



Sunday 15 May 2016
13K Durrell Challenge
Runner Race Information (FAQ's)
Published on 9 May 2016

When and where will the race be held?

The Durrell Challenge 13k Race will be held on Sunday 15 May 2016. The start point is at People's Park, St Helier and the finish point is at the Durrell Wildlife Park in Trinity. The race starts at 09.00hrs.

Is the race licensed by UK Athletics?

Yes the Durrell Challenge 13k race has a restricted license issued by UKA. This restricted license means that whilst the race will operate under UKA guidelines an official course measurer accredited to UKA does not measure it.

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 the below locations at times displayed.

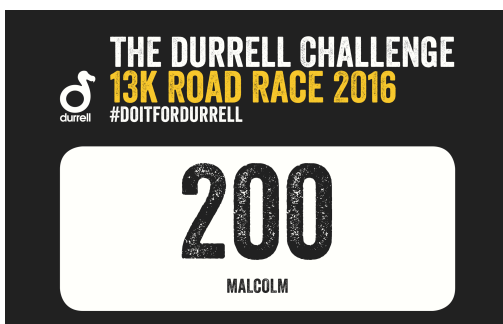
- **Friday 13 May – 10:00-18:00;** Collect from 3D Events office. First Floor, 1 Waterloo Street, St Helier. The building is on the corner opposite the central Market above the Jersey Pottery Ceramic Shop.
- **Saturday 14 May – 10:00-18:00;** Collect from the Durrell / 3D Events Marquee in North East Corner of Peoples Park. NB: The 'Ark on the Park' event is taking place on Peoples Park on Saturday. We have kindly been offered a small space for our Race Pack Collection Marquee. We will be in the North East corner near the traffic light crossing.
- **Sunday 15 May - 07.30-08.30;** Collect from Race Marquee near start line in Peoples Park

Is there a warm up?

Yes. Henry Cavill's fitness trainer Michael Blevins will conduct a short race warm up at People's Park.

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. Please note that on the reverse of your runner bib is the option to add any medical details. If you do suffer from any medical condition or have any allergies then please do write this information in this space as.



Please complete all the details below in BLOCK CAPITALS using ball point pen / waterproof ink.
By displaying this number you are agreeing to abide by the terms and conditions and rules of the event.
Only the runner to whom it is registered must wear this race number. The swapping of race numbers is strictly prohibited.

IMPORTANT RUNNER INFORMATION
In case of Medical Emergency on Race Day

Surname: _____ First Name: _____
Home Address: _____
What Hotel are you staying at (if applicable)? _____
Name of Contact (who can be contacted on Race Day): _____
Home Telephone Number of Contact: _____
Mobile Telephone Number of Contact: _____
Is anyone with you at today's event? Yes No
Name: _____ Mobile Number: _____
Do you have any medical conditions such as heart disease, epilepsy or diabetes? Yes No
Do you have any allergies that you are aware of? Yes No
if yes please detail below:
Allergies / Medication details: _____

If you have any allergies or medical conditions please mark a large cross in flat on the front of the number using a ball pen.
If you are in doubt please contact your local doctor for advice and / or medical check up.

IMPORTANT: Your race bib is also your free ticket into Durrell Wildlife Park. Keep it with you if you need to leave the park and return at a later time.



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.

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 starting mats at the start line, to the time when the runner crosses the finishing mats.

These two times will vary. To find out more about how ChampionChip® works go to www.championchip.com.

Where do I attach my chip?

You must attach your chip to your ankle using the strap provided, failing that runners can attach the chip to the shoelaces. The chip needs to be close to the ground so that the timing mat can pick up the chips signal at the start and finish of the race. Please remember to remove your chip and deposit it in the collection buckets after the finish line.



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 website?

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

Is there a race cut off time?

Yes. 11.15 is the race cut off time.

At this time the authorities will open the roads, Honorary Police and Marshals will stand down however all directional signage will remain in place. The race finish line will remain open for longer should there still be runners on the course, however please note that any runners continuing to run after the cut off time, will be doing so at their own risk and must follow the normal rules of running on a road.

Can I run with my headphones/earphones in?

No headphones/earphones are allowed on the 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 displayed on the website 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 cannot be allowed for two reasons:

- It's dangerous – the race is for runners and bikes get in the way!
- It's a competitive advantage – if you run with a friend on a cycle they are acting as a pacer and you will face disqualification from the race.

Can I bring along my dog to run with me?

No. Pets are not allowed on the course.

Will there be medical assistance?

Yes. Normandy Rescue is supporting the event and will have two ambulances allocated to the race to support the first aid team. In addition the Jersey Ambulance Service is aware of the event.

