



# Relay 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 Castle Pier, St Peter Port. The Marathon starts at 09.00hrs, the **Marrant Relay Race starts at 09.30hrs** and the 2k Fun Run starts at 10.00hrs.

### Where is the Marathon Village?

The Marathon Village is located on Castle Pier in St Peter Port. Check out the interactive course map for more details: [COURSE MAP](#)

### Where do I collect my race pack?

All runners must collect their race packs ahead of race day, 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 registrations or race pack collection on the morning of the race***

### Where does the race number go?

Runners must pin their race number on the front of their race top (safety pins will be available at the registration marquee). Runners bag tags will be attached to their race bib.



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.

### **!!VERY IMPORTANT!!**

**TEAMS OF 5** - Only the first and last runners' bib will have a transponder (timing chip) embedded into it. The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> runner will have a bib that looks similar but DOES NOT have a chip in it. In order to get a chip time, the first and last runner must be wearing the embedded chip bibs. You will be able to see which bibs have the timing chip in them by looking on the back. THIS IS VERY IMPORTANT so that your team gets a time for the relay race!

**TEAMS OF 2** – both race bibs will have transponder (timing chips) embedded into them.

Please complete the necessary emergency details before the race. Please do not swap race numbers with your team members as this will compromise timing and medical treatment should an emergency arise.

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



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

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

**How are winners determined?**

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

**What are the race categories?**

|  |   |
|--|---|
| <p>Trophy prizes will be awarded to:</p> <ul style="list-style-type: none"> <li>• Male Team 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup></li> <li>• Female Team 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup></li> <li>• Mixed Team 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup></li> </ul> | <p>The Industry Cup categories are:</p> <ul style="list-style-type: none"> <li>• Mourant Law Cup</li> <li>• IQ-EQ Investment Cup</li> <li>• Trust Cup</li> <li>• LTS Tax Accountancy Cup</li> <li>• Bank Cup</li> <li>• States of Guernsey Cup</li> </ul> |
|--|---|

**When will the prizes be given out?**

Prizes for the Marathon and Relay Race including the Industry Cups will be awarded at 15:00hrs at a prize giving to be held in the Marathon Village. Winners should be able to attend the prize-giving and organisers will also contact runners who have placed in the top three, via mobile phone to confirm their attendance at the prize giving.

**Will the team times be displayed on the website?**

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

**Will there be parking at the Relay Race Change Over Points?**

There are no facilities for parking at the Relay Race change over points, and we actively discourage runners from attempting to park at relay stations. Free Buses for relay runners have been organised from St Peter Port to each relay station, and again for return shuttles back to the race finish, for runners who have finished their relay leg. We need to limit the amount of traffic on the route and ensure that relay runners are at their locations on time. All relay runners are strongly encouraged to use the coach transport provided, rather than using own vehicles.

**Will transport be provided to each Relay Change Over Point?**

Yes, there will be coaches running from the bus terminal at the end of Castle Pier to each of the four relay stations. We kindly ask all relay runners to use the coaches to avoid unnecessary traffic at each location. Please see below for the coach timetable.



How do I get to my Relay Change Over Point?

## BUS INFORMATION

Running the first leg?

| Where do I Start?             | Where do I Finish?  | Bus Departs to Relay Station | Bus departs return to St Peter Port |
|-------------------------------|---------------------|------------------------------|-------------------------------------|
| The Start line on Castle Pier | The Mallard Complex | N/A                          | 10:15 & 10:40                       |

Running the SECOND leg?

| Where do I Start?               | Where do I Finish?                  | Bus Departs to Relay Station | Bus departs return to St Peter Port |
|---------------------------------|-------------------------------------|------------------------------|-------------------------------------|
| Relay Station 1 Mallard Complex | Relay Station 2: The Imperial Hotel | 08:40                        | 10:35 & 11:30                       |

Running the THIRD leg?

| Where do you Start?                | Where do you Finish?        | Bus Departs to Relay Station | Bus departs return to St Peter Port |
|------------------------------------|-----------------------------|------------------------------|-------------------------------------|
| Relay Station 2 The Imperial Hotel | Relay Station 3 Vazon Tower | 09:00                        | 11:00, 11:30 & 12:00                |

Running the FOURTH leg?

| Where do you Start?         | Where do you Finish?                      | Bus Departs to Relay Station | Bus departs return to St Peter Port |
|-----------------------------|---|------------------------------|-------------------------------------|
| Relay Station 3 Vazon Tower | Relay Station 4 The Beach House, Pembroke | 09:35                        | 11:40 & 13:00                       |

Running the FIFTH leg?

| Where do you Start?                       | Where do you Finish? | Bus Departs to Relay Station | Bus departs return to St Peter Port |
|---|----------------------|------------------------------|-------------------------------------|
| Relay Station 4 The Beach House, Pembroke | The Finish Line!     | 10:00                        | N/A                                 |

