



THE 25th HARVEL 5 – SATURDAY 1st JUNE 2024 – RACE START 2PM

PLEASE ARRIVE BEFORE 1:30PM!

Thank you for your entry to the 25th Harvel 5 Mile race. Other than race number and chip collection, on the day, no further registration is necessary.

The race starts at 2pm, please arrive early as there is a short walk to the village green. To minimise the impact on the village if it is possible to car share, please do and if you are planning on arriving by coach or minibus alternative/dedicated parking is available. **Arrivals after 1:40 will have to take a longer walking route to the starting green to avoid congestion on the course, please arrive early!!**

A few of the race instructions have changed from previous years. Please read this race pack carefully and look out on social media for any last minute changes or updates.

PLEASE DO NOT TRAVEL TO HARVEL TO TRY TO GET A RACE PLACE ON RACE DAY.
We are unable to offer places on the day.

If you have any questions or concerns regarding the race feel free to contact us. You can get hold of us via our website, Facebook, email (h5.race.committee@gmail.com) or for urgent enquires call race admin; Rich 07765 401712 or Marc 07813 652503 .

<http://harvelhashhouseharriers.com/harvel-5/>

In the unlikely event of a problem on race number/ chip collection, please then proceed to Race HQ

Runners will need to collect their own race number and chip on the day. Your chip will be in the same envelope as your race number. The race number/ chip collection point will be located on the village Green. Your envelope containing your race number and chip will be ordered alphabetically by surname.



Car Parking



There will be ample free parking in a village field near the green. Please refer to the Traffic Direction section and pay attention to the yellow road signs and our parking attendants. Please aim to arrive early, as the car park is approx. 900m walk from the green/start line. In addition to the main Harvel 5 car park, spectators are welcome to support from Trosley Country Park where they will find a public car park & tea rooms. Please be aware parking charges for Trosley Country Park apply and enforcement cameras are in operation.

Please be aware you are parking in a farmer's field. Over the years it has previously been ploughed and there maybe few lumps and bumps. All cars are parked at the owner's risk and please don't bring your low-slung sports car.
***** No Overnight Parking – Car Park will close a 6pm*****

Changing Facilities

Ladies changing will be in the Village Hall while men's changing (a tent) will be on the Green. Sorry, there are no shower facilities.

Baggage

There will not be any baggage facilities!

We will ask runners to take responsibility for their own bags and to leave them either in their car or with their supporters on the green.

Toilets

Portaloos are situated on the village green along with Gent's urinals.

Post Race

On the green we have our usual offering of post run frivolities. You are welcome to stay and join us for a post-race drink from the green bar, coffee or a slice of cake from the Harvel Woman's Institute's stall. For those who have worked up a larger hunger why not grab a burger.



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Respect

All runners are urged to listen carefully to all marshals and follow their instructions. As an important part of our risk assessment, the race marshals are there to help ensure the safety of ALL participants on the course.

Our marshals have been briefed to record the race number of any runner who fails to abide by our requests and if deemed a serious safety risk, that runner will be unable to participate in future H5 races.



Trophies

There will be trophies for the 1st, 2nd & 3rd male and female of any age to finish the race. There will also be a trophy for the first finisher of each veteran category (therefore if you are a veteran runner, and get a podium finish, you will receive two trophies) plus Junior trophies AND a 'Race Personality' trophy too!

Junior, Senior and Veteran categories are as follows:

Junior Men (aged 15-19)	Junior Women (aged 15-19)
Senior Men (aged 20-39)	Senior Women (aged 20-34)
Veteran Men (aged 40-49)	Veteran Women (aged 35-44)
Veteran Men (aged 50-59)	Veteran Women (aged 45-54)
Veteran Men (aged 60-69)	Veteran Women (aged 55-64)
Veteran Men (aged 70+)	Veteran Women (aged 65+)

Finally, there will be team trophies (first three club members to count) for both of the winning male and the winning female teams. As the minimum age for our race is 15 years old. We may insist on seeing ID if a trophy winner's age or identity cannot be easily determined.