Will there be water stations round the course and where?

Yes. There will be two water stations on the course at approximately 4.5km and 9km. There will also be complimentary water provided at the start and finish of the race.

Glacéau Smartwater is sponsoring the event and will supply 600ml bottles of water for runners at the start and finish and offer the option of bottles or smaller cups at the water stations. All bottles will be collected after the race and used to build a cloche on the Durrell Organic Farm later this year. Inside the cloche Durrell will grow a special plant, which will then be fed to the gorillas!

If you choose to run with your water then please dispose of your bottles in the bins provided at each water station and at the finish line.



Will there be energy drinks provided?

No.

Are there toilets on the course?

Yes. There are toilets at the start and finish of the race and a limited number at both the water stations.

What are the race categories?

There are two race categories and trophies will be awarded as follows:

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

When will the prizes be given out?

All prizes will be awarded at 12:00hrs (noon) at a prize giving to be held in Zone 1 of the Durrell Wildlife Park.

Is there a bag drop at the race start and does it get transferred to the finish at Durrell?

Yes there is a bag drop in our marquee at the race start and yes runner bags will be transferred to the finish marquee, near the finish line in Durrell Wildlife Park. All bags should be clearly labeled with the numbered luggage label that is inside your race pack (see picture below). We recommend that you do not leave any valuables in your bags, as the organisers cannot accept responsibility for bags left in their care.



Will there be changing areas at the race start?

No, all runners are asked to arrive in their running gear.

Will there be changing areas and showers at the race finish?

There will be a dedicated toilet block for runners to change and freshen up. Unfortunately the park does not have shower facilities so we suggest that all runners bring a towel and toiletries required to freshen up.

Will there be massage therapists available after the race?

No.

What Parking facilities are available at the race start?

Runners should use the surrounding Public Car Parks in St Helier (free on Sunday) before walking to the Park. There is no parking provision available onsite at People's Park. 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

Please note that St Aubin's Road, which runs adjacent to People's Park, will be closed from approximately 8am. If you are being dropped off at Peoples Park then either arrive before 8am or use the marshaled drop off lane on the Inner Road, which will be coned off in the left hand lane (approaching from the West) as it nears the 'Inn on the Park' roundabout. Please allow plenty of time to make your way to People's Park.

For full information please visit the Transport and Parking guide on the website www.doitfordurrell.com



What parking facilities are available at the race finish for my family and friends?

Parking is available at Durrell for a small donation, however parking is limited and we do suggest people car pool if possible. Additional parking is available at the RJA & HS where we have a Park and Ride Scheme that shall be in operation from 10.30am until 6.30pm at a cost of £2/car.

For full information please visit the Transport and Parking guide on the website www.doitfordurrell.com

How can I get back to St Helier if I do not have access to a car?

- **Liberty Bus** shall be running it's normal Sunday service on the Number 3 and Number 23 routes. Please click following link to view schedule. http://www.libertybus.je/routes_times/timetables/3/TRUE
- **Jersey Bus Tours** shall be operating a 39 seat shuttle bus departing Liberation Station every hour from 10.30 to 13.30 and returning from Durrell to Liberation Station at 11am, Noon, and 1pm, and then 2.30pm, 3.30pm and 4.30pm. Tickets cost £2 for a single and £4 for a return journey. This scheduled service is subject to traffic conditions on the day.
- **Taxi** - access is right outside the visitor centre

Are the roads on the course going to be closed?

Not all of them. The roads in St Helier town will be closed during the start of the race. 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.

Whilst a majority of the course is on quiet 'green lanes' or low traffic volume roads, runners must appreciate that at times they will be running with the traffic. Please ensure that you stay aware of the traffic and follow the instructions of the Honorary Police and Race Officials, they are there for your safety.

What goodies do I receive at the end of the race?

You will be awarded your race medal and a bottle of Glacéau Smartwater on the finish line and you can also collect your commemorative race t-shirt from the finish marquee at Durrell Wildlife Park.

What do I do with my sponsorship money (not raised online)?

Please bring your sponsorship money in the form of a cheque, made payable to 'Durrell Wildlife Conservation 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 'Durrell Wildlife Conservation Trust' to be sent to the Race Organisers, The Durrell Challenge, C/O 3D Events, 1 Waterloo Street, St Helier, JE2 4WT.

Good luck and thank you for running with Durrell!

#doitfordurrell

For further information on the Family Fun Day please visit <http://www.doitfordurrell.com>

(This runner race information document was published on 9 May 2016. Please check for any late updates between now and race day on 15 May 2016.)