



THE HOSPICE HALF
SUPPORTING JERSEY HOSPICE CARE

Sunday 22 March 2026 - 8am

**More than a race.
Run for Hospice.**

Essential Race Information

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Please Note: The information included in this guide may differ from previous years, so **please** ensure you have a thorough read through.



Half Marathon Race License no: 27805

2 Person Relay Race License no: 28037

4 Person Relay Race License no: 28038

10K Race – Not Licensed

Course Measurement no: 23/087

Before the Race

Registrations

Registrations close at midnight on Friday 13th March 2026. There will be no registrations on the day.

T-shirts

These are available to purchase at registration and will be issued along with race packs.

Race Pack Collections

These can be collected from Rock n Road Run Shop, Liberty Wharf during the following times:

- ❖ Monday 16th March – Friday 20th March 10am -4pm
- ❖ Saturday 21st March 10:00am – 3pm

Race Bibs

Race Bibs will be issued along with race packs. Race bibs must be displayed on the front of your T-shirt.

Medical information found on the reverse of the race bib must be fully completed.

It is against the rules of the race to amend your race bib in anyway. If you do amend your race bib, you may face disqualification.

Coaches

Strictly for participants only.

- ❖ Liberty Square & Liberation Station Stand O - **Leaving at 7:10am** (you will be allocated your coach with your race pack)
- ❖ Mr Fish – First Tower Coaches from Liberty Square and Liberation Station will collect participants enroute
- ❖ Les Quennevais Precinct, **Leaving at 07:10am**, picking up participants from The George De Carteret, St Peter.

The Start

Location

The Hospice Retail Shop – Rue De La Croix, St Ouen

Start Time

08:00am - All participants including relay teams. The relay races will start at the back of the final group.

Participant Drop off Point

St Ouen Parish Hall. There will be a one-way system in operation on the morning of the race. There is strictly no drop at the Hospice Shop or surrounding roads. These roads will be managed by Honorary police and Hospice Event Marshals.

Parking

Limited parking is available in the field adjacent to Morrisons in St Ouen. Strictly no parking at the Hospice Retail Shop or St Ouen Parish Hall.

Bag Drop Off

Race bibs have a tear off bag label. Place this label securely on your bag. Place your bags in the van with the corresponding number at the start line.

The organisers cannot accept any responsibility for bags or valuables left in their care.

Start Time

08:00am

Elite Start

Participants with predictive finish time of sub 1hr 20 minutes will be issued with elite race bibs and will be invited to the elite start line.

Predictive Finish Time Zones

Participants will be asked to provide their predictive finish times at registration. We may ask for evidence. Participants will be asked to proceed to their allocated start position at approximately 07:50am.

Relay teams will follow behind the half marathon participants.

Warm up

There will not be a warm-up, and participants need to warm up themselves. Participants will not be permitted to warm up on Rue De La Croix.

The Course

The route can be found via the [Jersey Hospice Care Website](#) or on [Strava](#)

Relay Handover Points

Two-person relay handover is the Retail Fundraising shop St Ouen.

Four Person:

	Start	Finish
Runner 1	Hospice Retail Shop, Rue de la Croix, St Ouen	Les Landes Common, Route du Ouest, St Ouen,
Runner 2	Les Landes Common, Route du Ouest, St Ouen,	Hospice Retail Shop, Rue de la Croix, St Ouen
Runner 3	Hospice Retail Shop, Rue de la Croix, St Ouen	Les Chenolles, St John. (water station) <i>What3Words: Door.photography.halved</i>
Runner 4	Les Chenolles, St John. (water station)	Jersey Hospice Care car Park, Mont Cochon St Helier

NOTE: There is **NO** transport to or from your relay handover points.

Toilets

- ❖ Start Line
- ❖ Halfway at Hospice Retail Shop, St Ouen
- ❖ St Ouen Parish Hall
- ❖ Finish line

Fuel/Water Stations

There will be water, Lucozade and jellybeans available at:

- ❖ The start
- ❖ Les Landes Common (mile 3.5)
- ❖ Mile 6.2 at Hospice Retail Shop, St Ouen (the start)
- ❖ Mile 10.5 – Les Chenolles, St John
- ❖ A water dispenser unit, provided by Jersey Water, will be situated in the EY Race Village at the finish.

All discarded water bottles are taken by volunteers and recycled.

Rubbish Zones

There are designated rubbish drop zones for discarded water bottles approximately quarter of a mile from each fuel station. Any participant found dropping rubbish outside of the drop zone may face disqualification from the race.

Road Closures

The following roads will be closed during the race:

- ❖ Rue de la Croix, St Ouen, from 07:15am
- ❖ Route de Vinchelez, from Morrisons to La Greve de Lecq junction from 07:30am until last participant has turned into Rue De La Croix at mile 6.
- ❖ La Neuf Chemin – St John
- ❖ La Chenolles – St John
- ❖ Stop / Go system in operation on Mont Cochon from Clos St Andre to Fern Valley

Event Marshals

There will be marshals along the route supported by honorary police. Please take the time to thank them, as without them this event could not happen.

The Race

Lead Cyclist

There will be a cyclist ahead of the front participants.

Pacers

There are three race pacers wearing pacer flags:

- ❖ 1H:30 - Alan Unwin
- ❖ 1H:45 - Brenton Lee
- ❖ 2Hrs - Rachael Smith

Keep to the Left

Participants must always keep to the left side of the road unless instructed otherwise by an event marshal or the honorary police. Participants found disregarding this rule may face disqualification.

