

ESSENTIAL RACE INFORMATION FOR RUNNERS AND SPECTATORS

24TH MARCH 2024

08:00AM NEW START TIME !!

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: 2024-46230

2 Person Relay Race License no: 2024-47963

4 Person Relay Race License no: 2024-47962

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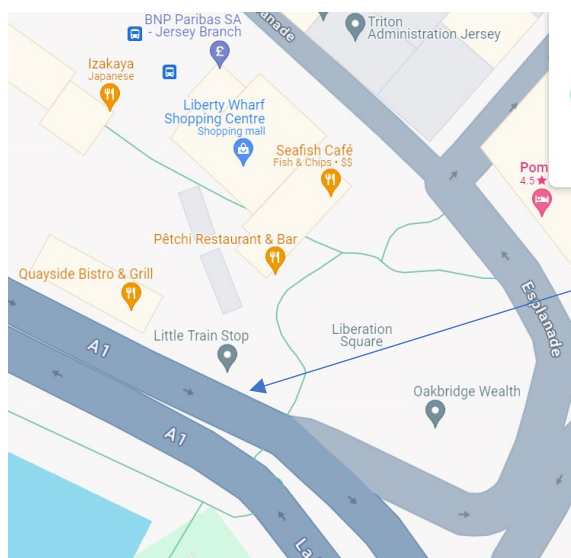
New for 2024

Coach Pick Up in St Helier – New Location

Coaches will leave Le Petit Train Layby, adjacent to the Liberty Fountain, Liberty Square

If you have confirmation from Race Nation saying the coach will leave from Jardin de la Mer or La Fregate please **IGNORE IT!!**

See Page 5, for further information



Wait by the fountain
in Liberation Square
for the Tantivy
coaches

Race Start Time

The start time is 08:00am for individual runners and 08:05am for relay teams.

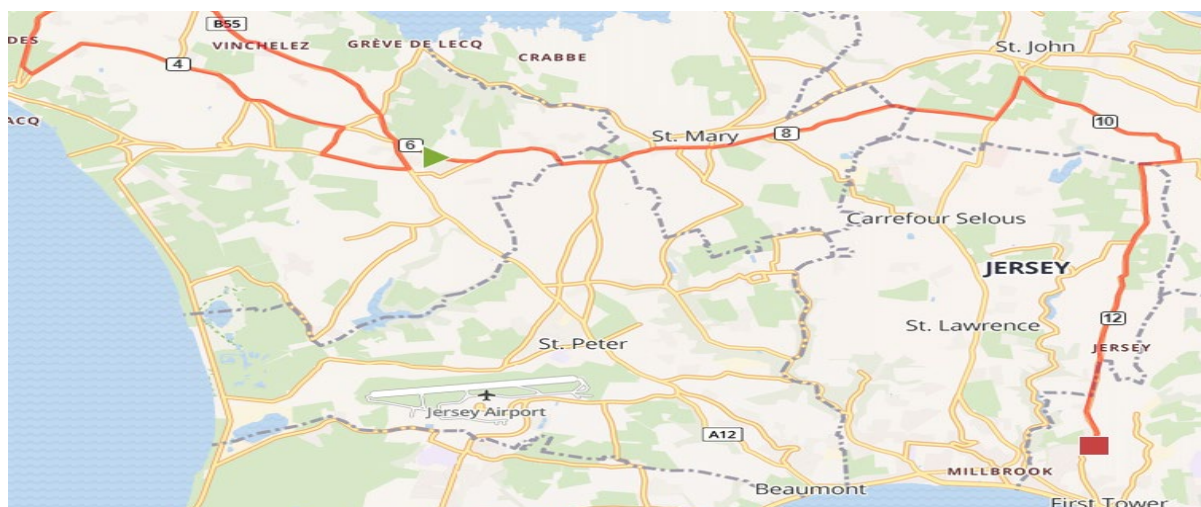
License

The Hospice 2 Hospice Half marathon has been granted a Race license with UK Athletics.

Results

Results will be timed using a chip system called ONETIME. All results will be uploaded to Run Britain and The Power of 10.

The Route



The start is on Rue de La Croix, St Ouen, 20 metres past the entrance to the Hospice Fundraising shop.

Turning right onto Route De Vincelez, you will stay on the main road, past The Palms Campsite, (on the right), Café Ouen on the left, heading towards Les Landes racecourse.

Staying on the main road, the route takes you past the racecourse on the right, where after approx. $\frac{3}{4}$ mile you will be directed left over Les Landes common. You will join Route des Lande which merges into Route des Millais. Staying on the main road until you are directed right into Rue Coentyn.

At the end of Rue Coentyn, turn left onto Route Du Marais (known to many as Hydrangea Avenue) heading uphill towards St Ouen Parish Hall.

At the main junction opposite St Ouen's Parish Hall; the route turns left on route De Vincelez for approximately $\frac{1}{4}$ of a mile, turning right into Rue de la Croix where the Relay runners will handover at the Hospice Fundraising shop (Halfway point).

Turning left onto Rue Militaire, stay on the main road through St Mary and out towards St John along Le Neuf Chemin, passing St John's Manor on the right.

Turning left onto Rue de la Mare Ballam, stay on the main road until directed right at Les Chenolles; follow the road right to the end and at the T junction, turn right then immediately left into Rue du Bel Vent where they will begin their descent to the finish line in the beautiful grounds of Jersey Hospice Care.

