



ESSENTIAL EVENT INFORMATION





CONTENTS

Start times / Start Location

Marathon Village

Race pack collection

Runners Seminar

Warm up

3

Getting to and from Relay Stations

Transport

Bag drop

4-7

Last minute drop outs

Substitute runners

Baton

Race Numbers

Altering Race Bibs

8

Course information

Recording of times

Timing Chips

9

Results

Headphones

Bikes on course

Support on course

Medical Assistance

10

Water Stations

Toilets

Prizes

Facilities at changeover points

Changing areas

Post race goodies

Sponsorship money

11-12



When and where will the race be held?

The Standard Chartered Jersey Marathon will be held on Sunday 2 October 2022. The start and finish point is at Weighbridge Place, St Helier. The Marathon starts at 09.00hrs, the **Ravenscroft Relay Race at 09.30hrs** and the Marathon Mile starts at 10.00hrs

Where is the Marathon Village?

The Marathon Village is located at Weighbridge Place, St. Helier. Please see a map [here](#).

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 29 th September	10:00-16:00
Friday 30 th September	10:00-16:00
Saturday 1 st October	10:00-16:00 (extended hours for Overseas Competitors only until 18:00)

Is there a warm up?

Yes. There will be a short 5-minute relay warm up session in Liberation Square at 09:10am that we encourage all relay runners to attend and warm up before the race!

Getting To / From Relay Stations

It is **vitaly important that all Relay Runners use the free coach transfers** to and from each Relay Station and check in on, or before the stated check-in time for each Relay Station.

The amount of traffic on the roads around and near Relay Stations has now become a significant issue for organizers, runners, and our marshals. Therefore, for safety reasons, **we must now enforce that all Relay Runners arrive/depart from Relay Stations using our free coaches.**

Please review the below table to see when your coaches depart and return for your designated Relay Station.

Please note that in 2022, there will be additional road closures around Relay Station 1 (Waterworks Valley) and Relay Station 2 (St Ouen) and so it will not be possible to be dropped off or collected by car at either station. Please note also at Relay Station 2 in St Ouen, the Parish Hall car park will be closed.

For Relay Station 2 (Leg 3 runners) – St Ouen, there will be an additional free coach departing from Les Quennevais School Car Park in St Brelades to Relay Station 2 in St Ouen.



Getting There:

Relay Station	Location	Runner Number	Coach Departure Location	Coach Departure Time	Relay Station Check-in Cut Off Time	Return Transfers
1	Waterworks Valley	2	Steam Clock St Helier	08:40	09:00	Waiting Coaches and shuttle
2	St Ouen	3	Steam Clock St Helier	09:00	09:30	Waiting Coaches and shuttle to St Helier
			Les Quennevais School (morning drop off only)	09:10		
3	Les Quennevais	4	Steam Clock St Helier	09:40	10:15	Waiting Coaches and shuttle
4	Les Quennevais	5	Steam Clock St Helier	09:40	10:30	



Getting There Details:

Running the FIRST leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
The Start – Weighbridge Place, St Helier	Ravenscroft Relay Race Stations No.1 Waterworks Valley	<ul style="list-style-type: none"> When you have completed your leg you can catch a bus back to Weighbridge Place from Waterworks Valley.
Running the SECOND leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Ravenscroft Relay Race Stations No.1 Waterworks Valley	Ravenscroft Relay Race Stations 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
Running the THIRD leg?		
Where do you Start?	Where do you Finish?	Bus Service & things you need to know
Ravenscroft Relay Race Stations No.2 St Ouen	Ravenscroft Relay Race Stations No.3 Cycle Track Les Quennevais	<ul style="list-style-type: none"> Your bus leaves The Steam Clock in St. Helier at 09:00hrs OR at 09:10hrs from Les Quennevais School. Don't miss them! Runners (only) using the Les Quennevais coach can park at the school. 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 or walk to Les Quennevais School to collect your car. The buses for St Helier 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 FOURTH leg?		



Where do you Start?	Where do you Finish?	• Bus Service & things you need to know
Ravenscroft Relay Race Stations No.3 Cycle Track, Les Quennevais	Ravenscroft Relay Race Stations 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 09:40hrs and will drop you at Communicare near the entrance to Les Quennevais. You will need to walk 5 minutes to your Relay Station. 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
Ravenscroft Relay Race Stations 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 the back of your bib.</u> The bus leaves The Steam Clock at 09:40hrs and will drop you at Communicare near the entrance to Les Quennevais. You will need to walk 5 minutes to your Relay Station. Changing facilities and showers are available at the marina.

