

Dear {FIRST NAME} {LAST NAME}

Thank you for your entry to the Sevenoaks 7 on Sunday 10th July 2022. **Start 09.00am.**

We hope that these event notes will be helpful in preparation for Race Day and suggest you may want to keep a copy until after the race.

Race organiser and licence

The race is organised by Sevenoaks Athletics Club (www.7oaks-ac.org.uk.) and will take place under UK Athletics Rules. Race Licence: TBC

The race is sponsored by Up & Running, Sevenoaks (<https://upandrinning.co.uk/sevenoaks>) and will raise money for the Dame Kelly Holmes Trust (<https://www.damekellyholmestrust.org>) to help disadvantaged youngsters get their lives on track.

Race HQ

The race HQ is Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks, TN13 3RP. It is located at the top of Seal Hollow Road near the centre of Sevenoaks (MR TQ533550). See map for details.

Start Time

The race starts at 09:00am.

Car parking

There is a small amount of parking available at the Race HQ. There is also FREE parking available near the Sevenoaks Leisure Centre on Suffolk Way (TN13 1LW or MR TQ532548) at the "Buckhurst 1 and 2" car parks. There is a connecting footpath to Race HQ at the side of the Leisure Centre (this gate will be locked after 1pm). We advise you arrive early to ensure no last-minute parking problems. At the request of our hosts, Knole Estates and The National Trust, we ask that participants and their supporters **DO NOT** park at the Knole Park National Trust car park. Please note that the gates to the Knole Park National Trust property are closed until 10am in any event.

Facilities

Changing rooms and showers are available at Race HQ. 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, although any baggage is left there at the owner's risk. Refreshments will also be available in the Clubhouse.

Start and Finish

The Start/Finish area is in Knole Park, on "The Gallops" below Knole House and is accessible through a narrow gate into the park from the rugby field at the back of the Race HQ. Alternatively, there is access via Webbs Alley below the Leisure Centre. These access routes will be signposted and marshals will be in attendance to point out the way.

All runners must collect their race numbers from Race HQ. Allow at least 15 minutes to get from the HQ to the Start because of congestion at the gate entrance. Less agile spectators and those with children in prams should use the access via Webbs Alley.

Race Timing

Sport Systems will be timing the event. We will provide runners with a “Personal Time” calculated from when the runner crosses the start line to when the runner crosses the finish line – this is sometimes called chip to chip timing. We will also provide a “Race Time” calculated from when the race is started to when the runner crosses the finish line – this is sometimes called gun time. As set down by the UK Athletics Rules, the results and prizes will be determined in Race Time order.

Race Numbers, Chips and Race Information

Race numbers, chips and race-specific information will be available to pick up on Race Day from the Race HQ. Please allow plenty of time to do this and note that it takes at least 15 minutes to get from the Race HQ to the Start. Important: Competitors should wear their Race Number on their front at all times. This number must not be folded, cut or mutilated. Sport Systems will forward your details to the race organisers to process.

Course

The 7 mile race takes place entirely in Knole Park 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 steep hill at miles 2 and 6, especially if it is wet. 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 three times (at miles 1.5, 4 and 5.5) and water also will be provided at the Finish.

Medical

All runners should ensure they are fit to compete in the race. An ambulance providing First Aid services will be in attendance.

Headphones

Under UKA rules the use of headphones is prohibited.

Junior Race

There is a 2.5k Junior Race for 9 to 15 year-olds. Entry is on Race Day at the Race HQ. The Junior Race will take place entirely on “The Gallops” from the Start/Finish area shortly after the start of the 7Oaks7.

Medals

All finishers of the 7Oaks7 and the Junior Race will receive a medal at the Finish.

Trophies and Prizes

Trophies will be presented at about 11am at the Race HQ and 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). Trophies will also be awarded to the first 3 boys and first 3 girls in the Junior Race. 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 (<https://upandrinning.co.uk/sevenoaks>).

In addition “spot prizes” will be randomly awarded to finishers of the 7Oaks7 and Junior Races.

Results

The results will normally be posted on the results section of www.sportsystems.co.uk shortly after the race; we aim to do this before leaving the venue. Results and on-course photos will also be posted on the Sevenoaks Athletics Club website (www.7oaks-ac.org.uk) within 48 hours after the race.

How do I know if I am entered?

There is a link to a live entrants list for each of our on line stores so you can check your name is there and eye up the competition! Postal entries will also appear in this list, but if someone enters via another on line site they will not appear there. If you have entered and your name is not on the list, please contact us by emailing enquiries@sportsystems.co.uk.

What happens if I can't take part?

We're afraid that for health and safety and administrative reasons entries are non-refundable.

Covid-19

The 7Oaks7 and Junior Race will be organised and run:

- (i) subject to Government laws and regulations in respect of social distancing, health and safety in force on Race Day;
- (ii) in accordance with the guidelines of UK Athletics in respect of the organisation and running of multi-terrain middle distance races, before, during and after the Race*; and
- (iii) in compliance with any terms of use of Knole Park and the Race HQ imposed by our hosts, Knole Estates, The National Trust and Sevenoaks Rugby, respectively.

* At the time of preparation of these event notes we are still awaiting updated UKA guidelines; however, we expect them to be similar to those published by Run Britain in July 2020, which can be accessed via this link: <https://www.runbritain.com/covid-19-uk-road-race-guidance>

Good luck with your training and have a great run.

The Sport Systems Team