



**Sunday 22 March 2026 - 8am**

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

**Official Race Rules**

# OFFICIAL RACE RULES

1. Runners in the Half Marathon must be at least 17 years of age on the day of the race.
2. Runners in the Relay Race must be at least 15 years of age on the day of the race.
3. Runners are not permitted to bring or to use on the course any transport (including but not limited to roller skates, cycles, or baby joggers).
4. Runners are not permitted to bring or use MP3 or other similar headphone devices on the course, this is not a Closed Road Race and is for runners own safety, as per our UKA Race License and Insurance.
5. Runners are not permitted to gain an unfair advantage where any personnel are supporting or assisting them from a non-static point, i.e supporters may not run or cycle alongside competitors.
6. Runners must obtain written permission from an official should they wish to bring or use any apparatus, item or equipment on the course.
7. All entry fees are non-refundable or transferable and the organisers retain the right to refuse entry to anyone declaring false information on their entry form, not making the required payment, or otherwise failing to meet the stated entry requirements.
8. All participants take part at their own risk, and a declaration releasing and discharging all claims against and indemnifying the organisers and any party acting on behalf of the organisers must be completed by all entrants.
9. There is an official three and a half hour time limit for the Half Marathon and Relay Race. Before and after this period, the course will not be policed or marshalled. Runners who are on the course before or after the official three-and-a-half-hour period do so at their own risk. Times will not be recorded for runners who complete the Half Marathon or Relay Race after the official three and a half hour time limit.
10. Participants must retire from the race if requested to do so by an official and must comply with all decisions of and directions given by an official.
11. The event organisers reserve the right to modify, supplement or waive all of the Official Rules. Participants shall be bound by any modifications or supplement of the Official Rules published prior to the Half Marathon.

# RACE NATION – TERMS AND CONDITIONS

1. I have read and understood and will abide by the Official Rules
2. Through their registration to the Event all participants acknowledge and agree that:
  - a. They are entering at their own risk.
  - b. They are solely responsible for making their own assessment as to the risks involved.
  - c. Jersey Hospice Care and the organisers accept no responsibility and will not be liable whatsoever for any loss, damage, injury, death, or other liability which may arise.
  - d. They are medically and physically fit enough to participate and if they are in doubt or have a medical condition they will consult their doctor prior to taking part.
  - e. Unless I confirm otherwise in writing to the event organisers, Jersey Hospice Care, Mont Cochon, St Helier, Jersey JE2 3JB, I give permission for my personal information to be processed for the purposes of event administration and further permit my name, quotes and photographic likeness in still photography or video to be used for marketing and promotional purposes.
  - f. They would not run whilst under the influence of alcohol or any medication which may cause drowsiness.
3. All participants must:
  - a. Have reached the age of 17 years old for the half marathon, 16 years old for the two person relay and 15 for the four person relay options.
  - b. Follow the instructions of Race Marshals and Honorary police
  - c. Keep to the left of the road unless Instructed otherwise
  - d. Inform a marshal should they need to retire from the race
  - e. Complete the Emergency Contact Details on the back of their race bib
  - f. Wear the race bib at all times during the race
4. If the rule of law prevents any of the above paragraphs or any part of them from being enforceable then they shall be construed so as to give the maximum possible protection to all persons and entities associated directly or indirectly with the event.
5. Without prejudice to the generality of the foregoing the release and indemnity in paragraph above shall operate to release and indemnify the same persons from any claims arising out of the cancellation or early termination of the whole or any part of any event upon the grounds of safety.
6. These terms and conditions of entry are to be governed by and construed in accordance with the laws of Jersey and each participant irrevocably submits to the nonexclusive jurisdiction of the Court of the Island of Jersey.