



RUN FROM HOME CHALLENGE INFORMATION





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WELCOME

Run from Home with the Ravenscroft Relay Race 2020

We are delighted to launch the Standard Chartered Jersey Marathon - Run from Home Challenge. The challenge will be managed virtually and will allow runners to participate in the event by running their own course in their home areas, anywhere in the world. Our Standard Chartered Jersey Marathon had to adapt for 2020 due to the ongoing Government restrictions and uncertainties surrounding COVID-19. We are excited to share the details of this exciting new Run from Home community challenge.

The Run from Home Challenge will take place between 1 – 16 October 2020 and will allow our local and overseas runners to participate in a safe running challenge, whilst also providing the opportunity for our runners and charities to continue their fundraising efforts during this difficult time. Our aims at Standard Chartered Jersey Marathon remains unchanged; we continue to showcase running sport, promote an active and healthy running community and raise funds important for our official and other local charities and provide a memorable and safe experience to our runners.

Good luck to all participants, have fun and stay safe!

What is the Ravenscroft Relay Race Run From Home Challenge?

The Ravenscroft Relay Race – Run from Home Challenge is a virtually managed event taking place between 1 – 16 October 2020, that allows runners of all abilities to team up and take on a section of a marathon distance from their home areas. Runners will select their own course and complete their relay distance at their own pace, over one day. Teams have the option to make their own mini (physically distanced) event and run together on the same day.

On completion of the challenge distance, runners will submit proof of their challenge time and distance to the organisers. In return, participants will receive a finisher medal, technical t-shirt as well as other additional finisher goodies. All finishers times will be displayed on the event website. All results will be displayed by race category on jersey-marathon.com



RELAY RACE CATEGORIES

Relay Race category and duration

CATEGORY	DURATION	AGE
Relay Race (Team of 5 Runners) 1. Male Team 2. Female Team 3. Mixed Team	Each relay leg distance is to be completed by a different runner and must be completed as a continuous run within in a 24-hour period.	15+

Relay Race distances

LEG	KM	MILES
1	4.80	3.02
2	9.60	6.00
3	11.20	7.00
4	7.20	4.50
5	9.20	5.75

Prizes

Whilst this is a challenge, we will recognise team performance. To qualify for a prize all runners of the relay team must run on public footpaths and not public roads, to ensure runners are safe.

We will be awarding the winning relay teams a single team trophy of the following categories; Male, Female and Mixed – 1st / 2nd / 3rd place. We will also be offering a comprehensive random prize draw, with plenty of prizes up for grabs. We will be sharing more details on this area shortly.



Industry Cups

As part of the Ravenscroft Relay Race – Run from Home Challenge, we are pleased to confirm that the Industry Cups will be incorporated within the challenge. Teams should make sure that they select their industry sector from the below list on registration:

- Bank Cup
- Investment Cup
- Law Cup
- Trust Cup
- Accountant Cup
- Government of Jersey Cup

The fastest relay team times recorded in each industry sector will be awarded the Industry Cup, which will be held for one year.

To qualify for an Industry Cup category, all team members must work (full-time, part-time or contract) for the same organisation. For the Government of Jersey Cup, team members must work for a government department, this will emergency services and some schools (where they receive Government funding).

Presentation of the Industry Cups will be done after the event, and all winning teams will be notified of their success by email.

Overseas participation in the challenge

Each year the Standard Chartered Jersey Marathon welcomes hundreds of visiting runners, from many different countries, to the beautiful Island of Jersey. We are delighted to continue our warm welcome to overseas runners and look forward to supporting you on this year's Run from Home challenge, as well as showcasing our stunning Island, so that all runners can see why the Jersey Marathon is so special.

Participants must comply with their local government COVID-19 restrictions and guidelines (including physical/social distancing) and approach the challenge with safety in mind. We hope to learn more about our overseas runners, where they live and what is their Reason to Run. We can't wait to see where you will be taking part.



Registration Process

To register for the Run from Home challenge please follow the below 8 step process:

1. Go to www.jersey-marathon.com and click 'Enter Now' to view our online registration page at Race Nation.
2. Select your challenge category and enter all relevant personal details.
3. If you are an international runner (not Jersey, Guernsey or UK) please select your 'Postage Requirements' if you require your runner rewards to be posted to you.
4. Enter all relevant personal details. Please ensure you provide the correct email address, as we will be providing further updates leading up to the challenge and sending through your digital Run from Home Challenge Race Bib in due course.
5. Select your t-shirt size or opt out from receiving a t-shirt, should you not wish to receive one.
6. Select if you wish to opt out from receiving a medal, should you not wish to receive one.
7. Complete your order to finalise your registration.
8. Receive an automated email from Sports Giving and set up your personalised online fundraising page.

