

Unique souvenirs of the event available for sale in marquee on race day or by post

**Hastings Half Marathon Embroidered Quality Towels - £10.00**

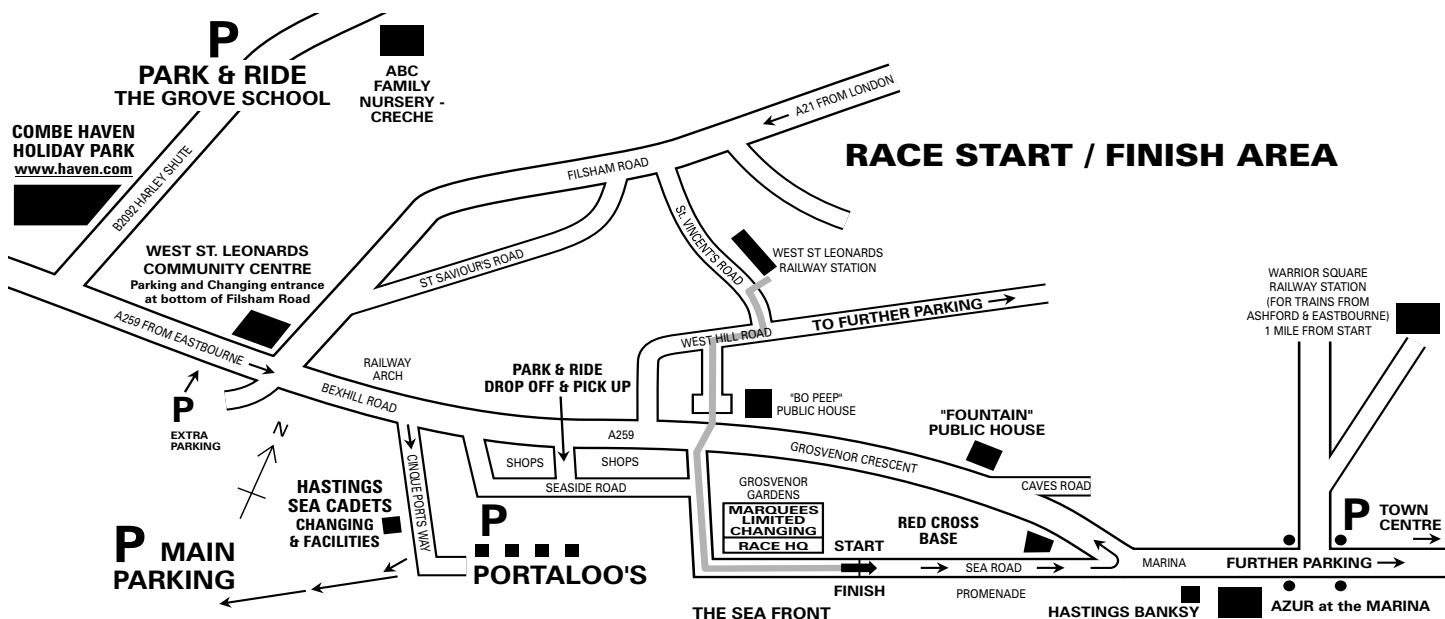
Lions Sweatshirt	£10.00	Hastings Half Marathon Fridge Magnet	£1.50 (4 for £5.00)
Lions T Shirt	£6.00	Hastings Half Marathon Key Fob	£0.99 (4 for £3.50)
Mugs - NEW Design	£4.95	Hastings Half Marathon Coasters	£0.99 (6 for £5.00)
Tea towels	£6.00	Hastings Half Whiskey Glass	£2.99 (4 for £9.00)
Badges	£1.00	Hastings Half Shot Glass	£1.60 (4 for £5.50)
Pens	£1.00	Hastings 100th Anniversary Marathon DVD	£10.00
Martingales (single)	£2.00		
Martingales (double)	£3.00		
Martingales (4)	£5.00		
Martingales (6)	£7.00		
Martingales (8)	£9.00		

**Due to Great Demand from Hastings 100th Anniversary Marathon -**  
Set of 7 Postcards of Photos from 1908 Marathon.  
£3.50 per pack, or three for £10. Plus £1 postage.

