

2025  
Brighton  
Half Marathon



# RACE GUIDE

**1st - 2nd MARCH 2025**

[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 Sunday 2nd March 2025 in aid of **The Sussex Beacon's Formula Milk Programme**, supporting women and families 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**

- Instagram: [sussexbeacon](https://www.instagram.com/sussexbeacon)
- Facebook: [thesussexbeacon](https://www.facebook.com/thesussexbeacon)
- Website: [sussexbeacon.org.uk](https://www.sussexbeacon.org.uk)
- Email: [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.



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### **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)



# WELCOME TO THE BRIGHTON HALF MARATHON 2025



On behalf of everyone at **The Sussex Beacon**, I want to thank you for being part of this iconic event and for supporting our vital work. Whether you're running with Team Beacon, cheering from the sidelines, or supporting our runners from afar, you are helping us make a real difference in the lives of people living with HIV.

For more than three decades, The Sussex Beacon has been at the forefront of **care and support** for people living with HIV in Sussex and beyond. Today, our work remains as critical as ever. Your participation in this race fuels **our mission** to provide specialist services, raise awareness, and combat stigma, helping to create a brighter, healthier future for everyone in our community.

As you lace up your trainers, remember the lives you are touching with every step, every stride, and every finish line crossed.

Our Team Beacon runners are growing each year and we would love you to join us next year!

**Good luck** to all the runners across the Brighton Half Marathon Weekend! We're incredibly proud of you and grateful for your support. **Together, we are stronger.**

With heartfelt thanks and best wishes,  
**Rachel Brett**  
**CEO, The Sussex Beacon**





On behalf of **The Sussex Beacon** and this year's event team, we would like to welcome you to the **35th running of the Brighton Half Marathon.**

Its all change for us this year as the event returns to Hove Lawns for the first time in over 20 years.

Last year we witnessed a record number of finishers on the day, and with the event again selling out well ahead of race day we expect this record to once again be broken.

Our return to Hove Lawns has also enabled our Youth Races to move to the Saturday for the first time ensuring our young runners enjoy the showcase they deserve enabled by our new expanded format of races.

And last but not least we have also made a few tweaks to the route – including reversing the direction of travel – which we hope you will enjoy with the aim that overall, we are expecting the route to be just that little quicker and easier to navigate.

Even if you have run with us before, please take the time to read through the following pages to ensure you know your way around race village and how you will enter your start pen on race morning as we will be operating a one-way system for participants that will be strictly runner only pre-race.

And of course, please remember that it is a **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 our sponsors, partners, media supporters and amazing volunteers.

Good luck to all of you on race day, we hope you will enjoy the space that Hove Lawns affords us and from all the team we really hope you enjoy the experience of running Brighton!

**Martin, Holly and Ian**  
**The Brighton Half Marathon**  
**Event Team.**



**MACMILLAN  
CANCER SUPPORT**

A registered charity



Registered with  
**FUNDRAISING  
REGULATOR**

# Run for a reason.

Cancer is not going anywhere. And neither are we. Macmillan is needed now more than ever.

There are around 3 million people living with cancer in the UK today, and more than 360,000 are diagnosed every year. Thanks to our fundraisers, donors, volunteers and supporters, we're able to provide essential services, care and guidance to people affected by cancer.

Join Team Macmillan at Brighton Half Marathon and fundraise to help us do whatever it takes to support people living with cancer.

## Scan to join the team!



# WHERE & WHEN

## Location and time

The **start and finish** of the Brighton Half Marathon is on Hove Lawns, opposite Palmeira Square on the seafront, between The Peace Statue and Queen Victoria Statue at the bottom of Grand Avenue.

**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 08:15 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 introducing a “runner only” approach to the start including our baggage facility, which will be accessed via a one-way entry system from the Peace Statue.

Please remember that if you want to wear older items of clothing whilst waiting for the race to start, these can be left in the recycling points next to your start pens. All discarded items of clothing will be collected by volunteers and donated to the Sussex Beacon for their Charity Shops – for which we are very grateful for your support!



