Hello Beachy Head 10K participant,

This document outlines all of the key information regarding your entry into the Beachy Head 10K. Please take the time to read it carefully ahead of the event.

The Beachy Head 10K
Saturday 24th October 2026

REGISTRATION QUERIES DESK	HEAD TO START	START TIME
06:45	09:05	09:15

Our 2026 merchandise will be available to purchase from the Merch Tent in Helen Gardens across the weekend!

Limited stock so be quick!

RACE DAY INFORMATION

RACE HQ (Start, Finish & Event Control)

Bede's Prep School, Dukes Drive, Eastbourne, BN20 7XL.

PARKING

Due to road closures for the event, parking near to the start will be limited. There is ample parking along King Edwards Parade and nearby roads, however some of this is pay and display parking. Arrive early to ensure you get parked close by!

BAG DROP

The bag drop will be open from 07:00 and is located in the Bede's Sports Hall. Only 1 bag is allowed per participant. Please attach your bag drop tag to your bag which is attached to the bottom of your race number. Bags are organised in numerical order (blocks of 200) therefore on arrival at the sports hall, please place your bag in the relevant area (signs are displayed on the walls). Please exit the Sports Hall immediately after dropping off your bag to help us manage capacity during peak times.

In the interest of safety and security, friends and family are <u>NOT</u> allowed into the bag drop area.

RACE DAY INFORMATION

REGISTRATION

Your race number will have been sent to your home address via the post. If you do not receive your race number ahead of the event, please visit the Registration Queries desk on the morning of the event which is located in Helen Gardens where they will issue you with a new race number. ***If you have received your race number - you do NOT need to register on the day.***

Please ensure you leave plenty of time ahead of your race start time to visit the Registration Queries desk if required to do so & bring ID.

RACE NUMBER

Your race number must be visible from the front so please attach your number to the front of your top or bottoms. You must complete the personal details on the reverse of the race number.

Please be aware of the impact covering your race number can have on your own safety and your accurate chip time (which is attached to the rear of your bib number).

THE COURSE

TOILETS

Portaloos and a urinal bay will be available in Helen Gardens at the Start/Finish area. There are also toilets available inside & outside Bede's Prep School.

TOILETS ON THE COURSE:

There are no toilets on the 10K route itself.

ROUTE

The 10K covers a circular route starting from Dukes Drive and heading along the South Downs to Belle Tout Lighthouse before circling back along the scenic coastline. You will embark upon the Seven Sisters and then you will make your way back down to the finish line on Dukes Drive outside Bede's Prep School.

You can see the course map here:
https://beachyheadmarathon.eventrac.co.uk/e/beachy-head-marathon-weekend-12370/route-maps

WHAT TO EXPECT

Please follow the marked course route and DO NOT go near the cliff edge. Obey traffic officers and marshal instructions at road crossings. Please be prepared to give way to traffic as the roads are 'live'.
We kindly ask you to respect the farming community when crossing arable land by keeping to the paths. Do not cut corners or spread onto farmers' land where possible.

THE COURSE

CONDITIONS

We recommend trail shoes for this event due to the ground conditions and the chance of inclement weather. With it being October, the weather isn't always on our side and conditions can be bad especially on the high ground along the coast - keep an eye on the forecast and dress appropriately for the conditions!

WATER STATIONS

There will be a water station at approximately 3 miles (half way point) as well as water being available at the finish line.
There will also be squash available at the checkpoint and at the finish line which is a recent addition to the event!

Whilst we endeavour to have our water stations well stocked - runners should ensure they supply their own water/hydration to keep hydrated throughout the event.

FOOD

We always encourage participants to bring their own goodies to keep them fuelled for the event. We will have a few goodies at the checkpoint including:

- Jaffa Cakes
- Bananas

Subject to availability

We kindly ask you NOT to litter on the course. Please dispose of any rubbish at the checkpoints along the way.

THE COURSE

FIRST AID

Elite Medical will be providing First Aid cover around the course and will also be positioned at the finish line.
If you witness a medical incident, please advise the nearest marshal and contact 999 if the incident is life threatening.

