

Hastings Seafront 10k – measured 1st August 2018

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|  | | HASTINGS SEAFRONT 10K | |
| RACE NAME Hastings Seafront 10k | | COURSE NAME: Hastings Seafront 10k | COUNTY: East Sussex |
| RACE DATE: 7 th October 2018 | PROMOTING CLUB OR ORGANISATION: Running and Riding | | EVENT WEBSITE: runningandridding.co.uk |
| RACE ORGANISER: Mike Hawkins, 5 Chestnut Avenue, Staplehurst, Kent TN12 0NJ | | | |
| TEL. 07980 705961 | Email multisport- mike@sky.com | | |
| DISTANCE: 10Km | MEASURER: Rob Bright | Measured by Calibrated bicycle on 1st August 2018 | |
| HEIGHT OF START: 0m | HEIGHT OF FINISH: 0m | DISTANCE FROM START TO FINISH: same place | |
| BRIEF DESCRIPTION OF COURSE: Out and back route along Hastings Promenade path | | MEASUREMENT INFORMATION: Whole route available to runners. | |
| MEASURER'S DETAILS Rob Bright, 44 Pembroke Road, Coxheath, Maidstone, Kent ME17 4QN | | TEL 01622 744187 MOBILE 07788 718658 | Email: robbright184@gmail.com |

Calibration at 0800 on 1.08.18 over 400m (Temp = 21 C) 4517; 4518; 4517; 4518

Calibration at 1530 on 1.08.18 over 400m (Temp = 26 C) 4516; 4517; 4517; 4516

1 Km = 4517.5 x 2.5 x 1.001 = 11305

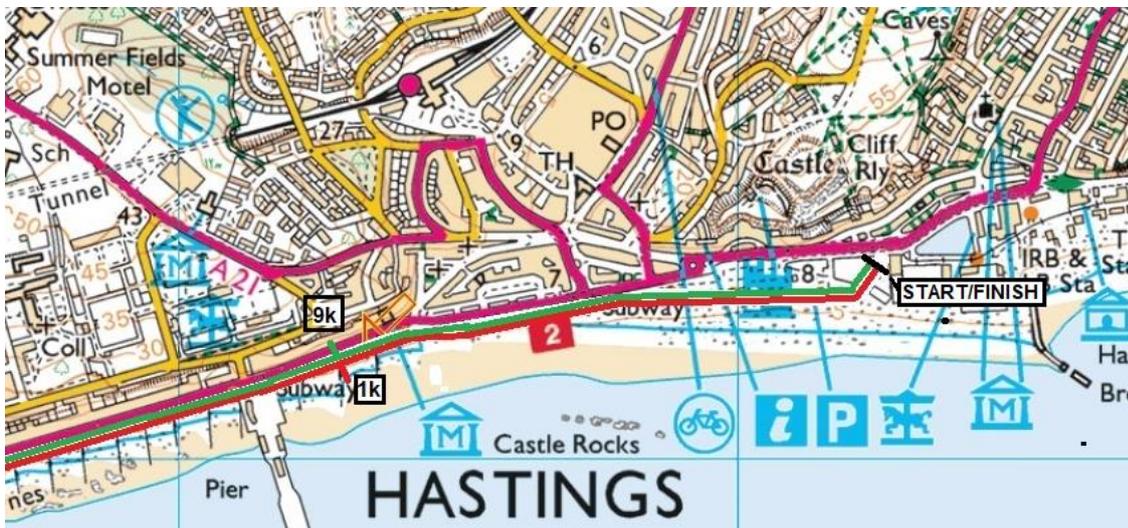
| | Reading | Counts | Dist (km) |
|---|---------|--------|-----------|
| Start line on NCR2 31 metres from kerbline of A259 | 40000 | 0 | 0.000 |
| 1 km opposite "Scope Hastings" across road | 51305 | 11305 | 1.000 |
| Pass South African War Memorial | 52208 | 12208 | 1.080 |
| 2 km is opp junction London Road and just before clocktower | 62610 | 22610 | 2.000 |
| 3 km is by lookout point with seat on left opposite junction with Sussex Road | 73915 | 33915 | 3.000 |
| 4 km is 4 metres past (west side of) vehicle barrier. | 85220 | 45220 | 4.000 |
| Pass deck of rail footbridge on right. | 95568 | 55568 | 4.915 |
| 5 km point is 85 metres past footbridge and 14 metres past warning sign advising "Keep away from rocks" | 96525 | 56525 | 5.000 |
| 6 km is in line with 4k point | 107830 | 67830 | 6.000 |
| 7 km is in line with 3k point | 119135 | 79135 | 7.000 |
| 8 km is in line with 2k point | 130440 | 90440 | 8.000 |
| 9 km is in line with 1k point | 141745 | 101745 | 9.000 |
| Finish Line is at Start | 153050 | 113050 | 10.000 |
| | | | |

A new course, starting and finishing on Hastings Sea Front near to its eastern end and following an out and back route along the promenade path, turning around at Bulverhythe to the west. The route is flat in its entirety (apart from a couple of ramps) and with the exception of a short length of road around 4k and 6k, entirely traffic free. Start and finish are at the same spot and the return route is a mirror image of the outward route.

Start is alongside the Hastings and St Leonards Angling Association on the National Cycle Route 2 which at this point runs at right angles to Marine Parade (A259) at a point 31 metres in from the kerbline of A259 in line with a waste paper bin (see sketch). Runners head south and west passing trampolines (left) and mini golf (right) then turn right past children's play area and public car park.



After 430 metres, the cycle path returns to run alongside the A259 heading west and after a further 420 metres, the path deviates to the left away from the main roadway. Shortly pass white building labelled “Source Park” on right. 1k point is just past Source Park in between two white painted walls running at right angles at a point which lines up with shop front labelled “Scope Hastings” on opposite side of road. Runners pass entrance to Hastings Pier at 1.170 km and at 1.240 km the surface changes from tarmac to chequered tiles for a further 500 metres before reverting to tarmac.



The 2k point is opposite the junction with London Road and 5 metres before a small clocktower at the edge of the promenade. After 2.21k, runners pass the iconic Marine Court on the right which runs for 130 metres. At 2.5k there is a ramp down to a lower level and runner pass a public car park between 2.56 and 2.70k. The 3k point is in line with a crescent-shaped look out with a seat located opposite the junction of Sussex Road.



Within 200 metres, path leaves the A259 and follows Sea Road for a short distance, then onto a path with grass on right and beach huts on left. After 3.78k, runners pass entrance to car park and the next 220 metres is open to vehicles. Keep left into Cinque Ports Way, then path continues on a shingle path stabilised by plastic matting. Runners shortly pass through vehicle barrier. 4k point is 4 metres to west of vehicle barrier. Continue past beach huts and path shortly runs alongside railway line which is crossed by a footbridge at a point where the surface changes from shingle to tarmac. 5k point is 85 metres past rail footbridge. Runners U turn at this point and head east following outward route; keeping to the left to avoid oncoming runners.

Remainder of route is a reverse of outward track and remaining kilometre points line up (ie 6k=4k; 7k=3k; 8k=2k; 9k=1k) to finish in line with start.



HASTINGS 10K



5k turnaround point