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

Please note that once the race has begun and runners have left the start area, infrastructure, including our timing service will be removed to enable the road to become usable. After this time participants will not be allowed to join the race.



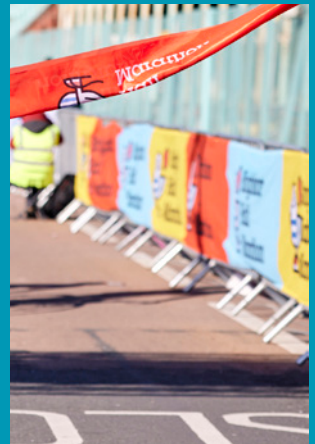


**SATURDAY**

- 11:00am:** Race Pack collection & Help Desk opens (adjacent to The Peace Statue)
- 12:00am:** Youth Race Marquee opens on Hove Lawns
- 13:00pm:** Youth Races start
- 16:30pm:** Event Village closes

**SUNDAY**

- 07:00am:** Park & Ride site opens
- 07:00am:** Road closures start
- 07:30am:** Race site and help desk opens
- 07:30am:** Baggage facility opens
- 08:45am:** Half Marathon runners proceed to start pens
- 09:27am:** Wheelchair race starts
- 09:30am:** Brighton Half Marathon race starts
- 09:30am:** Sussex Beacon relay starts
- 11:15am:** Elite winners' presentations
- 14:30pm:** Race site closes







The race site and start line is on **Hove Lawns** on Brighton seafront, BN3 2WN (located adjacent to The Peace Statue).

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

### **Train**

Our race village on Hove Lawns is easily accessible from both Brighton Station (approximately 1.2 miles) and Hove Station (approximately 1.3 miles) Note that although there are currently no planned works on the Brighton line 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 right and head towards the i360 or access the subway and again turn right and head along the beachfront.

If you are travelling via Hove Train station head straight ahead down Goldstone Villas, turning left at the bottom of the road on to Blatchington Road, take the third right onto Norton Road, cross Church Road onto 4th Avenue and Hove Lawns will be in front of you on the left. If you are using baggage, we recommend heading along the prom and accessing the start pens via Entrance E1, next to the Peace Statue.

### **Coach**



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

### **Car**



There is no parking on Hove Lawns, 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 event village. 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.



