

Hastings Lions Club proudly present



The 26th Hastings Half Marathon



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, Sussex Athletics and Hastings Runners, and fully supported by Hastings Borough Council.

Please tell your friends and visitors so they are prepared.

Sponsors of the new electronic chip timing:

GENERAL DYNAMICS
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SUSSEX
ROAD RACING
GRAND PRIX



Sunday 21 March 2010 - 10:30 AM start

Start/finish: Sea Road, St Leonards-on-Sea

The Half Marathon will be run through your district. The Hastings Lions Club would like to ask for your help and co-operation for the period of time that runners will be passing by

CONQUEST HOSPITAL. If you have an emergency and need to get to the Hospital, between 11.00am and 13.00pm please use the Rear Entrance Access in Little Ridge Avenue, or from Hillside Road/Ridge. A Marshall will be at Hillside Road to escort you to Front Entrance if Needed. Please tell your friends and visitors so they are prepared.

The leading runners will cover the course at approximately 1 mile every 5 - 5½ minutes. Therefore, for example the fastest runners will be at these locations at the following times:

Top of Queensway	10:50 - 11:00
Scollays (half way)	11:00 - 11:05
Ore drink station	11:15
Old Town	11:20 - 11:25
Pier	11:30
Finish	11:35

PLEASE DO NOT DRIVE WHILST THE RACE IS IN PROGRESS - START CAR JOURNEYS BEFORE 10:30AM TO AVOID DELAYS.

The **Manor Insurance** sponsored Mini-run from near the Pier to the Start/Finish - starts at 10:40am for the girls and 10:50am for the boys.

Race marshalls will be at key points to assist you and they will be happy to help you.

Programmes available free from 18th March at Sports Shops/Centres and on the Day at Race Centre.

ROADS WILL BE CLOSED FOR VARIABLE PERIODS

ROUTE

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 kerblines of Marin 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.

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