

Thank you all for entering the 8th Dartford Bridge Midnight Marathon.

All 3 races will be now starting at 5.00pm and the cut off is midnight (don't worry we will still let you carry on) if you are on your last lap. We have had to bring the start forward as last year we still had female runners on the course after Midnight and we feel it's far to dangers.

The last train will leave Dartford at 11.31pm to London.

Last year we had a few people stay over in the Marquee.

Registration will open at 3.00pm. You will pick up your race number and timing chip.

All 3 races will start at the same time 5pm.

You will be offered an aid bag that you can put anything in that you may need during the run.

This will be laid out in numbered order on the grass by the finish.

By 8pm the air temperature does start to drop

Bag drop will be at registration.

There will be a short race brief at 4.45pm to go over any questions you have.

Unfortunately we have lost our original timing company due to an issue with their timing system.

There will be a TV screen that you will run past that will give you an update on how you are getting on.

Race run through

You will all run one small 300m lap.

We used to start 300m away from the run course but it was too dangerous crossing over a busy road.

When you go past the finish for the first time you will all run one 2k around the south lake before you start the main 5k circuit.

If you are taking part in the half, you will come to a turn point when you are on the 1st main (5k lap) you only turn here once and once only.

We will have someone at turning you so don't worry.

For the next 3 laps you will complete the full 5k lap.

Everyone else you carry on past this point This will be marked on the map at registration.

There will be a lead bike for the first 7.3k.

Parking

We now only have the one car park now. If you can share that will help us a lot.

The car park (Crosswater) We will be parking you from the back of the car park.

Lake View House, Rennie Dr, Dartford DA1 5FU

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 a tea wagon this year but we are not sure how long they will stay.

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

The run is around 2 lakes so the temperature does drop. One year it was over 25 degrees when we started. By 10m it was under 10 degrees.

We will be giving out High 5 energy drinks, jelly babies and water at the main water station by the finish. As it's going to be a warm night, there will a second water station that will only be giving out water and jelly babies.

As there are 3 different distances we will give out the Trophies as you finish.

If you have any questions, please ask.

See you all Saturday.