



TITLE SPONSOR



ESSENTIAL EVENT INFORMATION





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When and where will the race be held?

The Standard Chartered Jersey Marathon will be held on **Sunday 6 October 2024**. 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 the google map link [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 3 rd October	10:00-16:00
Friday 4 th October	10:00-16:00
Saturday 5 th October	10:00-16:00 (<i>extended hours for Overseas Competitors only until 18:00</i>)

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 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.

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

Yes. Marathon runners have a bib with a green background. Relay Runners will have red bibs and they will also wear two bibs (one on the front and one on the back).





How are the 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.

Where is my timing chip?

Your timing chip will be embedded within the race bib. Please see the image of the back of the bib to show you what you should expect.

Please complete all details below in **BLOCK CAPITALS** using a ball point biro / waterproof ink. Only the **registered participant** 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).

MYLABS 2 **DO NOT REMOVE OR FOLD**

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

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 my time be on the official Jersey Marathon website?

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

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.



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. 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 two ambulances and a paramedic around the course. There will also be a static First aid post at Les Quennevais and Finish line. 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 Radnor 330ml bottled water and Lucozade Sport Orange will be on the course for Marathon runners.

What fuelling options will be provided at a water station?

Lucozade Sport Orange will be available from water station 4 onwards and at the finishing line. In addition, Jelly Babies, Dairy Milk Chocolate, and bananas will be provided from station 3 onwards.

Are there toilets on the course?



Yes. There are toilets at the start and finish of the race and at each Relay Race station point. Additionally, there are a number of public toilets around the course.

Are there pacers on the course?

Yes. There will be pacers on the course, who will be wearing a pacer flag which shows the time which they will finish in. We are delighted to welcome the following pacers to the event in 2024.

- ❖ 3hr30 – Brenton Lee
- ❖ 4hrs – Simon Finch
- ❖ 4hr30 - TBC

What are the race categories for prizes?

There are a number of race categories and prizes being awarded, detailed as follows:

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

Prizes for the Marathon, Relay Race and Marathon Mile 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 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 3D Events, 1 Waterloo Street, St. Helier, JE2 4WT 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 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.



Will there be massage therapists available after the race?

Yes. There will be massage therapists 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 minimize the impact on the runners and to ensure that the race is safe for participants and the public alike.

Please look [here](#) for a full list of road closures.

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.

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 Organizers, Standard Chartered Jersey Marathon, C/O 3D Events, 1 Waterloo Street, St Helier, JE2 4WT.

Join us on [Strava](#) on race day!

GOOD LUCK!

