



RUN FROM HOME CHALLENGE INFORMATION





CONTENTS

Welcome Page	
What is the Run from Home Challenge?	3
<hr/>	
Marathon Categories	
Overseas Participation	4
<hr/>	
Registration Process	
Registration Fees	
Postage of finisher rewards	5-6
<hr/>	
Fundraising	
Personalised Fundraising Page	
Social Media / Photography	6-7
<hr/>	
Submission of Results	8-9
<hr/>	
Course Considerations	10
<hr/>	
Partner Charities	11-12
<hr/>	
Sponsors & Partners	13
<hr/>	



WELCOME

Run from Home with The Standard Chartered Jersey Marathon 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 community 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

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

What is the Standard Chartered Run from Home Challenge?

The Standard Chartered Jersey Marathon - Run from Home Challenge is a virtually managed event that allows runners of all abilities to participate in a running event from their home areas. Runners will select their own course and complete their challenge distance at their own pace, so long as they complete the distance within the defined timeframe for their event category.

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.



MARATHON CATEGORIES

Marathon Categories and Duration

CATEGORY	DISTANCE	DURATION	AGE
Marathon 1 Day Run	26.2 Miles / 42.2K	To complete the distance as a consecutive run within a 24-hour period.	18+
Marathon 2 Day Run	26.2 Miles / 42.2K	To complete the distance as two consecutive runs in a 48-hour period.	18+
Marathon 3 Day Run	26.2 Miles / 42.2K	To complete the distance as three consecutive runs in a 72-hour period.	18+
Half Marathon 1 Day Run	13.1 Miles / 21.09K	To be complete the distance as consecutive run in a 24-hour period.	18+

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

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

Marathon/Half Marathon Individual Fee: £20.00 Entry fees includes the following:

- Access to our free online training advise *Courtesy of Healthaus / Ronhill
- Access to our free online training plans *Courtesy of Healthaus / Ronhill
- Online Registration Fees
- Personalised Virtual Race Bib (To be emailed to runners in due course)
- £5 donation to Future Makers
- Exclusive finisher medal
- Exclusive finisher t-shirt
- Exclusive Standard Chartered Bank Merchandise



- Complimentary postage for Jersey / UK / Guernsey runners. **There will be a supplementary charge of £5.00 for International/EU postage*
- Refreshment Voucher for Channel Islands resident runners only **Courtesy of Standard Chartered Bank*
- Access to a finishers e-goodie bag filled with plenty of discounts
- Entry into comprehensive random prize draw!
- 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 for Europe and all other countries.

Postage options can be selected and paid for at the point of registration. You can also add to your 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 fundraising efforts. Each runner is able to donate to our official charities on registration or alternatively runners can set up their own personal online fundraising page (further information below).

Set Up of Personalised Online Fundraising Page for Official Charities

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, an email will be sent to participants on 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 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 RaceNation app or Desktop.

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.

If you choose to complete the marathon distance over two or three days, then you will be required to submit three lots of running and date data to prove you have completed the total distance as a series of consecutive runs. 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 (GMT) on 16 October 2020. With results being announced on Monday 19 October at 5pm.

Where do I submit/upload my challenge results?

Details and instructions on this will be sent to each runner in due course.

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.

Will there be any prizes?

As this is a challenge, there will not be any prizes awarded for placings. Instead, we will be offering a comprehensive random prize draw, with plenty of prizes up for grabs. We will be sharing more details on this area shortly.



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 their route is safe:

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
- Design a course that takes you past friends and family's houses – use them for drinks/fuelling/ support stations
- Consider a circular course that starts and finishes from your house
- 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 a section of 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.



PARTNER CHARITIES

Fundraising is central to the Run from Home challenge, and all runners will be encouraged 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. 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



SPONSOR

About Standard Chartered

We are a leading international banking group, with a presence in 60 of the world's most dynamic markets and serving clients in a further 85. Our purpose is to drive commerce and prosperity through our unique diversity, and our heritage and values are expressed in our brand promise, Here for good.

Standard Chartered PLC is listed on the London and Hong Kong Stock Exchanges. For more stories and expert opinions please visit [Insights](#) at [sc.com](#). Follow Standard Chartered on [Twitter](#), [LinkedIn](#) and [Facebook](#).

PARTNERS



Standard Chartered
Jersey Marathon
2020



TITLE SPONSOR

Standard
Chartered



JERSEY-MARATHON.COM