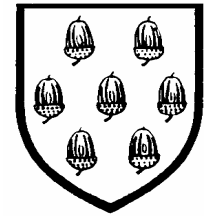


# SEVENOAKS ATHLETICS CLUB

## 14TH SEVENOAKS SEVEN



Sunday 13th May 2007  
Start 10.30 a.m.

Under UK Athletics Rules. SEAA Permit No. 7330

Thank you for your entry. Enclosed is a map showing directions to the Race HQ and your Race Number. No further registration is necessary.

**Race HQ:** At Sevenoaks Rugby Club, Plymouth Drive, at the top of Seal Hollow Road near the centre of Sevenoaks.

**Car Parking:** At the Race HQ and the adjacent Lady Boswell School, as directed by the marshals. When full, plenty of further parking is available at Buckhurst Lane near the Leisure Centre off Suffolk Way. Use the footpath (see map) to return direct to the HQ.

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 in the Clubhouse 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. **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:** Basically 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 and 5 miles, especially if it is wet. The route will be marked throughout and marshalled at critical points. The Drinks Station will be passed twice (at approximately 1.5 and 4.5 miles) and mineral water will be provided at the Finish. **Medix** will be in attendance to provide First Aid.

**Trophies and Prizes:** All finishers will receive a medal. Prizes will be awarded to the first 5 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 also be an award to the overall winner by W.A.V.A. age graded tables and Spot Prizes.

In the event of an individual qualifying for an open and a vet's prize, the greater value prize will be awarded and the next finisher in either the open or the vet's category, as applicable, will receive the other prize.

The winners' trophies have been kindly donated by Tim Smith of Bat and Ball Sports, at Godfreys, Otford Road, Sevenoaks. A full prize list will be on display at the Race HQ. Prize giving will commence at about 12 noon.

**Course Records:** In addition, there will be a Bonus Prize of £50 for a new Course Record. The current records are – Men: David Girbede 35mins 52secs; Women: Alison Fletcher 41mins 43secs.

**Results:** Results will be posted on our website ([www.7oaks-ac.org.uk](http://www.7oaks-ac.org.uk)) or may be ordered by addressing an envelope and leaving £1 at the Race HQ.

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

**Junior Race:** There will be a 2500m race in Knole Park for Juniors aged 11 to 16 years (on the day) starting after the main race at 10.35. Entry on the day only at the Race HQ. Fee £2.00.



Otford Road, Sevenoaks, Kent. TN14 5EG  
Tel: (01732) 749675 Fax: (01732) 740438