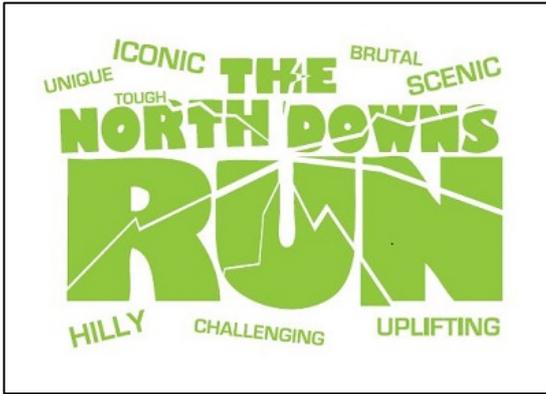


Runners Information

30 June 2019





RUNNERS INFORMATION

Sunday 30 June 2019 – 10.30 am start

Cascades Leisure Centre, Thong Lane, Gravesend,
Kent DA12 4LG

(Held under UK Athletics Rules. Licence no 2019-36060)

On behalf of Istead & Ifield Harriers we are pleased to welcome you to the 36th running of this popular and successful 30km event. First staged in 1984 from Istead Rise, the NDR continues to go from strength to strength. Over many years in the *Runners World* magazine annual poll of the best organised races the NDR has been consistently rated amongst the top races of any distance held in the UK. In November 2012 it was described by the magazine as 'one of the most iconic trail races in the UK and Europe'.

For the sixth year running, we have received the BARR Gold Grading for race organisation. In 2016 we were very proud recipients of the BARR Bill Reynolds award for the most improved race in the UK. For the fourth year in succession this year's race incorporates the British Masters trail championships.

The 2019 NDR will again provide much needed financial support to various local charities. We pledge a minimum of 50% of any surplus made from operating the run to charities carefully selected by the Race Committee. Once again, there will be a Children's Fun Run. This will consist of a 1km course wholly within the grounds of Cascades Leisure Centre. Medals and refreshments will be given to all children who finish. The start will be at 11.00am. This can be entered on the day or by post using the form on our website (www.isteadandifield.org.uk)

Thank you for entering our event. I wish you a very enjoyable run.

Daryl Lucas
Race Director

Sponsors:

Many thanks are due to **Gravesham Community Leisure** for making available the facilities at Cascades Leisure Centre, **Martin Tolhurst Solicitors**, **Barnes Roffe LLP**, **Thameside Windows**, **Spire Alexandra Hospital**, **GKR Scaffolding Limited**, and **Kingsland Polymers** for financially supporting the race. Thank you to **R S Swain Group** for providing a lorry at the start.



Directions:

The race starts and finishes at Cascades Leisure Centre, which is approximately one mile north of A2 along Thong Lane. When coming from the London direction 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 turn left and continue until 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 Medway/Kent Coast direction will need to take the Cobham exit and at the first roundabout take the 3rd exit signposted Thong & Chalk, proceeding as above. Cascades is ¾ mile off the A226 Gravesend/Rochester Road up Thong Lane. Postcode for GPS: DA12 4LG. Runners cross roads at their own risk

Headphones

For safety reasons, personal music players or other devices that use headphones or earphones are NOT permitted during the race. Bone conducting headphones are permitted. Marshals are instructed to enforce this rule, and we will disqualify entrants who do not abide by these rules. Please note that disqualified runners are not eligible for prizes or mementoes.

Car Parking:

There is a designated car parking area for participants at the Cascades Leisure Centre (Postcode: DA12 4LG). Further parking is available at Thamesview School (Postcode: DA12 4LF) located approximately 400m from Cascades. Please follow the car parking marshals' instructions. Please note that the gates to Thamesview School will be locked at 4pm.

