



Sunday 20th June 2010

Start 10.30am from Cascades Leisure Centre, Thong Lane, Gravesend, DA12 4LG

(held under UK Athletics Rules (Licence 2010-100469). BARR approved .

On behalf of Istead & Ifield Harriers, We are pleased to welcome you to this, the 27th running of this popular and successful 30 km event. First staged in 1984 the NDR, sails proudly on, whilst so many events have fallen by the wayside, Indeed, we are delighted to report that in the 2009 Runners World Magazine poll of the best organised races in the UK, the NDR continued to remain in the top 10 races with an impressive 4th place out of over 7000 races

The 2010 NDR will provide much needed financial support to various local charities, We pledge a minimum of 50% of any surplus made from operating the Run will be donated to charities as selected by the Race Committee. From 2009 our race donated to Lions Hospice, Cerebral Palsy Centre Cliffe Woods and the local scout troops of Shorne & Meopham.

Once again, there will be a Fun Run. This will consist of a 1km course for children over 8 years (2km for over 8 years) wholly within the grounds of Cascades Leisure Centre. Prizes and/or medals will be awarded according to age categories. The Start will be at 11am. Entry on the day. The Children's prize ceremony will take place in the finish arena around 11.30 am

So, on behalf of the Race Committee, we would like to thank you for entering this event and wish you a very enjoyable run

Andrew Archer /Bob Carter (Joint Race Directors)

Directions

- The race starts and finishes at Cascades Leisure Centre, which is approximately one mile north of the A2 along Thong Lane. When coming from the London direction, due to ongoing road works, you currently take the exit signposted 'Inn on the Lake' & Shorne, which is almost 3 miles after the A2/A227 exit. At the T junction opposite Shorne Park, you turn left and continue till you reach the Cobham roundabout, where you take the 2nd exit marked Thong & Chalk. You then continue straight on into Thong Lane. Cascades is just over a mile on the right. Those coming along the A2 from the Medway/ Kent Coast direction, will need to take the Cobham exit and at the first roundabout take the third exit signposted Thong & Chalk, proceeding as above. Cascades, is $\frac{3}{4}$ mile south of the A226 Gravesend/Rochester Road, up Thong Lane.

Car Parking

- There is a designated car parking area for participants at the centre. Please follow the car parking marshal's instructions.

Race Headquarters

- Race HQ is located in the main Sports Hall* and you will be able to leave any baggage there if you wish. The Hall will be locked up securely during the race. There are changing rooms and toilets at the centre. However, the organisers accept no responsibility for loss or damage to any valuables or other property. *now under construction so subject to change.
- No entries will be accepted on the day and the race is limited to 550 entrants. Substitutions will be permitted provided 48 hrs notice is given.
- There will be an Information Point/ Help Desk in the main Sports Hall

Your Comments Count

- We welcome feedback from the race and encourage all to place comments on the Runners World web site forum - Given the tremendous comments from the 2009 race, we have committed to 1) The course will remain unchanged from 2009. 2) A commemorative medal will be awarded to all finishers. 3) No Orange T Shirt this year !! . We do hope to provide another striking T-shirt possibly of the technical variety

The Course

- The route follows country lanes, established tracks like the North Downs Way & Wealdway, plus numerous paths through the fields across local farmland. Due to the nature of the terrain, the NDR presents a challenge whatever your running ability. The course ascends from a low of 20 metres (62ft) at Lower Bush, up to almost 180 metres (588 ft) at its highest (Holly Hill). Some 85% of the course is off-road and there are many stiles and kissing gates to be negotiated. The distance is as close to 30km as we have been able to make it, given the difficulties of measuring this type of course. There will be distance markers at each kilometre. The course map also shows the Water Stations. **Toilet facilities will be available en route at Luddesdown Village Hall.** (19.5km). *The course may be subject to possible alteration in the light of ground conditions on the day of the Race.*

The Finish

- Please ensure your running number is clearly visible when you cross the Finishing Line. All finishers will receive a commemorative race medal + t-shirt (whilst every effort will be made, we cannot guarantee your size will be available). There will be a large clock on the finishing line

Slow Runners /Drop Out Zones

- Full amenities , e.g. marshalling and drink stations will be available to all those who finish within 4 hours 30 minutes (this is the equivalent of 14mins/mile). This will be policed by a course 'sweeper' who will run at that pace
- At specific check points, runners who are slower than this pace will be asked to drop out. Provisionally, these will be at Upper Bush (10.2km), Wrangling Lane (16.7km) and near Scalers Hill (24.1 km). They will be offered transport back to the centre. No one can be forced to drop out, and although course signs may remain in place, marshals and water stations will cease operating.
- Should any runners decide of their own choice to drop out, transport back to the centre can only be guaranteed from Upper Bush, Wrangling Lane and Scalers Hill (unless medical emergency is a factor).