Glass items to collect on day, or at prize giving. Or arrange price for delivery. Other items please add £2.00 for P&P when ordering. You can order through our website, [www.hastings-half.co.uk](http://www.hastings-half.co.uk), by email from [racedirector@hastings-half.co.uk](mailto:racedirector@hastings-half.co.uk) or from the following address: **Hastings Lions Club, 219 Harley Shute Road, St Leonards-on-Sea, East Sussex TN38 9JJ** or by fax: **01424 437001**

**You can now order and buy 'online' all souvenirs at [www.hastings-half.co.uk](http://www.hastings-half.co.uk) - Make Good Presents!!**

**27th Birthday T-shirts and sweatshirts with the names of entrants on the back will be available on the day of the race.** These can be ordered in advance from **Campus Clothing** (Website: [www.running-events.co.uk](http://www.running-events.co.uk) Tel: 03333 403 474 E-mail: [rachel@campusclothing.co.uk](mailto:rachel@campusclothing.co.uk)).



**GO TO [www.mysportingtimes.com/product.htm?product=hastings-half-marathon-itab-insert](http://www.mysportingtimes.com/product.htm?product=hastings-half-marathon-itab-insert) TO ORDER YOUR ITAB to fit Your Hastings Brass**

## SUBSCRIPTION OFFER SAVE OVER 40%

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**WAS £50.40**  
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Hastings Lions Club proudly present



Sponsors of the Charity Team Awards:

**GENERAL DYNAMICS**  
United Kingdom Limited

Sponsors of the Prize Money:



# The 27<sup>th</sup> Hastings Half Marathon



**SUSSEX  
ROAD RACING  
GRAND PRIX**

Registered Charity No: 293745 - all monies raised go to help those less fortunate.

Over three million pounds raised so far.

Assisted by Hastings Athletic Club and Hastings Runners, and fully supported by Hastings Borough Council.



[www.mensrunninguk.co.uk](http://www.mensrunninguk.co.uk)

[www.womensrunninguk.co.uk](http://www.womensrunninguk.co.uk)



**RUNNERS**  
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services

## PRE RACE PASTA PARTY

at **THE AZUR (Marina Seafront), St. Leonards on Sea**

Race Eve 19th March 7pm to 11pm - All the Family are welcome to this Friendly Evening.

*All you can EAT from a Fabulous Selection for only £9.95per person (in advance)*

**MUSIC-DANCE-FOOD-FILMS OF PAST-EVENTS-INTERVIEWS-FRIENDS-SWEEPSTAKE**  
(and something to drink)

*Come and have an enjoyable, relaxing and entertaining Evening before The Big Day!*

Click Here or visit [www.hastings-half.co.uk](http://www.hastings-half.co.uk), or contact Azur Direct at 0845 812 1066 or e.mail [racedirector@hastings-half.co.uk](mailto:racedirector@hastings-half.co.uk) to Book Your Tickets NOW. Limited Availability. Tickets on Night (if available) £10.95.

**PLUS SPECIAL OFFER TO ALL ENTRANTS - £5 OFF A MEAL FOR 2 DURING MARCH 2011. QUOTE YOUR RACE NUMBER.**

## Sunday 20 March 2011 - 10:30 AM start

Start/finish: Sea Road, St Leonards-on-Sea TN38 0AA

Thank you for your entry to the Hastings Half Marathon, which we hope will be a memorable and enjoyable experience, and we thank especially all of you who have supported us over the years.

