

Runners' Information

26 June 2022



*Istead & Ifield
Harriers*

RUNNERS' INFORMATION

Sunday 26 June 2022 – 10.30 am start

The Cyclopark, The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP

(Held under UK Athletics Rules. Licence no 2022-42060)

On behalf of Istead & Ifield Harriers we are pleased to welcome you to the 38th North Downs Run. This popular and successful 30km event, which started in Istead Rise in 1984, 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. Previously it was described by the magazine as 'one of the most iconic trail races in the UK and Europe'.

For the second year, we will be starting the race from The Cyclopark (The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP). We are sure you will enjoy the route which still incorporates some of the most beautiful scenery in Southern England, accompanied by some of our infamous climbs such as 'Cricket Pitch Hill'. Please remember that the route takes place on public footpaths. Please be courteous to other walkers and those using the footpaths and roads.

A lot of the instructions have changed from last year especially with the COVID situation. Please therefore read these instructions carefully, and look out on social media for any last-minute changes or updates.

The 2022 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. Last year, among the donations made, we funded a defibrillator to be stationed at The National Trust property at White Lodge Farm.

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

*Colette Smith,
Race Director.*



Cyclopark:

Many thanks to **The Cyclopark** for making its facilities available and allowing us to start and finish the race from their location.

You can bring family/friends along to Cyclopark whilst you are running the North Downs Run. We are pleased that Cyclopark can offer a wide range of activities whilst your family and friends are waiting for you to finish.

Activities include:

- ✓ Mountain biking (bike hire available)
- ✓ Cycloland and Children's play park
- ✓ Cyclo Kart – Pedal Go Karts
- ✓ Skatepark
- ✓ Muddy Puddles Arts and Crafts Junior Workshop
- ✓ Children's entertainer Mrs Back to Front
- ✓ Café and refreshments

The family fun day ticket for the day is just £19.99 if purchased from Cyclopark. (For a Family of 4). This includes all the above activities - excluding bike hire. The family ticket can be purchased for £19.99 (booking fees apply) using this link: <https://bit.ly/3K8jGf3>. Have a look at their website for full details www.cyclopark.com



Sponsors

Thanks to our sponsors for making this race possible: **Barnes Roffe LLP, Thameside Windows, The Swain Group, and The Rotary Club of Gravesend and Meopham** for supporting the race. (If you are interested in sponsoring our race next year get in touch with us at northdowns@outlook.com.)



Directions:

The race starts and finishes at The Cyclopark, Gravesend, located on the old re-routed A2 road. If travelling from London, follow the A2 and take the Gravesend Central exit (A227). At the first roundabout, take the first exit then at the second roundabout, take the 3rd exit onto Watling Street. The Cyclopark car park and entrance will be on the right.

Those coming along the A2 from Medway/Kent Coast direction will need to take the A227 exit for Gravesend (Central). At the roundabout, take the 3rd exit onto A227 Wrotham Road and follow for 0.1 miles, going straight ahead at the next roundabout. At the third roundabout, take the 3rd exit onto Watling Street. The Cyclopark car park and entrance will be on the right. Postcode for GPS: DA11 7NP.

Car Parking:

There is a designated car parking area for participants at The Cyclopark (Postcode: DA11 7NP). An overflow facility is also available on site. Please follow the car parking marshals' instructions.

As car parking is likely to be busy, it would be helpful if you can be dropped off safely within the local area, and walk to the Cyclopark to avoid congestion on the day. There is no fee for car parking for race entrants at The Cyclopark (subject to availability).

DO NOT PARK IN MORRISONS CAR PARK. There is a 3 hour time limit for parking in Morrisons, and you are liable to get a parking fine.

Public Transport:

The nearest train station is Gravesend which is about two miles from the start. To get a taxi or bus, leave the station via Platform 2, and cross the road. The 308 or 483 buses go from Gravesend Station to Cyclopark. For up-to-date bus timetable go to www.aviva.co.uk. Please consult South Eastern Trains (www.southeasternrailway.co.uk) for the up to date train information and timetables.

Race Headquarters:

- Race HQ will be located in The Cyclopark main grounds.
- If available, entries will be open on the day. The race is limited to 700 entrants. Substitutions / deferrals will be permitted with declaration up to midnight on 5th June – contact enquiries for details at: Northdowns@outlook.com.
- There will be an Information Point / Help Desk in the main Cyclopark grounds.

