



## Swim Run Jersey 2024: Saturday 14 September

### Competitor Information

Version 3: 11 Sept 2024

#### Race Pack Collection and Kit Check

Mandatory kit checks and collection of your race bib, swim cap and luggage label will take place on Friday 13 September from the **Rock n Road shop** located in Liberty Wharf. Please see collection times below:

- **Collection Time 1: 12:00 – 14:30**
- **Collection Time 2: 16:00 – 18:00**

If you cannot attend the race pack collection on Friday 13 September, please contact [enquiries@3d-events.co.uk](mailto:enquiries@3d-events.co.uk).

Please see below the mandatory required kit for solo and team entries.

Required Kit	
Each Team Member Must Have:	Solos Must Have:
<ul style="list-style-type: none"><li>• Swimrun Wetsuit in good condition</li><li>• Trainers</li><li>• Whistle</li><li>• Reusable cup/flask/bottle (Full participants must have a 500ml bottle/bladder)</li><li>• Race Bib (Provided at Race Pack Collection)</li><li>• Swim Cap (Provided at Race Pack Collection)</li></ul>	<ul style="list-style-type: none"><li>• Swimrun Wetsuit in good condition*</li><li>• Trainers</li><li>• Whistle</li><li>• Reusable cup/flask/bottle**</li><li>• Inflated and brightly coloured tow float</li><li>• Race Bib (Provided at Race Pack Collection)</li><li>• Swim Cap (Provided at Race Pack Collection)</li></ul>
<b>Optional Kit:</b> Tow Ropes, Paddles, Pull Buoys, Fins (no longer than 15cm, measured from the toe) and any nutrition/hydration (must be carried from by start)	

*\*For the Intro distance a wetsuit is optional but recommended.*

*\*\* For the Intro distance a reusable cup/flask/bottle is optional.*

#### Virtual Safety Briefing

The safety briefing will take place virtually on **Friday 13 September at 18:30** via zoom. The briefing will last approximately 45 minutes and will also give competitors the opportunity to ask questions.

#### **Virtual Safety Briefing Zoom Link:**

The safety briefing is mandatory for all participating athletes and please note, that Zoom takes a register of attendees. If for any reason you are unable to attend the briefing, please notify organisers at [enquiries@3d-events.co.uk](mailto:enquiries@3d-events.co.uk).

## **Start Times and Location**

Swim Run Jersey will start on **Gorey Castle Green** on Saturday 14 September 2024. The race will start in three separate waves. Please see your allocated start time below:

- **08:00 – Full, Standard and Sprint Distance**
- **08:10 – Experience Distance**

Due to limited parking at Gorey Castle, all athletes should be dropped by the Dolphin Restaurant, in Gorey Harbour and then walk up the public path to Gorey Castle. The path is located behind the public toilets.

## **Athletes' Transport**

A free shuttle service to race start will be running on the morning of the race, collecting athletes from St Brelade, St Aubin and St Helier. This must be booked in advance via your Race Nation registration, as places are limited.

***Please arrive for morning coaches at least 10 minutes before departure time.***

The schedule and pick up locations, on Saturday 14 September are as follows:

- St Brelade | **06:30** | Pick up from the **bus layby opposite l'Horizon hotel**
- St Aubin | **06:40** | Pick up from the **bus layby near citicabs**
- St Helier | **06:50** | Pick up from **Le Petit Train layby at Liberation Square**

We will be offering one free transport service from Sorel (Sprint Finish) to Portelet Inn (Full Finish) at 13:00. This must be booked in advance via your Race Nation registration, **as places are limited.**

## **Key Race Timings – Saturday 14 September**

### **Check In**

Location: Gorey Castle

Time: 07:00 onwards

*Please arrive in plenty of time to check in with our event team before race start. Please arrive changed and ready to race as there are no changing facilities at the start and you will not be allowed to enter the castle to change.*

### **Bag Drop**

Location: Gorey Castle

Time: 07:30

*Please ensure your bag is labelled with your race category and bib number (e.g Intro/1). All dropped bags will be transported to the appropriate finish line. **REMEMBER TO PACK something warm/dry to change into after the event and nutrition for post event. We recommend bringing a changing robe or dry robe as there will be no changing facilities at the finish.***

### Full, Standard and Sprint Race Start

Location: Gorey Castle

Time: 08:00

### Intro Race Start

Location: Gorey Castle

Time: 08:10

*Please do not be late to race start. If you miss the starter gun or do not have your mandatory kit when spot checked, you will not be allowed to start.*

