



Sunday 7 October 2018

Relay - Essential Event Information

The first runner must wear the timing chip around their ankle and then hand over to the next runner at the relevant change over point. This will ensure we can record your start, finish and individual split timings.

When and where will the race be held?

The Standard Chartered Jersey Marathon will be held on Sunday 7 October 2018. 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.

Where is the Marathon Village?

The Marathon Village is located at Weighbridge Place, St.Helier. Please see a map on the following link: <https://www.google.co.uk/maps/search/weighbridge+jersey/@49.182403,-2.1090998,18z>

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 Marathon Village. Registration is open at the following times:

Thursday 4th October - 10:00-16:00

Friday 5th October – 10:00-16:00

Saturday 6th October– 10:00-21:00 (extended hours for Overseas Competitors)

Is there a warm up on the day?

Yes. There will be a short 5 minute relay warm up session in Liberation Square that we encourage all relay runners to attend and warm up before the race!

Will there be parking at the Relay Race Change Over Points?

There are no facilities for parking at the Relay Race change over points. With the large number of runners we need to limit the amount of traffic on the route and obviously the Relay Race change over points are on the route! Please plan to use the coach transport provided rather than your own car.

Will transport be provided to each Relay Change Over Point?

It's very important that you plan your day using the transport provided as there will be no parking at the change over points and dropping/picking people up may cause problems for other runners and cause you to be delayed. Please see the Bus Timetable detailed in this document.

Where do I leave my bag and how do I get it back?

This is one of most commonly asked questions for the relay race, so please read these instructions very carefully!

Runner 1	On Leaving The Weighbridge	On Reaching Relay Change Over Point 1 – Waterworks Valley
RUNNER BAGS	<ol style="list-style-type: none"> 1. Leave your bag in the designated bag drop area next to the Information desk inside the Marathon Village. 2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag. 	<ol style="list-style-type: none"> 1. Collect the bag of runner 2 (you can ask if you can put some warm clothing in their bag so you have something to put on when you finish your leg!) 2. Double check you have picked up the bag with your team's race number on it.



		3. Return on coach to the Weighbridge
Runner 2	On Leaving Relay Change Over Point 1 – Waterworks Valley	On Reaching Relay Change Over Point 2 – St Ouen
RUNNER BAGS	<ol style="list-style-type: none"> 1. Leave your bag inside the marquee. 2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag. 	<ol style="list-style-type: none"> 1. Collect the bag of runner 3 (you can ask if you can put some warm clothing in their bag so you have something to put on when you finish your leg!) 2. Double check you have picked up the bag with your team's race number on it. 3. Return on coach to the weighbridge.
Runner 3	On Leaving Relay Change Over Point 2 – St. Ouen	On Reaching Change Over Point 3 – Les Quennevais (Football Pitch)
RUNNER BAGS	<ol style="list-style-type: none"> 1. Leave your bag inside the marquee. 2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag. 	<ol style="list-style-type: none"> 1. Collect the bag of runner 4 (you can ask if you can put some warm clothing in their bag so you have something to put on when you finish your leg!) 2. Double check you have picked up the bag with your team's race number on it. 3. Return on coach to the Weighbridge
Runner 4	On Leaving Change Over Point 3 – Les Quennevais	On Reaching Change Over Point 4 – Les Quennevais (Hockey Astro turf)
RUNNER BAGS	<ol style="list-style-type: none"> 1. Leave your bag inside the marquee. 2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag. 	<ol style="list-style-type: none"> 1. Collect the bag of runner 5 (you can ask if you can put some warm clothing in their bag so you have something to put on when you finish your leg!) 2. Double check you have picked up the bag with your team's race number on it. 3. Return on coach to the Weighbridge.
Runner 5	On Leaving Change Over Point 4 – Les Quennevais	On Reaching The Finish - Weighbridge
RUNNER BAGS	<ol style="list-style-type: none"> 1. Leave your bag inside the marquee. 2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag. 	<ol style="list-style-type: none"> 1. Arrange to meet runner 4 so that you can collect your bag from them

If bags are not collected at the change over points they will be returned to the Baggage Tent at Weighbridge Place. Getting bags back to the weighbridge can take a long time due to the heavy traffic on race day and whilst we endeavour to get them back to the weighbridge on race day, we can not guarantee to runners exactly what time they will arrive. Therefore, please try and communicate with your team and organise yourselves and your bags accordingly to save yourselves any unnecessary waiting time. Those bags that are not collected on Race Day will be taken to Standard Chartered's office at 15 Castle Street.



How do I get to my Relay Change Over Point?

<u>BUS/COACH INFORMATION</u>		
Running the SECOND leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Relay Race Change Over No.1 Waterworks Valley	Relay Race Change Over No.2 St Ouen	<ul style="list-style-type: none"> Your bus leaves from The Steam Clock, across from Weighbridge Place at 08:40hrs. Don't miss it! Make sure you have something warm to wear if you are waiting in Waterworks Valley – it can be a bit chilly in the morning. When you have completed your leg you can catch a bus back to Weighbridge Place from St Ouen.
Running the THIRD leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Relay Race Change Over No.2 St Ouen	Relay Race Change Over No.3 Cycle Track Les Quennevais	<ul style="list-style-type: none"> Your bus leaves The Steam Clock at 09:00hrs. Don't miss it! Make sure you have something warm to wear if you are waiting in St Ouen – it can be a bit chilly in the morning. Catch a bus back to Weighbridge Place from Les Quennevais. The buses will leave from Communicare at the entrance to Les Quennevais at the following times: 11:30, 12:00, 12:30, 13:00, 13:30, 14:00, 14:30, 15:00 There are changing facilities available at Les Quennevais in the main pavilion.



