

# Runners' Information

**29<sup>th</sup> June 2025**



***Istead & Ifield  
Harriers***

# RUNNERS' INFORMATION

**Sunday 29<sup>th</sup> June 2025 – 10.30 am start**

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

## Welcome

Welcome to the 41<sup>st</sup> North Downs Run event!

This popular and successful 30km event, which started in Istead Rise in 1984, continues to go from strength to strength. The 2023 event won The John Joyner Memorial Award, for a Consistent High Standard of Race Organisation by The British Association of Road Races.

The North Downs Run event is not run for profit and the 2025 event provided much needed financial support to various local charities including [Elliott Holmes Memorial Fund](#), [Ellenor](#), [Valley Hospital Charity](#), [Slide Away](#), [ADSS](#) and [Junior Park Run Gravesend](#) also received a donation from the proceeds of the event.

The race will start from our HQ at **The Cyclopark (The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP)**. We are sure you will enjoy the route which 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.

**Please read these instructions carefully, and look out on social media for any last-minute changes or updates.**

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

*Sally George*  
*Race Director.*



RUNEVENTS

## 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 3<sup>rd</sup> 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 3<sup>rd</sup> exit onto A227 Wrotham Road and follow for 0.1 miles, going straight ahead at the next roundabout. At the third roundabout, take the 3<sup>rd</sup> 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). **BE GREEN AND CAR SHARE WHERE POSSIBLE.** Any issues please contact Cyclopark directly.

**DO NOT PARK IN MORRISONS CAR PARK.** There is a 3-hour time limit 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](http://www.aviva.co.uk). Please consult South Eastern Trains ([www.southeasternrailway.co.uk](http://www.southeasternrailway.co.uk)) for the most up-to-date train information and timetables.

**PLEASE ENSURE YOU CHECK FOR ANY PLANNED TRAIN STRIKES OR ENGINEERING WORKS WITH SOUTH EASTERN / YOUR LOCAL NETWORK, PRIOR TO TRAVELLING BY TRAIN.**

## 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 will be permitted with declaration up to midnight on **15<sup>th</sup> June** – contact enquiries for details at: [Northdowns@outlook.com](mailto:Northdowns@outlook.com).  
**Note we do not offer deferrals or refunds.**
- 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. **Bibs must be placed on the front of your shirt and not on shorts to avoid disqualification.**

## BMAF

This event is the British Masters Athletics Federation BMAF 30K Multi-terrain Running Championships.

There will be a dedicated BMAF desk located in the registration area, where all BMAF registered athletes should go to collect their race number.

## Kent Grand Prix

This event is part of the Kent Grand Prix. Clubs affiliated to KCAA will be entered into the Grand Prix team competitions automatically, as will the runners from these clubs in the individual competitions.



**Held under UK Athletics Rules. Licence no #28800**

## Baggage

There will be NO baggage storage facility, however you can make your way back to your car once you have collected your Bib number if needed.

## Toilets & Changing Facilities

Portable toilets and men's urinals 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. The course is well marked and approximate kilometre markers are shown. The course map also shows the Water Stations.

**Toilet facilities will be available en route at Luddesdown Village Hall (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.*

**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.

## Course Restrictions

- The Course is unsuitable for Wheelchairs or Buggies
- Runners are not permitted to take dogs on the course
- Athletes must not be accompanied or paced by others on cycles
- Spectators must not enter the racetrack or runners area at any time, nor have dogs on site at Cyclopark

## Antidoping

An entrant shall be deemed to have made him/her/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the date of entry, whether or not the licence holder is a citizen of, or resident in, the UK.

## 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 running the race behind the pace of the cut off time, will be asked to surrender their race number and withdraw from the race. See **Drop Out Zones**.

## 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 behind 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, however if they choose to continue, they do so at their own risk. 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 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 St John's 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 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.
- St John's Ambulance 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

- Individual results are available via the chip timer based at the RACE HQ Runners desk located in the registration area.
- We aim to have the results available via the Istead & Ifield Harriers website ([www.isteadandifield.org.uk](http://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.



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## Fun Run

The Children's Fun Run is a 0.75 km lap of the circuit and open to children under the age of 16. Cost is £3.00 per child cash entry. There is a limit of 50 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.

## 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 2025
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

## Prize Presentation & Trophies

A Prize giving will take place at 2 pm.

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.

