



Havens
Hospices

Registered Charity Number 1022119



Havens Hospices SOUTHEND 2025 Half Marathon

Race Day Information

Get ready to conquer Southend's premier running event – the Southend Half Marathon happening on **June 8th, 2025**.

Now in its 29th year, the race has raised **over £1.5 million** for Havens Hospices. The two-lap course takes runners along the scenic coast with views over the Thames Estuary.

We couldn't host this event without the generosity of our sponsors Utilize, amazing volunteers and people like you. We're so grateful for your support.

This pack should contain all the information you need ahead of the event but if you do have any questions, please email southendhalf@havenshospices.org.uk

This event is kindly
sponsored by:



Utilize®
Technology. Together.

Water Stations
sponsored by:



Race Licence Number #29457

RUNEVENTS
Event licensing powered by England Athletics

RACE DAY INFORMATION

Event Timings

- Arrival for pre-signed up participants – Between 07:30 – 08:30
- Warm up by Virgin Active - 8:30
- Wheelchair safety briefing – 08:40
- Wheelchair start – 08:45
- Main race safety briefing – 08:50
- Main race start – 09:00 prompt

There are three voluntary start wave. Runners will assemble in the start pen with their anticipated finish time (under 1 hour 30 minutes, under 2 hours, 2 hours and over). The start waves will set off at two-minute intervals.

We are very grateful to our volunteer pacers who will be supporting runners to finish times of 1hr 25m, 1hr 30m, 1hr 45m, 2hrs, 2hrs 15m, 2hrs 30m. Look out for their sail banners at the start line.

Race numbers and chip timing

Your race pack includes your race number with an integrated timing chip. The perforated strip at the bottom of your race number is your baggage drop tag. Please fill out the back of this strip with your details. On the day tear this off and place it on the item you would like to check into the baggage tent.

Please ensure that you fill out the information on the reverse of your race number before attaching it to the front of your top. This is important - it ensures we have the information we need quickly in case of an emergency. Don't worry if your race numbers haven't arrived in time, you can pick up an alternative on race day.

Runners MUST NOT give their race number to another runner.

Your individual time and position will be recorded by your electronic chip which is integrated into your race bib. Results will be uploaded to www.frssystem.co.uk/results as soon as possible after the race. A link will also be posted on the [Havens Hospices Fundraising Facebook page](#).



Car Parking

We recommend car sharing with others where possible to ease congestion around East Beach. There is ample on-site parking at East Beach Car Park (entrance 1) via Blackgate Road. Please follow marshal instructions and be patient on arrival and exit due to the high volume of traffic. There will also be a clearly signed Drop Off Point close to the entrance.

We have made the decision this year to cover the cost of parking, so parking will be FREE at East Beach Car Park for the event.

Please allow plenty of time, as the area can be incredibly busy before the event and the race will start promptly at 9am.

Can you reduce your impact on the environment and help us ease congestion by travelling with friends, walking, or cycling?

Start Line

East Beach, Shoeburyness, SS3 9AD

what3words

///trips.luxury.variously

By Train

We recommend you travel by train where possible to ease congestion around East Beach on race day. The c2c Shoeburyness station is just a five minute walk from the start line. Please check for any engineering works before you travel.



Runners Village and Facilities

The Runners Village is located at the start/finish area at East Beach. There will be:

- A free bag store - please ensure you use the baggage tag in your race pack and write your contact details on the tag.
- Refreshments to purchase.
- Running merchandise retail stall:
www.myracekit.com
- Changing facilities.
- Pre and post-race massage - qualified sports therapists will be offering massage and treatment sessions for £15.
- Toilets - there are plenty of toilets – two purpose-built unisex toilet blocks at the Runners Village and halfway along the car park. There will also be additional portaloos at both locations, including accessible toilets. This year, we also have urinals available.
- A meet & greet area – where you can meet your fellow runners, friends, and family before and after the race.
- NEW for this year, we have a main stage with music from Essex Hits, live performances and more.
- **Post race 10% off for finishers at Wagamama Southend. Just show your medal!**



ROUTE AND SAFETY INFORMATION

Water stations

It's important to stay hydrated when running especially in the summer months. There are numerous water stations on the course where water is provided in cups. Please help our marshals by placing used cups in the waste bins provided. We recommend that participants bring their own water for the race. No food, nutrition or water soaked sponges are provided at the water stations.

