



# RACE

# GUIDE

**25th FEBRUARY 2024**

[www.brightonhalfmarathon.com](http://www.brightonhalfmarathon.com)





**GOOD LUCK  
#TEAMBEACON!**

**Oh, we do like to run beside the  
seaside... raising vital funds  
for The Sussex Beacon!**

We would like to extend a massive thank you to everyone running the **Brighton Half Marathon** on **February 25th** in aid of **The Sussex Beacon**, supporting people living with HIV throughout Sussex.



We are also extremely grateful to the **Sussex Freemason's Community Charity** for continuing to sponsor **#TeamBeacon**.

If you have your own place in the Half Marathon it's not too late to join **#TeamBeacon**.

You will be well looked after pre and post-race in our exclusive **#TeamBeacon** area in **Leonardo's Waterfront** with bag drop, refreshments and private toilets!

**Don't forget your exclusive  
Team Beacon medal!**

**THANK YOU FOR  
SUPPORTING US**

-  [sussexbeacon](https://www.instagram.com/sussexbeacon)
-  [thesussexbeacon](https://www.facebook.com/thesussexbeacon)
-  [sussexbeacon.org.uk](https://www.sussexbeacon.org.uk)
-  [fundraising@sussexbeacon.org.uk](mailto:fundraising@sussexbeacon.org.uk)

Contact us on  
[fundraising@sussexbeacon.org.uk](mailto:fundraising@sussexbeacon.org.uk)  
to find out more.



**Follow us on social**

For all the latest news and updates on the race, follow us on social media and visit our website.

**See you on the start line!**

- f** /brightonhalfmarathon
- @** @brightonhalf
- @** brightonhalfmarathon
- #** #brightonhalf

[www.brightonhalfmarathon.com](http://www.brightonhalfmarathon.com)

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# WELCOME TO THE BRIGHTON HALF MARATHON 2024



“Greetings, seasoned runners and beginners alike! Before you embark on the exhilarating journey that is the Brighton Half Marathon, we extend a warm welcome on behalf of The Sussex Beacon. This race isn’t just about pounding the pavement; it’s a celebration of resilience, community, and the shared passion for making a positive impact. Inside this Race Guide, you’ll find essential information, expert tips, and the spirit that fuels this extraordinary event.

Much like the challenge of a Half Marathon, The Sussex Beacon has faced a unique set of challenges in its mission to provide care and support for individuals living with HIV. We have adapted our services post pandemic to support the needs of those who need us with demand on our services increasing enormously.

This includes a vast increase in mental health support, suicide prevention and supporting an increasing number of individuals at risk of homelessness.

At the same time The Sussex Beacon operates in a landscape where funding for HIV-related services is on the decrease. Navigating financial challenges while maintaining the high standards of care required for individuals with HIV poses an ongoing difficulty. Despite these challenges, the Sussex Beacon remains steadfast in its commitment to providing compassionate care and support to individuals facing the complexities of living with HIV.

We are extremely thankful for every runner taking part today, collectively you are helping sustain The Sussex Beacon throughout 2024.

So get ready to run for yourself, run for the community, run for joy, and run for the extraordinary support provided by the Sussex Beacon. Lace up, embrace the challenge, and let the Brighton Half Marathon experience unfold!”





On behalf of **The Sussex Beacon**, our new **Headline Sponsor Rubix VT** and this year's event team, I would like to welcome you to the **34th running of the Rubix VT Brighton Half Marathon**.

It's been amazing to witness the support we have received from across the community over the last 12 months – with new sponsors joining us, a near record number of Charity Partners and the event again sold out – it really feels that we are moving in the right direction. Even if you have run with us before, please take the time to read through the following pages for any changes to our set-up and of course, please remember that it is an **09.30am start time**.

And finally, it will come as no surprise for you to hear that an event of this size can only come about as the result of an enormous team effort and we'd like to say a massive thank you to all of our sponsors, partners, media supporters and volunteers. Good luck to all of you on race day and from all of the team we really hope you enjoy the experience of running Brighton!

**Martin Harrigan**  
**Race Director**





Dear Runners,

I would like to extend you all a warm welcome to The Rubix VT Brighton Half Marathon!

We are really delighted to be the new headline sponsor of this iconic Brighton event.

As a business we have a real passion for both running and community-based events which is why an opportunity to be involved with the Brighton Half was such an easy decision to make.

