



Race Information

Dear runner,

Thank you for entering the [2024 Worthing 10K](#), here is your final race information for Sunday.

Race Date

Sunday 9th June

Start times

9.00am - Junior Mile

9.30am - Worthing 10K

Start/Finish Location

The race starts and finishes on Worthing promenade, BN11 3QD.

Race Packs

All race packs have now be posted. If for any reason yours has not arrived before Sunday, please head to the Help Desk marquee on race morning and collect a replacement. You will find the Help Desk on Worthing promenade 100m east of the start line, opening at 8am.

Race Route

The [Worthing 10K race route](#) is fast and flat, run on closed roads with a smooth running surface throughout. Water will be offered in paper cups at 3.5km and 6.5km, and in 500ml bottles at the finish line. Can we ask that you only take one bottle at the finish to ensure we have enough supplied for the back of the race.

Pace Makers

Targeting a time, look out for our pace makers. The team are briefed to run even splits at the following timepoints: 40mins, 45mins, 50mins, 55mins, 60mins, 65mins and 70mins.

Arriving by car

We recommend using one of Worthing's several multi-story car parks that are located a short walk to the start. Street parking is free in Worthing on Sundays, but bear in mind the town will be extremely busy on race morning.

A27 closure

Please note there is a weekend closure in place for eastbound traffic between Lancing and Shoreham. Whilst this won't affect arriving, it will mean eastbound traffic heading towards Brighton will be extremely heavy post race - [A27 closure information](#).

Arrival by train

Worthing train station is located just over a mile from the start/finish. We highly recommend using the trains service for easy travel pre/post race.

Arrival by bike

If you are cycling to the race, you will find barriers located on the pebbles behind the baggage marquee,. You will be able to lock your bike to these barriers for the duration of the race (you will need your own bike lock).

Baggage

The baggage marquee is located on the promenade, 200m east of the start/finish. Should you wish to store your bag whilst you run, you will find a tear off strip on the bottom of your race number. Please loop this around the handle of your bag, and hand it to one of our volunteer team (nothing of high value please).

Toilets

Temporary toilet units will be located to the east of the start/finish. You will also find several public toilet blocks along Worthing promenade. On the course there are public toilets at Sea Lane Café which is located at 3km & 7km adjacent to the drinks station.

Headphones

The use of standard headphones is not permitted. This is due to our race licence regulations. Course safety is our priority and runners should be aware of their surroundings at all times, being able to respond to marshal instructions - Bone conductor headphones are permitted.

Race photos

It takes a few days for our photographers to edit and upload their photos. We will share the gallery as soon as it's live, and photos will be free to download and use as you wish.

Got a question?

It's likely you'll find the answer on our [FAQ page](#). If you can't find the answer there please reply to this email and we will do our best to answer it - do bear in mind that our inbox does get extremely busy in race week.

Wishing you a fantastic race.

Best wishes,

Race Team
Worthing 10K