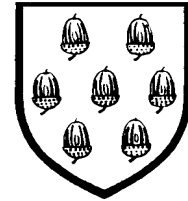


SEVENOAKS ATHLETICS CLUB

17TH SEVENOAKS SEVEN



Sunday 9th May 2010
Start 10.30 a.m.

Under UK Athletics Rules. Race Licence No. 2010-100498

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. 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 (TN13 3RP or MR TQ533550). See [map](#) (<http://www.7oaks-ac.org.uk/WebPages/7oaks7race/MapDirections.pdf>) for details.

Car Parking: Limited 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 (TN13 1LW or MR TQ532548). 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. Pre-registered runners can access the start directly 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 2009 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 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 also be an award to the overall winner by WMA age graded tables.

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.

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.

Junior Race: There will be a 2500m race in Knole Park for Juniors aged 11 to 15 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