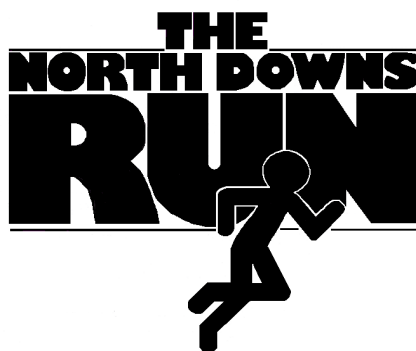


Held under UKA rules

UKA Licence applied for



Gravesham  
Community Leisure

British  
Association  
of Road  
Races

runbritain.com

**Sunday 24<sup>th</sup> June 2012**  
**Start: 10.30am**

Kingsland  
POLYMERS LTD

The 29<sup>th</sup> annual staging of this challenging multi-terrain event of approximately 30 Kilometres using established tracks and lanes over the beautiful North Downs.  
(Not suitable for wheelchairs)

**THE SECOND BEST OFF ROAD RACE IN THE UK IN 2011**  
**AS VOTED BY 'RUNNERS WORLD' READERS**

*The route of the North Downs Run passes through some of the finest scenery in Southern England. Starting at Cascades Leisure Centre, Thong Lane, Gravesend, runners thread their way across local farmland to the village of Shorne before descending gently southwards through Cobham Park into the Cuxton Valley and the steep drop down to Lower Bush. Then begins the relentless climb up onto the top of the North Downs following the ridge to Holly Hill before descending into Great Buckland. After a brief road section, the route crosses the fields to Luddesdown Court and over picturesque "Cricket Pitch Hill" (often with an incredible spread of poppies during May/June). There follows an 800 metre road section at Henley Street taking you past 'The Cock', probably the most acclaimed pub in Kent. Leaving Henley Street, the course passes through the characteristic Kent apple and pear orchards to reach the historic village of Cobham. Crossing Cobham High Street, the route then passes through Jeskyns Nature Reserve & Ashenbank Wood and into scenic Shorne Wood Country Park for a seriously challenging uphill section before emerging onto the Shorne-field road and the path back across the fields to Cascades Leisure Centre for the Finish.*

**Start and Finish Venue:**  
**Cascades Leisure Centre, Thong Lane, Gravesend, Kent DA12 4LG.**  
**(Full changing facilities, showers, car park, bar, BBQ and snacks)**

Organised by:

**ISTEAD AND IFIELD HARRIERS**

Assisted by Other Local Clubs

**NO 'ON THE DAY' ENTRIES (RACE LIMIT 600)**

Time Limit: 4 Hours 30 Minutes

Entry Fee: £21 Affiliated / £23 Unattached / £2 Discount for OAP & Full time Students

Entry fee includes: \* Chip Timing \* Hi-Tech 'T' shirt & Medal for all finishers \*

Children's Fun Run (entry form included in race pack)

**Trophies/prizes awarded to:**

**First 5 Male & First 3 Female finishers**

**First Veteran: Men 40/50/60/70 Ladies 35/45/55/65**

**Teams: Men - First 3 to score. Ladies - First 3 to score**

***Please return the completed form together with cheque payable to "Istead & Ifield Harriers" with S.A.E (A5 9"x 6") to:***

***Race Entries Secretary, 2 Medbury Road, Gravesend. Kent. DA12 2NT.***

***Please note race packs will be sent out from end May 2012 onwards***

***Alternatively enter Online at: [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (there is an additional charge for this service)***

**Visit our club website: [www.isteadandifield.org.uk](http://www.isteadandifield.org.uk) for latest NDR news**

**Data Protection: Your details will be stored on computer for purpose of race administration only and will not be passed onto third parties. Your name, age and finishing time will be published on the internet but no other personal contact details.**

**ENTRY FORM: NORTH DOWNS RUN 2012**

OFFICIAL USE

**Closing date for entries is Friday 15 June 2012**

**(SUBJECT TO AVAILABILITY)**

<b>Surname:</b>	<b>First Name:</b>
<b>Male / Female: M / F</b>	

<b>Address:</b>

<b>Post code:</b>
-------------------

<b>Tel no:</b>
<b>Email:</b>

<b>Unattached / Affiliated Club Name:</b>	
<b>England Athletics affiliated registration No. (if applicable):</b>	
<b>Have you run the NDR before: Yes / No</b>	<b>Expected Time: H: M:</b>

<b>Date of Birth:</b>	<b>Age on Day (<i>must be over 18</i>):</b>
-----------------------	---

**I declare that I am an amateur as defined by UK athletics and that I will abide by the laws and rules of UK Athletics. I agree that I will not hold the organisers responsible for any injury, loss or illness to my person or property as a result of entering this event. I further declare that I will not compete unless I am in good health on the day of this event and that I do so at my own risk.**

**Signed..... Date.....**

**SUPPORTING LOCAL CHARITIES**

**We would like to express our grateful thanks to all our sponsors and partners**