



DARENT VALLEY 10K

SUNDAY 8th MAY 2022

COMPETITORS' INFORMATION

After a two year absence, welcome to the 30th running of the Darent Valley 10k and a new course!

RACE HEADQUARTERS

This is situated at The Anthony Roper School, High Street, Eynsford, Kent DA4 0AA.

The HQ will be open from 7.15am for enquiries. There is a limit of 700 runners for this event. There is limited changing available so please come already changed if possible. There are toilets but no showers at the race HQ.

CAR PARKING

Please note that there is no parking available at the school. There is limited parking available in the village within 5 minutes walk/jog of the HQ. Please do not park on the main road near the HQ or in the village (especially along the High Street) as this causes obstruction to other road users. We have use of Millfield (a five minute walk from HQ) for parking - the grass can be long and, because of the steep access, we recommend large vehicles park elsewhere.

GETTING THERE

The HQ is situated on the A225 Farningham to Sevenoaks Road at Eynsford, Kent. From the M25 leave the motorway at junction 3 [Swanley] and take the A20 east towards Brands Hatch, after about two miles continue straight on at the roundabout [garage on the right] and take the next turning on the right signposted A225 Sevenoaks. Race HQ is about one mile on the right. From Maidstone direction take A20 past Brands Hatch and turn left onto the A225 at Farningham.

PRIZE LIST

Prizes will be awarded as follows:-

1st, 2nd & 3rd Senior Men, 1st MV40-49 1st MV50-59 1st Super Vet Man over 60

1st, 2nd & 3rd Senior Lady 1st FV35-44 1st FV45-54 1st Super Vet Lady over 55

1st team home (a team consists of 7 Men and 3 Women - the trophy must be returned next year)

Medals to all finishers. All entrants are eligible for awards. No competitor may take more than one prize though.

THE COURSE

A new course for this year to avoid the main road, the course starts and finishes at the HQ and is mainly rural and undulating along country lanes, passing through picturesque Farningham village and past notable landmarks such as Lullingstone Roman Villa and Lullingstone Castle. After the castle there is an off road section passing through Lullingstone Country Park, then you return back the way you came past the Roman Villa and into Eynsford via the bridge adjacent to the ford. Some of the lane between the villa and castle are not in the best condition so look out for potholes.

The course is not suitable for wheelchair competitors. If running with a dog they must be kept on a short lead.

Headphones – The race is run under UKA regulations and for safety reasons only approved bone conductive headphones can be used - you may not be able to hear marshalls instructions or be aware of other road users if in-ears are worn.

WATER

Water will be available at 5K and at the finish.

TIMETABLE OF EVENTS

07:15AM Headquarters Opens 08:20AM Runners to the marshalling area

08:25AM Runners will be guided to the start in the High Street 08:30AM Race Starts 09:00AM Onwards Runners finishing

10:00 AM (approx) Prize Presentations 11:00AM Headquarters Closes

NUMBERS / CHIP TIMING

Numbers, with the timing chips incorporated should be collected from race HQ on the day – these must be pinned (with 4 safety pins) to the front of your running vest/shirt. Please fill in the information requested on the rear of the number, in particular any medical issues.

RESULTS

Provisional results will be uploaded onto our website www.swanleyanddistrictac.org.

PLEASE REFER TO THE WEBSITE FOR ALL THE LATEST RACE INFORMATION