**PLEASE READ THESE NOTES CAREFULLY.** There is no registration necessary. Your Race Number, with a timing chip attached, is enclosed. Please do not tamper with, or remove this chip. Follow the instructions on the reverse of the number and avoid damaging the chip and wire aerial when pinning it to your vest. The Sponsors name must be clearly visible. In case of emergency put any medical problems on the back of your race number. Make sure that your number is displayed vertically, and not folded when finishing. The chip will be detected as you cross the finish line, and your time and race number will be recorded automatically, and you will be given Gun to Finish and a Chip to Chip finish time. Please keep moving once you have crossed the line, collect your memento, and your drink, and clear the finish area as soon as possible. Any competitor not displaying their number on their front at the finish, will not be allowed into the funnels, and will not receive an Award. If you have a problem, tell us beforehand. Any deviation from these points contravenes UK Athletic Rules, and will mean disqualification. **DO NOT FORGET YOUR NUMBER AND SAFETY PINS**

**Location and start:** The race will start and finish in Sea Road, TN38 0AA (between The Sea and Grosvenor Gardens), as per map on back of this sheet. All competitors should assemble in their correct time zones in the start area by 10.20am Your position at assembly point will be indicated by signs displayed by Marshals, showing estimated times. The Race will start at precisely 10:30am.

**Travel to event:** SE Trains will have a train leaving Charing Cross Station at 8.13am, calling at many station on route, arriving at WEST ST. LEONARDS STATION at 9.56am, which is only 600 yards from the Start/Finish of the Event. An additional train will leave Tonbridge at 8.25am, calling at all stations and arriving at WEST ST. LEONARDS STATION at 9.15am.

**Park & Ride Scheme and Parking:** We recommend the park & ride scheme, which has been very successful in previous years. This is situated at The Grove School, Harley Shute Road, St. Leonards TN38 9JP. Where a Free Bus Service will take you to and from The S/F area. There will be AA signage to both parking and P & R from the A259/A21, and A2100 (Battle Road). Please do not park on The Route or Block Private Entrances. Your co-operation is most appreciated. We are most grateful to Stagecoach and The Grove College, for supplying these facilities.

**FREE Creche:** We are delighted to offer again this year FREE CRECHE facilities for Families. In conjunction with ABC Family Nursery Ltd. Facilities for children from birth to eight years. Older to be discussed. The Nursery will be open from 9.00 am until 3.30pm, and lunch will be supplied. YOU MUST book in advance. Contact ABC on 01424 851117 or e.mail [info@abc-family-nursery.co.uk](mailto:info@abc-family-nursery.co.uk) or web site [www.abc-family-nursery.co.uk](http://www.abc-family-nursery.co.uk) - you can drop of the Children on way to P&R scheme (one mile away). Then enjoy the Run!



## CHANGING/TOILETS:

We are most grateful to Hastings Sea Cadets, TS Hastings, Cinque Ports Way (car park entrance), for the use of Their Hall for Changing/Toilets/Showers and refreshments. See map on back for where they are. Also West St.Leonards Community Hall and Parking Area(entrance at bottom of Filsham Road (by Traffic lights) also as per map.For providing Parking and changing and toilet facilities.

**Marquee:** In Grosvenor Gardens by Start/Finish. Situated in Gardens, adjacent to Start/Finish. For leaving clothing/baggage, security. Race Reception also in Marquee for queries. Souvenirs for Sale.

**Toilets/Portaloos:** Are as located on map, but are 400 metres from Start/Finish (near parking areas).

**Massage Team:** Mary Sanderson will be in Grosvenor Gardens for pre and post race attention.

## FREE SWIM

Freedom Leisure have generously allowed Runners to have a Free Swim at both their Pools on Race Day. Summerfields Pool, Bohemia Rd, Hastings (1/2 mile inland from The Pier). Ravenside Pool, at Ravenside Shopping Centre, A.259 on way from St.Leonards to Bexhill, one mile. Show your Race Number for this special offer. Entrants can buy an annual membership at Hastings, Bexhill, Rye and Hailsham for the price of only 10 months. **A massive saving!** Just quote your Race Number to Freedom Leisure to qualify [www.freedomleisure.co.uk](http://www.freedomleisure.co.uk). Terms and conditions apply. CHECK OUT THE NEW IMPROVED SUMMERFIELDS SPORTS CENTRE AT HASTINGS.