Public Transport:

The nearest train station is Gravesend which is about three miles from the start. To get a taxi or bus, leave the station via Platform 2, and cross the road. The bus stop is next to Tesco's (480 Arriva Bus Service). For the taxi rank go past the bus stops and turn left. Please consult South Eastern Trains (www.southeasternrailway.co.uk) and Arriva (www.arriva.co.uk) for the up to date travel information and timetables.

Race Headquarters:

- Race HQ will be located in the main Sports Hall.
- No entries will be accepted on the day and the race is limited to 650 entrants. Substitutions will be permitted with declaration up to 17th June – contact enquiries for details.
- There will be an Information Point / Help Desk in the main Sports Hall.

Chip Timing / Race Number:

Chip timing will again be provided for this year's event. You must collect your race number which will contain your timing chip from the RACE HQ Runners desk located in the main hall **no later than 10.15am on race day**. Please ensure that you complete the emergency contact/medical information on the reverse of your race number and secure it clearly to the front of your running vest.

BMAF

This event is the British Masters Athletics Federation BMAF 30K Trail Running Championships. There will be a BMAF desk located in the main Sports Hall.

Baggage

There will be a baggage lorry available between the Sports Hall and the Race Village where you will be able to leave any baggage if you wish. However, the organisers accept no responsibility for loss or damage to any valuables or other property. We wish to thank R S Swain Group for providing the Baggage Lorry for the Event.

Physiotherapist

DW Sports Therapy will be providing sports massages before and after the race at Cascades Leisure Centre.

A pre-race massage is performed at a fast, brisk pace - though not too deep - to get your muscles ready. It will increase your circulation, flexibility and mental clarity to improve your performance.

A post-race massage is a great way to soothe and ease fatigued and tired tissues and prevent DOMS (delayed onset muscle soreness). The pace of this massage is slow, rhythmical and gentle. It is proven to increase the rate of recovery, enabling the athlete to return to training sooner.

DW Sports Therapy charge £10 per 15 minute massage. Sport and Kinesiology taping is also available upon request. For more information on DW Sport Therapy services visit www.dwsportstherapy.com. If you would like to pre-book a slot email injuriesandexercise@gmail.com



DW SPORTS THERAPY
Here to get you back on your feet

07977 932559
injuriesandexercise@gmail.com
www.dwsportstherapy.com

Injury management and rehabilitation
Sports massage
Cardiac rehabilitation exercise
Exercise for high blood pressure/asthma/diabetes
Exercise in mental health
Match day first aid
Taping and Strapping

The advertisement banner features a background image of a person's legs in red running shoes on a dirt path. The top section contains the company name and tagline. Below this is a row of four images: a blue-tinted anatomical diagram of a human torso showing the spine and muscles, a close-up of hands performing a massage on a person's back, another blue-tinted anatomical diagram of a spine with a red highlight on a vertebra, and a photograph of a person's back being massaged. The bottom section lists the services offered and contact information.

Toilets & Changing Facilities:

Portable toilets will be available and will be located near the START/FINISH area, with additional toilets available at Cascades Leisure Centre.

The Course:

The course follows country lanes, established tracks such as the North Downs Way and Weald Way, plus numerous 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 (588ft) at its highest point (Holly Hill). Some 90% 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 difficulty 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 Church (19.5km).** A map of the course is shown at the end of this pack. *Please note the course may be subject to possible alteration in the light of ground conditions on the day of the race.* The course is well marked and approximate kilometre markers are shown.

ON THE INSTRUCTIONS OF KENT COUNTY COUNCIL HIGHWAYS MARSHALS WILL NOT BE STOPPING TRAFFIC SO PLEASE TAKE EXTREME CARE WHEN CROSSING ROADS. TRAFFIC MANAGEMENT WILL BE IN PLACE AT THE A2 (SCALERS HILL) TO FACILITATE RUNNERS CROSSING THE BRIDGE BY THE INN ON THE LAKE.

The Start:

The race will start on the field at the back of Cascades Leisure Centre at 10.30am. Please ensure that you assemble in the Race Village in plenty of time.