Communications

- Once again, we are indebted to **Raynet**, who will be at various points around the course. They will be in constant radio contact with the Start/Finish area with regards to general progress of the race, and importantly, they will also be working in close co-operation with St John Ambulance to ensure prompt help is on hand for runners in trouble.

Medical Matters

- Runners are advised that if they have any medical problems, allergies etc., they should note them on the back of their running number in case of emergency.
- Fluids - It is essential to replace fluids lost in sweat. This race is often run in very warm conditions. You are advised to drink plenty of fluid *beforehand* to avoid dehydration (note however that unfortunately alcohol is dehydrating). Also make good use of the Water Stations en route. There are six fully fledged water stations (Shorne Scouts Hut, Upper Bush ,Holly Hill, Luddesdown Village Hall & Scalers Hill/A2 , and Shorne again , all approximately 5 - 6 km apart. Sponges will be provided at Upper Bush, Holly Hill & Luddesdown..
- **St John Ambulance** will operate at certain strategic points around the course , as well as maintaining a full first aid post at Cascades both throughout and after the race.
- Each Water Station will also be equipped with a first aid kit.

The course has been thoroughly checked out during the performance of 'Risk Assessment' and all and any potential hazards will be marked. **For the safety of all runners, the use of MP3 players and other personal stereos during the race will not be encouraged. Anyone using this equipment will be doing so at their own risk and at risk to others. There are many specialist injury claim lawyers more than prepared involve themselves in actions caused by carelessness.**

Results

- Results will be displayed on the Terrace outside Jasons Bar as soon as possible after the race (at least the first 100)
- Sets of results can be ordered from the desk in the main Sports Hall close to the Reception area (50p to cover postage and printing)
- It is hoped results will also be available via the Istead & Ifield Harriers web site (www.isteadandifield.org.uk) from the morning of 21 June
- Prize trophies will be distributed as advertised.

Leisure Centre Facilities

- Refreshments/snacks will be available at the Centre before and after the race, subject to weather barbecue food will be available on the terrace from 1 pm onwards.
- There are two licensed bars, Jason's Bar to the right of Reception and also Regan's Bar , adjacent to the Car park.
- There are limited changing and toilet facilities for men and women.
- **Cascades have kindly offered a 'free family swim ticket' to all runners and their families. You can pick up your ticket from the Reception Enquiries desk on the day - which can only be used on the day of the race ..Please collect before the Race Start time.**

Hotel Accommodation

For pre- race hotel accommodation close to Cascades Leisure Centre, we recommend North Downs Barn B&B (beside the course at 9.5KMS) tel 01634296829 www.northdownsbarn.co.uk +/- £75 for a family room , Inn on the Lake motel (Tel 01474 -823333) www.innonthelake.co.uk Approx 1.5 miles from race HQ , The historic and picturesque 'Leather Bottle' in Cobham, as featured in Charles Dickens 'Pickwick Papers', also offers accommodation at a price of around £69 room only (Tel 01474 - 814327) www.theleatherbottle.co.uk Otherwise, try Burleigh Farm House , located between Cobham & Sole Street (Tel 01474 - 814321). Closest Camping at Thriftwood Holiday Park ,Stanstead (Kent) approx 10 miles from race HQ www.thriftwoodholidaypark.com

Timetable

09.00am	Fun Run entry desk opens
10.30am	Start of North Downs Run 2010
11.00 am	Start of Fun Run
11.30am	Fun Run Presentation
12.25pm	Winner of North Downs Run due to finish
2.00pm	Prize presentation
3.00pm	Closure of all water stations, marshalling services etc.