**Accommodation:** Come for the weekend. Contact Hastings web site [www.accommodationinhastings.co.uk](http://www.accommodationinhastings.co.uk) or Info. Office 01424 451111 or web site [www.visit1066country.com](http://www.visit1066country.com)

Why not try The White Rock Hotel, ideally located opposite Hastings Pier, on the Route, with a range of Premier, Standard and Family Rooms. Contact and book early Tel. 01424 422240 or go to [www.thewhiterockhotel.co.uk](http://www.thewhiterockhotel.co.uk). This is where Paul Davies Hale stayed prior to his record breaking performance of 62.10 in 1989. The best time in the World that year!

Combe Haven Holiday Centre, Harley Shute Road. (1 ½ miles from Start).

If you are staying here for the weekend, you can take advantage of all their Facilities (including Pool). [www.haven.com/combehaven](http://www.haven.com/combehaven). To discuss your requirements please telephone 01424 427891.

**Catering:** Catering will be available in the Race Centre area, and from the pubs, cafes, restaurants and take-aways in Bexhill Road and Grosvenor Crescent. Many more are available along the seafont.

**Course:** The course is interesting and encompasses the perimeter of the ancient Borough of Hastings and includes the historic Old Town area and other places of note. All significant climbs are in the first 5 miles and the last 1/3 of the race is either downhill or on the level. The course has been precisely measured and certified by the UK Athletics. Mile posts will be displayed. Whilst some roads on the course will be temporarily closed to traffic you must be constantly aware that YOUR SAFETY IS YOUR RESPONSIBILITY. In your own interest and that of other road users please take care and remember:

1. Obey the instructions of the Police and Race Marshals at all times. After Five Miles you are sharing the roads with limited traffic.
2. You must KEEP WELL INTO THE LEFT, especially along The Ridge between 5 and 9 miles and do not cut corners.
3. The majority of the Race will be run on roads, but please note that part of the final stretch will be run on the Promenade along Hastings Seafront, with the last 3/4 mile finishing on a "Coned" part of the road.
4. For SLOWER RUNNERS & WALKERS. Please note that after a certain time (approx. 1.30pm) roads are fully opened and Marshals, Red Cross, Drinks Stations stand down, please be very careful for the later part of the course and keep to pavements but we will be keeping track of you and will still be there at the finish! Take the Route map with you if you are worried!
5. WHEELCHAIRS - This is a difficult course for wheelchair entrants.
6. DOGS - Except for Blind Runners - are not encouraged.
7. A back up vehicle will slowly follow from 5 miles. If at anytime you require a lift back to the Start, just ring Premier Travel Hastings on 01424 446655 for a free lift.

Please follow all Race Marshals Instructions.

**Timing:** A car with a digital display clock mounted on the roof will precede the leading runners, except where the runners are using the Promenade. There will be a similar clock on a gantry above the start/finish line. There will be a clock at 5 and 10 miles.

**Drinks (Sponsored by Spire Sussex Hospital):** Water will be available at approximately 3, 6, 9 and 12 miles. We are grateful to the HASTINGS AND DISTRICT SCOUT ASSOCIATION for manning these stations, if you are able, please smile and say "thank you" to them. A hot and cold drink will be provided at the finish by the Hastings Scout Fellowship. We are most grateful to McDonalds for supplying cups, Tesco for hot drinks and Coop for squash and fruit.

**Medical aid:** The British Red Cross Society, are providing full medical aid, both during and after the Race. It is strongly recommended that any advice given by medical personnel be acted upon. Do not make yourself a Hospital Case. A Medical Vehicle will follow the race for the first 5 miles. There are Red Cross Stations at every mile point. If you are new to road running, we recommend you contact [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) for helpful advice and information'

**Prizes and Awards on the day:** The Top Six Male and Female Finishers, will be presented with their Prizes at 12.30p.m. on the Stage at the end of the Promenade in Race Area. Plus the leading Boy and Girl in the Mini-Run.

