

Trail runs 2017

I hope you are enjoying the 2017 trail runs. So far this year we have been to: -

Ide Hill South – 9 miles
Lullingstone – 8 miles
Ide Hill North – 6.5 miles + 5.5 miles
Hildenborough – 7.5 miles
Kemsing – 9.7 miles

They are all nice routes. Please feel free to use them as informal group runs any time.
(I know that some are already doing this)

In a slight change to the previously announced schedule, the next runs will be: -

July 16th - Penshurst Place.

Scenic routes of 7.5 miles and 10.5 miles. Quite flat.
Optional coffee after in Porcupine Cafe

August 13th - Westerham.

Meet in Darent Car Park on A25 just on Sevenoaks side of
Westerham.
Undulating routes of 6 miles and 9.5 miles. Great views. Nice big
hill on long route!
Optional coffee after in Westerham.

Sept 24th - Knockholt Church.

Scenic route along the North Downs Way and then to Cudham and
back. 9 miles. Great views of central London.
Optional coffee in Coolings (to be confirmed)

All runs start at 9 a.m.

Please arrive in time to register and warm up before the start.

Everyone welcome. These are great sociable group runs.

Each route will have a run leader who has a map & route description (or knows the route) so that no-one gets lost (hopefully!)

The rest of the year has yet to be planned, but provisionally a competitive trail sprint from Lullingstone on Sunday Dec 10th followed by optional brunch in Visitor Centre. (provided there is no KFL race that day) More details later.

p.s. Sunday July 30th. Don't forget that Grace and Anna will be leading a 12.5-mile lap of Bewl Water starting at 10a.m. from the visitor centre and followed by a club picnic. Everyone welcome for the run, picnic, or both. (bring your own food and drink)
Hope to see you all there.

Jim Knight. July 2017