



## SHOREHAM WOODS 10K TRAIL RUN

### Race Events

#### RACE DAY INFORMATION

**PLEASE READ CAREFULLY**

##### **Date & Start time**

Sunday 30th August 2026: 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 have a car park, which is a 10-minute walk to Race registration. The address for Polhill is: London Road, Sevenoaks TN14 7AD.

##### **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 8:15 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, it will be fixed to your running number.

### **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.

### **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.

### **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, **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 **3k** - 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**

1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Male/Female, A team prize for the first 3 to cross the line, Canicross runner First Male/Female 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.

### **Charity**

Alzheimer's Dementia

### **Results**

Results will be posted on our website [www.pbraceevents.co.uk](http://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,

### **Marshals**

**We are always looking for Marshals, Its great fun so why no join us - please email [info@pbraceevents.co.uk](mailto:info@pbraceevents.co.uk)**

**Last but not least good luck have a great race!**