The Finish:

Please ensure your running number is clearly visible when you cross the Finish Line.

All runners will receive a commemorative medal plus goody bag and t-shirt (whilst every effort will be made, we cannot guarantee your size will be available). There will be a large clock on the Finish Line. A medal engraver will be at the race village for those who wish to get their medals engraved.

A 4 hour 30 minute cut off time applies to this race.

Your Comments Count:

We welcome feedback from the race and encourage you to place your comments on the Runner's World web site after the race. (www.runnersworld.co.uk)

Slow Runners / Drop Out Zones:

- Full amenities, e.g. marshalling and drink stations will be available to all those who finish within the **4 hours 30 minutes** cut off time (this is the equivalent of 15 mins/mile (9mins/km). 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 (10km), Holly Hill (15.5km), Luddesdowne (19.5km), and near Scalers Hill (24.1km). They will be offered transport back to Cascades Leisure Centre. No one will be forced to drop out, although course signs/directions will not remain in place, and marshals/water stations will cease operating.
- Should any runners decide through their own choice to drop out, transport back to Cascades Leisure Centre can only be guaranteed from the locations as above (unless due to medical conditions).
- **Any runner who drops out of the race but chooses to make their own way off the course must inform an official, so that the race organisers are aware that they are no longer taking part.**

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 medical help is on hand for any runners who require it.

Medical / Safety 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 5-6km apart. Sponges will be provided at Upper Bush, Holly Hill and 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.

The course has been thoroughly checked out during the 'Risk Assessment' and potential hazards will be marked where applicable. **As race organisers we are under an obligation to conform to race licence requirements and the local Gravesham Safety Action Group. We therefore request that all runners obey instructions from marshals at all times and only cross roads where indicated. Failure to comply could jeopardise the future of the race. For the safety of all runners, the use of MP3 players and other personal stereos during the race is not permitted. Anyone using this equipment will be doing so at their own risk (not covered by race insurance) and at risk to others.**

Results:

- Results will be displayed in the START/FINISH area.
- We aim to have the results available via the Istead & Ifield Harriers website (www.isteadandifield.org.uk) within 24 hours of the completion of the race.
- Prize trophies will be distributed as advertised.

Leisure Centre Facilities:

Refreshments/snacks will be available at the Centre before and after the race. A **burger van** and **ice cream van** will be on site for purchase of food. There are two licensed bars; Jason's Bar to the right of Reception and Regan's Bar, adjacent to the car park.

Children's Fun Run

In conjunction with the North Downs Run, a children's fun run will be held within the grounds of Cascades Leisure Centre. Organised by ISTEAD AND IFIELD HARRIERS. Refreshments are provided after the run and all finishers will receive a medal. Entry on the day. £2 per child. There is a limit of 80 runners for the fun run.

Prizes are awarded to anyone under 16. Prizes for the 1st, 2nd and 3rd Aged 12 Years Old to 15 Years Old (Male and Female), 1st, 2nd and 3rd Aged 8 to 11 Years Old (Male and Female), 1st, 2nd and 3rd Under 8 Years (Male and Female)

Entertainment:

We are delighted to have the Fiddlers Fit who will be providing Entertainment whilst the runners are out on the course and as they return to Cascades for the finish.

Timetable:

08.30am	Race HQ opens for collection of running numbers/timing chips, enquiries etc.
09.00am	Fun Run entry desk opens
10.30am	Start of North Downs Run 2019
10.45 am	Assemble for Start of Fun Run (Start 11 am)
11.30am	Fun Run presentations
12.25pm	First runner expected
2.00 pm	Prize presentation
3.00pm	Closure of all water stations, marshalling services

Race Photography:

We have a few photographers around the course. Photos will be available on Facebook.

