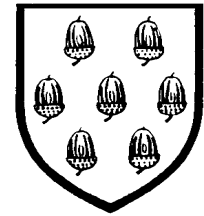




SEVENOAKS ATHLETICS CLUB

23rd SEVENOAKS SEVEN



Monday 29 August 2016
Start 10.30 a.m.

Under UK Athletics Rules. Race Licence: Pending

Thank you for your entry..

Race numbers/Chip Timing: All race numbers, with a chip timing device already attached, will be available for collection on the day from Race HQ

Note: There is no junior race in 2016

Race HQ: 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.

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

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.

There is no formal baggage storage facilities at Race HQ, but members from Sevenoaks Athletics Club will be in attendance at all times. Refreshments will also be available in the Clubhouse.

Start and Finish: Both Start and Finish are in Knole Park, accessible from the back of rugby ground. Alternatively, there is access via Webbs Alley (at the far corner of the Leisure Centre car park).

All runners will need to collect their race numbers from Race HQ. 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 the Leisure Centre car park 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 2014 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 water also will be provided at the Finish.

Medical: All runners should ensure they are fit to compete in the race. St John's Ambulance will be in attendance to provide First Aid.

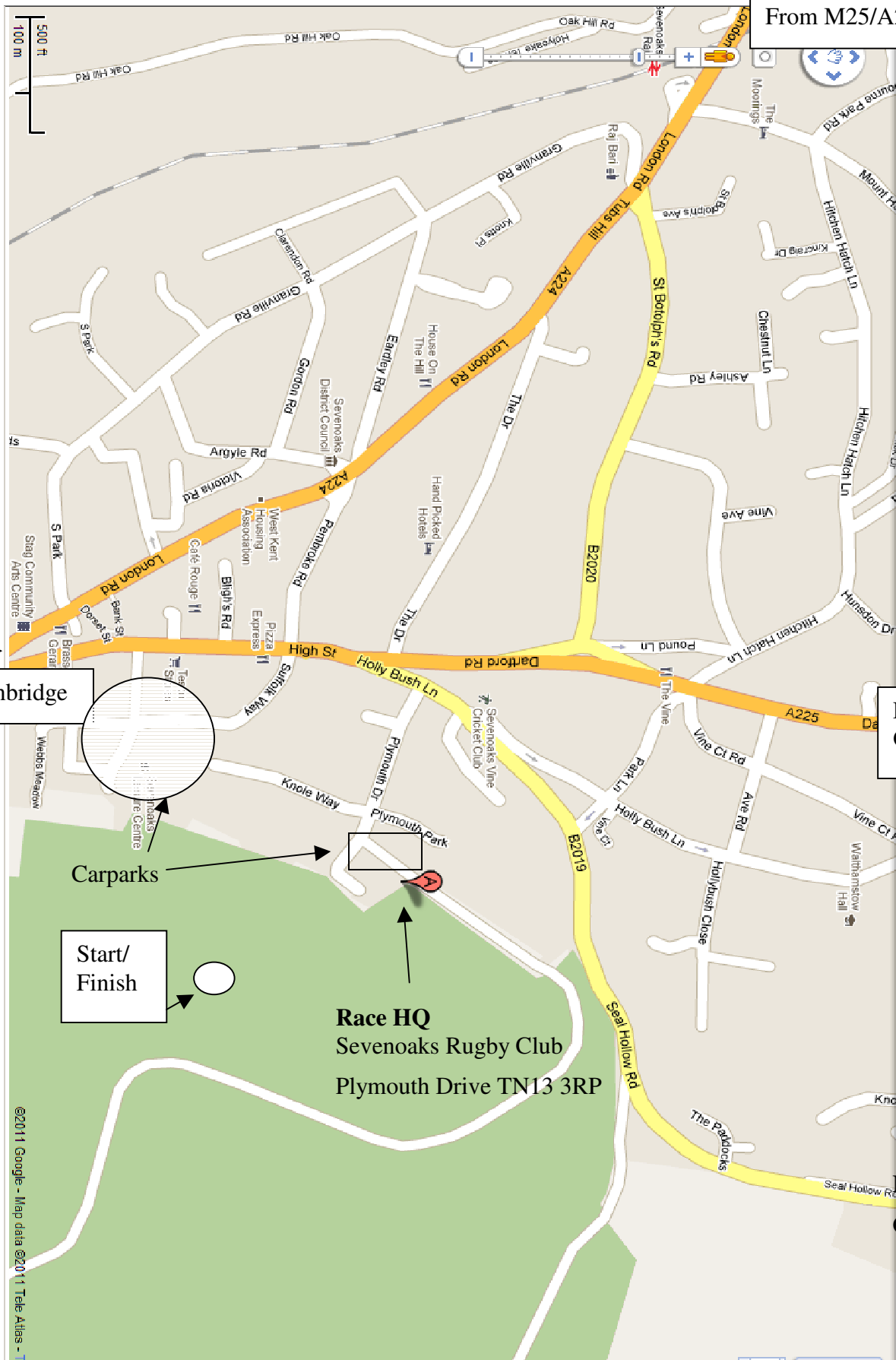
Trophies and Prizes to be presented at the Race HQ: All finishers will receive a medal. Prizes will be awarded to the first 3 men, first 3 women, and M40, M50, M60, M70 and F35, F45, F55 veteran categories, as well as the first club teams – Men (4 to count) and Women (3 to count). See Race Notice Board for details. There will be only one trophy per runner (other than team trophies).

The winners' trophies have been kindly donated by Up & Running, 150 High Street, Sevenoaks. Prize giving 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.

Specialist in running on road, trail & track
UP & RUNNING
150 High Street, Sevenoaks, Kent, TN13 1XE - 01732 743354



From M25/A21

From Tonbridge

From Otford

Start/
Finish

Carparks

Race HQ
Sevenoaks Rugby Club
Plymouth Drive TN13 3RP

Maidstone
On A25



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