

Hastings Lions Club proudly present



# The 33<sup>rd</sup> Hastings Half Marathon



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.

Please tell your friends and visitors so they are prepared.



Spire Sussex Hospital



SUSSEX ROAD RACING GRAND PRIX

UKA UNITED KINGDOM ATHLETICS PERMIT No. 2017-19130



GENERAL DYNAMICS United Kingdom Limited



## Sunday 19 March 2017 - 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.

There will be a diversion from Rye Road via Red Lake Terrace/Rock Lane, Churchill Avenue/Rye Road, which will be controlled by Marshalls at Winchelsea Road/Rock Lane.

As Westbound Traffic will be stopped at The Bourne/Rock a Nore junction between 11.15am and 1.15pm, the official Hastings Ring Road will be used to divert traffic from Old London Road via Priory Road to White Rock Seafront.

### PLEASE COME OUT AND SUPPORT THE RUNNERS AS THEY GO BY

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
Kings Head Pub	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 **Saga** sponsored Mini-run from near the Pier to the Start/Finish - starts at 10:45am.

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

Programmes available free from 17th 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 No 4 and head eastwards to junction with Grosvenor Crescent (see Figure 1).

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 bends to the right) and continue to junction with St Vincent Road. TURN LEFT along St 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 a point on right hand side 1.5 metres in advance of Tel Pole No 1821; opposite front door of No 139 Bexhill Road.

Continue to junction with Harley Shute Road. TURN RIGHT along Harley Shute Road (steep uphill section to begin with then levels out).

2 mile point is in Harley Shute Road, 4 metres in advance of Lamp Column No 68 opposite the second entrance to West Street St Leonards County Primary School on right.

Continue to roundabout junction with Crowhurst Road. TURN LEFT along Crowhurst Road which shortly becomes Queensway.

3 miles point is in Crowhurst Road approximately 150 metres past junction with Church Wood Drive; 23 metres in advance of 2<sup>nd</sup> 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 Tilekiln playing field.

5 miles point is in Queensway at a point on right hand side measured 109 metres beyond start of crash barrier after bridge over Battle Road and opposite an Electric Transformer on left.

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 metres beyond lamp column No 533 (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 No 63.

Continue along The Ridge and commence steady descent.  
8 mile point is just beyond Fire Station, just past junction with Coghurst Road on right and in line with first corner of boundary wall to No 28 The Ridge on left.

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). Keep left into Rye Road (still ascending) for approximately 200 metres where runners negotiate a U-turn.

TURNAROUND POINT is in Rye Road outside Kings Head Public House on left in line with bus stop sign on left.

Head south west along Rye Road towards Hastings (road descending). TURN LEFT into Old Top Road and continue to end where TURN RIGHT into Middle Road.

9 mile point is in Middle Road just beyond its junction with The Broadway in line with front door of No 47 Middle Road on right..

Continue to the end of Middle Road (descending) and TURN RIGHT into Fairlight Road which returns to A259 (here called Old London Road). TURN LEFT into Old London Road and immediately TURN LEFT into Saxon Road. Continue along Saxon Road which shortly becomes Harold Road, descending sharply until Dudley Road is reached on the right.

TURN RIGHT into Dudley Road continue to the end.

10 mile point is in Dudley Road opposite footpath steps and railing on left just next to No 6.

Continue along Dudley Road to its junction with Ashburnham Road and TURN LEFT (steep descent) for a short distance where it meets Old London Road (A259). TURN LEFT into Old London Road and continue down hill past Pedestrian Crossing and take the next turning on the left.

TURN LEFT into Harold Road and immediately TURN RIGHT into All Saints Street (very narrow with on-street parking) and continue to the end where it meets Rock a Nore Road. TURN RIGHT into Rock a Nore Road which immediately rejoins the A259 and continue along Marine Parade. Just after Miniature Railway and directly opposite Royal Albion Restaurant, runners TURN LEFT off road onto paved path alongside Crazy Golf and all weather play area.

11 mile point is on outer promenade path at a point measured 68 metres beyond kerbline of Marine Parade.

