

EVENT PLAN

Race Title / Location: Sevenoaks 7, Knole Park, Sevenoaks

Race Date / Time: Sunday 13th July 2025. Start at 09.00

Junior Race starts at 09.10

Date of this document:

1. The Sevenoaks 7 was first held in 1993. It is hosted and organised by Sevenoaks Athletics Club (<http://www.7oaks-ac.org.uk/>) (SAC) which is an affiliated club of UK Athletics (<https://www.uka.org.uk/>) (UKA).
2. The race takes runners through some of the most beautiful countryside in England. Knole Park (<https://www.nationaltrust.org.uk/knole>) is one of the Country's few remaining Tudor parks, where up to 400 deer roam the 1000 acres of grass and woodlands, including the largest oak tree in the UK. It is a Site of Special Scientific Interest (SSSI). SAC is grateful to Knole Estates and The National Trust for their permission to run the race in Knole Park.
3. The race is run just over 7 miles (12km) on grass and paths, approved by Natural England the supervisor of the SSSI, through the rolling hills of the park. Runners from everywhere, both affiliated to UKA or non-affiliated, are welcome and all finishers will receive a Sevenoaks 7 medal. Between 250 and 550 runners are expected to take part.
4. The Sevenoaks 7 (both Main and Junior races) is licenced by UKA (#TBA), adjudicated by a UKA accredited Race Adjudicator and run under UKA rules. Public liability is insured via UK Athletics (cover as a UKA affiliated club) with Royal & Sun Alliance Insurance plc. Policy no: YMM902055. See: <https://www.uka.org.uk/wp-content/uploads/2020/11/Event-Organisers-Promoters-2020.pdf>
5. There is a 2.25 mile (3.5km) Junior race for 9 to 15 year-olds run entirely on paths.
6. The races raise money for and makes a number of free places available to runners from The Running Charity (<https://www.therunningcharity.org/>) which uses running to improve the lives of 16-25 year-olds who are homeless or at risk of homelessness across the UK.
7. The Sevenoaks 7 is sponsored by Up & Running, Sevenoaks (<https://upandrunning.co.uk/sevenoaks>).
8. The Race HQ is at Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks TN13 3RP (<https://sevenoaksrugby.com/>), where toilets, changing rooms and refreshments are available. Last-minute race registration and late timing chip collection takes place at the Race HQ. The route between the Race HQ and the Start/Finish area is approximately 1 mile and will be clearly signed and marshalled.
9. Race entry is administered and the race itself is chip-timed by Nice Work (<https://www.nice-work.org.uk>) which also provides a results service to all registered participants on its website. The registration site will remain open right up to the day before the race but only registrants who have registered 10 days before race day will receive their race numbers and timing chips directly by post. Anyone registering after the race packs have been posted will need to collect theirs from the Race HQ before 08.30am on race day. Similarly, registration is possible on race day between 7am and 8.30 am, although we advise the earlier the better as it's a good 15 minute walk from the Race HQ to the start in the middle of Knole Park.
10. Parking is at the Race HQ and at the Buckhurst car park adjacent to

Sevenoaks Leisure Centre

(https://www.sevenoaks.gov.uk/directory_record/12/sevenoaks_town_formerly_buckhurst_2_sevenoaks_tn13_1lw). Participants and their supporters are encouraged NOT to park at the National Trust car park in Knole Park and should note that the race starts at 9am whereas the park gates do not open to the public until 10am.

11. Age limits:

- Sevenoaks 7: 16 years old and over on Race Day,
- Junior Race: between 9 and 15 years on Race Day.

12. Runners are not allowed to run with buggies or dogs. Walking poles are also prohibited to protect other runners. Under UKA rules, runners should not wear earphones during the race.

13. There is a drinks station at 0.8, 3.9 and 6.6 miles providing water in disposable plastic cups. At the Finish each runner will receive a plastic bottle of still water. Runners are requested to dispose of their water cups and bottles in the bins provided.

14. At the Start/Finish area there will be a small tent/gazebo for runners to receive first aid and get shade/shelter. There will also be a Finish funnel of 100 meters to keep pedestrians away from the finish area and to allow finishers to collect their bottle of water and medal. A digital timing clock will be on display at the Finish. All necessary race announcements will be made through the Club's PA System located at the Start/Finish area. No music will be played.

15. The Course will be marked with UKA approved signs, stakes and lane-tape. Key turns or hazards will be marshalled.

16. An ambulance providing paramedic and first aid services will be in attendance throughout the race.

17. Runners and their supporters will be warned, both in the Race Notes and by announcement at the Start, of the risk of ticks in Knole Park and advised to check all areas of exposed skin and to seek medical assistance if they locate a tick.

18. There will be no on-course advertising.

19. Runners and their supporters will be requested, both in the Race Notes and by announcement at the Start, to respect Knole Park, the flora and fauna of the SSSI and other users of the park and Knole House. In particular they will be asked not to discard litter, other than in the bins provided. SAC will carry out a clean-up after the race to remove equipment, signs, stakes, lane-tape and litter from the

Course.