Signage

There is directional signage and mile markers along the route as well as numerous volunteers. Our volunteer tail walkers are there to ensure the last participants stay on course and cross the finish line.

Toilets

There are toilets provided in the event village, as well as along the route. Please see the map for details.

Headphones

In line with UK Athletics licence requirements, please note, only bone conducting headphones are permitted at this event. It is important that you can hear marshal instructions and approaching wheelchair athletes on the course.

Medical assistance

Although the organisers accept no responsibility for any injuries, a full medical team will be in attendance. The route is marshalled at regular intervals and marshals will summon medical assistance on the route if required.

Road closures

Although the roads are closed to traffic, there are occasions when vehicles must be granted access to the course. Please listen for marshal instructions. Roads are closed for 3 hours. There is no cut off time for participants to complete the event but when roads reopen anyone who is still taking part after 12 noon will be moved onto the pavements and our marshals will no longer be in position.



Photography

This year we have teamed up with MySportsPhotos. The official photographers will be located throughout the route, and at the start/finish line. Photos will be available for purchase via a personal link on their website, which we will share after the race. Our volunteer photographers will still be around the course, and their photos will be shared on social media later this month.



Photos and videos taken during the event may be used by Havens Hospices to promote the work the charity does in the future. If you would not like your pictures to be used, please email info@havenshospices.org.uk.

Only Official Photographers with granted permission by Havens Hospices and allowed to access the start and finish line to take photographs.

Race Day T-Shirt

Introducing the Southend Half Marathon 2025 race t-shirt!

If you have pre-ordered your race t-shirt, you will need to bring your t-shirt ticket to the designated tent on the day of the race. You will find this in your Runner Pack.

T-shirts will also be available to purchase on the day. However, please be aware that there will be limited stock.

T-shirts cost £13 each, and are available in sizes S, M, L, XL, & 2XL.



FUNDRAISING

Havens Hospices provides specialist care and support for people of all ages who are living with incurable conditions, and supports their families.

We work closely with the person and their health and social care professionals to ensure their care and support is the best it can possibly be, so everyone in our community can get the most from life, and make every day count. This care is provided absolutely free of charge thanks to the support from the community.

Your Southend Half Marathon entry fee helps cover the costs of organising this event so if you are able to set up a JustGiving page and ask friends, family and colleagues to sponsor you it would be greatly appreciated by our Care Teams and the families we care for.

[Set up a JustGiving Page](#)



FUNDRAISE FOR YOUR CHANCE TO WIN A PRIZE

Raise £100 in sponsorship, and be entered into our prize draw to WIN a set of Beats PowerBeats Pro Wireless Earbuds.