Headphones

Headphones/earphones that sit in or over the ear remain against the rules of UK Athletics and therefore are not allowed. Participants using these may face disqualification.

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.

Tail Runner

There will be a minimum of one tail runner, who will be identified by a high viz jacket.

Cut-Off Times

There is an official 3-hour 30 minute cut-off time. Before and after this period, the course will not be policed or marshalled. Participants who are on the course before or after this do so at their own risk. Times will not be recorded after the official time cut-off.

Sweeper Car

There will be a sweeper car driving the route.

Retiring from the Race

If you need to retire from the race, you are required to inform the nearest event marshal.

Medical Assistance

St Johns ambulance will be supporting the race.

Time Recording

Times will be recorded in two ways – Gun Time and Chip Time

- ❖ Gun time is the time from the starter signal to when the participants cross the finish line.
This is also the Official Time.
- ❖ Chip Time is when the participants cross the starter mats to when they cross the finish mats.

Timing Chips

We use BibTag technology, these are embedded in the race bibs. Race bib must be worn on the front of your tee shirt.

Winners Times

Gun Time is the Official Time, and all awards are based on Gun Time.

Results

All results will be posted on The Hospice Half Marathon Facebook page and sent via email to all participants within 48 hours of the race.

All results will be uploaded to England Athletics and to The Power of Ten.

Things Not Permitted during the Race

Participants cannot:

- ❖ Rollerblade the course
- ❖ Run with pets
- ❖ Run with a pushchair
- ❖ Be followed by friends on a bike
- ❖ Wear headphones (see above)

Participants found disregarding any of the above may face disqualification from the race.

The Finish Line

Location

Jersey Hospice Care, Mont Cochon, St Helier

Parking

Parking is in St Andrews Park, Mont Cochon. There is no parking available at Jersey Hospice Care.

Dogs and Bikes at the Finish Line

Dogs, (except guide dogs), and bicycles, including E bikes, will not be permitted into the finish area. There will be a designated area to leave bicycles, this will be entirely at the owner's risk.

Shuttle Bus

There will be a shuttle minibus to take spectators to the finish line from St Andrews Park and take participants and spectators back to St Andrews Park after the race. The minibus will commence from 08:45am and finish at 11:30am.

Medals

All participants will receive a bespoke medal.

The EY Race Village

The EY race village is situated at the finish line. Participants, spectators and event marshals can enjoy hot and cold drinks, a selection of homemade cakes and cookies or if you prefer, a bacon / sausage roll. Veggie options will be available.

These are provided free of charge, but a small donation would be most appreciated.

Showers and Changing facilities

There are no shower or changing facilities at the finish.

Massage Therapist

A sports massage therapist will be available, free of charge, to massage those weary legs.

Getting to St Helier from the Finish.

Participants cannot be picked up from the finish line. The road is marshalled by honorary police and race officials. Pick up is from St Andrews Park. The No 15 bus runs every 15 minutes back to St Helier. This bus stop is a short walk down Mont Cochon to First Tower.

Race Categories

Categories

❖ Open Male	
❖ Open Female	
❖ Master Male 40+	1 st , 2 nd , 3 rd
❖ Master Female 40+	1 st , 2 nd , 3 rd
❖ Male Age Group 40-49,50-59,60-69,70+	1 st
❖ Female Age Group 40-49,50-59,60-69,70+	1 st

Note: The Winners of the Open Male and Open Female will be excluded from winning any trophies in the Masters or Age Group categories.

❖ Two Person Relay Male	1 st , 2 nd , 3 rd
❖ Two Person Relay Female	1 st , 2 nd , 3 rd
❖ Two Person Relay Mixed	1 st , 2 nd , 3 rd
❖ Four Person Relay Male	1 st , 2 nd , 3 rd
❖ Four Person Relay Female	1 st , 2 nd , 3 rd
❖ Four Person Relay Mixed	1 st , 2 nd , 3 rd
❖ EY Corporate Cup	

Awarded to the fastest corporate mixed four-person relay team.

Course Record

There is a £100 voucher for any participant who can beat the course record, currently standing at 1:13:37

Winners' Presentation

The winner's presentation will take place at 6pm on Wednesday 25th March 2026 – King Centre, Jersey Hospice Care.

More about our sponsor - EY

EY is a global leader in assurance, consulting, strategy and transactions, and tax services. We're not afraid to rethink what lies ahead. We drive innovation and action for the long-term, creating an optimistic future where business, people, society and the planet thrive, and shape the future with confidence. We believe that together, we can build a stronger, fairer, and more sustainable world.

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 220 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 offer 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 experience.

Our commitment to shaping the future with confidence and building a better working world isn't limited to the office or the boardroom. Supporting and giving back to our local community is always a priority. We are proud to be continuing our sponsorship of the Hospice Half and to support Jersey Hospice Care with increasing participation in this important fundraising event. As advocates for the benefits of physical activity, we are delighted to combine this with supporting a charity that helps so many people across Jersey.

Find out more about our career opportunities and community initiatives on our website www.ey.com/ci/careers and by following us on social media:

Facebook – EYChannelIslandsCareers

X - @EY_CareersCI

Contact Us:

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