20. The Prize-giving will take place at Start/Finish Area at 11am. Trophies will be awarded as follows:

- * Fastest male 1, 2 and 3
- * Fastest female 1, 2 and 3
- * Male vet 40
- * Male vet 50
- * Male vet 60
- * Male vet 70

- * Female vet 35
- * Female vet 45
- * Female vet 55
- * Female vet 65
- * Male team x4
- * Female team x3
- * Junior male 1, 2 and 3
- * Junior female 1, 2 and 3
- * Junior "Special Award"

21. Route maps and descriptions of the Sevenoaks 7 Main and Junior races can be found here:

Main Route:

Description:

Start on the metalled path at the foot of The Broadwalk. Electronic timing clock and PA System for race announcements (no music).

Finish is a wide run in - on the metalled path at the foot of The Broadwalk. Taped Finish funnel of 100m to keep out pedestrians and allow for medal collection and distribution of bottled water.

Route is on grass and metalled paths. Distance 7.2 miles (12km). Undulating - total elevation gain 682 feet (208m). Chip-timed by Nice Work (<https://www.nice-work.org.uk/>)

From the Start run straight up The Broadwalk to the top. At 0.8 miles turn left at apex of The Broadwalk and, almost immediately right onto the grass path descending steeply and sharply down onto The Gallops. Marshals will supervise these turns and the descent, all of which will be clearly marked.

Follow the grass path leading slightly downhill past the 1 mile post along the length of The Gallops, keeping to the path on the left. This is a fast 0.9 mile stretch at the end of which turn sharply right onto a steep uphill grass path. The turn will be marked with tape and supervised by a Marshal. Warning sign for low hanging branches.

At the top of the hill sharp right onto a mud path, popular with pedestrians, alongside the south-western wall of Knole House past the 2 mile post. Keep to the left lane at the contra-flow regulated by a Marshall. Continue straight, bearing right at the junction with The Broadwalk behind the Start/Finish, and join the interconnector path. After 400 yards at the junction turn sharp left onto Chestnut Walk. After 200yds sharp right around the U-turn and run uphill, past the 3 mile post, to the top of Chestnut Walk. Keep left to avoid runners in the Junior Race emerging from the woods on the right.

Near the top of the hill at 3.9 miles is the Water Station serving water in plastic cups. Please dispose of the used cups in the nearby bins provided. At the apex of Chestnut Walk, turn sharp left to begin the second lap and, almost immediately right onto the grass path descending again steeply and sharply down onto The Gallops.

Marshals will supervise these turns and the descent, all of which will be

clearly marked. Follow the grass path leading slightly downhill past the 4 mile post and along the length of The Gallops, keeping to the path on the left. This is a fast 0.9 mile stretch. At the end turn sharply right onto the steep uphill grass path. The turn will be marked with tape and supervised by a Marshal. Warning sign for low hanging branches.

At the top of the hill sharp right again onto the mud path, popular with pedestrians, alongside the south-western wall of Knole House past the 5 mile post. Keep to the right lane at the contra-flow regulated by a Marshall and, after 300 yards, turn sharp right down the steep hill. At the foot of the hill turn sharp left back onto The Gallops. The turn will be marked with tape and supervised by a Marshal.

Keep to the path on the left ascending slightly uphill along the length of The Gallops. After 500 yds pass the 6 mile post. At the end of The Gallops, keep left and bear left up the steep hill. The turn will be marked with tape and supervised by a Marshal. At the top bear left back onto the metalled path at the apex of The Broadwalk and Chestnut Walk. The turn will be marked with tape and supervised by a marshal. Keep left onto The Broadwalk. At the top of the hill at 6.6 miles is the Water Station serving water in plastic cups. Please dispose of the used cups in the nearby bins provided.

Follow The Broadwalk downhill for a fast 0.8 mile sprint to the Finish, passing the 7 mile post almost at the bottom of the hill. 100 yds in front of the Finish there will be a taped Finish funnel to keep out pedestrians. Cross the timing mats at the Finish gantry and enter the post-Finish funnel to collect your medal and a bottle of water.

Junior Route:

Description:

- (1) The Junior Race is for runners aged between 9 and 15 years on Race Day.
- (2) It will be run over 2.5 miles (3.5km) entirely on paths, starting and finishing at the Start/Finish area.
- (3) It will start at 09.10am immediately after the Sevenoaks 7 runners have passed through the Start.

Route:

(4) From the Start run up The Broadwalk. At 300 yards turn left down short steep descent on mud path bearing left into the woods. Warning sign for low hanging branches.

After 300 yards downhill turn right onto interconnector public footpath and immediately right up the mud path back into the woods. Warning to be given by marshal at each turn and warning signs provided.

After 300 yards uphill pass the 1 mile post, emerge from the woods and join Chestnut Walk. Keep right to avoid runners from the Main Race on the left.

After 500 yards at the apex of Chestnut Walk pass the Water Station near the top of the hill serving water in plastic cups. Please dispose of the used cups in the nearby bins provided.

Turn right down The Broadwalk for a fast 0.8 mile sprint past the 2 mile post to the Finish. It will be signed and marshalled as above. There will also be chip-timing, water and medals for the Juniors.