



# The Orpington Marafun

Saturday, 12<sup>th</sup> May 2012



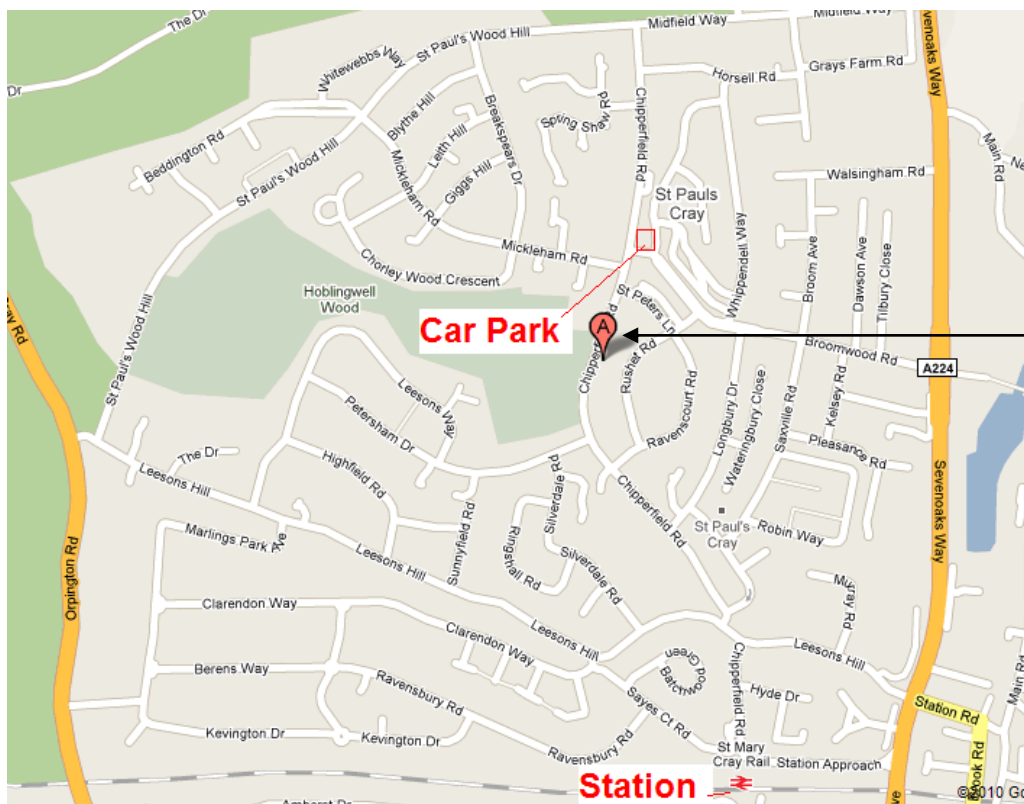
Dear Mara-Funner,

Thank you for registering to take part in the Orpington Marafun on 12<sup>th</sup> May, 2012. Please find enclosed the route map and instructions. Your race number will be issued when you register on arrival and must be worn on the front of your shirt during the event. **Please write your name, details of any health problems or medication, and name and phone number of a friend or family member who can be contacted in an emergency on the reverse of your race number where there will also be a label with the Marafun emergency phone number.**

**Location:** All events start and finish at the King's Centre, 159 Chipperfield Rd, Orpington, BR5 2PZ (marked 'A' on the map below).

**By car:** There is a public car park at the junction of Chipperfield Rd and Cotmandene Crescent and free parking on roads nearby. Please park considerately and don't block driveways. Allow extra time to find a space. **WE ARE EXPECTING TRAFFIC CONGESTION DUE TO ROADWORKS IN THE AREA SO LEAVE EXTRA TIME FOR YOUR JOURNEY.**

**By train:** St Mary Cray station is half a mile away. **By bus:** Buses R1, R11 and B14 stop nearby.



A= King's Centre  
159 Chipperfield Rd,  
Orpington, BR5 2PZ

**Reception** will be clearly signed in the King's Centre. Mara-Fun officials will check your registration and you may give them your personal belongings such as your car keys to look after. *Please do not bring valuable items as these will be left at your own risk.*

