



SUNDAY 30 JUNE 2019 AT 10.30 AM

THE LOCAL RACE WITH A NATIONAL REPUTATION - Join us for this challenging multi-terrain event of approximately 30K using established tracks and lanes over the beautiful North Downs. Chip Timing, Technical T-shirt, Medal and Goody Bag for all finishers.

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, Kent DA12 4LG** runners thread their way across farmland to Shorne village before descending gently southwards through Cobham Park into the Cuxton Valley and the steep drop down to Lower Bush. Then begins the relentless climb to Holly Hill, followed by a welcome descent into Great Buckland.

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' pub.

Leaving Henley Street, the course passes through Kent apple and pear orchards to reach the historic village of Cobham. Crossing Cobham High Street, into Jeskyns Nature Reserve & Ashenbank Wood and then through 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.

ENTRY FEE: £26 Affiliated / £28 Unattached (£1 per runner goes back into supporting the North Downs Way national trail). If entries on day are accepted £30 flat fee.

RACE START/FINISH: Cascades Leisure Centre, Thong Lane, Gravesend, DA12 4LG.

TROPHIES/PRIZES AWARDED TO: First 5 Male & First 5 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.

OTHER INFORMATION:

- **The time limit of 4 Hours 30 Minutes will be strictly enforced this year.**
- The course is unsuitable for Wheelchairs.
- Runners are not permitted to take dogs on the course.
- A Children's Fun Run will take place once the main race has started. Entry form included in race pack or at www.isteadandifield.org



This event is the **British Masters Athletics Federation BMAF 30K Trail Running Championships**. Any members wishing to enter should only do so via the BMAF website @ www.bmaf.org.uk.

Cascades can offer full changing facilities, showers, car park, bar, post-race BBQ and snacks.

Please return the completed form together with cheque payable to "Istead & Ifield Harriers" to: Race Entries Secretary, Woodlawn, New Barn Road, Longfield, Kent DA37JE or enter online at: www.bookitzone.com and www.runbritain.com. Race Numbers issued on the day, and race information will be emailed to all those who supply email addresses. Visit our club website: www.isteadandifield.org.uk For latest NDR news or find us on Facebook, or Twitter @NDR30K. Race Licence TBC.



Email: Northdowns@outlook.com
www.isteadandifield.org.uk

On Facebook: North Downs Run
On twitter: @NDR30K



ISTEAD AND IFIELD HARRIERS

ENTRY FORM:

Postal Closing date is **Monday 10 June 2019**

(SUBJECT TO AVAILABILITY)

OFFICIAL USE

Surname:	Firstname:
Male <input type="checkbox"/>	Female <input type="checkbox"/>
Address:	
Postcode:	Email:
Tel number (home):	Tel number (mobile):
Emergency contact on the day (name and phone number):	Please list any known medical conditions:
Unattached/Affiliated Club Name:	
England Athletics affiliated registration No. (if applicable):	
Have you run the NDR before: Yes / No	Expected Time: H M
Date of Birth	Age on Day (must be over 18)
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. I understand that the fee is not refundable and that race numbers are only transferable by prior agreement of the organisers.	
Signed:	Date:

Data Protection: Your details will be stored on computer for purpose of race administration. The race organisers and sponsors of the North Downs Run may circulate information to participants which they feel may be of benefit or interest. We recognise the need to balance the amount of information distributed and therefore details of race participants are not shared with any organisations that are not associated with the race. If you do not wish you information to be shared with sponsors please tick here



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