



## Essential Race Information Guide

23<sup>rd</sup> March 2025

08:00am

**Please Note:** There is information included in the guide which differs 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



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## New for 2025

### Predictive Finish Times (Half Marathon only)

We will be asking for predicted start times during the registration process, this will enable us to do wave starts, with the fastest runners off first. Runners will be given specific race bibs relative to their time and easily identifiable to Event Marshals.

### 10k Race

This year we will be trialling a 10k race. Runners will start at 8am. Runners will be required to wear a race bib on the back of their running shirt, in addition to bibs on the front of their shirts, this is to identify them to the half marathon runners.

### Free Minibus Shuttle from St Andrews Park to the finish

To avoid congestion on Mont Cochon and to the entrance to Jersey Hospice Care. We will be operating a free minibus shuttle service from the entrance to St Andrews Park to the car park entrance at Hospice and return. The minibus will run approximately every 7 minutes. This service will commence at 9am and finish at 11am. Please ensure your spectators are aware of this service. There is NO parking in or around the hospice finish line and all areas are heavily marshalled. Any donations on this service would be welcome.

### Marquee & Refreshments

We have listened to your feedback and this year we will be serving refreshments in a marquee to allow for more space. Refreshments are free of charge, but donations would be welcomed.

Cakes are made by volunteers and therefore we will draw attention to allergens.

### Massage

There will be massage therapists available in the King Centre at Jersey Hospice Care to help sort those tired legs.

### Cut off Times

Cut off times have been calculated at an average run rate of 17 minutes per mile. In the event a runner falls behind this, they may be asked to withdraw or continue unsupported and the tail bike/runner will overtake them and follow the next runner.

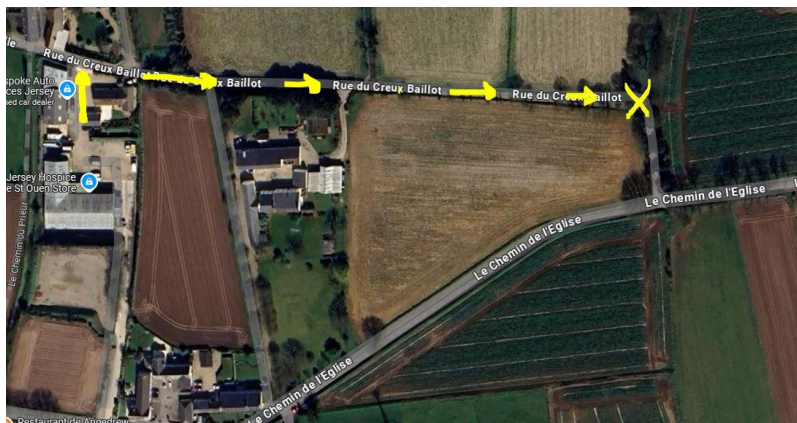
### Driving to, & Drop Off at the Start Line

In order to avoid congestion. **Rue de la Croix will be closed from 7:30am**. Drop off is at St Ouen Parish Hall. (More information below). No parking at the parish hall.

## The Routes

### The 10k Route

The 10K race will start at Chemin de L'Eglise (junction with Rue du Creux Ballot), St Ouen, approximately 500 meters from the Half Marathon start line. Runners are asked to meet at the Hospice Fundraising shop where they will be guided to the start line by a race official along Rue du Cruex Baillot. (See Yellow arrows)



The 10K run route follows the second half of the half marathon route through St Mary. Turning right onto Les Chenolles.

Once joining Les Chenolles in St John, 10K runners follow yellow arrows. All other runners follow the red arrows. Marshalls and signage will guide you.



### The Half Marathon Route

The route can be found on the Jersey Hospice Care website

<https://www.jerseyhospicecare.com/events>

## Essential Event Information

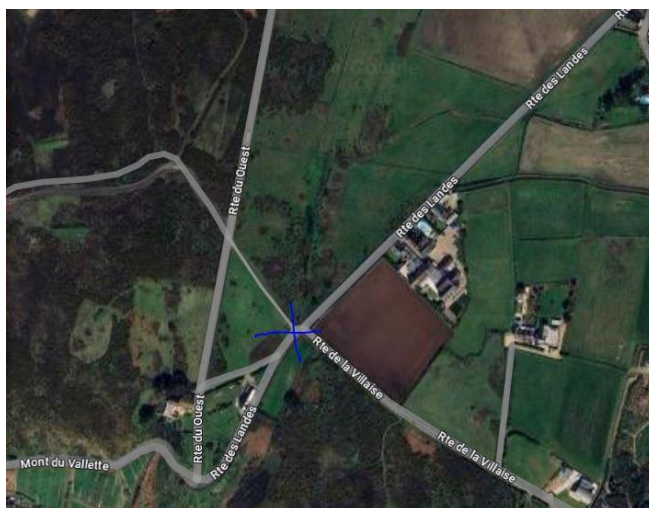
### Relay Teams Handover Points

Relay teams will start immediately after the half marathon runners.