2nd March 2025

# ROAD CLOSURE MAP

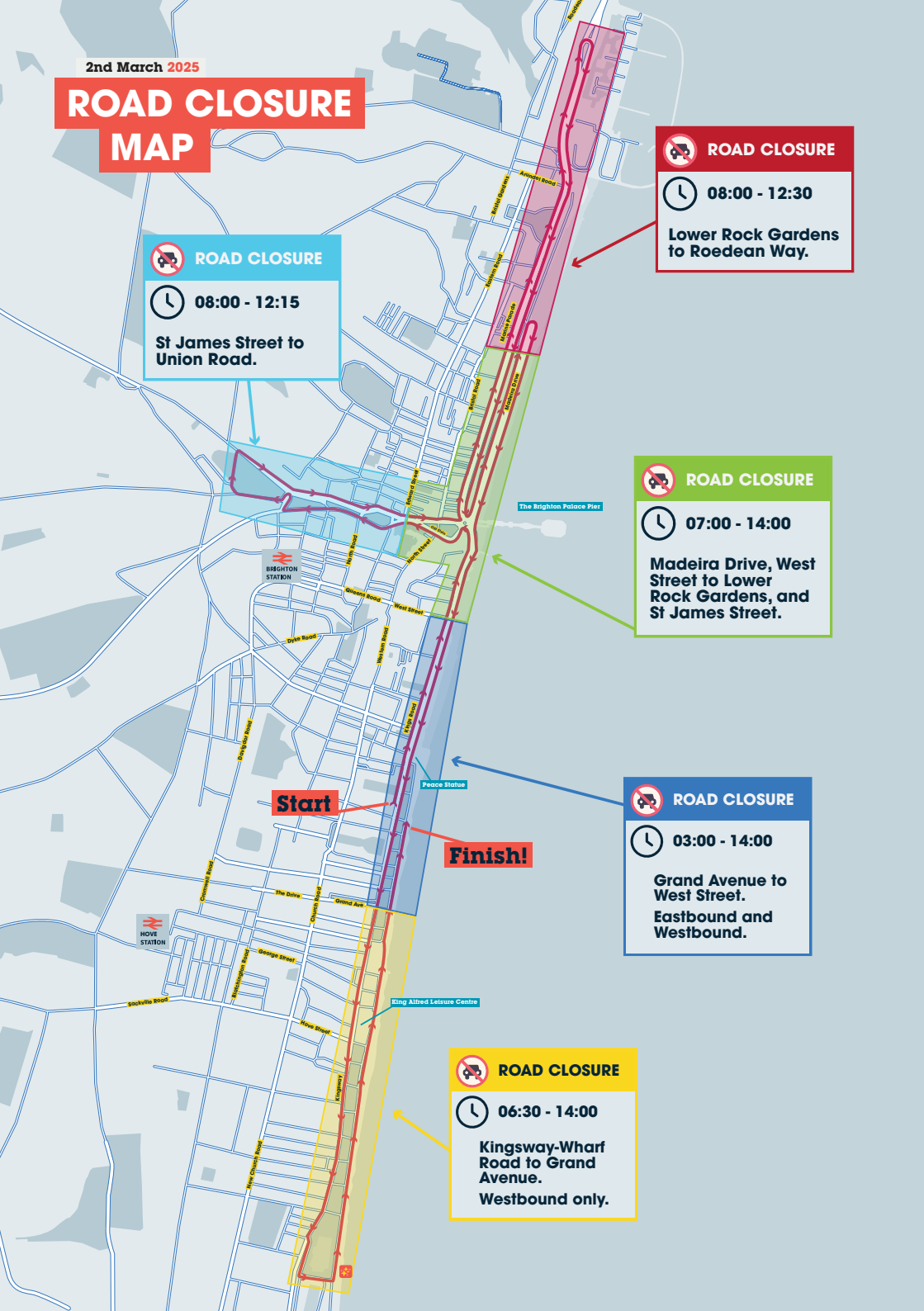
 **ROAD CLOSURE**  
 **08:00 - 12:15**  
**St James Street to Union Road.**

 **ROAD CLOSURE**  
 **08:00 - 12:30**  
**Lower Rock Gardens to Roedean Way.**

 **ROAD CLOSURE**  
 **07:00 - 14:00**  
**Madeira Drive, West Street to Lower Rock Gardens, and St James Street.**

 **ROAD CLOSURE**  
 **03:00 - 14:00**  
**Grand Avenue to West Street. Eastbound and Westbound.**

 **ROAD CLOSURE**  
 **06:30 - 14:00**  
**Kingsway-Wharf Road to Grand Avenue. Westbound only.**



# RUNNER INFORMATION

Essential information

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## START/FINISH

The start and finish of the Brighton Half Marathon is on Hove Lawns just down from the Peace 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.

The entrance to baggage is directly opposite the Peace Statue, head to Entrance E1 – please note that baggage cannot be accessed from the start pens and that a one-way system will be in operation to improve access for participants to the start area



### 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 along Hove Promenade, there are portable toilets and urinals adjacent to the start pens, in the runner only area and at all four drinks stations along the route.

**Disabled toilets are available in each block of toilet facilities in event village and at each of the four drinks stations along the route.**

### HELPDESK

This will be open from 07:30am in the race site. Helpdesk is also open from 3pm – 5pm on Saturday 1st.

### START PENS

**Access to the start area is runner only.**

Please note that if you intend to drop items at our baggage facility, this can only be accessed via **Entrance E1** (by the Peace Statue) as indicated on our race village map. If you do not need to use baggage, please use any of Entrances, **E2/E3/E4** as appropriate to access your start pen.

