

Sunday 16th September 2018 – 10.00am start

Information for Entrants

Enquiries to contactus@rothervalley10k.co.uk
www.rothervalley10k.co.uk

*Thank you for entering the Rother Valley 10k. It is a measured 10km Road Race which will be run under UK Athletics Rules, starting in the car park of Northiam Station (on the Kent & East Sussex Railway) and finishing in the scenic grounds of Bodiam Castle (National Trust).
The course will take you to the Finish Line via Ewhurst Green. The race will be chip-timed.*

We hope you enjoy the Run and wish you luck and safe running.

PLEASE READ THESE NOTES CAREFULLY

Race Number and Race Chip

Your race number can be collected from 8.30am on the day from one of the two Race Number Collection desks. The desks will be split in two alphabetically so please collect your number from the relevant desk (based on the first initial of your surname). Your race chip will be handed to you at the same time. Please fix your race chip to your running shoes or clothing before the start of the race and hand it back at the end of the race. Please complete the medical details in biro on the back of your race number.

General running information

As this is a road race, we would advise you to wear the most high-visibility attire possible. Although your safety is your own responsibility, we want to do everything possible to ensure your safety, so please help yourself and us with this. Please ensure that your race number is displayed prominently across your chest or stomach and that the medical details on the reverse have been completed. **To comply with UK rules, headphones are not allowed to be worn during the race.** You need to be able to hear approaching traffic, walkers, bikes, horses and dogs. When finishing, please keep moving across the finish line, and remember to hand in your race chip as you collect your finisher's medal. Please do not re-enter the Finish Area after exiting. Please take note of all instructions, signs and directions given by the marshals and be aware of traffic at all times.

Parking

There is free parking at the entrance to Northiam Dairy, approximately 200m south of the railway crossing at Northiam Station. All cars parked here are at the owner's risk. Limited parking is available at Bodiam Castle (free to National Trust members and £3 to non-members).

******Map at the end of this document******

Toilets

There will be toilets at the Start and in addition runners are allowed to use the facilities at Northiam Railway Station and at the Finish. Please use the toilets by the Tea Room at the entrance to the grounds of Bodiam Castle.

Belongings

We will have a vehicle at the Start on or in which you may leave any belongings, at your own risk. The vehicle will transport the belongings to the Finish at Bodiam Castle, from where they are to be collected. Please bring a label with your name on it and attach it to your belongings.

The Route

The route of the Rother Valley 10k starts at Northiam Railway Station. When exiting the Station access road, runners will turn right into A28 Station Road. **Runners must stay on the left-hand side of the road until they cross the road at 1.1km at which point they enter Dixter Lane.** Marshals will be at this point to assist you in crossing the A28 Station Road. Runners will continue running up Dixter Lane and into Beacon Lane then left into Dixter Road. At 2.4km, runners turn right into Ewhurst Lane. At 3.9km, continue on at T-junction into Tufton Lane, turning right at 4.3km into Adams Lane and into Sempstead Lane at 4.5km. Turn right at 6.0 km into Lordine Lane. Continue to end of Lordine Lane in Ewhurst village and turn left at 7.5km into Ewhurst Lane. Continue along Ewhurst Lane and turn right at 8.2km into Dagg Lane. At end of Dagg Lane, turn right at 8.8km into Bodiam Road (B2165) and **keep to the right-hand side of the road.** Continue along Bodiam Road, passing the level crossing at 9.3km, over the humpback bridge at 9.6km then turn right into the main entrance to the grounds of Bodiam Castle. Keep to the left as you enter the grounds and head towards the grassed overflow car park on the left and follow the fenced running area to the finish.

Please note that all roads on the course will remain open at all times so please be aware of traffic.

******Map at the end of this document******

Drinks Stations

There will be two drinks stations along the route of the course plus an additional drinks station at the Finish Line. The first Drinks Station will be sited at approximately 3.0km at Strawberry Hole; the second one just beyond the junction of Lordine Lane and Sempstead Lane at approx 6.2km.

Km Markers

There will be km markers at every kilometre, up to 9km.

Race Clock

There will be a digital clock mounted on the Lead Car which, upon arrival at the Finish, will be parked next to the Finish Line.

Medical Provision

Wealden Ambulance Services are supplying the medical cover for the Event, both during and after the run. It is strongly recommended that any advice given by medical personnel be acted upon. There will be back-up vehicles in the area to help if required.

Finishing times, Results Awards and Prize Information

Finishing times of all runners who complete the course will be posted on the www.rothervalley10k.co.uk in the days following the event.

