

WEYMOUTH 10



Weymouth 10

EA Run License: 31858 (2026)

Sunday 18th October 2026 – 9:00am

RUNNER INSTRUCTIONS

The race is **scheduled to begin at 9:00am**. Please arrive in good time to park and register prior to the start. Registration will open at 8:00am. The Pavilion carpark will be busy; runners and spectators are advised to use alternative parking at other nearby carparks. Please allow enough time to arrive at registration to collect your race number.

North Quay car park - (DT4 8TA) JustPark location 6206

Swannery car park – (DT4 7TY) JustPark location 6204

As always we encourage runners to walk, cycle or use public transport to get to the event.

Before the race.

- Registration and Race HQ will be at Weymouth Pavilion. Access is at the front of The Pavilion and Registration and Race HQ will be clearly sign posted. This area may be used as a meeting point and for leaving baggage during the race. **This area is not secure.** Toilet facilities and hot and cold refreshments to purchase are available in the Pavilion for use by competitors and supporters.

- The registration desk will be split into multiple queues, any of which are suitable for pre-paid number collection. For entry on-the-day please go to the far desk (£25 UKA Club Runners, £27 Unattached). Cash will not be accepted, and on-the-day entry will require runners to provide their card details for online payment. On-the-day entry will close at 08:40, and pre-paid number collection will close at 08:50 to allow runners to attend the pre-race brief.
- **In the event of a fire alarm or incident at Race HQ please follow the instructions of race officials and pavilion staff and follow their instructions.**
- Please remember to fill in the back of your race number with your personal details.

During the race.

- The Start and Finish line is on the Esplanade alongside the Pavilion.
- The 10-mile course is mostly on tarmac, with a hardpack lane on the 2-lap section (map below). **Please avoid running in the road wherever possible.** There are no closed roads for the purpose of this event, so be aware of any traffic and exercise caution, especially at junctions.
- **Conventional headphones are strictly prohibited in accordance with UKA rules. Any runner ignoring this rule will be disqualified.** Bone conduction headphones are permitted but discouraged.
- A large part of the course takes place along Weymouth Esplanade and Preston Beach Wall, with the sea on your right as you head out from the start, and on the left when you return to the finish. This section is completely flat. At the Oasis Café you will begin the first of two loops, climbing a steep hill towards Bowleaze Cove. Please keep to the pavement **on the right-hand side on your 1st loop.** Stay on the right over the top of the hill and down past the entrance to the Fun Park. Ignore the main entrance to the Waterside Holiday Park, you will see a marshal further up the road who will direct you into the Waterside section of the course.
- A drink station will be situated within Waterside Holiday Park. You will pass this twice at 3.2 and 6.0 miles. Water will be available in environmentally friendly bio-degradable cups, which will be disposed of accordingly after the race. Runners may also choose to carry their own collapsible cup or similar, and top-up tanks will also be available.
- The route exits the rear of the Holiday Park into Church Road, the first section is a hardpack lane and may be uneven in places, please take extra care.
- At the top of Church Road, a marshal will direct you left along the pavement of Preston Road. Please keep to the left. There are several minor road junctions on the left along this

section. Marshals and signs will warn traffic wherever possible, but please take care when crossing the mouth of junctions.

- You will continue around the left pavement of Preston Road until you return to the bottom of Bowleaze Hill. You will then be directed left back up the hill, **on the left-hand pavement on your 2nd lap.**
- On returning after the second loop, marshals will direct you across the road junction at the bottom of Bowleaze Hill to return along the Esplanade. This junction is the only major crossing point on the course, extra marshals will be in place, please take care and observe any instruction.
- **Remember the marshals are there for your safety, please follow any instructions.**

After the race.

- **The race has a cut-off time of 2 hours and 30 minutes.** The start of the second lap (Oasis Corner) occurs at the 5-mile half-way point in the race. Runners who do not commence their second lap before 1 hour and 15 minutes will not be permitted to do so and will be directed back towards the finish.
- Water will be available at the finish.
- All runners will receive a medal at the finish.
- Trophies will be awarded in the following categories:
 - a. 1st, 2nd, 3rd Female
 - b. 1st, 2nd, 3rd Male
 - c. 1st Female & 1st Male for the age categories of over 40, over 50, over 60 & over 70
 - d. 1st Female & Male teams (minimum of 3 runners to qualify)
- The awards will be presented at the Pavilion around 11:30am.

***We hope you enjoy the race and we look forward to seeing you all for our 64th
Weymouth 10 Road Race.***

*Gary Young
Race Director*



Course Overview (Start/Finish)



Course Overview (Bowleaze)

