

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

Lions Sweatshirt	£10.00	Hastings Half Marathon Fridge Magnet	£1.00 (5 for £4.00)
Lions T Shirt	£6.00	Hastings Half Marathon Key Fob	£1.00 (4 for £3.50)
Mugs	£5.00	Hastings Half Marathon Coasters	£1.00 (6 for £5.00)
Tea towels	£6.00	Previous DVD's (if available)	£5.00
Badges	£1.00	BHLR10K DVD	£5.00
Pens	£1.50 (3 for £4.00)	Event Clips pack of 4	£3.00 (4 packs for £10)
Martingales (single)	£3.00		
Martingales (double)	£5.00		
Martingales (4)	£10.00		
Martingales (6)	£12.00		
Martingales (8)	£14.00		

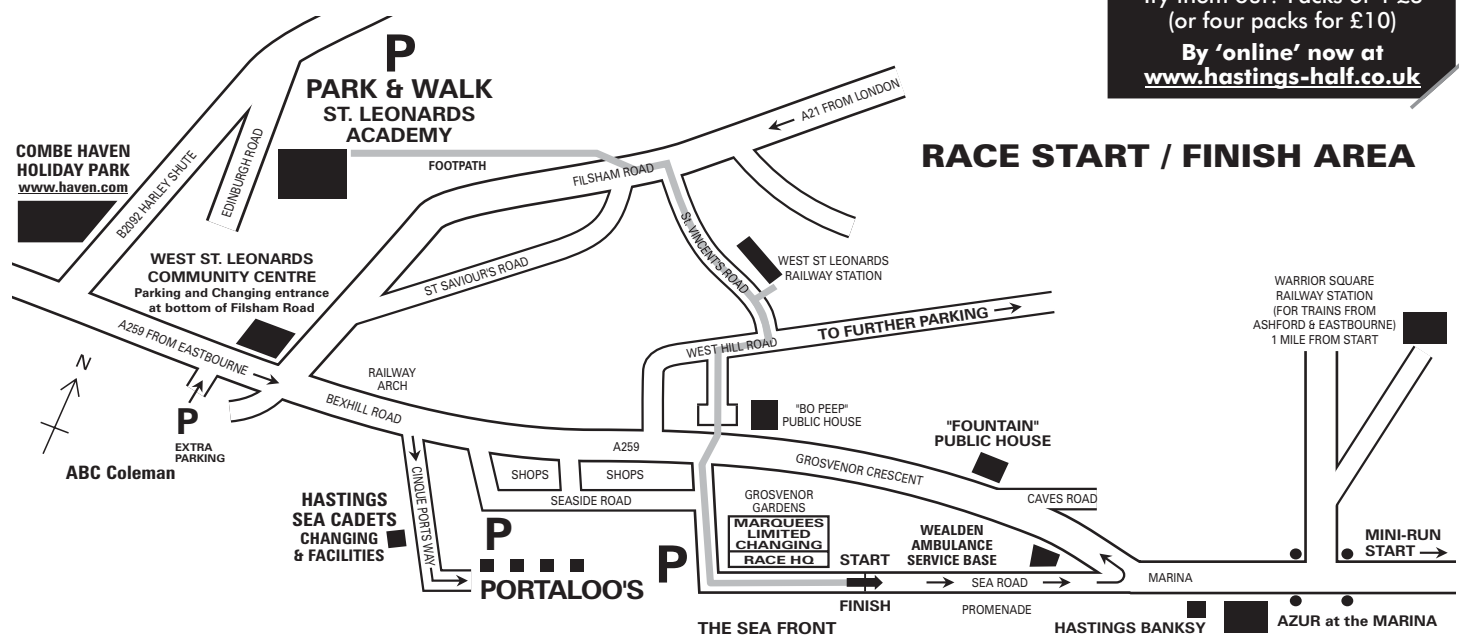
You can order through our website, www.hastings-half.co.uk, by email from racedirector@hastings-half.co.uk or from the following address: **Hastings Lions Club, 219 Harley Shute Road, St Leonards-on-Sea, East Sussex TN38 9JJ.**

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

32nd Birthday 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>

EVENT CLIPS
(The NEW way to fix to your race number instead of Safety pins)

Try them out? Packs of 4 £3 (or four packs for £10)
By 'online' now at www.hastings-half.co.uk



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

Exclusive offer
£30 off Healthy Heart assessment*
Offer includes: Package 1 - Consultation with a Cardiologist, ECG, Echocardiogram.

To book an appointment, call our Customer Service Advisor on **01424 757 455** or email info@spiresussex.com
Quote 'Half-Marathon' when booking appointment.

*Offer ends April 30, 2016.
You must produce your identification and race number at the time of your appointment.

Hastings Lions Club proudly present



The 32nd Hastings Half Marathon



SUNDAY 20th March 2016 - 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.