**PTO**

## Check in and start times

<u>Event</u>	<u>Latest check in time</u>	<u>Event starts</u>
Marafun run (26 miles)	10.15 am	10.30 am
Half-marathon <u>walk</u> (13 miles)	10.15 am	10.30 am
Half-marathon <u>run</u> (13 miles)	12.45 pm	1.00 pm
10k run	1.45 pm	2.00 pm
2k run / walk	2.15 pm	2.30 pm
4k run / walk	2.45 pm	3.00 pm

**Course:** The marathon, half-marathon and 10k events are on the roads around Orpington (marathon is 2 laps). The 2k and 4k events are held on the sports field opposite the King's Centre.

**Completion:** As you finish, hand the tear-off slip from your race number to the marshals inside the gate at the King's Centre. We will endeavour to record times and positions accurately, but you are welcome to submit a confirmation time-slip and put it in the box provided.

### Facilities

The course will **be signed and marshalled**, and there will be a roving marshal in a car regularly checking all participants are OK. There are regular refreshment points and toilet facilities around the course, as well as at the King's Centre.

**St John Ambulance** will be on stand-by at the King's Centre.

**Water, tea, coffee, squash and pastries or cakes** will be available at the King's Centre - please bring a small contribution towards these refreshments. There will be home-made cakes and a range of Kenyan jewellery for sale too. .

### Registration Fee

This year, there is no registration fee, but we ask you to consider making a voluntary donation to offset the cost of the event. The proceeds will go to help orphans and street children in Kenya. Suggested donation levels are £15 for road events, and £3 for field events. Make a donation via <http://www.justgiving.com/Marafun2012> Donation envelopes will also be available at Reception.

**T Shirts:** A range of specially designed event T shirts is available from <http://www.marafun.co.uk/tshirts.htm> – order early to make sure you receive it in time.

### Final Tips!

- **There are many road crossings and trip hazards – take extreme care at all times.**
- Bring a mobile phone so that if you have any problems on the course you can ring us on the emergency number attached to your race number. A Marafun or St John Ambulance official will come to you asap. **In case of extreme emergency, dial 999.**
- Don't forget to bring waterproofs and something warm to put on afterwards
- **Check out the course on the Marafun website.**
- Results and photos will be posted after the event on [www.marafun.co.uk](http://www.marafun.co.uk)

We are looking forward to seeing you on the day! If you need more information visit [www.marafun.co.uk](http://www.marafun.co.uk), or contact Martin Print on [marafun@footstepsinternational.org](mailto:marafun@footstepsinternational.org) or 01689 828166.

The Orpington Marafun Team

The Orpington Marafun:

