

Standard Chartered Jersey Marathon 2017



Sunday 1 October 2017

Marathon - Essential Event Information

When and where will the race be held?

The Standard Chartered Jersey Marathon will be held on Sunday 1 October 2017. 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 do I collect my race pack?

Please note that we do not post race packs to runners, runners must collect their race packs from Registration, which is located in the Maurant Ozannes Marathon Village. Registration is open at the following times:

Thursday 28th September - 10:00-16:00

Friday 29th September – 10:00-16:00

Saturday 30th September – 10:00-21:00 (extended hours for Overseas Competitors)

Is there a warm up?

No. Marathon runners do not have a warm up session and will need to warm up themselves.

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.

Are you allowed to alter your race bib?

It is against the rules of the race to amend your race bibs in anyway, if you do amend your race bibs runners may face disqualification. This year race bibs will be a smaller size and measure 21cm width X 14.5cm height, please ensure your race outfits will allow your race bib to fit comfortably on your front of your race top.

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

Yes. Marathon runners have numbers with a white background. Relay Race Runners have numbers with a yellow background and "Relay Race" written above the number.



8888
Christopher



Relay
race
MOURANT OZANNES
8888

Standard Chartered Jersey Marathon 2017



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 marshal. 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.

This year, you will also have your split times recorded when you pass the timing mats at each of the relay stations around the course.

Where do I attach my chip?

You must attach your chip to your ankle using the strap provided, failing that runners can attach the chip to the shoelaces. The chip needs to be close to the ground so that the timing mat can pick up the chips signal at the start and finish of the race. Please remember to remove your chip and deposit it in the collection buckets after the finish line.



How are winners determined?

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

This is based on the International Associations of Athletics Federations (IAAF) Road Race Handbook, an excerpt explains the decision: "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."

Standard Chartered Jersey Marathon 2017



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 headphones/earphones in?

Headphones/earphones that sit in or over the ear remain against the rules of UK Athletics and therefore are not allowed on the Jersey Marathon course. This is for your safety, as the race is not on entirely closed roads. 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, as this is not covered in the event insurance policy. Police and marshals are instructed to remind you to remove any headphones, so please respect their actions. Any reported mistreatment of marshals from runners will likely lead to 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. Hearing is not affected as the ears are not blocked, based on this rule updates the Jersey Marathon will permit bone conducting headphones.

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 a competitive advantage – if you run with a friend on a cycle they are acting as a pacer and you will face disqualification 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. There is also a Doctor on the finish line.

Will there be water stations round the course and where?

Yes. There will be twelve water stations at regular intervals along the course providing Abbey Wells 250ml bottled water. You can download the course map from www.jersey-marathon.com. This has details of all water stations.

What fueling options will be provided at a water station?

Powerade Zero (Tropical berry) will be available from water station 3 onwards and at the finishing line. In addition Jelly babies, dairy milk chocolate and bananas will be provided.

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:

- | | |
|---------------|---------------|
| ❖ Open Male | 1st, 2nd, 3rd |
| ❖ Open Female | 1st, 2nd, 3rd |

Standard Chartered Jersey Marathon 2017



❖ Fastest Channel Islander	Male/Female
❖ Fastest Jersey Runner	Male/Female
❖ Master Male 40+	1st, 2nd, 3rd
❖ Master Female 40+	1st, 2nd, 3rd
❖ Male Age Group – 40-49, 50-59, 60+	1st
❖ Female Age Group – 40-49, 50-59, 60+	1st

Notes: The winners (1st, 2nd & 3rd) of the 'Open Male' and 'Open Female' will be excluded from winning any prizes in the 'Masters' or 'Age Group' categories

When will the prizes be given out?

All prizes for the Marathon, Relay Race and 3k Fun Run will be awarded at 15:00hrs at a prize giving to be held in the Marathon Village marquee.

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 desk – 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 and will be available for collection from Monday afternoon.

Will there be changing areas and shower facilities?

There will be changing facilities within the Marathon Village that are open from 08:00 and shower facilities at St Helier Marina. The shower facilities will be open between the hours of 10:00 – 15:00. You will find them a short walking distance from the finish line.

Will there be massage therapists available after the race?

Yes. There will be massage therapists from Orchard Chiropractic Centre available within the Marathon Village from 11.00.

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 on the course 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 08.45hrs and 10.45hrs. 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 and fun 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.

Standard Chartered Jersey Marathon 2017



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 Events, 1 Waterloo Street, St Helier, JE2 4WT.

Good Luck!