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 your start pen is indicated by coloured flags and signage (as shown below) which will display where the entrance for each pen is located. The colour pen 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>	

Please ensure your race number is visible to our stewards when entering your pen, and whilst we are happy for you to move to a start pen which is slower than the one you originally signed up for, we cannot allow you to move forward to a quicker start pen.





### RACE RESULTS

You'll be sent a text message with your time soon after the race, if you do not receive a text, 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, 5, 8 and 11.



### POST FINISH & FULFILMENT

Once you have finished the race, your medal, goody bag and water will be waiting for you at the finish line. In line with other events and our ongoing commitment to sustainability we will not be issuing every finisher with a foil blanket. However, foil blankets will still be available for runners who request one. If you do start to feel cold once you have stopped running please be advised that baggage is located relatively close to the finish line





# 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)

## Miles 1 - 3

Starting at **Hove Lawns** on Kingsway, you will head east towards the **Brighton Palace Pier**, turning left into the Old Steine past the grandeur of the **Royal Pavilion** towards the majesty of **St Peter's Church**. Look at **Silver Sounds** on St Peter Place. Carrying on you'll loop through the trees around The Level before you head south back down Grand Parade to the Old Steine, onto Aquarium roundabout – look out for **Yeomans Toyota entertainment** point welcoming you - before turning left onto Marine Parade.

## Miles 3 – 7

You will continue on Marine Parade, towards Ovingdean, passing regal **Royal and Lewes Crescent architecture** on your left. **Saltdean Jazz** band will be playing for you, as you run past “Legends Terrace”. Continuing on Marine Drive and the **bracing cliff tops**, the race will head towards Roedean, where you will turn at Roedean Café bringing you back west, once again towards Aquarium Roundabout, enjoying wonderful cliff top and **panoramic city views**.

## Miles 8 – 11

At Aquarium Roundabout, you will turn left at the **SeaLife Centre** along Madeira Drive, with a sea view alongside you. Turning at the bottom of Dukes Mound, you will head west past the **Brighton Palace Pier** along Brighton Seafront. Picking up the pace as you run past the iconic blue railings, enjoy the seaside views and be sure to spot the West Pier and the Bandstand on your left and the Hiton Metropole DoubleTree on your right.

Once past the two piers, you will head into Hove along the Kingsway with the majestic cream regency architecture on your right and the sea on your left. Past the King Alfred Leisure Centre, you will run to **Hove Lagoon** before turning left onto the seafront.

## Miles 11-13.1 – The Finish Stretch

A great two mile run heading east, past the colourful **beach huts** will bring you back along the Hove Promenade, with crowds cheering you on into the Finish Line!





# COURSE

# LANDMARKS

Sights to see on your 13.1 mile journey

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## THE BRIGHTON PALACE PIER – MILES 1, 3 & 7

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



## SEALIFE CENTRE – MILES 1 & 7

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



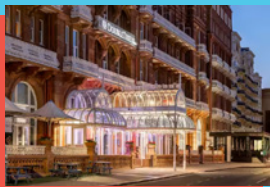
## BRIGHTON MARINA – MILE 5-6

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 1-2

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



## THE DOUBLETREE BY HILTON BRIGHTON METROPOLE – MILE 1 & 9

Look out for entertainment hosted on the outdoor terrace.



## HOVE LAGOON – MILES 11-12

The place to go windsurfing, cable tow wakeboarding and sailing in the city. The rhythm of **Drum and Blaze** 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 13

A colourful collection of beach huts which line Hove Promenade.



## HOVE LAWNS – MILE 9 & 13

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



## PEACE STATUE – MILE 1 & 9

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 Buskerteers Choir** – will sing you home!



## THE WEST PIER – MILE 9

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



## BRITISH AIRWAYS i360 – MILE 9

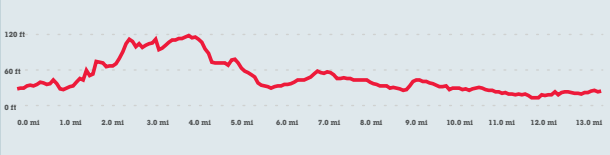
A 162-metre observation tower on the seafront, which opened in 2016.

