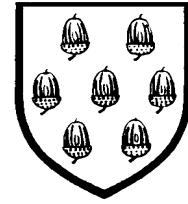


SEVENOAKS ATHLETICS CLUB

20TH SEVENOAKS SEVEN



Sunday 1st September 2013
Start 10.30 a.m.

Under UK Athletics Rules. Race Licence: 2013-105720

Thank you for your entry. If you applied by post your race no. is enclosed but if you applied online it will be sent separately.

Race HQ: At Sevenoaks Rugby Club, Plymouth Drive, at the top of Seal Hollow Road near the centre of Sevenoaks (TN13 3RP or MR TQ533550). See map for details.

Chip Timing: There will be NO CHIP TIMING for 2013. Competitors with race numbers can proceed directly to the start. No need to pre-register.

Car Parking: There is limited parking available at the Race HQ. However, there is ample **FREE** parking available at Buckhurst Lane near the Leisure Centre off Suffolk Way (TN13 1LW or MR TQ532548). There is a connecting footpath to Race HQ at the side of the Leisure Centre.

Please note that the Lady Boswell School gates will be locked at 1 pm. All cars must be removed before then.

Facilities: Changing rooms and showers are available at Race HQ but will be limited for ladies. Please do not leave any valuables behind as the rooms will not be locked during the race.

Refreshments will also be available in the Clubhouse.

Start and Finish: Both Start and Finish are in Knole Park, accessible from the rugby ground and from the Buckhurst car park via the Webbs Alley footpath. **Allow at least 10 minutes** to get from the HQ to the Start because of congestion at the gate entrance. Less agile spectators should use the access from Buckhurst through the Environmental Park or the steeper Webbs Alley footpath, particularly if the grass is wet.

Course: The course remains unchanged from that used in 2012 and is essentially 2 laps on undulating tracks and grassy paths. Competitors should note that some of the tracks are in poor condition and the paths may be uneven. Care should also be taken on the descent of the hill at 2.5 and 5 miles, especially if it is wet. The course also passes alongside one fairway of the golf course (at 1 and 6 miles) and competitors should be aware of the risk of stray golf balls. The route will be marked throughout and marshalled at critical points. A map of the course can be found at www.7oaks-ac.org.uk. The Drinks Station will be passed twice (at approximately 2.5 and 4.8 miles) and mineral water will be provided at the Finish. **Medical:** All runners should ensure they are fit to compete in the race. Medix will be in attendance to provide First Aid.

Trophies to be presented at the Race HQ: All finishers will receive a memento. Trophies will be awarded to the first 3 men, first 3 women, and M40, M50, M60, M70 and F35, F45, F55 veteran categories, as well as the first club teams – Men (4 to count) and Women (3 to count). See Race Notice Board for details.

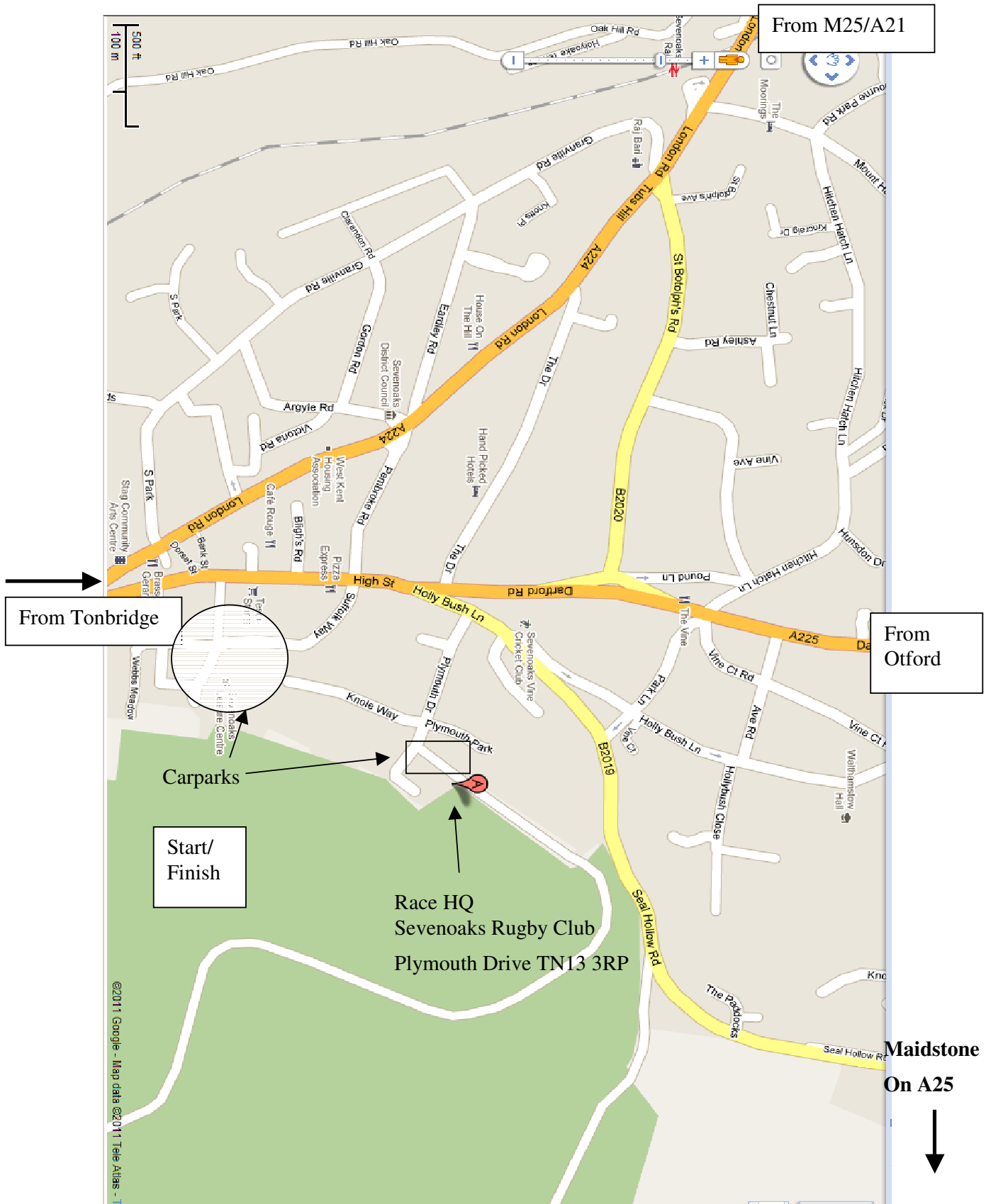
The winners' trophies have been kindly donated by Tim Smith of Bat and Ball Sports, at Godfreys, Otford Road, Sevenoaks. Trophy presentations will commence at about 12 noon.

Results: Results will be posted on our website (www.7oaks-ac.org.uk).

Important: Competitors should wear their Race Number on their front at all times. This number must not be folded, cut or mutilated.



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