-Vis Hero. Volunteer at Ealing Half Marathon and get a free place in the following years race, register now at: www.ealinghalfmarathon.com/volunteer





Your new Mercedes-Benz
is just around the corner.

Explore the range today.



Visit Mercedes-Benz of West London to find
out more, or call us on 020 8560 2151.

Mercedes-Benz of West London
Great West Road, Brentford, Middlesex, London, TW8 9AH

020 8560 2151 | www.sytner.co.uk/mercedes-benz

UK spec may vary. CLE Coupé: Official government fuel consumption figures in mpg (litres per 100km) for the CLE Coupé range: combined 30.1(9.4)-470.8(0.6). CO2 emissions* from 13-215g/km. CLE Cabriolet: Official government fuel consumption figures in mpg (litres per 100km) for the CLE Cabriolet range: combined 29.1(9.7)-57.7(4.9). CO2 emissions* from 128-220g/km.

CORE.LONDON

PROPERTY ADVISORS

Core.London is thrilled to support this amazing event -
congratulations to everyone taking part in the
Ealing Half Marathon 2025!

Core. London is a
unique advisory model
with a contemporary,
creative approach.

Founded by
Joseph Murphy.



Sales
Lettings
Property Management
New Homes
Land and Development
Buying Agent
Commercial Sales
Commercial Leasing

Scan the QR code to see
an example of our content
and what we could create
for your property.



t. 020 8226 5050 e. hello@core.london w. core.london

From start to finish

Our Events Cleansing Team will ensure your event site looks like a real winner, from start to glorious finish.

We take care of all aspects of event cleanliness, from pre-event deep cleans to meticulous post-event clear-ups, and we can be on hand, on site throughout.

Photo credit: Jake Bush



EVENTS CLEANSING SERVICES

- Litter picking and on-site waste collection
- Street & pavement cleansing
- Graffiti removal
- General & recycling bins supply & emptying
- Food waste collection & management
- Pavement & bin washing

Request a quote at greenerealing.co.uk



Visit The Globe, one of Brentford's most respected establishments.

Proud to support Ealing Half Marathon



Fabulous Sunday carvery

Venue hire for special occasions

Beer Festival on Sunday 28th September!

www.theglobebrentford.com

Also visit our sister pubs:
www.castleealing.co.uk | thekingsarmsw5.com

DARE TO RUN



POWERED BY

AVANT

NATURAL MINERAL WATER

YOUR RACE. YOUR PACE. EALING'S ENERGY

EALING HALF MARATHON

WWW.AVANTWATER.CO.UK

Thank you!

We're thrilled to be a charity partner for this year's Ealing Half Marathon!

Shooting Star Children's Hospices support families who have a baby, child or young person with a life-limiting condition, or who have been bereaved, across north-west London, south-west London and Surrey.

Find out more about our vital work and how you can support us by visiting shootingstar.org.uk



Shooting Star
children's hospices



LONDON
PILATES4U

Where people get stronger.

Transform your body, one session at a time.



Newly refurbished Boston Manor studio:
20 Boston Parade, Boston Road
W7 2DG

River side Kew Bridge studio:
Unit 13, 8 Kew Bridge Road
TW8 0FJ



Let's get you moving

Congratulations to all the movers at today's Ealing Half Marathon.

At **hiizzy** we help you with a different kind of move, selling your home easily and confidently, and on your own terms.

That's no agents, no barriers, and no commission fees. Just you, your home and total control. So let's get moving.

Visit hiizzy.com

Sell your home with
hiizzy

UP & RUNNING
EST. 1992

x

g



Up & Running East Sheen
Free gait analysis. Expert advice.
Perfect running shoes - for every level.

Visit us at:
184 Upper Richmond Road West
East Sheen, London SW14 8AN

6 REASONS TO STEP INTO STORE



Free in-store
gait analysis



Expert advice
in-store & online



Family run
since 1992



Stores
nationwide



Fun, free & friendly
weekly 5k runs



Award-winning
customer service

15% OFF

IN STORE WITH RACE
CONFIRMATION.

UPANDRUNNING.CO.UK



Join Team Macmillan!

The official headline charity partner for the Ealing Half Marathon 2025.

- ♥ A free Macmillan running top
- ♥ A massage at the end of your run
- ♥ Exclusive training plans by England Athletics
- ♥ The chance to help us close the cancer care gap for 3 million people living with cancer across the UK

Click [here](#) to set up a JustGiving page and start fundraising today!