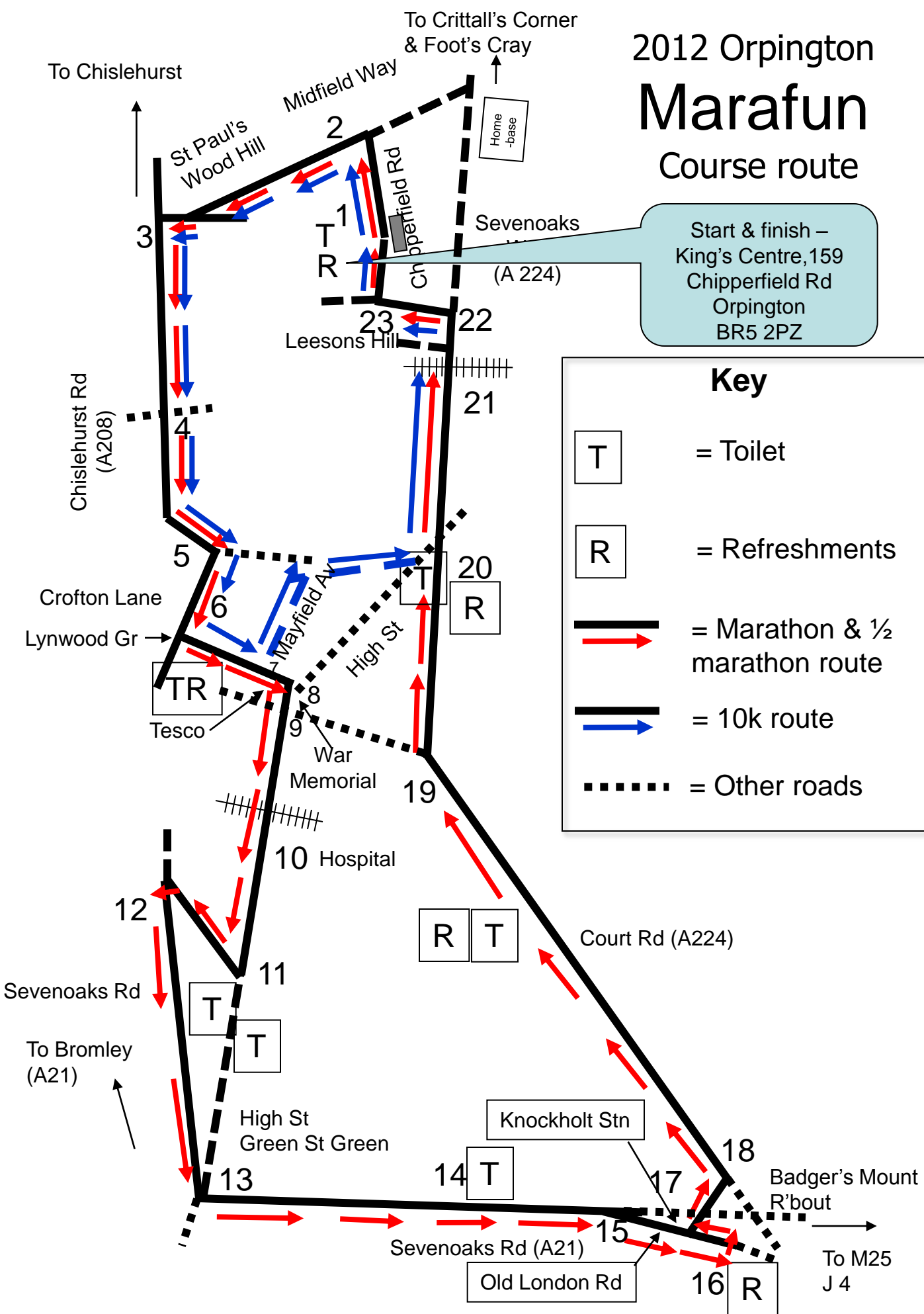
Organised by Footsteps International - Registered Charity 1091026 , the Rotary Club of Bromley and King's Church St Paul's Cray.  
[www.footstepsinternational.org](http://www.footstepsinternational.org)

# 2012 Orpington Marafun Course route

Start & finish –  
King's Centre, 159  
Chipperfield Rd  
Orpington  
BR5 2PZ

**Key**

- T = Toilet
- R = Refreshments
- = Marathon & ½ marathon route
- = 10k route
- ⋯ = Other roads



# Orpington Mara-fun, 12<sup>th</sup> May 2012

Course route (see [www.mapmyrun.com/s/routes/view/map/25046468](http://www.mapmyrun.com/s/routes/view/map/25046468) and [www.mapmyrun.com/routes/view/26452096](http://www.mapmyrun.com/routes/view/26452096) (10k))

Start and finish: The King's Centre, 159, Chipperfield Rd, Orpington, BR5 2PZ

Half-marathon = 1 circuit ★ Full marathon = 2 circuits ★ 10k = short circuit (note red instructions)