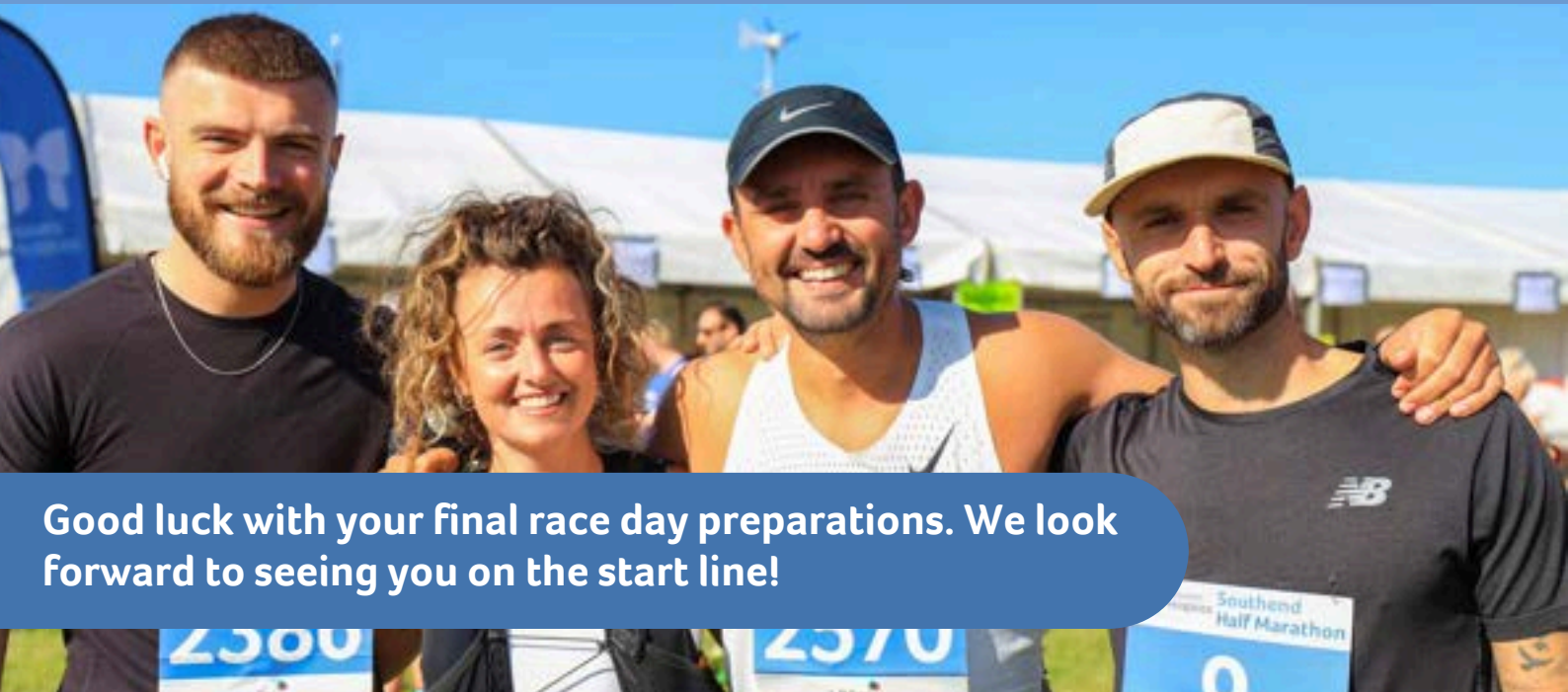
Raise £50 in sponsorship, and be entered into our prize draw to WIN a set of Four Tickets to see Joseph and the Technicoloured Dreamcoat at the Cliffs Pavilion, Southend.

To enter: Set up a [JustGiving page](#) to raise money for Havens Hospices and raise over £50 or £100.

Terms and conditions for £100 Competition: Prize consists of a set of Beats PowerBeats Pro Wireless Earbuds. Any participant raising over £100 on JustGiving will be automatically entered into the draw. One entry per person, no joint fundraising pages will be entered. Competition is only open to participants signed up to the Southend Half Marathon 2025. Deadline is midnight on 30th June 2025. Winner will be notified by telephone and emailed on 1st July 2025. Winner will be required to collect from Fair Havens, 226 Priory Crescent, SS2 6PR.

Terms and conditions for £50 Competition: Prize consists of a set of Four Tickets to see Joseph and the Technicoloured Dreamcoat at the Cliffs Pavilion, Southend. Any participant raising over £50 on JustGiving will be automatically entered into the draw. One entry per person, no joint fundraising pages will be entered. Competition is only open to participants signed up to the Southend Half Marathon 2025. Deadline is midnight on 30th June 2025. Winners will be notified by telephone and emailed on 1st July 2025. Winner will need to collect from Fair Havens, 226 Priory Crescent, SS2 6PR.

Every pound you raise will be 'Making every day count' for the families we are caring for today, tomorrow and in the future. Thank you.



Good luck with your final race day preparations. We look forward to seeing you on the start line!

PLANNING YOUR NEXT RACE?

Why not sign up to **Chelmsford Marathon or Half Marathon?**

12th October 2025

Join runners as they go race, run, jog, and walk through Central Park and into the Essex countryside in support of Havens Hospices. The race is hugely popular amongst runners and comes highly recommended for the following reasons – great course, superb race-day atmosphere, enthusiastic and cheery marshals and a wonderful, well-appointed event village to explore.

The Marathon: This accurately measured single-lap course starting and finishing in Central Park on a scenic tree-lined avenue. The course is undulating, so please note there are hills. The race includes a large selection of water and aid stations located at 8 points around the course. There will be selected pacers on the course. Please note there is a cut-off time of 7 hours for the event due to health and safety reasons.

The Half Marathon: This is an 'out & back' course. It is a flatter route than the full marathon, but participants will enjoy running through Central Park and out into stunning countryside, finishing back at Central Park.

This event is being organised by [Nice Work](#) and raises vital funds for Little Havens. The event is kindly sponsored by Beaulieu.

Sign up [here!](#)

