



This email outlines key race information regarding your entry into Hastings Half Marathon. Please take the time to read it carefully.

**Get ready for the 40th Hastings Half Marathon!**

<b>Reg. Opens</b> <b>08:30</b>	<b>Warm Up</b> <b>10:00</b>	<b>Head to Start</b> <b>10:20</b>	<b>START</b> <b>10:30</b>
-----------------------------------	--------------------------------	--------------------------------------	------------------------------

## ▼ Race day information

### Race HQ (Start, Finish & Bag Drop)

Grosvenor Gardens, Sea Road, Grosvenor Crescent, Saint Leonards on Sea, TN38 0BX

### Toilets

Portaloos and a urinal bay will be available by the cycle path in between Cinque Ports Way and Sea Road. Public toilets are available at Marina Gardens. We will have portaloos available at the Park & Walk.

### Toilets on the Course

The Comet Pub (approx 1.5 miles)  
The Harrow Pub (approx 5.5 miles)  
Premier Travel (approx 5.6 miles)  
Helenswood Sports Centre (approx 6.2 miles)  
Shell Garage (approx 6.8 miles)  
Old King John Pub (approx 9 miles)  
Public Toilets (approx 11 miles)

### **Bag Drop**

You are welcome to leave your bag at the Race HQ baggage drop (in the marquee), however, this is done at your own risk and discretion. Staff will not handle your baggage and we ask that you label them clearly.

### **Getting to the race by train**

Do not forget to alight at West St. Leonards Station which is just 800 yards from the start. Please plan your journey in advance and check that trains will be running on race day at <https://www.nationalrail.co.uk/>

### **Pacers & Sweeps**

We will have a total of six pacers starting from 1hr 40 minutes in 10 minute intervals until 2hr 30 minutes. There will also be a sweep marshal at the back of the pack, behind the final runners.

### **Race Number**

If you entered the race before Friday 15th March, approx 3pm, then you will have been sent your race number via the post to your home address. If you entered after this date, you will have to collect this number from race HQ on the morning of the event.

If your number has not arrived, please visit race HQ on the morning of the event to be issued a new number.

Race numbers must be worn on the front of the shirt. You must ensure your personal details have been added to the reverse of the race number. Please be aware of the impact covering your race number with a jacket can have for your own safety and your accurate chip time.

## **▼ Parking**

We strongly advise you to car share, organise a drop off through a friend or family member or use public transport where possible as the roads surrounding the race are likely to fill up incredibly quickly.

### **Available parking for 2024**

The Park & Walk will be situated at St. Leonards Academy, Edinburgh Road, St Leonards, TN38 8HH and is approximately an eight minute walk from the race. Signage will direct you from the Park & Walk to the start/finish area. **Please note, this car park only has space for 200 cars, after this you will need to find alternative parking.**

There are a number of car parks around the town of Hastings. If you do park in one of them, please remember to pay the correct fee. Please make sure you have allowed yourself the time to do this as most of the car parks in Hastings are a significant distance from the race start.

#### **Where not to park**

Prior to 2022's race, parking has been available at Cinque Ports and also at the Hastings Sea Cadets; these locations will not be available for 2024.

In addition, the old bathing site is unavailable again. The Marina car park (next to The Azure and opposite St. Leonards Church) will also be closed as it is on the race route).

**\*\* Please do not park on the race route, please allow plenty of time to park and make your way to the start \*\***

## **▼ Finishers brass & prizes**

All finishers receive the 2024 Hastings Half Marathon brass, which celebrates the 40th Hastings Half Marathon.



In addition, we will also be awarding prizes to the following:

- Top 5 males
- Top 5 females
- Age category winners
- Male and female team winner
- Boy and girl winners (Mini Run)

The presentation will take place at approximately 12:30pm on the stage at the end of the promenade in the race area.

The prize money is as follows for both male and female races:

- £500 to 1st place
- £400 to 2nd place
- £300 to 3rd place
- £200 to 4th place
- £100 to 5th place

PLUS: £1,000 for breaking the course record

**\*\* Please listen to announcements from the Race Director or our race commentator  
Andy Knight \*\***

## ▼ The route and terrain

The Hastings Half Marathon will be closed to traffic (until 13:00), fully signposted and well marshalled. Please give our volunteers a wave and a thank you as you pass.

This course is a single loop starting at Sea Road and heading up to Queensway for a challenging incline before turning onto The Ridge, where crowds often gather to cheer and show their support.

The route heads out to Ore before turning back towards the Old Town and finally down along the seafront to enjoy the final leg of this iconic race.





[Download GPX File](#)

All significant climbs are in the first five miles and the last third of the race is either downhill or on the level. Mile posts will be displayed.

We would recommend road shoes for this race. Please keep an eye on the forecast and dress appropriately for the conditions.

The route has been precisely measured and certified by UK Athletics.

## ▼ Road safety

Obey all marshal instructions.

Keep well to the left, especially along The Ridge between 5 & 9 miles, and do not cut corners.

The majority of the Race will be run on roads, but the final stretch will be run on along the Promenade along Hastings seafront with the last 3/4 mile finishing on a 'coned' part of the road. Please be aware of pot holes, there are some very large ones on the route.

There are sections of the course where small amounts of road works may be taking place (such as pot hole repair areas), please be aware of this.

Similar to last year, Southern Water has a small installation along the promenade. This will be a marshalled area, but please be careful whilst running through this approximately 30 metre section.

A back-up vehicle will slowly follow from five miles. If, at any time, you require a lift back to the start line, please just ring Premier Travel Chauffeurs on 01424 446655 for a free lift.