Where do I leave my bag and how do I get it back?  
[www.guernsey-marathon.com](http://www.guernsey-marathon.com)





| Runner 1    | On Leaving Castle Pier   | On Reaching Relay Change Over Point 1 – Mallard Complex   |
|-------------|--|---|
| RUNNER BAGS | <ol style="list-style-type: none"> <li>1. Leave your bag in the designated bag drop area next to the Information desk inside the Marathon Village.</li> <li>2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag.</li> </ol> | <ol style="list-style-type: none"> <li>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!)</li> <li>2. Double check you have picked up the bag with your team's race number on it.</li> <li>3. Return to Castle Pier on the coach</li> </ol> |
| Runner 2    | On Leaving Relay Change Over Point 1 – Mallard Complex   | On Reaching Relay Change Over Point 2 – Imperial Hotel  |
| RUNNER BAGS | <ol style="list-style-type: none"> <li>1. Leave your bag inside the marquee.</li> <li>2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag.</li> </ol>   | <ol style="list-style-type: none"> <li>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!)</li> <li>2. Double check you have picked up the bag with your team's race number on it.</li> <li>3. Return to Castle Pier on the coach</li> </ol> |
| Runner 3    | On Leaving Relay Change Over Point 2 – Imperial Hotel  | On Reaching Change Over Point 3 – Vazon Bay   |
| RUNNER BAGS | <ol style="list-style-type: none"> <li>1. Leave your bag inside the marquee.</li> <li>2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag.</li> </ol>   | <ol style="list-style-type: none"> <li>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!)</li> <li>2. Double check you have picked up the bag with your team's race number on it.</li> <li>3. Return to Castle Pier on the coach</li> </ol> |
| Runner 4    | On Leaving Change Over Point 3 – Vazon Bay   | On Reaching Change Over Point 4 – The Beach House, Pembroke   |
| RUNNER BAGS | <ol style="list-style-type: none"> <li>1. Leave your bag inside the marquee.</li> <li>2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag.</li> </ol>   | <ol style="list-style-type: none"> <li>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!)</li> <li>2. Double check you have picked up the bag with your team's race number on it.</li> <li>3. Return to Castle Pier on the coach</li> </ol> |
| Runner 5    | On Leaving Change Over Point 4 – The Beach House, Pembroke   | On Reaching the Finish – Castle Pier  |
| RUNNER BAGS | <ol style="list-style-type: none"> <li>1. Leave your bag inside the marquee.</li> <li>2. Please mark your bag clearly with your team's race number and do not leave any valuables in the bag.</li> </ol>   | <ol style="list-style-type: none"> <li>1. Arrange to meet runner 4 so that you can collect your bag from them</li> </ol>  |

### What happens to our bags if not collected by our teammates?

If bags are not collected at the changeover points, they will be returned to the Information Tent at Castle Pier. Getting bags back to the Castle Pier can take a long time due to the heavy traffic on race day and whilst we endeavour to get them back to the Castle Pier on race day, we cannot guarantee to runners



**mourant**

exactly what time they will arrive. Therefore, please try and communicate with your team and organise yourselves and your bags accordingly to save yourselves any unnecessary waiting time.

### **If one of my team members drops 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 change over point. We will require the medical details of any new substitute runners, before they can race.

### **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 communicate with the race command centre to ensure that the next Relay Race change over 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. Please note that in such a circumstance, runners should only set off at their own predicted time, they should not use this as an opportunity to depart a relay station early, and at no time should they leave before the first ten teams have passed through a relay station. Please liaise with the relay station manager for further details on when to depart.

### **What happens at the Relay Change over points?**

Arriving runners will enter the relay changeover station and seek to hand tag the waiting runner. Relay station staff will call out the bib numbers of arriving runners, and so waiting runners should be listening carefully for their race number being called out. Waiting runners will be congregated into a waiting pen, until the hand tag takes place, after this action has taken place then the waiting runner may depart the relay station and continue the team's race. Our wonderful team of Mourant volunteers will be there to support and guide relay runners!

### **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.

### **Are the roads going to be closed?**

Not all of them. The busy roads in town will be coned off and managed with Police 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. 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.

### **Will there be medical assistance?**

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, with a paramedic at the finish line with an ambulance.



| No. | Where               | Distance |
|-----|---------------------|----------|
| 1   | Route Des Cornus    | 5KM      |
| 2   | Rue Des Peltiers    | 10KM     |
| 3   | Route De La Lague   | 15KM     |
| 4   | Route De La Perelle | 20KM     |
| 5   | Rue De La Saline    | 25KM     |
| 6   | Cote Des Amarreurs  | 30KM     |
| 7   | Les Mieles Road     | 35KM     |
| 8   | Bulwer Avenue       | 40KM     |

**Will there be water stations round the course and at the finish line?**

Yes, there will be 8 water stations at approx. 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!

**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 change over point. Additionally, there are a number of public toilets around the course.

**What facilities are there at the changeover points?**

1. Water supplies
2. Marquee for bag drop/collection and for shelter
3. Toilets
4. A team of lovely helpful marshals

**Runner rewards**

All finisher t-shirts and medals should be collected from the Marathon Village on Castle Pier. Please present your race bib to obtain your goodies.

**Can I run with my headphones/earphones in?**

No in ear headphones/earphones are allowed on the course. The only exception is the use of 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. 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.

**Will there be changing areas and shower facilities?**

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

We can't wait to see you on Sunday 25 October 2020 – make sure you tag your team photos on social media: @GuernseyMarathon #MourantRelayRace

**Good Luck!**