Headphones

Inline with UKA guidelines we do not allow headphones/earphones and could result in disqualification. Although our race is closed to road traffic, wearing headphones significantly reduces your ability to hear our marshals and fellow runners. Bone conducting headphones are allowed, as per UKA guidelines.

Results Service

The results will be displayed at the bar area, on the village green and available immediately after the race. A copy of the results will be available as a download from the club's website within a week of the race. If you wish to have the results posted to you, please provide us (via Race HQ) with a large stamped addressed envelope on race day.

Course Records

Male:-25 Minutes 31 Seconds (Thomas Wright 2023)

Female:-27 Minutes 54 Seconds (Deborah Percival 2001)

The Course

The start is approximately 25 metres from the green along White Horse Lane. We ask that all runners assemble on the green prior to the start, both for your own safety and to prevent any traffic congestion in Whitehorse lane itself. The course is certified as accurate for distance.

Approximately 5-10 minutes before the race start, an announcement will be made to ask all runners to proceed to the start line, at which stage, race marshals will take control of all road traffic. Please note that the local roads WILL BE CLOSED TO TRAFFIC though runners may have to share some of the larger roads (around Vigo) with local residents. The course will be well marshalled throughout. The finish will be back next to the village green.

See the course map, directions and profile for further information.

Important: Although the course is well marshalled and the roads will be closed to traffic during the race, all runners are asked to keep to the left throughout the race unless otherwise directed and to remain alert for vehicles. Please complete the details on the back of the race number and, on the day, wear your race number on your front. The organisers will not be held responsible for any loss or injuries. You enter the race at your own risk.

Drink Stations

There will be one drinks station, located in Trosley Park, approx. 2.5 miles into the run. If you require more water, please make provision to carry your own supply.

Follow this link to view some footage of the race:



<https://youtu.be/Fwd3DuxOIQk>



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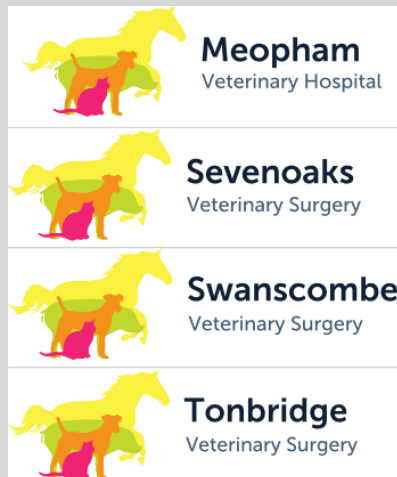
Meopham Veterinarian Hospital

Wrotham Road, Meopham, Kent DA13 0QG (01474 815333)

Meopham Veterinary Hospital was established in 1996 by Martin Hobbs and has developed to provide an excellent standard of care for domestic pets, horses and farm animals. We also provide care for our patients at our sister practices, Sevenoaks, Swanscombe & Tonbridge Veterinary Hospitals (see our website for details). In 2013 the practice became an RCVS certified Veterinary Hospital. Our nursing staff are on site 24 hours a day, 365 days a year to care for in-patients meaning that if your pet is ever admitted to the hospital, he or she will never be alone during their stay with us.

As a Hospital it is our mission to provide compassionate, high quality care for our patients on a continuous basis. We aim to do this through the provision of first class facilities for our highly trained staff to work in. As part of this philosophy we are dedicated to ongoing staff training and continual investment to maintain our services at the forefront of general practice. Patients will be seen by one of the hospital's own veterinary surgeons in the modern facilities they and their owners are familiar with, backed up by the latest technologies and the patient's full medical records. We do not send our clients to out of area emergency providers and have nurses on site 24 hours a day. Here at Meopham we pride ourselves in having a high class, welcoming and approachable team from the first meeting. Every client and animal is important to us and is offered individual client support.

<http://www.meophamvets.co.uk>



Harvel House Farm Shop & Café

Harvel Lane, Harvel, Kent, DA13 0DH

A family-run Farm located in the beautiful location of Harvel, Kent. Whether you're looking for fresh fruit and vegetables, localised meats and poultry or a bite to eat and hot drink in our café, we have something for everyone.

