



DARENT VALLEY 10K

SUNDAY 12th MAY 2019

COMPETITORS' INFORMATION

Course Records: Duncan Cochrane 2004 33.47 Andrea Green 2005 36.52

Welcome to the 29th year of the Darent Valley 10k. A number of you come back every year and we value your support.

RACE HEADQUARTERS

This is situated at The Anthony Roper School, High Street, EYNSFORD, Kent DA4 0AA.

The HQ will be open from 7.15am for enquiries. There is a limit of 700 runners for this event. There is limited changing available so please come already changed if possible. There are toilets but NO showers at the race HQ.

CAR PARKING

Please note that there will be NO PARKING of cars allowed at the school. There are car parks available in the village within 5 minutes walk/jog of the HQ and they will be signposted. Please do not park on the roadway near the HQ or in the village as this causes obstruction to other road users. We have use of Millfield (a five minute walk from HQ) for parking. The grass maybe long and, because of this, we do not recommend large vans be parked in Millfield.

GETTING THERE

The HQ is situated on the A225 Farningham to Sevenoaks Road at Eynsford, Kent. From the M25 leave the motorway at junction 3 [Swanley] and take the A20 east towards Brands Hatch, after about two miles continue straight on at the roundabout [garage on the right] and take the next turning on the RIGHT signposted A225 Sevenoaks. Race HQ is about one mile on the right. From Maidstone direction take A20 past Brands Hatch and turn LEFT onto the A225 at Farningham.

PRIZE LIST

Prizes will be awarded as follows:-

1st, 2nd & 3rd Senior Men, 1st MV40-49 1st MV50-59 1st Super Vet Man over 60

1st, 2nd & 3rd Senior Lady 1st FV35-44 1st FV45-54 1st Super Vet Lady over 55

1st team home (a team consists of 7 Men and 3 Women - the prize must be returned next year)

Medals to all finishers. All entrants are eligible for awards. No competitor may take more than one prize.

THE 10K COURSE

The course starts and finishes at the HQ and is mainly rural and undulating along country lanes, passing through picturesque Farningham village and past notable landmarks such as The Roman Villa and Lullingstone Castle. After the castle there is a short off road section passing Lullingstone Visitor Centre, then on through a farm with a Hop Shop, shortly after exiting the farm road there is a 3km downhill to the finish at the HQ please take care through Eynsford Village.

ACCESS THROUGH THE FARM IS PERMITTED ON RACE DAY ONLY WITH KIND PERMISSION OF THE FARMER – PLEASE BE AWARE THAT THIS IS PRIVATE LAND AND YOU ARE NOT ALLOWED ACCESS THROUGH THE FARM AT ANY OTHER TIME.

This course is not suitable for wheelchair competitors or dogs

Music players – The race is run under UKA regulations and for safety reasons these must not be used - you may not be able to hear marshalls instructions or be aware of other road users.

Please do not follow runners by car as there is no road between 5 & 6 KM.

DRINKS

Water will be available at 5K and at the finish.

TIMETABLE OF EVENTS

07:15AM Headquarters Opens 08:20AM Runners to the marshalling area

08:25AM Runners will be guided to the start in the High Street 08:30AM Race Starts 09:00AM Onwards Runners finishing

10:00 AM (approx) Prize Presentations in School Hall 11:00AM Headquarters Closes

NUMBERS / CHIP TIMING

Numbers and shoe chips should be collected from race HQ on the day – your number must be pinned (with 4 safety pins) to the front of your running vest/shirt. Please fill in the information requested on the rear of the number, in particular any medical issues.

If, for some reason you wish to transfer your number to another runner – please let us know

RESULTS

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

PLEASE REFER TO THE WEBSITE FOR ALL THE LATEST RACE INFORMATION



BARR REFERENCE 974 HELD UNDER UKA LICENCE BRONZE GRADE