It is so important to us that we give back to the community we work in and show support for fantastic and impactful initiatives such as the half marathon.

With an incredible 34-year legacy it is such a popular race, enjoyed by so many residents of Brighton and beyond and most importantly the funds raised each year make such a difference to so many people.

Whether you are running for Charity, chasing a new personal best, or as part of a new Years resolution to be more active we hope you have a fantastic day and enjoy the occasion – and from all of us here at Rubix VT – a massive well done!

**Nick Poyner**  
**Managing Director Rubix VT**



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CANCER SUPPORT**



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exceptional people**

For more information, scan here:



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# WHERE & WHEN

## Location and time

The **start and finish** of the Rubix VT Brighton Half Marathon is on Madeira Drive on the seafront, between Brighton Pier and Brighton Marina.

**The start time is 09.30am.** With thousands of runners expected, please allow plenty of time to get to the start. We recommend that you arrive no later than 08:30 am, and to go to your start pen as soon as you have dropped off baggage.

To ensure that runners can access the start area as easily as possible, we will be requiring a “runner only” approach to race village and the start/finish area. And if you are using our baggage facility, remember you can avoid the crowds along Madeira Drive by accessing Event Village from Dukes Mound via Marine Parade.

Access to the green and pink start corrals is via Dukes Mound via Marine Parade.



Access to the other starts corrals is indicated by coloured flags and signage (as shown left) which will display where the entrance for each corral is located. The colour corral you need to enter will show on your race bib.



## KEY TIMINGS

- 07:00am:** Park & Ride site opens
- 07:15am:** Road closures start
- 07:30am:** Race site and help desk opens
- 07:45am:** Baggage facility opens
- 09:00am:** Half Marathon runners proceed to start pens
- 09:00am:** Brighton Half Youth Races start (Hove Lawns)
- 09:27am:** Wheelchair race starts
- 09:30am:** The Rubix VT Brighton Half Marathon race starts
- 11:30am:** Elite winners' presentations
- 14:30pm:** Race site closes





If you are using baggage, we recommend heading along Marine Parade (above Madeira Drive) and down Dukes Mound.

### Coach

Coaches into the city typically drop off at Poole Valley, which is very close to the race site. Check the National Express website for coach services.

### Car

There is no parking on Madeira Drive, and the course will be closed from 07:15am. There are car parks in the centre of Brighton and on local roads, but please be aware that road closures will be in place. If you have booked our Park & Ride facility, we will email you ahead of the event. The service opens at 07:00 am and buses run regularly to the race site. Please present your QR code when you arrive - this is found in your booking on our registration platform and in the email, we will send you.



The race site and start line is on **Madeira Drive** on Brighton seafront, BN2 1TB.

Marshals will be on hand to help guide you, toilets and baggage will be available to you in the race site.

### Train

Train lines into Brighton can be subject to engineering works at weekends, so we recommend you check service updates regularly to ensure there are no disruptions to service on Race Day. If you are coming to the race site from Brighton train station, take Queens Road south to the seafront, turn left and head towards Brighton Pier. The start will be clearly visible on the East side of the pier.

# ROAD CLOSURE MAP

25<sup>th</sup> Feb 2024

## Road Closure 08.00 – 12.15

Lower Rock Gardens  
to Roedean Way.

## Road Closure 08.00 – 12.30

Edward Street to Union  
Road.

## Road Closure 07.00 – 14.00

West Street to Lower  
Rock Gardens and  
Edward Street.

## Road Closure 08.00 – 14.00

Grand Avenue to West  
Street. Eastbound and  
Westbound.

## Road Closure 08.00 – 14.00

Wharf Road to Grand  
Avenue.  
Westbound only.



## Our Training Partner



## RunBrighton.com



Check out your 2024 pacers at [runbrighton.com/pace-team](https://runbrighton.com/pace-team)

# RUNNER INFORMATION

## Essential information

### START/FINISH

The start and finish of the Brighton Half Marathon is on Madeira Drive, just down from the Steve Ovett statue.

### PARK & RIDE

If you have booked our Park & Ride facility, we will email you with information ahead of the event. You will find a QR code in your booking, which you should present to a marshal. Either a printed version or digital version on your phone is acceptable. The Park & Ride site opens at 07:00am and buses will run regularly to the race site.

Please Note: Vehicles must be collected from the park and ride car park by 3:30pm at the latest in order for the road to reopen, otherwise you will be liable to a release fee from the vehicle removal company.