Continue along outermost promenade path (nearest the beach) in westerly direction. Path eventually rejoins the footway alongside Marine Parade and becomes a cycle path. Pass Pier and Pavilion on left.

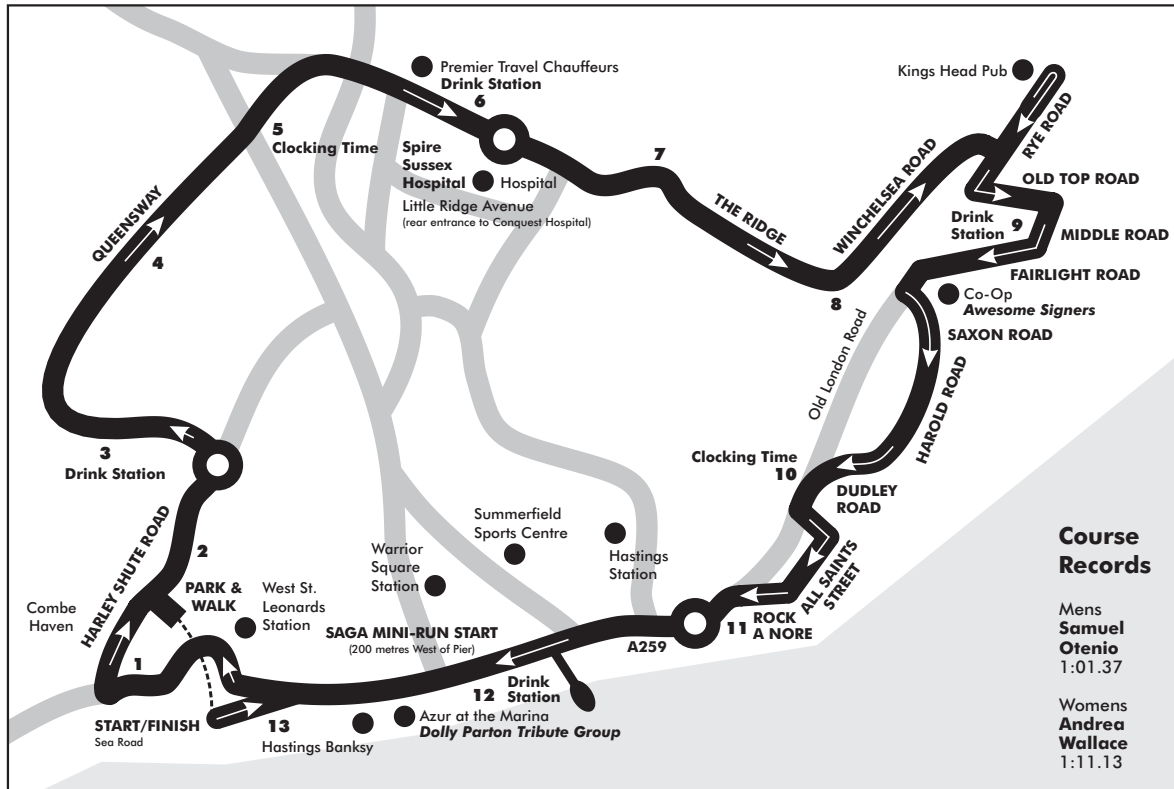
12 mile points is on promenade path just before a covered seating area opposite No 10-11 Eversfield Place on right and 28 metres in advance of lamp column ref no 62.

Continue following cycle path into Grand Parade. Road bends right past Marina Court (tall white building) on right. Stay on cycle path and take ramp down into Car Park area. Pass through the car park and then rejoin main carriageway of A259 at vehicle exit (opposite junction with Undercliffe on right) and continue westwards until Sea Road is reached.

BEAR LEFT into Sea Road; runners negotiating kerbed chicane on left.

13 mile point is in Sea Road, 5 metres beyond lamp column No 9 in Sea Road (See Figure 1).

FINISH in Sea Road in line with lamp column No 4; coincident with start line (See Figure 1).



## Course Records

Mens  
**Samuel Otenio**  
1:01.37

Womens  
**Andrea Wallace**  
1:11.13