

## ALL YOUR QUESTIONS ANSWERED:



### Wicklow Hospice Half Marathon & 10km Saturday 21<sup>st</sup> February 2026 - Avondale Forest Park

#### About Wicklow Hospice:

**Thank you for signing up for the 13<sup>th</sup> edition of the Wicklow Hospice Half marathon and 10km! By taking part, you're doing something truly life-changing for Wicklow Hospice!**

This annual fundraiser has never been so important – it raises crucial funds to benefit our patients and their families and it helps pay for specialist care, pain management, therapies and other critical supports. It provides specialist loving care and improvements in quality of life during the most precious time with family and loved ones - feelings of comfort, dignity and peace of mind.

#### Participant Information:

##### How do I Register?

Registration is in advance for Over 16's. Registration on the day cannot be facilitated if the race has sold out in advance.

##### Can I run or walk?

The Half Marathon is 21km and is open to runners only.  
The 10km is open to runners and walkers.

##### What is the Route?

Final Route may be subject to slight change, but will be notified if changes are made. **Please read the route description via the link below for detailed information on elevation and direction.**

**Please note the change in direction from previous years.**

Half Marathon – [Wicklow Hospice Half Marathon 2026 - 21km Running Route \(ID: 3203747\)](#)

10km - [10km Route 2026 - 10km Running Route \(ID: 2776830\)](#)

##### How do I receive my Race Number?

Your race number will be sent out by our partners My Run Results 1 to 2 weeks before the race. Please keep them safe and bring them with you on the morning. If you do not receive your race number in the post, please come to Race Reception on the morning (**please allow extra time for this of at least 20 minutes**).

##### Can I change my distance?

Yes, you can do this via the MyRunResults website from approximately 14 days prior to the race until the day before the race. An email will be sent out once this facility is available.

##### Where can I Park?

**LIMITED** Free parking is available for race participants. **Please carpool where at all possible as this helps us to get everyone parked quicker. Add at 30-45 minutes onto your normal travel time to allow for parking at the venue and preparing for your race.**

Please park responsibly using one space only and in a safe manner so as not to block any other vehicles. Keep entry and exit points clear for emergency vehicles. Please follow directions of Event Stewards who will point you to the next available space.

**Access to the Main Carpark via the Avondale Avenue will be closed from 8.30am to prepare for the Race Start. If you arrive after this time you will be redirected to an overflow carpark.**

### Do I need to Check in on the day?

If you have your race number with you, you do not need to check in on the day. If you don't have your race number with you, please come to Race Reception and we will provide you with a replacement.

### Do I need special footwear?

Although the course is mixed road and forest trail there is no need to buy special trail runners. Your road runners will be fine for the surfaces in the forest. Some muddy patches are expected if there is heavy rain.

### Where is the Starting Point?

The Race Reception & Meet Point is in front of The Seed Café at Avondale Forest Park **A67 P303**. Race Coordinators will direct you to the start line after the race briefing. **Our team will direct you to the starting points when it is time to go.**

- Half Marathon will start from in front of the Courtyard Archway.
- 10km will start from in front of the Tree Top Tower. **Please don't go to the 10km start point ahead of time as you may interfere with the start of the half marathon race.**

### Are there Toilets at the Venue?

There is a toilet block in the main carpark. Additional porta-loos will be located close to the finish line gantry. There is a further toilet block behind the Beyond the Trees Avondale Visitor Centre (10km race holding area). Please allow plenty of time to use bathrooms prior to your race and expect some queuing. Our volunteers will be on hand to manage queues.

### What time does the Races Start?

*Half marathon:* Start time is 8.45am sharp – all participants must be at Race Reception in front of the Seed Café for the race briefing at 8.30am.

*10km:* Start time is 9am sharp - all participants must be at Race Reception in front of the Seed Café for the race briefing at 8.50am.

### Are Water Stations provided?

Refill.ie will be providing two water stations at the half way point with cups of water. Please discard your used cups within 100 metres of the water station taking care not to throw them into the path of other participants. This will ensure we can adhere to the 'Leave no Trace' policy. Leave no trace also applies to gel wrappers so please don't litter the forest.

There will be an additional water station at the finish line.

### Will there be a Race Pacer?

Yes, our Race Pacer is JJ and he will be pacing the Half Marathon at 1 hour 45 minutes.

### How is the Route Marshalled?

For your safety the route will be marshalled by Civil Defense, An Garda Síochána and our volunteer Event Stewards. Please follow their direction and advice. No roads or forest trails are closed to the public for this event, however due to the early start time roads and trails are relatively quiet.

Directional signage will be provided along the road section. **Runners should stay on the RIGHT when on the public road.** The only exception to this is on the last section of the road after the roundabout in Rathdrum as you approach Avondale where you will move LEFT so you can re-enter the park without crossing traffic.

Walkers taking part in the 10km may use the footpaths but should be careful to cross public roads at designated junctions, or with the assistance of Event Stewards.

Inside the Park, look out for the orange flag markers to guide you on the route.

### **What if I need First Aid?**

Civil Defense will be providing first aid where necessary. If you witness an accident or incident, or if you spot a fellow participant in difficulty, please notify the next Event Steward or Event Controller. A defibrillator is located at the Toilet Block in the main carpark and the tree top tower, all Civil Defense will have ambulance onsite.

### **Are there Medals?**

All finishers will receive a bespoke wooden medal at the finish line. Our volunteers will be passing these out.

### **Will there be Video and Photography?**

We will have an official event photographer and photos may be shared on our website and social media channels. If you do not wish to have your photo shared, please contact Allison Ryder is writing at [aryder@olh.ie](mailto:aryder@olh.ie)

We do not have control of photos shared by members of the public on the day.

### **Are there Onsite Refreshments?**

A Coffee Cart operated by Beyond the Trees Avondale will be available from 8am at Race Reception. The Seed Café opens at 10am for breakfast, coffee and more for your après race treats and refreshments.

### **Can I visit the Tree Top Walk & Avondale Forest Park?**

If you are staying on in Avondale Forest Park, there are several trails that you can walk free of charge. Information is available in the Visitor Centre. The Tree Top Walk and Viewing Tower can be booked in advance here - <https://www.beyondthetreesavondale.com/>

### **Can I Fundraise for Wicklow Hospice?**

We would be grateful if you choose to fundraise for Wicklow Hospice by asking friends, family and co-workers for sponsorship. This can be done quickly and easily in the following ways:

1. Online – when you register you will be automatically set up with an online EventMaster fundraising page. You can add your own pictures and story to personalize this page. The easiest way to raise funds is to share your page on social media, by email and via WhatsApp with your friends, family and colleagues. Link to your page is below.
2. Offline: contact us at [aryder@olh.ie](mailto:aryder@olh.ie) and we will send you out a sponsorship card.

If you are returning cash donations on Race Day please make your way to the dedicated desk in Race Reception where staff will be able to receipt your donation.