



Thank you for entering the Larkfield 10k! We do appreciate your support and thanks for choosing us. As race day is getting very close we are sending you all the information you need for the day.

***PLEASE NOTE: We have been informed by the Highways Agency that the M20 will be CLOSED between junctions 4-6 on Sunday. We have been advised that the A20 will remain open. The A20 travels directly through Larkfield, but may have extra traffic due to the motorway closure. The signed diversion route is for through traffic so do not follow this as it won't take you anywhere near the race location. PLEASE ALLOW EXTRA TIME FOR YOUR JOURNEY. ***

Race HQ

The event is based at the East Malling Research Centre. Race HQ will be open from 9:00am on Sunday 16th September. You will need to collect your number and timing chip from here. **YOU WILL NEED YOUR TICKET CONFIRMATION EITHER PRINTED OR ON YOUR SMARTPHONE AS WE WILL BE SCANNING THESE ON THE SYSTEM.** Inside the Race HQ you will find several desks for collections – please select the desk appropriate to your SURNAME for collection, NOT your first name or club/company name. Please make sure you allow enough time to collect these. The race starts at 10:30am.

Timing Chips & Race Numbers

Both your timing chip and number are issued on the day as explained above. You must securely attach your timing chip to your shoe using the cable ties provided. Do not attach the chip anywhere else. Failure to return your chip at the end of the race will result in a £10 charge payable by the runner on the day. You must also securely attach your race number to your front NOT your back or your leg. Thanks for your help with this.

Kent Short Course Championship

If you have entered this you must also wear your county identifier attached to your back.

Parking

There is free parking at the venue. Please follow directions of marshals upon arrival. The postcode is ME19 6BH. You will find the entrance off New Road in East Malling. The entry to the centre is marked by two green signs with NIAB and EMR logos with the words "Plant Science into Practice" below. We will also have our signs marking the entrance.

Water Station

There is a water station approximately mid-way around the course. You will also be given water at the finish.

Refreshments & Other activities

We will have some great tasting coffees, teas, cakes and hot food available in the new mini-event village.

Changing Rooms & Toilets

There are toilets available but no showers or changing facilities at this venue.

FREE Massages

Unit 5, Marshwood Close, Marshwood Business Centre, Canterbury, Kent, CT1 1DX
Tel: +44 1227 788912
Company Registration no. 9802305



We will be offering FREE massages both pre and post-race. These are provided by ESO – the European School of Osteopathy.

Baggage Drop

We will have a baggage drop. You **must bring your race number** with you to show when depositing your bags and belongings. Please note bags and belongings are stored at your own risk.

Prizes & Presentation

Every finisher will receive a medal. There will also be prizes and a presentation at approximately 11:45. There are prizes for 1st/2nd/3rd Male and Female and also age categories. Please do stay for this and cheer on everyone's successes.

Results

We will have LIVE results on the day, so when you cross the line your result will automatically upload on the website. You can scan the QR code at the finish to access these on the spot! You can also access these via www.sportingeventsuk.com, and a link also posted to our facebook page www.facebook.com/sportingeventsuk and twitter feed www.twitter.com/sportseventsuk. You can also keep up to date with our latest news via our facebook and twitter.

First Aid

First Aid will be provided by SE Medical Services, and we thank them for their involvement.

Headphones

In line with UK Athletics rules runners are not permitted to wear headphones during the race. This is for your own safety and well-being. The only exception to this is bone-conducting headphones which are allowed under UKA rules.

License/Certification

We can confirm that the race is licensed by runbritain. As such we operate the race using UK Athletics/runbritain rules.

I think that covers everything you need to know, but if you do have any questions please let me know.

All that remains is to thank you again for choosing us and we look forward to seeing you on Sunday.

Kind regards,

Barry Hopkins
Race Director

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