## Hotel Accommodation

For pre-race hotel accommodation close to The Cyclopark we recommend; The Travelodge, Gravesend [www.travelodge.co.uk](http://www.travelodge.co.uk) (next to the race start), Premier Inn Singlewell/Central 0870-9906352 [www.premierinn.com](http://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](http://www.northdownsbarn.co.uk), Inn on the Lake 01474-823333 [www.innonthelake.co.uk](http://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](http://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](http://www.thriftwoodholidaypark.com). Please make individual enquiries and bookings

## Officials

<b>Race Director:</b>	Sally George	<b>Course Director:</b>	Trevor Edgley
<b>Deputy Race Director</b>	Elizabeth Mings	<b>Procurement Manager:</b>	Colette Smith
<b>Assistant Course Director:</b>	Robert Conetta	<b>Race Logistics Manager:</b>	Jason Beaney
<b>Start &amp; Finish Area Manager:</b>	Jason Beaney	<b>Race Advisor:</b>	Barry Bell
<b>Treasurer:</b>	Graham Green	<b>Start / Finish Co-ordinator:</b>	Paul Whittaker-Measor
<b>Fun Run Co-ordinator:</b>	Lisa Smith	<b>Race Adjudicator:</b>	Paul Wood
<b>Marketing Manager:</b>	Elizabeth Mings	<b>Race Entries Secretary:</b>	Vikki Hill
<b>British Masters Liaison Officer:</b>	Trevor Edgley	<b>Race Village Manager/s:</b>	Phillipa Veitch
<b>Course Sweepers:</b>	Geoff Bains & Kulwinder Thind	<b>Marshal Co-ordinator:</b>	Barbara Ockendon
<b>Environmental Advisor and Secretary:</b>	Joyce Bell	<b>Health &amp; Safety Officer:</b>	Paul Whittaker-Measor
		<b>Public Address System:</b>	Dale Measor/ Richard Dawson/ Chris Furlong

## 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.



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## 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
- ✓ Café and refreshments

Check out their website for full details [www.cyclopark.com](http://www.cyclopark.com) (Please note, no dogs are allowed on site)

## Sponsors

Thanks to our sponsors for making this race possible: **Cyclopark, Barnes Roffe LLP, Thameside Windows, Silverhand Estate, Avery Healthcare – Springwood Corner, The Swain Group, MEOB Consulting** for supporting the race.

(If you are interested in sponsoring our race next year get in touch with us at [northdowns@outlook.com](mailto: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's Ambulance
- 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, The North Downs Way, Jeskyns Country Park 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 3<sup>rd</sup> 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](mailto:Northdowns@outlook.com)

**Any late race information will appear North Downs Run Facebook Page.**

## 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/northdownsrunk>, and our Instagram account: northdownsrunk.

## Course records

Race Winners since the North Downs Run was held at Cascades Leisure Centre 2003 to 2019

\*Race started from Cyclopark in 2021.

2024	Daniel Radcliffe	Folkestone Running Club	01:55:39
	Andrea Clement	Blackheath & Bromley Harriers	02:00:54
2023	Ed Bovingdon	Istead & Ifield Harriers	<b>01:51:37</b>
	Amy Clements	Kent AC	02:27:48
2022	Paul Fauset	Northern Masters AC	01:56:42
	Victoria Gill	Winchester & District AC	02:12:23
2021*	Darren Deed	Bedford and Country A/C	01:51:57
	Nikki Woodyard	Springfield Striders	02:24:33
<b>2020</b>	<b>No Race due to Covid 19</b>		
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



**Istead and Ifield** are proud to be organising the 41<sup>st</sup> 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.