### BAGGAGE

Attached to your race number is a baggage label. If you wish to use our baggage facility this should be looped around the handle of your bag before handing it over. Please make sure you bring a waterproof bag and avoid leaving any valuables inside.



### TOILETS

We know there can never be enough toilets, but we try to ensure that you don't have to queue for too long. In addition to the existing public toilets at the Colonnade Cafe, and along Hove Promenade, there are portable toilets and urinals on Madeira Drive adjacent to the start pens, close to our baggage service and at all four drinks stations along the route. **Disabled toilets are available in each block of toilet facilities in race village and at drinks stations 2 and 3 along the route.** There are also public toilets along Hove Prom.



### HELPDESK

This will be open from 07:30am in the race site.

### START PENS

You will see from your race number that you have been allocated a coloured start pen according to the predicted finish time you entered at registration.

Access to the corrals is indicated by coloured flags and signage (as shown below) which will display where the entrance for each corral is located. The colour corral you need to enter will show on your race bib.

|                    |             |               |
|--------------------|-------------|---------------|
| <b>SUB</b>         | <b>1:20</b> | <b>GREY</b>   |
| <b>1:20 - 1:29</b> |             | <b>RED</b>    |
| <b>1:30 - 1:44</b> |             | <b>BLUE</b>   |
| <b>1:45 - 1:59</b> |             | <b>YELLOW</b> |
| <b>2:00 - 2:14</b> |             | <b>PURPLE</b> |
| <b>2:15 - 2:29</b> |             | <b>PINK</b>   |
| <b>2:30 - 3:30</b> |             | <b>GREEN</b>  |

### RACE RESULTS

You'll be sent a text message with your time soon after the race, and all race results will be made available on our website by the evening of race day.

### TIMING CHIP

On the back of your race number is your timing chip. This registers when you cross the start/finish line ensuring you receive a precise time for the half marathon distance. Please ensure your race number is pinned to the front of your running top and is not obscured by other clothing during the event – this will ensure your timing chip operates correctly.

### FIRST AID

Our first aid service is provided by Enhanced Care Services. There is cover across the course, with medics on motorbikes and in ambulances. There is a treatment point at the start/finish area, and roving medics throughout the course to ensure your safety. Please ensure you fill in the medical information on the back of your race number.

### PACERS

Look out for the team of pacers from our training partner RunBrighton pacing sub 3:00, sub 2:45, sub 2:30, sub 2:15, sub 2:00, sub 1:45 and sub 1:30 hours to help you reach your goal.



### FANCY DRESS

We welcome people running in fancy dress – lots of our runners do each year and we love seeing your creativity!

### MILE MARKERS

There are mile markers at each mile of the race.

### HEADPHONES

We know that some runners enjoy listening to music while running, however we encourage you not to use earphones on race day to ensure you hear any medical alerts and instructions from marshals.



### WATER STATIONS

There will be four drinks stations along the 13.1 mile course, with water at each and HIGH5 at the final two. You'll find drinks stations in miles 3, 6, 8 and 11.



# YOUTH RACE



## Brighton Half Marathon YOUTH RACE

### IN YOUR YOUTH RACE PACK

If your child has entered the Youth Races, you'll find an age-related and colour-coded T-shirt in your race pack, which should be worn by your child when they run. In the pack, you'll also find a wristband, which should be worn by the adult who will be collecting your child after their race. Please note that we will only repatriate your child to the person wearing this wristband. You'll also find specific instructions regarding timings for the day in your Youth Race pack, plus we'll send an email ahead of the race.

### KEY INFORMATION FOR OUR YOUTH RUNNERS

The Youth Races start and finish at Hove Lawns and runners will run out/back for a mile along Hove Promenade. You can easily watch and cheer on runners at all stages of the mile race – the Prom is perfect for taking photos!

### YOUTH RACE KEY TIMINGS

- 08:15am:** Youth village opens on Hove Lawns
- 09:00am:** Youth Races start
- 09:45am:** Youth Race presentations

### MEETING POINT

Please join us at the Youth Race marquee for a briefing before the race. The marquee is located on Hove Lawns (opposite Palmeira Square). You can use this dedicated marquee to store belongings during the race and it will be staffed by one of our team at all times.



