



Standard Chartered Jersey Marathon Sunday 7 October 2012

Marathon Frequently Asked Questions

When and where will the race be held?

The Standard Chartered Jersey Marathon will be held on Sunday 7 October 2012. The start and finish point is at Weighbridge Place, St Helier. The Marathon starts at 09.00hrs, the Relay Race at 09.30hrs and the 3k Fun Run starts at 10.00hrs

Will the Marathon and the Relay Race start at the same time?

No. There will be a 30 minute gap between the start of the two races. The Marathon starts at 09.00hrs and the Relay Race at 09.30hrs.

Where does the race number go?

You must pin your race number on the front of your race top. Safety pins will be available for collection when you pick up your race pack at Registration.

Will I be able to tell if a runner is doing the Marathon or the Relay Race?

Yes. Runner numbers in the Relay Race will have a yellow background and Relay Race written above the number. Marathon runners have numbers with a white background.



Which side of the road do I run on?

Runners **MUST** stay on the left hand side of the road unless directed otherwise by the Police or by a Race Official. Your safety is paramount and failure to comply with this rule will not only put yourself and others at risk but will also potentially lead to your disqualification from the race as per Rule 215 of the UKAA.

What do I do if I have to drop out?

If you have to drop out of the race for any reason please contact the nearest Race Official. If you need medical assistance they will arrange this. It is vital that you let us know that you will not be completing the course and that you are fine.



How are times recorded?

Times will be recorded in two ways – Gun Time and Chip Time.

- ❖ The Gun Time is the time from the sound of the starter's signal to the time when the runner crosses the finish line. Also known as the Official Time.
- ❖ The Chip Time is the time from when the runner crosses the starting mats at the start line, to the time when the runner crosses the finishing mats.

These two times will vary. To find out more about how ChampionChip® works go to www.championchip.com.

When do I collect my chip and race pack?

Your chip will be in your race pack which you can collect at Registration at the below locations/dates:

- Thursday 4 October Liberation House (small office on side of building)
10:00hrs to 16:00hrs
- Friday 5 October Liberation House (small office on side of building)
10:00hrs to 16:00hrs
- Saturday 6 October Mourant Ozannes Marathon Village, Weighbridge
10:00hrs to 16:00hrs

Where do I attach my chip?

You must attach your chip to your shoe or strap it around your ankle. The easiest way to do this is to fix it to your laces. The chip needs to be near the mat at the start and the finish of the race to record the time.



How are winners determined?

Gun time is the Official Time and all awards are based on Gun Time.

Excerpt from the International Associations of Athletics Federations (IAAF) Road Race Handbook: "For road races and road walking events, the official time will be the time elapsed between the start gun and the athlete reaching the finish line. However, if an athlete crosses the start line after the start gun, his time elapsed between the start and finish line can be made known to the athlete but will not be considered as official time. The order in which athletes reach the finish line will be considered as the official finish position."

Will my time be on the website?

Yes. Chip times will be published on the website within 48hrs of the race.



Can I run with my Ipod (or other device) on?

No musical equipment is allowed on the course. This is for your safety. If you are listening to music you may not hear traffic or the instructions of the Police and Race Officials. This is clearly stated in the Official Race Rules and you may face disqualification if you do wear such equipment.

Can I rollerblade or cycle during the race?

No. No wheeled transport is allowed on the course. The Official Race Rules outline the details of what is permitted.

Can my friends follow me on their bikes?

No. Feedback from previous events indicates that there were far too many people following and encouraging their friends on bikes. This cannot be allowed for two reasons:

- It's dangerous – the race is for runners and bikes get in the way!
- It's unfair – if you run with a friend on a cycle they are acting as a pacer and you may well be disqualified from the race.

Can I bring along my dog to run with me?

Pets are not allowed on the course.

Will there be medical assistance?

Yes. St John's Ambulance are supporting the event and will have first aid personnel at each Relay Station plus full medical support at the start and finish and via their ambulances on the route.

Will there be water stations round the course and where?

Yes. There will be twelve water stations at regular intervals along the course. You can download the course map from www.jersey-marathon.com. This has details of all water stations.

Will there be energy drinks/food provided?

Yes. Powerade ION4 will be available on the latter half of the course and at the finishing line.

Are there toilets on the course?

Yes. There are toilets at the start and finish of the race and at each Relay Race change over point. Additionally there are a number of public toilets around the course.

What are the race categories?

There are a number of race categories and prizes being awarded, detailed as follows:

❖ Male	1st, 2nd, 3rd
❖ Female	1st, 2nd, 3rd
❖ Fastest Channel Islander	Male/Female
❖ Fastest Jersey Runner	Male/Female
❖ Master Male 40+	1st, 2nd, 3rd
❖ Master Female 35+	1st, 2nd, 3rd
❖ Male Age Group – 45, 50, 55, >60	1st
❖ Female Age Group – 40, 45, 50 >55	1st



When will the prizes be given out?

All prizes for the Marathon, Relay Race and 3k Fun Run will be awarded at 17:00hrs at a prize giving to be held in the Drift Bar at the Royal Yacht Hotel.

Where do I leave my bag?

You can leave your bag in the designated area at the start of the race. There will be a clearly marked area inside the Mourant Ozannes Marathon Village next to the Information Tent – look out for 'Runners Bag Drop' signs. Please mark the bag clearly with your race number and do not leave any valuables in the bag. The organisers cannot accept any responsibility for bags left in their care.

Those bags that are not collected on Race Day will be taken to Standard Chartered's office at 15 Castle Street.

Will there be changing areas and shower facilities?

There will be changing and shower facilities at the Marina. These will be open between the hours of 08:00 and 17:00. Thanks to the Harbour Master for his kind permission of the use of these facilities. You will find them a short walking distance from the finish line.

What parking facilities are available?

All town car parks will be available as normal. It is anticipated that traffic will be busy on the morning of the race, so please leave sufficient time to get into town, parked and to the start of the race.

Are the roads going to be closed?

Not all of them. The roads in town will be closed during the start of the race and the St Aubin's inner road will be closed up to Mont Felard between approximately 09.00hrs and 10.30hrs. On other areas of the course the Honorary Police will control traffic to minimise the impact on the runners and to ensure that the race is safe for participants and the public alike.

This means you will be running with the traffic for much of the course. Please ensure that you stay aware of the traffic and follow the instructions of the Honorary Police and the Race Officials – they are there for your safety.

When do I receive my goodie bag?

You can collect your goodie bag after the race from the Information Tent in the Marathon Village. This will include your t-shirt, commemorative medal, and other useful items.

What do I do with my sponsorship money?

Please bring your sponsorship money in the form of a cheque, made payable to 'The Jersey Marathon Trust', with you to Registration when you collect your race pack.

If you are unable to collect your sponsorship money by Race Day, please arrange for a cheque made payable to 'The Jersey Marathon Trust' to be sent to the Race Organisers, Standard Chartered Jersey Marathon, C/O 3D Performance, PO Box 9, 26-32 King Street, St. Helier, Jersey, JE4 8NF.