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 registration area **no later than 10.10 am on race day**. You will be given an envelope containing your bib number, and safety pins. Please make your way out of the registration area once you have collected your number. Please ensure that you complete emergency contact details on the reverse of the number. There will be NO baggage storage facility but you can make your way back to your car from this point if needed. Bibs must be placed on the front of your shirt and not on shorts.

BMAF

This event is the British Masters Athletics Federation BMAF 30K Trail Running Championships. There will be a dedicated BMAF desk located in the registration area.

Baggage

There will be **NO** baggage storage facilities at the event

Toilets & Changing Facilities:

Portable toilets will be available on the track. Changing Facilities are available at Cyclopark.

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 (approx 21km)**. 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 AND OBEY MARSHALS' INSTRUCTIONS.

HEADPHONES:

Headphones are not permitted for use; the only exception is bone conducting headphones. The use of headphones during the race will result in disqualification. You must be able to hear marshals and the general public clearly without shouting for your safety and the safety of others around you.

The Start:

The race will start on the track at The Cyclopark at 10.30am. Please ensure that you assemble on the track in your expected time allocation, no later than 10:15.

The Finish:

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

All runners will receive a commemorative medal 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.

When you finish, you should continue to walk through the finish area to collect your medal, t-shirt and cake. Please do not linger in the finish area for friends, but make your way out of the event village area to meet friends / family.

Cut-off Time

There is a strict cut-off time of 4 hours and 30 minutes. Please ensure that you have done appropriate training to complete the race within the time limit. Anyone finishing the race after the cut off time will be asked to surrender their race number and withdraw from the race.

Your Comments Count:

We welcome feedback from the race and encourage you to place your comments and leave us a review on the North Downs Run Facebook Page. If you haven't already, please follow our Facebook page <https://www.facebook.com/northdownsruntime>, and our Instagram account: northdownsruntime.

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 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 (12 km), Holly Hill (17.6km), Luddesdown (21.5 km), and near Sole Street (24.7 km). They will be offered transport back to The Cyclopark. No one will be forced to drop out, although course signs/directions will not remain in place, and marshals/water stations will cease operating. Most importantly there will no longer be medical provision in place if required.
- Should any runners decide through their own choice to drop out, transport back to The Cyclopark 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 of their race number, so that the race organisers are aware that they are no longer taking part.

Communications:

Once again, we are indebted to *Raynet* whose staff 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 PWave Medical Group 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 fluid 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 five fully fledged water stations (Sole Street, Upper Bush, Holly Hill, Luddesdown Village Hall and Sole Street again, all approximately 5-6km apart.) Where possible, please come ready to be self-sufficient with your own water supply.
- PWave Medical Group will operate at certain strategic points around the course, as well as maintaining a full first aid post at The Cyclopark 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 and possible. **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.**

Results:

- For BARR purposes we need to display results in the START/FINISH area. However, please do not loiter or congregate in this area to view the results.
- 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.

Refreshments:

CAKE, water and a banana will be provided to all runners at the end of the race in the finish area. Please collect and make your way immediately out of the event village to enjoy your refreshments.

Further refreshments and hot drinks will be available to purchase in the Park Café at The Cyclopark.

Timetable:

08.30am	Race HQ opens for collection of running numbers/timing chips, enquiries etc.
09:00 am	Fun Run entry desk opens
10.30am	Start of North Downs Run 2022
11:00 am	Assemble for Fun Run start
11:10 am	Start of Fun Run
12.20pm	First runner expected
3.25pm	Closure of all water stations, marshalling services

Race Photography:

There will not be an official photographer this year, but we welcome people taking photographs, and would love you to share them on our North Downs Run Facebook page.

Prize Presentation:

A Prize giving will take place at 2 pm.

Trophies:

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

Individual:

- Men – First 3
- Ladies – First 3
- Vets – MV40 – First; MV50 – First; MV60 – First; MV70 – First
- FV35 – First; FV45 – First; FV55 – First; FV65 – First
- Cable Meredith Award for First Local Female and First Local Male Runner (Qualify = address within Gravesham boundary DA10, DA11, DA12, DA13, DA3, ME19, ME2, ME3, TN15.).

Teams:

- Men First 3 to score. Ladies First 3 to score.