OR

Make a difference your own way with a [one off donation](#) to Macmillan

Proud to Sponsor the Ealing Half Marathon 2025

BEST RATE
REMOVALS & STORAGE

**HOME & OFFICE REMOVALS
STORAGE & PACKAGING SUPPLIES
DISPOSALS & HANDYMAN**



GOOD LUCK EVERYONE!

Just like a successful move, it takes planning, persistence, and the right support to reach the finish line - and you've got this!

DISCOUNT 10%
On your next move




Tel.: 0208 991 1277
www.bestrateremovals.co.uk
office@bestrateremovals.co.uk

Thank you so much to all our runners taking part in the Ealing Half Marathon.

Together we can make a difference for our community!

“ I’m a patient at Meadow House Hospice regularly. I’ve always had great admiration for the NHS and Meadow House stands at the pinnacle of dedication and kindness. ”



PITZHANGER
MANOR & GALLERY

EXPLORE EALING'S CULTURAL GEM

Art Exhibitions
Experience exhibitions by world-renowned artists like Howard Hodgkin that connect the past and present.

Historic House
Discover a restored neoclassical gem and learn about Sir John Soane's visionary design, right in the heart of Ealing.

Activities
Join workshops, talks, and events designed for all ages, sparking creativity and debate.

Stay Connected with Ealing's Cultural Hub!
Subscribe to our newsletter and be the first to know about upcoming exhibitions & events.
Scan QR Code or visit pitzhanger.org.uk to sign up today!

ART • ARCHITECTURE • DESIGN • CAFÉ • SHOP

Ealing, Greater London, W5 5EQ
5-minute walk from Ealing Broadway Station

Best of luck to everyone running the Ealing Half Marathon 2025

Looking for a unique way to celebrate your race? Why not add your name and time to my illustrated map print of the Ealing Half Marathon route.

FREE*
UK delivery
when you
order at
my stall

Visit my website or find my stall with all my West London prints, cards and tea towels in the Race Village.



* Only available on 28/09/25 for Ealing Half Marathon illustrated prints

ILLUSTRATIONS INSPIRED BY WEST LONDON
www.charlotteberridge.com

WESTSIDE BROADCASTING **LIVE** FROM EALING HALF MARATHON SUNDAY 28TH SEPT

Live race updates from Westside's Noha & Dan who will be running in the event.

Live reports from the start and finish line from Community News presenter Clara.

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



Ealing
HALF MARATHON



LONDON 89.6FM | THISISWESTSIDE.COM

Run Eating Run

SAVE 15%

CODE:
EHM15

At KitBrix, we know the dedication it takes to get to the start line, and we're cheering you on every step of the way. To celebrate your achievement, enjoy 15% off full-price items with code EHM15. Train hard, race smart, and stay organised with KitBrix.

KITBRIX

LIFE RIGHT RADIO

100%

Ad-free

Broadcasting from
WEST LONDON
Listened to
WORLDWIDE



**LISTEN ON YOUR
PHONE, ALEXA
OR OUR WEBSITE**



LIFERIGHTRADIO.COM

The Mile Series

The Ealing Mile is held on the first Friday of most months in Lammas Park, Ealing at 12:30pm (please check the registration page to see which months are being hosted). 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



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

A massive THANK YOU to each and every one of our 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 12 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.

And if you volunteered, we might see you next year running using your free volunteer Ealing Half Marathon place! Please make sure to use your code which will be sent in October via email, by **31st December 2025**. These codes cannot be transferred to or used by another person or deferred until the following year. They are a thank you specifically for you and your hard work.

The #100Club:

The Globe, Brentford

Plank PR

Redeemer Church London

Running Cards UK

LifeRight Radio

Hanwell Hootie

Brentford Festival

Hanwell Carnival

Also:

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

Ealing Eagles Running Club

GoodGym Ealing

pladis

Ecowood Moves

Hanwell Community Centre

Katy Dawkins Graphic Design

London Ambulance Service

London Fire Brigade

Metropolitan Police Service

LifeRight Radio

Top Gear Sounds

Hanwell Hootie

Hanwell Carnival

Run Britain

Standard Signs

UK Athletics



Race Organiser

Race Director Sandra Courtney

Email: info@ealinghalfmarathon.com

EalingTM

HALF MARATHON 2025

www.ealinghalfmarathon.com

#EalingFeeling



@ealinghalf



ealinghalf