1. From the start at King's Centre, proceed north along Chipperfield Rd for 500 yards.
2. Turn left at the T-junction onto St Paul's Wood Hill and continue up the hill for 1 mile.
3. At the T-junction, cross the road and continue directly ahead along the footpath through the woods until you re-join the pavement on Chislehurst Rd; continue for ¾ mile.
4. Pass straight over the Poverest Rd roundabout and continue for ½ mile.
5. Turn right into Crofton Lane and continue for 300 yards.
6. Turn left into Lynwood Grove. Toilets and refreshments available at 79 Lynwood Grove. Continue for 500 yards.
7. At Mayfield Rd /St John's Church, continue for ½ mile towards the High St (**10k runners turn left down Mayfield Rd for ½ mile then turn right at the T-junction into Perry Hall Rd. Continue for ¾ mile (now go to point 20 on these instructions).**)
8. 30 yards before Orpington High St, turn right into Augustus Lane and continue for 100 yards past Tesco and cross over Station Rd at the pedestrian crossing by the War Memorial roundabout.
9. Continue onto Sevenoaks Rd (A223), and continue for 600 yards passing under the railway bridge.
10. Pass Orpington Hospital on your left and continue for about 1 mile. Stay on the right side of the road.
11. Turn sharp right into Farnborough Hill. Continue for 250 yards to the A21.
12. Cross the A21 Sevenoaks Rd at the pedestrian crossing and turn left. **TAKE CARE – BUSY ROAD!**
13. Continue over the next roundabout and for a further 1 ¾ miles on the pavement.
14. There are toilets available at the petrol station (on the left) at the Pratt's Bottom roundabout. Continue for ½ mile.
15. Continue along the footpath on Sevenoaks Rd, taking the small service road to your right which passes in front of houses and runs parallel to the main road. The path leads you out onto the old Sevenoaks Rd. Continue for ½ mile past Knockholt Station on your left, until you arrive at a refreshment point.
16. Cross the road at this point and turn back the way you have come for ¼ mile
17. Follow the public footpath up a short, sharp hill and across the golf course following the marker arrows.
18. Turn left onto Court Rd (A224), keeping the golf course on your left. Follow Court Rd for 1½ miles.
19. There are toilets at the BP petrol station on the left. Continue for 1 mile.
20. At the traffic lights at Orpington High St (Carlton Parade), there are toilets available in Priory Gardens. **10k runners re-join the main route here and turn left on to Sevenoaks Way.** Continue for 1 mile.
21. Pass under the railway bridge. Keep on the Sevenoaks Way for ½ mile (there is a petrol station on the right - toilets available).
22. Turn left into Leasons Hill and continue uphill for ¼ mile.
23. Turn right into Chipperfield Road. After 1/2 mile you will arrive at the King's Centre line. If you are doing the full **26 miles**, go back to step 1 of these instructions and complete a second lap. If you have finished your event, well done!! Collect a medal and a drink and have a rest!!

## Marafun Race Rules

We must have contact details for all participants in the case of an emergency.

By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in Marafun to be used to publicise the Marafun and the work of Footsteps International or Rotary.

All participants must write their name and details of any health problems or medication on the reverse of the race number, which must be worn on the front of shirts during the event.

In the case of an emergency the organisers may use the details provided by you to contact your home or office. Any participant unsure of their physical ability to take part in Mara-Fun should take medical advice from a general practitioner prior to the event.

All participants enter this event entirely at their own risk and the organisers shall not be liable for any injury or loss that might occur as a result of their participation other than as a result of negligence.

Absolutely no roller skates/blades are allowed on the course. Children under 12 must be accompanied by a responsible adult at all times. (We strongly advise that all participants and volunteers under the age of 18 are accompanied by a responsible adult at all times). We can take no responsibility for under 18s on the day.

You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Mara-Fun are paid to Footsteps International, Rotary or your chosen charity.

UK Athletics age restrictions apply for road running events:

Age/maximum distances applicable for road running (NB: age on the day of the event)

Under 9	9 & 10	11 & 12	13 & 14	15	16	17	18 & 19	20+
2k	3k	4k	6k	10k	16.1k (10 miles)	25k	Marathon	Unlimited

All participants take part on the basis that:

- They will abide by the law and will follow instructions given by Marafun officials.
- They are good health on the day, and are taking part at their own risk.