Thank you all for entering the 4th Dartford Bridge Full and half distance Marathon.

Sorry we have had to move the start back to 7pm for both races. This is due to a double booking that chip timing company has made. Let me know is this an issue for you. The last train will leave Dartford at 11.31pm to London.

There will be a short race brief at 5.30pm then we will walk you to the start that's about 400m away

Registration will open at 4.30pm. You will pick up your race number and timing chip.

Both races will start at the same time. If you are taking part in the half, you will all run the first 2k lap. When you are on the 1at main 5k lap you will come to a turn point. You only turn here on the first lap only. This will be marked on the map at registration. There will be someone standing there to look after you.

Parking will be in Crosswater car park Lake View House, Rennie Dr, Dartford DA1 5FU. This car park will hold 140 cars so can you try and car share. The car park is only 300m from the race start.

There will be a rest area that you can go to after the race. We have lost our tea wagon but I am trying to find a replacement this week.

We will be staying overnight on site if anyone wants to stay just let me know.

We will be offering you bags that will go out on the run course. This so you can put inside anything you may need during the night. The run is around 2 lakes so the temperature does drop.

We will be giving out energy drinks and water at the main water station by the finish. The second will only be giving out water. There will also be a supply of jelly babies at both water stations.

If you have any questions, please ask.

See you all Saturday evening