Pubs on 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 (6km), Golden Lion – Luddesdown (400 yards from Luddesdown Church) (20km), The Cock – Henley Street, Luddesdown www.cockLuddesdown.com (most recommended for viewing) (20km), Leather Bottle – Cobham High Street (22.5km), Race HQ – Jason’s Bar & Regan’s Bar.

Prize Presentation:

The main prize giving ceremony will be in the finish area (weather permitting) and is expected to take place at around 2.00pm. We appreciate that not all runners will have completed the course by then, but it is difficult to ask winning runners to wait too long after they have finished.

Trophies:

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

- Individual:
 - Men – First 5
 - Ladies – First 5
 - Vets – MV40 – First; MV50 – First; MV60 – First; MV70 – First
 - FV35 – First; FV45 – First; FV55 – First; FV65 – First
 - Also: First Local Runner (Qualify = address within Gravesham boundary)

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. *The prize for the First Local Runner can be won in addition to an Individual award.

- Teams (3 per team) – Men / Ladies

Hotel Accommodation:

For pre-race hotel accommodation close to Cascades Leisure Centre we recommend; North Downs Barn B&B (beside the course at 9.5km) 01634-296829 www.northdownsbarn.co.uk, Inn on the Lake Motel (approx. 1.5 miles from Race HQ) 01474-823333 www.innonthelake.co.uk, Premier Inn Singlewell (approx. 2 miles from Race HQ) 0870-9906352 www.premierinn.com, the historic and picturesque ‘Leather Bottle’ in Cobham (as featured in Charles Dickens ‘Pickwick Papers’) also offers accommodation at a room only rate 01474-814327 www.theleatherbottle.co.uk. Otherwise try Burleigh Farm House (located between Cobham and Sole Street) 01474-814321. The closest camping is at Thriftwood Holiday Park, Stansted (Kent) approx. 10 miles from Race HQ www.thriftwoodholidaypark.com.

Officials:

Race Director:	Daryl Lucas	Course Director	Barbara Ockendon
Assistant Course Director:	Trevor Edgley	Race Logistics Manager:	Jason Beaney
Start & Finish Area Manager:	Jason Beaney	Race Advisor:	Barry Bell
Race Promotion & Publicity Manager:	Janet Murray	Treasurer:	Jonathan Crowle
Fun Run Co-ordinator:	Helen Fooks	Race Adjudicator:	Mick Barlow
Website & Media Manager:	Helen Fooks	Race Entries Secretary:	Vikki Hill
British Masters Liaison Officer:	Trevor Edgley	Procurement Manager:	Vikki Hill
Course Sweeper:	John Gillis	Marshal Co-ordinator:	Gary Groutage
Race Day Information Co-ordinator:	Jonathan Crowle	Goody Bag Co-ordinator:	Janet Murray
Public Address:	Chris & Ali Thompson	Race Village Managers:	Philippa Veitch & Paul Whittaker-Measor

Sector Marshals: Andrew Archer, Derek George, Mark Pywell, Darren Harger, Kevin Denny, Adam Marshal and Mark Vick.

Course records

Men's Course Record: 1:52:40 Richard McDowell 2018, Ladies Course Record: 2:04:42 Lizzy Hawker 2006

Race Winners since the North Downs Run was started from Cascades in 2003.