Ice-cream parlour and sweet shop now open!

Harvel House Farm Shop & Café, Harvel Ln, Harvel Rd, Meopham, Gravesend DA13 0DH

Visit the website for more details and opening times

<https://harvelhousefarm.co.uk>



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Up & Running

150 High Street, Sevenoaks, Kent TN13 1XE, 01732 743354

Up and Running have one very simple formula. To provide second-to-none and personal customer service for the running and fitness community and help runners of all standards be the best they can. We are primarily running specialists and as such every single one of our shops is staffed by friendly and knowledgeable staff. We are stocked with all the latest running shoes, running clothes, running accessories and we are trained to make sure you are kept on your feet.

Whether you are new to running or have many miles in your legs we understand your needs and we have many combined years of experience to share with you. Why not call in for a warm welcome, expert advice, and inside information on the local running scene.

Your race number features a voucher for £10 off your next running shoe purchase, from Up & Running.



<http://www.upandrunning.co.uk/sevenoaks>

White Horse Equestrian Centre

White Horse Lane, Harvel, Kent DA13 0UE, 07711 033064



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Hangloose Adventure

Bluewater



HANGLOOSE ADVENTURE

HANGLOOSE ADVENTURE ARE OFFERING

20% OFF - HARVEL20

T&C'S APPLY - This code is only valid for booking made in June

Use 'HARVEL20' at checkout to get 20% off all activities.

Here at Hangloose Adventure, located at Bluewater Shopping Centre, we have England's longest zipline spanning over 720 meters, Europe's biggest swing, the UK's only outdoor skydive machine, and a huge aerial trekking course!

Bring your friends and family for an exhilarating day out!

Harvel Cricket Club

Founded in 1872

Affiliated to The Kent Cricket Board
Members of the Kent Cricket League and
Kent Village Cricket League

New members always welcome

Desmond Wood Ground
David Street, Harvel, Kent DA13 0DE

Email: saunders.alistair@gmail.com

www.harvel.play-cricket.com



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UP & RUNNING



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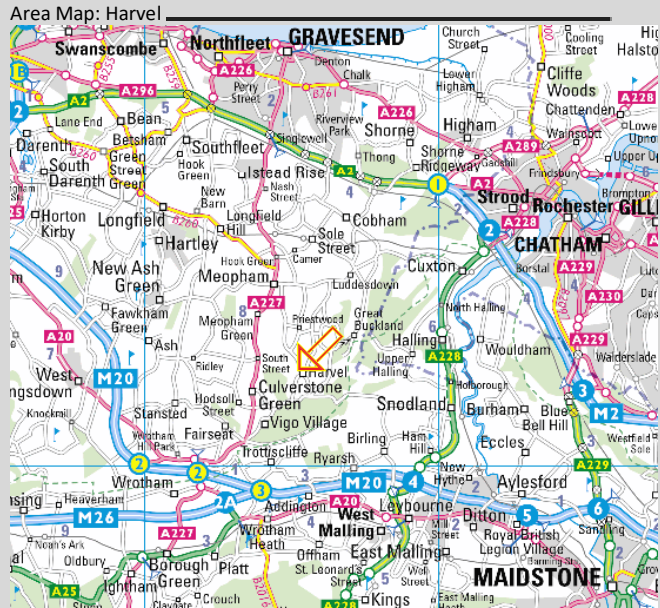
UP & RUNNING



PRE-RACE

Traffic Directions to Harvel (via car)

Please aim to arrive early. Whilst there is ample parking, the village is small and can get congested. Harvel is a small village close to the A227 (between Gravesend and Wrotham) see map.



Once on the A227, we strongly recommend turning off any Sat Nav or GPS devices. Instead, PLEASE follow the yellow road signs that will be placed at key points along the A227.



Competitors MUST approach Harvel from the west (via the Vigo turning). From the A227 turn into Harvel Road (signed for Vigo), Follow this for approx. 1 mile, where you will be “greeted” by King Henry VIII and his merrie band of car parking peasants, who will direct you to the most suitable parking spot.