Relay Teams

ALL Relays teams will be starting approximately 5 minutes after the main runners

Two Person Relay – Start Time 8:05am

The handover point is at the hospice fundraising shop approximately 6.5 mls (Also the start)

Four Person Relay – Start Time 8:05am

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

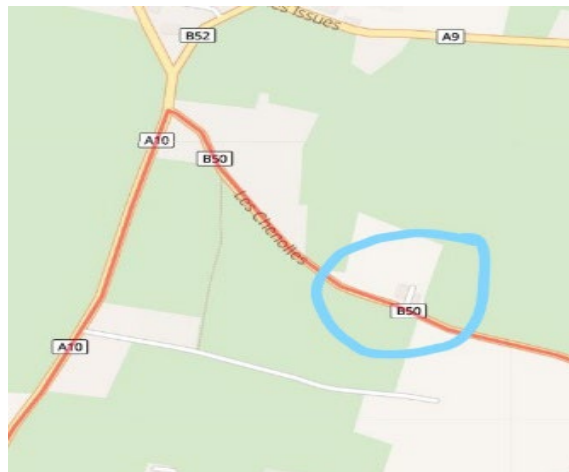
Leg 2: Starts Les Landes Common – approx. 3 miles

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 Look out for the **Rock n Road Run Shop cheer leaders!**



Race Pack

Race packs are to be collected from:

Road N Road Run Co Shop – Liberty Wharf

Tuesday 19th March - Friday 22nd March 2024 (10am – 4pm)

& Saturday 23rd March 2024 (10am – 3pm)

Any uncollected will be taken to the start line but with over **900 entries** we will be very busy, **so please make every effort to collect it before race day!!!**

Race Packs contain: Bag Label, Essential Race Information Guide, Safety Pins, Timing Chip, and Race Bib.

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. Any lost tags will cost £8 to replace, and you may be asked to bare this cost.

There will be volunteers situated on the finish line to remove your tags at the end of the race.

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). 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.

Coaches to the Start

Tantivy Coaches will be waiting in the layby next to the statue in Liberation Square. They will be leaving 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.

If you have not booked a coach and would like one, please contact Loraine on: lorainefulton@jerseyhospicecare.com NOW!

Driving to, & Drop Off at the Start Line

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. **The road will be closed at both end from 07:45am, to allow us to prepare the start line.**

Late Registrations

Registrations will close at 5pm on Friday 22nd March 2024. There will be **NO** on the day registrations.

Bag Drops

There will be a van situated on the drive down to the hospice Shop. It will be marked – **Individual runners bags**. If you are running the 2nd leg of the relay or doing the whole 13.1 miles, Please place your bags into the van and collect them from the van at the end of the race. It will be located in the Hospice Visitors Car Park.

There will be a roll cage for 1st leg relay runner to leave their bags.

Please use the labels provided in your race pack.

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

Toilets

There will be 10 Portaloo's at the start line, which will also be the halfway point. There are public toilets at St Ouen Parish Hall, also at the finish line.

Water Stations

Water stations are located at the start, mile 3.1, Mile 6 and mile 10, Les Chenolles in St John. There will also be water and refreshment available at the end.

This year, runners will be offered the option of taking a small cup of water or a bottle at each station. This is to try and avoid excesses use of water bottle being discarded after a small sip.

A discarded bottles are taken 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 also be Big Yellow 'Run Route' signage, Cautions Runners, Water Ahead and Toilets signs.

Race Marshals and Honorary Police

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

They donate their time as volunteers, 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 07:15am until after the last runner has started, when it will reopen. No other roads will be closed. Runners must take care to respect other road users.

Pulling Out

If you need to retire from the race, please report to the nearest Race Marshal who will take note of your details.

Tail Runner & Sweeper Car

There will be a tail runner behind the last runner, the tail runner will be identifiable by a High Viz jacket. The tail runner will signify to Race 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. Once the race has started they will circulate the route. There will be a static First aid station at the halfway mark, mile 10.5 and the finish line. There will be event first aiders along the route.

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.

Photographs

There will be photographers at various locations along the course, including the start and finish line. If you do not want your photograph to be taken, please mark the front of your race bib with **large Stars either side** of your race number. This will indicate to photographers that you don't want pictures taken. If your photo is included on our media and you wish to have it removed, please email lorainefulton@jerseyhospicecare.com



Race Results

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

If there are any discrepancies, please contact the race organiser by emailing lorainefulton@jerseyhospicecare.com

Winning Categories

- **Overall Winner Male & Female**
- Two Person Relay Team – 1st, 2nd, 3rd
- Four Person Relay Team – 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 Male: (1st, 2nd, 3rd)
- Over 70 Female: (1st, 2nd, 3rd)

Winners Presentation

The winner's presentation will take place on:

Monday 25th March 2024 @ 6pm

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

Save The Date!!

Hospice 2 Hospice Half Marathon 2025

March 23rd 08:00am

Contact us:

Race Director – Loraine Fulton

lorainefulton@jerseyhospicecare.com

07829777770

01534 786159

Fundraising Team

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 and by following us on social media:

Instagram - @eycicareers

Facebook – EYChannellIslandsCareers

Twitter - @EY_CareersCI