# THE COURSE MAP



### KEY LEGENDS

- Half marathon Route
- Mile Markers
- Water Station
- High5 Toilets
- Parking
- Entertainment
- Bagelman
- Toyota





BRIGHTON STATION

Montpelier Road

Kings Road

Western Street

Waterloo Street

Church Road

Lansdowne Pl

Holland Road

First Ave



HOVE STATION

Crossing point

Peace Statue

Start

Brunswick Square

START PENS

Palmeira Square

HOVE LAWNS

Finish!

**i INFO**

**MERCH**

**VOLUNTEERS TENT**

THE MEETING PLACE CAFE

**E1** **ENTRANCE 1**

(ACCESS TO BAGGAGE)

**RUNNER ONLY AREA**

THE EVENT VILLAGE CHARITY VILLAGE

**E2** **ENTRANCE 2**

(NO ACCESS TO BAGGAGE)

**RUNNER ONLY AREA**



**E3** **ENTRANCE 3**

(NO ACCESS TO BAGGAGE)

**RUNNER ONLY AREA**

**E4** **ENTRANCE 4**

(NO ACCESS TO BAGGAGE)

**RUNNER ONLY AREA**

THE LAWN CAFE

Brighton Half Marathon 2025

# THE EVENT VILLAGE MAP





# Yeomans Toyota are proud to sponsor the Brighton Half Marathon Wheelchair Race



New Car Sales | Used Car Sales | Business Centre  
Motability | MOTs | Servicing | Accessories | Parts

VISIT YOUR LOCAL YEOMANS  
TOYOTA CENTRE TODAY!

**Yeomans Toyota Brighton | 01273 769 522**  
351 South Coast Rd, Telscombe Cliffs Brighton BN10 7HH

**Yeomans Toyota Eastbourne | 01323 306 640**  
5 Edward Rd, Eastbourne BN23 8AS

**Yeomans Toyota Worthing | 01903 334 989**  
Yeoman Rd, Durrington, Worthing BN13 3NS

[yeomans.co.uk/toyota](http://yeomans.co.uk/toyota)



2025  
**Brighton  
Half Marathon**

# YOUTH RACE

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## KEY INFORMATION FOR OUR YOUTH RUNNERS

New for 2025 our Youth Races move to Saturday afternoon to enable a new and exciting format

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!

Race Pack collection (including **your child's T-Shirt**) will be available from our Youth Race Marquee in Race Village from 12:00 am on race morning.

With upwards of 600 children running across all races, race pack collection is likely to be busy so we would advise you to arrive early to avoid the crowds!



**Brighton  
Half Marathon**  
YOUTH RACE

## YOUTH RACE KEY TIMINGS

**11:00pm:** Race Pack collection & Help Desk opens (adjacent to The Peace Statue)

**12:00pm:** Youth Race Marquee opens on Hove Lawns

**13.15pm:** Youth Race starts

**13.15pm:** Youth Race presentations - presentations will take place after each 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.

### 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.

### YOUTH RACES PRIZES & PHOTOGRAPHY

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



### WAVE TIMES

#### 7-8 year olds

(Red T-shirts) - start time:

**Wave 1** 13.00

**Wave 2** 13.30

#### 9-10 year olds

(Orange T-shirts) - start time:

**Wave 1** 14.00

**Wave 2** 14.30

#### 11-12 year olds

(Yellow T-shirts) - start time:

**Wave** 15:00

#### 13-14 year olds

(Navy Blue T-shirts) - start time:

**Wave** 15:30

#### 15-17 year olds

(Turquoise T-shirts) - start time:

**Wave** 16:00



## Youth Race



We're delighted to introduce local children's charity Rockinghorse as our official Youth Race Charity Partner for 2025.

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.

