



SEVENOAKS ATHLETICS CLUB

26th SEVENOAKS SEVEN

Sunday 14th July 2019
Start 10.30 a.m.



Under UK Athletics Rules. Race Licence: 2019-37786.

Accredited 2019 Kent Grand Prix race status.

Thank you for your entry.

Race numbers/Chip Timing: All race numbers, with a chip timing device, will be available for collection on the day from Race HQ. Competitors should wear their Race Number on their front at all times. This number must not be folded, cut or mutilated.

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. There is also limited **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 are 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 largely unchanged from that used in 2018 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. **Southern Medical Services** 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).

Health & Safety Notice: The course is a challenging run using paths and trails around the picturesque deer park of Knole which is open to the public who will share the paths and trails. The course passes near to Knole House which is a National Trust Property and likely to be busy with visitors on a summer weekend. The only section of the course which is adjacent to the public access road for vehicles will be carefully marshalled. There is a section of the course which passes along one of the fairways of Knole Park Golf Club and which will also be carefully marshalled. Participants must be aware of vehicles, cyclists, horse riders, pedestrians, golfers and deer being on the route. The course will have been inspected for hazards prior to the race but runners are asked to exercise the usual caution when running, to obey the directions of marshals and to take heed of the warning signs along the route.

All competitors are advised to ensure that they are fit to take part, to wear appropriate footwear and clothing and to ensure they are sufficiently hydrated.

Before attempting to race we ask that you make sure you are 100% fit to do so. If you are unsure whether or not you are fit enough to take part in this race, you can refer to information available on the Runners Medical Resource website: www.runnersmedicalresource.com If you believe you are not fit enough to race, please think about the possible serious effects of doing so. If you feel unwell at any time during the race, stop running immediately and summon assistance. All runners are advised to ensure that they have warmed up adequately to help to prevent injury.

As the race takes place in July, runners should take care in hot and sunny conditions that they are adequately protected from the sun, including wearing a cap and sunglasses and applying a high-factor sun cream on exposed skin and that they drink plenty of water before, during and after the race.

The race is taking place in a deer park and so participants should be aware of the risk of ticks and are encouraged to check all areas of exposed skin and to seek medical assistance if they locate a tick.

Finally, on Race Day all participants should complete the medical information on the reverse of your running number before pinning it to your running vest. Pens are available at the Race HQ for this purpose.