### Prize Giving for all Categories

Location: Portelet Inn

Time: 19:30 - *Please note if athlete's finisher earlier, the prize giving will be brought forward.*

*We encourage all athletes, volunteers, safety teams, supporters, and spectators to enjoy a drink and food at Portelet after the event. Spectators can book a table at Portelet in by contacting them here: <https://randalls-jersey.co.uk/the-portelet-inn-booking/> and referencing Swim Run Jersey in the comments section.*

### Cut Offs

There are cut offs on all checkpoints and swim stages which will be strictly enforced. The cut offs are enforced to ensure athlete's safety and to support the welfare of our volunteer and

Checkpoints	Cut Off Time
<b>Checkpoint 1</b> Fliquet Tower Car Park (Sprint, Standard & Full)	10:00
<b>Checkpoint 2</b> Coast Path Terrace Bouley Bay (Sprint, Standard & Full)	11:15
<b>Checkpoint 3</b> La Saline Car Park, St John (Standard & Full)	13:35
<b>Checkpoint 4</b> Jersey Rifle Association Hut (Standard & Full)	14:30
<b>Checkpoint 5</b> Grosnez Castle Car Park (Full)	15:55
<b>Checkpoint 6</b> Le Port Beach Steps (Full)	17:05
<b>Checkpoint 7</b> Beauport Car Park (Full)	18:15

Swims	Cut Off Time For Swim Entry
<b>Swim 1</b> Anne Port - Archirondel (Intro, Sprint, Standard & Full)	08:25
<b>Swim 2</b> Belval Beach - St Catherine's Breakwater (Intro, Sprint, Standard & Full)	09:35
<b>Swim 3</b> Le Couperon - Rozel Harbour (Sprint, Standard & Full)	10:10
<b>Swim 4</b> Bouley Bay - Hardtack Beach (Sprint, Standard & Full)	11:15
<b>Swim 5</b> Giffard Bay - Bonne Nuit Harbour (Sprint, Standard & Full)	12:40
<b>Swim 6</b> Octopus Pool - Greve de Lecq (Standard & Full)	14:45
<b>Swim 7</b> Beauport - St Brelade's Bay (Full)	18:20
<b>Swim 8</b> Portelet Fishermen's Platform - Portelet Beach (Full)	19:25

water safety teams. Please see below the different cut off times for the checkpoints and swims.

## **Checkpoints & Nutrition**

### **Hydration**

All checkpoints will be stocked with water and electrolyte drinks.

**\*\*Please note there will be no TRIBE bars at the stations\*\***

#### **Checkpoint 1 – Fliquet Tower Car Park**

Nutrition: Bananas | Ready Salted Crisps | Jelly Babies | Jaffa Cakes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 2 – Coast Path Terrace Bouley Bay**

Nutrition: Oranges | Jelly babies | Salted Pretzels | Jaffa Cakes | Salted Potatoes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 3 – La Saline Car Park, St John**

Nutrition: Bananas | Jelly Babies | Jaffa Cakes | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 4 – Jersey Rifle Association Hut**

Nutrition: Oranges | Jelly Babies | Ready Salted Crisps | Jaffa Cakes | Salted Potatoes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 5 – Grosnez Castle Car Park**

Nutrition: Bananas | Jelly Babies | Salted Pretzels | Jaffa Cakes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 6 – Le Port Beach Steps**

Nutrition: Oranges | Jelly Babies | Ready Salted Crisps | Jaffa Cakes | Salted Potatoes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

#### **Checkpoint 7 – Beauport Car Park**

Nutrition: Bananas | Salted Pretzels | Jelly Babies | Tribe Bars | Jaffa Cakes | OTE Electrolyte Gels (limited selection either Blackcurrent, Lemon & Lime or Strawberry) | OTE Energy Chews (Apple or Strawberry) | OTE Energy & Electrolyte Drink (Lemon & Lime)

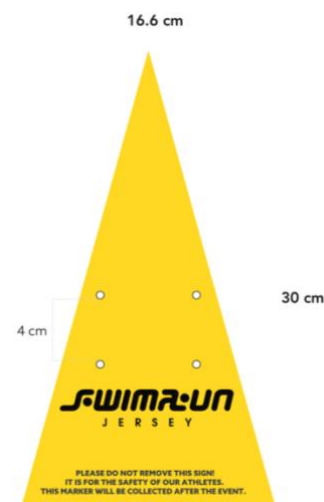
### **Finish**

**There will be no nutrition at the finish line. There will be water and we strongly advise those finishing the Sprint and Standard to put finish nutrition in their bags, which will be waiting for them at the finish line. Additional hot food available to purchase from Portelet Inn at the Full Finish and the Farmhouse at the sprint finish.**

If you have any dietary requirements or allergies, please inform the organising team on [enquiries@3d-events.co.uk](mailto:enquiries@3d-events.co.uk).