Car Parking

There will be ample parking in the village, approx. 800m from the green. Please pay attention to signs and our parking attendants. Please try to arrive in plenty of time to park, collect your chip and make your way to the race start line.

Post race, cars will not be able to leave until all runners have cleared the course (approximately 3.15pm) and you will be directed away from the area, by the parking attendants. **Please take care, when exiting the area, as there will be many pedestrians, ambling back along the country lanes, to their cars.**

Queries

If you have any queries, comments, concerns, feedback or require any further information please contact; Rich (M) 07765 401712 or Marc (M) 07813 652503 (E) h5.race.committee@gmail.com



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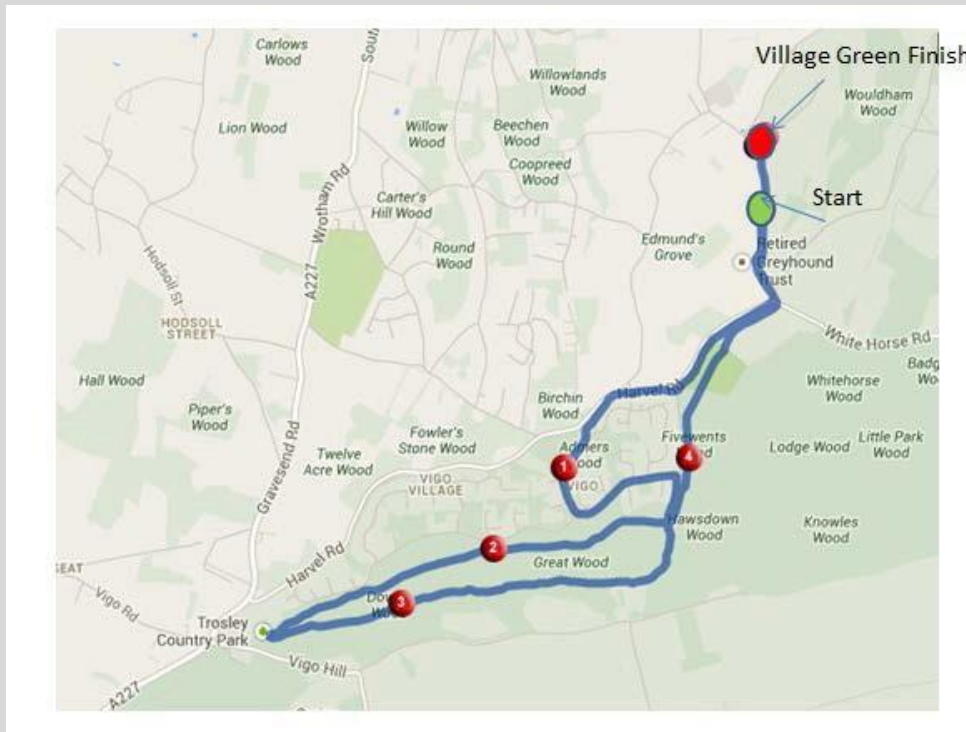


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COURSE MAP



Course Directions

From Harvel, you proceed southeast along Whitehorse lane to the road junction at Leywood road, then turn right into Harvel road. Continue along Harvel road, past the Vigo Rugby Club, junction of Commority road and Harvel lane, turn left into Erskine road and turn right into Commority road. Approximately 200 meters along road, you turn right into Trosley Country Park. Continue along the track for about 1 mile, where you will meet the Rangers H.Q, car park and visitors centre. There will be a drinks station here. (Note that here the last 250 meters is tarmac road, and you will be sharing the road with visiting park traffic.) From here you will make a sharp turn to the left, with a short descent on to the lower path. Follow this track for about a mile, until after a short climb you exit from the park back into Commority road. Follow Commority road until its junction with Harvel road, where you will turn right. Back along Harvel road, turning left at the Whitehorse into White Horse lane. From here, it's a sprint to the green!!!!

