

# Friends of Temple Ewell School

## DFDS Temple Ewell 10K Run

### Dover, Kent

#### Sunday 13<sup>th</sup> October 2019 – 10.00am start

## Pre-Race Instructions

Your entry has been received. This email provides all the pre-race instructions.

**ALL NUMBERS AND CHIPS ARE TO BE COLLECTED ON THE DAY  
FROM OUR RACE HEADQUARTERS.**

### [Kearsney Abbey](#)

Alkham Road, Temple Ewell, Dover, Kent CT16 3EE

**Arrival from 8.00am.**



**Parking:** There is limited parking at Kearsney Abbey. Parking is also available behind the George & Dragon at the junction of London Road & High Street in Temple Ewell and at Kearsney Bowls Club. Some additional parking is available on streets at the “River” end of Kearsney Abbey Park. If possible, please attempt to use public transport or walk or cycle to the race.

**Do not park in Lower Road or on Alkham Road as these form part of the race route & Start and Finish. Parking in these areas will delay the race.**

Vehicles and their contents are left entirely at owner's risk.

### Collecting your number and **CHIPTIMINGUK** timing chip:

Please arrive in plenty of time & collect your running number/timing chips by 9.30am. Timing chips & numbers will be distributed in **alphabetical order** by **surname**. **CHIP COLLECTION** signs at race HQ will indicate which queue you should be in. Joining the wrong queue will slow down the process for you & other competitors. Race Officials will be on hand to help you.

**Bag Drop:** The bag drop area is located close to registration. There will be a tag with your race number on it in your registration envelope. Tie this to your bag prior to handing over to the baggage collector and allow extra time to do this. All items are left entirely at the owner's risk.

**Facilities and Refreshments:** Toilets are situated behind Kearsney Abbey and will be clearly signed. There are no changing facilities so please arrive ready changed to run. Refreshments, hot & cold drinks and snacks will be on sale close to race HQ.

**Race Start & Finish:** The start is situated close to the race HQ in Lower Road. The finish is in nearby Russell Gardens. There will be a race briefing by Race Officials. The course is multi terrain on path, track and quiet roads. A course map is available from the event website [www.templeewell10k.co.uk](http://www.templeewell10k.co.uk).

**Prizes:** All finishers will receive a quality medal + FREE photographic downloads plus bottled water and energy bars. There are prizes for the first 3 male/female competitors plus 1<sup>st</sup> in the following age groups (Male 40+, 50+, 60+, 70+, Female 35+, 45+, 55+, 65+).

**Please Note:** The course is not suitable for wheelchair competitors. Headphones & devices to play music are not allowed. Please keep a copy of this document. Good Luck in the race

**Results :** Race times will be put on the event website. Full results [www.chiptiminguk.co.uk](http://www.chiptiminguk.co.uk).

*There are no refunds or deferred entries. Any transfers have to be completed at least 2 weeks before the race.*