



Marathon Runners

Essential Event Information

When and where will the race be held?

The Guernsey Marathon will be held on **Sunday 25 October 2020**. The start and finish area is located at Castle Pier, St Peter Port. **The Marathon starts at 09.00hrs**, the Mourant Relay Race at 09.30hrs and the 2K Fun Run starts at 10.00hrs.

Will the Marathon and the Relay Race start at the same time?

No. There will be a 30-minute gap between the start of the two races. The Marathon starts at 09.00hrs and the Mourant Relay Race at 09.30hrs.

Where is the Marathon Village?

The Marathon Village is located at Castle Pier, near Castle Cornet. Please see a map on the following link: <https://bit.ly/2q4R96Y>

Where do I collect my race pack?

All runners must collect their race packs from the Marathon Village (marquee on the grass on Castle Pier). Registration is open at the following times:

Friday 23 October 12:00 - 14:00

Saturday 24 October 10:00 - 16:00

***please note that there will be no race pack collection on the morning of the race**



Where does the race number go?

Runners must pin your race number on the front of your race top (safety pins will be available at registration marquee). Your bag tag is attached to your race number. Please note that it is against the official rules to alter your race bib. Please note that your timing chip is embedded into your bib, please do not tear, wrinkle or fold your race bib.

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

Yes. Marathon runner race bib will be green (see picture above). Relay runner bibs will be red.

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 the race rules.

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. **It is vital that you let us know that you will not be completing the course and that you are fit & well.** If you need medical assistance, they will arrange this.

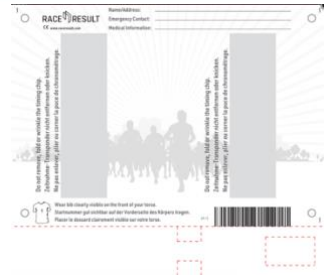


26.2 MILES AROUND THE COASTLINE OF GUERNSEY

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 runner crosses the start and finish line. All runners will have a chip embedded in their race bib. Please do not remove, wrinkle or fold the timing chip.



Will my time be displayed on the website?

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

How are winners determined?

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

What are the race categories?

There are a number of race categories and trophy prizes will be awarded to:

- ❖ 1st, 2nd and 3rd Male
- ❖ 1st, 2nd and 3rd Female

When will the prizes be given out?

Prizes for the Marathon and Relay Race & Industry Cups will be awarded at 15:00hrs at a prize giving to be held in the Marathon Village marquee. Winners will be contacted via mobile phone to let them know about attending prize giving.

Will there be water stations round the course and where?

Yes, there will be eight water stations every 5km around the course. The Water Stations are kindly sponsored by IQ-EQ, and their friendly team of volunteers will be there to make sure you stay hydrated. Make sure you give them a smile.

No.	Where	Distance	What's there
1	Route Des Cornus	5KM	Water
2	Rue Des Peltiers	10KM	Water, jelly babies and dairy milk chocolate
3	Route De La Lague	15KM	Water, jelly babies and dairy milk chocolate
4	Route De La Perelle	20KM	Water, bananas jelly babies and dairy milk chocolate
5	Rue De La Saline	25KM	Water, Lucozade Orange, bananas, jelly babies and dairy milk chocolate
6	Cote Des Amarreurs	30KM	Water, Lucozade Orange, jelly babies and dairy milk chocolate
7	Les Mieles Road	35KM	Water, Lucozade Orange, bananas, jelly babies and dairy milk chocolate
8	Bulwer Avenue	40KM	Water, Lucozade Orange, bananas, jelly babies and dairy milk chocolate

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.

Will there be medical assistance?

www.guernsey-marathon.com





26.2 MILES AROUND THE COASTLINE OF GUERNSEY

Yes. St John's Ambulance are supporting the event and will have an ambulance and a paramedic around the course. There will also be a static first aid post at the Finish line with an ambulance.

Where do I leave my bag?

You can leave your bag in the designated bag drop area at the start of the race. There will be a clearly marked area inside the Marathon Village next to the Information desk. Please mark the bag clearly with your bag tag which needs to be teared off your race bib (see image above). Do not leave any valuables in the bag. The organisers cannot accept any responsibility for bags left in their care.

Will there be changing areas and shower facilities?

There will be no changing areas or shower facilities in the Marathon Village.

Will there be massage therapists available after the race?

Yes, we are delighted to be working with Guernsey Therapy Group, who will be providing massage to our runners at the finish.

What parking facilities are available?

The majority of town car parks will be available as normal, Castle Pier will have no parking available. 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 going to be closed?

Not all of them. The busy roads in town will be coned off and managed with Police support during the start of the race. On other areas of the course the Police and marshals 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 – runners must stay left. Please ensure that you stay aware of the traffic and follow the instructions of the Police and the Marshals – they are there for your safety.

FAQ's

Can I run with my headphones/earphones in?

No in-ear headphones/earphones are allowed on the course; the only exception is Bone Conductor Headphones as these do not obstruct the runner's 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.

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.

Good Luck!