Please note that, after a certain time (approx. 13:00) roads will be fully opened, you will be expected to run on pavements and (some) marshals/drinks stations will be on stand down.



**Over-ear**



**Pods/wire**



**Bone conducting**

In ear or over the ear headphones are **banned** from this event under England Athletics rules. Only bone conducting headphones are permitted, but we do ask the volume remains low enough to ensure your safety.

You run the risk of **disqualification** from the event once you have crossed the finish line with no result provided if you break this rule.

## ▼ Aid stations

### **Water Stations**

There will be water stations at approximately 3, 6, 9, and 12 miles. Some of these water stations will also carry Jelly Babies. The finish line will be well stocked.

Whilst we will ensure that water stations are well supplied, runners should ensure they are fully hydrated and also consider carrying their own water.

We would like to thank McDonalds, Tesco & Co-Op Ore who will, once again, be supplying cups and water on race day. If you have your own reusable cup or hydration vest then please bring this along and the team will be happy to fill it up for you!

#### **Litter**

Please do NOT drop litter. Bins will be provided so please dispose of any litter correctly and hold on to any rubbish until you reach a bin point.

## ▼ **Meet your hosts**



#### **Hastings Lions Club**

Hastings Lions members are leaders in the community, organising projects that meet real needs. They do whatever they can to help their local communities. The Hastings Half Marathon generates large amounts of fundraising for redistribution into the community.

#### **Nice Work**

Nice Work are a professional race organiser who have upwards of 100 events per calendar year across the UK from local 5k's to city marathons. The Nice Work team organises and promotes the Hastings Half Marathon alongside the Hastings Lions Club.

## ▼ **Event village**

Why not have a wander around our event village before and after the race?

### **The Warm Up**

It's one of the most important race rituals of the Hastings Half Marathon and we would love for you to join us.

Limber up for the main event with Rebecca, Molly & Milly who will be leading our free warm up for all our runners. Find the warm up on Sea Road by the start/finish area at 10:00.

### **Refreshments**

We are grateful to Macmillan Cancer Support and St Michael's Hospice who will be providing food and hot drinks available for purchase to support their cause. The local Scout group will be on the finish line to help with water and finish line goodies.

### **Massage**

Tilly Wilson from Massage at the Hive will be on site to provide massage treatments and kinesiology taping.

### **Retail**

Wisdens & Shokz will be with us at the event village to provide the latest sportswear and equipment available for purchase, including bone conducting headphones.

### **Entertainment (on course)**

To help keep your feet moving and to celebrate race-day, we will be joined by several local music groups who will be positioned at certain points along the course.

Among them, we will be joined by Hastings Rock Choir, Dende Drummers and there's even more groups to be announced soon!



## **▼ A little bit extra**

For the first ever time the Hastings Half Marathon has an official training playlist!





# YOUR FAVOURITE RUNNING SONG?

It is made up of songs that have been requested by the runners of Hastings Half Marathon and you can still submit your request below to help you in the final two weeks of training

[Click here to listen](#)

[Click here to submit your song](#)

WANT A RACE DAY  
**SHOUT OUT?**

LET US KNOW, REPLY TO THIS EMAIL

OUR RACE MC **ANDY KNIGHT** WILL BE  
ON THE MIC ON RACE DAY

---

**Hastings**  
DIRECT

SUSSEX  
PREMIER  
HEALTH

  
**Nortrade**  
EXCELLENCE IN FROZEN SEAFOOD

**Brewers**  
DECORATOR CENTRES

**PCMA**  
ESTATE AGENTS

  
THE HASTINGS  
SOFA COMPANY  
Inspirational Upholstered Furniture

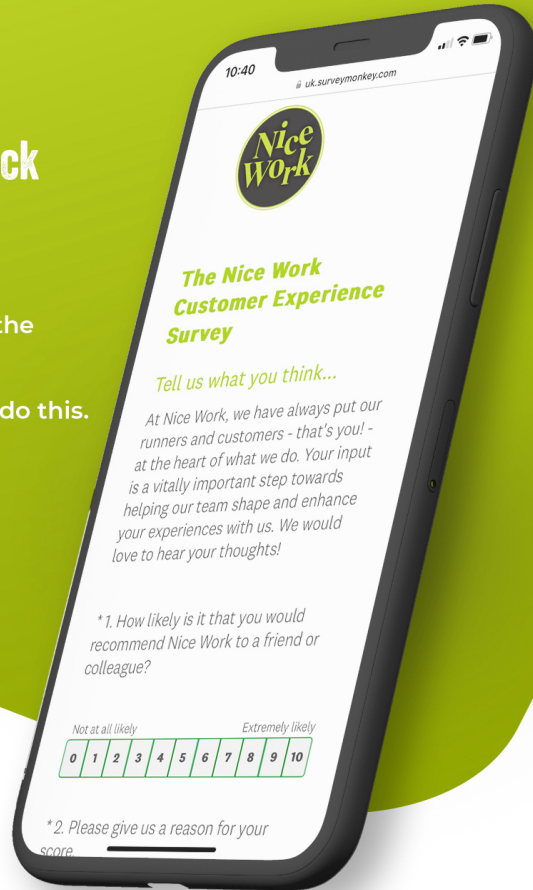


## We'd love to hear your feedback

We are your racing company.

At the heart of Nice Work is our running community and we want to deliver you the best racing experience possible.

Your feedback (good & bad!) helps us to do this.



Share your thoughts!



**niceworkrun**