Fun Run

We will be holding a Children's Fun Run. This will be a 0.7 km lap of the circuit and open to children under the age of 16. Cost is £3.00 per child. Full details will be publicised on the North Downs Run Facebook page nearer the date. There is a limit of 100 children for this race. The Fun Run Entry form is at the end of this document in case you wish to complete it and bring along on the day.

Hotel Accommodation:

Here are some details of accommodation local to the race. For pre-race hotel accommodation close to The Cyclopark we recommend; The Travelodge, Gravesend www.travelodge.co.uk (next to the race start), Premier Inn Singlewell/Central 0870-9906352 www.premierinn.com (about 10 minute walk to start), North Downs Barn B&B (beside the course at approx 10k) 01634-296829 www.northdownsbarn.co.uk, Inn on the Lake 01474-823333 www.innonthelake.co.uk, 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. Please make individual enquiries and bookings

Officials:

Race Director:	Colette Smith	Course Director	Lisa Smith
Assistant Course Director:	Trevor Edgley	Race Logistics Manager:	Jason Beaney
Start & Finish Area Manager:	Jason Beaney	Race Advisor:	Barry Bell
Treasurer:	Graham Green	Start Wave Manager	Paul Whittaker-Measor
Fun Run Co-ordinator:	Helen Fooks	Race Adjudicator:	Richard Dunstan
Website & Media Manager:	Helen Fooks	Race Entries Secretary:	Vikki Hill
British Masters Liaison Officer:	Trevor Edgley	Procurement Manager:	Vikki Hill
Course Sweeper:	Geoff Bains	Marshal Co-ordinator:	Barbara Ockendon
Public Address System:	Dale Measor/Chris Thomson	Race Village Manager/s:	Phillipa Veitch
Health & Safety Officer:	Chris Blackman		
Environmental Advisor and Secretary:	Joyce Bell		

Sector Marshals: Julie and Lawrence Aspinall, Jon Gurney, Derek George, Mark Pywell and Sally and Mick Callaghan.

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.

Acknowledgement and Thanks:

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

- PWave Medical Ltd
- Raynet Communications for their on-course support.
- Harvel Hash House Harriers for staffing a Water Station
- Several local landowners and farmers for allowing us to use/cross their land 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 SLGR for assisting with marshalling. Thank you to Istead Rise Scouts, Shorne Scouts and 3rd Milton Brownies for their help with the event.
- 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 North Downs Run Facebook Page.

Course records

Race Winners since the North Downs Run was held at Cascades Leisure Centre 2003 to 2019. There was no race in 2020 due to Covid. *Race started from Cyclopark in 2021.

2021*	Darren Deed	Bedford and Country A/C	01:51:57
	Nikki Woodyard	Springfield Striders	02:24:33
2020	No Race due to Covid 19		
2019	Ed Bovingdon	Istead and Ifield Harriers	01:59:40
	Amy Clements	Kent AC	02:14:33
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



