



46th Sevenoaks Circular Walk

Sunday 19 March 2023

Final Details

The Kent LDWA Group look forward to welcoming you to the 46th Sevenoaks Circular Walk on Sunday 19 March. Full details of the event including Route Description and GPX files can be found on the Kent Group website.

Before The Walk

If you have special dietary requirements (other than vegetarian) you should plan to carry your own food/drink. Alternatively, if your food is clearly labelled, we will try, where possible, to take your food to the checkpoint, ready for when you arrive. There will be vegan hot food available at the end of the walk.

You are advised to wear suitable footwear and clothing and carry a map. A compass will be essential. Also, a torch and reflective clothing are required if you expect to finish after 17:30. **All entrants are to finish by 19:00**

Navigation

OS Explorer maps 147 & 148 cover the whole route. Electronic versions of maps can be used.

Please ensure that you bring a copy of the route description with you as there will be no copies available at Registration. Your unique number for this event can be found via this link https://ldwa.org.uk/results/follow_participants.php?event_id=310 to PACER.

Please ensure that your **ENTRY NUMBER** is clearly written in the boxes provided on the Route Description before you register.

Whilst GPX files are provided for all routes, these are for reference and back up. The Route Description should be considered as the definitive guide to the route.

Please bring your own mug as there will be none available on the event.

Dogs are permitted on this walk but the appropriate dog registration form must be completed prior to setting off.

This is the first time we have allowed dogs in this event for many years, which is a calculated risk, given it is lambing season. We will be monitoring things to see if this continues to be appropriate in the future.

On Arrival

If you are arriving by car, please follow the directions of the Marshals who are supervising the parking arrangements. Please enter the building to the rear and it would be appreciated if you **do NOT wear muddy footwear** or bring mud into the hall.

Please check in at the registration area where you will be asked to provide a mobile phone number in case of an emergency during the event. This information will be destroyed as soon as the event is over. If you wish to appear as 'anonymous' on the Public Results, please indicate this at the time of registration.

At this stage, your unique number (see above) will be confirmed for the event. You should write this on the front page of your route description, plus the boxes at each check point.

Tea, coffee and biscuits will be available before the start of the event - you will need to provide your own mug at the start/finish and during the event as none will be provided.

The event will start from 8:00 (all walkers on the long route) **and 10:00** (all runners, fast walkers more than 3.9mph and walkers on the shorter routes). **Check points will not open earlier than stated and likewise will close at the advertised times below.**

The opening/closing times of the checkpoints are as follows:

CP1 (all routes) Plaxtol Village Hall (8.2 miles) opens 10.05 and closes 13.05

CP2 (long route only) West Malling Village Hall (15.8 miles) opens 11.55 and closes 13.45

CP3 (22 & 30 mile routes only) Plaxtol Village Hall (24 miles) opens 12.30 and closes 16.45

All are to finish by 19.00

The closing time for each checkpoint will be adhered to and the decision of the checkpoint leader and event organiser will be final.

Checkpoints

Please ensure that at each checkpoint you give your Walk Number to the appropriate Marshal.

Missing any of the number checks may lead to disqualification.

Please dispose of your litter in the receptacles provided or take it home (discarding items along the route risks the reputation of the event and landowners refusing use of their land).

Hot drinks and cold food will be available at all three checkpoints

Retirements

If you need to retire, please do so at a checkpoint where we can arrange transport to get you back to the finish. If you are forced to retire elsewhere, please call one of the emergency numbers on your route description so that arrangements can be made to pick you up. Should you decide to retire yourself and make your own way to the finish or simply go home, please ensure you call us so that we can account for you.

At The Finish

Please remove or cover all muddy footwear before entering the building and check in with the Finishing Marshals.

There will be hot food available at the end of the event.

Badges will be available for purchase at the cost of £3.00 each.

On behalf of the Kent Group, we hope that you enjoy your day, and we look forward to welcoming you to future Kent LDWA Challenge Events.