2018	Richard McDowell	Hercules Wimbledon AC	01:52:40
	Amy Clements	Kent AC	02:12:40
2017	Tom Collins	Medway and Maidstone AC	01:57:54
	Amy Clements	Kent AC	02:14:25
2016	Alex Money	Orpington Road Runners	01:59:41
	Amy Clements	Kent AC	02:18:33
2015	Christopher Greenwood	Kent AC	01:55:44
	Amy Clements	Kent AC	02:13:55
2014	Stephen Wenk	Maidstone Harriers	01:58:29
	Alex Gounelas	Eton Manor AC	02:16:39
2013	Jeff Pyrah	Hastings AC	01:57:02
	Mel Frazier	Gravesend Road Runners	02:10:41
2012	Julian Rendall	Tonbridge AC	02:02:26
	Mel Frazier	Gravesend Road Runners	02:14:48
2011	Huw Lobb	Serpentine	01:52:43
	Annabelle Stearns	Gravesend Road Runners	02:20:37
2010	Will Green	Serpentine	01:58:47
	Annabelle Stearns	Gravesend Road Runners	02:17:59
2009	Julian Rendall	Tonbridge AC	01:57:01
	Jess Peterson	Stragglers	02:16:18
2008	Philip Sanger	Epsom & Ewell	01:58:08
	Tina Oldershaw	Paddock Wood	02:17:20
2007	Julian Rendall	Tonbridge AC	01:55:44
	Tina Oldershaw	Paddock Wood	02:18:27
2006	Julian Rendall	Tonbridge AC	01:55:11
	Lizzy Hawker	RRC	02:04:42
2005	Antony Forsyth	Maidstone Harriers	01:55:50
	Jess Peterson	Barracuda Tri	02:14:00
2004	Tim Short	Cambridge University	01:57:31
	Carin Hume	Sevenoaks	02:17:12
2003	Barry Royden	Medway & Maidstone	01:57:03
	Carin Hume	Sevenoaks	02:14:57



Istead and Ifield are proud to be organising the 36th North Downs Run. The Club was established in June 1992 with the emphasis on being a friendly club for all abilities. This is still our belief and today the club consists of approximately 100 members of varying ages and abilities.

If running or spectating the race today has inspired you to join our running club, then read on. We meet as a club every Wednesday in the foyer at Cascades Leisure Centre, Thong Lane, Gravesend at 7.15 pm. We form groups according to ability and training distance required. Often there are groups running on additional days of the week enabling you to fit your training in with your day to day lives. We also run a beginners and improvers group on a Monday evening at 6.30 from Cascades Leisure Centre.

In the summer our runs take us to Shorne Country Park and the many footpaths and lanes beyond. Whilst in the winter we train under street lights around Riverview, Gravesend and Northfleet. See our website www.isteadandifield.org.uk for more information.

The North Downs Run is a BARR Gold Graded Event



Data Protection:

All personal information provided to us on your entry form is stored securely on our computers for administrative purposes only and will not be distributed or divulged to any third party. We will only use your details to provide you with information relating to the North Downs Run. If you wish to be removed from our mailing list please email northdowns@outlook.com.

Acknowledgement and Thanks:

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

- St John Ambulance (medical support)
- Raynet Communications for their on-course support
- Shorne Scouts; and several householders for allowing us to use their facilities for water stations.
- Istead Rise Scouts, Shorne Scouts, Harvel Hash House Harriers for staffing Water Stations
- DW Sports Therapy (post race sport massage)
- Several local landowners and farmers for allowing us to use/cross their land, especially Derek Hallendorf and Ranscombe Farm Reserve
- Kent Police, Kent Fire & Rescue Service, Gravesham Borough Council and Gravesham Safety Action Group
- Local running clubs including Gravesend Road Runners, Harvel Hash House Harriers, Dartford Road Runners, Dartford Harriers and New Eltham Joggers for assisting with marshalling
- All the bakers for baking the cakes
- 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, public address system, catering and tidying up!!!

