



Hastings Lions Club proudly present



The 33rd Hastings Half Marathon

Sunday 19th March 2017 - 10.30am Start



Registered Charity No: 293745 - all monies raised go to help those less fortunate. Over five million pounds raised so far.
Assisted by Hastings Athletic Club and Hastings Runners, and fully supported by Hastings Borough Council.

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: SouthEastern train times for the Half Marathon are as follows: **(Do not forget to alight at West St. Leonards Station) - 800 yards from the start.**

For more details please visit www.nationalrail.co.uk

London Bridge 0801, East Croydon 0815, Redhill 0829, Tonbridge 0848, High Brooms 0856, T. Wells 0859, Frant 0905, Wadhurst 0910, Stonegate 0916, Etchingham 0920, Robertsbridge 0924, Battle 0932, Crowhurst 0936, West St Leonards 0941, Warrior Sq 0947, Hastings 0950. **We also have a connecting train from Victoria to Tonbridge:** Victoria 0721, Orpington 0807, Sevenoaks 0824, Tonbridge 0833. This train also calls at Lewisham, Hither Green, Grove Park, Elmstead Woods, Chislehurst, Petts Wood, Chelsfield, Knockholt and Dunton Green.

PARK & WALK (8 minutes). This is situated at St. Leonards Academy, Edinburgh Road, St. Leonards TN38 8HH. There will be AA signage to both parking and P & W from the A259/A21. You will be directed from parking to the S/F area. We are most grateful to St. Leonards Academy, for supplying these facilities.

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), West along promenade cycle path.

Massage Team: Larry Cliff and his team 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 (½ mile inland from The Pier). Ravenside Pool, at Ravenside Shopping Centre, A259 on way from St. Leonards to Bexhill, one mile. Show your Race Number for this special offer.

Freedom Leisure Hastings Half Marathon Special Offers: See programme or website for all offers.

Accommodation: Come for the weekend. Contact Hastings web site www.accommodationinhastings.co.uk or Info. Office 01424 451111 or web site 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. 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. (1½ 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. 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 seafront.

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 ¾ 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, Medical Team, 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 Chauffeurs 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 DIVISION GIRL GUIDING. We are most grateful to McDonalds for supplying cups, Tesco for hot drinks, Coop for supplying squash and fruit.

Medical aid: The Wealden Ambulance Service, 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 First Aid points near most mile points. If you are new to road running, we recommend you contact www.runnersmedicalresource.com for helpful advice and information

Prizes and Awards on the day: The Top Five Male and Female overall, 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.

£1000 prize for beating the men/women's course record by Premier Travel Chauffeurs.

ALL Finishers will receive a Fabulous 'Hastings Brass', for which martingales are available to set them upon. See Full details in Free Race Programme or Website. You can have your name and details on an ITAB, fitted to your Brass. Go to 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 16th APRIL at 7.p.m. at The AZUR (at the Marina), St. Leonards Seafront, TN38 0BD.**

The Programme is available Free on The Day. The Mayor's Twin Town Cups and Shields will be presented at The AZUR (at the Marina), St. Leonards Seafront, TN38 0BD at 2.00pm.

After the event: After the race Sussex Sport Photography will catalogue the images with your race numbers so that you can easily find your pictures from the day. Your race number will carry our special Pic2Go 2D barcode to help us make the images available as quickly as possible.

You will be able to find the pictures here: <http://bit.ly/Hastings-Half-2017-Official-Photos>

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 on the website for full details of how to win Vouchers. Plus the DYER + HOBBS COMMERCIAL PROPERTY, "Charity Business Award" to the Team raising the most money by Prize Giving Evening on Sunday 16th April. 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 virginmoneygiving.com and justgiving.com, 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 19th March.

Don't forget: To register us on the Runners World website forum www.runnersworld.co.uk/forum and give us good feedback please.

Finishing and Results: WITHIN SECONDS OF YOU FINISHING, you can find out live 'online' your finishing position and time by going to our website www.hastings-half.co.uk and clicking on Results.

A Full list of Finishers and results will be posted on our website 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 available, or go to www.hastingsobserver.co.uk.

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.

Pacers: There will be some Pacers for certain times. See programme and website for details.

UK Athletics rules discourage the use of audio headphone during the race.