ALL Finishers will receive a Fabulous 'Hastings Brass', for which martingales are available to set them upon.

See Full details in Free Race Programme. This Year the 'Brass' features The Unique 'Banksy' which appeared on a Groyne at the 12½ mile point of the route in September 2010, and you can still view. **NEW** this year You can have your name and details on an ITAB, fitted to your Brass. Go to [www.mysportingtimes.co.uk](http://www.mysportingtimes.co.uk) and enter 'Hastings' to order Now, or after the Event.

All other Awards and Prizes can be seen in Programme, and will be presented on Prize Giving Evening **SUNDAY 1st MAY at 7.p.m. at The AZUR (at the Marina), St. Leonards Seafont), TN38 OBD.**

A Full list of Prizes and Awards will be in Programme, and on web site [www.hastings-half.co.uk](http://www.hastings-half.co.uk). The Programme is available Free on The Day. The Mayor's Twin Town Cups and Shields will be presented at The East Hastings Angling Association Club House, The Stade, Old Town, Hastings at 2.30pm.

**Photographs:** ASI Photo is proud to be the Official Photographers for the 27th Hastings Half Marathon. We will have photographers positioned along the route to capture photos of you during your run. Please ensure your race number is visible at all times and be sure to visit [www.asiphoto.com](http://www.asiphoto.com) after the race to view and order your race photos!

**Free Finishers Certificate:** Can be downloaded from [www.asiphoto.net](http://www.asiphoto.net)

Best of luck and we'll see you at the finish line!

**Sponsorship:** Sponsorship is, of course not mandatory, but we would remind you that the overall aim of the Event is to raise money for every possible charity or good cause. You will be interested to know that your Entry Fee just about covers the cost of the Event, so please try to obtain as much sponsorship from your family, friends and colleagues, to support a worthwhile cause and make the Event a financial success, collecting boxes will also be available on the day for your support.

Please see the separate Sponsor Form for full details of how to win Vouchers. Plus the DYER COMMERCIAL, "Charity Business Award" to the Team raising the most money by Prize Giving Evening on Sunday 1st May. We appreciate that not everyone can obtain sponsorship so why not make a small donation and hand it in to the Race Centre with the Sponsor Form! Do not forget your Gift Aid Submission for extra monies.

**Online Fundraising:** Get sponsorship for your chosen cause on your OWN website with Just Giving, by following the instructions on sponsor form enclosed.

Thank you for taking the time to read this important letter, and GOOD LUCK, with your training, and we look forward to seeing you on 20th March.

We will automatically text you your Finishing Time soon after the race has finished.

