



HOSPICE 2 HOSPICE

HALF MARATHON

26 March 2023

ESSENTIAL RACE

INFORMATION 2023



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NEW FOR 2023

TROPHIES

We have introduced a new trophy for 2023. There will be an overall winner - male/female. The winners of the overall trophy, will not be eligible to win their age category.



SPONSORS

We are delighted to have EY as our sole sponsors for 2023. Having them on board has enabled us to make the event bigger and better for everyone involved. More about our sponsors later.

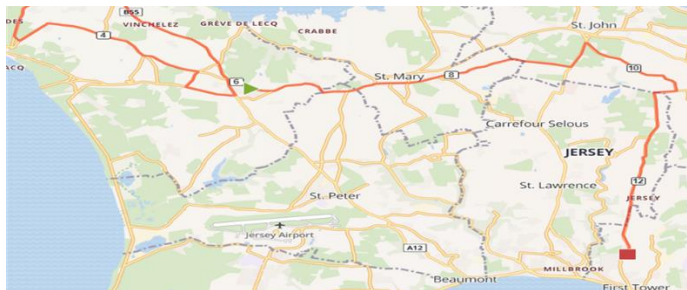
FUNDRAISING

You can set up a Just Giving Fundraising page at:

<https://www.justgiving.com/campaign/h2h23>

It can also be accessed via www.jerseyhospice.com/support-us

THE ROUTE



For more information please visit:

www.jerseyhospicecare.com/events/hospice-2-hospice-half-marathon



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RELAY TEAMS

ALL Relays teams will be starting 10 minutes after the main runners

Two Person Relay – Start Time 8:40am

The handover point is at the hospice fundraising shop approximately 6.5 mls.

Four Person Relay – Start Time 8:40am

Leg 1: Hospice Fundraising shop St Ouen – approx. 3.1 miles

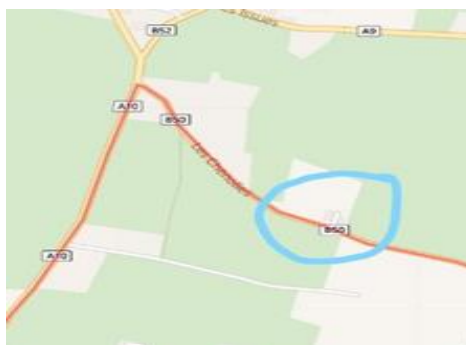
Leg 2: Starts Les Landes Common – approx. 3 miles

(There is a public car park close by on opposite side of the road)



Leg 3: Starts at Hospice Fundraising shop St Ouen – approx. 3.5 miles

Leg 4: Starts at the Old Church - Les Chenolles St John. (This is also the location of the water station) - approx. 3.5 miles



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RACE PACKS

Race packs are to be collected as follows:

Thursday 2nd March 2023 – Saturday 25th March 2023 (please allow 24 hours after registration to collect your pack)

- Rock n Road Run Co shop, Liberty Wharf, St Helier 10am -4pm (Saturday 10am - 3pm)

Sunday 26th March 2023 The start from 7:15am

We will be very busy on the morning of the race so please make every effort to collect your

CAR PARKING AT THE START AND FINISH LINE

Runners may leave their cars in the field adjacent to Morrisons in St Ouen. It will be clearly signposted. Please **DO NOT** leave cars in St Ouen Parish Hall.

Runners may leave their cars near the finish line in St Andrews Park, First Tower

There will be NO parking at the finish line in the hospice car park. Spectators will be directed by marshals to leave their cars at St Andrews Park just down the hill.

DROPPING OFF AT THE START

In order to avoid congestion, we will operate a one-way system on the morning of the race. If you are getting dropped off, YOU MUST approach the start line from the TOP of Rue de La Croix. Therefore, on Route De Vinchelez, drive past St Ouen parish hall on your right, Morrisons on your left, after approx. ¼ mile turn right into Rue de La Croix. The hospice shop is approximately ¼ mile on left.

BUSES TO THE START

There are free buses available to take runners from St Helier to the start of the race. You need to book your space if you haven't already!

Email lorainefulton@jerseyhospicecare.com

Three Tantivy Coaches will be waiting in the layby adjacent La Fregate Café on the avenue. They will leave at **7:40 am Promptly**. The coaches will then pick up runners on the inner road outside Mr Fish (Fishing tackle shop) opposite the gates to St Andrews Park. Please wait by Mr Fish Tackle shop.



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BAG DROPS

Runners will be issued bag tags with their race pack. These must be attached to bags and the name clearly marked. The Hospice van will be available at the start and will transfer bags to the finish, where they will be available for collection.

LATE REGISTRATIONS

Registrations for late entries will be available on the day at the hospice fundraising shop. Registrations will start at 7:30 am and will close at 8:15am promptly.

