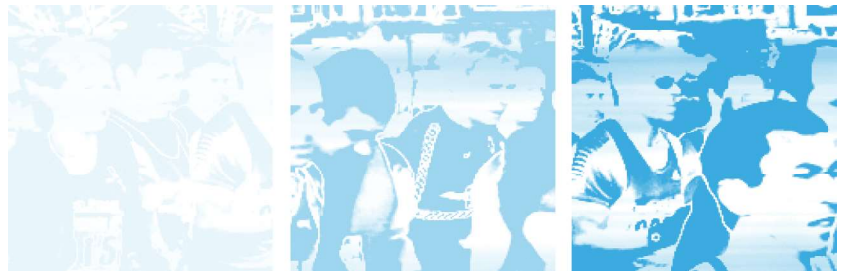


Hastings Lions Club proudly present



# The 35<sup>th</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.**

# Hastings DIRECT

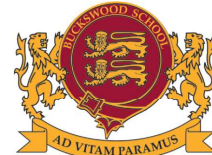


SUSSEX ROAD RACING GRAND PRIX

UKA UNITED KINGDOM ATHLETICS PERMIT No. 2019-35607



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Serving the local community for over 100 years  
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## Sunday 24 March 2019 - 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
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 **Buckwood** 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 21st March at Sports Shops/Centres and on the Day at Race Centre.

**ROADS WILL BE CLOSED FOR VARIABLE PERIODS**