



# Larkfield 10k 2024

UK Athletics Licence Number: 27659

UK Athletics Certificate of Course Accuracy Number: 22/109

## Instructions for Competitors

The date this year is 22 September 2024. Please aim to arrive by 8:00 in order to park and collect your Race Number from Race HQ. The address is East Malling Research Centre, off New Road, East Malling, ME19 6DD.

Following UKA requirements your Race Number should be pinned to the front of your top. It should not be altered in any way and your contact details must be entered on the back of it along with details of any specific medical conditions.

If there are any late instructions for the race these will be posted on the club website [www.larkfieldac.co.uk](http://www.larkfieldac.co.uk) and Facebook Page so please keep an eye on this. Please direct any queries before the race to David Nicholls, Race Director [rd@larkfield10k.com](mailto:rd@larkfield10k.com)

## Instructions for Kent Short Course Championship

Open to all Kent qualified runners. See Rule 9 (qualification) on this link:

<http://www.kcaa.org.uk/ExtractfromRulesforCompetition.pdf>

If you haven't already registered to enter you can do so on the day, please mention this when you collect your race number so that you can be given a Kent Champs identifier which must be worn on the back of your vest during the race. <http://www.kcaa.org.uk/road%20races.htm>

## Race HQ

The race HQ is East Malling Research Centre, off New Road, East Malling, ME19 6DD.

If arriving by car, please follow the signs and marshals directions and park within the Research Centre grounds off New Road, there is ample parking on site and a short walk to the HQ and start. There is strictly no parking on New Road.

## Race Numbers, Chips and Race Information

Race numbers, chips and race-specific information will be available to pick up on the day of the race from race HQ (safety pins will be provided). Please allow plenty of time to do this. The Velcro race tags should be placed around your ankle and returned at the end of the race. Registration will close around 9am. Competitors should wear their Race Number on their front at all times.

## **Directions**

East Malling Research Centre is close to junction 4 on the M20, from here take the A228 towards Tonbridge/West Malling, turn left onto the A20 (east) and then right (at B&Q) into New Road towards East Malling and then turn left into the Research Centre;

Direction signs will be in place on the local roads in the East Malling area. You can print off full directions from your home on Google maps or the other UK map websites using the postcode ME19 6DD.

## **By public transport**

The nearest train station is East Malling ½ a mile away (on the line from Maidstone East to London Victoria), trains run every 30 minutes, and you can find train times from National Rail enquiries.

## **Facilities**

Changing facilities will be available, regrettably there are no showers. There will be portable toilets outside near the finish line and limited indoor toilets available. Bags may be left in the baggage area, use the baggage tag on the bottom of your race number and attach it to your bag. You will need your race number to collect your bag after the race.

Larkfield AC cannot accept responsibility for any loss or damage to runners personal possessions. There will be cold/hot drinks and food available from the on-site café.

## **Photographs**

Professional photographs will be available after the race. Information on how you can view and purchase these will be available on our club website [www.larkfieldac.co.uk](http://www.larkfieldac.co.uk) and Facebook page.

## **On the day entries**

Entries on the day will be available until 8:30 am presuming our race limit has not been reached, £30 contactless payments only NO CASH.

## **Illness/injury**

If you are medically unfit to run the 10K due to illness or injury, then you should not take part. If in doubt please seek medical advice. If you have a medical condition which we need to be aware of please write the details on the back of your race number.

## **The Start**

The start will be at the Research Centre, 100m from the HQ. You will be called to the start line approximately 10 minutes before the start time. If you are not one of the quicker runners please keep to the rear to help avoid congestion, it will not take long for the field to clear the start.

## **Race Results**

Full race results will be displayed from the Larkfield AC website [www.larkfieldac.co.uk](http://www.larkfieldac.co.uk) and Facebook when they are available after the race.

## **Route Details**

The course is an accurately measured 10 kilometres (6.21 miles) 2 lap course around East Malling and Ditton. There will be markers every kilometre around the course and a water station around

5KM. The finish is in the grounds of the research centre. Please ensure you have your ankle tag removed before leaving the finish funnel.

## **Marshals & Runner Safety**

Please note that due to the race being held under UKA rules, **the use of in-ear / headphones are banned for the event**. Anyone seen not adhering to these rules will be **disqualified** under **UKA Rule 240 S 5**. **Under the current rules, bone conducting headphones are also not permitted.**

At all times runners must observe the Highway Code and rules of the road. Please abide by the directions of marshals around the course, but understand that marshals can only advise motorists and have no power to stop traffic. When running on the road, please keep to the left unless directed otherwise by a marshal. While on the off-road sections, please be aware of pedestrians and dog walkers who may not be expecting runners to pass them. A temporary road closure will be in place on the public road near the start but this will not remain for the second lap.

## **Trophies and Prizes**

Trophy and prize presentation will take place at the race HQ at around 11:00. These will be awarded in the following categories – Male 1st, 2nd, 3rd; M40; M50; M60; M70 Female 1st, 2nd, 3rd, F35, F45, F55; F65 Male team (3 to score) and Female team (3 to score). Please stay to watch the prize giving.

6 July 2024