Late entries will be £35 for an individual runner and £55 for a relay team. **There will be NO late registrations available for 4-person relay teams**

Cash or card payments are accepted. (Sadly we do not accept Amex)

RACE TIMINGS

The race will be timed using Webscorer. There will be manually timing to ensure accuracy.

RACE NUMBERS

Please place your race bib securely **ON THE FRONT** of your race top. It is essential that your race number is visible when you cross the finish line for the race timers to accurately record your finish time.

Please ensure that you complete the emergency contact details on the reverse of your race bib before taking part.

ROAD CLOSURE

Rue de Croix will be closed as runners approach the start line. Once the race is underway it will reopen. **No other roads will be closed for the purpose of the race.** Runner must take ALL care to respect other road users.

Runners must run on the left-hand side of the road, unless instructed otherwise by a marshal or the honorary police.

COURSE SIGNAGE

There will be yellow 'run route' signs along the route. Marshals will be there to guide you.

TOILETS

At the start, Midpoint and finish line



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WATER STOPS

Water will be available at the start, the halfway mark, St Johns at Les Chenolles and the finish.

PULLING OUT

If a runner needs to pull out of the race they **MUST** report to the nearest marshal or call the race organiser **Loraine** on **07829777770** to advise accordingly.

EMERGENCIES

St Johns Ambulance will be in attendance at the start, during the race and at the finish line. There will be a support vehicle driving the route should assistance be required. Contact any race marshal or the race organiser. **Loraine 07829777770**

HEADPHONES

Headphones/earphones that sit in or over the ear remain against the rules of UK Athletics and therefore are not allowed.

UK Athletics recent update on rule number 240 S5 – Headphones that work by conduction sound through bones and do not sit in the ears are acceptable.

PETS, PUSHCHAIRS & CYCLING

- Participants are not permitted to rollerblade the course
- Participants are not allowed to run with pets
- Participants are not permitted to run with pushchairs
- It is against the rules of UK athletics to have friends follow participants on bikes and runners will face disqualification.

THE WINNING CATEGORIES

- Overall Winner Male & Female (New for 2023!)
- Two Person Relay – 1st, 2nd, 3rd
- Four Person Relay – 1st, 2nd, 3rd
- Male and Female : 17 – 39 years (1st, 2nd, 3rd)
- Male and Female : 40 – 49 years (1st, 2nd, 3rd)
- Male and Female : 50 – 59 years (1st, 2nd, 3rd)
- Male and Female : 60 - 69 years (1st, 2nd, 3rd)
- Over 70+ (1st, 2nd, 3rd)



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WINNERS PRESENTATIONS

The winner's presentation will take place on:

Monday 27th March 2023 @ 6pm

Venue: King Centre Lounge – Clarkson House, Jersey Hospice Care Mont Cochon

All participants and partners are welcome.

MORE ABOUT HOSPICE

IT COSTS £5,977,600 MILLION EACH YEAR TO MAINTAIN OUR SERVICES

All our services to patients and families remain free of charge. We rely on the support of fundraising by the community, local companies, and trusts and the income from our retail shops to enable us to continue caring for patients coming to terms with a life-limiting condition and to support their families and loved ones.

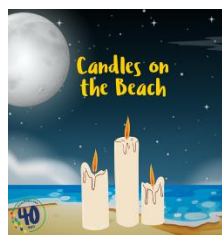


Thank you all for taking part and thank you to all your families and friends who have

UPCOMING EVENTS



29th & 30th April 2023



13th May 2023



28th May 2023



10th June 2023



16th July 2023



16th September 2023



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MORE ABOUT OUR SPONSORS

EY is a global leader in assurance, consulting, strategy and transactions, and tax services. Our ambition is to build a better working world. We believe that together, we can make it stronger, fairer, and more sustainable. The Channel Islands' financial services industries are significant contributors to the islands' economies, shaping lives and creating opportunities.

Across the Channel Islands, we employ over 200 people and are passionate about empowering our people with the right mindsets and skills to navigate the latest challenges and embrace innovation to transform futures. We have a number of career opportunities in our assurance, tax and tech risk teams for school leavers and graduates looking to begin their careers with us and build their own exceptional EY experiences.

Our commitment to building a better working world isn't limited to the office or the boardroom; supporting and giving back to our local community is always at the forefront of our actions. We are proud to be the new sponsors of the Hospice 2 Hospice half marathon and play a part in supporting Jersey Hospice Care with growing the participation of this event, which is such a crucial part of their fundraising calendar. As we are passionate about promoting the benefits and importance of physical activity within our offices and local community, we are delighted to do this, whilst also supporting a charity which helps so many people across Jersey.

You can find out more about our career opportunities and the work we are doing to support our local communities on our website www.ey.com/ci/careers and by following us on social media:

Instagram - @eycicareers

Facebook – EYChannellIslandsCareers

Twitter - @EY_CareersCI



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