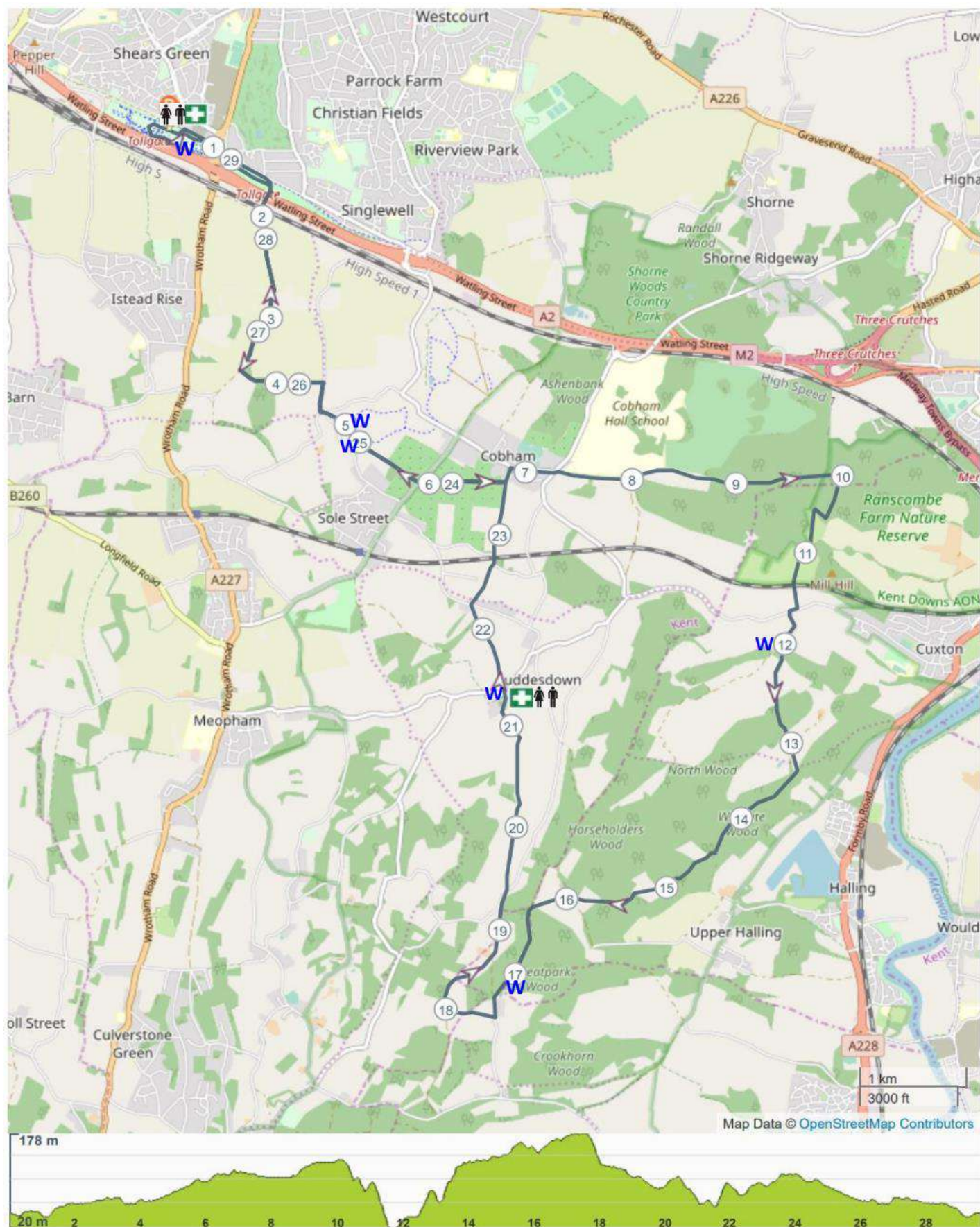
If running or spectating the race today has inspired you to join our running club, then read on. We meet as a club every Monday and Wednesday in Gravesend. In the summer our runs take us to Shorne Country Park and the many footpaths and lanes beyond whilst in the winter we train under streetlights around Riverview, Gravesend and Northfleet. See our website [www.isteadandifield.org.uk](http://www.isteadandifield.org.uk) for more information.

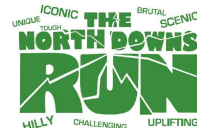


**Held under UK Athletics Rules. Licence no #28800**



## Course Map





# Children's Fun Run

## Sunday 29th June 2025 at 11 AM



Organised by **ISTEAD AND IFIELD HARRIERS**, in conjunction with **The North Downs Run**, the Children's Fun Run takes place on the track at The Cyclopark, Gravesend, DA11 7NP.

**Entry fee: £3 per Child. CASH ONLY.** Under 16's only.

Entries open at 09:00 and close at 10:30, Race starts at 11:00.

Refreshments are provided after the run and all finishers will receive a medal.

**Prizes for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Aged 12 Years Old to 15 Years Old (Male and Female)**

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

**Prizes for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 50 entries in the Fun Run. If this limit is exceeded, your entry will not be accepted.

### Cash entry on the day only - NORTH DOWNS FUN RUN 2025

Please enter me for the 0.75 KM Fun Run

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

Male ☐  
Female ☐

Race BIB Number:

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:.....



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