Awards will be made at the Finish in the Race HQ by the Finish Line at approximately 11.30am.

Marshals

They will be present along the course, mainly at junctions. Please obey any instructions they may give you. They are there for your safety.

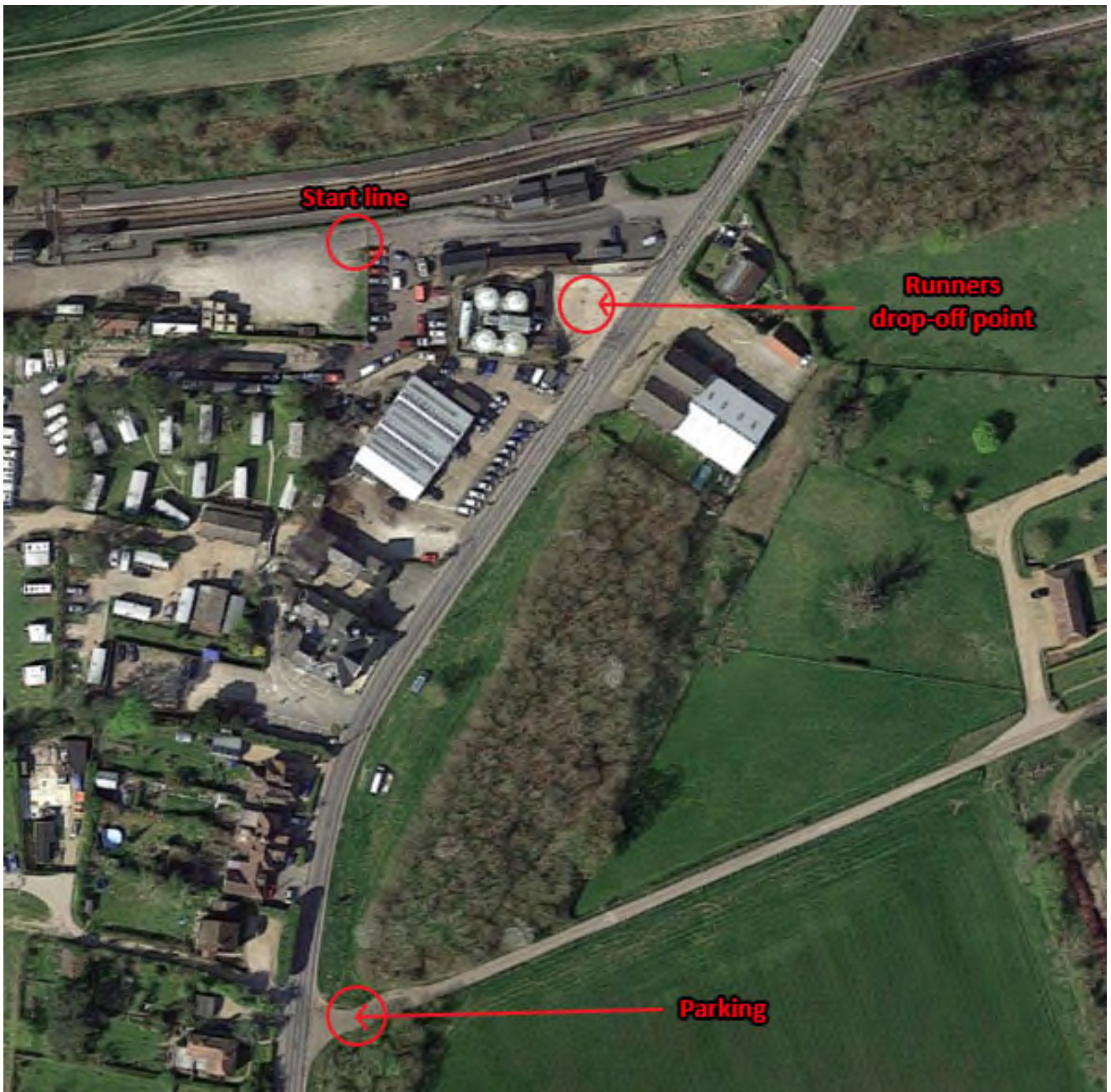
Train travel

'Runners Specials' will be running between Northiam and Bodiam. Discounted tickets are available online via <http://www.kesr.org.uk/rother-valley-10k>.

Boat travel

Bodiam Boating Station will be operating a ferry service up and down the River Rother for runners and followers alike. See www.bodiamboatingstation.co.uk for details or ring 01797 253838.

Parking map



Route Map

