

Thank you for entering the

Withernsea 10K

UKA licence number 29688

and Fun Run

on June 29 2025

hosted by

Withernsea Harriers

**Please familiarise yourself with the
following race day information**

Fun Run start time 09:15

10K start time 10:00



Useful post codes

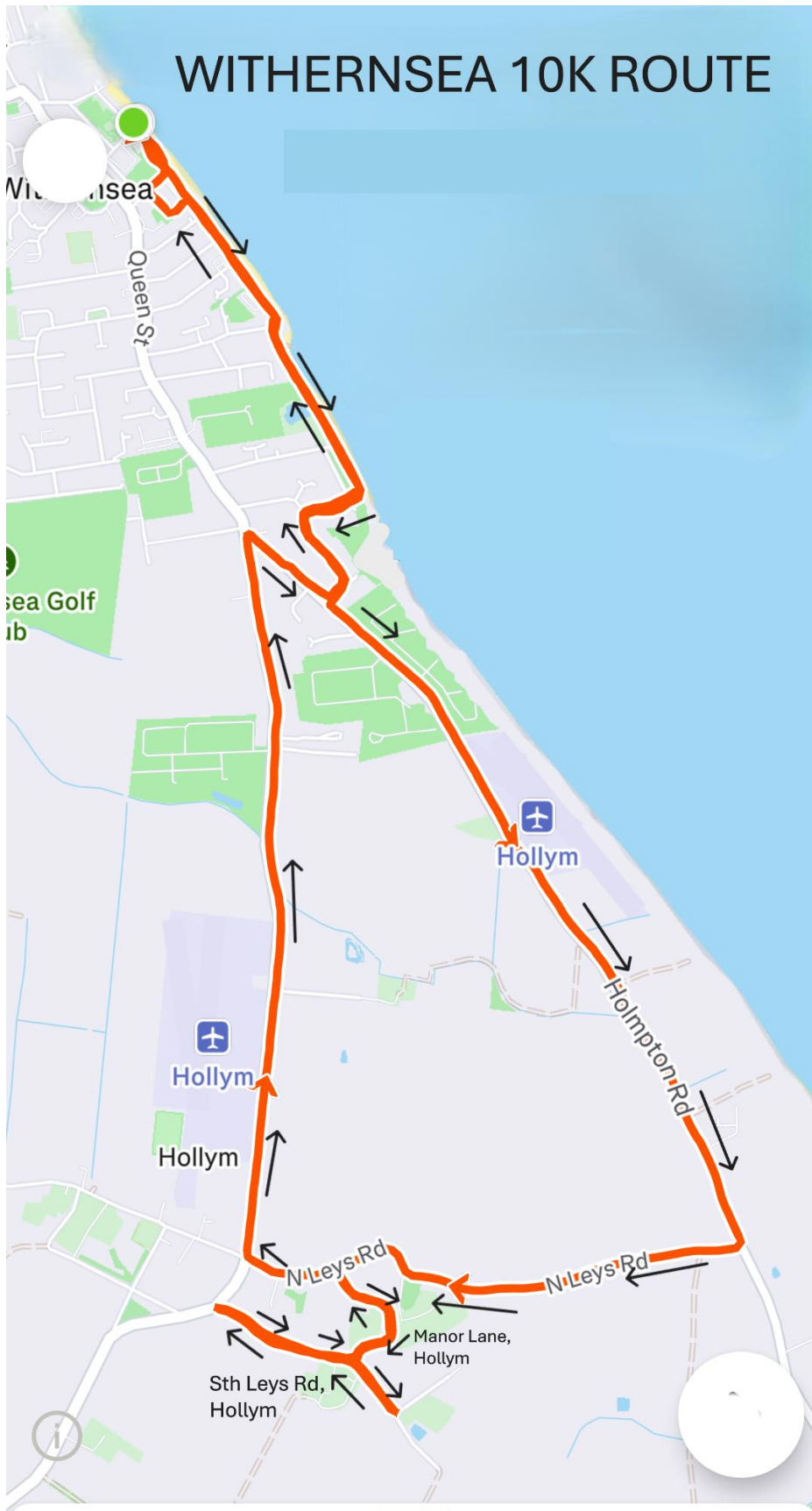
Race HQ HU19 2JS

○ Station Rd car park ... HU19 2QA

○ Lee Avenue Car Park ... HU19 2HQ

➡ Public toilets

WITHERNSEA 10K ROUTE



Getting there:

by car

Follow the A1033 from Hull. This is the longest and slowest route but with less twists and turns. Alternative roads are the B1242 and B1362.

On arriving there are a number of parking options. We recommend Station Road car park, postcode HU19 2QA or Lee Avenue HU19 2HQ. These are both free for the day and are only about 5 minutes walk away. Please do not use Aldi car park as there is a strict time limit and penalty charges.