Where do I leave my bag?

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 Stations 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 Stations Point 1 – Waterworks Valley	On Reaching Relay Stations 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 Stations Point 2 – St. Ouen	On Reaching Stations 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 Stations Point 3 – Les Quennevais	On Reaching Stations Point 4 – Les Quennevais (Hockey Astroturf)
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 Stations 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 Stations 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 cannot guarantee to runners exactly what time they will arrive. Therefore,



please try and communicate with your team and organize 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 3D Events, 1 Waterloo Street, St. Helier, JE2 4WT.

If one of my team members drop 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 Stations 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 Stations 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, a red wristband will be passed between runners as a baton.

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. Please do not swap race numbers with your team members as this could compromise medical treatment should an emergency arise. Remember, only runners 1 and 5 will have the chip on their timing bibs.

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 standard size and measure 220mm width X 210mm height, please ensure your race outfits will allow your race bib to fit comfortably on your front of your race top.



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. For full details on road closure, please click [here](#).

Will the Ravenscroft Relay Race be timed?

Yes. The BibTag 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 **TWO** timing chipped bibs in your race pack – Runner 1 and Runner 5 must wear these bibs – it is essential in order to get your time. Relay Runners 2, 3 & 4 will wear bibs with no timing chip. For 2022, there will be no split time for the relay legs, only a total team time.

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.

Where is my timing chip?

The timing chip will be embedded into two of the race bibs. **These chipped bibs need to be with the first and last relay runner and worn on the front.** Please see the image of the back of the bib to show you what you should expect.

How are winners determined?

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

Please complete all details below in **BLOCK CAPITALS** using a ball point biro / waterproof ink. Only the **registered participants** should wear this bib number. **The swapping of numbers is prohibited.**

IMPORTANT RUNNER INFORMATION In case of Medical Emergency

Surname: _____ Forename: _____
Address: _____

IMPORTANT TIPS FOR GUARANTEED TIMING

DO:
✓ Ensure this bib number is clearly visible.
✓ Use a pin in each corner.
✓ Wear this bib number on your chest.



DO NOT:
✗ Remove the foam spacer.
✗ Fold, crumple or twist your number.
✗ Cover your number when crossing timing mats (eg. Stopping your watch etc.)

TIMING BY FR SYSTEMS LTD
(www.frsystems.co.uk / info@frsystems.co.uk)



Name of Emergency Contact: _____
Their Home Phone: _____ Their Mobile Phone: _____

Is anyone with you at this event? Yes ☐ No ☐

Their Name: _____ Their Mobile Phone: _____

Please list any medical conditions / allergies / current medication details

If you have any medical conditions or allergies please mark a large cross in RED on the front of this bib number



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 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. This is against UK athletics rules and therefore runners who are being followed by friends on bikes could 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 Race Stations 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 around the course and at the finish line?

Yes. There will be twelve water stations at regular intervals along the course. 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 Stations. 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

*First place teams will be awarded one large team trophy and a trophy each and second and third place teams will be awarded one team trophy in the above categories.

The Industry Cup categories are:

- | | |
|----------------------------|-----------------|
| • The Bank Cup | 1 st |
| • The Law Cup | 1 st |
| • The Trust Cup | 1 st |
| • The Accountant Cup | 1 st |
| • The States of Jersey Cup | 1 st |
| • The Investment Cup | 1 st |
| • The Digital Cup | 1 st |

When will the prizes be given out?

Prizes for the Marathon, Ravenscroft Relay Race and Marathon Mile will be awarded at 15:00hrs at a prize giving to be held in the Marathon Village marquee.

What facilities are there at the relay stations?

The following will be available at each Stations point:

1. Water supplies (Jersey Water container)
2. Marquee for bag drop/collection and for shelter
3. Toilets
4. PA system with BBC Radio Jersey coverage
5. A team of lovely helpful marshals



Will there be changing areas and showers facilities?

- **Start/ Finish** There will be changing facilities within the Marathon Village that are open from 11:00. The shower facilities at St Helier Marina will be open between the hours of 11:00 – 16:00. You will find them a short walking distance from the finish line.
- **Relay changeover over 1 / Waterworks Valley** No changing facilities
- **Relay changeover over 2 / St.Ouens** No changing facilities
- **Relay changeover over 3 and 4 / Les Quennevais** Changing facilities available within Les Quennevais Sports Centre.

When do I collect my goodie bag?

The relay race goodie bags will again 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?

Most sponsorship money is collected online, however if you have collected funds manually then 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 Events, 1 Waterloo Street, St Helier, JE2 4WT.

Good Luck!