

BLACKHEATH AND BROMLEY HARRIERS AC
PRESENT
THE TED PEPPER MEMORIAL 10K RACE
(and children's fun run)
AN OPEN RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS
UNDER UK ATHLETICS RULES

MONDAY 6th MAY 2019, 10.00 AM START

UKA LICENCE NO: pending

Venue: Norman Park Athletics track, and the surrounding countryside.
Hayes Lane, Bromley BR2 9EF

[ENTER ONLINE via runbritain.com website](http://runbritain.com)

£12.50 UKA affiliated, £14.50 unaffiliated

£20 late/on the day if available

The race recalls Ted Pepper, a Blackheath Harrier (as we were previously called) who died in the 1978 Three Peaks race in North Yorkshire, having represented his club with distinction on the road, track and cross country.

Course records: 34:32 Andrew Rayner (SM), 39:12 Clare Elms (F50)

Number collection at race HQ: Your number will be available for collection on the day. SCVAC members will have age-group numbers on their backs which will also be available to collect on the day.

Travel:

By Road

- From West Wickham Station, take Station Road, Beckenham Road to South Eden Park Road
- From Westerham/Biggin Hill, A233 to Keston Mark, turn left onto A232 to West Wickham.
- From Bromley or Beckenham to Chinese Garage.
- From Croydon, A232 East to West Wickham.
- From Orpington, A232 West to West Wickham
- From M25, Junction 4 (A21) to Farnborough, then west onto the A232 to West Wickham.

Parking: There is reasonable parking available within the park although this will be subject to other park users. Additional street parking is available in surrounding streets.

By Train:

Hourly from London Charing Cross on the Hayes Line to Hayes Station. Norman Park is approximately 1 mile from Hayes Station and can be reached by catching the 119 bus from outside Hayes Station to outside the entrance to Norman Park.

Trains also run regularly to Bromley South from London Victoria and various southern train stations. Norman Park is approximately 1 mile from Bromley South Station and can be reached by catching the 119 bus from outside the Station to outside the entrance to Norman Park.

Changing: Limited changing, toilets and showers are provided within Norman Park Race Track. There are additional toilet facilities within Norman Park.

The Start: is at 10.00am on the track at Norman Park. Runners will complete 1 and a half laps of the track before leaving the track area and entering the park and surrounding areas. The race will also finish with three quarters of a lap of the track.

The Course: Off road 10km: 1 lap – out and back, almost flat, marshals, kilometre/mile markers, water station at the 2m/4.25m and start/finish.

- Start on the track with 1 and a half laps before leaving the track area by the gate next to the children's playground in the park
- Round the park, via the river route, to the top corner of the park
- Out of the park and round the field opposite Bromley College and into Rookery Lane.
- Along Rookery Lane, past the trout farm and turn left past Brook Wood towards Barnet Wood.
- Past the water station at the end of George Lane and Bolde Wood to Bromley Cricket Club.
- Follow the circuit of fields around and back to the water station where the route follows itself back.
- On the return journey through the park runners will not detour around the river but will run straight down the tarmac road.

The course is generally flat and is good going unless it rains in the preceding days in which case it can become muddy. If the weather is good, running flats are recommended. If the weather is bad we recommend studded shoes. Spikes are not recommended as there is some tarmac along the route. The course has been accurately measured.

Awards: Prize presentation will take place at Midday at the track

- Winner: Edward Pepper Memorial trophy (Perpetual Trophy)
- Prize categories: 1st, 2nd and 3rd Male, 1st, 2nd and 3rd Female, 1st Male Vet 40+, 1st Female Vet 40+
- Note; No runner will receive more than one such prize
- Spot prizes
- SCVAC Members only: Individual medals in 5 year age groups.

PLUS: MEMENTO TO ALL FINISHERS

Results: Displayed on Race day and available afterwards on the Blackheath & Bromley Harriers AC website at www.bandbhac.org.uk and www.nice-work.org.uk/races/TedPepper10k/2019

Water: The water station is situated at the 2m/4.25m and finish. Refreshments will be available at the track.

Baggage: can be left within the track area at your own risk. Blackheath & Bromley Harriers AC and Norman Park Athletics track cannot accept any responsibility for any items left.

Children's Race: We have a children's fun run which will be open to children of any age, subject to entry fee of £3 & their ability to complete the course. Entry is at the discretion of the officials of Blackheath & Bromley Harriers AC. We aim to provide a fun event the children can enjoy. All finishers will be presented with a medal. There will be no other prizes awarded.

SAFETY

We hope that you have an enjoyable race and wish to remind you that your safety is paramount. The course includes the local park and surrounding areas used by other members of the public – this includes dog walkers, cyclists, horse riders and children. We will do all we can to ensure that this doesn't detract from your race performance or enjoyment but we ask that you take care. Please ensure that you obey all race officials instructions – they are there for your safety. Please do not wear earphones at any time during the race. Dogs are not permitted to take part in the race. The course is not suitable for wheelchairs.

Race Director

For enquires and any comments on the race please contact the race director:
David Beadle, email: tedpepper10k@btinternet.com phone: 07748 301675