Supported by Brighton Girls GDST

### YOUTH RACES PRIZES & PHOTOGRAPHY

Don't miss the Youth Races presentations and photography at the end of the race. This will be held in the Youth Races marquee, where prizes will be awarded to the top three boys and girls in each age category.



#### WAVE TIMES

##### 15-17 year olds

(Navy Blue T-shirts) - start time 09:00

##### 13-14 year olds

(Red T-shirts) - start time 09:01

##### 11-12 year olds

(Turquoise T-shirts) - start time 09:02

##### 9-10 year olds

(Green T-shirts) - start time 09.03

##### 7-8 year olds

(Orange T-shirts) - start time 09.04

We're delighted to introduce local children's charity Rockinghorse as our official Youth Race Charity Partner for 2024.

Rockinghorse Children's Charity support sick and disabled children across Sussex. They support babies, children and young people, along with their families, at The Royal Alexandra Children's Hospital and The Trevor Mann Baby Unit in Brighton and all of the specialist children's wards and baby units throughout Sussex.

See [brightonhalfmarathon.com/youth-race](https://brightonhalfmarathon.com/youth-race) for details on how to fundraise.





# WHEELCHAIR RACE

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Information for our wheelchair race participants

We're delighted that the Brighton Half Marathon wheelchair race will return for the sixth time in 2024.



## WHEELCHAIR RACE KEY TIMINGS

**07:00am:** Parking for Wheelchair Racers

**09:27am:** Wheelchair race starts

**11:15am:** Wheelchair Race presentations (in the Wheelchair Race marquee)

## WHEELCHAIR RACE MARQUEE

The marquee is located just in front of the main start/finish area, where our racers and their families are welcome to join us before and after the race.

## PRIZES & PHOTOGRAPHY

Please join us in the Wheelchair Race marquee after the race where we will hold winners' presentations.



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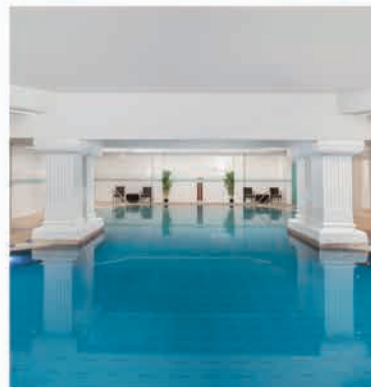


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DOUBLETREE BY HILTON BRIGHTON METROPOLE,  
KINGS ROAD, BRIGHTON, EAST SUSSEX, BN1 2FU



Starting on **Madeira Drive**, you'll turn right at the **Sea Life Centre**, towards **Ovingdean**, passing regal **Royal and Lewes Crescent architecture** on your left. Continuing on Marine Drive and the bracing cliff tops, the race will head towards **Roedean School**, where a sharp turn on the road before Roedean Road will bring you back west towards Brighton, enjoying wonderful cliff top and **panoramic city views**.

## Miles 3 – 7

Picking up the pace as you run past the **iconic blue railings** on Marine Parade, spot **Brighton Palace Pier** on your left. At Aquarium Roundabout the race heads north, past the grandeur of the Royal Pavilion towards the majesty of **St Peter's Church**. Carrying on you'll loop around The Level before you head south back down Grand Parade to the Old Steine before turning right onto Grand Junction Road.

In mile 7 you'll hit **The Doubletree by Hilton Brighton Metropole** (our sponsor) – look out for their entertainment on the outdoor terrace to pep you up! The course heads towards Hove next, and you'll be able to spot the **West Pier** on the horizon, plus the **Brighthelm 1360**.

## Miles 7 – 13.1

Once past the two piers, you will head into **Hove** along the Kings Road with the **majestic cream regency architecture** on your right and the sea on your left. At the **bandstand** you'll run round Bedford Square before carrying on along the seafront where you'll run up Grand Avenue and back down to the **Queen Victoria statue**. Past the King Alfred Leisure Centre, you will run to **Hove Lagoon** before turning left onto the seafront. A great two mile run past the **colourful beach huts** of Hove will bring you back to the **Peace Statue**, where the race re-joins the road for the last dash past cheering crowds to the finish on Madeira Drive.



# Out of breath. Full of pride.

## Go team Alzheimer's Society!

Thank you to all of our amazing runners taking part in the **Brighton Half Marathon**.

Every step you take is one closer to leading dementia research breakthroughs. So get out there, find your stride, and feel full of pride for helping everyone living with dementia.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.