Course Profile

Pretty flat and mainly tarmac to start...goes up a bit, up a bit more, then down (with some additional ups and downs) to the finish. The middle couple of miles might be muddy, might be dry...kind-of depends on the weather really. Check the weather forecast the day before....you get the idea. Last mile is all downhill and back on the tarmac (so big effort).

Race number and Race Chip Collection

Runners will need to collect their own race numbers and chips on the day. Your race number and chip needs to be collected from the collection point next to the Village Hall. Your number and chip will be in one envelope and will be ordered alphabetically, by surname.

Once you have collected your pack, attach the chip to your trainers and pin your race number visibly on the front of your running shirt (safety pins will be provided). Make sure that your race number is visible. The reverse of your race number will also need to be completed (see image below). Pens and a tabled area for you to complete your form will be provided on the day. Finally, please note the £10 voucher, which is a feature of your race number, for use at Up & Running, after race day.

This form must be completed before participating in the event.
If unable to take part then please do not give this number to anyone else.

Full name, address & date of birth	
Emergency contact Full name, address & telephone number	
Medical problems (eg heart disease, asthma, Diabetes)	
Current Medication	
Medication Allergies	
Details of anyone with you on the day Full name & telephone number	
Any other details	

£10 OFF SHOES

*VOUCHER - Show this voucher to claim £10 discount on shoe purchases over £70 and Free treadmill gait analysis at Up & Running Store at Snettisham. Not in conjunction with other offers or discounts. OFFER IS VALID AS SOON AS RACE NUMBER IS RECEIVED AND EXPIRES 2 WEEKS AFTER RACE DAY www.upandrunning.co.uk



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Please ensure that your chip is handed back in at the end of the race. The race organisers will be charged for lost chips and this may impact upon the quality of the event in future years.

**Finally, please remember:
NO CHIP = NO TIME RECORDED FOR YOU**



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A brief history of hash house harriers

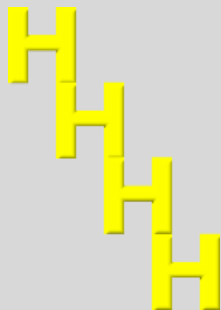
Hashing began in Kuala Lumpur, Malaysia in 1938. The original running club was founded by a group of British Colonial Officials and was called the Hash House Harriers. They named the club after their meeting place called The Selangor Club, which was nick-named the Hash House due to its bland and unappetising food.

Hash House Harrier runs were run like the original British paper chases. A 'hare' was given a head start to blaze a trail, and using paper or chalk he would mark his route which would be followed by the chasing pack. The route would be of the 'hare's' choosing and as a result would often incorporate streams, storm drains, fences and any other obstacles he came across. Reaching the end was not the only reward, as there, thirsty Harriers would find a tub of iced down beer and the party would begin!

The original Hash House Chapter died out in World War II owing to the Japanese invasion. Several members were killed during the war, but 12 months after, the survivors reassembled and formed the Hash House again. 'Torch' Bennett put in a claim for the lost 'Hash' mugs, a tin bath and two old bags from government funds, and run No.1 was a trot round the racecourse in August 1946. It was some time before the international Hash House phenomena with which we are familiar with today began to spread around the world. A Hash was formed in 1947 in Bordighera, Italy by some former members of the original Hash house Harriers. It ceased operations for many years, but was reborn in 1984 and is now alive and well as 'The Royal Milan and Bordighera Hash House Harriers'.

It took sixteen years after the formation of the 1947 Hash for the second HHH chapter to be founded. In 1962 a group was formed in Singapore, followed in 1963 by another in Kuching. 1964 saw the formation of the Brunei, Kota Kinabalu and Ipoh hashes, 1965 Penang and Malacca, and in 1967 the first 'overseas' club was formed in Perth, Australia. In 1973 there were thirty-five known clubs around the world, and now there are over 1,200 chapters in some 160 countries despite the total absence of any central organisation.

Thanks to Shanghai Hash House Harriers and Dayton Hash House harriers who haven't the funds to sue us for copyright.



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