Two- person relay handover is at the hospice fundraising shop, approximately 6.5 miles and where the half marathon started.

Four-person relay handover points are:

- ❖ First handover Les Landes Common – approx. 3 miles



- ❖ Second handover Hospice Fundraising shop St Ouen – approx. 3.5 miles
- ❖ Third handover The Old Church - Les Chenolles St John. (This is also the location of the water station) - approx. 3.5 miles Look out for the Rock n Road Run Shop cheer leaders!



### Late Registrations

Registrations will close at **5pm on Wednesday 19<sup>th</sup> March 2025.** There will be no registrations available on the day.



### Race Cancellation/postponement

In the event of serious adverse weather conditions or any other factor which may affect the safety of runners. The Race Director will make a decision, all participants will be emailed and a post put on social media as soon as is practicably possible. Participants will be allowed defer to the following year or transfer to a new date.

### Race Packs

Race packs are to be collected from Road n Road Run Co Shop – Liberty Wharf

- ❖ Thursday 20<sup>th</sup> & Friday 21<sup>st</sup> March 10:00 -16:00
- ❖ Saturday 22<sup>rd</sup> March 10:00-15:00

If you are unable to collect your race pack. Please contact the Race Organiser Loraine on 07829777770 or email [lorainefulton@jerseyhospicare.com](mailto:lorainefulton@jerseyhospicare.com)

### Race Bibs

It is **VERY** important that your race bib is on the **Front** of your race top so officials can accurately record your time (This is a backup timing system). It is also extremely important, and a requirement of the UKA license, **that you complete the emergency contact details on the back of your bib. Your safety is our priority!**

10K runners will be required to wear a plain 10K bib on the back of their T shirt, in addition to the race number on the front. This is to identify them to other runners approaching from behind.

### Chip Timing Tags

Your chip timing tags will be included in your race pack. Please ensure that you secure them correctly on your shoe. All tags are unique to you and have a QR Code. Each tag costs £8, should you lose your tag, you will not get a time, and you may be asked to bear this cost.

### Coaches to the Start

On race day, free Tantivy coaches will be available to take runners to the start of the race. We don't offer a return trip. The coaches will be waiting in the layby next to the statue in Liberation Square. They will leave at **7:10am PROMPT**.

The coaches will drive the inner road to collect runners from outside of Mr Fish, Fishing Tackle shop, opposite the gates to St Andrews Park, First Tower.

If you have not booked a coach and would like one, please contact Loraine **now!**

### Driving to & Drop Off at the Start Line

In order to avoid congestion, Rue de la Croix will be closed from 7:30am. Drop off for runners is at the Parish Hall. This is a short three-minute walk to the start line through the estate.



### Bag Drops

- **Individual runners - Half Marathon**

A van will be at the Hospice Fundraising shop, marked “Bags for the Finish” if you are doing the full half marathon, put your bag on this van. Your bag will be transported to the finish.

- **Two Person Relay**

1st leg relay runner - There will be a roll cage marked “Halfway Bag Drop Off”. If you are doing the **first leg** of the two-person relay, leave your bag in this roll cage.

2<sup>nd</sup> leg relay runner – Please place your bag in the van marked “Bags for the finish”.

- **Four Person Relay**

It will be the responsibility of each runner to arrange the drop off and collection of bags.

- **10K Runners**

A van will be at the Hospice Fundraising shop and marked “Bags for the finish” if you are doing the 10K race put your bag on this van. Your bag will be transported to the finish.

### Note:

Make sure your bag is labelled with your name and phone number.

**Hospice do not accept any responsibility for lost bags or items that have been left in bags.**

### Toilets

There will be Portaloo’s at the start line, halfway, and the finish. There are public toilets at St Ouen Parish Hall.



### Fuel Stations

Fuel stations are located at the start and Approx. mile 3, mile 6, and mile 10 and the finish. The fuel stations will contain:

- Bottled water (100% recyclable)
- Cupped water
- Lucozade
- Jellybeans

Jersey Water have kindly donated a freshwater dispenser, and this will be available at the finish. Remember to bring your reusable water bottle.

All discarded bottles are collected by volunteers and recycled.