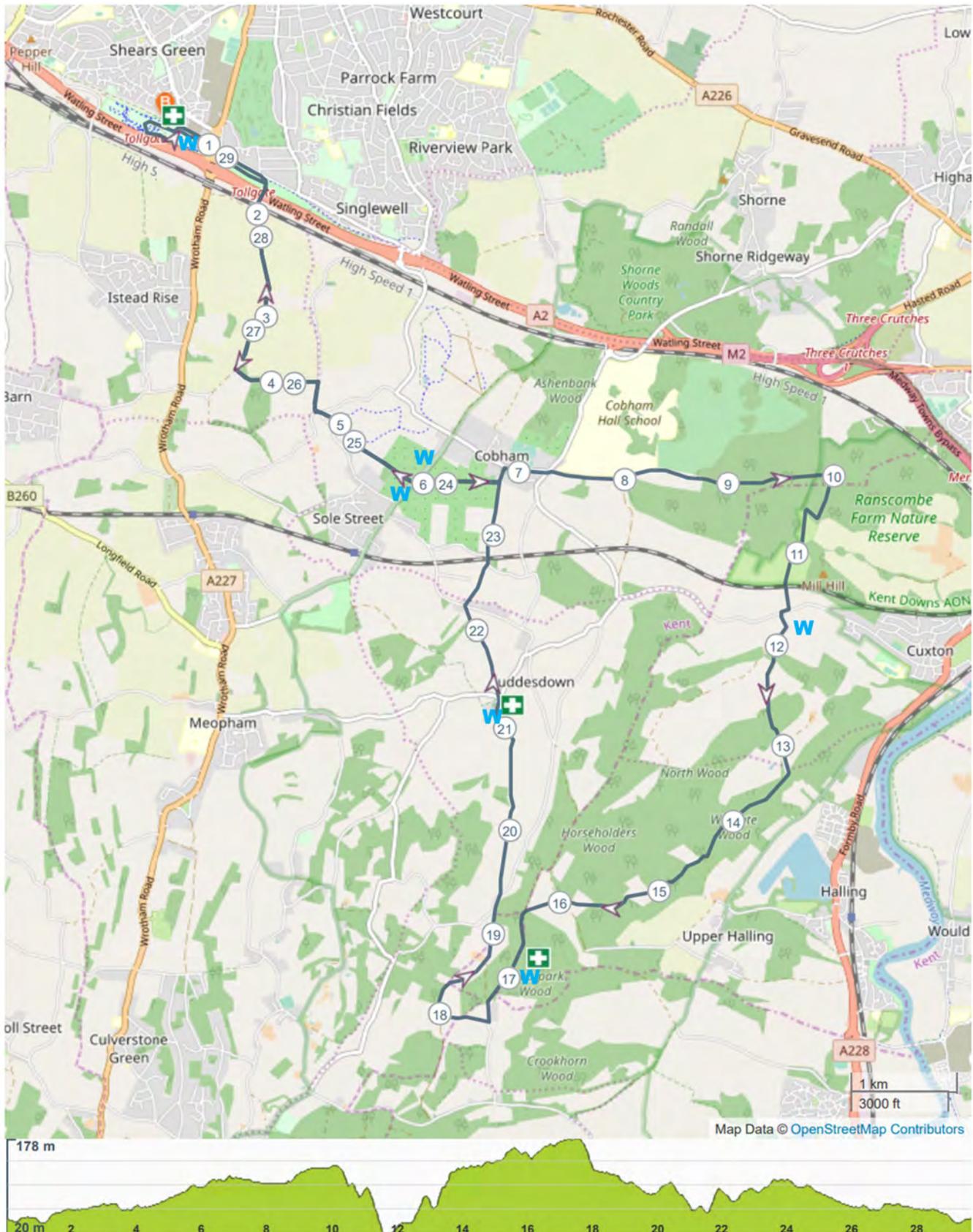
Istead and Ifield are proud to be organising the 38th North Downs Run. The Club was established in June 1992 with the emphasis on being a friendly club for all abilities. This is still our belief and today the club consists of approximately 150 members of varying ages and abilities.

If running or spectating the race today has inspired you to join our running club, then read on. We meet as a club every Monday and Wednesday in Gravesend. 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



Course Map



Course profile and water stations (W).

All measurements / markers are approximate and not to scale.

First Aid points (+)



Children's Fun Run

Sunday 26 June 2022 at 11 AM – 0.75k (approx)



In conjunction with the North Downs Run, a children's fun run will be held on the Cyclopark Track. Organised by ISTEAD AND IFIELD HARRIERS. Refreshments are provided after the run and all finishers will receive a medal.

Entry fee: £3 per Child (All proceeds to be donated to local charities).

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)

Prizes for the 1st, 2nd and 3rd Aged 8 to 11 Years Old (Male and Female)

Prizes for the 1st, 2nd and 3rd Under 8 Years (Male and Female)

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. Photos may be taken by the local press on the day. If you do not wish your child to be included in press coverage, please make us aware of this when you enter the race. Please note that there is a limit of 100 entries in the Fun Run. If this limit is exceeded, your entry will not be accepted.

Entry on the day only - NORTH DOWNS FUN RUN 2022

Please enter me for the 0.75 KM Fun Run

Race Number:

I am under 8
 age 8 to 11
 age 12 to 15

Male
Female

Surname: First Name:.....

Address:.....

Day Tel no:..... E-mail:.....

Mobile telephone number for on the day contact (if different from above)

Date of Birth: Age on Day:.....

I declare that my child is 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 my child will not compete unless they are in good health on the day of this event and that they do so at their own risk.

Signed Parent/Guardian Date