BUS/COACH INFORMATION		
Running the FOURTH leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Relay Race Change Over No.3 Cycle Track, Les Quennevais	Relay Race Change Over No.4 Just off the Railway Walk – near the cricket nets at Les Quennevais	<ul style="list-style-type: none"> The bus leaves The Steam Clock at 10:00hrs and will drop you at Communicare near the entrance to Les Quennevais. You will need to walk 5 minutes to your Relay Station. Allow at least 45mins to get there and get organised. Catch a bus back to Weighbridge Place from Les Quennevais. The buses will leave from Communicare at the entrance to Les Quennevais at the following times: 11:30, 12:00, 12:30, 13:00, 13:30, 14:00, 14:30, 15:00 There are changing facilities available at Les Quennevais in the main pavilion.
Running the FIFTH leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Relay Race Change Over No.4 Just off the Railway Walk – near the cricket nets at Les Quennevais	The Finish Line!	<ul style="list-style-type: none"> <u>Make sure you have the timing chip on your shoe!</u> The bus leaves The Steam Clock at 10:00hrs and will drop you at Communicare near the entrance to Les Quennevais. You will need to walk 5 minutes to your Relay Station. Allow at least 45mins to get there and get organised. Changing facilities and showers are available at the marina.

If one of my team members drops out at the last minute can we still compete?

If someone drops out at the last minute and you can't find a substitute, one of your team members may choose to run two legs of the race. Please note that in this instance the team will not be eligible for a prize. If this happens inform a Race Official at your change over point.

Can I make a substitute at the last minute?

Yes. If you make a substitute at the last minute, it is the Team Captain's responsibility to inform the Information Desk at the start of the race. Substitutes must sign the Declaration before they are eligible to run. In this situation the team would still be eligible for a prize. Please do not make substitutions without informing the Race Organisers and without the substitute signing the Declaration.



What if one of the runners drops out on the course?

If one of your team has to drop out during the course of their Relay Race leg for any reason they **must contact a marshal**. If they require medical assistance the marshal will arrange this. The marshal will also ensure that the next Relay Race change over point is aware of the situation and that the awaiting team member is informed. The team can continue to run the race but will not be eligible for a prize.

Is there a baton that we have to pass between runners?

Yes you need to pass on the timing chip, which you will receive with your race pack.

What if we lose our timing chip?

You can still run but you may not be eligible for a prize. This will be decided by the race referee on race day. If you lose your race chip please ask the last runner to note your finish time, in case of any queries.

Where does the race number go?

Each relay race runner will have **two** numbers, a coloured number for the front and one for the back. You must pin your race number on the front and back of your race top. Safety pins will be available for collection when you pick up your race pack. Front numbers have emergency information on the reverse. Please complete the necessary emergency details before the race. Runner numbers in the Relay Race will have a yellow background and Relay Race written above the number. Please do not swap race numbers with your team members as this could compromise medical treatment should an emergency arise.



FRONT



BACK

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.

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 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 Marshals – they are there for your safety.



Will the Relay Race be timed?

Yes. The ChampionChip® technology will be used for both the Marathon and the Relay Race and times will be available on the website within 48hrs of the race. You will receive **ONE** ChampionChip® device in your race pack that you will need to pass on like a relay baton to the next member of your team, once you have crossed over the timing mats.

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 first runner crosses the starting mats at the start line, to the time when the final stage runner crosses the finishing mats.

To find out more about how ChampionChip® works go to www.championchip.com.

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?

All runners must attach the chip to their ankle using the strap provided, when handed to them from the previous runner at the change over point. The chip needs to be close to the ground so that the timing mat can pick up the chips signal at the start, finish and relay change over points. The last runner should remember to remove the 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.”

Will the team times be on the website?

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

Can I run with my headphones/earphones in?

No headphones/earphones are allowed on the course, except Bone Conductor Headphones as these do not obstruct the runners ability to hear instructions in anyway. 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.

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 the 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 Race change over point 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 at the finish line?

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. There will also be water at the finish for those running the final leg.

Are energy drinks provided?

Unfortunately they are not provided for relay runners. You may see them on the course but these are for runners in the full marathon.

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?

The main race categories for the Relay Race are:

- Male 1st 2nd 3rd
- Female 1st 2nd 3rd
- Mixed 1st 2nd 3rd

The Corporate Cup categories are:

- The Bank Cup 1st
- The Law Cup 1st
- The Trust Cup 1st
- The Accountant Cup 1st
- The Hospitality Cup 1st
- The States of Jersey Cup 1st

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.



What facilities are there at the change over points?

The following will be available at each change over point:

1. Water supplies (Jersey Water container)
2. Catering – Please note that if you would like to purchase any food or drink, there will be caterers at RCOP's 3 and 4
3. Marquee for bag drop/collection and for shelter
4. Toilets
5. PA system with BBC Radio Jersey coverage
6. A team of lovely helpful marshals

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 10:00 to 15:00. 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. Please note that as the Marathon starts at 09:00hrs access to town car parks will be restricted from that time. So if you want to get the 10:00hrs coach to Les Quennevais you need to plan to be in town before the roads close at 08:45hrs.

When do I collect my goodie bag?

This year, relay race goodie bags will be electronic. A password and link will be provided via social media and post race communications, allowing relay runners access to discounts and offers from local companies and event sponsors.

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.

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!