RETIREMENTS

If you do not feel able to continue during the event, you can retire at the nearest checkpoint (except in the cases of an emergency and/or injury). Transport will be provided back to the start/finish area when available. Please notify the checkpoint marshal you wish to retire and provide them with your name and race number so we can arrange transport for you via Event Control.

SWEEPER TEAM

We have a team of sweepers who follow the final runners across the course from start to finish. For Health & Safety reasons you will not be permitted to continue should the sweeper team overtake you as all route markers are removed by them, leaving the course unmarked and unsafe. A lift back to the start/finish area will be arranged for you at the nearest checkpoint if this is the case. Should any participant refuse to retire, this will be a breach of the BHM T&C's of entry and the participant will continue at their own risk and will no longer be part of the event.

PHOTOGRAPHY

Mick Hall and his team will be snapping shots of you around the course! A link to access the photos will be shared by email shortly after the event (photos are FREE to download).

FINISHERS

All finishers receive the 2026 Beachy Head 10K medal and can grab themselves a drink at the finish line!

SPORTS MASSAGE

You can receive a Sports Massage in the Bede's Sports Hall before or after the event from Megan (Megan Rose Sports Massage) or Aidan (Castle Coaching). It will be £10 for 10 minutes of treatment and they will be there until approx. 18:30.

PRIZES

In addition to the medals, we will also be awarding prize vouchers and awards to the 1st, 2nd and 3rd place female and male finishers! The prize vouchers are redeemable at Tempo Running Shop, Eastbourne.
Tempo is a running specialist shop in Eastbourne which aims to improve the running experience of runners of all abilities. They offer FREE gait analysis and select a range of shoes based on the findings of the gait analysis and establishing the needs of the customer (you can even test the shoes out on their in-store treadmill). They also stock running apparel & accessories!
If you head over to TEMPO before the 31st of October and show your race number/entry confirmation you can get 15% off products.

T:EMPO

Eastbourne's Specialist Running Shop

RESULTS

Official results will be posted on the website www.beachyheadmarathon.com as soon after the event as possible. Participants who provided their mobile number when signing up will receive their results via text message. Live finish line results will be available on the day (link will be shared on our socials)!

We look forward to seeing you at the Beachy Head 10K 2026!

BEACHY HEAD MARATHON
26.2 | HALF | 10k | ULTRA

A special thanks to our 2026 sponsors:

THE VIEW HOTEL
EASTBOURNE

euro selfdrive .co.uk
van & truck hire

BEDE'S
COURAGEOUS

T:EMPO
Eastbourne's Specialist Running Shop

FAQs

Q - Is there a maximum time cap?

There is a 2 hour time cap to complete the event. For Health & Safety reasons you may be asked to withdraw early by the sweeper team if you are unable to maintain the pace set for each event.

Q - Can I run with my dog?

Unfortunately, for Health & Safety reasons and the high number of participants we are unable to allow dogs to participate.

Q - Can I use running/trekking poles?

Yes - you can use running/trekking poles at the Beachy Head Marathon events but please be mindful of other participants.

Q - Can I transfer or sell my entry to another participant?

The option to transfer your entry to a friend or change categories has now closed. You must not transfer/give your race number to another individual as this would be a breach of race terms and also a Health & Safety issue.

Q - Can entries be purchased on the day?

No - entries can only be purchased online in advance of the race weekend. Entries will close automatically when event capacity is reached.

Q - Is there somewhere I can get my hair plaited?

Children With Cancer volunteers will be plaiting hair in Helen Gardens at their marquee between 07:00-09:00am in return for a small donation.

Q - I haven't received my race pack in time, what can I do?

Head to the Registration Queries desk in Helen Gardens from 06:45am where they will issue you a new race number and deal with any day to day entry queries. Please arrive with plenty of time prior to the race start time so your query can be dealt with effectively and please bring ID!

Q - Will you be accepting cash at the event?

Merchandise will be CARD ONLY however, the vendors at the event may accept cash.