Search '**Alzheimer's Society Running**' to choose your challenge.

 **Alzheimer's Society**

[alzheimers.org.uk/running](https://alzheimers.org.uk/running)



# COURSE

# LANDMARKS

Sights to see on your 13.1 mile journey

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## THE BRIGHTON PALACE PIER – MILES 1, 6 & 12

The city's famous grade II\* listed pier.



## SEALIFE CENTRE – MILES 1 & 12

Dating back to the Victorian period, this is the world's oldest operating aquarium.



## BRIGHTON MARINA – MILE 2-3

Spot the shimmering white yachts and sailboats as you run towards the Marina. Brighton based Samba band **Barulho** will be getting you moving!



## THE ROYAL PAVILION – MILE 4-5

The former royal palace of King George IV. No flagging as you pass St Peter's Place – **Drum and Blaze** are out in force!



## THE DOUBLETREE BY HILTON BRIGHTON METROPOLE – MILE 7

Look out for entertainment hosted on the outdoor terrace.



## HOVE LAGOON – MILES 9-10

The place to go windsurfing, cable tow wakeboarding and sailing in the city. The rhythm of **Sussex Steel** will get you there – whilst **Silver Sounds** will push you along the prom back to the finish!

# COURSE

# LANDMARKS

Sights to see on your 13.1 mile journey

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## HOVE BEACH HUTS – MILE 11

A colourful collection of beach huts which line Hove Promenade.



## HOVE LAWNS – MILE 11

The city's most famous lawns mark the start of Brighton's sibling, 'Hove'.



## PEACE STATUE – MILE 11-12

An 'angel of peace' holding an orb and olive branch, the statue is a memorial to Edward VII, 'The Peacemaker'. Look over to the Victorian Bandstand – **The Choir With No Name** – will sing you home! Look out for entertainment hosted on the outdoor terrace.



## THE WEST PIER – MILE 12

Destroyed by fire in 2003, the remnants of this 19th century pier is an atmospheric sight.



## BRITISH AIRWAYS i360 – MILE 12

A 162-metre observation tower on the seafront, which opened in 2016.



# THE EVENT VILLAGE MAP



Park & Ride  
(drop off & collection)

Runner Only

Baggage

Toilets

Marine Square

Concorde 2

Baggage Route

Volunteers Tent

Start/Finish

Route to Pink and Green Staff Pens

Toilets

Runner Only

Charity Village

Help desk

Madeira Drive

The Brighton Palace Pier

**Marine Parade Fast Route - avoids crowds. Recommended for baggage and Pink and Green Staff Pens**

**BRIGHTON STATION**

Old Steine

Aquarium Roundabout



# CHARITIES

Headline charity: **The Sussex Beacon**



Brighton-based HIV charity **The Sussex Beacon** has been the owner of the race since 1990. The event is the charity's biggest fundraiser every year and is essential to help fund the charity's services.

Over 100,000 people live with HIV in the UK. With daily medication people living with HIV can lead ordinary lives with normal life spans. However, for a significant minority, life is a daily challenge. This is due to physical health problems such as cancer and dementia, mental ill health, social isolation, or stigmatisation. Brighton has the 2nd highest HIV prevalence in the UK and access to specialist care and support is vital.

The Sussex Beacon is the only service of its kind in England. It provides 24 hour medical and psychological care to people struggling with a new diagnosis, starting new medication, recovering from HIV-related cancer treatment or dementia and provides family services and end of life care. The charity runs a 10-bed hospital and a range of community support services. Most of all it provides a safe, comforting place for people living with HIV when they need it most.

Thank you for taking part in the event and helping The Sussex Beacon.

Find out more about the charity at:  
[www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)



**BOND STREET**

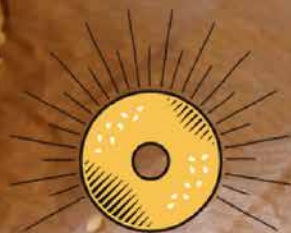
**ST JAMES'S ST**

**CHURCH ROAD**

**COMING SOON TO ST PETERS STREET**



**FRESHLY  
BAKED BAGELS**



**BAGELMAN**  
Authentic Bagel Bakery



# CHARITIES

## Our Charity partners

A warm welcome to our **36 partner charities** in the race. As a charity-organised event, charity runners are a very important part of the event and form 20% of the race field. We wish all our charity runners the very best of luck in the race.