See free programme or website for full route details and souvenirs.

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

SPECIAL OFFER Hastings Half Marathon Embroidered Quality Towels - £5.00

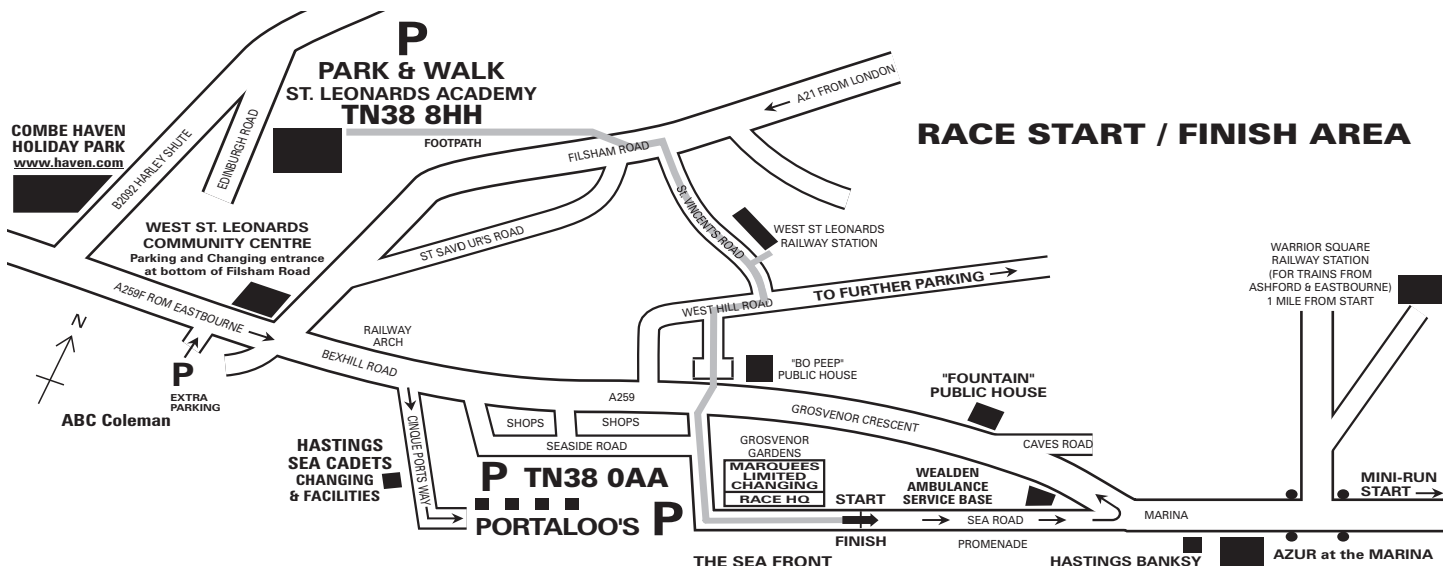
Mugs	£5.00	Hastings Half Marathon Fridge Magnet	£1.00 (5 for £4.00)
Tea towels	£6.00	Hastings Half Marathon Key Fob	£1.00 (4 for £3.50)
Badges	£1.00	Hastings Half Marathon Coasters	£1.00 (6 for £5.00)
Pens	£1.50 (3 for £4)	Event Clips pack of 4	£3.00 (4 packs for £10)
Martingales (single)	£3.00	<i>(To use instead of safety pins for Race Numbers)</i>	
Martingales (double)	£5.00	SPECIAL OFFER Martingale and pack of 'Event Clips'	£5.00 plus P & P
Martingales (4)	£10.00	Hastings 100th Anniversary Marathon 2008 -	
Martingales (6)	£12.00	Set of 7 Postcards of Photos from 1908 Marathon.	
Martingales (8)	£14.00	£3.50 per pack, or three for £10. Plus £1 postage.	

You can order through our website, www.hastings-half.co.uk, by email from 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

You can now order and buy 'online' all souvenirs at www.hastings-half.co.uk - Make Good Presents!!

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** Tel: 03333 403 474 E-mail: info@campusclothing.co.uk. Website: <https://uk.campusclothing.com/UniProductCategories.aspx?c=0&universityid=182&parentid=202>



To order your ITAB for your Your Hastings Brass, go to www.mysportingtimes.com