Thank you to Brighton Girls School who have donated 60 bursary entries for young children across Sussex

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





# YOUTH RACE MAP

Brunswick Sq

25

Peace Statue

Lansdowne Pl

Entrance

Warm Up

Kingsway

YOUTH RACE  
MARQUEE

Medals &  
Goody bag

Start  
Finish

Hove Lawn

THE LAWN  
CAFE

Turning point at  
Courtney Gate





**PACE**  
COFFEE



**For runners who  
love coffee**

**Get 10% off your next  
purchase using  
BHM10**

*Our Training Partner*



*We take great pleasure in providing your race day pacers, and helping you achieve your target time. Good luck, and have a great race!*



*Introduction to Running Courses  
One-to-One Coaching  
Algarve Running Holidays  
Seminars & Workshops  
Half & Full Marathon Training  
[www.runbrighton.com](http://www.runbrighton.com)*

**RunBrighton**

# WHEELCHAIR RACES IN ASSOCIATION WITH YEOMANS TOYOTA

Information for our wheelchair race participants



We are delighted that the Brighton Half Marathon Wheelchair Race returns for the **seventh** time 2025 once again supported by Yeomans Toyota

### WHEELCHAIR RACE KEY TIMINGS

- 07:00am:** Parking for Wheelchair Racers
- 09:27am:** Wheelchair race starts
- 11:15am:** Wheelchair Race presentations (in the main presentation area)

### WHEELCHAIR RACE MARQUEE

Participants and their families are welcome to join us before and after the race in our hospitality area located adjacent to the finish area.

### PRIZES & PHOTOGRAPHY

Please join us after the race where we will hold winners' presentations in the main presentation area.



Brighton · Eastbourne · Worthing



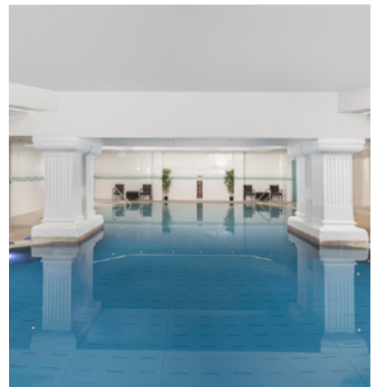
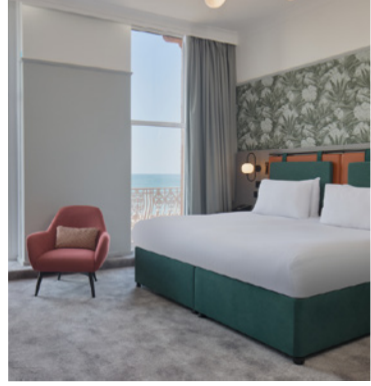
Runners, unwind and rejuvenate in style  
with our newly refurbished guestrooms



Enjoy the best view in town with  
our Seaview rooms

*Book Now!*

Use Code for 15% off:  
**AMARA**



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

# 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.

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)







# FRESHLY BAKED BAGELS

[WWW.BAGELMAN.CO.UK](http://WWW.BAGELMAN.CO.UK)



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# CHARITIES

## Our Charity partners

A warm welcome to our **37 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.

In 2024 fundraising through the event raised over one million pounds for good causes – and we are once again looking to you Brighton Halfers’ to rise to the occasion!



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



**BBC RADIO SUSSEX**  
is proud to support  
the **Brighton Half**  
**Marathon**

**Listen to Allison Ferns for the perfect  
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Weekends 6 – 10am**





# GET SET

## Kit list

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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

- Waterproof 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)



# Runna

## Your personalised running coach

With tailored training plans to achieve your goals. From running a faster 5k to finishing your first marathon.



Download the app today and use code  
**"BRIGHTONHALF"**  
 for your first 2 weeks free!