The car park on Pier Road is nearest to the start/finish but has a £4 charge for the day. There is also a car boot sale on that day which may limit the number of spaces.

by bus

The number 75 bus leaves Hull at 08:10 and arrives at Memorial Avenue, Withernsea at 09:22. From there it is a 2 minute walk to number collection on the promenade.

Race HQ

This will be adjacent to the coastguard station behind Castle Cafe (see map). It will be open from around 08:15 for number collection and fun run entries.

Sorry but there will be no entries on the day for the 10k race.

Baggage storage will be available in the vehicle adjacent to the number collection gazebo.

Race Number and Timing Chip

Your race number must be worn on the front of your vest/shirt and must not be folded or mutilated in any way. Safety pins will be available at the desk

Your timing chip will be attached to the reverse side of the number. Please do not remove it or your time will not be recorded.

Toilets

Public toilets are available on Central Promenade situated under the memorial clock.

Other toilets are available on Piggy Lane, almost opposite The Commercial public house.

First Aid

First Aid will be provided by Yorkshire Medical Services Hull Ltd.

There will be a first aid post at the start and finish and near to the halfway point. There will also be a responder car following the race. If you require assistance for yourself or a fellow competitor, please inform your nearest marshal so they can get assistance to you as soon as possible.

Safety

Do not run if you are unwell or do not feel fit enough to complete the course.

Both the fun run and the 10k race are out and back along the same stretch of the promenade, with a slight deviation through Italian Gardens on the return leg.

Please remember that the promenade is not closed to the public and is used by pedestrians, dog walkers and is also a cycle path. We have marshals to warn people of the race but you do not have right of way over any other users. Please be cautious, particularly at the start of the race whilst still in a large group, and near children and dogs as their behaviour may be unpredictable. Please be respectful of others' rights of way. Also please avoid spitting whilst on the promenade.

Both runs pass the commercial fishing boat compound and the lifeboat station. Leisure boats also launch from the lifeboat slipway. We do not have right of way over any of these. Marshals will be able to liaise with the boat owners to minimise any disruption but if the lifeboat is launching this must take priority and if the marshal tells you to wait then you must wait. Similarly, the start is on the road outside the coastguard station. If there is an emergency before the race then the start time may be delayed to allow vehicle access and exit.

Fun Run

The fun run is entirely on the seafront. It is straight out and back along with a turn around at the south end of the promenade. As runners will be running in both directions it is essential that runners keep to one side. We are asking runners to run on the lefthand side as there is a turn off to the left on the return leg.

Finishers will receive a medal and a drink. As this is a fun run we are not allowed to give prizes or winners trophies nor should we publish times for the run (UK Athletics rules) but

we will manually time the run and times will be available on request. Please do not ask the timers whilst the run is ongoing.

10k race

Although the roads are closed you must treat them as if they are open. Emergency services have access and there are many opportunities for inconsiderate drivers to access the roads from their driveways. You must stay vigilant and run on the lefthand side unless otherwise directed by marshals. Headphones, earbuds etc are not allowed but bone conductor type are permitted. If you must wear these, please keep the volume low, you must be able to hear instructions from marshals and information passed from fellow competitors.

After turning off North Leys Road onto Manor Lane and South Leys Road the lane narrows. Runners will be returning on the same road so you must remain on the lefthand side to avoid collisions. This is particularly important on Manor Lane where your view will be blocked by Manor Farm House. There will be 2 turn around points and a water station on South Leys Road. This loop gives us middle of the pack and slower runners a great opportunity to watch the race developing. If you are able to, please give your fellow runners a bit of support.

On returning to Withernsea you will be instructed to remain on the righthand side footway alongside the main road. The road will be open to traffic so it is imperative that you stay on the path. In Withernsea there is a sharp right turn onto Holmpton Road. You will be required to remain on the righthand side path on Holmpton Road up to the designated crossing point. The road will be closed here to allow for a safe crossing. The road up to the crossing point is still open so please do not cross the road early.

After the race

Water and T shirt collection will be just past the Pier Towers

There will be a presentation at Pier Towers at around 11:30

Any changes will be announced on the day.

We are looking forward to welcoming you, and hope you have a great race.

Withernsea Harriers

And finally:

We would like to thank everyone who has sponsored this event. Without the community spirited support of companies and individuals alike, the cost of hosting this race would have made the entry fee too prohibitive for many.

Our many sponsors are (in no particular order):

Redhall engineering Services Ltd

George Lodge & Son Ltd

O & E Electrical Services Ltd

Aerocom (UK) Ltd

Cunicon Ltd

R & J Sharpe

Airco Refrigeration

Gem Automatic Doors

Great Newsome Brewery

Peacock & Binnington

Fewsters Funeral Services

G & M Nettleton

Hybrid Data Cabling Ltd

Takeshi Karate Club

Harkins Care Home

Holderness & E R Gazette

Fairway Pet Care

County Joinery (Yorkshire) Ltd

JB Services Plumbing and Heating Ltd

Edmundsen Electrical

AH Welding and Fabrication