### Keen to use your run for good?

If you have a general entry place in the race, you can still raise funds for a good cause – simply contact the charity of your choosing directly to find out more about how to fundraise as an ‘own place’ runner.



# **B B C** RADIO **SUSSEX**



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the Brighton Half  
Marathon

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# GET SET

## Race day checklist

29

Get ready for the race with this checklist. Please do monitor the weather before the day and bring kit and accessories for the conditions.

### KIT

- Running top plus race number & safety pins
- Running tights / shorts
- Running shoes
- Sports bra
- Running socks
- A layer for the start when it is likely to be cold

### NUTRITION

- Drinks bottle
- Energy gels (if you plan to take any)
- Electrolyte tablets
- Drinks – water/isotonic drinks
- Recovery bar/protein shake

### GADGETS/ACCESSORIES

- GPS watch
- Hat/headband
- Gloves
- Sunglasses

### EXTRAS

- Race bag with a secure zip or fastener to store in the baggage facility
- Race number
- Safety pins
- Sun cream or block
- Chafing cream
- QR code (if you've booked Park & Ride)





**RUBIXVT**

**TELECOMS.**

**SIMPLIFIED.**

**rubixvt.com**

The official race sponsor of the Rubix VT Brighton Half Marathon

**Good luck to all runners!**



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# GET SET

2024 Merchandise



31



Buy race hoodies, T-shirts, caps  
and snoods and iTabs in our  
online shop at:

[brightonhalfmarathon.com/shop](https://brightonhalfmarathon.com/shop)



Hoodies are available in  
either **New French Navy**  
or **Bottle Green**. Technical  
running T-shirts are available  
in colours **Turquoise blue**  
or **Artic White**.



# SPECTATOR INFORMATION

## Places to watch the race

The crowds in Brighton are particularly special: whatever the weather, they come out in force to cheer and celebrate our amazing runners. If your friends and family are coming along to support you on race morning, here are some pointers:

### GOOD CHEER POINTS:

#### East at marine parade:

Crowds are busiest around race village and Aquarium Roundabout, so head east along Marine Parade for a guaranteed chance to spot runners in the early miles of the race and on their way back towards the Pier.

#### Hove seafront:

Cheer on runners on Kings Road in miles 8 to 9 then nip across Hove Lawns to see runners on the Promenade for the final stretch in miles 11 to 12.

#### West at Hove Lagoon:

See runners as they make the turn back into the city for the final leg of the race.

### ENTERTAINMENT ON ROUTE

From singers to drumming bands, we have entertainment throughout the course in miles 2, 6, 8 and 10. There will also be entertainment on the outside terrace of The Doubletree by Hilton Brighton Metropole

### MEETING POINTS

Race village gets particularly busy before and after the race so we advise arranging a meeting place in advance. To avoid congestion on Madeira Drive, a meeting point at the Pier or beyond is a good solution to avoid busy crowds. Please also be aware that mobile phone networks can get busy in race village.

### CHEER LOUD AND PROUD

Each and every year, runners tell us how the crowds kept them motivated when the going got tough. Bring a sign, jelly babies, or just cheer loudly – runners will appreciate your efforts!





# THANK YOU

Thank you, volunteers!

33



This year we have a fantastic army of 400+ volunteers helping in the race. Our volunteers give up their Sunday mornings to help us stage the event. From race marshals to those helping with baggage and drinks stations, please give our volunteers a smile and a thank you when you meet them on race morning.

## Know someone who'd love to volunteer?

If you know someone who'd like to volunteer on race day, why not suggest they help out on race morning? They can email the race team at [info@brightonhalfmarathon.com](mailto:info@brightonhalfmarathon.com) or see our website at [brightonhalfmarathon.com/volunteer](http://brightonhalfmarathon.com/volunteer)

# THANK YOU

Big cheers all round

We'd like to say a huge thank you to all our sponsors for their support in our 2024 event.



## THANK YOU!

### Event Partner



### Headline Sponsor



### Sponsor logos



# RUN IN 2025

Opening soon: Brighton Half Marathon 2025!



Join us on Sunday **2<sup>nd</sup> march** next year for the **35<sup>th</sup> edition** of the **Brighton Half Marathon** and kick-start your 2025 running calendar!

Entries open soon at:

[www.brightonhalfmarathon](http://www.brightonhalfmarathon)



Brighton  
Half  
Marathon

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