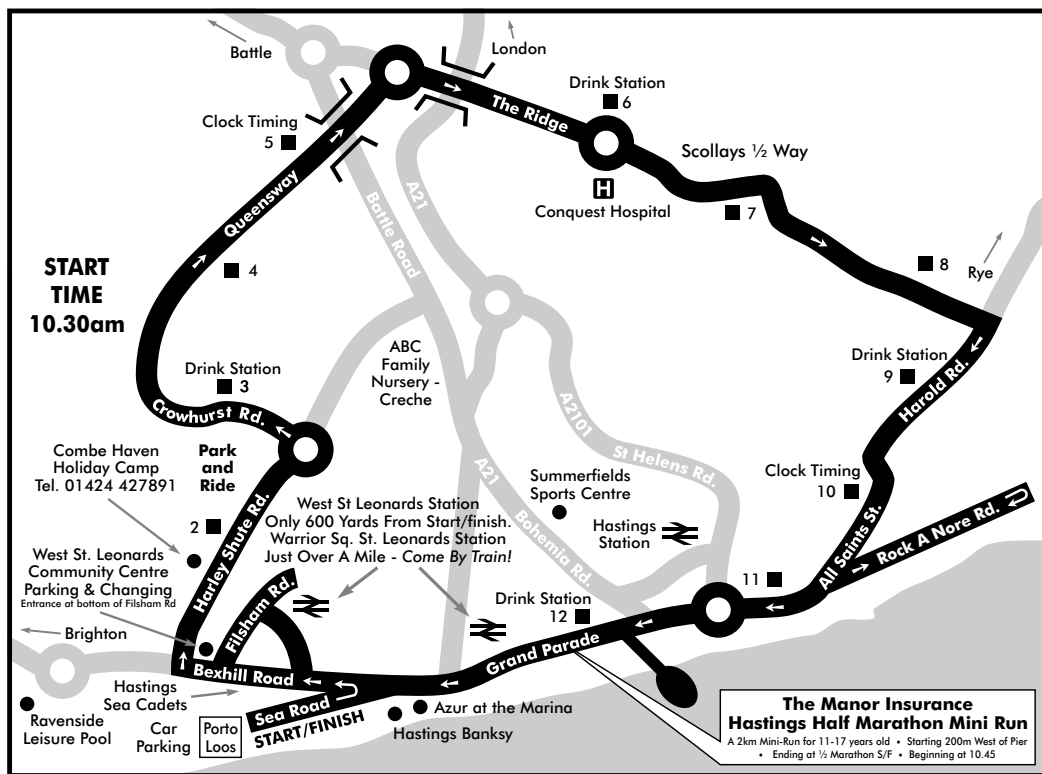
A Full list of Finishers and results will be posted on our website [www.hastings-half.co.uk](http://www.hastings-half.co.uk) on Race Evening, full Race Results within a couple of days. A copy of the Hastings Observer, containing finishing positions, times, results and photos will be automatically sent free to all finishers the week after the event, or go to [www.hastingsobserver.co.uk](http://www.hastingsobserver.co.uk). To see an edited film of the event go to our website [www.hastings-half.co.uk](http://www.hastings-half.co.uk). You can buy a full version of the film.

**General Dynamics United Kingdom Limited Charity Team Cash Awards:** General Dynamics have generously donated £1000 to be given to the top three Charity Teams to finish. They will be teams of six representing their Charity, and the awards will be 1st team £500, 2nd team £300, 3rd team £200. Runners must register for the charity before the Event. These Awards will be presented at the Prize Giving Evening, on Sunday 1st May, at The Azur at the Marina, St. Leonards. All are welcome to this Free Family Occasion.

**Collections:** Hastings Borough Council have asked us to remind those taking part, that you are not allowed to collect monies whilst on the route, as this is against The Law. Unless of course you have applied and obtained a Licence.

## The Route

(Detailed Directions as below)



**START in Sea Road (St. Leonards)** in line with Lamp Column No4 and head eastwards to junction with Grosvenor Crescent (0.14 miles) (see sketch)  
**TURN LEFT** into Grosvenor Crescent which shortly becomes Bexhill Road. Continue to junction with West Hill Road on right hand side. **TURN RIGHT** into West Hill Road up steep hill (road immediately bend to the right) and continue to junction with St. Vincent Road.

**TURN LEFT** along Vincent Road over railway bridge and continue to end of road. **TURN LEFT** into Filsham Road and continue to junction with Bexhill Road. **TURN RIGHT** along Bexhill Road.

**1 MILE POINT** is in Bexhill Road at point on right hand side 1.5 metres in advance of Tel Pole No.1821; opposite front door of No139 Bexhill Road. Continue to junction with Harley Shute Road. **TURN RIGHT** along Harley Shute Road (steep hill section to begin with then levels out).

**2 MILE POINT** is in Harley Shute Road, 4 metres in advance of Lamp Column No68 opposite the second entrance to West St. Leonards County Primary School on right. Continue to roundabout junction with Crowhurst Road. **TURN LEFT** along Crowhurst Road which shortly becomes Queensway.

