



SHOREHAM WOODS 10K TRAIL RUN

Race Events

RACE DAY INFORMATION **PLEASE READ CAREFULLY**

Date & Start time

Saturday 7th September 2019: Start time 9:30am

How to get there

Shoreham Woods (Andrew's Wood)
Shacklands Road
TN14-7BD

Car

Postcode TN14-7BD

Parking

There is limited free parking inside the woods so please try to car share. Alternatively Polhill Garden centre has kindly agreed for runners to have access to their free car park, which is a 10-minute walk to Race registration. The address for Polhill is: London Road, Sevenoaks TN14 7AD. Upon entering the garden centre take the second exit of the roundabout following the signs for Coach parking.

By Train

Sevenoaks railway station take the 402 bus (Bromley North Bound) to Badgers Mount Roundabout stop (20 mins). Exit the roundabout at Shacklands road, 6-minute walk to Race Registration, which will be signpost.

Please check bus timetable for Saturday service.

Bromley South Railway station take the 402 bus (Tunbridge Wells Bound) to Badgers Mount Roundabout stop (28 Mins). Exit the roundabout at Shacklands road, 6-minute walk to Race Registration, which will be signpost.

Please check bus timetable for Saturday service.

Knockholt railway station Unfortunately there is no bus service. From the station it is just over a 1 mile walk to race registration, directions as follows: When approaching the main road from the station turn left and following the road until you approach the roundabout. Take the second exit into Shacklands Road, Andrews Woods will be on your right hand side, race registration which will be signpost.

By Bus

The 402 bus stops at Badgers Mount roundabout. Exit the roundabout at Shacklands Road, 6-minute walk to Race registration, which will be signpost.

Please check bus timetable for Saturday service.

Registration

Open's at 8:00 and will close at 9:15 it will be held by the car park area. Please check the board for your race number; this will be listed next to your surname. The registration desk will display race numbers categorized as 1-100 / 101-200 and so on, please join the correct queue to retrieve your race number and timing chip.

Timing Chip

Your timing chip will be given to you at registration please fit it correctly to your ankle marshals will help you with this information.

Race number

There will be a table with a box of pens. **PLEASE** remember to right your full name emergency contact details and any medical information on the back of your race number. Please do not give your race number to anyone else. Please wear your race number on your front as Snappy Races will be taking pictures which you can view and purchase by entering our event name and your race number on their website.

Baggage

The baggage area is located next to registration. If you decide to leave your bag here, **please write your race number on a baggage label and attach to your bag before handing in.** Your running bib is your ticket to collect your baggage so please do not discard once you have completed the race. FYI the start/finish area is really close to the car park so if possible please leave bags in your cars. The baggage area will be manned at all times by our marshals. Please note optional: there will be a £1.00 charge per bag, money raised will go to the upkeep of Shoreham Woods.

Course

The race will start at the entrance to the bridge. Runners will complete 1½ laps in the woodlands before entering the valley. Can all sub 45 min runners make there way to the front (starts line) followed by everyone else, the race is timed so don't worry your get your exact race time, please watch your footing as parts of the route are uneven. Our encouraging team will marshal the course, there will be large yellow arrows and K markers all around the course, and also jelly babies and **one** drink station at 4K so please take. A PB is highly unlikely but the route is one of the most scenic and challenging, we hope you enjoy it as much as we have, a map of the route will be on the notice board at registration. **Remember this is a Trail run, please watch your footing!**

First Aid

If you have a medical history you feel we should be aware of please email PB Race events. Medical support will be available at the start/finish with more trained paramedic on course at around **3k/5k/8k**. If you feel unwell during the race please alert the nearest marshal and prompt medical assistance will be provided. **Fit to Run** - Please **Do not run** with a cold, flu, if you are feeling feverish, have chest pain, hangover, vomiting, diarrhea or just feel unwell as this can be extremely dangerous.

The Start

Can all Canicross runners start at the back, straight after the last runner, the race is chip timed so it will not matter.

Safety

The course is based in local woodlands, used by mainly dog walkers we will do all we can to ensure that this doesn't detract from your race performance or enjoyment but we ask that you take care. Please insure that you obey all race officials/Marshals instructions, they are there for your safety.

Toilets

Toilets are located in the car park at registration.

Water

There will be two drink stations, one at the 4k markers, and at the finish line.

Prizes

1st 2nd 3rd Male/Female, 40+ 50+ 60+ Male/Female, and a team prize for the first 3 to cross the line, Canicross runner First Male/Female Spot prizes for a great finish. Plus a medal to all race finishers. Prizes will be given out as you cross the line, please stay for a photo.

The Finish

Once crossing the finish line keep moving, do not block up the finishing area collect your well earned medal and have some water.

Cake Sale

After the race at registration Vicky and the team will be selling home made cakes, so please do bring a small piece of change, Vicky one of our marshals is raising funds for **The Chris Aked Foundation** GOOD LUCK Vicky !!

Sporty Paws

Will be on site to help with Canicross belt/harness advice and sizing selling a range of stock. Card payment welcome.

Race Donation

PB Race Events is proud to confirm that a percentage of every race entry sold will be donated to the upkeep of Shoreham Woods,

Results

Results will be posted on our website www.pbraceevents.co.uk along with our Face book page and a link will be e-mailed to all our runners with a link to race photos,

Race Photos

Snappy Races will be taking photos on race day the fee for each photo will be (£2:49) with £1 going straight to the woods so smiley faces. www.snappyraces.co.uk

Marshals

We are always looking for Marshals, Its great fun so why no join us - please email info@pbraceevents.co.uk

Last but not least good luck have a great race!