

# EASTBOURNE HOSPITALITY ASSOCIATION HALF MARATHON 2017

SEAA Permit (applied for). Run under UK Athletic Rules

Sunday March 5th 2017

Dear Runner,

Thank you for entering the eleventh Eastbourne Half Marathon, which we hope you will really enjoy. The aim of the day is not only to ensure that all of those people taking part have a great fun and challenging day but to also help towards raising lots of money for our benefitting causes including St. Wilfrid's Hospice, Chestnut Tree House, the RNLI and many other local good causes. Although obviously getting sponsorship is not obligatory, we would urge you to try and get some sponsors. No amount is too small. Even if every runner could raise £20, we could be giving a massive £20,000 to the charities.

Please read the enclosed race details sheet carefully as there is important information regarding the event.

**Good Luck, Event Organisers**

## CHANGING

There will be limited changing facilities on the day.

## ROAD CLOSURES

Please note that road closures are for a set period depending on the road. If finishing after this time, for your own safety, please move on to the pavement if requested to do so by the police and or marshals.

## RACE NUMBER

Your race number is enclosed. **DO NOT LOSE IT.** It should be secured to the front of your top with 4 safety pins. **(PLEASE REMEMBER TO BRING SAFETY PINS).** Please do not fold or mutilate it in any way as doing so is contrary to the UK Athletics rules. It is also your electronic chip for timing so please be careful with it. It is disposable after the race.

## SPECTATORS

The focal points to watch the race will be at the start and finish in Princes Park. The bandstand on the seafront as the runners pass through and The Waterfront at Sovereign Harbour.

## THE START

The Start is at 10.00 am in Princes Park. There is no need to register on the morning and runners should start assembling in the starting area at 9.45 am. Please get to the start in plenty of time and assemble in the correct time zone, which will be indicated on the barriers.

## JUNIOR RACES

Junior events will take place during the main event. There will be two runs, one for 12 - 16 year olds (2k race) and one for 6 - 12 year olds (1k race). Both will be around the park.

## THE FINISH

In order to assist with the smooth and efficient running of the finish line, please remember to ensure that your number is visible as you cross the finish line. Please be aware of stewards directing you in to particular funnels. Once in the funnel, please stay in your finishing positions until you have cleared the funnels. Try to keep moving and pay attention to stewards' instructions.

## REFRESHMENTS

There will be drinks posts around the route as well as at the finish. There will be opportunity to purchase food and hot drinks etc at Princes Park. There will only be water at the drinks posts - no energy drinks.

## RESULTS

Results will be available for you throughout the morning on the results board, which will be continually updated. Results will also be uploaded to our web page later the same day, ([www.eastbournehalf.co.uk](http://www.eastbournehalf.co.uk)), as well as published in the Eastbourne Herald.

## HOW TO FIND US

The Start and Finish of the race will be at Princes Park, Royal Parade Eastbourne (BN22 7LH) - by Sovereign Centre eastern end of seafront).

*Approaching from the coastal A259.* Follow signs to seafront. Follow seafront to Sovereign Centre.

*Approaching from the A27,* follow the signs to Eastbourne seafront, where you arrive at the Sovereign Centre roundabout.

*By rail.* Princes Park is a 40 minute walk from the Eastbourne railway station.

## PARKING FACILITIES

There is limited street parking around Princes Park. **(PLEASE do park legally and respect local residents).** Extra parking will be available in the Fishermans Car Park on seafront (Free parking but limited spaces - must display parking permit which will be handed out (space permitting) as you enter the car park. All other car parks on the seafront are **pay and display and there will be delays on exiting the car park opposite Princes Park at Fort Fun whilst the run is still in progress.**

**PLEASE DO NOT LEAVE ANY VALUABLES IN YOUR CAR, WE CANNOT BE HELD RESPONSIBLE FOR ANY LOSS FROM YOUR CAR.**

## THE COURSE

### NB COURSE CHANGE THIS YEAR.

Please see map for details of the course on the website. The route is mainly flat with a hill between 2 - 3 miles. If you are not used to running regularly take it easy! Also as you pass through the harbour, there are several tight turns and three pedestrian swing bridges and a small gravel slope which may be slippery. All these hazards will be well signposted and marshalled but please be aware.

**N.B. These bridges will be down for the 90 minutes without rising, allowing the majority of runners through without a delay. After this time you may have to wait a few minutes for the bridge to lower.**

## MARSHALS

Please respect the marshals and all the helpers on the day. Please obey the instructions of the Police and marshals and do thank them and remember that they have given up their time in order to make the race possible

## FIRST AID

We are very grateful to St. John's for providing First Aid for our event in the form of two ambulances and a team of their trained staff around the course. If you require the assistance of St. John's or need to withdraw from the event, please see a marshal, who will assist you. We will provide a sweeper vehicle to pick up any runners that cannot complete the course.

## TIMING

There will be a race clock on the start and finish gantry. There will also be a race clock on the lead vehicle leading the race on the parts of the course that are on the roads. Whilst the race is on the promenade the race will be lead by a cyclist. All timings are being recorded using electronic chips stuck on the reverse of your running number. All results will be uploaded to the event website [www.eastbournehalf.co.uk](http://www.eastbournehalf.co.uk) immediately after the race and sent out in the post by Becketts for all those that elected to have this service.

## TOILETS

There are toilet facilities at Princes Park, Sovereign harbour and at various points along the promenade and in the car park.

We are very grateful to the Sovereign Centre for allowing runners (on production of their number) in free of charge for a swim and a shower.

## Note to all runners

**Please write any relevant medical information on the reverse of your number**