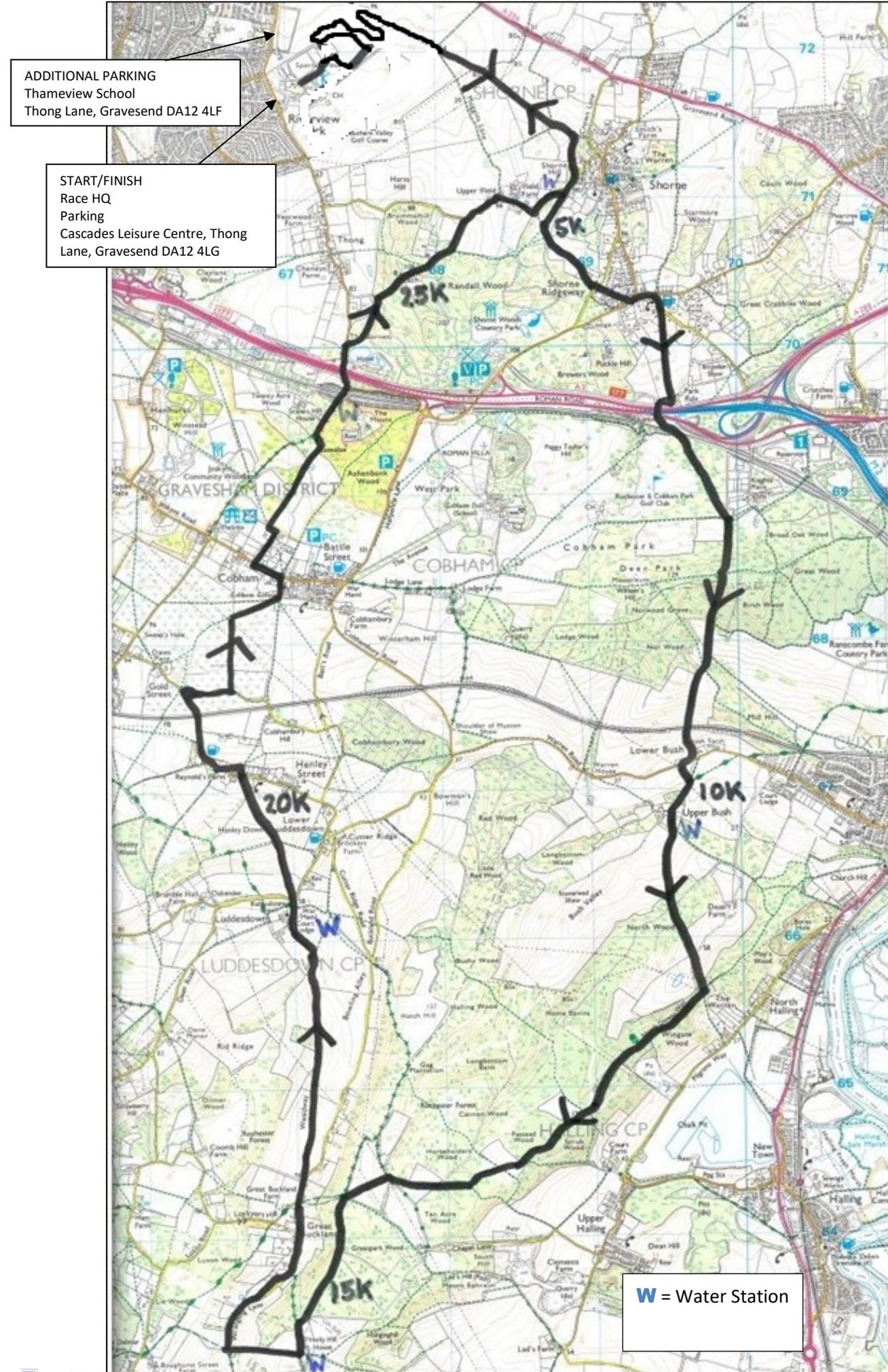
Enquiries:

If you require any other information pre-race then please call 07961 300101 or e-mail Northdowns@outlook.com

Any late race information will appear on the Istead & Ifield Harriers website at www.isteadandifield.org.uk .

See you next year.

The 2020 North Downs Run is planned for 28th June 2020.



ADDITIONAL PARKING
Thameview School
Thong Lane, Gravesend DA12 4LF

START/FINISH
Race HQ
Parking
Cascades Leisure Centre, Thong
Lane, Gravesend DA12 4LG

W = Water Station