Registration Fees

Relay Race Team: £100:00, to include the following;

- Access to our free online training plans *Courtesy of Healthaus/Ronhill
- Access to our free online training advise *Courtesy of Healthaus/Ronhill
- Online Registration fees
- Personalised Digital Race Bib (To be emailed to runners)
- £10 donation to Future Makers
- Exclusive finisher medal
- Exclusive finisher t-shirt
- Ravenscroft Jellybeans
- Entry into our random prize draw!
- Complimentary postage for Jersey/UK/Guernsey runners. ** International runners who require their race rewards to be posted to them, will incur a small additional postal charge of £5.00 per person for Europe and all other countries.*
- Access to a finishers e-goodie bag filled with plenty of discounts



- The Run from Home Challenge operates under a UK Athletics License for Virtual Challenges

Postage of finisher rewards

We are pleased to confirm that postage costs are included in the entry fee for our Jersey, Guernsey and UK runners. International runners who require their race rewards to be posted to them, will incur a small additional postal charge of £5.00 per person for Europe and all other countries.

Postage options can be selected and paid for at the point of registration. Runners can also add to their Race Nation account at a later date if required.

FUNDRAISING

Official Charities



One of key aims of the Standard Chartered Jersey Marathon is to raise important funds for our official charities each year. In 2020, the event is supporting Future Makers and St John Ambulance Jersey and we kindly encourage all participants to join us in our fund-raising efforts. Each runner is able to donate to our official charities when signing up or alternatively runners can set up their own personal online fundraising page, and we detail further information below.

Set up of personalised online fundraising pages

All entrants into the Standard Chartered Jersey Marathon – Run from Home Challenge can set up their own online fundraising page. Once a runner has signed up and selected which



charity they would like to fundraise for, they will then be emailed details of how to set up your own fundraising page. If a runner has already entered the race, then they should have already received an email from Race Nation (check your junk box) with instructions on how to set up your own personal online fundraising page.

A community connected

The Ravenscroft Relay Race – Run from Home Challenge will bring together a community of runners from all around the world and we would like to share your challenge stories, your fundraising efforts and learn more about your #RunfromHome course.

We encourage all runners to share their digital challenge race bibs, (this will be emailed to runners in due course), running images, fundraising pages /efforts and course views all on social media.

Tag us in all your social media posts @jerseymarathon and use the hashtags #JerseyMarathon #RunfromHome #RunforaReason #StandardCharteredJerseyMarathon #RuntoInspire

SUBMISSION OF RESULTS

Overview

Runners are required to prove that they have completed their run distance within the required timeframe, in order to qualify for the finisher rewards. Runners will be required to submit time and distance data to organisers via link that will be sent to all participants before the challenge commences.

How do I record my running data?

Runners can record their time and distance running data through any GPS training device, smartphone apps or smartwatches – including Garmin, Apple Watch, FitBit, Misfit, Polar, Suunto, Google Fit, RunKeeper, AppleHealth and MapMyFitness.



Where do I submit/upload my challenge results?

Each relay team will be required to submit data for each runner to prove each person has completed the relay distance. All results will need to be submitted to the organisers via the Race Nation App or Desktop. Results can be uploaded via your Race Nation account by the following methods;

- Manual (Submit an image of your proof)
- Through the Race Nation Timing App/Desktop
- Through Strava you can upload your results to your Race Nation Account.

All results must be uploaded with proof of distance and time. Medals, t-shirts and goodies will not be sent out if results have not been submitted. Before uploading your results, you will need to claim your RaceNation account. The below links explain how you can claim your account and upload your results.

How do I log into my RaceNation account?

<https://support.race-nation.com/article/128-how-to-log-into-your-myracenation-account>

How do I submit results manually?

<https://support.race-nation.com/article/189-how-to-submit-results-through-manual-submission-app>

How do I submit results through the RaceNation timing APP/Desktop?

<https://support.race-nation.com/article/187-how-to-submit-results-through-racenation-timing>

How do I submit results through Strava?

<https://support.race-nation.com/article/186-how-to-submit-results-through-strava>

What is the deadline for submission of challenge results?



All results must be submitted by midnight on 16 October 2020, official results will be announced on Monday 19 October at 17:00. Relay teams who wish to qualify for the grand final live racing must complete their distances on their own course and submit proof of completion to organisers before Monday 12 October by 9am.

Where will the challenge results published?

All results will be displayed on our event website: www.jersey-marathon.com. This will be updated regularly by the organisers throughout the challenge duration.

COURSE CONSIDERATIONS

Challenge explained

The Run from Home Challenge can be undertaken anywhere in the world. Runners are encouraged to plan their route sensibly and ensure that their safety is integral.

Running safety measures

Runners should consider the below options to ensure that a safe run is planned:

- Plan your run course:
- Strongly consider creating a course that minimises running on public roads
- Create a course that avoids high density traffic / public areas
- Consider air temp and winds on the day
- Share your course with friends and family
 - I. Take your phone and check in with friends or family at regular intervals
 - II. Find your run buddies and get them to run your course with you
 - III. If you run solo, then it is essential to plan how your nutrition and hydration strategy for the distance that you are running. Consider hydration running packs for your fluid intake and gels for your added energy requirements.

Team Running Options

Relay teams are made up of colleagues from the same business or groups of friends, and may wish to consider running together on the same day to encourage some top



performances. If you choose to run together, please maintain the local social/physical distancing guidelines in your area.