Spire Sussex Hospital

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)

This year, Charing Cross / Cannon Street stations will be closed, trains will depart from London Victoria. For more details please visit www.nationalrail.co.uk

London Victoria 07.21, Lewisham 07.41, Hither Green 07.47, Grove Park 07.51, Elmstead Woods 07.55, Chislehurst 07.59, Petts Wood 08.04, Orpington 08.10, Chelsfield 08.13, Knockholt 08.16, Dunton Green 08.21, Sevenoaks 08.25, Tonbridge 08.33
Connects into - Tonbridge 08.41, High Brooms 08.47, Tunbridge Wells 08.52, Frant 08.56, Wadhurst 09.01, Stonegate 09.07, Etchingham 09.12, Robertsbridge 09.16, Battle 09.24, Crowhurst 09.28, West St. Leonards 09.33, St. Leonards Warrior Sq, 09.37 Hastings 09.41.

Services depart West St Leonards for stations towards London at 58 minutes past the hour (calling all stations to Tonbridge), with additional departures at 13.44 and 14.44 (semi - fast services).

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.

Podiatry & Chiropody Clinic: Available in Grosvenor Gardens.

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:** 12 months for the price of 10 annual membership for runners when they bring their confirmation email. Also get a free 3 day guest pass, see programme for more details .

www.freedom-leisure.co.uk

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 and we are most grateful to Southern Water for the water supply.

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.

ALL Finishers will receive a Fabulous 'Hastings Brass', for which martingales are available to set them upon. See Full details in Free Race Programme. 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 24th APRIL at 7.p.m. at The AZUR (at the Marina), St. Leonards Seafront, TN38 0BD.**

A Full list of Prizes and Awards will be in Programme, and on web site www.hastings-half.co.uk. 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.

Sussex Sport Photography

What we do on the day: Sussex Sport Photography's team will be out around the course and at the finish so you can have a fantastic record of your achievements on the day. Please make sure you have your race number is worn correctly on your front and give the photographers a smile when you see them.

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-2016-Official-Photos>

Who we are: Sussex Sport Photography are leading providers of race photography in the South of England. Our goal is to make people happy through race photography and we pride ourselves on the high quality images that our professional photographers deliver across hundreds of races each year. We have been covering events in Sussex since 2003 and grown steadily and carefully over the years and now cover events from the Midlands to the South Coast, the South West, and East Anglia. We are excited about joining you all at the Hastings Half Marathon and look forward to seeing you all on the day.

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 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 24th 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 20th March.

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

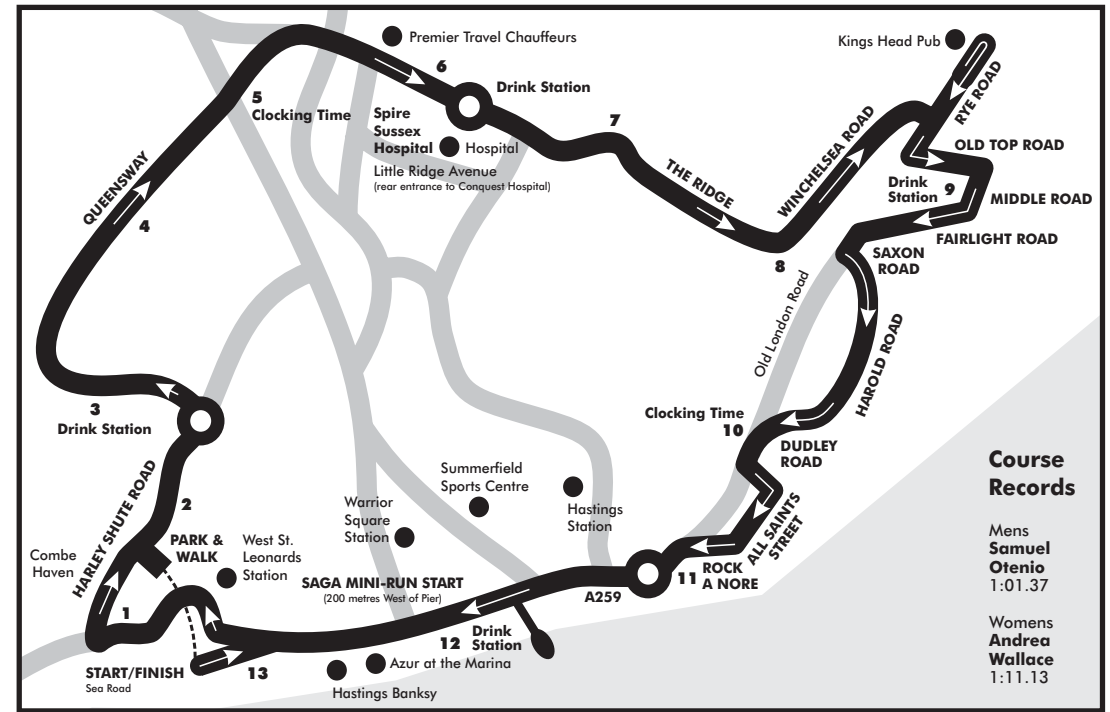
Finishing and Results: WITHIN SECONDS OF YOU FINISHING, you can find out live 'online' your finishing position and time by going to our website www.hastings-half.co.uk and clicking on Results.

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 automatically sent free to all finishers the week after the event, or go to www.hastingsobserver.co.uk. To see an edited film of the event go to our website www.hastings-half.co.uk. You can buy a full version of the film.

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.

The Route

(Detailed Directions as below)



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" 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 point 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).