



The Island Run 5km & 10km Course

Start: Area adjacent to Beach Street car park, Beach Street, Sheerness ME12 1RE

The exact start line is on the tarmac pathway adjacent to Bar Tantra, level with the SW corner of the car park. From here you proceed towards the sea wall and turn right to run through the car park to the Beach Street ramp

Proceed up the ramp to the seafront and turn left towards Tesco

50m beyond the end of the sea wall you will turn round and proceed back the way you came, towards Minster.

KM1: 70m before you reach the ramp you ran up from the car park

Continue along the seafront with the sea on your left

At the St Henry & St Elizabeth RC Church marshals will direct you to turn right and proceed down the ramp to a main road (The Broadway)

Turn left and run 170m along the pavement until you reach the ramp adjacent to the Snooker club/amusement arcade.

Turn slightly left, up the ramp and ahead to re-join the seafront promenade.

Continue along the seafront promenade with the sea on your left

KM2: 285m along the promenade by the third concrete half section.

Continue straight ahead along the promenade being careful of any boat movements as you pass the sailing club slipway.

KM3: (Water station) 100m metres before the end of the promenade concrete path where it joins the shingle bank at Barton's Point.

- 5K runners will be directed to turn back at this point and follow the same course back to the Beach Street ramp and down to the finish line adjacent to the race start point.
- 10K runners should continue straight on to the tarmac path

Follow the tarmac path adjacent to the shingle bank on your left.

Run across the entrance ramp to the Shingle Bank car park ensuring you take care if vehicles are entering or exiting the car park

Continue along the path until it joins The Leas seafront promenade.

KM4: 20m from the start of the wide section of The Leas seafront promenade

Continue straight with the sea on your left, passing The Sweet Hut on your right.

At the end of this section where the promenade bears right up an incline, continue straight ahead onto a 90m long smaller footpath

At the end of the smaller footpath continue straight ahead onto Minster Beach Path, with beach huts on your right.

KM5: (Water station) 40m past the end of the beach huts.

Continue straight to reach the race turn point 500m ahead

50m before the end of the beach path you will reach the turnaround point adjacent to the last set of steps up the cliff on your right. Turn here and follow exactly the same route back to the Beach Street ramp, keeping the sea on your right.

KM6: (Water station) Same place as the 5KM marker / 40m before you reach the beach huts, now on your left

KM7: Same place as the 4KM marker, 20m before the path reduces and you run adjacent to the shingle bank on your right

Take care once again crossing the ramp entrance to the Shingle Bank car park

KM8: (Water station) Same place as the 3KM marker, 100m along the wider seafront promenade at Barton's Point

Take care once again as you pass the Sailing Club for any boat movements around the slipway.

KM9: Same place as the 2KM marker

285m past the marker run down the ramp onto the main road footpath for 170m.

When you reach the St Henry & St Elizabeth RC Church turn right and proceed up the ramp to the seafront.

Turn left at the top and continue along the seafront promenade towards Sheerness

KM10 / Finish Line: Turn left at the Beach Street ramp to run down, clipping the edge of the car park before entering the grass section towards the finish line which is 25m ahead of you.