

SWANLEY PARK 10K

10K CROSS COUNTRY RUN (STARTS 10.45AM) AND 2 MILE FUN RUN (STARTS 10AM)

SUNDAY 16 SEPTEMBER 2012

COMPETITORS' INFORMATION

Thank you for entering the Swanley Park 10K, a 10K cross country race. A sponsor sheet is enclosed and while this is far from obligatory it would be very much appreciated by the hospice if you were able to get some sponsors for the race. Your number is also enclosed. **Please take note: the number has been issued to you alone, under no circumstances may you allow anyone else to run under your number. This is for health and safety reasons in accordance with established national event rules. Kindly adhere to this and you will help ensure a smoothly run event.**

RACE HEADQUARTERS

This is situated at Swanley Park, New Barn Road, Swanley, BR8 7PW. The HQ will be open from 9.00 am for enquiries. There is a limit of 400 runners for this event. There is limited changing available so please come already changed if possible. Do not leave valuables unattended. There are toilets but NO showers at the race HQ. There is a café on site where refreshments may be purchased. Other attractions at the site are: boating lake, ride on steam trains (after the races), paddling pool, bouncy castle and electric bikes. The Red Cross will be in attendance.

GETTING THERE & CAR PARKING

If coming by rail to Swanley Station, turn left at the top of the stairs from platforms into Everest Place - turn right into St Mary's Road - continue to roundabout, cross into Bartholomew Way (opposite Asda car park) - first left into Sycamore Drive - continue to the end - left at T junction into North View - first right into The Spinney - second right into the Birches and enter Swanley Park by top car park. There are 2 car parks at the park: one accessed from the town as above, but the largest one, with overflow options is accessed via New Barn Road. If coming from Sidcup area, take the London Road, the B2173 towards Swanley, at first traffic lights turn left into Birchwood Road, between The Premier Inn & petrol garage - first right into Leydenhatch lane - after $\frac{1}{4}$ mile bear right into New Barn Road - car park on right. If from M25 junction 3/M20 junction 1: take the B2173 into Swanley - last exit at first roundabout - last exit on second mini roundabout (just past the Lullingstone Castle Pub) - last exit at third roundabout into Swanley Lane - after 1/2 mile at crossroads turn left into New Barn Road - after 1 mile car park on left.

Please do not park in roads near the park as this could cause obstruction to other road users.

PRIZE LIST

For the Cross Country prizes will be awarded as follows:

1st senior male, 1st MV40-49, 1st MV50-59, 1st Super Vet Male over 60

1st senior lady, 1st FV35-44, 1st FV45-54, 1st Super Vet Lady over 55

Medals for all finishers

All entrants are eligible for awards. No competitor may take more than one prize

For the Fun Run: 1st male and 1st female finishers with every finisher receiving a medal

THE 10K & THE 2 MILE COURSE

The course starts and finishes at the HQ and is confined to the Park area, mainly flat and undulating parkland and includes some wooded areas. This course is not suitable for wheelchair competitors.

DRINKS

Water will be available during the cross country run.

TIMETABLE OF EVENTS

09:00AM Headquarters Opens

09:55AM Fun Run Runners to the Start

10.00AM Fun Run Start

10:40AM Cross Country Runners to the Start

10.45 AM Swanley Park 10k Start

12 NOON Prize Presentation Cross Country

TIMING

Official times will be taken by handheld digital stopwatch and recorded manually.

RESULTS

Provisional results will be displayed at Race HQ and after on our website www.swanleyandnorthdownslions.org.uk or www.swanleyanddistrictac.org

All profits from the day are to be donated to the EllenorLions Hospices, our local Hospice and other good local causes