### Water Bottle Bins

There will be bottle bins situated approximately ½ mile from each water station. Please use these bins and do not throw discarded bottles into hedgerows.

### Road Signage

There will be mile markers along the route. In addition, there will be yellow 'Run Route' signage, Cautions Runners, Water Ahead and Toilets signs.

10K signage is black with white lettering.

### Pacers

There will be pacers for the half marathon. Pacers will be wearing a feather flag on their back with the pace times.

- ❖ 1hr 45 - Brenton Lee
- ❖ 2Hr – Christian Hilton

Thanks go to all of our pacers.

### Event Marshals and Honorary Police

The race is supported by event marshals and the honorary police. They are there for your safety, so please ensure that you listen to their instructions.

Honorary police and event marshals donate their time free of charge, so please do say thanks as you go by. We could not operate this great race without their support.

### Road Closures

Rue de Croix will be closed from 07:30am and remain closed until the last runner has started. No other roads will be closed. Runners must take care to respect other road users.

### Retiring from the Race

If you need to retire from the race, please report to the nearest event marshal who will take note of your details and pass on to race headquarters.

### **Tail Runner & Sweeper Car**

There will be a tail runner or cyclists behind the last runner, the tail runner or cyclist will be identifiable by a high viz jacket. The tail runner will signify to the event marshals that the last runner is passing them.

There will be a sweeper car driving the route.

### **Headphones/ Earphones**

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

### **Emergencies**

St Johns Ambulance will be at the start of the race. They will then circulate the route. There will be a static first aid station at the halfway mark, and the finish line. There will be event first aiders along the route. If you are feeling unwell, tell an event marshal immediately.

### **Things That Are Not Permitted**

Participants cannot:

- Rollerblade the course
- Run with pets
- Run with a pushchair
- Participants cannot be followed by friends on a bike. Runners may face disqualification from the race.

### **Correct Running Kit**

Runners are not permitted to enter the race without the correct footwear. Runner face disqualification.

### **Photographs**

There will be photographers at various locations along the course, including the start and finish line. If your photo is included on our media and you wish to have it removed, please email

[lorainefulton@jerseyhospicecare.com](mailto:lorainefulton@jerseyhospicecare.com)

Race organisers cannot be held responsible for photographers and the general public, not engaged by Jersey Hospice Care, who publish pictures to their social media accounts.

### **Medals**

All finishers will receive a bespoke medal.

### **T Shirts**

You can buy a unique T shirt at cost at registration and at the finish.

### **Refreshments**

Refreshments are available to all runners and spectators, free of charge at the finish line. Donations are appreciated.

## Race Results

Race results will be published on the Hospice 2 Hospice Half Marathon Facebook and Instagram page within 24 hours. Results will also be published to Run Britain and The Power of 10.

If there are any discrepancies, please contact the race organiser by emailing [lorainefulton@jerseyhospicecare.com](mailto:lorainefulton@jerseyhospicecare.com) as soon as possible.

## Winning Categories

<b><u>Overall</u></b> Male & Female	1 <sup>st</sup>	Trophy
<b><u>Male &amp; Female Age Group</u></b> 17-39,40-49,50-59,60-69, 70 +	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	Trophy
<b><u>2 Person Relay</u></b>	1 <sup>st</sup> 2 <sup>nd</sup>	Trophy
<b><u>4 Person Relay</u></b>	1 <sup>st</sup> 2 <sup>nd</sup>	Trophy
<b><u>10K Race</u></b> Male, Female	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	Trophy
<b><u>EY Corporate Cup</u></b> (5K Mixed Relay – 4-person relay)	1 <sup>st</sup>	Trophy & Crystal Cup retained by runner
Course Records	Currently stands at: 1:15:51	Trophy and £100 Voucher

Our thanks go to James Silvester a hospice volunteer, who makes our bespoke trophies for us.

## Winners Presentation

The winners' presentation will take place on:

**Wednesday 26th March 2025 @ 6pm**

Venue: King Centre Lounge – Clarkson House, Jersey Hospice Care Mont Cochon. All participants and partners are welcome. Drinks and nibbles will be available.

### Contact us:

Race Director – Loraine Fulton

[lorainefulton@jerseyhospicecare.com](mailto:lorainefulton@jerseyhospicecare.com)

07829777770

[Fundraising@jerseyhospicecare.com](mailto:Fundraising@jerseyhospicecare.com)

## 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](http://www.ey.com/ci/careers) and by following us on social media:

Instagram - @eycicareers

Facebook – EYChannellIslandsCareers

Twitter - @EY\_CareersCI

