

Sunday 20 June 2010
Start: 10.30am

The 27th 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)

VOTED BY 'RUNNERS WORLD' READERS AS THE 4TH BEST RACE IN THE UK DURING 2009

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/Ifield 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 550)

Time Limit: 4 Hours 30 Minutes

Entry Fee: £17 EA Affiliated / £19 Unattached / £2 Discount for OAP & Full time Students
Includes Family Swim Ticket for all Runners

Trophies/prizes to:-
First 5 Male & First 3 Female finishers
First Veteran : Men 40/50/60 Ladies 35/45/55
Teams : Men - First 3 to score. Ladies - First 3 to score
MEMENTO TO ALL FINISHERS

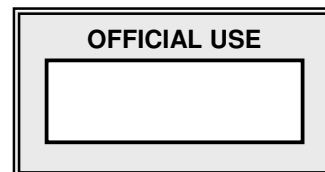
*Please return the completed form together with cheque payable to "Istead & Ifield Harriers" with S.A.E (A5 9"x 6") to: Race Secretary, 2 Medbury Road, Gravesend, Kent, DA12 2NT
Please note race packs will be sent out from end May 2010 onwards*

Alternatively enter On line at: www.runnersworld.co.uk (there is an additional charge for this service)

Visit our club website: 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 2010



Closing date for entries is Monday 14th June 2010

Surname:	First Name:
Male / Female: M / F	

Address:
Post code:

Tel no:
Email:

Unattached / Affiliated :
EA Affiliated registration No (if applicable):

Date of Birth:	Age on Day (must be over 18):
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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 INCLUDING
THE LIONS HOSPICE & CERBRAL PALSY CARE CENTRE



With grateful thanks to our all our sponsors & partners