**3 MILE POINT** is in Crowhurst Road approximately 150 metres past junction with Church Wood Drive; 22.9 metres in advance of 2nd entrance on LH side to Wishing Tree Reservoir. Continue along Queensway which commences a steady incline.

**4 MILE POINT** is in Queensway at a point on right hand side measured 95 metres beyond start of Chainlink fencing - boundary to Tilekin playing field.

**5 MILE POINT** is in Queensway at a point on right hand side measured 108.7 metres beyond start of crash barrier after bridge over Battle Road and

opposite an Electric Transformer on left. Continue to junction with the Ridge. **TURN RIGHT** along the Ridge, shortly crossing bridge over Sedlescombe Road; keep straight ahead at mini roundabout junction.

**6 MILE POINT** is in The Ridge (LH side) opposite St Anne's House in line with a road gully and 16.2 metres beyond lamp column No533 (also numbered 123) on left hand side. Continue ahead along The Ridge; keep straight ahead at roundabout (entrance to Conquest Hospital).

**7 MILE POINT** is in The Ridge (LH side) immediately before its junction with Stonestile Lane on left at a point measured 7.7 metres in advance of lamp column No63. Continue along The Ridge and commence steady descent.

**8 MILE POINT** is just beyond Fire Station, just beyond junction with Coghurst Road on right and at a point on LH side in line with first corner of boundary wall to Greenjackets Garden Centre (No28 the Ridge). Continue along The Ridge to junction with Winchelsea Road on left. **TURN LEFT** into Winchelsea Road (short uphill section) and continue to junction with Rye Road (Main A259). **TURN SHARP RIGHT** along Rye Road (runners to cross over from right to left of road almost immediately; road descending). Continue to junction with Old Top Road on left hand side. **TURN LEFT** along Old Top Road as far to the end where **TURN RIGHT** into Middle Road. Continue to the end (descending) and **TURN RIGHT** into Fairlight Road. At the end of Fairlight Road. At end of Fairlight Road, **TURN LEFT** into London Road (A259) and immediately **TURN LEFT** into Saxon Road.

**9 MILE POINT** is in Saxon Road immediately before junction with Canute Road in line with lamp column No11 on right hand side. Continue along Saxon Road which shortly becomes Harold Road, descending sharply.

**TURN RIGHT** into Dudley Road, which leads into the bottom of Ashburnham Road, before turning **LEFT** into Old London Road.

**10 MILE POINT** is four (4) metres past Telegraph Pole No. 1684 (opposite No. 7 Old London Road). Continue down Old London Road, and **TURN LEFT** back into Harold Road, then almost immediately turning **RIGHT** into All Saint Street. Continue along All Saints Street to end. **TURN LEFT** into Rock a Nore Road, and continue to point opposite Heritage Centre. Runners then **TURN AROUND** a cone in the road and head back westwards. Return to junction of Rock a Nore/All Saints Street and continue straight ahead into Marine Parade. Just after Miniature Railway and Angling Association building, and directly opposite Royal Albion PH, runners **TURN LEFT** off road onto paved path around putting green leading to outer promenade path.

**11 MILE POINT** is on outer promenade path at a point measured 68.2 metres beyond kerbline of Marine Parade. Continue along Outer Parade in westerly direction, past Pier Pavilion on left.

**12 MILE POINT** is on promenade alongside a covered seating area opposite the Randolph Hotel at a point 28.0 metres in advance of lamp column No2. Continuing on promenade past The Azur and through Car Park, returning to the Road opposite St. Leonards Church. Continue ahead following left hand side of the road until Sea Road is reached. **BEAR LEFT** into Sea Road; runners negotiating kerbed chicane on left hand side (see sketch).

**13 MILE POINT** is in Sea Road 4.7 metres beyond lamp post column No9 in Sea Road. Continue ahead along Sea Road to **FINISH** in line with lamp column No4; coinciding with start line.