Relay Race - Courses in Jersey

To support Jersey based relay teams, organisers will be setting up some approximate course distances on the footpath from West park to St Aubin. There will be a series of out and back courses marked on the footpath with turning marker signage to support runners with approximate course distances required to run each leg.

Further information will be published on Jersey-Marathon .com

THE JERSEY CUP – GRAND FINALE

Overview

The Jersey Cup – Grand Finale is a competitive showcase race for a single member of Jersey's fastest Relay Teams (Male, Female and Mixed team categories). It is a stand-alone event that is organised for Jersey based teams only* and will see one runner* from each team take the 9.2km distance that is equivalent to the distance of the final leg of the Ravenscroft Relay Race. (**The event has been designed to comply with the Government of Jersey's policy for events and mass gatherings*)

How do teams qualify?

Relay teams will qualify for The Jersey Cup - Grand Finale race through the submission process of the Run from Home Challenge, where the ten fastest Male, Female and Mixed Teams will be invited to compete in the Grand Finale Race. 30 teams in total will feature.

All relay team runners (1-5) must have entered the Ravenscroft Relay Race, completed their distances on their own course and submitted proof of their times to organisers before **9am on Monday 12 October** in order to be considered for qualification for the live Jersey Cup race. Only a total time for five different runners will be considered.

All details will be confirmed on your invitation, which will be sent on Monday 12 October.

When and where will the race take place?



The Relay Race Grand finale will take place on Wednesday 14 October between noon - 2pm starting on Jersey's Waterfront and heading on the footpath towards St Aubin before turning and returning to the Waterfront for the finish. *Please note that due to Government policy, we are unfortunately not able to welcome any spectators or other team members to watch the race. Please follow us on social media as we will be posting regular updates during the day.

Which team member should run and are there prizes?

Relay teams can select any runner from their team to represent their relay team in the grand finale race. The winning team in each category, Male, Female and Mixed will receive a team trophy.

PARTNER CHARITIES

Fundraising is central to the Run from Home challenge, and all runners will be asked to support the event's two official charities during what has been a very difficult fundraising environment. Runners can either donate at the point of entry or raise sponsorship funds over the course of the event. All funds raised by runners will be split equally between the two official charities Futuremakers and St John Ambulance Jersey.

Futuremakers by Standard Chartered



Futuremakers by Standard Chartered ("Futuremakers"), a global initiative to tackle inequality and promote greater economic inclusion for young people in our



communities, is the official global beneficiary* for the Standard Chartered Jersey Marathon 2020.

Through Futuremakers programmes, we can make a difference in promoting economic inclusion and empowering our next generation to learn, earn and grow. Globally, more than 200 million young people are either unemployed, or they have jobs, but continue to live in poverty due to low income. [1] We believe everyone should have access to opportunities to realise their full potential so all money raised for Futuremakers from this year's event will go toward education, employability and entrepreneurship programmes for disadvantaged young people around the world.

Learn more about Futuremakers <https://www.sc.com/en/sustainability/investing-in-communities/>

St John Ambulance Jersey



During the coronavirus pandemic, many public events have been cancelled, including the Jersey Marathon as well as St John Ambulance's own training sessions, resulting in a loss of income for the local charity. Funds raised through the Jersey Marathon Run from Home event will help the volunteer-led organisation, which is dedicated to the teaching and practice of first aid in Jersey, to continue offering medical support on-Island.

Runners also have the opportunity to support their own chosen charities and the Jersey Marathon welcomes all local charities to use the high-profile nature of the event to fundraise for their own causes, especially in a time when so many fundraising events have already been cancelled.



All runners into the Standard Chartered Jersey Marathon - Run From Home can set up their own online fundraising page. Once registered all runners will receive details via email on how to set up their own fundraising page. To find out more about our incredible charities and entities, please visit the website: www.jersey-marathon.com/charity

SPONSORS

About Ravenscroft

Ravenscroft is an independently owned investment services group based in the Channel Islands, which has £7.45bn of assets under administration for both private and institutional clients from around the world.

We tailor portfolios depending on our clients' aims, objectives, knowledge and experience. We pride ourselves on getting to know our clients and forging genuine relationships with them so we are able to create value for them in the long term. By fostering a reputation for exceptional customer service, integrity and accountability, it is our aim to build the largest Channel Islands' based investment services firm.

We are firm believers that investment opportunities should be accessible for anybody who wishes to pursue them. Our services include execution only trading, advisory investment services, discretionary investment management, market making, corporate finance services, cash management and the dealing in and storage of gold, silver, platinum and palladium via BullionRock.

Ravenscroft employs more than 120 people across the group. We have offices in Guernsey, Jersey and the Isle of Man and a presence in the UK through Vartan Ravenscroft.

Ravenscroft is a significant supporter of the communities within which it operates. As our presence in Jersey has grown so has our support of sport, charities and community events and we are proud to be the main sponsor of the Lions Swimathon, JS Juniors, Jersey Hospice's Tour of Jersey, True Grit WetWheels Challenge and the Jersey Marathon Relay



Race. We are also supporters of Super League Triathlon and The Weekender.
www.ravenscroftgroup.com

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