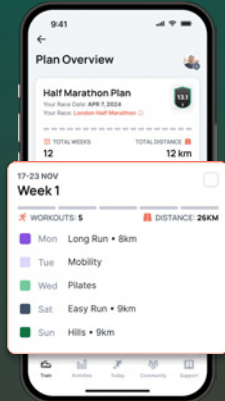
## Plans for any Goal

Whether you're a beginner training for your first race, or an elite athlete, we've got you covered for any goal

- Get Fit Plan**  
8 weeks
- 5K Improvement Plan**  
8 weeks • 5km
- 10K Plan**  
10 weeks • 10km
- Half Marathon Plan**  
12 weeks • Half Marathon
- Marathon Plan**  
16 weeks • Marathon
- 50km Ultramarathon Plan**  
16 weeks • 50km
- ...and 10+ more

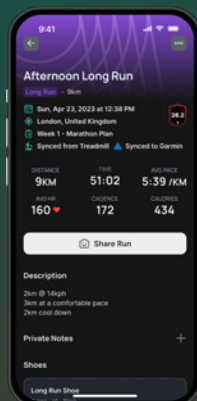
## Training Plans

Get your personalized training plan with a variety of exciting workouts



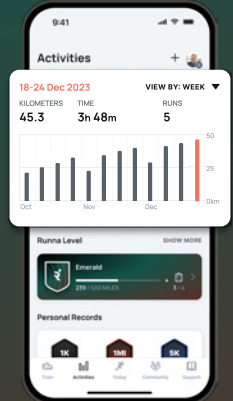
## Record Activities

Record your workout or free run on your phone, watch or treadmill



## Track Performance

See how you're progressing against your training plan and see new PBs



COMPATIBLE WITH  
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**fitbit**



# GET SET

2025 Merchandise



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

[brighton-half.eventize.co.uk/shops/merchandise-2025-race-year-25](https://brighton-half.eventize.co.uk/shops/merchandise-2025-race-year-25)



Hoodies are available in either **Fire Red** or **Jet Black**. Technical running T-shirts are available in colours **Jade** or **Burgundy**.





Lancing Prep Hove  
&  
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East Sussex BN3 6LU

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**Lancing College**

Lancing  
West Sussex BN15 0RW

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E [admissions@lancing.org.uk](mailto:admissions@lancing.org.uk)

**FIND OUT MORE**  
**[WWW.LANCINGCOLLEGE.CO.UK](http://WWW.LANCINGCOLLEGE.CO.UK)**

# SPECTATOR INFORMATION

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## 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:

#### **The Old Steine:**

With entertainment points on route, the Old Steine offers the opportunity to see runners as they head past The Royal Pavillion on their way up to St Peters Church and on the way back down towards Aquarium Roundabout and The Palace Pier – there are also some great coffee shops dotted around!

#### **Aquarium Roundabout:**

Crowds are busiest around race village and Aquarium Roundabout offers the opportunity to see runners up to four times as they run in/out of the Old Steine and in/out of Madeira Drive.

#### **Madeira Drive:**

With the prom at its widest and a great selection of cafes/bars runners will pass by twice in fairly quick succession as they head down towards Dukes Mounds before turning round to head back towards the Pier

#### **East at Marine Parade:**

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 9 to 10 as they head out to Hove Lagoon.

#### **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, 3, 5, 7,9, 10,11 and 12. 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 in event village, a meeting point at the Peace Statue 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!



This year we have a fantastic army of 400+ volunteers helping across race weekend. Our volunteers give up their Saturday and 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 across race weekend

## 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/take-part/volunteers](https://brightonhalfmarathon.com/take-part/volunteers)



# THANK YOU

Big cheers all round

We'd like to say a huge thank you to all our sponsors for their support in our 2025 event.



## THANK YOU!

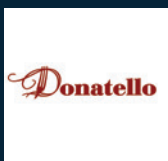
### Event Partner

**Laine8  
Events**

### Wheelchair Race Sponsor

**Yeomans**   
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### Sponsors



# RUN IN 2026

Opening soon: Brighton Half Marathon 2026!



Join us on **1st March** next year for the **36th edition** of the **Brighton Half Marathon** and kick-start your 2026 running calendar!

Entries open soon at:

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



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