Race Photography

We are pleased to again have Mr Jeremy Hemming in attendance to cover our event. He will be located at various points around the course. Photographs will be available for viewing and purchase a few days after the race by visiting his website. Keep a note of your race number as you will need this to locate your photos on the website www.imagetogo.net/go/?21813 . Email hemming@dircon.co.uk

Pubs en Route

For the benefit of those who might be following the race by car, bicycle or on foot, here is a list of pubs directly on or close to the course (see map details)

- See Ho, Shorne Ridgeway (6K)
- Golden Lion, Luddesdown (400 yards from Luddesdown Church) 20K / The Cock, Henley Street www.cockluddesdowne.com (most recommended for viewing)
- 20K Leather Bottle, Cobham High Street 22.5K
- Race HQ - Jasons bar and Regans Bar

Prize Presentation

- The main prize giving ceremony in the finish arena (weather permitting) and it is expected this will be around 2.00pm. Not all runners will have completed the course by then, but it is difficult to ask winning runners to wait over long after they have finished.

Trophies

Trophies will be awarded to all those individuals and positions detailed below.

- Individual
Men - First 5
Ladies - First 3
Vets MV40 - First ; MV50 - First ; MV60 - First
FV35 - First ; FV45 - First ; FV55 - First

Also First Local Runner (qualify = address within Gravesham boundary) ; Oldest Finisher

Only one Individual award can be won. A Winner in the Veteran categories will be considered superior to a 2nd/3rd/4th/5th place overall

- Teams (3 per team)
Men
Ladies

Last Years (2009) Winners

Men 1st Julian Rendall (Tonbridge AC) 1:57:01 ; 2nd Philip Sanger (Epsom & Ewell) 2::03:29 3rd Wayne Smth (Stragglers) 2:06:08
Ladies 1st Jess Petterson (Stragglers) 2.16.18 2nd Tina Oldershaw FV35 (Paddock Wood AC) 2:25:40 ; 3rd Alexie Shaw 2.27.49

Teams Mens Ashford & District 89 pts : Ladies Serpentine AC 115 pts

Sponsors

- Many thanks are due to **Gravesham Community Leisure**, for making available the facilities at Cascades Leisure Centre and also providing Family Swim Tickets to all participants, **Sweat Shop** for providing race numbers and assisting with prizes, **SIS sports drinks** for SIS drinks on the course, and **The Sleeper People Limited / Malden Demolition** for financially donating to the race .



Officials

Race Directors	Andrew Archer and Bob Carter	Course Sweeper	TBA
Course Director	Steve Cable	Results	TBA
Race Referee	Mike Burgoyne	Timekeeper	John & Pam Marshall
Race Entry Secretary	Barry Bell	Public Address	Tony Farmer
Marshals Co-ordinator	Allan Giles	Risk Assessment & Health/Safety	Chris Thompson
Chief Sector Marshals	Dave Willing, Bob Carter , Derek George Steve Cason, Sue Beecham	Race Accounts:	Martin Charlton
		Race Secretary	Celia Poke

Data Protection

All personal information provided to us on your entry form is stored on our computers for administrative purposes only, and will not be distributed or divulged to any third party.

Acknowledgement and thanks

Without the generosity of many organisation and people, this event could not take place. We would like to thank , in particular,

- St John Ambulance co-ordinated by Tom Clubb
- Raynet Communications , for their on-course support, co-ordinated by 'Ozzie' Hall-Osman
- Shorne Scouts, Luddesdown Village Hall Trust and several householders for allowing us to use their facilities for water stations.
- Meopham & Culverstone Scouts, Shorne Scouts, Harvel Hash House Harriers for staffing up Water Stations
- Several local landowners and farmers for allowing us to use/cross their land, especially Gerry Minister and Derek Hallendorf
- Gravesend Police for traffic management assistance.
- Local running clubs (Gravesend Road Runners, Harvel Hash House Harriers, Dartford Harriers for assisting with marshalling
- Plus the army of helpers manning Water Stations, marshalling points, and those at Race HQ assisting in car parking, finishing line, registration, recording and results. Not to mention the public address system, catering and tidying up !!

Queries If you require any other information pre race, please call 01732 521097 or e mail to archistead@aol.com