## Course Signage

The course will be well signed by small yellow triangles which say Swim Run Jersey. It is important that you follow the arrows, to ensure that you complete the correct route.



## Prize Giving

Presentations for all categories will take place at 19:30 at Portelet on Saturday 14 September. Please see below the list of prizes available:

Swim Run Jersey 2024 Prizes				
Intro	Sprint Solo	Sprint Team	Standard	Full
<ul style="list-style-type: none"><li>• 1<sup>st</sup> Male</li><li>• 1<sup>st</sup> Female</li></ul>	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Male</li><li>• 1<sup>st</sup> Female</li><li>• 2<sup>nd</sup> across the line</li><li>• 3<sup>rd</sup> across the line</li></ul>	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Male</li><li>• 1<sup>st</sup> Female</li><li>• 1<sup>st</sup> Mixed</li><li>• 2<sup>nd</sup> across the line</li><li>• 3<sup>rd</sup> across the line</li></ul>	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Male</li><li>• 1<sup>st</sup> Female</li><li>• 1<sup>st</sup> Mixed</li><li>• 2<sup>nd</sup> across the line</li><li>• 3<sup>rd</sup> across the line</li></ul>	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Male</li><li>• 1<sup>st</sup> Female</li><li>• 1<sup>st</sup> Mixed</li><li>• 2<sup>nd</sup> across the line</li><li>• 3<sup>rd</sup> across the line</li></ul>

*Please note athletes can only win one prize, meaning if 2<sup>nd</sup> across the line has also come first in one of the above categories, the 2<sup>nd</sup> prize will go to the next competitor/team to cross the finish line.*

## Portelet Inn Food and Drink

Portelet Inn will be running an all-day menu specially for our athletes, spectators, supporters and volunteers to purchase and enjoy. We encourage Experience and Sprint finishers to make their way to Portelet after racing, to cheer on the Full finishers and enjoy a drink/food with other athletes. Spectators/athletes can book a table at Portelet in by contacting them here: <https://randalls-jersey.co.uk/the-portelet-inn-booking/> and referencing Swim Run Jersey in the comments section.

## Return Transport from the Finish Lines

### Public Buses

There are public buses which run regularly from each of the finish lines back to the main bus station in St Helier. The bus costs £2.25 and accepts both cash, card and apple wallet payments.

Please see below the different public bus options:

- **Intro Finish Line - St Catherine's Breakwater to St Helier:** Bus Number 2 and Bus Number 2A
- **Sprint Finish Line - Sorel, St John to St Helier:** Bus Number 5 and Bus Number 7 (*Please note these buses go from St John's Church which is a 5-minute walk away from the finish line*)
- **Standard Finish Line – Grosnez to St Helier:** Bus Number 8
- **Full Finish Line – Portelet Inn to St Helier:** Bus Number 12A

View all the [bus timetables here](#).

### Taxis

There are also several taxi companies on the Island. We recommend booking in advance as they can be busy on a Saturday evening.

Please see a list of taxi numbers below:

- Yellow Cabs – 01534 888888
- Domino Cabs – 01534 747047
- Liberty Cabs – 01534 767700
- Cititcabs – 01534 499999

We encourage all Experience athletes to join us at Portelet later in the afternoon to celebrate your achievement and cheer on Full course finishers. For Sprint finishers who have booked transport, we have arranged transport to take you from your Sprint Finish to the Portelet Inn where the Full course finishes.

*Please note there will be a changing area at Portelet Inn.* For those who don't want to go directly to Portelet, we kindly ask you to arrange your own transport to get you to where you need to go. Once again, we encourage you to join us later in the afternoon to celebrate your achievement and cheer on Full course finishers.

*Disclaimer: Please note these plans are all correct at the time of writing, however we reserve the right to change plans for logistical reasons and to ensure athlete safety.*